

# ***FALCON FAMILY NEWS***

**JANUARY 2010**

**HAPPY NEW YEAR!!**

## **CLASS STATISTICS (as of 31 December 2009)**

	Men	Women	Total
2010	833	186	1019
2011	848	209	1057
2012	936	263	1199
2013	1039	254	1293
<b>WING</b>	<b>3656</b>	<b>912</b>	<b>4568</b>

## **RING DANCE DATE CHANGE**

The date for the Ring Dance has officially been changed to 21 May 2010 (originally scheduled for 15 May).

## **CLASS RINGS FOR 2011**

The Class of 2011 ordered their Class Rings on 12/13/14 January 2010 in the Cadet Library. All rings must be paid-in-full in order to receive them at the Ring Dance.

Prior to Christmas, your cadet was sent the link to the Jostens website so the ring brochure could be viewed on line. Below is the website link to the catalog:

[http://s7d4.scene7.com/s7ondemand/brochure/flash\\_brochure.jsp?company=Jostens&sku=AIRF\\_eCat\\_2011&config=AIRF\\_eCat\\_2011](http://s7d4.scene7.com/s7ondemand/brochure/flash_brochure.jsp?company=Jostens&sku=AIRF_eCat_2011&config=AIRF_eCat_2011).

Telephone number for Jostens is **1-800-852-9353**.

## **GRADUATION ANNOUNCEMENTS FOR 2010**

In November 2009, a letter was sent from CB Announcements to order the Graduation Announcements for 2010, either on line or by mail. CB Announcements was also in the Cadet Library on 12/13/14 January 2010 to answer any questions the cadets may have had or to give assistance.

Below is the website link:

<https://www.cbgrad.com/order1TN.asp?id=948491527&secure=yes>

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

### **SPRING BREAK**

Spring Break begins after LMD (last military duty) on 19 March and ends on 28 March. Cadets must sign in no later than 7:00 p.m on 28 March. Cadets should check the OPORD (Operations Order) on their computer to confirm the time of LMD.

### **HONORS LISTS – WHAT IT MEANS**

4-12. **HONOR LIST REQUIREMENTS.** Any probation precludes placement on an honor list.

- a. Dean's List. Cadets who earn a semester GPA of at least 3.0 in academic courses will be on the Dean's list. These cadets are authorized to wear the Dean's pin on their uniform for the next semester. Physical Education grades are not included in Dean's list calculations. It is possible for a cadet to have a semester GPA over 3.0 and still not be on the Dean's list if the Phy Ed grades pulled the GPA over 3.0. Likewise, it is possible for a cadet to have a semester GPA slightly less than 3.0 and be on the Dean's list if the Phy Ed grades were low. Also note that only the semester GPA determines the Dean's list. Therefore, cadets cannot be placed on the Dean's list based on Prog (mid-semester) grades or Cum GPA. However, cadets may be removed from the Dean's list at Prog if their mid-semester grades put them on academic probation. Summer grades are not included in Dean's list calculations.
- b. Athletic Director's List. Cadets who earn a semester Physical Education Average (PEA) of at least 3.0 will be on the Athletic Director's list. These cadets are authorized to wear the Athletic Director's pin on their uniform for the next semester. PEA is a weighted 4.00 grading scale (50% Physical Fitness Test + 35% Phy Ed course grades + 15% Aerobic Fitness Test).
- c. Commandant's List. Starting with the fall semester 2009 Military Performance Appraisal (MPA) ratings, the Commandant's List honor will be awarded to cadets in the top third of their class. These cadets are authorized to wear the Commandant's pin on their uniform for the next semester. Cadets removed from probation at mid-semester who meet all other established criteria will be eligible for the Commandant's List. For fourth-class cadets, Fall Semester, the following criteria is the minimum requirements for the Commandant Pin Award (determined at the conclusion of Basic Cadet Training (BCT) and presented at the Acceptance Parade). No more than two basics per Flight may be awarded the Commandants Pin. One will receive a 4.0 and the other a 3.75 MPA at the end of BCT:

Overall rating of (5) on AFCW Form 205.

- No unsatisfactory ratings in weekly feedback sessions.
  - Successfully pass all room inspections.
  - Receive a satisfactory grade on all initial performance evaluations.
  - Receive a satisfactory grade on the graded AFT and PFT.
  - Receive a 90% or above on the Military Knowledge test (MKT).
- d. Superintendent's List. Cadets who earn semester performance averages (GPA, PEA, and MPA) to merit placement on the Dean's, Athletic Director's, and Commandant's lists will be on the Superintendent's list. These cadets are authorized to wear the Superintendent's pin on their uniform for the next semester.

### **10.3. Commandant Pin Award.**

10.3.1. Cadre ensures all basics understand the eligibility criteria for the Commandant Pin Award. Award will be based on the whole-person concept including academics, performance, leadership, teamwork, and conduct.

10.3.2. All basics remaining with their flight on the last day of BCT will be rated. Rating must be turned into the BCT Executive Officer by the last day of 2<sup>nd</sup> BCT.

10.3.3. No more than two basics per Flight may be awarded the Commandants Pin. One will receive a 4.0 and the other a 3.75 MPA at the end of BCT. Use the following criteria as minimum requirements for the Commandant Pin Award:

10.3.3.1. Overall rating of (5) on AFCW Form 205.

10.3.3.2. No unsatisfactory ratings in weekly feedback sessions.

10.3.3.3. Successfully pass all room inspections.

10.3.3.4. Receive a satisfactory grade on all initial performance evaluations.

10.3.3.5. Receive a satisfactory grade on the graded AFT and PFT.

10.3.3.6. Receive a 90% or above on the Military Knowledge test (MKT).

**Note:** Commandants Pin Award is presented at the Acceptance Parade.

### **PINS – WHAT THEY MEAN**

Dean's Pin: A star for receiving above a 3.0 GPA

Athletic Pin: Lighting bolt for receiving above a 3.0 PEA

Commandant's Pin: A wreath for receiving above a 3.0 MPA (being in the top third of their class by MPA starting fall 2009)

One can also get any combination of the pins (any 2 or 3)

## TAXES

Based on information provided by the IRS, it is our understanding that the Military Family Tax Relief Act of 2003 provides that attendance at a U.S. military academy will be treated as a scholarship for purposes of the 10% penalty on nonqualified withdrawals from a 529 plan or Coverdell ESA and that the value of the no-cost education (as determined under the U.S. military code) can be withdrawn penalty-free from a 529 plan or Coverdell ESA, although the earnings portion will continue to be taxable. Accordingly, parents and financial planners have requested the Cost of Education (CoE) for USAFA. The purpose of this letter is to provide the CoE data. Please understand that we are not attempting, and are not authorized, to provide tax advice; we are simply providing information concerning the USAF Academy CoE for recent fiscal years. You are advised to consult your own tax advisors regarding permissible uses of this information.

The USAFA CoE amount may be exempt from the 10% additional tax IAW IRS rules (see IRS Publication 970). The CoE at a service academy is defined in DoD 1332.23 as: “Those costs that are attributable directly to educating a person at a Service academy under regulations prescribed by the Secretary of the Military Department concerned and approved by the Office of the ASD (FM&P) (OASD (FM&P)) and the Office of the Assistant Secretary of Defense (Comptroller) (OASD(C)). Such costs include a reasonable charge for the provided education, books, supplies, room, board, transportation, and other miscellaneous items furnished at government expense. Excluded are the costs for cadet or midshipman pay and allowances, under 37 U.S.C. 201 (reference (j)), for uniforms, military training, and support for nonacademic military operations.” Also, reference AFI 36-2020 and 10 U.S.C. 2005 for additional information. The following amounts are the USAF Academy cost of education for the Fiscal Year (FY) indicated. The FY is 1 Oct – 30 Sep.

FY2003: \$38,038  
FY2004: \$35,564  
FY2005: \$39,212  
FY2006: \$40,079  
FY2007: \$42,333  
FY2008: \$41,925

The FY 2009 Cost of Education has not been finalized. This information should be available during the month of March 2010.

The following is additional information on tuition, room, board and cadet income and expenses at USAFA:

- USAFA cannot charge for tuition, room or board in accordance with 10 U.S.C. 4360. Tuition, room and board are provided to cadets without charge.
- Cadet monthly base pay is \$929.40 effective 1 Jan 09 and \$960.90 effective 1 Jan 10. Cadet pay is equal to 35% of a 2<sup>nd</sup> lieutenant pay in accordance with 37 U.S.C. 203(c).

- Cadet **estimated** expenses for Academic Year 2009/2010 (1 Jul 09-30 Jun 10) are:

<u>Expense</u>	<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
Uniforms	4,020	360	590	790
Computer	2,312	72	72	66
Personal Service Fees	1,474	405	405	390
Arts and Athletic Fees	170	170	170	170
Media and Textbooks	<u>2093</u>	<u>1,269</u>	<u>1,269</u>	<u>1,355</u>
Total	\$10,069	\$2,276	\$2,506	\$2,771

Definitions:

Personal Service Fees include barber, tailor, linen, dry cleaning and laundry.

Arts and athletic fees include reduced tickets to shows and sporting events.

Media includes KAFA radio, basic training yearbook and freshman yearbook.

NOTE: Exact expenses are known only by the individual cadet based on their specific circumstances. The amounts shown above are only an estimate. The individual cadet receives a monthly Leave and Earnings Statement (LES) which provides information on actual expenses.

**WATCHING YOUR TEETH FADE AWAY**

By: A1C Lacey Logue

A commonly overlooked cause of dental problems by the general population is the loss of tooth structure, or tooth wear which is not related to dental cavities. Tooth wear falls into several categories including abrasion, erosion and attrition. Abrasion and attrition are generally caused because of mechanical wear which allows the protective outer covering of your teeth, known as enamel, to be worn away. Erosion, the third type of tooth wear, generally is caused by a chemical process where the enamel comes in contact with acids found with certain drinks and foods. Without the protection of enamel, teeth become sensitive and vulnerable to the mechanical and chemical elements that the mouth is exposed to.

When talking about erosion of teeth, you may want to rethink that sports drink you are about to guzzle. Sports drinks, sodas (including diet sodas), fruit drinks and even citrus fruits are highly acidic. The chemical makeup of acidic drinks and foods weakens the enamel causing the tooth to erode away over time. Erosion of teeth can even be caused from repeated exposure to stomach acid. Acid reflux is an example of a cause of tooth erosion. Abrasion of the teeth is caused by chewing on materials such as tooth picks, hard textured foods and even partial dentures and retainers that scrape across your teeth constantly. One habit that people don't realize is abrasive to teeth is brushing too hard and failure to use a soft bristled toothbrush. Not only does brushing too hard wear away enamel, it can also injure the gum tissue. This can in turn lead to receded gum lines that expose your tooth's root surface which no longer has protection from the harsh outer environment.

Some symptoms of tooth erosion and abrasion can begin with teeth being sensitive to sweets, hot or cold drinks and acidic foods. The next symptom is further wearing down of the teeth to the inner layer of the tooth called the dentin. This is the soft layer underneath the

enamel that protects the pulp where all the blood vessels and nerves lie. You may also notice a cosmetic issue with erosion and abrasion - your teeth don't retain a very pretty light shade and the surface no longer looks glassy and smooth and in fact could start to look darker because dentin is darker than enamel. There is no way teeth can look like that and compete with those Hollywood smiles you see in the news every day!

As was discussed briefly earlier, esthetics isn't where the biggest problem is; damage from abrasion, attrition and erosion can lead to exposure and damage to the pulp. This has the potential to cause the need for a root canal because of damage to the tooth's nerve and blood supply and entails the removal of those damaged pulp tissues and nerves. However, the good news is that if this situation is diagnosed early there are much simpler ways of correcting the problem. One such treatment includes the placement of a protective material over the exposed area such as a tooth colored filling called a composite or glass ionomer. Most importantly, earlier diagnosis results in less drastic measures. A remineralizing tooth paste or mouth wash can help enamel re-harden and be that protective barrier.

The best way to prevent abrasion, attrition and erosion, like all medical problems, is early detection and prevention. So visit your US Air Force Academy Dental Clinic if you suspect such problems with your teeth and we can help guide you onto the path of proper brushing and nutrition habits. In the meantime, try to lay off those sports drinks and sodas. But if you must have that fruit juice, be sure to rinse your mouth out with water to help decrease the time your teeth are exposed to the acid.

With our strong emphasis on patient care, 10th Dental Squadron members are committed to ensuring your cadet leaves the Academy with a healthy and winning smile. Please do not hesitate to contact us if you have any questions or concerns with cadet dental care. Contact TSgt Cindy Baker 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 Lacey Logue is a member of the 10th Dental Squadron, US 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.