INSPECTION REPORTS

AF releases info on Health and Welfare inspections. **Page 5**

OUTDOOR REC

Offers outdoor camaraderie . **Page 9**

FALCON HOCKEY

AFA sweeps Sacred Heart

Page 11







ELIZABETH ANDREWS

Cadets assigned to Cadet Squadron 22 march on Pennsylvania Avenue in front of the Capitol during the 57th Inaugural Parade Monday in Washington, D.C. CS-22 was selected to represent the Academy in the parade by virtue of its being named the outstanding cadet squadron for the previous Academic year.

Cadets march in 57th Inaugural Parade

By 1st Lt. Brandon Baccam Academy Public Affairs

WASHINGTON (AFNS) — Cadets with the Air Force Academy's outstanding cadet squadron of 2012 marched down Pennsylvania Avenue in Washington Jan. 22 as part of the 57th Inauguration Parade, honoring the swearing-in of President Barack Obama.

Hundred of thousands of spectators greeted the Raptors of Cadet Squadron 22 as they merged onto the 1.5-mile parade route, joining the divisions of the other service branches as they

all stepped in uniform military fashion.

"I am truly thankful and blessed to have this opportunity to help represent the Air Force and the Academy during such an historic event," said Cadet 1st Class Alyssa Manwaring, a native of Lebanon, Ohio.

All five military service branches provided ceremonial support to the parade. Three colonels and one cadet led the command contingent of the Air Force's division in the parade, representing the active-duty force, the Reserve, the Air National Guard and the cadet corps.

Led by Cadet 1st Class Erin Doran of Bruns-

wick, Ohio, Cadet Squadron 22 formed up behind the U.S. Air Force Band and represented the cadet corps.

"It's an honor to march in the inaugural parade," said Cadet 3rd Class Evan Richter, of Santa Rosa, Calif. "Every opportunity is such a blessing."

"I'm really thrilled to be here," said Cadet 3rd Class Jahan Rafie, from Keystone, Colo. "It's a lot of fun. I was here my sophomore year of high school, and coming back, it's still beautiful, still amazing."

See Inauguration Page 4

Caring for Cadets

Academy instructors help cadets through availability Editor's note: This is the second article in a series focusing on how various units at the Academy "Care for Cadets." Subsequent articles will appear in upcoming editions of the Academy Spirit.

By Amber Baillie Academy Spirit staff writer

Preparing cadets for success is so important to Academy professors that they offer tutoring around the clock.

In addition to homework help cadets can receive from their individual instructors, they can receive extra instruction every day from a faculty member in the Extra Instruction room, located in the Academy's Chemistry Department, or get help from a faculty member in the evenings at the Quantitative Reasoning Center.

"Cadets are very busy, so if they've got a question, they don't have to make an appointment. They can just walk in and get it answered," said Dr. Donald Bird, professor and deputy head from the Chemistry department.

The EI room, located in the Fairchild Hall Annex, is open to cadets from 7:50 a.m. until 4:30 p.m. Faculty members from the Chemistry Department rotate throughout

the day, helping cadets with class assignments from any course in the department.

"It's good because there is always a different instructor in the EI room, so I don't just go to my instructor. I can come here and get a second opinion or be taught a different way," said Cadet 3rd Class Oliver Myers. "Everyone has really busy schedules that are different, so for the room to be open all day for people to go to, whether you're a football player, or you do different club sports, it's really convenient."

Cadet 4th Class Emonna Knox said the EI room is handy because

See Caring Page 7

DOD announces Vietnam War 50th anniversary commemoration program

Academy remembers sacrifice of Vietnam War vets

Academy Public Affairs

The Defense Department announced Tuesday its program to commemorate the 50th anniversary of the Vietnam War.

"We cannot allow the sacrifice of our Vietnam War Veterans to become lost in the haze of history," said Dave Cannon, Academy communications director and Academy's Vietnam War Commemoration Committee chairman. "To that end, we've partnered with the U.S. Vietnam War Commemoration Committee to thank and honor these brave men and women and their families through 2017."

The 2008 National Defense Authorization Act authorized the secretary of defense to conduct a program to commemorate the 50th Anniversary of the Vietnam War, in accordance with Public Law.

This program will:

- Thank and honor veterans of the Vietnam War, including prisoners of war or those missing in action, for their service and sacrifice and thank and honor the families of these Vietnam War veterans.
- Highlight the service of the armed forces during the Vietnam War and the federal, governmental and non-governmental organizations that support the armed forces.
- Pay tribute to the contributions made by U.S. citizens

We cannot allow the sacrifice of our Vietnam War Veterans to become lost in the haze of history. To that end, we've partnered with the U.S. Vietnam War Commemoration Committee to thank and honor these brave men and women and their families.'

– Dave Cannon, Academy communications director and the Academy's Vietnam War Commemoration Committee chairman.

during the Vietnam War.

- Highlight advances in technology, science, and medicine related to the military research conducted during the Vietnam War.
- Recognize contributions and sacrifices made by U.S. allies during the Vietnam War.

Defense Department representatives will coordinate with other federal agencies, veteran groups, state, local government and non-government organizations for their input in Vietnam War commemoration activities. For more information, call 877-387-9951 or visit the official website at www.vietnamwar50th.com.

Heroism of Academy grad remembered

Tuesday marked the 45th anniversary of the death of Capt. Lance Sijan, who died in a prisoner of war camp. Sijan is the only Air Force Academy graduate to receive the Medal of Honor.

On Nov. 7, 1967, while on a mission to attack a Ho Chi Minh Trail river crossing, Capt. Lance Sijan ejected from his F-4 Phantom.

He evaded capture for more than six weeks but suffered a serious injury and extreme weight loss and was eventually captured by North Vietnamese soldiers.

The young officer was taken to a holding point for transfer to a prisoner of war camp but managed to overpower a guard and escape into the jungle before being recaptured.

Sijan was taken to another prison



U.S. AIR FORCE PHOTO

Lance Sijan at the Air Force Academy.

camp, kept in solitary confinement, interrogated and tortured, but refused to divulge any information to his captors.

Eventually falling into a delirium, Sijan was placed in the care of another prisoner.

Sijan's will to resist the enemy is an example of the Warrior Ethos recognized by the Academy. His heroism earned Sijan the Medal of Honor and gratitude of his country.

Throughout the Air Force, modernday Airmen commemorate Sijan's legacy of service through the Lance P. Sijan Leadership Award given to outstanding Airmen.

In similar fashion, Sijan's Milwaukee high school established a scholarship in his honor, a nearby park is dedicated to his courage and sacrifice, and a replica of Sijan's F-4 Phantom is displayed in front of the 440th Air Force Reserve Base at Milwaukee's Mitchell Airport.

Born and raised in Bay View, Wis., Sijan graduated from the Academy in 1965 and joined the 480th Tactical Fighter Squadron of the 366th Tactical Fighter Wing at Da Nang Air Force Base, South Vietnam, in July 1967. By October 1967, Sijan had completed 52 combat missions.

Sijan's name appears on Panel 29E, Row 62 of the Vietnam Veterans Memorial in Washington, D.C.

AGADEMY SPIRIT

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

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Academy Superintendent
Lt. Col. John Bryan —
Director of Public Affairs
1st Lt. Brandon Baccam —
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contact Marie Rush at 719-476-4818.

Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-7657.

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



Opinions from you:

Academy members, civilians, cadets, retirees and family members may submit letters or emails of 250 words or less to the Academy Spirit at: pa.newspaper@usafa.af.mil or:

Letters to the Editor HQ USAFA/PA 2304 Cadet Dr., Ste. 3100 USAFA, Colo., 80840-5016



Letters and emails must include the writer's full name, work address if applicable, and a valid phone number where they can be reached during normal daylight hours. Letters without this information will not be published.

The Academy Spirit reserves the right to edit submissions. Due to

space limitations, Public Affairs won't be able to print every letter received but will include as many current and topical letters as possible.

Guest commentaries or editorials are invited from local subjectmatter-experts as they relate to a current issue's focus.

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Obama takes oath of office, recognizes military contributions

By Donna Miles

American Forces Press Service

WASHINGTON (AFNS) — President Barack Obama took the ceremonial oath of office for his second term as the 44th U.S. president and commander in chief on the steps of the U.S. Capitol here Jan. 21, honoring the men and women in uniform who have preserved America's freedoms throughout its history.

More than 5,000 military members — some participating in the Inaugural Parade, others playing musical accompaniment, firing artillery rounds into the sky or providing behind-the-scenes support - were among more than a half million people who gathered on the National Mall to watch Obama and Vice President Joe Biden enter their second term.

Recognizing the drawdown of forces in Afghanistan and the ramping down of more than a decade of conflict, Obama offered high praise during his inaugural address for U.S. service members, their contributions and sacrifices.

"Our brave men and women in uniform, tempered by the flames of battle, are unmatched in skill and courage," he said. "Our citizens, seared by the memory of those we have lost, know too well the price that is paid for liberty. The knowledge of their sacrifice will keep us forever vigilant against those who would do us harm."

Obama expressed hope for a more peaceful future, noting that Americans understand that "enduring security and lasting peace do not require perpetual war."

Americans are "heirs to those who won the peace and not just the war, who turned sworn enemies into the surest of friends," the president said. "And we must carry those lessons into this time as well."

The president affirmed the nation's resolve to defend its people and uphold its values through both the "strength of arms and rule of law" — and with an arm extended to its friends as well as adversaries to help lay conditions for long-term peace.

"We will show the courage to try and resolve our differences with other nations peacefully, not because we are naive about the dangers we face, but because engagement can more durably lift suspicion and fear," he said.

Meanwhile, "America will remain the anchor of strong alliances in every corner of the globe," he said. "We will renew those institutions that extend our capacity to manage crisis abroad, for no one has a greater stake in a peaceful world than its most powerful nation."

The United States will support democracy around the world, "because our interests and our conscience compel us to act on behalf of those who long for freedom," Obama said. "And we must be a source of hope to the poor, the sick, the marginalized, the victims of prejudice -- not out of mere charity, but because peace in our time requires the constant advance of those principles that our common creed describes: tolerance and opportunity; human dignity and justice."

Obama urged the nation to put partisanship aside and come together to support their universal ideals. "With common effort and common purpose, with passion and dedication, let us answer the call of history, and carry into an uncertain future that precious light of freedom," he

Our brave men and women in uniform, tempered by the flames of battle, are unmatched in skill and courage ..."

- President Barack Obama



DOD PHOTO

President Barack Obama takes the oath from Supreme Court Justice John Roberts as his wife, Michelle Obama and daughters Malia Obama (second from right), and Sasha Obama, (right), watch during swearing-in ceremonies on the west front of the Capitol in Washington, Monday.

<u>Inauguration</u>

From Page 1

Lt. Col. Brande Walton, the air officer commanding for the squadron, said that her most valuable memory of the parade was getting to share this experience with the cadets.

"Just watching them experience it as well was very rewarding to me," Walton said.

The cadets sat behind Obama while he gave his graduation speech to the Class of 2012 in May. It

was the second-straight year they were selected as the Air Force Academy's outstanding cadet squadron

"It has been very exciting to be in the number one squadron the past two years," said Cadet 1st Class Evan Boone of Denton, Texas. "Marching in the inauguration parade is a great reward for all of us who have worked so hard these last couple of years."

The U.S. armed services have been a part of the

presidential inauguration since George Washington was sworn into office in 1789. Historically, the earliest parades served as military escorts for incoming presidents to the swearing-in ceremony.

"Thank you for volunteering. Thank you for stepping up. Thank you for keeping us strong. Thank you for always making us proud," Obama said during the Commander in Chief's Ball. "I have no greater honor than being your commander in chief."

Cadets assigned to Cadet Squadron 22, the Academy's outstanding cadet squadron of 2012, take a break from marching practice at the Naval Academy in Annapolis, Md. The cadets marched in formation down Pennsylvania Avenue Monday, honoring the swearingin of President Barack Obama. All five military service branches provided ceremonial support to the parade.



Air Force releases results of health and welfare inspection

Air Force released the results of the service-wide health and welfare inspections that were completed in an effort to emphasize an environment of respect, trust and professionalism in the workplace, Jan. 18.

"Every Airman deserves to be treated with respect. They also deserve to work in a professional environment," said Gen. Mark A. Welsh III, Air Force chief of staff. "I've talked with Airmen across the force, and believe that some units were not meeting those standards. It's simply unacceptable that we have people who don't feel comfortable in their workplace, so we're addressing it, head on."

The purpose of the inspection was to reinforce expectations for the workplace environment, correct deficiencies, and deter conditions that may be detrimental to good order and discipline. Commanders looked for and removed items that hinder a professional working environment.

Commanders inspected thousands of units at more than 100 Air Force installations, where almost 600,000 Air Force military and civilian personnel work. Commanders looked for and removed three broad categories of material: pornographic, inappropriate or offensive, or unprofessional.

According to the results, in the three categories, the Air Force found 631 instances of pornography (magazines, calendars, pictures, videos that intentionally displayed nudity or depicted acts of sexual activity); 3,987 instances of unprofessional material (discrimination, professional appearance, items

WASHINGTON (AFNS) — The specific to local military history such as patches, coins, heritage rooms, log books, song books, etc); and 27,598 instances of inappropriate or offensive items (suggestive items, magazines, posters, pictures, calendars, vulgarity, graffiti). In total, 32,216 items were reported.

Identified items were documented and either removed or destroyed. In some instances, findings were turned over to the Air Force Office of Special Investigations where appropriate. The areas inspected were all government workspaces and shared common areas such as briefing rooms, break rooms and computer drives.

The Academy found 131 inappropriate or unprofessional items that were removed or destroyed on the spot.

"This inspection helped ensure that we maintain a professional working and living environment for every one of our members," said Lt. Gen. Mike Gould, Academy superintendent. "I'm encouraged by the relatively low number of offenses. It all comes down to one overriding concept – respect. We see this and future inspections as one avenue to correct conditions detrimental to the culture of respect and inclusiveness we all have worked so hard to create at the Academy."

The health and welfare inspection is a tool routinely used by unit commanders, command chiefs and first sergeants. Welsh tasked commanders during the Nov. 28 Wing Commanders Call to examine their work settings and ensure Airmen at all levels consistently apply standards of professionalism and respect across the service.

"The Air Force succeeds because of the professionalism and discipline of our Airmen," Welsh said. "We have a significant number of Airmen who feel they have to 'go along to get along' by ignoring inappropriate images, workplace comments, or other material that makes them uncomfortable. That's simply not the Air Force we want to be. EVERY Airman is critically important and everyone deserves to be treated with respect. Anything less reflects a lack of discipline and a failure to honor our values. It also marginalizes great Airmen, degrades mission effectiveness and hurts unit morale. We simply can't, and won't, tolerate it."

The inspections are one in a series of moves the Air Force has undertaken to combat sexual assault. The Air Force conducted bystander intervention training service-wide, examined supplementary training for commanders and made multiple avenues of support available to every victim of sexual assault. Support services include counseling, medical, mental health, and safety services and victim advocates among other things.

Also of note, the Air Force launched a pilot program designed to provide legal assistance to victims of sexual assault that will begin later this month. Starting Jan. 28, The Special Victims' Counsel Program will give sexual assault victims legal assistance and help them navigate the criminal justice system with lawyers trained to handle their unique needs.

Results of the health and welfare inspections are available at the Air Force FOIA Reading Room at www.foia. af.mil/shared/media/document/AFD-130118-015.pdf.



U.S. AIR FORCE

Defense Secretary Leon E. Panetta

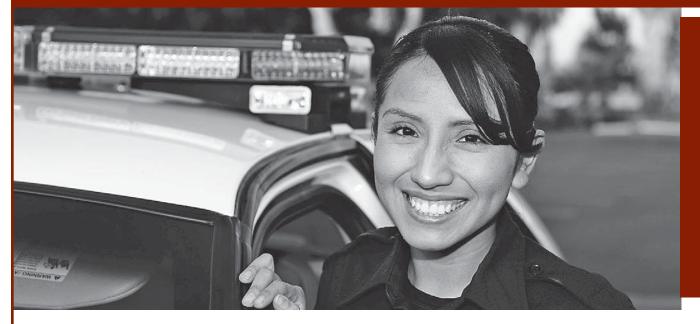
Pentagon to lift rule excluding women

WASHINGTON (AFPS) — Defense Secretary Leon E. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, are expected to announce the lifting of the direct combat exclusion rule for women in the military, a senior defense official said Thursday.

The policy change will begin a process in which the services will develop plans to implement the decision, which was made by Panetta upon the recommendation of the Joint Chiefs of Staff, the official said.

The official provided no further details and did not indicate when the announcement might take place.

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Academy fire chief departs

After 28 years, Ernst Piercy leaves the job he loves

By Don Branum

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Academy Spirit staff writer

The Air Force Academy's fire chief, a constant amid the changing faces here since 1985, departed the Academy on Wednesday.

Ernst Piercy, who oversaw the Academy Fire Department's effort to receive accreditation from the Commission on Fire Accreditation International, will join Navy Region Southwest as fire chief for 10 federal fire departments in six states.

"When you think about Air Force Academy firefighting and what's gone on, you think of this guy," said Academy Superintendent Lt. Gen. Mike Gould during a special presentation at a 10th Air Base Wing commander's call Jan. 18, in which he gave Piercy an Air Force Meritorious Civilian Service Award.

Piercy's firefighting career began in 1978. As an Airman, he served at Tyndall Air Force Base, Fla., and Misawa

DON BRANUM

Academy Fire Chief Ernst Piercy and his wife, Linda Piercy, inside Fire Station 1 at the Academy. Piercy, who has worked at the Academy since 1985, departed Wednesday to take a job as fire chief for U.S. Navy Region Southwest.

Air Base, Japan, before separating in 1982. He rejoined the Air Force fire-fighter community in 1983 when he took a civilian position at Homestead AFB, Fla., then accepted a position at the Academy two years later.

"I was looking for an opportunity to expand my personal and professional growth," he said. "I figured, given the name of the institution and its location, it's got to be one great place to work."

His hunch proved true: Piercy called the Academy home for most of the next three decades.

"It's an incredible place," he said. "It's a wonderful institution filled with great leaders of character."

Piercy's positions during his tenure included station captain, assistant chief for training, assistant chief for operation and deputy fire chief. He served as the accreditation manager for the Academy Fire Department's CFAI accreditation in 2001, according to a biography on the Center for

Public Safety Excellence's website, as well as its recertification in 2006 and 2011.

Piercy has also supported Academy firefighters' participation in the Firefighter Combat Challenge. The Academy Fire Department first fielded a team in 2001 and has sense won numerous awards at world-level competitions.

"Not only is it challenging physically, but you have to be both mentally and physically fit," Piercy said. "If firefighters can participate in something that can improve them, we should definitely be involved."

But while the Academy's firefighters had faced tests on paper and on the Firefighter Combat Challenge course, 2012 held a challenge of a different sort: the devastating Waldo Canyon Fire. Academy firefighters spent two days helping battle the blaze near the Cedar Creek subdivision in southwest Colorado Springs before being recalled to protect the Academy's borders, where they limited the



JOHN VAN WINKLE

Fire Chief Ernst Piercy congratulates fellow firefighters after competing at the Rumble in the Rockies Firefighter Combat Challenge regionals at Falcon Stadium in 2010.

The fact that I'm in this position (as fire chief) makes me the luckiest guy on the planet."

- Former Academy Fire Chief Ernst Piercy

fire's damage to 12 acres along the southwest corner of the installation.

"It's the first fire I participated in of that magnitude," Piercy said. "The dynamics of the wildfire are not that unique: the extreme behavior we witnessed, folks in California deal with almost annually."

Piercy has no doubt done some homework on California wildfires: Navy Region Southwest includes the Golden State, Colorado, Arizona, New Mexico, Nevada and Utah. As the region's fire chief, Piercy will oversee close to 500 firefighters and administer an annual budget of \$52 million.

"It's an exponentially larger mission," he said.

Piercy credits the rank-and-file firefighters for making the Academy Fire Department successful.

"The fact that I'm in this position (as fire chief) makes me the luckiest guy on the planet," he said. "Either we recruited very well, or we're very lucky, because the quality of the men and women here is off the chart. They're dedicated not only to the fire service but to protecting this great institution. It's about the team for them, and it's about family."

He also cited the fire department's success as one of the reasons why he's departing.

"We received the Chief Master Sgt. Ralph Sanborn award for being the best fire department in the Air Force, then we received accreditation status for the third time," he said. "We showed our programs were credible, and the unit compliance inspection showed the Air Force that we were dialed in."

"When Waldo hit, we showed that not only do we look great on paper, we can also execute the mission. That's when I realized it was time for me to go," he added.

Gould also credited Piercy for the fire department's efforts fighting the Waldo Canyon Fire, saying the successful fire defense "didn't just happen."

The chief said he leaves with a heavy heart but that he looks forward to the challenges ahead of him.

"This is an absolutely unbelievable institution to be a part of," he said. "I remember when it developed the core values that the rest of the Air Force later adopted. I'm proud of this institution."

deal of the day

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<u>Caring</u>

From Page 1

she attends basketball practice in the evenings and is unable to attend tutoring then.

"Being an athlete, I have practice later, so when I come to see an instructor, I need them at that time," Knox said. "I thought this room was great because I could get help right away."

The room has been available to cadets for nearly 30 years. Bird said it's a resource they can take advantage of and is there for one reason and one reason only, to help them.

"We want to be contagious in helping them get some excitement about chemistry and what it means to all of us," Bird said. "Chemistry engages every aspect of our lives from the food we eat to the clothes we wear, to the cars we drive to the airplanes we fly."

In addition to the EI room, cadets can visit the QRC, which is run by the Academy Registrar's Office, and open Mondays through Thursdays from 6-10 p.m. The QRC, located on the first floor of Fairchild Hall, has been available to cadets since 2009 and helps them with challenging courses in chemistry, physics, math and engineering mechanics.

"Demand for extra instruction after hours Kim has been phenomenal, with 3,000 to 4,000 her cadets visiting each semester," said Michael Courtney, director of the QRC and assistant professor of mathematical sciences. "Some cadets don't even realize they need EI on a given assignment until they settle into their work after dinner."

To further supplement after-hours instruction, the QRC faculty has produced hundreds of EI videos, whose viewership has risen to over 23,000 cadet views last semester, Courtney said.

"The QRC has saved me multiple times," Knox said.



AMBER BAILLIE

"Demand for extra instruction after hours Kim Gardner, associate professor in the Academy's chemistry department, left, assists Cadet 4th Class Emonna Knox, right, with has been phenomenal, with 3,000 to 4,000 her chemistry homework Tuesday in the El classroom in the Fairchild Annex.

Courtney said there are five QRC faculty, with more than 70 years teaching experience and have assisted thousands of cadets for extra instruction. He said occasionally other faculty will help at the center on occasions of high demand.

"For example, chemistry faculty often help out before a lab report is due or before a course wide quiz, and math faculty often help out before a graded review in a big course like calculus," Courtney said.

This past year, Princeton Review ranked the

Academy among the nation's best colleges for most available professors and ranked the Academy's faculty 18th in the nation for most accessible professors.

"Faculty here I think, relates differently to students than at other schools," Bird said. "There are a lot of great schools helping students be successful, but I think what makes the Academy slightly different is the fact we're training and educating a new generation of Air Force officers who will eventually work with us and for us."





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8 FRIDAY, JANUARY 25, 2013

2 USAFA leaders nominated for promotion



Col. Tim Gibson



Brig. Gen. Greg Lengyel

Academy Public Affairs

Both the Commandant of Cadets and the 10th Air Base Wing commander here were nominated for promotion Wednesday.

The presidential nomination to the Senate recommends Brig. Gen. Greg Lengyel and Col. Tim Gibson be promoted to the ranks of Major General and Brigadier General, respectively.

Currently there are no notifications of new assignments or projected dates of rank for either nominee. Academy Superintendent Lt. Gen. Mike Gould congratulated Lengyel and Gibson saying, "Their nominations for promotion are a testament to the good work these leaders do for the Academy, our Airmen and cadets."

Lengyel is currently the Academy's Commandant of Cadets overseeing the 4,000-member cadet wing and more than 300 Air Force and civilian support personnel. His responsibilities include cadet military training and airmanship education, supervising cadet life activities and providing support to facilities and logistics.

Gibson currently commands the

Academy's 10th Air Base Wing and directs 3,000 military, civilian and contractor personnel who conduct baselevel activities for the entire installation, including security, civil engineering and other crucial programs. Additionally, Gibson oversees a \$150 million annual operating budget and serves as Crisis Action Team commander during all installation contingency operations.

Air Force officials aim to eliminate sexual assault

By Claudette Roulo American Forces Press Service

WASHINGTON (AFNS) — Following a nine-month investigation into sexual misconduct at Joint Base San Antonio-Lackland in San Antonio, the Air Force has implemented a comprehensive program aimed at eliminating sexual assault, senior Air Force leaders told Congress Wednes-

Air Force Chief Of Staff Gen. Mark A. Welsh III and Air Force Gen. Edward A. Rice Jr., the commander of the service's Air Education and Training Command, spoke before the House Armed Services Committee about the Air Force's recently completed internal investiga-

Describing the crimes as "stunning," Welsh said there could be no excuses. "There's no justifiable explanation, and there is no way we can allow this to happen again," he said.

"The Air Force goal for sexual assault is not simply to lower the number. The goal is zero," Welsh added. "It's the only acceptable objective. The impact on every victim, their family, their friends [and] the other people in their unit is heart-wrenching, and attacking this cancer is a full-time job, and we are giving it our full attention."

The effort included an Air Forcewide health and welfare inspection, held in December, the results of which are publicly available, Welsh said. Also last month, Welsh used his monthly "Letter to Airmen" to reinforce "that obscene, vulgar or disrespectful images, songs or socalled 'traditions' are not part of our heritage and will not be accepted as part of our culture."

In addition, a Recruiting Education and Training Oversight Council will be established, Rice said, to review and advise any current or future actions undertaken to eliminate sexual assault. The council also will provide advice on strategic issues affecting airman safety and the maintenance

SCOTT ASH

Texas.

Air Force Chief of

Staff Gen. Mark A. Welsh III (left) and Gen. Edward

A. Rice Jr., com-

mander of Air

Education and

Training Com-

mand, appear

before the House

Armed Services Committee on

Wednesday, for

a hearing on

sexual miscon-

Military Training

at Joint Base San

Antonio-Lackland,

duct at Basic

of good order and discipline in basic military training, he added.

tion, Rice said. When contact information was available, anyone who graduated from basic military training within the past 10 years was interviewed, he added.

"Although we have conducted a 10-year look back, the vast majority of the allegations are of alleged misconduct that occurred over the past three years," Rice said.

Allegations ranged from sexual assault to inappropriate contact with former students, Rice said. Each victim or alleged victim was offered "the full range of available victim support services," he added.

Of the 855 personnel assigned as military training instructors during this three-year period, 32 — less than 4 percent— have been disciplined or are now under investigation, Rice

"I believe it is important to under-

score that the vast majority of our instructors served with distinction in More than 7,700 interviews were a very demanding duty assignment," conducted as part of the investiga- Rice said. "That said, it is completely unacceptable to us that so many of our instructors have committed crimes or violated our policies, and we clearly failed in our responsibility to maintain good order and discipline among too many of our instructors in basic military training."

Maintaining good order and discipline is one of the most important and fundamental responsibilities of command, Rice said, one that "cannot be delegated."

With that in mind, Air Force officials are focusing their efforts on helping commanders meet this "fundamental responsibility," he said.

"The Air Force has recommitted itself to ensuring that every airman is treated with respect," Welsh said. "It's not a one-time fix. It has to be a way of life."

With "no room for misunderstanding," Welsh said, every Air Force supervisor and commander must be actively engaged in this effort. "If they don't get actively engaged, I consider them part of the problem,"

While it is still early, Rice said, it appears that the Air Force's efforts are making an impact. There have been no reports of sexual misconduct in basic military training in the past seven months, he noted. "We know this is not the beginning of the end, but the end of the beginning of a journey that can never end," he said.

"The American people trust us with their greatest treasure: their sons and daughters," Welsh said. "They expect us to lead them with honor, to value each of them, and to treat them as if they were our own. We do not have a greater responsibility than that.

"I will never stop attacking this problem. ... The United States Air Force leadership team will never quit working to eliminate this horrible crime from the ranks of our Air Force," he said.

Outdoor Rec offers ...

Adventure Time!

By Amber BaillieAcademy Spirit staff writer

For the past two years, the Academy's Outdoor Recreation Center has offered single Airmen the chance to meet new people and experience adventure in Colorado without having to drive or pay a single cent.

From skiing and whitewater rafting to four wheeling and indoor skydiving, the Air Force funded program offers single Airmen of any rank free outdoor adventure trips as an opportunity to hang out with other singles on base, get exercise and try new activities.

"Since this program started, it's been nothing but good times," said Senior Airman Brandon Caves, a contracting specialist for 10th Medical Group. "Participating in the program has given me opportunities to check off more on my life's bucket list than any other 20-year-old I know. Seeing how it positively affects the individuals who attend should make anyone who has had the chance to help keep this program going, proud."

ORC director Chuck Alfultis said the trips are first-come, first-served, and usually offer 12 to 20 spots. Trips through the program have included a hot air balloon ride, mountain biking down Pikes Peak and a trip to the Pikes Peak raceway, where Airmen could ride in a NASCAR vehicle around the track.

"We're also taking about 20 Airmen to Keystone for SnoFest this Saturday," Alfultis said. "We'll get the Airmen their equipment, buy them their lift ticket, take them up there and then they'll be able to participate in all of the different events before they leave."

Caves said his favorite experience through the program has been whitewater rafting.

"We spent the whole day out on the Arkansas River, which happened to be through some of the most beautiful country I've seen in this state to date," Caves said. "All of us made new friends, did

something we wouldn't have gotten to do otherwise and had a blast."

The program offers something for everyone because the events range far and wide in relation to interest, Caves said.

"It's not just for adventure seekers, it's made so that everyone can let loose and have a good time," Caves said. "Trips are always in relation to the season, recommendations from past participants and they're only getting better and better."

The program may offer art, pottery and cooking classes in the future, Alfultis said.

"It's endless what we can do," Alfultis said. "We've been doing a lot of high adventure stuff but we also want to know about other activities and things Airmen want to do that we haven't thought of."

Alfultis said the best way for Airmen to get more information on the program is to be involved in the Single Airman Committee and to attend Airman meetings.

"It's the best way to hear what is going on first-hand and give input," Alfultis said.

Alfultis said the ORC's ski trips to locations such as Breckenridge, Monarch and Keystone are also popular and a good value for Airmen this time of year.

"We offer half-price ski rentals when you sign up for one of our trips," Alfultis said. "It's a good value and great for people who are new to the area or don't want to drive and can sleep on the way there or back. They also don't have to worry about finding a parking place."

The next trips through the Single Airman Program will be a high country jeep tour on Feb. 1 and an off-road ATV tour on March 9. Alfultis said there are still open spots for airmen who want to sign up.

"It's a great opportunity for Airmen to do things they couldn't afford to otherwise," Alfultis said. "It's a good opportunity for them to de-stress and it keeps them from doing other activities that are not appropriate."

Caves said he think the program does more than achieve its mission.

"After being part of this program for the time that I have, all I've seen is progress and a more motivated, single population on this base," Caves said. "Before this program came to be, I was a young airman trying to adjust to a new city I knew nothing about and a new group of people I knew nothing about. With this program, I've seen guys and girls come out of (Basic Military Training) right into this program and they almost instantly make friends and really get out of their dorms."

To sign up for an activity or receive more information on the Single Airman Program or any other ORC program, call 333-4475.



INSET: An Academy Airman snowboards at SnoFest last year, one of many free activities offered through the Outdoor Recreations Center's Single Airman program.

RIGHT: A group of Airmen prepares for a hotair balloon ride, one of many activities available to single Airmen through the Outdoor Recreation Center.

AGADEMY SPIRIT FRIDAY, JANUARY 25, 2013

VonOhlen takes Air Force wrestling to higher level

By Don Branum

Academy Spirit staff writer

Ask Air Force wrestling head coach Joel Sharratt what's helped the team compete at a higher level, and he'll give you one answer: the leadership and competitive spirit of senior wrestler Cole VonOhlen.

VonOhlen, a native of Jackson, Minn., is easily among the best wrestlers in the NCAA, with a 21-2 record in the 149-pound class and 12 falls — an Air Force school record — so far this season.

Moreover, VonOhlen has lifted the rest of the team's play as well, leading Air Force to be ranked among the NCAA's top 25 wrestling teams by Inter-Mat, which ranks both collegiate and high school wrestlers and teams.

"He was an impact player even as a freshman," Sharratt said. "He came in his freshman year and qualified for the NCAA tournament. He's the one who's really helped reestablish Air Force wrestling as a national power in the sport. He's really helped the guys in our program understand that this program produces athletes who compete at that level."

VonOhlen has been named the Western Wrestling Conference wrestler of the week nine times in his career, including twice this season. He finished in second place at the Southern Scuffle in Chattanooga, Tenn., Jan. 2, beating second-ranked Dylan Ness of Minnesota before losing to top-ranked Jordan Oliver of Oklahoma State in the finals. Air Force finished in eighth place in that tournament, 14.5 points ahead of Army (10th) and 20.5 points ahead of Navy (12th).

VonOhlen also took first place in the Hokie Open at Virginia Tech and the University of Nebraska-Kearney Holiday Inn Open, where he wrestled in the elite class. He recorded more than 100 career wins during his junior season.

His wrestling record continues a winning streak he established while wrestling at Jackson County Central High School under coach Randy Baker. He reached the Minnesota state finals three times, coming away with two state championships.

However, wrestling was not VonOhlen's first high school sport.

"I played hockey for a couple of years," VonOhlen said. "Then I played hockey and wrestled, then ended up just wrestling."

Both VonOhlen and Sharratt shared a connection through Baker, who coached Sharratt on a national team during his high school years.

"Baker brought Cole to my attention during his junior year," Sharratt said. "I watched him compete. He had the athletic skill sets that would help the Air Force Academy be competitive at the next level."

VonOhlen visited the Academy in the fall of 2007 and liked what he saw.

"I liked the coaches, I liked the program, so I thought it was a good place to come," he said. "I thought it was a good opportunity."

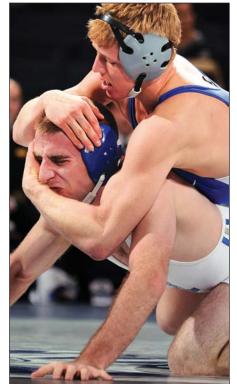
"He had a very mature long-term vision of what the Academy could do for him," Sharratt said. "It would not limit him athletically, and it would provide a guaranteed path to a great career."

Even as a freshman, VonOhlen was a leader, Sharratt said.

"He led by example," the coach said. "He did everything we required and found ways to get better on his own. He's always been squared away academically. He's been very disciplined; he's had outstanding time management while he's here, and he's been a great contributor to his (cadet) squadron."

VonOhlen's quiet leadership resulted in him being named a team co-captain as a junior, marking the first time in 40 years that a cadet was named captain of the wrestling team prior to his senior year, Sharratt said.

"That helped him develop the confidence to stand up and challenge people," Sharratt added. "He has started to hold people to his standard of excellence,



Cole VonOhlen (top) grapples with a wrestler from the U.S. Merchant Marine Academy during the All-Academy Championship Feb. 5, 2012. VanOhlen is one of the country's top wrestlers, with a 21-2 record and 12 falls an Air Force school record in the 2012-2013 season so far.

MIKE KAPLAN

not their individual standards."

"He knows that they need to compete with him in the training environment in order to compete at his level in the tournament environment. He's become a more verbal leader who will challenge complacency, who will challenge a lack of effort ... and he will encourage someone to do more than they thought they could do on a given day."

VonOhlen, a biology major, will attend technical training in the cyberwarfare career field at Keesler Air Force Base, Miss., after he graduates from the Academy.

"I've heard a lot of good things," he said. "I'm pretty excited. It's a change of pace for sure. It should be interesting."

He also hopes to stay involved with wrestling after he graduates.

"I think if I were given the opportunity to keep wrestling, I would definitely take it," he said.



– Deric Walker, Ashford graduate

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Air Force sweeps Sacred Heart with 6-3 win

Falcons move into a tie for fourth place in AHA; 9-9-5 overall, 6-5-3 in AHA

BRIDGEPORT, Conn. — Air Force scored four goals in a span of six minutes in the second period en route to a 6-3 win over Sacred Heart in an Atlantic Hockey Association game Jan. 20, at Webster Bank Arena in Bridgeport, Conn. Air Force improved to 9-9-5 overall and 7-5-3 in the AHA. AFA moved into a tie for fourth place in the AHA. Sacred Heart fell to 0-21-2 overall and 0-15-2 in the

Air Force opened the scoring at the 6:35 mark of the first period. SHU goalie Steven Legatto tried to clear a puck from behind his own goal line. However, Stephen Carew caught the puck and then passed the puck across to Cole Gunner who was open on the back door. Gunner netted his fifth of the season to give the Falcons a 1-0 lead. Sacred Heart tied the game in the final two minutes of the opening period after the Falcons were called for too many men on the ice. Defenseman Jared Eng scored his first of the season with a shot from the left point with 1:47 remaining in the first period.

Air Force scored four goals in the first six minutes of the second period to build a 5-1 lead. Just 37 seconds into the second period, Ben Carey scored for a 2-1 lead. Scott Holm forced a turnover behind the SHU net and Carey netted his second of the weekend and fifth of the season. Jason Fabian gave the Falcons a 3-1 lead at the 1:49 mark

when he intercepted a Pioneer pass at the blue line and skated in uncontested on Legatto. Fabian's fifth of the season was unassisted. Then it was the Falcon power play that scored for a 4-1 lead. After Carew drew a penalty in the neutral zone, the Falcons capitalized. Carew made a cross ice pass to Kyle De Laurell in the left circle and the senior scored his ninth of the season. Less than two minutes later, the Falcons took a 5-1 lead on the rush. Cole Gunner and Tony Thomas played catch going down the left wing and Gunner netted his second of the game and sixth of the season at 5:47.

Sacred Heart scored two goals early in the third period to cut the Falcon lead to 5-3. On the power play, Brian Sheahan scored near the weakside post at the 5:11 mark to make the score 5-2. Four minutes later, the Pioneers scored again on the rush. Chad Filteau scored from Nick Curry at 9:11 to cut the Falcon lead to 5-3. Air Force answered as defenseman Adam McKenzie scored his second of the season at the 10:24 mark. McKenzie took a shot that was knocked down in front. However, McKenzie collected the loose puck and passed down low to Gunner. Gunner gave it right back to McKenzie who scored from the bottom of the left circle for a 6-3

Air Force outshot Sacred Heart, 42-38, in the game. Jason Torf made 35 saves for the Falcons. Pioneer goalie Steve Legatto started the game and



SARAH CHAMBERS

Air Force goalie Jason Torf made 35 saves for the Falcons. Air Force returns home to begin a four-game home stand with a two-game series against Robert Morris, Friday and Saturday,

gave up five goals on 21 shots. Andrew Bodnarchuk came on in relief and made 20 saves while allowing one goal in 34 minutes. AFA was 0-for-3 on the power play while SHU was 2-for-6.

"Our game and our spirit are on the upswing," head coach Frank Serratore said. "We took care of business this weekend and got the points we needed to get. We didn't have the

same intensity in the third period that we did in the second and we need to work on closing out games. We did a lot of really well today. In the second period, we capitalized on our chances and finally got to Legatto."

Air Force returns home to begin a four-game home stand with a twogame series against Robert Morris, Friday-Saturday, Jan. 25-26, at 7:05 p.m. each night at Cadet Ice Arena.

3 Falcons named to College Madness Preseason All-Mountain West team

Air Force baseball placed three players on the College Sports Madness Preseason All-Mountain West team, Jan. 21.

Seniors Garrett Custons and Alex Bast and junior Seth Kline were named to the Madness All-MW

Custons, a two-time All-MW selection at catcher was named to the first team

at utility. As a junior last season, Custons batted .316 with four home runs and 20 RBIs. The Sarasota, Fla., was one of the top defensive catchers in the nation, throwing out 66.7 percent last season. As a sophoof steal attempts (20-of-30) more, Kline led the Falcons

Bast, the team's MVP as a sophomore in 2010, earned second team honors as an outfielder. As a junior, Bast batted .305 with four homers, leading the team with five triples and 31 RBIs. Kline, who was named to the second team as an infielder, was an All-MW performer with five homers and a .322 batting average.

Air Force baseball opens the 2013 season Feb. 15 at



Garrett Custons rounds a base during the opening game of the series March 23, 2012. As a junior last season, Custons batted .316 with four home runs and 20 RBIs.

MIKE KAPLAN





AFA's Kevin Durr selected in MLS supplemental draft

Air Force senior Kevin Durr was drafted by the Seattle Sounders FC Wednesday in the 2013 Major League Soccer Supplemental Draft. Durr was the 16th selection of the first round.

The Supplemental Draft consists of four rounds, which are called Rounds 1 through 4, but in many ways it is rounds 3 through 6 of the MLS SuperDraft, held last week in Indianapolis, Ind. The Supplemental Draft allows for only players who have finished their college eligibility and been nominated by an MLS club, as well as youth internationals made available by MLS.

Durr, a two-time all-West Region selection, led the Falcons to their first appearance in the NCAA Tournament since 1997 by pacing the team in scoring with 15 points. He posted teamhighs of five goals and five assists and finished third in the Mountain Pacific Sports Federation in total shots with 59.. Durr was also named first-team all-conference and the Most Valuable Player of the MPSF tournament this season.

The Falcons finished the 2012 season with a 10-9-4 record and captured their first conference championship by



J. RACHEL SPENCER

Kevin Durr (right) fights for control of the ball with Pioneer Matt Kirby during the game against the University of Denver Oct. 2, 2010, at the Academy's Soccer Stadium.

> defeating ninth-ranked New Mexico in a shootout (5-3) in the MPSF title game to earn a trip to the 2012 NCAA Tournament. Air Force dropped a 1-0 decision to the University of Washington in the first round.

> The last Air Force player drafted by the MLS was Daniel Wasson in the fourth round of the supplemental draft in 2006. Wasson transferred to the University of Tulsa following his sophomore year at the Academy. The last Academy graduate to be selected was Rich Cullen, who was selected in the sixth round of the 2000 draft by the Colorado Rapids.

Intramural Basketball Roundup

By Dave Castilla

10th Force Support Squadron sports director

Six teams met up for Tuesday night's intramural Basketball Challenge at the Fitness and Sports center with the 10th Medical Group beating the Fire Department 62-38, DRU/FSS defeating the 10th Security Forces Squadron 56-43, and the Prep School overpowering the 306th Flight Training Group 59-37.

10th Medical Group – Fire Dept.

The Fire Deptartment grabbed a quick 16-5 lead on 10 points by Tanner Derosier. After a Med Group timeout, the hospital went on a scoring spree and led 30-19 at half. The medics kept the Fire Deptartment at bay for the rest of the game.

Med Group's Tavis Bell led with 20 points, and teammate Carlos Gonzales followed with 14. The Fire Deptartment's Tanner Derosier led his team with 13 points, followed by Dan Garcia's nine points, all from three pointers.

DRU/FSS – 10th SFS

DRU/FSS won a hard fought battle against security forces, 56-43. DRU/FSS lead at halftime 23-17. In

the second half, both teams kept the score close, but near the two-minute mark, DRU/FSS' Clinton Ricks scored a three-pointer, and Ryan Hampton's bucket kept the cops from getting any closer.

Ricks lead DRU/FSS with 13 points, while Dawkins finished with 12. Security Forces' Markeith Wimbush and Undre Stoker both scored 13 points.

Prep-School – 306th Flying Training Group

Prep School defeated the 306 FTG/10th Communications Squadron 59-37 to stay tied in first place with DRU/FSS. The game was close early in the first half, with the Prep School hanging on by a slim 10-9 lead. Prep School's Drew Fowler started scoring inside and controlled the boards as the team went on a 21-8 run and lead at the half, 31-17.

Drew Fowler led the Prep School with 20 points. Teammate John Carberry scored 16 points, including 12 on three-pointers. Jose Vuittonet lead the FTG with 15 points, hitting five three-pointers. Bill Welsh chipped in with eight

UPCOMING FALCON SPORTS EVENTS

MEN'S BASKETBALL: 8 p.m. (MT), Sat.; Laramie, Wyo. Falcons take on Wyoming Cowboys.

WRESTLING: 7 p.m. (MT), Today; Clune Arena. Falcons take on North Dakota State.

7 p.m.(MT),Sun.; Clune Arena.

Falcons take on South Dakota State and Western State Colorado. MEN'S GYMNASTICS: 7 p.m. (PT) Feb. 1: Falcons take on Seattle in

Washington WOMEN'S BASKETBALL: 2 p.m. (PT)

Feb. 2; Falcons take on San Diego

CLUES ACROSS

- 1. Point that is one point E of due S 4. Slithered
- 8. Brain and spinal cord (abbr.)
- 11. Direct the steering of
- a ship 13. Chops with irregular
- blows 15. Plural of hilum
- 16. Incline from vertical
- (geo.)
 17. Simple word forms
- 18. Paddles
- 19. Roman garment 21. Meat skewers
- 23. Ethiopia (abbr.) 25. The cry made by

CLUES DOWN

1. Singular cardinals

- hypothesis (abbr.) Small water craft
- Opposite of ecto The woman Skeletal muscle
- Devoid of warmth
- and cordiality
- Decameter Italian goodbye
- 9. Mediation council 10. Impudence
- A desert in S Israel
- Japanese seaport Nob or goblin
- Ingested
- 22. Swiss river 24. Protects head from

- sheep 26. Beatty-Benning movie
- 30. Concealed
- 33. Political action committee
- 34. High rock piles (Old English)
- (abbr.)
- 35. Scottish county
- 36. Goat and camel hair fabric
- 37. A very large body of water
- Military legal corps
- 44. Undecided



- Lava rock 26. Designer identifier
- 34470 FL 28. Petrified ancient
- animal 29. Gas used in
- refrigeration 30. Journeys to Mecca

- 38. Fabric stain
- 39. Israeli city ____ Av 40. Shoe's underside
- 43. Patti Hearst's captors

- 8th month, Jewish
 - calendar 32. Small indefinite
 - quantity Taps
 - 41. Extremely high frequency 44. Iguanidae genus

- death do us part Supervises flying
- 50. Many headed monsters
- 54. Literary language of Pakistan
- 57. Halo Hawaiian hello
- 63. Lubricants65. Mild exclamation 66. Greek fresh-water
- nymph 67. Nickname for grandmother
- A restaurant bill Automaker Ransom
- 70. A young man
- 45. From the Leaning Tower's city
- 46. Cologne 47. Moses' elder brother (Bible) 50. A minute amount
- (Scott) 51. Hindu name for 4
- epochs 52. Faded and dull 53. Radioactivity unit 55. The face of a clock
- The face of a clock 56. The inner forearm bone 59. Tai language of the
- Mekong region
- 60. Embrocate 61. Possessed
- 62. Public promotions

1-25-13



Solution on page 6

Fun By The Numbers

Like puzzles?

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Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier to gets to solve the puzzle!

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AOG earns communications excellence awards

for the USAFA Association of Graduates Communications Department.

This past December the communications voice of the AOG was presented with 10 Council for Advancement and Support of Education District VI Institutional Awards for best practices in communications. The awards validated a year of initiatives designed to increase the quality of AOG communications products.

"I'm very proud of the efforts of our staff," said AOG vice president of communications Bob McAllister. "We've worked very hard to improve our social media offerings and website and we've continued to improve Checkpoints. We are currently providing the USAFA family with one of the best alumni magazines in the country."

Competing against dozens of institutions from across the Great Plains and Rocky Mountain regions, the Academy's alumni magazine, Checkpoints, won gold in the College and University General Interest (Alumni) Magazine category. In the past year the magazine staff has worked to increase graduate involvement in content creation through calls for submissions and articles that highlight everything from graduate musicians to graduate owned wineries.

The AOG's gold rush continued with awards for best use of social media and best feature video of the year. The video feature highlighted the activities of the USAFA cadet mountaineering club. It's one of multiple AOG video offerings produced this year that high-

2012 turned out to be a banner year light the accomplishments and activities of USAFA's Cadet Wing. An emphasis has been placed on multimedia offerings in an increasingly viral-video centric time.

> Senior editor David Bergeman and associate editor Lewis Carlyle took home silver awards for excellence in writing. Carlyle was also named Photographer of the Year while competing in a district that includes, among others, Iowa State, Kansas State and Missouri.

> Under the guidance of director of web communications Troy Surratt, the AOG won silver for their e-newsletters 7258' and ZoomiEnews, which are disseminated in alternate weeks to over 30,000 members of the USAFA community. The AOG's website, usafa.org, also earned silver for best institutional website. These wins, especially the gold award for best use of social media, underline the AOG's efforts to engage the USAFA community and provide timely information on the institution and the activities of its graduates and members. The payoff has been tangible, as the AOG's Facebook page "likes" and Twitter "followers" have grown exponentially in the past year.

> "There were thousands of institutional award submissions to CASE this past year and we bested some of the top institutions in the country," said AOG president and CEO William Thompson. "We're creating communications products that match the high standards of the United States Air Force Academy. With the help of the Academy family, we hope to continue to raise the bar in 2013.'

Taking a bite out of common dental myths

Commentary by Staff Sgt. Mandy Cruz 10th Dental Squadron

The 10th Den-Squadron tends to hear a lot of myths regarding oral hygiene. Not all questions are able to be an-

swered in a typical appointment, so we've decided to take this opportunity to put some myths to bed.

Common Myth 1: Consuming one soda throughout the day is better than consuming five in a shorter amount of time.

Many patients believe that because they cut down on sugar intake by slowly sipping one carbonated beverage daily that it will decrease their chances for a cavity. This is false. If you are "babying" your soda throughout the hour or day, the acid balance in your mouth drops allowing the acid from the soda to dissolve the hard enamel on your teeth. Every sip of soda is an exposure and lasts up to 20 minutes. If you are sipping on your soda all day this acid balance will remain low enough to cause cavities. Drinking one soda is better than drinking five as far as sugar intake, but you want to be cautious not to take all day drinking it.

Common Myth 2: Using mouthwash daily will take the place of flossing.

Although mouthwash is a valuable

aid in cavity prevention, it should not be used primarily to replace floss. Flossing is a tool that removes harmful plaque that has built up in between your teeth.

Flossing actually removes the

bacteria left from foods that brushing fails to remove. Mouthwash can be an addition to your oral hygiene routine to prevent tooth decay and gum disease such as gingivitis. Studies show that using mouthwash as well as flossing will directly decrease your chances of a cavity.

Common Myth 3: Brushing harder and using a hard bristle tooth brush will do a better job than a soft bris-

Using a hard bristle tooth brush to abrasively scrub away plaque can damage your gums and teeth. It is not so much the material as the method. Using a soft bristle tooth brush is just as effective as a hard bristle and easier on your gums and teeth. The proper way to brush is to use a circular motion positioning the tooth brush head slightly at 45 degree angle, brushing two-to-three at a time. This method will help to prevent gum recession which causes sensitivity. If you are concerned about brushing too hard, take the two-finger approach, grasping the tooth brush handle with only two fingers.

eak) BILLIARDS **FINE DINING**



Antique Billiard Museum 3628 Citadel Dr N Colorado Springs CO 80909 / 719-597-9809 or Diamond Billiards 3780 E Boulder St Colorado Springs CO 80909 / 719-596-9516

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The Margarita at Pine Creek 7350 Pine Creek Rd. Colorado Springs, CO 80919 www.margaritaatpinecreek.com

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CHINESE



Bamboo Court Restaurant 719-599-7383 4935 Centennial Blvd., Suite G Mon-Fri Lunch: 11:00-3:00pm, Mon-Sat Dinner: 3:00-9:00pm, Sat Lunch: 12:00-3:00pm, Sun Dinner: 4:00-9:00pm Our single combination Dinner Specials come with any entree from the dinner entrees menu and soup of the day, fried or steamed rice, egg roll & crab ragoon. At Bamboo Court, our only goal is to make your expectations a reality!

La Bella Vita

La Bella Vita 719-260-4730 4475 Northpark Drive www.labellavitaristorante.net

Lunch: Mon -Fri 11:00AM-2:00PM: Dinner: Mon-Thurs 4:00PM-9:00PM: -Sat. 4:00PM-10:00PM Early Bird Special: 4:00PM-5:30PM M-F \$10.00 (Selected Pasta Entrees). Classic, authentic & traditional Italian dishes. Fine selection of homemade pastas, fresh seafood of the day and wonderful Italian desserts! Extensive wine list and full bar. 2 private banquet rooms available for rehearsal dinners. Hale and Farewells, private events and business meetings. **Coming Soon**...Join us for Champagne Sunday Brunch beginning in February!

DELI



Wooglin's Deli & Cafe 719-578-9443 823 N. Tejon Street

Mon. - Sat. 7am - 9pm, Closed Sun. A locally owned restaurant celebrating 24 years of award-winning sandwiches, soups, salads, burgers, and the best quiche in town. Full breakfast menu served with locally roasted coffees. House baked desserts, Bristol beers, and neighborhood art make Wooglin's an authentic and funky downtown getaway



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Lunch Mon.-Fri * Dinner Nightly. Think late night Chcago Steakhouse: polished booths that enclose years of secrets, big slabs of aromatic prime rib, sparkly cocktail

glasses clinking at every table...
Best Fine Dining/Best Steakhouse/Restaurant of Carnivores-- Best of 2012 Gold, Colorado Springs Independent. Overall Restaurant/Upscale Bar/Power Lunch--Best of 2012 Silver, Colorado Springs Independent.





National Prayer Luncheon

The National Prayer Luncheon is 11:30 a.m. Feb. 20 at the Falcon Club. Tickets are \$5. The first 275 people to register will receive a free copy of the guest speaker Robert Wick's book. For more information, call 333-8557.

Academy Assembly Keynote

The 54th Academy Assembly Keynote Address will take place Feb. 5 from 7:50 p.m.-9 p.m. in the Arnold Hall Theater.

This year's topic is "U.S.-China Relations: Conflict or Cooperation in the 21st Century" with the keynote address given by Gov. Jon Huntsman, Jr., former governor of Utah and former Ambassador to China and Sin-

A reception will follow. The event is open to the Air Force Academy community.

The Academy Assembly is a cadetrun student symposium on topics of political significance. For information, visit http://bit.ly/10Ul3r2.

2013 Air Force Ball – Feb. 15

The 2013 Air Force Ball is scheduled to occur at Broadmoor Hall in



Cadet Chapel

BUDDHIST

Sundays, 10 a.m.; Thursdays, 6:20 p.m.

PROTESTANT

Traditional: Sundays, 9 a.m. **Contemporary:** Sundays, 11 a.m.

CATHOLIC

Mass:

Sundays, 10 a.m. Mondays, 6-6:20 p.m. Tuesdays, 6:45-7:15 a.m. Wednesdays, 6:30-7 p.m. Thursdays, 6:15-6:45 a.m.

JEWISH

Shabbat: Fridays, 7 p.m.

MUSLIM

Jum'ah: Fridays, 12:30-2 p.m.

Community Center Chapel

CATHOLIC WORSHIP

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

PROTESTANT WORSHIP

Evangelical: Sunday, 10:15 a.m. Gospel: Sunday, 11:30 a.m.

PROTESTANT RELIGIOUS EDUCATION

Sundays, 9 a.m.

the Broadmoor Hotel, 1 Lake Ave., Colorado Springs, on Feb 15.

The price is \$25 for E-1 - E-3 and GS-01 - GS-03; \$35 for E4 - 36 and GS-04 - GS-06; \$45 for E7 - O3 and GS-07 - GS-11; \$55 for O4 - O5 and GS-12 - GS-14; and \$65 for O6 and above and GS-15 and above.

Cocktails will be served at 6 p.m., and dinner will be served at 7 p.m.

For information, call Capt. Uriah Tobey at 333-2607.

Tiny Talons Story Time

A new program to promote early literacy for children between infancy and 3 years old is scheduled at 10 a.m., the second and fourth Wednesday of every month at the base library.

Active story time will last 30 minutes. Please bring a small blanket for

For additional information, call 333-3198.

Tourism Day

Lawmakers will speak with tourism officials from across Colorado Jan. 29. A bus is scheduled to leave Colorado Springs for the state capitol Jan. 29 at 6 a.m. from the Cheyenne Mountain Resort, 3225 Broadmoor Valley Road, and at 6:15 a.m. from the Marriot Hotel on 5580 Tech Center Drive. All are invited.

For more information, call 685-7633 or email **gaby@visitcos.com**.

2013 Distinguished Svc. Award

Nominations are being accepted for the 2013 Air Force Academy Distinguished Service Award.

The DSA is presented annually to a service member, civilian or group whose contributions have improved the Academy's well-being.

Any individual or group who has contributed significantly and directly through the donation of time, resources or influence, is eligible.

Nominations may be submitted through April 1 to:

HQ USAFA/CMA 2304 Cadet Drive Suite 3200 **USAF Academy CO 80840-5002**

Nomination packages should include: a single page with biographical data including name, rank (if military), organization or company, telephone number, mailing address and a typed narrative justification, not to exceed one page, describing the nominee's accomplishments.

For information, contact Steve Simon at 333-8827.

AFSA Meeting

The local chapter of the Air Force Sergeant's Association meets the third Wednesday of every month at 3:30 p.m. in the Falcon Club. For information, call 1-800-638-0594.

Blodgett Drive Closure

Blodgett Drive will be closed through March 8 as part of an ongoing project to replace the road base, asphalt and curbs near the Base Exchange and Commissary.

During the winter months, the available window of opportunity to replace asphalt and concrete is weatherdependent, so delays may occur.

AFPC ends voice system

AFPC's Interactive Voice Response System will be decommissioned Thursday.

The IVRS allowed employees to conduct benefits-related actions by

calling 800-525-0102 and using their telephone keypad.

After Jan. 31, employees must conduct these transactions through the online Employee Benefits and Information System at http://1.usa. gov/11zZmf2.

Employees may to contact a customer service representative for counseling or guidance at 800-525-0102 but will be directed to login to EBIS for any benefit transactions.

EBIS is available 24 hours a day and may be accessed from any government or home computer using a common access card.

Employees can access EBIS from the myPers website at https://myPers. af.mil. EBIS can be used to make health insurance, life insurance, and Thrift Savings Plan elections and provide educational materials, among other services.

Employees experiencing problems accessing EBIS may select the "Contact Us" link found on any page of the myPers website.

10th CS services now reduced

The 10th Communications Squadron has reduced some of its services due to Fiscal Year 2013 budget constraints.

New telephone, cable TV and network port installations must be approved by a group-level commander and paid for by the requesting organization.

Support for new information technology projects must be based on mission need, support requirements and funding availability.

For information, call the Comm Focal Point at 333-4357.

Dining facility adjusts policy

The High Country Inn will no longer offer dining to retirees due to limited funding.

Other 10th Force Support Squadron dining facilities, such as the Falcon Club, Ten Pin Grill and Ike's Grill, will remain open to all DOD ID cardholders.

Pottery studio available

The Arts and Crafts center's pottery studio is available when a class is not in session.

The studio includes nine pottery wheels, glazes and five kilns. Clay is available for purchase.

For information, call 333-4579.

A&FRC events

For information on Airman and tact the A&FRC at 333-3444.

Mock Interviewing:

Feb. 7, 8 a.m.-noon. Learn what questions to expect and how to best answer them, how to prepare your 30-second commercial and how to formulate an interview preparation strategy. Conducted by a local-area human resources professional.

Career Tracks:

Feb. 13-14, 8:30 a.m.-2:30 p.m., at Peterson Air Force Base. This twoday class for spouses of active-duty Airmen covers all aspects of job search preparation: resume writing, interviewing, assessing and evaluating skills, values and interests, building a job toolkit, career planning, education and volunteerism.

Thrift Savings Plan:

Feb. 27, 11:30 a.m.-1 p.m. Spend your lunch learning how the Thrift Savings Plan works and strategies for

how to draw out your savings after retirement.

Franchising Information Session:

Feb. 27, 11 a.m.-12:30 p.m. Learn about franchising and business ownership and how to select the best opportunity. Learn about franchise opportunities available to veterans in more than 75 industries.

Falcon Stadium lost and found

Items lost at Falcon Stadium during the 2012 home football season or during the Academy's graduation ceremony may be claimed at the stadium

All items not claimed by March 31 will be disposed of in accordance with AFI 31-206, "Security Forces Investigations Program," USAFA Supplement I.

For additional information, call 333-1151.

Outdoor Rec offers skiing trips

Outdoor Recreation offers several outdoor winter trips, including a snowmobile trip Saturday and ski trips throughout January and early February.

Upcoming ski trips include Monarch on Feb. 2.

Outdoor Recreation also offers a moonlight snowshoeing trip in the Farish Recreation Area Saturday.

Discounted ski passes are also available. For information, call 333-4475.

'Nunset Blvd.' at Arnold Hall

The musical "Nunset Boulevard," featuring Cindy Williams from "Laverne and Shirley," will play at Arnold Hall Theater Feb. 1 at 7:30 p.m.

Contact the Academy Concerts ticket office at 333-4497 for information or to buy tickets.

Dental Health Month Events

All Academy members are invited to attend Dental Health Month Events in February designed to raise awareness specifically in children concerning oral health and hygiene: Feb. 8, 9 a.m. – 4 p.m., Douglas Valley Elementary School Visit; Feb. 12, 10 a.m. – noon, 10th Medical Group/ Dental information booth.

No classes on Presidents Day

Class will not be held on Presidents Day, Feb. 18. Various on-base agencies will also be closed.

Buddhist writer to speak

Writer and Chinese translator Red Pine will speak about "The Chinese Family Readiness Center events, con- Quest for Solitude" in the Arnold Hall banquet room Jan. 31 at 6 p.m.

Pine's works include "The Zen Teachings of Bodhidharma" and "The Clouds Should Know Me By Now: Buddhist Poet Monks of China."

To attend, RSVP to Sarah Bender at sembender@gmail.com or contact the Cadet Chapel at 333-2636.

NCLS to kick off Feb. 20

The 20th annual National Character and Leadership Symposium will occur Feb 20-22 with the theme "The Silver Lining: Courage Through Adversity."

NCLS is a premier symposium in the field of character and leadership development and brings together distinguished scholars and others to explore a characterrelated theme.

For information, visit http://bit.ly/ TY1vhC.



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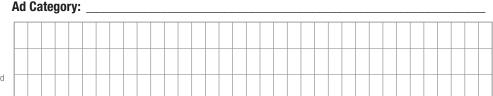
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HEALTHCARE

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Must be able to speak, read and

Must have a valid Colorado driver's

Must have a valid Colorado driver's license. Must be able to drive a vehicle. Emotional stability necessary to perform the essential functions of the job. Vision and hearing sufficient to perform the essential functions of the job.

Basic working knowledge of all me

Basic working knowledge of all mechanical systems: electrical, plumbing, HVAC, & carpentry. Ability to handle multiple tasks in different buildings simultaneously. Mental & emotional ability to accept interruptions and changes in work schedules. Ability to prioritize work by level of patient safety and comfort. Ability to be on call for any emergency that may occur at our facility.

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