

## Community Events

### New legal hours

The following new legal assistance hours will go into effect Sept. 1:

Monday – Walk ins, 1-3 p.m.; Will execution, 3:30 p.m.

Tuesday – Appointments only, 9 a.m.-1 p.m.; Will execution, 11:30 a.m.

Wednesday – Walk ins, 9-11 a.m.; Will execution, 11:30 a.m.

Thursday – Appointments only, 1-3 p.m.; Will execution, 3:30 p.m.

For more information, call 784-4411.

### Healthy families workshop

The base chapel is sponsoring a free marriage enrichment workshop from 9 a.m. to 4 p.m. Aug. 18 at the La Quinta Inn. Learn to identify danger signs in a relationship, improve communication skills, resolve problems and differences and discover the heart of commitment. The workshop includes lunch and space available child care will be provided by the Child Development Center.

Contact unit first sergeants to register and then call the chapel at 784-2507.

### Recruiting team visits

Senior Airmen with more than 36 months time in service through master sergeants with less than 17 years in service are invited to attend the Air Education and Training Command special duty assignment briefing at 10 a.m., Aug. 22 at the base theater.

An Air Education and Training Command team will brief on available opportunities as a recruiter, military training instructor, technical training instructor or professional military instructor.

Enlisted personnel from all Air Force Specialty Codes who meet the criteria are encouraged to attend. Spouses are also invited.

For more information, Call Master Sgt. Darrell Harris at 784-7041.

### Commission opportunities

Representatives from the Air Force Reserve Officer Training Corps, Detachment 10 at the University of New Mexico, will be at the Carpet Room in Bldg. 620 at 11 a.m., Aug. 24 to discuss commissioning opportunities for Airmen. They will discuss the U.S. Air Force Academy, Officer Training School, and ROTC programs.

For more information, call Master Sgt. Darrell Harris at 784-7041.

### Social/membership drive

The Cannon Officers' Spouses Club

*More Community Events on Page 10*

# MACH METER

Vol. 51, No. 32

Cannon Air Force Base, N.M.

Aug. 11, 2006

## Team Cannon welcomes Lt. Gen. Seip



**Chief Master Sgt. Wade Johnson**  
12th AF Command Chief Master Sergeant

Team Cannon – Next week we will have the privilege of hosting Lieutenant General Norman Seip, 12th Air Force and Air Forces Southern commander, and 12th AF Command Chief Master Sergeant Wade Johnson at Cannon. During their visit Tuesday and Wednesday, we will have the opportunity to show our 12th AF leaders what Cannon is all about a beautiful place to work and live with Airmen who are a valuable part of the 12th Air Forces' arsenal; surrounded by a community that supports its military, day in, day out. I am looking forward to introducing General Seip and Chief Johnson to the World's Most Lethal Combat team – we have earned that distinction.



**Lt. Gen. Norman Seip**  
12th AF commander

**Col. Scott West**  
27th Fighter Wing commander

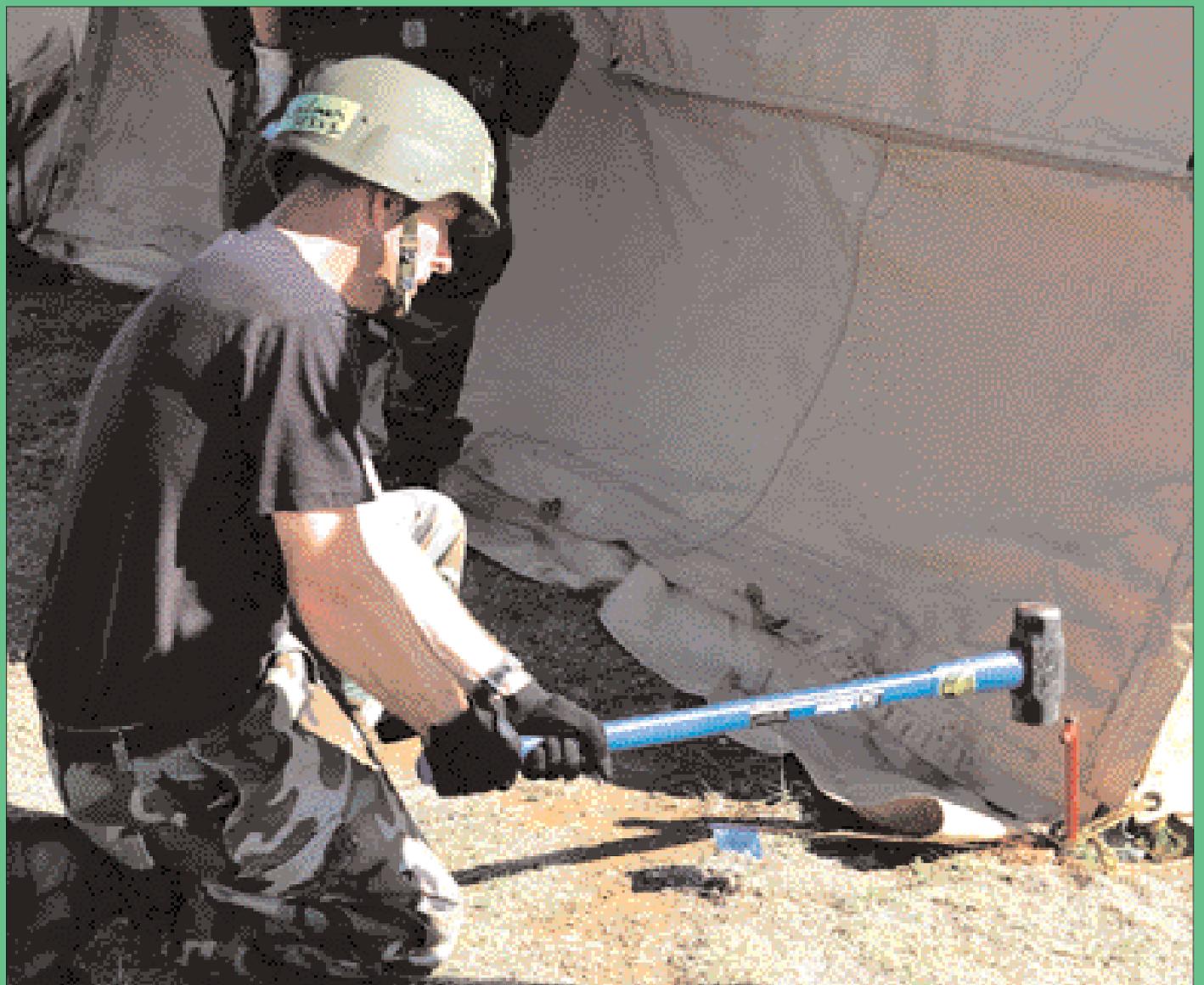


PHOTO BY STAFF SGT. APRIL WICKES

### *It's hammer time*

Tech. Sgt. Timothy Coulman, 27th Civil Engineer Squadron, sets up a tent in the cantonment area during the Phase II exercise this week. For more photos of Airmen honing their expeditionary skills before deploying in support of Air Expeditionary Forces this fall, see pages 14 and 15.



NEWS

12th Air Force South Snapshot History



For more information on 12th AF, go to [www.dm.af.mil](http://www.dm.af.mil). For Lt. Gen. Seip's bio, see [www.dm.af.mil/12afweb](http://www.dm.af.mil/12afweb). Chief Master Sgt. Wade Johnson's bio is at [www.dm.af.mil/12afweb](http://www.dm.af.mil/12afweb).

The origins of 12th Air Force can be traced to a series of meetings conducted in mid-1942 when Allied planners developed a strategy for the invasion of North Africa, "Operation TORCH." On Aug 20, 1942, Twelfth Air Force was activated at Bolling Field in southwest Washington, D.C. On Sept. 23 1942, General Jimmy Doolittle formally assumed command with Cold Hoyt Vandenberg as his chief of staff.



PHOTO BY SGT. BRADLEY SMITH

Airpark honors Tuskegee Airmen

Aircraft 86-0291 sits at the Tuskegee Airmen Memorial Airpark at Luke Air Force Base, Ariz. The airplane was dedicated Aug. 2 during a ceremony in which more than 50 original Tuskegee Airmen attended.

171 Cannon Airmen selected for staff sergeant

27th Fighter Wing Public Affairs staff report

The following Cannon Airmen were selected for promotion to the rank of staff sergeant:

27th Aeromedical Dental Squadron

Quianna Enang  
Erica Faria  
Carrie Powell  
Amy M. Seaton

27th Aircraft Maintenance Squadron

Eric Atkins  
Christopher Barnes  
Marvin Burton  
Erving. Camacho  
Chad Candiff  
Jonathan Cartwright  
Robert De La Rosa  
James Deaton  
Louis Dewitt, III  
Bryan Ethridge  
Andres Gonzalez  
Joel Harding  
Stephen Hartwick  
Jesse Hyde, II  
Jonathan Jackson  
Dustin Jarvis  
Thomas Lee  
Kyle Martin  
Kelly Martin  
Aaron Martwick  
Eric McLaren  
Joseph Meranti  
Justin Miller  
Anthony Morell  
Brandon Oliver  
Jason Perrin  
Joseph Ramos

Omar Rodriguez  
Eliezer Rosario  
Audrey Siebold  
Zachary Snook  
Judd Stickney  
Brian Stoner  
Rachael Theobald  
Robert Tooley  
Robert Turner  
Brenton Warwick  
Jonathon Wassell  
Travis Wheeler  
Eric Yantis  
James Baker

27th Civil Engineer Squadron

Jacqueline Baker  
James Bennett  
David Carr  
Barbara Chang  
Derek Dean  
Rocky Edwardsknode  
Froment Hernandez  
Brant Hubl  
Michael. Johnson  
Brandon King  
Jonathan Lucero  
Benjamin Mayssonet  
Tyler. Nunes  
Joshua Osmun  
Brian San Nicolas

27th Communications Squadron

Daniel Goodwin  
Tanya Grigsby  
Kevin Lamere  
Terry Barentsen  
Nathan Black  
Jakarsha Carter  
Ricky Frye  
Marquia Giles  
Steven Graff

27th Component Maintenance Squadron

John Groves  
Michael Ieva  
Tony Murphy  
James Parton  
Justin Petrosky  
Brian Schuler  
Derrick Stone  
Aaron Terviel  
Zackary Turner  
Ryan Vanvels  
Amy Alonso  
James Killian  
Bradley Bove

27th Equipment Maintenance Squadron

Charlie Breitbarth  
Martin Capasse  
Martin Casias  
Christopher Caso  
Herbert. Clark  
Aaron Davey  
Brian Ducette  
William Fitzpatrick  
Matthew. Graf  
Joshua Graham  
Craig Hall  
Jonathan Heinze  
Samuel Howard  
Kory Kirk  
Mariavan Lacanlale  
George Leonard  
Bradley Lyon  
James Mainville  
Joshua Martin  
George McMillen  
Zakiyyah Molson  
Lee Monson  
Ocasio Nieves  
Jesse Opena  
Eric Paslay

Christopher Redman  
Nicolas Restrepo  
Michael Sitton  
Christopher Stell  
Neal Thompson  
Steven Tielsch  
Alejandro Torres  
Christopher Vachon  
Brian Vasvary  
Michael Vaughn  
Justin White  
Jessica Wills

27th Fighter Wing

Laura Flanagan  
James McDade

27th Logistics Readiness Squadron

Valentin Alonso  
Aaron Brewer  
Nitron Campbell  
Christopher Cromer  
La Meisha Davis  
Kathleen Digiiovanni  
Michael. Duque  
Joshua Linville  
Scott May  
Thomas McBee  
Jason Mohr  
David Nielsen  
Dustin Pirtle  
Jose Rodriguezsanchez

27th Maintenance Group

Brian Thorpe  
Kasey Bergdall  
Brandon Green  
Joseph Hall  
Avery Lloyd  
Keith Rochford  
Paul Shelvik  
Rhonda Carpenter

Brandi Grove  
William McCarty  
Brian Sturdivant  
Morgan Hernandez  
Alicia Bailey  
Patrick Bryant  
Christopher Davis  
Jenice Gathing

27th Operations Support Squadron

Aaron Greenwood  
Scott Hanna  
Thomas Kunis  
Benjamin Reavis  
Matthew Wheeler  
Anthony Wilson

27th Security Forces Squadron

Richard Kohn  
David Mayerck  
Brian Mitchem  
Thomas Moore  
William Noble  
Anthony Pace  
Jarmaine Thomas  
Scott Welling  
Luke Wert  
Luis Calvao

522 Fighter Squadron

Amber Alumpe

523 Fighter Squadron

Joseph Brooksbank

524 Fighter Squadron

Lamontis Currie



## NEWS

# Twelfth Air Force steps out with AFSO21

By Tech. Sgt. Kerry Jackson

12th Air Force and Air Forces Southern Public Affairs

A shift in thinking is occurring around the Air Force, and senior leadership within 12th Air Force and Air Forces Southern are taking the lead.

The Air Force Smart Operations 21 concept, better known as AFSO21, is the Air Force's new road map to a more efficient and cost-effective way of doing business.

The initiative, introduced by Secretary of the Air Force Michael Wynne in his December "Letter to Airmen," requires the active support of every Airman to find ways to make Air Force operations, from office work to flying aircraft, both more efficient and productive.

The basic principles of AFSO21 are:

– A means to see and eliminate waste in any mission area.

– An operating principle that simplifies how material and information flow.

– A state of mind and way of thinking throughout the Air Force.

"AFSO21 enables our Airmen to create efficiencies that will improve combat capability," said Lt. Gen. Norman Seip, 12th Air Force and Air Force Southern (AFSOUTH) commander. "Some improvements may be reducing the time it takes to process EPRs, or the time it takes to prepare Airmen for deployment, but ultimately these gains go directly toward improving our ability to accomplish the mission."

Air Force officials plan to implement AFSO21 in a three-phase approach tailored to meet the priorities and opportunities in their areas of responsibility.

– **Phase 1** (Initiation) – Air Force leaders set the vision, goals and strategy and articulate the case within

their command

– **Phase 2** (Full implementation) – The structure is in place to sustain process improvement, to ensure key areas and personnel have been involved and understand AFSO21 improvements

– **Phase 3** (Mature and sustain) – Cultural changes associated with AFSO21 are visible and pervasive across the organization, and AFSO21 is recognized as the Air Force way of doing business every day

"The three-phase approach will give commanders the ability to fully implement the strategy under their scope of command," said General Seip.

"The underlying concept and implementation of AFSO21 will have a dynamic impact on Air Force culture as we now know it," he said. "It will be the tool we use to successfully and effectively deliver war-winning, expeditionary capabilities [deployed and in-place] to joint commanders."

"I challenge every Airman in 12th Air Force and AFSOUTH to ask themselves is there a way we can do this faster, cheaper, better or more efficiently? If we can ask this question in every aspect of our operations, and actually do something about it, we will leave the next generation of Airmen in a much better condition, ready for any challenge any where in the world," said General Seip.

General Ronald Keys, commander of Air Combat Command, shared his views on why AFSO21 is the Air Force's tool to doing the right things in the right way.

"Faster, better, cheaper is the filter for our measure of merit," said General Keys. "If we can accomplish the mission faster, maybe we can reduce our shift times, or maybe we will have more capability available without more equipment. If we can do it better, maybe it will last longer and we will save on repair or rework time. If we can do it cheaper, maybe we can take that money to fix



something that takes money to fix. In any case we're looking for ways to do the right things in the right way."

Units within 12th Air Force and AFSOUTH have already begun implementing AFSO21 into their operations.

The 7th Equipment Management Squadron at Dyess Air Force Base, Texas, has streamlined aircraft maintenance processes with AFSO21. The squadron reduced the manpower and time required to inspect a B-1 from 20 days to eight days. They have also reduced the aircraft downtime by an average of 26 days – a first in B-1 history.

"Dyess witnessed first hand the benefits of implementing AFSO21 into their operations. They serve as an example for others to follow," said General Seip. "Their initiatives are a few of the many examples our 12th Air Force and AFSOUTH Airmen are doing to improve our warfighting capability."

As we look into the future, I encourage every Airman to embrace the current transition our Air Force is undergoing. Your leadership and support during this critical time of change will keep America's Air Force the best Air Force in the world, well into the 21st Century."

For more information, visit [www.afso21.hq.af.mil](http://www.afso21.hq.af.mil).

## Timely immunizations keep everyone fit, healthy

By Maj. Marina Johnston

27th Medical Operations Squadron

According to the Centers for Disease Control (CDC), the incidence of vaccine-preventable childhood diseases has dramatically declined in the United States since the initiation of large-scale vaccination programs. But despite the successes, nearly 48,000 adults die yearly from diseases that can be prevented by immunizations.

Immunizing children not only protects them from acquiring a disease, but protects those around them. While there are some children who cannot receive vaccines because of medical reasons, and others may not develop immunity from

certain vaccines, if enough children go un-immunized, these diseases could again become epidemics. With a high vaccination rate over time more diseases could be eradicated.

Vaccines are safe and effective. Side effects such as fever or soreness at the injection site are typically mild and transient, and allergic reactions are rare. All vaccines go through rigorous testing before being licensed by the Federal Drug Administration (FDA) and are constantly monitored by the FDA and the CDC.

Ensuring children receive their shots in a timely manner is important to vaccine effectiveness. Immunizations are scheduled every

two to six months until the child is 18 months old, with more due when entering school. Additionally, adolescents need to be immunized with the meningococcal vaccine before starting college. Parents who choose not to immunize their child should first consult their healthcare provider.

It's not just children who need immunizations, but adults need to continue vaccinations to prevent serious illness or death. Immunity, whether from vaccines or recovery from the disease itself, often wanes over time. Booster shots continue protection against life-threatening diseases such as tetanus. As the current nationwide spike in pertussis (whooping cough)

cases demonstrates, adults may lose their immunity to "childhood" diseases over time and subsequently require measles, mumps and rubella (MMR), pertussis (Tdap) or other vaccines.

Risk factors may also drive the need for vaccinations. For example, influenza vaccines are strongly recommended for anyone with a chronic health condition, who is pregnant, is six to 23 months of age or 65 years or older. Similarly, hepatitis A vaccine should be given to individuals traveling to high-risk areas. Military personnel require multiple vaccinations, including influenza, hepatitis A and others because of deployments.

New vaccines are constantly

being developed. Though not yet available, the CDC recently gave it's "green light" to a newly FDA-approved vaccine for protection against human papillomavirus (HPV) in females nine to 26 years old. HPV causes the majority of cervical cancer and genital warts.

Immunizations play a major role in preventing the spread of serious diseases.

For more information on vaccines and vaccine-preventable diseases, visit the CDC Web site at [www.cdc.gov](http://www.cdc.gov) or call at 1-(800)-CDC-INFO.

For information locally about one's vaccination status, contact the Immunization Clinic at 784-4040.



## COMMENTARY

# 101 Critical Days: Some dangers in small packages

By Staff Sgt. Don Branum  
50th Space Wing Public Affairs

**D**angers around your house don't always flash warning signs. Some of the biggest dangers come in creepy, crawly and camouflaged packages.

Brown recluse spiders, while not quite as dangerous as the infamous black widow, can threaten life or limb if its bites are left untreated. Brown recluses live in areas that are normally undisturbed, such as dark spaces, wood piles and dark areas in attics and sheds.

The brown recluse's bite is non-healing and kills tissue around the bitten area. The actual bite causes little pain, if any. Hours later, victims start develop symptoms that get progressively worse. Within a few days, the bite area enlarges and kills tissue in a wide area around it.

The good news is that brown recluse spiders are not aggressive,

said Dr. Bob Sargent, natural resources manager at Robins Air Force Base, Ga.

"When daylight comes ... they may take refuge in a pile of clothes on the floor. When someone goes to put the clothes on and their skin comes in contact with the spider, they get bitten," Dr. Sargent said. "They don't actively seek out people to bite."

Recluse spiders are not the only dangerous creepy crawlers, prairie rattlesnakes are also out this time of year.

**P**rairie rattlesnakes are non-aggressive and poisonous. Ranging in length from 3 to 5 feet, they have brownish or greenish-brown scales. The snakes inhabit fields, pine habitats and sandy areas, and they are active at night on or near paved roads. They prey mostly on prairie dogs and other small rodents.

A venomous snake's bite is

extremely painful and swells rapidly. Symptoms of a snake bite may include skin discoloration, weakness, sweating, faintness, nausea and tingling or numbness in the tongue, mouth or scalp. Bite victims should be taken to the hospital as soon as possible.

**T**he Air Force Center for Environmental Excellence at Brooks City-Base, Texas, recommends against applying tourniquets or snakebite kits. Instead, anyone applying first aid to a snake bite should immobilize the bitten area and keep it at or below heart level to slow the spread of poison throughout the body.

Situational awareness is the first and most important element to prevent being bitten, said Master Sgt. Michael Elliot, a survival, evasion, resistance and escape specialist for the 27th Fighter Wing at Cannon AFB, N.M.

"You need to know what's out

there that can hurt somebody, regardless of the environment," Sergeant Elliot recommended.

Be alert for snakes or other wildlife when you spend time hiking, gardening or doing other outdoor activities in habitats a prairie rattler or brown recluse might call home. Look carefully before you reach into dark areas, brush or other piles of material that haven't been moved for a while.

**P**arents should make sure their children are aware of their surroundings. Children are a concern because they are smaller and therefore more vulnerable to the effects of poison – a bite that sickens an adult might kill a child.

Finally, don't panic. The prairie rattler and brown recluse bite not because they are naturally vicious, but because they are afraid. By staying calm and giving them space, you can avoid a trip to the hospital.

## Mission demands highest ethical standards

By Lt. Col. Edward Rimback  
742nd Missile Squadron commander

Martin Luther King Jr. once said, "The true measure of a man is not how he behaves in moments of comfort and convenience, but how he stands in times of controversy and challenge."

Daily we make decisions that challenge us to distinguish right from wrong. The great majority of these decisions are clear and uncomplicated, while others involve a great degree of soul-searching.

The Air Force's mission demands we apply the highest degree of ethics or our mission effectiveness will degrade. Retired Gen. John Jumper, former Air Force chief of staff, said a person

creates a new lower standard when they walk past a problem and don't actively press the situation.

Our leaders, peers and subordinates expect nothing more than an honest attempt to do the right thing, to make the right call during moments of controversy and challenge. Our duties are too important to do otherwise. Our mission can only be performed by professionals who possess the highest ethical standards. It's those standards that ensure we do our duty even when the times get tough.

As military members, we serve as "trusted agents" of the American public. As such, we are challenged to apply the highest level of ethical behavior in the performance of our daily tasks and duties. Behaving ethically is a way of life that pro-

motes ideals such as honesty, integrity and trust.

We've heard it all before. Do the right thing; don't lie, don't cheat, don't steal. They are simple rules to live by, but standards that are demanding and near impossible to maintain if a person does not truly commit to them. Ethics and the art of being ethical aren't as simple as processing a demand and response checklist. Rather, they are a way of life shaped by our upbringing, life experiences, role models and spiritual beliefs.

So, when you see something wrong, do the right thing and correct it. Be the guiding light that promotes the highest ethical standards.

The American public maintains an unwavering trust in every Airman to do the right thing each and every day. Let's not disappoint them.

### MACH METER

The *MACH METER* is published by the *Clovis News Journal*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 27th Fighter Wing at Cannon Air Force Base, New Mexico. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *MACH METER* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, does not constitute endorsement by the Department of Defense, the Department of the Air Force or the *Clovis News Journal* of the products or

services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs office of the 27th Fighter Wing.

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.af.mil.

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 Thursday the week prior to publication. Deadline for free classified advertisements is noon the Tuesday prior to publication.**

### MACH METER EDITORIAL STAFF

Col. Scott West  
Commander, 27th Fighter Wing

Capt. Rebecca Garcia  
Chief, Public Affairs

2nd Lt. George Tobias  
Deputy, Public Affairs

Mr. Greg Allen  
Editor

Ms. Janet Taylor-Birkey  
Staff Writer



**NEWS FEATURE**

# Catching Falcons by the tail

Story and photo by  
Senior Airman Kerry Solan-Johnson  
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq – The tension must be right on, down to a thousandth of an inch.

If the measurement is off, it means a multimillion dollar F-16 Fighting Falcon could careen off the runway at nearly 150 mph.

And if the system fails completely, that same gray metal beast, filled with jet fuel, and its pilot will meet an unpleasant end at the termination point of the runway.

That last line of defense is the mobile aircraft arresting system and its 1,200 feet of arresting tape. Maintaining it is the responsibility of three Airmen in the power production section and Airmen from the 332nd Expeditionary Civil Engineer Squadron.

“When a jet can’t stop because of some sort of system failure, we’re involved,” said Staff Sgt Joshua Maroney, NCO in charge of barrier maintenance and a maintainer for the four 18,000-

pound arresting systems here.

When a jet is unable to stop safely on its own, the Airmen scramble to the arresting system before the jet lands. They prepare the system, which includes a 153-foot long steel cable stretched across the runway, for a hard engagement. The three Airmen are ready to scramble out to the arresting systems any time of day or night. This means they eat, sleep and work in the same area, right off the taxiway, less than a one-minute ride to any aircraft arresting system.

“We haven’t had an uninterrupted night’s sleep in a long time,” said Staff Sgt. Robert Neubert, one of the system maintainers. “The phone rings to warn of inflight emergencies almost every night.”

While their nights are less than peaceful, their days involve the repeated task of maintaining and inspecting the arresting systems.

“The environment is hard on the systems,” said Senior Airman Robert Andrezejewski. “We’re performing maintenance on arresting systems more often here than we would at home because of the heat and dust.”

Each inspection takes a few hours, and if something needs repairs, it could take as many as 12 to 14 hours. There are no breaks for the trio during those hours, and there is no outsourcing the work. The Airmen do all the maintenance and repairs themselves.

The crew also maintains the generators that supply power to the air traffic control tower, explosive ordnance disposal and the emergency airfield lighting system.

But the real test for the Airmen is when the system is engaged – when they have three-and-half minutes to pull in the 1,200 feet of tape and cable and clear the runway for the emergency landing.

“There is no room for failure for these guys,” said Master Sgt. James Bomboy, 332nd ECES power production superintendent.

“It’s a lot of work for just three of them, so we augment them with the 18 members of our generator teams when necessary but these guys accomplish the bulk of the barrier missions. They do a great job.”



Senior Airman Lorraine Hunter checks the electrical systems used by the mobile aircraft arresting system July 26 at Balad Air Base, Iraq. She is assigned to the 332nd Air Expeditionary Civil Engineer Squadron.



## NEWS

# 'Phishing' not a great outdoor sport

## Internet scam lures unsuspecting surfers; safeguards keep personal information safe

Courtesy 27th Fighter Wing legal office

*"We suspect an unauthorized transaction on your account.*

*To ensure that your account is not compromised,*

*please click the link below and confirm your identity."*

*"During our regular verification of accounts, we couldn't verify your information.*

*Please click here to update and verify your information."*

Have you received an e-mail with a similar message? It's a scam called "phishing" – and it involves Internet fraudsters who send spam or pop-up messages to lure personal information (credit card numbers, bank account information, Social Security number, passwords, or other sensitive information) from unsuspecting victims.

According to the Federal Trade Commission (FTC), the nation's consumer protection agency, phishers send an email or pop-up message that claims to be from a business or organization that you may deal with – for example, an Internet service provider (ISP), bank, online payment service, or even a government agency. The message may ask you to "update," "validate," or "confirm" your account information. Some phishing emails threaten a dire consequence if you don't respond. The messages direct you to a Web site that looks just like a legitimate organization's site. But it isn't. It's a bogus site whose sole purpose is to trick you into divulging your personal information so the operators can steal your identity and run up bills or commit crimes in your name.

The FTC suggests these tips to help you avoid getting hooked by a phishing scam:

– If you get an email or pop-up message that asks for personal or financial information, do not reply. And don't click on the link in the message, either. Legitimate companies don't ask for this information via email. If you are concerned about your account, contact the organization mentioned in the e-mail using a tele-

phone number you know to be genuine, or open a new Internet browser session and type in the company's correct Web address yourself. In any case, don't cut and paste the link from the message into your Internet browser – phishers make links look like they go to one place, but that actually send you to a different site.

– Use anti-virus software and a firewall, and keep them up to date. Some phishing emails contain software that can harm your computer or track your activities on the Internet without your knowledge.

Anti-virus software and a firewall can protect you from inadvertently accepting such unwanted files. Anti-virus software scans incoming communications for troublesome files. Look for anti-virus software that recognizes current viruses as well as older ones; that can effectively reverse the damage; and that updates automatically.

– A firewall helps make you invisible on the Internet and blocks all communications from unauthorized sources. It's especially important to run a firewall if you have a broadband connection. Operating systems (like Windows or Linux) or browsers (like Internet Explorer or Netscape) also may offer free software "patches" to close holes in the system that hackers or phishers could exploit.

– Don't email personal or financial information. Email is not a secure method of transmitting personal information. If you initiate a transaction and want to provide your personal or financial information through an organization's Web site, look for indicators that the site is secure, like a lock icon on the browser's status bar or a URL for a Web site that begins "https:" (the "s" stands for "secure"). Unfortunately, no indicator is foolproof; some phishers have forged security icons.

– Review credit card and bank account statements to check for unauthorized charges. If your statement is late by more than a couple of days, call your credit card company or bank to confirm your billing address and

From: USAA SUPPORT <support@accounts-usaa.com>  
Date: July 4, 2006 1:32:35 AM EDT  
To: joemember@yahoo.com  
Subject: ATTENTION: Update your USAA account



Dear USAA member,

Technical services are being carried out on a planned software upgrade. We earnestly ask you to log in your USAA account to start the procedure of confirmation of your personal data.

Follow this link to update your account information over a secure connection at:

[https://www.usaa.com/inet/ent\\_logon/Logon](https://www.usaa.com/inet/ent_logon/Logon)

However, failure to update your account information record will result in account termination.

We present our apologies and thank you for your cooperation.

Sincerely,  
USAA Support Team

COURTESY GRAPHIC

**This official-looking e-mail is known as 'phishing,' and is a scam that directs members to a fraudulent Web site that aims to trick them into providing information used to gain access to financial accounts.**

account balances.

– Be cautious about opening any attachment or downloading any files from emails you receive, regardless of who sent them. These files can contain viruses or other software that can weaken your computer's security.

– Forward spam that is phishing for information to [www.spam@uce.gov](mailto:www.spam@uce.gov) and to the institution impersonated in the phishing email. Most organizations have information on their Web sites about where to report problems.

If you believe you've been scammed, file your complaint at [www.ftc.gov](http://www.ftc.gov), and then visit the FTC's Identity Theft Web site at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft). Victims of phishing can become victims of identity theft. While you can't entirely control whether you will become a victim of identity theft, you can take some steps

to minimize your risk. If an identity thief is opening credit accounts in your name, these new accounts are likely to show up on your credit report. You may catch an incident early if you order a free copy of your credit report periodically from any of the three major credit bureaus. See [www.annualcreditreport.com](http://www.annualcreditreport.com) for details on ordering a free annual credit report.

If you have been a victim of phishing or identity theft, contact the base legal office at 784-2211 for legal assistance. Additionally, you can learn other ways to avoid email scams and deal with deceptive spam at [www.ftc.gov/spam](http://www.ftc.gov/spam).

(Information for this article gathered from: [www.ftc.gov/bcp/online/pubs/alerts/phishingalrt.htm](http://www.ftc.gov/bcp/online/pubs/alerts/phishingalrt.htm))



## FEATURE

# Life changes for Airman in a matter of seconds

By Senior Airman James Croxon  
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq – Less than five miles north of the largest air base in Iraq, a roadside bomb made from a 155 mm mortar shell exploded, engulfing a vehicle in flames and riddling it with shrapnel holes.

“Cowboy!” yelled Staff Sgt. Michael Stewart to his teammate.

A native of Cleveland, Texas, Airman 1st Class Joshua Collins was nicknamed “Cowboy” because of his slow Texas drawl and outgoing personality. He made his teammates laugh as he drove the lead truck. He now found himself outside the truck he had been driving only moments before, hearing someone yelling his name but not knowing who it was.

“Cowboy, I can’t get out of the truck,” someone said.

Through the shock Airman Collins recognized the voice calling him. It was his truck commander, Sergeant Stewart. Airman Collins tried to climb back in the truck to rescue his supervisor, teammate and friend but realized for the first time he was injured.

Shrapnel from the improvised explosive device had torn through the floor boards, severing the brake lines of the truck, the batteries and his ankle. As he looked down at his mangled and bloodied boot, he felt the pain for the first time.

“Cowboy, I can’t get out,” Sergeant Stewart yelled.

“I can’t get in,” Airman Collins called back.

At that moment, fellow Airmen assigned to the 70th Medium Truck Detachment ran to help the two stricken Airmen, extracting Sergeant Stewart from the truck and performing combat lifesaving measures on Airman Collins.

Based at an undisclosed location in Southwest Asia, the Airmen were on their way to Mosul in northern Iraq when the explosion halted their trip just north of Balad Air Base.



PHOTO BY SENIOR AIRMAN JOHN TAYLOR

The results of an improvised explosive device are shown on a truck driven by Airman 1st Class Joshua Collins on July 20. Airman Collins, assigned to the 70th Medium Truck Detachment, suffered shrapnel wounds to his left ankle. He was treated at the Air Force Theater Hospital at Balad Air Base, Iraq, and sent through the Contingency Aeromedical Staging Facility to Germany.



PHOTO BY SENIOR AIRMAN JAMES CROXON

Brig. Gen. Robin Rand talks with Airman 1st Class Joshua Collins after presenting him with the Purple Heart at Balad Air Base, Iraq, on July 20. Airman Collins was wounded by a roadside bomb while driving a convoy truck north of Balad. General Rand is commander of the 332nd Air Expeditionary Wing.

“Rankins came to me first and cut my boot off, cut my pants leg open,” Airman Collins said, less than a day after the attack as he waited at the Air Force Theater Hospital’s Contingency Aeromedical Staging Facility.

Standing near Airman Collins’ bed, Airman 1st Class Clive Rankins listened to his friend retell the horrific event just after Airman Collins received the Purple Heart from Brig. Gen. Robin Rand, 332nd Air Expeditionary Wing commander.

“[Airman] Rankins held me like a child until help showed up,” the husky Texan said. “He was crying, I was crying. He cradled my head in his lap and talked to me while the Army medics (called to the scene) worked to save my foot.”

Within minutes Airman Collins was brought to the Air Force Theater Hospital via an Army HH-60 Blackhawk helicopter.

Airman Collins was injured only minutes away from the central military medical hub in Iraq. The hospital’s staff of about 400 medics, doctors and nurses cares for an average of 750 patients a month. Once in their care, the medical staff removed the shrapnel from the wounded Airman, ultimately saving his foot.

“It was the scariest moment of my life,” Airman Collins said. “The whole time the medics were working on me I kept praying that I’d get to see my wife Shawna again.”

The entire detachment of about 20 Airmen visited

Airman Collins as he waited for an aeromedical evacuation flight to Germany. After a while Sergeant Stewart came to the bedside, his ear stitched and swollen, his only wound from the attack. He leaned down, and whispered into the ear of his Airman, teammate and friend.

Tears were pouring down both of their faces. As one man waits for a flight home to heal, the other heads back on the road.

### Airman 1st Class Joshua Collins

“(Airman) Rankins held me like a child until help showed up,” He was crying, I was crying. He cradled my head in his lap and talked to me while the Army medics (called to the scene) worked to save my foot ... It was the scariest moment of my life. The whole time the medics were working on me I kept praying that I’d get to see my wife Shawna again”

— Lead convoy driver, Iraq



## COMMUNITY EVENTS



PHOTO BY GREG ALLEN

### ***Pet of the Week***

This young male retriever-mix is full of affection and is available for adoption. For information on him or other available pets, call the Family Support Center at 784-4228.

■ Continued from page 1

will hold a social and membership drive at 6 p.m., Aug. 24 in the Escape Room at The Landing.

The event is open to spouses of active duty and retired officers, active duty officer spouses married to active duty servicemembers, spouses of GS-7s and above, and spouses invited to join.

For more information, call 784-3818.

### **Appreciation day volunteers**

The following volunteers are needed for Cannon Appreciation Day Aug. 25;

6-8 a.m. – 10 Volunteers to set up grills/bouncy castles/other outdoor equipment

8-11 a.m. – 10 Volunteers to fill soda boats/prepare other outdoor events/continual set up

11 a.m. - 1 p.m. – 10 Volunteers for the outdoor games

1-4 p.m. - 10 Volunteers for the outdoor games

4-5 p.m. - 10 Volunteers to tear down and clean up

For more information, call 784-6381.

### **OSI looking for junior NCO reserve volunteers**

The Air Force Office of Special Investigations is recruiting to fill the command's Reserve individual mobilization augmentee E-5 and E-6 special agent positions.

Interested applicants can contact OSI Reserve Affairs for more information at (240) 857-0866, DSN 857-0866 or [mary.mesa@ogn.af.mil](mailto:mary.mesa@ogn.af.mil).

To find out more about the Air Force Office of Special Investigations, visit <http://public.afosi.amc.af.mil/>.

### **NCO retraining**

The fiscal year 2007 noncommissioned officer retraining program begins Oct. 1 and targets approximately 1,113 NCOs in the ranks of staff sergeant through senior master sergeant in overage Air Force Specialty Codes. The voluntary phase runs through Sept. 18. If necessary, an involuntary phase will begin shortly afterward.

For more information, Airmen should contact their commander support staff.



## SERVICES

# Cannon programs keep plate full for Airman

By Yolanda Romero  
27th Services Squadron  
marketing director

Unlike some who complain that there is nothing to do at Cannon, 1st Lt. Jeremiah Kirschman has found lots to do. And some of it includes winning money.

The 27th Contracting Squadron Airman arrived at Cannon in 2004 and since then has mixed competing in activities such as the Gate-to-Gate run and base indoor soccer championship with winning more than \$400 in cash and gift cards as an Air Force club member.

"I don't understand why people complain when there are opportunities for fun," said Lieutenant Kirschman. "If you like sports there are plenty of opportunities. Call up ITT or Outdoor Recreation and get away from here with them."

Hailing from Albuquerque, winning money is a great motivator for the lieutenant. He won \$250 cash by participating in the

"Member – Get a Member" contest during the 2005 club membership drive. He's won a \$100 gift card playing blackjack at the club, \$100 in coupons at The Landing and another \$100 gift certificate at a local retailer.

He said he's participated in about 25 club events since his arrival – 30, "If you count up every Texas Hold 'Em [tournament]."

He bowls, runs 5Ks and triathalons, plays racquetball, skis and has fun on Ute Lake. Many of these activities, he said, were made available by Outdoor Recreation.

Lieutenant Kirschman said being a club member means discounts and free food throughout the month.

"If you eat on base and attend different events [club membership] is worth it," said the lieutenant, who has gone on Santa Fe ski trips and Ute Lake boating trips with Outdoor Rec.

His most memorable off-duty activity was being a member of the base indoor soccer championship "because my team

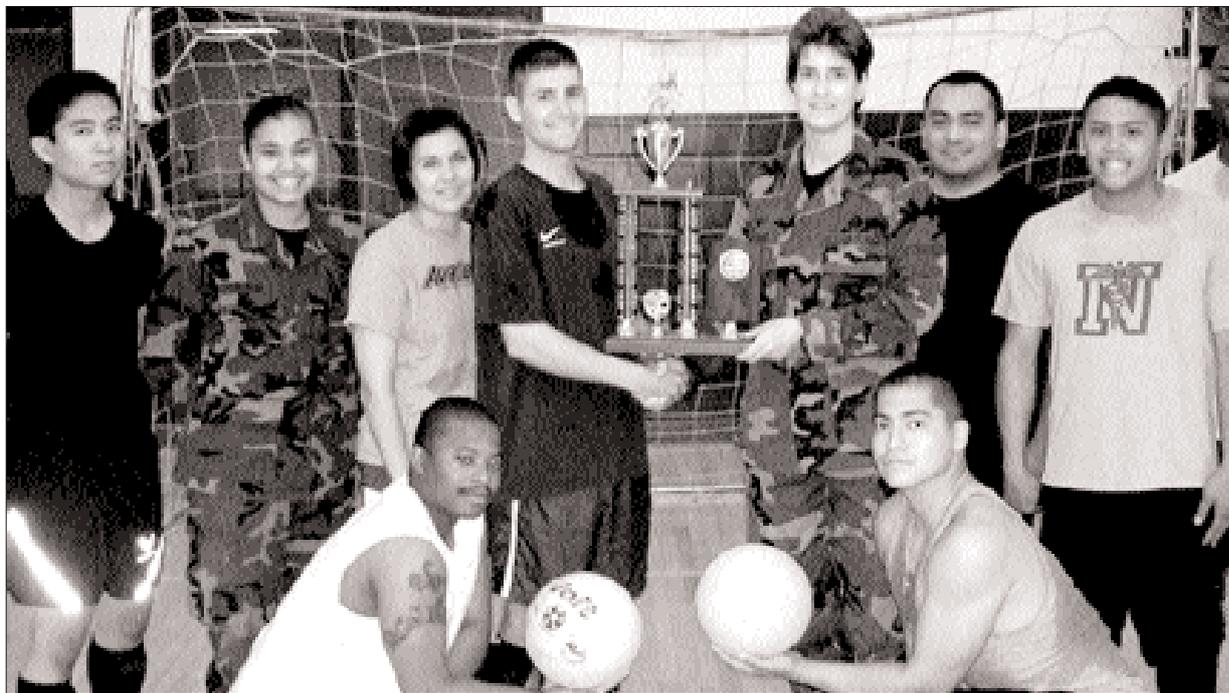
pulled us through for the win in the finals."

Lieutenant Kirschman said that if a person has ideas about

how to make the club better, "they should get on the club advisory council and bring up ideas to make it better for every-

one."

For information on becoming an Air Force club member, call 784-2853.



COURTESY PHOTO  
First Lieutenant Jeremiah Kirschmann, 27th Contracting Squadron, accepts the indoor soccer championship trophy from Col. Peggy Poore, 27th Mission Support Group commander. Lieutenant Kirschmann has combined a physical lifestyle with recreational activities offered by 27th Services Squadron Outdoor Recreation and club facilities.



## What's happening?



### Today

Coca-Cola Bowling – 8 a.m. at Cannon Lanes  
Seafood Buffet – 11 a.m. at The Landing  
Yu-Gi-Oh Challenge Plus – 4 p.m. at the Clovis CC\*  
Rib Eye Steaks – 5 to 9 p.m. at The Landing

### Saturday

Yard Sale – 8 a.m. at the Clovis CC  
"Tween Golfing – noon with the Youth Center

### Sunday

Dart League – 6:30 p.m. at The End Zone

### Monday

Melba's Choice Buffet – 11 a.m. to 1 p.m. at The Landing  
Community Theater – 6:30 p.m. at the Central CC  
Coca-Cola Bowling – 8 a.m. at Cannon Lanes

### Tuesday

Senior Golf League – 9 a.m. at WWGC  
Home Style Buffet – 11 a.m. at The Landing  
Pool Tournament – 4 to 6 p.m. at the Portales CC

### Wednesday

International Buffet – 11 a.m. at The Landing  
Chicken or Fried Steak – 5 p.m. at The Landing  
Foosball Tournaments – 3 to 5 p.m. at The Portales CC

### Thursday

X-Box Challenge – 5 to 7 p.m. at the Portales CC  
Roast Beef Buffet – 11 a.m. to 1 p.m. at The Landing  
Mongolian BBQ – 5 to 8 p.m. at The Landing  
XBox Challenge – 5 to 7 p.m. at the Portales CC  
Free Billiards – 6 to 9 p.m. at The End Zone  
Community Theater – 6:30 p.m. at the Central CC

Chess Club Casual play – 6 to 8 p.m. at the Central CC





## FEATURE

## Proper dental habits give a lifetime of good results

By Terry J. Goodman  
TRICARE Management Activity

FALLS CHURCH, Va. — Most educators agree that teaching children early helps build a solid foundation for future learning success. Part of a child's educational curriculum should include proper oral hygiene and prevention to ensure their smiles last a lifetime.

The TRICARE Dental Program, managed by United Concordia Inc., is supporting this education and prevention effort by promoting early enrollment of children in the dental program and encouraging dental examinations for infants by their first birthday.

According to Air Force Col. (Dr.) Gary Martin, director, Dental Care Division, TRICARE Management Activity, children are automatically enrolled in the dental program at age four, but Martin recommends that parents enroll them by age one to promote good

dental habits and prevention of tooth decay and gum disease. Additionally, there are no copays for children in this age group for diagnostic and preventive services, excluding sealants.

"Early prevention and treatment not only promotes a lifetime of proper dental care, but it can prevent unnecessary and expensive surgical procedures," said Martin, who is also a dentist. "I can't emphasize enough the importance of enrolling children early in the TDP. It increases the probability of parents to use preventive measures for their children."

According to the American Dental Hygienist's Association (ADHA), dental decay (cavities) is the most chronic disease of childhood, affecting 50 percent of children by middle childhood, 7 to 12 years of age, and more than 80 percent by late adolescence. The best way to ensure that children do not get cavities or periodontal disease is to instill proper oral habits early.

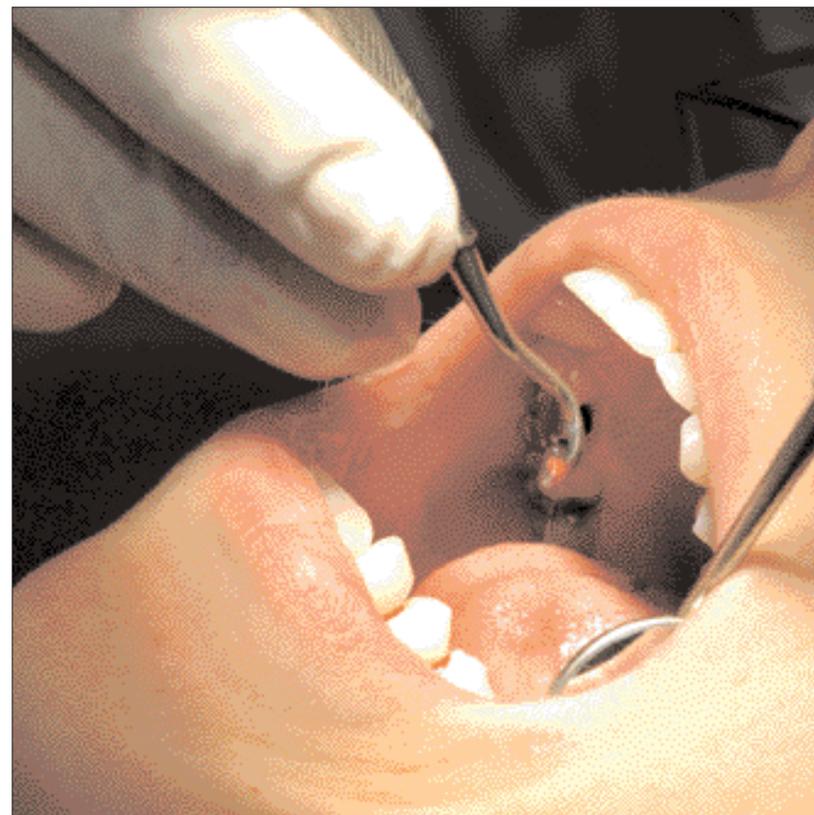
Dr. Samir Naik, a UCCI network dentist located in Falls Church, Va., shares Martin's view on starting dental education and prevention early in a child's life.

Parents should brush and floss their children's teeth until they are able to do it on their own, Naik said. When they are able to brush and floss themselves, parents should watch them and ensure they are doing a thorough job.

According to the ADHA Web site, waiting until the first tooth breaks the gum tissue may be too late to ensure healthy teeth and gums. Parents should regularly clean their baby's gums with a wet cloth. It stimulates the gum tissue and removes food.

When the first tooth cuts through, parents should use a soft-bristled toothbrush and a small amount (about the size of a pea) of fluoride toothpaste to prevent dental and gum disease.

Providing fillings, crowns



COURTESY PHOTO

Part of a child's educational curriculum should include proper oral hygiene and prevention to ensure their smiles last a lifetime.

and root canals are part of being a dentist, but Dr. Naik would rather his patients not require these costly and sometimes painful procedures, especially for children. Additionally, the earlier children start going to the dentist the more they will feel at ease when going for their

annual exams.

"They get used to being in a dental office early, and in my experience it definitely helps prevent dental phobia," Dr. Naik said. "Also, going to the dentist at an early age reinforces good oral hygiene habits at home."

## 'Your Guardians of Freedom' site set to scale down

### Program began in 2001, expanded to total force

Courtesy Air Force Print News

WASHINGTON — Budget constraints and contract services reductions have forced officials to make changes to the "Your Guardians of Freedom" Web site starting Oct. 1.

The Web site enables Air Force members to order pins for employers of activated Guardsmen (E pin), parents (P pin) and spouses (S pin).

Pin recipients also receive a personalized letter signed by the Air Force secretary and chief of staff thanking them for supporting the Airman's service.

The pins are a contemporary adaptation of

the World War II "E" flags used to recognize companies for contributions to the war effort.

The program was established in November 2001 to recognize employer support of activated Guard and Reserve Airmen.

It expanded in 2003 to recognize parents of total force Airmen, spouses of Airmen and Air Force civilians.

"To date more than 833,000 pins have been delivered," said Capt. Tynisha Jones-Vincent, YGOF program manager. "Basic training and officer accessions have been the biggest customers of the program."

Enlisted and officer accessions will continue to have the opportunity to order and present the "P" pin to their parents or "S" pin to their spouses at their graduations.

The change to the program leaves it open only to new accessions.

Other members have until Oct. 1 to use the

Web site for placing orders.

"Members still have two months to order parent pins; we will make sure all orders and backorders received through Oct. 1 are fulfilled," Captain Jones-Vincent said.

The next phase of the program will include a new user-friendly Web site. The "S" pin will continue to be available to order online for active-duty members through the Air Force Portal. This will allow Air Force members who have married since joining the service the opportunity to order a spouse pin.

The "E" pin will no longer be available after the Oct. 1 deadline.

Additionally, "My Mommy is an Airmen" and "My Daddy is an Airmen" books are available for distribution through base agencies. These books are aimed at elementary-aged children to help give them a better understanding of the Air Force as children of deployed Airmen.



# Unit Spotlights



## Congratulations Cannon Diamond Sharp Award Winners

Col. Valentino Bagnani, III, 27th Fighter Wing vice commander, congratulates Diamond Sharp winners during a ceremony July 28. From left to right: Airman 1st Class Kevin Jezek, 27th Maintenance Operations Squadron, Senior Airman Scott Hanna, 27th Operations Support Squadron and Senior Airman Louis Dewitt, III, 27th Aircraft Maintenance Squadron. Airman Jezek was sponsored by the Cannon Federal Credit Union, Airman Hanna was sponsored by the First Sergeants Association and Airman DeWitt was sponsored by the Army and Air Force Exchange Service.\*

\*No federal endorsement intended.



PHOTO BY TECH. SGT. SCOTT MACKAY



### CANNON AIR FORCE BASE CHAPEL

#### CATHOLIC

The Sacrament of Reconciliation is 8:30 a.m. Sunday mornings.

Sunday Mass 9:30 a.m.

Weekday Mass 12:05 p.m. M,W,F

#### PROTESTANT

##### Sunday Services

##### (Summer Schedule)

Sunday School 9:15 a.m.

Combined Service 11 a.m.

*For more information about other programs or other faith groups, call the chapel office at 784-2507.*

## 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.

### Pirates of the Caribbean: Dead Man's Chest

Today, Saturday and Sunday at 7 p.m.

**Description:** Once again thrown into the world of the supernatural, Captain Jack Sparrow finds out that he owes a blood debt to the legendary Davey Jones, captain of the ghostly Flying Dutchman. With time running out, Jack must find a way out of his debt or be doomed to eternal damnation and servitude in the afterlife. And as if that weren't enough, the Captain's problems manage to wreck the wedding plans of a certain Will Turner and Elizabeth Swann, who are forced to join Jack on yet another misadventure.

**PG-13** – sequences of intense adventure violence, including frightening images

**Running time:** 145 min.

### The Devil Wears Prada

Saturday at 4 p.m. and Sunday at 4 p.m.

**Description:** In the dizzying world of New York fashion, where size zero is the new two, six is the new eight and a bad hair day can end a career, *Runway Magazine* is the Holy Grail. Overseen by the finely manicured fist of Miranda Priestly, the most powerful woman in fashion, *Runway* is a fearsome gauntlet for anyone who wants to make it in the industry. To make *Runway* the fashion bible of New York, and therefore the world, Miranda lets nothing stand in her way – this includes a long line of assistants who don't make the cut.

**PG** – some sensuality

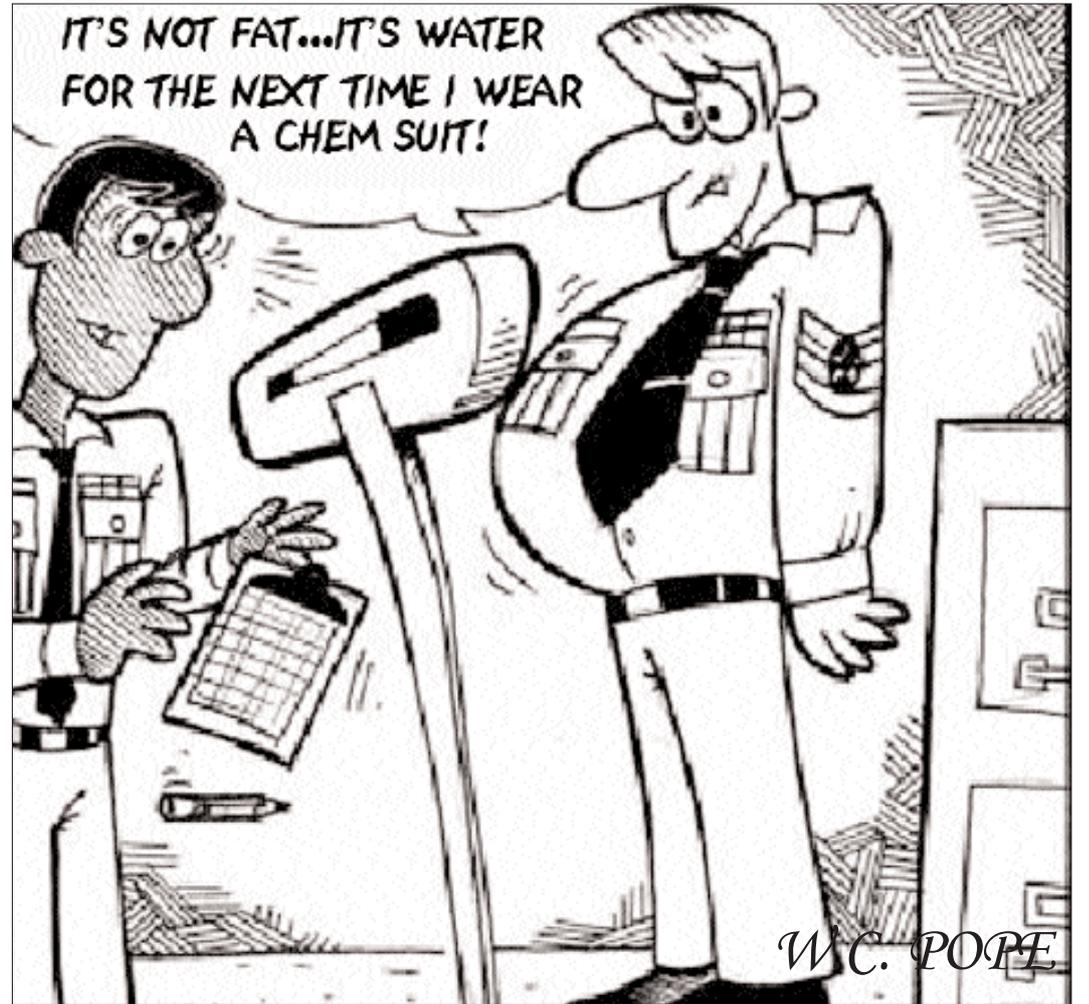
**Running time:** 109min.



THE LIGHTER SIDE



ANSWERS TO AUG. 4 PUZZLE





## SPORTS SHORTS

**Cannon Lanes****Through Aug. 15**

**Mondays** – Coca-Cola Bowling from 8 a.m. to 2 p.m. The cost is \$1.50 per game. Win a two-liter bottle of Coke with a strike on a red head pin. Limit one win per game. *No endorsement intended.*

**Bowlers' Appreciation Night** – 6 p.m. to midnight, Saturday. Bowl for \$1.50 per game.

**Red-Pin Bowling** – 6 p.m. to midnight, Aug. 19. Bowl for \$2 per game. Win a free game if you get a strike when the red pin is the head pin. The limit is one free game per person per game bowled.

**Family Bowl-a-Rama** – 6 to 9 p.m., Aug. 25. Bowl with up to six family members for two hours for \$12 per lane. The price includes shoes and one pitcher of soda. Lanes must be assigned between 6 and 7 p.m.

**Whispering Winds Golf Course**

**Monday Night Scrambles** – Two-person teams and players may select their partners. Sign up by 3 p.m.

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

**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** – 10 percent discount off annual, quarterly and monthly greens fees. Half off club rentals. \$2 off cart rental for 18 holes.

**Outdoor Recreation**

**Family Boating Play Day** – Aug. 19 at Ute Lake State Park.

For \$20 enjoy a day on the lake ski boating, swimming, water skiing, wake boarding or just relaxing.

The price includes transportation, a barbecue picnic lunch, drinks and snacks. Sign up deadline is Aug. 10. Depart at 7:30 a.m. and return at 9 p.m.

This is for adults and children three years old and older.

For more information, call 784-2773.

**New Mexico Hot Springs Hike and Bike** – Aug. 26 and 27. The cost is \$80 per person. Soak and enjoy McCauley Hot Springs after a hike. Return to the campground and enjoy a barbecue-style dinner. On the second day, bike the San Antonio Trail and soak in the San Antonio Hot Springs.

Sign-up deadline is Aug. 21 and includes transportation, three meals, overnight camping, and all gear and bicycles for those who need one.

This is for adults and children 12 years old and older.

For more information, call 784-2773.

**Rock Climbing weekend** – Sept. 9 and 10. The cost is \$80 per person. This adventure is for beginner and experienced climbers and provides initial climb and bouldering training or technique brush up. Training is at Kirtland Air Force Base's indoor climbing area. The second day will include several climbing stations.

Sign-up deadline is Sept. 4 and includes transportation, lesson instructions, three meals and a camping area.

This is for adults and children 12 years old and older.

For more information, call 784-2773.