

FALCON FAMILY NEWS

MAY 2010

CLASS STATISTICS (as of 30 April 2010)

| | Men | Women | Total |
|-------------|-------------|------------|-------------|
| 2010 | 830 | 187 | 1017 |
| 2011 | 843 | 210 | 1053 |
| 2012 | 918 | 258 | 1176 |
| 2013 | 1013 | 250 | 1263 |
| WING | 3604 | 905 | 4509 |

MEMORIAL DAY COMMEMORATION CEREMONY

A Memorial Day Commemoration Ceremony will take place at 10:00 a.m. on Thursday, 27 May 2010, at the AFA Cemetery flag pole. There will be a wreath laying ceremony as well as the POW/MIA recognition ceremony. The public is invited.

GRADUATION 2010 VIDEO, PHOTOS AND YEARBOOK

You may order the 2010 USAFA Graduation video in DVD format, the 2010 POLARIS Yearbook and graduation photographs from the Office of Cadet Wing Media. The Class of 2010 DVD includes highlights of the Graduation Week activities, all 40 Squadrons and Distinguished Graduates receiving diplomas, with bonus materials including the guest speaker speech and Thunderbirds demonstration. This DVD is the only graduation product officially sanctioned by the USAF Academy. You may request order forms from Cadet Wing Media by calling (719) 333-4644; visiting their web page at <http://www.usafaservices.com/cadet-activities/cadet-media>; sending an email to CWMedia@usafa.edu; or writing to Cadet Wing Media, P.O. Box 6066, USAFA CO 80841-6066.

Pictures of graduation week activities and other candid cadet life activities can be found at www.afaphotos.printroom.com. Individual portraits of cadets receiving diplomas are mailed to home-of-record by Prestige Portraits, 800-426-9533, 6 weeks after graduation.

AOG LIFETIME MEMBERSHIP

Give your cadet a gift that will last a life time, an Association Of Graduates (AOG) Lifetime Membership.

As the Class of 2010 approaches their graduation, the ideal graduation gift is a Lifetime Membership in the Association of Graduates. This membership will keep the 2010 graduates in touch with what's going on at the Academy.

Take this gift opportunity and help your Class of 2010 graduate remain connected to the Long Blue Line. Please call the AOG at 719-472-0300, Ext 139, to move forward and the AOG will send your cadet a note indicating your wonderful gift. This membership will also provide your Class of 2010 graduate an additional 10% discount on selected AOG merchandise on top of the regular 15% membership discount at Doolittle Hall from 27 May 2010 through 30 June 2010.

If you have ever considered giving your Class of 2010 graduate a gift they will use throughout their lifetime, this is a wonderful opportunity. The Association of Graduates extends their congratulations to the upcoming Class of 2010 graduates. A wonderful career is about to begin.

BCT SCHEDULE CLASS OF 2014

and other significant dates

| | |
|-----------------------------|---|
| In-Processing | 24 June |
| Swearing In | 25 June |
| First Beast (BCT) | 24 June |
| Field Day/Doolie Day In | 10 July (no guests are allowed to visit for DDI) |
| March to Jack's Valley | 11 July |
| Second Beast (BCT) | 11 July |
| March back fm Jack's Valley | 24 July |
| Valley Sweepstakes | 24 July - |
| BCT ends | 31 July |
| Acceptance | 4 August |
| Classes begin | 5 August |
| Parents Weekend | 3-6 September |
| Thanksgiving Break | 23-29 Nov (begins after LMD on 23 rd) sign in by 7:00pm on 29 Nov |
| Finals | 11, 13, 14, 15, 16, 17 Dec |
| Winter Break | 17 Dec (after last final) to 2 Jan 2011 (sign in by 7:00 pm) |
| Recognition Training | 10-12 Mar 2011 |
| Spring Break | 18 Mar (after LMD) and sign in by 7:00pm on 27 Mar |

CADETS PERFORM VOLUNTEER WORK

More than 100 cadets spent parts of their weekend in early May to volunteer for projects in the community. Approximately 30 cadets from Cadet Squadron 1 painted a gym for The Salvation Army in downtown Colorado Springs. Meanwhile, Cadet Squadron 14 had 70 cadets participating in the Adopt-A-Highway Program, cleaning up a portion of northbound Interstate 25, between Exits 153 and 156.

Both activities were two of the latest cadet volunteer efforts in the local community. 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.

Nonprofit organizations in the local area can request cadet volunteers via this website: http://www.usafa.edu/Commandant/cwc/cwcx/csl/csl_inputform.cfm?catname=csl. Generally, cadets can only volunteer on weekends without special scheduling requirements and several weekends during the fall 2010 semester are open.

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.

TAX INFORMATION – AMENDED RETURNS

If you discover an error after your return has been filed you may need to amend your return using Form 1040X, Amended U.S. Individual Income Tax Return, as soon as possible. Amended tax returns have to be filed on paper, and they can take 8 to 12 weeks for the IRS to process.

The IRS usually corrects math errors and simply lets you know of any changes. In these instances, you don't need to amend your return. However, if you find that you did not report some income, claimed deductions or credits you should not have claimed, failed to claim some deductions or credits you are entitled to, or, you should have used a different filing status, you should file an amended return. Attach copies of any forms or schedules that are being changed as a result of the amendment including any Form(s) W-2 received after the original

return was filed. You generally must file an amended return within 3 years of the date you filed the original return or within 2 years after the date you paid the tax, whichever is later.

Like the IRS, your state uses a special form for an amended return. Don't forget to attach a copy of your amended federal return to your amended state return.

Questions regarding amended returns can be addressed to a JAG legal assistance attorney at 719-333-3940. The IRS web page at www.irs.gov also has a wealth of information for military taxpayers and this article was prepared with information from the IRS web site.

Recordkeeping for Tax Returns

There are many reasons to keep records. In addition to tax purposes, you may need to keep records for insurance purposes or for getting a loan. Good record keeping helps you identify sources of income, track expenses, track the basis for a gain or loss during the sale of property, prepare tax returns, and support items reported on tax returns. Normally, tax records should be kept for 3 years, but some documents — such as stock transactions and IRAs— should be kept longer.

You should keep copies of tax returns you have filed and the tax forms package as part of your records. They may be helpful in amending already filed returns or preparing future returns. If necessary, you can request a copy of past returns and all attachments (including Form W-2) from the IRS by using Form 4506, Request for Copy of Tax Return.

Basic records are documents that everybody should keep. Keep Form(s) W-2, Form(s) 1099, and brokerage statements as your basic income record. Your basic investment records should enable you to determine your basis in an investment and whether you have a gain or loss when you sell it. Investments include stocks, bonds, and mutual funds. Your records should show the purchase price, sales price, and commissions. Keep copies of the Form 5498, IRA Contribution Information, Form 1099-R and Form 8606, Nondeductible IRAs, for each year you made a nondeductible contribution to your IRA or received distributions from an IRA if you ever made nondeductible contributions. If you are claiming a deduction for state or local sales taxes paid on a vehicle you purchased, you need to keep your purchase contract to show how much sales tax you paid.

This article was prepared with information from the Publication 552, Recordkeeping for Individuals.

CADET MEDICAL CLINIC

The staff of the Cadet Medical Clinic would like to extend a warm welcome and congratulations on the appointment of your son or daughter to the United States Air Force Academy. As an appointee, your son or daughter is entering into a premier institution that is both physically and mentally demanding, but will cultivate lifelong leadership skills and friendships. Our role at the 10th Aerospace Medicine and Dental Squadron (10 AMDS) is to support your cadet's health and well-being throughout his or her time here at the Air Force Academy.

We are fortunate to have a diverse and talented group of medical professionals and extensive resources to help fulfill this role. Medical specialties include Family Practice, Flight Medicine, Orthopedics, Sports Medicine, Mental Health, Gynecology, Preventive Medicine, Public Health and Adolescent Medicine. Services include pharmacy, radiology, laboratory and physical therapy which are co-located here in the cadet clinic. Additional specialties and extended services including Internal Medicine, Gastrointestinal (GI), Neurology, Audiology, Cardiopulmonary, Ear Nose and Throat (ENT) and the Acute Care Clinic (located at the main clinic near the cadet area, provides for cadet care 24 hours a day / 7 days a week), specialty diagnostic radiology and laboratory services are available as well. If your son or daughter has medical needs that require expertise beyond available capabilities, he or she can be referred to community subspecialists. There are two hospital networks within the local Colorado Springs community which can quickly accommodate any emergent or life-threatening conditions.

Interface with the Cadet Medical Clinic begins when your Basic Cadet arrives for medical in-processing. Screening labs, medical record reviews and required immunizations are obtained. During Basic Cadet Training (BCT) we have extended and weekend clinic hours and perform 24 hour/7 day operations throughout BCT II (field training) to support any medical or emotional issues which may arise. After BCT is completed, we will provide continuing medical care with daily scheduled appointments for acute or ongoing medical issues. Our clinic flight surgeons and providers will ensure your cadet is medically cleared and safe to participate in various flying, parachuting, overseas immersions, and other operational experiences. Finally, during their junior year, each cadet will be given a graduation physical to complete any required lab work, x-rays, waivers or follow-up on any ongoing medical conditions to ensure that he or she is ready to become a commissioned Air Force Officer.

Additionally and equally important is helping your cadet learn to successfully navigate the military medical care system as an adult patient. We will require your son or daughter to sign a release of information before we can talk with you regarding his or her medical care. Also, our providers will work closely with your son or daughter to teach him or her about the basics of medical care access and follow-up. These are invaluable skills that will serve your son or daughter well while at the Academy and throughout his or her future military career.

Important contact information includes the following:

Cadet Medical Clinic: 719-333-5181 or 719-333-5183

Acute Care Clinic: after duty hours and weekend care: 719-333-5000 or 719-333-5005

| Phase | Location/ Time |
|--------------------------|-----------------------------------|
| BCT I 24 June – 10 July | Cadet Medical Clinic/ 0700 – 1700 |
| BCT II 11 July – 24 July | Jack’s Valley/ 24 hours / 7 days |
| BCT III 25 July – 01 Aug | Cadet Medical Clinic/ 0700 - 1700 |
| Post- BCT | Cadet Medical Clinic/ 0700 – 1600 |

On the Behalf of the Cadet Medical Clinic Staff,

Kasi M. Chu, Major, USAF, MC
Adolescent Medicine Specialist

RECREATIONAL WATER ILLNESSES

The weather is warming up (for the most part!) and most folks like to get outside and reconnect with Mother Nature. USAFA offers many opportunities to enjoy the great outdoors, from hiking trails right here on base to river rafting trips offered through the Outdoor Recreation flight. Safety is paramount in being able to participate in these activities throughout the summer and it’s important to remember that some of the most serious hazards aren’t even visible to the naked eye! Prime examples of these tiny dangers are recreational water illnesses (RWIs).

RWIs can include a wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported RWI is diarrhea. Diarrheal illnesses can be caused by germs such as *Crypto* (short for *Cryptosporidium*), *Giardia*, *Shigella*, [norovirus](#) and *E. coli* [O157:H7](#). In the past two decades, there has been an increase in the number of RWI outbreaks associated with swimming. Swimmers share the water—and the germs in it—with every person who enters the pool. In addition, lakes, rivers, and the ocean can be contaminated with germs from sewage spills, animal waste, and water runoff following rainfall. Some common germs can live for long periods of time in salt water.

RWIs are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. The Centers for Disease Control and Prevention (CDC) has some recommendations for swimmers to help prevent RWIs:

- Don't swallow the pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

In addition, at your own home, you can check [chlorine or other disinfectant levels and pH](#) regularly as part of good pool operation, to ensure that most germs are killed. With some common sense and good hygiene, everyone will be able to have fun in the water this summer!

Public Health flight members are dedicated to ensuring your cadet has the most current preventive health information available. Please do not hesitate to contact us if you have any questions or cadet public health concerns - Capt Brigitte French at 719-333-9443.



Wednesday, May 12, 2010

Five Air Force programs receive recognition from NCAA

U.S. AIR FORCE ACADEMY, Colo. – Five Air Force Academy collegiate athletic programs have been recognized with the NCAA Division I Academic Performance Public Recognition Award, announced today by the NCAA. The football, wrestling, women’s swimming and diving, women’s cross country and women’s outdoor track programs were all recognized for achievement in the classroom.

Air Force’s five programs are the most among teams in the Mountain West Conference. The football program was among 26 nationally recognized programs while wrestling was among 10, women’s swimming and diving 19, women’s indoor track 35 and cross country 42.

Each year the NCAA honors selects Division I sports teams by publicly recognizing their latest multiyear APR. This announcement is part of the overall Division I academic reform effort and is intended to highlight teams who demonstrate a commitment to academic progress and retention of student-athletes by achieving the top APRs within their respective sports. Specifically, these teams posted multiyear APRs in the top 10 percent of all squads in each sport.

The APR provides a real-time look at a team's academic success each semester by tracking the academic progress of each student-athlete on scholarship. The APR accounts for eligibility, retention and graduation and provides a measure of each team's academic performance.

Multiyear APRs for all Division I sports teams, including the teams receiving public recognition, will be announced at a later date.