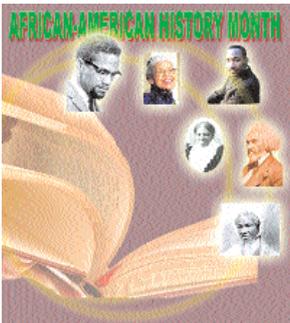


Community News

African-American History Month dinner



The 2007 African-American dinner is Feb. 27 at The Landing. Social hour begins at 6 p.m. and celebration begins at 7 p.m.

This year's guest speaker is Dr. Sistar Yancy. There will also be a musical tribute.

Dinner is \$14 for non-club members, \$12 for members and \$7 for children.

For more information, call Jacqueline Pinkett-Smith at 784-2562.

Commissary closes

The Commissary is closed Monday and Tuesday for Presidents Day. It will reopen Wednesday.

Winter clearance sale

A winter clearance sale is from 10 a.m. to 2 p.m. on Tuesday and Feb. 23 at the Thrift Shop in Bldg. 1405 behind the base clinic. For more information, call 784-7878.

Marriage workshop

A marriage workshop, from 9 a.m. to 4 p.m. Feb. 23 at La Quinta Inn in Clovis, will address communication issues, conflict resolution and marriage danger signs.

For more information or to register, call 784-2507 by Wednesday.

Hearts Apart Bowling

Families with a deployed or remote sponsor are invited to bowl from 6 to 8 p.m. Feb. 23 at Cannon Lanes. Bowling and shoe rentals are paid for by the Friends of Family Support.

Sign up by Thursday by calling 784-4228.

Reintegration briefings

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

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

For more information, call 784-4228.

Advocate training

The Sexual Assault Response and Prevention office is conducting Victim Advocate training from 8 a.m. to 4:30 p.m. on March 5-7 in Bldg. 300, room 115.

More Community News on page 9

MACH METER

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

Vol. 52, No. 6

Cannon Air Force Base, N.M.

Feb. 16, 2007



PHOTO BY AIRMAN ERIK CARDENAS

Three-star visits Team Cannon

Col. Scott West, commander, 27th Fighter Wing, greets Lt. Gen. Norman Seip, Air Forces Southern Command and 12th Air Force commander on Tuesday as General Seip arrives to visit Cannon and its Airmen.

AFSO 21 streamlines deployment process

Courtesy of 379th Expeditionary Logistics Readiness Squadron

SOUTHWEST ASIA – Deploying Airmen had an easier transition into the area of responsibility in January because the 379th Expeditionary Logistics Squadron Readiness Flight revamped the way the Aerial Port of Debarkation processes Airmen departing and arriving.

Air Force personnel arriving at the 379th Air Expeditionary Wing are now briefed on wing policies, the mobility process and flight information in the Air Force Transient Reception Control Center.

Also, transients now receive or return mobility bags, body armor and first aid kits at the Expeditionary Theater Distribution Center. Before leaving the secure area, Airmen turn in any weapons at the transient armory.

“Reorganization started by moving the distribution center return tent next to the reception control center, eliminating the need to carry two or more mobility bags and excess gear through customs,” said Capt. David Hansell, 379 Air Expeditionary

Wing installation deployment officer.

Additionally, as a result of an Air Force Smart Operations 21 discussion, the issue tent process was enhanced by initiating the use of numbered metal seals.

“These numbers are kept in our database and upon an individual's return the seal is checked for integrity. If the seal is not broken then an inventory is not required. This improvement alone saves over 570 man hours per AEF cycle,” said Captain Hansell.

Relocating the transient armory to the south side of the reception control center removed a bottleneck outside customs allowing personnel to easily move throughout the reception area.

While remaining in the same location, the Air Force Transient Reception Control Center adopted new workstations, which were discarded from another unit and saved the center \$40,000.

“The result of this reorganization will be appreciated by the 13,000 personnel processing through here each rotation,” Captain Hansell said. “However, the many contributors from

the 379th Expeditionary Civil Engineer and Communications Squadrons should be recognized for helping to ease the transition for fellow Airmen deploying up-range.”

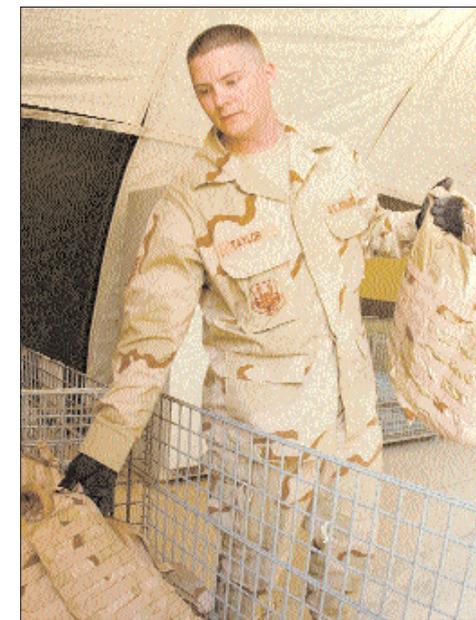


PHOTO BY AIRMAN 1ST CLASS GUSAVO GONZALEZ

Staff Sgt. Travis Taylor, Expeditionary 379th Logistics Readiness Squadron, stacks body armor Feb. 5. New procedures speed the return of Airmen through customs as they redeploy home.



NEWS

Chief addresses Congress on quality of life issues

Courtesy Air Force News Service

SAN ANTONIO – Chief Master Sgt. of the Air Force Rodney J. McKinley spoke to the House Appropriations Committee's quality of life and veterans' affairs subcommittee Feb. 9 in Washington, D.C.

Chief McKinley spoke about training and quality of life initiatives in the Air Force.

"America's Airmen know what it means to be at war. Our Airmen have been continuously and globally engaged in combat and contingency operations for nearly 17 years," he said. "Therefore, we're striving to do more to develop and care for our Airmen. Knowledge and innovation are inherent to our Air Force heritage and service culture, so we're particularly focused on training and education."

Chief McKinley specifically addressed the impact of war on Air Force families.

"We also strongly advocate education and employment initiatives specifically targeted to mit-

igate some of the economic disadvantages our military families currently face," Chief McKinley said. "We are eager to work with Congress and the states to find solutions. Our Airmen and our fellow servicemembers should never have to choose between caring for their families and serving their country."

The Air Force's top enlisted Airman also told the subcommittee the Air Force is looking toward the future.

"To successfully meet the future challenges, maintain our advantages and maximize results, we must ensure they have the best equipment, facilities and resources available," Chief McKinley said. "With your continued support, I'm confident in our success in maintaining our nation's global vigilance, global reach and global power advantages – America's edge."

To read more about Chief McKinley's Congressional address, visit the Web library on Air Force Link and click on "Speeches."



PHOTO BY CHIEF MASTER SGT. DARLA EVANS

Chief Master Sgt. of the Air Force Rodney J. McKinley, far right, testifies with other Armed Forces senior enlisted leaders before the House Appropriations Committee, Military Quality of Life and Veterans' Affairs Subcommittee Feb. 9 in Washington, D.C.

AFCEE, AAFES join forces to construct new facilities

By Marti Ribeiro

Air Force Center for Environmental Excellence

BROOKS CITY-BASE, Texas – The Air Force Center for Environmental Excellence and the Army and Air Force Exchange Service are joining forces to design and build new facilities across the Air Force. AAFES, maintains more than 12,000 main exchanges, military clothing stores, movie theaters and other facilities worldwide – wherever American forces are stationed.

Previously, AAFES would seek potential design and construction companies through the internal contracting process. Now it taps into AFCEE's large library of contractors to obtain the best contracting bid for proposed facilities.

"We use our experience with a multitude of contractors and act like a search engine for AAFES, finding the best fit for a project," said Capt. Eric Dawson, the AFCEE lead project manager.

The first AFCEE-AAFES joint project was a new \$3.83

million shoppette and gas station that broke ground in November 2005 at Vandenberg Air Force Base, Calif.

AFCEE specializes in environmental cleanup, housing and construction worldwide, including such places as Iraq and Afghanistan. The center, however, had not previously been involved with building retail facilities.

"We work with AAFES to get the contract awarded quickly and cheaply to meet unique specifications," said Kent Rohlof, also an AFCEE project manager.

Challenges include the consideration of return on investment.

Normally AFCEE constructs facilities based on need and monetary resources available. With AAFES, it has to find the "sweet spot" for the correct amount of square footage to get the best return on investment for the property.

According to Captain Dawson, the 24-pump gas station built on Vandenberg AFB and opened in January features the most state-of-the-art fuel monitoring system for AAFES.

New guidelines for ID card now in effect for everyone

At least one document must have a photo

By Janet Taylor-Birkey

27th Fighter Wing Public Affairs

Effective immediately, all personnel being issued common access cards and other identification cards, including for dependents, retirees and Reservists, must present two forms of identification.

At least one of the two IDs must have a photograph, according to new guidelines from the Department of Defense Manpower Data Center. The computer software is sequence-based and requires that the two forms of ID to be scanned before it will process to the next sequence to issue a new card.

"We have not had a big issue since we just started this new process last week," said Carmen Cook, Alutiiq Site Manager at Cannon. "Some individuals had to go to their car to retrieve another form of ID—maybe five folks at the most."

Cannon issued 457 ID cards in Dec. and 512 in Jan., which include active duty military members and dependents, as well as, federal employees and contractors, Ms. Cook said.

Acceptable forms of ID are:

Group A (picture ID)

- Military dependent ID
- Valid documentation from Immigration and Naturalization Service office with photo
- Driver's license or ID card issued by federal, state or local government agencies or entities with photo
- U.S. Passport
- U.S. Coast Guard, Merchant Mariner card
- School ID with photo

Group B (non-picture)

- Certificate of citizenship or naturalization
- Foreign passport
- Voter registration card
- Social Security card
- Certification of birth Abroad
- Unexpired refugee travel document
- Original or certified copy of a birth certificate
- Native American tribal document



NEWS

Scholarship deadlines rapidly approaching

Compiled by Janet Taylor-Birkey

With scholarship deadlines for the 2007-2008 school year looming, spouses and children are often eligible for college scholarships based on government dependency status.

Applicants should read qualifications carefully and be sure to contact the sponsor if they have questions. If mailing the scholarship application, be sure to allow plenty of time for it to be received and make sure it is postmarked by the deadline date.

The following scholarship deadlines are approaching:

CAFB Enlisted Spouse Club 2007 Scholastic Award – Eligible students under 21 years old who are the dependent child of one of the following as of March 6:

- Active duty military personnel stationed at Cannon Air Force Base;
- Active duty Air Force personnel residing in the Clovis/Portales area or serving a remote tour; and
- Retired Air Force personnel residing in the Clovis/Portales area.

The deadline for applications is March 6.

For more information and complete eligibility requirements, call M.J. Anderson at 784-1332 or Manuela Kenny at 356-3074.

2007 Scholarships for Military Children Program – This program is sponsored by DeCA

and Fisher House.

Eligible students who are unmarried children under the age of 23 of active duty, Reserve/Guard and retired military personnel may apply.

The deadline is Wednesday.

For more information, see www.militaryscholar.org.

2007-2008 Air Force Aid Society General Henry H. Arnold Education Program – This program provides \$2,000 in grants to selected sons and daughters of active duty, Reserve and Guard members and dependents and surviving spouses of deceased Air Force members for their undergraduate studies. The deadline is March 9. Complete eligibility requirements and application form at www.afas.org/Education/body_grant.cfm.

MOAA Base/Post Scholarship – The Military Officer Association will award 25 grants of \$1,000 each for the 2007-2008 school year. Applicants must be the dependent child of an active duty member or a drilling Reserve/National member, officer or enlisted, of the Army, Navy, Marine Corps, Air Force, Coast Guard, United States Public Health Services or the National Oceanic and Atmosphere Administration.

An applicant must be a high school senior or college student working on his or her first undergraduate degree, and under the age of 24. Deadline: March 1.

For more information see www.moaa.org.

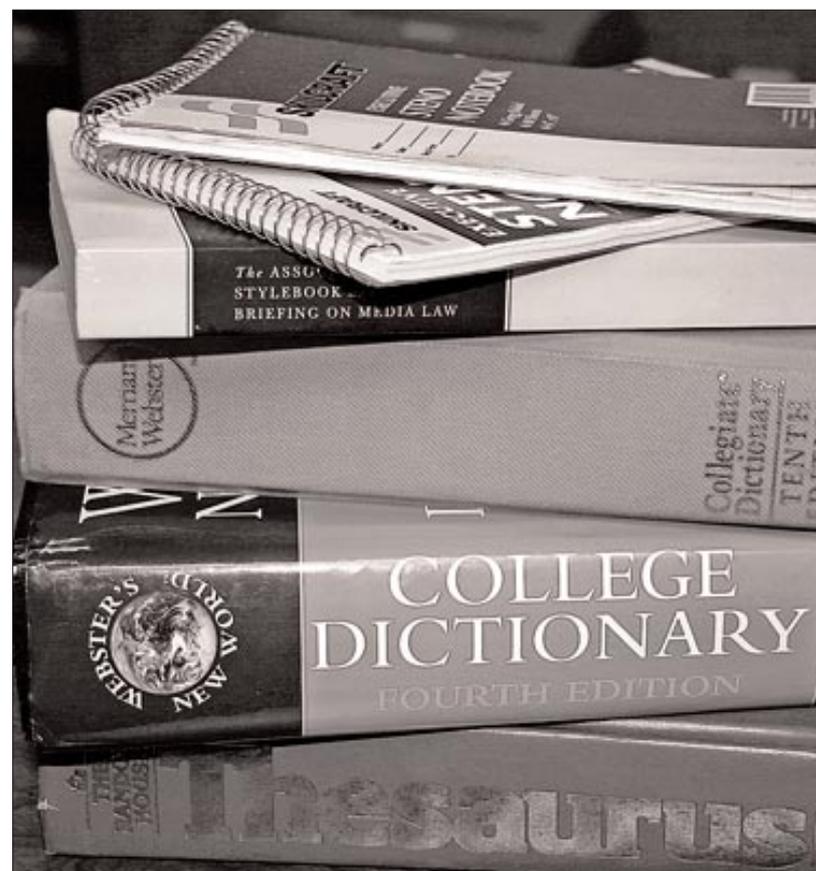


PHOTO ILLUSTRATION BY JANET TAYLOR-BIRKEY

Deadlines are approaching for college scholarship applications. Visit www.afas.org/Education/body_grant.cfm, www.militaryscholar.org or www.moaa.org for more information.

Beat goes on if the heart is treated right

Courtesy of the Cannon Health and Wellness Center

According to the American Heart Association, heart disease is the leading killer of Americans today; with heart attack is its most visible sign. High blood pressure is a leading contributor to heart attacks and strokes.

February is Heart Health Month and is time to consider ways to reduce the risk of developing heart related conditions. High risk activities include smoking, high cholesterol, poor weight management, physical inactivity, as well as poor eating habits.

One food type that helps lower the risk of high blood pressure and heart disease is fiber. It reduces cholesterol levels and even prevents constipation and other intestinal problems. Fiber is one of the best ways of avoiding and reversing cardiovascular disease. Eating 20 grams or more of fiber daily reduces cholesterol significantly. With more fiber, exercise and less fat in the diet, people are on their way to a healthy heart.

Found only in plants, fiber is the part of the plant that cannot be digested by the body. There are several different types of fiber, but they are commonly separated into two major classes; soluble and insoluble, both of which should be eaten daily.

Soluble fiber is believed to aid the performance of several body functions. Studies have found that when

combined with a low fat diet, consuming soluble fiber may help lower cholesterol, and therefore, prevent heart disease. In addition, it may play a role in regulating blood sugar levels, which is important for diabetics.

Insoluble fiber also has health benefits. Acting as bulk in the intestines, insoluble fiber helps keep the digestive system running smoothly, aiding or preventing constipation and other intestinal problems.

Studies also indicate that diets rich in insoluble fiber may lower the risk of some types of cancer. For individuals watching their waistline, high fiber foods are helpful for weight control because it is more filling, requires more chewing time, so people eat less. Most high fiber



Courtesy graphic

Personnel interested in attending classes to promote a healthy heart can call 784-1004.

foods are high in vitamins and minerals and low in fat which can cut calories.

Some good sources of soluble fiber include legumes such pinto beans, kidney beans, black-eyed peas, various grains like rice, oats, barley and corn and some fruits and vegetables such as apples, oranges, carrots, and potatoes. Good sources of insoluble fiber include wheat bran, whole grains and fruits or vegetables such as strawberries, pears, bananas, green beans, broccoli and peppers. These foods may contain both soluble and insoluble fiber.

The average American consumes 10 to 12 grams of fiber daily. The goal for fiber intake is 20 to 35 grams per day.

Children also need fiber. For children ages 3 to 18, use the child's age plus five to determine the grams of fiber needed daily. This can be achieved by including at least five servings of fruits and vegetables and four to seven servings of whole grain breads, cereals, rice and pasta. Check labels for the fiber content.

In recognition of Heart Health Month people should try to increase their fiber. Add one high fiber food, adjust to it, then add another and always remember to drink more fluids, at least eight cups every day, to keep the fiber moving through the digestive tract.

To sign up for a healthy heart class call, Tech. Sgt. Alonzo Cromwell at 784-1004.



COMMENTARY

Exercise your body and it will thank you for it

By **Melissa Bruggeman**
27th Fighter Wing Fitness Specialist

You have a busy schedule. Between work, kids and your social life, you convince yourself that you don't have time to work out. Your body isn't in that bad of shape, you silently tell yourself. Besides, you're too tired or depressed. You think you get enough exercise in your normal day to day activities, right? Wrong! You need to set aside a specific time every day to exercise.

People often tell us we should exercise, but not everyone can tell us why we should

exercise. Most people work out for three main reasons: better physical appearance, overall health, and to improve mental health.

Everyone wants a better body but many people don't want to put in the effort. The ways to build a great physical foundation are to eat healthier and exercise daily. This not only contributes to losing weight, but helps gain muscle, which often makes people appear more attractive.

It is also important to incorporate cardiovascular exercise and weight training into your routine. These are great ways to achieve your fitness goals.

The key to a better body is to set realistic goals of what you want to accomplish for your body. When you dedicate yourself to accomplishing these goals, and put in plenty of hard work, it will pay off.

You may have heard the adage that "your body is your temple." Exercise makes your temple strong, not only on the outside, but on the inside as well. If your body is weak, it will never survive.

There are many health benefits of exercise. Strengthening cardiovascular and respiratory systems reduce the risk of premature

death. Lowering cholesterol, maintaining strong muscles, bones, and joints, reduces the risk of diabetes and some cancers. You will have more energy and strength in your everyday activities. Exercise helps you sleep better and promote a longer and healthier life.

Many people ask how mental health can be improved by physical activity. When you exercise, your body releases endorphins, which are the hormones in your brain that reduce the sensation of pain and affect emotion. They also help ease anxiety and depression. Exercise improves blood

flow and oxygen to the muscles which contribute to a sense of well being.

By feeling fitter and healthier, exercise allows you to gain a more positive body image, as well as boosting self-esteem and confidence.

There are always excuses of why you can't exercise. You don't always have to do it at the fitness center; you can do it at home or outside.

No matter what your reason is to work out, make sure that you do it everyday you can. Your body will thank you.

Like football, everyone in the military has a key role

By **Lt. Col. Robert Schutt**
5th Communications Squadron commander

MINOT AIR FORCE BASE, N.D. – As I watched this year's Super Bowl, I was reminded repeatedly how teams or organizations need quality leadership to be successful and achieve their goals.

I listened as the announcers focused on Indianapolis Colts coach Tony Dungy and how his calm, quiet leadership brought the team together. At other times, the focus was on quarterback Peyton Manning and his leadership of the offense while they marched down the field time and again to dominate the Chicago Bears.

As important as these two Colts leaders were to the team winning the championship, it became clear how everyone must be ready to step up and perform if the organization is to succeed.

In the first quarter alone, the Colts lost two of their starting players: a starting offensive lineman and a starting defensive back. A rookie offensive lineman stepped in to protect the Colts quarterback and opened

huge holes for the running backs. On defense, a seldom-played defensive back came into the game, intercepted a pass and ran it back for a touchdown – sealing the victory for the Colts.

In these days of cuts and longer deployments, military members around the world are challenged every day to get the mission done. While good leaders are critical at every level in the military, it is those junior officers, Airmen and NCOs in offices, backshops, on the flightline, somewhere in the Middle East that we all rely on daily to ensure the mission gets done.

Like football, all of us in the military have a key role to play and are equally important to the team. We can't be complacent and rely on others and sit quietly on the bench not wanting to step up and play. We need to be ready each and every day, learning our jobs, understanding our role in getting the mission done and being ready to step in and lead at a moment's notice when one of our fellow Airmen go down for whatever reason.

Like any professional team, wearing the uniform requires us to always be prepared mentally, physically,

emotionally and spiritually. We can't just watch from the sidelines as the rest of the team plays and never expect to get called into the game. We can't be the player who never shows up for practice or never reads the playbook. We all need to train and study every day to ensure we can step on the field when called upon and no one will ever notice a difference in the performance of the team.

In sports, not being physically fit or not knowing plays will, at the worst, result in your team losing the game. As part of the Air Force team, not being prepared can result in you or your teammate not being around for the next game. So, take your training seriously and be ready when called upon. If you are not already physically fit, you need to strive to get there – not only for your health and well-being, but also for the other members of your team. Put the effort into studying your CDCs. Learn your job tasks and be willing to step up and help your co-workers be ready to get into the game also.

You never know when you will be called upon to get on the field and make the winning play. In the military, that could save someone's life.

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

Falcon Condor exercise teams U.S., Peruvian air forces for joint training

By Tech. Sgt. Kerry Jackson
12th Air Force Public Affairs

CHICLAYO, Peru – Approximately 150 Airmen are participating in a joint military exercise with the Peruvian air force scheduled to continue through Feb. 16.

Exercise Falcon Condor 07 allows the U.S. military to build relationships with military and civilian leaders of Peru.

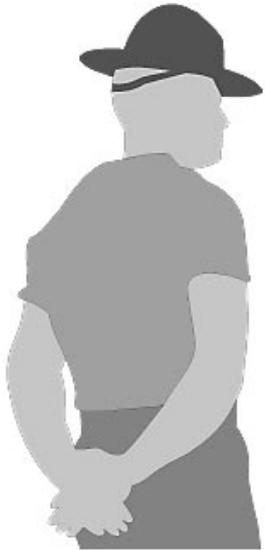
“This exercise gives us the opportunity to deploy to a South American base, visit with some of our friends and to advance some of the security interests of the United States,” said Col. Todd Harmer, the co-director of Falcon Condor. “It demonstrates our commitment to our friends and allies in the Western Hemisphere and shows how important the region is to us while working on a one-on-one level with the air force and government of Peru.”

U.S. Air Force aircraft participating in the exercise are the C-130 Hercules, E-3 Sentry, F-16 Fighting Falcon, and the B-1 Lancer.

“I think so far things are going great,” said Peruvian Lt. Col. Roberto Shaefer, the officer in charge of the exercise. “I hope that the remaining few days of the joint operation will continue to be a positive challenge.”

Following the four-day exercise, the team will travel to Lima, Peru, to participate in a joint air show. A number of American aircraft will serve as static displays.

The Peruvian air show will be the first of the year for 12th Air Force and Air Forces Southern. The joint exercise and air show directly supports U.S. Southern Command’s engagement goals and furthers relations between allied nations.



Sgt. Afi’s 36-2903 Tip of the Week

In accordance with Air Force Instruction 36-2903, table 1.3 – While on another service’s installation, comply with orders of dress for that service. Temporary duty personnel will comply with local policies established at the temporary duty location.



Energy-Saving Tip of the Week

Save energy and lower your costs

Use a timer and oven light to limit opening oven doors while cooking. Each time the door is opened, heat is lost.

Keep refrigerator doors closed as much as possible to keep the cold air in. Arranging refrigerator shelving so the most commonly used items are easiest to grab saves energy, time and money.



NEWS FEATURES

ABU wear policy effective now

Courtesy of the Air Force News Service

WASHINGTON – Air Force officials at the Pentagon released the wear policy for the new Airman Battle Uniform Feb. 7.

The policy comes in time to help many of the Airmen deploying to the AOR in May, as these Airmen will be among the first to get the ABU.

Further ABU distribution plans will be based on production capability.

The new policy addresses uniform care, uniform wear, uniform accessories, and use of tactical items that don't match the ABU's color pattern.

From the beginning of the utility uniform redesign process, Air Force leaders have said they hoped to make it easier for Airmen to take care of their uniforms. The uniform care instructions in the new policy reflect the emphasis on ease of care. Generally, the policy indicates that the uniform should be wash and wear.

"Wash in warm water ... tumble dry, permanent press cycle, remove immediately from dryer and fold flat or place on rustproof hanger," the instruction recommends. It also says the uniform could be air dried on a hanger.

According to the new policy, the ABU is not to be

starched or "hot pressed" in a commercial laundry.

According to the new policy, Airmen will wear "sand colored" T-shirts under their ABU coat. The T-shirts may be v-neck, crew neck or "athletic style." Additionally, Airmen may wear self-purchased T-shirts made of material other than what is issued. Specifically, "moisture wicking fabrics" and "cotton/poly blends" are authorized as long as they are sand colored and the manufacturer's logo is not visible.

The Air Force has chosen to use the Army universal camouflage pattern for tactical items. The policy authorizes AOR wear or use of tactical items and field items only in the Army universal camouflage pattern or the desert camouflage uniform pattern. Tactical items include such things as body armor, modular lightweight load-carrying equipment, canteen covers or helmet covers.

Tan combat boots are authorized with the ABU until the "foliage green" boots become available. The phase out date for the tan boot and the mandatory wear date for the green boot have not yet been set.

The mandatory wear date for the ABU – the date when all Airmen should be wearing the uniform – is Oct. 1, 2011.



AIR FORCE PHOTO BY MARGO WHITE

Chief Master Sgt. of the Air Force Rodney McKinley answers questions during an enlisted call at Tinker Air Force Base, Okla. Chief McKinley is wearing the Airman Battle Uniform and Air Force officials released the wear policy for the uniform Feb. 7

How much do you know?

Test your African-American history knowledge

Courtesy of the 27th FW Cultural Observance Committee

Test your knowledge of African-American history. E-mail your answers to the 27th Fighter Wing Cultural Observance Committee at jacqueline.pinkett-smith.ctr@cannon.af.mil.

Look for more trivia and enter to win a prize at the end of February in celebration of National African American Heritage month.

1. Who was the first African American woman to run for President of the United States?
2. What African American was the first to star in a successful TV variety show?
3. Who was the first African American astronaut?
4. Who was the first African American to die in the Revolutionary War?
5. What American built the first wooden clock in America in 1763?
6. Who was the first African American to be appointed Chairman of the Joint Chiefs of Staff?
7. What was the first African American company listed on the American Stock Exchange?
8. What American spearheaded the world's first blood bank program?
9. Who was the first athlete to receive Sports Illustrated Sportsman of the Year award upon retirement?
10. Who was the first African American to win the prestigious Nobel Peace Prize?
11. Who performed the world's first open heart surgery?

Military blood program Web site has new look

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON – The Armed Services Blood Program Web site has been redesigned, offering updated content as well as a new look, officials said.

The new Web site, www.militaryblood.dod.mil, features information on how to join a "Life Force" team of donors, volunteers and supporters with topics including blood facts, donor eligibility criteria, and donor center locations.

Other information offered involves the ASBP "Specialist in Blood Banking" program, its curriculum and how to apply.

Convenient links direct users to online blood donation appointment scheduling via the "Click to Save Lives" drop button on the ASBP home page. Other information links access blood donor eligibility criteria and donation locations.

The new Web site "is very much improved. I think it was very professionally done. I was very impressed," said Margaret Tippy, the U.S. Army Medical Command's media relations officer.

Located at Fort Sam Houston, Texas, U.S. MEDCOM is the executive agent for the military's blood donation program.

It's a little-known fact that about 20 percent of servicemembers donate blood, compared to less than 5 percent of the civilian populace, said Navy Cmdr. Michael Libby, the director of the U.S. military's blood program in a Pentagon Channel interview in December.

Commander Libby said the program collected twice as much blood in 2006 than it did in 2001. That's possible, he said, because of the great generosity of the program's donors.

The ASBP collects blood only from servicemembers, government civilians, retirees and their family members. The U.S. military needs blood every day for critically injured troops, cancer patients, premature infants and other uses, Commander Libby said.

The program manages 18 stateside blood donor centers and four overseas centers. Donors normally give about a pint of blood at a sitting.

Most people who are eligible to donate provide blood to the program, Commander Libby said. Only a small percentage may be restricted from doing so because of travel to certain countries or for taking certain medications. Blood is always needed, Commander Libby said, noting blood products normally must be replenished about 42 days after being collected.

Frozen blood can be stored for years.



*Volunteering puts the
pieces of life together*



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



PHOTO BY GREG ALLEN

Pet of the Week

This brown female puppy is a husky mix and is available for adoption. For more information, call the Airman and Family Readiness Center at 784-4228.

COMMUNITY NEWS

■ Continued from page 1

The Sexual Assault Response and Prevention office is seeking volunteers to assist sexual assault victims. Advocates provide support and inform victims about available services.

For more information, call 784-1069/7272.

OSI recruit briefing

The Air Force Office of Special Investigations will hold a recruitment briefing at 10:30 a.m. on March 9 in Bldg. 575.

Applicants must be at least 21, in the pay grades E-4 to E-7 and at least one year time on station. Total active military service cannot exceed six years for E-4s or 12 years for E-7s.

For more information on OSI special agent duty before the briefing, go to <http://public.afosi.amc.af.mil>.

Education center offers licensing, certification

The Cannon Education Center offers a wide variety of certification and licensing opportunities. A complete list and instructions on how to schedule exams can be found at <http://pearsonvue.com>.

The cost of the certification exam is covered through the Veterans Administration for those with school benefits.

For more information call 784-4184.

Darts, dominoes and more

The 27th Fighter Wing Middle Tier is sponsoring a Game Night starting at 5 p.m. on March 2 at the End Zone.

Games will include spades, darts, dominoes and billiards.

The cost is \$5 per individual and \$8 per spades team. Food is included.

There will be plenty of door prizes to include a shopping weekend in Lubbock with a one-night stay at a hotel.

For more information, call 784-4024.



**Game Night
March 2 at the End Zone**



MPOY Golf Tournament



Free truck for
hole-in-one on the
15th hole

Win \$1,500 in prizes

Feb. 23
9:00 a.m.
show time

Prizes for top
teams
Drawings for all
players

Sign up at the golf
course by Feb. 21

GRAPHIC BY JANET TAYLOR BIRKEY



What's happening?



Today

Seafood Buffet – 11 a.m. at The Landing
Conversational Language Skills Japanese –
11 a.m. at the Cannon Library
Mardi Gras – 7 p.m. at The Landing
DJ – 7 p.m. at the End Zone



COURTESY GRAPHIC

Saturday

2 Best of 3 Tournament – 9 a.m. at the Whis-
pering Winds Golf Course
Nifty 50s Night – 6 p.m. at Cannon Lanes

Sunday

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

Monday

Closed – Presidents Day

Tuesday

Chef's Choice – 11 a.m. at The Landing
Bread bowl soup lunch at the End Zone
Sub sandwich lunch at Cannon Lanes
Conversational Language Skills Spanish –
11 a.m. at the Cannon Library
XBox Challenges – 5 p.m. at the Portales
Community Center

Wednesday

Conversational Language Skills Chinese – 11
a.m. at the Cannon Library
School Daze Special – 1:30 p.m. at Cannon
Lanes
Wild Wednesdays – 9 p.m. at Cannon Lanes

Thursday

Story Time – 10:30 a.m. at the Cannon Library
Roast Beef – 11 a.m. at The Landing
Free throw competition – 11 a.m. at the Fitness
Center
Conversational Language Skills French – 11
a.m. at the Cannon Library
Country Fried Steak – 5 p.m. at The Landing
Chess Club Casual Play – 5 p.m. at the Central
Community Center
Family Book Reading – 5:30 p.m. at the Clovis
Community Center



FEATURE



Airmen and Soldiers prepare a wounded Soldier for medical evacuation during a perimeter tower rescue exercise on Feb. 9. The Soldier simulates being wounded as the joint exercise evaluates the emergency response time and skills of the 332nd Expeditionary Civil Engineer Squadron fire department and Army units.



AIR FORCE PHOTOS BY TECH. SGT. CECILIO RICARDO

Master Sgt. Wesley Hudson, 332nd Expeditionary Civil Engineer Squadron, briefs his firefighter team on how to proceed during a perimeter tower rescue exercise on Feb. 9. The joint exercise evaluated the emergency response time and skills of the 332nd fire department, the 60th Ordnance Company and 206th Army Support Medical Company.

Balad exercise hones response skills

By Staff Sgt. Carlos Diaz
U.S. Central Command Air Forces

SOUTHWEST ASIA – A joint Army and Air Force exercise recently tested the emergency response skills of Airmen and Soldier firefighters at Balad Air Base, Iraq on Feb. 6.

“Our number one goal is to coordinate an emergency response that’ll safely take the injured to a medical treatment facility,” said Chief Master Sgt. Kevin Remedies, 332nd Expeditionary Civil Engineer Squadron fire chief.

The simulated injured in this scenario included a check point guard at the top of a perimeter tower who was shot in the neck by sniper fire.

A fire rescue team comprised of Air Force and Army personnel responded and took on the responsibility of rapidly extracting the wounded Soldier out of the 40-foot tower.

“Speed is very critical with this type of emergency,” said Master Sgt. Wesley Hudson, 332nd ECES assistant fire chief. “After we’ve determined the emergency type, we send the most qualified medic to access the situation.”

“Then we decide the

method of extraction and proceed safely to remove the individual from the tower,” Sergeant Hudson added.

Inside the tower, members of the 60th Ordnance Company, 206th Army Support Medical Company and 332nd ECES fire department carefully removed the injured Soldier.

Army Sgt. Christopher Babich, 206th ASMC, cradled the wounded Soldier as they were roped down by a pulley system.

Spcs. Andrew York, Shoshanna Faber and Michael Harms and Pfc. Michael Caldwell, 60th OC, waited at the base of the tower to strap the wounded check point guard into a secure gurney.

“We use all of our gear to make the exercise more realistic,” said Army Maj. Edward Camacho, Force Protection and Safety Consequence Management action officer.

The major said this exercise gives new firefighters rotating in the opportunity to hone their emergency response skills.

“It’s a good feeling to know that you know how to do your job,” said Staff Sgt. Clint Montgomery, 332nd ECES fire rescue team crew chief. “These

Chief Master Sgt.
Kevin Remedies

“Our number one goal is to coordinate an emergency response that’ll safely take the injured to a medical treatment facility.”

— 332nd Expeditionary Civil Engineer Squadron fire chief



Army Sgt. Christopher Babich, 206th Army Support Medical Co., climbs the tower to assess the situation on how to extract a wounded Soldier during a perimeter tower rescue exercise, on Feb. 9. This joint exercise evaluates the emergency response time and skills of the 332nd Expeditionary Civil Engineer Squadron fire department and Army units at Balad Air Base, Iraq.

exercises allow us to hash out our problems before a real-world event.”

“Our training is just as intense here as it is back home, and we must always maintain a constant state of readiness,” Sergeant Montgomery said.

That constant state helped the joint rescue fire teams achieve an eight-minute extraction time on their exercise.

Chief Remedies said the rescue teams aim for a goal of 10-15 minutes to extract a wounded person from this type of structure.

“Their time was excellent,” Chief Remedies said. “With great teamwork, we were able to reach our objective.”



Unit Spotlights



Airmen Leadership School graduates Class 2007-C

Senior Airman Angelito Cooper
27th Logistics Readiness Squadron

Senior Airman Richard Crotty
27th SFS

Senior Airman Gavin Ebalagoza
27th Civil Engineer Squadron

Senior Airman John Helander
27 Logistics Readiness Squadron

Senior Airman Richard Soper
27th Equipment Maintenance Squadron

Senior Airman Roman De-Santos
27th Aircraft Maintenance Squadron

Senior Airman Alicia Bailey
27th Operations Support Squadron

Senior Airman Charles Hord
27th SFS

Senior Airman Dennis Bergman
27th Security Forces Squadron

Senior Airman Kenny Gayoso
27th EMS

Senior Airman Michael Byrd
27th SFS

Senior Airman Antoinn Kidd
302 LRS

Senior Airman Jackie Canabe
27th SFS

Senior Airman Alfonso Mendez
27th AMXS

Senior Airman Jeremy Cannata
27th AMXS

Senior Airman Derrick Mallett
27th EMS

Senior Airman Michael Carmine
27th Communications Squadron

Senior Airman Tony Murphy
27th Component Maintenance Squadron

Senior Airman Jaime Fontanez
27th CS

Senior Airman Casey Frye
27th EMS

Senior Airman Angela Rice
27th CMS



CANNON AIR FORCE BASE CHAPEL

Chapel services

CATHOLIC

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

PROTESTANT

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

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

At the Movies

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

Happily N'ever After

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

Description: The age-old balance between good and evil has been thrown out of whack. Cinderella's power-mad stepmother, has formed an unholy alliance of evil to take on the good guys. Cinderella is forced to shed her damsel-in-distress trappings to seize control of her destiny and lead the resistance. In a world of happy endings gone wrong, the race for control of the kingdom is on, with the fate of the venerable storyline "Happily 'N Ever After" hanging in the balance.

PG – mild action and rude humor

Running Time – 87 min.

Primeval

Saturday at 6 p.m.

Description: A bloodthirsty Crocodile has claimed over 300 victims and is still at large to this day. An American news crew is determined to capture this terrifying murderer alive. The danger begins as producer Tim Freeman, cameraman Steven Johnson and their team set out on a journey in search of their subject. But, the deeper they probe into the mystery of this elusive assassin, the deadlier their trip becomes.

PG – strong graphic violence, brutality, terror, language

Running Time – 94 min.

Alpha Dog

Sunday at 6 p.m.

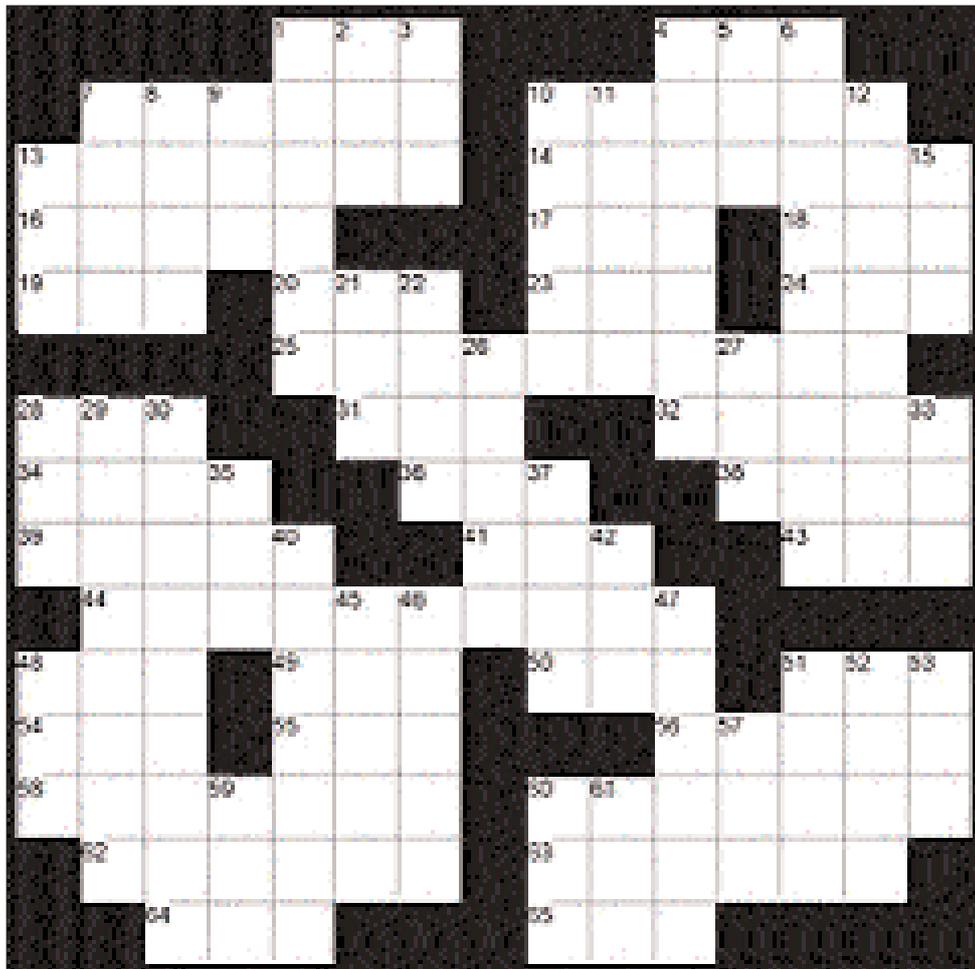
Description: Johnny, a Los Angeles drug dealer, comes from a good family, owns his home, several cars and enjoys partying with his friends. When his friend Jake welves on a debt, Johnny and his boys kidnap Jake's 15-year-old brother Butch and hold him as a marker. Even though Butch has numerous chances to escape, he doesn't. He's enjoying partying with them, losing his virginity and having a good time – until something goes horribly wrong.

R – pervasive drug use, language, strong violence, sexuality, nudity

Running Time – 118 min.



THE LIGHTER SIDE



ANSWERS ON PAGE 18

Hail to the Commanders-in-Chief

By Capt. Tony Wickman
71st Flying Training Wing

Across

- 1. Draft
- 4. Silent
- 7. Refer to
- 10. Blades
- 13. 16th President
- 14. Crest or top of a mound
- 16. Passion
- 17. Wood splitting tool
- 18. BBC program “___ You Being Served?”
- 19. USAF commissioning source
- 20. ___ 36-2903: Dress and Appearance
- 23. Hawaiian hard, red or golden-brown wood
- 24. Wager
- 25. 1st President
- 28. Love ___ Many-Splendored Thing
- 31. Pub order
- 32. MacPherson and others
- 34. Computer maker
- 36. Golfer Ernie
- 38. Hall of Famer Carlton
- 39. Muslim’s Supreme Being; God
- 41. Allow

- 43. CBS show
- 44. 34th President
- 48. Director Lee of Crouching Tiger, Hidden Dragon
- 49. Spy org.
- 50. Formerly
- 51. Chinese Communist leader Zedong
- 54. Singer/actress Zadora
- 55. Bill nation’s first treasury is depicted
- 56. 2nd President
- 58. Australian steakhouse?
- 60. Enraged
- 62. Dudley and Roger
- 63. Large wading birds
- 64. Widely cultivated cereal grass
- 65. Make brown by exposure to

- yellowish brown
- 11. 37th President
- 12. Discomfort
- 13. Southeast Asia person
- 15. Dog or cat
- 21. Fed. org. enforcing air safety rules
- 22. ___ of Man
- 26. Greeting
- 27. USAF hotel?
- 28. Actress Lupino
- 29. Periodic Table Se
- 30. University of Florida mascot
- 33. Winter sport item
- 35. ___ Vegas
- 37. Embroidered
- 40. Land measure equivalent to 2.471 acres
- 42. Ball prop for 36 ACROSS
- 45. Female relative
- 46. Actor Tom of Saving Private Ryan
- 47. 40th President
- 48. Mil. overseas address
- 51. Female horse
- 52. Iowa city
- 53. SECDEF’s office symbol
- 57. Lair
- 59. Young male
- 60. Perform
- 61. Gun lobby org.



SPORTS AND HEALTH

Cannon lieutenant takes soccer to All Air Force level

Janet Taylor-Birkey*27th Fighter Wing Public Affairs*

His recent experience would be a dream for many, but a couple of weeks in Florida during the January winter weather became 1st Lt. Jeremiah Kirschman's reality.

The 27th Fighter Wing Contracting Squadron lieutenant competed in the six-day Armed Forces Soccer tournament that began Jan. 24.

As a player for the Air Force Soccer Team in Jacksonville, Florida, Lieutenant Kirschman, said his experiences were everything he hoped for and "much more because you wake up, play soccer, you eat and you sleep and that's it."

Unless, that is, you get cut from the team, which happened to 15 players after just three days of practice. Everyone waited anxiously to find out who was cut from the team and who was staying. Players lined up at 8 a.m. outside the coach's door on those fateful mornings, said the lieutenant.

"It was sad walking up there with some of my friends and they see my name up there, but their name was not up there," said Lieutenant Kirschman, adding that some of the players who were cut made the team two years earlier.

Being cut from the team did not necessarily mean they were not at the top of their game, but instead may have reflected the level of competition that Lieutenant Kirschman said was much higher this year than in the past.

Eighty original applicants – the most to date – were sifted to 40 who were then invited to try out for the team. Those 40 were then cut to 25 players after just four days of practice.

"Nobody is a guarantee," the lieutenant said, which only added to his concern about being chosen

for the team. "I always think I'm not good enough. I make one mistake during the practice or the game and I'm thinking, 'uh-oh, that might be it for me.' I was definitely very scared every time [I made a mistake]."

Observing the playing styles of the different military branches, Lieutenant Kirschman said he noticed that "the Army's playing style is very direct. They have the defenders hit the ball to the forwards and they just hope the forwards score. It's very direct, one dimensional. Whereas, the Air Force, we're passing around to everybody and we're bringing it up, back, side-to-side. We're using the whole field."

The International Military Sports Council (also known as a CISM) has been held every two years, said Lieutenant Kirschman, adding that they are hoping to host it every year in the future.

"I was very fortunate to represent the Air Force against the Army, Navy and Marines. If anybody ever has the opportunity to attend one of these tryouts, they definitely should. Even if they don't make the team or go very far in the tryouts, it's just such a great experience to see that level of competition and be recognized as one of the top players in that particular sport."

The Air Force came home with the silver medal, but Lieutenant Kirschman maintains that "we truly were the best team out there. We had 26 shots against Army's 8 shots (in the final games) and had possession almost the entire game but still lost to them, 2-1."

For an in-depth review of the Armed Force soccer round robin, see <http://www.dod.mil/armedforcenessports/zsoc.html>.

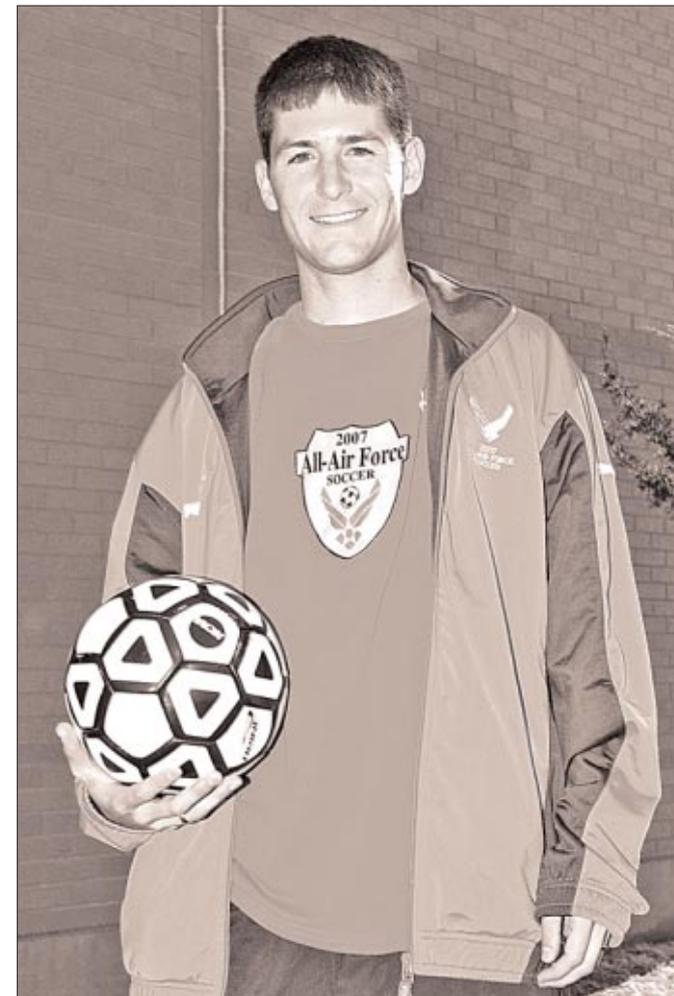


PHOTO BY GREG ALLEN

1st Lt. Jeremiah Kirschman, 27th Contracting Squadron, displays the All-Air Force workout uniform and soccer ball issued at the Armed Forces championships that began Jan. 24. The soccer ball itself costs \$140.

AF Academy men's track and field team downs New Mexico

Courtesy of Air Force News Service

ALBUQUERQUE, N.M. – Backed by one winner and 18 scoring finishers, the Air Force men's track and field team held off host New Mexico to win the TCR Race Productions Invitational Feb. 10 in Albuquerque.

With 135 total points, the Falcons won their second straight invitational as New Mexico finished second with 131 points.

Junior Travis Picou was the lone Air Force winner, clocking a time of 21.39 seconds in the 200-meter dash. Picou also claimed a second-place mark in the 60-meter dash with a time of 6.86.

The mile provided 20 points toward the Falcons' cause. Sophomore Daniel Castle was the event runner-

up with a time of 4:28.19, while classmate Justin Mason finished fourth with a 4:31.43 time. Freshmen Arthur Grijalva and Austin Fritzke placed fifth (4:36.73) and sixth (4:51.21), respectively, in the Falcons' impressive claim on four of the top six spots.

Senior Nick Luina crossed the finish line of the 400 in 48.51 to take third, while junior Troy Jensen placed eighth with a time of 49.35. In addition, the two were the bookends of the 4x400 relay team that placed seventh. Juniors John Payne and Kyle Meakins joined Jensen and Luina for a time of 3:23.40

Freshmen Andy Schweitzer and John Oliphint picked up top-four finishes in the 800, as Schweitzer ran 1:57.86 to place third and Oliphint clocked 1:58.59 to finish fourth. The

Falcons also received a pair of top-four finishes in the triple jump, as freshman Brent Byrd (45 feet 1/2 inch) and junior Devin Hart (43 11 1/4) placed third and fourth, respectively.

Freshman Ryan Workman placed fourth in the 5000 (16:08.33), while classmate Nick Frawley earned the same placing in the pole vault. In that event, Frawley cleared a career-best 16 11 1/2, which is fifth on the academy's all-time list.

Sophomore Kellen Curry took sixth in the 60 hurdles behind a time of 8.45, while freshman Kevin Goldsmith cleared 5 11 1/4 to finish seventh in the high jump.

On the women's side, Air Force finished seventh with 22 points. Five different Falcons scored for the

women today, backed by a pair of top-10 finishes in the shot put. Freshman Sara Neubauer recorded a distance of 46 feet 8 inches to place fourth in the event, while senior Olivia Korte, who also earned points for Air Force last night in the weight throw, threw 40 feet 9 3/4 inches to finish 10th.

Junior Kate Papenberg placed fifth in the 5000 with a time of 20:12.38, while senior Dierra Poland clocked 9.12 in the 60 hurdles to finish sixth. Classmate Casey Johnson rounded out the Air Force scorers with a seventh-place finish in the triple jump (37 8 1/2).

Air Force next travels to Laramie, Wyo., for the Robert Shine Invitational Feb. 16. The meet is the Falcons' final tune-up before the Mountain West Conference Championships.



SPORTS SHORTS



COURTESY GRAPHIC

The 70,000 steps in 7 days challenge

Strive for 70,000 steps between Feb. 26 and March 11 to promote Medical Fitness Week. Participants may sign up at the Cannon Health and Wellness Center and receive a pedometer to track their steps. Prizes will be awarded. Call 784-1004 for more information.

Varsity softball tryouts

Individuals interested in playing on the womens' softball team should meet at the Fitness Center at 5 p.m. on Thursday. Men interested in playing softball can meet at the Fitness Center on Feb. 23 at 3 p.m.

Cannon Lanes 784-2280

Cannon Lanes is closed today for the Air Combat Command family day and Monday for Presidents Day.

Nifty 50s Night — Listen to 50s music while bowling for 50 cents per game, shoes and a drink on Friday. There will be a \$3 cover charge and a three game limit.

Family Bowl-A-Rama — Bowl two hours with up to six family members on a lane for \$12 from 6 to 9 p.m. Feb. 23. The price includes shoes and a pitcher of soda.

Lanes assigned from 5 to 7 p.m.

Youth Center 784-2747

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

Today — Jump rope and Hula Hoop

Tuesday — Capture the Flag

Wednesday — Board games, Skating and Scooters

Thursday — Major Mouse

Whispering Winds

Golf Course 784-2800

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

Retiree Wednesdays — Golfers

with retired military identification cards receive \$2 off daily green fees and 50 percent off electric cart rentals.

Fitness Center 784-2466

Free Throw Competition — Compete in the 27th Services Squadron's Free Throw Competition at 11 a.m. Thursday at the Fitness Center.

Sign up by Tuesday.

Outdoor Rec. 784-2773

Ski Santa Fe — Experience the 12,075 foot summit which is part of the Sangre de Cristo mountain range. These mountains have 1,725 vertical feet of skiing and 67 runs winding through the country. This trip, leaving March 10, costs \$40 for transportation, ski equipment and snacks. Lift tickets will be purchased at a group rate if at least 20 people sign up by March 5.

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