

FALCON FAMILY NEWS

FEBRUARY 2010

CLASS STATISTICS (as of 31 JANUARY 2010)

	Men	Women	Total
2010	832	187	1019
2011	847	211	1058
2012	929	261	1190
2013	1029	252	1281
WING	3637	911	4548

PASSPORT FAIRS WILL BE HELD ON 3 DAYS

24 February, 0800-1500, Main Post Office, Community Center Drive (near Prep School)

25 & 26 February, 0800-1500, Cadet Post Office, Vandenberg Hall

Passport fee \$75 (Separate check to U.S. Department of State)

*** CASH OR DEBIT CARD FOR MONEY ORDER**

Expedited \$60

Processing fee \$25

Photos \$15

Please bring the following documentation.

- 1.) Certified copy of your birth certificate, certificate of citizenship, or a naturalization certificate. (**Note: a hospital-issued birth certificate alone is not acceptable.**)
- 2.) Drivers License
- 3.) Military or Government Identification

If you have any questions please call 719-472-0537

SPRING BREAK

Below is verbiage taken from the Spring Break OPOD (Operations Order). Cadets have access to this information.

Spring Break leave for all cadets commences officially at LMD, Friday, 19 Mar 10, and ends for all cadets at 1900, Sunday, 28 Mar 10. LMD is defined as the end of noon meal, last class or training whichever is latest.

There will be no departures from USAFA prior to LMD Friday, 19 Mar 10. Excursion or decreased airfare is not just cause for early departure or late return. Cadets will not make airline reservations for departure earlier than 2 ½ hours after LMD if departing Colorado Springs, and 3 ½ hours after LMD if departing from Denver. All cadets making airline reservations will use the 2 ½ hour transit time from Colorado Springs Airport, and 3 ½ hour transit time from Denver International Airport, when making reservations for their return trip to USAFA at the end of spring break.

Please note that **cadets will not arrange with instructors to attend earlier classes in order to leave early**. A cadet must coordinate and receive approval from DFR for an exception to policy to deviate from their academic schedule. In addition, **NOON MEAL ON 19 MAR 10 IS A MANDATORY FORMATION FOR ALL CADETS**.

TAX INFORMATION

This article is intended for parents of USAFA cadets and the cadets themselves, and addresses the most frequently asked tax questions at the Tax Center so far this year. The following article is about Educational Tax Benefits and who qualifies for them.

In 2009 there were three tax credits available to help offset the costs of higher education by reducing the amount of your taxable income. They are American Opportunity Credit, the Hope Credit, and the Lifetime Learning Credit. The American Opportunity Credit is the newest education tax credit of the three and is only available for 2009 and 2010. The maximum credit per student is \$2,500 and this credit is available for the first 4 years of postsecondary education. It is based on qualified education expenses you pay for yourself, your spouse, or a dependent for which you claim an exemption on your tax return. Qualified education expenses are tuition and certain related expenses required for enrollment or attendance at an eligible educational institution. Eligible educational institutions are any college, university, vocational school, or other postsecondary educational institution eligible to participate in a student aid program administered by the U.S. Department of Education.

Since USAFA student aid program is administered by DOD and not the U.S. Department of Education, it is not an eligible educational institution as defined in IRS publication 970, Tax Benefits for Education, and does not file any Form 1098-T. Generally, an eligible educational institution must send Form 1098-T to each enrolled student by February 1, 2010. Because USAFA is not an eligible educational institution, any education expenses including books, supplies, and equipment needed for a course of study are not qualified

education expenses for American Opportunity Credit, the Hope Credit or Lifetime Learning Credit.

USAFA 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 8:00 a.m. to 3:00 p.m. Walk-ins are welcome but appointments are preferred, so please call 719-333-3905 to make an appointment for tax assistance.

CADET AWARDS PROGRAM

The Cadet Awards Program offers incentives to cadets for higher achievements in academic, athletic, leadership, military training and related activities by public recognition at the Individual Awards Ceremony which takes place on the Monday prior to graduation. The awards foster unit and individual competition and enhance morale. We thank the United States Air Force Academy Colorado Parents Club and the Georgia Parents Club for sponsoring cadet awards. There are a few cadet awards still available for sponsorship. Please contact Ms. Cathy Wedo, Chief of Cadet Awards at (719) 333-4410 or cathy.wedo@usafa.edu, if your club is interested in sponsoring one.

QUESTIONS & ANSWERS ABOUT THE 2009–2010 FLU SEASON

What has this flu season been like?

Flu seasons are unpredictable in a number of ways, including when they begin, how severe they are, how long they last and which viruses will spread. There were more uncertainties than usual going into this flu season (2009-2010), because of the emergence of the 2009 H1N1 influenza virus (previously called "novel H1N1" or "swine flu"). This virus caused the first influenza pandemic (global outbreak of disease) in more than 40 years.

The United States experienced its first wave of 2009 H1N1 in the spring of 2009, followed by a second wave of 2009 H1N1 activity in the fall. The 2009-2010 flu season began very early, with the 2009 H1N1 virus predominating and causing high levels of flu activity much earlier in the year than during most regular flu seasons. Compared to seasonal flu, the fall wave of 2009 H1N1 (like the spring) was relatively more severe among people younger than 65 and less severe among people older than 65.

Is the flu season over?

Although influenza activity has declined, additional waves of influenza activity due to 2009 H1N1, seasonal influenza viruses, or both, may occur later this year. Flu season can last as late as May. Even if the U.S. doesn't experience a sharp increase in influenza activity during the remaining winter or spring, continued low level circulation of influenza viruses may continue into the summer.

How effective is the seasonal flu vaccine?

The efficiency of the seasonal flu vaccine depends on how well the match is between the seasonal influenza vaccine and the types of seasonal flu viruses that are circulating that year. Past studies have shown in years when the vaccine viruses and circulating viruses are

well-matched, the vaccine can reduce the chances of getting the flu by 70% to 90% in healthy adults!

Are this season's vaccines a good match for circulating viruses?

As of January 21, 2010, the predominant influenza virus in circulation was the 2009 H1N1 virus. More than 99% of all 2009 H1N1 viruses tested have been similar to the virus in the current 2009 H1N1 vaccine.

What actions can I take to protect myself and my family against both seasonal flu and 2009 H1N1 flu this year?

Flu vaccination is the first and most important step in protecting against influenza viruses. Because the timing and spread of influenza viruses are unpredictable, Public Health and the CDC are continuing to recommend vaccination with seasonal influenza vaccine and 2009 H1N1 vaccine. At this time, seasonal flu vaccine is limited and will not provide protection against 2009 H1N1 flu. However, supplies of 2009 H1N1 vaccines are ample and everyone is now encouraged to get vaccinated with the H1N1 vaccine.

What additional actions can I take to protect myself and my family?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, an alcohol-based hand rub can be used.
- Avoid touching your eyes, nose and mouth- germs spread this way.
- Try to avoid close contact with sick people. If you are sick, try to minimize contact with others.
- If you are sick with flu-like symptoms, stay home until at least 24 hours *after* your fever is gone.

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 concerns with cadet public health concerns- Capt Brigitte French at 719-333-9443.

ATHLETICS

Matt McShane Named Air Force Volleyball Head Coach

Matt McShane has agreed to become the head volleyball coach at the Air Force Academy, athletic department officials announced on January 26th. McShane, recently selected as one of Volleyball Magazine's 10 Best Assistant Coaches, joins the Falcon program after a 5-year stint as an assistant coach at Cal. Details of the contract are still being worked and are going through the Academy process.

McShane joins the Academy after spending five seasons as an assistant coach at the University of California. During his tenure, the Bears posted a 114-47 overall record, produced seven AVCA All-Americans and finished every season ranked in the nation's top 20, including a No. 4 ranking in 2007.

Cal earned a berth into the NCAA Tournament every year McShane was on the bench. In 2009, his last season in Berkeley, the Bears (21-11, 11-7 Pac-10) advanced to the regional championship match for the third consecutive year, before falling to defending national champion Penn State.

McShane is no stranger to the Mountain West Conference. Prior to his stint at Berkeley, McShane spent four years as an assistant coach at the University of Utah. In 2004, the Utes went 24-7 overall and 13-1 in league action and captured a share of their first-ever MWC title. Before joining the Utah staff, McShane was an associate head coach at the University of New Mexico (1987-00). In 13 years in Albuquerque, he helped guide the Lobos to a 189-127 record, two conference championships and six trips to the NCAA tournament. Additionally, McShane served as an assistant coach at Brigham Young University from 1980-82. McShane's coaching background also includes assisting former USA Women's National Indoor Volleyball team coach "Jenny" Lang Ping with the Yaohan International Volleyball Team in 1996. The team was comprised of the best American and Russian players who competed against the Chinese and Cuban National teams in cities throughout China.

McShane earned his bachelor's degree from UC Santa Barbara in 1977 and his master's degree from BYU in 1982. While at BYU, he played on the men's club team that finished third at the USAV Open National Championship in 1981.

Larry Friend Named Air Force Women's Head Soccer Coach

Larry Friend has agreed to become the head women's soccer coach at the Air Force Academy, athletic department officials announced on February 1. Friend, who has 14 years of coaching experience at the Academy, just recently completed the 2009 season as the interim head coach for the women's soccer team. Details of the contract are still being worked and are going through the Academy process.

He becomes the second head coach to lead the Falcons in their 18-year history, replacing Marty Buckley, who was head coach from the program's inception in 1992 to 2008.

“It is an honor to be given this opportunity at the Air Force Academy,” Friend said. “We have some incredible cadets. Our staff is excited to develop them as student-athletes and future leaders in the Air Force. This is one of the youngest programs in the country. The athletes have a lot of potential and are ready for the challenge. We look forward to working with them and seeing what they can accomplish in the coming years.”

“We couldn’t be more excited about announcing the hiring of Larry Friend as our new head women’s soccer coach,” Col. Billy Walker, Deputy Director of Athletics said. “Larry is a nationally respected coach who brings with him fresh new ideas and a commitment to recruit only the finest young women to our Academy. He’s a dynamic coach whose infectious enthusiasm is unmatched. Everything he does will be with an eye towards developing his cadet-athletes as both soccer players and officer candidates.”

Friend was an assistant at Air Force from 1992-1996 and 2002-2008. He started the women's soccer program with Buckley while on active duty in 1992. In 1996, Friend helped Buckley and the Falcons transition from Division II to Division I. They coached the team to its first Division I tournament appearance in the Western Athletic Conference Championships.

Friend is a 1985 graduate of the Air Force Academy and played for Coach Luis Sagastume as a four-year starter and team captain on the men's team. His teams compiled a 46-24-7 record, during which time he earned all-league honors four times and was selected to the all-midwest region team his junior year. Friend is ranked third in the men's program for career assists and 20th for most points overall. He was selected by his teammates as Best Offensive and Most Inspirational player in two different seasons.

Friend retired from the Air Force in 2005 after 20 years of service. He flew over 2,000 hours as an instructor pilot on search and rescue and VIP helicopters. Friend earned a Master's Degree in Sport Administration from the University of Northern Colorado in 1994. His professional military education includes Squadron Officer School in 1989 and Air Command and Staff College in 1999.