

ATHLETE OF THE YEAR

Surgeon hopes to compete in Olympics — Page 6

AROUND THE AIR FORCE

Airmen treat Afghan family after home fire — Page 7

FIXING USAFA

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ACADEMY SPIRIT

IN MEMORIAM

MacDill AFB dedicates facility to AFA grad — Page 3



On national stage



PHOTOS BY 2ND LT. MEREDITH KIRCHOFF

Sing it loud: The Cadet Chorale sings the national anthem at the BCS national championship game in Phoenix Jan. 10.

Cadet Chorale sings at the biggest game in college football: the BCS national championship

By Leslie Finstein and
2nd Lt. Meredith Kirchoff
Air Force Academy Public Affairs

PHOENIX — Five minutes to go, four, three, two, one minute left. “Everybody line up!” Two blue lines form, last minute adjustments to uniforms take place, “Give your jacket a good pull before you head out, makes it look sharp.”

Hair in place, ties straight, remember where to stand? Just like we practiced — OK, it’s time to walk.

Two lines trail out from the locker room beneath the stands, guides lead through the flurry of backstage activity. Stage hands and safety personnel clap and look on with admiration as this sharply dressed group of twenty walks by.



Cadets Erica Chimelski, left, and Rebecca Branyan.

Up the ramp, craning for a look, the underside of the BCS National Championship logo is visible on a banner above keeping the full breadth of the stadium from view.

A sea of orange and yellow, thousands of eyes press down on the stadium floor eager to see the Oregon

Ducks and Auburn Tigers fight for the biggest title in college football—the BCS National Championship.

The Air Force Academy Cadet Chorale waits patiently, composed at the sideline for their moment to take center stage. They are here with a purpose, to sing the National Anthem for a crowd of 78,000 plus in the stadium and over 27 million viewers at home.

Auburn University and the University of Oregon went head to head in the BCS National Championship game at the University of Phoenix Stadium in Glendale, Ariz., Monday. The U.S. Air Force Academy Cadet Chorale sang the national anthem prior to the game’s 6:30 p.m. Mountain Standard Time kick-off.

See **CHORALE** Page 5

Cadets highlighted in documentary

By David Edwards
Academy Spirit Staff Writer

When the doolies of Cadet Squadron 10 arrived for in-processing, the unexpected was waiting for them. And so were the cameras.

Little did these Academy newbies know, they were about to become movie stars, the cast in a documentary called “Wings of Honor.” The rigors of Basic Cadet Training, the culture shock, the transformation of these youngsters into leaders in the crucible of the Air Force

Academy — all of it will be on film.

Veteran cinematographers Ed Done and Alan Hayden are collaborating on the production, which will culminate in a feature-length documentary and an abridged version suitable for classroom viewing.

In a summary of production highlights, Mr. Hayden wrote: “We have come to know many of the young freshmen cadets and cadre members as well, as they share their dreams and hopes, fears and challenges. We have recorded them in their most trying and their most

triumphant moments.”

The film has been in the works for several years. Originally, the celebration of the Academy’s 50th anniversary sparked the idea.

Mr. Done’s film crew followed BCT in 2005 and shot footage of that year’s cadet class. But a lack of funding halted production and prompted the Association of Graduates to seek outside help.

Eventually, Boeing came through with a contribution of \$1.25 million. Although the producers still had the

See **WINGS** Page 4

IDES program improves care for wounded warriors

Academy servicemembers referred for medical evaluation boards later this year will go through a new disability evaluation system that integrates the processes of the Departments of Defense and Veterans Affairs.

The Integrated Disability Evaluation System, or IDES, provides a more seamless transition to veteran disability benefits with fewer hurdles, faster results and more consistent ratings between DOD and Veterans Affairs than the previous system.

Under the previous system, servicemembers completed the military disability evaluation system in an average of 10 months. This included a set of medical examinations by military physicians, a series of boards to determine if the member was still able to serve, and if not, assignment of a disability rating used by the DOD to calculate disability compensation. Servicemembers could not begin to apply for disability compensation and benefits from the VA until after receiving a discharge date from their service.

It was then up to the veteran to complete an application to the VA and provide all required documentation. If any documents were missing, it was the veteran’s responsibility to locate them. Then, the veteran had to complete another set of medical exams in accordance with standards set by the VA and wait for a panel to provide another disability rating, this one used to calculate veterans disability compensation and benefits. This second process took on average another eight months during which benefits were gapped.

Under the new IDES, there is only one set of medical exams, performed to the standards of the VA, which provides all the information needed by both departments. A panel at the VA issues disability ratings that meet the needs of both departments. The integrated process still takes just over eight months, but now when the servicemember is finished with the military process, a disability claim is already filed with the VA so veteran disability compensation and benefits can arrive after one month in veteran status. That is the earliest allowable under current law.

In designing the IDES, the two departments examined the recommendations of several commissions and task forces established to improve the delivery of benefits to wounded, ill and injured servicemembers and veterans. The resulting integrated system was first introduced as a pilot program at three military treatment facilities in November, 2007. In thousands of surveys, servicemembers and their families in the pilot program consistently reported higher average satisfaction with fairness, customer service, and the overall disability evaluation experience than did participants in the legacy system.

What's in a title?

by retired Chief Master Sgt. Bob Vasquez
 Center for Character and Leadership Development

I just finished reading a book titled "You Don't Need a Title to be a Leader" by Mark Sanborn. I recommend it highly. The message Mr. Sandborn delivers is that anyone can make an impact on the world, even without the prestige of a formal position, whether it's at home or at work. I acknowledge, and even support, his message. However, comma, I grew up in a world where titles are important. In the military, titles are what set us apart. Some may even argue they help us develop prejudices. I may even agree, but that's not the subject of this thought.

Although anyone can make a difference even if they don't own one, titles mean something. In my world, responsibility comes with a title. You may remember the old saying that "rank has its privileges." We used to say RHIP. The truth is that rank, and titles, have their responsibilities. I remember when rank received privileges like a parking space, a bigger office, less work, respect. I looked forward to being promoted to the highest rank, chief master sergeant, so that I could reap the benefits of that title. Lo and behold, I made it to chief, but I worked harder as a chief than I ever did before. I didn't get that parking space and my office was tiny. I did get respect but that was because I earned it. I earned it because I lived up to the responsibilities inherent in the rank, and title, of chief master sergeant.

I may be dating myself but back in the day, simple titles had purposeful meanings. Miss, for instance, meant an unmarried respected woman. Mrs. meant a married respected woman. Mr. was not a title of disdain but one given to show respect. Oh, man, Dr. was the epitome of success! My sense is that we've gone away from being respectful in many ways. One way we, as a culture, have done that is by diluting the meaningfulness of titles.

You don't need a title to be a leader, but if you have a title it's important to live up to its expectations. I've been called chief for a long time, and still am. It's a title of re-

spect and responsibility. I use it when I refer to my mentors who, too, were deemed worthy of it, and I use it with the utmost respect. At the same time, those whom I call chief still live up to the responsibilities inherent in that title.

The way I try to live up to my title is by upholding standards. In the military, appearance is important. One of the things men who retire from the military do immediately upon leaving the force is grow their hair and a beard. That's if they have hair left. I did that for about a week. I had a two week "break in service" from the date I was retired to the day I started teaching at the Air Force Academy. Interestingly, the folks who admonished me to go get a haircut and to shave were my daughters and my bride. My daughters had never seen me with facial hair or much hair on my head for that matter, so they couldn't see me any other way than clean shaven and short-haired. I had to meet their expectations since they still saw me as a chief.

Other small ways I try to live up to the responsibilities of my title all deal with being respectful of myself and others. I stand for people when they enter my office. I acknowledge people's presence by saying "Good morning," or "Good afternoon." I say "Thank you," a lot. I refer to people as sir and ma'am as appropriate. I call ladies "Mizz." I don't swear. I didn't say I didn't think of swearing; especially when I'm cut off on the highway, but that's another thought. I try to treat people with respect. Surely, I fail once in a while, maybe more often, but I truly try hard every day.

Mark Sanborn is right. You don't need a title to be a leader. I'm convinced of that. I'm also convinced that you can't teach leadership, you can only show it. Then people will follow. If you have a title, live up to its standards; whether it's Miss, or Mrs., or Dr., or Mom or Dad. Titles do mean something. Although I'm constantly inspiring young people to look into the future, maybe it's time we go back a few steps and regain the ways we used to respect each other. Maybe the highest title is just plain "person." Maybe we should start respecting each other as people. What a thought!

ACADEMY SPIRIT

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

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

Correction:



Regretfully, a caption on page 9 of last week's Spirit misidentified the Falcon in this photo. Defensive back Reggie Rembert, breaks up a pass during the Independence Bowl.



Brig. Gen. Dana Born
 Dean of the Faculty

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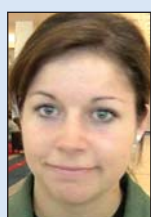
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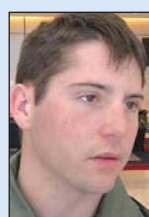
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What's the most challenging part of being a cadet?

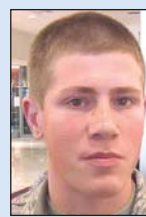
"Time management and making sure you have time to do all the stuff they toss at you at the Academy."
Cadet 2nd Class Stephanie Puzak, Cadet Squadron 12



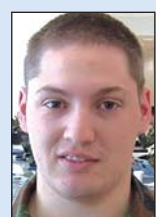
"Time management: dealing with school, military duties, going to the gym, staying physically in shape."
Cadet 1st Class Louis Cascino, CS 16



"No. 1 would definitely be going across academic, military and physical performance, time management: making sure you do the best you possibly can in those three, and then managing sleep as well as time and family."
Cadet 2nd Class Peter Lind, CS 15



"Definitely academics. All the teachers think their class is the most important, so dealing with each class ... two hours of homework each night."
Cadet 1st Class Kevin Dandino, CS 40



Academy grad honored

Joseph Helton and Jennifer Helton, parents of 1st Lt. Joseph Helton, along with Lt. Col. Kenneth Ohlson, right, look at the dedication plaque at MacDill AFB in Dec.



by Nick Stubbs
MacDill Thunderbolt editor

When he served with the 6th Security Forces Squadron at MacDill Air Force Base, 1st Lt. Joseph Helton's positive attitude and leadership skills were an inspiration to many, making the tragedy of his death in Baghdad, Iraq a year ago that much more poignant for his fellow cops.

The 2007 Air Force Academy graduate's spirit and influence will go on when the newly constructed 6th Security Force headquarters building was dedicated as "Helton Hall" in December.

Capt. Christopher Suhar, assistant operations officer for the 6th SFS, said the dedication is a fitting tribute to a great Airman and officer.

"During his brief time here, he had a positive impact on many lives," Captain Suhar said. "Now he will continue to touch lives after his death."

The 6th Air Mobility Wing

held a special 2-mile run in front of the 6th SFS headquarters the morning of the ceremony.

Lieutenant Helton deployed to Iraq in 2009, serving with the 732d Expeditionary Security Forces Squadron, where he led a team of Airmen, Soldiers, and interpreters as they developed 1,100 Iraqi Policemen into a self-sufficient law and order force serving 90 square miles and 2.1 million citizens in Southern Baghdad.

A roadside bomb exploded near Lieutenant Helton's vehicle Sept. 8, 2009, during his 44th outside-the-wire mission in the Mahmudiyah District of Baghdad. The explosion killed him instantly and injured two other Airmen. On that fateful day, Lieutenant Helton took the mission, for which he was not scheduled, in order to give one of his Airmen a break.

Lieutenant Helton was the first Security Forces officer killed in military operations since the Vietnam War.



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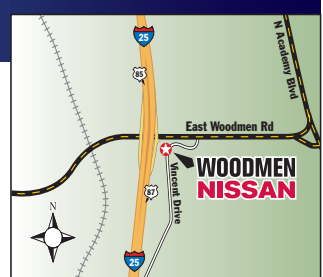
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Wings

From Page 1

material shot in 2005, they would be following an entirely different group of cadets, so they decided to begin anew.

"We're not here trying to say it's a great place; we're not here trying to say it's a bad place," Mr. Done said. "We're trying to tell the story of these cadets."

"This place is beyond its stereotype. When you mention 'military academy,' a lot of people have preconceived ideas of what goes on. I'm still amazed at the breadth (the cadets) are exposed to."

This isn't the first time the Academy has been the focus of media folks trying to tell the story to a national audience. Academy-themed shows have aired on the History channel, and Rocky Mountain PBS produced its own documentary called "Jewel of the Rockies." The Academy also features prominently in the fiction of Kim Ponders and forms the basis of the recently published "Skies to Conquer" by Diana Schemo.

The filmmakers of "Wings of Honor" hail from Colorado, but they've had to take time to familiarize themselves with the Academy.

Mr. Done is a professional cinematographer whose previous work includes a number of shorts.

Filming is taking place now for another of his projects, a movie titled "The Highwayman," which is based on Alfred Noyes' famous poem of the same name.

Mr. Hayden works as a project manager, director and editor at Denver 8 TV, the television station of Denver's city and county government. He said he had long been familiar with Mr. Done

by reputation, but "Wings of Honor" is their first collaborative effort.

In a recent filming session, the production team covered an element meeting at the California Pizza Kitchen on Briargate Parkway. Four freshman cadets wearing their dress-blue uniforms sat around a table with higher-ranking cadets dressed in civilian clothes.

Camera operators milled around the cramped quarters, dodging servers and trying to find the best angle.

Producers interviewed cadets, and good-natured banter continuously bounced around the table. Soaking it all in was retired Col. Dick Rauschkolb, an Academy adviser who has taught several of the cadets featured in the documentary.

Both he and the producers marveled at the lofty accomplishments and the untapped potential of the teens and twenty-somethings they will one day introduce to viewing audiences.

"They're kids, but when they're in uniform and that sort of thing, they're adults. It's a fascinating mixture," Mr. Done said. "The scope grew from what we were hoping for in the beginning."

Filming will continue through the remainder of the academic year and into the beginning of the summer. Colonel Rauschkolb and the producers are sounding out potential distribution outlets, and their plan is to have the film ready for release by the spring of 2012.

Colonel Rauschkolb said PBS and



JOHN VAN WINKLE

Edward Done, director of photography for Wings of Honor film crew, gets in close to cover the finals of Big Bad Basic for the Class of 2014 in Jacks Valley in July.

the Discovery channel have already expressed interest in airing the documentary.

The marketing plan also includes sales of the shorter film to school districts and the general public, meaning the project could turn a profit.

The filmmakers emphasize that their work is not intended to portray the Air Force Academy per se. They are instead focusing on a select group of cadets to present a microcosm of the Academy.

"We want people to get a true appreciation for the growth of these cadets," Mr. Hayden said. "To see the passion and the drive these people have is going to be very exciting, and that's beyond even the visual imagery."

He believes the subject matter alone will be compelling enough to pique the interest of viewers.

"The Academy is not for everyone," Mr. Hayden said. "But we hope it's a film for everyone."

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Chorale

From Page 1

“It was surreal and incredible! It was such a rush after we practiced in the empty stadium to see it filled up, surrounding us with lights and cameras and noise,” said Cadet 1st Class Rebecca Branyen. “It seems like we got ready for hours before and it was finished in seconds, but it was an absolutely amazing feeling when we finished and all I could hear was this roar of applause.”

The Cadet Chorale is composed of men and women from all four cadet classes who represent the Academy through music. Of the chorale’s fifty members, only twenty were chosen to perform at the national title game.

“When I got the call, I asked how many cadets I could take. They (the BCS staff) said I could take up to 20 cadets, so of course I wanted to take all 20 cadets,” said Chorale director Dr. Joseph Galema.

“We had to come up with a process of deciding who would go. We made that decision, and then we made the cuts. There were a few cadets who couldn’t go because of other sports or something like that, but most of the cadets on the first cut said yes they could go,” Dr. Galema explained.

When asked how it felt to be chosen for this event, Cadet 2nd Class Curtis Hansen spoke for the group when he said, “I think it’s obvious that it’s a once in a lifetime, so we’re all pretty stoked.”

The trip to Phoenix began Saturday night, as most of the cadets flew in from the Academy. The Chorale, along with Dr. Galema and Chaplain (Capt.) Darren Duncan, arrived in Phoenix as guests of the BCS, with lodging and rides supplied by the committee.

Although it sounds like the makings of a glamorous vacation, the cadets were there to work. A group of eight cadets headed out into the early morning sunlight of Phoenix Sunday

“It seems like we got ready for hours before and it was finished in seconds, but it was an absolutely amazing feeling when we finished and all I could hear was this roar of applause.”

Cadet 1st Class Rebecca Branyen

to the studios of Channel 3, KTVK, for an appearance on the television program “Good Morning Arizona.” Later that same day, all 20 cadets headed off to the Phoenix Veterans Administration hospital to visit and perform for veterans in the facility’s community living center. Among them were veterans of Vietnam, Korea, and even World War II. Following the performance, the cadets spent almost an hour speaking with the vets.

“That was by far the most humbling part of the trip: talking to World War II and Vietnam veterans who have truly made enormous sacrifices, along with their families,” Cadet 1st Class Kyle Smith said. “It put into perspective what we are preparing for during our time here, which I know we all tend to forget every once in a while.”

Gameday meant a long afternoon of escorts, rehearsals and pre-game festivities. Once at the University of Phoenix stadium, home of the NFL’s Arizona Cardinals, the Chorale group was ushered into the stadium for a rehearsal on the field, followed by a pregame tailgate. Timing was tight; security and procedures for field access were even tighter.

At 4:30 p.m., the group waited for game time in their locker room below the stands. The preparation was done, voices were warm, and uniforms were ready. Less than two hours later, the cadets made that unforgettable walk onto the stage of a lifetime.



STAFF SGT. JOSEPH MCKEE

Senior Airman Magdalena Torres will attend the Academy’s “Leaders Encouraging Airmen Development Diversity Visitation Program” Jan. 13-15.

Niagara-based Airman may become AFA cadet

By Senior Airman Andrew Caya
914th Airlift Wing Public Affairs

NIAGARA FALLS AIR RESERVE STATION, N.Y. — An aerospace ground equipment apprentice with the 914th Maintenance Squadron arrived at the Air Force Academy Thursday to visit and possibly be accepted into the prestigious military school.

Senior Airman Magdalena Torres traveled from here for a three-day “Leaders Encouraging Airmen Development Diversity Visitation Program” at the Academy.

“It’s very exciting to be selected for the program,” Airman Torres said.

Second Lt. Amanda Castravet, the director for the LEAD Diversity Visitation Program, discussed the selection process and the opportunities of the program she heads.

“We treat all LEAD DVP applicants just like they are applying to the Academy,” Lieutenant Castravet said. “We are looking for stellar Airmen who chose military service before college and who are willing to work hard for their education.”



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Right: Bales running in the 2010 ITU Triathlon World Cup in Seoul, Korea in March, places 56th in Elite Men.

Far Right: You can find him at the Olympic Training Center when he's not in scrubs as an orthopedic surgeon for the 10th Medical Group.

COURTESY PHOTOS



Olympic hopeful named AF Athlete of the Year

By David Edwards
Academy Spirit Staff Writer

It's a long way from a sheep farm in eastern Colorado to the Olympic stadium in London, but Capt. James Bales is determined to run, cycle and swim his way there.

A native of the tiny plains town of Brighton, Captain Bales was a four-year letterman in swimming at the Air Force Academy before graduating in 2001. He now works as an orthopedic surgeon for the 10th Medical Group.

He's also the 2010 Air Force Athlete of the Year and, as an added bonus, a prospective Olympian in triathlon.

When he's not in his scrubs at the Academy clinic, he's most likely at the Olympic Training Center sporting something a bit more aerodynamic.

"My specialty is Olympic triathlon," he said. "I tell people I can do the Ironman, but it's like asking a quarterback to play linebacker."

Triathlon debuted as an Olympic sport at the 2000 Games in Sydney. Competitors swim 1.5 kilometers,

cycle 40 kilometers and run 10 kilometers. By comparison, Ironman triathletes face a swimming distance of nearly 4 kilometers, a cycling distance of 180 kilometers and a marathon-length (42.2 kilometers) foot-race.

Australia has won four total medals in Olympic triathlon, the most of any country. New Zealand and Switzerland follow with three apiece.

Captain Bales said the United States is considered one of the top eight countries in the sport. That means it has three spots available. Countries not ranked in the top eight are allocated only two spots.

Triathlon came into Captain Bales' life rather recently. His involvement in competitive swimming dates back to his childhood, and he swam the breaststroke as an Academy cadet. He attributes his athleticism to his experience growing up on a sheep farm.

The other two components of triathlon arrived later and in a far different environment. While attending medical school at Georgetown University in Washington, Captain Bales made a financial decision that turned out to be quite fateful.

"In order to save on the \$6-a-day parking, I started

biking and running the 10 miles to school," he said.

He entered his first triathlon in 2002 and finished as the runner-up in the Armed Forces National Triathlon Championship six consecutive years before finally winning it in 2010. In January 2009, as he was completing the final two years of his residency in San Antonio, he turned pro.

Captain Bales was subsequently selected for the Air Force World Class Athlete Program, which affords elite athletes the opportunity to develop further and achieve the ultimate goal of qualifying for the U.S. Olympic team. As part of the selection, he was allowed to choose a training site.

"This was the most logical choice for me because No. 1, the Olympic Training Center is here, and No. 2, it allowed me to be an orthopedic surgeon," he said.

He joked that because of the frequency with which Academy cadets break bones or damage muscles, ligaments and tendons, there are plenty of occasions for him to apply his Georgetown training.

And with any luck, from those Georgetown days will emerge not just James Bales, M.D., but also James Bales, 2012 United States Olympian.

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AROUND THE AIR FORCE

Afghan family treated for burns at Bagram

by Tech. Sgt. Michael Voss
455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan (AFNS) —Air Force health professionals train continuously, from medical school to retirement, to provide life-saving treatments to patients. In most cases, they count on providing those treatments to service members, but Airmen assigned to the Craig Joint Theater Hospital here are finding themselves working to save an Afghan family.

For nearly two weeks the hospital's staff has worked around the clock to save the lives of Ghulam Hazrat, his 2-year-old daughter Satara and 1-year-old grandson Ajamal.

Around 6 p.m. Dec. 24, Ghulam Hazrat's family and friends were spending time together talking about the day's events, but as the women worked to prepare the family's dinner, the propane tank used to heat the home caught fire and exploded. Within minutes, the entire house was completely destroyed, killing two including Ghulam's wife. In addition, six others including Ghulam and five children suffered life-threatening injuries.

Overwhelmed by the extent of the

injuries, local Nijrab Hospital officials looked to the area's most technologically advanced medical facility for help. By nightfall, three trauma beds at CJTH were occupied with surgeons and medics working tirelessly on Mr. Hazrat, who experienced third-degree burns to his hands. His daughter, Satara, and his grandson, Ajamal, both received severe burns to the face, legs and feet.

Today, thanks to the countless hours of caring for burns and more than six hours of surgeries for multiple skin grafts, they are beginning the long road to recovery.

"I have seen burns before, but it's always hard when it happens to babies," said Staff Sgt. Dequijamin Roberson, a 455th Expeditionary Medical Operations Squadron medic. "There's really nothing you can do to get over the shock of seeing it, whether it is children caught in the cross-fire or accidents like this. It is the reality of where we are. We just focus on doing what we are trained to do."

Many staff members at CJTH develop bonds with their patients, and Ajamal and Satara are no exception.

"This is the reason I joined," said Senior Airman Mabel Aguirre, a 455th



CAPT. ERICK SAKS

An Airman at the Craig Joint Theater Hospital repositions the hand of a 12-month-old Afghan boy during a procedure in the operating room Jan. 9 at Bagram Airfield, Afghanistan.

EMOS medic. "I almost cried tears of joy when I got my tasking letter. I love waking up and coming here every day. Obviously, it bothers you to see patients in pain. We try not to focus on that. Just like with the U.S. service member amputees we see here; if I focus on what caused them to be here it would kill me, but I focus on the progress we make for them. You see the differences in their behavior as they get better."

As Satara clings to her father, now an outpatient here, and Ajamal passes the time coloring and being held by medical staff members, the Airmen prepare the family for their final procedures before they leave to go home.

As the head nurse picks up the doctor's orders for discharge and Mr. Hazrat calls

for ride home, the future is uncertain for the family. And staff members said the sting of not seeing them everyday has begun to set in.

"Will it sting when they leave? Of course," Airman Aguirre said. "When I first got here, Satara had dressing all over her legs, now she can walk across the room."

"When they go home you never forget them, you are reminded all the time whether it's a toy or a spot where they were sitting," said Airman Aguirre, the medic who has spent enough time with Ajamal to be able to identify why he cries, whether for food, pain or to be held. "It's how much you have impacted their lives. Giving them a chance makes all the sacrifice worth it."

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Fixing the Academy

These photos illustrate a few of the on-going construction projects on base. Construction contracts at the Academy are valued at \$143.3 million.

Vandenberg Hall Renovation:

Cost - \$37.1 million (Phases 5 and 6)
Estimated Completion - June (Phase 5), December (Phase 6)



Solar Array:

Cost - \$18.3 million
(funded by the American Recovery and Reinvestment Act)
Estimated Completion - July
Cost savings: \$1 million/year
Power output: 6 MW



PHOTOS BY
MIKE KAPLAN

Fairchild Hall Roof Repair:

Cost - \$4.3 million
Estimated Completion - October



Holiday Athletic Center:

Cost - \$15.4 million (donated through the USAFA Endowment)
Estimated Completion - June



Guard Booths:

Cost - \$2.2 million (North and South gates)
Estimated Completion - January (North Gate), February (South Gate)

FIT TO FIGHT

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Spider-Man Push Ups



Start in the standard pushup position, with hands a little wider than shoulder width apart, and feet no more than 12 inches apart. The body should be straight from head to heel.

While lowering your body to the floor, bring your right leg up and out to your

right side and try to touch your knee to your right elbow, return you're starting position and repeat movement with left leg. Try to do as many as possible with good form, working to muscle fatigue. This exercise works the muscles in the chest, triceps, hip flexors and shoulders.

Kettle bell Push Ups



Get into the push-up position, but place each hand on a kettle bell with palms facing each other. Lower your body until your chest nearly touches the kettle bells, pause briefly and push back up to the starting position.

WATER

When you sweat, you lose water, which must be replaced. Drink fluids before, during, and after workouts.

Water is a fine choice for most workouts. However; during continuous workouts of greater than 90 minutes, your body may benefit from a sports drink.

Water is the most important nutrient for active people.

Sports drinks have two very important ingredients - electrolytes and carbohydrates.

Sports drinks replace electrolytes lost through sweat during workouts lasting several hours.

CARBS

Carbohydrates in sports drinks provide extra energy. The most effective sports drinks contain 15 to 18 grams of carbohydrate in every 8 ounces of fluid.

Carbohydrates are sugars and starches, and they are found in foods such as breads, cereals, fruits, vegetables, pasta, milk, honey, syrups and table sugar.

If you regularly eat a carbohydrate-rich diet you probably have enough carbohydrate stored to fuel activity. Even so, be sure to eat a precompetition meal for fluid and additional energy. What you eat as well as when you eat your precompetition meal will be entirely individual.

BUILD BIGGER MUSCLES

The average American diet has more than enough protein for muscle building. Extra protein is eliminated from the body or stored as fat.

Building muscle depends on your genes, how hard you train, and whether you get enough calories.

VITAMINS AND MINERALS

Exceptions include active people who follow strict vegetarian diets, avoid an entire group of foods, or eat less than 1,800 calories a day. If you fall into any of these categories, a multivitamin and mineral pill may provide the vitamins and minerals missing in your diet.

Taking large doses of vitamins and minerals will not help your performance and may be bad for your health. Vitamins and minerals do not supply the body with energy and, therefore are not a substitute for carbohydrates.

Fitness Facts

Healthy Choice Spinach-and-Feta Omelet

Start to Finish: 20 minutes

Makes Two Servings

- 1 cup refrigerated or frozen egg substitute product, thawed
- 1/8 teaspoon salt
- Nonstick cooking spray
- 1 medium onion, chopped
- 2 cups fresh baby spinach
- Dash ground black pepper
- 1 cup sliced fresh mushrooms
- 2 teaspoons olive oil or canola oil
- 1/4 cup crumbled fat-free feta cheese (1 ounce)

Whisk together egg, salt and pepper; set aside. Lightly coat 8-inch nonstick skillet with flared sides with cooking spray. Preheat skillet over medium heat. Add mushrooms and onion to hot skillet; cook and stir until onion is tender. Remove vegetables from skillet; set aside. Add 1 teaspoon of the oil to skillet; heat over medium heat. Add half of the egg mixture to skillet and immediately begin stirring gently with a wooden or plastic spatula. Stir continuously until the mixture resembles small pieces of cooked egg surrounded by liquid egg. Stop stirring and cook for 30 to 60 seconds more or until egg mixture is set and shiny. Spoon half of the mushroom mixture across one side of the cooked egg mixture. Top with 1 cup of the spinach and 1 tablespoon of the feta cheese. Loosen omelet edge from skillet. Fold unfilled side over the filling. Cook about 1 minute more or just until spinach starts to wilt. Slide omelet onto serving plate; cover and keep warm. Repeat to make a second omelet. To serve, sprinkle omelets with the remaining 2 tablespoons feta cheese.



AFA '09 grad named Team USA MVP

Former Falcon, 2nd Lt. Matt Holland helped team USA win the SHAPE Championship games in Belgium, winning the tournament 4-0

A 2009 Air Force Academy graduate was named the Most Valuable Player for leading Team USA to the 2010 SHAPE International Men's Basketball Championship in Mons, Belgium, Nov. 29-Dec. 4.

Second Lt. Matt Holland, played with the Falcons basketball team from 2006 to 2008.

He had 14 points in the United States' 78-71 victory over Lithuania in the SHAPE championship game.

"I was honored to be able to represent the United States, the military and the Air Force as a whole," Lieutenant Holland said. "Being selected for the team took dedication, but as I've learned from my parents, hard work and persistence pays off."

The lieutenant was unanimously voted the tournament MVP after the United States won the championship.

Lieutenant Holland graduated from the Academy with a bachelor's degree in manage-

ment. He is currently stationed at Vandenberg Air Force Base, Calif., as a space intelligence analyst with the 614th Air and Space Operations Center.

Team USA was 4-0 in the tournament, defeating Italy 95-59, the United Kingdom 103-62, and Latvia 83-70 before defeating Lithuania in the title match.

Lieutenant Holland was selected to compete with Team USA after his performance in the August 2010 armed forces basketball tournament in Washington, D.C., according to a release from the 30th Space Wing.

"Wearing the letters (USA) on my jersey while playing overseas was probably my favorite basketball memory," he said, adding that he hopes to play in future tournaments.

The next armed forces tournament will be held in Rio de Janeiro in July.

(Article compiled from Air Force News Service, 30th Space Wing releases and staff reports.)



U.S. ARMY PHOTO/TIM HIPPS

Second Lt. Matthew Holland, was named Most Valuable Player after leading Team USA to the 2010 SHAPE International Men's Basketball Championship Nov. 29-Dec. 4, 2010, in Mons, Belgium.

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	L I A A	A G I O	A B B E Y	7	2	3	4	5	1	9	6	8
	F A R S I	G H T E D	N E S S	1	8	4	2	7	5	3	9	6
	C L A R E T	W E D		2	5	9	6	1	3	4	8	7
		A D S	E L A T E D	6	3	7	9	4	8	2	1	5
	B O T A N Y		L L A M A S	5	7	1	3	6	9	8	4	2
	E R A S		P U C E	9	4	2	5	8	7	6	3	1
	D E R I D E		P R E S E T	3	6	8	1	2	4	5	7	9
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		N B E	R O T A T E									
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Driving Force: Team Captain Raimee Beck, senior guard, breaks away from Brigham young university's No.4 Kim Parker, right. Beck went on to score 13 points for the Falcons against BYU at Clune Arena Saturday.

MEGAN DAVIS

Air Force falls to BYU in MWC home opener

In its first home conference game of the season, the Air Force women's basketball team fell to BYU, 88-60, Saturday afternoon at Clune Arena. The Falcons drop to 5-10 overall on the year and 0-2 in the Mountain West Conference, while the Cougars improve to 10-6 overall, 2-0 in the league.

Senior Raimee Beck (Blackfoot, Idaho) led Air Force with 13 points, while Dymond James (So., Brambleton, Va.) registered her fourth double-double of the season, tallying 10 points and 13 rebounds. Also scoring in double figures for the Falcons was sophomore Katie Hilbig (Castle Rock, Colo.) with

10 points.

Air Force was able to keep the score close in the first 12 minutes of the game, with the score tied 22-22 at the 7:47 mark in the first half. However, BYU closed out the period by outscoring the Falcons 25-9 to take a 16-point advantage at the break.

The Cougars pulled away in the second half, using their size to dominate on the inside. BYU, which shot over 59 percent from the field, scored more than half of its 88 points in the paint, while also knocking down 10 three-pointers in the game.

Meanwhile, the Falcons shot just 35.8 percent

from the field and committed 24 turnovers. Air Force did have the advantage at the charity stripe, knocking down 18 free throws, compared to just eight for BYU.

The battle of the boards came out even, with each team grabbing 33 rebounds.

Four players scored in double figures for BYU, led by Haley Hall, who finished with 18 points on a perfect shooting night.

The Falcons have a week before their next game, a road contest at UNLV on Jan. 15. The game is slated to begin at 3:00 p.m. (PT) in Cox Pavilion.

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Jim Conboy



Gail (Conway) Grey



Chuck Delich



Bob Nieman



Scott Thomas

Air Force announces third hall of fame class

The Air Force Academy announced its third class for induction into the Air Force Academy Athletic Hall of Fame. The five inductees, Jim Conboy, Gail (Conway) Grey, Chuck Delich, Bob Nieman and Scott Thomas will be inducted Friday, May 13, at 7 p.m. at the Colorado Springs Marriott.

The inductees represent a legendary athletic trainer, a national champion track and field star, the Academy's all-time leading scorer in hockey, a multi All-American swimmer and a consensus All-American football player.

Conboy, who is being inducted post-humously, was the first athletic trainer in Academy history and held the position from 1955-98. He was inducted into the National Athletic Trainers' Hall of Fame in 1980 and awarded the 1990 Pioneer Award by the Rocky Mountain Trainers' Association. That organization

currently presents a scholarship in his name. During his career, Conboy missed just one of 480 career football games.

Grey (Conway) was a two-time NCAA Division II national champion in the 400- and 800-meters and a six-time All-American. She is a member of the three fastest 4x400-yard relay teams in Academy history and the two fastest 4x400-meter relay teams. Grey earned three Academy Outstanding Competitor awards (1982-84) and served as the school's cross country coach from 1989-91.

Delich is the hockey all-time leading scorer in Academy history with 156 goals and 279 points. He still holds the single-season records for goals and points along with 12 other school records. A two-time team most valuable player, Delich is 12th on the NCAA career scoring list. He served as an assistant

coach at Air Force from 1981-85 as head coach from 1985-97.

Nieman was a two-time All-American (1969-70) in swimming and a member of the 1976 Olympic modern pentathlon team. He later became the first American in history to win a world championship in the modern pentathlon. A member of the 1980 Olympic team, Nieman was a finalist for the Sullivan Award in 1980 and 1981 as the top amateur athlete in the country.

Thomas was a consensus football All-American in 1985 and was selected to play in the Hula Bowl after leading Air Force to a 12-1 record in 1985. Thomas was a multiple all-conference honoree and recorded 10 career interceptions, which ranks fifth in school history. He finished the 1985 season as one of only seven players in NCAA history with a punt, kickoff and interception return for a touchdown in a season.

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The Association of Graduates cordially invites you to our **WINE TASTING EVENT**

Doolittle Hall, United States Air Force Academy
Friday, February 4, 2011 from 6:00 p.m. - 8:00 p.m.

Ticket proceeds will go to support key Academy Graduate and Cadet recognition events to include:

- Founder's Day Banquet (Recognizes USAFA Graduates)
- Jabara Award Dinner (Airmanship Award)
- Outstanding Squadron Banquet (Award for Cadet Outstanding Squadron)

There will be a variety of wine flights for tasting as well as hors d'oeuvres, music and great giveaways!

Cost: \$30/AOG Member
\$35/Non AOG Member

Contact Ashlee Peterson at 719-472-0300 ext. 147 or Ashlee.Peterson@aogusafa.org to register today!

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SnoFest 2011

Deadlines are approaching quickly to buy tickets for SnoFest 2011 events, including the evening parties, lodging and beer tasting session. See ad below.

Visit www.usafaservices.com/snofest for more information on events and how to register.

Air Force Ball

Tickets are now on sale for the Air Force Ball, scheduled for Feb. 18 at the Broadmoor Hotel in Colorado Springs.

Admission prices per person are as follows:

- E-1 to E-3, GS-3 to GS-4 and cadets: \$25
- E-4 to E-6 and GS-5: \$35
- E-7 to E-9, O-1 to O-3 and GS-6 to GS-11: \$50
- O-4 to O-5 and GS-12 to GS-14: \$75
- All others: \$100

Parking is an additional \$8. Tickets must be purchased by Feb. 5. To purchase tickets, contact Capt. Uriah Toby at 333-7994.

Bible study

The Community Center Chapel offers a women's Bible study titled "Faithful, Abundant, True: Three Lives Going Deeper Still," featuring Kay Arthur, Beth Moore and Priscilla Shirer, Wednesdays at 9 a.m.

For more information, contact Susan Peoples at 472-9157 or the chapel at 333-3300.

Community Center activities

The following activities are ongoing at the Community Center. For more information on these or other events, contact Community Activities at 333-2928.

Family Night Bingo - Today
Cards go on sale at 6 p.m., with calling starting at 6:30.

Free Family Movie Night - Jan. 21
The first movie, "Secretariat," starts at 6 p.m. The second movie, "You Again," starts at 8 p.m. Soda and popcorn will be for sale.

Outdoor Recreation trips

For information on these or other Outdoor Recreation activities, contact Outdoor Rec at 333-4475.

Winter Park Ski Trip - Saturday
Purchase tickets for round-trip transportation for \$25. Call to place a reservation.

Introduction to Kayaking - Tuesday, 8 to 10 p.m.

Learn to kayak in the warmth of an indoor heated pool. Cost is \$20.

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For more information, contact Susan Peoples at 472-9157 or the chapel at 333-3300.

USAF's Got Talent

The 10th Force Support Squadron is offering prizes, including a weekend getaway at Rocky Mountain Blue, to customers who regularly visit 10th FSS facilities here.

To enter the "USAF's Got Talent" drawing, pick up a card at any 10th FSS facility and write your name and phone number or e-mail address on the card. Every time you visit a 10th FSS facility, have someone stamp the back

of the card.

When the card is completely filled out, drop it into a drop box to enter the drawing.

In addition to the weekend getaway at Rocky Mountain Blue, other prizes include a VIP weekend stay at the Academy, a one-night stay at the Farish Recreation Area or a family fun package comprising bowling, horseback riding and golf.

For more information, go to www.usafaservices.com and click on "USAFA's Got Talent."

Winter preparation tips

- Check your battery, fluid levels, turn signals, heater and defroster, tires and brakes.

- Keep a windshield scraper and small broom in your car for ice and snow removal.

- Keep your gas tank at least half-full during the winter season.

- Keep a small supply of emergency supplies in your vehicle, including non-perishable snacks, several bottles of water, blankets, matches, extra clothes, a small shovel and battery jumper cables.

'Get moving' tips

The Cadet West Gym fitness center will offer a "get moving" walking group Tuesday from 1 to 2 p.m.

The walk is offered as an opportunity to help participants improve their health.

For more information, contact Michelle Foster at 333-9164 or Letitia Wiseman at 333-9133.

Volunteer call

Volunteers are needed for each of the following upcoming events.

- **Spouses Club Thrift Shop:** The Academy Spouses Club Thrift Shop is seeking new volunteers for its location in the Community Center Tuesdays, Wednesdays and Fridays and the first Saturday of each month from 9:30 a.m. to 2 p.m.

Proceeds from the thrift shop go to Spouses Club scholarships for military family members and other charitable activities that benefit the local community.

For more information or to volunteer, contact Thrift Shop manager Michelle Day at 333-4059 or Thrift Shop chair Cat Donovan at 264-1315.

- **Honor Guard:** The Academy Hon-

or Guard needs officer and enlisted volunteers who can support two details per month for one year and who can attend training every other Wednesday from 1 to 4 p.m.

Contact Janet Edwards at 333-3323 or Staff Sgt. Hugo Reinor at 333-5621.

A&FRC offerings

DAV Medical Records Review - Monday and Jan. 28, 7:30 a.m. to 4:30 p.m.

Individuals within 180 days of retiring or separating can have the Disabled American Veterans review their medical records in preparation for filing Veterans Administration disability compensation. Call 333-3444 for more information or an appointment.

Newcomer Orientation - Jan. 19, 9 a.m. to 3:30 p.m.

This orientation, held at the Milazzo Center, is mandatory for all newly assigned Academy personnel.

Using Social Media in Your Job Transition - Jan. 20, 9 a.m. to noon

This workshop provides information for effectively using LinkedIn and other social media sites in your job search and career transition.

Transition Assistance Program - Jan. 24-28, 7:30 a.m. to 4:30 p.m.

This workshop is designed to provide the knowledge and skills necessary for a successful transition into the civilian workforce. Learn interviewing skills, resumé writing, and networking. Call 333-3444 well in advance to reserve your seat.

Red Carpet Base Tour - Jan. 28, 8:15 a.m. to 2:30 p.m.

This base tour provides information about the Academy's mission and covers many of the events and activities at see and do while stationed here.

Family Advocacy classes

Classes are open to active-duty service members, Department of Defense civilians, retirees and their families. For more information on classes, call Family Advocacy at 333-5270.

Anger Management - Tuesdays, Jan. 18 - Feb. 8, 8 to 9:30 a.m.

Learn simple, innovative techniques for managing your anger and healthier ways to relate to others.

1-2-3 Magic Parenting - Feb. 2 and 8, 9 to 11 a.m.

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



CADET CHAPEL

Buddhist

Sundays, 10 a.m.
Thursdays, 6:20 p.m.

Protestant Worship

Traditional: Sundays, 9 a.m.
Contemporary: Sundays, 11 a.m.

Catholic Worship

Mass: Sundays, 10-11 a.m.
Mondays, 5:45-6:15 a.m.
Tuesdays through Thursdays, 7-7:30 p.m.
Confession and Adoration: Wednesdays, 6-7 p.m.
Holy Days of Obligation: 7 p.m.

Jewish Worship

Shabbat: Fridays, 7 p.m.

Open for tours

Mon.-Sat. 9 a.m.-5 p.m.
Sunday 1-5 p.m.

Service times are subject to change without notice due to mission requirements. Please call 719-333-2636/4515 for more information.

COMMUNITY CENTER CHAPEL

Catholic Masses

Saturdays

Reconciliation - 3:30 p.m.

Mass - 4 p.m.

Sundays

Mass - 9 a.m.

Religious formation - 10:15 a.m.

(September-May)

Tuesdays-Fridays

Mass 11:30 a.m.

Protestant Services

Wednesdays

Wednesday Night Live - 6 p.m.

Dinner followed by Religious Education

(September-May)

Sundays

Evangelical - 10:15 a.m.

Gospel 11:30 a.m.

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Colorado Springs Charter Academy is looking to employ a Teacher for a small, infant & toddler day care. Interested individuals may visit our website at cscharter.org to complete the application process

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MS Dean of Students need for James Irwin Charter Schools. For details and to apply visit www.jamesirwin.org

EDUCATION
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Click on "employment"

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Manitou Springs is now hiring for Dispatcher. Go to <http://www.manitou-springs-co.gov> for more info. Send applications to Donna Kast, City Clerk, City of Manitou Spgs, 606 Manitou Avenue, Manitou Springs, CO 80829 by January 19, 2011. The City of Manitou Spgs is an EOE/AA/ADA employer

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Biomedical Technician- Reliant Renal Care is looking for a FT Biomed who want great benefits, excellent paid time off & growth opportunities in a growing company. Biomedical Electronics degree or experience w/ RO disinfect & dialysis machine repair is req'd to apply. Email resumes: hr@reliantrenalcare.com

HOTEL
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Holiday Inn Express - Airport. Professional to make outside sales calls, build client relationships & maintain computer files. Please email resumes to Sharon at: sharon@hiecos.com or fax to: 719-591-6100

HEALTHCARE
CSHP
Colorado's largest physician-owned multispecialty group practice has openings: **Medical Management Specialist, Scheduler, MA, GI Lab Tech, Clinical Care Rep, RN, Sleep Clinic Tech and NP/PA**
Job details and apply online at www.cshp.net. EEO/AAP

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Multi-doctor practice is seeking a FT EDDA for a highly productive, state-of-the-art practice. Need a highly skilled, go-getter who can communicate well with patients, doctor and staff alike.
Please fax resume to 719-576-1544.

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Cedar Springs Behavioral Health System, Inc.
Therapists
Full-time, opening for CO licensed therapist for child / adolescent residential program. Requires Master's Degree in counseling, psychology or social work and applicable CO license. Prefer experience with children and/or adolescents.

To apply, please fax your resume to (719) 630-0118 and note the position for which you are applying, or you may also apply in person at Cedar Springs Hospital, 2135 Southgate Road, Colorado Springs, CO 80906. EOE

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CDHS Human Resources
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Apply COB 1/19/11 See www.asd20.org for more info

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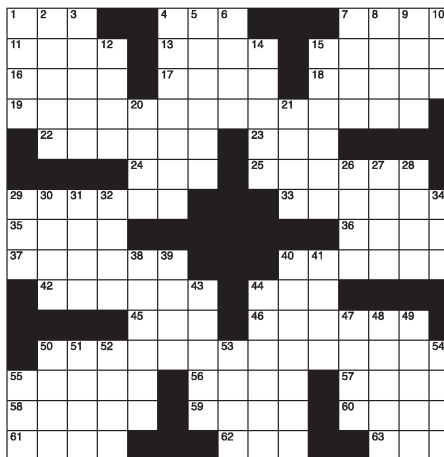
CLUES ACROSS

1. Femur head joint
4. Co. name prior to CCN & Experian
7. An encircling route
11. Actor Baldwin
13. Yeman monetary unit
15. Slightly curved blade sword
16. London Int'l. Advertising Award
17. Exchange premium
18. Am. artist Edwin Austin
19. Hyperopia

22. Purplish red color
23. Take in marriage
24. Promotional messages
25. Full of high-spirited delight
29. The study of plants
33. S. Am. camel relative

35. Amounts of time
36. Purplish brown
37. Treat with contempt
40. Set in advance
42. In a lucid way
44. Only laughed once
45. One point E of due N

46. Revolve
50. Harry Potter star
55. Olympic contests
56. A small lake
57. Arabian chieftain
58. Ribonuclease
59. Plants of the genus salvia
60. Small deer of Japan
61. Slang for "alright"
62. ___ student, learns healing
63. Spring ahead



CLUES DOWN

1. One of two equal parts
2. About ilium
3. June's birthstone
4. Calamity
5. Jefferson named unalienable ones
6. Rest in expectation
7. Baseball's ___ Ruth
8. Flows away
9. Belonging to Robert E.
10. Attempt
12. House in Spanish
14. Lerner and ___, wrote "My Fair Lady"
15. Summer shoe

20. Formerly Persia
21. A small wooded hollow
26. Duct or cellophane
27. Large flightless birds
28. Genus leuciscus fish
29. A place to sleep

30. Minerals
31. Scarlett's home
32. 7th Hindu month
34. Poised to
38. Fitness guru Austin
39. Czech & German River

40. Slogged
41. College army
43. Short sharp barks
44. CA. citrus county
47. Brews
48. Fearful and cautious
49. The people of Chief Kooffreh
50. Euphemistic damn
51. Far East wet nurse
52. Where birds hatch their young
53. Wander
54. Male undergrad social club
55. Programming language

SUDOKU

8	6			1	5			
4			9	6				
1			7			9		
				3	4			
	7			8				
5						4	2	
9	4		5	8				
3			1					

Fun By The Numbers

Like puzzles?
Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so shapren your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Solution on page 10

01-15-11

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