Proudly serving the United States servicemembers of Joint Task Force-Bravo

The Iguana

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Views

News

Features

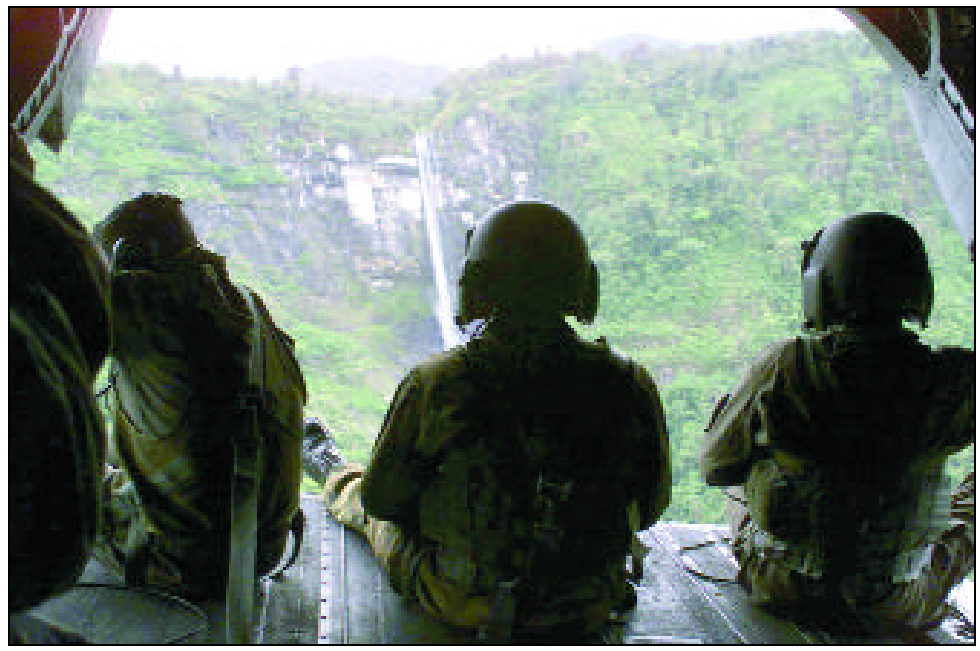

Photo by Master Sgt. Pat McKenna

mission, my third in Costa Rica, and it's one of the best we've done. In the past, we could find the marijuana, but we just couldn't get to it. The enemy got smarter, and moved their crops to steep slopes, high in the mountains, in hopes we wouldn't be able to reach it. It's taken us a year to get spun up with this new rappelling and SPIES capability, and you see the results — more than a million plants.

"But our mission has been much more than eradication, it's given us an opportunity to work, train and execute together as a team. We've built trust, confidence and friendship between our forces. You can't buy that, you've got to earn it. And it goes both ways. The Costa Ricans work hard, they're motivated and confident. And I think they feel the same way about us."

By mission's end, the Blackhawks had flown a total of 75.5 hours and the Chinook, 26.7 hours.

Thirsty anyone...

Photo by Spc. Socorro A. Spooner

"Everyone needs to understand that change is sometimes necessary in a military organization."

In preparing my first remarks for publication in the Iguana, I reflected upon the importance of communication and the value of information. You witnessed considerable change in leadership positions here at Soto Cano Air Base in the past several days. Everyone needs to understand that change is sometimes necessary in a military organization. Though not often, that change may occur with little or no notice. Regardless of the reasons for change, the mission continues unaffected and unabated. I ask that you continue the outstanding past performance of the Soto Cano team. If, for any reason, you feel that you need further explanation of circumstances that impact your performance here, you are invited to use the chain of command. If that does not answer the question for you, I will take telephone calls or requests for office visits to further discuss your concerns.

Upon arriving here on March 20, I met with the primary staff personnel to discuss future actions and planning. I must share with you that I quickly learned that these individuals were first-rate officers and non-commissioned officers. I found that most of our team was already heavily involved in preparations for the Multi-National Jump. Honduras and the U.S. co-hosted the exercise in which paratroopers from El Salvador, Guatemala, Honduras, and the United States made jumps and conducted disaster relief exercises into the Tamara drop zone.

The ARFOR, commanded by Lt. Col. Brian Keeth, and assisted by several talented officers, NCOs and enlisted personnel, made the exercise an overwhelming success. U.S. Army, 1-228th Aviation Battalion CH-47 Chinook helicopters and a United States Air Force Reserve C-130 Hercules cargo plane based at SCAB helped with more than 135 individual jumps completed into a difficult landing zone. The MNJ is one of the continuing efforts to enhance training and build regional relationships between participating nations for humanitarian assistance and disaster preparation.

As the interim commander for JTF-Bravo, I intend to have the base team accomplish two primary objectives. The first is to assure that every soldier, airman and Marine receives all the support needed to perform the mission, do it safely, and enjoy a fine quality of life here. Second, we will continue mission preparation, training and personnel rotation to achieve a near transparent transition for the incoming commander, scheduled to arrive in June.

In addition to myself, your JTF-Bravo command team included Air Force Lt. Col. Antonio Mendibur, deputy commander, and Army Lt. Col. Norman Lier, chief of staff and J-3. This is my first assignment at Soto Cano and the second for Mendibur, who served here from July 1998 through July 1999 in the same position. Lier is known to most of you through his assignment as J-3 and interim deputy commander and chief of staff. Lier will complete his assignment April 12. Command Sergeant Major Herman Fisher and Chief Master Sergeant Dean F. Wayda, senior enlisted advisor, remain at their posts as the commander's advisors for enlisted personnel matters. All other command group and component command assignments remain as they were prior to the March 10 change of command.

Briefly, my military background spans a period of just over 34 years active and reserve duty. My home is in Dover, Del. (that's on the mid-Atlantic coast south of Pennsylvania and north of Maryland/Virginia, for those of you who say "Dela-Where?"). I served my reserve duty with the Delaware Army National Guard. My wonderful wife, Barbara, remains at home keeping the fires burning and snow shoveled from the door. Our son, Ed, is a criminal justice student and daughter Sandy, a graduate nutritionist, attending graduate school in Florida studying physical therapy. A career Army aviator, my experience includes platoon, company, battalion and brigade-level assignments. My most recent assignments include director of plans, operations and training; brigade commander; and deputy commander of state area command. In 1999, I served as the final Commander for U.S. contingency troops in the Military Observer Mission Ecuador/Peru (MOMEP) and JTF-Safe Border in addition to MOMEP J4 duties in Patuca, Ecuador.

A multi-national joint assignment, MOMEP included troops and commands from Brazil, Argentina and Chile as "Guarantor Nations" and liaison officers from the disputant nations of Ecuador and Peru. Prior to joining JTF-Bravo, I held the position of assistant deputy director for counter drug (J36), U.S. Southern Command in Miami, Fla. My civilian employment background includes 20 years as a state police officer and 14 years in financial institution management. My association with aviation piloting and management began in 1969 and often became a significant part of other career choices.

Now that you know a bit more about me, I look forward to learning more about each of you and your JTF-Bravo assignment. This is a joint assignment in several ways. The term "joint" is not only a word describing a military command and support relationship, it is a word that describes the degree of cooperation and effort necessary to achieve the goals of this Joint Task Force. It is "joint" in the level of effort, degree of cooperation, understanding, caring for others and in the teamwork.

As a team representing U.S. military forces in the most forward-deployed location in CENTAM, we will continue to build upon the great accomplishments of the many U.S. military personnel who preceded us at JTF-Bravo. We will further improve the already strong relationships with our Honduran hosts and work to assist in humanitarian assistance and disaster preparedness. I look forward to the coming weeks and months working with you to make JTF-Bravo stronger.

Be sure to participate in events supporting National Women's History Month. See the event schedule on page 4.

Be safe and know that you have a supportive command team in place.

Col. Edward F. Martin III
JTF-Bravo Commander

The Iguana

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Up In Smoke

JTF-Bravo helps Costa Ricans mow down 'grass' plantations

NCOIC of JTF-Bravo Public Affairs

During the first nine days of March, a squad of Costa Ricans torched more ganja than you'd find wafting in the air at a Bob Marley reggae revival, thanks to the aid of JTF-Bravo troops. Only these soldiers didn't inhale.

The 40-odd servicemembers belonged to Task Force Enabler participating in a Central Skies mission in Costa Rica, lending air support to that country's "mountain police" which reaped crops of "reefer" and destroyed it.

Sandwiched between Nicaragua and Panama, Costa Rica serves as a transshipment point for drugs leaving South America and destined for the United States and Europe.

"When Central Skies isn't in Costa Rica, there's little control over drug trafficking. It's a no man's land. Costa Rica has no military, and few air assets," said Vance Stacy, Drug Enforcement Administration attaché to Costa Rica.

This was JTF-Bravo's fifth Central Skies mission to Costa Rica. The missions first began in June 1998 in Costa Rica, netting 398,012 marijuana plants. This latest mission bagged 1,279,307 marijuana plants.

The task force flew the Public Security Ministry's Special Support Police in three UH-60 Blackhawks and a CH-47 Chinook. The mountainous terrain posed a challenge to Soto Cano pilots.

"You have to do some real precision flying to make it into the LZs (landing zones)," said Capt. Marcus Wong, a Blackhawk pilot. "You're flying between 2,000 and 4,000 feet, trying to land on the side of a mountain, sometimes at steep angles, usually in a cutout area with very tall trees."

According to Costa Rican officials, police would have never reached the marijuana fields without the air support.

"To reach the lowest points, it would've taken three weeks to go in and out of the jungle," said Lt. Col. Minor Quiros, head of the special support police's mountain operations. "It has put a big dent on the traffickers' product volume. And that's why we fight so hard together, because we want marijuana off our streets so it won't reach our children and destroy our families."

Photos by Master Sgt. Pat McKenna

"March is National Women's History Month, a time to reflect back at some of the many accomplishments of women over the years. Although the following article highlights the accomplishments of a few famous women in history, it is dedicated to every woman ever to grace our presence."

—Command Sergeant Major Herman Fisher

Of all of God's creations, none have proven over the years to be more resourceful, determined, compassionate, or patient as women.

Long before recorded history, she was quietly shaping the world around her. It was she who gave birth to the rulers of every nation on earth. Her bones are the oldest proof of the evolution of mankind. Everything that is gentile in our nature can be traced back to her. What troubles me most is the fact that some of us still don't understand what women have always known, "Man Has No Future Without Woman!"

For years we have treated women like the wind, "You can't see it, smell it, or taste it, but you know it's there." Like the wind, over the years she has always been there.

She was there in 1776, her name was Abigail Adams, she wrote her husband John, who was attending the Continental Congress in Philadelphia. Abigail asked that he and the other men working on the Declaration of Independence, "Remember the ladies." John's response was, " The Declaration's wording specifies that all men are created equal."

She was there in 1866; their names were Elizabeth Cady Stanton and Susan B. Anthony, they formed the American Equal Rights Association, an organization for white and black women and men dedicated to the goal of universal suffrage.

She was there providing cures long before modern medicine began to treat the sick for a fee. She was there in 1990; her name was Antonia Novello, the first woman and first Hispanic to be appointed as the Surgeon General of the United States of America.

Over the years we have with wonderment and an unspoken pride watched her overcome insurmountable odds to achieve unimaginable feats.

She was there in 1921; her name was Bessie Coleman, the first woman to earn an International Aviation License and the world's first licensed Black Aviator.

Never one to rest on past accomplishments, she was there in 1999; her name was Air Force Col. Eileen M. Collins, the first woman to command a space shuttle mission.

Throughout history she has quietly and methodically established herself as a key ingredient to the survival of our spices and possibly our planet.

With such a vital role to play in our future, why do we abuse her and deny her the rights we enjoy? She's proven her ability to excel in the business community yet her annual income is still less than her male counterpart. She is more likely to be living from paycheck to paycheck, and that's one paycheck away from living on the streets. The odds are she is the single head of the household in one-third of our nation's homes. In her lifetime, she will know one female (friend or family) who dies of AIDS. Small wonder that in her adolescent years she comprises the largest segment of society likely to commit suicide. Despite the promise of a hard and sometimes brutal life, she endures, in fact, she grows stronger every day.

Her ability to express herself even in the worse of times is still the testimony to the human sprit. In her life she will be abused or will see one of her kind abused, yet somehow she will stay in humanity with her surroundings. As Maya Angelou wrote in 1970, "I know why the caged bird sings."

In 1865, President Andrew Johnson awarded the Medal of Honor to Dr. Mary Edwards Walker for service to the nation during time of war. To this date no woman has ever received a similar honor. However, she was there as war correspondents in World War I. Between World War II and Vietnam, the only positions she didn't fill were those that put her in direct contact with the enemy. Today with no clearly defined battle lines on the ground or in the air, she stands ready to prove her ability to fight for what she believes in.

This is the year 2000; let's make this the year of firsts. The first year we treat her with dignity and respect, as an equal. The first year we follow her lead, because history has showed that she knows where she's going. The first year we recognize that she is far stronger than we could ever be, because the weight of the world has always been on her soft solders.

If God made man in his own image, then he made woman from all that was good of man!

Women's History Month

Scheduled events:

Today— 11:30 a.m.-1:30 p.m., luncheon in Dining Facility. Lt. Col. Gould will be the guest speaker.

March 29—1 p.m. a health seminar/presentation at the MEDEL EMT ward. The guest speaker will be Dr. D'Addio, general surgeon. For more information, call ext. 4412 or 4238.

WIMSA

Women In Military Service For America Memorial Foundation, Inc. (WIMSA) Membership Drive

Servicewomen, we need you to register! $25 fee. See Maj. Donna Killian, ext. 4441 or visit www.wimsa.org

Air Force Forces recently completed a very successful campaign to raise money to support four Air Force charities.

More than $6,300 was raised among Soto Cano's 172 airmen (over $36 per person) to help out less fortunate Air Force members and their surviving spouses.

The biggest recipient was the Air Force Aid Society, which is the official charity of the U.S. Air Force. Its role is to provide relief during emergencies faced by active duty members and their families. Air Force retirees and widows also receive consideration for assistance. AFAS distributes over $13 million annually in direct emergency assistance. In a recent flood in the Grand Forks AFB area, AFAS distributed $750,000 in emergency aid to Air Force flood victims and their families.

In addition to the Air Force Aid Society, the Air Force Assistance Fund supports the Air Force Village Widows' Fund, which provides support and homes to Air Force family members who have no other place to live. They run two life care retirement communities.

The third charity supported is the General and Mrs. Curtis E. LeMay Foundation. They provide care for widowed spouses of active duty and retired Air Force personnel who are left to survive with meager financial resources.

Finally, the Air Force Assistance Fund supports the Air Force Enlisted Men's Widows and Dependents Home Foundation. This charity runs two facilities in Florida, Teresa Village and Bob Hope Village, which provides 379 housing units to help enlisted widows. These widows often have very few assets due to low military pay and frequent moves, which made it difficult to pursue careers, have home equities, and develop outside retirement plans.

All of these charities were helped by the generosity of our Soto Cano airmen.

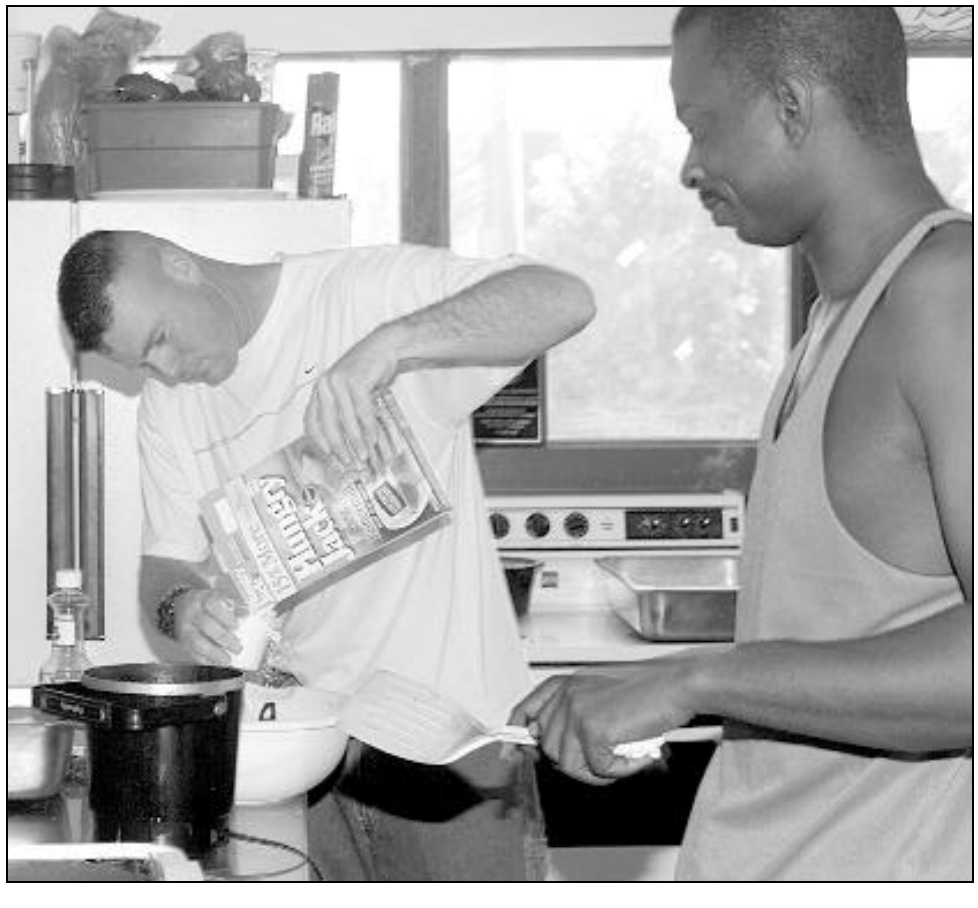
Photo by Spc. Socorro A. Spooner

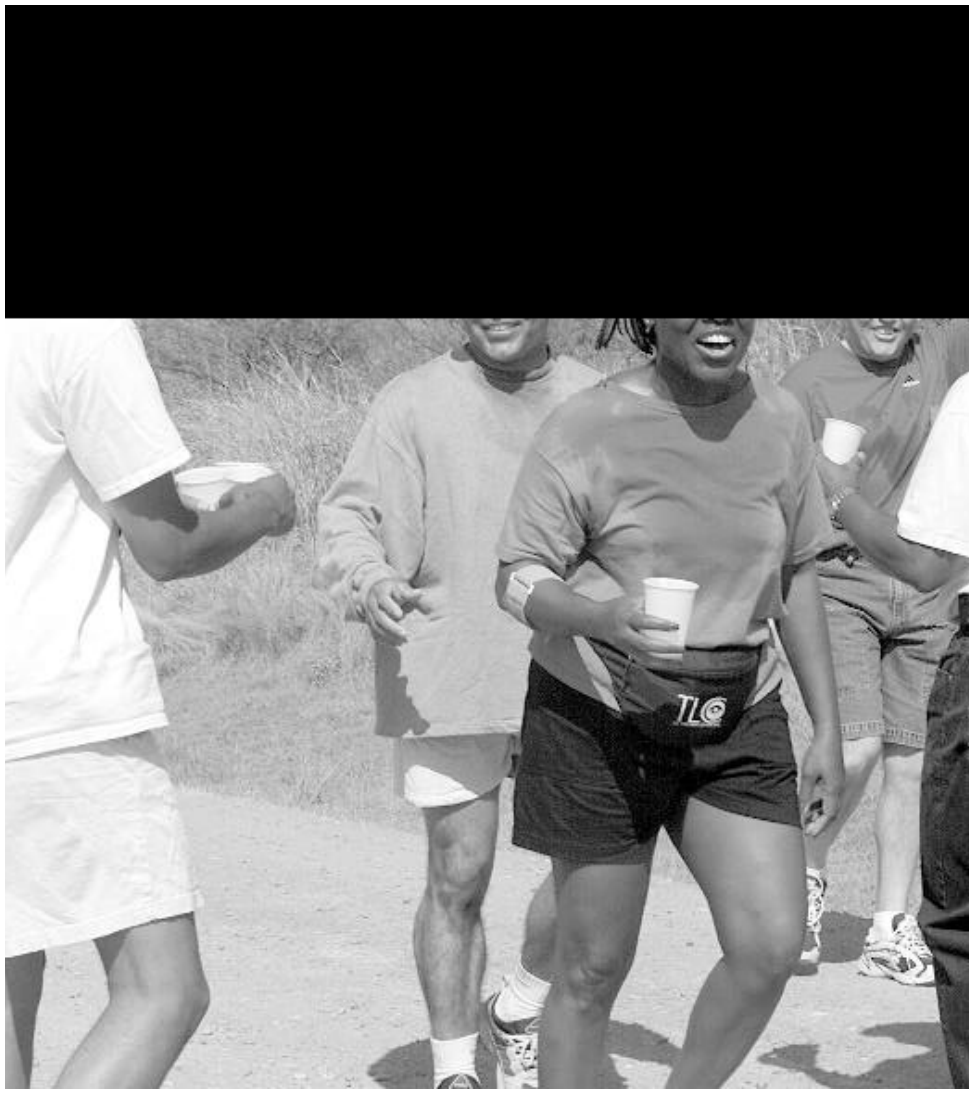
Combat Lifesavers

Iguana editor

Building Camaraderie

Photo s by Spc. Socorro A. Spooner





Iguana editor

With the early sunrise, women at JTF-Bravo arose from their warm beds to participate in the Women's Perimeter Walk at 8 a.m. March 11.

More than 60 participants both military and civilian came out in support of the morning event. The event consisted of a six-and-a-half-mile perimeter walk around Soto Cano. As participants walked and ran around the base, some men stayed back to cook up a brunch for the walkers. They were up early preparing eggs, potatoes, sausage, bacon, pancakes and fresh fruit.

"The men did it without hesitation, they knew we'd be hungry and would be missing the dining facility for breakfast," said Maj. Donna Killian, J-4 director.

"The meal was great," added Killian.

Men didn't only help with the cooking of the brunch they also helped out by providing water points throughout the walking route, she said. The ice water was very much needed on the hot walking route.

At the end of the route, all participants met back at MEDEL where the walk began and received a free T-shirt commemorating the event, which was provided by Sophia Moralesk.

"The walk was a great success and thank you to everyone who participated," said Killian.

Commander, U.S. Army Air Ambulance Detachment

Soto Cano Air Base provides a great opportunity to get into excellent physical condition. For those who wish to go beyond an average level of fitness, marathon training rewards runners with an added sense of achievement. The 26.2 mile marathon event combines endurance, speed, and physical determination. Both the Internet and your local library are excellent sources of published training plans for the prospective marathon runner, but here are some simple tips for you which I have learned in four previous marathons.

Set a goal

First, set a goal for yourself. It's a good idea to decide how you plan to run the marathon before you start your training. For those who have never run one, a good recommendation would be to plan to simply "finish" the race. On the other hand, if you've done one or two marathons, and enjoy the pain (I mean challenge), I would recommend setting a finishing time goal for yourself; which will help you plan your training more effectively. I recently ran the Pensacola Blue Angel Marathon. I set a goal of 3:30, and my finishing time was 3:34. I won't bore you with my excuses, but that goal helped me plan my training, and finish close to my desired time.

Training plan

Once you set a goal for yourself, you can build your training plan. Here are a couple of rules that have helped me. First of all, there are absolutely no shortcuts in marathon training. You have to put the mileage in. A good rule of thumb, based on my experience, is that you need to run at least 40 to 45 miles a week. For those who want to compete in the 3:15-3:30 finishing time range, training demands a schedule of up to 60 to 70 miles a week. I recommend one long distance run a week; beginning at 10 miles, and increased up to 20 miles a couple of weeks before the race. Always taper your training the last week so that your body can recover enough to perform well at the marathon. Secondly, I can assure you that if you train with all long and slow distance runs, your marathon will be long and slow. I recommend a good mix of distance running and interval training. It is a good idea to go to the track once or twice a week, and run half-mile intervals at your race pace (time per mile) minus one minute. You can also take advantage of the cross trainer machines at the Fitness Center by training your body to perform at a specified heart rate.

Weight training

Within the past year, I have been amazed at how effective weight training can be for running. I used to train for marathons by means of "running" workouts alone. Now, I spend six to seven days a week in the gym as a supplement to running. I am not nearly as strong as some of my fellow "Witchdoctors," but an effective routine of weight training helps me build muscle strength and endurance while burning fat. With my previous training plans, I was never able to get below 195pounds in my body weight. Now, with the weight training, I am holding steady at 180 pounds. This, combined with a sensible diet, helps keep body fat content to a minimum.

Supplements

People ask me what I'm taking. Here's my answer- I'm taking my butt running to the gym three hours a day, seven days a week, that's what I'm taking. There is no substitute for hard work. However, there are some over-the-counter products that may enhance your performance. Always talk to your doctor before taking any supplements. Some have different results than others, but creatine can be helpful for weightlifting and whey protein can help reduce the body's recovery time. Products with ephedra and caffeine can provide short periods of energy during workouts. When I'm running a marathon or on a long training run, I carry packets of Power Gel; which provide bursts of energy along the way. Finally, stay hydrated. There's nothing more tragic than the runner who spends all that time training, but doesn't take enough water during the race, because their afraid they'll lose time if they stop for water. For them, the result is inevitable-DNF-Did Not Finish! I always plan to walk through every water stop to ensure that I get enough liquid.

Finally —have fun. Long-distance racing can be exciting and rewarding with the proper training and preparation. I'm always looking for folks on Soto Cano to join me on Sunday morning distance runs. Feel free to e-mail me if you're interested.

Off-limit establishments in Comayagua

Below is the most recent recommended off-limits areas in Comayagua as of Dec. 9, 1999:

* Colonia 1 de Mayo
* Colonia 2 de Mayo
* Colonia 21 de Abril
* Barrio Independencia
* Barrio Suyapa
* Barrio La Sabana
* Barrio San Juan
* Barrio Cabanas
* Barrio San Jose
* Barrio Los Lipos
* Barrio Boquin
* Barrio Zarcita
* Bordellos
* Hotel Luxenburgo & front walkway
* Hotel El Puma
* Barry's Aquarios Cantina
* Galaxy Discoteque
* Celio's Discoteque

The following is a list of authorized establishments for use by service members. However, after 6 p.m. movement on foot is discouraged for safety reasons.:

Tequilas Discoteque
La Plaza (all shops and restaurants)
Discovery Discoteque
Santini's Bar
Mang Ying Restaurant
El Torritos
Dave's Hamburgers
Esso Gas Station and Food Court
Hotel Morales
Hotel Norimax
Hotel Quan

You've been at Soto Cano too long when...

Score 1 point for each statement. A total of 10 or more points means you may need a vacation back in the states:

- You have a favorite shower stall.
- You start getting cold chills when the temperature drops below 75 degrees.
- The long walk to the latrine doesn't seem so long anymore.
- You have expanded your Spanish from "uno mas" to "dos mas."
- You get use to drinking juice out of a bag.
- You consider McDaniel's a Five- star restaurant.
- You have rented more than half of the movies at the base exchange.
- You're attending farewells for the same people you hailed.
- You can't remember if you are supposed to drive on the right, left or down the middle of the road.
- You are greeted by name at the local night spots.
- Going to Comayagua is a "big night" on the town.
- You look forward to Mondays to recover from the weekends.

Boating course

MWR is offering a boating safety course. This course is mandatory for anyone who operates one of the MWR boats at the lake. The course will be held on the following dates:

* March 31 from 6-9 p.m. in classroom H-73 &
* April 1 at Lake Yojoa.

Transportation departs at 8 a.m. from the contracting parking lot.

Golf Tournament

The United States Military Group is sponsoring a golf tournament April 8, beginning at 8 a.m. at the Villa Elena Country Club. The tournament fee is 350 Lps. per player. The fee covers a commemorative polo shirt, green fees, prizes/trophies, beverages, food and music. The funds raised during the event will be donated to different charity projects in Tegucigalpa. Registration deadline is March 31 and is limited to the first 45 players.

For more information, call Annie Maldonado at 234-4511 or DSN 5213, Esther Luna at 234-8011 or DSN 5230, or Sofia Morales at 239-9306.

College classes

Last days for registering to attend the University of Maryland Term IV beginning March 26 to May 21. The Education Center is available for tuition assistance. For more information, call ext. 4557.

Education Center college courses start April 3 through May 20. Register soon for your college course to complete your CCAF degree, Distance Learning degrees, promotion points. Reserve a seat now before it fills, and you can pay your 25percent tuition by April 3 when class starts. University of Maryland classes are:

BIO 160: Human Biology,
Tues & Thurs, 6-9 p.m.,
SPAN 111: Elementary Spanish I,
Mon & Wed, 6-9 p.m.
MATH 101: Modern Algebra,
Mon & Wed, 6-9 p.m.
MGMT 160: Principles of Supervision,
Tues & Thurs, 6-9 p.m.

Call the Education Center for more information, 4420, or visit Bldg H-56 next to the Post Office.

Free Spanish class

Sign up now at the Education Center, Bldg H-56 next to the Post Office, for the free beginner's Headstart Spanish classes that starts on April 3, Monday, Wednesday and Friday from 6-9 p.m.

New tech tip

Servers Clean-up: All the servers are reaching their storage capacity. In order to avoid another crash of the system, like one to the PDOMAIN a few days back, everyone needs to go into their section / personal folders and save to a CD-R or tape back-up all data you want to archive. Any unwanted data please delete. The task force has enough CD Writers for everyone to be able to transfer data into their personal / section CD-R. I've been instructed by the JTFB Cdr to start cleaning up the servers and to delete old files that have not been accessed in a long time. Suspense for this action will be March 31.

Finance news

The finance cashiers are open until 2:30 p.m. but customer service is open until 4 p.m., not the cashiers. For more information, call extension 4862.

Passport information

Personnel assigned to JTF-B should arrive with a passport. If they do not have one, especially those assigned here for a year, please go to J1 and begin the paperwork for a "no fee" passport that can be issued by the embassy here in Tegus. Any questions please call either Mrs. Gledia Castillo in J1 or the LNO office in Tegus at ext. 4493.

Computer tip

Are you over your e-mail limit again? Getting e-mail messages stating "you are over your limit" or "your account is locked out"? Is your over the limit account being advertised on JTFB News? Now, there is a new free TECH TIP which will help you better manage your account and not get those annoying messages or global advertisements.

The new TECH TIP is called "How to view the sizes of your messages in Outlook 97." To access this you must be logged in as yourself and have Outlook open and then go to Public Folders/All Public Folders/ TECH TIPS. The challenge is there for you to spread the word around and help your peers and subordinates to effectively keep their accounts in check. Check it out!

LNO information

Airport: Personnel arriving into the airport in Tegus should look for the driver of the base shuttle who will be holding a sign that reads "Soto Cano." If you ever have trouble locating us, call the JOC extension 4132 or 4149, they can always reach us.

White House ROE

No one should simply arrive at the White House expecting to stand there ringing the bell and expect someone to let you in. Personnel wanting billeting must coordinate it in advance. It's your responsibility to go by the JSF Desk (the MP desk, not the sign out desk), or the JOC, and get the combination to the White House before arriving.

The combination has been changed. It will not be available by phone or e-mail, only through the JSF Desk Sergeant or the JOC. If you do not show up, which happened twice last week, you may not be allowed to stay at the White House in the future.

Curfew: In Tegucigalpa, curfew simply means you must be off the streets, not walking, between midnight and 5 a.m. Sunday-Thursday and 2-5 a.m. Friday and Saturday.

This means if you are traveling in a taxi from a nightclub to the White House at 3:30 p.m., as long as you are in a taxi or vehicle and not walking, you are not breaking curfew. We hope this clarification will encourage more personnel to utilize the free billeting available at the White House.

Travel charges

The Department of Defense has mandated the use of the Government Travel Credit Card for all expenses arising from official government travel, unless otherwise exempted. Questions about possible exemptions should be directed to 1st Lt. Randolph Wagner, JTF-Bravo Finance Officer at extension 4284.

Band visit

RB Stone is back.They perform April 14,1 5 and 16 a t the Beach Club. If you did not have the opportunity to see them during their past tour, this is your time to enjoy and hear great country music.

Helping out PAO

PAO is looking for a few good men and women who would like to try their hand at graphic design, photography, print journalism and video presentation. If you are interested in volunteering no more than two hours a week in the public affairs office. Please call Capt. Eric Hilliard at 4150 for more information.

Flightline rules

All JTF-B personnel must possess a flight line competency card (AF Form 483) before driving on the Soto Cano flight line. Your unit vehicle NCO is responsible for flight line driving training. Base Operations (Building D-60) issues the card after you successfully pass the flight line driving test.

NOTE If you have a red line badge you should also have a competency card. If not, please get with your vehicle NCO and/or Base Operations to receive the proper training and be issued your card. You can not drive on the flight line without this card in your possession and the red line badge visible on your uniform. For more information, call 1st Lt. Clinton McCommon at 4337.

JTF-Bravo Chapel schedule

Catholic Activities
Saturday Mass 4:30 p.m., Chapel
Sunday Mass 8:30 a.m., Chapel
Sunday Choir 9:15 a.m., Chapel
Sunday Bible Study 9:45 a.m., DFAC Annex
Wednesday Mass Noon, Chapel

Protestant Activities
Sunday Bible Study 9:30 a.m., Chapel
Sunday Service 11 a.m., Chapel
Sunday Gospel Service 1-3 p.m.,
Thursday Choir Practice 7 p.m., Chapel

Community Activities
Chapel Fellowship meals First Sunday of every month Chapel
Men's Fellowship Mondays 7 p.m.
Women's Fellowship Tuesdays 7 p.m.
Base Bible Study Wednesdays 6:30 p.m.
Retreats contact Chapel for more information
Prayer Fridays 7 p.m., Chapel

Honduran Charitable Organization
Meeting 10 a.m. first Tuesday of every month

For more information contact Chap. (Maj.) O.J. DiIulio or

Spc. David Williams at 4351 or 4606

Post office hours of operation

Stamp sales and parcel mail	***9 a.m.to 4 p.m.***
Money orders	***9 a.m.to 4 p.m***
Unit mail pickup	***9 a.m. to 5 p.m.***
Parcel pickup	***9 a.m. to 5 p.m.***
In/Out-processing	***9 a.m. to 1 p.m.***
Parcel pickup	***1 p.m. to 3 p.m.***

Closed on Sundays and all U.S. holidays

If you have any questions, please contact us at 4195.

Certification in Utila

March 31- April 3,7-10, 14-17

MWR hosts diving trips to Utila, Bay Islands for those who want to dive, snorkel or complete or continue dive certification at the Bay Islands College of Diving - Utila's only five-star PADI school. Two hotel packages are available. Lodging ranges from $12-$45 per night with single and double occupancy as well as meal packages available. Fun dives are $15 and open water certification course, which begins with academic training at Soto Cano, costs $150. The school also offers an advanced open water certification course for $150. Airfare from Tegucigalpa to Utila is $116 per person. Prices do no include taxes, tips or incidentals.

Roatan Islands

March 31- April 2,8-10,14-18

MWR offers "fun in the sun" or diving trip packages to Roatan.

Resort Option 1: Both packages include three nights and four days lodging, Roatan Airport transfers, three meals per day, and use of canoes, kayaks, tennis court and jogging track. The "fun in the sun" package costs $426 (single occupancy), $339 (double occupancy) per person and also includes a daily $20 beverage credit. The "'certified' diver" package includes three dives per day including tanks and weights and costs $330 (single) or $270 (double) per person.

Resort Option 2: Both packages include deluxe accommodations, Roatan Airport transfers, and three meals per day. "Fun in the sun" package $85 (single) $62.50 (double) per person per day and includes free snorkeling with all guests having the option of going out on the boats to snorkel at dive site. "'Certified Dive" package includes three boat dives per day and unlimited shore diving. Equipment rental is $25 per day.

Airfare from Tegucigalpa to Roatan is $121 per person. Prices do not include taxes, tips or incidentals.

Valley of the Angles

March 26, April 1, 9, 15

MWR sponsors a variety of shopping trips to various locations and provides the transportation. Trips depart contracting parking lot at 8 a.m. and return at 5 p.m. For more information call MWR extension 4268.

Copan Ruins

March 25-27,April1-3,14-16

The Copan Ruins have been the major source of information regarding the ancient Maya civilization and has also been referred to as the most artistically advanced of all the Mayan cities. MWR can put you in touch with four different hotels that host several different activities. Lodging ranges from $32-$60 per night with single and double occupancy available. Prices do not include taxes, tips or incidentals.

Lake Yojoa/Waterfalls

Every Saturday and Sunday

Enjoy a day or weekend riding a boat around Lake Yojoa or visiting the waterfalls. MWR owns the boats. Servicemembers need to pay for boat fuel. Waterfalls are located 45 minutes from Lake Yojoa. Day trip participants will need to choose between the lake and waterfalls. MWR provides the transportation. Overnight lodging packages starting at 200 Lps per person per night are available through Tours and Travel. Prices do not include taxes, tips or incidentals.

San Pedro Sula

March 24-26, April 1-3,14-16

San Pedro Sula is considered the industrial city within Honduras, has five-star Honduran hotels and nice shopping centers. Tourists staying in the city can take a day trip to Copan Ruins or visit any of the other approved cities in the area. Hotel rooms range from $50-$90 per night per room and meals are not included.

Diving training class at Soto Cano pool

March 14-16

For more information call MWR at ext. 4268/4458 or stop by the new office in the Recreation Center.