

STRI newsletter

JUNE 1, 1990

SMITHSONIAN TROPICAL RESEARCH INSTITUTE, Apartado 2072, Balboa, Panamá

No. 22

SEMINARS

Tupper Center Auditorium

On Tuesday, June 5, we will have two noon seminar speakers. At 11:30 a.m. Alan Graham, Kent State University, will speak on-

Events in the Cenozoic evolution of Gulf/Caribbean vegetation.

At 1 p.m., Felipe Guhl, Universidad de los Andes, Colombia will give a talk--

Los programas de investigación en el Departamento de Ciencias Biológicas.

Thursday, June 7, at 6 p.m., Alan Graham, Kent State University, will give an evening seminar.

Paleoenvironments and vegetation response in southern Central America (Panama/Costa Rica) during the Cenozoic.

NEXT WEEK

Tuesday, June 12, noon seminar speaker will be Argentina de Turner, Universidad de Panama.

El Aedes aegypti y el dengue.

Barro Colorado Island

Wednesday, June 7, at 7:30 p.m., Carlos Mejía, Universidad de los Andes, Bogotá, will give an evening seminar. The launch leaves Gamboa for BCI at 5:35 p.m. and returns at 8:45 p.m. Those who plan to attend should inform the BCI secretary.

Centro de Investigaciones en Primatología de la Serranía de la Macarena: estado actual de las investigaciones.

Everyone is cordially invited to a Happy Hour today, June 1, at 4:30 p.m. at the Tupper Restaurant.

Beer will be sold. The ceviche is on STRI!



PEOPLE

Arrivals

- Katarzyna Kubzdela, Yale University, June 1 - August 31, to study feeding ecology and food patch abandonment in *Ateles geoffroyi* on BCI.
- Alan Graham, Kent State University, June 3 - 8, to visit STRI facilities, present a seminar and consult with staff.
- Felipe Guhl and Carlos Mejía, Universidad de los Andes, Colombia, June 4 - 8, to visit STRI facilities, present a seminar and consult with staff.
- Jean Philippe Boubli, Univ. of California, Berkeley, June 5 - August 23, to do research on time allocation, diet and selection of feeding substrate in *Saguinus geoffroyi* of BCI.
- Yan Song, University of California, Berkeley, June 8 - August 31, to study hard mass scaling in benthic Foraminifera at Naos, Galeta and San Blas.
- Manfred van Veghel, University of Amsterdam, Curacao, June 8 - July 2 to do research on genetic differentiation of different *Montastrea annularis* colonies at Naos.

Departures

- ♦ Joseph Wright, June 8 - 12, and Alan Smith, June 8 - 13, STRI scientists, to Costa Rica to consult with various entities and visit OTS headquarters and La Selva Research Station.

UPCOMING EVENTS

June 1990						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- June 4 & 5, John Christy will be Acting Director.
- June 5, World Environment Day.
- June 12, STRI Academic Board Meeting.
- June 15, Deadline for application to Educational Outreach Program.
- July 1, Proposals for International Exchanges Program due in Washington, D.C.

THINGS YOU SHOULD KNOW

**Computer Virus**

The Jerusalem Virus was detected in the general use computers at the Tupper Building. If you have used these computers, your diskettes are probably contaminated. If you suspect you have the virus or your computer is not working properly, call Francisco Rivera at Tivoli (ext. 236). **DO NOT USE DISKETTES THAT ARE CONTAMINATED UNTIL YOU HAVE ELIMINATED THE VIRUS.**

New Equipment at Tupper Center

The following rooms at Tupper have new equipment available to STRI personnel:

- Chemistry Lab.(Room 401):
 - Hot Plate-Stirrers,
 - Digital pH Meter,
 - ICE Centra-M Microcentrifuge with speed of rotation of 13,300 rpm, a maximum volume of 36 ml and maximum tube capacity of 42 (0.4 ml or 0.25 ml),
 - Dubnoff Metabolic Shaking Incubator/Bath with oxygen and nitrogen flowmeter,
 - Digital Spectrophotometer,
 - Flasks for Freeze Dryer of 40 ml, 150 ml and 900ml,
- Computer Room (Room 404):
 - Two new Epson printers model FX-1050 and FX-850.
- Instrument Room (Room 223):
 - Two Fiber Optic Illuminators,
 - Gravity Convection Incubator,
 - Galen™ III Microscope with contrast phase capability,
 - Wild M5APO Stereomicroscope with drawing tube, video camera, monitor and photographic systems; transmitted-light stand, bright/dark field; incident-and transmitted-light stand.

Safety Cabinets are also available in rooms 223 (instrument room), 401 (chemistry lab) and 525 (physiology lab). These safety cabinets are intended to be used by researchers requiring appropriate storage of flammable chemicals. An explosion proof refrigerator is also available in the Chemistry Lab. •If you need information of how to operate any of this equipment, please contact the R. Urriola, Scientific Coordinator.

STRI Publications

Wright, S.J. and F.H. Cornejo. 1990. Seasonal drought and leaf fall in a tropical forest. *Ecology* 71: 1165-1175.

Assistants Available

- ♦ *Samuel A. Newell* is interested in working as an assistant at STRI from June through August, 1990. Mr. Newell is working toward a B.A. in Chemistry and Physics at Harvard College. He has lab experience in molecular genetics and wilderness experience. (Dunster House C-44, Harvard College, Cambridge, MA 02138, Tel. 617-493-2190).
- ♦ Two undergraduate students are willing to work for any staff member, from end of May through mid August. *Chris Laska* is majoring in Economics of Natural Resources , and *Bill Laska* is a Business Major, both at University of California at Berkeley. If interested, you may call 287-4571 anytime.

**Wordperfect Customer Support**

The international customer support number for Wordperfect users is (810)226-6990. They specialize in French and Spanish calls, but will also take calls in English. Customer support also has a FAX number and they will answer questions sent this way. Address inquiries to Gary Youngberg (GY/INTERNATIONAL/RR), FAX (801)222-4377.

Global Atmosphere Watch System

Since the mid 1960's the World Meteorological Organization (WMO) has co-ordinated various monitoring activities on atmospheric pollution. Through its Background Air Pollution Monitoring Network (BAPMoN), information has been made available on the changing chemistry of the atmosphere. Gaseous components are registered at strategic locations around the world.

At present, the network consists of 196 stations, 152 of which provide data on the chemical composition of precipitation, 90 on atmospheric turbidity and 84 on concentrations of aerosols. Some stations also provide detailed measurements of carbon dioxide, ozone, methane & trace gases.

There are four operating BAPMoN stations in the Wider Caribbean region: in Barbados, Colombia, Panama and the U.S.A.

ANNOUNCEMENTS


**World
Environment
Day**

"Children and the Environment" is the theme for World Environment Day 1990, to be held on 5 June. The inter-national cere-monies this year will be held

in Mexico City, with the announcement of the fourth round of additions to UNEP's Global 500 Roll of Honour. This Roll was launched in 1987 and includes individuals and organizations which have made outstanding contributions to the protection and improvement of the environment; last year PEMASKY received an award.

Tuesday morning, June 5, Panama's National Commission for the Environment will hold a ceremony at the STRI Auditorium in commemoration of this event. The Metropolitan Nature Park will also have a series of seminars during the week at 6 p.m. at their headquarters on Ave. Juan Pablo II.

- Monday, June 4, *La Contaminación Ambiental* by Jaime Espinosa.
- Tuesday, June 5, *Que es el Parque Natural Metropolitano* by Daniel Holness.
- Wednesday, June 6, *El Manejo de Fauna Silvestre* by Felix Garcia.
- Thursday, June 7, *Las ONGs y la Educacion Ambiental* by Felix Nuñez.
- Friday, June 8, *La Flora del Parque Metropolitano—mas de lo que se piensa* by Mireya Correa.

June Birthdays

Rodolfo Selles	1
Hely Andrade	2
Rosa Argelis Guevara	2
Nereida Hernandez	2
Gabriel Abrego	7
Gloria Maggiori	7
Maritza Concepción	9



David West	15
Maritza Perurena	15
Leo van Valkenhoef	29
Carmen Sucre	30

Congresses Coming Up

- Regional Conference on Global Warming and Climate Change; 18-20 June 1990, Sao Paulo. Sustainability in Use of Resources-Preparing for the 1992 Conference. Organized by the Woods Hole Research Center. Contact: UNEP Global Environment Monitoring System (GEMS), UNEP Hdqtrs. Tel: 254-233-3930, FAX 254-252-0711.
- Second Congress on Marine Sciences, 18-21 June 1990, La Habana. Contact: Organizing Committee, Institute of Oceanology, Academy of Sciences of Cuba, 1ra. No.18406 e/ 184 y 186, Playa, La Habana, Cuba. Tels. (53)7-21-0342/0306.
- V Latin American Botany Congress, 24-29 June 1990, La Habana. Contact: Dr. Ricardo A. Herrera, Executive Secretary of the Organizing Committee, International Conference Ctre, La Habana, Cuba.
- International Workshop on Tourism, Conservation and Development of Coastal Resources, 26-29 June 1990, Mexico. Organized by the Office of the International Centre for Integrated Coastal Resources Management and the Maya Sustainability Programme. Contact: Project Development Office, International Federation of Institutes for Advanced Study (IFIAS), Witmakersstraat 10, 6211 JB Maastricht, Netherlands. Tel. (31)43-250465, FAX (31)43-216518.

Los Aulladores de STRI

Después de realizar 4 impactantes partidos "no aptos para cardíacos, estos han sido los resultados de los juegos:

I Juego:	STRI vs Apprentice	2 a 2
II Juego:	STRI vs PML	0 a 1
III Juego:	STRI vs Dredging Division	2 a 0
IV Juego:	STRI vs MIS	5 a 0

El próximo partido se realizará el Martes, 5 de junio a las 6:30 p.m. en el Balboa High School Stadium. Contamos con el apoyo de la comunidad del STRI.

From the Personnel Office • *De la Oficina de Personal*

When you feel annoyed or angry, a vigorous physical workout is an excellent way to blow off steam. Any physical activity, even a brisk walk, provides a perfect outlet for pent-up stress.

Inwind at Work

It seems as though everyone is a physical fitness fiend these days. No doubt you've passed joggers on your way home from work. You can't miss these color coordinated health enthusiasts weaving around parked cars and scaling hills as though endowed with bionic legs. "Where do they get the energy?" you mutter.

After a hectic day at work, does the thought of strenuous exercise make you want to collapse? Well, why not exercise right in the office? Try these mini exercises suggested by the Blue Cross Association. They can be done discreetly while you work, and though no substitute for vigorous physical activity, they'll help keep you fit, relieve tension, and leave you feeling more relaxed at day's end:

While sitting at your desk, lift your legs parallel to the floor. Flex your feet back toward your body and then point your toes out away from your body. Stretch your legs as much as possible each time.

While talking on the phone, suck in your abdomen and hold it tightly throughout the conversation.

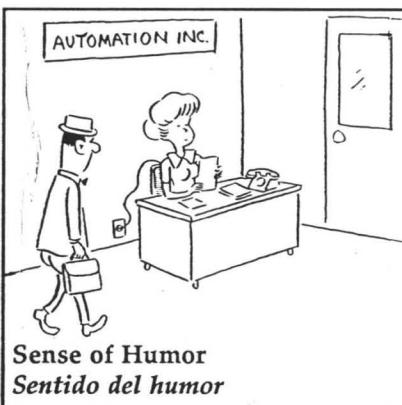
To stretch the chest muscles, rotate your shoulders backward in a circular motion.

Roll your head in a complete circle.

Stand up and languidly stretch a few times a day.

Forgo convenience and opt for more physically stimulating habits. For instance, park the car farther away from the office and walk. Stride briskly to and from your favorite lunchtime spot as well. And skip the elevator and use the stairs more frequently than you do now. In other words, don't use electrical and gasoline power - use muscle power whenever you can.

...and learn to relax. To paraphrase an old expression, all work and no play can make you a nervous wreck. Even an hour a day of uninterrupted time-out helps relax your mind.



Cuando usted se sienta malhumorado o disgustado, un vigoroso ejercicio físico es una excelente manera de soltar vapor. Cualquier actividad física, aunque sea una energética caminata, proporciona una perfecta válvula para las tensiones acumuladas.

Afloje Tensiones en el Trabajo

Pareciera que ultimamente todo el mundo se ha vuelto fanático de estar en buenas condiciones físicas. Indudablemente ven por las calles cuando regresan a casa del trabajo, a los entusiastas corredores y trotadores, con sus coordinados conjuntos deportivos, pasando cerca de los autos y escalando lomas como si estuviesen dotados de piernas biónicas. "De donde sacan la energía?" se preguntaran ustedes.

Después de un agitado día de trabajo, es posible que la idea de hacer agotadores ejercicios le hagan sentirse agobiados. Entonces, por que no hacer ejercicios en el mismo trabajo? Prueben estos mini ejercicios sugeridos por la Blue Cross

Association. Se pueden hacer discretamente mientras la persona esta en el trabajo, y aunque no substituyen la vigorosa actividad física, le ayudaran a mantenerlo en forma, aliviar las tensiones, y hacerle sentir mas relajado al final del día:

- Cuando este sentado en su escritorio, eleve las piernas paralelas al piso. Flexione los pies hacia atrás y luego estire las piernas con los pies de punta hacia adelante. Estirar las piernas lo mas que se pueda cada vez.
- Mientras habla por teléfono, meta el abdomen, aguantando fuertemente lo mas que pueda, durante toda la conversación.

- Para estirar los músculos del tórax, haga movimientos de rotación hacia atrás con los hombros.
- Gire la cabeza, haciendo círculos completos.
- Levántese y estírese languidamente varias veces al día.
- Olvídense un poco de su conveniencia y practique hábitos que sean mas estimulantes físicamente. Por ejemplo, estacione el auto un poco más lejos y camine. Camine con energía hacia su lugar favorito para almorzar. Y evite usar el elevador, usando las escaleras con más frecuencia que lo hace ahora. En otras palabras, no use energía eléctrica ni de gasolina - use la energía de sus músculos cada vez que pueda.

...y aprenda a relajarse. Parafraseando una antigua expresion, el trabajo solo sin juego puede convertir a la gente en un manojo de nervios. Aunque solo sea una hora al dia de asueto, esto ayuda a relajar la mente.