

Community News



Texas Hold 'em

The Landing is hosting a Texas Hold 'em Tournament at 6 p.m. today. \$20 for dinner and entry fee. Grand prize is a \$300 gift card.

Airman's Attic

The Airman's Attic is open from 11 a.m. to 3:30 p.m. Fridays and noon to 3:30 p.m. Tuesdays.

Staff sergeants or below and their dependents are eligible to shop at the Airman's Attic.

VA benefits seminar

Veterans Administration representative John Fondrick will offer guidance on all VA benefits from 9 to 11:30 a.m. Tuesday at the Airman and Family Readiness Center.

For more information, call 784-4228.

New volunteer chance

The Curry County Literacy Council is looking for individuals to become tutors for adults who cannot read. The council provides weekly training meetings Mondays from noon to 3 p.m. for four weeks. All materials are provided and no prior experience is needed. Training will be at Clovis Community College.

For more information, contact Nancy Clark at nancy.clark@clovis.edu.

TMO closure

The TMO-Passenger Section will shut down for an official function from 2 to 3 p.m. Monday. Airmen may pick up PCS/TDY tickets early.

DEERS down

The DEERS/RAPIDS system at the Military Personnel Flight will be down Monday and Tuesday 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.

More Community News on page 10

MACH METER

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

Vol. 52, No. 4

Cannon Air Force Base, N.M.

Feb. 2, 2007



PHOTO BY TECH. SGT. SCOTT MACKAY

Final pilots home from Iraq

Capt. David Anderson, 524th Fighter Squadron, steps out of his F-16 Fighting Falcon after a long awaited trip home. The final six 524th FS jets returned from Balad Air Base, Iraq, Saturday. They were greeted by their close family members and their squadron leadership on the flightline. For more photos of returning Airmen, see page 3.

AF top green power purchaser

By Dr. Ronald B. Hartzler
Air Force Civil Engineer Support Agency

TYNDALL AIR FORCE BASE, Fla. — For the third year in a row, the Air Force heads the Environmental Protection Agency's list of the top 10 federal government green power purchasers in the Green Power Partnership.

The list highlights EPA's federal Green Power Partners that have completed the largest annual voluntary purchases through Dec. 31, 2006.

The Air Force is being recognized for its voluntary purchase of 457,500 megawatt-hours of Green Power Partnership-qualified power, representing more than 4 percent of the service's annual electricity usage.

The purchases are a portion of the Air Force's 990,300 megawatt hours of total renewable purchases and on-base renewable production. The combined renewable purchases represent nearly 10 percent of its electricity consumption.

"Purchasing of green power has three significant benefits," said Jim Snook, Air Force renewable energy program manager. "It helps improve our environmental performance, increases demand for renewable resources, and it lowers our dependency on fossil fuels and imported energy sources."

"Green power" includes electricity partially or entirely generated from clean resources, such as solar, wind, geothermal, biogas, biomass and low-impact hydro. It is considered cleaner than conventional sources of electricity and has lower emissions of carbon dioxide. Green power purchases accelerate the development of renewable energy nationwide.

The Air Force was also ranked third on the EPA's Green Power Partnership's Top 25 Partners, a group that includes

government, private industry, trade associations, as well as colleges and universities.

The Air Force also attained EPA Green Power Leadership Club Member status in 2006. The Leadership Club honors Green Power Partners that have made an exemplary green power purchase that significantly exceeds the minimum Green Power Partnership purchase requirements.

"We are proud to be on the EPA's Top 25 list," Mr. Snook said. "The Air Force has been actively promoting the development and purchasing of renewable energy. Industry has seen that the Air Force is committed to renewable energy and they are bringing ideas and projects to us and making more purchasing opportunities available."

The Air Force is turning recommendations into reality through power-purchase initiatives that include a variety of unique geothermal, landfill gas, wind and solar power opportunities at its bases. Thirty-seven Air Force bases participated in a renewable power purchase program in fiscal year 2006, including three that purchased 100 percent of their electricity from renewables sources.

These initiatives are complemented by an on-base wind farm and photovoltaic system at Ascension Island, landfill gas power generation at Hill Air Force Base, Utah, and wind generation at F.E. Warren AFB, Wyo., as well as installation of smaller renewable projects at other bases.

The Air Force Civil Engineer Support Agency and its staff provide the best tools, practices and professional support to Air Force civil engineers worldwide. The agency supports 82 major and 10 minor active-duty installations, plus the 83 Air Force Reserve and Air National Guard installations.

For more information on AFCESA visit our website at www.afcesa.af.mil.



NEWS

New medal to recognize Airmen in combat

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

WASHINGTON — Since the Air Force started manning convoy operations in support of the war on terror, more Airmen have had an opportunity to put their training to use in real scenarios.

Today, explosive ordnance disposal and security forces Airmen, along with those performing in-lieu-of taskings, have joined battlefield Airmen working “outside the wire” in Iraq and Afghanistan and are regularly involved in combat situations as part of their duty ... all alongside their fellow Airmen that continue to engage in daily combat, delivering decisive effects from the air!

“We are a warfighting Air Force,” said Chief of Staff of the Air Force Gen. T. Michael Moseley. “Our Airmen are doing amazing things in combat operations every single day, both within their core competencies as Airmen, delivering those effects from the air and now on the surface as part of the joint fight.”

It is for those Airmen involved in combat operations, on the ground and in the air, that the Air Force has created the Air Force Combat Action Medal, said Gen. Roger A. Brady, deputy chief of staff for manpower and personnel.

“There are people coming under enemy fire, but we do not have an Air Force way to recognize the reality of their experience,” General Brady said. “So General Moseley has asked us to develop an appropriate recognition, a combat

medal, and we have done that.”

To develop criteria for the award and to get a better understanding of what Airmen were looking for in combat recognition, the Air Force consulted with combat-experienced Airmen.

“We gathered feedback from Airmen; active duty, Air National Guard, and Air Force Reserve members who’ve been in combat [in the air and on the surface] — some who’ve received combat recognition from other services, and some who haven’t,” said Maj. Randall Smith, chief of the Air Force uniforms and recognition branch. “Their feedback was critical in ensuring the recognition we developed met General Moseley’s requirements. We also heard from Air Force senior leadership, both officer and enlisted.”

General Moseley often meets with Airmen in the field and has frequently called a variety of Airmen to Washington to sit down with him — to get their personal feedback and input. He said “it is important to hear the opinion of Airmen about the AFCAM because the medal is a reflection of the warfighting culture of the United States Air Force and everything we hold dear.”

“Combat is a part of our culture and our heritage,” General Moseley said. “Our Airmen know this intrinsically and reinforce it through their actions. This award is a way to visibly highlight that part of being an Airman.”

General Brady said the AFCAM will be unveiled sometime in April. As part of the unveiling ceremony, some Airmen will

be awarded the new medal. At that time, the Air Force will begin to process additional applications for the award.

In order for an Airman to wear the AFCAM, a narrative explanation of the Airman’s involvement in combat activities must be submitted by a person with first-hand knowledge of the incident. The application will be processed through the chain of command and eventually be approved or disapproved by the Commander of Air Force Forces (COMAFFOR).

The AFCAM is for Airmen who have directly participated in active combat, either in the air or on the ground, as part of their official duty.

Airmen serving as a crew member on a C-130 providing key support to coalition forces or Airmen servicing as a convoy escort operation that takes fire, for instance, would be eligible to apply for the award.

“This is for people who are in combat as a part of their duty,” General Brady said. “If you are walking across the base at Balad and you are injured by a mortar, you will likely get the Purple Heart. You may even get a Bronze Star, depending on your performance in your duties. But that scenario would not lead to the award of the AFCAM.”

The AFCAM will be the highest-level Air Force individual award to not earn points under the Weighted Airmen Promotion System, said Major Smith.

“There was a strong consensus that this recognition should not be tied to promotion points, but should be tied to a



COURTESY GRAPHIC

The Air Force Combat Action Medal recognizes Airmen who are involved in combat operations, on the ground or in the air, as part of their duty.

meaning greater than that,” he said.

Airman will wear the AFCAM on the mess dress uniform. The ribbon for the AFCAM can be worn on the blue or service dress uniform. These uniforms are usually worn for ceremonies or other duties where it is appropriate to highlight individual achievements. There will be no patch or badge equivalent for wear on the utility uniforms worn for daily duties and deployments; the emphasis in these cases is better placed on the mission and the team, above self.

Airmen can apply for the award to recognize participation in combat activities dating back to Sept. 11, 2001.

Air Force officials to implement second DOS rollback

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

WASHINGTON — Air Force Officials have adjusted their force-shaping numbers in response to better-than-expected retention rates in fiscal year 2006.

In a message dated Jan. 26, officials said the Air Force must cut 3,090 Airmen by Sept. 30 in order to meet this year’s force shaping goals.

The Air Force will use three personnel programs to help meet the goal. Those programs involve an extension of the limited active duty service commitment, or LADSC, waiver for technical and master sergeants to retire, a second wave of date-of-separation rollbacks, and a limited number of LADSC waivers for Airmen with 6 to 11 years of service in some career fields to voluntarily separate.

Last year, the Air Force offered LADSC waivers

for some master and technical sergeants. The waivers allowed those Airmen to retire earlier than normal. But so far, only 524 Airmen had been approved for that program, short of the Air Force’s goals. In response, the window to apply for the program has been extended. Airmen may now apply for this program until April 30, but they must choose a retirement date that is no later than Sept. 1.

The Air Force will conduct a second round of DOS rollbacks. Under this program, some Airmen will be separated from the service earlier than they expected. Airmen who have less than 14 years of service or more than 20 years of service, and who are currently serving on a control roster, have declined retainability for an assignment, have declined training or are serving suspended punishment pursuant to an Article 15, can be selected for the DOS rollback.

The DOS rollback program will give many

Airmen a new separation date of Aug. 1, 2007. Airmen from all Air Force specialty codes can be affected by this program.

Finally, the Air Force is offering LADSC waivers to Airmen in certain career fields who have more than six but less than 11 years of service. Under this program, the Air Force will waive an Airman’s service commitment so he or she may separate early. A limited number of waivers will be granted, and Airmen who elect to participate in the program must choose a separation date of Sept. 29, 2007 or earlier.

Airmen in 23 control AFSCs are eligible for the LADSC waiver separation program: 2A0X1A, 2A0X1C, 2A6X1A, 2E1X1, 2E2X1, 2E6X2, 2E6X3, 2F0X1, 2S0X1, 2T0X1, 2T3X5, 3A0X1, 3C0X1, 3C0X2, 3C2X1, 3E0X1, 3S0X1, 3V0X1, 4P0X1, 4T0X1, 4Y0X1, 6F0X1 and 8M0X0.



NEWS

Local tobacco costs rising

By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

It costs to smoke in today's society, and the prices continue to soar.

A recent law passed in Texas increased the cost of cigarettes by more than \$1 per pack, leaving smokers a bit uneasy about their own future going up in smoke. But Cannon smokers shouldn't see those increases come to the base.

There is not a foreseeable change in prices, unless local community prices rise, said Nicola Carter, Cannon Army and Air Force Exchange Service (AAFES) manager. The lower prices are due to the Department of Defense regulations requiring AAFES and Defense Commissary Agency tobacco prices to be no more than five percent below local retailers. These prices are surveyed monthly.

For those who would rather save their money than watch it go up in smoke, Cannon's Health and

Wellness Center (HAWC) offers tobacco cessation classes. The four 1-hour classes are open to Airmen and civilians at Cannon. Those who have access to the base pharmacy can receive medication to help stop smoking. The next series begins Feb. 26, with classes from noon to 1 p.m. on Tuesdays.

It is advisable to start at the beginning of the class series, said Candace Weaver, Cannon's Health Education Program manager. But, those who want to get started right away can call the American Lung Association. A counselor will help smokers decide on the best plan to stop smoking and will make arrangements to help the client get the medication they need through the base pharmacy.

Information to help quit smoking can also be found at www.lungusa.org or by calling (800) 548-8252.

To register for the next tobacco cessation class at the HAWC, call 784-1004.



COURTESY PHOTO

27th MDG registers for Relay for Life

Col. Ken Hall, 27th Medical Group commander (seated), registers with the medical group Relay for Life team captains (left to right) Tech. Sgt. Alonzo Cromwell, Airman Melinda Barefoot, Yolanda Infante and Maj. Willie Chi. This is the 4th year the medical group has participated in this fund-raising event in support of the American Cancer Society's mission to eliminate cancer. The event will be held at Ned Houk Park May 4 and 5. To sign up, contact any first sergeant. To form a new team, contact Mrs. Infante at 784-6318.



PHOTO BY TECH. SGT. SCOTT MACKAY



PHOTO BY TECH. SGT. SCOTT MACKAY

Welcome Home

Left: Capt. John Caldwell, 524th Fighter Squadron, is greeted by Christine, his wife, after returning home from Balad Air Base, Iraq, Saturday.

Above: (Holding banner left to right) Amber Sweeney, Mary McDaniels and Danielle Walker hold a banner welcoming home the last 524th FS pilots from their Aerospace Expeditionary Force 3/4 rotation Saturday.

Right: Master Sgt. Sam Coger, 27th Civil Engineer Squadron, returns home to his son Monday after a four-month deployment. After flying into Lubbock, Texas, 16 27th CES Airmen drove home to Cannon.



PHOTO BY 2ND LT. JOHN SIMMONS



COMMENTARY

Desire, dedication, determination keys for fitness success

By Senior Master Sgt. Atticus Smith
Kirtland Noncommissioned Officer Academy

KIRTLAND AIR FORCE BASE, N.M. — “It was my first marathon, and I had to stop a bunch of times to take my leg off and adjust it, almost every one to two miles after mile 10, but at least I felt great afterwards, no real bad soreness either.”

Lt. Col. Juan Alvarez, spoke these words after completing the 31st Marine Corps Marathon in Washington, D.C. A formidable feat for anyone, it was quite an accomplishment for him, especially considering the events he experienced on Sept. 19, 1996. Then a Navy lieutenant, he was nearly killed following a helicopter accident in the dense jungles of Columbia. He lost his leg, but he certainly didn't lose his spirit.

Over the years I learned that marathons are riddled with inspiring stories. I met a lady who shed 80 pounds to accomplish her goal of running 26.2 miles. Then there was the man who had a rope tied to a person running in front of him. The person being led was blind.

What separates these people from others? They

have three key attributes to accomplishing personal goals; desire, dedication and determination or simply the three Ds.

Now if these people: the amputee, the overweight lady and the blind man were told that they had to maintain an average waistline, run 1.5 miles, do some push-ups and sit-ups and had three years to train for it, do you think they'd be able to accomplish the challenge? Seems like a silly question doesn't it?

Unfortunately, it's not such a silly question if I gave the same challenge to a good portion of members within our Air Force. The Air Force adopted a new fitness program several years ago, so why do we still have a good percentage of Airmen struggling with our fitness assessment?

From April 2005 to December 2006, the Kirtland Noncommissioned Officer Academy graduated 1,076 students over the course of 12 classes. During each class we conduct an initial fitness assessment within the first three days of class.

A staggering 569 technical sergeants, or 53 percent, received a marginal or poor score on their initial fitness

assessment. Fellow Airmen this is pathetic! There it's been said. Just as many of us have the desire, dedication and determination to succeed in the personal, professional, spiritual and emotional facets of our lives; we must also use the three Ds to succeed in the physical fitness facet of our lives.

The Air Force push to become more physically fit is not new nor is it temporary. Our fitness standards are clear and well defined in Air Force Instruction 10-248, Fitness Program. Leaders must exemplify top military standards.

Meeting and exceeding fitness standards is not optional. Our academy treats physical fitness as a high priority. We let people know when we feel they can give more effort. We establish high expectations and hold our students to them. Most importantly, our senior leadership leads from the front.

The Air Force physical fitness program is no longer new and the excuses are over. The amputee, the overweight lady and the blind man accomplished great feats; there's simply no reason why any member of our force can't do the same.

We must learn to appreciate what we have

By Lt. Col. Chuck Metrolis
31st Rescue Squadron commander

KADENA AIR BASE, Japan — Does there appear to be an increased amount of complaining coming from the American populous?

Like most Americans, I get my news from the TV, radio or print media, and lately all I get is a lot of negativity about how bad someone's life really is.

I'll be the first to admit there were times when I was right there with the complainers. I can remember as a child, teenager and young Airman complaining about the tribulations in my life, that to me were paramount, but in reality were merely inconveniences. I was sure to complain if I

didn't make it to lunch on time, get enough sleep or have enough money.

Education and experience taught me to reflect on life and truly appreciate the good fortune I had. One of the tools that helped me appreciate my surroundings was to compare my perceived woes to those around me. When many of us feel like we have a legitimate gripe, just think about the examples below. Maybe we don't have it that bad after all.

Ever hear people complaining about how hungry they are because they are late for lunch? Think back to young Marines pushing toward Baghdad along a 300-mile invasion route. They advanced so quickly they left much of their resupply structure in their wake. This forced many to eat

only one MRE a day for about a week. Eating one meal a day is tough, but think about doing this while sprinting in full gear, in the spring heat of Iraq while being used for target practice.

I'm sure many of you have heard spouses complain during PCS moves, wondering how he or she will fit 15,000 pounds of household goods into their 2,500 square foot home. Right now the 1 million people in Southeast Asia left homeless by the 2004 tsunami would love to have that same problem.

Are you really upset because you don't think you make enough money? Try watching the recent film “Cinderella Man.” You will see how boxing legend James Braddock provided for a family of five during the Depression

Era. Trust me, there were thousands more like him who had it even worse.

I know we as Americans will always complain about something. This is one of our inalienable rights our forefathers fought and died for. However, we should look at our own inconveniences through a different lens, and see how our problems look from different perspectives. We may see that our problems pale in comparison to many around us. In fact, we may seize the opportunity to seek change or help those less fortunate. We recently celebrated the life and contributions of Dr. Martin Luther King Jr.

We should reflect upon a great individual who had much to complain about, but instead sought to better the lives of all Americans.

MACH METER

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

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

27fivmachmeter@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 Label 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

Laura Cluverius

Col. Valentino Bagnani III, 27th Fighter Wing vice commander, presents Laura Cluverius the Viper Volunteer award. She organized Operation Season's Greetings to support deployed Airmen. She made donation drop boxes, placed them around Cannon and checked them weekly. During the donation drive, Mrs. Cluverius secured \$1,700 and 1,100 items. She put together and mailed 75 boxes to bring holiday cheer to those serving overseas.

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

Officers and enlisted personnel may purchase uniform items from the Army and Air Force Exchange Service (AAFES) Military Clothing Sales Stores (MCSS), supplied by the Defense Supply Center Philadelphia, or from commercial vendors.

Items purchased from commercial vendors must have a USAF certification label.

Do not purchase uniform items from unauthorized manufacturers, because they are not authorized for wear.



Energy-Saving Tip of the Week

Weather stripping reduces air leaks around windows and doors.

Weather stripping can be metal, vinyl, rubber or foam.

To prevent air from leaking under weather stripping, caulk the back of it before applying.

Military Family Housing residents can call 784-8363 for installation or replacement if leaks are found.



NEWS FEATURES

Black history: Military tradition continues

By Master Sgt. Kevin McWashington
301st Aerospace Medicine Squadron

FORT WORTH, Texas — Teacher, historian and author Carter G. Woodson proposed a time to celebrate nationwide Negro History Week in 1915.

His proposal later became Black History Month, celebrated every February.

One purpose of Black History Month is to recognize past events that affect us today. Some events receive great attention. Others are more subtle, receiving little fanfare, yet they are just as important in shaping and molding America.

War Department General Order No. 143 is one of those less-remembered but important events. Issued May 22, 1863, the order established the Bureau of Colored Troops.

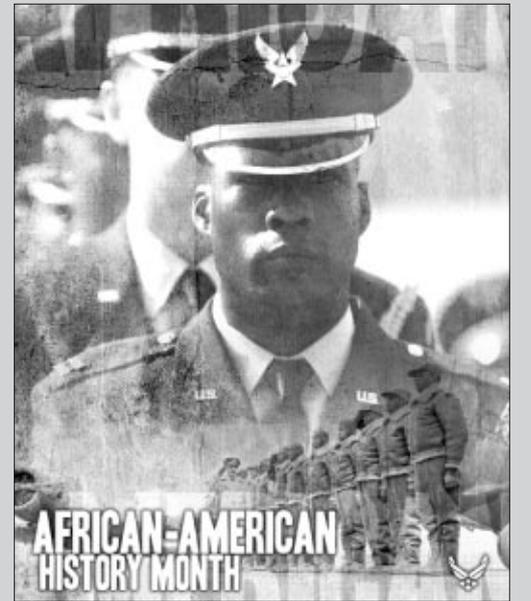
In his article, *First to Fight*, author John

Raymond Gourdin wrote, "Prior to the establishment of the Bureau, colored regiments were organized and supported by state governments in free states and in areas in Confederate states occupied and controlled by Federal troops. However, after the establishment of the Bureau, those regiments that were previously raised by state governments and carried state designations were redesignated as regiments of United States Colored Troops and assigned a USCT number."

Although no longer considered colored, many Americans of African descent continue to agree with the fundamentals and principles established by General Order 143. Accepting the opportunity to serve, defending the borders we dwell within and upholding the integrity of law permeate through those who continue the tradition of military service today.

COC reads to youth

The Cannon Cultural Observance Committee will be reading books from African-American authors to children at 5:30 p.m. Wednesday and Feb. 14 at the Youth Center. Volunteers are needed to read and possibly assist children with making crafts. To volunteer, call Staff Sgt. Tonya Wyatt, Military Equal Opportunity, at 784-2471.



COURTESY GRAPHIC

TRICARE tips for saving money on health care expenses

By Richard Gray
TriWest Healthcare Alliance

Military families can reduce health care costs by taking advantage of money-saving features offered by TRICARE and TriWest Healthcare Alliance.

There are four key ways to save — (1) using generic drugs, (2) having medications delivered by mail, (3) keeping doctor appointments and (4) signing up for automatic payments.

Choose Generic Drugs

With generic drugs, families can save as much as 40 to 60 percent on prescriptions without skimping on the quality of medications.

The U. S. Food and Drug Administration (FDA) requires that generic drugs have the same chemical composition and potency and affect the body in the same way as their brand-name counterparts and reports that about 42 percent of brand name drugs currently have generic equivalents.

Fill Prescriptions by Mail

Fill generic drug prescriptions using the TRICARE Mail Order Pharmacy and save even more — as much as 66 percent off medicines sold at retail pharmacies.

For each prescription filled at a retail pharmacy, the co-pay for a month's supply is \$3 for generic, \$9 for brand name drugs and \$22 for non-formulary medications. Mail-order customers pay the same amount but receive a 90-day supply — three times the amount they get when paying month-by-month at retail pharmacies.

Prescriptions are shipped in plain, weather-resistant pouches and received within 10 to 14 days after an order is placed, with no shipping and handling costs. Expedited shipping is available for an additional charge.

To enroll in this program, patients should begin by telling their provider they want to use TRICARE's

mail-order service and ask that he or she write two prescriptions — one for the first month to fill immediately at a retail pharmacy and the other for a 90-day supply for the mail-order pharmacy.

A registration form is available by calling (866) 363-8667, or visiting the Express Scripts Web site, www.express-scripts.com/TRICARE. Mail the form with the prescription to the address provided on the form. Providers may fax the prescription, but faxes from other locations cannot be accepted.

Avoid Missed Appointment Fees

One way to waste money is to miss a doctor's appointment or cancel a visit at the last minute, which causes problems for providers. Many TRICARE providers charge patients fees for missed appointments.

TRICARE regulations don't prevent providers from establishing their own policies regarding missed appointment fees. However, the provider must notify patients of this policy in advance and have the patient sign a formal agreement.

Most providers require that patients call to cancel or reschedule an appointment within a specific time, usually within 24 or 48 hours prior to the original appointment.

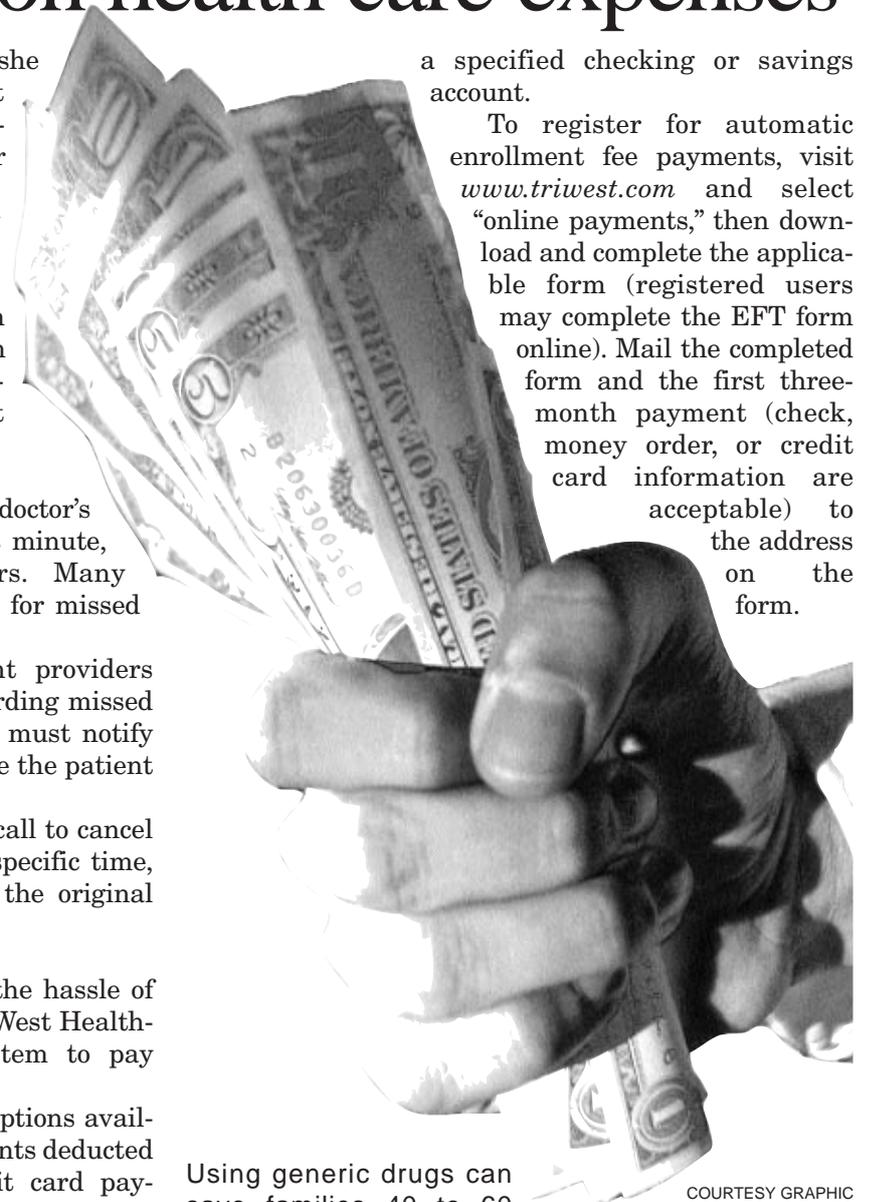
Use Automatic Payment Options

Military retirees can save time and the hassle of stamps and post office visits by using TriWest Healthcare Alliance's automatic payment system to pay TRICARE Prime enrollment fees.

There are three automatic payment options available on www.triwest.com: monthly allotments deducted from retirement checks; recurring credit card payments automatically charged to a Visa® or MasterCard®; and electronic funds transfers, deductions from

a specified checking or savings account.

To register for automatic enrollment fee payments, visit www.triwest.com and select "online payments," then download and complete the applicable form (registered users may complete the EFT form online). Mail the completed form and the first three-month payment (check, money order, or credit card information are acceptable) to the address on the form.



Using generic drugs can save families 40 to 60 percent on their medical prescriptions.

COURTESY GRAPHIC



SUPER BOWL

Sunday

THE

END ZONE

Sports Lounge • Food • Entertainment

Pregame at 2:30 pm.

Kickoff at 4 pm.

Drink
Specials

Food
Specials

Contests

Prizes

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





COMMUNITY EVENTS



PHOTO BY GREG ALLEN

Pet of the Week

"Gizmo" is a tan and brown male Chihuahua available for adoption. He has a medium smooth coat. For more information, call the Airman and Family Readiness Center at 784-4228.

■ Continued from page 1

Toastmasters

The Cannon Toastmaster group will meet at 11:15 a.m. Tuesday in the Dadallion Room at The Landing. Anyone with base access is invited to attend.

No experience in speaking is needed. The group is designed to build confidence and polish public speaking skills in a relaxed environment.

Enlisted Spouses Club

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

Reintegration briefings

Servicemembers must attend reintegration 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. Spouses are encouraged to attend.

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

Dad's class

Dad's of all experiences are invited to come learn new tips on parenting practices from 8:30 a.m. to 3:30 p.m. Feb. 9 at the Airman and Family Readiness Center. Class size is limited to 12 dads. For more information, call 784-4228.

Annual Awards Banquet

The 27th Fighter Wing Annual Awards Banquet is Feb. 10 at The Landing. Tickets are \$17 and may be purchased from group point-of-contacts (POCs).

Parenting workshop

A six-week parenting workshop is from at 6:15 to 7:30 p.m. at the base chapel Feb. 14. The class is video-based instruction from Dr. Kevin Leman, titled "Making Children Mind without Losing Yours."

Childcare is available. For more information, call 784-2507 or 784-2381.



SERVICES

**COMPLETE THE PASS
ON SUPER BOWL SUNDAY**

**GIVE YOUR KEYS TO A
SOBER DESIGNATED DRIVER.**

**Friends
Don't Let
Friends
Drive Drunk.**

COURTESY GRAPHIC



What's happening?



Today

Balloon Time Store – Valentine's Day pre-orders available
 Seafood Buffet – 11 a.m. at The Landing
 Conversational Language Skills Japanese – 11 a.m. at the Cannon Library
 Chillin' with Mom and/or Dad – 5 p.m. at the Clovis Community Center
 DJ – 7 p.m. at the End Zone

Saturday

Family Fun Night – 6 p.m. at Cannon Lanes
 Project CHEER Concert Run – show at 5 p.m.

Sunday

Buffet Breakfast – 10 a.m. at the End Zone
 Super Bowl Party – pregame starts at 2:30 p.m. at the End Zone
 Dart League – 6:30 p.m. at the End Zone

Monday

Homestyle Buffet – 11 a.m. at The Landing
 Conversational Language Skills Arabic – 11 a.m. at the Cannon Library
 Quilting Meet – 5 p.m. at the Portales Community Center

Tuesday

Conversational Language Skills Spanish – 11 a.m. at the Cannon Library
 3 Games and Burger Basket – Lunch at Cannon Lanes
 Pool Tournament – 4 to 6 p.m. at the Portales Community Center
 Daddy and Me Craft Night – 6 p.m. at the Clovis Community Center

Wednesday

International Buffet – 11 a.m. at The Landing

Conversational Language Skills Chinese – 11 a.m. at the Cannon Library
 School Daze Special – 1:30 p.m. at Cannon Lanes
 Steak Night – 5 p.m. at The Landing
 Mom and Me Playgroup – 3:30 p.m. at the Portales Community Center, ages 3 and under
 Wild Wednesdays – 9 p.m. at Cannon Lanes

Thursday

Roast Beef – 11 a.m. at The Landing
 Conversational Language Skills French – 11 a.m. at the Cannon Library
 Country Fried Steak – 5 p.m. at The Landing
 Dabble in Scrabble – 5 p.m. at the Portales Community Center
 Mommy and Me Craft Night – 6 p.m. at the Clovis Community Center
 Chess Club Casual Play – 6 p.m. at the Central Community Center



NEWS FEATURE

Center for the Intrepid opens its doors

By Rich Lamance
Air Force Print News

SAN ANTONIO — An aircraft carrier that sparked the spirits of a nation following the devastating attack on Pearl Harbor during the dark, early days of World War II has become the namesake of the world's most technologically advanced rehabilitation center for amputees and burn victims unveiled during an emotion-packed ceremony here on Monday.

The Center for the Intrepid, a four-story, 65,000 square-foot facility adjacent to Brooke Army Medical Center, and two new Fisher Houses were officially opened during a two-hour dedication ceremony.

Senators Hillary Clinton and John McCain, along with the Chairman of the Joint Chiefs of Staff Gen. Peter Pace, Assistant Secretary of Defense the Honorable Gordon England, and Secretary of the Army Francis Harvey and Secretary of the Department of Veteran Affairs the Honorable R. James Nicholson, made remarks during the dedication.

More than 3,200 guests including senior military leaders, major contributors, many of the injured service members from Brooke Army Medical Center and several celebrities attended the dedication.

"We are here to dedicate, not a memorial, but a monument to the determination and courage of the steadfast men and women who serve selflessly," said Bill White, president of the Intrepid Fallen Heroes Fund and master of ceremonies for the dedication.

"It is a day of destiny, because it demonstrates forever the commitment of the American community to honor those who serve the twin pillars of freedom and democracy without regard to politics, personality or personal gain. This \$50 million 'state-of-the-world' physical rehabilitation center — all privately funded — is the largest single private contribution to our nation's wounded warriors in the history of our country."



A broken ring, cracked but still intact, marks the entrance to the new Center for the Intrepid.

The center will provide traumatic amputee patients, burn patients requiring advanced rehabilitation and those requiring limb salvage efforts with techniques and training to help them regain their ability to live and work productively.

The center's main departments include the military performance lab, occupational therapy, physical therapy, prosthetics, case management and behavioral medicine. Much of the technology found in the new center can't be found anywhere else in the world.

A Gait Lab is fitted with 24 cameras on an automated truss which use infrared light to analyze human motion. A computer assisted environment, called CAREN, is a 21-foot simulated dome with a 300-degree screen that immerses patients using sensors and high-speed infrared cameras and a moving platform that reacts to the patients' movements.

According to Army Maj. Stuart Campbell, officer-in-charge of the physical therapy department, the center has a huge advantage where prosthetic fitting is concerned. The third floor of the center provides patients with prosthetic fitting, physical therapy and a gym, within the same area.

"If this was a civilian facility, a patient would be fitted with a prosthetic device, go to physical therapy at another location, work out in a gym and return to the get the prosthesis adjusted. Here it's all done on one floor."

In the area of occupational therapy, the center focuses on restoring health and function following serious injury or illness. At the Center for the Intrepid, a fully furnished apartment has been created to give patients a real-world environment to practice everyday skills.

According to Capt. Florie Gonzales, an occupational therapist with the center, the apartment is equipped with a computer workstation with state-of-the-art voice recognition, a fully equipped kitchen and bath and a comfortable living room that completely takes them out of the hospital environment.

In addition to a daily living apartment, patients have a virtual driving simulator that helps them learn to adjust to driving without limbs in a virtual setting that parallels real driving experiences. Patients can also quantify their ability to qualify with weapons, using a Firearms Training Simulator that puts them on a "virtual range" using 9 mm and M-4 replicas.

Other "state-of-the-world" strengthening and physical therapy tools include a treadwall and a 21-foot climbing tower, a track, and a natatorium with a six-lane pool. A Flowrider is similar to a wave machine that helps promote balance, strength, motivation and confidence.

"What you see before you is a monument built by the contributions of 600,000 Americans — kids who gave pennies ... and mothers and fathers who just wanted to say thank you," said Mr. Arnold Fisher, Chairman of the Board for the Intrepid Museum Foundation. "When you go inside you will see the most modern, advanced and unique training and rehabilitation center devoted to the



PHOTOS BY DAREN REEHL

Justin LaFerrer, an occupational therapist, demonstrates the Flowrider, a machine that creates wave action to help injured patients with balance at the Center for the Intrepid in San Antonio. Four floors of state-of-art equipment make the \$50 million-dollar facility the only one of its kind in the world.

advancement of the science and art of prosthetic rehabilitation and care for burn victims. The Center for the Intrepid has no equal anywhere...because the men and women who fight for our freedom have no equal as well."

Chairman of the Joint Chiefs of Staff Gen. Peter M. Pace told the crowd of injured service members that their efforts were by no means in vain.

"There are those who speak about you who say, 'he lost an arm, he lost a leg, she lost her sight ... I object. You gave your arm, you gave your leg, you gave your sight, as gifts to your nation, that we might live in freedom. Thank you. And to your families. Families of the fallen and families of the wounded. You sacrificed in ways that those of us who have not walked in your shoes can only imagine.'"

Senator Hillary Clinton summed up the tie of Intrepid as a name for the center that applies to our wounded warriors today much as the USS Intrepid healed Americans more than 65 years ago.

"Intrepid is an example of how our country came together after a devastating attack on Pearl Harbor. The keel of the Intrepid was laid one week after Pearl Harbor. An attack that devastated our navy and shocked our country. And, the Intrepid was our first answer. To show the enemy that they have damaged our ships, but not our spirits. We are here again to celebrate once again that spirit. To thank our wounded warriors and their families for their devotion to duty ... honor ... country that their lives exemplify. We know that for many of our wounded warriors there will be a challenging road ahead. This center stands as that pledge: A solemn pledge of the healing and support our nation owes every one of you."

Unit Spotlights

Cannon Diamond Sharp Award winners



PHOTOS BY AIRMAN ERIK CARDENAS

Staff Sgt. Kevin Anderson
27th Fighter Wing Chapel

Sponsored by: Cannon 1st Sergeants Association



Senior Airman Phoebe Cansanay
27th Civil Engineer Squadron

Sponsored by: AAFES*



Airman 1st Class Derek Wood
27th Aircraft Maintenance Squadron

Sponsored by: Cannon Federal Credit Union*

*No federal endorsement of sponsors intended.

2006 ACC Safety Awards

Explosives Safety Outstanding Achievement Award

Master Sgt. Edward Story, Jr.,
27th Fighter Wing Safety

Colombian Trophy
27th Fighter Wing Safety

Flight Safety Plaques
27th Fighter Wing Safety

Missile Safety Plaques
27th Fighter Wing Safety

Explosives Safety Plaques
27th Fighter Wing Safety

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.

The Pursuit of Happyness

Today at 6 p.m.

Description: Chris Gardner is a bright and talented, but marginally employed salesman. Struggling to make ends meet, Gardner finds himself and his five-year-old son evicted from their San Francisco apartment with nowhere to go. When Gardner lands an internship at a prestigious stock brokerage firm, he and his son endure many hardships, including living in shelters, in pursuit of his dream of a better life for the two of them.

PG-13 – language
Running Time – 133 min.

We Are Marshall

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

Description: Players, coaches, fans and families have come together to cheer on Marshall University's "Thundering Herd" for decades. While traveling after a game in North Carolina, 75 members of Marshall's football team and coaching staff were killed in a plane crash. As those left behind struggle to cope with the devastating loss of their loved ones, the grieving families found hope and strength in the leadership of Jack Lengyel, a young coach who was determined to rebuild Marshall's football program.

PG – emotional thematic material, crash scenes and mild language
Running Time – 127 min.

Children of Men

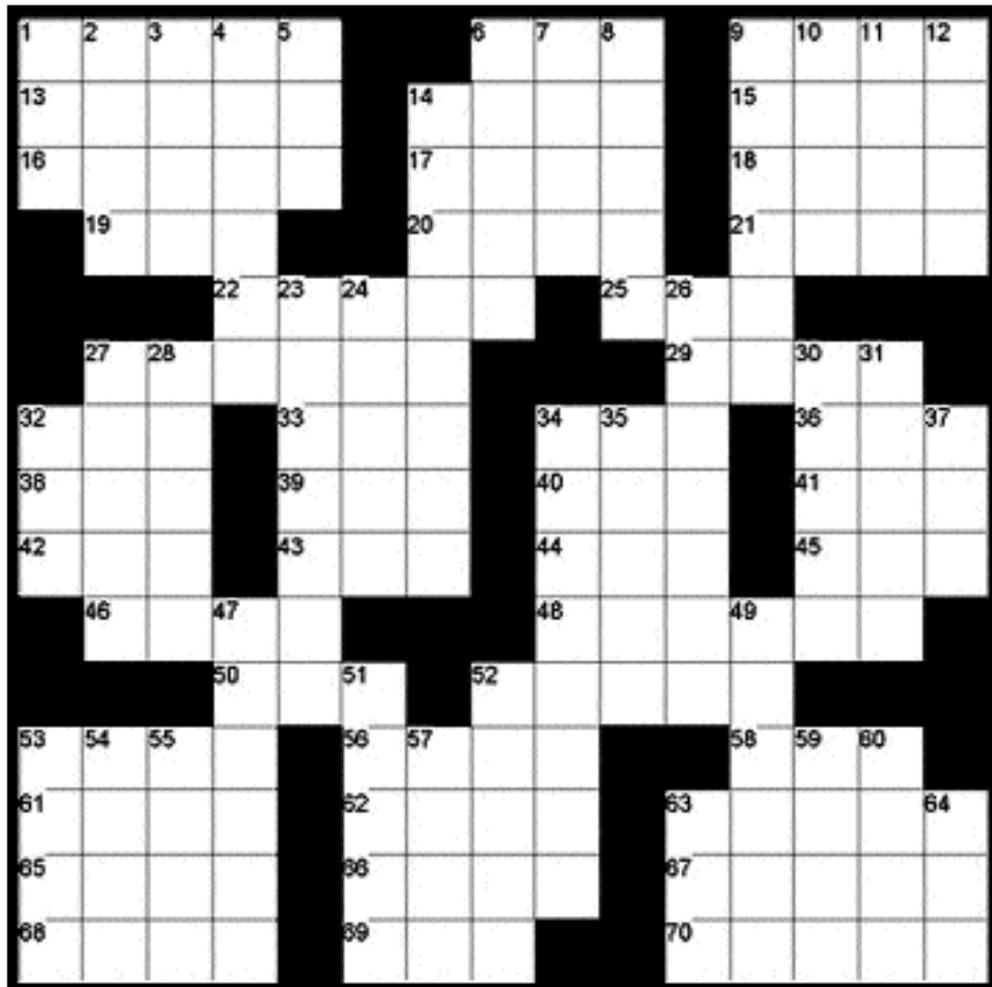
Saturday at 6 p.m.

Description: A futuristic society faces extinction when no children are born and the human race has lost the ability to reproduce. England has descended into chaos, until an iron-handed warden is brought in to institute martial law. The warden's ability to keep order is threatened when a woman finds that she is pregnant with what would be the first child born in 27 years.

R – strong violence, language, drug use and nudity
Running Time – 114 min.



THE LIGHTER SIDE



ANSWERS ON PAGE 20

African-American Pioneers

By Capt. Tony Wickman
71st Flying Training Wing

Across

- 1. Motif
- 6. CBS show on Navy lawyers
- 9. Each together
- 13. Benjamin O. ___ Jr.; legendary Tuskegee Airman CC
- 14. Couple
- 15. Away from the wind
- 16. Walking stick
- 17. Actress Thompson
- 18. Admiral type
- 19. Building extension
- 20. Exam
- 21. Alaska town
- 22. Roof part
- 25. Honest prez.?
- 27. Pantry
- 29. Lawyer test, in brief
- 32. Pot au ___; French soup
- 33. ER attendants
- 34. Dell part
- 36. Allow
- 38. A little bit
- 39. Want ad shorthand
- 40. USAF deployment set
- 41. Bother
- 42. Greek letter
- 43. ___ Diego
- 44. E-5 or E-6

- 45. Sis' sib
- 46. Tramp
- 48. The Lion, The Witch and the Wardrobe land
- 50. Director Lee
- 52. Atmospheric rocket
- 53. Sentence part
- 56. Precipitation
- 58. Charlotte's ___
- 61. Soothing lotion
- 62. Land mass
- 63. Map book
- 65. Verbal smear
- 66. Desire
- 67. Holy ___ Emperor; Julius Caesar title
- 68. Dines
- 69. Mil. phone system
- 70. Hill

Down

- 1. Football scores, briefly
- 2. Abhor
- 3. Wickedness
- 4. Dorie ___; African-American awarded Navy Cross
- 5. Time zone (GMT-0500), in brief
- 6. First African-American 4-star general in USAF
- 7. Points
- 8. Persona non ___
- 9. Thomas ___; only African-American to serve as CMSAF
- 10. Margarine

- 11. No "I" in it?
- 12. You are ___; map point
- 14. Frank ___, Jr.; 1st African-American USMC general
- 23. African-American artist ___ Scurlock
- 24. Vice ___
- 26. Guion S. ___; first African-American astronaut in space
- 27. Pet need
- 28. Part of a/v
- 30. Excuse
- 31. ___ firma
- 32. Computer program for file sharing, in brief
- 34. Bombarded with large mounted weapons
- 35. Pie type
- 37. Boxing result
- 47. African-American USAFA alum who won two gold medals in 84 Olympics
- 49. Gen. Lloyd ___; 1st African-American Thunderbird pilot
- 51. ___ Forks AFB, N.D.
- 52. Alarm
- 53. Urn
- 54. Singer Fitzgerald
- 55. Shellacking
- 57. Pilots with 5+ kills
- 59. Sesame St. character
- 60. Ancient Semitic deity
- 63. Noah's ship
- 64. NBC program, in brief



SPORTS AND HEALTH

Thunderbirds to kick off Super Bowl XLI

Courtesy of Air Force News

NELLIS AIR FORCE BASE, Nev. — The U.S. Air Force Air Demonstration Squadron, the Thunderbirds, is scheduled to perform a flyby of Dolphin Stadium during Super Bowl XLI Feb. 4 over Miami.

The team's red, white and blue F-16 Fighting Falcons will roar over in their signature six-ship Delta formation at the conclusion of the national anthem flying at approximately 500 feet and 450 mph.

"We are honored to participate in the Super Bowl, especially this year, as the United States Air Force commemorates our 60th Anniversary," said Lt. Col. Kevin Robbins, the Thunderbirds commander and leader.

The Super Bowl is the nation's highest-rated TV program annually. According to the NFL, more than 141 million viewers in the U.S. tuned into

last year's game. Super Bowl XLI will be broadcast to a potential worldwide audience of 1 billion in more than 230 countries and territories.

Flying over the Super Bowl is just one of many events the Thunderbirds will participate in during 2007 to commemorate the Air Force's six decades of air and space power."

The Thunderbirds are an Air Combat Command unit composed of eight pilots (including six demonstration pilots), four support officers, four civilians and approximately 120 enlisted Airmen performing in more than 25 career specialties.

"Our job is to represent the thousands of Airmen who serve their country on a daily basis, including more than 35,000 of those fighting on the front lines in the war on terrorism," Colonel Robbins said.



PHOTO BY ROBBIN CRESSWELL

The U. S. Air Force Demonstration Squadron, the Thunderbirds, will fly over Dolphin Stadium in their signature six-ship Delta formation at the conclusion of the national anthem to kick off Super Bowl XLI Feb. 4 over Miami. The Thunderbirds fly the F-16 Fighting Falcons and perform precision aerial maneuvers demonstrating the capabilities of Air Force high performance aircraft to people throughout the world.

NORAD fighters to patrol skies over Super Bowl XLI

Courtesy of Air Force News

TYNDALL AIR FORCE BASE, Fla. — The Continental U.S. NORAD Region is stepping up its air patrols in the Miami-Dade area to increase security during Super Bowl XLI activities.

Spectators will see the Air Force Demonstration Squadron, the Thunderbirds, fly over Dolphin Stadium during pregame events and other Air Force fighter jets in the local area during the game.

The patrols are a smart, efficient way to protect American lives and resources in the region, said Maj. Gen. Henry Morrow, the commander of both 1st Air Force and Continental U.S. North American Aerospace Defense Command Region.

"NORAD protects a variety of national assets across the nation on any given day," General Morrow said. "In this instance we are increasing our sorties in the Miami-Dade area as part of our continuing resolve to protect our homeland and citizens during these major events."

In preparation for Super Bowl XLI, NORAD fighters will make low approaches at several local airports Feb. 2, including Boca Raton, Pompano Beach Airpark, Fort Lauderdale Executive, Opa Locka and Kendall-Tamiami Executive.

Air patrols are carefully planned and closely controlled to ensure public safety while demonstrating NORAD's rapid response capability. NORAD has conducted air patrols throughout the U.S. and Canada since the start of Operation Noble Eagle — the command's response to the terrorist attacks of 9/11. The flights will have minimal impact on aircraft in the area and are not in response to any specific threat.

"We want citizens to know that we remain dedicated to protecting their freedoms as we project our determination to preserve peace and our way of life," General Morrow said.



PHOTO BY AIRMAN 1ST CLASS RANDI FLAUGH

Cannon Community Health Challenge

Col. Scott West, 27th Fighter Wing commander (left), presents the quarterly Community Health Challenge check for \$327.27 to Master Sgt. Michael Dols, 27th Component Maintenance Squadron, Tuesday as Maj. Michael Shetler, 27th CMS, holds the traveling trophy. The check and trophy is awarded quarterly to the unit that compiles the most points for incorporation of healthy lifestyles into practice. The funds are to be used for health increasing items, such as fitness equipment, weight scales or outdoor equipment to convert smoking areas into picnic areas.



SPORTS SHORTS

THE
END ZONE
Sports Lounge • Food • Entertainment

February Lunch Special
Shrimp Pobo with Cole Slaw
\$5 non-members \$4 members

COURTESY GRAPHIC

Cannon Lanes 784-2280

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

Bring the whole family for a night of bowling. Bumpers can be set up for small children.

Wednesday Specials — Students receive discounts from 1:30 to 4:30 p.m. Wednesdays. 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 — Freeze Tag
- Saturday — 8-Ball Tournament
- Tuesday — Shark Island
- Wednesday — Skating and Scooters
- Thursday — Kickball

Whispering Winds Golf Course 784-2800

2 Best of 3 Tournament — 9 a.m. shotgun start Feb. 10 with a \$15 entry fee. Three-person teams are assigned by the tourney committee. The two best balls of the three players are selected for scoring. Lunch and closest to pin contests are included.

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 retired military ID card receive \$2 off daily green fees and 50 percent off electric cart rentals.

Sun Country Handicap Membership

— Annual \$25 membership fees are 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 Sweetheart 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 Monday 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, sign up now.

End Zone 784-4283

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

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ANSWERS TO PUZZLE ON PAGE 18