



USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 49 No. 5

February 6, 2009



Star performer

Community Center chaplain earns Bronze Star for serving in the combat zone

Page 4



AFSC Spotlight

Senior NCO has vast impact at deployed location

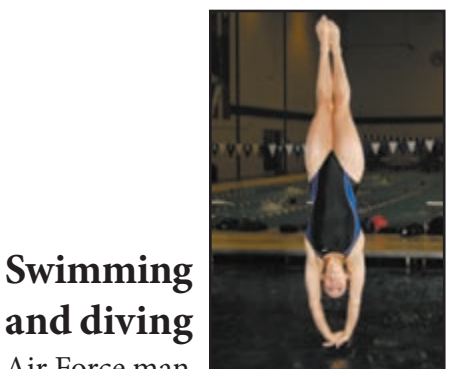
Page 12



All in the Family

F. E. Warren NCO and family benefit from seamless team effort

Page 13



Swimming and diving

Air Force man and woman both claim second-place honors in invitational contest

Page 15

Superintendent to retire



File photo

U.S. Air Force Academy Superintendent Lt. Gen. John Regni visits with cadets on the Terrazzo. The general has served as the Academy's leader since October 2005 and will retire later this year.

The Air Force announced Monday that Lt. Gen. John Regni, the Academy's 17th superintendent, will retire from active duty later this year. The general entered the Air Force in June 1969 as a cadet here.

No retirement date has been announced, however, General Regni said in an Academy-wide e-mail to cadets and the USAFA Team Monday that he will preside over graduation for the Class of 2009, May 27.

"This is a bittersweet day for me and my wife, Debby," the general said. "We will miss the amazing people serving our

nation's Air Force and Air Force Academy, as well as the terrific people of Colorado Springs. However, we know it is time for others to lead this great institution."

General Regni has led the Academy since October 2005. His retirement will culminate a distinguished career that has included nine consecutive years as a general officer field commander. Prior to his current assignment, he commanded Air University and the 2nd Air Force.

General Regni, a 1973 graduate, has had a diverse Air Force career. It has encompassed a wide range of personnel, training and command assignments, and

he has served at base, numbered air force, major command, Air Staff and joint unified command levels.

"There is no more fitting, honorable way to end my career than at my alma mater, the U.S. Air Force Academy," he said. "I am ending my career at the place it started 40 years ago."

Maj. Gen. Michael Gould, director of operations and plans, U.S. Transportation Command, and a 1976 Academy graduate, has been nominated by President Barack Obama for promotion to lieutenant general and to become the Academy's 18th superintendent.

MTI shortage creates opportunity for NCOs

By Ken Carter
 Editor

Qualified Air Force noncommissioned officers seeking a challenging and rewarding opportunity are being sought from all corners of the globe.

A severe shortage of Military Training Instructors has left a void in San Antonio that the Air Force is working diligently to fill.

According to the 10th Mission Support Squadron's Career Assistance Advisor Master Sgt. Daniel Thompson, the influx of new Airmen entering the Air Force and recent BMT program expansion to eight and a half weeks, equates to more trainees in the pipeline thus a requirement for additional instructors.

"More than 200 MTIs are needed to See MTI, Page 3

Safety kudos

Congratulations to the following 2008 USAFA Safety award winners:
Unit Safety Representative of the Year Maj. Patrick Castle, DF
Individual Safety Award of the Year Mr. Dale Ryles, XP
Team Safety Award of the Year Athletic Training Department, AD
Unit Safety Award of the Year Dean of Faculty

According to U.S. Air Force Academy's Director of Safety Lt. Col. Bryan Cessna, each submission from commanders, supervisors and directors was excellent and the competition was very close.

INSIDE

Commentary	2
News	3
Features	12
Sports	14
Community	17
Classifieds	18

Air Force family remains second to none

By Ken Carter
Editor

It's been said, "Blood is thicker than water." Many interpret that as meaning when the rubber meets the road during difficult times, family (blood relatives, spouses, etc.) will be there unconditionally to lend a hand while sometimes so-called friends (or employers) are nowhere to be found.

Having seen many hurting military families over the years, often hundreds or even thousands of miles from their nearest blood relatives, maybe even oceans apart, I'm not so convinced the above always holds true.

The Air Force family is one like no other. It gives a whole new meaning to "True Blue."

Sure, service members from all branches speak proudly of their military "families" and I'm certain each branch is amazing in its own right. With nearly 30 years of Air Force observation in my imaginary military family rear-view mirror, I see off in a distance, 1980. That's when this former Airman (E-2) was about to become a dad at Fort Lewis' Madigan Army

Medical Center, just minutes from my first duty station, McChord Air Force Base.

Way late in the pregnancy it was discovered our child stood no chance of survival following birth, despite that it was wiggling and kicking with great intensity every day leading up to a very sad ending. It was at that point, the officers, enlisted members and civilians with whom I worked in the 62nd Field Maintenance Squadron showed this new Airman unbelievable compassion, support and, ultimately, encouragement.

Our non-military background families on the opposite U.S. coast could not provide the needed support for a host of legitimate reasons. Within 24 months of this loss, the subsequent terminal illness and pending death of my father-in-law set the stage for applying for a humanitarian assignment to be my only hope in maintaining an Air Force career and provide for my family's needs simultaneously. Once again, an NCOIC, a first sergeant, a commander and a chaplain proved quickly the Air Force family team was a winning one when it came

to taking care of its own.

Fast forward.

It's Christmas week 2008. With personal knowledge of dozens more Air Force families who'd received help just like I had over the years, I meet a young staff sergeant and his wife at the Colorado Springs Ronald McDonald House where they were staying following the loss of a twin girl the month prior. They were there, right across the street from Memorial Hospital, while their surviving premature infant was still being closely monitored round-the-clock.

Having previously explored their story for just a few seconds by phone, speaking with a Ronald McDonald House staff member, was all it took to see that my Air Force family hasn't changed a bit ... except possibly that it's become even more compassionate, more supportive and more efficient in helping its members.

Don't take my word for it ... check out the related feature this week on Page 13 and see how a team effort impacted the lives of these newlywed parents.

ACADEMY SPIRIT

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

Lt. Gen. John Regni —
Academy Superintendent

Lt. Col. Brett Ashworth —
Director of Public Affairs

Tech. Sgt. Cortchie Welch —
Chief of Internal Information

Ken Carter — Editor
kenneth.carter@usafa.af.mil

Butch Wehry — Senior Staff Writer
whalen.wehry@usafa.af.mil

Ann Patton — Staff Writer
elizabeth.patton.ctr@usafa.af.mil

Denise Navoy — Graphic Designer

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

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Colorado Springs Military Newspaper Group, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The printer reserves the right to reject any advertisements.

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

Submissions

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

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

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

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



FRAUD, WASTE AND ABUSE

IF YOU KNOW OF ANY INSTANCES OF FRAUD, WASTE AND ABUSE, REPORT IT TO ONE OF THE HOTLINE NUMBERS

FRAUD: Intentional deception of the DoD such as bribes, gratuities or false claims

ACADEMY
1(719)333-3490
DSN: 333-3490

WASTE: Extravagant, careless or expenditure of government funds

AIR FORCE
1(800)538-8429
DSN: 425-1562

ABUSE: Intentional wrongful or improper use of government resources

DEPT. OF DEFENSE
1(800)424-9098
DSN: 664-8799

Character Corner "What Honor Means to Me"

By an anonymous fourth-class cadet

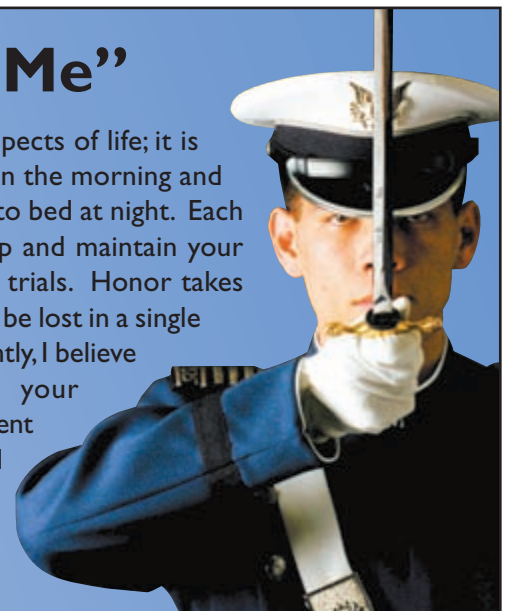
The following is an essay explaining what honor means to him/her since arriving at the Air Force Academy:

"Now that I am here at the Academy, I can see that honor is much more than just showing respect to those in authority. It is doing your duty, without complaint. Honor is part of your character; either you have it, or you don't. If you have it, you have it all the time; honor cannot be turned on and off like a switch, it's

internal. Honor is staying true to your word, standing up for what is right, even when it is not popular. It is maintaining your integrity above all else; being able to stand up and take the blame. Honor is taking personal responsibility for your own actions and the actions of those around you. It is showing respect to all, regardless of race, color, gender, creed, or personal beliefs. Honor is competing your heart out, win or lose and never giving up. Honor is knowing you gave your best every time. Being at the Academy, it is easy to see

that honor covers all aspects of life; it is there when you get up in the morning and it is there when you go to bed at night. Each day is a struggle to keep and maintain your honor against tests and trials. Honor takes years to achieve, but can be lost in a single moment. Most importantly, I believe that honor is paying your respects to those who went before you and served and gave their lives for the defense of freedom."

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



Tax preparation: A source of pain or pride?

"Definitely not pain. My wife's the smart one in the family so I just leave it all to her — I provide the W-2s and she spends the refund in exchange for doing the paperwork."

James "Kimo" Rush
Long Beach, Calif.



"It's a lot of pain to get things started, but through lots of Academy resources, at the end of the day, it can be a cool experience."

Cadet 3rd Class
Nate Thuli
Cadet Squadron 7
DeKalb, Ill.



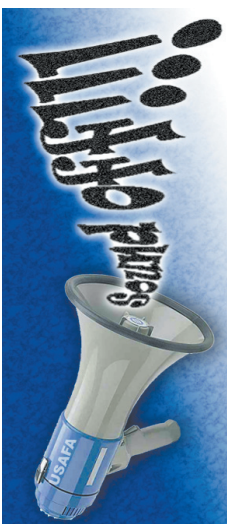
"Pride. It gives me a strong feeling of playing my part during some tough economic times."

Master Sgt.
Ernest Medina
Cadet Squadron 21
AMT
El Paso, Texas



"It's pain-free, because my mom does my taxes for me and I get the money ... which makes me proud."

Cadet 3rd Class
Kristen Ellison
Cadet Squadron 21
Yreka, Calif.



MTI

From Page 1

get manning levels to 85 percent," he said.

Leadership at all levels is evaluating several options to alleviate these shortages.

MTI recruiting teams will continue to visit bases to educate Airmen on the MTI special duty requirements/benefits in an effort to recruit more volunteers.

The eligibility criteria are very specific and applicants must:

- Present an excellent military image and appearance,
- Have achieved a minimum fitness score 75 total points,
- Be a Senior Airman (with at least three, but less than six years TAFMS); a staff sergeant (with less than 16 years TAFMS); a master sergeant (considered on a case by case basis); or, senior master sergeants who served previously as MTIs.

"Furthermore, there can be no record of disciplinary action in the past five years and one must speak clearly and have his or her squadron commander's recommendation to accept the Special Duty Assignment with a minimum four-year commitment," Sergeant Thompson said.



Apart from the honor of training the Air Force's newest enlisted members, MTIs receive some additional benefits. They include: special duty pay of \$375 per month; a supplemental clothing allowance of \$222 per year; free boots annually and PT gear bi-annually; testing PDG only; awarded MTI ribbon; gained leadership and supervisory experience; opportunity to influence future

enlisted force members and more. Sergeant Thompson said members from any AFSC may apply. "Some AFSCs are harder than others to be released from, however, this should not stop anyone from applying." To find out more call Sergeant Thompson at 333-9389.



Photo by Herb Wetzel

Perseverance!

Kevin Krogh skis at Keystone Resort Jan. 30, during SnoFest. Krogh was one of 15 severely injured members of the Armed Forces who participated in the annual military snow sports weekend as part of the Wounded Warriors program. Jane Evans and Christy Wise on skis and Austin Baker and Ragland Taylor on snowboards turned in the fastest Academy times in Jan. 30 NAS-TAR races pushing USAFA to a second-place finish for the Commander's Cup traveling trophy. In Saturday's competition, two Academy siblings, Abigail and Grant Dastur, finished second in the youth ski divisions. The USAFA "Out Cold" team of Ragland, Daniel Montplaisir and Ryan Hagener took first place in the team snowboard category, and the "Aces" team of Evans, Wise and Brig. Gen. Dana Born took first place in the team ski category. Also, in the team ski category, "The Comm" team of Tyler Benjamin, Chris Brown and Brian Farmer took second place.

THE PINERY
Presents
A Bridal Fair
IN THE FOREST

February 7th, 2009 • 10am - 4pm
Free Admission & Parking

Fashion Show at 11:30 AM from *Something New Bridal*

ENTER TO WIN THE \$100,000.00 WEDDING OF YOUR DREAMS GIVE AWAY.
Prizes will be given away every 30 minutes.

The Pinery was voted Best Place to Get Married in Colorado Springs!

See some of our premier vendors

genes's medspa, bareMinerals, Cookie Lee, The Top Design, Princess House Bridal Gift Registry, Jade Creek, Teahot Basket Co., QUICKGYM

Visit www.thepinery.com for all the details.
12375 Black Forest Rd., Colorado Springs, CO 80908

INTERESTED IN HAVING A VENDOR BOOTH?
For more information please email RSVP@thepinery.com or Call 719.264.7722

Meet your new troops.

You can now make a seamless transition to a teaching career through the **Hire-in-Advance Program!**

Troops to Teachers has partnered with school districts throughout the nation allowing you to secure employment up to two years in advance.

For more information:
1-800-438-6851
info@mwttt.com
www.mwttt.com

Troops to Teachers
PROUD TO SERVE AGAIN

ENTERTAINMART
MOVIES ★ GAMES ★ MUSIC

PRESIDENT'S DAY SALE
Friday, February 13th thru Monday, February 16th

3 for \$25 – Used New Releases DVD's – Priced at \$9.99

3 for \$12 – on All Used CD's & DVD's Priced at \$4.99, \$5.99 & \$6.99

3 for \$9 on all Used CD's & DVD's – Priced at \$3.99

All \$7.99 posters for \$4.99

All \$12.99 posters for \$9.99

ONE DAY SALE! – Valentine's Day!

\$5 off All used Games - \$9.99 & up

\$5 off All used Box Sets - \$9.99 & up

5 for \$14 on all Used CD's & DVD's Priced at \$3.99

PRIZE DRAWINGS NIGHTLY AT 9PM!
Friday, Feb. 13th thru Monday, Feb. 16th
\$300 Entertainment Gift Certificate

www.entertainment.net
651 N. Academy Blvd. • (719) 380-8580

Chaplain brings sense of peace, serenity to Iraq

By Ann Patton
Academy Spirit staff

The story of military chaplains begins with the story of the War for Independence.

Colonial clergy frequently raised military units from their congregations or locations and often led them into battle, according to the U.S. Army Chaplain Center & School.

With the soldiers, they endured suffering, hunger, loneliness, defeat, wounds, death and, at last, victory.

At Lexington Green and Concord Bridge in 1775, of the Reverend (Dr.) Phillips Payson it was reported, "Seizing a musket he put himself at the lead of the party and led them forward to the attack."

Military chaplains have also made the ultimate sacrifice.

In all branches of today's U.S. military, chaplains, as noncombatants, are prohibited from carrying weapons.

That does not mean, however, they are immune from danger.

Chaplain (Capt.) Mike Shannon, with the 10th Air Base Wing's Community Center Chapel, can attest to this after his seven-month deployment to Iraq.

For his outstanding service, the Army awarded him the Bronze Star.

"I am humbled and honored by it," he said. "God blessed me with a great commander."

Chaplain (Lt. Col.) Dwayne Peoples, wing chaplain, said in the past awarding a Bronze Star to a chaplain was rare but less so now with current overseas combat.

"Often people don't think of a chaplain being on the front lines," he said. "In those settings receiving the Bronze Star was usually reserved for combatants."

Chaplain Shannon served with the Army's 360th



Photo by Ann Patton

Chaplain (Capt.) Mike Shannon is as at home in the sanctuary of the Academy's Community Center Chapel as the Bronze Star recipient was in Iraq.

Civil Affairs Brigade based at Camp Slayer in Baghdad. The unit was tasked with building infrastructure, establishing rule of law, promoting agriculture, building hospitals and clinics, and helping with manufacturing and small businesses.

The 1,100 member unit was dispersed throughout the Iraqi theater. He began every week on Monday climbing into aircraft for visits to the brigade's 62 units across the theater.

On site, Chaplain Shannon provided counseling, prayed and talked with service members, led worship

and rendered training on coping skills, among other duties. He frequently returned to Camp Slayer only in time for Sunday worship. One week he was stranded for five days without transportation.

"It was a good ministry," he said of his second time in Iraq and where "people took heavy hits."

Chaplain Peoples gave high praise to his colleague. "He came through with flying colors," he said.

The narrative accompanying the award called Chaplain Shannon "phenomenal in his ability to integrate himself quickly as an active component Air Force chaplain into an Army Reserve unit" and "tireless in providing religious support to the Soldiers, Sailors and Airmen in the unit." The narrative also added, "Regardless of the danger involved, he went to where the warriors were on the battlefield."

During deployments, chaplains in-theater are often regarded as "lucky charms" with their presence, no doubt due to the belief chaplains are in close touch with higher powers.

Now back at the Community Chapel, the former Preparatory School chaplain oversees the Protestant ministry and leads worship for two Sunday services.

He began his military service while serving with the Army. In 1994, he was selected as a chaplain candidate with the Michigan Army National Guard. Before coming to the Academy, he was assigned to the Officer Training School at Maxwell Air Force Base, Ala., and Spangdahlem Air Base, Germany.

At the core of the soft-spoken chaplain's ministry and life is his faith.

"I am completely, unabashedly committed to my faith in Jesus Christ," he said and added, except for the potential impact on his family, "I was never afraid of dying because of my faith."

A Ride to Your "NEW" Ride.



Toyota of Colorado Springs will pick you up – at any base location – and bring you here to Motor City to purchase your new, or used car, truck or SUV. Arranging a ride is easy – just call us at 719.471.3100 and tell us what base you are on; and we'll meet you at the front gate."



Tim Anthony / General Manager / Former USAF-SSGT

THE VALUE OF A USED CAR IS IN THE SAVINGS. THE CONFIDENCE COMES FROM WHERE YOU BUY IT.



The Best New Cars Make The Best Used Cars



Located in Motor City 719.471.3100

"You'll Love It Here"
ToyotaofColoradoSprings.com

2008 model shown. 2009 model may vary.

Legendary Savings on
Legendary Cars, Trucks
and SUVs are available
in Motor City!



\$100 Donation

When you purchase a new or used car, truck or SUV, Toyota of Colorado Springs will make a donation of \$100 to the NCOA; and you get a free membership.

Please bring this coupon with you to
Toyota of Colorado Springs.
Coupon expires 2.15.09

**Good Credit,
Bad Credit,
No Credit,
Bankruptcy:
Credit is Available.
We Understand;
We Can Help.**



what moves you
scion.com



TOYOTA
moving forward

**USED Cars,
Trucks, SUV's**

Toyota of Colorado Springs has an extensive selection of affordable and reliable used cars; Toyota included but also many other makes and models.

Visit us online or
in Motor City to see
this amazing inventory.

GOOD BENEFITS

Our new healthcare plan
could save you hundreds
a month.

We have part-time jobs available
right now!



**AIR FORCE
RESERVE**

800-AFR-8279 • AFRreserve.com/prior

Blue Star Service Banners are Back

America is at War...

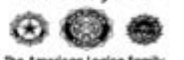


...and a tradition continues.

Men and women in military uniforms are on the front lines of our war on terrorism. In wars past, a Blue Star Banner in the window of a home showed a family's pride in their loved one serving in the U.S. Armed Forces and reminded others that preserving America's freedom demands much.

Every neighborhood has someone serving in the current war on terrorism. As we steel ourselves for a long and difficult war, the sight of the Blue Star Banner in homes will remind us of the personal sacrifices being made to preserve our way of life.

From the more than 4 million men and women of The American Legion, the American Legion Auxiliary, the Sons of The American Legion ... and all your fellow Americans ... we say,
"Thank you."



The American Legion Family
www.legion.org

Dining etiquette now on the menu for cadets

By Ann Patton
Academy Spirit staff

"Mind your manners," Mom always said.

Firsties are learning theirs, starting in Mitchell Hall.

The curriculum for cadet social decorum, under development since October, is now operational, and cadets are fine-tuning their skills in social graces ranging from etiquette, invitations and thank you notes, formal dining proprieties, proper communication and dressing for success.

Unlike many new graduates from other colleges, cadets have a pretty clear inkling of what lies ahead career-wise.

What they may not know is the etiquette required in social situations as Air Force officers.

"We know the environment you're going into," Donna Rosa, Academy consultant for cadet social decorum, tells cadets. "We understand the social context in which you are going to be operating."

That context will undoubtedly involve a large number of social events such as balls, receiving lines, banquets, receptions, dinings in and out and even funerals.

Mrs. Rosa predicts within four months on active duty as second lieutenants, graduates will encounter one or several of these social situations.



Photo by Mike Kaplan

Cadets 1st Class refine their dining etiquette under the watchful eye of Donna Rosa.

"They can't be officers of character unless they have the whole package," she stressed.

The first of ten fine dining "practice sessions," called "Dining with the Stars," began Jan. 20 with 100 firsties in Mitchell Hall's formal dining room. During the five-course meal, Mrs. Rosa walks cadets through dining etiquette.

"The intent is to practice so they understand," she said. "We want to take them from clueless to a class act."

On the menu: beef medallions, roasted baby baker potatoes, salad, mixed

vegetables and white chocolate raspberry Brulee cheesecake.

Mitchell Hall employees prepared the meal and received training in serving the sit-down meal.

"They have done a marvelous job," she praised the staff.

Cadets were very positive about the experience, designed to be informational as well as enjoyable.

"The responses were overwhelmingly positive," Mrs. Rosa said and added she fielded many questions.

Also on the menu was proper attire.

"We want them to understand the nuances of dining," she said. "Part of that is wearing appropriate clothing."

To better acquaint the graduating seniors with what to wear when, she is organizing a fashion show for April.

"It will help them see what age-appropriate clothing is," she said. "It is difficult to describe, easier to show."

Cadets have asked to learn more about civilian dress standards, such as determining the difference between "business" and "relaxed casual."

"When people are evaluating their potential as officers, they need to up their game," Mrs. Rosa said.

Also coming up in April is a workshop on people skills and communications to be led by an outside etiquette expert.

She defines good etiquette not as a mere checklist of do's and don'ts but rather in terms of knowing the right thing, doing it naturally and making others feel comfortable.

"When you exercise good manners, it paves the way for communication, relaxation and enjoying yourself more," Mrs. Rosa said and added learning proper etiquette also builds confidence in social situations.

Going online next month is a 24/7 Web site where cadets can tap into decorum information. Also in the virtual works is a second lieutenant's survival guide for etiquette.

UNIVERSITY OF COLORADO AT COLORADO SPRINGS



UCCS supports our military.

That's why UCCS offers special military scholarships, a 100% refund on tuition for deployed military, and a high transferability rate to other universities around the country.

Contact the UCCS Veteran & Military Student Affairs office for more info at **255-3253** or **ftcarson@uccs.edu**



UNIVERSITY
OF
COLORADO
AT COLORADO SPRINGS

Fluoride helps prevent tooth decay

By Capt. Casey Campbell
10th Dental Squadron

February is National Children's Dental Health Month, and we should use this time to review the use of fluoride supplements to overcome the fluoride shortage in the drinking water both on base and in most of Colorado Springs. Our city remains one of the largest in America lacking fluoride supplementation.

Ironically, the benefits of fluoride were first discovered here in Colorado Springs.

In the early 1900's, a young dentist documented mottled, brown teeth that were harder than normal teeth, yet lacking in any cavities. It was eventually determined that this was due to extremely high natural levels of fluoride in the water supply. The fluoride levels in Old Colorado City and Manitou Springs have remained the same and residents of those communities have ample fluoride — too much, in fact. Yet in the very city where scientists first documented what would later be named by the Centers for Disease Control as one of the "Ten Great Public Health Achievements — United States 1900-1999," two-thirds of the citizens have too little fluoride in their drinking water. While not particularly a problem for adults, it is a detriment to our children.

Fluoride is nature's own cavity fighter.

The mineral occurs naturally in all water sources, and is effective in preventing and reversing the early signs of tooth decay. It makes the tooth structure stronger so teeth are more resistant to acid attacks. Acid is formed when the bacteria in plaque break down sugars and carbohydrates from the diet. Repeated acid attacks break down the tooth, which cause cavities. Fluoride also acts to repair, or remineralize, areas in which acid



CHILDREN'S DENTAL HEALTH MONTH

attacks have already begun.

The remineralization effect of fluoride is important because it reverses the early decay process as well as creates a tooth surface more resistant to decay. An abundant source of fluoride is even more important in the early years of life (6 months to 16 years) while the permanent teeth are developing. It is during this stage that fluoride is able to integrate into the biochemical structure of teeth from deep within. After teeth have erupted in the mouth, fluoride can only act on the external surfaces of teeth which, while still beneficial, is not as fully protective as the integration from within which can only happen from systemic fluoride during

tooth development.

Water supply fluoridation, which has been around for more than 50 years, is the process of adjusting the fluoride content of fluoride-deficient water to the recommended level for optimal dental health.

The recommended level for our climate is 1.0 parts fluoride per million parts of water. Fluoridation is an extremely effective and inexpensive means of obtaining the fluoride necessary for optimal tooth decay prevention.

The water supply at the Air Force Academy and most of Colorado Springs has been documented by Colorado Spring Utilities as having 0.2-0.3 ppm of fluoride, well short of the recommended levels.

Dietary fluoride supplements (tablets or drops) are available by prescription and are primarily intended for use by children 6 months to 16 years who live in non-fluoridated areas. A dentist or physician can prescribe the correct dosage based on the natural fluoride concentration of the child's drinking water and the age of the child. To find out the fluoride concentration where you live, you can contact Colorado Springs Utilities and ask for a free copy of their citywide map detailing fluoride levels throughout the city and surrounding areas.

Some other sources of fluoride can be found in some over-the-counter vitamin supplements, as well as certain bottled waters.

In addition to the fluoride supplements, there is also a documented benefit to the topical use of fluoride on the enamel. Most of us will get this topical dose from standard toothpastes bearing the American Dental Association seal of approval. There are also a variety of over-the-counter mouth rinses containing fluoride.

For more information, contact your dentist or pediatrician.



Colorado Technical University™
Connect with your future™


Wherever you are COLORADO TECHNICAL UNIVERSITY is there


Explore the fascinating world of computer science where technology often merges with creative design resulting in a diverse skill set.

- Learn computer programming languages
- Manage network systems
- Design, write and troubleshoot computer programs
- Solve business problems through technology applications
- Become skilled in software engineering, system security and project management

Sources: <http://www.bls.gov/oco/ocos110.htm>
<http://www.bls.gov/oco/ocos042.htm>

COLORADO SPRINGS CAMPUS
4435 North Chestnut Street
Colorado Springs, CO 80907
1.888.266.1555
WWW.COLORADOTECH.EDU






Romantic Getaway

- 20 minutes from world class skiing
- 64 jet hot tub
- In room Jacuzzi
- 8 fireplaces
- Log setting
- Private and away from big resorts
- Military discount
- Inexpensive
- "All You Can Eat" breakfast
- Short distance from Colorado Springs

MOUNTAIN COMFORT BED AND BREAKFAST
52516 Hwy 9 • Alma, CO 80420 • 719-836-4517
www.mountaincomfortbandb.com


TriCare Prime offers off-base routine eye examination benefit!



No out-of-pocket cost for an eye exam for glasses!

- Active-duty dependents are eligible once per year.
- Retirees and their dependents are eligible once every two years.

No Primary Care referral is necessary. Simply call for an appointment.



The doctors next to LensCrafters are contracted TriCare Prime Providers. They offer three convenient Colorado Springs Locations for eye examinations with appointments Monday through Saturday. **No more waiting for an appointment on base.**

Southside Citadel Mall 598-1392	Between Vickers & Academy 548-8717	Northside Chapel Hills Mall 598-5068
---	--	--

TriCare Standard, TriCare Reserve and TriCare for Life also accepted. Prescriptions may be filled anywhere. Contact lens evaluation available for additional cost. Call for program details.

Decision Making — A Skills Outcome

By Professor David Fitzkee
Decision Making Outcome Team Lead

Decision making is the ability to effectively solve problems. Decision making is crucially important because military service – and life itself – is full of decisions that arise every day in a multitude of contexts, great and small. Decision making is vital to success as a military leader, because leaders who cannot make sound, timely decisions cannot effectively lead.

In whatever the context and however important the decision – from deciding how to best motivate one's subordinates to deciding what munitions to employ to engage a particular target – the process of decision making is similar. It involves:

- Identifying the issue to be decided;
- Identifying facts, missing information, and assumptions relevant to the issue to be decided;
- Identifying criteria for assessing alternatives;
- Generating realistic alternatives, and;
- Applying the criteria to the alternatives to reach a timely, sound decision.

Identifying the issue to be decided is the first step, and it necessarily entails realizing that a decision is required. A leader lacking a proper understanding of the issue is unlikely to make a good decision. Many bad decisions are made and misguided actions taken because the decision maker failed to truly understand the basic issue.

Identifying facts, missing information and assumptions relevant to the issue are closely related to identifying the issue, because a further development of the facts may help sharpen the issue to be decided. Decision making requires understanding what facts are relevant and even critical to the decision. Many decisions, of course, are not based on perfect information, due to such constraints as time and the imprac-



tibility of obtaining some information. But good decision makers recognize such shortcomings and render good decisions based on the best available information in the time allotted.

The third element in decision making is identifying criteria for assessing alternatives. This element asks what are the external constraints (including requirements) on the alternatives chosen to consider, and how to rate the various alternatives in terms of "goodness." Examples of external constraints include mission guidance from superiors, applicable laws and regulations, and the availability of time and resources.

Decision makers then generate a list of realistic options that are consistent with the facts, would solve the issue, and are within the external constraints. This step is vitally important, because without considering all the realistic options within the constraints, a decision maker may overlook a solution that is superior to the one chosen. Creative "out of the box" thinking can be vitally important in developing alternatives for consideration.

The final step entails applying the criteria to the feasible alternatives to reach a sound, timely decision. In this step, creative alternatives are tested against the evaluative criteria to determine which alternative is most beneficial. A sound decision is necessarily one that resolves the issue, is based on the best information reasonably available, is within the external constraints, and satisfies the criteria for the decision. The alternative selected – the



File Photo

The gridiron is just one environment where sound, timely decisions are required of cadets.

decision – implicitly reflects the decision maker's belief that it was the "best" solution.

Decision making is interwoven throughout each cadet's life here. From the moment new cadets first arrive in the cadet area, they are under the watchful eye of upperclassmen, faculty and coaches, who provide formal or informal feedback. The opportunity for more formal feedback on decision making increases as upper-class cadets gain higher leadership positions under the Officer Development System.

Decision making is also taught in a variety of academic contexts. Every course that teaches cadets how to solve problems within that discipline is also teaching cadets how to make decisions. For example, in the core course Law for Air Force Officers, cadets are given a problem in which a hypothetical subordinate has engaged in misconduct. Cadets must write a paper detailing their decision concerning what law-related actions they will take against their subordinate. Core academic courses

in chemistry, economics, electrical and computer engineering, engineering, management, and political science have similar decision making and problem solving activities, using similar decision making processes.

Decision making is also taught and evaluated by the Athletic Department in such core physical education courses as boxing, self-defense and unarmed combat. Decisions made in these courses, although made very quickly under duress, use the same decision making process.

Developing cadets' skill in effective decision making is essential to their preparation as officers, for without the ability to effectively decide, officers cannot effectively lead. The Academy has been effective in developing cadets' skill in making decisions. For example, in a survey given to 400 cadets, an overwhelming majority said that their experiences here were beneficial or very beneficial in developing their decision making. Academy graduates are thus well equipped to do what good leaders do: make good, timely decisions.

Aspen Salon & Day Spa

Skin • Hair
Nails • Massage
Wellness Men,
Women, Teens
& Children

10% OFF
Valentine's Special
with Military Id

Cut, Color & Save!

Using Italian Color exclusively!
Hydrating for our dry climate

Davina-Former owner of innovation Nails has joined the gang!

Massage & facial package for \$110.00
exp. date 3/31/09

1505 S. Tejon • 475-2844
Bridal party and other group appts available
Gift Certificates

WE ACCEPT TRICARE

Elite Vision

BACK TO SCHOOL SPECIAL

\$30 OFF
A COMPLETE PAIR OF GLASSES!

471-1107
www.EliteVisionPC.com

3470 Centennial Blvd.
Suite 105
One Block North of
Centennial & Fillmore

Comprehensive Eye Care
Contact Lens Services
High-Tech Instrumentation
Fashion Eyewear
Designer Sunglasses
Evening & Weekend Hours

Dr. LeRoy Popowski D.O.

SERVICE FUNDING INC.

Mortgages Done Right

Your VA Mortgage Authority

When it's time to get Your Loan.....
Please dial (719) Our-Loan (687-5626)

email us at SFILOANS@hotmail.com

LICENSED BONDED & INSURED
Exclusively serving Colorado since 1997

WHAT CAN TRIGGER AN ASTHMA ATTACK MAY SURPRISE YOU

ATTACK ASTHMA. ACT NOW.
1-866-NO-ATTACKS
WWW.NOATTACKS.ORG

DON'T LET YOUR CHILD FEEL LIKE A FISH WITHOUT WATER.

Performance Plus

POWER-STROKE DIESELS DURAMAX

Welcome Home!
Thank You For Your Service

\$19.90 Oil & Filter Change
Up to 5 quarts & Free 55 point inspection. With military I.D.
We offer shuttle service if needed

Our Service by ASE Professionals meets or exceeds Expectations

Call: (719) 574-1110
or stop by our facility at 1250 Paonia St. (Off Omaha)

Burlesque Teaser
Wednesday, Feb 11th, 9-10 pm

Social Grace
Friday, Feb 6th, 9-1 am

Mention this ad & get...
1st Beverage for \$1.00
Burgers for only \$3.95

MEADOW MUFFINS
LUNCH & SUPPER
SPORTS GRILL & SALOON

719-633-0583 • 2432 W. Colorado Ave.



Wired for Success

Business Administration ■ Computer Sciences ■ Health Sciences ■ Information Technology ■ Education



Anyone, anytime, anywhere.

TUI is an accredited university specializing in flexible 'No-Cost' education programs that lead to long-term civilian careers for active-duty military personnel.

- Specialized teaching methodology designed for active-duty military personnel.
- Flexible programs geared to accommodate deployments, PCS and extensive TDY.
- High-quality and fully accredited bachelor's and master's programs.
- No Cost to you means up to 28 semester credits per military fiscal year with use of full military tuition assistance of \$4500.

AU-ABC

SOC/DANTES Affiliated

GoArmyEd

Classes start February 16 and April 13

Heart Attacks: All hearts are not created equal

By Diane Mayer
TriWest Healthcare Alliance

You may have heard heart disease is the number one cause of death in the United States. What fewer people know is women are less likely to survive heart attacks.

In fact, 38 percent of women compared with 25 percent of men will die within one year after a heart attack, according to the American Heart Association.

Despite this fact, many women believe heart disease is not a real problem for women. In fact, a study by the American Heart Association revealed that only 13 percent of American women know heart disease and stroke are their greatest health threats, demonstrating the lack of knowledge and understanding most women have for their most serious health threat. In addition, despite that minority women face the highest risk of death from heart disease and stroke, studies indicate they have lower awareness of the risk factors.

Key facts:

- More women than men die of stroke.
- The risk of heart disease and stroke increases with age.
- Diagnosis of heart disease presents a greater challenge in women than in men.

Heart Attack Symptoms

Men and women may experience some common symptoms. But there are differences.



- | | |
|-------------------|-----------------------|
| • Nausea/vomiting | • Chest discomfort |
| • Jaw pain | • Arm pain |
| • Back pain | • Shortness of breath |

As with men, women's most common heart attack symptom is chest pain or discomfort. However, women are more likely than men to experience some of the other common symptoms such as shortness of breath, nausea or vomiting and back or jaw pain. Additionally, women tend to delay longer than men in getting help for a possible heart attack.

Many women delay because they don't want to

bother or worry others, especially if their symptoms turn out to be a false alarm. But when you are facing something as serious as a possible heart attack, it is much better to be safe than sorry. Most hospitals have clot-busting medicines and other artery-opening treatments and procedures that can stop a heart attack if given quickly. These treatments work best when given within the first hour after a heart attack starts, making immediate care for a suspected heart attack even more vital.

When you get to the hospital, don't be afraid to speak up if you experience any of the symptoms listed above. You have the right to be thoroughly tested and examined for a possible heart attack.

The best way to survive a heart attack is to prevent having one in the first place. For both men and women, the biggest risk factors that contribute to heart disease are smoking, high blood pressure, high cholesterol, family history and age. Take a moment to look at your lifestyle, family history and your general health.

Need more information? Visit www.triwest.com > **beneficiary services** > **Healthy Living** > **Condition Management** > **Heart Disease**. Other valuable Web resources are the American Heart Association, www.heart.org, and the National Heart Lung and Blood Institute-NIH, www.nhlbi.nih.gov.

AF celebrates African American History Month

(AFNS) — Each February, the country recognizes African American History Month to highlight the struggles and triumphs of millions of American citizens during some of the most devastating obstacles in the nation's history. — slavery, prejudice and poverty. It also reflects on at their contributions to the nation's cultural and political life.

This has particular interest for those

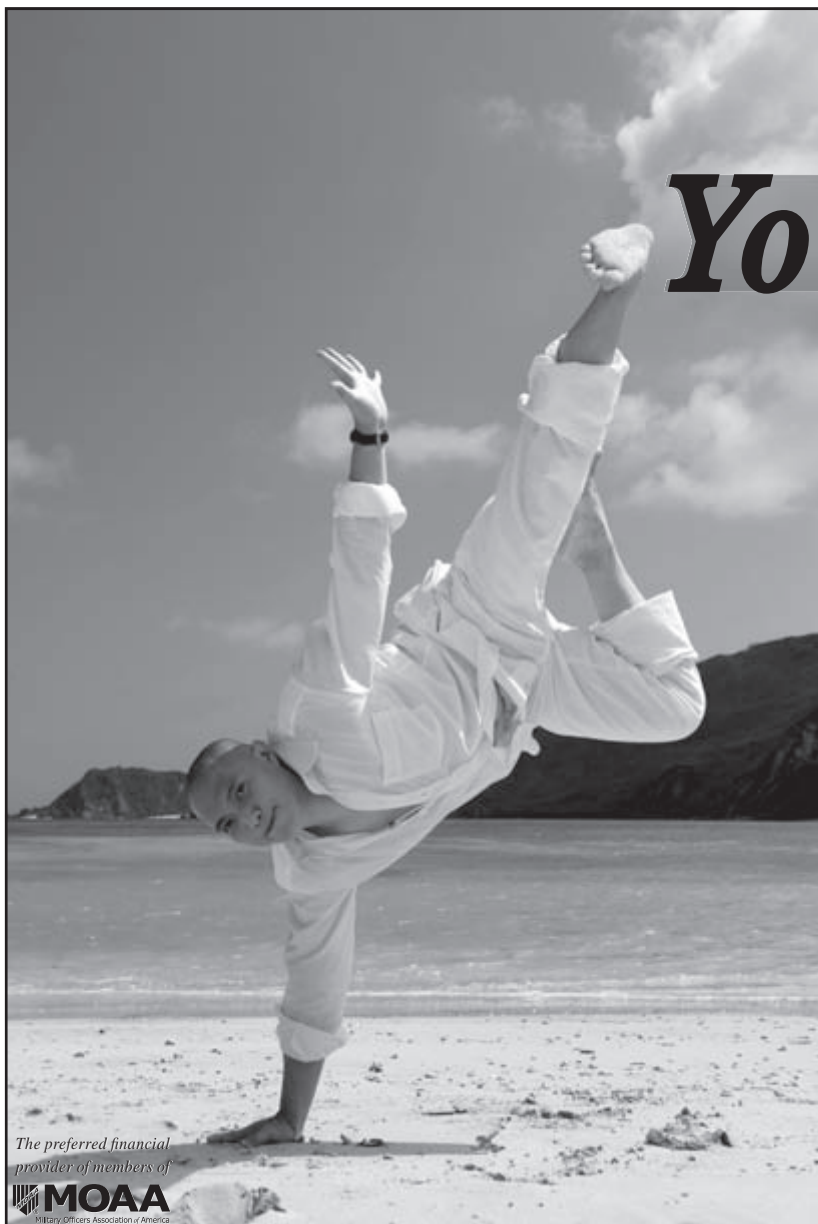
in the American military, as for the first time in history, the U.S. Armed Forces are led by an African-American commander-in-chief.

On June 1, 1949, Air Force officials published regulations ending segregation, thus becoming the first of all U.S. military service branches to complete integration of African-American personnel into all-white units.

The first celebration to commemorate the contributions to the nation made by people of African descent occurred Feb. 12, 1926. For many years, the second week of February was set aside for this celebration to coincide with the birthdays of abolitionist and editor Frederick Douglas, as well as President Abraham Lincoln. In 1976, as part of the nation's bicentennial, the week was expanded

into Black History Month. Since then, U.S. presidents proclaim February as National African-American History Month.

President Barack Obama, the 44th commander in chief, is recognized by the Defense Equal Opportunity Management Institute in an original artwork available for download. To download the artwork, visit www.deomi.org.



You're smart.

We know you look for the best deal.

5.99
% APR*
Balance Transfer
until that balance is paid.

Apply today.
PenFed.org/BetterDeal
866.406.4606 ~ Se habla español.
6045 Barnes Road, Colorado Springs



If you can find a better deal, take it!

All rates and offers current as of January 1, 2009 and are subject to change. *Balance transfer rate will have an Annual Percentage Rate of 5.99%; monthly periodic rate of 0.499%. A balance transfer fee of 2.5% (minimum \$10—maximum \$100) applies to this transaction. Rate shall remain in effect on the transferred balance(s) until it is paid in full—if you miss 2 consecutive minimum payments due, the 5.99% APR will revert to the default rate of 17.99% APR. Payments will be applied to the account balance in the order determined by PenFed in its sole discretion. The regular APR for purchases or cash advances (revolving balances) and the APR for prior promotional balances remains unchanged. Balance transfers are treated as cash advances, therefore there is no grace period and finance charges accrue from the date the transfer is posted to your account. Balance transfers of other PenFed loans are not eligible for this promotion. This promotion is subject to change or termination at any time and without prior notice. VISA Platinum Regular APR: 13.99%, VISA Gold Regular APR: 10.99%, VISA Classic Regular APR: 13.99%

Cadets learn to 'Answer the Nation's Call'

By Tech Sgt William Garringner
Superintendent Honor Remediation

In less than two weeks, the 16th Annual National Character and Leadership Symposium starts Feb. 19, with nationally-recognized leadership and motivational speakers visiting the Academy to inspire cadets and visiting students with their extraordinary life experiences.

This year's three-day symposium is themed "Answering the Nation's Call ... Our Legacy in the Making" and presents citizens from all walks of life who have a common trait: they have answered a calling and have produced immeasurable results and left an extraordinary legacy of service.

The myriad speakers include a legendary former college coach who won three national titles, then served three terms in Congress, a former pilot and Hanoi Hilton POW, the CEO of the Make-A-Wish Foundation, a news correspondent who spent time reporting in Iraq, the founder of Rachel's Foundation who is the father of the first girl killed in the Columbine High School massacre, a double amputee Guinness record holder, and a former undercover CIA operative, among many others.

"Also joining us is a former Nazi Youth Leader, "Hansi" Maria Hirschmann, who was brainwashed by Hitler, believing with all her heart that he had the answer for the world's problems," said Maj. Matthew Alley, director of NCLS, "She learned otherwise at the end of World War II. Following a miraculous escape from a communist labor camp, she immigrated to America with her family and fell in love with freedom. Her calling teaches us that freedom is not free and it demands vigilance."

"This year's NCLS offers such a wide range of speakers that every participant will be able to identify with at least one of them," Major Alley added.

Military speakers in the symposium lend their unique

perspectives, wisdom and experiences to the cadet wing, inspiring them before they join the Air Force ranks around the world. These speakers also provide a glimpse of the profession of arms to visiting students from nation-wide universities.

"With us is a multitude of active and retired military members who answered calls during and after their military careers. One is an astronaut - Dr. Guy Buford - a rare calling indeed," Major Alley said.

"We've got speakers from across the ranks and branches of the military, beginning with a former chairman of the Joint Chiefs of Staff, U.S. Marine Corp Gen. Peter Pace, who brings a wealth of command experience to share. U.S. Navy Submarine Capt., Cmdr. Scott Waddle, tells of his challenges and successes while at the helm of the USS Greenville; a Los Angeles class fast-attack submarine. U.S. Army Staff Sgt. Rowe Stayton is a 1973 Air Force Academy graduate, who, after logging over 2,400 hours in fighter aircraft, gave up his active duty commission to pursue a career in law; however, in the wake of the terrorists attack of 9/11, at the age of 53, he answered the calling to serve again, this time as a platoon sergeant in the Army, and just returned from his second tour in Iraq as a squad leader.

Other speakers have answered the Nation's Call and created their own legacy of service. Lt. Col. Castillo-Kickbusch blazed the trail for Hispanic women in the Army, creating a legacy and being a role model of firsts. Coach Al Collins pulled together a high school basketball team made of rivals, in the aftermath of Hurricane Katrina and forged a championship team. Lastly, Brittney and Robbie Berquist had a desire to serve those who serve by providing phone cards to deployed soldiers. They saw that they could get people to donate their old cellular phones; thus they would have the monetary means for their calling. Their small beginning has become a nation-

wide movement.

In addition to a lineup of world-class speakers, the symposium brings in cadets and midshipmen from the other service academies, as well as students and faculty from over 50 civilian universities across the United States, and from Japan, Korea and Canada.

Having a mixture of students from the various military institutions and non-military students brings a unique balance to the interaction and discussion.

"The cadets, as well as the other student leaders who visit the Air Force Academy, will take away from NCLS the motivation to build their own legacy," said Senior Master Sgt. Danielle Brines, deputy director of NCLS. "As future leaders, they will see these speakers as role models." "So the take-away from NCLS is: there are callings for each of us to answer."

"The key for Academy staff and cadets who wish to get the most out of the program is to get involved and be active participants. Find the speakers you want to listen to and garner as much from them as you can," said Senior Master Sgt. Brines.

Major Alley said it is only by the combined efforts of all of the mission elements, the Academy's Center for Character Development staff, the cadet staff, the Association of Graduates, and the Class of 1973 that this world class event is pulled off.

"I'd like to acknowledge the support of the senior USAFA leadership, including the superintendent, the commandant, the dean of faculty, and the athletic director. They will be involved in NCLS start to finish, and their support is critical to the success of this event. And, of course, NCLS would not even be possible without the tremendous support of the Association of Graduates, and our flagship sponsor, the Class of 1973," Major Alley concluded.

Find more at: www.usafa.af.mil/ncls.



**COLORADO SPRINGS
PEDIATRIC DENTISTRY**

Little People, Big Smiles

Technology with a Caring Touch
Specialized treatment planning for all ages
Treatment under conscious sedation and general-anesthesia
Digital radiography for pinpoint treatment plans and reduced radiation exposure
Parents can stay with children during treatment
Delta Dental, Tri Care Dental, United Concordia, Cigna and Care Credit plans accepted

Healthy Smiles are
Beary Special 



Jeff Kahl, DDS
Derek Kirkham, DDS

*Committed to
your children's
oral health!*

Welcoming New Patients
9480 Briar Village Point, Suite 301 • (719) 522-0123



**WIN A
TRIP TO
Mexico**

RON COVINGTON HOMES

Experience Ron Covington Homes and you just might be on your way to sunny Mexico. No catches, loopholes, or funny business - just breeze into one of our models and you'll be added into our drawing to win a relaxing vacation for two.

Visit our models at either location:

Grey Hawk: Jennifer at 719.375.3973
961 Spectrum Loop, 80921

Spring Creek: Heather at 719.434.8586
2640 Gilpin Avenue, 80910

Models Open Daily from 10 am to 5 pm,
Wednesday and Sunday from 12pm to 5pm.

**View our complete selection of homes at
RonCovingtonHomes.com**

Continuing in our commitment to provide the highest quality in our products, Ron Covington Homes reserves the right to make changes and/or modifications to our pricing, floorplans, specifications, and materials without prior notice. Features not available on every plan. Mexico trip includes transportation and lodging for two at a resort to be determined before drawing is held, one entry per household. 

GRAND
OPENING

**Why Buy New Cartridges?
All You Need Is New Ink.**




\$5 OFF | \$2 OFF

Any Toner Cartridge Refill | Any Ink Cartridge Refill
Offer expires 2/21/09. One per customer. Not valid with any other discount.

Save Money & the Environment!

All active and retired military receive an additional 10% off!
Locally owned veteran business • Over 1,700 locations worldwide
401 N. Tejon Street • Colorado Springs • 719-434-4778



The Global Ink & Toner Experts

www.cartridgeworldusa.com/Store818

Cadets experience diversity at Majors' Night

By Maj. Jackie Wilks

Chief Academic Advising and Personnel Officer
Office of the Registrar

What happens when the dean of the faculty, Brig. Gen. Dana Born, corrals representatives from 20 academic departments and staff agencies together for one big event known as Majors' Night. Quite simply, the dean harnesses the collective energies of a unique group of educators and upperclass cadets to provide a one-stop opportunity for undeclared cadets to learn about the 32 disciplinary academic majors, four divisional majors, and two minors available at USAFA.

For one special evening, this group of military and civilian professionals unfurls a tapestry of diversity that punctuates the point that *E Pluribus Unum: Out of Many, One* is very important within the USAFA Dean of Faculty. Specifically, professionals from varied educational backgrounds and career fields unite as one military community with a common purpose to share with cadets their collective knowledge and inspiration gleaned from years of academia and military experiences.

Thursday from 6 to 8 p.m., approximately 1,267 four-degree (freshmen) cadets will travel throughout the second floor of Fairchild Hall to learn about the opportunities, requirements, and adventures that await them when pursuing an educational path of more in-depth study beyond the robust core curriculum. Cadets also use this opportunity to learn about self-improvement through the services of Student Academic Affairs (such as study skills, graduate school programs, and the reading and writing center). This special evening does not showcase a single person's or a single department's academic brilliance; rather, it showcases the collective and synergistic expertise of the diverse dean of faculty team. Quite frankly,

we leverage intellectual and experiential diversity to create a major impact in the minds of young cadets!

But one might ask, "What is the connection between diversity and Majors' Night? First, Majors' Night is not just an event for the intellectually cerebral; it's an evening of innovation and creativity. This event provides fascination and wonder for the curious cadet or spectator. Departments roll out rockets, human brain matter, satellites, robots, civil war attire and spacesuits. Arguably, one of the most interesting past spectacles happened when Martha, the dean of the faculty's very own diva, would make her grand appearance to join cadets and faculty. That's right, Martha, an 8-foot boa constrictor, would leave her special penthouse located in the biology department to mingle with cadets. Martha is now enjoying life in a retirement village and will not participate in Thursday's event.

Second, Majors' Night is an evening where diverse academic educators and cadet role models share their lived experiences and varied perspectives with young cadets. For example, *biologists* talk about the study of living organisms and their relationship to the environment; *civil and environmental engineers* discuss the biological and physical sciences and their application to environmental issues; *behavioral scientists and leadership experts* discuss various aspects of human and animal behavior; *philosophers* discuss fundamental questions such as: What is ultimately real? What is the nature and extent of our knowledge? *Engineers* share knowledge of the mathematical and natural sciences as applied to developing ways to use the materials and forces of nature; and, *geographers* share their unique perspectives on the transformation of environments at a variety of levels, from the local to the global. And other educators from all the rest of the departments also join together for a special evening of sharing the wonders of their academic disciplines. Most

importantly, faculty members discuss their particular departments' academic programs and how the various programs translate into a particular Air Force career.

Third, although some may argue the USAF Academy and the Air Force, in general, are monocultural institutions and only value and support sameness in style and approach, one might argue the opposite when experiencing a Majors' Night. This event is a complex organization of people from all walks of life, academic backgrounds, and lived experiences joining together for a common mission: to offer young cadets a variety of academic paths to embark upon. At this event, the "perpendicular pronoun" is decentered enabling every "I" to become a "We." Every cadet may choose different academic paths, just like this unified group of military professionals once did, but upon graduation every cadet will be asked to share their cognitive diversity and unique experiences with the team to accomplish the Air Force's unified mission. In a sense, Majors' Night offers cadets a small glimpse of the larger Air Force's *E Pluribus Unum*.

Finally, is *Out of Many, One* important in the Air Force? You bet. An Association of American Colleges and Universities (AAC&U) publication entitled, *The Drama of Diversity and Democracy*, offers a powerful vision of what the Dean of Faculty attempts to accomplish on Majors' Night and is applicable to everyone who serves in the United States Air Force.

Bottom line: When one attends a Majors' Night, one will surely witness military and civilian professionals working simultaneously and collectively in an attempt to unleash their cognitive, experiential and preferential diversity to make a grand impact. Within the dean of the faculty's organization, one learns the importance of leveraging diversity to accomplish the mission, even if it is only a Majors' Night!

**You are invited to
First Baptist Church of Peaceful Valley**



- Independent - Fundamental
- King James Bible
- Soul Winning and Visitation Program
- Bus Ministry
- Faith Promise Missions
- Annual Missions Conference
- Old Fashioned Preaching
- Strong Bible Centered Families

Services are as follows:

Sunday 9:45am Sunday School
10:30am Preaching Service
6:00pm Evening Service

Wednesday 7:00pm Bible Study and Prayer Meeting
Thursday 9:30am and 6:30pm Visitation
Saturday Men's Prayer Meeting

We are located at the corner of Fontaine and Powers
7925 Fontaine Blvd, Colorado Springs, CO 80925
AW Payne, Pastor (719-392-4444)
www.firstbaptistchurchofpeacefulvalley.org



**REGIS UNIVERSITY COLLEGE
FOR PROFESSIONAL STUDIES**

is proud to support service men and women who want to continue their education and **advance their military career.** That is why we offer flexible Bachelor's and Master's degrees **for active military personnel and their spouses at a preferred tuition rate.** With online courses, multiple campus locations, and six start dates per year, Regis gives you the freedom to earn a nationally recognized degree that is accessible and affordable—no matter where duty takes you.

**EARN A TOP-RATED DEGREE AND
ADVANCE YOUR MILITARY CAREER!**

1.800.392.7984
www.Regis.edu/Military



Colorado Springs Campus
7450 Campus Drive
Colorado Springs, CO 80920

7 Colorado Campuses | 2 Nevada Campuses | Online

Regis is proud to offer
preferred tuition rates for
active military personnel
and their spouses.



\$250 per credit hour for Bachelor's degrees
10% off tuition for Master's degrees



**Ranked a Top University in the
West for 14 consecutive years.**

-U.S. News & World Report



THE GILDED ARTISAN

"The New World Jeweler, with the Old World feel"
Your local jeweler, proudly supporting those who serve us

- SERVICE AND REPAIR
- FREE JEWELRY INSPECTIONS AND CLEANING
- WATCH BATTERIES AND BANDS
- LOOSE DIAMONDS AND GEMSTONES
- STATE OF THE ART CUSTOM DESIGN CENTER
- PERSONALIZED ENGRAVING
- JEWELRY FOR ALL OCCASIONS

Mention Ad for a **10% Military Discount**

9205 North Union Boulevard Suite 140
Union & Briargate Pkwy., across from Memorial Hospital N.
P 719.495.1060

TheGildedArtisan.com

AFSC SPOTLIGHT

Planning for CST, that measure of experience

By Butch Wehry
Academy Spirit staff

Just because he is not currently conducting Combat Survival Training at Saylor Park in the mountains west of the Academy does not mean SERE specialist Master Sgt. Chad Watts is resting on his laurels.

The 16-year Academy Combat Survival Training superintendent from Northwood, Iowa, is readying for a virtual deluge of cadets at Saylor Park this summer.

The 22nd Training Squadron, part of the Air Education Command's Air Force SERE School at Fairchild Air Force Base, Wash., does not have a commander directly assigned to Operation Location-Alpha.

The Academy has levied the CST at Saylor Park into accommodating the 1,000-plus cadets fourth class for training.

"We divide the class into thirds and each third of that class will attend 1st, 2nd and 3rd summer CST periods respectively," Sergeant Watts said. "In the end, at any given time we will have approximately 300 people in the field. The question I get asked a lot is how do they receive good training with that many people in the field? Each group is broken into flights, broken into elements, broken into teams. Our off-base training area is 26,000 acres. Compared to the Academy's 18,500 acres."

In the progression of cadets fourth class, this summer they will go through the program as students, next summer they will have the opportunity to come back and work as cadre. The third summer they have the opportunity to come back as key staff and cadet command positions.

There are four SERE Specialists currently assigned to the Academy. As the CST program manager, he has three others who are the NCOICs of base training, survival training and evasion training. Starting this summer, cadets will be attending the 21-day program.

The program consists of various aspects which fall under the CST umbrella. Academic training covers the material the cadets will be learning while conducting operational training. From academics, the cadets will move into the base training areas which cover, navigation basics, vectoring, hoist, urban evasion, and resistance training. This summer is the first summer since the mid-90s that resistance training has been incorporated into the CST curriculum.

Unlike the previous years when resistance training was conducted at the Academy, this year the CST team is utilizing contractors to provide the "hands-on" training that the cadets will be faced with.

"However, we rely heavily on the upper-class cadets to be our leadership, trainers, and commanders during all other aspects of CST, for our rising three-degrees," said the CST superintendent. "In the end, the cadets will receive MT-220, Combat Survival Training and for our upper class cadets, they receive MT-420 credit as part of their leadership training. Once the base training is complete, the cadets travel to Saylor Park to begin their four day survival training and immediately after begin their four day evasion training."

But cadets will provide the horsepower as instructors, key staff, logistical staff and admin staff except during resistance training which is all



Master Sgt. Chad Watts and his team are planning this year's Combat Survival Training.

taught and conducted by defense department contractors who do this exact training at the Air Force's SERE School on a weekly basis.

"While all this training is ongoing, my NCOs ensure the training objectives are met, provide leadership advice to our cadet staff, and add that measure of experience that each one of them has experienced in their SERE career," Sergeant Watts said.

"One huge lesson I have learned from deployments is when a person deploys, you don't just do your job, everyone pitches in to get the mission accomplished," said the senior NCO. "For example, when I was in Afghanistan, our helicopters launched to recover some locals who had been hit with an IED, characterized as a mass-casualty event. As they were bringing the locals back, I was out helping transport patients from the helo to the ambulance. One of the patients was a 6 year-old boy and I was holding pressure on a leg wound and an IV bag. That really hit home to me that no one goes through something like this unaffected. When he got out of surgery, I made it a point to go back to the hospital to see him and the look on his dad's face was something I will never forget."

His AFSC is called "survival specialist."

"Specialist yes, expert no," said Sergeant Watts. "I have a personal philosophy that no one is ever an expert. You never know all the answers and there is always room to learn more. When someone thinks they know all the answers, it's probably time to find something else to do. Having the ability to pass our skills on to someone who may need our training someday is the big thing that makes us SERE specialists love what we do."

"During the off season, we have been busy working on the planning and preparing for this summer's training. At the end of the day, we could not be able to do our job of ensuring our cadets receive top-notch SERE training without the support of the 10th Air Base Wing and the Academy Cadet Wing.

"This program is logistically heavy in terms of food, transportation, communication, infrastructure, supply requirements, etc and it's our job in the off season to ensure the planning and scheduling of

everything gets documented and codified.

And so the off season for the SERE people isn't really off.

"The resistance training portion of CST was cut from the Academy in the mid-90s," he said. "Back when the program was running at the Academy, we had cadets interrogating cadets. That portion of SERE training is the most stressful for a student, which is why the decision was made to use only contractors."

The whole CST program came back to the Academy based on the Air Force chief of staff's directive last year.

This year CST will be incorporating evasion and conduct after training into the CST program. The training an AETC requirement that currently is being given to elements like security forces and offices of special investigations.

One was to describe what's coming is "Spartan."

"From the student viewpoint, they don't get much food to begin with; one MRE, ducks, chicken, and rabbits, that they must prepare in the field," said the sergeant of multi deployments. "In accordance with our land use agreement with the U.S. Forest Service, we are not authorized to procure any wild game. Our substitution to that is to provide the game to them. A requirement for completing the survival portion of CST is to prepare that game under the supervision of their cadre and SERE specialists to ensure everything is done humanely and properly."

SERE continually works with the USFS to minimize the training's footprint in Saylor Park.

"Our relationship with the USFS is phenomenal," Sergeant Watts said. "Each of the NCOs who works for me has his or her cadre in the field picking up trash and keeping the park clean and as free of trash as possible."

When each SERE cycle is done, Sergeant Watts feels relief.

"Being in charge of the entire operation is pretty stressful at times," he said. "Having great NCOs who work for me is a huge bonus because I know I can count on them to get any job done that they are given. Personally, I feel that I have the three best SERE specialist NCOs working for me in the SERE career field. From the cadet side, my job doesn't allow me to get to know all the students personally; however, I work very closely with the cadet key staff and get to know them all very well. You sort of get that parental instinct when working with them, give them the tools to succeed, get to know them, teach them to be leaders and then they are done and off working other programs."

In the end, he said, it's a double-edged sword.

"I'm glad it's over but sad to see our key staff leave," said Sergeant Watts. "My goal when they finish the program is they have a better working knowledge of Air Force operational training, working with NCOs and Airmen and someday when they are supervisors and commanders, they remember the training we provided them and ensure their Airmen and NCOs get that respect from them."

And, at the end of the day?

"PT is a huge stress release," said the NCO. "I am one of those people who doesn't take work home with me unless absolutely necessary. Also, my hobbies are photography, playing guitar and spending time with my family."

Total team effort comforts family in time of need



Photo by Ken Carter

Staff Sgt. Roman Alvarez and wife, Jamie, bond with daughter Adriana Dec. 26 at Memorial Hospital.

By Ken Carter
Editor

While many military families around the globe were preparing for joyous holiday celebrations, one active-duty Air Force staff sergeant assigned to F.E. Warren Air Force Base, Wyo., and his newlywed bride from Pueblo were on the threshold of personal and family tragedy. Further contributing to their emotional distress – he was thousands of miles removed while on a 179-day deployment in the United Arab Emirates.

For Staff Sgt. Roman Alvarez and his wife, Jamie, both 25, the 2008 holiday season left a void in their lives only parents who have lost a child themselves can understand. Three weeks into his deployment, the couple discovered Jamie was pregnant. A week later, they found out she was carrying twins. These would be the first children born to the newlyweds married since only May 1, 2008. In late October, following her baby shower and five and a half months into his six-month deployment, doctors had bad news. During a routine check-up, they uncovered signs that all was not well and required the young mother to report to Memorial Hospital in Colorado Springs Oct. 23 where she was immediately admitted.

For more than two weeks, the exact condition of the twins was monitored 24 hours a day leading up to their birth, Nov. 9.

The twin girls, Adriana and Amaya were delivered at a combined total weight of considerably less than 4

lbs in the Neonatal Intensive Care Unit at Memorial. Due to medical complications, Amaya passed away just two days later. Adriana, however, continues to make good progress and has since been released to be home with the couple who lives in Cheyenne, Wyo., where Sergeant Alvarez is assigned.

Adriana will one day reflect on her sister through a very personal photograph taken at the hospital of she and her deceased sibling laying side by side just moments after Amaya had passed. For the parents, the photo still prominently displayed in the NICU through Christmas represented simultaneous signs of love, loss and hope.

The family joy Sergeant Alvarez, a six-year veteran, shared when the joyful news of Jamie being pregnant turned to sorrow when medical complications resulted in Mrs. Alvarez delivering at only 28 weeks. Surrounded by what many would consider the worst of news, the NCO from Las Animas says his chain of command, demonstrating amazing concern, compassion and action in his time of need, has since convinced him to become a career Airman.

“When they took Jamie to Memorial, the hospital just took over since the babies were at such high risk,” Sergeant Alvarez said. “My first sergeants, both from my deployed location and from F.E. Warren, were able to get me home within three days ... my chain of command, including my commander, a father of twins himself, was truly amazing. There’s no way we could have made it through

The Air Force has always been a family focused on taking care of its own.

When facing personal or family tragedy, Airmen know they have a chain of command to turn to for help.

When you combine that with outstanding medical treatment, sometimes required from specialized civilian hospitals, and a national program designed to even further assist meeting the needs of families with severely ill children – the result: changed lives.

In this case, that team effort had enough impact to solidify one appreciative young father’s intentions to make the Air Force a career.

this without the Air Force taking such good care of us.”

Outstanding hospital care and the Air Force family weighing in quickly were clearly two major contributing factors for the family making it through their time of difficulty. Still, there was another unexpected blessing. The selection for participation in the Ronald McDonald House program for families of severely ill children was instrumental in meeting many needs of the Alvarez family as well.

Some 100 Ronald McDonald Houses are spread across America with three in Colorado – two in Denver and one in Colorado Springs. Opened Valentine’s Day, 1987, the 6,900 square-foot Colorado Springs facility capable of supporting nine families simultaneously is affectionately referred to as “The House that Love Built.” The Alvarez couple says the love there is real and the largely volunteer staff made a world of difference in their lives at a time when they needed compassionate human contact the most.

“Working alongside families with seriously ill children touches a tender place in my heart; the courage and tenacity of these families is an amazing thing to behold,” said Sam Rush-Walton, development coordinator of the 311 N. Logan Ave. home away from home for more than 7,000 family members in need since it opened. “They engage in a battle most of us pray will not touch us; let alone touch our children. And, yet, here they, day after day, love their precious little ones, giving them the gift of their presence, all the while encouraging one another – it’s truly inspiring.”

Seeing Mrs. Alvarez gift-wrapping one evening in the community area of the facility during the holidays struck the development coordinator like a highly-decorated locomotive.

There’s something to be said for the sentiment of being home for the holidays. “It’s a universal theme most yearn for; to be at rest, to be with those we love, to feel like we’re home,” Ms. Rush-Walton said.

“For this inspiring young couple, the Ronald McDonald House became ‘home.’ As new parents, their hearts were appropriately devoted to tiny, beautiful twin girls in the NICU at Memorial Hospital. Something about Jamie’s and Roman’s resolve – to press in, to love well, to continue with tradition – in spite of their circumstances – was so beautifully poignant ... their stillness in the midst of this turbulent season left an indelible imprint.”

The Ronald McDonald House Charities partner with other agencies to help meet the needs of children throughout Southern Colorado. Writing grants, collaborating on fundraisers with schools, organizations and corporations assists RMHC’s mission, to create, find and support programs that directly improve the health and well being of children.

Ronald McDonald House staff and volunteers were there the Alvarez family. The family like all other guests there, was provided with a comfortable, private room within walking distance of their little ones. Some 100 volunteers made sure the family’s daily needs were met, from having a clean room to home-cooked nutritious meals.

The memories of lost little ones like Amaya will live forever in the hearts and minds of parents like Roman and Jamie Alvarez. They’ll also be memorialized through the future Healing Garden display forthcoming at the Ronald McDonald House in April.

“The garden, on the north side of the facility, will serve as a dedication to little ones who, unfortunately, didn’t survive,” Ms. Rush-Walton said. “It promises to be a special place with a fountain, a meandering path, a concrete couch and a heart shaped garden that will house beautiful flowers and plants along with a sculpture of children.”

To find out more about the Ronald McDonald House, how to become a community volunteer, or how to donate, call Mrs. Rush-Walton at 471-1814.

Enlisted Perspective: We Care About You

“I know there are Airmen who battle seemingly desperate situations. Sometimes Airmen or their family members feel legal, relationship, financial or medical burdens are insurmountable and beyond bearing – but they are not. We want you to know; no matter the trouble or how hopeless the situation may seem, there is always someone

who can help ... someone you can turn to. Every Airman matters, regardless of where you are stationed, or whether you are active-duty, guard, Reserve or civilian – you are part of our Air Force family.”

Chief Master Sgt. of the Air Force Rodney J. McKinley

Fencers finish strong in last home meet

By Madeline McGuire
Athletic Communications

The Air Force Academy fencing team hosted its annual Falcon Open, Saturday and Sunday, in the cadet gymnasium. Overall, in their final home-meet of the season, the Falcons had a successful weekend with several Academy fencers finishing in the top eight of their events.

Saturday, Peter French won the senior mixed epee event and Michael O'Connor won the senior mixed saber competition. Former Air Force fencer, Eliza Enyart, won the senior women's epee contest. Sunday, Nick Stockdale was the senior mixed foil open champion.

"I am very proud of our fencers,"

said head coach Abdel Salem. "We had several finish in the top eight and several advanced their U.S. Fencing Association ratings. These are good results for our fencers, especially since this is our last home meet for the year."

Saturday, French advanced to the final round after winning the semifinal bout, 15-6, versus Air Force fencer Samuel McKinnon. Both renewed their USFA "B" ratings.

In the championship round, French competed against fellow cadet Ben Rinaldi who had advanced to the finals following his 15-9 victory over Genadijus Sokolovas (unattached). French won the gold medal bout 15-7. Also in mixed epee, Rinaldi took second place followed by McKinnon in third place and Daniel Trapani who finished in fifth place.

In mixed saber, coming off a 15-8 semifinal win, O'Connor advanced to the final round to win it, 15-5, against Trey Slunder a fencer from the Amarillo College Fencing Association. Geoffrey Pamerleau finished in sixth place and renewed his "E" rating in USFA. Christopher Daniels finished in seventh place. In women's saber, Saskia Hicks was the Falcons' top finisher with a third-place finish. Angelica Plazas took seventh place.

In women's epee, former Academy fencer Eliza Enyart (Class of 2008) won the championship round defeating Christine Dominick from the Northern Colorado Fencers Club, 15-13. Simone Barrette finished third in epee, while Mary Guzowski placed ninth.

Sunday, Stockdale won the gold

medal bout, 15-9, against a fencer from the Heartland Fencing Academy. Stockdale advanced to the final round after defeating Air Force's Phil Choy. Choy tied for third place, while Sam Rinaldi finished in sixth place. Daniel Fang took 11th place.

The Falcons' only heartbreaker was in women's foil. The women's team of Ainsley Allen, Julie Luce, CJ Young and Michelle Kiyota did not advance to the top eight. Allen finished in ninth place, while Luce took 12th place. Young and Kiyota finished 15th and 16th, respectively.

In international competition, the men's epee team of Seth Kelsey, a former Academy fencer, and Cody Mattern and Tom Urmie took third place in the 2009 World Cup.

Hospital continues dominance, wins 45-42

By Dave Castilla
Intramural Sports Director

Hospital continued its dominance in the intramural basketball postseason tournament by defeating the Fire Department 45-42.

Hospital got out to the early lead 11-4 as Stephen Baker hit a three. The firefighters clawed back in the



game tying the score at 15. Robert Reschke rebounded off a missed free throw and Russell Pollard, made 1 of 2 free throws to tie the game. Hospital would take a slim lead to halftime, 23-19.

In the second half, the firefighters came out in a 9-2 run. Pollard's basket put them up by three, 28-25. Next up, Hospital went on an 11-0 run with balanced scoring highlighted by a rebound from Mike Davis who then went coast to coast with a slam dunk. That put the medics up 36-28. After the "Fire Dawgs" called a timeout with 5:24 on the clock, Pollard's bucket and two free throws later followed by a Reschke bucket, tightened the score, with the fire fighters down by three, 42-39.

Later, firefighter Bryan Tarantino hit a three with 46 seconds left and Hospital was holding on to a single point lead, 43-42. However, the fire extinguisher, Hospital's Terrance Tyler, made sure the comeback would not be a success as he scored nine straight points with three baskets and three free throws.

In the last 20 seconds of the game, Derrick Thompson had a steal and threw the ball up court to

Hospital's Terrance Tyler scores over the out stretched hand of firefighter Tanner Derosier.



Photos by Dennis Rogers
Fire Dept's Roy Dalton deflects a pass that was headed for Medics Todd Garland.

Todd Garland who got fouled. He calmly sank a pair of free throws making it 45-42. The firefighters last attempt with single digits on the clock went right off the basket and Hospital had secured its second championship in three years.

Pacing the balanced Hospital attack was Mike Davis with 16 and Terrance Tyler with 15. Russell Pollard led the fire dawgs with 13.

Up next will be the Rocky Mountain Military Championships for both the intramural and over-30 programs. Dates are to be determined.

Ice Hockey

Air Force (17-7-2, 14-4-2 AHA) hosts UConn (6-20-1, 5-12-1 AHA) in a two-game Atlantic Hockey Association series today and Saturday at 7:05 p.m. each night at the Cadet Ice Arena. Air Force is in second place in the AHA, one point behind first-place RIT.

UConn is in ninth place.

Gymnasts of the Week

Abbey Rogers was named the women's Mountain Pacific Sports Federation Gymnast of the Week for the second time this season. It is the fifth career award for Rogers, who has claimed two of the four weekly

awards handed out this season. Nash Mills was named the men's MPSF Gymnast of the Week, the league office made both announcements Tuesday. It was the first such honor of Mills' career and the first for the Falcons this season.

High performance

The Air Force women's

soccer team placed nine student-athletes on the Mountain West Conference Academic All-Conference Team. Roni Yadlin led the way with her fourth Academic All-Conference honor. Lyndsey Horn earned her second honor. Erin Wallace and Shannon Nail also garnered their first

academic all-conference honor. In addition, Kelly Laurent, a 4.00 student-athlete, Sharon Aradine, Bridgett Murphy, Krystin Shanklin and Kalyn Tung all made the list. A total of 384 student-athletes were named to the fall 2008 Academic All-Mountain West Conference team. Fall sports include

Falcons excel at AF Diving Invitational

By Melissa McKeown
Athletic Communications

Led by a pair of second-place finishers Saturday, the Air Force men's and women's diving teams wrapped up competition at the Air Force Diving Invitational, in the Cadet Natatorium. Kyle Van Valkenburg and Chelsea Tompkins placed second in the men's and women's platform dive, respectively.

Van Valkenburg registered a score of 288.70 to



finish second behind Wyoming's Mark Murdock in the men's platform. David Arlington added a top-five finish for the Falcons, coming in fifth in the event with a mark of 219.45. Jesse Bicknell and Cheyne Clark followed in sixth and seventh place, respectively, while Nathaniel Gilbert finished 11th.

Meanwhile, Tompkins was the top performer for the Air Force women, scoring a 222.90 in the platform to finish as the runner-up behind New Mexico's Aubrey Bush. Ashleigh Peck placed 11th in the event for the Falcons, Lauren Shetley finished 13th.

Also Saturday were the men's 1-meter dive and the women's 3-meter dive. On the men's 1-meter springboard, Van Valkenburg was the top Air Force performer, leading a group of three Falcons in the top 10. His score of 278.25 was good for fourth place in the event. Arlington placed seventh with a mark of 262.95, while Bicknell took eighth place, scoring 255.65. Also competing for Air Force were Gilbert, finishing 11th, and Clark, who was 12th in the standings.

In the women's 3-meter springboard event, Shetley turned in the top Air Force performance, placing 18th with a mark of 231.90. Peck was right behind, finishing 19th with a score of 230.73, while Tompkins placed 24th in the event.

The Air Force men's and women's swimming and diving teams will wrap up the regular season Saturday, as they host Wyoming in a conference dual. The meet

Photos by Mike Kaplan

Kyle Van Valkenburg in a pike position is on his way to a second-place finish.



Chelsea Tompkins demonstrates perfect form just before breaking the water's surface.

AF drops pair against Mountain West foes

By Maj. Don Kerr
Academy Public Affairs

Air Force struggled to find its identity last week in two lopsided losses to Mountain West Conference opponents UNLV and BYU.

In Saturday's humbling 59-38 loss to the Running Rebels, the Falcons never led, connecting on just 35 percent from the field on a dismal 13 of 37 shooting. Tuesday, a more spirited Air Force squad hung around early against a veteran BYU team, only to falter down the stretch succumbing to a 26-3 run and losing in a rout, 71-50.

Air Force basketball players and fans are uncomfortably getting used to some unfamiliar territory in the shadow of the Front Range these days. Losing.

Dropping its ninth straight, 10th in 11 games and going winless on the season in conference play, the 2008-2009 Falcons (9-12, 0-8 Mountain West) are struggling to find an identity that was so prominent with recent squads.

"We haven't been tough enough lately. We need to be more effective on offense and have more energy and enthusiasm up

and down the court to be successful," said Air Force forward Matt Holland.

Saturday, it seemed as if the Falcons never got going. Or maybe it was because a hot shooting UNLV team sat them down early with 30 3-point attempts, connecting on 12, keeping Air Force a safe distance from even threatening to take a lead. The Falcons made just 5-of-20 shots from 3-point range and turned the ball over 16 times in its second straight loss to the Rebels. UNLV improved to 17-4 on the season, 5-2 in the Mountain West Conference.

As has been the story for much of the year, the Falcons just can't seem to get the job done in conference play. Whether it's going on a long shooting drought from beyond the arc or unable to get the ball into the post for huge chunks of time, the Falcons have struggled to find their "go-to" players in the clutch and can't seem to get out of ruts before they turn into eventual routs.

Even wearing their home grays for the first time in front of the largest crowd at Clune Arena this season and holding UNLV to their lowest shooting percentage of the season, Air Force couldn't get

anything going offensively Saturday, falling to 9-11 on the season.

Sensing he needed to shake things up or desperately searching for answers, Falcons coach Jeff Reynolds made the rare move Tuesday of starting three freshmen for the first time under his tenure and injected his regular rotation with a heavy dose of "diaper dandies."

Along with the lanky center and soon-to-be fan-favorite Sammy Schafer, Reynolds put freshman guard Brandon Provost and forward Taylor Stewart on the floor to start the game.

Guard Shawn Hempsey and forward Trevor Noonan also saw significant playing time for the first time in their careers, contributing 23 and 13 minutes respectively.

After closing to within four to end the half at 27-23, the Falcons came out with a fire that surprised everyone in the gym, including the Cougars.

"It was definitely a nail biter there for awhile," said Jimmer Fredette, who led the Cougars in scoring, totaling 20 points. "If you let them make shots and get momentum, it can get scary."

Air Force's five freshmen injected

some much needed adrenaline into the mix and combined for 21 points with Schafer pouring in a career-high 12 points. But with the Falcons leading 45-43 with less than 11 minutes to play, the Cougars dominated the paint and outscored Air Force 30-5 the rest of the way.

"I thought our effort and energy was good for 32 minutes," Reynolds said. "After that they (BYU) made some good shots. They showed they're a good basketball team for 40 minutes."

2007-2008 Mountain West Conference Co-Player of the Year, Lee Cummard had 12 points and 10 rebounds for BYU (17-5, 5-3 Mountain West) while forward Jonathan Tavernari added 17 points on a 24-48 shooting night for the Cougars.

Matt Holland and Sammy Schafer combined for 25 points and nine rebounds on the night for the Falcons, while guard Andrew Henke added twelve points. Air Force was outrebounded 32 to 22 and hit only 5 of 22 3-point attempts.

Next up, the Falcons take on the San Diego State Aztecs (16-5, 6-2 Mountain West), Saturday at 7 p.m. WST, in San Diego, Calif.

men's and women's cross country, football, women's soccer and women's volleyball. To be eligible for selection, student-athletes must have completed at least one academic term at the member institution while maintaining a cumulative grade point average of 3.0 or better, and be a starter or significant

contributor on their athletic team.

Letter of intent

Due to the Academy appointment process, names of recruited student-athletes will not be released until they arrive on campus this summer. Air Force coaches and administrators

are not allowed to comment about recruits due to the Privacy Act, therefore head football coach Troy Calhoun is not available to discuss any specifics about recruits.

Women's basketball

The Air Force women's basketball team dropped a

60-41 Mountain West Conference contest at BYU Wednesday night at the Marriott Center. The Falcons dropped to 4-17, 0-8 while the Cougars improved to 15-5, 5-3. Jazmine Foreman led BYU with 10 points and five assists. Shawnee Slade and Mindy Nielson both added eight points. Brooke

Cultra led all scorers with 15 points. Cultra also had five rebounds and three steals. Kim Kreke also reached double-figures in scoring for the Falcons, scoring 11 points. Raimee Beck scored seven points and had nine rebounds. Liz Dunsworth also tied a team-high with nine rebounds.

Air Force Rifle Team on target with two wins

By Madeline McGuire
Athletic Communications

The Academy's rifle team won two matches versus the men's and women's teams of The Citadel in Charleston, S.C., Saturday and Sunday.

Saturday the Falcons scored 2,296 air rifle points versus the Bulldogs' 2,129 points. The Citadel's women's team also competed in air rifle, scoring 2,115 points. In smallbore, the Falcons finished with an aggregate 2,285 points to the Bulldogs' 1,837 points. The Falcons won the day's match, 4,581-3,966, and The Citadel women ended the day with a score of 2,115.

Sunday, the Falcons pulled off a 2,293 victory in air rifle, while the Bulldogs scored 2,094. The Citadel's women's team scored 2,200 points, defeating their men's team for the first time in several years. In smallbore, Air Force outshot The Citadel by over 400 points, scoring an aggregate 2,256 to the Bulldogs' 1,850. The Falcons won the match 4549-3944, and The Citadel's women's team earned 2,200 points and finished the weekend with an aggregate score of 4,315.

"While we are still having some ups and downs in team scoring, some of our new shooters continue to shoot personal bests in either an entire event, or in a position or two, so their development is on track," said head coach Launi Meili. "I'm starting to see some real consistencies in certain individuals, and that

means a strong foundation is getting built to really grow from in the future."

Individually, Tom Chandler was the Falcons' smallbore-team leader Saturday in the event with a 580/600. Nick Krieger finished the day with a 572, while Mike Seery scored a 568 and Kyle Phillips finished with a 565 in the smallbore. Also in smallbore, Brian Jarrell shot a 569, which is his career best, and Pat Everson also fired a smallbore personal best of 562.

In the air rifle team competition, Phillips led the Falcons with a 578/600, Chandler followed with a 572, while Seery and Everson both scored a 573 Saturday.

Sunday, Seery led the air rifle team scoring with a 580/600. Jarrell followed with a 573 and Phillips fired a 571. Chandler finished with a 569 in the air rifle team competition. Everson was the Falcons' highest scorer in air rifle with a score of 582/600. In the smallbore team competition, Krieger had AFA's highest score of 574/600 followed by Chandler's 569. Seery and Phillips both finished in team scoring with 565 and 548, respectively, in smallbore. Everson also shot a 562 in the smallbore competition.

"Our next match is the NCAA qualifier, so it's time to put what we've learned over the year to work and see how far we've come," said Coach Meili.

The rifle team travels to Houston, Texas, for the NCAA Qualifiers at TCU, Feb. 14.



File Photo
Brian Jarrell shot a personal best 569 in smallbore Saturday.

ACADEMY STRAIGHT TALK LINE
(719) 333-7876

NOW OFFERING MILITARY DISCOUNTS

Hope Montessori Academy

THE PREMIER CHOICE IN PRIVATE KINDERGARTEN, PRESCHOOL & INFANT / TODDLER EDUCATION



If deployed,
contact us
regarding
**FREE
TUITION!**

- Monument 719-488-8723 • Centennial (West) 719-388-8818
 - Stetson Hills (East) 719-573-5300 • Falcon/Peyton 719-886-4900
- www.montessorichild.com



History month

February is African American/Black History Month. The Academy Equal Opportunity office is looking for enthusiastic volunteers to plan events and make this year's celebration a success. The committee is open to everyone. Call Gina Moore at 333-4258 for more information. The theme for 2009 is The Quest for Black Citizenship in the Americas.

National prayer luncheon

The 10th Air Base Wing National Prayer Luncheon is set for 11:30 a.m. Feb. 23 in the Milazzo Center. The featured speaker will be Chaplain, (Maj. Gen.) Cecil Richardson, chief of Air Force chaplains. Lunch will be catered by Red, Hot and Blue Barbeque and tickets are \$5 per person. Contact the Community Center Chapel staff at 333-

3300 for information or tickets.

Dance lessons

Weekly ballroom dance lessons, one hour each for two more weeks, continue Wednesday at 7 p.m. Learn the swing, foxtrot, slow waltz and rumba dance steps. Cost is \$70 for couples and \$40 for an individual. Call 333-2928 for more information or to sign up.

Teachers sought

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

Horse cents

The Academy Equestrian Center is offering a winter deal for serious riders. The basic cost is \$150 for the first horse and \$100 for each additional horse per month, per family. Arrangements for the Winter Lease Program are by appointment only with Jeanne Springer at 719-472-8639 or e-mail jeanne.springer@usafa.af.mil.

A&FRC offerings

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

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

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

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

Sponsorship training
Tuesday; 8 to 9 a.m.

This class is for those who have been assigned to sponsor a newcomer to the area. Contact your unit sponsorship monitor for details.

Resume writing
Wednesday; 9 to 11 a.m.

Learn different types of resume and cover letter styles and how to improve your own.

Internet & your job search
Wednesday; 2 to 4 p.m.

Confused about how to manage the myriad of employment websites to conduct an effective internet job search? This course will assist in targeting suitable employment sites, reviewing specific job leads, researching and contacting proper employers, networking, and correctly posting and emailing your resume.

Smooth move
Thursday; 3 to 4 p.m.

Being prepared certainly lessens the stress of an upcoming move. Learn innovative ways to make your move a smooth one. This is a mandatory class for individuals departing the Academy.

Heart link
Feb. 13; 8:30 a.m. to 1 p.m. (Must register by Wednesday)

This quarterly program is for Air Force spouses, especially those who are new to the military. The goal is to impart information about Air Force life, providing a greater awareness of the Air Force and Academy missions, customs,

traditions, protocol and the resources and services available from our key base agencies.

Mock interviewing workshop
Feb. 18; 9 a.m. to 1 p.m.

Preparing for your next career move? Feeling a little rusty on your interviewing skills? Sign up for the next best thing to the real thing. Mock interviewing with real HR reps!

Civil service class
Feb. 19, 9 a.m. to noon.

Learn how to submit a resume, search for positions, and apply for Air Force Federal Civil Service employment.

Newcomer's orientation & information fair
Feb. 19; 9 a.m. to 4:30 p.m.

Mandatory orientation for all newly assigned USAFA personnel. Spouses are welcome to attend. Event held at the Milazzo Center.

Medical records review
Feb. 23; 7:30 a.m. to 4:30 p.m.

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

TAP seminar
Feb. 24-27; 7:30 a.m. to 4:30 p.m.

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

Newcomer's red-carpet tour

Feb. 27; 8:45 a.m. to 2:30 p.m.

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

Ski rental

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

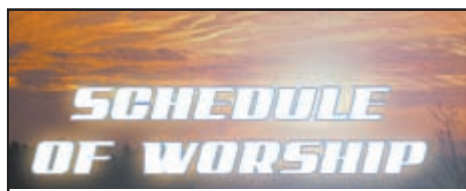
Volunteer program

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



The peoples' hike

The Falcon Wanderers Volksmarch Club of Colorado Springs will sponsor 5k and 10k (non-competitive walking) volksmarches Saturday beginning anytime between 9 a.m. and noon at 575 Ash Street in Canon City. The event is free and open to the public. Any volksmarchers younger than 12 years old must be accompanied by an adult. For more information, call Russ Bechtold at (719) 667-5662 or e-mail walking@falconwanderers.org.



CADET CHAPEL

Catholic Masses:

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

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

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

Protestant Services:

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

Jewish Services

Friday
Sabbath Service - 7 p.m.

Buddhist Worship

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

Muslim Prayer

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

All Other Faiths
Call 333-2636 for more information

COMMUNITY CENTER CHAPEL

Catholic Masses:

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

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

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

Protestant Services:

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

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

Paganism/Earth-centered Spirituality:

Contact Tech. Sgt. Longcrier at 333-6178
Robert.Longcrier@usafa.edu

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

Service



Community

Legacy