

## Taking the Hill



Photo by Mike Kaplan

**THE GREAT ASCENT** | Class of 2009 members follow Academy tradition by "Taking the Hill" May 8. This signifies their last day of academic classes. With less than two weeks before graduation day, members of the soon-to-graduate class of 2009 clearly have a lot to smile about.

### 31 selected for master sergeant

Congratulations to the following Academy technical sergeants for their selections to the grade of master sergeant officially announced Thursday morning:

- |                    |                   |
|--------------------|-------------------|
| Rex G. Barnes Jr.  | Lindsey Miranda   |
| Elvia Bottino      | Steve Morris      |
| Albert DeSarro     | Jerod Norden      |
| Ryan Devine        | Denise O'Connor   |
| Christopher DeWitt | Ralph Ortiz       |
| Kevin Frazier      | Darren Reinert    |
| Jason Haag         | John J. Saller II |
| David T. Hall Jr.  | Jeffrey Selbe     |
| Peyton Hobbs       | Patrick Smith     |
| Dale Jackson       | Karen Stevens     |
| James Jamison      | Ryan Tanner       |
| John T. King Jr.   | Tammy Taylor      |
| Kevin Krumm        | Michael Vagle     |
| Jerami Mahaffey    | Frederick Walker  |
| Abel Martinez      | Aurelia Watkiss   |
| Mark Middleton     |                   |

## Falcon football team ranks 2nd in NCAA academic excellence

By Ken Carter  
Editor

In a recent NCAA ranking, Air Force Academy gridiron athletes finished second in the nation in Academic Progress Rates following only Stanford University.

According to Academy Director of Athletic Media Relations Troy Garnhart, the NCAA rack and stack considered the overall performance of all 27 intercollegiate sports here with the "983" score reflecting the performance of the members of the Falcon football team.

According to a related news release recently from NCAA Headquarters in Indianapolis, the Academic Progress Rates

provides a real-time look at a team's academic success each semester or quarter by tracking the academic progress of each student-athlete. The APR includes eligibility, retention, and graduation in the calculation and provides a clear picture of the academic culture in each sport.

Being both a gridiron sensation and an academic dynamo is often considered unusual ... but, at the Air Force Academy, the NCAA scoring reflects it's more like business as usual. When the NCAA recently announced the 2009 Academic Progress Reports, looking at classes from 2003-2004 to 2007-2008, the Air Force Academy's performance was nothing short of a game-winning touchdown.

Academy leaders and faculty members alike are quick to acknowledge their pride in the Falcon football program and all cadets' overall performance ... but none quicker than the head coach himself.

"Student-athletes at the United States Air Force Academy must complete over 140 semester hours of the nation's most demanding curriculum. The NCAA's recent release of APRs for the 119 Football Bowl Subdivision playing institutions is another remarkable achievement by our cadets," said Falcon head coach Troy Calhoun. "It's also a sign of the incredible dedication of the Air Force Academy's

See RANKING, Page 5

**WEEKEND WEATHER**  
FRI SAT SUN

Windy 62 35 Isolated T-Storm 58 37 Rain 74 40

**Star performer** ★  
Congratulations to 10th Air Base Wing Commander Col. Jimmy McMillian who's been nominated for promotion by the president to the Senate for appointment to the grade of brigadier general, U.S. Air Force.

**Heiser Award**  
Class of 2009 selects senior faculty members who inspire and challenge.  
Page 11

**Flexibility**  
Air Force retiree remains passionate about fitness and revisits teen bodybuilding competition regimen.  
Page 15

# Prescription drugs can end your career

By Col. Howard Hayes  
354th Medical Group commander

EIELSON AIR FORCE BASE, Alaska (AFNS) — A technical sergeant in my squadron took a single pill from his son's prescription bottle in May 2007, and that pill started him down the road toward a court-martial and discharge from the Air Force.

The drug was a low-level amphetamine used to correct attention deficit disorder.

Both the sergeant and his son suffered from the same condition and used the same medication. The NCO had exhausted his supply and since he was too busy to make an appointment, he took the pill from his son's supply. Without a current prescription, he was found guilty of illegal drug use.

When I heard about the case, I thought, "No big deal. It was the correct drug. He had just run out. After all, his doctor would probably renew the prescription when he went in for his next appointment." As it turns out, this NCO lost his line number for master sergeant and was referred for court-martial.

Nothing I could do as his commander could stop the process as he had turned up positive on a urinalysis without a prescription. The case was referred to a major general who allowed the sergeant to remain in the Air Force after paying a fine and losing his line number.

Later that year, a master sergeant complained to his friend that he was having trouble concentrating on the job. His top-three buddy told him it sounded just like his attention deficit disorder and he gave the sergeant one of his pills. He told his friend to wait until the weekend to take the drug since he didn't know how it would affect another person.

That weekend his friend took the pill and on Monday it was detected from a urinalysis. The master sergeant was found guilty of distributing drugs and his friend was guilty of using an amphetamine without a prescription. Both were lucky enough to receive early retirements.

Each time the clinic gives you a new prescription, your provider will give you instructions on the use of that drug. When you pick the drug up, the pharmacist will review your medications in the computer, print out an instruction sheet for your use, ensure the bottle is properly labeled, and finally ask if you understand how to use the drug.

If you are taking an antibiotic, we will tell you to take all the pills. Although you may begin to feel well soon after the first dose, it is important to consume all the pills in order to affect possible resistant strains of bacteria. If you are prescribed a pain killer, you must use the drug for the injury that it is currently prescribed for and not store the drug for future use.

You cannot self-prescribe medications for the same symptoms just because you have pills left over, unless your current provider has clearly given you permission to do so and your prescription is still valid. And, you cannot provide your drugs to another person; that's a violation of both state laws and the Uniformed Code of Military Justice.

Drugs have a shelf-life, are dangerous around young children, and will only cause you problems when they are no longer needed. If you have old prescriptions the President's Office of National Drug Control Policy recommends that you:

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
3. Put this mixture into a disposable container with a lid, such as an empty margarine tub, or sealable bag.
4. Conceal or remove any personal information, including prescription number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off.
5. Place the sealed container with the mixture, and the empty drug containers, in the trash.

Bottom line: Don't take drugs from your friends or give drugs to others. It's illegal. It can ruin your career, and it can have serious health consequences.

## ACADEMY SPIRIT

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

Lt. Gen. John Regni —  
Academy Superintendent

Lt. Col. Brett Ashworth —  
Director of Public Affairs

Tech. Sgt. Cortchie Welch —  
Chief of Internal Information

Ken Carter — Editor

kenneth.carter@usafa.af.mil

Butch Wehry — Senior Staff Writer

whalen.wehry@usafa.af.mil

Ann Patton — Staff Writer

elizabeth.patton.ctr@usafa.af.mil

Denise Navoy — Graphic Designer

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

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

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

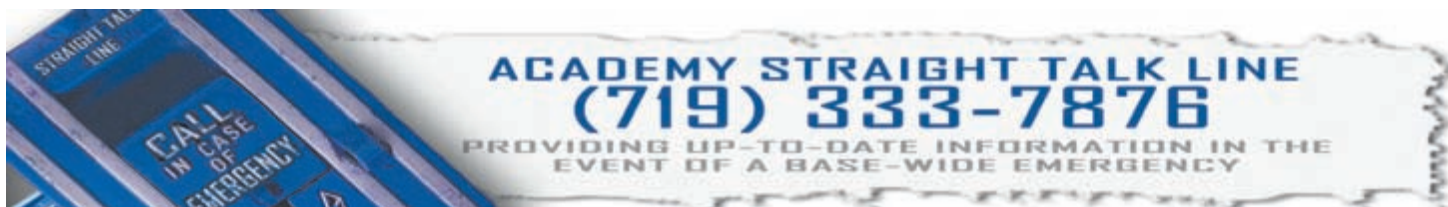
### Submissions

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

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

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

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



## Character Corner Accountability

By Ms. Lizbeth Williams  
Center for Character Development

What is true accountability?

True accountability involves taking ownership of your work and viewing your job as important. Does your work ethic incorporate an owner's mentality? How can this mindset help you advance as a member of the

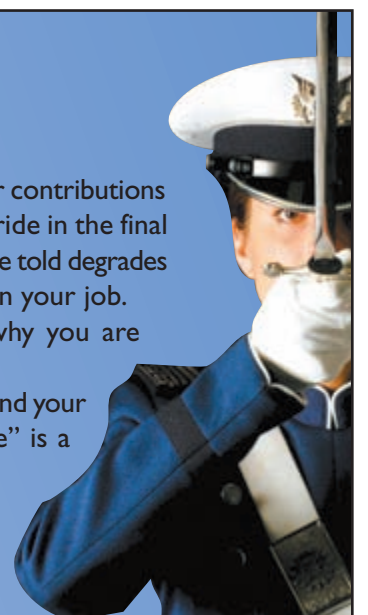
United States Air Force?

When I was an active-duty member, I remember others uttering, "I just do what I'm told." How often have you heard or made this statement? It may have been common practice for individuals to operate in this sort of vacuum, performing tasks without knowing why or taking pride in the final outcome. However, in today's fast-paced Air Force environment, it is increas-

ingly important to know how your contributions fit into the big picture and take pride in the final outcome. Simply doing what you are told degrades efficiency and creates boredom in your job.

If you do not understand why you are doing something, ask!

Understanding where you fit and your role regarding in the "Big Picture" is a major part of accountability.



Character Matters airs at 8 a.m. and 8 p.m. Wednesdays on KAFA radio, 97.7 FM or listen via [www.usafa.org](http://www.usafa.org).

## How will earning your CCAF degree benefit both you and the Air Force?

"My CCAF degrees have benefitted me and our Air Force by laying the foundation for my bachelor's degree and clearing my path to higher education and by becoming a wiser and better prepared leader."

Master Sgt.  
William Farnand  
10 SFS



"It will put me on the path to completing my bachelor's degree and make me more marketable in the civilian sector. It will benefit the Air Force because what I learn will increase not only my general knowledge, but my knowledge about my job."

Staff Sgt.  
Anndrea Sanders  
USAFA/CCEA



"Completing my second CCAF degree has provided me with a stronger foundation personally, technically and professionally. Improving myself and implementing what I have learned makes me a better Airman."

Tech. Sgt.  
Lindsey Miranda  
Academy Military  
Training NCO  
Cadet Squadron 26



"I benefit by broadening my knowledge and being further motivated to complete a bachelor's and master's degree program; the Air Force benefits by having a highly educated and skilled technician ready to meet future demands."

Tech. Sgt.  
Ryan DeVine  
Flight Chief,  
Public Health



# AF selects new CMSAF

WASHINGTON (AFNS) — Air Force Chief of Staff Gen. Norton Schwartz and Chief Master Sergeant of the Air Force Rodney McKinley have announced the Airman selected to be the service's next enlisted leader.

Chief Master Sergeant James A. Roy will become the 16th Chief Master Sergeant of the Air Force during an appointment ceremony on June 30, 2009, which will coincide with Chief McKinley's retirement.

Chief Roy and his wife Paula will come to the Pentagon from Camp Smith, Hawaii, where the chief currently serves as the senior enlisted leader and advisor to the U.S. Pacific Command combatant commander, representing more than 200,000 Airmen, Soldiers, Sailors and Marines.

Chief Roy joined the Air Force in 1982. His career includes assignments as a heavy equipment operator in the civil engineer career field and then in leadership positions at the squadron, group, and numbered air force levels. He has served as



Chief Master Sgt. of the Air Force Rodney McKinley (right) introduces his replacement, Chief Master Sgt. James Roy, to attendees of the Senior Enlisted Forum May 8 at Maxwell Air Force Base, Ala.

the command chief master sergeant at wings in Air Education and Training Command, Air Mobility Command and Air Combat Command.

He was also deployed as the command chief master sergeant of the 386th Air Expeditionary Wing in Southwest Asia. Prior to assuming

his current position he was the command chief master sergeant for U.S. Forces Japan and Fifth Air Force at Yokota Air Base, Japan.

Chief McKinley will retire next month after serving for 30 years. He has served as the Chief Master Sergeant of the Air Force since June 30, 2006.

## NEWS BRIEFS

### Construction traffic

Beginning May 29, motorists are encouraged to use the North Gate for entry to the Air Force Academy due to extensive road construction activities taking place on Southgate Blvd.

This project will re-pave Southgate Blvd from I-25 to Pine Drive on all northbound and southbound lanes. Passage will be reduced to single-lane traffic from May 29 through July 28. Extra caution is advised in the construction zone.

Traffic will be diverted in various locations along Southgate Blvd; motorists must adhere to additional signage and flagmen. This will be a 24-hours a day operation to allow the contractor to meet the schedule provided.

Bicycle traffic is prohibited on Southgate Blvd during the construction period. Bicyclists may access the Academy via the Santa Fe Trail.

### Thunderbirds reenlistment opportunity

The Air Force Thunderbirds sponsor a reenlistment ceremony in Hangar 119 at Peterson Air Force Base at noon May 25. Anyone eligible to reenlist (all reenlistment rules apply) may sign up and participate in the ceremony.

To get your paperwork processed, call the 10th Mission Support Squadron's reenlistment section at 333-2595 and ask for Staff Sgt. Michael Clinkscales.

After contacting the reenlistments section, call Master Sgt. Daniel Thompson, 10th MSS career assistance advisor, at 332-1749 or e-mail him at [daniel.thompson@usafa.af.mil](mailto:daniel.thompson@usafa.af.mil) to reserve a spot at the ceremony.

### HAWC programs

The Academy Health and Wellness Center has a new Migun thermal massage bed. This equipment presents everything needed to feel like you have just been to the spa. Also new at the HAWC is a state-of-the-art Bod Pod, which measures body fat, muscle mass and resting metabolic rate with a 99.9 percent accuracy rate.

Additional information on other classes and programs such as the Fresh Start tobacco cessation program and the Lighter Side of Cooking class is also available. Finally, one-on-one consults for weight gain, weight loss, hypertension, cholesterol, nutrition, and diabetes mellitus are available.

To set up an appointment or for more information about the programs, call the HAWC at 333-3733.

### Second career prep

The Military Officers Association of America (formerly TROA) presents its "Marketing Yourself for a Second Career" lecture from 9 to 11:30 a.m. June 5 at the Airman and Family Readiness Center.

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



Photo by Rachel Boettcher

## Airmanship at its finest

Capt. Travis A. Burton, Class of 2000, received the 2009 Colonel James Jabara Award here May 8. Captain Burton distinguished himself through his heroic actions while serving as an A-10 pilot assigned to the 81st Fighter Squadron, Spangdahlem AB, Germany. On the night of Jan. 24, 2008, Captain Burton flew as the flight lead in support of Operation ENDURING FREEDOM. He was tasked to provide close air support for a coalition forces convoy taking heavy and accurate small-arms and rocket-propelled grenade fire in the vicinity of Sangar Ghar, Afghanistan. With exacting detail, the pilots assigned surgically struck enemy positions 15 to 20 meters from the coalition force convoy until the battle ended. Battle-damage estimates revealed that 30 to 40 anti-coalition militia had been killed. Captain Burton's exceptional tactical weapons employment and extraordinary airmanship in hazardous conditions were instrumental in his being selected for this prestigious annual award.

Money doesn't grow on trees, but we're making it easier for you to have extra cash by lowering our auto rates

2.99%  
APR\*

36 Month Term

3.49%  
APR\*

48 Month Term

3.99%  
APR\*

66 Month Term



aafcu.com



Call today!  
593.8600

\*APR=Annual Percentage Rate. Requires direct deposit & automatic payment. 36 monthly payments of \$290.77 per \$10,000.00 borrowed at 2.99% APR. 48 monthly payments of \$223.52 per \$10,000.00 borrowed at 3.49% APR. 66 monthly payments of \$169.00 per \$10,000.00 borrowed at 3.99% APR. Limited time offer; rate subject to change. Other rates and terms available. Other restrictions apply. Refinancing fees apply to existing auto loans with AAFUCU. Federally insured by NCUA.



May 2009 is Military Appreciation Month at  
PIKES PEAK LIBRARY DISTRICT  
FREE! FREE!

Welcome to Your Library

Fri., May 15 6-8 p.m.

Sand Creek Branch Library 1821 S. Academy Blvd.

All military, retired military, and their families welcome!  
Call 531-6333, x1205 for additional information.



Food & Entertainment  
Tours • Storytimes  
Mobile Gaming Lab  
Great Door Prizes

# Academy honors motivated CCAF graduates

By Ann Patton  
Academy Spirit staff

The Community College of the Air Force granted Associate of Applied Science degrees to 84 new alumni during commencement ceremonies May 7 at the Falcon Club.

Chief Master Sgt. Gerardo Tapia, Jr., 10th Mission Support Squadron superintendent, gave the commencement address to the Airmen, many of whom worked on their degrees during deployments.

"You didn't let war interfere with your goal," he told them. "I am enormously proud of you."

He asked the new graduates to consider the future and what they can do to motivate and inspire and lead Airmen.

"You have to have something they want," he said, referring to leadership skills.

The Air Force is the only branch of the service with

its own community college. Thirty-six years old, it is also the largest community college in the world with 308,000 degrees conferred, and it now offers 67 degree programs.

The Academy ranks number one in CCAF alumni per capita in the Air Force.

Tom Cavalli, president of the Lance Sijan Chapter of the Air Force Association presented its Pitsenbarger Awards to Staff Sgt. Richard Kaiser, 10th Security Forces Squadron, Tech. Sgt. Stephanie Jesus, 306th Operations Support Squadron, and Tech. Sgt. John Saller, Air Force ROTC with a grants toward future education.

The award recognizes Medal of Honor recipient Airman 1st Class William Pitsenbarger who was honored for treating and protecting scores of wounded Army infantrymen while under intense enemy fire near Saigon, Vietnam. He was mortally wounded in 1966.

"The heart of our efforts for Airmen is for them to continue their educations," he said of the chapter.

He stressed all Airmen should take advantage of

what the Air Force offers.

"When you walk out the door of the Air Force, be sure you have an education."

Master Sgt. Keith Fields received a degree in health care management. He said he joined the Air Force to serve and to help people.

While not in direct patient care, health management is also crucial.

"It affects the hospital's ability to care for its patients," he said.

Sergeant Fields is also pursuing a bachelor's degree in the field.

Tech. Sgt. Andrea Blanchetti received her degree in criminal justice, an accomplishment that she sandwiched between deployments.

"It's a relief," she said with a smile.

She feels her concentration in homeland security will serve her well.

*Continued next page*

## Community College of the Air Force graduates

Name	Degree earned	Name	Degree earned
Staff Sgt. Gregory Ally	Allied Health Sciences	Master Sgt. Ernest Medina	Avionic Systems Technology
Staff Sgt. Melinda Atencio	Diagnostic Imaging Technology	Staff Sgt. Amanda Meeks	Allied Health Sciences
Tech. Sgt. Ian Bernard	Logistics	Senior Amn. Alexander Milton	Financial Management
Tech. Sgt. Andrea Blanchetti	Criminal Justice	Tech. Sgt. Lindsey Miranda	Education and Training Management
Staff Sgt. Annette Colon-Oliveras	Cardiopulmonary Laboratory Technology	Tech. Sgt. Steve Morris	Paralegal
Tech. Sgt. Stephanie de Jesus	Aviation Management	Tech. Bradley Morton	Education and Training Management
Tech. Sgt. Albert DeSarro Jr.	Vehicle Maintenance	Staff Sgt. Robert Raulerson	Human Resource Management
Tech. Sgt. Sherrie Dunbar	Allied Health Sciences	Tech. Sgt. John Saller	Information Management
Master Sgt. William Farnand	Human Resource Management	Staff Sgt. Anndrea Sanders	Information Management
Master Sgt. Keith Fields	Health Care Management	Master Sgt. Dennis Scott	Construction Technology
Staff Sgt. Erik Gallion	Allied Health Sciences	Master Sgt. Candace Smith	Physical Therapist Assistant
Master Sgt. Todd Garland	Ophthalmic Technician		Human Resource Management (2nd degree)
Staff Sgt. Mary Gates	Human Resource Management	Staff Sgt. Earl Taylor	Human Resource Management
Tech. Sgt. Jason Haag	Public Affairs	Tech. Sgt. Michael Vagle	Information Management
Mr. Darryl Hamilton	Munitions Systems Technology	Master Sgt. Matthew Vahey	Radiologic Technology
Tech. Sgt. Matthew Kaden	Ophthalmic Technician	Master Sgt. Ronald Walker	Education and Training Management
Staff Sgt. Richard Kaiser	Criminal Justice	Staff Sgt. Anna White	Bioenvironmental Engineering Technology
Tech. Sgt. John King	Information Systems Technology	Staff Sgt. Brandon Williams	Information Management
Tech. Sgt. James Krahl	Human Resource Management	Tech. Sgt. Terrance Williams	Surgical Services Technology
Staff Sgt. Julius Lendof	Allied Health Sciences	Master Sgt. LaTonya Wilson	Financial Management
Tech. Sgt. Cyril Luster	Cardiopulmonary Laboratory Technician	Staff Sgt. Ronald Yonson	Radiologic Technology
Tech. Sgt. Gary McMahel	Education and Training Management		

## Totally Free Checking

direct deposit required

- \$0 balance to open
- No service charge
- Unlimited check writing
- Free Visa check card
- Free online banking
- Free online bill payment



Round the Clock Customer Support

Representatives are available

24/7/365

Call us toll-free at 1.888.929.2265  
Open 7 days a week inside the Exchange

**ARMED FORCES BANK**

"Your Hometown Bank Around the World"

United States Air Force Academy

Community Center Branch  
Community Center Drive  
719-472-1090

Cadet Branch  
Sijan Hall  
719-472-0205

Member FDIC

www.afbank.com

## Congratulations Class of 2009



## The Airplane Restaurant

**GREAT STEAKS, BUFFALO,  
FRESH FISH, PASTAS, BURGERS,  
SALADS, ADULT BEVERAGES  
& A FUN KID'S MENU!**

Seating Available in the Plane!

- LUNCHES & DINNERS
- DINING OUTS

Located 1 block east of  
Powers Blvd on Fountain Blvd!  
Separate Checks? No Problem!  
Reservations Accepted.

Just look for the Plane!



570-7656

www.TheAirplaneRestaurant.com



## PRIOR SERVICE: NEW PRIORITIES

The Air Force Reserve is offering part-time opportunities with excellent benefits, including choice of home base, education assistance, secure employment and competitive pay.

Continue to build close friendships, serve your country and participate in experiences unique to the military.

Accomplish extraordinary things while you achieve your personal goals.

Choose your home base and you will not be transferred. Receive low cost TRICARE health insurance. Maintain retirement benefits. In most cases you can retain your rank and do not need to repeat basic training. Specific jobs come with signing bonuses.



EVERYDAY PEOPLE MAKING A DIFFERENCE

800-AFR-8279 • AFReserve.com/Prior

## Grads

From previous page

"It is something I can incorporate into force protection," she said.

Tech. Sgt. Terrance Williams received his degree in surgical services technology.

He said he has been working on his education for 13 years at every base where he has been stationed, including while serving in Iraq. He also holds a master's degree in criminal justice.

"You have to make time," he said of others wanting to continue their education. You work toward it one class at a time. Just stick to it and use it as a stepping stone."

In his closing remarks 10th Air Base Wing Commander Col. Jimmie McMillian praised the families, friends and co-workers of the new graduates.

"They know they couldn't have done it without you," he said.

To the graduates, he reminded them of the milestone they have achieved.

"Go back and inspire and motivate others to follow in your footsteps," he said.



Photo by Rachel Boettcher

Community College of the Air Force graduates gathered at the Falcon Club May 7 to be honored for their academic accomplishments.

## Ranking

From Page 1

faculty to provide our cadets with the nation's best access and instruction. Academy staff members coupled with the quality of the cadets contribute to an environment that makes the United States Air Force Academy the world's finest leadership and educational institution."

Dean of the Faculty Brig. Gen. Dana Born agrees that it's a total team effort.

"Coach Calhoun is providing phenomenal leadership in fulfilling our mission—he challenges his players to excel on and off the field. Football is just one example of how our faculty members partner with the athletic

department as part-time assistant coaches, officer representatives, or tutors, while our athletic coaches reinforce high academic, athletic, military, and character standards. I think the cadets see that partnership and our commitment to their development in all areas. These APR Rankings are another validation of how we are all working together to build leaders of character at USAFA."

The Academy is known for its tough academic workload and being an athlete doesn't provide for any short cuts or easy outs.


A sampling of varsity Falcon football players' majors includes: aeronautical engineering, management, astro-

nautical engineering, systems engineering, military history, civil engineering, behavioral sciences, economics, social sciences, legal studies and political science.

NCAA ranking for the top five scoring a "10" — an APR of 90 to 100 percent were:

1. Stanford (984)
2. Air Force (983)
- T3. Duke (980)
- T3. Rutgers (980)
5. Rice (979)

Sister service academies Army (967) and Navy (978) finished at 16th and sixth on the NCAA's APR list respectively.



# Come Feast To Your Heart's Content!

**Over 100 Items!**

- ★★ ASIAN ★★
- ★★ AMERICAN ★★
- ★★ SNOW CRAB LEGS ★★
- ★★ OYSTERS ON HALF SHELL ★★
- ★★ SUSHI ★★
- ★★ MONGOLIAN BBQ ★★
- ★★ STEAKS ★★
- ★★ GLUTEN-FREE OPTIONS ★★
- ★★ SALAD BAR ★★
- ★★ DESSERTS ★★
- ★★ AND MUCH, MUCH MORE! ★★

**LUNCH**

Monday-Friday: 11am to 3pm  
\$7.49 for adults • \$6.99 for seniors  
\$0.60 x age (kids 2-11)

**Something for Everyone**

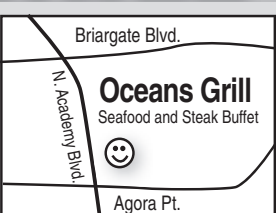
**DINNER**

Monday-Friday: 4:30pm to 9pm  
Saturday & Sunday: 11am to 9pm  
\$11.99 for adults • \$11.49 for seniors  
\$0.70 x age (kids 2-11)

**10% MILITARY DISCOUNT**  
With ID

## OCEAN'S GRILL

**Seafood and Steak Buffet**  
7665 N. Academy Blvd.  
(719) 598-3438  
www.oceansgrill.net  
*Located at the SW corner of Briargate and N. Academy*  
**NEXT DOOR TO BEST BUY!**



## Winning Smiles For Everyone!

**EXPERIENCED, CARING AND GENTLE**



**PROVIDER FOR ACTIVE MILITARY DEPENDENTS**

*Personal Dentistry with a Soft Touch for Children, Parents & Grandparents.*



**POWERS DENTAL GROUP**

**SAME DAY EMERGENCY CARE**

**597-9737**  
www.powersdentalgroup.com

*Caring For Smiles Since 1974*







# Instructors rewarded for excellence

By Dr. Cynthia Cycyota and  
Lt. Col Peter Ohotnicky  
Department of Management and  
Director, Commander's Action Group

May 6 USAFA hosted the 33rd Annual Outstanding Academy Educator Awards for instructors who exemplify excellence in education.

Each academic department head, the director of athletics, the preparatory school commander, the commandant of cadets, and the dean of the faculty recognize one deserving instructor annually for superior teaching accomplishments and demonstrated ability to motivate our future leaders.

The guest speaker for the event was Dr. Richard Callahan, Associate Dean and Director of State Capital and Leadership Programs for the University of Southern California, State Capital Center (Sacramento). In his remarks, he offered an inspiring message about the Academy's research efforts that emphasize cadet learning and contribute to the future of the Air Force and the nation.

Also invited to speak on behalf of the cadet wing was Cadet 1st Class Bradley DeWees.

Cadet DeWees, a member of Cadet Squadron 22, has served as a Recondo Cadet In-Charge, Basic Cadet Training flight commander, and 3rd Group commander. He also is a member of the

Physical Fitness Test 500 Club, Dean's ACE (4.0 semester GPA) three times over, and has been on the superintendent's list seven times. Cadet DeWees recognized specific instructors at the Academy who encouraged him to excel in his work and become a more effective leader. On behalf of cadets, he thanked the educators for teaching him far more than the material in the course syllabi.

In a surprise move, Brig. Gen. Dana Born, dean of the faculty, presented an honorary OAE to Lt. Gen. John Regni, 17th superintendent of the U.S. Air Force Academy, for his outstanding contributions to education during his tenure. The citation highlighted the superintendent's commitment to a culture of learning, development of the USAFA Outcomes, and initiation of cutting-edge education programs, resulting in an overwhelmingly successful accreditation visit by the Higher Learning Commission. In accepting the award, General Regni applauded the USAFA faculty for their efforts and commitment to excellence, which contributed significantly to the recent USAFA 10-year re-accreditation.

Dr. Callahan, General Regni and General Born presented each winner with a replica of the "Flying Leather" sculpture by Michael Garman. The award is a likeness of a World War II aviator wearing a leather jacket, flight scarf and goggles.

## The 2009 Outstanding Academy Educators

Lt. Col. Timothy Jung, Department of Aeronautics  
Maj. Sandra Wilson, Department of Astronautics  
Lt. Col. Douglas Lindsay, Department of Behavioral Sciences and Leadership  
Maj. Mark Pomerinke, Department of Biology  
Capt. Michael Hyland, Department of Chemistry  
Maj. Matthew Caudell, Department of Civil and Environmental Engineering  
Maj. Scott Heyler, Commandant of Cadets' Staff  
Capt. Paul Graham, Department of Computer Science  
Mrs. Vickie Connolly, Dean of Faculty's Staff  
Maj. Glen Gibson, Department of Economics and Geosciences  
Lt. Col. Allan Arb, Department of Electrical and Computer Engineering  
Dr. John Wood, Department of Engineering Mechanics  
Capt. Brandon Lingle, Department of English and Fine Arts  
Dr. Carole Edwards, Department of Foreign Languages  
Maj. Scott Swartsfager, Department of History  
Maj. Shawn McKelvy, Department of Law  
Maj. John Martin, Department of Management  
Maj. Terence Kudo, Department of Mathematical Sciences  
Lt. Col. Mark Heredia, Department of Military Strategic Studies  
Dr. Rhonda Smith, Department of Philosophy  
Capt. Charles Toth, Department of Physical Education  
Maj. Benjamin Ward, Department of Physics  
Maj. Dan Sternemann, Department of Political Science  
Lt. Col. Larry Brown, Preparatory School

The market may have changed, but the dream is still the same.

**VANGUARD HOMES**  
'van-gard: at the forefront

Introducing Vanguard Homes, with 5 new models in upscale Remington Hill of Jackson Creek.

Remington Hill is just 5 minutes from the AFA. Vanguard Homes, owned by a former military officer, offers superior value to military families, with features like:

- Granite Slab Counters
- Hardwood Flooring
- High-End Cabinetry
- Stucco & Stone Exteriors
- & Much More!

These luxury finishes are included!

Prices Start in the Low \$300,000s. Visit the Vanguard Model, and see for yourself! Open 7 days a week.

16648 Greyhawk Dr. in Jackson Creek

WE BELIEVE OUR MILITARY  
PERSONNEL DESERVE THE BEST.  
CALL US TODAY.

For Information About Vanguard Homes' Offerings Please Contact

THE SIGNATURE CO. Toll-Free 866.481.2575  
www.VanguardNewHomes.com

You are invited to  
First Baptist Church of Peaceful Valley



- Independent - Fundamental
- King James Bible
- Soul Winning and Visitation Program
- Bus Ministry
- Faith Promise Missions
- Annual Missions Conference
- Old Fashioned Preaching
- Strong Bible Centered Families

Services are as follows:

Sunday 9:45am Sunday School  
10:30am Preaching Service  
6:00pm Evening Service

Wednesday 7:00pm Bible Study and Prayer Meeting  
Thursday 9:30am and 6:30pm Visitation  
Saturday Men's Prayer Meeting

We are located at the corner of Fontaine and Powers  
7925 Fontaine Blvd, Colorado Springs, CO 80925  
AW Payne, Pastor (719-392-4444)  
www.firstbaptistchurchofpeacefulvalley.org

Home of First  
Baptist Christian  
Academy  
Opening Fall  
2008

MILITARY  
DISCOUNT  
WITH NO  
WAITING LIST!

LASIKPLUS® LASER  
VISION CORRECTION

Reasons to choose LasikPlus:

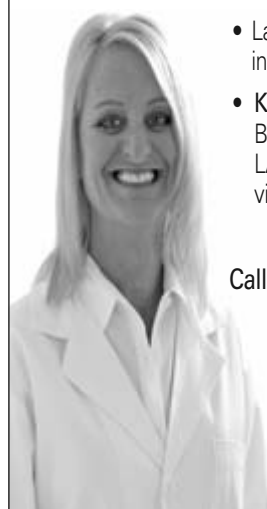
- We offer a Lifetime Satisfaction Plan!
- Latest FDA Approved Technology including All-Laser LASIK.
- Karen Heuer, M.D. - LASIK Surgeon Board-Certified Ophthalmologist and LASIK surgeon has 13 years of laser vision correction experience.

Call for your FREE LASIK vision exam!

1-866-926-EYES  
(3937)

LasikPlus®  
VISION CENTER

lasikplus.com



# Around the ACADEMY

For more Academy stories and photos, visit <http://www.usafa.af.mil>



Photo by Rachel Boettcher

**NOT FORGOTTEN** | Academy members got a unique history lesson, during a Holocaust remembrance gathering April 30 in the Arnold Hall Ballroom. The "Rice Project" included a teacher pouring rice on the floor into different piles. Each pile represented a different genocide and the grains of rice represented lives lost during those tragedies from 1815-1845.



Photo by Dennis Rogers

**DROPPING IN** | Members of the Academy's Wings of Blue provided an aerial demonstration landing on the Terrazzo before the entire cadet wing in conjunction with the noon meal formation May 7.

**BIGGEST WINNERS** | Dr. Todd Kobayashi weighs in Tuesday at the Academy's Health and Wellness Center as the conclusion of a 12-week program called "Fitness Challenge" approaches. The HAWC staff put some 230 participants on course toward healthier lifestyles through more focus on diet and exercise. See next week's Academy Spirit for more.



Photo by Ken Carter

**Great Outdoors Taxidermy**  
 ★ ★ ★ ★ ★ MARINE VETERAN ★ ★ ★ ★ ★  
**Honoring Fellow Service Members, Law Enforcement & Firemen with a 10% DISCOUNT**  
 FULL SERVICE TAXIDERMY STUDIO  
 Graduate of Colorado • Institute of Taxidermy Training  
**719-660-2224**  
[www.greataxidermy.com](http://www.greataxidermy.com) • [info@greataxidermy.com](mailto:info@greataxidermy.com)

**YUMMY 야미**  
 한식 전문점  
**Korean & Asian Restaurant**  
**Grand Opening!**

Something special about **"YUMMY"**

**YUMMY** has delicious foods with best prices! We always have 8 or more side dishes that come with every food for FREE!  
 We make tasty foods such as:

- Grilled Beef Ribs
- Grilled Beef
- Spicy Pan-Fried Pork and Vegetables
- Pan-Fried Chicken and Vegetables
- Bibimbap In a Hot Stone Pot

**COME TASTE OUR FOOD!**  
 Hours: Monday - Closed  
 Tuesday - Sunday 8am - 10pm

**NEW OWNER & NEW MANAGEMENT!**

**4703 N. Academy Blvd.**  
**719-266-9944**  
**Reservations: 720-334-3264**

**ENTERTAINMART**  
 MOVIES ★ GAMES ★ MUSIC

**HUGE SALE**  
**MEMORIAL DAY WEEKEND**  
 Friday, May 22nd – Monday, May 25th  
 All weekend sale and special

★ **1-DAY ONLY SALES!** ★  
**Nightly 9pm Prize Drawings**

For a complete listing of sale items and giveaways visit our website:  
**[www.entertainmart.net](http://www.entertainmart.net)**  
 or pick-up an in-store flyer

★ **651 N. Academy Blvd.** ★  
**(719) 380-8580**

**5 Star Comfort, Small Town Friendliness, Rock Solid Professionalism**

NW Corner of Barnes & Powers  
 Walk-In, No Appointment  
 8-8 M-F • 9-4 Sa-Su  
 One Third The Cost, Shorter Waiting Time Than Hospital ER

**INTEGRITY Urgent Care**

John G. Beauman MD, Lt. Col., U.S. Army (Retired)  
 Lori Japp, PA-C  
 Donna Ianacone, PA-C

- Minor Illness and Injuries
- Primary Care
- Lacerations / Fractures
- Onsite X-Ray & Lab
- School & Sports Physicals
- Workers Compensation
- Pre-Employment Services

TRICARE, Most Insurance Plans Accepted • Discounted, Self-Pay Rates  
**591-2558 • 4323 Integrity Center Pt**  
 Web Check-In: [www.IntegrityUrgentCare.com](http://www.IntegrityUrgentCare.com)

# Officials unveil acquisition improvement plan

By Tech. Sgt. Amaani Lyle  
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — Air Force leaders have announced their plan for improving acquisition, which will have far-reaching impacts on the way the service develops and buys defense capabilities for the nation.

The Air Force's acquisition improvement plan "will serve as our strategic framework for the critical work of modernizing and recapitalizing our air, space and cyber systems," Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz said May 8 in a joint memorandum introducing the plan.

The plan addresses shortcomings in the acquisition process that were identified during protests by contrac-

tors on major programs and by subsequent reviews of the service's key acquisition processes.

The plan outlines five initiatives with 33 actions that are intended to "ensure rigor, reliability and transparency across the Air Force acquisition enterprise," according to Secretary Donley and General Schwartz. The five initiatives are designed to:

- Revitalize the Air Force acquisition workforce
- Improve the requirements generation process
- Instill budget and financial discipline
- Improve Air Force major source selections
- Establish clear lines of authority and accountability within acquisition organizations

Perhaps the most significant action proposed is to increase in the size, and improve the training and expe-

rience of the Air Force's professional acquisition corps, which has been cut by 41 percent over the past 20 years.

The plan calls for immediate action to increase the workforce by 258 military and 1,804 civilian personnel and an improvement in the hiring, recruiting, retention and training programs essential to maintaining a quality professional corps.

"Recapturing acquisition excellence requires an experienced, skilled, empowered and accountable workforce and begins with proper requirements and adequate, stable funding," said Lt. Gen. Mark Shackelford, military deputy to the assistant secretary of the Air Force for acquisition. "We will continue to shape and size our workforce and ensure professional development for our personnel."

# Military continues to monitor H1N1 flu virus' path

By Gerry Gilmore  
American Forces Press Service

WASHINGTON (AFNS) — The U.S. military has prepared for years to confront a public health challenge like the H1N1 influenza virus, a senior Defense Department official said May 6 here.

"We have been preparing for a situation like this for more than five years and have plans, processes and procedures to respond to a pandemic incident," said Dr. Michael E. Kilpatrick, the Military Health System's director of strategic communications.

"We are confident that established protocols and treatments will be effective in treating this flu, which currently is no more serious than seasonal flu," Doctor Kilpatrick said.

Meanwhile, Doctor Kilpatrick said, DoD officials are closely monitoring the path of the H1N1 flu virus.

The Armed Forces Health Surveillance Center reported a total of 24 confirmed H1N1 cases in the U.S. military, including 13 military family members, 10 active-duty servicemembers and one Marine recruit. The cases occurred in Texas and California.

There are 642 laboratory-confirmed

cases of human H1N1 virus infection in 41 states in the United States, according to the Centers for Disease Control and Prevention staff.

CDC officials also said another 845 probable human cases of H1N1 virus infection have been reported from 42 states and the District of Columbia, for a total of 1,487 confirmed and probable cases in 44 states.

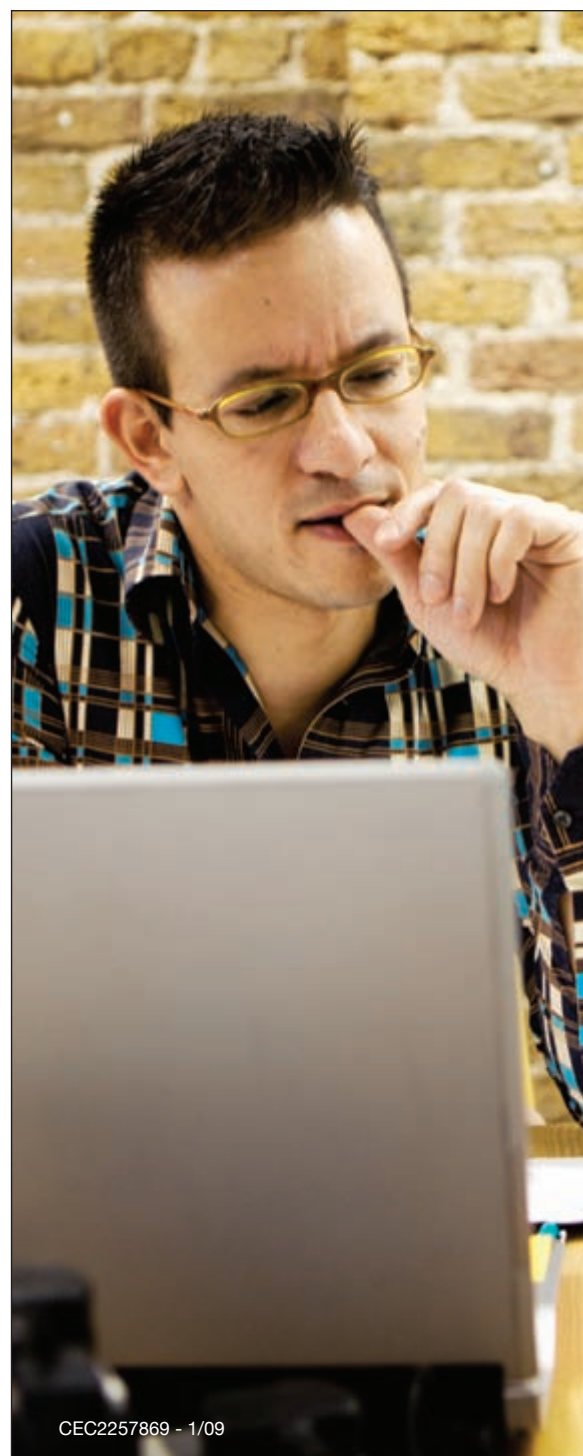
Two people in the United States have died from the H1N1 virus, according to CDC officials.

The World Health Organization said the virus has been reported in 22 other countries.

Symptoms associated with H1N1 flu include fever, cough, sore throat, body aches, headache, chills and fatigue, symptoms that are similar to those of common flu, Doctor Kilpatrick said.

People who believe they may have contracted H1N1 should contact their health care provider, who will ascertain whether testing or treatment is required, he added.

Doctor Kilpatrick said servicemembers and their families should look for the latest news about the H1N1 virus at the Pandemic Influenza Watchboard at [www.dod.mil/pandemicflu](http://www.dod.mil/pandemicflu), the official DoD site for issues related to this topic.



Wherever  
you are  
**COLORADO  
TECHNICAL  
UNIVERSITY**  
is there

Engineering influences a range of diverse industries such as aviation, healthcare systems, defense and telecommunications. Join this dynamic world and strive to be a pioneer for tomorrow's exciting discoveries.

- Learn to design, develop, test and supervise the manufacture of electrical and computer equipment
- Perform product evaluation and testing to ensure quality control
- Design and develop computer software, applications and systems

Source: <http://www.bls.gov/oco/ocos027.htm>

#### COLORADO SPRINGS CAMPUS

4435 North Chestnut Street  
Colorado Springs, CO 80907

1.888.266.1555

[WWW.COLORADOTECH.EDU](http://WWW.COLORADOTECH.EDU)

CEC2257869 - 1/09

**\$300 Active Duty & Adult Family  
Member Discount**

**Bentele**  
INNER SMILES  
**Orthodontics**

**MARK J. BENTELE, DDS, MS, PC**  
(COL, USAF, RET)

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

2575 Montebello Dr W, Ste 101  
between Union & Academy

UNITED CONCORDIA/payment plans available. No charge evaluations.  
719-268-7138 • [www.inner-smiles.com](http://www.inner-smiles.com)

**TriCare Prime offers off-base  
routine eye examination benefit!**



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

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

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

**LENSCRAFTERS**

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

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

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



# Fiscal plan reflects rebalanced priorities

*Budget protects funds that help service recruit, train, educate, sustain*

**By Tech. Sgt. Amaani Lyle**  
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — Air Force officials here recently announced that its portion of the president's fiscal 2010 budget reflects a balanced strategy to prevail in today's joint fight and sustain air, space and cyberspace dominance.

The two overarching principles guiding next year's budget are rebalancing the Air Force's capabilities and financing the service's "All In" commitment to joint warfighting, said Air Force Chief of Staff Gen. Norton Schwartz.

"We've focused on our people and proven technologies, and put heavy emphasis on supporting combatant commanders in a way that complements the joint team," the general said.

The Air Force's total budget is \$160.5 billion. Of that, the budget over which the Air Force has management discretion in fiscal 2010 — including allowances for people, readiness, infrastructure and modernization — is \$115.6 billion. An additional \$16 billion requested for overseas contingency operations supports ongoing operations in Afghanistan and Iraq. Another \$28.9 billion submitted in

the request, but not managed by the Air Force, includes funding for medical personnel, special operations personnel and national intelligence requirements.

"Our balanced approach is in line with the Department of Defense's emphasis on prevailing in today's operations while investing in new capabilities, force structure, skills and technologies that meet tomorrow's needs," said Secretary of the Air Force Michael Donley.

Secretary Donley emphasized funding decisions are consistent with the five priorities Air Force leaders adopted in October 2008. Those priorities are:

- Reinvigorate the Air Force nuclear enterprise.
- Develop and care for Airmen and their families.
- Partner with the joint and coalition team to win today's fight.
- Modernize air and space inventories, organizations and training.
- Recapture acquisition excellence.

## The right mix of people

The fiscal 2010 budget protects funds that help the Air Force recruit, train, educate, sustain and retain the right number and mix of people, according to service officials. This includes selective re-enlistment bonuses and quality of service enhancements that are among the Air Force's most useful tools for developing and retaining

Airmen with key skills.

The "huge news" affecting all Airmen is "despite an uncertain economy," Airmen can expect to see pay and benefits increases across the board, said Maj. Gen. Larry Spencer, deputy assistant secretary for budget. Increases of 2.9 percent in basic military pay, 2 percent in civilian pay, 5.6 percent in housing allowance and 5 percent in subsistence allowance are on the books.

Air Force officials also will invest \$313 million in quality of service projects that specifically benefit Airmen, such as military construction, family housing, child development centers, dormitories and a new Basic Military Training facility.

Personnel funding in fiscal 2010 will play an active role in shaping the force, as the Air Force directs approximately \$641 million toward recruiting and retaining critical wartime skills such as explosive ordnance disposal, medical, intelligence, contracting and special operations.

In terms of force structure, the budget also heralds the unprecedented undertaking of converting contractor positions to about 4,200 civil service jobs.

"The cost reduction from the contractor conversion will be significant, and if Congress approves the budget, there will be a lot of civilian hiring in 2010 and beyond," General Spencer said, especially in areas of



emphasis such as acquisition.

Reflecting on the budget's emphasis on personnel programs, General Schwartz observed that "beyond the platforms we operate or the technologies we employ, Airmen are the true strength of America's Air Force. Peak combat capability begins and ends with talented, healthy, motivated, trained and well-equipped Airmen."

## The right mix of resources

The fiscal 2010 budget also provides an opportunity to balance traditional Air Force investment in capabilities useful across the spectrum of conflict with much-needed capabilities that have special relevance at the ends of the spectrum.

"This budget really tells a story of balance between today's fight and tomorrow's needs," General Spencer said. "We're investing in combatant command support, including fifth generation planes, intelligence, surveillance and reconnaissance, space assets and preferred munitions such as AIM 9X, AIM-120 and Joint Direct Attack Munitions."

Title Sponsor **TRIWEST HEALTHCARE ALLIANCE**

Gold Sponsor **CSMNG** Colorado Springs Military Newspaper Group

## 14th Annual Charity Golf Tournament

Friday June 5th, 2009 • U.S. Air Force Academy  
Eisenhower Golf Club  
8 a.m. shotgun start

Sign up at [www.MCYM.org](http://www.MCYM.org) or call 719-381-1831

benefiting

**MILITARY COMMUNITY YOUTH MINISTRIES**

**Club Beyond**

**COLORADO SPRINGS PEDIATRIC DENTISTRY**

Little People, Big Smiles

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

Healthy Smiles are Beary Special

**Jeff Kahl, DDS**  
**Derek Kirkham, DDS**

*Committed to your children's oral health!*

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

# Connecting Volunteers with Local Needs

**VOLUNTEER PIKES PEAK**

A Program of Pikes Peak United Way and the Center for Nonprofit Excellence

Now with a click of a mouse you can find the perfect volunteer opportunity.

Search by

- Zip Codes
- Areas of Interest
- Time Availability
- Skills

To find a volunteer opportunity visit [www.volunteerpikespeak.org](http://www.volunteerpikespeak.org)

For more information call 2-1-1 or 955-0742

# AFCENT Band exchanges culture in colorful Turkmenistan

By Master Sgt. Steven Przyzcki  
Air Forces Central Public Affairs

TURKMENISTAN – On a one-week tour through this culturally diverse country, the U.S. Air Forces Central Band “Mirage” performed public concerts for thousands at performance halls, universities and military academies April 25-May 2.

Basking in the warm hospitality of the Turkmen people, members of Mirage exchanged ideas about music, art, food and military life and united in their mutual love of country and world cultures.

Mirage is comprised of eight musicians who deployed to Southwest Asia from the Air Force Academy Band located at Peterson Air Force Base.

Mirage performs throughout the area of responsibility to positively promote troop morale, diplomacy and outreach to host-nation communities. The band’s tour started in the capital city of Ashgabat which means “the City of Arsaces” in

Persian and loosely translates as “The city that love built.”

Performances here included concerts at the Music Vocational College, a joint performance with the Ministry of Defense Band at the House of Officers and a show at the Magtymguly Theater.

Silap Aliyevich, a piano instructor at the Music Vocational College said, “We enjoyed Mirage’s performance immensely ... these are great memories that will last with us forever.”

Aliyevich performed some compositions by Russian composer Sergei Rachmaninoff that he chose because the composer spent his later years living in America.

The joint performance by the Ministry of Defense Band with Mirage provided the two groups the opportunity to collaborate on several selections. The Turkmen soldiers’ enthusiasm was contagious as the joint concert had them erupt into exuberant applause.

Mirage’s tour included appearances in

the cities of Turkmenabat and Mary as well. Sahet Babayev, Provost of the Turkmenabat Music College thanked the band and the U.S. Embassy for providing the concert.

“This performance will have a lasting impact on us for some time, and I look forward to the next concert by an American Air Force Band,” Mr. Babayev said.

The school concerts provided the Turkmen students the opportunity to ask members of Mirage various questions. The people of Turkmenistan are proud of their independent culture especially known for their carpet making, folk music and horsemanship.

They are a peaceful people, and through the universal language of music, that can be taught to the world.

Turkmenistan is bordered by Afghanistan to the southeast, Iran to the southwest, Uzbekistan to the northeast, Kazakhstan to the northwest and the Caspian Sea to the west. It serves as a

major transit route for regional and international commerce and for supplies supporting Coalition efforts in Afghanistan.

Thus, the U.S. maintains a strong interest in establishing a long-term cooperative relationship here and elsewhere in Central Asia to create a positive security environment. This is challenging and requires gradual, incremental approaches often achieved through artistic, cultural exchange.

Vocalist Tech. Sgt. Nancy Poffenbarger was proud to make a positive impression on the young people in the country.

“For many of these kids, this is their first contact with Westerners and a first impression is a lasting impression,” Sergeant Poffenbarger said. “Two generations from now these kids will still see us for who we are and the impact will be fantastic. Through music, we are able to put America’s best foot forward, and we get the opportunity to learn something new as well.”

## FRAUD, WASTE AND ABUSE

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

**FRAUD:** Intentional deception of the DoD such as bribes, gratuities or false claims

**ACADEMY**  
1(719)333-3490  
DSN: 333-3490

**WASTE:** Extravagant, careless or expenditure of government funds

**AIR FORCE**  
1(800)538-8429  
DSN: 425-1562

**ABUSE:** Intentional wrongful or improper use of government resources

**DEPT. OF DEFENSE**  
1(800)424-9098  
DSN: 664-8799

I’m giving a  
**10% MILITARY DISCOUNT**  
**ON MY ENTIRE MENU.**

This does not include teenagers in camouflage shorts.



First & Main Town Center (next to JCPenney)

Austin Bluffs Pkwy & Academy Blvd (in the King Soopers shopping center)



# Class of 2009 selects Heiser Award winners

By Dr. Kevin Davis  
Department of Management

Each year the Air Force Academy graduating class selects two senior faculty members who have contributed the most to cadet personal and intellectual development; professors who inspired and challenged their students to “work harder and dig deeper.” Further, the cadets are asked to consider the extent to which their instructors demonstrated and promoted the USAF’s Core Values of Integrity, Service, and Excellence.

From a list of more than 160 eligible senior professors, the 2009 William H. Heiser Outstanding Senior Faculty Educator Award winners are Dr. David Sacko from the Department of Political Science and Lt. Col. Leemon Baird from the Department of Computer Science.

In nominating Dr. Sacko for the award, cadets noted that he encourages his students to reach a very high standard, while making every class interesting. They lauded him for his intellect and his ability to connect with undergraduate students. Finally, students noted Dr. Sacko’s daily demonstration of the USAF Core Values.

Dr. Sacko earned a PhD in Political Science from Pennsylvania State University and recently served as a Fulbright Scholar at Warsaw University. His research interests include international relations theory, conflict processes, and eastern European security.

In nominating Colonel Baird for the award, cadets pointed to his incredible commitment to service: no matter how busy he is, he will always take the time to immediately help his students. Students noted that Colonel Baird challenges them intellectually while inspiring them. He encourages his students to seek “out of the box” solutions—not surprisingly, he is a very popular guest speaker every year in the innovations capstone in a separate department.

Colonel Baird earned a PhD in Computer Science from Carnegie Mellon. He has a number of research interests, including jam resistance, machine learning, artificial intelligence, cryptography, security, graphics, computer science theory, programming languages, and computer science education.

Cadet 2nd Class Ridge Flick, wing academic nco, collected nominations and organized the voting. The awards were presented by Cadet 1st Class Jacob Schonig, Fall 2008 cadet wing commander, in front of the faculty at a Dean’s Call May 7.



Photos by Dennis Rogers  
Lt. Col. Leemon Baird, center, above, and Dr. David Sacko, center, below, receive special recognition from Dean of the Faculty Brig. Gen Dana Born and Fall 2008 Cadet Wing Commander Cadet 1st Class Jacob Schonig.



# Military needs new threats strategy general says

By Gerry Gilmore  
American Forces Press Service

VIRGINIA BEACH, Va.— The U.S. military requires a new, grand strategy to address today’s complex security threats as well as tomorrow’s challenges, a senior U.S. military officer said here Tuesday.

“We have a real need for a grand strategy; any analysis shows that we have that need,” Marine Corps Gen. James Mattis, commander of U.S. Joint Forces Command, told attendees at the annual Joint Warfighting Conference held here through Thursday.

Based in Norfolk, Va., Joint Forces

Command is one of the 10 unified combatant commands, and it is the primary U.S. military force provider. General Mattis wears a second hat as NATO’s supreme allied commander for transformation.

The U.S. military’s previous grand strategy was based on containment of the Soviet Union, General Mattis said, noting that threat ended with the fall of the Berlin Wall in 1989.

However, today’s national security environment is much more complex than that of 20 years ago, General Mattis said. The emergence of global terrorism, the likelihood that weaker or failed states will

rely on a mix of conventional and unconventional forces, known as hybrid warfare, to battle U.S. forces, and the possibility that a near-peer competitor may one day challenge U.S. national security interests, he said, are driving efforts to develop a new, balanced and comprehensive strategy that addresses all of those scenarios.

“Our predicaments today are complex, but I do not believe they are more complex than many that civilizations have faced in the past,” General Mattis said.

President Barack Obama and Defense Secretary Robert Gates are addressing how the military will confront terrorist

threats that exist in Afghanistan and Pakistan, General Mattis said, through a multi-faceted strategy that employs military, political, diplomatic, economic development and other components.

Joint Forces Command is working with senior civilian and military leaders and allies, General Mattis said, to develop an overarching, grand strategy that addresses current threats, such as terrorism, as well as future threats. He said his organization is revising its Joint Operating Environment report, known as the JOE, which predicts potential threats to U.S. national security in the years ahead.

**FREE**

FOR THE FIRST MONTH WITH THIS AD  
\*\*New Customers Only\*\*

**ACCESS**

**SELF STORAGE**

2 LOCATIONS TO SERVE YOU

3150 Boychuk Ave  
719-391-1900

4750 Scarlet Drive  
719-282-1000

**10% MILITARY DISCOUNT**

Need a **Manctuary?**

We can build or help you build a customized basement or office, sports room, game room, theatre or workshop. Big or small, we do it all – from complete man caves to stand alone man-rooms, working garages, and workshops. We can also build you an open-air cave with custom decks and patios, outdoor bars and grills, and weekend-friendly landscaping. Tell us what you want and we will build you the perfect mantastic place. We support active-duty and retired military families, ask us for a free estimate and get ready for summer! Licensed, insured, established Colorado Springs business. Tell us your plan and we will make it happen

For a free estimate - email us at [manrooms@gmail.com](mailto:manrooms@gmail.com) or contact us at 287-0016 or 271-8683.

Also keep in mind we property manage and fix anything you need done for a fair price.

**BUY ONE ADMISSION GET ONE FREE**

**“Garage Sale Heaven”**  
Open Every Sat & Sun.  
7am - 4pm

**The FLEA MARKET**  
COLORADO SPRINGS

Expires: 5/21/09  
Platte & Powers  
**380-8599 CSFleaMarket.com**

**Blue Star Service Banners are Back**

America is at War...  
...and a tradition continues.

Men and women in military uniforms are on the front lines of our war on terrorism. In wars past, a Blue Star Banner in the window of a home showed a family’s pride in their loved one serving in the U.S. Armed Forces and reminded others that preserving America’s freedom demands much.

Every neighborhood has someone serving in the current war on terrorism. As we steel ourselves for a long and difficult war, the sight of the Blue Star Banner in homes will remind us of the personal sacrifices being made to preserve our way of life.

From the more than 4 million men and women of The American Legion, the American Legion Auxiliary, the Sons of The American Legion ... and all your fellow Americans ... we say, “Thank you.”

The American Legion Family  
[www.legion.org](http://www.legion.org)

PATERNITY | STD | DRUG | HEALTH & WELLNESS

**WE DO STD TESTING!**

- Quick
- Complete
- Discreet

7824B N. Academy Blvd.  
Colorado Springs, CO 80920  
Phone: 719.277.TEST (8378)  
Fax: 719.277.8353  
[www.anylabtestnow.com/cosprings](http://www.anylabtestnow.com/cosprings)

**ANYLABTEST NOW!**

Coming Soon

**The Wedding Companies**  
By PicturesDunrite.Com Photography

750 Garden of the Gods Rd. 719-650-2542

**Your One Stop Source for your Event**  
A Beautiful Building filled with Bridal Coordinators, Cakes, Caterers, Dresses, DJ Services, Entertainers, Event Venues, Florist, Jewelry, Invitations, Hair Stylists, Health & Fitness, Limousines, Make-Up Artists, Magicians, Officiants, Photography, Rental Tables and Décor, Silk Flowers, Travel Agent, Tuxedo’s, Videographer and much more

Vendors that need commercial space and are interested in joining our team please contact Charlie

# DoD officials promote 'World No Tobacco Day'

## Air Force News Service

FALLS CHURCH, Va. — The last Monday in May is Memorial Day, a day set aside to honor the men and women who gave their lives in service to their country. Living freedom to the fullest by reducing unnecessary health risks is one way to honor the memories of those who've died, DoD officials say.

Just around the corner from Memorial Day, on May 31, is World No Tobacco Day, sponsored by the World Health Organization. This year, for the first time, the Department of Defense is endorsing the observance of WNTD by encouraging servicemembers to participate. The effort is part of DoD's multiyear tobacco cessation campaign, Quit Tobacco—Make Everyone Proud.

"On Memorial Day, when we reflect on the sacrifices our fallen heroes made so that we can live free, it seems that World No Tobacco Day comes at a perfect time," said Capt. David Arday, a physician and

U.S. Public Health Service officer and chairman of the DoD Alcohol and Tobacco Advisory Committee.

"Freedom from tobacco addiction is not a sacrifice; it's a way to live our lives to honor those who gave us our freedom," he said. "This is a great opportunity for servicemen and women to connect to others on their installation, across the country and around the globe in a worldwide event to take a public stand and make a personal commitment in the fight against tobacco."

Health promotions staff members at installations are encouraging their patients and clients to sign the online pledge at [www.ucanquit2.org/facts/WNTD](http://www.ucanquit2.org/facts/WNTD) and accept the challenge to become tobacco free on WNTD.

There are free promotional and informational items available to order or download online to help stage events, plus specially designed e-cards visitors can send to encourage friends and family to give up tobacco. Military personnel also can use the e-card to announce

their intention to quit.

The campaign headquarters at [www.ucanquit2.org](http://www.ucanquit2.org) offers the latest high-tech ways to connect with others on the road to becoming tobacco free. The site has launched a Twitter page at [www.twitter.com/ucanquit2](http://www.twitter.com/ucanquit2), and anyone who signs up can follow the site's activities and news, including tobacco and other related health information.

Visitors can take advantage of other social networking opportunities, such as being a friend at MySpace, tuning in to the videos and making comments at the YouTube page and becoming a fan of the campaign's Facebook page. On Facebook, there's a new feature that allows users to announce to others they've quit and to congratulate friends and family who've made the commitment to quit tobacco.

For those who want their own private area to concentrate on tobacco cessation, the campaign Web site offers users "My Quit Space," where they can create a customized quit plan and calendar.

Blogging options include starting a private blog or publishing it for others to read and make comments.

The site has gone mobile, which is perfect for the enlisted community. Users can point their mobile browsers to <http://m.ucanquit2.org>, the new mobile ucanquit2 Web site, to find cessation programs across America to help them quit tobacco and access important tobacco cessation news.

Getting support from others is an important weapon in winning the battle against tobacco, which is recognized as an obstacle to optimal readiness and performance for the armed services.

"Committing to participate in World No Tobacco Day on May 31, 2009, is a one-day test run for what could be the beginning of a tobacco-free lifestyle for servicemen and women," Captain Arday said.

Also visit Tricare's special Web page geared to quit tobacco efforts at [www.tricare.mil/tobaccofree](http://www.tricare.mil/tobaccofree).

# Airmen, veterans can now apply for new GI Bill

## By Maj. Beth Kelley Horine

Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas — The Department of Veterans Affairs opened its doors for accepting Post-9/11 GI Bill applications May 1. All Airmen and former Airmen with at least 90 days of active duty service since Sept. 11, 2001, can choose to apply for education benefits, which begin Aug. 1, 2009 under the new GI Bill law. To apply or for details on what the Post-9/11 GI Bill offers, visit the VA's Web site, [www.gibill.va.gov](http://www.gibill.va.gov).

## New bill basics

The Post-9/11 GI Bill provides education funding and benefits to eligible veterans and Total Force Airmen. More than 670,000 retired, separated and active duty Airmen, in addition to thousands more Reservists and Guardsmen, are eligible for the new bill.

For Jeremy Jones, an Air Force veteran and graduate student at the University of Texas, this equates to more money for his degree and helps with living expenses.

"I've been going to school since I separated from the Air Force in 2008. I was never eligible for the Montgomery GI bill, but the new GI Bill will allow me to go to school full-time while paying my full tuition and most of my rent," said Mr. Jones, referring to a monthly housing stipend the Post-9/11 GI Bill offers for eligible members.

"Plus, I get an extra \$1,000 a year to offset the cost of my textbooks and school supplies," he added, referencing the annual books/supplies stipend also a part of the Post-9/11 GI Bill.

Although the bill may be used while on active duty, Airmen should first contact an education counselor to explore all options, such as tuition assistance, the tuition assistance top-up program, the MGIB and the Post-9/11 GI bill, according to Thomas Hawthorne, AFPC's Education Services chief.

Mr. Hawthorne also advised veterans on the when to apply. "If you're a veteran or transitioning Airman planning to head to college in the fall, now is the time to apply for the new GI Bill if you think you're eligible," Mr. Hawthorne said. "However, for most Airmen and veterans who are simply looking at options for post-military careers and education plans down the line,

take the time to educate yourself on all the VA's education benefit options before deciding which program apply for and use," he added.

## Transfer of benefits to family members

A landmark benefit of the new GI Bill allows eligible active duty and Selected Reserve Airmen, who are serving on or after Aug. 1, 2009, to transfer their Post-9/11 GI Bill educational benefits to qualified dependents. Currently, more than 144,000 active duty Airmen, and thousands more Selected Reservists, may be eligible for the transfer-to-dependents option.

"The transfer-to-dependent option of the Post-9/11 GI Bill is a huge benefit to our Airmen," said Maj. Gen. K.C. McClain, Air Force Personnel Center commander. "This part of the benefit is designed as a military retention and recruiting tool for active duty service members and Selected Reservists."

Proposed Department of Defense policy lists eligibility requirements for the transfer-to-dependent option. Requirements include: being on active duty or in the Selected Reserves on Aug. 1, 2009; meeting all Post-9/11 GI Bill eligibility requirements; already completing six years of service; committing to an additional four years of service; and having DEERS-registered dependents.

"AFPC is an integral part of the transfer-to-dependent option. Our role is to review all transfer applications received from Regular Air Force Airmen for eligibility," General McClain said.

To do so, AFPC customer service representatives will check an applicant's personnel record and validate retainability using the system of record. If the applicant is eligible for the transfer option, AFPC will update the member's Active Duty Service Commitment and return the application to the VA. For details, visit [www.ask.afpc.randolph.af.mil](http://www.ask.afpc.randolph.af.mil) and click on the Post-9/11 GI Bill spotlight link.

For Maj. Eric Hanley, an MC-130 pilot out of Eglin AFB, Fla., and Master Sgt. Floyd Kirkland, 4th Contracting Squadron superintendent and first sergeant at Seymour-Johnson AFB, N.C., the transfer-to-dependent option of the new GI Bill significantly changes their financial futures.

"The ability to transfer my 9/11 GI Bill benefits to my daughter is enormous for my family and me," said Sergeant Kirkland. "Essentially, my daughter can now

go to the college of her dreams. The GI Bill allows me the ability to pay for her advanced education and use our savings towards retirement."

"It changes the whole way I'm looking at investing money," added Major Hanley, who is currently deployed overseas. "I have one kid and another on the way who I've been trying to start a college savings plan for. Not that I won't still save some money for them, but this new GI Bill transfer option allows me to invest for different goals, not just to pay for my kids' college," he added.

Active duty Airmen and Selected Reservists can apply to transfer their Post-9/11 GI Bill benefits to their dependents after Aug. 1, 2009, through the Transfer Education Benefits Web site under development by the DoD's Defense Manpower Data Center.

Eligible members who do not plan to use their Post-9/11 GI Bill benefits for themselves and only transfer their benefits to their family members do not need to apply for the Post-9/11 GI Bill separately. The act of applying to transfer benefits also serves as application for GI Bill benefits for the member.

For more details, call the Total Force Service Center at 1-800-525-0102 or visit the Post-9/11 GI Bill spotlight link on the "Ask" AFPC Web site.

## Post-9/11 GI Bill vs. MGIB

Airmen and veterans who currently have the Montgomery GI Bill and meet the eligibility requirements for the Post-9/11 GI Bill may apply to convert to the newer bill as of May 1, for a program start date of Aug. 1, 2009. This is a one-time, irrevocable conversion. Currently, approximately 187,000 RegAF Airmen are eligible to make the switch, if desired.

"For most eligible veterans, the Post-9/11 GI Bill is a better alternative than the Montgomery GI Bill," said Mr. Hawthorne. "Deciding which GI Bill to use depends on several factors, including the type of education or training you plan to take, the location of your school, and the amount of benefits received under each program."

Individuals converting to the Post-9/11 GI Bill from the MGIB generally will be limited to the amount of remaining months of MGIB entitlement. However, if all MGIB benefits have been used (36 months), individuals are still eligible for the Post-9/11 GI Bill and can receive an additional 12 months of benefits (48 months total, combined between two GI Bills, allowed under law).

# Academy competes in cyber competition

By Butch Wehry  
Academy Spirit staff

Capt. Michael Henson and 25 Air Force cadets worked and operated together to support a fictional deployment with services that needed to remain running such as e-mail, DNS and chat while under attack from NSA red cell members.

After four days of being attacked, months of preparation, and building a network, the Academy team learned May 4 that it had finished in eighth place.

The CDX, annually sponsored and conducted by the NSA's Information Assurance Directorate, this year included teams from the five U.S. Service Academies: U.S. Military Academy, U.S. Air Force Academy, U.S. Merchant Marine Academy, and the U.S. Coast Guard Academy. Also participating this year was the Air Force Institute of Technology, the Naval Postgraduate School and - for the first time - the Royal Military College of Canada. Canada is an allied partner of the National Security Agency.

The cyber exercise is a computer security competition designed to foster education and awareness among future military leaders about the role of information assurance in protecting the nation's critical information systems. The exercise challenged teams of students drawn from each of the service academies with designing, building, and successfully defending a real-world computer network against simulated intrusions by a team of Department of Defense experts. The entire exercise was conducted on virtual private networks, providing a safe path for the exercise while preventing interference with real-world networks.

"For me, it was definitely an edge-of-your-seat experience because I was on the Intrusion Detection System



Cadet 2nd Class Michael Nettis observed multiple events in the command center during a recent joint service cyber defense exercise.

team, which meant I was looking at live traffic most of the time looking for attacks and forwarding that information to the Firewall Team so that bad addresses could be blocked," said computer science with cyber warfare major Cadet 4th Class Christopher Shields. "We could see how the other academies were doing to some extent because we each needed to have a Web site that had the current status of our systems."

Most time was spent actively monitoring their systems so they did not have a lot of time to watch other academies.

"All we could see was the status of

their systems from their website and hear what they were bragging about, which was not the most reliable information," said the cadet from Wyomissing, Pa.

Since he was a volunteer, Cadet Shields tried to come into the lab as much as possible during the class times and spent a lot of time over the weekends getting systems up and running. "It is difficult to learn the types of skills required to be able to compete in a competition like the CDX in classes," he said. He was using previous computer experience gained from working with computers most of his life.

"We had various different teams who were in charge of the many different systems our network needed to have up and running," he said. "We had to be able to count on each other that each team was knowledgeable about their systems and could perform on-the-fly maintenance. Some of the systems included a web server, email server, instant messaging server, and general computer workstations."

He is convinced he gained a lot of experience from the 2009 CDX and is

looking forward to next year's competition.

"I think we have what it takes to win next year," he said. "A few people will have already participated in one CDX and will be able to lead next year's teams and help them focus on the most important aspects of our network design and security. I feel very lucky to be able to take part in the CDX's and hopefully I will be able to return for all four years. This has been a very exciting and educational experience for me since I have been reading about the CDX since I was in high school. Being able to participate in the exercise that I read up on and was very interested in high school is an amazing and very rewarding experience."

Cadet 1st Class Bryon Fryer was with others in the Academy CDX Lab. The cyberware major had prepared and built the firewall system.

"We were very vigilant in our security posture," said the cadet squadron 28 member from Harrisburg, Pa. "The other academies networks were on different subnets so we only saw traffic that was directed at our network."

After countless hours of studying and understanding how his system worked and Cadet Fryer built a robust and flexible security posture for the network.

"The ability to know how and when to augment and reconfigure the network security policies in order to prevent intrusions and read and understand traffic logs was critical," he said. "While the Academy did not place first this year, we will be a force to reckon with next year."



Alexander Harn, a National Security Agency representative, watches cadets successfully defend a real-world computer against simulated intrusions. Most of their time was spent monitoring their systems.

# Cycling season ends with bang

By Jim Weinstein

10th Medical Support Squadron

The 2009 cadet cycling team was recognized as the "Collegiate Team of the Year," finished on top of the Rocky Mountain Collegiate Cycling Conference— Div 2, and supported our top rider, Trevor Johnson as he went on to win the overall title for the RMCCC.

The team hosted "the best" race of the season, and also qualified to attend the National Championships in Fort Collins, Colo., where it competed against schools from all over the nation.

Collegiate Cycling Nationals consists of three events, a road race (70 mile hilly course), criterium (75 minute race with multiple laps of a 1km course), and a team time trial (18 miles where the team works together to get the fastest time).

The weekend was a success.

**Friday:** The road race in Fort Collins was the hardest race course in recent Collegiate Nationals history. The team raced with six riders including: Trevor Johnson, Preston Moon, Adam Kruse, John ShalekBriski, Justin Goodin and William Gates. Members worked extremely hard to ensure Trevor Johnson (the team leader) was well placed to make his attack from the field of cyclists. It was no surprise that a small group of elite riders including Johnson fought it out for the National Title. Trevor finished 6th ... the best finish for an Air Force rider in the road race in nearly a decade.

**Saturday:** The team raced the criterium with four riders including: Preston Moon, John ShalekBriski, Justin Goodin and William Gates. Trevor Johnson and Adam Kruse sat out and rested in a strategic decision to focus on Sunday's team time trial. Again the team worked great and put ShalekBriski into great position for the final laps; he finished strong in 12th place.

**Sunday:** The team time trial consisted of Trevor Johnson, Preston Moon, Adam Kruse and John ShalekBriski. This event requires guts, teamwork, communication and aerodynamics. To race this fast for this long, riders must ride two to three inches away from each other's wheel (on tires that are only 22 millimeters wide), using the draft created each rider pulls hard at the front and then rotates off and rests at the back of the line of four riders in the draft. This, in turn, makes an entire team faster. It's a perfect match for our Air Force team and winning the national championship was a team goal from day one.

The team knew to win it would need to beat Princeton and Furman universities. The race started extremely fast—requiring an average speed over 30.5 mph over the rolling 18 mile course to get the win.

In cycling, the statement "you must risk losing to ever have a shot at winning" rings very true ... the team threw caution to the wind and took the risk.

At the half-way point time checks indicated the cadets were only a few seconds behind Princeton, were picking up speed and closing the gap, and were on their way to a national championship. There's another adage, "you win some, you lose some and some days it rains" and for the team it started to pour. An untimely flat tire followed by a spectacular crash ended the team's dream.

Team members picked themselves up and rode hard to the finish.

Although the collegiate season is coming to an end, many of the underclassmen will race throughout the summer while the first classmen will be off to bigger and better things.

Trevor Johnson, for example, will experience a dream come true and race



Courtesy Photo

**Jim Weinstein (OIC of the Cycling Club) hands a bottle of water to Trevor Johnson in the feed zone of the 80 mile road race. Handing up a bottle at 30 miles per hour can be both tricky and dangerous.**

in Belgium at the professional level for over a month before he attends pilot training. Preston Moon is off to pilot training at Vance and Adam Kruse is AFIT bound for graduate school. As for the author, I am PCSing in a month and my fondest memories of this assign-

ment will be those of the cadet cyclists learning to lead, mentor and win ... in that order.

The cadet cycling team would like to especially thank the Athletic Department, the AOG, and club sports for their amazing and continued support.



## CW Sports Day

Sports fans and athletes of all interests turned out May 8 for the Cadet Wing Sports Day event. It was a day of teamwork, a test of endurance and a chance to get away from work desks.



Photos by J. Rachel Spencer

## Wrestling

The Air Force wrestling team is one of eight Division wrestling programs recognized for having the highest Academic Progress Rate in its conference for the second-straight year. The fifth-annual APR report, released last week by the NCAA, showing vast improvements by the wrestling programs, with 21 teams improving 15 or

more points from last year. The overall four-year APR for Division I wrestling improved seven points, more than double the three point gain by all Division I athletic teams.

## Baseball

Air Force dropped a 12-2 Mountain West Conference baseball game at San Diego State Sunday at Tony Gwynn

Stadium. The loss dropped the Falcons to 14-34, 3-15 while the Aztecs improved to 34-19, 13-8. San Diego State extended a 1-0 lead with four runs in the fourth inning to pull away for good. The Aztecs also plated four runs in the fifth and three more in the seventh. Air Force scored both of its runs in the fourth inning. The Falcon baseball team concludes its season this week hosting New Mexico today at 2 p.m. and again

Saturday at noon at Falcon Field. Air Force is 14-34, 3-15 vs. New Mexico with a 34-18, 12-8 record.

## Golf

Air Force golfer Tom Whitney will compete at the 2009 NCAA Men's Golf Regional Championship in Stillwater, Okla., through Saturday. The regional is being held at the par-72, 7,407-yard

# Teenager's fitness interest led to middle-age lifestyle

By Ken Carter  
Editor

Being a skinny 14-year-old perceived as a 98-pound weakling and having sand kicked in one's face in 1973 was considered no less humiliating then than it would be today. The Charles Atlas advertisements at that time featuring just such a scenario only amplified the desire for many young men to aspire to be like Atlas. This was the period when Arnold Schwarzenegger and his contemporaries took body building into the mainstream.

Joining the Co-op City (a huge apartment complex in the Bronx, N.Y.) Bodybuilding and Weightlifting Club from 1973-1975, and working out as a hobby with friends, was one way for Al Brody to tweak his physique then — and he's no less concerned about fitness today.

Air Force Lt. Col. (retired) Al Brody, now 50, says "gaining 40 pounds of muscle and a significant amount of self confidence was just what he needed then as a 16-year-old senior in high school." When the club held a bodybuilding contest, Brody won the "Junior Mr. Co-op City" title in his first and only formal contest to date ... until now.

Saturday the stage was set for Brody to show he still has what it takes to be competitive in the bodybuilding arena when he squared off against two others in the 50 and older category at Doherty High School in Colorado Springs for the Southern Colorado and Armed Forces Natural Bodybuilding contest. Brody finished second in his category, believing he gave the top winner, "a run for his money."

"I entered this contest because this is probably my best opportunity with a category for 50 and older," said the former four-time facilitator for the Academy's National Character Leadership Symposium. "Preparing made me realize that contest level bodybuilding is probably not the healthiest lifestyle and I plan to return to a more moderate workout routine and diet immediately. To me, bicycling is the fountain of youth. My family can enjoy it together and it keeps me lean and outdoors. Bodybuilding requires a lot of time in the gym and, in my opinion, demands dangerous levels of protein to build the muscle mass."

Brody's competition preparation meant six meals of mostly protein each day.

He said his food intake quantities should be kept in perspective as he is very light (160-168 lbs at 5'10") for a bodybuilder.

"As a cyclist I avoided large amounts of protein, especially red meats, and considered food mostly fuel," he said. "As a bodybuilder, I sought protein in eggs, fish, chicken, beef, lamb, and tofu. I strived to consume one gram of protein per pound of my body mass—about 170 grams a day. I ate any kind of vegetables for variety and taste as eating only protein quickly bores my palate." To stay regular

he maintained his normal routine of eating five prunes each day at breakfast.

The diet was just one example of the focus in the life of this bodybuilder.

Brody believes Air Force members should have three priorities and try to do everything possible to keep them in focus.

"They are in order: Health. Family. Career," he said.

"There are many times when the job must come first but we may have to take extreme measures not to hurt our health or our family. The reason health is number one is if we allow ourselves to get unhealthy (physically, mentally, or spiritually) both our family well being and job performance will suffer. If we hurt or destroy our families, what is the value of a "great career"?"

Brody sees a direct correlation between his love for bodybuilding and the Air Force core values.

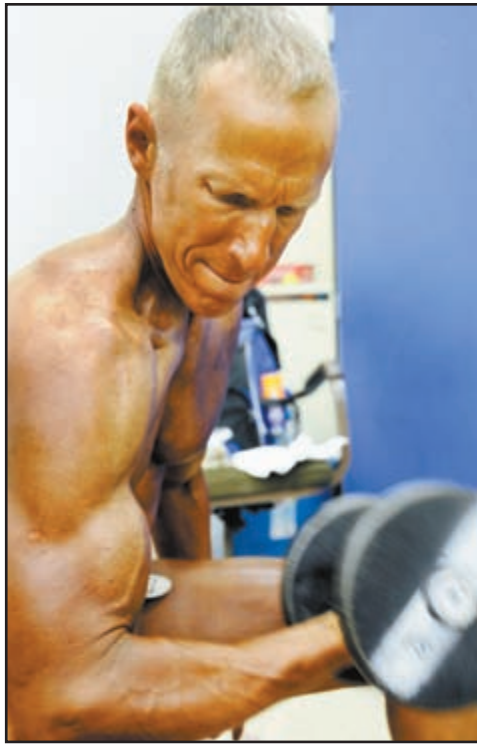
**Integrity First** - This natural bodybuilding contest required a polygraph test to prove steroids and other performance enhancing substances were not used. "It was my first ever polygraph and I passed with flying colors because I have never used any chemicals to enhance my performance. Having a solid core built on integrity feels very rewarding when you are tested," he said.

**Service Before Self** - We all have community involvements and Brody has accumulated many since retiring in 2002. "Although working out was very important to me, I always did what I had to do for my family and community before I would work out."

**Excellence in All We Do** - Although there is a bit of illusion with artificial tans and stage lighting to enhance definition when posing, bodybuilding exposes the truth. "You can't hide what you didn't do to prepare," he said.

If one looks good on stage, it is because of determination and hard work. All that hard work takes time and a toll on family life for the military retiree.

"We are a supportive family and encourage each other to try things and grow from the experiences," he said. "My wife is my best trainer and supporter. My daughter is a great support to me as well. Although, helping me shave my back and watching me on stage in a skimpy posing suit that makes a swim suit look like a burka probably won't ever be highlights for her," he concluded with a smile.



Photos by Dave Ahlschwede

Bicep curls are key to just prior to posing before judges.



Air Force Lt. Col. (retired) Al Brody had 60 seconds to impress the judges at Doherty High School Saturday during the Southern Colorado and Armed Forces Natural Bodybuilding contest.

Karsten Creek Golf Course, site of the 2011 NCAA Men's Golf Championship. Whitney teed off at 10:30 a.m. Thursday for the first round of action. Live stats for all rounds are available at [golfstat.com](http://golfstat.com).

## Track and Field

The Falcon squad is in Laramie, Wyo., for the 2009 Mountain West

Conference Outdoor Championships. The meet began with the heptathlon and decathlon Wednesday and continues through Saturday at the Memorial 8 Track at Louis S. Madrid Sports Complex.

## Lacrosse

Several members of the Air Force lacrosse team were honored May 7 as

the Falcons held their annual awards banquet. The Falcons celebrated a highly successful season in which the team finished 7-7 on the year with a school-record four GWLL wins. Air Force also claimed a second-place showing in the league for just the second time (first since 1995) and earned a spot in the Great Western Lacrosse League tournament.



## Intramural Golf Standings

(Week 1)

Division 1		Division 2	
1. 10th FSCGM	3.0	1. 10th FSCGM 2	3.0
2. 10th MDG 1	0	2. NSSI	0
3. DP	0	3. DFM	0
4. LGR	1.5	4. 98FTS	0
5. 94FTS	0	5. 10th CS	1.0
6. DFC	0	6. DFCE	1.0
7. DFL	3.0	7. DFP	2.0
8. CWC	2.0	8. DFAS	2.0
9. NSSI 2	1.5	9. PLC	3.0
10. CW 2	3.0	10. CW 1	3.0

# Community gives thanks to military spouses

*Many were eager to engage in pampering and spoiling*

By Ann Patton  
Academy Spirit staff

Spouses of military members packed the Southeast YMCA May 7 for a day of information gathering, sharing experiences and a whole lot of pampering during the Military Spouse Appreciation Day.

Donna Chavez representing the Academy Airman & Family Readiness Center, estimated about 400 spouses of service members in the Pikes Peak area attended.

"We have a really good turn-out," she said. "It's a day to show our appreciation for the sacrifices they make, and it's neat to see how the community comes together to do this."

On hand were representatives from Air Force AFRC's, Army Community Services, health and wellness centers, the Pikes Peak Library District, military arts and crafts and outdoor recreation centers, health care providers, employment assistance providers and financial companies, all of which offered information, free samples and small gifts. Craft booths offered spouses

opportunities to create a take-home project.

Spouses and family members enjoyed a complimentary lunch. YMCA members were eligible for a workout in the gym or a dip in the pool during the event.

"This is a really big deal for us, and it's perfect because Mother's Day is this weekend," said Wendy Brez, marketing director for the YMCA of the Pikes Peak Region. "We understand the hardships every one of them is going through."

Lines formed quickly for hair stylings, massages and make-up tips.

"It's nice to be pampered every once in a while. I love it. It feels so nice to have someone style my hair," said Kelly Reitman, spouse of Army Sgt. Paul Reitman. "It's nice they're doing this for us."

Area stylists volunteered their time and talents for the annual event.

"I love doing hair, and I love pampering others," said Lindsey Throne, stylist with Toni and Guy.

Angelica Medina, spouse of Sgt. 1st Class Jose Medina who has been deployed twice, also took advantage of the pampering.

"Hair, nails, massage, whatever I can get," she said with a smile of her plans for the day.

Danyella Inthalangsy, spouse of Cpl. Phouthasone Inthalangsy, also planned



Photo by Ann Patton

**Kelly Reitman, left, enjoys a new look, thanks to Lindsey Throne. Stylists in Colorado Springs volunteered their time and talents for the day.**

on a haircut, but she also enjoyed getting away for a few hours.

"It's the first time away from my son," she said. "It's nice to eat without little, tiny hands grabbing it away from me."

During the lunch hours, military spouses offered a fashion show, "Fashion on a Budget." The presentation included tips on purchasing items at deep

discounts from department stores, buying clothing in bulk and scouring thrift shops for attractive and very wearable items.

Dirk Spaulding with the Academy Health and Wellness Center said the event went well.

"It's great," he said. "It has always been fun, and we support the community."

## August 29th

# Red White & Brave

## Welcome Home Parade

**The Welcome Home Parade Committee is proud to announce the**

**2009**  
**Red White & Brave**  
**Welcome Home**  
**Parade**

On Saturday, August 29th, Colorado Springs will gather to let the troops and their families know how important their work and sacrifice is to us, and how happy we are to welcome them home.

Soldiers, airmen, Marines and sailors from every base in the Pikes Peak region will march proudly through downtown Colorado Springs. Marching bands of all kinds will play as colorful floats roll down the street. We will warmly welcome The 4th Infantry Division, formerly based at Ft. Hood and now part of the Ft. Carson family, to Colorado Springs.

In 2004, a group of community leaders decided to bring our town together to say thank you to our returning soldiers.

The Welcome Home Parade was a resounding success; 6,500 troops newly returned from Iraq and Afghanistan marched with their heads held high in front of 65,000 spectators. There were lots of smiles and a few tears at this historic event.

[www.csmng.com/welcomehomeparade](http://www.csmng.com/welcomehomeparade)





**Graduation tickets**

Tickets for the Air Force Academy graduation ceremony May 27 will be available from the Athletic ticket office beginning Monday for Academy personnel only. The tickets will be available on a first come-first served basis, with a limit of four per staff member. The tickets are for reserved seats in sections L-1, L-2 and L-14 of Falcon Stadium. The ticket office is located in the Falcon Athletic Center and is open 9 a.m. to 5 p.m. weekdays.

**VBS**

This year's Vacation Bible School will be held at the Community Center Chapel from 5:30 to 7 p.m. June 8 through 12. Children 4 years through 5th grade will have a great adventure in the Bayou with "Crocodile Dock!" Register until June 7. To register or volunteer call the

Community Center Chapel at 333-3300.

**Organizational fundraiser**

The 306th Operations Support Squadron holds a unit fundraising garage sale from 8 a.m. to 4 p.m. today at 4414 E. Bighorn Drive, unit B. No "early birds" please. Call Staff Sgt. Samuel Perez at 333-2526 for more information.

**Douglass Valley's 50th**

Douglass Valley Elementary celebrates its 50th anniversary today. The celebration at the school starts with a barbecue at 4:30 p.m. followed by a program and open house. Call 234-4200 or e-mail Teresa Bland with any questions at: [dveanniversary@yahoo.com](mailto:dveanniversary@yahoo.com).

**A&FRC offerings**

The Airman and Family Readiness Center hosts the following classes during May.

**Group pre-separation counseling**

Held every Monday (except during TAP week); 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory briefing assists in identifying benefits and services associated with transition and beyond.

**Medical records review**

Monday; 7:30 a.m. to 4:30 p.m.

Individuals within 180 days of retirement or separation can have the DAV review medical records.

**TAP seminar**

Tuesday through May 22; 7:30 a.m. to 4:30 p.m.

Separating in a year or retiring in two years or less? Call now to reserve your spot in the next available TAP class.

**Newcomer's orientation and information fair**

Thursday; 9 a.m. to 4:30 p.m.

This is a mandatory orientation for all newly assigned Academy personnel. Spouses are welcomed to attend the event held at the Milazzo Center.

**Newcomer's red carpet tour**

May 22; 8:45 a.m. to 2:30 p.m.

This tour gives insight into the Academy mission and reveals much of what there is to see and do here.

**Veterans Affairs benefits briefing**

May 26; 8 a.m. to noon

This briefing provides valuable information on VA benefits for separating or retiring military members.

**You're hired!**

May 27; 8 to 11 a.m.

This 'how-to' e-networking course will cover online networking sites, netiquette, and making online connections. Popular networking sites such as Facebook, LinkedIn, Twitter, and others will also be featured.

**Smooth move**

May 27; 3 to 4 p.m.

Learn innovative ways to make your move a smooth one. This is a mandatory class for individuals departing the Academy.

**Sponsorship training**

May 28; 8 to 9 a.m.

This class is for those who have been assigned to sponsor a newcomer to the area. Contact your unit monitor for details.

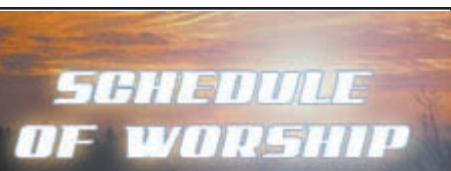
Call 333-3444 for information and registration.



Photo by Dave Ahlschwede

**Arbor Day**

Douglass Valley kindergarteners share their thoughts on special trees with Academy Forester Diane Strohm during the annual Arbor Day celebration. Ms. Strohm taught the students about the importance of planting and caring for trees, as Smokey Bear and Mike Mater (USFA Fire and Emergency Services) look on.



**CADET CHAPEL**

**Catholic Masses:**

**Sunday**  
Confession - 9:15 a.m.  
Mass - 10 a.m.

**Wednesday**  
Adoration of the Blessed Sacrament - 5:30 p.m.  
Confession - 5:30 p.m.  
Mass - 6:30 p.m.

**Weekday**  
Mon., Tues. and Thurs. - 6:45 a.m.

**Protestant Services:**

**Sunday**  
Traditional/Liturgical - 9 a.m.  
Contemporary - 11 a.m.

**Jewish Services**

**Friday**  
Sabbath Service - 7 p.m.

**Buddhist Worship**

**Wednesday**  
Traditional Mahyana Service -6:30 p.m.

**Muslim Prayer**

**Friday**  
Salaat ul-Jumman - 12:30 p.m.

All Other Faiths  
Call 333-2636 for more information

**COMMUNITY CENTER CHAPEL**

**Catholic Masses:**

**Saturday**  
Reconciliation - 3:30 p.m.  
Mass - 4 p.m.

**Sunday**  
Mass - 9 a.m.  
Religious Formation - 10:15 a.m.  
(September - May)

**Tuesday-Friday**  
Mass - 11:30 a.m.

**Protestant Services:**

**Wednesday**  
Wednesday Night Live - 6 p.m.  
Dinner followed by Religious Education  
(September - May).

**Sunday**  
Evangelical - 10:15 a.m.  
Gospel - 11:30 a.m.

**Paganism/Earth-centered Spirituality:**

Contact Tech. Sgt. Longcrier at 333-6178  
[Robert.Longcrier@usafa.edu](mailto:Robert.Longcrier@usafa.edu)

10 ABW invites you to test your mettle at the...  
**CLASH of the TITANS**  
**PICNIC**

Play Hard — Eat Well

teams will compete in physical events and then have an informal cookout

**Each Squadron in the 10 ABW is Expected to Field a Team**

The teams have to have at least 7 members. Each team has to have a representative from • E1-E3 (AB-A1C); • E4-E6 (SrA- TSgt); • E7-E9 (MSgt- CMSgt); • O1-O3 (2nd Lt- Capt); • O4- O9 , and a civilian. Teams must be of mixed gender.

Events will include...

- Pull-ups
- Push-ups
- Crunches
- Relay race



and a Tug-o-war to finish it off!

The Top 3 Teams will Win  
Commander's Titan Trophies

It all happens Friday, May 15

The Challenge kicks off at 8 a.m.  
at the Prep School Track

Down the hill east of the Fitness Center  
(Park at the Milazzo Center or the Community Center lots)

Everyone is invited to cheer on their team  
and join the athletes at the BBQ afterward!

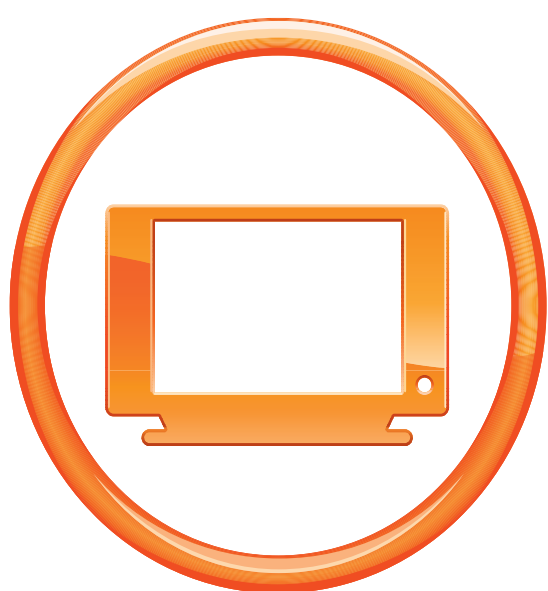


Call 333-3733 to register

The Titan Challenge has been designated by 10 ABWCC as an official function and alternate duty location. All Appropriated fund (APF) and Nonappropriated Fund (NAF) employees are eligible to participate without charge to leave, based on supervisory approval after consideration of mission requirements, in this activity intended to promote fitness, morale and esprit de corps. Attendance at the Titan Challenge is considered duty time for civilians. There is no charge to leave. Those civilians who do not attend the event are expected to remain at work, take leave or otherwise obtain approved absence.



# Lock up our best offer of the year.



## Comcast Digital Cable with On Demand and HBO

Get all of your favorite channels plus access to great shows and movies On Demand, and HBO included!

**\$ 29<sup>99</sup>** includes  
**HBO®**  
per month  
for 12 months

**This great offer won't last long.**  
Call 1-800-COMCAST or visit  
[www.comcast.com/digitalcable](http://www.comcast.com/digitalcable) today.

**comcast**

Offer ends 5/23/09 and is limited to new residential customers. Not available in all areas. Offer limited to Digital Starter Cable service. Minimum 1-year agreement required. Early termination fee applies. After promotional period, regular charges apply. Comcast's current monthly service charge for Digital Starter ranges from \$51.99-\$55.99, depending on area, and is \$19.99 for HBO®. Service limited to a single outlet. Equipment, installation, taxes and franchise fees extra. May not be combined with other offers. Certain services available separately or as part of other levels of service. Basic service subscription required to receive other levels of service. On Demand selection subject to change indicated at time of purchase. Call for restrictions and complete details. Comcast © 2009. All rights reserved. HBO® and HBO On Demand® are service marks of Home Box Office, Inc.