

The IGUANA



Volume 15, No. 1

January 10, 2003

Exploring your new home

By Robin Gonzalez
MWR Director

Honduras. We live here, we travel throughout the country, and we have friends and family here, but what do we really know about Honduras?

Do you know, for example, that Honduras means "depths?" Easy enough to understand when you realize Honduras is a land of mountains and valleys. Honduras is approximately 112,000 kilometers; this equates to about the same size as Tennessee, Virginia, Pennsylvania, Ohio or Kentucky. Honduras would fit three and a half times into California, six times into Texas and over 80 times into the entire United States! On the other hand, Honduras is the second largest country in Central America and the only one without an active volcano.

Most people do not know that the first explorer to sight this land, and name it, was Christopher Columbus. He landed on the eastern most tip of Honduras, Cape Gracias a Dios, in 1502. From that time, until independence was declared in 1821, Honduras was under the rule of the Spanish. Honduras was also under the control of the British during the early 1800s when they occupied Belize, the Bay Islands and the Mosquito Coast.

Tegucigalpa can be a tongue twister, which is probably why so many people refer to the city as "Tegus," but are you aware of the origin of the capital's name? It derives from the ancient Nahuatl language and translates as "silver mountain" since silver was mined in the area

for centuries. Are you also aware of the fact that Tegucigalpa wasn't the original capital? Comayagua was until 1880 when the capital relocated to Tegucigalpa. There are a couple of reasons for this change. The "popular rumors" are the colonial society of Comayagua publicly disliked the wife of President Marco Aurelio Soto who took revenge by moving the capital to Tegucigalpa and that the President's mistress lived in Tegucigalpa. In reality, politics and power struggles between Tegucigalpa and Comayagua resulted in the relocation of the capital in the late 1800s.

We know San Pedro Sula as the second largest city in Honduras and the industrial hub of the country, but did you know the city is also one of the oldest Spanish towns? It was founded in 1536 by the Spanish conqueror Don Pedro de Alvarado and was originally named "Villa de San Pedro de Puerto Caballos." It quickly became known as San Pedro Sula, with the name deriving from the local dialect Usula meaning "valley of birds." On the other hand, Tela was just a small Indian village until the Tela Railroad Company began operations there in the early 1900s. For many years the Tela Railroad Company was the owner and producer of the famed Chiquita bananas and what is today Hotel Villa Telamar resort was the original homes for the company's executives and their families.

These are just some of the lesser-known facts about Honduras... a wonderfully diverse, history-filled country that is ours to discover and enjoy.

MEDEL gets new commander



Photo by Spc. George Kyriakeas

Capt. Nicola Thompson receives the guidon from Hospital Commander Lt. Col. Richard Hilburn in a change of command ceremony Jan. 2.

Capt. Nicola Thompson took command of the Medical Element at Joint Task Force-Bravo from Capt. Joseph Blakeney in a change of command ceremony held Jan. 2.

Thompson arrives here from Fort Hood, Texas, where she served as the

medical planner and S3/operations.

Thompson is Expert Field Medical Badge qualified and was the first female soldier to complete the Air Assault School course at Camp Hovey, Korea.

Blakeney moves on to a position as S4/logistics in Heidelberg, Germany.

Rocking the Oasis



Photo by Spc. George Kyriakeas

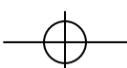
Frank Primorac, of the band Ballentine, kicks out some bass while lead singer Heather Ballentine belts out a song. See back page for more.

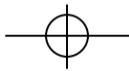
Uncle Sam's elves



Photo by Spc. George Kyriakeas

Staff Sgt. Howard Thompson, ARFOR, helps load boxes of gifts for a trip to the Hogar de Tierra Sante Orphanage. See feature pages four and five.





Air Force builds on expeditionary foundation

By Gen. Don Cook
Air Education and Training Command commander

RANDOLPH AIR FORCE BASE, Texas – Around 390 B.C., after the burning of Rome, the leaders of the Roman Empire had to develop new tactics to defeat unconventional barbarian attackers. These loosely banded armies proved too mobile for the fixed-formation Romans to target and conquer.

Thus, the Roman Legion was born and the history of organized expeditionary forces along with it. These small units were built to travel fast and light, with many of the soldiers possessing skills in several specialties. They were highly successful in conquering armies throughout Europe and Africa, even when outnumbered.

Over the past 2,000 years, other armies have followed in the Roman's footsteps by building fighting forces of smaller, mobile units composed of different combat elements capable of changing their tactics and organization to suit the fight at hand.

Today, in our relatively young 55-year-old Air Force, we call this combat organization an Air and Space Expeditionary Force. It mirrors the ancient Roman Legion in design with the modern lethality of air and space assets.

It is also a system that has been in place since the birth of military aviation. During World War I, Brig. Gen. Billy Mitchell flew the first AEF mission in France. In World War II, we deployed expeditionary forces to Burma, China and North Africa. Today we are conducting our war on terrorism and steady-state operations with de-

ployed, mobile troops in Afghanistan, Bosnia, Southwest Asia and many other locations throughout the world.

It is with this expeditionary legacy in mind that we fine tune our tactics and determine the best strategy for our involvement in the contingencies of today and tomorrow.

In forging the new AEF system, then-Air Force Chief of Staff Gen. Michael Ryan said the Air Force consistently overcomes difficulties and adapts to its changing role as an expeditionary force.

As we prepared to employ AEF, he said in February 1998, "We must focus our efforts on developing the process, the structure, the procedures, and most importantly the mindset to be expeditionary."

Four years later, after some tweaking, we've got the process, structure and procedures down pretty well.

We have refined and expanded our expeditionary abilities to go farther and faster while doing so leaner and smarter. We have made technological and innovative advances beyond the imagination of aviation pioneers that have allowed us to cross the threshold of the 21st century as the most lethal fighting force in the history of the world.

Now it's up to us to fully develop the mindset to be expeditionary.

See **FORCE** page 3

The Chaplain's Corner

Making the most of the New Year

By Chaplain (Capt.) Matthew A. Hall
JTF-Bravo Command Chaplain

"See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is." Ephesians 5:15-17.

When I was in Bible college in Old Testament class one of the responsibilities we had as students was to read through the Old Testament scriptures before the end of the semester. In order to help the students accomplish this task we had daily reading assignments. When the class was in session the professor would have everyone stand up. Then he would say, "Everyone who is up-to-date with their reading please sit down. Then everyone who was left standing would have to explain why they did not complete the assignment. I learned early on that there was only one appropriate answer to this question. "Sir, I misappropriated my time." We all have the same 24 hours each day and we choose what we do with them.

The apostle Paul understood the necessity of making the most of every moment. He admonished the Ephesian believers to walk circumspectly, in other words to enter the day with purpose, to be diligent. We are to be diligent to redeem the time. To redeem something means to pay a price in order to obtain it. This has the idea of making "wise and sacred use of every opportunity for doing good, so that zeal and well doing are as it were the purchase money by which we make the time our own."

When asked what was the greatest of the commandments our Lord replied, "To love the Lord your God with all your heart, all your soul, and all your mind." Then Jesus continued by adding, "The second is like it, to love your neighbor as yourself."

If we are going to have the love and compassion for our people the way we should, then we have to make the most of every moment we are with them. The reason given for redeeming the time is because

the days are evil. This word evil is translated from the Greek word poneros which is much like our English word ponderous and has the idea of something full of labors, annoyances, and hardships.

Each day is full of burdensome and annoying distractions that prevent us from making the best use of our time.

Unless an effort is made to prepare ahead of time of how we are going to use our day, then chances are that we will end up wasting time.

Some things that I have found to be helpful in making the most of every day.

– Start your day with God. He knows what's coming up that day. You don't, so ask Him for guidance and direction to accomplish His will.

– Plan your work and work your plan. If there is no foresight used in planning the day, the day will be wasted.

– Set priorities. Do the most important things first.

– Do one job at a time. If our minds are distracted from doing too many things at once, usually nothing gets accomplished except to become frustrated.

– Don't allow the urgent to distract you from the important. You are involved with someone or an important project, then the phone rings. The ringing phone is urgent, but it turns out to be a wrong number. Keep focused on what's important.

– Keep a journal of what you do with your day. The best way to find out if you are wasting time is to write down what you do each moment of the day. Try this for a week. You'll be surprised what you discover.

Within the context of redeeming time, Paul then admonishes the church to understand what the will of the Lord is. This word "understand" has the connotation of "to set or bring together." God is a God of forethought and order. He wants us to order our minds to accomplish His will. It is God's will that we be purposeful and diligent in our use of time, making people our priority in a commitment to selfless service.

SUBMISSIONS

The Iguana is always looking for submissions. Any articles, photos or letters to be submitted to The Iguana can be sent to the PAO at george.kyriakeas@jtfb.southcom.mil or delivered to the Public Affairs Office, bldg. D-06. If you have any questions regarding possible submissions call ext. 4150 or 4676.

The IGUANA

EDITORIAL STAFF

JTF-Bravo Commander
Col. Raymond A. Thomas III

Public Affairs Director
1st Lt. Carla Pampe

Superintendent
Master Sgt. G. A. Volb

Editor
Spc. George Kyriakeas

Photo Technician
Martin Chahin

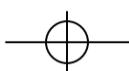
E-mail:

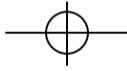
PUBLICAFFAIRSOFFICE@jtfb.southcom.mil
Website: <http://www.southcom.mil/home/jtfbravo>

This funded, joint U.S. Air Force/Army newspaper is an authorized publication for members of the U.S. military overseas. Contents of The Iguana do not necessarily reflect the official view of, and are not endorsed by, the U.S. government, Department of Defense or the departments of the Air Force or Army.

Content is edited, prepared and provided by the Joint Task Force-Bravo Public Affairs Office, APO AA 34042, in Building D-06. Telephone numbers are 011-504-234-4634, ext. 4150 or 4676. Fax is ext. 4550. or DSN 449-4150/4676. Readers with story ideas should call the Public Affairs office. All photographs are property of JTF-Bravo unless otherwise noted.

PRINTED BY PUBLYNESA





MWR has opportunities for you

By Robin Gonzalez
MWR Director

What is Morale, Welfare and Recreation Division, better known as MWR? It is sports tournaments, library, travel and tours, fitness center, wood, wicker and hammock crafts, marina, club, recreation center, equipment checkout, movies, swimming pool, special events, and appearances by USO celebrities and Armed Forces Entertainment bands.

That is what MWR is.

The MWR program at Soto Cano is one of the best in the military and offers a wide variety of events for everyone re-

gardless of how long they stay in Honduras.

Best of all, 99 percent of the activities are free.

What is free? Well, how about bike and sports equipment checkout at the Recreation Center, CDs, books and videos at the library, and wood, wicker and hammock supplies for those craft projects.

Tours to areas such as Lake Yojoa and the waterfalls, Valley of Angels and Siguatepeque for shopping are at no cost. There is no charge for visits to Danli to see how Honduran cigars are made or to Tegucigalpa to play a challenging game

of golf. MWR even provides the drivers and transportation at no expense to the customer.

MWR also provides free transportation to the Mayan ruins at Copan, to La Ceiba for carnival, to San Pedro Sula to watch world-class soccer, and to/from the Tegucigalpa airport for those trips to the Bay Islands.

There is no cover charge to see USO celebrity shows such as the Redskin Cheerleaders, AFE-sponsored bands, World Wrestling Alliance wrestlers, or comedians. Additionally, there are cost-free wood and boating safety classes, computers at the library to check person-

al e-mail accounts, research Education Center class materials, intramural sports programs, base-wide special events and more.

For the programs where there are costs, MWR continually strives to offer the highest quality at the least cost to the military. MWR even pays the annual golf membership at Villa Elena. Horseback riding, boating at Lake Yojoa, and hotels throughout the country are all at the most affordable rates possible.

Now you know what MWR stands for - lots of terrific programs and services at "hard to beat" prices and lots more that are free.

The PX and BX, serving troops since 1888

Today's PXs and BXs can trace their roots to New Year's Eve, 1888.

Until that date, the majority of posts were served by post traders. At some posts where no post trader was in operation, post canteens were established. The soldier was encouraged to spend his off-duty time at the canteen, where wholesome forms of amusement and recreation were readily available to him at little or no cost, where reasonably-priced food and beverages were served, and where certain items, not furnished by the government, could be purchased at moderate prices. The post canteens were self-sustaining and the profits, if any, were used for the benefit of the troops. At these posts, disciplinary problems were greatly reduced because the sale or use of intoxicating liquors and gambling was prohibited.

A number of posts had neither post traders nor post canteens. At these posts, the soldier could obtain his daily needs or find amusement and recreation only by visiting the nearest town or establishment located in the vicinity of the post. Often, he would patronize the more disreputable places where he was exploited and vic-

timized by the saloon keepers and shop keepers.

In December 1888, the Secretary of War directed that a study be made of canteens and post traders. The Assistant Adjutant Gen. Maj. Theodore Schwan, was instructed to prepare a report on this subject.

Schwan's report, dated Dec. 31, 1888, is a landmark in the development of the exchange system. The basic philosophy, concepts and principles for the establishment and operation of post canteens, first clearly enunciated in his recommendations, still remain as valid guidelines for the exchange system at the present time. Schwan well deserves honor and recognition as the founder of the post exchange system.

His recommendations, embodying his concept of the post canteen, were approved by the Secretary of War and officially published in the general orders on Feb. 1, 1889 (GO No. 10.) The stated purpose of the canteen was to supply the troops, at moderate prices, with such articles as might be deemed necessary for their use, entertainment and comfort. The canteen was also to afford them the requisite means for gymnastic exercises, billiards and other proper games.

Schwan was born in Germany on July 9, 1841. He joined the U.S. Army in 1857, and advanced through the ranks as private, corporal, sergeant and first sergeant in the 10th Infantry. He was commissioned a second lieutenant in 1863 and promoted to first lieutenant in 1864. He received the brevets of captain and major for gallant and meritorious services. After the end of the Civil War, Schwan retained his commission as a captain. He was promoted to major in 1886, lieutenant colonel in 1895, colonel in 1898 and brigadier general of U.S. Volunteers in 1899. He retired in 1901.

Schwan was awarded the Medal of Honor for most distinguished gallantry in action at Peebles Farm, Va., on Oct. 1, 1864, and he served with distinction in the Philippines during the Spanish-American War. As a result of his military experience, he had an extraordinary appreciation of the problems and difficulties faced by servicemen seeking decent and wholesome facilities for off-duty amusement and recreation. He also revealed remarkable creative ability in devising the means for coping with these matters. (Courtesy of Luis Rivera AAFES Manager)

Force From page 2

We must all be prepared and understand the fundamentals of an expeditionary force in a deployed operation. We also need to instill in all our members, especially our new airmen and junior officers, that they will likely experience time away from home.

Keep yourself in good physical condition, stay mentally prepared and spiritually sound.

Do everything your deployment managers require of you to maintain your readiness. Keep your job skills current, and ensure everyone who works for you does the same. It's also important to make sure your family and other personal matters are in order in case you get the call to deploy.

When completing training, such as self-aid and buddy care, don't simply go through the motions to get that item checked off your deployment checklist. Complete those training sessions as if your life and the lives of your friends depend on it -- because they very well may.

Participate in training exercises as if they are the real deal. Our exercise evaluation teams work hard to present realistic scenarios. When you approach these exercises with a sense of urgency and attention to detail, you are preparing yourself to survive and operate if called to do so in actual combat. More importantly, you are doing your part for the team, whose members rely on each other to be confident and competent in the face of adversity.

By doing these things, you develop an expeditionary mindset -- knowing that it takes continual education, training and commitment beyond our day-to-day tasks to be true Air Force warriors.

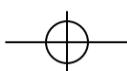
This is our legacy and our future.

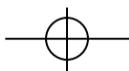
JSF gets addition to armory



Photo by Spc. George Kyriakeas

Tech. Sgt. Jeffrey Heath, AFFOR, inspects the issue window of an armory annex constructed for Joint Security Forces. The contractor, COYSERVIC, completed the project 65 days ahead of schedule, said Tech. Sgt. Bill Johnson, AFFOR. "I've been dealing with construction contractors for more than eight years and COYSERVIC is the best to date," said Johnson.





ARFOR spreads joy, Christmas cheer



Staff Sgt. Frank Thompson, ARFOR, gives a youngster a lift at the Hogar de Tierra Sante Orphanage in La Villa de San Antonio.

Story and Photos by Spc. George Kyriakeas
JTF-Bravo Public Affairs Office

Gone was the sleigh, when Santa visited the Hogar de Tierra Sante orphanage in La Villa de San Antonio, he was riding in white vans and Trailblazers.

ARFOR soldiers donated toys, clothing and time to the children of the orphanage and gave them a merry Christmas, said 1st Sgt. Ramon Bual, the first sergeant with Headquarters and Support Company, ARFOR.

ARFOR ensured that each of the children at the orphanage received a gift.

"We got a list of all the orphans, put the list out and soldiers picked how many orphans they wanted to sponsor," said Bual, adding, "Some picked eight kids, some picked one. You give what you can."

ARFOR also sent some of Santa's helpers around to various offices to collect donations.

The gifts were wrapped and personalized, with a child's name written on each present, said Bual.

In addition to their presents, the children also received a bag of goodies each prepared by Sgt. 1st Class Adrian Saldivar, said Bual.

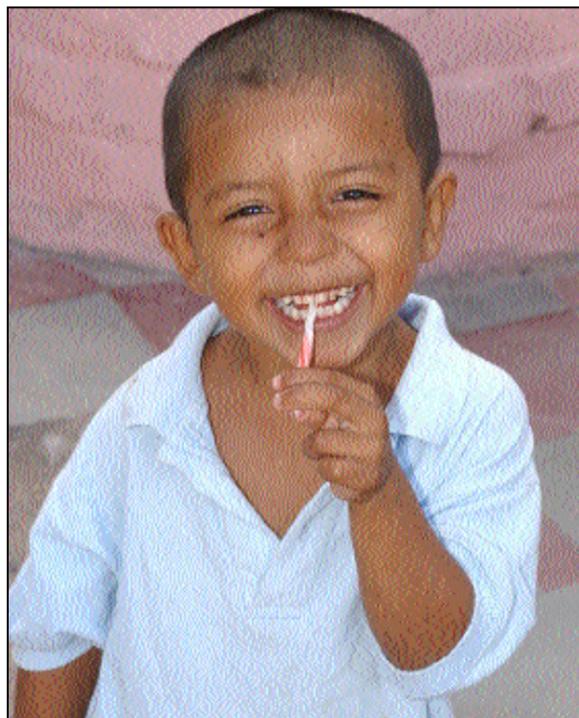
Soldiers delivered the gifts to the orphanage on Christmas day and returned again Dec. 28 with additional presents.

The kids were more than a little excited about receiving their presents. "They were getting ready to maul Santa's helpers while waiting for their names to be called out," said Bual.

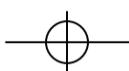
The kids appreciated the soldiers presence almost as much as their presents. "They enjoy the time we spend there more than what we bring them," said Staff Sgt. Howard Thompson, ARFOR.

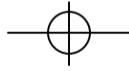
ARFOR's Christmas drive did not just benefit the kids at the orphanage. "Some of the soldiers made up for the Christmas we couldn't have at home by going to the orphanage," said Bual.

Have a comment or question? E-mail: George.Kyriakeas@jtfb.southcom.mil

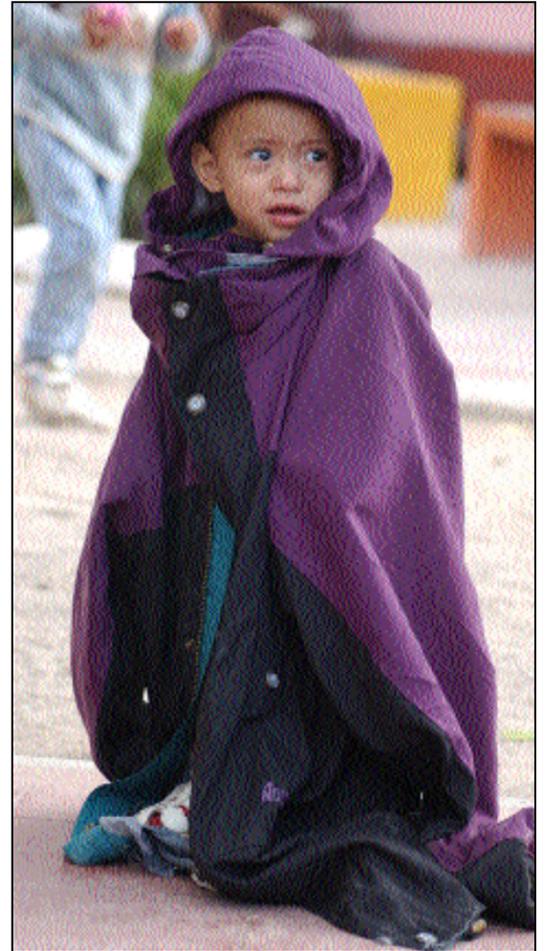


Children at the orphanage also enjoyed treats such as candy canes brought by soldiers.





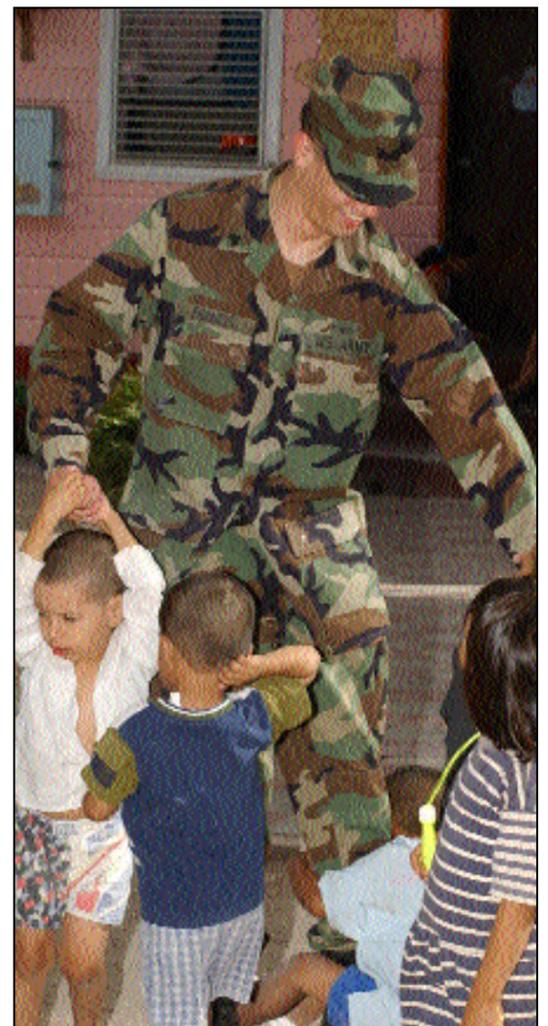
Sgt. Thai Truong, ARFOR, checks out a gift a girl at the Hogar de Tierra Sante orphanage in La Villa de San Antonio recieved for Christmas.



An orphanage resident models some of the clothing donated by ARFOR soldiers.



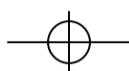
Susy Carmi, chaplain's office secretary, plays slap hands with a girl at the orphanage.

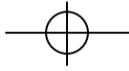


Some orphanage residents hitch a ride on Sgt. William Francis, ARFOR.



Spc. Raulyn Urena, ARFOR, attracts an instant mob when it becomes known that he has candy to give out.





Air Force prepares for major deployment

By Master Sgt. Scott Elliot
Air Force Print News

WASHINGTON—Secretary of Defense Donald Rumsfeld directed the deployment of additional forces to support operations Enduring Freedom, Desert Spring and possible future contingencies Dec. 24.

The additional active-duty forces in Air and Space Expeditionary Forces 7 and 8 as well as selected forces from AEFs 9 and 10 have been tasked to deploy in a message from the secretary.

The Air Force is organized into 10 AEFs for rotational deployment scheduling. A single AEF represents approximately six squadrons of fighter and bomber aircraft; C-130s Hercules and tankers; search and rescue personnel; intelligence, surveillance and reconnaissance forces; and the expeditionary combat support elements necessary to support and operate expeditionary bases.

Before these deployments, the Air Force had nearly two full AEFs supporting operations Northern Watch, Southern Watch and Enduring Freedom, and operating more than 12 expeditionary operating bases. The additional deploying forces will bring the total capability of Air Force deployed forces to nearly that of three full AEFs.

This deployment will provide forces in the region a stronger set of capabilities. Deploying forces will be assigned to the two air and space expeditionary task forces currently operating in the region.

According to Maj. Gen. Tim Peppe, special assistant to the Air Force chief of staff for AEF matters, besides the forces drawn from the AEFs, Air Mobility Command units and other "enabler" forces will play a major role in this deployment and any future operations.

"Given the unique environment we are operating in today, we expect our expeditionary combat support, such as services, combat communications, intelligence, security forces, civil (engineers) and others will be tasked at a level beyond three AEFs of capability," he said.

Airmen and aircraft from the following Air Force bases have been identified for initial deployment:

-- AEF 7 and 8 including B-1B Lancers from Ellsworth Air Force Base, S.D., and HC-130s from Moody AFB, Ga.;

-- AEF 9 and 10 including F-15C Eagles from Langley AFB, Va.; F-16s Fighting Falcons from Spangdahlem Air Base, Germany; HC-130s from Moody AFB, Ga., and HH-60 Pave Hawks and Predator unmanned aerial vehicles from Nellis AFB, Nev.

Air and space expeditionary wings and enabler forces include F-15E Strike Eagles from Seymour Johnson AFB, N.C.; E-8C Joint Surveillance Target Attack Radar Systems from Robins AFB, Ga.; and AC-130 Gunships, MC-130 Combat Talons and MH-53 Pave Lows from Hurlburt Field, Fla.

Additional aircraft and people are included in the surge order, but units have not yet been identified. Pentagon officials said they will be notified as soon as possible.

New Years Flight



Photo by Capt. Don Langley

OPERATION ENDURING FREEDOM (AFP) -- While his wingman flies formation, a Marine AV-8B Harrier takes on fuel from a KC-10 Extender over Afghanistan, Jan. 1. The KC-10 and its crew are currently assigned to the 379th Air Expeditionary Wing at Al Udeid, Qatar.

New Career Status Bonus options available

RANDOLPH AIR FORCE BASE, Texas—Airmen eligible to opt for a \$30,000 lump-sum bonus upon reaching 15 years of service now have the option to receive the money in annual installments, potentially decreasing their tax liability.

The Career Status Bonus program, which began in April 2001, gave eligible servicemembers a choice to take the "bonus" in addition to their retirement instead of choosing the current "high three" retirement plan. The "high three" retirement program pays retirees 50 percent of their highest three pay years after 20 years of service.

"Congress wanted to give servicemembers a more lucrative option to receive their CSB payment," said Staff Sgt. Althea Bard, CSB program manager.

People who received their CSB bonus payments on or after Dec. 28, and those who have yet to make their decision may now elect from the following options:

- One payment of \$30,000
- Two annual installments of \$15,000 each

- Three annual installments of \$10,000 each
- Four annual installments of \$7,500 each
- Five annual installments of \$6,000 each

Each choice includes the 40 percent "Redux" retirement. Those who decline are automatically entered under the "high three" retirement program.

"A potential decrease to the amount a member is taxed and greater participation in the Thrift Savings Plan are advantages to taking the installments," said Master Sgt. Mike Hall, superintendent of the Air Force Personnel Center's requirements branch here. "People will receive their CSB payments each year in January."

Local military personnel flight officials will notify people who received payment after Dec. 28 of their eligibility.

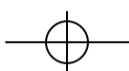
Those who switch to one of the installment options will be required to repay all but the first installment and then begin drawing one of the annual installment options. The deadline to switch to a payment plan is Nov. 15.

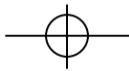
Officials will also contact people who were previously notified of their CSB eligibility and declined participation to afford them the opportunity to take part in the installment options.

"(Servicemembers) should take their time and weigh their options carefully though," said Hall. "People must do their homework. It's a decision only they can make."

Installation family support center financial management counselors can provide investment-type information to interested members, officials said. People should work through their personnel flight to confirm eligibility, said AFPC officials.

For more information, people can contact their local MPF career enhancement section or call the Air Force Contact Center at DSN 665-5000, toll free at (866) 229-7074 or via e-mail at contact.center@randolph.af.mil. (Courtesy of Air Force Personnel Center News Service)





January 10, 2003

SERVICE NEWS

The IGUANA 7

3rd ID deploys to Kuwait

Fort Stewart Public Affairs Office

FORT STEWART, Ga. — The entire 3rd Infantry Division (Mechanized) has received deployment orders to Kuwait to join division command and control elements and its 2nd Brigade, which finished a live-fire exercise in the desert just before the holidays.

The deployment will begin next week with movement of the 3rd Brigade from Fort Benning, Ga., through Robins Air Force Base, Ga., officials said. The rest of the division is expected to follow in a deployment from Hunter Army Airfield, Ga., and that is expected to continue throughout the month, officials said.

The 3rd Infantry Division (Mechanized) has four fighting brigades. The

1st and 2nd Brigades are based at Fort Stewart, the 3d Brigade at Fort Benning and the 4th Brigade has units located at both Hunter Army Airfield in Savannah, Ga., and Fort Stewart. The division has an Engineer Brigade, a brigade-size Division Artillery, or DIVARTY, and a brigade-size Division Support Command, or DISCOM. The division also includes the 103rd Military Intelligence Battalion, the 123rd Signal Battalion, and the 1st Battalion, 3rd Air Defense. Also deploying will be the headquarters and units of the 24th Corps Support Group, a brigade-size logistics unit.

Once in Kuwait the division will continue to train, officials said, honing its combat power and awaiting further orders.

Flying High



Photo by Master Sgt. Keith Reed

Aircraft commander Captain "Allison" looks out at the horizon as she pilots her KC-10A Extender aircraft. The captain and her crew stay airborne over Afghanistan providing fuel to coalition aircraft supporting Operation Enduring Freedom.

Reporters train for war at Fort Benning

By Bridgett Siter
Fort Benning Bayonet

FORT BENNING, Ga. — Those who typically report the news made the news last month.

Nearly 60 journalists from around the world participated in a course -- the second in a series -- designed to enhance their effectiveness and safety in combat. The first time the Department of Defense offered such training to journalists preparing to enter a potential war zone was in late November at Marine Corps Base Quantico, Va., officials said.

Fort Benning's 2nd Battalion, 58th Infantry Regiment, played host Dec. 16-20 to a number of war correspondents and photographers from CBS, CNN, The New York Times, Newsweek, Washington Post, and Al Jazeera.

Soldiers from various units and directorates led a crash course in combat survival, including the proper ways to enter and exit a helicopter, first aid, land navigation, reacting to direct and indirect fire, mine awareness and protection against nuclear, biological and chemical warfare.

"I've been in a couple of situations where this kind of training might've helped -- Kosovo, Belgrade, Saudi ..." said Kerry Sanders, an NBC correspondent from Miami. "Through all that, I never had any formal training. I'm pleased with this. It's a good opportunity, especially

ly the nuclear/biological/chemical (chamber). The threat of chemical warfare seems more real this time around, and I do feel a little more prepared."

Sanders and his classmates were also taught the finer points of military culture, with lessons in rank and insignia recognition and field hygiene.

"It's mainly to help them and whatever unit they might be imbedded with," said Sgt. 1st Class Patrick Clements, a drill sergeant with 2nd Battalion, 54th Infantry Regiment, who was among 18 cadre from around post selected to serve as escorts throughout the week.

"They're asking smart questions. Some of them have already been in a combat situation, so they obviously understand more than the average civilian," Clements said, who divided the journalists into two platoons with three squads, each with a team leader.

"The idea is to give them as much of a taste of Army life as we can pack into a week," Clements said.

The journalists rose before dawn, did physical training, road-marched five miles, learned to low- and high-crawl, experienced Meals Ready To Eat and learned to apply camouflage.

"I'm seeing that personal time doesn't exist in a combat situation. You have to be a team player. It's something I don't think anyone who hasn't had exposure to the military can ever really appreciate," said Rosiland Jordan, an NBC correspondent in Washington, D.C.

"Am I really going to be prepared in a week's time?

No, I don't think I'll ever be up to a soldier's standard, but I feel as if I'm getting more of a handle on what I need to know."

Jordan said she believes the training is a direct result of lessons learned during the Gulf War, when the relationship between the military and the media was often strained.

"What we do is very important," she said. "This is a volunteer Army. People need to understand what it is we're asking our (soldiers) to do. If I can report it as I see it, it can have a positive affect on policy. Ultimately I just want to tell the story, and I feel a little better prepared to do it."

Many of the participants, though easily recognized television personalities, weren't willing to be interviewed or filmed. Being filmed on a military installation could ultimately jeopardize their safety, they said.

"I guess the theory is, yeah, I'm high profile and I don't want to be associated with military operations," said an ABC reporter.

"That's a little bit of an exotic notion, I think, but whatever ... I just do my job, do what I'm told, and I suppose you can't be too cautious."

More than 400 journalists have volunteered to participate in the training, which will likely include four phases from all branches of the military. The Marine Corps Base Quantico conducted training first, and the Air Force will follow in January.

Army testing new method to detect breast cancer

By Michael E. Dukas
Walter Reed Stripe

WASHINGTON — A five-year trial is now underway at Walter Reed Army Medical Center to prove the value of "electrical impedance scanning" in detecting early stages of breast cancer in women under the age of 45.

Two hundred patients are enrolled so far and the goal is 4,800, said Maj. Alexander Stojadinovic, a surgical oncologist at the Walter Reed Comprehensive Breast Center. He said planning has begun for a Department of Defense study involving 12 sites with an expected enrollment of 20,000.

The study is not intended to compete with mammograms, said Stojadinovic. He said the clinical research should prove electrical impedance scanning to be a valuable ally to conventional screening methods, particularly in young women.

"The current process of using clinical breast examination alone to screen younger women is widely recognized as deficient," Stojadinovic said. Although the risk of breast cancer in women under 50 is low, the incidence is increasing, and breast cancer tends to be more aggressive in younger women, Stojadinovic said.

It is timely and warranted to pursue this screening trial now at Walter Reed, the Army's only comprehensive breast center, he said. EIS is able to detect early stage

tumors, particularly in young women; and 20 percent of the active-duty force is female; 92 percent of which are women under the age of 40.

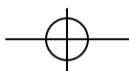
"EIS has the potential to identify women at high risk of breast cancer, even if it does not localize a specific lesion," Stojadinovic said. Tumor tissue differs from normal breast tissue in electrical properties, and electrical impedance scanning detects in five minutes whether further screening is needed.

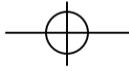
The electrical impedance scanning can complement and enhance the accuracy of mammographic screening, Stojadinovic said.

Nurse Practitioner Abby Rogers, of Walter Reed's Department of Obstetrics and Gynecology, said the American Cancer Society and National Cancer Institute currently recommend that women practice monthly breast self-exams a week after menstruation, get a yearly clinical breast exam, and for women over 40, an annual mammogram.

Women eligible for the trial include non-pregnant military health-care beneficiaries ages 18 to 45 who have not breast fed or had breast surgery within the preceding three months and who do not have implanted electrically-powered devices. Patients undergo outpatient assessment with electrical impedance scanning.

More information on the trial is available from the Walter Reed Comprehensive Breast Center at (202) 782-3416.





Ballentine brings some New Year's rock to JTFB

By Spc. George Kyriakeas
JTF-Bravo Public Affairs Office

The band Ballentine came to Joint Task Force-Bravo over the New Year's holiday and played two dates at the Oasis.

The L.A. band is comprised of Jeremy Weinglass on keyboards, Ralf Blazer on drums, Frank Primorac on bass, Ben Morris on guitar and Heather Ballentine singing lead.

Ballentine was just finishing up their second AFE tour, having visited Puerto Rico and Cuba before arriving here, said Balzer.

After coming from Guantanamo Bay, Cuba, Soto Cano was a little bit of a change of pace, said Balzer. "This show is a little slow, some places are so starved for entertainment that they go crazy," said Balzer.

(Crowd) size does not matter though if the crowd is a military one, said Ballentine. "Sometimes we have a big crowd and sometimes it's smaller crowds, but it's always rewarding. Sol-

diers are such a receptive audience," she said.

Others in the band agree. "I like playing for the military a lot, you're always a really appreciative audience," said Morris.

While still a relatively new band, Ballentine has only been together six months, they have a lot going for them, said Ballentine.

The band will be featured in an upcoming movie, and has a song on the movie's soundtrack album, said Ballentine, who has a supporting role in the film. The film "Losing at Solitaire," begins shooting this month.

The band also has a showcase for four major record labels in February and a radio single coming out soon, said Ballentine.

The band likes the Caribbean enough to come back, they have another Armed Forces Entertainment tour in the area scheduled to kick off at the end of January.

Have a comment or question? E-mail: George.Kyriakeas@jtfb.southcom.mil



Photo by Spc. George Kyriakeas

Guitarist Ben Morris lunges forward with incredible speed at the New Year's Eve show at the Oasis.



Photo by Spc. George Kyriakeas

Ballentine pauses during a song. Ballentine wrote most of their original songs with bassist Frank Primorac.



Photo by Spc. George Kyriakeas

Heather Ballentine gets into the groove at the Oasis Dec. 30.



Photo by Spc. George Kyriakeas

Ralf Balzer lays down the beats at the band's first show at the Oasis.

