

EXERCISE, EXERCISE ...Academy responders test their readiness.
Page 3**MAKING SCIENCE FUN**

Cadets get middle-school girls interested in technical classes. Page 4

RENOVATING VANDYConstruction on track to finish in early 2013.
Pages 6-7

ACADEMY SPIRIT

**Daylight Saving
Time March 11****Turn clocks 1 hour ahead**

ELIZABETH ANDREWS

Craig Spranger, right, lands a blow on Glenn Miltenberg during the Wing Open March 1. Miltenberg defended his title, defeating Spranger by decision in the 147-pound category.

Rumble in the Ring

McLain captures 4th Wing Open title

Air Force senior Mike McClain became the 12th boxer to claim four Wing Open titles as the boxing team concluded a hard-hitting night of competition during the finals of the 54th annual Wing Open Championships at

Clune Arena here March 1.

The first cadet to win four Wing Open titles was James Ingram from the Academy's Class of 1964.

Facing off against aggressive sophomore Denis Vorobyov for the second straight year in the 175-pound bout, McClain landed the early shots. Vorobyov battled back, but McClain earned the judges' decision and captured the elusive fourth-straight title.

See Wing Open Page 8

Academy takes 1st place at cyber competition

By Don Branum
Academy Spirit staff writer

The Air Force Academy's cadet cyber competition team won the Rocky Mountain Collegiate Cyber Defense Competition, held at Regis University in Denver March 2-3.

This is the cadet team's second regional victory in the two years it has competed in CCDC events.

Competing for the Academy team were Cadets 1st Class Jordan Keefer, Geoff Pamerleau and Chris Shields and Cadets 2nd Class Frank Adkins, Josh Christman, Nathan Hart, Luke Jones and Mike Winstead.

Teams from Regis University, Fort Hays State University, Colorado State University, the University of Colorado, the University of New Mexico and Kansas State University also competed.

Keefer, the team captain, described the competition as a "blue team" event.

Teams had to secure a network that had previously been compromised, implement network security policies and maintain user networks, he said.

"It condenses what would normally take months down to two days," said Keefer, a native of Manheim, Pa.

"We were kind of worried" about the results, Keefer said. "No one knew what the score was going to be. We thought they were going to build suspense, starting with the third-place and second-place teams."

The Academy will compete in the National CCDC April 19-22 in San Antonio.

"The national competition is such a great experience that we're happy just to go, but winning is always fun, too," Keefer said.



Cadet 1st Class Jordan Keefer (bottom left) and Cadet 2nd Class Nathan Hart (bottom right) work in the Air Force Academy's cyberwarfare laboratory March 5. Keefer and Hart are two of the eight cadets in the Academy's cyberwarfare team, which won a regional competition in Denver March 2-3. Also pictured is Dr. Martin Carlisle, the professor and deputy director of academics for the Academy's Computer Science Department.

MIKE KAPLAN

Air Force women trace history to World War II

By Martha Lockwood
Defense Media Activity

FORT GEORGE G. MEADE, Md. (AFNS) — The Air Force's acceptance of women into the force dates back to long before the first "Women's History Week" celebration in 1978.

In 1942, the U.S. Army Air Corps took the unheard-of step of forming and employing two women's aviation units. That same year, a unit of flight nurses who had not yet quite finished their training, were sent into North Africa on Christmas Day following the Allied invasion in November of that year.

WASPS, WAFS and a Willingness to Serve

Originally, the idea of using women pilots was first suggested in 1930, but was considered "unfeasible," according to information maintained at the National Museum of the Air Force in Dayton, Ohio.

Then, in mid-1942, an increased need for World War II combat pilots, favored the use of experienced women pilots to fly aircraft on non-combat missions.

Two women's aviation units—The Women's Auxiliary Ferrying Squadron and the Women's Airforce Service Pilots were formed to ease this need. More than 1,000 women participated in these programs as civilians attached to the USAAC, flying 60 million miles of non-combat military missions.

These two units were merged into a single group, the Women Airforce Service Pilots program, in August 1943. They broke ground for U.S. Air Force female pilots who would follow in their footsteps decades later.

Of the more than 25,000 women who applied for pilot training under the WASP program, 1,830 were accepted, 1,074 were graduated, and 916 (including 16 former WAFS) remained when the program was disbanded in December 1944. WASP assignments were diverse, as flight training instructors, glider tow pilots, towing targets for air-to-air and anti-aircraft gunnery practice, engineering test flying, ferrying aircraft, and other duties.

Although WASPs had the privileges of officers, they were never formally adopted into the USAAC. In November 1977 — 33 years after the WASPs program was disbanded — President Jimmy Carter signed a bill granting World War II veteran status to former WASPs.

'Winged Angels'

It was a slightly different story for flight nurses who were members of the military from the beginning. As it was with so many advances and innovations resulting from World War II, the USAAC radically changed military medical care, and the development of air evacuation and the training of flight nurses advanced to meet this need.

After the invasion of North Africa in November 1942, the need for flight nurses exceeded the supply, and women who had not yet finished their training were called into action and sent to North Africa on Christmas Day. Finally, in February 1943, the first class of Army Nurse Corps flight nurses graduated.

Unlike their stateside-stationed counterparts in the WASPs, flight nurses (nicknamed "Winged Angels") in the Army Nurse Corps served in combat.

Of the nearly 1.2 million patients air evacuated throughout the war, only 46 died en route. About 500 USAAC nurses (only 17 died in combat) served as members of 31 medical air evacuation transport squadrons throughout the world.

When President Harry Truman signed the National Security Act of 1947, creating the Department of Defense, the U. S. Air Force became a separate military service. At the time, a number of Women's Army Corps members continued serving in the Army but performed Air Force duties. The following year, some WACs chose to transfer to the Women's Air Force when it became possible.

Originally, the WAFs were limited to 4,000 enlisted women and 300 female officers, all of whom were encouraged to fill a variety of ground duty roles—mostly clerical and medical — but were not to be trained as pilots, even though the USAAC had graduated the first class of female pilots in April 1943, during wartime.

In 1976, when women were accepted into the Air Force on an equal basis with men, the WAF program ended, but not before many milestones were achieved and marked along the way in preparation for today's Air Force woman.

The WAFs in Evolution

The first WAF recruit was Sgt. Esther Blake, who en-



listed on July 8, 1948, in the first minute of the first day that regular Air Force duty was authorized for women. She had been a WAC, and she transferred in from Fort McPherson, Ga.

The first recruits reported to Lackland Air Force Base, Texas, in 1948. When basic training was desegregated in the Air Force the following year, many African-American women recruits joined, even though mess halls and quarters had not yet been integrated.

At first, WAFs wore men's uniforms with neckties. It was "a look" that didn't last long. The necktie was abandoned early on, replaced with tabs on the collar.

Milestones Along the Way

In its 10-year lifespan, from 1951 to 1961, the 543rd Air Force Band comprised 235 women musicians with approximately 50 members at any one time. This band, known as the WAF Band, served as ambassadors of the Air Force along with the all-male Air Force Band. The WAF band marched in both of President Eisenhower's inaugural parades and played for President Kennedy's inauguration, among other concert engagements throughout the nation. The band was deactivated in 1961.

During this same time period — 1956 — a WAF section was introduced into the college-level ROTC program. By 1959, four universities had ROTC WAF sections. By 1970, they had achieved a national presence. Concurrent with the expansion of the ROTC women's cadet program, Congress passed Public Law 90-130 in 1967, lifting grade restrictions and strength limitations on women in the military.

With the end of Selective Service in 1973, recruiting practices changed. Shortly afterward, in 1976, the separate status of WAF was abolished, and women entered pilot training as military personnel for the first time. Our country's bicentennial year also saw women entering the service academies, which were not open to them prior to President Ford's administration.

By 1993, women were receiving fighter pilot training, and Lt. Gen. Susan J. Helms, a member of the first class of the Air Force Academy to graduate women and a major at the time, became the first American military woman in space as part of the Space Shuttle Endeavor team.

The final chapter for the WAFS and WASPs of World War II was achieved in 1977, when President Jimmy Carter awarded them full status as veterans, complete with benefits. A fitting epilogue was added in 2010 with the awarding of the Congressional Gold Medal. Today, there are approximately 300 of the original women air force pilots still living.

By the Numbers

Today, women make up 19 percent of all Air Force military personnel and 30.5 percent of all civilian personnel. Of the female officers, 55 percent of the female officers are line officers, and 45 percent are non-line. Of the 328,423 active duty personnel, 62,316 are women, with 712 female pilots, 259 navigators and 183 air battle managers.

Women's History Month

Today, Women's History Month awareness for all the armed services is initiated by the Defense Equal Opportunity Management Institute at Patrick Air Force Base, Fla.

Empowerment of women has strengthened the services. Starting with the WASPs and WAFS of World War II, through the WAFs of the '50s and '60s, through the acceptance and promotion of women at the service academies, each generation of women and their evolved sense of service to their country, has prepared the future for generations of women seeking unlimited opportunity.

ACADEMY SPIRIT

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

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Maj. Steven Bauman, the 10th Security Forces Squadron commander, gives instructions to 10th SFS Airmen during a readiness exercise March 2. The exercise was designed to test first responders' ability to react to large-scale contingencies.



Two in one blow: **Academy conducts exercises**

The Air Force Academy conducted two full-scale exercises March 1-2 to test the base's ability to respond to emergency situations.

An active-shooter exercise took place in the Academy clinic on March 1, involving more than 50 simulated victims, while a hazardous materials exercise tested the Fire and Emergency Services Flight's ability to respond in conjunction with other emergency responders.

Both exercises ensured the Academy's responders are prepared to act quickly to mitigate a wide range of contingencies, said Charles Newcomb Jr., chief of the Academy's Exercise Division.

FAR LEFT: Air Force Academy firefighters in protective gear process through a decontamination area during a hazardous material spill exercise March 2. The exercise tested responders' ability to coordinate their actions across multiple agencies and mitigate a wide range of contingencies at the Air Force Academy.

LEFT: Staff Sgt. Robbie Whaley and military working dog Boda apprehend an exercise suspect, played by Staff Sgt. Timothy Bailey, during a major accident response exercise March 1. All three are assigned to the 10th Security Forces Squadron.

PHOTOS BY RAYMOND MCCOY



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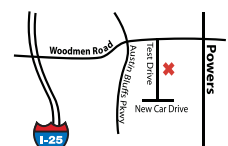
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Cadets mentor middle-school girls at career conference

By Amber Baillie
Academy Spirit staff writer

Thirty-two female cadets attended the 14th-annual Girls in the Middle Conference at Otero Junior College Saturday to encourage girls in grades 6-8 to study math, science and technology once they enter high school.

Almost 200 girls registered for the conference to meet women in professional careers that require an educational background in math, science, engineering and technology, and to experience hands-on activities associated with those careers.

The event, themed "Above and Beyond," went from 8:45 a.m. to 2:30 p.m. The cadets introduced themselves to the girls and not only became leaders of their small groups, but also life-long mentors and role models for them.



Clockwise from bottom left: Cadet 3rd Class Anastasia Holbrook, Cadet 2nd Class Meghan Vernier, Cadet 1st Class Shannon Young and Dr. Kimm De La Harpe pose next to a colloidal suspension of water and corn starch during a Girls in the Middle conference at Otero Junior College in Colorado Springs Saturday. The conference's goal is to encourage middle school girls to pursue science and mathematics classes in high school. De La Harpe is assigned to the Air Force Academy Office of the Registrar and Student Academic Affairs.
MAJ. CHRISTINA DUGAN

"I had so much fun at the conference and will definitely be doing it next year," Cadet 4th Class Christina Fairman said. "The girls in my group asked a lot of questions. I was glad to answer them and be someone who they may look up to or want to be like one day."

Students attended workshops on archeology, engineering, emergency room nursing, finance, group fitness, surgical technology and veterinary science.

"The math and architecture workshop was really cool and I think that I might do something like that," said Meghan Wilson, a seventh-grader from Ward Middle School. "I also liked the one on nursing because it was hands-on."

The cadets who volunteer for the program prepare weeks in advance. They attend meetings at 6:45 a.m. every Tuesday where they help organize programs that occur throughout the day. Cadets also got to speak with Brig. Gen. Dana Born, dean of the faculty at the

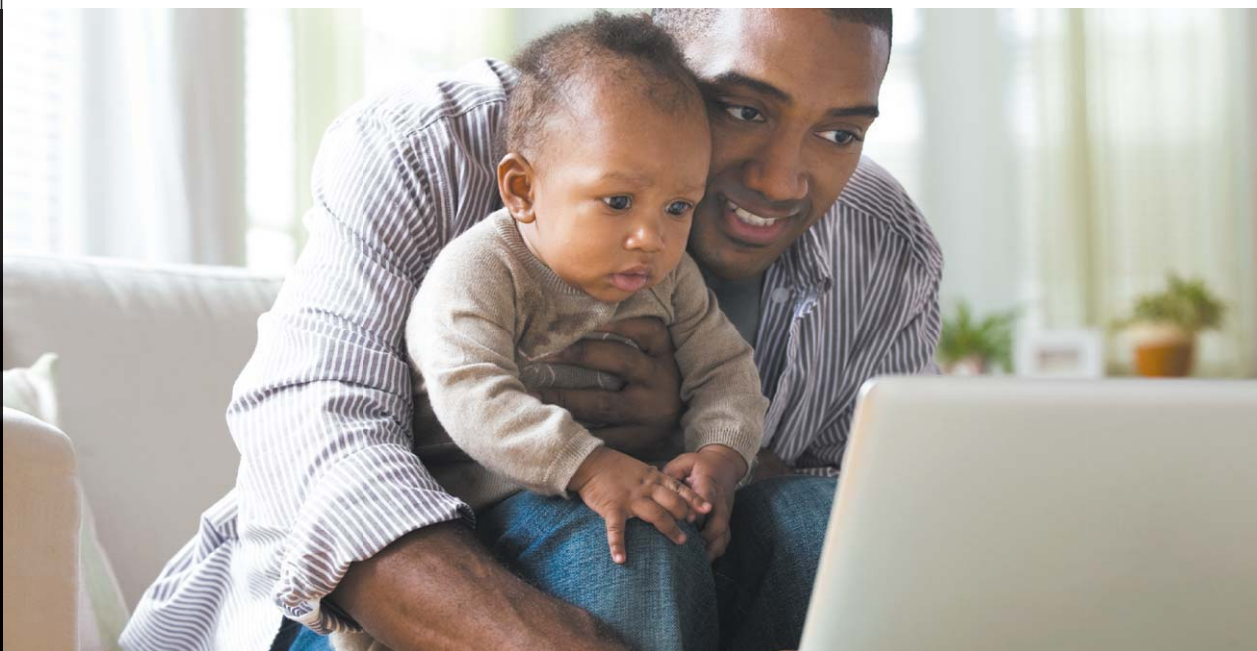
Academy, before the conference. Born said the event was an A-plus STEM outreach effort.

By the end of the day, 64 percent of the young girls considered taking more math and science classes in high school.

"I'm going to make sure all my girls sign up again next year," said Rebekah Lacey, a teacher at McClave Junior High and High School. "I wanted them to see what was available for them beyond high school, that girls can do things that society mostly says boys do and hopefully influence their outlook upon the STEM subjects and their career choices."

Cadets led by Dr. Heidi Wainscott have volunteered for the Girls in the Middle conference for seven years. The conference boosts confidence in girls who never thought about college or the pursuit of a mathematical and science degree. The girls can talk to their mentors whenever they wish.

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Clinic transitions to patient-centered health care model

By Don Branum
Academy Spirit staff writer

The Family Practice clinic here began testing the Patient-Centered Medical Home, or PCMH, health care model in February, officials with the 10th Medical Group said Feb. 23.

The PCMH model provides greater flexibility for scheduling appointments and a closer working relationship with health care providers, said Maj. Oscar Olipane, the 10th MDG's senior group practice manager.

"Greater flexibility for scheduling appointments ... can facilitate a relationship consistent with the best of medical practices," Olipane said. "Your provider will have a portion of every day set aside to manage more complex medical issues." The Family Practice clinic staff will manage providers' time, allowing them to schedule longer appointments for conditions requiring more in-depth treatment.

Patient-centered care considers patients' cultural traditions, personal preferences and values, family situations and lifestyles, Olipane said. It helps patients and loved ones feel empowered in working with health care professionals to make decisions about treatment. It also places responsibility for important aspects of self-care and monitoring with the patient.

A new disease management team will help family health care providers manage chronic illnesses such as diabetes, Olipane said. This teamed approach will allow providers to enhance monitoring and treatment of chronic illness.

The clinic offers patient appointments weekdays from 7:30 a.m. to 4 p.m. except for holidays, down days and training days.

Team aids those involved in traumatic events

By Amber Baillie
Academy Spirit staff writer

Tragedy can strike anywhere, from the battlefield to home, at any time. The Academy's Traumatic Stress Response Team exists to help men and women make it through life-changing events.

Those exposed to terrorist attacks, combat or combat-related experiences, crimes or the sudden death of a close friend or family member can get one-on-one support and education from the TSR team to deal with their reactions.

"We talk to individuals and offer them practical and pragmatic psychology support," said Public Health Service Lt. Cmdr. Robert Belde, licensed psychologist at the Mental Health Clinic. "We can provide them with typical reactions to traumatic events, give them information on how to cope with those actions and information on follow-up resources."

The team consists of 12 staff members from the Mental Health Clinic, base chapel and 21st Force Support Squadron at Peterson Air Force Base. Representatives from the Peak Performance Center also help with the team.

"Very often there is response to the scene of an incident by some members of the TSR team, depending on how big the scene is, how many people we need to talk to and the nature of the event itself," Belde said. "Typically it'll be one or two team members from the Mental Health Clinic or chapel, but Airmen can also respond."

There is no fee to use the service and the team is available around the clock.

"We're set up to operate 24/7 when an incident occurs," Belde said. "If it's during duty hours, you would call the Mental Health Clinic, and if it's after duty hours, you would contact us through the command post."



METROGRAPHICS

The TSR team isn't a new concept. It has existed in the Air Force for a number of years, but prior to 2006, it was called the Critical Incident Stress Management team.

"Every Air Force base is required to have a TSR team," Belde said. "The primary service that the TSR team provides is simply to respond on scene, acknowledge to the group what has happened and then describe some of the typical reactions people have after a traumatic event."

Belde said that the team is typically activated four or five times a year.

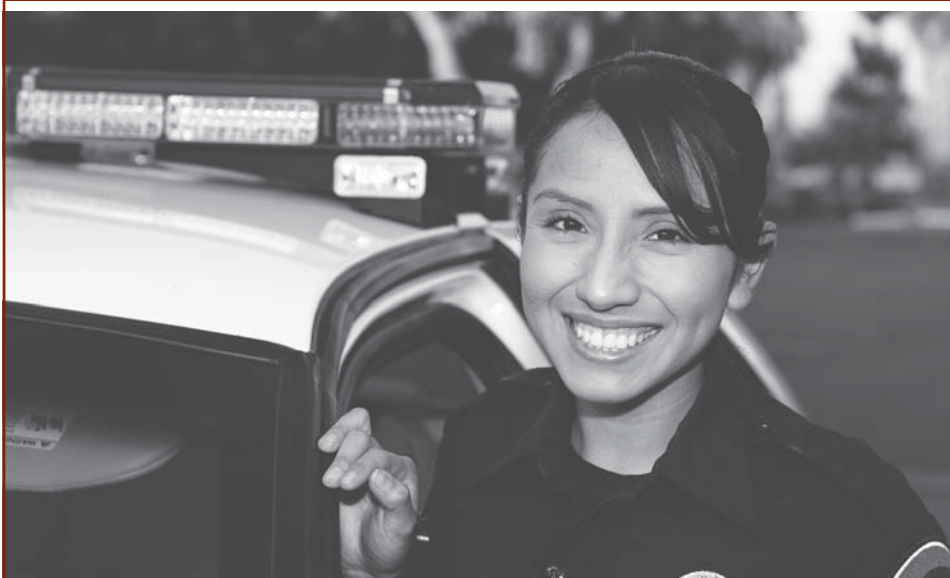
"Sometimes an event occurs in a squadron and the commander just wants to consult with the team chief about possible responses in the squadron unit," Belde said. "That doesn't really involve a TSR team presence."

Belde said that most people are affected by a traumatic event for a few days or weeks but through good social support, often return to normal levels of functioning.

"It's important to know that most people respond to traumatic events in a pretty typical resilient fashion," Belde said. "When individuals have a prolonged reaction, we recommend that they seek some kind of support and we're happy to provide that."

For more information on the TSR team contact the Mental Health Clinic at 333-5177.

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PHOTOS BY ELIZABETH ANDREWS

Construction workers renovate a portion of Vandenberg Hall Tuesday. The project is on track to finish by the end of January, with cadets' dorm rooms finished by the end of December.

The hammer is down on The Vandenberg Hall project

Dormitory renovation to be completed in 2013

By Amber Baillie
Academy Spirit staff

The Vandenberg Hall construction project is in full swing and on-schedule, slated for completion at the end of January 2013.

Renovations for the original cadet dormitory have been in progress since September 2007 and divided into nine, six-month construction phases to keep the original design of the building, improve the safety of the structure and enhance the quality of life for cadets.

The \$150 million, multifaceted project is set to install fire sprinklers in each room, replace the curtain walls, add a thin-film solar roof, improve the heating system and install blast-resistant windows.

"There are lots of other functions that are periphery to cadet rooms that have also been addressed and upgraded," said Larry Lawrence, design director of the project and electrical engineer at CH2M Hill Academy Services. "It's more than just improving the quality of life, it's also about life safety."

Rooms will be finished by December 2012. The construction phases are divided into six-month segments and separated into groups of rooms.

"There are roughly 180 rooms per phase so we can continue to use the building and keep it occupied dur-

ing construction," Lawrence said. "We are currently in phase seven and phase eight will start this coming summer."

The original cost of the project was programmed for \$250 million and initiated by Fix USAFA, a program that brings advances from the last 50 years into major and aged facilities at the Academy.

"The building was created (more than) 50 years ago and has never had a full-scale renovation," Lawrence said. "The cost to date is \$129 million, and we're anticipating that the total cost will be less than \$150 million."

To save on energy expenses, a new thin-film photovoltaic roof was installed.

"There are a number of installations that have the solar array at the front, but there are very few that have a thin-film solar," Lawrence said. "It's kind of a demonstration test for us since it's the first one that we've done here."

Lawrence said that most people don't understand the complexity of the project.

"It's hard to communicate this because people just see it as a construction project," Lawrence said. "It's hard to communicate how complicated it is to do nine phases of construction, keep the place occupied, keep the heat on so cadets are reasonably comfortable during the process, do something state of the art like on the roof, use multiple general contractors to complete the job and keep it on schedule."

For the magnitude of the project, instruction manag-

er Tim Fields said that it has gone exceptionally well.

"There have been bumps along the way, but basic completion dates have been met since day one," Fields said. "In construction, it's usually common to go beyond your completion date for many reasons, but in this project, we can't delay because we've got cadets who need a place to live."

Project inspector Melvin Peppers said that cadets have been helpful in the process.

"Cadets have helped by putting up with our construction," Peppers said. "To lessen the disruption, we try to use the holidays, evenings and spring break to work."

Multiple engineering firms have been involved and collaborated well with each other.

"There's been a great deal of coordination among the cadets, the cadet wing, civil engineering, the communications squadron, our contractors and private contractors," Lawrence said. "Everybody has worked very well together to pull this off."

Fields said that some cadets have moved into finished rooms and been pleased with the renovations.

"The cadets love the new rooms," Fields said. "They include improved lighting, new tile, increased data ports and a lot of other great improvements for cadet functionality."

Lawrence said that the rooms aren't luxurious but are an upgrade in every way.

"The renovated rooms are a safer, more comfortable place that keeps the original design intent of the Academy," Lawrence said. "It's a win for everybody."



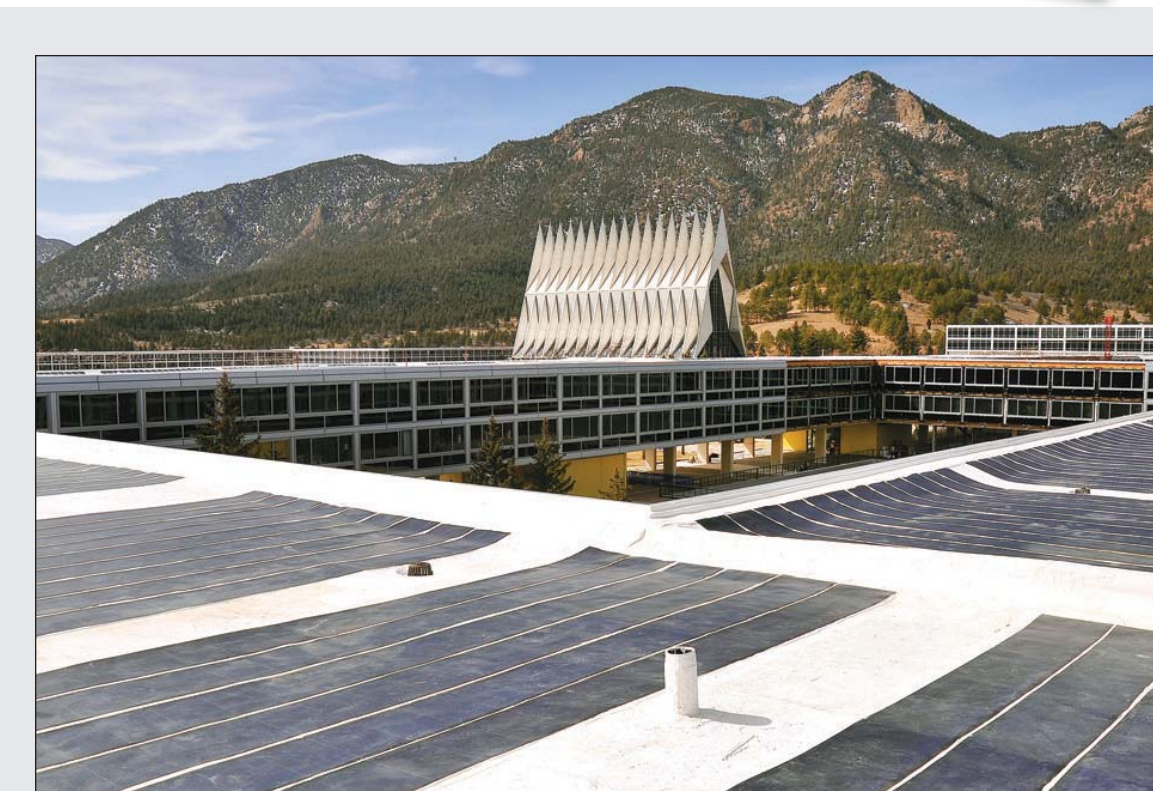
FROM TOP TO BOTTOM:

The Oasis II lounge and chaplain's room is part of the Vandenberg Hall construction project scheduled to be finished at the end of January 2013.

New and improved cadet dormitory with blast-resistant windows, a fire sprinkler system, improved lighting and increased data ports for better cadet functionality.

The construction skip (elevator), used to haul personnel and materials from floor to floor for the \$150 million renovation project.

The nine-phase project requires 150 workers on site each day to meet renovation deadlines and finish cadet dorm rooms by December.



Thin-film photovoltaic roof installed on top of Vandenberg Hall. Cost-effective technology that syncs solar energy with power provided by Colorado Springs Utilities to reduce the utility cost for the building.

Photovoltaic thin film roof facts

- "Thin film solar panels" refers to solar panels that use a much thinner level of photovoltaic material than mono-crystalline or multi-crystalline solar panels
- A cost-effective way to convert sunlight into electricity
- Supplies renewable energy
- According to the National Renewable Energy Laboratory, as of 2010, the thin-film photovoltaic cell has produced 3,700 megawatts of electricity worldwide

How it works

- The energy produced from the thin film solar panels, which is fed back into the building, is combined with the current power
- The panels don't supply enough energy to power the whole building but through electronics, are able to sync up with the power provided by Colorado Springs Utilities and reduce the utility cost for Vandenberg Hall

Wing Open

From Page 1

In another rematch from the 2011 championship round, junior Glenn Miltenberg successfully defended his 147-pound title over senior Craig Spranger. Miltenberg controlled the pace of the bout, en route to earning the Wing Open Outstanding Boxer Award. He is the seventh 147-pound boxer to earn the championships' top award - and the first since Frankie Woods in 2003.

Senior Tyrus Korecki claimed his first Wing Open title at 156 pounds, earning the easy decision over classmate Blaze Dunn. Korecki, a three-time finalist, came out focused and strong, causing several standing eight counts during the six-minute bout to take the decision and conclude his intra-wing career with a victory.

In all, seven of the nine bouts went to the judges for decision.

Senior Dan Starr picked up his third Wing Open title after taking the judges' vote from sophomore Ethan Salgado in the 139-pound contest. Senior Logan Brandt, a 2009 finalist at 185 pounds, won the hotly contested 195-pound bout over 2011 heavyweight finalist Brian Corcoran. Sophomore

Andrew Munoz, a finalist last year at 139 pounds, captured the 132-pound title by defeating two-time finalist Will Petersen. Freshman Roy Taylor withstood a fast start by sophomore Stephen Bittner to win the 125-pound decision.

The final two bouts were stopped early by the referee. Senior Casey Habluetzel repeated as the 165-pound Wing Open champion after forcing the referee to stop his bout with junior Chris Nelson in the second round. Habluetzel immediately took control of the ring and quickly landed several hard shots to Nelson, causing the official to wave off the contest with 1:18 remaining in the second round. Junior Olawale Lawal also earned an early victory, taking the heavyweight title over classmate Joseph Okai just two minutes in. Lawal, who defeated the defending Wing Open champion last week during the semi-final round, immediately connected with Okai, forcing him against the ropes and landing several hard shots before the referee stepped in.

Three bouts went uncontested, as Drew Pineda (112 pounds) and Justin Zahn (119 pounds) were unopposed and Zac Spranger (185 pounds) won by medical forfeit.

The winners form the nucleus of the Air Force squad that will compete at the regional and nation-

al competitions. The National Collegiate Boxing Association Regional Championships are March 22-24 in Reno, Nev., while the NCBA National Championships will be held here on April 5-7.

COMPLETE RESULTS

112-lbs.: Drew Pineda (Cadet Squadron 05)

119-lbs.: Justin Zahn (CS 27)

125-lbs.: Roy Taylor (CS 15) dec. Stephen Bittner (CS 15)

132-lbs.: Andrew Munoz (CS 40) dec. **Will Petersen** (CS 02)

139-lbs.: Dan Starr (CS 32) dec. **Ethan Salgado** (CS 14)

147-lbs.: Glenn Miltenberg (CS 27) dec. **Craig Spranger** (CS 18)

156-lbs.: Tyrus Korecki (CS 24) dec. **Blaze Dunn** (CS 22)

165-lbs.: Casey Habluetzel (CS 32) rsc-2 **Chris Nelson** (CS 13)

175-lbs.: Mike McLain (CS 24) dec. **Denis Vorobyov** (CS 03)

185-lbs.: Zac Spranger (CS 35)

195-lbs.: Logan Brandt (CS 18) dec. **Brian Corcoran** (CS 27)

Hywt.: Olawale Lawal (CS 13) rsc-1 **Joseph Okai** (CS 26)

Menefee dominates rings, vault

Senior Devin Menefee performs on the rings during a men's gymnastics meet between No. 11 Air Force and No. 14 Illinois on Sunday.

Menefee scored a 14.600 to win on the still rings and tied for the top spot on the vault with a career-best score of 14.700. The Air Force men's gymnastics team went on to win the meet, 337.300-332.400.

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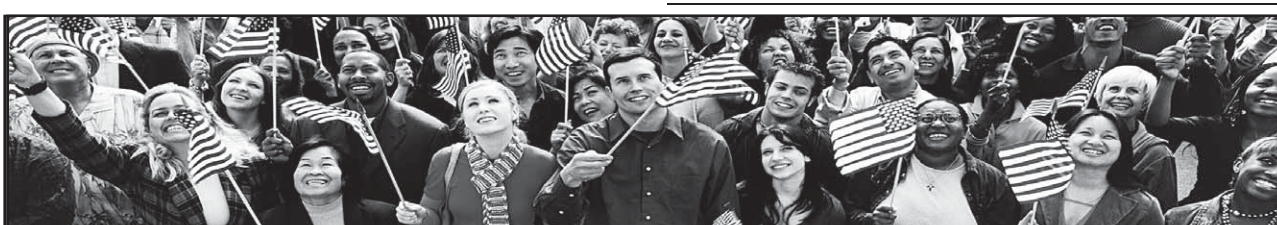
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Cadet Chapel

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.

LENT

Stations of the Cross and Lenten Suppers: March 9, 16, 23, 30 at 5:30 p.m.

Lenten Communal Reconciliation Service: March 13 at 6:30 p.m.

HOLY WEEK

Catholic Vigil of Palm Sunday: March 31 at 4:00 p.m.

Palm Sunday Mass: April 1 at 8:45 a.m.

Protestant Worship Service: April 1 at 10:15 a.m. and 11:30 a.m.

Holy Thursday Mass and Adoration: April 5 at 6:00 p.m.

Catholic Good Friday Service: April 6 at 6:00 p.m.

Holy Saturday- Easter Vigil and Mass Reception: April 7 at 7:00 p.m.

Easter Sunday- Protestant Sunrise Service- Eisenhower Golf Course: April 8 at 6:30 a.m.

Catholic Mass: April 8 at 9:00 a.m.



After-hours dental care

The Air Force Academy Dental Clinic allows cadets or Active Duty at the Academy or Peterson to contact their clinic after duty hours for dental emergencies.

If you are active duty and a dental emergency occurs while you're away from your duty station, whether you're TDY or on leave, you may seek treatment from a civilian dentist.

Although you may seek treatment from any civilian dentist for dental emergency care, it is recommended that you use a United Concordia network dentist.

To reach a dentist after hours for an emergency call 337-262-4410. To find a dentist call the Active Duty Dental Program help line at 1-866-984-ADDP (2337) or visit www.addp-uccu.com.

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.

Optometry Clinic

The Academy Optometry clinic is open to all Tricare Prime and Tricare for Life beneficiaries.

No referral is needed to make an appointment for a routine eye exam.

Services include Diabetic Eye Exams, "Red Eye" Evaluation and Cataract Evaluation.

For routine eye appointments, please call 524-CARE. For urgent care eye appointments please call 333-5144.

Government housing services

The Academy has a government housing management office located

inside the Forest City Residential Management building.

This office provides newcomer information, community housing listings, lease review, liaison for privatized housing and dispute resolution for service members both on and off base.

The office is located at 6556 West Columbine Drive in Pine Valley and can be reached at 333-2247.

Couples Weekend Getaway

The Outdoors Recreational Center will host a Couples Weekend Getaway March 3-4.

The trip will include snowmobiling, skiing and the hot springs.

The cost for the entire weekend, for two people and for a tandem snowmobile is \$585. The cost is \$660 for individual snowmobiles. Call 333-4475 to reserve your spot.

Indoor Triathlon

The Academy Fitness Center will hold an indoor triathlon March 5-7 featuring a 1/2-mile swim, a 3-mile run and a 5-mile bike ride.

The race will include five heats per day with three people per heat.

People interested in competing can sign up at the Fitness Center's front desk. For more information, contact Charlie Paul at 333-1988.

Walk 4 Life

The Fitness Center now offers "Walk 4 Life," a low-impact exercise program designed to improve cardiovascular endurance, flexibility 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.

Air Force Paralegal

Enlisted members may be eligible to re-train as a paralegal for the Judge Advocate General's Department

Minimum qualifications include a typing speed of at least 25 words per minute, a passing PT score, a minimum AQE score of 51 and no derogatory information in your records.

If you are eligible and wish to re-train, submit a retraining application, and contact your local law office manager and staff judge advocate to arrange an in-person interview.

To submit retraining applications, contact the employment section of the MPF.

For more information about the paralegal career field, contact the law office manager, Senior Master Sgt. Sharon Gray at 719-333-3642.

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.

ATM at Visitor Center

The Visitor Center now has an ATM for visitors' convenience.

Intramural volleyball

Intramural volleyball preseason has started. Service members, civilians, contractors and any family members 18 or older may sign up to join a team.

For more information, contact the Fitness Center at 333-4078.

MyWingman app for Android

The 10th Mission Support Group's "MyWingman" app has phone numbers for emergency responders, first sergeants, sexual assault prevention and response and links to social media pages.

To download the app, navigate to the Android Market and search for "MyWingman."

An iPhone version of the app will be available soon.

Eagles-Chiefs basketball

Commanders and chiefs will compete in an intramural basketball game in the Fitness Center on Wednesday, with tipoff at 11:30 a.m.

Points of contact are Col. Michael Addison at 333-0160 and Chief Master Sgt. Richard Ross at 333-3485.

deal of the day
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Puzzle solutions for 03-09-2012

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



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- Admirer
 - National security department
 - The first State
 - Fallow deer
 - Flowed over completely
 - He had a golden touch
 - Blocks
 - Muslim call to prayer
 - A fashionable hotel
 - Greek god of war
 - Rended
 - Box (abbr.)
 - Severe headache
 - Common greeting
 - Reduced to submission
 - Equally
 - Briefly hold back
 - Woman (French)
 - N'Djamena is the capital
 - Not kind
 - Times past
 - Bird of the family Cracidae
 - Metric linear unit
 - Father of Psychology Wilhelm
 - Commonly encountered
 - Swiss river
 - Heavy unglazed drapery fabric
 - Community Relations Officer (abbr.)
 - Sidewalk material

CLUES DOWN

- Protocist
- Coat with plaster
- Nocturnal birds of prey
- Airforce of Great Britain
- Before
- Communist color
- Partners with mamas
- Arabian gulf & sultanate
- Cony
- Plunder
- Make bigger
- Dress up garishly
- Gin with dry vermouth
- Opposite of LTM
- Feels ongoing dull pain
- A major division of geological time
- Unsusceptible to persuasion
- Norwegian
- playwright Henrik
- Empire State
- Ethiopia
- The man
- Officers' Training
- Corps
- Of an African desert
- Furniture with open shelves
- Yeddo
- Union general at Gettysburg
- Moons of Jupiter author Alice
- Plant that makes gum
- Acarine
- University in N. Carolina
- The quality of a given color
- WW2 female grunts
- Licenses TV stations
- They
- The 13th Hebrew letter

SUDOKU

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

Solution on page 8 Level: Advanced


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Awesome! Paper Towels 8 Rolls
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