

**RESEARCH AWARDS**

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**COMING UP ACES**

Dean of Faculty names top academic performers for Fall semester. **Page 6**

**FUNCTIONALLY FIT**

Fitness Center opens new functional fitness room. **Page 10**

# ACADEMY SPIRIT

**MAJOR OPPORTUNITY**

Cadets learn about academic offerings.

**Page 8**

## Air Force sweeps RIT with 4-2 win



Falcons sophomore Adam McKenzie scored his first goal of the season on Rochester Institute of Technology goalie Shane Madolora, fifty seconds into the third period. Air Force returns to the road this weekend with a two-game league series, tonight and Saturday. The games start at 7:05 p.m. ET, at Dwyer Arena in Niagara Falls, N.Y.

**For complete coverage of the Feb. 3 game, see Page 12.**

MIKE KAPLAN

## Airfield NCO earns medal for accident response

By Don Branum  
Academy Spirit staff writer

The NCO in charge of aircrew flight equipment for the 306th Operations Support Squadron received an Air Force Commendation medal from Air Force Academy Superintendent Lt. Gen. Mike Gould here Feb. 1.

Tech. Sgt. Matthew Kurpaski received the medal for his response to a single-car accident in November 2011 in which one person was injured.

"It was a Sunday. I was on my way home, driving down Briargate Parkway," Kurpaski recalled.

As he drove eastbound toward Union Boulevard, he saw a driver appear to lose control of her vehicle, which went airborne, rolled and came to rest on its passenger side.

"I put my car into park, ran up to her and started providing medical attention," said Kurpaski, who is the primary self-aid and buddy care instructor for the 306th Operations Group. "She (the driver) was bleeding from her head, so I started treating her for shock."

The NCO left the driver momentarily in the care of another bystander so he could get a first aid kit and blanket from his vehicle. He returned and stabilized her head, neck and back until paramedics arrived on the scene.

Kurpaski said that although this was the



Tech. Sgt. Matthew Kurpaski

second accident to which he'd responded, he still felt shaken.

"I think I was in shock, too, but ... all the training just kicked in," he said.

Kurpaski asked his commander, Lt. Col. Douglas Downey, for time off the following morning.

"He was asking to go to the hospital and visit the victim, to check up on her," Downey said. "It did not surprise me at all. For one, Matt's our SABC subject matter expert ... and he's just the kind of guy who would put someone else before himself."

Kurpaski, a native of Santa Monica, Calif., who served as an SABC instructor for three years at Tyndall Air Force Base, Fla., before moving here, said he did not expect to receive a medal from the Academy superintendent.

"I felt like someone would have to administer SABC on me in a minute," he joked. "I was at a loss for words. It was a very pleasant surprise."

And, he said, he now has another prime example of why SABC is important, not just in deployed environments but also closer to home.

## Commandant nominated for second star



Brig. Gen. Richard Clark

The Academy's commandant of cadets was nominated for his second star Wednesday.

Brig. Gen. Richard Clark received a presidential nomination to be promoted to the rank of major general.

There is currently no assignment tied to the nomination and his projected date of rank is unknown at this time. Clark's promotion is pending Senate confirmation.

Clark currently commands the 4,400-member cadet wing and more than 300 Air Force and civilian support personnel. His responsibilities include cadet military training and airmanship education, supervising cadet life activities, and providing support to facilities and logistics.

"I am extremely proud of General Clark, and thrilled to hear that he has been selected for promotion to major general," said Academy Superintendent Lt. Gen. Mike Gould. "General Clark is an outstanding leader. He exemplifies our Air Force core values and the Academy's mission of developing leaders of character. I know he will continue to do great things at the Academy and in our Air Force."

Clark is a command pilot with more than 4,000 hours of flying time, most of that as a B-1 Lancer bomber pilot. He has flown missions in Iraq, spent a year as a fellow in the President's Commission on White House Fellowships, and is a Class of 1986 Academy grad. He has held his current rank since Nov. 18, 2009.

# Developing Airmen continues to be a priority

By Todd Fore, Ph.D.

Air Force Personnel, Services and Manpower

**JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS)** — An Air Force leader's most important job is to care for and develop Airmen through a combination of education and experience, but every Airman must also actively seek opportunities to learn and grow. This agreement between leaders and leaders-to-be is the foundation of the most powerful air force in the world.

Rapidly changing technologies and increasingly complex global conditions have changed the way we approach national security, and tomorrow's leaders must be technologically proficient, highly educated, strategic thinkers able to smoothly adapt to their changing

“

An Air Force leader's most important job is to care for and develop Airmen through a combination of education and experience ...”

world. Education is critical to developing that type of leader.

My job is to make sure you are aware of your educational opportunities and to knock down systemic barriers that prevent you from pursuing them. Your job is to chase your educational opportunities with the same determination that you devote to other aspects of your life.

Opportunities abound for all Airmen, from junior enlisted to command eligible officers, and from student interns to flag officer equivalent civilians. The Air Force is the only service with a fully-accredited, associate degree-granting college — the Community College of the Air Force. That illustrates how seriously the Air Force takes education and training.

In addition to comprehensive enlisted education and training programs, we deliberately, progressively develop our civilian and commissioned members through a series of programs ranging from new employee orientation to Air War College and the gamut between. You can pursue advanced academic degrees, leadership and development seminars, education with industry and



Todd Fore

more. And the Air Force not only encourages Airmen to pursue such developmental endeavors, we'll pay for most, or all of it.

Education is only part of the development continuum.

Increasingly challenging assignments and mission opportunities also help Airmen develop their decision-making and other leadership skills, so we vector civilians, officers and some senior enlisted members toward opportunities

that will make them better leaders.

Some opportunities — like deployment to a combat zone — may seem unendurably onerous, but they will help you develop greater strategic awareness and leadership ability. Other less hazardous opportunities — such as academic or technical training instructor — are no less critical than combat duties, and the impact you have on Airmen will be evident for generations.

You should not wait to be vectored, though. You should shop for your next growth opportunity to make

“

You must passionately pursue education and experiences that will make you the kind of leader our Air Force needs.”

sure it stretches you and allows you to use your skills and talents in support of our critical missions. If you wait for things to happen to you, you may be waiting a long time.

The sky is **not** the limit for those of you who choose to push past the barriers. But where your career goes is ultimately up to you. I will knock down barriers and point you toward opportunities, but you must do your part. You must passionately pursue education and experiences that will make you the kind of leader our Air Force needs.

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Paul Martin  
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# English department professor awarded Bronze Star

By Luis Rendon  
Academy Spirit staff writer

Professor Elizabeth Samet of the U.S. Military Academy discusses in her book, "Soldier's Heart", the importance of literature, poetry and developing the "full human being."

Lt. Col. Jeffrey A. Collins, an assistant professor who teaches English and speech courses here, embodies Samet's words. From Dec. 17, 2010 to Dec. 7, 2011 Collins more than distinguished himself as the Commander of the 766th and 966th Air Expeditionary Squadrons of the 466th Air Expeditionary Group in Afghanistan. On Jan. 26, he was awarded a Bronze Star Medal for his leadership and success while deployed.

A member of the Air Force for 20 years, Collins taught at the Academy back in the '90s. He returned after completing his PhD in rhetoric at Carnegie Mellon University in Pittsburgh, Pa.

He speaks in a soft voice, often referencing the books he and his students are studying in conversation, and jokes easily about the nerves he felt being selected, for the first time, to be a Commander overseas.

He tells the story of a general he met while deployed: "He used to talk about being called to command a combat unit is kind of like going to the Super Bowl," he said. "There's nothing better, but there's nothing that's scarier."

Days after the ceremony, Collins reflected on his feelings while receiving the award. "I felt proud and, I don't know if anyone ever feels worthy, or at least admits to feeling worthy of getting an award," he said with a smile. "So I felt happy that somebody else recognized that it was worth it to be over there. Not that I don't feel like I wasn't making a difference, of course, but it's kind of a public recognition."

Col. Kathleen Harrington, head of the department of English and Fine Arts, who praised Collins for his achievement, said his time in the English dept. helped ready him for his deployment successes.

"We like to think our role in the English department is to help build a human consciousness so that our soldiers, our Airmen..." She pauses and searches for the appropriate phrase. "We know what they are going to do," she said, referring to the difficult situations soldiers face during combat.

In addition to overseeing more than 900 Airmen in 70 different locations who helped and cooperated with joint forces, Collins performed more than 330 outside-the-wire missions, traveled 6,000 kilometers of explosive-laden roads and survived eight insurgent rocket-propelled grenade surface-to-air attacks while visiting his Airmen.

The immediate and direct difference he was able to make with Airmen, however, is what Collins says he is most proud of his time deployed.

He described a situation where communication between unit forces would sometimes break down during special operations and he'd be able to step in and provide needed solutions.

"By talking to the people on the ground and looking at what the Air Force can provide, those solutions made a better future for Afghanistan because you're getting the right people to the fight," he said.

Being able to comfort and support injured Airmen, though at difficult at times, proved to be very



COURTESY PHOTO

Lt. Col. Jeffrey Collins, left, an assistant professor in the English and Fine Arts Department, attends a Provincial Reconstruction Team opening of a boys' school in Konar Province, Afghanistan.

rewarding as well.

"They'd get to Bagram Airfield, where I'd meet them getting off the helicopter," he said. "It's not really comfortable to go talk to somebody who has been wounded and telling them that you're glad they survived and all that, but it's kind of what they need. They need to see a friendly face."

After being away from his family for a year, Collins is happy to be home.

For Harrington, the effect of Collins' return is profound.

"We believe that our profession in writing and speaking directly affects the power of our cadets to be leaders," she said. "So when we have a faculty member who can then demonstrate and exemplify that and actually deploy and be a commander and earn a Bronze Star, that's wonderful."



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# Academy awards ceremony recognizes research excellence

A cadet whose summer school project made Wal-Mart distribution centers more efficient won the top cadet award at the 2012 Academy Research Awards Feb. 3.

Cadet 1st Class Colby Chaput was the overall winner of the Thomas D. Moore Award for Outstanding Cadet Summer Research, and one of several cadet, graduate and faculty members winning awards at this year's research awards ceremony.

"It is my honor to recognize the significant research achievements of our world-class faculty and cadets," said Academy Superintendent Lt. Gen. Mike Gould. "Research at the Academy plays a fundamental role in our learning-focused education and developing future officers of character. Through the discovery process, cadets learn to analyze ill-defined problems, develop critical thinking and 'think outside the box' to answer research questions.

"Cadets are mentored by faculty, who are on the leading edge in their respective fields and able to promote active hands-on learning experiences. In this research process, we are able to contribute in significant ways to real world issues of the Air Force, Department of Defense and nation as a whole."

The ceremony's keynote speaker was Maj. Gen. William McCasland, a 1979 Academy graduate who is now commander of the Air Force Research Laboratory. AFRL is one of Academy research's biggest research partners, garnering both quality research with low overhead, all the while building the next generation of Air Force scientists and engineers.

"Quite simply, it's our lifeblood," McCasland said. "It's in our DNA, and it's handed to us straight from Hap Arnold, whose portrait along with Dr. Theodore Von Karman are the only two in my conference room, with General Arnold's timeless guidance: 'The first essential of airpower is preeminence in research.'"

Top among the cadet contributions was Chaput, one of approximately 200 cadets who spent part of last summer on individual research projects with military or corporate partners, as

part of the Cadet Summer Research Program.

Through a cooperative research and development agreement, or CRADA, between the Academy and Wal-Mart, Chaput analyzed and optimized the logistics system used by Wal-Mart.

"After her data analysis, she created a logistics simulation that is able to reconfigure the physical layout of a distribution center," McCasland said. "This simulation demonstrated new optimization efficiencies. As a result, Wal-Mart was able to decrease the man-hours required and increase their profit margins."

Chaput said she plans to continue her research. She is developing a display to be presented at the Colorado Springs Undergraduate Research Forum. Chaput was one of four cadets up for the overall award and won for the social sciences division.

In the basic sciences division, Cadet 1st Class Michael Wojdan won with a chemistry project growing breeds of algae to create biofuels.

"Wojdan's research in accelerating algae cultivation — with implications for drastically reducing time and logistics footprint needed to harvest algae for biofuels — advances the real potential for a renewable energy source," McCasland said.

One of the aircraft already testing biofuel blends is the A-10 Thunderbolt II, which was the subject of Cadet 1st Class Austin Buscher's research project and the winner for the engineering division.

Buscher is one of several cadets continuing this project in the Department of Aeronautics. He delivered on a key sustainment challenge by researching battle damage repair techniques used on the A-10 that were degrading its aerodynamics. His findings changed how repairs will be performed on the A-10.

"The fact that the original manufacturer of the A-10 has been liquidated makes his contribution even more valuable to the combat air forces and the Ogden Air Logistics Center," the AFRL commander said.

Cadet 1st Class Adam Evenson won in the awards' humanities division.

"The U.S. has a vital strategic inter-



JOHN VAN WINKLE

Cadet 1st Class Michael Wojdan removes the agitation blades from an accelerator, as part of his research into accelerating algae production to create biofuel. This is one of 30 biofuel research projects supported by the Air Force Research Laboratory.

est in building partnerships among Latin and South American democracies, where scientific collaboration plays a valued role to our partners," McCasland said. "Another vital interest centered in the high latitudes of South America is the viewing access to space for situational awareness of maneuvers and events out of sight of the bulk of our northern hemisphere sensor coverage."

The Air Force invests around \$100 million a year in 30 programs for space situational awareness, and AFRL operates and maintains nearly \$600 million of facilities and capital equipment in support of the mission, he added.

Tying these two distinctly different threads together, Evenson worked in the international negotiations to craft, draft and finalize all the bilingual technical agreements between Chilean and Air Force Academy researchers for collaboration in space situational awareness research, adding Chilean facilities with the University of La Serena and the Mamalluca Observatory near the city of Vicuna, Chile, to the Falcon Telescope Network.

Another bit of space research was recognized, bringing the researcher, 2nd Lt. Michael Trubilla, out of pilot training to return to the Academy to accept his award.

As a cadet in the Class of 2011, Trubilla researched the development of a new radioisotope thermoelectric generator as a nuclear power system for satellites. His groundbreaking study has resulted in a design that is 10 times more efficient than the power systems being used today.

"Lieutenant Trubilla's research led to design concepts offering an order of magnitude performance improvement for nuclear thermal sources — original, new and practical solutions for those thorny safety and security challenges that go with nuclear power launched on rockets — directly contributing

new possibilities for NASA deep space probes as well as an option we wish to hold for potential high-power military applications like space radar," McCasland said.

As a result of Trubilla's distinctive research, NASA agreed to fund \$500,000 in equipment for the most effective and efficient development of a model.

Faculty contributions were also recognized, starting with the Frank J. Seiler Award for Research Excellence. This is given to the outstanding researchers in the basic sciences and engineering research. In the engineering division, the 2011 recipient is Maj. Steven Hart of the Astronautics Department.

Hart's leadership, guidance, and innovative designs have enabled the FalconSAT program to teach cadets to build, test, and operate satellites with real DOD missions.

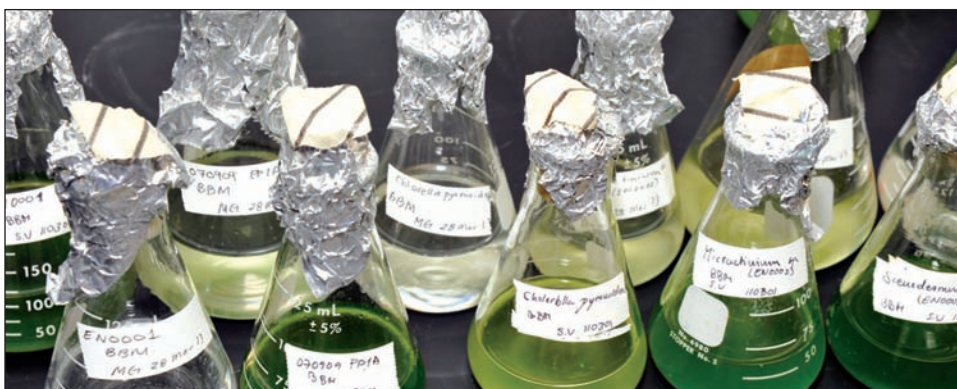
"Speaking as a space guy steeped in our space business for my whole career, I'm here to tell you FalconSAT is a long ball hit that I'll boldly assert pays off to the Air Force space mission more than the Academy's airmanship programs do for flying," McCasland said. "FalconSAT alumni are so far ahead of peers from any other university in readiness to lead in that mission area it's just not fair for the others."

The Frank J. Seiler Research Award in Basic Sciences went to Dr. Geoff McHarg, director of the Space Physics and Atmospheric Research Center in the Physics Department.

"McHarg has proven his ability to design significant experiments, analyze data, and publish results while supporting cadet research projects of interest to the DOD. His philosophy centers on cadet involvement and experiences, and he has mentored cadet research projects across five academic departments," the general said.

One of McHarg's cadets earned the highest-ever Air Force Academy

See Research Page 6



BILL EVANS

Glass beakers and aluminum foil mark the beginning for different breeds of algae, as part of the Life Sciences Research Center's research into harvesting algae for biofuels.

# A second Oasis in sight

By Luis Rendon  
Academy Spirit staff writer

Cadets in Vandenberg Hall now have a much shorter trip to enjoy the rest and relaxation offered by the cadet chapel's Oasis facility.

A ribbon-cutting ceremony was held on Wednesday for the grand opening of the new Oasis II Cadet Ministry Center in Vandenberg Hall, which offers cadets a place to escape from the stresses of cadet life.

Tucked away on the third floor in suite C5, the location of the new Oasis had cadets buzzing and excited at the event.

"I love it," said Cadet 2nd Class Woody Go of Cadet Squadron 02. Go lamented the snowy cold days that made it hard for him to make the trek across the Terrazzo to Sijan Hall.

"I'm not going to walk that far," he said. "But now, I'm just upstairs, and it's super easy."

Built to better meet the needs of cadets in both dormitories, the new area is about half the size of the original

Oasis, but features many of the same amenities, including a coffee bar, new furniture, a refrigerator and microwave.

Most importantly chaplain staff will be available to cadets to lend an ear when needed. Chaplains (Capts.) Kyle Hundley and Heather Bodwell will be relocating from Sijan Hall to offices in Oasis II to serve cadets.

Outside of his office doors and in the actual Oasis is where Hundley said he does some of his most important counseling.

"It might just be here in front of the fireplace because the cadets feel the openness and opportunity to communicate."

Chaplain (Col.) Robert Bruno, the Academy's senior chaplain, said the Oasis and now Oasis II are part of a combined effort from the Chaplain Corps and leadership from the Academy to raise the profile of the chaplain corps and their programs.

"The cadets might not ever see a chaplain otherwise," Bruno said. "We run religious educational programs



RAYMOND MCCOY

Cadets gather to eat at the new Oasis II Cadet Ministry Center in Vandenberg Hall.

once in a while, but more often than not it's just so that we can be present to them. We want our cadets to know, this is what a chaplain looks like, this is what we sound like, and oh, by the way, we don't just do things that are spiritual."

Though Hundley and Bruno are quick to admit that cadets may initially visit the Oasis just to get a cup of coffee, they believe their goal and service goes beyond that.

"If all we're going to do is create an Airman's space, anybody could do that," Bruno said. "We're here because we want it connected to the chaplain corps and to give visibility that we are here to help our cadets."

Academy Superintendent Lt. Gen. Mike Gould, who has supported the efforts to raise the profile of the chaplain corps, echoed Bruno's thoughts as

he spoke at the ribbon-cutting event.

"This is a great place for cadets to come together and have access to chaplains," he said. "This is an opportunity for cadets to have easier access and we encourage you all to use this."

Bolstered by the 3,300 cadets who came through the original Oasis in the last month alone, Bruno is confident the spaces will continue to prove vital to the cadet environment.

"That should tell you something that this place is important," he said.

Cadet 2nd Class Joshua Mills of CS 02 said he's just glad to have an Oasis close by.

"It makes it a lot more accessible for those of us who live over here," he said. "It's a really nice place just to hang out, maybe have a little bit of coffee."



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# Air Force announces first female four-star general nominee

Air Force Lt. Gen. Janet Wolfenbarger is a 1980 Air Force Academy graduate. She was one of the first female cadets to graduate from the Academy.



WASHINGTON (AFNS) — President Barack Obama nominated Air Force Lt. Gen. Janet Wolfenbarger for promotion Feb. 6, which would make her the first female four-star general in Air Force history if confirmed by the Senate.

Wolfenbarger currently serves as the military deputy in the Office of the Assistant Secretary of the Air Force for Acquisition here and she is one of four female lieutenant generals in the Air Force.

"I am humbled and honored to have been nominated by the President to the rank of general and to serve as commander of Air Force Materiel Command. I look forward to participating in the Senate confirmation process when the time comes. At present, I remain focused on the important Air Force acquisition work I've been charged with," Wolfenbarger said.

A Beavercreek, Ohio, native, Wolfenbarger was commissioned as a second lieutenant in 1980 after graduating in the first class with female cadets at the Air Force Academy.

She also holds a graduate degree in aeronautics and astronautics from the Massachusetts Institute of Technology.

The general has held several positions in the F-22 System Program Office at Wright-Patterson Air Force Base, Ohio; served as the F-22 lead program element monitor at the Pentagon, and was the B-2 system program director for the Aeronautical Systems Center, Wright-Patterson AFB.

She commanded ASC's C-17 Systems Group, Mobility Systems Wing and was the service's director of the Air Force Acquisition Center of Excellence at the Pentagon, then served as director of the headquarters AFMC Intelligence and Requirements Directorate, Wright-Patterson AFB.

Prior to her current assignment, Wolfenbarger was the vice commander of AFMC, Wright-Patterson AFB.

She has been awarded the Distinguished Service Medal, the Legion of Merit, the Meritorious Service Medal, the Air Force Commendation Medal, the Air Force Achievement Medal, the National Defense Medal and the Global War on Terrorism Medal.

Wolfenbarger received her third star in December 2009 and became the Air Force's highest-ranking woman in January 2010.

# Dean honors academic excellence

Seventeen cadets were recognized by Dean of the Faculty Brig. Gen. Dana Born Feb. 2 for achieving 4.0 academic GPAs during the Fall 2011 semester during an Aces List dinner.

Their names will be inscribed on a plaque across from the Falcon Center elevators in Fairchild Hall.

The tradition of the Dean's Aces Dinner began in April 2005 to recognize those few cadets who achieve something fewer than 1 percent of the cadet wing achieve - a very distinctive accomplishment given the academy's rigorous academic environment.

The term "Dean's Aces" stems from the definition of a cadet's academic success, straight A's, with the

crowning achievement of a fighter pilot.

"The aim of the Dean's Aces dinner is to recognize cadets who have truly distinguished themselves academically," Born said. "The numbers speak for themselves: A mere one-half of one percent of cadets within the 4,300-plus-member Cadet Wing earned a perfect 4.0 GPA last semester. What is just as remarkable as their perfect grades is the all-around nature of these individuals."

The Fall 2011 Aces List includes seven fourth-class cadets, one third-class cadet, four second-class cadets and five first-class cadets.

Among these, three cadets were double Aces, earning Ace status for the second time: Cadets 1st class Philip Knodel and David Riegleman and Cadet 3rd Class Blake Abrecht. Two cadets were triple Aces: Cadet 1st Class Christopher Cassidy and Cadet 2nd Class Zebulon Hanley.

Fifteen Aces are members of the Commandant's List, eleven Aces are on the athletic director's list, and ten earned a place on the Superintendent's List last fall.

Overall, nine of 32 of the Academy majors were represented, including one cadet with a double major and three cadets with a language minor.

## Research

From Page 4

ranking by the DOD Space Experiments Review Board for the FalconSAT-7 proposal. McHarg also led six cadets to collect and analyze data on ionospheric events using sensors flying on FalconSAT-5 and on the International Space Station. Additionally, McHarg leveraged partnerships with the Defense Advanced Research Projects Agency, the National Science Foundation, and NASA to garner over \$1.9 million dollars of research funding for the Academy.

Finance was a focus for the Robert F. McDermott Award for Research Excellence in the Humanities for Social Sciences, which went to Dr. William Jennings, a professor of finance and investments in the Management Department.

"I'll also point out that Dr. Jennings, the finance expert, is also a social scientist, and his blending economic analysis with the social context of decision-making is a perspective we need in future Air Force officers who inherit a world in which capital moves at the speed of the internet," McCasland said.

Jennings focuses his research on the Air Force, and that research is fundamentally tied to his supporting work with multiple Air Force entities and charities, including the Air Force Aid Society, the Association of Graduates and the Falcon Foundation. He is a leading international researcher in applied portfolio management issues, and last year, he published five peer-reviewed journal articles.

Another research project slated for publication comes from the Institute for National Strategic Studies. The INSS Research award for 2011 was presented to the team of Dr. Jeffrey Larsen, Justin Anderson, Darci Bloyer, Thomas Devine, Rebecca Davis Gibbons, and Christina Vaughan for their study, "Qualitative Considerations of Nuclear Forces at Lower Numbers and Implications for Future Arms Control Negotiations."

Larsen received the award on behalf of the team, whose project addresses the challenge of reducing the quantity of U.S. nuclear weapons



SENIOR AIRMAN WILLARD E. GRANDE II Crew chiefs install pins on an A-10C Thunderbolt II at Kandahar Airfield, Afghanistan. The A-10, one of the aircraft already tested for biofuel blends, has also been the focus of research for battle damage repair.

without reducing the arsenal's utility as a strategic deterrent. INSS is publishing the study as INSS Occasional Paper 68, to be released later this month.

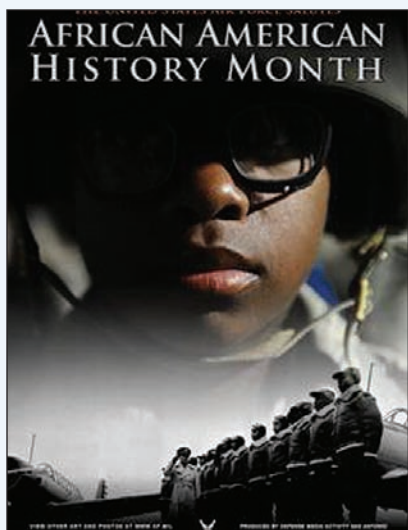
The Institute for Information Technology Applications Research Award for Innovation in Cadet Scientific Research and Publication for 2011 went to Mathematics professor Dr. Michael Courtney, who devised Air Force-relevant research projects to engage cadets in high-quality research and writing. Courtney's projects specifically targeted cadets with weak backgrounds in science, technology, engineering and mathematics. Using high-speed video capture technology, Courtney developed accessible projects in the fields of blast, ballistics and rocketry to spark interest and enthusiasm in STEM disciplines. The projects allowed cadets to formulate hypotheses and develop research approaches while studying detonation velocity, rocket drag coefficients, and propeller motion analysis. These projects have already positively impacted cadet performance.

### FALL 2011 ACES LIST (CLASS RANK FROM FALL)

NAME	MAJOR	SQN.
**Cadet 1st Class Christopher Cassidy	History	08
*Cadet 1st Class Philip Knodel	Mechanical Engineering	19
*Cadet 1st Class David Riegleman	Biology	25
Cadet 2nd Class Jordan Rozsa	Aeronautical Engineering	16
Cadet 2nd Class Jeffre Wood	Aeronautical Engineering	06
**Cadet 2nd Class Zebulon Hanley	Operations Research/Economics	37
Cadet 2nd Class James Neat	Materials Chemistry	39
Cadet 2nd Class Timothy Smith	Mechanical Engineering	04
Cadet 2nd Class Michael Swartz	Biology	09
*Cadet 3rd Class Blake Abrecht	Human Systems Engineering	01
Cadet 4th Class Jose DeJesus	Undeclared	05
Cadet 4th Class Ayesha Hein	Undeclared	03
Cadet 4th Class Lydia Hill	Behavioral Sciences	33
Cadet 4th Class Timothy Kim	Undeclared	08
Cadet 4th Class Robert Larson	Undeclared	14
Cadet 4th Class Alexander Lodge	Undeclared	39
Cadet 4th Class Geoffrey Whitener	Undeclared	34

\* Denotes second time as Ace

\*\* Denotes third time as Ace



## African American History Month events

- A Brown Bag Panel Discussion with Tuskegee Airmen/Bufalo Soldiers at the Community Center Auditorium, is from 11 a.m. to 1 p.m. Feb. 17 1100-1300, Fri 17 Feb - FREE EVENT.

To RSVP for this event contact Master Sgt. Ian Bernard, at 333-5094.

- An AAHM exhibits and display at the Academy's Main Exchange, Feb. 20-29 - FREE EVENT

- AAHM Story-time at the Community Center Base Library, Feb. 24, 10-11 a.m. - FREE EVENT

- A Youth Center AAHM Event is from 2-4 p.m. Feb. 24 (For families/youth who are part of the Youth Program only)

- An AAHM Dinner hosted by the cadet wing's Way of Life Committee at Doolittle Hall, is from 6-9 p.m. Feb. 25; Email: c13Joy.johnson@usafa.edu for ticket information.

- The AAHM Luncheon featuring Retired Maj. Gen. Irene Trowell-Harris as the guest speaker will be held at the Falcon Club's Ballroom from 11:30 a.m. to 1 p.m. Feb. 29. Tickets are \$10 for club members, and \$12 for non-members. The menu will be "Soul-Food" or Pasta Primavera for vegetarians. To RSVP for the luncheon contact Theresa Daniels at 333-2270, or Capt. Bonita Allen at 333-8956.

# Cadet candidate goes places with positive attitude

By Don Branum  
Academy Spirit staff writer

A young woman at the Preparatory School here has persevered through the power of positive thinking and looks to do more of the same as a future Air Force officer.

Cadet Candidate Tiheisha Bolles entered the Prep School through the Leaders Encouraging Airmen Development program after joining the Air Force in September 2009.

Bolles, a "military brat," is used to adapting and overcoming. Her father, Melvin Parker, recently retired from the Navy as a petty officer first class.

"He wanted me to go in the Air Force," Bolles said. "He told me, 'The Navy's been good to us, and I'm grateful for the Navy, but the Air Force would be best for you.'" Military benefits she had grown up with, like commissaries and base exchanges, were also a factor, she added.

As part of a military family, Bolles spent much of her life in Hawaii, graduating from high school there before she attended community college at Olympic College in Bremerton, Wash.

Her military career took her to San Antonio for Basic Military Training, then to Keesler Air Force Base, Miss., for air traffic controller training, and Tinker Air Force Base, Okla., for her first duty assignment. While at Tinker AFB, she created a diversity alliance club and co-founded ELITE, which stands for Empowerment, Loyalty, Inspiration, Teamwork and Equality.

"We are doing this because people today don't have many role models to look up to, and we want to be those role models," said the group's principal founder and president, Senior Airman Kristopher Gooden, in a January 2011 article on Tinker's website. The group's mission is for its members to serve as mentors and role models for youth and students "while working together with strong heart, motivation and determination to give back to the community by help-



DON BRANUM

Cadet Candidate Tiheisha Bolles said she wants to major in law if she receives an appointment to the Academy after graduating from the Academy Preparatory School in May.

ing others."

Tinker was where Bolles first heard about the Air Force Academy and the Prep School. Her chief controller handed her a pamphlet about the program, and soon thereafter, she attended a local LEAD briefing.

"It sounded really interesting, like something I wanted to shoot for," she said. And so she did. With her commander's endorsement, she applied and gained entry into the Prep School's cadre of about 250.

It took Bolles some time to get used to the Prep School environment, which is much more like BMT and technical school than an active-duty assignment.

"It's harder to adjust to going to school and studying," she said. "There's not as much freedom. But once you get past that ... it's all about attitude. The wrong attitude makes things that much harder than they really are."

A positive attitude, on the other hand, makes it easier to overcome momentary hardships, Bolles said.

"It's along the lines of resiliency," she said. "You may not get the grades you want. Your room may not be where you need it to be. But you need

to be able to persevere. Everyone's going to have bumps in the road; it's just how you overcome those. Keep your main goal at the forefront of your mind so you have something to keep you going when times do get rough."

Bolles' can-do spirit has carried over into her leadership at the Prep School, said 2nd Lt. Thomas Buenger, the Squadron 3 commander and a 2007 Prep School graduate.

"We were absolutely impressed with Bolles from the start," Buenger said. "She's a natural leader within our squadron and a person everyone in the squadron trusts to go to for any situation. She's a mature, caring and inspirational leader in every aspect thus far, and we're incredibly excited to see how she performs at the Academy next year."

Bolles said she wants to pursue a degree in law. She attended the Academy's Majors Night on Tuesday.

"Things always change, but I can see that happening for myself," she said. "Legal studies is something I've always had a passion for. If I feel there's an injustice or people are being treated unfairly, I want to do something about it."

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# Majors Night offers options

Freshmen cadets and cadet candidates from the Academy Preparatory School took a break from their studies to participate in Majors Night Tuesday.

Majors Night, a semiannual event held in Fairchild Hall, gives cadets who haven't declared their field of study a chance to look into their options and make an informed decision.

The Dean of Faculty staff hosts the event, which gives undeclared sophomores and cadet candidates from the Academy Preparatory School the opportunity to learn more about each of the 32 majors offered at the Academy from faculty and upperclassmen. Instructors and guests from other Air Force bases set up exhibits showcasing everything from trained rats and jet engines, to flight simulators and all-terrain vehicles.

Cadets have until October of their sophomore year to choose a major.



**ABOVE:** Cadet 1st Class Sheila Sherman of Cadet Squadron 03 shows off a white rat to cadets during Majors Night Tuesday. The rats are used to teach how training and conditioning modify behaviors.

**LEFT:** Capt. James Walliser, an instructor with the behavioral sciences department, uses a flight simulator to demonstrate how human factors influence cockpit designs to enable people to fly aircraft effectively.



Lt. Col Kurt Rouser, an assistant professor in the Aeronautics Department, talks to cadets about opportunities available to those who choose an aeronautics major.

PHOTOS BY SARAH CHAMBERS



# Fiscal austerity requires leveraging 'total force'

By Air Force Chief of Staff Gen. Norton Schwartz, Chief of Air Force Reserve Lt. Gen. Charles Stenner and Air National Guard Director Lt. Gen. Bud Wyatt

**WASHINGTON (AFNS)** — In wartime and peacetime, the total force construct is virtually seamless, with Guardsmen and Reserve service members who are indistinguishable from their active-component peers. Our recent air operations in Libya are but the latest example.

The ability of our Guardsmen and Reservists to deploy on short notice and seamlessly integrate with the active force is unique and was absolutely vital in Libya. One critical reason the total force works so well in the Air Force is that many Guardsmen and Reservists are subject matter experts who work in related fields — such as pilots and aircraft mechanics -- in their civilian jobs.

Given the fiscal austerity that lies ahead, we recognize the need for balance and maximum efficiency in the Air Force. In order to meet future challenges, the Air Force remains committed to a total force approach because the solution is, by necessity, a total force solution. We know that if we gut the Guard and Reserve, we gut the entire Air Force because they represent a substantial portion of our overall capacity and capability.

Air Force restructuring therefore will occur across the entire force, consistent with future trends and potential threats, the national security strategy, and our collective priorities and capabilities.

Such restructuring requires tough choices, and communication is critical if we are to achieve the "win-win" outcomes we all desire. To that end, there was a particularly concerted effort to work together in these austere times; the level of participation was unprecedented. Across-the-board involvement by senior active, Guard and Reserve Air



Force leaders and state adjutants general demonstrated everyone's commitment to this important endeavor.

Additionally, the three of us work closely together in Air Force budget deliberations. All of these efforts are aimed at ensuring transparency and meaningful senior leader discussions on active, Reserve and Guard force structure, manning and institutional support.

When all is said and done, two things are certain. First, all three components — active, Guard and

Reserve — are going to be smaller, consistent with the new defense strategy and the Budget Control Act of 2011's fiscal limits. Second and most importantly, we will remain a superb fighting force because our people — your total force Airmen — remain committed to excellence. The nation deserves, and rightly demands, no less. By maximizing the potential of all aspects of our total force, we will maintain the Air Force's readiness and effectiveness throughout this period of fiscal austerity and well into the future.

## CMSAF stresses Airman resilience

By Senior Airman Michael Charles  
379th Air Expeditionary Wing Public Affairs

**SOUTHWEST ASIA (AFNS)** — A soft light from Senior Airman Sarah Mattausch's mobile phone glowed in the darkness of her room before dawn on a Saturday, waking her up much earlier than expected.

As she read the incoming text, Mattausch realized that her friend, her wingman, was in trouble. Mattausch's

actions over the next few hours -- rushing to her friend's side, consoling her and getting her help — saved her friend from harming herself.

One thing Mattausch never expected as a result of those actions was a coin from the Air Force's top enlisted leader, Chief Master Sgt. of the Air Force James Roy, during a visit here this week.

"Human life matters," Roy said. "The actions taken by Airman Mat-

tausch show how Airmen have the capacity to do great things and look out for each other."

Roy's visit to the 379th Air Expeditionary Wing included an enlisted call during which he spoke to an audience of more than 500 Airmen and several visits to individual units. While visiting the 379th Expeditionary Security Forces Squadron here, Roy discussed changes to the Air Expeditionary Force and how it will af-

fect future deployments.

"Our security forces Airmen have traditionally been among the top of the (Air Force Specialty Codes that) have deployed the most over the past decade," Roy said. "There are individuals who have deployed more than 13 times among the 379th Security Forces Squadron alone. We are hoping to make it a more even process by evolving the way we currently choose those participating."

At each location he visited, the chief emphasized how maintaining professional standards and acting as good wingmen to those around them helps reinforce good resiliency.

"Nobody's exempt from being a good wingman," he added. "We have to understand that being a good wingman doesn't end at the end of your duty shift nor does it only apply to those of lower rank than you. Our Airmen should be good wingmen to all who serve, no-matter the rank or the service. The Air Force is a family and, naturally, you look out for your family."

The chief's visit here marked the first stop on a tour of deployed locations.

"I love talking to the Airmen," Roy said. "Hearing their concerns, achievements and compassion motivates me as their senior enlisted leader."

As far as that day, months ago, when Mattausch aided a friend in need, she never expected recognition.

"I'm honored," Mattausch said. "It's not every day that the chief master sergeant of the Air Force coins you personally and tells you that you are doing a good job."

Chief Master Sgt. of the Air Force James Roy talks with the Airmen of the 379th Expeditionary Security Forces Squadron during a visit on Jan. 31. Roy held an enlisted all-call with deployed Airmen to discuss quality of life issues, resiliency programs, and the future of the Air Force. Roy's visit to the installation marked the first stop on a tour of Southwest Asia.



SENIOR AIRMAN  
MICHAEL CHARLES

# Air Force drops home contest to Colorado State

The Air Force women's basketball team fell at home to Colorado State, 77-39, Saturday afternoon at Clune Arena.

Sophomore Megan O'Neil was the Falcons' leading scorer with six points, while freshman Angela Johnson led the team with a career-best six rebounds.

Colorado State (10-13, 6-2) took a 10-0 lead to open the game, before O'Neil scored the Falcons' first basket nearly six minutes into the game. Air Force (5-18, 0-8) struggled offensively throughout the opening half, scoring just four field goals before the break to go into the locker room with a 40-11 deficit.

The Rams continued to pull away after intermission, earning its largest lead of the game, 68-18, at the 10:20 mark. While Air Force outscored Colorado State, 21-9, over the last 10 minutes of the contest, it was too little, too late for the Falcons.

Colorado State shot more than 50 percent from the field for the game, compared to just 26 percent for Air Force. The Rams also out-rebounded the Falcons, 40-27.

Sam Martin scored 20 points to lead Colorado State, while Kim Mestdagh added 18 points.

The Falcons return to action Saturday when they visit Boise State. The game, which will be televised by The Mtn., is slated to begin at 4 p.m.



MIKE KAPLAN

Jamela Satterfield dribbles down the court in Saturday's game at Clune Arena. The Falcons lost to Colorado State 77-39. They play next tomorrow visiting Boise State. The game will be televised by The Mtn. at 4 p.m. MST.



PHOTOS BY MIKE KAPLAN

Staff Sgt. Bianca Meehan of the 10th Aerospace Medicine Squadron works out under the watchful eye of instructor Jessie Humeston during a CrossFit workout session Tuesday at the Fitness Center.

## Fitness center opens functional fitness area

By Luis Rendon  
Academy Spirit staff writer

Explosive, high-intensity and technical. That's how David Gray describes functional fitness, an umbrella term that includes the popular CrossFit, P90X and other 'full-body workout' experiences.

Starting this month, the Base Fitness Center here will open a dedicated space and classes for those who are interested in functional fitness. The space should accommodate 10 to 15 people, Gray said.

Red Rocks CrossFit, a CrossFit gym based in Colorado Springs, will offer two functional fitness classes weekdays from 11 a.m. to noon and noon to 1 p.m. An unlimited pass is \$70 per month, a 10-punch pass is \$50, and individual classes for drop-ins are \$7. The area will be open and available for fitness center members outside of class times.

Gray, the director of fitness and sports at the fitness center, says plans for the facility began last June when 10th Mission Support Group Commander Col. Michael Addison originally suggested creating a dedicated area.

"I personally have been doing CrossFit for three years," Addison said at the ribbon cutting event. "This facility is going to give us a tremendous opportunity to incorporate a really superb fitness program. It's something we've wanted to do since I got here, and I'm really excited to see it come to fruition."

Gray's own background in Olympic lifting, which parallels some of the functional fitness exercises, made him partial to the idea and research began on the viability of allocating a space and obtaining the necessary equipment.

"It took a lot of help from different people to make this a reality," he said.

On the day before the area was set to open, five men worked fastidiously to put the finishing touches on converting a racquetball court into



Chief Master Sgt. Jim Robinson, the 10th Mission Support Group superintendent, participates in a CrossFit class at the fitness center Tuesday.

a space that will accommodate the many eager gym-goers who are looking forward to using the new functional fitness equipment. Described as "top-of-the-line stuff" by Gray, equipment filled the old racquetball court, including plyometric boxes, Olympic bumper plates, medicine balls, kettle bells, rowing machines and squat racks. And in a week or so, dip rings and pull up bars will also be installed.

"We wanted an area where people could do high-intensity, rigorous exercise," he said.

While converting a racquetball court to a fitness room will limit court space, Gray is confident it is a good investment. The demand and popularity of CrossFit and other similar programs is certainly present throughout the Academy.

Falcon CrossFit, a registered gym affiliate of CrossFit and an Academy club that serves the cadet and base personnel community out of repurposed space in the Cadet Gym, has boasted hundreds of members since 2007 and competed against other gyms in the

area and nationwide.

Cadet First Class Lance Wu, a member of the group, says that the new functional fitness area in the fitness center is a testament to the popularity of functional fitness.

"I believe that this validates that there is a desire to do something that is more functional than what we've defined as fitness in the past," Wu said.

For Pine Valley firefighter Tyler Moran, the new area is a welcome addition. Before, Moran would use various areas in the fitness center to complete his functional fitness exercises.

"It was a pain in the butt to find a spot before," he said, "especially without the proper floors and equipment."

Moran used to worry about running into other gym members and getting in their way. With the functional fitness area officially open, that no longer is an issue.

"The new area is awesome and makes it easier for everyone," Moran said.

For more information on the classes offered at the fitness center you can contact David Gray at 333-4567.



# Air Force gets win over RIT

Air Force scored four goals in the third period as the Falcons swept RIT with a 4-2 victory in an Atlantic Hockey Association game Saturday, Feb. 4, at the Academy's Cadet Ice Arena. The Falcons improved to 14-7-6 overall and 12-4-5 and all alone in first place with 29 points. RIT fell to 15-10-3 overall and 12-6-3 in the league and in a tie for second place with 27 points.

After a scoreless first period, RIT broke the ice with a power play goal on an odd-man rush late in the second period. Greg Noyes made a long outlet pass from his own end to Adam Hartley in the neutral zone to start a 2-on-1 rush. Hartley sent the puck across to Mike Colavecchia coming down the slot. Colavecchia gave the Tigers a 1-0 lead at 16:01 of the second period for his team-leading 12th of the season. The goal broke a 156-minute scoreless streak by Jason Torf against the Tigers. Prior to the 3-0 win over the Tigers last night, Torf blanked the Tigers in the AHA Championship Game late last season.

Air Force scored four goals in the third period, including two in the first two minutes. Fifty seconds into the period, sophomore defenseman Adam McKenzie scored his first of the season. Chad Demers dropped a pass near the blue line and McKenzie collected it with speed after com-



MIKE KAPLAN

RIT forward, Taylor McReynolds, makes a shot on goal against Air Force goalie Jason Torf. Torf made a season-high 32 saves for the Falcons against the Tigers Saturday.

ing off the bench. He made a move around and a defenseman and fired a wrister past Shane Madolora to tie the game at 1-1.

Just over a minute later, Tim Kirby scored his 10th of the season with a wrister from the point. Cole Gunner sent the puck down low and Paul Weisgarber found Kirby at the right point at the 2:01 mark for a 2-1 lead. Midway through the period, Scott Mathis scored a power play goal from Tim Kirby and Kyle De Laurell at 13:22 mark. The power play goal ended a streak of 18 straight Falcon power plays without a goal. Kirby fired a shot from the point that bounced off the back wall. Mathis corralled the puck and shot it from below the goal line, off the skates of the goaltender and into the net for a 3-1 lead.

With 1:40 left in the third, RIT pulled its goaltender in favor of the extra attacker. With 1:03 remaining, defenseman Greg Noyes fired a shot from the point through traffic that went over the shoulder of Jason Torf to make the score 3-2. Chris Hal-

ting and Matt Garbowsky assisted on Noyes' third of the year. With Madolora out of the net again, the Tigers went with the extra attacker for the final 30 seconds.

Falcon winger Tony Thomas won a race to a puck on the wall and chipped it out of the zone. After skating through an RIT defenseman, he flipped the puck to Casey Kleisinger who scored an empty-netter with 13 seconds remaining.

RIT outshot Air Force, 34-30, in the game. AFA was 1-for-6 on the power play while RIT was 1-for-5. Torf made a season-high 32 saves for the Falcons while Madolora made 26 for the Tigers.

"We had some great chances in the second period and then we made mistake and they made us pay," head coach Frank Serratore said. "We build our team with defenseman that can skate. That is by design. We would not have had the success that we have had without skill on our blue line. We put the puck on their sticks a lot and tonight they scored three for us."

## Intramural basketball wrap up

The intramural basketball playoffs got underway Tuesday with the Prep School defeating Hospital No. 2, 62-47. The medics got off to a quick 6-0 lead when the prep trio of Overton Spence, Nate Allen, and Andre Morris took over, scoring 25 of the team's 27 first-half points to take a seven-point lead at the half. Overton Spence's 15 second-half points ensured the preps would not lose the lead. Spence led the team with 25 points.

Hospital No. 1 had a first-half struggle with the Cops, but they dominated the second half to win, 58-38. Security forces had a couple early leads, but a three-point bucket by Malik Perry and a basket and extra point from Tavis Bell put the medics up 21-18 late in the first half. Perry opened the second half for the medics with a long three and the medics never looked back. Malik Perry led the Medics with 16 points.

## 30-Plus

Hospital ended the regular season undefeated as they beat Prep School 63-51. The medics got an early lead, which they did not give up. The Preps, playing with only four players for most of the first half, tried to hang in with the medics and were down at one point by 15 points. The Prep School closed the gap at halftime to seven points and were down 32-25.

In the second half, the Medics made the extra passes and got key rebounds, keying the victory. The Medics' top scorer was Jerry Travis, with 19 points.

The 306th Flying Training Group clinched fourth place as they defeated the Advanced Space Operations School, 54-34. The fliers were up early in the first half, 14-4, and never looked back. With an 11-point lead to start the second half, the 306th coasted to victory. Bobby Greene led the team with 17 points.

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## Free tax preparation available

The Academy tax center currently offers free tax preparation by appointment to cadets, service members stationed here and their spouses.

Taxes will be done by appointment only. Appointments will be available 8 to 11 a.m. and 1 to 3 p.m. Mondays and Fridays.

The gross income limit for eligibility is \$60,000 for either an individual or joint tax return.

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

## Assortment of skiing options

The Outdoor Recreation Office has ski passes available for purchase.

The list of options is as follows: Monarch, Loveland, Patriot Pass (unlimited Copper Mountain and Winter Park), Patriot Pass Plus (unlimited Copper Mountain and Winter Park and six days at Steamboat), and Liberty Pass for Keystone and Arapahoe Basin. Call 333-4475 for more info.



## Cadet Chapel

**BUDDHIST**  
Sundays, 10 a.m.

**PROTESTANT WORSHIP**  
**Combined Worship Service:**  
Sundays, 9 a.m.

**CATHOLIC WORSHIP**  
**Mass:** Sundays, 10 a.m.

**JEWISH WORSHIP**  
**Normal schedule**  
Fridays, 7 p.m.

## Community Center Chapel

**CATHOLIC WORSHIP**  
**Mass:** Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesdays-Fridays, 11:30 a.m.  
**Reconciliation:** Saturdays, 3:30 p.m.  
**Formation Classes:** For students in grades K-8. Sundays, 10:15-11:30 a.m.

**PROTESTANT WORSHIP**  
**Evangelical:** Sunday, 10:15 a.m.  
**Gospel:** Sunday, 11:30 a.m.  
**Wednesday Night Live:** For ages 3 to adult. Begins with a meal. Wednesdays, 6-7:30 p.m.

## WEDNESDAY NIGHT LIVE

The Community Center Chapel's Protestant Religious Education program has resumed. Each week begins with a free dinner at 6 p.m., followed by religious education classes from 6:30-7:30 p.m.

Several new classes are being offered for adults and children. Call the chapel for details at 333-3300.

## Community center activities

**Dance classes** - Line dance classes are taught in six-week increments. Ballroom dancing consists of four lesson blocks, one hour per block. Classes for both take place Mondays in the Milazzo Center ballroom. Line dance classes start at 5 p.m., ballroom dance classes at 6:15 p.m.

## Area military adoption fair

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

The fair will include adoption information specific to military families, an adoption agency services panel including information on infant, local, foster, interstate, and international adoptions.

There will also be a resource panel, an adoptive parent forum and information fair.

For more information or to register, call the Airman and Family Readiness Center at 333-3444. Attendees must register for the event.

## Fishing regulation changes

The Academy no longer requires fishermen to have a Colorado fishing license. However, a \$21 annual base permit or \$7.25 one-day permit is required.

Fishermen who would like to use two rods also have a new option of purchasing a \$5 second-rod permit that is valid only for Academy and Farish Recreation Area lakes.

An annual fishing permit purchased in 2011 will be valid through March 31 during a phase-in of the new calendar year (Jan. 1-Dec. 31) permit.

Academy fishing and second-rod permits are sold only at the Outdoor Recreation Center, Farish Recreation Area, and the Peregrine Pines Family Camp.

If you have questions about the fishing program, call Natural Resources at 333-3308.

## Family advocacy classes

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

**Couples Enrichment Workshop** - Today, 8 a.m. to 3:30 p.m. Want more from your marriage or relationship? This workshop will help you learn how to talk to each other more effectively, to listen so your partner feels heard and understood, to solve problems like you're on the same team and to remember how to have fun together again.

## Academy Lanes offerings

**Breakfast at Ten Pin Grill** - Weekdays, 7-11 a.m. Hot breakfasts featuring eggs, hash browns, bacon or sausage, biscuits and gravy, and more. All breakfasts include drinks. Call in your breakfast order at 333-4252 by 6:45 a.m. to get your order delivered at curbside.

## Weight Loss Challenge

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

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

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

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

## Valentine's Dinner for Two

The Falcon Club will offer five-course, four-star dinners for couples Feb. 14 for \$60 per couple, or \$50 per couple for club members.

Reservations are required. To book a reservation, call the Falcon Club at 333-4253.

## Walk 4 Life

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

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

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

## Golf Course events

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

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

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

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

## Racquetball tournament

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

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

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

## Library expands selection

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

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

Materials will be available for checkout, and book lists will be on hand.

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

## Final Friday

The Falcon Club will hold its monthly Final Friday event Feb. 17. February's theme is "Mardi Gras favorites." Admission is free for club members, \$10 for adults and \$5 for kids 6-12.

