Military receives 3.9 percent pay raise

By Academy Spirit staff

There’ll be something extra in everybody’s paycheck starting this month. Active-duty personnel will draw an across-the-board 3.9 percent pay raise, retroactive to Jan. 1.

The pay increase is the highest approved by Congress since 2004. The raise will mean about $70 a month more than last year for an E-3 with four years of service, and just over $105 a month for an E-5 with 10 years of service.

Pay raises aren’t limited to military personnel, however. Civilian employees under both the General Schedule and National Security Personnel System pay plans are also receiving pay raises.

Civilians under the GS system get an across-the-board pay raise of 2.9 percent in 2009. Civilians under the NSPS pay system will see an increase of 1.74 percent and can earn additional...
Ring in 2009—minus the ringing

By Ken Carter
Editor

I’m embarrassed, but not ashamed, to admit how I met the 1st Air Base Wing Commander Col. Jimmy McMillian the first time. Furthermore, had I met in 2009, surely the encounter would have been equally embarrassing, and the consequences clearly would have been more severe—a seven-day driving suspension. For that, I’m glad we met sooner rather than later.

I remember the evening well, traveling south on Stadium Boulevard listening to the local country station, celebrating that it was “5 O’clock Somewhere.” (here, as matter of fact), and sensing all kinds of good vibes through the bright red Chevy’s well-worn stereo speakers.

Then, suddenly, there was another kind of vibe. This time, somewhat surprisingly, from my front pants pocket. Could be it a mouse I thought? No. It was my personal cell phone. I didn’t even remember who called my hand-held cell phone that evening. But, I do remember the body contortions necessary to quickly retrieve the phone from my pocket while driving 45 mph before the caller found his or her way to my voicemail— all the while standing in one lane, steering with my knees.

The only thing trickier than answering a cell phone while driving is retrieving voicemail and then returning a call requiring reading glasses where only objects within 24 inches are acceptably clear.

Further challenging my multi-tasking skills was the 5 p.m. instinct not to lose forward momentum. Even well within the speed limit, the combination of movement, the distraction of the phone, and the blurred vision not seeing anything more than an arm’s length away, very clearly, it was a breeding ground for a headache at best.

When Colonel McMillian pulled me over it was the first time I’d ever met the man. Having worked for numerous wing commanders over my 24-year active-duty career, this wasn’t quite the first impression I wanted to make.

However, the “distraction” of his flashing lights in my rear-view mirror served as a wake-up call and one I have appreciated since the internal alarm went off. The good news—I was able to turn Alan Jackson’s and Jimmy Buffet’s party lyrics down before the wing commander stepped within ear shot from his vehicle where he’d parked directly behind me.

Reports say distractions while driving cause upwards of 25 percent of all auto accidents. Statistics also reveal that bright red cars are 14 percent more likely to get pulled over for moving traffic violations (i.e., speeding) than any other color. I have reasons to believe that’s a conservative stat… but that’s another story for another time.

In the way of a New Year’s resolution, I’m determined not to partake in either statistic in 2009 thus avoiding any further embarrassment. To anyone who might call me after 5 p.m., from anywhere, don’t expect an immediate answer. I will roll the dice with keeping the bright-red ride.

It’s my last hope of ever being perceived as cool… even if it does have four doors and I’m approaching 50 years that is, not miles per hour.

It was a pleasure having the wing commander introduce himself personally that evening, even under these circumstances. It sent the crystal clear signal, to me at least, that driver safety on the Academy is paramount and I honor those who drive by [the above] example.

Fewer distractions will lead to fewer mishaps or injury—or worse.

This exercise in humility, by exposing my infraction, is a small price to pay if someone else avoids an accident by simply remembering to stay focused. Do not fall victim to becoming distracted behind the wheel! In the process, you’ll be less likely to “create” other victims as consequences of your distraction.

There may be classical music (at lower volume) in my future as an extra measure of defensive driving as well.

I stay because what I do is important

By Col. Michael Jorda
354th Fighter Wing vice commander

EIELSON AIR FORCE BASE, Alaska (AFNS) — Five years ago my son applied for ROTC. As I enter my 24th year in uniform, I was surprised because he made it. I stay because I know each day I’ll be serving our country, knowing we will never lose.

We share a common heritage of experiences that bond us in ways those outside the military would never understand. We serve our country, knowing we may be expected to lay our very lives on the line. Ordinary people wouldn’t do that. We work long hours in austere conditions with little compensation. Ordinary people wouldn’t do that. We uproot our family from schools, jobs and friends on short notice to move halfway around the world.

I stay because I know each day I’ll be working with people who share common values: Integrity First, Service Before Self and Excellence in all We Do. These values are reflected in our daily efforts to serve our country. Whether it’s a crew chief launching an F-16 Fighting Falcon at 20 below, a finance specialist making sure Airmen are paid correctly or a security forces Airmen responding to an emergency in the middle of the night, Airmen demonstrate their commitment to each other and to these values daily.

I stay in the military because what we do is important to our country and our way of life. Our nation is at war with an elusive and deadly enemy, yet everyday brave Airmen step forward to do their part. Our Air Force is going through some tough times, but the commitment to excellence I see every day assures me that we will emerge stronger, more focused force.

I want to thank each and every one of you for what you do day in and day out. I’m amazed at what you continue to accomplish in support of our country. I’m proud of my son for joining the Air Force, and I know his future, and our nation’s future, is in good hands.

What is your New Year’s resolution?

Those are my resolutions for 2009, but what about yours?

Submit your New Year’s resolutions to: Lt. Col. Brett Ashworth — Director of Public Affairs Tech. Sgt. Cortiche Welch — NCOIC, Internal Information

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kenneth.carter@usafa.af.mil

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VA launches partnership to benefit veterans

By Ann Patton
Academy Spirit staff

For three carefree days into their holiday break, Cadet 3rd Class Ryan Darrohn, his brother Andrew, a student at the Georgia Institute of Technology, and Cadet 3rd Class Scott Ellis, snowboarded the slopes at the Keystone Resort and Arapahoe Basin.

“It was great,” Cadet Darrohn said. “We mostly had the mountain to ourselves.”

The trip home to Houston Dec. 20 for the brothers was anything but carefree.

They were aboard Continental Airlines flight 1404 when the Boeing 737 veered off the runway at Denver International Airport, rolled over a frozen field and skidded on its belly into a ravine.

Cadet Darrohn, 20, was said during the attempted take off he and other passengers heard hard bumping sounds.

“We knew something was wrong,” he said. “People were yelling.”

When the plane came to a stop, the brothers quickly stepped through the over wing emergency exit and onto the ground.

“I couldn’t believe this had happened,” Cadet Darrohn said. “It was like a movie.”

All he could think about was getting out of the plane.

“I was just grateful to be alive. We were just trying to stay together,” the member of Cadet Squadron 12 said.

Cadet 3rd Class Ryan Darrohn and brother, Andrew, explore the Hill during Parents Weekend last fall. The brothers were two of the 110 passengers aboard a Continental Airlines flight that skidded off the runway Dec. 5 at Denver International Airport.

All 110 passengers and 5 crew members walked away and took temporary shelter at a nearby fire station before being bused to the terminal.

For Cadet Ellis, CS-32, and his father, retired Air Force Reserve Lt. Col. Dave Ellis, who lives outside Monument, that day brought two round trips to DIA, the first to drop off the brothers at the airport and another to pick them up after the crash.

“It was a bit surreal,” Mr. Ellis said.

All three young men spent the night at the Ellis home playing video games and watching movies. The next morning they made yet another trek to DIA. This time, the Darrohn brothers flew safely back home to Houston and their parents, Roger and Ulrike Darrohn.

“They weathered it well. We were very thankful it turned out well for Ryan and Andrew and all the passengers,” Mr. Ellis said. “Bad things happen but this turned out well.”

The brothers’ father, Roger Darrohn, also expressed his gratitude for their safe return.

“Thank God they came through the crash OK. We feel very fortunate and blessed,” he said.

For Cadet Darrohn, staying calm in a crisis is part of his nature, gained first while playing high school football and basketball and now as a cadet.

“The Academy teaches us to be calm in every situation,” the management major said. “I’m actually a calm person in general.”

With the accident behind them and in-processing for the spring semester complete this week, Cadets Darrohn and Ellis were back on the mountains Tuesday for a day of skiing.

The National Transportation Safety Board is continuing to investigate the cause of the accident.
2009 BAH Rates

The Department of Defense recently released the 2009 Basic Allowance for Housing rates. Military members will receive an average housing allowance increase of 6.9 percent when the new rates took effect, New Years Day.

For members with dependents, average increases in the BAH are approximately $95 per month. A typical junior enlisted member with dependents, for example, will find his/her BAH about $68 per month higher than last year, while a senior noncommissioned officer with dependents will receive about $93 more than last year.

Three components are included in the BAH computation: median current market rent; average utilities (including electricity, heat, and water/sewer) and average renter’s insurance.

Total housing costs are calculated for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. The BAH rates are then calculated for each pay grade, both with and without dependents. An estimated $17.4 billion will be paid to nearly 950,000 service members in 2009.

An integral part of the BAH program is the provision of individual rate protection to all members. No matter what happens to measured housing costs, an individual member in a given location will never see his/her BAH rate decrease. This assures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area’s housing costs decrease.

In addition, the military services were recently authorized to pay for local moves for military members forced out of a rented home due to their landlord’s foreclosure. For more information, service members and their families should contact their installation housing office, or contact Military One Source at 1-800-342-9647, or http://www.militaryonesource.com.

For more information on BAH, visit http://perdiem.hqda.pentagon.mil/perdiem/bah.html

Pay

From Page 1 performance-based salary increases through the NSPS “pay pool” process.

Additionally, all civilian employees rate a locality pay, which is based on the cost-of-living in their employment market. Locality pay rates for 2009 range from about 13.86 percent to 34.35 percent of an employee’s base pay.

Officials from the Defense Department and Office of Personnel Management said the raises won’t be reflected on individual’s paychecks until the end of January, after the first full pay period of 2009.

### BASIC PAY—EFFECTIVE JANUARY 1, 2009

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1. Basic pay for an O-1 to O-3 is based on the Executive Schedule which is now $15,820. Basic pay for O-4 to O-10 is based on the Executive Schedule which is now $27,340.
2. When authorized, the Director of Finance, U.S. Army, can authorize an eligible member to receive basic pay in an amount over the maximum authorized. See Department of Defense Financial Management Regulations for more information.
3. Applicable to O-1 to O-3 with at least 4 years and 1 day of active duty or more than 1460 points as a warrant and/or enlisted member. See Department of Defense Financial Management Regulations for more detailed explanation.
4. For the Member Grade (Pay Level) of O-1 to O-3, the average number of points is based on the Social Security Administration’s Pay Schedule for which is $90,000.

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Accident kills assistant men’s gymnastics coach

By Academy Athletic Communications

The Air Force family suffered a loss Dec. 27 when the 29-year-old assistant men’s gymnastics coach was killed in an automobile accident in San Antonio.

Capt. Levi Torkelson was in his second season as an assistant coach for the men’s program. He returned to the Academy midway through the 2008 season, after completing a six-month deployment to Iraq. In addition to his coaching duties, Torkelson worked in the athletic department’s scheduling and grading division.

A four-year letterwinner on the Falcons’ gymnastics team, Torkelson graduated from the Academy in 2001. A decorated gymnast, he was a two-time champion on the parallel bars at the USA Gymnastics Collegiate Championships. A nine-time USAG All-American, he is the Academy record-holder on the parallel bars, with a score of 9.550.

Torkelson remained at the Academy after graduation, serving as an assistant coach for the men’s team during the 2001-2002 season.

Following his time at the Academy, the captain spent four years stationed at Ramstein Air Base, Germany. While there, he served as the deputy flight commander for both the communications control center and mission systems flight. He also served as the officer in charge for all geographically separated units controlled by the 435th Communication Group.

During his time at Ramstein AB, Torkelson deployed twice. He spent four months as an executive officer in Jacobabad, Pakistan, and a year as the officer in charge for Screening and Property Exploitation Cells under the Joint Interrogation and Debriefing Center in Forward Operating Base Abu Ghraib and Victory Base Comply in Iraq.

Torkelson was awarded the Bronze Star and the USAFE Arthur S. Flemming Award. He has also won two company grade officer of the year awards from the 435th Communications Squadron and the 86th Communications Squadron.

"He has done a fantastic job not only coaching the gymnastics team but as a physical education teacher," said Col. Billy Walker, the Academy’s deputy athletic director, who oversees the Olympic sports and physical education department. "He taught a lot of aquatic training. He was very well respected by the cadets, a great role model and mentor not only to the cadet-athletes he coached on the gymnastics team, but especially the cadet-athletes he coached in the gymnastics team."

Cadets to march in Inaugural Parade

From staff reports

Cadet 1st Class Ian Black will salute newly sworn-in President Barack Obama in the nation’s Capitol Jan. 20.

Cadet Black is this semester’s cadet commander for Cadet Squadron 4, and will lead 92 of his squadron’s fellow cadets in the 56th Inaugural Parade.

"The U.S. military has participated in this important American tradition since members of the U.S. Army, local militia units and Revolutionary War veterans escorted George Washington to his first inauguration ceremony," said Maj. Gen. Richard J. Rowe, Jr., Military District of Washington Commander, and Armed Forces Inauguration Committee chairman.

During the 10-day inaugural period leading up to Jan. 20, more than 5,000 service personnel will provide ceremonial support to the 56th Presidential Inaugural. This support is traditionally comprised of musical units, marching bands, color guards, salute batteries and honor cordons to render appropriate ceremonial honors to the new Commander in Chief.

The Air Force Academy has been part of every Inaugural Parade since the 43rd Presidential Inauguration, of President Eisenhower in 1957.

Cadet Squadron 4 will march the 1.7 mile route from Capitol Hill to the White House, to pass the president, members of the cabinet, Congress and other dignitaries on the reviewing stand. When passing the reviewing stand, it is traditional for the unit commander to render a salute to the reviewing officials for his or her entire unit.

Cadet Squadron 4 represents the Air Force and the Air Force Academy, by virtue of being the outstanding cadet squadron for 2008. Cadet squadrons compete for this honor throughout the academic year, via a performance-based system which evaluates academic and military performance.

The 56th Inaugural Parade’s exact start time has not been announced. However, the parade will immediately follow the swearing-in and inaugural address of the new president, which begins at noon, EST.

Use the extra buck to do some laundry.
By Academy Spirit staff

Bone marrow donor gives recipient new hope

January 9, 2009

Cadet 2nd Class Bill Percoski giving recipient new hope

Cadet Percoski said that the marrow from a bone marrow donor helped a leukemia patient have a second chance at life.

Throughout the week, Percoski had sore joints, sore hips, and pain shooting up and down his tailbone once in a while, he said. The pain from the shots continued for a few days after my last set.

The second prong was the extraction. Because the cells were forced into the bloodstream, they became slightly more mature, Cadet Percoski said. “They call these cells Peripheral Blood Stem Cells. To extract these, they hooked me up to a machine that spun my blood and separated the cells and some plasma from my regular blood cells. This wasn’t painful at all. I just had to keep the arm straight for about five hours while I watched movies.”

When he originally signed up, he never thought he would be matched up. “The odds are pretty tremendous,” he said. “I just wanted to help someone out. I like helping people when I get a chance and this was kind of the ultimate way of helping a person. When I was notified, I definitely wanted to help out.”

What he sought was the satisfaction of helping someone. “And that’s exactly what I got,” he said. “There was a specific person I matched to. The matching criteria is most concentrated on six specific proteins in your blood, not the blood type.”

Because the six proteins are keys for success, it was really hard to find a solid match. “That’s why the odds are low that you’ll be picked up for a donation. My recipient is a 33-year-old woman with leukemia. That’s all I really know.”

Cadet Percoski and the marrow recipient will be able to anonymously communicate and once a year is up, both parties may exchange information. “If both parties agree, then we can actually get to know each other,” the cadet said. “The best part of my experience was being able to save someone and I was able to tour Washington D.C. nearly the entire week. All costs were covered so there was no worrying about money issues for the trip.”

“One signed up for the program, you are never obligated to donate. At any time in the process if you get chosen as the best candidate, you can still withdraw. It also does not medically disqualify you from anything,” he said.

Cadet 2nd Class Bill Percoski, Cadet Squadron 40, while in Washington D.C., received shots and had stem cells extracted to help a leukemia patient have a second chance at life.

“Throughout the week I had sore joints, a skull ache, sore hips, and pain shooting up and down my tailbone once in a while,” said the aspiring A-10 pilot. “The pain was mostly a nuisance and was not debilitating. The pain from the shots continued for a few days after my last set.”

Bone marrow donors give new hope to leukemia patients.

“The best part of my experience was being able to save someone and I was able to tour Washington D.C. nearly the entire week. All costs were covered so there was no worrying about money issues for the trip.”

“One signed up for the program, you are never obligated to donate. At any time in the process if you get chosen as the best candidate, you can still withdraw. It also does not medically disqualify you from anything,” he said.
Intercultural Competence and Involvement
A Responsibility Outcome

By Col. Dan Uribe
Intercultural Competence and Involvement Team Lead

The nature of today's conflicts clearly show the young men and women we are preparing at the Air Force Academy as future leaders of character for the Air Force and the nation will face increasingly complex challenges. They will have to work together with coalition partners and allies and may also have to interact with members of local populations around the world. These future officers will need to have the Intercultural Competence necessary to navigate complex multi-cultural environments in order to successfully accomplish the mission.

Intercultural Competence can be described as a process of development from a mono-cultural or inward-looking perspective to a multi-cultural or outward-looking perspective. Intercultural Competence is characterized by understanding and being accepting of other cultures, without sacrificing or compromising one's own culture and values. All Air Force Academy cadets begin their formal journey toward Intercultural Competence in a foreign language and history classroom during their fourth-class year. Understanding of their own culture and way of life, which is a key element in the development of Intercultural Competence.

During this first year, all cadets also take History 101, which addresses a wide range of ethnic issues, such as culture, religion, and race, and also includes a survey of the origins of the world's civilizations, with emphasis on world religions and philosophies. The Intercultural Competence journey continues in the third-class year in courses such as English 211 and Political Science 211. In the English course, cadets focus on understanding different perspectives on major issues and engage in cultural awareness, diversity and sensitivity to the value systems of others. In Political Science 211, "American Government, Politics and National Security," cadets strengthen their knowledge of their own culture and way of life, which is a key element in the development of Intercultural Competence.

In their second-class year, all cadets take an ethics course (Philosophy 310), which highlights an officer's responsibilities to reason and act ethically and know civic, cultural and international contexts in which the U.S. military operates. In the first-class year, all cadets starting with the Class of 2012, will take Social Sciences 412, "Geopolitics," where they will describe, interpret and evaluate global political relations and formulate strategies for interacting in Western and non-Western cultures. In addition to the classroom experience, approximately 800 cadets per year participate in language/cultural immersion programs or in summer operational experiences in a foreign country. These opportunities provide a significant boost to their Intercultural Competence.

Cadet 1st Class Leah Pound wrote after a language immersion trip to Morocco: "I loved our night in the mountain because I got to be witness to a culture extremely different from my own. It's so easy to get caught up in the American way of life, focused on wealth and materials, we sometimes forget to appreciate the small things."

Intercultural Competence is intentionally developed during a cadet's academic experience, but we do not currently know to what extent this is achieved. Dr. Terry Haverluk, from the Department of Economics and Geosciences, in collaboration with the Air Force Culture and Language Center at Maxwell Air Force Base, Ala., is leading an effort to gain insights into the current level of Intercultural Competence of our cadets using the Intercultural Development Instrument.

According to Dr. Haverluk, "We expect this assessment will help us understand the level of cultural awareness among cadets in order to improve our programs and better prepare them to operate in international environments."

Intercultural Competence is a critical learning outcome for the officer of the 21st century. To be effective leaders, Academy graduates must have a strong intercultural competence foundation that is further developed as they progress in their Air Force careers.

"Knowing the [Iraqi] culture has helped me build a stronger rapport with the younger Iraqi airmen," said Capt. Curtis Baack, Academy Department of History, currently deployed in support of Operation Iraqi Freedom. "I can respect their culture and not offend the host nation. The deeper the understanding you have of other cultures [will] help accomplish the mission."

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Drum and Bugle Corps returns trophy to Academy

By Tech. Sgt. Brian McCoy
Cadet Wing training

It was early August 2008 and the “Flight of Sound” was at the beginning of another long season. The cadets were dressed in physical training uniforms and their class colored caps protected them from the rays of the hot sun.

Drum Major Cadet 1st Class Zachary Banight barked out commands as upperclassmen taught the Class of 2012 the corps method of marching. Just out of Basic Cadet Training, the cadets fourth class had a new way to perform facing movements and new marching techniques.

After all, it is impossible to have arm swing with a bugle in your hand or a drum strapped to your body. Parents Weekend fast approached and the corps first performance of the season arrived. As the cadets marched out of the tunnel for the first time, 23,000 fans cheered and the adrenaline rush experienced by those in front of large crowds was strong.

The Academy Drum and Bugle Corps season had just started. There would be many more opportunities to show their pride at home games and as the corps travelled to away football games.

The date that stands out each season is the annual Inter-Service Drum and Bugle Competition and, Oct. 4, 2008, was the magical date. The “Flight of Sound” took first place against the U.S. Naval Academy Drum and Bugle Corps. Navy had a run of wins over the last three years but Air Force led in overall competitions.

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The Academy Drum and Bugle Corps repertoire included Mars and the 1812 Overture. Members concluded their show with a pass of the audience to the tune of Anchors Away.

With performances earlier in the day at the Navy vs. Air Force football game, instructors knew the competition was going to be close. It came down to a single point separating the two corps.

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WASHINGTON (AFNS) — Exactly three weeks before inauguration day, the buzz of activity at the Armed Forces Inaugural Committee here was a notable exception to the traditional holiday lull that settled over the nation's capital between Christmas and New Year's Day.

More than 400 Airmen, Soldiers, Sailors, Marines and Coast Guardsmen — active duty, Reservists and National Guardsmen — are busy preparing for President-Elect Barack Obama's inauguration Jan. 20. Another 300 will report for duty bringing AFIC to full strength with about 700 servicemembers.

“We're spinning up for the full dress rehearsal [Sunday],” said Navy Lt. Mike Billips, a Reservist from Atlanta serving as an AFIC spokesman. The rehearsal will kick off in the dark at about 3 a.m., when participants go through two full iterations of the swearing-in ceremony at the capitol, then parade down Pennsylvania Avenue toward the White House.

“The curtain goes up on Jan. 20, and everything has to be locked down perfect before then,” Lieutenant Billips said. “So it's a lot of rehearsal, a lot of coordination and a lot of training for the people who are coming in.”

The incoming servicemembers will get intensive training for the ceremonial support they'll provide at the inauguration ceremony and 10 official inaugural balls, Lieutenant Billips said. Some will be in the midst of the fanfare, serving as honor guards, drivers, ushers or escorts for distinguished visitors, or participating in marching bands, musical units, or salute batteries. Others will work behind the scenes, helping to ensure the events go off seamlessly.

Air Force Staff Sgt. Matthew Finney, a telecommunications technician from Wright-Patterson Air Force Base, Ohio, assigned to AFIC's information technology directorate, called being a part of the inauguration a rare opportunity.

“I am excited to be a part of our nation's history,” he said.

“I am honored to be a part of a committee of this caliber,” Army Spc. Keyrn Coleman said. “This is definitely an assignment to talk about years from now. In my personal opinion, I don't think that I have ever had a better assignment.”

The 2009 inauguration will be the 56th in which the military has played a role in welcoming the incoming commander in chief. During the first, in April 1789, U.S. Army, local militia units and Revolutionary War veterans escorted George Washington to his inaugural ceremony at New York City's Federal Hall.

The Academy will undergo a comprehensive evaluation visit April 27-29 by a team representing the Higher Learning Commission of the North Central Association of Colleges and Schools. The Air Force Academy has been accredited at the Bachelor's degree level since 1959. The team will review the institution's ongoing ability to meet the Commission's Criteria for Accreditation.

Comments must address substantive matters related to the quality of the institution or its academic programs. Comments must be in writing and signed; comments can't be treated as confidential. All comments must be received by March 27.
Houston out of the end zone, and the Cougars had to settle for a field goal. Those two fumbles yielded Houston 10 points. Both teams spent the game exchanging scores. The two first-quarter fumbles and a rare missed field goal kept Houston in the lead until game’s end.

“Going into this game, I thought we’d have to play very crisp and faster than we had all season long,” said Coach Calhoun. “We didn’t do that today. You just have to take advantage of every single opportunity and we didn’t do that.”

The Falcons did set an Armed Forces Bowl record for yards rushed, grinding out 243 yards on 67 carries, lead by Tew. The sophomore fullback carried 27 times for 149 yards and two touchdowns and was named the game’s most valuable player for his efforts.

“A win would’ve been better,” said Tew. “After the first half, the linebackers were looking at me and reading what I was doing. We’ll need to expand the offense more to do better next season.”

Next season is where the focus now turns for the Falcons. For a team picked to end near the bottom of the conference during what was supposed to be a rebuilding year, and 8-4 regular-season finish and a bowl appearance, the future is promising, said Coach Calhoun.

“Losing hurts, I don’t care who you play,” he said. “But these are experiences our players can learn from. You can grow immensely as a player from being in a bowl game like this. If you looked back to spring ball and through the summer, this team has made tremendous strides, just because of its dedication.”
Brooke Cultra patiently sets up a play.

By Nick Arseniak
Academy Athletic Communications

Rainee Beck's three-point basket with 23 seconds left in the game rallied Air Force to a thrilling 65-62 win over Navy in women's basketball action Saturday afternoon at Clune Arena.

The Falcons rallied back from a 13-point deficit to improve to 4-9. The Midshipmen dropped to 6-8.

Trailing 53-40 with 10:13 left to play in regulation, Air Force came back by outscoring Navy 25-9 over the remainder of the game. Beck and Kim Kreke led Air Force with 18 points apiece and Brooke Cultra added 12 points. Navy was led by Cassie Consedine, who notched a double-double with a team-high 16 points and 12 rebounds. Angelo Myers also recorded a double-double with 14 points and 10 rebounds.

It was a wild finish for the Falcons and Midshipmen, who battled back and forth in the final three minutes of play. Air Force took its first lead of the second half, 59-58, at the 2:26 mark when Beck hit a three. Navy re-gained the lead with a pair of free throws by Myers.

After a free throw by Kathleen Schippolt tied the game at 60, Cultra gave the Falcons the lead again on a runner from the right sideline to make it a 62-60 game. Navy answered as Consedine put in a bucket off a pass from Whitney Davidson to tie the game at 62 with 56 seconds to go.

Seconds later, Air Force took the lead for good as Cultra swung the ball across the court to Beck who fired for the go-ahead basket. Navy had a chance to the game, but Davidson's three-point attempt was off and the Falcons picked up the win.

Beck went 6-for-9 from the field and 4-of-7 from three-point range. Kreke notched her fifth double-double of the season with 10 rebounds to go with her 18 points. Cultra added six rebounds and four assists. Anna Gault also played well for the Falcons, with a team-high six assists.

In the first half Air Force jumped out to an early 8-0 lead, but Navy closed out the half on a 22-5 run to lead 37-30 at the intermission. Air Force shot well from the field in the first half, making 54.1 percent from the field, but found themselves trailing.

The Falcons ratcheted up their defense in the second half, forcing eight turnovers, while committing just three. Air Force had a season-low nine turnovers on the night.

Cyclists club rolls toward national honors

By Senior Master Sgt. Shawn Hughes
Cadet Wing Training and Support superintendent

The Air Force Academy’s cycling club was recently named USA Cycling Collegiate Club of the Year. The Academy hosted the Front Range Cycling Classic Road Race and Time Trial in April 2008, and co-sponsored the USA Cycling Collegiate Track National Championships in September, 2008.

The club hosted a week-long training camp, four weekend-long, discipline-specific training camps and 16 different cycling seminars throughout the 2008 cycling season.

A series of membership drives, training events, banquets and tours also highlighted the club’s season.

The group’s mission is to develop exceptional young men and women into leaders of character through competitive cycling and to take a lead role in developing cycling conscious policies across the U.S. Air Force.

It also accomplished several team goals, including securing a fully functioning on-campus bicycle shop and developing a comprehensive club handbook and a nutritional analysis program.

The team, comprised strictly of undergraduates, also started a “Borrow a Bike” program which offers free use of team bicycles, maintains a mentorship program which matches upperclassmen with newcomers, promotes cycling for fitness and offers weekly clinics. From a competitive standpoint, the Academy club competed in more than 70 USA Cycling sanctioned races, ranking up 32 wins and 206 top-10 placings, including a fifth-place finish in the men's team time trial at the USA Cycling Collegiate Road National Championships.

Racquetball

The Academy Fitness and Sports Center hosts its DOD singles racquetball championship Jan. 24 and 25 and the doubles event Feb. 21. The tournament is open to all DoD members 18 and older. In the mens division, the category of play will be “A/B” and “C/D” and for the women all categories of skill level will compete. Entry fee is $15 for each participant and $30 per team. All participants will receive a T-shirt plus snacks and refreshments. The top three players in each category will receive Services Crazy checks usable in most facilities. There must be at least four participants in each division to constitute a tournament. Deadline to sign up for singles competition is Jan. 21 and Feb. 18 for doubles. Call 333-4078 for more information.

Pole vault

The Air Force pole vault team wrapped up competition Saturday at the National Pole Vault Summit in Reno, Nev. Kimber Shealy and Tweny Lambuth made an immediate impact on the women's record book in their collegiate debut, while Brandin Bear was the top finisher for the men's team. Shealy vaulted to a height of 117” to post the fifth-highest mark in Academy history. She picked up a fourth-place finish in the second section of competitors. Lambuth won the men's third section, with a clearance of 115”. That is tied for the seventh-best mark in team history.

Men's basketball

D.J. Gay scored 15 points to lead San Diego State past Air Force, 61-44, Saturday night at Clune Arena in the Mountain West Conference opener for both schools. San Diego State improved to 11-3 overall and 1-0 in the
January 9, 2009

Grad earns 2008 Female Athlete of the Year

By Airman 1st Class Robby Hedrick
75th Air Base Wing Public Affairs

HILL AIR FORCE BASE, Utah — Every year the Air Force recognizes the top male and female Airmen athletes in the Air Force and the top female athlete of 2008 is from Hill Air Force Base.

Dana Pounds from the 538th Aircraft Sustainment Group, won the award for a myriad of reasons. The member of the Class of 2006 had volunteered at the Academy track and field program as a javelin throw coach.

She was recruited by the Academy as a basketball player in 2002, and had mentioned to the track and field coach she had thrown shot put and discus in high school. He quickly steered her toward throwing the javelin.

The athlete of the year transitioned almost effortlessly and soon became a back-to-back NCAA champion, Pan-American competitor, and almost qualified for an Olympic berth, allowing her to be accepted into the World Class Athlete Program at the Academy.

As a member of the WCAP, she is a national and international ambassador for the Air Force.

“The Air Force provided me with an opportunity with the WCAP that allowed me to focus on my training and it was an opportunity that can’t be matched,” she said. “It was an awesome journey physically, spiritually and emotionally.”

Through the program Pounds competed both nationally and internationally allowing her to make friends all over the world.

In becoming the Female Athlete of the Year for 2008, the senior from Anchorage, Alaska, blasted his second goal of their own.

After Paul Weisgarber drew a tripping penalty, the Falcons got on the board with 59 seconds left in the period. JosFrider fed Michael Mayra at the center point and the senior from Anchorage, Alaska, blasted his second of the season.

The Huskies took a 3-1 lead with a goal 90 seconds into the second period. Hernandez scored his second of the game on a centering pass from Andrew Olson. The Falcons used their special teams to get back into the game.

They had more than 90 seconds of a 5-on-3 but were unable to score.

During the Falcon power play, goaltender Andrew Volkmen made three short-handed saves on breakaways. Just as the final penalty was about to expire, the Falcons capitalized as Jos Frider scored from Brent Olson at 7:06 with a power play goal on the rush. Three minutes later, Air Force tied the game when Brent Olson scored on a flurry in front of the goal at 10:41. Michael Mayra took a shot from the point and Olson put back the rebound to tie the game at 3-3.

With 3:03 left in the third period, Jacques Lamoureux scored the game-winner on the rush. Brent Olson made a pass up ice to Jos Frider but the puck slid ahead of the senior winger. Frider chased the puck behind the net and made a centering pass to Lamoureux who buried his 14th of the season. The Huskies pulled the goal-tender in the final 49 seconds, but had just one shot on goal.

Air Force out-shot UConn, 29-23, in the game. The Falcons were 3-for-7 on the power play while the Huskies were 2-for-4. Volkmen made 20 saves for the Falcons while Beau Erickson made 25 for the Huskies.

Wrestling

GRAND PRAIRIE, Texas — Despite two wins from both Stephen Crozier and Tyler French, the Air Force wrestling team opened its dual slate Saturday with three losses at the Lone Star Duals. The Falcons fell to Appalachian State, 30-6, Brown, 26-6, and seventh-ranked Minnesota, 41-3.

In the first match of the day, the Falcons faced off against Appalachian State. Andrew Zwiefoten opened with an 8-3 decision over Andrew Sikula at 125 pounds to put Air Force up 3-0, but the Mountaineers won the next five bouts to take a 16-3 lead. French, wrestling at 174 pounds, gave the Falcons another win with a 9-8 decision against Anthony Jones, but Appalachian State closed out with three more wins to score the 30-6 victory.

Player of the week

Jacques Lamoureux was named the Atlantic Hockey Association Player of the Week for his performance in four games last week. The award is his third of the season and the seventh weekly honor earned by an Air Force player this season.

The center had six points, including five goals, in four games. Lamoureux scored three power play goals and leads the nation with 11 points per game. He scored the game-winner against the University of Connecticut.

AF hockey team comes back to beat UConn

By Dave Toller
Academy Athlete Communications

Jacques Lamoureux scored with 3:03 remaining in the game to lift Air Force to a 4-3 win over UConn, Saturday in an Atlantic Hockey Association game at the Mark Edward Freitas Ice Forum in Storrs, Conn.

Air Force improved to 15-3-1 overall and 3-6-1 in the league. Air Force took three of the four points in the series. UConn scored two power-play goals early in the first period and built a 2-0 lead. Just seven seconds after a penalty on Greg Burdgoer, Husky defenseman Brian Reagan scored right off of the ensuing faceoff at the 13:06 mark. On the rush, Justin Hernandez scored from Jason Krispel and Andrew Olson from the slot. The Falcons answered with a power-play goal of their own.

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MWG, while Air Force fell to 9-5-0 in conference play. Gay hit a pair of three-pointers on consecutive possessions to key a 9-0 run midway through the second half to give Indiana State a 45-36 lead with 8:44 remaining. The Falcons had opened the second half on a 10-5 run to tie the score at 36.
Winter Lease Program offers test ride for horse lovers

By Ann Patton
Academy Spirit staff

Horse lovers can take a test ride of full horse ownership through the Academy Equestrian Center’s Winter Lease Program. Begun Nov. 1, it runs through the end of March.

“It’s a good way to have a feel for ownership and is a great way to enjoy a horse without the full responsibility,” said Jeanne Springer, lease program manager.

Nine of the Academy’s dude string, or rental horses, are still available for lease, including Skip, Billy, Curly Q, Sally, Cody, Nero, Cherokee, Blue and Jack. Equestrian Center staff will match riders with a horse appropriate to their skills.

Cost for the first leased horse is $150 and $100 for the second per month.

“It is a commitment for the whole time,” Ms. Springer said of the four-month program which was re-instituted this year and open to DoD ID card holders and contractors.

The Academy Equestrian Center provides tack, feed and medical care. Shoeing is available for an additional charge.

Riders, who must care for saddling and grooming, need to call a day in advance so the horse will be available in its stall. Riders must clean the stall on days the horse is ridden.

Horses benefit from the winter program, both in terms of exercise and personal attention.

“They aren’t ridden quite as often in the winter,” Ms. Springer said. “It puts miles on them and keeps them ‘tuned up.’”

Horse caretaker Sandra Lowe said horses also benefit from having the personal attention of a single rider, even if only for a few months.

She noted the availability of trails and the beauty and vastness of the riding landscape available to Academy riders are major attractions of the lease program. Riders have access to both the Academy and Pike National Forest with a combined area of 44,000-plus acres, and they may ride all the way to Rampart Reservoir or simply stay in the arena.

Ms. Lowe added the cost for leasing is well below Front Range area equine center rates.

Arrangements for the Winter Lease Program are by appointment only with Ms. Springer. Call her for information or questions about the program at 472-8639 or send an email to jeannespringer@usaaf.af.mil.
Dance lessons
Weekly ballroom dance lessons, one hour each for six weeks, begin Wednesday at 7 p.m. Learn the swing, foxtrot, slow waltz and rumba dance steps. Cost is $70 for couples or $40 for an individual. Call 333-2928 for more information or to sign up.

Volunteer opportunity
Anyone interested in being a volunteer and field official at Academy indoor and outdoor meets for the 2009 season should contact Scott Irving at usa fa.edu or call 719-333-3013 or toll free at 1-800-379-1455 extension 3013. If no answer, leave a message.

A&FRC offers options
The Airman and Family Readiness Center hosts the following classes for January. Call the A&FRC @ 333-3444 with any questions or to register.

The Art of Love
Academy artisans will pay tribute to St. Valentine during the Academy Arts & Crafts Center’s “That’s Amore” art contest. All forms of art may be entered but must either contain the color red, a heart and the word “love” or its concept. Entries will be accepted Jan. 28 – Feb. 4. and entry forms are available at the Center. A show and awards reception is set for Feb. 6 and will include light refreshments. For more information call 333-4579.

Group Pre-Separation Counseling
Mondays (except during TAP week); 2 to 4 p.m.
Separating or retiring from the Air Force in a year or less? This mandatory class assists you in identifying benefits and services associated with your transition and beyond.

Smooth Move
Tuesday; 9 to 10 a.m.
Being prepared can certainly lessen the stress of an upcoming move. Learn innovative ways to make your move a smooth one. This is a mandatory class for individuals departing the Academy.

Resume Writing
Wednesday; 9 a.m. to noon.
Learn different types of resume and cover letter styles and how to improve your own.

Newcomer’s Orientation & Information Fair
Thursday; 9 a.m. to 4:30 p.m.
This is a mandatory orientation for all those newly assigned. Spouses are welcome to attend at the Milazzo Center.

Disabled American Veterans (DAV) Medical Records Review
Jan. 26; 7:30 a.m. to 4:30 p.m.
Individuals within 180 days of retirement or separation can have the DAV review medical records.

Sponsorship Training
Jan. 22; 8 to 9 a.m.
This class is for those who have been assigned to sponsor a newcomer to the area. Contact your unit sponsorship monitor for details.

Newcomer’s Red Carpet Base Tour
Jan. 23; 8:45 a.m. to 2:30 p.m.
This informative base tour offers insight into the Academy mission and reveals what there is to see and do at the Academy.

TAP Seminar
Jan. 27-30; 7:30 a.m. to 4:30 p.m.
Separating in a year or retiring in two years or less? Call to reserve your spot in the next available TAP class.

Water aerobics
The Academy Fitness & Sports Center offers a 10-punch card for water aerobics. The cost is $30 and the card does not expire. Water aerobics classes are held every Tuesday, Wednesday and Thursday at 5:05 p.m. Improve muscular strength and endurance and increase overall aerobic conditioning with zero impact on the joints. For more information, call 333-4522.

America recycles
The 10th Civil Engineer Squadron will hold an electronic recycling event throughout January. Each Wednesday and Thursday electronic items can be taken to Bldg. 8125 from 8 a.m. to 3 p.m. for recycling. The event is free to all participants. Some recyclable items are personal computers and components, televisions, DVD or CD players, stereos, speakers and VHS players. Call Jeanie Duncan at 333-0812 for more information.

National Eye Care Month
Community Programs is conducting a “used/unwanted” eye glasses drive this month. Adult and children’s glasses are needed. They will be given to Doctors Without Borders where they will find new life in third-world countries. Drop off boxes are located at Milazzo Center, marketing office, outdoor recreation and the Academy Child Care and Youth Center. Call 333-2928 for more information.

Do not try this at home
A skier performs an aerial maneuver in the Area 51 terrain park at Keystone Resort during last year’s SnoFest.

SnoFest headquarters
Lift tickets, party tickets and accommodations are now available for SnoFest 2009, the 19th annual military snow sports weekend, Jan. 30 – Feb. 1, 2009, at Keystone Resort. For more information, visit: www.usafaservices.com/SnoFest.html.