

CIVILIAN CUTS

Workforce restructure will eliminate 41 civilian positions at the Academy. **Page 4**

ORDER IN THE COURT

Cadets excel at moot court competition. **Page 5**

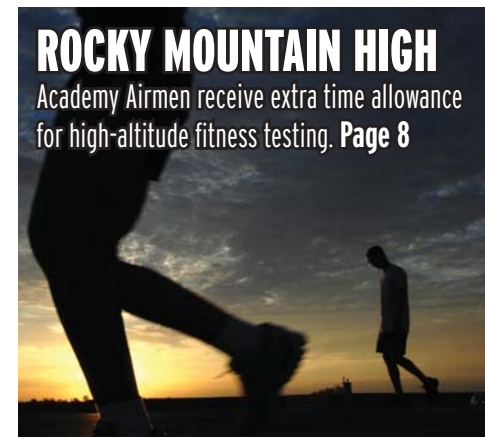
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Academy team shines in All-Comers meet. **Page 11**

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ROCKY MOUNTAIN HIGH

Academy Airmen receive extra time allowance for high-altitude fitness testing. **Page 8**



Military trainer 'STEPS' up

By Staff Sgt. Heather Stanton
U.S. Air Force Academy Public Affairs

An NCO with the Commandant of Cadets staff was surprised with a STEP promotion to master sergeant Tuesday.

The Stripes for Exceptional Performers program allows commanders to promote a limited number of Airmen each year, outside the Weighted Airmen Promotion System cycles. This year, USAFA was allotted only one such promotion.

Lt. Gen. Mike Gould, Academy superintendent, presented now-Master Sgt. Christopher Fisher, the NCO in charge of drill and ceremonies for the Commandant of Cadets, with his new stripes during an informal lunchtime ceremony in front of the entire Cadet Wing.

"Master Sgt. Fisher rose to the top and I am honored to have him as a senior NCO," the general said.

Fisher thought he was going to Mitchell Hall with his entire office for lunch and an accountability briefing for upcoming inspections, but when Gould brought up his name to the Cadet Wing for a second time, he knew he was not being briefed.

"(I am) shocked," Fisher said just after receiving his new rank. "Complete disbelief."

Submitting the STEP package was an easy decision for Fisher's supervisor, Master Sgt. Gina Pope, Cadet Wing standards and evaluations superintendent.



MIKE KAPLAN

Lt. Gen. Mike Gould, Academy superintendent, and Chief Master Sgt. Todd Salzman, Academy command chief, surprise Master Sgt. Christopher Fisher with a STEP promotion Tuesday at Mitchell Hall. Fisher is the NCO in charge of drill and ceremonies for the Commandant of Cadets.

"He was a rock-solid NCO and professional who was performing like a seasoned senior NCO," Pope said. "Despite his dedication and hard work, he had yet to be promoted under WAPS, and I knew he was deserving of the next rank."

Fisher is a native of Rocky Mount, N.C., with nearly 18 years in the Air Force.

"It is difficult to stand out in such a crowd (of his peers), but I have been most impressed with his work ethic and the mentorship he provides to ca-

dets on a daily basis. He is fair but firm and they respect him for it," Pope said. "I know he will be an awesome senior NCO. This will be an easy transition for him. I am excited to welcome him as a senior NCO and look forward to watching him succeed."

Clinic officials clarify enrollment changes at town hall

By Don Branum
Academy Spirit staff writer

The 10th Medical Group commander held a town hall meeting at the Community Center auditorium here Tuesday evening to answer questions from the retiree community about the medical group's decision not to accept new Tricare Plus enrollments.

Most of those who are currently enrolled with the 10th MDG can still see providers at the Academy clinic, said Col. Timothy Ballard, who emphasized that the change primarily affects future enrollment.

Those under 65 may retain their enrollment until their 65th birthday, Ballard said. They may still fill prescriptions and receive radiology services at the Academy clinic even after they turn 65.

The enrollment changes were originally scheduled to take place this month, but many retirees received letters in December -- in some cases, only weeks shy of their 65th birthdays, Ballard said.

"I realized late that we did a pretty horrendous thing to those of you who have birthdays in January," he said. "In three weeks, you'd be out the door."

So officials with the 10th MDG and TriWest

pushed the implementation date for the enrollment changes back six months, from Jan. 1 to June 1, Ballard said. Patients whose 65th birthdays fall between Jan. 1 and May 31 may continue to receive care through the 10th MDG and will get help finding a new primary care manager in the Colorado Springs area.

Tricare Plus allows patients to receive similar access to care as those enrolled in Tricare Prime, according to a Tricare fact sheet. Under the plan, retirees and their family members can receive an appointment with a military treatment facility within one week rather than on a space-available basis.

The Air Force Academy Clinic has offered Tricare Plus enrollment in previous years and will continue to provide health care to most of those already enrolled, but the clinic could not continue to offer the benefit to people "aging in" to Tricare Plus and Medicare, Ballard said.

Fort Carson's Evans Army Community Hospital is still accepting Tricare Plus patients, said Tim Jordan, who heads the hospital's Medical Management Division.

"Our current enrollment is 68,000, including 2,500 on Tricare Plus," Jordan said. "We're still taking new patients, but we're having the same challenges"

stemming from an influx of roughly 2,700 Soldiers who will form a new aviation brigade there.

The Veterans Administration will also accept new enrollments, but the VA benefit only covers veterans, not family members, said Maj. Oscar Olipane, a senior group practice manager. Veterans wishing to enroll with the VA must visit the Colorado Springs clinic on 25 North Spruce Street.

Whether patients could enroll depends on the providers available at Evans and patients' specific needs, Jordan said. Retirees may be able to enroll at Evans community-based clinics in Colorado Springs in the future, but enrollment at the clinics is currently restricted to active-duty service members and their families.

The TriWest and Medicare websites, www.triwest.com and www.medicare.gov, each offer provider lookup services, Ballard said. On the TriWest site, select "beneficiaries," then click on the "find a doctor" link at the top of the page. On the Medicare website, click on "physician compare" near the bottom of the page and select either internal medicine or family practice.

In addition to the Tricare Plus enrollment change, 10th MDG family practice providers have identi-

See Town Hall Page 4

Celebrating Dr. Martin Luther King, Jr.'s Legacy

By Dr. Adis M. Vila
Chief diversity officer

As a people and as a nation, we have come a long way since the civil rights movement of the early 1960s. King would be proud. But at the same time, we have not yet achieved the point Dr. King devoted his life to help our society reach.

One of the most significant speeches in our nation's history was the "I Have a Dream" speech delivered by Dr. Martin Luther King Aug. 28, 1963. During this speech, Dr. King expressed hope for a world where men and women would be "judged not on the color of their skin, but by the content of their character."

He also highlighted urgency to equal treatment and equal opportunity when he said, "It would be fatal for the nation to overlook the urgency of the moment. ... 1963 is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual."

Later in that same speech, Dr. King added: "The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny."

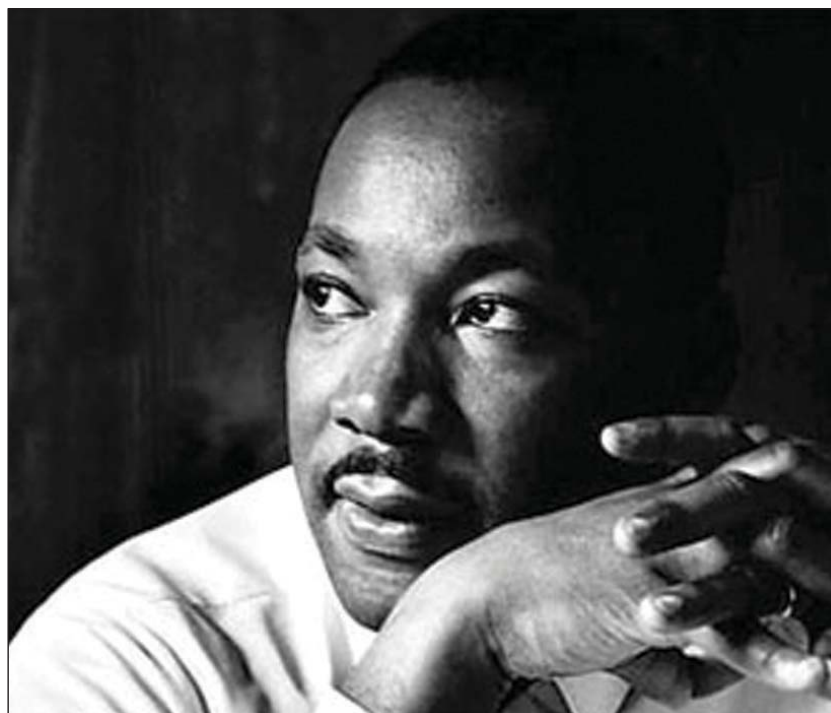
Many of you may not be aware that white Americans played a significant role in supporting King. Clarence Jones, Dr. King's attorney, confidant and friend, wrote that nearly 25 percent of the people present at the march were white in "Behind the Dream: The Making of the Speech that Transformed a Nation."

"Throughout the '60s, I spent a lot of time in the living rooms of many white families who were eager to offer both their time and financial support to the cause. One of Dr. King's most important intellectual contributions to the civil rights movement was his thesis that as long as African-Americans represented only 10 to 12 percent of the population, we could not hope to change the country unless we convinced a significant portion of the majority that it was in their self-interest to help us do so," Jones wrote.

Retired Army Gen. Colin Powell said he believes he and many others benefited profoundly from "less discrimination, a truer merit system and a leveler playing field" in the military. The Army, he said, is what enabled him to "love my country, with all of its flaws, and to serve her with all my heart." Powell served for more than 35 years, retiring as chairman of the Joint Chiefs of Staff and later serving under President George W. Bush as secretary of state.

In a commencement address at Howard University delivered May 14, 1994, Powell said, "As the world goes forward, we cannot start going backwards. African Americans have come too far and we have too far yet to go to take a detour into the swamp of hatred. ... Our future lies in the philosophy of love and understanding and caring and building, not of hating and tearing down. We know that — each and every one of us knows that to the depth of our heart, and we must be prepared to stand up for it and speak up for it."

Powell has been a strong believer in the concept that in diversity there is strength for our military and for our na-



tion. In that same commencement address, he implored the graduates to never lose faith in America.

"America's faults are yours to fix, not to curse. America is a family: There may be differences and disputes within the family, but we must not allow the family to be broken into warring factions. From the diversity of our people, let us draw strength and not seek weakness."

During a speech delivered at the National Constitution Center in Philadelphia on March 18, 2008, then-presidential candidate Barack Obama said, "... Working together, we can move beyond some of our old racial wounds. And that in fact we have no choice — we have no choice if we are to continue on the path of a more perfect union."

As you can see, there are many accomplished African-Americans in law, business, the military and politics, but we can't afford to sit back and assume that others will carry on King's legacy. I challenge you to ACT:

1. Affirm our commitment to King's dream, which, as pointed out by Clarence Jones, was "an American dream, not just an African-American dream."

2. Commit to going beyond structural diversity, important as it is. Think about and act in a way that ensures that diversity of thought takes hold in our workplaces and in our homes. Allow for different points of view; celebrate the differences that those with whom you live and work represent.

3. Together join forces to lead. While it is true that King, the civil rights movement and many others committed to equality have dismantled segregation and institutional racism, much remains to be done. Diversity begins with each of us.

Today, many more African-Americans are in executive roles in the private sector, in senior positions in the government and military. These leaders are committed to racial equality and inclusion; yet, there may never be a moral leader of the stature of Dr. Martin Luther King Jr. It is up to each of us, in our own small ways, to step in where we see the undercurrents of racism. Where we see divisiveness and rancor, set an example, and ACT in a way that would make Dr. King proud.

Be the leader that can point to a better tomorrow. Change can happen. Change begins with each of us.

“As the world goes forward, we cannot start going backwards. African Americans have come too far and we have too far yet to go to take a detour into the swamp of hatred.”

— Retired Army Gen. Colin Powell



“... Working together, we can move beyond some of our old racial wounds. And that in fact we have no choice — we have no choice if we are to continue on the path of a more perfect union.”

— President Barack Obama



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Air Force completes Kabul shooting investigation

WASHINGTON (AFNS) — The Air Force completed its investigation into the April 27, 2011 shooting incident at the Afghanistan air force Headquarters located in Kabul, Afghanistan, in which eight U.S. Air Force Airmen and one civilian contractor were killed in the line of duty while serving in a combat zone.

The incident occurred when an Afghanistan air force officer, Col. Ahmed Gul, entered the Afghan Command and Control Center in the Afghanistan air force headquarters, North Kabul International Airport, and shot and killed the eight Airmen and one civilian contractor. In addition to the U.S. personnel killed, two Afghans were shot and three other Afghans were injured in the attack. The attacker died of wounds received during the incident.

The investigation report concludes Gul acted alone and discusses factors that may have played a role in the incident. While the investigation did not determine a conclusive motive for the killing, the attack appeared to be pre-meditated and there were multiple witness statements in the Air Force Office of Special Investigations report that indicated Gul may have had personal issues that were possibly compounded by alleged financial problems.

The OSI findings do not support initial media coverage of the event that reported an argument may have occurred earlier that day between the shooter and the American service members, nor reports that the gunman disarmed and methodically killed the Airmen.

“These Airmen paid the ultimate sacrifice while serving our nation in a combat zone,” Air Force Chief of Staff Gen. Norton Schwartz said. “Each of these Airmen bravely and purposely performed their duties, and their selfless sacrifices leave behind an honorable legacy that we continue to see in the commitment of Airmen who serve as air advisers today.”



U.S. AIR FORCE GRAPHIC/COREY PARRISH

The Air Force, sister services and coalition partners continue training Afghan soldiers and airmen in an effort to build a stable Afghanistan government.

“These Airmen were committed to noble service, helping the Afghanistan government in its quest to establish a stable environment,” said Maj. Gen. Charles Lyon, the commander of 9th Air and Space Expeditionary Task Force-Afghanistan at the time of the incident. “We keep their families in our thoughts and prayers as we remember their sacrifices and honor their courageous legacy. These Airmen and their families will always be part of the Air Force family.”

Killed in the April 27, 2011, incident were:

- **Maj. Philip D. Ambard**, 44, of Edmonds, Wash. He was assigned to the 460th Space Communications Squadron, Buckley Air Force Base, Colo.
- **Maj. Jeffrey O. Ausborn**, 41, of Gadsden, Ala. He was assigned to the 99th Flying Training Squadron, Randolph AFB, Texas.

- **Maj. David L. Brodeur**, 34, of Auburn, Mass. He was assigned to the 11th Air Force, Joint Base Elmendorf-Richardson, Alaska.

- **Master Sgt. Tara R. Brown**, 33, of Deltona, Fla. She was assigned to the Air Force Office of Special Investigations, JB Andrews, Md.

- **Lt. Col. Frank D. Bryant Jr.**, 37, of Knoxville, Tenn. He was assigned to the 56th Operations Group, Luke AFB, Ariz.

- **Maj. Raymond G. Estelle II**, 40, of New Haven, Conn. He was assigned to Headquarters Air Combat Command, JB Langley-Eustis, Va.

- **Capt. Nathan J. Nylander**, 35, of Hockley, Texas. He was assigned to the 25th Operational Weather Squadron, Davis-Monthan AFB, Ariz.

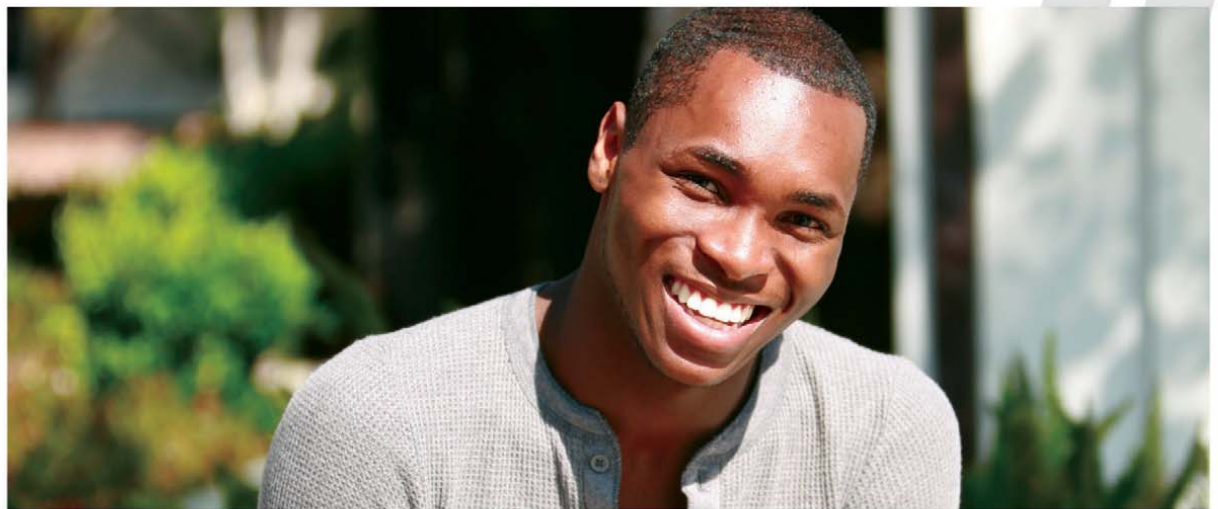
- **Maj. Charles A. Ransom**, 31, of Midlothian, Va. He was assigned to the 83rd Network Operations Squadron, JB Langley-Eustis, Va.

- **Ret. U.S. Army Lt. Col. James McLaughlin Jr.**, 55, of Santa Rosa, Calif. He was working as a civilian contractor for Military Personnel Resources, Inc., a division of L3.

Since the shooting incident, several security initiatives have been implemented to improve the force protection posture for the coalition advisers.

Extra personnel have been assigned to the force protection mission and air advisers have received additional “active shooter” training. In addition to armed overwatch and improvements to intelligence surveillance and reconnaissance capabilities, several emergency response vehicles have been purchased, and command and control upgrades have been initiated, according to officials from the International Security Assistance Force headquarters in Kabul. Armed overwatch provides security forces an opportunity to engage an active shooter with reduced risk, increasing the likelihood the shooter can be neutralized safely before attacking additional victims.

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Academy, Air Force to realign civilian workforce

By Don Branum
Academy Spirit staff writer

The Air Force Academy will eliminate 41 civilian positions as part of the Air Force's Fiscal Year 2012 civilian workforce restructuring effort, officials with the Civilian Personnel Office here said Thursday.

Air Force officials have not determined whether a reduction in force will be necessary, officials at the Pentagon said Jan. 11.

"We value our talented and experienced workforce and are trying to do everything possible to manage these reductions with as little impact to our people as possible," Secretary of the Air Force Michael Donley said.

The Air Force must make the cuts to keep funding

for civilian positions at Fiscal Year 2010 levels, Air Force officials said. However, the cut positions may not translate directly to job losses.

The Air Force will offer a second round of voluntary separation pay, or VSIP, and voluntary early retirement authority programs, or VERA, programs.

Civilian employees who received eligibility surveys must respond before Feb. 3 in order to take advantage of the programs; separations and retirements will take effect by April 30.

Civilian Personnel officials here said the Academy has approved six employees for early separation or retirement as of Dec. 31, 2011. Those who applied for early separation or retirement but were turned down may reapply if they are still interested.

Once all voluntary force-management measures

are exhausted, Air Force officials will decide whether to conduct a RIF, said Brig. Gen. Gina Grosso, director of Air Force Manpower, Organization and Resources. Civilians whose positions have been cut will continue in their current jobs until they can be moved to another vacancy.

Eligible employees who are involuntarily separated through no fault of their own will receive severance packages and are placed on a reemployment priority list, which offers priority placement consideration for vacancies in the local area. The Interagency Career Transition Assistance Program also provides selection priority to displaced federal employees in other federal agencies, Air Force officials said.

(Information compiled from Secretary of the Air Force Public Affairs and staff reports.)

CIVILIAN WORKFORCE

Q&A

Q: How and when will the civilian workforce be notified whether a reduction in force is necessary?

A: At this time, there has been no decision to conduct a RIF. Affected civilian employees will be notified as soon as a decision is made.

Q: What happens next with restructuring?

A: Once the Air Force determines how many individuals take advantage of early retirement and separation programs and realigns as many civilians as possible into vacant positions, it will assess whether a RIF is necessary.

Q: Which job series will be affected by a reduction in force?

A: The Air Force focused on reductions in overhead and support areas while minimizing the impact to functions tied to operations and maintenance, acquisition excellence and the

nuclear enterprise.

Q: Are these the only civilian cuts the Air Force will make over the next five years?

A: Unknown at this time. Budgetary or policy decisions could result in more reductions.

Q: Will services be cut? If so, which ones?

A: The Air Force will continue to provide the essential services our employees need while recognizing the nature of the Air Force community relationship. Air Force officials are tailoring installation support to take advantage of services that are available in surrounding local communities. Installation leaders will play a crucial role in developing local partnerships to provide services the Air Force can no longer sustain alone.

Town Hall

From Page 1

fied roughly 200 patients whose health care needs exceeded the clinic's capabilities. Those patients may receive help from the 10th MDG and TriWest in finding a new provider in Colorado Springs, but they must contact the group by Feb. 2, or the group will initiate a primary care manager change for them.

The decision to limit enrollment and transfer high-acuity patients will allow the 10th MDG to provide its current patients with the best possible level of care, Ballard said.

Providers assign patients with acuity levels, which roughly measure the intensity of care required.

Patients at most base clinics fall into the lowest category, Ballard said, but several patients at the

Academy's family practice clinic fell into higher categories, beyond family practice providers' capabilities. Ballard asked the providers to identify those patients, 60 percent of whom had acuity scores above 15 and some of whom had scores above 20.

"We had patients with liver failure, on a transplant list, with seven or eight medications," Ballard said. "They truly needed a higher standard of care. Normally we would move them into internal medicine, but it's overenrolled."

The Internal Medicine branch is currently 60-percent staffed, Ballard explained. Its manning calls for five providers, but one of those providers is deployed at any given time, and another position is currently

vacant.

Manpower reductions resulting from the 2008 Base Realignment and Closure Commission, combined with an increase in total enrollment from 29,000 in 2008 to more than 30,000 today, have forced the medical group's providers to make hard choices about how to continue to provide the best possible level of care, Ballard said.

Under a Defense Department initiative called Patient Centered Medical Home, family practice providers had to reduce their panels from 1,500 patients to 1,250 patients, Ballard said. This means better care for patients and less stress on providers who currently see between 25 and 30 patients per day.

However, it would also require the

10th MDG to drop 3,000 people from its rolls. Ballard said he was determined not to let that happen. Instead, he shifted providers from the Academy's acute care clinic. This allows the Academy to keep its current patient load but means the acute care clinic will now be open to cadets only.

"We have to provide 24/7 care for these cadets, many of whom don't have cars, many of whom can't get access to appointments outside the Terrazzo," Ballard said.

Medical group officials will look at the manning situation at least twice a year, Ballard said. The 10th MDG will announce any future changes to enrollment on its Facebook page at <http://www.facebook.com/10thMedicalGroup>.

Retired Maj. Glenn Ferguson and his wife, Janet, attend a 10th Medical Group town hall in the Air Force Academy's Community Center auditorium Jan. 17. Col. Timothy Ballard, the 10th MDG commander, held the town hall to clarify the Academy's policy change regarding retiree enrollment at the Academy Clinic after they become eligible for Medicare.



DON BRANUM

Rookies rule representing Academy in moot court

By David Edwards
Academy Spirit staff writer

The two-cadet Air Force Academy moot court team is making quite a case to have “beginner’s luck” changed to “beginner’s skill.”

After all, luck doesn’t explain the precedent-setting feats pulled off by Cadets 1st Class Paulo Dutra and Zack Crippen the past two months. Their participation in two American Collegiate Moot Court Association tournaments marked the Academy’s first foray into this sort of competition.

But they did much more than just show up. Taking advantage of their dark-horse status, the cadets placed fourth at a December regional tournament in Orlando.

Seasoned opponents in well-established programs were stunned by the sensational debut of two complete rookies who had been preparing for only a few months.

That performance earned Dutra and Crippen a berth in the national tournament, held last weekend at Chapman University in California. Competing in a field of 80 teams, the Air Force Academy duo advanced to the round of 32 and a showdown with perennial champion Patrick Henry College.

In a 2-1 split decision, the judges awarded a narrow victory to the Patrick Henry team, which finished as champions.

“Being the first team is great, but being a winning team that understands the law was our goal in the first place,” Dutra said. “Both of us (were) excited about the opportunity to showcase USAFA’s intellectual strength at nationals.”

Moot court competitions simulate oral arguments before the U.S. Supreme Court. Moot court is not as widely practiced as related activities such as mock trial and speech and debate.

The Air Force Academy regularly hosts mock tri-

al competitions, and such exercises in legal practice are quite familiar to cadets studying law.

Moot court is a totally different ballgame, so to speak, on the national scene as well as at the Air Force Academy. The American Collegiate Moot Court Association was founded in 2001 by two Texans.

By the 2009-2010 competition season, participation in the regional qualifying tournaments had risen to 248 teams. Few, however, burst onto the scene with as much aplomb as the Air Force Academy.

“We weren’t really sure what to expect,” said Lt. Col. Jeremy Marsh, the law instructor who coached Dutra and Crippen. “We went in there with an open mind and just tried. These two cadets are pioneers; they’re superstars in their class. It’s very hard to argue in front of seasoned lawyers about the law.”

Marsh said the cadets were required to know the intricacies of 25 Supreme Court cases. The material they studied in preparation for the competition filled a binder an inch thick, he said.

And if that wasn’t enough, they needed to finish it all in a mere four months to be ready for the regional competition. Marsh said Dutra and Crippen made shouldering such an enormous burden look easy.

“Ultimately, every good oral argument in cases like this one ends up as conversation between counsel and the justice asking questions,” Dutra said. “The questions they ask are typically geared toward how a decision rendered by a court will affect constitutional law and how it’s interpreted.”

Both cadets said they hope their participation will inspire succeeding cadets to make the Academy a household name at future competitions of this sort. They were well aware of both the price and the privileges of being first.



COURTESY PHOTO

Cadets 1st Class Zack Crippen, left, and Paulo Dutra pose at Chapman University Jan. 14 at the American Collegiate Moot Court Association national tournament.

The results far surpass the modest goals they set, forcing future opponents to worry about what the Air Force Academy will do for an encore.

“As outgoing seniors, all we want to do is showcase our Academy as an excellent developer of critical thinking and poise under pressure,” Dutra said.

If a precedent aligned with that standard hadn’t been set before, it most certainly has now.

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U.S., coalition nations form Wideband Global Satellite partnership

by Tech. Sgt. Chris Powell
Defense Media Activity

WASHINGTON (AFNS) — Senior defense officials from six countries announced a multilateral partnership in wideband global satellite communication, which is valued at more than \$10 billion, Jan. 17.

The officials from Canada, Denmark, Luxembourg, the Netherlands, New Zealand and the U.S. held an initial WGS partnership steering committee meeting prior to the announcement.

“This new WGS partnership provides an example of how the U.S. plans to continue exploring opportunities to strengthen our existing cooperative relationship and to build new partnerships,” said Heidi Grant, the deputy under secretary of the Air Force for international affairs. “These activities will bolster our mutual trust, help to achieve further interoperability for our warfighters, and will increase the capabilities and capacity of all partners.”

Currently, there are three WGS satellites in orbit, with six additional satellites scheduled for launches from 2012 through 2018, including a ninth satellite that is enabled by the new partnership.

“With this arrangement, each partner’s unique level of requirement will be accommodated corresponding to each partner’s level of contribution,” Grant said. “The United States’ contribution to the agreement includes



CAPT. JOSEPH MAGUADOG

The U.S. Air Force’s fourth Wideband Global satellite communication spacecraft arrived at the Shuttle Landing Facility at Kennedy Space Center, Fla., Nov. 15. There are three WGS satellites in orbit, with six additional satellites scheduled for launches from 2012 through 2018.

the development, fielding and operation of eight satellites, and the launch services and operations for a ninth satellite.”

According to Grant, the multilateral partners contributed \$620 million of the approximate \$1 billion cost to expand the WGS system with a ninth satellite.

“This is a model of a good way to do business,” said Maj. Gen. John

Hyten, the director of Space Programs in the Office of the Secretary of the Air Force for Acquisition. “From an Air Force acquisition perspective, it improves our ability to acquire the constellation in an efficient manner because it keeps an active production line going, it allows us to achieve efficiencies in the production line (and) it saves us money in the long term by having a very ef-

ficient program.

“From an operational perspective for our Air Force operators, it puts (them) on the same system as the coalition partners,” he said.

The general explained that Air Force operators receive air tasking orders via wideband communications, and now each partner nation has access to the system and can receive ATOs through that same system.



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Altitude Adjustment

AF reinstates high-altitude rules based on Human Performance Lab data

By Gino Mattorano
Academy Spirit editor

Airmen undergoing their fitness tests at high-altitude bases can breathe easier during fitness testing thanks to the efforts of Air Force Academy leaders and the Human Performance Laboratory.

Changes to the Air Force Fitness testing program in 2010 didn't include an altitude adjustment, as the previous testing system did, but that change didn't sit well with the Academy's leaders, so they set their sights on reinstating the altitude adjustment.

"Many people who come from lower elevations are seeing up to a minute increase in their run times," said Academy Command Chief Master Sgt. Todd Salzman. "I noticed a marked difference in my own run times when I first arrived here, so I knew that we owed it to our folks to do what we could to bring back the altitude allowance."

The Academy's Human Performance Laboratory initiated a study to see if there was any difference in cardiorespiratory performance between 7,200 feet, the altitude here, and sea level. The laboratory enlisted a total of 55 non-smoking, male and female subjects who had lived in Colorado Springs for at least six weeks for their test. Testers each ran

1.5 miles in the lab's Colorado Altitude Tent, which can simulate both sea level and high-altitude oxygen content.

"Due to atmospheric pressure, there is a significant difference in oxygen content at sea level (26.5 percent) than there is at 7,200 feet (20.9 percent)," said A.L. Wile, director of the Human Performance Laboratory. "The CAT gives us the capability to simulate 26.5-percent oxygen content at sea level and test our subjects in both environments."

Distance was the only known factor for the subjects as the two atmospheric pressure conditions were randomized, Wile said. The overall average difference in run times for all subjects was 30 seconds.

Armed with that information, Academy leaders addressed the issue with Defense Department officials, who agreed to reinstate an altitude adjustment for physical fitness tests. The change benefits Academy personnel as well as Airmen at Schriever, Peterson, FE Warren, Kirtland, and Buckley Air Force Bases.

"It was important for Air Force leadership to understand that there truly is a difference running at this altitude, and the work the Human Performance Laboratory did to prove that was conclusive," Salzman said. "If we expect our Airmen to perform at high levels, we need to ensure they're equipped with

the tools to succeed. We make sure that our Airmen have the appropriate gear to do their mission in cold weather, so it just makes sense that we help them to be successful in a high-altitude environment."

Skeptics might argue that once someone becomes acclimatized to the higher altitude, there is no need for an altitude adjustment, but studies show that isn't the case.

"Training at altitude and getting acclimatized over four to six months can help," Wile said. "However, studies have shown that aerobic endurance is still impaired with total acclimatization, thus warranting the recent adjustment."

The altitude correction is a straight-time bonus starting at 18 seconds and increasing minimally depending on the window in which a person finishes, said Craig Seay from the Health and Wellness Center's fitness testing office. It is also installation-specific. For example, an Airman who completes his 1.5-mile run at the Academy in 12 minutes would receive a 25-second altitude correction to his run time.

The altitude adjustment is not retroactive, and will only be applied to those testing after Jan. 1. For more information, contact your unit fitness program representative or the HAWC.



ABNER
GUZMAN



Cadet 2nd Class Pat Harrison, Cadet Squadron 4, participates in a Combat Conditioning Club Crossfit workout in September, 2011.

MIKE KAPLAN

Resolve to improve fitness in 2012

By Tech. Sgt. Vann Miller
Air Force Academy Public Affairs

Athletics is fully engrained with the academic and military culture here: Cadets approach fitness with the same vigor as military customs, academics and responsible citizenship.

As the students and staff ring in 2012, many still embrace the common New Year's resolution of improving their workouts or managing their weight.

If your aspirations are to become an elite athlete, then 15 minutes of strength training is not enough, said Buck Blackwood, head strength and conditioning coach for the Athletic Department.

"A well-conceived quarter hour of lifting can be beneficial," he added. "Pick a structural weight-bearing exercise, such as those (requiring) multi-joint movements, typically from a standing position." Some examples include squats and shoulder presses.

Blackwood mentioned that single-joint, and seated or lying down, exercises don't affect energy expenditure, balance or overall strength to the same degree.

"If time is an issue, select structural weight-bearing exercises to maximize your effort," he said.

The proper workout is just part of the solution to body sculpting, weight control and overall fitness. According to the staff at the Health and Wellness Center here, people can take some basic steps to see long-term improvements.

One bit of advice the HAWC offers is keeping an exercise log. This log ensures exercise goals are met. The log should have exercise durations, levels, heart rates and exercise types or body area worked.

Proper motivation and diet are the other components to improving overall fitness. The steps to change one's diet may be as simple as including all the basic food groups, said Staff Sgt. Bianca Meehan, NCO in charge of the HAWC.

"A lot of people undereat while trying to lose weight, which can actually slow weight loss down," Mee-

han said. "To increase your chances for success, change one eating habit at a time."

Meehan recommends the following changes to improve your diet:

- Include portions from all food groups every day
- Get at least half of your grains from whole-grain foods
- Eat fresh fruits and vegetables for snacks instead of candy, chips or cookies
- Watch your meat portions and opt for lean cuts of meat
- Swap out soda for water or try low-calorie flavored water instead.

The final component in improving workout sessions is motivation. The conversation about staying motivated begins with staying safe. Nothing discourages working out like an injury. So to avoid potential problems, no matter what the intensity, there are some areas a person can improve. Quality of movement takes priority over quantity whenever performing exercises, Blackwood said.

"Proper technique and full range of motion is critical to prevent injury," he said. "As in any athletic activity, warming up is essential before a lifting session, and mobility exercises need to be implemented along with the strength training in order to maintain and improve an optimal functional range of motion throughout the exercise."

Start out slowly, said one HAWC official. Many beginners make the mistake of pushing their workouts, wanting to go too fast too soon. This causes muscle soreness, which can drag down motivation.

Other motivations some athletes tend to suggest are music, workout partners or both. Various websites allow people to best match exercise routines to their playlists. Search online for "match music to workouts" to find the right software for your system of choice.

To find a good calorie calculator and easy-to-follow meal plan, visit <http://www.choosemyplate.gov>. For more exercise tips, contact the HAWC at 333-3733.

Sign up at the HAWC for the "Biggest Loser" Weight Loss Challenge that starts Feb. 22.

Helpful tips for fitness success



Jamela Satterfield

Women's basketball player

Healthy choice: Fruit, mostly strawberries.

Go-to exercise: Bench press, "because it's easy to track and see progress."

Top three workout songs: "Good Life" by Kanye West, "Lyte as a Rock" by MC Lyte and "Drop the World" by Lil Wayne featuring Eminem.



Katharine Ernst

Women's swimming team captain

Healthy choice: Green beans.

Go-to exercise: Seated twists with a medicine ball. "It's a great abs workout!"

Fitness tip: Get a workout buddy, "It's so much easier and fun to work out with someone."



Paul Weisgarber

Hockey team captain

Healthy choice: Grilled chicken sandwich with lettuce, tomatoes, and pickles.

Go-to exercise: High-intensity circuit training. "It's 30-40 minutes of misery, but you are always doing something so you never have time to think about how tired you are! And when it's over, you experience that euphoric felling of successfully accomplishing a tough workout."

Top three workout songs: "The Way It Was" by Wolfgang Gartner, "Lights" by Ellie Goulding and "Mr. Saxobeat" by Alexandra Stan.

Falcons come up short against Boise State

James registers second double-double of the year in 81-75 loss

A second-half rally fell short as the Air Force women's basketball team fell to visiting Boise State, 81-75, Saturday afternoon at Clune Arena.

The Falcons (5-12, 0-2) trailed by as many as 14 points in the second half before cutting the margin to 71-69 with less than three minutes remaining. While Boise State (11-6, 2-0) pushed its lead back to six points, Air Force again got back within two points with just 17 seconds on the clock. However, the Broncos, who shot 16-of-17 from the free throw line for the game, closed out the contest with four foul shots to secure the win.

Junior Dymond James (Brambleton, Va.) led Air Force with a season-best 24 points, adding 10 rebounds for her second double-double of the year. Sophomore Michelle Ivey (Stone Mountain, Ga.) registered a career-high 18 points for the Falcons, while junior Alicia Leipprandt (Ubyly, Mich.) scored 16 points.

Lauren Lenhardt led three Broncos in double-digits, scoring a game-high 29 points.

Despite being outshot in the opening half, Air Force used their advantage at the charity

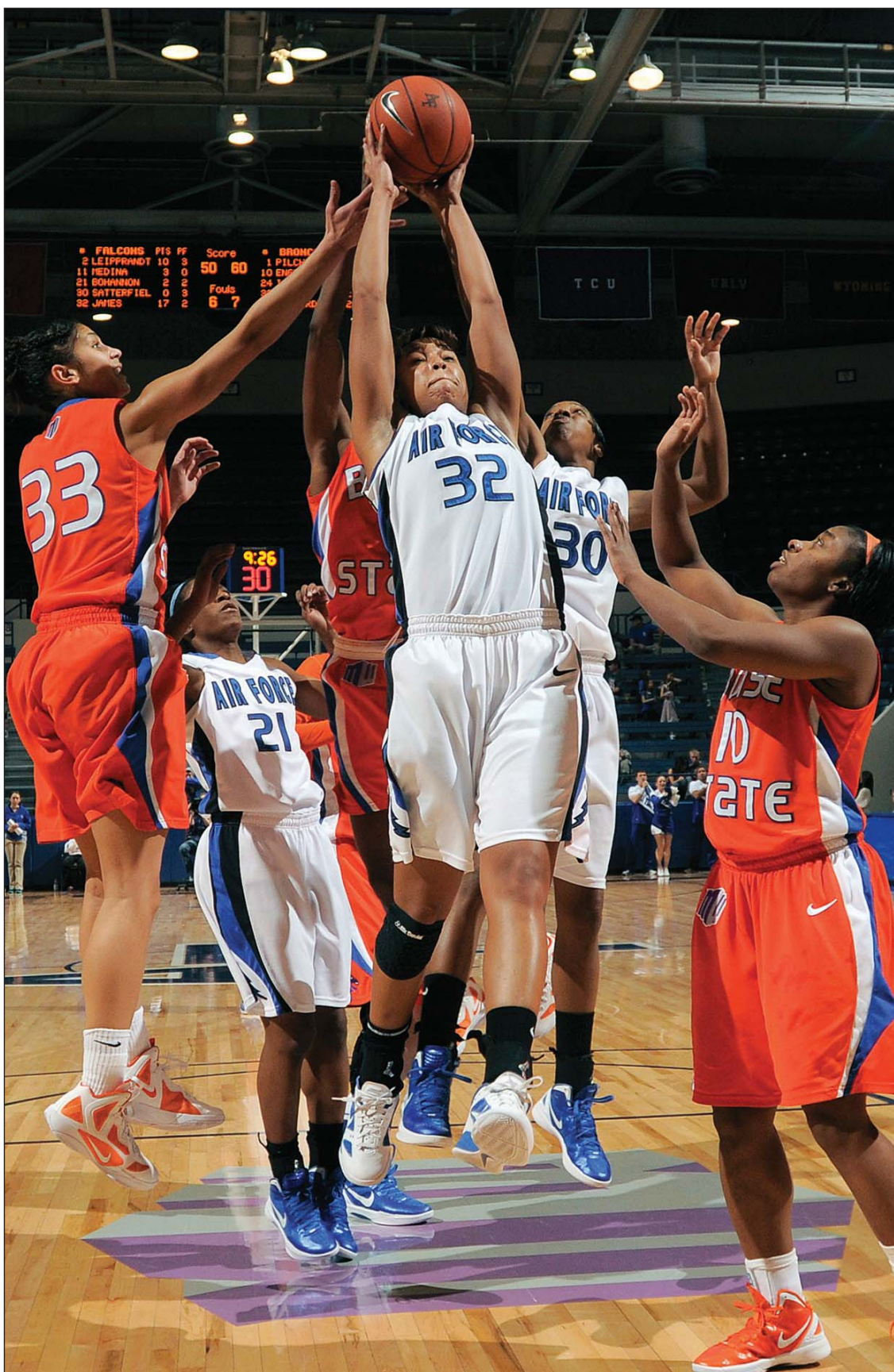
stripe to stake a 33-32 lead at the break. The Falcons converted on 13-of-16 shots from the foul line in the first period, while the Broncos attempted just three free throws.

However, Boise State regained their advantage in the second half by knocking down free throws and three-pointers. The Broncos scored six three-pointers in the final period alone, all within the first 12 minutes of the half.

Air Force, which registered its second-best scoring output of the season, shot over 44 percent from the field for the game, and held a slight edge (38-36) on rebounds.

"I'm very proud of the way our team played today," said Air Force head coach Andrea Williams. "Our focus and energy were there, and our practice preparation carried over to the game, something that hasn't happened for awhile. Our players stepped up and answered the challenge, and most importantly, stuck together. This game will only make us even more hungry for Wyoming next week."

The Falcons are back in action against San Diego State at noon Saturday at Clune Arena.



RAYMOND MCCOY

Falcon forward Dymond James pulls in the basketball during Saturday's game against Boise State at Clune Arena. James, a junior led Air Force with a season-best 24 points. She also had 10 rebounds for her second double-double of the year. The Falcons lost 81-75 after a slim half-time lead.

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Gurnell breaks Academy triple jump record

The Falcons claimed four overall titles and six collegiate-only titles at All-Comers Meet

Sophomore Kassie Gurnell set a new Academy standard in the triple jump, as the Air Force track and field team wrapped up competition at the annual Air Force All-Comers Meet on Jan. 13.

Gurnell, who used a career-best jump of 39'8½" to win the 14-member competition, broke LaTravia Robinson's 2003 mark of 39'5¾" and improved the Sophomore Class Record that she first claimed last month at the Blue and Silver Meet (39'5"). Gurnell first displaced the record on her third attempt, as she marked 39'6½", before improving that mark to the new record of 39'8½".

Classmate Jalen Fooster bettered his distance in the weight throw to 55'2¼" to move into ninth on the program's record book, while junior Zach Wood debuted in 10th on the high jump records with a winning clearance of 6'9¾". On the women's side, freshman Alexis Jones-Hardy clocked a career-best time of 7.85 in the 60-meter dash to improve her eighth-place mark on the all-time list.

With the 6'9¾" jump, Wood became just the second high jumper since 1997 - and the first since 2003 - to impact the men's top-10 indoor list.

Gurnell and Wood were two of four Falcons to claim outright event titles at the All-Comers Meet. Paige Blackburn paced the Falcons with two first-place finishes, as she won both

the weight throw and shot put. The senior matched a season-best distance of 56'0½" to win the weight throw by four feet, while posting a season-best shot put mark of 46'6¾" to win that event by over one foot. Fellow senior Sean Herbison helped Air Force claim three of the four throwing titles, as he won the shot put with a career-best distance of 53'8¾".

Several Falcons finished first among collegiate competitors in their respective events. Sophomore Regan Rogers and Rachel Herald tied for top collegiate spot (second overall) on the high jump, as they tied with matching marks of 5'5". The Falcons swept the collegiate titles of the pole vault, as junior Cale Simmons finished first collegiately (second overall) with season-best matching mark of 17'0¾" and senior Kimber Shealy placed first among collegiate vaulters (fourth overall) with a clearance of 12'5½". In addition, Jim Walmsley was the top collegiate runner in the mile (4:23.08), while the 4x440-yard relay squad of senior Bryce Bergman, classmate Manny Smith, sophomore David Ptacek and junior Anthony Delgado finished first among university teams with a time of 3:18.63.

Simmons led the Falcons to the top three collegiate finishes (and three of the top four overall spots) in an event that featured 18 total competitors. Junior Michael Tibbs matched his career-best clearance of 16'0¾" to finish second to Simmons in the

collegiate standings, while classmate Chase Cooper and sophomore Elliott Beski tied for third (fourth overall) with matching marks of 15'7".

Air Force also claimed the top three collegiate finishes in the women's pole vault. Freshman Wren Bonner (12'5½") and junior Bizzy Mellado (11'11¾") placed second and third, respectively, behind Shealy in the collegiate standings.

Junior Melissa Fuerst improved her time in the mile by eight seconds to 5:16.76 to finish second overall in the mile, while senior Phaelen French earned the same outright placement in the 800-meter run with a time of 2:23.58. Sophomore Amanda Blain finished third in the 3000-meter run with a career-best time of 11:17.90 and senior Kyle Schwochow posted a season-best shot put mark of 53'0" to finish third in that event.

The Falcons claimed four second- and three third-place marks. Freshman William Kerney picked up one of each, as he finished second among collegiate competitors in the long jump (21'10¾") and third in the triple jump (personal-best 46'2½"). Sophomore Lance Wolfsmith finished second among college competitors in the mile with a time of 4:26.30 - a career-best time by five seconds.

Air Force claimed two of the top three collegiate finishes in the 200-meter dash and 800-meter run. Smith, who ran a leg of the top collegiate relay, placed second in the 200-me-



RAYMOND MCCOY

Kassie Gurnell breaks the triple jump record with a jump of 39' 8 ½" on Jan. 13.

ter dash with a time of 22.17, while freshman Jake Spuller placed third in the college standings with a time of 22.33. Seniors Alex Zubey and Nick White finished second (1:54.98) and third (1:56.00), respectively, in the 800-meter run.



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Air Force places second at Rocky Mountain Open



RAYMOND MCCOY

Air Force Sophomore Mac Ritchie competes on the parallel bar during the Rocky Mountain Open Saturday.

Highlighted by an impressive debut from several freshmen, the Air Force men's gymnastics team finished second at the Rocky Mountain Open on Saturday, Jan. 14. The Falcons tallied a total team score of 333.300 - a six-point improvement over last year's season-opening total - to collect its best team finish in recent history.

A pair of freshmen finished second to pace the Falcons in their respective events. Josh Ramos scored a 14.000 to finish second on the floor exercise, while classmate Greg Chaput scored a 14.400 to take second on the parallel bars. With his first collegiate performance, Chaput scored the ninth-best parallel bars score in program history. In addition to his runner-up finish on the floor, Ramos also paced the Falcons on the high bar with a fourth-place score of 13.900.

Senior Devin Menefee, the team's captain, tied for third on the still rings with a career-best performance of 15.400. That score is ranked eighth in the program's all-time record book.

Junior James Okamoto placed sixth on the pommel horse with a season-opening score of 13.600, while classmate Tory Brown and sophomore Ben Zaiser rounded out the team leaders with a tied for eighth on the vault with matching marks of 14.100.

Freshmen Nick Gaudlip and Skyler Awisus picked up top-five finishes in their collegiate debuts, as Gaudlip finished fifth on the floor exercise (13.800) and Awisus earned the same placement on the parallel bars (14.200).

Air Force claimed four of the top 10 places on both the still rings and parallel bars.

In addition to Menefee's third-place score on the rings, sophomore Tyler Huebner and freshman Gared Chapman finished seventh (14.800) and eighth (14.600), respectively, while Zaiser

scored a 14.400 to place 10th. As a team, Air Force scored a 59.200 on the rings - the third-best score in program history.

On the parallel bars, Ramos placed seventh with a score of 14.100, while senior Jacob Houder and sophomore Mac Ritchie tied for eighth with matching marks of 13.900.

The Falcons claimed two additional top-10 finishes, as Chapman scored a 14.000 to take 10th on the vault and Ritchie posted a 13.600 to earn the same placement on the high bar.

Oklahoma scored a 343.700 to win its 13th consecutive Rocky Mountain Open team title, while Air Force posted its best finish in recent history with a second-place score of 333.300. Nebraska placed third with a score of 331.300, while Arizona State and members from Washington's club team finished fourth (314.100) and fifth (248.100), respectively. Gymnasts from the U.S. Olympic Training Center also competed at the Rocky Mountain Open, but their scores did not count in the individual event standings.

The Sooners claimed a share of the six individual event titles and the all-around, picking up wins from Patrick Piscitelli (floor exercise, 14.300; vault, 15.000), Michael Reid (pommel horse, 14.400), Chris Stehl (still rings, 15.700; parallel bars, 14.500; all-around, 83.400) and Jake Dalton (high bar, 14.700). Nebraska's Eric Schryer tied with Stehl for first on the parallel bars. With his high bar victory, Dalton set a new Rocky Mountain Open record with 10 career titles.

The Falcons head out on the road next weekend, when they travel to Lincoln, Neb., for a second straight contest with former Mountain Pacific Sports Federation opponent Nebraska on Sunday, Jan. 22. Action begins at 1 p.m., at the Bob Devaney Sports Center.

CLUES ACROSS

- 1. Tooth caregiver
- 4. Greek counterpart of Rhea
- 7. A numbered mail compartment (abbr.)
- 10. New Zealand parrots
- 12. Political action committees
- 14. Fringe-toed lizard
- 15. Reposes
- 17. Winglike structures
- 18. MacMurray of "My Three Sons"

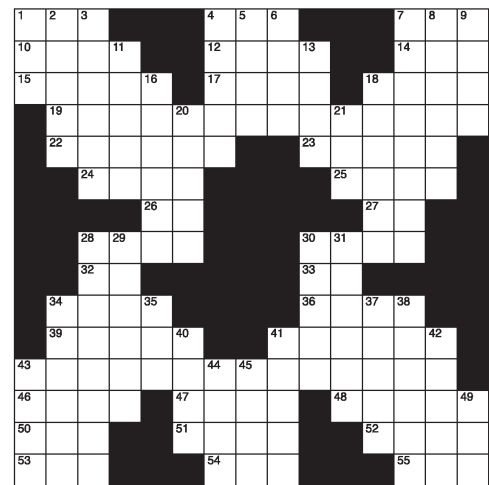
- 19. Oprah's Broadway show
- 22. Ceaser, egg and tossed
- 23. Oarlock
- 24. Agile, lively (nautical)
- 25. Skim or dart
- 26. And (Latin)
- 27. Embodies

- 28. Gallivants
- 30. Hyperbolic cosecant
- 32. Rural delivery
- 33. Atomic #89
- 34. Opposite of wealthy
- 36. Imus and Knotts
- 39. Yellow ageratum species
- 41. Large tropical Am. lizard

- 43. Late Show star
- 46. Armor breastplate
- 47. "Death in the Family" author
- 48. Liquors from rice
- 50. Bread for a burger
- 51. Yeast
- 52. 100 = 1 tala in W. Samoa
- 53. Two-year-old sheep
- 54. Hyrax or cony
- 55. Engine additive

CLUES DOWN

- 1. Danish krone (abbr.)
- 2. Insect repellents
- 3. Move sideways
- 4. October's birthstones
- 5. ___ Alto, California city
- 6. Mark of healed tissue
- 7. Somewhat purple
- 8. Egg mixture cooked until just set
- 9. Past tense of bid
- 11. Ancient stone slab bearing markings
- 13. 9th month (abbr.)
- 16. Thrown into a fright
- 18. A playful antic
- 20. "Waiting for Lefty"



- 21. playwright
- 28. Cutting gun barrel spirals
- 29. Youth loved by
- 30. Aphrodite
- 31. Get by begging
- 34. Bubonic calamity

- 35. Radioactivity unit
- 37. South African peoples
- 38. Legless reptiles
- 40. Thick piece of something
- 41. A distinct part of a list
- 42. Regarding (Scottish prep.)
- 43. Something that is owed
- 44. Mild exclamation
- 45. Etce___: continuing the same
- 49. Variation of 17 down

SUDOKU

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

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 sharpen your pencil and put your sudoku savvy to the test!

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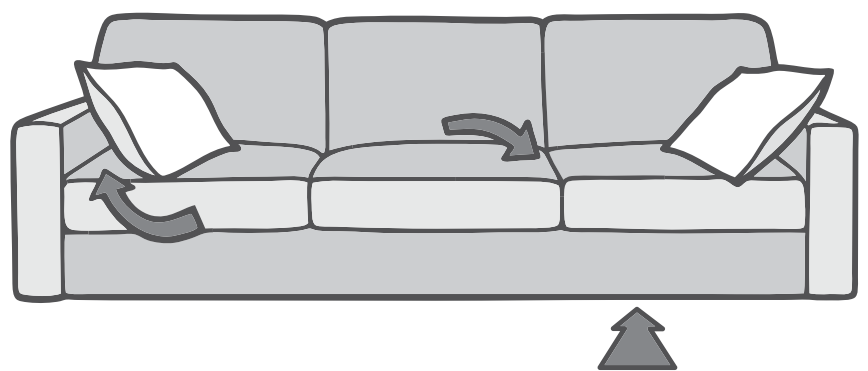
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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

Solution on page 6

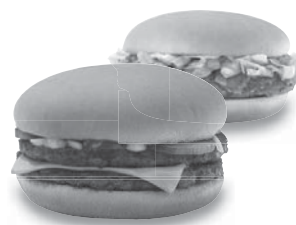
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Free tax preparation available

The Academy tax center will offer free tax preparation starting Feb. 3. Taxes will be done by appointment only. Appointments will be available 8 to 11 a.m. and 1 to 3 p.m. weekdays.

The gross income limit for eligibility is \$60,000 for either an individual or joint tax return. The program is open to cadets, Academy service members and dependents of Academy service members.

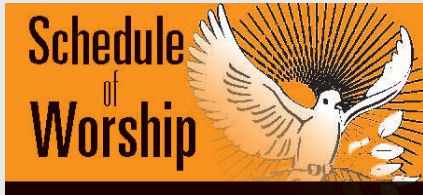
The tax center is in Arnold Hall, and it will begin taking appointments this month. For more info, call 333-3905.

Entry decal discontinued

Fort Carson has eliminated the use of the Department of Defense vehicle decals (DD Form 2220) for access to the installation.

The vehicle decal is no longer available at the Academy's Pass and Registration Center.

The PRC will now issue Cadet Area stickers weekdays, 7:30 a.m.-4:30 p.m. Any questions can be referred to Brad Wilson at 333-8420.



Cadet Chapel

BUDDHIST
Sundays, 10 a.m.

PROTESTANT WORSHIP
Combined Worship Service:
Sundays, 9 a.m.

CATHOLIC WORSHIP
Mass: Sundays, 10 a.m.

JEWISH WORSHIP
Normal schedule
Fridays: 7 p.m.

Community Center Chapel

CATHOLIC WORSHIP
Mass: Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesdays-Fridays, 11:30 a.m.
Reconciliation: Saturdays, 3:30 p.m.
Formation Classes: For students in grades K-8. Sundays, 10:15-11:30 a.m.

PROTESTANT WORSHIP
Evangelical: Sunday, 10:15 a.m.
Gospel: Sunday, 11:30 a.m.
Wednesday Night Live: For ages 3 to adult. Begins with a meal. Wednesdays, 6-7:30 p.m.

WEDNESDAY NIGHT LIVE
The Community Center Chapel's Protestant Religious Education program has resumed. Each week begins with a free dinner at 6 p.m., followed by Religious Education classes from 6:30-7:30 p.m.
Several new classes are being offered for adults and children. Call the chapel for details at 333-3300.

Community center activities

Lunchtime table tennis - Monday through Friday starting at 11 a.m. in the Milazzo Center. Sponsored by the 10th Medical Group. Call beforehand to sign up, 333-2928.

Dance classes - Line dance classes are taught in six-week increments. Ballroom dancing consists of four lesson blocks, one hour per block. Classes for both take place Mondays in the Milazzo Center ballroom. Line dance classes start at 5 p.m., ballroom dance classes at 6:15 p.m.

Double-feature movie night - Jan. 27 at the auditorium. The first movie will be "Johnny English Reborn," rated PG. The second movie, "Tower Heist," is rated PG-13. Start times are the same as Friday's.

Chess Tournament - Saturday at the Milazzo Center. Registration begins at 8:30 a.m., and the tournament starts at 9 a.m. There is no entry fee. Participants must be members of the US Chess Federation. Trophies will be awarded.

SnoFest 2012

SnoFest 2012 is Jan. 27-29 at Keystone Resort. Lodging is now on sale by calling 800-258-0437 to book. Provide group code GC8PRB and base affiliation. Lift tickets can be purchased from Outdoor Recreation at 333-4475.

Assortment of skiing options

The Outdoor Recreation Office has ski passes available for purchase. The list of options is as follows: Monarch, Loveland, Patriot Pass (unlimited Copper Mountain and Winter Park), Patriot Pass Plus (unlimited Copper Mountain and Winter Park and six days at Steamboat), and Liberty Pass for Keystone and Arapahoe Basin. Call 333-4475 for more info.

Dispose of your recyclables

The 10th Civil Engineer Squadron is holding its annual electronics recycling event through January.

Each Wednesday and Thursday, electronic items can be taken to the Civil Engineers' Complex (Building 8125) from 8 a.m. to 3 p.m. for recycling. Recycling is free.

For more information, call Derek Damien at 333-3224.

Air Force Ball

The Lance P. Sijan Chapter of the Air Force Association will hold its annual Air Force Ball today at The Broadmoor.

For the latest information, please check the Lance P. Sijan chapter website at www.afasijan.com.

Readiness Center programs

Transition Assistance Program - Jan. 23-27, 7:30 a.m.

DAV Medical Records Review - Jan. 27, by appointment

Area military adoption fair

The Academy, Peterson and Schriever Air Force bases and Fort Carson will host a military adoption fair Feb. 10, 9 a.m.-1:15 p.m. at the Southeast YMCA.

The fair will consist of adoption information specific to military families, an adoption agency services panel including information on infant, local, foster, interstate, and international adoptions.

There will also be a resource panel, an adoptive parent forum and information fair.

For more information or to register, call the Airman and Family Readiness Center at 333-3444. Attendees must register for event.

Fishing regulation changes

The Academy no longer requires fishermen to have a Colorado fishing license. However, a \$21 annual base permit or \$7.25 one-day permit is required.

Fishermen who would like to use two rods also have a new option of purchasing a \$5 second-rod permit that is valid only for Academy and Farish Recreation Area lakes.

An annual fishing permit purchased in 2011 will be valid through March 31 during a phase-in of the new calendar year (Jan. 1-Dec. 31) permit.

Academy fishing and second-rod permits are sold only at the Outdoor Recreation Center, Farish Recreation Area, and the Peregrine Pines Family Camp.

If you have questions about the fishing program, see USAFAI32-7001 or call Natural Resources at 333-3308.

Family advocacy classes

Stress Management Class - Attend this class to find out about the symptoms of stress, practical ways to manage stress and how to relax. Two-session class held Jan. 31 and Feb. 7, 11 a.m.-12:30 p.m.

1-2-3 Magic Parenting Class - For parents with children ages 2-12. Offers easy-to-follow steps for disciplining children without arguing, yelling or spanking. Two-session course Feb. 1 and Feb. 8, 9-10 a.m.

Dads 101 Class - This class is taught for dads by dads. Topics include pregnancy, labor and delivery, communicating with your spouse and caring for an infant. Two-session class held Feb. 13-14, 11 a.m.-12:30 p.m.

Couples Enrichment Workshop - Want more from your marriage or relationship? This workshop will help you learn how to talk to each other more effectively, to listen so your partner feels heard and understood, to solve problems like you're on the same team and to remember how to have fun together again. Held Feb. 10, 8 a.m.-3:30 p.m.

Academy Lanes offerings

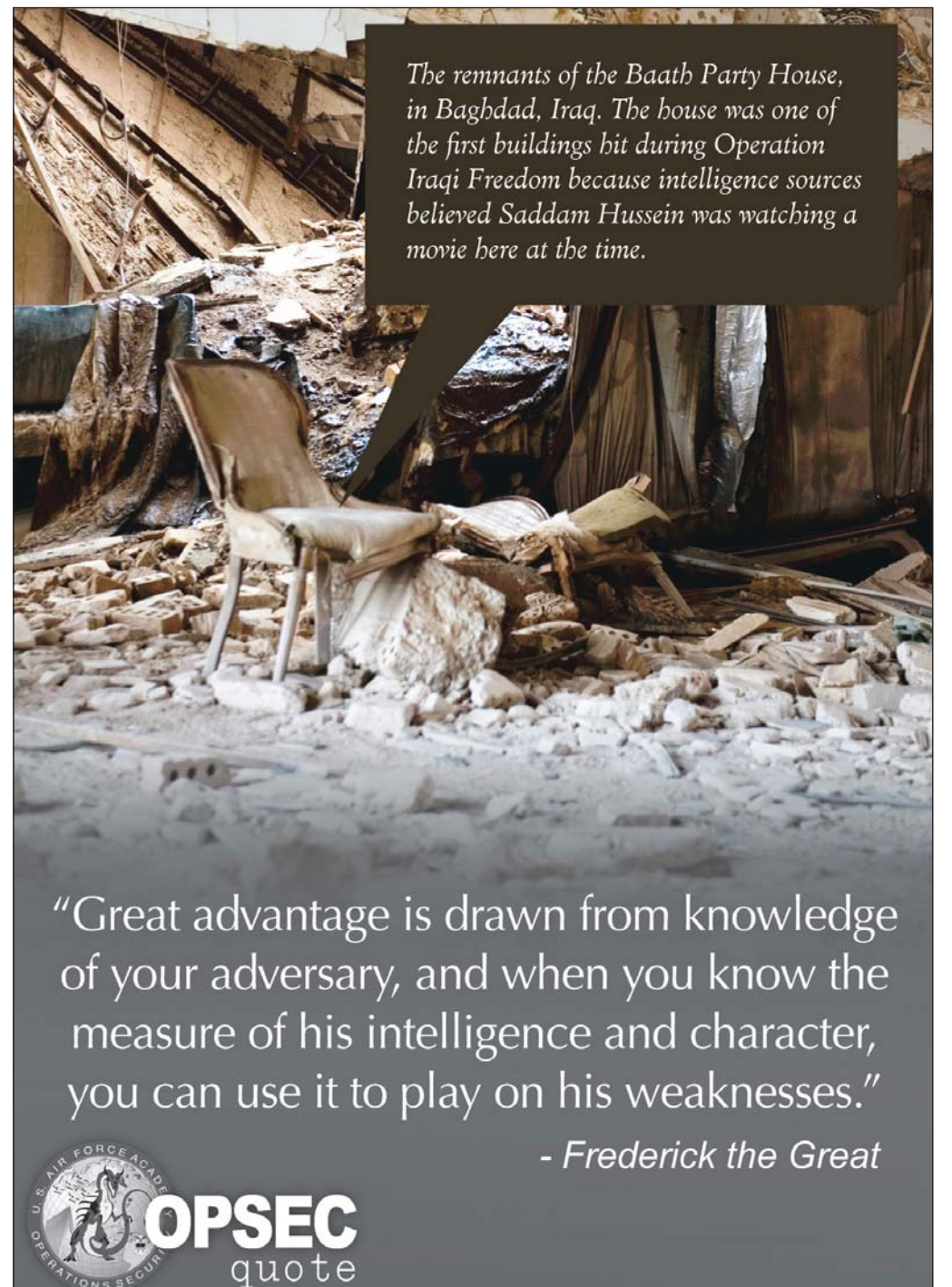
Breakfast at Ten Pin Grill: Monday-Friday, 7-11 a.m. Hot breakfasts featuring eggs, hash browns, bacon or sausage, biscuits and gravy, and more. All breakfasts include drinks. Call in your breakfast order at 333-4252 by 6:45 a.m. to get your order delivered at curb side.

Intramural volleyball

The deadline to sign up for intramural volleyball is Jan. 24. Preseason play will begin around Feb. 20, and the regular season will begin around Feb. 27.

Cadets interested in playing need to submit a letter of intent, which must be signed by a commander or first sergeant.

Any questions can be directed to Dave Castilla at 333-4078.



The remnants of the Baath Party House, in Baghdad, Iraq. The house was one of the first buildings hit during Operation Iraqi Freedom because intelligence sources believed Saddam Hussein was watching a movie here at the time.

"Great advantage is drawn from knowledge of your adversary, and when you know the measure of his intelligence and character, you can use it to play on his weaknesses."

- Frederick the Great



Peak Dining

BILLIARDS



Antique Billiard Museum
3628 Citadel Dr N Colorado Springs,
CO 80909 / 719-597-9809 or
Diamond Billiards
3780 E Boulder St Colorado Springs,
CO 80909 / 719-596-9516

Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents.

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Jack Quinn's
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Open for Lunch & Dinner daily;
Sunday Brunch served 12 pm-3 pm;
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Sunday.

Owned by 4 USAFA Grads! Serving traditional Irish fare & American cuisine for lunch & dinner. Happy Hour daily 3-6pm & late night Sun. 10 pm-1 am., 15 delicious drafts & the best selection of Irish Whiskeys. Live Irish Music Tues., Thurs., Sat. & Sun. with County El Paso, Brian Clancy, Big Paddy & the Irish Session Musicians! Reader's Choice Voted Best Bar 2007 & 2010.
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481-6888
405 N. Tejon
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USAFA Grad Owned. Creative Caribbean Pasta, Fresh & Funky Salads, Ridiculously Good Desserts. Open seven days a week for affordable lunch and dinner. Voted Best New Restaurant by Gazette readers. Happy Hour Daily 4-6. Live Reggae Music the First Friday of every month.

JAPANESE



Bamboo Court Restaurant
719-599-7383
4935 Centennial Blvd., Suite G

Mon-Fri Lunch: 11:00-3:00pm, Mon-Sat Dinner: 3:00-9:00pm, Sat Lunch: 12:00-3:00pm, Sun Dinner: 4:00-9:00pm Our single combination Dinner Specials come with any entree from the dinner entrees menu and soup of the day, fried or steamed rice, egg roll & crab ragoon. At Bamboo Court, our only goal is to make your expectations a reality!

FINE DINING



The Margarita at Pine Creek
7350 Pine Creek Rd.
Colorado Springs, CO 80919
598-8667
www.margaritainpinecreek.com

Hours: **Lunch:** Tuesday-Friday 11:30a.m.-2:00p.m. **Dinner:** Tuesday-Saturday 5:30p.m.-8:30p.m. **Brunch on Sunday:** 10:30a.m.-2:00p.m. Serving award winning, contemporary, seasonal cuisine-with a casual attitude for 37 years. Upstairs: fine dining (accompanied by our harpsichord on Saturday evenings). In the downstairs lounge: local music (from jazz to bluegrass) Wed-Fri. Enjoy appetizers to full course meals! Always affordable dining with a special occasion feel. Join us for lunch, dinner and Sunday brunch. Relax and take in the Colorado scenery on the patios soon! Perfect for private parties, rehearsal dinners, weddings and other events.

MEXICAN



Salsa Brava Fresh Mexican Grill
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802 Village Center Dr.
719-266-9244
Briargate -
9420 Briar Village Pt.
719-955-6650
SalsaBravaonline.com

Voted Best Mexican Restaurant in Colorado Springs - 2011. Salsa Brava serves traditional Mexican dishes with a twist, made with the freshest of ingredients. Monday - \$5 Margaritas. Tuesday - Briargate 5K Run Club. Wednesday - \$5 Martinis & Rockrimmon 5K Run Club. Happy Hour daily from 4-7 p.m. Full-service catering for groups up to 3,000.

GERMAN DINING



Edelweiss
34 E. Ramona Ave.
719-633-2220
www.edelweissrest.com

Family owned & operated, Best German Restaurant for over 10 years. Hours: Every day 11:30am-9:00pm. Dinner starts at 4:00pm. Authentic menu with a variety of Old World German dishes includes Schnitzel, Bratwurst, and Sauerbraten. Imported German Beers and Wines and our European-trained Swiss Pastry Chef Bakes all of the desserts from scratch. www.edelweissrest.com

STEAKHOUSE



The Famous
719-227-7333
31 N. Tejon Street
www.thefamoussteakhouse.net

Lunch Mon.-Fri * Dinner Nightly. Think that late night Chicago Steakhouse: polished booths that enclose years of secrets, big slabs of aromatic prime rib, sparkly cocktail glasses clinking at every table...
Best Steak 2011, Best Fine Dining 2011, Best Martini 2011, The Gazette.
facebook.com/FamousSteakHouse

**For advertising information
call Sara at 719-636-0130**

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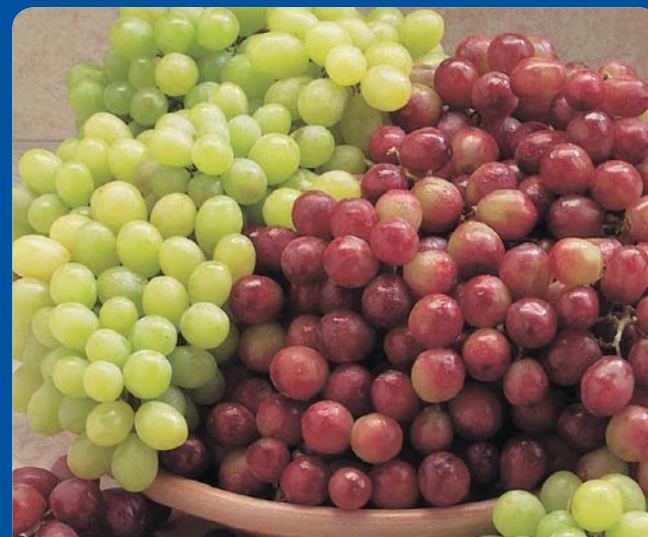
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9-15 oz.
Select Varieties

Sale Price \$2.49
- .50

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16-24 oz. or
Barilla Pasta
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20 pk, 12 oz.
Select Varieties

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Salad Dressing
16 oz.
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Wheat Bread
20 oz.

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