

CONSTRUCTION NEWS

Construction starts on new CCLD;
I-25 widening to affect commutes. **Page 4**

THAT OTHERS MAY LIVE

National Geographic films combat rescue
Airmen in Afghanistan. **Page 8**

INTRAMURAL B-BALL

Prep School, 306th FTG dominate. **Page 12**

ACADEMY SPIRIT




Page 9

COMMEMORATION



AMBER BAILLIE

Caring for Cadets

Editor's note: This is the fourth 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.

Master Sgt. Chad Bruce (right) advises Cadet 3rd Class Jeff Hill (left) and Cadet 1st Class Zach Westerfield (middle) as they work on a prototype race car in the Academy's mechanics lab Tuesday. Bruce, the applied mechanics lab superintendent for the Academy's Engineering Mechanics Department, is one of many enlisted Airmen responsible for developing cadets into future Air Force leaders.

NCOs offer cadets hands-on support, enlisted perspective

By Amber Baillie
Academy Spirit staff writer

Enlisted personnel at the Academy's science and engineering labs not only aid cadets in understanding important design and research concepts, but offer them a glimpse into the leadership expertise and experience the enlisted force offers future officers.

Master Sgt. Chad Bruce, superintendent of the Academy's applied mechanics lab, su-

pervises seven lab technicians, oversees cadet projects and full-time research projects, and is responsible for scheduling and maintaining the safety program.

"My favorite part of working at (the Academy) is the ability to help engineering students accomplish their goals," Bruce said. "I never know what projects will come into the lab and it keeps my job exciting from day to day."

See Caring Page 10

Academy grad, pilot left 'legacy of achievement'

By 31st Fighter Wing Public Affairs
and Ray Bowden
Academy Spirit editor

AVIANO AIR BASE, ITALY— A memorial service was held Wednesday to honor a 2003 Academy graduate and pilot who died last week during a training exercise of the coast of Italy.

Capt. Lucas Gruenther, 32, was assigned to the 31st Fighter Wing, Aviano Air Base, Italy. He was on a nighttime training sortie when con-

tact was lost with his F-16 Fighting Falcon Jan. 28. According to Italian news reports, Gruenther's body was found around 2 p.m. Jan. 31, 15 miles off the coast of Pesaro.

"Luc leaves behind a family who loves him dearly and a legacy of achievement," said the Gruenther family in a public statement. "We will never fully recover from our loss, but take heart in the knowledge that during his all-too-short time in this world, he made a significant difference in the lives of all he met."

Gruenther's wife, Cassy Gruenther, is weeks from delivering the couple's first child, Serene. She described her husband as a "Self-reliant outdoorsmen who would sleep every night under the stars if he could.

"He's a skydiver, he's a rock climber and he's a certified scuba diver," Cassy Gruenther said. "He is also a health nut and in great shape."

Gruenther's selection as a fighter pilot was the fulfillment of a lifelong dream, according to his family.

"Luc has wanted to be a pilot since

he was a little boy and he did everything he had to do to get there," said Romel Mathias, Gruenther's mother. "That's what he does with everything in his life. If he wants to do something, he finds a way to do it."

The search effort for Gruenther included U.S. and Italian aircraft and ships.

According to the family, the U.S. military has confirmed finding debris from the aircraft, including Gruenther's parachute and helmet.

See Pilot Page 6

National Prayer Luncheon celebrates religious diversity, camaraderie

By Lt. Col. Randy Erwin
10th Air Base Wing Chaplain

Where else will you witness a Muslim Imam, a Jewish Rabbi, a Roman Catholic priest and Protestant Christian ministers recite sacred texts, pray and listen to a world-class speaker than at the Academy's upcoming National Prayer Luncheon?

The opportunities for this type of religious diversity may be few and far between in some places, but not at the Academy, or elsewhere in the Air Force, for that matter.

Throughout my career, I have hosted or organized annual prayer events for many Air Force bases.

I enjoy these events primarily because they allow us to come together as a community and boldly celebrate our religious diversity and constitutional right to freedom of religion.

Our diverse faiths play an important role in helping us cope with our most pressing problems; they keep us optimistic in the face of adversity and make us more aware of the needs of those around us.

Congress organized prayer breakfast groups in 1942. Senators and Representatives met weekly to pray for individual needs and confirm America's dependency on God. In 1953, members of the Senate and House prayer groups, with President Dwight Eisenhower, established the first Presidential Prayer Breakfast. Since then, the breakfast has taken place each year.

The Presidential Prayer Breakfast was changed to the National Prayer Breakfast in 1970 to emphasize the individuals attending and their purpose in gathering. Yearly, when Congress convenes, civilian and military leaders and other officials gather to pray.

The observance of National Prayer Breakfasts or Luncheons on military installations and in communities



Chaplain (Lt. Col.) Randy Erwin

across the nation is an extension of the National Prayer Breakfast held in Washington. Though our upcoming observance here is a luncheon, the purpose remains what it was in 1942.

I hope you will join me 11:30 a.m. Feb. 20 at the Falcon Club when the 10th Air Base Wing Chaplain Corps gathers with men and women from across the Academy for the 2013 National Prayer Luncheon. This is not a worship service but rather an opportunity to take a break

from our daily rush and routine and rejoice in our shared American religious liberty.

We have a great program planned, and I believe all who attend will be nourished and refreshed. This is an event for all Academy service members, civilians and their friends and families.

Guest speaker Dr. Robert Wicks will share an inspirational message: "Riding the Dragon: Strengthening Your Inner Life in Troubled Times." The first 275 people to sign up will receive a free copy of Wicks' book, "Bounce: Living the Resilient Life."

A lunch buffet of roasted turkey breast and vegetarian pasta primavera is \$5 a person which may be paid with credit or cash. To pay with cash, visit the Community Center Chapel; to pay by credit card, visit <http://bit.ly/VBufL0>. For more information, call the Community Center Chapel at 719-333-3300.

On behalf of the 10th ABW Chaplain Corps, I hope to see you there.

Honor fallen servicemembers by living up to your potential

By Ray Bowden
Academy Spirit editor

Some of us may think we have challenges to face; we might be concerned about our financial or family situation or an assignment change or deployment to a hostile environment, but if we're reading this today, we're still alive and possess the potential to triumph over any obstacle set before us.

Tragically, Academy graduate and F-16 Fighting Falcon pilot Capt. Luc Gruenther is not; he died after taking off from Aviano Air Base late last month on a training mission. His body was later found near the coast of Peraso, Italy. Gruenther was 32.

Luc's wife and high school sweetheart, Cassy Gruenther, is eight months pregnant and in Italy preparing to give birth to a girl to be named

Serene, the couple's first and only child.

All who serve, whether active duty, civilian, Guard or Reserve, know there may be a time when they are called to lay down their lives, but I wonder how many of us truly ponder the implications. Do we consider serving our country to be merely a job or is it a duty we take seriously, fully understanding that we might someday be called upon to make the ultimate sacrifice?

In 2012, approximately 36,000 Airmen graduated basic training and more than 1,000 Academy graduates began their careers. Whether serving for one enlistment or for a goodly portion of their lives, all could very well find themselves in the position of dying for their country.

During my 21-year active-duty career, I never thought that I'd be the

Airman who would lose his life while serving his country. I'm sure neither Luc nor his family thought he'd lose his life while serving his country — but he did, and he leaves behind Cassy and the rest of his civilian and Air Force family to mourn his loss.

I suggest that we should all live our lives to the fullest extent possible to honor those who lost the chance to do so themselves, or who gave up their lives in the heat of battle so the rest of us wouldn't have to.

Doing so will not bring back Luc or bring solace to Cassy or the rest of the Gruenther family, but by working hard to achieve our own potential we will honor the nearly 1.3 million men and women who lost their lives in battle for this country and didn't get the chance ... like Capt. Luc Gruenther.

By all accounts, Luc lived his life to the fullest. We should, too.

Opinions from you:

Spirited Views

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:

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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 subject-matter-experts as they relate to a current issue's focus.

ACADEMY SPIRIT

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

Lt. Gen. Mike Gould — Academy Superintendent
Lt. Col. John Bryan — Director of Public Affairs
1st Lt. Brandon Baccam — Chief of Internal Communication
Ray Bowden — Editor
Don Branum — Staff Writer
Amber Baillie — Staff Writer
Carol Lawrence — Graphic Designer

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

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Academy photo display at airport to be seen by 2 million annually

By Ray Bowden
Academy Spirit Editor

A colorful pictorial display highlighting cadet life at the Academy was unveiled at the Colorado Springs Airport in a Tuesday afternoon ribbon-cutting ceremony attended by military and city officials.

The display is located near the airport's only public second-floor terminal exit, ensuring millions of yearly commuters will see it as they leave the airport, said Academy Superintendent Lt. Gen. Mike Gould.

"This display is a priceless opportunity for the Academy," the general said. "(More than) two million annually will walk by and get better insight as to what

the 4,000 amazing young men and women — our cadets — are doing at the Air Force Academy to prepare to serve their country."

The exhibit consists of eight panels, each containing a photo collage showcasing leadership, character development and Academy athletics, among other highlights of cadet life.

"The panels will go far in educating the public on the Air Force Academy's mission: to develop leaders of character motivated to serve our Air Force and our nation," Gould said.

Colorado Springs Mayor Steve Bach also spoke at the event, calling it a "special day" in the city's history.

"We're very proud to be home to the Air Force Academy," the mayor said. "It's amazing the

number of people in Colorado Springs who are associated with the Academy and it's amazing the long list of distinguished Academy graduates who have went on to lead our country."

The display reminds airport commuters that Colorado Springs is home to the nation's only Air Force Academy, said Doug Price, president and CEO of the Colorado Springs Convention and Visitors Bureau.

"It's all about first impressions," Price said at the ceremony. "We want our residents and visitors to be reminded that Colorado Springs is the home of the Air Force Academy. It will be a conversation piece and visitors will ask about it," he said. "It's great for the city and it's great for the Academy."



MIKE KAPLAN

ABOVE: Academy Superintendent Lt. Gen. Mike Gould (left) and his wife Paula Gould (right) stand with Colorado Springs Mayor Steve Bach in front of a new pictorial display highlighting Academy life Tuesday, at the Colorado Springs Airport. Gould and Bach were among the military and civic officials who attended and spoke at the event.

"The panels will go far in educating the public on the Air Force Academy's mission: to develop leaders of character motivated to serve our Air Force and our nation."

— Academy Superintendent Lt. Gen. Mike Gould

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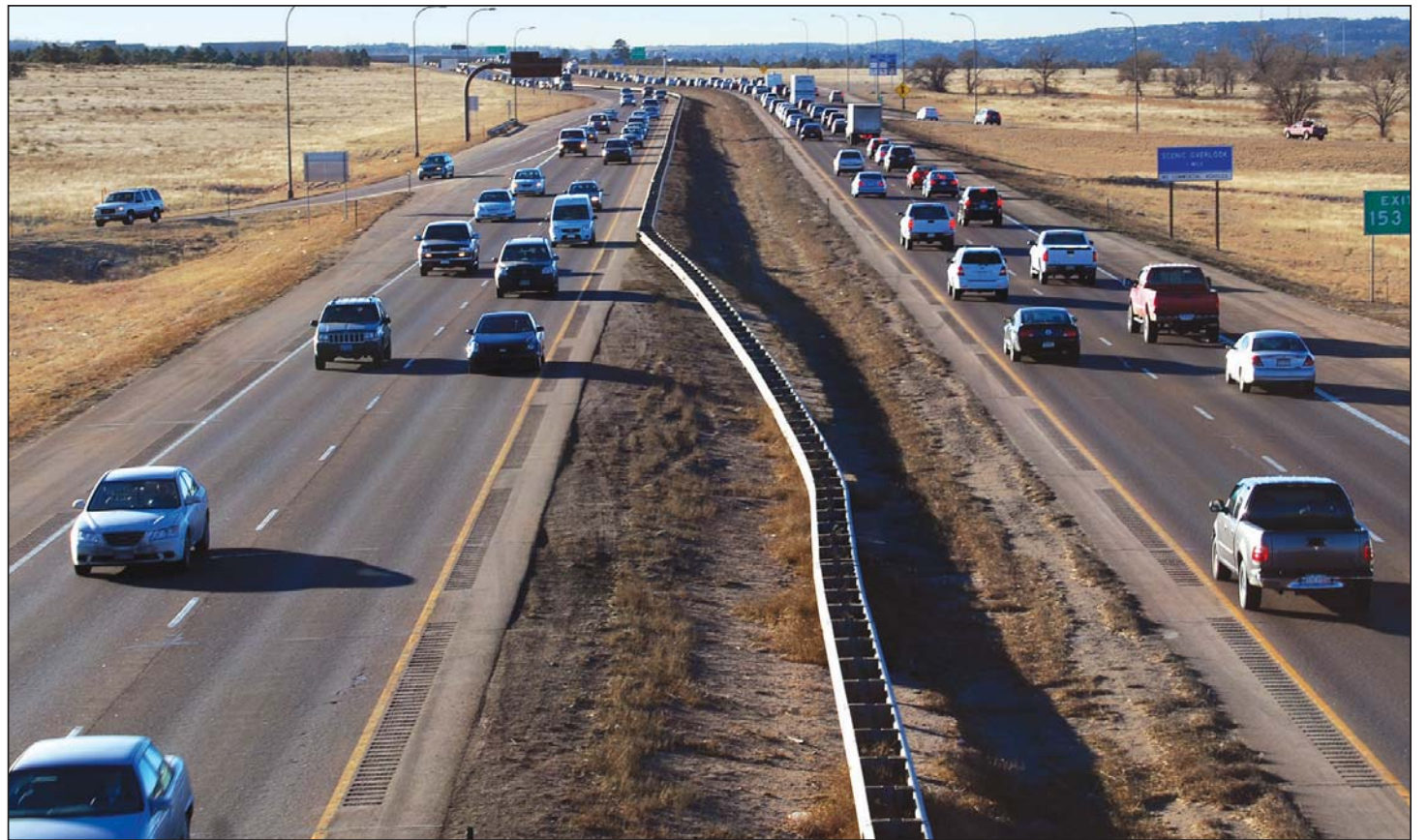
By Amber Baillie
Academy Spirit staff writer

Preparations to widen Interstate 25 from a four-lane to six-lane highway are underway and will affect Academy traffic next month when official construction begins.

Colorado Department of Transportation crews began core drilling Feb. 3, collecting samples of soil and concrete to prepare for construction from Woodmen Road to Monument March 1.

Travel times will increase during work on the \$60-million to \$66-million project, which will add two additional lanes from Woodmen Road to Interquest Parkway, and one additional lane from Interquest Parkway to State Highway 105.

"Be patient, anticipate additional commute time, and be cognizant of people working on road edges," said Fred Williams, chief of contract management. "Two full lanes will be left open in each direction during the project with occasional nighttime single lane closures occurring."



PHOTOS BY DON BRANUM

ABOVE and BELOW: Commuters drive along Interstate 25 near Interquest Parkway Wednesday. The Colorado Department of Transportation is scheduled to begin a construction project March 1 that will widen Interstate 25 from four lanes to six between Woodmen Road and State Highway 105 in Monument. Commuters should expect delays while construction is underway.

The posted speed limits will be reduced by 10 mph in the work zones, Williams said.

"Be patient, as construction will last about 18 months," said Toby Boland, 10th Security Forces Squadron assistant operations officer. "Leave earlier for work."

There will be additional traffic congestion, especially during Academy events, Williams said.

"The good news is that CDOT and their contractor are pursuing a very aggressive timeframe to minimize disruption," Williams said. "Work is anticipated to be completed in construction segments."

The five segments will occur from

Woodmen Road to Academy Boulevard, Academy Boulevard to Interquest Parkway, Interquest Parkway to Black Squirrel Creek, Black Squirrel Creek to a mile south of Baptist Road and Baptist Road to Highway 105.

"We will not have any lane closures during events such as Academy football games and graduations," CDOT Project Manager Dan Hunt said during a planning meeting for the project. "We're doing anything we can to notify the public of any impact issues or concerns."

Construction will extend approximately 11 miles north to Highway 105 and is expected to wrap up at

the end of 2013. Work will primarily occur behind concrete barriers, said Bob Wilson, CDOT public relations manager.

Most affecting the Academy will be work on the North Gate interchange at Exit 156, Wilson said.

"The ramp will be completely refigured into a diamond interchange," he said. "Be prepared for slowdowns in the project area."

Approximately 100,000 motorists travel the I-25 corridor along the Academy each day, Williams said.

"Be cognizant of worker safety in the construction areas," he said. "Best case, we'll see the project completed this year."



Work begins on CCLD facility

By Don Branum
Academy Spirit staff writer

Work began Monday on the new \$37-million Center for Character and Leadership Development.

The construction is already paid for and will continue even if cuts imposed by sequestration take effect, said Carlos Cruz-Gonzalez, the Academy's director of installations.

The military construction funding, which totaled \$25.7 million, was approved and appropriated in Fiscal Year 2011, Cruz-Gonzalez said. The Acad-

emy received an additional \$12 million through the USAFA Endowment.

"We're using appropriated funds to build the facility like any other (military construction) project," said Duane Boyle, the deputy A7 director. "Anything that's an enhancement, such as the glass tower and interior furnishings above and beyond what normal milcon would cover, will come from donations."

Environmental Chemical Corporation is the project's primary contractor. ECC was founded in 1985 and has offices around the U.S., with its headquarters in Burlingame, Calif.

Construction is scheduled to be finished in September 2014. The blocked area on the Honor Court is scheduled to reopen in May.

Foot traffic to Harmon Hall and Arnold Hall will be diverted around the construction corridor, which includes a large portion of the Honor Court and a hallway between Arnold Hall and the Harmon Hall loading dock. The walkway on the east side of Arnold Hall connecting to the Terrazzo is off-limits.

Those walking from the north side of Vandenberg Hall should descend to the ground floor and walk up the ramp behind Arnold Hall to enter, Cruz-Gonzalez said. Those walking from the Terrazzo should exit the Cadet Area south of the Cadet Chapel, walk around Harmon Hall and enter through the doors on the west side of Arnold Hall.

10th ABW Airmen recognized for outstanding work



ELIZABETH ANDREWS

Seven of the eight 10th Air Base Wing Annual Award winners take the stage at the annual 10th ABW Awards Ceremony Feb. 1 at the Falcon Club. The ceremony recognizes the efforts of commissioned and enlisted Airmen and civilians.

By Academy Public Affairs

Eight Academy members were recognized at the 10th Air Base Wing Annual Awards Ceremony held Feb. 1 at the Falcon Club.

The ceremony recognized the efforts of commissioned and enlisted Airmen and civilians for their outstanding performance.

Individuals recognized at the ceremony were: **Kenneth Helgeson**, fire chief, 10th Civil Engineer Squadron, who re-

ceived the Manager-Supervisor Award; **Michelle Winter**, plans and programs manager, 10th Security Forces Squadron, who received the Senior Civilian Award; **Joseph Martin**, operating room nursing assistant, 10th Surgical Operations Squadron, who won the Civilian Award; **Capt. Richard Bottinelli**, community services flight commander, 10th Force Support Squadron, who won the Company Grade Officer

Award; **Senior Master Sgt. Patrick Shaw**, first sergeant, 10th Medical Group, who won the First Sergeant Award; **Master Sgt. Amber Wortman**, section chief, 10th SOS, who won the Senior NCO Award; **Tech. Sgt. John Seay**, Health and Wellness Center, NCO-in-charge, 10th Aeromedical Squadron, who won the NCO Award; and **Senior Airman Hendrick Martinez**, investigator, 10th SFS, who won the Airman Award.



RAYMOND MCCOY

Cadet 1st Class Zach Adams works on a project in the Air Force Academy's water tunnel Dec. 6, 2012.

STEM awards honor researchers

by Julie Imada

Air Force Academy research publicist

Air Force Academy cadets and researchers collected more than a dozen awards recognizing their science, technology and basic research accomplishments at the Academy's annual research awards ceremony Feb. 1.

Air Force Chief Scientist Dr. Mark Maybury was this year's guest speaker.

Receiving awards in this year's ceremony were: **Cadet 1st Class Zach Adams** - Thomas D. Moore Award; **Cadet 1st Class Alexa Gringas** - Basic science research; **Cadet 1st Class Christopher Kirk** - Social sciences research; **Maj. Timothy Frank** - Martin Scholarship; **Dr. Randall Knize** - Air Force Outstanding Senior Civilian Scientist; **Biology Department and Engineering Mechanics Department** - Air Force Cadet Research Team; **Dr. George Mastroianni, Dr. Jean LeLoup and Frank Seiler** - McDermott Awards for Research Excellence in the Humanities and Social Sciences; **Drs. Michael Holmes and Scott Iacono** - Award for Research Excellence; and **Col. Rusty Shughart and Maj. John Zielinski** - Institute for National Strategic Studies Outstanding Researcher.

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Pilot

From Page 1

Cassy said her husband had no plans to leave the Air Force any time soon and that he had the potential to follow in the footsteps of his grandfather, Army Gen. Alfred Gruenther, who served as Supreme Allied Commander in Europe from 1953 to 1956.

"Captain Gruenther was an outstanding officer who epitomized what it means to be an Airman," said Brig. Gen. Scott Zobrist, 31st Fighter Wing commander. "He was not only a first-rate pilot; he was an exceptional leader whose presence will be sorely missed."

Steffanie Reed, of Twaine Harte, Calif., attended Summerville Union High School in Tuolumne, Calif., with Gruenther.

"I just remember how active he was," Reed said. "He was always on the go."

Gruenther was the student body president while attending Summerville High, Reed said.

"If you want to talk about leadership, that's probably where it all started, she said. "He was just an inspiration to everyone because he followed his dreams. All he ever said he wanted to do was go to the Academy and just fly."

More information will be released as it becomes available. A board of officers will investigate the incident.

Note: Per the family's request all media inquiries should be directed through the 31st Fighter Wing Public Affairs office at 31FW.PA2@us.af.mil or (+39) 0434 30 7555.



ABOVE: Capt. Lucas Gruenther, pictured while mountain climbing in Italy. Gruenther's body was found Jan. 31, after his F-16 Fighting Falcon crashed in the Adriatic Sea Jan. 28.



RIGHT: Capt. Lucas Gruenther hugs his wife, Cassy, in a 2011 photo courtesy of the 31st Fighter Wing.



Former Utah Gov. Jon Huntsman Jr. addresses his audience as the keynote speaker at the 54th Academy Assembly in Arnold Hall Tuesday. As a former U.S. ambassador to China and Singapore, Huntsman spoke on this year's topic, "U.S. - China Relations: Conflict or Cooperation in the 21st Century."

RAYMOND MCCOY

Huntsman speaks at Academy Assembly

By 1st Lt. Brandon Baccam
Academy Public Affairs

Former Utah Governor and U.S. Ambassador Jon Huntsman Jr. visited the Academy Tuesday as a keynote speaker for the 54th Academy Assembly in Arnold Hall and addressed an audience of cadets, Academy staff and senior leaders about policymaking issues.

This year's topic, "U.S.-China Relations: Conflict or Cooperation in the 21st Century," focuses on the implications of China's ascension in terms of the U.S. foreign, economic and military policy.

The event included special guests former Pacific Air Forces Deputy Commander retired Lt. Gen. Dan Leaf; U.S. Africa Command Strategic Planning and Policy Director Army Maj. Gen. Charles Hooper

and George Washington University political science Prof. David Shambaugh.

The Academy Assembly was founded in 1959 by Gen. Robert McDermott. The undergraduate student conference is co-sponsored with Columbia University's American Assembly. The cadet-planned and executed conference provides a unique opportunity for qualified undergraduates to discuss a topic of contemporary significance, according to the Academy Assembly Web page at <http://bit.ly/10UI3r2>.

Topics discussed at the 2013 Assembly include the implications of China's ascension on the geopolitical outlook for the Asia-Pacific region and whether American and Chinese interests will converge or diverge.

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CLUES ACROSS

1. Jam into
5. Egypt's capital
10. Disfigure
13. Biblical Hamath
14. Viper a berus
15. The three wise men
16. "The foaming cleanser"
17. Earthquake
18. Breezed through
19. South Pacific island
21. Legal possessors
23. List of dishes served
25. Jai ___
26. Superhigh frequency

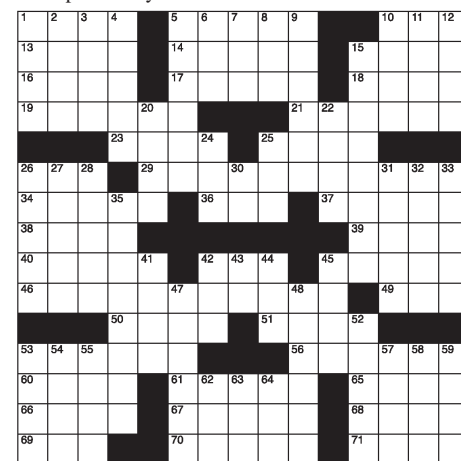
CLUES DOWN

1. Chew the fat
2. A prince in India
3. A Far East wet nurse
4. Axiom
5. The frame around a door
6. Fruit drink
7. Ugandan Pres. Amin
8. Real Estate Services
9. Brass that looks like gold
10. Nutmeg seed covering spice
11. River in Austria
12. Eliminates
15. Canadian province
20. Green, Earl Grey and iced
22. Four ball advancement

29. Farm fanatic
34. Double agents
36. No (Scottish)
37. Peninsula off Manchuria
38. As fast as can be done (abbr.)
39. Apulian city 70121

40. Talk show host Philbin
42. USA's favorite uncle
45. More coherent
46. PBS drama series
49. Retirement plan
50. Be obedient to
51. French river

53. ___ fatale, seductive woman
56. Made a surprise attack
60. Winglike structures
61. Belittle oneself
65. Department of Troyes France
66. Mains
67. Shoe ties
68. A carefree adventure
69. Mariner or sailor
70. Modern chair designer
71. ___ Gin Fizz cocktail



45. Liquid body substances
47. Act of selling again
48. Stroke
52. Selector switches
53. Speed, not slow
54. City founded by Xenophanes
55. Picasso's mistress Dora
57. Having two units or parts
58. 2nd largest Spanish river
59. Delta Kappa Epsilon nickname
62. The cry made by sheep
63. Air Chief Marshall
64. Perceive with the eyes

24. Vaselike receptacle
25. Highest card
26. Unction
27. 1st of the books of the Minor Prophets
28. Symbols of allegiance
30. Farm state
31. A citizen of Iran
32. More dried-up
33. Alt. spelling for tayra
35. Perfect examples
41. One point E of SE
42. Secretly watch
43. Three toed sloth
44. ___ student, learns healing

SUDOKU

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

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Solution on page 12

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The reality of war

The first episode of "Inside Combat Rescue" will air on the National Geographic Channel, 8 p.m. (MST) Feb. 18, on channel 120, Comcast; channel 276, DirecTV; and channels 119 and 516 (HD) on Falcon Broadband.

National Geographic series to feature combat rescue Airmen

By Don Branum
Academy Spirit staff writer

Airmen featured in National Geographic Channel's "Inside Combat Rescue" TV series, along with the series' producer, visited the Air Force Academy Feb. 1 to talk about the program and the combat rescue career field.

The presentation, held in Fairchild Hall, included a question-and-answer session with Airmen in the series as well as a preview of an episode from the series, featuring a mix of mundane moments and a dramatic rescue in which Airmen rescue and stabilize an Army Green Beret hit by a roadside bomb.

"You've got this moment in your life where you can't express how you feel," a pararescueman explains to a camera crew after the rescue mission. "Could I talk to someone about it? Sure, but would they understand what I'm trying to say to them?"

National Geographic TV first approached the Air Force in January 2012 with an idea for a show about combat rescue. Lt. Col. Francisco Hamm, director of the Air Force Entertainment Liaison Office in Hollywood, worked with the company to find an Air Force unit the film crew could embed with.

"As far as I know, we've never really had a production crew for a documentary embed with an Air Force unit in Iraq or Afghanistan," Hamm said. "Certainly this was historic for the pararescue mission because we've never done that."

Hamm looked at both Air Combat Command and Air Force Special Operations Command units.

"The right fit looked to be ACC because we could embed with an entire squadron, whereas with AFSOC you have multiple services involved, so it starts to become more complicated," Hamm said.

Hamm complimented the "Inside Combat Rescue" crew for their collaboration and communication efforts.

"The way that we set this up, we (embedded) the NatGeo team with this particular group of Airmen and really got unfiltered access to this mission and to these Airmen," he said. "Because of that, the storytelling is stronger and encompasses not just the operations but also the personalities of these guys."

The film crew headed to Afghanistan almost immediately after getting the green light, said series producer Jared McGilliard. Cameramen focused on following the pararescue Airmen's lead and quickly got up to speed.

"They were very receptive," said Capt. Seth Davis, a combat rescue officer with the 38th Rescue Squadron at Moody Air Force Base, Ga. "They didn't get in our way too much."

Jokingly, he added, "Plus, I always had the power to say, 'You can't use anything I just said.'"

Staff Sgt. Brett Taylor, a pararescueman with the 38 RS, also joked about how the crew "made us wear mikes every single day." More seriously, he added, "They learned to give us some time after missions."

"They were consummate professionals," said Maj. Devin Ryan, an HH-60 Pave Hawk pilot with the 66th RQS at Nellis AFB, Nev., who graduated from the Academy in 2001. "They were fully engaged from the beginning. That level of professionalism is outstanding."

The relationship among pararescuemen and aircraft crew was also positive, Ryan said.

"This is my eighth deployment, and it's the best working relationship I've ever been a part of," he said. "We lived right next to each other, and we had meetings every day."

"The PJ-pilot relationship is always personality-driven," Davis said. "We're all low-key guys. The relationship we had with the crews was great."

Operations in Kandahar involved 14-hour days, though the mission tempo varied. Davis recalled a stretch of 22 days with no rescue missions during the four-month deployment.

"It's really hit-or-miss," he said. "As operations draw down, fewer people are getting hurt."

But while the tempo may slow down in Afghanistan, it's picking up in other parts of the world, Davis said.

"There are so many requests that if we pull entirely out of (Afghanistan), we're just going to go somewhere else," he added.



PHOTOS BY CAROL LAWRENCE

Once the Airmen return from deployments, they work for two weeks before going on leave, Davis said.

"That lets us keep our eyes on the guys, make sure they're good and get them back on the routine again," he said. "It's really important just to



let guys know there are folks they can talk to."

Davis and Ryan both praised the Academy for its role in preparing future officers for combat-related careers.

"At graduation, I didn't really see how anything would prepare me for what's going on" in the operational Air Force, Ryan said. "But dealing with different people and coming to understand your point of view isn't necessarily the best one is probably the most important experience."

Davis added that the Academy's military and physical training do a lot to prepare cadets for the pararescue training pipeline, but he warned that the training is still brutal.

"Where we wash out a lot of guys is in the water, so make sure you can swim," he said.

Taylor, who's deployed six times, added some words of advice for the future officers.

"Be professional. Be a leader. Understand what's going on, and have the confidence to lead your guys," he said.

ABOVE INSET: HH-60 Pave Hawk pilot Maj. Devin Ryan, a 2001 Academy graduate, chats with cadets in Fairchild Hall Feb. 1 about his participation in "Inside Combat Rescue," a National Geographic Channel TV series featuring Air Force pararescuemen deployed to Kandahar Airfield, Afghanistan.

LEFT: Cadet 3rd Class Peter Cialkowski watches a 17-minute preview of "Inside Combat Rescue" during a special presentation at the Academy, Feb. 1.

Visitor Center employee receives Vietnam Service Medal

By Don Branum
Academy Spirit staff writer

A Visitor Center greeter received a Vietnam Service Medal in a ceremony at the Visitor Center Tuesday, nearly 38 years after serving at Korat Royal Air Base, Thailand, in support of the U.S. evacuation of Saigon, South Vietnam.

Retired Capt. Jimmie Fox was stationed at Korat Royal Thai Air Base, Thailand, as a weapons loader for A-7D Corsair II close air support fighters.

"It's long overdue, but such an important thing for us as an Air Force and as a nation to thank him," said Academy Dean of the Faculty Brig. Gen. Dana Born, who presided over the ceremony.

Fox, a native of Dunleith, Miss., enlisted in the Air Force in January 1973. After graduating from the Aircraft Weapons School at Lowry Air Force Base, Colo., he was assigned to the 49th Munitions Maintenance Squadron at Holloman AFB, N.M. He served at Korat Air Base from March to December 1975.

Operation Frequent Wind, the Pentagon's name for the fall of Saigon, began April 29. Fox was assigned to the 388th MMS. His team leader had fallen ill, leaving Fox and two other Airmen to reload A-7Ds as they landed in flights of four.

"He was there at a very critical point," Born said during the ceremony. "The number of things he had to take care of in a short period was enormous."

The U.S. began a helicopter evacuation after North Vietnamese artillery and airstrikes made a fixed-wing evacuation unfeasible, according to an Air Force report written by Daniel Haulman. A total of 71 CH-53 and HH-53 helicopters flew 662 sorties April 29-30, extracting more than 7,800 evacuees from the Defense Attache Office at Tan Son Nhut Airport and the U.S. embassy in downtown Saigon while F-4 Phantoms, A-7Ds and AC-130 gunships provided air cover.

Fox's team worked much like a NASCAR pit crew, Born said, making sure the A-7Ds that landed at Korat got back into the air as quickly as possible.

Operation Frequent Wind was the final leg of the largest aerial evacuation in history: more than 50,000 people were carried out of South Vietnam in April 1975, including 7,800 evacuees in the final two days.

Fox stayed in the Air Force for five more years after his Vietnam tour, returning to the 49th MMS before moving to the 57th MMS at Nellis AFB, Nev., in 1977. He left service in January 1981 to attend ROTC at the University of New Mexico.

"It was a two-year program," Fox recalled. "You



Retired Capt. Jimmie Fox poses with his wife, Ann Doolan-Fox, and their son, Ryan, Feb. 4. Fox received a Vietnam Service Medal from Academy Dean of the Faculty Brig. Gen. Dana Born, for his role in supporting the U.S. evacuation of Saigon, South Vietnam, April 29-30, 1975.

DON BRANUM

had to have two years of college and four or more years of active duty."

Fox's first duty station after he earned his commission in 1983 was at the Academy. He worked as the assistant director of services and base mortuary affairs officer; he later became the Academy billeting officer.

Fox's later assignments included postings in Greece and Germany and a deployment to Southwest Asia during Operation Desert Shield. He was assigned to Los Angeles AFB, Calif., in 1993 and retired two years later to Colorado Springs.

When Fox came back from Europe, he had company, having met Ann Doolan in Maastricht, The Netherlands. The two married not long afterward. Ann Doolan-Fox gave birth to their son, Ryan, at the Academy's hospital after Fox retired.

Until 2003, Fox and other Airmen who were stationed at Korat Air Base during Operation Frequent Wind were eligible only for the Armed Forces Expeditionary Medal. The 2003 National Defense Authorization Act changed the eligibility requirements, designating Frequent Wind as the 18th Vietnam campaign. Fox had received an Armed Forces Expeditionary Medal after his return from Vietnam, opening the door for him to receive his medal.

"We never really talked about eligibility until a few years ago," said Doolan-Fox, a Dublin native.

They decided to file a case with the Air Force Board of Correction for Military Records to get an upgrade to Fox's Armed Forces Expeditionary Medal.

"He shared with me what he was going through," Born said. "It's not an easy process. It took him the better part of two or three years. He dutifully kept me up-to-date with where it was going, and when he got word in July that it was inbound, I looked forward to being there to witness."

The board responded in August, just days from Fox's birthday, to say that his military record had been corrected.

The Academy's senior leadership worked out a time and place to recognize Fox.

"It's a small ceremony, but the significance of it is huge," Born said. "This is one of our Airmen, who had grace under fire, leadership, a sense of duty, attention to detail, a sense of urgency, a sense of care for the people on his crew and the care and safety of the pilots."

Born said it was special that the family not only witnessed Fox receiving the medal but that his family helped him attain it.

"It's been almost four decades, so the honor to present him with that medal now ... is really special, especially to one of our own Air Force Academy family members," Born said. "It was a chance for us to say thank you."

Preventing teen violence

By Kristin Larkey
Air Force Academy Family Advocacy Program

In 2006, Congress declared the first week of February "National Teen Dating Violence Prevention and Awareness Week", a program to raise awareness and promote prevention of abuse in teen and 20-something relationships. In 2010, Congress dedicated the entire month to teen dating violence awareness and prevention.

According to the Center for Disease Control and Prevention, one in four teenagers suffers verbal, physical, emotional or sexual abuse or violence annually. Most teens don't think they could end up in a violent relationship and are often unaware of warning signs that indicate someone could become abusive or that they may be in an abusive relationship.

Teen dating violence is not an occasional argument or bad

mood — it's a pattern of violent behavior that causes pain. Dating violence runs across all race, gender and socioeconomic lines. Both men and women can be victims, but are abusive in different ways. Girls are more likely to yell, threaten to hurt themselves, pinch, slap, scratch, or kick. Boys injure girls more severely and frequently. Some victims experience violence occasionally while others are abused daily, according to the Teen Victim Project, National Center for Victims of Crime, at www.ncvc.org/tvp.

Stalking is another component of teen dating violence. According to Arming Women Against Rape and Endangerment, stalking is a series of actions that puts a person in fear for their safety such as following, harassing, repeatedly calling, texting or emailing or acting in other ways that frighten. All states now have laws against this potentially life-threatening crime.

Technology has become a tool of dating violence as abusers can easily monitor their dating partners by frequently checking in by cell phone, text or instant messenger or by requiring a dating partner to "check in." One in three teens say they receive up to 30 text messages an hour from a partner or ex-partner inquiring. Between cell phone calls and frequent texting, an abuser can exert almost constant control.

Teens in violent relationships often don't report abuse and may use a variety of excuses to justify the harm done to them or their own harmful behavior. Teens and adults should be familiar with warning signs and recognize that perpetrators often demonstrate abusive behavior only in private. More warning signs indicates a greater the chance that the relationship is or could become abusive.

If you are involved in an abusive relationship or know someone who is, talk to a trusted adult or locate a shelter or agency serving victims of domestic abuse. Together, you can make a plan to end the relationship

and remain safe. The following resources are available 24 hours a day, seven days a week:

- National Teen Dating Abuse Hotline, **866-331-9474**.
- Colorado Coalition Against Domestic Violence 24-hour hotline: **888-778-7091**.
- TESSA Crisis line, a local agency that offers confidential services: **633-3819**.

Signs of an unhealthy relationship include feeling unsafe, frightening temper, extreme jealousy giving orders, isolating you from friends and family, controlling behavior, constant criticism, humiliation, intimidation and mood swings.

Signs of a healthy relationship include mutual respect, feeling safe, feeling free to voice your thoughts or feelings and opinions, making decisions together, being free to spend time with friends, family and yourself, give and take, good communication and feeling good about yourself when you're with the other person.

For more information, contact Family Advocacy at 333-5270.



Sijan, 'Flash' Wiley shared special bond

By Lt. Col. Patrick Clowney
Deputy Chief, Air Force Global Diversity Division

WASHINGTON (AFNS) — From day one at the Air Force Academy, every new cadet quickly learns about Capt. Lance Sijan, the only Academy graduate to receive the Medal of Honor and the name-sake of one of two cadet dormitories.

Cadets are encouraged to read his biography, "Into the Mouth of the Cat," which details how — after ejecting from his disabled aircraft over North Vietnam — Sijan evaded capture for more than six weeks despite severe injuries and near starvation, after which he continued to resist harsh interrogation by his captors until his death.

Academy graduates know this story by heart, as well as legends about Sijan's escapades as a cadet and an officer that establish him as an Airman worthy of emulation. His status as a role model is formalized in one of the Air Force's most prestigious awards, the Lance P. Sijan Award, which recognizes individuals who have demonstrated the highest qualities of leadership in their jobs and lives.

But long before Sijan was awarded the Medal of Honor, he demonstrated the leadership, character,

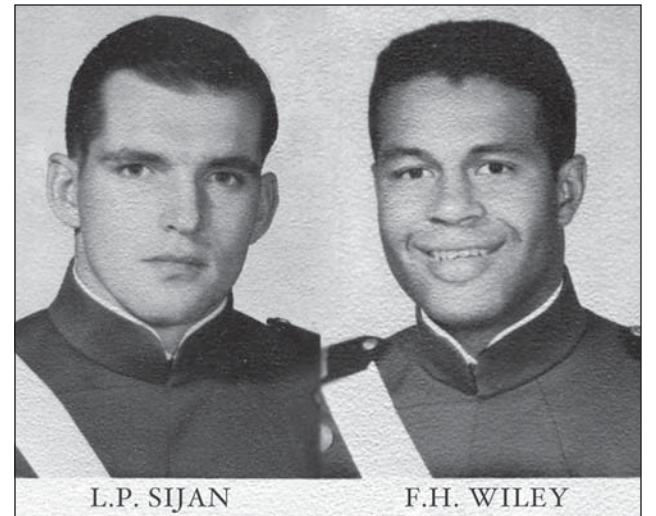
and integrity expected of all Airmen in a way relevant to those of us who may never face the terrible ordeal of his final weeks.

In the summer of 1960, Cadet Candidate Lance Sijan and Cadet Candidate Fletcher Wiley arrived at Lackland Air Force Base, Texas, for basic training at the Academy Preparatory School.

"Flash" Wiley was the only African American at the Prep School. On the first day, the drill instructor told the candidates to gather together to determine room assignments. Wiley was a group of one until Sijan offered to room together. Lance later confided to Flash that he has been asked point blank by the military training instructor whether or not he had any problems rooming with a negro.

Three years before Dr. Martin Luther King, Jr., proclaimed that Americans should not be judged by the color of their skin but by content of their character, Lance accepted Flash on his own terms. This acceptance was based in part on what the young men shared: an aspiration to be Air Force officers and their love of football and family.

After their introduction at the Prep School, the two players roomed together on every football trip they took during their cadet careers, a testament to



L.P. SIJAN

F.H. WILEY

their enduring friendship. Starting from their common experiences, each man took the time to learn more about the other.

During a recent interview, Flash said he came to see Lance as a "warm, thinking, caring, and emotional individual who was as comfortable singing in the choir, painting pictures and sculpting as he was trouncing football opponents."

Wiley said that when he met Sijan's family, he really understood the man.

"They exuded the brilliance of character," he said. "Through them, I came to understand that Lance's exemplary character was part of a greater whole."

Caring

From Page 1

Bruce also sees his role as an opportunity to include the enlisted perspective into cadet life.

"As future Air Force leaders, today's cadets will interact with the enlisted corps in one way or another, and very well end up commanding Airmen," Bruce said. "If I can provide a small glimpse at how professional the enlisted corps is, then I believe our cadets will lead at a more effective level from the start."

Lt. Col. Richard Buckley, assistant professor in engineering mechanics and Center for Aircraft Structural Life Extension — or CASTLE — Applied Mechanics Lab director, said the department offers more than 30 courses, has nine design teams, and sees 2,600 cadets in the lab each year. Within the lab, the \$35 million CASTLE — the largest research center on the Academy — supports cadet research projects.

"Chad interacts with cadets every day and deals with different levels of involvement in the research center," Buckley said. "He is professional, straight to the point and probably works at least 50 hours a week in the lab."

For a second year in a row, Bruce received the Academy's "Safety Individual of the Year" award this month and the lab won the "Safety Team of the Year" award.

"Working with a senior NCO is a great learning experience," said Cadet 1st Class Jacob Decklever. "I think the most beneficial part about working with Master Sergeant Bruce is his perspective on what a second lieutenant should be and how they should act. He also allows me to pick his brain on certain issues to see how the enlisted ranks view certain subjects, which is great because we're fairly isolated from enlisted personnel as cadets."

The lab is open 24 hours, seven days a week. Bruce said cadets participate in projects that include automotive work, robot design and design reviews.

Decklever is on a robotics team. "I find the applied mechanics lab extremely helpful and useful," Decklever said. "The number one thing I appreciate about it are the people who work there. Not only are they very knowledgeable, but they're always willing to teach or show me how to build or fix something."

In the Academy's Civil and Environ-

mental Engineering Department, Lt. Col. Troy Twesme said Master Sgt. Patrick Start, superintendent of the Field Engineering and Readiness Lab and Tech Sgt. Heidi Hunter, FERL laboratory superintendent have a huge impact on cadets.

Every summer, Start introduces cadets to hands-on engineering and construction and teaches them how to place concrete, build houses and filter water. He also mentors the cadet cadre on FERL operations, Twesme said.

The program is truly one of a kind, Start said.

"My main goal is to give cadets the best learning environment possible," he said. "There is no other course like FERL available in any other branch of service, which is why we also offer it to the Navy midshipmen, Army cadets, Coast Guard, and ROTC."

They are stellar examples of professional NCOs, Twesme said.

In the Academy's Meteorology Department, Lt. Col. Matt Tracy said Master Sgt. Nate Taylor, superintendent of the meteorology lab, provides tremendous technical expertise and significant operational weather experience to the department and cadets.

Taylor assumed the role in May

2011. He said he's fortunate to be able to interact with cadets in four different disciplines: economics, geosciences, meteorology and physics.

"As enlisted Airmen, we are the ones who do the lion's share of forecasting the weather for the Air Force and it's important to have the cadets understand how, as an enlisted force, we do business in the weather career field," Taylor said. "This is a great position for an enlisted person to shape the future officer corps."

The lab consists of 14 computers with specific software loaded to allow the cadets to model atmospheric situations, Taylor said.

"It's a good resource for the cadets because it allows them to use tools that forecasters in the Air Force use to predict the weather," Taylor said.

Cadet 1st Class Kinder McCullough uses the applied mechanics lab regularly and said he is going miss having so many tools, machines and technicians available at his disposal.

"We are provided with so many capabilities in house that most people probably don't realize how much they are going to miss, having things like the mill or the lathe available to use whenever," McCullough said.

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Yellow Jackets end Falcons' winning streak

American International College senior Richard Leitner scored 18 seconds into overtime to lift the Yellow Jackets over Air Force, 2-1, in an Atlantic Hockey Association game Saturday at the Academy's Cadet Ice Arena.

Air Force's seven-game unbeaten streak, the second-longest in the nation, ended as the Falcons fell to 11-10-6 overall and 9-6-4 in the AHA.

AIC improved to 6-14-5 overall and 3-11-5 in the league. Air Force remains in second place in the AHA while AIC is in 11th.

In the first 12 minutes of the first period, Air Force outshot AIC, 7-0. However, AIC went on the power play and scored on its second shot on goal. Richard Leitner and Chris Porter cycled the puck along the boards on the right side and sent the puck out to Alexander MacMillan in the circle. His wristler went high, glove side, for a 1-0 lead at the 11:32 mark.

Falcon junior Ryan Timar tied the game at 8:12 of the second period. Defenseman Eric Artman created a turnover in the neutral zone and chipped the puck off the wall. Timar skated down the right side and took a shot that hit the far post. The puck then bounced off the back of goalie Ben Meisner and slid over the goal line for Timar's sixth of the season.

Neither team scored in the third period as the game went into overtime tied 1-1. Early in overtime, Air Force won a faceoff in the defensive zone, but turned the puck over behind the net. Adam Pleskach sent the puck up the boards to Jeff Cecacci at the left point. His shot was saved by Jason Torf, but Leitner cleaned up the rebound for his eighth goal of the season.

Air Force outshot AIC, 39-26, in the game. Meisner made 38 saves for the Yellow Jackets and had 88 saves in the series. Torf made 24 stops for the Falcons. AIC was 1-for-3 on the power play while AFA was 0-for-4.

"Give AIC credit, they had a game plan and executed it very well," head coach Frank Serratore



RAYMOND MCCOY

Ryan Timar battles for the puck in front of the AIC goal in Saturday's game at Clune Arena.

said. "They punched us in the mouth. In games like this, you have to get the lead and you have to get something from your power play. We didn't score a power-play goal all weekend. We only scored three goals in the series. This is a giant slice of humble pie for us. They beat us. No excuses."

Women's gymnastics finish 4th at Burnsley Invitational

DENVER — The Air Force women's gymnastics team posted its second-highest score of the season (192.675) to finish fourth at the Burnsley Invitational on Saturday in Denver. The Falcons, who surpassed the 192-point mark for the second straight week, recorded the fourth-highest combined score in seven years with tonight's score of 192.675.

Junior Jessica Hanner paced the Falcons with a third-place finish on the balance beam, as she scored a season-high 9.800 to tie for third. The Falcons team captain paced Air Force to four of the top 12 finishes. Classmates Katie Hawthorne and Linnaea Hance tied for ninth with matching scores of 9.750, while freshman Ali Ables placed 12th with a mark of 9.725. Hawthorne and Ables both accounted for career-best scores, while Hance's mark was a season best.

Sophomore Jessica Wallander paced the Falcons on the vault, as she tied for eighth with a season-best score of 9.800. Hanner and Hawthorne finished within the top half of the field on the uneven bars, to lead the squad with matching scores of 9.600. Hawthorne also earned a share of the team lead on the floor exercise, as she scored a 9.675 to tie for 13th with sophomore Alexandra Stych, who made her season debut on that event.

Hanner and Hawthorne paced a quartet of Air Force all-arounders, as the pair tallied matching career-best scores of 38.550 to tie for fifth.

Denver, ranked 12th in the GymInfo national rankings, won its home invitational, while 24th-ranked NC State finished second with a score of 194.925. San Jose State finished third with a total of 193.425, while Air Force rounded out the four-team meet with a score of 192.675.

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Prep School dominated the 10th Medical Group 54-39 in intramural basketball action Monday. The win places the Prep School in command of the intramural basketball conference.



SARAH CHAMBERS

Intramural basketball roundup

By Dave Castilla
10th Force Support Squadron intramural sports director

Four teams met for Monday afternoon's Intramural Basketball Challenge at the Fitness and Sports Center, with Prep School defeating the 10th Medical Group 54-39 and the 306th Flying Training Group defeating Direct Reporting Unit/Force Support Squadron 40-34.

Prep School took an early 10-4 lead with Ron Addicott and Pete Nielsen's three pointers while the medics' missed shots and errant passing throughout the game allowed Prep School to cruise to a 30-19 halftime lead.

Prep School got its biggest lead of the game in the second half when Nielsen hit another three, taking the score to 38-23, while medic Pat Cording made two baskets and George Harmes made a bucket and extra point for a 42-34 score, the

closest the medics would get.

Nielsen led Prep School with 17 points, followed by teammate Joe Trechter with 14. Cording led the medics with 18 points, and Harmes followed with 13.

The win took Prep School to first place in the regular season.

The 306th FTG kept their playoff hopes alive by defeating DRU/FSS 40-34, a situation aided by DRU/FSS' inability to find the basket in the first half. By halftime, the flightline led 23-9.

Flightline kept a double-digit lead in the second half but, headquarter's Ernie Reyes hit back-to-back three pointers as DRU/FSS scored 25 points in the closing minutes of the game, holding the flightline to 17 second-half points.

Flightline's Charles Frost and Bill Welsh scored 10 points apiece while DRU/FSS' Reyes nabbed 13 and Charlie Paul with 10.

WOMEN'S TENNIS

Falcons fall to Oregon, 7-0

The Air Force women's tennis team dropped its second-straight match in Eugene, Ore., falling 7-0 Sunday to the University of Oregon, dropping the Falcons to 4-2.

The Ducks won the doubles point with wins at the No. 2 and 3 matches. Julia Metzger and Pascale Neubert defeated senior Christine Molina and Natasha Rizvi, 8-4, at No. 2 while Sofia Hager and Brooke

Hughes won the No. 3 match 8-2 over junior Anastasia Hueffner and freshman Mary Meyers.

In singles play, the Ducks won all six matches in straight sets. Rizvi put up the best fight for Air Force before losing 7-5, 6-4 to Lana Buttner at the at the No. 5 position.

The Falcons are idle until Feb. 16 when they face SMU in Dallas, beginning at noon.

UPCOMING FALCON SPORTS EVENTS

- WOMEN'S BASKETBALL: Nevada at Air Force, Clune Arena, 2 p.m. Saturday (MST).
- RIFLE: Air Force hosts final home match against UTEP, 8 a.m. Saturday (MST).
- HOCKEY: Falcons take on Mercyhurst in Erie, Pa., for a two-game series, 5 p.m. (MST) today and Saturday.
- WOMEN'S TENNIS: Next match is Feb. 16 at SMU.
- MEN'S BASKETBALL: Saturday in Reno, Nev., at 4 p.m. (MST) live on 740 KVOR; Wednesday vs. UNLV at Clune Arena, 7 p.m. (MST).

WRESTLING

Air Force finishes 2nd at All-Academy Championships

WEST POINT, N.Y. — Led by an individual title from freshman Josh Martinez, the Air Force wrestling team captured second place at the 19th-annual All-Academy Championships, hosted by Army. The Falcons finished with 92.5 points to place behind Navy (128.5 pts.), which captured its fifth-straight team title.

The Citadel (72.0 pts.) edged out host Army (71.0 pts.) for third place, while Merchant Marine Academy (17.5), VMI (15.5), Coast Guard (12.5 pts.) and Norwich (0 pts.) rounded out the team standings.

Martinez, ranked ninth in the nation at 125 pounds, earned his first All-Academy title, posting a 3-0 record on Saturday. Martinez earned major decisions in each of his first two matches, defeating Costas Rerras, 13-2, and Jerico Urmentio, 12-3. He then claimed the title with a 6-0 victory over Coast Guard's Nate Giorgio.

All 10 Falcons in action were placemen, includ-

ing four second-place finishers. Senior captain Cole VonOhlen, ranked third in the nation at 149 pounds, finished as the runner-up on Saturday. VonOhlen, competing for the first time since Jan. 2, pinned Army's John Belanger in a time of 1:38 in his first match to advance to the championship bout, but gave up a medical forfeit to place second.

Josh Kreimier also finished as a runner-up, taking second at 157 pounds. He earned a 19-2 technical fall and a 16-5 major decision in his first two rounds, before dropping a 7-5 decision to Navy's Bobby Barnhisel in the title match.

At 174 pounds, junior Dan Barringer placed second after entering the tournament as the third seed. Barringer notched a fall in his first bout before knocking off second-seeded Coleman Gracy of Army in the semifinals. He then fell to 12th-ranked Matt Miller of Navy in the title bout.

Also posting a runner-up finish on Saturday for

Air Force was junior Devin Hightower, who took second at 184 pounds. Hightower recorded a 16-0 technical fall in his first match, while earning a 6-4 decision over The Citadel's Josh Tuck in the semifinals. He ended his day with a loss to Navy's Mason Bailey in the championship match.

Four other Air Force wrestlers placed third in their respective weight classes, beginning with sophomore Dylan Hyder at 133 pounds. Seeded fourth in the tournament, Hyder dropped a narrow 1-0 decision to top-seeded Jordan Thome of Army in the semifinals. However, he scored a first-period fall in the consolation bracket before defeating third-seed Aaron Hansen (The Citadel), 6-5, in the third-place contest.

Sophomore Jesse Stafford captured third place at 165 pounds, finishing the day with a 3-1 record. After falling in his first match, Stafford rebounded in the consolation bracket, earning a fall and a decision before winning the third-place match with a 17-0 tech fall over Nic Watson of the Merchant Marine Academy.

deal of the day
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Puzzle solutions for 02-08-2013

PUZZLE SOLUTION	C	R	A	M	C	A	I	R	O	M	A	R		
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6	7	4	1	8	5	3	2	9
8	3	5	7	9	2	6	4	1
9	1	2	3	6	4	7	8	5



Discover special deals and discounts from military-friendly businesses



AF implements voluntary FY13 force management programs

By Debbie Gildea
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) — The Air Force will implement several voluntary officer and enlisted force management programs for fiscal year 2013, Air Force Personnel Center officials announced Monday.

Announced in the January release of the National Defense Authorization Act for fiscal year 2013, the authorized active duty Air Force end-strength is 329,460, a reduction of 3,340 authorized personnel from fiscal 2012.

To meet congressionally mandated end strength by Sept. 30, the Air Force will continue executing its multi-year force management strategy, said Lt. Col. Letitia Marsh, Headquarters Air Force Separation and Retirement Policy Branch chief.

For officers, voluntary measures will be offered in certain year groups and overage career fields to allow for time-in-grade waivers for eligible lieutenant colonels and colonels, limited active-duty service commitment waivers, Palace Chase transfers to the Air National Guard or Air Force Reserve and the 10-8 Commissioned Years of Service Waiver program.

For enlisted Airmen, voluntary programs open to Airmen who are not in critical specialties include limited active-duty service commitment and time-in-grade waivers, waivers to enlistment contracts, and Palace Chase transfers to the Air National Guard or Air Force Reserve.

All applications must be submitted, via virtual Military Personnel and Finance, by Aug. 1. Approved separations must be complete by Sept. 29 and those approved to retire must do so by Sept. 1.

Voluntary force management program applicants may be required to repay the Air Force for monetary value of an active duty service commitment incurring event, depending on the program.

For example, Airmen approved for Palace Chase transfers to the Air National Guard or Air Force Reserve will not have to repay the service for such benefits as tuition assistance or transfer of Post 9/11 GI Bill benefits under most circumstances, said Maj. Michael Meek, Air Force Personnel Center Retirements and Separations Branch chief.

“But Airmen need to carefully read the information on each program to ensure they understand which active duty service commitment waivers require repayment,” Meek added.

Some active-duty service commitment waivers will be declined, including those incurred for undergraduate and advanced pilot training, Meek said.

DOD leaders: Budget deadlock could spark readiness crisis

By Karen Parrish
American Forces Press Service

WASHINGTON — Issuing perhaps their strongest warnings yet, Pentagon leaders said on Monday that the budget impasse threatens to create a military readiness crisis.

Defense Secretary Leon Panetta and Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, joined in interviews, televised Sunday, with CNN’s Candy Crowley on “State of the Union” and NBC’s Chuck Todd on “Meet the Press.”

The budget provision known as “sequester,” which is set to take effect

March 1 unless Congress acts, would trigger more than \$500 billion in defense spending cuts over 10 years, beyond major spending cuts already in place over that period. Defense Department staffs are preparing for the worst, Panetta said.

“If sequester goes into effect, and we have to do the kind of cuts that will go right at readiness, right at maintenance, right at training, we are going to weaken the United States and make it much more difficult for us to respond to the crises in the world,” Panetta said.

“We’ve got to plan for that possibility ... but I have to tell you, it is irresponsible for (sequester) to hap-

pen,” the secretary added. “I mean, why — why in God’s name — would members of Congress elected by the American people take a step that would badly damage our national defense, but more importantly, undermine the support for our men and women in uniform? Why would you do that?”

Dempsey noted sequester is the only part of the vise closing around the DOD. Under the continuing resolution that sets government spending at previous levels when an appropriations bill isn’t passed, Pentagon spending for the fiscal year already is out of balance, he said.

“The combined effects of sequester and the continuing resolution creates a magnitude of cuts in the last half of







the year,” Dempsey explained. “We have to absorb \$52 billion when you count the effects of both sequestration and the continuing resolution in the last half of the year.”

Panetta and Dempsey both have stated repeatedly that defense spending priorities will always support troops in combat and training those next to deploy. The chairman detailed what civilian employees can expect if sequester happens and they are furloughed.

“They will lose two days per pay period, 20 percent less pay for the rest of the year,” he said.

Dempsey noted that despite public perception, less than a quarter of defense civilian employees work in the Washington area.

Peak Dining

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	Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents.		The Margarita at Pine Creek 7350 Pine Creek Rd. Colorado Springs, CO 80919 598-8667 www.margaritaatpinecreek.com	Hours: Lunch: Tuesday-Friday 11:30a.m.-2:00p.m. Dinner: Tuesday-Saturday 5:30p.m.-8:30p.m. Brunch on Sunday: 10:30a.m.-2:00p.m. Serving award winning, contemporary, seasonal cuisine with a casual attitude for 37 years. Upstairs: fine dining (accompanied by our harpsichord on Saturday evenings). In the downstairs lounge: local music (from jazz to bluegrass) Wed-Fri. Enjoy appetizers to full course meals! Always affordable dining with a special occasion feel. Join us for lunch, dinner and Sunday brunch. Relax and take in the Colorado scenery on the patios soon! Perfect for private parties, rehearsal dinners, weddings and other events.
CARIBBEAN		IRISH			
	Rasta Pasta 481-6888 405 N. Tejon rastapastacom.com	USAFA Grad Owned. Creative Caribbean Pasta, Fresh & Funky Salads, Ridiculously Good Desserts. Open seven days a week for affordable lunch and dinner. Voted Best New Restaurant by Gazette readers. Happy Hour Daily 4-6. Live Reggae Music the First Friday of every month.		Jack Quinn's 385-0766 21 S. Tejon Street Open for Lunch & Dinner daily; Sunday Brunch served 12 pm-3 pm; Happy Hour 3-6 pm; & late night Sunday.	Owned by 4 USAFA Grads! Serving traditional Irish fare & American cuisine for lunch & dinner. Happy Hour daily 3-6pm & late night Sun. 10 pm-1 am., 15 delicious drafts & the best selection of Irish Whiskeys. Live Irish Music Tues., Thurs., Sat. & Sun. with County El Paso, Brian Clancy, Big Paddy & the Irish Session Musicians! Reader's Choice Voted Best Bar 2007 & 2010. www.jackquinnspub.com
CHINESE		ITALIAN			
	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 719-260-4730 4475 Northpark Drive www.labellavitaristorante.net	Lunch: Mon.-Fri. 11:00AM-2:00PM; Dinner: Mon-Thurs. 4:00PM-9:00PM; Fri.-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		STEAKHOUSE			
	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.		The Famous 719-227-7333 31 N. Tejon Street www.thefamoussteakhouse.net facebook.com/FamousSteakHouse	Lunch Mon.-Fri. * Dinner Nightly. Think late night Chicago 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.

For advertising information call Marie at 719-476-4818



NAACP Freedom Fund Gala

The Colorado Springs NAACP will host the 2013 Freedom Fund Gala Saturday at the Colorado Springs Crowne Plaza.

The reception begins at 6 p.m. followed by a dinner at 7 p.m.

The keynote speaker is Academy graduate retired Col. Will Gunn, general counsel to the U.S. Department of Veterans Affairs.

The cost is \$75 per person or \$750 for a table of 10. For more information, email naacpcs@aol.com.

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 guest speaker Robert Wick's book.

For information, call 333-8557.

Air Force Cycling Team

The Air Force Cycling Team is comprised of regional and base cycling teams who participate in annual riding and recruitment events. Team Colorado is accepting applications from active duty, Guard, Reserve and retired Air Force members.

Initial qualifications include a cur-

rent passing fitness score (for Airmen), the ability to lift 50 pounds and a government driver's license.

Cyclists are eligible for permissive TDY status.

To apply, or for more information, call 567-4038 or visit www.afcycling.com.

Health Service Day, Feb. 19

Health Service Day is a one-hour event hosted at the Academy by the Civilian Personnel Office, 8:30-9:30 a.m. Feb. 19 at the CPO.

Employees interested in visiting with health care insurance providers are welcome to attend.

Weight Loss Challenge

Teams of three to five are invited to join the Health and Wellness Center's Fifth-annual Weight Loss Challenge beginning Feb. 19 and lasting through May 14.

A team captain meeting is scheduled for 7:30 a.m. Feb. 13 and 2 p.m., Feb. 14 at the HAWC.

For more information and to register for the challenge, call 719-333-3733.

Military Family Night

As part of Military Family Night servicemen can purchase \$5 tickets to the 7 p.m., Feb. 13 Falcon's men's basketball game at Clune Arena. The offer is good for all accompanying family members and guests. To take advantage of this discount, visit goairforcefalcons.com. For more information, call 472-1895.

Black History Month Events

The following events have been scheduled to pay tribute and celebrate the achievements of African-Americans for Black History Month.

- **Feb. 15, 2-3 p.m.:** Douglass Valley Elementary Black History Outreach with Tuskegee Airmen, Buffalo Soldiers and Civil War enactors and educational materials, Douglass Valley Elementary School.

- **Feb. 16, 10 a.m.-3 p.m.:** A Tribute to African-Americans in Jazz and Poetry, featuring jazz and poetry from cadets and Preparatory School cadets at the Base Exchange.

- **Feb. 20-22, 11 a.m.-1 p.m.:** "Diseases Affecting African Americans and Others," education, information, simple testing, bone marrow registry and more, 10th Medical Group lobby.

- **Feb. 22, 1:15-2:45 p.m.:** Air Academy High School's Black History Outreach with Tuskegee Airmen, Buffalo Soldiers and Civil War enactors and educational materials, Air Academy High School.

- **Feb. 25:** Black History Month readings at the Academy Child Development Center for infants to preschoolers.

- **Feb. 27, 11:30 a.m.-1 p.m.:** African-American Heritage Luncheon Soul Food Buffet. Prices range from \$12.50-\$14.50. A guest speaker will be announced. The event will feature jazz, displays, and Civil War reenactors, Falcon Club.

- **Feb. 28, 4:30-6 p.m.:** Falcon Youth Center Black History Outreach with Tuskegee Airmen, Buffalo Soldiers and Civil War enactors and educational materials. This event is for Youth Center families only.

For more information, call Master Sgt. Ian Bernard at 333-1736.

2013 Air Force Ball

The 2013 Air Force Ball is scheduled to occur at Broadmoor Hall in the Broadmoor Hotel, 1 Lake Ave., Colorado Springs, 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 above 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 more information, call Capt. Uriah Tobey at 333-2607.

Harmon Memorial Lectures

The Dean of Faculty is hosting the Harmon Memorial Lectures at 7:50 p.m., March 5.

The guest speaker will be Rick Atkinson, Pulitzer Prize winning author, military historian and journalist.

The Harmon Memorial Lectures are collectively known as the "Harmon Memorial Lectures in Military History," in memory of the accomplishments of the late Lt. Gen. Hubert Harmon, the first Academy superintendent. For more information, call 333-0473.

2013 Distinguished SVS 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.

Nominations may be submitted through April 1 to:

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

For more information, call Steve Simon at 333-8827.

Construction Update

Construction is underway on Honor Court near Harmon Hall. A temporary road runs from the south end of Honor Court north to the excavation site overlooking the quadrangle south of Arnold Hall.

The temporary road area is marked by signs and barrier tape and is off-limits to Academy personnel.

To enter Harmon Hall from the cadet area, go to the southwest end of Honor Court and northwest to Harmon or Arnold Halls. Heavy equipment and construction traffic will regularly enter and exit this area.

Additionally, 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 weather-dependent, so delays may occur.

Shootout, Slam Dunk Contest,

A 3-Point Shoot Out & Slam Dunk Contest is scheduled for March 20 at the Iron Horse Sports and Fitness Center, Fort Carson.

The contest is free for all Defense Department personnel. Signup deadline is March 1.

To sign up, or for more information, call 526-3972.

Dining facility adjusts policy

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

The Falcon Club, Ten Pin Grill and Ike's Grill, will remain open to all DOD ID cardholders.

A&FRC events

For information on Airman and Family Readiness Center events, contact the A&FRC at 333-3444.

Career Tracks:

Wednesday and Thursday, 8:30 a.m.-2:30 p.m., at Peterson Air Force Base. This two-day 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 office.

All items not claimed by March 31 will be disposed of in accordance with Air Force regulations.

For information, call 333-1151.

Dental Health Month Events

All Academy employees are invited to attend Dental Health Month Events in February designed to raise awareness specifically in children concerning oral health and hygiene: Today, 9 a.m.-4 p.m., at Douglass Valley Elementary School, and Tuesday, 10 a.m.-noon, at the 10th Medical Group Dental Information Booth.

NCLS to start 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 leadership development symposium and brings together scholars to explore a character-related theme.

For more information, visit <http://bit.ly/TY1vhC>.

AF Aid scholarships available

College students who are dependents of Airmen may apply for grants or scholarships through the Air Force Aid Society through March 8 by visiting at <http://www.afas.org/education-grants>.

10th CS services reduced

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

New telephone, cable TV and network 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 more information, call the Comm Focal Point at 333-4357.



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.

1.97 lb.

Chicken Breast or Thighs Boneless, Skinless

Always *Fresh*
No Sodium Based Solution Added

U.S.D.A. CHOICE STEAKHOUSE CHOICE PREMIUM BEEF

5.97 lb.

USDA Choice Ribeye Steak Bone-in, Family Pack

Wild

3.77 ea.

Cold Water Lobster Tails 3 oz. Min., Previously Frozen

Beautiful Dozen Rose Bunch Assorted Colors

18.88 ea.

4\$10 FOR 10

7-Up 12 pk., 12 oz. Select Varieties Limit 4

39¢ lb.

Dole Bananas

Albertsons market COUPON Coupon Effective 2/6/13 - 2/12/13

Albertsons Large Eggs 18 ct. Grade AA

1.49 ea. With Coupon

Limit 2, Additional \$2.59

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons market COUPON Coupon Effective 2/6/13 - 2/12/13

Blue Bell Ice Cream 64 oz. Select Varieties

3.88 ea. With Coupon

Limit 2, Additional \$4.49

Still a 1/2 Gal (2 QTS)

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons market COUPON Coupon Effective 2/6/13 - 2/12/13

Essential Everyday Butter 1 lb. Quarters or Granulated Sugar 4 lbs. Select Varieties

1.88 ea. With Coupon

Limit 2, Additional 2 for \$5

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Military Discount COUPON Albertsons market All Active, Reserve or Retired Military Personnel*

\$10 OFF COUPON GOOD 02/08/13-02/12/13

Your purchase of \$100 or more

LIMIT 1 COUPON PER CUSTOMER. This coupon cannot be used unless the purchase is \$100 or more after deducting all manufacturer coupons and store coupons, and without including money orders, lottery tickets, gift cards, alcohol, tobacco, prescriptions, stamps and other products prohibited at law. Cannot be doubled, tripled, quadrupled or exchanged for cash. Not valid toward previous purchase. Void if copied or transferred in the event of return, coupon savings may be deducted from refund. May not be used in combination with any other offer. One coupon per customer, per transaction.

People featured are not actual service members.

*Some Restrictions Apply. Military ID Required.

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Prices Effective 2/8/13 - 2/12/13



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