

**The 2005 - 2006
All Spouses Club of Ramey**

INSIDER'S GUIDE

To USCG Air Station Borinquen

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WELCOME!

Welcome to Air Station Borinquen from the All Spouses Club of Ramey/USCG Air Station Borinquen, Puerto Rico.

We hope this guide will help make your transition to “Island Life” a little smoother. We have included for you a wide variety of information about the base and the surrounding local area. Your sponsor is also a good resource for those necessities like grocery stores, pharmacies, Veterinarians, dry cleaners, and local theaters. The All Spouses Club (ASC) is here to make your transition a little smoother and provide you with an instant support network. It may take some time and effort to get adjusted to life in Puerto Rico, but your efforts will pay off as you discover the treasures in store for you.

After the summer transfer season, the USCG Facilities Engineering Department updates the base Telephone Directory with a full listing of base telephone numbers. This directory is available on the Borinquen Intranet site and can be printed at any time by the active duty member. The blue-colored "English and Tourist Section" of the local telephone book is also a good reference.

Again, welcome to Puerto Rico from the All Spouses Club.

Co-Presidents
Sarita Marlow
Jessica Sanchez

The All Spouses Club of Ramey

The Club Officers for are:

Honorary President:	Lenee Wade
Co-Presidents:	Sarita Marlow & Jessica Sanchez
Vice President:	Areli Saucedo
Secretary	Robin Gohl
Treasurer	Nicole Evans

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An Introduction to the ASC

Here at Air Station Borinquen the weather is fantastic, and the people are warm and friendly. However, learning the ropes in a new country can be frustrating at times. The ASC provides an understanding support group and a myriad of activities both social and charitable intended to keep the morale of our community high. Membership is open to all spouses, making us a diverse and energetic club.

Some of the ASC's activities:

- Yard of the Month - Members choose an outstanding yard each month.
- Hospitality Committee to welcome newcomers and babies. Also offers support when there is an illness or death in the family.
- Keeps a calendar of various social events.
- Makes numerous charitable contributions throughout the year.
- Provides assistance with base-wide events such as:
 - Adult Halloween Party
 - Pumpkin Patch
 - Children's Holiday Party
 - Adult Holiday Ball
 - Valentine's Day Plant and Balloon Sale
 - Book Club
 - Progressive Dinner
 - Silent Auction/Wine Tasting to benefit Ramey Scholarship Fund
 - Annual Flea Market & Craft Sale
 - Children's Easter Egg Hunt

Our Club Meetings are held the 2nd Tuesday of each month, beginning in September. Meetings take place at various locations on base. We have both daytime and evening meetings to try and accommodate all members' schedules. Evening meetings usually begin at 7:00 pm; daytime meetings are held mid-morning – lunch time. Details will be posted in our base paper, the “Borinquen Beacon ” and in the ASC Monthly Newsletter. We encourage all spouses to come and join us.

We will be having an informal social event in August, so please watch your Beacon.

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USCG AIR STATION BORINQUEN

BASE INFORMATION

COAST GUARD EXCHANGE SYSTEM Known as CGES 787-890-3127

Barber Shop (Unisex) – Inexpensive haircuts –. Tuesday-Saturday 9am-5pm. (787-890-8400 x8719).

Exchange

- Monday-Saturday 9:30am to 5:30pm
- Sunday – 10:00am – 2:00pm

Mini Mart

- Friday is “Veggie Day” at the Mini Mart.
- Monday – Saturday – 9:00am - 6:00pm
- Sunday – 10:00am – 2:00pm
- Customer Service - Monday - Saturday 9:30am to 5:30pm (787-890-8386)
Money Orders, Travelers Checks, Check Cashing, Gift Certificates, Stamps & Photo Developing.

West Airfield Annex (787-890-1945)

- Package store and Exchange only. They may carry different items than those found at the exchange within the housing area. Monday-Saturday from 9:30am-5: 30pm.

CLUBS & ACTIVITIES

Adult Pick-Up sports-Soccer, Street Hockey, Racquetball, Softball and Tennis.

Borinquen Dive Club-Contact MWR at (787) 890-8400 x8895 for information. They coordinate local dives and trips all over the island as well as special events such as night dives.

Bunko- Bunko is a dice game that has been played here at Borinquen Air Station for at least a dozen years. Bunko is held the 1st Wednesday of every month (including the summer) at different locations on base. All ladies are invited to play. Watch the Beacon for dates and times.

Captains Cup Sports- Softball, basketball, and volleyball. MWR will advertise for participants and schedule events.

Cub/Boy Scouts - Contact MWR at 787-890-8400 x8895.

Girl Scouts - Contact Poppy Bednorz & Mandy Crow 787-890-8400 x8895.

Partners in Play-A play group for children ages 0-4 and their parents.

Women’s Bowling-A Women’s League of bowlers of every ability. This group of energetic ladies bowl every Wednesday morning from fall through spring. Through the ASC they set up couples bowling a few times per year.

Youth Sports-Soccer, Basketball and Baseball. Coordinated by MWR.

COMMAND RELIGIOUS PROGRAM The Protestant Chaplain is Lt. Ted Knatch (Southern Baptist) and the Catholic Chaplain is LT John Geinzer. The Religious Programs Coordinator can be reached at 787-890-8486. The Chapel is located on the second floor of La Plaza. Catholic

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and Protestant Services are available. All times are listed in the Beacon. For Mormon Services please contact Bernadene Carter, (787) 891-3408 for information and directions. There are numerous programs available through the Chapel for personal spiritual growth including Bible studies and all are welcome. Childcare is available at the CDC at no cost for eligible patrons during Religious Education Classes and Worship Services/Masses on Sundays.

GATES The Coast Guard Housing Area has three gates. Housing residents may use any of the three gates. The "Main Gate" is located at the end of Wing Road just past Fifth Street. The "Club Gate" or "Back Gate" is located at the end of Cliff Road just past the Coast Guard Club facilities. The "Security Gate" is at the corner of Northeast and Wing Road, just past the Base Security Office. Both the Club/Back gate and the Security gate are for housing residents only.

MORALE WELFARE & RECREATION Known as MWR. Office hours are Monday-Friday 9:30am to 4pm. These are some of the services this office coordinates:

ARTS & CRAFTS HOUSE - Classes are available in arts, crafts, and cooking. Check the Beacon for more details. Located at 195A Wing Rd.

BEACON - Our base paper, delivered to your door every Thursday. The Beacon is a vital information resource for current base events. The Beacon can be found on line at <http://www.uscg.mil/d7/units/as-borinquen/Beacon/index.html>. Read your Beacon!!!

CERAMIC SHOP - The Shop is open to its member's 24hours/day. Contact MWR for membership information. Located at 195B Wing Rd.

COMMUNITY CENTER –Features an American Pub style menu. Open for dinner Wednesday from 6-8 pm. Monday thru Friday 11:00- 1300 for lunch. Open for parties, special events, and community gatherings.

DAYCARE - Also known as the **Child Development Center (CDC)**.

Monday-Friday 7:30am to 4:30pm. Summer and Holiday hours vary. Closed on the weekends except for Chapel Services. You must register your children with them to use their services.

LIBRARY – Located at La Plaza. Run exclusively by volunteers. Open every day from 2 – 4 pm and Monday, Wednesday and Saturday mornings.

POOL – Open daily from 11 am – 5 pm. Buddy Swim hours are 5:00 am – 10:00 pm daily (some restrictions apply). Check with the pool manager or a lifeguard for complete rules and eligibility. Also available at the Pool are Water Aerobics and Red Cross Swimming Lessons for both adults and children.

RACQUETBALL & TENNIS COURTS - Located near the Mini Mart. For complete rules and eligibility, please check with MWR.

REC GEAR LOCKER –Located at La Plaza near the Weight Room. Sports equipment, lawn mowers, coolers, camping equipment and much more available to rent at a minimal cost. Monday-Friday 3:30 pm to 5:30pm and Saturday 9am to noon.

TEEN CENTER - Sponsored by MWR but run entirely by parent volunteers. Contact MWR.

THEATER - Please check Beacon for times and shows. Movies are generally Friday and Saturday evenings at 7pm, with an occasional double feature or matinee.

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OMBUDSMEN The base has two ombudsmen to guide you in any kind of crisis or family emergency. They are also a valuable source of information about what services are available to spouses in the military. The Ombudsman is the liaison between the families and the Command. Our Ombudsmen are Nicole Evans and Mary Beth Younge. Please contact them with any questions you have about life here.

RAMEY SCHOOL (787-890-4145) a pre K-12 school runs by the Department of Defense. Registration is typically the last week of July and school starts in mid-August.

RED CROSS (787-890-8486) Offers CPR, First Aid Certification, Babysitting classes and other courses throughout the year. Our Red Cross Representative is Maria Sosa.

SECURITY (787-890-8472) Located at the corner of Northeast & Wing. Open Mon-Fri 7:30am to 3:30pm. For emergencies call 787-890-COP1 (2671).

THRIFT SHOP Selling of second-hand items. The Thrift Shop is open Tuesday and Thursday from 10:30 - 2:30. Proceeds go to the Chapel for needy families. Located on the second floor of La Plaza.

TRASH PICKUP Tuesday and Friday mornings.

RECYCLING Pick-up day – Wednesday mornings

EDUCATIONAL AND DEVELOPMENTAL INTERVENTION SERVICES (EDIS) (787-890-8423) EDIS helps families who have questions or concerns about their children's development. They have access to information on physical, occupational, and speech therapists, as well as other specialists. There is no direct cost to families who use EDIS.

OTHER MILITARY FACILITIES

FORT BUCHANAN Army Base in San Juan (about a 2-hour drive)

Commissary (787-707-2078)

•Closed on Mondays. Active Duty Day is Wednesday Morning (before 12:00).

Exchange 787-707-8989

Su Casa Guest House 787-792-7977

Water Spout-A Water Park at Ft. Buchanan. 787-707-3550. Hours are 11am – 6pm.

LOCAL RESTAURANTS

• There are numerous restaurants in the area, and everyone has their favorites. The standbys of McDonalds, Burger King, Wendy's, KFC, Church's Chicken, Pizza Hut, Little Caesar's, and Dominos are all in the immediate area. These are some of the local favorites.

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Chris' Restaurant: (787-882-1896). An upscale restaurant that specializes in steaks. Middle to upper price range. Out 110 towards Wal-Mart at the intersection of PR2 and 110.

Eclipse (787-890-0275) Great atmosphere, outdoors dining on the beach, but not a place to bring small children. The food is upscale and outstanding, and the menu is always changing. A great Caesar Salad, and fresh fish to die for. Lunch is fairly reasonable with entrees running from \$10-\$16. Dinner is much more expensive with entrees running around \$20. Out old gate 5 (Route 110) to the blinking yellow light. Take a left on Route 4466 towards Jobos Beach. Immediately at the bottom of the hill, take a left towards Tropical Trail Rides. The Eclipse is inside a gated resort called Villa Montana.

El Meson (787-882-2708) Sandwiches with a Cuban/Puerto Rican flavor. Gets a high mark from almost everybody. The fries are great. On your left side about 4 miles outside Ramey Base on route 107.

Happy Belly's (787-872-6566) At Jobos Beach. A great family outdoor bar and grill with a great view. Prices are very reasonable. Coasties receive a “buy one entrée get the second one half price” on Monday nights.

Horned Dorset Primavera (787-823-4030) a resort in Rincon- Very Expensive. Some place you may want to go for a special occasion. Ask someone for directions. They do not allow children.

Jimmie's Pizza (787-890-2843) Family priced. On 110 about 1½ miles from base on the left.

La Borinqueña Panaderia bakery and deli (787-882-4141). Cafeteria-style Puerto Rican food and sandwiches to go. Espresso, hot sandwiches made with unprocessed meats, and barbecued chicken. Open 6am to 11pm daily. On your left about ½ mile outside the boundary of the old Ramey Base (gate 1) on route 107.

Lazy Parrot (787-823-5654) In Rincon. Caribbean cuisine. Ask someone for directions.

Molina's Restaurant (787-882-1487) Similar to Chris' Restaurant with a more Puerto Rican flavor. A nice sit-down dinner place. (The servers wear tuxedos.) About ¾ mi further down PR 2 towards Wal-Mart.

The New Golden Crown (787-890-5077) A sit-down Chinese restaurant. The servers are friendly and the food reasonable prices. Lunch specials. They also deliver on base. At the La Cima hotel on 110.

Ramey Bakery Also found in the Ramey Plaza. A delicious selection of pastries, cakes, and sandwiches to order. You can also get some household essentials such as milk, juice, and bread.

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Ristorante Pomodoro (787-890-4905) Route 110 Km 6.7. Five minutes from Gate 5, Aguadilla. Reasonably priced Italian cuisine. Take-out available.

OFF BASE ACTIVITIES AND ATTRACTIONS

BEACHES Some local beaches can be rough and hazardous even for strong swimmers. Use common sense, and always swim with a buddy. There are also some beaches where you have to be wary of petty theft. Just like any other beach in the US, do not bring your valuables to the beach, and keep your eyes and ears open. Make it a point to talk to someone who has children around the age of yours and ask for their recommendations.

BORINQUEN BEACH or Wilderness Beach is located directly below the Golf Course. Take the road through the golf course and follow it all the way down to the parking area. Conditions vary widely here so use caution. If your car can handle it, continue on the road to the left. Follow it down to some excellent surfing spots near the ruins of an Old Spanish lighthouse.

CRASHBOAT BEACH is the most "swimmer friendly" of all our local beaches. The waves are small enough for young children to manage, and there is usually ample parking. Go out the front gate to 107. Follow 107 about 3 miles until you see a large school and church on your right. Take a right on 458 and follow to the beach. Some people have been asked by the locals to pay for "theft protection" when they park on busy days or Holidays. Use your good judgment. During the week, you can get fresh fish in the market here.

JOBOS is a good area for kids, and you can park your car within eyesight of the beach. Follow 110 to the blinking yellow light and take a left. Go just past Happy Belly's on your left.

MONTONES is a beautiful well-protected beach named for its picturesque mounds of rocks. Continue past Jobos where the road will narrow. You will drive through a wooded area that will open up at a small "development" of houses on your left. Take a left and drive to the dead end. Park where you can and find a path to the beach. The El Mar Hau Resort will let base residents park in their lot for \$2.00.

SHACKS is the best for snorkeling and cave diving and has a sandy bottom. It is also the first beach you can reach out the back gate. Follow 110 to the blinking yellow light and take a left. Immediately at the bottom of the hill, take a left towards Tropical Trail Rides. Parking for Shacks is near the trail rides, wherever you can find room.

SURFER'S BEACH is a perfect place to drive down and watch the sunset. Go straight out the front gate and continue to the end of the street. Take a right, go to the end of the street, and take a right again past the old Officers Club. On the left, you will see a green "La Playa" sign. Turn left and follow the winding road down the hill to the beach.

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SURVIVAL BEACH is probably so named because those who survived the first walk down were so grateful that they made it! Today you can walk part way down on stairs, but the trail is steep and can be tricky. If you have small children you may want to try it without them first. Although it is too rough for many swimmers, Survival is terrific for picnics and bonfires. The base trail begins at a gate just north of Cliff & Sixth. You must ask for the combination to the gate in person at the Security Office.

LAS CASCADAS AQUATIC PARK (787-891-1740) This local water park has tons of waterslides and is a perfect outing for a hot day. Discount tickets can be purchased from MWR. It is located at the intersection of 107 and PR2.

AGUADILLA BOWLING CENTER (787-891-3495) In Aguadilla on PR2

PRO-BOWL BOWLING ALLEY (787-890-1320) A small bowling alley located in front of the passenger terminal at the airport. A good “Family Night Out.”

PUNTA BORINQUEN GOLF COURSE (787-890-2987) A public golf course located just off the base, under the approach to the airport. The favorite golf course of President Eisenhower when it belonged to the Ramey Air Force Base. They offer a discounted rate to Federal Employees and their dependents. They also offer lessons for children and adults.

TROPICAL TRAIL RIDES Out old gate 5 (110) to the blinking yellow light. Take a left on Route 4466 towards Jobos Beach. Immediately at the bottom of the hill, take your first left. Telephone number (787) 872-9256.

HOTELS

La Cima Aguadilla 787-890-2016. On 110 about ½ mile outside old gate 5 on the right.

Mayagüez Hotel and Casino Mayagüez 787-831-7575. They have a Seafood Buffet that has clams, oysters, peel and eat shrimp, and a terrific cooked to order Pasta Bar on Friday nights.

El Faro Aguadilla 787-882-8000

Cielo Mar Aguadilla 787-882-5959. Great sunset view!

Parador Guajataca Guajataca 787-895-3070

Caribe Hilton San Juan 787-721-0303 A Luxury hotel located in the Condado area of San Juan. Their private beach is very family friendly.

Condado Plaza San Juan 787-721-1000 Luxury hotel located in the Condado area of San Juan. Ask for their military rate.

Hacienda Juanita Maricao 787-838-2550 A mountain parador.

Hacienda Gripinas Jayuya 787-828-1717 A mountain parador.

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Official Holidays 2006

DATE	HOLIDAY	SCHOOLS	BANKS	TRADE & STORES	GOVERNMENT
Sunday Jan. 1	New Year's Day	Christmas Break	Closed	Closed (1)	Closed
Friday Jan. 6	<u>Three Kings' Day (Epiphany)</u>	Christmas Break	Closed	Closed (1)	Closed
Monday Jan. 9	Eugenio María de Hostos' Birthday (2nd Monday in Jan.)	Closed	Open**	Open*	Closed
Monday Jan. 16	Martin Luther King's Birthday (3rd Monday in Jan.)	Closed	Closed	Open*	Closed
Monday Feb. 20	Presidents Day (3rd Monday in Feb.)	Closed	Closed**	Open*	Closed
Wednesday March 22	Emancipation Day	Closed	Closed**	Open*	Closed
Friday April 14	Good Friday	Closed	Closed	Closed (1)	Closed
Sunday April 16	Easter	Closed	Closed	Closed (1)	Closed
Monday April 17	José de Diego's Birthday (3rd Monday in April)	Closed	Closed**	Open*	Closed
Sunday May 14	Mother's Day (2nd Sunday in May)	Closed	Closed	Closed (1)	Closed
Monday May 29	Memorial Day (Last Monday in May)	Closed	Closed**	Open*	Closed
Sunday June 18	Father's Day (3rd Sunday in June)	Summer Break	Closed	Closed (1)	Closed
Tuesday July 4	United States Independence Day	Summer Break	Closed**	Open*	Closed
Monday July 17	Luis Muñoz Rivera's Birthday (3rd Monday in July)	Summer Break	Open*	Open*	Closed
Tuesday July 25	Puerto Rico Constitution Day	Summer Break	Closed**	Open*	Closed
Thursday July 27	José Celso Barbosa's Birthday	Summer Break	Closed**	Open*	Closed
Monday Sept. 4	Labor Day & Santiago Iglesias Pantin's Birthdat (1st Monday in Sept.)	Closed	Closed**	Open*	Closed
Thursday Oct. 12	Columbus Day	Closed	Closed**	Open*	Closed
Saturday Nov. 11	Veterans Day	Closed	Closed**	Open*	Closed

Sunday Nov. 19	Discovery of Puerto Rico Day	Closed	Closed**	Open*	Closed
Thursday Nov. 23	Thanksgiving Day (4th Thursday in Nov.)	Closed	Closed	Closed (1)	Closed
Monday Dec. 25	Christmas	Christmas Break	Closed	Closed (1)	Closed

Sources: Puerto Rico Department of Education, and Puerto Rico Department of Labor & Human Resources

(1) All-day closing mandatory for Trade and retailers.

* Verify with commercial establishments regarding schedules.

** Verify with banks. Branches within shopping centers or major retailers are sometimes open regular hours.

Work Days: Commercial establishments may be open to the public on workdays from 5 a.m. to midnight. On Jan. 5, Dec. 24, and Dec. 31 work hours are from 5 a.m. until 9 p.m., even when they fall on a Sunday.

Sundays: Commercial establishments may be open to the public from 11 a.m. until 5 p.m. If a holiday falls on a Sunday it is observed as a holiday and the following Monday is a regular workday.

(1) Source: Department of Education

(2) Mandatory all-day closing for commerce

1 Source: Labor & Human Resources Department

* Check with commercial establishment for specific schedules

** Check with your bank. Branches in shopping centers or stores sometimes are open during regular hours.

Work Days

Commercial establishments may be open to the public on workdays from 5 a.m. until midnight. On Jan. 5, Dec. 24 and Dec. 31, work hours are from 5 a.m. until 9 p.m., even when they fall on a Sunday.

Sundays

Commercial establishments may be open to the public from 11 a.m. until 5 p.m. If a holiday falls on a Sunday observed as a holiday and Monday is a regular workday.

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What Are All Those Things on the Side of the Road?

On your trip to the base from the airport, you surely noticed that all kinds of things are sold on the side of the road. Being the interested and curious person, ready for all kinds of new experiences, you are probably wondering what all these bizarre looking fruits and vegetables are, what you can do with them, and if you can get them from roadside vendors safely without fear for your life. If you haven't noticed or are utterly committed to eating American food, then turn the page quickly! Otherwise, if you are the adventurous soul, continue.

PAPAYA could be compared to a cantaloupe. It is high in Vitamin A and is supposed to be helpful to the digestive tract. It is ripe when more yellow-orange than green, pick one without too many soft spots. Cut in half lengthwise, scrape out the black seeds and serve with a splash of lemon. It can also be used to make a refreshing salsa. Papaya candy with cheese is a traditional Puerto Rican Christmas treat (made with green papaya, boiled with cinnamon and sugar).

MANGO is the tropical equivalent of a peach. It can be served on cereal and used to make jelly or jam or simply peeled and eaten. It is ripe when yellow-orange in color and can be found as easily as purchased.

PINEAPPLE is seasonal and is ripe when a top green leaf pulls out easily and the skin is light brown to yellow in color. To prepare a pineapple, cut off the top and the bottom and stand it up. Cut off the outer skin leaving as much fruit as possible. Pull the "eyes" out with the sharp point of your peeler or knife. Quarter and core it, cut into bite size pieces. Use it just as you would the canned.

GRAPEFRUIT and **ORANGES** are in season during the winter here. Look forward to fresh orange juice and delicious, if seedier, grapefruit.

BANANAS come in several different varieties, all are smaller than those we purchase stateside, and have a slightly different flavor. You may even have a tree in your new yard, if not, plant one because it is a great experience to watch bananas grow. Look for Finger Bananas, named because they are the length of a finger. They have a wonderful, wild flavor that is a cross between an apple and a banana, and are worth a try.

AVOCADOS are larger than California and Hawaiian varieties. If you've eaten avocados in Florida, they will be familiar to you. Avocados can be used in many ways – simply served with lemon, added to salad, used instead of meat in sandwiches or in Mexican guacamole. They are ripe when there is some "give" to the touch. Cut them in half, remove the pit and eat all but the skin.

PLANTAINS are large, bright green cooking bananas. When sliced, mashed and fried, they are called "Tostones." You'll frequently find them served on the side of your meal when eating local style. They are a major ingredient in Mofongo and other Puerto Rican dishes.

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BREADFRUIT is available in spring. It is green when ripe and can be peeled and used as you would a potato.

PINCHO means skewer and is the local shishkabob. You can find some terrific food at roadside stands at good prices. Rice and beans are a staple, as well as roast chicken, pork, or beef pinchos, with plantains or yuca. (Yuca is a root vegetable that tastes like a really starchy potato.) Be careful about purchasing seafood from the roadside, as it may not have been properly refrigerated or may have been sitting under hot lamps for too long. If you are adventurous, you can find some great food at the little stands. Some of the larger roadside stands have freezers and refrigerators—sanitation varies considerably. Follow your nose and your judgment.

***If you see something and you don't know what it is or what to do with it, ASK. Local merchants are terrific about telling you how to prepare some of the local vegetables and fruits. With some trial and error, you should have great success at including some local fare in your diet.

DRIVING LOCALLY

Driving on the island will be different and it will take some time for you to adjust. Expect anything and everything, and you won't be disappointed.

Expect occasionally to see people driving in a variety of places other than the road—sidewalks and emergency lanes are two favorites. Expect to see all the people who are doing these things smiling broadly as if everything they are doing is perfectly rational and sane

You can adapt and learn to recognize the differences. Keeping the following tips in mind:

1. Always use your seatbelt and car seats for children.
2. Drive DEFENSIVELY, ready for anything.
3. Get a good map and write in landmarks as you find them. Better yet, find them out ahead of time. The signs and markers are in Spanish.
4. If you absolutely, positively must be there on time, take a dry run the day before and travel with someone who has been there previously, and/or leave extra time to travel.
5. Carry a pocket English/Spanish dictionary.
6. Carry paper and pen in your car. If you don't understand directions, ask the person to draw "un mapa, por favor." Numbers are the same written if not spoken!
7. It is a good idea to keep toilet paper and water in your car.
8. Gas prices are similar to the states, but the gasoline is sold by the litter.
9. Keep a positive and relaxed attitude, choose to be amazed and laugh, rather than get angry (at least in non-life threatening situations).
10. During rainy months, try not to drive during heavy afternoon and evening storms. Before long trips, check the forecast. Ask others who have recently driven the route about road closures and delays.

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HURRICANES & TROPICAL STORMS

- Hurricane Season runs from 1 June until 30 November. Please watch the Beacon and the Weather Channel (27 on Centennial Cable or www.weather.com) to stay up to date on approaching storms. Please share the following telephone number with family and friends in the States: 1-800-872-4957, ext.307. This is the number for people back home to call to obtain updated information on Borinquen's condition in the event that our phone lines become inoperative.
- Here at Air Station Borinquen we use a Block Captain system to disseminate information within the housing area. If you are not sure who your Block Captain is, contact one of the Ombudsmen.
- On the next page is the American Red Cross list of what they recommend you have on hand for a Disaster Supply Kit. Also included is the description of each hurricane condition. Please make yourself familiar with these.

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HURRICANE SEASON BEGINS JUNE 1ST!

Disaster can strike quickly and without warning. It can force you to evacuate or confine you to your home. What would you do if basic services – water, electricity, telephone – were cut off?

Now is the time to prepare in advance and purchase those items necessary to keep on hand. It is recommended that enough supplies be kept in your home to meet the needs of you and your family for at least 3 days. Assemble a Disaster Supplies Kit with the items you may need and store them in a sturdy container. We recommend a large plastic garbage can with a lid.

Recommended supplies to include in your Disaster Supplies Kit:

1. 5-day water supply (one gallon for each person per day)
2. 5-day food supply – canned food or food that will not need refrigeration
3. One change of clothing and footwear per person
4. Blankets
5. First aid kits (including prescription medications)
6. Emergency tools (battery-operated radio/flashlights)
7. Batteries
8. Cash
9. Sanitation supplies including hand soap and toilet paper
10. Specialty items for infants/elderly
11. Baby wipes
12. Non-electrical can opener
13. Fire extinguisher
14. Matches/candles
15. Stove apparatus to cook food (Sterno, portable gas stoves/or a grill)
16. Bug spray
17. Plastic plates, bowls, utensils, and cups
18. Napkins/paper towels/extra trash bags
19. Camp Shower
20. Items necessary to have on hand in case of generator distribution: electrical cords, power strips and at minimum a five-gallon gas can

NOTE: Don't forget your pets! They will need food and water and medications too.

When the storm is approaching, remove items from container and fill the container with water.

Please be safety conscious when using some of the items listed above. Always use caution when filling water in containers when there are small children in your household. Also, never operate a generator inside your house and be mindful of open flames.

It is easy in such a beautiful place to avoid thinking about such things. Don't. Read the information in the Beacon and your housing manual. The Red Cross representatives are willing and able to answer questions for you. Their names and phone numbers are published in the Beacon. Hurricane conditions are posted at the gates, and these numbers are explained in your

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housing manual and in the Beacon. By knowing how to prepare and what to do, you will be ready and calmer.

HURRICANE CONDITIONS – A DESCRIPTION

Condition IV is automatically set from June 1 to November 30. It means that there is a threat of storm within 72 hours. During this period, you should maintain a stock of emergency supplies, make sure that the outside of your quarters is maintained and that you don't allow lots of things to accumulate in your yard. Some ideas:

- Be creative. Stock paper plates that are festive, and consider party wear if you have children. This can ease some of the stress of getting through a big one.
- Keep hurricane food stocks in an area where they won't be used up. Use a box in your storage room or high cabinet.
- Plan a three to five day "menu" for your family. Ask yourself what you would want to eat and be able to prepare without a stove or running water. From your menu, make a "shopping list."
- Each time you go grocery shopping buy several items from the above list. This way if a storm hits after your regular shopping trip you won't be without money to buy what is required.
- Space permitting; keep some items, such as bread and possibly a gallon of milk, in your freezer. These items are subject to delivery disruption if there is a major storm. Keep them on hand and rotate them.
- As space in the freezer becomes available, store plastic jugs filled with water. This will keep food frozen longer if the power goes out and provide a source of block ice for your refrigerator or cooler.

Condition III At this point a hurricane is possible within 48 hours. You will be advised to police your yard for loose objects, take down swings, bring in lawn furniture, and take down awnings and antennas. Re-check supplies and buy extra batteries.

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- Don't put off policing your yard. Maintenance people will come around early to pick up trash and yard refuse and take it away. Later they will be busy securing other areas.

- Make it a habit to keep your yard picked up and to keep things stowed securely. If you are away you won't get caught and if you are here you'll have time to better prepare.

- Do your laundry. Make sure you have enough clean clothes to make it through a week.

- Keep busy and stay calm.

Condition II means that a hurricane is probable within 24 hours. You are officially advised to fill your car with gas and oil, secure garbage cans and containers, and fill the tub and any other receptacles with water.

- One enterprising person suggests filling a plastic garbage can with water so you will have extra to flush your toilet. Remember that loss of water can be even more difficult than the loss of electricity.

- Think perishables. According to the Ball "Blue Book," a fully loaded freezer at 0 degrees F may keep foods frozen for several days while a half load of food may not stay frozen for more than a day. They recommend that you set the freezer control at the lowest setting if a power outage is a possibility. This will minimize spoilage. You can also fill empty space with plastic jugs of water or milk.

- Plan to use your canned supplies as a last resort. Make an inventory of what you have on hand in the fridge and plan how you can use it up with the least amount of spoilage.

- Cook while you can. This would be a good time to bake banana bread for breakfast food, or turn hamburger into chili that can be easily reheated. If you've been saving a roast in your freezer for an occasion, this is it.

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- Before you are confined, think about those people that may not be ready. Check on your neighbor. This would be a good time to see if newly arrived personnel in guest housing have what they need and know what to expect. If you have extra time or resources, share.

- Remember that waiting is tough and may not be something that you wish to do alone. If you've done everything you can think of, consider a "Hurricane Party." It may be easier to wait with another family. Time can pass more easily when the adults are talking or playing a game together while the kids are "camping out."

Condition I A hurricane is imminent within 12 hours. At this point you are advised to remain inside closed rooms, windows closed until the all clear is sounded.

- Consider calling family in the states at this time (or earlier). If a storm does hit it could be some time before phone service is restored. Calling family to reassure them that you are ready and prepared can give you support and keep lines free for emergency calls later.

- Try to maintain a spirit of adventure for your children. This can be a scary time for them. Include them in your preparations and let them know what to expect.

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