



The IGUANA



Volume 16, No. 3

February 6, 2004

Creating a new vision



photo by Pfc. Michael Tuttle

Navy Cmdr. Jeff McCune tests the eyesight of a Honduran woman to determine what eyeglass prescription she needs during a Medical Readiness Training Exercise in Bacadia Monday. Over 1,000 glasses donated from the United States were available to Hondurans who needed them.

God's grace is great

By Chaplain (Capt.) Dale Cole
JTF-Bravo Chaplain

"And with great power gave the apostles witness of the resurrection of the Lord Jesus: and great grace was upon them all." (Acts 4:33)

God's grace is great and great things happen when His people experience His great grace in their lives. God's grace is greater than the most destructive force ever known to man—our sin. Yet the Apostle Paul has said; "...where sin abounded; grace did much more abound." (Rom. 5:20) The good news of the Gospel is that God's grace is greater than all our sin. There are many definitions for God's grace and perhaps the acrostic "God's Riches At Christ's Expense" explains it best. The Christian life is started, secured and sustained by the grace of our Lord Jesus Christ. No one had a better concept and grasp on the grace of God than the Apostle Paul who started and ended his every New Testament Epistle with "the grace of our Lord Jesus Christ."

There are some amazing facts about the grace of God. Grace is a teacher; "For the grace of God that brings salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously and godly, in this present world." (Titus 2:11,12) Grace can be found; "Let us come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of

need." (Heb. 4:16) Noah "found grace in the sight of the Lord," and so can we! There is an abundant supply of God's grace to be had; "Wherefore we receiving a kingdom which cannot be moved, let us have grace whereby we may serve God acceptably with reverence and godly fear." (Heb. 12:28) There is plenty of grace to be had if we will receive it. As amazing as God's grace is though it can still be misused, abused or refused.

God gives us grace to "grow on," "go on," and to "glow on." The Apostle Peter knew the Lord as "...the God of all grace." (1 Ptr. 5:10) and said we are to "...grow in grace..." (2 Ptr. 3:18). As a child, Jesus "...grew, and waxed strong in spirit, filled with wisdom, and the grace of God was upon him." (Lk. 2:40) We are to grow "strong in the grace that is in Jesus Christ." (2 Tim. 2:1) Jesus grew strong enough to resist the temptations of the devil himself and we can grow strong enough in His grace to resist sin. (cf. Rom. 6:1) God also gives grace to "go on." Have you ever felt like quitting and giving up? When the Apostle Paul felt insufficient in himself the Lord said to him; "My grace is sufficient for thee: for my strength is made perfect in weakness..." (2 Cor. 12:9) What Paul "at first viewed as a limiting handicap, he later came to regard as a heavenly advantage." When the stress and pressure of life seems to be too much; God's grace says, "Hang in there." When your back is against the wall and the world says "you're down;" God's grace says, "you may be down, but you are not

out." When the devil and sin says "you've blown it;" God's grace says, "Greater is he who is in me than he who is in the world." (I John) When others say "stay down—you're beat;" God's grace says, "The righteous falls seven times and rises up again..." (Prov. 24:16).

God gives us grace to "go on" in the face of insurmountable odds. Finally God gives us grace to "glow on." The grace of God can pick us up, clean us up and shine us up like a new dime. It can make us shine so brightly that we can become "glow in the dark" Christians.

If you are in need of finding the grace of God in your life you can. "God gives grace to the humble." (James 4:6) How humble do we have to be to find the grace of God? Only humble enough to realize we need the Lord's help and ask for it. May God's great grace be upon us all.

SUBMISSIONS

The Iguana is always looking for submissions. Any articles, photos or letters to be submitted to The Iguana should be sent to the PAO at michael.tuttle@jtfb.southcom.mil or delivered to the Public Affairs Office, Bldg. D-06. If you have questions about possible submissions call ext. 4150 or 4676 to talk to the editor.

Expect more, get more

By Brig. Gen. Arthur J. Rooney
82nd Training Wing commander

I occasionally hear people use the phrase, "What did you expect?"

This is usually just after the person has explained the failure of some project or task, goal or benchmark. The problem with "What did you expect?" is that it automatically pre-supposes a certain outcome, like the breakdown was imminent or some sort of divine fate.

I prefer to think, "What DO you expect?"

Thinking in the "do" realm is action; it is forward-looking.

"Did" is past tense; the outcome is a forgone conclusion not worth trying to overcome.

When you expect to succeed, when you expect the best, when you are "excellent in all you do," you will find obstacles are merely bumps in the road that do little to change your course. This isn't a warm and fuzzy ideology. It is hard science.

In a recent Wall Street Journal article, Sharon Begley chronicled the newest research on the "expectation effect" or "Pygmalion effect."

Simply put, scientists have proven time and time again the expectations we have of students, athletes, workers and even laboratory mice have a direct effect on their performance.

One study Ms. Begley cited is of particular importance to the Air Force. Elementary-school teachers were told one particular group of students scored high on an aptitude test and were identified as having attributes that would lead to great academic success.

After a few months, the group achieved "significant gains over the other students."

You can probably guess the punch line: There was no aptitude test!

In fact, the group of students teachers thought were extraordinary included children from every ability level. They were just like any ordinary classroom.

"The only difference was in the mind, and expectations, of the teacher," said Dr. Robert Rosenthal, one of the researchers in the study and professor of psychology at the University of California-Riverside.

The Journal reports 479 different studies have found teacher's expectations affect student performance.

These expectations can be communicated overtly, or through nonverbal, often subconscious and unintentional cues.

When teachers expect students to excel, they unknowingly become partners in their success by teaching with warmth and excitement.

Test these theories yourself.

In your relationship with subordinates and peers, teach and lead to the highest level, not the lowest common denominator.

Expect more from yourself physically and mentally.

Jog that extra mile.

Read that extra page.

Believe in others and believe in your mission.

Your attitude and expectations will show through your work whether you know it or not. Research proves it.

The



EDITORIAL STAFF

JTF-Bravo Commander

Col. William G. Phelps Jr.

Public Affairs Director

1st Lt. Rob Goza

Superintendent

Master Sgt. Tom Mullican

Editor

Pfc. Michael Tuttle

Photo Technician

Martin Chahin

E-mail:

PUBLIKAFFAIRSOFFICE@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 PUBLYN SA

USARSO commanding general visits



photo by Pfc. Michael Tuttle

U.S. Army Southern Commanding General Brig. Gen. Jack D. Gardner (center) is briefed about MEDEL operations by Lt. Col. Jozy M. Smarth, MEDEL Deputy Commander as JTF-Bravo Commander Col. William Phelps looks on. Gardner visited Soto Cano Air Base Jan. 25 and 26.

Army to restructure, will grow by 30,000

By Jim Garamore
American Forces Press Service

The Army will grow to 510,000 soldiers over the next four years as a temporary measure, a senior Army official said Jan. 29.

The official briefed the press on background after Army Chief of Staff Gen. Peter Schoomaker told Congress Jan. 28 that Defense Secretary Donald H. Rumsfeld has authorized the Army to exceed end strength limits by 30,000. The increase is allowed under emergency authorities Congress granted the Defense Department.

"One of the advantages of being an Army at war is that war focuses us," said the senior Army official.

The focus gives the Army the opportunity to rebalance and reset the forces using the lessons learned from the most recent combat. The Army is putting in

place more than 100,000 structural changes, the official said.

The official said the Army has been stressed by worldwide operations against terror, engaged at "a pace unseen since World War II."

In the next four months, the official said, the Army will move 220,000 soldiers into and out of Iraq and Afghanistan, placing significant stress on existing force structure. "The approval we received gives us the chance to implement initiatives aimed at mitigating the stress on the force over time," he said.

The increase gives the service a "cushion" to implement far-reaching changes. The Army will need another 23,000 light infantrymen to fulfill its plans and still maintain current combat effectiveness.

The Army is building the new force around brigade combat teams. This con-

cept takes much of the support now done at division level and pushes it to the brigades. Intelligence, surveillance and reconnaissance assets – including unmanned aerial vehicles – will be at brigade level.

Fire control will be beefed up and placed at brigades. Maintenance and transportation assets will be at brigades. Each brigade will have its own artillery battalion, and the brigades will contain more infantrymen.

The current setup has a division with three brigades under it. In the future, a division will have four brigade combat teams. The concept operates under the reality that the Army will never work alone, the official said.

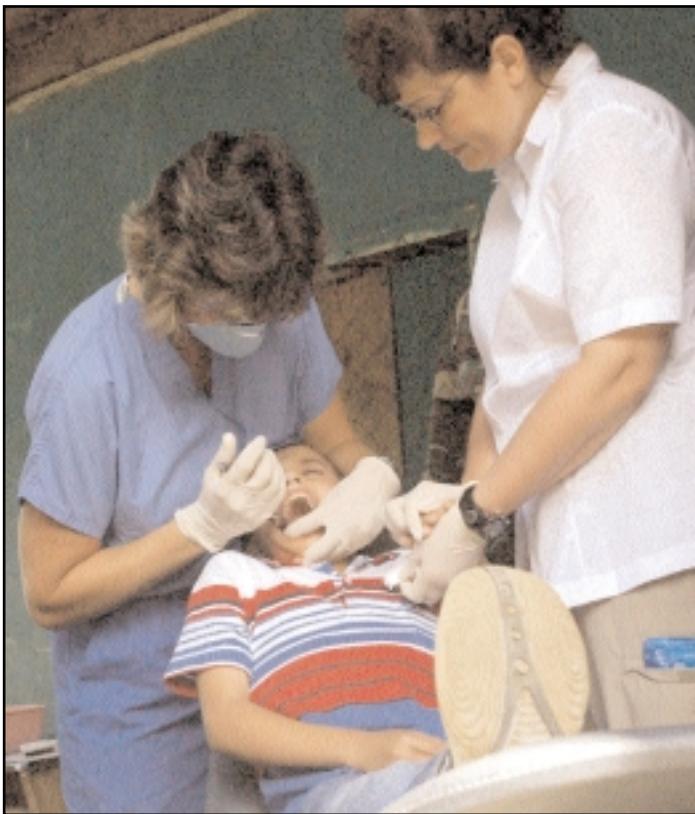
The Army is one part of a joint team with Air Force, Navy and Marine Corps contributions being made to the combat picture.

One example of this is that divisions

will lose their air defense artillery. The official said that the Air Force, Navy Air and Marine Corps Air are "outstanding," and it has been years since an American soldier had to worry about being killed by a bomb dropped by an adversary. The air assets will take care of that, and Army assets will be concerned mostly with incoming ballistic and cruise missiles. Air defense artillery units will be cut, and those that remain will be corps-level assets.

The brigades will be more "modular," more lethal and more standardized in the future, the official said.

The changes are not limited to the active component. The current 15 reserve-component-enhanced separate brigades will expand to 22 National Guard brigade combat teams. They will have enhanced training and be able to take their place in the rotation with active duty units.



Navy Capt. Amy Counts pulls a tooth from a young Honduran.



Hondurans wait for the chance to get medical treatment.



A doctor in preventive medicine checks a baby for any health problems.



Honduran families make their first stop during the MEDRETE in the Preventive Medicine problems. As many as 400 Hondurans will pass through Preventive Medicine in a d

MEDRETE provide

Story and photos by Pfc. Editor

Hundreds of Hondurans lined a dirt road in the village of Bacadia waiting patiently for hours for the opportunity to get some medical treatment.

Service members from Joint Task Force-Bravo and Naval Reserve units in Oklahoma City and Dallas treated over 3,000 Hondurans in five different locations during an eight-day Medical Readiness Training Exercise last week.

"Some of them walk for six to eight hours to get here," said Capt. Cheryl Jones, MEDRETE officer-in-charge.

The MEDRETE team cycled the patients through several stations to tend to their needs.

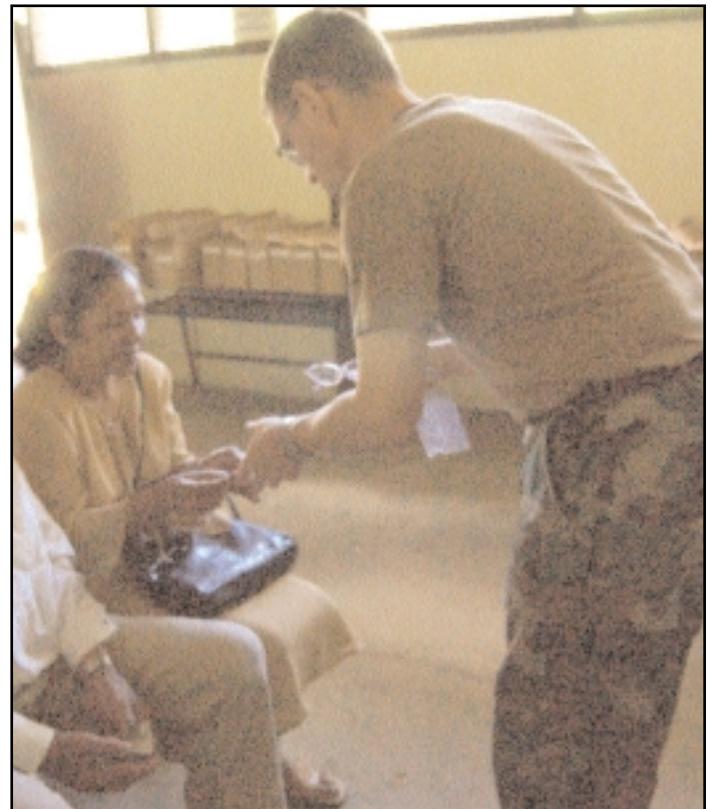
First patients went to preventive medicine for a basic checkup and were asked if they had any health problems.

There they were given medication such as ringworm medicine and vitamins, including chewable and prenatal vitamins for children. Then they attended a class on basic hygiene.

After the class the patients saw a doctor in triage



icine section. Here they are given a checkup and asked if they have any health ay on their way to be cared for.



Capt. Harry Beck hands a Honduran woman a set of eye-glasses.



A preventive medicine doctor talks with three Honduran children and their father.

Medical aid to Hondurans

Michael Tuttle

to determine what type of individual medicine they would need. Next they went to optometry, dental or the obstetrician gynecologist depending on their health needs.

Finally they went to the pharmacist to pick up their prescribed medication.

More than \$40,000 worth of medication was distributed over the course of the exercise.

Some of the most common ailments the patients had were poor hygiene and skin diseases such as scabies, according to Jones.

However, the babies that were brought for care were generally very healthy.

The 47 service members who made up the MEDRETE team treated patients in the Honduran villages of La Cruz, Rio Tinto, Siguali and the National School of Agriculture in addition to Bacadia.

In addition to providing medical treatment to Hondurans, the MEDRETE is also a training exercise for medical service members to apply their skills in the field.



Navy Petty Officer 2nd Class Melissa Redmond hands out medication at the pharmacy station.

DRASH enhances surgical mobility

Story by Pfc. Michael Tuttle
Editor

A Deployable Rapid Assembly Shelter was on display Jan. 27 to show off the new versatile tent system being used by the Army Medical Department for its forwardly deployed surgical assets.

"The DRASH will be used for resuscitative surgery and damage control, such as stopping bleeding and patching holes," said Lt. Col. David Watts, MEDEL surgeon.

It would have to be augmented by other surgical teams, Watts added.

The DRASH is much easier to set up than the Temper Tents, which are used in the field now.

It can be unpacked and erected by a team of 12-14 people in 30 minutes according to Watts.

"We can begin surgery within an hour after unpacking," said Watts.

Compared to the Temper Tents that weighed about a ton, the DRASH weighs only 400 pounds.

The DRASH is 36 by 12. MEDEL connected two of them for the display. One was intended for preoperation and the other for surgeries.

The DRASH will allow surgical teams to move to various locations faster and more efficiently.

"It can go anywhere as long as there is room to lay it out," said Capt. Eugene Christen, nurse Officer-In-Charge.



photo by Pfc. Michael Tuttle

Lt. Col. David Watts and Capt. Eugene Christen perform a simulated surgery Jan 27 to demonstrate the usefulness of the DRASH, a new versatile tent system being used by the Army Medical Department.

MEDEL to host Health Fair 2004



HERE TO SERVE, FIT TO FIGHT

In conjunction with the Presidential Day Triathlon and Organizational Day, Health Fair 2004 will be held Thursday from 9 a.m. to 3 p.m. at the soccer field across from MEDEL.

Active duty personnel, dependents, retirees, contractors and local Hondurans are invited to participate.

Only active duty, retirees and dependents will be able to receive blood work and military ID must be provided.

"The health fair is important to Soto Cano because it gives everyone the opportunity to educate themselves on various diseases and prevention measures," said 1st Lt. Elam Mashandra, EMT staff nurse.

The following booths will operate during Health Fair 2004:

- Physician's Corner
- STD Prevention
- Nutrition/Diabetes
- Dengue Fever/Malaria Facts
- Lab/Blood Work
- Blood Pressure Check
- Men's Health

Women's Health

These booths were chosen for the health fair because these topics have a greater impact on the world, according to Mashandra.

"Heart disease and cancer are responsible for more than half of the world's deaths per year," added Mashandra. "Even if you are in good health, you may have a mother, father, spouse or family member that has or will be affected by these diseases."

"The STD booth was chosen because we still have people who feel they can't be affected with HIV/AIDS, Herpes, Chlamydia and other STD's."

Mashandra concluded, "On this particular booth we will have pictures that hopefully will shock a few soldiers."

DRASH enhances surgical mobility

Story by Pfc. Michael Tuttle
Editor

A Deployable Rapid Assembly Shelter was on display Jan. 27 to show off the new versatile tent system being used by the Army Medical Department for its forwardly deployed surgical assets.

"The DRASH will be used for resuscitative surgery and damage control, such as stopping bleeding and patching holes," said Lt. Col. David Watts, MEDEL surgeon.

It would have to be augmented by other surgical teams, Watts added.

The DRASH is much easier to set up than the Temper Tents, which are used in the field now.

It can be unpacked and erected by a team of 12-14 people in 30 minutes according to Watts.

"We can begin surgery within an hour after unpacking," said Watts.

Compared to the Temper Tents that weighed about a ton, the DRASH weighs only 400 pounds.

The DRASH is 36 by 12. MEDEL connected two of them for the display. One was intended for preoperation and the other for surgeries.

The DRASH will allow surgical teams to move to various locations faster and more efficiently.

"It can go anywhere as long as there is room to lay it out," said Capt. Eugene Christen, nurse Officer-In-Charge.



photo by Pfc. Michael Tuttle

Lt. Col. David Watts and Capt. Eugene Christen perform a simulated surgery Jan 27 to demonstrate the usefulness of the DRASH, a new versatile tent system being used by the Army Medical Department.

MEDEL to host Health Fair 2004



HERE TO SERVE, FIT TO FIGHT

In conjunction with the Presidential Day Triathlon and Organizational Day, Health Fair 2004 will be held Thursday from 9 a.m. to 3 p.m. at the soccer field across from MEDEL.

Active duty personnel, dependents, retirees, contractors and local Hondurans are invited to participate.

Only active duty, retirees and dependents will be able to receive blood work and military ID must be provided.

"The health fair is important to Soto Cano because it gives everyone the opportunity to educate themselves on various diseases and prevention measures," said 1st Lt. Elam Mashandra, EMT staff nurse.

The following booths will operate during Health Fair 2004:

- Physician's Corner
- STD Prevention
- Nutrition/Diabetes
- Dengue Fever/Malaria Facts
- Lab/Blood Work
- Blood Pressure Check
- Men's Health

Women's Health

These booths were chosen for the health fair because these topics have a greater impact on the world, according to Mashandra.

"Heart disease and cancer are responsible for more than half of the world's deaths per year," added Mashandra. "Even if you are in good health, you may have a mother, father, spouse or family member that has or will be affected by these diseases."

"The STD booth was chosen because we still have people who feel they can't be affected with HIV/AIDS, Herpes, Chlamydia and other STD's."

Mashandra concluded, "On this particular booth we will have pictures that hopefully will shock a few soldiers."



photo by Martin Chahin

JTF-Bravo Commander Col. William Phelps presents Celestino Palma, PAE gardener, with an award for his hard work.



photo by Pfc. Michael Tuttle

DJs Baby Girl and Jay Rock spin a fresh mix of Latin and Hip Hop music Thursday night at Club Med.



photo by Pfc. Michael Tuttle

Sgt. 1st Class Mercy Ude works out on the step machine at the Soto Cano fitness center Monday afternoon.



photo by Pfc. Michael Tuttle

Sgt. Guillermo Rivera gives Honduran soldiers military vehicle training Jan. 20 to prepare them for a deployment to Iraq.