

Community Events

Flu vaccines available

The injectable flu vaccine FluZone is available for all beneficiaries. There is also limited supply of the FluMist vaccine for those eligible to receive it.

No appointment is necessary at the Immunizations Clinic and the vaccines are available from 7:30 a.m. to noon and 1 - 4 p.m.

For more information, call 784-4040.

Angel Tree

The Angel Tree will once again be placed at the base exchange after Thanksgiving. Make a military family member's holiday memorable. Presents can be placed under the tree by Dec. 17.

To self nominate, or nominate through the Airman and Family Readiness Center, call 784-4228.

Two volunteers are needed to sit by the Angel tree from 11 a.m. to 1 p.m. daily for a week.

To volunteer, call 784-4228.

Tree lighting ceremony

The Cannon community is invited to the annual base tree lighting ceremony at 4:45 p.m. today, at the Cannon Chapel. A children's choir from Ranchvale Elementary will perform.

Hot chocolate and cookies will be served.

Financial workshop

A financial aid for college workshop is from 9 to 11 a.m. Wednesday at the Airman and Family Readiness Center. Topics include information on effective scholarship searches, application procedures and programs such as the Hap Arnold \$2,000 grant for spouses and children.

For more information, call 784-4228.

Healthcare Council meeting

The Community Healthcare Council meets at 2 p.m. on Dec. 13 in the Escape Room at The Landing.

All 27th Medical Group beneficiaries are invited to attend.

The Community Healthcare Council is a forum for the 27th Medical Group to interact with beneficiaries. Information on medical services, medical group events and the latest health benefit information is provided, along with a forum for feedback to the 27th Medical Group.

More Community Events on page 9

MACH METER

Vol. 51, No. 47

Cannon Air Force Base, N.M.

Dec. 1, 2006

Investigation on downed Cannon F-16 begins

By Jim Garamone
American Forces Press Service

WASHINGTON – Department of Defense officials announced Wednesday the identity of the pilot of a Cannon F-16 Fighting Falcon that crashed Monday during combat operations over Iraq.

Maj. Troy Gilbert's duty status was listed as "whereabouts unknown." He is assigned to the 309th Fighter Squadron, Luke Air Force Base, Ariz., and deployed to the 332nd Expeditionary Wing, Balad Air Base, Iraq.

Air Force officials convened an investigative board Tuesday to look into what caused the F-16 single-seat fighter to crash about 20 miles northwest of Baghdad around 1:35 p.m. local time.

"An event of this nature absolutely affects the people here at Cannon," said Col. Valentino Bagnani III, 27th Fighter Wing vice commander. "The emotional impact of such an event can be widespread and intense. The base chapel and Life Skills clinic are available for Airmen or family members who are

affected by this event."

While the cause of the crash is unknown, there is nothing to suggest that insurgents shot down the aircraft, spokesman Army Maj. Gen. William Caldwell said during a Baghdad news conference Tuesday. Brig. Gen. Stephen Hoog, air component coordination element director for Multinational Forces Iraq, said the fighter was part of a "troops in contact" operation. The aircraft was under operational control of ground commanders at the time of the incident.

General Hoog said officials have retrieved DNA material from the site and that it will take two to four days to analyze the material.

Immediately after the crash, other aircraft and surveillance assets were over the site, the general said. "Those assets did observe insurgents in the vicinity of the crash site," he added.

A quick-reaction force secured the area as soon as combat operations in the area finished. General Hoog said officials found the ejection seat, but it wasn't possible to determine if the pilot had used the seat or not.

(Greg Allen also contributed to this article.)

Air Force leaders address quality of life issues

Courtesy Air Force Press Service

WASHINGTON – Airmen can still expect high-caliber quality of life programs that will take care of them and their families despite the changes being made within the service, leaders assured recently.

"Quality of life continues to be one of our top three priorities," said Lt. Gen. Roger Brady, Air Force deputy chief of staff for manpower and personnel at the Pentagon. "It's an area we look at carefully, and we have a long tradition of providing for our folks. We are most concerned with what it takes to care for our expeditionary Airmen and their families."

Like many other career fields and Air Force programs, the services organization faces cuts in personnel and funding due to the Program Budget Decision 720 directed by Congress. It is a situation that has forced leaders to re-evaluate the definition of quality of life, said Chief Master Sgt. of the Air Force Rodney McKinley.

"It's very important for us to define quality of life," he said. "In my

opinion, it's making sure Airmen have a quality workplace, [and] adequate housing on and off base and in the dorms. It's providing childcare

and libraries, and ensuring Airmen have access to nutritional meals. But

■ See QUALITY OF LIFE, Page 3



AIR FORCE GRAPHIC

Quality of life continues to be one of the top three priorities for the Air Force. Airmen can still expect high-caliber quality of life programs, such as child development centers, that will take care of them and their families despite the changes being made within the service.



NEWS

2006 safest year in aviation

By Staff Sgt. Julie Weckerlein
Air Force Print News

WASHINGTON (AFPN) – Fiscal year 2006 was the safest year in aviation ever for the Air Force.

The year marked the lowest number of major aircraft accidents and fatalities within the Department of Defense, said the Chief of Air Force Safety Maj. Gen. Stan Gorenc recently.

According to the statistics, the Air Force recorded 19 major aviation mishaps, eight destroyed aircraft and one aviation fatality.

“It’s quite an historical accomplishment,” General Gorenc said. “In 1947, the Air Force recorded over 1,500 major accidents and over 500 aircraft destroyed at a cost of over 500 service-member lives. Obviously, there’s been a continuous culture change in which safety has come into the forefront with everything that we do.”

He credited great leadership and dedicated Airmen for such a successful year, emphasizing

that education has been key to preventing mishaps.

“In safety, there’s been a strong leadership approach,” he said. “We’re continually educating people on where they fit in the bigger picture, and we’ve been motivating them to be safe and to take care of each other. But at the end of it all, it comes down to personal responsibility. Airmen are going out there each day to be productive and as safe as possible.”

General Gorenc said that while it’s great to reflect on such a great year, it’s important that Airmen do not let their guard down.

“The Air Force is a very vibrant organization,” he said. “There’s a continuous rotation of people coming and going, deploying or moving on. We have to stay engaged [in a safety mindset] by continually educating, motivating and activating our Airmen to incorporate safety into their everyday activities and routines.”

New AFI focuses on individual accountability

‘All mechanisms available’ to be used to communicate in case of disaster

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – A new Air Force Instruction places more responsibility for per-

sonnel accountability on the shoulders of individual Airmen.

Air Force Instruction 10-218, Personnel Accountability in Conjunction with

Natural Disasters or National Emergencies, published Oct. 31, 2006, details how an Airman should go about contacting his leadership if forced to evacuate after a natural disaster or terrorist event.

In the wake of a natural disaster, a terrorist attack, or any event that could separate Airmen from their units are required to use “all mechanisms available” to communicate their whereabouts to their unit control center or base command post.

If it is not possible to contact a unit by telephone, Airmen must contact Head-

quarters Air Force Personnel Center at 1-800-435-9941 to report their whereabouts. Another option for Airmen is to register their locations at the National Disaster Registry Web Application at <https://www.afpc.randolph.af.mil>.

The new instruction also requires each Airman to maintain “realistic and actionable” plans that detail what actions an Airman will take before, during and after a disaster or crisis. The plans must take into account both military member their and their family members, and should be filed with an Airman’s unit, said Maj. Timothy McIsaac from Air Force Personnel Readiness.

“After an earthquake, a hurricane or a terrorist attack, for instance, there may not be an opportunity to let your commander know where you plan to go,” Major McIsaac said. “The time to plan is beforehand, and those plans need to be on file.”

A unit commander may

now require Airmen to keep a plan for themselves and their families on file, the same as is done with an emergency locator card, Major McIsaac said. Those plans could be as simple as listing the names and telephone numbers of family members, friends or others a member may turn to in an emergency.

In addition to spelling out the responsibilities of individual active duty Airmen in the wake of a disaster or crisis, the instruction also outlines the responsibilities Air National Guardsmen, Air Force reservists, Air Force civilians and chain-of-command members all the way from the wing commander down to individual Airmen.

Air Force Instruction 10-218 can be found online at: <http://www.e-publishing.af.mil/pubfiles/afi/10/afi10-218/afi10-218.pdf>.

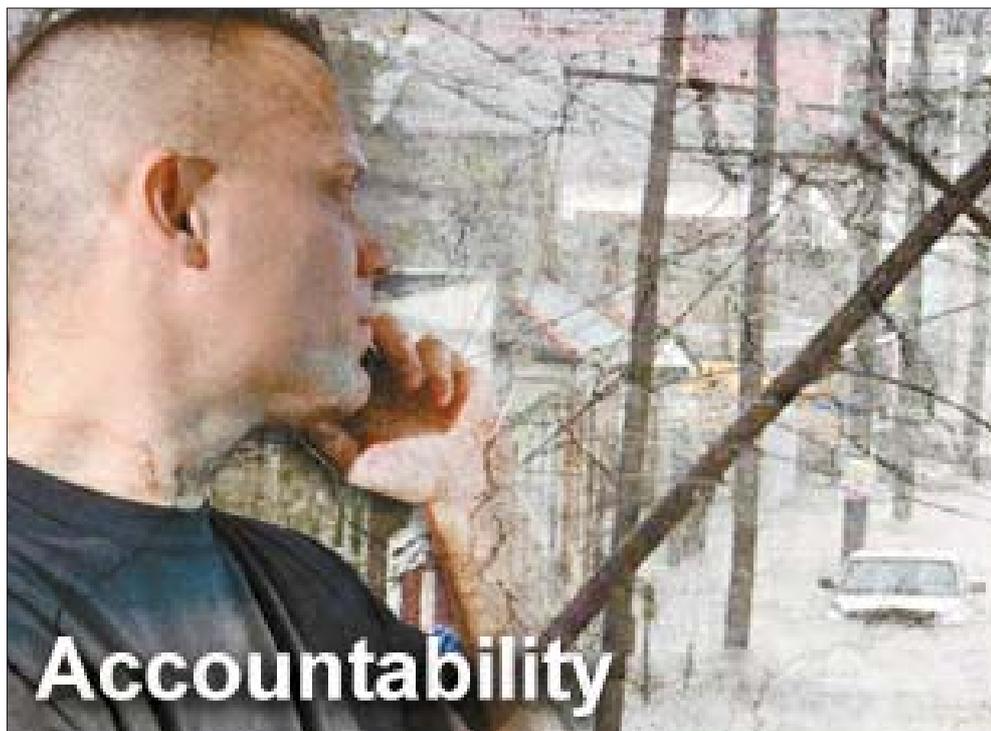


ILLUSTRATION BY MIKE CARBAJAL

A new Air Force instruction places more responsibility for personnel accountability on the shoulders of individual Airmen. AFI 10-218 details how an Airman should go about contacting his or her leadership if forced to evacuate after a natural disaster or terrorist event.



NEWS

Insurance companies to pay back servicemembers

By Elaine Wilson

American Forces Press Service

FORT SAM HOUSTON, Texas – Life insurance companies are being held accountable for their improper sales practices to military members.

Four companies in the past three months have agreed to a multi-state settlement agreement after Texas Department of Insurance investigators uncovered a pattern of deception

to young troops.

Under the agreements, the companies will refund more than \$70 million to more than 93,000 consumers, including about 71,000 servicemembers, according to Texas Department of Insurance news releases.

The first settlement, reached Aug. 3, came after a 20-month investigation by Texas and Georgia, together with the U.S. Department of Justice and the U.S. Securities and Exchange

Commission, into the sales practices of three Waco, Texas-based companies: American-Amicable Life Insurance Company of Texas, Pioneer American Insurance Company and Pioneer Security Life Insurance Company.

State regulators and federal agencies claim the life insurance companies “targeted young recruits and misled them into believing they were buying an investment product.” The servicemembers were actually pur-

chasing an expensive term-life product that was coupled with a side fund and called the “Wealth Builder” or “Horizon Life,” according to the release.

The company will refund a total of \$427,529.57 to 1,784 military members who bought life insurance policies between Jan. 1, 2002, and April 30, 2005.

Consumers who believe they are affected but have not received notification can call 1-800-736-7311.

Next force shaping board in March

Courtesy of Air Force Personnel Center News Service

RANDOLPH AIR FORCE BASE, Texas – The next force shaping board is scheduled to convene March 12 at the Air Force Personnel Center for officers in the 2003 and 2004 year groups.

The board will evaluate active-duty line officers in overage career fields in the 2004 accession year group, as well as navigator, air battle manager, space and missile and developmental engineer officers in the 2003 year group. These are career fields that were not reviewed in last year’s FSB.

Retention recommendation forms must be completed for all board-eligible officers with between two and 15 years total active federal service as of Sept. 29, 2007. The RRF will include senior rater recommenda-

tions to retain or separate, and must be forwarded to AFPC no later than Jan. 15.

Board-eligible officers may elect to apply for voluntary separation until March 1. Separation dates will be set no later than Sept. 29, but officers may apply for an earlier separation date.

The objective of the board is to shape the future force by retaining the officers the Air Force needs to develop as its future leaders. The board will make its determination based on information contained in the officers’ central selection record and a retention recommendation form.

The central selection record consists of the following:

- Officer selection brief
- Officer performance reports and training reports
- Decorations
- Letter to the board
- Retention recommendation form (The first O-6 or GS-15 in the officer's chain of command will write a narrative and recommendation. The senior rater will

review the form and either concur or non-concur with the initial reviewer’s recommendation. The senior rater will also provide a mandatory ranking on all officers in their unit by accession year group and Air Force Specialty Code.)

A voluntary force shaping program is still in place for interested officers with separation options that may also include a waiver for recouping education costs.

Opportunities also exist for Airmen to continue to serve their country through federal civilian employment.

These voluntary initiatives close to board eligible officers on March 1 as AFPC will no longer accept separation applications from these officers.

For more information about the force shaping board and volunteer separation opportunities or to view the vulnerability to separate chart by career field, visit the AFPC force shaping Web site at www.afpc.randolph.af.mil, or call the Air Force Personnel Contact Center at 1-800-616-3775.

QUALITY OF LIFE

Continued from Page 1

at the same time, we have to look deeper and determine what are benefits and what are perks.”

Both leaders said that while a top-notch fitness center is probably seen as a quality of life benefit to Airmen, a towel handed to them is more of a perk, as are 24-hour gym access and big screen televisions, for example. In a time when the Air Force must make every dollar count, these perks can be costly, and so the Air Force may no longer provide funding for them.

“Nobody likes to be inconvenienced,” said General Brady, “and we may sacrifice some convenience, but I don’t think those are the kinds of things we are about. We are more concerned with what will affect families

and individuals who serve, and those are the things we have to pay attention to.”

The consolidation of some dining facilities and satellite fitness centers were determined through patronage and cost savings. Those locations, however, will ensure that they still have the capability to provide for their population with eating establishments both on and off base, he added.

“We have to evaluate all facilities and how we spend our money,” he said, “but it’s important Airmen know that their readiness will always be at the forefront. Winning the war on terror is the Air Force’s top priority. We are committed to maintaining the quality of life for our deployed

warfighters, so they can continue their focus on the mission.”

General Brady also emphasized that services devoted to family members, such as childcare, will not be greatly affected and there are no plans to close childcare centers.

“I think childcare is very important and critical,” he said. “We are a family force, and so we have people who serve this nation who need to be able to take care of their families. We’re expeditionary, too, so people are gone a lot or work long hours, and there are dual-military and single-parent families. Things like childcare are critically important, and so we must maintain that capability to give confidence to those who serve that their families will be taken care of.”

Chief McKinley said he doesn’t foresee any negative impact on recruiting or retention based upon the changes to quality of life programs.

“We’ll still maintain a great quality of life for our Airmen and families,” he said. “We all have to understand that our Air Force must make difficult decisions today to ensure we have the right capabilities for the future.”

Quality of life continues to be one of the top three priorities for the Air Force. Airmen can still expect high-caliber quality of life programs, such as this child development center, that will take care of them and their families despite the changes being made within the service.



COMMENTARY

When it comes to health, there's no free lunch

By Col. Kenneth Hall
27th Medical Group commander

It's easy to take for granted that which we enjoy every day. What is firmly in hand one moment can be snatched away the next. And what goes neglected or mistreated will prematurely fail.

Health is a perfect example, especially for a young and robust population such as ours. All too often we consider ourselves invulnerable if not indestructible. In short, some of us are self-abusive with poor health habits. Sometimes it's to overcome stress; sometimes for recreation; other times it's the result of social pressures. We know we shouldn't, but we do unhealthy things anyway.

How many times have you said, "Just let me get through this and I'll fix it?" Perhaps "it" was smoking or maybe drinking too much, succumbing to junk food cravings, not working out or

burning the candle at both ends. We rationalize that it's only a temporary transgression, that we need "it" to be effective, and will be spared from any adverse effect. That's faulty logic. Rest assured there is no "free lunch."

No bones about it, we pay for an unhealthy lifestyle. The costs to our health may be near term, long term or both.

Smokers, for example, are several times more likely to seek medical care and miss twice as much work than non-smokers. Smokers can expect a markedly diminished quality of life due to cardiac and respiratory disease, as well as a 14-year reduction in life expectancy. With all its documented harmful effects, you'd think not smoking would be a no brainer. Yet one in four adult Americans light up, including 34 percent of Cannon's Airmen, the highest in Air Combat Command. Surely Airmen who smoke must have considered that if invested at seven percent

interest their \$105 per month habit (a pack a day at \$3.50) would yield \$18,000 in 10 years; \$55,000 in 20 years; and close to \$400,000 at age 65. Plus, a non-smoking lifestyle is the best chance to enjoy life itself.

Poor nutrition costs as well, especially when coupled with inactivity. Two-thirds of Americans are overweight or obese, predisposing heart attack, high blood pressure and stroke. By 2025, America's 21 million diabetics will grow to 50 million as a result of obesity. Sadly, 20 percent of American children between 6 and 19 years old are overweight, with significant physical and mental health ramifications. During our lifetime a third of our children will get diabetes; half will become obese and incur disability. Our military families are not immune.

Equally costly is inadequate rest. Nearly 75 percent of Americans get less than eight hours of sleep per night, exacerbated by

overly active, highly stressful lifestyles. Airmen are not exempt. A sleep deficit can result in inattentiveness, impaired judgment, slowed reaction times, mood swings and lack of energy. At the very least, you under-perform. But with lack of sleep also comes an increased risk of hypertension, diabetes, obesity, depression, heart attack and stroke. Sleep debt cannot be recouped, and the plan to "make it up on the weekend" isn't a good plan at all. It takes ongoing commitment.

Alcohol is all-too-often misused. One quarter of active duty Airmen admit to binge drinking and consume more than five drinks in a single period. Another five percent report consuming more than two drinks daily. Aside from adverse health effects, alcohol misuse leads to poor decision making, as evidenced by roughly half of all motor vehicle accidents, sexual

assaults and domestic altercations. Alcohol is a depressant and when misused, typically breeds problems that compound stress.

Here's the bottom line. There's a lot at stake when we don't make smart health risk management decisions. Vulnerabilities include careers, relationships, family well being and our very existence.

Think about all you have, all you desire and all you have to lose. Think about your responsibility to yourself, your family, your wingmen and your mission. Chief Master Sergeant of the Air Force Rodney McKinley reminds us, think about "Airman Pride." Then lead by example and manage your health risks like your life – or someone else's – depends on it. It does.

For more information on managing health risks, visit the Center for Disease Control home page at www.cdc.gov.

Discipline: The small things really do matter

By Maj. Jeffrey Vires
376th Air Expeditionary Wing Judge Advocate

MANAS AIR BASE, Kyrgyzstan – Sometimes, in the morning, when it's cold, I'll walk to work with my hands warmly nestled in my pockets. Or I'll be leaving the dorm when it's dark, realize I've forgotten my reflective belt, but don't go back and get it because I work just across the street.

When I was notified I was deploying to a combat zone, and that I'd be receiving hostile fire pay, that caused me some trepidation. Upon arriving at Manas I made sure I was very aware of my sur-

roundings. Now, almost half-way through my tour, after the benefit, albeit questionable, of all the peanut butter cups I can eat and boardwalk sales do I still have the same level of awareness of my surroundings? Probably not.

Does my lack of discipline matter? Will we lose the war on terrorism because I forgot my reflective belt? Does a lack of discipline in small things really matter?

It mattered to one man: Gen. George S. Patton Jr. He had a lot to say about discipline: "There is only one sort of discipline, perfect discipline. You cannot be disciplined in great things and undisci-

plined in small things. Brave undisciplined men have no chance against the discipline and valor of other men."

Discipline in the small things does matter. If you go to the gym and work out regularly, not only does it benefit your health, but the repetitive nature of your activity mentally instills a healthful attitude. I think it's the same thing practicing daily discipline with the small things.

And if you think the small things don't matter, remember what else General Patton had to say: "Watch what people are cynical about, and one can often discover what they lack."

MACH METER

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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.

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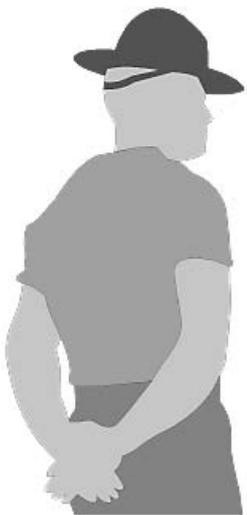
NEWS



PHOTO BY MASTER SGT. STEVE CLINE

On Patrol

Staff Sgt. James Guidry speaks with an Iraqi policeman Nov. 23 in the Hy Al-Amil district of Baghdad, Iraq. Airmen from Detachment 7, 732nd Expeditionary Security Forces Squadron assist Iraqi police achieve self-sufficiency.



Sgt. Afi's 36-2903 **Tip of the Week**

Hair will be clean, well-groomed and neat. If dyed, it will have a natural appearance. It will not contain an excessive amount of grooming aids, touch the eyebrows when groomed or protrude below the front band of properly worn headgear. Hair may be visible in front of women's flight caps.



Energy-Saving Tip of the Week

Housing Management recommends changing the filter on heating and air-conditioning systems monthly. A clean filter helps the system run more efficiently and save energy. Military housing residents can get a replacement at the Self Help Store, Bldg. 1404. Give them your address and they'll know the correct filter to give you.



FEATURE

Chaplain provides spiritual fitness for Airmen in Ecuador



COURTESY PHOTO

Chaplain (Capt.) Jeff Granger volunteers at the Angelica Flores School for the Handicapped in Manta, Ecuador. The chaplain, assigned to Manta Forward Operating Location, provides community relations in Manta and surrounding areas as part of his duties.

By 2nd Lt. Amber Balken

478th Expeditionary Operations Squadron Public Affairs

MANTA FORWARD OPERATING LOCATION, Ecuador – Armed with Bibles in lieu of M-16s, Chaplain (Capt.) Jeff Granger and Senior Airman Mirella Santos comprise the first chapel team responsible for the spiritual well-being of all deployed to the 478th Expeditionary Operations Squadron.

“We have an outstanding target of opportunity to influence the spiritual climate of the [Forward Operating Location],” said Chaplain Granger, “and when that is affected, it trickles down to operations as well.”

In the past, Air Force chaplains visited the FOL during religious holy days but never held a permanent position at the installation. To compensate, Airmen organized Bible study groups.

According to Airman Santos, being the first chapel team presents challenges.

“There are more liberties and distractions on a base like Manta than there are

in the desert,” Airman Santos said. “[My goal] is to provide the spiritual support that everyone needs.”

The 478th EOS offers many of the same conveniences to its servicemembers as a base of a larger size, including top-of-the-line dining facilities, permanent lodging, medical facilities, a convenience store, a fitness center and recreation activities.

“We are always looking for ways to improve the quality of life for our deployed personnel. This was a need that had been identified by our personnel and we are happy that we are able to meet the spiritual needs of our personnel,” said Lt. Col. Javier Delucca, 478th EOS commander

“The Air Force gives you the tools to become physically fit,” Chaplain Granger said, “and chaplains provide tools to develop spiritual and emotional health, resulting in Airmen who are completely fit to accomplish the mission.”

The U.S. Air Force has been operating from Manta, Ecuador, since 1999, with the signing of the Convenio, the agreement to allow operations in Manta.

Single Airmen's Christmas Dinner

6 p.m.
December 14
Base Chapel

Free food
Prizes include an
HDTV



PHOTO BY CAPT. VINCE KING JR.

Ready for the holidays

Maj. Bradley Waters and Senior Airman Stephen Johnson, 455th Expeditionary Civil Engineer Squadron, put final touches on a holiday greetings sign at Bagram Air Base, Afghanistan. More than 2,500 Airmen are supporting Operation Enduring Freedom.



COMMUNITY EVENTS



COURTESY PHOTO

Pet of the Week

Romeo and Juliet are two rescued Weimeraners available for adoption. This breed is an excellent one-family pet – a terrific watchdog. For more information, call 784-4228.

■ Continued from page 1

Scholarship packages

Applications for the 2007 Scholarships for Military Children are available at the base commissary office or at www.commissaries.com.

Deadline for filing the completed application is Feb. 21.

For more information, call 784-4330.

Lodging office moved

Cannon's lodging office is temporarily relocated to Bldg. 1800 next to the Airman and Family Readiness Center due to a facility renovation project.

The estimated completion date for the project is Feb. 7.

For more information, call 784-2919.

Key Spouses needed

The next Key Spouse training is from 5:30 to 6:30 p.m. Thursday at the Airman and Family Readiness Center.

For more information, call 784-4228.

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Stray animal policy

Cannon has a contract with One-4-All Humane Society to pick up stray dogs and cats found in the Joe Cannon Estates and Chavez Manor/West base housing. If pets are found, call the 27th Security Forces Squadron help desk at 784-4111. The person on duty will take the information, issue a control number and contact the group.

If there are additional concerns, contact Senior Master Sgt. Troy Gilliard, at 784-6116 or the Airman and Family Readiness Center at 784-4228.



Hearts Apart

Left behind doesn't mean left alone



Key Spouse Program

Morale Calls

Give Parents a Break

Car Care Because We Care

Deployed/Remote Quarterly Family Meal

Find out more about *Hearts Apart* by calling the Airman and Family Readiness Center at 784-4228.



FEATURE



PHOTOS BY TECH. SGT. CECILIO RICARDO JR.

Top: Staff Sgt. James Smith takes cover while purple smoke bombs and gunfire rain upon his position from simulated insurgents during the Contingency Skills Training course at the Air Mobility Warfare Center in Fort Dix, N.J., Nov. 14. **Left:** Maj. Cristen Lesperance radios in coordinates of simulated insurgents while under fire during the training.

Air Force training makes Airmen safer, more aware

By Tech. Sgt. Melanie Adams and
Tech. Sgt. Cecilio Ricardo Jr.
Air Force Print News

FORT DIX, N.J. – Staff Sgt. Jason Lowery knows that preparing for combat duty is something many Airmen do not know much about.

But training Airmen to be safer and more aware of the dangers they face around the world is not a new concept. Air Force Combat Skills Training is just the newest method of providing today's expeditionary Airmen tactical skills that could save their lives in a war zone.

"Most of the people who attend this training have never experienced anything like this," Sergeant Lowery said. He helped train Airmen at the Fort Dix Air Mobility Warfare Center in New Jersey while with the 421st Combat Training Squadron.

The Air Force training covers many topics. Included in the two-week course is M-16 rifle familiarization, close-quarters battle training, combat first aid and other needed skills.

The vital training unites Airmen as

they prepare for their role in fighting the war on terrorism, said Capt. Tyler Buckley, a staff judge advocate from Malmstrom Air Force Base, Mont. He went through the training in November and said it is invaluable.

"It puts a lot of people together from different career fields and allowed us to work together in accomplishing hard-charging tactical objectives," the captain said.

Because the Air Force is so expeditionary, Airmen find themselves in more intense situations than they have in the past. To better prepare them for the new challenges they face, the Air Force has implemented more training programs to help its Airmen better prepare for what they might face when they deploy.

Advanced Contingency Skills Training is one course the Air Force is using to give Airmen every possible advantage in the field.

"The course is designed for all Airmen in all skills deploying to high-threat contingency environments today," said Lt. Col. Lisa Richter, who commands the training squadron at the

Army post.

The training includes personnel weapons employment, convoy operations, day and night defensive operations, combat first aid and associated field craft. It also includes specific functional-level training for select Air Force career fields.

The colonel said the Fort Dix training builds on the foundation of training Airmen receive at their home stations – then adds more detailed knowledge and intense practical experience to help them learn skills not traditionally taught in Air Force training courses. For Airmen who don't deal with weapons on a daily basis, it helps give them the confidence they need to work through weapon jams and life-saving skills in threatening situations.

The training also allows people to become more familiar with Humvees and weapons so that, when they're in a war zone, "they don't get themselves or others killed from lack of knowledge," the colonel said.

Training is especially important for Airmen working with Soldiers who already use the equipment on a routine

basis and may not have time to help their Air Force counterparts learn all the ins and outs of tactical equipment, Colonel Richter said.

"Not only do Airmen learn about tactical equipment and how to defend themselves, they also learn how to take care of their fellow Airmen with specialized first aid training designed to render care in an expeditious manner and get their comrades to safety while not becoming casualties themselves," she said.

The Air Force is training to keep Airmen safe so they return home safely.

"I would personally recommend this training to any Airman going to a forward location," Captain Buckley said. "The training could be the difference between life or death while facing the unpredictability of Middle East insurgents today."

Sergeant Lowery helped train many Airmen before they deployed to bases in Afghanistan and Iraq.

"This [training] is a huge step in the right direction to let them see this before they get down range," the sergeant said.



SERVICES

Babysitting, childcare, worlds' apart

Courtesy of 27th Services Squadron

Families face child care decisions regularly as they juggle hectic schedules with the needs of their children. Cannon's Family Child Care provides quality care by professionally trained military family members.

The FCC program should not be confused with babysitting services, which is defined by the Air Force as care on an occasional basis for no more than 10 hours per week.

FCC is provided for a child or children by someone 18 or older on a regular basis, usually three to 10 hours but less than 24 hours. It is an alternative to center-based care. It is for up to six children of whom no more than two can be younger than 2 years old.

Before base housing residents are authorized as providers, they undergo a thorough background check, their homes



COURTESY PHOTO

Cannon's Family Child Care service provides quality care by professionally trained family members. For more information, call 784-6560, 784-2010 or 784-6663.

are inspected, they must have liability insurance and complete an initial week of training.

The training includes first-aid, child development, abuse prevention as well as proper food handling and medical issues such as medication. Providers also learn how to operate a small home-based business.

With this training in hand, providers can then run their own businesses, set their own hours and fees and determine for whom they wish to provide care. They continue to receive support from the FCC program staff.

Authorized providers can be reimbursed for meals served through the USDA Child and Adult Care Food Program.

Housing residents who provide care without the proper licensing and training are subject to eviction from their quarters as well as other penalties.

For information on how to become a licensed provider, call 784-6560, 784-2010 or 784-6663.

SUNDAYS Doors open at 10pm
 Watch up to 10 different games
 Play QB1 on NTN and win prizes

Bucket of Bud \$8

At 5 pm.
Monday Nights

FOOTBALL FRENZY

COURTESY GRAPHIC



What's happening?



Today

Seafood Buffet - 11 a.m. at The Landing
 Conversational Japanese - 11 a.m. at the library
 Battle of the Bands - 7 p.m. at The End Zone

Saturday

Holiday Tournament - 9 a.m. tee time at Whispering Winds Golf Course
 Christmas on the Pecos Trip - 9 a.m. with ITT
 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 Community Center

Library

Melba's Choice - 11 a.m. to 1 p.m. at The Landing
 Football Frenzy - 6 p.m. at the End Zone

Tuesday

Fitness Center
 Conversational Spanish - 11 a.m. at the library
 Senior Golf League - 9 a.m. at Whispering Winds Golf Course
 Chef's Choice - 11 a.m. at The Landing
 Kids Craft - 5:30 p.m. at the Clovis Community Center

Wednesday

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

Thursday

Conversational French - 11 a.m. at the library
 Scrapbooking - 6:30 p.m. at the Clovis Community Center
 Chess Club Casual Play - 6 to 8 p.m. at the Central Community Center



COURTESY GRAPHIC



THE LIGHTER SIDE

	1	2	3		4	5	6		7	8	9	10
11					12			13		14		
15					16					17		
18					19					20		
	21			22				23	24			
				25				26		27	28	29
30	31	32	33					34				35
36										37		
38				39	40			41	42			
	43				44			45				
				46				47		48	49	50
	51	52	53			54	55			56		
57						58				59		60
61						62				63		
64							65			66		

ANSWERS ON PAGE 18

Modern Marvels part 2

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

Across

- 1. 1995 film Rob __
- 4. 56 to Cicero
- 7. Despise
- 11. Suite or brief follower
- 12. Snakelike fish
- 14. An automated modern marvel device designed to replace human effort
- 15. First man
- 16. Misstep
- 17. Abides by
- 18. Garden tool
- 19. King Mufasa's evil brother
- 20. Camp beds
- 21. Army special forces troop
- 23. Black and white short-necked, web-footed diving bird
- 25. Spanish one
- 26. Halloween goal
- 30. 1986 Weaver film
- 34. Road
- 36. Western Africa country
- 37. In the matter of, briefly
- 38. Facades
- 41. Compressed into a ball
- 43. Artificial
- 45. Address for male officer
- 46. Farewell
- 47. Not wearing clothes
- 51. Disturb or disquiet

- 54. Produced offspring
- 56. One Day __ _ Time; 1975-1984 TV series
- 57. Keep planes safe in winter
- 58. Repeat
- 59. Bail out
- 61. Manservant
- 62. Once more; again
- 63. __ Brockovich; 2000 Roberts movie
- 64. ER attendants
- 65. CIA precursor
- 66. Frees yourself of something objectionable

Down

- 1. Heinrich Hertz invented this 1887 modern marvel to locate items
- 2. Japanese city
- 3. Arabian peninsula country
- 4. Condenses
- 5. George de Mestral created this 1955 'sticky' modern marvel
- 6. Hip bones
- 7. Tramp
- 8. Assist criminally
- 9. Playthings
- 10. LES column
- 11. Karl Benz invented this 'moving' modern marvel in 1885
- 13. Jack who could eat no fat
- 14. Robert Goddard invented this in 1926 to get to space
- 22. Pistol

- 24. __ Graf; father of etching
- 27. Dry
- 28. Care for
- 29. USAF aircrew school
- 30. Federal org. concerned with alcohol, weapons
- 31. Accumulated facts, traditions, or beliefs
- 32. Inventor Sikorsky designed the modern marvel helicopter 1939
- 33. Long spans of time
- 35. Broadcast icon Turner
- 39. Capsule
- 40. Pig's pen
- 41. Bill Gates' 1983 modern marvel for computers
- 42. Circle part
- 44. African denizen
- 45. Soft leathers
- 48. Theodore Maiman created this modern 'optical' marvel in 1960
- 49. 1972 modern game marvel by Nolan Bushnell and Ted Dabney
- 50. Michelangelo's marble statue masterpiece
- 51. Nurture to adulthood
- 52. Lubricates
- 53. Frozen water
- 55. Nevada town
- 57. Modern entertainment marvel introduced in 1996
- 60. USN rank



*Volunteering puts the
pieces of life together*



For volunteer opportunities at
Cannon and the Clovis/Portales areas, call Tom
Campany at the Airman and Family Readiness
Center at 784-4228.

GRAPHIC BY JANET TAYLOR-BIRKEY

Foreign language skills survey to determine 'in house' capabilities

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – Air Force Chief of Staff Gen. T. Michael Moseley recently approved a survey to identify the foreign language capability inherent in the Air Force.

The purpose of the on-line survey is to allow Air Force officials to get a better understanding of the foreign language skills already in the force, so they can better determine the language skills that must be developed for tomorrow's operational missions.

"The Air Force is actively engaged in operations all over the world, the most visible being those supporting the global war on terror," General Moseley said. "An important lesson we continue to learn is that the ability to speak a foreign language is a critical war-fighting skill. We found that many Airmen have foreign language skills that have not been documented, so we are canvassing the force to more accurately determine our resident foreign language capability."

General Moseley has made completion of the survey mandatory for all enlisted members and for officers in the grades lieutenant colonel and below. The survey presents Airmen with a list of languages. Airmen are asked to identify which of those languages they have skills in, and to what degree they possess those skills.

If an Airman demonstrates sufficient skill in a language of strategic value to the Air Force, that Airman may be able to qualify for foreign language proficiency pay. Sufficient skill in a single language can raise an Airman's pay by as much as \$500 per month. Airmen with skills in multiple strategic languages can earn as much as \$1,000 per month. Airmen should contact their military personnel flight testing office to sign up to take a defense language proficiency test if they want to see if they are eligible for FLPP.

Each Airman will receive a link to the survey via e-mail. Survey officials encourage the recipient to access the survey using the link in the e-mail.

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 Prestige

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

Description: A mysterious story of two magicians whose intense rivalry leads them on a life-long battle for supremacy — full of obsession, deceit and jealousy with dangerous and deadly consequences. From the time that they first met as young magicians on the rise, Robert Angier and Alfred Borden were competitors. However, their friendly competition evolves into a bitter rivalry making them fierce enemies-for-life and consequently jeopardizing the lives of everyone around them. Set against the backdrop of turn-of-the-century London.

PG-13 – violence, disturbing images

Running time: 130 min.

The Grudge 2

Saturday and Sunday at 7 p.m.

Description: In Tokyo, a young woman is exposed to the same mysterious curse that afflicted her sister. The supernatural force, which fills a person with rage before spreading to its next victim, brings together a group of previously unrelated people who attempt to unlock its secret to save their lives.

PG-13 – mature thematic material, disturbing images/terror/violence, sensuality

Running time: 102 min.

Texas Chainsaw Massacre: The Beginning

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

Description: On one last road trip before they're sent to serve in Vietnam, two friends and their girlfriends get into an accident that calls their local sheriff to the scene. Thus begins a terrifying experience where the teens are taken to a secluded house of horrors. Inside this house, a young boy is being nurtured into what will later be a ruthless killer.

R – strong horror violence/gore, language and sexual content

Running time: 91 min.

CANNON AIR FORCE BASE CHAPEL

Chapel services

CATHOLIC

Religious Education	9:15 a.m.
Sunday (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	6 p.m.
Sunday (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.



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 13 Schedule

Thursday

Baltimore at Cincinnati 6 p.m. NFL

Sunday

Minnesota at Chicago 11 a.m. Fox
 Kansas City at Cleveland 11 a.m. CBS
 San Diego at Buffalo 11 a.m. CBS
 Indianapolis at Tennessee 11 a.m. CBS
 N.Y. Jets at Green Bay 11 a.m. CBS
 Atlanta at Washington 11 a.m. Fox
 Detroit at New England 11 a.m. Fox
 Arizona at St. Louis 11 a.m. Fox
 San Francisco at New Orleans 11 a.m. Fox
 Houston at Oakland 2 p.m. CBS
 Jacksonville at Miami 2 p.m. CBS
 Dallas at N.Y. 2:15 p.m. Fox
 Tampa Bay at Pittsburgh 2:15 p.m. Fox
 Seattle at Denver 2:15 p.m. NBC

Monday

Carolina at Philadelphia 8:30 p.m. ESPN

Total Monday points (tie breaker) _____



Football Genie

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

Congratulations to last week's winner, Lt. Col. Ancel Yarbrough, 27th Fighter Wing Safety

Name/Unit/Phone _____

Cannon Lanes 784-2280

Family Fun Night — Tonight, 6 to 9 p.m. \$1.75 per game. Lights over the lanes will be turned off during this fun night. Bumpers for the tiny tots.

Green Pin Strike Day — Dec. 9, 6 to 9 p.m. \$2 per game. When the green pin appears in the head pin and bowlers rolls a strike, they receive a free game certificate to use on their next visit.

Youth Center 784-2747

Tween and Teen activities — Join Air Force Services' youth program in skating today and Nov. 29, a ping pong tournament Saturday, kickball Tuesday and basketball Thursday. Call the Youth Center for times.

Whispering Winds Golf Course 784-2800

Senior Days — Senior golfers, 50 years and older, receive \$2 off daily green fees and 50 percent off electric cart rentals on Monday and Friday.

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

Member First discounts — 10 percent discount off annual, quarterly and monthly greens fees. Half-off club

rentals. \$2 off cart rental for 18 holes.

Outdoor Rec. 784-2773

Annual holiday tree cutting trip and light parade — Dec. 9, \$20 for adults, \$15 for children 12 and younger. Kick off the holiday season with a trip to the Festival of Lights and a tree cutting in Ruidoso, N.M.

Proper towing accessories are necessary to take the tree home from Outdoor Rec. Sign up deadline is Monday.

Ski Sipapu — Family Ski Resort Jan. 13. The cost is \$40 per person. Included in price is transportation, adult skis or snowboard, bibs, helmet, snacks.

Sign up deadline is Jan. 8.

End Zone 784-4283

Football Frenzy — Football Frenzy kicks off at 10 a.m. every Sunday.



ANSWERS TO PUZZLE ON PAGE 18