

## SEMINARS

### Tupper Center Auditorium

No noon seminar scheduled for Tuesday, April 2.

### Next Week

Tuesday, April 9, noon seminar speaker will be Tim Holliday, The Open University.

## PEOPLE

### Arrivals

- Jack Wiley, SI Magazine, March 31 - April 8, to write an article on Canopy Biology and the tower crane, also to visit STRI facilities and staff.

### Departures

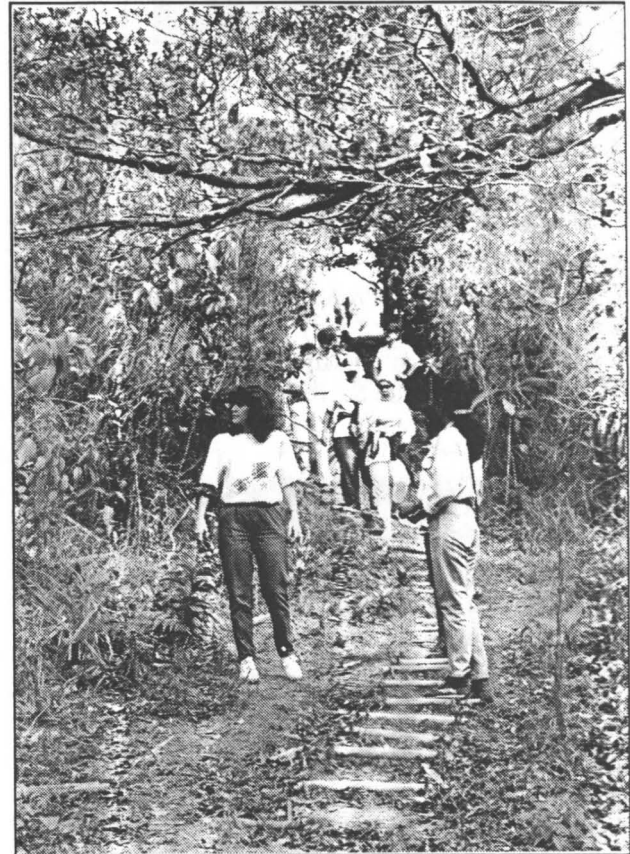
- March 30 - April 30, Carl Hansen, STRI Photographer, on a combined official/vacation trip. Will be in Washington, DC, at the SI Photographic Services Office consulting with Lorie Aceto and others.
- April 3 - May 3, Hendrik Wolda, STRI Scientific Staff, to consult with colleagues and visit museum and institutions Netherlands, Hungary and Checkoslovakia.
- April 3 - April 16, Ross Robertson, Juan Diego Lopez, Gabriel Jacome, to Buenaventura, Colombia, to join a Colombian research expedition for a scientific research visit to Malpelo Island.

## UPCOMING EVENTS

### April Calendar

APRIL 1991						
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				

- April 1, Application deadline for Scholarly Studies program. Short-Term Fellowship Academic Board Meeting.
- April 2 Three Year Fellowship Review Meeting.
- April 9 Scientific Staff Meeting.
- April 15 Deadline for Seidell Endowment Fund.
- April 24 Application deadline for James Smithson Society.



**Sendero Natural El Cantar, Parque Nacional Chagres**  
(Tomado de la guía interpretativa publicada por el grupo Melo)

El Sendero Natural El Cantar en el Parque Nacional Chagres es el producto de la iniciativa del Grupo Melo, S.A. Este parque es de gran importancia como fuente de agua para el canal y el abastecimiento de las ciudades de Panamá, Colón y Chorrera. El Grupo Melo adquirió tierras en el área antes de la creación del parque.

Debido a su ubicación en la Urbanización Altos de Cerro Azul, el trayecto hacia la entrada del sendero se encuentra vigilado por el personal de seguridad de la urbanización, mientras que el mismo sendero es constantemente vigilado por los guardaparques del Instituto Nacional de Recursos Naturales Renovables (INRENARE). El recorrido total del sendero es de 1600 metros y el tráfico es apto para toda persona que desee conocer más a fondo nuestros recursos naturales.

El sendero cuenta con guía y un folleto interpretativo, que explica en detalle las 9 estaciones. Hasta el momento sólo se permite la visita al sendero por medio de invitación. Para mayor información, favor llamar al Ing. Armando Silvestre, 60-4813/60-0990.

(En la foto podemos apreciar la visita de un grupo de STRI al área.)

(Foto de C. Hansen)

## THINGS TO KNOW

### *De La Oficina de Personal*

Cualquier empleado que necesite explicaciones adicionales sobre cómo se calculan los impuestos de Panamá, puede acercarse a esta oficina en Tivoli.

### *Riesgos Profesionales*

La charla sobre Riesgos Profesionales por la Caja del Seguro Social (2 hrs) programada para abril 3, 10:30 a.m., tendrá lugar en el Salón de Conferencias de Surfside.

## ANNOUNCEMENTS

### **From the Photo Department**

Carl Hansen will be in the U.S. from Mar 30-Apr 30. During his absence, there will be limits applied to the work being accepted by the Photo Department:

- Normal requests from STRI staff scientists and administration will be accepted with the usual 2 week due date.
- Work requests from fellows and visiting scientists will be accepted only under the authorizing signature of a STRI scientist, and then a 3 week due date will be required.
- RUSH work will be accepted only in dire emergencies. All RUSH requests will be billed. The OPPS policy on billing for RUSH requests is a \$35/hour overtime fee with a 2 hour minimum for any request (\$70 minimum). The requestor must provide his/her fund number, which will be billed.

### **Se Vende**

Excelente lote de terreno de 1200 m<sup>2</sup>, en el centro de las frescas tierras de la ciudad de Volcán, colindantes con tres calles y acceso a luz, agua y teléfono. Excelente oferta de verano. Trate directo con el dueño. Para mayor información contacte a Emérita Borace, 20-5684.



*At the closing ceremony for the international course on Management and Conservation of Natural Areas held at the STRI Tupper Center, Guatemalan participant (second from left) personally invited the Guatemalan ambassador (third from left) in Panama to attend ••• Durante la clausura del Curso Internacional sobre Manejo y Conservación de Areas Silvestres que tuvo lugar recientemente en el Centro Tupper, uno de los participantes de Guatemala (segundo de la izquierda) invitó personalmente al embajador de ese país en Panamá (tercero de la izquierda) a conocer sobre el evento. (Foto: C. Hansen)*

## RESEARCH STATIONS IN THE TROPICS

### **Colombia - "El Refugio" Biological Station (Choco Biogeographical Region)**

The Chocó biogeographical region comprises the lowlands and mountains west of the Andes in Colombia (Choco Department and western parts of Valle, Cauca and Nariño Departments) and Ecuador. It is known as a region of unusually high endemism in plants, birds and butterflies. Its lowlands forests are one of the species-richest communities in the world; its high biological diversity has been correlated with the high levels of precipitation. The Chocó region has been a major refuge area during the dry glacial periods, an especially well documented fact for birds and vascular plants.

"El Refugio" biological station is located at the edge of the Chocó biogeographical region, on the western versant of the western cordillera, at elevations between 1600 and 1900 m, 23 km away from Cali, on the road to Buenaventura (Valle Department). It includes 14 ha of species-rich forest and 9 ha of open lands which were acquired ten years ago by a Colombian family concerned with the conservation of native species. Since then, the open areas have been enriched with numerous living collections of Andean plants. Annual precipitation is about 4500 mm. Heavy fog in the afternoon and in the evening is a salient feature of the climate; epiphyte richness characterizes the forest.

In order to promote conservation, biological education and research "El Refugio" opened its doors to the international community of tropical biologist in May 1989 (accommodation facilities are provided). The station offers an excellent opportunity for biological field research in the Choco biogeographical region, i.e., not only on the grounds of the station, but also in the dry pocket of the Dagua Canyon, a xerophytic enclave in the Chocó region (only 25 km away), and in the lowlands near Buenaventura (one to two hours away). The station is specially recommended for research in floral biology, ecology, floristics, ornithology and entomology. "El Refugio" is also available for college field courses. For further information please contact Eduardo Calderón at Calle 44A, 4N-105, La Flora, Cali, Colombia.

### **Mexico - The Sierra de Manantlán Biosphere Reserve and Laboratorio Natural Las Joyas**

In 1979, the discovery of a wild perennial relative of maize, named *Zea diploperennis*, called attention to the Sierra of Manantlán, the only region in the world where this plant occurs in the wild. Subsequent investigations carried out by the University of Guadalajara and the University of Wisconsin resulted in a proposal for the conservation of this mountain range.

In late 1984, the first conservation measures were implemented by the State of Jalisco with the purchase of Las Joyas Ranch, to protect the population of wild perennial maize, and to establish a research station for the University of Guadalajara.

In 1985, the University of Guadalajara created the Laboratorio Natural Las Joyas, an institution oriented towards scientific research and the conservation of natural resources. With support from the Secretary of Urban Development and Ecology (SEDUE) and the National Council of Science and Technology (CONACYT), preliminary studies were completed which provided the basis for the proposal to establish the Sierra de Manantlán as a Biosphere Reserve.

#### ● General Information

The Sierra de Manantlán Biosphere Reserve encompasses an area of 139,577 ha of a mountain range that forms part of the Sierra Madre del Sur. It is located in the municipalities of Autlán, Tolimán, Tuxcacuesco, Casimiro, Castillo, and Cuautitlán, in the State of Jalisco; and Comala and Minatitlán in the State of Colima in western México, and is situated approximately 50 km from the Pacific Coast. Most of the Sierra de Manantlán is of volcanic origin (Miocene). The southeastern part, Cerro Grande, is a calcareous dome (Cretaceous), which harbors an extensive system of caverns and sink holes, some more than 3 km long and 230 m deep, respectively.

#### ● Biological Diversity

The Sierra of Manantlán is important not only for the presence of the now famous wild perennial relative of maize, but also because it contains 17 other plants endemic to Western Mexico, and an impressive diversity of genera and species. More than 2,000 species of plants have been reported in these mountains. The Sierra of Manantlán is located in one of the few areas in the world which presents a relatively abrupt biogeographical transition, in this case between the Neartic and Neotropical regions. Within its extreme varia-

tion in altitude, from 400 to 2,860 m above sea level, eight district forest types occur: Tropical Deciduous and Subdeciduous forest in the lower elevations; Deciduous Oak (*Quercus* spp) forest at mid-elevations; and Pine (*Pinus* spp), Pine Oak, Subdeciduous Oak and Pine Fir (*Pinus-Abies*) forest at the higher elevations. The humid areas where fog is common, harbors the lush cloud forest.

#### ● Cultural History

The population of the Sierra de Manantlán, including ejido members, other communal land holders, private property owners, their families and other local residents, comprises about 32,000 people. Of these, 8,000 live within the Reserve itself.

Archeological evidence indicates that the Reserve and its immediate area have been inhabited since at least the late Pre-classic, approximately 300 B.C. - 300 A.D. Population size sustained in this area before the Spanish conquest is comparable to early 20th century levels, according to ethnohistorical sources.

#### ● Laboratorio Natural Las Joyas

The Laboratorio Natural Las Joyas is an institute of the University of Guadalajara established with the support of the State of Jalisco, dedicated to the conservation of the sierra de Manantlán Biosphere Reserve.

During the last five years, the University of Guadalajara, with the support of the State of Jalisco, has maintained a program of scientific research and effective protection in the ECLJ. Presently, due to the work of the INI a databank of biological, ecological and cultural information from the Sierra de Manantlán has been created and provides a resource which very few other reserves in Mexico or Latin America have at their disposal.

● If interested please contact: Laboratorio Natural Las Joyas de la Sierra de Manantlán, Universidad de Guadalajara, Niños Heroes No. 53, El Grullo, Jalisco, MEXICO, Tel (338) 7-27-48/7-27-49.

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

*The greatest discovery of my generation, wrote William James, is that human beings can alter their lives by altering their attitudes of mind.*

*El mayor descubrimiento de mi generación, escribió William James, es que los seres humanos pueden modificar sus vidas modificando sus actitudes mentales.*

**Mental Health Rules**

Some years ago Dr. Joseph Fetterman set down ten Mental Health Rules as a practical guide to rational, productive living. The rules embody such wisdom and common sense that the piece has rapidly become a classic. Here they are:

- **Have a hobby.** Acquire pursuits that absorb your interest; sports and "nature" are best.
- **Develop a philosophy.** Adapt yourself to social and spiritual surroundings.
- **Face your fears.** Analyze them: daylight dismisses ghosts.
- **Share your thoughts.** Cultivate companionship in thought and feelings. Confide, confess, consult.
- **Balance fantasy with fact.** Dream but also do; wish but build; imagine but ever face reality.
- **Beware of alluring escapes.** Alcohol and opiates may prove faithless friends.
- **Exercise.** Walk, swim, golf —muscles need activity.
- **Trust in time.** Be patient and hopeful, time is a great therapist.

The most glorious moments in your life are not the so-called days of success, but rather those days when out of dejection and despair you feel rise in you a challenge to life, and the promise of future accomplishments.

—Flaubert

**Reglas de Higiene Mental**

Hace algunos años el Dr. Joseph Fetterman propuso diez Reglas de Higiene Mental como una guía práctica para una vida racional y productiva. Estas reglas encierran tal sabiduría y sentido común que se han convertido en algo clásico. Hélas aquí:

- **Tenga un pasatiempo.** Interésese en cosas que absorban su interes; los deportes y "la naturaleza" son las mejores.
- **Desarrolle una filosofía.** Adáptese a su ambiente social y espiritual.
- **Enfréntese a sus temores.** Análcelos: la luz desvanece los fantasmas.
- **Comparta sus pensamientos.** Cultive el compañerismo en pensamientos y sentimientos. Tenga confianza, reconozca, consulte.
- **Equilibre la fantasía con los hechos.** Sueñe, pero también actúe; desee, pero construya; imagine, pero sin perder de vista la realidad.
- **Mucho cuidado con las tentadoras vías de escape.** El alcohol y las drogas resultarán amigos pérfidos.
- **Haga ejercicio.** Camine, nade, juegue golf —los músculos necesitan actividad.
- **Confíe en el tiempo.** Sea paciente y tenga esperanza; el tiempo es el gran terapeuta.



*"No, Mr. Meyers. You'll have to appear for those flu shots personally. It doesn't do any good to send your secretary" ●●● "No, Sr. Meyers. tiene que venir personalmente para sus vacunas. De nada sirve que mande a su secretaria."*

Sense of humor • Sentido del humor

Los momentos más gloriosos de la vida no son los llamados días de triunfo, sino aquellos en que, en medio del abatimiento y la desesperación, uno siente interiormente que se eleva un reto a la vida, y la promesa de realizaciones venideras.

—Flaubert

Hasta la próxima!

*Carmen Fucse*