

Ft. Sherman transfers

The Fort Sherman Transfer Ceremony will be held Wednesday starting at 10:30 a.m. at Fort Sherman.



Last local newscast

Page 12: SCN will hold its deactivation ceremony Thursday starting at 9 a.m. right outside the Southern Command Network building on Fort Clayton. Be sure to check out SCN's last local newscast on channels 8 and 14 starting at 6 p.m. Thursday. A historical perspective on SCN, which starts at 6:30 p.m., will follow the newscast.

Mr. Small

Page 11: Allan Small started working on Fort Clayton in 1930 when he was just 12 years old. He recently spoke about his many experiences here.



Tropic Times

Vol. XII No. 25

Fort Clayton and Howard Air Force Base, Republic of Panama
Serving the Joint Community

Friday, June 25, 1999

MOMEPEP holds closing ceremony

The Military Observer Mission Ecuador-Peru (MOMEPEP) drew to a close June 17 with a closing ceremony held in Pataca, Ecuador, a small border town which has served as the home for MOMEPEP since 1995. (Right) Maj. Gen. Philip R. Kensinger Jr., U.S. Army South commanding general, speaks with the Honorable Leslie M. Alexander, U.S. Ambassador to Ecuador, at the ceremony. (Bottom) Representatives of the various MOMEPEP participants in formation during the ceremony.

photos by Capt. Andrew Cole



photos courtesy of TASC

Farewell CSM

U.S. Army South bid farewell to Theater Support Brigade Command Sgt. Maj. John Humphries on June 18 during a farewell luncheon held at Cafe 1999 on Fort Clayton. (Left) Maj. Gen. Philip R. Kensinger Jr., USARSO commanding general, makes a presentation to Humphries who (above) expressed his appreciation to the entire USARSO community and those present at the luncheon.

Important Notices

Unclaimed Merchandise

The Corozal Main Exchange is in possession of several items of unclaimed merchandise and abandoned property. If you think it may be yours, please see the staff at the Customer Service counter or call 285-4121. The date for clearing all this out will be July 20. All unclaimed property will either be sold or turned over to DRMO.

Access to Army installations

Effective midnight on July 31, all locally issued documents allowing access to U.S. Army installations and areas of coordination will no longer be valid. The only exceptions will be DoD and DA documents such as military and dependent ID cards. Those individuals and organizations with a legitimate requirement for access after July 31 need to apply for and procure new access passes prior to Aug. 1. The new installation passes are available now and can be used for access beginning today. Procedures to obtain the new passes have not changed except for domestic help. For more information call Sgt. 1st Class Kewley at 288-5913.



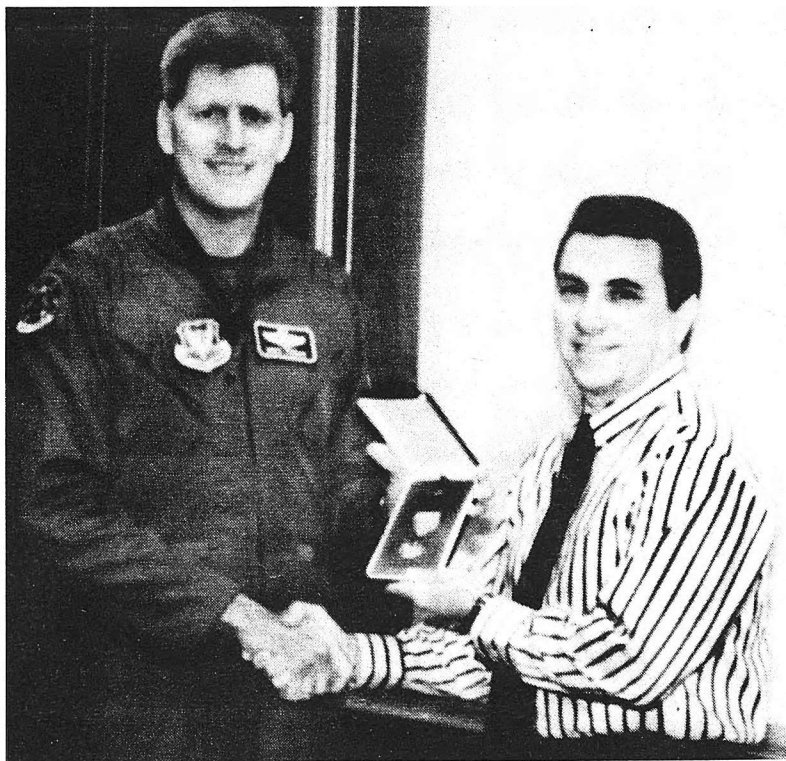
Staff Sgt. John B. Dendy IV (U.S. Air Force)

Top visit

Gen. Ralph Eberhart became the Air Combat Command commander June 11. (Above) He first visited Howard Air Force Base in his capacity as Air Force vice-chief of staff on a Central American deployment in which he flew on a C-27 and took part in the 24th Wing's first Memorial Roll Call Ceremony formation at Howard in 1998.

Honorary Award

Harvey Von Hollen, 24th Wing Staff Agencies director (right), recently received the Honorary Meritorious Civilian Service Award at Howard Air Force Base with Col. Gregory L. Trebon, former 24th Wing commander, presiding.



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Tropic Times

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'X-marks the spot' as Howard's runway closes

by Staff Sgt. John B. Dendy IV
24th Wing Public Affairs Office

HOWARD AFB — Airmen at Howard Air Force Base, Panama, officially ended the history of Air Force flying operations in the Central American republic by painting three X-marks on the their empty runway June 17.

The airfield at Howard was carved out of dense triple-canopy rainforest on Panama's central Pacific coast in the early twentieth century. The base will close by December 1999 as part of the U.S. pullout from Panama.

While the land awaits transfer, three yellow X-marks were painted as a symbol to aviators that the runway should not be landed upon.

"That's the sign that it's not a runway any more," said Master Sgt. Peter Copesky, a weather expert with the 24th Wing.

Two X-marks—at the North 18 zone and the center Delta runway zone—were completed by two 24th Civil Engineer Squadron members, said Jacinto French, a structural repair expert with the 24th Civil Engineer Squadron. A staff of nine people oversaw planning that included building templates to guide painters on the 10-by-60-foot X-marks flying safety project.

"Running the perimeter along the template re-

quired the most skill, and filling inside the lines, that's the easy part," French said.

Fill-in work on the third and final X-mark at the South 38 zone was by senior 24th Wing members, airfield operations airmen and Panamanian civilian employees.

Beaming with pride and led by local group commanders and Col. Roger Corbin, 24th Wing commander, the team completed their job less than an hour later. The combat boots and flight suits of a few colonels were spattered in custom-formulated yellow traffic paint after repeatedly dabbing their blue paint rollers onto the concrete tarmac.

Normally the X-marking of closed runways is done in 1,000-foot increments. Fewer X-marks were painted at Howard to make it easier for Panama to reutilize the property again, said Lt. Col. Kevin Darnell, 24th Wing operations officer.

The Air Force radars and control tower equipment on Howard's airfield have been removed, but a few lighting fixtures were left in place for two reasons. They are some of the oldest in the military inventory; and leaving wires exposed could be a safety risk, Darnell said.

"The painting of the X-marks means the runway is closed and we can redeploy now," added Tech. Sgt. K.C. Cramer, 24th Wing airfield operations.



Col. Roger Corbin, 24th Wing commander, leads a team of airmen who ended the history of Air Force flying operations in Panama June 17.

AAFES Holiday Hours

COROZAL — Army and Air Force Exchange Service facilities will change operating hours July 5 for the July holiday. The holiday hours are as follows:

Corozal Building 654 Main Store/1002	10 a.m. - 6 p.m.
Video Rental/1402	11 a.m. - 7 p.m.
La Casa de Amigos/2255	Closed
Burger King/2305	10 a.m. - 5 p.m.
Baskin Robins/2257	11 a.m. - 4 p.m.
Anthony's Pizza/2236	11 a.m. - 6 p.m.
Corundu Bldg. 2497	
Shoppette & Gas/1313	6 a.m. - 9 p.m.
Fort Clayton Bldg. 151	
Burger King/2301	8 a.m. - 8 p.m.
Fort Clayton Bldg. 519	
Shoppette/1404 Fort Clayton	Closed
Popeye's Chicken/2306	Closed
Fort Clayton Bldg. 135	
Car Care Center/1301 Shoppette/1301	Closed 8 a.m. - 10 p.m.
Howard Bldg. 709	
Video Rental/MCSS	11 a.m. - 7 p.m.
Howard Bldg. 300	
Anthony's Pizza/2262	11 a.m. - 7 p.m.
Baskin Robins/2801	Closed
Burger King/2304 Howard Bldg. 700	7:30 a.m. - 7 p.m.
Shoppette/Class Six/Gas/	6 a.m. - 11 p.m.

NOTE: All AAFES Pacific Community Concessions on Corozal, Clayton and Howard will work 10 a.m. - 4 p.m. except for the following:

Corozal, Clayton & Howard	Hours
Barber Shops	9 a.m. - 3 p.m.
Beauty Shops	8:30 a.m. - 2:30 p.m.

Theaters will work regular hours on July 5.

July 4 Celebration

Fort Clayton's 4th of July Celebration

Activities for Fort Clayton's 4th of July Celebration will be held 3 - 8 p.m. July 4 at the Valent Recreation Center Parking area. Activities will include: children's rides, inflatables, face painting, a magician, a clown with balloons, vendors, food, DJ and live music to include two local bands and a DoD show to headline the event. The DoD show band is called U4ea. They are a high energy three-girl band. They perform everything from pop, R&B, Motown and your favorite oldies classics. This band is sure to entertain all those who come to see the very last 4th of July celebration held on Fort Clayton.

U4ea will perform at 6:30 p.m. And of course no 4th of July Celebration would be complete without a spectacular fireworks show to begin at 8:30 p.m. In the event of rain, musical entertainment will be moved inside the Valent Recreation Center.

Howard's 'Gran Finale' Celebration

Come and celebrate Independence Day at Howard Air Force Base all day, July 3, at Hangar 1. Come enjoy and participate in the following activities:

6:30 - 9 am	5K Fun Run
Noon - 12:30 pm	• Opening Ceremony ♦ Honor Guard ♦ National Anthem ♦ Opening Remarks
12:30 - 1 pm	DJ Music
1 - 2 pm	"Woodstock"
2 - 3 pm	"Jammers"
3 - 4 pm	DJ Music
4 - 6 pm	"Las Divas del Rock"
6 - 8 pm	"U4ea"-(Euphoria)
8 pm	Fireworks
Noon - 7 pm	M-4 Virtual Reality
12:30 - 7:30 pm	Youth entertainment ♦ Clowns, face-painting ♦ Air castles, go-carts Model airplanes display/demonstration
12:30 - 7 pm	Ultra-light aircraft display/demonstration
12:30 - 5 pm	Souvenir vendors
12:30 - 6 pm	
12:30 - 8 pm	Hot dogs/hamburgers, sodas and more

Promotion, awards ceremony at 786th EOD

story and photos by
Carmela Lowe Gobern
Tropic Times Staff

COROZAL – A promotion and awards ceremony was held at the 786th Ordnance Company (EOD) at Building 533, Corozal on June 18. Lt. Col. Randall E. Tindall, 245th Support Battalion commander, was in attendance.

◆ Sgt. Victor Fontan, Sgt. Jason Locey and Sgt. Adam M. Matuska were promoted to the rank of staff sergeant.

◆ Staff Sgt. James England and Staff Sgt. Dean Smith were awarded the Senior Explosive Ordnance Disposal Badge.

◆ Capt. Rodney Roberts was awarded the Master Explosive Ordnance Disposal Badge.

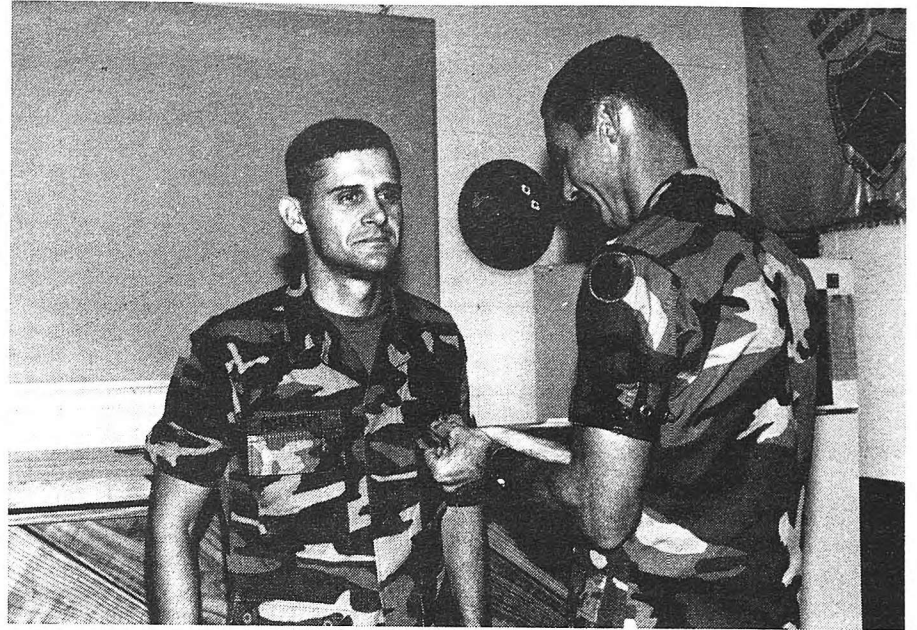
PCS awards were presented to Sgt. Shaneka Jones and aforementioned soldiers.

The Basic Explosive Ordnance Disposal Badge is awarded upon completion of EOD school for a probationary period of 18 months, after which time it becomes

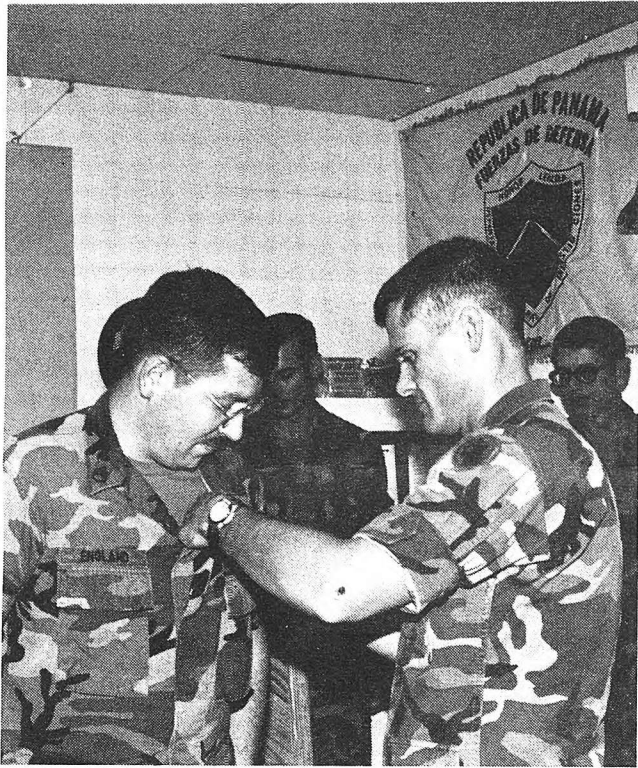
permanent. At 36 months assigned to an EOD unit, the soldier is awarded the Senior EOD Badge. At 96 months or 8 years assigned to an EOD unit, the soldier is awarded the Master EOD Badge.

The 786th Ordnance Company (EOD) has supported a variety of missions throughout the theater. EOD's main role is to render safe and/or dispose of conventional, chemical/biological, and nuclear ordnance, and also Improvised Explosive Devices that threaten military forces, installations, materiel and public safety.

Other missions are to provide VIP protection to the president and vice president of the United States and the secretary of state; train local, state, and federal law enforcement agencies on unexploded ordnance (UXO) and improvised devices; train military forces on UXO and explosives identification and safety; and familiarize all agencies on bomb threat and bomb-search procedures.



Capt. Rodney Roberts, 786th EOD commander, was awarded the Master Explosive Ordnance Disposal Badge, pinned on by 1st Sgt. Mark Englert.



(Left) Staff Sgt. James England was awarded the Senior Explosive Ordnance Disposal Badge, pinned on by Capt. Rodney Roberts, 786th EOD Cmdr. (Right) Sgt. Victor Fontan was promoted to staff sergeant. Pinning on his new rank are Senior Airman Lissete Liñan and Master Sgt. David Guccione.



(Above left) Sgt. Jason Locey is seen receiving his new rank of staff sergeant, pinned on by Lt. Col. Randall E. Tindall, 245th Support Battalion commander and Locey's wife, Melody. (Above right) Sgt. Adam Matuska was promoted to staff sergeant. Pinning on his new rank are Lt. Col. Randall E. Tindall (left) and Command Sgt. Maj. Bruce Quickel (right). (Left) The 786th EOD Company.

Important Fire Safety Tips

story by Tech. Sgt. Darrell Drost

Howard Fire Protection Flight

HOWARD AFB – Now that we are into the 101 critical days of summer, it is time once again to discuss some fire safety tips and procedures that can make you and your families safer.

The summer months are a time for family get-togethers and outings, and that means cooking, lots of entertaining, and an increased risk of fire.

In recent years, nearly 600 fires have been started by ignition of holiday decorations in the United States (510 in homes), causing an average of 33 deaths, 112 injuries, and \$21 million in direct property damage per year. Candles cause about 6,700 home fires every year, with 87 associated deaths and 587 injuries. Nearly \$59 million in property damage results from candle fires every year.

Still, it's possible to enjoy summer fun without getting burned.

When the time comes to haul out the gas grill, lawn mower, or host a party, give some thought to this advice.

While grilling, keep your barbecue grills far away from anything that can burn — for example, your home, cars or dry vegetation. Stay with the grill when it is lit to keep curious children and pets well away from danger.

When barbecuing, protect yourself by wearing an oven mitt that fits high up over your forearm. If you get burned, run cool water over the burn for 10 to 15 minutes. Don't use butter or a salve on burns because these seal in heat and can damage the tissue further.

If you receive a serious burn, with charred skin for example, seek medical attention promptly.

Barbecue grills must never be used inside the home because, in addition to the fire hazard of indoor grilling, the grill can easily cause carbon monoxide poisoning. A well-ventilated area should be used.

If lightning appears — and we all know how often that can happen in Panama — seek shelter and wait for the storm to pass.

For charcoal grills, only use starter fluids — never use gasoline — designed for barbecue grills. Use a limited amount of starter fluid before lighting the fire.

If the fire is too slow, rekindle with dry kindling and add more charcoal if necessary. Don't add liquid fuel to reignite or build up a fire, as flash fires can result.

Soak the coals with water before you discard them to prevent any type of ignition in unwanted areas. Leave your grill away from the house until it is completely cooled.

For gas grills, always store the gas cylinder outside — away from structures — and turn off the valves when not in use. Check frequently for any leaks in connections by using a soap-and-water mix that will show bubbles if gas escapes.

When purchasing a gas grill, select one that bears the mark of an independent testing laboratory. Follow manufacturer's instructions and if needed, have it repaired by a trained professional.

Boating is another activity that can be disastrous when safety is not used. Before fueling your boat, make sure to extinguish smoking materials and shut

down all motors, fans and heating devices. Be sure the fueling nozzle is grounded to the fuel intake before fueling and don't fill it to full capacity. You should leave room for the fuel to expand as the day gets warmer.

On board your covered boat, consider installing a smoke detector and test the battery before using the boat each time, replacing the battery with a fresh one at least once a year.

For information on marine fire extinguishers and other information on boating safety, contact the U.S. Coast Guard Office near you.

The most frequent fire hazard is probably electricity.

If an electric appliance smokes or

has an unusual smell, unplug it immediately. This will normally cease the problem immediately.

Before you use the appliance again, have it serviced to make sure it is working properly and safely. Replace any electrical cord that is cracked or frayed. Don't overload extension cords or run them under rugs.

If you have a breaker fuse that will not reset or trips for an unknown reason, have it looked at by a trained electrician.

For further information on summer fire safety or other fire safety topics, contact the Fire Protection Flight staff at our new numbers: 284-7380 or 284-7381.

Fire damages Gateway home

story by Staff Sgt. John B. Dendy IV

24th Wing Public Affairs Office

HOWARD AFB – No one was hurt during a June 13 home fire in Gateway Housing that led to smoke and water damage.

A bed and a house wall were damaged by the fire.

"We had a small house fire," said Tech. Sgt. Darrell L. Drost, deputy fire chief, Howard Fire Protection Flight. "There was a lot more smoke than fire, and it probably looked worse than what it was due to the smoke and water damage." The routine water damage occurred when the firefighters doused the scene, Drost said.

"We try to keep water damage to a

minimum, but sometimes you can't avoid it," Drost said. "We have not determined an exact cause of the fire."

The occupants were home and they were the ones who called the Fire Flight, Drost said. One resident, assigned to the 24th Communications Squadron, tried to put the fire out with his household extinguisher.

Authorities responded with a four-person firefighting crew. "The family called really quick and got out of the house," Drost said. "They tried to extinguish it themselves, but it was too much smoke. People can get overcome by smoke trying to clear out the house or save things. That kills more people than flames do."

1999: International Year of Older Persons

story by Carmela Lowe Govern

Tropic Times Staff

PANAMA – If you are 60 years old or more, this year happens to be in tribute to you! 1999 has been declared International Year of Older Persons by the United Nations General Assembly, with the objective of educating our society about the needs and concerns of older adults, as well as to ensure their rights and security.

The theme of the observance is "Towards a Society for All Ages," and it encourages the international community to facilitate collaboration between the media, younger generations, governments, non-governmental organizations and private sectors, in an effort to create a society for all ages.

The United Nations have consistently promoted programs which encourage full participation of older persons in their societies and the recognition of their needs and concerns: For example, in 1982 the General

Assembly endorsed the *International Plan on Ageing*; in 1990, the U.N. General Assembly designated October 1 as the *International Day of Older Persons*; and in 1991 the General Assembly adopted the *United Nations Principles for Older Persons* (resolution 46/91). These principles call for action in the following areas:

◆ **Independence:** Older persons should have access to food, water, shelter, clothing, health care, work and other income-generating opportunities, education, training, and a life in safe environments.

◆ **Participation:** Older persons should remain integrated into community life and participate actively in the formulation of policies affecting their well being.

◆ **Care:** Older persons should have access to social

and legal services and to health care so that they can maintain an optimum level of physical, mental and emotional well-being. This should include full respect for dignity, beliefs, needs and privacy.

◆ **Self-fulfillment:** Older persons should have access to educational, cultural, spiritual and recreational resources and be able to develop their full potential.



The International Year of Older Persons is a fitting tribute for Ada Thomas, who celebrated her 100th birthday on Sunday. Thomas, who was born on June 20, 1899, resides in Urb. La Florida, Panama City.

◆ **Dignity:** Older persons should be able to live in dignity and security, be free of exploitation and physical or mental abuse, and be treated fairly regardless of age, gender and racial or ethnic background.

The following are a few recommendations for celebrating the International Year of Older Persons:

◆ Interview older persons.

◆ Help older adults maintain their independence.

◆ Make banners and posters to inform the community of the celebration.

◆ Recognize older persons with a pin or flower, or special ribbon at a worship service or program.

◆ Invite young people to visit or adopt an older person.

◆ Offer seminars on the aging process and also on improving relationship with the younger generations.

◆ Have special celebrations to commemorate the year.

◆ Have a display of books about aging.

◆ Provide transportation for sightseeing or other chores.

The celebration of the International Year of Older Persons is a fitting tribute for Ada Thomas, who on Sunday celebrated her 100th birthday. Thomas, who resides in Urbanización La Florida of Panama City, was born on June 20, 1899.

Kudos Corner

Thanks to staff at Paitilla Hospital
Dear Editor,

I want to take this opportunity to thank Ms. Arias and Ms. Delgado, for all the assistance they provided during my recent stay at Paitilla Hospital. The assistance they provided enabled me to feel very comfortable about my treatment, and they assisted me in any questions I had.

The command's decision to have a patient liaison is an excellent benefit for military and civilian members using local medical facilities in Panama. I am glad that they were there for me when I needed it.

I also want to thank all the medical staff that took care of me during my stay. They were friendly, professional and very caring. Thanks a million!

Sheila Christy-Martin

Thanks to Mr. Packer in Accounting
Dear Editor,

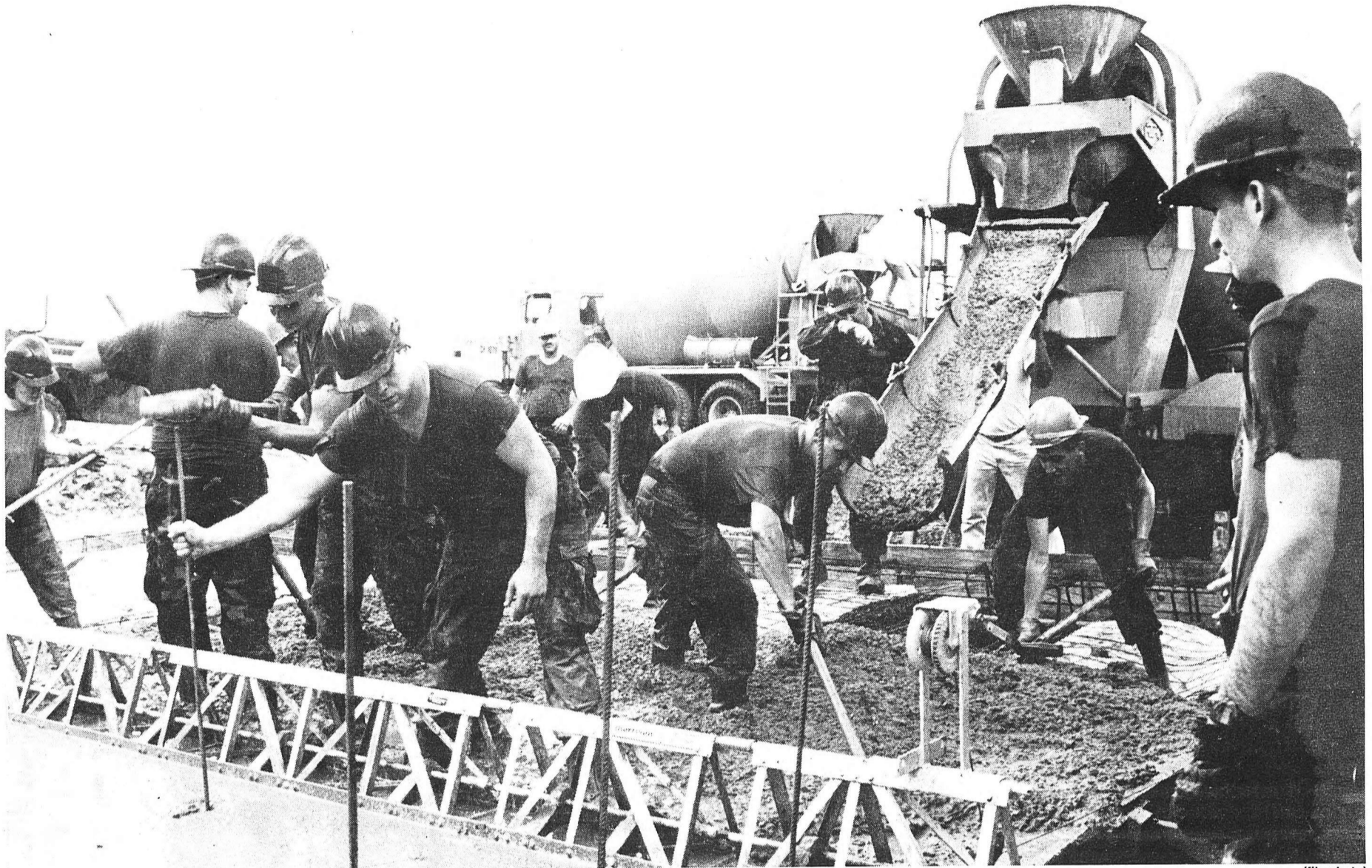
My wife and I are very grateful for the personal interest that Mr. Packer took on our last-minute crisis. PCSing is always a stressful time.

Mr. Packer's dedication and concern demonstrated a caring attitude that makes USARSO a wonderful command to be affiliated with. Mr. Packer worked personally on our situation for over two hours making numerous phone calls to Orlando DFAS until the proper approving authority was reached.

Our unique situation was caused by several factors: departing next day, Memorial Day weekend, problems with 727 aircraft maintenance and the relocation of DFAS to Orlando. He resolved the situation to our complete satisfaction. We had a chance to meet a new friend and enjoyed lunch with him. With thanks and best wishes.

SFC Eric and YoungMi Anderson

New Horizons enhances Army Reserve readiness



(file photo)

Active reservists work on part of the 175 kilometers of roads in Guatemala in need of repair following the damaging effects of Hurricane Mitch. The U.S. Army Reserve role in NEW HORIZONS has expanded into seven ongoing operations that include road repair, building and reconstructing schools, medical clinics, water wells, bridges, as well as operating independent medical support sites for the local population.

story Lt. Col. Harold J. Dabney
Congressional Liaison Office of the Chief, Army Reserve

WASHINGTON – In October 1998, Hurricane Mitch devastated four countries in Central America and the Caribbean: Guatemala, El Salvador, Nicaragua and the Dominican Republic. The natural disaster redefined the annual Chairman, Joint Chiefs of Staff-directed and U.S. Southern Command-sponsored exercise called NUEVOS HORIZONTES (NEW HORIZONS), transforming it into a real-world, humanitarian operation.

The redefined end state of this exercise was to improve joint training readiness among U.S. Reserve Component (RC) engineer, medical, and combat service support elements while continuing the work of Operation STRONG SUPPORT.

Prior to Hurricane Mitch, the U.S. Army Reserve (USAR) was committed to participate in Guatemala, from February through March 1999, with one task force and approximately 1,400 Army Reserve soldiers, on a two-week annual training rotation. The disaster that struck Central America changed that plan.

Now the USAR role in NEW HORIZONS has expanded into seven ongoing operations that entail building and reconstructing 31 schools, eight clinics, 22 wells, six bridges, 175 kilometers of road repair, as well as operating 28 independent medical support sites for the local populace.

The RC support for Hurricane Mitch relief is extensive. A combined total of 20,800 Army Reserve and Army National Guard soldiers from 206 units comprise the one team effort taking part in the expanded NEW HORIZONS.

Some 7,850 Army Reserve soldiers, on annual training rotations, are or will be participating between February and August 1999.

These soldiers represent 34 states and Puerto Rico from over 110 Army Reserve units and 11 Regional Support Commands. Such an undertaking is indicative

of the worldwide challenges facing the Army Reserve today.

For the expanded NEW HORIZONS Exercise, U.S. Army Forces Command tasked U.S. Army Reserve Command (USARC) to plan, organize, and deploy three joint task forces (JTFs) to Central America: JTF San

Prior to Hurricane Mitch, the U.S. Army Reserve (USAR) was committed to participate in Guatemala, from February through March 1999, with one task force and approximately 1,400 Army Reserve soldiers, on a two-week annual training rotation. The disaster that struck Central America changed that plan. Now the USAR role in NEW HORIZONS has expanded into seven ongoing operations that entail building and reconstructing 31 schools, eight clinics, 22 wells, six bridges, 175 kilometers of road repair, as well as operating 28 independent medical support sites for the local populace.

Marcos and JTF Motagua in Guatemala, with JTF New Hope in El Salvador.

Between March and August of 1999, USARC will deploy 6,400 soldiers from 89 units to Guatemala and El Salvador.

The lead engineer unit for El Salvador is the 926th Engineer Group from Montgomery, Ala. The 493rd Engineer Group from Dallas, Texas, has the lead in Guatemala. USAR soldiers in these countries will perform combat support and combat service support missions: engineer, medical, supply, maintenance, military police, public affairs, water purification, and civil affairs.

The following vignette highlights both the challenges and rewards faced by the Army Reserve in Central America: The 328th Engineer Company from Northfield, N.J., was given the mission of building a school at San Jose Caben, a mountainous suburb of San Marcos, Guatemala.

"The people of San Jose Caben are holding school for their children in their homes," said 1st Lt. Matthew Murphy, 328th Executive Officer. "They needed this school, and we intended to make it happen."

To make it happen, the company had to move a road

grader up a very steep and very narrow road to what seemed to be an inaccessible site at an altitude of 8,500 feet. Local wisdom was that they would never get the grader up the mountainside.

"The road was very narrow," said Spc. Dennis Morey, the grader operator. "In one place we had to shift the blade on the grader to squeeze it by a building."

While Spc. Morey drove up the mountain, local residents were following behind, clapping and cheering his progress. Spec. Morey said it felt like he was leading a parade. Parade or not, Spc. Morey got the grader up the mountain. Once all the heavy equipment arrived atop the mountain, the 328th got to work on the school. Knowing how eager the local children were to have a new school, the soldiers volunteered to camp out on the mountaintop to

cut down on travel time between base camp and construction site in order to finish the school more quickly. The San Jose Caben project provided excellent training for the 328th. Although the mission was a vertical construction (from the ground up) project, the 328th is not a vertical construction unit. It normally does horizontal construction building.

This project gave the 328th soldiers a new venue to utilize their engineer skills. After all the effort to reach the site and do the mission, the construction platoon leader (who had guided Spc. Morey in his grader up the mountain) summed up the feelings of not only the 328th soldiers on this project but perhaps all reservists who take part in NEW HORIZONS.

"It was a challenge, but when you see the smiles on the faces of the children, you know it was all worth it," said 2nd Lt. John Coppola. The training value of NEW HORIZONS is enormous, as is the high morale and esprit de corps developed by the troops and units who participate in this mission.

Of even greater importance, however, may be the goodwill generated among the citizens of Central America by the citizen-soldiers of the Army Reserve.

Inactivation Ceremony

Airmen inactivate 24th Transportation Squadron at Howard Air Force Base

Farewell also held for 24th Transportation Squadron commander

story by Tina Summerton
Tropic Times Staff

HOWARD AFB – During a dual ceremony held at the 24th Transportation Squadron Compound June 18, the 24th Wing inactivated the 24th Transportation Squadron and bid farewell to Maj. Denise Lengyel, the squadron's commander.

Distinguished guests included Col. Roger Corbin, 24th Wing commander, Col. Robert Jensik, vice Wing commander, Col. Terrance O'Neil, Medical Group commander and Col. Augustus Mays Jr., Logistics Group commander.

The guest speakers for the event were Mays and Lengyel.

In both speeches they noted the rich history and recent accomplishments of the 24th Transportation Squadron.

In 1949, the 24th Motor Vehicle Squadron at Clark AFB in the Republic of the Philippines was activated. It was inactivated in 1954. The squadron was called back into service as the 24th Transportation Squadron on Nov. 30, 1967 at Howard AFB.

Since then the 24th Transportation Squadron provided exceptional transportation support for the wing and aircrews, vehicle and heavy equipment repair and passenger travel and cargo movement.

Also, during their service here in Panama, they also received the Air Force Outstanding Unit Award and the Armed Forces Expeditionary Medal for Operation Just Cause. They also received the Air Force Outstanding Unit Award for their support in counter-drug operations.

After noting the historical significance of the squadron, Mays went on to speak highly of Lengyel, the squadron's commander.

"Her footprints can be found in the implementation of AMC waivers to move people and pets on AMC aircraft to the establishment of an Air Force personal property counseling office to 100 percent Quality Assurance Evaluation visits. She has insured that over 8,400 Air Force personnel have moved to other locations worldwide," Mays said.

Within the first two months of Lengyel's tour, the squadron transitioned from a force of 144 military members and 13 civilians to a force of 72 military members and 85 civilians, all done with no time for training or "getting up to speed." Lengyel contributed her success to her airmen, NCOs and civilians.



Senior Airman Jeremy Moore

Master Sgt. Sheldon Sheffield, 24th Transportation Squadron first sergeant (center), extends his unit guidon and Col. Gus Mays, 24th Logistics Group commander (left), presides as Maj. Denise Lengyel, 24th Transportation Squadron commander, prepares to case the squadron flag during inactivation ceremonies June 18th at Howard AFB.

"The transition just happened and it happened beautifully. Not a single distinguished visitor run was dropped, the vehicle in commission rate increased and support to the geographically separated units never faltered," Lengyel said.

Although this was Lengyel's last official act as commander of the 24th Transportation Squadron, she will be remembered, according to Mays, for her well run, lean, efficient customer support sensitive organization.

Lengyel went on to thank the squadron for their dedication, integrity, and the mastery of their trade. She reminded them that they are not just leaving a furled flag

behind, but the legacy of a lifetime.

Transportation will continue at Howard here for some time to come. Actually a transporter will probably be one of the last persons to leave Howard AFB.

"Indeed I pledge to you that a transporter will be here to the very end providing vehicle maintenance and movement of people and things," Mays said.



Senior Airman Jeremy Moore

Col. Gus Mays, 24th Logistics Group commander (left) and Maj. Denise Lengyel, 24th Transportation Squadron commander (right), handle the guidon during the squadron's inactivation ceremony.

Major Denise L. Lengyel assumed command of the 24th Transportation Squadron on July 18, 1997. Prior to this assignment, she was a student at the Air Command and Staff College, Maxwell AFB, Ala. Her previous assignments also include a special duty assignment at the U.S. Air Force Academy, Col.; a logistics crossflow assignment into aircraft maintenance; a staff tour at Headquarters Military Airlift Command; a masters degree tour at the Air Force Institute of Technology; and tours in both surface and air transportation. Following her assignment in Panama, Maj. Lengyel will assume command of the 7th Transportation Squadron, Dyess AFB, Texas.



Coming up...

Upcoming ceremonies

The 24th Civil Engineer Squadron Change of Command Ceremony will be at 8 a.m. Tuesday at the Civil Engineer Compound. The 24th Mission Support Squadron Change of Command Ceremony will be at 9 a.m. Thursday at the Tropic Breeze Club. The 24th Medical Support Squadron Change of Command Ceremony will be at 3 p.m. July 14 at the Tropic Breeze Club.

Dial direct to JTF-BRAVO

Effective immediately, telephone dialing to JTF-BRAVO at Soto Cano AB from Panama changes. The current telephone direct dialing from Panama 280-xxxx ceases and DSN telephone access via CONUS commences. Users must have CONUS DSN access. Dial '8' access to reach the existing JTF-B DSN numbers in use. The prefix is 312-449-xxxx. All existing extension numbers remain unchanged. For more information, call 285-6912.

USARSO Finance closure

All customer service areas of the USARSO Finance and Accounting Office will be closed July 2 for a Day of No Scheduled activities and July 5 in observance of Independence Day. The Finance on-call NCO can be contacted through the EOC at 288-7105/6556 for emergency service. For more information, call Master Sgt. Lozada at 288-5319.

Fire Department phone numbers

The new telephone numbers for the Howard AFB Fire Department are 284-7380/7381. The emergency number remains the same, 119.

SFS commander relocates

The 24th SFS Commander's Office is now located in Building 723. The orderly room will also be moving to that location. The new number is 284-3415/3419.

Army shuttle bus changes

The Transisthmian Shuttle Bus (Atlantic to Pacific and return) is terminated. The following bus stops are eliminated from the Pacific local schedule; Cocoli, Marine Barracks, Rodman, Camp Rousseau and Building 228 Howard PAX Terminal. The Pacific local shuttle bus will start at the Howard Air Force Base Main Gate. For more information, call 285-5682/5957/5301/6241.

Federal Employees' Open Season

For the first time since 1993, the Federal Employees' Group Life Insurance Program is having an unrestricted open enrollment period through June 30. No action is necessary on your part if you want to keep your present life insurance coverage. If you are eligible and wish to enroll or if you want to change your coverage, you must submit a completed FEGLI 99 Open Enrollment Period Election Form—RI 76-27 to 24th MSS/DPCL by June 30. If you have not received your open season information pamphlet, please call 284-5545.

Howard Photo Lab closure

Effective Thursday the Photo Lab at Howard will be closed. Anyone needing passport photos should call for an appointment now. For more information, call 284-3212.

Outdoor Rec NAF sale

The Outdoor Recreation Center is holding a NAF sale 9 a.m. - 1 p.m. July 10, Aug. 7 and Sept. 18 in the parking lot of Building 714 at Howard. Items will be sold on a first-come, first-serve basis. For more information, call Outdoor Recreation at 284-6107.

New SACA bus schedule

Based on a survey conducted by the SACA management, a decision to cut back service to the Howard AFB — Panama City line was recently made on June 10. Management advises that the schedule is subject to change without notice. Monday - Friday departures to Howard from the SACA Terminal in Panama City will be as follows: 4:30, 5:20, 5:40, 6, 6:20, 6:45, 7:30, 8:30, 9:30, 10:30 and 11:30 a.m.; 12:30, 1:30, 2:30, 3, 3:30, 4, 4:30, 5:30, 7 and 9 p.m. Saturday and Sunday departures to Howard from the SACA Terminal in Panama City will be as follows: 6, 6:45, 7:30, 9, 10:30 a.m. and noon; 1, 1:30, 3, 4:30, 6 and 7 p.m.

Kobbe pickup point closes

The U.S. Army Laundry and Dry Cleaning service pickup point at Building 801 Fort Kobbe will close Thursday. Any unclaimed items beyond this date will be sent to Building 876 Curundu.

Tocumen shuttle schedule

Due to commercial airline schedule changes, the Tocumen shuttle will only pickup passengers at Building 708 on Howard Air Force Base. Also, Fort Clayton has added a shuttle bus leaving the Fort Clayton Valent Rec. Center and the Guest House for those PCSing. To make reservations call 288-4202/4206; 7:30 a.m. - 5 p.m. or stop by Building 518 on Fort Clayton. Reservations must be made 3 days in advance.

Outbound flights Arrive Building 708	Depart Howard	Arrive Tocumen	Depart Tocumen
4 a.m. 5:05 a.m. 6:30 a.m. 10:30 a.m.	4:10 a.m. 5:15 a.m. 6:40 a.m. 10:40 a.m.	5 a.m. 6 a.m. 8 a.m. noon	5:10 a.m. 6:10 a.m. 8:10 a.m. 1:15 p.m.
Inbound flights Depart Howard	Arrive Tocumen	Depart Tocumen	Arrive Building 708
5 p.m. 7:45 p.m.	6:30 p.m. 9 p.m.	8 p.m. 10:15 p.m. 6:30 a.m. 10:30 a.m.	9:15 p.m. 11:30 p.m.
Depart Clayton Valent Rec Center	Arrive Fort Clayton Guest House	Depart Fort Clayton Guest House	Arrive Tocumen
3:30 a.m. 5:15 a.m. 9:45 a.m.	3:45 a.m. 5:30 a.m. 10 a.m.	4 a.m. 5:45 a.m. 10:15 a.m.	5 a.m. 7 a.m. noon

Announcements

Official mail delivery service ends

The 24th Communications Squadron, Base Information Transfer System, will stop all delivery service of official mail Aug. 27. The BITS Office will relocate to Building 711 on Aug. 30. All organizations will be required to pickup their mail from Building 711 until base closure is complete. For more information, call the BITS Office at 284-3010.

Housing Office hours extended

The Fort Clayton Housing Office will be open 7 a.m. - 5:30 p.m. Mondays - Fridays and 8 a.m. - noon Saturdays. Scheduled pre-final and final housing inspections and assignments to set-aside housing will be conducted until 2 p.m. on Saturdays. This schedule will stay in effect until further notice.

Yard sale signs still available

Yard sale signs are still available for use by MFH occupants even though the Self-Help Store is closed. Signs will be available from 1 - 4 p.m. on Fridays from the B4 Housing Maintenance Office. For more information call 284-3517 or 284-4467.

Military Sealift Deactivation

The Military Sealift Command will be holding a Deactivation Ceremony 10 a.m. Tuesday at the Bohio Rancho Grande at Jarman Field, Fort Clayton. Uniform is Summer White for USN, Class B for other services and casual for civilians. For more information, call Lt. Maher at 285-6489.

New Housing Office procedures

The 24th Civil Engineer Squadron's Housing Office will operate in Building 2, at the south end of the CES main building behind the Howard Commissary. All walk-in customers will be handled at the existing industrial customer service area in Building 2. In addition, the Housing Office operating hours will be 7:30 a.m. - 1 p.m. Mondays - Fridays for walk-in customers, and 1 - 4:30 p.m. by appointment only. To make an appointment, call 284-3301.

Army promotion board

A selection board will convene on July 26 to consider lieutenant colonels for promotion to colonel. Officers eligible for consideration have the following Active Duty dates of Rank: Above-the-Zone July 1, 1994 and earlier; Promotion Zone July 2, 1994 - May 1, 1995; Below-the-zone May 2, 1995 - Aug. 1, 1996. For more information, call 288-4656/4321.

No more surface mail after Aug. 31

Effective Aug. 31, the surface mail service to the Panama APOs will be terminated. The containerized mail that normally takes about two to four weeks to get to Panama will stop. This form of mail brings items in at a cheap rate that is identical to the SAM rate; it's normally called Parcel Post or fourth class mail. Airmen have traditionally processed two containers of this mail per week. Each container brings roughly 300 pieces of mail at about 9,000 pounds apiece. The average transit time is two to four weeks.

Two postal-free codes in Panama

Postage-free intertheater Military Postal Service is only available to and from the 34001 (Howard) and 34004 (Clayton) codes. These are the last Air Post Office codes left in Panama. All other locations require postage. For more

information, call Staff Sgt. Mark Stagraay or Manuel Gonzalez at 284-7219 or 284-7220.

Forms required to leave country

All members and their families who depart from Tocumen International Airport are required to have SOUTHCOM Form 4, Certificate of Exemption from the Passenger Service Fee. In addition, if there are any changes to the original port call date, SOUTHCOM Form 5, Travel Authorization, is required. After receiving orders, everyone should report to their orderly room with a copy of orders in hand to be issued the needed forms. For more information, call unit orderly rooms.

EFMP Program

AR 608-75, chapter 2, para 2-1, b, 1, the following personnel must be screened prior to PCS: family members PCSing from OCONUS to OCONUS, family members PCSing from U.S. to overseas, and family members already enrolled in EFMP. NOTE: Family members PCSing to CONUS do not need to be screened. For more information, call 288-6365 Monday, Wednesday, Friday and 288-6695 Tuesday and Thursday. Questions and concerns can be addressed to Sgt. 1st Class Agueda at 288-6268.

New Army installation access IDs

Effective midnight July 31, all locally issued documents allowing access to U.S. Army installation and areas of coordination are no longer valid for access. The only exceptions are DoD and DA documents issued locally; such as military and dependent ID cards. Those individuals and organizations with a legitimate requirement for access after July 31 need to apply for and procure new access passes prior to Aug. 1. The new installation passes are available now and can be used for access beginning today. Procedures to obtain the new passes have not changed with one exception. Individual passes for domestic help will require approval for the Commandant prior to issuance. For more information, call Sgt. 1st Class Kewley at 288-5913.

Security badges

Remember to carry your USARSO security badge with you at PCS time. The procedures for access to restricted areas, in effect in Building 95, Fort Clayton, will be used in Building 390, Fort Buchanan. This applies only to personnel relocating to Puerto Rico that possess a permanent photo USARSO security badge. If you received your permanent USARSO security badge from the USARSO Badge Office and are not relocating to Puerto Rico, turn in your badge at out-processing time. For more information, call Ms. White at 288-3512/3513.

Panama Veterans

An e-mail discussion list has been started for all Panama Veterans. This list is for anyone military or civilian who has been a part of the U.S. Forces in Panama. To subscribe, simply go to <http://www.onelist.com/subscribe/PanamaVets>.

Humanitarian Service Medal

The Humanitarian Service Medal will be awarded for those personnel assigned to the Ecuador El Niño Disaster Relief Effort. The award has been approved for those service members who provided humanitarian assistance and were assigned to the operation from May 9 - 24, 1998. For more information, call 1st Lt. Gillespie or Mrs. Wilson-Carrasco at 288-6655/4155.



More Briefs ...

Military Personnel Flight relocates

The Howard Military Personnel Flight will relocate today to the first floor of Building 707, just above the Howard Community Center. Airmen expect to be up and running by Monday at the new location in front of the Family Support Center Office suites. The new MPF numbers will be: Outbound Assignments: 284-4347/5010; Reports, Decorations and everything else: 284-3865; and fax is 284-6552. Walk-in hours will remain the same: Monday, Tuesday and Friday from 1 - 3:30 p.m. and Wednesday from 1 - 3 p.m. Appointment times are 7:15 a.m. - 1 p.m. For more information, please call 284-3241.

Puerto Rico

Anyone shipping household goods to Puerto Rico and who has already processed their shipment needs to go to Room 214, 2nd Floor of the Transportation Office, and see your shipment counselor to sign a limited power of attorney. This limited POA will be used to clear your household goods through Puerto Rico Customs. Failure to sign this limited POA may result in the delay of processing your household goods shipment, or the shipment of another person if the shipment is in the same container. For more information, call Mr. Myke at 288-6465/6759.

Pass and ID news

Effective Aug. 16, the ID Card Section, Ground Floor, Building 519, will begin to process and issue manually typed active duty and dependent ID Cards. All electronic issuance of ID Cards and enrollment into the DEERS for military personnel and their dependents will be processed by mail to Fort Buchanan, Puerto Rico. We encourage you to visit the ID Card Section and to review your ID Cards if they are about to expire or will expire by Dec. 31. For Air Force and Navy personnel, your ID cards will be renewed by your service component. Contact your servicing personnel center for details. For more information, call 288-5636.

Pets in TLF

If you have pets and wish to stay in on-base Temporary Lodging Facilities prior to your departure from Howard, housing has a plan for such circumstances. Four TLF's in the Farfan area have been designated for your convenience. You still have the option to go to off base quarters, but if you wish to stay close to base, visit the Housing Office or call 284-6411.

Unusual PCS plans

The current wing-wide policy requires review of plans for any unusual PCS plans for airmen, such as driving, motorcycling or boating back to the United States from Panama. This includes review of the itinerary, route, equipment and contact plans to ensure that these movements are properly planned and the risks properly assessed. Squadron commanders will approve each trip and the travelers' progress will be tracked through the Howard Command Post who will do the required Military Group notifications for people as they proceed. For more information, contact unit supervisors.

Excess baggage

Official temporary duty or permanent-change-of-station travelers may be authorized to travel with excess baggage. The authorization is for items to accomplish a mission immediately on arrival. The orders approving official — not the TMO — grants the authorization. For more information, call 284-3069.

Education records

All education records located at the Howard Education Office have been sent to outbound assignments for distribution to all active-duty members at their final outprocessing briefings. The Howard Education Office is now located in Building 707, Family Support Center, for limited service. For more information, call 284-3153/5650/4347/3865/5860 and the FAX number is 284-6552.

DRMO in Panama

People who want to buy items directly from DRMO in Panama should go online to www.drms.com. For more information, contact Mitchell Hodges at 285-5071 or mhodges@panama.drms.dla.mil.

Self-Help Store items still available

The Self-Help Store is closed. However, it is still possible to get air filters for air conditioning units and light bulbs for your home at the east end of Building 2 in the Customer Service Office. If anyone has self-help work to do, they need to submit an AF Form 332 at the CE Customer Service desk.

Hospital Briefs

Army dental records

The Dental Clinic at Fort Clayton will close Wednesday. Patients need to pick up their dental records prior to this date. Active-duty members' records not picked up prior to this date will be sent to the HQ Commandant's Office for pickup prior to PCSing. Retirees and family members' records not picked up will be retained at the Howard Dental Clinic until Aug. 31. Any records of family members or retirees remaining after Aug. 31 will be sent to the military medical records repository. Contact the dental clinics at Fort Clayton, 288-7551, or Howard, 284-3009.

Sick Call hours for Clayton Clinic

The 24th Medical Group Primary Care Clinic at Building 519 on Fort Clayton continues with the redeployment. Due to both the decreasing number of active duty members in Panama as well as a decreasing number of clinic personnel, it has become necessary to eliminate the "Early Bird" 6-9 a.m. Sick Call. The new Sick Call hours will be 7-9 a.m. The Primary Care Clinic scheduled appointment hours will remain unchanged with availability from 9 a.m. - noon and 1 - 4 p.m. As previously advertised, the Primary Care Clinic on Fort Clayton has a closure date of July 30. Please plan accordingly for your medical needs, to include picking up your medical records. After July 30, medical care will continue to be available at the 24th Medical Group on Howard AFB. If you have questions concerning your healthcare, please contact TRICARE at 288-4152/4991 or 284-6877.

Fort Clayton Clinic drawing down

The services at the Fort Clayton Clinic are rapidly coming to a close. Effective July 1, these patient care clinics will stop providing care: Pediatrics, OB/GYN, Optometry, Mental Health, Early Development/Intervention Services and Public Health. However, the 24th Medical Group at Howard AFB continues to provide a wide range of quality healthcare services. All beneficiaries should consult their provider before closure to eliminate any disruption in their healthcare. All questions should be directed to the TRICARE offices at Howard, 284-6977, or Fort Clayton, 288-4152.

Howard Physical Examinations

The Howard Physical Examinations and Standards Element will be discontinuing periodic flying medical examination services on Wednesday. If your birth month falls between now and your final redeployment dates, please contact the PESE as soon as possible to accomplish the necessary flying examination. For further information, please contact Master Sgt. Leonel Justo at 284-6343 or 284-6155.

Separating and retiring airmen

The Howard Physical Exams and Standards Element will be discontinuing military medical examination services on Wednesday. If you plan to separate or retire at the end of this assignment, please get with the appropriate Personnel Office to obtain the necessary examination authorization requests. For further information, please contact Master Sgt. Leonel Justo at 284-6343 or 284-6155.

Howard reduces services

The Howard AFB Physical Examinations and Standards Element will continue to provide full services until Wednesday, then reduce to administrative services until July 31. For more information, please call 284-6343 or 284-6155.

Clayton Physical Exams closure

The Fort Clayton Physical Examinations and Standards Element has ceased all operations. The Physical Examinations and Standards Element at Howard will continue to provide examination services until Wednesday and other administrative support services until July 31. For more information, please call Master Sgt. Leonel Justo at 284-6343 or 284-6155.

No pap smears after Wednesday

Effective Wednesday, the 24th Medical Group will no longer perform routine pap smears. Persons requiring a routine pap smear can call the appointment desk at 284-3832 to schedule an appointment before Wednesday.

Optometry closure coming up

Routine optometry examinations will continue in Building 186 at Howard AFB through Thursday. Military eyewear already ordered will continue to be dispensed until July 9. Emergency care by referral as well as flight medicine support for active duty troops will continue to be offered through the end of August.

Orthopedic services

Orthopedic services are still available through the CHAMPUS Partnership Provider at the Howard AFB Clinic until July 22. For more information, call your Primary Care Manager.

Physical Therapy reduces services

The 24th Medical Group Physical Therapy Clinic has reduced its services by 50 percent and will close Thursday. In preparation for this reduction in services, clinic personnel are working closely with all providers in an effort to ensure the transition is as painless as possible for all customers.

Pickup films

The 24th Medical Group Radiology Departments at Howard and Fort Clayton requests that all films be picked up no later than Aug. 1. After Aug. 1, the films will be sent to St. Louis, Mo., for staging. For more information, call Capt. Haycocks at 284-6351.

Important notice for Community Bank Customers

As previously announced, all remaining Community Banks in Panama will be closing Aug. 27. The closing is a result of the Panama Canal Treaty which mandates that all U.S. troops leave Panama by the end of 1999.

Effective immediately, if you are a Community Bank account holder, you should move your banking relationship to another financial institution to ensure you do not experience any interruption in direct deposit, allotment or other electronic drafts.

All Community Bank checking and savings accounts still open as of Aug. 27 will be closed, and a cashier's check for the ending balance will be mailed to the address on record by Sept. 1.

A limited service facility, to be located at AAFES on Corozal, will remain open until Dec. 15 to accommodate check cashing for authorized customers. An ATM will also be located at the AAFES location. The limited service facility will not maintain any Community Bank personal accounts.

A final reminder: all checks drawn on your account will be returned "account closed" if they are received for processing after Aug. 27. Therefore, it is imperative that the action be taken now to move your account.

Your Community Bank manager will assist you in any way to facilitate a smooth transfer. If you have any questions, please call Demetrio Martinez at 285-4005.



Sports

Sports shorts

Air Force

A tennis tournament is scheduled for today and Saturday at the Wing Tennis Court. For more information call 284-3451.

The Howard Fitness Center is sponsoring a **5K Fun Run July 3** at 6:30 a.m. T-shirts for the first 100 finishers.

The **Howard Bowling Center**, which is scheduled to close **July 30**, is offering a **Redeployment Special** which is three free games per customer during operating hours. For more information, call 284-3451.

The **Howard Bowling Center** is hosting a **NAF Sale July 10** from 8 a.m. to noon. Open to ID Card holders only. For more information call 284-1490.

Free aerobics classes are held at 5:45 a.m. and 9 a.m. Mondays, Wednesdays and Fridays. Also at 4:45 p.m. Mondays - Fridays. For more information, call the HFSC.

For more information on **Air Force sports**, call the Howard Fitness Sports Center at 284-3451.

Army

The **Clayton Bowling Center** features free open bowling. Center hours are Mon.-Fri. from 11 a.m.-6 p.m., Sat. from noon until 8 p.m., Sundays and holidays from 3-7 p.m. Hours are subject to change as needed for parties, leagues or special events.

Aerobic classes are available at the Fort Kobbe Elementary School Gym. The cost is \$1 per person. Classes are 5:45 - 6:45 p.m. Tuesdays and Thursdays, and 9 - 10 a.m. on Saturdays. For more information, call 284-3399.

Step aerobics instruction is available at Reeder Fitness Center. For more information, call 288-5201.

DCA Sports is hosting a **4th of July Sports Tournament** featuring the following sports: softball, basketball, soccer and racquetball. For more information call 288-4713.

For more information on **Army sports** call DCA Sports at 288-5610/3866 or the Reeder Gym at 288-4713/7861.

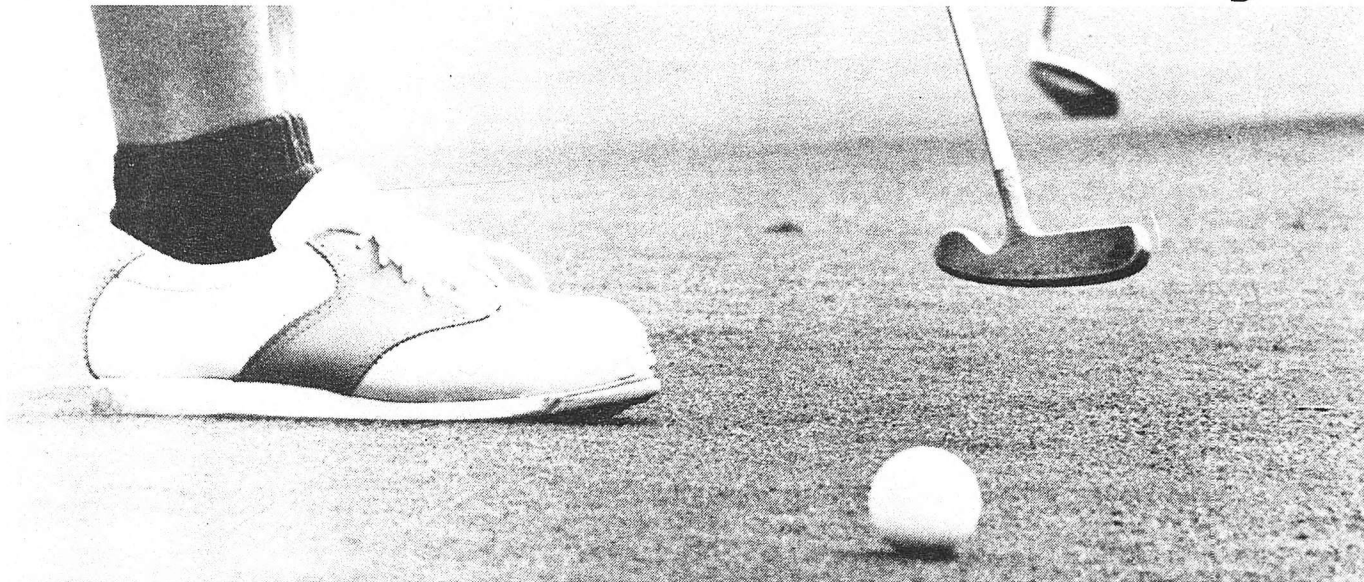
Upcoming runs

The Isthmus Road Runners and the Panama Olympic Committee are sponsoring the following runs: an **8K run at 7 a.m. Sunday** at El Dorado near KFC, and a **10K run at 7 a.m.** at the Panama Canal College on July 11.

The Panama Armed Forces Running Association is sponsoring **2, 3 and 5-mile runs 7 a.m. July 17** at the Fort Clayton Pedestrian Gate.

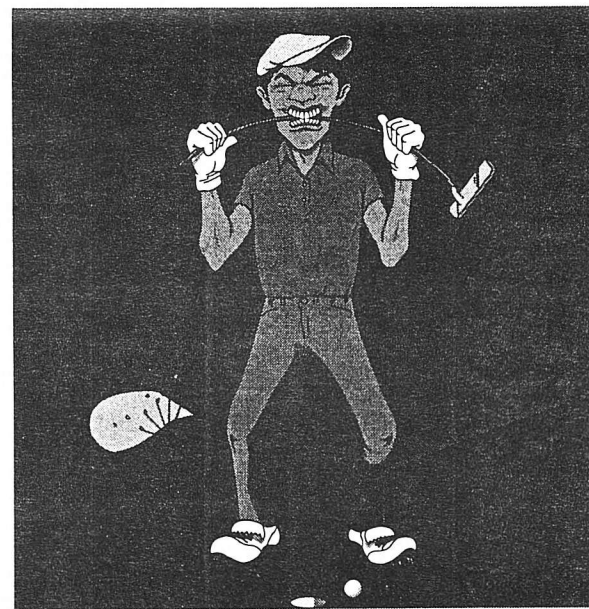
For more information on upcoming runs, call Allen Jones at 288-3310.

Golf tournament slated for July 5



Fore!

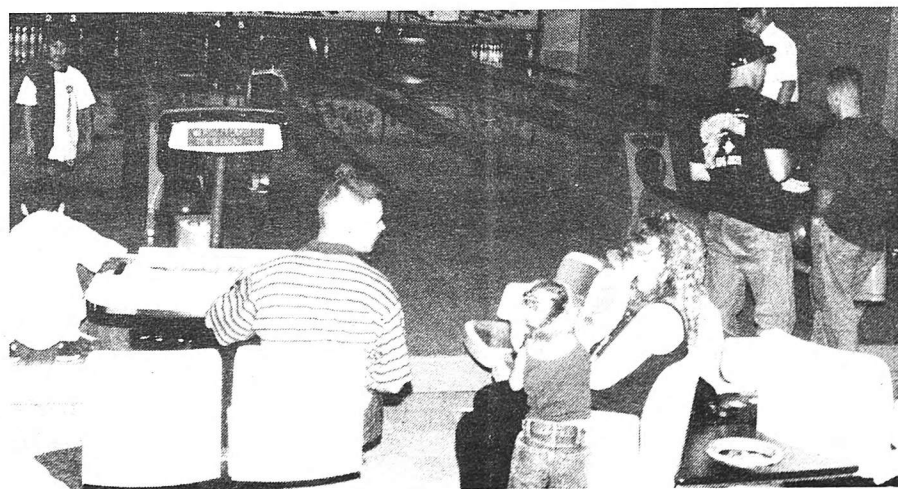
The Horoko Golf Course is hosting a four-person scramble **Red, White and Blue Golf Tournament July 5**, with the shotgun start at 8 a.m. The \$25 fee includes green fee, cart and lunch. Golfers can make up their own teams or sign up individually. Prizes will be gift certificates from the Pro Shop. Sign up for this tournament at the Horoko Golf Shop by June 30. For more information on the tourney, call Frank Condino at 288-4208 or 288-6413 or call the Pro Shop at 283-6346.



Fort Clayton offers free bowling, swimming

Fort Clayton's **Williford Pool** and the **Bowling Center** now offer free swimming and bowling. The swimming pool, which is scheduled to close **Sept. 30**, is open seven days a week from 9 a.m. to 6 p.m. except Tuesdays and Thursdays - the Tuesday and Thursday hours are from 11 a.m. to 8 p.m.

The **Bowling Center**, which is scheduled to close **June 30**, has the following hours of operation: weekdays from 11 a.m. to 6 p.m., Saturday from noon until 8 p.m., and Sundays and holidays from 3 to 7 p.m. Keep in mind, the **Bowling Center hours** are subject to change as needed for parties, leagues or special events. For more information, call the **Bowling Center** at 288-5466 or **Williford Pool** at 288-6660.





Allan Small (left) stands with his son Roberto who works in Corozal. Small started working as a tailor on Fort Clayton in 1930 when he was just 12 years old. Small now works in Building 519. He recently shared his experiences, joys and philosophy of life.

Courtesy

'When men have done their very best, archangels can do no more'

Small celebrates 69 years on Fort Clayton

story by Sgt. Tywana Gordon
Tropic Times Assistant Editor

FORT CLAYTON — Have you ever met someone for the first time and you realize that it was truly fate? No, I'm not talking about love at first sight, but a person who offers their wisdom, knowledge and experience to you. Someone who forces you to realize the many opportunities we all have. That's exactly how I felt when I met Allan Small who works in Building 519 on Fort Clayton.

For those of you who don't know Small, if you've ever visited Building 519 you just can't miss him. He's the person everyone knows. He greets everyone with a friendly smile and a special thought for the day. But what's even more special about Small is that he began working for the U.S. military in Panama in 1930 when he was 12 years old, and he's been working ever since.

"Fort Clayton was nothing like what it is today," Small said as he began to play back time. "If they had 10 cars it was plenty. Mules were used for transportation back in the 1930s. And they were kept right near Fort Clayton's Front Gate. If you look to the left of the gate, you can still see the area that was fenced off."

A native of Panama, Small began working at Building 95 as a tailor making soldier uniforms. "I've sewed for hundreds and hundreds of people here. I was 12, almost 13 years old, when I started working for the 33rd Infantry. I used to make three pants and four shirts a day. You get to love the work you do and it becomes a real accomplishment," he said.

At that time, Small was a very busy young man. Not only did he work for the 33rd Infantry, but he also attended the Canal Zone American Schools located in Paraiso.

"I graduated from school in 1931 and I was very fortunate to receive an education from the United

States. I have devoted my life to study. That's one of the reasons I remained so close to the government schools in Paraiso and Red Tank. I've always been interested in attaining knowledge," he said.

Small noted that he comes from a very strong family background, and his parents were very serious about him taking advantage of his education. "My father was a great man and I learned a lot from him. He was born in Jamaica and later moved to Europe," he said while he began to reminisce.

"He was in Europe under the command of Winston Churchill as a police officer. Now this was before Winston Churchill became a Sir. At that time police officers were requested to serve during the

"I have worked diligently on Fort Clayton for many years. I have been very fortunate to be able to assimilate. I've seen them all and taken care of them all. I've met thousands of people here in Panama. I'm sure if I go to the states one or two will touch me on the shoulder and say 'Hey, that's Allan Small.'"

Allan Small

construction of the canal for security and protection. Winston Churchill sent 30 of his police officers and my father was among them. My father came to this country and made a name for himself. He never tried to fool anyone; he was honest to the core.

Now my mother did not have a lot of education, but she was the mistress of common sense. That's where I get all my common sense from," he said with a smile.

After working at Building 95, Small began to work at Building 519 where he has served for a lifetime.

"I have worked diligently on Fort Clayton for many years. I have been very fortunate to be able to assimilate. I've seen them all and taken care of them all."

He tilted his head with a smile and said, "I've met

thousands of people here in Panama. I'm sure if I go to the states one or two will touch me on the shoulder and say 'Hey, that's Allan Small'"

Small has several vivid memories of his time here working on Fort Clayton, but a few memories stand out the most.

"I met President Dwight D. Eisenhower when he visited Panama and it was a very joyous occasion," he said. He also met Charles A. Lindbergh, the first aviator to make a solo, nonstop, transatlantic flight in 1927. Small also remembered an earthquake that shook Panama. This was about 25 years ago, he said.

"I remember this building (Building 519) shook back and forth." And his most recent kudos is the Allan Small Fitness Center, which was dedicated to him about two years ago. The fitness center is located in Building 519 on the fifth floor.

Small admits that he has received numerous awards over the years, but he has received so much that awards just can't represent.

"I speak with the greatest of all joy of what I've accomplished here. Without the efforts of the great Americans, it could not have been possible. I want to thank the United States for all it has bestowed on me. The opportunities that have been afforded to others and me is without comment. We all have received a good education from the U.S. I've always been interested in attaining knowledge and whatever I have received I have given back five times more.

Awards are something, but when humanity learns the essence of life, they can't go wrong. I've always beseeched my seven children to do the best they can for as long as they are able to do it. Low and behold, they may never get an opportunity to repeat this again."

Small went on to explain that education is very important and people should dedicate themselves to attaining knowledge at all costs. "Whatever you pursue, do it well. When men have done their very best, archangels can do no more."



courtesy

SCN daily news broadcasts, seen here in the television studio, will cease as of Thursday as part of the drawdown and closure process.

SCN's historic run coming to an end

story by Spc. Kenneth K. Rockett
Tropic Times Staff

In April 1941, what was then known as the Coast Artillery Command, was authorized to provide a low-power, tactical radio frequency to transmit news, sports and music to U.S. military personnel in remote locations in Panama.

Now, 58 years later, that one humble radio transmission has become what everyone in Panama knows as the Southern Command Network, providing "information you can count on" with both radio and television broadcasts to all U.S. Armed Forces personnel and family members stationed in Panama.

But with the imminent closure and transfer of all U.S. military sites as agreed upon in the Panama Canal Treaty of 1977, SCN, located in Building 209 on Fort Clayton is pulling the plug on their historic run.

SCN is formally deactivating in a closing ceremony Thursday at Building 209 saying goodbye to the viewers and the nation of which they have been a part for so long.

And like anywhere one goes these days, the signs of closure are undeniable at SCN. SCN radio, as an example, used to originate from a state-of-the-art studio inside Building 209. Now, broadcasts originate from a mobile van outside of SCN because much of the studio equipment has already been shipped out.

"We've been slowly tearing things down here," said Staff Sgt. Patrick Wareing, NCOIC, SCN studio operations. Surrounded by boxes and

unplugged computer systems, Wareing said that what isn't being used has been packed, shipped out or destroyed — such as thousands of vinyl records and video beta tapes with television and movie programs that were aired throughout the years (SCN had the largest video library in AFRTS.)

Wareing, who has been with SCN since January 1994 said it's going to be a tough day when he finally has to say goodbye to what has been a large part of his life.

"It's going to be a very sad moment," Wareing said. "SCN is really a part of me, with everything I have learned during my time here and everything that has happened. It's pulling me apart to see everything being taken down."

Other long-time members of the SCN team, including Staff Sgt. Jeffrey Anderson, NCOIC of television operations, share some of Wareing's feelings of having a hard time letting a good thing go. Anderson himself was assigned to SCN throughout Operation Just Cause and returned to serve at SCN several years later.

"It's sad. Just for the plain and simple fact that I've had a long history here. I've seen a lot of people come in these doors and walk out these doors, and

had a chance to work with a lot of great people," Anderson said. "It's been a great opportunity. I'm always going to remember this place."

Although SCN Channel 8 will continue to provide programming through October, the SCN newscasts will cease Thursday when the unit deactivates. On that day the final newscast will be aired at 6 and 10 p.m. on Channel 8, and at 6:30 p.m. a special 45 minute SCN historical piece called *All Good Things* will air. SCN radio broadcasts will continue until the last U.S. military personnel leave Panama.



courtesy

SCN, Building 209, Fort Clayton.



courtesy

SCN's once state-of-the-art radio broadcast studio has been moved to the SCN mobile van currently located outside SCN Building 209, Fort Clayton.

SCN Milestones and Achievements

- ◆ Began radio broadcasting in 1941 -- joined Armed Forces Radio Service and moved to present location in 1943.
 - ◆ First television station in Panama, 1956; began full color broadcasting in 1975.
 - ◆ In 1979 became the pilot station for AFRTS's worldwide satellite network.
 - ◆ In 1987 SCN operations expanded to include the AFRTS facility at Soto Cano Air Base, Honduras.
 - ◆ Operation Just Cause, 1989, saw SCN providing critical news and information updates to the DoD community and was the only media organization to cover the swearing in of Panama's new democratically elected president. SCN became the first AFRTS network to receive a campaign streamer.
 - ◆ In 1990 cable Channel 14 (cost: \$4.9 million) signed-on making SCN the only two-channel network in AFRTS.
 - ◆ In 1991 SCN coverage of earthquake relief efforts in Costa Rica resulted in a Humanitarian Service Award.
 - ◆ For Operation Safe Haven, 1994, SCN had the only video of the Safe Haven riots which was released to news organizations worldwide. SCN awarded Joint Meritorious Unit Award.
 - ◆ In January 1997, SCN became first AFRTS three channel network by offering NewSports satellite television programming.
 - ◆ In March 1997 SCN goes to four television channels by adding the Spectrum service.
- Recent Awards: Best Radio News in DoD (1994), Best Engineers in Army Broadcasting Service (1994), Best Television Spot Production in DoD (1996), Best Radio and Television Promotions in DoD (1996).

Flauta and Marimba

The National Association of Concert is hosting the presentation of David Fedele, Flauta and Makoto Nakuna, Marimba 8 p.m. at the La Huaca Theater, Atlapa Convention Center. Tickets are available at Argosy, Allegro, and at the Association. For more information, call 214-7236.

Youth Program

The Howard Youth Center is hosting their last Summer Program for kids right up until July 30. Lots of fun and educational activities are scheduled for the children ages 5 to 12. Children must be registered in order to participate in the program. For more information, call the Youth Center at 284-4700.

NAF Sale

The 24th Services Squadron is hosting a NAF Sale 8 a.m. - noon July 10 at the Howard Air Force Base Bowling Center. Everything is going. Bring some money, family, and friends, and enjoy this sale that the squadron is putting on for you. Sale open to ID card holders. For more information, call 284-4190.



Tropictivities

June 25, 1999

Fort Clayton and Howard Air Force Base, Republic of Panama
Serving the Joint Community

Page B1

SUMMIT BOTANICAL GARDENS AND ZOO

story and photos by Charlie McElroy
Tropic Times Staff

GAMBOA – Summit Botanical Gardens is more than a beautiful expanse of rolling hills, lush tropical vegetation, and fantastic hiking trails. The Summit is the home of the largest zoo in Panama and the region.

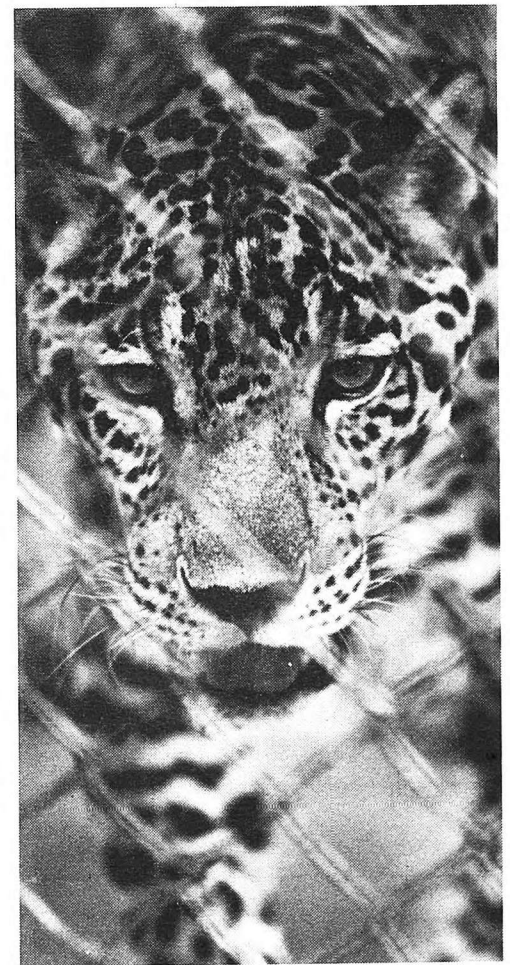
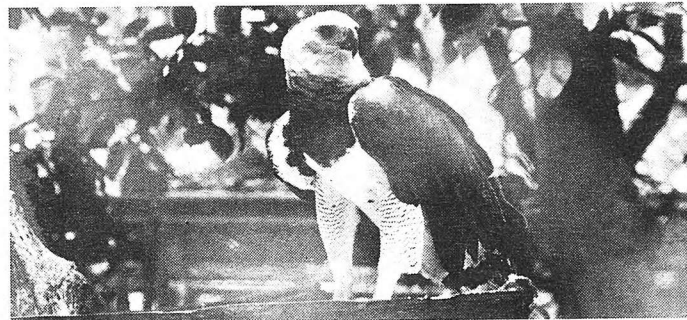
It's a real challenge for a visitor to try and decide which animal was the favorite, the weirdest, the most beautiful or exotic, but one of the main attractions is the Harpy Eagle Aviary. The aviary has an observation area where visitors can appreciate watching these magnificent birds. There's also an interactive learning center where one can learn what is known about this rare bird.

With a wing span of seven feet, the Harpy Eagle (*Harpia harpyja*) is the largest eagle in the world. These birds of prey can glide into a triple canopied forest and glide back out a howler monkey, or a sloth, or other large arboreal mammals. From the observation area, you are never more than 50 feet from these regal creatures. And, from the animal rights point of view, the aviary closely resembles the eagles' natural habitat where it dominates the tropical lowland forests of Central and South America.

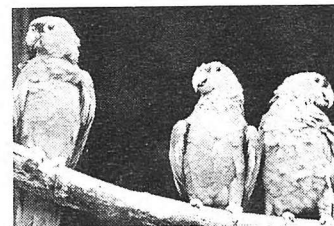
The Harpy Eagle is on the list of endangered species because of forest fragmentation, destruction of nesting sites, and shooting. The population of the eagle is unknown, but only 27 confirmed nests have been found since 1992. The Peregrine Fund World Center for Birds of Prey, located in Idaho, has been searching for ways to increase the eagle population. In 1998, the first Harpy Eagle to be hatched in captivity was released into the wilds of Soberania National Park adjacent to the Summit. Parents of this eagle are from Panama and Ecuador and are on loan to The Peregrine Fund. Only ten eagle chicks have hatched in captivity and five of those have since been released in the park. The Harpy Eagle is Panama's national bird.

Scientists want to study the Harpy Eagle in the wild to determine what role it plays in conserving the ecosystem. Captured birds are released and tracked by satellite transmitters, radios and ARGOS satellites.

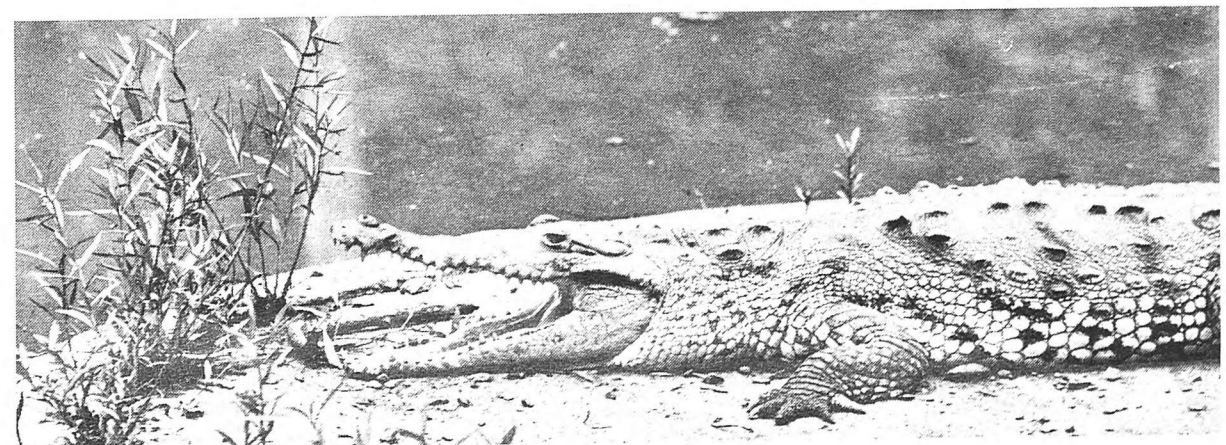
You can enjoy a terrific, relaxing day at the Summit by heading out toward Gamboa from Fort Clayton. It's about a 20 minute drive along the road that parallels the Panama Canal. The Summit is just before you reach Gamboa. It's well marked, you can't miss it. Be sure to take along a camera to photograph some of the other animals, like crocodiles, giant tapirs, jaguar, havalina, and mano gordas. There are many fine places to sit and relax, so take a picnic lunch too. For more information you can call the Summit Reception Office at 232-4854.



(Above) Harpy Eagles at the Summit Gardens Aviary and Observation Center where one can watch this magnificent bird, the largest eagle in the world.



(Clockwise from left) Spider monkeys, parrots, the Central American Jaguar, crocodiles, and the mysterious monkey of the night.



Trips and tours

Air Force

◆**Outdoor Recreation: 284-6107**
Tours depart from Howard Theater.
Crocodile photo safari 8 - 11 p.m. Saturday, \$40. Spend the evening watching crocodiles on this evening adventure. Trained guides will capture the crocodile, giving everyone the chance to take pictures. Don't forget insect repellent, your camera, flash light and rain gear.

Isla Grande snorkeling trip 7 a.m. - 4 p.m. Saturday, \$22/person. Isla Grande is known as the Diamond of the Atlantic, located 75 miles from Panama City and 29 miles from the city of Colon. It has abundant vegetation and a beautiful white sand beach with a variety of colorful fish that can be seen in the surrounding coral reefs.

Parara Puru Indian village tour 8 a.m. - 4 p.m. Saturday and July 4, \$22. Take a cayuco ride along the Chagres River to visit the unique Parara Puru Indian community and experience their social lifestyle and witness their primitive customs dating back 500 years. Bring a sack lunch and don't forget the camera.

El Valle horseback riding trip 7 a.m. - 4 p.m. Sunday, \$24. Ride a horse and explore the countryside in El Valle, the beautiful mountain valley lo-

cated in the interior of Panama. El Valle's lush vegetation, colorful flowers, waterfalls, ancient Indian petroglyphs and cooler temperatures make it one of Panama's popular tourist attractions.

Jungle canopy tour 7 a.m. - 5 p.m. Sunday, \$55. Get a unique view of the jungle's canopy on this exciting tour. You will traverse from cable to cable through the jungle tops, just like the monkeys do. This adventure features a canopy tour of El Chorro Macho in El Valle.

Panama Museums tour 9 a.m. - 3 p.m. July 2 \$10. This tour of Panama's provides you with an opportunity to learn more about the culture, art, history, and the fauna and flora of this wonderful country.

Ecological Canal tour 9:30 a.m. - 5 p.m. July 2, \$60. Don't miss this unique tour of the Las Americas Interoceanic National Park. Includes a boat ride along the Panama Canal and Gatun Lake and a visit to a Chocoe Indian village.

Peacock bass fishing trip 5 a.m. - 2 p.m. July 3, \$25. Join us for a super day of fishing near Arenosa Village on Gatun Lake. Bring your own fishing gear, lunch and refreshments. We provide transportation, boat with guide, bait, ice and coolers for fish. Fish cleaning is available.

El Valle shopping and sight-seeing 7 a.m. - 4 p.m. July 4, \$14. Travel by bus to the beautiful mountains of El Valle, a sleepy village in an extinct volcano basin. Enjoy shopping in the native market and purchase handicrafts such as soapstone carvings, bateas, baskets, native fruits, vegetables and beautiful tropical plants and flowers.

Army

◆**Outdoor Recreation Center: 288-7355/6453**

Reservations for outings are under way at Building 178, Fort Clayton.

Snorkel/dive Isla Grande Saturday. Visit *El Valle* Sunday and Sunday. Nestled in the green mountain of the province of Coclé is *El Valle de Antón*, a resort town which has become an important jewel in Panama's ecotourism treasure chest.

The Mamoni overnight trip is available. Includes a two-hour drive into Chepo and a three-hour horseback ride. Enjoy typical food, rustic sleeping accommodations and activities. Not meant for the mild at heart. For more information, call the center.

◆**Valent Recreation Center: 288-6500**

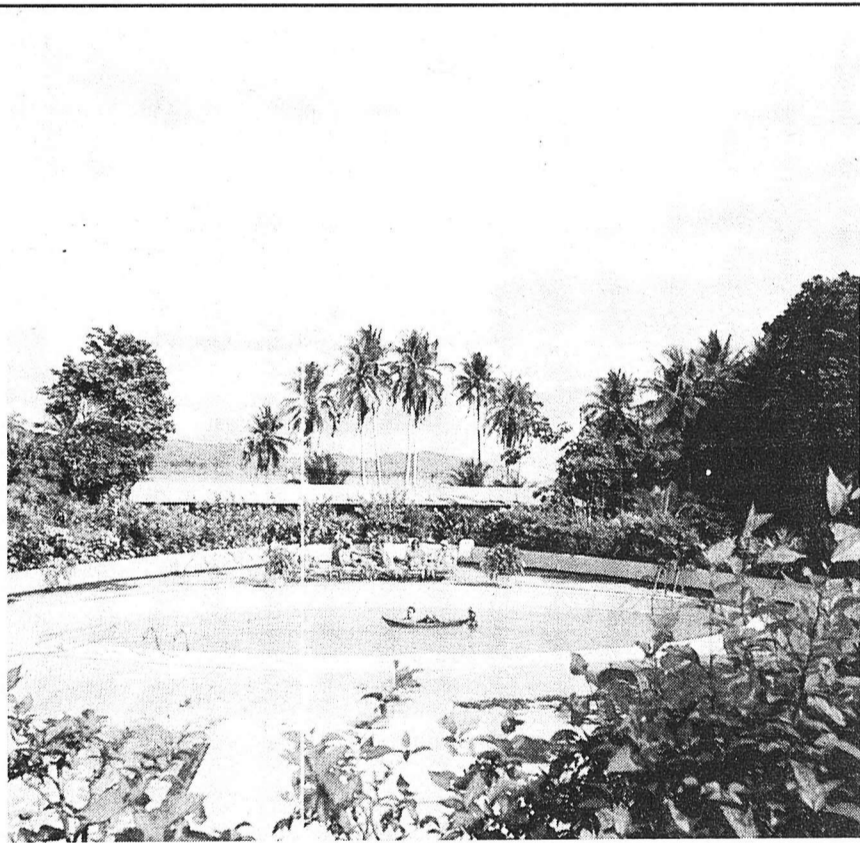
Make early reservations for tours:
Visit historic Panama City founded in 1506 and destroyed and sacked by pirate Henry Morgan. Tour the *Casco Viejo* founded in 1676 and reminiscent of its Spanish and French heritage. Stop at *San Jose Church* to see their **Golden Altar**, the National Theater, *Las Bovedas* enjoy live music Fridays and Saturdays and the French restaurant 7 p.m. Mondays - Fridays, and the new **Canal Museum**.

Isla Grande 6:30 a.m. Saturday. Stop at **Portobelo** to see the Black Christ.

El Valle 6:30 a.m. Sunday. Enjoy shopping in the native market which is only open on Sundays. You'll be able to purchase handicrafts such as soapstone carvings, bateas, and pottery. *El Valle's* lush vegetation, colorful flowers and waterfalls make it one of the most popular tourist attractions in Panama. Enjoy lunch at *Hotel Campestre*.

Shopping tour 9 a.m. - 4 p.m. Thursday. Visit Central Avenue, *El Dorado* and *Los Pueblos* shopping malls, the most popular shopping area in town.

Carlson Wagonlit offers the lowest military air fares, hotel, car rental discounts and more, call 288-7077.



(Courtesy)

Piñas Bay

This is a paradise sliced from the side of a mountain and surrounded by a jungle rich with wildlife and tropical flora, located a 150 miles South of Panama City.

Rec Center news

Air Force

◆**Howard Community Center: 284-6161**

The center is located on the **Ground Floor of Building 707**. New hours: 7:30 a.m. - 7 p.m. Mondays - Fridays, noon - 6 p.m. Saturdays, closed Sundays and holidays and noon - 6 p.m. down days.

The **Frame Shop** will be closed on July 10.

Graphics Shop relocation. The Graphics Shop will move to Building 707 on July 16.

◆**Howard Skills Development Center: 284-6361**

The **Balloon Shop** is located in the Skills Development Center, Building 711. Check our **daily specials** and make someone smile. The Skills Development Center now has the **Balloon Shop** and **Pack-N-Wrap** with gifts, balloons and wrappings for shipping for all occasions.

◆**Outdoor Adventures: 284-6107**

Rent Howard bohios and pools for private parties or squadron functions. If you wish to serve alcohol, you must submit a **letter of request**

to the 24th Support Group deputy commander at least four working days before the event.

◆**Howard AFB Sports and Recreation Rental Center: 284-6107/3539**

Check out the wide variety of **equipment for rent**, camping, fishing and boating, home entertainment, home improvement, outdoor, picnic and party, sports and cooking equipment for a minimal fee daily, weekend and weekly rental. PCSing? If so, get \$5 off weekly and monthly rentals on TVs, VCRs and TV/VCR combos. Must be accompanied by orders. Rent a mountain bike for a month or week and receive a free water bottle.

Army

◆**Valent Recreation Center: 288-6500**

Private tours for 10 - 15 people can be arranged. Advance reservations and payment required for any tours listed or other local tours. The center also provides music rooms, movies on weekends, slot machine, pool tables, ping pong tables and rental service.

Arts and crafts

Air Force

◆**Howard Skills Development Center: 284-6361**

New hours of operation 10 a.m. - 4 p.m. Tuesdays - Saturdays.

The center accepts commercial credit cards.

Registration and payment are required before attending classes. Classes will be cancelled 24 hours prior if minimum participation is not met.

Frame Shop will close on July 10.

Army

◆**Fort Clayton Arts and Crafts Center: 288-5957/7360**

Center closed Wednesday. You have a few days to enjoy its last services. Patrons are requested to clear their wood and multicraft projects.

Drawing and acrylic painting 2 - 4 p.m. Sundays and 7 - 9 p.m. Wednesdays. **Watercolor and oil painting techniques** 7 - 9 p.m. Thursday. Painting supplies are not included in the fee. Register in advance.



(Courtesy)

Mi Pueblito

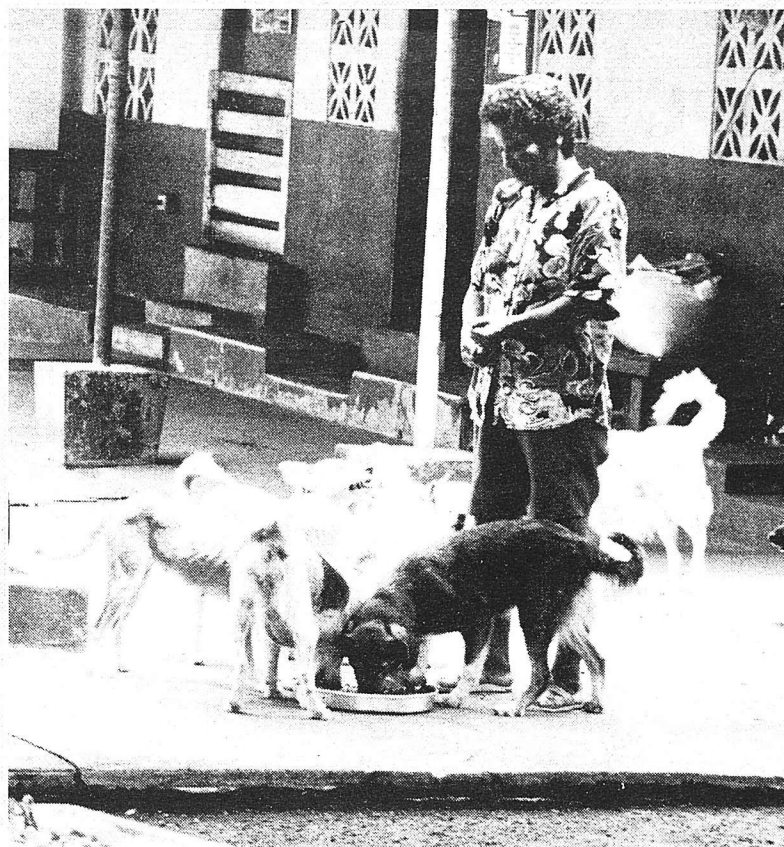
Visit *Mi Pueblito* on Ancon Hill and enjoy comfortable atmosphere in the style of the central provinces. For more information, call your Outdoor Recreation Center.



(Courtesy)

Nmon Ford-Livene in Concert

The Contemporary Art Museum in Ancon will host Nmon Ford-Livene at 8 p.m. July 8. Come and enjoy his opera music. For tickets, call 239-9709 or 231-3613.



Griselda Sterling (Tropic Times)

Home care for pets

The Association of Friends of Animals, under the direction of Frank and Olga Gaitán, is a nonprofit organization in Panama City. The home is instrumental in the rescue and care of dogs, cats and other stray and abandoned animals. Are you getting ready to PCS and unable to take you pets with you? This is the solution for you. For more information, call 269-4010

Special events

Flauta and Marimba

◆ Atlapa Convention Center

The National Association of Concert is hosting the presentation of David Fedele, *Flauta* and Makoto Nakuna, *Marimba* 8 p.m. Tuesday at the La Huaca Theater, Atlapa Convention Center. Tickets are available at Argosy, Allegro or at the Association. For more information, call 214-7236.

Youth Program

◆ Howard Youth Center

The Howard Youth Center is hosting their last Summer Program for kids right up until July 30. Lots of fun and educational activities are scheduled for children ages 5 to 12. Children must be registered in order to participate in this program. For more information, call the Youth Center at 284-4700.

NAF Sale

◆ Bowling Center

The 24th Services Squadron is hosting a NAF Sale 8 a.m. - noon July 10 at the Howard Air Force Base Bowling Center. We are selling the entire house; everything is going. Bring some money, your family and friends, and enjoy this special sale that the squadron is putting on for you. Sale open to ID card holders only. For more information, call 284-4190.

Shops and classes

Air Force

◆ Howard Community Center: 284-6161

Beginner, intermediate and advanced English and Spanish classes. Call the center for more information.

◆ Howard Pool: 284-3569

Hours of operation: 10 a.m. - 6 p.m. Tuesday - Sunday and holidays. Closed Monday.

Water Aerobics 8:30 - 9:30 a.m. Tuesdays and Thursdays, \$2/class, call for more information.

◆ Howard Auto Skills Center: 284-3370

The Auto shop is closed Thursday.

Hours: 11 a.m. - 7 p.m. Tuesdays - Thursdays, 11 a.m. - 6 p.m. Fridays, 9 a.m. - 5 p.m. Saturdays, 11 a.m. - 5 p.m. Sundays and closed Mondays and holidays.

Vehicle resale lot: Planning to sell your car? Contact Auto Skills at Howard.

Services: Towing 11 a.m. - 7 p.m. Tuesdays - Thursdays, 11 a.m. - 6 p.m. Fridays, 9 a.m. - 5 p.m. Saturdays (as long as a qualified driver is on duty). If a tow extends beyond 5:30 p.m., there is an additional hourly charge. Air conditioning repair, brakes, oil changes, tune-ups, front-end alignment and welding available.

Vehicle inspection services 11 a.m. - 7 p.m. Tuesdays - Thursdays, 11 a.m. - 6 p.m. Fridays, 9 a.m. - 5 p.m. Saturdays, 11 a.m. - 5 p.m. Sundays self help and closed Mondays. Cost is \$10.25. Have your vehicle inspected at the cen-

ter in Building 722. Vehicles cannot be left for inspections. For more information, call the center at 284-3370.

Army

◆ Fort Clayton Boat & Scuba Shop: 288-7355/6453

The Aquacenter, Building 178, is now closed on Sundays.

Motorboat operator course offered 8 a.m. - noon monthly. Jon boat certification, for Boston Whaler/ocean certification. Advance reservations required. As part of the draw-down plans, there is no fee charge for the Motorboat Operators' course.

Gatun Lake fishing charters available, \$30/person, minimum of three people, includes Jon boat w/ 30hp, boat, guide, cooler, fishing tackle, bait and safety equipment.

Open-water dive classes on Mondays. Minimum of six people required. Includes pool sessions, theory sessions and open-water dives. Register in advance.

The Scuba Shop has equipment for rent, advanced instruction and services to include repairing spear guns, regulators and gauges.

◆ Auto Craft Center:

The center is located in Buildings 178-A, B, C and Building 135, Fort Clayton closed operation Wednesday.

The shop features work-area bays, electric lifts, instructions and classes.

Electric engine analysis 4 - 9 p.m. Mondays.

Air-conditioning maintenance 2 p.m. Mondays, Thursdays and Fridays. Noon - 5 p.m. Saturdays, 10



a.m. - 5 p.m. Sundays.

Wheel alignment 3 - 9 p.m. Mondays, Thursdays and Fridays.

Brake repair class 1 - 9:30 p.m. Fridays.

◆ Valent Recreation Center: 288-6500

New hours of operation: 9 a.m. - 9 p.m. Mondays - Fridays, noon - 9 p.m. Saturdays, Sundays and holidays. Register for ongoing classes.

Spanish headstart class, eight week course, meets twice a week.

Intermediate Spanish classes available. Fee includes manual. For more information, call the center.

Piano classes Mondays - Thursdays, half-hour sessions.

Basic English classes 10 a.m. - 12:10 p.m. Tuesdays and Thursdays.

Intermediate English Mondays and Wednesdays.

Club news

Clayton

◆ **Cafe 519: 288-6007**

Breakfast 6 - 11 a.m. Mondays - Fridays. **Lunch** 11 a.m. - 2 p.m. with hot specials, a salad bar and sandwiches. Enjoy a **special buffet** Thursdays.

◆ **Clayton Community Club: 288-4716.**

The Club is now featuring a **la carte dining**

5 - 9 p.m. Tuesdays - Saturdays.

Sunday brunch 10:30 a.m. - 1:30 p.m. The best deal in town, best value and best entertainment. Enjoy the hot and cold entrees, salads, breakfast items, pastries and desserts. Great food and background music.

Lunch 11:30 a.m. - 1 p.m. Mondays - Fridays. Treat yourself to a nice break.

Discover Café 1999 5 - 9 p.m. Sundays - Saturdays. Menu includes popular treats of the former **Loop** such as: buffalo wings, taco salad, burgers and a casual atmosphere, coupled with varied appetizers and main courses. The Cafe will provide a great dining alternative.

The Corral is open 7 p.m. - 2 a.m. Wednesdays, Fridays and Saturdays. Join in for great country sounds.

◆ **La Mola Café: 288-4202**

Breakfast 6:30 - 9:30 a.m. Mondays - Fridays, 7 - 11 a.m. Saturdays - Sundays; **lunch** 11 a.m. - 1:30 p.m. Mondays - Fridays, 11 a.m. - 1 p.m. Saturdays - Sundays; **dinner** 5 - 8 p.m. daily.

Howard

◆ **Tropic Breeze Club-Building 710: 284-4189**

Cashiers hours: 10 a.m. - 9 p.m.

Saturdays - Wednesdays, 9 a.m. - 9 p.m. Thursdays, 9 a.m. - noon Fridays.

Closed for lunch 1:15 - 2 p.m. daily.

"A la Carte" Sunday breakfast 9 a.m. - noon. Eggs-to-order, pancakes, bacon, sausage, omelets, fresh breads, croissants and more.

A la Carte breakfast 6 - 9 a.m. Mondays - Fridays.

International lunch buffet 11 a.m. - 1:30 p.m. \$4.95. **Fridays:** Southern buffet. **Mondays:** All American. **Tuesdays:** Italian. **Wednesdays:** Mexican. **Thursdays:** Oriental.

All ranks a la carte dining. 5:30 - 9 p.m. Wednesdays - Saturdays. A great menu with appetizers, salads, soups and entrees to please everyone.

Breezeway open 11 a.m. - 10 p.m. Mondays - Wednesdays and Thursdays, 11 a.m. - 11 p.m. Tuesdays and Fridays, 11 a.m. - 11:30 p.m. Saturdays and Sundays, noon - 11 p.m. Sundays. For more information, call the Club.

Steak out 2:30 - 8 p.m. Sundays.

◆ **Tropic Breeze Club Ballroom**

Open for special functions only. R & B 8 p.m. - midnight Fridays.

◆ **Tropic Breeze Club Casual Cove: 284-4189.**

Open 11 a.m. - midnight Mondays, Wednesdays and Thursdays, and 11 a.m. - 1:30 a.m. Fridays.

Members only Social Hour 5:30 p.m. Fridays.

Pool tournaments 6:30 p.m. Fridays.

Alternative Rock and Tecno 4 - 8 p.m.

Variety music 8 p.m. - midnight Saturdays.

Free juke box 11 a.m. - 2 a.m. Monday.

Karaoke plus Late Night Disco 11 a.m. - midnight Monday and more **Karaoke** until 2

a.m. Tuesday. Call for details.

Service Members Appreciation Day and draft beer special all day Wednesday.

Pool tournament 7 p.m. Wednesday.

Social hour with snack 6 - 8 p.m. Wednesday.

Country and Western night 8 - 11 p.m. Thursdays.

Members night and club card drawing 8:30 p.m. Thursdays. **Social hour** reduced prices 4:30 - 7:30 p.m.

All nighters/live entertainment 9 p.m. Saturday. Open to enlisted members and their guests.

◆ **Top 3/Officer's Lounge: 284-4189**

Open 4 - 9 p.m. Mondays - Thursdays.

Super social hour 5:30 - 6:30

p.m. Wednesdays, Thursdays and Fridays.

Blue Note 7 p.m. Saturday. All ranks welcome.

Boss and buddy night social hour 5:30 p.m. Mondays.

◆ **Mulligan's on the Green at Horoko: 283-3295**

Breakfast menu 6 - 10 a.m. Sundays - Saturdays. Open for lunch and dinner.

Weekly lunch and dinner 10 a.m. - 8:30 p.m. Mondays - Thursdays, 10 a.m. - 9:30 p.m. Fridays, 6 - 9:30 p.m. Saturdays and 6 a.m. - 8:30 p.m. Sundays and holidays.

Mongolian barbecue 5:30 - 8:30 p.m. Mondays, \$8.95 for the first 8-ounce and \$4.95 for the vegetarian version.

◆ **Cafe Seven-O-Seven-Building 707: 284-5848**

Enjoy freshly made sandwiches, fruit shakes and crossants. Specialty bagels and pastries.

Open 6 a.m. - 7 p.m. Mondays - Fridays. Noon - 5 p.m. Saturdays and Sundays. Try our deli sandwiches and pastries.



Miguel Briceño (VRC)

DoD Show presents The Golden Girls

DoD Overseas Show is hosting another super presentation 'The Golden Girls' 5 - 8 p.m. today at Fort Clayton Community Club and 9 - 11 p.m. Saturday and Sunday at the Howard AFB, Tropic Breeze Club. Come bring your family and friends and enjoy their rhythm like R & B, gospel music and acapela style. Their show is very interactive with the audience.



Location	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Howard AFB 284-3583	6:30 pm: <i>Baby Geniuses</i> 8:30 pm: <i>The Matrix</i>	4:30 pm: <i>The King and I</i> 6:30 pm: <i>Entrapment</i> 8:40 pm: <i>Mod Squad</i>	4:15 pm: <i>The Deep End Of The Ocean</i> 6:30 pm: <i>EDTV</i> 8:50 pm: <i>Life</i>	7 pm: <i>Mod Squad</i>	7 pm: <i>8MM</i>	7 pm: <i>The Matrix</i>	7 pm: <i>Mod Squad</i>
Fort Clayton 288-7279	6:30 pm: <i>Entrapment</i> 8:40 pm: <i>Mod Squad</i>	4:30 pm: <i>The Deep End Of The Ocean</i> 6:30 pm: <i>EDTV</i> 8:50 pm: <i>Shakespeare In Love</i>	4:30 pm: <i>The King and I</i> 6:30 pm: <i>Baby Geniuses</i> 8:30 pm: <i>Mod Squad</i>	7 pm: <i>The Matrix</i>	7 pm: <i>Life</i>	7 pm: <i>8MM</i>	7 pm: <i>Cruel Intention</i>

Theater News

All movies are subject to change depending on arrival in country

Tickets are available in five price categories: \$3.50, \$3, \$1.75, \$1.50 and \$1. *First run movies \$3.50 **Special Price
AAFES Home Page: www.panama.phoenix.net/~aafespan.default.html

Movie Guide Rating

R Restricted. Under 17 requires accompanying parent or adult guardian.

PG-13 Parental guidance suggested for children under 13.

PG Parental guidance suggested.

G Suitable for general audience.

Now showing

"THIS YEAR'S MOST POWERFUL THRILLER!"
James Wilson, FOX-TV, St. Louis

N I C O L A S C A G E

You can't prepare for where the truth will take you.

8MM
EIGHT MILLIMETER

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8 MM

Nicolas Cage, Joaquin Phoenix

Director Joel Schumacher casts Nicolas Cage as a seedy private eye in this psychological thriller. A window discovers an 8-millimeter "snuff" film in her husband's safe ("snuff" being the type of porno movie where one of the performers is killed on screen). Cage, aided by co-star Joaquin Phoenix, investigates the underground industry to determine its origins. **R, 2 hrs, 6 min.**

Baby Geniuses

Kathleen Turner, Christopher Lloyd

Kathleen Turner and Christopher Lloyd star as two evil doctors working for the world's leading manufacturer in baby products. Turner and Lloyd are secretly working on cracking the lucrative secret of "baby talk." Problems arise when the baby geniuses unite to overthrow the doctors and their laboratory. **PG, 1 hr, 34 min.**

Cruel Intention

Ryan Phillippe, Sarah Michelle Gellar

Ryan Phillippe and Sarah Michelle Gellar star as step-siblings whose mission is to control the social lives of the students at an affluent Connecticut prep school. The two brash manipulators make a wager on whether Phillippe can bed the headmaster's innocent daughter, played by Reese Witherspoon, in this update of the classic "Dangerous Liaisons." **R, 1 hr, 30 min.**

Edtv

Matthew McConaughey, Jenna Elfman

Matthew McConaughey stars as a beer-can dangling, video store clerk who happens to be an adult. His affable charm and good looks land him a job on an experimental television show where he's the 24-hour star. Woody Harrelson plays his obnoxious brother, whose perky girlfriend, Jenna Elfman, begins to think she's picked the wrong brother. **PG-13, 2 hrs, 3 min.**

Entrapment

Sean Connery, Catherine Zeta-Jones

Globe-trotting master thief Sean Connery is lured by

insurance investigator Catherine Zeta-Jones posing as a formidable rival. **PG-13, 1 hr, 53 min.**

Life

Eddie Murphy, Martin Lawrence

Eddie Murphy and Martin Lawrence are two-bit criminals wrongly accused of murder by a very white sheriff. From the gravesite of the two aged buddies, the movie flashes back over the 50 years they spent in prison, the important times and events they missed, along with a never-ending supply of prison pranks. **R, 1 hr, 52 min.**

Mod Squad

Claire Danes, Omar Epps

This updated version of the popular '60s t.v. series casts a younger, hipper group to fight the underground crime scene: Claire Danes as Julie, Giovanni Ribisi as Pete and Omar Epps as Line. The delinquent adolescents are given a second chance to redeem themselves from their crime-ridden ways and side with the law. **R, 1 hr, 34 min.**

Shakespeare In Love

Gwyneth Paltrow, Ralph Fiennes

Fiennes stars as a young William Shakespeare with writers block in this Elizabethan comedy. Gwyneth Paltrow won the 1999 Oscar for Best Actress while Judi Dench won Best Supporting Actress for her portrayal of Queen Elizabeth. The movie won Best Picture. **R, 1 hr, 49 min.**

The Deep End Of The Ocean

Michelle Pfeiffer, Treat Williams

Every mother's worst nightmare comes true for Michelle Pfeiffer in the story of a woman who loses her 3-year-old son when her back is turned. The tragedy devastates the mother, her husband and their troubled teen-age son. "The Deep End Of The Ocean" examines the consequences and the experience of the family when the boy is miraculously returned. **PG-13, 1 hr, 45 min.**

The King and I

Animated

Miranda Richardson lends her voice to this animated adaptation of the Rodgers and Hammerstein Broadway musical. A British teacher and her son travel to the exotic land of Siam. Miranda Richardson is the voice of Anna, sent to tutor the children of the King, played by Martin Vidnovic. **PG-13, 1 hr, 28 min.**

The Matrix

Keanu Reeves, Laurence Fishburne

Keanu Reeves stars in a cyberpunk thriller where human life is discovered to be a virtual dream. Reeves is a computer hacker who uncovers an elaborate campaign of deceit. Computer overlords have created an extensive earthly facade with plans to dominate the "real" world. Rebels Laurence Fishburne and Carrie-Anne Moss team with Reeves to combat the Matrix. **R, 2 hrs, 10 min.**



Howard AFB

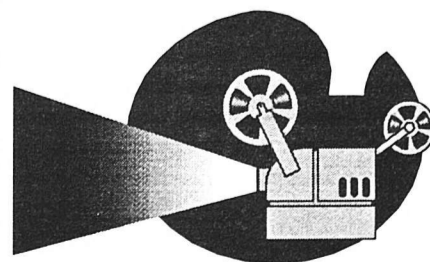
6:30 pm: *Doug's 1st Movie* (G) Thomas McHugh, Fred Newman

8:30 pm: *Instinct* (R) Anthony Hopkins, Cuba Gooding Jr.

Fort Clayton

6:30 pm: *The Out of Towners* (PG-13) Steve Martin, Goldie Hawn

8:30 pm: *Life* (R) Eddie Murphy, Martin Lawrence



Early morning & daytime TV programming

Key: + Program time change due to live programming event; * Mature theme; ** Series starts; ***Series ends; **** Program moved to new day and/or time

	Friday, June 25	Saturday, June 26	Sunday, June 27	Monday, June 28	Tuesday, June 29	Wednesday, June 30	Thursday, July 1
Channels 8 & 10	6:00 Today Show	6:00 Headline News	6:00 The Coral Ridge Hour	6:00 Today Show	6:00 Today Show	6:00 Today Show	6:00 Today Show
	8:00 Headline News	6:30 Classic Cartoon	6:30 Outreach of Love***	8:00 Headline News	8:00 Headline News	8:00 Headline News	8:00 Headline News
	8:30 Showbiz Today	7:00 Sesame Street Specials	7:00 The Field Afar***	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today
	9:00 Sesame Street	7:30 Puzzle Place	7:30 Day of Discovery	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street
	10:00 Barney & Friends	8:00 Classic Cartoon	8:00 Sunday Today	10:00 Big Bag	10:00 Blues Clues	10:00 Barney & Friends	10:00 Blues Clues
	10:30 Kiana's Flex Appeal	8:30 Disney's Pepper Ann	9:00 Air Force TV News	10:30 Kiana's Flex Appeal	10:30 Co-Ed Training	10:30 Bodyshaping	10:30 Co-Ed Training
	11:00 The Oprah Winfrey Show	9:00 Aaahh! Real Monsters	9:30 Adventures From The Book Of Virtues	11:00 The Oprah Winfrey Show	11:00 The Oprah Winfrey Show	11:00 The Oprah Winfrey Show	11:00 The Oprah Winfrey Show
	12:00 Headline News	9:30 Are You Afraid of the Dark?****	10:00 Promised Land	12:00 Headline News	12:00 Headline News	12:00 Headline News	12:00 Headline News
	12:30 Wheel Of Fortune	10:00 Hometown	11:00 Headline News	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune
	1:00 Port Charles	10:30 California's Gold	11:30 Army Newswatch	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles
	1:25 Guiding Light	11:00 Headline News	12:00 Headline News	1:25 Guiding Light	1:25 Guiding Light	1:25 Guiding Light	1:25 Guiding Light
	2:15 General Hospital	11:30 Navy/Marine Corps News	12:30 NFL-Europe: (Live) World Bowl 1999	2:15 General Hospital	2:15 General Hospital	2:15 General Hospital	2:15 General Hospital
	3:00 Sylvester & Tweety Mysteries	12:00 Wimbledon Tennis: (3rd Round)	3:30 WNBA Basketball: Mercury at Shock	3:00 Sesame Street	3:30 Newton's Apple	3:00 Sesame Street	3:00 Animaniacs
	3:30 Jack Hanna's Animal Adventures	3:00 WNBA Basketball: Mercury at Shock	5:30 ESPNNews	4:00 Journey Of Allen Strange **	4:00 Nick News	4:00 Hang Time	3:30 Waynehead
	4:00 Sesame Street	5:00 PBA Bowling: AC Delco Classic	See Prime Time table	4:30 In The Mix***	4:30 Scholastic Sports America	4:30 Legends of the Hidden Temple	4:00 Hercules: Legendary Journeys
	5:00 Jeopardy!	See Prime Time table	12:30 America's Black Forum	5:00 Jeopardy!	5:00 Jeopardy!	5:00 Jeopardy!	5:00 Jeopardy!
	5:30 Nightly News	See Prime Time table	1:00 Friday Night Videolink	5:30 Nightly News	5:30 Nightly News	5:30 Nightly News	5:30 Nightly News
	See Prime Time table	12:00 Pensacola: Wings of Gold	2:00 Videolink	See Prime Time table	See Prime Time table	See Prime Time table	See Prime Time table
12:35 ESPNNews	1:00 Man Who Shot Liberty Valance (TV-PG)	3:00 Frogs (TV-PG)	12:35 ESPNNews	12:35 ESPNNews	12:35 ESPNNews	12:35 ESPNNews	
1:00 Color Of Justice (TV-PG)	3:00 Timecop (TV-PG)	5:00 Headline News	1:05 Vice Versa (TV-PG)	1:05 Gaby-A True Story (TV-PG)	1:05 The Caine Mutiny (TV-PG)	1:05 Private Life Of Sherlock Holmes (TV-PG)	
3:00 French Lieutenant's Woman (TV-PG)	5:00 Headline News	5:30 News at Sunrise	3:00 The Conversation (TV-PG)	3:00 Blind Spot (TV-PG)	3:00 Haunting Of Helen Walker (TV-PG)	3:00 Murders in the Rue Morgue (TV-PG)	
5:00 Headline News	5:30 Hour of Power		5:00 Headline News	5:00 Headline News	5:00 Headline News	5:00 Headline News	
5:30 ESPNNews			5:30 News at Sunrise	5:30 News at Sunrise	5:30 News at Sunrise	5:30 News at Sunrise	

	Friday, June 25	Saturday, June 26	Sunday, June 27	Monday, June 28	Tuesday, June 29	Wednesday, June 30	Thursday, July 1
Cable 14 & 63	6:00 Today Show	6:00 Headline News	6:00 The Coral Ridge Hour	6:00 Today Show	6:00 Today Show	6:00 Today Show	6:00 Today Show
	8:00 Headline News	6:30 Classic Cartoon	6:30 Outreach of Love***	8:00 Headline News	8:00 Headline News	8:00 Headline News	8:00 Headline News
	8:30 Showbiz Today	7:00 Sesame Street Specials	7:00 The Field Afar***	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today
	9:00 Sesame Street	7:30 Puzzle Place	7:30 Day of Discovery	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street
	10:00 Barney & Friends	8:00 Disney's Pepper Ann	8:00 Sunday Today	10:00 Big Bag	10:00 Blues Clues	10:00 Barney & Friends	10:00 Blues Clues
	10:30 Kiana's Flex Appeal	8:30 Disney's Recess	9:00 Air Force TV News	10:30 Kiana's Flex Appeal	10:30 Co-Ed Training	10:30 Bodyshaping	10:30 Co-Ed Training
	11:00 The Oprah Winfrey Show	9:00 Aaahh! Real Monsters	9:30 Adventures From The Book Of Virtues	11:00 The Oprah Winfrey Show	11:00 The Oprah Winfrey Show	11:00 The Oprah Winfrey Show	11:00 The Oprah Winfrey Show
	12:00 Headline News	9:30 Are You Afraid of the Dark?****	10:00 Promised Land	12:00 Headline News	12:00 Headline News	12:00 Headline News	12:00 Headline News
	12:30 Wheel Of Fortune	10:00 Hometown	11:00 Headline News	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune
	1:00 Port Charles	10:30 California's Gold	11:30 Army Newswatch	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles
	1:25 Guiding Light	11:00 Headline News	12:00 Headline News	1:25 Guiding Light	1:25 Guiding Light	1:25 Guiding Light	1:25 Guiding Light
	2:15 General Hospital	11:30 Navy/Marine Corps News	12:30 NFL-Europe: (Live) World Bowl 1999	2:15 General Hospital	2:15 General Hospital	2:15 General Hospital	2:15 General Hospital
	3:00 Sylvester & Tweety Mysteries	12:00 Soul Train	3:30 WNBA Basketball: Mercury at Shock	3:00 All Dogs Go To Heaven	3:00 Mighty Ducks	3:00 Goof Troop	3:00 Animaniacs
	3:30 Jack Hanna's Animal Adventures	1:00 Petersen's American Adventurer	5:30 ESPNNews	3:30 Superman	3:30 Newton's Apple	3:30 Gargoyles	3:30 Waynehead
	4:00 Xena: Warrior Princess	1:30 American Athlete	See Prime Time table	4:00 Journey Of Allen Strange **	4:00 Nick News	4:00 Hang Time	4:00 Hercules: Legendary Journeys
	5:00 Jeopardy!	Oscar de la Hoya/Troy Aikman/Michael Jordan	12:30 America's Black Forum	4:30 In The Mix***	4:30 Scholastic Sports America	4:30 Legends of the Hidden Temple	5:00 Jeopardy!
	5:30 Nightly News	2:00 WWF Superstars	1:00 Friday Night Videolink	5:00 Jeopardy!	5:00 Jeopardy!	5:00 Jeopardy!	5:30 Nightly News
	See Prime Time table	3:00 Major League Baseball: Dodgers at Giants	2:00 Videolink	5:30 Nightly News	5:30 Nightly News	5:30 Nightly News	See Prime Time table
12:35 ESPNNews	See Prime Time table	3:00 Frogs (TV-PG)	See Prime Time table	See Prime Time table	See Prime Time table	12:35 ESPNNews	
1:00 Color Of Justice (TV-PG)	12:00 Pensacola: Wings of Gold	5:00 Headline News	1:05 Vice Versa (TV-PG)	1:05 Gaby-A True Story (TV-PG)	1:05 The Caine Mutiny (TV-PG)	1:05 Private Life Of Sherlock Holmes (TV-PG)	
3:00 French Lieutenant's Woman (TV-PG)	1:00 Man Who Shot Liberty Valance (TV-PG)	5:30 News at Sunrise	3:00 The Conversation (TV-PG)	3:00 Blind Spot (TV-PG)	3:00 Haunting Of Helen Walker (TV-PG)	3:00 Murders in the Rue Morgue (TV-PG)	
5:00 Headline News	3:00 Timecop (TV-PG)		5:00 Headline News	5:00 Headline News	5:00 Headline News	5:00 Headline News	
5:30 ESPNNews	5:30 Hour of Power		5:30 News at Sunrise	5:30 News at Sunrise	5:30 News at Sunrise	5:30 News at Sunrise	

	Friday, June 25	Saturday, June 26	Sunday, June 27	Monday, June 28	Tuesday, June 29	Wednesday, June 30	Thursday, July 1
Cable 15 & 64	6:00 CBS 48-Hours	6:00 Dateline NBC Fri	6:00 Motor Week	6:00 Dateline NBC	6:00 Dateline NBC Monday	6:00 Dateline NBC Tuesday	6:00 Dateline NBC Wed
	7:00 ABC News "Vanished"	7:00 ABC 20/20 Fri	6:30 This Week In Motor Sports	7:00 Navy/Marine Corps News	7:00 ABC 20/20 Monday	7:00 CBS 60 Minutes II	7:00 ABC 20/20 Wed
	8:00 Headline News	8:00 CNN Saturday Morning	7:00 Sunday Morning	8:30 Showbiz Today	8:00 Headline News	8:00 Headline News	8:00 Headline News
	8:30 Morning Business Report	9:00 Showbiz	8:00 CBS Sunday Morning	9:00 Sesame Street	8:30 Morning Business Report	8:30 Morning Business Report	8:30 Morning Business Report
	9:00 Good Morning America	9:30 Style with Elsa Klensch	9:30 CBS Face the Nation	10:00 Big Bag	9:00 ABC Good Morning America	9:00 ABC Good Morning America	9:00 Good Morning America
	11:00 Women's World Cup Soccer: (T)	10:00 CNN Saturday	10:00 CNN International	10:30 Kiana's Flex Appeal	11:00 X-Games: (T) Day 2 Primetime	11:00 X-Games: (T) Day 3 Primetime	11:00 CBS 60 Minutes II (Live)
	U.S. vs Nigeria	10:30 Page One w/Nick Charles	10:30 Style w/Elsa Klensch	11:00 The Oprah Winfrey Show	1:00 X-Games: (T) Day 2 Latenight	1:00 X-Games: (T) Day 2 Latenight	12:00 Wimbledon Tennis (Live)
	Headline News	11:00 X-Games Trials: Best of Boards	11:00 NASCAR Craftsman Trucks Racing: Bully Hill Vineyards 150	12:00 Headline News	2:00 MSNBC	2:00 MSNBC	4:00 Military Briefings (T)
	1:30 ESPNNews	12:00 Wimbledon Tennis: (3rd Round)	1:00 Wimbledon Tennis: 4:30 ESPNNews	12:30 Wheel Of Fortune	3:00 Headline News	4:00 MSNBC	4:30 MSNBC
	2:00 Major League Baseball: Phillies at Cubs	3:00 WNBA Basketball: Mercury at Shock	5:00 Headline News	1:00 Port Charles	3:30 Military Briefings (T)	5:00 Headline News	5:00 Headline News
	5:00 Headline News	5:00 PBA Bowling: AC Delco Classic	5:30 Army Newswatch	1:25 Guiding Light	4:00 MSNBC	5:30 NBC Nightly News	5:30 NBC Nightly News
	5:30 NBC Nightly News	See Prime Time table	See Prime Time table	1:25 Guiding Light	5:00 Headline News	See Prime Time table	See Prime Time table
	See Prime Time table	12:00 Headline News	12:00 George Michael Sports Machine	1:25 Guiding Light	5:30 NBC Nightly News	12:30 ESPNNews	12:00 Headline News
	12:00 Headline News	12:30 ESPNNews	12:30 Headline News	2:00 ABC 20/20	12:00 Headline News	1:00 ABC Nightline	12:30 ESPNNews
	12:30 ESPNNews	1:00 Washington Week In Review	1:00 ABC This Week	3:00 Headline News	12:30 ESPNNews	1:30 Headline News	1:00 ABC Nightline
	1:00 ABC Nightline	1:30 Wall Street Journal Report	2:00 Major League Baseball: (T)	3:30 Military Briefings (T)	1:00 ABC Nightline	2:00 Major League Baseball: (T)	1:30 Headline News
	1:30 Headline News	2:00 Major League Baseball: Cardinals at Diamondbacks	5:00 Sportscenter	4:00 MSNBC	1:30 Headline News	Mariner's at A's	2:00 X-Games: (T) Day 5 Primetime
	2:00 Friday Night Fights (T)	5:00 Sportscenter		5:00 Headline News	2:00 Wimbledon Tennis (T) Ladies Quarterfinals Track & Field (T)	5:00 ESPNNews	4:00 X-Games: (T) Day 5 Latenight
4:30 Motorworld			5:30 News at Sunrise	5:30 News at Sunrise	5:00 Sportscenter	5:00 Sportscenter	
5:00 Sportscenter							

	Friday, June 25	Saturday, June 26	Sunday, June 27	Monday, June 28	Tuesday, June 29	Wednesday, June 30	Thursday, July 1
Cable 16 & 65	7:00 Homicide: Life on Streets	6:00 Beverly Hills, 90210	6:00 Dr. Quinn Medicine Woman	6:00 New Detective	6:00 Biography: General Douglas MacArthur	6:00 Vietnam: The 10,000-Day War	7:00 X-Files
	8:00 Deadly Family Secrets (TV-PG)	7:00 Party of Five	7:00 Touched By An Angel	7:00 ER	7:00 Law & Order	7:00 Melrose Place	8:00 Cover Girl (TV-PG)
	10:00 Rocko's Modern Life	8:00 Men Don't Tell (TV-PG)	8:00 Almost An Angel (TV-PG)	8:00 Manhattan (TV-PG)	8:00 Benny & Joon (TV-PG)	8:00 Making Mr. Right (TV-PG)	10:00 Rocko's Modern Life
	10:30 Ren & Stimpy	10:00 The View	10:00 Worship for Kids	10:00 Rocko's Modern Life	10:00 Rocko's Modern Life	10:00 Rocko's Modern Life	10:30 Ren & Stimpy
	11:00 Simpsons	11:00 Better Homes & Gardens	10:30 On Main Street	10:30 Ren & Stimpy	10:30 Ren & Stimpy	10:30 Ren & Stimpy	11:00 Simpsons
	11:30 Home Improvement	11:30 Home Matters	11:00 700 Club	11:30 Home Improvement	11:30 Home Improvement	11:30 Home Improvement	11:30 Home Improvement
	12:00 Star Trek: Deep Space 9	12:00 Can't Hurry Love	11:30 Real Videos	12:00 Star Trek: Deep Space 9	12:00 Star Trek: Deep Space 9	12:00 Star Trek: Deep Space 9	12:00 Star Trek: Deep Space 9
	1:00 Nat'l Geographic Explorer	12:30 Ellen	12:00 7th Heaven	1:00 Popular Sci: 30's, 40's & 50's	1:00 Intimate Portrait Series	1:00 Intimate Portrait Series	1:00 Ken Burns: Lewis & Clark**
	3:00 Homicide: Life on Streets	1:00 National Geographic Explorer	1:00 Road To Avonlea	2:00 New Detective	2:00 Marilyn Monroe	2:00 Marilyn Monroe	3:00 X-Files
	4:00 Deadly Family Secrets (TV-PG)	1:30 Mad About You	2:00 Dr. Quinn Medicine Woman	3:00 ER	2:00 Biography: General Douglas MacArthur	2:00 Biography: General Douglas MacArthur	4:00 Cover Girl (TV-PG)
	See Prime Time table	2:00 Beverly Hills, 90210	3:00 Touched By An Angel	See Prime Time table	3:00 Law & Order	3:00 Law & Order	See Prime Time table
	12:00 Men Don't Tell (TV-PG)	4:00 Men Don't Tell (TV-PG)	4:00 Almost An Angel (TV-PG)	12:00 Benny & Joon (TV-PG)	4:00 Benny & Joon (TV-PG)	4:00 Benny & Joon (TV-PG)	12:00 D2: The Mighty Ducks (TV-PG)
	2:00 The View	See Prime Time table	See Prime Time table	2:00 Rocko's Modern Life	See Prime Time table	See Prime Time table	2:00 Rocko's Modern Life
	3:00 Better Homes & Gardens	12:00 Almost An Angel (TV-PG)	12:00 Manhattan (TV-PG)	2:30 Ren & Stimpy	12:00 Making Mr. Right (TV-PG)	12:00 Cover Girl (TV-PG)	2:30 Ren & Stimpy
	3:30 Home Matters	12:00 Worship for Kids	2:00 Rocko's Modern Life	3:00 Simpsons	2:00 Rocko's Modern Life	2:00 Rocko's Modern Life	3:00 Simpsons
	4:00 Can't Hurry Love	2:30 On Main Street	2:30 Ren & Stimpy	3:30 Home Improvement	2:30 Ren & Stimpy	2:30 Ren & Stimpy	3:30 Home Improvement
	4:30 Ellen	3:00 700 Club	3:00 Simpsons	4:00 Star Trek: Deep Space 9	3:00 Simpsons	3:00 Simpsons	4:00 Star Trek: Deep Space 9
	5:00 Murphy Brown	3:30 Real Videos	3:30 Home Improvement	4:00 Intimate Portrait Series: Marilyn Monroe	3:30 Home Improvement	3:30 Home Improvement	5:00 National Geographic Explorer
5:30 Mad About You	4:00 7th Heaven	5:00 Popular Sci: 30's, 40's & 50's		4:00 Star Trek: Deep Space 9	4:00 Star Trek: Deep Space 9		
	4:00 Road To Avonlea			5:00 CNN: The Cold War	5:00 Ken Burns: Lewis & Clark**		



Key: + Program time change due to live programming event; * Mature theme; ** Series starts; ***Series ends; **** Program moved to new day and/or time, (AIP) Already in progress

PRIMETIME	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
Fri. June 25	8 & 10	Headline News :23 SCN News	Showbiz Today	Simpsons	The Hughleys	Star Trek: Voyager		X Files	ABC World News Tonight	:35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman		
	14 & 63	Headline News :23 SCN News	Showbiz Today	Simpsons	The Hughleys	NBA Basketball playoffs: Spurs at Knicks, Game 5					:35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman	
	15 & 64	ABC World News Tonight	CBS Evening News	PGA Golf: (T) Buick Classic (2nd Round)					PBS Newshour		Headline News	Nightly Business Report	
	16 & 65	The View		Better Homes & Gardens	Home Matters	Can't Hurry Love	Ellen	Murphy Brown	Mad About You	Beverly Hills 90210		Party of Five	
Sat. June 26	8 & 10	Cont. PBA Bowling: AC Delco Classic	Army Newswatch	Beverly Hills 90210		Melrose Place		ABC 20/20	Headline News	Saturday Night Live The Best of Mike Meyers			
	14 & 63	Headline News	Army Newswatch	Beverly Hills 90210		Melrose Place		ABC 20/20	Headline News	Saturday Night Live The Best of Mike Meyers			
	15 & 64	Cont. PBA Bowling: AC Delco Classic	RPM 2Night	Headline News	Navy/Marine Corps News	PGA Golf: (T) Buick Classic (3rd Round)			Sports Tonight	Headline News	McLaughlin Group		
	16 & 65	Worship for Kids	On Main Street	700 Club	Real Videos	7th Heaven	Road to Avonlea	Dr. Quinn Medicine Woman		Touched By An Angel			
Sun. June 27	8 & 10	Headline News	CNN/SI	Simpsons	Candid Camera	First Do No Harm (TV-PG)			Headline News	Discover Magazine	Austin City Limits Fastball/Mary Ltrufello		
	14 & 63	Headline News	CNN/SI	Kids Say the Darndest Things	Candid Camera	First Do No Harm (TV-PG)			Headline News	Discover Magazine	Austin City Limits Fastball/Mary Ltrufello		
	15 & 64	Women's World Cup Soccer: USA vs Korea							PGA Golf: (T) Buick Classic (Final Round)		CNN Perspectives		
	16 & 65	Rocko's Modern Life	Ren & Stimpy	Simpsons	Home Improvement	Star Trek: Deep Space 9	Popular Sci: 30's, 40's & 50's		New Detective		ER		
Mon. June 28	8 & 10	Headline News :23 SCN News	Showbiz Today	60 Minutes	Star Trek: Deep Space 9		Intimate Portrait Series: Marilyn Monroe		Headline News	SCN News :35 Tonight Show w/ Jay Leno	:35 Late Show with David Letterman		
	14 & 63	Headline News :23 SCN News	Showbiz Today	60 Minutes	Sports Night	Everybody Loves Raymond	The Practice		Headline News	SCN News	:35 Tonight Show w/ Jay Leno	:35 Late Show with David Letterman	
	15 & 64	ABC World News Tonight	CBS Evening News	X-Games: (T) Day 1 Latenight Primetime			X-Games: (T) Day 1 Latenight		PBS Newshour		Headline News	Nightly Business Report	
	16 & 65	Rocko's Modern Life	Ren & Stimpy	Simpsons	Home Improvement	Star Trek: Deep Space 9	Intimate Portrait Series: Marilyn Monroe		Biography: General Douglas MacArthur		Law & Order		
Tues. June 29	8 & 10	Headline News :23 SCN News	Showbiz Today	Whose Line is it Anyway	Simpsons	Dateline NBC		ABC 20/20	Headline News	SCN News :35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman		
	14 & 63	Headline News :23 SCN News	Showbiz Today	Whose Line is it Anyway	When A Man Loves A Woman (TV-PG)					Headline News	SCN News : 35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman	
	15 & 64	ABC World News Tonight	CBS Evening News	Major League Baseball: Cardinals at Astros					PBS Newshour		Headline News	Nightly Business Report	
	16 & 65	Rocko's Modern Life	Ren & Stimpy	Simpsons	Home Improvement	Star Trek: Deep Space 9	CNN: The Cold War		Vietnam: The 10,000-Day War		Melrose Place		
Wed. June 30	8 & 10	Headline News :23 SCN News	Showbiz Today	Dateline NBC		ABC 20/20		Ally McBeal	Headline News	SCN News : 35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman		
	14 & 63	Headline News :23 SCN News	Showbiz Today	Subrina, the Teenage Witch**	Boy Meets World	Dawson's Creek		Ally McBeal	Headline News	SCN News : 35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman		
	15 & 64	ABC World News Tonight	Major League Baseball: Teams to be Announced					Major League Baseball: Teams to be Announced					
	16 & 65	Rocko's Modern Life	Ren & Stimpy	Simpsons	Home Improvement	Star Trek: Deep Space 9	Ken Burns: Lewis & Clark**			X Files			
Thur. July 1	8 & 10	SCN News***	SCN Special: All Good Things...	Jesse	Frasier	:35 Mad About You	ER	SCN News***	:35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman			
	14 & 63	SCN News***	SCN Special: All Good Things...	Jesse	Frasier	:35 Mad About You	ER	SCN News***	:35 Tonight Show w/ Jay Leno	:35 Late Show w/ David Letterman			
	15 & 64	ABC World News Tonight	CBS Evening News	X-Games: (T) Day 4 Latenight Primetime			X-Games: (T) Day 4 Latenight		PBS Newshour		Headline News	Nightly Business Report	
	16 & 65	Rocko's Modern Life	Ren & Stimpy	Simpsons	Home Improvement	Star Trek: Deep Space 9	National Geographic Explorer				Homicide: Life on Streets		

SCN Prime Time Movies & Specials

SCN Prime Time Movies & Specials

FIRST DO NO HARM. Golden Globe and two-time Oscar-winner Meryl Streep stars in this gripping and emotional film as a woman who must save her son after doctors' conventional methods cannot stop the boy's violent and devastating seizures. Also stars, Fred Ward, Seth Adkins and Allison Janney. (Drama, 1995 TV-PG) at 8:00 p.m. Sunday

WHEN A MAN LOVES A WOMAN. A family drama about a marriage which almost is destroyed when buried conflicts and Alcoholism combine to pit husband and wife against each other. Stars: Meg Ryan, Andy Garcia, Lauren Tom (Romantic Comedy, 1993, TV-PG) at 8:00 p.m. Tuesday.

SCN's VCR Alert — Recommended for videotaping
SCN NEWS (Final Broadcast). The Southern Command Network ends television newscasts with a thirty minute special broadcast at 6:00 p.m. and 10:00 p.m. Thursday.

SCN Special All Good Things... The Southern Command Network takes a historic look back at its fifty-eight years of broadcasting television and radio service in Panama and the Southern Command at 6:30 p.m. Thursday.

SCN Weekend Sports

NBA Basketball Playoffs:

6 p.m. Sunday Knicks at Spurs, Game 6 (if necessary) Cable 14

8 p.m. Tuesday Knicks at Spurs, Game 7 (if necessary) Cable 14

NFL Europe:

12:30 a.m. Sunday World Bowl 1999(Live) Cable 14

Major League Baseball:

7 p.m. Tonight Royals at Blue Jays Cable 15

4 p.m. Saturday Dodgers at Giants Cable 14

Wimbledon Tennis:

noon Saturday 3rd Round Cable 15

1:30 p.m. Sunday 3rd Round (JIP) Cable 15

PGA Golf:

7 p.m. Tonight Buick Classic (2nd Round, T) Cable 15

8 p.m. Saturday Buick Classic (3rd Round, T) Cable 15

Women's World Cup Soccer:

6 p.m. Sunday USA vs Korea (Live) Cable 15



Duty-free merchandise

FORT CLAYTON (Contraband Control Office) – As a reminder, in accordance with the Panama Canal Treaty and U.S. Southern Command regulations, duty-free merchandise, whether new or used, cannot be given, transferred or generally sold to non-privilege holders. Violations to these dispositions may subject violators to prosecution under both military and Panamanian laws. It is sometimes permissible to sell an item, but only if Panamanian taxes are paid. Before such a sale, it is strongly recommended that the seller contact the Contraband Control Section for advice at 288-5814.

Access to installations is allowed for ID card holders & pass holders only. All guests must be signed on by ID card holders.

El acceso a las instalaciones militares solamente le está permitido a las personas con tarjetas de identidad personal del Gobierno de los EEUU y el personal con pases de acceso a las instalaciones. Todos los invitados deben ser firmados a la entrada de las instalaciones por una persona con tarjeta de identidad personal de los EEUU.

Animals

2 Rotweiller/Doberman mix, 1 male, 1 fem \$150/ea, 288-4439

Chihuahua pup, 10 wks \$300, 263-4869

Chihuahua pup, fem, 9 wks \$150, 232-7115

Peekapoos, 10 wks, blk & wht, shots, dewormed, trained, 315-0592

Available

Baby-sitter, anytime, wkdays, wknight & wkends, 288-7627

Baby-sitter, honest, dependable, 233-1652

Baby-sitting, wkdays, wkends, cleaning, ironing, honest, ref, 295-3075

Cakes, giant cinnamon rolls, banana bread & doughnuts, 284-3798 Erica

Car inspection or registration, home delivery, 222-2602

Cert Eng/Span translation for all docs, 222-2602

Computer consulting, installation, upgrades, backups & troubleshooting, 221-4281

Computer consulting, repairs, CD back-ups and web designing, 233-2387

Home video back-ups, VHS to VHS, 233-2387

Maid, biling, honest, reliable, grt w/kids, ref, 228-3862

Maid, biling, housekeeper, honest, reliable, gd w/kids, 222-2675 Catalina

Maid, Engspking, live-in, housekeeper, honest, gd w/kids, 298-0635

Maid, Engspking, live-out, housekeeper, gd w/kids, 224-2433

Maid, honest, reliable, cook, gd w/kids, ref, 266-4456

Maid, housekeeper, wkdays, exc ref, 272-2028

Maid, live-out, Mon-Fri, hard worker, grt cook, exc w/kids, ref, 288-7590

Never shave again! Body sugaring the natural method of hair removal, 284-3729

Panamanian income tax return & reimbursement services, 264-3781

Pick up to move misc items all posts, 261-6699

Power window door lock repair, 222-4972

Typing service, including SF-171 w/laser impression, 230-1298

Upholstery curtains & interior decoration, 261-6699

Boats & campers

15 1/2' Orlando Clipper, 55 HP Evinrude, trailer, radio, fish finder \$3500, 276-6323 after 6 pm

17' fiberglass boat, 75 HP O/B, trailer \$3000, 232-7285

18' alum bass boat, 40 HP, new trolling motor, console, trailer & extras, exc cond \$4500/obo, 226-8139

24' x 8' trailer \$300, 272-5746

Dugout canoe \$40, 276-6250

Cars

81 Buick Skylark \$1000/neg, 683-2008

81 Mazda RX-7, wht, new tires & batt, runs grt \$1000, 284-3396

82 BMW 315, red, new tires & brakes, sunroof, am/fm cass \$1000, 284-5071

83 Chevy Citation, new batt & brakes, runs gd \$900, 288-6461

86 Toyota Cressida, AT, AC, sunroof, alarm, dty pd \$4500/obo, 614-0159

87 Ford Escort GT, 2 dr, 5 spd, wht \$900, 284-5704

87 Mercury Lynx, 4 spd, AC, stereo cass \$1300/obo, 288-4330

88 Dodge Omni, 4 dr, 5 spd, blue, new tires, batt \$2500, 284-3166

89 Dodge Caravan, 4 cyl, AC, blue, alarm, exc cond, dty pd \$4300, 235-9676

89 Pontiac 6000 \$2000, 288-4939 after 6 pm

90 Ford Taurus SW, new tires, dty pd \$4500, 288-3302

90 Hyundai Excell, 2 dr, 4 cyl, AT, AC, f/extras, dty pd \$3200/obo, 259-9809

90 Nissan Maxima, AT, LM, new tires, am/fm cass, exc cond \$5000, 218-1158

90 Pontiac 6000 LE, PW, PB, PD, exc cond \$3300, 263-5022

91 Ford Escort LX, 2 dr, 5 spd, new tires, batt & brakes, exc cond \$3000, 288-7958

91 Mustang 5.0, AT, LM \$3000, 263-3789

91 Pontiac Grand Prix, V-6, AC, PL, blk w/gray int, gd cond \$3300, 264-1664

92 Ford Tempo, AC, PS, PB, alarm, 272-5232 Bobby

92 Honda Accord, 4 dr, AT, LM, exc cond \$7800, 617-7983

92 Nissan Altima, AT, AC, dty pd \$6500/obo, 614-0159

92 Nissan Altima, LM, dty pd \$7000/obo, 236-6295 after 5 pm

92 Toyota Corona, 4 dr, AT, AC, stereo, dty pd \$4900, 260-8252

93 Ford Escort sta/wgn, AT, AC, new tires, exc cond \$4500, 288-5177

93 Geo Metro, 2 dr, 5 spd, 3 cyl, AC, dty pd \$3500/obo, 259-9809

93 Mitsubishi Lancer, 4 dr, 5 spd, AC, grt cond \$4900/neg, 264-2347

94 Ford Taurus, AT, AC \$7500, 263-2390

94 Subaru Legacy Sedan, 5 spd, gd cond, dty pd \$7200/obo, 223-2153

95 BMW 325is, AT, LM, wht, loaded, exc cond, dty pd, 265-7548

95 Buick Century, LM, loaded, dty pd \$6500, 226-8209

95 Ford Taurus, V-6, AT, AC, PW, LM, am/fm cass, loaded, exc cond, dty pd \$9000/obo, 260-9345

95 Toyota Corolla, AT, PW, PL, LM, alarm, dty pd \$7900, 232-7110

96 Dodge Intrepid ES, V-6, AT, moon roof, loaded \$17,400, 260-7328

97 Mazda 323, wht, 4 dr, 5 spd, AC, am/fm cass, runs gd \$7000/obo, 224-4954

98 Chevy Cavalier Gold, AC, gd cond \$11,000, 236-9197

Computers

Computer games, F22 Rapture, Star Craft, Nascar racing 2, KKND \$25/ea, 288-6595

Epson LQ1070 printer dot matrix \$180, 269-6728

Epson printer color \$45, 260-0356

Gateway 2000, 486 w/mon & printer \$300, 260-8252

IBM thinkpad 385 XD, 233 MHz, 32 MB, 2.1 GB HD, 12.1" mon, modem, CD & disk drives \$1500/obo, 272-5557

Laptop Packard Bell, 268-0617

Office 97 professional edition \$175, 269-6728

Pentium 120 computer, 32 MB Ram, 4.3 GB HD, CD-ROM, modem, 14" mon \$500, 224-5754

Electronics

19" TV & video \$200, 268-0617

19" TV stand \$90, 288-5283

27" Emerson TV \$220, 288-7789

Elec guitar, fender, American standard w/cover \$500, 269-5700

Elec piano fender Rhodes model 73 \$300, 272-5083

Fender bass head w/Peavey bass cab \$350, 272-5083

Gibson bass \$150, 272-5083

Hands free car kit for Nokia 6120 cellular phones, like new \$125, 261-9748

Head worn wireless microphone system, new \$295/neg, 268-4732

Nintendo 64, 3 controllers, 2 rumble, 2 memory, 5 games \$230, 288-7527

Nintendo, 4 games, 2 pads, hunt game gun \$145, 260-7328

Panasonic DVDA-300 w/built in karaoke & 7 DVD tapes \$450, 288-7946

Pioneer am/fm tape deck KEH-1400 \$90, 288-7946

Sega Genesis & games, 232-6695

Stereo \$90, karaoke, stereo \$50, 260-7328

VCR Samsung \$100, 261-5543

VCR's \$50/120, 260-7328

VHS \$75, 264-9228

Household

13' GE refrig \$265, 272-6239

2 AC 8000 BTU \$50/60, 315-0806

2 AC 8000 BTU GE \$150/ea, 236-5218

2 AC, exc cond \$250/ea, 288-4675

2 bkshelves \$39, 2 crystal lamps, painting of color bay \$350, 264-9228

2 carpets, off wht w/pads \$100/ea, 288-4675

2 director's chairs \$45/ea, 272-2860

2 sofas \$500, 288-7789

2 stainless steel, restaurant style, buffet servers w/stands \$200, 272-2860

20' refrig, no frost \$285, 17' frzr, no frost \$315, 272-6210

21' refrig & frzr, kitchen aid \$400, 268-0617

23.7' Whirlpool refrig, side by side \$975, Maytag washer & dryer \$550, 260-0356

23' refrig, 2 dr \$800/obo, 272-5320

25' GE upright frzr \$250, 272-2028

27' roper refrig w/ice maker & dispenser \$850, 272-2028

30' GE elec stove, almond \$450/obo, 232-7140

6 executive drawer metal desk \$100, computer desk \$50, 236-5218

60" cab wood \$50, 272-5642

7 wood bkcases \$125/155, 272-6404

AC 10,000 & 13,000 BTU, 272-2028

AC 10,000 BTU \$275, 224-6087

AC 10,000 BTU, 284-5571

AC 13,000 BTU Federick \$185/neg, 261-5543

AC 18,000 BTU Feeders, 223-2153

AC 18,000 BTU GE \$250, 272-6210

AC 8000 & 10,000 BTU, 272-1000

Baby crib, wht w/matt & access \$150/firm, 219-0001

Bali blinds, 5 x 6, 1 beige & 2 blue, 4 x 9, 1 beige & 1 blue \$20/ea, 272-6553

BR set, 6 pc \$650, 272-2264

BR set, dbl bed, headboard, 2 night stands, dresser \$850, 272-2656

Cab w/formica top, drawers, dr \$50, wooden wall cab w/shelves \$50, 6' metal cab \$50, 272-2028

Carpet, 12' x 15' w/pad \$45, 260-0471

Carpets, 9 x 12, blue \$25, beige \$30, 272-5639

Carpets, kitchen ware, sm appliances, computer desk, 260-7328

Charcoal BBQ \$25, conv oven \$25, 272-5639

Computer desk w/ chair \$50, single bed \$100, 288-5339

Couch & lvseat, blk & gold, new \$700, 272-2028

DR set \$400, end tbl \$15/ea, desk \$85, 272-2219

DR tbl \$75, cocktail tbl \$25, 272-6239

DR tbl w/4 chairs & china cab \$175, 288-7177

DR tbl w/4 chairs, glass top, 288-5177

DR tbl w/4 swivel chairs \$250, coffee tbl \$100, 272-2028

DR w/8 chairs, china cab, exc cond \$2000/obo, 272-5320

Dresser, computer tbl, arm chairs, sofa, 272-2072

Filing cab \$35, dresser \$60, 272-2219

Filled gas tank for BBQ grill \$20, 272-2028

Frzr \$149, 260-0471

Frzr \$150, ceiling fans, 272-2964

Furniture, beds, bkcases & more, 232-6695

GE portable dishwasher w/butcher block top \$75, 272-2860

Girl BR set \$300, boy captain's trundle bed \$150, wood desk w/mirror \$100, 272-2028



Girls BR set \$300, daybed w/single bed \$200, 284-5278

Household items, 232-7294

K/sz bed \$250, patio awning frame, 272-2964

K/sz BR set, wood w/matt & sheets \$650, 272-6404

K/sz matt \$30, 272-6553

L-shaped couch, gray w/floral covers, gd cond \$600/obo, 232-7930

Magic Chef micro \$75, 272-6051

Mahogany DR tbl w/8 chairs & 3 extensions \$800/obo, entertainment center \$75, 272-2860

Map cab, metal, 5 drawers \$60, 272-2945

Matching couch & lvseat, dark grn & red \$600, 288-6902

Micro cart \$50, 260-7328

Micro oven, f/sz, sharp \$90, 260-0356

Mower \$100, micro \$100, office chair \$30, coffee maker \$20, 288-6595

Portable dishwasher \$50, 260-9902

Q/sz Anne LR, new \$1200, rattan LR \$800, DR \$350, BR \$800, desk \$80, 315-0592

Q/sz bed, sofa, lvseat, 223-2153

Q/sz box spring w/matt, 260-0471

Q/sz pillow top matt, carpet & more, 284-5571

Refrig \$100, 261-3115

Refrig, ceiling fans, reclining chair, 263-2390

Refrig, elec stove, 260-9902

Refrig, frzr, 272-2072

Refrig, side by side w/ice maker \$600, 260-7328

Roper washer, lg capacity \$275, 272-2028

Rug, 12' x 15', tan \$50, 315-0806

Rug, 6 x 9, oriental style \$60, 236-5218

Rugs, 12 x 15, blue & tricolor \$40/ea, 284-5278

Rugs, 9 x 12, light grn \$50, 9 x 6, dark grn \$30, 272-2028

Rugs, tan \$15, cream \$100, 260-9902

Sectional sofa, coffee & end tbl, 272-1000

Sm tbl w/4 chairs \$125, bar \$40, 261-3115

Sofa & lvseat set \$250/obo, 288-5798

Sofa & lvseat, beige, exc cond \$900, 272-2656

Sofa lvseat & DR set \$250, 263-5022

Sofa, 7 pc sectional, oatmeal \$600, 236-5218

Tbl, 1 center & 2 end tbl oak \$150, 266-6165

Teak roll top desk w/marble inlay \$400, teak china cab \$600, 272-2028

Vertical & Bali blinds, 272-2028

Washer \$375, dryer gas \$300, stove \$275, 224-6087

Whirlpool dishwasher, needs repair, 272-6051

Whirlpool refrig, gd cond \$350, 268-2854

Wood bar \$500, 269-6728

Lost

1 tennis bracelet in vicinity of Bldg 95, Ft Clayton, reward, 288-3424

Miscellaneous

1000 lb fire proof, 4 drawer safe \$250, 272-5105

4 wheels & tires for GM truck or Blazer, new \$200, 617-7983

54 books from Encyclopedia Britannica, new \$100, 269-6310

70's LP records \$.50/ea, 260-8252

AC compressor, ceramic molds, 272-2072

Baby portable crib w/sheets & stroller \$60/both, 288-7295

Baby stroller & toys, bottles sterilizing, 288-5174

Baseball cards, 232-6695

Christmas tree \$45, 272-6051

Clothes, plants, 260-7328

Evenflo, 4 in 1 stroller, like new \$95, 265-7548

Galv steel roof for car park \$325, 272-6620

Heavy dty VS-3 velbon tripod \$30, 272-2028

Infantsaucer exer \$60, 219-0001

Little tikes jungle gym w/1 slide \$75, 288-5384

Mach for sodas \$350, 272-5083

Med animal carrier \$10, 272-2028

Med kennel \$30, 288-4675

Nikon 50mm lens w/filters & close up lens \$50, 272-5083

Organ for beginners \$100, 272-6051

Overhang for 2 car garage, removable \$200, 272-5639

Paper shredder \$20, 288-6595

Parts & books for 740 Volvo, ply wood & 7 ply, 4 x 8, sheets, gd cond 236-0749

Piano \$1300, 288-7789

Potted plants, ficus, palms & more, 272-2860

Potted plants, wht bench \$50, 272-2028

Sears 4 HP, 20 gal tank portable air compressor \$300, 272-2028

US silver coins, Morgan dollars, Walking Liberty halves, Washington quarters, 226-7450

Wedding dress, sz 7/8 w/long train \$150, 219-0001

Motorcycles

97 Kawasaki KX-250, new parts \$2800, 276-6323

Kawasaki Enduro KLR-250, dty pd, 229-3726 after 3 pm

Motorcycle trailer, gd cond \$100, 288-7295

Patio sales

Albrook 32, 7 - 10 am

Cardenas 7234 A

Clayton 304 B, 7 - 10 am

Clayton 333 B, 7 am

Clayton 361 B, 6 - 9 am

Clayton 373 A, 7 am

Clayton 479 A, 7 - 11 am

Clayton 549 A, 7 - 11 am

Clayton 76, 7 - 9 am

Clayton 931 A, 7 - 11 am

Curundu 2154, 7 am - noon

Diablo 5781 A

Diablo, Hangar 66

Howard 100 B, 7 - 11 am

Howard 1531 E, 7 - noon

Howard 16 B, 7 - 11 am

Howard 592 A

Kobbe 441 B, 7 - 11 am

La Boca 979

Los Rios 6363 B

Sporting goods

24" girl bike \$90, 288-7789

Aerobic instructor equip, various items, 268-4732

Basketball goal & post \$75, 288-5384

Exer board \$20, 261-5543

Exer mach, cardio glide, new \$175, 272-2656

Pwr glide multi station home gym system \$250/obo, 272-2860

Scuba buoyancy compensator w/pony bottle attach for 13' tank & adapt twin tanks \$300, 236-6302

Scuba dive alternate air source for BCD by Scuba Pro "AIR2" \$150, 236-6302

Scuba dive computer by Oceanic "Prodigy" in console w/pressure gage & compass \$400, 236-6302

Scuba dive computer by Sea Quest, wrist module \$380, 236-6302

Scuba regulator by Scuba Pro, MK-20UL/D-400, ultralight \$500, 236-6302

Seatec BC, lg, new \$250, 272-2860

Stairmaster \$75, treadmill \$75, 272-5471

Surf board, 232-6695

Surf boards \$20/100, 276-6250

Trampoline \$125, 272-2028

Trucks & Vans

72 Plymouth \$500/obo, 272-5320

85 Mitsubishi L300 delivery van, dsl, new paint, gd cond \$1800, 269-5700

88 Ford Bronco II, AT, AC, PW \$3400/obo, 288-6536 after 6 pm

89 Conv van, f/sz, loaded, grt cond, dty pd \$9000/obo, 288-4244

89 Ford Bronco II, 4 x 4, AT, AC \$3700, 315-0801

91 Ford Aerostar XTL van \$5000, 284-3729

91 Jeep Wagoneer, 4 x 4, exc cond \$10,500/obo, 272-5320

92 Toyota Land Cruiser, 2 dr, AC, dty pd \$10,500, 443-5393

93 Chevy G-20 van, AC, TV, VCR, CD \$15,500/obo, 230-3442

93 Jeep Cherokee, 4 x 4, 6 cyl, AT, AC, PW \$13,000/obo, 232-7140

93 Nissan Terrano, 4 x 4, 4 dr, AC, silver, am/fm cass, hitch \$7000, 268-0617

94 Ford Explorer, 4 x 4, 4 dr, AT, LM \$12,900, 288-5144

94 Isuzu Rodeo, dty pd \$10,500, 264-8050 after 6 pm

94 Jeep Cherokee, LM, exc cond, dty pd \$9800/obo, 288-4244

94 Jeep Wrangler, soft top \$10,000, 288-4675

94 Nissan Terrano, all extras \$8500, 226-8209

95 Nissan Terrano, 4 x 4, 4 dr, exc cond \$11,500, 226-6174

96 Cherokee Laredo, f/extras, dty pd \$20,000, 269-6728

96 Ford Explorer, AC, PW, PL \$19,500/neg, 288-6293

96 Jeep Cherokee sport, LM, loaded, like new, 284-6778

96 Toyota Rav, 4 x 4, 5 dr, 5 spd, .AC, PW, PS, dbl alarm \$13,500, 223-7742

98 Nissan 240SX SE, loaded \$18,000, 285-9293

99 Toyota Hi-Lux, loaded, 285-9293

Wanted

Guard dog, fem for home w/fenced lot in Curundu, 232-7119 after 5 pm

Roomates, fem to accompany lady at her home in Albrook for July, August & September, rent free, 315-0916



Tropic Times Ad Form

Note: Advertising in the *Tropic Times* is offered on a space available basis to military members, civilian DoD employees, and employees of other government agencies. Ads will be accepted only for NON-COMMERCIAL services or goods offered by the advertiser or an immediate family member. Suspected abuse of the ad services will result in non-publication of the ad(s) in question. For more information, call 285-4666/6612.

- ◆ **Deadline for submitting ads is 9 a.m. Monday. If Monday is a holiday, the deadline is 1 p.m. the Friday before.**
- ◆ **Read instructions below, then completely fill out the ad form. Incomplete ads will not be published.**

- Animals
- Available
- Boats & campers
- Cars
- Computers
- Electronics
- Found
- Household
- Lost
- Miscellaneous
- Motorcycles
- Patio sales
- Sporting Goods
- Trucks & Vans
- Wanted

Price _____ HomePhone _____

- ◆ Check one category per ad form
- ◆ Two ads per person each week. Include home and duty phone.
- ◆ 15-word limit (the staff may edit to conserve space).
- ◆ Ads must be re-submitted each week.
- ◆ We will NOT take ads by phone or fax (Atlantic residents may fax ads).
- ◆ Ads offering exotic animals, weapons or real estate will Not be run.
- ◆ Ads offering, foods, hair care or translation will Not be run without a copy of licenses to operate on post/base.
- ◆ Mail ads to: *Tropic Times*, Unit 7145, APO AA 34004 or deposit them in the drop box at the Clayton Post Office.
- ◆ Information below is not included in the ad, but is required for publication.

Sponsor's Name _____ Rank/Grade _____
 Organization _____ DutyPhone _____

Community briefs

ACS relocation

The ACS Office will close operations in Building 155, Fort Clayton Wednesday. The Financial Assistance and AER services will relocate to Building 200, effective July 6.

MWR clearing

MWR clearing is now done by the Financial Management Division at Building 519, Fort Clayton, 3rd Floor 7:30 a.m. - 4:30 p.m. For more information, call Ms. Johnson at 288-6169.

Club issues

All club member issues are taken care of at the Fort Clayton Club Admin Office, from 8 a.m. - 4 p.m.

ACS monthly classes

ACS offers monthly classes: breast feeding (Spanish/English), parenting and infant care. In addition, support group meetings are conducted. For more information, call Nelida Holnes at 288-4921/5307.

Pet owners

Attention pet owners. Four TLFS in the Farfan area have been designated for pet owners who wish to stay on-base during departure from Howard instead of using off-base quarters. For more information, call Ms. Bonk at 284-6411.

Checks cashing

Last day to cash checks at Howard AFB is July 31. Plan accordingly.

5K Fun run

The Fitness Center will sponsor a 5K Fun run 6:30 a.m. July 3.

The center will give T-shirts for the first 200 finisher.

NAF Sales

The Howard Bowling Center is sponsoring a NAF Sale 8 - noon July 10 at the HAFB Bowling Center.

School records

Parents who have not picked up their school records at Curundu Elementary, Curundu Middle and Howard Elementary schools must write to the address below to obtain records. All records may be requested from the following address:

Fort Benning Schools
DODEA Records Center
201 Custer Road,
Building 2670
Fort Benning, Ga. 31905.

CCAF degree

The Education Office is scheduled to close July 31. To all those in line for senior master sergeant, if you are completing or near completing your CCAF degree, stop by the Education Office as soon as possible to have your records updated to reflect your current CCAF standing. For more information, call Lisa Poland at 284-3263/4863/3264.

Youth Program

The Howard Youth Center is offering a Free Summer Program until July 30. Your child must be registered in order to participate in the program. For more information, call the Youth Center at 284-4700.

Teen Center relocates

The West Bank Teen Center has

relocated to the Howard Youth Center, Building 696. For more information call 284-4700.

New hours

The Fort Clayton Child Development Center in Building 39 is now open at 6 a.m.

Family Support hours

The Family Support Center has new hours of operation. They are now open 8 to 11:30 a.m. and 12:30 to 4 p.m., Monday - Friday. For more information call the center at 284-5010.

Volunteer register

Volunteers and volunteer coordinators should ensure that all volunteer hours are registered with the Howard Family Support Center's Volunteer Program. Also, any volunteers who are PCSing in the near future should come by the FSC to pick up a letter stating their volunteer hours. For more information, call Lizca Fearon at 284-5650.

Pet supplies

Since the Corozal Veterinary Treatment Facility approaches closure on Aug. 31, the VTF is reminding pet owners to stock up on routinely used medications to last through their PCS move. Also, the VTF is requesting that if your pet is no longer in Panama or has been adopted by another family, call 285-5866/5867 to help update their records.

Mailing packages

The Fort Clayton Post Office has implemented an appointment system for individuals who need to mail five parcels or more. Due to an increase in moves, we suggest that

people call the number listed below and arrange an appointment between 9 - 9:20 a.m. and the staff will assist those individuals before opening for regular customer service. For more information, call 288-5522/4802.

Pre-marriage

Service members desiring to marry should visit the AG Passport and Visa Branch at Building 519, Ground Floor, Fort Clayton, or call 288-4503/5207.

Free child care

Air Force staff sergeants and below can receive up to 20 free hours of childcare when they are within 90 days of PCS departure from Howard Air Force Base. The Child Development Center will provide services. Members should bring orders to the Family Support Center to receive a certificate.

AAFES Corner

The Howard Watch Repair and Flower Shop will close doors Wednesday. To accommodate remaining Howard patron needs the Corozal Watch Repair and Flower Shop will remain operational through out the drawdown. Call 285-4487/5893 for details.

Parent support

The New Parent Support Program is located at ACS Building 155 on Fort Clayton. Available are monthly classes and support group meetings. For more information, call Nelida Holnes at 288-4921/5307.

Clayton Library

The Clayton Library on the World Wide Web list hours, re-

sources and services. The address is: <http://www.army.mil/usarso/libr/clayton/>.

Foster Care

The Family Advocacy Program welcomes participants interested in becoming Certified Foster Care Parents. The program provides training that enables you to gain rewarding experiences. Applicants must reside on a military installation. For more information, call Nelida Holnes at 288-6643.

Relocation Center

The Relocation Assistance Center offers a variety of services. For those PCSing, there are computers with Internet access and a well-stocked lending closet to help you with all your basic household needs. For more information, stop by Building 200, Fort Clayton, or call 288-9234/9235.

Vehicle registration

Personnel moving to Puerto Rico can register their vehicle at the LEA Vehicle Registration in Building 519, 2nd Floor, Room 246, 8 a.m. - noon and 1 - 4 p.m. Monday - Friday. You will need the vehicle title, proof of insurance and orders for Puerto Rico. Those who have already shipped their vehicle to Puerto Rico can also obtain their decals at this office. For more information, call 288-4916/4919.

Fax service

The Corozal PX offers fax services at the customer service counter. The cost is \$1 per page, plus telephone charges.

1999 Air Force Club Membership Program

HOWARD — Air Force Services is conducting the third annual Club Membership Scholarship Program. Current club members and family members of Air Force club members are eligible to apply for scholarships via this program.

Three scholarships will be awarded. First prize is \$5,000, second is \$3,000, and third is \$2,000. These prizes are made possible through commercial sponsorship provided by First USA Bank, Wilmington, DE (no federal endorsement of sponsor intended).

Services will award scholarship prizes by Oct. 1, 1999. Nominations must include the sponsor's name, last nine digits of their club membership card number, base, club name, and the nominee's full name with mailing address and phone number.

If the nominee is someone other than the club member, state his or her relationship to the member.

Nominees must also provide an essay of 500 words or less, choosing one of the following two topics: 1) Membership, Participation Makes a Difference; or 2) Air Force Club Membership; What's it Really Worth.



Nominees must also provide a single-page summary of their long-term career/life goals and previous accomplishments. The summary may include civic, athletic, and academic awards and accomplishments. All nominations are submitted to the Howard AFB director of Services by July 15, 1999.

Each installation may submit no more than two scholarship nominations. Submit all nominations on standard white bond paper with one-inch margins.

The essay should be typed in 12-point Ariel, Times New Roman or equal.

Point of contact for this program is Mitchell Hebert, chief, Business Operations Flight, 284-3856.

Howard Furniture Sale

Howard AFB offers excess property sales now that the base has sufficient household furnishings to serve people departing Panama on permanent-change-of-station status.

People are now authorized to purchase 1) loaner furniture in their residence; or 2) the appliances in their Military Family Housing or their Unaccompanied Personnel Housing residence.

If people need additional loaner furniture they may call 284-5040 or visit the Furnishings Management Office warehouse at Building 255 Tuesday, Wednesday and Thursday from 9 a.m. to noon. For safety purposes, children will not be allowed to enter the warehouse. Subject to availability, the

excess furniture will be delivered, and as people outprocess their quarters they may purchase it. As a reminder, all purchases are for personal use only and not for resale.

People should buy before Aug. 1. After that date all money transfers will go through Davis-Monthan Air Force Base, Ariz.

Unaccompanied personnel need to advise the Transportation Management Office that they are shipping household goods versus unaccompanied baggage, and that the weight of their shipment is no more than 10 percent of their household goods allowance to avoid shipping costs.

For more information, call Mary Joe Fragueiro at 284-5040.



New Additions

Congratulations to...

Ricky and Aleyda Grek on the birth of their baby boy, **Nicholas A. Grek**. Nicholas was born May 8 at Paitilla Hospital and weighed 3 lbs. 2 ozs. and was 16.4 inches long.

Clark and Lourdes Presnell on the birth of their baby girl, **Natalie I. Presnell**. Natalie was born June 15 at Paitilla Hospital and weighed 8 lbs. 3 ozs. and was 21.¼ inches long.





In observance of Independence Day, the Howard AFB Commissary will be closed July 5 and the DeCA Corozal Commissary will be closed July 6. For more information, call Miguel A. Nieto at 285-5405.

LIFT SMART

story by Maj. Wilma P. Webster

Health and Wellness Center Physician

HOWARD — A lot of you know Lina, the lady with the back problem. Did any of you ask her what she did to injure it? Well I did and she told me a weird story. Recovering from a broken leg, she thought it was a good excuse to go visit her parents back East. During the first winter snowfall, she was actually happy because it made her remember snowball fights and other happy times in her childhood. At 22 years of age, she knew she was strong in spite of the cast on her leg, and if the snow needed shoveling she knew she knew she could darn well do it. Leaning on her crutch, she got the job underway, but half way through, her back started aching. Seeing the end in sight and anxious to show she was noy invalid in spite of the cast, she grinned and bore the pain until the whole driveway was shoveled. Pretty stupid, wasn't she? At least that's what Lina says nowadays, after six years of trouble with back pain.

Here at Howard, with everyone moving and lots of boxes and furniture to move, time is ripe to make

Lina-like mistakes. That can happen even if you're not on a crutch. Exercise and weight lifting is best begun little by little, not to start in one fell swoop on the day you move. If you keep in good shape, injuries are less likely, but be sure not

to give in to the superman or superwoman complex! When your body starts hurting, listen to it and stop pushing yourself so hard. It's time to stop and take a break. It's time to ask for help.

How do you know when an object is too heavy for

you? Well in the first place, you should avoid lifting things that weigh more than 1/3 to 1/2 of your body weight, and make sure the load height is within your 'safe lifting zone.' That's the area between your knees and shoulders. If the load is below knee level,

bend your knees and lift with your legs. If the load is above your shoulders use a stool or ladder. If you must twist or stretch to get it, then readjust the load or your position before you lift. Last but not least, make sure you've cleared a pathway before you move the item, so you don't stumble or fall over something on your way out.

Here are some good rules for proper lifting, most of which Lina neglected to follow: When you lift, plant your feet firmly to get a stable base. Bend at your knees, not your waist and tighten your abdominal muscles to support your spine. Get a good grip. Use both hands and keep the load close to your body. Keep your back upright in its natural posture and use your leg muscles as you lift. Lift steadily and smoothly without jerking. Breathe! If you must hold your breath to lift, it's too heavy.

Here's a list of things NOT to do. DO NOT lift from the floor or twist as you lift. Don't lift with one hand, because that's too unbalanced. Lifting loads across obstacles or when you have to reach or stretch is asking for trouble; so is lifting from an un-

comfortable posi-

tion. If you noticed, when Lina was shoveling snow she violated almost all the above rules. No wonder she still remembers what happened. So learn from her mistakes and lift smart. Don't make moving day a day you'll remember the rest of YOUR life.



The Fort Clayton Valent Recreation Center is holding a 4th of July celebration 3 - 8 p.m July 4. Bring your friends and family and enjoy the last 4th of July in Panama. Admission is free. There will be kids rides, a magician, face painting, inflatables, local bands and vendors. For more information, call 288-6500.

U. S. Army Laundry & Dry Cleaning service operated by pacific Architects & Engineers, INC.

Dear Customer:

Effective Thursday, the Laundry and Dry Cleaning pick up



point at Building 801 Fort Kobbe will no longer be in operation.

Unclaimed items beyond this date will be sent to the Curundu pick up point, Building 876.

You will be offered the same services at this location.

Thank you,

Management

Puerto Rico Mailing Addresses

The official mailing addresses for U.S. Army South (USARSO) at Fort Buchanan has been established. It is as follows:

COMMANDER, U.S. ARMY SOUTH
ATTN: OFFICE SYMBOL (IDENTIFIER OR NAME OF OFFICE)
PO BOX 34000
FORT BUCHANAN PR 00934-3400

For faster processing by postal machines, do not use any type of punctuation in the last two lines of the address. Please notice there is no unit number. The address may not be longer than four lines. Office symbols will remain the same in Puerto Rico as they are here in Panama.

For personal mail, general delivery service will be available for a period not to exceed 90 days for

those military and civilian personnel who will be on Permanent Change of Station to Fort Buchanan, Puerto Rico. The General Delivery address is as follows:

NAME
GENERAL DELIVERY
FORT BUCHANAN
FORT BUCHANAN PR 00934

To receive the general delivery service, fax a copy of your PCS orders to the Puerto Rico Directorate of Information Management (DOIM) Office at DSN 740-3349; Tel: 273-3349; or mail to DOIM, SOFB-IM, PO BOX 34000, Fort Buchanan PR 00934-3400.

For more information, call the USARSO Official Mail Manager at 288-3406.

A Day at the Swimming Pool

story and photos by Griselda Sterling
Tropic Times Staff

FORT CLAYTON — If you think children here in Panama are having a boring time during summer break -- think again. This year's Summer Camp is the most significant program during the drawdown here in Panama. The drawdown was not a problem for the Directorate of Community Activities to continue to offer high quality of life programs to all children and military families left behind.

"The Summer Camp is offered to the entire community at no cost," said Brenda Barlett, director for the '99 last Summer Camp Program.

Summer Camp offers the following field trips: Old Panama, Gorgona Beach, Gamboa Tour, San Francisco Park, Laser Shots, Los Pueblos, Summit Gardens, Sierra Club and a Day at the Pool.

"The quantity of work is the same and the responsibilities are more, but the quality of our services maintains its highest standards," said Barlette.



Jasmyne Troy and Astrid Payne both enjoyed their day at the Williford Pool on Fort Clayton.



Sandra Fuentes and Lianella Terán have been part of the DCA Child Care Program for more than two years. They both love the opportunity of dealing with children ages 5 - 7 and being part of programs that maintain a high quality of life, even during this drawdown.



(Left) Lianella Terán plays throwing the ball to her 5-year-old kids in the pool. (Above right) Sandra Fuentes and Rogers Astin enjoy the table game *Cuatro Win*. (Bottom right) Astrid Payne enjoying the exercise and fun.

AAFES Weekly Challenge



Find at least six differences in details between panels.



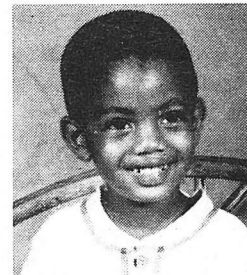
Send your answers through MPS to *Tropic Times* Unit 7145 APO AA 34004 or drop it in our box at the Fort Clayton Post Office. Be sure to write your full name and age (14-years-old and under, please) somewhere on the entry.

We'll need your entry by the Wednesday after the paper comes out, and the winner's name will be in the following week's paper. The correct response, or the response drawn from more than one correct response, will win a pair of free movie passes from the Army and Air Force Exchange Service.

The winner will need to call Donna Kelso at 285-5776 then visit Building 654 Corozal to receive the movie passes.

Last Week's Winner: Laura I. Gilchrist, 4

Happy B-day



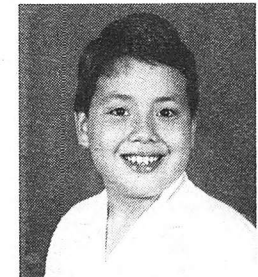
Stephen Buchanan, 4
June 21



Leilani Johnson, 7
June 23



Lupita Gonzalez, 15
June 28



Ricardo J. Román
July 3

We want your stuff

Just because school's out doesn't mean you should stop sending photos, writings and drawings, right? Let us print your stories, poems, drawings or funny photos on the Youth Scene Page.

Send them through MPS to: *Tropic Times*, Unit 7145, APO AA 34004 or drop them in our box at the Fort Clayton Post Office by 9 a.m. Monday.

Make sure you put a return address on your photos and artwork so we can return them. If you have any questions, call Griselda Sterling at 285-4666/6612.

