




USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 49 No. 7

February 20, 2009

Congratulations to the following Academy officers selected for promotion to the next higher grade.

To Major

-  William Allred
- Cassandra Bresnahan
- Timothy Bresnahan
- Danielle Cermak
- Mark Vanzant

To Lieutenant Colonel

-  Gregory Schneringer
- Jason Hayes
- Steven Whitmarsh

To Colonel

-  Thomas Piazza



Enlisted educator

Academy senior NCO's accomplishments as instructor unprecedented

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100th Night

Tradition continues for firsties and four-degrees alike

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Hockey

Action returns for final regular-season series at home after loss to Bentley

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Photo by Dennis Rogers

Major decisions

Capt. Luke Sauter, an instructor in the Academy's Department of Astronautics, demonstrates a hybrid rocket composed of Plexiglas and oxygen during the Academy's Majors' night exhibition Feb.12. The exhibition was attended by approximately 1,267 freshmen cadets and offers them the opportunity to determine their academic majors.

Academy community service honored

By John Van Winkle
 Academy Public Affairs

The Air Force Academy was honored for its community service efforts Feb. 9, when named to the President's Higher Education Community Service Honor Roll by The Corporation for National and Community Service.

Launched in 2006, the Community Service Honor Roll is the highest federal recognition a school can achieve for its commitment to service-learning and civic engagement. Honorees for the award were chosen based on a series of selection factors including scope and innovation of service projects, percentage of student participation in service activities, incentives for service, and the extent to which the school offers academic service-learning courses.

During the 2007-2008 academic year, Air Force Academy cadets participated in 43,600 hours of community service at 3,000 different volunteer events, as part of the Cadet Service Learning Program.

"Cadet Service Learning takes the Core Value: Service Before Self, and applies it in

an applicable way for cadets. The added value is through Service Learning, character development happens when cadets help others," said Maj. Eric Ecklund, director of Cadet Service Learning at the Academy's Center for Character Development.

Community Service and the concept of Service Learning are part of the Academy's efforts to offer cadet character development programs which emphasize one of the Academy's central core values, "Service Before Self." The Cadet Service Learning program attempts to take this core value from the theoretical concepts of the classroom to actual experiences with the goal of a lifelong internalized "volunteer ethic" and understanding of the value of serving others, particularly in the area of community service.

Cadets have volunteered to staff local elementary school carnivals, work a local soup kitchen and the Care and Share food bank, do trail restoration at Garden of the Gods, feed the homeless in Acacia Park, as well as individual cadet efforts with Big Brothers/Big Sisters, food and clothing drives, and more.

Cadet volunteer efforts are not limited to the Front Range, and some go as far to build homes for needy families.

Last year, 60 cadets gave up their spring breaks to build homes for needy families in Santa Fe, N.M.; Cody, Wyo.; Beaumont, Texas; and El Paso, Texas, via the Alternative Spring Break program. Another group of cadets and Academy instructors spent their spring break on the Navajo Reservation in New Mexico and Arizona, and upgrade homes for residents of the reservation.

Two Navajo homes are built each summer at the Academy, as part of an engineering course that combines education with community service. These homes are then donated to the Southwest Indian Foundation and transported to the reservation by the foundation. The Academy has built 21 of these homes over the past decade.

"In this time of economic distress, we need volunteers more than ever. College students represent an enormous pool of idealism and energy to help tackle some

See COMMUNITY, Page 3

Military Saves Week: The value of cash

By Peggy Kramer
A&FRC Personal Financial
Management Program

One solid tactic for surviving tough economic times is having an emergency cash cushion to provide liquidity when we need it. In fact, even in the best of times, it's wise to have an emergency fund.

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

We know the stress of carrying excessive debt is dreadful. Not only does having huge debt restrict what we can do with our current income, but it tremendously affects decisions on what we want to do with our money in the future. If we

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

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

Start by building your emergency cash cushion with your 10-percent

savings portion. This fund should equal about six months of normal expenses and should be "liquid" or easily accessible in case of an emergency. When you've got your emergency cash cushion funded, then shift the 10-percent savings to fund your mid- and long-term goals. Perhaps you're saving for a car, college for kids, or your retirement.

If you're trying to pay down debt, develop a plan.

Go to www.PowerPay.org to see how long it will take to pay down your debt paying only the minimum. If you are serious about getting rid of debt, you must not add to it; therefore, charge no more!

Military Saves Week begins Sunday – March 1.

Lying, cheating, stealing more than cadet code

By Ken Carter
Editor

All who've walked along the Terrazzo have likely seen the Cadet Honor Code on the wall below the Honor Court that reads, "We Will Not Lie, Steal or Cheat, nor Tolerate Among us Anyone Who Does."

The more I talk with people outside the Cadet Wing the more evident it is many of us are guilty of violating the code to varying degrees almost daily.

After only two sentences, the self-righteous readers among us are already offended and preparing to dial and complain before even considering the context of these thoughts in their entirety. You see, their internal joy is gone ... they've stolen it from themselves.

Joy comes from the inside as compared with the external influences in

life that create what most of us refer to as "happiness."

For the sake of brevity, I'll limit my thoughts to only one topic: job satisfaction.

Of course, there are times for everyone when getting up early or late and coming to work is not a joyous occasion. However, if one can't say he or she is generally experiencing job satisfaction, there's lying, cheating, and, worst of all, stealing, involved.

One pretending he or she likes the job minus any passion that demonstrates it to be true is lying to him or herself.

That same lack of passion may lead to a steady income but makes cheating oneself out of the fulfillment that "can" be experienced in the workplace no less real.

Worst of all, if not experiencing true job satisfaction, and working solely for the income, one is stealing an opportunity

from another who'd truly be passionate about doing whatever it is we half-heartedly do.

Are these types of lying, cheating and stealing criminal offenses – certainly not. However, if one's personal honor code is nothing more than rote memorization of a lifeless sentence or phrase, a little soul searching could go a long way toward experiencing long-term joy over temporary happiness that can pass faster than the winter winds along the Rockies' Front Range.

Now may be the perfect time for re-evaluating your thoughts and perspectives about our professions of choice. If you're fulfilled ... perfect. If not, why not look for ways to fix that? Immediately bolting may be the fastest (and worst) option. However, our professions really should be a choice ... just like choosing to be joy filled over constantly seeking happiness.

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* is published by Colorado Springs Military Newspaper Group, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the U.S. Air Force Academy. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Academy Spirit* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

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Editorial content is edited, prepared and provided by the U.S. Air Force Academy Directorate of Public Affairs. The editor reserves the right to edit articles to conform to Air Force policy and Associated Press style. All photos are U.S. Air Force photos unless otherwise indicated.

Submissions

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

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

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

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



Character Corner

By Maj. Olivia Nelson
Center for Character Development

The 16th Annual National Character and Leadership Symposium is well underway.

As a first-time participant, I'm simply blown away by the magnitude of the event – particularly by the quality of the speakers that the Academy has drawn to its halls. I can't remember any other event in my career where so many impressive and dynamic individuals gathered to share their thoughts on service and leadership.

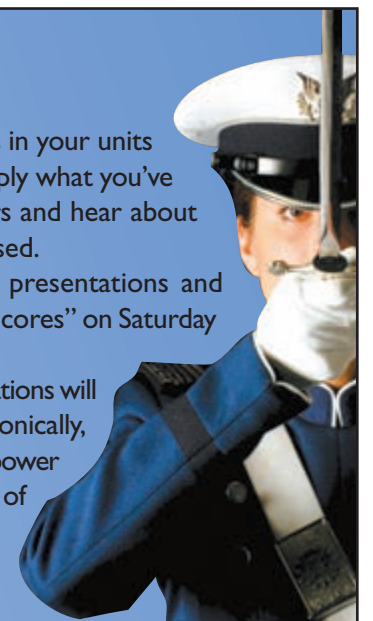
The speakers who brief you this week are not theorists. They're not strictly educators or strategists. They've been in the arena, starting programs to help people, fighting wars, overcoming serious injury and adversity, literally reaching for the stars. They are doers.

Not to be preachy, but soak it up. Don't miss this chance. See as many presentations as you can, take notes, ask questions. You have an opportunity that so many of your peers outside the Academy do not – an opportunity they will envy.

Even though we're halfway through the event, don't forget:

- Today's breakout sessions in your units will give you a chance to apply what you've learned, share it with others and hear about speakers you may have missed.
- Many of the compelling presentations and panels are scheduled for "encores" on Saturday morning.
- Finally, most of the presentations will eventually be available electronically, but don't underestimate the power of experiencing the charisma of our guests in person.

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



What do you look forward to the most in the spring?

"My baby being born this spring. She is due April 14."

Staff Sgt.
Brad Bricker
10th Security Forces



"Sunshine. I get to go outside and rock climb."

Cadet 1st Class
Denise DeShazo
Cadet Squadron 13



"Warm weather. I enjoy being able to spend more time outside."

Tech. Sgt. Lin Foulk
Academy
Preparatory
School



"In April my wife and I are going to China."

Joe Simpkins
Retired
U.S. Marine Corps



AF reinstates enlisted Good Conduct Medal

By Gerry Gilmore
American Forces Press Service

WASHINGTON – The Air Force has reinstated its Good Conduct Medal for exemplary service by enlisted Airmen, senior military officials announced recently.

Reinstatement of the medal is effective immediately.

The Air Force Uniform Board announced Feb. 6, 2006, that the Good Conduct Medal would no longer be awarded. It was thought at the time that the award wasn't needed because nearly all Air Force members are exemplary performers. Previous awardees were permitted to wear the medal.

Meanwhile, the other armed services continued to award Good Conduct Medals to their enlisted members, said Lt. Gen. Richard Newton III, chief of the Air Force's manpower, personnel and services directorate.

Airmen — who often serve in war zones alongside their Army, Navy, and Marine Corps counterparts as part of the joint-force team — also deserve recognition for their good service, Newton said.

"Airmen are striving to do the very same thing that their battle buddies are doing in other services," the general said.

Award of the Good Conduct Medal to deserving Airmen, General Newton said,

also is part of the Air Force's illustrious heritage.

The idea to reinstate the Good Conduct Medal surfaced during an awards and decorations meeting Jan. 7, 2008. Air Force Secretary Michael Donley signed off on the change Nov. 22.

Airmen generally are eligible to earn the Good Conduct Medal if they exhibit exemplary behavior over a three-year period. The award features a sky-blue ribbon with two vertical red, white and blue stripes. Suspended from the ribbon is a round, golden medal featuring the image of an eagle, around which are inscribed the words, "efficiency," "honor" and "fidelity."

Subsequent awards of the medal are represented by a "cluster" device.

After reintroduction of the Good Conduct Medal was approved, time was required to work out administrative procedures, said Chief Master Sgt. of the Air Force Rodney McKinley, the Air Force's top noncommissioned officer. Qualified Airmen, Chief McKinley said, will receive the award retroactively to 2006.

Some Airmen felt the discontinuance of the Good Conduct Medal was an act of "taking something away" from them, he said.

"This is an enlisted medal," Chief McKinley said, "and we are taking care of the enlisted force."



Photo by John Van Winkle

Cadet 2nd Class Ben Shoptaugh (front) and Cadet 3rd Class Anthony Langdon take their turns with pick-axes as Cadet 1st Class Dani Rogowski uses a shovel to clear away the broken rocks and dirt as fellow cadets make short work of a land-clearing project in Santa Fe, N.M. Cadets Rogowski, Shoptaugh and Langdon were part of the 65 Air Force Academy cadets who gave up their 2008 spring break to help build homes for the needy in Santa Fe; Cody, Wyo.; El Paso, and Beaumont, Texas.

Community

From Page 1

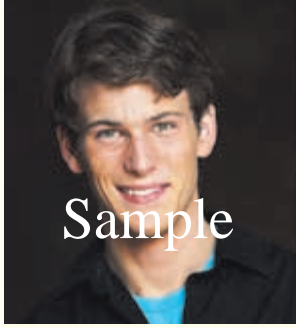
of our toughest challenges," said Stephen Goldsmith, vice chair of the board of directors of the Corporation for National and Community Service, which oversees the Honor Roll. "We salute the Air Force Academy for making community service a campus priority, and thank the millions of college students who are helping to renew America through service to others."

Historically, The Academy has performed between 20,000 and 30,000 hours of service learning projects during the course of any given academic year.

The Corporation for National and Community Service is the nation's largest grantmaker supporting services and volunteering. This is federally-funded and is a national catalyst for community service, managing the Americorps and Senior Corps volunteer programs.

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Academy chaplain represents Air Force at historic Atlanta church as part of Black History Month

By Lt. Col. Brett Ashworth
 Director of Public Affairs

Academy Senior Staff Chaplain (Col.) Keith Darlington realized a dream of his own last week.

He was contacted by the Air Force Chief of Chaplains' office and offered the opportunity to represent the Air Force at church services at the historic Ebenezer Baptist Church in Atlanta as part of Black History Month.

Chaplain Darlington became the first Air Force chaplain ever to be part of services at the home church of Dr. Martin Luther King Jr., where he delivered his ministry of nonviolence. King still serves as the inspiration for the church today.

"It was truly an honor to represent the Air Force and the Air Force Academy," said Chaplain Darlington. "The history of the church and what it means to African-Americans is humbling."

The 23-year Air Force veteran and Cambridge, Mass., native led the congregation in prayer at both the 8 and 11 a.m. services, which were broadcast on radio and television in the greater Atlanta metropolitan area. His prayer covered a multitude of issues including the church, its members, the country's leadership, and men and women of the U.S. military



Photo by Lt. Col. Brett Ashworth

Chaplain (Col.) Keith Darlington, Senior Staff Chaplain at the Air Force Academy, leads the Ebenezer Baptist Church congregation in prayer Sunday at the historic church in Atlanta. Ebenezer was the church of Dr. Martin Luther King Jr., where he delivered his ministry of nonviolence. Chaplain Darlington was part of services in recognition of Black History Month.

and their families.

"I really wanted Ebenezer Baptist Church to hear about the sacrifices our servicemen and women, as well as their families, make on a daily basis," the chaplain said. "And, based on the response of parishioners during the service and my conversations with them following, I think

it really hit home. I talked with many people who were very appreciative of those who serve."

Following each service, Chaplain Darlington had the opportunity to meet the congregation of Ebenezer.

"That was truly one of the highlights of the day," he said. "As a chaplain, it always

makes you feel good to hear people who are strong in their faith, and also thankful for our Soldiers, Sailors, Airmen and Marines who help provide that right for people to worship when and how they choose."

Chaplain Darlington also had the opportunity to meet privately with Ebenezer's pastor, Rev. Raphael Warnock, and was impressed with his vision for the church and support for its members.

"We talked about the history of the church and Reverend Warnock's plans for the future," he said. "It is amazing to see the legacy of the church and how Reverend Warnock plans to continue to not only serve the members of his church, but also expand and continue the fight for social justice. I also think it was helpful to provide someone such as the Reverend Warnock the opportunity to meet with someone in uniform because most people in Atlanta aren't exposed to the military very often."

"I've been to amazing places and served with incredible people during my career, and this is definitely a once in a lifetime experience," Chaplain Darlington said in summing up the experience. "I'm honored to represent the Air Force and the Air Force Academy at such a prestigious event and be a part of Black History Month."

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Cadet pair represents Academy Feb. 28

By Capt. Peter Reiley
Instructor, Department of Behavioral Sciences and Leadership



Cadets 2nd Class Alicia Bouges, left, and Danielle Snider

Two cadets will represent the Academy at the 2009 Student Leadership Conference hosted by the Center for Ethical Leadership at the University of Texas at Austin.

Cadets 2nd Class Alicia Bouges and Danielle Snider will participate in the international conference with more than 180 undergraduate students invited from colleges and universities around the United States and Mexico Feb. 28.

"The conference will be a fast-paced, intense experience featuring a blend of great speakers, small-group workshops and opportunities for informal discussions with peers about leadership and other important issues," said Dr. Howard

Prince, director of the Center for Ethical Leadership. "Students will share their knowledge and experience while taking part in leadership enrichment challenges and skill development activities; we are pleased to have Air Force Academy cadets at our conference."

The conference will also be highlighted by several distinguished speakers

including: Gene Kranz, flight director for several Apollo missions, including the Apollo 11 lunar landing and the successful return of the Apollo 13 crew; Ms. Priya Haji, CEO and co-founder of World of Good and recognized by the DoSomething Foundation and *Mademoiselle* Magazine as one of America's 10 Most Outstanding Young Leaders; Col. Donna Brazil, associate professor and director of the psychology program at the U.S. Military Academy's Department of Behavioral Sciences and Leadership; and, Dr. Barry Posner, dean of the Leavey School of Business and professor of leadership at Santa Clara University, located in the heart of Silicon Valley.

The goals of the 2009 Student Leadership Conference are to inspire young men and women to seek or accept

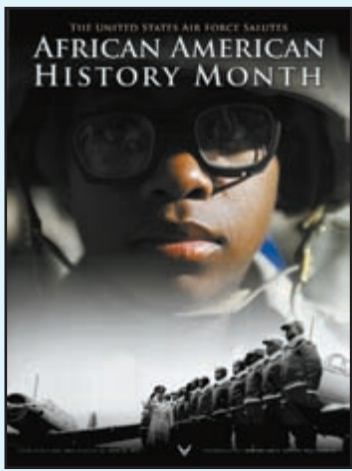
leadership responsibilities as part of their contribution to their society, increase awareness of current and emerging leadership challenges in a variety of settings, and develop a network of students to support future collaboration among these emerging leaders.

For the cadets, the conference not only prepares them for future leadership positions in the cadet wing but also provides exposure to leadership outside of the military culture.

"I think that this conference will be a great opportunity that will allow me to gain great insight and fresh perspectives on how other students and civilian professionals around the country view leadership," said Cadet Snider. "I can expand my toolbox of leadership skills and ideas to better prepare me for my future as an officer."

USAFA 2009

African-American/Black History Month Events

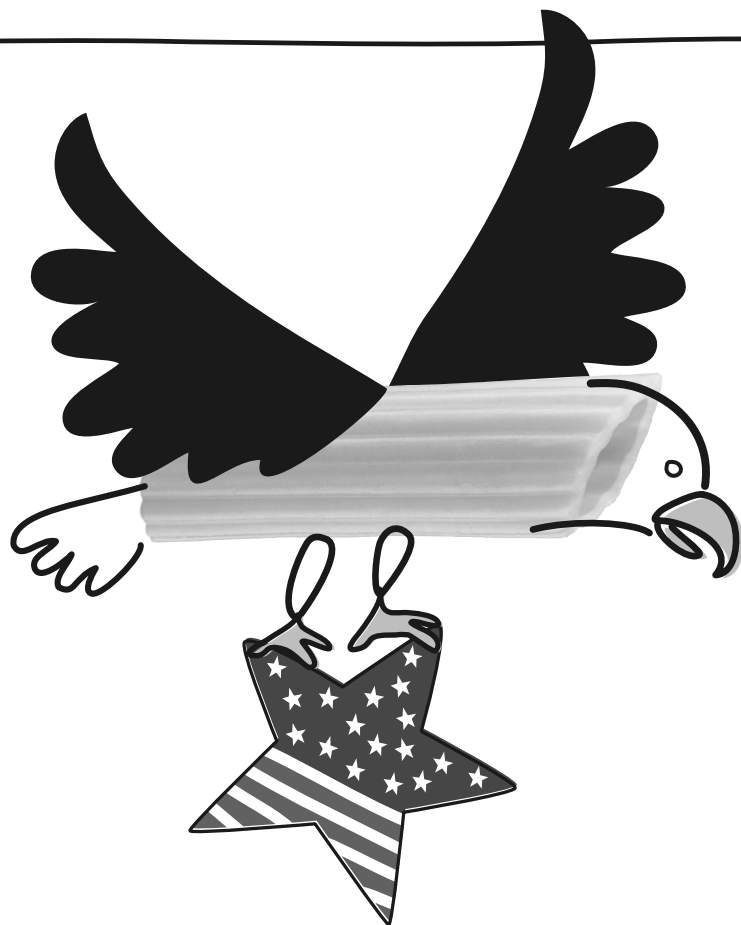


2 to 3:30 p.m. Wednesday
10th Medical Group Dining Hall

Healthcare Lecture Series Part 2: "Workforce Diversity/Cultural Competence: One of Colorado's Goals for Addressing Health Disparities"

6:30 p.m. Thursday
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Dental health begins in cradle

By Capt. Casey Campbell
 Chief of Periodontics

While most dental health prevention programs are aimed at the elementary and adolescent population, prevention should begin before a baby gets his or her first tooth.

Baby bottle tooth decay or "nursing caries" is a common problem seen by dentists treating children. A thorough understanding of the tooth decay process can easily prevent cavities. Most cavities are preventable through fluoride supplements and good oral hygiene.

Baby bottle tooth decay is preventable by educating caregivers. It occurs when sugary liquids are given to a baby in a bottle for a prolonged period, such as at nap time, or when given as a pacifier to soothe a fussy baby. Many sweetened liquids cause problems, including breastmilk, formula and fruit juice. Bacteria normally present in the mouth use these sugars to produce acids that attack the teeth. Each time your child drinks these liquids, these acids attack. After many attacks, teeth will decay.

It's not just the choice of drink in the child's bottle that causes decay, but the timing and duration of the feeding as well. Giving a child a bottle of a sugary drink many times a day or for long periods of time is especially harmful. Allowing a child to fall asleep with a bottle during naps or at night will predictably cause tooth decay.

A child's baby teeth are important. Children need



CHILDREN'S DENTAL HEALTH MONTH

strong, healthy teeth to chew their food, speak, and maintain a good-looking smile. Baby teeth also keep a space in the jaw to allow for proper spacing of the adult teeth. If a baby tooth is lost too early, the teeth beside it may drift into the empty space. Then when it's time for the permanent tooth to erupt, there may not be enough room. This can make the teeth appear crooked or crowded. Additionally, if a baby tooth gets significantly decayed, the bacteria can travel through the tooth and cause decay in the developing

permanent tooth.

Often, parents do not realize that a baby's teeth can decay soon after they appear in the mouth. By the time decay is noticed, it may be too late to save the teeth. You can help prevent this by following the tips below:

After each feeding, wipe the baby's gums with a clean, damp washcloth or gauze pad. Begin brushing your child's teeth when the first tooth erupts, using a pea-sized amount of fluoride toothpaste. Clean and massage gums in areas that remain toothless, and begin flossing when all the baby teeth have erupted, usually by age 2 or 2 ½.

Never allow a child to fall asleep with a bottle containing milk, formula, fruit juice, or other sweetened liquids.

If a child needs a comforter between regular feedings, at night, or during naps, fill a bottle with cool water or give the child a clean pacifier recommended by a dentist or physician. Never give the child a pacifier dipped in any sweet liquid.

Avoid filling the child's bottle with liquids such as sugar water, soft drinks, or sport drinks.

If the local water supply does not contain the recommended fluoride levels, ask a dentist or pediatrician how the child should get it. Most areas of Colorado Springs and the Academy lack adequate fluoride.

Start dental visits by the child's first birthday. Make visits regularly. If you think your child has dental problems, make an appointment with the dentist as soon as possible.

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Courage — A Skills Outcome

By Lt. Col. Bonnie Burckel
Courage Outcome Team Lead

“Ready ... Fight!!!”

This is the signal to begin hand-to-hand fighting during the Athletic Department's Unarmed Combat II (UC2) course. The course, taken by all second-class cadets, includes “live contact combative grappling designed to instill confidence, the ability to think and react quickly under pressure, and the ability to defend oneself in a hand-to-hand combat situation,” as stated in the curriculum handbook.

But it can be defined simply in one word: courage!

Courage is essential to the profession of arms. As Winston Churchill said, “[Courage is] the quality which guarantees all others.” When life and limb are on the line it takes physical, mental and moral courage to win the day.

The Air Force Academy welcomes this challenge.

The Academy has a variety of experiences for cadets to meet that challenge. From their first day here, they are intentionally immersed in experiences to develop this outcome. Getting on the bus on In-processing Day is the very first step towards that end. Courage is shown by the grit to get through Basic Cadet Training. It is shown by the mental toughness to concentrate on tasks associated with a full course load while maintaining high military standards.

It is confirmed when cadets jump out of an airplane or jump off the 10-meter platform during water survival training. Courage is alive when cadets do not tolerate lapses in integrity or performance by others. It is seen while participating fully in Recognition, Commandant's Challenge, Global Engagement, Combat Survival Training, and water survival. It is seen simply by living under the Honor Code and taking the Honor Oath. Even the hectic, everyday Academy life can require courage to carry on.

The Courage Outcome Team focuses on three aspects of courage: moral courage, physical courage, and mental courage.

Moral courage is acting with integrity when confronted with adverse or adversarial situations. The Academy defines character as: one's moral compass – the sum of those qualities of moral excellence, which moves a person to do the right thing despite pressures to the contrary. In this sense, the compass guides cadets to what is right and moral courage enables them to act on that guidance.

Physical courage is overcoming physical obstacles or adversity, especially when threatened and vulnerable. When outside their comfort zones, we teach cadets to use judgment to accept a degree of risk and to use physical courage to act.

Mental courage is maintaining composure and the ability to concentrate in stressful environments. It's developing the skills of critical thinking and decision making to such a high degree that when presented with problems that require cadets to commit themselves and others to assume risks, cadets commit, take action, and learn to succeed.

Unarmed combat is a perfect example of how courage is developed in cadets.

“It really does build your courage and your confidence,” said Cadet 2nd Class Scott Levin, Cadet Squadron-8. “Most people have never been in a fight or any kind of physical confrontation in their lives. UC2 provides an opportunity for those to test their courage and confidence. Although it is not a life or death situation, you're still about to go head-to-head with someone in an aggressive fight. That alone can raise someone's confidence. I got butterflies and nerves going into my first fight because I was curious how I would handle it, or if I could. It turns out I'm not such a terrible



fighter and I can hold my own if the situation presents itself. Taking that confidence away from this class is a huge benefit.”

Experiences like UC2 help make the Academy unique when compared to civilian universities.

“UC is an opportunity that most other colleges do not require or even offer,” said Cadet 1st Class Christopher Engleken, CS-36. “Typically, if you want to get tougher in college, you have to take martial arts on your own accord, which most people do not bother to do. Although I admit UC is not the most enjoyable thing I have ever done, I am convinced it toughens up cadets and gives them the skills and confidence needed to survive a bad situation.”

The Courage Outcome Team collected data over the last year on a variety of Academy programs. Their conclusion is that the Academy, without a doubt, is developing all three aspects of courage in the cadets.

“The Academy stands out from civilian universities by maintaining high standards in all areas including Honor,” reflected Cadet 3rd Class Matthew Watson, CS-20. “By maintaining these standards, it influences cadets to do things they might not normally do, like jump from the 10-meter platform, jump from an airplane or turn someone in for cheating on a test.”

Developing courage requires exposure to many different experiences in which cadets must decide and act. The Outcome Team will continue to strive to make every cadet unshakable leaders whom others look to when the situation requires courage to succeed.



Photo by Mike Kaplan

Many experiences throughout a cadet's Academy tenure such as Unarmed Combat II require demonstrations of courage.



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Dealing with post-combat issues

Mental health resources for service members, families

By Shari Lopatin
TriWest Healthcare Alliance

Whether gone for two months or two years, returning from combat is grueling.

Service members readjusting back into society need time to recover from the stress of a highly charged war zone. Most adapt well after some time; however, if problems continue and interfere with daily activities, it's time to seek help from a healthcare professional.

If these individuals don't find help when they or a family member suspects a problem, their symptoms may worsen, causing a spiral of reckless or self-destructive behavior, domestic problems, career challenges and even death.

TRICARE offers behavioral health benefits for eligible beneficiaries who need it. Beneficiaries enrolled in TRICARE Prime may receive the first eight behavioral healthcare outpatient visits per fiscal year (Oct. 1 - Sept. 30) from a TRICARE network provider without prior authorization from their regional contractor.

Active duty service members should always seek care first at a military treatment facility when available. ADSMs must have a referral from their primary care manager and have prior authorization from their regional contractor before seeking behavioral healthcare services outside the MTF. ADSMs enrolled in TRICARE Prime Remote may call TriWest to help



obtain authorization for civilian behavioral health care.

TriWest Healthcare Alliance offers a number of additional resources for service members and families throughout the west region who are coping with depression, PTSD or other post-combat struggles:

"Help From Home" Video Series: Available at no cost via streaming video or as a two-DVD set on www.triwest.com, this series offers advice from behavioral health experts who are also combat veterans and military families that have coped with effects of PTSD. Find it at: www.triwest.com>beneficiary>services>behavioral health>Help From Home.

Behavioral Health Portal at www.triwest.com: Find articles and links to additional resources on a variety of topics spanning from children's behavioral issues to dealing with depression or suicide. Find it at: www.triwest.com>beneficiary>behavioral health

TriWest Crisis Line (1(888)284-3743): Accredited by the American Association of Suicidology and staffed with specially trained clinicians, this support line is available 24 hours a day, seven days a week for anyone struggling with depression, PTSD or thoughts of suicide, including family members concerned about these signs in a loved one.

Suicide Prevention Action Network USA Brochure: What You Need to Know about Warning Signs and Getting Help: Information about the signs of depression or other concerns that may lead to suicide. Find it at: www.triwest.com>beneficiary>handbooks and brochures/

Here are a few additional places to find help, separate from TriWest:

The National Resource Directory: Links to resources for recovering service members, veterans, their families and caregivers at www.nationalresourcedirectory.org.

National Suicide Prevention Lifeline: 1(800)273-TALK (273-8255).

*This is not an all-inclusive list of benefits. For more comprehensive information about behavioral health support or benefits, visit www.triwest.com or call 1(888)TRIWEST (874-9378).

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NCO trailblazing for enlisted in classroom

By Ann Patton
Academy Spirit staff

Sixteen years of hard work have paid off for Senior Master Sgt. Mark Barner.

Course-by-course, he earned a Bachelor of Science degree in management studies from the University of Maryland University College.

He was also chosen to attend the Air Force Institute of Technology where he earned a Master of Science in information resource management. He was one of the first NCOs to receive a degree from AFIT.

Sergeant Barner began teaching at the Academy for the spring semester last year and is one of two NCOs teaching credited courses to cadets. He is the only NCO teaching two courses, including serving as course director for one.

"There is no age to stop learning," he said, and added, "teaching cadets is fun."

"It's great to get that kind of interaction with them. I feel fortunate to be part of their education."

Sergeant Barner splits his responsibilities between the classroom and the Geospatial Technology Center.

In the classroom, he teaches Management 391 with emphasis on information technology for organizations, and directs, and Management 392 focusing on organizational networks in cyberspace.

In the GTC, a part of the Academy's

Institute for Information Technology Applications, Sergeant Barner leads and is involved with a Joint Installation Picture for Command and Control project to prototype software applications for communications and control at the unit level, an information sharing tool to create a more collaborative environment.

He will retire from the Air Force in October. At the beginning of his career, at Mountain Home Air Force Base, Idaho, he served as a generator mechanic. A self-described "civil engineer guy," Sergeant Barner eventually moved into CE operations management.

He is now breaking ground by enriching the enlisted heritage for NCOs as Academy faculty.

"Sergeant Barner represents to cadets the highly professional and educated enlisted force that we are fortunate to have in today's Air Force," said Lt. Col. Kenneth Knapp, associate professor in management. "He has the same qualifications we look for in our civilian and military instructors, including the appropriate master's degree, content expertise, professionalism and classroom skills."

Colonel Knapp stressed having qualified NCOs in the classroom alerts cadets to the reality that the Air Force has a highly educated enlisted force, many with advanced degrees in relevant fields from quality institutions.

"We bring a lot to the teaching envi-



Photo by Dave Ahlschwede

Senior Master Sgt. Mark Barner teaches cadets the ins and outs of Information Technology for business managers. He is the first NCO to teach two credited courses in one semester.

ronment," said Senior Master Sgt. Ricardo Melendez, who holds a Master of Science in computer science and teaches Spanish to cadets. "There is a lot we can give back to the cadets."


Both he and Sergeant Barner each have more than 20 years' Air Force service, with duties in multiple assignments and shops during their careers. That, coupled with their educations, makes them ideal for sharing their mentorship and experience with cadets.

Sergeant Barner grew up in Tennessee and goes hunting once or twice a year, but

his main interest outside the classroom and lab is time with his family — wife, Rebecca, whom he met while on duty at Mountain Home AFB, and his daughter, McKenna, 3.

Although he regrets there is no Ph.D. track for Air Force enlisted, he would like to see more NCOs teaching at the Academy.

"I hope it will open up discussion for having more enlisted instructors here," he said. "There are lots of educated enlisted who could be here teaching," he said.




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Cadet 1st Class Sean Malanowski didn't win the lotto. He did, however, offer a lot of enthusiasm about his assignment. Photo by Mike Kaplan

100th Night tradition breeds excitement, fun for freshmen, seniors

By Cadet 1st Class Leif Hillshafer
Cadet Squadron 10

Cadet 1st Class Joshua Ramirez stands outside his dorm room, reaches for the door handle but pauses, uncertain he is ready for what awaits him on the other side. He opens the door and finds ... a Mexican cabana.

Straight ahead, a cut out Hawaiian hula-dancer can be seen with the words "¡Bienvenidos!" above her. A boom box to the right blares Mariachi music and sand covers the floor. To the left, a palm tree made with construction paper and balloons looms. Crates line the walls, and Mexican paraphernalia can be seen all over the room.

Four years ago, as a fourth class cadet, I helped decorate this room for the special event known as "100th Night." Now it's my turn to face the music "and the mess"

Cadets celebrate this long-standing tradition 100 days before becoming second lieutenants, or in some seniors' minds, just finishing the Academy. The Class of 2009 celebrated its "100th Night" Feb. 13.

The evening typically begins with a "combat dining in" where first-class cadets enjoy a formal dinner in Mitchell Hall. Cadets on track to become pilots wear flight suits, while all others wear Airmen Battle Uniforms to the meal.

The soon-to-be graduates are free to leave after dinner and many celebrate the three-day weekend with their buddies. Typically, the "firsties"

rent a condo somewhere to party. However, when they return, most find their rooms in a different theme.

Some may not find their rooms at all—thanks to impromptu drywall work. Past themes include filling a room with chairs, with plastic cups of water, coating everything with aluminum foil, hundreds of balloons containing shaving cream, or even using a fire-hydrant to spray down the whole room.

Usually the returning senior (and sometimes the freshmen) is left with a fun mess to clean up. On the other hand, if the freshmen really dislike a squadron upperclassman, they serve notice by putting his or her room in Saturday Morning Inspection order.

With the newly-decorated room, first-class cadets also receive the long-awaited news of their first assignment location. Will it be paradise in Florida or Hawaii? Beer and brats in Germany? Or maybe finding out "Why not Minot?" (Freezin's the reason!) All this combines to make 100th Night an important, exciting and funny event for each first-class cadet.

So I find myself pausing outside my door Monday, three days in the mountains with my best friends temporarily pushed to the back of my mind as I wonder/dread what waits on the other side.

I open the door and the room ... is ... a ... mess. Caution tape wraps around the chairs and

desks. Feathers and beads are everywhere. And the funniest part, my roommate's movies and games – around 200 of them – are hidden all around the room. To make matters worse, the DVDs did not match their cases.

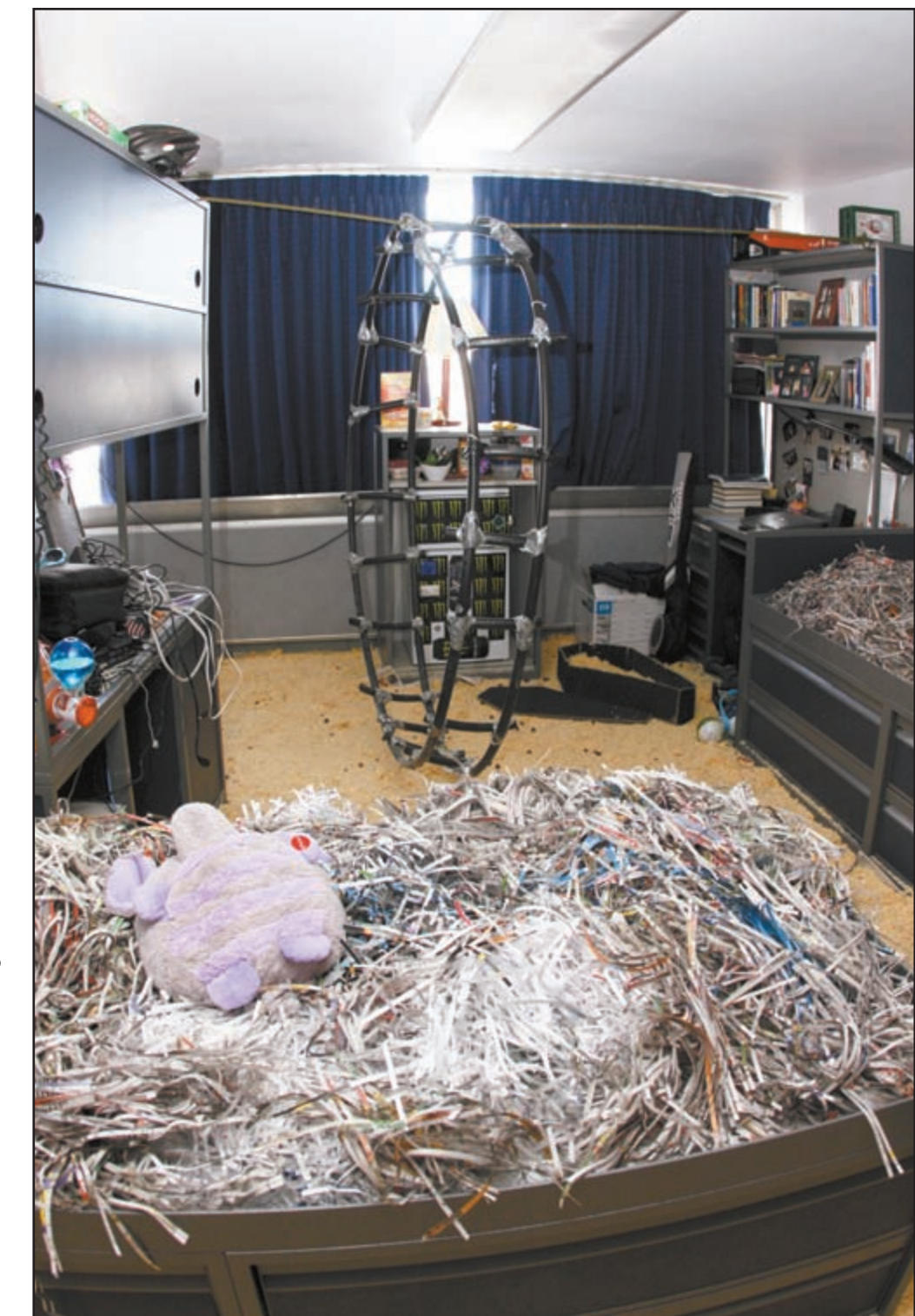
Cleanup took hours, and I keep finding beads, feathers, and movies in the most random of places. Yes, memories of my 100th Night will last forever.



Photos by Arnie Spencer



When firsties returned to their rooms following 100th Night activities there was no telling what they might find in the way of Academy tradition.



Air Force fencers shine at Junior Olympics



Left, Daniel Trapani, took fifth place among 203 men's epee competitors at the 2009 Junior Olympics in Albuquerque, N.M., last weekend.

By Madeline McGuire
Athletic Communications

The Academy sent four fencers to compete in the Junior Olympics Championships in Albuquerque, N.M., last weekend. Daniel Trapani, Nick Stockdale, Simone Barrette and Phil Choy all finished in the top half of their events.

Trapani, was the Falcons' top finisher with a fifth-place finish among 203 competitors in men's epee. Stockdale competed in men's foil and finished 17th among 201 competitors. Barrette took 43rd in the field of 137 women's epee

competitors. Choy competed in men's foil and finished 66th in the field of 201.

"This was good results for these four fencers," said head coach Abdel Salem. "Trapani did very well in this event, especially since this is his last year for competing in the junior ranks. Stockdale also had good results."

The fencing team heads to Atlanta, Ga., for the North American Cups Division II/III competition, Feb. 27-March 2. Following the NACs, the team will compete in the West Regional Championships in California, March 7-8.



Photo by Mike Kaplan

Aiming high

Nick Frawley won the pole vault at Saturday's Air Force Invitational with an Air Force Academy record clearance of 18'1". The mark is first in the conference and third in the nation this year, and automatically qualifies him for the NCAA Indoor Track and Field Championships March 13-14. He was also named Mountain West Conference Co-Male Athlete of the Week.

Falcons soar over lacrosse competition

By Melissa McKeown
Athletic Communications

PONTE VEDRA, Fla. - Led by a career-high five goals from Vinny Sandtorv the Air Force lacrosse team posted a 12-8 victory over Presbyterian Sunday at Ponte Vedra High School. The game was part of the "Face Off for a Cause" tournament, with proceeds going to benefit the Wounded Warrior Project. With the win, the Falcons move to 1-1 on the season, while the Blue Hose fall to 0-2.

It took less than a minute for Air Force to get on the board, as Ridge Flick found the back of the net with an assist from Brian Massa. However, the next goal did not come quickly, as more than 12 minutes went by before Adam Paranka tallied his first career goal, assisted by long-stick midfielder Dan Gnazzo. Presbyterian notched its first score of the contest with just 50 seconds remaining in the period, on a man-up goal from Drake Peterson.

The Falcons opened the second period with another quick goal from Flick, but the two teams traded scores over the next several minutes. During that stretch, Sandtorv notched a pair of scores, including a man-up goal, while defender Bryan Gilbreath scored his first

goal of the season with the first career assist from long-stick midfielder Jeff Pecora. Air Force went on to tally the final goal of the half, as Paranka scored off a feed from captain Griffin Nevitt with just 18 seconds left on the clock to give the Falcons a 7-4 advantage.

Air Force was also first to score in the third period to take a four-goal lead, but Presbyterian began to make a run, scoring four unanswered goals to tie the game at 8-8 with just over three minutes remaining in the quarter. However, the run came to a halt, as the Falcons held the Blue Hose scoreless for the remainder of the contest. Meanwhile, Air Force tallied four goals in the final period, including a pair from Sandtorv and the first score of the season for Nevitt.

In addition to Sandtorv's five goals, Flick added a career-best three scores to lead the Air Force offense, while Nevitt recorded a career-high tying three assists. For Presbyterian, Clay Patchen scored a team-high three goals, while Jon Athens had a solid performance in goal, tallying 14 saves.

While Air Force took seven penalties in the game, the team was strong on the penalty kill, allowing just two man-up goals by the Blue Hose. Meanwhile, the Falcons



Courtesy Photo

Griffin Nevitt had a career-high tying three assists in action against Presbyterian Sunday.

were 2-for-3 on the EMO. Air Force also won 15-of-23 face-offs in the contest, led by Zack Carroll who controlled 13 face-offs.

The Falcons return to action Feb. 28-March 1 at the Pioneer Face-off Classic, hosted by Denver. Air Force faces Towson Feb. 28, while taking on Sacred Heart on March 1.

Basketball updates

The Air Force men's basketball game against Colorado State at Clune Arena Saturday will begin at 4 p.m. The game was originally scheduled for 7 p.m., but was moved so it does not conflict with the Air Force hockey game that begins at 7 p.m. In addition, Saturday's women's basketball game bet-

ween Air Force and Colorado State in Fort Collins will begin at 7 p.m. Both games will be televised nationally on The Mtn. Please check www.goairforcefalcons.com for any further updates.

Golf action

SAN ANTONIO, Texas - Completing its first tournament of the spring season Tuesday,

the Air Force golf team finished 14th at the UTSA Oak Hills Invitational being held at the par-72, 6,691-yard Oak Hills Country Club. The Falcons recorded a combined score of 929 for the tournament. Once again, Tom Whitney was the top performer for the Falcons, finishing tied for 38th place at 223 (+7). Kyle Bailey was next

in the individual standings for the Falcons, placing 68th overall with a score of 234, while Shaun O'Bryant turned in Air Force's best individual round Tuesday before finishing tied for 70th at 236. Andrew Gibson followed two strokes behind in a tie for 72nd place, while Robert Belz rounded out the group of Falcons, placing 74th.

Women's gymnastics

Gymnast Brittany Dutton was named the Mountain Pacific Sports Federation Gymnast of the Week, the league office announced Tuesday. It is the first career award for Dutton and the third of the season for the Air Force women's gymnastics team. Dutton collected three top-10 finishes at the Fox Run



Photo by Dave Ahlschwede

Determined to win

Chris Thomas, wrestling at 197 pounds, slams Eric Brennan to the mat for a takedown in the Falcons' match against the Northern Colorado Bears on Feb. 12. Air Force was defeated by its Western Wrestling Conference rival, 29-12, in the final home match of the season. The Falcons will wrap up the season on March 7 at the 2009 NCAA West Regional, hosted by Northern Colorado.

Ladies' tennis team wins three straight

By Jerry Cross
Athletic Communications

The Air Force women's tennis team won its third consecutive match Sunday, defeating Idaho State, 7-0, after the match was postponed from Saturday due to power outages at the Academy.

With the victory, Air Force improved to 6-5 this season, matching the number of wins the Falcons

had all of last season.

The Falcons won the doubles point for the fifth consecutive match, and the Falcons' No. 2 team of Christen Monreal and Allie Chermel won for the sixth straight time, defeating Lisel Lewis and Risa Fujiwara, 8-3. Erlyn Rudico and Katrina Eromin won at the top spot, 8-2, over Sophie Dang and Stephanie Roldan.

Idaho State only had five players available for the

match, so the Bengals had to forfeit the No. 3 doubles match, as well as the No. 6 singles match.

Air Force cruised through the five singles matches, winning all in straight sets. Monreal won at the No. 1 position, 6-0, 6-2, over Lewis, while Shannon Young took the No. 4 match, 6-1, 6-1, over Fujiwara.

Air Force returns to action hosting Akron at 8:30 a.m., and Weber State at 2 p.m. today.

Bentley beats No. 20 Air Force, 4-1

By Kyle Mack
Assistant Sports Information Director,
Bentley University

WATERTOWN, Mass. – Dustin Cloutier scored two power-play goals to lead Bentley to a 4-1 win over No. 20 Air Force in an Atlantic Hockey Association game Saturday at the John A. Ryan Arena in Watertown, Mass.

With the series split, Air Force fell to 20-8-2 overall and 17-5-2 in the league. Bentley improved to 16-13-1 overall and 14-9-1 in the league. Air Force fell to second place in the AHA, one point behind RIT. Bentley is tied for third in the AHA.

Jacques Lamoureux's second score of the series and 25th of the season came just 13 seconds into the first period and gave the Falcons a quick lead. Brent Olson

and Greg Flynn assisted on the play. Air Force controlled the play for the next few minutes, however, Bentley took the momentum back. Bobby Preece scored at 7:28 from Jeff Gumaer and Anthony Canzoneri. Then, 37 seconds later, Bentley was on a 4-on-3 power play and Dustin Cloutier scored his 13th of the season from Gumaer and Casey Russell. AFA outshot Bentley, 7-6, in the opening period, but it was the home team that controlled play in the latter half of the first period.

Another power play goal midway through the second period gave Bentley a 3-1 lead. Just eight seconds after a tripping penalty on Michael Mayra, Bentley capitalized and took a 3-1 lead. Cloutier scored his second of the game when a centering pass went across the top of the crease and the team's leading goal scorer

found the back of the net from the weak-side.

Late in the third period, a five-minute major for slashing was called on Bentley's Mike Switzer. The penalty carried over into the third period but the Falcons were unable to convert. Bentley goalie Kyle Rank made three saves early in the third period to maintain the two-goal lead. Air Force pulled goaltender Andrew Volkening in the final three minutes, but it was Bentley that iced the game with an empty-net goal by Dain Prewitt.

"Bentley is a legit top four team in our league," head coach Frank Serratore. "They competed so dang hard tonight. In some ways we were better tonight. But they converted two power-play goals and we didn't get anything on the power play. They will be a tough out in the playoffs. I thought we were soft in the first period

and they dictated the style of play. I challenged our guys between periods and I thought we competed very well in the second period. However, we got destroyed on face-offs in the whole series. On both of their power-play goals, they won face-offs in our defensive zone and that led to goals. They are a very good hockey team, but we have to get these points on the road. We are in contention for a regular season title and by not getting these points, we fell a point behind RIT. I love the way they play and compete, but we didn't get it done. Their specials teams were better than ours and that was the difference."

Air Force returns home for the final regular-season series of the season, today and Saturday against Holy Cross. The puck drops at 7:05 p.m. each night at the Cadet Ice Arena.

Invitational Saturday. Contributing to a third-place finish in the all-around (37.850), Dutton matched her career-best score on the floor exercise to finish fifth with a score of 9.775. She also paced the Falcons on the balance beam, tallying a season-high score of 9.525 to place ninth. This marks the third time in six weeks that an Air Force

gymnast has earned the conference's weekly honor. Dutton joins senior Abbey Rogers (Jan. 13, Feb. 3) as the Falcons' award winners.

Telling tactics Starting Lineup Shakeup

Air Force men's basketball head coach Jeff Reynolds changed his starting lineup for the BYU game on Feb. 3. Three

freshmen, Brandon Provost, Taylor Stewart and Sammy Schafer, each started the first game of his career against the Cougars. Reynolds changed the lineup again against Utah, starting freshman Shawn Hempsey in place of Provost.

More Than Two Starting Lineups Very Rare

The new starting lineup

against BYU was the third different starting lineup for the Falcons this season. This marks the first time since the 2001-2002 campaign that Air Force has had more than two different starting lineups in a single season.

Struggling at Clune

Air Force has lost seven consecutive home games, some-

thing that has not happened since the 1993-1994 campaign. In fact, the Falcons have lost more games at Clune Arena this season (8) than the previous five seasons combined (6). Still, since the beginning of the 2003-2004 season, Air Force has won 75 of its 89 home games, including 35 of its 46 Mountain West Conference games.



Academy upgrades

Construction near the Academy's South Gate continues. Base utilities, with many systems more than 50 years old, are being upgraded to improve service and reliability. Water lines are being replaced from South Gate to Tri-Intersection Bridge while Colorado Springs Utilities is replacing the natural gas lines along South Gate Blvd. These upgrades will periodically cause traffic disruptions along South Gate Blvd. Most disruptions, however, will be limited to a lane or shoulder closure. All are encouraged to allow for a little more driving time around the Academy until project completion May 25.

History month

February is African American/Black History Month. The Academy Equal Opportunity office is looking for enthusiastic volunteers to plan events and make

this year's celebration a success and there's still time to help. The committee is open to everyone. Call Gina Moore at 333-4258 for more information. The theme for 2009 is The Quest for Black Citizenship in the Americas.

National prayer luncheon

The 10th Air Base Wing National Prayer Luncheon is set for 11:30 a.m. Monday in the Milazzo Center. The featured speaker will be Chaplain, (Maj. Gen.) Cecil Richardson, chief of Air Force chaplains. Lunch will be catered by Red, Hot and Blue Barbeque and tickets are \$5 per person. Contact the Community Center Chapel staff at 333-3300 for information or tickets.

Teachers sought

Leisure time instructors in all levels of piano and Mexican cooking (Tamale, Salsa and Tortilla making) are being sought for Academy programs. Contact Linda Crom, 333-2928 for details.

Horse cents

The Academy Equestrian Center is offering a winter deal for serious riders. The basic cost is \$150 for the first horse and \$100 for each additional horse per month, per family. Arrangements for the Winter Lease Program are by appointment only with Jeanne Springer at 472-8639 or e-mail jeanne.springer@usafa.af.mil.

A&FRC offerings

The Airman and Family Readiness Center hosts the following classes. Contact the A&FRC at 333-3444 for any questions and/or registration.

Group pre-separation counseling
Held every Monday (except during TAP week); 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less?

This mandatory briefing assists you in identifying benefits and services associated with your transition and beyond.

Medical records review
Monday; 7:30 a.m. to 4:30 p.m.

Individuals within 180 days of retirement or separation can have representatives from the Disabled American Veterans review medical records.

TAP seminar
Tuesday and Feb. 27; 7:30 a.m. to 4:30 p.m.

Separating in a year or retiring in two years or less? Call now to reserve your spot in the next available TAP class.

Newcomer's red-carpet tour
Feb. 27; 8:45 a.m. to 2:30 p.m.

An informative base tour gives insight into the Academy mission and reveals many things to see and do here.

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

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



Father Daughter Dance

Fathers can enjoy a special date with their daughters at the Father Daughter Dance from 7 to 10 p.m., April 3, at the Crowne Plaza Hotel. Tickets must be purchased by March 30. Admission includes a light dinner, dance and a memory DVD. Photographs will be taken the night of the event. Dress: Mess Dress or Class A for military; business attire

for retirees and civilians; party dresses for daughters. Cost is \$25 for technical sergeants and below; \$35 for master sergeants and above and retirees. There will be a \$10 fee for each additional daughter. Tickets can be purchased at the Southeast YMCA, Briargate YMCA or the ITR at Outdoor Recreation, Fort Carson. For more information, call 622-9622.

The mother and son event is set for Sept. 10. Doors open at 6 p.m. for photos. Both events are presented in partnership by Fort Carson Army Community Service, Peterson Air Force Base, U.S. Air Force Academy & Schriever AFB Airman & Family Readiness Centers and Armed Services YMCA.



Photo by Dave Ahlschwede

Reflecting

African-American History Month events kicked off in the 10th Medical Group foyer with displays, exhibits and a tribute to Buffalo Soldiers and Tuskegee Airmen Feb. 13.



CADET CHAPEL

Catholic Masses:

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

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

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

Protestant Services:

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

Jewish Services

Friday
Sabbath Service - 7 p.m.

Buddhist Worship

Wednesday
Traditional Mahyana Service -6:30 p.m.

Muslim Prayer

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

All Other Faiths
Call 333-2636 for more information

COMMUNITY CENTER CHAPEL

Catholic Masses:

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

Sunday
Mass - 9 a.m.
Religious Formation - 10:15 a.m.
(September - May)

Tuesday-Friday
Mass - 11:30 a.m.

Protestant Services:

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

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

Paganism/Earth-centered Spirituality:
Contact Tech. Sgt. Longcrier at 333-6178
Robert.Longcrier@usafa.edu

Live! February 27th, 6 p.m.
Location: Falcon Club
Cost: \$30.00 (\$28.00 for club members)
See your 1st Sergeant for Tickets

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