

USAF ACADEMY, COLORADO ACADEMY SPIRIT

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Photo by Rachel Boettcher

Welcome back

Former Air Force Academy superintendents stand at attention for pass and review during a noon meal formation at the Academy Feb. 2. The superintendents, who were at the Academy to attend a former superintendents' conference, are (from left): retired Lt. Gens. Robert Kelley, Winfield Scott Jr., Charles Hamm, Bradley Hosmer, Tad Oelstrom, John Dallager and John Regni. For more on the superintendents' visit, see Page 10.

2004 Academy graduate receives Jabara Award

By Steven Simon
Academy Graduate Liaison

A 2004 Academy graduate has been selected to receive the 2010 Col. James Jabara Award for Airmanship.

Capt. Prichard Keely distinguished himself through heroic actions April 2, 2008, while he was a first lieutenant assigned as lead weapon systems officer of an F-15 Eagle two-ship during a sortie supporting U.S. and Afghan National Army ground forces.

His F-15 flight was tasked to support a special operations force mission to capture or kill a known insurgent leader in the Nuristan province of Afghanistan. The tasking required the F-15s to provide armed escort and overwatch for the special forces team's infiltration and egress. Then-Lieutenant Keely provided armed escort for the three helicopters that carried the ground forces.

Soon after landing and advancing toward the objective, the ground team began to take heavy fire from more than

200 enemy fighters. The challenging terrain made the battle even more difficult, as enemy fighters had the high ground and pinned the Allied forces in the valley below.

When the joint terminal attack controller on the ground was wounded early in the engagement, Captain Keely recognized the severity of the situation and provided the JTAC with timely situation updates and began to coordinate air strikes to suppress the enemy fire. The captain took control of the battle space over the next four hours, enabling an effective counterattack. He coordinated the five AH-64 Apache helicopters, allowing them to identify and engage the target. When the JTAC requested two 500-pound General Bomb Unit-38 Joint Direct Attack Munitions from Captain Keely's aircraft, he engaged the targets. The attacks suppressed the enemy's fire long enough for ground forces to regroup and better assess the situation.

While refueling, Captain Keely main-
See JABARA, Page 5



Courtesy Photo

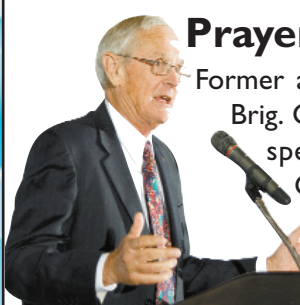
Capt. Prichard Keely prepares his F-15E Strike Eagle for takeoff from Seymour-Johnson Air Force Base, N.C., Feb. 23, 2009. Captain Keely, a weapons systems officer with the 335th Fighter Squadron, was recently selected to receive the Col. James Jabara Award for Airmanship for his actions in support of special operations forces in Afghanistan April 2, 2008.

WEEKEND WEATHER

FRIDAY
41 17
MOSTLY CLOUDY

SATURDAY
43 16
LIGHT RAIN/SNOW

SUNDAY
34 12
SNOW SHOWERS



Prayer Luncheon

Former astronaut and retired Brig. Gen. Charles Duke Jr. speaks on "America's Godly Heritage."
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Hennessy Team Visit

The High Country Inn Dining Facility puts its best foot forward for visiting award judges.
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Above and Beyond

The 10th Air Base Wing recognizes individuals for "phenomenal" customer service.
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A mentor's influence, remembered

By Gen. Stephen Lorenz

Commander, Air Education and Training Command

Mentors touch our lives and help shape us into the people we are today. We value mentorship in the Air Force and both develop it in our subordinates while seeking it from our supervisors.

I like to think that one cannot have enough mentors, nor can one mentor enough. I've had many through the years, but one sticks out above the rest. This particular mentor touched my life in two important ways, separated by nearly 40 years.

While a cadet at the U.S. Air Force Academy, I struggled to keep my grades up. I was on the dean's "other list" six of eight semesters. Now, in the end, I managed to defeat my academic demons and graduate with a commission in 1973, but I certainly didn't do it alone. I owe my success in large part to my academic adviser and mentor, Col. Joe Henjum.

Colonel Henjum wasn't what I expected when I met him for the first time in 1971. To be honest, I don't think I knew what to expect. He had been awarded the Silver Star for heroism while flying helicopters in Vietnam.

I quickly learned that Colonel Henjum was the kind of person who was easy to look up to and even easier to follow. When he took me and my academic worries under his wing, I was proud to be there. I knew that his guidance, combined with persistence and determination on my part, would lead me through the challenge. In the end, it most certainly did.

When I walked across the stage with the rest of the Class of 1973, I strode with the confidence that Colonel Henjum had

helped build within me. He had been a crucial part of my Academy experience and, in many ways, part of who I am today. I kept in touch with Colonel Henjum over the years, often thanking him for making a difference in my life. I never imagined that his influence would impact me all over again, especially at this point in my career.

The second time Colonel Henjum touched my life began with tragic news. On Jan. 1 of this year, Colonel Henjum passed away after battling a long illness. His son, Mark, asked if I would speak at his father's memorial service. I was touched by his request and spent hours trying to find the right words to convey how great a person had just left our earth. I wanted to make sure everyone understood the lasting difference he made in the lives of others.

When it was my turn to speak, it came from my heart. I told the crowd about a man who dedicated his life to serving and helping others. When I finished, his son rose to speak. While listening to Mark's story, I found Colonel Henjum leading me on another journey. I was touched and want to share the story with you.

A few months ago, Mark accompanied his father to the hospital and they both knew what was about to happen. The doctor was going to tell Colonel Henjum that he only had three months left to live. It was an appointment they were both dreading. While riding up to the doctor's floor, Colonel Henjum greeted the building janitor who shared the elevator with them. He complimented the janitor for keeping the building so clean. The janitor was shocked; no one had ever thanked him before. Colonel Henjum noticed the building and took

the time to notice the janitor. His actions resonated with me. That janitor would never forget Colonel Henjum.

When getting off the elevator, Colonel Henjum introduced Mark to the receptionist. He told Mark about the receptionist's son who was a Marine and currently flying combat missions in Afghanistan. He reassured the receptionist that her son would come home safely; Marines are excellent pilots. Not only had Colonel Henjum met and talked with the receptionist before, but also he remembered her and took precious time to introduce his son. He even thought to reassure her fears with a son deployed to combat operations.

Now, think about it. Colonel Henjum was riding the elevator to find out he didn't have much time left. Instead of lamenting his fate, he was concerned about others. That day, he made a difference in their lives. Almost 37 years after graduating from the Academy, Colonel Henjum was once again making a difference in my life.

I always like to tell people that they should strive for two things in life: make a difference in people's lives and leave the campground better than you found it. Colonel Henjum certainly did that throughout his 75 years. He mentored me as a cadet at the Air Force Academy and once again just this last month. I couldn't ask for a better mentor and friend.

Go and thank those who have guided you through the years and take time to make a difference in the lives of those you mentor. Our Air Force is only as good as those of us who serve. Let's all work hard to make each of us a little better each and every day. Just as Colonel Henjum did for me and many others.

ACADEMY SPIRIT

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

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



Character Corner The serving leader

By Major Kent Cast

Center for Character and Leadership Development

I recently read an excellent book called "The Serving Leader" by Ken Jennings and John Stahl-Wert. The book didn't really present new information as much as it stated known leadership attributes in simple terms. The book covered five areas in which a leader should strive to excel:

Set clear goals and make them high but obtainable. Make certain all your followers understand that goal and that it will take their best efforts to be successful; as a leader it's your job to motivate them to that success.

Rather than putting yourself at the top of the organization, put yourself at the bottom. Focus on the needs of your team members and not the needs of yourself, but strive to meet everyone's needs—to include yourself.

Set high expectations for your team; they will rise to meet your expectations. After 25 years of military service, I have witnessed many teams rise to meet their leader's expectations — at times to levels I didn't believe possible.

Remove obstacles from the team's path. Make certain your team has the resources required to reach the goal; not only tangible resources such as equipment and supplies, but intangible resources as well,

such as knowledge and motivation.

Finally, minimize the team's weaknesses and focus on their strengths. Look closely at the skills and positive attributes each team member brings to the fight and assign them roles accordingly. Everyone has strengths, and it's important to use those strengths.

As a leader, it's your responsibility to accomplish the goal with the resources allotted; focusing on the areas above will help you accomplish your goal and take care of your team at the same time. Remember, mission first, people always!

Tune into KAFA, 97.7 FM for *Character Matters*, Wednesdays at 8 a.m. and 8 p.m. Also on iTunes or www.usafa.org.



"In the morning at Academy, before reveille, I find solitude in the mountains and privacy in the TV room."



Cadet 1st Class
Thomas Chiasson
Cadet Squadron 11

"I find it on one of the fantastic hiking trails here in the Rockies."



Capt. Matt Obenchain
Instructor

"At home, and my bedroom is my sanctuary."



Kathleen Calahan
Department of
Meteorology

"In good weather, I sit out on my hanging swing on our deck and gaze out at Pikes Peak and thank God that I live in such a beautiful place."



Kathy Cobb
Army spouse

Luncheon guest speaker recalls wonder of space

By Ann Patton
Academy Spirit staff

When astronaut and retired Brig. Gen. Charles Duke Jr. was growing up, the United States had no space program, but he knew he wanted to serve his country. Little did he know he would one day be the 10th man to walk on the moon.

The North Carolina native was the Academy's National Prayer Luncheon's honored guest and spoke about "America's Godly Heritage" to an audience of about 500 people at the Falcon Club here Tuesday.

Other honored guests at the Academy Chapel-sponsored event included leadership from military, government and community organizations as well as Pearl Harbor survivor John Eck and his wife, Ruth.

General Duke spent four days traveling to the Moon aboard the Apollo 16 lunar module in 1972 and spent 72 hours on the Moon's surface as part of the first scientific expedition to inspect, survey and sample minerals and surface features in the Descartes Region of the lunar highlands.

"It was a fantastic experience," the 29-year Air Force veteran said. "We were overcome with the wonder and beauty on being on the moon's surface. That vivid memory of looking into jet black sky is still with me."

The general joked to the crowd of about 500 about the complexity of space travel versus Air Force travel paperwork.

"A trip to the moon is a TDY," or temporary duty assignment, he said. At the time, Air Force travel was reimbursed at \$25 per day, which would have accumu-



Photo by Bill Evans

lated to a total of \$275 for the seven-day trip. However, because the Air Force deemed that the government had paid for meals and lodging, NASA cut him a check for only \$13.75.

With the Air Force Academy still in the blueprint stage, General Duke entered the U.S. Naval Academy in Annapolis, Md., to begin his military career. He transferred to the Air Force after graduation upon being told by a flight surgeon that he was physically unfit for

Navy flying, "but the Air Force will take you."

The grandfather of nine grandchildren said he wasn't looking for the ensuing fame he received for the moon mission. After the mission was over, and with his 55-pound space suit ensconced in the Smithsonian Institution, he and his wife felt somewhat of a letdown, so they sought to redirect their energy and spirit toward God.

"(Faith) has given us a love for all people," the president of Duke Ministry for Christ said. "There is power in prayer. When you pray, you never get a busy signal."

General Duke also focused on the country's religious heritage and how it is present today.

"From the beginning, we were a Godly nation. We were conceived as a religious nation with freedom of religion but not free from God," he said.

He cited the Mayflower Compact written in the 1600s with references to God, the Declaration of Independence with "certain inalienable rights by our Creator," the Pledge of Allegiance with reference to "one nation under God" and the inscription "In God we Trust" on U.S. coins. He added that founding fathers George Washington, Thomas Jefferson and James Madison attended worship services in the quarters of the House of Representatives and received Communion in the Supreme Court and Treasury.

General Duke also noted references to God inscribed in such Washington, D. C., institutions as the Supreme Court.

"We are a nation to worship as we see fit, and we should live as we are called to live," he said.

AF Assistance Fund campaign kicks off

By Staff Sgt. Don Branum
Academy Public Affairs

The Air Force Academy will compete with other Air Force bases to raise money for the 37th-annual Air Force Assistance Fund campaign, which kicked off at the Academy Monday.

The competition is the first of its kind, matching Air Force bases with similar past performances in previous AFAF campaigns, according to Air Force Personnel Center officials at Randolph Air Force Base, Texas.

The Academy is part of Group 1, which will end its AFAF campaign

March 19. Group 2 bases will hold their campaigns from March 8 to April 16, followed by Group 3 bases, which will raise money from March 29 to May 7. A fourth group comprises bases that have opted out of competition due to timing conflicts and operations tempo.

AFAF funds help members of the Air Force family through natural disasters, deployments, accidents and other hard times, said Bill D'Avanzo, chief of Air Force fundraising. Contributions to the fund are tax-deductible.

For information on the AFAF charities, visit www.afassistancefund.org.

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Airmen support space shuttle launch

By Academy Spirit Staff

Airmen around the United States supported the Monday launch of Space Shuttle Endeavour, providing airspace control, launch support and satellite communications capability for the STS-130 mission.

Air Force Academy graduate Col. Terry Virts Jr. is the pilot for the STS-130 mission, which will deliver modules for the International Space Station.

Officials with the Continental U.S. North American Aerospace Defense Command Region and Air Forces Northern enforced the temporary "no-fly" zone around Cape Canaveral Air Force Station, Fla., using F-15 Eagles from Langley Air Force Base, Va. The CONR also deployed the Joint-Based Expeditionary Connectivity Center team, which provides rapid response communications capability for air defense, to Cape Canaveral AFS.

The 45th Space Wing, based at Patrick AFB, Fla., provided Eastern Range support, including weather forecasts, launch and range operations, safety and public affairs. The wing also provided radar, telemetry, optical and communications instrumentation to facilitate the launch.

"The 45th Space Wing is proud to participate with NASA and our mission partners," said Brig. Gen. Edward Bolton

Jr., the 45th SW commander, who served as launch decision authority for the mission. "This mission is a testament to all the hard work that culminates in a safe, successful launch. Congratulations to all on a job well done."

The 50th SW at Schriever AFB provided satellite communications support through the Air Force Satellite Control Network, a worldwide system of satellite control centers and tracking stations that provide on-orbit tracking, telemetry, command and mission data retrieval services.

Air Force Space Command also provided space situational awareness for the shuttle mission, allowing NASA planners to plot the shuttle's launch and orbital path while avoiding possibly damaging man-made objects.

"It (the launch) was a very important event — even more important for us because the shuttle was full of European hardware," said Jean-Jacques Dordain, the European Space Agency's director general, who thanked the crew and ground teams for "a very beautiful launch."

Endeavour will deliver the Tranquility node and a seven-windowed cupola that will be used as a robotics control room. The mission will feature three spacewalks.

Information compiled from Air Force News Service, Air Force Space Command releases and staff reports.



NASA photo by Jim Grossmann

Space Shuttle Endeavour lifts off from Launch Pad 39A at Cape Canaveral Air Force Station, Fla., on the STS-130 mission to the International Space Station shortly before sunrise Monday. This was the final scheduled night launch for the space shuttle program. Col. Terry Virts Jr., a 1989 Air Force Academy graduate, is the pilot for the STS-130 mission.

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High Country Inn welcomes Hennessy Team

10th Force Support Squadron Marketing

The Air Force Hennessy Team is scheduled to arrive at the Air Force Academy Wednesday to evaluate the High Country Inn Dining Facility on 48 major categories, including food-service management, force readiness support, food quality, employee and customer relations, resource conservation, training and safety.

The Hennessy Team determines which Air Force dining facility receives the

John L. Hennessy Trophy, indicating that the receiving facility has the Air Force's best food-service program.

The Hennessy Trophy is scheduled to be presented in Chicago in early spring.

The High Country Inn serves cadet candidates at the Air Force Academy Preparatory School, serving three meals a day, seven days a week, to approximately 240 cadet candidates.

High Country Inn staff members hold dietary management and National Restaurant Association Servsafe certifica-

tions as well as culinary arts degrees. Many of the employees also have experience with military food-service programs. Ongoing regular training ensures that the staff remains current in food industry standards.

The staff received five excellent ratings during seven visits from the Public Health Office in 2009; the highest on the Academy.

A \$5.9-million renovation in 2002 updated the facility that was originally built in 1958, redesigning the High Country Inn to resemble a fine civilian

restaurant, including a stone fireplace, foyers and exterior canopies to keep cadet candidates out of the weather.

"We take great pride in accomplishing our mission and this great facility and our contractor team members ensure we excel in accomplishing it," said food service officer Lou Moya. "The Prep School cadet candidates are the future leaders of our Air Force. Many of our Preppies have gone on to become general officers, CEOs of multinational corporations, and pillars of their communities."

Jabara

From Page 1

tained battlespace awareness through sensor management and communications with his wingman and the JTAC. After refueling, he returned to the scene and managed fixed-wing assets in the area, including four A-10 Thunderbolt II aircraft, while the JTAC coordinated Apache helicopter strikes.

When the captain experienced a malfunction that prevented him from employing his aircraft's weapons, he began troubleshooting while simultaneously directing his wingman to engage targets. He led his wingman through two strafing runs, one GBU-12 laser-guided bomb drop and one GBU-38 attack on multiple enemy positions.

As the special forces team egressed the area, the JTAC asked Captain Keely's flight to drop a 2,000-pound GBU-31 JDAM on an enemy position, forcing the enemy to disengage. Once the ground troops were

safely out, the captain provided armed escort for evading and aeromedical evacuation helicopter assets until they returned to their forward operating base.

Captain Keely's actions in combat resulted in the deaths of 40 enemy insurgents, with more than 100 enemy fighters wounded. The ground battle diminished the enemy's will to fight, leading to the capture of eight insurgents. Most importantly, the captain's actions saved the lives of 150 allied servicemembers and allowed the aeromedical evacuation of 10 wounded servicemembers.

Captain Keely currently serves as the chief of standardization and evaluation and as an F-15E weapons systems officer instructor with the 335th Fighter Squadron at Seymour Johnson Air Force Base, N.C. His prior awards include the 2008 Daedalian Warrior WSO, 2008 355th FS Warrior WSO and 2009 Instructor WSO of the Third Quarter.

Captain Keely is the 49th Air Force Academy grad-

uate to receive the Jabara Award. Previous Jabara Award recipients include Vietnam War veterans Karl Richter and Steve Ritchie, astronaut Karol Bobko and Hudson River-landing pilot Chelsey Sullenberger. The award is presented to an Academy graduate, living or dead, whose actions directly associated with an aerospace vehicle set the recipient apart from contemporaries. It is jointly presented on behalf of the Academy, the Association of Graduates and the Jabara family.

The Academy will present the award to Captain Keely May 7 during the noon meal at Mitchell Hall, and will be feted with a dinner and award reception at Doolittle Hall later that evening.

The award is named for Col. James Jabara, the first jet ace and the second leading ace in the Korean War. In 1951, Colonel Jabara won the Air Force Association's most prestigious award and in 1957 was recognized as one of the 25 Americans who had contributed the most to aviation.



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Airmen recognized for 'phenomenal' service

By Staff Sgt. Don Branum
Academy Public Affairs

Six Airmen here were recognized for going a step beyond outstanding, receiving "Above and Beyond" awards from the 10th Air Base Wing commander during a commander's call Jan. 26.

Receiving awards from Col. Rick LoCastro were **Linda Wennerberg** from the 10th Contracting Squadron, **Tina Springer** from the 10th Force Support Squadron, **Janet Edwards** from the 10th FSS Mortuary Affairs Office, **Tech. Sgt. Bradley Morton** from the Commandant of Cadets Staff, **Staff Sgt. Michael Clinkscales** from 10th FSS and **Paul Valenzuela** from the 10th Civil Engineer Squadron.

Ms. Wennerberg received the nod from Brian Hayden, a contract specialist with 10th CONS, who cited her efforts to save the Academy more than \$650,000 for a contract to repair the concrete roof plaza at Arnold Hall. She has earned her the nickname "Mad Dog Wennerberg" for her relentless pursuit of wasteful spending in contracts with the Academy, according to Mr. Hayden's nomination.

Ms. Springer, a contract services quality assurance evaluator, went above and beyond to get the Academy Clinic back on schedule after a glycol spill damaged the carpet in the clinic's dining room in November 2009, according to Keith Butala, a 10th CES deputy civil engineer. Ms. Springer took charge of getting the carpet replaced; the contractor delivered within the week at no additional cost to the government, and the clinic resumed normal operations the following Monday.

Ms. Edwards, the director of mortuary affairs, provided outstanding funeral support to the families of Airmen interred at the Academy Cemetery even as she

was out-of-state to compete in a marathon, Colonel LoCastro said.

Sergeant Morton, an Academy military training NCO, stepped up to help the Drug Demand Reduction Program office when a member of the staff there became seriously ill. The NCO helped the DDRP office reach a 99.93-percent testable rate during cadet inprocessing, even as his wife was in the hospital with a pregnancy-related condition, according to a nomination submitted by DDRP director Ricardo Tomaselli.

Sergeant Clinkscales worked with Staff Sgt. Jennifer Sanchez at Air Force Personnel Command and Airman 1st Class Sophie Penafior in the Academy Finance Office to resolve a pay issue for Tech. Sgt. Billie Jo Tumlinson. Because of the three Airmen's efforts, Sergeant Tumlinson received her expected pay for October 2009.

Mr. Valenzuela, a contractor, received glowing praise from Airman Joshua Emerson, who is assigned to the 10th Medical Operations Squadron and lives in the Airmen's dormitories on base. When one of the dormitories lost its hot water, Mr. Valenzuela worked to get it fixed in just two days. In contrast, Airman Emerson wrote in his nomination, plumbing issues at his technical training school dormitories usually took more than a week to get fixed.

The awards give recipients and those who nominated them a chance to be recognized in front of the entire wing.

"The number one thing people say they wish they got more of is recognition," Colonel LoCastro said. "Not necessarily medals or plaques — just recognition for what they do."

To nominate a person for the award, someone need only send an e-mail to Colonel LoCastro with a narrative detailing the above-and-beyond service the nominee has accomplished.

"Anyone can send me an e-mail directly regarding something they witnessed," he said.

Above and Beyond awards are focused on particular accomplishments that personify "phenomenal" customer service, the colonel said. To date, 12 people have received awards out of more than 100 nominated. However, Colonel LoCastro does something with every nomination: some, he's sent back to group commanders or supervisors to nominate individuals for a quarterly award.

Anyone, including civilians off base, is eligible for the awards, Colonel LoCastro said.

"If you're in line at McDonald's and see someone do something phenomenal ... we want to recognize that," he said. "Highlighting exceptional service is what we want to do with this award. We're looking to recognize superstars no matter where they work. The 10th ABW appreciates anyone who's leading and providing service in a phenomenal way. We take pride in serving this base as high-speed as possible ourselves and continuing to improve, and it's important for us to recognize those who are doing it too, no matter where they work."

The colonel, a 1988 Academy graduate, said he developed the idea of an "above and beyond" award while working as an aide-de-camp as a junior officer, when he saw the effects that recognition from senior officers had on Airmen. He first instituted the program upon assuming command of the 7th Mission Support Squadron at Dyess Air Force Base, Texas.

"We wait for special events like retirements and going-away ceremonies to say good things about people," he said. "But if people are doing phenomenal work without it being noticed or mentioned, think of what kind of work they'll perform when they are finally recognized."

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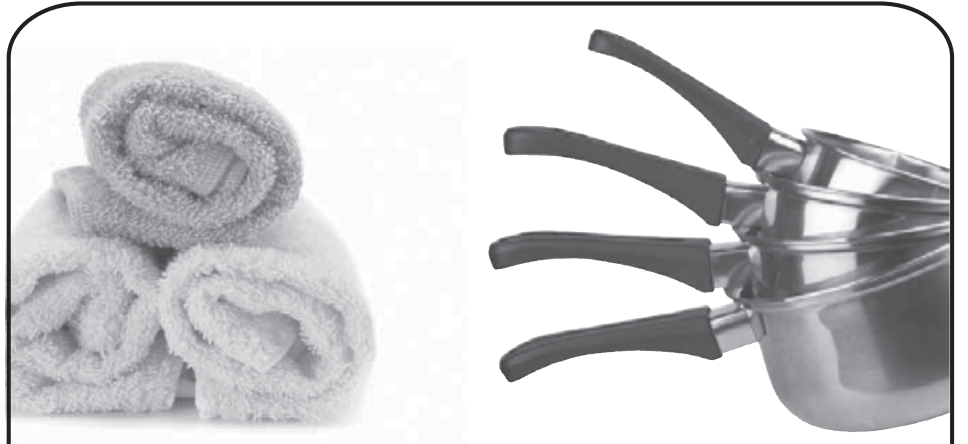
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Tax center stands by to help file returns

By Ann Patton
Academy Spirit staff

Like it nor not, Uncle Sam wants to hear from you.

As the April 15 deadline looms for filing income tax forms, the Academy's tax assistance center in Arnold Hall is easing the woes of the annual chore. It is a free service for DoD ID holders.

Air Force spouse Kathy Woodbury and her husband, Lt. Col. Douglas Woodbury, have used the free service for three years.

"It's very convenient and quick to get an appointment, and they are all very helpful," she said.

The center is open from 8 a.m. to 3 p.m. weekdays and closed weekends and holidays.

Jinsuk Gould, a tax assistance adviser with the Academy's Judge Advocate General office, said taxpayers can expect to spend anywhere from a half hour to an hour with a staff member. She recommends they call the center at 333-3905 at least a week in advance of an appointment.

Last year the center assisted about 900 taxpayers. Ms. Gould said she expects that number to rise this year to more than 1,000.

The center's tax preparers are all volunteers who received training from the Internal Revenue Service for a week last

December and are IRS-certified. They perform tax assistance in addition to their primary work duties. Tax preparers at the center can assist taxpayers in the choice between taking a standard deduction or itemizing to maximize the benefit to taxpayers.

Ms. Gould said some taxpayers may need only to file the simple 1040EZ form and could use tax preparation Web sites such as Military OneSource, www.militaryonesource.com, and the IRS itself, www.irs.gov. The center, however, can help with the form. In addition, the center welcomes walk-ins on a space-available basis for taxpayers such as most cadets who have relatively simple returns.

Taxpayers who expect to file a highly complicated return should call the center in advance to see if the staff can accommodate issues associated with the return. Ms. Gould said taxpayers should do their homework by gathering documents pertinent to income tax filing before arriving at the center and should fill out a questionnaire on personal issues affecting returns.

Anyone required to pay more than \$1,000 to the IRS should also consider more careful planning for their 2010 tax returns, Ms. Gould said.

Most returns processed at the center are filed electronically with the IRS and individual states, and refunds generally take only about 10 days to be direct deposited into taxpayers' accounts, she added.

All filers must bring the following items with them to their appointment at the tax center:

- Military ID card
- Social Security cards for all family members being claimed on the tax return or copy of the 2008 federal tax return with all family members
- Birth dates for all family members being claimed on the tax return
- Copies of all court orders for divorce or child custody and support
- Wage and earning statement(s) Forms W-2, W-2G and 100-R from all employers
- Interest and dividend statements from banks (Forms 1099)
- Any sale of stocks, bonds or mutual funds including purchase information
- Individual Retirement Account contributions
- Any alimony paid or received
- Mortgage interest statements (Forms 1098)
- Total paid for daycare provider and the provider's tax identifying number (provider's Social Security number or business Employer Identification Number)
- Copy of last year's federal and state returns if available
- Power of Attorney if applicable
- Bank routing numbers and account numbers for direct deposit (voided checks can be used)

File online with Military OneSource

File your taxes as soon as you get your financial documents with Military OneSource. Military OneSource provides free online tax filing for active duty members. It's a quick and easy way to get your taxes filed. If you filed a 1040EZ last year and think you will qualify to file a 1040EZ again this year, you should definitely consider taking advantage of this free service.

To use this resource, simply go to www.militaryonesource.com. If you run

into problems while using the software, Military OneSource tax consultants are available by phone 800-730-3802 or by e-mail. In addition, the program features an extensive help menu.

As always, the Academy Tax Center is available to provide your tax filing needs. If you decide you have gotten in over your head, please call the Tax Center 719-333-3905. The Tax Center's appointments hours are 8 a.m. to 3 p.m. weekdays.

The Tax Center also files your taxes online. This means active-duty members have two fast ways to file their 2009 tax returns.

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Former superintendents return to Academy

By Steve Simon
Academy Class of 1977

In Major League Baseball, teams will occasionally bring back their retired superstars for "Legends of the Game" events. The all-stars return to the scene of their heroics and visit with current talent, touring the facilities, catching up on the latest happenings, and sharing their secrets and wisdom. These events are always popular with the fans, who enjoy seeing and visiting with the people who played such prominent roles in the history and the overall success of the organization.

Something very similar took place at the Air Force Academy Feb. 1-3 when Lt. Gen. Mike Gould hosted his predecessors at a former superintendents' conference. Seven of the nine living former superintendents attended, most accompanied by their wives.

Attending were:

— Lt. Gen. Robert Kelley, ninth superintendent (June 1981 - June 1983)

— Lt. Gen. Winfield Scott Jr., 10th superintendent (June 1983 - June 1987), and Mrs. Scott

— Lt. Gen. Charles Hamm, 11th superintendent (June 1987 - June 1991) and Mrs. Hamm

— Lt. Gen. Bradley Hosmer (Class of 1959), 12th superintendent (June 1991 - June 1994) and Mrs. Hosmer

— Lt. Gen. Tad Oelstrom (Class of 1965), 14th superintendent (August 1997 - June 2000) and Mrs. Oelstrom

— Lt. Gen. John Dallager (Class of 1969), 15th superintendent (June 2000 - April 2003) and Mrs. Dallager

— Lt. Gen. John Regni (Class of 1973), 17th superintendent (October 2005 - June 2009) and Mrs. Regni.

The visit was short but action-packed, starting with a mixer at the Carlton House Feb. 1. Guests particularly seemed to enjoy touring the superintendent's quarters, reliving their time as residents of the historic and stately Carlton House.

After a relaxing first evening, they were put through their paces the following day, with an ambitious 14-hour schedule. After receiving briefings from the Academy senior staff, they toured some of the new facilities in the Cadet Gym. They then donned hard hats to tour Vandenberg Hall, first stopping by the gutted section, and then continuing to the remodeled section. Their tour continued with stops to learn about astronautics and language programs.

The Cadet Wing paid tribute to the former superintendents with a Cadet Wing parade. General Gould deferred reviewing officer honors to the retired generals, leading to the sight of the seven officers smartly saluting tomorrow's leaders as they



Photo by Johnny Wilson

Academy Superintendent Lt. Gen. Mike Gould and his predecessors applaud a performance by the Air Force Academy Band's "Wild Blue Country" ensemble Feb. 1, 2010, at the Goulds' residence. Playing for Wild Blue Country were Tech. Sgt. Stephen Brannen on guitar, Tech. Sgt. Timothy Stombaugh on drums, Master Sgt. Jerome Oddo on bass and Tech. Sgt. Jeffrey Valentine on steel guitar.



Photo by Rachel Boettcher

Cadet 1st Class Rexford Pearce, right, briefs Lt. Gen. Mike Gould and retired Lt. Gen. John Regni, Charles Hamm and Winfield Scott Jr. about the Air Force Academy's FalconSAT program in the Academy's Astronautics Department Feb. 2. The retired generals are former Academy superintendents who attended a former superintendents' conference Feb. 1-3. General Gould is the current superintendent.

passed in review. The cadets gave the former superintendents a rousing ovation at Mitchell Hall.

Afterward, General Gould held a superintendents-only discussion. From there, the generals and their wives attended a retirement ceremony for

long-time superintendent's secretary Margret Ingle before the conference concluded with a dinner at the Falcon Athletic Center.

The last former superintendents' conference was held in 2002.

Academy officer selections announced

By Staff Sgt. Don Branum
Academy Public Affairs

The Air Force selected one major and 48 captains at the Air Force Academy Feb. 5 for promotion during the 2009C chaplain, judge advocate and Line of the Air Force Central Selection boards.

Across the Air Force, 93.7 percent of eligible LAF captains were promoted in the zone, with 11 percent of eligible LAF captains promoted above the

zone. Judge advocate captains had a 95-percent selection rate in the zone.

The Academy's selectees are:

Lieutenant Colonel



Brian Bengs

Major



Cory Antosh
Kathryn Augsburger
Patrick Baldwin
Thomas Banker

Margaret Baucom
David Berrios
Willie Caudill
James Couch
Chalene Eber
Eric Engelmann
Angelinda Fedden
Brian Gagne
Jesse Goolsby
Paul Graham
Roger Greenwood
Michael Growden
Ryan Hart
Constance Hendrix

Andrew Hoisington
Jeffrey Johnson
Andrew Judkins
J. Donavon Kneuer
Emily Knight
Erich Kunrath
Anthony Mariapain
Elizabeth Mathias
Hugh McClean
James Mikes
Kelli Moon
Michelle Nash
Matthew Obenchain
Stephanie Olezeski

Ronald Palmer
Sonja Pasquantonio
Sabine Peters
Brett Pierson
Melanie Presuto
Qais Rabadi
Mathew Ramstack
Derek Read
Michael Rossi
Mark Sideno
Peter Smith
Gregory Thompson
Daniel Walker
Keri Walker



Academy medic serves in Afghanistan



Courtesy Photo

Senior Airman Sabrina Lyon is photographed with Afghan girls while deployed to Afghanistan. Airman Lyon is assigned to the 10th Aerospace Medicine Squadron.

By Butch Wehry
Academy Spirit staff

Although her voluntary deployment to Afghanistan ended in October 2009, a medical technician with the 10th Aerospace Medicine Squadron continues to reflect on what she saw and did there.

Senior Airman Sabrina Lyon recalls the way women are treated and how little the population has.

"The women are treated with no rights, and families didn't even have shoes to give to their children, let alone the adults," said the three-year Air Force veteran from Oakhurst, Calif.

Assigned to a U.S. Army Special Forces unit, Airman Lyon became a medic for local Afghan women.

"We saw locals every day," she said. "I was able to interact with the local females and try to boost their confidence. I was invited to some of the women's homes for meals, and some of them brought us stuff at the clinic." She also learned many medical skills from Army Special Forces medics.

"Work out there was somewhat relaxed," Airman Lyon said. "It was very slow-paced, though we had two traumas while I was there."

She married her Army husband, Army Sgt. Daniel Lyon, before deploying. He deployed to Iraq two months prior to her return in October. Being away from her family was one of the hardest parts of her

deployment, she said — the other was boredom.

"You have a lot of time on your hands, so we played (table tennis) and watched movies," she said.

She noticed several differences between East and West during her deployment.

"The men there had almost no respect for women," she said, and (there are) some cultural differences you cannot fix."

Her average days was wake-up at 6 a.m., then breakfast and clinic work and lunch from 7 a.m. to 1 p.m. Morale time was 1 to 4 p.m., with physical training from 4 to 6 p.m., with dinner at 6 p.m. and to bed at 7 p.m.

The deployment had its satisfying aspects, like "being able to see the women become more confident, and have the men appreciate what Americans do," she said.

"It was great to see little girls ask questions and just admire the American women and have hope that maybe someday they can get educated and be able to do something they have dreamt to do," she added.

She said she believes all Airmen should have the chance to deploy, and that her experience gave her "the confidence and the appreciation of being an American."

"There is a lot more than the normal 9-to-5 job sitting behind a desk," she said. "You also get to experience things that you will never be able to do here in the states. It opens your eyes: you really see how the military comes together and how America is a helping lend a hand to others."

Retiring not 'goodbye' for 'Uncle Bob'

By Butch Wehry
Academy Spirit staff

Old Airmen never die, and some don't even fade away. "Uncle Bob" is one of them.

It was a different Air Force when retired Chief Master Sgt. Bob Diehl left his hometown of Toledo, Ohio, in August 1966.

"The enlisted force then, in general, was less educated," said Mr. Diehl, training resources chief, who is scheduled to retire Feb. 26 in a ceremony at Doolittle Hall.

"Promotions were very limited. It was normal for good enlisted personnel to retire as E-4s."

Base pay for an Airman started at \$78 a month. Base pay for a staff sergeant was \$220 per month, with another \$110 for quarters and \$30 for food.

"It was tough going with a wife and two small children to provide for," Mr. Diehl said.

Discipline then was much stricter and better enforced, and NCOs and senior NCOs got more respect from younger Airmen, Mr. Diehl said.

The retired chief remembers the support and encouragement he got from his former spouse, Naomi, while he served as a first sergeant and senior enlisted adviser. He also recalls working with and mentoring cadets.

"I watched them grow from teenagers to outstanding young officers," Mr. Diehl said.

Working at the Air Force Personnel Center and helping repatriate families from Saudi Arabia and Turkey are memories are not likely to fade anytime soon.

During nearly 50 years of service to the United



Courtesy Photo

Retired Chief Master Sgt. Bob Diehl, known around the Air Force Academy as "Uncle Bob," poses for a photo along with a horse named Baker. Mr. Diehl is scheduled to retire — again — in a ceremony at Doolittle Hall Feb. 26.

States, Mr. Diehl has watched four children grow to be fine parents and role models for their own children. One daughter, Terrie, has an accounting degree and is mother of four great children; a son, Rob, is a retired U.S. Army sergeant first class now serving as a dog handler for customs on the Canadian border. His second daughter, Maggie, holds a master's degree and teaches at a Department of Defense school in Germany. His second son, Jason, is a chef and co-owner of Home Café in Lubbock, Texas, with his wife, Kate.

The Air Force administrative specialist, former first sergeant and senior enlisted advisor laid tracks

worldwide, serving at Ramstein Air Base, Germany; Naples, Italy; Woomera Air Station, Australia, and Torrejon Air Base, Spain. After retiring from military service, he came back as a civilian, where he eventually ended up as chief of training and resources for the Commandant's Directorate of Training Support.

"In regards to my career, I wouldn't have done anything different," he said. "I was raised very poor, and even my \$78 a month was big money. I had never had that much money before. If I hadn't joined the Air Force, I would probably still be living in Toledo and working in a factory making new cars."

Mr. Diehl said he will stay in Colorado Springs, where his long-time involvement with the Catholic Church is likely to continue. His immediate plans after retirement include spending more time volunteering at the Academy Equestrian Center and being involved with the "Warrior Wellness Program." He will also take time to visit his

four children, 11 grandchildren and one great-grandchild.

"The only family residing with me are Buddy and Pepper, my spoiled miniature schnauzers," he said.

So while the man who many around the Academy know as "Uncle Bob" is retiring, he's by no means severing ties.

"This is not my farewell to the Air Force," Mr. Diehl said. "I call it my 'graduation to the next phase of my life.' I attend church at the Community Center Chapel, sing in the choir. I volunteer at the Academy Equestrian Center. I love being involved with Air Force activities."

Falcons fall to Colorado College, 2-0

By Dave Toller
Athletic Communications

Joe Howe made 20 saves as 10th-ranked Colorado College beat Air Force, 2-0, in a non-conference college hockey game, Feb. 5, at the Colorado Springs World Arena.

Air Force fell to 12-11-6 overall while Colorado College improved to 16-10-3.

Eight minutes into the first period, CC defenseman Kris Fredheim took a cross ice pass in the right circle and Andrew Volkening slid across to his left to make a pad save to keep the game scoreless. CC got on the board 66 seconds into the second period. Air Force turned the puck over at its own blue line and Rylan Schwartz collected the loose puck. He fed Mike Testwuide coming down the slot for his 17th of the season.

It looked as though Air Force tied the game on the power play when Jeff Hajner took a shot that was tipped in by Jacques Lamoureux with 9:06 left. However, the officials waived off the goal saying that Lamoureux's stick was too high. After video review, the goal was disallowed. Air Force had five power plays in the second period, but was unable to convert.

With CC leading 1-0 five minutes into the third period, Derrick Burnett made a long outlet pass to spring Lamoureux on the left wing for a break-away. Lamoureux skated into the slot and made two moves but Joe Howe made

a glove save as he was lying on his back. Midway through the period, the Tigers were on the power play and they did capitalize. Tim Hall skated into the right circle and fired a wrister past Volkening for a 2-0 lead. Just over a minute later, the Falcons had another chance but Howe made a save on Matt Becker's shot from the slot.

Colorado College outshot Air Force, 28-20. AFA was 0-for-7 on the power play while CC was 1-for-4. Volkening made 26 saves while Howe made 20.

"This was very, very disappointing," head coach Frank Serratore said. "We had our chances. It was a truly missed opportunity. We had seven power plays and they had two too many men penalties called on them. The game should have been over in the second period. We had a game plan to take the rush offense away and we did. We held them to two goals and when you do that, you have to find a way to win and we didn't. We played hard within the framework of our system. We were very assertive on defense and their opportunities were sporadic. We didn't show that assertiveness on offense. Plain and simple, we didn't get it."

Photo by Mike Kaplan

Senior forward Matt Fairchild battles for control as 10th-ranked Colorado College beat Air Force 2-0 in a non-conference college hockey game Feb 5, at the Colorado Springs World Arena.



Air Force boxers finish strong at invitational

By Valerie Perkin
Athletic Communications

RENO, Nev. – The Air Force boxing team wrapped up the regular season Feb. 6 with a 7-4 showing at the National Collegiate Boxing Association Invitational here.

Air Force's Dalton Hall (165 lbs.) won his match in a referee-stopped contest. Winning by decision were Falcons boxers Glenn Miltenberg (145 lbs.), Craig Spranger (152 lbs.), Habluetzel (163 lbs.), Mike McLain (180 lbs.), Cory Tintzman (200 lbs.) and Casey Richard Meldrum (hywt.).

Competing in his first non-Friday Night Fight bout, sophomore Craig Spranger got the Falcons off on the right foot, picking up a 152-pound decision from Anthony Donahue. Sophomores Mike McLain and Casey Habluetzel continued Air Force's winning ways. McLain, competing in his first NCBA event of the season, won a 180-pound bout over John Priest of UNLV, while Habluetzel took a decision from Evan Aguilar of USC in the 163-pound contest.

Rainer Caparas dropped the 125-pound contest to Lee Inouye of UNLV, while Richard Meldrum won his NCBA debut in the heavyweight division over Nevada's

Anthony Crespo. Tyrus Korecki dropped a 155-pound decision to Nevada's Jeremy Catalano, before Glenn Miltenberg improved to 2-0 against NCBA opponents with a 145-pound victory by decision over Nevada's Nate Whedon.

Dalton Hall picked up his third win in as many attempts against NCBA foes, when he caused the referee to stop his 165-pound bout with Nevada's Francisco Torres early. Nick Cataldo dropped a 165-pound decision to Nevada's Jacob Muson-Decker, while Joe Silvio lost a narrow decision to Nevada's Ryan Cotey. Cory Tintzman closed out the night with a 200-pound victory over Tony Gonzales of UCLA.

Despite the narrow loss, Silvio was selected by the Academy coaches as the program's Boxer of the Week. Taking on Cotey, a two-time NCBA national champion, in his home ring, Silvio showcased his own strong conditioning as he took away his opponent's right hand.

Air Force returns to action on Thursday, Feb. 11, when it opens the 2010 Wing Open Boxing Tournament in the Upper Boxing Room of the Cadet Gym at 4:30 p.m. Thursday's action begins a four-week journey to the annual championship bouts at Clune Arena on March 4.

RESULTS

152-lbs.: Craig Spranger (Air Force) dec. Anthony Donahue
180-lbs.: Mike McLain (Air Force) dec. John Priest (UNLV)
163-lbs.: Casey Habluetzel (Air Force) dec. Evan Aguilar (USC)
125-lbs.: Lee Inouye (UNLV) rsc Rainer Caparas (Air Force)
Hywt.: Richard Meldrum (Air Force) dec. Anthony Crespo (Nevada)
155-lbs.: Jeremy Catalano (Nevada) dec. Tyrus Korecki (Air Force)
145-lbs.: Glenn Miltenberg (Air Force) dec. Nate Whedon (Nevada)
165-lbs.: Dalton Hall (Air Force) rsc Francisco Torres (Nevada)
165-lbs.: Jacob Muson-Decker (Nevada) dec. Nick Cataldo (Air Force)
156-lbs.: Ryan Cotey (Nevada) dec. Joe Silvio (Air Force)
200-lbs.: Cory Tintzman (Air Force) dec. Tony Gonzales (UCLA)

Frawley MWC Athlete of the Week

Falcon Nick Frawley claimed his second Mountain West Conference Athlete of the Week award of the season, the league office announced Tuesday. Frawley, who also won the award following the season-opener on Jan. 15, has now claimed the conference's weekly award four times during his career.

Flick candidate for CLASS Award

Air Force senior lacrosse captain Ridge Flick has been named one of 20 candidates for the men's lacrosse division of the 2010 Lowe's Senior CLASS Award. An acronym for Celebrating Loyalty and Achievement for Staying in School, the Lowe's Senior CLASS Award focuses on the total student-

athlete and encourages students to use their platform in athletics to make a positive impact as leaders in their communities.

Women's tennis

The Air Force women's tennis team won their fourth consecutive match of the weekend and seventh overall Sunday, defeating Texas-San Antonio, 7-0, at the Academy. With the victory, Air Force improved to 7-1.

"This was a great weekend for our team," said Air Force head coach Kim Gidley. "I am so proud of each player for their great level of intensity and strong effort throughout the entire weekend."

The Falcons cruised through the three doubles matches to take a 1-0 lead, then won the first four singles matches in straight sets. The last two singles matches were played as eight-game pro sets

Hospital Team 2 wins intramural B-ball trophy

By Dave Castilla
Intramural Sports director

The intramural basketball championship concluded Feb. 2 with a dominant performance from Hospital Team 2, who defeated their 10th Medical Group brothers, Hospital Team 1, 62-47.

Team 2 dominated from start to finish, with shots by Frank Samarin, Fred Walker and Ben Pilan giving Team 2 an 18-9 lead at the first timeout.

Team 2 continued their offensive assault as Walker hit back-to-back baskets, including a reverse layup. Team 1's Mike Davis tried to keep his group in the game, but Pilan scored five straight to push the score to 37-18 with 1:50 left in the first half. By halftime, Team 1 had only edged one point closer, trailing 41-22.

By the 13-minute mark, Team 2 had a dominating 25-point lead, the largest spread of the game. Team 1 went on a 13-3 run with back-to-back shots by

Terrance Tyler and a shot by Davis, closing the lead to 15 points. But with only three minutes left, Team 1 could not overcome the huge deficit.

"(Team 1) had the most experienced players for the past four or five years, but (Team 2)'s great effort led to the victory," said Team 2 Coach Fred Walker. "We had a great group of guys and had a lot of fun."

Pilan led scoring for Team 2 with 17 points, followed by Walker with 14 and Paul Vernon with 11. For Team 1, Davis scored 13 points, Tyler 10, and Jarrod Gates scored nine.

Photo by Johnny Wilson

Hospital Team 2 defeated Hospital Team 1, 62-47, in the Academy's intramural basketball championship Feb. 2. Ben Pilan led scoring for Team 2 with 17 points, followed by Fred Walker with 14 and Paul Vernon with 11.



Photo by Mike Kaplan

Goin' for 2

Falcons freshman Taylor Broekhuis goes for a layup in the Air Force-Colorado State match at Clune Arena Tuesday. The Rams held on to beat the Falcons, 51-47, dropping Air Force to 9-14 overall and 1-9 in the Mountain West Conference. Broekhuis, a native of Colorado Springs, had seven points and three defensive rebounds.



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Black History Month

The Air Force Academy will celebrate Black History Month with events Tuesday through Feb. 22.

Tuesday: The Base Exchange will host a Tuskegee Airmen and Buffalo Soldiers panel and the Air Academy High School Jazz Band from 10 a.m. to 1 p.m.

Wednesday: The Academy Clinic will hold a health fair in their lobby featuring "Five major diseases affecting African-Americans" from 11 a.m. to 1 p.m.

Feb. 19: The Academy Clinic will offer a "soul food" themed meal in the 10th Medical Group dining hall from 11 a.m. to 1 p.m. The Youth Center will have exhibits, games and presentations set up from 4 to 6 p.m., and the Tuskegee Airmen and Buffalo Soldiers panel will return to the BX from 4 to 6 p.m.

Feb. 22: Colorado Rep. Terrance

Carroll, speaker of the Colorado House of Representatives, will speak at a Black History Month Luncheon from 11 a.m. to 1 p.m. at the Falcon Club.

Free tax preparation

The Air Force Academy will prepare tax returns free for active-duty servicemembers stationed at the Academy as well as cadets and retirees in Arnold Hall near Hap's. To have your tax return prepared, you will need a military ID card, wage and earning statements from your employers and any interest and dividend forms. You will also need bank routing and account numbers if you would like your tax refund issued through direct deposit.

For more information, contact the tax center at 333-3905.

Sports camps

Early bird registration is now open for 12- to 18-year-olds to attend 2010 Falcons Sports Camps. Sporting events include baseball, basketball, football, cheerleading, and diving and swimming. Prices start at \$150 for three-day commuter camps, \$325 for one-week commuter camps and \$500 for week-long camps with boarding at the Academy. For more information on prices, check-in times and registrations, call the Athletics Department at 333-2116.

H1N1 vaccine

TriCare beneficiaries can visit TriCare retail network pharmacies to receive seasonal flu, H1N1 flu and pneumonia vaccines at no cost. This expanded coverage is available to all TriCare beneficiaries eligible to use the TriCare retail pharmacy benefit.

To receive the vaccines, beneficiaries can call their local TriCare retail network pharmacy to make sure it participates in the vaccine program and has the vaccine in stock. To locate a participating retail network pharmacy, go to www.expressscripts.com/Tricare or call Express Scripts at 877-363-1303.

At the Academy, the 10th Medical Group offers the H1N1 influenza vaccine to all servicemembers, TriCare beneficiaries, Department of Defense civilians and contractors. Active-duty servicemembers are required to receive the H1N1 vaccine in addition to the seasonal flu vaccine. Visit www.usafa.af.mil/information/h1n1 for more information.

A&FRC Offerings

The Academy Airman and Family Readiness Center will host the following classes in February. Contact the A&FRC at 333-3444 or 333-3445 with questions or to sign up for a class. Class dates and times are subject to change.

Group pre-separation counseling
Held Mondays (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.

Smooth move
Wednesday, 3 to 4 p.m.
This is a mandatory class for anyone

permanently departing the Academy. Being prepared certainly lessens the stress of an upcoming move. Learn innovative and proven ways to make your move a smooth one — "know before you go."

FERS retirement benefits briefing
Wednesday, 8 a.m. to noon

Come and learn about your Federal Employees Retirement System benefits and planning for retirement. Seating is limited, and you must be registered to attend. Spouses welcome if they signed up with the member.

SCORE - starting your own business

Thursday, 9 a.m. to noon
If you've ever thought about owning your own business but are not sure how to start, this workshop is for you!

Key spouse training
Feb. 19, 9 to 11 a.m.

The Academy Key Spouse Program enables open communication between unit leadership and families. Training includes roles and responsibilities, resources, making connections, responding to the call, and how to support families during deployment.

Orientation and information fair
Feb. 20, 9 a.m. to 4:30 p.m.

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

TAP seminar
Feb. 22-26, 7:30 a.m. to 4:30 p.m.

Separating in a year or retiring in two years or less? The Transition Assistance Program workshop is designed to provide the knowledge and skills necessary for a successful transition into the civilian workforce after a military career. Learn interviewing skills, resume writing, networking, negotiations, dress for success, and much more. Call now to reserve your spot in the next available TAP class. These workshops fill very quickly so plan your attendance well in advance.

Medical records review
Feb. 26, 7:30 a.m. to 4:30 p.m.

Individuals within 180 days of retirement or separation can have the Disabled American Veterans review their medical records in preparation of filing for Veterans Administration Disability Compensation through the VA Form 21-526. Call for more information or an appointment.

Newcomers base tour
Feb. 26, 8:45 a.m. to 2:30 p.m.

This informative base tour gives insight into the Academy's mission and reveals most of the events and activities to see and do while stationed at the Academy. Stops include the stables, Cadet Chapel, Arnold Hall, Arts and Crafts Center, Outdoor Recreation and more.

Family Advocacy Classes

Common sense parenting
Wednesday 11:30 a.m. to 1 p.m.: All parents occasionally need help and advice when they're having a hard time with their children. This research-based, practical training program, designed for parents of toddlers and preschoolers ages 2-5, teaches parents how to set reasonable expectations, effectively use consequences, when and how to use timeout

and how to teach instead of punish. The class is open to active-duty servicemembers, Defense Department civilians, retirees and family members.

Anger management
Thursday, 11:30 a.m. to 1 p.m.: Anger is a normal, healthy human emotion, but when it gets out of control, it can lead to problems at work, in relationships and in quality of life. Anger management classes will help attendees better understand their anger and where it comes from, how to handle conflict in frustrating situations and how to relax and de-stress their lives.

For information on classes offered by the Family Advocacy Office or to sign up, contact Kristin Larkey of Family Advocacy Outreach at 333-5270.



Mumbo Jumbo Gumbo

Manitou Springs will hold its annual Mumbo Jumbo Gumbo Cook-Off Saturday beginning at 8 a.m. in Soda Springs Park, with a parade on Manitou Avenue to take place at 1 p.m. Admission is free; public gumbo tasting begins at 10:45 a.m., with two tastings for \$1.

For more information, contact the Manitou Springs Chamber of Commerce at 685-5089.

Year of the Tiger Festival

The Colorado Springs Chinese Cultural Institute will hold its ninth-annual Chinese festival celebrating the Year of the Tiger Saturday at the Colorado Springs Auditorium from 11 a.m. to 5 p.m.

Admission is \$4 for servicemembers, \$5 for adults and free for children younger than 5.

For more information, contact the Chinese Cultural Institute at 287-7624 or by e-mail at cscii@gmail.com.

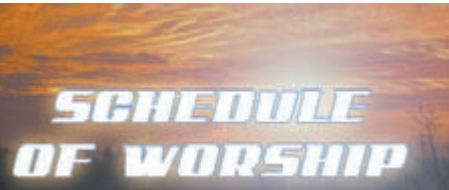
Red Cross seeks hometown heroes

The Pikes Peak Chapter of the American Red Cross is seeking nominations by Monday for its inaugural Hometown Heroes awards.

Nominees must have responded to a situation with an act of courage, extraordinary compassion or life-saving actions within the past 18 months and must live in one of the 18 counties supported by the Pikes Peak Chapter — El Paso, Pueblo, Teller, Fremont, Elbert, Lincoln, Kit Carson, Cheyenne, Kiowa, Crowley, Custer, Chaffee, Huerfano, Otero, Bent, Prowers, Las Animas or Baca.

The Pikes Peak chapter will present awards for courageous, compassionate or community service actions that have made a difference in others' lives. Nomination forms are online at www.pparc.org/Heroes. The awards will be presented April 2 at the Antlers Hilton in Colorado Springs.

For more information, visit the Pikes Peak Chapter website at www.pparc.org or call Jennifer Mariano at 641-6365.



CADET CHAPEL

Call 719-333-2636 for more information.

Buddhist

Wednesday - 6:30 p.m.

Jewish

Friday - 7 p.m.

Muslim

Friday Prayer - 12:15 p.m.

Protestant

Liturgical Worship Sun. - 8 a.m.
Traditional Worship Sun. - 9:30 a.m.
Contemporary Worship Sun. - 11:30 a.m.

Roman Catholic

Mass
Sunday - 10 a.m.
Academic Year, when cadets are present
Mon, Tues, and Thurs - 6:40 a.m.
Wednesday - 6:30 p.m.

Sacrament of Penance

Sunday - 9:00-9:40 a.m.
Academic Year, when cadets are present
Wednesday - 5:30-6:15 p.m.

Exposition of the Blessed Sacrament

Academic Year, when cadets are present
Wednesday - 5:30-6:20 p.m.

Paganism/Earth-centered Spirituality

Academic Year, when cadets are present
Monday, 6:30 - 7:50 - Room 1M125
(1st Floor - Fairchild Annex -- Astronautics Museum)
Contact TSgt Longcrier at 719-333-6187

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.



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