

PROMOTIONS

USAFA lieutenant colonels and master sergeants selected for promotion. **Page 3**

NEED FOR SPEED

Fastest team on wheels visits Academy. **Page 5**

FIT TO FIGHT

March is National Nutrition Month. **Page 10**

ACADEMY SPIRIT

HOCKEY

Falcons win the Atlantic quarterfinals series. **Page 11**



Rite of passage

Freshmen cadets push their fitness to the limit during Recognition activities March 11. Recognition consists of wing- and squadron-run activities designed to test the freshman cadets' training, teamwork, knowledge and fitness. **For story and photos see Pages 8 and 9.**



BILL EVANS

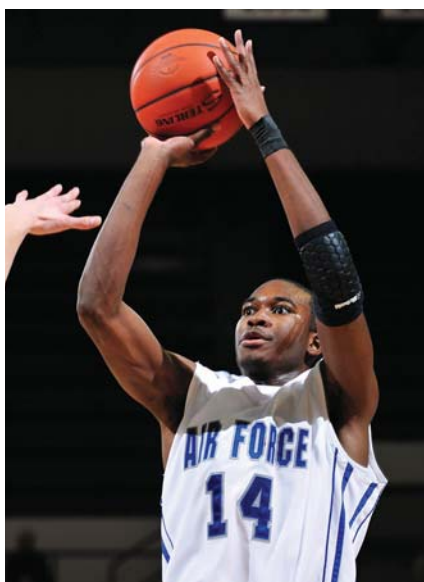
Falcons down North Dakota

77-67 in first round of CollegeInsider.com tourney

(AP) - Derek Brooks' first career double-double was also a first for Air Force.

Brooks had 14 points and 10 rebounds for the first double-double this season by an Air Force player, helping the Falcons beat North Dakota 77-67 on Tuesday night in a first round game of the CollegeInsider.com tournament.

Michael Lyons added 21 points and **See BASKETBALL Page 7**



BILL EVANS

Michael Lyons led Air Force with 21 points Tuesday against North Dakota.

AF named MWC winner in 'Pack the House' challenge

By **Melissa McKeown**
Athletic Communications

Air Force was named the Mountain West Conference winner in the NCAA Division I "Pack the House" challenge March 11 after the Falcons set a women's basketball attendance record of 2,907 during their match against Colorado State at Clune Arena Jan. 25.

"Pack the House" is a national effort in which conferences and institutions compete to build women's basketball attendance.

Air Force's previous record of 2,892

was set Jan. 31, 2002, during a game versus Wyoming. In addition, the Colorado State game marked the first time since the 2007-08 season that more than 2,000 fans have attended a women's basketball contest in Clune Arena.

Participating schools in the initiative selected a home game and designated that date as a "Pack the House" game with the goal of setting an attendance record. One winner from each of the 32 conferences and one from a group of independent institutions were named. Selections were based on

See CHALLENGE Page 11

Improving Afghan lives through women's empowerment

by Capt. Ann Voght
56th Medical Operations Squadron

LUKE AIR FORCE BASE, Ariz. (AFNS) — Halfway around the world and five months into the deployment has drastically changed my preconceived ideas of what my role would be as the provincial reconstruction team's female medical officer. If you told me last June that I would be in Afghanistan meeting with provincial leaders from the Department of Public Health or Department of Women's Affairs to assist and mentor the development of the Afghan health system and improve the lives of families through women's empowerment, I would have looked around trying to figure out to whom you were talking.

I was supposed to be the medical provider for the PRT and run a clinic or go out on missions when the medics were not available. What did I know about third world country development or leading a female engagement team? As the saying goes, most of life is just showing up. So I showed up and began sorting through the puzzle of Afghan women's issues and how I could best help put those pieces together.

When undergoing female engagement team training I realized the enormity of the problems facing women in Afghanistan. They are overwhelming and heartbreaking.

So many are overlooked, overworked and underprivileged at best; beaten, burned or killed in severe cases. They stay in the home to raise children, work the land, gather water and feed the family. A high percentage of women do not attend school past their teenage years and most do not know how to read or write.

They are not to be underestimated, though. They efficiently run their households behind closed doors in unforgiving conditions and are a network of information through the villages and at water collection points. Despite their oppression and abuse, they are an invaluable part of the stability and rebuilding process of Afghanistan.

Herein lies the problem: how do we tap this deep well of information and support systems when there are so many obstacles involving tradition, men, burqas and mud brick walls?

Anyone who has been through Afghan cultural training knows that it is not acceptable to go up to a woman in



STAFF SGT. KYLE BRASIER

Capt. Ann Voght meets with Ms. Kohistani in the provincial capital, Mahmud-e-Raqi, Afghanistan. Ms. Kohistani is the Provincial Department of Women's Affairs director.

a village or bazaar and start talking to her, even if you are female, but especially if you are a man. The process to speak to an Afghan woman can be simple, but must be methodical.

Once contact is made with a village, which will likely be through village elders or the mullah, a request is made to speak with or hold a shura with mature females of the village regarding specific topics such as the health and welfare of the community. If there are no females on the team requesting the meeting, the answer will very likely be "no."

With a female engagement team made up of female military members, civilians and very importantly, a female linguist, if trust is established the door will be open to a river of information and knowledge that would otherwise be swept away with the dust.

Once women are away from the men and have privacy, the scarves come off, the hair comes down and chatting begins. This is not so different from a social setting in our own country; it just takes a few more steps to get there. Afghan women are no different than any other women who want to have a safe place to raise their families, have access to water, food, essential goods and services, health-care, education for the family, and an income to provide these things.

With the woman's loyalty to the welfare of her family, she is very likely willing and able to provide useful input on how to improve and stabilize her village. As long as communication is performed in a socially acceptable setting, the possibilities of the outcome are limitless.

PRTs spend enormous amounts of money and conduct countless missions to evaluate, rebuild and support the people of Afghanistan. Unfortunately, we miss a large percentage of the population in our endeavors when engaging females is not a priority. Emphasis needs to be focused on communicating with, educating and supporting women in the communities of Afghanistan. Incorporating female engagement teams with the PRTs and providing the appropriate manning and tools for their success is an important step forward in a more comprehensive approach to strengthen Afghan families, enabling them to secure a productive future for themselves.

ACADEMY SPIRIT

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

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Send submissions to: usafa.pai@usafa.af.mil. Deadline for free classified ads on a space-available basis is noon every Tuesday for that week's publication date. Paid classified publishing is accepted by the publisher at 719-444-7355. The number to call for display advertising is 636-0306.

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Cadet 1st Class
Shannon Hart,
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"I like eating oranges because they are tasty."
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Raymond Sou,
CS 08



"Clif Bars, they taste good and they are usually free at Mitch's."
Cadet 4th Class
Taylor Scott,
CS 37



"Bananas from Mitch's"
Cadet 2nd Class
Alicia Wallace,
CS 16



Academy Senior Master Sergeant Selects

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Teresa A. Hatch, Cadet Wing

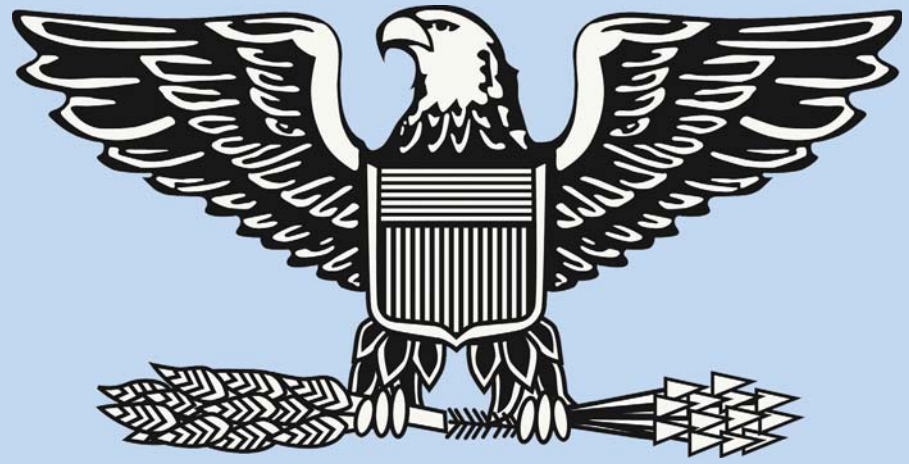
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DIAMOND SHARP



The Diamond Sharp Award is presented by Air Force Academy first sergeants to any Academy member who displays outstanding military bearing, core values, customer service, and/or outstanding dress and appearance.

Name: Tech. Sgt. Nathaniel Pyle

Unit: 10 Civil Engineering Squadron

Job: Assistant Chief of Operations, Fire and Emergency Services

Hometown: Evansville, Ind.

Best part of the job: "The emergency aspect—helping people. Working with the public, ensuring their safety and providing for them. I enjoy coming to work to see what is in store for me every day."

Career goals: To continue working in fire/emergency services after leaving the military. (He's been in his current career field for seven of his 15-plus years in the military. Before that, he was a heavy-equipment operator.)



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'Land Speed Louise' inspires cadets to build for record

By David Edwards
Academy Spirit Staff Writer

If there were a theme song for Academy cadets that changed daily, Tuesday's would have been "Go, Speed Racer."

Courtesy of the Department of Engineering Mechanics, the Academy fulfilled its need for speed with a "velocity-drenched, uncorked look into land speed racing." Cadets, visitors and others in the general heading of insatiably curious dropped by Fairchild Hall for a presentation by Louise Anne Noeth, aka Land Speed Louise.

Besides being a chronicler of all things racing at Utah's world-famous Bonneville Salt Flats, Ms. Noeth is a member of Team Vesco. Driver Don Vesco and his Turbinator own the record for fastest wheel-driven vehicle in the world.

"I am doing the initial work to start a mechanical engineering capstone to compete for a land speed record," said Lt. Col. Richard Buckley, the engineering mechanics lab director. "The presentation was intended to spark interest in cadets to get involved in both the independent study and capstone project teams. The target audience was two-degree and three-degree engineering majors, primarily mechanical, aeronautical and electrical engineers."

During the presentation, Ms. Noeth showed a slide

of an electric car designed and built by students at Ohio State University. She seconded the thinking of Colonel Buckley, saying that she thinks that land-speed record should belong to the Air Force Academy.

The mechanical engineering department at the academy and Ms. Noeth had previously collaborated on a car built to compete for a land-speed record at Bonneville. Her presentation at the Academy featured an overview of the Bonneville Salt Flats and the course that tests the racing teams' ingenuity.

Although the primary purpose of the presentation was to drum up interest among cadets for the vehicle project, the entire cadet wing was treated to some automotive eye candy for a day. As part of the show-and-tell, a racing vehicle paying homage to the famed Radio Flyer red wagon and a roadster dubbed Lil Salt T caught the eyes of car guys (and gals) passing by Mitchell Hall.

The effort to build a record-setting vehicle at the Air Force Academy will begin with an independent study next school year to develop a preliminary design. The following school year, the capstone phase will carry the project from concept car to actual automobile.

From there, it will be on to scorching the salt as the battle cry becomes "Bonneville or bust."



MIKE KAPLAN



MEGAN DAVIS

TOP: Louise Anne Noeth shows a slide during a presentation courtesy of the Department of Engineering Mechanics in Fairchild Hall. The presentation was designed to spark interest among cadets for a vehicle project to break the land-speed record.

ABOVE: Louise Anne Noeth brought this roadster, "Li'l Salt-T," and displayed it on the Terrazzo Tuesday. John Ehrlich drove it to a land speed record in the vintage Blown Street Roadster category at 147.358 mph during Bonneville Speed Week on Aug. 16, 2010.

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Shedding light on solar array

by Leslie Finstein
Air Force Academy Public Affairs

Embracing the challenge of the future and the mandates of the Department of Defense, the United States Air Force Academy is committed to going green. One step in this process is the new solar array, a joint project between the Academy and Colorado Springs Utilities. With the project nearing completion, here are some key facts, figures, and questions answered.

Separating Rumor from Fact

Q. What is that thing by the South Gate of the Academy? I heard it was a drive in Movie Theater or is it a vineyard?

A. It is the USAFA Solar Array, a project that began in 2009. The 6 megawatt array will be fully operational by summer 2011. It is a joint venture between the US Air Force Academy and Colorado Springs Utilities. CSU is responsible for the construction, maintenance, and operation of the array.

Q. Why by the south gate where everyone can see it?

A. The location was chosen to maximize usage, the further from the foothills and mountains, the greater the power production. Also, the location minimized the amount of trees needing transplant and removal.

Q. How much does it cost? Where did the money come from? Are cadets losing out on other services to build this thing?

A. The project costs \$18.3 million. The funds came from American Recovery and Reinvestment Act (ARRA) received by the Air Force Academy in 2008. This project does not take away from the USAFA operating budget.

Q. Does this really save any money for USAFA? How long will it take to make the money spent on building it back?

A. The Academy will save over \$550,000 per year in utility costs at the current utility rates. In addition, The Academy also is the beneficiary of half of the sales of the Renewable Energy Certificates (RECs) generated by the array. Estimated REC sales will garner the Academy an additional \$775K per year in value for a guaranteed 25 year. Combining the two nets approx \$1.325M per year--meaning a 13.8 year simple payback. The Academy's guaranteed contract and payback with Colorado Springs Utilities for 25 years (array actually has a life expectancy of 30 years) ensures this continuous payback/value.

Q. Does this have any benefits for the taxpayers and residents of Colorado Springs?

A. By supplanting more costly energy sources with efficient clean power, the Academy lowers its own energy costs going into the future. That cost savings leads to a reduction in taxpayer dollars needed to run the Academy. It also avoids emissions of over 6,000 metric tons of carbon dioxide each year; keeping the beautiful Colorado air clean and leading the way with USAFA's aggressive FALCON GREEN Energy program.

Q. Does this benefit the cadets?

A. The project, while saving energy and saving money also allows for the primary mission of the Academy to occur: Education. The lessons on the technologies, the contracting methods, etc. are all being passed on to the 4,400 Air Force Academy Cadets.

Q. Why build a solar array?

A. It's the law. The Energy Policy Act of 2005 requires renewable energy equating to 5 percent of an installation's use until year 2012. It then jumps to 7.5 percent after year 2013. Executive Order 13423 requires installations to consume + 50 percent of renewable energy from new renewable sources. The National Defense Authorization Act of 2010 requires installations produce or procure 25 percent of the total energy from renewable energy sources beginning in 2025 - we need to start now.

The Air Force Academy is embracing the challenges posed by energy legislation with a three-pronged approach known as FALCON GREEN. This program builds on a foundation of Conservation, Innovation and Education. Projects like the solar array have elements of all the foundational concepts. In addition, USAFA has its own net-zero goals to generate 100 percent of the electricity it needs via on-base renewable energy sources by the year 2015.

“ We don't have an energy program just because we built a solar array... we also have a multitude of other energy projects and programs in the works on the Academy to ensure we're doing all we can to provide clean energy, conserve it, and educate our base personnel and cadets to ensure we're leading the way as the Air Force's Net-Zero Energy Test Base.”



Col. Rick LoCastro, 10th ABW Commander

BY THE NUMBERS

19,000

Number of panels

32.4

Acres of panels

6

Array energy output in mega watts

43

Acres-site size (including roads)

80

Jobs generated by construction

\$5 M

Avg. Academy energy bill/yr.

\$1 M+

Projected savings/yr.

LINKS

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Falcon Green:
<http://www.usafa.edu/10abw/falconGreen-Links.cfm>



Basketball

from Page 1

Taylor Broekhuis 11 points for Air Force (16-15), making its sixth postseason appearance and first since going to the National Invitation Tournament semifinals in 2007.

"It feels good to get one," Brooks said of the double double that figured prominently in Air Force's first postseason in four years. "As long as we won, I didn't care about the stats."

With North Dakota putting up 39 3-point attempts in the game the Fighting Sioux made 13 of them Brooks held his ground to bring down the long rebounds.

"The ball was coming off long because they shot so many outside shots, and I'd just get myself in position and try to outjump guys for the ball," he said.

More often than not, he came down with it, hauling in nine of his rebounds on the defensive end.

The Falcons, who outrebounded North Dakota 36-30, also turned up the defensive pressure on the perimeter.

"I think we did a great job of contesting them," Lyons said. "Even if we got there late, we contested their shots. It feels great to win a post-season game. We just want to keep winning and try to get to 20 wins."

Air Force plays Santa Clara (20-14) in the second round action today at 7 p.m. at the Leavey Center in Santa Clara, Calif. The two teams have only met once before, with Air Force capturing a 78-48

victory in the title game of the Cable Car Classic, Dec. 29, 2006 at the Leavey Center.

Josh Schuler had 21 points and Troy Huff had 20 for North Dakota (19-15), which saw its six-game winning streak snapped. The two combined for nine of North Dakota's 13 3-pointers in the game.

Trailing by 10 at the half, North Dakota cut the deficit to 54-50 when Patrick Mitchell, who finished with 12 points, connected on a 3-pointer with 12:56 remaining.

Air Force countered with an 8-0 burst, going back in front 62-50 on Broekhuis' short hook shot with 6:41 left to play.

Huff hit three of his four 3-pointers for North Dakota in the late going, the last pulling the Fighting Sioux to 67-61 with 4:34 remaining. But the Falcons then ran off eight straight points.

Air Force opened with its highest scoring first half of the season, getting 12 points each from Brooks and Lyons en route to a 46-36 lead.

After Schuler hit a 3-pointer pulling North Dakota to 19-17, Air Force extended its advantage with 15-6 run that Brooks ignited when he finished a fastbreak with a dunk.

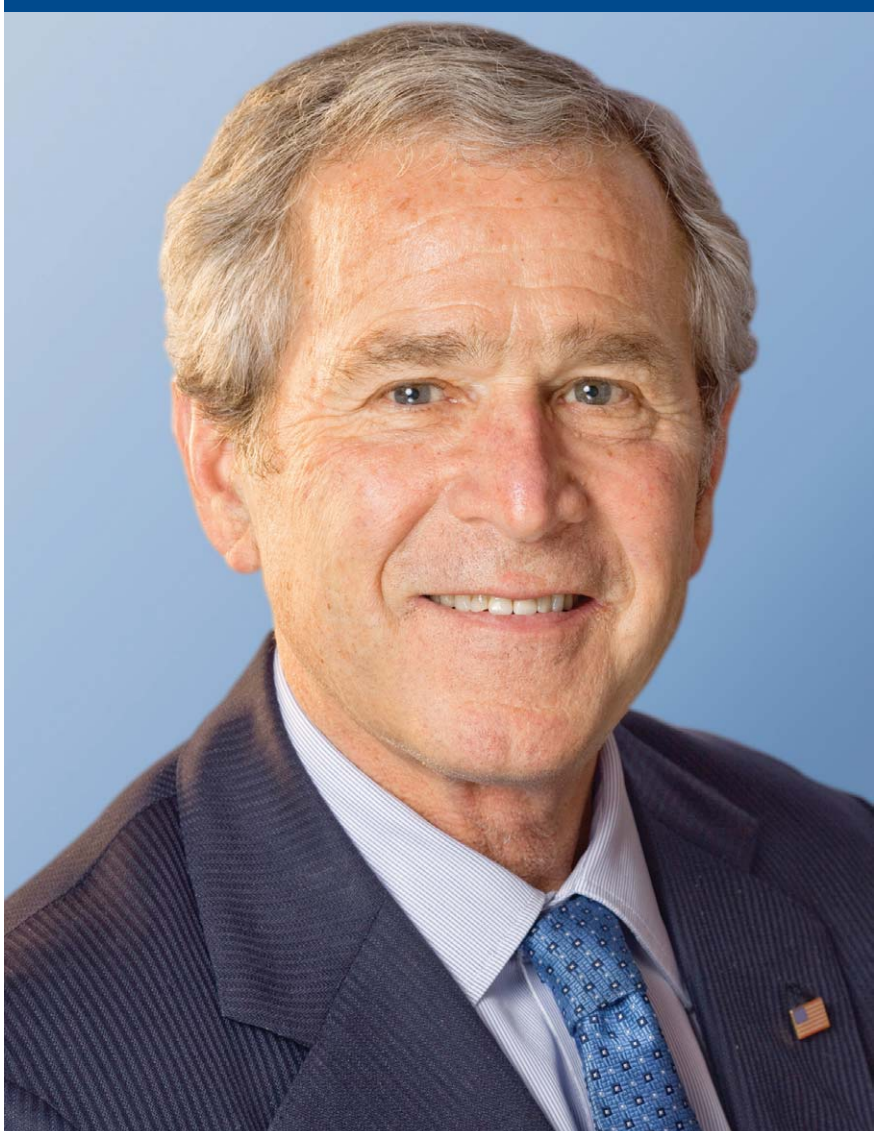
Brooks had seven of his points during the run, including a 3-pointer.

"I thought we came out with great focus and a great sense of urgency," said Air Force coach Jeff Reynolds. "I think we relaxed a little bit after we got off to a really good start."



BILL EVANS

Michael Lyons goes up for a basket against North Dakota Tuesday at Clune Arena. The Air Force men's basketball team will face the Santa Clara Broncos tonight in the second round of the CollegelInsider.com Postseason Tournament. Tip-off is scheduled for 7 p.m. (PT) at the Leavey Center in Santa Clara, Calif



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ABOVE: Cadet 4th Class Jamie Hart, Cadet Squadron 29, participates in a drill during Recognition activities March 11.

MEGAN DAVIS

RECOGNIZED

Freshman cadets endure the grueling Recognition experience

By John Van Winkle
and David Edwards
Academy Spirit Staff Writers

Recognition is the culminating event during the freshman cadet year. It began after classes March 10 and ended Saturday evening.

Successful completion of Recognition signifies that the freshman class as a whole has successfully met the military training requirements expected of it and is prepared to continue its four-year journey through the rigors of Academy life.

"I personally enjoyed Recognition and thought it was a great experience," said Cadet 4th Class Bradford Hackett of Cadet Squadron 02. "It is a great

capstone to nine months of tiring discipline."

Recognition consists of wing- and squadron-run activities. Events include the leadership course, assault course, and Academy tour, all designed to test the freshman cadets' training, teamwork, knowledge and fitness. Saturday's events included the traditional "run to the rock" with the senior class.

Recognition is not just a training opportunity for the freshman cadets, though. It involves all four classes of cadets.

Recognition provides each of the three upper classes of cadets an opportunity to develop leadership roles, by exercising their class roles in the Academy's Officer Development System.

In doing so, Recognition also tests the leadership

of the upper three classes, builds pride for the Cadet Wing and allows commanders to evaluate the entire Cadet Wing.

Now that Recognition is complete, the freshman cadets have been fully recognized as members of the Cadet Wing. With that recognition come increased responsibilities and privileges.

Doolies no longer have to run the marble strips in the cadet area. They can also wear civilian clothes when signed out from their squadrons and now have access to DVDs and music.

"If we want to get somewhere, we can now take the fastest route," said Cadet 4th Class Amanda Blain of CS 22. "I also like how people seem so much happier. It makes it a lot more fun to be here."



MEGAN DAVIS

LEFT: Brigadier Gen. Richard Clark, commandant of cadets, congratulates fourth classmen, as they participate in the run to the rock, one of the final tests of Recognition 2011.

ABOVE: Cadets participate in a drill designed for testing endurance during Recognition Friday. Fourth Classmen demonstrate the teamwork necessary to conquer the rigors of Recognition.

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7. Nature's Path Organic Pomgran Plus Granola w/ Cherries: Per ¾ cup,
250 cal

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Mini Pizza (layer 2 Tbsp tomato sauce & 1 slice low-fat mozzarella cheese on a whole grain English muffin. Heat in toaster oven.): 210 cal

Pistachios (1 ounce): 162 cal

Corn Tortillas with Hummus (2 corn tortillas & 2 Tbsp hummus): 200 cal

Trail Mix (1 Tbsp semisweet chocolate morsels, 1 Tbsp raisins & 1 Tbsp cashews): 161 cal

Source: www.fitbie.msn.com

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Ever wonder about the difference between reduced fat and low fat? Or does "light" on a label really mean no fat? The Food and Drug Administration has strict guidelines on how these food label terms can be used.

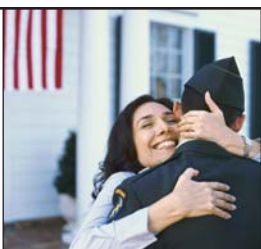
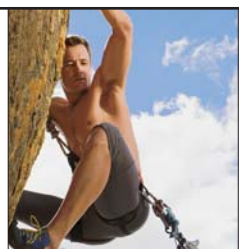
Here are some of the most common claims seen on food packages and what they mean:

- **Low calorie:** Less than 40 calories
- **Low cholesterol:** Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving
- **Reduced:** 25 percent less of the specified nutrient or calories than the usual product
- **Good source of:** Provides at least 10 percent of the Daily Value of a particular vitamin or nutrient per serving
- **Calorie free:** Less than five calories per serving
- **Fat free/sugar free:** Less than ½ gram of fat or sugar per serving
- **Low sodium:** Less than 140 mg of sodium per serving
- **High in:** Provides 20 percent or more of the Daily Value of a specified nutrient per serving
- **High fiber:** Five or more grams of fiber per serving
- **Lean** (meat, poultry, seafood): Ten grams of fat or less, 4 ½ grams of saturated fat and less than 95 mg cholesterol per 3 ounce serving
- **Light:** 1/3 fewer calories or ½ the fat of the usual food
- **Healthy** (individual food item): Low fat, low saturated fat, less than 480 mg sodium, less than 95 mg cholesterol and at least 10 percent of the Daily Value of vitamins A and C, iron, protein, calcium and fiber.

The FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

Did you know ...

- *That the extra saliva generated from kissing keeps the mouth clean, aiding in prevention of tooth decay?*
- *Nerve impulses to and from the brain travel at the speed equivalent of 170 mph.*
- *On average, we blink a total of one hour per every 16 hours we are awake.*
- *In proportion to size, the tongue is the strongest muscle housed in the body.*
- *The brain is composed of more than 80 percent water.*



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Challenge

from Page 1

marketing plan creativity and attendance criteria.

More than half of the Division I membership -- 178 institutions -- participated in the effort that attracted more than 554,000 fans.

Events at Army, Baylor, Duke, Gonzaga, Louisville, Marist, Michigan State, Navy, Oregon and Pacific produced sellout crowds, while 69 programs, including Air Force, surpassed their single-game attendance highs from last year.

"We believe this initiative has served as a catalyst to increase attendance, create excitement and enhance exposure for our women's basketball programs," said Sue Donohoe, NCAA's vice president of Division I Women's Basketball. "Institution personnel committed a great deal of time, effort and resources to this program and the results were extremely positive. This program provides great 'best practices' and examples of success for institutions that are seeking to 'grow' women's basketball and these success stories will continue to strengthen efforts in the future."

The NCAA will donate \$500 to the nonprofit organization of each winning institution's choice.

Air Force blanks Sacred Heart, 4-0

By Dave Toller
Athletic Communications

Jason Torf made 16 saves for his first career shutout as Air Force blanked Sacred Heart, 4-0, to win the Atlantic Hockey Association quarterfinal series Saturday at a sold-out Cadet Ice Arena.

The Falcons, who extended their winning streak to six games and improved to 18-11-6, will face Holy Cross today at 5:05 p.m. Mountain Time at the Blue Cross Arena in Rochester, N.Y.

Air Force outshot Sacred Heart, 15-5, in the opening period and scored the only goal of the first 20 minutes. On the power play, freshman Casey Kleisinger won a faceoff, and Adam McKenzie fed Brad Sellers at the point for a slap shot. Kleisinger redirected it off the post for his fifth goal of the season and his first career power-play marker.

The Falcons continued their shot advantage by out-shooting the Pioneers, 16-6, in the second period. Air Force also extended its lead to 2-0 on Paul Weisgarber's 13th goal of the season at the 7:11 mark. Weisgarber led a two-on-two short-handed rush

and took a shot that was wide. After the shot, Casey Kleisinger came out of the penalty box, jumped into the play and took a shot that was saved by Steven Legatto. George Michalke joined the flurry in front and Weisgarber flipped one over the pad of Legatto for a 2-0 advantage.

Air Force sealed the win with two goals in the third period. With 5:28 remaining in the third, Jacques Lamoureux gave the Falcons a 3-0 lead with his 21st of the season. Kyle DeLaurell forced a turnover in the Sacred Heart end and fed Lamoureux in the slot. Two minutes later, John Kruse scored his 11th of the year for a 4-0 lead. Jason Fabian started the rush in his own end and fed DeLaurell on the right side. DeLaurell found Kruse who snapped a wrist high glove side.

"It was a great 60 minutes of hockey by our guys," head coach Frank Serratore said. "We played a great three-zone game, which we didn't last night. ... I was on pins and needles until Jacques scored that third goal.

"This is a perfect game to prepare us for the final four. This team has far exceeded my expectations," Coach Serratore added.



FAR LEFT: Forward Paul Weisgarber extends the lead to 2-0 on his 13th goal of the season Saturday against Sacred Heart.

LEFT: The Falcons celebrate their quarterfinal series win at a sold-out Cadet Ice Arena. They will face Holy Cross today at 5:05 p.m. Mountain Time at the Blue Cross Arena in Rochester, N.Y.

PHOTOS BY BILL EVANS

CLUES ACROSS

- Possesses
- Mortar trough
- Exclamation: yuck!
- Filmmaker _____ B. de Mille
- Constrictors
- Peaceable
- Radioactivity unit
- Pasturage
- Coral reef island with a lagoon
- A fisher cat is one

- Trimming scissors
- Away from
- _____ wit
- Teletype (Computers)
- Principal ethnic group of China

- Extinct flightless bird of New Zealand
- Not good
- Deceptive action
- Greek geometrician
- About lobe

- Broken into many pieces
- Spanish friend
- Shares the suffering of
- Employee stock ownership plan
- Expressed pleasure
- Center of the storm
- Used to be United

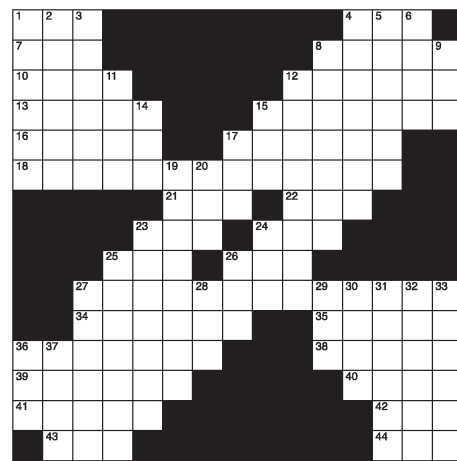
CLUES DOWN

- Wheel cover
- Genus Dasyproctas
- Actress Stone
- President Hoover
- Mains
- Ring-a-_____
- Impossible to evade
- Side sheltered from the wind
- Fabric from cocoon threads
- Sung outside a woman's window

- _____ Lilly, drug company
- Expresses surprise

- Mountain standard time
- Famous persons
- Goes with a gal
- Slightly insane

- Not happy
- Possessed
- More timid
- Where you sleep
- Life terminations
- Covers a can
- Flower petals
- Capital of Togo
- Wood storks
- Central Honshu city
- Grabbed at
- A health resort
- Missing soldiers



SUDOKU

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			1					9
		3	5				7	4
		6		3	5			

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

Solution on page 15

03-18-11

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Colorado Christian University is accredited by the North Central Association of Colleges and Schools

Tyner, medley relay team recognized with All-America status

By Valerie Perkin
Athletic Communications

NEW ORLEANS — Air Force senior Justin Tyner and the distance medley relay team of Tyner, senior Tyler Stanley, sophomore Anthony Delgado and junior Nick White were among the 537 student-athletes to earn All-America honors, the U.S. Track and Field and Cross Country Coaches Association announced Monday.

Tyner garnered first-team status following a fifth-place finish in the 3,000-meter run at the 2011 NCAA Division I Indoor Track and Field Championships Saturday, while the distance medley relay team earned second-team honors following a ninth-place finish March 11.

Tyner becomes just the third

member of the Air Force men's team to earn indoor All-America honors in back-to-back years and the first to do so in different events. He joins Paul Gensic (pole vault, 2004-05) and Doug Withers (440-yard dash, 1966-67) to claim top-eight finishes in multiple indoor championships.

The relay quartet of Stanley, Delgado, White and Tyner became the Falcons' first-ever Division I relay team to earn All-America status and the program's first at any division since the women's 1,600-meter relay team claimed Division II honors in 1984.

Tyner was one of six Mountain West Conference male athletes to earn All-America status, joining fellow 3,000-meter runner Ross Millington of New Mexico and Leif Arrhe-

nus (shot put, weight throw), Miles Batty (1-mile run), Chris Little (pole vault) and Victor Weirich (pole vault) of BYU. In addition, the distance medley relay quartet joined teams from BYU and New Mexico as All-America honorees at that race.

In all, 267 men earned All-America first- or second-team distinctions at the 2011 indoor championships.

Beginning with the 2011 indoor championships, the USTFCCA reconfigured how they designated All-America status, adding second-team status to their awards. First-team honors were given to those who placed in the championships' top eight, while second-team honors were handed out to those who finished between ninth and 16th.



J. RACHEL SPENCER

Air Force senior Justin Tyner placed fifth in the 3000-meter run at the 2011 NCAA Division I Indoor Track and Field Championships Saturday.

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FRIDAY May 15, 2009
THE NEWS TODAY
LOCAL Ethics panel to study Rivera's ties
Charges dropped against fugitive
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SPORTS Manitou Springs alive and kicking
Funding boost for 10 winter sports

BEST OF THE SPRINGS
The 15th edition of this annual publication identifies Springs-area superlatives. From skateboards to sushi, you'll find the standouts in their field.

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Bravery that's rarely matched
FORT CARSON
Sep. 1st Class Jarion Habington received a Distinguished Service Cross from Navy Adm. Eric Olson, commander of U.S. Special Operations Command, on Thursday at the post. Habington, a Green Beret, was awarded the second-highest U.S. medal for valor for his actions in a 2007 mission in Iraq. Full report, Page 3.

VETERANS GROUP DISBANDS OVER MAN DECEPTION!
BY LANCE BENDEL
A Denver-based veterans advocacy group "went dormant" Wednesday in wake of revelations that founder involved his past a wounded Iraq veteran a 9/11 survivor, the group's Daniel Warril, a spokesman for the Colorado Veterans Alliance, said the status group had hoped to continue without the caveat they knew as its founder had changed the name Wednesday night at board meeting.
"As far as we're concerned, Bob has permanently lost the integrity of his CVV, and there's nothing we can do to repair it," Warril said Thursday.
On Wednesday, the group's founder, Richard Olson, was charged that Denver, he, as a man who appears to have assumed a made-up name and fabricated a biography as a former Marine captain who graduated from the U.S. Naval Academy in Annapolis, Md., and was gravely wounded by an improvised explosive device during his third tour in combat. The one extended as veteran.

HIS TIME ON TOPS IS ENDING
After 15 years advocating for open space, Dan Cleveland steps aside
BY ANDREW WINKEL
After ending a 28-year career in the Air Force as vice director of operations for Special Command, Dan Cleveland dedicated his second career to promoting open space.

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A&FRC offerings

For information on these or other classes or to register, contact the Airmen & Family Readiness Center at 333-3444. Classes are held at the A&FRC unless otherwise indicated.

DAV Medical Records Review -

March 25, 8 a.m. to 4 p.m.: Individuals within 180 days of retirement or separation can have the Disabled American Veterans review their medical records. You must pre-register. Call for an individual appointment.

Smooth Move PCS -

This one-stop shop offers information about your next base, allowances, Plan My Move, household goods shipments, claims and more.

Tuskegee Appreciation

The Academy's Way of Life Committee hosts a 2011 Tuskegee Airmen Appreciation Weekend April 1-2. Events include a Confederate Air Force Red Tail P-51C Mustang Flyover at 11:55 a.m. over the Terrazzo, and an appreciation dinner at 6:30 p.m. April 2 in Doolittle Hall. Social hour begins at

6 p.m. and the guest speaker will be Lt. Gen. John D. Hopper Jr., former commandant of cadets. To purchase tickets call Ms Yong Sharp, or Ms Gina Moore, at 333-4258. Advance purchase required. Ticket will not be sold at the door.

Family Advocacy

Anger Management Class

Anger Management Class: April 7, 14, 28 and May 5, 8-9:30 a.m. This four-session class teaches how to manage anger in day-to-day

Dads 101 Class

April 5, 12, and 19, 11 a.m. to 12:30 p.m. This three-session class is for dads and taught by dads. Learn about becoming a dad and the role of a father. Topics include pregnancy, gender stereotypes, labor and delivery, communicating with your spouse, and caring for an infant.

All family advocacy classes are open to Active Duty, family members, DoD civilians, and retirees. Please call 333-5270 to sign up.

Patients wanted

The 10th Dental Squadron is seeking patients to be treated in their residency training program. If you are an eligible TriCare beneficiary and have been told you have gum disease or that you need gum surgery or a root canal, call 333-5490 for a screening appointment.

Passport day

The Academy Post Office will offer a special passport fair at its main post office location at 5136 Community Center Drive April 9th.

The passport fair is being held to accommodate Air Force cadets as well as any other customers with their passport needs that day.

Community Activity programs

Contact the Community Activities director at 333-2928 for more info.

Ballroom Dance - Wednesdays, 5:30 p.m. Classes are ongoing every four

weeks. The cost is \$28 per person or \$52 per couple.

Line Dance - Mondays, 5 p.m. Classes are ongoing every six weeks. Cost is \$35 per person.

Golf tourney

10th Air Base Wing Commander's Cup Golf Tournament is April 1 at 1:00 pm. Format is a 4-person scramble and is open to all military, cadets, civilians, family members and guests. Call the golf course at 333-2606 to sign up.

Education news

Attention October 2010 and April 2011 CCAF graduates: Pursuing a Bachelor's Degree? Apply for the Pitsenbarger Award Scholarship of \$400 at <http://www.afa.org/aef/aid/pit.pdf> Submit your application to the Education Office by Friday, April 15. Winners will be announced at the ceremony.

A civilian tuition assistance program briefing is at 11a.m. Wednesday at the civilian personnel office, Room 129. Call the Education Office at 333-4821 to sign up.

Award nominees sought

The Academy is seeking nominations for the 2011 Air Force Academy Distinguished Service Award, which the superintendent will present to a servicemember, civilian or group whose contributions outside of their official duties had a positive effect on the Academy.

Nominations must be submitted no later than April 1 to: HQ USAFA/CMA, 2304 Cadet Drive Suite 3200, USAF Academy, CO 80840-5002. Packages should include a single page with biographical data, including name, rank (if military), organization or company, telephone number and mailing address, and a typed narrative less than a page in length describing the nominee's accomplishments.

CCAF graduation

The Education Office will hold a Community College of the Air Force graduation and reception May 5 at the Falcon Club for the October 2010 and April 2011 graduating classes. For more information, contact the Education Office at 333-4821.



Sporting News

Intramural soccer preseason begins either the week of April 11 or 18. Contact Dave Castilla at the fitness center at 333-4078, for more information.

Rocky Mountain Basketball Championship, Saturday and Sunday at Fort Carson. Contact Staff Sgt. Terrance Tyler at 333-5621 for more information.

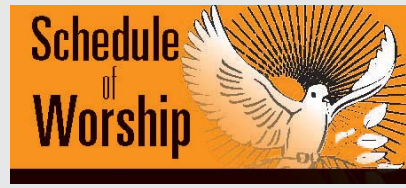
Lakes of Colorado

Lakes of Colorado. Join Ed Elkins and Jim Foster for a free presentation of THE LAKES OF COLORADO at 6 p.m. April 7 at the Outdoor Recreation Center at the Community Center. The main focus will be on trout fishing, but will also include pike, walleye and bass. Call 333-2940 for more information.

Bike-Ski Tune

Get your Spring Break Skis and Snowboards from the outdoor recreation center. Adult and Child Ski and snowboard packages available.

Bike Tune Ups. Outdoor recreation has Barnett certified mechanics available for inspections to ensure your bike is safe and ready for the road or single-track. Call 333-4356 for more information.



Cadet Chapel

BUDDHIST

Sundays: 10 a.m.

Thursdays: 6:20 p.m.

PROTESTANT WORSHIP

Traditional: Sundays, 9 a.m.

Contemporary: Sundays, 11 a.m.

CATHOLIC WORSHIP

Mass: Sundays, 10-11 a.m.;

Mondays, 5:45-6:15 a.m.;

Tuesdays-Thursdays, 7-7:30 p.m.

Confession and Adoration:

Wednesdays, 6-7 p.m.

Holy Days of Obligation: 7 p.m.

JEWISH WORSHIP

Shabbath: Fridays, 7 p.m.

Community Center Chapel

CATHOLIC WORSHIP

Mass: Saturdays, 4 p.m.; Sundays,

9 a.m.; Tuesdays-Fridays, 11:30 a.m.

Reconciliation: Saturdays, 3:30 p.m.

Religious formation: Sunday, 10:15 a.m.

September-May

PROTESTANT WORSHIP

Wednesday Night Live: 6 p.m.

Dinner followed by Religious Education

Evangelical: Sunday, 10:15 a.m.

Gospel: Sunday, 11:30 a.m.

LENTEN SCHEDULE

Ash Wednesday Masses, 9 March 11:30 and 6p.m.

Friday Stations of the Cross,

Lenten Suppers:

11, 18 and 25 March, 1, 8 and 15 April

5:30p.m.



Cash Ticket POCs:

Ms. Sharp-10 ABW/EO
333-4258

Ms. Moore-10ABW/EO
333-4258

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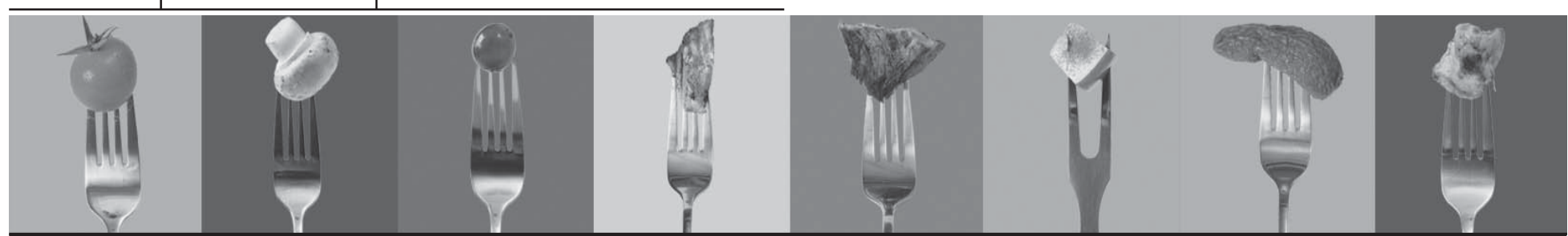
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