

# ***FALCON FAMILY NEWS***

**DECEMBER 2009**

## **CLASS STATISTICS (as of 30 November 2009)**

	Men	Women	Total
2010	837	186	1023
2011	851	209	1060
2012	942	267	1209
2013	1045	258	1303
<b>WING</b>	<b>3679</b>	<b>920</b>	<b>4595</b>

**HAPPY HOLIDAYS!**

## **ACADEMY RECEIVES 10-YEAR ACCREDITATION**

U.S. AIR FORCE ACADEMY, Colo. – The U.S. Air Force Academy formally received a maximum 10-year accreditation by the Higher Learning Commission of the North Central Association of Colleges and Schools October 27 2009. This marks the final step in a multi-year accreditation process that began with a thorough institutional self-study and culminated in a comprehensive and intense on-site evaluation in April by an eight-member team representing the Commission.

The team, consisting of leaders from diverse and well-respected institutions nationwide spoke with hundreds of faculty and staff members, as well as cadets, and examined virtually every aspect of the Academy. They concluded the Academy clearly satisfied all criteria to earn the maximum 10 year re-accreditation.

According to Academy senior leaders, everyone on the installation played a key role in the accreditation process. “This comes as no surprise to anyone,” said Lt Gen Mike Gould, the Academy’s Superintendent. “Time and again for the past 50 years, Team USAFA proves to be a premier institution of higher learning in the nation. Our people are totally committed to the

mission of educating, training and inspiring cadets to become officers of character, motivated to lead the Air Force in service to our nation.”

“All of us at the Academy can take great pride in this accomplishment," said Brig Gen Dana Born, the Dean of the Faculty. "Although we did a good deal of specific preparation, the overwhelming success of this accreditation visit has to be attributed to the daily pursuit of excellence by every cadet and permanent party member in all the mission elements."

The Air Force Academy has been accredited at the bachelor's degree level by the NCA/HLC since 1959, the only undergraduate institution in the U.S. to award a fully accredited degree since the first class it ever graduated. In 50 years since, the school has been continuously accredited at the maximum 10-year intervals.

The Air Force Academy is widely recognized as one of the finest undergraduate institutions in the nation. U.S. News and World Report ranks the school as the top Baccalaureate College in the West in 2009 for the third straight year. The Academy ranks #2 in the nation in aeronautical and astronautical engineering for the 9th consecutive year, following only Embry Riddle Aeronautical University's main campus.

Forbes lists the Academy as the 7th best college in the nation (out of 600), and Barron's lists the Academy as one of the "most competitive" colleges to gain admission to in the country. The National Science Foundation ranks the Academy as the #1 undergraduate institution in research funding. The Princeton Review ranks the Academy in the top 1% in the nation in professor availability for the past 5 years. At the U.S. Air Force Academy the student-faculty ratio is 8:1, average class size is 20, 100 percent of the faculty is full-time, and no classes are taught by teaching assistants.

The U.S. Air Force Academy is a 4-year bachelor of science degree university. USAFA's mission is to educate, train and inspire men and women to become officers of character motivated to lead the U.S. Air Force in service to our nation. All graduates are commissioned as second lieutenants in the U.S. Air Force. For more information on the Academy, visit [www.usafa.af.mil](http://www.usafa.af.mil).

## **BASIC CADET TRAINING YEARBOOKS**

Cadet Wing Media distributed the 2009 BCT yearbooks for the Class of 2013 between 9 and 11 December 2009. After 11 December, the C4Cs require an appointment to pick up the yearbook. Questions should be directed to Cadet Wing Media, 719-333-4644.

\*BCT yearbooks are prepaid. One book per C4C, additional copies may be purchased.

\*\*Great Holiday Gift Idea “2009 Parents Weekend Family Portraits” remain available at [www.afaphotos.printroom.com](http://www.afaphotos.printroom.com), select from menu item: [PW Info Fair Portraits 2009](#). Many selections and discounts available.

## **PREP SCHOOL APPOINTMENTS**

Some folks are under the impression that prep school candidates do not require an appointment to continue on to the Air Force Academy. Here’s the response from our Admissions Department: If they are currently attending the Prep School we ask them to request nominations from all their eligible sources. They need to have an official nomination in order to receive an appointment. They will have a reserve airman nomination since they enter the reserves for the sole purpose of attending the Prep School; however, we can only appoint 85 of them by law so it is helpful if some of them have other nominations. If this does not make sense, please refer the individual to the Admissions Office (719-333-2520) for guidance.

## **EVERY DRAG TAKES YOU A STEP CLOSER TO GUMMING YOUR WAY THROUGH DINNER**

by A1C Anna Noel

Everyone knows that smoking is bad for our health but no one ever really pays attention to how dangerous smoking truly is. Tooth discoloration, bad breath and tarter build up are very commonly associated with tobacco users though it doesn’t stop there.

Smoking may be responsible for almost 75% of periodontal diseases among adults. The products used in tobacco damage your gum tissue by affecting the attachment of bone and soft tissue to your teeth. An example of this is receding gums. A receding gum line exposes the tooth roots and increases your risk of developing a sensitivity to hot and cold; tooth decay can also appear in these unprotected areas. If this disease progresses too far you may end up losing a few of your precious teeth.

Oral cancer is another very serious side effect of tobacco use. It may start as a burning sensation or a sore throat that just won’t go away but is actually a serious, possibly deadly, condition. This is why we stress the importance of having every cadet and active duty member visit the USAF Academy Dental Clinic at least once a year because your dentist knows the signs and can help protect your health if detected early. Early warning signs include pain, tenderness, and numbness of the mouth and/or lips; the development of leathery, wrinkled, or bumpy patches as well as lumps and changes in oral soft tissue. If any of these signs appear please consult your dentist immediately.

Quitting is no easy task but you’re never alone on your journey to becoming smoke free. Set a date to quit and stick to it, “low-stress” time periods are best. Recruit your family, friends, and co-workers to encourage you on the task. Using the four D’s is another great tactic.

1. Delay craving; by delaying your craving it will usually pass in about 5-10 minutes.
2. Drink water, this will help wash the toxins from your body.
3. Do something else, distract yourself by chewing gum.

4. Deep breathing; deep inhalations and exhalations are very relaxing. Also anticipate problems or temptations that may cause you to resort to smoking. Have a realistic plan to deal with any challenges that may arise.

For more information on quitting call 1-800-QUITNOW or go to [www.smokefree.gov](http://www.smokefree.gov) . The HAWC (Health and Wellness Center) at the Air Force Academy also has a program to help when you decide to quit. If you are in need of any further information contact your dentist, or you may call 719-333-HAWC. This can get you started on the path to becoming smoke free.

With our strong emphasis on patient care, the 10<sup>th</sup> Dental Squadron is committed to ensuring every cadet leaves the Academy with a healthy and winning smile. Please do not hesitate to contact us if you ever have any questions or concerns with cadet dental care. Contact TSgt Kelly Links or Maj (Dr.) Peggy Dickson at 719-333-5192; or email the dental clinic at [USAFA.SGD@usafa.af.mil](mailto:USAFA.SGD@usafa.af.mil).

A1C Anna Noel is a member of the 10<sup>th</sup> Dental Squadron, U.S. Air Force Academy. She has been stationed at the Air Force Academy Cadet Dental Clinic for 2 years as a dental technician in the Residency Clinic. A1C Noel is also a proud member of the Base Honor Guard.



Dear Falcon Fans,

Please join the Falcons as the Air Force Academy football team heads to Ft. Worth, Texas to compete in the Bell Helicopter Armed Forces Bowl on December 31 at 11:00 a.m.

The Air Force Academy had tremendous success in traveling to bowl games the last two years and we want to continue building upon that success. We need your support to make this year's bowl a success by purchasing or donating tickets THROUGH THE ACADEMY for post season play. Join this special experience and create an electric atmosphere for our cadet athletes. The most crucial to our success is the support and engagement of you -- the fans and alumni. Thank you for your continued support of Air Force Athletics. We all look forward to seeing you in Fort Worth!

#### WHY BUY TICKETS DIRECTLY FROM THE AIR FORCE ACADEMY?

- Support The Air Force Academy.
- Help the Academy secure future bowl bids with great ticket sales, fan support and attendance.
- Have access to purchase a ticket to the exclusive Academy pre-game tailgate.
- Receive a commemorative bowl gift after the New Year.
- Sit with other Air Force fans and cheer on the Falcons.

#### Bowl Ticket Pricing

Season ticket holders, graduates and all military members are eligible for half priced tickets of \$20 each. Active duty military and retired military are eligible for one free ticket with the purchase of at least one ticket. The cost for a general public ticket is \$40.

Tickets for prime Air Force seating can also be purchased and donated back to the Academy for cadet or airmen use at a cost of \$20. These donations are tax deductible to the extent permissible. Please consult your tax professional.

#### Bowl Tailgate Information

Date: Thursday, December 31, 2009.

Time: 9:00 a.m.

Only \$25 covers all food and drink – and a free T-shirt!

Tailgate will be located at Amon G. Carter Stadium in the Mid Court Lot. Tailgate tickets will be mailed with game tickets. Ages 4 and up require a tailgate ticket.

Discount Travel Information

Airline: Visit [www.aa.com](http://www.aa.com) and use the Air Force Football promotional code of 81D9AR for a 5% discount on the lowest available fare.

Car Rental: Visit [www.avis.com](http://www.avis.com) or call 800-331-1600 and reference code G027999 for the lowest rate in each car class. .

Hotel: Visit [http://www.armedforcesbowl.com/?page\\_id=25](http://www.armedforcesbowl.com/?page_id=25) for a wide variety of hotel options in the Fort Worth area.

For more information please log on to [www.GoAirForceFalcons.com](http://www.GoAirForceFalcons.com)  
for the most up to date bowl information

or contact the

USAF Academy Athletic Ticket Office

2168 Field House Drive, USAFA, CO 80840

Phone: 800-666-USAF (8723) or 719-472-1895

FAX: 719-472-4494

Office Hours: 9:00 a.m. to 5:00 p.m. (Mon-Fri)

Located just west of the Cadet Field House in the Falcon Athletic Center