

Community Events

Daylight-saving time

It's time to fall back an hour as daylight-saving time ends Sunday at 2 a.m. It's also a good time to change the batteries in household alarms.

Free admission

Eastern New Mexico University hosts Cannon Appreciation Day at 6 p.m. Saturday for Cannon Airmen and their families. For free admission, present a military or family ID card.

Extended hours vaccine

The 27th Medical Group immunization clinic is open 5:30 a.m. to 6 p.m. Monday through Friday until all its FluMist supply is administered.

All active-duty personnel are required to be vaccinated unless ineligible.

For more information, call 784-4040.

Pumpkin patrol

Cannon's annual Pumpkin Patrol is 6 to 8 p.m. on Tuesday and will include all military housing areas in Clovis and Portales. Volunteers will walk through the areas to ensure a safe environment.

Volunteers are still needed for the Portales area.

To volunteer, call Staff Sgt. Todd Striplin at 784-6115.

Trick or Treat hours for military family housing are 6 to 8 p.m. Tuesday.

Right Start

The next Right Start is 7:30 a.m. to noon Wednesday at The Landing. All personnel who just PCSed to Cannon, except those in the First Term Airmen Center, are required to attend.

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

Federal Women's Program

Velma Elizardo, Cannon Civilian Personnel Office, will address civilian issues at 2:30 p.m., Monday at the 27th Mission Support Group conference room. The Cannon public is invited.

For more information, call 784-2555.

Resumé Basics

A Resumé Basics class from 9 a.m. to 11 a.m. is at the Airman and Family Readiness Center Annex on Thursday. Attendees will learn the fundamentals of writing resumé's and cover letters.

For more information or to register, call 784-4228.

More Community Events on page 10

MACH METER

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Cannon Air Force Base, N.M.

Oct. 27, 2006



PHOTO BY STAFF SGT. ALICE MOORE

All in a day's work

Senior Airman Steven Graff, 27th Component Maintenance Squadron, conducts a canopy inspection on an F-16 Fighting Falcon Oct. 10 at Balad Air Base, Iraq. Airman Graff is an aircrews egress systems journeyman assigned to the 332nd Expeditionary Aircraft Maintenance Squadron.

Avoid unpleasant tricks with a safe Halloween

By Staff Sgt. Julane Bentley
27th FW Ground Safety

It's Halloween! With witches, goblins, and superheroes descending on neighborhoods across Cannon, here are some safety tips to help prepare parents and their children to have a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprises and enjoyment, and the 27th Fighter Wing Safety Office is providing some common sense practices to keep Halloween events safer and more fun.

The U.S. Consumer Product Safety Commission thinks the most important guidelines that can be provided to parents are to make sure you have costumes of flame resistant fabric and that fabric typically consists of nylon or polyester. Flame resistant fabrics will resist burning and should extinguish quickly. The best tool for fire prevention is to minimize the risk of contact with candles, costumes made with flimsy materials, and outfits with big, baggy sleeves, or billowing skirts.

To help prevent children from eating their treats before an adult can inspect them, give them a snack or light meal before they start collecting treats. Don't send them out on an empty stomach. Make sure children

know not to eat any treats before an adult examines them carefully for evidence of tampering. A good rule of thumb is if in doubt, throw it out. Parents should carefully examine any toy or novelty items received by their little trick-or-treaters less than 3 years of

age. Do not allow young children to have any small items or small parts that could separate during use. These items could present a choking hazard.



COURTESY PHOTO

A safe Halloween is a happy Halloween.

See HALLOWEEN SAFETY, Page 2



NEWS

HALLOWEEN SAFETY

Continued from Page 1

Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Be mindful of children in dark costumes during twilight and evening hours. Be especially alert for children darting out from between parked vehicles and from behind bushes and shrubs. Slow down and use extreme caution while entering and exiting driveways. Children should exit vehicles on the curb side, not the traffic side.

Don't let Halloween turn into a nightmare, a reference to both the spirit of Halloween and the possibility of arrest or crashes due to impaired driving.

Halloween is a particularly deadly night because of drunk drivers. Forty-one percent of national highway fatalities from 6 p.m. to 6 a.m. on Oct. 31 involved a driver or motorcyclist with a BAC of .08

or higher, according to the National Traffic Highway Safety Administration. Almost 13,000 people were killed in crashes last year that involved a driver or motorcycle operator with an illegal blood alcohol concentration

When planning to consume alcohol, designate a sober driver before going out and give that person the vehicle keys. If impaired by alcohol, call a taxi, use transit or call a sober friend or family member for a ride home. Death and injuries from motor vehicle crashes can be prevented. The number one obvious way is to not drink and drive and always have a plan.

Halloween related injuries can be prevented, but it is up to individuals to make safe choices and take responsibility for themselves and their families.



PHOTO BY AIRMAN 1ST CLASS THOMAS TROWER

All dressed up

Children up to 4 years old competed in a costume contest at the Enlisted Spouses Club Kids' Bingo carnival Saturday at The Landing. More than 150 attended the carnival, which raised over \$500. The ESC donations go to scholarships and charities, such as the Christian Children's Home in Portales, N.M. The next fundraising event will be in conjunction with the Chiefs' Group and will be a pancake/burrito breakfast on Nov. 15.

CARS to assist Airmen with TSGLI benefits

Courtesy of the Air Force Personnel Center

The casualty assistance representative, Jacqueline Pinkett-Smith, 27th Mission Support Group, is the primary point of contact for assisting potentially eligible members with Traumatic Injury Protection Insurance applications in coordination with the base military treatment facility.

TSGLI coverage is a tax free lump sum payment ranging from \$25,000 to \$100,000 depending on the extent of the injury. Members insured under the Servicemembers' Group Life Insurance policy are automatically covered at an increase in their premiums of \$1 per month.

The coverage also includes a retroactive provision for Airmen who suffered a qualifying loss as a direct result of injuries incurred in Operation Iraqi

Freedom or Operation Enduring Freedom from Oct. 7, 2001 through Nov. 30, 2005. Enrollment in SGLI is not a requirement to receive the retroactive TSGLI benefits.

"The intent of TSGLI is to provide qualifying injured Airmen with an immediate source of income," said Tom Perry, chief of the casualty matters division at AFPC. "Our casualty assistance representatives will play an active role in counseling eligible Airmen and assisting them with the certification process."

Certification forms for TSGLI benefits are available at base Military Personnel Flights and should be submitted at the earliest opportunity.

For more information on the TSGLI benefit, call 784-2562 or the AFPC casualty services branch at DSN 665-3505, or (800) 433-0048.

Simple effort reaps big savings

By Karen Costura
Electronic Systems Center Public Affairs

HANSCOM AIR FORCE BASE, Mass. – By eliminating unused phone lines, Hanscom AFB officials are potentially saving more than \$200,000 annually using Air Force Smart Operations for the 21st century initiatives.

The 66th Air Base Wing Communication and Information Division and the Electronic Systems Center Plans and Programs office led this AFSO 21 "just do it initiative."

The initiative uncovered potential savings by identifying and turning in unused telephone lines across the base.

"Each phone line costs \$28 per month, or \$336 per year, which adds up quickly to real savings for the organization," said Preskella Gindi, an AFSO 21 team member and program manager for Plans and Programs. "This relatively simple effort allows us to identify and eliminate this wasteful spending and reinvest these funds back into the workplace to improve the workforce's quality of life."

A continuing effort to identify and reduce waste and produce more efficient-

ly in the workplace using AFSO 21 resulted in the potential annual savings for the base. With only 60 percent of the organizations responding to date, officials are confident more savings could be realized.

The ESC and 66th ABW Communications and Informational Division are also establishing tools and repeatable processes that will help maintain the savings, said Ann Markman, ESC's deputy chief information officer.

"The AFSO 21 campaign is all about identifying ways to streamline daily operations in order to save money and increase efficiency," said Ms. Markman.

"As we identify telephone-related enhancements and additional improvements, we will quickly implement them into the system, which will mean that Hanscom will save even more money to be put to better use," she said.

The idea behind the Rapid Improvement Event teams is to identify new opportunities to leverage all of the ESC capabilities and innovations to find new ways to be "better, faster and cheaper," said Ms. Markman.



NEWS/FEATURE

Chaplain 'living out her passions' in Air Force

By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

You never know where she'll show up. As an officer, she is often seen at squadron briefings, but she's just as likely to be avoiding a fast speeding ball in a friendly game of dodgeball at the gym.

This would be Chaplain (Capt.) Eusebia Rios from the Cannon Chapel and she may not fit the idea most people have when they think of a chaplain. As one of only 30 active duty female chaplains in the Air Force, she has not let being a woman become the hallmark of her career or ministry, but instead, a love for others and an enthusiasm for her work drive her.

"I can't get enough of the Air Force and of the people in blue. I cannot even begin to describe the love and the passion that I have," said Chaplain Rios. "[Being a chaplain] is an awesome, awesome opportunity that if you love the armed forces, if you love the Air Force and you want to serve a higher calling, this is the best place for it."

"Chappy" said living out passions is one of the greatest

things about being a chaplain, giving the opportunity to show, live and function in the passion of the heart. For her, this may mean praying with someone in a foxhole or encouraging them while in the desert, and always remembering that she is a "visible reminder of the holy."

Although the chaplaincy has its own difficulties, Chaplain Rios encourages those who think they may have a calling to the chaplaincy to pursue the dream. "Especially my sisters who are out there," she added, since female active-duty chaplains will soon be numbered at 27.

And while there are challenges to being a woman in the military chaplaincy, said Chaplain Rios, there are also advantages, as sometimes women request a female chaplain. But whoever needs her, she is there with confidence, a drive to minister and a message of "I love you. You are important to this Air Force and you're not alone. I want to walk with you. Not behind you, not in front of you, but with you."

Her message is also her life's purpose. "I know within my being that I was born for

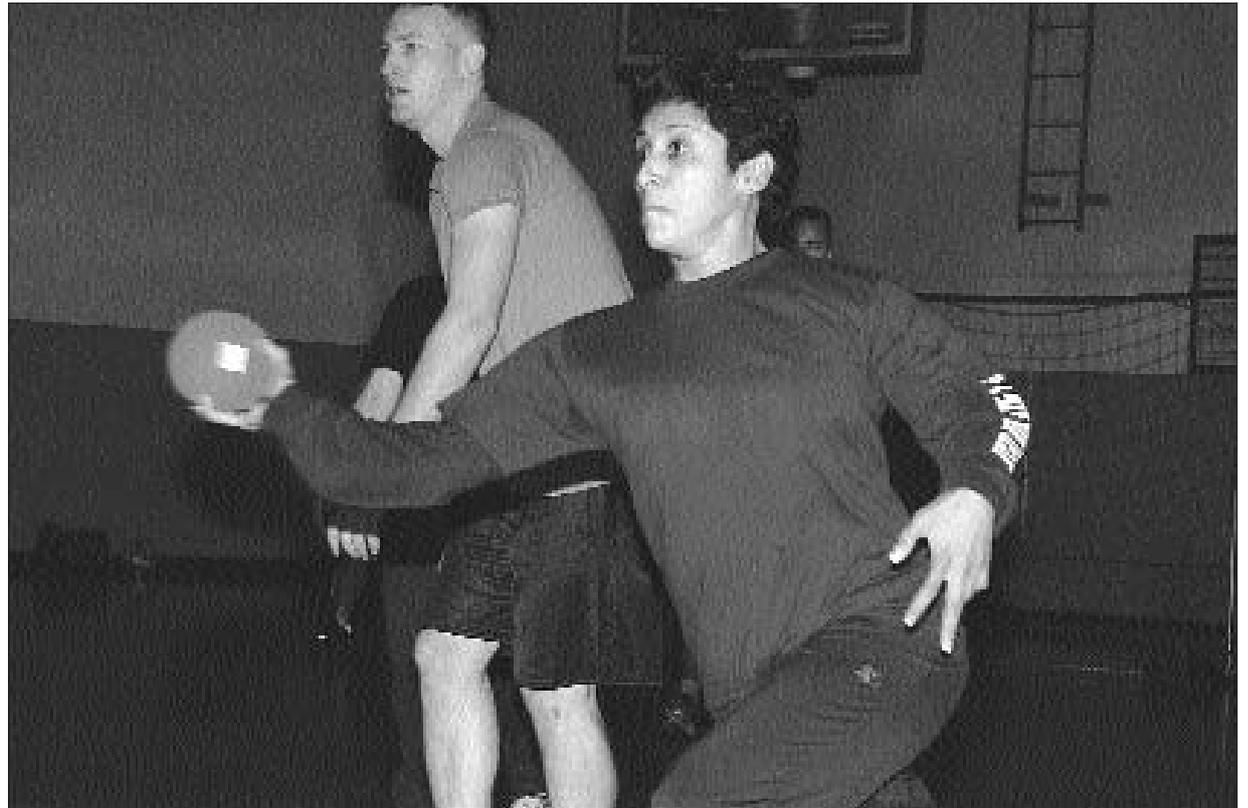


PHOTO BY AIRMAN 1ST CLASS RANDI RICKARDS

Chaplain (Capt.) "Chappy" Eusebia Rios takes aim during a game of dodgeball between Airmen Leadership School students and company grade officers on Oct. 18. Chaplain Rios uses a variety of opportunities to connect with and encourage Airmen at Cannon.

this moment in time: I was born to be here," said Chaplain Rios. "If today was my last day on earth, I would be in the center of all my joy and happiness, because of what I'm doing."

Some of that joy comes from working with, what she calls, the greatest chaplaincy team in the Air Force. "I think the variety of personalities that are in the chaplaincy [here] encourages the variety

of people in our communities to come to chapel," Chaplain Rios said.

This variety of personalities represents diversity in denominations, but it makes no difference to her. "I don't reserves my hugs and my love. I am reaching out to all. I don't pick and choose." While Chaplain Rios is firmly planted in her own beliefs, she takes into account that her audience usually represents many faiths

and she wants them to know they are loved and accepted as they are.

"As a chaplain, I am here to facilitate their constitutional right to worship and also to preserve their right not to worship," said Chaplain Rios. "Whatever spiritual tag [Airmen] have ... I want them to know that my love is for all. I want people - whatever their spiritual faith - to be strong in that."

Courtesy of Air Force Press News

Updated CJR quotas announced

RANDOLPH AIR FORCE BASE, Texas - The Air Force announced the fiscal 2007 quotas for the career job reservation program adding 40 Air Force Specialty Codes to the constrained list, while releasing 10 others.

The 10 career fields removed from the list are:

- 2A0X1C, Avionics Sensor Systems, All;
- 2A0X1D, Electronic Warfare Systems, All;
- 2A3X1C, A-10, F-15 and U-2 Communications, Navigation and Penetration Aids;
- 2A6X1B, Aerospace Propulsion and Turboprop and Turboshift Propulsion;
- 2A6X6, Aircraft Electrical and Envi-

ronmental Systems;

- 2E0X1, Ground Radar Systems;
- 3E0X1, Electrical Systems;
- 3E1X1, Heating, Ventilation, Air Conditioning and Refrigeration;
- 3E7X1, Fire Protection; and
- 6F0X1, Financial Management and Comptroller.

An updated list of the constrained AFSCs is available on the Air Force Personnel Center's Web site at <http://ask.afpc.randolph.af.mil/>; click on Career Planning, Advancement, Re-enlistment, Career Job Reservations, Career Fields on the Constrained AFSC List and Available Quota(s).

Effective Sept. 1, first-term Airmen selected by their commanders as eligible to re-enlist no longer needed to complete an Air Force Information Management

Tool 545 "Request for Career Job Reservation" unless they desire a CJR in their secondary AFSC or have special circumstances. All first-term Airmen must have an approved CJR to reenlist.

Enlistment extensions have no impact on an Airman's CJR eligibility window. The window is based on the Airman's initial enlistment category as follows:

- 35-38 months for National Call to Service enlistees;
- 35-43 months for four-year enlistees; and
- 59-67 months for six-year enlistees.

Quotas for constrained AFSCs will be posted monthly and updated as required on the Air Force Personnel Center's reenlistment Web site.

For more information, call 784-7241 or visit the AFPC Web site.



COMMENTARY

Domestic violence undermines readiness

By Capt. Tracy Markle
ADAPT Program manager

October is Domestic Violence Awareness month. There are displays promoting domestic violence prevention located throughout the base. As one walks into the Medical Clinic, pictures hang in the atrium that were drawn by our children at the Child Development Center, depicting the prevention of domestic violence. One drawing stands out; it is a heart with the message, "Never hit, just hug." The statements may be simple but the messages are powerful.

Domestic violence destroys the very core of what families are supposed to represent. "Domestic violence is a crime that ruins families, weakens communities and undermines military readiness," said Dr. David Chu, Under Secretary of Defense for Personnel and Readiness.

Domestic violence presents in many forms: physical, emotional and sexual maltreatment. The Department of Defense defines physical maltreatment as using physical force against another person that results in some form of

injury. Emotional abuse is defined as using words or body language to demean, degrade, establish power and dominate, to promote weakness and submission in the partner, and to destroy the emotional health of the partner. Sexual abuse is forcing an unwilling partner into sexual acts.

Domestic violence extends across gender, socioeconomic status, race, religion, culture and sexual orientation. The epidemic of domestic violence is an equal opportunity offender. Though more women report domestic violence than men, men are not immune to this epidemic. Men are, however, less likely to identify and come forward to report domestic violence. A family is less likely to report domestic violence the higher the rank, income and status. Culture is an additional factor for not reporting domestic violence. If we are to create a culture intolerant of domestic violence, it must not be tolerated within the constructs of our families.

To create a cohesive and healthy family unit, partners must be equal. When equality, respect, boundaries and value for each other exists, maltreatment will decline dramatically.

Our world is plagued with violence and we face stressors and challenges daily. Our safe haven, our support, our warmth and replenishment should come from within our family. Our family and home should be the representation of comfort and happiness. Our family should be our greatest source of support when life has been too challenging. Domestic violence weakens the safety and security of families, as well as undermines mission readiness.

If you need help, call the Family Advocacy Program at 784-2474 or the Domestic Violence Victim Advocate at 784-7760.



GRAPHIC BY JANET TAYLOR-BIRKEY

When it comes to OPSEC, we are all responsible

By Staff Sergeant Craig Seals
27th Fighter Wing Public Affairs

Think.

I'm not asking you to go out of your way or change your lifestyle much.

I'm just asking you to think.

A friend of mine stationed at a nearby Army post relayed a story to me recently.

He was in a local retail store and heard two women talking about when their husband's plane was supposed to take off for their deployment.

He wasn't eavesdropping, he just happened to walk by and they were just loud.

Think about that.

If he or someone around him

had been one of Osama's boys, they would know when a unit was leaving, putting not only these ladies' husbands at risk, but also their entire unit.

And, they would have a fair idea when a unit was returning. How would it look if a terrorist brought down a plane full of Airmen triumphantly returning from a year-long deployment?

Around base

Operational security should not stop with the military member. A spouse, even children, should bear some OPSEC responsibility.

Cannon has a fence and guards at the gates for a reason. There are people who want to do harm to this installation and the

people who live and work here.

Only in the last few years has the fence that you see surrounding the base, today, been in place.

Have you seen what was in place before it? Triple barbed-wire. That's it.

A terrorist's dream.

Great lengths were taken to ensure that the perimeter fence was brought up to today's security standards.

Electronic Security

Airmen e-mail redeployment dates to family and friends, which is not a secure method (families can get return dates from unit first sergeants). However, to compound the problem, those well-meaning

and proud loved ones e-mail others and post dates on public message boards for all the world, including the bad guys, to see.

There are Web sites with photos from deployed Airmen posted on them. These "Proud to be here," shots are great, but when those shots are coupled with information regarding the location of where they were taken, it is probably not such a hot idea.

Bad guys and computers

Remember, a terrorist may get a piece of information here and another piece there, and finally get enough pieces to put the puzzle together. If you aren't providing a piece of that puzzle,

the bad guy must work harder and longer to cause harm to our friends and family.

Cyberspace is one of our most important battlefields and we must secure it just as we would secure any other installation.

Who are terrorists?

We think we know what a terrorist looks like. Everyone has a stereotype or preconceived notion of what physical characteristics to look for in a terrorist, right?

Most Oklahomans know the name Timothy McVeigh. He was a kid from Buffalo, New York, who joined the Army and decided he wasn't happy with

■ See THINK ABOUT IT, Page 6

MACH METER

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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.

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This week's
Viper Volunteer is

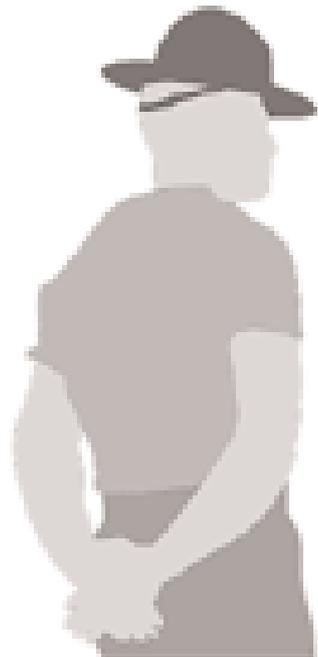


PHOTOS BY AIRMAN 1ST CLASS THOMAS TROWER

Richard
Gagala

Col. Scott West, 27th Fighter Wing commander, congratulates Mr. Gagala, a warehouse manager for Premier Distributing, for his volunteer efforts with the St. Francis of Assisi Catholic Parish. He has served as president of the parish council and is the go-to person when something needs fixing or done.

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

Mustaches will not extend downward beyond the upper lip or extend sideways beyond a vertical line drawn upward from the corner of the mouth. This does not apply to Airmen with shaving waivers.



Energy-Saving Tip of the Week

An open faucet uses 2 gallons of water every minute! Wait until you have full loads before using your washing machine and dishwasher. Air dry dishes instead of using the heated-drying feature on your dishwasher. When you save water, you also save the energy needed to heat that water.



NEWS

Pay chief discusses new defense bill's military compensation

By Jim Garamone

American Forces Press Service

WASHINGTON – With the 2.2 percent across-the-board pay raise that is part of the Fiscal 2007 National Defense Authorization Act, the Defense Department will reach its goal to bring military basic pay to the 70th percentile when compared to civilians with comparable education and training, a top DoD compensation official said Oct. 20.

The goal grew out of the 9th Quadrennial Review of Military Compensation released in 2002, which concluded that basic pay did not adequately compensate an increasingly educated military force.

Virginia Penrod, DoD's director of military compensation, said the pay raise – which kicks in Jan. 1 – matches the employment cost index for the year. ECI measures the growth in private-sector wages. Current law ties any military pay raise to the index.

Also helping DoD reach its goal is targeted pay raises for servicemembers in grades E-5 to E-7 and warrant officers that go into effect April 1, she said.

But compensation is more than simply basic pay. While servicemembers have seen a basic pay increase since 2001 of roughly 28 percent, basic allowance for housing has risen over 50 percent, Ms. Penrod said. As far as compensation (is concerned), we think we have it right, she said in an interview with the Pentagon Channel and American Forces Press Service.

When officials talk about compensation, they include basic allowance for housing, basic allowance for subsistence, basic pay and the tax advantage for not having allowances taxed.

DoD has more than 20 different types of bonuses, and the act enables the department to pay these bonuses through the fiscal year. It also puts some changes into effect for those bonuses.

For example, the act has increased the amount of the bonus paid to servicemembers who transfer between armed forces. An Airman transferring to the Army is now eligible to receive a \$10,000 bonus after serving three years in the new service. Previously, Congress capped that bonus at \$2,500. Ms. Penrod said that bonus will be used to get Sailors



COURTESY GRAPHIC

and Airmen to sign up for the Army.

The act also raises the ceiling of debt DoD is allowed to cancel. Soldiers serving in Iraq, for example, receive hostile fire pay, family separation pay and hardship pay, Ms. Penrod said. If the servicemember is injured and medically evacuated to Germany, sometimes mistakes happen and the pays are not cancelled. The Soldier now has a debt.

If later, as the Defense Finance and Accounting Service is processing the servicemember for medical sepa-

ration or retirement, that debt shows up, she explained, officials can now waive up to \$10,000 of debt incurred through no fault of the servicemember.

The act also extends the military pay table to 40 years. This is part of Defense Secretary Donald H. Rumsfeld's military transformation effort. Senior officers, warrant officers and noncommissioned officers are a valuable trained resource to the department, Ms. Penrod said, and this gives selected servicemembers an incentive to remain in the military longer. The pay table has regular longevity increases from 30 to 40 years of service, and a servicemember retiring after 40 years of service would receive 100 percent of basic pay.

Ms. Penrod said the 10th Quadrennial Review of Military Compensation – meeting now – will look at ways to simplify DoD pays. We have over 60 special incentive pays, and it's difficult to keep up with, she said. We hope to simplify our pays and put them in basically five categories; it would make it easier to manage the pays.

THINK ABOUT IT

Continued from Page 4

the way the country was going. He killed 168 people in the Alfred P. Murrah Building in Oklahoma City on April 19, 1995, with a home-made bomb packed in the back of a moving truck.

Didn't see that one coming, did we?

On the homefront

Closer to home, I'm just as proud of our Airmen as anyone else. But spouses, think about those "Half my heart is in Iraq," stickers. Keep in mind who reads them and realize that the majority of bad guys can do simple math and realize you're home alone.

Be proud. Don't be an easy target.

You may say that if we change our way of life, the bad guys win.

I say if they harm my family and friends, I lose.

Let's face it, after 9/11, our lives changed forever.

Servicemembers and their families have it easy stateside. Those who have lived abroad know OPSEC and force protection is a way of life for American military in Europe. Here in Clovis,

nobody tells you to check under your car for a bomb every time you get in, nobody tells you not to wear your favorite sports jersey outside the gate because it identifies you as an obvious American, and nobody is telling you horror stories about Americans, from your base, that have been assassinated.

Think about that.

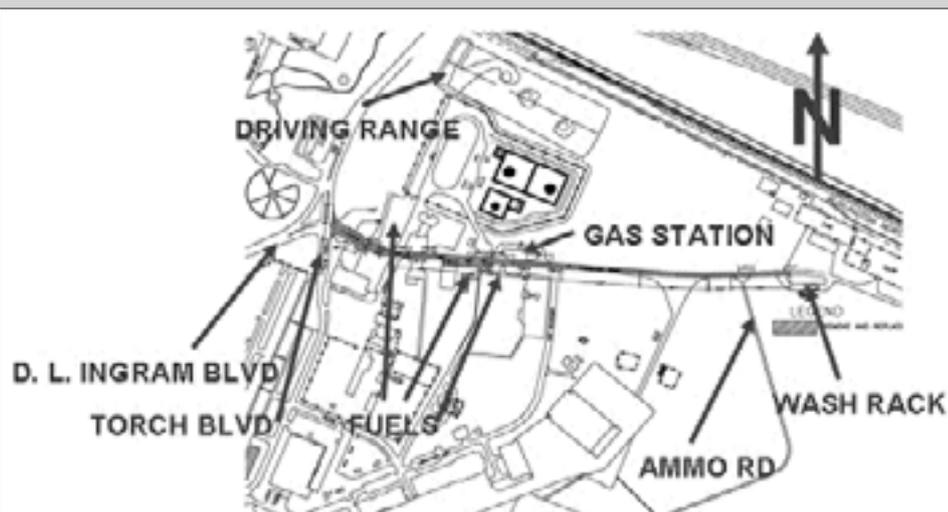
Everyone is a possible source of information for the bad guys. Let's not make it easy.

Be aware of your surroundings. Be aware of what you're talking about and how loud you are.

We're all proud of our Airmen. They deserve it, whether they're deployed or doing the job here at Cannon. But how would you feel if that one seemingly innocent conversation turned out to be the last piece of a terrorist's puzzle?

Think about that.

(Keith Pannell, a former Mach Meter staff writer, also contributed to this article.)



COURTESY GRAPHIC

Work set for Perimeter Road

Starting Nov. 13, road construction will begin on Perimeter Road from Torch Blvd. to the wash rack and last about 30 days. Traffic along Perimeter Road will experience minor delays. Access to the Flightline through Ammo Road will be maintained to the fullest extent possible.* Access to Petroleum, Oil and Lubrication (POL) functions and all other facilities will be maintained to the fullest extent possible.*

* Except during paving operations



784-AADD

Airmen Against Drunk Driving

DRUNK DRIVING BITES



If you choose to celebrate with alcohol this Halloween, designate a driver or call

AIRMEN AGAINST DRUNK DRIVING

AT 784-2233

CORC--Culture of Responsible Choice

For a FREE ride home between the hours of 10 p.m. and 4 a.m. on Tuesday, October 31, 2006



COMMUNITY EVENTS



COURTESY PHOTO

Pet of the week

“Choco” is a shy, mixed-breed puppy that is about 5-months old. He is neutered and gets along well with other dogs. Families interested in adopting him should call Adelaide Huff at 784-2507.

■ Continued from page 1

Operation Homefront Quilts

Operation Homefront Quilts meets from 10 a.m. to 3 p.m. at the Airman and Family Readiness Center on Friday. Volunteers are invited to assist a local group make quilts for families who have lost loved ones in the war. No experience is necessary and all materials are provided.

For more information or to register, call 784-4228

Medical Group closes for Thanksgiving dinner

The 27th Medical Group will close for its Thanksgiving dinner 11 a.m. to 2 p.m. Nov. 16. Individuals needing care during that time should go to Urgent Care. Clinic and pharmacy services will be available 7:30 to 11 a.m. and 2 to 4:30 p.m.

For more information, call 784-4000.

Wild, Wild West

Join in the fun for Wild, Wild West from 6 to 10 p.m., Nov. 4, at The Landing.

The evening is planned with for-fun gaming and entertainment, food, auctions and Texas Hold'em. Tickets at the door are \$5 and gives each attendee \$200 in “funny money.”

The following items are just an example of items found at the silent auction:

- Western giclee print by artist Bill Jaxon, valued at \$550
- Peridot pendant on gold chain, a \$137 value
- 50 large 5-topping pizzas, valued at \$500
- Four Anheuser-Busch theme park tickets, valued at approximately \$200
- A two-night stay for two people at a local casino resort, valued at \$300
- Progressive dinner provided by the Colonels Group, PRICELESS!

Red Cross workers needed

The Cannon Air Force Base Clinic is looking for Red Cross volunteers to fill key positions. The positions are open to military ID card holders and includes active duty, dependents and retirees.

For more information, call the Clovis American Red Cross Office at (505) 762-4129 or the clinic at 784-4067.



SERVICES

Celebrate a healthy Halloween

By Candice Weaver

Cannon Health and Wellness Center

With Halloween on Tuesday and the aisles of the grocery store lined with individually-wrapped candy, it is not surprising that this time of year is one of the most profitable for the candy industry, nor is it that one-third of American children and adolescents are either obese, overweight or becoming obese.

According to the Robert Wood Johnson Foundation, overweight or obese children are more likely to be

overweight or obese adults.

In addition, they are more likely to suffer from chronic conditions such as high blood pressure, high cholesterol, bone and joint problems, and a poor self-esteem.

This Halloween, instead of contributing to the 2 billion "kernels" of candy corn sold each year, opt for healthier goodies.

Some great ideas for healthier trick-or-treat alternatives include: stickers or other novelties, dried nuts, fruits or seeds, coloring books and crayons, pencils, pencil toppers and

erasers, plastic spiders or rings, mini juice boxes, cereal bars and toothbrushes.

If parents are unable to resist giving out candy, look for healthier options. For example licorice has only 30 calories per piece. Lower fat candies also include peppermint patties and mints.

Although some parents may implement some of these healthier treats into their trick-or-treating goodies, neighbors might not be as health-conscious.

So how do parents deal with a child bringing home 10 pounds of chocolate?

Family Fun magazine suggests:

1. Ration the candy — give each child one or two pieces a few times a week instead of allowing them to gorge themselves on Halloween night.

2. Allow children to keep 10 pieces of candy and give the rest away.

3. Save the candy for use in holiday baking. Make cookies or cakes for others using the chocolate bars instead of chocolate chips.

Finally, remember to check all items received during trick-or-treating for tampering before allowing children to consume or play with them.

For additional resources on healthy eating, contact the Health and Wellness Center at 784-1004.

FDA outlines measures to ensure safe results from costume makeup

Courtesy of www.fda.gov

Novelty Makeup

Painting your face can be a big part of the fun on Halloween and lots of other special occasions. Most of the time people do this without a problem, but not always. Here are some pointers to help keep your fun from leaving you with a rash, swollen eyelids or other grief.

Painting Your Face

Decorating your face with face paint or other makeup lets you see better than you can if you're wearing a mask. A mask can make it hard to watch out for cars. But make sure your painted-on designs don't cause problems of their own.

Follow all directions carefully. Don't decorate your face with things that aren't intended for your skin.

Like soap, some things are okay on your skin, but not in your eyes. Some face paint or other makeup may say on the label that it is not for use near the eyes. Believe this, even if the label has a picture of people wearing it near their eyes. Be careful to keep makeup from getting into your eyes.

If decorating skin with something you've never used before, try a dab of it on your arm for a couple of days to check for an allergic reaction before you put it on your face.

Color Additives

A big part of Halloween makeup is color. But this is your skin we're talking about.

Law says that color additives have to be approved by FDA for use in cosmetics, including color additives in face paints

and other cosmetics that may be used around Halloween time. It also includes theatrical makeup.

Plus, FDA has to decide how they may be used, based on safety information. A color that's okay on your tough fingernails or your hair may not be okay on your skin. Colors that are okay for most of your skin may not be okay near your eyes.

How do you know which ones are okay to use, and where?

1. The list of ingredients on the label. Look for the names of the colors;

2. Check the "Summary of Color Additives" on FDA's Web site at www.fda.gov. There's a section especially on colors for cosmetics. If there's a color in your makeup that isn't on this list, the company that made it is not obeying the law. Don't use it. Even if it's on the list, check to see if

it has FDA's okay for use near the eyes. If it doesn't, keep it away from your eyes.

When the Party's Over

Don't go to bed with your makeup on. Wearing it too long might irritate skin, and bits of makeup can flake off or smear and get into eyes.

How you take the stuff off is as important as how you put it on. Remove it the way the label says. If it says to remove it with cold cream, use cold cream. If it says to remove it with soap and water, use soap and water. The same goes for removing glue, like the stuff that holds on fake beards.

People can report a bad reaction to face paint, novelty makeup or any other cosmetic product by phone at (301) 436-2405 or by email at CAERS@cfsan.fda.gov.



What's happening?



Today

Seafood Buffet – 11 a.m. at The Landing
Elegant Dining – 5 p.m. at The Landing
Family Bowl-A-Rama – 6 p.m. at Cannon Lanes
Costume Dance – 6 p.m. at the Clovis Community Center
DJ Night – 8 p.m. at the End Zone

Saturday

Spooky 5K Run – 8 a.m. at the Fitness Center
Cosmic Family Fun Night – 6 p.m. at Cannon Lanes

Sunday

NFL Football – 10 a.m. at the End Zone
Dart League – 6:30 p.m. at the End Zone

Monday

Conversational Language Skills – 11 a.m. to noon, Monday through Friday at the Cannon Library
Melba's Choice – 11 a.m. to 1 p.m. at The Landing
Halloween Party – 4 p.m. at the Portales Community Center
Football Frenzy – 6 p.m. at the End Zone

Tuesday

Homestyle Buffet – 11 a.m. at The Landing
Spooktacular – 4 p.m. at Cannon Lanes
Pool Tournament – 4 to 6 p.m. at the Portales Community Center
Foosball Tournament – 5:30 p.m. at the Clovis Community Center
Rocky Horror – 6 p.m. at the End Zone

Wednesday

International Buffet – 11 a.m. at The Landing
Foosball Tournament – 3 to 5 p.m. at the Portales Community Center

Thursday

Roast Beef Buffet – 11 a.m. at The Landing
Yu-Gi-Oh Challenge – 4 to 6 p.m. at the Clovis Community Center
XBox Challenge – 5 to 7 p.m. at the Portales Community Center
Chess Club Casual Play – 5 to 7 p.m. at the Central Community Center
Coloring Contest – 5:30 p.m. at the Clovis Community Center
Free Billiards – 6 to 9 p.m. at The End Zone



FEATURE

Clean hands keep winter colds at bay

Courtesy of the Centers for Disease Control and Prevention

In 1986, President Ronald Reagan proclaimed the third week of October as National Infection Control Week. Since then, the Association for Professionals in Infection Control (APIC) and Epidemiology continued the tradition of recognizing the third week of October as National Infection Control Week.

In 1846, Ignaz Semmelweis observed that women whose babies were delivered at the hospital in Vienna had a higher mortality rate than those babies delivered by midwives at a second clinic. He noted that physicians went from the autopsy suite to the obstetrics ward had a foul odors on their hands even though they

previously washed their hands with soap and water. He speculated that post-labor fever that affected many women was caused by "cadaverous particles" transmitted from the autopsy suite to the obstetrics ward via the hands of students and physicians. Since chlorine compounds have been known to have a deodorizing affect, Ignaz Semmelweis insisted that students and physicians clean their hands with a chlorine solution between each patient.

As a result, the maternal mortality rate dropped dramatically and remained low for years.

In conclusion, the beginning of hand hygiene and the practice of infection control transpired saving numerous lives in the past and can continue to save lives in the future.



PHOTO BY MONIQUE HYMAN

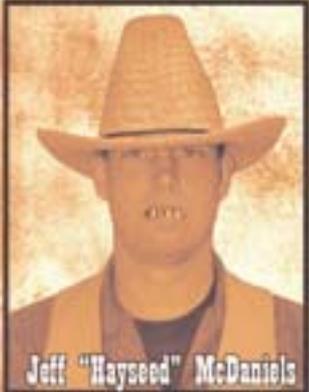
Tech. Sgt. Tina Brown, 27th Medical Support Squadron, shows children at the Cannon Youth Center proper hand hygiene as a way to observe International Infection Prevention Week, Oct. 16-22. Children rubbed their hands with lotion and then washed them. The blue light showed the areas of the hands that they missed.



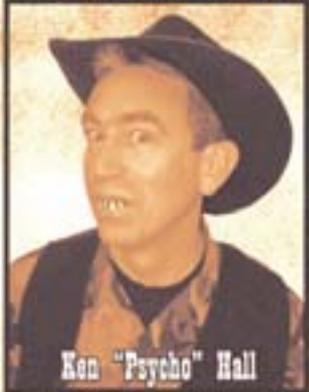
COURTESY GRAPHIC

Six steps to proper hand hygiene

WANTED
Sweettooth Snatchers



Jeff "Hayseed" McDaniels
Wanted for indescribable acts



Ken "Psycho" Hall
Wanted for impersonating a doctor



Bob "Smithin" West
Wanted for excessive cheerfulness

The OSC's lookin to round up these heathens at their Wild Wild West Night from 6 to 10 p.m. Nov. 4 at The Landing. Tickets are \$5 at the door and gamblers get \$200 in funny money, with the chance to win awesome door prizes.

GRAPHIC BY AIRMAN 1ST CLASS THOMAS TROWER

American Indian Heritage Month

The 27th Fighter Wing commander and Cultural Observance Committee invites the Cannon community to the official kickoff ceremony for American Indian Heritage Month.

Tuesday at noon in the main entrance area of the BX and Commissary.

Free refreshments and open to all.

GRAPHIC BY 1ST LT. FUMISHO BASS

Unit Spotlights

Congratulations Cannon Diamond Sharp Award Winners



PHOTOS BY TECH. SGT. SCOTT MACKAY

Staff Sgt. Tanya Perez,
27th Security Forces Squadron
 Sponsored by*: Master Sgt. Glen Pugh,
 Cannon 1st Sergeants Association



Senior Airman Bryce Perdomo,
27th Medical Group
 Sponsored by: Kim Neiss,
 Army and Air Force Exchange Service



Airman Regina Eldridge,
27th Aircraft Maintenance Squadron
 Sponsored by: Ms. Kim Wilson,
 Cannon Federal Credit Union

*Sponsors donate \$50 in cash or gift certificates to a winner. Cannon Federal Credit Union contributes to a celebration breakfast as well. No federal endorsement intended.

**CANNON AIR FORCE BASE
 CHAPEL**

Chapel services

CATHOLIC

Religious Education	Sunday
9:15 a.m. (grades K-6)	
Sunday Mass	10:30 a.m. and 5 p.m.
Reconciliation	9:30 a.m.
Weekday Mass (M,W,F)	12:05 p.m.
Edge/LifeTeen youth ministry	
Sunday 6 p.m. (grades 7-12)	

PROTESTANT

Contemporary	9 a.m.
Sunday School	10:30 a.m.
Gospel	12 p.m.

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

At the Movies

The Cannon Theater is located on Torch and Ingram. Movie prices are \$3.50 for adults and \$1.75 for children.

The Black Dahlia

Today at 7 p.m.

Description: Betty Short, an aspiring actress, wore a delicate flower in her hair and became many things to many people – friend, sister, daughter, girlfriend and accused prostitute. She was discovered brutally murdered in a vacant lot in downtown Los Angeles. Two ex-pugilist police officers, Lee Blanchard and Dwight “Bucky” Bleichert, the poster boys for 1940s LAPD receive a call from their supervisor, Detective Millard, to investigate the slaying of the ambitious silver screen B-lister, just as they leave a deadly shootout.

R – strong violence, some grisly images, sexual content and language
Running time: 121 min.

The Covenant

Saturday at 7 p.m. and Sunday at 4 p.m.

Description: In 1692, in the Ipswich Colony of Massachusetts, five families with untold power formed a covenant of silence. One family, lusting for more, was banished; their bloodline disappearing without a trace – until now. Four young students at the elite Spencer Academy are bound by their sacred ancestry. As descendants of the original families who settled in Ipswich Colony in the 1600's, the boys have all been born with special powers.

PG-13 – intense violence and action, some disturbing images, sexual content and language
Running time: 97 min.

Gridiron Gang

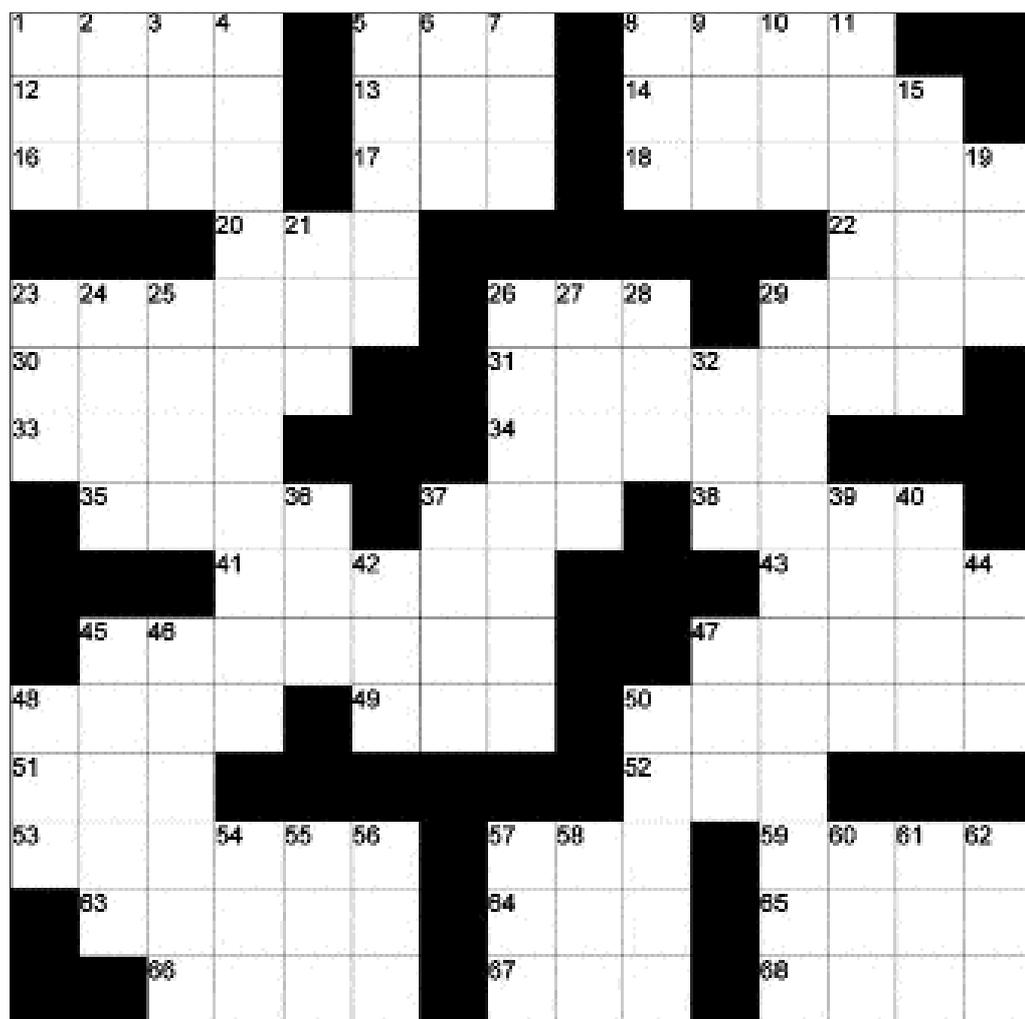
Saturday at 4 p.m. and Sunday at 7 p.m.

Description: Detention camp probation officer, Sean Porter, creates a high school-level football team from a group of dangerous teenage inmates as a means to teach them self-respect and responsibility. He is joined in this experiment by Malcolm Moore. Porter must first overcome almost universal resistance from the powers that be – his skeptical bosses and coaches at rival schools who don't want their players mixing it up with convicted criminals on the field.

PG-13 – some startling scenes of violence, mature thematic material and language
Running time: 120 min.



THE LIGHTER SIDE



ANSWERS ON PAGE 21

Pre Operations 2

By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

Across

1. Hindu system of exercises
5. Skirt line
8. Used to express sorrow or regret
12. Cain's brother
13. NA country
14. Operation ___; Allied invasion of French North Africa (1942)
16. Deliberate intention or wish
17. Engage in espionage
18. Place in a grave
20. Toner
22. Caviar
23. Blood vessel
26. Cistern
29. Car mark
30. 1974-78 Valerie Harper TV sitcom
31. Operation ___; US invasion of Okinawa (1944)
33. Notch
34. Used for carrying, holding, or displaying articles
35. Smallest unit of an element
37. Sault ___ Marie
38. Snakelike fish
41. Kingly
43. Called
45. Violent Pacific Ocean trop-

- ical storm
 47. Rectangular building courts
 48. Sad
 49. ___ Moines
 50. Agitates
 51. Music genre
 52. Allow
 53. CV-22
 57. Sunken track or groove
 59. ___ Korbut
 63. Strainer
 64. Mistake
 65. Admiral type
 66. Tied
 67. Item carrying genetic info
 68. ___ Antony; Roman orator, politician and soldier
- ### Down
1. Turn about the vertical axis
 2. Japanese sash
 3. Hair care product
 4. NATO operation in Kosovo (1999)
 5. Operation ___; Allied invasion of Sicily (1943)
 6. Sixth sense
 7. To be allowed or permitted to
 8. Dined
 9. Actor Chaney
 10. Op or modern
 11. In basketball, a shooting guard
 15. People inhabiting the mountainous regions of SE Asia
 19. Wager
 21. Gun lobby
 23. Noah's ship
 24. Actress Perlman
 25. Wrongdoing for which an action for damages may be brought
 26. Operation ___; Berlin airlift (1948)
 27. Farm measurement
 28. Afternoon beverage
 29. Operation ___; Liberation of Kuwait (1991)
 32. Farewell
 36. Actor and director ___ Gibson
 37. Clear-headed
 39. Bait
 40. Temper tantrum
 42. Omnipotent being
 44. Car need
 45. Division based on quality, rank, or grade
 46. 80s young upwardly mobile professional person
 47. Mock
 48. Sis' sibling
 50. Immoderately adhering to a belief; extreme
 54. Gun the motor
 55. Day prior
 56. Desire
 57. ___ Sea
 58. Ornate vase
 60. Grassy lawn
 61. Needlefish
 62. Operation ___ Light: name given to using B-52s in Vietnam (1965)



SPORTS AND HEALTH



PHOTOS BY AIRMAN 1ST CLASS RANDI RICKARDS

Staff Sgt. Mike Brown dashes for the end zone in an attempt for a touchdown, while trying to outrun the 27th Logistics Readiness Squadron team. The 27th Civil Engineer Squadron took on LRS in a flag football game Monday at 5:30 p.m.



An LRS player ducked for cover when the LRS kicker attempted a field goal and the entire CE team left to block the ball.

CE overtakes LRS in 21-18 victory



Left: Senior Airman James Bennett reaches for the flags on an LRS player's waist. As of Tuesday, CE held an undefeated 8-0 record.

Right: In another field goal attempt, the LRS kicker tries to go over leaping defense. A double-elimination playoff tournament will be held this week at the base track. The championship games will be held after the exercise Nov. 3-9.



SPORTS SHORTS



Turn slip in to the Public Affairs office by 4:30 p.m. today. They are located in Bldg 600, suite 1099.

The participant who picks the most winners will win a free large one-topping pizza from the End Zone. The name will be announced next week.

Week 8 Schedule

Sunday		
San Francisco at Chicago	11 a.m.	Fox
Atlanta at Cincinnati	11 a.m.	Fox
Seattle at Kansas City	11 a.m.	Fox
Houston at Tennessee	11 a.m.	CBS
Arizona at Green Bay	11 a.m.	Fox
Tampa Bay at N.Y. Giants	11 a.m.	Fox
Jacksonville at Philadelphia	11 a.m.	CBS
Baltimore at New Orleans	11 a.m.	CBS
St. Louis at San Diego	2 p.m.	Fox
Pittsburgh at Oakland	2:15 p.m.	CBS
Indianapolis at Denver	2:15 p.m.	CBS
N.Y. Jets at Cleveland	2:15 p.m.	CBS
Dallas at Carolina	8:15 p.m.	NBC
Monday		
New England at Minnesota	8:30 p.m.	ESPN
— Bye: Buffalo, Detroit, Miami, Washington		



Football Genie

Circle winners and turn into Public Affairs by 4:30 p.m. today.

Congratulations to last week's winner, Samantha Post, 27th Comptroller Squadron.

Total Monday points (tie breaker) _____

Name/Unit/Phone _____

Cannon Lanes

Family Bowl-a-Rama — For \$12, bowl from 5 to 7 p.m. today with up to six family members per lane. Price includes shoes and a pitcher of soda.

Cosmic Family Fun Night — Bowl with music, flashing lights, glow in the dark lanes, pins and bowling balls for \$2 per game Saturday.

Spooktacular Halloween Party — Purchase tickets for this safe alternative for Halloween by today. For \$5, children 3 to 12 can compete in a costume contest and coloring contest from 4 to 5:30 p.m. Tuesday. Each child will receive a treat cup, two games of bowling, shoes and a large soda.

Whispering Winds Golf Course

Evening scrambles — Two-person teams where players may select their partners will compete in a nine-hole scramble Monday. Handicaps will be used.

Sign up by 3 p.m.

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

River Breaks Ranch Western Experience — Nov. 11 load onto covered wagons and take a trail ride

through Palo Duro Canyon. Dinner is a cowboy meal of rib eye steak or barbecue chicken prepared over mesquite fire. After dinner, use issued "Ranch Bucks" toward horse racing, winnings can be used towards items in the gift shop. The trip includes transportation, covered wagon ride, meal and horse races. Sign up by Monday for \$65 per person.

Trap and Skeet — The range is open Sundays only from noon to 6 p.m.

Fitness center

Spooky 5K Run — Sign up at the fitness center desk for this 8 a.m. fun run on Saturday.

End Zone

Football Frenzy — Football Frenzy kicks off at 10 a.m. every Sunday. Don't forget to stop by for Monday Night Football at 5 p.m.

