

# USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 50, No. 30

July 30, 2010

## Board of Visitors tours USAFA



Cadet 1st Class Stephen Pike of Cadet Squadron 21 describes the Air Force Academy's unmanned aerial system airmanship program to Gina Salazar and BJ Barger during the Academy Board of Visitors' tour of the Academy Airfield Saturday. Also pictured is Cadet 2nd Class Travis Potthoff of CS 39. Ms. Salazar, the deputy district director for Rep. Jared Polis (D-Colo.), attended in the congressman's stead. Ms. Barger is the deputy assistant secretary for force management integration at the Pentagon.

STORY AND MORE PHOTOS ON PAGES 10-11.

STAFF SGT. DON BRANUM

## Community celebrates Attic reopening

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

The Air Force Academy community celebrated the grand reopening of the Airman's Attic at its new location in Douglass Valley Housing Tuesday.

Col. Rick LoCastro, commander of the 10th Air Base Wing, welcomed Airmen and families from the Academy and other local installations to "what we know is the best Airman's Attic in the Department of Defense."

Cassie Nordin, the Airman's Attic volunteer manager, cut the ribbon at the ceremony. Joining her and Colonel LoCastro were Brian Binn, president of the Colorado Springs Chamber of

Commerce Military Affairs Council; Paula Gould, wife of Academy Superintendent Lt. Gen. Mike Gould; T. Thompson, CEO and president of the Academy's Association of Graduates; and roughly a dozen Airman's Attic volunteers. The Air Force Academy Band's Blue Steel ensemble provided music both before and after the official portion of the ceremony.

The Airman's Attic is now located on the easternmost side of the Douglass Valley Housing Area, near the intersection of East Douglass and East Ponderosa drives.

"We're bringing the Airman's Attic to where the Airmen are: in housing," Colonel LoCastro said. "You'll have

family members who'll drive by the Airman's Attic every day, and the instant they walk through the door, they'll be repeat customers. You'll be amazed at what's in there."

A handful of customers shopped at the Attic immediately after the ceremony. One of those customers was Jaime Gaines, the wife of Army Pfc. Jesse Gaines.

"Most of our money goes to bills, so this helps out a lot," said Mrs. Gaines, whose 14-month-old daughter, Jordan, eagerly helped her pick out new babies' clothing. "There's more selection here than at the previous Airman's Attic. The old attic was pretty crowded."

See Attic Page 7

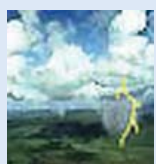


STAFF SGT. DON BRANUM

Airman 1st Class Brandi Osborne searches through infant clothing at the Airman's Attic during the Attic's grand reopening Tuesday.

### Weekend Weather

**FRIDAY**  
High 85  
Low 49



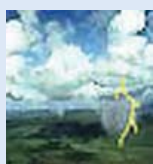
Isolated T-storms

**SATURDAY**  
High 86  
Low 50



Isolated T-storms

**SUNDAY**  
High 84  
Low 50



Isolated T-storms

### Inside

#### Bronze Star

Capt. Tess Marcial earns two awards during her medical deployment in Afghanistan. **Page 3**



#### New Falcon

The Academy adds a member to the team of performing birds. **Page 5**

#### Gulf Cleanup

Wildlife employee Greg Speights helps with oil spill cleanup. **Page 13**



# The case of Robin Sage and OPSEC

By Navy Petty Officer 2nd Class Elliott Fabrizio  
Armed with Science Blog

Adding tons of Facebook friends doesn't necessarily make you popular; it may actually put you and the Defense Department's information security at risk — especially when you have friends you don't even know.

Provide Security, a cyber security company, illustrated this danger with the Robin Sage Experiment. The experiment created fake Facebook, Twitter and LinkedIn profiles under the alias "Robin Sage." A photo of a cute girl (borrowed from a personals website) and the job title "Cyber Threat Analyst" completed the fake profiles.

From there, Thomas Ryan, co-founder and managing partner at Provide Security, posing as Robin, sent requests and established social network connections with more than 300 professionals in the National Security Agency, DOD, and Global 500 corporations.

Robin's new friends revealed information to Ryan that violated military operational security and personal security restrictions.

"The worst compromises of operational security I had were troops discussing their locations and what time helicopters were taking off," Ryan said during a phone conversation.

People also sought Robin's professional advice, invited her to dinners, and offered her job opportunities. Not bad in this economy, especially for a person who doesn't even exist.

"From one person I was profiling, I was able to get all the security questions for their email and bank account," Ryan said. "These are questions like, 'What was your first car?'"

I don't even want people I know to have access to my e-mail or bank account, much less anybody on the Internet with audacity to send out a friend request from a fake profile. From time to time, I have received a random friend request from a person I don't know, usually accompanied by a profile picture of a pretty girl, but I have this rule of thumb: if I haven't met you, we aren't friends yet. Megan Fox is the only exception to this rule.



"Robin Sage" was on the fictitious profile on Facebook, Twitter and LinkedIn, which was created to test security.

My suspicions are that the unknown friend request could lead to anything from phishing scams to something as harmless as trying to get me to fill out annoying surveys — either way, the answer is ignore.

Out of curiosity, I still like to confirm they are fake requests. You know, on the off chance it actually is a cute girl that found me out of the blue and is totally into me. Having low amounts of friends is my first clue, as is having only one profile picture.

According to Ryan's report, an inspection of Robin Sage's profile would have revealed her claimed 10 years of cyber security experience would have put her in the career field at age 15.

During the experiment, one person checked the alumni records of the Massachusetts Institute of Technology, her claimed educational background, and this effort confirmed that MIT had no record of a Robin Sage.

The danger isn't social networking itself. The danger is doing it carelessly.

According to DOD's directive-type memorandum concerning social media and Internet capabilities, it is the responsibility of military leaders on all levels to ensure the safety of DOD and personal information.

All servicemembers must be aware of operational security when using communications such as telephone lines and e-mail; however, information posted through social media should be regulated the same way, despite the casual feel of many of these sites.

Having a friend you don't know means that virtually anyone could be monitoring your activities and the information in your posts, and if you post as much as some of my friends, that means they'd know almost everything about your schedule right down to that "epic cheeseburger" you ate.

Social media is a great tool for networking and communication, if you're careful about the information you're sharing and who has the privileges to view it. So for anyone hoping to be my friend in the social media realm, you'll have to at least buy me dinner first.

*Editor's Note: This and other Armed with Science blogs are online at <http://science.dodlive.mil/>.*

## ACADEMY SPIRIT

To responsibly inform and educate the Academy community and the public about the Air Force Academy

Lt. Gen. Mike Gould — Academy Superintendent  
Lt. Col. John Bryan — Director of Public Affairs  
2nd Lt. Meredith Kirchoff — Chief of Internal Information  
Staff Sgt. Don Branum — NCOIC, Internal Information  
David Edwards — Staff Writer  
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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-8823.

The Academy Spirit also accepts story submissions by fax at 333-4094 or by email: [pa.newspaper@usafa.af.mil](mailto:pa.newspaper@usafa.af.mil).

## Character Corner: Enduring Theme Model

By Maj. Thomas DeVore  
Center for Character and Leadership Development

The summer months at the Air Force Academy are far from typical. Even when the academic year has come to a close, the workload for staff and activities for the cadets continue.

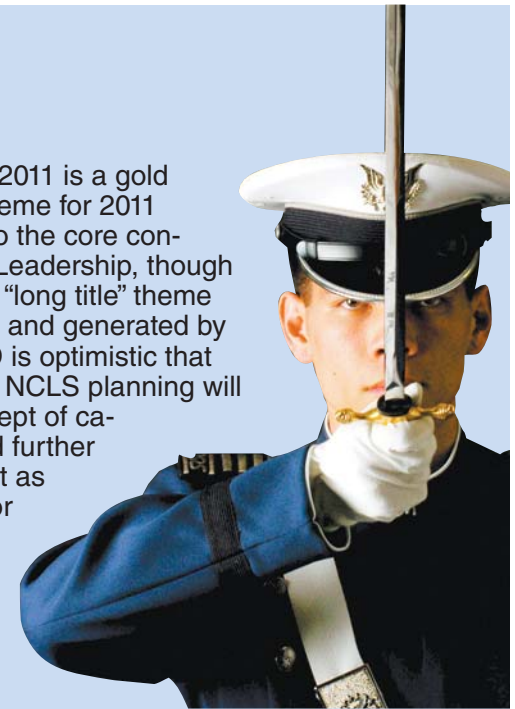
The Center for Character and Leadership Development is currently facilitating multiple programs, such as honor lessons, as well as planning for future programs, such as the National Character and Leadership Symposium. In alignment with the strategic goals of the CCLD, theme development for NCLS is a collaborative effort that is generated by cadets, and facilitated by faculty and staff.

However, this has traditionally been a year-to-year endeavor, requiring substantial time and effort.

In response to this, the CCLD has implemented deliberate planning and repeatable processes in an effort to increase efficiency. Starting with NCLS 2011, theme generation is guided by the "Enduring Theme Model," a structured sequence that repeats every four years. NCLS themes will be anchored to a "core concept" derived from the four NCLS objectives, related to Academy Outcomes and paired with the graduating class' color:

- Blue Year: Ethical Reasoning
- Silver Year: Moral Courage
- Red Year: Foundations of Character
- Gold Year: Empowered Leadership

As the class of 2011 is a gold year, the NCLS theme for 2011 will be anchored to the core concept Empowered Leadership, though the specific year's "long title" theme will remain unique and generated by cadets. The CCLD is optimistic that this framework for NCLS planning will reinforce the concept of cadet ownership and further establish the event as a premier forum for cadet leadership opportunities throughout the year.



## What are you doing to get yourself or your family ready for school?

"Working on getting my daughter ready to drive herself to school."  
Jill Ponti, librarian



"Going around Fairchild looking for all my classrooms so I don't get lost."  
Cadet 2nd Class Sarah Dugan, Cadet Squadron 23



"Getting my books so I can flip the switch and get ready to go."  
Cadet 2nd Class Brandon Roberts, CS 05



"Trying to get as much rest as I can before school."  
Cadet 3rd Class Joshua Stemen, CS 07





# Medic earns Bronze Star, Army Achievement Medal

By David Edwards  
Academy Spirit Staff Writer

When Capt. Tess Marcial arrived in Paktya province, Afghanistan, as part of a medical embedded training team, her responsibilities weren't immediately clear.

She found out soon enough, and she ended up fulfilling them so well that her six-month deployment was crowned with two awards, a Bronze Star and an Army Achievement Medal, which she received during a 10th Air Base Wing commander's call June 29.

Earning two commendations in that short a time is a noteworthy achievement, but they come as no surprise to Captain Marcial's superior officer.

"What impresses me the most is I'm not surprised," said Col. Leslie Ness, the administrator for the 10th Medical Group. "Every (Medical Service Corps Airman) we send out the door has done a great job. It does take a special breed to go in there, understand their culture and figure out how to try to help."

Captain Marcial was part of the medical training team at Forward Operating Base Lightning. Team members were tasked with helping Afghan care providers around Paktya province, in the east-central part of the country.

At the Paktya Regional Military Hospital in Gardez, Captain Marcial helped develop the Women's and Children's Clinic, which provides medication, immunizations and other services to the Afghan National Security Forces and their families.

"We offer suggestions and provide materials, but the patients need to trust and gain confidence in the medical professionals available to them," Captain Marcial said in a December 2009 interview. "My hope for this program is that families become aware of this benefit as an entitlement and get the feeling there is an extended military family here to meet their



SENIOR AIRMAN EVELYN CHAVEZ  
Capt. Tess Marcial hands gifts to an Afghan child at the Paktya Regional Military Hospital last December.

medical needs."

At the suggestion of a colleague, she also created a competition for Afghan medics that conferred on them the dual benefit of personal satisfaction and much-needed training. The turnout of 52 medics was amazing, and the participants responded well to the test of their skills.

"She gave them their motivation," Colonel Ness said.

Captain Marcial said her job as an administrator dealt mostly with coordination and attempts to improve processes. For example, she worked to show hospital personnel how best to use and distribute medical supplies. She also devised strategies to overcome the mentality that the services were open only

to members of the Afghan National Army. In a country with next to no widespread advertising and broadcasting, her outreach efforts started with simple giveaways and grew based on word of mouth.

"You have to accept that their facility is never going to look like your facility," Captain Marcial said. "For me, it's more about, 'Can they sustain after I leave? Have I put the right thoughts in their minds?'"

In the citation for Captain Marcial's Bronze Star, she is commended for directing "numerous events that impacted the United States and Afghanistan's National Medical Care Policy objectives and standards of medical care." The citation further states that "she was vital to ensuring mass casualty readiness."

Her own skills were tested after a suicide bombing in Gardez, and the Army Achievement Medal attests to her response. She coordinated three separate aeromedical evacuations and took charge of FOB Lightning's troop medical clinic so medical teams could respond at Paktya Regional Hospital. The citation states that her "unselfish actions were integral to saving numerous lives."

Captain Marcial is no stranger to awards. While stationed at Hickam Air Force Base, Hawaii, she was named the Pacific Air Force's outstanding health plan manager of the year for 2004. Two years later, she was one of four Airmen selected for an Air Force scholarship that pays for completion of a graduate degree at a civilian institution. In addition, she received the Eugenie D. Sontag Scholarship from the University of Colorado at Denver, and she earned a master's degree in health administration in May 2008.

She also revived Retiree Appreciation Day at Hickam AFB. Before her intervention, the event had not been held in the Pacific Region for 15 years. She was on leave when the Academy held its Retiree Appreciation Day last week, but she hasn't ruled out taking part next year.

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# Airmen, cadets get 'tattooed' in UK

By David Edwards  
Academy Spirit Staff Writer

Several Airmen from the Air Force Academy recently spent a couple of days getting tattooed — and they traveled all the way to England for it.

If that revelation conjures up images of ink, needles and skin, picture instead military aircraft, awed spectators and skies over the British Isles.

This Tattoo is actually an airshow. Not just any airshow, mind you, but the Royal International Air Tattoo, recognized by the Guinness Book of World Records as the largest military airshow in the world.

No less of an authority than Apollo 11 astronaut Buzz Aldrin has called it the best airshow around. And retired Air Force Gen. John Jumper said, "This is my favorite airshow. I am always proud to come back."

They'll get no argument from Capt. Dan Walker and the group he led to Royal Air Force Fairford. The Academy contingent featured representatives from the 306th Flying Training Group.

"The scale when we got there was enormous," said Cadet 1st Class Pat Gill of Cadet Squadron 37. "Taking off and performing my demo in front of 200,000 people, that's not something I'm going to forget anytime soon."

Servicemembers from dozens of countries participate in the Tattoo, and the U.S. Air Force is well established there. This year also marked the 70th anniversary of the World War II Battle of Britain, and officials commemorated those dark days with a stirring display of period aircraft, including German Messerschmitts.

Academy seniors from two squadrons received rock-star treatment during and after their displays of glider and parachuting prowess. They brought with them a TG-10C aerobatic glider and a C-17 Globemaster III from which the eight parachutists in the 98th Flying Training Squadron jumped during their demonstration.

In addition, Capt. Jack Nelson of the 557th FTS manned a static display of a T-52A, known commercially as the DA-40. The plane was provided by Austrian company Diamond Air. Captain Nelson's exhibit was visited by many thousands of people, all of whom were "very into it," he said. "This was a great way to get the word out about our programs, and also a great way to reward our most deserving cadets," Captain Nelson said.

The Tattoo also provided the Academy with a lot of firsts — "too many to count," Cadet Gill said. Captain Walker said that as far as he knows, this was the first time the Academy had participated in the Tattoo, and it was also the first time the cadets had even heard of the event.

Unfortunately for the cadets, the weather in Fairford on the second of the two scheduled performance days was, well, English. So they took full advantage of a beautiful Saturday. "We had to make that one count," said Cadet 1st Class Keenan Ryner of CS 04, spokesman for the Air Force Wings of Blue Parachute Demonstration Team. Their C-17 made two passes of four jumpers each, and the parachutists' path back to the plane took them right into the crowd, which heaped adulation on them.

Besides the performances, the cadets and their commanders were surrounded by their fellows in the militaries of a diverse array of countries, such as Jordan and host Great Britain. They eagerly mingled with their new friends and found themselves trading questions and answers. "It was almost a culture shock because we're used to the way we do things here in America," Cadet Ryner said. "I'd pay money to go see that airshow. We really hope we (the Academy cadets) get invited back."

All of the group's members enjoyed the commemoration of the Battle of Britain, too. Cadet Gill said it was a bit surreal to see Nazi swastikas in contemporary Europe.

Warplanes flew in tight formation, and the portrayal concluded with the German and British planes flying together in a show of solidarity.

The Academy representatives enjoyed their experience at the Tattoo so thoroughly that they ran out of superlatives to describe it. "I was extremely impressed with how it was set up, and the hospitality was outstanding," Captain Walker said. "It was like everybody was there just to see you."



Members of the Air Force Wings of Blue Parachute Demonstration Team meet with visitors to the Royal International Air Tattoo July 17 at Royal Air Force Fairford, England.

PHOTOS BY  
STAFF SGT. JOSEPH  
VALENTE



Steve Hoehn deploys a "chain smoke" system while descending over Royal Air Force Fairford, England during the Royal International Air Tattoo July 17. Mr. Hoehn is one of a team of 11 Airmen and cadets who represented the Air Force Wings of Blue Parachute Demonstration Team at the event.



Capt. Yancey Walker talks with two Royal Air Force cadets about the U.S. Air Force and the Air Force Wings of Blue Parachute Demonstration Team during the tattoo.



# Newest falcon stretches her wings

By David Edwards  
Academy Spirit Writer

Visitors to the Air Force Academy wouldn't be surprised to hear someone say, "Look. It's a plane." At the Community Center library July 22, though, they were saying -- maybe not in so many words -- "Look. It's a bird."

It was two birds, in fact. A crowd of perhaps 70 came to watch a trio from the cadet falconers and two of their avian stars, Cody and "the baby."

Cody is an 18-year-old prairie falcon and the oldest of the group's birds. The baby, alternately referred to as "Alice," "Athena" or "Valkyrie," is an 8-week-old gyrfalcon. Both enthralled the group of inquisitive youngsters, parents and grandparents, and neither of them was the least bit camera-shy.

The baby wowed the onlookers with her wingspan. At the end of the presentation, eager children asked the handlers if they could pet the two birds of prey that had captured their attention from Minute 1.

"If you put Cody on one end of the football field and a newspaper on the other end, Cody could read it — if he knew how to read," said Cadet 2nd Class Yagie Janisch of Cadet Squadron

32, explaining falcons' keen eyesight, which is six or seven times more acute than a human's.

Joining Cadet Janisch were Cadet 1st Class Gabe DeJong from CS 40 and Cadet 2nd Class Jenny Flynn from CS 31. Cadet Flynn had the baby falcon perched on her gloved hand.

"They're really well-natured birds, but sometimes they can get ornery," Cadet DeJong said.

The Academy's falcons tend to live about twice as long as their counterparts in the wild because they are treated with great care and attention to detail.

Cadet Janisch was ready with the answer when a boy in the crowd asked about the falcons' diet. "They eat (flash-frozen) Japanese quail, which in some parts of the world is considered a delicacy," she said. "They're very spoiled. (In the wild), they're air-to-air-combat predators, so they don't hunt anything on the ground."

The menu at the Academy also helps explain why the birds don't fly off and disappear. They rely on the falconers



MIKE KAPLAN

The new falcon is 9 weeks old.

Being selected is a prestigious honor, because each new school year typically brings 30 to 40 applicants, and only four cadets from each class are chosen. The cadet falconers number 13 in all.

When members of the Class of 1959 — the Academy's first — chose the falcon as mascot of the cadet wing, they left the question of species open-ended, so the Academy's mascot can be a falcon of any species.

Aurora, a member of the largest falcon species, gyrfalcons, is the mother of the baby falcon. Once the new school year starts, cadets will choose a permanent name for the new bird.

In North America, there are five native falcon species, including the

reigning speed demon of the animal kingdom, the peregrine falcon. Others include the prairie falcon, the American merlin and the American kestrel. The cadet falconers exhibit four of the five native species.

Thanks to an agreement between the Academy and United Airlines, the birds are allowed to travel in the passenger cabin with their handlers. In a 2008 interview with 5280 magazine, then-Cadet 2nd Class Jacque Harrier said, "It's pretty interesting when you sit next to a stranger and you've got a bird on your arm. It's a good way to get people to know about the Academy. It's a pretty easy conversation-starter."

It was clear from the Community Center exhibition just how much the falconers enjoy their special work. Among NCAA schools, the falconry program is unique, and it has won a litany of accolades.

Though the falconry program is not designed to rehabilitate, the cadets are trying to do just that for Buzz, a 1-year-old kestrel falcon in the cadets' care.

"Although they're amazing birds, we have to take good care of them," Cadet Janisch said. "Every falconer who has ever visited our facility said that ours is the best they've ever seen."



## Boy Scouts get info on Academy

Cadet 3rd Class Nathan Lebens hands out information about the Air Force Academy to visitors during the 2010 National Boy Scout Jamboree at Fort A.P. Hill, Va., Wednesday. With Cadet Lebens is Havoc, a 14-year-old peregrine falcon. The Wings of Blue Air Force Parachute Demonstration Team jumped in to open the Jamboree Monday.

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# Cadets carry injured hiker to Pikes Peak summit

By Staff Sgt. Don Don Branum  
Air Force Academy Public Affairs

When two cadets from the Air Force Academy decided to hike Pikes Peak July 17, "become heroes" was not on the itinerary. But by the time they reached the 14,110-foot summit -- carrying a hiker who had broken her foot two miles from the top -- they had at least one person's heartfelt gratitude.

Cadets 1st Class Stephen Shaffer from Cadet Squadron 12 and Stephen Newell from CS 32 set out on the Barr Trail early that morning to hike a round trip on the trail, which stretches about 13 miles and climbs 7,000 feet from the trailhead in Manitou Springs.

"I'm big into the outdoors -- biking, hiking, fishing," said Cadet Shaffer, who played for the Falcons football team before two concussions prematurely ended his football career. "I'd hiked a few 'fourteeners,' but I hadn't hiked Pikes Peak, and I look at it every day."

The cadets reached Barr Camp, a third of the way along the trail, about two hours after setting out. Around noon, they encountered Marian Steele and her hiking partner above the tree line. Ms. Steele had broken her foot while the two descended from the summit.

"We decided we'd see what we could do to help her," Cadet Shaffer said.

He and Cadet Newell, a former Falcons linebacker, offered to help the hikers in distress. One of the two jokingly asked if the cadets could carry Ms. Steele to the top, but once they assessed her injuries and the risks of incoming afternoon thunderstorms, they decided that's exactly what they would do.

"We were worried about being above the tree line with storms rolling in," Cadet Shaffer said. "We knew we were on the clock. We knew Barr Camp was a few miles down, but that the summit was a few miles closer, and we knew we had to get her medical attention."

The Barr Trail is at its most grueling above tree line. The atmosphere is already thin at the trailhead, which is about 7,000 feet above sea level. The air pressure at 11,000 feet is two-thirds of air pressure at sea level, and at 14,000 feet, air pressure is roughly half of sea-level pressure. The human body has to work much harder to get oxygen at higher altitudes, and acute altitude sickness becomes a risk. The trail itself also becomes more treacherous, as loose gravel



COURTESY OF CADET 1ST CLASS STEPHEN SHAFER

Cadets 1st Class Stephen Newell and Stephen Shaffer take a break after carrying injured hiker Marian Steele to the summit of Pikes Peak July 17, 2010. Ms. Steele, a Colorado Springs resident, broke her foot while descending the 14,110-ft. mountain.

with the consistency of ball bearings can throw off an unwary hiker's footing.

"Heat was a factor along with the altitude and the extra weight of (Ms. Steele's) pack," Cadet Shaffer said.

The cadets took turns carrying Ms. Steele as they approached the summit. They also stopped frequently to rest, refuel and rehydrate, Cadet Shaffer said. Once they reached the summit, they turned the injured hiker over to El Paso County Search and Rescue, which was at the summit for an unrelated emergency call.

Steve Sperry is the spokesperson for EPCSAR, a non-profit agency that does not charge for its services but relies on donations from the local community for its operations.

He praised the cadets' action but said that attempting to rescue a stranded or injured hiker is a potentially dangerous undertaking.

"The cadets did a great job getting her to the top! In doing so, they also put themselves in jeopardy," said Mr. Sperry, a retired major who works full-time for the Joint Functional Component Command-Integrated Missile Defense at Schriever Air Force Base. "Safety is always the number-one issue for search and rescue, both for the patient and the rescuers, but if you're going into the military, sometimes you put others' well-being above yours, and that's a good thing."

Mr. Sperry shared some tips for people hiking the Barr Trail: start the hike early, let someone know where you're going and when you plan to return, and have an exit plan.

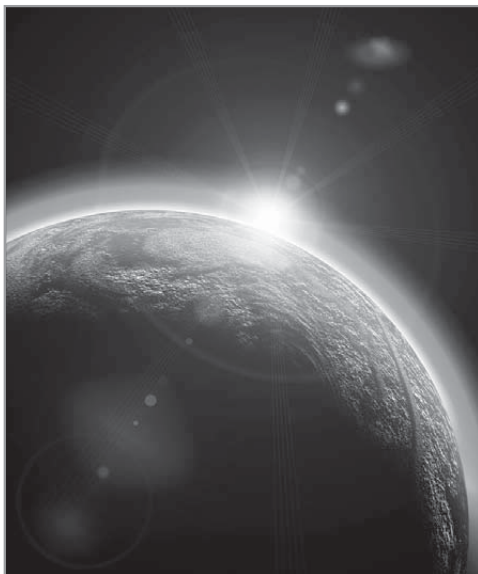
"If you're doing a round trip, you need to be on the trail by 5 a.m., because that's almost 26 miles," he said. "And if you're just going up, have a plan on how to get back down -- if the (Cog Railway) train is full, they will not let you on. In the past, we've responded to people who were stuck at the top because they didn't have a plan to get back."

Cell phone coverage is generally good most of the way up the trail if a hiker becomes stranded or injured, Mr. Sperry said. The other alternative in an emergency situation is to flag down another hiker, as the Barr Trail is well-populated during hiking season.

"By the time we get a page, if we run up Code 3 -- that's sirens going and lights flashing -- it'll take us an hour to get from the rescue base to the top," he said.

Those preparing for a hike should bring plenty of water, snacks, rain gear, sunscreen and good footwear, he said. But above all, he asked hikers to keep safety in mind from the first planning stages to the last step of the trail and to let trained and equipped SAR professionals handle any rescues.

"We appreciate everything the cadets did," he said. "They did a super job."



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## Attic

### From Page 1

Private Gaines is assigned to Fort Carson, but he lives with his family at the Academy. They're not alone: roughly 30 percent of the families who live in base housing here work at other military installations, such as Fort Carson, Peterson Air Force Base or Schriever AFB, Colonel LoCastro said.

"We're truly a joint family," he added. "We want to provide a sense of family to all our people who live here, not just Air Force Academy people."

The Attic is open Mondays from 9 a.m. to 1 p.m., Tuesdays through Thursdays from 11 a.m. to 3 p.m., and the first Saturday of each month from 9 a.m. to 1 p.m. Generally, families of servicemembers with pay grades of E-5 or lower are eligible to shop at the

Airman's Attic, but the facility opens its doors to all families the third Thursday of each month.

"There are no millionaires in the military," Colonel LoCastro said. "Everyone needs a helping hand sometimes, regardless of rank."

The Redistribution Center, a Combined Federal Campaign-listed non-profit agency based in Wheat Ridge, Colo., provides supplies for the Airman's Attic. Families may receive 10 miscellaneous items and 15 pieces of babies' clothes per week and two furniture items a month. They may also take, within reason, what they need in toddler- to adult-sized clothing and uniform items, Mrs. Nordin said.

Mrs. Nordin thanked the Academy's first sergeants as well as Forest City, which provided the duplex and

offered landscaping and painting services. Mrs. Nordin and her husband are preparing to leave the Academy later this summer.

"Unfortunately, Cassie's time here is measured in hours," Colonel LoCastro said. "So shake your trees back in your offices. We need folks to volunteer as well as to use the facility. This is one facility that can't have too many volunteers."

"Let's make sure we can get our Airmen down here to make this a great Airman's Attic. We're off to a great start with this great facility," he added.

Attic volunteers can sign up to receive free child care at the Airman and Family Readiness Center for children 1 and older. The Family Child Care program will accept vouchers if they have space available.



STAFF SGT. DON BRANUM

Jaime Gaines looks through clothing for her 14-month-old daughter, Jordan. Her husband, Army Pfc. Jesse Gaines, is assigned to Fort Carson, but the family lives on the Academy.



BILL EVANS

Cassie Nordin (center, holding scissors) cuts a ribbon to celebrate the grand reopening. Mrs. Nordin is the Airman's Attic volunteer manager. Also pictured are several volunteers; Paula Gould, wife of Academy Superintendent Lt. Gen. Mike Gould; Col. Rick LoCastro, 10th Air Base Wing commander; and T. Thompson, president and CEO of the Association of Graduates.

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## Housing residents must register firearms

By Capt. Doug Couch  
10th Security Forces Squadron

The 10th Security Forces Squadron will sponsor a two-day registration for housing residents with privately owned weapons Saturday from 9 a.m. to 3 p.m. at the Academy's Housing Office, Building 6556 on West Columbine Drive.

In accordance with USAFA Plan 31-1, "Installation Security Plan," anyone residing on base must register any firearm or privately owned weapon stored within their homes. Registration must be accomplished with both 10th SFS and the housing office. Those who fail to comply and are found to have weapons in their homes may be barred from the Academy by the installation commander, could face eviction and/or punitive actions under the UCMJ as applicable.

To register your weapon, come to the Housing Office with an Air Force Form 1314, "Firearms Registration," coordinated through your first sergeant and signed by your unit commander. You must also have a Department of Defense Form 2760, "Qualification to Possess Firearms or Ammunition," verifying that you understand and comply with the rules of the Lautenberg Amendment. Residents who are not affiliated with the Defense Department, such as retirees and contractors who do not have commanders or directors, must route the Form 1314 through Forrest City Residential Management before processing with Security Forces.

These forms are available at [http://usafaliving.com/communitynews\\_forms.asp](http://usafaliving.com/communitynews_forms.asp). However, you may also register your privately owned weapons by bringing the Air Force Form 1314 and DD Form 2760 to the Pass and Registration Center outside the South Gate weekdays from 7:30 a.m. to 4:30 p.m.

The Security Forces will be working with Forest City to ensure anyone who possesses a privately owned weapon in Academy housing complies with this mandatory policy.

For more information, contact Security Forces at 333-3685.



Col. Jim Jennings and Chief Master Sgt. Randy LaCombe shake the hands of attendees to the Front Range Retiree Appreciation Day at Harmon Hall on the Air Force Academy on Saturday. The event brings Airmen together from the Academy and Schriever and Peterson Air Force Bases to support Colorado Springs, Colo., area retirees. Colonel Jennings is the 21st Space Wing vice commander at Peterson AFB. Chief LaCombe is the 50th SW command chief master sergeant at Schriever AFB.

JOHNNY WILSON



## 2,000 attend Retiree Day celebration

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

Approximately 2,000 retirees from the Colorado Springs community attended the Retiree Appreciation Day held at Arnold Hall here Saturday.

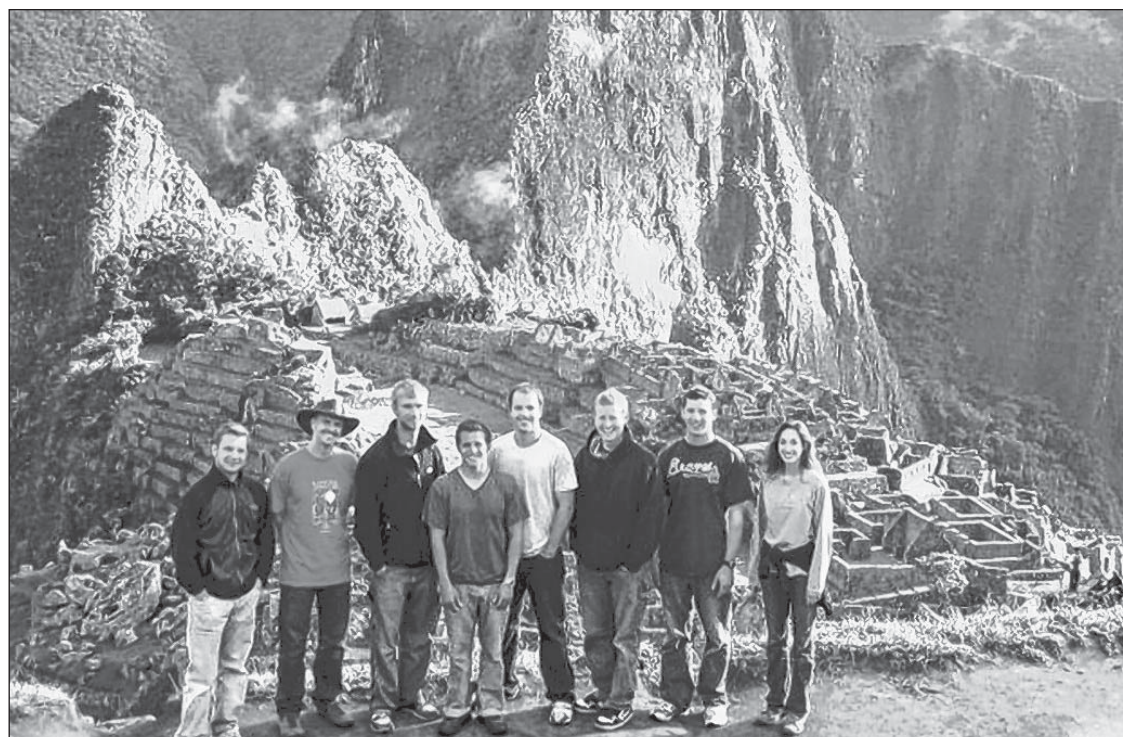
Senior Master Sgt. Leonardo Castro, the flight chief for physical therapy and occupational therapy with the 10th Medical Operations Squadron, called the event "a huge success." Sergeant Castro was one of the Retiree Appreciation Day lead organizers.

Air Force Academy Superintendent Lt. Gen. Mike Gould and his wife, Paula, spoke with retirees both in a large question-and-answer session and in smaller groups throughout the day. Commanders and senior enlisted Airmen from Schriever and Peterson Air Force bases also attended to interact with — and to thank — the veterans in attendance.



**ABOVE:** Paula Gould talks to retirees during the AFA Retiree Appreciation Day event at Arnold Hall. Mrs. Gould is the wife of Academy Superintendent Lt. Gen. Mike Gould. Personnel from the Academy and Peterson and Schriever Air Force bases support the event.

**LEFT:** A retiree asks a question of one of the guest speakers.



## Cadets visit Machu Picchu

Cadets from the Air Force Academy pose atop Machu Picchu in Peru during a recent cultural immersion visit. The Department of Foreign Languages sends cadets and escorting officers around the world to learn about a host nation through direct contact. Pictured, not in order, are Maj. Luis Linares, Cadet 1st Class Zachary Bell (Cadet Squadron 40), Cadets 2nd Class James Dunlop (CS 01), David Hein (CS 02), Kyle MacDonald (CS 15), Cassandra Pederzani (CS 08) and Hector Valladares (CS 19), and Cadet 1st Class Cody Wheeler (CS 26).

COURTESY PHOTO



# Program puts Academy cadets in ISR world

By Wayne Amann

Air Force ISR Agency Public Affairs

**LACKLAND AIR FORCE BASE, Texas** — Their visit took one hour. The impression could last their careers.

Thirteen Air Force Academy cadets learned about the “silent warrior” world of the Air Force Intelligence, Surveillance and Reconnaissance Agency July 20 as part of their Operation Air Force visit to Lackland Air Force Base, Texas.

Ops Air Force is a three-week summer program designed to give cadets the opportunity to experience firsthand everything an operational Air Force base has to offer.

“(The Air Force ISR Agency) is a popular stop with the Ops Air Force cadets,” said ’92 Academy grad Lt. Col. Peter Ohotnicky, commander of Lackland’s 322nd Training Squadron and scheduler for Ops Air Force cadets at Lackland. “[ISR] is a real eye-opener.”

The cadets received a comprehensive Agency mission briefing from Senior Airman Lance Allen of the Commander’s Action Group covering the personnel, organizational structure and capabilities of this intercontinental organization. The briefing was sandwiched between a pair of music videos showcasing the varied missions performed by its 17,000-plus members.

“It’s really good to see the people doing the work out there,” said Cadet 2nd Class Evan McCroskey of Kingston, Tenn., who’s working toward a degree in cyber warfare. “When I was a freshman, my roommate was a prior enlisted intel guy. Working in intelligence or special operations is what I want to do.”

Chemistry major Cadet 2nd Class Catherine Kiyota was equally impressed with what the ISR community brings to the fight. “The capabilities we



WILLIAM BELCHER

Senior Airman Lance Allen briefs cadets during their visit to the Air Force ISR Agency headquarters at Lackland Air Force Base in Texas.

have are pretty amazing,” the Wahiawa, Hawaii, native said. “It’s fascinating to see what we can do.”

Academy grads, Col. Eric Payne, Class of ’87, the director of Logistics, Installations and Mission Support and Lt. Col. Michael Gayer, Class of ’92, the deputy director of Manpower and Personnel, co-hosted the briefing, shared their ISR experiences and answered questions about careers as an officer and the Air Force in general.

Following the briefing, the cadets received a guided tour of the Air Force ISR Agency Heritage Center from historian Phil Myers, who explained the organization’s legacy of service to the

nation since its inception as the U.S. Air Force Security Service in 1948.

The cadets completed their Security Hill visit at 24th Air Force, where they received an overall mission briefing followed by an orientation tour conducted by the crew commander of the Air Force Computer Emergency Response Team.

This was the third group of Ops Air Force cadets, 41 in all, to be introduced to the Air Force ISR Agency this year.

“This is one of many diverse units at Lackland,” Colonel Ohotnicky said. “They have an important mission which is evolving and very important for our current conflicts. We’ve designed our Ops Air Force program to expose ca-

dets to as much of that diversity as possible.

“I hope they come away with a greater understanding and appreciation of the Air Force,” he added. “Most cadets want to become pilots, but as future leaders, all cadets need to be aware what goes on all across the Air Force to fly, fight and win in air, space and cyberspace.”

The message is getting through. “At the Academy you’re so focused on maintaining your academic, athletic and military standards, we often forget the bigger picture,” Cadet Kiyota said.

Operation Air Force helps deliver the big picture perspective.

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MIKE KAPLAN

Paula Gould and Sunny Scribante share a joke while waiting for Mrs. Scribante's husband, A.J. Scribante, to touch down during a tandem jump with the Air Force Wings of Blue Parachute Demonstration Team. Mrs. Gould is the wife of Academy Superintendent Lt. Gen. Mike Gould.

Maj. Jeff Ray, left, describes the Air Force Academy's unmanned aerial system to Rep. Doug Lamborn during the Board of Visitors' tour of the airfield Saturday. Also pictured at right, is Lt. Col. Doug Downey, commander of the 306th Operations Support Squadron.



STAFF SGT. DON BRANUM

Cadet 2nd Class Russell Ahrens of Cadet Squadron 06 reviews a glider safety checklist with Robin Hayes during the Board of Visitors' tour of the Air Force Academy Airfield Saturday. Mr. Hayes is a former North Carolina congressman and a current member of the BOV. Cadet Ahrens is an instructor pilot for the soaring program.



STAFF SGT. DON BRANUM



MIKE KAPLAN

**ABOVE:** A.J. Scribante and a tandem jumper with the Air Force Wings of Blue Parachute Demonstration Team come in for a landing at the Air Force Academy's Airfield Saturday. Mr. Scribante is chairman and CEO of the Vital Learning Corporation and a member of the Academy's Board of Visitors.

**LEFT:** Robin Hayes checks out the inside of a cub crafter single-engine aircraft during the Board of Visitors' tour of the Air Force Academy Airfield Saturday.



STAFF SGT. DON BRANUM

# Board of Visitors gains perspective on airmanship

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

**R**etired Col. Sue Ross and a cadet pilot soared through the blue skies above the Air Force Academy Saturday, practicing stall avoidance maneuvers and pulling Gs with only the sound of the wind against their glider to accompany them. Elsewhere, A.J. Scribante and a tandem jumper stepped out of a UV-18 Twin Otter aircraft and hurtled toward the ground below. Ms. Ross, Mr. Scribante and others with the Air Force Academy Board of Visitors took the dive — some in a glider, others with a parachute — to learn more about the airmanship programs available to cadets during a tour here July 23 and Saturday. “It was amazing. It was a beautiful day, and I had a great instructor pilot,” said Colonel Ross, who flew as a T-38 Talon instructor pilot and as a KC-135 Stratotanker aircraft commander and evaluator pilot

during her Air Force career. “These cadets are so articulate and know so much. I know they’ll be great when they go out into the Air Force.” The 306th Flying Training Group, an Air Education and Training Command unit here, is responsible for the Academy’s airfield and airmanship programs, but cadets here conduct much of the instruction. Cadets enroll into an airmanship program the summer before their sophomore years and become instructors in either their junior or senior years. When Board of Visitors members weren’t in the air, they had a chance to check out static displays on the ground. The static that attracted the most attention was the Academy’s ScanEagle remotely piloted aircraft, which has a 10-foot wingspan and can be deployed from almost any platform, including the deck of a Navy destroyer. Twenty-four cadets received their Unmanned Aerial System wings in 2009 and will be instructor pilots for this year’s UAS airmanship courses.



MIKE KAPLAN

Cadet 2nd Class Russell Ahrens of Cadet Squadron 06 gives Susan Schwab a prebrief before taking her on a glider flight at the Air Force Academy Saturday. Ms. Schwab is a member of the Academy’s Board of Visitors, a professor of public policy at the University of Maryland and a former U.S. trade representative.

“This program’s definitely an eye-opener,” said Cadet 1st Class Stephen Pike from Cadet Squadron 21. The UAS airmanship training begins with the fundamentals — how to control the aircraft and operate the ground control station. But the course of instruction quickly escalates in the level of challenge it provides, said Maj. Jeffrey Ray, who is assigned to the 306th Operations Support Squadron and has previously deployed to both Iraq and Afghanistan as an F-15 Strike Eagle weapons systems officer. “We use a building-block approach,” Major Ray said. “Once we take these guys to the next step, which is instructor pilot upgrade, it’s gloves off. It is a definite exponential jump in the program and what we require of them because we’re asking them to make pretty important decisions.” The Academy’s UAS airmanship program exists to ingrain moral and ethical reasoning and develop cadets’ sense of character and leadership, said Brig. Gen. Dana Born, the Academy’s dean of the faculty. Before they graduate, cadets must have the confidence — and the conscience — to make important decisions in real time. “Cadets have to learn how to deal with a multitude of situations and make important decisions in time-critical situations,” General Born said. “We have to ensure that they’re prepared to make the right call on their own. Enduring learning — having the knowledge, the skills and responsibility embedded in them.” “There’s no pause button,” Major Ray added. “We’ll talk about decisions during the debrief, but they’ve got to make that decision in the moment.”





JOHN VAN WINKLE

Basic Cadets Camille Thompson of Guts Squadron, right, and Victoria Perkins of Interceptors Squadron square off in the Big Bad Basic women's finals Saturday. Basic Cadet Perkins won the event.

## Basics endure 'house of pain,' end training

Basic cadets endured "Sergeant Spain's House of Pain" and cheered on their comrades during the Sweepstakes and Big Bad Basic competitions Saturday as they finished their field training in Jacks Valley.

The weeks of grueling physical and military training are designed to transform basic cadets and mold them into part of a team. BCT ends at 10 p.m. Saturday. Each basic cadet will become part of one of the Cadet Wing's 40 cadet squadrons, move into new dorm rooms and prepare for the Acceptance Day parade Wednesday. Their first day of classes will begin Thursday.



JAMES RUSH

Basic Cadet Vance Hawk pulls a 145-pound sled across the finish line with a little encouragement from cadre Saturday. The sled pull was one of several events to take place on "Sergeant Spain's Course of Pain" during the Sweepstakes competition.



CADET 1ST CLASS RAPHAEL WATSON

Basic Cadet Jamil Bailey takes on the Assault Course in Jacks Valley Saturday during the Sweepstakes. Cadet Bailey is assigned to the Jaguars Squadron.





A group of brown pelicans nests on a barrier island in the Gulf of Mexico near the coast of Louisiana June 20. An accident at the Deepwater Horizon drilling platform April 20 caused millions of gallons of oil to leak into the Gulf.

PHOTOS COURTESY OF GREG SPEIGHTS

## AFA wildlife employee helps rescue birds

By Andrea Brown  
Academy Spirit Writer

You've seen the sobering images on TV of the Gulf Coast: pelicans drenched in brown syrupy oil. A U.S. Fish and Wildlife Service employee at the Air Force Academy helped rescue some of the birds from this doom.

Gregory Speights recently returned from a two-week reconnaissance and recovery mission, helping save pelicans that would have been lost to the environmental disaster.

Mr. Speights was among a crew of 40 people working 16-hour days on a barge in the marshes of the delta to capture birds for de-greasing at cleaning facilities. BP picked up the tab for the trip.

"I went down there for the birds. I love birds," Mr. Speights said. "They can't get the oil off by themselves." But oil on the outside isn't the birds' only problem. "The birds start to preen the feathers and ingest some of the oil," Mr. Speights said.

Birds aren't the only victims of the spill. "It's (affected) the fish and porpoises, the different kinds of crab," he said. "They get oiled up, and the birds eat them, and it's

all up the food chain, from plankton on up, eventually to us."

Pelicans are protected by the Migratory Bird Treaty Act and were recently removed from the endangered species list, Mr. Speights said. "They were making a comeback. It is bad news for them to take a hit," he said.

The trip brought home the impact of the spill for Mr. Speights. "What surprised me was the vastness of the area that has been affected — the thousands of islands that are around the delta," he said. "The people down there are hurting, too. They are out of work. The fishing industry has been shut down. We hired the local fishermen to take us out and guide us around to find the birds."

He had other company on the barge. "We had CNN embedded with us and a college girl doing a documentary," he said.

Mr. Speights has worked at the Academy since 1974. "I had never done anything like this before. They put out a call to help out with the spill," he said. "I signed up to go back."

Others from the Academy plan to join him.



A volunteer helps clean oil off a brown pelican captured in the Gulf of Mexico near the Louisiana coast June 14.

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# Three Falcons named to preseason all-MWC team

**By Staff Sgt. Don Barnum**  
Air Force Academy Public Affairs

Three Falcons were named to the Mountain West Conference's 2010 preseason all-conference football team Wednesday as selected by members of the media.

Senior defensive back Reggie Rembert had been previously selected for the 2009 all-MWC first team, with senior running back Jared Tew and junior defensive back Anthony Wright Jr. having been named to the 2009 all-MWC second team.

Tew, a native of Park City, Utah, had 238 carries for 970 yards and nine touchdowns during the 2009 football season, including a 71-yard touchdown run against Houston in the 2009 Armed Forces Bowl, which Air Force won, 47-20.

Wright, a Cleveland native, had 54 tackles and seven interceptions, including three against Houston's Case Keenum, during the 2009 season.

Rembert, from Flower Mound, Texas, is a double threat, with 43 tackles and three interceptions in 2009 and an average of 25 yards per kickoff return.

TCU took the top spots in offense, defense and special teams in the all-conference lineup, with quarterback Andy Dalton named top offensive player, linebacker Tank Carder named best defensive player and returner Jeremy Kerley named special teams player of the year.

*(Information compiled from Athletics Communications and staff reports.)*



Falcons quarterback Tim Jefferson hands off to fullback Jared Tew during the Armed Forces Bowl in Fort Worth, Texas, Dec. 31, 2009. Tew had 175 rushing yards against the Houston Cougars.

BILL EVANS

# Wounded warriors to ride through Academy

More than 100 wounded warriors will pass through the Air Force Academy Wednesday during the Ride 2 Recovery Rocky Mountain Challenge, a six-day, 325-mile ride from Cheyenne, Wyo., to Fort Carson, Colo.

The Academy portion of the route will carry riders along North Gate, Stadium and South Gate boulevards.

The riders, more than 50 of whom are from Colorado, will also pass through other scenic areas of Colorado such as Garden of the Gods in Colorado Springs and Iron Horse Park on Fort Carson.

Riders will kick off the event Saturday in Cheyenne and ride 53 miles to Fort Collins, Colo.

Sunday, participants will ride south to

U.S. Highway 34 and head west toward Estes Park, a 48-mile journey.

They will ride 51 miles through the Roosevelt National Forest Monday, finishing the third day of the ride just south of Boulder. Tuesday's route carries riders around Denver to the west and south, arriving in Cherry Creek after a 52-mile route.

The riders will head south along the Front Range Wednesday, reaching the Air Force Academy 56 miles into their 66-mile trip for the day. Thursday, they will ride a scenic route through Colorado Springs that ends at Manheart Field on Fort Carson.

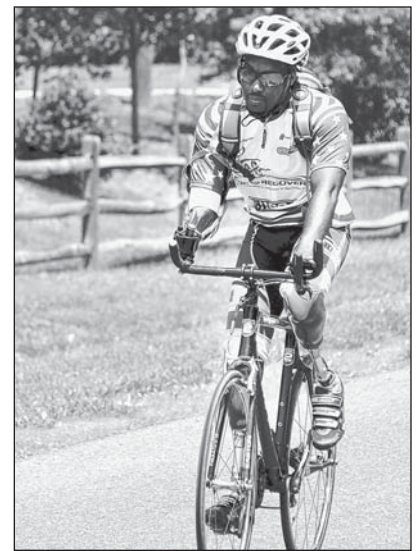
The United Service Organizations will support daily rest stops with the USO

Canteen, according to a Ride 2 Recovery press release published July 21. The American Legion Riders will provide a motorcycle escort, and the American Legion and Legion Auxiliary will sponsor dinners and community events during the ride.

Notable participants and speakers include Colorado Gov. Bill Ritter, Army Lt. Col. Patricia Collins, retired Army Sgt. 1st Class Georg-Andreas Pogany of Denver, Ride 2 Recovery spokesman Nathan Hunt and actor Mike Vogel.

To learn more about the Ride 2 Recovery, go to <http://ride2recovery.com>.

For Rocky Mountain Challenge route information, download the "RMC Ride Guide" at <http://bit.ly/cIHZ1S>.



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Delvin McMillian participates in the Ride 2 Recovery program. A specially designed bike allows Mr. McMillian to ride despite his amputations.

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**Puzzle solutions for 7-30-2010**

**PUZZLE SOLUTION**

		A	T	H	E	N	S			A	S	P				
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3	8	4	1	2	6	9	5	7
6	7	1	9	4	5	3	8	2
2	5	9	3	8	7	6	4	1
1	4	6	7	9	8	5	2	3
8	3	2	5	6	1	7	9	4
5	9	7	4	3	2	8	1	6



# Making time to exercise: Routine No. 1

By Sharon Hawkes  
Academy Health and Wellness Center

This is the second article in a series of articles that focus on people who cannot find time to exercise.

The first article, published July 16, gave tips on how proper planning and coordinating can help you find time to exercise.

All articles will have a variety of exercise routines every other week for a variation of exercises levels, i.e. beginner, intermediate and advanced.

The first workout is a combination of aerobic and strength training, this workout can be accomplished at your worksite.

This workout can be done in 20 to 45 minutes depending on the conditioning level of the participant and the intensity of the workout.

As with any exercise session, always



take five to 10 minutes to warm the body up before starting the routine.

Go to the nearest stairwell in your work center to accomplish this exercise routine. If you do not have a stairwell in your worksite, go to nearest building that does have a stairwell. See the instructions below to find your conditioning level and follow the level that corresponds to you.

### Beginner

- One to three flights of stairs
- Repeat three times with a three-minute rest at bottom of first flight.

**Duration:** 15-20 minutes

### Intermediate

- Three or four flights of stairs

- Repeat five times with a two-minute rest at bottom of first flight.

**Duration:** 20-30 minutes

### Advanced

- Four or more flights of stairs
- Repeat six to 10 times with a 30-second to one-minute rest at bottom of first flight.

**Duration:** 30-40 minutes

Once you are finished the stairwell routine and you are at the bottom of the first flight of stairs, walk around until breathing rate returns to pre-exercise levels.

### Strength-training exercises

**Squats:** These exercises build the muscles in the thigh, shape the posterior and improve endurance. Position your feet shoulder width apart. Squat down until the tops of your thighs are

parallel to the floor, keeping your back straight and your head up.

Don't bounce at the bottom of the movement. Hold that position for a few seconds, then come back to a standing position. Always exhale as you return to a standing position.

Do enough repetitions to achieve muscle fatigue.

**Push-Ups:** The push-up builds the chest, shoulders and arm muscles. Lie face-down on the floor with your hands at shoulder width apart fingers pointing straight ahead. Make sure your body is straight from head to feet; slowly lower your body down toward the floor until the elbows form a 90-degree angle with the upper arm. Return to the extended arm position without locking the elbows.

Do enough repetitions to achieve muscle fatigue.

## Spirit Dining

### AMERICAN



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American comfort food served in a casual Colorado lodge atmosphere. Famous chicken fried steak, slow roasted prime rib, seafood, plus soup, salads, sandwiches, and homemade cobblers. Full service bar. Fireplaces for those cold winter days. A Colorado tradition since 1982. Serving lunch and dinner from 11am daily. Two Banquet Rooms and Patio dining available at Corporate Dr Location. **Active Military Discount on Food and Beverage everyday.**

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Special: 50% off Sushi & Rolls. Monday Madness Happy Hour Special 5-6pm everything half price. Tues, Thurs & Friday Happy Hour Special 5-6:30pm, 50% off Sake and Beer, 20% off Sushi and Rolls. Wednesday Night-5-6:30pm 20% off Sushi and Rolls, 2 for 1 drinks. [gofujiyama.sushi.com](http://gofujiyama.sushi.com)

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Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents.

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Regional American/Continental Cuisine. Featuring: fish flown in from all over the world. We proudly support Colorado farmers and offer organic fruits and vegetables, as well as organically raised meats. Reservations suggested. Patio dining with beautiful mountain views. [www.waltersbistro.com](http://www.waltersbistro.com).

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442-2626  
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We carry a full selection of authentic middle eastern food from appetizers to dessert. Healthy vegetarian, melt in your mouth Shawarma, falafel, hummus, babaganooj, tabouleh, variety of baklava, Hot middle eastern tea, Turkish coffee and many other delicious foods are available for take-out or to eat in. Come see our Belly Dancers Friday nights 6-8:30pm. Visit next door, Hookah King now open. Free downtown delivery. 15% discount with military I.D.

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## Clinic closures

The 10th Medical Group will offer limited appointment availability Aug. 6 due to a 10th Medical Operations Squadron change-of-command ceremony.

Clinics affected include audiology, acute care, allergy and immunizations, cardiopulmonary, dermatology, family practice, internal medicine, mental health, neurology, women's health, pediatrics and physical therapy and chiropractic.

Normal operations will resume at noon.

## CCAF classes available

The Education Office will offer classes through Colorado Christian University that Airmen can apply toward their Community College of the Air Force degrees.

Classes will run in three sessions, starting Aug. 23, Sept. 27 and Nov. 1.

During the first session, CCU will offer COM 110, Oral Communication, Mondays from Aug. 23 to Sept. 20, and HUM 101, Creative Arts, Wednesdays from Aug. 25 to Sept. 22. The second

session will include ENG 102, English Composition, Mondays from Sept. 27 to Nov. 29, and MAT 110, Math Concepts, Wednesdays from Sept. 29 to Oct. 27. The final session will offer POL 202, American Political Process, Wednesdays from Nov. 3 to Dec. 1.

The Community Center Library will have 15 copies of course books for COM 110, HUM 101 and ENG 102 that students may check out for free.

For more information, contact Derek Wilson at 867-5817.

## Volunteer call

Volunteers are needed for each of the following upcoming events.

**Special Observances:** The Equal Opportunity Office seeks enthusiastic volunteers to plan and coordinate events for Hispanic Heritage Month (Sept. 15 to Oct. 15), National Disability Employment Awareness Month (October) and National American Indian Heritage Month (November). To volunteer, contact EO specialist Gina Moore at 333-4258.

**ESOH CAMP:** The 2010 Environmental, Safety and Occupational Health Compliance Assessment and Management Program needs volunteers to conduct an internal audit Sept. 13-17. The volunteers will present their findings to the 10th Air Base Wing commander in the 10th Civil Engineer Squadron conference room in Building 8120 Sept. 20 at 1:30 p.m. To volunteer as an audit team member, contact Jeanie Duncan at 333-0812.

**Honor Guard:** The Academy Honor Guard needs officer and enlisted volunteers who can support two details per month for one year and who can attend training every other Wednesday from 1 to 4 p.m. The next new member meeting will be held Aug. 6-13 from noon to 4 p.m. To volunteer, contact Janet Edwards at 333-3323 or Staff Sgt. Hugo Reinor at 333-5621.

**Sponsor Programs:** The Academy and Preparatory School sponsor programs need sponsors for cadets and cadet candidates. Officers in pay grades O-3 and above or enlisted Airmen in pay grades E-6 and above, or civil service employees in GS-05 or higher pay grades who are at least 28 years old may be sponsors. To sponsor a cadet, call 333-2727; to sponsor a cadet candidate, call 333-3057.

## Chess tournament

Community Activities will sponsor a U.S. Chess Federation tournament at the Milazzo Center Aug. 15, with sign-ups starting at 8:30 a.m.

There is no fee for participants, but every player must be registered with the USCF. Registration fees for adults start at \$34 per year.

To sign up or learn more, contact Community Activities at 333-2928.

## Evening Aerobics

The Community Center Sports and Fitness Center now offers evening aerobics classes at 5 p.m. Mondays, Wednesdays and Thursdays. To sign up or for more information, call 333-4522.

## Fishing permits

Outdoor Recreation offers Academy fishing permits to fish Kettle Lakes, Ice Lakes, Dead Man's Lake or any of the lakes on Farish Recreation Area grounds. For more information, call 333-2940 or 687-9098.

## School physicals

The 10th Medical Group will offer multiple appointment times for school physicals throughout the summer for students who wish to participate in school sports or camp programs and are enrolled in Tricare Prime.

If your child has had a physical completed within the last 12 months prior to the start of school or sports season, he is considered current, and you can contact the medical treatment clinic where the child is enrolled to obtain a copy of the physical for school, sports or camp purposes.

To schedule your child's physical or learn more, call the Tricare Appointment Line at 719-457-2273.

## Community Center events

The Academy will hold an open space picnic, kickball and family movie today from 5:30 to 8 p.m. in the open space at the Douglass Valley Housing Area, or at the Milazzo Center if weather is inclement. Popcorn will be provided, and soda will be on sale. Attendees should bring their own blankets or lawn chairs and may bring other food and drinks.

Ballroom dance classes start at the Community Center Aug. 4, with beginners' classes at 5:30 p.m., intermediate classes at 6:45 p.m. and swing at 8 p.m. Each course is \$70 per couple or \$40 per individual.

Line dance classes are taught in the Community Center Ballroom in six-week increments, with classes scheduled for 5 and 6:15 p.m. Registration is \$35 per person. The next class starts Sept. 13.

A flea market is scheduled for Aug. 14 in the Base Exchange parking lot from 9 a.m. to 1 p.m. Cost is \$10 for a space, \$5 for a table or \$15 for those who sell from their privately owned vehicle.

To book the Milazzo Center or Community Center Ballroom for your event, call Community Activities at 333-2928.

## A&FRC offerings

The Academy Airman and Family Readiness Center will host the following classes in August.

Contact the A&FRC at 333-3444 or 333-3445 with questions or to sign up for a class. Class dates and times are subject to change.

### Group Pre-Separation Counseling

Held Mondays (except during Transition Assistance week), 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory briefing will help you identify benefits and services associated with your transition and beyond.

### Disabled American Veterans Medical Records Review

Today and Aug. 9, 7:30 am to 4:30 pm

Individuals within 180 days of retirement or separation can have the DAV review their medical records in preparation of filing for Veterans Affairs Disability Compensation through the VA Form 21-526. Call for more information or an appointment.

### Career Tracks

Aug. 3-4, 8:30 a.m. to 2:30 p.m.

This comprehensive two-day course helps military spouses assess and evaluate their skills, values and interests, build an effective toolkit through a career plan, education and volunteerism, conduct an efficient job search through

research, networking and career fairs, and write a resumé. You must pre-register to attend.

### Mock Interviewing

Aug. 5, 9 a.m. to 1 p.m.

This class will give attendees a chance to conduct mock interviews with human resources representatives.

### Sponsor Training

Aug. 10, 8 to 9 a.m.

This class is mandatory for those who have been assigned to sponsor a newcomer to the Air Force Academy. Contact your unit sponsorship monitor for details and to sign up.

### Smooth Move

Aug. 10, 3 to 4 p.m., and Aug. 18, 9 to 10 a.m.

This mandatory class for individuals who are PCSing from the Air Force Academy teaches proven ways to decrease the stress of an upcoming move.

### Résumé Writing

Aug. 11, 9 a.m. to noon

Learn different types of resumé and cover letter styles and how to improve your own. Improve your resumé to make it work more effectively for you. The main purpose of your resumé is to entice an employer to call you for an interview. If your resumé is not doing this for you, this class can help.

### Key Spouse Training

Aug. 11, 3 to 4:30 p.m.

The Air Force Academy Key Spouse Program enables open communication between unit commanders and first sergeants and families.

### Troops to Teachers

Aug. 12, 11:30 a.m. to 1:30 p.m.

This workshop provides information for servicemembers interested in beginning a second career as a public school teacher. Learn how you can make the transition into this rewarding career.

### Internet and Your Job Search

Aug. 17, 9 to 11 a.m.

New technology opens many doors but also requires prudence on the part of the individual searching for his next career move. Learn what to do, what not to do and how to use the Internet to help broadcast your resumé during this class.

### Newcomer Orientation

Aug. 19, 9 a.m. to 3 p.m.

This orientation is mandatory for all personnel new to the Academy. Spouses are also welcome to attend. The event is held at the Milazzo Center.

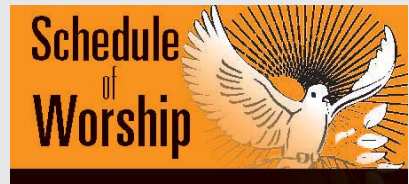


## Concert in the Park

The Peterson Air Force Base Air and Space Museum Foundation will sponsor the fourth Concert in the Park Aug. 7 at 11 a.m. at Peterson Airpark, 150 East Ent Avenue.

The event is free and open to active-duty and retired servicemembers, their families and Department of Defense civilian employees.

The concert will include music by the Air Force Academy Band's Blue Steel. The "Old City Hangar" will be open, as will the ICBM procedures simulator and fully equipped EC-121T "Warning Star" aircraft. Visitors may also tour the Cold War-era fighters and interceptors that ring the airpark.



### CADET CHAPEL

#### Buddhist

Sunday 10 a.m.

#### Native American

Sweatlodge Ceremony - Aug. 7, 4 p.m.  
Fort Carson Turkey Creek Recreation Area

#### Protestant

Combined Worship Service  
Sunday 10 a.m.

#### Roman Catholic

Mass  
Sunday 10 a.m.

#### Sacrament of Penance

Sunday 9:10-9:40 a.m.

#### Open for tours

Mon.-Sat. 9 a.m.-5 p.m.  
Sunday 1-5 p.m.  
No tours during services

Service times are subject to change without notice due to mission requirements. Please call 719-333-2636/4515 for more information.

### COMMUNITY CENTER CHAPEL

#### Catholic Masses

Saturday  
Reconciliation - 3:30 p.m.  
Mass - 4 p.m.

#### Sunday

Mass - 9 a.m.  
Religious formation - 10:15 a.m.  
(September-May)

#### Tuesday-Friday

Mass 11:30 a.m.

#### Protestant Services

##### Wednesday

Wednesday Night Live - 6 p.m.  
Dinner followed by Religious Education  
(September-May)

##### Sunday

Evangelical - 10:15 a.m.  
Gospel 11:30 a.m.







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EEO/AAEP

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**LPN/RN** needed to care for a 21 year old girl with CP; (must be able to lift and transfer 105 lbs) 20 hrs/per week and teach CNA classes 20 hrs/per wk. Must have at least 1 year of nursing experience supervising CNAs. Requires every other weekend, 10 hour days. Salary RN \$22 per hour; LPN \$20 per hour. If interested, please email resume to  
[Pam.Jogli@ntsoc.com](mailto:Pam.Jogli@ntsoc.com).

**HEALTHCARE**

**Medical Assistant**  
Needed for a Cardiology Practice. Must have EKG/ Tread skills. Fax resume to 719-475-1458

**HEALTHCARE**

**PHARMACIST**

One Full Time and One Part Time (8 hours/week) position. Work consists of traditional outpatient pharmacist duties. Weekday work schedule - no evenings, weekends or holidays. Excellent working conditions in a rewarding work environment. Competitive pay and benefits. EOE

Send or Fax resume To: **ATT: HR Peak Vista**  
**Community Health Centers**  
340 Printers Parkway  
Colorado Springs, CO 80910  
email:  
[hrchc@peakvista.org](mailto:hrchc@peakvista.org)  
FAX (719) 344-7813

**MANAGEMENT**

**Office Operations Manager**  
Veterans Green Jobs, a Denver based 501(c)3, is accepting applications for our Denver & Jefferson County Weatherization Program. This position's primary duties include: analyze and organize office operations and procedures; maximize office productivity through proficient use of appropriate software applications and other technology; research and develop resources that create timely and efficient work flow; supervise administrative and IT staff; other duties as assigned by the Director of Administration and Finance. Full job description and salary range information can be found at [www.veteransgreenjobs.org/aboutus](http://www.veteransgreenjobs.org/aboutus).  
Send resume and cover letter with the subject line: Office Manager to: [hr@veteransgreenjobs.org](mailto:hr@veteransgreenjobs.org) no later than **August 31, 2010** (no phone calls please). Veterans Green Jobs is an EOE-Women, People of Color, Gays and Lesbians, Transgender People, Veterans and people with disabilities are encouraged to apply.

**MANAGEMENT**

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Responsible for directing and supervising activities. Involved in operating a group of stores in an assigned area to maximize sales and profitability.

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**MECHANIC**  
Overhauls, services and repairs mobile equipment in a safe manner, using hand and pneumatic tools, steam cleaner, hydraulic press, welding equipment, forklifts, boom crane, diagnostic equipment, oils, lubricants and any safety-related equipment. Must have completed or have the equivalent of a Mechanic Apprenticeship. Valid Colorado driver's license required. Possess the ability to complete accurate work records on equipment worked on. Must be physically able to climb, balance, kneel, reach, communicate effectively and perform repetitive motions.

**MILL MECHANICAL TECHNICIAN**  
Must have completed or have the equivalence of Journeyman status as a Welder, Boilermaker, Millwright or Pipefitter. Preference given to multi-craft applicants. Experience in Hydraulics, Pneumatics, Gearboxes, Conveyor Systems, Piping, Bearings and Lubricants highly desired.

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Must have completed or have the equivalence of an Electrical or Electronics Apprenticeship Program. Five years experience in a heavy industrial setting required. Skilled in trouble shooting, repairing, and installing electrical or electronic equipment.

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212 West 3rd, Pueblo, CO 81003  
Phone: 719-562-3745  
Fax: 719-543-1007  
E-mail: [puebloworkforce@state.co.us](mailto:puebloworkforce@state.co.us)

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Visit us online at [www.LCCA.com](http://www.LCCA.com).  
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**University Park Care Center**

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or email [brenda@cpd.org](mailto:brenda@cpd.org)  
EOE

**LANDSCAPE**

**LABORERS**  
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**7313 Steward Ln** Better than new! Awesome Ranch style home priced at unbelievable price of \$180K. Almost 2000 sf, with a 2C gar. Alan Lovitt-ReMax Advan 719-338-0004



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**OUTBACK 2006 2.5 XT Turbo Sport** 13K miles. Like new! KBB retail value \$24,255. Trade Value \$19K, Sale \$18K! Call 719-487-0490

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**SIERRA 1999 SLT 4x4, V8 5.3L, ext cab, short bed, lthr, 115K, exc cond, all power, \$8500 obo, 260-9152**

**CHECK THIS OUT**

**CHEROKEE XJ 2000 5spd, lifted, great cond, Ramsey winch, Bully Bar, \$9500 obo 719-322-3616**

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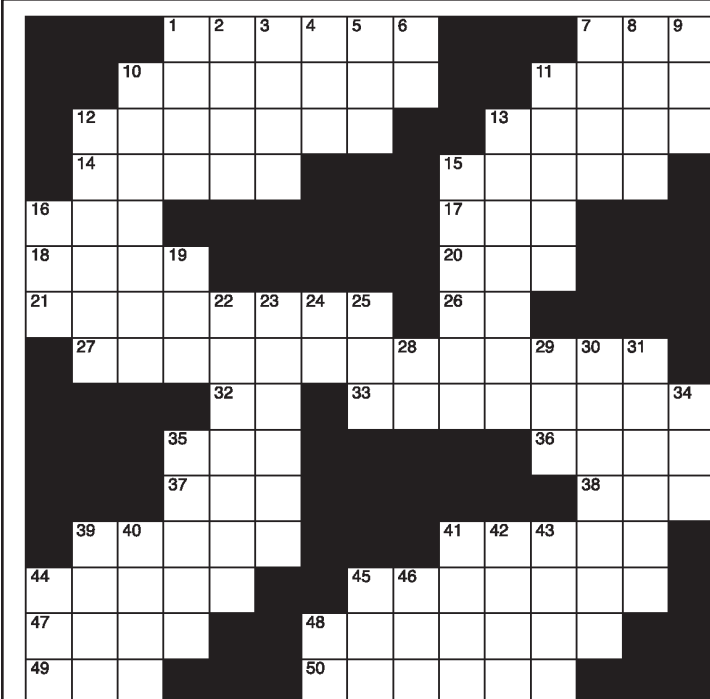
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**CLUES ACROSS**

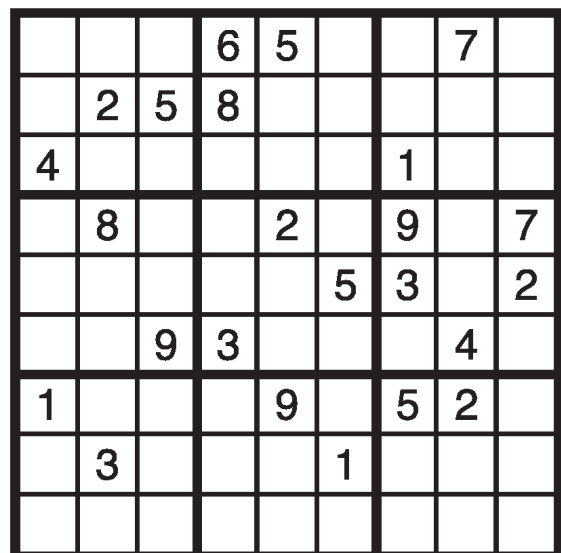
- 1. Greek capital
- 7. Pharaoh's cobra
- 10. One-celled aquatic protozoa
- 11. Clarified butter (India)
- 12. Quenching
- 13. Saudi natives
- 14. Early inhalation anesthetic
- 15. Arrogant people
- 16. Last in an indefinitely large series
- 17. Belonging to a thing
- 18. 51044 Iowa
- 20. Megahertz
- 21. Porch or balcony
- 26. Writer Kenzaburo

- 27. TV and movies, et.al
- 32. 4th US state
- 33. Odyssey hero
- 35. Will Farrell movie
- 36. Main omelette ingredient
- 37. Wager
- 38. \_\_\_ of Innocence
- 39. Glasses
- 41. Twain \_\_\_\_, CA 95383
- 44. A navigation map
- 45. Embarrassed and confused
- 47. A dissenting clique
- 48. Postures
- 49. Icahn's airline
- 50. Japanese female entertainer

**CLUES DOWN**

- 1. Far East wet nurse
- 2. Take a puff
- 3. One who inherits
- 4. Point one point N of due E and SE
- 5. Annoy constantly
- 6. Opposite of NW
- 7. Moby's pursuer
- 8. Point one point S of SE
- 9. Foot (Latin)
- 10. Brass instrument
- 11. 1/100 Polish zloty
- 12. Small sofa
- 13. Hymns
- 15. Barratry
- 16. 11th month
- 19. Seated
- 22. Lack of care
- 23. Conscriptions
- 24. Indicates position
- 25. Vietnamese currency unit
- 28. Potato state
- 29. Point midway between E and SE
- 30. Contradicts
- 31. Pulled hard
- 34. South-Southeast (abbr.)
- 35. Sun Times critic
- 39. Jazz man Bobby \_\_\_
- 40. S. American rodent
- 41. Star Wars character Solo
- 42. German racer Roland \_\_\_
- 43. Zeus' mother
- 44. Between EST and MST
- 45. Consumed
- 46. Spoken in the Dali region of Yunnan
- 48. Specific gravity

**SUDOKU**



Level: Intermediate

**Fun By The Numbers**

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier to gets to solve the puzzle!

Solution on page 14

7-30-10



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Select Varieties

Limit 1 Reward per Transaction

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**AND** Albertson's  
Sandwich Bread  
When You Buy 1  
Smucker's  
Strawberry Jam

Smucker's  
Strawberry Jam **2.99**  
32 oz.

Jif Peanut Butter 17.3-18 oz.  
Albertson's Sandwich Bread  
24 oz. Select Varieties

Limit 1 Reward per Transaction

**FREE!**

**2 Mi Ranchito**  
Tortilla Chips  
When You Buy 2  
Herdez Salsa

Herdez Salsa  
16 oz.  
Select Varieties **2 for \$4**

Mi Ranchito Tortilla Chips  
9 oz.  
Select Varieties

Limit 1 Reward per Transaction

**FREE!**

**Aquarius Spring!**  
Water **AND**  
Sara Lee Buns  
When You Buy 1  
Ball Park Beef Franks

Ball Park  
Beef Franks **3.98**  
16 oz.

Sara Lee  
Soft & Smooth  
Whole Grain White Buns 8 ct.  
Aquarius Spring!  
Water 24 pk., 16.9 oz.

Limit 1 Reward per Transaction

**FREE!**

**Blue Bunny**  
Novelty  
When You Buy 1  
Kraft  
Macaroni & Cheese

Kraft  
Macaroni & Cheese **3.69**  
5 Box Value Pack

Blue Bunny Novelty  
20 ct. Select Varieties

Limit 1 Reward per Transaction

Limit 1 reward per transaction. No Cash Back. May not be used in combination with any other offer or coupon. While Supplies Last.

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