

# MACH METER



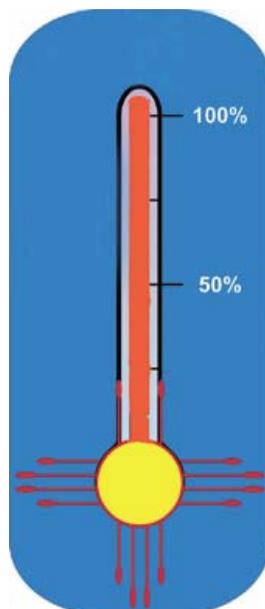
Vol. 51, No. 15

Cannon Air Force Base, N.M.

April 21, 2006

## AFAF Update

Thanks Cannon  
\$45,070 raised  
100% +



## Congratulations

Cannon maintenance  
professionals of the year

See Unit Spotlights on page 17

## Community Events

### Homefront Quilts

Operation Homefront Quilts, a group of local quilters who make quilts for families who have lost loved ones in the war, meets 10 a.m. to 3 p.m. today at the Family Support Center. No experience is necessary and all materials are provided.

For more information, call 784-4228.

### Airman's Attic hours

The Airman's Attic, located in the same building as the post office and Community Center, is open from 10 a.m. to 3 p.m. Saturday. E5s and below and their dependents are eligible to shop in the store. Each family is permitted to take up to 20 free items per week for family use.

For more informatin, call 748-4228.

More Community Events on page 10



PHOTO BY JANET TAYLOR-BIRKEY

Staff Sgt. Christopher Craig, 27th Equipment Maintenance Squadron, checks an M61A1 20mm gun. Cannon has implemented the Golden Gun maintenance operations which decreases downtime for aircraft. See next week's Mach Meter for more on the Golden Gun initiative.

## Legacy of change continues with Cannon Smart Operations 21

By Col. Robert West  
27th Maintenance Group Commander

During my 24 years of service, I have witnessed people wearing the blue uniform adapt to numerous changes in our Air Force. Simple changes that ranged from the location of officer rank insignia on the service dress uniform, to the wearing, and then not wearing of aircrew patches on battle dress uniforms, to major organizational changes such as the implementation of the Objective Wing in 1991 and the reorganization of 2001 that created the Combat Wing Organization of today.

The legacy of change is once again on the horizon for our Air Force. The service must adapt to a reduction of more than 57,000 active duty, Guard, civilian and Reserve members while also sustaining new cutting edge weapon systems, maintaining current operational missions and confronting the challenges of the Global War on Terrorism.

In the Air Force, every Airman is a pre-

cious resource and now, more than ever, their service is even more valuable. Regardless of their Air Force Specialty Code, each Airman will be called upon to seek continuous improvements to make their daily operations more efficient. Air Force Smart Operations for the 21st Century (AFSO 21) is the service's call to create a culture that enables and empowers every Airman to seek and implement opportunities that eliminate wasteful processes and streamlines their duties. Every member in the Air Force will be challenged to ask, "Why am I doing my job this way, and is there a better way to get it done."

There are no processes in the wing that are immune from this critical top down assessment. Of note, in the 27th Maintenance Group, the 27th Aircraft Maintenance Squadron is preparing to use a wireless LAN technology in a new tool called point of maintenance, or POMX.

■ See LEGACY OF CHANGE, Page 3

## SECAF Letter to Airmen: Smart Operations 21

Our role as an Air Force is to provide an array of capabilities for the Combatant Commanders to use as directed by the President. These capabilities include the widest variety of joint operations from combat operations to humanitarian aid. Like any other organization, we must seek to constantly give value to our "customers." It's not only the right thing to do for the American taxpayer; it's the smart thing to do.

In my December "Letter to Airmen," I talked about expanding LEAN concepts beyond just depot operations. That effort has now grown into Air Force Smart Operations 21 (AFSO 21), a dedicated effort to maximize value and minimize waste in our operations. AFSO 21 is a leadership program for commanders and supervisors at all levels, looking at each process from beginning to end. It doesn't just look at how we can do each task better, but asks the tougher and more important question: Why are we doing it this way? Is each of the tasks relevant, productive, and value added? In other words, is it necessary at all? With AFSO 21, we will march unnecessary work out the door – forever.

AFSO 21 signifies a shift in our thinking. It is centered on processes (groups of tasks) rather than tasks alone, which allows us to gain insights into the value, or lack of value, in each task we perform. For

■ See SMART OPS 21, Page 3



## FEATURE

# Wall of Heroes inductee recounts Korea's 'Frozen Chosin'

By Staff Sgt. Craig Seals  
27th Fighter Wing Public Affairs

Every structure requires a firm, steadfast foundation and each piece of that structure relies on the foundation to uphold and support it all.

The Airman Leadership School is an important piece in the structure of the Air Force and its students rely heavily on the foundation laid by those who have sacrificed so much for the sake of liberty and freedom.

Retired Marine 1st Sergeant Robert Simmons helped lay that foundation with his 20 years, four months and one day of service to this country. On April 14, Mr. Simmons became the 13th member of the Wall of Heroes in an induction ceremony at the Airman Leadership School.

"At the end of World War II, everyone wanted to go do something for their country," said Mr. Simmons, remembering the patriotic fervor of more than 60 years ago.

Mr. Simmons, also wanting to do something, enlisted in the

Marine Corps nine days after his 17th birthday on Jan. 14, 1946 and, following boot camp, was assigned to the 2nd Battalion, 1st Marine Regiment.

In September 1950, the 1st Marines were sent to Korea after the North Korean People's Army invaded South Korea, advancing to within 100 miles of the southern tip of the peninsula.

Mr. Simmons and his comrades, under the orders of Gen. Douglas MacArthur, launched an amphibious landing at Inchon in order to engage the enemy.

Seoul was quickly recaptured and the North Korean People's Army retreated back across the 38th Parallel.

Allied forces pursued the communist army to the Chosin Reservoir where Mr. Simmons and the rest of the 1st Marines were ambushed by Chinese communist forces.

When the Battle of the Chosin Reservoir began on Nov. 27, 1950, Allied Forces found themselves outnumbered 10 to one.

Fighting in minus 30-degree weather, Mr. Simmons, now 21

years old, watched his comrades freeze to death around him.

"I just snuggled down into my cold weather gear and just hoped that I didn't end up like that too," said Mr. Simmons.

The Inchon invasion and the Battle of the Chosin Reservoir were the first images of combat Mr. Simmons had ever seen.

"When I saw all that, all I could think is 'this is exactly what I trained for,'" said Mr. Simmons.

Mr. Simmons and the rest of the Marines continued to repel enemy assaults until ordered by General MacArthur to withdraw to Hungnam.

On their way, Mr. Simmons and his fellow Marines found many North Korean civilian refugees retreating with them.

Mr. Simmons and his comrades fought their way to the sea, bringing all their dead, wounded, equipment and evacuees with them.

Knowing the Chinese army would kill captured refugees, the Marines held off the Chinese as more than 125,000 North Koreans were evacuated from Hungnam.

■ See FROZEN CHOSIN, Page 12

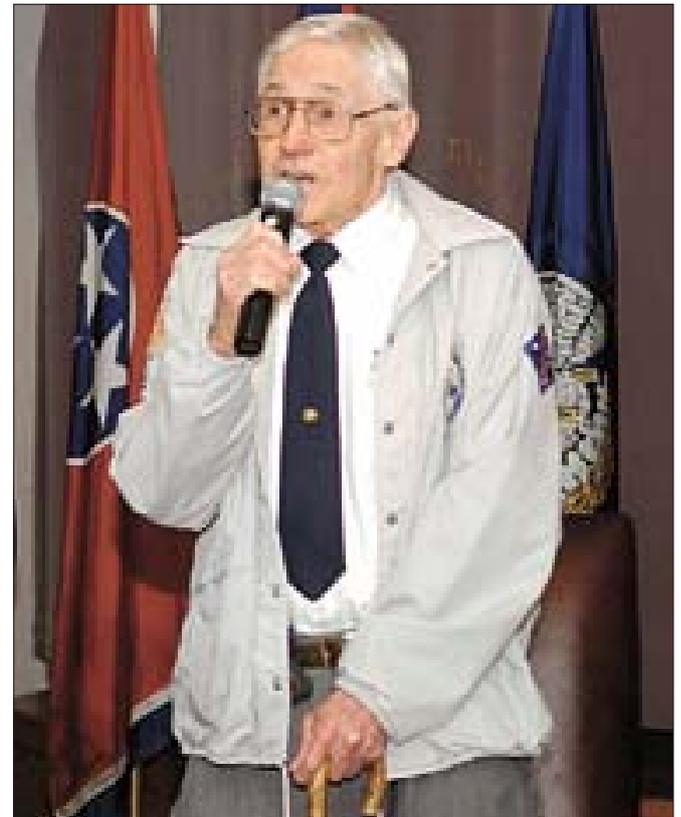


PHOTO BY STAFF SGT. APRIL WICKES

Retired Marine 1st Sgt. Robert Simmons, who was inducted into the Wall of Heroes April 14, recalls his experiences during his 20-year career in the military which included service in the Korean War. Mr. Simmons spoke at the Airman Leadership School shortly before he became the 13th member of the Wall of Heroes.



PHOTO BY JANET TAYLOR-BIRKEY

Jane West, wife of Col. Scott West, 27th Fighter Wing commander, an avid pet lover, holds one of the cats living at Sundance Ranch. Sundance receives cats from a variety of places. During last year's hurricanes, they received more than 30 to care for at the ranch.

## Felines find friends, sanctuary in Clovis shelter

By Janet Taylor-Birkey  
27th Fighter Wing Public Affairs

When an unfortunate accident took the life of his cat, Sundance, Doug Johnson promised he was not going to watch another cat needlessly die.

That was four years and more than 8,156 cats ago.

Since then, Mr. Johnson has turned his attention to making better lives for homeless cats by building a home where cats can live until they are adopted. Some of the cats live out their lives at the sanctuary, or simply find a safe, comfortable place to stay until they are returned to their owner.

The home, named Sundance Ranch Feline Sanctuary after his cat, was built and is maintained with the help of local volunteers, including a few Cannon Airmen, to care for 80 cats. Sundance has housed as many as 150 cats, but that is not the ideal, said Mr. Johnson, because crowding causes disease and aggression.

Jane West, wife of Col. Scott West, 27th

Fighter Wing commander, said she supports Sundance sanctuary and the work they do to protect cats. "I've recently adopted a young cat from [Sundance], and plan on volunteering," said Mrs. West.

"All of the cats I've owned in my life have been adopted from shelters. While buying an animal from a breeder is the best choice for some people, I prefer to save an animal from an uncertain future," she said.

Saving cats from an uncertain future is one of Sundance's more distinct features. "We are the only no-kill sanctuary within a hundred miles," said Mr. Johnson.

Living in the comfort of the no-kill rule, cats at the sanctuary live in a no-cage, community setting complete with air-conditioning and television. For exercise, they have the opportunity to stroll the built-in catwalks and stairs and play in the fenced area outdoors.

Many of the cats at Sundance are blind, missing limbs, mentally ill or have diseases such as diabetes or epilepsy. While receiving many cats needing extra

attention, Sundance also has been home to several purebreds worth more than \$1,000. However, no matter the breed or condition of the cat, each is treated as valuable and given a name.

Before adopting an animal, people should realistically look at their lifestyle to determine is and what kind of animal fits into their lifestyle.

"An animal can really impact a family's life in positive ways, but are not for everyone," said Mrs. West. "Cats can be destructive to furniture if not trained correctly, and many people have allergies that they were not aware of prior to adopting an animal.

"Military folks, especially, should keep in mind that when PCSing, traveling with animals, particularly overseas, requires specific medical records, immunizations, etc., and in some cases lengthy quarantines," said Mrs. West. "For those reasons, cats are not necessarily the best choice for Air Force families if they're not willing to incur the hassle and expenses associated with moving frequently."



## NEWS

# Virtual violence ruins accounts, credit rating

By Tech. Sgt. Russell Wicke and  
Maj. David Honchul

*Air Combat Command Public Affairs*

Crooks made off with an estimated \$5 billion from individuals who parted with their identity last year.

In what is becoming America's fastest growing type of robbery, identity theft involves a shrewd charade instead of a hold-up at gun point and military members are increasingly becoming the targets of these threats.

"Phishing e-mails are a tremendous threat," said Brig. Gen. John Maluda, director of communications at Headquarters Air Combat Command. "The bottom line is anyone with a computer and internet access can create loads of trouble for our unsuspecting Airmen."

The latest example streaming across the cyber world is a variation of what has been dubbed the "Nigerian Scam."

The scam begins when an individual sends an e-mail explaining how he or she has come into possession of an incredible sum of money and now needs help getting the money out of their country. In some cases, the individual will be presented as a military member serving in Iraq, and having come into possession of \$200 million of Saddam Hussein's money.

The scam engages when the individual finds a person who is willing to open a bank account with their own money. The perpetrator then lures the victim into putting more money into the account with

promises of huge payouts when it's all over. Once the perpetrator feels the situation has been pushed to the limit, the money is drained from the account leaving the victim with an empty wallet.

According to the Secret Service, the Advance Fee Fraud — the technical name for this type of crime — grosses hundreds of millions of dollars annually, and the losses continue to escalate. The Internet Crime Complaint Center received more than 231,000 complaints in 2005 — up 12 percent from 2004. The cost of those frauds reached over \$183 million.

Another type of phishing scam seeks to steal an individual's identity. This usually comes in the form of a bank notice warning individuals that critical information is needed to secure their accounts.

An example of this is the fraudulent e-mail sent out in the name of Bank of America. The notice asks for information a thief would need to wipe out a bank account and a good credit rating. Because the government travel cards are affiliated with Bank of America, officials in Air Combat Command expressed concern for the cardholders. "This could be a particular threat to our Airmen," said Maj. Sandi Swanton, ACC Staff Judge Advocate chief of information law. "Banks don't contact you by e-mail. They do it by mail, and even then, you are required to make initial contact by calling after that."

Major Swanton went on to say that even when banks do contact customers by mail, they do not request information like account numbers, social security numbers or PINs. Banks already have this

information in their systems.

She also added that the Bank of America e-mail scam, like many others, had tell-tale signs that it wasn't a real notice, despite the use of what looked like official company symbols and letterhead.

"If you look closely, you can see it's not professionally done," she said. There are grammar and punctuation errors, and if that's not enough to raise a red flag, the dire warnings of 'account closures' are a sure tip.

"If you think it's something real, you should contact them," added Maj. Swanton, "and not using the information given in the e-mail. Use the phone number on the back of your credit card and call."

These notices can strike at any time, any where. One military member reported receiving a notice for her husband the week after he deployed. The notice, allegedly from Chase Bank, stated his credit card was being used out of the area, and that if he didn't verify within 48 hours, the account would be closed. Fortunately, the member called the bank which advised her it wasn't legitimate.

"Chase advised they would call if there was a problem with the account," the member said. "That's consistent with an experience I once had with another card; the company called my home to check on the out of country use of the card."

While firewalls and spam blockers can catch many of these scams before they hit inboxes, there are those that manage to slip through the cracks.

One other concern for command officials is Web

■ See VIRTUAL VIOLENCE, Page 13

## SMART OPS 21

*Continued from Page 1*

example, why does an EPR take 21 days at some bases to process, and only 8 at another? We must do better across the entire Air Force, and no process is immune from this critical review. AFSO 21 is built on successful principles from the corporate world, and has already yielded results in the Air Force. AFMC has used the tenets of AFSO 21 to put an extra 100 tankers back on the line each day. AFSO 21 is about working smarter to deliver warfighting capabilities.

We must continue to meet our worldwide requirements even with the continued pressure on our budget. But AFSO 21 is not about cost cutting; it enables our service to take our warfighters of today and grow them into the most effective and efficient thinkers for 2010 and beyond. The continuous process improvements of AFSO 21 will

be the new culture of our Air Force. We will look at innovative ways to use our materiel and personnel more efficiently. For example, we're already planning on using the Guard and Reserve differently under the concept of Total Force Integration, capitalizing on their inherent strengths.

As AFSO 21 training comes to your base, ask yourself, "What have I improved today?" Every idea is worth taking to your supervisor. To learn more about the AFSO 21 program, visit the AFS21 website at <http://www.afso21.hq.af.mil/>. I have full faith that by implementing AFSO 21 together, we will make our Air Force not only more effective, but will drastically improve our combat capability.

**Michael W. Wynne**  
Secretary of the Air Force

## LEGACY OF CHANGE

*Continued from Page 1*

This palm pilot tool will enable each maintainer to complete required aircraft maintenance documentation quicker and more accurately than today. This is an example of using technology to improve efficiency on the flight line. Additionally, the F-16 propulsion shop, in the 27th Component Maintenance Squadron, has adopted a crew verses a dock maintenance process utilizing a "first in" and "first out" production philosophy for F100 engines. This initiative is ensuring a 15 percent greater engine production capability. The Equipment Maintenance Squadron is experimenting on how to right size the number of days an F-16 aircraft is off the flying schedule while it undergoes extended maintenance. The phase dock airmen, who own the phase inspection, are utilizing Value Stream Mapping (VSM) for their work process to identify and eliminate waste and barriers. This process has almost

reduced the down time by 50 percent. The Medical Group is looking for efficiencies in patient appointments, pharmacy processes, and radiological services. In the Mission Support Group the Civil Engineer Squadron developed a section that can repair circuit cards for the many alarm systems on base. This ability to repair these expensive assets keeps systems up and running and has reduced replacement costs significantly. Finally, the Operations Group has streamlined its Life Support section's processes to improve aircrew support.

Recently Mr. Scott Reynolds, the Deputy Director of Maintenance and Logistics, Air Combat Command, briefed the local Logistics' Officer Association, Zia chapter, during his visit to Cannon AFB two weeks ago. He stated that one of the burgeoning Air Force success story resides with aerospace ground equipment (AGE). AGE is cur-

rently forward deployed and regionalized to dedicated areas saving like deployed units from airlifting similar assets.

In a period of aging fleet pressures and shrinking budgets, all non-value added processes must be eliminated to ensure the Air Force stays on the cutting edge of the Department of Defense. AFSO 21 is the vehicle that will get us through the lean times and it is a mindset about working smarter, not harder.

This challenge is being met head-on by the 27th Fighter Wing. AFSO 21 is about growing future leaders to be innovative and rewarding those Airmen who take advantage of the opportunities to improve their production efforts. Airmen across Cannon will see AFSO 21 initiatives and improvements being implemented across the Air Force. Visit the Web site at <http://www.afso21.hq.af.mil/> for more information.



## COMMENTARIES

# Warrior Week a response to what is being asked

By 1st Lt. James Nichols  
27th Fighter Wing Public Affairs

**H**oly Schnikey's!! That was the thought that ran through my head as I sat through the convoy briefing during last week's Warrior Week. This was in response to the realization of what our country was asking of today's Airmen. This thought would repeatedly run through my mind as I continued my training during Warrior Week.

Gone are the days of your Air Force Specialty Code being your primary function in the Air Force. Say hello to the days of the combat-skilled, deployable Airman.

Today's Airmen are expected to possess a new wealth of knowledge in addition to technical functions, such as how to defend a base, man a foxhole and engage in numerous other combat skills that have not always been emphasized in training.

The culture of the Air Force is changing, and with change, some Airmen may be culture shocked. As the Air Force continues to get meaner and leaner, many may find these changes tough to deal with. After generations of relative comfort and ease, the challenges of the future have dictated that each Air Force Specialty Code may take on a more immediate combative role. Airmen are deploying continuously and with each given day our tactical skill

must grow to meet the challenges which accompany our current world situation.

In a letter to Airmen, Secretary of the Air Force Michael Wynne stated that, "In a smaller, leaner and more expeditionary-focused Air Force, it is essential that our Airmen have the knowledge and competency to accomplish our mission." Now, an Airman's mission is more than just his or her job, it now requires a variety of combat skills. This is why Warrior Week is important, we are taking on a more tactical role to defend our assets and take the fight to the enemy.

**I**t's causing a severe change in ways of thinking, which may have some thinking, "Great, now we're going back to the days of the Army Air Corps."

However, I encourage everyone to avoid thinking of it this way. In truth, it's gut check time — Why are you here? Was it for the retirement pension after 20 and you saw the Air Force as the easiest way to do that without seeing much combat? Or was it because of the cool educational benefits and the ability to travel and see the world on the government's dime?

These modes of thinking may or may not be necessarily wrong. However if these are your focus, you are selling your country and fellow Airmen short. We swore to

protect and serve; we swore that we would be willing to give our lives. Well now our country demands that we step it up — will we answer the call?

**T**his new culture places a stronger emphasis on areas such as physical fitness. Would you want to be the Airman who needs immediate care, but you can't receive it because your field buddy is too out of shape to carry you to safety? I surely don't and I wouldn't want to be the one who couldn't help his buddy either. Physical training is not just about passing a test. The demands of today's Air Force have charged that we take better care of ourselves for the future. To accept bare minimums in the area of physical fitness, or any other skill area, is not only irresponsible, but it can also cost you your life or someone else's.

Take this new focus as a personal challenge and personal growth. No matter the reason we joined, we all love this country. So let's step up to the challenge with an open mind and willingness to continue in the standard of excellence that is the custom to America's Air Force.

Change is tough, yes, but we must keep the future as our focus. Our country, fellow Airmen, and brothers-and-sisters-in-arms are depending on us. We must answer the call.

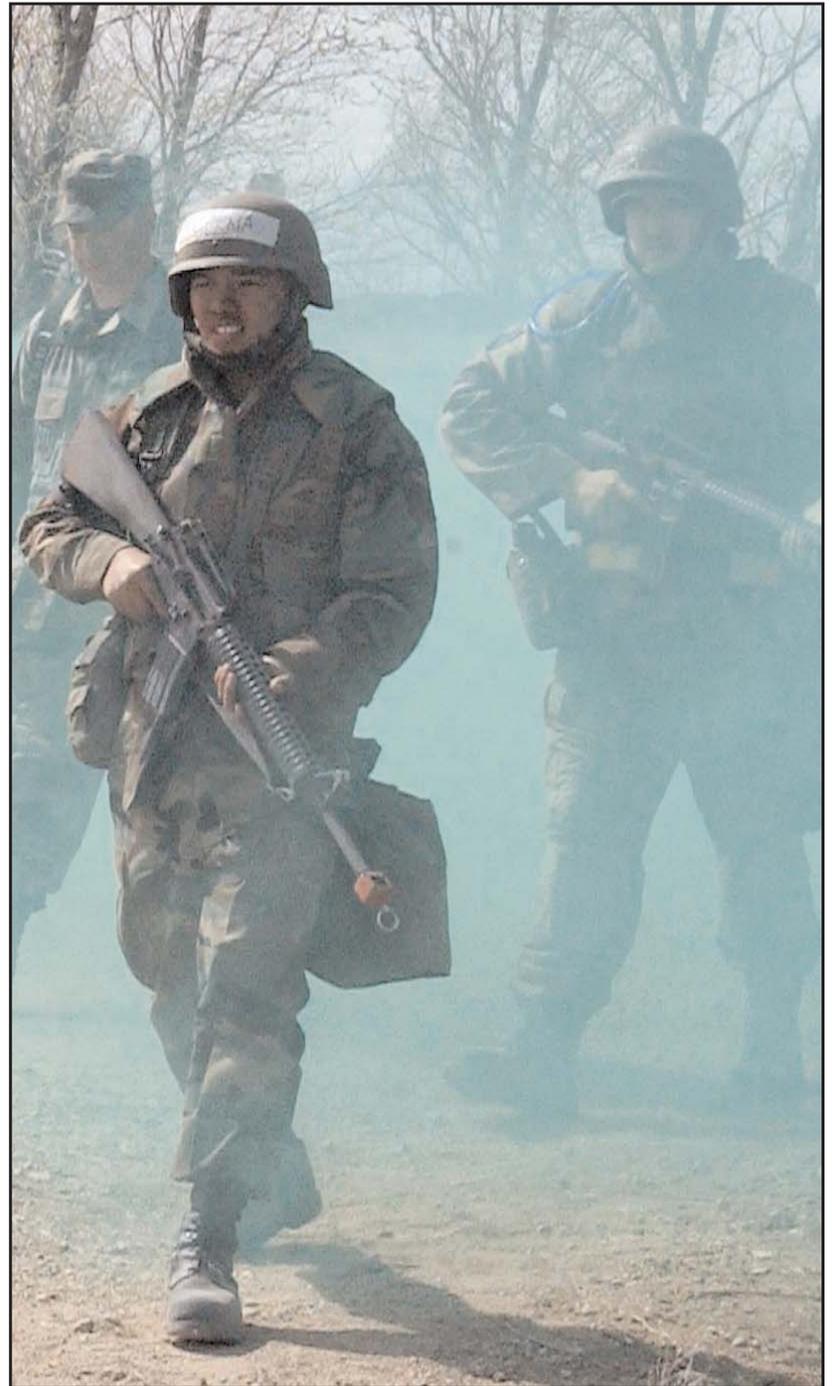


PHOTO BY STAFF SGT. APRIL WICKES

Patrol procedures and reaction to direct and indirect fire were just some of the challenges Airmen faced last week during Warrior Week. The week was in response to what our country is asking of today's Airmen.

## MACH METER

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All photographs are Air Force photographs unless otherwise indicated. For paid advertisements, call the advertising department of the *Clovis News Journal* at 763-3431.

News articles, local notes and other items for the *MACH METER* should be brought to the 27th Fighter Wing Public Affairs Office, 110 E Sextant Ave. Suite 1099, or e-mailed to the Mach Meter at

27fvmachmeter@cannon.afmil.

All submissions will be considered for publication based on news value and timeliness.

Every article and photograph will be edited for accuracy, clarity and brevity, conformance with the Associated Press Stylebook and Libel Manual and with Air Force Instruction 35-101. Coverage of upcoming events should be arranged in advance by calling the Public Affairs office at 784-4131.

If you have a suggestion you would like to make, or a kudo you'd like to give, call the **ACTION LINE at 784-2722** — If you have a problem you need resolved, call the responsible agency first so they can provide better service to everyone promptly.

**Deadline for submitting articles is noon Friday the week prior to publication. Deadline for free classified advertisements is noon, the Tuesday prior to publication.**

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*This week's*  
**Viper Wingman is**



Capt. Roman  
Pyatkov

*Captain Pyatkov, 523rd Fighter Squadron, has done an outstanding job running the scheduling shop ensuring all training requirements are met despite having more than half the squadron deployed, said Lt. Col. Charles Kearney, 523rd Fighter Squadron commander.*

*The Viper Wingman showcases outstanding work ethic and accomplishments of exemplary Airmen with the highest standards of personal performance. To nominate a Viper Airman, notify your first sergeant.*

*This week's*  
**Viper Volunteer is**



Jeri Conklin

*Mrs. Conklin has volunteered countless hours as a key spouse for the 27th Aircraft Maintenance Squadron and 27th Equipment Maintenance Squadron, the Officers' Spouses Club and Court Appointed Special Advocate, said Ms. Ellen Saccoia-Smith, 27th Mission Support Squadron. In addition, she has made quilts for Operation Homefront Quilts.*

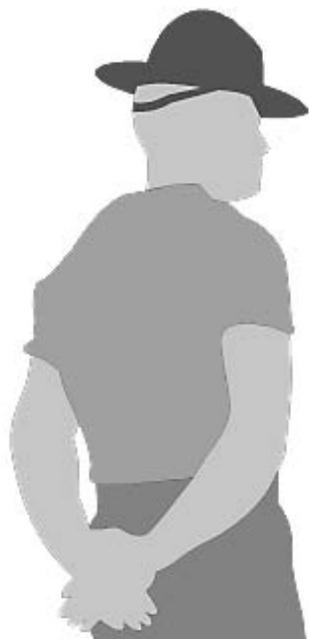
PHOTOS BY AIRMAN 1ST CLASS TIFFANY CURBEAM

*The Viper Volunteer highlights the spirit of volunteerism and extraordinary contributions to the Cannon community. To nominate a Viper Volunteer, call Ellen Saccoia-Smith at 784-4228.*

**Sgt. Afi's 36-2903**

**Tip of the Week**

**In accordance with Air Force Instruction 36-2903, table 1.3, - While on another service's installation, comply with order of dress for that service. Temporary duty personnel will comply with local policies established at the temporary duty location.**





## FEATURE

# Airmen take fight to enemy in Iraq

By Staff Sgt. Kristina Barrett  
506th Air Expeditionary Group  
Public Affairs

Most security forces Airmen patrol the Kirkuk Air Base, Iraq looking for anything out of the ordinary and pull 12-hour shifts in towers along the fence line.

But, for Airmen assigned to the 506th Expeditionary Security Forces Squadron, their mission is different. They take the base defense mission beyond the wire and into the city of Kirkuk, which lies just beyond the perimeter.

These Airmen, deployed from the 822nd Security Forces Squadron at Moody Air Force Base, Ga., are conducting combat patrols outside the confines of the base. Unique requirements come with this mission, which culminate in these Airmen's abilities to

respond to a situation each time they roll out of the gate into the city beyond.

"Each member on the teams knows how [he or she is] going to react," said Tech. Sgt. Franklin Barnett, patrol master. "We train our Airmen to a baseline standard which they will adhere to in case something doesn't go as planned."

Every time a forward patrol goes "outside the wire," the team takes time to rehearse actions on the objective, whether it's an improvised explosive device, ambush or sniper. Sergeant Barnett equated the training to rehearsing for "the big game."

"Our battle drills and procedures are pre-identified and trained on back at home station, but are always evolving to counter the specific



PHOTO BY STAFF SGT. KRISTINA BARRETT

Airmen 1st Class Nathan Mikeska patrols the area outside Kirkuk Air Base, Iraq. He is a member of the 506th Expeditionary Security Forces Squadron.

threats we experience here," he said. "What we do back home is run 'plays' in preparation for the real thing."

This is where the importance of training comes in. Airmen train on different scenarios, so when faced with the real thing, they can act instinctively because they've already experienced something similar.

"If the enemy changes tactics, we change tactics," Sergeant Barnett added. "We have the ability to adjust to any threats, based on intelligence we receive."

The squadron is able to achieve success by using an integrated base defense system.

It takes the various elements of security forces and employs them in such a way that if one is breached, the others still stand.

"Our goal is to limit the freedom of maneuver of anti-Iraqi forces within the base defense zone," said Maj. Don Robertson, commander of the 506th Expeditionary Security Forces Squadron. "The differ-

ent elements work together to not just secure the base, but the area around the base."

Each mission requires a different element employed to block the threats. Each element comes together to form a web of defenses – a web no "bad guy" wants to get caught up in, he said.

"We are not a reactive unit," Major Robertson said. "We are on the offensive going out, looking for the enemy and mitigating the threat to our airfield."

The squadron uses elements for base defenses such as the towers on the perimeter, the force protection airborne surveillance system overhead and cameras posted at strategic locations.

The base defense zone includes the towns dotting the Iraqi countryside.

For these missions, the unit uses the airborne surveillance system and snipers to watch over the patrol. Military working dogs work along side the Airmen.

"These elements augment

our mission and put eyes where we need them," Sergeant Barnett said. "Everything comes together and provides a seamless defense of the airfield from outside the wire."

Each little piece is a force multiplier, Major Robertson said, and works in concert to provide defense in whatever mission the squadron is conducting on both sides of the fence line.

The cop mission here defies the conventional wisdom that base defense can only be done from the confines of the base, said Capt. Michael Borders, 506th Expeditionary Security Forces Squadron operations officer. Base defense takes place on both sides of the wire.

"The enemy doesn't launch rockets or mortars from inside the base," he said. "The activity from outside the base affects our operations inside the base."

"We can't stare through the fence and wonder why the bad guys are still hitting us," Captain Borders said. "We have to take the fight to the enemy."

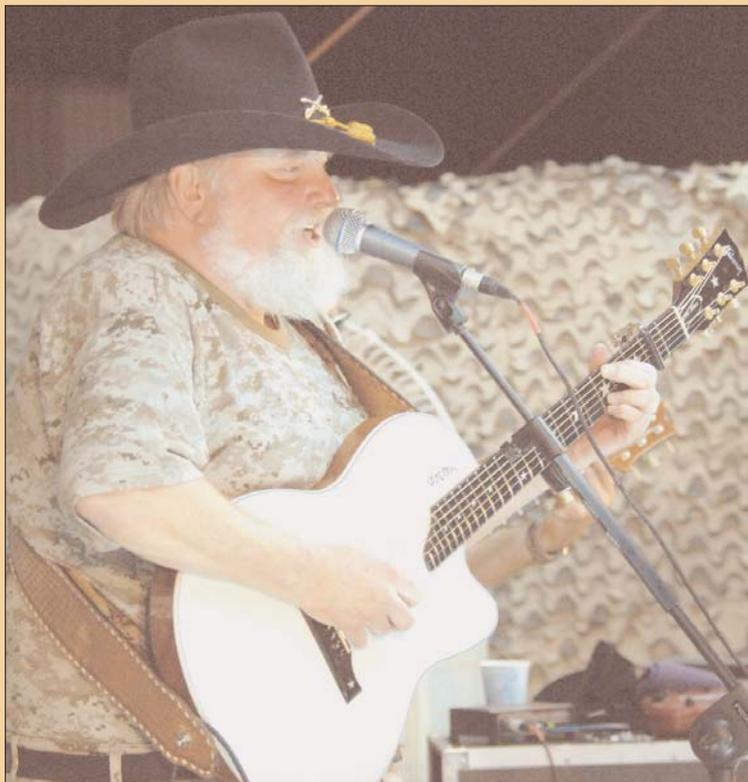


PHOTO BY STAFF SGT. VALERIE SMITH

## Stars for stripes

The Charlie Daniels Band plays for servicemembers at Ali Base, Iraq, April 15, as part of Stars for Stripes, a nonprofit organization.



## FEATURE

# Cannon chaplains meet spiritual, social needs

By Janet Taylor-Birkey  
27th Fighter Wing Public Affairs

Most people think of church as a place to hear a sermon, sing songs and offer prayers. While Cannon's chapel offers all of those things to worshipers, it also exceeds the parameters of regularly scheduled weekend and weekday services.

Seeking to address quality of life issues for Cannon Airmen and their families, the chapel has instigated popular programs to meet needs revolving around what they call the "big three" facing military families: finances, marriage and suicide prevention.

One of the big three programs offered is Financial Peace University, a program designed by financial expert Dave Ramsey. Financial Peace University helps families jettison their debt and learn to live on a cash basis. As families follow the steps of the program, they learn skills to increase cash flow and gain control over their finances.

The second big program is also one of the chapel's most requested programs; Happy, Healthy Families, said Chap. (Major) Kenneth Crooks, 27th Fighter Wing chaplain. Happy Healthy Families is a marriage seminar, conducted on a Friday and Saturday for couples, which begins with a questionnaire to assess needs of the couple. The seminar, which focuses on communication and conflict resolution skills, features a military leadership panel to talk about marriage skills and the peculiarities of a military marriage. The military leadership panel is usually made up of the 27 FW/CC and his wife, the 27 FW/ CV and his wife and the Command Chief and his spouse, if they are available, said Chaplain Crooks.

Those wanting assistance beyond the Happy, Healthy Families seminar can participate in marital counseling and



MACH METER FILE PHOTO

The base chapel staff hosts a single Airmen's dinner during the holidays for Airmen who will not be home during the season. The dinner is one of many events and programs the chapel orchestrates to meet the needs of Cannon Airmen and their families.

a parenting class, also offered by the base.

The third of these popular programs is ASIST: Applied Suicide Intervention Skills Training. "It's like teaching buddy care for suicide prevention," said Chaplain Crooks.

This class teaches basic intervention skills and how to help keep a person from making that final, irreversible solution, said Chaplain Crooks, and is taught by a trained chaplain and trained assistant.

The goal of Applied Suicide Intervention Skills is getting involved with those who may be considering suicide, to get them beyond the suicidal moment, but not getting absorbed into their problem, said Tech. Sgt. James Faulkner, 27th non-commissioned officer in charge of the 27th Fighter Wing chapel.

In addition to the three areas of money, marriage and suicide prevention, the chapel has a variety of outlets for service projects. These include Airmen volunteering at Clovis' Lighthouse Mission, said Chaplain Crooks, or taking a group of Airmen to New Orleans next week for cleanup detail from Hurricane Katrina.

Activities are not limited only to the spiritual in nature, but are for the purpose of helping Airmen in a variety of ways, such as identity theft seminars and the food pantry. Run by the Officer Spouses Club, the chapel is the distribution point for immediate food and very short term baby needs such as diapers, said Sergeant Faulkner. A popular chapel program, the food pantry distributed approximately 75 boxes of food in an eight week period last

fall, he said.

Airmen or their spouses may pick up these items at the chapel during the week without having to give personal details. "It's anonymous. The only information we take are their rank and squadron, but we don't take their name. [We just want] to see if we have trends," said Chaplain Crooks.

Programs and outreach are plentiful at the chapel, but the chapel's focus is to provide "free exercise [of religion] in a [military] readiness environment," said Chaplain Crooks. Having two chaplains on the flightline and one in the mission support group helps accomplish this focus allowing easier access for Airmen needing their services.

Some may ask whether a mainstream denominational chaplain can address the needs of lesser

known religions. While Cannon's weekly services are scheduled around mainline denominations, chaplains seek to meet the needs of anyone desiring religious services.

"There are faith groups here that there are just not chaplains for. The way we take care of them is we try to find someone who has that interest; someone to become the point of contact," said Chaplain Crooks.

As Cannon chaplains help Airmen network with others who understand their worship needs, the chaplains can also provide a place for groups to meet if they need facilities. "We have a very strong focus on meeting the need," said Sergeant Faulkner.

"I may not be able to help you personally, but I certainly ought to be able to find someone who can help you," said Chaplain Crooks



COURTESY PHOTO

### **Pet of the Week**

Big Jay is a 2-year old boxer available for adoption. For adoption information on Big Jay or other dogs or cats, call the Family Support Center at 784-4228.

## **COMMUNITY EVENTS**

### **Starting your own business?**

A Starting Your Own Business class is from 1 to 2:30 p.m. Monday at the Family Support Center Annex.

This class teaches the critical elements of starting a business, including how to start the application process and form a business plan.

For more information or to register, call the Family Support Center at 784-4228.

### **Make your move smooth**

The Smooth Move Overseas workshop is from 8:30 a.m. to 11:00 a.m. Tuesday at the Family Support Center Annex.

For more information or to register, call the Family Support Center at 784-4228.

### **American College Test assessment**

The Family Support Center will offer the national American College Test Work Keys assessment 9 a.m. to noon April 28. The assessment measures real world skills and employers requirements. After completion, attendees will receive a certificate,

For more information or to register, call Trina Miller at 762-7714 or email her at [tmiller@epcog.org](mailto:tmiller@epcog.org).

### **New hours for Cannon's education office**

New operation hours for Cannon's Education Office are 9 a.m. to 4:30 p.m. Wednesdays and 7:30 a.m. to 4:30 p.m. other weekdays.

### **Air Force club offers scholarship opportunity**

Air Force club members and their family members, who have been accepted by or are enrolled in an accredited college or university for fall 2006, are eligible to apply for scholarships awarded by the Air Force Club Membership Scholarship Program. Six individuals will be selected to receive a combined total of \$25,000 in scholarship money, based on a 500-word essay on the topic "Proud to be an American." Applications are available at The Landing and other services facilities.

For more information, visit [www.afsv.af.mil/Clubs/Scholarship.htm](http://www.afsv.af.mil/Clubs/Scholarship.htm).



## FEATURE

## FROZEN CHOSIN

Continued from Page 2

"We lost so many good men there," said Mr. Simmons. "I hope Americans do not forget these men. I hope Americans remember these veterans coming back from the war today. I hope none of them are ever forgotten."



PHOTOS BY STAFF SGT. APRIL WICKES

Col. Scott West, 27th Fighter Wing commander, spoke about retired Marine 1st Sgt. Robert Simmons contributions after his induction as a member of the Wall of Heroes April 14.

Mr. Simmons made his way out of Korea and back to the United States where he served in many assignments over the following 16 years.

After his retirement on May 14, 1966, he returned to school, earned a degree in education, and taught elementary school for the next 17 years.

"I also worked with the Veterans of Foreign Wars organization on educational projects. I really enjoy working with young people," said Mr. Simmons.

Mr. Simmons' experiences over the past 56 years have had a profound impact on his love for his country. "My patriotism has nothing to do with politics and everything to do with the Constitution of the United States. I love this country and I love the young people doing what they do for this country today," said Mr. Simmons.

Like many heroes, however, Mr. Simmons possesses a great deal of humility in

regards to himself.

"Me? A hero? I know my granddaughter considers me a hero and she can't be wrong," said a smiling Mr. Simmons. "To me, a hero is a person who gives of him or herself for the sake of others, not to take from others."

Perhaps unconsciously, Mr. Simmons verbalized the very criteria for the Airman Leadership School's selection of him to be the 13th inductee to its Wall of Heroes.

In its mission to honor those who have heroically served and built and paved the road that all servicemembers

now walk, each Airman Leadership School class selects a local combat veteran to be inducted to the school's Wall of Heroes.

Mr. Simmons had profound respect for those who came

before him. "I'm so proud to even be considered in the same breath as those before me. People like Santiago Hidalgo and the rest of the members of the Wall of Heroes, I am proud to stand among them."



Retired Marine 1st Sgt. Robert Simmons, who served 20 years in the Marine Corps and during the Korean War, will have his shadow box of awards and decorations on display as the 13th member of the Wall of Heroes. Mr. Simmons was inducted into this select group during ceremonies April 14 at the Airman Leadership School.



## What's happening?

**Today**

Penny Pincher Daily Lunch Special – Cup of Soup and half a Turkey Sub \$3 Members First  
Seafood Buffet- 11 a.m. at The Landing  
Steak Special – 5 to 9 p.m. at The Landing  
Month of the Military Child Special 4 to 6 p.m. at Cannon Lanes  
Yu-Gi-Oh Challenge Plus – 4 p.m. at the Clovis Community Center  
Entertainment 9 p.m. at the End Zone

**Saturday**

Spring Fling 3 p.m. at the Portales Community Center  
Give Parents a Break 8 to 11 p.m. at the CDCs  
Bowling Buck Night – 6 p.m. to midnight at Cannon Lanes

**Sunday**

Free Billiards- 3:30 p.m. at The End Zone  
Dart League - 6:30 p.m. at The End Zone  
Easter Brunch – 10 a.m. at The Landing

**Monday**

Penny Pincher Daily Lunch Special – Cup of Soup and half a Turkey Sub \$3 Members First junior and senior  
Cheer 4 to 6 p.m. at the Clovis Community Center  
Chess Club 5 to 6 p.m. at the Portales Community Center  
Community Theater – 6:30 p.m. at the Central Community Center

**Tuesday**

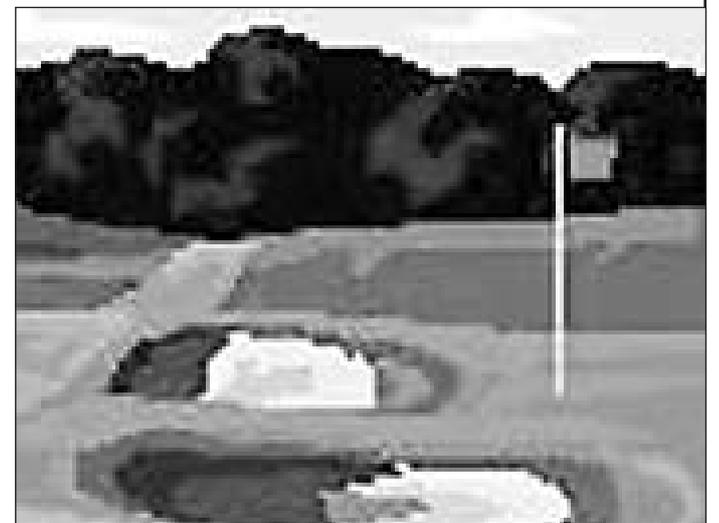
Penny Pincher Daily Lunch Special – Cup of Soup and half a Turkey Sub \$3 Members First  
Oriental Buffet- 11 a.m. at The Landing  
Country Fried Steak 5 p.m. at The Landing

**Wednesday**

Penny Pincher Daily Lunch Special — Cup of Soup and Half a Turkey sub, \$3. Members First  
Italian Buffet - 11 a.m at The Landing  
Country Fried Steak 5 to 8 p.m. at The Landing

**Thursday**

Penny Pincher Daily Lunch Special - Cup of Soup and half a Turkey Sub \$3 Members First



\* CC — Community Center WWGC — Whispering Winds Golf Course CDC — Child Development Center



## FEATURE

## Lack of wind fails to faze kite fans

*(Editor's note: Due to a production problem in last week's Mach Meter, the article did not correctly appear. It is being printed in its entirety with an additional photograph.)*

By Janet Taylor-Birkey  
27th Fighter Wing Public Affairs

It has been said the wind always blows in this part of New Mexico. Unless the wind is needed for Cannon's 3rd Annual Kite Karnival.

While there was little wind for the Karnival at Doc Stewart Park, attendees enjoyed a variety of activities such as free games and rides, entertainment by the Dance and Cheer Force, making their own miniature kites and, catching the occasional breeze to briefly fly their kite.

Some took the lack of wind in stride, but some of the children did not.

"Why is there no wind? [My daughter] is yelling at me because it's not working,"

laughed Vickie Winters who was at the Kite Karnival with her daughter, Isabelle, 9. "It's a pretty day at least. There was so much wind yesterday and none today."

Not just the young had fun at the Karnival, but also the young at heart. Even with little wind, Thomas Lipinski, of Clovis, retired Air Force, who was out for the day with his wife, Gloria Zolman, said, "It's still fun though. I haven't done this in twenty years."

Walt Mitchell, from Lubbock, retired Air Force, brought his kite known as a Cody war kite, which took him about 100 hours to make.

Mr. Mitchell said he needed "a 10 mile per hour wind, [but] we're not going to have that today." While he was not able to fly the 21-foot wing span, 10-foot high kite, Mr. Mitchell regaled several Karnival attendees with the history of the kite.

Designed in the late 1890's for lifting people, the Cody war kites were stacked five deep to

lift "a 100 pound man in a basket for observing ground scrimmages in the war," said Mr. Mitchell.

Mr. Mitchell has not only been a kite flying participant, but has contributed to Cannon's Kite Karnival since it was first held three years ago. Pointing to the kite-making tent where children design their own kites, "The first year we had [the Kite Karnival] here, I gave them this design," said Mr. Mitchell.

An avid kite hobbyist, Mr. Mitchell gives kite making classes and demonstrations to schools and retirement villages. For "most of the people in their 70s and 80s, all they can remember about making kites are the paper kites made out of newspaper and sticks ... so they are intrigued when they see something new and more engineered," he said.

This year's Kite Karnival attracted almost 3,000 attendees, more than double last years attendance, and more than 300 kites were made in the kite



Photo by Janet Taylor-Birkey

Brad Martin, Lubbock, flies a kite in front of Walt Mitchell's Cody man-lifter. The Cody man-lifter, with a 21 foot wing span and 10 foot tail, was used during past war times to help lift a 100-pound man in a basket to spy on war maneuvers.

making workshop, according to Sheri Hayes, Cannon's Community Center director.

"People loved the fact that the rides were free, the carnival

games were cheap and everyone won something. One person said, "You can entertain your kid all day for \$5, this is great!" said Ms. Hayes.



PHOTO BY STAFF SGT. VALERIE SMITH

## Easter in Iraq

Troops from Ali Base, Iraq, attend Easter services at the House of Abraham in the ancient city of Ur, Iraq, April 16. Abraham is considered by religious scholars to be the father of three religions: Islam, Judaism and Christianity.

## VIRTUAL VIOLENCE

Continued from Page 3

sites that look legitimate, but are not affiliated with the military or government. The site is intended to trick people into passing personal information by luring them to false corporate or government Web sites.

The Federal Trade Commission warns that once people divulge their personal information on these bogus sites, the scam operators can steal identities and make purchases in the person's name.

When Web sites purport to represent military or government agencies, ACC Officials recommend members look closely at the Web addresses, particularly those ending in ".org" or ".com." Virtually all official government Web sites end in ".gov," or in the case of military sites, ".mil."

Even with commercial companies, members should take care, especially for unsolicited requests for their personal information. Experts say the best thing to do with unsolicited offers and e-mails is to delete or ignore them respectively. However, if people do become victims of these crimes, there are agencies that can help.

Military personnel can file complaints through Military Sentinel. This joint project of the Federal Trade Commission and the Depart-

ment of Defense is the first online consumer complaint database specifically tailored to the unique needs of the military community. Military Sentinel is designed to give military service members in all parts of the world a convenient way to report fraud directly to law enforcement officials. It is located at [www.consumer.gov/military](http://www.consumer.gov/military).

To report cyber crimes or internet fraud, the Federal Bureau of Investigation and the National White Collar Crime Center established the Internet Crime Complaint Center. The site can be found at [www.ic3.gov](http://www.ic3.gov).

To report suspected credit card fraud, contact the three major credit reporting bureaus: Equifax at (800) 525-6285, Experian at (888) 397-3742 and TransUnion at (800) 680-7289.

To report fraudulent bank accounts set up in your name, contact Telecheck at (800) 366-2425 or the International Check Services Company at (800) 526-5380.

Airmen can also go to their local wing legal offices for consultation regarding identity theft and consumer issues.



# Unit Spotlights

## Congratulations Cannon Maintenance Professionals of the Year

**Staff Professional of the Year (NCO)**

Tech. Sgt. Cynthia Mateka,  
27th Maintenance Group

**Staff Professional of the Year (Airman)**

Senior Airman Lonnie Strickland,  
27th Aircraft Maintenance Squadron

**Support Professional of the Year (NCO)**

Tech. Sgt. Aaron Sellers,  
27th Maintenance Operations Squadron

**Support Professional of the Year (Airman)**

Senior Airman Dusty Mahan,  
27th Aircraft Maintenance Squadron

**Chief Master Sgt. Thoman N. Barnes Award**

Staff Sgt. Matthew Inman,  
27th Aircraft Maintenance Squadron

**Aircraft Maintenance FGO of the Year**

Maj. Matthew Powell,  
27th Component Maintenance Squadron

**Aircraft Maintenance CGO of the Year**

Capt. Duane Dobbins,  
27th Component Maintenance Squadron

**Aircraft Maintenance Senior NCO of the Year**

Master Sgt. Jeffrey Davis,  
27th Equipment Maintenance Squadron

**Aircraft Maintenance NCO of the Year**

Tech. Sgt. Rodney Neiss,  
27th Equipment Maintenance Squadron

**Aircraft Maintenance Airman of the Year**

Senior Airman Christopher Mason,  
27th Component Maintenance Squadron

**Aircraft Maintenance Civilian of the Year**

Ivan Sarracino Jr.,  
27th Equipment Maintenance Squadron

**Munitions Maintenance CGO of the Year**

1st Lt. Angel Guerrero,  
27th Equipment Maintenance Squadron

**Munitions Maintenance Senior NCO of the Year**

Master Sgt. David Pantojas,  
27th Aircraft Maintenance Squadron

**Munitions Maintenance NCO of the Year**

Staff Sgt. Priscilla James-Elion,  
27th Equipment Maintenance Squadron

**Munitions Maintenance Airman of the Year**

Airman First Class Jay Burns,  
27th Equipment Maintenance Squadron

**Maintenance Professional of the Year (CGO)**

Capt. Clinton Waller,  
27th Aircraft Maintenance Squadron

**Maintenance Professional of the Year (Senior NCO)**

Senior Master Sgt. Jack Anderson,  
27th Component Maintenance Squadron

**Maintenance Professional of the Year (NCO)**

Staff Sgt. Andrew Scott,  
27th Aircraft Maintenance Squadron

**Maintenance Professional of the Year (Airman)**

Airman First Class Dustin Reid,  
27th Equipment Maintenance Squadron

## Chapel Schedule

### CATHOLIC

*The Sacrament of Reconciliation is at 8:30 a.m. Sundays and 4 to 4:30 p.m. the third Sunday of the month.*

Sunday Mass 9:30 a.m. and 5 p.m.  
Weekday Mass 12:05 p.m. M,W,F  
Religious Education (grades K-6) 10:45 a.m. Sunday  
LifeTeen youth ministry (grades 7-12) 6 p.m. Sunday

### PROTESTANT

*Little Blessings children's class (under four years old) is available during all services and Wednesday ministries.*

**Sunday Services:**

Traditional Service 8 a.m.  
Contemporary Service 11 a.m.  
Fellowship Noon  
Inspirational 12:30 p.m.

**Wednesday Services**

Prepared meal (small donation requested) 5:30 p.m.  
AWANA (Three years old to 6th grade) 6:15 p.m.  
CrossFaith (grades 7-12) 6:15 p.m.  
Alpha Course (Cyber Café) 6:15 p.m.  
Old Fashioned Bible Study 6:15 p.m.

## At the Movies

The Cannon Movie Theater is located on the corner of Torch and D.L. Ingram.  
Movie prices are \$3.50 for adults, \$1.75 for children and \$1 for all viewers on Thursdays.

### The Shaggy Dog

4 p.m. Saturday and Sunday

**Description:** Dave learns a valuable lesson about truth and appearances when he finds himself changed into a sheepdog.

**Rated:** PG — some mild rude humor

**Running time:** 98 minutes

### Ultraviolet

7 p.m. Saturday

**Description:** Set in the late 21st century, a subculture of humans has emerged with a genetic mutation causing enhanced speed, incredible stamina and acute intelligence. The government sets out to destroy them, but one woman is determined to ensure that doesn't happen: ultra-beautiful, ultra-lethal Violet.

**Rated:** PG-13 — sequences of violent action throughout, partial nudity and language

**Running time:** 87 minutes

### Aquamarine

7 p.m. Sunday

**Description:** Following a violent storm, a beautiful and sassy mermaid named Aquamarine washes ashore and into the lives of two teenage girls. After Aquamarine falls for a local, hunky lifeguard, she enlists the girls' help to win his heart.

**Rated:** PG — mild language and sensuality

**Running time:** 109 minutes



LIGHTER SIDE

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ANSWERS TO APRIL 14 PUZZLE



W.C. POPE



## SPORTS &amp; HEALTH

## Troops tackle Boston Marathon — in Iraq

By Master Sgt. Jon Hanson  
407th Air Expeditionary Group  
Public Affairs

Not everyone can run in the Boston Marathon — especially if he or she is deployed. But, for U.S. and coalition forces here, the marathon came to them.

For the second year, the Boston Athletic Association has brought this sanctioned event to Iraq. More than 250 men and women ran either individually or as part of four-person teams April 15. The association provided the runners with medals, T-shirts and other items. The Boston Marathon, itself, was held Monday.

One of those runners was Capt. Casey Jackson, with the 407th Expeditionary Operations Support Squadron. Captain Jackson, who is deployed to Iraq from Ramstein Air Base, Germany, is an avid runner with three international marathons under his belt.

The 5-foot-7-inch, 140-pound runner finished first among all Air Force members and second in the individual race with a time of 3 hours, 2 minutes, 17 seconds.

Navy Lt. Cmdr. Matt Simms, who had a time of 2:53:35, won the race. He is based at Camp Slayer in Baghdad.

With temperatures reaching nearly 95 degrees — well above the 58 expected in Boston — the 2000 graduate of Western Oregon University said he was doing fine until the 23rd mile. After that, he said, "It was hell."

"The wind was a little bit stronger than expected," said Captain Jackson, who ran this race five minutes faster than his personal best. "The tailwind made it hotter. It was easy to glide and keep a fast pace, but it was hotter."

The captain averaged a 6:57 pace throughout the race, and that included stopping to go to the bathroom.

"It's so hard to be patient out there because it is such a



PHOTOS BY MASTER SGT. JON HANSON

**Capt. Casey Jackson, 407th Expeditionary Operations Support Squadron, crosses the finish line with a time of 3 hours, 2 minutes, 17 seconds to take second place in the 2nd Annual Boston Marathon at Ali Base, Iraq, April 15.**

long race and you want to get it finished," he said.

The 26.2-mile course took runners around Ali Base and Logistical Support Area Adder, past the Ziggurat of Ur, a 4,000-year-old temple in the ancient city of Ur where the Prophet Abraham was born.

The last mile took runners alongside the runway to make the turn to the finish line.

Preparation is the key to running a marathon, Captain Jackson said. He has been running 17 years and running marathons for six years.

"Do your research first and have a training plan that you can adhere to for more than three months," the captain said. "If you know someone who has ran a marathon, then it is good to talk with them about their experiences in order to get an idea of what you can expect."

"I try to run almost every day, but that doesn't always happen," he said. "A typical training day is about eight to 10 miles. My long-run days are anywhere from 14 to 18 miles."

Not only is training important, but so is diet.

"I eat a ton of bananas along with plenty of carbs and protein, and drink lots of water," Captain Jackson said.

"On race day, I choke down more bananas and a couple of power bars right before and during the race."

Running that distance takes its toll on a body.

"I'll probably pass out for a couple of hours in my tent before I can rally and make it over to the chow hall to eat whatever is in sight," he said. "The race depletes your body of almost everything and walking is a slight challenge for the next couple of days."

"The greatest challenge is

always mental," Captain Jackson said. "You feel pain which makes you want to quit. In this case, the biggest challenge in the desert would have to be the heat."

"It feels good to [do well in] any event, but this race is special and unique, just because of where we are located and why we are here," Captain Jackson said.

"I feel very fortunate to be running near a place with as much history as Ur while in a combat zone," he said.



**Capt. Casey Jackson, 407th Expeditionary Operations Support Squadron, receives his medal after finishing second in the 2nd Annual Boston Marathon at Ali Base, Iraq, April 15. He crossed the finish line with a time of 3 hours, 2 minutes, 17 seconds.**

## Fitness Center events calendar

### Today

#### Yoga

5:30 - 6:30 a.m.  
8:30 - 9:30 a.m.

### Saturday

#### Yoga

8 - 9 a.m.

### Sunday

No Classes

### Monday

#### Yoga

5:30 - 6:30 a.m.  
8:30 - 9:30 a.m.

#### Cardio Cycling

11:45 a.m. - 12:30 p.m.

#### Yoga

5:30 - 6:30 p.m.

### Tuesday

#### Cardio Cycling

5:30 - 6:15 a.m.  
9 - 10 a.m.

#### Aerobics

5:30 - 6:30 p.m.

### Wednesday

#### Yoga

5:30 - 6:30 a.m.  
8:30 - 9:30 a.m.

#### Cardio Cycling

11:45 a.m. - 12:30 p.m.

4 - 5 p.m.

#### Aerobics

5:30 - 6:30 p.m.

### Thursday

#### Cardio Cycling

5:30 - 6:15 a.m.  
5:30 - 6:30 p.m.

#### Yoga

6:45 - 7:45 p.m.



## SPORTS SHORTS

National Walking Challenge

*Steppin' Out*

2nd Annual Medical Fitness Week • April 24 - 30, 2006

COURTESY GRAPHIC

**10,000 steps a day**

Strive for 70,000 steps between Monday and April 30 to promote Medical Fitness Week. Participants may sign up at the Cannon Health and Wellness Center and receive a pedometer to track their steps. Prizes will be awarded for most steps.

**Cannon Lanes**

**Bowling Buck Night** — Bowl for \$1 a game from 6 to 9 p.m. Saturday. A hot dog basket with soda is only \$2 on buck night.

For more information, call 784-2280.

**Cosmic Bowling** — Saturday and Wednesday 9 p.m. to midnight for only \$2.50 per game.

**Family Bowl-a-Rama** — Bowl two hours with up to six family members on the lane for \$12 from 6 to 9 p.m. April 28. Price includes shoes and one pitcher of soda.

**Youth sports**

**Tee-ball/Baseball League** — The tee ball league is for players ages five to six and baseball league is for players ages seven to nine.

The cost is \$25 and players can register through Saturday. Leagues begin games on April 29.

There must be enough players for four teams in each league.

For more information, call Lionel Alston at 784-2485.

**Instructional programs** — Sign up for cheerleading, dance, yoga and preschool tumble at the youth center.

Classes are Tuesdays and Thursdays and cost \$30 per child.

**Whispering Winds**

**Monday Night Scrambles** — Nine hole scrambles begin at 5 p.m. Mondays for two-person teams. Handicaps will be used and players may pick their own partners.

Players must sign up by 3 p.m.

**Tee Time Policy** — Tee times will only be given to groups of three, four or five people on weekends or holidays.

Groups of five must have at least one electric cart per group. Singles or groups of two are encouraged to come out and try joining another group to make a three, four or five-some.

If the course is not crowded, the counter attendant or course marshal may allow smaller groups to play.

**Senior Days** — Senior golfers 50 years and older receive \$2 off daily green fees and 50 percent off electric carts Monday through Friday.

**Retiree Wednesdays** — Golfers with a retired military ID card receive \$2 off daily green fees and 50 percent off electric carts on Wednesdays.

**Member First Discounts** — Members receive 10 percent discount off annual, quarterly and monthly greens fees.

Also, they receive half off club rentals and \$2 off cart rentals for 18 holes.

**The End Zone**

**Dart League** — The Cannon dart league is looking for new players and teams. Register for league play at 6 p.m. Wednesdays in the End Zone game room. Three person games played, five team Cricket and three single 501 Match Duration.

For more information, contact Master Sgt. Wendell Pugh at 784-2332.