

Community News



Project CHEER

A concert run leaves at 1 p.m. on Feb. 3. to Lubbock, Texas. Bands performing include Three Days Grace and Saliva and will play at The Pavilion. Cost is \$40, which includes admission and round trip transportation from the Cannon Community Center.

To purchase a ticket, call 784-6381.

Project Cheer is designed to create hope, and an environment of energy, enthusiasm and recreation for single and unaccompanied Airmen.

For more information about Project CHEER events, or to suggest events, call Cat Noll at 784-6381.

Reintegration briefings

Servicemembers must attend these briefings when they return from a 30-day or longer overseas deployment.

Agencies such as Life Skills, Family Advocacy, the chapel and legal give members an overview of the reintegration process and outline helping services available.

Briefings are held at 1 p.m. Tuesdays in Bldg. 600, room 2059.

Spouses are encouraged to attend.

Smooth Move

Smooth Move Overseas/Stateside helps Airmen and their families learn ways to make their move as stress-free as possible. Class is from 8:30 to 11 a.m. Tuesday at the Airman and Family Readiness Center.

For more information, call 784-4228.

Bank Account Mgt.

Bank Account Management classes teach how to balance a checkbook, find the best banking facility for them and navigate through online banking. The next class will be from 2 to 3 p.m. Wednesday at the Airman and Family Readiness Center.

For more information, call 784-4228.

New lodging rates

All Air Combat Command lodging rates will increase effective approximately Wednesday.

Guests are encouraged to contact the Caprock Inn at 784-2919.

More Community News on page 10

MACH METER

These stories and more available at www.cannon.af.mil.

Vol. 52, No. 3

Cannon Air Force Base, N.M.

Jan. 26, 2007



PHOTO BY AIRMAN ERIK CARDENAS

522nd FS preps for Red Flag

Lt. Col. Tod Fingal, 522nd Fighter Squadron commander, performs a pre-flight inspection before loading into his F-16 and heading to Nellis Air Force Base, Nev. Pilots and maintainers from the 522 FS will participate in the Red Flag exercise at Nellis with Airmen from Air Force bases across the world. See more photos on page 9.

The meaning of AFSO 21

By Tech. Sgt. Shane Cuomo
Air Force Print News

HICKAM AIR FORCE BASE, Hawaii — Dr. Ronald Ritter, the special assistant for Air Force Smart Operations for the 21st Century, recently visited Pacific Air Forces headquarters to review AFSO 21 strategies in the command.

“AFSO 21 is important to us all,” Dr. Ritter said. “It is our initiative and a way to continue our long tradition of improving the Air Force operational capability. [It] lets us think about all the different ways that we can use tools, technology, equipment and our people to run stronger operations in the Air Force.”

The secretary of the Air Force is a strong proponent of AFSO 21.

“Like any other organization, we have to constantly give value to our customers. AFSO 21 signifies a shift in our thinking as to how to provide value,” said Secretary of the Air Force Michael W. Wynne.

“It doesn’t just look at how we can do each task better, but asks the tougher, more important question ‘Why are we doing it this way?’ ‘Is each of the tasks relevant, productive and value added?’ In other words, is it necessary? With AFSO 21, we will march unnecessary work out the door,” the secretary said.

AFSO 21 is about combat capability, said Dr. Ritter. It achieves this by strengthening the Air Force with five program objectives: increasing the productiv-

ity of its most valued asset, its Airmen; significantly increasing critical equipment availability rates; improving response time and agility; sustaining safe and reliable operations; and improving energy efficiency.

“If you are moving against any of those five dimensions — productivity of people, aircraft equipment, response time, safety and energy efficiency — you are driving the right direction,” he said.

According to Dr. Ritter, Airmen have been doing this since there was an Air Force. The first Airmen got up over the fields of France during World War I and said, “How do I use airplanes better and faster?” He said that is what AFSO 21 is all about: looking at all Air Force operations and thinking of ways to do it better, faster, stronger and more capably.

“I believe we will do it because we have a history of doing it,” he said. “This will not happen because Pentagon leadership says it’s important. It will happen because you will do it.”

“The action on this occurs in the field. There is an opportunity for everybody at the front line to engage on this and make it happen,” he said.

AFSO 21 is centered on processes rather than tasks alone, so every Airman has a stake in it. Airmen should feel a sense of empowerment since no process is immune from this critical review.



NEWS

Air Force's first female chaplain to speak at Prayer Breakfast

By 2nd Lt. George Tobias
27th Fighter Wing Public Affairs

The Air Force's first female chaplain who later became the first female Air Force chief of chaplains, will address Cannon Airmen at a Prayer Breakfast at 8 a.m. Thursday at The Landing.

The breakfast at Cannon is part of a National Prayer Breakfast that will be celebrated throughout the nation on Thursday.

Retired Chaplain (Maj. Gen.) Lorraine Potter will speak on the topic of "Move our lips and join our hands in prayer." Cannon's theme for the breakfast is "Persistent Purpose," which, explains Chaplain (Capt.) Eusebia Rios, 27th Fighter Wing chapel, is a continued focus on the mission of the 27th Fighter Wing despite the challenges of change for everyone.

"[The Prayer Breakfast] is an opportunity

for all faiths to come together under the umbrella of prayer," said Chaplain (Capt.) Eusebia Rios, 27th Fighter Wing chapel.

"I have been going to the prayer breakfast every year since I have been here," said Master Sgt. Robert Sobush, 27th Mission Support Squadron first sergeant. "I would encourage everyone to go."

Tickets for this event are still available and prices range. \$5 for Senior Airmen and below, \$9 for club members and \$10 for non-members. .

The National Prayer Breakfast has been held since 1953 and draws people from throughout the world at the breakfast in Washington, D.C. All presidents since Dwight Eisenhower have attended along with members of Congress and world leaders.

For tickets or more information, Airmen can contact their first sergeant or call 784-2507.



PHOTO BY JANET TAYLOR-BIRKEY

Quilters train recruits

Linda Sapp, 27th Family Readiness Technician, explains how to cut labels for quilts to Col. Peggy Poore, 27th Mission Support Group commander Jan. 19. Operation Homefront Quilts volunteers makes quilts that are presented to family members who have lost loved ones in the war. The group meets on the third Friday of every month. For more information on the group, call 784-4228.

Vigilance key to base security

Courtesy of Air Force Office of Special Investigations Public Affairs

As a result of the 9-11 terrorist attack, the Air Force implemented "Eagle Eyes," an antiterrorism program overseen the Air Force Office of Special Investigations. Much like a neighborhood watch program, the Eagle Eyes program is an aggressive Air Force-wide watch program that educates people on observable activities and teaches them what to do if they see something suspicious. The motto for Eagle Eyes is "Watch. Report. Protect."

"Eagle Eyes enlists the help of base personnel whether active duty, reservist, family members, or civilian contractors and the civilian communities surrounding the base," said Special Agent Pang Chang, OSI Detachment 224 counterintelligence program monitor. "The 2001 attack did not just spontaneously happen. There were precursor events that occurred eventually leading up to the attack. These terrorists conducted surveillance, planned their attacks and rehearsed their operation."

Lessons learned in the federal law enforcement and intelligence communities played a key role in the development of Eagle Eyes.

"We learned that every terrorist act is preceded by observable activities. These activities usually include surveillance, elicitation for information, tests of security, acquiring certain supplies, a dry run – practicing the terrorist act and deploying the assets to commit the act," said Agent Chang. "Once the assets are deployed to commit the attack, it is almost always too late to prevent the act from occurring."

The OSI agents at Cannon are on the streets

daily briefing Eagle Eyes information to the Cannon community, as well as local vendors and companies that may be of interest to a terrorist.

"When the community is aware of pre-attack indicators, they can play a vital role in deterring a potential attack," said Agent Chang.

Once a potential indicator is observed, it can be reported to OSI through many channels. They then investigate the reported activity.

Some examples of what has been reported through the Eagle Eyes program to Det. 224 in the last year are: several mobility bags were stolen from vehicles parked in various locations in Clovis; possible surveillance of the Portales gate operations; an unknown male attempted to elicit information from active duty members at a local park regarding AEF rotations; and several instances where fraudulent DD Form 2s were used as identification at local businesses.

By reaching out to Air Force members, their families and the local community through briefings and word of mouth, these incidents were reported in a timely manner.

Through education, OSI believes many incidents can be avoided. Simple things like not leaving valuables, such as military identification, military uniforms or deployment gear in vehicles can prevent a potential terrorist activity from occurring.

"Law enforcement officials, to include OSI special agents, cannot be everywhere at all times, said Agent Chang. "The Eagle Eyes program relies on [the public] to remain vigilant."

To report suspicious activity, call OSI at 784-2511 or the 27th Security Forces Squadron at 784-4111.

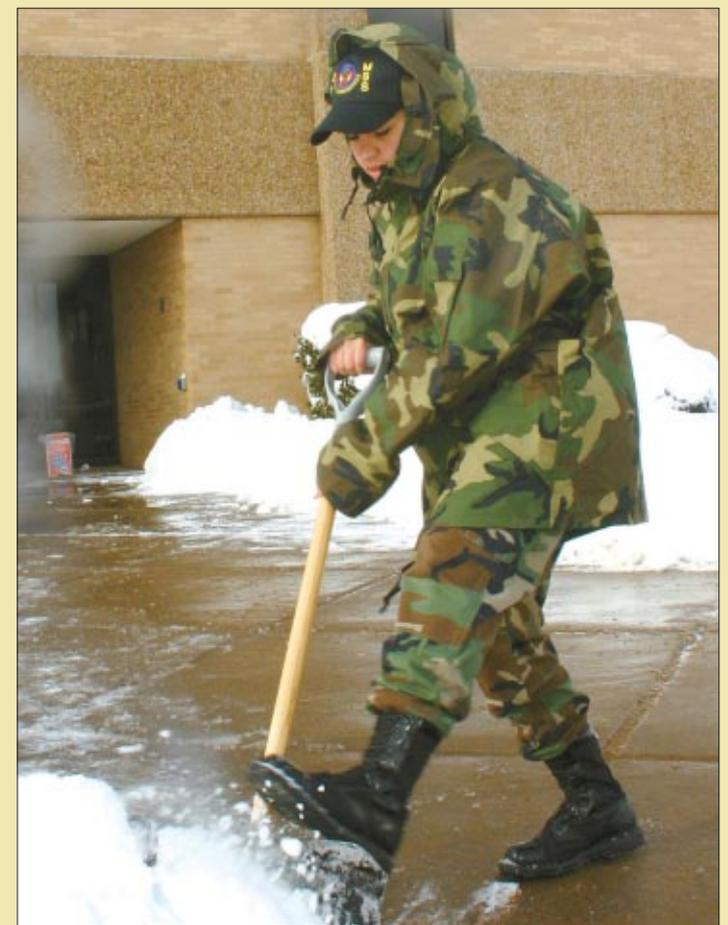


PHOTO BY GREG ALLEN

It's snow fun

Airman Charde Ray, 27th Mission Support Squadron, puts her boot to the shovel Monday following weekend snow. According to the 27th Operations Support Squadron Weather Flight, Cannon officially received 10 inches of snow.



NEWS

Bundles of knowledge given to parents-to-be

By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

Approximately 50 moms-to-be and a handful of dads-to-be attended Bundles for Babies at the Airman and Family Readiness Center Jan. 18. Many are looking forward to the birth of their first baby, some are expecting twins and a few are second time parents. Most are due around March.

All were ready to participate in the two-and-a-half hour class which teaches how to swaddle a baby, how to quiet a crying baby and gives information about resources on base to help parents with their newborn. Participants also receive a bundle pack filled with towels, washcloths, receiving blankets, burp cloths and more. These packs, worth about \$75, are purchased and then donated by the Air Force Aid Society. Drawings for door-prizes including handmade quilts, embroidered burp cloths and padded fabric books add to the fun.

Working with Bundles for Babies and helping

families during their pregnancy and the newborn stage are some of the things Kayla Peel, 27th Medical Group, enjoys about her job. During a home visit, Mrs. Peel can look at the equipment and layette for the baby and give direction toward best choices in purchasing the needed items. She also has videos and CDs for loan to new parents.

Mrs. Peel said that classes like Bundles for Babies are important for Air Force families, because they are often away from family members who can help them with the new baby. She said many moms are looking to receive the imaginary "Mother of the Year" award, but feel they don't qualify if they must ask for help. In base classes, new parents meet other new parents and can gain a support system through these relationships.

Upcoming classes for parents-to-be:

Caring for baby's umbilical cord — today;
Dad's class — Feb. 9 (dads receive a four day pass for attending this class);
Breastfeeding class — March 13

Did you know?

Three of the symptoms of colic are:

- crying lasts more than 20 minutes;
- the baby is inconsolable during this time;
- it starts and stops at approximately the same time daily.

A baby's crying increases the heart rate and blood pressure of the mother.

To swaddle a baby, the fabric needs to be 40 inches square.

When coaxing a baby to take a pacifier, do not continue to push it in their mouth. Instead, push down slightly on it. This encourages the baby to suck harder and hold the pacifier in his/her mouth.

Latest revision signed to space doctrine

By Lt. Col. Mary-Claire McCarthy
Headquarters Air Force Doctrine Center

MAXWELL AIR FORCE BASE, Ala. — The Air Force chief of staff has approved the latest revision to Air Force Doctrine Document 2-2, Space Operations, outlining the operations of space power.

"As a keystone doctrine document, it emphasizes the force multiplying and enabling nature of space operations," said Gen. T. Michael Moseley, Air Force chief of staff.

"It is our job as Airmen to operate and organize space forces based on the premises articulated in this doctrine," the general said.

This latest revision updates Air Force space doctrine based on recent operational experience. Some of the highlights of the document include the definition of the space coordinating authority, the joint force air and space component commander's role as the supported commander for counterspace operations, and the responsibility of the director of space forces. The document describes space integration considerations for planners based on observations during recent military operations, and explains the space air and space operations center, which now operates as the joint space operations center.

Space forces support the joint force-intelligence, surveillance and reconnaissance; command and control; positioning, navigation and timing; weather services; counterspace; communications; and spacelift. Airmen trained in the operation and employment of space operational concepts and forces integrate air and space power with joint forces on a daily basis.

This space operations doctrine has been updated significantly since the previous publication in 2001. It describes the integration of space power across the range of military operations. Specifically, it recommends a command and control construct for space operations found to be extremely effective in recent operations.

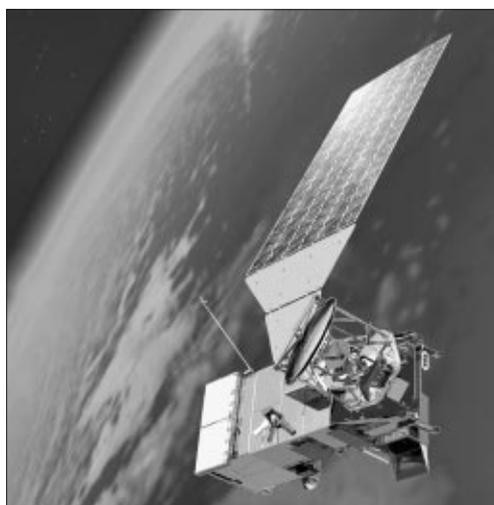


IMAGE COURTESY OF NORTHROP-GRUMMAN

The latest revision to Air Force Doctrine Document 2-2, Space Operations, operations of space power, is approved.

Stomach bug keeps 27th Medical Group active

Airmen advised to avoid workplace

Courtesy of the 27th Medical Group Staff

The Cannon medical group has seen a recent increase of acute gastroenteritis, commonly known as the "stomach bug" among its clients. This illness typically presents itself with symptoms of vomiting, diarrhea and generally feeling "poor." Running a low-grade fever (up to 100 degrees) is common.

This illness has been lasting around 24 hours. If you or a loved one comes down with this illness, you should observe the following:

- Try to drink as many fluids as possible. Gatorade, Pedialyte or other commercial electrolyte drinks are preferred, and should be diluted to half-strength with water. Another good choice is diluted apple juice.
- Avoid plain water, which can irritate a stomach that's already sick.
- When re-starting solid foods, bland foods such as saltine crackers, toast, clear soups or broth should be eaten before moving on to heavier foods.

If a sick patient goes more than six hours without being able to keep oral fluids down, they should contact a Primary Care Manager at 784-2778, to see if they may need intravenous fluids. However, for most patients this illness usually resolves on its own without the need for medication.

Those who come into contact with patients, as well as patients themselves, should wash their hand frequently. The virus that causes this illness is extremely contagious, and passes easily through casual contact.

Individuals who are ill and at home should be isolated if possible. They should use a separate bathroom, which should be thoroughly disinfected after the illness has passed.

Sick individuals should stay away from the workplace, but Airmen must first contact their supervisors. Unit commanders and supervisors have the authority to grant up to 24 hours of "sick status" at their discretion. By granting 24-hour quarters to individuals suffering from this illness, supervisors can try to reduce the spread of illness to others at the worksite and potentially save 24 hours of quarters for a larger number of personnel.

For more information, contact Public Health at 784-4603.



COMMENTARY

Broken resolution only another chance for success

By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

Although it is not yet into the second month of a new year, many resolutions are already broken. And while that may not sound very optimistic, it can actually be a freeing mindset.

Resolutions can be broken due to schedules, illness or responsibilities that take precedence. The key when making a resolution is to remember that changes occur when new habits are done consistently, not perfectly.

Webster's dictionary says that making resolutions is a process, meaning that it will not happen in one fell swoop. Bad habits are not usually changed just because a person decides it's time to change. Behavioral change

is a process that may take a while to become second nature. It takes time to change behaviors, build discipline and figure out what works.

Don't be harsh when working to change behavior. When a person is recovering from an illness, no one expects them to suddenly be completely cured. Instead, people often encourage the patient by insisting they take the healing process slow, get a lot of rest and not be discouraged with slow results. Patients are encouraged to not focus on setbacks, but keep their mind focused on the future and possibilities.

Most resolutions are made in the areas of fitness or finances. Master Sgt. Drake Davidson, Cannon's Fitness Section Chief, has these tips to keep "resolutions" on track. The concepts

can be applied to almost any change you want to implement.

- Have a strong initial decision/commitment to fitness.
- Make a complete lifestyle change. If what you did previously didn't work, change it!
- Believe in yourself: if you think you can do something, you are probably right.
- Grab a partner. Never underestimate the power of companionship.
- Tell people your goals. Saying them aloud validates them and makes you push to achieve them.
- Take your mind off of what others look like and be the best you that you can be.
- Fit physical fitness into your daily schedule.

– Have coping strategies to deal with problems that will come up.

- Keep track of your progress. The more monitoring you do and feedback you get, the better you will do.
 - Frame resolutions as absolutes by saying, "I will never do that again."
- The adage about trying again if you don't at first succeed is especially appropriate when it comes to make decisions to improve one's life. So if you silently berate yourself for coming up short on some of the ways you wanted to improve yourself, turn that negative energy into a positive force. Figure out what may have caused you to fall short of your goals and redefine how you are going to succeed.

When it comes to making one's life better, it's never too late.

People are the mission for all leaders

By Lt. Col. Stephen Ziadie
341st Space Wing Inspector General

MALMSTROM AIR FORCE BASE, Mont. – While reams have been written on effective leadership principles, one critical aspect of leading a diverse set of individuals is often overlooked: the part where leaders thoroughly know their folks.

Supervisors often get caught up in myriad mission-essential tasks and inherent responsibilities. The most important task of all, the people focus, gets pushed aside for "mission" stuff. People are the mission and without people, there is no mission.

The most technologically advanced weapons systems in the world are nothing but junk without motivated and prepared warriors to operate them. The more you know about the folks you lead, the better off your team will be in the long run. How do I know this? Let me relate a short story about a plumber who once designed a computer network.

Airman 1st Class "M" was a water and waste specialist assigned to a civil engineer unit located in the

Pacific Northwest. As one of the lowest ranking Airmen on one of our deployments, Airman "M" didn't attract much attention at first. He was competent but also quiet, reserved and soft spoken.

He did a superb job constructing water and waste water systems in Iraq, and through his efforts, 5,000 detainees saw significantly improved quality-of-life conditions

We knew before deploying that the Army did not have communications assets to support us, and, we tried unsuccessfully to beg, borrow, steal, develop or worm our way into some sort of network that would provide a rudimentary non-secure Internet protocol router network, or NIPRnet. After many failed attempts by others, Airman "M" came to see me one evening and asked if he could spend his off-duty time looking at our computers. I consented.

The next day, Airman "M," in his usual soft-spoken manner, calmly told me how he was able to create a working network connection for our computers using what appeared to me to be very austere parts he scrounged. The NIPR connections worked to near perfection and improved not only our ability to order

materials from Baghdad and Balad, but also boosted our morale by giving each Airman the ability, for a few minutes each day, to e-mail a short message home.

Amazed beyond imagination, I learned that before joining the Air Force, Airman "M" was one of only two Microsoft-certified network engineers on the island of Guam. In fact, he was the network administrator for the University of Micronesia-Guam Campus.

When in awe, I asked him why he became a CE plumber instead of a communications officer, he replied: "Well Sir, computers are going to be around forever ... but I've always had this dream to be a plumber."

His answer blew me away.

What's the moral of this story? Despite being the unit commander and believing I knew everyone pretty darn well, I didn't know this crucial bit of information about this Airman's background. He taught me there are many hidden skills and talents all of us possess, and to know your troops is to posture your unit for success.

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

This week's Viper Volunteer is



PHOTO BY AIRMAN ERIC CARDENAS

Patricia Oleary

Col. Scott West, 27th Fighter Wing commander, presents Ms. Oleary with the Viper Volunteer award Tuesday. She earned this award by assisting with the maintenance group spouse's day and volunteering as a sexual assault victim advocate. She knits booties for the Bundles for Babies program while lending a hand to downtown organizations. She has logged more than 100 hours coaching soccer and acted as the registrar for the men's adult soccer league.

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

For a professional image Airmen will:

Procure and maintain all mandatory clothing items;

Review and follow local supplements and procedures; and

Uniforms will be neat, clean, pressed, buttoned and properly maintained.

Airmen will not:

Stand or walk with hands in pockets of any uniform, except to insert or remove items; or

Smoke, use smokeless tobaccos, drink or eat while walking in uniform.



Energy-Saving Tip of the Week

To save energy while cooking:

- Defrost food before cooking so it will cook faster.
- Every time the oven door is opened the temperature inside drops. Use a timer and the oven light to avoid opening the door.
- Preheat the oven only when necessary.



NEWS FEATURES

Program allows active-duty Airmen to study full time

By Crystal Toenjes
72nd Air Base Wing Public Affairs

TINKER AIR FORCE BASE, Okla. — The Airman Education and Commissioning Program is one of the best kept secrets in the Air Force.

AECP allows active-duty enlisted members to attend college full time without loss of pay or benefits, graduate with a degree and earn a commission.

"It's one of the best programs in the Air Force and unfortunately it's not one a lot of people know about," said Maj. Gregory Nelms, an instructor and the admissions officer with the University of Oklahoma's Air Force ROTC, Detachment 675.

"Enlisted members basically [make a permanent change of station] to a university on active duty to go to school full time," he said. "Given deployments and their duty responsibilities, it can be really difficult and this gives them the opportunity to focus on completing their degree."

The program gives eligible Airmen up to three years to complete a technical, nursing, foreign language or area studies bachelor's degree and be commissioned as a second lieutenant.

"When they graduate, they have a

slot waiting for them at Officer Training School," Major Nelms said.

"It's hard to go to school full time and do 10-hour shifts on the flightline," said Staff Sgt. Zachary Fair, who was stationed at Tinker before being accepted into the program to study computer engineering at the University of Oklahoma.

Master Sgt. Susie Beard was stationed at Tinker when she first learned about the program and was excited to have the chance to pursue a lifelong dream by attending nursing school at the University of Oklahoma.

"I always wanted to be a nurse even when I was a little kid," she said. "But with all the deployments, you just can't go to nursing school in the Air Force."

Besides a college education, the program allows Airmen to continue to provide for their families' needs because they continue to receive their full pay, health benefits and access to all services on base.

"I actually live on Tinker," said Staff Sgt. Kim Friesen, who is studying nursing at Oklahoma Baptist University. "I'm active duty, and it's just like I was stationed at Tinker except my job is to go to school."

Sergeant Friesen was serving as a

surgical technician at Kirtland Air Force Base, N.M., before being accepted into the program.

"We have spouses, and some of us have children, so keeping medical, housing and other allowances while going to school really makes it possible to do this," Sergeant Fair said.

To qualify for the program, applicants should have at least one year time in service and time on station, although waivers are an option, as well as at least 30 earned college credit hours.

When school begins, Airmen are promoted to the rank of staff sergeant, or continue to receive pay and allowances at the level of their enlisted rank if it is greater than staff sergeant. Airmen attend school year round, including summer terms.

Airmen don't have to worry about paying off any student loans when they are done. AECP cadets receive a scholarship for tuition and fees up to \$15,000 per year and an annual textbook allowance of \$600. The school they attend must be at or below the \$15,000 cap for year-round tuition and fees.

Last year, 74 out of 94 applicants were accepted into the program across the Air Force. Major Nelms said the

acceptance rate is based on Air Force needs, but has been pretty high over the past several years.

The Airmen agreed the most difficult part of the process can be completing the paperwork to meet all of the application requirements.

"It's very doable, and definitely worth the effort," Sergeant Parker said. "It's definitely within reach of most Airmen out there."

Applications for fall 2007 enrollment must be postmarked no earlier than Feb. 1 and no later than Feb. 15. "If you've done well in your off-duty education, you can do this and really achieve something many people feel is out of their grasp," Major Nelms said. "In less than a year, you can be a full-time college student."

Major areas of study include engineering, computer science, meteorology, mathematics, physics, nursing, foreign languages (Arabic, Chinese, Persian, Russian, Hindi, Pashto, Armenian, Georgian, Azeri, Kazakh, Indonesian, Swahili, Hebrew, French and Turkish) and area studies (Middle East, Africa, Asia and Russia/Eurasia).

For more information, go to www.afots.af.mil/AFROTC/Enlisted-Comm/AECP.asp.

Teen Aviation Camp offered at Air Force Academy

Courtesy of the U.S. Air Force Academy

Air Force Services is offering an outstanding teen summer camp opportunity.

The 8th annual Air Force Teen Aviation Camp will be held at the Air Force Academy in Colorado Springs, Colo., June 2 through 7.

This camp is open to eligible high school students interested in attending the Air Force Academy, and will be entering their high school sophomore or junior year in the fall of 2007.

Dependents of active-duty military assigned to or living on an Air Force base, retired military, civilian employees and activated Guard and Reserve members may apply.

Application packets and more information are available on the Air Force Services Headquarters Web site www-p.afsv.af.mil/FMP/YouthProgramsDOT-com/TeenAviationCamp.htm.

Scholarships for Military Children open

By Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. — Interest rates are rising and college tuition is outpacing inflation. At least some relief is in sight for military families as the Scholarships for Military Children program.

"Scholarships for Military Children is a wonderful military community program," said Patrick Nixon, DeCA director and chief executive officer. "Nearly 3,000 scholarships, totaling over \$4 million have been awarded."

The \$1,500 scholarships are available for children of all military servicemembers. Most of the funds are donated by manufacturers, brokers and suppliers selling groceries in commissaries. Every dollar donated to the program by industry or the general public goes to fund the scholarships.

The scholarship program has also made inroads to increasing support from the "nonmilitary" community. California high school students sponsoring golf tournaments in 2006 raised thousands of dollars to donate to the program.

"We're excited to see this worthwhile program gaining recognition and funding from the community at large, said Jim Weiskopf, vice president of communications at Fisher House Foundation. "Commissary industry support has been amazing

and increased public support can only help ensure that the Scholarships for Military Children program continues to benefit the military community for many years to come."

Applications for 2007, which includes an essay on "how and why" the applicant would change a historical event, must be turned in to a commissary by Feb. 21. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard or retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already be attending, an accredited college or university full-time in the fall term of 2007, or enrolled in a program of studies designed to transfer directly into a four-year program.

Applications for the \$1,500 scholarships are available at the Cannon Commissary, or at www.commissaries.com, www.militaryscholar.org, or www.dodea.edu. Donations can be made at www.militaryscholar.org.



NEWS

Fireballs head for Red Flag at Nellis



PHOTO BY AIRMAN ERIK CARDENAS



PHOTO BY STAFF SGT. APRIL WICKES

Airman 1st Class Linda Gonzalez, 27th Logistics Readiness Squadron, documents the weight of all passengers and their carry-on baggage.



PHOTO BY AIRMAN ERIK CARDENAS



PHOTO BY AIRMAN ERIK CARDENAS

Above: Airman Jeffrey Swarhout, 27th Aircraft Maintenance Squadron, gives Lt. Col. Tod Fingal, 522nd Fighter Squadron "Fireballs" commander, the signal to move out and head for the runway. The Fireballs headed to Nellis Air Force Base, Nev., Jan. 19 for the Red Flag exercise.

Above right: Chaplain (Capt.) Eusebia Rios, 27th Fighter Wing chapel, briefs Airmen departing for Nellis on how the chapel can help them. Other base agencies such as legal and finance also briefed.

Left: Maj. Robert Battema, 522nd FS director of operations, dons his gear and G-suit before heading out to Red Flag.

Right: Crew from the 522nd FS load into the aircraft that took them to Nellis. They left Cannon only hours after 300 Airmen returned from Iraq.



PHOTO BY AIRMAN ERIK CARDENAS



COMMUNITY EVENTS



PHOTO BY GREG ALLEN

Pet of the Week

This female chihuahua mix is available for adoption. She is white and brown with a short, smooth coat and has a long tail. For more information, call the Airman and Family Readiness Center at 784-4228.

■ Continued from page 1

Resumé Basics

Instruction on writing resumes and designing cover letters will be provided in a class from 9 to 10 a.m. Thursday at the Airman and Family Readiness Center.

For more information, call 784-4228.

Enlisted Spouses Club

The ESC will hold its next meeting at 5:30 p.m. Feb. 6 at the End Zone. All spouses of enlisted Airmen are invited to attend.

2007 vehicle decals

All 2006 vehicle decals will become void Tuesday. New decals may be picked up at the visitors center. Drivers must bring their driver's license, proof of insurance, military ID and vehicle registration.

DEERS down

The DEERS/RAPIDS system at the Military Personnel Flight will be down Feb. 5 and 6 for hardware and software upgrades. There will be no connectivity for the DEERS terminals at Cannon so no DEERS transactions or ID cards can be accomplished during this time. For more information, call 784-2094.

Morale calls

Morale calls must go through the new automated "Morale Minder" system. Families making morale calls can call 784-4228 for a personal identification number.

Clinic upgrades

The plumbing, heating and air conditioning systems at the medical group are being upgraded. These upgrades are expected to last through June 2007. During this time, minor delays, detours around the most direct route to the clinic and construction noises may be experienced. Some restrooms may be temporarily out of service and temperatures indoors may be cooler or warmer than normal.



NEWS FEATURE

Fallen Airmen memorialized at Balad

By Maj. Richard C. Sater
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq — As light drained from the sky over Balad, 32 Airmen stood in formation at the position of attention, unmindful of the steady rain.

A narrator solemnly read 32 names. As each was announced, an Airman from the formation took one step forward, acknowledging the life and spirit of a fellow Airman killed in action during Operation Iraqi Freedom.

The occasion of the formation and the ceremony Jan. 12 was the unveiling of the 332nd Air Expeditionary Wing's new monument to honor fallen Airmen who have lost their lives in the war. Some were pilots, some were security forces specialists, some were administrative technicians or radio operators; all shared a common fate — and the fullest commitment to service before self.

Constructed of welded steel and mounted on a concrete piling in front of the wing headquarters building, the monument is solid, austere, permanent. Its top angles forward with a smooth black plate covering the surface. Each fallen Airman's name is engraved on an individual black plate, framed with silver so that it stands out. Above each name is the chrome Air Force functional badge to identify the career field of the Airman.

At the bottom of the black face plate is

an inscription that reads: "This memorial is dedicated to those Airmen who served in Operation Iraqi Freedom and made the ultimate sacrifice for their nation They served our nation at a time of its greatest need and faced the enemy at the front lines."

"This is not just a memorial. It's a work of art, forged and crafted by a great young American," said Chief Master Sergeant Scott Dearduff, the 332nd AEW commander.

The dedication itself was only a small part of the ceremony.

"The monument stands as a tribute to all the Airmen and their families who made the ultimate sacrifice for their nation and fellow servicemembers," said Brig. Gen. Robin Rand, 332nd AEW commander. "Each

person named on this monument was taken from us too soon."

The monument holds special significance for the general, as he had served with — and commanded — some of the men and women whose names appear on it.

"Their loss stings me deeply, but I will never forget them or their unselfish commitment," the general said. "They will not be forgotten, and this memorial is a testament to their greatness."

The wing's original "Fallen Airmen" memorial was designed and built at Talil AB (now Ali Base), the

former home of the 332nd AEW. When the wing relocated to Balad AB in 2004, the memorial remained where it had been originally placed.



PHOTO BY AIRMAN 1ST CLASS CHAD KELLUM

Brig. Gen. Robin Rand and Airman 1st Class Neil Ketchem pay their respects at a monument to honor fallen Airmen Jan. 12. General Rand is the 332nd Air Expeditionary Wing commander, and Airman Ketchem is a 332nd Expeditionary Civil Engineer Squadron structures journeyman.

The 332nd AEW has lost six assigned Airmen during the September 2006 to January 2007 rotation.

Several of the wing's chief master sergeants initiated the effort, and the construction was tasked to the 332nd Expeditionary Civil Engineer Squadron.

The monument came to life under the hands of Airman 1st Class Neil Ketchem, a structures specialist deployed here from the 75th Civil Engineer Group, Hill Air Force Base, Utah, who cut, bent, welded and transformed scrap steel into a monument.

"I've never done anything like a monument," Airman Ketchem said. "I was asking everybody for input" on various designs, he said, until he came up with something everyone liked.

Working with 8-by-4-foot sheets of thin steel, he crafted the monument over a six-week period, an acetylene torch being his primary tool.

One challenge was the Air Force symbol that embellishes the front of the monument.

"I needed blue steel," Airman Ketchem said.

He researched on the Internet and found step-by-step directions and was able to change the gray steel to a deep blue to make the symbol.

Input from the chiefs provided the finishing touches, including the addition of the specialty badges to the top plate.



What's happening?



Today

Balloon Time Store – Valentine's Day pre-orders available

Seafood Buffet – 11 a.m. at The Landing

Elegant Dining – 5 p.m. at The Landing

Safari Night – 5 p.m. at the Portales Community Center

Family Bowl-A-Rama – 6 p.m. at Cannon Lanes

Napoleon Dynamite Night – 7 pm. at the Clovis Community Center

DJ – 7 p.m. at the End Zone

Saturday

Cosmic Bowling – 6:30 p.m. at Cannon Lanes

Sunday

Buffet Breakfast – 10 a.m. at the End Zone

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

Monday

Homestyle Buffet – 11 a.m. at The Landing

Cupcake Walk – 5 p.m. at the Portales Community Center

Tuesday

Chef's Choice – 11 a.m. at The Landing

Sub Sandwich – Lunch at Cannon Lanes

Bread Bowl Soup – Lunch at The Landing

Pool Tournament – 4 to 6 p.m. at the Portales Community Center

Wednesday

International Buffet – 11 a.m. at The Landing

School Daze Special – 1:30 p.m. at Cannon Lanes

Crystal Paintings – 4:30 p.m. at the Clovis Community Center

Steak Night – 5 p.m. at The Landing

Wild Wednesdays – 9 p.m. at Cannon Lanes
Clovis and Portales Community Centers closed for staff meetings

Thursday

Story Time – 10:30 a.m. at Cannon Library

Roast Beef – 11 a.m. at The Landing

Country Fried Steak – 5 p.m. at The Landing

Chess Club Casual Play – 6 p.m. at the Central Community Center



COURTESY GRAPHIC



FEATURE

Families welcome home pilot spouses



PHOTOS BY TECH. SGT. SCOTT MACKAY

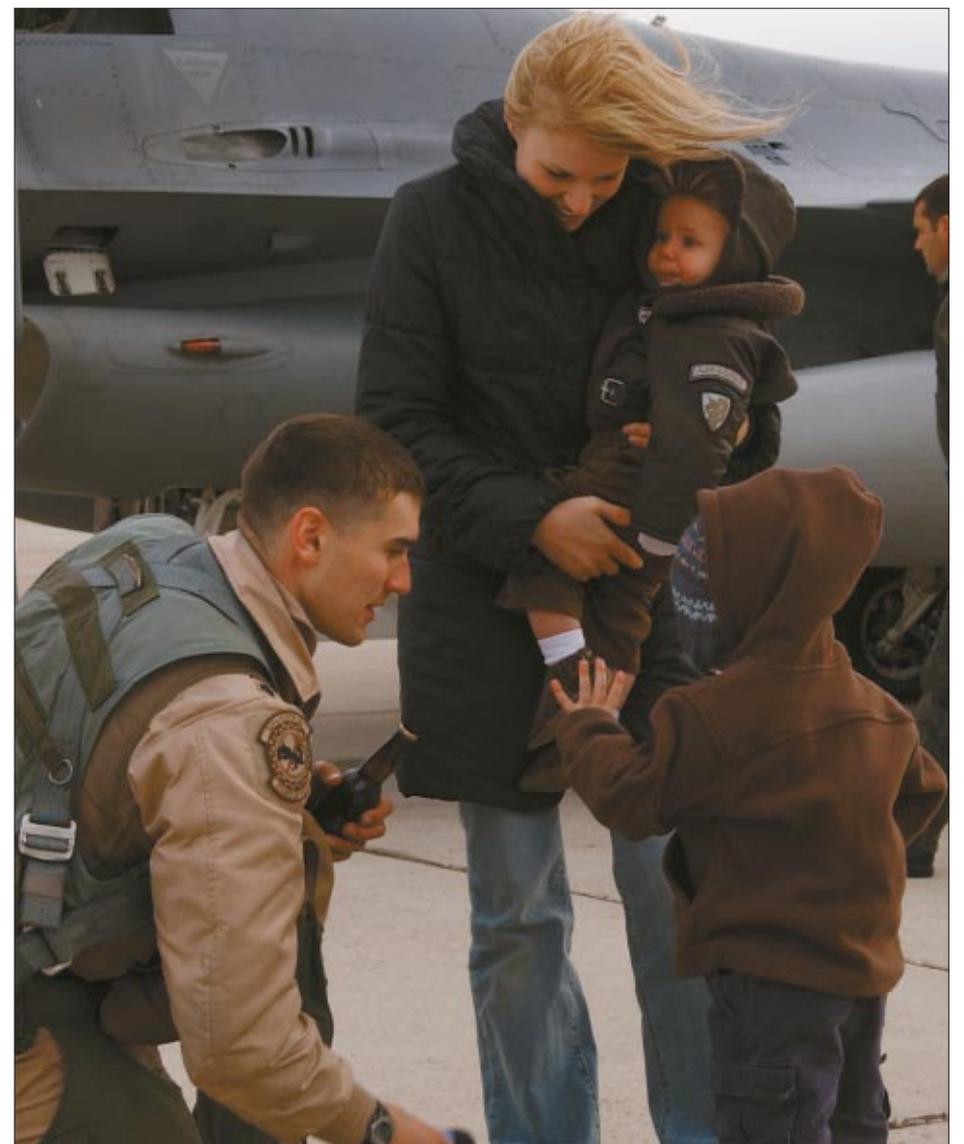


Above: With his feet planted on the flightline, Maj. Chris Claus, 524th FS, is rushed by his son, Connor, and daughter, Kort.

Right: Barry (being held), Bradley and Stephanie, their mother,

Above left: F-16s and pilots from the 524th Fighter Squadron returned from a four-month deployment to Balad Air Base, Iraq, Jan. 19.

Above: Capt. Luke Casper, 524 FS, had barely enough time to touch ground before Christy, his wife, climbed to the cockpit to welcome him home.



THE LIGHTER SIDE

Unit Spotlights

Congratulations 90+ Club Members

Airman Daniel Hallimen,
27th Aircraft Maintenance Squadron, 97

Staff Sgt. David Manske,
27 AMXS, 95

Airman 1st Class Mitchell Mead,
27th Communications Squadron, 92

Staff Sgt. Cecilia Sullivan,
27th Medical Operations Squadron, 91

Airman 1st Class Nathan Jackson,
27 AMXS, 97

Airman 1st Class Kendra Coleman,
27 LRS, 93

Airman 1st Class Jeffrey Rhodes,
27th Equipment Maintenance Squadron, 92

Staff Sgt. Melissa Wood,
27 AMXS, 91

Airman 1st Class Chase Moon,
27 AMXS, 97

Airman 1st Class Kenneth Hicks,
27 AMXS, 93

Staff Sgt. Clayton Helling,
27 AMXS, 91

Senior Airman Kasey Bergdall,
27th Maintenance Operations Squadron, 90

Senior Airman Valentin Alonso,
27th Logistics Readiness Squadron, 96

Airman 1st Class Dipankar Sutradhar,
27 AMXS, 93

Staff Sgt. Jason Leighton,
27th Fighter Wing, 91

Airman 1st Class Justin Carpenter,
27th Security Forces Squadron, 90

Senior Airman Tony Murphy,
27th Component Maintenance Squadron, 96

Airman 1st Class Yemisrach Alemayehu,
27th Services Squadron, 92

Airman David McEntyre,
27 CES, 91

Airman 1st Class David Hill,
27 AMXS, 90

Airman Travis Latta,
27th Civil Engineer Squadron, 95

Airman 1st Class Daniel Freiwald,
27 AMXS, 92

Airman 1st Class Andrew Sellers,
27th Aeromedical Dental Squadron, 91

Airman 1st Class David Scurto,
27 AMXS, 90

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)	Noon
Edge/LifeTeen youth ministry	6 p.m.
Sunday (grades 7-12)	

PROTESTANT

Contemporary	9 a.m.
Sunday School	10:30 a.m.
Gospel	Noon

**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.

Rocky Balboa

Today at 6 p.m. and Saturday at 2 p.m.

Description: Former heavyweight champion Rocky Balboa steps back into the ring, pitting himself against a new rival decades after his initial glory. When a computer-simulated boxing match declares Rocky Balboa the victor over current champion Mason "The Line" Dixon, his passion and spirit are reignited. But when his desire to fight in small, regional competitions is trumped by promoters calling for a rematch of the cyber-fight, Balboa must weigh the mental and physical risks of a high profile exhibition match against his need to be in the ring.

PG – boxing violence and language

Running Time – 102 min.

The Good Shephard

Saturday at 6 p.m.

Description: Edward Wilson understands the value of secrecy; discretion and commitment to honor have been embedded in him since childhood. Wilson's acute mind and sincere belief in American values render him a prime candidate for a career in intelligence, and is soon recruited to work for the OSS (the precursor to the CIA) during WWII. Wilson develops into one of the Agency's veteran operatives. However, dedication to his country comes at an increasing price.

R – violence, sexuality and language

Running Time – 168 min.

Apocalypto

Sunday at 6 p.m.

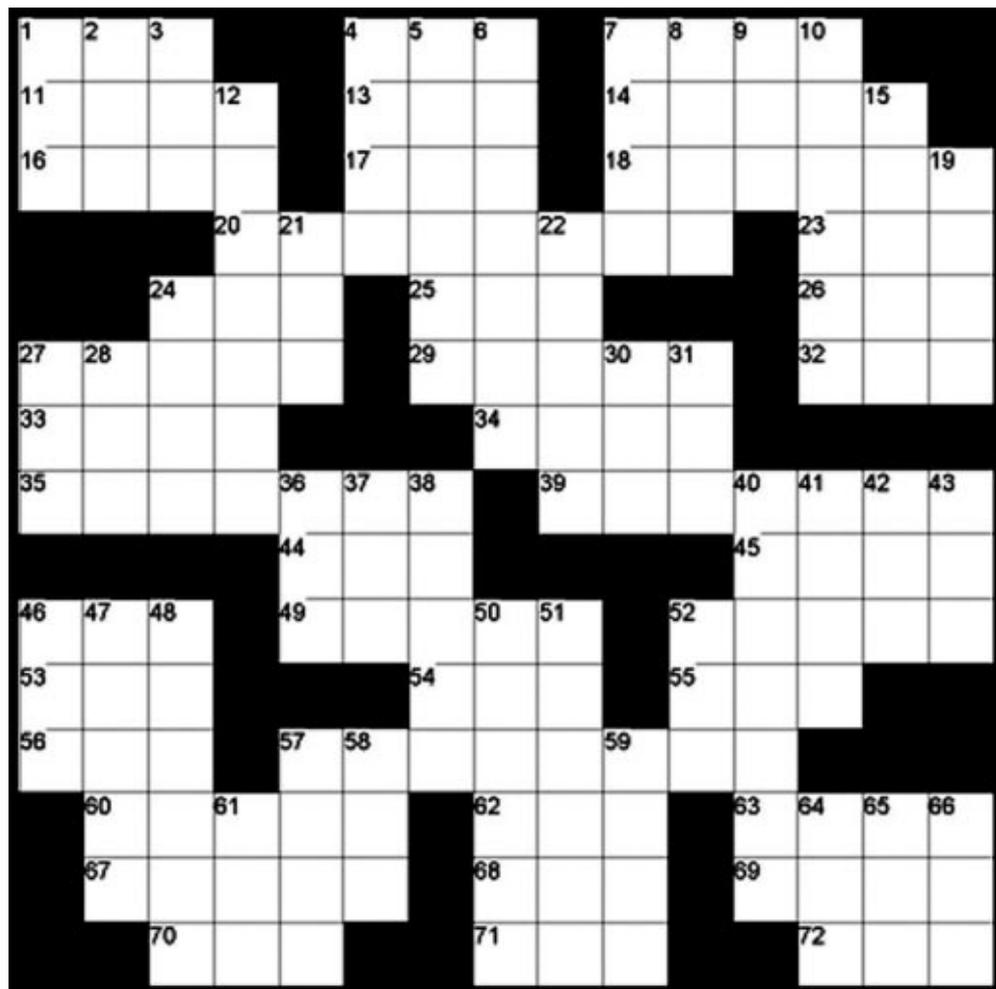
Description: Set in the Mayan civilization, a man is taken on a perilous journey to a world ruled by fear and oppression where a harrowing end awaits him. Through a twist of fate and spurred by the power of his love for his woman and his family he will make a desperate break to return home and to ultimately save his way of life.

R – intense detailed graphic violence, sexuality, gore and disturbing images

Running Time – 138 min.



THE LIGHTER SIDE



Making the grade

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

Across

1. Female identifier
4. Witch
7. Saga
11. Upset
13. Summer beverage
14. Hawaii greeting
16. Largest continent
17. Bond writer Fleming
18. President Reagan
20. USAF ranks of Staff, Technical or Master
23. Fish egg
24. ___ Abner
25. Sea bird, var.
26. X to Caesar
27. Top USAF enlisted rank
29. Satisfies
32. Concorde jet, briefly
33. Indianapolis Colt safety
34. Stretch car
35. USAF officer rank
39. USAF officer rank
44. Cellular identifier
45. Spry
46. Jewel
49. 1959 Nobel Prize winner Severo

52. Practice fighting
53. Epoch
54. Project Runway designer Herzner
55. Commander's region of control
56. ___ Mahal
57. USN top ranks
60. Saturates
62. School Stonewall Jackson taught at, in brief
63. Long spans of time
67. Actor Flynn
68. Snakelike fish
69. Yatzee need
70. ___ Francisco
71. Dr.'s helpers
72. Abraham's nephew

Down

1. USAF enlisted rank
2. Towel marking
3. Inventor Whitney
4. Head covering
5. Sayings that sets forth a general truth
6. USAF officer rank
7. Acquire through merit
8. Secret plan or scheme
9. Charged particle
10. Rank and pay items
12. Most simple
15. Lotion ingredients
19. Ding
21. Santa helper

22. Playful trick or prank
24. Speech impediment
27. USAF education tool for enlisted personnel to make rank
28. CJTF-___; located in Djibouti
30. Subgenre of hardcore punk music
31. Former French coin
36. Bother
37. Company add-on?
38. Minor Prophet of the 7th century b.c.
40. Against
41. Close by
42. Mistake
43. USAF O-1 and O-2
46. Obtain
47. Get rid of
48. USAF O-4s
50. ___ Twist
51. Title of address for USAF E-1 to E-4
52. Actor Mineo
57. Smack That singer
58. AOL, for one
59. Has pains
61. Notre Dame great Parseghian
64. Engine need
65. Term for USAF E-5 or E-6
66. Place

ANSWERS ON PAGE 20



SPORTS AND HEALTH

Swimming, Diving: Air Force knocks off league champs

by Nick Arseniak
Assistant Sports Information Director

U.S. AIR FORCE ACADEMY, Colo. — In one of the program’s biggest victories, the Air Force men’s swimming and diving team defeated two-time defending Mountain West Conference Champion UNLV, 175-125, in front of more than 1,000 rowdy fans at the Cadet Natatorium. On the women’s side, the Rebels defeated the Falcons 180-100.

The Falcon men took first place in 10 of the 16 events, led by its stellar senior class. Senior Chris Knaute led the way with three wins, taking the 200 yard butterfly and 500 and 1,000 freestyle. Senior Brady Lindberg was dominant in the diving events winning both the one and three meter dives.

Senior Nick Burton won the 100 fly and 200 individual medley and classmate Paul Parmenter

won the 100 backstroke.

“We were close to brilliance tonight,” Air Force men’s head swim coach Rob Clayton said. “The class of 2007 was just outstanding today. Once we starting winning races we never let up. This is the biggest win for our program in as long as I can remember.”

Sophomore Bryan Avery also won for the Falcons, taking the 200 free. The Falcons closed the meet by winning the 400 free relay. The group of Ryan Moss, Avery, T.J. Cowling and Knaute won with a time of 3:05.60.

After UNLV took the opening event, the 200 medley relay, the Falcons won the next three events and never looked back. Air Force is now in sole possession of first place in the conference with a 2-0 MWC record to go with its 11-1 overall mark.

On the women’s side Air Force had strong performances by Lauren Burse, Jane Hwang and

Becky Gleason. Burse won the three-meter diving with 254.92 points, Hwang won the 100 fly (1:00.02) and Gleason took the 200 IM (2:19.01). The Falcons also won the 400 free relay. Hwang, Blair Leake, Lauren White and Lindsey Kirchoff combined to swim a time of 3:43.38.

White and Leake also had strong swims for the Falcons taking second in the 500 free and 200 breaststroke events.

The Falcons competed in front of one of it’s biggest crowds ever as cadets flocked to the natatorium. “It was an incredible atmosphere to compete in,” Clayton said in reference to the crowd. “The support of the cadet wing definitely played a hand in how well we did.”

The Falcons have little time to rest as they return to the pool tomorrow. The men’s team takes on Denver while the women’s team takes on DU and Northern Colorado beginning at noon back at the Academy.



Take the 5 A Day Challenge!

What’s my goal?

What’s a serving?

Children ages 2 to 6 years, sedentary women, sedentary adults over age 65	5 servings per day	<ul style="list-style-type: none"> ○ 1 medium piece of fruit ○ ½ cup canned or fresh-cut fruit, in its own juice ○ ¼ dried fruit ○ 6 ounces 100% fruit or vegetable juice ○ ½ cup raw or cooked vegetables ○ 1 cup leafy greens
Children ages 7 to 12 years, teen girls, active women, most men	7 servings per day	
Teen boys, active men	9 servings per day	

Strive for 5!	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Serving 1							
Serving 2							
Serving 3							
Serving 4							
Serving 5							
Serving 6							
Serving 7							
Serving 8							
Serving 9							
TOTAL							

Use this chart to track intake of fruits and vegetables over seven days and see if you can achieve the “5 A Day” goal of eating five to nine servings daily.



SPORTS SHORTS

Lunch Time Special

3 games of bowling & hamburger basket with drink \$5.50

11 am-2 pm Monday - Friday

AIR FORCE SERVICES 784-2280

BOWLING CANNON LANES

COURTESY GRAPHIC

Cannon Lanes 784-2280

Family Bowl-a-Rama — Bowl two hours with up to six family members on a lane for \$12 from 6 to 9 p.m. today. The price includes shoes and a pitcher of soda.

Lanes assigned from 5 to 7 p.m.

Cosmic Family Night — Bowl for \$2 per game from 6 p.m. to midnight Saturday.

Bowl with the lights over the lanes turned off and blacklights turned on. Lively music will play in the background.

Wednesday Specials — Students receive discounts from 1:30 to 4:30 p.m. Wednesdays in January. Bowl four games and receive free shoes and a drink for \$5.

Everyone can bowl as many games as possible from 6 to 9 p.m. for \$5 per person.

Youth Center 784-2747

Youth activities for Tweens (ages 9-12) and Teens (ages 13-18)

Today — Billiards and Volleyball clinic

Saturday — Foosball Tournament (noon) and Table Tennis

Tuesday — Four Square

Wednesday — Skating and Scooters

Thursday — Kickball

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.

Member First discounts — 10 percent discount off annual, quarterly and monthly greens fees. Half-off club rentals. \$2 off cart rental for 18 holes.

Sun Country Handicap Member-

ship — The annual \$25 membership fee is now due. Renewal deadline is Feb. 28. If handicaps are not renewed by this date, they will be cancelled.

Fitness Center 784-2466

Valentine 5K Run and Sweet-heart Couples 5K — Compete as a team at 9 a.m. Feb. 10 at the Fitness Center. Prizes will be awarded in three categories: top three males, top three females and top two couples.

Sign up by Feb. 8 at the front desk.

Outdoor Rec. 784-2773

TDY Ski Special — This trip is designed for Airmen who recently returned from the latest overseas deployment and their families. Receive transportation and gear for Feb. 10 at a minimal price; free for servicemembers and \$10 for dependents. Must show orders. Lift tickets will be purchased on the mountain. Trip is limited to 25 people, so sign up now.

End Zone 784-4283

DJ — A DJ plays from 7 p.m. to 1 a.m. Fridays at the End Zone.



ANSWERS TO PUZZLE ON PAGE 18



SUPER BOWL



Feb 4



END ZONE

Sports Lounge • Food • Entertainment

Pregame at 2:30 p.m.

Kickoff at 4 p.m.



Prizes throughout the game.
Armchair Quarterback Final - winner
receives a recliner from 

No Federal endorsement if sponsors intended. Offer good at participating locations. No purchase necessary.



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.



Operation Homefront Quilts

helping mend the scars of war

Operation Homefront Quilts volunteers make quilts for family members who have suffered a loss in the war.

Volunteers are needed in a variety of areas.
No experience is necessary.

Patriotic style fabrics needed:
100 percent cotton
please no fireworks or celebratory style fabrics

*For more information, call Ellen Saccoia-Smith
at the Airman and Family Readiness Center
784-4228*