



USAF ACADEMY, COLORADO
ACADEMY SPIRIT

Vol. 48 No. 6

February 15, 2008

Making ground on military, family issues

Page 11



HAWC oasis of health and wellness

Page 13



306/MSG the top team

Page 14



23 DAYS UNTIL THE ACADEMY UCI ARE YOU READY?

UCI Tip of the Week Page 3

INSIDE

Commentary	2
News	3
Features	12
Sports	14
Community	15
Classifieds	16

Academy tries on Heritage coat

By Butch Wehry
 Academy Spirit staff



Photo by Dave Ahlschwede

Michael Mucher, Anthrotech research assistant, measures the fit of the Heritage Coat on Staff Sgt. Kevin Kelly, NCOIC of Command Enlisted Assignments, at the Heritage Coat fit test in Arnold Hall Tuesday.

Fittings for the Heritage Coat were made this week in Arnold Hall's banquet rooms.

Maj. Camille Looney, a 10th Medical Support Squadron medical service corps officer, volunteered for the fit test out of curiosity about the Heritage Coat.

"I like the fitted jacket but haven't made up my mind about the belt or tie," said the 23-year Air Force Officer.

She remains undecided whether it should be adapted Air Force wide.

"I'd really like to see how they wear over time and what response people give," she said. "The fitted jacket feels comfortable and looks nice if they can fix the gap in the front."

Airman 1st Class Chandra Block with cadet personnel prefers the new attire to the traditional uniform.

"It looks better," said the five-month Air Force veteran "It makes the Air Force and people look professional." She gives high marks to the comfort and appearance of the test uniform.

See HERITAGE, Page 6

10th Med Group recognized by DoD

By Butch Wehry
 Academy Spirit staff

MG commander. "I do have great people working with me!"

At the Military Health Service meeting in D.C. the end of January, the 10th Medical Group was recognized as the best Air Force hospital in the continental United States.

The Defense Department's award for top mid-sized military treatment facility went to the Academy during ceremonies Feb. 6 in Washington, D.C., as part of the annual Tricare conference.

"In short, top scores on active duty medical readiness, preventive medicine initiatives, access, and patient satisfaction won it," Said Col. Alan Berg, 10th

MG commander. "I do have great people working with me!"

The 10th MG received the newest award for the period of Oct. 2006 to Sept. 2007.

"What this shows in short is a continued emphasis across all parts of the 10th Medical Group to help the Academy prepare our people to deploy and contribute to the war on terror, to ensure our patients have the benefit of current preventive medicine recommendations in accordance with national standards," Colonel Berg said. "It ensures our patients have access to providers to meet their medical needs, and finally to ensure that beyond their needs, their expectations are met or exceeded."

Last year, the 10th MG facility was also named the number one hospital in the Department of Defense in Fiscal Year 2006 for patient satisfaction.

"We had the highest score on a health services inspection for a continental United States hospital in 2006," he said. "This award proves the continued legacy of the 10th Medical Group being a great place to work and a great provider of healthcare to the Academy community."

"Military medicine has a proud history of advancing battlefield medicine and this award proves that we also excel in taking care of our military family at home," said Colonel Berg. "Our goal

See MED GROUP, Page 6

Cadets embrace 'citizenship and making a difference'

Symposium brings renowned speakers, visiting students

By Ann Patton
 Academy Spirit staff

20-23, with nationally-recognized leadership and motivational speakers visiting to inspire cadets and guests with their extraordinary life experiences.

The four-day symposium, themed "Impassioned Citizenship: Can One Make A Difference?," brings in people from all walks of life who have one common trait: they have served society and made a difference.

Speakers include a former presiden-

tial candidate and NATO Commander, a senior Congressman, a CEO of professional sports, four national motivational speakers, a 13-year-old with his own foundation, a humanitarian with a New York Times bestseller, a blind man whose vision was restored, a Thunderbird pilot, co-founders of a global non-profit dedicated to victims of sexual slavery, a special operations pilot from a rescue in Iraq, and

See NCLS, Page 4

Celebrating multiculturalism helps defeat racial inequality

By Capt. Tyrone Bess
379th Air Expeditionary Wing African-American heritage committee

SOUTHWEST ASIA (AFPN) — Every February, our nation recognizes the achievements and contributions of African Americans. This year's theme, "Dr. Carter G. Woodson and the Origins of Multiculturalism," celebrates Dr. Woodson's successful efforts to acknowledge the contributions of African-Americans.

This month is about not only their history, but also world history and progress.

African-American History Month was established in February, 1926, as Negro History Week through the contributions of Dr. Woodson, a prominent African-American author and scholar. He noticed that, although our nation was tracking history, the contributions of African-Americans were being excluded. Throughout his life, his end goal remained constant: Equal treatment for people of color both in the recording of history and in society at large.

If Dr. Woodson were alive today, I believe he would describe our nation's progress toward that goal in this way: **M:**

Memories allow African-Americans to move toward equality by **U:** Understanding wrongs were committed. However, we will elect a level playing field for all Americans of all cultures.

We will **L:** Learn how to knock down road blocks as one unified body. We will **T:** Teach all generations, old and young, that the only person holding you back is yourself. **I:** We will imagine an environment where equal treatment is no longer a dream, but a reality **C:** Cultivated by ideas, concepts and insights.

The world is not black and white. The world is a conglomerate of races, religions and nations constantly striving for the betterment of their societies.

U: Ultimately we must realize, life's lessons are not for us as individuals, but for those we impact with our actions and **L:** Lessons learned — lessons about the importance of language; the language of a movement, a shared interest similar to the language spoken in the military.

As leaders, supervisors and subordinates it is our responsibility to relate to those who work with and for us. Do not discount a person because of cultural differences; embrace their uniqueness and broaden your cultural awareness.

T: Train yourself for a life without racial inequality. The military trains for future wars, in air, space and cyberspace. We are a forward thinking nation and our **U:** Uniqueness should not be dismissed. We strive for a world of independent thinking, and we fight for that right.

Make no mistake — we have made tremendous advancements in minority roles at all levels of society. However, we are in the midst of an extended war both on the home front and abroad. It's a war that cannot be won in a climate of racial intolerance.

R: Racism still exists. Can your fellow Airman, Solider, Sailor, Marine and Coast Guardsman rely on you to end racism?

At the end of the day, we are one nation, one people, one culture fighting side by side in an **A:** Allegiance for multiculturalism and **L:** Liberation, so other nations will not repeat our past failures. **I:** Ideas are sometimes radical for the time and are met with negative **S:** Strongholds.

Those strongholds are not the final authority. We are still on the bus; the difference today is our bus has **M:** Momentum and we are the force behind defeating racial inequality in the military, our nation and the world.

ACADEMY SPIRIT

Directorate of Public Affairs mission:
To responsibly inform and educate the Academy community and the public about the Air Force Academy

Lt. Gen. John Regni — Academy Superintendent
Maj. Brett Ashworth — Director of Public Affairs
Staff. Sgt. Tim Jenkins — NCOIC, Internal Information
Wayne Amann — Editor
wayne.amann@usafa.af.mil
Butch Wehry — Senior Staff Writer
whalen.wehry@usafa.af.mil
Ann Patton — Staff Writer
elizabeth.patton.ctr@usafa.af.mil
Denise Navoy — Graphic Designer

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.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Colorado Springs Military Newspaper Group, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The printer reserves the right to reject any advertisements.

Editorial content is edited, prepared and provided by the U.S. Air Force Academy Directorate of Public Affairs. **The editor reserves the right to edit articles to conform to Air Force policy and Associated Press style.** All photos are U.S. Air Force photos unless otherwise indicated.

Submissions

Send submissions to: HQ USAFA/PAI, 2304 Cadet Drive, Suite 3100, U.S. Air Force Academy, CO 80840-5016 or deliver to Suite 3100 in Harmon Hall.

Deadline for free classified ads on a space-available basis is noon every Tuesday for that week's publication date. Paid classified advertising is accepted by the publisher at 329-5236. The number to call for display advertising is 634-5905.

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.news.paper@usafa.af.mil.

Call the Action Line to resolve issues!
333-3900

The **Action Line** is a direct link to USAFA's senior leadership. It should be used when other avenues have failed. Concerns should be addressed at the lowest possible level in the chain of command and elevated as necessary. If satisfactory results have not been attained by addressing the chain of command, call the Action Line at 333-3900 or fax 333-4094 or mail to:

Directorate of Public Affairs/ACTION LINE
2304 Cadet Drive, Suite 3100
USAF Academy, CO 80840-5016

Items may also be e-mailed to action.line@usafa.af.mil.

Character Corner NCLS, Feb. 20-23, Part 3

By Capt. David McManus
Center for Character Development

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

- John Quincy Adams

By this definition of leadership from one of our early presidents, Maj. Samantha Weeks is a true Air Force Leader. Who in the Air Force, or in our nation for that matter, is not awestruck and inspired by the sight of our Thunderbirds screaming

Character Matters airs Wednesdays at 8 a.m. and 8 p.m. on Kafa radio, 97.7 FM.

through the sky? Eleven short years ago I'm sure Major Weeks was in awe of their splendor as a graduating cadet here at the Academy, with dreams of what she could accomplish once those gold bars were on her shoulders. Now, her combat achievements and the goals she has reached can inspire us all to dream, learn, do and become more. Her actions are making a difference. We are privileged to have Major Weeks joining us this year at the National Character and Leadership Symposium.

Many of us have pondered the question embodied in this year's NCLS; "Can I make a difference?" As members of the Air Force, we've

all agreed to serve our country. However, this commitment extends beyond even the inspirational leadership demonstrated by Major Weeks. It also involves our civic involvement and service. If you can realize that "It's not just about me," it's about serving others in our community, our nation, and our world, you can make a difference. Come to NCLS and listen to 34 speakers who are doing great things in our world.

For more information on times and locations, see www.usafa.af.mil/ncls.



Who are the most "un-thanked" people at the Academy?



"The 306th Flying Training Squadron's resource advisors. They have to deal with not only the Academy, but Air Education and Training Command requirements to ensure money is allocated fairly and all facets of TDYs and budgets are accurate and taken care of."

Staff Sgt. Keichanta Johnson
306th Flying Training Squadron



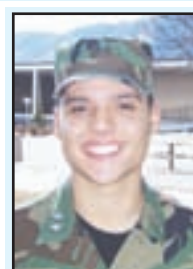
"The contractors at the Pass and Registration Center. They process badges for people on the installation and deal with a lot of people with convictions and must deny them a job. They have to rely on a computer system, but if that is not working they have to turn people away."

Senior Airman Vanessa Thomas
10th Security Forces Squadron



"It must be the roads and grounds people. They have to get here no matter the weather to get the roads open for everyone else. That can be tough to do."

Mr. Earl Rains
Document Automation and Production Services



"It would be the support personnel. Everyone who makes our education and training possible behind the scenes, civilians included."

Cadet Candidate Kenny Perez Lorenzo
Preparatory School

Academy Airmen “getting the gouge” on deployment

By Ann Patton
Academy Spirit staff

Military members on the cusp of deploying can now get insiders' views via video of what to expect.

The U.S. Naval Institute has asked all service branches to produce 3-minute video interviews with those who have been there and done it in Afghanistan and Iraq.

The videos are appearing on the Institute's Web site, www.getthegouge.com, “a Web site for warriors.”

This week taping began in Fairchild Hall of Academy Airmen who have returned from deployments.

“It's worthwhile for both the Academy and the Air Force,” said Dr. John Farley, professor of English and broadcasting, who is steering the project.

“We do more than teach cadets,” he said. “We are involved with the Global War On Terror and with the base.”

Interview questions focus on experiences, adjustments, service performed and sacrifices. Personal videos and photographs will intermingle with taped video segments for the final video project.

“It's totally about the individual,” Dr. Farley said. “People need to see what the Air Force is doing and when they go into harm's way.”

He added participants are more than willing to tell their story and doing so contributes heavily to team work.

He said he would like to make different finished tapes from the same interview and perhaps longer segments.

So far, 12 Academy Airmen have been lined up for interviews. Dr. Farley serves as the interviewer but does not appear on camera.

DenMar Services Inc., with offices and studios in Fairchild Hall, is providing taping and editing, and their services have been requested for a total of

30 interviews so far.

“I'm willing to do interviews as long as other people are willing to do them,” he said.

Unlike written directives or written accounts of life during deployments, videos bring the sources of the stories to life.

With written text, Dr. Farley said, “they don't get the emotions or see feelings like they do with video.”

Dr. Farley will enjoy surprises, as he always does when television production and human beings come together.

“I expect a lot of them,” he said. “You never know what to expect.”

Maj. William Dayton, Air Officer Commanding for Cadet Squadron 11, was first to go before the camera this week. After two deployments to Iraq, he was happy to do so.

“Others will get pieces of the picture not on the deployment checklist,” he said.

During the interview, when he was asked if he felt he had helped the Iraqi people, he said, “Yes, I did help.

I helped the coalition forces and they helped the Iraqi people.”

Major Dayton recalled experiences interacting with Iraqis.

“They are not very different from us,” he said. “I think the freedoms we want they want also.”

He recalled playing soccer with a group of Iraqi youngsters. One boy was wearing a YMCA t-shirt and another an Air Force physical training t-shirt.

Major Dayton also told of the owner of a produce business whose inventory was destroyed with explosives. In two short days, the fruit and vegetable stand was back in business.

Would he do another deployment?

“Yes. I'd be chomping at the bit to see what progress we've made.”

During the interview, Major Dayton gave two pieces of advice to those deploying.

“Communicate with your family as much as possible. Have a great sense of humor.”

UCI Tip of the Week

By Lt. Col. Robert Slaughter
Inspector General, Complaints Resolution

Unit Compliance Inspection scoring criteria are found in AFI 90-201, *Inspector General Activities*. The Air Force Inspection Agency uses two important guidelines when scoring and reporting inspection performance: findings and recommended improvement areas.

Findings are “validated deficiencies and will be tracked until closed out ...” Findings have three categories: minor, major or critical, depending upon

mission impact.

Recommended improvement areas identify a “process, product or capability which could be improved by a suggested course of action. An RIA is not a finding.”

In the 2005 UCI, several Academy units received scores of excellent while also receiving several RIAs. For a list of RIAs in your unit, please check with your unit's Self-Inspection Monitor.

If you happen to come across copies of past UCI reports, remember reports of inspections are privileged documents and the Air Force controls their distribution; they are to be handled as Official Use Only documents.



CHALLENGER

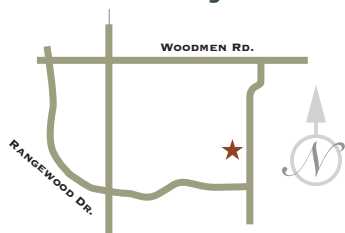
H O M E S

**Challenger homes offers tons of ways to help you buy a new home...
Move in today!**

Wildwood at Northgate



Stetson Ridge



**FOR OUR MILITARY!
All Active Duty Military
Save 5% or up to \$25,000!**



719.598.5192
www.MyChallengerHomes.com

5 MODELS TO CHOOSE FROM
Military Incentives • Seller Financing
Rent-to-Own • Trade-Up Program

NCLS

From Page 1

the leader of the Army Rangers chronicled in the movie *Black Hawk Down*, among others.

"NCLS is such an incredible opportunity this year because we have speakers who have truly made a difference – they are ones that the entire Cadet Wing can identify with," said Cadet 1st Class Maria Brooks, the cadet-in-charge of the symposium.

The military speakers in the symposium have made a difference in many different ways.

"We have joining us the former NATO Supreme Allied Commander, Gen. Wesley Clark, who commanded Operation Allied Force which saved 1.5 million Albanians from ethnic cleansing in Kosovo; the Department of Defense approved portrait artists for fallen soldiers since 9/11, Project Compassion; the first female solo pilot on any U.S. aerial demonstration team, Maj. Samantha Weeks; the Air Force Cheney Award recipient for a successful helicopter crew rescue in Iraq, Maj. Marshall Groves; and an Air Liaison Officer from Operation ANACONDA in Afghanistan, Maj. Paul Murray," said Maj. David Higginbotham, the symposium director.

"Also with us is Col. (Retired) Danny McKnight, best known as the commander of the Ranger elements in the movie *Black Hawk Down*," he added.

Sports icons make up a strong contingent of the NCLS group of speakers.

"We've got Dr. Harvey Schiller, former CEO of YankeeNets, President of Turner Sports, Executive Director of the U.S. Olympic Committee and Commissioner of the Southeastern Conference; Sean Swarner, featured on ESPN for climbing the highest mountain on each continent with just one lung; Kristen Ulmer, named the best extreme and overall woman skier in the world; and Brian Shulman, former

captain of the 1988 Southeastern Conference Champion Auburn Tigers and Green Bay Packer draft pick," said Major Higginbotham.

Other speakers earned America's respect by making a difference in their own sphere of influence.

"Greg Mortenson is fighting terrorism in Pakistan and Afghanistan by building hundreds of schools for young girls over the past 13 years," said Major Higginbotham, and added, "Austin Gutwein, just 13 years old, has done more for the global community than most will do in a lifetime. His foundation, Hoops of Hope, has built a high-school for 1,000 orphans in rural Zambia due to HIV/AIDS. Incredibly, he will build a hospital this year. We also have Academy Cadet 1st Class Erik Mirandette, who fell victim to a terrorist attack while on a humanitarian mission in Africa, as well as AFOTC Cadet Alea Nadeem, who as a young girl was involuntarily taken from her mother and forced to live in Iraq during the Gulf War. She has since made a difference by serving her country in the U.S. Air Force."

In addition to a lineup of world-class speakers, the symposium brings in cadets and midshipmen from the other service academies, as well as students and faculty from over 65 civilian universities across the United States, and from South Korea and Canada.

"It's good to have other military and non-military [students] because they have a different perspective on leadership and character...we can learn from each other," said Senior Master Sgt. Danielle Brines, the symposium deputy director.

The cadets, as well as the other student leaders who will visit the Air Force Academy, will take away from NCLS the motivation to make a difference. As future leaders, they will use these speakers as role models," she said. "So the take-away from



NCLS is, 'one individual can make a difference.'"

Cadet Brooks explained that participation is the key for Academy staff and cadets who wish to get the most out of the program. "They need to come," she said. "Cadets will get a lot more out of it when they make the personal choice to hear a speaker they find interesting."

Major Higginbotham indicated the combined efforts of all of the Mission Elements, the Center for Character Development staff, the Association of Graduates and the Academy Class of 1973 make the annual symposium possible.

"I'd like to acknowledge the senior

USAFA leadership, including the Superintendent, the Commandant, the Dean of the Faculty, and the Athletic Director. They will be involved in NCLS start to finish.

"NCLS would not be possible without the Association of Graduates, and our flagship sponsor, the Class of 1973," he said.

Recognizing the contributions of the graduate community, Cadet Brooks observed, "They're absolutely necessary for the program. We appreciate them, and we appreciate the AOG's support."

More information on the symposium can be found on the NCLS website at www.usafa.af.mil/ncls.

A JOB WITH POSSIBILITIES

Start your civilian career, but know you have a part-time job you can depend on.

We have openings right now!



AIR FORCE RESERVE

800-AFR-8279 • AFReserve.com/prior



Planned Parenthood offers confidential oral HIV testing for women and men. It's easy – it's affordable – and you get your results within 20 to 40 minutes. Protect yourself. Get tested today.

719.573.8880—3958 North Academy Blvd., # 108

719.475.7162—1330 West Colorado Ave.

719.390.5411—3029 S. Academy Blvd.

\$10 OFF YOUR NEXT VISIT WHEN YOU BRING IN THIS AD (ONE PER PERSON).

Planned Parenthood® of the Rocky Mountains | www.pprm.org

TALK TO US IN CONFIDENCE. WITH CONFIDENCE.

Bentele
INNER SMILES
Orthodontics

MARK J. BENTELE, DDS, MS, PC
(RETIRED USAF)

ORTHODONTICS FOR ADULTS AND CHILDREN
Saturday and after-school appointments available.

2575 Montebello Dr W, Ste 101
between Union & Academy

OR NorthGate Dental 12225 Voyager Parkway

UNITED CONCORDIA/payment plans available. No charge evaluations.
719-268-7138 • www.inner-smiles.com

PYRAMID
Public Auto Auction

905 S. Santa Fe • Exit 128 Fountain

CARS • TRUCKS • RV'S

• BOATS • BANK REPOS

NEXT SALE:

1st & 3rd Saturday of every Month

February 16, 2008

at 11:00 A.M.



Sale Conducted by:



PYRAMID MOTORS & AUCTION CO.

Consignments Welcome • 719-382-5151

Cadets make strong showing at forensics classic

By Dr. Audra Diers
Director of Forensics
Department of English and Fine Arts

The Academy's Cadet Forensics Association hosted the 47th Annual Forensics Classic Feb. 8-10 with 18 of the most competitive intercollegiate forensics programs in the United States.

Attendees of the tournament included the current national champion team — Western Kentucky University, as well as the top five and recent national champion teams including Creighton University, Rice University, Arizona State University and Texas Tech. University.

Western Kentucky University placed first overall at the tournament, Creighton second and Northwest College, from Powell, Wyo., placed third.

While many of the Academy competitors helped to run the tournament, cadets had a very strong showing in competition as well.

Cadet 2nd Class Josh Seefried, who debated in the final round against national finalist and semi-finalist Jon Kohlscheen from Creighton University, placed second in the Open Lincoln Douglas Debate and was the sixth-ranked speaker in Open Parliamentary Debate.

Cadet 4th Class Mandy Davis placed second in the Open Biographical

Informative Speaking event.

In junior divisions, a young cadet team excelled with Cadet 3rd Class Anthony Chung placing second and Cadet 4th Class Sam Oas advancing to the semi-finals in Lincoln Douglas Debate. Cadet Oas was also the ninth-ranked speaker in the junior Parliamentary Debate, and he and his partner, Cadet 4th Class Casey Cowan, advanced to the quarterfinals in the Parliamentary Debate.

Cadet 3rd Class D.J. Thompson placed second in Junior Extemporaneous Speaking and Cadet 4th Class Colter Creech placed fifth in the junior Poetry Interpretation of Literature.

The Academy Classic is one of the oldest annual events on campus and is just the first of two major forensics competitions the team is hosting on campus this spring. On the weekend of March 28-30, the forensics team will be hosting the National Parliamentary Debate Association's National Championship Tournament which will bring approximately 400-600 competitors representing 70-80 colleges and universities from the United States and Canada. It will be the first time since 1972 that the Cadet Forensics Association has hosted a national competition at the Academy.

The team is excited to host the



Courtesy photo

Members of the forensics team (left to right) Cadets 3rd Class Anthony Chung and D.J. Thompson, volunteer assistant coach Andrew Swan and Cadet 3rd Class Brandon Paquette pose for a photo during the closing banquet for the 47th Annual Forensics Classic.

NPDA National Tournament because it's a great opportunity to showcase the Academy and its hospitality for our colleagues from other colleges and universities.

The tournament will kick off with a public exhibition debate between the

top three debaters from Ireland and three of the NPDA's top-ranked debaters in the United States. It will be held in Arnold Hall March 27. This exhibition debate, as well as the national tournament, is an open event and everyone is encouraged to attend.

Get more of what you love with...

MAX Checking

Powered by BancVue

6.01% APY* and Free ATMs Worldwide**

EARN MAX RATES	AND	OR BASE RATE
6.01% APY*		0.25% APY*
On Balances From \$0 - \$50,000		If Requirements Are Not Met

To earn the MAX Rates, perform the following each cycle***:

- 12 Check Card Transactions - Check card transactions must be signature (credit) based to qualify. PIN based transactions are not eligible.
- Receive Electronic Statement
- One direct deposit or ACH Auto Debit

AIR ACADEMY
FEDERAL CREDIT UNION
aafcu.com 800.223.1983

Colorado Springs • Fountain • Monument • Castle Rock • Parker • Highlands Ranch • Elizabeth

*APY=Annual Percentage Yield. 6.01% APY paid on balances between one penny and \$50,000, and 1.01% APY paid on all amounts above \$50,000 each cycle the minimum requirements are met. Dividends begin to accrue upon account opening. If you do not meet the requirements during a given cycle, you will earn the Base Rate of 0.25% APY. Rates as of February 1, 2008. We may change the dividend rate and APY at any time after the account is opened. 12 Check card transactions must be signature (credit) based to qualify. Make twelve or more signature/credit-based transaction purchases using your Visa® Check Card. PIN based transactions do not count toward the 12 required transactions. Select or ask for the credit option to ensure the transactions meet the requirements for Max Checking. ACH or Direct Deposit must be to/from MAX Checking (S12) account. No minimum balance required. No minimum balance to open this account. Available to personal accounts only. No monthly service charge. If you do not meet the requirements per cycle, your account will still function as a free checking account earning the Base Rate, however it will not receive ATM Refunds for that time period. **ATM refunds up to \$25 per cycle (limited to \$4.99 per item) if requirements are met. *** A cycle is defined as the period between the last business day of the month and the next to last business day of the following month. Federally insured by NCUA.

With so many choices to complete your degree,

WHY CHOOSE COLORADO CHRISTIAN UNIVERSITY?

Adult Studies program distinctives:

- Take classes at Peterson AFB or online
- Special military tuition rate
- Bachelor's and master's degrees available
- Take classes one evening per week
- Five week courses and online courses for busy adults
- Credit for previous college courses and life learning experiences

New classes begin soon!

For more information or to apply, call Tom Boven at 719.596.9235 or via email at tboven@ccu.edu

Colorado Christian UNIVERSITY
College of Adult and Graduate Studies
800.44.FAITH • www.ccu.edu

www.ccu.edu/usaf

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

Heritage

From Page 1

Cadet Squadron 10 Academy military trainer Tech. Sgt. Todd Johnson likes the feeling of being an "early adaptor" to the Heritage Coat now being fitted at selected bases.

"I prefer the Heritage Coat to the current jacket because it pays homage to the roots of the Air Force," he said. "It is extremely comfortable compared to the current jacket. I hope it will be adapted Air Force wide. Hopefully, I will be selected to do the wear test."

Master Sgt. Kimberly Gresens, Academy Headquarters, said volunteering for the test program is a neat opportunity to provide input for a future uniform.

"It looks more military," said the 19-year senior NCO.

Fittings were made by Ms. Belva Hodge and Mr. Michael Mucher of the Anthrotech Corporation of Yellow Spring, Ohio.

"The final design of the coat will be determined pending the results of the tests," said Capt. Jonathan Pllum, program manager from Brooks City-Base, Texas.

Med Group

From Page 1

is to provide world-class, on-target medical care and to exceed out patients' expectations for caring and compassionate medical treatments."

The Top MTF Award is awarded to the top medical facility with the highest composite scores for prevention efforts such as breast/colon/cervical cancer, childhood immunizations, asthma and diabetic care, deployment readiness, medical appointment availability and patient satisfaction.



Photo by Senior Airman Domonique Simmons

Film review

BAGRAM AIR BASE, Afghanistan - Staff Sgt. Josh Zilin, NCOIC, Diagnostic Imaging Flight, Craig Joint Theater Hospital, hangs film for a radiologist and surgeon review Jan. 10. Sergeant Zilin's home unit is the Academy's 10th Medical Operations Squadron.



COSTCO

WHOLESALE

BUSINESS MEMBERS HOURS
Monday – Friday, 10 a.m. to 8:30 p.m.

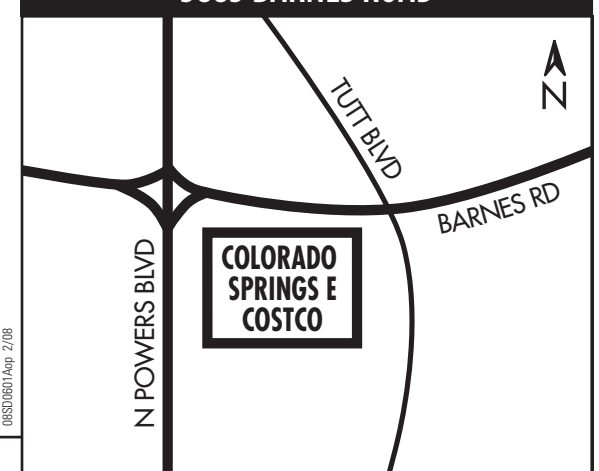
HOURS FOR ALL MEMBERS
Monday – Friday, 11 a.m. to 8:30 p.m.
Saturday, 9:30 a.m. to 6 p.m.
Sunday, 10 a.m. to 6 p.m.

**VISIT OUR NEW WAREHOUSE
FOR LOW PRICES ON**

Gas Station • Electronics • Tire Center • Jewelry
Fresh Meat • Books, CDs & DVDs
Pharmacy • Groceries • Fresh Bakery
Housewares • Food Court • Computers
Fresh Produce • Rotisserie Chicken
1-Hour Photo • Travel Program • Automobile
Buying Program • Service Deli • Office Supplies
Clothing • Liquor Store (outside)
Optical Department with an Independent
Doctor of Optometry • Special Order Kiosk

**SIGN UP NOW,
Daily 9 a.m. – 5 p.m.**

**COLORADO SPRINGS EAST
5885 BARNES ROAD**



**WE'RE OPENING IN
COLORADO
SPRINGS EAST!**

WEDNESDAY, FEBRUARY 20, AT 8 A.M.

**COSTCO IS PROUD TO SUPPORT OUR
MEMBERS OF THE ARMED SERVICES.**

Majors Night offers insight into academic offerings



Photos by Dennis Carlyle

Cadet 1st Class Preston Iverson (right), Cadet Squadron 31, speaks with Cadet 4th Class Joshua Johnson, CS 31, at Majors Night in Fairchild Hall Tuesday. Majors Night offers the Academy's 1,300 freshmen, undeclared sophomores, and Preparatory School cadet candidates the chance to learn more about the opportunities, requirements and career choices available in each of the Academy's 32 academic majors.



Cadet 2nd Class Ian Noel (left), Cadet Squadron 17, discusses robotics with Cadet Candidate James Darrell Racca, Preparatory School.




Cadet 1st Class Joe Speakman (left), Cadet Squadron 12, and Cadet 4th Class Michael Glatthar, CS 12, talk about satellite operations.

THEY SALUTE YOU -AND SO DO WE.

Supporting our Nation's
Military for over 40 years.

Call today
for details
about exciting
new military
scholarship
opportunities.



 **Colorado Technical University™**
COLORADO SPRINGS
(888) 266-1555
www.ctudegreenow.com

Adventures in Flavor

Explore a world of flavor. Explore our exciting menu, featuring over 20 entrées under \$10. Choose from fresh salads, burgers, sandwiches, Pacific Rim wok specialties, fresh fish, chicken, steaks and more. And be sure to bring the kids. Kids' Menu prices range from \$2.95 to \$4.50, including a soft drink and ice cream sundae for dessert.

15% OFF With Your Military I.D.

With your military I.D. receive 15% off your total lunch or dinner food purchase. Not valid with lunch specials, kid's menu, banquets or any other special promotion or discount and does not apply to the purchase of any beverages. Offer good for up to 8 persons per party and expires July 31, 2008. Valid only at the Colorado Springs location.



WWW.ELEPHANTBAR.COM

7585 N. ACADEMY BLVD. | COLORADO SPRINGS | 719.532.0032

AFOSI officials seeks special agent candidates

WASHINGTON (AFP) — The Air Force Office of Special Investigations is seeking exceptional non-commissioned officers for duty as enlisted special agents.

The AFOSI mission is to identify, exploit and neutralize criminal, terrorist and intelligence threats to the Air Force, Department of Defense and U.S. Government.

With more than 2,900 members, AFOSI has been the Air Force's major investigative service since Aug. 1, 1948. AFOSI provides criminal investigations and counterintelligence services to commanders of all Air Force activities.

All new AFOSI special agent candidates attend training at the Federal Law Enforcement Training Center in Glynco, Ga. The candidates must complete both the 11-week Criminal Investigator Training Program and six weeks of AFOSI agency-specific coursework. Both courses offer training in firearms and other weapons, defensive tactics, forensics, surveillance and surveillance detection, antiterrorism techniques, crime scene processing, interrogations and interviews, court testimony, and military and federal law.

After successful completion of a one-year probationary period, some agents receive specialized training

in economic crime, antiterrorism service, counterintelligence, computer crimes and other sophisticated criminal investigative capabilities. Others attend 12 weeks of technical training to acquire electronic, photographic and other skills required to perform technical surveillance countermeasures.

For more information about AFOSI's mission, visit the AFOSI public website at www.osi.andrews.af.mil. NCOs interested in learning more about becoming an AFOSI agent should review the applicant website at www.osi.andrews.af.mil/join/enlisted/index.asp and then contact their local AFOSI detachment.

Enlisted member, dependent children scholarships available

TEMPLE HILLS, Md. (AFP) — The Air Force Sergeants Association, Airmen Memorial Foundation and the Chief Master Sergeants of the Air Force join together annually to conduct a scholarship program to financially assist the undergraduate studies of eligible dependent children of Air Force active duty, Air National Guard and Air Force Reserve Command enlisted members, and AFSA members in active, retired, or veteran status.

The Air Force Sergeants Association scholarship program is a key source of funding for AFSA and Auxiliary members' children attending institutions of higher learning. During its 38 years of giving, AFSA has awarded 480 scholarships to the AFSA members' dependents.

The AMF Scholarship Program awards funds to the dependent youth of Air Force enlisted personnel who meet the eligibility criteria. Since 1987, the AMF has

awarded \$372,000 in financial aid.

The Chief Master Sergeants of the Air Force Scholarship Program (formerly the CMSAF Richard D. Kisling Scholarships) was created in 1987 upon the death of the third CMSAF "Dick" Kisling. In 1997, following the passing of Chief Master Sergeants of the Air Force (retired) Andrews and Harlow, the program was renamed.


The fund is governed by a committee appointed by the incumbent Chief Master Sergeant of the Air Force. CMSAF (retired) Sam Parish serves as the CMSAF Scholarship Fund Committee Chairman. Since 1988, the CMSAF fund has awarded over \$237,000 in scholarships.

The Air Force Sergeants Association International Auxiliary conducts a program to financially help AFSA Auxiliary members with a valid need of assistance to enhance their income potential through formal educa-

tion and/or training. The AEG program is designed for AFSA Auxiliary members to obtain effective education and/or training to acquire improved marketable skills. Since 1990, the AFSA Auxiliary has awarded grants and scholarships totaling over \$117,000.

The AFSA, AMF and CMSAF scholarship programs award scholarships valued from \$500 to \$3,000 to students attending an accredited academic institution. The grant amount and total number of scholarships awarded are dependent upon funds available. To date, over \$1.3 million dollars in scholarships have been awarded to Air Force dependent children.

Those interested in applying for any one of these scholarships can find more information by clicking on the Scholarship Eligibility Requirements and Scholarship Application links. One application is used for all three programs. Go to www.afsahq.org and click on "About", then "Scholarships"








SPORTS ROCK -N- BOWL





Friday, Feb. 22 • 3 pm
Saturday, Feb. 23 • Shifts of 9 am, 12 pm & 3 pm

Harmony Bowl
3845 N. Academy
Call 636-2474 ext. 23 to join area
businesses in support of local JA programs!

Presenting Sponsor
FedEx Corporation

Sponsors



WE ♥
DODCARS.COM
We Found the Perfect Car!

Great Selection • Friendly People
EZ Financing • Military Appreciation



COURTESY OF
BOB PERAZICH VOLVO MAZDA

Shop for your Next Car at
DODCARS.com

Contact Military Specialists
Ivan Muniz or David Johnson
1-888-876-7604




Legal outlines political activity guidelines

By Capt. Jay Bragga
Chief of Legal Assistance
and Preventive Law

With the election season upon us, it is important to remember that certain restrictions apply to active duty military members when it comes to political activities. The separation of political activity and the Armed Forces is particularly critical because of the importance of public confidence in civilian control over the military.

The following restrictions apply:

Can I donate money to a presidential candidate? No, you cannot make contributions to a partisan political candidate. This includes a candidate's authorized (i.e. official) political committee and campaign fund. This means you cannot contribute to John McCain 2008, Obama for America, Hillary Clinton for President, Huckabee for President, etc. You could, however, contribute to a 527 group or a Political Action Committee (subject to certain contribution limits) that promotes or supports a particular candidate. Examples of these groups include The College Republicans, Grassroots Democrats, Swift Boat Veterans for Truth and America Coming Together.

Can I put a bumper sticker on my car supporting a particular candidate? Yes, you can display a political bumper sticker on your private vehicle, or even wear a

political button when not in uniform and not on duty. However, the size of the political sticker is important. Members are not authorized to place large political signs, banners, or posters on their private vehicle.

Can I attend a political convention? Air Force Members may not participate in partisan political campaigns or conventions or make public speeches in the course of such activity. On the other hand, you are allowed to attend political meetings or rallies as a spectator when not in uniform, provided that you do not actively participate or make speeches during the event.

Can I speak out in favor of or against a particular candidate? Airmen are encouraged to vote and permitted to express their personal opinion on political candidates and issues, so long as it is not done as a representative of the Air Force. You may also write a letter to the editor of a newspaper expressing your personal views concerning public issues, provided those views do not attempt to promote a partisan political cause. In contrast, you may not speak before a partisan political gathering of any kind for promoting a partisan political party or candidate, in or out of uniform.

Bottom line, you should not participate in any political activity that would imply endorsement by the Air Force. The best way to do this is to avoid even the

perception of association with a partisan political activity.

These are just a few of the more common issues regarding political activity by Air Force members. For more guidance, refer to Department of Defense

Directive 1344.10, Political Activities by Members of the Armed Forces on Active Duty, and Air Force Instruction 51-902, Political Activities by Members of the U.S. Air Force or call Capt. Bragga at the USAFA legal office at 333-3940.



Photo by Senior Airman Domonique Simmons

Be my valentine?

SOUTHWEST ASIA — Capt. Meredith Ortiz hands out cards to members of the 379th Expeditionary Security Forces Squadron Feb. 13. Students from Merkel, Ty, and Trent schools in Texas mailed more than 300 Valentines to the base, thanking Airmen and coalition forces for their service and asking, "Will you be my Valentine?" Captain Ortiz is deployed from the Academy.



**COLORADO SPRINGS
PEDIATRIC DENTISTRY**

Little People, Big Smiles

Technology with a Caring Touch
Specialized treatment planning for all ages
Treatment under conscious sedation and general-anesthesia
Digital radiography for pinpoint treatment plans and reduced radiation exposure
Parents can stay with children during treatment
Delta Dental, Tri Care Dental, United Concordia, Cigna and Care Credit plans accepted

Healthy Smiles are
Bearly Special 



Jeff Kahl, DDS
Derek Kirkham, DDS

*Committed to
your children's
oral health!*

Welcoming New Patients
9480 Briar Village Point, Suite 301 • (719) 522-0123

Prices and offers valid February 15th - February 16th, 2008

Colorado Springs Location Only

ULTIMATE[®]

ELECTRONICS



save \$100

\$799⁹⁸
If Sold Separately \$899⁹⁸

Frigidaire Front Load Washer/Dryer Set
3.1 Cu. Ft. Front Load Washer. 5.7 Cu. Ft. Electric Dryer • LAUNDRYPACK7 contains: FTF530FS, FEQ332ES

Every Day We Shop

LOWE'S & BEST BUY

for You and Adjust Our Prices to Beat Theirs, so You Know We Have the Lowest Prices Period.

Mark Wattles
Owner
Ultimate Electronics

Ultimate Electronics is not affiliated with or sponsored by Home Depot, Lowe's and Best Buy.



Raspberry Mountain
INVESTMENTS

Tax Planning & Preparation Services

HAVE YOUR TAXES PROFESSIONALLY DONE AT TURBO TAX RATES!!!

Why Pay More To Do The Work Yourself?
Your Taxes Are Done In The Privacy Of Your Home Or Office
Protect Your Financial Privacy
E-File Included
Military & Senior Discounts
All Competitor Coupons Honored



15

April

By Appointment Only
7 Days a Week
Through April 15th
Call Now (719) 487-0383

Appliance & Billiards Grand Opening



25.9 Cu. Ft. Refrigerator



Electric Range



Dishwasher

Stainless 3-piece Kitchen Set

ALL 3!

\$1799⁹⁷
when purchased as a set

Colorado Springs
7207 N. Academy Blvd
719-278-3898



The items in this advertisement were selected in advance. If an advertised item is temporarily out of stock due to unanticipated increases in demand or manufacturer shipping delays, we will offer a comparable discount on a similar product or provide a raincheck for the advertised item if possible. Our goal is to maintain accuracy in our advertising, but type and pictorial errors can occur and we may not be held liable for such errors.

*Offer does not apply to limited quantities, final close-out merchandise, accessories and special orders. Excludes select Yamaha, Bose, Sony XBR, Pioneer Elite, Mitsubishi Diamond, Toshiba Cinema Series, Epson and Alpine products and Simple Solution[™] to Home Theater. The promotional offers in this advertisement are good only for the dates indicated, while quantities last and do not apply to previous purchases. Advertised promotions not to be combined or valid with any other offers. Participating stores only.

Teach children healthy habits for life

By David Tornberg, M.D., M.P.H.
Deputy Assistant Secretary of Defense
for Clinical and Program Policy

February is National Children's Dental Health Month—a perfect time to make sure your kids have regular dental checkups and brush their teeth every day. According to Oral Health in America: A Report of the Surgeon General, dental decay is the single most common chronic childhood disease. It is five times more common than asthma, seven times more common than hay fever and completely preventable.

As parents, it is our responsibility to make sure that our children are safe and healthy. Immunizations and "well baby" check-ups eliminate most preventable diseases, but infants and children are still affected by the most common preventable disease—dental decay.

Improve Your Kids' Oral Health

Schedule your child's first visit to the dentist early. You should take your kids to the dentist by the time their first tooth appears, or by their first birthday, so that the dentist can check for early tooth problems and explain how to care for your baby's teeth.



**CHILDREN'S
DENTAL HEALTH
MONTH**

Healthy Habits

The American Dental Association recommends the following oral hygiene guidelines:

- After each feeding, wipe the baby's gums with a clean gauze pad. Begin brushing your child's teeth when the first tooth appears. Clean and massage gums in areas that remain toothless, and begin flossing when all the baby teeth have appeared, usually by age 2 or 2½.

- Never let your children fall asleep with a bottle in their mouths containing milk, formula, or fruit juice.

- If your children need comfort between regular feedings, at night or during naps, give them a clean pacifier recommended by your dentist or physician. Never give your children pacifiers dipped in any sweet liquid.

- Do not fill bottles with sugar water or soft drinks.

- If your local water supply does not contain fluoride (a substance that helps prevent tooth decay), ask your dentist how your children should get it.

- Visit the dentist regularly. If you think your children have dental problems, take them to the dentist as soon as possible.

TRICARE offers two affordable dental insurance plans: the TRICARE Dental Program for active duty family members, reservists, and their family members, and the TRICARE Retiree Dental Program for retirees, survivors and their family members. Both programs pay 100 percent for diagnostic and preventive services. It is encouraged that you enroll in one of these programs and use your comprehensive TRICARE benefit. Developing good dental hygiene habits early will help your children keep a healthy smile.

FRAUD, WASTE AND ABUSE

IF YOU KNOW OF ANY INSTANCES OF FRAUD, WASTE AND ABUSE, REPORT IT TO ONE OF THE HOTLINE NUMBERS

<p>FRAUD: Intentional deception of the DoD such as bribes, gratuities or false claims</p> <p>ACADEMY 1(719)333-3490 DSN: 333-3490</p>	<p>WASTE: Extravagant, careless or expenditure of government funds</p> <p>AIR FORCE 1(800)538-8429 DSN: 425-1562</p>	<p>ABUSE: Intentional wrongful or improper use of government resources</p> <p>DEPT. OF DEFENSE 1(800)424-9098 DSN: 664-8799</p>
---	--	---

Receive Maximum Transfer Credit for your military training and experience.

Associate of Arts Degree:
- General Education
Associate of Applied Science Degree:
- Business
- Criminal Justice Administration
- Fire Science
Bachelor of Science Degree:
- Business Administration
- Business Management, HRM Degree
- HRM Information Technology, HRM Degree
- HRM Management, HRM Degree
- Fire Science
- Human Resources Management
- Marketing
- Hospitality & Tourism

Other Degree and Certificate Programs Available

WHY CSU?

- Completely Online Programs
- Affordable Tuition
- Personalized Service
- Maximum Transfer Credit
- Textbooks at No Cost
- Open Enrollment
- Accredited Member DEFC
- Guaranteed LOR School
- Member of Servicemembers Opportunity Colleges (SOC)
- Tuition Assistance
- BAH/BAF and VA Benefits
- AD-ABC Program

Call Today or Visit us Online! • 877.845.8148
www.columbiasouthern.edu/military
Orange Beach • FL 32067

TriCare Prime offers off-base routine eye examination benefit!

No out-of-pocket cost for an eye exam for glasses!

- Active-duty dependents are eligible once per year.
- Retirees and their dependents are eligible once every two years.

No Primary Care referral is necessary. Simply call for an appointment.

LENSCRAFTERS

The doctors next to LensCrafters are contracted TriCare Prime Providers. They offer three convenient Colorado Springs Locations for eye examinations with appointments Monday through Saturday. No more waiting for an appointment on base.

Southside Citadel Mall 598-1392	Between Vickers & Academy 548-8717	Northside Chapel Hills Mall 598-5068
--	---	---

TriCare Standard, TriCare Reserve and TriCare for Life also accepted. Prescriptions may be filled anywhere. Contact lens evaluation available for additional cost. Call for program details.

NYPD PIZZA DELICATESSEN TASTE OF NEW YORK RESTAURANTS

MILITARY MONDAYS

25% OFF ORDER (WITH VALID I.D.)

DINE IN & CARRY OUT ONLY

4359 INTEGRITY CENTER PT
(NW CORNER OF POWERS & BARNES)
COLORADO SPRINGS, CO 80917
(719) 574-NYPD (6973)

**Be A Blood Donor...
...and save lives!**

FREE AUDIO CD REVEALS "HOW TO GET RICH IN REAL ESTATE IN COLORADO"

Have you ever wanted to invest in Real Estate but just didn't know how to get started? Have you ever wondered how people are actually buying houses with no money down? Have you ever seen those late night infomercials promoting Real Estate Investing courses? Have you ever wanted to discover a way to become truly wealthy?

If you answered YES to any of the above questions, then this may be the most important letter you've ever read.

Local Colorado Springs Veteran and investor Terry Bryan wants to show you the secrets to Real Estate Investing that others simply don't know or are too selfish to share with you.

Terry Bryan is the president of the local real estate investor club and board member of the Colorado Association of Real Estate Investors. As a successful business owner and investor, he gives back to the community in many ways, including this FREE AUDIO CD on "How To Get Rich In Real Estate In Colorado"

When speaking with him he had this to say:
"Some of the most successful real estate investors in the country are my personal friends. I always knew that I wanted to get involved in real estate but I wanted to focus on my other businesses and I always put it on the back burner. Then one day I just decided to do it and started the learning process. I attended seminars, read books and finally found a mentor to walk me through the process. I put away over 1 million dollars the first year!"

I realized that anyone and everyone could do what we were doing. I wondered why more people weren't doing it. Who wouldn't want to become wealthy in Real Estate. It seems like the American dream to me. Well after a couple of years quietly investing in Real Estate I told my wife that I wanted to teach others to do exactly like we were doing. She was 100% on board with the idea. I know people can be very skeptical so we created a FREE CD to give away to people that may be interested in Real Estate Investing. I didn't believe it at first but anyone can do this. It doesn't matter if you have bad credit, no credit, no experience, even if you didn't graduate from high school you can do this. If you have any interest at all in Real Estate Investing you need to at least get a copy of our FREE CD."

For a 24 Hour Recorded Message on How To Order Your Free Audio CD, Call 1-800-791-0084 ext 2006 Today!
Or visit us on line at www.coloradorealestaterecrets.com

www.ColoradoRealEstateSecrets.com

U-PULL & PAY

SELF-SERVE USED AUTO PARTS
(Formerly A-1 Auto Recyclers, Inc.)

Bring your tools. It's that easy!

- 1,500 cars in inventory
- Open Mon-Sat 8:30 - 5:30, Sun 8:30 - 4:00
- 31 day return policy on most car parts
- Must be 16 to enter store area
- We buy used/junk cars
- Wheelbarrows and engine hoists available for use free of charge

3745 South U.S. Highway 85-87
(719) 392-5900
coloradosprings.upullandpay.com

You're Not Advertising In The Colorado Power Classifieds?!

You're missing out on reaching over 70,000 active, retired and DoD employees and high-level business executives.

Classifieds

Call now for rates and info
(719) 329-5236
Or email: classifieds@csmsg.com

Partnership making ground on military, family issues

By Ann Patton
Academy Spirit staff

An old, bad adage was if Uncle Sam wanted service members to have a wife, (let alone children) he would have issued them.

Not so anymore.

"I don't think that attitude is still around, which is why maintaining the family is vital to retaining our experienced and professional service members," said Jackie Harriman, Air Force regional liaison for USA 4 Military Families.

"Families also serve," she stressed. "And they live, work and play outside the gate."

Mrs. Harriman spoke to members and guests of the Pikes Peak chapter of the Military Officers Association of America at the group's monthly luncheon Feb. 7 at The Club on Peterson Air Force Base.

She serves as liaison for five western states. A Gulf War veteran and Army wife, she holds a master's degree in counseling.

The program is funded by the Department of Defense, Office of the Deputy Under Secretary of Defense for Military Community and Family Policy.

Organized in 2004, it teams the Department of Defense with states on 10 key quality of life issues, which include care of the Guard and Reserve, assistance



Photo by Ann Patton

Jackie Harriman, Air Force regional liaison for USA 4 Military Families, briefs members of the Pikes Peak Chapter of MOAA.

to severely injured service members, in-state tuition, military children during school transitions and deployments, spouse employment, unemployment compensation for spouses, predatory lending, voting, foreign language requirements and accessible support for the military family.

The welfare of spouses and children, Mrs. Harriman said, is important to the readiness and retention of the force.

The numbers themselves from the Defense Manpower Data Center speak loudly to that. Currently, 59 percent of military members are married, with 72 percent of non-commissioned officers and 73 percent among officers. Less than

half, 46 percent, of forces are younger than 26, and 38 percent of these young service members are married—nearly three times the percentage of their civilian contemporaries. In addition, 21 percent of service members under age 26 have children.

"It is often said that the decision to stay in the military is made around the kitchen table," Mrs. Harriman said.

The challenges faced by military families are still marked by frequent moves, separations and, in some instances, relocations to isolated locations.

But the dynamics of military families are changing, especially with the increase in the number of family bread winners.

Now, nearly half, or 45 percent, of military spouses have jobs, 13 percent of families are dual military, and seven percent are unemployed and seeking employment (national statistic). The other 35 percent are unemployed and not seeking employment.

Among its other issues, the coalition of the Department of Defense and states is working to make it easier for employed spouses, those seeking employment and those leaving employment for a military relocation.

"Spouses don't want jobs," Mrs. Harriman said. "They want careers."

Varying licensing requirements among states are hard on military spouses with professional careers.

"The requirements are expensive, timely and not fair," she said.

Colorado House Bill 1162 will accommodate military spouse educators by providing an interim authorization for employment in a public school. The bill has passed the Colorado House of Representatives, and Mrs. Harriman is hopeful it will also pass the Senate.

Colorado House Bill 1180 has also been passed and awaiting Senate approval. The bill would grant eligibility to military spouses for unemployment compensation as a result of a military move.

Military children may also soon find it easier to transfer to a new school. The Council of State Governments and the DoD has crafted an interstate compact dealing with issues like enrollment, records transfer, placement and graduation. Before the compact goes into effect, it must be signed into law in at least 10 states. A Colorado law regarding the compact goes into committee this month.

A total of 48 states, including Colorado, also now provide in-state tuition rates for military family students.

It still takes a lot to be a military spouse or child. Mrs. Harriman said spouses and kids need resilience, flexibility, independence, resourcefulness, a sense of humor and positive coping skills.

For more information on the DoD/states partnership, visit www.USAA4MilitaryFamilies.org.

30 Cars
Under
\$9,995



Used Car
Super Store

DAVE SOLON KIA

2007 LEXUS IS-250
AWD



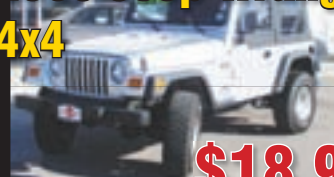
All wheel drive, #K7032B **\$31,950**

2003 Ford Sport Trac



Low miles, 4x4, #P70324A **\$13,950**

2005 Jeep Wrangler
4x4



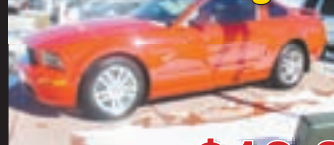
9k miles, 4.0L, #P70338 **\$18,950**

2006 Nissan Sentra



Bad Boy
6 Speed, Low miles, P70378 **\$15,950**

2005 Mustang GT



Great miles, #K70224B **\$19,950**

2003 Jeep Liberty
Renegade

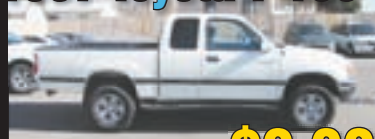


Awesome!
Good miles and shape, #P70387 **\$11,950**

1560 Auto Mall Loop
Colorado Springs, CO 80920
719-785-6100

DAVE SOLON NISSAN/SUBARU

1997 Toyota T-100



N8395A **\$9,995**

2005 Subaru STI



#P8100 **\$27,995**

2007 Nissan Xterra S



P8108 **\$20,995**

2001 BMW 325i



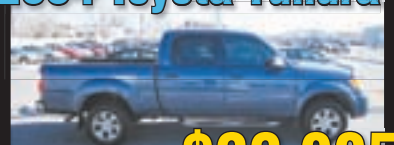
#N85425A **\$13,595**

2000 Mitsubishi Eclipse GT



#N8153A **\$9,995**

2004 Toyota Tundra



#8104A **\$22,995**

2525 US Hwy 50 West
Pueblo, CO 81008
719-545-4145 or 888-550-4145 toll-free

Walker finds success through hard work, determination

By Capt. Sabine Peters

Department of Foreign Languages instructor

Editor's Note: In observance of African-American History Month, notable African-Americans are highlighted during February in the Academy Spirit.

Hard work certainly marked the life of one of the most successful businesswomen in early 20th century America.

The first person in her family to be born free, Sarah Breedlove was born Dec. 23, 1867, in Delta, La. Her parents, Owen and Minerva Breedlove, worked as sharecroppers on Robert W. Burney's Madison Parish cotton plantation, a battle-staging area for General Grant and his Union troops during the Civil War. She had one older sister, Louvenia, and four brothers, Alexander, James, Solomon and Owen, Jr.

Sarah was only seven when her parents fell ill and died during a yellow fever epidemic. In the hopes of finding work, her brothers moved north, and young Sarah went to stay with her sister. They spent their days in the cotton fields to make ends meet but were eventually forced to find work elsewhere after a failed crop.

When Sarah was ten, the girls moved to Vicksburg, Miss., and found jobs as domestics. To escape years of abuse at the hand of her sister's husband, Sarah, just 14 at the time, married laborer Moses McWilliams. The couple had a daughter, Lelia, her only child, when she was 18. Tragically, Moses McWilliams was killed in an accident two years later. Some sources go so far as to say he was lynched.

Soon after her husband's death, the young widow and her daughter left the South to join her brothers in St. Louis. A second marriage to an alcoholic, John Davis, ended in divorce in 1903. Sarah supported herself and her daughter by working as a laundress for as little as a \$1.50 a day but still managed to save enough money to send Lelia to school. Appearance was very important to Sarah, and she always wore clean, pressed clothes to "advertise" her services.

One thing Sarah had no control over was her thinning and brittle hair, and she tried every available hair care product to keep her hair from falling out. In the hopes of finding a cure, Sarah moved to Denver in 1905 to work as a hair tonic sales agent for Ms. Annie Malone's Poro Company, a very successful

black hair care enterprise at the time. When even Poro products failed to help, she began experimenting with her own homemade remedies, going so far as to have ingredients shipped to her from Africa.

Eventually, her potion seemed to work, and her hair finally started to grow back. Friends and family asked her to duplicate this miracle potion for them, and Sarah began selling her product door-to-door.

An old friend from St. Louis was newspaper sales agent Charles Joseph Walker. On Jan. 4, 1906, he and Sarah were married and the couple began advertising her products in African-American newspapers. Among her products were "Wonderful Hair Grower," "Glossine" pressing oil and "Vegetable Shampoo." She decided on adopting a professional name and from 1906 on would be known as "Madam C.J. Walker." Her daughter Lelia, now 21 and a college graduate, joined her mother in Denver to help with the growing business. To further market her products, Sarah and her husband traveled extensively throughout the South, selling products door-to-door and demonstrating her treatments in churches and lodges while Lelia ran a mail-order operation from their home office.

At that time, the Walker business had profits of \$35 per week, more than twice the salary of the average white male worker.

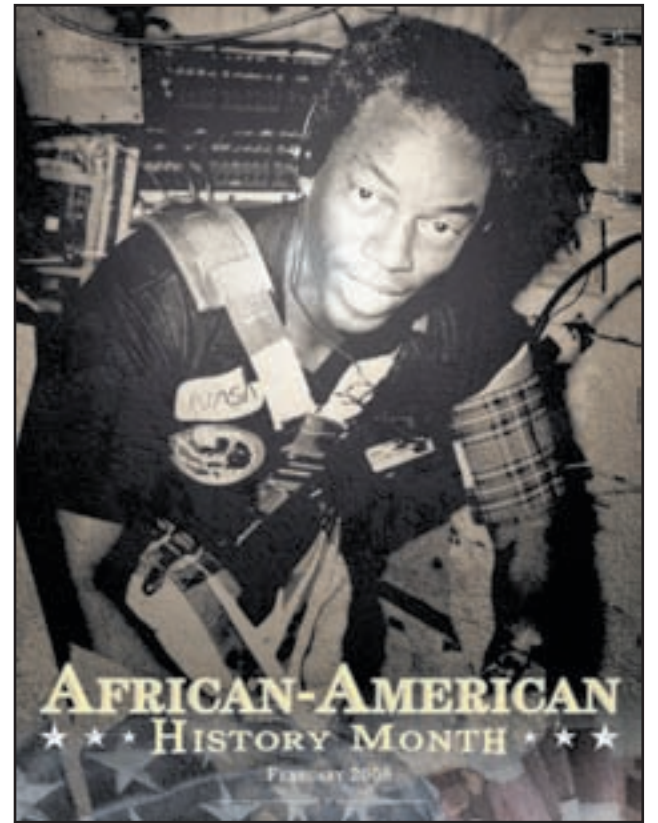
In 1908, the "Madame C.J. Walker Manufacturing Company" relocated to Pittsburgh, where Sarah opened Lelia College and began training other African-American men and women in product application and distribution. The black community in Pittsburgh was strong with a solid base of black business. In 1910, The Pennsylvania Negro Business Directory called Walker "one of the most successful businesswomen of the race in this community." That year, Sarah and her husband decided to relocate the company headquarters to Indianapolis, which at the time was considered the major manufacturing base in America due to the city's access to eight major railway systems. There, the Walkers established a training center for their agents and a modern factory to produce their products.

They now called the company "The Walker College of Hair Culture and Walker Manufacturing Company." The business soon expanded internationally to include countries such as Jamaica, Cuba, Costa Rica, Panama and Haiti.

Madam Walker put much of the company's profits back into the organization and into black communities nationwide. She frequently gave lectures on black issues at conventions sponsored by black institutions. In 1912, she met the renowned black educator Mary McLeod Bethune, founder of the "Daytona Normal and Industrial Institute for Negro Girls" at the National Association of Colored Women's annual conference. The school lacked funds, and Sarah led a fundraising effort starting with her own \$5,000 donation. Due to the campaign's success, the school was able to remain open and even expand.

In Indianapolis, she provided the funding for construction of a black YMCA, helped with the preservation of the home of Frederick Douglas and sponsored scholarships for Booker T. Washington's Tuskegee Institute.

At a convention of the National Negro Business League, Walker told attendees, "I am not merely satisfied in making money for myself, for I am endeavoring to provide employment for hundreds of the women of my race. I had little or no opportunity when I started out in life, having been left an orphan. I had to make my own living and my own opportunity! But I made it! That is what I want to say to every Negro woman present, 'don't sit down and wait for the opportunities to come. Get up and make them.'"



Graphic by J. Luke Borland

She took great pride in the fact that her agents were earning \$5 to \$15 per day when unskilled white laborers were making \$11 per week. Sadly, Charles Walker never understood his wife's ambitions, and in 1912 the couple divorced.

At the urging of her daughter, Sarah moved to New York in 1913, leaving the day-to-day operations of the company in Indianapolis. Her involvement in social issues continued during World War I when Walker traveled the country giving speeches to African-American troops telling them how important they were to the defense of the nation. She was also a steadfast supporter of anti-lynching legislation.

After the East St. Louis race riots in 1917, where three dozen blacks were murdered by a white mob, Walker even visited the White House in the hopes of having lynching made a federal crime.

Walker hired architect Vertner Tandy, the first registered black architect in the state of New York, to design and build a mansion in the wealthy New York suburb Irvington on Hudson, where her neighbors included John D. Rockefeller and Jay Gould. Completed in 1918, "Villa Lewaro," as she called it, became the site for summits of race leaders to discuss current issues.

Now in her fifties, doctors cautioned that her busy lifestyle was taking its toll on her health, but she refused to listen.

On May 25, 1919, at the age of 51, Madam C.J. Walker died in her home of hypertension and complications from kidney disease. Her funeral service was held in Mother Zion African Methodist Episcopal Church in New York City, and Mary McLeod Bethune delivered the eulogy. She is buried at Woodlawn Cemetery in the Bronx. Daughter Lelia succeeded her mother as president of the Madame C.J. Walker Manufacturing Company.

At the time of her death, Walker employed 3,000 people at the factory and over 20,000 agents in the field. As a successful businesswoman, Walker felt it her duty to give back to the community. A trust fund was created with \$100,000 going to charity. Sums ranging from \$2,000 to \$5,000 were given to the Colored Orphan's Home in St. Louis, the Home for the Aged and Infirm Colored People in Pittsburgh, the NAACP and the Tuskegee Institute.

The Guinness Book of World Records lists Madame C.J. Walker as the first woman millionaire. She was also believed to be the wealthiest woman in America. Walker once said of herself, "There is no royal, flower-strewn path to success. And if there is, I have not found it, for if I have accomplished anything in life, it is because I have been willing to work hard."



Courtesy photo

Sarah Breedlove-Walker became the world's first female millionaire.

HAWC offers oasis of health and wellness

By Butch Wehry
Academy Spirit staff

It's easy to miss the Academy's Health and Wellness Center, the closest building to the South Gate.

Going toward the gate, it is at Building 8137 Park Drive, the last turn on the right.

But for any Defense Department ID card holder, it can be an oasis of, well, health and wellness.

Staffer Sharon Hawkes, the exercise physiologist, does a lot more than just greet people who walk through the door.

She oversees and administers the Air Force Fitness Program to Academy people. The exercise physiologist from Annapolis, Md., educates and trains unit fitness program managers and physical training leaders on how to safely administer the Air Force Fitness Program.

"I do one-on-one exercise training and prescription for anyone that needs to improve their lifestyle through better eating and more exercise," Mrs. Hawkes said. "I write all the exercise restrictions and exemptions for active duty who cannot take the regular fitness test or who are



Left: Mr. Dirk Spaulding, Health and Wellness Center health technician, teaches nutrition and smoking cessation.

Right: A gait analysis is performed by Mr. Spaulding.

exempt from certain components of the test."

The HAWC is open weekdays from 7:30 a.m. to 4:30 p.m.

It is under the 10th Medical Group, but it isn't a hospital or a gym..

"As long as people follow our advice, they'll do well," she said.

Mr. Dirk Spaulding, the HAWC health technician, operates the center's tobacco cessation program.

"My satisfaction comes from helping people to get fit and healthy," he said.

Dietary therapist Tech. Sgt. Brad Morton gets satisfaction from helping people achieve their dietary goals, whether it be losing/gaining weight, understanding how to read a food label or sorting through all the misinformation about dietary supple-

ments. When a person comes back to Sergeant Morton after three months and a 20 pounds weight loss, it makes his day.

There are cooking demonstrations, disease management classes, body composition analysis and even pool therapy at the community center gym.

Plans are to add a massage and relaxation room for stressed Academy people.

"We have many preventive services which includes nutrition, exercise, tobacco cessation and stress management," said Ms. Hawkes. "If a person wants to know their body fat percentage we can do that in the Bod Pod. We also offer gait analysis testing, which is important for people who run for exercise. We film their running gait, show them how they run and give recommendations on the best foot wear they should buy for their specific gait or running style."

HAWC classes are free.



Photos by Dave Ahlschwede
Academy Health and Wellness Center exercise physiologist Ms. Sharon Hawkes does one-on-one exercise training for anyone who needs to improve their conditioning.



Utah storms past Air Force

Utes second-half surge puts Falcons away

By Maj. Brett Ashworth
Director, Public Affairs

It was a tale of two halves for the Falcons as they let a 10-point halftime lead slip away in a 67-59 loss to Utah Saturday in front of 4,470 fans at Clune Arena.

In the first half, Air Force played off a raucous home court crowd and rode the hot hand of junior Andrew Henke to a 30-20 halftime lead. Henke scored all 11 of his points in the first half and provided a spark defensively with his intensity and energy.

Hot shooting and strong rebounding by the Utes, combined with a poor shooting second half by Air Force sealed the win for Utah. The Utes opened the second half with a 25-9 run, giving them a 45-39 lead. After halftime, the Falcons gave up 47 points after allowing only 20 in the first half and was out-rebounded 24-7.

Air Force kept fighting though and tied the score at 48 when senior Keith Maren hit a 3-pointer with just under eight minutes left in the game. But Utah went on a 9-0 run.

The key possession during this run was when Utah held a 52-48 lead. The Utes missed three shots and gath-

ered the offensive rebound each time. The possession ended with Luka Drca hitting a 3-pointer.

"I think we played well defensively that possession, but we didn't box out and pursue the basketball," said junior Anwar Johnson. "We can't allow second shots like that to any team."

The Falcons hung tough as they cut the lead to 63-59 with less than 30 seconds left following a pair of Tim Anderson free throws. Maren stole the inbounds pass, but a long Henke three-pointer missed, and Utah rebounded to seal the win.

"We get a steal there at the end, and we take a three when we probably should have driven the ball," said head coach Jeff Reynolds. "And I thought we still had a chance."

The loss drops the Falcons to 12-10 on the season and 4-5 in Mountain West Conference play. Meanwhile, Utah improved to 14-8 and 5-4.

"Utah was tougher than we were today," Reynolds said. "They were mentally tougher, they got to the loose balls and the rebounds, and they were better prepared and better coached."

Tuesday, Henke had a game-high 15 points in a 58-51 loss to UNLV, leaving Air Force at 12-11, overall and 4-6 in the Mountain West Conference.

The Falcons are back in action Saturday as they host Wyoming at Clune Arena at 4 p.m.



Photo by Dave Ahlschwede
Falcon forward Anwar Johnson drives past Utah's Shaun Green Saturday at Clune Arena. The Falcons lost to Utah, 67-59, after building a 30-20 halftime lead.

306/MSG top team with win over MDG 1

By Dave Castilla
Intramural Sports director

Intramural basketball came to an end Feb. 7, as MDG #1 took on the 306th/MSG in a two-game matchup.

The 306th/MSG, that lost last year to MDG #1 in the "if necessary" game, took bragging rights and their place in the winner's brackets as they hung on to win this year's cliff-hanger, 44-42.

In the championship game, it was the T&T show, as Terrance Tyler and Derrick Thompson scored 25 of the MDG #1's 29 first-half points, earning a seven point lead, 29-22.

The 306th/MSG battled back as Russ Pollard scored 11 of his team-high 19 points, and Chris Kieffer hit four 3-pointers all in the second half, keeping the 306th/MSG in striking distance. However, MDG #1's Mike Davis' two free-throws sealed the two-point victory 55-53. MDG #1's balanced team scoring was led by Tyler with 17 points, followed by Thompson with 15 and Davis with 14.

Earlier in the playoffs, the 306th/MSG, a hybrid team consisting of personnel from the flight line and mission support group, sent MDG #1 to the loser's bracket in the second round, defeating them 65-53. After coming through the losers' bracket by defeating MDG #2 71-57, MDG #1 focused their attention on the 306th, defeating them in the first game of the championship, 55-53.

The MDG #1's victory handed the 306th/MSG their first loss of the double-elimination playoffs, forcing both teams into a decisive "if necessary" game to determine the base champion.



Photo by Dave Armer
306/MSG player Eric Reimer puts up a shot over MDG #1 players Mike Davis and Terrance Tyler during the intramural basketball championship game Feb. 7.

After a five-minute intermission, the 306th/MSG, playing with only five players, built a 12-point halftime lead. Russ Pollard and Sam Perez lead the way by scoring 13 points.

MDG #1 didn't get their first points on the board until Jacques English hit a bucket five minutes into the game. The defending champions would not go down without a fight. Tyler and Davis scored 14 second-half points. The halftime lead nearly evaporated as MDG #1's Chris Smith hit a bucket leaving the 306th/MSG hanging on to a 2-point lead, 39-37.

After a time out with less than 60 seconds on the clock, 306th/MSG coach Stan Carter told his team to play tough defense and fight for the rebound. Pollard made a basket, was fouled and made the free throw putting the 306th/MSG lead to three points. Rodric Smith sealed the game with clutch free throws.

"We could not have won unless Smith played his unselfish game," said coach Carter. "He is the quarterback. He knows when to shoot and who to pass to. He orchestrates the team."

MDG #1 coach Trevor Hudson was disappointed in the number of key free throws missed in the second half.

"I know our guys can make those shots; it just didn't happen tonight," he said.

High scorers for the 306th/MSG were Russ Pollard with 15, followed by Smith with 11. MDG #1 was lead by Tyler and Davis with 8 points each.

Col. John Rush, 10th Air Base Wing vice commander, presented the awards.

Up next is the Rocky Mountain Military Basketball Championship at Fort Carson, March 14-16. Coaches Carter and Hudson will now work together to put the best team together to represent the Academy against other local military teams, plus Buckley Air Force Base, Colo., and F.E. Warren Air Force Base, Wyo., in a double-elimination tournament.

INTERCOLLEGIATE

Men's Basketball

Feb. 9 at AFA

Falcons 59 Utah 67

Feb. 9 at Las Vegas

UNLV 58 Falcons 51

Women's Basketball

Feb. 9 at Salt Lake City

Utah 71 Falcons 52

Feb. 13 at AFA

Falcons 71 San Diego St. 66

Hockey

Feb. 8 and 9 at Erie, Pa

Falcons 3 Bentley 1
Falcons 7 Bentley 0

Boxing

Feb. 7 at AFA

Wing Open preliminary round
156-lbs.: Ryan Price rsc-3*
156-lbs.: John Doesckle forfeit

156-lbs.: Daryn Nelson rsc-2
*AF Boxer of the Week

Wrestling

Feb. 10 at Greeley, Colo.

Northern Colorado 25
Falcons 14

Men's Tennis

Feb. 9 at AFA

Falcons 1 Metro State 6
Falcons 7 Colorado College 0

Track and Field

Feb. 9 at AFA

Don Barrett-Air Force Open
(Pole Vault)

Melissa Beerse 13' 0 1/4", 1st*

Swimming and diving

Feb. 9 at AFA

Men

Wyoming 123 Falcons 175

Women

Wyoming 166 Falcons 107

(200 medley relay)

Kai Yamashiro, Justin Day, Chris Morin and T.J. Cowling, 1:34:23, 1st

(100 Freestyle)

Jane Hwang, 1st

Gymnastics

Feb. 9 at Denver, Colo.

Paige Smith Invitational

Oklahoma 195.925

Utah 195.700

Denver 192.275

Falcons 186.275



Black History Month

In celebration of Black History Month, the Academy presents:

A Lighter Side of Cooking; Tuesday, 5-6:30 p.m. at the Health and Wellness Center: Demonstrates how to prepare healthy and delicious dishes. Attendees receive free recipe cards for the presented meal, a health heart cookbook and a sample of the prepared food. The theme is soul food. For more information or to register, call 333-3733.

Food tasting; Feb. 22 from 11 a.m.-1 p.m. at the Community Center Ballroom.

Storytelling in the African-American tradition; Feb. 27, 2:15-3:30 p.m. at Pine Valley Elementary School: The event features Opalanga D. Pugh as the storyteller.

Movie Night; Feb. 29 at 7 p.m. in Fairchild Hall (F1): The event offers a

double feature: *A Soldier's Story* and *Stomp the Yard*.

A Black History Exhibit will be available in the Cadet Library for the remainder of the month.

For more information on any of the Black History Month activities, call Master Sgt. Ingrid Williams at 333-9412.

AFRF offers classes

The Airman and Family Readiness Flight offers the following classes:

Resume writing; Wednesday, 9-11 a.m.: Learn different types of resume and cover letter styles and how to improve your own.

Writing Effective Accomplishment Statements; Wednesday, 11 a.m.-noon: Learn to write effective accomplishment statements that clearly reflect expertise and help to get a resume noticed.

AF Civil Service Class; Thursday, 8:30 a.m.-noon: Learn how to prepare and apply for a civil service career.

Transition Assistance Program Seminar; Feb. 26-29, 7:30 a.m.-4:30 p.m.: Learn how to build a resume, interviewing skills, networking and dressing for success. This class is offered to those separating in a year or retiring in two years or less.

Home Buying Seminar; Feb. 28, noon-4 p.m.: Learn about obtaining a mortgage, VA vs. FHA loans, mortgage loan fees, working with a realtor or broker and other factors to consider when buying a home. To register, call 333-2247.

Newcomer's Base Red Carpet Tour; Feb. 29, 8:45 a.m.-2:30 p.m.: An informative, fun-filled base tour that gives insight into the Academy's mission and reveals all there is to see and do here at the Academy.

For more information or to register for a class, call 333-3444.

Going once ... going twice

Douglass Valley Elementary School presents a Silent Auction and Art & Music Show Feb. 22 from 6-7:30 p.m. The event features a silent auction on items donated from Academy people and local businesses. Students' artwork can be viewed throughout the school, and students will provide entertainment with vocal and instrumental performances in the school gym. A complimentary dessert will be provided, and all proceeds from the auction benefit the Douglass Valley Elementary community. People, home-based businesses or local establishments who would like to donate items for the silent auction can contact Stephanie Ritter at 235-8861 or tslcritter@comcast.net or drop off items at the DVE main office by Tuesday. Include contact information and an estimated value of the donation.

Healthy Heart Month here

February is Healthy Heart Month and the Academy Health and Wellness Center is celebrating it with fitness activities held throughout the month. A 12-mile bike ride will be Feb. 20 and a half-mile swim Feb. 27. The events will be 9 a.m.-noon. Best female and male time will receive prizes. To register, call the Health and Wellness Center at 333-3733.

Donations needed

The fifth graders at Douglass Valley Elementary are conducting a fundraiser for deployed troops. For the month of

February, students are collecting microwave popcorn, beef jerky, hard candy, Crystal Light singles and ChapStick. The items will be sent to military members deployed overseas. Donations can be dropped off at the Douglass Valley Elementary main office or at the District 20 administration building. For more information, call Greg Miller at 234-4266.

OSC offers brunch, Bunko

The Academy Officers' Spouses' Club offers a brunch Thursday at 10 a.m. in the Falcon Club. The event features a wreath-making demonstration. For more information or to RSVP, contact Deb Coppock at 574-1485 or kedekeka@aol.com by Monday at 10 p.m. The OSC also offers "Bunko for the Cure" with the Peterson Air Force Base OSC Feb. 28 at 7 p.m. in the Peterson AFB club. All proceeds from the event will go to the Susan G. Komen Breast Cancer Foundation. For more information or to RSVP, contact Jeanine by Feb. 23 at 243-3887 or pikespeakcsc@yahoo.com.

Awards banquet nears

The Academy 2007 Annual Awards Banquet is Feb. 28 at 6 p.m. in the Falcon Club. Cost is \$25 for club members and \$27 for non-members. Dress for the event is mess dress or semi formal for military, formal for civilians. Those interested in attending must RSVP to a first sergeant by Tuesday.

Honor Guard recruiting

The Academy Base Honor Guard is looking for new members to participate in two details per month while being an active member of a flight of 10-15 guardsmen. There are no grade requirements for memberships. The next training flight is scheduled for Feb. 25-29 from noon-4 p.m. For more information, contact Staff Sgt. Hugo Reinor at hugo.reinor@usafa.af.mil, or Staff Sgt. John Hoffman at john.hoffman@usafa.af.mil.

Scholarships offered

The Academy Officers' Spouses' Club offers 2008 Merit Scholarships for high school seniors and non-military spouses of O-3 equivalent and below. Eligibles include dependents or spouses of active duty stationed at the Academy, dependents or spouses of retirees eligible for membership at the Academy Club, dependents or spouses of active duty on remote tour, dependents or spouses of POW/MIA or deceased Academy affiliates and dependents or spouses of civilian employees eligible for membership at the Academy Club. The application period runs through March 31. Applications are available at the Academy Education Office, area high school counseling centers and the Academy Thrift Shop. For more information, call Sally Mueh at 599-0694 or Carrie Oliver at 488-9625.

Lunchtime volleyball offered

A group of volleyball players is looking for other players interested in participating in pick-up games in the Cadet Gymnasium's east gym. Games are played once a week from 11:30 a.m.-1 p.m. The activity is open to active duty, retired, dependents and contractors. For more information or to add your name

to the mailing list, contact Ed Halik at 964-7058 or spooker@aol.com.

AFAS grants available

The Air Force Aid Society is accepting applications for the General Henry H. Arnold Education Grant Program, which provides \$2,000 grants to sons and daughters of active duty, Title 10 AGR/Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve and deceased Air Force members; stateside spouses of active duty members and Title 10 AGR/Reservists and surviving spouses of deceased personnel for their undergraduate studies. Applications are available at the Academy Airman and Family Readiness Center, 6248 West Pine Loop, or online at www.afas.org. Applications must be submitted by March 7. Awards are announced in June 2008. Use of funds is limited to tuition, books, fees or other curriculum-required materials.

Estate claims

If anyone has a claim for or against the estate of Cadet 3rd Class Lindsay M. Brown, contact Lt. Col. Nerisse Fernandez, Cadet Group 2, at 333-6824 or Nerisse.Fernandez@usafa.edu.

Nominations wanted

The Academy is seeking nominations for the 2008 Air Force Academy Distinguished Service Award. The award is presented annually by the superintendent to a military person, civilian or group whose contributions (not as part of their official duty) have had a distinct impact on the morale or well-being of the Academy. Anyone who has contributed significantly and directly to the morale or well-being of the Academy through the generous donation of time, resources or influence is eligible. Nominations must be submitted by April 1 to HQ USAFA/CMA, 2304 Cadet Dr., Suite 3200, USAF Academy, CO, 80840-5002. Nomination packages must include a single page with biographical data to include name, rank, organization or company, telephone number and mailing address, in addition to a typed narrative justification, not to exceed one page, describing the nominee's accomplishments. For more information, call Steve Simon at 333-8827.



Running series steps off

The 10th Annual Grand Prix of Running series kicks off March 15 with the "5k For St. Patrick's Day" run in downtown Colorado Springs. More than 1,400 runners are expected on the flat course that ends in Acacia Park. There will be Irish music and refreshments available at the finish line, plus a "Leprechaun Fun Run" for children 12 years old and younger. Registration for the 5k and children's run is available at www.csgrandprix.com. People can also register at the Runner's Roost store at 107 E. Bijou St. The runs will be followed by the 25th Annual St. Patrick's Day Parade at noon.

SCHEDULE OF WORSHIP

CADET CHAPEL

Catholic Masses:
Sunday
 Reconciliation 9:15-9:45 a.m. (or by appointment)
 Mass - 10 a.m.
Weekday
 Mon., Tues., Thurs. - 6:45 a.m.
Wednesday
 Catholic Adoration - 5:30 - 6:30 p.m.
 Mass - 6 p.m.

Protestant Services:
Sunday
 Traditional - 9:00 a.m.
 Hill Fellowship - 11:00 a.m.

Jewish Services
 Fridays - 7 p.m.

Buddhist Worship
 Wed. - 6:30 p.m. - All Faiths Room

Muslim Prayer
 Fridays - Noon - Muslim Prayer Room, Chapel Basement

COMMUNITY CENTER CHAPEL

Catholic Masses:
Saturday
 Reconciliation - 3:30 p.m.
 Mass - 4 p.m.
Sunday
 Mass - 9:30 a.m.
 Religious Formation - 10:45 a.m. (Sept. - May)
Tuesday-Friday
 Mass - 11:30 a.m.

Protestant Services:
Saturday
 Contemporary - 6 p.m.
Sunday
 Traditional - 8 a.m.
 Gospel - 11:15 a.m.
 Religious formation - 9:30 a.m. (Sept. - May)

Military Academy Pagan Society
 Third Thursday - 6:30 - 8:30 p.m.
 (For more info, call TSgt. Longcrier at 333-6187.)
 For more information, call 333-3300.