

## Wings of Blue jumps into Rose Bowl

By Capt. Corinna Jones  
Deputy Director, Academy Public Affairs

PASADENA, Calif. — The Air Force parachute demonstration team, the Air Force Academy's Wings of Blue, jumped into the Rose Bowl as part of pregame activities during the Citi BCS National Championship Jan. 7.

Wings of Blue members dropped into the stadium of 93,000 people with the American flag, game ball and game coin as well as team flags for the Alabama Crimson Tide and Texas Longhorns, the two teams competing for the championship trophy.

"This is a once in a lifetime chance. This represents all of the work the 98th Flight Training Squadron has done up to now," said Cadet 1st Class Spencer Walker, who jumped with the Alabama flag. "This is years of work of getting our name out there, jumping and doing a good job and performing this mission like we are supposed to."

The Rose Bowl jump marks number 510 for Cadet Walker, who will attend pilot training after he graduates in May.

"I'm from Alabama and have been an Alabama fan my whole life. For them to be playing in the Rose Bowl is all the more special for me."

Other cadets chosen to jump were Cadet 1st Class Joseph Valdez, a native of Las Vegas, N.M., who carried the Texas flag; Cadet 1st Class David Leibrand, a native of Scobey, Mont., who jumped with the BCS Championship flag; and Cadet 1st Class Spencer

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Photo by Tech Sgt. Kenny Kendrick

Cadet 1st Class David Leibrand soars into the Rose Bowl in Pasadena, Calif., before the BCS National Championship game between the Alabama Crimson Tide and the Texas Longhorns Jan. 8. Cadet Leibrand, a member of the Wings of Blue Air Force Parachute Demonstration Team, is a native of Scobey, Mont.

## Academy listed among top 100 best-value colleges

By John Van Winkle  
Academy Public Affairs

The U.S. Air Force Academy was named as one of the nation's top 100 best value colleges for 2010 today by The Princeton Review.

The Best Values College List features 50 public and 50 private colleges. The Princeton Review selected these institutions as its "best value" choices for 2010 based on its surveys of administrators and students at more than 650 public and private colleges and universities.

"The Air Force Academy is proud to be named along with these other great institutions," said Brig. Gen. Dana Born, dean of the faculty. "We continue to strive to deliver a challenging and inspiring academic experience for all our students. Our faculty and staff are dedicated to preparing these young men and women to serve as 21st century officer leaders of character for our Air Force and the nation."

The Princeton Review has also recognized the

Air Force Academy's academic prowess in previous years. In Princeton Review's Annual Best Colleges book, it has named the Academy in the nation's top 1 percent of all colleges for professor availability for the past five years, as well as highlighting other Academy academic strengths such as an average class size of 20, and zero classes taught by teaching assistants.

In its profile of the Air Force Academy, the editors of the Princeton Review state that "cadets endure painfully hard academics, military instruction, and an overall strictly regimented existence. The workload is monstrous — more than the average human being could possibly complete, really. If you can make it through this four-year gauntlet, though, an Air Force diploma is an awesome credential. You will almost certainly leave here with a knack for leadership and a skill set that will impress your friends."

The selection criteria covered more than 30 factors in three areas: academics, costs of attendance, and financial aid, using the most recently reported date

from each institution for its 2008-2009 academic year.

Among that data noted by the Princeton Review is the Academy's student-faculty ratio of 9:1.

"Academically, classes are tiny, and, by all accounts, the professors here are very good and committed to students. Extra help is copious. However, the faculty is also incredibly demanding. The extensive core curriculum is grueling and heavy on science and engineering, and you'll be taking several difficult courses in a typical semester," said the report.

With the current tough economic times, families and students have serious concerns about paying for college, says Robert Franek, publisher of The Princeton Review. "Among the nearly 16,000 respondents to our 2009 "College Hopes and Worries Survey," of college applicants and parents, 85 percent said financial aid would be "very necessary" for them this year," he said. "However, there are many first-rate institutions offering outstanding academics at a relatively low cost of attendance and/or generous financial aid,

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**WEEKEND WEATHER**

**FRIDAY**  
52 23  
MOSTLY SUNNY

**SATURDAY**  
52 23  
SUNNY

**SUNDAY**  
52 20  
SUNNY

### Cyberspace Career Panel



Leaders in the cyberspace field discuss future careers with cadets.

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### New Cadet Wing Commander

The Cadet Wing's new commander almost didn't make it through BCT.

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### Bronze Star recipient

A doctor from the 10th Medical Group makes a difference in Afghanistan.

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# MLK: The meaning of the holiday

By Coretta Scott King

The Martin Luther King Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America. We commemorate as well the timeless values he taught us through his example — the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined Dr. King's character and empowered his leadership. On this holiday, we commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit.

We commemorate Dr. King's inspiring words, because his voice and his vision filled a great void in our nation, and answered our collective longing to become a country that truly lived by its noblest principles. Yet Dr. King knew that it wasn't enough just to talk the talk; he had to walk the walk for his words to be credible. And so we commemorate on this holiday the man of action, who put his life on the line for freedom and justice every day, the man who braved threats and jail and beatings and who ultimately paid the highest price to make democracy a reality for all Americans.

The King Holiday honors the life and contributions of America's greatest champion of racial justice and equality, the leader who not only dreamed of a color-blind society, but who also led a movement that achieved historic reforms to help make it a reality.

On this day we commemorate Dr. King's great dream of a vibrant, multiracial nation united in justice, peace and reconciliation; a nation that has a place at the table for children of every race and room at the inn for every needy child. We are called on this holiday, not

merely to honor, but to celebrate the values of equality, tolerance and interracial sister and brotherhood he so compellingly expressed in his great dream for America.

It is a day of interracial and intercultural cooperation and sharing. No other day of the year brings so many peoples from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood. Whether you are African-American, Hispanic or Native American, whether you are Caucasian or Asian-American, you are part of the great dream Martin Luther King, Jr. had for America. This is not a black holiday; it is a peoples' holiday. And it is the young people of all races and religions who hold the keys to the fulfillment of his dream.

We commemorate on this holiday the ecumenical leader and visionary who embraced the unity of all faiths in love and truth. And though we take patriotic pride that Dr. King was an American, on this holiday we must also commemorate the global leader who inspired nonviolent liberation movements around the world. Indeed, on this day, programs commemorating my husband's birthday are being observed in more than 100 nations.

The King Holiday celebrates Dr. King's global vision of the world house, a world whose people and nations had triumphed over poverty, racism, war and violence. The holiday celebrates his vision of ecumenical solidarity, his insistence that all faiths had something meaningful to contribute to building the beloved community.

The Holiday commemorates America's pre-eminent advocate of nonviolence — the man who taught by his example that nonviolent action is the

most powerful, revolutionary force for social change available to oppressed people in their struggles for liberation.

This holiday honors the courage of a man who endured harassment, threats and beatings, and even bombings. We commemorate the man who went to jail 29 times to achieve freedom for others, and who knew he would pay the ultimate price for his leadership, but kept on marching and protesting and organizing anyway.

Every King holiday has been a national "teach-in" on the values of nonviolence, including unconditional love, tolerance, forgiveness and reconciliation, which are so desperately-needed to unify America. It is a day of intensive education and training in Martin's philosophy and methods of nonviolent social change and conflict-reconciliation. The Holiday provides a unique opportunity to teach young people to fight evil, not people, to get in the habit of asking themselves, "what is the most loving way I can resolve this conflict?"

On the King holiday, young people learn about the power of unconditional love even for one's adversaries as a way to fight injustice and defuse violent disputes. It is a time to show them the power of forgiveness in the healing process at the interpersonal as well as international levels.

Martin Luther King, Jr. Day is not only for celebration and remembrance, education and tribute, but above all a day of service. All across America on the Holiday, his followers perform service in hospitals and shelters and prisons and wherever people need some help. It is a day of volunteering to feed the hungry, rehabilitate housing, tutoring those who can't read, mentoring at-risk youngsters,

See MLK, Page 3

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

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

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



## Character Corner To what are you loyal?

By Capt. Kari Granger

Center for Character and Leadership Development

The struggle between integrity and loyalty is older than Mitchell Hall — the ageless cadet debate, both intrinsic and shared, between turning in a classmate and thereby preserving my integrity or protecting a friend and thereby preserving my loyalty. It's easy to choose between "right" and "wrong," but choosing between two "rights" can be considerably more difficult.

I was once a cadet, but when I returned as a faculty member in 2006, I was not surprised to hear that the struggle continues, even though the same accepted solution, "you should turn the person in. It's the right thing to

do," still reigns as if it were as easy as just saying it.

We have somehow confused loyalty with being admired by our colleagues. In the end, we sacrifice our own values and standards, our integrity, in order to be seen as loyal. Although difficult to admit, the struggle comes from a pretense of wanting to "look good." Instead of being committed to the other person, we are truly only committed to not losing his or her admiration, camaraderie, and the relationship.

The real questions are, to what are you loyal, and to what do you have an unswerving allegiance? When a colleague falters and we "cover" for him, we are only being loyal to his failures. Is your unswerving allegiance to his failures or to his greatness — the ideal of who

he is capable of being?

This is not to say it is easy to be straight with people with whom you have a bond. What we must confront, though, is not loyalty per se. Instead, we must confront how readily we sacrifice our personal integrity in exchange for admiration. Until we are honest with ourselves and confront our own need for admiration, the debate between integrity and loyalty will continue. To what are you most loyal: another person's admiration for you or a commitment to who this other person can become?

**Note:** I thank Werner Erhard for his contribution to the ideas expressed in this article.



Tune into KAFA, 97.7 FM for *Character Matters*, Wednesdays at 8 a.m. and 8 p.m. Also on iTunes or [www.usafa.org](http://www.usafa.org).

## How are you involved in the local community?

"I like taking part in local festivals, enjoying community hiking trails and playing softball with my church team."



Capt. John Miller  
USAFA  
Commissioning  
Education

"I enjoy local parades, seeing what the kids are doing in school, and attending Falcon home football games."



Lisa Feldt  
Army Spouse  
(Fort Carson)

"I just moved here but anticipate getting involved with local survival programs and outdoor recreation activities."

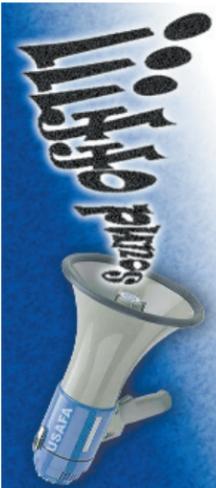


Senior Amn.  
Jason Penrod  
Academy SERE  
Specialist

"I'm a single mom and don't get out into the community much. I try to spend as much time with my daughter as possible."



Staff Sgt.  
Shawna Wheatley  
10th MDSS



# Visibility promotes health, safety

By Ken Carter  
Editor

To those willing to rise early enough before work or end an already long duty day after daylight hours with exercise in cold and darkness, we salute you.

Clearly, this type of motivation demonstrates an appreciation for fitness in improving one's quality of life. However, minus the appropriate safety accessories like reflective belts, the potential benefits could end instantly in a tragic accident.

Being seen as a jogger, cyclist, walker, etc., in darkness is ones only hope to reduce the risk of being struck by a motorist, especially if the pedestrian is crossing a street or possibly too close to a lane of moving traffic while exercising.

Academy director of safety Lt. Col. Bryan Cessna recently conducted initial research relating to the wear of reflective items. He found a study conducted by the University of Michigan Transportation Research Institute titled "Effects of Retroreflector Positioning on Nighttime Recognition of Pedestrians," which was published in 1995.

The study looked at two groups of pedestrians: those approaching a vehicle and those crossing in front of a vehicle. The study revealed that a driver's recognition distance of a pedestrian with no reflective material was 130 feet and 114 feet respectively.

A vehicle operator's recognition distance also diminishes with age. According to the study, older drivers will recognize pedestrians at closer distances than younger drivers. This likely reduces the reaction time of a driver

during a hazardous situation.

However, by simply adding a reflective belt, the numbers jumped to 314 feet (2.4 times greater distance) and 446 feet (3.9 times greater distance).

"Notice the large jump in recognition distance for someone crossing the path of the vehicle," Colonel Cessna said.

An average driver traveling at 45 mph can stop his vehicle in approximately 200 feet, the colonel said. Someone wearing a reflective belt has 100 feet to spare, but someone who is not wearing reflective material is well inside this safety margin before the driver can see him.

Colonel Cessna said that while the Air Force standard is a reflective belt or a full Air Force physical fitness uniform, adding reflective material on wrists and ankles further enhances visibility. Bicyclists should also wear reflective gear.

Colonel Cessna said that the Academy works as a single team to spread the safety message, with leaders communicating standards to their Airmen and safety personnel performing spot inspections to promote awareness.

"We highlight this topic as summer turns to fall and the days begin to get shorter," the colonel said. "Our fall and winter safety campaigns normally have a section on reflective belts, and we send out reminders to safety reps and commanders as part of the Friday update."

Not everyone on the Academy has been quick to adhere to the practice of wearing reflective gear. However, the Academy's command chief is passionate about the topic and doesn't pull any punches.



Photo by Mike Kaplan

**Even when cadets exercise in small groups, reflective wear only further enhances motorists' ability to see them. Motorists are reminded to be even more cautious during inclement weather conditions.**

"Reflective belts seem to be the topic of discussion in many different venues lately," Chief Master Sgt. Todd Salzman said. "Some of these venues even go as far as overtly questioning their worth or the rules that govern their wear. These usually come from Airmen who complain about wearing the belt and haven't yet associated it with the fact that they haven't been hit by a vehicle on a dark runway, taxiway, parking lot or tent city. The belt works — period — and we have statistics to prove it."

Chief Salzman said he has rarely been briefed on a pedestrian-vehicle collision where the victim wore reflective material.

"The exact opposite has almost always been the case," he added.

## MLK

From Page 2

consoling the broken-hearted and a thousand other projects for building the beloved community of his dream.

Dr. King once said that we all have to decide whether we "will walk in the light of creative altruism or the darkness of destructive selfishness. Life's most persistent and nagging question, he said, is 'what

are you doing for others?'" he would quote Mark 9:35, the scripture in which Jesus of Nazareth tells James and John "...whosoever will be great among you shall be your servant; and whosoever among you will be the first shall be the servant of all."

And when Martin talked about the end of his mortal life in one of his last sermons Feb. 4, 1968, in the pulpit of Ebenezer Baptist Church, even then he

lifted up the value of service as the hallmark of a full life. "I'd like somebody to mention on that day Martin Luther King, Jr. tried to give his life serving others," he said. "I want you to say on that day, that I did try in my life ... to love and serve humanity."

We call you to commemorate this Holiday by making your personal commitment to serve humanity with the vibrant spirit of unconditional love that was his

greatest strength, and which empowered all of the great victories of his leadership. And with our hearts open to this spirit of unconditional love, we can indeed achieve the Beloved Community of Martin Luther King, Jr.'s dream.

May we who follow Martin now pledge to serve humanity, promote his teachings and carry forward his legacy into the 21st century.

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# New law benefits military spouses

By Capt. Valerie Nolan  
 Assistant Staff Judge Advocate

Military spouses received a Veterans Day present this year when the Military Spouses Residency Relief Act became law. This new legislation contains two provisions that allow spouses of active duty military members to maintain their state of residency as they move with their family.

To help understand how the new law benefits military families, we first need to examine how the law treated a military spouse's residence prior to the new legislation. Previously, the majority of states required a spouse to vote and pay residential taxes in the state where they were domiciled. Domicile was established when a spouse lived in a state and had the intent to remain. Intent to remain was satisfied if a spouse did not plan to move in the immediate future. Under this structure, the state of domicile, and therefore the voting and tax residency, of a spouse changed with every permanent change of station.

Military members, unlike their spouses, could maintain their voting and tax residency under the Servicemembers Civil Relief Act. The new law amends SCRA by implementing two provisions providing spouses with protections similar to those of servicemembers.

The first provision of the new legislation protects a spouse's residency for

voting purposes. This provision declares that civilian spouses who leave their state of residence to accompany an active-duty spouse moving because of military orders does not lose or gain residence solely because of the move. For example, if a military member who is a resident of Texas received PCS orders from Texas to Colorado, his spouse, who is also a Texas resident, may now maintain her Texas voting residence even if she no longer owns or rents a home in Texas. While this provision allows a spouse to maintain residency in a state in which he or she resided in 2009, it does not allow a spouse to reach back and reclaim residential status in a state in which the spouse lived in prior to 2009.

The second provision of the new law provides similar protections for tax residency. Under this provision, a spouse does not lose or gain a residence or domicile because they moved to be with their active duty spouse. However, in order to use this protection, both spouses must have the same state of residence. Using our earlier example, because both members of the family are Texas residents before the PCS to Colorado, both can maintain their Texas residency for tax purposes because the reason for their move was a PCS.

This provision provides an additional protection by declaring that any service income paid to a spouse may only be considered income by the state where the

spouse has residency or domicile. Thus, after the PCS to Colorado, any service income earned by the spouse in Colorado is not subject to Colorado income tax. Just like the first provision, spouses cannot use the law to reclaim residency for states in which they lived prior to 2009.

This new law is effective for 2009, and qualifying spouses may obtain refunds of state income tax withheld by their local employers during 2009. This is very new legislation and states are still figuring out how to implement it.

The tax assistance program volunteers on the Air Force Academy will be trained in the new laws, but there is no guarantee that off-the-shelf tax assistance programs or other tax preparers will be familiar with how the laws protect military families. Please speak with your tax professional and ensure that they are aware of the changes and how they may affect your taxes.

For more information about the new law, please come to legal assistance Tuesdays from 8:30 to 9:30 a.m. or Thursdays from noon to 1 p.m. Also, the Tax Center can handle questions about this new law during tax preparation sessions. It opens the last week of January; appointments may be made by calling 333-3905.

**Editor's Note:** This article is for informational purposes and is not intended to constitute legal advice or counsel.

## AF pilot MIA from Vietnam War identified

Department of Defense News Service

The Department of Defense POW/Missing Personnel Office announced today that the remains of a U.S. serviceman, missing in action from the Vietnam War, have been identified and will be returned to his family for burial.

Maj. Russell C. Goodman of Salt Lake City, Utah, will be honored this week at Nellis Air Force Base, Nev., home of the U.S. Air Force Thunderbird demonstration team.

At the time of his loss, Major Goodman was assigned to the Thunderbirds and was flying with the U.S. Navy on an exchange program.

Major Goodman and Navy Lt. Gary L. Thornton took off in their F-4B Phantom from the USS Enterprise Feb. 20, 1967, for a bombing mission against a railroad yard in Thanh Hoa Province, North Vietnam. They were struck by enemy antiaircraft fire, and their plane exploded. Lieutenant Thornton ejected at just 250 feet altitude, but Major Goodman did not escape. Lieutenant Thornton survived and was held captive until his release in 1973.

Search and rescue attempts were curtailed because of heavy anti-aircraft and automatic weapons fire in the area of the crash.

Between October 1993 and March 2008, joint U.S.-Vietnamese teams led by the Joint POW/MIA Accounting Command, or JPAC, investigated the crash site twice and conducted two excavations, recovering human remains and pilot equipment. The aircraft debris recovered correlates with the type of aircraft the men were flying.

Among other forensic identification tools and circumstantial evidence, scientists from JPAC and the Armed Forces DNA Identification Laboratory also used mitochondrial DNA — which matched two of his maternal relatives — in the identification of Goodman's remains.

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# Cyberspace leaders hold career panel

By Staff Sgt. Don Branum  
Academy Public Affairs

Senior officers with Air Force Space Command and 24th Air Force held a space and cyberspace career panel in Fairchild Hall's F-1 Auditorium here Monday.

The panel gave cadets in attendance a chance to ask the panelists questions about the future of space and cyberspace and how their future careers might fit into the recently reorganized cyberspace operations Air Force specialties.

Panelists included Maj. Gen. Richard Webber, commander of 24th Air Force; Brig. Gen. Dana Born, dean of the faculty here; Col. Karen Cleary, director of intelligence for AFSPC; Col. Thomas French from Space Command's intelligence directorate; Col. Theresa Giorlando, commander of the 689th Combat Communications Wing at Robins Air Force Base, Ga.; Col. Robert Skinner, commander of the 688th Information Operations Wing at Lackland AFB, Texas; and Army Col. Burt Biebuyck from the Joint Task Force - Global Network Operations center in Arlington, Va. Brig. Gen. Dave Warner, AFSPC's chief information officer and director of information and communications, was among the audience.

"We need folks with technical backgrounds who can take those backgrounds and put them to use," General Warner said. "Information is operations, and operations take place at every

base every day. No matter what the mission is, the mission can't get done without the network. Know the network — how to protect it, how to defend it and how to deliver capabilities through it."

Cyberspace experts cannot be focused on the network for its own sake, General Webber said. Instead, they must think of cyberspace as a weapon system or a means of providing a capability.

"Our job isn't about the network," he explained. "It's about the mission. Our focus must be on supporting the mission, and the first time we say 'We have to protect the network,' we lose our credibility."

Because cyberspace is a weapon system, everyone with access to military networks must act accordingly, Colonel Cleary said.

"Each of us is a cyber warrior, as our commander, Gen. Robert Kehler, reminds us every day," she said. "There are people out there doing bad things on the 'Net every day that we have to defend against."

One cadet in the audience asked about the acquisitions process for the cyberspace mission. Colonel Skinner responded and illustrated a multi-layered process that covers timelines ranging from years to weeks.

"We have a senior airman (in the 688th) who is out there developing tools on a daily basis from a defensive and network operations capability," Colonel Skinner said. More traditional acquisition processes look at what cyberspace



Photo by Mike Kaplan

Lt. Col. Donald Lewis speaks with Cadets 1st Class Lucy McMinn and Julie Song following a cyberspace career panel here. Colonel Lewis is commander of the 690th Network Services Squadron at Vandenberg Air Force Base, Calif. Cadets McMinn and Song are assigned to Cadet Squadrons 01 and 13.

operators will need in six months, nine month or one to two years.

"We have different acquisition processes for different timeframes," Colonel Skinner said. "We may need tools in hours or days, depending on the tool, and that tool may not be usable again because once we use it, enemies will have an understanding of what the tool can do."

Another cadet asked about international law and how it applies to cyberspace. Colonel French fielded the

question.

"We've studied that and run through the political wickets," Colonel French said. "Before the Joint Forces Component Command - Network Warfare can conduct any operation, a 26-member task force addresses it from a policy standpoint (and) a legal standpoint ... it has to be queued up. This may be one of the ways in which the new 'cyber czar' may come into play with regard to whether a request gets to the

See CYBERPANEL, Page 7

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# College

From Page 1

including some that may surprise applicants.”

The financial aspects of attending a service academy were also noted in the Princeton Review's summary of the Air Force Academy.

“While life inside and outside the classroom at the Air Force Academy is a monumental challenge, the financial aspects are downright cushy. It doesn't cost a dime to attend. Tuition, which the Academy estimates to be worth a few hundred thousand dollars, is entirely free. Room and board is free. You get free medical and dental care. You'll be issued a personal computer. You even get a nominal monthly stipend,” said the report.

Among the other 99 colleges on the Best Values Colleges list are the U.S. Military Academy, U.S. Naval Academy, U.S. Coast Guard Academy, and U.S. Merchant Marine Academy. In Colorado, only the Air Force Academy and University of Colorado-Boulder made this year's list. For more on the best values college list, go to: [www.usatoday.com/news/education/best-value-colleges.htm](http://www.usatoday.com/news/education/best-value-colleges.htm)



Photos by Staff Sgt. Don Branum

## Up, up and away!

Cadet 2nd Class Gray Thompson, Cadet 3rd Class Jordan Wittman and Cadet 4th Class Shane Bruski secure a payload to a weather balloon Sunday. The cadets are assigned to Cadet Squadrons 07, 30 and 32, respectively. The weather balloon was launched from the Stillman Parade Field.

# WOB

From Page 1

Schardein, a native of Louisville, Ky., who jumped with the game ball and coin.

“You work hard throughout your Wings of Blue career and to be chosen to jump into this high visibility game of more than 93,000 people is pretty humbling,” said Cadet Valdez. “It's an honor to represent the Air Force at this game.”

The Rose Bowl jump marks 621 for Cadet Valdez, who attended the U.S. Air Force Academy Prep School, graduates in May and will also attend pilot training.

The Wings of Blue jump team is the Air Force's official parachute demonstration team and comprises 115 people including cadets, active-duty servicemembers, Reservists and civilians. However, only 18 people represented the Air Force at the Rose Bowl. Four of the six who

jumped were cadets.

The Wings of Blue, now the Air Force Parachute Demonstration Team, began as a cadet parachuting program in 1963 when interested cadets formed a recreational club. The basic Academy course evolved from that original club into today's program. The objectives of the parachute program are threefold: train cadets in basic free-fall parachuting, represent the Academy at competitions and demon-

strations and provide a leadership laboratory and motivational experience for cadets.

“The USAFA parachute program is a leadership lab for building leaders of character,” said Lt. Col. Aldru Aaron, 98th Flying Training Squadron commander. “This demonstration allows us to combine the finest aspects of aircrew, training, jumpers and discipline in order to show the Air Force's capability to the world.”

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# Assessment team of 30 deployed to Haiti

## U.S. Southern Command Public Affairs

MIAMI (AFNS) — U.S. Southern Command officials here deployed a team of 30 people to Haiti to support U.S. relief efforts in the aftermath of the Tuesday 7.0 magnitude earthquake.

The team, which includes U.S. military engineers, operational planners, and a command and control group and communication specialists, arrived in Haiti Jan. 13 on two Air Force C-130 Hercules aircraft.

The team will work with U.S. Embassy personnel as well as Haitian, United Nations and international offi-

cial to assess the situation and facilitate follow on U.S. military support.

Other immediate response activities include;

— At first light Jan. 13, a U.S. Coast Guard helicopter evacuated four critically injured U.S. Embassy staff to the Naval Station Guantanamo, Cuba, hospital for further treatment.

— Elements of the Air Force 1st Special Operations Wing deployed Jan. 13 to the international airport at Port au Prince, Haiti, to provide air traffic control capability and airfield operations.

— A Navy P-3 Orion aircraft from

the Forward Operating Location at Comalapa, El Salvador, took off early Jan. 13 to conduct an aerial reconnaissance of the area affected by the earthquake.

— The Navy aircraft carrier USS Carl Vinson is under way and arrived off the coast of Haiti Thursday. Additional Navy ships are under way to Haiti.

SOUTHCOM officials are closely monitoring the situation and is working with the U.S. State Department, United States Agency for International Development and the Office of U.S. Foreign Disaster Assistance and other national and international agencies to

determine how to best respond to this crisis.

Since 2005, the SOUTHCOM has led U.S. military support to 14 major relief missions, including assistance to Haiti in September 2008. During that mission, U.S. military forces from the USS Kearsarge and other units airlifted 3.3 million pounds of aid to communities that were devastated by a succession of major storms.

“Our thoughts and prayers are with the Haitian people and all those affected by this devastating earthquake,” said Army Col. James Marshall, the command spokesman for SOUTHCOM.

## Cyberpanel

From Page 5

president to make a final decision.”

This led to a question from a third cadet, who asked how the Posse Comitatus Act — the law that prevents the military from acting against U.S. citizens — affects cyberspace operations. The Department of Defense works with law enforcement and other government agencies in cases where American citizens are suspected of acting against the United States in cyberspace, Colonel Biebuyck said.

“It’s not a uniformed or (U.S. Code) Title 10 response,” the colonel said. “Cyberwarfare is a multi-agency area. Accomplishing the cyberspace mission is all about working with agency partners for legal

authority, national policy and diplomatic authority.”

Twenty-fourth Air Force is postured so that senior leaders within the numbered air force have quick access to information from a variety of sources.

“I have 24-hour (Office of Special Investigation) support, so if I need law enforcement information, it’s there,” General Webber said. “We have Title 50 intelligence officers working right alongside Title 10 folks.” In addition, the National Guard has established combat communications and organized them by region so that they can quickly fix infrastructure in the wake of a natural disaster or terrorist incident.

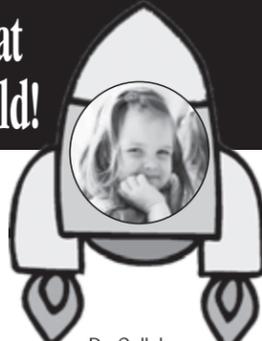
The panelists thanked the cadets for their questions, and each cadet who asked a question received a coin from General Warner. The general encour-

aged cadets in the audience to “Study, study, study,” and several panelists pointed out that cyberspace operations would touch cadets’ careers in some way, even if the cadets went into non-cyberspace career fields.

At the Academy, cadets can learn more about cyberspace not only through the curriculum but also through a cyberwarfare club and through research opportunities in the Center for Cyberspace Research, General Born said.

“Cyberspace is not just about the technology,” she said. “There’s a political aspect to it, and there’s an ethical aspect to it. We work toward developing the knowledge, skills and responsibilities that we know the Air Force will need but that we can’t predict.”

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# New Cadet Wing commander glad he stayed



By Ann Patton  
Academy Spirit staff

Cadet 1st Class Andrew VanTimmeren took the helm as the Academy's newest Cadet Wing commander Jan. 5, but he almost didn't stay past his second day of Basic Cadet Training.

Cadet VanTimmeren, then a basic cadet, was ready to pack it in and head home until a chaplain challenged him that if he left then, he would accomplish nothing.

"I found my niche in Basic and as a four-degree," the member of Cadet Squadron 12 said. "I'm so happy I didn't leave."

Cadet Wing commander candidates undergo a series of interviews, first at the squadron level and subsequently at the group and wing levels.

On the job only a week, Cadet VanTimmeren pays daily morning visits to squadrons, sits on the cadet pay and standards and evaluation boards and coordinates with the dean of the faculty, commandant of cadets and athletic director, among other responsibilities.

"It's an exciting opportunity no matter who you are," he said.

Cadet VanTimmeren said he believes good leaders care about their people, know everyone's job and are approachable. He also stressed they continue to better themselves.

"We have to practice here," he said. "Good leaders want to practice and improve themselves."

He added good leaders don't lose sight of where they came from as well and that leadership is a continuing process.

"A stagnant Academy is a repressed Academy," he said.

Cadet VanTimmeren said he favors a servant kind of leadership and that he is in the position to serve.

"Self-centered leadership is toxic leadership," he said. "I will do anything I can do for the people."

So far, he has received positive feedback from other cadets in his new leadership role, though there has been some negative feedback as well.

"I'm something of a hardball," he explained. "I'm more stringent and by-the-book."

One example is that three-degrees are not allowed to wear a star on their shoulder boards.

"It's in the book," he said.

After graduation with a major in political science, "V.T.," as his friends call him, is headed to pilot training. Until then, Cadet VanTimmeren said he wants to focus on creating more institutional pride and giving cadets more leadership opportunities, even at the lowest level.

"I want to empower our people," he said.

He also wants to make character and leadership seminars as applicable as possible, at the Academy and after graduation.

He also stressed the value of learning from history, pointing to the upcoming National Character and Leadership Symposium, which is scheduled to take place Feb. 18-19. The guest speakers, as well as air officers commanding and Academy military training NCOs, all have stories to tell.

"Not to listen to them would be a huge loss," he added. "Everybody needs to learn from others around them."

The biggest challenge cadets face on a daily basis is time management, the Michigan resident believes.

Cadet VanTimmeren has advice for arriving Basic Cadets this summer.

"Get ready for the greatest experiences of your life," he said and added, "You will have good and bad days, but you will do things you would have not thought possible."

Photo by Ann Patton  
Cadet 1st Class Andrew VanTimmeren stands at attention during the Cadet Wing's noon meal formation Monday. Cadet VanTimmeren succeeded Cadet 1st Class Nathan Dial in a change-of-command ceremony in Mitchell Hall Jan. 5.

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# Cadet trades combat boots for high heels and a crown

By Ann Patton  
Academy Spirit staff

A member of Cadet Squadron 34 has spread her wings and ventured beyond the Academy to the world of pageants and, in doing so, claimed a national title.

Cadet 3rd Class Katherine Dials was named Miss American Teen for the National Miss American Coed Pageants and picked up her crown over Thanksgiving break at Disney World in Orlando, Fla.

"I went with no aspirations to win," she said. "It is just icing on the cake."

She laughed and added, "I went from combat boots to high heels."

The 25-year-old pageant organization focuses on helping each girl develop poise, self-confidence and the ability to express herself—plus indulge in some pageant glamour.

Cadet Dials had competed in the coed pageant a little more than two years ago with smaller wins. The decision to enter once again was a journey of self exploration. To qualify, she first won the state title for Delaware.

"I struggled to find myself in high school, and I have struggled as a three degree," she said. "You go there to grow as a person."

She competed in interview, introductions and evening-wear competitions.

Sharpening her public speaking skills in pageant competitions, she feels, has broadened skills she uses as a cadet and will use as an officer.

"It has made introductions incredibly easy and easy to just stand up in front of people," she said and added public speaking is a skill many need to acquire but remain fearful about.

"It's such a valuable skill many people lack, but it's something I love to do," she said.

The daughter of a West Point graduate is a pre-med and economics major with a dream to become a doctor.

"Sometimes a profession just falls on you," she said.

Now certified as an Emergency Medical Technician, she is also on the dean's and commandant's lists, a regular participant in Catholic Chapel activities and is heading up the 2012 ring dance, among other Academy activities.

A secondary career goal would be to teach college-

level economics.

Now hailing officially from Indiana, Cadet Dials is proud to represent the Academy. Not only did she emphasize her life on the Hill during the introduction competition, she has encouraged other contestants to consider a military career and will travel as time allows to pageant events around the country during the next year both as a queen and as a cadet.

This month Cadet Dials will travel to Texas, Florida and the Miss America pageant in Las Vegas, Nev. Her only obligation to the pageant is to crown her successor in November.

She admitted she lacked singing or dancing skills during a talent competition, but pageant officials put her Academy training to good use nonetheless.

Cadet Dials, in 4-inch heels, leggings and a dress, performed 20 push-ups for the audience.

She has made many close friendships with other contestants, a major plus for entering the pageant in the first place, and she is in regular contact with them.

"They are women with character, poise and drive," she said. "Their dream is to go to college and be their best," she said.

"They are women with differences, and differences are their strength," she said. "It's not about me. It's about meeting with other girls, and they are made for more than just staying on the sidelines."

The pageant focuses not on putting the spotlight on drop-dead beauty but to build self-esteem, team work and personal development.

In light of a 3.6 grade point average at the Academy, it is hard to imagine the same young girl who didn't learn to read until she was in the fourth grade. Dyslexia plagued her learning, but the future cadet didn't let it slow her down. Instead, she developed personal ways to overcome the dyslexia.

"It was often very hard, but it was both my greatest attribute and my greatest weakness," she said.

Cadet Dials enjoys being a girl and doing girl things.

"It's hard to be in uniform all the time," she said with a smile.

She is sensitive to some issues of female cadets.

"Being different doesn't mean I can't dress up in an evening gown," she said. "Coming here doesn't mean I'm a guy. It's a common misconception that female cadets are not really girls."



Photo courtesy of Cadet 3rd Class Katie Dials

**Cadet 3rd Class Katie Dials poses for a photograph during a shoot Nov. 28, 2009. Cadet Dials, an Indiana native assigned to Cadet Squadron 34, was named Miss American Teen 2010 by the National Miss American Coed Pageants.**

Maj. Tracy Smith, air officer commanding for Cadet Dials' squadron, describes her in two words: determined and energized.

"Katie has set some big goals for herself and is taking advantage of opportunities at the Academy to reach them," she said.

As for energy, Major Smith said when Cadet Dials is doing something she really enjoys, her positive attitude rubs off.

Cadet Dials has earned the respect of others as well.

"When you see her interacting in the squadron you usually see her and her classmates joking and laughing together," Major Smith said.

The pageant has been a positive experience for her in terms of cadet life.

"While it will take up more of her time, it boosts her confidence and provides her a positive distraction that will help her focus more on academics/military when she needs to," Major Smith said.

# Cadets learn Indian culture during holidays

By Butch Wehry  
Academy Spirit staff

As most Americans were eyeing mistletoe, Capt. Nilesh Christian and a handful of cadets spent Christmas doing volunteer work at India's Webb Memorial Girls' Hostel.

They left the Academy Dec. 21, 2009, and arrived in Mumbai to tour the city and sample the busy life in a major commercial capital before traveling to the old Hogul city of Agra and visiting the Taj Mahal.

Christmas found them at Vadpdara, working at the hostel, then meeting with and living with a local sponsor, immersed in Indian culture, society, student life, language and religion.

They celebrated the new year at Goa, the former Portuguese colony, before heading back to the Academy Sunday.

The winter break trip introduced cadets to the Indian culture and helped them to learn, understand and value that part of the world.

"This project was designed to greatly enhance cadets' knowledge and understanding of today's Indian society, culture, and religion," Captain Christian said. "It gave them immense exposures to many languages spoken in India, but primarily Hindi and Gujarati. The cadets involved visited the state of Gujarat and a few historic places."

They met and lived with local college students and improve their understanding of the culture and today's society by first-hand experience.

"The cadets involved learned to appreciate the value of India, the largest democracy in the world, preparing themselves and the Air Force for the future emergence of India as an impor-

tant global political and economic power," said the Academy chemistry instructor, who was born and raised in this part of the world and speaks several area languages.

"I also have extensive knowledge and experience with the local society, culture and people. I have personal contacts and relationships with many people in the state of Gujarat and throughout India," the captain said. "Because of these relationships, it was possible to set up groups of students from the local community who sponsored cadets in their homes for a week. Each cadet will be assigned to an Indian student of same age and gender."

The captain kept in close contact with all cadets and their sponsors. Each cadet had to provide an end-of-day report and keep a diary of their daily experiences, and each cadet received a personal local cell phone to keep in regular contact and in case of emer-

gency. Captain Christian said he spent a day with cadets' sponsors to check their status and help them understand local perspectives.

All of the places visited during this trip were popular tourist destinations, and there were no specific threats to U.S. citizens or interests.

"The Air Force is becoming an increasingly international expeditionary Air Force where foresight and the understanding of a broad base of cultures and languages becomes an indispensable asset to the success of the mission," the captain said. "The political environment in which we work and fight requires military personnel to prepare culturally and linguistically in strategic areas long before the threat arrives and the time for preparation passes. India, with the world's second largest population, speaks a dialect which will soon become the most spoken language in the world."

# 10th MDG Airman to receive Bronze Star

By Butch Wehry  
Academy Spirit staff

An Academy medic with the 10th Medical Group will receive a Bronze Star medal at a 10th Air Base Wing commander's call scheduled for Jan. 26 at 2 p.m. in the Arnold Hall Theater.

Lt. Col. Montserrat Edie-Korleski managed medical contingency plans such as mass casualty and personnel accountability plans while deployed to Afghanistan from January to June 2009.

Colonel Edie-Korleski also directed international medical mentorship and training programs to train Afghan medics of all specialties. She is currently stationed at Fort Carson, where she is director of the Colorado Springs Multi-Service Market Office.

The daughter of an Air Force father and Spanish mother, she was born on Zaragoza Air Base, Spain, and now calls Colorado Springs home.

One program she worked with is an effort led by U.S., Egyptian and Korean hospitals, all located at Bagram Air Field, Afghanistan. The program, created specifically for civilian Afghan doctors, focuses on primary care for subjects such as decreasing infant mortality and malnutrition as well as improving women's health and sanitation methods.

Another program is for the Afghan military medical personnel: a trauma-based program, that is much-needed because they are the ones directly engaged in the day-to-day combat missions. The objective of both training courses is to give medical professionals tools to train other medical personnel once they return to their native provinces or military installations, Colonel Edie-Korleski said.

"Overall, these programs empower Afghans to improve their own health care system with the sense of ownership. In my personal opinion, this is a key ingredient for a healthy and successful development of one's own country," she said.

Bagram Air Field is the only place in Afghanistan where health care professionals can get this unique coalition training, the colonel said. The programs were very successful and popular — so much so that doctors travel from regions where security is precarious in order to help their own people improve their health and encourage others to participate despite the danger that surrounds their everyday lives.

"We — everyone at home included — contribute to the improvement of the Afghan people's lives," she said. "Every little contribution helps; and yes, your wonderful boxes of 'goodies' contributed by uplifting our morale, which in turn



Courtesy Photos

**Lt. Col. Montserrat Edie-Korleski works alongside Army medics to treat a child in Afghanistan. Colonel Edie-Korleski earned a Bronze Star medal for her actions while deployed to Afghanistan from January to June 2009. She is the director of the Colorado Springs Multi-Service Market Office at Fort Carson, Colo., and is assigned to the Academy's 10th Medical Group.**

helped us accomplish our stressful mission and gave us the sense of well-being knowing that we were equally cared for by our own back home."

Colonel Edie-Korleski's guidance allowed one of the busiest hospitals in the country to flourish and expand the area of outpatient care, operating room and intensive care units.

"It was done thanks to the diligent professional medical staff of our coalition hospitals," she said. "Most of the credit goes to those who sacrificed their lives to providing care for the people in need. The docs, nurses, medical technicians, medical logisticians, medical ancillaries, medical admin and the wonderful translators staff did all of the work to make this program work."

She was instrumental in getting \$120,000 for the startup and maintenance of the medical mentorship and training programs.

"It gave us hope that the program would be sustainable and that the Afghan doctors would have tools for training other medical professionals in their respective provinces," she said.

She gave precious time to the Provincial Reconstruction Team's book about medics training, medical and recruitment for local doctors. The Bronze Star's narrative notes that her assessment was critical feedback on IMMTP effectiveness and training program reliability.

"Unfortunately, I left before I could assess the full results," the colonel said.

She also went to a Village Medical Outreach in Jirab, Kapisa Province, where 300 people were cared for. There, medics mainly saw pediatric cases of malnutrition and upper respiratory infections. Other medical conditions included high incidence of child mortality, infections of all types, hypertension she said.

Her work attracted six physicians from Konar and nine from Kapisa and Parwan provinces. The Afghan press, along with the coalition press, did many spots on the program, which generated a lot of interest from provinces near Bagram.

She played a key role in over-



seeing and directing a \$1.7-million budget for an Egyptian hospital to support deliver of care to more than 245,000 patients, including more than 800 inpatients, and using \$225,000 in medical supply orders.

Providers face many of the same security threats that coalition forces must confront daily.

"Many women providers experience death threats from their own family members, neighbors and villagers," she added.

She personally helped physicians treat and dispense medicine and deliver food, clothing, blankets and hygiene items while deployed.

"Convoying in and out of one-way roads in the mountain villages is always dangerous," the colonel said. "I was fortunate to serve with a wonderful and valiant group of U.S. military servicemembers, along with the French contingency of medics and Afghan (servicemembers) and translators, who protected every step I took. I never felt threatened during our clinic in the village — those Soldiers, Airmen and Marines made me feel like I had angels around me. I also relied on my military training: I didn't take anything for granted, and I never placed myself or my team in a precarious situation."

The colonel translated medical records from wounded soldiers coming from forward operating bases,

saving operating room time, unnecessary treatment and valuable time to save patient's lives.

She said she's always been interested in learning and teaching, adding that her husband, Daniel Korleski, and her mother, Montserrat Edie, think of her as "driven."

"Both my grandmothers influenced my father and mother, who in turn influenced me," she said. "My American grandmother taught me to be financially independent. My father taught me ethics of work. My Spanish grandmother taught my mother to respect and care for people regardless of their condition, and in turn, my mother has taught me to serve others."

"My husband has also been a great influence," she continued. "His dedication and respect for my profession with all its sacrifices has taught me to support and balance his career decisions without placing my own above his and vice-versa."

Colonel Edie-Korleski, who holds a doctorate in training and development from North Texas University, said her Afghanistan deployment has changed her "in ways I can't even explain."

"I feel very proud of the men and women who serve, and I have great respect for the Afghans who want to change and help their people out of the misery they live in today," she said.

# Lamoureux scores two in 2-2 tie with UConn



Photo by Mike Kaplan

Air Force junior forward Jacques Lamoureux moves the puck downfield during the Falcons' match against the Huskies at the Cadet Ice Arena Saturday. Lamoureux scored both goals in the 2-2 tie with UConn, including the game-tying goal with 1:40 left in regulation.

By Dave Toller  
Athletic Media Communications

Jacques Lamoureux scored with 1:40 left in the third period, his second goal of the game, as Air Force and UConn skated to a 2-2 overtime tie, in an Atlantic Hockey Association game, Saturday night, at the Academy's Cadet Ice Arena.

Air Force fell into a tie for second place in the AHA as the Falcons' record stands at 9-8-5 overall and 9-4-5 in the AHA. UConn stands at 2-15-3 overall and 2-10-3. Mercyhurst moved into sole possession of first place, one point ahead of Air Force and RIT.

Air Force opened the scoring at 14:25 on the power play. Jeff Hajner took a wrister from the left circle and Jacques Lamoureux put back the rebound for his 12th goal of the season. Derrick Burnett also assisted on the play. But, with 1:57 left in the period, UConn scored on the power play. Jim Gallagher took a pass from Marcello Ranallo in the right circle. Andrew Volkening stopped the first two shots, but Gallagher punched in the third one to tie the score at 1-1.

The Falcons dominated the first five minutes of the second period, out-shooting the Huskies, 12-0. However, just after the flurry ended, Falcons Derrick Burnett and Brett Nylander were called for penalties, giving UConn a 5-on-3 for 1:24. The Huskies capitalized as Alex Gerke took a slap shot from the right point that beat Volkening high over the stick side. Air Force outshot UConn, 24-5, in the second period, but trailed 2-1 after two periods.

The Huskies held that one-goal lead until late in the game. With just under two minutes left, Scott Mathis collected a puck in the neutral zone, skated over the blue line and fired a shot that bounced hard off the back wall and came out on the right side. Lamoureux took a shot from the half wall that went through traffic and under the pad of goaltender Garrett Bartus to tie the game with 1:40 remaining. A penalty called on Sean Ambrosie with 1:27 left, gave the Falcons a power play that carried over into overtime. However, Bartus made numerous saves, including one on Scott Kozlak at point blank range with 35 seconds left in overtime.

Air Force outshot UConn, 59-24. The Falcons held a 24-5 advantage in the second period and 14-5 in the third period. AFA had three shots in overtime and UConn had two. AFA was 1-for-10 on the power play while UConn was 2-for-5. Bartus made a school-record 57 saves.

"We didn't start out very well," head coach Frank Serratore said. "We have to play a full 60-minute game. We played with some frustration tonight. We really didn't take the game over until we scored late in the third and then we had them on their heels. Then we go on the power play and the table was set for us to get it done. But our power play was 10 percent tonight and that is not good enough. We go to Bentley next week and we'll see if we have made any progress. It will be a war."

The Falcons travel to Waltham, Mass., for a two-game series with Bentley, today and Saturday, at the John A. Ryan Center.

# Denver sinks AF men's, women's swimmers

From Athletic Communications

The Air Force men's and women's swimming and diving teams opened the 2010 spring semester on the road with a non-conference dual meet Saturday afternoon at El Pomar Natatorium.

The men fell to the host Pioneers, 129-97, while the women dropped a 143-77 decision against Denver.

For the men, Robert Dawson gave the Falcons their first win of the day, capturing the 50 freestyle in a time of 21.32 seconds, while Benjamin Gunn took third in the event. Dawson also added a second-place finish in the 100 freestyle, clocking a time of 47.14.

Gunn registered a top finish of his own, winning the 100 backstroke with a mark of 52.20. Meanwhile, Josh Hammervold led a 1-2 Falcon finish in the 100 breaststroke, winning the event with a time of 57.86, followed by teammate Cody Deaconin second place with a mark of 58.28.

Corydon Butler registered a pair of second-place finishes in the 500 and 1000 freestyle races, while senior Sean O'Keefe took third in both races. Also



Photos by Charles Broshous

Falcon Corydon Butler competes in the men's 1,000 Yard Freestyle Saturday versus the University of Denver at the El Pomar Natatorium. The Pioneers won the dual meet.

earning top-three finishes for the men's swimmers were Jake Stronko in the 200 free, J.H. Vivadelli in the 400 IM and Nate Roesler in the 100 butterfly.

Beau Riebe scored a pair of top-three showings for the Air Force divers, placing second at 1-meter and taking third on the 3-meter board. Meanwhile, David Arlington captured second place at 3-meters, while Kyle Van Valkenburg placed third at 1-meter.

On the women's side, diver Chelsea Tompkins was the top performer, placing first in both springboard events. She registered a season-best 211.72 on the 1-meter board, while recording a score of 207.00 at 3-meters.

Cassie Fletcher posted a pair of top-three finishes, taking second place in the 100 freestyle with a mark of 53.64, while placing third in the 50 free in a time of 24.71. In addition, Katharine Ernst registered a second-place showing in the 100



Falcon Beau Riebe competes in the men's 3-meter diving event versus the University of Denver.

fly, clocking in at 1:00.24.

The Falcons return to action Saturday, with a road dual meet at conference rival UNLV.

## Baseball

Air Force designated hitter/first baseman Matt Alexander was named to the Ping! Baseball 2010 Preseason All-American Team. Alexander, who batted .383 with 15 home runs and 65 RBIs last season, was named third-team All-American as a designated hitter. One of the top hitters in the Mountain West Conference last year, Alexander led the

conference in RBIs and was second in home runs and slugging percentage (.710). In 2009, he was a First Team Pro-Line NCBWA All-American and one of 16 semifinalists for the Dick Howser Trophy, given to the nation's top collegiate player (one of two players from the MWC, joining Howser Trophy winner Stephen Strasburg of San Diego State).

## Lamoureux named College Male Athlete of the Year

Air Force hockey player Jacques Lamoureux was named the 2009 College Male Athlete of the Year by the Colorado Sports Hall of Fame and will be honored at a banquet at the Denver Marriott City Center Hotel on April 20.

Lamoureux led the nation with 33

goals, 15 power-play goals and nine game-winning goals as a sophomore. Lamoureux was also a first-team InsideCollegeHockey.com (INCH) All-American, a second-team RBK/Coaches All-American, the Atlantic Hockey Association player of the year, first-team all-AHA and a member of the NCAA East Regional all-tournament team. He was also one of 10 finalists for

# '04 grad earns Male Athlete of the Year title

By Staff Sgt. Mike Tryon  
90th Missile Wing Public Affairs

F.E. WARREN AIR FORCE BASE, Wyo. (AFNS) — Becoming the Air Force male athlete of the year is no easy feat. It takes a lot of determination and dedication to achieve this status.

This year's Air Force male athlete of the year is Capt. Ian Holt, a squadron command post missile combat crew commander for the 319th Missile Squadron and 2004 Air Force Academy graduate.

Captain Holt said it was great to have his dedication and sacrifices recognized.

"Many times I won't be satisfied with awards because I always see the next step higher, but being selected as the (male) athlete of the year is the top step of the podium," Captain Holt said.

He added that he has been active in sports most of his life. He said he started playing soccer when he was 5 or 6.

He grew up watching his sister compete as a cycling track sprinter, he said. It wasn't until he was a freshman at the Academy in Colorado Springs, Colo., that he started cycling competitively.

"It takes a real commitment to be truly dedicated to cycling," Captain Holt said.

Things such as dieting, mental strain, lifestyle changes and even some financial sacrifices are made along the way to get where he wants to be, he added.

Cycling is a great mental and physical sport that he enjoys doing, Captain Holt said. He added, there are many hardships that go into any sport, but when he's training up to 30 hours a week for an event, it takes something more than just



Courtesy Photo

**Capt. Ian Holt, a missile crewmember with the 319th Missile Squadron at F.E. Warren Air Force Base, Wyo., races for the United States cycling team at an international competition in Clonmel, Ireland, during the summer of 2009. Captain Holt trained and lived in Europe for one year while training for the event.**

energy out of his body.

"With the ops tempo as high as it is, finding time to train can be difficult," Captain Holt said.

Capt. Rodney Ellison said he has worked out with Captain Holt on occasion.

"His workouts are intense," said Captain Ellison, who is assigned to the 90th Missile Wing Public Affairs Office. "He does a routine tailored to those needing stamina, endurance and explosiveness."

"Everyone expects to hear that Lance Armstrong is my motivational model for cycling, and starting out, that was true," Captain Holt said. He said he looks mainly at himself now for motivation, and once he loses that self drive, he'll know it's time to move on.

Many cyclists would say that winning the Tour de France is the pinnacle, however, not so for him, Captain Holt said. For him,

representing the United States in the Olympics is the ultimate dream in his cycling career.

"As long as I can keep improving and keep the internal fire to compete, I will try to reach the highest level," he said.

Participating in the world class athlete program for a year leading up to the 2008 Olympics was priceless, he said. Living and training in Europe, which is the grand stage for cycling, was incredible, he added.

"International cycling races are fun," Captain Holt said.

"Racing with the U.S. armed forces team at the military world championships is always extra special because it's not about money or contracts," he added. "It's about the pride of representing the United States and trying to be the best in the world."

"Getting into competitive sports is easy," Captain Holt said. "Just jump into one. It's not necessary to be at the top of a sport to have fun either. Just remember that it takes determination and dedication to get to athlete of the year."

## Flyers, medics triumph in intramural basketball

By Dave Castilla  
Intramural Sports director

The 306th Flying Training Group defeated the 10th Communications Squadron 59-39 and Hospital Team 2 defeated the Firefighters 75-66 in intramural basketball action Tuesday.

The 306th tightened their grip on third place within the league with their victory after taking a 20-6 lead early in the game. The flyers continued to control the pace of the game through the final buzzer: Russ Pollard scored 25 points, and Rod Smith chipped in with 12 points. Curtis Thompson led the 10th with 14 points, followed by Derrick Jackson with 11 points.

Hospital Team 2 advanced into a tie for first place with the other 10th Medical Group team with their victory over the firefighter. The fire dawgs used their team depth and went basket for basket with the stronger Medical Group team, tying the score three times in the first half.

However, the medics took a three-point lead going into halftime, and the medics' Ben Pilan hit key baskets down the stretch, including six free throws, to strengthen Hospital Team 2's lead. Pilan finished with 34 points, scoring 17 in each half to include three three-pointers. Frank Samarin followed with 15 points. Tanner Derosier led the Firefighters in scoring with 21 points, followed by Leatrice Robinson with 19.



Photo by Bill Evans

**Air Force junior guard Evan Washington weaves between BYU players during the Falcons' match against the Cougars Wednesday. Washington, a native of Columbus, Ohio, had six defensive rebounds in the Falcons' 67-49 loss.**

the Hobey Baker Memorial Award.

### Athlete of the Week

Senior diver Chelsea Tompkins led the Air Force women's swimming and diving team in a dual meet at Denver this past weekend, picking up wins in both of her events. Tompkins took first place on the 1-meter board with a season-best score of 211.72, 15 points

ahead of her nearest competitor. Meanwhile, she added a victory on the 3-meter springboard with a score of 207.00.

### Falcons at home

**Today**  
**Track**  
Air Force All-Comers Meet - 4 p.m.  
**Boxing**  
Friday Night Fights - 4:30 p.m.

**Saturday**  
**Rifle**  
vs. TCU - 8 a.m.  
**Men's Gymnastics**  
Rocky Mountain Open - 6 p.m.  
**Sunday**  
**Rifle**  
vs TCU - 8 a.m.  
**Wednesday**  
**Men's Basketball**  
vs New Mexico - 7 p.m.  
**Thursday**

**Men's Swimming**  
vs BYU - 6 p.m.  
**Women's Swimming**  
vs BYU - 6 p.m.  
**Jan. 22**  
**Women's Tennis**  
vs Seattle University - 9 a.m.  
vs Gonzaga - 4 p.m.  
**Boxing**  
Friday Night Fights - 4:30 p.m.  
**Men's Ice Hockey**  
vs Holy Cross - 7:05 p.m.





### Reading: Spread the gift

The Children's Literacy Center seeks volunteers to tutor children who need help in their reading skills. Training and orientation sessions are from 5:30 to 8 p.m. Tuesday through Thursday at the center, located at 2928 Strauss Lane in Colorado Springs. Tutoring will begin in February. For more information, call the center at 471-8672.

### Base Honor Guard

The Air Force Academy Honor Guard seeks ceremonial guardsmen to render final honors for fellow Airmen, participate in retirements, colors ceremonies, major-league sports events and more.

The honor guard will hold new member training Feb. 11-19 from noon to 4 p.m., for new volunteers. For more

information or to volunteer, contact Staff Sgt. Michiyo Litynski at 333-5070 or Staff Sgt. Jeremiah Bess at 333-3811.

### Get ready for SnoFest!

SnoFest will celebrate its 20th anniversary Jan. 29-31 in Keystone, Colo., and will feature family events such as a cardboard derby, skiing and snowboarding. Guests qualify for discounted lift tickets starting at \$45 for Academy and Prep School cadets and junior enlisted Airmen and \$49 for others. Visit [www.usafaservices.com/homepage-stories/snofest](http://www.usafaservices.com/homepage-stories/snofest) for more details.

### Sports camps

Early bird registration is now open for 12- to 18-year-olds to attend 2010 Falcons Sports Camps. Sporting events include baseball, basketball, football, cheerleading, and diving and swimming. Prices start at \$150 for three-day commuter camps, \$325 for one-week commuter camps and \$500 for weeklong camps with boarding at the Academy. For more information on prices, check-in times and registrations, call the athletics department at 333-2116.

### 10th ABW commander's call

A 10th Air Base Wing commander's call is scheduled for Jan. 26 at 2 p.m. in the Arnold Hall Theater. Contact the 10th ABW commander's office at 333-1010 for more information.

### Weight loss class

The Community Fitness Center will hold a free weight-loss class called "Losing Weight ... the Real Story," given by Robin Brandimore, an Air Force spouse and Air Force Academy fitness trainer, today at 1 p.m.

Call Ms. Brandimore at 200-8914 for more information or to register.

### Teen job search workshop

The 10th Force Support Squadron's Youth Services will hold a teen job search workshop Saturday and Wednesday for teens 15 and older. Call 333-3444 to register.

### HAWC offers 'healthy lifestyle' class

The Health and Wellness Center will offer a nutrition and exercise class on the first Wednesday of each month from 9 to 11 a.m. Information in the "Healthy Lifestyle 101" class will focus on improving Air Force physical training test scores and improving nutrition and exercise knowledge. To enroll, or for more information, call Staff Sgt. Costinel Stefan at 333-3733.

### National Prayer Luncheon

The Academy's 2010 National Prayer Luncheon will be held at the Falcon Club from 11:30 a.m. to 1 p.m., Feb. 9. Call the Falcon Club at 333-4253 for more information.

### Family Advocacy classes

For information on classes offered by the Family Advocacy Office or to sign up, contact Kristin Larkey of Family Advocacy Outreach at 333-5270.

### Common Sense Parenting

Wednesdays through Feb. 17, from 11:30 a.m. to 1 p.m.: All parents occasionally need help and advice when they're having a hard time with their children. This research-based, practical training program, designed for parents of toddlers and preschoolers ages 2-5, teaches parents how to set reasonable expectations, effectively use consequences, when and how to use timeout and how to teach instead of punish. The class is open to active-duty servicemembers, Defense Department civilians, retirees and family members.

### Anger management

Thursdays through Feb. 18, from 11:30 a.m. to 1 p.m.: Anger is a normal, healthy human emotion, but when it gets out of control, it can lead to problems at work, in relationships and in quality of life. Anger management classes will help attendees better understand their anger and where it comes from, how to handle conflict in frustrating situations and how to relax and de-stress their lives.

### A&FRC offerings

The Air Force Academy Airman and Family Readiness Center hosts the following classes. Call 333-3444 with questions or to sign up.

### Pre-separation counseling

Mondays (except during TAP week), 2 to 4 p.m.: Separating or retiring from the Air Force in a year or less? This mandatory briefing identifies benefits and services associated with transition and beyond.

### Medical records review

Mondays, 7:30 a.m. to 4:30 p.m.: Individuals within 180 days of retirement or separation can have the DAV review medical records in preparation of filing

for VA Disability Compensation through the VA forms.

### VA benefits briefing

Mondays, 8 a.m. to noon: This briefing provides a comprehensive overview of VA benefits for separating/retiring military personnel. Topics discussed include medical care, disability compensation, education, vocational training, vet preference, small business loans, home loan guarantees and more.



### Life and legacy of MLK Jr.

Colorado College will celebrate the life and legacy of the Rev. Dr. Martin Luther King Jr. Monday with a series of afternoon workshops open to the community in the Worner Campus Center, 902 North Cascade Avenue near downtown Colorado Springs. Events will culminate with an evening program including the Gospel Music Workshop of America at the Cornerstone Arts Center.

### Walking with Dinosaurs

Tickets are on sale for the "Walking with Dinosaurs" program, which will take place at the Colorado Springs World Arena Thursday beginning at 7 p.m.

The show, based on the BBC television series, features 17 dinosaurs, including tyrannosaurus, utahraptor, stegosaurus and brachiosaurus.

Tickets start at \$26.50 per person. For more information, call 719-520-7468.



### CADET CHAPEL

Call 719-333-2636 for more information.

#### Buddhist

Wednesday - 6:30 p.m.

#### Jewish

Friday - 7:00 p.m.

#### Muslim

Friday Prayer - 12:15 p.m.

#### Protestant

Liturgical Worship Sun. - 8 a.m.

Traditional Worship Sun. - 9:30 a.m.

Contemporary Worship Sun. - 11:30 a.m.

#### Roman Catholic

Mass

Sunday - 10 a.m.

Academic Year, when cadets are present

Mon, Tues, and Thurs - 6:40 a.m.

Wednesday - 6:30 p.m.

#### Sacrament of Penance

Sunday - 9:00-9:40 a.m.

Academic Year, when cadets are present

Wednesday - 5:30-6:15 p.m.

#### Exposition of the Blessed Sacrament

Academic Year, when cadets are present

Wednesday - 5:30-6:20 p.m.

#### Paganism/Earth-centered Spirituality

Academic Year, when cadets are present

Monday, 6:30 - 7:50 - Room 1M125

(1st Floor - Fairchild Annex -- Astronautics Museum)

Contact TSgt Longcrier at 719-333-6187

### COMMUNITY CENTER CHAPEL

#### Catholic Masses:

##### Saturday

Reconciliation - 3:30 p.m.

Mass - 4 p.m.

##### Sunday

Mass - 9 a.m.

Religious Formation - 10:15 a.m.

(September - May)

##### Tuesday-Friday

Mass - 11:30 a.m.

#### Protestant Services:

##### Wednesday

Wednesday Night Live - 6 p.m.

Dinner followed by Religious Education

(September - May).

##### Sunday

Evangelical - 10:15 a.m.

Gospel - 11:30 a.m.

**LeAnn Rimes**

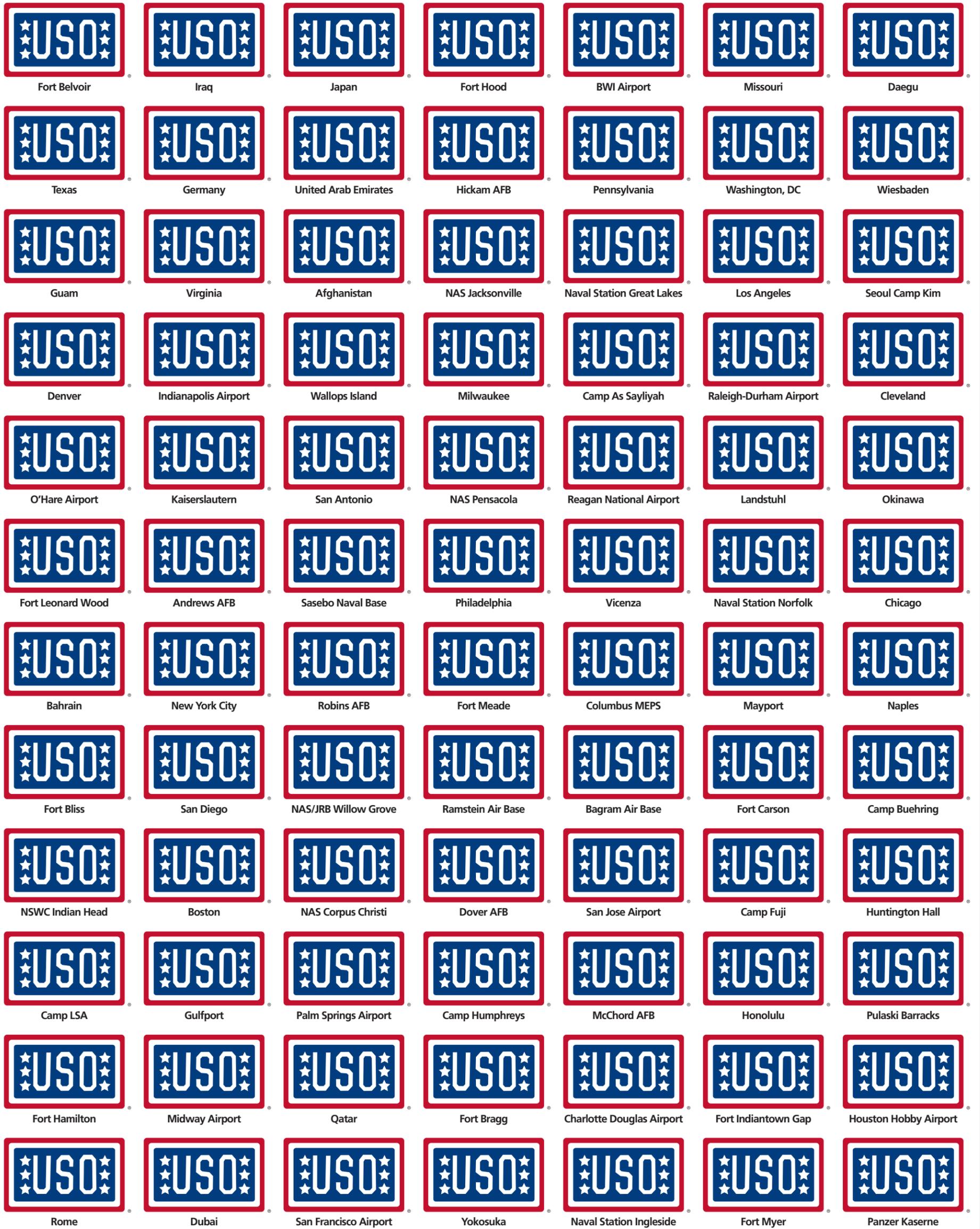
Combining one of the most spectacular voices in the business with an incredible gift for performing makes LeAnn Rimes the show to catch if you can only attend one show. Come and see why she has won two Grammys, three AMCs, one CMA an American Music Award and twelve Billboard Music Awards!

**ACADEMY CONCERTS**  
YOUTH TO THE STARS

**Friday, Jan. 22, 2010**  
**7:30 p.m.**

**Arnold Hall Theater**  
**USAF Academy**

**Tickets at the Box Office**  
**333-4497**



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