

Community News

Darts, dominoes and more



COURTESY PHOTO

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

For more information, call 784-4024.

African-American History Month dinner

The 2007 African-American Heritage dinner is Tuesday at The Landing. Social hour begins at 6 p.m., celebration at 7 p.m.

The program will be a musical tribute to the African-American history timeline.

Dinner is \$15 for non-club members, \$13 for members and \$7 for children.

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

WorkKeys

Get a competitive edge in today's workforce by taking a free WorkKeys skills assessment from 9 a.m. to noon Monday at the Airman and Family Readiness Center. The WorkKeys assessment certificate is recognized by 18 states and gives employers a quantitative look at employees' skill levels.

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

Smooth Move Overseas/Stateside

Experts from TMO, Housing, Legal, Finance and the Airman & Family Readiness Center will offer a Smooth Move seminar to help eliminate some of the stresses and anxieties associated with moving. Smooth Move is from 8:30 to 11 a.m. on Tuesday at the Airman and Family Readiness Center. Call 784-4228 for more information.

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MACH METER

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

Vol. 52, No. 8

Cannon Air Force Base, N.M.

Feb. 23, 2007



PHOTO BY 2ND LT. GEORGE TOBIAS

Representatives from Cannon, Air Combat Command and the Air National Guard work as part of the Transfer/Acceptance Inspection Rapid Improvement Event to slim a 16-day task to five days as part of AFSSO 21.

Cannon slims aircraft transfers

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

Huddled in a small conference room with walls covered in post-it-notes, representatives from Cannon, Air Combat Command and the Air National Guard whittled a 16-day process of transferring Cannon's F-16s down to five.

For the past week, these representatives worked as part of the Transfer/Acceptance Inspection Rapid Improvement Event to develop a lean process for transfer of aircraft throughout the Air Force as part of Air Force Smart Operations for the 21st Century (AFSSO 21).

"We are setting a template for the Air Force," said Maj. James Rich, 27th Equipment Maintenance Squadron commander. "In the past, every time we [transferred jets], we would reinvent the wheel."

In a memo from Brig. Gen. P. David Gillett Jr., ACC Director of Logistics, about the Cannon F-16 transfers, the general points out that over the past few months ACC has been looking intently for opportunities in leaning out the process of aircraft transfer and acceptance inspections.

"My intent is to work toward an

enterprise solution that [within boundaries] gives [Major Commands] the decision authority in deciding the depth of inspections, and to put a fresh set of eyes on our processes," according to General Gillett.

"Putting a fresh set of eyes" on the process is exactly what is happening, according to Mr. Tom Adair, ACC AFSSO 21 Office. "We ask the people who do the job how to do it

better and teach them about the Lean Process."

"The key thing about lean is reducing waste," said Mr. Adair. For example, if the aircraft transfer and acceptance inspections can be streamlined, then a unit can reduce a 12-hour workday to a standard eight-hour workday and give Airmen weekends off. Not only is it working smarter, but it would also be a huge boost for morale.



PHOTO BY AIRMAN 1ST CLASS RANDI FLAUGH

Staff Sgt. Sarah Johnson, 523rd Aircraft Maintenance Unit, performs the last preflight inspection for this 27th Fighter Wing F-16. This aircraft, as well as others, was reassigned to the Des Moines Air National Guard.



NEWS



PHOTO BY JANET TAYLOR-BIRKEY

Roar of crowd likens F-16

Lt. Col. Brad Kearney, 523rd Fighter Squadron commander (left), and Col. Jeff McDaniel, 27th Operations Group commander (right), listen as Hank Baskett III (second from left) explains how the sound of an F-16 flying overhead compares with the sound of the crowd at a NFL football game. Hank and his father, (Ret. Master Sgt.) Hank Baskett Jr. were given a tour of the 523 FS and the flight simulator by Colonel Kearney and Colonel McDaniels Wednesday. Hank III, a Clovis native, just finished his first NFL season with the Philadelphia Eagles where he received the Rookie of the Week award twice during the season.

AAFES rewards students who excel by making the grade

Courtesy of Air Force News

DALLAS — Reading, writing and arithmetic are taking a back seat to electronics, clothes and toys as military children cash in on the Army and Air Force Exchange Service's "You Made the Grade" program at post or base exchanges worldwide.

Initiated in February 2000, AAFES' education rewards effort is designed to recognize above-average academic achievement.

Qualifying students receive a coupon booklet that includes free admission to an AAFES Reel Time Theater, a complimentary slice of Anthony's pizza with drink and a free magazine, as well as other coupons.

"It is important to recognize our military families' superior students," said Chief Master Sgt. Bryan Eaton, the AAFES' senior enlisted advisor. "They have faced unique educational challenges that most civilian stu-

dents will never have to contend with.

"To be able to maintain academic excellence despite adversities such as moving regularly or having a parent deployed shows the resilience and resolve of these students as well as the quality of their teachers."

Each "You Made the Grade" booklet also contains an entry form for a quarterly savings bond drawing in which three winners are randomly awarded savings bonds of \$2,000, \$3,000 or \$5,000. To receive the booklet, students simply present a valid military ID card and proof of an overall "B" or better average to their local exchange.

Students may receive one coupon package for every qualifying report card they receive, but may enter the savings bond drawing only once per calendar quarter. Military families can contact their local AAFES main store manager for more information.

Air Force medics with the Medical Civil Action Program treat Cambodians

By Senior Airman Daniel McKittrick
Det. 10, Air Force News Agency

MONDOL KIRI, Cambodia — Meeting patients' needs in remote Cambodia is a challenge to say the least, but for a team of primary care providers from Brooks City-Base, Texas, it's worth every barrier that is conquered.

Members of the Medical Civil Action Program helped those in need Jan. 28 to Feb. 4 in Mondol Kiri, Cambodia. The clinic treated more than 2,100 patients the best they could with what they have making the mission special to those involved.

The primary care clinic isn't set up for emergency situations like large lacerations or spinal fractures but rather the common ailments.

"We see children, infants with cold, cough, runny nose, belly pain, skin disorders... we see men with a lot of muscular-skeletal problems from all the work that they're doing ... we see people with rashes and problems with their liver, malaria, TB ... those

sorts of things," said primary care physician Maj. Cheryl Lowery.

"There's a language barrier so we always have to work through a translator," she said. "The translators are very good but we lose a little bit of the patient education and the patient complaint in the translation.

Lack of supplies are another barrier, she said.

"We have a limited amount of supplies that we travel with and there's always that one thing that you wanted that you just don't have and we have that luxury in the states ... we can go back to our pharmacy at home and get what we need."

"I get personal satisfaction and education out of it," Major Lowry, from Cheyenne, Wyo. said. "I enjoy seeing patients in this environment. I just like to come and learn about another culture and see the different disease that they have in this country that we don't get to see very often... you read about them in a textbook but you don't get to see them as often in our country."



COURTESY PHOTO

Maj. Cheryl Lowery checks respiratory signs of a Cambodian patient during the Medical Civil Action Program Jan. 31 in Mondol Kiri, Cambodia. Major Lowery sees close to 100 patients a day with various ailments during the Medical Civil Action Program. She is in charge of the primary care clinic at Brooks City-Base, Texas.



NEWS

Air Warfare Symposium features Air Force success, future

By JoAnne Rumble*Air Force Materiel Command Public Affairs*

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Aerial support is critical in Iraq and Afghanistan. It saves lives and enables re-supply for troops fighting in difficult, remote terrain. But the heavy demand for aerial support is wearing down available assets, compounding problems already faced by aging Air Force fleets.

The necessity to eliminate problems that threaten to limit air operations was the message from key Air Force leaders, including Gen. Bruce Carlson, commander of Air Force Materiel Command, at this year's Air Warfare Symposium Feb. 8-9 in Orlando, Fla.

More than 900 military and industry representatives attended the Air Force Association-sponsored symposium. Among them were Secretary of the Air Force Michael W. Wynne; Chief of Staff of the Air Force Gen. T. Michael Moseley; and commanders of Pacific Air Forces, U.S. Strategic Command, Air Combat Command, and Air Mobility Command. The conference's theme was "Striking the balance: Today's war, tomorrow's threats, future technology."

Secretary Wynne opened the conference, discussing his admiration for the "amazing successes, flexibility, ingenuity

and enthusiasm" of Airmen he's met. He also recalled last year's dedication of the Air Force Memorial, "a symbol of the strategic shield your Air Force gives this country." He said the country "is now at a crossroads in the national dialogue on sovereign options, where the subject is investment in that strategic shield. We must never allow that shield to tear," he said.

Highlighting Air Force achievements in the interdependent Global War on Terrorism, Secretary Wynne, General Moseley and others spoke about tankers refueling the aircraft that form the air bridge by which troops and equipment are transported. Currently 3-4 million pounds of fuel supply that air bridge each day. The new KC-X tanker will be essential to future operations requiring similar capabilities.

They also spoke of the struggle to obtain funds to replace aircraft lost in combat — 83 manned and 44 unmanned — and recapitalize aging fleets — tankers averaging 43 years old and a total inventory averaging more than 24 years old. Newer, more capable aircraft, they stressed, will take less to maintain than the \$1.4 billion a year now being spent on legacy aircraft.

Leaders also addressed increased requirements for Air Force support — a result of the surge in ground troops for Iraq. The secretary and chief of staff said

they're reassessing the need for Airmen in ground combat brigades, because such unconventional roles fail to leverage Air Force skills and because of the consequences of not having enough air cover.

Speakers referenced numerous AFMC initiatives that have saved lives and provided new capabilities for combat commanders. Among them are:

- Deployment of Project Angel Fire, an off-the-shelf camera system integrated with sensors and used to store data for retrieval as needed, to detect possible terrorist activity;

- Use of C-17 Globemaster III, other cargo aircraft and the new Joint Precision Air Drop System to transform intra-theater airlift and reduce numbers of ground convoys;

- The Small Diameter Bomb, fielded six months ahead of schedule;

- ROVER (Remote Operations Video Enhanced Receiver), a communications capability installed on the MQ-1Predator Unmanned Aerial Vehicle, which transmits live video to ground-based targeting teams and has been used to detect, target and destroy improvised explosive devices;

- Improvements in night strafing resulting from increased use of simulators in training.

General Carlson emphasized that more than 1,000 AFMC Airmen provide direct support in theater every day. He

also discussed Air Force Research Laboratory initiatives to increase situational awareness in the combat zone. These initiatives include a system that makes it easier to land helicopters in sand-laden "brownouts." This situation occurs when spinning rotors cause dust to swirl upward around the aircraft, resulting in a dust cloud in which flight crews can lose visibility.

Talking about technical challenges, General Carlson said the command is working on persistent tactical intelligence, surveillance and reconnaissance; data fusion for a common operating picture; rapid, precise, tailorable strike capabilities and enhanced survivability of warfighters and weapon systems.

General Carlson also spoke about how the Air Force will fight in the future and technology to help combatants find, fix, track, target, engage and assess the enemy — anytime, anywhere.

The general discussed responsive space technologies such as a two-stage-to-orbit military-only space plane and tactical satellites. He closed by reminding the audience that a military succeeds only when it can anticipate emerging threats and develops the capabilities required for the next fight.

Complete transcripts of all the presentations will be posted to the AFA Web site later this month.

Command may change USAFE's role in Africa

By Master Sgt. Ron Przysucha*Det. 4, Air Force News Agency*

RAMSTEIN AIR BASE, Germany — U.S. Air Forces in Europe (USAFE) Airmen have played an active role in Africa since the 1970s, but future participation has yet to be defined due to the recent establishment of U.S. Africa Command (AFRICOM).

Defense Secretary Robert Gates announced the creation of AFRICOM Feb. 6, but how that will affect Airmen assigned to USAFE is up to the new transition team operating in Stuttgart, Germany.

While the future is currently unclear, Airmen in Europe have already made a

tangible difference in Africa according to Brig. Gen. Michael Snodgrass, the director of Plans, Programs and Analysis for Headquarters USAFE at Ramstein AB.

"From 1970 forward, you can count all kinds of engagements we've had with Africa from Bright Star exercises in Egypt all the way through the Atlas series of exercises we've had with some of our friends in the Northern Mediterranean," General Snodgrass said.

In addition to military assistance, USAFE Airmen have also made contributions to the health and welfare of Africans.

Countless missions have brought USAFE doctors and dentists to places such as Ghana, Niger and Liberia. As

of Feb. 20, explosive ordnance disposal technicians from Royal Air Force Lakenheath, England, and Spangdahlem Air Base, Germany, are in Guinea-Bissau in Western Africa clearing landmines and other dangerous remnants of a bloody civil war.

As AFRICOM continues to transition, General Snodgrass said he believes USAFE's role in Africa will continue to be a very vibrant role and he doesn't think it will diminish because there is so much work left to be done.

"Even if [USAFE's] role in Africa is reduced over time, there's so much work left to be done in Eastern Europe that USAFE will remain ... fully employed."



Steppin' Out

March 12-18th

70,000 Steps in 7 Days

This Walking Challenge encourages the community to get up and move by striving for 70,000 steps in seven days. Participants will wear pedometers and track the steps they take each day.

Sign up with MJ Anderson, Enlisted Spouses' Club's event coordinator, at the Cannon Health and Wellness Center.

Pick up a sponsor sheet when signing up to help raise funds for the ESC's scholarship fund. Scholarships are given to military spouses who want to pursue higher education.

Prizes will be awarded for the most money raised and to those who achieve the highest number of steps in one week.

For more information, call 784-1004.

Sign up Monday through March 11th.



COMMENTARY

Small changes can help control time, lessen stress

By Master Sgt. Michael McNeil

First Sergeant, 27th Aircraft Maintenance Squadron

The 27th Fighter Wing community is experiencing the effects of overload. Many are experiencing feelings of stress, anxiety, depression and burnout. Our personal and work lives have gotten busier and more hectic, and we all feel pressed for time, which can make us feel overwhelmed and out of control. But life doesn't have to feel that way.

Even small changes help control your time and lessen stress. There are dozens of small steps you can take to feel less overloaded that don't require a major time commitment. It can be as easy as adopting simple new habits at work and at home.

As a first sergeant I spend a lot of time balancing long duty hours, deployments, family time, self-improvements and taking care of our Airmen 24 hours a day. I incorporated the following five steps: 1) taking control; 2) recognizing and dealing with stress; 3) connecting with others; 4) being healthy; and 5) making time for myself in order to balance my life and work. You don't have to take all of these steps today, tomorrow or even next month. Just choose a few small changes that are manageable to start with. When you feel ready, make a few more changes. Before you know it, you'll be feeling less overloaded, mission ready and better overall.

Take control — One of the first changes you can make doesn't require you to do anything differently. It's about changing your mindset and letting go of the things you can't control. The things we can't control frustrate all of us: a traffic jam making you late for work, negative co-workers, complaining in-laws. Letting go of these things and focusing on what you can control helps you be much more resilient and less stressed. You can't control negative co-workers, but you can control your reactions to their behavior. You can let the negativity trigger your anger or you can choose to not let it affect you and choose to not let it ruin your day.

Recognize and deal with stress — Stress affects all of us. If we don't learn to recognize and deal with it, stress can take a toll on our health, our relationships, our job performance and

our happiness. Stress management begins with awareness. Getting caught up in the daily struggle of responsibilities at work and home hinders our awareness of personal stress. This can be dangerous because not knowing you're under stress means you're not doing anything to manage it. Pay attention to how you feel, think and act when under stress. Do you tend to snap at your child or partner? Have trouble concentrating at work? Do you overeat or forget to eat? Most people have trouble sleeping when they are under stress. If left untreated, many of the stress reactions listed above can lead to more serious physical or emotional problems, such as depression. That's why it's so important to learn ways to deal with stress as soon as you recognize it.

There are other, less obvious signs of being overloaded and stressed that affect how you live and the decisions you make every day. They might include:

— Being overscheduled. We need to live by schedules during our workday. We need to keep appointments, pay bills on time and do the family shopping. But we also need to learn when to let schedules go. This is especially important if you feel like you don't have any free time for yourself. Tip: Designate at least two hours every weekend as "free" time to do something pleasurable. No chores, errands, tasks or other scheduled activities.

— Falling into the "no-sleep/more-caffeine" spiral. To make time for everything we need to do, many of us deprive ourselves of needed sleep, either by deliberately staying up late to read, watch TV, work or by losing sleep to anxiety. We then drink coffee or other caffeinated beverages to stay alert, making it harder to fall asleep the next night. The combination of caffeine and sleep deprivation leaves us running on empty, open to inaccuracy, errors and accidents, then we become more prone to irritability, affecting relationships at work and home. Tip: Go to bed 30 minutes earlier than usual. Keep it up for a week and see if you feel more rested and less stressed.

— Prayer. If prayer is important to you, use it during times of stress to collect yourself. A book of written prayers or devotional material can help if your mind is racing and you're overwhelmed.

You probably already have a few techniques for dealing with stress. Perhaps you know that a session at the gym, a hot bath or a quick call to a close friend is the best way to help you feel more relaxed when you're under pressure. The basics of getting enough sleep, exercising and eating a healthy diet also go a long way toward keeping you resilient and able to deal with stress and overload.

Please avoid unhealthy ways of dealing with stress, such as engaging in risky behaviors which make stress worse; they never solve the underlying problems and may even cause new ones.

Connect with friends and family — Feeling connected to your family and friends is something we often take for granted, but this connection is important. Research shows that people who have strong connections with others tend to feel happier, more secure and are actually healthier.

Dedicate at least one evening a week to family time so you can reconnect with each other. Turn off the television and let the phone ring. Order pizza, play a game or hold a family meeting. If your evenings are too hectic, try a weekend morning or afternoon.

Be healthy — Taking care of you is crucial for overcoming overload. If you're not feeling good both physically and emotionally, overload can easily turn into anxiety, burnout and even depression.

— Stock work areas and vehicles with healthy snacks.

Make time for yourself — Start by thinking about everything that really makes you happy.

Come up with a list of activities that make you feel good and focus on fitting them into your daily routine.

— Treat time for you like the priority it is. Remember that making time for yourself, a healthy diet, spending time with family and friends and taking control of your life is vitally important. With proper planning and understanding, you can produce a productive and rewarding lifestyle.

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

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 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.

MACH METER EDITORIAL STAFF

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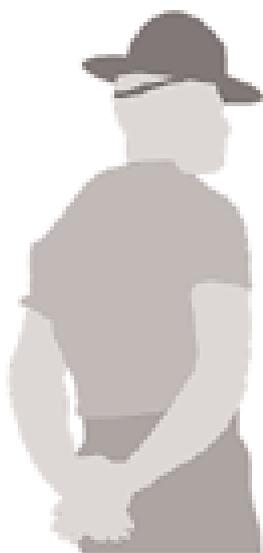
NEWS



PHOTO BY AIRMAN ERIC CARDENAS

Foreign Object Damage

Col. Valentino Bagnani III (left), 27th Fighter Wing vice commander, presents the 27th Fighter Wing Safety Office the FOD Prevention Squadron of the Quarter award for the first quarter of 2007. Tech. Sgt. Brian Hollandsworth, 27th Equipment Maintenance Squadron, was also awarded as the FOD Prevention Person of the Quarter.



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

In accordance with Air Force Instruction 36-2903, table 1.4, line 5 – women's hair must not exceed three inches in bulk and will not extend in length on all sides below an invisible line drawn parallel to the ground at the bottom edge of the shirt collar at the back of the neck.



Energy-Saving Tip of the Week

Turn off lights when leaving a room. Contrary to popular beliefs, if lights are off for only a minute, it will always save energy.

Also, turn off home personal computers (PC). A PC consumes only one second's worth of running-time energy in starting up.

Save a watt, shut it off!



NEWS FEATURES

Radiology staff provides reliable, rapid response in Iraq

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

BALAD AIR BASE, Iraq — The third Monday of February did not bring the radiology flight a day off from work, like it did for most of their counterparts in America on Presidents Day.

The radiology staff kept uttering the phrase, “Man, we’ve been very busy today.”

As the sixteenth hour of the day passed, 38 patients had been treated at the Air Force Theater Hospital here. Inside this labyrinth of tanned tents, one can find a group of radiology spe-

cialists who employ two state-of-the-art CT scanners that help save lives every day.

According to Lt. Col. David Condie, 332nd Expeditionary Medical Group radiology flight chief, the two 16-slice CT scanners are capable of producing 16 image planes.

“These 16 slices per every revolution allow us to perform a CT scan much faster,” he said. “Any minute we save prior to getting into the operating room translates into better improvement of survivability.”

Speed was evident this day as medics, nurses and technicians alike scurried to treat their patients.

“This has been one of the busiest days in our rotation,” said Master Sgt. Colleen Hitt, the 332nd EMDG aerospace medical technician.

Sergeant Hitt said many of their patients’ injuries are caused by improvised explosive devices, suicide bombers and major head trauma.

Inside of a chilly, closed-quarters CT scan room, three medics raised a patient onto a platform bed.

Tech. Sgt. Orlando Martinez, a diagnostic imaging specialist, monitored the readings from a set of computers behind a glass-style cubicle.

Soon after, Army Sgt. Joe Peck, an X-ray technician, performed another CT scan.

According to the radiology staff, they perform 1,600 CT scans a month at an average of 53 per day.

With that pace, the radiology staff always remains gainfully employed.

Before a third consecutive CT scan is performed, Sergeant Peck prepared the conscious patient. Within a few minutes, the CT scan is complete.

“We’re able to scan three-fourths of your body in less time than it takes to get a Big Mac,” the 28-year-old Soldier said.

“Hold still,” Staff Sgt. Asia Tucker ordered.

“It’s important for the patient to remain motionless,” the diagnostic imaging specialist said. “That way the images aren’t blurred and we don’t get inaccurate readings.”

Once a CT scan is performed, a radiology form is accomplished and the radiologist makes a reading and a rec-

ommendation to the surgeons.

Around the corner, a group of radiology staff members wheeled a crib into the CT scan room. The white crib, decorated with soft, pastel colors, carried an infant Iraqi child.

“It’s OK, sweetie,” Capt. Corey Norton kindly said as he comforted the child’s innocent cries.

Captain Norton, an Air Force nurse, and Army Spc. Ian Wolfe carefully removed the child from the crib and onto the platform bed.

After the CT scan was complete, Captain Norton gladly said, “Thank you for getting her in.”

Several minutes later, a crew of medics waited along a wall of T-barriers for another patient.

“I’ve learned so much here, and I love this experience,” Staff Sgt. Donovan O’Linc said. He patiently waited for another patient to pass through Hero’s Highway, the American Flag-embellished canopy.

Sergeant O’Linc dons his hearing protection, goggles and gloves. The team of medics races to the chopper and rapidly wheels the patient out.

They’re immediately met by the team of radiology specialists and nurses who briskly start performing their duties.

After an immediate assessment, the patient is whisked away to another area.

Radiology specialist Senior Airman Juan Garcia wiped the beads of sweat off his forehead and quietly said, “Whew.”

All in a day’s work.



PHOTO BY TECH. SGT. CECILIO M. RICARDO JR

Staff Sgt. Asia Tucker prepares a patient for a CT scan at the Air Force Theater Hospital Monday at Balad Air Base, Iraq. The radiology staff has two new 16 slice CT scanners that expedite the process from 90 minutes to about 10 minutes. Sergeant Tucker is a diagnostic imaging specialist assigned to the 332nd Expeditionary Medical Group.

Cannon Tax Center saves Cannon community \$70,965, still counting

Courtesy of the Cannon Legal Office

The Cannon Tax Center has been open a month and has already saved Cannon taxpayers \$70,965 as of this week.

Those numbers are expected to continue to grow.

The center has completed 427 federal tax returns, 606 state returns and has achieved \$971,128 in total refunds so far this tax season.

The center provides tax preparation to Airmen, government employees and retirees.

Only single persons with no real estate or investment property are eligible to come in during walk-in hours.

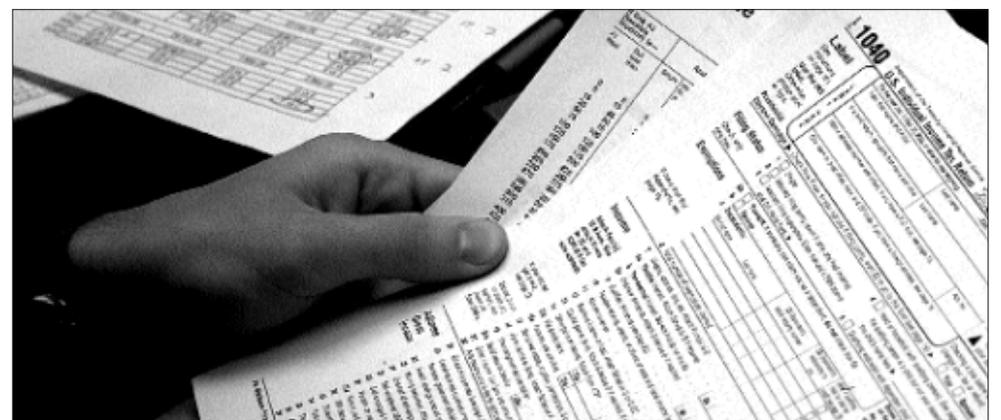
All others must make an appointment.

The center is already taking appointments for the month of March.

A printable checklist of documents needed to file is available on the Cannon Intranet and the public Cannon Web site.

The center is located at the Cannon Law Center, Bldg. 60.

For more information or to make an appointment, call 784-7304. Important tax laws and information are available on the Cannon Tax Center’s Web site at www.cannon.af.mil/library/factsheets/factsheet.asp?id=4960 and the Cannon Intranet Web site at <https://www2.cannon.af.mil/FW/SA/JA/tax.htm>.



FILE PHOTO BY JANET TAYLOR-BIRKEY

The Cannon Tax Office has achieved \$971,128 in total refunds so far this tax season by assisting Airmen, government employees and retirees with tax preparation. It is located in the Cannon Law Center, Bldg. 60. For more information, call 784-7304 or online at www.cannon.af.mil/library/factsheets/factsheet.asp?id=4960.



Military Saves Campaign

Sunday thru March 4

To do:

- Pay off **debt**
- Plan for the **future**
- Take **control**
- Learn to ***BREATHE*** again

For more information or to enroll in
Military Saves,
contact Linda Sapp at the
Airman and Family Readiness Center,
784-4228



PHOTO BY AIRMAN 1ST CLASS THOMAS TROWER

Pet of the Week

Mason is an adult male terrier mix with a long white wiry coat, brown eyes and long tail. He is very calm and ready for adoption. For more information, call the Airman and Family Readiness Center at 784-4228.

COMMUNITY NEWS

■ Continued from page 1

Bank Account Management

Learn or relearn the basics of managing your bank account and checkbook during Bank Account Management from 2 to 3 p.m. Tuesday at the Airman and Family Readiness Center. For more information, call 784-4228.

Resume Basics

Resume Basics is 9 to 11 a.m. Thursday at the Airman & Family Readiness Center. The class offers essential information on starting a resume and cover letter. For more information, call 784-4228.

Prevention and Relationship Enhancement Program

PREP is from 8:30 a.m. to 3:30 p.m. March 2 at the Airman and Family Readiness Center. PREP is a skills building program designed to help partners say what they need to say, get to the heart of a problem and increase their connection with each other. The program is designed to help struggling couples as well as enhance the strongest relationships. For more information or to register, 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.

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 or 784-7272.

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>.



SERVICES

Community Centers change procedures

By Denise Vanderwarker
27th Services Squadron

The Community Center standards identify program audiences for the Community Centers as families, singles, retirees, Department of Defense civilians and teens. Youth can be served through instructional classes, special events or family activities. The standards also specify that younger children must be accompanied by a parent or sibling 18 years or older, or must be enrolled in specific instructional classes, lessons or special events.

Although community center employees have planned youth activities in the past, it is important to make this change to ensure that community centers are in compliance with Air Force standards and provide appropriate and safe facilities for our youth. The implementation will be delayed until Thursday to allow time to plan activities and notify parents of the upcoming activities.

Unfortunately, the Community Center facilities in Clovis, Portales and on base do not meet fire and safety codes required for many youth after-school programs and the staff does not receive the extensive training in youth development, child abuse prevention, or youth activities and programs.

In order to continue providing the Cannon community with quality youth programs, the Cannon Youth Center is adjust-

ing its operations.

This facility has employees who are specifically equipped with materials and staff to offer quality programs to youth. The youth center offers an after school program and a youth program which is affiliated with Boys and Girls Clubs of America and 4-H, offering a variety of programs for youth.

As a test program, beginning Thursday, the youth center will be adjusting its operational hours to better serve youth. The youth center on base will offer programming beginning at 3:30 p.m. on Tuesdays, Thursdays and Fridays, and at 1:30 p.m. on Wednesdays. On Wednesdays, the youth center will also offer trips from the Clovis Community Center to museums, recreational activities or participation in community service projects with nominal admission/participation fees. These programs will be available for all children 9 to 12 years of age. The Community Center also offers monthly specialized youth or teen activities such as seasonal dances, crafts, tournaments, movies and more.

One of the training and curriculum specialists who is a Red Cross certified instructor will offer a babysitting course during spring break at the Community Center and a home alone training course for youth will be scheduled during February.

For more information, call 784-6381.

Youth Center events for all ages

Courtesy of the Cannon Youth Center

The Youth Center utilizes programs from the Boys and Girls Club of America, 4-H Clubs and Air Force Youth Programs to provide young people with a place to have fun and learn new skills.

In March, the Youth Center is starting up a new 4-H Gardening Club, Chess Club and Dart Challenges for both teens and 'tweens.

Strictly for the Teens there will be Teen Issues/Discussions starting at 7 p.m. Thursday; College Preparation sessions start at 7:30 p.m. on March 2; and a Money Matters course starts at 7:30 p.m. on March 6.

Normal monthly activities include FitFactor, basic and advanced computer training (Skill Tech), Arts and Crafts, Photography, Cooking Club, Sewing Club, Literacy Arts, sports, video games, tournaments, Image Makers, Digital Arts, Power Hour, and Torch and Keystone Clubs (teen and 'tween leadership).

The center provides opportunities for youth to experience cultural arts and events by coordinating trips to view musicals, theater, art exhibits, dance and various other forms of art at Eastern New Mexico University and through the Clovis Cultural Arts Series.

A new activity is Field Trip Wednesdays. March's trips are to the Clovis Depot Model Train Museum, Eula Mae Edwards Museum/Art Gallery, Ned Houk Park and Roosevelt County Historical Museum. Sign ups will be at the Youth Center and the Clovis Community Center. Prices are \$5 unless otherwise noted on the sign up sheets.

The next two major events happening are:

— 'Tween Lock-in March 3. Cost is \$15 if paid for by Wednesday and \$18 thereafter.

— Teen Lock-in March 17. Cost is \$15 if paid for by March 10 and \$18 thereafter.



What's happening?



Today

Seafood Buffet – 11 a.m. at The Landing
Conversational Language Skills Japanese –
11 a.m. at the Cannon Library
Family Bowl-A-Rama – 6 p.m. at Cannon Lanes
DJ – 7 p.m. at the End Zone



COURTESY GRAPHIC

Saturday

Cosmic Family Night – 6 p.m. at Cannon Lanes

Sunday

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

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
Conversational Language Skills French –
11 a.m. at the Cannon Library
Brownies – 3:30 p.m. at the Portales Community Center
Country Fried Steak – 5 p.m. at The Landing
Chess Club Casual Play – 5 p.m. at the Central Community Center
XBox Challenges – 5 p.m. at the Portales Community Center



NEWS FEATURE

Reserve pararescuemen help rescue Mount Hood climbers

By Master Sgt. Ruby Zarzycny
939th Air Refueling Wing

PORTLAND, Ore. — Air Force Reserve pararescuemen from the 304th Rescue Squadron, Portland International Airport, Ore., were called Sunday to assist in the search and rescue effort for three stranded climbers.

While attempting to descend Mount Hood, Ore., the three people and a dog, who were roped together, fell through a snow cornice and landed in a life-threatening situation.

The climbers activated their mountain locator units, or MLUs, and used a cell phone to call for help. Rescuers were able to help five other climbers from the group back to the Timberline Lodge, but the three remaining climbers would spend the night facing blizzard conditions.

The 304th team, four pararescuemen and two combat rescue officers, arrived at Government Camp at 8 p.m. Sunday and checked into the Clackamas County Sheriff's command post. They

were the only team to search throughout the night and tracked a beacon signal transmitted from the climber's MLU, said Capt. Mark Ross, 304th RQS combat rescue officer.

"We had them electronically during the entire search," said Captain Ross. "It's not an exact location, but we could hear their beacon signal and reported coordinates to narrow the search area and mark a safe trail for the other teams to follow in the morning."

Using a directional antenna, the six-man PJ team searched for more than 12 hours through deep snow, below-freezing temperatures with winds in excess of 70 mph causing white-out conditions.

While they searched during the night in high avalanche danger areas, they reported their coordinates by radio to be plotted using mapping software in the command post at Timberline Lodge.

"The MLU helped this time," said Hal Lillywhite, Portland Mountain Rescue command post volunteer. "I don't think they would have found them so quickly if they didn't have the locators."

"The MLU [only used on Mount Hood] is a small transmitter that can be activated in an emergency and transmits up to 60 days," said Mr. Lillywhite. "However, the signal does not give an exact location and it is not monitored. Emergency services will not be activated until someone calls for help."

Rescuers said the MLU is better than nothing, but the device's technology is outdated. They recommend climbers use more effective locator devices such as a personal locator beacon, Global Positioning System or emergency position indicating radio beacon, that are continuously monitored by satellites and can pinpoint exact locations, along with a cell phone. Items offering this level of technology are often more costly, but can usually be rented. "These devices can take the search out of search and rescue," said Captain Ross. "It's a small price to pay when every minute counts toward survival."

After searching for more than six hours, the exhausted team made temporary shelters in the snow at 4 a.m. They ate Meals Ready to Eat and candy bars to regain their strength before continuing their search for the missing climbers.

"The search was brutal and we climbed hard to get to the missing climbers," said Captain Ross. "Once the sun came up more rescue teams were sent into the area. We were poised at the entrance to the climbers but stopped due to the hazards."

The 304th RQS team and the other rescue teams surveyed the terrain to come up with a plan to continue the search.

"Our team was on the way to continue the search when the teams met at the first avalanche hazard," said Captain Ross. "To avoid exposing rescuers to avalanche conditions, we made



PHOTO BY CAPT. MARK ROSS

Staff Sgt. Josiah Blanton uses a directional antenna to locate a beacon signal from a mountain locator unit during a search for three missing climbers Sunday at Mount Hood, Ore. Once he found the signal, he marked the location and radioed it to the command post to be plotted on a map.

a risk benefit decision to send a smaller, fresh Portland Mountain Rescue team into the area. They could report back if they needed additional assistance. We went into a stand-by mode waiting to hear if the rescuers needed our help."

At 11 a.m. Monday, rescuers reached the missing climbers and the Clackamas Sheriff's Office reported that all was well. The rescuers and climbers were able to walk out and they were picked up by a Sno-Cat around 3:30 p.m. to bring them further down the mountain.

The 304th RQS and the Clackamas, Hood River and Washington County Sheriff's Offices worked together with many volunteer organizations including Portland Mountain Rescue, Hood River Craig Rats, Eugene Mountain Rescue, Corvallis Mountain Rescue, and Mountain Wave Radio Communications.

"We've always appreciated the 304th RQS' experience and help in rescues," said Sheriff Deputy Tygh Thompson, Washington County Sheriff's Office SAR coordinator. "These guys bring a mass of people who are skilled in many different areas, who are paramedic, who can climb mountains and swim rivers. They are an all-purpose rescue resource, and they have skills and equipment that no one else has. I think we are blessed to have them in the area. If we could do more training scenarios together throughout the year it would be a benefit for all."



PHOTO BY MASTER SGT. RUBY ZARZYCZNY

Capt. Mark Ross, 304th Rescue Squadron combat rescue officer loads up his rescue gear Feb 19, 2007 after spending the night on Mount Hood searching for more than 13 hours for three missing climbers who fell while climbing Sunday.



FEATURE

African-American history is American history

Commentary by Lt. Gen. Frank Klotz
Air Force Space Command vice commander

PETERSON AIR FORCE BASE, Colo. — In the 1920s, Dr. Carter Woodson concluded that if African-Americans were to take their rightful place in society, Americans of all races needed to learn about African-American contributions to America's history and culture.

In 1926, he launched the first Black History Week. Today, a movement that originally began in churches and schoolrooms is observed across America as African-American Heritage Month.

Dr. Woodson felt African-American heritage should be remembered and celebrated by more than just one segment of the American population. African-American history is America's history, shared by and affecting all citizens of our great country, regardless of background or individual experiences.

The accomplishments and contributions of African-Americans to our society, to our culture and to our identity as a nation are numerous and varied. We'd be hard pressed to find any facet of American life that has not been shaped and immeasurably enriched by their knowledge, wisdom and talents.

In literature, you'll find Ralph Ellison's "Invisible Man" and James Baldwin's "Go Tell It on the Mountain" on the modern library's list of the best novels in the English language. Toni Morrison's "Beloved" won the 1988 Pulitzer Prize in fiction. Five years later, she was awarded the Nobel Prize.

The late Ray Charles was honored with eight Grammy Awards last year. African-Americans have pio-

neered sounds and styles in music that have influenced virtually every aspect of the American music scene.

Beyond the arts, African-American scientists, inventors and engineers such as George Washington Carver, Elijah McCoy and Benjamin Banneker have helped unleash the tremendous resources of our country.

Yet in my mind, the most important contributions of famous African-Americans have been in the realm of political ideals and moral values. Perhaps I feel this way because my own academic training is in political history and philosophy. Perhaps it's also because my generation witnessed firsthand the vision, courage and persistence that the great civil rights leaders displayed in confronting the evils of segregation and racial inequality.

In pursuit of this noble mission, the tenets of a moral philosophy have been established that will inspire and inform Americans of all races on how to conduct themselves for generations to come. Let me suggest a few examples particularly relevant to those of us who serve in our nation's armed forces.

In his famous "I Have a Dream" speech, Dr. Martin Luther King Jr. said, "We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force."

I think the example of Benjamin O. Davis Jr.'s experience at West Point in the 1930s illustrates this point beautifully. Davis was the only African-American cadet in his class. From the outset, Davis' classmates actively shunned him. Yet he remained resolute in his determination and did not falter.

He ultimately graduated in the top 15 percent of his West Point class, was commissioned a second lieutenant in the infantry, became the first African-American officer to solo in an Army Air Corps aircraft, commanded the famous Tuskegee Airmen and became the first African-American to wear an Air Force star.

Dr. King also talked about how every job was important, and everyone should do his or her particular job to the absolute best of his or her ability. He said, "Whatever your life's work is, do it well."

His point speaks directly to us in the profession of arms. Everyone in a military organization is vitally important to the success of the mission. No matter what your assigned task, you should do it as if someone else's life or welfare depended on it — because it probably does!

African-Americans have demonstrated that they were willing to fight for what they knew to be true, even at the cost of their personal safety and their lives.

During the Battle of the Bulge, when front-line troops were thinning under the German assault, a call went out to African-American units for volunteers to reinforce the lines. More than 4,000 men answered the call. Their performance in battle won the respect of all.

Dr. King perhaps said it best when he remarked: "There are some things so dear, some things so precious, some things so eternally true, that they're worth dying for ... if a man has not discovered something that he will die for, he isn't fit to live."

This is the same kind of courage each of us in the military must possess — the same kind of self-sacrifice that we must also be prepared to make.

How much do you know about African-American history?

Test your knowledge:

Courtesy of the 27th Fighter Wing Cultural Observation Committee

Test your knowledge of African-American history. E-mail answers to the COC at jacqueline.pinkett-smith.ctr@cannon.af.mil.

1. Harriet Tubman played a key role in the success of the Underground Railroad, which did what?

- a. Help slaves from the South escape to the North
- b. Fight segregation on trains
- c. Create a subway system in New York City

2. In its fight for social justice, a group of citizens in New York City founded which of the following organizations in 1909?

- a. The United Negro College Fund
- b. The American Civil Liberties Union
- c. The National Association for the Advancement of Colored People

3. In its 1954 decision on Brown v. Board of

Education, the U.S. Supreme Court outlawed racial segregation where?

- a. In public schools
- b. In restaurants
- c. On buses

4. On Dec. 1, 1955, Rosa Parks was arrested in Montgomery, Alabama, for doing what on a bus?

- a. Refusing to pay
- b. Playing her music too loud
- c. Refusing to give her seat to a white person

5. Which of the following did Martin Luther King Jr.'s followers do to protest segregation during a famous Montgomery boycott?

- a. They refused to take public buses
- b. They stayed in their homes
- c. They started a letter-writing campaign

6. Which famous words did Martin Luther King Jr. speak at the March on Washington in 1963?

- a. "Four score and seven years ago ..."
- b. "I have a dream ..."

c. "Keep hope alive ..."

7. The Civil Rights Act of 1964 was mainly created to do which of the following?

- a. Guarantee citizenship
- b. Guarantee free speech
- c. Ban discrimination

8. Which president signed a bill making Martin Luther King Jr. Day a national holiday?

- a. John F. Kennedy
- b. Jimmy Carter
- c. Ronald Reagan

9. In 1995, nearly 400,000 people took part in the Million Man March. Where did this march take place?

- a. Washington, D.C.
- b. Montgomery, Alabama
- c. New York City

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



FEATURE



U.S. ARMY ARCHIVES

Brig. Gen. Benjamin O. Davis Sr. (1877-1970) was America's first African-American general. As inspector general, his report about conditions for African-American Soldiers led to the desegregation of the military in 1948.



ILLUSTRATION BY MASTER SGT. WILLIE JONES JR.

Among his achievements, Gen. Benjamin O. Davis Jr. (1912-2002) was the first African-American to graduate from West Point in the 20th century and commanded the African-American Tuskegee Airmen during World War II.

Soldier father, Airman son change military with selfless service

By Greg Allen
27th Fighter Wing Public Affairs

Benjamin Davis Drive is a small street in Clovis that is named after two very large men who helped change conditions for African-American servicemembers in the American military and perceptions by the American public.

Benjamin O. Davis Sr. was born July 1, 1877 in Washington, D.C. and rose from an enlisted private to become the American military's first African-American general.

In 1898, Davis enlisted in the 8th U.S. Volunteer Infantry during the Spanish-American War and in 1899 reenlisted in the regular Army as a private.

In 1901, he was commissioned a second lieutenant. He served in the Phillipines and later

became a professor of military science and tactics at a military university.

He was given his first command in 1938 and in 1940, after 42 years of service, became the first African-American American general in the U. S. military.

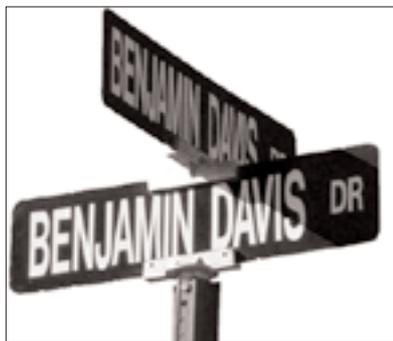


PHOTO BY GREG ALLEN

Benjamin Davis Drive in Clovis is named after Air Force General Benjamin O. Davis Jr., who led the Tuskegee Airmen during World War II.

In 1946, he became Assistant to the Inspector General in Washington, D.C. and his report on segregation was a determining factor in President Harry Truman's decision to end segregation in the military in 1948. After 50 years of service, he retired July 14, 1948 and died Nov. 26, 1970.

On Jan. 28, 1997 the Benjamin O. Davis Sr. commemorative stamp was issued and dedicated at the National Guard Armory in Washington, D.C.

Later, Davis passed his love of the military on to his son.

Benjamin Davis Jr. was born Dec. 18 1912, and was the first African-American to graduate from West Point in the 20th century. He was also the first African-American officer in the Army Air Force and a leader of the famed Tuskegee Airmen of World War II. His military career

spanned five decades and three wars.

Because he was African-American, he was officially "silenced" by West Point cadets – no one spoke to him except on official business for four years – and he roomed alone.

In 1942, six months shy of his 30th birthday, Davis assumed command of the Tuskegee Army Air Force's 99th Fighter Squadron. He flew P-51s in combat in Europe, and came home to form the 332nd Fighter Group. The 332nd FG never lost a single bomber to enemy aircraft.

In the spring of 1945 Davis led a fighter squadron against airfields in southern Germany and was awarded a Silver Star.

Benjamin Davis Jr. was promoted to four-star general.

He retired Feb. 1, 1970. Davis died July 4, 2002.



U. S. ARMY ARCHIVES

In 1997, a commemorative stamp was dedicated to Benjamin O. Davis Sr., the first African-American general.



Unit Spotlights

Congratulations Cannon Diamond Sharp Award Winners



PHOTOS BY AIRMAN ERIK CARDENAS

Staff Sgt. James Jaramillo,
27th Aeromedical Dental Squadron

Sponsored by*: *Kim Wilson,*
Cannon Federal Credit Union

Award presented by Maj. Gen. Norman Seip, Commander, Air Forces Southern Command and 12th Air Force (far left), and Col. Scott West, 27th Fighter Wing commander (far right).



Senior Airman LaSondra Hawkins,
27th Logistics Readiness Squadron

Sponsored by: *Master Sgt. Wendell Pugh,*
Cannon 1st Sergeant's Association

Award presented by Maj. Gen. Norman Seip, Commander, Air Forces Southern Command and 12th Air Force (far left), and Col. Scott West, 27th Fighter Wing commander (far right).



Airman 1st Class Bradley Luu,
27th Communications Squadron

Sponsored by: *Nicola Carter,*
Army and Air Force Exchange Service

Award presented by Maj. Gen. Norman Seip, Commander, Air Forces Southern Command and 12th Air Force (far left), and Col. Scott West, 27th Fighter Wing commander (far right).

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

CANNON AIR FORCE BASE CHAPEL

Chapel services

CATHOLIC

- Religious Education 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.

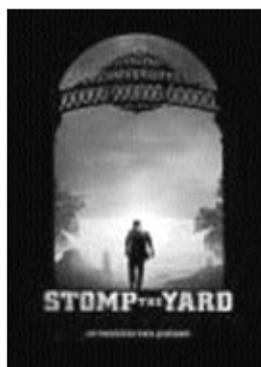
For more information about other programs or other faith groups, call the chapel office at 784-2507.

At the Movies

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

Stomp the Yard

Today and Saturday at 4 p.m.



Description: DJ, a troubled youth from Los Angeles, attends the historically black Truth University in Atlanta, Georgia. When adapting to his new environment proves difficult, DJ finds solace in joining a struggling fraternity where he begins implementing his street-style dance moves in an attempt to help the step team win the coveted National Step Show Championship. Before long DJ becomes the competing fraternity's main rival, while trying to pursue his new love interest, deal with his own troubled past and learn the true meanings of brotherhood and fraternity along the way.

PG-13 – violence, sexual material and language

Running time: 114 min.

Freedom Writers

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



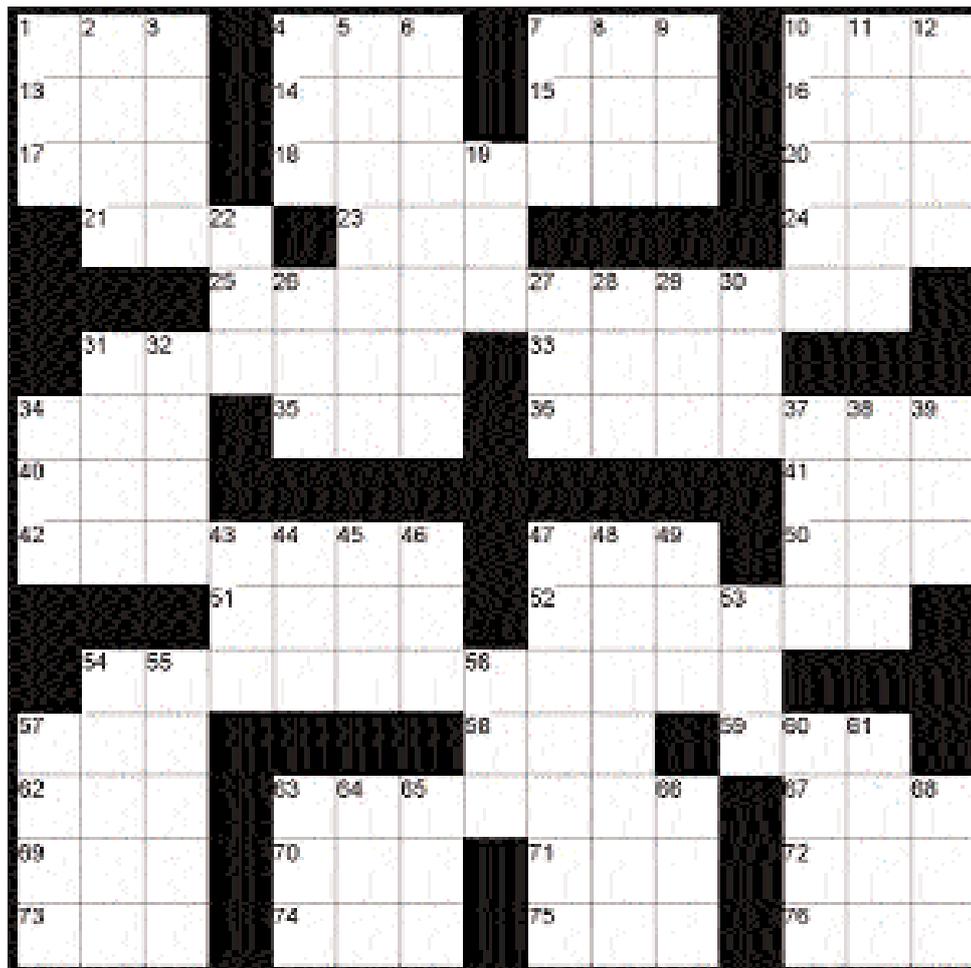
Description: A dedicated California teacher must find a way to unify her disadvantaged and racially divided students. She does this while improving their grasp of academics, partly by having them keep journals about their violent, troubled lives.

PG-13 – violent content, thematic material and language

Running time: 123 min.



THE LIGHTER SIDE



ANSWERS ON PAGE 18

Campaign: Island Hopping
By Capt. Tony Wickman
71st Flying Training Wing

Across

- 1. Duty status, perhaps
- 4. Private institution supporting the USAF
- 7. Pie __ mode
- 10. Evil
- 13. You __ here
- 14. Golfer Ernie
- 15. Auto
- 16. N.Y. Giant Manning
- 17. British beverage
- 18. Most fleet of foot
- 20. __ High; former USAF slogan
- 21. URL ender
- 23. U.S. gov't investigative arm
- 24. Network station
- 25. Scene of famous flag raising in 1945
- 31. USN boat type
- 33. Late night host
- 34. TV alien
- 35. Many times at short intervals
- 36. Enervated
- 40. In favor of
- 41. Neither's partner
- 42. Name of island for 25 Across
- 47. Sleep
- 50. Football stat
- 51. King for __
- 52. Builds
- 54. DoD branch memorial com-

- memorated by event of puzzle theme
 - 57. Dept. of the Army, once
 - 58. Gene material
 - 59. Type
 - 62. Charm
 - 63. What created 42 Across
 - 67. Picnic invader
 - 69. Marriage words
 - 70. Costner film Message __ - Bottle
 - 71. __; Friday lead in
 - 72. Compete
 - 73. Mission for the RQ-4
 - 74. Caterwall
 - 75. Snakelike fish
 - 76. Dined
- Down**
- 1. Slap
 - 2. After school snack
 - 3. Erosion
 - 4. USAF deployment set
 - 5. __ - Our Fathers; 2006 movie based on puzzle theme
 - 6. Take the hill
 - 7. Pilot with 5+ kills
 - 8. __ Vegas
 - 9. Op or Deco
 - 10. Where U.S. troops landed on puzzle theme
 - 11. Excuse
 - 12. Lowers the light
 - 19. Rocky top
 - 22. Zulu time zone, in brief
 - 26. Law & Order: SVU item for

- court order to not allow something, briefly
- 27. Sick
- 28. Actress Arthur
- 29. Writer Coulter
- 30. Machine part
- 31. Till the field
- 32. Big hair style
- 34. __ 36-2903
- 37. Military organization
- 38. Charged particles
- 39. Gere movie __ and the Women
- 43. Liquid holder
- 44. Dictator Amin
- 45. __-o-war
- 46. Affirmative
- 47. Infant
- 48. Set up
- 49. Zest
- 53. Program on 24 Across
- 54. Servants
- 55. Performer
- 56. Disease org.
- 57. War in which puzzle theme occurred
- 60. This caused black obsidian on 42 Across
- 61. Sew
- 63. Esprit
- 64. Single
- 65. Decree
- 66. Engine need
- 68. Golf prop



SPORTS AND HEALTH

Med group teaches children dental health

By Airman Garrett Zachry
Cannon Dental Clinic

February is National Children's Dental Health Month, an event designed to help children and parents focus on the importance of oral health and promote good nutritional habits. This year dentists and dental technicians from the 27th Medical Group Dental Flight visited three Clovis schools and the Child Development Centers. The staff spoke to children about their oral health care and gave out toothbrushes and toothpaste.

Maintaining a healthy smile that lasts a lifetime starts with a child's first tooth. Primary teeth or "baby teeth" are important because they help with proper chewing, speech development and contribute to a child's esthetic appearance. Healthy primary teeth also maintain space for permanent teeth and guide them into their proper place in the mouth. Premature loss of a primary tooth may cause the permanent teeth to erupt incorrectly. This causes misalignment of the teeth and an improper bite which may necessitate orthodontic procedures for correction. In addition, decayed primary teeth can cause pain, infections and can have devastating effects on the permanent teeth.

Good habits develop early in life. As caregivers, it is essential to teach proper oral hygiene and help children establish an oral home care routine early in life. Doing so will act as a foundation for a lifetime of good oral hygiene and ensure a healthy smile.

Oral care should begin long before a child has his first tooth. A baby's mouth and gums should be gently swiped with a piece of gauze or wet washcloth at least once daily. As the first tooth erupts, generally around 6 months of age, a small soft toothbrush and water can be used. Eventually, around the age of 3, children should start brushing two to three times a day. Parents are encouraged to help children brush until they are proficient in handling the toothbrush on their own, about the age of 6, but should be supervised until they are 7 or 8.

Fluoridated toothpaste is not recommended by the American Dental Association until a child is 2 or older and then only use a pea-sized amount, making sure the child spits it out and does not swallow it. Parents are also encouraged to floss their child's teeth as soon as any two teeth touch together. Fluoride rinses and other dental products may be recommended as children mature.

Nutrition also plays an important role in good dental health. Eating nutritional snacks and limiting the amount of sugary drinks will help to prevent plaque from forming on the teeth. Anything sweet, starchy or sticky can promote cavities, especially if a child grazes on these foods throughout the day. Try to limit children to two or three snacks a day and encourage him or her to eat raw fruit, vegetables, nuts and non-sugary drinks. If a child still drinks from a bottle, it is crucial to avoid letting them spend hours sipping sweet liquids such as juice, soda or milk which may lead to a dental condition known as "baby bottle tooth decay."

Healthy habits start early on in life. Get children off to a right start with early dental visits, proper oral hygiene and good nutrition so they will have a healthy smile that will last a lifetime.



PHOTO BY AIRMAN ERIK CARDENAS

Airman 1st Class Garrett Zachry (left) and Capt. Benjamin Clark, both 27th Medical Group Dental Flight, teach proper brushing to children at the Cannon Child Development Center.

A child's first dental checkup

By Airman 1st Class Jacob Broersma
Cannon Dental Clinic

A child's first set of teeth are very important. Healthy, strong primary teeth help a child chew food, speak clearly and have a bright smile. Taking a child to the dentist regularly can help prevent dental disease.

It is recommended by the American Academy of Pediatric Dentistry, the American Dental Association and the American Academy of Pediatrics that children visit a dentist within six months of their first primary tooth erupting through the gums or by their first birthday. The earlier the dentist is able to see a child, the earlier they can diagnose and prevent problems that may be developing. The first visit is short and usually no treatment is done at that time. The goal of this visit is to allow the child to get acquainted to the concept of the dentist and become comfortable at the dental office.

During the first visit the dentist will:

- examine teeth for tooth decay
- examine gums and soft tissues

In addition to checking their teeth, the dentist will teach parents how to properly clean their child's teeth and gums. After the initial visit, the dentist may recommend that a child visit the dentist every six months. The frequency of the visits will be determined by the dentist and will depend on the child's individual needs.

Good oral health is an important component of a child's overall health. By initiating dental visits, along with practicing proper home care at an early age, parents will instill in a child good dental habits that will last for a lifetime.

Whispering Winds kicks off the 2007 golf season with tournament

By Dennis (Chris) Christensen
Whispering Winds Golf Course

After thirty plus days of the Whispering Winds Golf Course being closed for open play due to snow, thirty-three golfers turned out for the 2007 season opening golf tournament on Feb. 10.

The format for the tournament was a three-person team with the two low net balls on each hole counting for score.

The threesomes of Jim Leiberick, Ben Hible and Brandon Taylor, and Larry Looney, Charlie

Kizer and Richard Martinez tied for top honors in first place as both teams posted a score of 118.

After a scorecard play-off, Leiberick's team came out on top and Looney's team took second.

Third place went to the team of Greg Pusateri, Bruce Vincent and Larry Robinson at 123. Pete Wilt, Tim Bloink and Doug Huffines won a score card play-off with Josh Jacobson, Steve Gallegos and Yoko Vincent to finish fourth. Jacobson's team captured fifth place to round out the field.

Winners of the closest-to-the-pin contests were: hole 3 — John Anderson, hole 7 — Greg Pusateri,

hole 11 — Larry Robinson and Larry Looney won hole 17.

Gift certificates were presented to all of the winners.

The next scheduled event at the Whispering Winds Golf Course will be an Individual Medal Play Tournament on March 17 and 18.

Base Golf Team try-outs will also be held in conjunction with the tournament.

For details on the Medal Play Tournament, the Cannon Golf Team or to sign up, contact the Pro Shop at 784-2800.



SPORTS SHORTS



COURTESY GRAPHIC

The 70,000 steps in 7 days challenge

Strive for 70,000 steps starting Monday and continuing through 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.

Cannon Lanes 784-2280

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

Lanes assigned from 5 to 7 p.m.

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

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

Wednesday Specials — Students receive discounts from 1:30 to 4:30 p.m. Wednesdays. 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 — Pirate Ball

Saturday — 3 on 3 Basketball

Tuesday — Chess and Tennis

Wednesday — Board Games, Skating and Scooters

Thursday — FitFactor Activities and Dart Challenge

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

Varsity softball tryouts — Individuals interested in playing on the men's softball team should meet at 3 p.m. today at the Fitness Center.

March Madness Basketball — At 11 a.m. March 13 — 15, participate in a 3-point Shoot-out, Free-throw Competition and Around the World Shoot-out.

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 16