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

The Iguana

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Making a difference

By SPC Brad Mincey
Public Affairs

A 2-year-old child enters the Santa Teresa Hospital in Comayagua with scars from a fire that scarred his face and right arm. He can barely use his arm because the scar tissue has twisted and contorted his hand back so far it almost touches his wrist. But a team of American doctors will soon fix that.

When he recuperates and heals, he should have full use of his hand and will lead a normal childhood again and do all of the things a child should without any hindrances.

Carlos Motino was burned when he was 5 months old when the mosquito netting covering his bed caught fire and burned him. Up to this point he has been too young to operate on safely. But now he and his mother look forward to seeing what the future will bring once the "problem" is fixed.

"It is not difficult for him to make friends," said his mother, Maria, through an interpreter. "He talks and plays with the children in the neighborhood." The difficulty comes into play when he needs to use his hand.

When she first took him to a public hospital in Tegucigalpa after the fire, doctors there did little for him. They did not have the resources. Since she could not afford to pay for the operation in a private hospital, Carlos did without. But then she heard that the doctors from the United States were coming to the area, so she came to the hospital with the hope that her son could be healed.

She has been waiting for some time now, because the doctors who come are not always plastic surgeons. Sometimes they are eye doctors or orthopedic-surgeons. The doctors also do not want to attempt surgery at such a young age, because the possibility of something going wrong during anesthesia increases at a young age. This time, she heard there were going to plastic surgeon in Comayagua, so she came and applied to have the work done.

"This is the best thing that could have happened for us," she said. "I am looking forward to him getting the surgery so that maybe he can recover some of the movement in his hand."

Congenital diseases such as cleft lips and palates often go untreated in Honduras. Accidents also cause injuries and scars, which may hinder the ability to take care of ones self or take advantage of the things others take for granted.

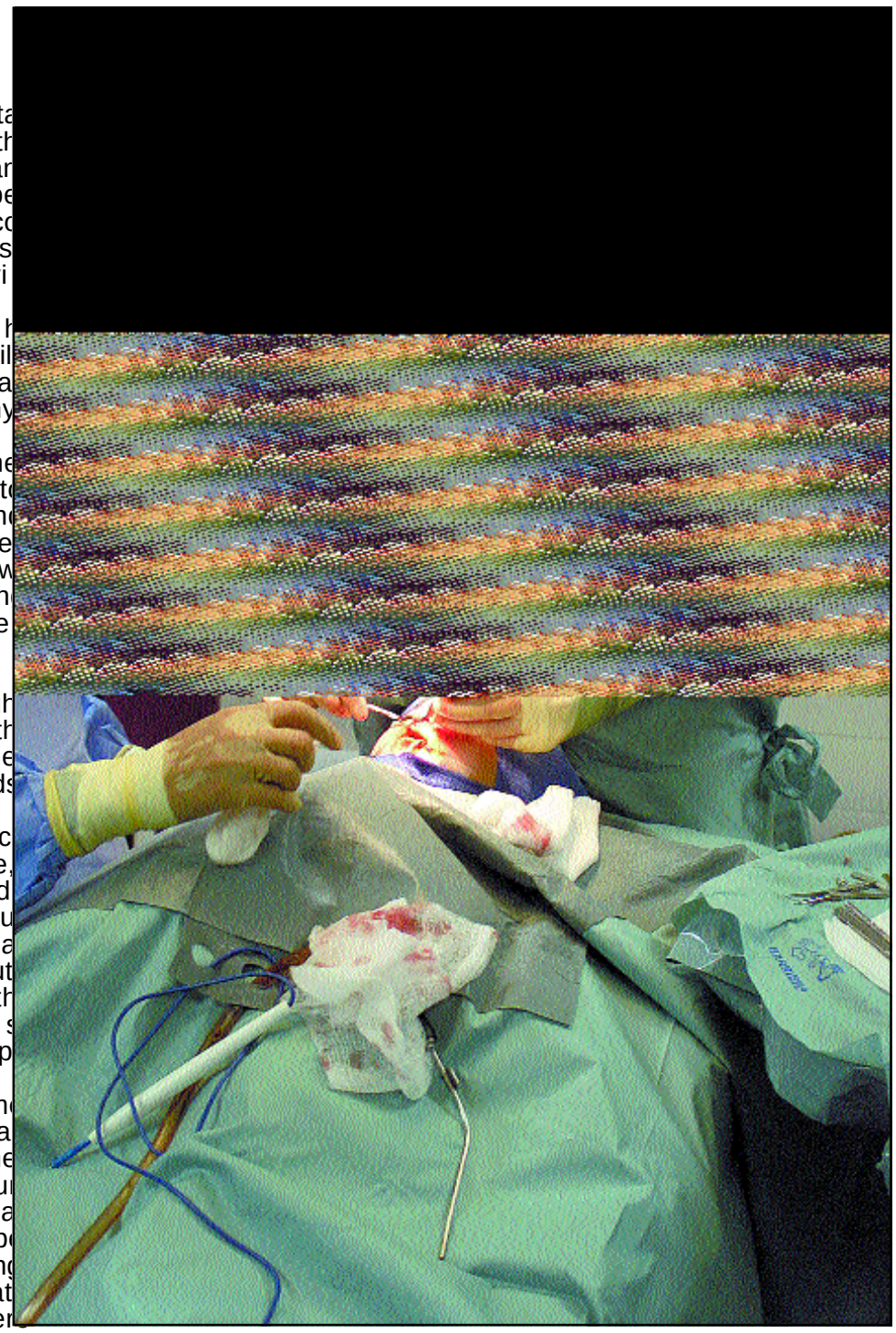

Photo by Master Sgt. Pat McKenna

Col. (Dr.) Charles Hardin, from the 59th Medical Wing out of Lackland Air Force Base, Texas, works on one of 30 patients who were seen during the Medical Readiness Training Exercise Aug. 13 through 24.

A total of 10 Air Force doctors, anesthesiologist and nurses from the Wilford Hall Medical Center at Lackland Air Force Base, Texas, were in Comayagua from Aug. 13 to 24 treating the Hondurans for injuries and congenital diseases.

The group is self-sufficient and brought all of the necessary equipment to perform its mission, including everything from bandages and sutures to operating room machinery.

"About the only thing we didn't bring

See MEDRETE, Page 6

Drive on...

The Honduran Chief of Staff, Col. Lopez Carballo, held a 10k foot march around Soto Cano on July 28. Joint Task Force-Bravo was represented by Lt. Col. Vargas and the JTF-Bravo colors. The 10k road march began at Cabanas Honduran Social Club at 9 p.m. A barbeque lunch was held afterwards at the base duck pond.

Photo by 1st Lt. Kim Garbett

Traveling defensively by air

By Staff Sgt. Pedro Soler
Joint Security Forces

Air travel, particularly through high-risk airports or countries, poses security problems different from those of ground transportation.

Simple precautions can reduce the hazards of a terrorist assault.

When you are making travel arrangements:

Q Get a threat briefing from your security officer.

Q Use military air or U.S. flag carriers.

Q Avoid scheduling through high risk areas; if necessary, use indirect routings to avoid high risk airports.

Q Don't use rank or military address on tickets, travel documents, or hotel reservations.

Q Select window seats; they offer more protection since aisle seats are closer to the hijackers' movements up and down the aisle.

Q Rear seats also offer more protection since they are farther from the center of hostile action, which is often near the cockpit.

Q Seats at an emergency exit may provide an escape route.

Chaplain's Corner

Hit them with your best shot!

By Chaplain (CPT) Wayne Hollenbaugh
JTF-Bravo Chaplain

I once read that the greatest power that a person can exercise is the power to bless someone else.

You might remember that Jacob wrestled with an angel and refused to let him go until he received God's blessing. That same Jacob knew the power of a blessing as he, with the help of his mother, tricked his brother Esau out of his father's blessing of the first born.

I remember back one winter morning when I was in school and I wasn't feeling well, an acquaintance of mine spoke the words "God bless you," as he passed by in the aisle of an auditorium.

After he said this I felt like someone had draped an overcoat on me. I was amazed at the power of this guy's blessing. That doesn't mean we need to feel anything for a blessing to be real. But, if our blessing is to have any power, we must be a clear channel of God's blessing.

Think about the potential for distributing real blessings on people.

Anytime I pass by someone who is maimed or mentally and physically challenged, or that poor laborer struggling for his pay, I want to give a real and potent blessing and not just speak words.

When I send my kids out into the calloused world, I want to provide a blessing of comfort and protection. Matthew 5:13 reads, "You are the salt of the earth; but if the salt has become tasteless, how will it be made salty again?"

There are some important things to understand and embrace if we want our blessings to register. Read about them in "The Book" and come to chapel for more details.

The Iguana

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Well, That's Your Opinion!

Question of the Week

What is the hardest part about being at Soto Cano?

"I miss some of those freedoms and liberties that I am used to like entering and leaving the gate without having to sign in or out. The strict policy for letting visitors on and off bases takes away from it also."

Master Sgt. Randy Choice
Maintenance

"The most difficult part of being here is putting up with the harsh weather (said with sarcasm). This place is much cooler than Panama. The only thing I really miss is Wal Mart, but I can go online if I need anything."

Tech. Sgt. Rick Langstraat
Post Master

"The only thing that makes it hard being here is that I miss the good home-style cooking from the U.S. I miss some of the restaurants like the Outback Steakhouse and good seafood. But if you go to the islands, they have very good seafood there."

Ronald Neal
DYNCORP

"I don't really have a problem being down here. I enjoy it. However, I am from Minnesota, and I certainly don't miss the cold."

Douglas Quiggle
UMUC Teacher

Base shared drive needs to be cleaned up again

Once again, the G drive is filling up fast and reaching critical status. The G drive can hold 17GB of data.

That is a lot, yet it's almost full. It is important that JTF-B network users understand the drive structure available for data storage.

Here are your guidelines:

: C: Drive (computer hard drive) - used primarily for system files and programs. Do not store personal files, etc. on this drive

: D: Drive (2nd computer hard drive) - use this drive to save personal files that only need to be accessed from your computer

: G: Drive (Group network drive) - divided by groups (MSCs); only accessed by members of each group; used for storage of group (official work) related files (working documents, etc.)

: H: Drive (Public network drive) - divided by groups; accessed by all users; used for storage of files intended to be accessed by any and all users (forms, briefings, etc.)

: U: Drive (User network drive) - divided by user; user folder accessed only by specified user; used for storage of personal files that need to be accessed from any network computer (e.g., if you log on at multiple machines)

First of all, remove any obsolete files in your accessible directories.

Second, transfer infrequently used data files to disc (either diskette or CD-R). Some examples, without naming duty sections are: the folder of Star Wars images and sound files, folders of old monthly reports dating back through January 99, picture files that you viewed once and will probably never look at again (until you're ready to leave), personal business card files.

Lastly, organize your files into their proper drives/folders (as noted above). Your cooperation in making this happen is greatly appreciated.

After that time, commo will do a random check of the network drives. If the situation is still bad, we will search for questionable files and folders, and address them with the MSC commanders and directors.

Please don't let it get to this point. Our goal is not to police the network and the data it contains. We are relying on each person's integrity to use our government systems wisely and appropriately.

Users must understand, however, that there are physical limits to what the network can accommodate.

If you have any questions, please contact the CPT Brian Godbey or 1st Lt. Thomas Regen at ext. 4167 or 4259.

Obtaining travel tickets

Personnel traveling on official orders must obtain their tickets through a commercial travel office under contract to the government. Your local CTO is the transportation management office located in Bldg. K-80.

Changes to your official tickets and itinerary must be made at a CTO. If this is impossible, you should contact your CTO or the 1-800 number listed on the itinerary.

If all else fails, you must pay any additional charges from your pocket, government travel charge card (for official itinerary changes), or personal charge card (for personal itinerary changes). Under no circumstances will you instruct the non-CTO agent to bill the government for additional amounts.

Foreign National spouses need proper visa to enter U.S.

U.S. citizens who have married or are planning to marry a Honduran national will need to petition the Immigration and Naturalization Service to admit the foreign spouse into the U.S. on a permanent basis. Please note that you will not be able to take your spouse back with you immediately to the United States as she must first wait for the proper visa (K1 or immigrant visa) to be issued.

The wait can take a number of months. Moreover, the fiancée or spouse cannot enter the States with a tourist visa if they intend on remaining in the States.

If you plan to get married in the United States, you may obtain a visa (category K1 visa) for your future spouse by filing an I-129 petition with the INS in the United States. Please note that although the U.S. citizen petitioner does not have to be physically present in the States, they must file the petition with the INS office in the United States closest to their state of residence. If INS approves the petition, they will send the petitioner an approval notice and will forward the petition to the U.S. Embassy's Consular Section in Honduras. The Consular Section will then send a packet of information to the fiancée(e) or spouse listing the documents they will need to provide for the interview (birth certificate, evidence of termination of any prior marriages, medical exams, etc.).

After gathering all the documents, the spouse/fiancée(e) should call the Embassy to request the K1 visa interview. If your spouse meets all the requirements for the visa, it will be issued on the day of the appointment.

The K1 visa process can take up to six months depending on the time it takes INS to approve and forward the petition to the Embassy.

They must enter the States within six months from the date the visa is issued. The wedding must take place within 90 days of their arrival in the United States and evidence of the plans that have been made for the wedding should be brought to the visa interview (invitations, receipts, etc.).

If you plan to get married in Honduras or are already legally married to a Honduran citizen, you may obtain an immigrant visa for your spouse by filing an I-130 petition with INS in the United States.

If you have been a legal resident of Honduras for two years, or if you have been in Honduras on official orders issued by the U.S. government (this includes Peace Corps volunteers and U.S. military personnel currently assigned to Honduras), it may be possible to file the I-130 petition with the INS office located in the U.S. Embassy in Tegucigalpa. To prove you have been residing in Honduras for two years, you must present a valid residence card issued by the Government in Honduras; a "constancia" that says the residency is in process is not acceptable.

If you filed the petition with INS in the States, INS will send you (the U.S. citizen petitioner) an approval notice once they approve the petition. INS then forwards the petition to the National Visa Center.

The NVC does the data entry of the petition, forwards it to the embassy, and at the same time, sends a packet of information called "Packet 3" to you. If you filed the I-130 with the INS office at the embassy in Tegucigalpa, they will send you an approval notice once the petition is approved.

You should then come to the immigrant visa section at the embassy to request Packet 3 any Monday, Tuesday, Thursday, or Friday at 11 a.m. Packet 3 describes the documents you and your spouse need to gather for the immigrant visa.

After gathering all documents, you or your spouse should call the immigrant visa section to request an appointment. If your spouse meets all the requirements for the visa, the visa will be issued on the day of the appointment.

If you file the I-130 petition in the United States, the waiting period may be as long as six months to a year.

If you file the I-130 petition in Honduras, the waiting period may be as long as three to four months.

Do not go to Banco Atlantida to get an appointment for an interview for a K1 or for an immigrant visa. They do not give out the appointments for these types of visas.

If you are married or plan to marry a Honduran citizen, and do not intend on living or working in the States, your spouse does not need legal permanent residency.

Your spouse can apply for a tourist visa if you and your spouse plan to continue residing in Honduras or outside of the States and make only short, temporary visits to the States. To qualify for the tourist visa, you will need to show proof of legal residency in Honduras and your spouse will need to show strong ties to Honduras that require him or her to return after only a short visit to the States. Special rules apply to those who are on active duty with the U.S. military; contact the consular section for more specific information.

For more information, including fees, required documents, and where to apply, check the:

INS website at www.ins.doj.gov

U.S. Embassy Tegucigalpa's website at www.usembassy.state.gov

U.S. State Department's Consular affairs website at www.state.gov

You may also contact the U.S. Immigration and Naturalization Service in the States or contact the INS office at the U.S. Embassy in Tegucigalpa, by phone 236-9320 or 238-5114, extension 4500 or in person at window 11 in the consular section Monday, Tuesday, Thursday or Friday from 8:30 a.m. to 10:30 a.m.

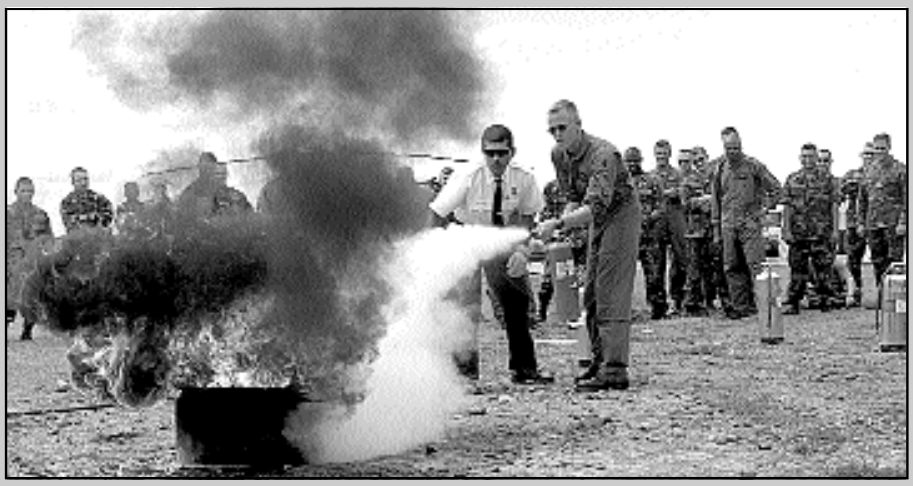


Photo by SPC Brad Mince

Where there's smoke ...

Soldiers and airmen put out fires during annual training on the flight line.

Off-limit Areas

Effective May 1

Off-limit areas in Comayagua:

* Colonia 1 de Mayo
* Colonia 2 de Mayo
* Colonia 21 de Abril
* Barrio Independencia
* Barrio Suyapa
* Barrio La Sabana
* Barrio San Juan
* Barrio Cabañas
* Barrio San José
* Barrio Los Lipos
* Barrio Boquín
* Barrio Zarcita
* Bordellos
* Hotel Luxenburgo & walkway
* Motel El Puma
* Barry's Aquarios Cantina
* Picaya Night Club (formerly Galaxy Discoteque)
* Celio's Discoteque
* Centro Touristico Swimming Pool

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:

* La Plaza (all shops & eateries)
* Discovery Discoteque
* Mang Ying Restaurant
* El Torito
* Dave's Hamburgers
* Esso Gas Station & Food Court
* Hotel Morales
* Hotel Norimax
* Hotel Quan
* Paso Real
* Henry's
* Tatis Pizzeria/Disco

Off-limit areas in the city of San Pedro Sula:

*All area and establishments on the east side of the railroad tracks.

Off-limit areas in the city of Tela:

* The entire city of Tela is off limits.

Off-limit areas in the city of Tegucigalpa:

* Colonia Kennedy
* Comayagüela
* Strip at Avenida Miraflores (between Blvd. Uruguay and Blvd. Suyapa)
* El Centro (after dark)
* Picacho Park
* Plaza España Park

Off-limit areas in Villa San Antonio (Department of Comayagua):

* The entire town is off limits.

Where is the phone?
¿Donde está el teléfono?

I am an American Soldier.
Yo soy un soldado de los Esta dos Unidos.

What is your name?
¿Como se llama?

My name is...
Me llamo... or Mi nombre es...

Photo by Martin Chahin

Getting carded…

A master sergeant performs a routine safety check on Maj. Richard Dopierala, AFFOR deputy commander.

Th Lizard
106.5 FM
Rockin' JTF-Bravo

Monday through Friday

Midnight to 7 a.m.	Top 40
7 to 10 a.m.	"Morning Break"
10 a.m. to noon	Country
Noon to 2 p.m.	R&B AFN Jamz
2 to 5 p.m.	"Lizard Lair"
5 to 9 p.m.	Z-Rock
9 to 10 p.m.	Rush Limbaugh
10 p.m. to midnight	Top 40

Saturday

Midnight to 8 a.m.
Top 40
8 a.m. to noon
Rick Dees Top 40
Noon to 6 p.m.
Z-Rock
6 to 10 p.m.
R&B AFN Jamz
10 p.m. to midnight
Adult Rock

Sunday

Midnight to 5 a.m.	Adult Rock
5 to 8 a.m.	Jazz
8 to 10 a.m.	Adult Contemporary
10 a.m. to 2 p.m.	"Country Countdown"
2 to 6 p.m.	"Countin' Down the Hits" R&B
6 to 9 p.m.	Jazz
9 p.m. to midnight	Adult Rock

Soto Cano Shuttle schedule

Starting May 19, the daily shuttle bus to Tegucigalpa Airport will be departing at 8:30 a.m.

Due to the traffic and long lines at the airport, our troops are still in the check in line ten minutes before there flights are supposed to depart.

Anyone who is going on leave, PCS, TDY or needs to get to the Tegucigalpa Airport for any reason and is planning on taking the shuttle needs to be at the bus stop by 8:25 a.m. If there are any questions, please notify the transportation office.

Tegucigalpa Courier Schedule

Monday through Friday

9 a.m. - Depart Soto Cano AB
10:30 a.m. - Arrive Hospital
10:40 a.m. - Depart Hospital
11:10 a.m. - Arrive Dime
11:20 a.m. - Depart Dime
11:35 a.m. - Arrive White House
11:45 a.m. - Depart White House
Noon - Arrive U.S. Embassy
1:45 p.m. - Depart U.S. Embassy
2:45 p.m. - Arrive Dime
2:55 p.m. - Depart Dime
3:10 p.m. - Arrive White House
3:30 p.m. - Depart White House
5 p.m. - Arrive Soto Cano AB

Saturday and Sunday

8 a.m. - Depart Soto Cano AB
9:30 a.m. - Arrive Mall
9:40 a.m. - Depart Mall
10 a.m. - Arrive Bowling Alley
10:10 a.m. - Depart Bowling Alley
10:20 a.m. - Arrive White House
10:30 a.m. - Depart White House
10:45 a.m. - Arrive La Colonia Supermarket
11:15 a.m. - Depart La Colonia Supermarket
11:30 a.m. - Arrive Mall
2:30 p.m. - Depart Mall
2:40 p.m. - Arrive Bowling Alley
2:50 p.m. - Depart Bowling Alley
3:05 p.m. - Arrive White House
3:20 p.m. - Depart White House
4:50 p.m. - Arrive Soto Cano AB

1st and 3rd Saturday (Golf Course Only)

8 a.m. - Depart Soto Cano AB
9:10 a.m. - Arrive Golf Course
3:30 a.m. - Depart Golf Course
5 p.m. - Arrive Soto Cano AB
For reservations, call MWR at ext. 4268 by noon Friday.

Airport Service

Monday - Sunday

8:30 a.m. - Depart Soto Cano AB
10:30 a.m. - Arrive Airport
1:30 p.m. - Depart Airport
3 p.m. - Arrive Soto Cano AB
To ride the airport shuttle you must reserve a seat by calling the ARFOR Transportation office at ext. 4336 or 4623.

MEDRETE

(Continued from Page 1)

with us this time is the operating table," said Col. (Dr.) Charles Hardin, from the 59th Medical Wing. "The anesthesia machine is one of the new field-ready machines. We bring all the medications, lights and we ev had to bring in an air conditioner from Soto Cano a rig it up."

Children don't have the ability to regulate their boc temperatures as well as adults, because their body face area is so small, the doctor said.

"We had a problem yesterday when we didn't hav the air conditioner hooked up, and we had a hard ti controlling the body temperature, so it became cruc to get it hooked up," said Hardin. "It makes it mor comfortable for us, but it is literally a life-or-death safe ty issue for the kids to have the room well controlled.

The patients come from all over the country hopir to receive medical care that they would otherwise r be able to get or afford, if not for the American medic team's visits every six months.

About 80 patients were evaluated Aug. 13 to dete mine who would be operated on during this Medic Readiness Training Exercise. Unfortunately, on about 30 out of the 80 could be worked on. These w chosen based on need and the ability to perform the eration with the available tools and personnel.

The ability of the doctors to perform plastic surger is a great benefit to those who come for the care. Ma could not travel the distance it would take to get them a hospital that could perform the surgery. Even the most would not be able to afford the cost of such an o eration. But there is the rare occasion when someo has the ability to make a difference in their life and w do whatever it takes to receive the help offered to the

"One of my favorite patients that I have had was a 1 year-old boy who had an unrepaired cleft lip and pala and walked for three days, by himself, to get here," sa Hardin. "Of course there is no way to get parental co sent, but we asked him if his parents knew where he was, he said 'yeah,' and we performed the operation.

Unlike many missions where people don't get to s their work, the medical teams have been coming Honduras for over 17 years performing these ope tions.

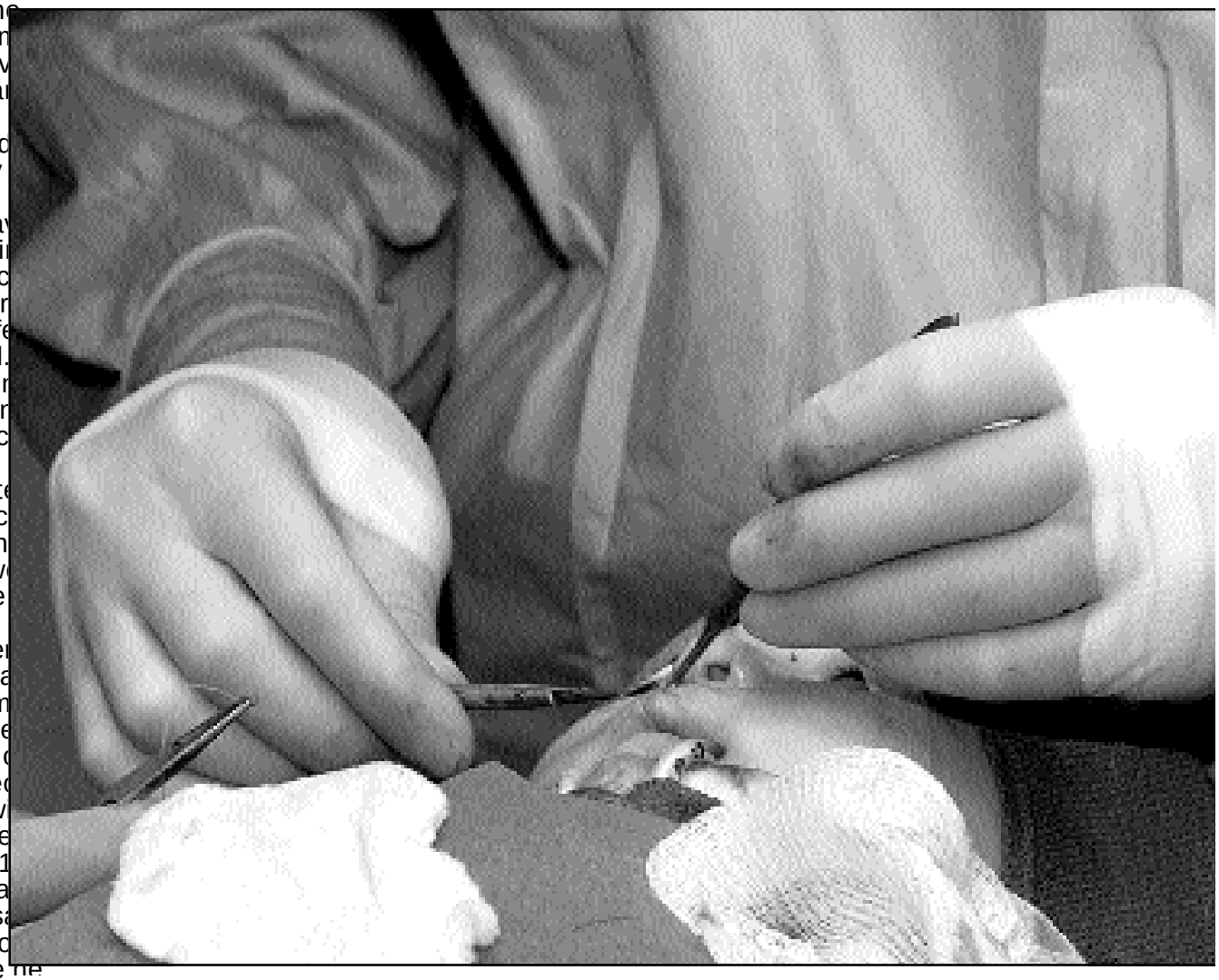
"We get a chance to come back and see what we c Hardin said. "We get the opportunity to perform mult step procedures. But for the most part, we limit ou selves to procedures that can be completed in one s sion that won't require additional expense or equipme on the family's part. I have been coming down for nir years, so I have seen kids who are 10 years old th worked on when they were infants. So we do get follo up and they keep very careful records here. If they g us the year, we can find the follow up on them."

Not only does the local population benefit from th MEDRETEs, but the doctors, nurses and technicia benefit from the readiness aspect of the training. N only do they get the opportunity to use the field equi ment, they also learn to work in a different environme other than that of a typical military hospital.

"There is a pretty steep learning curve for those fol who are coming here for the first time. You kind of lea what is essential and what is superfluous."

Typically, a resident who has never deployed or MEDRETE will normally perform possibly six cleft lips or palates in a stateside hospital, while a resid who comes on a MEDRETE, will do two to three time as many. All in all, the effort put in by the Air Force per sonnel is much appreciated by the Hondurans, w would otherwise not be able to have the such an exp sive operation performed.

"Some places do not take very good care of the chil dren and would just let them lay there for a long time be fore they do anything," said Maria Montino. "They don't let the parents come over to take care of them, they just ignore them. That is why I didn't take Carlos somewhere else. I wanted to wait until this group of doctors came here because I knew they would take good care of him."



Doctors work on one of the many cleft palates that came through the Santa Teresa Hospital in Comayagua during t

Photo by Col. (Dr.) Charles Hardin

Mothers stay with their children in the hospital ward after the operation is completed.

Photo by Master Sgt. Pat McKenna

he two weeks of the MEDRETE.

Photo by Master Sgt. Pat McKenna

Maria Montino brings her son, Carlos, to the hospital to see if doc - tors could fix his scarred arm. Col. (Dr.) Charles Hardin examines Carlos before operating.

"Some places do not take very good care of the children. That is why I didn't take Carlos some-where else. I wanted to wait until this group of doctors came here because I knew they would take good care of him."

Maria Montino, one of the mothers of the children who received free medical treatment

Photo by Col. (Dr.) Charles Hardin

One of the children with a cleft lip and palate before surgery.

Photo by Col. (Dr.) Charles Hardin

The same child with the cleft lip and palate fixed after surgery.

Honduran Charitable Organization receives $1,600

Doc donates money to charity to gin up interest in education

By Master Sgt. Pat Mckenna
Public Affairs

Photo by Master Sgt. Pat McKenna

LTC (Dr.) Michael Russo, MEDEL commander, presents Marine Lt. Col. Roy Harlan, president of the Honduran Charitable Organization, and Honduran Air Force Lt. Col. Gustavo Lanza , base commander, with $1,600.

In March, the commander of Joint Task Force-Bravo's Medical Element issued a challenge to the base: more than 20 students signed up for the University of Maryland human biology class he volunteered to teach; he would donate his teaching fee to charity.

Twenty-eight students from all five of the base's major subordinate commands enrolled in his class - the largest college class ever convened on Soto Cano - and last week the LTC (Dr.) Michael Russo handed over $1,600 to Marine Lt. Col. Roy Harlan, deputy director of civil affairs and president of the Honduran Charitable Organization.

Russo said he wanted to give back to the armed forces, because it paid for much of his education. But he didn't want to make money on the endeavor.

He came up with the idea of donating his Maryland paycheck to charity to increase interest in education and the class.

"With education, you can go anywhere and do anything," said Russo, who will soon be teaching medical students at the Uniformed Services University of the Health Sciences in Bethesda, Md. "With the military willing to foot most of a soldier's or airman's education bill, there's no reason not to take advantage of the University of Maryland classes here."

Russo not only advocates continuing education, he also challenges servicemembers to teach others.

"Teaching is very time consuming, but the efforts are very worthwhile," said the doctor. "Teaching human biology and educating our soldiers and airmen has been the most important and most personally satisfying time at Soto Cano. The learning lasts forever, and the feeling of teaching to interested and motivated students is all rewarding."

Fun Run brings troops together

Many of the base's fastest soldiers and airmen were on hand Aug. 11 for the Soto Cano Fun Run.

The run was intended to not only be a bounding event for the JTF-B's distance runners, it was also held to identify those persons with the right stuff to represent Soto Cano as JTF-B's Army Ten-Miler Team.

The team will meet every Monday, Wednesday, Friday and Saturday at 6 a.m. The other days will be devoted to upper-body workouts at the units.

Even if you aren't a member of the team, they invite you to come out and run with them. The best part is that you can stop when you want to!

The location will be the CG parking lot. The uniform will be runner's choice.

Here are the outstanding soldiers and airmen with their respective times:

Name	6 Mile Time
SFC Ramirez, Javier	42:35
SSG Aranda, Jose	44:08
SGT Thomas, Sheldon	44:50
PFC Odar, Elias	45:15
CPT Brumley, James	45:20
1LT Kunstbeck, John	45:45
1LT Danbeck, Christopher	46:32
SFC Silva, Enrique	47:22
SFC Marrero, Frankie	47:34
SSG Santos, Kevin	47:40
CPT Clark, Jeff	48:00
CSM Fisher, Herman	48:55
CPT Mickleright, Scott	49:35
SGT Sherren, Ivan	51:24
CPT Davies, Tom	52:04
2LT Ayoub, Joseph	52:28
CPT Keesal, Joshua	52:35
SGT Donatto, Nicole	55:28
SPC Hugunin, Amy	70:50
SPC Whitmire, Shante	71:51
SGT Smith, Kimberly	74:43

Name	10 Mile Time
SFC Ramirez, Javier	71:15
SSG Aranda, Jose	74:23
PFC Odar, Elias	77:30
SGT Thomas, Sheldon	78:03
SFC Silva, Enrique	80:16
CPT Clark, Jeff	80:22
1LT Kunstbeck, John	80:53
1LT Danbeck, Christopher	80:53
SSG Santos, Kevin O.	82:10
CPT Mickleright, Scott	86:45
SGT Sherren, Ivan	89:46
SFC Marrero, Frankie	92:20
CPT Keesal, Joshua	92:37
2LT Ayoub, Joseph	95:10
CPT Davies, Tom	99:56

Orphanage gets new playground

The Guadeloupe Orphanage was the fortunate recipient of a new playground, jungle gym and soccer goals.

The project began May 6 from donated materials from the base after COL Edward Martin, former JTF-Bravo commander, and Lt. Col. John Brainerd, AFFOR commander, approved the use of discarded and used material that was being stored at DYNCORP. The orphanage, located approximately 3 miles south of Soto Cano Air Base, received the materials after getting numerous signatures for approval including Honduran Intelligence and DYNCORP management.

Eventually, the group of volunteers was able to transport truckloads of building materials off base.

The project would not have been possible without the help of DYNCORP personnel, the welding shop, and the self-help store.

Staff Sgt. Tim Harris and Staff Sgt. Lanis Williams organized and performed the majority of work required. Additional help was provided by Staff Sgt. Randy Moninger, Staff Sgt. Randy Thacker, Maj. Steven Mis, Lt. Col. John Brainerd, Senior Master

Courtesy Photo

Airmen work together to put up new playground at orphanage.

Sgt. Steven Jones, Senior Airman Brian Fryar, Senior Airman Johnathan Lockett, Staff Sgt. Robert Regueiro, Senior Airman Brian House, and additional support by various other AFFOR personnel.

"We discussed doing something with the six existing poles at the Orphanage that would provide entertainment for the children," said Williams. "We had noticed that there wasn't much for play equipment and decided to try our hands at building some."

New College Classes

Flexible college cours-
es, will be extended o
week to start Aug. 26, n
Aug. 21. Soto Cano A
Education Center has e
lege classes that last o
two days on the weeker
Seminar classes are not
heavy book-and-exam classes, but they are quick and
interactive classes, not demanding class with exams. If
you have some basic computer knowledge, you can
take IFSM 201 Intro to Computer Basic Systems (3
credits). You do not have to take all three CAPP 100A,
E and N; you can take one or some of them. We are stri-
ing to be more flexible for your needs. So if you have
basic microcomputer experience, you can take CAPP
100N or E alone. In view of forthcoming missions,
classes are quite short, as follows:

Seven-week classes, 3 semester credit hours each:

Elementary Spanish 111, Monday and Wednesday,
Aug. 28 through Oct. 11, from 6 p.m. to 9 p.m.

Math 101, Modern Algebra, Tuesday and Thursday,
Aug. 29 through Oct. 12, from 6 p.m. to 9 p.m.

Management 160 Supervision, Tuesday and Thurs-
day, Aug. 29 through Oct. 12, from 6 p.m. to 9 p.m.

IFSM 201, Introduction to Computer Basics, Mon-
day and Wednesday, Aug 28 through Oct. 11, from 6
p.m. to 9 p.m.

Short two-day classes, 1-semester credit hour each:

CAPP 100A Hardware and Software, Aug. 26 and
27, from 8 a.m. to 5 p.m.

CAPP 100E Networks and Communication, Sept. 9
and 10, from 8 a.m. to 5 p.m.

CAPP 100N Desktop Operating Systems, Sept. 23
and 24, from 8 a.m. to 5 p.m.

If you already know basic microcomputers, you can
take 100E and 100N; CAPP 100A is a prerequisite for E
and N. These are not killer exam courses, but enjoyable,
very interesting and learning how to use various soft-
wares, operating systems, etc., it is a short seminar for-
mat.

Come in to the education center, Bldg. H-56 to get
your 75 percent tuition assistance $310.50 paid by the
government, while you only pay $103.50 for 3-semes-
ter-hour college credits, or you only pay $34.50 for on-
ly 1-semester-hour college credit course.

New time for Golf Bus

The golf bus will be departing every Saturday morn-
ing at 7 a.m. from the contracting parking lot. You must
sign up at the MWR office to go, by Friday at 1 p.m. If
there are any questions, contact the transportation of-
fice at ext. 4336.

Driver's Class Changing

The Driver's Orientation Class will be changed back to its original day and time, Fridays at 9 a.m. in classroom H.72, across from the Post Office. For addi-
tional information, contact the Transportation Office at ext. 4336.

Self Help Center

The Self Help Center is open to serve Soto Cano.
DynCorp continues to pursue activities and programs
that make life easier for its customers while stationed
here at Joint Task Force-Bravo. The Self Help Center is
located in Bldg. G-05, and is open Monday through
Thursday 7 a.m. to 4:30 p.m., Friday 7 a.m. to 3 p.m. and
Saturday 7 a.m. to noon.

The SHC offers minor construction materials, tools
and safety equipment for the maintenance and beautifi-
cation of living and work areas. They also have pesti-
cides for controlling insects and rodents.

Bring your Identification Card and attend one of the
safety briefings when checking out power equipment.

ADPE Trainer is Available

Learn how to use Microsoft Office 2000 from your
desktop by using the Automated Data Processing
Equipment trainer. All users of JTF-Bravo's local area
network have access to this computer-based trainer that
will teach you step-by-step how to use Microsoft Office
2000.

To access the trainer, open "Network Neighbor-
hood" and then find and open "ADPE-Trainer." Before
using the trainer, read the file in "AAAAA Open This
First," which has instructions on setting up the trainer.
For more information, call Jody Irish at ext. 4610.

Smoking Cessation Class

For anyone interested in taking the Smoking Cessation Class given by MEDEL's Community Health Nurse. The dates are Aug. 14, 21 and 28 11 p,m. in the MEDEL classroom. There are only 15 seats available. POC for this class is CPT Meiler or SGT Hemphill. Contact Preventive Medicine at ext 4200 or 4500.

Sailing Instructor Wanted

MWR is looking for a sailing instructor to teach at
the lake. Anyone interested must be able to work week-
ends at the lake. This is a paid position. Salary and
schedule can be discussed at MWR. Call ext. 4458 for
more information.

In/Out-processing Time Change

Out-processing will be on Tuesdays in the Comman-
der's Conference Room and in-processing will be on
Thursdays in the ARFOR Conference Room. Both be-
gin at 8:30 a.m.

FLP Pay Rises

Foreign Language Proficiency Pay is up to $300 per
month per person when you pass the Defense Language
Proficiency Test in whatever language you know. More
money is usually paid to those working in that-lan-
guage-required MOS or AFSC; however, a new regula-
tion mandates that everyone get the incentive added pay
monthly just by passing the exam. Call ext. 4420 for in-
formation, or bring in a DA Form 4187 requesting a
DLPT, and we will schedule you for the next test given
Mondays and Wednesdays from 9 a.m. to noon at the
Education Center.

Flight Sim Virtual Reality

For those Air Force personnel who have been testing
the flight simulation program, we thank you for your
service and are glad you all expressed positive results.
We keep these programs and will order the additional
ones that you have recommended. However, the Flight
Simulation Program is temporarily down. Our Soto
Cano DOIM of J-6 found out why the high technologi-
cal assets were not maximized; we need an upgraded
system. We will be inactivating the Simulation System
for a few weeks until the two new "super" computers
are received. DOIM has identified some high tech
needs that are not found on regular computers such as
we have at Soto Cano. We will notify the aviation-affil-
iated units at the time it is activated. Point of contact is
Mo Eckols at ext. 4495.

Alcoholics Anonymous

Meetings are held on Saturday evenings at 7 p.m. in
the chapel bohio, Bldg. N403.

For more information, call ext. 6202. If you get th
answering machine, feel free to leave a messa
Someone will get back to you ASAP.

Antivirus Updates

We know it gets very monotonous doing signatu
file updates every few days, but the antivirus compan
have been working overtime lately to keep up with t
plethora of viruses. There has been at least a half do
viruses over the past two weeks.

The problem arises when a "good" virus shuts
slows down the world, like the "I LOVE YOU" virus.
Hackers then create copycat viruses, refining the co
to bask in the glory of "computer-world" panic. Bottor
line: we appreciate the perseverance of our netw
users.

However, it is a necessary evil to ensure we do n
hinder or lose our connectivity.

In the near future, we should have network softwa
that gives our LAN managers the ability to "push" the
updates to the users. Then they can easily update
computers without the users having to jump through
the hoops. If you have any questions or concerns, cal
6 at ext. 4167 or 4541.

Important MWR Information

Please be advised that due to the limited numbe
transportation assets, anyone who wants to go o
scheduled MWR trip must sign up at the MWR Tou
and Travel Office located in the Recreation Center.
doing this, we can determine prior to the day of dep-
ture what type of transportation is required. By signi
up ahead of time, you are helping us to meet the need
the JTF-B community. If a minimum of five people d
not sign up for a trip, that trip will be cancelled.

Leave in Conjunction with TDYs

Effective immediately, all soldiers going on leave i
conjunction with TDY have five working days to file
their travel voucher (1351-2) and turn it into both F-
nance and S-1.

If a voucher is not turned in within the five-day per-
od, you will be charged the entire leave period listed
the leave form (DA 31). If voucher is turned in after th
five-day period, all troops need to also submit a letter
lateness.

Golf Course in Tegucigalpa

To clear up any confusion regarding the sign-up p-
cedure for using the golf course in Tegucigalpa, tho
interested in playing can sign-up at Tours and Trav
MWR, located in the Recreation Center, Bldg. H401
Soto Cano presently has 5 membership passes,
new clubs are also available for sign-out. The cours
open seven days a week, but MWR provides tra-
portation only on Saturdays.

Officer's Christian Fellowship

We are beginning an Officer's Christian Fellowshi
Bible study on base every Wednesday at 6:30 p.m. in
MEDEL Conference room. It is about one hour of Bib
study followed by some hanging out. All officers a
invited.

For the next several weeks, we are going to be stu-
ing Matthew. If you want to read ahead, this week w
will focus on Matthew 1.

Finance Needs Your Coins

The finance office still needs quarters, dimes, nic-
els and pennies from JTF-B personnel. If you ha
spare change lying around, please bring it by the fina
office ... they really need it. Besides, it comes back
you whenever you shop at the BX/PX. So stop on by
finance office to exchange your change for cold ha
cash.

Troop Spot light

Army values

By Spc. Brad Mincey
Public Affairs

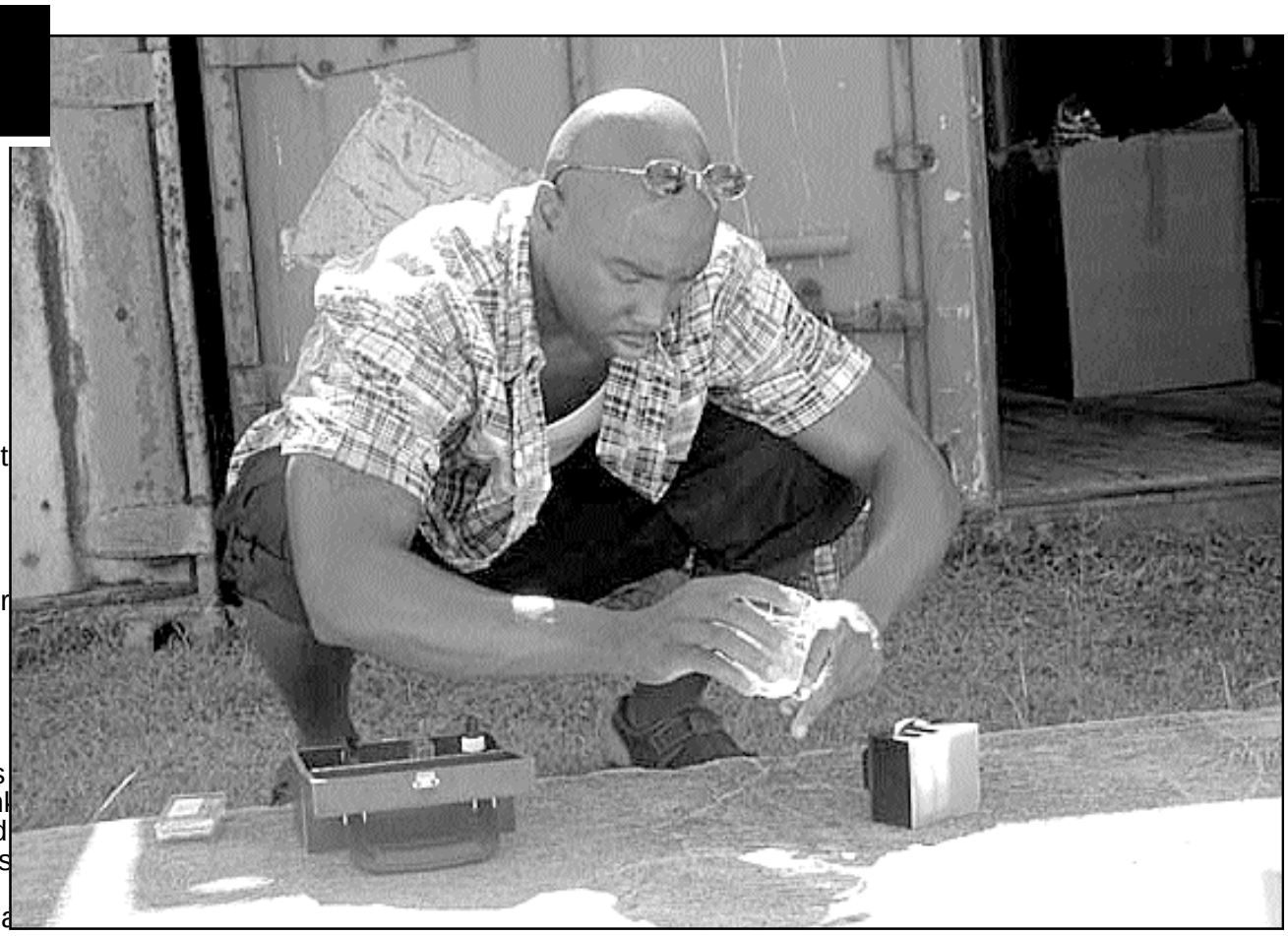


Photo by SPC Brad Mincey

Even on Casual Day, SPC Ronnie Williams, Headquarters and Supply Company, keeps a constant check on the quality of drinking water here on base.

After winning Soldier of the Month, SPC Ronnie Williams, Headquarters and Supply Company, went on to beat out the other soldiers for the third quarter Soldier of the Quarter board.

"It was two months worth of studying initially, but once you get it in your head, it pretty much stays there," said Willaims of his preparation. "The Soldier of the Quarter board was pretty easy after going through the other boards."

This is not his first time being before a board. Not too long ago, he went to and passed the promotion board.

Williams, who has served six years in the Army, is one of the soldiers on base that makes sure our drinking water is safe. His mission consists of testing and purifying the drinking water, here or where ever he is sent.

Prior to becoming a 77W, Water Treatment Specialist, he served in a field artillery unit.

"I really enjoyed being in the field artillery," he said. "There is a lot of cohesion in those units. And building cohesion, motivation and dedication is very important as a soldier."

With 40-credit hours toward his degree, his next goal in the military is to put in an Officer Candidate School packet and try to get his commission.

"I consider myself a good leader, and as an officer, my opinions will count," he said.

Williams hobbies include football, horseback-riding and just about any sport. Being here at Soto Cano gave him the opportunity to to participate in several of his hobbies, be it a sporting event or enjoying the culture and history of Central America while touring the Copan Ruins on horseback.

His reasons for joining the Army were not just for self improvement. According to Willaims, his father was in the service, and his parents strongly recommended he enlist.

"My parents pretty much made me do it at first," Williams said, "but I also thought it would be a good place for me to get my start. After I had been in for a while, it got to where I enjoyed it. Now I plan on staying in and seeing what happens."

Here is the essay, "What Army Value Means" that helped Williams earn Soldier of the Quarter honors.

The seven Army values form the acronym LDRSHIP. The values are Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage. These are the values we as future leaders should base our leadership skills on.

Loyalty is defined as our responsibility to "Bear true faith and allegiance to US. Constitution, the Army, your unit, and other soldiers." Loyalty is a value that reflects trust, must be developed over time, it can never be demanded. With the different challenges we face, it our responsibility to demonstrate a dire commitment to the ones we serve. By doing so successfully, this sense of trust is strengthened.

Duty is defined as our responsibility to " Fulfill our obligations." Duty is doing what is required of us by law, regulation, and order. However, this sense of obligation transcends into a realm of one's personal responsibility to fulfill an obligation to the best of your ability, thus the motto "Be All You Can Be."

Respect is defined as our responsibility to " Treat people as they should be treated." Respect is a primary component in developing an effective, well disciplined, cohesive unit. If someone treats me with respect, I have to be willing to extend the same courtesy.

Selfless Service is defined as our responsibility as soldiers to "Put the welfare of the nation, the Army, and subordinates before your own." As soldiers, we often find it necessary to make certain sacrifices in our personal lives to accommodate our peers and the mission. This is why the value of Selfless Service is often the hardest to live by.

Honor is defined as our responsibility to "Live up to all the Army values." Honor is the foundation by which all Army values are base on. Honor is the very foundation upon which we are expected to base our moral decision making processes as well as our individual styles of leadership.

Integrity is our responsibility to "Do what's right- legally and morally." Maintaining one's sense of integrity can often be the most difficult of the Army values to live with. It means do what is right or tell the truth even if it hurts.

Personal Courage is defined as our responsibility to "Face fear, danger, or adversity (physical or moral)." Courage is a complex virtue containing many different aspect that are broken down into separate categories. Physical courage can best described as the ability to place one's fears of bodily harm aside, while accomplishing the mission. Moral courage places emphasis on adhering to one's personal convictions in the face of adversity. In a sense, doing what is right despite receiving criticism for it.

In conclusion, as a future leader, we owe it to our country and soldiers to train them to be a part of the best fighting force in the world.

Living the Army Values will make a successful leader. If we use the Army Values as a guide, essentially we can never go wrong. By practicing the values and principles discussed in the seven Army Values, not only do we become better soldiers, but better people as well.

Visitors need pass before entering base

By Staff Sgt. Pedro Soler
Joint Security Forces

Pass requests must be received by the Joint Security Forces liaison before visitors can enter the base.

Pass request forms are located outside of Bldg. E-56, the main gate, and also on the H drive for 24-hours access.

Look for JTF-B Form 4 and Form 5, temporary base pass request for official and unofficial visitors, respectively. Request for passes must be submitted three days prior to the visit and they must include copies of the visitor's ID card or passport.

Unofficial passes are from 8 a.m. to 5 p.m. daily.

Twenty-four hours passes will be granted only for U.S. contractors, family members of DOD employees and family members of military personnel assigned to JTF-B.

Spouses are allowed to stay on the installation, however, the sponsor will submit the request along with a letter signed from their MSC authorizing the guest to stay at the quarters for 24 hours.

The pass is then forwarded to the Honduran Intelligence Office for final approval or disapproval.

If the pass gets approved, the original is posted at the main gate for the La Guardia gate guard to grant access to post.

A copy is also provided to the JSF gate guard for assistance in case of any trouble. For additional information you can contact our JSF liaison, Staff Sgt. Pedro Soler or our civilian LNO Lic. Julissa Lizardo at extension 4116.

Filling out TDY papers

Request and Authorization For TDY Travel of DOD Personnel (DD Form 1610) should be prepared for all official travel exceeding 12 hours in duration. Reimbursement will be made on a Travel Settlement Voucher (DD Form 1351-2).

Travelers can also receive reimbursement for official expenses incurred during official travel when the duration is less than 12 hours.

Contact the Resource Management Office that controls the funds for your activity to find out how to claim reimbursement.

Questions can be directed to MSG Hoffman at 4155.

Lunch mass held

A lunch-time Catholic mass is now being held every Wednesday in the Chapel at noon.

Anyone interested may attend the mass.

Troop Spotlight

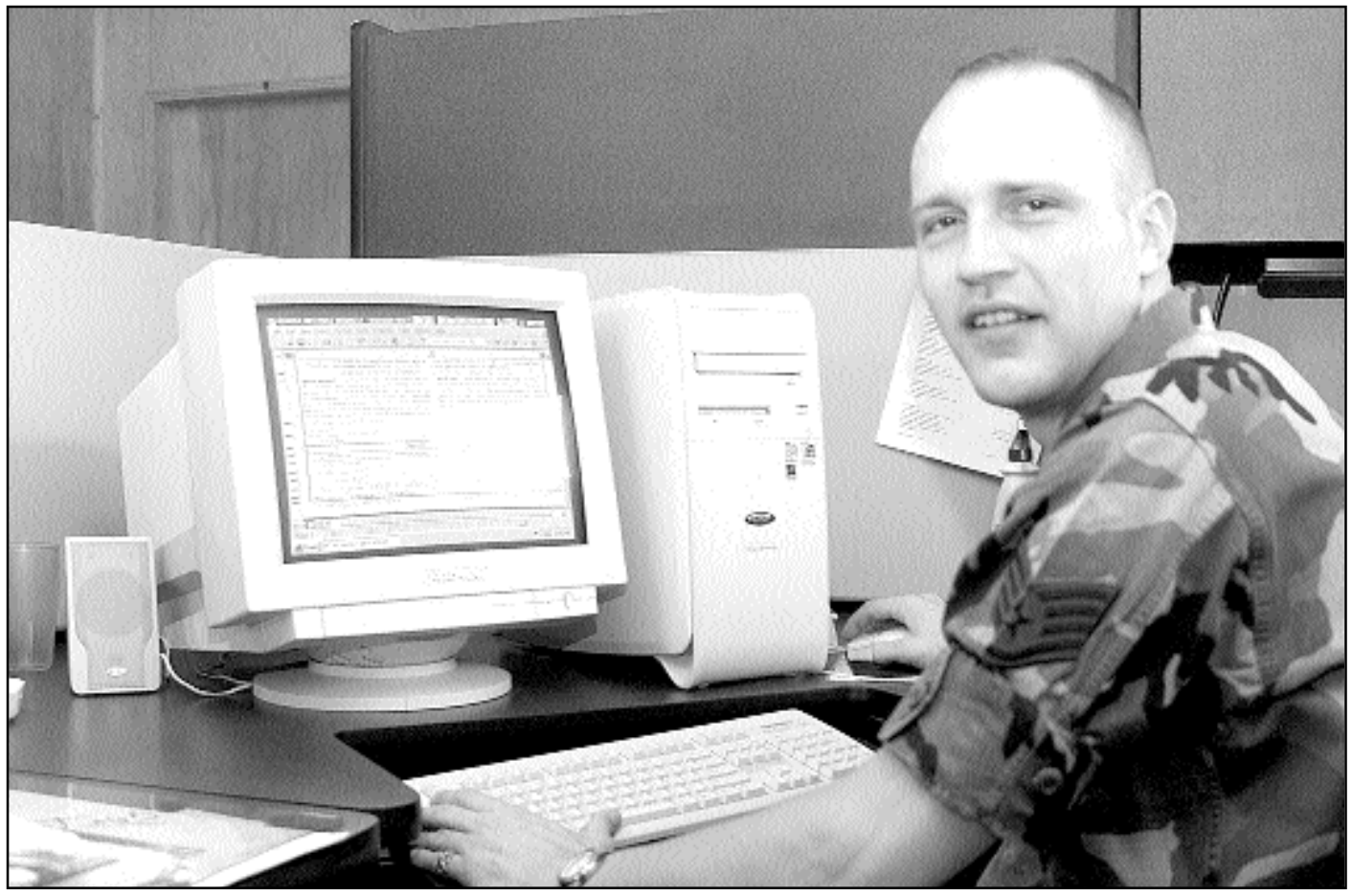


Photo By Master Sgt. Pat McKenna

Staff Sgt. Scott Forsmann, AFFOR Mission Support Flight, was selected as the 1999 USAF Personnel Manager of the Year.

Name: Staff Sgt. Scott Forsmann,
Age: 26
Hometown: Cottonwood, Idaho
Unit: AFFOR
Section/Shop: Mission Support Flight
Duty title: Chief, Unit Personnel Office
MOS/AFSC: 3S051 (Personnel Craftsman)
Most significant accomplishment: Being selected as the 1999 USAF Personnel Manager of the Year
Goals: To settle down, purchase a house, and a Chevy pick-up truck!
Hobbies: Volleyball, Softball, Basketball, Football and playing pool
Favorite Movie: Pure Country
Favorite CD: Neil McCoy - Be Good At It
Status: Single with no children
Supervisor's Comment: Staff Sgt. Forsmann is the most professional Junior NCO I have ever had the pleasure of working with. He is miles ahead of his peers as evidenced by his recent selection as the best in the Air Force at his job for 1999—incredible!
When did you enlist and why? I enlisted on Nov. 15, 1999 because I wanted to get out of my hometown and do something with my life.

Phone call can resolve TRICARE billing issues

By Gary Gilmore
American Forces Press Service

WASHINGTON — TRICARE beneficiaries are now just a phone call away from accessing help to resolve creditors' concerns over late or unpaid medical care bills.

While service members, retirees and family members consider the TRICARE health care system a valued benefit, they don't like threatening calls and letters from collection agencies harassing them over unpaid medical bills.

"These problems tend to occur when physicians are impatient for payment, as they have a right to be. (However,) the burden of dealing with this system, of any system, should not fall on the individual (service member)," said Bernard D. Rostker, undersecretary of defense for personnel and readiness.

TRICARE beneficiaries who've received dunning letters or bad credit reports can now just phone the designated debt collection assistance officer, who will coordinate a review/research process.

TRICARE beneficiaries can click a hyperlink button on the DCAO information Web site to identify their local assistance officers, stateside and overseas, Bonifas said. In addition, beneficiary counseling and assistance coordinators can provide assistance for all other TRICARE issues, such as claims, explanation of benefits and enrollment procedures, Bonifas said.

For more information about TRICARE, visit the Military Health System/TRICARE Web site.