

Community News



Raw asbestos

COURTESY GRAPHIC

Air samplings to come

A recent change to Air Force Instruction (AFI) 32-6001, "Family Housing Management" calls for educating the base populace on the potential risks associated with lead-based paint, mold, radon and asbestos in military family housing (MFH).

As part of the AFI requirements, the Bioenvironmental Engineering Office will perform air sampling for asbestos fibers in a representative number of MFH units in the Chavez Manor and Gemini housing areas during May. While the schedule has not been finalized, the goal is to have all sampling completed and results reported by the end of June. Detailed information on the sampling plan and procedures can be found at www.cannon.af.mil.

Final Mach Meter

This is the Mach Meter's final issue. As part of an Air Force-wide move to eliminate print publications, all base news articles will be produced and posted on the Cannon Web site at www.cannon.af.mil.

Airman's Attic

The Airman's Attic will be open from noon to 3:30 p.m. Tuesday. Staff sergeants and below and their dependents are eligible to shop, and each family is permitted to take up to 20 free items per week for family use.

Donations are always welcome, but do not leave them outside the door.

Project Cheer

A concert run to see the group Tool in Albuquerque is scheduled to start at 3 p.m. on May 8 at the Community Center. The concert starts at 8 p.m.

The cost is \$80 and includes transportation and general admission.

To purchase tickets or for more information, call 784-6381.

Volunteer opportunities

The Airman and Family Readiness Center needs volunteers for the Airman for an Afternoon program. Clovis residents still need assistance recovering from storm damage. Individuals with expertise on horse fences are also needed.

Call 784-4228 for more information.

MACH METER

Vol. 52, No. 17

Cannon Air Force Base, N.M.

April 27, 2007



ARCHIVE PHOTO BY JANET TAYLOR-BIRKEY

Cannon continues Kite Karnival tradition

Brad Martin flies a kite at last year's Kite Karnival at Doc Stewart Park. The 4th Annual Kite Karnival is from 10 a.m. to 4 p.m. Saturday at the park just north of Cannon. Organizers will try to beat the world record of most kites flown simultaneously. This event is open to the public.

Survey assesses post-op deployment health care

Findings to spur new programs

Courtesy of Air Force News

WASHINGTON — A telephone survey of ill or injured servicemembers who have returned from operational deployment will begin May 1 to examine post-deployment health care experiences. This health care survey is being conducted in response to the Secretary of Defense's request to comprehensively assess the quality of health care servicemembers have received since returning from operational deployments overseas.

The TRICARE Management Activity (Health Programs Analysis and Evaluation) is sponsoring the survey effort.

"This will be a timely and effective way to get the feedback the Military Health System needs to better respond to the post-deployment needs of our servicemembers," said Ms. Ellen P. Embrey, deputy assistant secretary of defense for force health protection and readiness.

Data collected will be used to assess the satisfaction of servicemembers' health care services to include access

to care, administrative and personnel support, assistance for family members, and the servicemember's current health status. The survey will also examine servicemembers' experience while on medical hold or while waiting for medical boards.

Respondent answers will identify key issues relating to servicemember access to health care and related benefits and services. Findings will assist in the formulation of policies and programs to improve meeting the needs of ill and injured servicemembers, including support to family members, as the sponsor goes through the recovery, rehabilitation and reintegration process.

Ms. Embrey urges all servicemembers who have returned from deployment to use the survey tool to share their experiences about the accessibility, timeliness and quality of healthcare services they received since returning from deployment. All responses will be kept confidential.

To verify the validity of this survey, servicemembers may call the Deployment Health Hotline at (800) 497-6261 between 7:30 a.m. and 5:00 p.m. Monday through Friday. The survey can be found on the Web at <http://fhpa.osd.mil/healthSurvey.jsp>.



NEWS

AFSO 21 interests Royal Air Force

By Airman Mindy Bloem
43rd Airlift Wing Public Affairs

POPE AIR FORCE BASE, N.C. — Two Royal Air Force members became more acquainted with Air Force Smart Operations for the 21st century during an April 20 visit to Pope Air Force Base.

"The visit has been very impressive and has helped us learn more about AFSO 21," said Air Vice Marshall Peter Dye, the director of transformation for the RAF.

"It's impressive to see what people are capable of with the right leadership," said British Air Commodore Doug Gale, head of delivery on the RAF transformation program. "A person can improve an organization by being supportive and helping to shape it into a good environment. Sometimes an organization and the processes involved in that organization seem to conspire together to limit the individual. AFSO 21 takes away those barriers."

The RAF has a similar program,

and the British officers came to North Carolina to hear how AFSO 21 is working on Pope AFB from Col. Timothy Zadalis, the 43rd Airlift Wing commander.

"We came to listen and to learn," Air Commodore Gale said. "We want to understand what the challenges are, as well as the benefits and opportunities. Because there is a link between the Air Force's direction and our direction, we can help each other by sharing common goals and ambitions."

"The benefit of working together helps our defense capabilities to be as effective as possible," Air Commodore Gale said. "Because the challenges faced are similar, the solutions will be the same."

"The challenge is to recognize that we are not islands," Air Vice Marshall Dye said. "We need to help each other to develop a broader program, which will contribute cross communication to other areas."

"The heart of the program is your leadership," Air Commodore Gale said.



PHOTO BY MIKE MURCHISON

Royal Air Force Air Vice Marshal Peter Dye (right) and Air Commodore Doug Gale listen to Col. Timothy Zadalis explain the merits of the Air Force Smart Operations for the 21st century April 20 at Pope Air Force Base, N.C. Air Vice Marshall Dye is the director of transformation for the RAF, and Air Commodore Gale is the head of delivery on the RAF transformation program. Colonel Zadalis is the commander of the 43rd Airlift Wing.

"The program is multi-faceted with dedicated personnel. I am sure it will continue to improve, and we look forward to helping each other by sharing our similar objectives."

"It was wonderful to see the enthusiasm of your leadership and the dedication of the personnel," Air Vice Marshall Dye said. "I feel the program will be even more successful in the future."

Air Force officials discuss way forward for new helicopter

Courtesy of Secretary of the Air Force Office of Public Affairs

WASHINGTON — Air Force officials announced this month the way ahead for the replacement combat search and rescue helicopter, the CSAR-X.

To foster open communications and a fair and open competition, Air Force officials expect to release a draft Request for Proposal amendment to the CSAR-X offerors in May, and will conduct meetings with the offerors to address comments and answer questions prior to the release of the official RFP amendment.

"We believe the RFP amendment will meet both the letter and spirit of the [Government Accountability Office] recommendation," said Sue C. Payton, the service acquisition executive.

Air Force officials previously announced it is amending the CSAR-X RFP. The amendment will clarify the Air Force's evaluation of operation and support costs. It also gives the offerors an opportunity to quantify and substantiate potential manpower efficiencies based on the reliability and maintainability characteristics of their proposed aircraft.

Once the Air Force receives revised proposals from the offerors, Air Force officials will review and evaluate the offerors' proposed operation and support efficiencies, and will conduct a new best-value assessment based on an integration of the new operation and support information along with the results of the original evaluation in the areas where the GAO found no problems.



PHOTO BY AIRMAN ELLIOTT SPREHE

AFSOC aircraft visit future home

A lone AC-130 visited Cannon and its airspace April 20 from Hurlburt Field, Fla. Airmen were invited to tour the aircraft that is due to be stationed here in the future. Air Force Special Operations Command (AFSOC) will be assuming command of Cannon Oct. 1 as part of the Base Realignment and Closure (BRAC) decisions. Various aircraft including the AC-130 gunships will be accompanying the command.



NEWS

Five presidents later, chief calls it a career

Education most important benefit of career

By Airman Elliott Sprehe
27th Fighter Wing Public Affairs

Thirty years ago Jimmy Carter sat in the White House, the Yankees beat the Dodgers in the World Series and Chief Master Sgt. John Woods, 27th Maintenance Group, became an Airman in the United States Air Force.

On May 11 Chief Woods will finish his career with a retirement ceremony honor-

Chief Master Sgt. John Woods

“I spent a long time just doing one, two classes at a time. It took me a long time, but I accomplished what I wanted to accomplish.”

— 27th Maintenance Group

ing the three decades he has given to the Air Force.

Chief Woods has always worked in weapons maintenance. He began his career at Nellis Air Force Base, Nev., before being transferred to such places as the now-closed Lowry AFB, Colo., as a training school instructor, before making his final stop with the 27th Fighter Wing, where he will wrap up his career.

He said he originally joined the Air Force primarily for education and had no intention of fulfilling the full 30 years until getting involved with his job and realizing that it was something he enjoyed.

He has since received that education by getting his bachelor's degree in 2003 and his master's degree in 2005, something that he stresses every Airman should seek to

achieve.

“I spent a long time just doing one, two classes at a time,” said Chief Woods. “It took me a long time, but I accomplished what I wanted to accomplish.”

“Making chief master sergeant was a great accomplishment, but no matter what, the education is more important than anything else,” he said. “It's going to carry me through the rest of my life.”

Education is one of the number one things the Air Force has provided for him, said the chief.

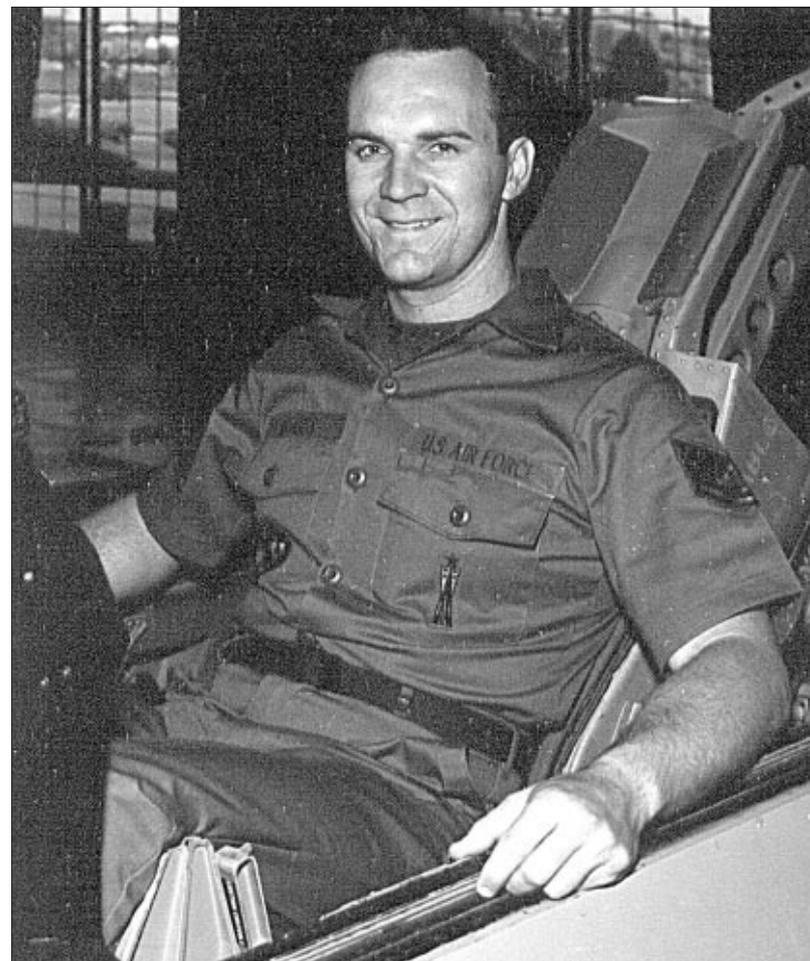
No matter what, Airmen should always have a learning mentality, whether it's college, the job or general knowledge, said Chief Woods.

“Every day I read something,” said the chief as he grabbed one of the books on his desk. “After 30 years, I still need to learn and I learn a lot from new Airmen coming in.”

Education was not the only influence on Chief Woods' decision to continue to reenlist. He got married and began a family, which gave him an additional sense of responsibility.

“The stability and the security that the military provides was a big influence,” said Chief Woods. “The military has given me the opportunity to provide for my family, and in doing that, do something for my country.”

One of the biggest things



COURTESY PHOTOS

Then Tech. Sgt. John Woods sits in an F-16 Fighting Falcon at the now-closed Lowry Air Force base, Colo., in the 1980s. Chief Woods retires May 11 after 30 years of service.

that he has learned in the Air Force was discipline, said Chief Woods, something he said he did not have when he originally joined.

“It showed me that I needed direction in life, early on,” said Chief Woods.

The lessons in life the chief learned will carry on as he reeneters the civilian life to pursue a new career in either operations testing or becoming a teacher.

“The Air Force is an institution that will allow you to do and accomplish the things that you want to accomplish in life. You just have to use the tools given to you,” he said.

“If I had to do it over again, I would, for the most part, probably do it the same way,” said Chief Woods. “I don't think I'm better than anybody else. My wife and I laugh when I say ‘I'm just glad to get up in the morning.’”

In regards to his retirement and future plans he said he's ready to go yet he appreciates that he has accomplished the 30 years.

“The biggest thing I'll miss is the people,” said Chief Woods. “The Air Force is not about hardware, not about machines, it's about people. If you take care of the people, the people will take care of the mission.”



Chief Master Sgt. John Woods, 27th Maintenance Group, sits in a World War II era B-25 bomber during the Air Expo at Cannon last year.



COMMENTARY

Airmen hold role in AF transformation

By Lt. Col. John Capobianco
436th Airlift Wing Command Post
commander

DOVER AIR FORCE BASE, Del. — “The most important area for transformation is the space between our warfighters’ ears,” said Gen. Richard Myers the former Chairman of the Joint Chiefs of Staff.

This month marks the fourth year of our country’s involvement in Operation Iraqi Freedom.

As an integral part of the war on terrorism, this conflict has challenged the Air Force to think and act in new, creative ways to help secure freedom for succeeding generations.

As we fight the forces of terrorism, our military will continue transforming to confront new state and non-state threats that loom on the horizon.

So, what does the term ‘military

transformation’ mean, and why is it important to know as an Airman?

There are many sources in joint doctrine where you can find definitions of ‘military transformation.’ I have created a personal definition which I keep in mind.

Military transformation involves new technology, which is rarely the most important aspect. That new technology is accompanied by changes in doctrine, or defining how to best use the technology.

Finally, organization is redesigned to best incorporate the changes. All three steps are enabled by an organizational culture that encourages and rewards innovation and creativity.

Culture is the key. If allowed to flourish, a culture of innovation and creativity will overcome imperfect technology, insufficiently developed doctrine and outdated organizational structure.

Historical examples of the role of organizational culture in successful (and unsuccessful) military transformations abound.

Militaries that effectively transformed to take advantage of such technologies as gunpowder, rifled weapons, steam locomotives, internal-combustion engines and aviation found much success on the battlefield. Those militaries who failed were often decisively defeated, frequently with far-reaching societal implications.

What does all of this talk of transformation mean for you? Our Air Force, along with all U.S. Armed Services, is in the process of transforming to take advantage of the so-called Information Revolution and to counter threats we face today, and potentially, in the future.

History has shown that the significant innovative ideas of the past have normally not been driven from

the top down. Successful transformations occur when leaders create an environment that rewards creativity and innovation. Then, individuals within the organization invent creative solutions that are adopted for large-scale implementation.

To put it another way, we are all a critical part of Air Force transformation. While doing a great job every day, we must take the time to think about how we can do things better.

In addition, we must be willing to try new ideas. Some will work and some will not, but we can always learn something from the process.

‘Offices of Transformation’ do not create successful military transformations; empowered people do. So keep an open mind, think creatively and most importantly make a difference!

The stakes are too high for us to do otherwise.

Show what it means to serve in the military

By Maj. Jeremy Novak
27th Security Forces Squadron commander

There are two things, I cannot ever stress enough to Airmen: “Take care of yourself and others.”

The 27th Fighter Wing is full of examples at both ends of the extreme with regards to members taking care of their careers and taking care of their fellow Airmen. Most Airmen are stellar performers on and off the job, but there are some who have no self control.

Team Cannon has won numerous Air Force-level awards, Below-the-Zone promotions and choice assignments to great locations. These awards aren’t gifts from above. They come from continuous hard work, foresight, perfect planning

and building an impeccable record.

Young Airmen may need occasional prodding and grooming, but NCOs and senior NCOs should know what they must do for their Airmen and themselves to get promoted and for career progression. Those same enlisted leaders need to be willing to help those less experienced.

However, some supervisors fall short on properly mentoring and preparing motivated subordinates for recognition and successful careers in the Air Force.

There are also examples of wing members stuck with undesirable remote assignments, or miss promotions by a few points.

In most cases, these Airmen are missing decorations, deployments or assignment history information in their permanent records. Ensuring records are up to date is critical. Not only can inac-

curate records hurt a career, they can affect benefits and retirement pay. Now that records are online, there are no excuses for Airmen to not check their files.

This wing also has an excellent track record of taking care of others. Volunteers were quick to mobilize to assist civilians and fellow Airmen following the recent tornado.

The wing always helps the less fortunate in the community through donations. We also help fellow Airmen and their families with world-class pre-deployment, post-deployment and Key Spouse programs.

I urge you to continue showing the civilian sector what it really means to be part of the military family, and always remember to take care of yourself and your fellow Airmen.

MACH METER

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

27fvmachmeter@cannon.af.mil.

All submissions will be considered for publication based on news value and timeliness.

Every article and photograph will be edited for accuracy, clarity and brevity, conformance with the Associated Press Stylebook and Label Manual and with Air Force Instruction 35-101. Coverage of upcoming events should be arranged in advance by calling the Public Affairs office at 784-4131.

If you have a suggestion you would like to make, or a kudo you’d like to give, call the **ACTION LINE at 784-2722** — If you have a problem you need resolved, call the responsible agency first so they can provide better service to everyone promptly.

Deadline for submitting articles is noon Thursday the week prior to publication. Deadline for free classified advertisements is noon the Tuesday prior to publication.

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NEWS

CSAF's new Airman's Creed exemplifies warfighting ethos

Courtesy of Air Force News

Washington — The Air Force chief of staff introduced the new “Airman’s Creed” April 18 to provide Airmen a tangible statement of beliefs that they can hold most dear.

The Airman’s Creed reflects pride in the role of air, space and cyberspace power and the Air Force’s commitment in supporting and defending the nation. The creed is fueled by the Air Force’s heritage and a warfighting ethos that exists in all Airmen, Gen. T. Michael Moseley said.

“Our new Airman’s Creed reminds us all of the incredible combat heritage we have as Airmen,” he said. “So it’s not entirely out of coincidence that we’re debuting the creed on the 65th anniversary of the Doolittle Raiders’ heroic strike at the heart of Imperial Japan in 1942. Like many Airmen of the past, the Raiders exemplified our warfighting spirit and remain an inspiration to us all.”

The Airman's Creed

I am an American Airman.

I am a warrior.

I have answered my nation's call.

I am an American Airman.

My mission is to fly, fight, and win.

I am faithful to a proud heritage,

A tradition of honor,

And a legacy of valor.

I am an American Airman,

Guardian of freedom and justice,

My nation's sword and shield,

It's sentry and avenger.

I defend my country with my life.

I am an American Airman:

Wingman, leader, warrior.

I will never leave an Airman behind,

I will never falter,

And I will not fail.



NEWS FEATURES

Cannon spouses' clubs award \$13,000+ in scholarships

Courtesy of the Officers' Spouses' Club and Enlisted Spouses' Club scholarship committee

President John F. Kennedy once said, "our progress as a nation can be no swifter than our progress in education. The human mind is our fundamental resource."

On April 19, the Cannon Enlisted Spouses' Club (ESC) and Cannon Officers' Spouses' Club (OSC) honored 14 students and military spouses in their pursuit of progress in education at the annual ESC/OSC Scholarship Awards Banquet.

Through various fundraisers including Kids' Bingos, the Wild Wild West Night and the Thrift Shop, the ESC and OSC raised more than \$13,000 in scholarship awards for 2007.

The ESC Scholarship Committee was led by Co-Chairs M.J. Anderson and Manuela Kenny. The OSC Scholarship Committee was led by Co-Chairs Angela Minear and Christine Caldwell.

Nearly three dozen applications were received for these awards. An independent judging panel consisting of five men and women, from the military and educational community scored applicants on academic achievements, community involvement, work ethic, a sample essay and a letter of recommendation. The following students and military spouses received awards:

2007 OSC Scholarship Recipients

Kelsey Ashmore
Erin Bailey
Bailey Bell
Bonnie Gillespie
Eli Godwin



courtesy photo

The Officers' Spouses' and Enlisted Spouses' Clubs awarded more than \$13,000 to students April 19. Pictured are the OSC winners. Front row: Angela Minear, OSC Co-Chair, Erin Bailey, Kelsey Ashmore, Iris

Grooms
Jayme Nauman
Tyler Waddle
2007 ESC Scholarship Recipients
Kyle Adams
Jaclyn Heath
Porsha Howell
Megan Maher
Sabrina McCarty
Charles Moon III

Grooms, Christine Caldwell. Back Row: Eli Godwin, Jayme Nauman, Col. Scott West, 27th Fighter Wing commander, Chief Master Sgt. Allen Mullinax, 27th Aircraft Maintenance Squadron, Bonnie Gillespie.

Colonel Scott West, 27th Fighter Wing commander, presented each award recipient with a certificate.

As a special highlight, Chief Master Sgt. Allen Mullinax, 27th Aircraft Maintenance Squadron, presented a scholarship sponsored by the Cannon Chiefs' Group to recipient Kyle Adams. Colonel West then closed the evening with words of congratulations and encouragement for the scholarship recipients.



PHOTO BY AIRMAN 1ST CLASS RANDI FLAUGH

Cannon holds Earth Day 5K Fun Run

More than 400 Airmen from various squadrons across Cannon attended the Earth Day 5K Fun Run/1 Mile Walk at 8 a.m. April 19 around the Whispering Winds Golf Course. This was one of several events held in observance of Arbor Day/Earth Day 2007. Cannon was also recognized nationally as a Tree City USA for the ninth year Thursday at Doc Stewart Park where Cannon has a tree transplant program.



PHOTO BY AIRMAN ERIK CARDENAS

New AGE facility opens

L-R: Col. Scott West, 27th Fighter Wing commander, Maj. James Rich, 27th Equipment Maintenance Squadron commander, Army Maj. Chad Neidig, Army Corps of Engineers, Emily Snyder, 27th Civil Engineer Squadron, Randy Kamrady, project contractor, and Lt. Col. Stephen Wood, 27th CES commander, cut the ribbon to open Cannon's new Aircraft Ground Equipment facility. The new complex has 500 outdoor covered parking spots for maintenance and storage, doubling previous indoor/outdoor square footage. An overhead hoist also spans the entire shop.



Dorm Block Party

**Today
3 p.m. - ?**

**@
THE
END ZONE**
Sports Lounge • Food • Entertainment
& surrounding areas

**Tournaments
outdoor games
& movies**

**Free food
for dorm
residents**

**Live bands
& DJs**

Organized by the 27th Medical Group Top 4, Chief's Group, Middle Tier, Top 3, First Sergeant's Association and the Cannon Junior Enlisted Council.



NEWS

Cannon releases 2006 Water Quality Report

Courtesy of the 27th Medical Group
Bioenvironmental Engineering Flight

Cannon Air Force Base's 2006 Water Quality Report informs water consumers about the source and quality of the base drinking water, and is an annual requirement by the Environmental Protection Agency (EPA). Cannon provides water to the base population that does not exceed any primary regulatory requirements.

Fluoride levels in the drinking water in Curry County, including Cannon, are slightly above the recommended concentration for aesthetic purposes such as taste, odor and color.

The fluoride levels, however, do not exceed the regulatory levels set by the EPA and New Mexico and are not

dangerous to the personal health of Airmen and their families.

Due to the elevated levels, housing residents with children under 10 are encouraged to seek an alternate water source.

Currently, the 27th Civil Engineer Squadron Water Plant produces low fluoride water that is distributed at a public tap located at Bldg. 336 on base. This tap is available to Cannon personnel 24 hours a day to collect low fluoride water in personally owned containers for personal use.

For more information on Cannon's water quality, contact the Bioenvironmental Engineering Flight at 784-4063.

The full water quality report is available online at www.cannon.af.mil.



Clean Water. Healthy Life.



PHOTO BY GREG ALLEN

Pet of the Week

This sad-looking female Labrador Retriever is in need of some playtime. She is available for adoption. To save her or another animal's life, call the Airman and Family Readiness Center at 784-4228.



Cannon Air Force Base 4th Annual

Kite KARNIVAL

April 28



10 am - 4 pm
Doc Stewart Park



Kids Kite Candy Drop

Professional Kite Flyers

Guinness Book of World Records Record Breaking Attempt*

*Most Kites Flown at one time

*Kite Flyer must be 18 or older

Free Kite Making Class 10-12 am

Games All Day

Disc Golf All Day

Rides All Day

Sponsor:



*An 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



FEATURES



The remains of Ben, Aron, Macco and Roy, military working dogs who died earlier this year, rest on a table in remembrance of their duty during a memorial ceremony on April 17.

Best friends honored

Military Working Dogs saluted for their service

By Airman Elliott Sprehe
27th Fighter Wing Public Affairs

They are the oft-forgotten heroes of the military, serving the same mission, at times, in the same capacity as their human counterparts.

They are military working dogs, currently used in every branch of the United States military since the beginning of their service in 1942 with the Army's "K-9" Corps.

And on April 17, four of Cannon's fallen four-legged heroes were honored in a memorial ceremony at the base dog kennels to remember the service they performed for the Air Force.

The memorial service honored Ben Aron, and Macco, German Shepherds, and Roy, a Belgian Malinois.

All four Airmen died earlier this year, between early January and early April, leaving a strong history in the wake of their deaths.

Between the four of them, they had more than 30 years of military experience and assisted in numerous operations that ranged from customs enforcement to supporting the Global War on Terror.

Roy, Aron and Macco were at an average age of nine before old age took its toll on the lives of these unsung heroes.

While checking on another dog Staff Sgt. Richard Crotty, 27th Security Forces Squadron,

said he noticed Ben was not acting the way he usually acts. Ben was taken to the office veterinarian and was treated for bloat. During the ensuing operation, it was discovered that he was bleeding internally due to a ruptured spleen and liver, said Sergeant Crotty. He died soon after from these conditions.

The weather during the morning ceremony was befitting of the overall atmosphere. Gray clouds spanned the horizon, as though they, too, were in remembrance of the fallen Airmen, and showed their sorrow in the sky.

The ceremony began with the posting of the colors and Chaplain (Capt.) Eusebia Rios, 27th Fighter Wing, reading an invocation. After a brief introduction, a missing "dog" formation, similar to the missing man formation done by pilots, was led by Staff Sgt. Joe Dolph, 27th SFS, who led his dog, Baron, out. Staff Sgt. Tanya Perez, 27th SFS, then walked with a lone choke chain and leash, symbolizing their fallen comrades.

The 27th SFS MWD handlers walked out, one by one, with the remains of their partners; Staff Sgt. Andre Peters with Macco, Staff Sgt. Richard Crotty with Ben, Tech. Sgt. James Pitts with Roy and Staff Sgt. Amy Lane with Aron. As they placed the urns on a table they read a brief biography of each dog.

Alan Farkas, former MWD handler, then read



PHOTOS BY AIRMAN ERIK CARDENAS

Staff Sgt. Amy Lane, 27th Security Forces Squadron, gives a final salute to Aron, a military working dog that died in April. 27th SFS Airmen honored four military working dogs that recently died with a ceremony on April that remembered their dedication to duty.

the MWD invocation. The handlers were called to attention and presented the final salute to their partners.

As the handlers presented arms, the base honor guard gave a 21-gun salute and a bugler played taps as a final tribute to the Airmen.

Since the death of the four dogs, three new dogs arrived at Cannon to take their places, leaving one available slot. Cannon is allotted six slots for MWDs and there are currently five dogs stationed here, said Sergeant Crotty.

Although replacements have arrived, Sergeant Crotty said the four fallen Airmen will not be forgotten for the mission they performed and the bonds that were forged both in partnership and in battle.

Unit Spotlights

27th Fighter Wing Quarterly Awards

Airman of the Quarter

Senior Airman Jeffrey Mikell, 27th Operations Support Squadron

Civilian of the Quarter, Category I

Ralph Crump, 27th Aeromedical Dental Squadron

NCO of the Quarter

Staff Sgt. Krista Angileri, 522nd Fighter Squadron

Civilian of the Quarter, Category II

Jeffrey Haynes, 27th OSS

Senior NCO of the Quarter

Master Sgt. Lyle Winnicki, 27th Equipment Maintenance Squadron

Ceremonial Guardsman of the Quarter

Senior Airman Brittany Barnes, 27th EMS

Company Grade Officer of the Quarter

Capt. Kathryn Gaetke, 523rd FS

Squadron of the Quarter

27th EMS

Staff Agency of the Quarter

27th Fighter Wing Safety

CANNON AIR FORCE BASE CHAPEL

Come worship with us

CATHOLIC

Religious Education	9:15 a.m.
Sunday (Kindergarten thru Teens)	
Sunday Mass	10:30 a.m.
Reconciliation	9:30 a.m.
Weekday Mass (M,W,F)	12:05 p.m.

PROTESTANT

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

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

104 W. Trident Ave., Cannon AFB, N.M.

At the Movies

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

300

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

Description: Set in the midst of the Persian-Greco war during the Battle of Thermopylae, where Spartan King Leonidas led his army of 300 soldiers into battle against the invading Persian army. According to legend, their sacrifice inspired all of Greece to unite against their Persian foe, leading to the origins of democracy.

R – graphic battle sequences, sexuality and nudity

Running time: 117 min.

Zodiak

Saturday at 6 p.m.

Description: As a serial killer terrifies the San Francisco Bay Area and taunts police with his ciphers and letters, investigators in four jurisdictions search for the murderer. The case will become an obsession for four men as their lives and careers are built and destroyed by the endless trail of clues.

R – strong killings, language, drug material, sexual images

Running time: 158 min.

Black Snake Moan

Sunday at 6 p.m.

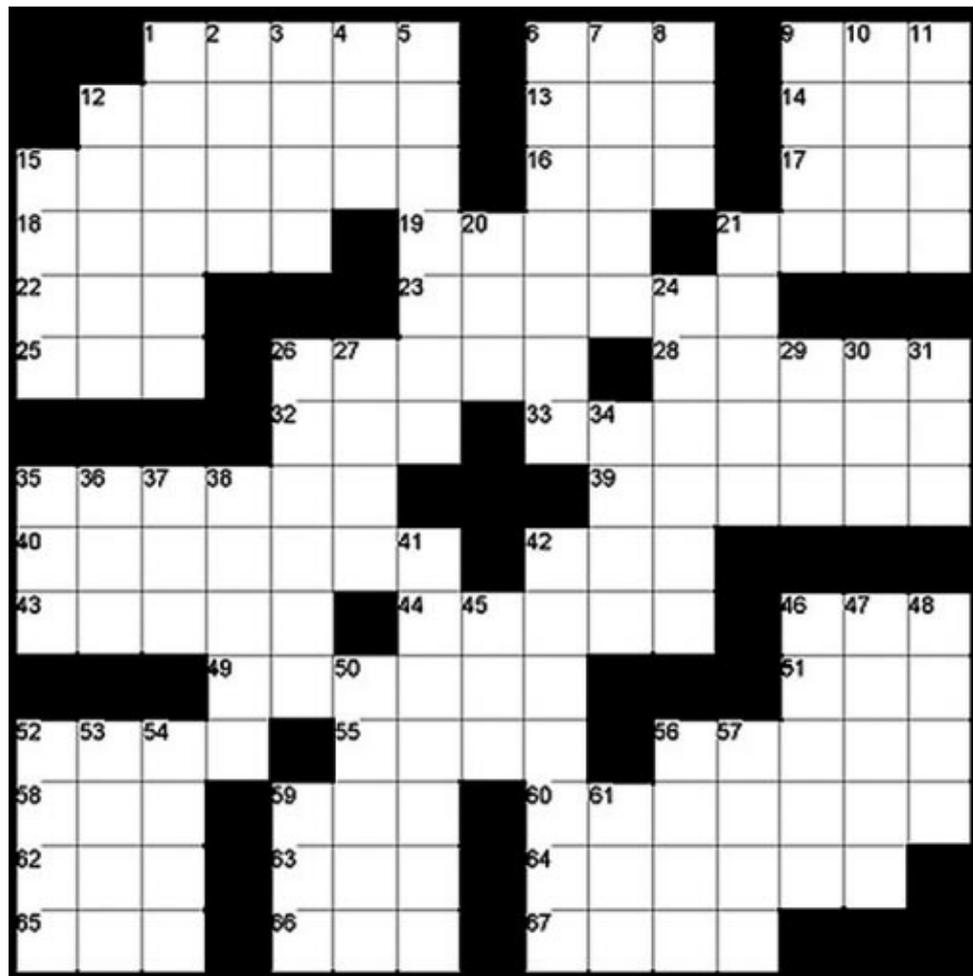
Description: Bitter and broken from a cheating wife and a shattered marriage, Lazarus' soul is lost in spent dreams and betrayals contempt — until Rae. Beaten unconscious, Rae is left for dead on the side of the road when Lazarus discovers her. Lazarus quickly learns that the young woman he's nursing back to health is the town tramp. Worse, she has a peculiar anxiety disorder. Refusing to know her in the biblical sense, Lazarus decides to cure Rae of her wicked ways and vent some unresolved male vengeance of his own.

R – sexual content, language, violence and drug use

Running time: 118 min.



THE LIGHTER SIDE



ANSWERS ON PAGE 20

SECAFs Vol. 2

By Capt. Tony Wickman

71st Flying Training Wing Public Affairs

ACROSS

- 1. Soup
- 6. Quid pro ____
- 9. SECAF from Feb. 1, 1981 — Nov. 30, 1985
- 12. Country ruled by a sultan
- 13. Vase
- 14. Actress Zadora
- 15. SECAF from May 1, 1957 — Dec. 10, 1959
- 16. Honest prez.
- 17. Play part
- 18. Nervous
- 19. Indian dress
- 21. Away from the wind
- 22. Golf prop
- 23. Interior part of a country
- 25. Donkey
- 26. SECAF from November 2005 — present
- 28. ____ Loompa; Charlie and the Chocolate Factory person
- 32. ____ on; satirize
- 33. Smeared words
- 35. More concise
- 39. Light up
- 40. SECAF from Feb. 15 1969 — May 1973
- 42. Constrictor

- 43. Dress crease
- 44. Mock
- 46. Paper at the grocery store
- 49. Tears up
- 51. Epoch
- 52. Foot part
- 55. Engrave
- 56. SECAF from Dec. 11, 1959 — Jan. 20, 1961
- 58. Golden Girl Arthur
- 59. ____ Vegas
- 60. SECAF from May 15, 1973 — Nov. 23, 1975
- 62. Allow
- 63. Tokyo, once
- 64. Indifference
- 65. O'Neil or Harris
- 66. Writer Rand
- 67. Cribbage score

DOWN

- 1. Beasts
- 2. Carpets
- 3. For Your Eyes ____
- 4. Sweet, iced or brewed
- 5. Snake sound?
- 6. SECAF from Aug. 15, 1955 — Apr. 30, 1957
- 7. Asphalt jungle
- 8. Single
- 9. October birthstone
- 10. SECAF from May 1, 1989 — Jan. 20, 1993

- 11. Navy equivalent to AFSC
- 12. 206 in the body
- 15. Computer input
- 20. Writer Coulter
- 21. Dress up
- 24. Praline
- 26. Christmas decoration
- 27. Knitting need
- 29. Med. scan
- 30. Domesticated animal
- 31. Summertime beverage
- 34. King of the jungle
- 35. Kitchen meas.
- 36. Snakelike fish
- 37. Norma ____
- 38. Destroy
- 41. SECAF from June 1978 — May 18, 1979
- 42. Australian woodsman
- 45. USAF defense lawyer
- 46. Sandy place
- 47. Configure
- 48. Open holes
- 50. Prepared
- 52. Capable
- 53. SECAF from Jan. 2, 1978 — Apr. 5, 1977
- 54. Raining ____ and dogs
- 56. ____ of meat
- 57. Bungalows
- 59. Lawn
- 61. USN rank



FEATURE

Pilates gains popularity with men, women

By Master Sgt. Drake Davidson
Cannon Fitness Center section chief

An 80-year-old exercise is quickly gaining in popularity across the Air Force and America. Pilates is an innovative exercise program that focuses on strength, agility, economy of motion, flexibility and the mind-body connection. The end results are a sleek body with defined abdominals, firmer higher "glutes" and toned thighs.

Top athletes incorporate Pilates into their workout to help prevent injuries, build strength and improve flexibility. Additionally, many professional sports teams in the NBA and NFL include Pilates in their fitness training. The most obvious reason Pilates is for men as well as women is because the creator of Pilates was Joseph Pilates.

Pilates is derived from more than 20 years of Joseph Pilates' self study and his apprenticeship in martial arts, boxing, ancient Roman and Greek physical regimes, yoga and Zen. He called his regiment "controlology." His

exercises focus on slow, controlled movements with resistance.

Joseph Pilates began teaching his form of exercise while he worked as a self-defense instructor for detectives at Scotland Yard. When World War I broke out he was interned with other German nationals where he worked in the camp hospital. These exercises were so effective that not only did his patients recover from their injuries, but everyone survived the great flu epidemic of 1918 that took 30 million lives.

When Joseph was asked about the effectiveness of his exercise program he humbly replied, "there must be something to this."

During conventional exercises weak muscles tend to get weaker, and strong muscles tend to get stronger. This can result in muscular imbalance, a primary cause of injury and chronic back pain. Pilates conditions the whole body so no muscle group is over trained or under trained.

The whole musculature is evenly conditioned and balanced enabling the body to pursue daily activities with

greater ease and less risk of injury.

Pilates is one of the fastest growing forms of exercise programs in the world. Perhaps one reason is because Pilates connects the mind with the breath leaving people with an overall sense of peace and tranquility. Pilates helps lower blood pressure, pulse rate and anxiety.

Dr. Mehmet Oz, a cardiologist, wrote a book titled "You: on a Diet." He and colleague Dr. Michael Roizen wrote about the dangers of belly fat. They write: "studies are now indicating that it is your waist circumference, not your weight, that is the most important indicator of mortality due to being overweight."

Pilates targets the waistline. Joseph Pilates refers to it as the "powerhouse." Furthermore, the doctors say, "because of the proximity to your organs, your belly fat is the most dangerous fat you can carry."

Drs. Oz and Roizen tell us we can eliminate inches from waistlines through a healthy diet and exercise. They also say women's waistlines need to be 32 inches or less and men 35

inches and under to maintain good health.

In their book, they wrote that 99 percent of exercise regimes incorporate yoga and Pilates. Pilates is yoga based and the two forms of exercise are inseparable.

Benefits of consistent Pilates workouts (two to three times a week):

- Strengthening of core muscles and extremities;
- Muscular endurance increase;
- Coordination and balance improvement;
- Flexibility increase;
- Posture improvement, resulting in less chance of injuries, muscle tension and chronic low back pain;
- Increases stress management ability. Pilates engages muscular and cardiovascular systems releasing endorphins that help keep bodies healthier physically and psychologically; and
- Trimmer waistline.

Pilates classes are held 11 a.m. to noon Tuesdays and Thursdays at the Fitness Center. Call 784-2466 for more information.

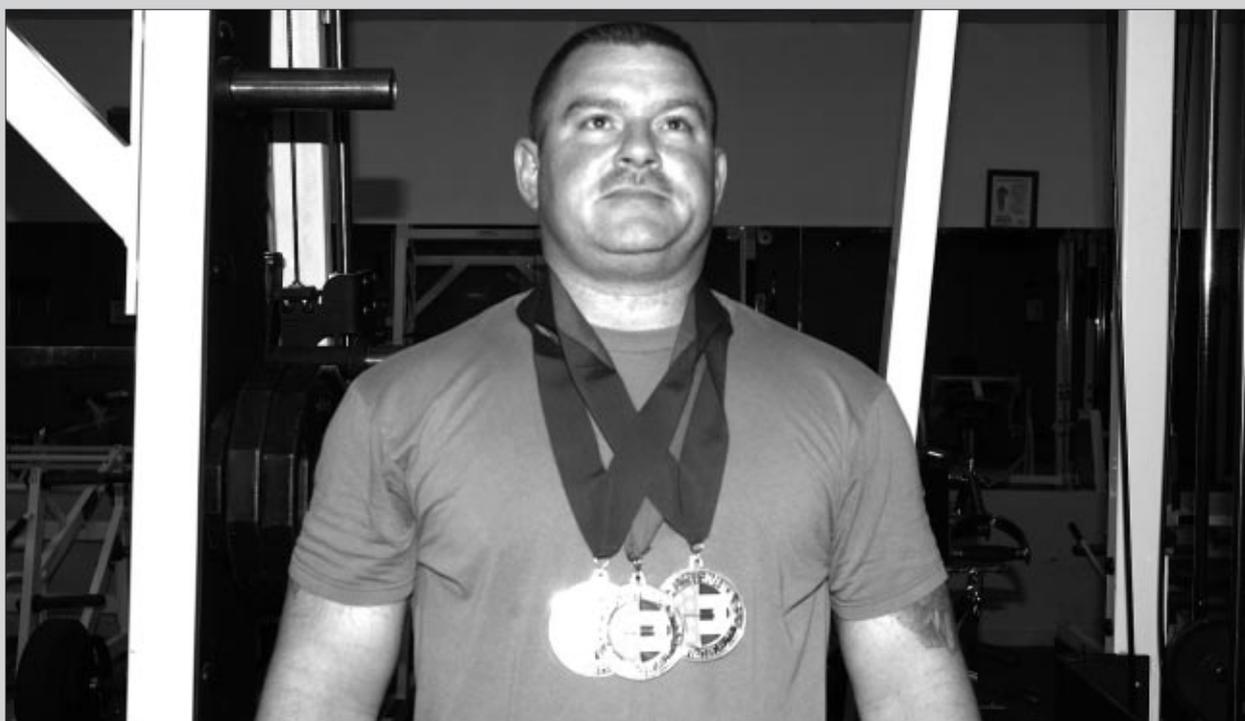


PHOTO BY GREG ALLEN

Maintainer lifts way to top

Master Sgt. Steven Petersen, 27th Aircraft Maintenance Squadron, displays the medals he won in the World Series of Powerlifting on March 26 at Binions Hotel in Las Vegas. Sergeant Petersen placed second in the Masters 40-49 age group, including all weight classes and first in the Police/Fire/Military Masters powerlifting competitions. Despite an injured groin muscle, he did a squat of 496 pounds and deadlifted 573 pounds. He also placed first in the Masters Dead Lift for all weight classes.

Visit Ruidoso, N.M., shop, play, enjoy

Depart Cannon at 7 a.m. May 12 for Ruidoso, N.M. While there, the group will go shopping and visit one of the casinos before heading to an evening at a dinner theater.

The group will return May 13.

Transportation and hotel accommodations will be included in the cost of the trip.

For more information on the trip and for prices, call the Information Tickets and Travel office at 784-1275 or 784-1353.



USAF SERVICES

Information
Tickets
& Travel

784-1275
or 784-1353
Located in the BX Mall



SPORTS SHORTS



**WWE Wrestling
at the End Zone**

Backlash - Sunday

Free for members, \$5 for non-members
Shows start at 6 p.m.

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 — 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**

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.

The Landing 784-2853

Discover Home Travel Fair — Visit The Landing from 9 a.m. to 4 p.m. to receive information on attractions around the local area. Airmen will receive a two-day pass to Discover Home.

Outdoor Rec. 784-2773

Airmen's Expedition — This is a Project CHEER event to White Sands, the Museum of Space History/IMAX Theater and Carlsbad Caverns and is geared for single Airmen living in the dormitories, but others may attend.

Depart the base May 4 and return May 6. The price is \$100 per person and includes lodging, transportation, a self-guided tour of Carlsbad Caverns, an IMAX movie, entry to the museum and White Sands, and lunch both days. For \$20 more, take the Spider Cave Tour for a more hands-on glimpse of Carlsbad Caverns.

Sign up between 9 a.m. and 4 p.m. today at the Discover Home Travel Fair at The Landing.

Boater's Safety Class — Anyone interested in renting powered watercraft from Outdoor Recreation must attend training Saturday, May 18 or June 29. Call to sign up.



ANSWERS TO PUZZLE ON PAGE 18