

The

New Horizon



Exercise New Horizons 2004

Issue No. 15, May 13, 2004

Soldiers fuel thirsty birds

Story & photos by Spc. Michael Connors, 302nd MPAD

JUTIAPA, Guatemala—Soldiers battling high winds and scorching heat to refuel Black Hawks here are on loan from Army Forces, Soto Cano Air Base Honduras.

Many of these Soldiers, who are petroleum supply specialists, volunteered for duty at Soto Cano with the 1st Battalion, 228th Aviation Regiment Flight Operations, and they have taken part in



Army Staff Sgt. and Drill Sgt. Paul Hrynio refuels a Black Hawk on the flight line at Exercise New Horizons 2004.

Exercise New Horizons 2004 here, which lasts from late March to early June.

Staff Sgt. Paul Hrynio volunteered for a one-year tour. He's an Army Reserve Soldier from the 98th Division (Institutional Training), headquartered in Rochester, N.Y.

Hrynio noted that the highlight of his career has been his service as a drill sergeant. He's been a drill sergeant in the Army Reserve for the last three years, nine months of which have been

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Airmen provide health-care, so much more

Story & photos by Spc. James P. Patchett, 416th ENCOM

QUESADA, Guatemala—Changing people's lives and improving children's smiles are just a few of the things that the 150th Fighter Wings Medical Squadron from Albuquerque, N.M., are doing here.

The 150th Fighter Wings Medical Squadron is part of a Medical Readiness Training Exercise at a school here, where the classrooms have become clinics.

"We are providing free health, dental, vision and preventive medicine (services)," said Dr. (Lt. Col.) Louis Perino, with the 150th.

"About 1,000 people come in per day with a variety of different healthcare needs," said Perino.

"It's been difficult to meet the demand."

The 150th is working with other Airmen from Oklahoma and Rhode Island; an Army optometrist from the 312th Field Hospital, Greensboro, N.C.; and Guatemalan civilian physicians, nurses and members of the Guatemalan military to accommodate the large number of visitors.

"We typically open at 8:00 a.m. and close at 4:30 p.m., but we've opened earlier because of a longer line than usual outside the gate," said Lt. Col. K. Marsha Julian, MEDRETE officer in charge, of the 150th.

The 150th conducted clinics at three different sites over ten days. To date, U.S. service members have treated over 35,000 people.

The patients first receive an initial health screening and can accept an optional anti-parasite medication.

After an evaluation, clinic-goers attend a preventive medicine class. The class covers basics such as infections and proper dental care.

Then, they are guided to the clinic where patients receive treatment for specific needs.



Air Force Staff Sgt. Shana Miller examines a patient while a Guatemalan soldier translates his symptoms.



Air Force Capt. Ian Gunyea checks a Guatemalan boy's vitals.

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Father teaches compassion a world away

By Sgt. Richard E. Lee, 302nd MPAD

JUTIAPA, Guatemala—While the joint task force builds needed schools and provides medical help, individual service members here at Base Camp Quetzal find their own unique ways of showing compassion to the people of Guatemala.

For Staff Sgt. Clyde Arnold, unit administrator of the 611th Engineer Company (Light Equipment), it started with his six-year-old daughter, Jessica Brittany, way before he left his Covington, Ky., home.

Arnold and his wife, Sandy, are teaching Jessica to help others who are less fortunate.

The Arnolds, who also have an 18-month-old son named Austin, want to instill in their children an active understanding of the importance of car-



Photo by Spc. Michael Connors
Staff Sgt. Clyde Arnold poses with a stuffed duck at Base Camp Quetzal before giving it to a local girl on behalf of his daughter back home.

ing for others.

“It is important to us,” said Arnold, who, along with Sandy, does volun-

teer work in the community.

“We want Jessica to know that it is good to give and help those less fortunate than ourselves.”

Before deploying, Arnold told his daughter that he would be part of a humanitarian project which consisted of building schools and providing medical care. Jessica didn’t quite understand what “humanitarian” meant, so to illustrate the concept, Arnold asked her to give something she liked to a child in Guatemala.

“Jessica agreed to send one of her stuffed toy ducks with me,” said Arnold. “I explained to her that she would never see it again.”

He told his daughter that he would give the toy to a six-year-old girl here and that he would bring back a pic-

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MEDICAL DESK

Advice provided by the staff of the 312th Field Hospital

Much as the waging of war has evolved since the conception of battle fatigue, so too have the stressors that affect the men and women of the Armed Forces.

“Combat stress” is now changing to “operational stress” as awareness of the impact of any type of deployment increases.

A stressor is any event or set of circumstances that causes a person to alter his or her behavior. Stress is a person’s reaction to the stressor.

Whether a stressor is perceived as

positive or negative has to do with assumptions, interpretation and available resources.

If a person is unable to successfully adapt to the demands of a situation, physical symptoms such as headache, muscle tension or gastro-intestinal problems can develop. Psychological manifestations include anxiety, worry, anger and depression.

Deployment is one of the most stressful experiences that we have to confront in our military career. For some, it is a positive stressor, an opportunity to test

one’s training and skills. Others may be overwhelmed with insecurity and fears of possible danger as well as grief over leaving family or friends. Often, some of both are experienced.

Psychological characteristics which help one adapt to deployment:

- Self confidence
- Positive outlook
- Preparation
- Flexibility
- Humor
- Altruism

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ture of the little girl to her.

“To me it seemed this would be easy for her to understand,” he said. “Hopefully, it will instill a sense of pride in her.”

On Tuesday afternoon, Arnold, with stuffed duck in hand, climbed into a Humvee and headed to the village of Nances Dulces, where his fellow Soldiers guard construction workers at the school site. He was on a mission to keep his commitment to his daughter and find a fortunate little girl. Finally he found one girl playing with some other children and presented her the

toy.

Keeping his promise, Arnold took photos with the little girl and then showed her a photo of his daughter. Soon thereafter, he started toward the Humvee to return to base camp, but stopped abruptly because he almost forgot something.

“What is your name?” he asked.

“Jessica,” she replied.

Arnold was taken aback.

“I almost choked up,” he said. “Family values, that’s it in a nutshell.”



Photo by Spc. James P. Patchett

Army Pfc. Zach Culver of the 375th Quartermaster Det., Belmont, Mo., pumps gas.



Photo by Sgt. Lovedy Zie

Mmmm -- canned peas again! Army Spc. Michael Brown of the 844th Engineer Battalion (Combat) (Heavy), Chattanooga, Tenn., prepares chow.

Base Camp Life

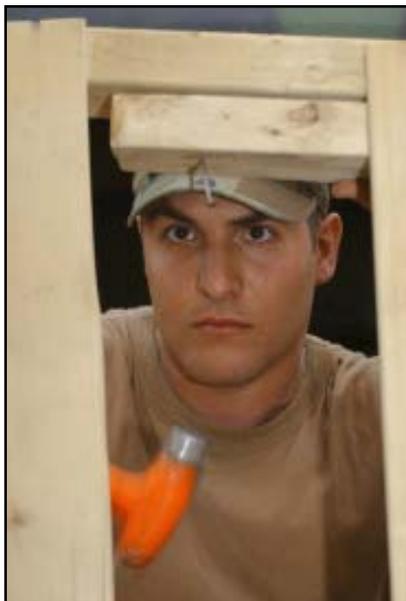


Photo by Spc. Michael Connors

Army Sgt. Mano Kachatorian of the 416th Engineer Command, Darien, Ill., constructs a ledge for a wash rack.

Memos from the Mayor's Desk

☞ **Quiet hours begin at 10 p.m. Curfew is 7 p.m. unless given prior approval by the J3 or the Task Force Commander. Be inside the wire on time!**

☞ **If you are using the computers in the MWR tent, DO NOT download additional applications or porn. DO NOT go to porn sites; UCMJ will be used.**

☞ **Make sure your troops are drinking water, covering themselves from the sun and using sunscreen.**

☞ **Make sure you are taking your malaria pills. If you have any questions, see the medics.**

☞ **Smokers, field strip your cigarettes. Use designated butt cans.**

☞ **DFAC hours:
Breakfast: 5:00 - 7:30 a.m.
Lunch: MRE
Dinner: 5:00 - 7:30 p.m.**

☞ **If you have unused condiments as you leave the DFAC, drop them in the box provided at the exit.**

☞ **Postal services available in Tent 31. Drop off mail from 9:00 a.m.- 3:00 p.m. Pick up mail from 5:00 - 5:30 p.m. & 7:00 - 7:30 p.m.**

☞ **If you have Base-Camp questions, concerns or improvements, see me (Maj. Norris) or 1st Sgt. Morse. I can be reached at the Mayor's tent.**

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Doctor (Lt. Col.) Kurt Lambert, the officer in charge of dentistry for the 150th and a general dentist in Albuquerque, N.M., said, "here it's 'cold steel and sunshine.' It's a term we use to describe pulling teeth."

"Everyone we've treated has had terrible teeth, and pulling



Air Force Dr. (Lt. Col.) Robert Grace extracts a tooth from a Guatemalan girl while Senior Airman Angela Bonilla assists.

them is the only option," said Dr. (Lt. Col.) Robert Grace, a dentist with the 143rd Air Lift Wing, Air Mobile Command, Quonset Point, R.I.

Outside the dental clinic, the line wraps around the building, and the dentists see one patient after another.

"We're really lucky to get help from civilian and Guatemalan military dentists and dental assistants," said Senior Air-

man Angela Bonilla, dental technician, with the 150th.

There are some cases that even the toughest of these Airmen have trouble handling.

"An eight-year-old boy came in with a rare genetic skin condition that covered most of his body. His skin was just flaking off. There was a point where I had to leave the room," said Tech. Sgt. Sal Gonzalez, a medical technician with the 150th and a civilian police officer in Albuquerque, N.M.

"For cases like that there is little we can do but give him some medication to treat it and hope the family is able to take him to the local civilian clinics for a follow-up," said Dr. (Capt.) Ian Gunyea with the 138th Medical Squad from Tulsa, Okla..

With the large number of patients, closing the clinic can be difficult.

"Around 3:00 p.m., I evaluate the compound to see how many more we can see," said Julian. "At that time, there will be at least 200 people in the compound at once," she added.

"The work I'm doing here is more important than anything I do back home," said Grace.



Air Force Dr. (Lt. Col.) Kurt Lambert administers an anesthetic to a Guatemalan woman.

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on active duty as a drill sergeant.

"What I like most is training new Soldiers for today's Army," said Hrynio. "I'm hard on my Soldiers, well, because you can see what's going on in the world now . . . Soldiers have to be disciplined to make it."

Hrynio is optimistic about recent changes in basic training, which consist of two more weeks of U.S. weapons training and approximately 20 additional days in the field.

Private Brian Moyer is another Soldier who volunteered for a Soto-Cano tour. Previously, he was stationed at Fort Wainwright, Alaska.

"I came to Soto Cano because I wanted to learn something new," said Moyer.

Moyer worked with Heavy Expanded Mobility Tactical Trucks that hold Black Hawk fuel, but he didn't get to actually



Standing by a HEMTT, Pvt. Brian Moyer watches fuel flow to a Black Hawk on the flight line.

refuel the Black Hawks when he was stationed in Alaska. Now he routinely refuels them, and many times he has even done "hot refueling," which is when the Black Hawk is refueled while it's still running on the flight line.

"There's nothing like a hot refueling," said Moyer. "It's awesome when the rotor blades are spinning above your head."

While at Soto Cano and New Horizons, Moyer has been mentored by his assis-

tant platoon leader, Hrynio.

"He is a good leader," Moyer said about Hrynio. "He gets things done the way they need to be done. He's not afraid to challenge someone if it's for the right reason."

It's not all hard work on the flight line for these soldiers.

Twice a week, the 228th delivers two water buffaloes to an orphanage just outside of Soto Cano Air Base. They've also recently planted and will maintain a garden there for the orphanage.

In regard to why he helps with the goodwill mission at the orphanage, Spc. Jason McDaniels, also with 228th, simply stated, "If I could do something extra, I could do it. I don't expect anything in return."