

# ***FALCON FAMILY NEWS***

**MARCH 2010**

## **CLASS STATISTICS (as of 28 FEBRUARY 2010)**

	Men	Women	Total
2010	830	187	1017
2011	845	210	1055
2012	922	261	1183
2013	1022	250	1272
<b>WING</b>	<b>3619</b>	<b>908</b>	<b>4527</b>

News Release #052, March 17, 2010

## **ACADEMY HONORED FOR COMMUNITY SERVICE**

**U.S. AIR FORCE ACADEMY, Colo.** – The U.S. Air Force Academy was honored for its community service efforts recently, when it was named to the President's Higher Education Community Service Honor Roll by The Corporation for National and Community Service.

The Community Service Honor Roll is the highest federal recognition a college can achieve for its commitment to service-learning and civic engagement. Honorees for the award were chosen based on a series of selection factors including scope and innovation of service projects, percentage of student participation in service activities, incentives for service, and the extent to which the school offers academic service-learning courses.

During the 2008-2009 academic year, cadets collectively volunteered 36,334 hours of community service on 2,202 different projects and events, as part of the Cadet Service Learning Program. Community Service and the concept of Service Learning are part of the Academy's efforts to offer cadet character development programs which emphasize one of the Academy's central core values, "Service Before Self." The Cadet Service Learning program attempts to take this core value from the theoretical concepts of the classroom to actual experiences with the goal of a lifelong internalized "volunteer ethic" and understanding of the value of serving others, particularly in the area of community service.

The cadets' community service efforts continue next week with the Academy's Alternative Spring Break program, as 63 cadets will give up their spring breaks to build homes for needy families in Kansas City, Missouri, and the Texas towns of El Paso, Victoria, College Station and Wichita Falls, via Habitat for Humanity.

"Our nation's students are a critical part of the equation and vital to our efforts to tackle the most persistent challenges we face," said Patrick Corvington, the Corporation's Chief Executive Officer. "They have achieved impactful results and demonstrated the value of putting knowledge into practice to help renew America through service."

Overall, the Corporation honored six schools with Presidential Awards. In addition, 115 were named as Honor Roll With Distinction members and 621 schools as Honor Roll members, including the Air Force Academy and three more universities in Colorado. A full list is available at: [www.nationalservice.gov/honorroll](http://www.nationalservice.gov/honorroll).

Historically, the Academy's 4,000-plus cadets have performed between 20,000 and 40,000 hours of service learning projects during the course of an academic year. According to the Corporation for National & Community Service, college students make a significant contribution to the volunteer sector and in 2009, 3.16 million students performed more than 300 million hours of community service.

News Release #045, March 11, 2010

### **MULLEN SCHEDULED TO SPEAK AT ACADEMY GRADUATION**

**U.S. AIR FORCE ACADEMY, Colo.,** – The Chairman of the Joint Chiefs of Staff Admiral Mike Mullen is scheduled to give the commencement speech for this year's graduation ceremony.

This event marks the first time the Academy will host the Chairman of the Joint Chiefs of Staff as the graduation speaker. Mullen, a 1968 graduate of the US Naval Academy, was sworn in as the 17th CJCS on 1 October 2007. He serves as the principal military advisor to the President, the Secretary of Defense, the National Security Council and the Homeland Security council.

Commencement exercises for the USAFA Class of 2010, the 52nd Graduating Class and the Lt Frank Luke, Jr. Class, will be held Wednesday, May 26, in Falcon Stadium beginning at 10:00 a.m. Free, public tickets will be available through the Colorado Springs Chamber of Commerce starting in mid-May. Further details will be provided when available.

**RESERVE A LASTING MEMORY NOW! Class of 2010 Graduation DVD, 2010 Polaris Yearbook, and Family, Friends and Supporter Congratulatory Messages**

The Office of Cadet Wing Media will be mailing order forms for the graduating Class of 2010 DVD and POLARIS yearbook the first week of April. Order forms are mailed to cadet's primary and secondary home of record point-of-contact.

Order forms can be found on-line at USAFA website:  
<http://www.usafaservices.com/cadet-activities/cadet-media>

POLARIS 2010 FFS Congratulatory Messages can be ordered online at  
<http://wpccolorado.com/usafa.htm>.

Family, Friends and Supporter messages are a wonderful opportunity to show your support for that special graduating cadet in a lasting format. Space is limited, orders will be accepted on-line only on first-come first-serve-basis.

For more information call the Cadet Wing Media office, (719)333-4644 or e-mail:  
[CWMedia@usafa.edu](mailto:CWMedia@usafa.edu) .

**THE "MAKING WORK PAY" TAX CREDIT**

Most cadets can benefit from larger paychecks in 2009 and 2010 because the Federal Government reduced the amount of taxes withheld, as a result of the changes made to the federal income tax withholding table in order to implement the Making Work Pay tax credit. These changes may result in an increase in take-home pay each month.

In 2009 and 2010, the Making Work Pay provision of the American Recovery and Reinvestment Act will provide a refundable tax credit of up to \$400 for working individuals. The credit equals 6.2 percent of earned income up to the maximum \$400 for working taxpayers. Thus, any eligible cadet whose earned income is \$6,451 or more qualifies for the \$400 maximum credit.

Some taxpayers are not eligible for the Making Work Pay credit, including:

- Joint filers whose modified adjusted gross income (MAGI) is \$190,000 or more.
- Other taxpayers whose MAGI is \$95,000 or more.
- **Anyone who can be claimed as a dependent on someone else's return.**
- A taxpayer who doesn't have a valid social security number.
- Joint filers, if neither spouse has a valid social security number.
- **Nonresident aliens.**

This tax credit is figured automatically based upon the above criteria but, if you have any questions about the Making Work Pay credit be sure to ask when you come in to file your tax return. USAF Academy Tax Center files your tax return free of charge. The Tax Center is available to active duty, cadets, retired persons, and military dependents. Hours of operation

are Monday through Friday 8 am to 3 pm, walk-ins are welcome but appointments are preferred, so please call 719-333-3905 to make appointment for tax assistance today.

### **CADET PLATINUM SERVICE, AKA, “CAPS”: A NEW 10 MDG INITIATIVE**

By Col (Dr.) Ken Knight, 10 MDG Commander and '86 Grad

As I have reflected on the first 7 months of my command of the 10<sup>th</sup> Medical Group (MDG), I continually assess how we are meeting our mission: from supporting USAFA activities to providing direct medical care, both in the deployed environment as well as at home. I am very proud to say that the men and women of the 10<sup>th</sup> MDG not only strive to provide but indeed do provide the very best support and medical care. How do I know? Because of feedback from people like you, awards they have won, metrics we generate, and many more ways.

In addition, I frequently hear from USAFA leadership that the first and foremost mission of USAFA is the cadet mission. To the 10 MDG, that mission not only includes direct medical support to cadets but to all at USAFA – in caring for those who run USAFA and their families, we are supporting cadets. Nonetheless, as I hear of the very positive feedback and noted how the 10 MDG excels in that we are doing much better than the Air Force Standards, I am challenging my staff “Are we providing the very best care to cadets?” As a 1986 grad, I understand the demands on our cadets and I want the 10 MDG to do everything within our ability to enable cadets to reach their goals and dreams.

So, late February, I launched a new initiative that I call “CaPS”, Cadet Platinum Service. The initiative is in its infancy; however, we have taken our first steps. We have collected a list of many of the initiatives that were already in place or are in development to capture how we are pursuing this CaPS standard. The second step will be to educate all of my staff on what this means so that they will have at the forefront of their minds “Does this meet the CaPS standard?” Following that, we will further develop ways to solicit new ideas and improve what we do.

CaPS is here and developing! It is first and foremost a mindset to guide us in how we support cadets. Recently, I received an email from one of our pharmacists on how they assisted a cadet in her research project. He emailed me to let me know of how his staff was providing CaPS service by enabling cadets to reach their goals and dreams – the CaPS mindset! I look forward to how this will develop and the great ideas that will come from cadets, leadership, parents, and my staff.

### **CADET TREATS PROGRAM**

Don't forget to place your orders for your cadet for treats as we head into the end of the semester. We have cakes, cookies, fruit baskets and snack sacks for studying, for all special occasions like birthdays, recognitions, graduations and preparing for finals. Call 719-333-3908, FAX the form if you have one to 719-333-2617, or email [cadet.treat@usafa.af.mil](mailto:cadet.treat@usafa.af.mil). Your cadet will love you for their treats!

**Your Military Travel Connection at the Air Force Academy  
Graduation 2010 Hotel Rooms available**

Towne Place Suites: Studios \$139, 2-bedrooms \$179

Hampton Inn North: 2 queen beds \$114

Academy Hotel: 2 double beds \$109

Homewood Suites: 1 bedroom suite \$199

Marriott: King or two queens, \$149

Comfort Suites: 2 queens w/sleeper sofa \$149

Sleep Inn: 2 double beds \$99

Car Rental reservations through Hertz or Enterprise, rates starting at \$27 per day

**To book a reservation, contact Colorado R and R toll free 877-517-3381 or online,  
[www.coloradorandr.com](http://www.coloradorandr.com)**

Colorado R and R is sanctioned by the U.S. Air Force Academy

**CADET DENTAL CARE IN THE HANDS OF DEDICATED PROFESSIONALS**

By: Jennifer Fawaz, RDH

Many cadets do not realize they have gum disease (periodontal disease) until it becomes a problem or their dental hygienist or dentist brings this to their attention. Stress is a contributing factor of periodontal disease and we all know that the cadets at USAFA can experience their fair share of stress!

Here at the Air Force Academy Dental Clinic, four dental hygienists work closely with our periodontist, Capt (Dr.) Audra Myers, to ensure our cadet population stays healthy. Dental hygienists are licensed health care providers that focus on preventive, educational and therapeutic treatments for gum disease. Most have completed a bachelor's degree or higher and all have graduated from an accredited dental hygiene school – which includes two years of rigorous comprehensive training. Each registered dental hygienist is nationally accredited and has passed both written national board exams and state or regional clinical exams.

The dental hygienist's focus is preventative. This includes assuring the cadets keeps their appointments/check-ups so that they can prevent any further progress of gum disease. Some preventative procedures performed by our dental hygienists are the actual removal of calculus (tartar) that is below the gum line and the application of topical fluoride treatment.

Education: This is something there is a lot of here at USAFA! For the dental hygienist, it is teaching the cadets that the health of their mouths can reflect in their everyday overall health. With proper interventions, such as the correct way to floss, brush and proper diet, cadets can improve their oral health and this could equal better grades and physical stamina.

When gum disease has progressed, therapeutic services are able to control the disease and maintain the health of the tissues in the mouth. Our registered dental hygienists can complete procedures as detailed as deep scaling and root planning therapy. They are also credentialed to place pit and fissure sealants in order to protect teeth from future cavities.

There are also prophylaxis technicians here at the Air Force Academy Dental Clinic who are able to complete dental prophylaxis (dental cleanings) for our cadets and active duty population. Our prophylaxis technicians are trained to complete scaling and polishing procedures to remove plaque, calculus and stain that is above the gum line. Prophylaxis technicians work under the close supervision of a registered dental hygienist and they see our patients who do not have periodontal disease.

Dental hygiene is a profession of complex competencies requiring the practitioner to apply knowledge and skills in making decisions about patient care. We are fortunate at the Air Force Academy Cadet Clinic to be able to work with four skilled and highly trained registered dental hygienists. This is one more example of the excellent dental care offered to the Air Force Academy cadets. If you have any questions regarding cadet dental care, please feel free to contact TSgt Kelly Links or Maj (Dr.) Peggy Dickson at 719-333-5444 or email the dental clinic at [USAFA.SGD@usafa.af.mil](mailto:USAFA.SGD@usafa.af.mil).

Mrs. Jennifer Fawaz is a registered dental hygienist and has been a part of the 10<sup>th</sup> Dental Squadron at the Air Force Academy since 2007. She is an active volunteer with Colorado Mission of Mercy. We are pleased to have Mrs. Fawaz and our team of dental hygienists working with the cadets to improve their oral health.

## ATHLETICS

### **FOURTEEN FALCONS NAMED TO ALL-MWC SWIMMING & DIVING TEAMS**

12 individuals, four relays honored, March 1, 2010

**COLORADO SPRINGS, Colo.** - A total of 14 members of the Air Force men's and women's swimming and diving teams were named All-Mountain West Conference selections, as announced by the league on Monday. The all-conference honorees for the Falcons included 12 individuals and 4 relays. To be placed on the All-MWC team, an individual must place in the top six of an event for men and the top eight for women. For the relays, the all-conference team consists of the top three finishers in each race for both men and women.

Sophomore Corydon Butler (Williamsburg VA) earned all-conference honors for the first time in his career, finishing fourth in the 1650 free and fifth in the 500 free. His NCAA 'B' standard time of 15:31.09 in the 1650 free ranks as the fifth-fastest in school history, while he ranks seventh all-time at the Academy in the 500 free with a mark of 4:29.46.

Junior Robert Dawson (Colorado Springs CO) finished third in the 100 freestyle to earn the first individual all-conference honors of his career. Dawson's career-best time of 44.73 in the preliminaries moved him into fourth place in the Academy record books.

Also earning all-conference honors for the first time was senior Greg Edmonds (Fairfax Station VA) who placed sixth in the 100 breaststroke. Edmonds posted a mark of 55.76 in the finals, a time which ranks as the fifth-fastest in school history.

Sophomore Katharine Ernst (Folsom CA) earned a pair of all-conference accolades in her first year as an All-MWC performer, placing fourth in the 100 fly and seventh in the 200 fly. Her time of 56.10 in the 100 fly ranks as the third-fastest in Academy history. Meanwhile, she clocked a time of 2:03.54 in the 200 fly, which is nearly one second faster than the previous school record and now ranks third on the Air Force top 10 list.

Senior Becky Gleason (Ballwin MO) picked up the first All-MWC honors of her career with a fifth-place finish in the 200 butterfly. Gleason, who broke the Falcons' school record in the morning preliminaries, posted a time of 2:03.00 in the finals and now owns the second-fastest time in school history (behind teammate Haley Holcombe, who captured the school record with a win in the consolation finals).

For the second consecutive year, junior Benjamin Gunn (Gainesville GA) garnered all-conference honors in three individual events. Gunn defended his MWC title in the 200 IM with a school and conference record time of 1:47.22. In addition, Gunn, a two-time All-MWC performer in the butterfly events, competed in the backstroke events this season, placing second in both the 100 and 200 back. Gunn's time of 48.64 in the 100 back was a school record, while his mark of 1:46.28 in the 200 back was just one one-hundredth off of the Air

Force record. Gunn, who now owns four school records, posted NCAA provisional marks in all three of his individual events at the MWC Championships.

Junior Tom Hansen (Berkeley Heights NJ) was an all-conference performer for the second-straight year. After earning All-MWC honors in the 500 free and 200 back in 2009, Hansen finished third in the 400 IM with a mark of 3:58.15. His time ranks as the eighth-fastest in Academy history.

Senior captain Chris Morin (Crown Point IN) scored the first individual all-conference accolades of his career with a fifth-place finish in the 100 butterfly. Morin, who already holds the second-fastest time in school history in the event, clocked in at 48.71 in the preliminaries.

Senior Sean O'Keefe (Lake Oswego OR) will leave the Academy with nine individual all-conference performances after earning All-MWC recognition in the 200 free, 500 free and 1650 free in each of the past three seasons. This year, O'Keefe registered his best-ever showing at the conference meet, tying for second in the 500 free with an NCAA `B' mark of 4:24.89. He placed fourth in the 200 free after clocking a time of 1:38.45 in the preliminaries, while placing sixth in the 1650 free with an NCAA `B' standard of 15:34.58.

Senior diver Kyle Van Valkenburg (Tucson AZ), the recipient of the MWC Senior Recognition Award, earned a pair of all-conference honors for the third-straight season, finishing second on the 3-meter springboard while placing third on the platform. A two-time conference platform champion, Van Valkenburg recorded career-best marks in both events, scoring a 373.20 on 3-meters, while registering a mark of 371.80 on the platform.

Freshman J.H. Vivadelli (Richmond VA) earned All-MWC honors in the 200 butterfly in his rookie campaign, placing sixth in the event after recording a career-best mark of 1:50.82 in the preliminaries.

Freshman Paul Young (Lakeville MN) also turned in an all-conference performance in his first collegiate season, after finishing sixth in the 200 backstroke. Young's preliminary time of 1:48.05 currently ranks as the sixth-fastest in school history.

The men also grabbed all-conference recognition in the 200 freestyle relay, 400 freestyle relay, 200 medley relay and 400 medley relay, posting NCAA provisional marks in three of the four events. Gunn, Edmonds, Morin and Dawson recorded an NCAA `B' standard time of 3:17.05 in the 400 medley relay to take second place, while the 200 free relay team of Morin, O'Keefe, Eric Robinson Jr. (Lakewood CO) and Dawson also placed second with a mark of 1:21.95.

In addition, the 200 medley and 400 freestyle relay teams each posted NCAA `B' standards to place third. The 200 medley relay team of Gunn, Cody Deacon (Portland OR), Morin and Dawson registered a mark of 1:29.46, while the 400 free relay team of Gunn, O'Keefe, Morin and Dawson clocked a time of 2:59.86.

The Air Force men finished second at this year's Mountain West Conference Championships, matching its finish in 2009, while the women took ninth place.

### **AIR FORCE CLAIMS 10 ALL-CONFERENCE HONORS**

The 10 combined all-conference honors are the second-most since the 2004 season.

March 1, 2010

**COLORADO SPRINGS, Colo.** - The Air Force track and field team received 10 all-conference selections following this past weekend's Mountain West Conference Championships in Albuquerque NM, the league office announced today (March 1). By finishing within the top three of their respective events, six individuals and two relay teams earned all-MWC distinction.

Senior Sara Neubauer and junior Justin Tyner paced the Falcons, as they each earned a pair of all-conference accolades. Neubauer was the conference champion in both the shot put and weight throw - marking the first time since 2006 that a conference thrower has swept the podium's top spot on both events. Tyner, who finished second in the 5000-meter run with an Academy record time, won his first conference title with an impressive finish in the 3000-meter run.

The Falcons picked up a pair of all-conference finishes in the pole vault, as senior Nick Frawley and freshman Chase Cooper finished first and second, respectively, in that event. Including Cooper, Air Force earned three runner-up placements from members of the freshman class. Uzor Udensi finished second in the 200-meter dash, while Zach Wood earned the runner-up spot in the high jump.

For the first time since 2002, both of the men's relay teams claimed all-conference honors.

Senior Zach Nordahl, classmate Bryant Davis, junior Tyler Stanley and sophomore James Walmsley placed third in the distance medley relay, marking the fourth straight year - and the seventh time in the last 11 - that the Falcons have earned all-conference honors in the DMR. Davis also ran a leg of the 4x400-meter relay, which claimed its first top-three finish since 2004. Davis was joined by junior Chris Severino, junior Matt Jones and sophomore Manuel Smith.

The 10 combined all-conference honors are the second-most since the 2004 season.