

## Community News



### Texas Hold 'em

The Landing is hosting a Texas Hold 'em Tournament at 6 p.m. March 16. \$20 for dinner buffet and entry fee. Grand prize is a \$300 gift card.

### OSI recruit briefing

The Air Force Office of Special Investigations recruitment briefing is at 10:30 a.m. today 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>.

### English language class

The Center for Student Success at Clovis Community College is offering free English as a Second Language class from noon to 2 p.m. Mondays and Wednesdays at the Airman and Family Readiness Center. Enrollment is ongoing so participants register at their first class.

For more information, call 769-4095.

### Cholesterol class

One-on-one diet consultations will be provided at this two-part class at the Cannon Health and Wellness Center. Part one will be Tuesday and part two will be March 22. Classes are noon to 1 p.m.

Airmen must sign up to attend.

To sign up or for more information, call Tech. Sgt. Alonzo Cromwell at 784-1004.

### Enlisted commissioning briefing

The Quarterly Enlisted Commissioning Briefing is 11 a.m. to noon Thursday at the Cannon Training and Education Office located in Bldg. 600, Suite 2099.

All enlisted Airmen are invited to attend.

Call 784-4184 to reserve a seat.

*More Community News on page 9*

# MACH METER

Many of these stories and more available at [www.cannon.af.mil](http://www.cannon.af.mil).

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Cannon Air Force Base, N.M.

March 9, 2007



PHOTO BY TECH. SGT. SCOTT MACKAY

## Airmen prep for combat duty

Maj. Marina Johnson (far right) and Staff Sgt. Stephanie Leopard (tan) work with two other Airmen from the 27th Medical Operations Squadron to treat an exercise victim at the base clinic Tuesday. For more photos of the Phase II readiness exercise, see pages 12-13.

## AFSO 21 mind-set leads to success

By Senior Airman Nestor Cruz  
18th Wing Public Affairs

KADENA AIR BASE, Japan — The Pacific Air Forces director of logistics outlined changes in the Air Force and what those changes mean to the Air Force.

"In regards to our mission in the Pacific, our number one challenge is maintaining regional stability out here in the largest area of responsibility in the world," said Brig. Gen. Francis Bruno, director of logistics, PACAF Headquarters.

"From an Air Force perspective, we have Program Budget Directive 720 cuts happening as we speak," he said. "What this means for our logistics people, including maintenance, transportation and supply, is that our manpower will be reduced by 1,000 in the next couple of years. Clearly, we are going to lose production capability. What we must do is think about how we can use Air Force Smart Operations 21 and process improvements to recapture some of that production capability."

The PACAF logistics director said he is a "huge" advocate of the AFSO 21 initiative and believes it will help Airmen bring the Air Force to the next level.

General Bruno talked about AFSO 21 during a luncheon with the Logistics Officer Association. In his speech, the general highlighted the role of AFSO 21 at the Air Force, major command and at base levels.

"I'm asking our logisticians to think about the local processes they rely on every day to produce airpower here in the Pacific," General Bruno said. "If we give our Airmen these AFSO 21 tools, instruct them on Lean manufacturing and give them the information they need to understand the Theory of Constraints and Six Sigma, we will restore our production capability resulting from PBD 720 cuts."

The modernization of the Air Force is another aspect of change that General Bruno believes will help improve

mission capability in the future.

"The secretary of the Air Force and the Air Force chief of staff have made modernization a priority so we can give our successors a better Air Force," the logistics director said.

"We're trying to give our future successors leading-edge technology so our pilots and operators have a decided advantage over our adversaries," General Bruno said. "That's why the Air Force is pushing for the F-22, joint strike fighters, transport capability with the C-17 and the ability to reach out globally with a new tanker."

In spite of the challenges of a changing Air Force, General Bruno wants Airmen to understand they have the innovation required to ensure mission success.

"What I would tell our Airmen is we have the leadership, resolve and resources to overcome those challenges. It won't be easy, and that means we need to support Secretary of the Air Force Michael Wynne and Air Force Chief of Staff Gen. T. Michael Moseley in making tough decisions," he said.

"To quote Winston Churchill, 'We're out of money, now we must think.' Our Airmen have great ideas on a daily basis," General Bruno said. "We need to tap those ideas, incorporate those into our future processes so all of us can rise to the future challenge."

General Bruno pointed out that a synergetic relationship between Airmen and Air Force leadership can bring today's Air Force well into the future.

"Our Airmen are members of the greatest Air Force in the history of mankind. That is an awesome responsibility and also something to be especially proud of," General Bruno said.

"The most important message I want to convey to our Airmen is that Air Force leadership care about our Airmen and the mission. We are all dedicated to taking care of our Airmen and helping them prepare our Air Force for future responsibilities."



## NEWS

# New ammo reduces collateral damage

By Capt. Ken Hall  
332nd Air Expeditionary Wing Public Affairs

BALAD AIR BASE, Iraq — Air Force F-16 pilots at the 332nd Air Expeditionary Wing are employing a new 20mm cannon round in their M61/A1 Gatling guns for the first time.

Improved PGU-28A/B 20mm ammunition began replacing the long-used M56 high explosive incendiary ammunition in the wing's F-16s, making pilots' jobs easier, safer and more effective.

The older M56 ammo required a specific impact velocity in order for its high explosive incendiary properties to function correctly. In other words, the round would not explode on impact if it did not get there fast enough, so pilots had to get in closer for the strafe. Of course, the impact and mass of the projectile would still damage the target, but would not achieve the full explosive effect for which it was designed.

The new cannon round employs a more aerodynamic design and "hotter load," which increases its velocity and effective range, allowing greater standoff distance for pilots, said Capt. Jim Maxwell, the deputy chief of weapons and tactics at the wing.

The captain also noted that when bullets can be used instead of bombs, the potential for collateral damage is reduced as well, increasing airpower options for the ground commander who must calculate the desired result when calling in air support.

Acquiring and readying the new ammo for use, though, was not an easy task.

After airpower leaders determined the enhancements, the new cannon round was called on as an "urgent operational need," according to Senior Master Sgt. Michael Ray, 332nd Expeditionary Maintenance Squadron.

When the ammo arrived, 332nd EMXS munitions members received and inspected more than 80,000 rounds in six hours — compared to the 8,000 rounds usually processed in a typical day.

"It ain't ammo 'til we say it's ammo," Sergeant Ray said.

The PGU-28A/B rounds then made their way through loading machines, called replenishers, to fill drummed universal ammunition loading systems, which are used by weapons loaders to arm the wing's F-16s.

That hard work allowed F-16 pilots to employ the ammo quickly.

The weapons crew and ammo Airmen are a diverse group of members deploying from throughout the world — Aviano Air Base, Italy; Misawa AB, Japan; Selfridge Air National Guard Base, Mich.; Syracuse ANGB, N.Y.; Duluth ANGB, Minn.; and Joint Reserve Base Ellington Field, Houston.

"Our ammo and weapons loader personnel are just phenomenal," said Lt. Col. Patrick Kumashiro, the 332nd Expeditionary Maintenance Group deputy commander. "Ours is a total force team effort, and they managed to get our F-16s loaded



PHOTO BY CAPT. KEN HALL

Tech. Sgt. Chris Lakkala (left) regulates the replenisher tray as it feeds PGU-28A/B 20mm cannon rounds into the universal ammunition loading system. Tech. Sgt. J.C. Whitney prepares more rounds to load through the replenisher Feb. 25 at Balad Air Base, Iraq. The new ammo allows for higher velocity, a greater standoff distance and increased safety for pilots, all contributing to greater effectiveness while providing close-air support. Both Airmen are deployed from Aviano Air Base, Italy.

within an amazing 48 hours of the ammo's arrival."

Capt. George Watkins and 1st Lt. David Bennett, both from the 510th Expeditionary Fighter Squadron, made up the first two-ship combat mission to use the new cannon rounds. The pilots worked as a team employing standard night tactics where one "sparkled" the target with infrared marker invisible to anyone not wearing night vision goggles, and the other then strafes and destroys the target.

"I'm excited to have the new ammo,"

Lieutenant Bennet said, "and glad to employ it to help the guys on the ground."

Captain Watkins concurs, "Protecting the guys on the ground is our number one priority, and having the new ammo makes it easier and safer for us to do that."

Col. Scott Dennis commands the wing's 332nd Expeditionary Operations Group.

"It's critical for ground forces who call in air support to get it when they need it," Colonel Dennis said. "These new rounds certainly kick our [close-air support] effectiveness up a notch."

## Air Force 60th Anniversary flag raised at memorial in Arlington, VA

By Tech. Sgt. Cohen A. Young  
Secretary of the Air Force Public Affairs

WASHINGTON — Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff T. Michael Moseley were the hosts for the 60th Anniversary flag-raising ceremony at the Air Force Memorial March 1.

"On this day, the man who used the B-17 to such a great effect, General Tooe Spaatz, formally succeeded General of the Army Hap Arnold, commanding general, Army Air Forces," said General Moseley.

According to 60th Anniversary officials, the logo was developed to capture the theme of the Air Force's 60th anniversary, Heritage to Horizons: Commemorating 60 Years of Air and Space Power.

The Hap Arnold wings on the logo signify the Air Force's heritage of ingenuity, courage and resolve. The three spires repre-

sent the new Air Force Memorial and are evocative of flight and of the contrails of the Air Force Thunderbirds' bomb burst maneuver.

The memorial's spires represent the Air Force's core values: integrity first, service before self and excellence in all we do. Also represented are the integral components comprising the Air Force: uniformed service-members, civilians and industry partners. Their upward extension signifies the service's commitment and resolve toward shaping the future.

The logo's dual shades represent air and space, where the Air Force flies and fights to protect America's freedom.

At the conclusion of the ceremony, the flag was raised at the memorial's entrance by Airman 1st Class Donald Meissner and Airman Steven Lowery of the United States Air Force Honor Guard.



PHOTO BY STAFF SGT. MADELYN WAYCHOFF

Airmen 1st Class Ahmad Ware (left) and Brandon Bridges unveil the Air Force 60th Anniversary flag for the first time March 1 at the Air Force Memorial in Arlington, Va. The ceremony was attended by Chief of Staff of the Air Force Gen. T. Michael Moseley and Secretary of the Air Force Michael Wynn. The Airmen are Air Force Honor Guard ceremonial guardsmen.



## NEWS

# 2007 Air Force Assistance Fund campaign kicks off Monday

By Capt. Christine Sienkowski  
27th Comptroller Squadron

It's time for the Air Force Assistance Fund (AFAF) campaign. The drive kicks off Monday and the 27th Fighter Wing's goal is \$43,031.

The AFAF was established to provide for an annual effort to raise funds for the charitable affiliates that provide support to the Air Force family



**AIR FORCE  
ASSISTANCE  
FUND**

COURTESY GRAPHICS

— active duty, retirees, reservists, guard and their dependents, including surviving spouses.

The campaign runs for six weeks, and supports the following AFAF charities:

- Air Force Aid Society
- Air Force Villages
- Air Force Enlisted Village
- General and Mrs. Curtis E. LeMay Foundation

These organizations help Air Force people with aid in an emergency, with educational needs, or to have a secure retirement home for widows or widowers of Air Force members in need of financial assistance.

The Air Force Aid Society (AFAS) is the official charity of the Air Force. It is chartered to assist in relieving financial emergencies faced by active duty members and their families. It also assists Reserve and Guard personnel who are on extended active duty or face unique emergencies.

For more information, visit [www.afas.org](http://www.afas.org).

Air Force Villages provides widows of career retired Air Force Officers with dignified, appropriate and cost-

effective living options.

For more information, visit [www.airforcevillages.com](http://www.airforcevillages.com).

The Air Force Enlisted Village is a non-profit organization that provides a home to dire need enlisted widows, of the Air Force, Guard and Reserve. They also provide temporary housing and services to spouses of enlisted members who die while serving on active duty.

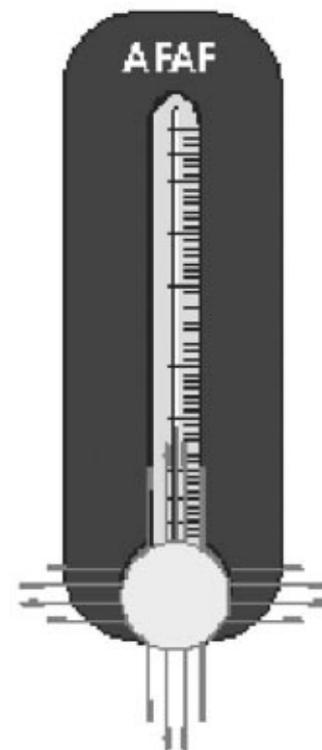
They also provide adult dependents on a space-available basis emergency assistance and temporary housing during natural disasters. For more information, visit [www.afenlistedwidows.org](http://www.afenlistedwidows.org).

The General and Mrs. Curtis E. LeMay Foundation enables surviving spouses to continue living in their own homes and communities and not struggle to meet daily living needs. They help with monthly supplemental grants to assist with food, rent, utilities and healthcare.

For more information, visit [www.lemayfoundation.org](http://www.lemayfoundation.org).

Cash donations to the AFAF will be accepted, but a payroll deduction is preferred. Civilians can also donate.

Goal — \$43,031



For more information, call Capt. Christine Sienkowski at 784-2019 or Master Sgt. Fred Cloaninger at 784-7277.

## Cyberspace warfare remains serious business for top AF leaders

### Sophisticated attacks becoming more common

By Staff Sgt. Julie Weckerlein  
Air Force News Service

WASHINGTON — It's a primary medium for the way the Air Force does business, whether it is used for command, control, communications, intelligence, surveillance or reconnaissance, yet cyberspace remains a relatively new and vulnerable frontier.

And Air Force leaders know it.

With technology evolving so quickly, cyberspace is probably the only warfighting domain in which we have pure competitors, and Airmen must stay ahead of them, said Gen. Ronald Keys, Air Combat Command commander, at the recent Air Force Association Air Warfare Symposium in Orlando, Fla.

"Almost everything I do is either on the Internet, an Intranet, or some type of network — terrestrial, airborne or spaceborne," he said. "Yet, everyone out there knows that hackers can [potentially] get into my network and slow down or corrupt [it] or cause me to lose faith in the networks or shut them down completely."

It's that vulnerability that has motivated the

top Air Force leaders to mobilize the creation of a cyberspace command.

"Cyberspace is a fighting domain where the principles of war do apply," said Secretary of the Air Force Michael Wynne at the symposium. "We need true warfighters in this domain, so today, at 8th Air Force; Lt. Gen. Bob Elder is leading the changing culture in cyber from a mind-set that is ruled by intelligence gathering and message carrying to a warfighter footing."

General Keys explained it further.

"It's time to get our concept of operations together," he said. "The terrorists are using cyberspace now, remotely detonating roadside bombs. Terrorists use global positioning satellites and satellite communications; use the Internet for financial transactions, radar and navigation jamming, blogs, chat rooms and bulletin boards aimed at our cognitive domain; e-mail, chat and others providing shadowy command and control; and finally overt and covert attacks on our servers."

Chief of Staff of the Air Force Gen. T. Michael Moseley also remarked on how terrorists are using the ease of cyberspace to benefit their cause.

"We're seeing more sophisticated attacks occurring daily," he said. "There's a virtual terrorism university on the net, helping mobilize, train and finance terrorist networks, not to mention tarnish America's image with propaganda."

A cyberspace command would be committed to bringing such action to a halt. The command would recruit people in all types of career fields and with wide expertise, since it goes beyond what most people think of when they hear about computers, networks and electronics, General Keys said.

"We're still sorting through [what skill sets will be required], but it won't be just guys with thick glasses drinking [soft drinks] and eating candy bars late at night," General Keys joked. "We need electrical engineers, computer engineers, strategic planners and thinkers. We need all those things that you have in a major command to go to war, and we need people to understand that this is not going to be another geeky stovepipe with a bunch of green doors that nobody can get into. This is going to be an integrated part of air and space."

General Keys said he hopes that all Airmen realize that defending cyberspace is just as important as defending air and space.

"We're at the dawning of a new ground — cyberspace — and its many manifestations," he said.

"Just as we're clearly seeing the way that we may have to fight with and defend the high ground of space, we're assured that we must fight within and defend cyberspace. Across all of our domains, we need to have freedom from attack and the freedom to attack."



## COMMENTARY

# Living your life: Are you who you want to be

By Whitney Rogers  
Arnold Engineering Development Center Public Affairs

ARNOLD AIR FORCE BASE, Tenn. — I will never forget that Sunday afternoon in Maryville, Tenn., when my parents received a phone call. My mom answered the phone and made the tell-tale gasping noise she only makes when something is wrong. She started crying and then hung up the phone. She told us my cousin had been killed in Iraq.

Army Staff Sgt. Daniel Morris, 28, was in Al Judiah, Iraq, when a roadside bomb exploded near his vehicle on Nov. 25. Daniel was one of four Soldiers in a HUMVEE. The other three Soldiers received varying degrees of injuries. Daniel took the brunt of the explosion. He was a Bradley Armored Personnel Carrier operator assigned to the 1st Cavalry Division, Fort Hood, Texas.

Sometime after Daniel's funeral, I was on my way home from work, stuck in interstate traffic, when I heard the song, "This Is Your Life" by the band, Switchfoot. Within the song is the lyric, "This is your life, are you who you want to be?"

I began thinking about my cousin and all of the

events surrounding his death. While listening to that song, I realized the type of person Daniel really was.

Daniel was a loving person. He was a son, a father and a Christian. But most importantly, he was a Soldier. When he was just a kid, Daniel had dreamed of joining the Army.

He was exactly who he wanted to be. The stories friends and family shared about Daniel's faith and commitment to duty reinforced that. For example, Daniel bought a car for the sole purpose of picking people up and taking them to church on Sunday mornings. He replaced the front door of the Servicemen's Home he lived in before he left for Iraq. He bought a riding lawnmower so members of his church congregation could mow their property. Everything he did, he did for the glory of God.

There is one story in particular I will never forget. Reverend Matthew Reed, the minister at the church Daniel attended near Fort Hood, keeps a map with pushpins in it to show where all the soldiers he knows are deployed. Before Daniel left for his second tour of duty in Iraq, he gave Reverend Reed a Purple Heart pushpin.

Daniel may have felt he was not coming home, but he

went anyway. He went and proudly served his country. And, like so many of our Soldiers, Sailors, Airmen and Marines, he gave his life for his country and for the Iraqi people. It was who he was. He likely could have answered the song's question, "Are you who you want to be?" without giving it a second thought.

The lessons I learned from Daniel are amazing. I realize that I am not invincible. Along with the good, bad things can and will happen. What is important is how I choose to deal with whatever happens.

I have learned that making the most of my life should be a much higher priority on my "to do" list.

I cannot accomplish anything by sitting back, being complacent and letting the world move around me. Instead, I should, as they say, "Grab the bull by the horns" and take advantage of every opportunity that comes my way.

Daniel will always be my hero. He will always be an example of someone who unselfishly gave his life and lived every moment being exactly who he wanted to be.

Not everyone can say the same. The challenge? It's your life. Are you who you want to be?

## When your drug of choice is food: dealing with an eating disorder

By a McConnell Air Force Base, Kan., member  
22nd Air Refueling Wing

MCCONNELL AIR FORCE BASE, Kan. — I'm writing this without revealing my name, but I could be any woman or man you know.

It has taken me a long time to admit that I have a problem. My disease is much like that of an alcoholic, but my drug of choice is food. An alcoholic can possibly learn to live without alcohol, but people with an eating disorder are still required every day to face their demons at meals and every time they pass a restaurant or bake sale.

My disease started around the age of 10 when I would binge-eat on sweets. Not just the typical eat two candy bars and feel kind of queasy, but eat a whole chocolate

cream pie, a box of snack cakes and a half of a gallon of ice cream. When my friends would be offered something to eat, and they would say no, they just weren't hungry, I couldn't understand that. I was always hungry; no matter how much I ate. My best friend was very tall and very thin. I always felt like the dumpy little friend tagging along. Although looking back I realize I was a normal weight, if not a little underweight at times.

Teenage metabolism carried me through high school and college, but quickly the pounds started adding up with every pizza and cake that I would consume. After months of daily bingeing, I would extreme diet and exercise for months at a time to get down to my "ideal" weight — the weight at which I thought I would be happy. I would get to that number on the scale and then start binge-

ing again; eating all the foods I had deprived myself of during my hyper-controlling period of dieting. This cycle would happen two or three times a year.

People would exclaim about the weight I had lost when I got thin again. As my weight would go down, their compliments only encouraged me to continue with the obsessive dieting and calorie counting.

I started seeking help from a therapist when my child walked in on me during one of my binges. I didn't want to give my child what I was eating, not because it was bad for them, but because I didn't want to share. I was not going to hand this disease to my child and see her go through the same things that I did. My child was my world to me and I just couldn't do that.

I have been in therapy now for almost a year and things are a little different. Not

a lot different, and not really for the better. I am on medication for my depression (a major factor in eating disorders.)

Eating disorders such as anorexia, bulimia, and binge eating disorder include extreme emotions, attitudes and behaviors surrounding weight and food issues.

There is no "cure" for eating disorders, it is a battle every day for the rest of your life for people with these diseases. It's not glamorous, in fact, for me it's embarrassing and shameful.

If you are suffering from an eating disorder or know someone who is, please get help. The NEDA Web site, [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org), and toll-free information and referral helpline at (800) 931-2237, provide extensive resources nationwide. The Health and Wellness Center can also help point you in the right direction.

### MACH METER

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[27fvmachmeter@cannon.af.mil](mailto: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.**

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Commander, 27th Fighter Wing

Capt. Rebecca Garcia  
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2nd Lt. George Tobias  
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## ROLL CALL

# Recognition is a priority



COURTESY GRAPHIC

Courtesy of Air Force News  
Week of March 2-8.

Recognition is important to the Air Force. It brings a great amount of pride and job satisfaction when those around us take the time to recognize the efforts Airmen bring to the fight every day.

Recently, the Air Force and the Air Force Association selected expeditionary medics as the 2007 Team of the Year. The selection brings attention to the medical community's deployed mission and the direct impact they have on saving lives in the Global War on Terror.

Roll Call is posted online every Friday, so supervisors can read it to their Airmen at morning roll calls or weekly formations. It is available at [www.af.mil](http://www.af.mil).

Air Force Surgeon General James Roudebush said that it's been the talent and dedication of our medics that has ensured that 97 percent of the casualties seen in our deployed and joint theater hospitals will survive today. Chief Master Sgt. of the Air Force Rodney McKinley added that all Airmen can be proud of their fellow warriors in the medical community and the tremendous job they are doing in-theater.

Each year, the Air Force Association recognizes one career field as Team of the Year. Historically, the team of the year honors an enlisted career field. In the recent past, the following career fields also have been recognized as the team of the year: services, vehicle operators, office of special investigations and command and control.

Recognition, however, doesn't have to come from large organizations such as AFA or from a headquarters level. Recognition for a job well done is something any of us can do for our peers.

A supervisor who takes the time to submit his or her Airmen for local awards, an Airman who points out a job well done at an office meeting, a chief master sergeant who walks the halls to thank Airmen for their work ... these are all ways that Airmen can recognize the great things that happen every day in our service because of our Airmen.

It's easy to take for granted the Airmen who work so hard every day, but as part of the Air Force team, we must all make the effort to share our pride and recognize all of our players.



### Energy-Saving Tip of the Week

- Clean the lint filter on a clothes dryer to improve air circulation and use the cool-down cycle to allow clothes to dry with residual heat.
- Dry heavier cottons in a separate load from lighter-weight clothes.
- Don't over dry clothes, if equipped; use the dryer's moisture sensor.
- Consider air drying clothes on lines or racks.

COURTESY OF ALLEN MUISE



## NEWS FEATURES

# Air Force heroes: 20 fallen Airmen honored in Afghanistan

Story and photo by  
Capt. Travis Tougaw  
455th Air Expeditionary Wing Public  
Affairs

BAGRAM AIRFIELD, Afghanistan — The 455th Air Expeditionary Wing held a formal retreat March 4 to honor the 20 Air Force members who have died in Afghanistan since Operation Enduring Freedom began in 2001.

Route 56, the wing's NCO advisory council, planned the retreat. The council wanted "to remind everyone of the pride and honor that should be incorporated in our daily tasking and to create a renewed sense of esprit de corps," said Tech. Sgt. Steven Wilson.

At the beginning of the ceremony, Airmen from across the wing read the names of the twenty fallen Air Force heroes and the circumstances of their deaths.

During his address, Brig. Gen. Christopher Miller, the 455th AEW commander, reminded wing members that some of the Airmen died in combat with the enemy and others died when their aircraft failed.

"The losses inflicted by the enemy are a stark reminder of the reason that we serve, so that our fellow Americans can sleep safely at night and enjoy the rich

blessings that freedom brings to a worthy people," he said. "But, the losses caused by the failure of our aircraft are an equally clear reminder of the nature of the Air Force and the ever-present need for us to work as a team to launch the best-prepared machines that we can into the demanding environment of Earth's atmosphere."

General Miller encouraged the wing to remember why they're in Afghanistan. "Look to your left, look to your right, and when you can, look in a mirror, and you'll see Airmen who stand in the tradition of those whose names we've read today," he said. "None of our fallen comrades sought the sacrifice that we honor them for today, but they did something that we must all seek to do equally well: to bear true faith and allegiance to their nation, to their comrades of all services, to the ideals of the Constitution that we serve. Those words, true faith and allegiance, are very short, but their meaning is vast. We can aspire to very few things that mean more."

In exhibiting faith and allegiance, those Airmen improved the lives of the Afghan people and people around the world, the general said. "They fought that men and women of America and their children, and the children of Afghanistan, and all free peoples might live in a world that is

marked by trust and not hatred, freedom and not oppression," he said. "Be proud of those we honor tonight, be humbled that we can serve a great nation, and be recommitted to victory in this historic fight."

For Sergeant Wilson, the fight against terrorism holds personal significance. He was less than 30 yards from the bomb that exploded at the Khobar Towers in Saudi Arabia in 1996. "I know what it's like for terror to come knocking on your front door, and how lucky I was to survive with only moderate injuries," he said. "I'm not sure there's a day that has gone by in the last 10-plus years that I haven't thought about that night. Hopefully, this ceremony will allow everyone, regardless of how often or ever, to stop and take a moment to reflect and remember."

The ceremony marked five years since Senior Airman Jason Cunningham's death. Airman Cunningham, a pararescueman from the 38th Rescue Squadron at Moody Air Force Base, Ga., was killed in action March 4, 2002, in Paktia Province when the quick reaction force he belonged to entered hostile territory to rescue two American service members. He was the first Airman to die in Afghanistan. The Air Force com-



Honor guard members from the 455th Air Expeditionary Wing take down the American flag during a formal retreat ceremony March 4 at Camp Cunningham at Bagram Airfield, Afghanistan. The camp is named after Senior Airman Jason Cunningham, the first Airman to die in Afghanistan. The ceremony honored Airman Cunningham and the 19 other Airmen who have died in support of Operation Enduring Freedom since 2001.

pound at Bagram Airfield is named in Cunningham's honor.

Sergeant Wilson encouraged all members of the 455th AEW to read the plaque near the Camp Cunningham flag pole. "It's important to remember the War

on Terror is real and it can strike home at any time," he said.

"Thousands of Armed Forces members have paid the ultimate price, so that billions around the world can live free and without fear of terror."

## VA seeks buglers to play 'Taps' at national cemeteries

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON — Hundreds of volunteer buglers and trumpeters are being sought to participate in Armed Forces Day observances held at veterans' cemeteries nationwide and overseas, a U.S. Department of Veterans Affairs official said.

The event, called "Echo Taps Worldwide," will be held May 19 and is co-sponsored by the VA's National Cemetery Administration and "Bugles Across America," a volunteer group, said Michael Nacincik, the cemetery administration's chief of outreach support.

"Echo Taps" will take place at VA-operated national cemeteries, U.S. Department of the Interior/National Park Service national cemeteries and American Battle Monuments Commission cemeteries located overseas,

Nacincik said.

"It is an extremely important event for a number of reasons," Nacincik said. "It honors the service of veterans to our country."

The initiative also encourages musicians to perform as buglers at veterans' funeral ceremonies year round, Nacincik said. In 2006, 688,000 veterans died in the United States, he noted, with most belonging to the World War II generation.

"There is overwhelming popular support to have 'Taps' played at veterans' funerals," Nacincik said. "And, obviously, with that many burials taking place, there are not enough buglers to provide a live bugler at every burial."

Nevertheless, Bugles Across America has done "a very good job" of obtaining volunteers to play "Taps" at military funerals, Nacincik said.

"It is important that our nation preserves the tradition of a live bugler to play final military honors," Leslie Hampton, a Navy veteran and Bugles Across America volunteer, said in a recent VA news release.

"Hopefully, 'Echo Taps' will go even further and help to identify people who know how to play 'Taps' or are willing to learn how to play 'Taps' and motivate them to want to provide the service when they're available at veterans' funerals in the future," Nacincik said.

Volunteer buglers and trumpeters must register through the VA's website, which is attached to the "Echo Taps" site at [www.echotaps.org](http://www.echotaps.org), Nacincik said.

The VA operates 124 veterans' cemeteries across the United States, Nacincik said. Generally, persons who've received other than dishonorable discharges after completion of military service are eligible for burial at a VA-operated national cemetery, he noted.



# Heart Link

Spouses learn about Air Force missions, customs, and resources and services available to them at Heart Link from 8:15 a.m. to 2:30 p.m. March 23 at the Airman and Family Readiness Center. Childcare arrangements are available.



*For more information on Heart Link  
or to sign up, call 784-4228.*



PHOTO BY GREG ALLEN

## ***Pet of the Week***

This chocolate labrador has a smooth medium-length coat and is ready for adoption. For more information, call the Airman and Family Readiness Center at 784-4228.

## **COMMUNITY NEWS**

■ Continued from page 1

### **Airman's Attic**

The Airman's Attic is open 10 a.m. to 1 p.m. March 17 for Airmen who cannot make it to the shop on weekdays. Staff sergeants and below, and their dependents, are eligible to shop for 20 free items per week for immediate family use. Donations are welcome, but should not be left outside the door.

### **Operation Homefront Quilts**

OHQ is a group of local quilters who make quilts for families who have lost a loved one during the war. Join them at 10 a.m. March 16 at the Airman and Family Readiness Center. No experience is necessary and all supplies are provided.

### **Caprock Inn updates**

The Caprock Inn lodging offices and customer service desk will move back to their original location in Bldg. 1801 on March 16. Also, check-out time will now be 11 a.m. and check-in time will be at 2 p.m.

### **Deployed/Remote family meal**

Families of Airmen deployed or stationed at remote facilities are invited to a family meal at 5 p.m. March 20 at the Pecos Trail Dining Facility.

To register or for more information, call 784-4228.

### **Healthcare council meeting**

A Community Healthcare Council meeting is at 4 p.m. March 21 at The Landing for all 27th Medical Group beneficiaries. The 27th MDG will be providing information and accepting feedback on services, events and benefits.

### **Munitions storage closure**

The 27th Equipment Maintenance Squadron Munitions Storage Area will be performing a 100 percent munitions stockpile inventory March 23. Issue and turn-in requests need to be submitted by March 16. During the closure, only emergency issue requests, in writing, will be honored. For more information, contact Master Sgt. Gerald Smith at 784-7546 or 784-4201.



SERVICES

# Program recognizes Services' 5-Star best

By Steve VanWert  
Air Force Services Agency

SAN ANTONIO — Eighty-seven fitness, library, outdoor recreation and golf programs were distinguished as Five Star for 2006 by Air Force Services Agency officials, recognizing their high quality and trust.

Among those elite facilities was the 27th Services Squadron's Outdoor Recreation.

The Five Star programs provide annual recognition, acknowledging those bases that have reached the highest standard of achievement in all aspects of program management, officials said. They added the comprehensive program recognizes excellence in the five areas of operations, programs, training, facilities and customer service.

In 1998, Air Force Services Agency realized the need for a formal fitness recognition program. As a result of combined efforts from base, major command and agency personnel, the Five Star Fitness Center Recognition Program was established in 2002.

Following the initial success of the program with fitness, libraries established their Five Star recognition program in 2003, followed by outdoor recreation, aero clubs and bowling in 2004, and golf in 2005.

*Airman 1st Class Thomas Trower contributed to this article.*



COURTESY PHOTO

The 27th Services Squadron Outdoor Recreation facility was among 87 honored as the Air Force's top Services programs by being distinguished as a 5-Star for 2006.

**Cannon Air Force Base 4th Annual Kite Carnival**  
**April 28**  
10 am - 4 pm  
Doc Stewart Park

**27th SERVICES**  
Combat Support & Community Service

**CC**  
COMMUNITY CENTER

**Guinness Book of World Records Record Breaking Attempt**

**'Most Kites Flown at one time'**  
**'Kite Flyer must be 18 or older'**

**Professional Kite Flyers**

**Kids Kite Candy Drop**

**Free Kite Making Class 10-12 am**

**Games All Day**

**Disc Golf All Day**

**Rides All Day**

**Sponsor:**  
USAA  
AFA

\*All to attempt will be made to break the current Guinness Book of World Records for Most Kites Flown Simultaneously. All attempting record breakers MUST BE 18 YEARS OR OLDER. (If the kite flyer is controlling the kite and a young child is standing next to 'mom' or 'dad' during the attempt, holding on to the bottom part of the string - that's fine.) The current known record is 674 kites flown simultaneously for 30 seconds... Cannon can beat that!

No federal endorsement of sponsors intended

**OPEN TO THE PUBLIC**

COURTESY GRAPHIC



## What's happening?



**Today**

- Seafood Buffet – 11 a.m. at The Landing
- Conversational Language Skills Japanese – 11 a.m. at the Cannon Library
- Karaoke – 5 p.m. at The Landing
- Mongolian BBQ – 5 p.m. at The Landing
- DJ – 5 p.m. at the End Zone



COURTESY PHOTO

**Saturday**

- Mystery Price Game – 6 p.m. at Cannon Lanes
- Ski Santa Fe – 5 a.m. with Outdoor Recreation
- Yard Sale – 8 a.m. at the Clovis Community Center

**Sunday**

- NASCAR UAW-Daimier Chrysler 400 — 2:30 p.m. at the End Zone
- Dart League – 6:30 p.m. at the End Zone

**Monday**

- Homestyle Buffet – 11 a.m. at The Landing
- Conversational Language Skills Arabic – 11 a.m. at the Cannon Library

**Tuesday**

- Chef's Choice – 11 a.m. at The Landing
- 3 games and a burger – lunch at Cannon Lanes

- Conversational Language Skills Spanish – 11 a.m. at the Cannon Library
- 3-Point Shoot-Out – 11 a.m. at the Fitness Center

**Wednesday**

- Conversational Language Skills Chinese – 11 a.m. at the Cannon Library
- Free Throw Competition – 11 a.m. at the Fitness Center
- Wild Wednesdays – 1:30 and 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
- Around the World – 11 a.m. at the Fitness Center



## FEATURE



PHOTOS BY GREG ALLEN

Staff Sgt. Jason Hutchinson (left) and Airman 1st Class Brian Ellis, both assigned to the 523rd Fighter Squadron, build the framework for a shed in Portales on Saturday. The two Airmen were part of a team of active duty and retired Airmen who completed a Habitat for Humanity project started last summer.



Gary Rhode, a retired Airman from Cannon, cuts the framing for a shed for a Habitat for Humanity home in Portales on Saturday. Mr. Rhode joined active-duty Cannon Airmen and Jon Gove, another retired Airman, to complete the project started last summer.

## Airmen, past and present, lend locals a helping hand

By Airman Basic Elliott Sprehe  
27th Fighter Wing Public Affairs

"These people have hearts of gold," said Lori Kennedy, future homeowner of a Habitat for Humanity house that is scheduled to be built in Clovis in April.

Ms. Kennedy was referring to the volunteers who come from the Clovis and Portales communities and the active-duty or retired Airmen who came to help on a breezy Saturday morning.

"It shows the love of people for humanity," said Ms. Kennedy.

Cannon Airmen were in Portales Saturday morning to build a shed for Paulette Aguilar, who moved into her house just five days before this past Christmas. The shed was merely the finishing touch on months of hard labor and neighborly friendship.

Jon Gove, project manager, said it's something he enjoys doing with his spare time. Mr. Gove retired from Cannon in August and has been helping with local Habitat for Humanity projects since 2003.

"Coming out here is a nice release from the daily grind many

people face during the week," he said.

Staff Sgt. Jason Hutchinson, 523rd Fighter Squadron, agreed. Sergeant Hutchinson, along with Airmen 1st Class Bryan Ellis and Pete Guillen, are avionics specialists at Cannon who worked on Saturday.

"Our shop chief brought it to our attention and we decided it would be a good way to help out the community," said Sergeant Hutchinson. It was the first Saturday out for Sergeant Hutchinson and Airman Ellis. Airman Guillen said he helped with Habitat for Humanity projects in the past when he lived in California.

The volunteer efforts of Cannon Airmen save money for the material costs of building the house. Local vendors also help with the cost of material by selling it at or around production cost, said Mr. Gove. Though the majority of construction is done with the hands of volunteers, there is still a need for a licensed plumber, electrician and heating/air-conditioning professional.

Deciding who moves into a house is based on a number of

qualifications, said Amanda Johnson, volunteer coordinator and a recipient of a Habitat for Humanity home. Families must meet criteria and are then interviewed, said Ms. Johnson.

Following their selection, families sign a mortgage and agree to provide 500 hours of sweat-equity, or working on the home themselves.

Because they don't necessarily have to work on their own home, many become involved in the organization for years to come, said Ms. Johnson.

But for Ms. Kennedy, that is all secondary to her and her two daughters being able to move into and own their first house.

"I just can't wait to have my own room," said Ms. Kennedy, smiling as she watched the frame of Ms. Aguilar's shed being put together.

"I feel truly blessed," said Ms. Kennedy. "It's hard to put into words how I feel."

For more information on local Habitat for Humanity projects, call the Roosevelt County Habitat for Humanity affiliate at 359-1344.



Airman 1st Class Pete Guillen, 523rd Fighter Squadron, drills a hole in a concrete slab to anchor a shed Cannon Airmen built as the final part of a Habitat for Humanity project Saturday. The shed was the final part of a home volunteers from Cannon helped build last summer for Portales resident Paulette Aguilar.



# Unit Spotlights

## First Quarter Proud Falcon/Load Competition winners

*Staff Sgt. Tilly Baity,  
27th Aircraft Maintenance Squadron  
Dedicated Crew Chief*

*Staff Sgt. Brenton Warwick,  
27th AMXS  
Aerospace Propulsion Specialist*

*Senior Airman James Blair,  
27th AMXS  
Avionics Specialist*

*Senior Airman Adrian Ables,  
27th AMXS  
Electrical and Environmental Specialist*

*Senior Airman Jon Black,  
27th AMXS  
Assistant Dedicated Crew Chief*

### Weapons Load Crew

*Staff Sgt. Todd Edin,  
27th AMXS*

*Senior Airman Eric Roof,  
27th AMXS*

*Senior Airman Steven Silva,  
27th AMXS*

Air Combat Command Aircrew  
Life Support Senior NCO for 2006  
Master Sgt. Bobby Hughes,  
27th Operations Support Squadron

Air Force Services Agency  
5-Star Program for 2006  
Outdoor Recreation,  
27th Services Squadron



## 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.

### Epic Movie

**Today and Sunday at 6 p.m.**

**Description:** In the spirit of "Scary Movie" and "Date Movie," this parody spoofs recent mega-blockbusters. The comedy centers itself around four orphans who visit a chocolate factory and are transported to the wonderful land of Gnarnia, after stumbling upon an enchanted wardrobe. There they battle pirates and encounter earnest wizards.

**PG-13** – crude/sexual humor, language and comic violence

**Running time:** 86 min.

### Catch and Release

**Saturday at 2 p.m.**

**Description:** After the sudden death of her fiancé, Gray Wheeler finds comfort in the company of her friends. As secrets about her supposedly perfect fiancé emerge, Gray comes to see new sides of the man she thought she knew, and at the same time, finds herself drawn to the last man she ever expected to fall for.

**PG-13** – sexual content, language and drug use

**Running time:** 111 min.

### Blood and Chocolate

**Saturday at 6 p.m.**

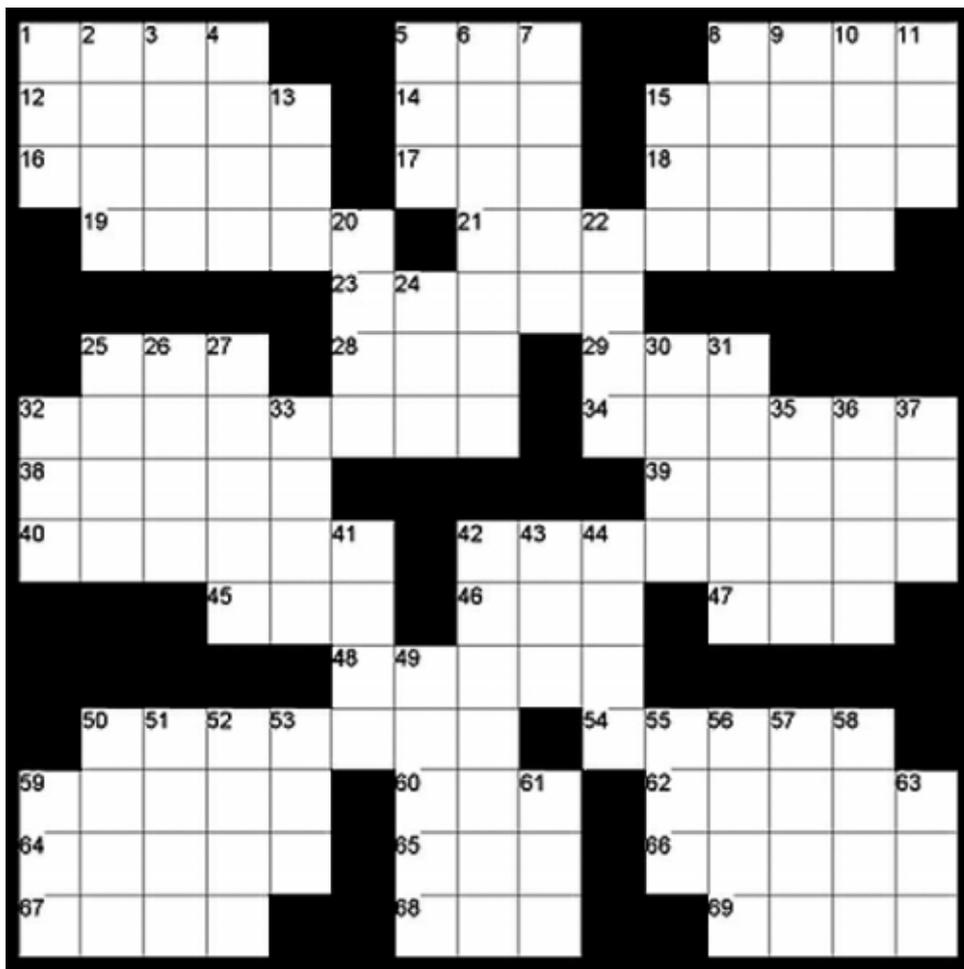
**Description:** Ten years ago, in the remote mountains of Colorado, a young girl watched helplessly as her family was murdered by a pack of angry men for the secret they carried in their blood. She survived by running into the woods, and changing into something the hunters could never find — a wolf. Now, though she lives half a world away, Vivian Gandillon is still running. Living in relative safety in Bucharest, Vivian spends her days working at a chocolate shop and nights trawling the city's underground clubs, fending off the reckless antics of her cousin Rafe and his gang of delinquents he calls "The Five."

**PG-13** – violence/terror, sexuality and substance abuse

**Running time:** 98 min.



THE LIGHTER SIDE



ANSWERS ON PAGE 18

Find the Base – AETC, Vol. 1

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

ACROSS

- 1. Require
- 5. Guitar need
- 8. Cudgel
- 12. AETC base home to 97 AMW
- 14. Fed. org. that enforces the rules of air safety
- 15. Aphid
- 16. AETC base home to 71 FTW
- 17. Explosive combo
- 18. Made of wood of a monoecious deciduous tree
- 19. Exposed
- 21. AETC base home to 81 TRW
- 23. Vent
- 25. Lamb's cry
- 28. Coop denizen
- 29. Screen type
- 32. AETC base home to 37 TRW
- 34. Himalayan mountaineering expert
- 38. Doorway
- 39. First sign of the zodiac
- 40. Shoe part
- 42. AETC base home to 12 FTW
- 45. Actor Beatty
- 46. \_\_\_ You Being Served?

- 47. Formerly
- 48. Baseball great Ryan
- 50. AETC base home to 325 FW
- 54. Upper class
- 59. Gossamer
- 60. 3 to Julius Caesar
- 62. Lecture
- 64. \_\_\_ Hawk, N.C.; site of first powered flight
- 65. Animal doc
- 66. State home to 17 TRW at Goodfellow AFB
- 67. Buyer beware!
- 68. Tokyo, once
- 69. Earthy matter or fine sand carried by moving water

DOWN

- 1. AFSC 12XX
- 2. Dash; impetuous ardor
- 3. Sicilian erupter
- 4. Oregon mascot
- 5. Toward the stern
- 6. The human race
- 7. A plate or shallow dish, especially an ancient artifact
- 8. Heating fuel
- 9. AETC base home to 56 FW
- 10. Patron
- 11. Actor Affleck
- 13. Observe
- 15. \_\_\_ Alamos
- 20. Qatar capital
- 22. Snakelike fish

- 24. Item mightier than the sword
- 25. Ireland river
- 26. Performs
- 27. Ohio city
- 30. African nation
- 31. Utah Jazz star Williams
- 32. Hawaiian gift
- 33. Singer Lovett
- 35. Anger
- 36. Looney Tunes skunk Le Pew
- 37. Burn residue
- 41. Bart's teacher
- 42. Cheered on
- 43. Irish great Parseghian
- 44. Barred, gray-brown wild goose of Hawaii
- 49. Popeye's girl Oyl
- 50. Analyze \_\_\_ (2002)
- 51. Abominable snowman
- 52. New Jersey team
- 53. Arid
- 55. Person whose wife was changed into a pillar of salt
- 56. Angers
- 57. 1978-1983 TV series
- 58. And others, in short
- 59. Style of vocalized Jamaican popular music
- 61. Simpson trial judge
- 63. Standard time in the fifth time zone west of Greenwich



## SPORTS AND HEALTH

## Biggest Loser challenge wraps up

Courtesy of the Cannon Health and Wellness Center

The Health and Wellness Center's Biggest Loser competition ran from Jan. 16 to Feb. 23 at Cannon. Of the 128 people who started as 32 teams, 60 completed the competition.

The total starting weight of all of the participants was 24,677 lbs.

After the competition wrapped up, the total ending weight was 23,883 lbs.

Participants who changed to a healthier lifestyle contributed to a combined weight loss of 793 lbs., an average of 13.2 lbs lost per person.

The following are the final standings of teams and individual participants:

### Top four teams

1st place Team 24 — Lost 46.5 lbs.

— Robert Sobush

— Gary McCarty

— John Skaggs

— Victoria Petit

2nd place Team 30 — Lost 32.5 lbs

— Kimberly Justice

— Charles Jenkins

— Matthew Burgess

— Jessica Stokes  
3rd place Team 4 —  
Lost 31 lbs

— Anthony Graham

— Marc Mewes

— Joel Adams

— Jeanette Chavez

4th place Team 21 —  
Lost 26.5 lbs.

— Fran Boilore

— Patty Thatcher

— Tom Elliot

— Dawn Armant

### Top five individual weight loss

Gary McCarty— 17.5 lbs., Team 24

Joel Adams— 17 lbs., Team 4

Alesandra Neiman— 17 lbs., Team 13

John McLaurin — 16 lbs., Team 1

Robin Cozine — 15.5 lbs., Team 16

### Top five individual fat percent loss

James Monat — 7.5 percent fat loss, Team 2

Glen Pugh — 6.2 percent fat loss, Team 14

M.J. Anderson — 5.6 percent fat loss, Team 16

John Skaggs — 5.5 percent fat loss, Team 24

Charles Jenkins 4.9 percent fat loss, Team 30



PHOTO BY YOLANDA ROMERO

The overall winning teams pose with faculty from the Cannon Fitness Center after an awards presentation for the Health and Wellness Center's Biggest Loser challenge. The 128 participants lost a total of 793 lbs. by taking on healthier lifestyles.

## Nutrition month motto: Path to fitness, health is 100 percent fad free

Courtesy of the Cannon Health and Wellness Center

For National Nutrition Month 2007, organizers have decided that their motto will be "The Best Path to Fitness and Health Is to Be 100 Percent Fad Free."

Diet fads come and go, and some may help people lose weight — in the short term. For National Nutrition Month, the American Dietetic Association says the most effective long-term way to achieve a healthful lifestyle is to be 100 percent fad free.

"Following a diet plan and losing weight in the short term is relatively easy," said registered dietitian and Air Combat Command consultant dietitian, Maj. Maureen Harback. "If you eat less, you will lose weight. The question you need to ask yourself is whether you see yourself living like this for months and years. It is much more likely you will stick with small changes that will gradually add up to long term weight loss and better health."

Airmen should keep in mind these National Nutrition Month

key messages to enjoy a healthy lifestyle:

— Develop an eating plan for lifelong health. Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new dietary guidelines for Americans and MyPyramid as a guide to healthy eating.

— Choose foods sensibly by looking at the big picture. A single food or meal won't make or break a healthful diet. When consumed in moderation, all foods can fit into a healthful diet.

— Learn how to spot a food fad. Unreasonable or exaggerated claims that eating or not eating specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

— Find your balance between food and physical activity. Regular physical activity is important for maintaining overall health and fitness, plus it helps control body weight, promotes a feeling of well-being and reduces the risk of future chronic diseases.

— Food and nutrition misinformation can have harmful effects on health and well-being, as well as wallets.

Registered dietitians are uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that meets an individual's needs.

Through National Nutrition Month, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits.

National Nutrition Month also reminds consumers that nutrition professionals are their most valuable and credible source of timely, science-based information.

The Air Force employs over 100 registered dietitians and 400 diet technicians to assist members in making healthy choices.

Contact the Cannon Health and Wellness Center at 784-1004 or visit [www.eatright.org](http://www.eatright.org) for more information.



COURTESY GRAPHIC



**SPORTS SHORTS**

**March Madness Basketball Events**



COURTESY GRAPHIC

**March Madness**

Competitions will be held at 11 a.m. Tuesday through Thursday at the Fitness Center. There will be a 3-Point Shoot-Out on Tuesday, a Free Throw Competition Wednesday and an Around the World Shoot-Out Thursday. Call 784-2466 to sign up or for more information.

**Cannon Lanes 784-2280**

**Mystery Price Game** — One person will draw a ticket that shows the cost of the games for their lane from 6 to 9 p.m. Saturday. Prices range from \$1-\$2 per game.

**Cosmic Bowling** — Bowl for \$2.50 per game from 9 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 — FitFactor Activities, 3-on-3 Basketball

Saturday — FitFactor Activities  
Tuesday — Chess and FitFactor Activities

Wednesday — Board Games, Skating and Scooters

Thursday — FitFactor Activities and Dart Challenge

**Whispering Winds**

**Golf Course 784-2800**

**Medal Play Tournament** — Base

golf team qualifications will be held in conjunction with this tournament at 9 a.m. March 17-18. The \$25 entry fee includes lunch on March 18 and closest-to-pin contests.

**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**

**Fitness-A-Thon** — Work out with yoga, kickboxing, aerobics and pilates from 11:30 a.m. to 1:30 p.m. on St. Patrick's Day, March 17.

**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