

**AROUND THE AF**

A look at some of the top Air Force stories — Page 4

**TOP PHOTOS FOR 2010**

Check out the year in USAFA photos — Page 8-9

**10 THINGS ABOUT ...**

Falcons b-ball star Raimee Beck — Page 10

**FALCONS WIN AT HOME**

Get two wins in first home action of season

— Page 11



**TO CADETS: WISHING YOU A WELL-DESERVED WINTER BREAK WITH FRIENDS AND FAMILY**

## Winter graduation



MIKE KAPLAN

**State your name:** Brig. Gen. Richard Clark administers the oath of office to, left to right, Cadets 1st Class Mikhail Fedorchik, Andrew Herzog and Sean Lipkin before the three receive their commissions as second lieutenants during a graduation ceremony at the Air Force Academy Wednesday. In the background is Cadet 1st Class Mathew Haxton, one of three cadets who graduated without receiving commissions.

## Cadets spread good words, goodwill at school

*Community service reading project brings joy to children as well as cadets*

By David Edwards  
Academy Spirit Staff Writer

Cadet 2nd Class Zach Barrington's recent work in the recording studio sounded double-platinum to his loyal listeners.

But Cadet Barrington wasn't laying down tracks for any record label or future iTunes selection. He was lending his voice to audio books destined for children at the Colorado School for the Deaf and the Blind.

He and several classmates in Behavior Science 310, a leadership core class, were told to plan and execute a community-service project as part of their coursework.

"We wanted to do something that would be enjoyable and not feel like a chore just because it was a course requirement," said Cadet 2nd Class Ana Ruiz. "Then we decided that it would be great to bring the joy of our favorite children's stories to those who cannot read. We all remember the impact a good bedtime story had on us, so we wanted to share that."

Cadet 2nd Class Brian Paredes, who is majoring in behavioral science, had previous experience with the School for the Deaf and the Blind, and he suggested it to the group. Both sides responded to the proposal enthusiastically.



PHOTO COURTESY/DIANE COVINGTON

A cadet volunteer reads to a child at the Colorado School for the Deaf and Blind in Colorado Springs Dec. 8. Seven cadets created audiobooks for the CSDB students.

Cadet Barrington used his connections at Academy radio station KAFA to secure studio time. Then he went to work recording books for an audience of blind children in Colorado Springs.

See **GOODWILL** Page 7

## Air Force physicist named physics fellow

An Air Force Academy physicist has been selected as a Fellow of the American Physical Society for his contributions to the field of Physics.

Dr. Randy Knize, was selected as a fellow for his contributions to physics, specifically for his "contributions to diode pumped alkali lasers, along with optical trapping and cooling of neutral atoms and molecules," according to the APS.

The APS is an international organization that serves as the leading voice for physics and an authoritative source of physics information for the advancement of physics and collaborates with national scientific societies for the advancement of science, science education and the science community.

"Selection as an American Physical Society Fellow is a national-level achievement and the number of Fellows in this internationally prestigious society is limited to no more than one half of one percent of the Society's

See **PHYSICS FELLOW** Page 7

# Alcohol Use and the Holidays

Maj. Nick Marshall

Alcohol, Drug Abuse and Prevention Program

The Thanksgiving leftovers are gone, presents are rapidly being purchased and with some luck the yuletide joy is being felt by all. For folks age 21 or above, along with this season that so many of us cherish comes with it the challenge of not over-indulging in alcohol use.

Please read on for tips and information that will enable you to enjoy the holiday season and drink alcohol responsibly, without the fear of a negative outcome.

• **DON'T DRINK AND DRIVE** regardless of how little alcohol you may have consumed. In Colorado Springs, .05 or higher blood alcohol content can land you a "Driving while ability impaired" charge. Having a .08 or higher blood alcohol content will land you a DUI. Always use a designated driver who has consumed no alcohol, whether it be your spouse, friend or co-worker.

• There are many factors that make up what your blood alcohol is including gender, weight, type of alcoholic beverage and time elapsed since first drink. There are too many factors to make an accurate calculation in regard to ascertaining if you are "safe to drive." Not drinking is the only safe answer.

• How much is OK? A common misconception is that blood alcohol level and how one feels, i.e., "I feel fine" or "Oh, I feel drunk," are essentially the same, or work in parallel to blood alcohol content, they don't.

A person can feel completely free of intoxication and yet still have a blood alcohol content that can put them over the level for a DUI or DWAI charge. The reason for this disconnect can be due to tolerance.

Tolerance is how a person feels after alcohol consumption based on previous frequency or amount of alcohol use. A person that drinks alcohol frequently may no longer recognize or feel the intoxicating features of alcohol and thus

think they are "ok" to drive.

• A good rule of thumb for alcohol consumption is the "0-1-3" rule. That means zero drinks if you are driving, one unit of alcohol per hour, and a limit of three units of alcohol. One unit of alcohol is considered to be approximately one 12 oz American beer (beers of other countries, for example Belgium and Germany, often have significantly higher alcohol content), one small size glass of wine or just under one "shot" of liquor. There is actually a wide variance in the alcohol content in many types of alcoholic drinks so, again, do not use this to figure out if you can drive or not.

If you limit yourself by using the "0-1-3" concept, and have a designated driver, it is likely that you will have happy memories the following morning.

Don't take unnecessary risks with alcohol, have a safe and happy holiday season by following the guidance above.

## There's no shame in being enlisted

Commentary by Senior Master Sgt. Howard Teesdale

HQ AFSOC/A3 Airfield, Ranges, Airspace

While standing in line at an off-base post office recently, I overheard a woman talking to a man about her son. Apparently her son had recently enlisted in the Air Force against her better judgment. She told the man, who agreed with her, that commissioning as an officer is the best way to serve because "enlisted Airmen" just aren't respected and are considered second-class.

I have no doubt that what the woman in line at the post office was mainly referring to pay, allowances and a valid perception of prestige when it comes to being a commissioned officer. Let's face it, she's right! But I think what she failed to realize is that today's enlisted Airmen are doing some amazing things that no others could and or would!

Depending on Air Force specialty, today's enlisted Airman aren't just standing on the frontlines in defense of our great nation. We're leading, advising, coordinating and deciding how to shape the air-battlesphere, which I must remind you,

isn't limited to a single dimension.

From ensuring proper placement and orbit of satellites that control and monitor our position, controlling and sequencing an airspace full of multiple weapon systems and platforms, liaising with partners from countless countries in hopes of lessening our nation's burden and forming lasting peace and friendships, to clearing unexploded ordnance and roadside bombs to help pave the path of freedom and securing the base perimeter from unauthorized entry while simultaneously protecting our freedom of movement. And we cannot forget those enlisted Airmen who embed themselves in obscure and unsafe locations to direct the weapons fire of overhead aircraft, prep unimaginable landing strips for aircraft to infiltrate cargo and personnel and ready a landing zone for the extrication of the injured and at times mortally wounded.

Although I stood quietly in line that day, my thoughts and pride of being an enlisted Airman were about as high as ever. There is no shame in her son enlisting in the Air Force.

I wish him well.



## ACADEMY SPIRIT

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

Lt. Gen. Mike Gould — Academy Superintendent  
Lt. Col. John Bryan — Director of Public Affairs  
Staff Sgt. Don Branum — NCO in Charge, Internal Information  
Staff Sgt. Raymond Hoy — Editor  
David Edwards — Staff Writer  
Carol Lawrence — Graphic Designer

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## Submissions

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

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

## Correction

An article about the Board of Visitors meeting on Page 9 of the Dec. 10 Academy Spirit omitted Susan Ross, owner of Sierra Consulting and a 1983 Air Force Academy graduate. The Spirit regrets the error.

## What are your hopes for the holiday season?

"Peace and quiet, lots of batteries for my kid's toys and lots of time to play with them."  
Chief Master Sgt. Todd Salzman, USAFA Command Chief



"For a happy, safe, joyous season for everyone assigned here at the Academy, the cadets and the permanent party. And my best wishes for all the families that have troops that are deployed; I'm wishing for their safe return."  
Mike McMahon, A1



"I'm hoping to get my travel voucher paid off so I can pay off my travel card and we can have Christmas."  
Sgt. Claus



"To go home and see my family in Oklahoma."  
Priscilla Duggie, A1



# New grads join Class of 2010

## 3 graduates take oaths of office, join 'Long Blue Line'

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

Six cadets joined the ranks of the Air Force Academy's Class of 2010 during a graduation ceremony in the Arnold Hall Ballroom Wednesday.

Graduating are Mikhail Fedorchik, Matthew Haxton, Andrew Herzog, Sean Lipkin, Benjamin Scroggins and a cadet from Afghanistan who cannot be identified to protect the safety of the graduate's family.

Academy Superintendent Lt. Gen. Mike Gould delivered a brief commencement address, reflecting on Navy Adm. Mike Mullen's words on duty during the graduation ceremony held in May at Falcon Stadium.

"Keep your perspective and think about balance," General Gould said. "Keep your fundamental beliefs in mind and hold to them."

The general also said the new graduates should take care

of their families and themselves.

"Learn your job, lead with character, and continue to learn and listen," General Gould said.

However, he also cautioned the graduates not to take themselves too seriously.

"Go out there and do great things for your country," he added. "We're so proud of you and happy to be a part of your graduation."

Three of the graduates also received their commissions as Air Force officers during the ceremony: 2nd Lts. Fedorchik, Herzog and Lipkin. Lieutenant Fedorchik and Lipkin will enter pilot training after graduation, while Lieutenant Herzog will attend technical training for financial management.

"This chapter of my life has been quite a ride," Lieutenant Lipkin wrote. "The Academy has prepared me for any difficulties that lie ahead. I could not have gotten through this place if it was not for my family, friends, classmates, instructors and mentors."



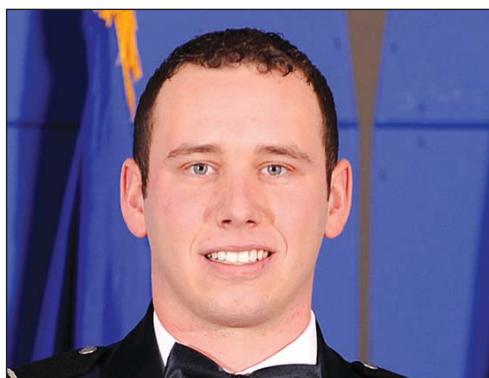
Mikhail Fedorchik



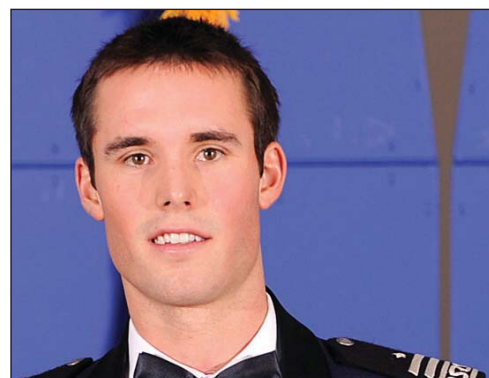
Mathew Haxton



Benjamin Scroggins



Sean Lipkin



Andrew Herzog

### BY THE NUMBERS: Class of 2010

1,012 - Final number in the Class of 2010

17 - International Class of 2010 graduates

7 - Number of graduates who cross-commissioned into other armed forces

982 - Number of graduates who received Air Force commissions

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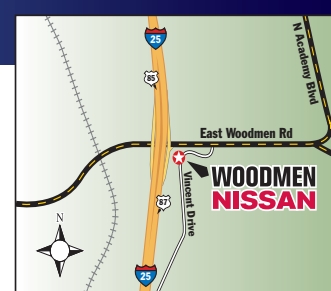


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# AROUND THE AIR FORCE

## Application deadline fast approaching for Warrior Games

by Maj. Joel Harper  
 Secretary of the Air Force Public Affairs

The application deadline for the 2011 Warrior Games is Jan. 11. With the holidays approaching, Air Force officials encourage qualifying Airmen to submit applications as soon as possible.

Warrior Games is an Olympic-style competition open to wounded, ill and injured military members and veterans.

"The application process can take some time, so don't wait until the last minute," said Capt. Courtnee Cruz, the Air Force Warrior and Survivor Care policy chief. "We encourage those interested in the games to apply now."

Air Force officials participants are seeking 25 wounded warriors to compete in next year's games that will feature seven events: archery, cycling, basketball, shooting, swimming, track and field, and volleyball.

Approximately 200 warriors from all services will compete in the event that takes place May 16 through 21 in Colorado Springs, Colo., with training camps scheduled in February and May, Captain Cruz said.

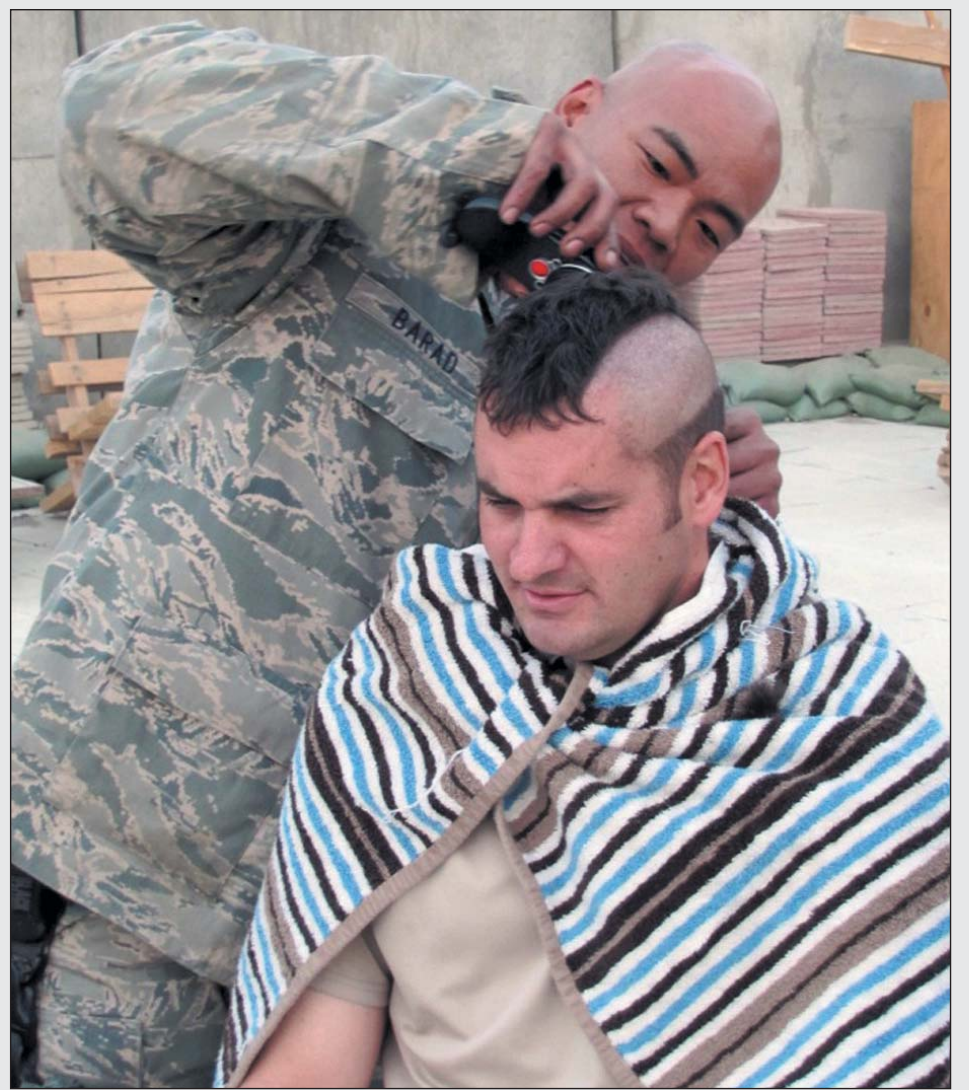
Warrior Games challenges wounded warriors to prove to themselves that they have abilities within them that they can carry over into everyday life, said Captain Cruz.

"The goal of these games isn't necessarily to determine the best athletes or to win medals," Capt Cruz said. "The goal is to maximize our wounded, ill and injured veteran's abilities, and to contribute to their rehabilitation and recover through competitive sports."

The Warrior Games is developed through the partnership between the United States Olympic Committee and the Defense Department.

People interested in applying can send an e-mail to Captain Cruz at courtnee.cruz@pentagon.af.mil, their recovery care coordinator or their caseworker.

For an application, visit [www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil).



U.S. NAVY PHOTO/PETTY OFFICER JARED WALKER

**"Shave and a haircut ...":** Tech. Sgt. Arthur Barad shaves Senior Master Sgt. Bubba Beason's head so he could participate in a group photo for Lyla, a cancer patient and the St. Jude's Children's Research Hospital Dec 6, 2010 at a forward deployed location in Afghanistan.

## Most housing rates dip for 2011 as pay, subsistence increase

by Karen Parrish  
 AFPS

Most military housing allowance rates will decrease slightly for 2011, but servicemembers will receive, on average, as much or slightly more money than they did this year, Defense Department officials said Dec. 15.

Cheryl Anne Woehr, a housing allowance program analyst, said overall rates are fairly stable.

"On average, they'll decrease about six tenths of a percent," she said.

The 2011 Basic Allowance for Housing rates take effect Jan. 1.

A provision ensuring against rate decreases for servicemembers already stationed at a location means Soldiers, Sailors, Airmen and Marines will receive an average 1.1 percent increase, Ms. Woehr said.

That overall increase is "because of the effects of individual rate protection and the distribution of servicemembers throughout the (United States)," she explained.

Individual rate protection ensures that members who have made lease or con-

tract commitments for housing aren't penalized if an area's costs decline. Any decreases apply only to members who move to a location after rates change. Even if housing allowance rates decrease over two or more years, military members stationed in the same location are assured their previous, higher rate, Ms. Woehr said.

"They receive the higher of what they were paid Dec. 31, or the new rate," she said. "If the rates go down one year, the servicemember receives the previous year's rate. If the rates go down again, the servicemember would continue to get that year-one rate."

The allowance covers housing costs for servicemembers living off military installations in the United States; those who live in government housing don't receive the allowance. Servicemembers stationed overseas who live in private housing receive the overseas housing allowance. Rates for that allowance are reviewed at least every six months, defense finance officials said.

"The reality is, the (BAH) rates vary, and the changes in the rates vary across the country, with some housing areas decreasing as much as 8 percent and others increasing more than 10 percent," Ms. Woehr said. "Rent is the largest component of the BAH rates, so that has the most influence on what rates do."

The allowance rate is computed annually for each military housing area and is based on three factors: median current market rent; average utilities, including water and sewer, electricity

and heating costs; and average renter's insurance.

Total costs are assessed for six housing profiles, based on dwelling type and number of bedrooms, in each military housing area. Housing allowance rates are then determined for servicemembers in each pay grade, with and without dependent family members. The department will pay its more than 1 million active-duty servicemembers an estimated \$19 billion in housing allowance over 2011.

Jerilyn Busch, the director of military compensation, said servicemembers also will see an increase in pay and subsistence allowances in January. A 1.4-percent basic-pay raise takes effect Jan. 1 by operation of law, and it reflects the change in the employment cost index, she said. That raise will be in effect until Congress passes the National Defense Authorization Act, which currently contains a 1.9 percent pay raise. But the final raise military members receive will be in accordance with the defense authorization act as signed by the president, Ms. Busch said.

The basic allowance for subsistence in 2011 will increase 0.36 percent, Ms. Busch said. The new rates will be \$223.04 for officers and \$323.87 for enlisted servicemembers.

Since 2002, defense officials said, military pay has risen 42 percent, housing allowances have risen 83 percent, and the subsistence allowance has risen 40 percent. By comparison, private-sector salaries have risen 32 percent over that time, officials said.



# "I Care ..."



Lt. Gen. Mike Gould

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**Peak Performance Center**  
(Cadets Mental Health) 719-333-2107

**Employee Assistance Program (EAP)**  
(DoD Civilians) 719-333-4364

**Chaplains**  
(Cadets 719-333-2636) - (Non Cadet 719-333-3300)

**Military One Source**  
(Military Members, Spouses & Family) 800-342-9647



JOHN VAN WINKLE

## 'In the Stairwell' performs live on KKTV

By John Van Winkle  
Air Force Academy Public Affairs

Cadet singers with the cadet a cappella group "In the Stairwell" performed live for all Southern Colorado Friday, with an appearance on Ch. 11 KKTV's (CBS) mid-morning news program.

This is the second year that In the Stairwell, an unofficial cadet club that performs in the local community, has appeared on live television.

The cadets performed a 'mash-up' mix consisting of several parts of many different holiday classics and contemporary songs. The members switched between several songs to surprise other members of the group and kept

singing until the credits rolled for the end of the television newscast.

In The Stairwell started in 2004 when several freshman cadets decided to start a singing group.

Because of the restrictions on freshman cadets, the dormitory stairwells were the one place they could meet and perform.

Since that time, In The Stairwell has released three CDs and helped populate the ever-growing library of YouTube. They also perform year-round for official functions in the local area.

For more on information on In The Stairwell, to review their music or request a performance, go to [www.facebook.com/pages/In-The-Stairwell/12521772876](http://www.facebook.com/pages/In-The-Stairwell/12521772876).

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## Firefighters receive championship trophy

Lt. Gen. Mike Gould (Center), Academy Superintendent, presents awards to members of the 10th Civil Engineer Squadron fire department. The teams earned the awards at the World Firefighter Combat Challenge XIX Nov. 8-13 in Myrtle Beach, S.C. The Academy firefighters won first place in three categories: women's relay team, women's tandem and co-ed tandem.



AIR FORCE PHOTO

## 'Holly and Ivy' uplifts holiday spirits with music, humor

**REVIEW:** Academy Spirit's Dave Edwards takes a look at the Air Force Academy Band's Christmas concert at the Pikes Peak Center

By David Edwards  
Academy Spirit Staff Writer

The places where holly and ivy can be observed include backyards, botanical gardens, arboretums – and twice earlier this week, the Pikes Peak Center.

On opening night of "Holly and Ivy," the Air Force Academy band's annual Christmas concert, it was a packed house. Some ticket-holders had to be turned away.

Those who managed to claim a seat were not disappointed. Conductor Lt. Col. Larry Lang led an eclectic, spirited program that showcased a variety of vocalists and music groups besides the band.

Academy Superintendent Lt. Gen. Mike Gould and his wife, Paula, watched from one of the concert boxes. The printed program handed out to visitors included an introductory note from General Gould.

"While our 4,400 cadets receive their formal education and training on Academy grounds, I feel strongly that their complete officer development is only accomplished through the outstanding partnerships we have throughout this great state," the general wrote.

Although the concert highlighted many of those statewide partnerships, the performers were not cadets but rather professional-level musicians who are serving the Air Force in that capacity.

One of those is Tech. Sgt. Alex Vieira, a native of Gainesville, Fla., who plays the bassoon. Sergeant Vieira also introduced a number of the selections in the "Holly and Ivy" program.

In addition, he made up half of a soloist duet performing "Rockin' Around the Christmas Tree." This rendition had an attention-grabbing twist, though. It featured the extremes of the instrument range: the high-pitched piccolo paired alongside the sonorous contrabassoon, with the band accompanying.

The audience quickly found out why contrabassoon solos are so scarce. But Sergeant Vieira made his instrument sing and the audience laugh.

Comedy and musical virtuosity were also

combined in "Blue to Joy" as performed by Stellar Brass. Six members of the brass section left the stage and sauntered through the crowd in imitation of traditional New Orleans jazz band.

When the group returned to the stage, one of the trumpet players sang parts of "Joy to the World" and delivered one-liners with a spot-on impersonation of Louie Armstrong.

Satchmo gave way to Celtic as the Academy Winds took center stage dressed in Irish finery and infusing the music of the Emerald Isle with some Air Force airs. Vocalists Master Sgt. Nancy Poffenbarger and Master Sgt. Randy Ward performed "The Wren in the Furze" and "Christmas in Killarney," while another Academy Winds member, decked out in a festive green dress, brought the Irish step dancing.

That was followed by a spotlight on the percussionists in a drum-centric arrangement of "The Little Drummer Boy," or as Colonel Lang introduced them, "the big drummer boys." Splayed out across the stage in front of the big drummer boys was an assortment ranging from bongo drums to snare drums and just about every variation in between.

Other highlights included a song combining carols from seven countries, a jazzy version of Schubert's beloved "Ave Maria," and a stirring performance of the melodic "Carol of the Bells."

Just in case the concert exceeded the attention span of the kids in the audience, the band had an answer for that, too. Before the second-to-last number, all the children in attendance were invited on stage to sit next to a rocking chair reserved for Santa Claus.

The concert concluded with "Santa Claus is Coming to Town" and a sing-along in which the audience joined the band in five carols. That was a wrap – and the bow on top.

As ushers handed out cards advertising the upcoming performance of the Trans-Siberian Orchestra at the Pikes Peak Center, the departing crowd was still buzzing about "Holly and Ivy."

When the orchestra arrives in Colorado Springs, it can thank the Air Force Academy for livening up the locals with an abundance of holiday cheer.

## AFIT seeks NCOs

RANDOLPH AIR FORCE BASE, Texas (AFPN) —



Air Force Institute of Technology officials are offering six noncommissioned officers the opportunity to pursue an advanced science, engineering or management degree at Wright-Patterson Air Force Base, Ohio.

The six NCOs will be selected in

February to attend the Enlisted-to-AFIT program for academic year 2011.

The program is designed to provide commanders with a diverse and renewable source of highly proficient and educated career NCOs.

Nominations are due to the Air Force Personnel Center here by Feb. 4 and can be sent to [afpc.dpafe.orgbox@randolph.af.mil](mailto:afpc.dpafe.orgbox@randolph.af.mil).

### Eligibility Requirements

Airmen interested in applying for the 18- to 24-month program must be at least a technical sergeant select with a minimum of eight years time in service, 24 months time on station and three years retainability upon graduation. They must have completed the appropriate skill-level upgrade and in-residence Noncommissioned Officer's Academy, officials said.

Applicants must also possess a bachelor's degree from a regionally accredited college or university and a Community College of the Air Force degree.

Besides academic transcripts, applicants have to provide test scores from either the Graduate Record Examination or Graduate Management Admission Test, depending upon the specific AFIT degree-program requirements.

AFIT is the Air Force's graduate school of engineering and management and its institution for technical professional continuing education.

Since residence degrees were first granted in 1956, more than 16,000 masters and 350 doctorate of philosophy degrees have been awarded.

Since the Enlisted-to-AFIT program began in 2002, 67 servicemembers have graduated, including 57 Air Force and 10 Marine NCOs. There are presently 18 enlisted Airmen attending AFIT.

For more details on nomination procedures visit the Air Force Personnel Services website or call the Total Force Service Center at (800) 525-0102 or DSN 665-5000. For more information on the program visit [www.afit.edu/en/admissions/usaf\\_usmilitaryapply.cfm#enlisted](http://www.afit.edu/en/admissions/usaf_usmilitaryapply.cfm#enlisted).

## Goodwill

From Page 1

In addition, on Dec. 7, a group of seven cadets, including four in the leadership class, went to the School for the Deaf and the Blind to read to students.

"This first started out as being a one-time thing since it was a course requirement," Cadet Ruiz said. "But after talking with some members of the group that helped plan the project, we decided it would be great to try to make this a continuous project, especially since the school enjoyed it. We are already planning for doing this again next year."

Diane Covington, a representative of the School for the Deaf and the Blind, said the school is "very fortunate and grateful" to have such a fruitful relationship with the Air Force Academy.

Besides the book project, cadets have helped the school in several other ways.

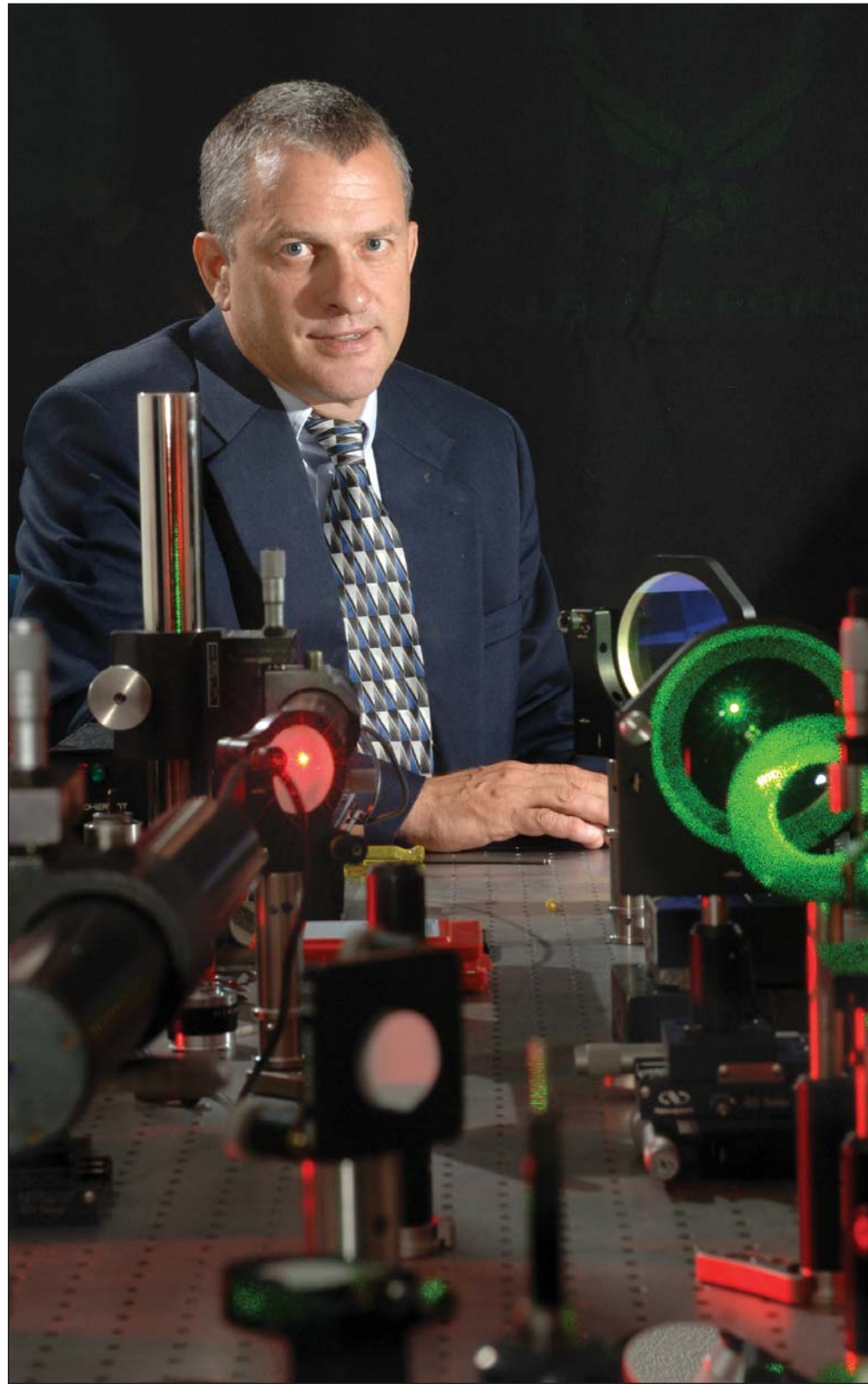
This past weekend, several cadets volunteered to spend their Saturday keeping score and doing other tasks at a regional wrestling tournament hosted by the school.

Recording books for the school's blind students is yet another example of that partnership, and it has inspired great happiness and enthusiasm in all involved.

"In terms of impact, I would say that the cadets, in their efforts to record and share their favorite children's books, have made several stories accessible to our young students who are blind or visually impaired," Ms. Covington said. "Now our students have the opportunity to listen to books that the library did not already own."

## Physics fellow

From Page 1



AIR FORCE PHOTO

Dr. Randy Knize is the director of the Air Force Academy's Laser and Optics Research Center.

membership," said Col. Rex Kiziah, permanent professor and head of the Department of Physics. "Dr. Knize's selection is recognition by the national scientific community of his outstanding contributions to physics, specifically his contributions to diode pumped alkali lasers, along with optical trapping and cooling of neutral atoms and molecules."

"Dr. Knize's portfolio of pioneering laser and optics basic research, applied research, and technology development programs is fundamentally designed to involve (the Academy's) basic sciences and engineering cadets and is targeted to address important and challenging Air Force, Department of Defense, and other governmental agency needs," he added.

Dr. Knize is the director of the Academy's Laser and Optics Research Center. Research at the center falls into five broad categories — alkali vapor lasers, atomic physics, fiber lasers, high-performance imaging, and nanotechnology — married with the mission of enhancing cadet learning through high-impact undergraduate research, the development of faculty through research, and the support of Air Force, DoD, and national technology research and development needs.

"Cadet learning is significantly enhanced through their hands-on involvement with Dr. Knize's cutting-edge endeavors," Colonel Kiziah said. "Furthermore, they are immersed in the thrill of the chase for new scientific understanding, shaping them to be enthusiastic scientific and engineering graduates ready to ensure our Air Force successfully confronts future complex technological challenges."

Researchers and cadets in the LORC were very successful during the last academic year.

Significant power gains were achieved in the area of transverse pumping of alkali vapor lasers. In the area of atomic physics, researchers were able to observe non-linear pressure dependence of an energy transfer machine for the first time.

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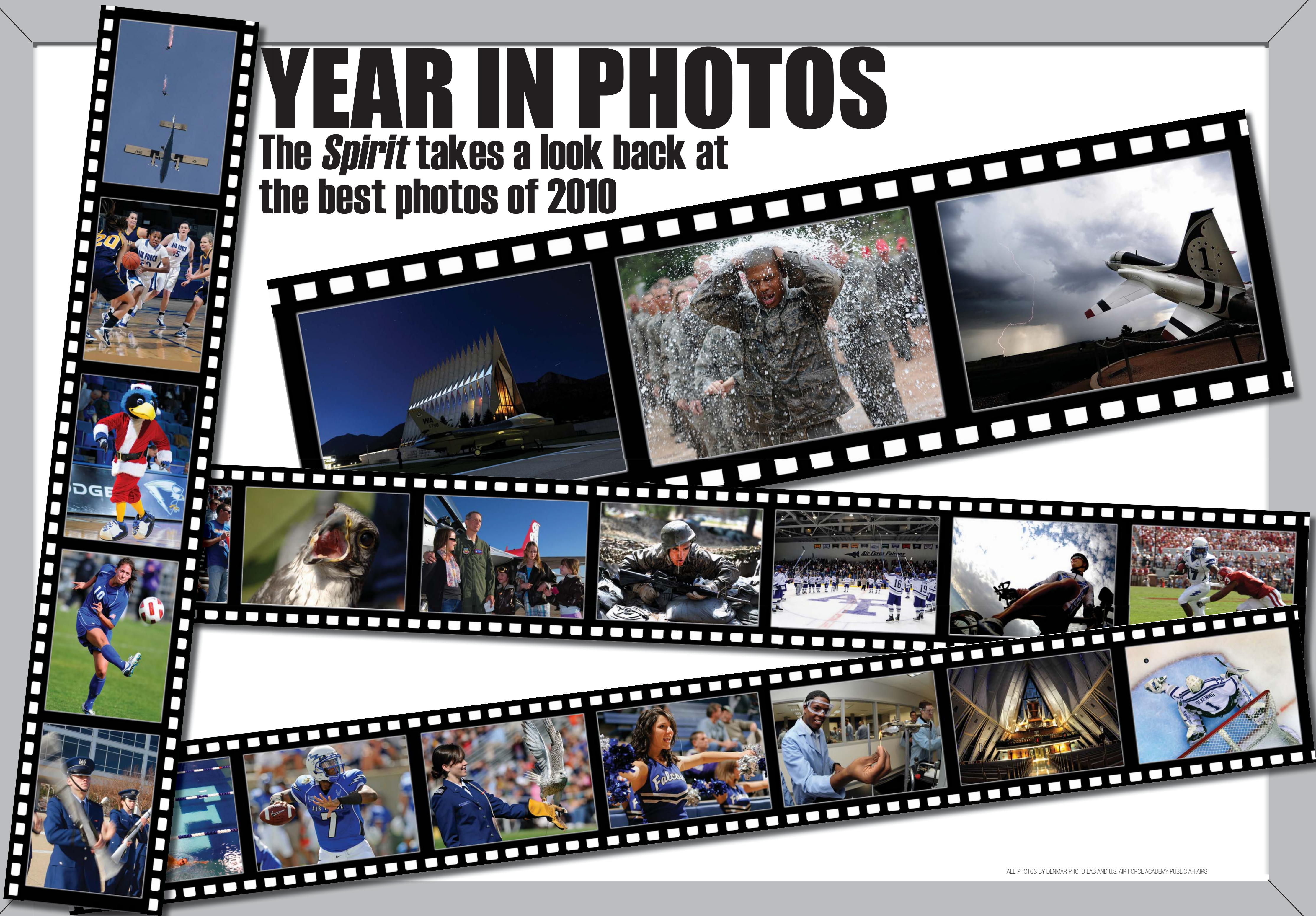
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8645 CAST

# YEAR IN PHOTOS

The *Spirit* takes a look back at the best photos of 2010







Andrew Volkening makes one of 43 saves against third-ranked Michigan, leading Air Force to a 2-0 victory over the Wolverines in the first game of the NCAA East Regional in Bridgeport, Conn., March 27. Volkening led the Falcons to their first-ever NCAA tournament win and was named to the East Regional all-tournament team.

RICH STEIGLITZ

## Where are they now ... Andrew Volkening

Leslie E. Finstein  
Academy Public Affairs

This week the Air Force Academy caught up with 2010 graduate, 2nd Lt. Andrew Volkening to find out what he has been up to since graduation.

### To start off with, what have you been doing since graduation? How is your life outside of the Academy?

It seems like everything's just been go-go-go since graduation day. I only stopped living out of a suitcase in the last couple of weeks. Sixty Days was great. The highlight was, without-a-doubt, marrying a great gal after eight years - many of which were long-distance.

When Sixty Days ended in August, I did Aero Space Basic Course and Evasion and Conduct after Capture right away down at Maxwell Air Force Base. That was actually a great experience and really tightened up my knowledge and skill set as a new lieutenant. From there I reported to Brooks City-Base down in San Antonio in late September, from where I almost immediately went TDY to Wright Patterson Air Force Base for Fundamentals of Acquisition Management. As a behavioral scientist, this was the closest thing I had to a tech school. I came back to Texas in late October and have been trying to settle into my new job and life in general.

### Where are you working? Career plans?

I'm part of Air Force Research Laboratory, Human Effectiveness Directorate, Direct Energy Bioeffects Division, in the Optical Radiation Branch. The branch is basically everything to do with lasers. Right now I'm just learning the ropes regarding laser safety, procedures, measurements, etc. In January, I'll transition to the Direct Energy Protective Equipment team doing research to get gear out to the war fighter.

Right now a scientist's career doesn't have a shelf life past captain. This may open up a transition to the

## Biography

Lieutenant Andrew Volkening graduated from the Air Force Academy in 2010. In his four years as goalie for the Falcon hockey team, Lieutenant Volkening was team MVP three years straight. In the 09-10 season was named the all-sport Academy MVP. He earned spots on the Atlantic Hockey Association All-Conference team for the 06-07, 07-08, 08-09 and 09-10 seasons and spots on the NCAA East-Regional Tournament Team for the 2008 and 2009 tournaments. With Volkening, the Falcons won the Atlantic Hockey Association Conference Championship and won the NCAA hockey tournament in 2007-2009.

program management and acquisition career field, but it's tough to say what may come up. I'd love to make my way back to the Academy in some form or fashion.

### Do your co-workers know about your time as goalie for the Falcons and the successes you found here?

Just when I figured I was safe at work, somebody thought they recognized my name, looked me up on Google, and sent out this email with my hockey bio, picture, and a YouTube clip to the entire branch. It was kind of embarrassing actually.

### Do you still play hockey? See it playing a major role in your future?

I'm not really playing right now. There is an American Hockey League team down here, the San Antonio Rampage. They're the Phoenix Coyotes' AAA club. I got an invite to their training camp and attended that on a player tryout agreement when I initially came down to San Antonio. Despite being on the ice only twice in the eight weeks prior and not being at the top of my game, I had a pretty good camp and felt comfortable competing at that level.

The team decided to keep me in their back pocket as an emergency backup. Guys get injured and called up to the big leagues all the time. So having a guy that's played at a fairly high level in their backyard is a positive for them. It's tough to be more than that in this

kind of situation what with my priorities in the Air Force and the way the player contracts work with these developmental farm teams, especially at the goaltender position. But who knows, I could still get the call.

### What is your favorite NHL team? Favorite NHL player?

My favorite team is the Vancouver Canucks and my favorite player is Canucks' goalie Roberto Luongo.

### What do you miss most about playing hockey for the Air Force Academy? What are your favorite memories?

I think the thing I miss the most about playing hockey at the Academy is the kids. We always had great fans, but interacting with the kids after the game or during Skate with the Falcons or an autograph session was pretty amazing. And winning. Winning battles with my best buds is definitely towards the top of my list. The nice thing about that was we won more often than not.

My favorite memory might be winning the AHA championship against Army my freshman year. That was a tough year for me, both on and off the ice. So to get the chance to play in what was, at the time, the biggest game in Air Force hockey history and helping the team come out on top after such a tough year was pretty a pretty special thing for me.

### Have you followed Air Force hockey this year? Do you have any thoughts or advice for the team?

I've been keeping track of the box scores and I actually have someone up in the stands who texts me with real-time updates. So, yeah, I've been keeping track of my boys. I know they've had kind of a rocky start but got a huge, huge win over Yale this past weekend. As far as advice goes, I'd say developing a sense of high level consistency takes you a long way. The championship teams we've had in the past had consistency however they were not immune to stumbling at times. Now the challenge is to play with that kind of fire and intensity every weekend.

## 10 things you didn't know about ...



## Cadet 1st Class Raimee Beck

Leslie E. Finstein  
Academy Public Affairs

Cadet 1st Class Raimee Beck, from Blackfoot, Idaho, is the 2010-11 team captain for the Air Force women's basketball team. Cadet Beck holds multiple program records for career points, three-pointers made, free-throw percentage, and career scoring average in the Division I era. So far this season, the women's basketball team is 4-5, surpassing last season's win total. The next home game for the Falcons is on Dec. 30 at 6 p.m. when they take on Navy.

### 1 When did you start playing basketball? Who got you started?

I don't even remember when I first started playing basketball. I would guess I began playing organized basketball in my early years of elementary school. Watching my two older brothers play it in high school is what got me started, they helped teach me the fundamentals.

### 2 Favorite sports to play off-season?

I love baseball/softball and volleyball. I played these sports growing up and all through high school.

### 3 Favorite professional athlete and team?

My favorite professional athlete right now is Dwayne Wade. My favorite NBA team however, is the Boston Celtics. My family and I have been Boston fans ever since Larry Bird played there.

### 4 Favorite movie and/or TV show?

My favorite movie is "Pistol Pete" and my favorite cartoon movie right now is "How to Train a Dragon." My favorite TV show would have to be "Extreme Home Makeover."

### 5 Favorite food?

I love my mom's roast beef dinner! Love mashed potatoes!

### 6 Favorite subject in school?

I really like learning about the biology of the human body and also how the brain works.

### 7 If I were not a cadet, I would be ...

I would be a senior at some random university. Hopefully, I would still be pursuing my dream of playing collegiate basketball.

### 8 If my friends had to use one word to describe me, it would be ...

Relaxed.

### 9 The best part of playing basketball is ...

Becoming part of a team and developing the necessary skills to make the team work and be successful. I think this parallels life in many ways.

### 10 I came to the Academy because ...

I wanted to play basketball, but also to have great opportunities provided for me in the future.

# Air Force opens duel slate with two victories

In its first home action of the season, the Air Force wrestling team won a pair of non-conference duels Friday afternoon in Clune Arena. The Falcons opened the day with a 21-13 decision over Coe, while defeating Western State, 26-12.

Air Force (2-0) won seven bouts against Coe (5-2), which is currently ranked fourth at the Division III level. The Kohawks took the early lead, as Clayton Rush, ranked first at 125 pounds in Division III, earned a major decision. However, the Falcons gained the lead with consecutive decisions by Tyler Untrauer (Jr., Midwest City, Okla.), 11th-ranked Cole VonOhlen (So., Jackson, Minn.) and Josh Kreimier (Fr., Fort Collins, Colo.) at 133 and 141 pounds, respectively.

The Falcons pushed their advantage to 12-7 with a decision by Clayton Gable (So., Dallastown, Pa.) at 165 pounds. However, Coe recorded a fall in the 174-pound bout to regain the team lead.

Trailing by a single point with three matches left, the Falcons were solid down the stretch, adding nine more team points with decisions by Kazden Ikehara (Sr., Mililani, Hawaii), Neil Delaney (Sr., Grand Rapids, Mich.) and Jared Erickson (So., Newton, Utah) to take the victory.

Air Force followed its win over Coe with a tough match-up against Western State, the fourth-ranked team at the Division II level. The Falcons have had a rough time against the Mountaineers of late, as Western State has won five straight in the series.

VonOhlen was dominant in his bout at 141 pounds, recording an 18-3 technical fall in a time of 6:40. Kreimier posted another decision at 149 pounds, while Alec Williams (Jr., Fultondale, Ala.) and Gable added decision wins at 157 and 165 pounds, respectively.

Senior captain Joseph Stafford (Loomis, Calif.) rebounded from an earlier loss at 174 pounds with the Falcons' first fall of the day, pinning Zach Frazier in a time of 1:55, while sophomore Josh Mohr (Pewaukee, Wis.) earned a decision at 184 pounds in his first action of the day.

The Falcons' winning streak ended with the 197-pound bout, as Delaney came up short to top-ranked Donovan McMahill in a 2-1 tiebreaker decision. Western State picked up its third win of the dual by recording a fall in the heavy-weight match-up, but Air Force already secured its first victory over the Mountaineers since the 2004-05 season.

Air Force is back in action next weekend, Dec. 17, when it hosts 12th-ranked Oregon State at 6:00 p.m.



**Above: Bring it!** Air Force's Tyler Untrauer goes for a takedown against Western State's Drew Hinschberger in a 133-pound match. Untrauer, won the match.


**Left: In a bind:** Air Force's Joseph Stafford tries to pin Coe's Scott King during a 174-pound wrestling contest. Stafford lost, but Air Force went on to defeat Coe, 21-13.

PHOTOS BY BILL EVANS

# Spirit Dining

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## MEXICAN

	<p><b>Qdoba Mexican Grill</b> 7140 N. Academy Blvd 1605 Briargate Pkwy Briargate Shopping Center</p>	<p>Qdoba is an artisanal Mexican kitchen where anyone can go to enjoy a fast, handcrafted meal prepared with fresh ingredients and innovative flavors including signature sauces like our 3 Cheese Queso. Catering and Online Ordering is available <a href="http://www.Qdoba.com">www.Qdoba.com</a>. Show your AFA or Military I.D. to receive a FREE DRINK with the purchase of a regular entrée.</p>
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# Defense leads Air Force over N.C. Central, 73-56

The Associated Press

Evan Washington had 15 points and eight rebounds to lead Air Force to a 73-56 victory over North Carolina Central on Saturday night.

Taylor Broekhuis added 14 points and seven rebounds for the Falcons (6-2). Tom Fow and Taylor Stewart had 10 points each for Air Force, which won its fourth straight home game. Shawn Hempsey scored a career-high nine points, all in the first half.

Stewart, whose 10 points was a season-high, also collected a season-best seven rebounds and Derek Brooks tied his career-high with seven boards as Air Force grabbed a season-best 41 rebounds, the most in one game since collecting 43 last season against Charleston Southern.

The Falcons held the Eagles (4-4) to 35 percent shooting, the seventh opponent to shoot less than 40 percent against Air Force this season. NCCU shot just 22.2 percent in the first half as the falcons raced to a 40-20 halftime lead, thanks to Hempsey's nine points and Fow's eight.

The Eagles tried to come back in the second half, cutting Air Force's lead to nine at 59-50 with 5:42 remaining, but Washington fueled an 8-2 run with a pair of layups, and the Falcons led 67-52 with just under three minutes left.

C.J. Wilkerson led the Eagles with 18 points. David Best had 12 and Landon Clement 10. North Carolina Central had its three-game winning streak snapped.



Falcon forward Derek Brooks attempts a block against the Eagles' Dijon Manns as the Falcons defeat North Carolina Central 73-56 at Clune Arena Dec. 11. Brooks tied his career high with seven rebounds.

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**Christmas services**

The Community Center Chapel will hold services around the Christmas holiday at the dates and times specified below:

**Christmas Eve** - Catholic mass at 4 p.m. and 9 p.m., and protestant candle-light service at 6 p.m.

**Dec. 26** - Catholic mass at 9 a.m. combined protestant service at 10:30 a.m.

**Dec. 31** - Catholic mass at 6 p.m.

**Jan. 2** - Catholic mass at 9 a.m. and combined protestant service at 10:30 a.m.

For more information, call the Community Center Chapel at 333-3300.

**'Holly and Ivy'**

The Air Force Academy Band's "Holly and Ivy" Christmas special will air on KOAA Channels 5 and 30 on Christmas Eve at 10:35 p.m. and on Christmas Day at noon.

Rocky Mountain PBS will also air the show Christmas Day at 3 and 7 p.m., and the Armed Forces Network will carry the show on Christmas Day

at 1 p.m.

For more information on Air Force Academy Band appearances, visit [www.usafacademyband.af.mil/events](http://www.usafacademyband.af.mil/events).

**Athletics holiday sale**

The Athletics Department will offer up to 50 percent off selected items in its gift stores at the Visitor Center and Cadet Field House through Dec. 30.

For Field House shop hours, call 472-0102.

**Cops vs. teens**

The 10th Security Forces Squadron is challenging teens to a day of physical tests, including basketball, tug-of-war and volleyball, Tuesday from 11 a.m. to 1:30 p.m.

The "Cops vs. Teens" challenge will also feature a free lunch with hot dogs, chips and soda.

To register your child for the event, contact Youth Center director Chris Gun at 333-4169 or Capt. James Couch of 10th SFS at 333-3685.

**Winter preparation tips**

The Academy Safety Office has the following tips for drivers to prepare their vehicles for snowfall:

- Check your battery, fluid levels, turn signals, heater and defroster, tires and brakes.
- Keep a windshield scraper and small broom in your car for ice and snow removal.
- Keep your gas tank at least half-

full during the winter season.

- Keep a small supply of emergency supplies in your vehicle, including non-perishable snacks, several bottles of water, blankets, matches, extra clothes, a small shovel and battery jumper cables.

**'Get moving' tips**

The Cadet West Gym fitness center will offer a "get moving" walking group Tuesday from 1 to 2 p.m.

The walk is offered as an opportunity to help participants improve their health.

For more information, contact Michelle Foster at 333-9164 or Letitia Wiseman at 333-9133.

**Intramural basketball**

Anyone who would like to compete in the intramural basketball program should contact Dave Castilla at 333-4078.

**SnoFest! 2011**

The Air Force Academy is this year's host for SnoFest! 2011 in Keystone, Colo., Jan. 28-30.

Visit the USAFA Services website at <http://usafaservices.com/snofest> for details.

**Volunteer call**

Volunteers are needed for each of the following upcoming events.

- **Spouses Club Thrift Shop:** The Academy Spouses Club Thrift Shop is

seeking new volunteers for its location in the Community Center Tuesdays, Wednesdays and Fridays and the first Saturday of each month from 9:30 a.m. to 2 p.m.

Proceeds from the thrift shop go to Spouses Club scholarships for military family members and other charitable activities that benefit the local community.

For more information or to volunteer, contact Thrift Shop manager Michelle Day at 333-4059 or Thrift Shop chair Cat Donovan at 264-1315.

- **Honor Guard:** The Academy Honor Guard needs officer and enlisted volunteers who can support two details per month for one year and who can attend training every other Wednesday from 1 to 4 p.m.

To volunteer, contact Janet Edwards at 333-3323 or Staff Sgt. Hugo Reinor at 333-5621.

**A&FRC offerings**

The Academy Airmen and Family Readiness Center will hold the following classes in December. For more information, contact the A&FRC at 333-3444 or 333-3445.

Class dates and times are subject to change.

**Smooth Move**

Dec. 21, 9 to 10 a.m.

Being prepared lessens the stress of an upcoming move. Learn innovative and proven ways to make your move a smooth one: know before you go.



**CADET CHAPEL**

**Buddhist**

Sundays, 10 a.m.  
Wednesdays, 6:30 p.m.

**Protestant Worship**

Traditional: Sundays, 9 a.m.  
Contemporary: Sundays, 11 a.m.

**Catholic Worship**

Mass: Sundays, 10-11 a.m.  
Monday, Tuesdays and Thursdays, 6:40-7:10 a.m.  
Confession and Adoration: Wednesdays, 5:30-6:30 p.m.  
Holy Days of Obligation: 6 p.m.

**Jewish Worship**

Fridays, 7 p.m. (during academic year)

**Open for tours**

Mon.-Sat. 9 a.m.-5 p.m.  
Sunday 1-5 p.m.  
No tours during services

Service times are subject to change without notice due to mission requirements. Please call 719-333-2636/4515 for more information.

**COMMUNITY CENTER CHAPEL**

**Catholic Masses**

**Saturdays**  
Reconciliation - 3:30 p.m.  
Mass - 4 p.m.

**Sundays**  
Mass - 9 a.m.  
Religious formation - 10:15 a.m. (September-May)

**Tuesdays-Fridays**

Mass 11:30 a.m.

**Protestant Services**

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

**Sundays**

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

**PERMANENT PROFESSORS ART GALLERY**

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**USAFA Photography by Team DenMar**

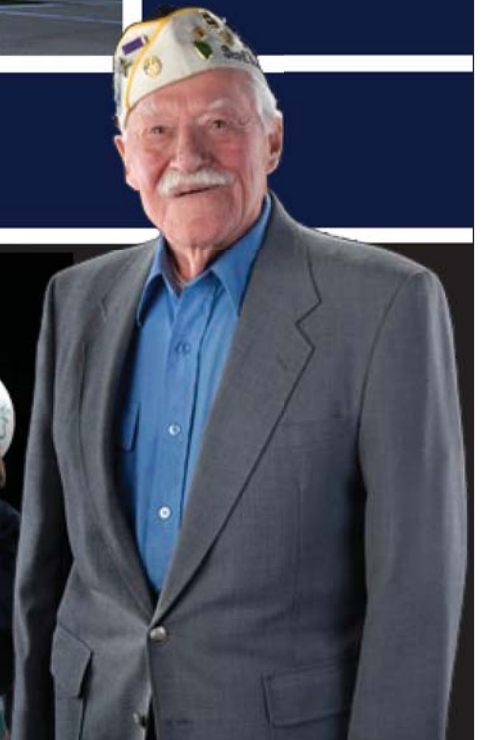
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December 15, 2010—January 14, 2010

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**AR Position**  
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Fax resume 448-0768

**HEALTHCARE**

**Cedar Springs Behavioral Health System, Inc.**

**PRN Crisis Evaluator**  
PRN opening for Crisis Evaluators for our Admissions department. Opening on various days and shifts, to include evenings and weekends. Requires CO licensure as a Therapist (LPC, LMFT, or LCSW) or Registered Nurse, two years of mental health experience with at least one year experience in crisis work and mental health evaluations.  
**To apply, please fax your resume to (719) 630-0118 and note the position for which you are applying, or you may also apply in person at Cedar Springs Hospital, 2135 Southgate Road, Colorado Springs, CO 80906. EOE**

**PROFESSIONAL**

**Cedar Springs Behavioral Health System, Inc.**

**Assistant Business Office Director**  
Full-time Assistant Business Office Director with three years experience in medical collections, billing, etc.  
Experience required in healthcare behavioral health. Supervisor experience preferred.

**To apply, please fax your resume to (719) 630-0118 and note the position for which you are applying, or you may also apply in person at Cedar Springs Hospital, 2135 Southgate Road, Colorado Springs, CO 80906. EOE**

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Gated, covered Balcony. Like new. Call 719-459-1817

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1	2	3	4	5	6	7	8	9	10	11		
12				13			14	15				
16				17				18				
	19					20		21				
		22	23			24						
	25	26			27	28			29	30	31	
32			33						34			
35				36			37	38		39		
40						41		42		43		
44				45	46	47			48			
			49					50				
51	52	53	54						55	56	57	
58				59		60	61	62		63		64
65					66					67		
68							69				70	

**CLUES ACROSS**

- Lowest musical range
- Examine hastily
- Burns wood (abbr.)
- Buttocks
- Heroic tales
- New York art district
- Cut into cubes
- Wipe out information
- A graphic symbol
- Decametre
- Drooping
- Manuscript (abbr.)
- Large cat (archaic)
- Yellow green
- Defunct fast airplane
- The cry made by sheep
- Hostelries
- Ingested
- Frosty
- E. Asia weight units

- Long fluffy scarf
- Melancholy
- Paper thin tin plate
- Acorn tree
- Longest division of geological time
- A miserly person
- Myanmar monetary units
- Atomic #37
- Loins of lamb
- Deaf language (abbr.)
- Length x width
- Type of battery
- Gastrocolic omentum
- Strike worker replacement
- Unaccompanied
- Tangerine + grapefruit
- Used to possess
- Other side of yin
- Urochord or tunicate

**CLUES DOWN**

- Barrels per day (abbr.)
- Very dry
- A paper bag
- Family tree of manuscripts
- Midway between S and SE
- Auto
- Honorable title (Turkish)
- Bahamian capital
- Focal points
- Unit of loudness
- Yearn
- Worked with Roebuck
- Message at end of an e-mail
- Haitian monetary unit (abbr.)
- \_\_\_ Lanka: old Ceylon
- Former Spanish monetary units
- Source of chocolate
- "The Creation" composer
- Explosive
- Genetic information messenger
- Wooden shoe
- Covered colonnades

- Pool area wood
- A dry cold north wind in SE France
- Area between the waist and knees when sitting down
- Female sibling
- Norwegian currency (abbr.)
- NCO rank below Sergeant (abbr.)
- Shenzi in "Lion King"
- Without difficulty
- Ancient counting device
- Frame that holds window panes
- Blood clam genus
- No longer having life
- Light hit of paint
- Heroic tale
- Calming pause
- Common postal form (abbr.)
- Diarist Frank
- 1/360 in a circle (abbr.)
- Top edge of a glass

**SUDOKU**

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

Level: Intermediate

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93% Lean  
5 lbs. or more

**1.97** lb.



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**4.88** ea.



**\$2.50 EACH**  
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When You Buy 4  
Limit 1 Reward per Transaction

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6 pk., 24 oz.  
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Nabisco  
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**1.77**



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