



USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 48 No. 48

December 12, 2008

**US Air Force Academy
 DUI Prevention Card**

Present this card to the Yellow Cab Company of Colorado Springs for a free, safe ride home.
 (719) 350-9300

Account Number to be charged:
 Card Valid only to place of residence.
 Present this card with a Military ID card
 "Smart people do not drink and drive"

DUI Prevention

Card ensures military members get home safe, available today.

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A Christmas Letter From Your Family

10 Songs to Honor Military at Home and Abroad

'tis the Season

Local vocalist offers free music downloads to service members around the globe.

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ARMED FORCES BOWL

Bowl selection

Falcons return to Fort Worth for the Armed Forces Bowl.

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Hockey update

Falcons fall to RIT in overtime.

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Photo by Rachel Boettcher

Naughty or nice?

An antique REO fire truck from the 10th Civil Engineer Squadron led Santa through base housing during the 10th Air Base Wing Holiday Parade and Tree Lighting Dec. 5." Passengers: Driver – Assistant

Fire Chief Dennis Chaltry; Santa Claus – Kris Kringle; Beige coat in back – Airman 1st Class William Bannister; and BDU, coat in back – Airman Jessica Morehouse.

10th MDG opens Acute Care Clinic

By Butch Wehry
 Academy Spirit staff

Ribbon cutting ceremonies in the main lobby marked the opening of a newly renovated Academy Acute Care Clinic Dec. 4.

The 10th Medical Group commander, Col. Alan Berg, and Col. Jimmy McMillian, commander, 10th Air Base Wing, cut the ribbon during the ceremony.

"With changes directed by the Base Realignment and Closure legislation, we need to assure people that we're still here 24/7," said Colonel Berg. "The Acute Care Clinic is open to meet the non-emergent needs of Academy patients during the duty day and Colorado Springs TRICARE beneficiaries on evenings and weekends. It also has a limited number of beds to meet the Academy's key mission of supporting the cadets, cadet candidates and single

Airmen in the dorms who may not have family in the local area. These beds can accommodate a small number of patients overnight for up to 48 hours.

"For longer treatments and for other beneficiaries, we would send them to Evans Army Community Hospital at Fort Carson or to local area civilian facilities."

Colonel Berg added that there are support agreements with Memorial and

See CLINIC, Page 6

Tell your friends ...

... but not from your cell phone while driving. As of Jan. 1, 2009, anyone caught driving on the Academy while speaking on a hand-held cell phone will lose driving privileges for seven days. Academy leaders are implementing this policy as a safety measure to ensure drivers are not distracted from the task at both hands, driving.



Holiday luncheon

Calling all enlisted Airmen. The Falcon Club will host a *Stripes Holiday Luncheon* from 11 a.m. to 1 p.m. Monday. The buffet lunch will include turkey and dressing, mashed potatoes and gravy, green-bean casserole, salad and dessert. This is free for club members and is \$3 for non-members. Please RSVP to your first sergeant immediately.

Time to get back to basics

By Col. John C. Sell
21st Medical Group commander

As a first lieutenant in 1987, I was approaching the entrance to the Osan Officers Club in Korea to have lunch with Maj. Jim Kelley. The club awning jutted out about 15 feet or so from the actual entrance into the building and as we walked underneath it on a cold February afternoon, the base commander was leaving the club and approaching us.

Major Kelley and I looked at each other in a perplexed manner wondering what we should do. Should we or shouldn't we salute the Colonel since we were technically under the cover of the awning? I clumsily offered, "Sir, I'm not certain if it's appropriate to salute you?" The base commander, in a very wise and noble manner replied, "Lieutenant Sell, you can never go wrong by rendering a salute."

I learned a valuable lesson that day and obviously one that still rings loud in my mind today. It also ties into what our new Secretary of the Air Force Mike Donnelly and Air Force Chief of Staff, Gen. Norton Schwartz, are stressing 21 years later to all of us who wear the Air Force uniform. Simply, "It's time to get back to the basics." And whether your role is to fly fighter jets, work in acquisitions, pull a wrench out on the flight line, sit night watch in Afghanistan, or dispense drugs in one of our pharmacies, it's our attention to detail and focusing on the basics which distinguishes us as Airmen in the U.S. Air Force and ensures we get the job done right. For me personally, the basics start with good order and discipline and

perhaps more so — good manners and appropriate military protocol.

Take a moment and ask yourself these questions: Does my uniform look clean and kept? Do my ribbons need to be replaced? Are the bottom edges of my BDUs or ABUs worn and frayed? Is my hair trimmed? Are my boots or shoes polished?

Do you look like a crisp, sharp Airman who represents the very best of our uniformed services? If you think people won't notice — think again. It's noticed, people talk about it and it sets the tone of how people will remember you as an Airman and how you represent your flight, your squadron, your group, your wing ... your Air Force. It's these basic steps and attention to detail that we practice each day that make us different from our civilian counterparts. I would argue it sets the tone that earns the trust of the American public; that sends a resounding message to those we work with and those we lead ... without having to say a single word.

The difference between a sharp Airman and an average one is that the sharp Airman knows that rank should be on their right when walking with a higher rank. The sharp Airman won't hurry to his car or wait in the doorway while exiting the building so he or she does not have to stand outside, face the sound of the music and salute after retreat. The sharp Airman will stand while speaking to the wing commander or the general officer if they are not seated at the table. The sharp Airman will stand when someone senior to them walks into their work area, look them in the eye and offer a hearty and sincere "Good morning, ma'am" or "Good after-

noon, chief, what can I do for you?" and feel good about it.

There are probably some of you reading this saying, "C'mon, colonel, how does walking on the correct side of someone equate to getting the job done?" My answer to you is, this attention to detail and appropriate customs and courtesies creates an atmosphere of professionalism and high standards which are precursors to quality.

Former Chief Master Sergeant of the Air Force Bob Gaylor once told this story: One day, he and his neighbor were out working in their yards, mowing their grass, pulling weeds, and edging the lawn on a typical hot and humid San Antonio afternoon. When finished toiling in their yards, they met each other where their respective yards adjoined and took a much needed break. With their faces red and dripping in sweat and their bodies tired, they looked at each other and asked — why do we do this? They thought for a moment and said, "we do this because our name is on the mailbox," he said. Your reputation, what you represent, how you carry and present yourself to others is the name on your mailbox. You do it because you care.

The demands on us who wear the uniform are many and always will be because not everyone is given the opportunity and privilege to serve in the world's greatest Air Force. Is it realistic to expect we will never make mistakes? No. The expectation is to strive for perfection, pay attention to the details and challenge ourselves to improve every day, and my advice on the best way to accomplish this is to get back to the basics.

ACADEMY SPIRIT

To responsibly inform and educate the Academy community and the public about the Air Force Academy

Lt. Gen. John Regni —
Academy Superintendent
Lt. Col. Brett Ashworth —
Director of Public Affairs
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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Deadline for free classified ads on a space-available 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.news paper@usafa.af.mil.

Character Corner Perspective Foundations

By Tech Sgt. William James Garringer
Center for Character Development

Often times it seems that value systems such as the Air Force's Core Values and the Academy's Honor Code are viewed as boundaries - with one's actions needing to be justified or validated. This should never be the case; a good friend of mine maintained you are only as good as your next day. If one makes solid decisions based on a strong foundation of principles, morals and values, then you can build upon that solid foundation.

Basic concrete has five ingredients — 6 percent air, 11 percent cement, 41 percent gravel, 26 percent sand and 16 percent water. However, as strong as concrete can be, there are many applications where it will fail. In order to form a lasting and solid foundation, reinforcements must be added to the concrete mix for it to withstand all the possible trials and tests. This usually comes in the form of steel reinforcements.

Whether your value system was developed through your family, civic groups, on the field of sports or through a faith group — those are the steel rods that strengthen your foundation. If

we interlace these with the core values, the honor code and the myriad Air Force guidelines, then each of us can have the proper perspective for laying the base from which our careers, goals, and family can be safely and securely built.

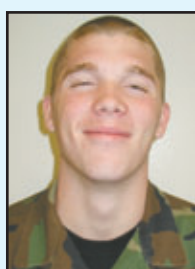
Our common profession of arms demands much from all of us. When we have solid foundations in our lives, instead of boundaries or limits, we acknowledge the proper and right limits. This gives us a perspective of seeing the open skies and boundless possibilities for success.



Character Matters airs Wednesdays at 8 a.m. and 8 p.m. on KAFA radio, 97.7 FM.

What was your best decision for the year 2008?

"Taking leave to visit friends in California ... even if I did wait until Dec. 30."



Airman 1st Class
Derek Harris
Academy Firefighter

"My best decision this year has been to make a conscious effort to spend more quality time with my family."



Ann Gresko
Academy Pass and
Registration clerk

"Getting out of the market in January and cashing out my stocks."

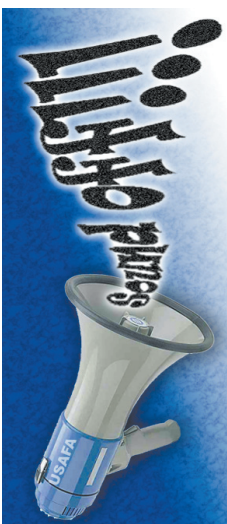


Spike Briggs
Air Academy Federal
Credit Union teller

"Getting back to furthering my education through college ... it wasn't as bad as I thought it would be."



Technical Sgt. Mark
Christmas
NCO in charge,
promotions



New TSP contribution limits set for 2009

RANDOLPH AIR FORCE BASE, Texas (AFNS)- The Federal Retirement Thrift Investment Board recently announced an increase in the 2009 elective deferral limit for regular Thrift Savings Plan contributions.

The limit is now \$16,500, up from \$15,500 for 2008. In addition, contributions for the TSP catch-up plan will increase to \$5,500, up from the \$5,000 limit set for the last three years.

"TSP is a long-term retirement savings plan, which everyone should consider," said Fran Campbell, a human resources specialist at the Air Force Personnel Center here. "It's a great supplement to military and civilian retirement plans."

The plan gives investors the opportunity to lower their taxes each year they contribute. The taxes are deferred until the employee withdraws from the account after retirement.

"Investment money is deposited directly from each paycheck, so you never have to think about it. That makes it easy to 'pay yourself first' while only investing what you deem appropriate," Ms. Campbell said.

She also said that investing in TSP is not limited to just stocks.

"People can choose safer government securities or invest in the lifecycle funds," Ms. Campbell said.

Catch-up contributions are additional tax-deferred contributions and are separate from regular TSP contributions. For

those who are eligible, catch-up contributions provide a way for individuals to secure their retirement if they began investing later in their careers.

To be eligible for catch-up contributions, civilian and military employees must be 50 or older in the year in which the first deduction from pay occurs. They must also be in a pay status and be able to certify they will make, or have made, the maximum "regular" employee contributions of \$16,500 to a TSP or other eligible account by the end of 2009. Other eligible accounts include uniformed services TSP accounts or other eligible employer plans, such as 401Ks. To be eligible, employees cannot be in the six-month, non-contribution period following a financial hardship in-service withdrawal.

Catch-up contributions automatically stop with the last pay date in the calendar year or when the maximum catch-up dollar limit for the year is reached, whichever comes first. Eligible employees must submit a new election for each year they wish to participate.

Regular TSP contributions stop when an employee's contributions reach the annual maximum limit and then automatically resume the next calendar year. With TSP, military members:

— Can contribute any whole percentage of basic pay, as long as the annual total of the tax-deferred investment doesn't exceed \$16,500 for 2009. As long as they contribute from basic pay, Airmen can also invest all

or part of their bonuses, special pay or incentive pay. Members may enroll in December; however, requested actions will not update until Jan. 1.

— Who are currently enrolled and want to adjust their contribution for 2008 must contact their local finance office so adjustments can be completed by Dec. 20.

— Serving in tax-free combat zones are allowed up to \$49,000 in annual contributions for 2009. The \$49,000 total includes

tax-exempt combat zone contributions and regular deferred contributions.

— Can enroll or change their regular TSP contribution amount through the Defense Finance and Accounting Service Web site by filling out a TSP-U-1 Election Form at local military personnel flights and finance offices.

— Start catch-up contributions by filling out a Form TSP-U-1-C, TSP

See TPS, Page 11



Photo by Mike Kaplan

ATO display unveiled

On Dec. 5, the Class of 1980 and the Academy dedicated two tributes to the female Air Training Officers. As lieutenants, these 12 women were the pioneers who guided the first group of female cadets when they arrived here in the summer of 1976. Lt. Gen. Terry Gabreski (center), one of the ATOs and currently vice commander of Air Force Materiel Command, joins former peers below a tribute window containing the names of the ATOs in Doolittle Hall.

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Minimize chances of getting flu

By 1st Lt. Stephany Watkins, RN
Academy Health Care Integration

With falling temperatures, winter and “flu” season have arrived.

Influenza, or the “flu,” is different from the common cold and can result in serious complications for certain individuals. Not to be confused with the “stomach flu,” influenza is a contagious respiratory disease caused by the Influenza Virus. Symptoms usually come on suddenly and may include fever, headache, fatigue, dry cough, sore throat, nasal congestion, and body aches—typically referred to as “flu-like” symptoms.

Influenza is caused by a virus, so antibiotics (like penicillin) do not treat it.

Treatment options for the flu include rest, drinking plenty of fluids, avoiding alcohol or tobacco use, and taking medications to relieve the symptoms. The best way to prevent the “flu” is to get an influenza vaccine each fall.

There are two types of vaccines that protect against the flu. The first vaccine is the “flu shot” which contains an inactive vaccine (killed virus) that is given in a syringe through a needle, usually in the arm. The flu shot is approved for use among people 6 months of age and older, including healthy people and those with chronic medical conditions.

The second type of vaccine is a nasal flu spray referred to as LAIV for Live

Attenuated Influenza Vaccine. The nasal flu vaccine contains attenuated (weakened) live virus and is administered by a nasal sprayer. It is approved for use only in healthy people between the ages of 2-49 years. Healthy contacts of high-risk patients may also receive the nasal flu vaccine.

In addition to obtaining the flu vaccine, frequent hand washing is essential to minimize risk of infection and transmission.

Be sure to wash your hands prior to any hand-to-face contact that includes eating, snacking, rubbing your eyes, putting in contact lenses, or applying make-up.

Should you develop a cold or any other flu-like symptoms, sneeze or cough directly into a facial tissue, throw it away immediately and wash your hands thoroughly. If you do not have a tissue, sneezing into your elbow can reduce hand contamination.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. Alcohol-based hand rubs inactivate many different kinds of viruses, including the flu virus and the common cold virus. If using an alcohol-based hand sanitizer, rub the product over all the surfaces of hands and fingers until the gel is dry. Finally, ensure that environmental surfaces are kept clean with a virus-killing disinfectant.

tant.

The following individuals are considered at high risk for complications of the flu per the 2008 Centers for Disease Control influenza guidelines:

— Children ages 6 months to 18 years

— Children and adolescents (aged 6 months—18 years) who are receiving long-term aspirin therapy and, therefore, might be at risk for experiencing Reye syndrome after influenza virus infection

— Pregnant women

— People 50 or older with chronic medical conditions

— People who live in nursing homes and other long-term care facilities

— Adults and children who have chronic disorders of the pulmonary or cardiovascular systems, including asthma (hypertension is not considered a high-risk condition)

— Adults and children who have required regular medical follow-up or hospitalization during the preceding year because of chronic metabolic diseases (including diabetes mellitus), renal dysfunction, hemoglobinopathies, or immunodeficiency (including immunodeficiency caused by medications or by human immunodeficiency virus [HIV])

— Adults and children who have any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can



compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration

If you meet one or more of the criteria mentioned and are a TRICARE beneficiary, please visit the immunization clinic to receive your vaccination. The clinic is currently in the temporary facility to the right of the main hospital. Walk-in vaccinations are offered weekdays from 9 to 11 a.m. and 1 to 4 p.m. The pediatric clinic offers walk-in vaccinations from 1 to 3:30 p.m.

Additional influenza information is available from the Centers for Disease Control and Prevention at <http://www.cdc.gov/flu/>

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Caring For Smiles Since 1974

DUI Prevention Card provides back-up plan

By Ken Carter
Editor

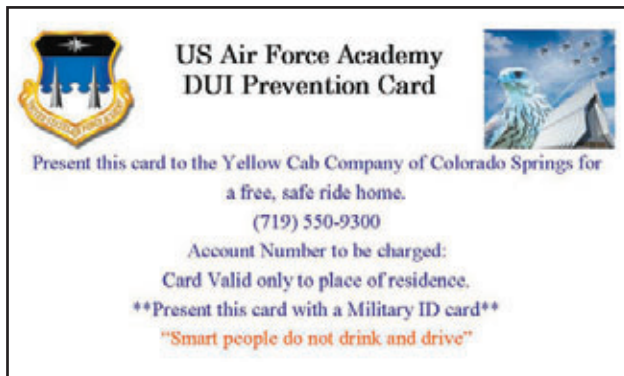
Dec. 19 will be a significant date in the lives of Academy military members who'll be provided a new personal safety tool to employ if needed.

The much-anticipated Academy DUI Prevention Cards, which replaces the 333-RIDE program, will be distributed to all military members that day.

Academy leaders agree the implementation of this simple process will be efficient, logical, and, most importantly, could lead to saving lives.

Active-duty members should carry the card at all times in a wallet, purse, cell-phone case—wherever it's easily retrievable if needed.

"The DUI Prevention Card is not designed to be an individual's primary plan for a night out on the town," said 10th Air Base Wing Commander Col. Jimmy McMillian. "Furthermore, one cannot use the card to travel to another bar. Its only intended use is



to help our military people get home safely.

"Anyone who has consumed alcohol, and his or her primary transportation plan has fallen through, can contact Yellow Cab Company of Colorado Springs at 719-550-9300 (number is listed on the card) for a free ride home," said Command Chief Master Sgt. Arvin Davis. "Simply show the card, along with a valid military ID, to the driver for a free, safe ride home." The chief encourages members to retain DUI

Prevention Cards for future assistance to get and stay on the safe side.

"As we approach the holidays and related festivities from now through New Year's, the biggest gift we can all hope for is everyone's continued safety through this family time and into 2009," Chief Davis said.

Each card identifies the Academy account number to be charged for the service. Therefore, members are asked to keep them secure and to not share them with unauthorized users.

Use of the card is intended to be anonymous.

"There are no negative consequences for those who'll use the card, quite the opposite," Colonel McMillian said. "It's a sign of maturity and good judgment not to drive when your primary designated driver plan falls through."

The free DUI Prevention Card program is made possible through many generous community donations.

NORAD seeks Santa Trackers

Courtesy NORAD/USNORTHCOM Public Affairs

When the North American Aerospace Defense Command stood up in 1958, it assumed an unusual mission from the Continental Air Defense Command - tracking Santa around the world! To pull off that mission this year, NORAD is recruiting 1,000 Santa Trackers to help relay the jolly old elf's whereabouts on Christmas Eve to children around the world.

The tradition of tracking Santa started purely by accident.

"It was a Sears advertisement in the local paper that started it all," said Maj. Stacia Reddish, NORAD Tracks Santa program manager. "What started off as a misprinted number and a telephone call into the CONAD Command Center has grown into the world's largest Santa tracking operation."

"Even though the Web site, www.noradsanta.org, garnered 10.6 million unique visitors last year, it is the telephone call into the Operations Center that started it all; that is why we continue the tradition of taking the telephone calls on Christmas Eve. Many kids like to talk with a Santa Tracker in person."

To continue the tradition, NORAD needs 1,000 volunteers to answer phone calls and e-mails from around the world. According to Reddish, last year 1,012 volunteers answered 94,743 telephone calls and 10,326 emails from children around the world.

The NORAD Tracks Santa Operations Center: The NTS Operations Center is located at the Leadership Development Center, Bldg. 910, on Peterson Air Force Base. The Operations Center is a fun, festive place - complete with snacks and beverages. Volunteers are invited to bring their families - a special room for

younger children will be available. If you are interested in becoming a NORAD Santa Tracker, please go to <http://www.norad.mil/volunteer.doc> and fax (554-3165) or email the registration form to mnc.pa.nts.omb@northcom.mil.

What NORAD Santa Trackers need to know!

- Being a NORAD Santa Tracker is a fun family activity.
- No experience is required.
- Anyone who has access to Peterson AFB and who is at least 14 years old can volunteer.
- Shifts are two hours long and begin at 4 a.m. Dec. 24.
- The last shift ends at 3 a.m. on Christmas Day.

For questions concerning volunteering contact Capt. Angie Young at 719-554-7264. Volunteers should sign up by Monday.



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Wanna make an Air Force commercial?

By Staff Sgt. J.G. Buzanowski
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — Senior leaders are asking Airmen to get behind the camera and submit a video for the next Air Force advertising campaign. The contest has begun and runs until Jan. 9. Airmen are encouraged to create a video depicting what their unit or they do to support the Air Force mission, as well as highlight why people should join the Air Force. The videos potentially will be used for the next recruiting and retention advertising campaign, according to Keith Lebling, the contest manager.

The contest is divided into two categories: Professional Team and Individual Airman.

The Professional Team category is intended for organizations or Airmen who produce broadcast-quality videos as part of their normal duty responsibilities.

The Individual Airman category is for Airmen not assigned to an organization such as that, and the video must be produced using privately owned video and editing equipment.

"This was an idea that came out of the last CORONA senior leader meeting," Mr. Lebling said. "Our Airmen are extremely creative and have a lot of

great ideas, so why not give them a chance to come up with an idea for the next recruiting and retention commercial?"

Once submitted, the videos become the intellectual property of the Air Force and there is no guarantee it will be aired on television, Mr. Lebling added.

In addition, Mr. Lebling said videos should not have an embedded soundtrack or background music, although suggestions are welcome. Also, videos that violate Air Force code of ethics standards will be eliminated from the competition.

For more information, call the Air Force Public Affairs Agency at (703) 696-9148.

Clinic

From Page 1

Penrose-St. Francis hospitals permitting Academy surgeons to perform more complicated surgeries there.

Asked if the 10th Medical Group can surge beyond these beds, Colonel Berg assured that some limited expansion is capable to meet small-scale contingencies.

"There is a lot of construction and renovation at the 10th Medical Group," said Maj. Brian Barnett, flight commander of the Acute Care Clinic.

"Some people wonder why the change," said Colonel Berg. "By the time all renovations are complete, we will have invested over \$45 million during

the current decade, to modernize the facility and make it a great place to work and to receive healthcare. With our healthcare partners at Fort Carson and in the community, high-quality healthcare is assured to our patients either by us or through us."

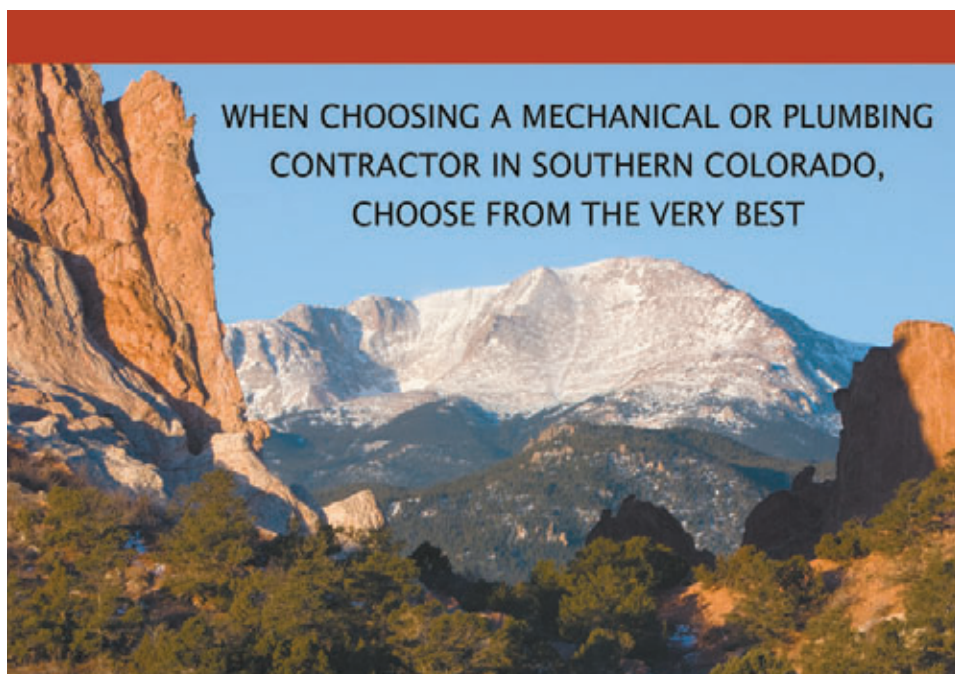
The Acute Care Clinic came from ideas by the hospital staff after it was announced three years ago that the hospital would become a clinic.

"We think the new Acute Care Clinic is a huge improvement," said Major Barnett. "Enhancements to the medical treatment under the current renovation project will continue to improve our ability to provide the highest quality and safest care available."



Photo by Dave Shlschwede

Dr. Jay Straight examines Army (retired) Chief Warrant Officer James Berry in the new Acute Care Clinic.



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Lifelong Development and Contribution: A Responsibility Outcome

By Maj. John Martin
Assistant Professor of Management and
Col. Andy Armacost
Permanent Professor, Department of Management

December 3, 2035 – Colonel Bailey Smith, a 2009 graduate of the U.S. Air Force Academy, is commander, Air Force Cyberspace Operations for Northern Command. In this role, he is responsible for network defense operations for the entire Northern Command area of responsibility. Additionally, his command responsibility includes a team of 34,000 active duty, guard, Reserve, Department of Defense civilian, and contractor personnel and a \$780-million annual budget.

Due to the increasing sophistication of known and unknown domestic and foreign threats, Colonel Smith focuses the Northern Command Cyberspace Operations team on proactively identifying threats to Northern Command computer information systems, neutralizing those threats, and maintaining network security to enable uninterrupted Northern Command cyberspace operations in support of DoD and national objectives.

A significant reason that Air Force senior leadership rewarded Colonel Smith with this position was his demonstrated commitment to lifelong development and contributions. How did Colonel Smith achieve this level of responsibility? A simple look back in time will show the beginning of his development.

June 2005 – Like others admitted to the Class of 2009, Basic Cadet Bailey Smith entered the Air Force Academy with limitless potential, but lacked the required skills, knowledge, and responsibilities required of effective Air Force officers. However, the Academy team worked hard to develop a combination of classroom and military experiences designed to point

Cadet Smith in the direction of lifelong development and contributions.

As one of the Academy's five Responsibility Outcomes, Lifelong Development and Contributions involves internalizing the Air Force core values of Service Before Self and Excellence In All We Do by focusing on commitment to developing ourselves, our wingmen, and our organizations. The nation requires well-rounded officers who are dedicated to improvement of self, their teams, and their organizations.

The Academy provides a variety of experiences to cadets that help prepare them for this outcome.

In their first year, cadets take the First Year Experience seminar that teaches them strategies for success including self-awareness, study skills, and time management. Another cadet experience is Vital Effective Character Through Observation and Reflection, or VECTOR. VECTOR is a 12-hour program that gives cadets a strong foundation in leadership and followership through a combination of presentations, reflective-writing exercises, and multimedia presentations.

In their second year, cadets take the eight-hour Respect and Responsibility workshop. R&R helps enhance cadet understanding of human relations and diversity issues by placing them in unfamiliar situations, such as the adventure-based learning ropes course, which includes a series of activities involving emotional and physical risk.

Cadets gain additional experiences as they enter their third year. Leaders In Flight Today, LIFT, is an eight-hour program where cadets discuss servant leadership, building trust, and loyalty to institutional values. Behavioral Sciences 310, Foundations for Leadership Development, exposes cadets to leadership theories related to self-assessment and personal growth.



Cadets gain the final pieces that provide the foundation for lifelong development and contributions in their senior year. This includes Management 400, Management and Command. In this course, cadets are introduced to organizations as complex systems. They examine the power, networking, and influence issues that characterize organizations.

May 2009 – Cadet First Class Bailey Smith is commissioned a second lieutenant in the U.S. Air Force. After completing communications and computers technical school, Lieutenant Bailey reports to duty at Scott Air Force Base, Ill., as a flight commander. As a member of a diverse group, Lieutenant Bailey draws on the array of cadet experiences and uses those to drive the flight to perform better organizationally.

May 2019 – Major Smith has applied the lessons learned from the Academy, earning a Master of Management Information Systems degree. Combined with military professional development courses at the beginning and intermediate levels, Major Smith is already well on the way to a career that exemplifies Lifelong Learning and Development.

May 2028 - Lieutenant Colonel Smith regularly meets with subordinates, discussing ways they can improve, encouraging them to reflect on their strengths and weaknesses and to take actions to improve themselves. Colonel Smith's Airmen regularly win individual base-wide recognition. More importantly, Smith's team seeks ways to improve the organization – a key outcome is the Outstanding rating on the Operational Readiness Inspection.

Through the combination of the programs highlighted above, Academy cadets are provided foundational experiences that help them generate new ideas and gain valuable skills. As a result, our future officers will be dedicated to the continual improvement of themselves, their teams, and our Air Force.

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Readiness training keeps medics on top of game

By 10th Medical Group

The 10th Medical Group closes from 1 to 4:30 p.m. for training the first Thursday of each month to accomplish critical wartime and contingency readiness skills training.

Monthly readiness training ensures Academy medical personnel receive relevant, up-to-date deployment and disaster response instruction, skills guid-

ance and experience. It also includes coordinating USAFA's medical response efforts with on- and off-base agencies as part of the National Disaster Medical System capable of treating casualties resulting from a homeland terrorist attack, major accident or natural disaster.

Additionally, exercises are periodically scheduled by the Academy's Inspector General to test disaster response procedures and readiness and deployment

operations. The medical group makes every effort to minimize impact on patients during these exercises and training sessions; however, the time investment required to ensure realistic and relevant training will occasionally affect normal clinic hours.

During the monthly scheduled training period, patients can expect the main clinic to be closed. However, the Acute Care Clinic, cadet clinic, dental clinic, main clinic pharmacy, Community Center Pharmacy and lab will be open with minimal manning to meet any urgent needs. Written prescriptions from off-base providers will be filled but may generate longer than normal wait times.



10th Medical Group personnel check the vital signs of a "victim" while coordinating efforts with the fire department. Photo by Maj. Tammy McKenzie



10th Medical Group members prepare to decontaminate "patients" in a deployable structure. Photo by Master Sgt. Jeremy Rennahan

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Holiday letters, packages to Airmen increase

By Tech. Sgt. Denise Johnson
380th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFNS) — Postal workers of the 380th Air Expeditionary Wing here doubled their workload for this holiday season and expect to double it yet again in the coming weeks.

The holiday season for postal workers begins in the middle of November and generally goes through the middle of December.

“We’re currently moving two and a half times the volume of our normal mail load,” said Scott Vann, the 380th AEW Post Office site lead. “By the end of next week, it’ll easily be three to four times more.”

The post office here serves a smaller customer base than some of the larger bases in the area of responsibility, yet it handles one of the busiest mail routes in Southwest Asia, Mr. Vann said.

“We’ve handled nearly a million kilos of mail this year,” said Oneris Barrett, a postal contractor.

“It takes us at the most two hours to process our mail,” said Scott Kirsch, custodian of postal affects and originally from Toledo, Ohio. “That’s largely due to our volunteers from the 380th Fire and Emergency Services firefighters. They are our backbone.”

Getting the mail in and out is more than a job to the yearlong assignees.

“We take our job to heart. Getting letters and packages to the 380th community as quickly and efficiently as possible means they’re morale

will be higher and they can focus on the mission,” said Mr. Vann who hails from Dahlonega, Ga.

Some members who are on extended deployments have their mail forwarded to the deployed location. This allows them to handle personal finances as well as staying in touch with loved ones. The post office contractors offer services not typically found at other post offices, such as helping people package items, providing free packing materials and offering a touch of the holiday spirit to the desert atmosphere.

“We try and help people out,” Mr. Kirsch said. “Just the other day we helped someone in the parking lot build a shipping crate for a large picture frame. It means so much to see the look on peoples’ faces when they receive a hand-written letter or a box from home.”


The 380th AEW postal service team’s fast turn-around time and additional services don’t go unnoticed by neither the customers nor the leadership here.

“Staying in touch with families, keeping up on personal business ... it’s all a part of maintaining mental preparedness and well-being,” said Chief Master Sgt. Kent Smith, the 380th AEW command chief. “If you’re well mentally, it shows in your duty performance and in the success of the mission. Mail is an essential part of that well-being.”



Photo by Tech. Sgt. Christopher Campbell
Mike Ruzza offloads the daily mail truck to Oneris Barrett while he inspects the package for damage Monday at an air base in Southwest Asia.


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'It's kinda the Wild West out here'



By Butch Wehry
Academy Spirit staff

The son of a retired Air Force chief master sergeant spent time in Southeast Asia bombing Iraq and Afghanistan before being assigned to the Academy in 2006.

Major Bryan Lee is back in Iraq and will spend the holidays there as director of operations for Iraq's King Air Military instructor training teams. He's now teaching Iraqi pilots of former Mig 21s, 23s and 25s — the same people who once tried to shoot him down — how to fly and employ the King Air 350EF extended range intelligence, surveillance and reconnaissance aircraft.

Home stationed as an instructor pilot and flight commander at the 306th Flying Training Group's 1st Flight Training Squadron in Pueblo, Colo., The airplanes are all Iraqi owned and he is essentially in an Iraqi Air Force squadron.

"I talked the Iraqi squadron commander into naming it Iraqi Squadron 87 that since it's the year I graduated high school," said Major Lee. "I have a great relationship with the Iraqis which is, by far, the most difficult thing to do with the language and cultural barriers. But we have become great friends."

The U.S. Air Force is running a program there called the Coalition Air Force Training Team.

"The Coalition Air Force Training Team is essentially trying to stand up the Iraqi Air Force," the 17



Courtesy Photo

Maj. Bryan Lee is helping Iraqi pilots to fly with Russian-made extended range intelligence, surveillance and reconnaissance aircraft.

year Air Force officer said. "I am trying to stand up an Iraqi King Air 350 ISR squadron with six airplanes and about 30 members."

The Iraqis have 10 pilots, only four are currently trained in the King Air the other six are all students who Major Lee and two other American instructor pilots are working with. One of the American IP's with him is U.S. Navy the other is an Air Force F-16 pilot.

Major Lee arrived in Iraq on a one year tour in September.

"One of the most challenging parts is teaching students. But while teaching them, we're doing real missions for surveillance. Doing real combat missions with students who are new can be tough," he said. "It's kinda the Wild West out here when it comes to flying. Guys who need a lot of structure wouldn't last long; we have to make decisions with no guidance or rules just do what is smart and safe."

He has a 12-year-old son and friends awaiting his return in Texas.



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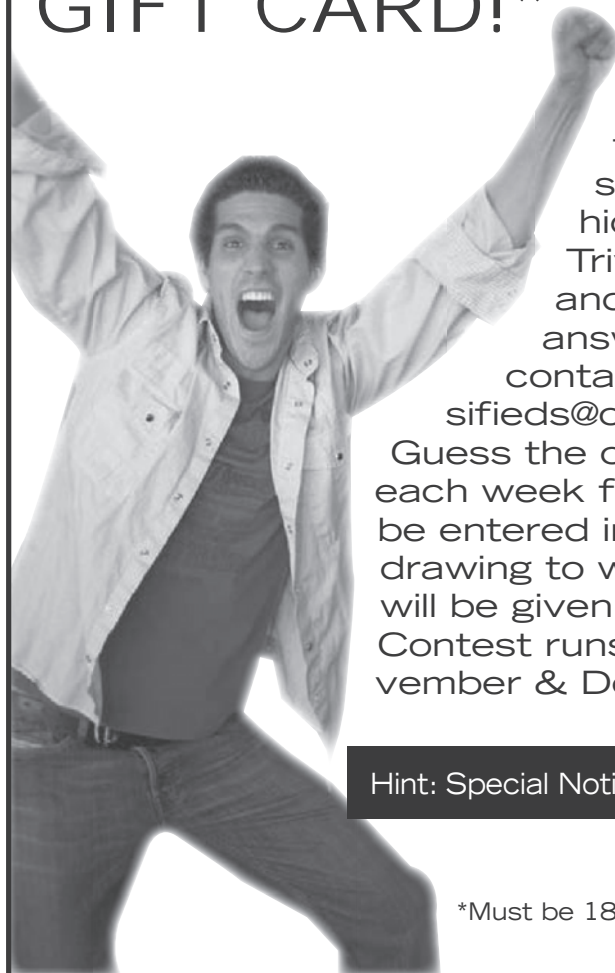
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Holiday cheer: just what the doctor ordered

By Ken Carter
Editor

It's beginning to look a lot like ... another holiday season with many American military men and women serving around the globe and apart from loved ones. Many could benefit from a musical uplift, according to one prepared to brighten their days with some original seasonal lyrics.

In the interest of honoring military members at home and abroad over the holidays, a Colorado Springs resident has made her original Christmas songs, written specifically to honor and encourage our troops, downloadable at no cost at: www.RedWhiteAndBlueChristmas.com

Dr. Pat Boone is also offering free CDs of her recording studio handiwork to anyone who might be in remote areas of the world, or without a computer connection.

"When I realized there were Christmas songs about reindeer, snowmen, Santa, etc., but there was not a Christmas song to specifically honor, encourage, recognize and appreciate our military, our "Defenders of Freedom," I was inspired to write these," Dr. Boone said.

Knowledge of the challenges that come with the profession of arms is not foreign territory to Dr. Boone.

"My father, who is deceased, was in the Army in World War II, and my niece's husband is in the Air Force presently stationed in Washington," she said.



"In 2007, I wanted to do something to lift up our men and women in uniform. Writing, recording and giving away the gift of Christmas songs is my way of showing appreciation for all that they do, and of being a voice for others who feel the same way."

Apart from singing in church and school choirs, this

is the vocalist's only musical project to date.

Being a psychologist by profession and a former hospital chaplain and counselor, Dr. Boone says she is familiar with the despair that can come from a feeling of aloneness and helplessness. "Sometimes just the kind act of a perfect stranger can make a difference," she said. "In both songs entitled 'A Christmas Letter From Your Family,' the words are not random, but are meant to send love, encouragement and hope to those in our military."

Colorado Springs statistics in 2007 showed 18,000 active duty military and 18,000 retired military, not including their families. By producing Christmas Songs to honor our military, she not only recognizes them, but has also involved local musicians, including members of the Air Force Academy Band. She also applauds Rick Greene at North Star Studios and Brad Hartman at SpeakOut Productions, for making the CD possible.

For Dr. Boone, who recognizes the benefit to the "Service Before Self" approach says the focus is to stay on our men and women in the military, both active duty and retired, especially those who are away from home during the holidays, on both domestic and foreign soil. "They are the heroes of my songs and will always be my personal heroes. I don't think we can ever do enough to honor the sacrifices they have made for us."

To contact Dr. Boone, visit: www.DrPatBoone.com or call toll-free 877-377-2826.

TSP

From Page 3

Catch-Up Contribution Election.

— Start contribution allocations (how an employee chooses to invest money among the investment funds) by calling the TSP automated ThriftLine at 877-968-3778 for employees in the U.S., Virgin Islands, Puerto Rico, Guam, American Samoa and Canada. Others can call 404-233-4400 or log onto their TSP account at <http://www.tsp.gov>.

For general TSP questions, call the Air Force Contact Center at 800-616-3775 (press 1, press 1, press 1, and follow the prompts).

With TSP, civilians:

— Can contribute any whole percentage of their basic pay or a whole dollar amount each pay period to a regular TSP account. This amount is subject to the \$16,500 annual maximum for 2009.

— Air Force-serviced civilians may submit regular TSP enrollment elections or changes at any time. Contributions will automatically continue into 2009 for those already in TSP, so it is not necessary for employees to submit

an election unless they wish to change the amount of their bi-weekly contributions. The contribution on pay date Jan. 9, 2009, will apply toward the 2009 annual maximum.

— Who are covered by the Federal Employees Retirement System and who are eligible for agency matching contributions must contribute at least 5 percent of their basic pay every pay period in order to receive maximum matching contributions throughout the entire year. Once the maximum contribution limit of \$16,500 is reached, employee contributions and agency matching contributions will be suspended for the remainder of the year.

— Can make regular TSP enrollments, changes or catch-up contribution enrollments submitted between Dec. 7-20 will be effective Dec. 21 and reflect on pay date Jan. 9, 2009. Elections submitted between Dec. 21 and Jan. 3 will be effective Jan. 4 and reflect on the Jan. 23 pay date.

— When submitting catch-up contribution elections, employees need to designate a whole-dollar amount to contribute each payday rather than the annual maximum of \$5,500. Do not designate an amount that exceeds net

pay or payroll will not withhold any TSP contributions. To spread catch-up contributions evenly over the year, divide the total contribution (up to \$5,500) by the number of pay dates remaining in the year. There are 26 pay dates in 2009 for employees who submit their catch-up contribution election between Dec. 7 and 20.

— Air Force-serviced civilians enroll or submit regular TSP contribution elections, as well as catch-up contribution elections if eligible, by using the Employee Benefits Information System Web application or the Benefits and Entitlements Service Team's phone system. EBIS can be found on the Air Force Portal and on AFPC's "Ask" Web site by entering "Employee Benefits Information System" in the search function.

— Can reach the BEST phone system by dialing 800-616-3775. Overseas employees need to dial a toll-free AT&T direct access number for the country they are in, then 800-616-3775. When the phone system answers, press "2" for Air Force-serviced civilians, then "2" again for BEST benefits and entitlements, and follow the prompts. AT&T direct access numbers can be found at http://www.business.att.com/bt/dial_guide.jsp.

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NASA assigns grads to pilot space shuttle

WASHINGTON – Air Force Academy graduates will pilot two upcoming space shuttle missions.

NASA announced the crews for space shuttle missions STS-130 and STS-131 Dec. 5, which include the Academy's latest astronauts and one Colorado Springs native.

The STS-130 mission will deliver a third connecting module to the International Space Station and a seven-windowed cupola to be used as a control room for robotics.

Marine Col. George Zamka will command the shuttle Endeavour during STS-130, targeted for

launch in December 2009.

Colonel Terry Virts, Jr., Class of 1989, will serve as the pilot.

Mission specialists are NASA astronauts Air Force Lt. Col. Robert Behnken, Nicholas Patrick, Kathryn Hire and Stephen Robinson. This will be Colonel Virts' first trip to space.

He was born in Baltimore and considers Columbia, Md., his hometown. Colonel Virts holds a bachelor's degree in mathematics from the U.S. Air Force Academy and a master's degree in aeronautics from Embry-Riddle Aeronautical University.

The STS-131 mission will deliver research and science experiment equipment, a new sleeping area and supplies to the station in a logistics module carried in the shuttle's payload bay.

Navy Capt. Alan Poindexter will command the shuttle Atlantis during STS-131, targeted for launch in February 2010.

Air Force Lt. Col. James P. Dutton, Jr., Class of 1991 will serve as the pilot. Mission specialists are NASA astronauts Rick Mastracchio, Clayton Anderson, Dorothy Metcalf-Lindenburger, Stephanie Wilson and Japan Aerospace Exploration Agency astronaut Naoko Yamazaki. Dutton, Metcalf-Lindenburger and Yamazaki will be making their first trip to space.

Colonel Dutton joined NASA in 2004. His

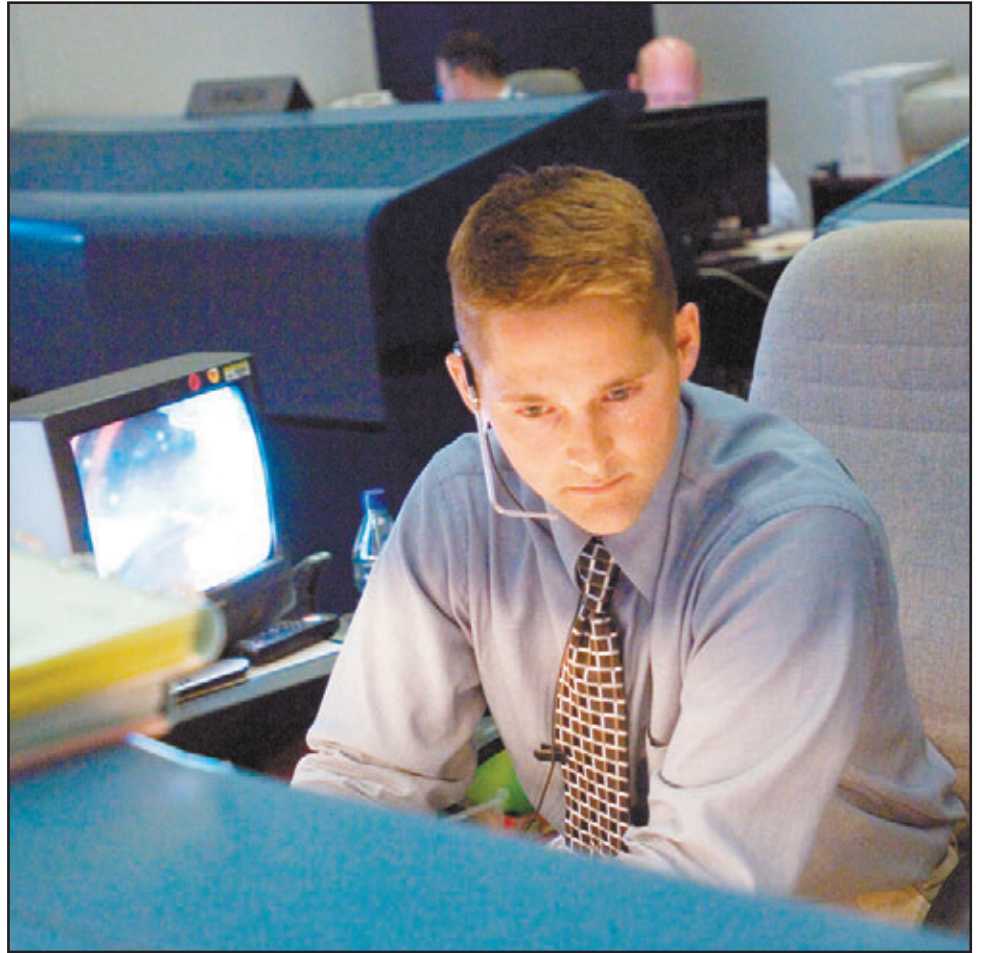
hometown is Eugene, Ore. He has a bachelor's degree in aeronautical engineering from the U.S. Air Force Academy and a master's degree in aeronautics and astronautics from the University of Washington in Seattle.

Colonel Dutton's crew also includes a Colorado Springs native.

Metcalf-Lindenburger was born in Colorado Springs and considers Fort Collins her hometown. She was selected as an astronaut in 2004, and has a bachelor's degree in geology from Whitman College in Walla Walla, Wash.



Col. Terry Virts Jr., STS-117 spacecraft communicator, monitors data at his console in the space shuttle flight control room of Johnson Space Center's Mission Control Center following the launch of Space Shuttle Atlantis.



NASA Photos

At the spacecraft communicator console in the space shuttle flight operations control room of Houston's Mission Control Center, Lt. Col. James P. Dutton Jr., STS-118 spacecraft communicator, monitors pre-launch activities of the Space Shuttle Endeavour, several hundred miles away in Florida. Dutton was assigned to watch weather at geographic areas involved in the launch.



Long-distance wishes

Gloria Otwell stands with Ms. Josie Rivera who wanted to say thanks to those assigned throughout Colorado Springs but who are serving away from home and loved ones this holiday season. Ms. Rivera did so by donating more than 1,000 cards, like these being signed by members of the Academy Admissions staff, to be sent to deployed members. "The military is making above normal sacrifices defending me and our country," she said. "My wishes are to bring them joy and let them know we appreciate them very much."

Photo by Ken Carter

Uniformed elves spread holiday cheer

By Ann Patton
Academy Spirit staff

Santa's getting some help this year packing his sleigh.

The First Sergeants Association is adding some sparkle to the holidays for needy youngsters through its annual Angel Tree project, a part of its *Operation Warm Heart*. Toys placed under the Community Center Chapel's Christmas tree will be sorted and on their way to new homes next week.

The deadline for donations is Sunday.

"It's fun to play Santa Claus," said Master Sgt. Dawn Kottke, the Non Commissioned Officer in Charge for the Academy's *Operation Warm Heart*.

She expects more than 200 toys will be distributed to children who otherwise may have little or nothing under their own trees.

Operation Warm Heart, of which Angel Tree is a part, also provided Thanksgiving meals for about 70 families last month and will do likewise for Christmas.

"It has surprised me, with the economy, how generous people have been," Sergeant Kottke said.

Warm Heart stands by all year long as a helping hand to the Academy family. It has helped Airmen and civilians with emergency funds for needs such as food, rent, daycare and air fare for family funerals.

This year, the Academy and Colorado Springs communities have been generous to Warm Heart. Among other donors, the Aleut Company has



Photo by Ann Patton

Chaplain's assistants Staff Sgt. Chris Thompson and Senior Airman Ruben Martinez stand knee-deep in toys ready for pick-up in the Community Center Chapel. The "Angel Tree" toy drive is part of the First Sergeants Association's Operation Warm Heart.

contributed \$5,000, commissary baggers \$500 and chapel congregants more than \$2,000 through special offerings.

The program is also now receiving support as a member of the Combined Federal Campaign.

Needs for holiday help have changed this year. Sergeant Kottke said with the influx of young Airmen arriving here, the needs for active-duty members have increased slightly.

The greater need this year is coming from other Academy family members, a combination of young and old and struggling single parents.

"Civilians are especially hard hit," she said.

Gifts from Operation Warm Heart never go unappreciated.

"Every year we get inundated with calls from recipients," the first sergeant at the Preparatory School said. "They call and say 'You don't know what this means to us' and 'It came at a time of need.'"

Help from Warm Heart is a gift.

"It's money they don't have to worry about paying back," she said "I've never seen it misused. The people who need it are hurting."

First sergeants are personally authorized to allocate up to \$150 for needs on-the-spot. The Council of the First Sergeant's Association must approve greater amounts.

From banking records, Sergeant Kottke estimated the program has been helping out the Academy family at least since 1983.

It is a job she thoroughly enjoys.

"Operation Warm Heart is my favorite part of being a first sergeant," she said. "We're ready and able to help Academy people."

Contributions to the designated 501(3)c non-profit charity are tax deductible and welcomed all year.

They may be sent to:

Operation Warm Heart

P.O. Box 538

USAF Academy, CO 80840

The gift of second chance

By Ann Patton
Academy Spirit staff

Horses gave Lonnie Aragon a second chance in life, and now he is giving one to a wild mustang.

The Mustang Heritage Foundation handpicked the assistant manager of the Academy Equestrian Center as one of only 13 trainers in the country invited to participate in the foundation's Mustang Magic Trainers Challenge Jan. 23-24 in Fort Worth, Texas.

The event, produced by the foundation in cooperation with the Bureau of Land Management, will be held in conjunction with the Fort Worth Stock Show and Rodeo.

All the horses will be up for adoption for qualified owners after they complete the competition events.

Mr. Aragon traveled to Texas the end of September to pick up his newest training challenge. It was luck-of-the-draw on what trainer got what horse. Mr. Aragon drew a red roan.

On the road home to Colorado, the mustang received his name—Chance.

During a difficult time in his life, Mr. Aragon was offered the opportunity to train horses, especially mustangs.

Now he wants to give back.

"They helped me learn how to make the right decisions about who I am," he said.

Chance was gathered from a herd of wild mustangs by the BLM a year and a half ago near Twin Peaks, Calif.

The 3-year-old, a relatively large mustang at 15 hands tall from the withers, has settled amicably into his temporary Academy home. He seems to enjoy following Mr. Aragon around between training sessions and has demonstrated a kind of horsey sense of humor.

"He likes to play with anything he can get his mouth on," Mr. Aragon said and recalled the time when he placed a blanket on the fence of his stall, which ended up on the stall floor after undergoing a good chewing.

Mr. Aragon said he is an especially gentle horse and easy to work with.

"He's a real people horse," he said. "He doesn't have a mean bone in his body and is going to make somebody a nice horse."

Chance's easy-going nature, however, hasn't gotten him off the hook when it comes to training.

"It's like building a brick wall. I try not to miss any bricks," he said. "I can't cheat."

Mr. Aragon uses positive reinforcement in the form of a pressure and release method of training. Horses



Photo by Ann Patton

Lonnie Aragon, assistant manager of the Academy Equestrian Center, was chosen by the Mustang Heritage Foundation to train a mustang for competition, and eventual adoption, during "Mustang Magic" in Fort Worth, Texas, in January. He is training a red roan mustang here he named "Chance."

learn to move away from the pressure for the reinforcement of the release.

Horses advance from learning to be caught to growing accustomed to a lead and moving their bodies. Then they get a sense of a blanket on their backs, then a saddle and bit. Later in training, Mr. Aragon teaches stopping, turning, backing up and the feel of mount and dismount on both sides.

He has been on the Equestrian Center staff for seven years and also trained another mustang, "Pino," last year for competition in the Extreme Mustang Makeover, also in Fort Worth.

Living symbols of the romance of

the Wild West, free-roaming mustangs are descendants from horses the Spanish first brought to the Americas. Their population is managed and protected by the BLM.

For Mustang Magic, trainers will be scored in body condition and the horse course score representing both in-hand and riding competitions.

For Mr. Aragon, it is more than a competition.

"Everything in life is taking a chance," he said. "My job is to build these horses and then let go so they can better someone else's life. It's what I do."

RIT defeats Air Force, 3-2, in overtime

By Dave Toller
Athletic Communications

RIT forward Andrew Favot scored with 38 seconds left in overtime to lift the Tigers to a 3-2 win over No. 10 Air Force in an Atlantic Hockey Association game Saturday at the Cadet Ice Arena.

Air Force suffered its first home loss and first conference loss of the season. The Falcons fell to 14-2 overall this season and 11-1 in the AHA. The win for RIT marked the highest ranked team the Tigers have ever defeated. RIT improved to 6-9-1 overall and 5-5-1 in the league. Air Force is still in first place in the AHA with 22 points, 11 points ahead of Bentley, Mercyhurst, Canisius and RIT.

For just the third time all season, Air Force fell behind in a game as RIT scored on the power play at the 3:58 mark. Scott Mathis had a short-handed breakaway chance that was turned away by the RIT goalie Jared DeMichiel. Justin Hofstetter took the puck and went coast-to-coast, scoring with a wrister from the bottom of the right circle.

Air Force tied the game with 42 seconds left in the second period on the power play. Brent Olson won a faceoff in the offensive zone and got the puck back to Mathis. Mathis fired a shot from the right point and Lamoureux redirected it in front for his 12th of the season and his nation's best eighth power-play goal.

The Falcons stormed out of the locker room in the third period and took a 2-1 lead when Jeff Hajner scored 22 seconds into the period. Kevin Wright took a shot from the high slot and Hajner tipped it in for his sixth of the year. Matt Fairchild also assisted on the goal.

Air Force had five power plays in the third period and had a full two-minute 5-on-3 but did not convert. On the 5-on-3, Air Force kept the puck in the zone for the entire two minutes and had four shots



Photo by Mike Kaplan

RIT goalie Jared DeMichiel wards off an Air Force offensive attack from Air Force forward Jacques Lamoureux and teammates.

on goal but all were saved by DeMichiel. The Falcons had a power play with just less than five minutes left after a penalty on Alan Mazur. However, the Falcons failed to score and 30 seconds after the penalty expired, RIT tied the game. Brennan Sarazin put back a rebound on a shot by Dan Ringwald to tie the game at 2-2 with 2:00 remaining.

In the overtime period, each team had a couple quality scoring chances. Josh Frider had a chance from the bottom of the right circle that was saved by DeMichiel with 3:40 left. On the ensuing rush, Andrew Volkening made two saves from point blank range to keep the game

time. With 1:09 left, Mike Phillipich was stoned by DeMichiel right in front of the net. As time was ticking down, the Tigers had an odd-man rush and Andrew Favot's shot from the bottom of the right circle went in for a 3-2 RIT win with 38 seconds left.

The Falcons outshot the Tigers, 41-32, in the game. Each team was 1-for-8 on the power play. DeMichiel made 39 saves in the game and had 61 saves in the series. Volkening made 29 saves for Air Force and had 59 in the series.

"This was a gut-wrenching loss," head coach Frank Serratore said. "The story of the game was our inability to score on the

power play and our 5-on-3's in the game. When you let a team hang around like we did, it is going to come back to haunt you. We played a lot better than we did last night, but our inability to convert on the power play cost us. The only thing you learn from losing is losing."

Air Force is idle until Dec. 29-30 at the Toyota UConn Classic in Storrs, Conn. The Falcons play a conference game against UConn on Dec. 29 and then will face either Quinnipiac or Merrimack in the consolation or championship game of the tournament on Dec. 30. Air Force's next home series is Jan. 16-17 against Canisius.

Falcons tapped for Armed Forces Bowl

By Dave Toller
Athletic Communications

Air Force has been selected to play in the 2008 Bell Helicopter Armed Forces Bowl in Fort Worth, Texas, at 11 a.m. (CDT) Dec. 31.

The Falcons will take on Houston from Conference-USA.

This marks the second straight year Air Force has been selected for the Bell Helicopter Armed Forces Bowl, as the Falcons played California from the Pac-

10 last season. This season's bowl is the 19th in Air Force history and the Falcons have posted an 8-9-1 overall mark. Air Force's last bowl win came in 2000 at the Silicon Valley Bowl against Fresno State, 37-34.

This year's game against Houston is a rematch from earlier this season, when the two teams played in Dallas Sept. 13. Air Force won that game, 31-28, in the first-ever meeting between the two schools. The game was originally scheduled to be played at Houston, but was

moved to Dallas due to Hurricane Ike.

Air Force will be playing in the same bowl game in consecutive years now for the third time. The Falcons played in the Independence Bowl in 1983 and 1984 and the Liberty Bowl from 1989 to 1992.

This season also marks the first time Air Force has played a regular-season game and bowl game in the same stadium in back-to-back games. The Falcons concluded the 2008 regular season at Amon G. Carter Stadium against TCU, losing 44-10.



Women's flag football

NEW YORK — While America's top Division 1 college football teams square off in nearly two dozen bowl games, the top intramural flag football teams in America — including a team from United States Air Force Academy — will travel to New Orleans from Dec. 28-31 to compete in the 2008 Slingbox ACIS Football National Championships — the largest collegiate football program in the nation. More than 1,500 students from over 100 colleges and

universities from around the country are expected to participate.

The Academy team, known as Lady Birds earned their trip to the national championship competition by finishing second at the Regional Championship Tournament held in November at University of Nebraska-Lincoln. The team includes: Ashley Alexander, Jessy Barbee, Michelle Bosch, Angela Etapa, Page Grant, Yvonne Johnston, Cynthia Lete, Carolyn Price, Katie Schuler, Amber Sells, Elizabeth

Smith, and Christy Wise.

Women's basketball

Denver rolled to an 84-42 win over Air Force in women's basketball action Wednesday night at Magness Arena. The loss drops the Falcons to 3-6 on the season, while the Pioneers improved to 3-4. The game was close early, but Air Force went cold midway through the first-half and never recovered. Brook Cultra's layup at the 7:22 mark gave the Falcons a 20-18 lead. Air Force then sputtered the



Photo by Mike Kaplan

Falcon guard Raimee Beck streaks toward awaiting defenders.

Beck Earns Co-MWC Player of the Week Honor

By Nick Arseniak
Athletic Communications

Air Force guard Raimee Beck earned co-Mountain West Conference Player of the Week honors for her stellar three-game performance from Dec. 1 through Saturday. Beck was joined by TCU's Helena Sverrisdottir as the co-players of the week.

Beck led Air Force to a 2-1 record last week, averaging 25.3 points per game. The Blackfoot, Idaho, native shot 65 percent from the field (26-for-40) and 69.6 percent from three-point range (16-for-23), while pulling down an average of 7.3 rebounds per game as a shooting guard.

In the win against Barry (57-43), she scored 21 points, grabbed seven rebounds and had two steals. Beck went on to score a career-high 30 points in a 68-47 victory over North Carolina Central in the Air Force Classic, becoming the first Falcon to reach 30 points in a game since 2002. She was 8-for-8 from behind the three-point arc, tying a school record for the most three's in a game and shattering the previous mark of 4-for-4. Beck tallied 25 points in the 56-66 loss to Miami (Ohio), going 9-for-12 (75 percent) from field-goal range and

shooting 5-of-7 (71.4 percent) from three-point range, while dishing out five assists. For the tournament, Beck averaged 27.5 points and 7.5 rebounds and was named to the all-tournament team.

Sverrisdottir also led her squad to a 2-1 record last week, including the team's second upset victory this season over a No. 3-ranked team. Hailing from Hafnarfjordur, Iceland, Sverrisdottir averaged 19.0 points, 7.7 rebounds and 6.0 assists per game.

She earned tournament MVP honors at the Collier's International Classic in Berkeley, Calif., after leading the Horned Frogs to wins over Saint Louis (73-59) and previously unbeaten No. 3 Cal (82-73). Sverrisdottir recorded her third double-double of the season with 20 points and 10 rebounds vs. Saint Louis, and followed with a 17-point, 10-assist effort versus Cal. The 10 helpers marked TCU's first individual double-digit assist performance since the 2004-05 season. Sverrisdottir also helped the Frogs total a season-low five turnovers against the Golden Bears. In the Frogs' lone loss of the week against Fresno State (71-75), she scored 20 points, grabbed eight rebounds and added six assists.

This marks Beck's first career weekly honor and Sverrisdottir's third.

'Team B-52' leads mixed pairs to victory

By Valerie Perkin
Athletic communications

Backed by a pair of first-place finishes from Abigail Rogers, as well as top placements from Josiah Loeser and Jacob Houder, "Team B-52" won the first-ever Air Force Gymnastics Mixed Pairs Meet Saturday at the Academy's West Gym.

The "team" scores were determined by combining the top six men's scores and the top five women's scores, regardless of what event they were from. The B-52s won the meet with a score of 130.900. The F-15s tallied a team score of 128.050 to finish second, while The F-22s (125.500) and

The F-16s (122.400) finished third and fourth, respectively.

Rogers won the balance beam (9.700) and floor exercise (9.800), while Loeser and Houder earned the top marks on the still rings (14.200) and pommel horse (13.400), respectively. Loeser was also second on the vault (15.200), while Houder claimed second on the high bar (13.000).

Joining Rogers, Loeser and Houder on the top-scoring team were Lisa Wong and Derek Kvedar. Wong's top finish was a third-place tie with Rogers on the vault (9.200), while Kvedar placed fifth on high bar (11.000), his only event of the night.

As a member of The F-15s, Aaron

Zaiser received a pair of first-place scores, claiming the top honors on the floor exercise (13.800) and vault (15.400). Junior Garrett Canter, another member of The F-15s, won the high bar with a score of 13.400, while Matthew Thorne, representing The F-16s, won the parallel bars with a mark of 13.200.

As a member of The F-22s, Samantha Jones scored a 9.400 to win the vault, while Aftan Boudreaux (The F-16s) recorded the same mark on the uneven bars to take first on that event.

Both programs received high marks from their youngest team members, as freshmen earned at least one of top-three

scores in nine of the 10 contested events.

In addition to winning the pommel horse and taking second on the high bar, Houder placed third on the parallel bars (12.600). Chase Nobles (The F-15s) recorded a second-place score of 13.100 on the pommel horse, while Devin Menefee of The F-22s placed second on the still rings (14.000) and third on the vault (15.000).

Along with posting the top vault score, Jones tied for second on the uneven bars (9.300) with classmate Jenna Dudley (The F-16s), who finished second on the floor (9.600), third on the balance beam (9.100) and tied for third on the vault (9.200).

Intramural, Over 30 hoopsters do battle

By Dave Castilla
Intramural Sports Director

Hospital and 10th Comm Squadron tied for 1st place, along with the Fire Dept, battled for the top rung in the intramural basketball program Tuesday.

Hospital finished strong in the second half to defeat Comm Sq 68-57.

Comm's Jeremy Marshall and Kevin Brown scored 17 of team's first 24 points giving them a 5-point lead over the medics 24-19 at half time.

In the second half both teams went on a four-minute scoring strike until medics Terrance Tyler finally made a pair of buckets and a free throw tying the game at 24 apiece.

Hospital then went on a 17-8 run, Mike Davis had two buckets and a free throw; Micah Yarbrough hit a three followed up by another basket by Tyler making the score 41-32.

Hospital kept the 10-point lead throughout the second half to hold on to the victory.

Terrance Tyler lead the medics in scoring with 30 points, 23 coming in the second half he also made

9 out of 10 free throws.

Mike Davis followed up with 14 points. Comm's scoring leader was Jeremy Marshall with 23 points and Joshua Harris chipped in with 11 points, 9 coming in the second half.

In Tuesday action in the over 30 basketball league, 306th FTG helped their chances to get in the post-season tournament with a 51-33 win over NSSI.

Leading the flightline scoring was Doug Applegate with 15 points, followed by Ed Lombard with 13. NSSI was lead by Shawne Urban with 10 points and Rico King with 8.

rest of the half, as Denver went on a 16-2 run to jump ahead 34-22 at halftime. The Falcons committed a season-high 26 turnovers, leading to 29 Pioneer points.

Dekker nominated

Air Force tight end Travis Dekker is one of the nominees for the 2nd Annual College Football Rudy Award, as announced by The Rudy Foundation

501(c)(3) charitable organization. The award honors student-athletes who demonstrate exemplary character, courage, contribution and commitment. These same traits were immortalized in the blockbuster film *Rudy* in 27 seconds and against all odds on a gridiron in South Bend, Ind., enabling Daniel "Rudy" Ruettiger to carve his name into college football lore.

Brewer steps up

Joey Brewer, a member of the Air Force water polo team, has been selected to serve as the cadet Group Four Commander for the spring 2009 semester. Brewer will be one of just six cadets in the wing to hold the rank of cadet colonel. To earn the honor, Brewer competed against the top 16 cadets from the Class of 2009, as selected by the group AOCs.



Intramural Basketball

	W	L
1 10 MDG	6	0
2 CW	5	1
3 NSSI	2	3
4 306 FTG	2	4
5 DFL	1	4
6 DRU/MSS	1	5



Legal office closure

The Academy Legal Office will be closed Jan. 7-8, 2009, and resume normal operations Jan. 9. For questions, call 333-3940 or 333-3642.

BINGO

The Academy Community Activities Center will host a BINGO event tonight in the downstairs ballroom (Bldg. 5136). Card sales are at 6 p.m. and games called at 6:30 p.m. Call Linda Crom at 333-2928 for more information.

Skate with Santa

The Department of Athletics "Skate with Santa" is Dec. 20, noon to 2 p.m. Admission is \$3 and skate rental is \$2. The Ice Arena is in the Cadet Field House, Bldg. 2169. Military personnel, family members and accompanied

guests and government civilian employees are all welcome. Call 333-0389 for more information.

Volunteer opportunity

Anyone interested in being a volunteer track and field official at Academy indoor and outdoor meets for the 2009 seasons should contact scott.iring@usafa.edu or call at 719-333-3013 or toll free at 1-800-379-1455 extension 3013. If no answer, leave a message.

A&FRC offers options

The Airman and Family Readiness Center will host the following classes.

Contact the A&FRC at 333-3444 for any questions and/or registration.

Group pre-separation counseling

Held every Monday (except during TAP week); 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory briefing assists you in identifying benefits and services associated with your transition and beyond.

Medical records review

Monday — 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.

Mock interviewing

Tuesday — 9 a.m. to noon

Are you preparing for your next career move but feeling a little rusty on your interviewing skills? Know what to expect on your next interview. Mock interviewing with real HR representatives!

Resume writing

Wednesday — 9 a.m. to noon

Learn different types of resume and cover letter styles and how to improve your own.

Newcomer's orientation

Thursday — 9 a.m. to 4:30 p.m.

Mandatory orientation for all newly assigned Academy personnel. Spouses are welcome to attend. This event is held at the Milazzo Center.

Troops to teachers

Thursday — 11:30 a.m. to 1:30 p.m.

This workshop provides information for military personnel interested in beginning a second career in public education as a teacher.

Water aerobics

The Academy Fitness & Sports Center offers a 10-punch card for water aerobics. The cost is \$30 and the card does not expire. Water aerobics classes are held every Tuesday, Wednesday and

Thursday at 5:05 p.m. Improve muscular strength and endurance and increase overall aerobic conditioning with zero impact on the joints. For more information, call 333-4522.

America recycles

The 10th Civil Engineer Squadron will hold an electronic recycling event through January. Each Wednesday and Thursday electronic items can be taken to Bldg. 8125 from 8 a.m. to 3 p.m. for recycling. The event is free to all participants. Some recyclable items are personal computers and components, televisions, DVD or CD players, stereos, speakers and VHS players. Call Jeanie Duncan at 333-0812 for more information.

Ski rental

Season ski rentals from the Academy Outdoor Recreation Center require an appointment for a fitting. Call 333-4753.

Volunteer program

There are several on-base organizations in need of volunteers. Contact Jeannie Lopez at 333-3168/3444 for more information.

Dance classes

The Academy Community Activities Center offers ballroom dance classes

Wednesdays at 5:30 and 7 p.m. and salsa dance classes Tuesdays from 6 to 8 p.m. Call 333-2928 for more information.



SnoFest headquarters

Lift tickets, party tickets and accommodations are now available for SnoFest 2009, the 19th annual military snow sports weekend, Jan. 30 - Feb. 1, 2009, at Keystone Resort. For more information, visit: www.usafaservices.com/SnoFest.html.

Elmo makes music

Mark your calendar for a musical event like no other – monsters making music! Elmo, Zoe, Big Bird and all their Sesame Street friends are taking to the state to share their love of music in Sesame Street Live "Elmo Makes Music" Wednesday and Thursday at the Pikes Peak Center. Tickets may be purchased online at: www.ticketwest.com. For more information, call (719) 477-2121 or visit: www.sesamestreetlive.com.

SCHEDULE OF WORSHIP

CADET CHAPEL

Catholic Masses:

Sunday

Confession - 9:15 a.m.
Mass - 10 a.m.

Wednesday

Adoration of the Blessed Sacrament - 5:30 p.m.
Confession - 5:30 p.m.
Mass - 6:30 p.m.

Weekday

Mon., Tues. and Thurs. - 6:45 a.m.

Protestant Services:

Sunday

Traditional/Liturgical - 9 a.m.
Contemporary - 11 a.m.

Jewish Services

Friday

Sabbath Service - 7 p.m.

Buddhist Worship

Wednesday

Traditional Mahyana Service -6:30 p.m.

Muslim Prayer

Friday

Salaat ul-Jumman - 12:30 p.m.

All Other Faiths

Call 333-2636 for more information

COMMUNITY CENTER CHAPEL

Catholic Masses:

Saturday

Reconciliation - 3:30 p.m.
Mass - 4 p.m.

Sunday

Mass - 9:30 a.m.
Religious Formation - 10:45 a.m.
(September - May)

Tuesday-Friday

Mass - 11:30 a.m.

Protestant Services:

Wednesday

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

Saturday

Contemporary - 6 p.m.

Sunday

Traditional - 8 a.m.
Gospel - 11:15 a.m.

Paganism/Earth-centered Spirituality:

Contact Tech. Sgt. Longcrier at 333-6178
Robert.Longcrier@usafa.edu



Photo by Mike Kaplan

Lighter than air

According to Dr. Ed Scott, above, Don Barrett, former assistant director of the cadet library and a member of the library staff for more than 42 years, had collected balloon-themed holiday ornaments for decades. Earlier this year and several years after his retirement, Mr. Barrett donated his very large collection—more than 200 ornaments—and the tree they went on for placement in the Gimbel Room. "Mr. Barrett was probably the most significant contact between the Gimbel family and the Academy when the Gimbel Collection of Aeronautical History was bequeathed to the Academy in the early 1970s." Dr. Scott said. In celebration of this very significant addition to the Gimbel Collection, Mr. Barrett, his wife June, and Rita Jones, another retired 40-year library employee (who retired in October 2008), visited the library last week to help decorate the Don and June Barrett balloon-themed holiday tree. Assorted library staff also participated in the festivities.

HOLIDAY SCHEDULE

CADET CHAPEL

Protestant

Sunday

Regular worship schedule
9 a.m. — Traditional
11 a.m. — Contemporary

Dec. 21

10 a.m. — Combined Protestant Worship

Dec. 24

7 p.m. — Christmas Eve Service

Dec. 28 —

No Worship Service

Jan. 4

10 a.m. — Combined Protestant Worship

Catholic

Sunday

10 a.m. — Third Sunday of Advent Mass

Dec. 21

10 a.m. — Fourth Sunday of Advent Mass

Dec. 24

5 p.m. — Christmas Eve Mass

Dec. 28 — No Catholic Mass

For more information on other services, please call (719) 333-4515.

COMMUNITY CENTER CHAPEL

Catholic

Saturday

6:30 p.m. — Christmas Concert

Tuesday

7 p.m. — Advent Penance Service

Dec. 24

4 p.m. — Family Christmas Mass

Dec. 25

9:30 a.m. — Christmas Mass

Dec. 31

4 p.m. — New Year's Mass

Jan. 1

9:30 a.m. — New Year's Mass

Protestant

Dec. 24

6 p.m. — Christmas Eve Service

Dec. 25

11 a.m. — Christmas Service

For more information, please call 333-3300.



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