

FALCON FAMILY NEWS

JANUARY 2011

HAPPY NEW YEAR!!



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CLASS STATISTICS (as of 31 December 2010)

	Men	Women	Total
2010	3	0	3
2011	839	205	1044
2012	881	239	1120
2013	936	239	1175
2014	946	271	1217
WING	3605	954	4559

GRADUATION DATE 2011 and 2012

Graduation date for **2011** is Wednesday 25 May, the **Wednesday prior** to Memorial Day weekend. Information can be obtained on the following link:

<http://www.usafa.edu/superintendent/graduation/?catname=graduation>.

The graduation date for **2012** has been set for Wednesday, **23 May**, the **Wednesday prior** to Memorial Day weekend.

GRADUATION DVD, ETC.

To the parents, families, and friends of **CLASS OF 2011**: Order forms for 2011 graduation DVD, graduation ceremony photographs and 2011 POLARIS yearbook will be mailed to the home of record in the spring (MAR/APR); **orders cannot be accepted prior to April 2011.**

Graduation Photos, Video and Yearbook

You may order the 2011 USAFA graduation DVD, photographs of your cadet receiving his/her diploma and the 2011 POLARIS Yearbook through the Office of Cadet Wing Media. The DVD includes the Class of 2011 bonus material that highlights all of the Graduation Week activities. This DVD is the only graduation product officially sanctioned by the USAFA.

Prestige Portraits by Lifetouch has been contracted to provide professional photographs of your cadet at the Graduation Ball and the Graduation Ceremony. Information for ordering photographs will be sent to cadets and be available online at a future date.

You may request order forms **AFTER MARCH** from Cadet Wing Media by calling (719) 333-4644, sending an email to cwmedia@usafa.edu or writing to 10 FSS/FSLAM, P.O. Box 6066, USAFA CO 80841-6066. Visit their web page at: <http://www.usafaservices.com/cadet-activities/cadet-media>.

CLASS RINGS FOR 2012

The Class of 2012 ordered their class rings on 11, 12 and 13 January 2011 in the Cadet Library. All rings must be paid-in-full in order to receive them at the Ring Dance. Telephone number for Jostens is **1-800-852-9353**.

GRADUATION ANNOUNCEMENTS FOR 2011

In November 2010, a letter was sent from CB Announcements to order the Graduation Announcements for 2011, either on line or by mail. CB Announcements was also in the Cadet Library on 11, 12 and 13 January 2011 to answer any questions the cadets had or to give assistance.

Below is the website link: <http://www.cbgrad.com/page1.asp>

Telephone number for CB Announcements is **1-800-433-0296**.

LIFETIME MEMBERSHIP IN THE AOG

Parents - give your cadet a gift that will last a life time -- an Association of Graduates (AOG) Lifetime Membership.

As the Class of 2011 approaches their graduation, you may be wondering what would be an appropriate gift. The ideal graduation gift is a lifetime membership in the AOG. This membership will keep the 2011 graduates in touch with what's going on at the Academy.

Take this gift opportunity and help your Class of 2011 graduate remain connected to the Long Blue Line. Please call the AOG at 719-472-0300, Ext 139, and they will send your cadet a note indicating your wonderful gift.

BE MORE HEALTHY AND ENERGETIC IN 2011

Experts at the Colorado Department of Public Health and Environment (CDPHE) are recommending seven healthy behaviors for the New Year and beyond. These behaviors can improve an individual's quality of life by increasing energy and decreasing or preventing chronic illnesses such as heart disease and cancer. Research shows that setting goals and tracking progress are keys to making (and keeping) these healthy lifestyle changes. "To be successful, choose one healthy behavior change at a time and set a goal," said Sara Rodriguez, Chronic Disease Director at the CDPHE. "Write down your goal and keep it visible by putting it on your bedroom or bathroom mirror or setting up electronic reminders on your phone or computer. And ask your family and friends to support you." So, let's get started!

1. **Quit smoking.** Set a date and stick to it; make your house and vehicle smoke-free.
2. **Exercise for at least 30 minutes a day.** Physical activity can boost your immune system, burn calories at a faster rate and make you feel more positive. Find an exercise activity you enjoy and stick with it.
3. **Eat at least five fruits and vegetables a day.** Try washing and cutting up fruits and vegetables in advance for "grab and go" snacks.
4. **Choose water instead of soda.** Studies show that even one can of soda with sugar per day can add 10 pounds to your weight in a year! Stick with water for hydrating.
5. **Choose low-sodium foods.** The majority of Coloradans get too much salt in their diets and most of it comes from processed foods. Check labels to find low-sodium options.
6. **Brush and floss daily.** Daily brushing and flossing and annual visits to the dentist prevent bacteria from building and spreading to the rest of your body.
7. **Ensure sun safety.** Coloradans have a high rate of skin cancer. Experts recommend wearing a sunscreen with a sun protection factor (SPF) of 15 or greater. Even in the winter and on cloudy days, the sun's rays can do damage.

HAPPY NEW YEAR - 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 - Maj Brigitte French at 719-333-5186.

NEWS FROM THE CADET CLINIC

Dear Parents

As we ring in 2011, we are also implementing major changes to the USAFA Cadet Clinic. When your sons and daughters returned to Colorado Springs for 2nd semester, they learned that their ability to get appointments at the Cadet Clinic had dramatically improved. Our number one goal in the Cadet Clinic has always been to provide the best health care possible to cadets. We now offer that service 24 hours a day, Monday through Friday, in the cadet area.

Through the climate survey last year, we learned that cadets had concerns about having to miss class for medical appointments and not being able to get medical appointments when needed. We explored these concerns with the help of several cadets on the Cadet Health Care

Advisory Council. Through that group, we also learned that cadets also had some difficulty getting to the Acute Care Clinic for after-hours care. Until this month, if a cadet needed to be seen after 1600 or before 0700 or anytime on the weekends, he or she had to find transportation to the 10th MDG (Medical Group) to be seen at the Acute Care Clinic. This was difficult for cadets without cars -- in particular, three and four degree cadets.

With the support of the cadets and USAFA leadership, the staff of the 10th MDG has completely restructured the Cadet Clinic—all for good! The new hours in the Cadet Clinic (in the cadet area) are Monday through Friday, 24 hours a day, and Saturday and Sunday from 1800-0600. The only times appointments are not available in the cadet area (but are still available during these times in the Acute Care Clinic in the 10th MDG) are 0600 to 1800 on Saturday and Sunday and on holidays and down-days. Cadets should continue to schedule all appointments through our appointment line in order to minimize wait time when they arrive at the Clinic. However, with the increased number of hours, we hope cadets can be seen at a time that best meets their needs.

Student health centers at other colleges and universities throughout the United States are all going through significant changes, but few, if any, are expanding their hours. In fact, there are few student health clinics that continue to have after hours care or a 24-hour infirmary. We are in state of constant process improvement at the Cadet Clinic. Therefore, as we get feedback about the new hours, we will address any issues and concerns. With this constant attention to the needs of the cadets, we hope to continue to make the Cadet Clinic the best student health center in the country!

Sincerely,

Catherine Witkop, MD, MPH
Lt Col, USAF, MC
Medical Director, Cadet Clinic

TO AIR FORCE ACADEMY GRADUATES AND SUPPORTERS

(From Coach Troy Calhoun)

Thanks again for the tremendous vitality and backing throughout the fall of 2010 and the bowl game in Shreveport. Our cadets were part of a memorable season where all three service academies won at least 7 games and earned bowl bids, and these Air Force Academy cadets were more than fired up to play Georgia Tech in the Independence Bowl! It helped our guys to go home for 5 days between the conclusion of finals and arriving at the bowl site; however, the biggest lift was provided by the more than 10,000 bowl tickets that were purchased through the Academy. The Falcons were supposed to be the visiting team that had to travel much farther from Colorado Springs than our opponent from the south. Yet, between eating lunch at Barksdale AFB coupled with the many spirited people in the stadium wearing blue, our guys were more than ready.

The best part of the Academy is that character and leadership development is always briskly moving forward. The seniors have 4-1/2 months more of Air Force Academy training

and education before heading to pilot training or their active duty assignments. The younger cadets continue to push toward 4 degree recognition, the demands of academics, Operations Air Force, and leading Basic Training this summer when the Class of 2015 arrives. (That gets your attention!) Your support of the young men and women at the Academy certainly helps with the quality of their leadership experiences.

2011 will be a challenging, but exciting year for our cadets and their various programs. Thanks again for continuing to help make the Academy such a special place.

Go Air Force!
Coach Troy Calhoun

WINGS OF BLUE TAKES 47 MEDALS AT NATIONALS

by David Edwards, Academy Spirit staff writer

U.S. AIR FORCE ACADEMY, Colo. -- The Wings of Blue parachute team might want to consider changing its name to Wings of Gold. Air Force Academy cadets competing at the National Collegiate Parachute Championships in Eloy, Ariz., hauled in 47 medals and won gold in every event they entered save for two. Only a technicality kept the Academy team from making the medal count even more impressive. Although 92 skydivers representing more than a dozen universities took part in the championship, it must have seemed as if the cadets were competing only against themselves.

"This year's performance is the best we have ever done in my 25 years coaching the team," Coach Bill Wenger said. "Out of 10 events and classes of events, we placed first in eight of them. For the first time, every cadet won a medal at the nationals. Our showing at the Nationals in all the events shows the overall strength of the team."

Participants had their pick of numerous events. The championship featured tests of two-, four- and six-way formation skydiving, vertical formation skydiving, classic individual and team accuracy, and sport accuracy. Three of the events are divided into experience levels ranging from novice to intermediate to open. Mr. Wenger said that the team tries to enter every event at nationals, but it does not enter anyone at the novice level in the three applicable events.

The collegiate national championship is orchestrated by the U.S. Parachute Association, and according to the event website, this competition is the longest-running one in the organization's history. Speaking of history, the Air Force Academy has a long track record of success at nationals, and this performance ranks among the most dominant.

Individual medal winners included cadets Jonathan Primeaux, John Nygard, Ben Barringer and Alexander Meyer. Cadet Meyer joined cadets Joshua LeMair, Eric Wallace and Kyle Yohe in winning team titles in two-way formation skydiving and classic accuracy. Cadet Nygard and his teammate on the Air Force Instinct duo, Cadet Robert Hemker, picked up the gold in two-way vertical formation skydiving.

About the only thing that stopped the cadets was the weather. An intense storm caused action on the second day of competition to be postponed. The event blog reported that "the drop

zone was dramatically pelted with torrential rain, turning Skydive Arizona into a lake." "The winds only affect the accuracy events, and it did indeed make these events very challenging," Mr. Wenger said. "There are four jumps in the accuracy events and when the winds are constantly changing it makes it very challenging. For the other events, it was just a matter of waiting for the weather to clear enough to make the jumps. But as in any sport, waiting is often more difficult than jumping."

The Air Force Academy didn't have an absolute monopoly on gold medals. The U.S. Military Academy scored several victories as well, and West Point Cadet Kurt Yeager, a novice jumper, won the medal for Most Competitive Collegiate Competitor.

"I think the Wings of Blue are considered the number one collegiate parachute team in the country," Mr. Wenger said. "Year after year, the team's performance at the collegiate nationals and demonstrations around the country prove this."

Results from the National Collegiate Parachute Championships:

4-way FS Open

Air Force Impulse (Joshua LeMair, Alexander Meyer, Eric Wallace, Kyle Yohe)

4-way FS Advanced

West Point Indifference (Brett Jack, Christopher Liggett, Griffin Strader, Daniel Sullivan)

2-way FS

West Point Dumbrow (Christian Beckler, Kurt Yeager)

2-way VFS

Air Force Instinct (Robert Hemker, John Nygard)

6-way Speed

West Point Marianne and AJ (Brett Jack, Christopher Liggett, Anibal Lopez, Griffin Strader, Daniel Sullivan, Michael White)

Sport Accuracy

Novice: William Harris, UConn

Intermediate: Jonathan Primeaux, USAFA

Masters: John Nygard, USAFA

Classic Accuracy

Novice: Kurt Yeager, West Point

Intermediate: Ben Barringer, USAFA

Masters: Alexander Meyer, USAFA

Classic Team Accuracy

Air Force Lawn Darts (Joshua LeMair, Alexander Meyer, Eric Wallace, Kyle Yohe)



News Release

U.S. Air Force Academy

Athletic Communications Office
2169 Field House Dr.
USAF Academy, CO 80840

Tuesday, Jan. 11, 2011

Air Force announces third hall of fame class Jim Conboy, Gail (Conway) Grey, Chuck Delich, Bob Nieman, Scott Thomas honored

U.S. AIR FORCE ACADEMY, Colo. – The Air Force Academy announced its third class for induction into the Air Force Academy Athletic Hall of Fame. The five inductees, Jim Conboy, Gail (Conway) Grey, Chuck Delich, Bob Nieman and Scott Thomas will be inducted on Friday, May 13, at 7 p.m. at the Colorado Springs Marriott.

The inductees represent a legendary athletic trainer, a national champion track and field star, the Academy's all-time leading scorer in hockey, a multi All-American swimmer and a consensus All-American football player.

Conboy, who is being inducted post-humously, was the first athletic trainer in Academy history and held the position from 1955-98. He was inducted into the National Athletic Trainers' Hall of Fame in 1980 and awarded the 1990 Pioneer Award by the Rocky Mountain Trainers' Association. That organization currently presents a scholarship in his name. During his career, Conboy missed just one of 480 career football games.

Grey (Conway) was a two-time NCAA Division II national champion in the 400- and 800-meters and a six-time All-American. She is a member of the three fastest 4x400-yard relay teams in Academy history and the two fastest 4x400-meter relay teams. Grey earned three Academy Outstanding Competitor awards (1982-84) and served as the school's cross country coach from 1989-91.

Delich is the hockey all-time leading scorer in Academy history with 156 goals and 279 points. He still holds the single-season records for goals and points along with 12 other school records. A two-time team most valuable player, Delich is 12th on the NCAA career scoring list. He served as an assistant coach at Air Force from 1981-85 as head coach from 1985-97.

Nieman was a two-time All-American (1969-70) in swimming and a member of the 1976 Olympic modern pentathlon team. He later became the first American in history to win a world championship in the modern pentathlon. A member of the 1980 Olympic team, Nieman was a finalist for the Sullivan Award in 1980 and 1981 as the top amateur athlete in the country.

Thomas was a consensus football All-American in 1985 and was selected to play in the Hula Bowl after leading Air Force to a 12-1 record in 1985. Thomas was a multiple all-conference honoree and recorded 10 career interceptions, which ranks fifth in school history. He finished the 1985 season as one of only seven players in NCAA history with a punt, kickoff and interception return for a touchdown in a season.

FORMER AIR FORCE ACADEMY HALL OF FAME CLASSES

2007

Alonzo Babers, Track, 1984 Olympian

Bob Beckel, Men's Basketball, 1959 Helms All-American

John Clune, Athletics Administration, Director of Athletics, 1975-91

Chad Hennings, Football, 1987 consensus football All-American and Outland Trophy winner

Michelle Johnson, Women's Basketball, 1995 CoSIDA Academic All-American

Brock Strom, Football, 1958 consensus All-American

2009

Jim Bowman, Athletic Administration, former coach and administrator, 1958-2007

Callie Molloy (Calhoun), Track, multi All-American and national champion

Dee Dowis, Football, 1989 Heisman Trophy finalist

Ernie Jennings, Football, 1970 consensus football All-American

Terry Isaacson, Wrestling/Football, three-time wrestling All-American

Ben Martin, Coach, head football coach, 1958-77