



The Iguana



Vol. 13, No. 9

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Thousands visit Soto Cano open house



Photo by 1st Lt. Kim Garbett

With tired arms, CPT Brian Warfel, Co. B commander, 1-228th, helps one of hundreds of children out of a CH-47 who visited the open house Sunday.

By 1st Lt. Kim Garbett
Public Affairs

Dogs, planes, fire trucks and thousands of kids littered the flight line all day long at Soto Cano Sunday. Live music and ethnic food scents filled the air on this hot but breezy spring day. Amateur photographers and videographers took rolls of film and footage. People filed in and out of aircraft and kids hopped in and out of pilots' seats, some dressed in their Sunday finest. It was an aeronautical carnival of sorts, with more than 5,000 people in attendance.

The Honduran Air Force hosted a combined Honduran/United States miniature open house with some of both countries' assets and aircraft on display. Fly-bys performed by a Honduran F-5 highlighted the afternoon's events; the U.S. Joint Security Forces wowed the crowd with their narcotic and bomb dogs' attack capabilities.

Anything from a Honduran Condor C-101 to a U.S. CH-47 Chinook to a C-23 Sherpa among many other aircraft were on display for people to funnel through and ask questions about. The Honduran Air Force, Joint Task Force-Bravo, 1st Battalion, 228th Aviation Regiment and the 1-207th Aviation Regiment out of Alaska joined forces to make it an exciting international military exhibition.

SGT Robert Harper, a fluent Spanish speaker and a flight engineer with Company B, 1-228th, said he really enjoyed participating in the open house. "I think an event like this builds good relations between the countries and gives people a better idea of what we're (United States) doing here," he said.

"Most of the time, all they know is that this big helicopter (CH-47) flies over their homes; some didn't even know this was a United States aircraft. I like doing things like this open house. I don't consider it work at all. I consider it building good

See Open house, Page 4

1-228th faces challenges during gunnery

By Master Sgt. Jeff Bohn
Public Affairs

Contrasted against green pine trees and brown brush, a whirling UH-60 Black Hawk eased between two hills, two hundred feet above a mountain creek.

On the distant hillside lay five scattered automobiles — potential enemy forces?

For this Black Hawk crew, the vehicles are the enemy today.

Elevating up to six hundred feet, target number one comes into view. The aircraft swaggers left and up. Seconds later, hell's fury appeared as the cacophony of rotor blades and the rapid percussion of an M-60D machine gun fired the first of several nine-round bursts.

The target area was alive with dancing

bits of glass, shrapnel, puffs of dust and the occasional tracer round.

Like a well-oiled machine, the cohesive unity of pilots, crew chiefs and gunner positioned on, adjusted to and moved off the target like a synchronized warrior.

The crew exemplified teamwork and communication as gunner, spotter and fliers acted as one.

Target four was the next vehicular casualty, and after several more machine gun bursts, the target was eliminated.

Three additional targets challenged the aerial-gunnery crew before the certification was over; with skill and precision the five automobiles were effectively strafed with fewer than 200 rounds of ammunition.

Putting steel on target was one of several objectives laid forth toward the aerial gunnery exercise held April 24 and 25 at a Honduran firing range located in the

mountains half way between Soto Cano and Tegucigalpa.

The M-60D aerial certification is held semi-annually for 1st Battalion, 228th Aviation Regiment gunners.

The certification process allows gunners to get hands-on training for what they would be expected to do in the field on operational missions. The process isn't deemed as easy.

"The hardest part of aerial gunnery is the academic portion. There is an eight-hour block of academics with a 50-question exam afterwards," said SSG Andrew Bice, master gunner of the 1-228th.

"Gunnery are required to hit within a ten-meter area of the target, keeping in mind direct hits are scored higher. Anything outside of ten meters is considered ineffective," Bice said.

See Gunnery, Page 8

Commanders Corner

Flashy, showy Americans are target; don't be gaudy, use common sense

By MAJ John Greenmyer III
Intelligence

By now, you have learned quite a bit about Honduras, but there are probably a few things you haven't bothered to look up. One of those might be the per capita Gross Domestic Product, a measure of an individual's purchasing power. The Honduran per capita GDP in 1999 was \$2,050. In comparison, the U.S. per capita GDP was \$31,746.

Looking for an English translation?

OK, what that means is that on average, you can afford to buy about 15 times as much as the average Honduran.

A large part of the difference is that prices for many products in Honduras are higher than they are back home.

One gallon of gas in Tegucigalpa costs about \$2.85. I checked the price of gas at Fort Buchanan today, and it's running \$1.35.

While we were at the soccer game in San Pedro Sula, I noticed the \$47,000 sticker price on a BMW

318 on display at the Intercontinental Hotel. In the States, a loaded BMW 325 has a \$34,000 sticker; the price is almost one third lower, even with the larger engine.

True, the average Honduran is not very likely to buy that 318, but then most of us are probably not looking at a BMW for our next car either. Still, it gives us a price comparison.

If you're still with me, by now you've asked, "So what?" There are two things I would like you to reflect on.

First: Have you ever met anyone that made a show of how much money they made? You know the type; it isn't enough that they have money, they need to make certain you know it. If you're like me, you didn't think too much of them. My economics professor used the term conspicuous consumption, and he didn't mean it as a compliment.

The next time you are downtown throwing money around like you're TDY, try to remember that a 45 Lempira cover charge is about half of one day's pay for many locals.

Enjoy yourself, but don't be a

jerk about it. At the very least, it could prevent a bar fight, which experience shows can quickly get out of hand.

Next: Your comparative wealth makes you a target for crime. There were five murders in the Department of Comayagua last week. Two of those were young men who apparently got drunk and made easy targets for an armed robbery in Barrio Independencia.

Use some common sense while you're out. Take care of each other, stay out of off-limits areas (such as Barrio Independencia), don't flash a lot of money around, and if you are drinking, keep it moderate. If someone you are uncomfortable with approaches you, walk away. If you are robbed, don't resist.

If you really think something you own is worth your life, don't take it downtown.

There are a lot of things to see and enjoy while you are here in Honduras.

Go there, do that and buy the T-shirt, but don't be an ugly American, and don't make yourself a target.

Memorial Day May 28 is time to pay tribute

Memorial Day is a unique national holiday. If not the most important national day of patriotic observance, it can certainly be argued as the most solemn day we set aside for recognition.

This is a day of mixed emotions. It is a day for reflection in honor of all the soldiers, sailors, airmen, Marines and Coast Guardsmen who made the ultimate sacrifice throughout our history.

The number is truly staggering. More than one million men and women, accounting for those full-time professional and Reserve Component warriors, have fallen in battle.

I don't think it is possible to truly grasp what that loss means really ... but it should be obvious to every American that this sacrifice deserves much more appreciation than we could possibly demonstrate on one day a year.

This is a day of personal sorrow for those who have lost loved ones in uniform. But it is also a day for the nation to mourn, to show our collective national pride, and to illustrate our appreciation for this almost unbearable sacrifice. We honor these brave warriors by not forgetting them. We honor them by not taking for granted what they did for us.

(excerpted from a speech by contributing writer Tom Vance, Army Link Speeches)

Chaplain's Corner

Reach out, honor mothers on their day

By Chaplain (CPT) David Phillips
JTF-Bravo Chaplain

Greetings in the name of the Lord. I would like to first tell you that the chapel is planning a spiritual fitness retreat in Copan to visit the Copan Ruins and have a spiritual pilgrimage May 25 to 27. The deposit is \$20 for those serious in coming along, limited to 15 people. We are staying at the Best Western in Copan. The trip is guaranteed good fun as well as spiritual enlightenment. Get your reservation in early, as space is limited.

Another reminder is that May 13 is Mother's Day. Most of us are separated from our wives and mothers, but we still need to remember them and realize how much of an influence and driving force they have been on our lives.

Years ago, Washington Irving, the early 19th Century author who wrote "The Legend of Sleepy Hollow", wrote an article about mothers and their impact on our lives. I would like to share it with you.

"There is an enduring tenderness in the love of a mother to her son that transcends all other affections

of the heart. It is neither to be chilled by selfishness, nor daunted by danger, nor weakened by worthlessness, nor stifled by ingratitude. She will sacrifice every comfort to his convenience; she will surrender every pleasure to his enjoyment; she will glory in his fame, and exult in his prosperity, and if misfortune overtake him, he will be the dearer to her for misfortune; and if disgrace settle upon his name, she will still love and cherish him in spite of his disgrace; and if all the world beside cast him off, she will be all the world to him."

Your mother needs not only to be recognized but would probably love to hear from you, especially on Mother's Day, whether that be by flowers, a phone call, a card or a special note. Take a few minutes this Mother's Day to let your mother know how special she is and how she impacted your life.

We are only allowed their sacred presence and influence for a little while, so make good use of the time you have. Once they are gone from this world, we still remember them, but we can't tell them directly how special they are to us anymore.

Count your blessings, and realize that no one can replace our mothers, nor would anyone want to!

The Iguana



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Roche nominated as SECAF by pres.

WASHINGTON (AFP) — President George W. Bush has announced his intention to nominate James Roche to serve as the next secretary of the Air Force.

Roche is currently corporate vice president and president of the Electric Sensors and Systems Sector of the Northrop Grumman Corporation. He has served with Northrop Grumman Corporation since 1984 in a variety of posts.

Before joining the private sector, Roche served as democratic staff director for the U.S. Senate Committee on Armed Services from 1983 to 1984, and served at the State Department as principal deputy director of the policy planning staff.

He was a senior professional staff member of the Senate Select Committee on Intelligence from 1979 to 1981, and served as assistant director of the office of net assessment in the office of the secretary of defense from 1975 to 1979.

Roche is a 23-year veteran of the U.S. Navy. He received an undergraduate degree from the Illinois Institute of Technology, a master's degree from the U.S. Naval Postgraduate School, and a doctorate from Harvard Graduate School of Business.

Retired Army brigadier gets sec. of Army nod from Bush

WASHINGTON (Army News Service) — The White House announced President George W. Bush intends to nominate retired Brig. Gen. Thomas White as the next secretary of the Army during a press briefing April 24.

If confirmed by Congress, the former cavalryman will become the 18th secretary of Army since the position was created by the National Defense Act of 1947. During his 23-year Army career, White served in a variety of command positions, including commander of First Squadron, 11th Armored Cavalry Regiment and a few years later, commander of the regiment itself in Fulda, Germany.

His other assignments include executive assistant to Gen. Colin Powell and director of the Army chief of staff's Armor/Anti-Armor Special Task Force.

Shortly after retiring from the Army, White

joined the Enron Operations Corporation where he currently serves as the chairman and chief operating officer.

White is a graduate of the U.S. Military Academy at West Point, N.Y.; U.S. Naval Postgraduate School, Monterey, Calif.; Command and General Staff College, Fort Leavenworth, Kan.; and the War College, Carlisle Barracks, Pa.

The secretary of the Army is responsible for all matters relating to Army manpower, personnel, reserve affairs, installations, environmental issues, weapons systems, equipment acquisition, communications and financial management.

Currently, the secretary manages a budget of almost \$70 billion and workforce of more than one million active-duty, Reserve and National Guard soldiers and 270,000 civilian employees.



Well, That's Your Opinion!

How do you keep near and dear to your children?



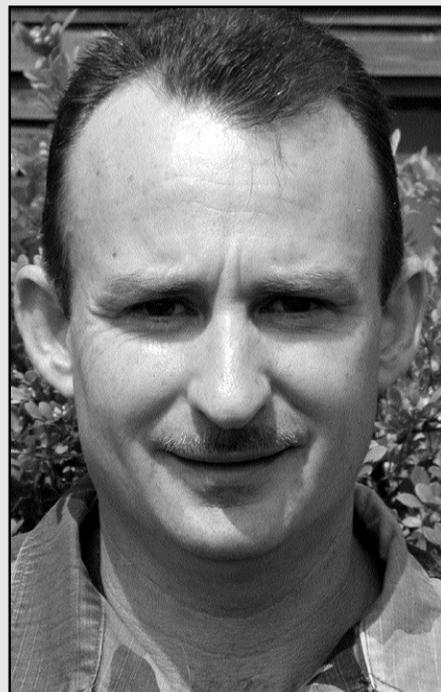
"... e-mail, phone calls, writing letters, pictures; I have her scrapbook here. I have been putting it together since I was pregnant."

SPC Dolores Coronado
Contracting



"I keep her current on what I am doing down here, and have her help me make decisions on my activities. It lets her know that I'm keeping her involved and I value her opinion."

Staff Sgt. Bruce Clark
Joint Security Forces



"I send cards, letters and e-mail. I see them twice a year when I go home."

Tech Sgt. Vic Harris
AFFOR Supply



"I maintain weekly telephone conversations. On special occasions I send packages and gifts to the children and write them letters."

SSG James Grant
Base Civil Engineers

May 4, 2001

JTF-Bravo

Open house

(Continued from Page 1)

public and international relationships," he added.

Harper said many questions were asked about the aircraft's capacity, water landings, weapon systems used and a few other odds and ends.

But, he said the big question of the day was, "When are you going to take off with us in the aircraft?"

It seemed like everyone wanted a ride, but Harper mentioned that most folks were more than content to be able to sit in the seats of the aircraft as if they were going for a flight.

The best part about it all, Harper mentioned, was the kids. "The kids are really the ones that enjoy it the most and we enjoy sharing with them," he said. "We've interacted with a ton of kids and families today."

Along with riding a "60K" cargo loader, going up and down a high staircase loader and playing with the sirens and speakers on the Fire Dawgs fire trucks, the crowd was treated to a Moed-and-Carat display of aggression.

Kennel Master Staff Sgt. Chris Hurst with Joint Security Forces explained the crowd saw four different exhibits of the military working dog's capabilities.

"We demonstrated obedience, controlled aggression, detection and the muzzle attack," he said.

Moed, Carat and Pat, the three dogs assigned duty at Soto Cano, displayed exceptional control with the large Honduran crowd surrounding them.

"We did have personnel along the edges for crowd control and strategically placed others along the fringes of the zoned off area who were capable of deterring the dog if for some reason he got out of control," Hurst said.

The crowd stared awestruck as the dogs attacked the handlers in a mock scenario.

Fernando Rojas of Comayagua, a visitor to the open house, said he felt it was great

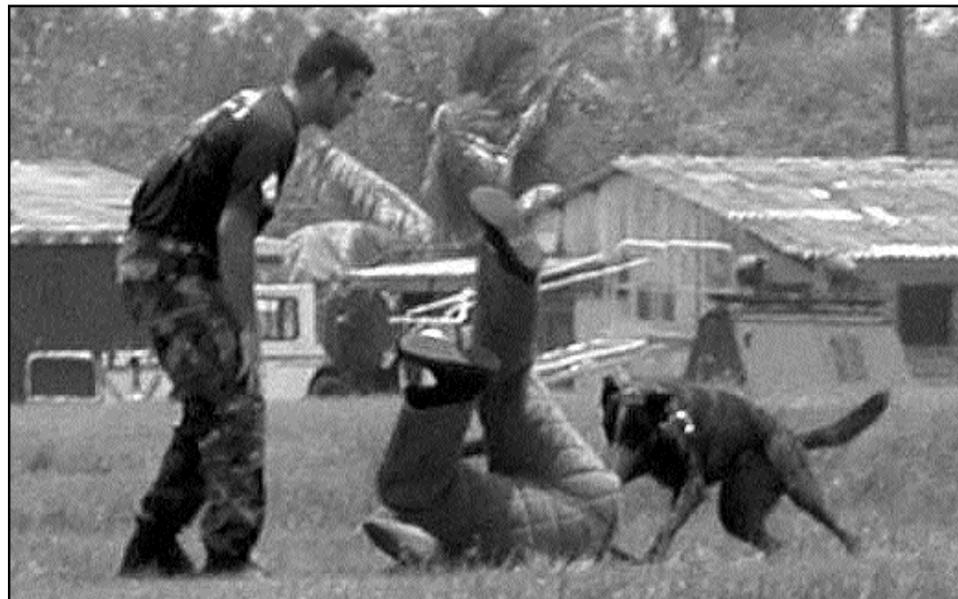


Photo by 1st Lt. Kim Garbett

Kennel Master Staff Sgt. Chris Hurst "gets mauled" by Moed, a JSF bomb dog, during a muzzle attack demonstration at Sunday's open house.

that two countries could work together to do this kind of event.

"It's also beneficial for both countries to train together." The really impressive part of the open house to Rojas, he said, was the opportunity to take pictures of U.S. helicopters.

"It's the first opportunity I've had in my life to do something like this," he emphasized.

Care, precaution needed while driving Honduran roads

By Master Sgt. Jose Pizano
Joint Security Forces

As the traffic investigator for Joint Task Force-Bravo, it is my job to investigate every type of motor vehicle accident involving government vehicles. Government rented vehicles involved in an accident will be investigated as well.

Allow me to address the types of on-base and off-base accidents, tips for driving on Honduran roads, and the do's and don'ts of driving at night.

Most accidents that occur on base are minor in nature and usually involve inattentive backing/reverse procedures.

Remember, when backing up a vehicle always use a ground guide, and if no one is available, get out of the vehicle to ensure no obstructions are behind you.

If the vehicle you are operating is not equipped with a backup warning signal, sound the horn a couple times to warn anyone in the area of your intentions. Also, make sure you come to a complete stop at all posted stop signs and intersections, and stop at marked crosswalks for pedestrians. In addition, the traffic flow on base is very moderate so vehicle operators have tendencies to speed.

The speed limit base-wide is 15 mph, to include the base perimeter. The maximum speed when passing individuals in formation or running is 10 mph. Make sure you follow, and do not exceed the posted speed limit. Remember to always use your seatbelt.

If not performing official duties, military members should not drive government vehicles off-base. If you are plan-



ning a trip, rental cars are available. Depending on the group size, MWR can plan your trip and arrange a driver for you.

Going to Comayagua? You can ride on one of the shuttle buses which leaves base on an hourly basis. Most of the streets off-base are very narrow and always congested with bicycles, vehicle and pedestrian traffic. You need to drive defensively and be ready for the unexpected and the overwhelming amount of hazards on the road. Stray animals such as pigs, cows, horses and even chickens wander out onto the roads creating unexpected driving hazards.

Another type of item that becomes a hazard to us is a tree branch or a pile of rocks on the side of the road. Believe it or not, this is the most common way

Honduran drivers warn other drivers of some type of an emergency.

Remember, we are in a poor country and most Honduran drivers will use any means at their disposal on the roads as a warning device. Very few Honduran drivers ever use traffic triangles as warning devices.

Driving at night in Honduras should be avoided if at all possible. The streets and highways are poorly lit and some vehicles travel without lights. To make matters worse, many people congregate on the road to socialize, and in some cases even sleep on the shoulder of the roadway. This is one reason JTF-Bravo Policy Memorandum 15-97, Government Vehicle Use Policy, was created.

This policy specifically states, "Due to the dangers of traveling in Honduras,

driving government vehicles off post during the hours of darkness will be avoided." Furthermore, during overnight MWR trips, vehicles may not be operated between 8 p.m. and 6 a.m.

So, what if you did everything right and still got into an accident? If you are involved in an accident off-base, you can expect to have your driver's license confiscated by Honduran National Police (surrender your government license only, not your state-side license) until you make an appearance in traffic court.

But, perhaps the most important thing to remember is if you have the misfortune of getting involved in a traffic accident, notify the joint security force (JSF) desk sergeant.

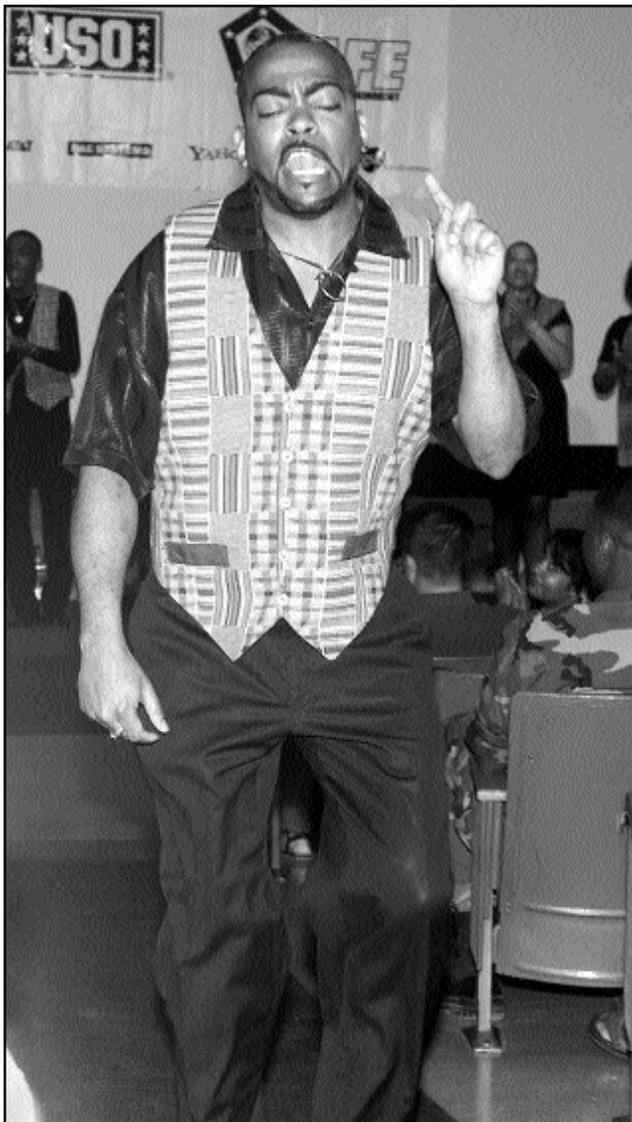
If dialing from an on-base phone, you may reach JSF at ext. 4170. If dialing from an off-base phone dial 234-4634 and then ask for extension 4170. If you're not near a phone but have a Saber radio, contact the joint operations center (JOC) via Bravo net. Their call sign is Bravo 21.

How can we assist you? We help you in getting medical attention, provide legal assistance and initiate a traffic investigation. Don't forget, contact the above numbers immediately after the accident.

I hope these tips give you a better understanding of the roadways in Honduras as well as the services JSF can provide. Avoid the headaches and the hassle; remember a little planning and common sense can go a long way.

Enjoy your tour in Honduras and be safe. If you have any other questions, call JSF at ext. 4421.

Gospel choir jazzes spirituality as part of USO tour



Photos by SPC Sarah Maxwell

A member of the Harlem Gospel Choir vigorously sings an upbeat hymn to the nearly full base theater while visiting on a USO tour April 19.

By SPC Sarah Maxwell
Iguana Editor

The United Service Organizations has a long history of providing servicemembers with great entertainment and inspirational shows to keep the morale of troops high all over the world.

Continuing that tradition, the Harlem Gospel Choir from Harlem, N.Y., brought energy and excitement along with the gospel to the base theater April 19 as part of a three-country USO tour.

With its rhythm, spiritualism and jazz, the gospel music was expertly performed by the choir, which captivated the almost-full theater.

Whether a traditional or contemporary song was being sung, the performers encouraged the audience to participate and instead of just being spectators, people were on their feet dancing and clapping to the rhythm.

"I thought their performance was extraordinary," said SPC Nikia Byers, civil affairs. "The way they connected with the audience allowed them to express their strong spirituality."

Byers said she believes having performances like the gospel choir is important to the base because of the spiritual influences it gives the servicemembers.

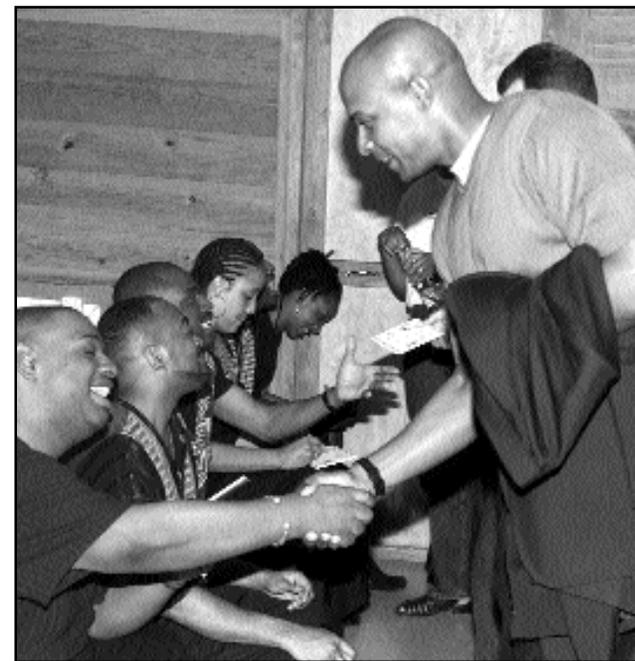
"I think it's really important to have religion in your life. It serves as a foundation to help you get through your everyday problems," she said.

Since gospel music is just one of the many different ways American Christians worship, the performance gave some people a glimpse into a new spiritual expression.

Interested in those social aspects along with the spiritual aspect, SPC Herbert Borders, with the command judge advocate, said one of the reasons he came was because of his interest in how the different cultures in America and around the world worship.

"I found it's the same. It all comes from the heart ... I wouldn't have expected any different," he commented.

Elizabeth Naylor, tour producer for the USO and manager for the choir, said, "The message of the USO



SPC Herbert Borders meets and greets with a member of the choir after having him autograph the CD he bought after the performance.

is to bring a touch of home to the (servicemembers)."

She said one of the ways they do it is by bringing different kinds of music like the "very special" gospel music, and the choir's reception has been incredible. They enjoyed performing around the world on all three of the USO tours they've participated in.

"The choir consider themselves ambassadors to the world to spread the word of God," she said.

Having felt much admiration and gratitude from the audience, choir member Gia Williams said it makes her feel very good to perform for servicemembers.

"I feel very appreciative that we can go in and perform for groups of people who are fighting for our country. To try and give them light, hope, confidence, inspiration, joy and a peace of mind makes me feel very good."

Fire Prevention: Extension cords handy but may be dangerous

By Tech Sgt. Troy Wright
Fire Department

One of the most frequently occurring violations cited during a fire and safety inspection is the improper use of extension cords. This problem is common to all areas. Because of its universal nature, the use of extension cords is an issue that needs clarification and guidelines in determining the permissibility of its use.

When using extension cords and their connectors, care should be taken to ensure they are of the proper type and rating for their particular location. Equipment being supplied by the cord must be properly grounded. Listed below are a guidelines that can be applied to the use of extension cords and their related equipment.

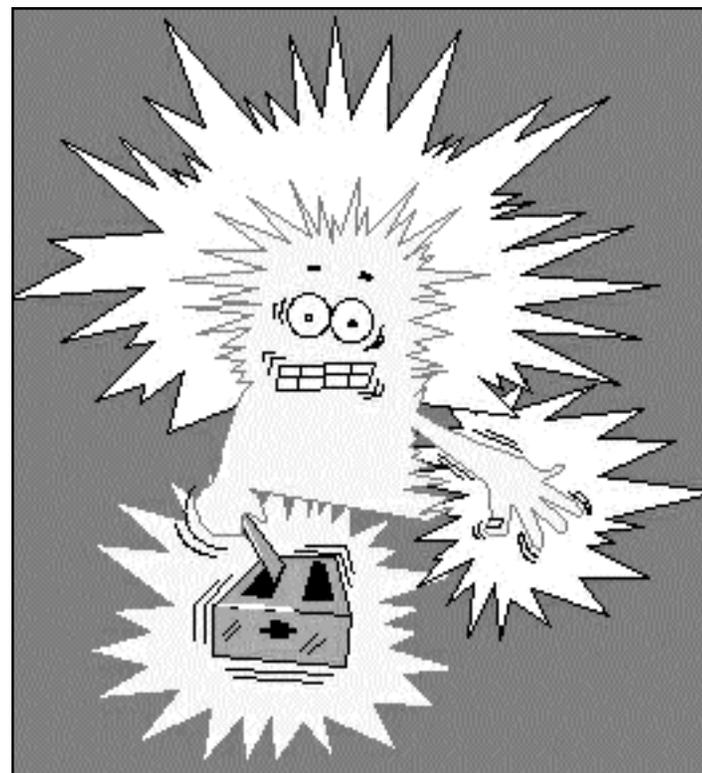
- Extension cords shall be used only as temporary extensions for portable equipment. These devices may be acceptable in applications where they supply equipment not routinely used in an area where permanently wired receptacles are not available or installed. Cords shall be unplugged when not in use and never left plugged in while unattended.

- Extension cords and their plugs shall be of a type suitable for the application, location and conditions under which they are to be used. Zip cords and light extensions made up of 18 gauge wire are rated for only six to 10 amps. In normal use, these zip cords and light extensions are plugged into a 20 amp fused line and therefore offer no over-current protection and are susceptible to overheating, thereby creating a potential fire hazard when supplying loads nearing their rated current.

- All cords and plugs should be maintained in a safe condition. Splices are prohibited. Worn out cords should be replaced. Plugs should be checked to ensure the cover for wire terminations are mechanically secure.

- This equipment must not be draped near open flames nor used in areas where chemical or other physical damage may be a danger, nor wet locations that increase the potential shock hazard.

Following these practical guidelines will help ensure a fire doesn't burn down a hooch or office and someone's life doesn't get jeopardized.



May MWR Trips

Certification in Utila

May 4-7, 11-14, 18-21, 25-28

MWR hosts diving trips to Utila and the 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 diving school.

Two hotel packages are available. Lodging ranges from \$18 to \$45 per night with single and double occupancy as well as meal packages available. Fun dives are \$15, and the 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 \$123 per person. Prices do not include taxes, tips or incidentals.

Roatan Island

May 4-7, 11-14, 19-21, 25-28

Take a trip to the most beautiful and unspoiled beaches in the Caribbean. Choose between diving and snorkeling, or lounge around the white sand beaches. MWR offers hotel packages ranging from \$50 to \$60 a night.

The Pura Vida Hotel, located across from the white sand beaches, is \$50 a night and has air-conditioned rooms, a restaurant and is near nightlife. The centrally located Seabreeze Inn is also across from the beaches and is within walking distance to restaurants and nightlife as well. Diving packages are offered starting at \$209 for three dives a day and three nights in the hotel. Snorkeling is also offered. It is \$60 a night without the package.

For a more secluded getaway, the Seagrape Plantation is the place to go, with individual air-conditioned cabins in front of the beach yet still close to the nightlife. It is \$50 each night.

Airfare from Tegucigalpa to Roatan is \$123 per person. Prices do not include taxes, tips or incidentals.

Valley of the Angels

May 5, 13, 19, 27

MWR sponsors a variety of shopping trips to various locations and provides the transportation. Trips depart the contracting parking lot at 8 a.m., returning at 5 p.m.

Copan Ruins

May 11-14, 25-27

The Copan Ruins have been the major source of information about the ancient Mayan civilization and has also been referred to as the most artistically advanced of all the Mayan cities. Lodging ranges from \$35 to \$60 per night with single and double occupancy available. Prices do not include taxes, tips or incidentals.

Lake Yojoa/Waterfalls

May 5, 6, 12, 13, 19, 20, 26, 27

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 350 lempiras per person per night are available through the tours and travel office. Prices do not include taxes, tips or incidentals.

San Pedro Sula

May 18-20

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 \$60 to \$90 per night per room and meals are not included.

Cigar Factory Tour

May 18

In Honduras, tobacco is cultivated mainly in the area of Copán, Santa Barbara and El Paraíso. A large amount of the tobacco produced in the country is exported; the rest is used here in Honduras for the fabrication of cigarettes and cigars. Visiting the Danli cigar factory gives you a chance to view the process first hand and also purchase the freshly made product.

For more information, call MWR at ext. 4268/4458 or stop by the office in the recreation center.

Discover Scuba with Free Class

This is your opportunity to discover risk-free what scuba diving is all about.

This opportunity is being offered to you at no cost May 13 at the base swimming pool from 6 to 7 p.m.



Basic Scuba Diving Training

Are you interested in being scuba certified? Don't wait until the last minute.

Come to the MWR tours and travel office to sign up and for details. Classes will be offered on base May 11 to 13.

Advance Scuba Diving Course

Take advantage of the chance to advance your scuba expertise. Classes are scheduled to be held at the base swimming pool May 11 to 13. The cost is \$75 and slots are limited, so sign up at the MWR tours and travel office as soon as possible.

Hiking Trips Offered

MWR is offering hiking in the Comayagua area. Trips will depart from the contracting parking lot Sundays at 7 a.m. This is another option to get away on weekends at no cost.

Herbert Gaekel, your hiking guide, is from the area where you will be hiking. Gaekel grew up in the area and is very familiar with the plants and animals there. Let him know what type of hiking trip your group would like and he will tailor the trip to fit your desires and skill level.

Here are a few tips to make your trip even more enjoyable.

◆Wear comfortable footwear and thick socks.

◆Loose-fitting, comfortable clothes because they're cooler than tight clothes.

◆Bring a swimsuit or clothes you don't mind getting wet, as there are streams and pools along the trail where you can cool off.

◆Carry enough water.

◆Take along sunscreen.

◆Bring insect repellent.

◆Wear a hat with a brim or bill.

◆Bring something to eat. Snacks such as power bars or candy.

◆Bring a camera.

AAFES successful with convenience for members

DALLAS - With the advent of shopping online, retailing in America and the rest of the world has changed significantly in the past few years.

In a business environment where the Internet has become the rule and not the exception, smart retailers know that to survive and remain competitive well into the 21st century, it is in their best interest to jump on the ecommerce bandwagon, and do it as quickly as possible.

One of the first major retailers to recognize the tremendous growth potential of the Internet business, and to expand its own emphasis on Internet sales, was AAFES.

During the past few years, AAFES has enjoyed a phenomenal success in the Internet arena. Charged with the growth of AAFES' ecommerce business is the company's Cyber Region.

According to Cyber's Senior Vice President Barry Gordon, "It's important for companies today to become involved in the ecommerce aspect of business because, as industry experts have noted, if you have a loyal Internet shopper who trusts your brand, that customer tends to spend 40 percent more in your stores than they used to."

AAFES is what Cyber Vice President Bob Carreras likes to refer to as a "click and mortar" company. While click refers to online shopping and mortar to physical store locations, customers have three choices -- three avenues in which to shop; they can visit stores, order from the exchange catalog via phone, FAX or e-mail, or visit the Internet store, which adds additional selection and convenience.

Gordon added that retailing today is often described

as a three-legged milking stool, with each leg representing brick and mortar, catalog, and online sales. "All three give you balance," he noted.

"And because AAFES has all three legs, this opportunity will allow the company to maximize overall sales, or what the industry refers to as 'convergence.'

"It's very important for AAFES to have a convergent strategy with respect to the Internet," Carreras said.

"The folks in the dot-com world who are struggling today, are doing so because they don't have all three pieces of the total retail structure as we do. A convergent strategy, or selling through multiple channels, allows us to serve our customers better than if we just had a store, or just a catalog," he said.

"Smart retailers understand that it takes a click and mortar approach. We can't carry every available music CD in our store inventory. We just don't have the space. So, how can we use all selling channels to satisfy the needs of our music customers? In the stores, we might sell the top 100 CDs, and online sell everything else. This keeps the sale in-house," he added.

Another key component of Cyber is Exchange Credit, formerly known as DPP and recently rebranded as the Military Star card.

The primary reason for the inclusion of the Star card is that credit is the (only) acceptable means to shop on the Internet.

"Take the Exchange Credit Program with its 1.8 million customers," said Gordon, "and use it as a vehicle to increase our Internet sales, that's the objective."

After looking at the exchange catalog and the Military Star card, Gordon says the region realized that there's more to ecommerce than simply shopping on

the Internet. "It's also a way of using communication," he said.

The Internet business has become a phenomenal success story for AAFES.

In 1997, when its first store opened with a limited stock assortment, AAFES did around \$500,000. The following year, sales went from half a million dollars to \$8 million. The third year, sales tripled. Between 1998 and 1999, AAFES' Internet business has increased more than 238 percent. "This has been the fastest growing business in AAFES the past three to four years," said Carreras.

Today, around 48 percent of AAFES' orders arrive via the Internet while 52 percent are coming from mail order call-in. Carreras said the reality is AAFES' customers are shopping more and more online.

Interestingly enough, he says, statistics have shown that AAFES' military customers spend more time online than their civilian counterparts and the majority of them are more PC literate than their civilian counterparts. "So, we're just taking advantage of that fact, and expanding our AAFES BX/PX brand on the Internet," he added.

"Are we doing well? Absolutely!" said Gordon. "Two or three years ago, we had something like 33,000 online customers.

"Today, we have over 140,000 taking advantage of our direct marketing channel. The creation of the Cyber Region is indicative of the commitment that AAFES has made to growing ecommerce. Cyber Region is ready to take AAFES into the 21st century."

(AAFES news release by Fred Blum, AAFES media relations.)

Off-limit Establishments

Below are the most recent recommended off-limit areas in Comayagua as of April 26:

- Celio's Discotec
- La Pacaya Strip Club
- Bella Amanecer (formerly Los Bordellos Discotec)
- Texaco Gas Station
- Motel Segunda Ilusion
- Motel Ilusion
- Motel Luxemburgo
- Motel El Puma
- Hotel Emperador
- Motel Moderno
- Barrio Independencia (the entire neighborhood)
- Barrio Cabanas (the entire neighborhood)
- Barrio Liros (the entire neighborhood)
- Barrio San Francisco (the entire neighborhood)
- Barrio La Caridad (the entire neighborhood)

The following is a list of authorized establishments for use by servicemembers.

However, after 6 p.m., movement on foot is discouraged for safety reasons:

- Restaurant La Estancia Colonial
- Restaurant Palmeras
- Restaurant Pajaro Rojo
- Restaurant Los Jarros
- Restaurant El Torito
- Restaurant Villa Real
- Restaurant Venecia
- Hannemans Bar and Grill
- Restaurant La Torre Latina
- Restaurant Mang Ying
- Restaurant Alessandro's
- Dave's Hamburgers
- Esso Gas Station and Food Court
- Dipsa Gas Station
- Shell Gas Station
- Hotel Morales
- Hotel Norimax
- Hotel Santa Maria
- Hotel Quan
- El Ranchon Restaurant/Discotec
- La Merced Church
- San Sebastian Church
- La Caridad Illescas Church
- San Francisco Church

- La Catedral Church
- Arqueologico Museum
- Colonial Museum
- Reggae's Discotec (formerly Paso Real)
- Titanium Restaurant/Discotec (formerly Tati's)
- Vaquero's Social Club (formerly Henry's Discotheque)

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

- Scandro's Strip Club
- Cherry's Strip Club
- Casa Verde (Green House)

Off-limit areas in the city of Tela:

- The entire city of Tela is off limits except for the Hotel Villas Telamar during MWR trips.

Off-limit areas in the city of Tegucigalpa:

- Arenas.com Discotec
- Coconut Grove Discotec
- Tobaco y Ron Discotec

- El Barco Discotec
- Palmeras Discotec
- Patro's Discotec
- Colinas 2000 Discotec
- Villa Flor Discotec
- Billboard Discotec
- Gemelas Discotec
- Kinder Grove
- El Cocodrilo
- Villa Hermosa
- Chicas Jovenes
- Ilusion Strip Club
- B'Seven Strip Club
- Las Vegas Strip Club
- Balboa Strip Club
- Samoray Strip Club
- Dante Strip Club
- Noa Noa Strip Club
- Titanic Strip Club
- Diplomatico Strip Club

Off-limit establishments in Roatan:

- Coxen Hole (entire city) from 6 p.m. to 6 a.m. daily
- French Harbor (entire city) from 6 p.m. to 6 a.m. daily

BRIEFS

AF enlisted quarterly

The newest Enlisted Quarterly Assignment Listing is now available at military personnel flights and on the Air Force Personnel Center's World Wide Web home page.

This list includes enlisted assignments for overseas jobs opening January through March 2002.

Military personnel flights and commanders support staffs will have copies of the listings and can help people update their preferences. People can also access the list on the AFPC home page at www.afpc.randolph.af.mil.

Coins badly needed

The PX/BX needs U.S. coins to continue to operate. Anyone that has excess pennies, nickels, dimes or quarters can bring them to the base exchange and exchange them for bills. Coin wrappers are available at the Soto Cano Finance Office.

Bicycle policy

If you don't want your bicycle confiscated, pay attention now!

When riding a bicycle here at Soto Cano AB, make sure you always wear a proper helmet, and a reflective vest or belt during the hours of darkness. Also, you cannot ride the bicycle on sidewalks. JSF has been directed to confiscate bicycles of violators for 30 days and notify the appropriate chain of command. Obey the rules of the road -- yield to pedestrians in crosswalks, obey traffic regulations and drive responsibly. Remember safety always.

SMART team in Hotel area in May

The SMART Team will be in the Hotel area in May. If your hooch or office requires any maintenance, contact the DynCorp trouble desk at ext. 4584.

Copán chapel trip

Have fun, relax and enjoy spiritual fellowship on the chapel trip. The base chapel is hosting a retreat to ancient Copán leaving from the chapel May 25 at 7:30 a.m. and returning May 27 at 4 p.m. Participants will be staying at the Hotel Posada Real de Copán. A deposit of \$20 is needed to reserve a spot. The Chaplain's Consolidated Funds will pay for all participants' lodging. Meals and the admission fee are not paid for. For more information, call the base chapel at ext. 4351/4606.



Photo by Master Sgt. Jeff Bohn

A Ch-47 Chinook helicopter drops a load of water from a 2,000-gallon Bambi bucket in an effort to contain a wildland fire that essentially terminated the aerial-gunnery exercise slated for April 24 to 26.

Gunnery

(Continued from Page 1)

According to Bice, the M-60D machine gun is a mounted weapon located in the two crew chief windows, one on each side of the aircraft.

It is a standard M-60 machine gun configured to fire from the air. The difference between ground and air M-60s is that the M-60D has a trigger mechanism located where the butt stock would normally be on a ground model.

The M-60D is considered to be an area suppressive weapon. It is designed to keep the enemy's head down long enough for the aircraft to leave the location. Considering the rapid rate of fire of 7.62 mm ammunition, it can be a very effective suppressor.

Unfortunately, all of the objectives of the exercise were not met during the scheduled three-day course of fire.

Murphy's Law was in full effect, as Murphy was in rare form on the range. His attempts to thwart the exercise were successful as dry conditions made it impossible to shoot in the range without the tracers starting ground fires.

By the end of day one, a great deal of acreage was cleared of dead, dry brush.

A few helicopter crews got some hands-on training using the Bambi buckets in their attempt to control fires started by the tracer rounds.

The second day of shooting didn't fare any better than the first, and the mission was rescheduled for a later date. In all, the important objectives were met. The mission was conducted safely and everyone arrived home safe — to shoot another day.

Preventive medicine: Staying safe from snakes

By Sgt. Delfino Liban III
Preventive medicine

Reports of snake sightings in the Soto Cano area have increased recently. While some of the snakes sighted could be poisonous and dangerous, there is very little reason to fear when venturing outdoors. With simple precautions and awareness of snake hazards, chances of getting harmed by snakes are very minimal. Below are some useful tips that can help when dealing with snake hazards and prevent harmful encounters with snakes.

- Pay close attention to your surroundings. When going through woods, trails and bushes, keep an eye on the things around you, and watch your steps.

- Be careful when going through areas that are potential snake habitats such as abandoned buildings, brush piles and watery areas. If possible, avoid such areas completely.

- Wear boots or at least ankle-high shoes when hiking. At no time should you walk bare-footed even when crossing shallow streams or other bodies of water.

- Don't stick your hands in cracks and crevices, holes in the ground, and spaces between rock formations. When checking areas underneath objects such as rocks and wood-piles, use a stick to move them.

- When climbing or stepping over an obstacle, check the area carefully especially where your feet or hands will land before you make your move.

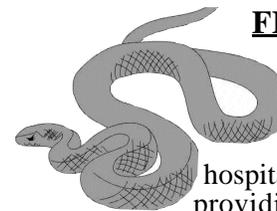
- Make your presence known by making noises with your movements when wandering outside especially when you are wandering through trails and bushes. Don't stalk quietly because snakes might consider you a predator, and they usually become more aggressive.

- If you see a snake, leave it alone. Most snakebite victims are those who either tried to capture or tried to hit a snake. When you spot a snake close to your living or work areas, report it to proper authorities immediately. In Soto Cano, call the DynCorp trouble desk at ext. 4548.

- Be familiar with the first aid for snakebite.

Call Preventive Medicine at ext. 4200 or 4500 if you have any questions.

FIRST AID FOR SNAKE BITES



1. The definitive treatment of a poisonous snakebite victim can only be provided by a physician in a hospital. The first responsibility of anyone providing care to a victim is to arrange transportation to an appropriate physician and hospital immediately.

2. While waiting for and during transportation:

- Calm and reassure the victim. Movement especially of a bitten extremity increases the spread of the poison. Have the victim lie down, if possible, and keep him quiet. Give nothing by mouth. Keep the victim warm.

- Remove clothing and jewelry from affected area before swelling occurs.

- Apply a wide constrictive band two to four inches above and below the snakebite. If the bite is on the hand or foot, apply only one band above the wrist or ankle as appropriate. The band should be tight enough to wrinkle the skin but still allow a finger to be inserted easily between the band and the skin.

- Monitor the victim's vital signs: blood pressure, pulse and respiration. Don't delay evacuation.

- Immobilize affected area with a loose splint. If the bite is on arm or leg, keep it below the level of the heart. Splints applied with elastic bandages (light tension) have been shown to slow the spread of the poison.

- Cover the wound with a dressing and apply a cool pack to the snakebite if available. The cool pack is intended to slow the venom from spreading. Do not use ice.

- Do not cut open the snakebite and suction the venom. It doesn't remove much venom, and it exposes the wound to further complications. Any venom removed could harm the person who is providing this type of first aid.

3. Send the snake, if possible, or its identification with the victim to aid medical personnel in determining the proper treatment. **Caution:** Do not attempt to capture the snake alive. Try to kill it without damaging too many of its identifying features. Handle it carefully because a freshly killed snake can bite due to reflex action.