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Senate confirms new commander

COROZAL (Tropic Times) - Gen. Barry R. McCaffrey was confirmed Thursday by the U.S. Senate to become commander in chief of the U.S. Southern Command following senate hearings Wednesday, officials said.

An assumption of command ceremony is scheduled for 9 a.m. Thursday at Howard AFB, a SOUTHCOM spokesman said.

McCaffrey was nominated by President Bill Clinton Nov. 24 to succeed Gen. George A. Joulwan, who became Supreme Allied Commander Europe in October.

McCaffrey will receive his fourth star in a ceremony at the Pentagon next week.

He will become the senior U.S. military commander in Latin America, responsible for implementing U.S. national security policy and strategy in the region.

McCaffrey was the director for Strategic Plans and Policy of the Joint Chiefs of Staff.

McCaffrey served as the commander of the 24th Infantry Division (Mechanized) 1990-1992, which deployed to Saudi Arabia in August 1990.

He led the division in combat operations in Iraq during Operation Desert Storm for which he was awarded the Distinguish Service Medal.

A graduate of the U.S. Military Academy at West Point, N.Y., his career also includes four combat tours, two of them in Vietnam.

Details of the assumption of command ceremony will be aired on Southern Command Network radio and TV.

Home delivery expanding today

QUARRY HEIGHTS (Tropic Times) - Families on Fort Amador and Curundu will have the *Tropic Times* delivered to their front doors beginning today.

The *Miami Herald* expanded its service to quarters on the two installations, said Patrick Milton, command information officer, U.S. Southern Command.

The delivery of the *Tropic Times* is made possible by special arrangement with the *Miami Herald*, which began home delivery to Quarry Heights and Albrook AFS Dec. 20, 1993.

The home delivery will expand to Rodman NS and the Cocoli housing area in March, Milton said.

For information about home delivery of the *Miami Herald* or employment opportunities as a carrier, call Jorge Gonzales at 269-3220 or 236-1522.

Carnival time hits Panama

by Rosemary Chong
Tropic Times staff

COROZAL - Carnival time in Panama. It's a time when practically the entire population forgets everyday problems and enjoys wholehearted merrymaking.

Carnival, as the Latins understand it, takes place each year just three days before Ash Wednesday. However, Panamanians extend that celebration to four days.

For people residing in Panama City, carnival is not official. This year, the "Carnaval de Comparsas '94" is from 2 to 8 p.m. Saturday and starts with a parade from La Cresta, Via Espana, up to Plaza Cinco de Mayo and Avenida Justo Arosemena across from the Toldo Tipicon. There will be diablicos, resbalosos, costumes, comparsas (groups of dancers/singers), murgas (bands), floats and other attractions. Music, booths with food and refreshments will be available.

For people who can't make it to the interior, the most convenient event is the Capira carnival, alongside the InterAmerican Highway. It's only 34 miles from the city. The Taboga Island carnival is also nearby, just a boat ride away.

In Panama, the carnival is celebrated in three different ways. In the capital city and in Colon, it's more of a care-free nature, with people having fun in his or her own way, while watching the costumed comparsas dance in the streets.

Another type of celebration is the Water Carnival in Penonome. People gather at the Mendozas swimming resort to watch the flower-decorated floats move slowly down the Zarati river. This parade is held Saturday afternoon.

The third version is the typical carnival in the interior, mainly in Chitre and Las Tablas. Those who prefer to be in the midst of this type of carnival should be prepared to be doused with water "mojaderas" and smeared with washable blue dye during the morning hours and hear the loud explosion of firecrackers at night.

In Las Tablas, groups of comparsas with their murgas, known as Calle Arriba (uptown) and Calle Abajo (downtown) sing and



Courtesy photo

Panamanian children dance in a parade during Carnival. Carnival season runs from Saturday until Wednesday.

dance their way to the plaza and try to outdo each other.

Dancing in open-air toldos, hotels, night clubs or at private parties until early in the morning, puts the finishing touches to each day's activities. Traditionally, groups of revelers end the carnival celebration with the ceremony of the "burial of the sardine" at the nearest beach early morning on Ash Wednesday.

But no matter what you do or where you go, carnival is here and it runs Saturday through Tuesday.

Arraijan road project finishes

by SSgt. Rian Clawson
24th Wing Public Affairs

HOWARD AFB - More than two years of work is about to finish on the InterAmerican Highway that runs from Arraijan to the Bridge of the Americas.

"This has been an outstanding example of cooperation between the U.S. Forces and the Panamanian government," said Nancy Trotter, Navy Panama Canal Treaty Implementation officer said. "On the whole, things went very smoothly."

Arguably, the most complicated portion of the project was the Howard AFB/Rodman Naval Station interchange, she said.

An American contractor hired by the Army Corps of Engineers created the "cloverleaf" design and local contractors built it.

A memorandum of agreement also called for a construction representative to be a liaison with the ministry of public works and the contractor. Gustavo Rivas of the 24th Civil Engineering Squadron has filled that position for the last 18 months.

"I really enjoyed the work," Rivas said, "although it was a real challenge to learn the procedures I needed to coordinate with the Army, Navy, Air Force and the Panama Canal Commission. The most work came from relocating the utilities near the overpass. Workers moved water lines, electrical lines and fuel lines, with almost no "down time."

"There were no serious injuries associated with the construction and we only had one problem when we moved the utilities," Rivas said. "One of the water pipes was buried closer to the surface than diagrams indicated, so when the contractor started digging, the pipe was broken."

The water line was moved and replaced without significant loss of service to the base residents.

Several people have been using the cloverleaf wrong, Trotter said. Coming from the Bridge of the Americas, the proper procedure for entering Howard is to take the right turn immediately after the underpass. Some people have been taking the exit before the underpass (meant for Rodman/Cocoli traffic) and then cutting left across two lanes of traffic to enter Howard AFB.

Not only could you earn a traffic citation for this dangerous maneuver, Trotter said, "but it could easily cause an accident. People need to do it properly."

The center barrier running from the bridge to Arraijan is a safety feature not included in the original renovation plans, Rivas said.

Some people have complained the divider takes up too much space and causes a hazard by pushing the lanes of traffic too close together. Actually the divider is a safety measure that only takes up about a meter of the road surface, Rivas said.

"Since the road improvements were made, many people have started thinking of the road to Arraijan as a high speed race track; it's just not designed for that," he said.

The road was designed in the mid-1930s with dangerous curves and switchbacks that are not banked, and despite its new appearance, these factors are still present.

There have been several fatalities along the 10-kilometer stretch of road, Rivas said, and the lane divider will prevent the most serious type of accidents — head-on collisions.

Military and local officials remind people using the Arraijan Road to keep their speed down and not to exceed the posted speed limit of 80 kph (approximately 50 mph.)

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DEH pride days help customers support community projects

by Gaby Capriles
DEH Public Relations

COROZAL (USARSO PAO) - The Directorate of Engineering and Housing self-help and pride days may be the best way to get things done around the home or office, DEH officials said.

The goal of the DEH is to offer the customer quality service despite the limited available resources, said Lt. Col. John Lovo, DEH director. The vision of DEH is to support customers and the command mission through excellence and teamwork.

"The DEH is readily available to offer expert technical assistance and know-how when something beyond the you -do-it level breaks down," Lovo said. "Unfortunately, due to severely restricted resources, it is not always possible to respond to every service call in a timely manner. The alternative, in most, cases is self-help."

The PACE Improvement Center in Building 340, Corozal, and the PACE Support Center in Building 243, Fort Davis, give customers access to thousands of self-help items, he said.

Pride days are a result of the combined efforts of DEH and the community.

"The purpose of this command-sponsored program is to couple skilled DEH workmen and supplies with the residents of each community," said Karla Beard, mayor of the 1000 housing area of Fort Clayton.

"This combination accomplishes as much maintenance, repair work and approved community enhancement projects each community wishes to undertake such as building tether courts, planting gardens or building park benches."

The primary focus of pride days is self-help, Lovo said. But, DEH support is also available for technical assistance on jobs which are beyond self-help capabilities.

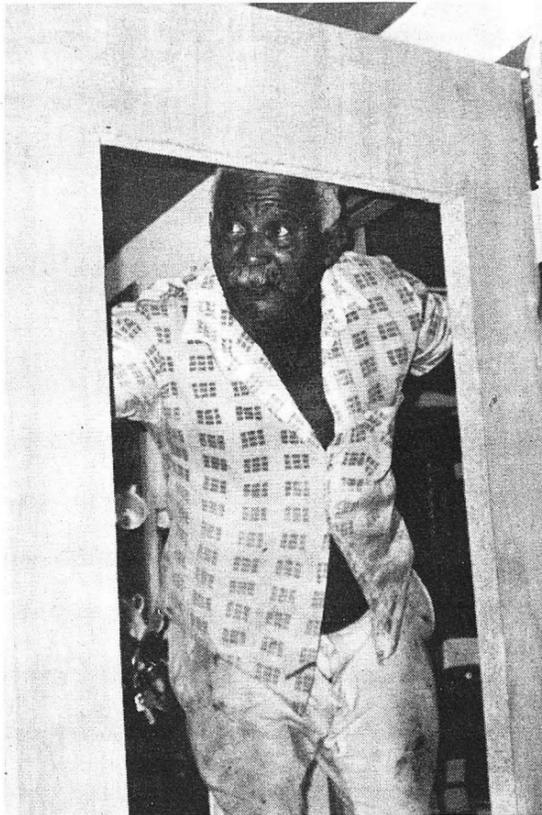
Pride days are available for just about everyone's benefit, he said. There are community pride days for family housing areas and barracks and office pride days for the soldiers and work force. During barracks and office pride days, the unit or organization is not charged for the supplies, he said.

Pride days have been officially sanctioned by Maj. Gen. George Crocker, USARSO commanding general, and are encouraged for everyone to actively participate in this team effort, Lovo said.

As part of this, civilians and soldiers who participate in pride days remain under management control and are considered in duty status whether in their community or barracks.

To set up a pride day, coordinators must call DEH at 285-5061/5447 for an initial meeting. During this meeting, the requester and key DEH employees will establish the dates and scope of the work to be done, Lovo said.

For a community pride day, the requester is usually the area mayor and in barracks pride days it is the Repair



U.S. Army photo

Victor Mendoza, Directorate of Engineering and Housing, installs a new door during a pride day.

and Utilities noncommissioned officer.

For a successful pride day, it is essential that the requester come to this meeting prepared to furnish precise details of the work that needs to be done, he said. Before meeting, the requester should pass out fliers to all the residents requesting what work needs to be done.

Once the scope of work is determined, another meeting will be held on-site with the requester to make sure all participants know exactly what work is to be done and what supplies are needed, Lovo said.

On each scheduled pride day, skilled DEH tradesmen will be available to offer the required technical assistance and supplies, he said.

If there isn't time to schedule a pride day, there is also the expanded Self-Help Program, where DEH inspects an office or barracks and gives advice on how to perform the necessary repairs or jobs, Lovo said.

DEH will order the necessary supplies if not available and issues them through the PACE Improvement Center. It takes about two weeks to coordinate this type of mini-pride day, he said.

For information, call 285-5447/5061.

Units help improve future phone service

HOWARD AFB (24th Wing/PA) - The local military community experienced a temporary break in its telephone service Jan. 21, but the 15-minute disruption allowed members of the 106th Signal Brigade and the 56th Signal Battalion to integrate new equipment that will improve future phone service.

"We'd warned people that they might lose the use of their phones for as much as 15 minutes," said Lt. Col. David Boozer, commander of the 24th Communication Squadron. "Actually, the service was only out for about nine minutes, which is an outstanding accomplishment."

"We are really pleased with the work the Army and the contractor did on this project."

Boozer noted the contributions of the 56th Signal Battalion's Dean Blakeslee and Capt. Hugh Campbell.

AT&T contractors and Army technicians swapped switches at Howard's "Dial Central Office," replacing an older, analog "Dimension 2000" switch with a high-tech, digital 5-Electronic Switching System.

The 5-ESS offers higher quality sound, greater speed and — because it's digital — direct interface with other digital equipment, like the new integrated services digital network. It adds more than 2,000 subscriber lines and increases the trunk capacity to 600 trunks.

"The old switch was basically '70s technology and it just couldn't keep up with the '90s requirements of our military community," said Army Maj. Joseph Rose, operations officer for the 56th Signal Battalion. "This new switch is state of the art equipment."

Installation of the new improved switch is part of an ongoing effort to improve the military community's tele-

phone capabilities, Rose explained.

"We got a great deal of invaluable assistance from the personnel assigned to the 24th Communications Squadron," he said. "Technical Sergeant Robert Farnsworth of job control and Master Sergeant Silas Wilson and Captain Linda Myers of customer service were some of the integral players who made the 5-ESS cutover a success."

The 56th Signal Battalion is responsible for installing, operating, and maintaining telephone and microwave communication systems at all military installations in the theater. It's also working with the AT&T contract crew that's currently laying in a fiber optic cable to supplement the copper cables of Howard's existing cable infrastructure.

Operation Live Wire '94 is using Army Reserve and National Guard resources to replace the telephone wiring, connections and jacks in all of Howard's military family housing.

This is a continuation of the work the Army started last year at Fort Clayton and Albrook AFS during Operation Live Wire '93.

"This re-wiring of the MFH is being done to ensure every unit has the hardware needed for two desk phones and one wall phone," Boozer explained. "We're also planning to replace the current rotary phones in military family housing with new touchtone telephones."

The project is currently on-going at Fort Kobbe, Rose said, and it will begin shortly in the Navy's Farfan housing area. Work is scheduled to begin at Howard in late February or early March and officials say they'll distribute fliers to housing residents before the work begins.

Atlantic side holds history month events

FORT DAVIS (USARSO PAO-Atlantic) - Black History Month is now under way in the Atlantic community with a variety of events scheduled to focus on African-American culture.

The Atlantic Black History Month Committee planned events that highlight the past and explore the future of African-Americans, said SFC Scarlett V. Williams, committee co-chairperson.

"We (the committee) looked at where blacks have been in the past and what direction they're headed in and designed events that would present a better understanding of that to the community," she said.

Among the highlights of the month's events are a Black History Contest and the annual Black History Program, Williams said.

The contest involves answering questions about prominent figures in black history and civil rights events.

The Black History Month Program will be 7-9 p.m. Feb. 26 at the Fort Davis Theater and will include dancers, skits and food tasting. This year's theme is "Empowering African-Americans Present and Future."

Other events scheduled for the month are:

Today - Black History Contest drawing

Wednesday - Film: Minnie the Moocher, 7 p.m. Sundial Recreation Center

Feb. 18 - Luncheon, 11 a.m. at Davis Community Club and Black History Contest drawing

Feb. 19 - Balboa, Pier 18, Boat Ride, 8 p.m., call 289-3960/3275

Feb. 20 - Film: Malcom X, 6 p.m. at Fort Davis Theater

Feb. 23 - Film: Mandella, 7 p.m. at Sundial Recreation Center

Feb. 25 - Black History Contest drawing

Feb. 26 - Black History Program, 7 p.m. at Fort Davis Theater

Feb. 27 - Religious Service, 12:30 p.m. at Fort Espinar Chapel.

PACE jamboree attracts hundreds

FORT DAVIS (USARSO PAO-Atlantic) - More than 200 Atlantic community members came out for the Panama Army Communities of Excellence Jamboree '94 here Saturday.

The jamboree offered displays and information on many of the services available to the Atlantic community, said Kenneth W. Bryan Jr., chief of Maintenance and Services Branch, Directorate of Engineering and Housing.

Among the displays were hands-on demonstrations of minor household repairs, fire safety tips, child fingerprinting for identification, a commissary nutrition display, a PACE mobile unit display and demonstrations from the Panama Canal Commission Fire Department.

Although the day's activities and displays were geared more toward adults, there were also train rides, balloons and a visit by McGruff the crime dog for the children, Bryan said.

"The train rides were a big hit for the kids, but I noticed a few of the parents sneaking on too," he said.

"We tried to make the day festive to attract more people and give the community an idea of the organizations that help out by providing services to the community," he said.

Local offices close because of carnival

FORT CLAYTON (USARSO PAO) - Panama government offices will be closed Monday through 1:30 p.m. Wednesday for Carnival in the Pacific and Atlantic communities, officials said. Offices such as Vehicle Exonerations, Vehicle Registration and Drivers' License Issuing Office will be affected.



Range officer in charge, 1st Lt. C.J. Walker, 193rd Infantry Brigade S-3, walks through the wreckage at the demolition range.



A Company C, 1-508th Infantry soldier prepares a Claymore mine.

DEMOLITION MEN

59th Engineers help ensure 1-508th exercise 'explosive'

The 59th Engineer Company has created an odd, but realistic training scenario for the 1st Battalion (Airborne), 508th Infantry Regiment.

The engineer company did this by creating enemy command posts using props for the infantry to attack. To achieve this kind of scenario, the company had to sling load bunk beds, washing machines, plywood, office equipment and other materials onto the range, said SSgt. Richard Lindvig, 59th Eng. Co.

Seeing these oddities in the middle of the jungle might appear a little overzealous for a training exercise, but the reason the engineer company goes to so much trouble is because Col. Louis D. Huddleston, commander, 193rd Infantry Brigade (Light) likes the training to be as realistic as possible for his soldiers, Lindvig said.

"A lot of hours have been put into these objectives," Lindvig said. "We built four objectives in two days."

"The main thing we are trying to provide is realism," said Capt. James Skidmore, 59th Eng Co. commander. "It fires and pumps them (the soldiers going through the EXEVAL) up, giving them something that is tangible."

This and the demolition range will be the two biggest operations the company does before it deactivates in April. Skidmore said that his company has no intentions of slowing down on training.

He explained that the company will go through its own EXEVAL.

Twelve soldiers will also attend the Sapper Leader Course, a squad will go to Honduras in a platoon exchange and another platoon will be going to the Joint Readiness Training Center at Fort Polk, La.



Pvt. 1 Ronald Bullock, 59th Engineer Company lights a fuse.

story by Spec. Alexander White, USARSO Public Affairs
photos by SSgt. Richard Lindvig, 59th Engineer Company

Endara replaces 12-member cabinet

PANAMA CITY (Reuters) - Panama's President Guillermo Endara has named a new cabinet heavily weighted toward his ruling Arnulfista Party, officials said Monday.

Endara, who dissolved his 12-member cabinet last Tuesday because of a rupture between the Arnulfista party and its main coalition partner, the Liberal Republican Nationalist Movement (MOLIRENA), re-named five of his former ministers and appointed seven new ones.

The new cabinet includes seven Arnulfistas, three independents who support Endara, one member of the Liberal Authentic Party, which also backs the president, and one MOLIRENA minister.

Presidency officials said Endara retained MOLIRENA's Planning and Political

Economy Minister Delia Cardenas despite the split because of her crucial role in handling Panama's foreign debt.

"The president wanted a firmer base of support in his cabinet in general," said a presidential spokesman, who asked not to be identified by name. "But I imagine Delia Cardenas has stayed so that this would not affect the debt talks."

Endara's surprise dissolution of the cabinet last week came after the Arnulfistas and MOLIRENA decided to run separate presidential candidates in the May 8 general elections.

Endara said at the time that he needed to separate his administration from the pre-election infighting and jockeying for position.

But critics said it was a cynical move

intended to boost his party's flagging electoral prospects by paving the way for the appointment of a more pro-Arnulfista cabinet.

Recent polls have shown the Arnulfistas' presidential candidate, Mireya Moscoso de Gruber, in fourth place with less than a third of the support for the current favorite, Ernesto Perez Balladares of the center-left opposition Revolutionary Democratic Party.

Endara, who will step down Sept. 1, took power after the December 1989 U.S. invasion of Panama that ousted former dictator Manuel Antonio Noriega.

The old cabinet included five Arnulfista and four MOLIRENA members, two independents and one member of the Liberal Authentic Party.

Pablo Escobar files implicate Castro's brother

BOGOTA, Colombia (AP) - Files and a videotape that belonged to slain drug lord Pablo Escobar implicate the brother of Cuban leader Fidel Castro in drug-trafficking.

The videotape, portions of which were broadcast by the TV news program QAP on Monday night, showed a man identified only as David pleading with Escobar to let him live after surviving an assassination attempt.

David — whose face is electronically distorted in the hour-long tape — sent the video to Escobar to deny accusations that he was a traitor to the Medellin cartel that Escobar ran. In the video, David reminded Escobar of the work he had done for the cartel.

"You know I helped you with Raul Castro on the island with respect to the shipment," David says, referring to Fidel Castro's brother, who also is Cuba's defense minister.

It was not clear what kind of shipment David was referring to. The U.S. government has repeatedly accused Raul Castro of drug trafficking.

There was no answer at the Cuban Embassy in Bogota Tuesday, when reporters called seeking comment.

The video and documents shown on the TV broadcast are authentic and form part of the government's investigative files on Escobar's operations, said Ana Lucia Obregon, spokeswoman for the prosecutor general's office.

The material was found in Escobar's prison after he escaped in July 1992, Obregon said.

The files and the tape reveal Escobar, who led the Medellin cartel until he was slain by security forces Dec. 2, had a sophisticated intelligence network at his command.

Escobar's files include a document apparently from the U.S. Drug Enforcement Administration outlining drug-trafficking and money-laundering activities by the Medellin cartel's rival, the Cali cartel, QAP said.

The videotape also implicates an unidentified associate of former Venezuelan President Carlos Andres Perez.

Commission's finding angers Gaviria

BOGOTA, Colombia (AP) - A political fight over the presence of U.S. soldiers burst wide open Wednesday when President Cesar Gaviria angrily rejected a commission's finding that inviting the troops was unconstitutional.

The normally placid Gaviria, his voice trembling, said on national radio he would ignore Tuesday night's verdict by the Council of State, Colombia's highest authority on government administration, that the approximately 250 U.S. soldiers were in Colombia illegally.

About 130 soldiers, mostly combat engineers from Fort Rucker, Ala., are in the Pacific coastal city of Juanchaco on what has been billed as a humanitarian mission to build a school and clinic and improve a road. The mission raised suspicions because it is in an area where drug-traffickers and rebels operate.

Juanchaco lies 45 miles west of Cali, home of the world's biggest cocaine cartel.

Other U.S. soldiers are maintaining a U.S.-built radar system that has netted drug-trafficking flights and are building a base and training Colombian soldiers to better fight drug traffickers and guerrillas.

The soldiers' presence has prompted wide complaints that Colombia's sovereignty was being violated.

Gaviria said Colombia needed all the help it could get to fight its powerful cocaine traffickers and accused opponents of "wrapping themselves in the Colombian flag" and displaying false nationalism.

"Sovereignty is in greater danger when a nation is handed over to criminals and drug traffickers and the state does not have



AP LaserPhoto

Colombian President Cesar Gaviria and his wife, Ana wave to a crowd in 1990. Wednesday, Gaviria angrily rejected a commission's finding that inviting U.S. troops to Colombia was unconstitutional.

the capacity to respond," Gaviria told reporters at the presidential palace.

Gaviria, responding to a question, said his statement did not imply that the mission in Juanchaco was anything more than humanitarian.

The Council of State held that Gaviria violated the constitution and national sovereignty by inviting the troops without its authorization or Senate permission. It has no power to enforce its decisions.

The council forwarded its decision to a congressional committee and the attorney general's office for possible action. Gaviria's Liberal Party has a majority in Congress and he is likely to win any battle

there if one develops. Attorney General Carlos Gustavo Arrieta told reporters he would independently investigate the case.

Gaviria said he deduced from the council's "vague and brief" finding that he would have to expel every military attache serving with the dozens of embassies in Colombia, which he called "absurd."

Gaviria ascended to the presidency after the candidate he served as campaign manager was killed by the Medellin cocaine cartel. He now is confronting the Cali cartel. Security forces killed Medellin cartel leader Pablo Escobar Dec. 2, and that cartel is far less powerful now.

Latin America debates sexism

BOGOTA, Colombia (AP) - Secretary Clara Ines recalls well the day she was fired for "incompetence."

Summoned to her boss's office in a large Bogota company, she abruptly found herself under sexual attack. "He pushed me against the wall and began unfastening my belt," she said. "I told him, 'Let me go,' punched him and shoved him away."

Clara Ines had no recourse when she was dismissed. But for her and other South American women that situation is slowly beginning to change, as countries where "machismo" long has reigned unquestioned make their first, tentative efforts to discourage sexual harassment.

Argentina recently outlawed sexual harassment in government offices. Several other countries are considering action.

In Colombia, a scandal last fall involving a senior government official put the issue in the spotlight, much as the Clarence Thomas-Anita Hill case did in the United States.

A regional director of the Institute for Youth and Sports publicly accused the head of the agency, Miguel Bermudez, of threatening to fire her if she did not have sex with him.

Bermudez denied it and told reporters he had no sexual interest in the woman, Maria del Pilar Florez. She was 35, he said, and at that age "a woman does not inspire such thoughts."

President Cesar Gaviria reprimanded Bermudez for "offending the women of Colombia" with the insult. Bermudez resigned Nov. 11, citing the scandal and accusations of budget irregularities.

Discussion of the Bermudez case has publicized the indignities Colombian women often suffer, but many people find the subject embarrassing, particularly victims. Clara Ines is still so ashamed of her experience she discussed it on condition she be identified only by her Christian name.

Women's liberation is a vague concept in Colombia, where women could not vote until 1957.

A bill now in the congress would make sexual harassment on the job a crime punishable by up to a year in prison, and would prohibit the firing of an employee for resisting sexual advances.

Sentiment appears to be growing among Colombians for some action against what the newspaper *El Espectador* denounced as the "sordid blackmail" of women workers.

"It's as if we were property," said Rep. Yolima Espinosa, a sponsor of the anti-harassment bill. "The Bermudez case made people sensitive to the problem of sexual harassment and made them realize there's no penalty for it." It also made Colombian women realize that sexual harassment "is not normal behavior, but is an abuse," said Melba Arias Londono, a lawyer who wrote

a book on violence against women.

Other countries also are dealing with the issue:

◆Argentina enacted a law Nov. 18 that forbids sexual harassment in government offices, but says nothing of private businesses.

◆Peru has a law against sexual harassment, but seldom enforces it. In several pending cases, women are suing Health Ministry officials, alleging they were fired for rejecting sexual advances.

◆A bill in the Chilean congress would outlaw sexual harassment, and several judges in Bolivia have urged action there.

Even without laws, not all men escape punishment.

For weeks, Ingrid's boss touched and patted her and told her dirty jokes. Then one day when Ingrid, a newspaper photographer, was in the photo lab, he came up behind her and "grabbed me with his pants already down. I slapped him and screamed and ran out."

The paper's editor, a woman, fired the man after Ingrid and other employees complained about his conduct.

"My case is extremely rare, because if there's a complaint it's usually the victim who's fired," Ingrid said.

Mrs. Espinosa said the habits of centuries must be broken before real change can be achieved.

"Some women are subservient to men, and by acting that way they are reinforcing the attitude of men who feel superior," she said.

"Women as well as men will have to change their behavior."

Experts debate worth of cycle ergometry fitness

by TSgt. Valerie A. McGovern
HQ ACC Public Affairs

LANGLEY AFB, Va. - Is cycle ergometry the best way to test a person's fitness? It's best considering the exhaustive, dangerous and expensive alternative, say ergometry's top advocates.

Loren Myhre, research physiologist at the Armstrong Laboratory, Brooks AFB, Texas, and creator of the Air Force cycle ergometry program, said the best measure of fitness is the treadmill stress test.

But the treadmill test can be dangerous, expensive and difficult to perform properly, said Myhre and Dr. Gerald Fletcher, a member of the Armed Forces Epidemiological Board and chairman of the American Heart Association's Committee on Exercise and Cardiac Rehabilitation.

"Obviously, we would like to give a test that is absolutely perfect, and the treadmill test would be that," Myhre said. "But you must have a cardiologist watching the electrocardiogram every minute, and have a laboratory filled with people to help in case of an emergency."

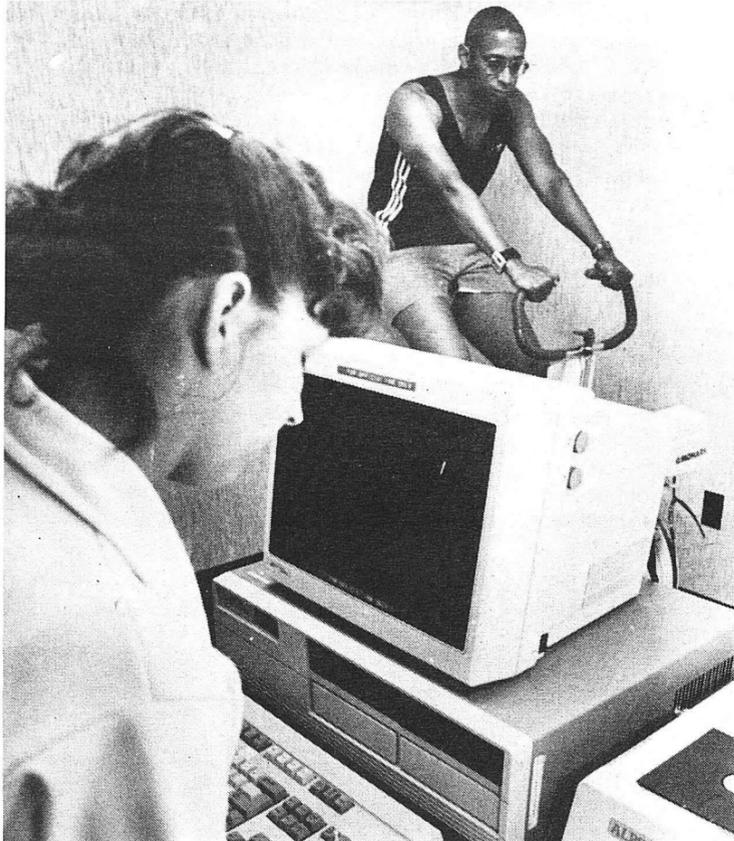
Fletcher, a cardiologist and chairman of rehabilitation medicine at Emory University School of Medicine in Atlanta, believes cycle ergometry is a good second choice.

"It's an easier system to deal with. It's a small system, less expensive and more mobile," he said. "Cycle ergometry gives you a safe base line to check a person's fitness level."

The point of cycle ergometry is to safely estimate the treadmill test. This is done by exercising someone at a moderate workload on the cycle and then using a mathematical equation to convert to a maximum workload measure.

"With this safer procedure and with the computerized program giving it quality control, we're able to set up a testing program in a facility that is not tied to a clinic or to physicians in any way," Myhre said.

Lt. Col. (Dr.) Michael Parkinson, chief of preventative medicine for the Air Force Surgeon General's Office, Bolling AFB, D.C., said the Air Force is conducting studies to refine testing



U.S. Air Force photo

SrA. Ramona Spencer, Howard AFB cycle ergometry fitness monitor, evaluates Willie Blocker.

procedures and make the test even more accurate.

In one study, Myhre has pushed people to exhaustion on the treadmill and compared the results with their cycle ergometry results. He's performed more than 350 maximal tests in the past year — more than most laboratories ever do. His results continued to show a positive relationship between the tests.

"We wanted to give commanders the best evidence we could of the validity of cycle ergometry," Myhre said. "It's a very sound test based on good statistics."

Another study, with emphasis on testing procedure standardization, is being conducted by the University of Florida College of Medicine. The results are due before summer.

"Fitness testing is an important issue in the Department of Defense," Parkinson said.

With the start of cycle ergometry and the continued studies, Parkinson said the Air Force has taken a proactive, progressive approach to fitness evaluation.

Fletcher agrees.

In his role as the Armed Forces Epidemiological Board's 'Prevention, Wellness and Exercise Person,' Fletcher said he plans to urge the other service branches to move to cycle ergometry fitness testing.

"I'm meeting in San Diego next month for a board meeting and I'm going to make a pitch for it. Cycle ergometry is more scientific, certainly safer, and more controllable," Fletcher said, comparing the cycle test with the Air Force's previous 1-1/2 mile run and the similar tests of the Army, Navy and Marines.

"I think it would be good to standardize fitness testing among the armed forces."

Troops may pay more to fund retirement homes

WASHINGTON, D.C. (American Forces Information Service) - To keep the military's two retirement homes from going broke, active duty members may have another \$1.50 taken out of their monthly pay starting next January.

Service secretaries recently approved a proposal to increase the current 50 cents per month to \$2. Congress must approve the increase.

"There have been other proposals for alternative funding of the homes that did not pass," said Kerri Childress, public affairs officer for the Soldiers' and Airmen's Home.

Last year, the Soldiers' and Airmen's Home's budget was \$43 million, but the home took in only \$35 million. The Naval Home did better, spending \$11 million and taking in about \$20 million. Still, said officials, with downsizing of the active force, both homes will go broke by 1999 without the increase.

Childress said she's been deluged with calls about the proposed increase.

"I wish I could get them all to come to the home and visit," Childress said. "After a visit, most servicemembers say they're happy to pay more."

Ironically, the homes have been hurt by servicemembers' good behavior, since fines and forfeited pay go to support the homes. Fewer servicemembers pay fines or forfeit pay as a result of courts-martial or administrative discipline these days. In 1983, a total of \$25 million in fines and forfeited pay helped out the Soldiers' and Airmen's Home. In 1993, fines and forfeitures netted \$13 million.

Residents also pay 25 percent of their retired pay and Social Security benefits to live in the homes: However, many residents served during World War II or before, and their retired pay is low.

Retired Army Col. Jeff Grider, associate director for resource management at U.S. Soldiers' and Airmen's Home, said servicemembers have had 50 cents taken out of their checks for the home since 1976. When the home was built in 1851, soldiers paid 25 cents out of their monthly checks.

"Back then, a private made only \$7 a month, so it was a larger part of the check," he said.

The Soldiers' and Airmen's Home has 1,760 residents. The Naval Home, built in 1975, has 550. In 1991, the two homes merged into the Armed Forces Retirement Home. They have separate trust funds, which will merge in 1995. The Naval Home trust fund is worth \$21 million, and the Soldiers' and Airmen's Home trust fund is \$139 million.

Veteran enlisted members, warrant officers and limited duty officers are eligible to retire to either home. They must be unable to earn a living because of a service-connected disability or have served in a war zone or suffer a nonservice-connected disability. Former Coast Guard members must have served in wartime combat zones with the Navy.

Window still open for troops to double life insurance

by SMSgt. Denton Lankford
Air Force News Services Features

RANDOLPH AFB, Texas - Imagine for a moment what would happen if you had a family and the unthinkable occurred — you died while on active duty. Although tragic that you were no longer around to provide for your family, even more tragic would be the thought that you had not made financial arrangements to help your loved ones through a period of adjustment.

Congress wanted to ensure military members had an opportunity to purchase life insurance at group rates and passed legislation to make it available.

"Although the Veterans Benefit Act of 1992 allowed Air Force members to double their Servicemen's Group Life Insurance coverage from \$100,000 to \$200,000, we know there are those who did not take advantage of the conversion by the deadline," said SSgt. Keith

Lawrence of the Personal Programs Branch of the Air Force Military Personnel Center here.

Unfortunately, he said, a young pilot was recently killed in a crash. To add to the tragedy, his wife and children will not benefit from the higher coverage because, for whatever reason, the captain had not opted for the increased coverage.

Under the act, service members had until March 31, 1993, to sign up for the additional coverage by completing Form SGLV-8286.

He said the SGLI monthly premium levels for both active duty and Reservists are 80 cents per \$10,000 coverage.

"Coverage is available in \$10,000 increments up to a maximum of \$200,000," he explained. The maximum premium would be \$16 per month for the full \$200,000.

Lawrence said that although the conversion period has passed, servicemembers may still increase their coverage by

completing forms SGLV-8285, request for insurance.

Lawrence explained that the form provides a section the member must complete to attest to insurability. Questions 11 through 14 ask members about any past or present health problems such as immune system disorders, heart conditions, high blood pressure, diabetes, cancer or nervous disorders. Although a member's current state of health will be considered before the increased amount of insurance is approved, a physical examination is not routinely required.

"The process does take some thought in the areas of how much coverage and who will be named beneficiaries of the process," Lawrence said.

People having questions about how the law treats beneficiaries, naming minors or setting up trusts for children, should consult the base judge advocate's office.

"People are busy with their work and family activities, and it takes a conscious

Anyone having questions about how the law treats beneficiaries, naming minors or setting up trusts for children, should consult the base judge advocate's office.

effort to sit down and think about what the family would need if dad or mom couldn't be there anymore," Lawrence added.

This is especially true since, on the average, 300 Air Force members die while on active duty each year. Whether or not to purchase SGLI in any amount is a personal decision.

For more information, call customer service at the military personnel flight, 284-3508, or your servicing personnel administration center.

Off-post resident has on-post housing concern

Dear Mayors' Corner:

I am writing to you for some answers to questions I can't get from the housing office.

Why is it many service and family members are subjected to living off post when some people on post are allowed to move from one unit to another, choosing where they want to live on post? Why do some families get housing within a few months while others must live on the economy for many months? Why does it seem that the people who complain the most get treated better and faster than the rest of us who are just here to do our jobs and deal with the situation at hand?

I would never have written to you had I not finally had my fill. We have been in Panama for six months and have lived off post the entire time. We never complained, just worked at making the best of things.

When I had stopped by the housing office to check our standing on the housing list, there was a woman bragging about being in country for a year, never having

Mayors' Corner

lived off post and who was moving to a new set of quarters for the third time.

I am only asking for answers, some sort of explanation. Being a long-term family member, I always believed everyone gets a fair shake — why not with housing as well? It is obvious I can't sign my name, but I'm sure other people would like to see this issue addressed somehow.

Moffed in Panama City

Dear MPC:

I submitted your letter to the U.S. Army Garrison commander and was given the following answer:

As your garrison commander, I am deeply involved with the housing operations to ensure all military members get excellent customer service and equal opportunity for housing. I am surprised to hear that you can't get answers from the housing office. I have instructed the chief of the housing division to ensure that

when questions are asked, specific answers are given.

By regulation, when a military member is promoted to the next higher grade category, such as junior to senior enlisted, they are entitled to put their name at the bottom of the waiting list and later relocate at their expense. This is also true for those who have an increase in family members. But, at no time are people allowed to choose where they want to live.

Most waiting lists for housing are about one year, depending on when they arrived to Panama. At times during the year, some waiting lists move quicker than others.

I can assure you that people who complain the most don't get better or faster service. All exceptions to policies are put in writing and reviewed individually.

About your statement of the woman who was bragging — I would like to know who she is. If you would call me or the

chief of the housing division, I will investigate this situation. It isn't likely what you were told is accurate. Relocations are very rare and nobody relocates just to find a better housing unit.

Housing is important to all military members. Most of the time when you hear of a situation that is outlandish, it is normally just that, outlandish and not true. One of the best ways to have questions answered is to see the chief of the housing division.

I firmly believe it is my responsibility to ensure all military members are treated equally and fairly.

Editor's note: This column allows community members to submit questions to the Mayoral Congress. Letters should be mailed to: Mayors' Corner, Publicity Chairperson, APO AA 34004 (MPS). Anonymity will be granted upon request. The Tropic Times reserves the right to edit letters and responses for brevity, clarity and propriety.

3 people charged with forgery, larceny of \$8,000

Bicycles stolen

A Fort Clayton soldier had two bicycles stolen from his quarters last week. The bikes were secured to the bars on a window with a lock and cable.

Everyone should secure bicycles inside their quarters or in a shed. This will lessen the chance of becoming a victim of crime.

Report suspicious activity to the military police at 287-4401 or 289-5133.

\$8,000 in forged checks

Three people were charged with forgery and larceny of government property last week. They allegedly stole nine U.S. government treasury checks totaling more than \$8,000, forged and cashed them.

If a victim of crime, call 287-4401 or 289-5133.

Wrongful transfer of merchandise

A Fort Clayton soldier was apprehended last week for wrongful transfer of duty-free merchandise and wrongful transfer of a Department of Defense decal. The soldier sold his vehicle with the DoD decal to a non-privilege card holder. The non-privilege card holder was charged with wrongful possession of the merchandise and decal.

For those planning to sell their vehicle while in Panama, the Exonerations Office, Military Customs, Pier 18, is responsible for the transfer of all vehicles sold to another military person or a Panamanian national.

For more information, call 287-4545.

Gotcha card update

MPs report that Gotcha cards issued Jan. 15-28 were in the following areas:

- Fort Clayton**
- 300 housing area - one
- 500 housing area - seven
- 600 housing area - eight
- 700 housing area - five
- 1000 housing area - one
- Corozal**
- 200 housing area - six
- 600 housing area - six
- Curundu - 2**
- Cocoli - 26**

Provost Marshal's Corner



Fort Kobbe

- 300 housing area - 47
- 400 housing area - 59
- 800 troop area - 14

Secure all property and leave no opportunity for a thief to strike. Report suspicious activity to the MPs at 287-4401 or 289-5133.

Anonymous drug hotline

Anyone with information about drug smuggling should call the Panama Jack anonymous hotline at 285-4185.

The following crimes occurred in on-post housing areas Jan. 28-Feb. 3.

Pacific

- Fort Clayton 400 housing area** - one larceny of secured private property
- Fort Clayton 500 housing area** - one larceny of secured private
- Fort Clayton 900 housing area** - one larceny of unsecured private property
- Corozal housing area** - one larceny of private property
- Atlantic**
- None to report

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Turn signal blues

Most drivers fall into 4 user/non user groups

by Spec. John Hall
Tropic Times staff

Don't you hate it when you're waiting at a stop sign and traffic coming at you can either go straight or turn, yet no one uses a turn signal? It's like a guessing game. You can either take a chance and floor it, hoping the cars turn. Or you can wait until traffic clears while people behind you blast their horns like nobody's business. Or you can wait for the unthinkable — for someone to use their turn signal with enough warning to serve its purpose.

Because some people don't seem to know what a turn signal is, I thought I'd turn to Webster for advice. Although turn signal doesn't have its own entry in the dictionary, the word "turn" has nearly 100. The best one for driving would probably be number 36 which states: to direct or set one's

course toward, away from, or in a particular direction. The word "signal" pales in comparison to "turn," netting a mere 11 entries. Entry number one reads: anything that serves to warn, direct, command, or the like, as a light, a gesture, an act.

Two of those words really stand out — warn and gesture. Because so many people drive with reckless abandon, the courtesy of a warning light wouldn't seem to be too much to ask for. It's sort of like a "gesture."

Drivers basically fall into four "turn signal" categories.

Type A - The old timer. This driver simply isn't aware of turn signals.

These drivers are kind of like my father, who is not aware of the right-turn-on-red rule. He just looks in his rearview mirror and says, "Why are they beeping at me? Do I have a flat or something?"

Type B - The occasional abuser.

This person actually tries to rationalize his case. His excuses are: "Well, there was no one behind me," or "they know where I'm going." This driver also uses the "sneak attack approach," by putting the blinker on just before or while turning.

Type C - The one timer. This driver flips on his signal when he pulls out of the driveway and never turns it off. This makes it confusing because he isn't telling you where he's going, but rather where he's been.

Type D - Overkill. This driver uses turn signals like they were tax write-offs. You know the guy. He uses them in empty parking lots or when there's a bend in the road. He also uses them too far in advance. Sometimes he'll turn on his blinker and pass up two or three "potential" turns. Because of type D drivers you can't trust type C drivers — they could be faking it.

So what's the punishment for using

turn signals incorrectly? After a call to the Provost Marshal's traffic section, here's what I found out. As per Army Regulation and U.S. Southern Command Regulation 190-2, three points are assessed for improper use of turn signals. When a driver has accumulated 12 points for moving violations or 12 points for parking violations, he can have his driving privileges suspended for up to a year, officials said. They also added that military policemen hand out approximately 15-20 tickets weekly for improper use of turn signals.

On average, that would come out to 70 tickets a month or more than 800 per year. Now that's a lot of tickets. And that's just on Fort Clayton.

Maybe the military police and security police could combine efforts to sponsor a "Don't Forget Your Turn Signal Month."

My dad wouldn't believe it.

Just how random is urinalysis testing?

by MSgt. Karen A. Webb
Superintendent, social actions

HOWARD AFB (24th Wing/PA) - Urinalysis testing plays a vital role in the Air Force's readiness capabilities because drug abuse is not compatible with Air Force standards and will not be tolerated. Moreover, there is the expectation for total support of the drug testing from every Air Force member. Therefore, a drug free work environment is everyone's responsibility.

There seems to be questions lately about the urinalysis program. How random is it? Why do we get notified at the last minute? Why do I have to wait so long to test? Why am I testing for the fourth time in the last 12 months? All fair and reasonable questions — here are some answers.

First, be assured that your selection to provide a urine sample is totally random. Here at Howard AFB and Albrook AFS, social actions uses the base random urinaly-

sis testing program, an Air Force approved program to select personnel for testing. This program uses no set pattern for selection, such as social security number, rank or unit. It randomly selects people by name, out of the bases' personnel data files, to test.

Remember, the drug testing program is designed to act as a deterrent. You can be randomly selected to provide a sample at any time, several times a year, and possibly two or three times in monthly succession. Hopefully this will deter some members from using illegal substances in the first place. Nonetheless, the random selection is based on probability and a statistical phenomenon exists if a person has exceeded their perceived fair share of sampling.

Secondly, in keeping with the deterrent philosophy, we are currently giving people two hours of testing notification. This is to eliminate problems of test date and time compromise. The element of surprise once again makes the urinalysis program an effective deterrent.

Furthermore, while all personnel will be notified the same morning of testing, social actions will stagger its reporting times to the testing site to prevent problems of backlog. This should reduce the amount of time spent away from the duty section. People not able to provide a specimen at their unit's scheduled time will be required to wait at the testing site until they do.

Finally, the most important part of the program is the actual specimen collection. All urine samples must be collected under direct observation. Collection procedures must withstand legal scrutiny and be able to verify that the specimen remains identifiable from the collection point to the testing laboratory at Brooks AFB, Texas. Units will provide observers when tasked. Observers will ensure that specimens are collected uncontaminated.

The social actions office can answer any additional questions or concerns about the urinalysis program. We are located on the second floor of Building 710 on Howard. Call 284-5507/5309 for more information.

Direct Quotes

How much does drug testing deter use?



"Quite a bit. It sure deters me."

SSgt. Scott Pierson
24th Operational Group
Radar



"I think a little, but not much because of random testing. They should test for steroids."

Spec. Erik Fulfer
Company A, 1-508th Infantry



"I think people who use drugs know how to get away with it if they use them a lot. On the whole, it probably deters first-timers."

Sheerin Duque
Army family member



"Pretty much down to zero percent."

Tammy Hughes
Army family member



"I believe it definitely cuts down, but not to a total halt."

Spec. Douglas Black
617th Special Operations
Aviation Detachment

The opinions expressed on this page are those of the commentary writers and Direct Quotes respondents only. They do not reflect the views of U.S. Southern Command, the Department of Defense or the U.S. government. Readers may submit commentaries — or responses to commentaries — to the *Tropic Times*. The staff reserves the right to edit for brevity, clarity and appropriateness. All submissions must be signed, but names will be withheld upon request.

SOUTHCOM sergeant major ends career

by SSgt. Richard Puckett
Editor, Tropic Times

QUARRY HEIGHTS - A photograph of a gear-laden Ranger hangs on the wall in his office. The caption reads "What have you done for him today?" This is the question U.S. Southern Command CSM James Williams has asked himself every night before going home.

Williams, who retires Wednesday, has already cleaned out most of his office. His desk nameplate, plaques and other memorabilia acquired along the journey are gone now, but that photograph still remains there for now. The soldier serves as constant reminder of what the noncommissioned officer's role is all about — taking care of soldiers, sailors, Marines and airmen.

"Soldiers are our business," Williams said. "As a leader, NCOs have to put their troops first. The old saying 'You take care of them and they'll take of you' is true. You can't accomplish your mission without their support, so you have to support them."

As the senior NCO in USSOUTHCOM, Williams has tried to pass that on to junior leaders here.

During his two-year-tour Williams has implemented several programs that have brought recognition and increased knowledge to leaders and servicemembers here.

NCO Call, the Commander in Chief's Recognition Ball, and the Soldier/NCO of the Quarter/Year are now solidly in place because of Williams.

"You have to pat people on the back for a job well done," he said. "The Recognition Ball and the boards do that. The NCO Call is so important to us in a joint command. It allows us to help show the NCOs the importance of each service's programs that affect their workers. It helps educate us all to work better in a purple environment."

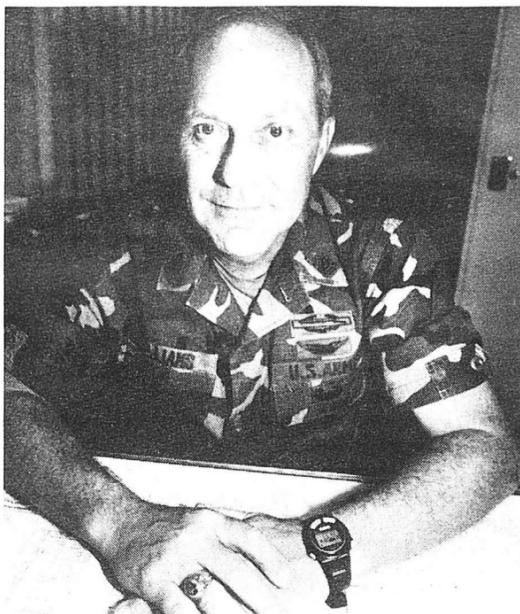
Williams has been pleased with the success of the program and credits the NCOs with making it happen. The dedication of today's soldiers is a far cry from the military of the 60s and 70s, he said.

Williams remembers his first tour in 1964 well. It was a four-year hitch that started in his hometown of Hawarden, Iowa, and took him to the jungles of Vietnam.

"We were all scared," he said. "I had never shot at anything other than a rabbit."

His first tour was as a door gunner in Bien-Hoa, Vietnam, where he lived in a barracks, slept in a bed and could go to clubs. It was remarkably calm compared to his second tour in 1966.

"I went back to Vietnam with the 25th (Infantry Division, Schofield Barracks, Hawaii)," he said. "I expected things to be the same — they weren't. They dropped us



CSM James Williams

off on some God-forsaken hill with nothing but bamboo vipers. I knew it was going to be a long haul."

After coming back to the states, he became a drill instructor at Fort Campbell, Ken. While there he helped trained "McNamara's 100,000." Then-Secretary of Defense John McNamara lowered entrance standards and allowed 100,000 people in the Army via the draft.

After completing that tour, he got out and went home to Iowa with his wife, Margaret. He sold insurance, worked at a factory and tried other jobs, but he knew the Army was his true calling. He reentered in August, 1968.

It was then he saw the NCO Corps falling apart.

"We were short of people so we were taking anyone who could walk, talk and carry a rifle," he said. "The 'instant NCO' program didn't give us the experienced leaders we needed and the NCOs starting losing their dedication."

"We as NCOs let the officers, who were just as inexperienced, take away a whole bunch of jobs from us because it was easier for us. We became non-aggressive, and there was low morale. With rotations coming and going to Vietnam, we had NCOs passing through who had just been watching people get put in plastic bags. They were more concerned for their own welfare than that of their soldiers."

Williams credits education as the key to turning the

NCO Corps around.

"ANCOC (Advanced Noncommissioned Officers Course) began in the early 70s," he said. "I think someone there saw the light and NCOs started getting educated again, got their feet back on the ground and took care of soldiers again."

Today's military education system is continuing that role, Williams said.

"We have soldiers today who want to be soldiers," he said. "That makes a difference. Standards are higher and you have to keep up."

With the drawdown and more cutbacks on the horizon, he is concerned that history could repeat itself.

"Everyone is concerned about what the future holds," he said. "People are getting too focused on getting good evaluations. NCOs can't be afraid to stand up for what's right. It's up to the senior NCOs to set that example. The younger soldiers are looking up to that battalion sergeant major and he buckles under everyone will."

NCOs also have a responsibility to make sure their own families are taken care of.

"It's easy to get so wrapped up in your work and take your family for granted, I know," he said. "You have to put that same dedication into your family, too. They provide that support you need to be successful. Everything good that has happened to me is because of Margaret, everything bad is because of me."

Missing out on his children's youth is the one thing Williams regrets.

"Time flies by so fast," he said. "One day they are babies and the next they're grown and moved out. Now I'm going to try and make up for some lost time."

The Williams will be heading to Crestview, Fla., where he jokingly said he plans on reliving his lost 1960s.

"I kid my wife that I'm going to let my hair grow long, get a pony tail and wear a Harley T-shirt," he said, smiling.

He won't miss the ruck sacks, tents, and field time, but he is sad that the days of stopping and chatting with soldiers, gate guards and other NCOs are almost over.

"I'll miss the camaraderie," he said. "I'll miss stopping and talking with the SPs at Howard and the MPs at Clayton, the soldiers down range and all the sergeants major I've become friends with."

After 30 years, he is still overwhelmed with becoming a sergeant major and being in a position to leave a legacy.

"The Army has come a long way in the past 30 years," he said. "In 30 years it will be even better."

After more than 30 years of service, Williams will take down the picture Wednesday, leave his office for the last time and know that he did all that he could.

'Minutemen' security force trains for emergencies

by Diane Gonzalez
USNAVSTAPANCANAL PAO

RODMAN NS- Marine Sgt. Paul Suprenant is the instructor of an elite group of 20-30 men called the Auxiliary Security Force. They are picked from the Naval Command and its tenant commands to form an organized branch of the operations division of the security department.

They are used for emergency situations from natural disasters to basic law enforcement. Suprenant is responsible for ensuring this force is trained and ready to respond immediately, helping the team to earn its nickname "The Minutemen."

Because the Navy complement at Rodman is small and doesn't have the police force other military installations have, a 1984 decision gave birth to the ASG, Suprenant said. Navy hierarchy reasoned all Naval bases should have permanent security forces during increased threat conditions, or when directed by the host command.

The cadres, trainers of installation security forces and the ASF, put together a team of men representing many different military specialties. The instructors teach team members anti-terrorist techniques, weaponry, hand-to-hand combat, search and seizure, and other security skills. The members are trained to handle any situation, including domestic problems, he said.

"Importance of security on our bases is our prime concern," Suprenant said. "This group works as an integral part of our community."

"Our staff has two weeks of intense training, and I do mean intense training," he said. "Some have never handled a weapon in their entire career, so it's important for them to become familiar with their weapon and become confident."

The teamwork is what Suprenant likes best.

"Because each man is from a different tenant or command position, we each learn a little about each others job and can appreciate the others responsibility," he said.



Marine Sgt. Paul Suprenant has his crew working on procedures for riot gear and control.

U.S. Navy photo

"We share each others joys and sorrows. It brings us closer together."

Although the team augments security forces at the station, they are also part of the team. Each serves 18 months plus regular every day duty.

"That's dedication," Suprenant said. "Not everyone is

cut out for the training and not everyone makes the cut. Dedication is part of what makes this program a success.

"This command does everything right," he said.

"It provides lists of names and volunteers and it knows that ASF is a priority for Naval Station Security. Without that kind of support we wouldn't exist."



Army family member Natasha Perez makes bubbles during the Child Development Services Part Day Program circus.

Children's Circus

More than 200 youths enjoy 2 days of 'just plain fun'

FORT CLAYTON (USARSO PAO) - Soap bubbles fill the air and popcorn litters the ground as tiny clowns and ballerinas with grape-juice grins run here and there giggling with the delight only a circus could bring.

More than 200 children took part in the annual two-day circus held by the Child Development Services Part-day Program last week at the CDS Center.

"The circus is designed to be developmentally appropriate where the children use their imagination, creativity and can see and do the activities by themselves," said Becky Fentress, director for the CDS Part-Day Program.

"We planned it to give the children the opportunity to use their social, gross motor and language skills as well as their imagination," she said. "The activities touched on early childhood development.

"Plus, it was just plain fun," Fentress said.

The parents and teachers at the center get together each year to come up with ideas for the circus and the teachers are each responsible for coming up with and setting up one activity area, she said.

Although the actual circus only lasted two days, the entire week's activities in the center were geared toward the circus, Fentress said.

"The entire week was built around the circus," she said. "We spent time talking about such things as the colors of the circus and counting various circus animals."

Although the bulk of the work for the circus done by the center's teachers, the event would not have been possible without the help of the parent group which is the center's version of a parent-teachers organization, Fentress said.

"We have a very active parent group here and they helped with everything from decorations to supervising," she said.

Once the decorations, booths and activities were set up, the popcorn and peanuts set out and the sno-cone machine cranked up, the children literally bounced out of the center with excitement, Fentress said.

"What's better than going to the circus, let alone being a part of it," she said.



U.S. Army photos by SSgt. Jane Usero

Gary Eddy, Army family member, takes a break from being a clown by eating popcorn at the Child Development Services Part Day Program circus.



Rachel Angel, CDS Part Day Program teacher, shows children how it's done with the hula-hoop.

Promotions

To First Lieutenant - Jeffrey Wood of Headquarters Company, 5th Battalion, 87th Infantry.

To Sergeant First Class - Robert Parlier of Company C, 5th Battalion, 87th Infantry.

To Air Force Master Sergeant (Stripes To Exceptional Performers) - Jose A. Ciceraro, U.S. Southern Command, Command Surgeon Office.

To Staff Sergeant - Carlos Rivalopez of Company A, 5th Battalion, 87th Infantry. Hughley Gratic of Headquarters Company, 5th Battalion, 87th Infantry.

To Sergeant - Hector Aguayo of Company A, 5th Battalion, 87th Infantry. Ryan Epley and Anthony Glover, both of Company C, 5th Battalion, 87th Infantry. Mark Minter of Jungle Operations Training Battalion.

To Specialist - Scott Art of Company A, 5th Battalion, 87th Infantry. Melvin Harris of Company B, 5th Battalion, 87th Infantry. Andrew Hampton of Company C, 5th Battalion, 87th Infantry. Melony Baker and Sheri Wallace, both of 92nd Personnel Service Company. Manuel Hernandez, Natasha Joseph and Edmond Tallon, all of Headquarters Company, 142nd Medical Battalion.

To Private First Class - Christopher Berry of Company A, 5th Battalion, 87th Infantry. Zaldy Macam and Stephen Dornstadter, both of Company C, 5th Battalion, 87th Infantry. Anthony Kelly, Aaron Jacobs, Derrick Carithers and Joseph Jenkins, all of Headquarters Company, 5th Battalion, 87th Infantry. Elizabeth John-Baptiste of 92nd Personnel Service Company. Brandi Franklin of Headquarters Company, 142nd Medical Battalion.

To Private Two - John Kerwood and Miles Perez, both of Company A, 5th Battalion, 87th Infantry.

Awards

Army Commendation Medal - Sgt. Lydia Ballantine of Jungle Operations Training Battalion. Sgt. Corey Helton of Headquarters Company, 5th Battalion, 87th Infantry, Cpl. Justin Christman of Company B, 5th Battalion, 87th Infantry.

Army Achievement Medal - Spec. Edon Burwell, Spec. Jason Carroll, Spec. Edward Colon Jr., Sgt. Erron Francis, SSgt. Allen Francisco, PFC Mark Fravert, Sgt. Phillip Moon, SFC Godfrey Miller, Spec. Roger Schlough, Spec. Scotty Scott and Pvt.2 Kevin Simmons, all of Headquarters Company, Jungle Operations Training Battalion. Spec. Simon Yracheta, PFC William Howell, PFC Robert Richardson and PFC Robert James, all of Company B, 5th Battalion, 87th Infantry. Spec. Ben Conley, Sgt. Scott Anese, 1st Lt. Jeffery Wood, PFC Edwin Rodriguez, Spec. Donnie Drissak, PFC John Barkley and Sgt. Kennedy Blair, all of Company C, 5th Battalion, 87th Infantry, Spec. John Ballesteros, PFC Stuart Erving and PFC Derek Asdot, all of Company A, 5th Battalion, 87th Infantry. SSgt. Donald Lechel and Spec. Charles Clark, both of Company B, 5th Battalion, 87th Infantry. PFC Dan Fockner of Company C, 5th Battalion, 87th Infantry. PFC Christopher Sanders, Spec. Ryan Isaac and Spec. Gabriel Barkdull, all of Headquarters Company, 5th Battalion, 87th Infantry. Spec. Roderic Robinson of U.S. Army Dental Activity - Panama.

Good Conduct Medal - Spec. Richard Earhart of Headquarters Company, Jungle Operations Training Battalion. Sgt. Robert Massingill of Company A, Jungle Operations Training Battalion.

Certificates of Achievement - PFC Thomas Barrett, PFC Bradley Vanzant, PFC Melvin Thompson, Spec. Scott Davis, Spec. Christopher Smith and Pvt. Brian Wilson, all of Company C, 5th Battalion, 87th Infantry. Sgt. Robert Hollman of Headquarters Company, 5th Battalion, 87th Infantry. PFC Jonathon Hay, PFC Austin Norris, PFC Scott Arp, PFC Bradley Lawson, PFC Joshua Tilley, Cpl. David Miller, Pvt. 2 Carlos Barahona and Spec. John Tharpe, all of Company A, 5th Battalion, 87th Infantry. Sgt. Corby Coover of Company B, 5th Battalion, 87th Infantry, Spec. Dawn Hilton-Byrd of U.S. Army Dental Activity - Panama.

Graduations/achievements

Nuclear, Biological and Chemical School - Sgt. Gregory McPhee of U.S. Army Dental Activity - Panama.

Preventive Dentistry Course - Spec. Ronald Weimer Jr. of U.S. Army Dental Activity - Panama.

Cub Scouts from Pack 29, Albrook AFS, have obtained the following rank. **Bear** - Chris Thiele, David Audet, Bryant Hankins., Richard Leiva, Andrew MacPhail, Christopher Rodie, Steven Lawlor, Mark O'Masta and Ian Hoeffler. **Webelos** - Paul Barber. **Arrow of Light** - Matthew Carey, Billy Groom, Jake Jacobs, Brenden Mendez, Michael Shahan and Jacob Zachariah.



Courtesy photo

Maria Northington graduated Jan. 22 as Nova University's salutatorian.

Mother of 4 nets degree after 15-year break

HOWARD AFB (24th Wing/PA) - Who said it couldn't be done? Not Maria Northington.

This wife of an Air Force master sergeant and mother of four re-entered the world of education after a 15-year gap and completed a bachelor degree during her husband's three-year tour with the 24th Weather Squadron here.

Northington graduated as Nova University's salutatorian in a ceremony Jan. 22 at Panama City's Atlapa Center. In Nova's branch system, the salutatorian is the top undergraduate student, while the valedictorian is the leading graduate student at the commencement.

Upon arrival in June 1991, Northington made a decision not to search for a job in the local employment market. She opted for a long-postponed college career.

She selected Nova for its paralegal business degree and started to school immediately using savings to cover initial expenses. She made outstanding grades in her first few semesters and applied for local scholarships in an effort to finance the rest of her degree.

In 1992, she won \$500 scholarships from both the officer and enlisted spouses clubs here. In 1992, and again in 1993, she won \$1,000 scholarships from the Isthmian Col-

lege Club.

She took full-time course loads throughout her program earning a 3.8 grade point average and membership in the Alpha Chi Honor Society on her way to being named this year's salutatorian.

"It was time to start school when the youngest of my children, now 13, 11, 8 and 6, entered preschool," Northington said. "It's been a great experience...it can be done. Don't be afraid to try."

She credits her family for giving the support and tolerance that enabled her to reach her goal.

What's next?

"Law school!" she answered.

Smith takes command of aviation unit

by Spec. Angie Morse
4th Battalion, 228th Aviation Regiment

HONDURAS - During a change of command ceremony Lt. Col. William M. Jacobs relinquished command of the 4th Battalion, 228th Aviation Regiment to Lt. Col. Joseph A. Smith.

The battalion is an assault helicopter battalion with operations spanning Honduras, El Salvador, Guatemala and Belize. The unit not only provides air support for Joint Task Force Bravo, but also assists in the Honduran counter-drug effort, host-nation air assault support, nation building and humanitarian and disaster relief.

"The 4th Battalion has trained in this unforgiving land and in unpredictable weather and hazards," said Col.

Michael J. Vanairsdale, 128th Aviation Brigade commander. "They not only met all the challenges of this demanding assignment, but they did it safely and with an operational readiness rate 5 to 10 percent above the Department of the Army goal which was due primarily to the good leadership in the battalion."

"The battalion has a tradition of improving each year, and I want to continue in that tradition," Smith said. "I want to make this assignment challenging and exciting, as well as fun for the soldiers."

Before taking command of the 4-228th, Smith was assigned to the 82nd Airborne Division, Fort Bragg, N.C.; the 101st Airborne Division, and Task Force 160, Fort Campbell, Ky. His last assignment was as the 160th Special Operation Aviation Regiment operations officer.



Sports

Feb. 11, 1994

Quarry Heights, Republic of Panama

Page 11

Warriors tear Supply spirit

by Sgt. James A. Rush
24th Wing Public Affairs

HOWARD AFB - Wilkie's Warriors struggled in the face of adversity throughout the 24th Supply Squadron Top 4 Softball Tournament this past weekend and came away winners.

Its opponents in the finals, the Rebels, played only three games to earn a championship berth. Wilkie's Warriors, after losing in the first round, faced five more opponents before reaching the same spot.

The well-rested Rebels lost no time in testing the Wilkie's resolve. It sent 19 batters to the plate in the top of the first inning.

Despite three pitching changes by Wilkie's, the Rebels rounded up 16 runs on 16 hits with eight homers.

Lead-off hitter Scott "Stretch" Carr had a single and triple in two at bats for the inning.

This feat was overshadowed by twin blasts from right-center fielder Bobby Henson and left-center fielder Joe "Machismo" Price.

Manager Herman Wilkinson coached his players through the losers' bracket, including games at 10 and 11 a.m. Sunday and he wasn't about to let a 16-run hole become his team's grave.

"That's OK! We can hit the ball too," he shouted from the dugout.

Wilkinson's words were half encouragement for his players and half threat for their opponents.

"I don't get concerned. No lead is safe in slow-pitch," Wilkinson said. "I know eventually we'll come back."

"The team we beat was a very good team, but I never give up on my team. That's the key, and they've never let me down."

A 16-run hole wasn't deep enough to bury Wilkie's. In the bottom half of the first inning, it answered with seven fence-clearing shots.

Each team scored three times in the second inning, Wilkie's was shut out in the third and added one more in the fourth bringing the score to 20-12.

The rest of the game went Wilkie's Warriors way.

With the balls pounded into mush, the Rebels suffered a dramatic power outage. Six of its next eight batters flied out and Wilkie's held them scoreless in the fifth and sixth innings.

Meanwhile Wilkie's continued to flex its muscles and erased the scoring deficit. The end of the sixth saw a 20-20 tie.

Extrahitter Mark Whampler and catcher Tojo Cockfield led the way for Wilkie's. Each picked up their second round trip and

the Warriors took an 11-8 lead in the home run derby.

Henson gave the Rebels one last shot of adrenaline with a two-run blast in the top of the seventh inning, but Wilkie's answered with three more in the bottom to win 23-22.

The loss left most of the Rebels stunned. Coach Bernard Grimsley wasn't surprised however.

Grimsley had warned his players that a 16-run lead wouldn't be enough against Wilkie's.

"Against any other team, I'd say no, but against Wilkie's, you've got to keep fighting," Grimsley said.

"I knew 16 runs wasn't enough, and I think they believe me now."

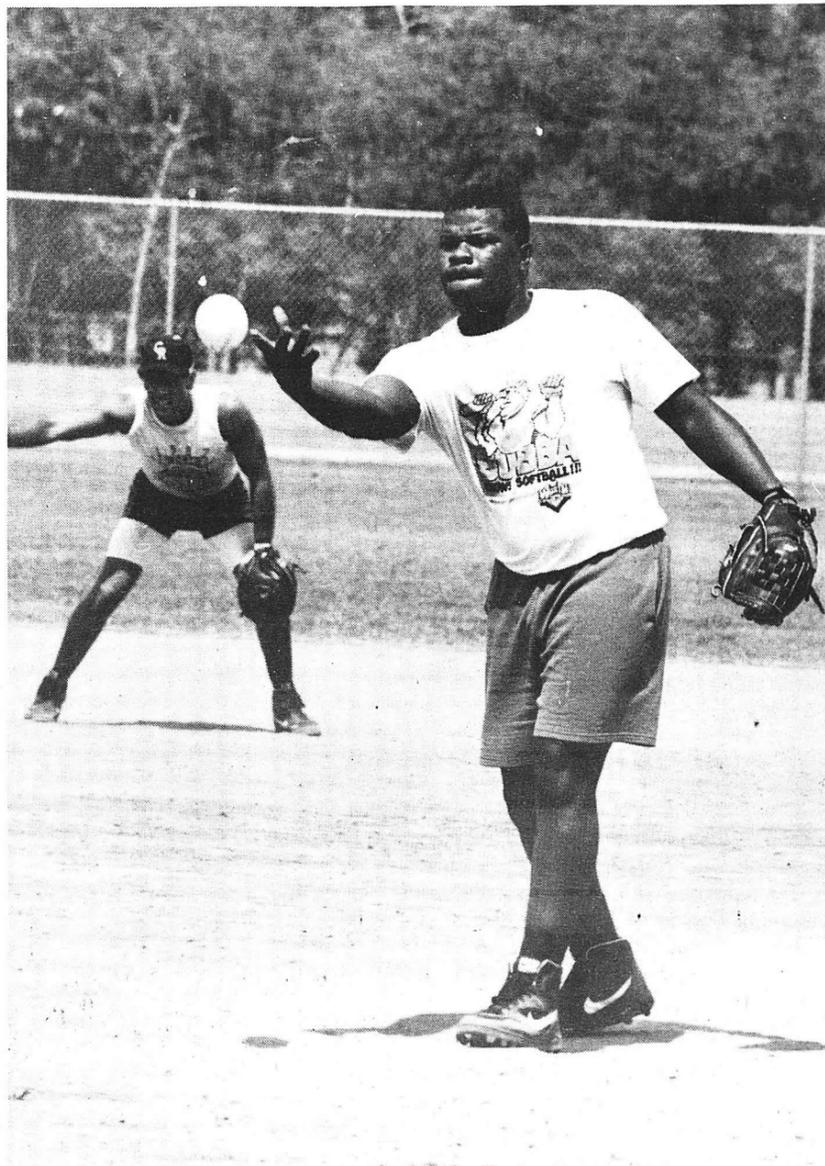
The following game paled in comparison. Wilkie's won it, 10-6.

The champs jumped out 3-0 in the first inning and built a 10-2 advantage by the end of the sixth.

Shortstop Jason "Bo-Flex" Rodriguez tried to rally the Rebels in the top of the seventh. His lead off solo shot sparked a fire in their bats, but the Warriors extinguished it after allowing only four runs.

"Losing took the heart out of us," Grimsley said.

"After that, there was no fight left in us until the last inning; and by then, it was too late."



U.S. Air Force photos by Sgt. James A. Rush

Wilkie's Warriors pitcher Daryl "Dawg" Kimble serves up a gopher ball.



Rebels shortstop Jason "Bo Flex" Rodriguez plucks a line drive.

Olympians page 13

Department of Defense rests hope on five National Guardsmen to win at the Winter Olympics.

Stepping page 14

Howard Sports and Fitness Center offers exercisers an aerobic alternative — step aerobics.

and More page 15

- ◆ Softball tourneys
- ◆ Sweetheart bowling
- ◆ SCN radio sports

Bicyclists pedal ocean to ocean

FORT DAVIS (USARSOPAO-Atlantic) - Bike enthusiasts came from as far as Panama City to take part in Sunday's Team Panama—a 50-mile bicycle trek down the Transisthmian Highway.

Sixty-one participants pedaled from Cristobal High School to the Club Amador, said Wallace Teal, assistant fire chief of the Atlantic Panama Canal Commission Fire Department.

Team Panama's first ride took place seven years ago and only nine cyclists showed up, said Teal, who organizes the event each year.

The event takes place the first Sunday of February.

"Originally, I had just asked some friends if they were interested in riding on the Transisthmian with me," he said. "I had nine people riding that time and it's grown to the 61 we had this year."

The riders represented the Pacific PCC and military communities, Colon, Galeta, the Atlantic military community and students and staff from Department of Defense Dependents Schools. They ranged in age from 12-68, Teal said.

All but four of the cyclists finished the trek, with the quickest pedaler clocking in at two hours, 19 minutes, and the last participant coming in just under five hours.

Hustlers take bite out of Caimanes, 10-4

FORT DAVIS (USARSO PAO-Atlantic) - The Hustlers trampled the Caimanes, 10-4, in a recent Women's Softball League game here.

The Caimanes knew the wrath of the Hustlers, losing in the teams' first meeting, 5-0.

With its pitcher Gail Burnett sick and sidelined, the Caimanes were no more optimistic in this match-up, said Linda Bowman, shortstop.

The Caimanes started the game strong with a stand-up double, but that runner was stranded at third when the top of the first inning ended. The bottom of the inning was short and quick for the Hustlers.

Consecutive walks and errors by the Caimanes gave the Hustlers a big lead in the second inning that it would carry through the end of the game.

The Caimanes scored three runs in the fifth inning. The fifth became the final inning as the one-hour time limit ran out with a final score of 10-4.

Although they have yet to lose, Caimanes' coach Al Bowman said the Hustlers aren't perfect.

"They can be beaten," he said.

"When you play a team like that, you can't have any errors. You have to play your best."

And errors proved to be the Caimanes downfall.

"Both times we held them off for a while, but then the errors would start," he said.

"We beat ourselves by making those errors."



Department of Defense photo by Sgt. E.J. Hersom

Strike three

Eddie Krynicki of the Albrook Pirates throws a pitch in the final inning against the Fort Clayton Caymans Feb. 4 with the tying run on second base. Krynicki held the Clayton team as the Pirates went on to win 8-7.

Standings

Women's Softball League

Team	W	L	GB
Menasche Sports	5	1	-
Chryler	5	1	-
Nujak Swang	5	1	-
Comedy Crew	3	3	2
Lady Torpedoes	2	4	3
Kamikazes	1	5	4
All Guts No Glory	1	5	4

as of Monday

Unit Level Softball League

White League

Team	W	L	GB
310th MI	7	1	-
HHCUSAG	6	1	1/2
142nd Med	6	2	1
SOUTHCOM	6	2	1
HHD 470th MI	5	2	1 1/2
Co. C 1-508th	4	3	2 1/2
Co. B 1-508th	4	3	2 1/2
41st ASG	4	4	3
56th Ord. Det.	4	5	3 1/2
Co. B 193rd Supt.	4	5	3 1/2
59th Eng. Det	2	4	4
DCSR	1	7	6
HHC 193rd Inf.	1	7	6
Co. A 193rd Supt.	1	7	6

as of Monday

Red League

Team	W	L	GB
56th Signal Bat.	6	2	-
Co. E 1-228th	6	2	-
MEDDAC	6	2	-
HHC LEA	6	3	1/2
Co. A 154th Sig.	4	2	1
534th MP Co.	4	3	1 1/2
HHD 56th Sig.	4	5	2 1/2
HHC 1-228th	3	4	2 1/2
92nd PSC	3	4	2 1/2
3rd SOSC	3	5	3
555th MP Co.	2	5	3 1/2
Co. B 154th Sig	1	5	4
HHCUSAG/IG	2	8	5

Howard Softball League

National League

Team	W	L	GB
24th AIS/OSS	7	1	-
617th SOAD	7	2	1/2
24th MEDS	6	2	1
HHC 1-508th	3	2	2 1/2
24th COMM #1	4	4	3
24th SVS	2	4	4
617th ALSS #2	1	6	5 1/2

Western Division

24th SPS#1	8	0	-
24th MSSQ	7	2	1

24th SVS	2	4	5
HHC 1-228th	1	5	5
24th TRANS	3	6	5 1/2
24th WS	2	8	7
24th CES #2	0	7	7 1/2

American League

Team	W	L	GB
24th SUPS	7	0	-
536th ENG	8	1	-
24th CES #1	5	2	2
24 AIRPS	3	6	5
310 ALS	2	5	5
C Co. 1-228	1	6	6

Northern Division

24th MS	5	4	-
617th ALSS #1	4	3	1
Co. A 1-508	2	3	2
B Co. 1-228	3	1	2 1/2
24th SPS #2	4	4	2 1/2
24th COMM #2	0	9	5

as of Wednesday

Howard Golf League

National League

Team	Points for
24th TRANS	17.5
617th ALSS "A"	15.5
24th SPS	14.5
33rd IS	12

24th CS "B"	12
24th MEDS	9
617 ALSS "C"	7
24th CES "F.D."	3.5
536th Eng.	3

American League

Team	Points
24th MS	7.5
Navy	7
24th CES "A"	7
24th AINS/OSS	6.5
24th CS "A"	5.5
24th SVS	5
Co. A 1-228th	5
617th ALSS "B"	4.5
24th WS	0

as of Tuesday

Over 30 Basketball League

Team	W	L	GB
The Friends	9	0	-
Knights	8	1	1
The Posse	8	3	2
Jazz	7	3	2 1/2
Barcardi	5	4	4
Los Medios	3	5	5 1/2
Co. E 308th MI	3	5	5 1/2
MEDDAC	1	6	7
SOUTHCOM #2	2	8	7 1/2
SOUTHCOM	0	8	8 1/2



Department of Defense photo by Sgt. E.J. Hersom

You're out!

First baseman Nancy Messinger of the Kamikazes tags the bag and makes the forced out against the Lady Torpedoes. The Kamikazes won its first game of the season Tuesday beating the Lady Torpedoes 11-10. Kamikazes coach Chuck Cogburn said, "It's about time."

National Guard biathletes go for the gold

by SFC Steve Barnett
Armed Forces Information Service

WASHINGTON - The Department of Defense's hope at the XVII Olympic Winter Games in Lillehammer, Norway, rests with five Army National Guardsmen, all competing in biathlon.

Curtis Schreiner, winner of U.S. Olympic biathlon trials in Anchorage, Ala., heads a 10-member team that hopes to improve its 13th-place performance in the 1992 games in Albertville, France.

The number of team members are based on 1993 Biathlon World Cup competition. The women, by benefit of an eighth place finish last season, get six slots at the Olympics. The men finished 18th in World Cup competition and are limited to four positions.

Biathlon combines the strength and endurance of cross country skiing with marksmanship. Competitors ski in sprint, distance and relay events with a .22 caliber rifle, stopping at ranges along the course and firing at targets. Penalty minutes for missed targets are combined with the skiers' time, and the skiers with the lowest totals win medals.

For Schreiner, 26, the selection marks the third time he has made the U.S. Olympic biathlon team. He and 1992 teammates Jon Engen and Duncan Douglas comprised three quarters of the U.S. biathlon relay team that competed in Albertville.

Schreiner also competed at the 1988 Calgary Olympic in Canada. A resident of Day, N.Y., Schreiner is assigned to the New York National Guard.

Completing the four-member men's team is 26-year-old David Jareckie. Although selected to the 1992 team, Jareckie, assigned to the Vermont National Guard, served as an alternate and didn't compete.

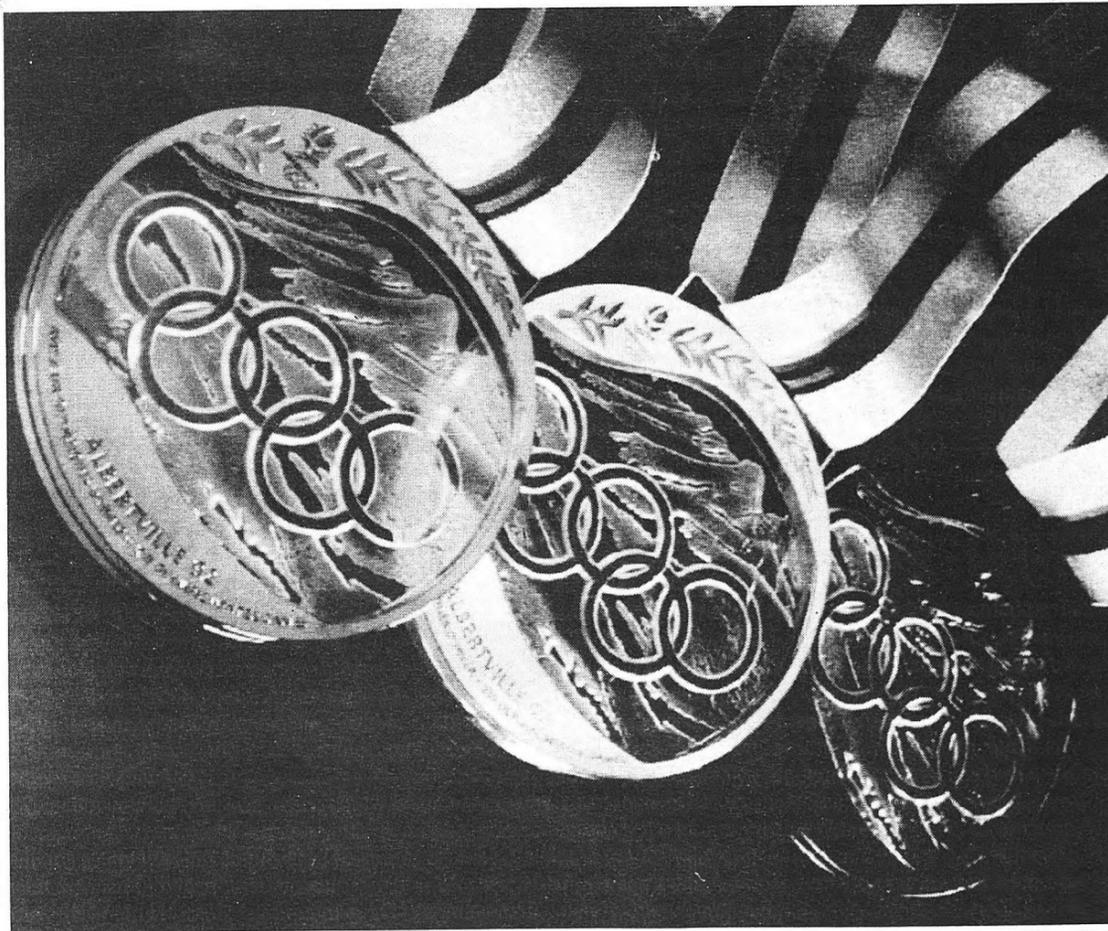
This year, he will vie in the 30-kilometer relay and hopes to ski in both individual events. He finished third in Anchorage and feels he can challenge Schreiner in Norway.

"I'm really psyched about this year because I have a lot to prove," said Jareckie from the U.S. biathlon training site at Lake Placid, N.Y.

"Last winter, I picked up what seemed like an asthma attack at (the) World Cup race (in Italy) and it affected my whole season."

The illness ended Jareckie's season, but it also gave him an incentive to return.

"After training and competing all year, you have a tendency to burn out," Jareckie said. "By coming home early, the illness actually helped me because I got enough of a break between seasons to relax and refocus for the



AP LaserPhoto

These are gold, silver and bronze medals awarded during the 1992 Winter Olympic Games in Albertville, Franch. Curtis Schreiner of the New York National Guard will make his third medal attempt in biathlon during the upcoming Winter Olympics in Lillehammer, Norway.

Olympics."

As for the men's chances in Lillehammer, Jareckie was optimistic and realistic.

"Most of the people who won in France will be there this year," he said. "There isn't going to be the turnover that usually happens every four years."

He said Germany, which claimed seven Olympic medals in Albertville, and Russia should dominate competition again this year.

Joan Smith, who won the women's trials in Anchorage and is one of three biathletes returning to Olympic competition, heads the six-member women's team. She's joined

by 1992 Olympic teammates Mary Ostergren and Beth Coats, a 27-year-old member of the Colorado National Guard.

Besides Coats, two other Army skiers made the team. Completing her second year on the U.S. national team is Ntala Skinner, the 1990 U.S. junior biathlon champion at 7.5 kilometers. Skinner earned her way on the U.S. team with two victories at the 1993 team trials in Montana. Skinner recently enlisted in the Idaho National Guard.

Laura Tavares, 28, will cap off her initial year on the national team with an Olympic bid. Tavares, who lives in Lake Placid, is assigned to the Vermont National Guard.

One step beyond traditional aerobics

"Step up, step left, step up, side kick, step back. Step up, step right, step up, side kick, step back. Now the other side, step up, step across, step back, ..."

No, this is not the cadence call of an honor guard drill team's routine nor the choreography for a martial art fight sequence.

It's step aerobics instructor Therese Fox guiding approximately 30 morning aerobics class members through an innovative exercise routine designed to enhance participant's cardiovascular and muscular fitness. Fox teaches the classes Mondays, Wednesdays and Fridays at 8:45 a.m. and 4:45 p.m. at the Howard Sports and Fitness Center.

"Step aerobics can be very challenging," the certified instructor said. "It's literally a step beyond traditional aerobics. You can't 'fake it' in here the way you could in the old aerobics class."

In traditional aerobics classes, participants who got tired (or confused about which foot went where) could always go back to marching or jogging in place, Fox explained.

"In this class, you need to concentrate a little more on what you're doing and where you're putting your feet," Fox said. "You'll probably feel a little awkward at first; you're just learning the steps and you can't expect to blend in with everyone else who already knows them."

"Then again, you get a great feeling when you really know the steps well."

The newest member and the only man on the sports and fitness center's aerobic instructor team, Kevin Fannin said people can get that same good feeling doing any regular exercise program.

Fannin is a captain with the 24th Air Intelligence Squadron, who got interested in aerobics while stationed in Korea and even earned his Aerobics and Fitness Association of America certification while there.

"The steps let us increase the intensity of the aerobic workout," Fannin said.

"When people get bored or no longer feel challenged by traditional aerobics classes, they can find an effective alternative in step aerobics," he said.

Howard's head aerobics instructor, Jill Powell agreed. She is also certified, but through the American College of Sports Medicine.

"In the step class, you can get the same cardiovascular and fat-burning benefits you get from regular aerobics," she explained.

"But step aerobics allows far more muscle contraction and at the same time causes less impact on your joints."

For many participants, this means their lower bodies — specifically the quadriceps and gluteal muscles — will get a more intense muscular workout with step aerobics.

Class participants' fitness skill levels range from beginner to advanced, and the instructor must allow for this when leading the class, Fannin said. "The instructors are key to making step aerobics safe and effective," Fannin said.

"We want to challenge the more physically fit class members, but we also want to accommodate those who aren't at that level yet."

"You can't 'fake it' in here the way you could in the old aerobics class."

Therese Fox
step aerobics instructor

220 minus your age. The "aerobic training zone" or target range, is 60 percent to 80 percent of your maximum heart rate.

"Everyone's body is different and each one responds to different exercises in different ways," she said.

"Some people can't raise their heart rates enough when they attend a regular aerobics class, but do so very easily with step aerobics. Other people are just the opposite."

In other words, what's best for one person will not be best for someone else.

Although she praised the virtues of step aerobics, Powell said it was not necessarily the "best" form of aerobic exercise.

The best aerobic exercise, she explained, is any one that gets your heart rate in its "aerobic training zone" and keeps it there.

Powell gave a simple formula to determine maximum heart rate —

"That's why people should try many different activities until you find the ones that are right for you," Powell said.

"In fact, national fitness experts are now moving away from the party line that says 'aerobics is the most important thing,' and moving toward one that says 'you must do strength training.'"

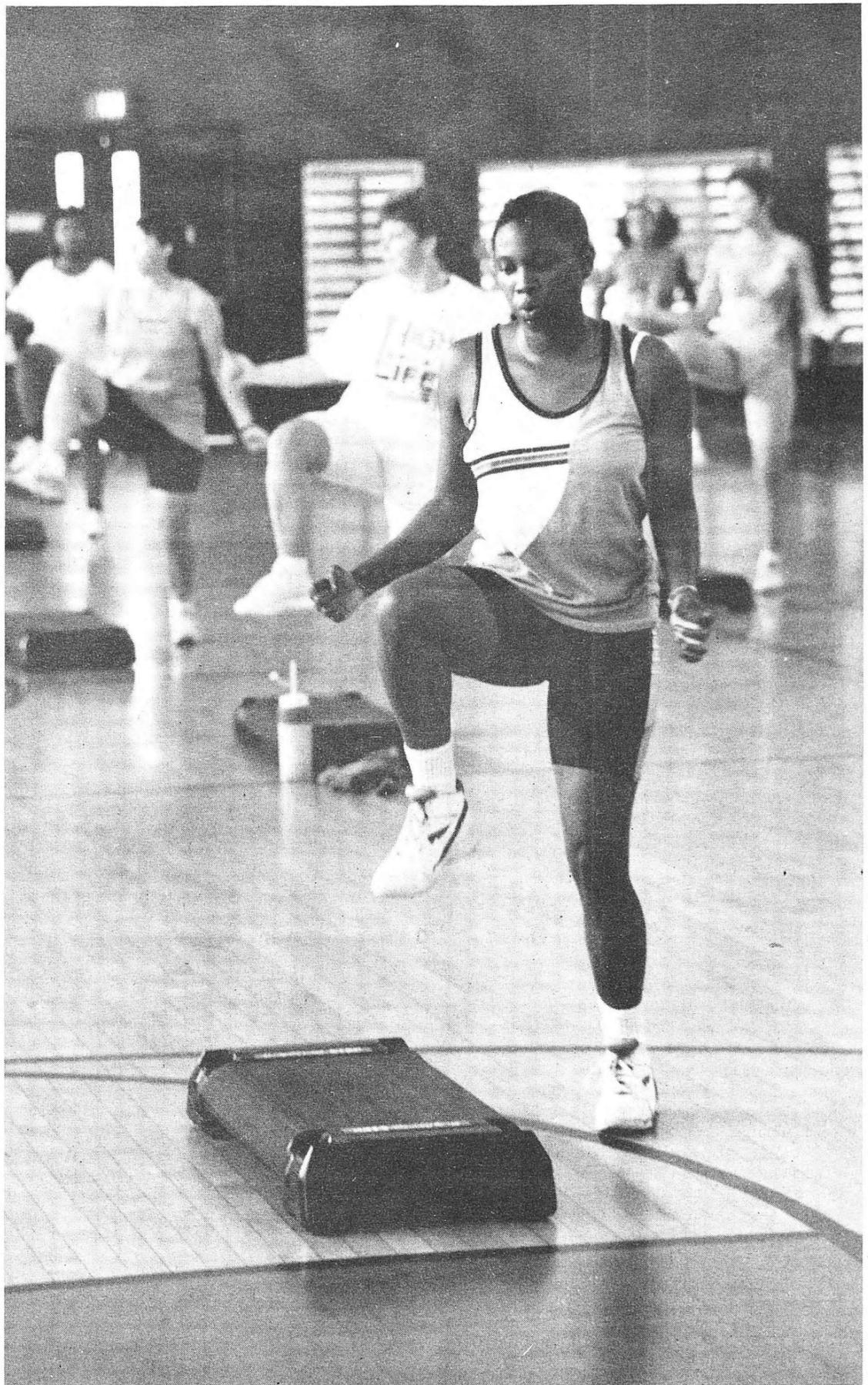
All three instructors recommended cross training for overall physical fitness.

Cross training calls for combining aerobic workouts with strength training on weight machines or free weights.

"Cross training lets you strengthen your muscles and increases your cardiovascular capacity," Powell said. "Doing both helps you achieve your highest level of overall fitness."

For more information about step or traditional aerobics, jazzercise, cross training, or any other aspects of fitness conditioning, call the Howard center at 284-3602/3451.

by SSgt. Rian Clawson
24th Wing Public Affairs



U.S. Air Force photo by SSgt. Rian Clawson

Jeanine Peppen and other aerobic students work out during the morning step aerobics class at the Howard Sports and Fitness Center.



SCN AM radio airs pro, college, olympic sports

Southern Command Network's AM 790 Pacific and 1420 Atlantic will broadcast the following sports this weekend.

Tonight

Radio special: "Meet the NBA All-Stars," 8 p.m.

Saturday

College basketball: Minnesota at Wisconsin, 2 p.m.

Kansas at Kansas State, 9 p.m.

Sunday

Pre-olympic hockey: France vs. Team USA, 1:45 p.m.

Pro basketball: NBA All-Star Game, 6:30 p.m.

Fronius hosts birthday softball tournament

The Fronius Physical Fitness Center will hold a President's Day men's and women's softball tournament Feb. 19-21. An organizational meeting will be held Thursday. The entrance fee is \$50 for women's teams and \$75 for men's teams. Call the center at 289-3108 for more information.

AUSA sponsors running events at Reeder gym

There will be a U.S. Army South Presidents' Day fun run 7 a.m. Feb. 19 at Reeder Physical Fitness Center. The run, sponsored by the Association of the U.S. Army, includes an 800-yard dash and 1- and 3-mile runs for all ages. The 5-mile run is for children 15-years old and up. The cost is \$6. For information, call the center at 287-6442.

Bowling centers offer President's Day specials

The Howard and Albrook Bowling Centers will offer bowling specials in honor of President's Day Feb. 21. Games will cost 75 cents. The monthly no-tap tournament will be held Feb. 27. For more information, call the Howard center at 284-4818 or the Albrook center at 286-4260.

Rodman hosts softball league, tournament

Registration is under way for the Open Unit Level Softball Tournament at Symington Field, Rodman Naval Station, Feb. 19-20. Deadline to register is today. Units must present a team roster signed by the unit commander or his designated representative. There is a \$25 entry fee. The Rodman Fitness Center will hold a coaches meeting 5:30 p.m. Tuesday. Call 283-4222.

DENTAC sponsors run against tooth decay

The U.S. Army Dental Activity - Panama will host the 10th Run From Decay fun run 8 a.m. Feb. 26 at the Albrook AFS track. The run is open to children 5-12 years old who have bilingual identification cards. The children will run in age and sex categories in 200 meters and 1/4 mile races and prizes will be awarded. Registration forms can be picked up at Department of Defense Dependents Schools, the Fort Clayton Dental Clinic and the Gorgas Army Community Hospital Dental Clinic. Late registration will be at the track 7-7:30 a.m. on race day. For information, call Chris Merida at 287-3609/3904.

Society of engineers runs for fun, Engineer Week

The Society of American Military Engineers will kick off Engineer Week with an 8K fun run 7 a.m. Saturday at the entrance

to the Corozal Directorate of Engineering and Housing compound. Registration is \$7 before the race and \$9 race day. The price includes a T-shirt. For information, call 285-5707/5013.

Military Sailing Club holds courses until June

The Military Sailing Club will hold several four-day sailing courses through June. Each class will be held over the last weekend and first weekend of the month. The cost is \$75, which includes the rental fee of the boat, instructor and a certification card that can be used to take the intermediate sailing course at Rodman Naval Station. Classes are limited to the first 10 students to sign up and pay. Those who are not in the first 10 will be scheduled for future classes. For information, call Steve Rasmussen at 287-5968, John Stobie at 285-4634 or stop by the Fort Clayton Boat Shop.

Howard fitness center sets new aerobic hours

The Howard Sports and Fitness Center will have step aerobic classes 8:45 a.m. Monday, Wednesday and Friday. Classes cost \$1. For more information, call 284-3451.

Fitness center accepts Tae Kwon Do forms

Applications for the Tae Kwon Do training camp at Fort Indiantown Gap, Pa., are available at the Howard Sports and Fitness Center. Application deadline is Feb. 26 and are available for active duty airmen. Call the center at 284-3451 for more information.

Howard Bowling Center hosts Rock and Bowl

The Howard Bowling Center hosts bowling to favorite oldies in its Rock and Bowl program 9 p.m. until closing Monday through Thursday. Call 284-4818 for more information.

Fitness center teaches better fitness classes

The Howard Sports and Fitness Center holds Fitness Improvement Training Classes 6:05-7 a.m. and 2:05-3 p.m. Monday, Wednesday and Friday at the center. The classes consists of a calisthenic super circuit work out that is aimed at improving muscular endurance, cardiovascular systems and flexibility. Students must be evaluated on the amount of exercise they are capable of performing in a class before the program starts. Call the center at 284-3451.

Sports registration open at Reeder fitness center

Registration for the following sports events has begun at the Directorate of Community Activities Sports Branch on Fort Clayton: Desert Storm softball program; unit level flag football and women's soccer. Call 287-4050 for more information.

Fronius Fitness Center gives free weight training

The Fronius Fitness Center on Fort Davis has free Nautilus machine training sessions 3-4 p.m. Tuesdays and free weight training sessions 3-4 p.m. Tuesdays and Thursdays. Call the center at 289-3108 for more information.

PCWBA hosts bowling sweethearts at Curundu

The Panama Canal Women's Bowling Association is hosting a PCWBA Sweet-



Kick start

Youth Services Atlantic needs coaches for the upcoming youth soccer season. Registration for the season is also under way. Space is limited. Sign up at the Building 219, Fort Espinar.

hearts Tournament at the Curundu Bowling Center 3 p.m. Sunday. The center is asking couples to bring finger food for a potluck dinner.

Sign ups begin 2:30 p.m. game day. Call the center at 286-3914 for more information.

Reeder fitness center offers free weight lifting

Reeder Physical Fitness Center offers body building and powerlifting classes Tuesdays and Thursdays. The cost is \$20. Students must have a their own weight belts. Call the center at 287-3861 for more information.

Fitness center teaches self-directed aerobics

The Howard Sports and Fitness Center offers self-directed aerobics programs — "Ski the Appalachian Trail" and "Climb Mount Everest." For more information, call 284-3451.

Davis pool hosts swim meet 'Fiesta Panama'

The Fort Davis Pool will host the beginners swimming meet "Fiesta Panama" 10 a.m. Feb. 19. Registration deadline is Feb. 18. Categories are doggie kick, front kick, back kick and free style. Age groups are for 4-12 year olds.

Call the Davis pool at 289-3272 for more information.

Howard, Albrook pools offer swimming classes

The Howard and Albrook pools invite parents and their children to enroll in swimming lessons. The pools also have water aerobics classes available. Call the Zodiac Recreation Center at 284-3569 or the Albrook Pool at 286-3555 for more information.

Club hosts tournament at Diablo tennis courts

The monthly Crossroads Tennis Club tournament will be Feb. 26-27 at the Diablo Heights Tennis Courts with categories for men, women and children. Registration deadline is Feb. 23 at 6 p.m.

For registration information, call Mike Goldstein at 264-5160 or Wally Murdoch at 252-2969.

Atlantic center offers free weekday step aerobics

The Fronius Physical Fitness Center offers free step aerobics 9-10 a.m. weekdays. Participants must have their own step. Call the center at 289-3108 for more information.

Curundu Bowling Center holds Green Pin Bowling

The Curundu Bowling Center holds Green Pin Bowling Sundays. Make a strike when the green pin is in the number one position and that game is free. Call the center at 285-3914 for more information.

Fitness center offers free weekday aerobics class

The Reeder Physical Fitness Center has free aerobics 9:15-10:15 a.m. weekdays. Each workout has a warm up, cardiovascular workout, cool down and floorwork. Call the center at 287-3861 for more information.

Reeder honors president with three-pointer contest

Reeder Physical Fitness Center will celebrate George Washington's Birthday with a basketball three-point shot contest Feb. 21. Registration will be the day of the event. Call the center at 287-3861 for more information.



U.S. Army photo by Sgt. Robin A. Mantikoski

The Zipper was one the rides at the April, 1993 Directorate of Community Activities Fair at Fort Clayton.

Davis fair begins Thursday

FORT DAVIS (USARSO PAO) - The Directorate of Community Activities Fair, "Fiesta Panama," will be held Thursday through Feb. 21 at the ballfield here.

There will be rides, games, sports events and tournaments, demonstrations and a Department of Defense show throughout the week.

The fair will be open 5-11 p.m. Thursday, 3 p.m.-midnight Feb. 18-20 and 3-11 p.m. Feb. 21.

Sports events will include a 10K fun run at 4:10 p.m. Thursday at Fronius Fitness Center, a women's softball tournament Feb. 18, a men's softball tournament and children's activities Feb. 19. The children's activities are 4 p.m. sack race, 4:30 p.m. balloon stomp, 5 p.m. egg toss and 5:30 p.m. tug of war.

There will be karate, gymnastics and aerobic demon-

strations throughout the week as well as folkloric, country line dancing and ballet groups. Other programs include the Cristobal High School Choir and cheerleaders, the Fort Davis Elementary School dancers and bands such as the Nes y Los Sensacionales rap band, Afinque, Bahia Banda Show and the DoD rock band, "The Gatherings."

Games will include basketball toss, speed ball, dunk tanks and dart black jack. Food for all tastes will be available with Asian, Panamanian and American favorites as well as the fair traditions of popcorn and cotton candy.

Carnival rides for all ages will also be on the field with rides for the strong at heart as well as children rides.

The fair will officially open 5 p.m. Thursday with a ribbon cutting, a trophy presentation and a folkloric dance group from Fort Espinar Elementary School.

Joint effort helps Air Force replenish munitions stock

by Sgt. James A. Rush
24th Wing Public Affairs

HOWARD AFB - It took a lot of sweat and a big pair of red tape-cutting scissors, but the munitions storage section here is finally restocking its shelves and saving taxpayers money in the process.

The formula seemed simple enough, according to munitions inspector SSgt. Daniel E. Kuchler. Howard AFB had an order for ammunition from the United States and the Army was preparing to send some of the same items back to its depot in the states.

Why not just fill the Air Force order from the Army stock wherever possible? Simple right? Wrong.

"The services just don't work together like that normally," Kuchler said. "We spent a lot of time coordinating this."

The Air Force request went from desk to desk seeking approval until it was handed to CWO 2 Israel Soto at Rodman Munitions Supply Point.

"It saves everybody a bunch of time and hassle," Soto said. "What we're trying to do now, is anytime we come up with excess is talk to you guys (the Air Force) and see if we can transfer it."

With the plan approved, Howard's munitions team put

together a wish list and hurried over to the Army depot on Rodman NS before anyone changed their minds.

"We went to Rodman to pre-inspect their stock," Kuchler said. "We found they had a lot more stuff that we needed."

All told, the Air Force replenished its storage facility with about 33,000 pounds of demolition materials, small arms ammunitions and more. The cost to move would have been more than \$3 per pound for a one-way trip.

"It's taken us about a month to inspect everything, but this works out much better," Kuchler said. "It only took a couple of days of our time and it's beneficial to everybody."

The Army recouped its munitions from Air Force depots in the states. This interservice cooperation, while seemingly logical, is unusual according to MSgt. Anthony Davis, chief of the 24th Maintenance Squadron Munitions Flight here.

A suggestion to approve unilateral reporting of excess munitions between services is being forwarded to the munitions branch at Air Combat Command.

If approved, this "would cut down the amount of requisitions a lot," Davis said. "The boat that carries it (munitions) here only comes in twice a year so this cuts down waiting too."

Elections to bring political rallies

FORT CLAYTON (USARSO PAO) - With national elections being held in the Republic of Panama May 8, Panamanian political parties are expected to conduct marches and other partisan rallies until election day, officials said.

Members of the U.S. forces, Department of Defense civilian employees and family members are not allowed to become involved, or even to appear to be involved, in the internal political process of Panama in accordance with the Panama Canal Treaty of 1977. This includes political rallies and events.

Monitor Southern Command Network and the *Tropic Times* for news of traffic congestion and areas to be avoided because of pre-election activities.

CINC's Recognition Ball set for March 26

COROZAL (Tropic Times) - The U.S. Southern Command Commander in Chief's Recognition Ball will be held 6 p.m. March 26 at Club Amador. The cost is \$16 per person, which includes dinner with dessert, wine, a complimentary wine glass and entertainment. The ball is open to servicemembers of all ranks and civilian employees.

The CINC will recognize the junior officer, noncommissioned leader, servicemember and civilian employee of the year from each component at the ball.

For more information, call Sgt. Deborah Johnson at 282-4905.

Reduction in force board cancelled

COROZAL (Tropic Times) - The Department of the Army has announced that the company grade reduction-in-force board has been cancelled. The board was cancelled because there were enough voluntary separations by eligible officers to preclude involuntary separations, officials said.

Contractors finishing electrical upgrades

HOWARD AFB (24th Wing/PA) - Contractors have entered the third phase of a plan to upgrade the electrical systems of military family housing here.

Sixty-five units are scheduled to be renovated this year as occupants are permanently reassigned, according to Jason Johnson, chief of Contract Execution at the 24th Civil Engineering Squadron.

Most homes will be completed this spring, he said. Contractors will replace all electrical wiring and components. New outlets will be added also to bring the houses up to United States building codes.

"These houses are 40 years old or more," Johnson said. "There is a significant amount of work in each one, but they (contractors) have been pretty good about finishing on time."

Electricians have 14 days to complete the work on each quarters. Aside from the standard labor, they are also installing heat detectors and outside security lights.

In some duplex buildings, two families are running off of a single breaker box. These homes will have their breaker panels split so each quarters has its own.

Contractors wait until a house is vacant to avoid inconveniencing residents with the noise and debris, Johnson said. As it is, families in the other side of duplexes suffer a bit from the upgrade, but efforts are made to notify these people in advance.

Ninety-four units have been completed to date. When the final phase is completed, all 462 quarters will be brought to standard.