Vol. 50 No. 8 February 26, 2010

# NCLS speakers share experiences, perspectives on leadership with cadets

By Ann Patton and Staff Sgt. Don Branum Academy Public Affairs

Speakers shared life experiences, expertise and food for thought with both cadets and visiting university and college students during the National Character and Leadership Symposium at the Air Force Academy Feb. 18-19.

Speakers included Secretary of the Air Force Michael Donley, former Baltimore Ravens head coach Brian Billick, Center for Citizen Leadership chairman Eric Greitens and retired Army Lt. Col. Brian Birdwell, a survivor of the Sept. 11, 2001 attack on the Pentagon, among many others.

Secretary Donley was one of the first speakers the morning of Feb. 19.

"I'm proud to be with you today among the wide range of speakers," the secretary said. He thanked members of the

Association of Graduates' Class of 1973 for sponsoring the event, and he thanked the speakers for supporting the sympo-

"I'm jealous that I can't spend a couple of days and attend every one of the events," he said. "As you can see from the quality of cadets, this venture is worthy of all our time."

Secretary Donley recognized cadets' commitments to serve the United States during a time of both military and economic adversity, as the nation fights two wars while experiencing the worst economic downturn since the Great Depression.

"True character often becomes apparent in the face of adversity," he said. "This is the time for leadership. This is the time for character."

Character, Secretary Donley said, means asking why, what, whom and how

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Secretary of the Air Force Michael Donley talks to Air Force Academy cadets about the nature of service in the Arnold Hall Theater Feb. 19 during the National Character and Leadership Symposium. The secretary was one of 17 keynote speakers for the two-day event; others included veterans of the Battle of Roberts Ridge as well as Baseball Hall of Famer Tommy Lasorda and former NFL head coach Brian Billick.

Photo by Mike Kaplan
Colorado Rep. Terrance Carroll speaks at the U.S. Air Force Academy's Falcon Club during a Black History Month Luncheon Monday. Mr. Carroll is the speaker of the Colorado House of Representatives.

# House speaker Carroll addresses Black History Month at luncheon

By Staff Sgt. Don Branum Academy Public Affairs

The speaker of the Colorado House of Representatives spoke before more than 150 people about encouraging others during a Black History Month luncheon at the Falcon Club here Feb. 22.

Terrance Carroll represents District 7, comprising parts of north and northeast Denver, and is the first African-American to serve as the state house speaker.

"I'm always a little embarrassed, almost, to speak at Black History Month events," Mr. Carroll said. "I think, 'There's still so much more for me to do.' I look at the folks who came ahead of me historically, and I'm not there yet. I'm just standing on their shoulders."

Mr. Carroll was an only child, born to a 51-yearold single mother, on whose shoulders he said he stands. His family name comes from the Carroll Family Plantation in Maryland.

"My grandfather was a sharecropper of the land where his father and his grandfather were slaves,"

Mr. Carroll said. "The great-grandson of a freed slave now lives in Colorado and serves as speaker of the state house. That can only happen in this country for all sorts of reasons."

He grew up in the Anacostia area of Washington, D.C., near Bolling Air Force Base and Fort Lesley J. McNair.

"If you've served at Andrews AFB or Bolling AFB, you know where I'm coming from," he said. "Most of my friends growing up were drug dealers. Most of my friends, by the time they were in high school, had children of their own. Young men weren't expected to finish high school; young men weren't expected to go to college.

"You constantly had to fight. There was no option not to fight because if you didn't fight, you'd be run over, or someone would take advantage of you," the representative said.

As Mr. Carroll was growing up, his mother, a domestic worker, pushed him to get his education —

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# SATURDAY SUNDAY 18

# Cadet earns Holaday scholarship

A senior in Cadet Squadron 08 earns a twoyear trip to study at Oxford University in England.

Page 3

# Chapel chips in for Haiti relief

The Community Center Chapel contributes more than \$9,700 to help relief efforts in Haiti.

Page 4

# Cadets study dropsonde options

Cadets visit Peterson Air Force Base to learn more about airdrops, dropsondes.

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# It's the profession, not regression, of arms

By Chief Master Sgt. Atticus Smith 388th Fighter Wing command chief

HILL AIR FORCE BASE, Utah (AFNS) As Airmen, nothing is average about our responsibilities. On the global stage, we are responsible for our nation's



security, the safety of its citizens and the preservation of its way of life.

To that end, and as stated in the Airman's Creed, we serve as "guardians of freedom and justice." For more than 200 years, this unwavering commitment to freedom and justice forms the bedrock of America and secures her

On a much smaller stage but just as important, we are responsible for embodying Air Force culture, being stewards of the profession of arms.

Any Airman, at any unit, is on center stage and responsible to uphold our culture; however, I've seen examples where many Airmen have "exited stage right," and their commitment to or understanding of our culture has deteriorated.

Embodying Air Force culture begins with a feeling deep in one's heart that we are Airmen first and specialists second. Air Force culture is nothing more than all the little things molded together that make us Airmen. Our core values, the Airman's Creed, Air Force history, dress and appearance standards and drill and ceremonies are just a few things that come to mind.

For enlisted Airmen, fulfilling the

responsibilities outlined in the enlisted force structure is also a major ingredient of being an Airman. Embodying Air Force culture also entails keeping accurately informed of larger Air Force issues or "hot topics." Airmen must not only stay in tune with what the Air Force considers priorities, but also they must exhibit effective followership by explaining and supporting decisions of our senior leaders; however, not all Airmen do. Something I observed

During an annual awards banquet meeting, committee members were brainstorming fundraising ideas. I was just listening until an NCO mentioned that their unit booster club made good money by having a "buy out of blues Monday" fundraiser.

I couldn't believe what I'd heard. Who would approve such a thing? Where was the senior NCO, the person who should be intimately committed to the profession of arms, in the decision making process? Even if everyone else was saying yes, somewhere along the way there should have been a senior NCO to say, "No, that is completely against what the Air Force expects and sends the wrong message." I mean really, would anyone in their right mind ask Gen. (Norton) Schwartz or Chief Master Sgt. of the Air Force James A. Roy if they'd like to partake in such a fundraiser?

After I expressed my discontent, another Airman mentioned that his unit had a "buy out of (physical training)" fundraiser. Now I was thoroughly disgusted.

What message are we sending? If you promote buying out of something, it immediately implies it's something

that isn't cared for. I feel very fortunate to wear my uniform and wouldn't pay a penny to not wear it. I vividly remember how proud I felt when I finally got my blues issued in basic training. I also remember proudly wearing my "Class A's" on my first trip home after Basic Military Training. It's not a hassle for me to wear the uniform; in fact, when I retire I absolutely know that I'll miss the opportunity to do so.

These reflections are just a few ways I answer the question, "Hey Chief, how do you feel about blues Monday?"

Being a professional Airman demands much more than being good at your job. It's accepting a lifestyle and dedicating a large majority of your time and effort toward representing the profession well. Through word and deed you must commit yourself to the profession of arms, regardless of specialty. The profession of arms is not an "add water and stir" program. We can't "cherry pick" what expectations we live up to, and we surely can't create an environment where our traditions, heritage and culture takes a back seat.

The sooner a person makes the transition from being good at their job to being a good Airman, the sooner they will benefit from the true meaning of military service and being a member of the profession of arms. So, as you stand on center stage, proudly endorse and represent that you're an Airman first and foremost. If you do so, I'll be the first person to give you a standing ovation.

Bring credit and honor to the Air Force and take care of each other in all your actions.

To responsibly inform and educate the Academy community and the public about the Air Force Academy Lt. Gen. Mike Gould Academy Superintendent Capt. Corinna Jones Deputy Director of Public Affairs Staff Sgt. Don Branum NCOIC of Internal Information donald.branum@usafa.af.mil Ken Carter — Editor kenneth.carter@usafa.af.mil **Butch Wehry** — Senior Staff Writer whalen.wehry@usafa.af.mil Ann Patton — Staff Writer elizabeth.patton.ctr@usafa.af.mil Denise Navoy — Graphic Designer

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#### **Submissions**

Send submissions to: HQ USAFA/PAI, 2304 Cadet Drive, Suite 3100, U.S. Air Force Academy, CO 80840-5016 or deliver to Suite 3100 in Harmon Hall.

Deadline for free classified ads on a spaceavailable basis is noon every Tuesday for that week's publication date. Paid classified advertising is accepted by the publisher at 329-5236. The number to call for display advertising is 634-5905

Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-8823.

The Academy Spirit also accepts story submissions by fax at 333-4094 or by e-mail: pa.newspaper@ usafa.af.mil.



# 'Pressure to the contrary'

**Center for Character and Leadership Development** 

The national news media has been captivated this week with an aide to former North Carolina Sen. John Edwards revealing insider information about the presidential candidate's marital affair and resulting cover-up. The aide has made appearances with all of the details from his perspective of what career after having invested 10 years helping his boss behavior, but instead to follow the happened behind the scenes.

One news analyst turned the discussion back on the assistant by asking him why he aided Senator

Edwards's dishonorable behavior for more than 10 years by arranging for private meetings with campaign worker Rielle Hunter, allowing the senator to make untraceable three-way calls using the aide's cell phone number, etc. The personal assistant replied that he had no other choice than to follow his boss's requests because he was being paid extremely well, he had a child with costly medical on several news shows, marketing his new book expenses, and he couldn't walk away from his become a contender for the presidency.

> The Center for Character and Leadership resolve to do my duty and Development defines character as "One's moral

compass — the sum of those qualities of moral excellence which move a person to do the right thing despite pressures to the contrary." As officers of character ready to lead, Air Force Academy cadets and future officers are expected to always do the right thing, despite peer, supervisor, organizational or institutional pressures to the contrary. Academy cadets know not to rationalize the reasons for potential dishonorable Honor Oath which states, "I

to live honorably."

Tune into KAFA, 97.7 FM for Character Matters, Wednesdays at 8 a.m. and 8 p.m. Also on iTunes or www.usafa.org.

"Colonel Brian Birdwell, the 9/11 survivor. It was difficult to listen to his story but now I know more about what we're fighting for."

Cadet 4th Class Stephanie Marris Cadet Squadron 15



"Mark Bowden. I want to major in English and have always been interested in journalism. It was interesting to see how journalism and the military

have changed over time."

Cadet 4th Class Cory Concha CS 02



Which NCLS presentation was your favorite?

Sara Schnabel

CS 27

"Dinesh D'Souza. He introduced a lot of perspective into the way people view America, and it helps to know how people see us."

Cadet 4th Class

"Tommy Lasorda. He was funny, kept us entertained and had a lot of good points."

Cadet 4th Class Kelsey Pilcher CS 14



# Cadet earns scholarship to study at Oxford

By Tech. Sgt. Cortchie Welch Academy Public Affairs

An Air Force Academy cadet recently earned a toplevel scholarship that will send him to Exeter College at Oxford University in England for two years of graduate study.

Cadet 1st Class Bradford Waldie garnered the Alberta Bart Holaday Scholarship and will study abroad to earn a master's degree in philosophy in



Cadet 1st Class Bradford Waldie

development studies after he graduates from the Academy in May

"The Holaday Scholarship is one of the greatest honors I've received in my entire life," said Cadet Waldie, a native of Phoenix and a foreign area studies and humanities double major. "The scholarship

has been and will continue to be one of the most beneficial and significant contributions made to the Cadet Wing."

"The scholarship and Mr. Holaday's example of generosity deepened my desire to spend my life in service to others," Cadet Waldie said. "Since my sophomore year I hoped to someday study at Oxford and the Holaday scholarship will allow me to fulfill that dream."

Dr. Kenneth Lavin, the Academy's director of Graduate Studies Programs, said that Cadet Waldie is a top scholar and very engaged in the world.

"Cadet Waldie will be one of the top leaders of the Air Force in the future who will have a tremendous impact in shaping our force," Doctor Lavin said

The cadet's area of study will include a combination of history, economics, politics and anthropology in an effort to understand the process of change, and managing change, in developing countries.

"I see a growing need for officers who understand how to encourage stability and development in third world nations," he said. "Oxford's develop-

ment studies program is, in my opinion, the best program in the world to gain that knowledge and experience."

Cadet Waldie said the scholarship will help him gain the understanding and experience he needs to help transform future military operations. After graduate school, Cadet Waldie plans to attend pilot training.

"In the long term, I would like to eventually serve as a defense attaché in either the Chinese Embassy or an embassy in sub-Saharan Africa," said Cadet Waldie, also a Truman Scholarship recipient. "I can only hope that the knowledge and experience I gain at Oxford will enable me to someday provide opportunities to others as well."

The Holaday Scholarship is an annual scholarship that allows one cadet who competes for — but does not receive — a Rhodes Scholarship, to do graduate work at Oxford. The scholarship funds two years of graduate study for a master's degree in any field.

Bart Holaday and his wife, Lynn, established the scholarship in honor of his mom. Mr. Holaday is a 1965 graduate of the Academy. He is also a founding director of the USAFA Endowment, a charitable foundation dedicated to raising private funds in support of the Academy.

# Board of Visitors meets at Academy

By Jim Garamone

American Forces Press Service

The Air Force Academy's Board of Visitors will meet at the Academy today and Saturday to discuss a variety of issues, including updates on the cadet honor code, cadet research efforts and the Academy's Remotely Piloted Aircraft program.

The Board meets at least four times per year, with at least two meetings at the Academy to inquire into morale, discipline, curriculum, instruction, physical equipment, fiscal affairs, academic methods and other matters relating to the Academy that the Board decides to consider.

The Board prepares semi-annual reports containing its views and recommendations pertaining to the Academy and submits the reports to the secretary of defense, through the secretary of the Air Force, and to

the Armed Services committees in the Senate and the House of Representatives.

Members of the Board include:

- **Charles Garcia**, BOV Chairman and a 1983 Air Force Academy graduate
  - Sen. Bob Bennett of Utah
  - Sen. Ben Nelson of Nebraska
  - **Sen. James Inhofe** of Oklahoma
  - **Rep. Jared Polis** of Colorado's 2nd District
  - Rep. Doug Lamborn of Colorado's 5th District
  - Rep. Loretta Sanchez of California's 47th District
    Rep. Niki Tsongas of Massachusetts' 5th District
- Former U.S. Trade Representative **Susan Schwab**, professor of public policy at the University of Maryland
- **Terry Isaacson**, associate vice president of Arizona State University and a 1964 Alumnus
- **Susan Ross,** owner of Sierra Consulting and a 1983 Alumna

- A.J. Scribante, chairman and CEO of the Vital Learning Corporation
- Former Rep. **Robert Hayes** of North Carolina's 8th District, now the owner and operator of Mt. Pleasant Hosiery Mill, Inc.
  - Dr. and retired Brig. Gen. Richard Tubb

Also expected to attend the meeting are:

- **Daniel Ginsberg**, the assistant secretary of the Air Force for Manpower and Reserve Affairs, representing the secretary of the Air Force
- **Gen. Carroll Chandler**, the Air Force vice chief of staff, representing the chief of staff;
- **Lt. Gen. Michael Gould**, the Academy's superintendent, and other members of the Academy's senior staff.

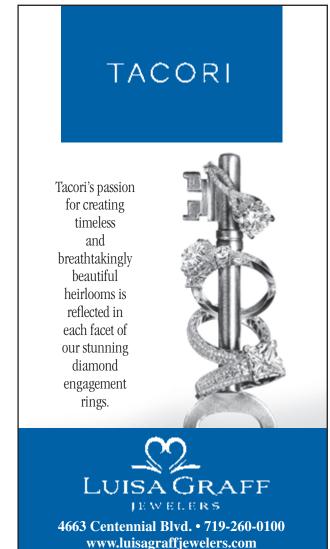
The Board last met in Washington DC Dec. 10, 2009. Additional information about the Board of Visitors can be found at *www.usafa.edu/superintendent/pa/bov/*.











# Chapels contribute \$9,700 to Haiti relief

By Ann Patton
Academy Spirit staff

In the tragic aftermath of the earthquake in Haiti, parishioners of the Community Chapel's Catholic and Protestant congregations reacted quickly, raising a combined \$9,715 during a single designated offering in January.

Chaplain (Capt.) Alan Madera said it is indicative of the Community Chapel congregants who put their faith into concrete acts of service.

"I was pleased but not overly surprised," he said. "We've been blessed and blessed for a purpose. They understand that concept."

The Protestant congregation raised \$3,005 and the

Catholic \$6,609. Average weekly attendance is about 150 for Protestant services and about 500 for Catholic services. Proceeds of the Protestant designated offering went to Compassion International, and proceeds from the Catholic offering went to Catholic Relief Services.

Both chapels have designated offerings every month for various charities, but the offering for earthquake victims was in addition to regular designated offerings.

"Our people are very generous when it comes to giving," said Chaplain (Capt.) Laserian Nwago, a Catholic priest with the Community Center Chapel.

Airman Starpha Germain, a customer service representative with 10th Force Squadron, is a member of the Catholic congregation. A native of Haiti, she lived there for 16 years and lost 11 family members in the

earthquake. "It's amazing," she said of the chapel's generosity. "It's the coolest thing ever, and everything counts because they have nothing."

Airman Germain said many of her lost family members were cousins, whom she regarded as friends as well as family members. Her father, grandmother and an aunt survived but lost everything.

"It was hard, and it is still hard," she said. "I just wish I could be down there to help out."

The chapel plans to support the island nation this summer as well. Catholic pastoral coordinator Brenda Wile said she plans to collect school supplies this summer, deliver them in person and spend time in Haiti in August.

"I was ecstatic and thrilled people came about and supported the offering," she said.

# Help the Academy save energy 1¢ at a time

By Staff Sgt. Don Branum Academy Public Affairs

Energy savings doesn't always come through multi-million dollar programs. Sometimes it's as simple as flicking a switch.

The Academy needs everyone to "kick in" and be aware of their energy use, 10th Air Base Wing commander Col. Rick LoCastro said in a KAFA radio program on energy awareness in October 2009.

"We're a big and busy Air Force base. This has got to be big," Colonel LoCastro said. "A lot of times, it takes money to save money, but you can find instant savings by just doing little things." The continuing drive for energy awareness is part of the Academy's campaign to become the Air Force's "Net Zero" energy installation. As part of the Net Zero initiative, the Academy must reduce its current energy consumption by 38 percent, said Russ Hume, a mechanical engineer with the 10th Civil Engineer Squadron and the Academy's "energy czar."

Below are some energy awareness tips you can follow in the office and at home to help save yourself, and the Academy, money. Tips are compiled from the Department of Defense, Department of Energy and the University of California, Santa Barbara:

At Work:

- Turn off your monitor at the end of the day.
- If you're the last one to leave the office, turn out the lights.
- Do not use space heaters, personal refrigerators or fans.
- Use central appliances such as coffee makers and refrigerators instead of personal units.
- Avoid printing documents; when you do print, use double-sided printing as a default.
- Use network printers instead of individual laser printers.

At Home:

- Turn off lights in unoccupied rooms.
- Replace incandescent lights with compact fluorescent lights.
- Set up your home computers and monitors to power down or go into "hibernation" mode after one or two hours of non-use. One desktop computer can use as much power as five 100-watt incandescent bulbs when powered on.
- Turn your thermostat down in winter and up in summer.
- Unplug "energy vampires" such as DVD players, console gaming systems, cell phone chargers and other devices that go into "standby" mode instead of powering completely off.



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## February 26, 2010

# Financial counselor: save cash for emergencies

By Peggy Kramer

Airmen and Family Readiness Center

Having an emergency cash cushion is critical to financial success. Military Saves Week began Feb. 21 and continues through tomorrow. This is a great time to get your financial house in order. Even in the best of times, it's wise to have an emergency fund to provide liquidity when you need it.

I am often asked if it's better to pay down debt or save, and I always suggest doing both — simultaneously.

The stress of carrying excessive debt is dreadful. Not only does having huge

debt restrict what you can do with your current income, but it tremendously affects decisions on what you want to do with your money in the future.

If you don't have an emergency cash cushion, just how will you pay for that sudden car repair or buy the airline ticket to visit a sick relative? Well, you might have to put it on your credit card and go further into the hole!

Most budget experts recommend setting aside 10-percent of one's income for savings; 20 percent if possible. If you have excessive debt, try allotting 10 percent to savings and 10 percent toward paying down debt. Set up allotments so you stick to your plan. As a result of setting this money aside first, you are forcing yourself to live on less than you earn. You will no longer be living paycheck to paycheck.

Start by building your emergency cash cushion with your 10-percent savings portion. This fund should equal about six months of normal expenses and should be "liquid" or easily accessible in case of an emergency.

When you've got your emergency cash cushion funded, then shift the 10-percent savings to fund your mid- and long-term goals. Perhaps you're saving for a car, college

for kids, or your retirement.

If you're trying to pay down debt, try developing a plan. Go to *www.powerpay. org* to see how long it will take to pay down your debt paying only the minimum. If you can devote extra "power payments" to your plan, watch to see how much time and money you save. If you are serious about getting rid of debt, you must not add to it; therefore, charge no more.

**Editor's Note:** *Ms. Kramer is an accredited financial counselor with the Airmen and Family Readiness Center's Personal Financial Readiness Program.* 

# Officials ease thumb drive, flash media bans

**By Jim Garamone** 

American Forces Press Service

WASHINGTON (AFPS) — New guidelines from U.S. Strategic Command allow servicemembers to use "thumb drives" and other flash media to store computer data under specific circumstances.

STRATCOM officials banned use of thumb drives and flash media in November 2008 after use of the media infected a number of Defense Department computer systems. Computers users had to turn to alternative means to transfer data from one machine to another.

Now, the command has lifted the ban on the devices under carefully controlled circumstances, said Navy Vice Adm. Carl V. Mauney, STRATCOM's deputy commander. The command issued an order Feb. 12 that allows "a return to limited use under very specific guidelines," Admiral Mauney said.

"This is not a return to 'business as usual," the admiral said. "There remain strict limitations on using these devices."

Units in active operations in Afghanistan, Iraq and elsewhere will get priority in implementation of the new guidelines, Admiral Mauney said.

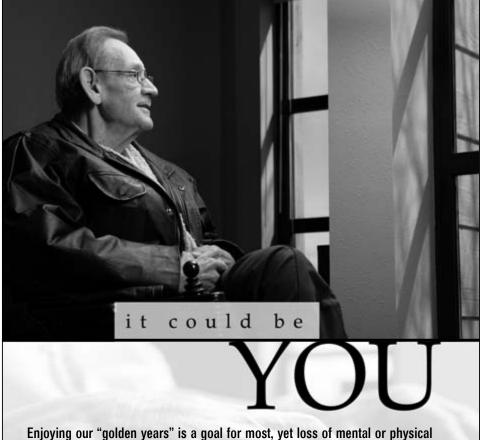
"In terms of the mechanics, we've put together several small kits of the equipment that's needed and we'll be transitioning those to people out in the theater — in Afghanistan in particular — to help certain groups facilitate their use," Admiral Mauney explained.

The kits will contain hardware and software, including scans and filters, to ensure the safe use of removable media.

After extensive testing of mitigation measures, Defense Department officials decided to make the technology available again on a very limited and strictly controlled basis, the admiral said. "Since the order restricting use of removable media, (the Defense Department) developed capabilities and processes that allow safe use of these devices," Admiral Mauney said. "Removable media use will be limited to mission-essential operations, and only after strict compliance requirements are met."

The order calls on combatant commands, the services and Defense Department agency officials to establish approval authorities for determining whether flash media may be used.

"The commanders and directors can decide that the measures that we're using already meet their needs," Admiral Mauney said. "In fact, when we're traveling, ... we look to see how people are doing in moving around their information. People have trained themselves and are able to do it, and are effective and efficient. I think, initially, some will look at this and say they are good with what they are doing.



Enjoying our "golden years" is a goal for most, yet loss of mental or physical capabilities can jeopardize one's independence. Assistance with transportation, meals, or medical care is often required to maintain one's quality of life.

Aging - unstoppable and uncontrollable it will happen to us all.

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# Improve kids' dental health through prevention

**By Christine Swanberg** 10th Dental Squadron

The Centers for Disease Control and Prevention recently reported dental decay in the U.S. has decreased in all age groups except for children aged 2 to 5 years. Tooth decay in this group has increased 24 to 28 percent between from 1988 to 2004. Tooth decay is the single most common chronic childhood disease, however, 90 percent of all tooth decay is preventable.

What can you as a parent do to prevent cavities in your young children and assure a healthy smile? There

are several things, but they require thinking and lifestyle changes. Some are easy, some not so easy.

We are not born with cavities (or teeth for that matter); we inherit them from our parents. Children get strep mutans, the main bacteria that causes cavities, from parents or caregivers through sharing eating utensils, drinkware or by kissing on the lips. Cavities can start as soon as children get their first teeth, generally around 6 months of age, and strep mutans is present.

Can parents prevent the transmission (passing) of strep mutans? Probably not indefinitely, but it can be delayed. That's important because studies have shown that the earlier children get cavities, the more severe the decay process is and the poorer the child's dental health will be throughout childhood and adulthood.

So how do you delay passing bacteria to your children? First, the parents' mouths should be cavity-free. Potential and new parents should visit their dentist and make sure they have no cavities or periodontal problems. In addition, many studies have shown that new mothers who chew xylitol gum several times a day significantly delay transmission of strep mutans to their babies.

See PREVENTION, Page 7

# **Black History Month**

From Page I

to get through high school, to go to college and get a degree.

"My mother made sure I could do things she couldn't do because she never made it past third grade," Mr. Carroll said, adding that he credits his mother for giving him the opportunity to succeed in life.

"We celebrate thousands of stories of people who come from backgrounds far worse than mine," he said. "They had hope, they had courage, but most importantly, they had someone behind them who always encouraged them and pushed them forward. Every single person who makes it probably had someone ... who encouraged them. And that's what Black History Month is really about — it's a

testament to us to encourage others to do things they never thought they could do."

Thanks in part to his mother, Mr. Carroll attended Morehouse College in Atlanta, where he graduated with honors in 1992. Dr. Howard Thurman, a 1923 graduate of the school, said that "Over the heads of her students, Morehouse holds a crown that she challenges them to grow tall enough to wear."

The school did not take shortcuts or make special accommodations; it challenged students to reach that height, said Mr. Carroll, who went on to receive a Master of Divinity degree from the Iliff School of Theology in Denver and a Juris Doctor degree from the University of Denver College of Law.

"You had to work for that crown,"

he said. "Black History Month is about being strong enough, courageous enough ... to wear the crown that people like W.E.B. DuBois and the Tuskegee Airmen have held for us."

Mr. Carroll was first elected to the Colorado House of Representatives in 2002. He sponsored a bill in 2008 that established the Tuskegee Airmen Memorial Highway on Interstate 70 between Brighton Boulevard and Tower Road.

Because education has played a pivotal role in his life, the representative said education was one of his top priorities.

"Not a day goes by that I don't think about the history of my family and the sacrifices that my mom made so I could be where I am today," he said. "We need to make sure not a day goes by without us remembering what sacrifices others have made so that we could be where we are today."

Education is also a priority for 2nd Lt. Tasia Tindle, a readiness officer with the 10th Force Support Squadron who volunteered as master of ceremonies for the luncheon.

"I wanted to get more involved with a lot of the observances at the Air Force Academy, particularly those involved with education," the Louisiana State University graduate said.

This is the first event at which Lieutenant Tindle has volunteered, but she said she plans to volunteer for future awareness events such as Women's History Month and the annual Holocaust observance.







# Experts can help 'steer the relation ship'

By Brian P. Smith TriWest Healthcare Alliance

When does "Absence makes the heart grow fonder" turn into "Out of sight, out of mind"?

The first deployment — or the fifth — can put strain and stress on a couple. Relationships can withstand many things, but lengthy separations of time and distance aren't always the calmest waters.

When a deployment or an extended separation comes up, spouses make plans to cover the basics. They take on extra responsibilities, adjust the family's schedules, set budgets and make vacation or holiday plans. The skills and tools you need to keep the household afloat might be different than when you had a full crew. Ongoing adjustments can strain even the most resilient person. A family experiencing the physical and emotional drain of navigating with a deployed spouse can start to feel adrift.

With each new turn along the deployment cycle, it will take time for everyone in the family to regain their sea legs. Be prepared for short bursts of depression, anxiety, stress and anger. These are all common, normal reactions to stressful situations. When your dayto-day life and relationships are affected by these sinking feelings, there is support.

## Weather the storm

Trained chaplains, doctors and counselors are available for many types of help and support. Some services are available at your local military facility. Through TriCare, you can visit a local, civilian behavioral health provider. Find a provider at www.triwest.com. Family members may self-refer for the first eight individual counseling visits each fiscal year (Oct. 1 - Sept. 30).

Active-duty servicemembers and eligible family members can also access counselors online. TriWest Online Care offers short-term, non-medical counseling over the phone and through a chat feature at www.triwest.com /onlinecare. Eligibility requirements for this service are on the Web site. Over the Internet, family members can also speak with a counselor using a videoconference service.

## Chart a course

Sometimes it helps to talk to

someone who's been in a similar situation. Spouses and other family members may be able to help during the ups and downs of a deployment. TriWest can always help find more options for help and support, too, over the phone at 1-888-TRIWEST and online at www. triwest.com/onlinecare.

Families also share their experiences in the "Help From Home" video series, a post-deployment resource available as streaming video at www.triwest.com/ helpfromhome or available to order as a free two-DVD set throughout TriCare's 21-state West Region.

Whether you're counting down to a deployment or a homecoming, resources are available to help you with your new normal and keep your relationship on the right course.

# **Prevention**

From Page 6

healthy diet and healthy eating habits. Poor diet and overuse of the nursing bottle and sippy cup will increase the chances your child will have cavities.

I can already hear the arguments out there: Why all the trouble? These are only baby teeth and will be replaced. That's true, but statistically, children who develop cavities early in life will go on to have very severe dental problems as adults. Children who lose their baby teeth early frequently have orthodontic problems that could have been prevented by saving the baby teeth. Although rare, infected baby teeth have been known to cause severe medical problems.

Here are some things you can do as a new or poten-

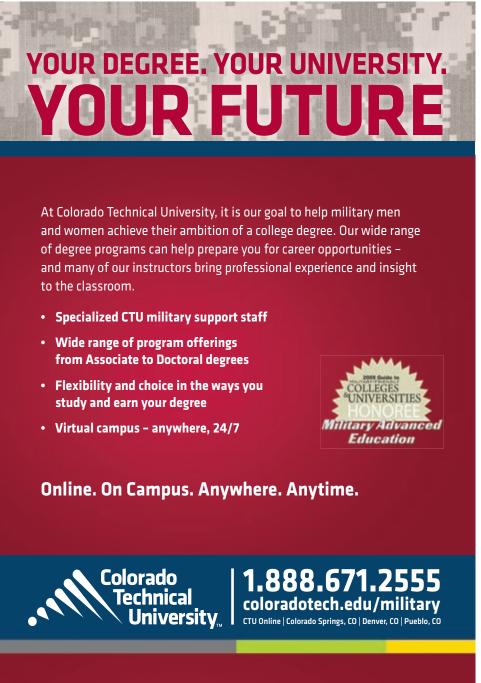
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tial parent to help ensure the dental health of your chil-

- Maintain good dental health yourself.
- Avoid direct mouth-to-mouth contact with your child. Also, consider the use of xylitol gum.
- Make sure your newborn sees the dentist between 6 months and 1 year of age.
- Avoid the use of bottles and sippy cups except at meal time unless they only contain water.
- Make sure your child has access to fluoridated water.
- Provide your child with a healthy diet and teach them healthy habits.

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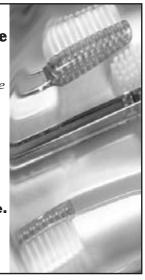
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# English instructor earns praise for photography

By Butch Wehry Academy Spirit staff

An instructor with the Academy's Department of English and Fine Arts recently had his photography featured in *Paradigm*, a quarterly literary journal based in Columbus, Ohio.

Many of the images that comprise Maj. Brandon Lingle's photo essay, "Mothballed," come from the Aerospace Maintenance and

Regeneration Center, or "Boneyard," at Davis-Monthan Air Force Base, Ariz., with a few others coming from what used to be Kelly AFB, Texas.

Paradigm's editors wrote, "Lingle's gallery captures power in ruins — a tattered landscape of forgotten vehicles and weaponry. From turbines to exposed cockpits, Lingle presents a haunting mosaic of faded American

Major Lingle originally shot the

images for his master's thesis. He worked with the AMARC for some time to take photos inside the center but said he found the scrap yards around the Boneyard more photogenic.

"Over the last couple of years, I've been working hard to publish creative nonfiction, too," the Lompoc, Calif., native said. He has an essay forthcoming in Narrative Magazine. His work has appeared in literary journals such as North American Review, Mississippi Review, War, Literature and the Arts and the inaugural issue of Crash.

Major Lingle's photography is forthcoming in Redivider, Anderbo, Adirondack Review and Platte Valley Review, he said. A series of five photos, titled "Hit-or-Miss," recently won the 2009 online contest for the literary journal CutBank, which is published by the University of Montana. His photos have also appeared in Drunken Boat, War, Literature and the Arts and Juked magazines.

Not surprisingly, the public affairs officer uses his work during lessons on visual communication. He currently teaches English 495, a special topics course focused this semester on New Journalism, and English 411, which focuses on the moral and intellectual aspects of war as expressed in the literature of the profession of arms.

Major Lingle said his interest in



Major Lingle is an instructor with the Academy's Department of English and Fine Arts and a public affairs officer by trade. He is a native of Lompoc, Calif.

photography began in high school. Before he came to the Academy as part of the class of 2000, he worked as a freelance photographer for several newspapers. What will be this major's "ultimate" photo?

"I'm not sure, but I hope I'm observant enough to catch it whenever it shows up," he said. "It's great to be part of a department that supports these creative endeavors."

Major Lingle's Web site, www.blingle.info, has links to all of his work that is available online.



Photo courtesy of Maj. Brandon Lingle

Paradigm, a quarterly literary journal based in Columbus, Ohio, recently published a photo essay by Maj. Brandon Lingle called "Mothballed." The essay consists of photos taken at the Aerospace Maintenance and Regeneration Center at Davis-Monthan Air Force Base, Ariz.



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# **NCLS**

#### From Page I

Airmen serve. The "what" is encapsulated in President Franklin D. Roosevelt's "four freedoms": the freedom of speech and expression, freedom for every person to worship in his or her own way, freedom from want and freedom from fear.

"We serve these principles as enshrined in our Constitution," he said. "We find that defending the Constitution is more important than defending America itself because there would be no America without the Constitution. There may be no higher calling than defending the Constitution and the American people."

How Airmen serve is as important as the act of serving, Secretary Donley continued.

"Our men and women are trusted with weapons of unimaginable destructive power, and even a small mistake may cause a loss of life," he said. "The core values' adoption by all of us defines us. Service is diminished if our values are compromised. There is perhaps no more important time to live by them than now, when our nation calls upon us."

As Secretary Donley addressed cadets in Arnold Hall, Dr. David Callahan, author of "The Cheating Culture: Why More Americans are Doing Wrong to Get Ahead," spoke in Fairchild Hall. He is a senior fellow and co-founder of the New York-based Demos think tank and holds a doctorate in politics. He branded himself NCLS' bad news bear.

"I believe the nation is in big trouble in terms of ethics and character," he said and added it is the biggest challenge of the 21st century.

During research for "The Cheating Culture" and as examples, he learned that tax evasion has doubled during the last 15 years, employee theft has become the biggest single form of crime against businesses, high-profile sports figures have admitted using illicit drugs to enhance performance, and two-thirds to three-fourths of young people have admitted to academic cheating in the last year.

"In every sector, trust is in short

supply," he said.

There is some good news, however. Dr. Callahan pointed out the crime rate has fallen with New York City, experiencing its lowest homicide rate. In addition, drunken driving has dropped 40 percent since 1980, and the suicide rate dropped 15 percent last year.

"But it is a bifurcated morality," he said. "We can do better."

He said there are signs ethics and morals are strengthening.

"You can never count Americans out for reform," he said. "The pendulum is swinging toward reform."

Society, he believes, should reward a strong work ethic. Rule breakers should be dealt with justly. No one is above the law, and everyone should have a say in how the rules are made.

When Colonel Birdwell went to work at the Pentagon Sept. 11, 2001, he expected a slow day. Senior officers were in meetings out of the building all day, and the office TV was on. Instead, he and his two co-workers in the Pentagon watched news reports as the World Trade Center's Twin Towers stood in flames against the Manhattan skyline.

A trip to the second floor lavatory shortly afterward saved his life.

"I stand before you by grace," he told students in Fairchild Hall.

Colonel Birdwell's work area was in the direct path of the American Airlines Flight 77, a Boeing 757 that was traveling at more than 500 miles per hour when it slammed into the Pentagon. His co-workers died, and he suffered thirddegree burns over two-thirds of his body.

Two days after the attack, Mrs. Birdwell received a call on her cell phone - a number reserved only for family and close friends — from the White House. President and Mrs. George W. Bush wanted to visit with victims of the

Later, the Birdwell family recalled with humor Mrs. Birdwell asking at the end of the conversation, "How did you get this number?"

The reply: "Ma'am, we are the Secret Service."

Colonel Birdwell told NCLS partic-



Retired Army Lt. Col. Brian Birdwell shows slides from a presentation on the Sept. 11, 2001, terrorist attack on the Pentagon to cadets and faculty Feb. 19. Colonel Birdwell, a survivor of Sept. 11, had to undergo four years of medical treatment for his injuries.



Dr. David Callahan talks about the economic and cultural forces behind cheating and crime Feb. 19. Dr. Callahan wrote The Cheating Culture: Why More Americans are Doing Wrong to Get Ahead and holds a doctorate in politics.

ipants the somber demeanor on the numbers of any kind, especially such commander in chief's face no doubt reflected the weight on his shoulders.

"This is not going to go unanswered," the president assured the Pentagon attack victims in the hospital's burn unit.

After four long years of excruciating treatments, skin grafts and plastic surgeries, Colonel Birdwell was finally released from medical care for his injuries. He returned to the restored Pentagon afterward for a visit.

"I was going to walk back into that building in memory of my two friends," he said.

While Colonel Birdwell gave his presentation in one auditorium, attorney C.L. Lindsay spoke to cadets about the realworld consequences of online behavior in another. Mr. Lindsay wrote "The College Student's Guide to the Law" and founded the Coalition for Student and Academic Rights.

"Everything you do online has a realworld equivalent. Think about the offline equivalent first," he said.

Mr. Lindsay stressed anything posted or sent online may be copied infinitely and may remain there indefinitely. He cautioned students about illegally downloading music and movies from the Internet. Fines for copyright infringement can reach up to \$250,000 per infrac-

"Sexting," or sending sexuallycharged materials via cell phones or the Internet, is like swimming in sharkinfested waters, Mr. Lindsay said. While it may be legal for adults, it can result in permanent embarrassment. exchanges involving persons under 18, the waters become even more hazardous: if caught and prosecuted, someone of legal age may face criminal charges and may be placed on a list of known sex offenders.

"Stuff online is a billboard," Mr. Lindsay said. "There is no expectation of privacy."

To avoid pitfalls online and remain safe, he had recommendations for the students. Set computer privacy levels at their highest, don't post photos of illegal activities such as drug or alcohol use, and use strong discretion in selecting a profile photo.

He further advised not to post

identifiers as area codes and addresses or photos with such identifiers as dormitory names in the background.

"Assume your information will be there forever," he said. "Think before you click 'send."

Cadet 2nd Class Glynnis Quern of Cadet Squadron 36 listened to several speakers, including Nate Self, a former Army Ranger and a veteran of the Battle of Roberts Ridge in Afghanistan. A Roberts Ridge panel met twice, once at 9:20 a.m. and again at 1 p.m.

"I was impressed with Mr. Self because I imagine his experience ... would be incredibly difficult to talk about," Cadet Quern said.

While she enjoyed this year's symposium, Cadet Querm said she would like to see NCLS "spill over" into Saturday as previous years' symposiums have done.

"By the last speaker of the day, my attention was definitely waning," she said. "I certainly enjoyed everything, but I think we should go back to last year's schedule. Most (cadets) don't want to give up their Saturday mornings, but with the quality of the speakers and the importance of the content, I think it's a worthwhile sacrifice."

NCLS is about changing lives, one person at a time, said Col. John Norton, director of the Center for Character and Leadership Development. The theme of this year's symposium addressed the challenges of leadership in the modern era.

"The Air Force Academy has a duty to expose cadets to diverse points of view so they can reflect on what they've heard and make up their own minds about complex issues," Colonel Norton said.

One of the most powerful aspects of NCLS is the opportunity for cadets to interact with students from other colleges, Colonel Norton said.

"They soon realize they're alike in more ways than they imagined," he added.

Colonel Norton said he thought this year's symposium was compelling for a number of reasons.

"The speakers reminded our students that the world in which they lead will be fraught with challenges and complexities but also filled with exciting opportunities to make a difference," he said.

February 26, 2010

# Cadets seek method to improve combat airdrops

By John Van Winkle Academy Public Affairs

PETERSON AIR FORCE BASE, Colo. -Aeronautical and systems engineering management cadets from the Air Force Academy's Department of Aeronautics are working to improve the safety and accuracy of combat airdrops with remotely piloted aircraft.

In 2009, U.S. Air Forces Central identified an urgent operational need for a true single-pass airdrop capability for C-17 Globemaster III and C-130 Hercules aircraft. Air Mobility Command has articulated a similar requirement. An essential part of that capability is collecting near-real-time wind data to compute accurate airdrop release points that account for wind drift.

Learning of the need, the Department of Aeronautics redirected its aircraft design courses with just a few days' notice to seek real world solutions using an RPA.

"We've been treating the aircraft design classes like a miniature RAND corporation for about a dozen years now, doing real work for real Department of Defense and NASA customers," said aircraft design instructor Dr. Billy Crisler. "By expecting second-lieutenant level work from the cadets in real world projects, we give them valuable experience in the same way 'Top Gun' school works for fighter pilots."

While much of the work is done in the Aeronautics labs and classrooms, Dr. Crisler brought his cadets to the 731st Airlift Squadron here Feb. 9 to see firsthand the challenges of dropping cargo to friendly ground units in contested or denied territory and in mountainous terrain. The 731st AS visit showcased the Joint Precision Air Drop System, or JPADS, which exploits autonomous GPS-aided guidance and a steerable parafoil instead of a conventional unguided parachute to provide extra stand-off range and enhance precision.

JPADS data can also greatly improve accuracy for conventional, unguided airdrops that use the longserving Container Delivery System, or CDS. These Improved CDS, or I-CDS, drops exploit wind data collected and used by the JPADS system, and they're so effective that they can be used for almost all airdrops that don't require extreme precision or standoff drop points. They also cost much less.

A key component of any precision airdrop is releasing a dropsonde over the drop zone to collect near-real-time wind data. The size of a sports drink bottle, the dropsonde collects wind drift data and transmits it back to the aircraft so the aircrew can compute the ideal drop point. Precision is critical in



Cadets from the Spring 2010 semester's Aeronautical Engineering 482 class on aircraft design examine a dropsonde at the 731st Airlift Squadron at Peterson Air Force Base, Colo., Feb. 9. Deployment of the dropsonde via a remotely piloted aircraft to increase airdrop accuracy is the core element of their course this semester. Pictured are, left to right, Cadets 1st Class Mark Hammond, Jeff Reddout, Lucas Catalano and Philip Husk.

denied or contested territory or mountainous terrain: putting the cargo as close to the intended drop point as possible minimizes the risk to friendly ground forces, prevents damage to the cargo and denies misdirected cargo to enemy forces.

But there's a drawback to using the dropsonde for I-CDS drops, said Cadet 1st Class Cheng Tay, an aeronautical engineering major and international exchange cadet from Singapore.

"Now (aircraft) have to make a pass over the drop zone to deploy the dropsonde and return over that site to actually drop their cargo. That second pass increases the risk of getting shot at, so we're trying to mitigate that risk with an unmanned aerial vehicle," Cadet Tay

Alternatives to dropsondes include new modes for the radar in the plane or adding another radar. A stopgap alternative is to fly lower, using wind forecasts instead of near-real-time wind data. Neither alternative is attractive: developing the radar is feasible but will take time and money, and flying lower makes the airlifter a prime target for small-arms fire.

"It reminds me of the B-29 raids on Japan during World War II," Dr. Crisler said. "They fly too high and they lose accuracy. They fly to low and they get toasted. Not much has changed over the years."

The cadets hope to change that age-old equation by using an RPA to fly ahead of the airlifter and deploy

the dropsonde while the airlifter is still approaching the drop zone. This would provide a true one-pass capa-

"We have two teams looking at small and medium (RPAs), and two teams looking at large (RPAs) and rockets as a method of deploying the dropsonde," Cadet Tay said.

The cadets will wrap up their design and trade studies by the end of this semester. If their work suggests that an RPA solution is feasible, future work will examine a specific RPA and re-packaged dropsondes to meet this need. Dr. Steve Brandt, the Aircraft Design Course director, said he hopes that the cadets can make an immediate impact.

"If the cadets find a solution that's approximated by an existing RPA, it would be fairly easy to demonstrate this capability," Dr. Brandt said. "We can modify an existing RPA faster and cheaper than creating a new one from scratch, but we can help find the answer, no matter which way it needs to go."

Department of Aeronautics capstone aircraft design classes and research projects have contributed to several other DOD development programs, including a project initiated by the Operational Test and Evaluation Center as well as projects for the Air Force Aeronautical Systems Center, Air Force Special Operations Command and the Air Force Research Laboratory's Air Vehicles and Weapons directorates.

# FalconSAT-5 approved to ship to Alaska for launch

From the **Department of Astronautics** 

FalconSAT-5 received authorization to ship to the Kodiak Launch Complex and prepare for launch vehicle integration Feb. 17.

Set for a May 28 launch out of Kodiak Island, Alaska, The satellite is one of six experimental payloads aboard an Orbital Sciences Minotaur

Cadets from the Air Force Academy's FalconSAT program successfully briefed their Pre-Ship Review to the Department of Defense's Space Test Program Director, Col. Stephen D. Hargis, Feb. 17. Cadets 1st Class Clark Beesemyer and Frank Martinez, accompanied by Col. Tim Lawrence and Professor William Saylor of the Astronautics Department, presented current satellite status and detailed shipment plans for the payload and support equipment to Alaska.

In addition to demonstrating that all shipment plans and preparations are on schedule, the cadets also illustrated that all system requirements have been met and verified. Colonel Hargis said he was pleased with the cadet satellite program, remarking that the Academy's presentation was one of the best so far.

FalconSAT-5 is an experimental satellite designed, built, and tested by cadets and faculty in a multi-disciplinary senior capstone design class. The satellite has four payloads to analyze space weather phenomena while characterizing the effects of onboard plasma and cold-gas thrusters.



Cadets and contractors with the Air Force Academy's Department of Astronautics inspect FalconSAT-5 in a laboratory at Edwards Air Force Base, Calif., Jan. 11, 2010. The Space Test Program Directorate authorized shipment of FalconSAT-5 to the Kodiak Launch Center in Alaska Feb. 17.

12

# Canine competition mirrors real-world sweeps

**By Ann Patton**Academy Spirit staff

Ready, set, sniff!

Explosive detection dogs from law enforcement agencies in Colorado went nose-to-nose Feb. 18–19 in a combined exercise of competition and learning experiences.

"I think everyone enjoyed it and had a good time," said Academy kennel master Chris Jakubin. "They all took something away from it."

Competitions opened Feb. 18 with sweeps in the Community Center auditorium for a "blank," or location free of explosives, then moved to Falcon Stadium for sweeps in locker rooms and the press box. The eight teams of dogs and handlers moved to the Colorado Springs Airport Feb. 19 for sweeps of luggage, the terminal and vehicles.

"It was a great experience," said Staff Sgt. John Havlik, a 10th Security Forces Squadron military working dog handler who works with Fee, a German shepherd. "There was just improvement all around."

Other dog handlers and canines from the Academy were Staff Sgts.
Timothy Bailey and dog Roxie, Zerrick Shanks and dog Benga and Gary Resta and dog Odys. Also participating were Canine Deputy Shawn Billings and dog Gunny with the Adams County Sheriff's Office, Officer Terry Brown and dog Van with the Colorado Department of Corrections, and Canine Officers Robert Strader and dog Rex and Clint Schumm and dog Grisa with the Colorado Springs Police

Department.

Judges included John Baer, Eric Apodaca and Mr. Jakubin.

Overall top dog/handler honors for the competition went to Officer Strader and Rex, with Sergeant Shanks and Benga coming in second, followed by Gary Resta and Odys in third. All winners took home "bragging rights" only for their achievements.

Sergeant Resta said that how dogs are managed during a sweep depends on the dog. Some handlers prefer a "V" pattern, directing dogs to explore high and low locations, while others prefer a loose or off-leash pattern, generally used for more experienced canines.

Working dogs begin training as puppies using the classical conditioning approach with rewards for expected behaviors in incremental learning steps. Explosives detection dogs are trained to recognize several different explosive odors.

Sergeant Resta said dual-purpose dogs, or those trained to perform detection as well as work on law enforcement patrol, are at the top of their class. He estimated only one dog out of a hundred makes the grade to do both.

Officer Strader said the exercise was a very valuable experience, especially because it gave him and Rex opportunities to practice in other locales than the airport where they are assigned. It also allowed for a welcome change of pace for both handler and dog.

Deputy Billings said the exercise was also a chance to simulate realworld situations.

"It's the stress of not knowing if or



Photo by Ann Patton

Staff Sgt. Gary Resta and his dog, Odys, search for explosives in the Falcons football locker room as part of a dog bomb-sniffing competition Feb. 17. Sergeant Resta is a military working dog handler with the 10th Security Forces Squadron.

where explosives are," he said. In training situations, handlers may be told where explosives are present to refine handler-dog detection techniques.

It's not all work and no play for the dogs, and handlers regard their dogs as both friends and working partners. Odys, a Belgian malanois, is both Sergeant Resta's first and third working dog in the Air Force, and the pair have deployed together.

"We have to be close to build rapport," he said, describing Odys as

friendly and playful. "He's like a little kid," Sergeant Resta said.

While the Academy's military working dogs are housed in the kennel, working dogs from other agencies often reside with their handlers, as in the case of Officer Strader and Rex.

"We have a very close relationship," he said — close enough that Rex, eager to get to work in the morning, actually gets in the way when he puts on his uniform.

"Truly, he is an officer's best friend," he said.

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# Boxers slug it out at Wing Open semifinals

By Valerie Perkin **Athletics Communications** 

With a trip to the Wing Open Championships on the line, 26 members of the Air Force boxing team brought their best effort to the Cadet Gym this evening (Feb. 24) during semifinal action of the 52nd annual Wing Open Tournament. Junior Dalton Hall earned the Academy's Boxer of the Week award for the second time this season.

Junior Michael Mizes got the night started with a unanimous decision over freshman Chris Eby in the 132-pound semifinal. Senior Bailey Ball advanced in the 139-pound finals, as he earned all of the judges' votes in his bout with freshman Kyle Rasmussen.

Junior Michael Dunn earned his third straight trip to the Wing Open finals, after taking a unanimous decision from freshman Glenn Miltenberg in the 147pound bout. Dunn's hand-speed, combination punching and experience proved to be too much for Miltenberg. Dunn will face another freshman in his next bout, as Ben Fox improved to 5-2 on the year with a victory over classmate Eric Voron. Fox came out strong and applied constant contact on his fellow freshman, causing the referee to stop the bout in the first round.

At 156 pounds, Tyrus Korecki earned his second trip to the finals after taking a decision from freshman Kenneth Montel. Korecki will face junior Joe Silvio, who took a decision from freshman Dustin Potter in the second contest at that weight class.

Sophomore Nick Cataldo, last year's Wing Open Outstanding Boxer, had a



Tyrus Korecki throws a right hook at Kenneth Montel during the Wing Open

boxing semifinals at the Air Force Academy's Cadet Gym Feb. 24, 2010. Korecki, a sophomore and Denver native, won his bout by decision to earn his second trip to the finals.

tough test to get back under the lights at Clune Arena, as he faced a determined opponent in junior squadmate Ryan Curry in the first of two 165-pound semifinal bouts. Hard-pressed by Curry in the third round, Cataldo used good movement to secure the judges' decision.

Cataldo will face Hall, who was voted as the Boxer of the Week by the Falcons' coaching staff. Facing sophomore Casey Habluetzel in a rematch of last year's Wing Open quarterfinals, Hall acted as the aggressor for most of the bout and forced Habluetzel against the ropes.

Sophomore Mike McLain earned a

berth to his second Wing Open finals, as his 175-pound bout with junior Patrick Ryan was stopped by the referee in the third round. Classmate Spencer Baucke also advanced to the finals, taking a decision from freshman Jake Alleman.

Junior Will Keuchler used a refereestopped victory over Brad Frost to advance to his first championship final.

The final two bouts featured the Falcons' heavyweight contenders. Junior Mike Chambers defeated classmate Matt Coates in a hard-fought contest. Chambers used a reach advantage and strong jab to control the bout. Senior Richard Meldrum

## **RESULTS**

132-lbs.: Michael Mizes (CS 24) dec.

Chris Eby (CS 14)

139-lbs.: Bailey Ball (CS 04) dec. Kyle Rasmussen (CS 03)

147-lbs.: Michael Dunn (CS 01) dec.

Glenn Miltenberg (CS 37) 147-lbs.: Ben Fox (CS 30) rsc-1

Eric Voron (CS 15) 156-lbs.: Tyrus Korecki (CS 24) dec.

Kenneth Montel (CS 19) 156-lbs.: Joe Silvio (CS 21) dec.

Dustin Potter (CS 32)

165-lbs.: Nick Cataldo (CS 08) dec. Ryan Curry (CS 08)

165-lbs.: Dalton Hall (CS 12) dec. Casey Habluetzel (CS 32)

175-lbs.: Mike McLain (CS 24) rsc-

3 Patrick Ryan (CS 05)

175-lbs.: Spencer Baucke (CS 25) dec. Jake Alleman (CS 39)

185-lbs.: Will Keuchler (CS 30) rsc

Brad Frost (CS 02) Hywt.: Mike Chambers (CS 16) dec.

Matt Coates (CS 14)

Hywt.: Richard Meldrum (CS 10) dec. Brett Satterfield (CS 37)

won a split decision victory over classmate Brett Satterfield in the other heavyweight contest. Despite having a hard time finding his smaller opponent early in the bout, Meldrum used his good conditioning to win the third round and ultimately, the decision.

The victors from tonight's semifinal round advance to the main ring, under the lights of Clune Arena for the finals of the annual Wing Open Tournament. Action is slated to begin at 7 p.m., Thursday, March 4.

# Air Force drops 65-46 match to New Mexico



Falcons sophomore guard Anna Gault tries to move the ball past New Mexico senior forward Georonika Jackson during the Falcons-Lobos match at Clune Arena Saturday. Gault had three assists and three steals in the Falcons' 65-46 loss to the Lobos.

## From Athletics Communications

The Air Force women's basketball team dropped a 65-46 game to New Mexico Saturday afternoon at Clune Arena.

The loss dropped the Falcons to 3-22, 0-12 on the season and lifted the Lobos to 15-10, 7-6.

Air Force players and coaches wore pink in honor of the Pink Zone initiative for breast cancer aware-

Amanda Best led New Mexico with 17 points and five rebounds. Georonika Jackson added 11 points and Jessica Kielpinski scored seven and pulled down 15 rebounds.

Senior forward Kathleen Schjodt led Air Force with 17 points, tying her career high. Junior forward Raimee Beck just missed a double-double, scoring 11 points and grabbing nine rebounds. Freshman guard Alicia Leipprandt added eight points and freshman forward Katie Hilbig scored six. Sophomore guard Anna Gault led the Falcons with three assists and three steals.

Despite having its leading scorer, Amy Beggin, out due to injury, New Mexico was able win out by dominating down low. The Lobos out-rebounded the Falcons 46-33 and outscored the Falcons in the paint

Air Force struggled offensively, shooting just 28.1 percent from the field. The Falcons did do a good job of holding onto the ball, committing a season-low nine turnovers.

Air Force also came up short in a bid for the

Guinness World Record for most air guitarists in one venue. The game drew 956 air guitarists, which was short of the record of 1,436 set by a university in Ontario, Canada.

The Falcons return to action against UNLV Saturday. Tipoff is set for 3 p.m. Pacific Standard Time.



The Bird joins more than 950 attendees of the Air Force-New Mexico game to try to set an air guitar record at the Cadet Field House Saturday. They fell short of the current record of 1,436.



## Claims against estate

With deepest regrets to the family of Staff Sgt. Tara M. Mendez, deceased. Any person or persons having claims for or against the estate of Sergeant Mendez, who passed away Feb. 1, 2010, should contact Lt. Col. Chet Barton, summary court officer, at 333-5142.

#### Annual awards

The second-annual Air Force Academy Awards banquet is scheduled to be held at the Falcon Club March 6 at 6 p.m., with admission set at \$25 per person.

Dinner choices will include herbroasted chicken breast and London broil with red roasted potatoes and seasonal vegetables or vegetarian pasta primavera.

Dress for the event is mess dress or semiformal for military guests and formal for civilians. For more information or to RSVP, contact Tech. Sgt. Ernest Dinolfo



#### **CADET CHAPEL**

Call 719-333-2636 for more information.

## **Buddhist**

Wednesday - 6:30 p.m.

# <u>Jewish</u>

Friday - 7 p.m.

Friday Prayer - 12:15 p.m.

## **Protestant**

Liturgical Worship Sun. - 8 a.m. Traditional Worship Sun. - 9:30 a.m. Contemporary Worship Sun. - 11:30 a.m.

## Roman Catholic

Mass

Sunday - 10 a.m.

Academic Year, when cadets are present Mon, Tues, and Thurs - 6:40 a.m. Wednesday - 6:30 p.m.

# **Sacrament of Penance**

Sunday - 9:00-9:40 a.m.

Academic Year, when cadets are present Wednesday - 5:30-6:15 p.m.

## **Exposition of the Blessed Sacrament** Academic Year, when cadets are present

Wednesday - 5:30-6:20 p.m.

# Paganism/Earth-centered Spirituality

Academic Year, when cadets are present Monday, 6:30 - 7:50 p.m. - Room 1M125 (1st Floor - Fairchild Annex -- Astronautics Museum) Contact TSgt Longcrier at 719-333-6187

#### **COMMUNITY CENTER CHAPEL** Catholic Masses:

# Saturday

Reconciliation - 3:30 p.m.

Mass - 4 p.m.

Sunday

Mass - 9 a.m.

Religious Formation - 10:15 a.m. (September - May)

Tuesday-Friday

Mass - 11:30 a.m.

#### **Protestant Services:** Wednesday

Wednesday Night Live - 6 p.m. Dinner followed by Religious Education (September - May).

## Sunday

Evangelical - 10:15 a.m. Gospel - 11:30 a.m.



at 333-1782 or Master Sgt. Christopher McEwan at 333-6620.

# Free tax preparation

The Air Force Academy will prepare tax returns free for active-duty servicemembers stationed at the Academy as well as cadets and retirees in Arnold Hall near Hap's. To have your tax return prepared, you will need a military ID card, wage and earning statements from your employers and any interest and dividend forms. You will also need bank routing and account numbers if you would like your tax refund issued through direct deposit.

For more information, contact the tax center at 333-3905.

## **EO** seeks volunteers

The Equal Opportunity office needs volunteers to plan and execute events for the Days of Remembrance April 4-11 and Asian-Pacific American Heritage Month in May.

The first meeting for the Days of Remembrance observance is today at noon, with a Asian-Pacific American Heritage Month meeting scheduled for Wednesday at 3 p.m.

Both meetings will take place at the EO office in the 10th Air Base Wing Headquarters building. For more information, contact Gina Moore at 333-4832.

# **Celebrate new E-8s**

The Academy will celebrate its newest senior master sergeant selectees in the Falcon Club's Stripes Lounge March 5 starting at 3 p.m.

Food and drinks are complementary, courtesy of the promotees, Command Chief Master Sgt. Todd Salzman, the Air Force Sergeants Association and the Academy Top 3.

For more information or to volunteer as a designated driver, contact Senior Master Sgt. Alvena Salley at 333-4145.

# Civilian tuition assistance

The Civilian Tuition Assistance Program has money available for appropriated-funds employees of the Academy who are in an active civilian pay status. For more information or to apply for tuition assistance, call Christy Pfalmer at 333-4821.

## Sports camps

Regular registration is now open for 12- to 18-year-olds to attend 2010 Falcons Sports Camps. Sporting events include baseball, basketball, football, cheerleading, and diving and swimming.

ORARAUNIT

Prices start at \$175 for three-day commuter camps, \$350 for one-week commuter camps and \$550 for weeklong camps with boarding at the Academy.

For more information on prices, check-in times and registrations, call the Athletics Department at 333-2116.

# **National Nutrition Month** Activities

The 10th Medical Group will hold several activities in recognition of National Nutrition Month in March.

Events will include a nutrition puppet show at the Child Development Center March 2 and 3 at 9:30 a.m.; a Healthy Lifestyle 101 class at the Health and Wellness Center March 3 at 9 a.m.; and a Lighter Side of Southern Cooking class at the HAWC March 11 at 5 p.m.

Tours of the Air Force Academy Commissary will be available by appointment March 2 and 9. The HAWC is seeking volunteers for the nutrition puppet shows on March 2 and 3. Oneon-one nutrition and fitness consultations will also be available by appointment.

For more information or to schedule an appointment for a National Nutrition Month event, contact the HAWC at 333-3733.

## **Community Activities**

For information on upcoming activities at the Milazzo Center, contact the Community Activities office at 333-2928.

# **Bridal Faire**

March 6, 9 a.m. to 3 p.m.

The faire has everything couples need to plan their weddings: venues, catering, wedding cakes, a fashion show, wedding coordinators, travel planners, florists, music, dance instructors, photography and more.

## **A&FRC Offerings**

The Academy Airman and Family Readiness Center will host the following classes in February. Contact the A&FRC at 333-3444 or 333-3445 with questions or to sign up for a class. Class dates and times are subject to change.

# Group pre-separation counseling

Held Mondays (except during TAP week), 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory fits and services associated with your transition and beyond.

# Medical records review

Today, 7:30 a.m. to 4:30 p.m.

Individuals within 180 days of retirement or separation can have the Disabled American Veterans review their medical records in preparation of filing for Veterans Administration Disability Compensation through the VA Form 21-526. Call for more information or an appointment.

# Newcomers base tour

Mar. 15, 8:15 a.m. to 2:30 p.m.

This informative base tour gives insight into the Academy's mission and reveals most of the events and activities to see and do while stationed at the Academy. Stops include the stables, Cadet Chapel, Arnold Hall, Arts and Crafts

Center, Outdoor Recreation and more.

# **Family Advocacy Classes**

All Family Advocacy classes are open to active-duty servicemembers, Department of Defense civilians, retirees and family members unless otherwise specified. Classes are held at the Airmen and Family Readiness Center. For information on classes offered by the Family Advocacy Office or to sign up, contact Kristin Larkey of Family Advocacy Outreach at 333-5270.

### **Common Sense Parenting**

Thursdays, March 18 - April 22, 3 to 4:30 p.m.

This is a skill-based parenting program for parents of children ages 5-18 that teaches parents practical and effective ways to increase their children's positive behaviors, decrease their negative behaviors and appropriate alternative behaviors

## **Anger Management**

Mondays, March 22 - April 26, 3 to 4:30 p.m.

This class will help participants better understand their anger and where it comes from, how to handle conflict in frustrating situations and how to relax and de-stress their lives.

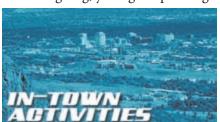
## **Couples Communication Seminar** April 16, 8:30 a.m. to 4:30 p.m.

This one-day seminar teaches participants how to communicate more effectively and improve their relationships. Everyone is welcome, whether they are married, engaged, dating or single.

# 1-2-3 Magic Parenting

May 13 and 20, 2:30 to 4:30 p.m.

This class offers easy-to-follow steps for disciplining children ages 2-12 without arguing, yelling or spanking.



# Culinary arts show

More than 40 caterers and chefs will gather at the Broadmoor Hotel in Colorado Springs Sunday for a restaurant expo and culinary arts show.

Chefs will compete, Iron Chef style, and restaurants will offer food samples.

Admission is \$25 in advance or \$30 at the door. Proceeds will benefit the New Penrose-St. Francis Medical Center briefing assists you in identifying bene- and ProStart Colorado, a hospitality education program of the Colorado Restaurant Association.

## Flash fiction contest

The Pikes Peak branch of the National League of American Pen Women is accepting entries for their annual flash fiction contest through Monday.

Entries for this year's contest, themed "The power of three," should be complete stories of 100 words or less — but not poetry — relating to the theme.

The contest includes a \$10 entry fee. Awards are \$75 for first place, \$40 for second place and \$20 for the Judge's Merit award. All entries will receive brief feedback from members of the NLAPW.

For more information, visit http://ppb-nlapw.org/contests.php.



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