

EXHIBIT A

McDermott Library hosts African-American History Month exhibit. **Page 3**

CONGRATS

Academy officers selected for promotion to major, colonel. **Page 5**

CLOSE CALL

Falcon men's basketball team loses nail-biter to UNLV. **Page 8**

ACADEMY SPIRIT



Academy reflects on resiliency

By Don Branum

Academy Spirit staff writer

Most Airmen and cadets here stood down Jan. 26, closing offices and classrooms to hold a resiliency day at the direction of the chief of staff.

During a morning presentation in the Arnold Hall Theater featuring music by the Air Force Academy Band, Academy Superintendent Lt. Gen. Mike Gould stressed the importance of helping one another and seeking help during tough times.



"Seeking help is a strength, not a weakness."

- Lt. Gen. Mike Gould

another and seeking help during tough times.

"What resiliency really means is helping one another," Gould said. "Seeking help is a strength, not a weakness."

Twelve active-duty Airmen took their lives between Jan. 1 and Jan. 23. Chief Master Sgt. Todd Salzman, the Academy's command chief, told Airmen no one of any rank was immune to life's pressures and that he had sought help from mental health officials in the past to help manage his stress. It was difficult for him, he said, because he held a belief that "command chiefs don't need help."

"I sat in my car ... I went to the front door of Mental Health two or three times, then back to my car, before I finally opened that door and went in," Salzman said.

Salzman talked about four pillars of well-being: physical, social, mental and spiritual. He described spiritual fitness as knowing oneself. Physical fitness, he said, includes not only playing and working out but also sleep hygiene.

"Too many people think that not getting enough sleep is a badge of honor," the chief said. "Sleep hygiene is one of the biggest things hurting people right now."

Social fitness, particularly family, is huge, Salzman said.

"The most important thing to me is my family. The balance is so important because when your career is over, your family's still going to be there. They're your rock, your foundation."

Gould concluded by asking the audience to make a difference for one another, both that day and for the rest of the year.



Senior Airman Colin Trusedell plays bass during an Air Force Academy Band performance in the Arnold Hall Theater Jan. 26. The performance was part of a 45-minute resiliency day presentation at the Academy. Trusedell plays in the Academy Band's Blue Steel ensemble.

DON BRANUM

Smaller AF will still be effective

By Jim Garamone

American Forces Press Service

WASHINGTON (AFPS) — The Air Force will get smaller, but will retain the capabilities needed to support the joint force, Chief of Staff Gen. Norton A. Schwartz said here Jan. 27.

The general told reporters at a Pentagon news conference that the Air Force will drop 10,000 Airmen in Fiscal Year 2013 as the service reshapes itself to meet new challenges.

Schwartz also said that if Congress approves another round of base realignment and closures that Defense Secretary Leon E. Panetta has recommended, that the Air Force would shutter bases.

In the last round of closures, the Air Force shifted assets but did not close any bases. Now the service is smaller and has fewer planes.

"We certainly support the proposal to go through another round of base closure analysis and execution," Schwartz said. "Our expectation is that we would actually close bases in a future base closure round."

Economic problems compound the strategic problems, Schwartz said.

"Against a backdrop of fiscal challenge and diminishing resources, the security environment continues to evolve and become ever more complex," the general said. "That's driving the need for a new defense strategic guidance."

Defense Department officials used the guidance to build the Fiscal Year

See CUTS Page 4



SCOTT M. ASH

Air Force Chief of Staff Gen. Norton Schwartz takes questions from the media about the new Defense budget in the Pentagon on Jan. 27.

Mental injuries, illnesses are killers

Commentary by Don Branum
Academy Spirit staff writer

What would you do if you suffered a broken leg tomorrow? Chances are, you would go to an emergency room, see a doctor, have your leg x-rayed and placed in a cast and get a set of crutches. You wouldn't be back to 100 percent right away, but you could at least function.

Now, what would you do if you suffered a broken mind? That answer's not so clear-cut. Mental injuries don't present themselves the same way physical injuries do: The nerve receptors that tell you your heart is broken work differently than the receptors that fire when you break a leg.

But mental injuries and illnesses are just as serious as their physical counterparts. In fact, they claimed more Airmen's lives last month than physical trauma: 15 active-duty, Guard and Reserve Airmen took their own lives in January, compared with three who were killed in combat operations over the same period.

Chief of Staff Gen. Norton Schwartz, in calling for all Air Force units to take a one day stand down from normal operations, wrote, "Our Airmen are too important to lose in this manner, and the costs to individuals, families, friends, co-workers and our mission are beyond measure."

During the Air Force Academy's stand down Jan. 26, Chief Master Sgt. Todd Salzman, the Academy's command chief, said he had sought help from mental health professionals, but he had to overcome the stigma that "command chiefs don't need help." Someone in my office said he also had to seek help after realizing he was dealing with his stress in all the wrong ways.

Now, a one-day stand down is not going to solve anything in and of itself. A one-day event is not magically going to make everyone in the unit resilient: Whatever baggage we carried on Jan. 25 probably came through with us into Jan. 27.

But the purpose of the stand down was never to "fix" anyone -- it was to get people talking about the problem. As Academy Superintendent Lt. Gen. Mike Gould said during the stand down here, "Seeking help is a strength, not a weakness."

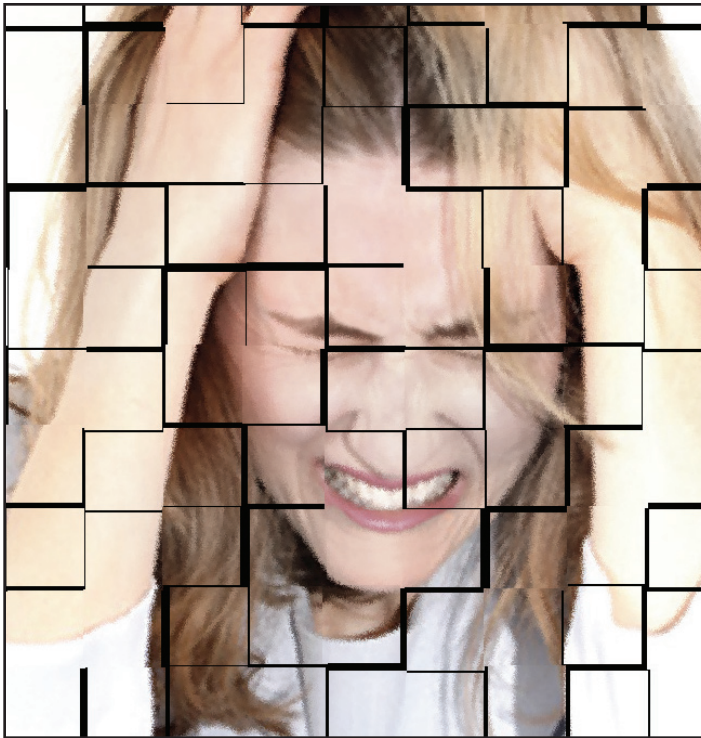
It's hard to talk about frailty. It's hard to seek help because of the prevailing cultural attitude that there's "something wrong" with someone who's mentally ill, or that it's "all in his head." In the first case, nothing could be further from the truth, any more than there's "something wrong" with someone who has multiple sclerosis or breast cancer. In the second case, of course mental illness or injury is all in a person's head, but that makes it no less real.

As someone who's been diagnosed with depression, I can talk a bit about what it feels like.

Imagine that things are going really well at work and at home — all the bills are paid, you have money to spare, you have a family that loves you and with whom you get to spend a good amount of quality time. Despite all of that, you can't shake the feeling that you don't deserve it, or that things aren't good enough, or that they're about to take a sharp turn for the worse.

You feel ashamed because, you tell yourself, you should feel good about everything that's going right! Worse, you may end up subconsciously sabotaging yourself: doing something you know will create trouble in your work life, or picking an argument at home about something stupid.

My depression is mild. Through medication and talking to friends on a regular basis, I can keep a handle on it. It's taken years to get to the point where I felt com-



Signs of Depression

- Persistent sad, anxious, or "empty" feelings
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability or restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Changes in eating or sleeping habits
- Aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- Thoughts or attempts of suicide

Source: National Institute of Mental Health

fortable talking about it.

But talking about depression — whether with friends or trained counselors — has probably saved my life. My friend's daughter nearly died because she didn't talk about hers sooner. It was only through luck, or perhaps providence, that the young woman is still alive — my friend walked in on her daughter as she was trying to hang herself.

It took my friend almost two weeks to get to the point where she felt comfortable talking about it. On the "Rock-n-Roll Buddha" blog on Jan. 23, she wrote:

"... Every fight with her brother, every stressful school project, every disagreement with her dad, every single anxiety, every argument with me, every pressure she placed upon herself, everything ... ever ... has been tucked away and buried so no one could see. On the 11th, after a small argument, it simply became too much to contain, and her little emotional soul could take no more."

You can, and should, read the entirety of my friend's blog post. You'll find it at <http://bit.ly/zeVleL>. Take a look at the signs of depression, which have a lot in common with post-traumatic stress disorder and combat stress. Take a look at what you can do to build your personal resilience and to manage depression if you think you might be dealing with it yourself.

And most importantly, if you're in a dark place, talk to someone about it. Don't let it kill you. It doesn't matter who you are — you're too important to lose.

Nine Tips for Resilience in Wartime

- **Make connections:** Keep in touch with family, friends and others.
- **Help yourself by helping others:** Volunteer work and helping families of active reservists or military personnel serving in war can be empowering.
- **Maintain a daily routine:** Keeping up with work, errands, household chores and hobbies provides you a feeling of stability when the world around you seems chaotic.
- **Take care of yourself:** Make time to eat properly, exercise and rest, and schedule time for things you enjoy such as hobbies and social
- **Give yourself a "news" break:** Control the amount of time

you and your family spend watching and reading war-related news coverage.

- **Have a plan:** Establish a clear plan for how you, your family and friends will respond and connect in the event of a crisis.
- **Nurture a positive self-image:** Recall the ways you have successfully handled hardships in the past and draw on those to meet current challenges.
- **Keep things in perspective:** Use examples from previous generations to inspire you.
- **Maintain a hopeful outlook:** An optimistic, positive outlook enables you to see the good things in your life and can keep you going even in the hardest times.

Source: American Psychological Association

ACADEMY SPIRIT

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

Lt. Gen. Mike Gould —
Academy Superintendent
Lt. Col. John Bryan —
Director of Public Affairs
Gino Mattorano —
Editor

Don Branum — Staff Writer
David Edwards — Staff Writer
Carol Lawrence — Graphic Designer

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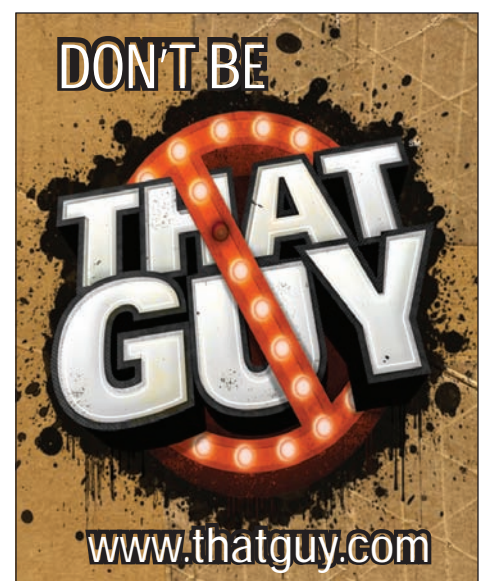
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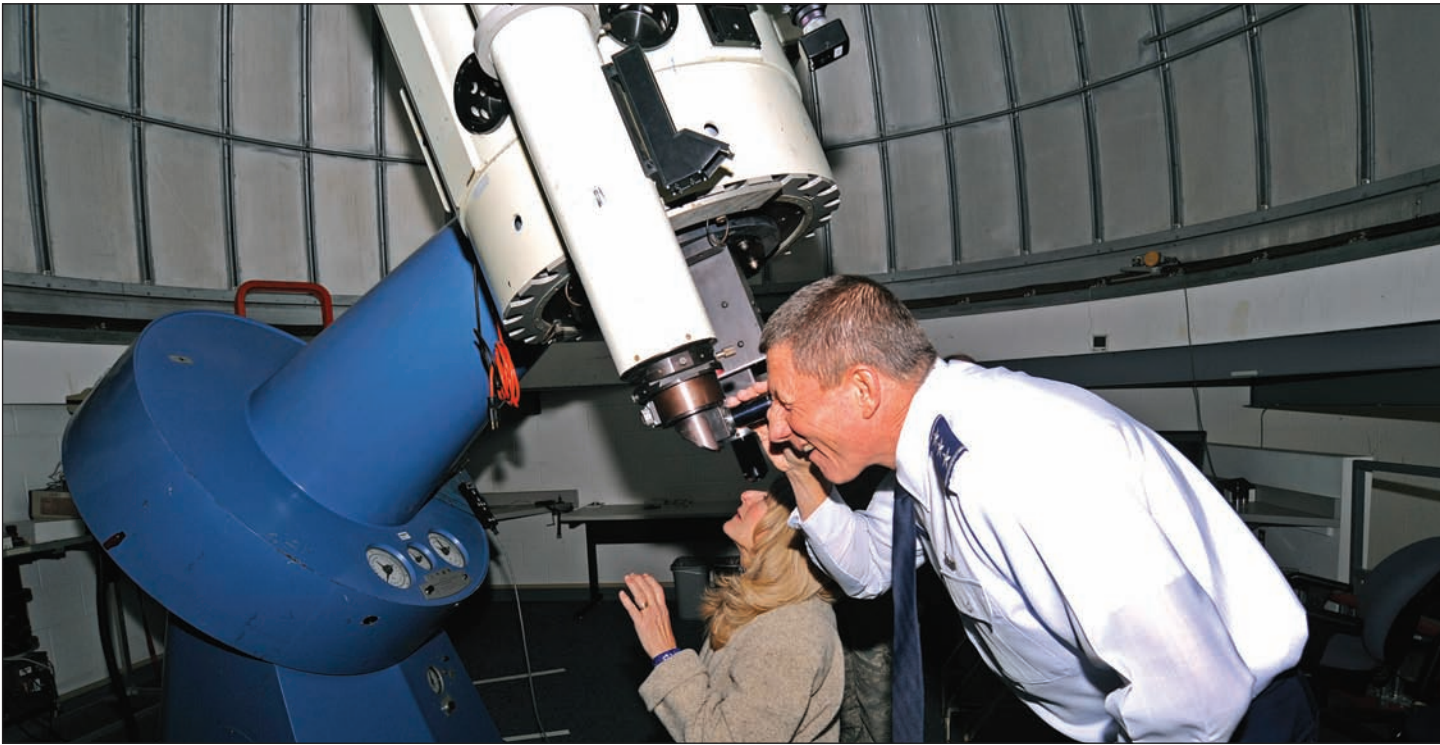
Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-7557.

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



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- Military Family Life Consultant -**
719-358-1468 or 719-333-3444



In a galaxy far, far away ...

Academy Superintendent Lt. Gen. Mike Gould and his wife, Paula, do some stargazing through the Academy Observatory's 61-cm telescope Tuesday. During the visit, the Goulds looked at the moon and Jupiter and also viewed several earth-orbiting satellites with a second telescope. During a December visit to the Academy's Center for Space Situational Awareness Research and the observatory, Gould expressed an interest in returning to the observatory for satellite and astronomical observations.

SARAH CHAMBERS

Library to host African American History Month exhibit

By Janice Young
Electronic Resources Librarian

The history of African-Americans is interwoven with individuals who have personified integrity, character and service before self.

In celebration of National African American History Month, the McDermott Library will host an exhibit titled 'Together We Stand: The Power of Inclusion,' which opens Monday on the 3rd floor of the library.

The exhibit will introduce men and women, many who are not African-American, chronicling their contributions, sacrifices and triumphs for freedom and equality. Their stories are told through historical photographs, video recordings and personal correspondence.

The official exhibit opening and reception is at 12:30 p.m. Feb. 21 with Dr. Adis Vila, the Academy's chief diversity officer, as the keynote speaker.

The exhibit features men and women who battled for social

and political change in Congress, on the steps of the Supreme Court, in the Oval Office of the White House and in the streets and highways of Georgia, Tennessee, Virginia, Alabama, Mississippi, North Carolina, Arkansas, Louisiana, Washington, D.C. and many other northern and southern states.

These men and women are representative of the history of African-American struggle, and this exhibit acknowledges their contributions and sacrifices that instituted a culture of change.



TED POLUMBAUM/NEWSEUM COLLECTION

Leaving Western College to head South, volunteers in the Mississippi Summer Project sing "We Shall Overcome" with their whole hearts as they prepare to face the unknown during the summer of '64 civil rights protests.

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Cuts

From Page 1

2013 defense budget request.

The Air Force starting point is the air fleets are already smaller and older than at the end of the post-Cold War downsizing. By trading size for quality, Schwartz said, "the Air Force has made the hard choices (needed) to support the new strategic guidance in the fiscal year '13 budget submission. And we will be a smaller but superb force that maintains our agility, our flexibility and readiness to engage a full range of contingencies and threats."

Even as the changes continue, the service will retain its global reach, providing full-spectrum operations wherever needed. This includes nuclear deterrence; air, space and cyberspace operations; counterterrorism; and global intelligence, surveillance and reconnaissance.

"Although smaller, we will sustain global operations through our continuing presence in the Asia-Pacific and the Middle East and by tailoring our presence in Europe," the general said. The strategic guidance calls for refocusing military attention in Asia.

While this is a constrained fiscal environment, the Air Force must be careful to protect critical capabilities, Schwartz said.

"Confronted by a more complex and dynamic security environment as well as significant reductions in defense resources, the Air Force determined that the best path forward was to become smaller, emphasizing multirole systems and common configurations," he said.

The general also vowed to protect Airmen — the service's most precious resource. The service will avoid the hollow force syndrome, "and we will protect readiness at any force level and strengthening our integration of the total force team of active, Guard and Reserve Airmen," Schwartz said.

The service will slow modernization and will protect key capabilities represented by the KC-46 tanker, the F-35 Lightning II Joint Strike Fighter and the long-range strike bomber.

"Despite the many challenges that we have faced, today the Air Force is still, by any objective standard, the world's best," Schwartz said. "It is our intent — indeed, it is our obligation to the American people and to our Airmen and their families that we remain the world's finest Air Force in the ... decades to come."

The service will examine the mix of active, Air Force Reserve and Air National Guard forces to recognize the tempo that is inherent in the defense strategic guidance, the general said.

"Our goals will be to ... manage the active duty force at a deploy-to-dwell ratio of not less than 1-to-2," he said, "and not less than 1-to-4 for the Reserve and the Guard, or better."

The service needs to ensure deployments are predictable and able to be sustained.

"You can surge, but the sustainable level of effort will be 1-to-2 and not less than 1-to-2, not less than 1-to-4," the general said.

SecAF visits Colorado Springs

by Auburn Davis
Air Force Space Command Public Affairs

Secretary of the Air Force Michael Donley received a warm welcome from the local community here Jan. 27 during remarks at the Colorado Springs Chamber of Commerce to approximately 40 local community, military and business leaders.

Donley said his trip to Colorado Springs provided a chance to visit with local leaders and highlight the strategic priorities and choices made by the Air Force and Department of Defense for fiscal 2013 and beyond.

"We will reduce our force structure," he said. "We will prioritize readiness, and we intend to preserve our investments in key programs that are crucial to future Air Force capability."

Donley explained that the Air Force has made difficult choices by sacrificing size to ensure a high-quality force in support of new strategic guidance.

"This is hard, but it is manageable," he said.

The secretary stressed that taking care of Airmen is a top priority. He said that it is not the hardware or equipment of the services that make mission success possible, but rather it is the people.

Donley explained that all the branches of military service are essential and make up a ready and capable force.

"It is the Airmen, Soldiers, Sailors and Marines that make all this work," he said. "We have become a stronger joint force over the last ten years, since 9/11, and stronger as a joint team than we have ever been."



Space Foundation CEO Elliot Pulham (right) explains the foundation's headquarters renovation to Secretary of the Air Force Michael Donley during his visit to Colorado Springs Jan. 27.

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CLUES ACROSS

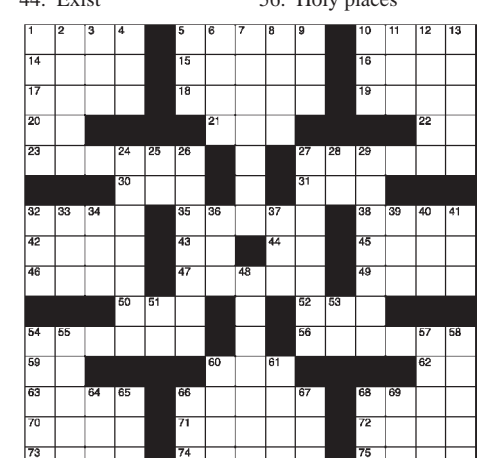
1. Permanently disfigure
5. Demilitarize
10. Flat-bottom crater
14. 6th Jewish month
15. "1836 siege" of U.S.
16. For in Spanish
17. Bunco games
18. Musical world for the iPhone
19. Smile
20. Charlotte's Web's White
21. His wife became salt
22. For example

CLUES DOWN

1. Ceremonial staffs
2. Sun-dried brick
3. 007's creator
4. Married woman
5. Obstruct
6. 12th Jewish month
7. Opposite of minored
8. Leave out
9. Twice Pres. of Harvard, Derek
10. Gas usage measurement
11. Swiss river
12. Spirit in The Tempest
13. Kitchen stove
24. Crocus spice
25. Raised railroad track
26. Injure permanently
27. Partial paralysis (pl.)
28. School in Newark, DE

23. Perceived
27. Violet-red color
30. Prizefighter Muhammed
31. Dentist's group
32. Lowest feudal class
35. Passover feast and ceremony
38. Netherlands river
42. College teacher
43. Associated press
44. Exist

45. Wyatt __, OK Corral
46. Antlered cervid
47. Church announcement of a proposed marriage
49. Dried leaves of Catha edulis
50. Anoint
52. __ Lilly, drug company
54. Red plus yellow
56. Holy places



59. Exclamation of surprise
60. Million barrels per day (abbr.)
62. Farm state
63. Hold onto
66. 79504 TX
68. Speed of sound
70. Condition of comfort
71. Blemished skin
72. Wingle structures
73. Nanosecond (abbr.)
74. Herd of unshorned sheep
75. Castrate a horse

40. Macaws
41. Seaport (abbr.)
48. Tagging the base runner
51. Inspector General
53. City of Angels
54. Made from an Oak tree
55. So. Am. ratites
57. Thai money in 1928
58. Expressed pleasure
60. Nutmeg seed covering spice
61. Small indefinite quantity
64. Between E and SE
65. Chest muscle (slang)
66. Used for hitting the ball
67. Tooth caregiver
68. Military Aircraft Group
69. Brew

SUDOKU

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|---|---|---|---|---|---|---|---|--|
| | | 4 | | | | | | |
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| | 1 | | | 9 | 5 | | | |
| 9 | | 8 | 2 | 5 | | | | |
| | | 6 | | | | | | |
| | 2 | | 6 | 9 | 8 | | | |

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!

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

Solution on page 11

Level: Advanced

02-03-12

10th Dental Squadron kicks off Children's Dental Health Month

By Staff Sgt. Danielle Lawson
10th Dental Squadron

Airmen and civilians with the Air Force Academy's 10th Dental Squadron will make presentations at Douglass Valley Elementary School, child development centers and the Youth Center in February as part of National Children's Dental Health Month.

The American Dental Association, which sponsors National Children's Dental Health Month, has adopted "Rock

Your Smile" for its 2012 campaign.

Presentations will encourage children to eat right and brush and floss daily and will provide children with dental information and educational materials.

National Children's Dental Health Month began as Children's Dental Health Day on Feb. 8, 1949, and became a week-long event in 1955. The program was extended in 1981 to a month-long event, which aims to reach millions of people in communities across the U.S. and at military installations worldwide.



METRO GRAPHICS

Presentations will be made in Douglas Valley Elementary School, child development centers and the Youth Center in February as part of the National Children's Dental Health Month.

Promotions

Congratulations to the Academy's newest selectees for major and colonel. The Falcon Club will host a promotion party from 4-6 p.m. today in the main ballroom.

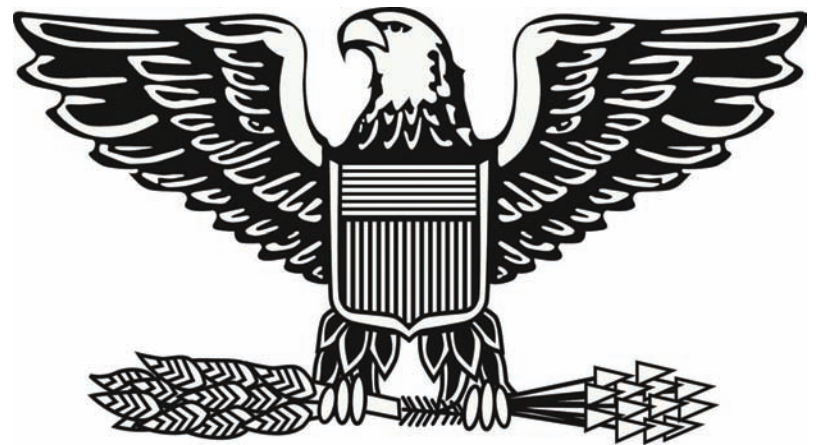
To Major:

Heather Coil, 10th Medical Operations Squadron
Diane Rekar, 10th Medical Group



To Colonel:

Scott Thatcher, Preparatory School
Joseph Looney, now at Osan Air Base, South Korea
Michael Veneri, Military and Strategic Studies Department
Jeffrey Collins, English and Fine Arts Department
Robert Kraus, Dean of the Faculty Commander's Action Group
John McCurdy, Institute for Information Technology Applications
Brian Tom, Chemistry Department
Angela Suplisson, now at Air Force Institute of Technology
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Christopher Gough, Cadet Group 3 commander
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Annual ski weekend offers something for everyone

By Gino Mattorano
Academy Spirit editor

Skiers from military bases along the Front Range hit the slopes Jan. 27 through Sunday for SnoFest 2012 at Keystone Resort, Colo. Now in its 22nd year, SnoFest is an annual ski weekend that offers events and activities geared for military families, retirees, Defense Department civilians and contractors.

While skiing and boarding are the highlights of a SnoFest weekend, the weekend offered a variety of events and activities for the whole family.

The cardboard derby offered racers the chance to put their cardboard engineering skills to the test in a cardboard sled race down Keystone's Delivery slope.

Ski and snowboard races pitted bases against each other in team and individual categories — all hoping to earn points for the coveted commander's cup.

Themed parties Jan. 27 and Saturday gave everyone an opportunity to come together, share a meal and relax. Saturday's party included a live band, face painting, free caricatures and a prize auction.

Wounded warriors with various types of debilitating injuries also took part in this year's SnoFest event thanks to the help of the Keystone Adaptive Center.

This was the sixth-consecutive year for the adaptive component of SnoFest, which not only helps injured soldiers ski but also funds their trips. The Adaptive Center's goal of empowering outdoor experiences doesn't just get service members onto the slopes; it sets a benchmark for any challenges in the future.

More than 20 sponsors provided donations to make SnoFest possible.



ABOVE: Hope Haase, left, and her daughter, Aspen, take advantage of the SnoFest weekend along with the rest of the Haase family. Hope's husband, Aaron Haase, is an attorney with the Academy's Judge Advocate Office.

LEFT: Lt. Col. Elena Oberg and her son, Rilo, compete in the cardboard derby race Saturday.

FAR LEFT: Along with skiing and riding, SnoFest offers a variety of events and activities for the whole family.

TOP LEFT: The Keystone Adaptive Center works with the Adaptive Adventure Program to give wounded warriors an opportunity to participate in SnoFest.



Win slips away in overtime to No. 12 UNLV, 65-63

Michael Lyons scores 25 points to lead the Falcons

(AP) — Air Force was close, oh so close, to arguably the greatest win in program history Saturday night, only to see it fall by the wayside.

Chace Stanback stole a Todd Fletcher pass with two seconds remaining in overtime to help No. 12 UNLV escape Air Force with a 65-63 win Saturday night. Oscar Bellfield's 3-pointer with 2:28 left in overtime broke a 61-61 tie and gave the Rebels (20-3, 4-1 Mountain West) the lead for good.

UNLV's Mike Moser had a chance to make it a two-possession game with 12.5 seconds left, but missed a pair of free throws.

Air Force committed six of its 17 turnovers and was only able to attempt one shot in overtime. The Falcons (11-8, 1-4) fell to 1-74 all-time against ranked opponents and lost to the Rebels for the ninth consecutive time.

"Overall, I thought we played well enough to win," Air Force coach Jeff Reynolds said. "They hit some big shots, and even as poorly as we played down the stretch, we still had a chance to win. I can't fault our kids' effort, and I thought they played their hearts out."

Michael Lyons, who led Air Force with 25 points, had a chance to win the game in regulation, but missed a shot with three seconds remaining. The Falcons led 56-51 with 3:33 left, but the Rebels came alive to force overtime.

The loss spoiled a career-high 13 points by Air Force fresh-

man Kamryn Williams. Taylor Broekhuis added 11 for the Falcons, who hit 11 3-pointers.

"We just didn't execute at the end," said Williams, who had a team-high eight rebounds. "The effort was there - everything was there. I think we can take a lot out of this game and be ready for New Mexico in the next game."

Moser finished with a game-high 27 points and 12 rebounds, marking his 12th double-double of the season and eighth in the past nine games.

"It's frustrating being in these situations back-to-back like this, but it's going to make us better down the road because we're learning how to finish out close games," Moser said. "(Playing tough defense) is our bread and butter. When we do that for 40 minutes, it's not that close of a game."

Bellfield — the conference's assist leader — had 15 points and seven assists against one turnover for the Rebels.

UNLV won for the 11th time in 12 games, but has been pushed to overtime in its past two games against the conference's bottom two teams.

"The bottom line is, we found a way to win," said Rice, whose squad has won 11 of its last 12. "We got huge stops down the stretch when we needed them and made huge offensive plays as well. Now we're back fighting for a conference title again."

UNLV built a 24-13 lead in the first 11 minutes, but Air Force charged back with a 19-4 run to take a 32-28 lead. Air Force led 34-33 at the break, despite the Rebels shooting 56 percent from the field.



Air Force guard, Michael Lyons makes a basket on the way to leading the Falcons with 25 points in the overtime loss against UNLV Saturday. The Falcons take on Colorado State in Ft. Collins, 3 p.m. Saturday.

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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. Mondays and Fridays.

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 their dependants.

The tax center, located in Arnold Hall, will take appointments this month. For more info, call 333-3905.

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.

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.

Area military adoption fair

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

The fair will include 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 the 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 Fam-Camp.

If you have questions about the fishing program, see USAFA Instruction 32-7001 or call Natural Resources at 333-3308.

Family advocacy classes

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

Couples Enrichment Workshop - Feb. 10, 8 a.m. to 3:30 p.m. 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.

Academy Lanes offerings

Breakfast at Ten Pin Grill - Weekdays, 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 curbside.

Weight Loss Challenge

The Health and Wellness Center will hold its fourth-annual Weight Loss Challenge Feb. 22. Teams of three to five members are invited to join the Health and Wellness Center's 4th Annual Weight Loss Challenge.

A team leader meeting to discuss rules and guidelines will be held Feb. 15 at 2 p.m.

Winners will receive prizes and awards. All participants will receive a free T-shirt.

For more information, call the HAWC at 333-3733.

Walk 4 Life

Get Up and Moving with Walk 4 Life a new low impact, maximum benefits exercise program.

Participants can improve in all aspects of fitness, including: cardiovascular endurance, flexibility, weight loss and strength.

The walking sessions are approximately one hour starting at the Fitness Center. Days and times vary. To register or for more information visit the Health and Wellness Center or call 333-3733.

Golf Course events

The Eisenhower Golf Course offers the following events in February. Call 333-2606, weekdays between 9 a.m. and 5 p.m. to sign up for these events. Reservations are required.

New England Seafood Dinner - 5 p.m. Thursday. Clams, chowder, shrimp and more. Cost is \$20 per person.

Steak Night - Feb. 16, 5 p.m. Two great steak choices with delicious sides. Cost is \$25 per person or \$40 per couple.

Titleist Ball Fitting and Product Info Night - Feb. 23, 5 p.m. Appetizers and cash bar. Cost is \$10 per person.

For more information, contact the golf course at 333-2606.

Entry decal discontinued

Fort Carson has eliminated the use of the Defense Department 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.

Racquetball tournament

The Fitness Center will hold its annual doubles racquetball tournament Feb. 18-19.

The event is open to men and women of all skill levels. Entry fees are \$30 per team or \$15 per person. The top three teams in each category will receive gift cards.

For more information, call the Fitness Center at 333-4522.

Library expands selection

The Community Center Library has created a new collection of existing materials in addition to Exceptional Family Member Program items on a variety of subjects, including development, diversity, resilience and titles currently on the Air Force chief of staff's reading list.

Other subjects include autism, Tourette's syndrome, hearing and visual impairment, physical and mental disabilities and others for both professionals and family members.

Materials will be available for check-out, and book lists will be on hand.

For more information, contact the library at 333-4665.



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.

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September 23, 2003

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