

Gates: AF needs leaders with 'uncommon courage'

By Staff Sgt. Don Branum Academy Public Affairs

Secretary of Defense Robert Gates told cadets that the Air Force will require leaders who are flexible, agile, resourceful and imaginative and who can think and act creatively and decisively in non-traditional conflicts during a visit to the U.S. Air Force Academy April 2.

The Air Force faces fundamental challenges in how it will fight and win in future conflicts, the secretary said, but one thing remains constant — the need for men and women of "uncommon courage."

Secretary Gates opened his address to cadets with humor and a nod to their busy schedules.

"In a normal speech, I would thank you for coming," he said, "but I know full well that this event is not exactly optional."

Secretary Gates was an Air Force intelligence officer stationed at Whiteman Air Force Base, Mo., when he began his career of service to the nation more than 40 years ago.

"Much has changed since those days, in the Air Force, in our country and in the world," he said. "From global terrorism to ethnic conflicts; from rogue nations to rising powers, the challenges we face simply cannot be overcome by traditional military means alone. We have to recognize that the black-and-white distinction between irregular war and conventional war is an outdated model."

Today's conflicts range across a broad spectrum of operations and lethality, the secretary said, from humanitarian relief efforts in Haiti and Chile to ongoing antiterrorism operations in Afghanistan and Iraq. The new operations tempo means that the military establishment must turn its focus away from



Cadet 1st Class Andrew J. VanTimmeren, Cadet Wing commander, presents the U. S. Secretary of Defense Robert Gates with "The Bird" after addressing the Cadet Wing in Arnold Hall theater April 2. Secretary Gates spent the day teaching and lecturing cadets at the Air Force Academy. Dr. Gates has held the office of secretary of defense since Dec. 18, 2006, and has served in one form or another under eight U.S. presidents.

"winning the big battles in big wars."

However, while operations have changed, the basic requirements for leadership have not, he said. "We still need men and women in uniform who are willing to demonstrate uncommon courage both on the battlefield and off," he said. Airmen have taken on such tasks as convoy security, roadside bomb

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Academy, VA team up for ambulatory surgery services

By Ann Patton Academy Spirit staff

A \$14-million cooperative venture between the Academy and the Department of Veterans Affairs, funded by the Department of Defense and VA's Joint Incentive Fund, will bring much-needed ambulatory surgical care to veterans in southern Colorado.

Medical procedures for urology, ophthalmology, orthopedics, ear, nose and throat and general surgery are scheduled to commence for veterans May 1. forced to travel to Denver for pre- and post-surgical care as well as for the procedures themselves.

Tentative planning originally called for construction of a new building to house the surgical services in Colorado Springs, but Colonel Ness said the costs proved prohibitive.

Medical staff from the Academy and the VA will work together as one team. Lt. Col. Suzanne Quirao, squadron operations officer, said the VA will provide seven registered nurses, two technicians, three nurse anesthetists and surgeons. They will join the Academy's 19 active-duty surgeons, plus Academy nurses and technicians. Veteran medical services at the downtown Spruce Street VA facility will continue, and the VA will verify eligibility and make referrals for ambulatory surgical services.

Colonel Ness emphasized that non-veteran patient care will continue as it has before.

"Things haven't changed," she said. "We will still have all the surgical specialties we had before."

The cooperative venture will also provide additional overlap for all surgical care.

"It will preserve the longevity of ambulatory surgery here in southern Colorado," she said and explained that the staff additions will allow surgical operations to operate independently, even with deployments and down times.

"It's all about the vets," said Col. Leslie Ness, 10th Surgical Operations Squadron administrator. "The biggest thing is that our veterans don't have to travel long distances."

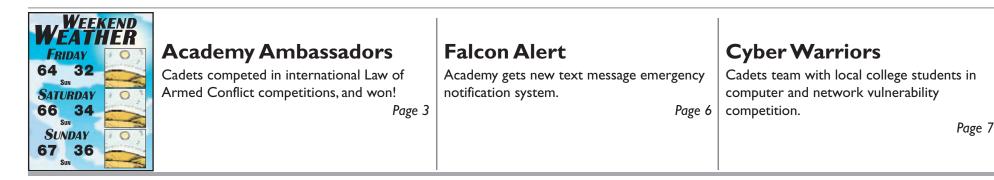
She stressed the additional medical services on base will also alleviate long waits for procedures.

"They will get cut on when they need to be cut on," she said.

Previously such services were limited to facilities in Denver, and veterans from southern Colorado were She added the joint operation will also include services to families.

Before the 10th Medical Group underwent changes under the 2005 Base Realignment and Closure, the facility had five operating rooms available, but two were converted for other uses. With the expansion of services to veterans, those two rooms will once again be used for their original intended purpose. Colonel Quirao said preparing for the joint venture has required time and painstaking planning but has been worth it.

"It has been a herculean task, but in the end, our VA beneficiaries and tax payers will reap the huge benefits with this project," she said.





Through the eyes of a child

By Kristin Larkey

Academy Family Advocacy outreach manager

Editor's Note: *April is child abuse aware- ness month.*

A report of child abuse is made every 10 seconds. Almost five children die every day as a result of child abuse, and more than three quarters of these children are under the age of 4, according to 2009 U.S. Department of Health and Human Services Children's Bureau statistics.

Most of us would agree that child abuse is a problem in our country, but few of us realize just how often it is occurring right here in our own community. El Paso County has the highest number of child abuse reports of any county in Colorado, with a record high 11,114 reports to the El Paso County Department of Human Services Child Abuse and Neglect Hotline in 2009. Child abuse or neglect was substantiated in 677 of these cases.

Perhaps the most disturbing statistic is the number of fatalities resulting from child abuse. Nine children in El Paso County died in 2009 as a result of child abuse or neglect. This is three more deaths than last year and double the number in 2007.

No one can say for sure what's behind this trend. The economy may be partly to blame with job loss and financial pressures adding to the everyday stressors of parenting. A lack of a support network, high stress levels, an unwanted child and a lack of parenting education are also frequent contributing factors in child abuse.

The good news is that many services are available for families who are struggling and in need of additional support. One of these resources is the Air Force Academy Family Advocacy Program. The program offers outreach and prevention services designed to strengthen Air Force families and to promote family readiness. Services are available at no cost and include parenting classes, anger and stress management, couples' communication, counseling services and new parent support and home visitation. In addition, if you have a child enrolled in the Special Needs Program, respite services are available through Air Force Aid for those who qualify.

For further information on the Academy Family Advocacy program or local area services, please call 333-5270. If you suspect a child is being abused, please call the Family Advocacy Program at 333-5270 or the El Paso County Department of Human Services Child Abuse and Neglect Hotline at 444-5700.



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

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Character Corner Rehab can be challenging but life-saving

Military Child

By Chaplain (Maj.) Rives Duncan Center for Character and Leadership Development

My father-in-law recently spent a month in the hospital.At one point, a last-ditch procedure saved his life by using dialysis to remove 21 liters of excess fluid from his body in three days.After that, he recovered steadily until he procedure was passive, something that was done to him — they just hooked him up and pressed "start." But for all its effectiveness, the best it could do was address the problem. It could not create health. My father-in-law will need to exercise hard and regularly to recover a decent quality of life.

Month of the

Punishment, threats and intimidation serve

wrong, then we are not ethically healthy. We must do something that takes us to true ethical health.

If fear is the only thing motivating you to toe the line, take more positive action. Find an "exercise buddy," someone who exhibits ethical behavior, and emulate their example. At first, the changes will need to be intentional and



was stable enough to move to rehab.

The next phase of his recovery will not be as critical or dramatic as the dialysis was, but it will be much more difficult. The life-saving much the same function of dialysis. They keep many people from doing things that are harmful to others. However, if harsh enforcement of rules is the only thing that keeps us from doing may be tough. However, in the end, they are indispensable to becoming as healthy and strong as you can be.

coming as ou can

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.



If you could go anywhere in the world for a vacation, where would it be?

"Spain. The weather is like California, and the people are very polite and don't care about material things." "I would stay here in the United States and spend my money at home." "Probably Australia. It seems like it would be a nice place to visit." "India. They have a rich culture there, and the food is amazing."

Terri Regan Department of Admissions



Mary McArtor Cadet Treats clerk



Jeff Simpson Contractor



Master Sgt. Jonathan Solomon Department of Mechanical Engineering





Cadets take 1st, 3rd at LOAC competitions

By 2nd Lt. Meredith Kirchoff Academy Public Affairs

Six cadets ventured to Quebec, Canada, and San Remo, Italy, during spring break to compete in Law of Armed Conflict competitions against international contestants.

Cadet 1st Class Charlton Coats from Cadet Squadron 08 won the top individual honor out of 70 participating cadets, while Cadet 1st Class Kelly Snyder from CS 15 took third place in the individual rankings.

Two teams of three cadets traveled to Quebec for the Jean-Pictet International Humanitarian Law competition and to San Remo for an international service academy competition sponsored by the International Institute of Humanitarian Law.

In San Remo, cadets were placed on mixed teams and assigned a mock country to represent in a complex international conflict scenario, said Maj. Matthew King, an instructor in the Academy's Depart-ment of Law and coach of the LOAC competition team.

"Some countries are aggressive superpowers; others are tiny peace-atall-costs states," he said. "Cadets have to know more than just the law; they have to know how to apply it as their country would."

Cadets representing the Academy set the standard at the service academy competition, Major King said, and were awarded for their high level of performance.

In addition to his individual award, Cadet Coats and his Swiss teammate also garnered the best mixed-team award, which is considered the highest honor of the competition, Major King said. "I am most proud of the mixed team award," Cadet Coats said. "The team from USAFA represented the Academy very well and developed strong friendships with the cadets from almost every country present."

The Jean-Pictet competition is different in that the participants enter and compete as a team, and most of the teams are comprised of graduate and law school students. Cadet 1st Class Jordan Craft of CS 36 competed as a member of the Academy's team and said they were one of only two undergraduate teams — and the only service academy — in attendance.

The Air Force Academy's team did well to be accepted into such a prestigious competition and performed at a level much higher than the capability of most undergraduate students, Major King said. The Academy's team did not make the semifinal round, getting edged out by the London School of Economics team.

The week-long event put teams into a variety of simulated scenarios competitors might act as a legal adviser, prime minister, Red Cross delegate or other role for a given situation.

"It consists in 'taking law out of the books', by simulations and role plays, allowing the jury of the Competition to evaluate teams' theoretical knowledge and practical understanding of IHL (International Humanitarian Law)," Cadet Craft said.

"We received great feedback about the team," Major King said. "They impressed a lot of people, which is saying something at this civilian, academic competition."

All six students representing the Academy endured a tough selection process and rigorous training to reach an



Photo by Patrizia di Pietro

Cadet 1st Class Charlton Coats works with his Swiss teammate, Capt. Mathias Ledermann, at an international service academy Law of Armed Conflict competition in San Remo, Italy, during spring break. Cadet Coats won the top individual award and the best mixed team award for his work with Captain Ledermann on their mock country, St. Cibard.

internationally competitive level of LOAC knowledge, Major King said.

"They were selectively chosen based on their performance in (Law 361) and recommendations from other faculty," he said. "They have to have a strong baseline LOAC knowledge as well as great critical thinking and communication skills."

Students began the process with Law 361, Modern Application of LOAC, and continued with Law 466, Advanced Topics in LOAC, in the spring semester, during which most of the competition training took place. Reading assignments and scenario exercises entailed a great deal of time and preparation outside of the classroom, Major King noted.

The Jean-Pictet team had to write a series of essays during holiday breaks for their team to be considered for a position in the competition, and also took Law 461, International Law, as a part of their preparation curriculum.

The cadets collectively agreed that all of the research, studying and preparation were well worth the exertion for the opportunity to compete on an international stage.

"It really has been a culmination of all my experiences in the legal studies major as well as the Academy that has really served to further my understanding of the Law of Armed Conflict," said Cadet Coats who will attend pilot training at Whiting Field following graduation and hopes to fly the A-10 Thunderbolt II.

Cadet Snyder said he found the most valuable skill he acquired to be the critical thinking developed from thinking **See LOAC, Page 5**

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AF force mgmt. may affect 60-65 at Academy

Officers comprise majority of affected personnel

By Staff Sgt. Don Branum Academy Public Affairs

The Air Force's most recent force management initiative may affect an estimated 60 to 65 Airmen at the Air Force Academy, officials said during force management briefings here Monday.

Fewer than 10 of the Airmen who are impacted by the newest round of force management measures are enlisted, with commissioned officers making up the remainder of those affected, said Lt. Col. Karen Burke, chief of the Academy's Personnel Support Division.

The number eligible for involuntary separation may change between now and September as eligible officers Air Forcewide apply for voluntary separation or retirement, Colonel Burke said.

None of the force management programs affect cadets set to graduate in May except for a proposed new program that will reclassify or separate those who fail to complete their initial skills training, Colonel Burke said.

Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz first announced the newest round of force-management measures in a Letter to Airmen issued March 25. Driving the latest force management initiative is a record retention rate not seen since 1995, according to the letter. To meet total force goals, the Air Force must cut 2 percent of commissioned officers and 1.6 percent of its enlisted Airmen.

"In November 2009, we offered a variety of voluntary measures aimed at reducing personnel numbers," General Schwartz wrote. "Unfortunately, not enough people took advantage of those programs."

Academy Superintendent Lt. Gen. Mike Gould and Academy Command Chief Master Sgt. Todd Salzman outlined how the process would affect Airmen here.

"First of all, let me tell you that if you're vulnerable for one of the involuntary forcemanagement programs, you've already been notified," General Gould said. "So if there's anybody out there who's wondering ... you would already know if it did in fact impact you."

The Air Force will be overmanned by about 6,000 Airmen by September if personnel are not cut, General Gould said. Leaders will first offer opportunities for Airmen to separate early or retire through time-in-grade or active-duty service commitment waivers and through the Voluntary Separation Pay program for those officers who qualify. Airmen can continue to serve their country through programs such as Palace Chase, which allows them to transfer to the Air National Guard or Air Force Reserve, and the Blueto-Green program, which allows Airmen to cross branches and serve in the Army.

Enlisted personnel may cross-train from an overmanned Air Force specialty into an undermanned field, Chief Salzman said.

"The enlisted people in the room have heard me say this before: the days of coming into the Air Force and only having one career (field) are over," the chief said. "It's time for us to start taking our careers into our own hands."

If voluntary programs do not succeed in reducing the active force, leaders will have to use involuntary means to reduce force size, General Schwartz wrote. Involuntary measures may include reduction-in-force boards and selective early retirement boards for officers. Officers eligible for SERBs include lieutenant colonels who have been passed over twice for promotion and colonels in 1981-1984 year groups with more than four years time-in-grade. Only Line of the Air Force, LAF-Judge Advocate, Medical Service Corps and Chaplain competitive categories will be eligible for the O-5 and O-6 SERBs.

"Here's the way I want you to look at SERBs if you are in fact eligible: you can say, 'I want to finish my career on my terms, set the date and go out when I want to," General Gould said. "Another way is, if you want to continue working in the job you're in, you need to make sure your boss understands that."

Senior raters will communicate directly with these boards as they do to promotion boards, based on the individual's careerlong record of performance, General Gould said, adding that everyone who met the SERB during the previous round of force management was retained.

The Air Force is determined to conduct its force management initiative carefully, General Gould said.

Regardless of whether an Airman affected by force management separates early or retires — voluntarily or involuntarily — Air Force and Academy leaders are committed to supporting Airmen's transition to civilian life, Chief Salzman said. The chief encouraged supervisors to make sure their people take advantage of Transition Assistance and other Airman and Family Readiness Center programs.

"While they may be going out a little earlier than they planned, they need to go out fully prepared to take on the rigors of civilian life," he said. "The good news is, the civilian community is always looking for men and women who come out of the military. Let's set our people up for success and make sure that we give them all the tools that they need."

For more information on force management, visit the Air Force Personnel Center at *www.afpc.randolph.af.mil* or contact the Military Personnel Section at 333-8766.



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Recent grads to highlight heritage forum

By Maj. Michele Johnson Center for Character and Leadership Development

More than 40 recent Academy graduates from the classes of 2006-2009 are set to participate in the Falcon Heritage Forum Wednesday through April 16.

The three-day event, hosted by the Center for Character Leadership and Development and themed, "Officers of Character: Lieutenants in Action," offers cadets a chance to interact directly with veterans from various backgrounds.

"We're proud to bring these graduates back to share their experiences with cadets," said CCLD Director Col. John Norton. "They are our most recent additions to the Long Blue Line, and they are leaders in our nation's current efforts in the Global War on Terrorism. We're especially delighted to have them spend most of their time directly with cadets."

The returning lieutenants represent more than 20 Air Force specialties such as acquisitions, bioenvironmental engineering, space and missiles, security forces and pilots of both manned and remotely piloted aircraft.

At least nine of the returning graduates already have deployed experience. Additionally, two Class of 2007 alumni — 1st Lts. Steve Klenke and Austin Buck, earned Bronze Stars during recent deployments in support of operations in Afghanistan and Iraq. Lieutenant Klenke is a logistics readiness officer at Peterson Air Force Base, and Lieutenant Buck is a civil engineer assigned to Shaw AFB, N.C.

In order to maximize the interaction for both cadets and graduates, the Cadet Wing and CCLD staff will present 16 panels of guest speakers Wednesday evening. In addition, cadets can hear directly from individual lieutenants during presentations after lunch Thursday and April 16 in their squadron assembly rooms, followed by an "AFSC Crosstalk" in the Fairchild Hall Exemplar Hallway designed to allow cadets to speak with lieutenants about their specific career fields.

When originally conceived, the forum began as a small gathering of interested cadets and veterans. Since then, it has matured into a major twice-yearly event spanning three to four days, bringing veterans from all around the world to inform and inspire the entire Cadet Wing.

See the event program for a breakdown of speakersto-venues and biographical data. For a complete schedule or more information, contact the CCLD at 333-4904 or visit our Web site: visit *www.usafa.af.mil* and click on the link for Falcon Heritage Forum.

Schedule highlights:

Wednesday, 7 p.m. — "Lieutenants in Action" Panels in Arnold Hall Theater, Arnold Hall Ballroom, Arnold Hall Banquet Room and Fairchild Hall auditoriums F1, D1, D2, H1, H2, L1, L2, L3, L4, L5, L6, 2P318, and 2P318. Wednesday 8 p.m. — Cookie and punch receptions at Fairchild



Hall Falcon Center and Arnold Hall Ballroom. **Thursday, 12:30 p.m.** — "Lieutenants in Action" discussions in cadet squadrons.

Thursday, 1:30 - 5:30 p.m. — AFSC Crosstalk, Fairchild Hall, Exemplar Hallway, 2nd floor, east side. Thursday, 6 p.m. — Cadet squadron-hosted dinner. Friday, 12:30 p.m. — "Lieutenants in Action" discussions in cadet squadrons.

LOAC _

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on his feet. He co-authored the winning paper for the Inter-Academy Law of Armed Conflict Exercise in 2009 and hopes to become an Air Force judge advocate. Major King said this experience will serve cadets when they become Air Force officers.

"They develop the ability to think on their feet in a pressure-cooker environment; they need to know the law, apply it to the scenario, and articulately communicate their ideas — all almost instantaneously," he said. "This skill is something that will serve them well even on day one as second lieutenants."

Cadet Coats, a native of Rupert, Idaho, said the experience has already impacted his character. "(The Academy) has provided opportunities that cannot even be comprehended by students of other institutions," he said. "I would proudly say that the Academy, as an institution, has influenced who I am and motivates me to what I hope to become."



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STATE UNIVERSITY OF NEW YORK

Command center upgrades emergency notification systems

By Ann Patton Academy Spirit staff writer

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The Academy Command Center has added a powerful new addition to its lineup of emergency notification systems.

Falcon Alert will now enable cell phone users to receive text message notifications tailored to their needs and preferences.

The project has been in the making for about a year, and it has about 350 subscribers so far.

"Virginia Tech opened a lot of eyes," said Lt. Col. Edward Werner, Command Center commander of the program's impetus.

A single gunman opened fire at the Virginia Polytechnic Institute campus nearly three years ago leaving 32 students and professors dead and many others wounded.

Colonel Werner said texting is an ideal method for notification because it can spread emergency information to a large number of users rapidly and because texting generally still works when cell phone voice services are unavailable. Text messaging also improves message clarity, and it is persistent in that unless it is purposefully deleted, the message

remains intact on the phone. Lastly, it improves authority, because while some people brush off or ignore emergency messages from other sources, cell phone users will generally pay attention to text messages.

Colonel Werner estimated about two-thirds of those who work or go to school on the Academy have cell phones.

"Texting is a wonderful way to contact them," he said.

The Academy's notification system also includes computer desktop alerts, desktop e-mails and live voice messaging via work phones, as well as Falcon and Husky Voices inside and the Giant Voice outside.

"The primary purpose is emergency notice," Colonel Werner said.

Falcon Alert is online with the company Rave Mobile Safety, which provides "Rave Alert" early emergency notifications to businesses and colleges. The name "Falcon Alert" was chosen to more aptly describe its users.

Start-up cost for the Academy was \$5,000, and the Academy has purchased 130,000 30-second voice mails, which Colonel Werner estimated provides for about five years of use.

Falcon Alerts can be issued from

various sources, including the Academy's .edu and .mil networks, from a home computer and even from a single smart phone.

A pending approval letter from senior leadership of the 10th Air Base Wing, expected to be approved in about a month, will require permanent party, cadets, and cadet candidates on the Academy to enroll in the program for duty phone and duty e-mail.

Though not required for Academy personnel without government cell phones, Colonel Werner highly encouraged registering all cell phones to get text alerts.

Falcon Alert was used initially for weather alerts in January, which proved successful.

"We had a great practice run," he said.

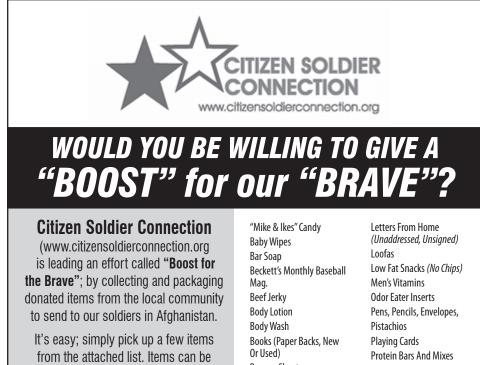
The Academy is looking to open Falcon Alert to the entire base population as well as Academy District 20 schools on base, saying, "It's on the drawing board." Under consideration for further upgrades to the Academy's emergency notification system is a new system to integrate small, random public address systems on base and add public address systems to an additional 50 buildings.



The Academy is also being considered for a best practices award at the Air Force level.

"I think it's a big win," Colonel Werner said of the Academy's notification technology. "We are way out ahead of the Air Force."

To sign up for Falcon Alert, go to www.getrave.com/usafa. Members can choose which types of notifications they wish to receive, such as warnings for severe weather, high winds or other emerging emergency situations. Cell phone users without texting capability can choose voice-only notifications. Text users should check with their service provider to see if additional charges are incurred for received texts.





dropped off on Friday, April 16th at the CSC office in the 5Star Bank building (1259 Lake Plaza Drive). CSC is also in the process of designating various drop-off locations throughout the community; details will be available on our website soon.

Citizen Soldier Connection is also looking for volunteers to sort items and package boxes. If you are available to help on Friday, April 16th, please contact Eleanor Martinez at emartinez@citizensoldierconnection.org or 719-577-0017 to sign-up.

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Students 'CANVAS' networks in hacking challenge

By Ann Patton Academy Spirit staff

Aptly chosen, prizes for the Academy-hosted 2010 Computer and Network Vulnerability Assessment Scenario were writing pens inscribed with the National Security Administration's logo.

Seventy college and high school students huddled in teams of three in Fairchild Hall April 2 to hunt down weaknesses in system design and implementation for a social networking site. The fully-functional site was cast in a closed networking environment. This is the first year high school students took part in CANVAS. College students from Colorado State University, the University of Colorado at Colorado Springs, Fort Hays State University, Arapahoe Community College and the Community College of Aurora also participated.

"One cool thing is we have all levels of skills, from grad students to high schools," said Dr. Steve Fulton, Academy computer science instructor. "It brings a very positive spin on this."

In turn, he expected to also see a wide range of outcomes in the competition.

"It's an opportunity to use what they've learned in class,"



Cadet 1st Class Bryan Hanes and local student Will Mitchell participate in the Computer and Network Vulnerability Assessment Scenario at the Air Force Academy April 2. Scenarios challenged students to hunt down and identify weaknesses in system design and implementation for a fictional social networking Web site.

Gel Gola

happiness is

he said of the event's overall purpose.

Not only were competitors charged with identifying vulnerabilities and documenting them, they were also responsible for reporting the weaknesses and suggesting fixes.

"People do this every day and in the real world," said Cadet 2nd Class Derek Kvedar of Cadet Squadron 26. "Knowing how it is done is to know how to defend against it."

Competitors used desktop machines holding the "BackTrack 4" set of tools to sniff out vulnerabilities. Among the program's functions are information gathering, network mapping, web application analysis, privilege escalation and digital forensics.

Basic hacker methodology begins at the bottom of the trail with information gathering, then moves on to scanning and probing networks, gaining access, elevating his privileges within the network, and finally installing backdoors and removing traces of the intrusion.

Competitors received hints in handouts along the way, such as database applications' vulnerability to SQL injection — a hacking method that attempts to execute code on the computer hosting the database.

But hints were also built into the social networking sites themselves as well, like the name of a pet that computer users may commonly designate as a password. Cadet Kvedar said substituting a special character into the password name would make users' accounts less vulnerable, but added that "part of it is just getting lucky."

The event gave students the chance to network with fellow computer enthusiasts.

"It was pretty fun," said Fort Hays senior Daniel Pearson, a media studies major. "I gained some new experiences, and it was good to be exposed to something new."

Cadet 1st Class Jase Garcia, a computer science major with CS 02, said he also enjoyed the event's opportunities.

"I learned a lot and gained some valuable practical knowledge," he said.

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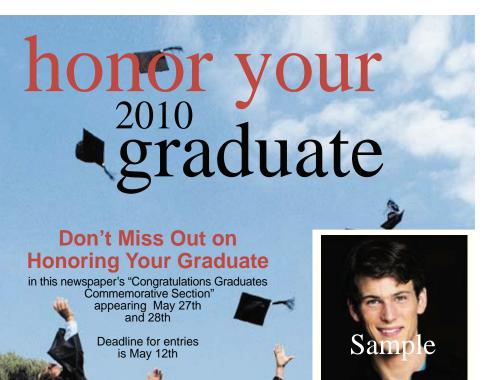


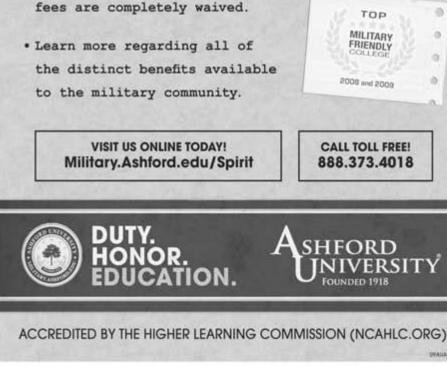
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Gates

From Page I

disposal and search and rescue, tasks for which they had not originally joined the service.

"But there's another kind of courage beyond the battlefield that I want to focus on today, and that is the willingness to challenge the conventional wisdom and call things as you see them to subordinates and superiors alike," he said. "Regardless of rank, officers are human and fallible, even the ones wearing eagles and stars. If, as an officer, you don't tell blunt truths or create an environment where candor is encouraged, then you've done yourself and this institution a disservice."

Some of the Air Force's earliest leaders — Col. Billy Mitchell, Gen. of the Air Force Hap Arnold, Gen. Bernard Schriever and Col. John Boyd - had to struggle against the military establishment of their time, Secretary Gates said.

"It strikes me that the significance of Mitchell, Arnold, Schriever and Boyd and their travails was not that they were always right," he said. "What strikes me is that they had the vision and the insignt to see that the world and the technology had changed. They understood the implications of that change, and they pressed ahead in the face of incredibly fierce institutional resistance. One of the reasons they were successful at championing their ideas was that they were always willing to speak truth to power."

A more recent example of candor and courage was Army Gen. Colin Powell's meeting with President George H.W. Bush just before Operation Desert Storm began in January 1991. General Powell was chairman of the Joint Chiefs of Staff at the time, and Secretary Gates was the CIA director.

words to this effect: 'We're about to go to war. We may suffer thousands of casualties. If we do, are you prepared to drive on to victory?' Colin wanted the president to face reality. The president gave the right answer," Secretary Gates said. "Having sat in on similar discussions with Presidents (George W.) Bush and (Barack) Obama about the troop surges in Iraq and Afghanistan, respectively, I can tell you that the same spirit of candor suffused those conversations, and again, both presidents gave the right answer."

Candor, the secretary said, is more than "just an abstract notion."

"The American public has relied especially on the candor and the credibility of American military officers in order to judge how well the campaigns are going and whether the efforts should continue," he said.

However, the secretary said, that candor does not translate to permission to perform an end run around civilian leadership.

"Consider the situation in mid-1940," he said. "The Germans had just overrun France; the Battle of Britain was about to begin. ... (Gen. of the Army George) Marshall believed that rearming America should come first. (Franklin D.) Roosevelt overruled Marshall and others and made what most historians believe was the correct decision — to do what was necessary to keep England alive.

"The significant thing," he continued, "is what did not happen next. ... There were no overtures to friendly Congressional committee chairmen, no leaks to sympathetic reporters, no ghost-written editorials in newspapers, no coalition building with advocacy groups. Marshall and his colleagues saluted, made the policy work and saved England."

In the years since World War II, the growth of a "Colin looked the president in the eye and said military-industrial complex has tempted senior mili-

pizza? • praying for pastry? • craving for fondue? • famished

for crab cakes • jonesing for java? • starving for steak? • mad

tary officers to use their ties among Congress and industry to try and force through programs that they favored. Secretary Gates warned cadets strongly against falling to this temptation, adding that the time to develop the courage to speak with candor is now.

Every person faces a fork in the road where he must choose between being somebody and doing something, Secretary Gates said, citing a message Colonel Boyd often shared with his colleagues. Those who choose to "be somebody" will have to make compromises and turn their backs on their friends, but they'll be part of the club, complete with promotions and good assignments. Those who choose to "do something," on the other hand, will not get the promotions or good assignments, but they will never have to compromise themselves.

"The time will come for each of you when you must stand alone in making a difficult, unpopular decision, or when you must challenge the opinion of your superiors," the secretary said. "To be ready for that moment, you must have the discipline to cultivate the integrity and moral courage here at the Academy and then from your first days as a commissioned officer. These qualities have their roots in the small decisions you will make here and early in your career and must be strengthened all along the way to allow you to resist the temptation of self before service. And you must always ensure that your moral courage always serves the greater good, that it serves what is best for the nation and our highest values - not a particular program, nor pride nor parochialism.

"For the good of the Air Force, for the good of the armed forces, for the good of our country, I urge you to reject convention and careerism," he said. "I urge you instead to be principled, creative and reformminded — to be leaders of integrity who, as Boyd put it, want to do something, not be somebody."



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Sky no limit for USAFA grad, shuttle pilot

NASA interviewed Col. James Dutton Jr., the pilot for the STS-131 Space Shuttle Discovery mission and an Air Force Academy graduate, prior to liftoff of the shuttle from Cape Canaveral Air Force Station, Fla., Monday.



1991 Air Force Academy graduate

Courtesy of NASA

Colonel Dutton, a native of Eugene, Ore., graduated from the Air Force Academy in 1991 and has flown more than 3,300 hours in more than 30 aircraft.

Below are excerpts from NASA's preflight interview.

Q: Jim, tell me about the place that you consider to be your hometown. What was it like growing up there?

A: Eugene is a really beautiful place. It's at the south end of the Willamette Valley nestled into the mountains right between the coastal range and the Cascade Range. It's about an hour and a half drive to the Oregon coast, and if you go the other direction, about an hour and a half drive, there are some real beautiful mountains where you can ski and hike.

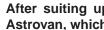
The more I have traveled over the years, the more I've realized just how beautiful the home where I grew up was. It's a very health-conscious city. A lot of people run. A lot of people are athletic. There are bike trails and running trails all over the place and just the natural beauty and greenness of everything is really breathtaking. It's a beautiful place to grow up and a lot of fun.

Q: Tell me about the kinds of things you liked doing growing up, as a kid and up through the years.

A: I was really involved in a lot of sports as a kid: most of the organized sports that kids will typically play like soccer and, later on, football, basketball and baseball. It also seemed like sports were a big part of recreational fun, too. On the playgrounds we'd go out and we'd play dodge ball or basketball and, at home we lived in a cul-de-sac where we kind of had this little isolated space for all our friends, and so we'd play street football or we had a basketball hoop and, so that was a real big part of growing up. Later, in junior high and high school, got a little bit more into some of the recreational sports like skiing, snow

Space Shuttle Discovery and its seven-member STS-131 crew head toward Earth orbit and rendezvous with the International Space Station at 6:21 a.m. Eastern Daylight Time Monday.





FEATINE

skiing and water skiing. Some friends introduced me to that and eventually our family started doing both those and had a great time with that as well.

before returning to the Air Force.

Q: Do you recall at what point it was that you had the notion of shooting for becoming an astronaut?



After suiting up, STS-131 crew members exit the Operations and Checkout Building to board the Astrovan, which took them to Launch Pad 39A for the shuttle launch.

Q: Tell us about your educational background, the educational steps you took after high school. **A:** I went to the Air Force Academy in Colorado Springs for four years, graduated there in 1991. It was just after the first Gulf War had happened and the Air Force was going through a pretty major draw down and I went through pilot training the year after that but they actually had reduced the number of airplanes available so they sent a good number of the pilots coming out of the initial training off to ground jobs. I was able to get a slot to graduate school along with a lot of my fellow pilots and ended up going up to the University of Washington in Seattle and getting great lady. a master's degree in Aeronautics and Astronautics

A: I'm not sure exactly, it was pretty young. ... I remember just being very fascinated with the stars and sleeping out in the summer. One night in particular I can remember looking up and ... just being

amazed at the number of stars up there, seeing the Milky Way, and I don't know, it just always seemed to be a part of who I was, that I wanted to fly and I wanted to go to space.

Junior high was really when I first started to get serious about it, thanks to a librarian at my junior high. She helped me write to NASA, and I studied that brochure, read it many, many times and decided that I would like to try to go to a service academy in order to become an astronaut.

Q: Do you remember who that librarian was ? **A:** I do.

Q: Have you talked with her...

A: Yes, we're still in contact, Linda Ague. She's a

Q: What's that been like training for this mission with this crew?

A: It's really been great. We have a lot of experience on our crew. We have four veterans and three rookies, so it's a great balance. We have a lot of fun. The veterans joke around, give us a hard time about wearing rookie helmets and putting little bumper pads on the end of them to make sure we don't fly into things in space our first time. We try and throw



a little back their way as well, but it's been really great.

The folks that have flown before on our crew have been very conscientious about helping us understand what to expect, thinking out loud about what a certain phase of flight is going to feel like and talking about it so that we can know what to expect. We have a lot of good times, a lot of fun. Our training team is outstanding so in the midst of what's very professional training we have a really good time, too.

Q: You've talked already about being a backup to the commander in your role as pilot on this mission. What other key responsibilities do you have in the role of pilot on this mission?

A: I'll be an arm operator both on the shuttle and on the space station. For the shuttle arm, we'll be using it primarily for inspection tasks, looking at our thermal protection system. On the space station, I'll primarily be involved in the spacewalk robotics work that we're doing where the arm is working with the spacewalkers to accomplish the task that we're doing. Also I will be one of two crew members working to suit up Rick and Clay before their spacewalk and then help them de-suit after they get back in.

Q: How do you imagine the shuttle might be remembered in the future for what it's accomplished and what it's allowed us to accomplish basically?

A: Well, I think that the space shuttle was asked to do a tremendous amount in the design of it. It really was spread very thin in terms of everything it was asked to do and it ended up accomplishing an amazing amount.

But I think the greatest legacy the shuttle's going to leave is the space station, especially when you look at all the thousands and thousands of pounds of cargo that was taken up into space and assembled by spacewalkers largely due to the space shuttle. I think that as we look back we'll look at how much was done throughout the entire shuttle era, but I really believe that space station is going to be the crowning jewel at the top for the legacy of the shuttle.



Time-elapsed photography captures Space Shuttle Discovery's path to orbit shortly after liftoff from Cape Canaveral Air Force Station, Fla., Monday.

Left: This front-on, 800mm view of the top part of Discovery's cabin was provided by one of the Expedition 23 crew members onboard the International Space Station. The shuttle was in the midst of a back flip, performed so that the station's cameras can survey it for possible damage. The rendezvous and subsequent docking took place early Wednesday.



Hockey team names annual award winners

By Dave Toller Athletic Communications

Seniors Matt Fairchild, Andrew Volkening and Jeff Hajner were among the cadets who won the Air Force hockey team's seven major awards at the 2010 Air Force hockey banquet presented by the Falcon Blue Line Club Saturday at the Embassy Suites Hotel in Colorado Springs.

Fairchild claimed two awards, Volkening was named the team's most valuable player, and Hajner earned the program's top award, the Vic Heyliger award.

The Heyliger award, voted on by the team, is given to the player whose dedication, character, leadership and work ethic exemplifies Falcon hockey and is named after the Academy's first hockey coach. Hajner, a Las Vegas native, battled through injuries, not only this season but most of his career, and still set the school record with 150 consecutive games played. An assistant captain as a junior, he wore the "C" this season, and his leadership was critical to the team's success. The center finished his career among the top 35 in career scoring with 111 points in 151 games.

Volkening earned the Chuck Delich Award as the team's MVP. This award, voted on by the team, is named after the Falcons' all-time leading scorer and program's third head coach. Volkening is only the second player in school history to earn the MVP award three straight years — goaltender Kim Newman in 1969, 1970 and 1971 is the other. Volkening holds nearly every goaltending record at the Air Force Academy, including season and career wins, season and career saves percentage, season and career goals-against average and season and career shutouts. A second-team all-conference selection this season, he was among the Atlantic Hockey Association leaders with a 2.44 goals-against average and a .918 saves percentage. He will compete in the NCAA Frozen Four Skills Challenge today in Detroit.

Fairchild earned the Jim Bowman Award as the team's top scholar athlete and the Larry Cronk Award as the team's most inspirational player. The senior from Ashburn, Va., was on the dean's list every semester and the superintendent's list three times. He carries a 3.55 overall grade point average and has a 3.68 GPA in his major of systems engineering management. An assistant captain this season, he is also a finalist for the Lowe's Senior CLASS award. He holds the school record with 155 career games played and tied the school record with seven career short-handed goals.

Junior Matt Becker won the team's most improved player award as voted on by the team. A forward from Moorhead, Minn., Becker played in just 10 career games entering this season. This year, he played in 29 games and had a career best eight points with one goal and seven assists. His work ethic and determination put his name in the lineup

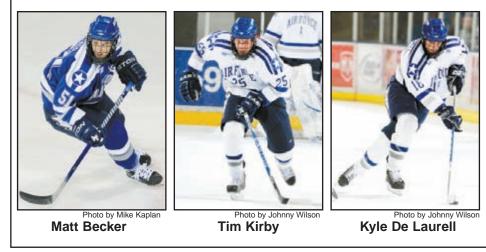






Andrew Volkening

Matt Fairchild



every night in the second half of the season.

Kyle De Laurell earned the John Matchefts Award, voted on by the team, as the team's freshman of the year. The winger from Colorado Springs saw action in 36 of the 37 games and was the top scoring freshman on the team with 18 points on six goals and 12 assists. He ranked fifth on the team in scoring by all players and was the 10th in Atlantic Hockey in points by a freshman.

Sophomore Tim Kirby was named the team's defensive player of the year. Kirby was a first-team all-conference selection as he was one of the top scoring defensemen in the league. He led the team with a +6 and had 24 points on five goals and 19 assists. He scored three game-winning goals this season, all coming in the final three minutes of a game or in overtime.



Neubauer breaks Academy shot put record in Sat. meet

By Valerie Perkin Athletic Communications

AUSTIN, Texas – Senior Sara Neubauer improved her Academy record distance in the shot put, as she concluded competition at the 83rd Clyde Littlefield Texas Relays here Saturday.

As the Falcons' lone competitor of the day, Neubauer recorded a throw of 54' 5½" to finish third in the 15-member "A" section of the shot put.

impact on the Academy record book, Neubauer also made her mark on the conference record book, as she tossed the second-best throw in Mountain West Conference history.

The senior opened the day with a foul throw, but rebounded with the career-best toss of 54' $5\frac{1}{2}$ ". She added another throw of more than 50-feet at 51' $5\frac{1}{2}$ " during the first round of competition. In the finals,

Neubauer, a native of Bottineau, N.D., recorded the career-best throw on her second attempt of the day to break the previous program record of 54'0" that she set in 2009 and improved on the Academy's senior class record of 53' 11" that she set earlier this year during the indoor season. In addition to her Neubauer tossed a pair of foul throws but concluded the day with a distance of 49' 11".

With one of the top throws in the nation to date, Neubauer was only a foot shy of the meet winner.

The Falcons will split up again Saturday as select members travel to Tempe, Ariz., for the annual Sun Angel Classic, and the rest of the squad travels to Boulder for the Colorado Invitational.

Baseball

n

The Falcons allowed 10 runs in the ninth inning Tuesday, falling to Northern Colorado 19-14 at Falcon Field. With Air Force leading 14-9 going into the final inning, Northern Colorado scored eight base hits and took advantage of two Falcons errors. Air Force had 14 hits on the day.

Alt Force had 14 hits on the day. Addison Gentry went 4-for-6 with four RBIs, and Nathan Carter went 2-for-

3 with three runs and three RBIs to lead the Falcons. Northern Colorado's Jarod Berggren went 4-for-6 with four RBIs, and T.J. Berge went 3-for-6 with four RBIs to lead UNC.

Golf

The Air Force golf team finished 20th at the Cowboy Classic, hosted by Wyoming at the par-70, 7,133-yard Talking Stick Golf Club-North Course Tuesday. Senior Tom Whitney led the Air Force team, shooting a three-under-par 67 to finish tied for fourth place at 211 (+1), his seventh top-five finish in 11 tournaments.

CSU-Northridge claimed the team title with a final score of 841 (+1), while San Diego's Gunner Wiebe finished first in individual results with 203 (-7). Air Force's final team score was 894 (+54).

Gymnastics

A record nine members of the Air Force men's gymnastics team were selected to compete at the 2010 NCAA National Men's Gymnastics Championships, the NCAA selection committee announced Monday.

Junior Nash Mills, who is ranked 11th in the nation, qualified in the allaround, while eight Falcons qualified as event specialists in 11 routines.

Falcons' Burtschi to pursue hoops dream

By Scott Prater Schriever Sentinel

SCHRIEVER AIR FORCE BASE, Colo. — First Lt. Jacob Burtschi, a former Air Force Academy standout basketball player currently stationed at Schriever Air Force Base, will be released from his Air Force commitment early and he plans to pursue a professional basketball career.

Burtschi, a Bravo crew commander with the 11th Space Warning Squadron, a tenant unit here, will take advantage of the 2010 Force Management program and exit the Air Force this June, cutting two years off his five-year commitment.

Citing budget concerns, Congress has asked the Air Force to reduce it ranks by 3,500 Airmen this year, and that's what the force management Program was designed to do. Originally, Burtschi heard Academy grads were required to pay recruitment fees if they desired to exit prior to their five-year commitments, but he said those fees were eventually waived as part of this force management program.

A 2007 Academy graduate, Burtschi was a three-year starter and holds alltime school records as the player with the most wins (90), most games played (125) and most steals (196). He ranks 10th all-time in scoring (1,205 points) and led Academy teams to a pair of NCAA tournament berths and a semifinal appearance in the National Invitational Tournament.

Upon graduation, he spent his first year of active duty coaching at the Academy Preparatory School. He then entered space and missile training at Vandenberg AFB, Calif., and arrived at Schriever in December 2008.

He said he has enjoyed his military

career and relishes his time here.

"I've had a great time," he said. "I've been blessed to have worked with a great bunch of guys."

Upon his release from the Air Force, the young lieutenant will move to Denver, where he will work with former Academy coaches Joe Scott and Jeff Bzdelik, who now coach at Denver University and Colorado, respectively.

"Both coaches carry so much knowledge," Burtschi said. "Joe Scott really pays attention to a lot of small things like toughness and ball handling, while Jeff Bzdelic is the type of coach who maintains a mindset of plays and different ways to score. It will be a great opportunity for me to soak up a wealth of knowledge."

He says he'll work some basketball camps and work out with both school's squads in an effort to hone his talents against players with different skill sets.

After spending the summer in Denver, Burtschi will then travel home to Oklahoma City, where he'll spend some time with his father, a veteran high school coach, before heading off to Europe in hopes of earning a professional basketball contract there.

Ultimately, he hopes to play professionally in the NBA but believes playing in Europe should be the first step in that process.

"Spain has one of the best leagues in Europe and Finland fields good teams as well," he said. "I have an agent in Spain right now who is confident I can earn a contract there. It would be great to one day play in the NBA if things progress. Maybe I can get lucky."

For now, he plans to spend a few years playing in Europe and working toward his NBA dream. And, he'll hold off on his coaching aspirations until his playing career ends.



Photo by Joel Straye

Jacob Burtschi drives against DePaul March 21, 2007, at Clune Arena during his senior season at the Air Force Academy. Burtschi will exit the Air Force this summer and plans to pursue a career as a professional baskeball player.

"I want to coach at the college level," he said. "Right now I have a former teammate, A.J. Kuhle, who is an assis-

tant for Joe Scott at DU. He's always said if he got a head coaching job, he'd want me on his staff, so ... who knows."

DFB prevails in volleyball match of unbeatens

By Dave Castilla Intramural Sports

In the battle for top supremacy of the intramural volleyball program, the Department of Foreign Language and Department of Biology both put their unblemished record on the line. Tim Filzen resulting in a kill shot to put DFB up 5-4, and they would never lose the lead. Laura Terry served three straight points for DFB and increased the lead to 8-4.

After a DFF side out, DFB's Aaron Drake's serve helped the team to a 17-6 lead, after which DFF had to call timeout. serve knotted the score at 15 apiece, and the team later went up two, 17-15. DFF continued to keep the score tight but would never take the lead as DFB hung on for a hard fought victory.

Winning coach Tim Filzen, whose team took last year's base championship, said both teams were excited and pumped.

The biologists prevailed, taking their educational brethren down 25-11, 25-23, and preserving their undefeated status.

DFB, who combines with the law and aeronautics departments, played a strong first game with three early ties. However, DFB's Elaine Bryant set a perfect set to Tim Filzen had a block and two kills, and the lead later ballooned to 20-7 en route to a 25-11 victory.

The second game would be much closer — DFF regrouped and took an early 10-6 lead. Scott Nelson had one ace and the team scored five points off his serve. Midway through the second game, DFB's Elaine Bryant's

"This was a match we looked forward to," Filzen said. "Two undefeated teams meeting for the first time this late in the season is unusual. We expected a hard fought match, and we got it. We expect an even tougher match when we meet again next week for the season closer and we certainly anticipate tough play in the playoffs."



Also selected were Devin Menefee, Dan Klimkowski, Joel Uptmor, Travis Langham, Garrett Canter, Matthew Thorne, James Okamoto and Chase Nobles.

Volleyball

Air Force volleyball head coach Matt McShane announced his team's 2010 spring exhibition schedule Monday.

The Falcons will play in four events 7

over the next three weeks, including a mid-week match at Denver Wednesday at 7 p.m.

The team will begin action at the Western Nebraska Tournament in Scottsbluff, Neb., Saturday. Other exhibition matches will include a trip to Laramie, Wyo., for the Wyoming Tournament April 17 and to Fort Collins, Colo., for the Colorado State Tournament April 24.

Falcons @Home Today Baseball

vs. San Diego State, 2 p.m. Women's Tennis vs. Utah, 2 p.m. Lacrosse vs. Quinnipiac, 4 p.m.

Saturday Baseball vs. San Diego State, 1 p.m.

Sunday Women's Tennis vs. North Dakota, 9 a.m. Baseball vs. San Diego State, noon Lacrosse vs. Bellarmine, 1 p.m. Women's Tennis vs. Colorado State, 3 p.m.





Summer employment

Students enrolled or accepted to a college, university, technical or vocational school may apply for summer jobs at the Air Force Academy through Wednesday.

Applicants must hold a 2.0 or better grade-point average and be 16 years old by June 1.

Positions available include clerical, food service worker and general laborer jobs. Announcements at www.usajobs.gov will contain details and specific examples.

Applicants may e-mail completed applications to the 10th Force Support Squadron at 10fss.seep@usafa.af.mil. For more information, contact 10th FSS at 333-4363.

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Buddhist Wednesday - 6:30 p.m.

<u>Jewish</u> Friday - 7 p.m.

<u>Muslim</u> 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

tax returns free for active-duty servicemembers stationed at the Academy as well as cadets and retirees in Arnold Hall near Hap's through April 15.

Hours of service are weekdays from 8 a.m. to 3 p.m.

To have your tax return prepared, you will need a military ID card, wage and earning statements from your employers and any interest and dividend forms. You will also need bank routing and account numbers if you would like your tax refund issued through direct deposit.

For more information, contact the tax center at 333-3905.

Arbor Day observance

The Academy will celebrate Arbor Day April 16 from 4 to 5 p.m. at the Scout Huts on Community Center Drive.

Col. Todd Robison, the 10th Air Base Wing vice commander, will accept a Tree City USA award on behalf of the Academy in recognition of its urban forest management program.

The event will also include a tree planting by Academy Youth Center students to restore an area that had been infested with dwarf mistletoe. Volunteers will also have a chance to plant a tree but should bring gloves.

Operation Jr. Deployer

The deadline to sign up your children for Operation Junior Deployer is April 23.

The event, scheduled to be held May 1 from 8 a.m. to 4 p.m., is designed to help children and family members understand the deployment process.

Activities for the event include an inprocessing line, a "deployment" to Jacks Valley, aka Usafastan, a lunch including a sample meal, ready-to-eat, a land navigation course and a welcome home celebration.

Registration forms are available at most 10th Force Support Squadron locations and at www.usafaservices.com. For more information, contact the Airman and Family Readiness Center at 333-3444.

Civilian tuition assistance

Have you been thinking about going back to school but haven't because of the cost? If so, the time to act is now!

The Civilian Tuition Assistance Program has money available for appropriated-funds employees of the Academy who are in an active civilian pay status.

There will be a Civilian Tuition

Exchange, Fitness Center, Bowling Center, Youth Center, Outdoor Rec, Milazzo Club, and Cadet Outdoor Rec).

For more information contact Letitia Wiseman at 333-9133.

Intramural softball

The 2010 Intramural softball league is now being formed under the guidance of the Fitness and Sports Center.

Letters of intent are due April 21 and an informational coaches meeting will be held April 22 at the Fitness Center office. Preseason competition begins on or about May 17 and the regular season will begin on or about June 1.

For more information please contact Dave Castilla at 333-4078.

Body conditioning

Body conditioning class takes place Mondays and Wednesdays in the Community Center Ballroom from noon to 1 p.m.

Admission to the six-week class costs \$60 and entails full-body workouts using dumbbell weights, resistance bands and rings and other provided equipment.

The class helps participants improve their strength, posture, muscle tone and bone density and is appropriate to all fitness levels.

Dancing

Ballroom and line dancing classes are available in the Community Center Ballroom and are ongoing throughout the year.

The cost to attend the six-week classes is \$40 per person or \$70 per couple for ballroom dancing and \$35 per person for line dancing.

Ballroom dancing classes are taught Wednesdays at 5:30 p.m. for beginners, 6:45 p.m. for intermediate dancers and 8 p.m. for swing dancers. Line Dancing classes are taught Mondays with classes at 5 and 6:15 p.m.

A&FRC offerings

The Academy Airman and Family Readiness Center will host the following classes in March. Contact the A&FRC at 333-3444 or 333-3445 with questions or to sign up for a class. Class dates and times are subject to change.

Group pre-separation counseling Held Mondays (except during TAP week), 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory tion 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

Thursdays through April 22, 3 to 4:30 p.m.

This is a skill-based parenting program for parents of children ages 5-18 that teaches parents practical and effective ways to increase their children's positive behaviors, decrease their negative behaviors and appropriate alternative behaviors.

Anger Management

Mondays through April 26, 3 to 4:30 p.m.

This class will help participants 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.

Couples Communication Seminar April 16, 8:30 a.m. to 4:30 p.m.

This one-day seminar teaches participants how to communicate more effectively and improve their relationships. Everyone is welcome, whether they are married, engaged, dating or single.

1-2-3 Magic Parenting

May 13 and 20, 2:30 to 4:30 p.m.

This class offers easy-to-follow steps for disciplining children ages 2-12 without arguing, yelling or spanking.

Prepare for the AFPT

The Fitness Center now offers Fitness Improvement Program classes throughout the week to help Airmen prepare for the revised Air Force Physical Training program.

The high-intensity classes will focus on cardiovascular endurance, core strength and push-ups.

Classes will be held Mondays and Fridays from 6 to 7 a.m. and Tuesdays and Thursdays from 3:30 to 4:30 p.m.

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



Pikes Peak or Bust scholarships

The Pikes Peak or Bust Rodeo Parade will sponsor scholarships to family members of servicemembers killed or wounded in action while in a designated combat zone. The scholarships are awarded to family members who have been accepted to an accredited college or university or who are current college students and can be applied for either traditional degree programs or vocational and technical education. Applicants must apply by May 30 and must be committed to attend during the 2010-2011 academic year. Students who have already been selected for full scholarships or have been selected to attend a service academy are not eligible. For more information, contact the Colorado Springs Chamber of Commerce at 719-575-4325.

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. Assistance briefing on April 21 at 2 p.m. open to all civilian employees at USAFA. Space is limited so please call Christy Pfalmer at 333-4821 to sign up for the briefing.

Community Center activities

For more information on community center activities, contact Charlotte Morris at 333-2928.

Bonding thru Family Fun

We are giving away \$175 per month in prizes for participating in Bonding Thru Family Fun. It only takes 2 people to be a family. Activities that count are workouts, playing games, hikes, going to ball games.

Please Grab a BFF Card at one of the Services Activities (Library, Base

briefing assists you in identifying benefits and services associated with your transition and beyond.

'Iron Chef' canceled

The Family Plus "Iron Chef" cooking competition originally scheduled for April 10 has been canceled due to a scheduling conflict.

The event will be rescheduled for September.

For more information, contact Ashley Royall at 333-2928.

Family Advocacy Classes

All Family Advocacy classes are open to active-duty servicemembers, Department of Defense civilians, retirees and family members unless otherwise specified. Classes are held at the Airmen and Family Readiness Center. For informa-

ACADEMY SPIRIT April 9, 2010

ork w/or

AMERICAN

The Mason Jar (NOW 2 LOCATIONS) 2925 W Colorado Ave at 30th St 719-632-4820. 5905 Corporate Dr & I-25 (exit 148, Nevada / Corporate) 719-260-6555

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3780 F Boulder St Colorado

Diamond Billiards

3628 Citadel Dr N Colorado Springs,

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BBQ CAJUN			
	Nawlins 3317 Cinema Point (at the IMAX on Powers and N Carefree) 571-9777	10% Military Discount. 20% Military Discount on Wednesdays! Happy Hour \$2 drink specials on beer, wine, margaritas & hurricanes 2-7 pm. \$4.95 express lunch til 4 M-F. Football in HD & live music weekends! Tasty bbq, seafood, cajun & creole including exotic alligator and frog legs!	



CAFE

HOAGIES, SOUP, AND MORE!! Conveniently located at the corner of Peterson and Palmer Park. Open 10:30 AM to 8 PM M-F and 7AM to 8PM on SAT. Stop in and have one of our many hoagies, including our infamous Bulgogi Hoagie or come by for a homemade BREAKFAST on Sat!! 10% MILITARY DISCOUNT. FREE WIFI. Carryout available!

CAKE DESIGN Keegan Cake Designs 719-360-1375 www.keegancakedesigns.com

At Keegan Cake Designs, it is our goal to create the perfect cake for
any occasion. All of our cakes & cupcakes are custom made-to-
order so please feel free to contact us with your ideas. Any design,
detail, or color can be accommodated to compliment your occasion.
To order a cake, simply contact us to discuss your ideas.
Military ID card holders will receive one dozen free cupcakes
with their first specialty cake order.

DOWNTOWN DINING			
THE WAREHOUSE	The Warehouse Restaurant and Gallery 25 W. Cimarron St. (2 Blocks East of I-25 on Exit 141) 719.475.8880 www.thewarehouserestaurant.com	Happy Hour MonFri. 3:00 to 6:00. Half-off all house wines, beers and martinis, and all pub appetizers! Enjoy upscale yet casual dining in a turn-of-the-century warehouse turned art gallery. Military Discount - 10% off all regular-priced menu items. (Valid for Restaurant dining only, not valid for Happy Hour or events in the Gallery)	

FINE DINING				
Briarhurst Manor Estate	Briarhurst Manor 404 Manitou Ave, Manitou Springs (719) 685-1864	Four Course Dinners starting at only \$18! Entrees featuring steaks & game meats, fresh seafood, poultry, specialty salads, hand crafted desserts & vegetarian fare savored in a beautiful Victorian manor. Birthday& Anniversary specials. Nightly Wine specials. Murder Mystery Dinners. Graduations. Weddings. Receptions. Promotions. 20% Active Duty Military Discount on A la Carte Menu		





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www.PitaBella.com	NOW 2 LOCATIONS! 1. At 3578 Hartsel Drive (at the King Sooper's Center at Woodmen & Rangewood) (719) 599-0400 2. At 3669 Star Ranch Rd (on Highway 115 & Star Ranch Rd, Next to the Pizza Hut) (719) 576-9338	Serving BIG Pita and meals from the Middle East, Greece, Morocco, Egypt, Jordan, Turkey, and more. We Specialize in Gyros, Kabab, Falafel, Hummus, Baba-Ghanouj, and healthy salads. Open for Lunch, and Diner from 11am to 8pm (Mon-Sat) and from 11am to 3pm on Sunday. We have Pitas, Platers, and Chef Special Meals. NOW Order any Pita+Drink+Baclava Dessert for ONLY \$7.99 We do catering and special orders.
	ME	XICAN
	Daniel's Taco Shop 6815 Space Village Ave Colorado Springs, CO 80915 (At the North Gate of Peterson Air Force Base) 719-574-2992	Delicious Mexican Foods "The Whole Enchilada" Bring your Family and Friends Breakfast * Lunch * Dinner Open 7 Days a Week- Plus TAKEOUT Mon-Fri 5am-10pm and Sat & Sun 7am-10pm





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