fly for good

FV Lantana Rd Baptist

Fly For Good
511 E Travelers Trail
Burnsville, MN 55337
ellen@flyforgood.com

Trip Confirmation

Agent: Ellen Sladick
Date Confirmed: Dec 23, 2016
Trip ID: 12723

Quote 1 (30 PASSENGERS)

Thursday, July 20, 2017			**Delta Air Lines #849**
Depart Atlanta (ATL)	Thu 10:10 AM 20-Jul-2017	**Arrive** Tegucigalpa (TGU)	Thu 11:48 AM 20-Jul-2017

Thursday, July 27, 2017			**Delta Air Lines #552**
Depart Tegucigalpa (TGU)	Thu 01:09 PM 27-Jul-2017	**Arrive** Atlanta (ATL)	Thu 06:25 PM 27-Jul-2017

PACKING LIST FOR HONDURAS MISSION TRIP

DOCUMENT/MONEY LIST:

- ☐ PASSPORT***** KEEP WITH YOU AT ALL TIMES WHEN TRAVELING, SHOPPING.
- ☐ PASSPORT, MAKE COPIES, LEAVE ONE AT HOME, PACK ONE IN EACH PIECE OF LUGGAGE
- ☐ VACCINATION CERTIFICATE/ (IF YOU ELECTED TO TAKE VACCINATIONS)
- ☐ MONEY FOR SOUVENIRS, ETC.*
- ☐ MONEY TO EAT ON THE WAY HOME FROT THE AIRPORT

GENERAL LIST:

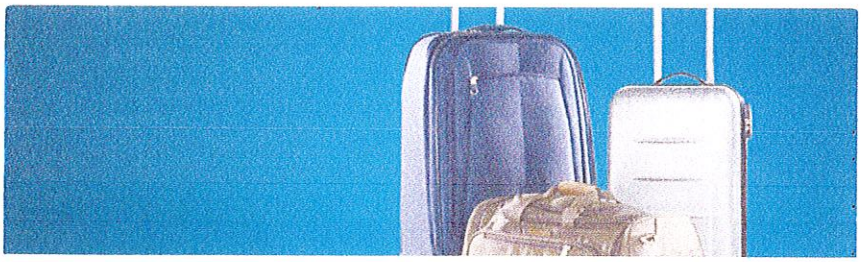
- ☐ BIBLE
- ☐ JACKET/SWEATER
- ☐ CLOTHES (I WILL HAVE T-SHIRTS AND SCRUBS AT THE JUNE MEETING) SHORTS ARE OK, (LADIES KNEE-LENGTH)
- ☐ SLEEPING CLOTHES *(MEN/WOMEN IN SAME ROOM)* MEN PLEASE DO NOT GO WITHOUT A SHIRT, WE ARE ALL TOGETHER IN ONE LARGE ROOM, WITH ONLY A PETITION BETWEEN US-NO DOORS.
- ☐ CHURCH CLOTHES *(MEN NO FLIP-FLOPS IN CHURCH, OTHER TIMES OK)*
- ☐ SCRUBS
- ☐ HAT, SUNGLASSES
- ☐ WATCH (CHEAP)
- ☐ CAMERA/BATTERIES
- ☐ MEDICINE/VITAMINS*
- ☐ FIRST AID KIT

- ☐ SLEEP- AID
- ☐ TYLENOL, IBUPROFEN OR ANOTHER MEDICATION FOR PAIN/FEVER
- ☐ ANTI-DIARRHEA*

- ☐ ANTI-NAUSEA*
- ☐ ANTIBIOTIC* (RECOMMEND GETTING R/X)
- ☐ INSECT REPELLENT*
- ☐ SUNSCREEN
- ☐ SNACKS GA'S WILL GIFT YOU WITH A SMALL AMOUNT
- ☐ FLASHLIGHT
- ☐ BATTERY OPERATED CLOCK
- ☐ HAND SANITIZER
- ☐ RAIN PONCHOS
- ☐ FLIP-FLOPS/SHOWER SHOES
- ☐ ~~TOWELS & WASH CLOTHS~~
- ☐ SHEETS, BLANKET AND PILLOW AND/OR SLEEPING BAG
- ☐ BATTERY OPERATED FAN
- ☐ ALL PERSONAL TOILETRIES

PLEASE LEAVE JEWELRY AT HOME, WEDDING BANDS & SMALL EARRINGS OK, BUT NO FLASH, NO BLING! ANY VALUABLES NOT NECESSARY SHOULD BE LEFT AT HOME. YOU SHOULD KEEP MONEY IN TWO/THREE AREAS AND MAKE SURE ALL VALUABLES ARE AS SECURED AS POSSIBLE.

CARRY-ON



KEEP CALM AND CARRY ON

Not sure what to check and what to carry? Take a few minutes to learn the can-dos and no-can-dos of carry-ons.

TSA's recently announced changes to its Prohibited Items list, including allowing small pocket knives on aircraft, has been temporarily delayed. For more information, visit tsa.gov.

BAGGAGE DETAILS

ONE BAG. ONE ITEM. NO CHARGE.

We know, you've probably heard it before, but just in case you need a reminder: you're allowed **one carry-on bag and one personal item** at no extra charge. Just make sure they fit into the overhead bin or under the seat in front of you. Cram sessions are not pretty — and they slow things down.

SO WHAT EXACTLY IS ALLOWED?

Approved Personal Items

- 1 purse, briefcase, camera bag or diaper bag
- or 1 laptop computer (computers cannot be checked)
- or 1 item of a similar or smaller size to those listed above

Additional Approved Items

The following items **do not count as personal items** (they're freebies):

- A jacket or umbrella
- Food or drink purchased after clearing the security checkpoint
- Duty-free merchandise
- Special items like strollers, child restraint seats or assistive devices such as wheelchairs or crutches

CARRY-ON SIZE RESTRICTIONS

It won't fit. Three words you don't want to hear when trying to board. To avoid delays and possible checked bag fees, follow these size requirements:

- Baggage may not exceed 45 linear inches (or 114 cm) in combined length, width and height, including any handles and wheels, with the exception of small musical instruments that fit in the overhead compartment space or under-seat space available at the time of boarding
- Baggage must fit easily in the Carry-on Baggage Check (approximately 22" x 14" x 9" or 56 x 35 x 23 cm), which is located near the check-in counters

Passengers traveling on Delta Connection flights, and only those flights with fifty (50) seats or less, are only permitted to carry personal items on board the aircraft due to limited overhead space. Personal items must be able to fit securely under the seat in front of the passenger. All carry-on bags within Delta's size restrictions will be gate checked, free of charge, during the boarding process and returned upon deplaning. Please ensure that a pink Gate Claim/Planeside tag is securely attached to the carry-on item. Assistive devices are not subject to this restriction.

If you need information about items such as knitting needles or razors, please consult the TSA website.

CARRY-ON WEIGHT RESTRICTIONS

No maximum weight applies to carry-on baggage except in the below stations:

- Singapore, Singapore - Changi International Airport **(SIN)** carry on should not exceed 15 lbs. (7kgs)
- South Korea - Incheon International Airport **(ICN)** carry on should not exceed 22 lbs. (10kgs)
- Beijing, China - Beijing Capital International Airport **(PEK)** Civil Aviation Administration of China (CAAC) requires that domestic hand carry bags should not exceed 10kgs. Individual carrier rules apply for international flights.
- Shanghai, China - Pudong International Airport **(PVG)** carry on should not exceed 22lbs. (10kgs)

RELATED LINKS

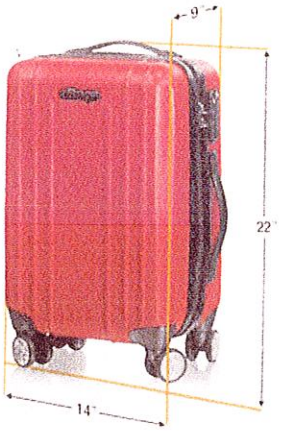
Baggage & Travel Fees
Carry-On Liquids, Medication, & Toiletries
Baggage Restrictions & Restricted Items
How Early Should I Get To The Airport To Check In?
Special Items

CARRY-ON

TOTAL 45 LINEAR INCHES

Linear Inches

22"+14"+9" = 45 total linear inches.



- NO WEIGHT RESTRICTIONS
- MUST FIT IN THE OVERHEAD COMPARTMENT- (WHEELS IN FIRST)
- CHECK TO SEE IF IT WILL FIT USING THE CARRY ON BAGGAGE CHECK, LOCATED NEAR THE CHECK IN COUNTER.

BAGGAGE & TRAVEL FEES

KNOW THE FEES & DETAILS

When you travel with Delta, we want to help you understand the fees you'll pay. This way, you can make the right choices regarding what bags you bring, flexibility when changing your flight or even what to expect when traveling with children or pets.

BAGGAGE FEES
- Common Baggage Fees
- Standard Checked Bag Allowance
- Baggage Fee Details & Rules
- Baggage Protection

BAGGAGE FEE EXCEPTION
- Active Military
- Medallion Status
- SkyMiles Credit Card

TRAVEL CHANGES
- Same Day Travel Changes
- Standard Flight Changes
- Award Ticket & Mileage Upgrade Changes

TRAVEL SERVICES
- Unaccompanied Minors
- Infant in Arms
- Pet Travel
- Direct Ticketing

CHECKED BAGGAGE UPDATE

Delta does not currently accept cash as a form of payment for transactions and checked bag fees at Las Vegas (LAS), Oakland (OAK), Portland, OR (PDX) and San Diego (SAN). Customers without an accepted form of payment may elect to purchase a Visa gift pre-paid credit payment card from a kiosk provided by a third party vendor for a nominal fee.

BAGGAGE FEES

COMMON BAGGAGE FEES

The most common fees for traveling in a domestic, Main Cabin seat are:

FREE Carry-on + personal item

$25 Each way for your first bag under 50 lbs. (23 kg)

$35 Each way for your second bag under 50 lbs. (23 kg)

- *Visit Carry-On Baggage to find sizing and requirements for carry-on baggage*
- *First standard checked bag free for Delta SkyMiles Medallion® Members and SkyMiles® Credit Card Members.*
- *Checked Baggage Allowance Each Way price varies by route.*

STANDARD CHECKED BAG ALLOWANCE

To better assist you with finding baggage information, select from the routes listed. You'll find information on fees and size requirements — sorted by the general routes where you plan to travel. Exceptions for Active Military, Medallion Members, and **Delta SkyMiles Credit Card by American Express Members** apply. Please reference Baggage Fee Details & Rules, Baggage Fee Exceptions or the Regions page for more details.

CHECKED BAGGAGE ALLOWANCE EACH WAY

BAGGAGE SIZE MUST NOT EXCEEDED 62 INCHES (157 CM) WHEN YOU TOTAL LENGTH + WIDTH + HEIGHT

50 = 50 lbs. (23 kg) 70 = 70 lbs. (32 kg)

FOR TRAVEL BETWEEN (TO/FROM)		BASIC ECONOMY, MAIN CABIN, DELTA COMFORT+™		FIRST CLASS, DELTA PREMIUM SELECT, DELTA ONE™
U.S. & Canada	Mexico, Central America, Caribbean, Guyana, & Bermuda	50 25 USD/CAD[1,2]	50 40 USD/CAD[1]	70 70 2 FREE

CHECKED BAG

TOTAL 62 LINEAR INCHES

SIZE= HEIGHT+LENGTH+WIDTH=62 LINEAR INCHES! **WEIGHT= 50 POUNDS!**

OVER SIZE, OVER WEIGHT RESULTS IN AN EXCESSIVE CHARGE AND YOUR BAG COULD BE LEFT BEHIND & IN SOME CASES WITHOUT YOUR KNOWLEDGE UNTIL YOU ARRIVE IN HONDURAS.

PLEASE MAKE SURE YOUR BAG IS THE CORRECT SIZE AND WEIGHT.

Carry-On Bag

3.4 ounces (100 ml) or smaller sized containers that fit in 1 quart-sized, resealable bag may go in carry-on and through checkpoint security.

Checked Bag

Containers that are **larger than 3.4 ounces (100ml)** regardless of amount inside must be in checked baggage.

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

	Find Out Why	Protect Yourself
All travelers		
✓Routine vaccines	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.	
Most travelers		
✓ Hepatitis A	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Honduras, regardless of where you are eating or staying.	
✓ Typhoid	You can get typhoid through contaminated food or water in Honduras. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.	
Some travelers		
Hepatitis B * Doctor & Dental	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.	
Malaria ?	Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. See more detailed information about malaria in Honduras.	

Suggested Use for Adults:

As a dietary supplement, take one (1) capsule per day to support digestive and immune health. Continued daily use is suggested. If experiencing occasional digestive upset, two (2) capsules daily (take one (1) in the morning and one (1) at night) until discomfort subsides.

When traveling, take two (2) capsules daily (one (1) in the morning and one (1) at night) throughout the trip. Best results if started two to three days prior to travel.

I suggest, after consulting with your doctor that you start taking either one of these brands of probiotic 6-8 weeks daily, or as directed on the label or by your physician.

If you are pregnant or breast-feeding, ask a health professional before use.
KEEP OUT OF REACH OF CHILDREN
Do not use if cap drop ring is broken or missing.
Store at room temperature. Avoid excessive heat. Replace cap after use.
Questions or comments?
1-800-353-3343 (Mon-Fri 9-5 EST)
or www.trubiotics.com
Made in Denmark
Distributed by:
Bayer HealthCare LLC
Consumer Care
P.O. Box 1910
Morristown, NJ 07962-1910 USA
Bayer (reg'd), the Bayer Cross (reg'd), TruBiotics, TruBiotics design, and One A Day® are trademarks of Bayer. BB-12 and LA-5 are registered trademarks of Chr Hansen.
C2530 Bayer

.2T: 36658
P: 12.15

TruBiotics™
daily PROBIOTIC supplement
from the makers of ONE A DAY®

Naturally Supports Your Health Every Day:*

- **Replenishes** your body's good bacteria
- **Supports** digestive health
- Plus - **supports the 70% of your immune system** found in the digestive tract

45 CAPSULES

Directions: Adults and children over 3 years - Take one capsule daily with a meal.

Supplement Facts
Serv. Size: One capsule, Amount Per Capsule: Proprietary Blend: (*Lactobacillus acidophilus* LA-5®, *Bifidobacterium animalis* BB-12®) 1.5 billion cells * (* *).
* Prior to Expiration,
* * Daily Value not established.

Other Ingredients: Anhydrous Sugar, Skim Milk, Hydroxypropyl Methylcellulose, Yeast Extract, Sodium Ascorbate; Less than 2% of: Inositol, Magnesium Stearate, Sodium Glutamate, Titanium Dioxide (color).
Contains: Milk.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

New

MAKE A CHANGE

Meta BIOTIC™

PROBIOTIC SUPPLEMENT

With Bio-Active 12™, a
2 in 1 MultiHealth
PROBIOTIC
that naturally helps:

- Promote a **healthy immune system***
- Maintain **digestive balance***

6 WEEK SUPPLY

Actual Size

45 CAPSULES

MULTIHEALTH PROBIOTIC BENEFITS

WELLNESS BEGINS WITHIN!

Did you know that approximately 70% of your immune system is located in the digestive tract? Probiotics help maintain a healthy digestive tract.* MetaBiotic™, from the makers of Metamucil®, is a once daily probiotic supplement that you can add to your wellness regimen today.

Naturally helps promote a healthy immune system.*

MetaBiotic™ contains a celebrated bacteria strain, known as **Bio-Active 12™**, which when included as part of your daily wellness routine, helps maintain a balanced and healthy immune system.*

Naturally helps support digestive health.*

Bio-Active 12™ fortifies your digestive system with healthy bacteria and helps maintain digestive balance.*

Supplement Facts
Serving Size 1 Capsule
Servings Per Container 45

Amount Per Capsule	
Bifidobacterium animalis subsp. *lactis*, BB-12®†	6 mg‡

† Contains 5 x 10^3 (five billion) live bacteria/CFU when manufactured and provides an effective level of bacteria (1 x 10^3 CFU) until at least the "best by" date.
‡ Daily Value (DV) not established.

OTHER INGREDIENTS:
Maltodextrin, microcrystalline cellulose, hypromellose, sucrose, water, magnesium stearate, sodium ascorbate (antioxidant preservative), titanium dioxide (color), gellan gum

Distributed by:
Procter & Gamble,
Cincinnati, OH 45202

MADE IN DENMARK

BB-12® is a registered trademark of Chr. Hansen

SUPPLEMENT INFORMATION

DIRECTIONS: Take one capsule per day. Store at room temperature. For best results, we recommend you store MetaBiotic in the original blister package.

CAUTION: Parental supervision is recommended for use of MetaBiotic by children.

Culturelle®

Digestive Health

Daily Probiotic Formula

Potency Guaranteed™ 10 BILLION Active Cultures

When the natural balance of good and non-beneficial bacteria in your digestive tract is disturbed, your digestive health is open to a host of potential concerns. **Culturelle,®** with the most clinically studied probiotic,†† *Lactobacillus* GG, and inulin, a known prebiotic, naturally promotes a healthy balance in your digestive tract.*

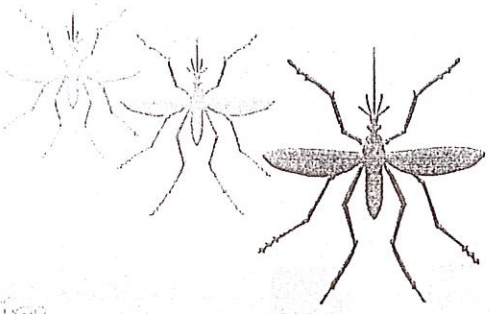
WORLD'S MOST #1 RESEARCHED PROBIOTIC

Take Culturelle daily to:

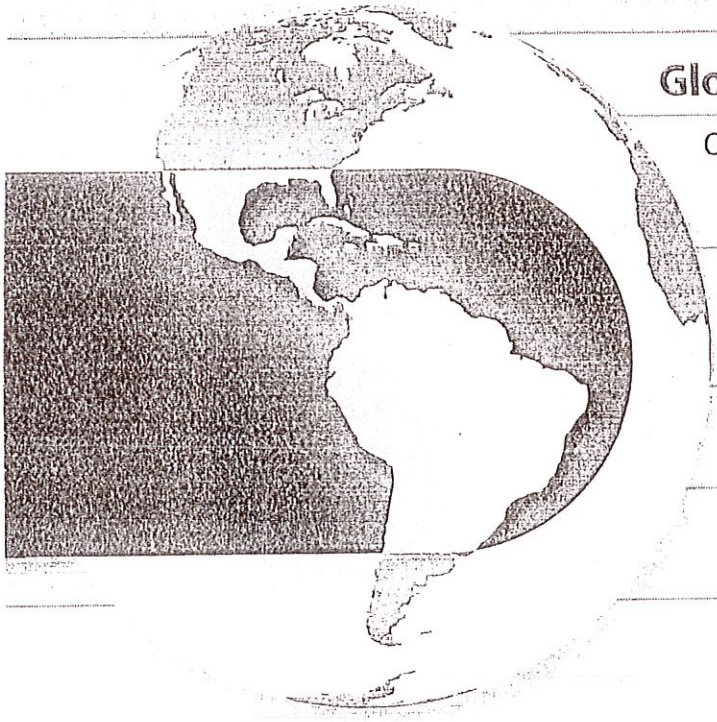
- Help boost digestion and overall digestive health*
- Help reduce the likelihood of gas and bloating*
- Help support the immune system and general well-being*
- Help minimize travel-associated stomach and digestive issues*

NAME	CLINIC DAY JOB ASSIGNMENT	COUPLES NIGHT	OTHER
ADAM STRAYER	SCHOOLS-GOSPEL (CHARGE)	YOUTH/KIDS (CHARGE)	
ANNALISE WALLACE	CLINIC KIDS	YOUTH/KIDS	
ALICIA SMITH	PHARMACY (CHARGE)	SERVER...FOOD, BEVERAGES	
BILLY POORE	DENTAL INSTRUMENTS		
CHARIS JOHNSON	CLINIC KIDS	YOUTH/KIDS	
COREY JOHNSON	SCHOOLS-GOSPEL	YOUTH/KIDS	
DEBORAH TUCK	DENTAL ASSISTANT	SERVER...FOOD, BEVERAGES	
DONNA ARNOTT	DOCTOR'S ASSISTANT	PICTURES IN FRAMES	
EMILY GREEN	FLUORIDE	YOUTH/KIDS	
HEATHER WALLACE	TRIAGE	SERVER...FOOD, BEVERAGES	
JACK HENDERSON	GLASSES		
JACLYN ILGENFRITZ	PHARMACY	SERVER...FOOD, BEVERAGES	
JANE SMITH	FLUORIDE (CHARGE)	SERVER...FOOD, BEVERAGES	
JAXSON NORRIS	SCHOOLS-GOSPEL	YOUTH/KIDS	
KARON WYATT	CLINIC KIDS	YOUTH/KIDS	
KAY STANLEY	DENTAL ASSISTANT	SERVER...FOOD, BEVERAGES	
KEITH ARNOTT	CROWD CONTROL/FLOATER	PICTURE/PRINTER	
LOYD HAYES	DENTAL INSTRUMENTS		
MARTY HARRIS	CHARGE NURSE	SERVER...FOOD, BEVERAGES	
MARY BREEDING	TRIAGE (CHARGE)	SERVER...FOOD, BEVERAGES	
SCOTT JOHNSON	CLINIC GOSPEL	TEACHING/PREACHING	
TIFFANY JOHNSON	CLINIC KIDS (CHARGE)	SERVER...FOOD, BEVERAGES	
YELONDA McCULLOUGH	DENTAL ASSISTANT		
YO HEUSER	DENTAL ASSISTANT (CHARGE)	SERVER...FOOD, BEVERAGES	

Chikungunya Virus:
What you need to know



- A virus spread through *Aedes* species mosquito bites. *Aedes* mosquitoes also spread dengue and Zika viruses.
- A risk to anyone traveling to a region of the world where chikungunya virus is found.



Global risk

Outbreaks have occurred in parts of Africa, Europe, Southeast Asia, and islands in the Indian and Pacific Oceans.

In 2013, chikungunya was found for the first time in the Americas and has spread to the Caribbean, South and Central America, and North America.

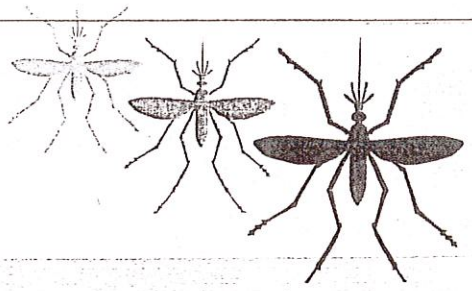
For information on where chikungunya virus is found, see: http://www.cdc.gov/chikungunya/geo/.

Traveling? For country-specific travel information and recommendations, visit www.cdc.gov/travel.

Signs and symptoms of chikungunya virus disease (chikungunya)

- Common symptoms include fever and severe joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash.
- Symptoms usually begin 3—7 days after being bitten by an infected mosquito.
- Most patients will feel better within a week. In some people, the joint pain may persist for months. Death is rare.
- People at risk for more severe disease include newborns infected around the time of birth, older adults (≥65 years), and people with medical conditions such as high blood pressure, diabetes, or heart disease.

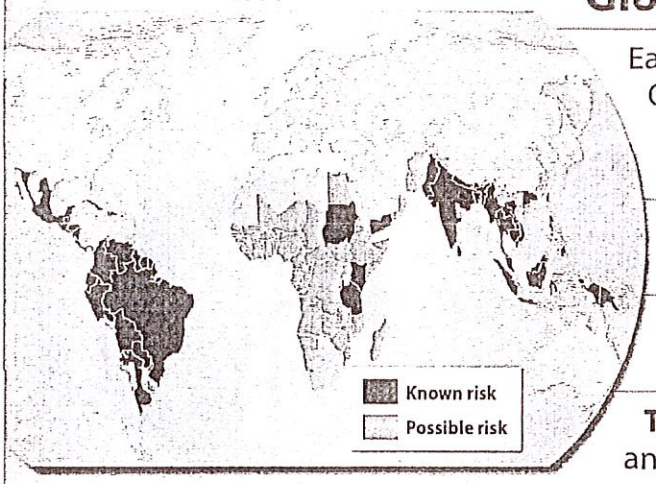
Dengue Virus:
What you need to know



Dengue is:

- A virus spread through mosquito bites. *Aedes* mosquitoes also spread chikungunya and Zika viruses.
- A risk to anyone traveling to a tropical or subtropical region of the world where dengue virus is found.

Global risk



Each year, an estimated 390 million people are infected. Outbreaks have occurred in parts of Southeast Asia, the Western Pacific, the Eastern Mediterranean, the Americas, the Caribbean, and Africa.

Forty percent of the world's population lives in areas at risk for dengue.

Dengue outbreaks have occurred in the United States where *Aedes* mosquitoes are found.

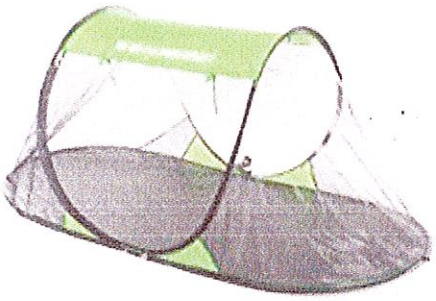
Traveling? For country-specific travel information and recommendations, visit www.cdc.gov/travel.

Signs and symptoms of dengue

- **Most people infected have mild or no symptoms.** About 1 in 4 people infected with dengue will get sick. Mild symptoms of dengue may be confused with other illnesses that cause fever and flu-like illness. Most people will recover after about one week.
- The most **common symptoms** of dengue **are fever** and **one or more of the following symptoms:** headache; eye pain (typically behind the eyes); muscle, joint, or bone pain; rash; nausea and vomiting; or unusual bleeding (nose or gum bleed, small red spots under the skin, or unusual bruising).
- **Severe dengue can result in shock, internal bleeding, and even death.**
  - » **Warning signs:** Watch for signs and symptoms of severe dengue to develop 24–48 hours after fever goes away.
  - » **If you or a family member develops any of the these warning signs, go to a local clinic or emergency room immediately:** Severe stomach pain or vomiting (at least 3 vomiting episodes within 24 hours); bleeding from the nose or gums; vomiting blood or blood in the stool; drowsiness or irritability; pale, cold, or clammy skin; difficulty breathing.

CS261360-A December 9, 2015

From: Yolanda Heuser yolandaheuser@volfirst.net
Subject: Check this out at Amazon.com
Date: Mar 16, 2017, 10:08:30 AM
To: Yolanda Heuser yolandaheuser@volfirst.net

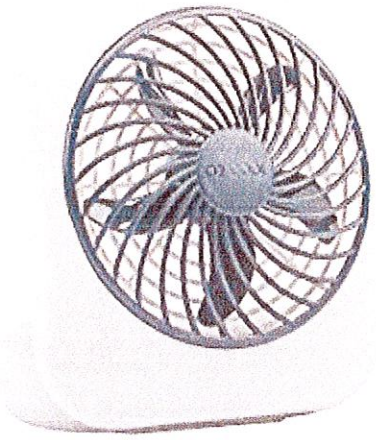


SansBug Free-Standing Pop-Up Mosquito-Net (Tarp Floor)

SansBug

$59.95

From: Yolanda Heuser yolandaheuser@volfirst.net
Subject: Check this out at Amazon.com
Date: Mar 16, 2017, 10:08:52 AM
To: Yolanda Heuser yolandaheuser@volfirst.net



O2COOL 5-Inch Portable Fan, Gray

O2COOL

~~$11.95~~ $11.94

Sent using Amazon Mobile for iPhone

*****MEET AT LANTANA ROAD BAPTIST CHURCH

THURSDAY (BARLEY) MORNING @ 12:30 AM, JULY 20TH.

♥WE WILL PRAY, TAKE A GROUP PICTURE AND LOAD BY 1:00 AM, TRAVELING TO THE ATLANTA AIRPORT.

♦THE NEXT AND FINAL MANDATORY MEETING IS JUNE 29TH @ 6:00PM IN ROOM 107, WE WILL HAVE PIZZA, DESSERT AND BEVERAGES AS WE EAT AND FELLOWSHIP TOGETHER WE WILL GET OUR FINAL DETAILS, ITERNARY, SCRUBS, T-SHIRT, GA GOODIE BAG, LUGGAGE ID POM-POM, AND PRAYER CARDS, ETC.

♦OUR WORK DAYS FOR PACKING MEDICATION AND SUPPLIES WILL BE JULY 10TH AND 11TH, START TIME IS 9:00-? BROWN-BAG-IT LUNCH.

$$$$$$PAYMENT SCHEDULE:$$$$$$

MAY 28TH $700.00

JUNE 18TH $300.00