

## Stimulus bill funds Academy solar array

By John Van Winkle  
Academy Public Affairs

Economic stimulus dollars go solar later this year, as part of a joint energy project between Colorado Springs Utilities and the Air Force Academy.

The project is funded by the American Recovery and Reinvestment Act — better known as the economic stimulus bill.

The \$787 billion bill was signed into law Feb. 17 by President Barack Obama. Among the Air Force portions of the bill is \$1.095 billion for the purpose of improving, repairing and modernizing Air Force facilities, restoring and modernizing real properties, and investing in the energy efficiency of Air Force facilities.

It's the energy efficiency investment

portion of that legislation which will bring \$18.3 million to the academy to fund a new energy contract between the Academy and Colorado Springs Utilities.

"USAF stimulus money will pay for solar power generated by Colorado Springs Utilities," said Russell Hume, 10th Civil Engineer Squadron. That money will allow Colorado Springs Utilities to build, own, operate and maintain the solar array on the Academy.

This will be a modification to current formal energy agreements between the utility company and the Academy, in the form of an additional energy contract. That contract will purchase solar-generated electricity from 2010 through 2026.

Construction of the solar array will begin later this year.

It will be a fixed solar array on between 10 and 24 acres of Academy property, depending on the exact solar array system which is selected," said Col. Rob Fredell, chief scientist of the Academy. Potential sites are being evaluated by the Academy and Springs Utilities, and most of these sites are located on the eastern edge of Academy property to maximize the amount of sunlight available to power the solar array.

Once complete, the solar array is expected to produce 7,500 megawatt hours per year. For the Academy, that equals about 7 percent of the Academy's total annual electrical energy needs.

The Academy spent \$5,184,768 on electricity in 2008, said Mr. Hume. So the addition of the stimulus bill-funded solar array will provide

the Air Force a cost savings of more than \$500,000 per year.

The solar array is expected to generate its first kilowatt of electrical energy in late 2010.

For the Academy, this solar array is the first step in Academy Superintendent Lt. Gen. John Regni's Net-Zero Initiative. That initiative sets a goal for the Academy to generate 100 percent of the electricity it needs via on-base renewable energy sources by the year 2015. This will be achieved by a multitude of means, including conservation, continuing to make Academy buildings more efficient as part of ongoing renovation efforts, use of alternative fuels, reducing overall electrical energy usage, and by tapping into the multiple alternative energy research efforts underway by faculty and cadets.

## Cadets build homes for spring break

By John Van Winkle  
Academy Public Affairs

SANTA FE, N.M. — Cadets became construction workers for a week as part of the Academy's Alternative Spring Break program.

More than 60 worked with Habitat for Humanity to build homes for needy families recently in Montrose, Colo.; Santa Fe, N.M.; College Station, Texas; Phoenix; and Wichita Falls, Texas. For the Academy, this work with Habitat for Humanity is the Alternative Spring Break portion of the Cadet Service Learning Program, which is managed by the Center for Character Development and funded by the Association of Graduates.

"Alternative Spring Break provides a unique opportunity for cadets to serve others and make a tangible gift to needy families," said Maj. Eric Ecklund, director of the center's Cadet Service Learning program and Alternative Spring Break.

Cadets drove from the Academy to their worksites, sometimes meeting up with un-spring break like weather.

A duststorm blanketed them on their way

See **SPRING BREAK**, Page 12



Photo by Dennis Rogers

### Visibility Zero

During near white-out conditions March 26, many Academy members endured slick road conditions and low visibility in trying to get home safely. Numerous vehicles were left stuck at various roadside locations while other drivers needed a push to get out of parking lots. Trips home normally taking Academy workers from 30 to 45 minutes, took some more than two hours as blizzard conditions pounded the Front Range. All are reminded to monitor local television stations during inclement weather, particularly during early-morning hours, to watch for delayed reporting or base closures. Normally, information is aired by 6 a.m.

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### Soaring

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### Service Before Self

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### History makers

Falcons hockey team achieves new heights  
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# Step by step rules really do matter

By Lt. Col. Jennifer Whittier  
379th Air Expeditionary Wing  
Judge Advocate

SOUTHWEST ASIA (AFNS) — “Discipline is the soul of an army. It makes small numbers formidable, procures success to the weak, and esteem to all.”

Although many years have passed since George Washington spoke these words, they apply as much today as they did then. Discipline is a state of order based on submission to rules and authority. The state of order that results when rules and authority are uniformly complied with is absolutely critical to a military force and success in the battlespace.

Whether you are active-duty military, Guard or Reserve, civilian or contractor, you are subject to many rules and standards. Regardless of whether you personally agree with or like the rules and standards, our leaders have determined these rules and standards are required by the mission and special demands of operations.

The military has long been viewed by our courts as a specialized community governed by a separate discipline from that of civilians with a fundamental necessity for obedience — this is especially true in combat.

We are very much engaged in the business of war and need rules and adherence to them to create the state of order and discipline required to wage

“If you can't get them to salute when they should salute and wear the clothes you tell them to wear, how are you going to get them to die for their country?”

— Gen. George S. Patton Jr.

war. Army Gen. George S. Patton Jr. said it best: “If you can't get them to salute when they should salute and wear the clothes you tell them to wear, how are you going to get them to die for their country?”

We may not like a particular rule or see the purpose or reason behind it, but that doesn't change the obligation to follow it.

Military members are accountable for all the rules and standards set by superiors. There is no option to pick and choose which to follow. Failure to follow the rules places privileges, pay, rank and even career at risk. Civilians and contractors who fail to follow the rules put continued employment at risk.

It is hard sometimes to understand what difference it makes if our sandals have a back strap or our PT shirt is tucked in, but those are the rules. Would today's joint fight fall apart if those rules weren't always followed? Probably not, but to borrow the words of General Patton again: “You cannot be disciplined in great things and undisciplined in small things.”

The discipline and order so critical to a fighting force is built from a consistent adherence to rules and

standards; whether related to small or great things.

It is important to know what the rules and standards are from the start and make a commitment to follow all the rules all the time (even the ones you don't like).

If you don't understand a rule, don't guess. Ask for clarification. Try to remember that leaders see a bigger picture (a rule may be based on things we are not aware of). We don't have a right to understand why a particular rule exists (it is nice if we do, but it is not a right). If you don't like a rule, try to change it through proper channels (but follow it). Most importantly, the rules and standards apply as much on the last day of deployment as they do on the first (no freebies for being on the way out).

Throughout history, military forces and those who accompany them have sacrificed personal freedom to protect our nation.

Everyone is making a significant sacrifice and part of that sacrifice involves following rules and standards. While this can be difficult day to day, in the big scheme of things, it is a small sacrifice for the freedom and opportunity we enjoy when we are home.

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### Submissions

Send submissions to: HQ USAFA/PAI, 2304 Cadet Drive, Suite 3100, U.S. Air Force Academy, CO 80840-5016 or deliver to Suite 3100 in Harmon Hall.

**Deadline for free classified ads on a space-available basis is noon every Tuesday for that week's publication date.** Paid classified advertising is accepted by the publisher at 329-5236. The number to call for display advertising is 634-5905.

**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 e-mail: pa.newspaper@usafa.af.mil.



## Character Corner Changes in life

By Chaplain (Maj.) Rives Duncan  
Center for Character Development

My motorcycle was leaking oil, leaving a little stain underneath it whenever I parked it. I tolerated it for a while, but as it got worse, I had no alternative but to take care of the problem.

I pulled the engine and found two leaks. One was an easy fix—pull the old seal and install a new one. The other one was not so simple. I had to take apart the engine to reach it. I needed an instruction book,

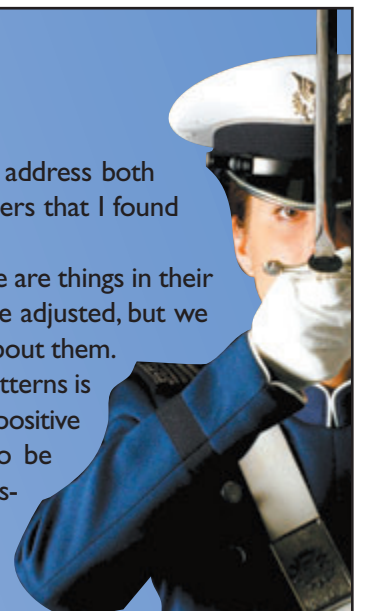
a special tool, a new part for the one I broke and several conversations with mechanics. It took a lot longer than I had wanted, but now the leak is gone and several other worn parts that I would not have noticed otherwise are now replaced as well. It is extremely satisfying to ride and to have a clean garage floor.

In my personal life, I am also working on things that need attention. Like the oil leak, they don't keep me from functioning, but they remind me that something is amiss and to fix them. I have needed help from others, learning some new skill “tools,” and hard

work, but it is paying off as I address both the original problem and others that I found along the way.

Most people realize there are things in their personal lives that need to be adjusted, but we are hesitant to do anything about them. Any change in our lives or patterns is difficult, but ultimately, making positive changes where they need to be made pays off and is deeply satisfying.

*Character Matters* airs Wednesdays at 8 a.m. and 8 p.m. on KAFA radio, 97.7 FM.



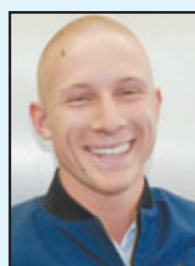
## What did you do on spring break and what was the highlight?

“I went home to North Carolina and just slept and visited with my parents and grandmother.”



Cadet 2nd Class  
Johnathan Cody  
Cadet Squadron 11

“I trained with the Wings of Green in Gila Bend, Ariz. The highlight was jumping out of a C-130.”



Cadet 3rd Class  
Stephen Lauver  
Cadet Squadron 11

“I went home to Phoenix to relax and kick back. It was good to be back with family. Just good R & R.”



Cadet 1st Class  
Christopher  
Mafuccio  
Cadet Squadron 20

“I got to spend time with my brother at Truman State University in Missouri. I won't get to see him again until Thanksgiving.”



Cadet 4th Class  
Andrew Petry  
Cadet Squadron 20



# MIA remains identified as 1965 Academy graduate

The Department of Defense POW/Missing Personnel Office announced Thursday the remains of a U.S. Airman, missing in action from the Vietnam War, have been identified and will be returned to his family for burial with full military honors.

He is Lt. Col. Earl P. Hopper Jr., U.S. Air Force, of Phoenix, Ariz. He is to be buried today at the National Memorial Cemetery of Arizona in Phoenix.

On Jan. 10, 1968, Colonel Hopper and Capt. Keith Hall were flying an F-4D Phantom near Hanoi, North Vietnam, as part of a four-ship MiG combat air patrol. Before they reached the target, an enemy surface-to-air missile exploded slightly below their aircraft. Hall radioed that he and Hopper were ejecting. He told Hopper to eject, but when he heard no response, he repeated "Earl get out!" Hopper replied, "I've pulled on it and it [the ejection seat] did not go," followed by "you go!" Captain Hall then pulled on his primary ejection handle but it failed to initiate,

forcing him to use the alternate. The captain was captured and held as a prisoner of war until 1973, but Colonel Hopper was unable to get out of the aircraft.

Between 1993-1998, the Joint POW/MIA Accounting Command conducted three joint investigations and five excavations at the crash site in Son La Province, west of Hanoi. The team interviewed four informants who had knowledge of the site. The excavations recovered numerous skeletal fragments and crew-related items which were ultimately used in the forensic identification process.

Among other forensic tools and circumstantial evidence, scientists used extensive dental comparisons in the identification of the remains.

For additional information on the Defense Department's mission to account for missing Americans, visit: [www.dtic.mil/dpmo](http://www.dtic.mil/dpmo) or call (703) 699-1169 or (703) 699-1420.

## NEWS BRIEFS

### Academy upgrades

Construction at the Academy's South Gate continues. Base utilities with many systems more than 50 years old are being upgraded to improve service and reliability.

Water lines are being replaced from South Gate to the Tri Intersection Bridge while Colorado Springs Utilities is replacing the natural gas lines along South Gate Blvd. These upgrades will periodically cause traffic disruptions along South Gate Blvd.

Most disruptions, however, will be limited to a lane or shoulder closure. Everyone is encouraged to allow for a little more driving time around the Academy until the construction is completed, which is estimated to be May 25.

### Tax assistance

The Academy Tax Center in Arnold Hall offers the IRS-sponsored Volunteer Income Tax Assistance program which provides free tax help for military members and their families, active duty and retirees.

The center consists of IRS-trained volunteers that can help with special items such as earned income tax credit, child tax credit, rebate recovery credit and first-time homebuyers credit for those who qualify.

Free electronic filing of federal and state returns is also offered. The tax center is open from 8 a.m. to 4 p.m. Monday through Thursday. Call 333-3905 for an appointment.

### NCOA honors WWII Vets

On the 55th Anniversary of D-Day, June 6, the Air Academy Chapter of the Non-Commissioned Officers Association will host a 6:30 p.m. banquet at the Cheyenne Mountain Resort in honor of World War II veterans.

Reservations are required. If you are an eligible veteran and would like to participate in the event or would like more information, e-mail retired Chief Master Sgt. Gerald Zoebisch at [Jerry@aancoa.org](mailto:Jerry@aancoa.org) or call 719-287-5654.

### Writing Warriors Workshop

A post-deployment writing workshop is set for veterans of Operations Iraqi Freedom and Enduring Freedom.

The workshop begins April 14 and meets from 6 to 7:30 p.m. at 555 E. Pikes Peak Ave, corner of Pikes Peak/Colorado Ave. The eight-week free workshop will be led by writing professionals to help attendees tap the transformative power of writing in order to understand and tell their wartime stories.

Experts say writing about important events in one's life is therapeutic and can be helpful in the post-deployment phase. To register for the workshop or for more information visit [www.writingwarriors.org](http://www.writingwarriors.org).

Space is limited. Workshop facilitators include Academy professors Donald Anderson and Lt. Col. Tom McGuire. For more information call 333-8485.



A C-17 flown by Commandant of Cadets Brig. Gen. Samuel Cox, Class of 1984, and Maj. Dan Rohlinger, Class of 1997, passes over the U.S. Air Force Academy Terrazzo during the noon-meal formation Tuesday. Leading Cadet Squadron 28 is Cadet 1st Class Andrew Groberg.

Photo by Dave Ahlschwede inset photo by Mike Kaplan



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## Pikes Peak Children's Museum Asks Young Artists To Help Design A New Logo

The Pikes Peak Children's Museum is holding a logo contest from April 1-17 2009, inviting kids in our community to give us their original, artistic ideas to inspire our new logo. The winning designs will ultimately be adapted for the official logo by a professional graphic designer. The PPCM logo competition is open to children in El Paso County from ages 1-11.

Entries are limited to one per child, and can be dropped off at any PPLD library, the BEMIS School of Art, or participating elementary schools between April 1 and April 17, 2009. See the PPCM website for a list of complete rules: [www.pikespeakchildrensmuseum.org](http://www.pikespeakchildrensmuseum.org).

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# Academy employs new state-of-the-art machine

By 1st Lt. Stephany Watkins, RN  
Academy Health Care Integration

The 10th Medical Group's Diagnostic Imaging Department now has a second full-field digital mammography unit. Full-field digital mammography offers the potential for significant advances in breast cancer diagnosis, including enhanced image quality, lower radiation dose and improved cancer detection rates.

According to the American Cancer Society, breast cancer is the second leading cause of cancer deaths in women, exceeded by only lung cancer. The chance of a woman having breast cancer some time during her life is about 1 in 8. In the U.S last year, there were 182,400 women diagnosed with breast cancer, and 40,000 died of the disease.

Early detection through screenings and improved treatments has been shown to decrease a woman's chance of dying from this devastating disease. The ACS recommends women age 40 and older have a clinical breast exam and mammogram every year. The combined approach of an annual mammogram and clinical breast exam offers women the best chance to reduce their risk of dying from breast cancer.

There's no time like the present to make an appointment, according Academy medical officials.

To schedule an appointment for a clinical breast exam with your primary care manager or a women's health practitioner in the women's health clinic, call 719-457-CARE (2273).

You will receive a referral for your mammogram during that appointment.



Photo by Dave Ahlschwede

**Pam Batzel, lead mammography technician with the 10th Medical Group, is utilizing the new mammography unit here in the fight against breast cancer.**

# Spring storm provides unscheduled break for some

By Academy Spirit staff

There's likely already as many stories about the spring blizzard of March 26 as there are people who were on the Academy at the time.

Thursday afternoon most departed early and only mission-essential members reported to work the following day.

"It was rough driving home in the blizzard after the early release," said Senior Airman Joshua Gabert, with

the diagnostic imaging department, 10th Medical Group. "There were a lot of abandoned cars along Pine Drive. I put my truck into four-wheel drive and took my time driving home."

Academy and downtown roads were a sheet of ice with blowing snow that greatly reduced visibility.

Airman Gabert's family resides on the Academy and they made the most of it.

"During the blizzard, my wife and I took advantage of the time indoors and began packing some things for

when we move later this month," he said. "Besides packing the house up, my wife, daughter and I relaxed and spent time together."

Community center library aide Melanie East put her truck in four-wheel drive.

"I drove slowly past several abandoned cars pulled off the side of the road and made it home just fine," she said. "I enjoyed the fact that my whole family was home safe and sound! We watched movies with the family and I read a good book."

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# Crime victims, witnesses have helping hand

*Education key to knowing individual rights*

By Ann Patton  
Academy Spirit staff

Victims of, or witnesses to, crimes are not alone at the Air Force Academy.

The Academy Victim/Witness Assistance Program staff is standing by to help, and working diligently to get the word out.

Crimes are not limited to sexual assault.

"We're so much bigger than that," said paralegal assistant Sandie Miles.

Although they serve as members of the assault team with the Academy Sexual Assault Response Coordinator, the program staff helps victims and witnesses deal with such crimes as theft, harassment, military equal opportunity and child victims.

Victims and witnesses can receive help in matters regarding the military justice system, obtaining police reports, dealing with insurance claims, follow-ups and making phone contacts, for example.

The bottom line of the program is that victims and witnesses have rights as well as alleged perpetrators. They

must be treated with fairness and respect, be reasonably protected and to be kept informed regarding conviction and punishment. They also must be notified of court proceedings and be present, if possible, to confer with those prosecuting the case and receive restitution if available.

Ms. Miles stressed the program coordinators do not serve as counselors nor do they deal directly with the legal system in prosecution or defense, the job of the lawyers for the Judge Advocate General.

They do often just listen, however. "Sometimes people just want to vent," she said of the program's clients.

Academy lawyer Aaron Haase said the program is open to all working on or stationed at the Academy or anyone affected by someone working on or stationed at the Academy. If appropriate, victims and witnesses may also be referred to the El Paso County Victim/Witness Program.

At any given time, the program staff has from 40 to 50 cases open.

They seek referrals culled from the 10th Security Forces crime blotter, among other sources, but would like to see more.

"The success of the program depends on the front line," Mr. Haase said, referring in part to commanders and first sergeants.

Those living and working on the Academy can help themselves in crime prevention.

"They need to do what they can to keep from becoming victims," Mr. Haase said.

Ms. Miles said Academy people need to be careful to secure belongings,

as one measure, in such locations as gyms and private vehicles.

For assistance to victims or witnesses of crimes, contact the Academy JAG office at 333-3642 from 7:30 a.m. to 4:30 p.m. Monday through Friday. Outside those hours, call the 10th Security Forces at 333-2000.



Photo by Dave Armer

## Honored guest

Chief Master Sergeant of the Air Force #5 Robert Gaylor addressed a crowd of approximately 200 enlisted personnel at the Community Center theatre March 25. Chief Gaylor was in town for two days to attend the Colorado Springs AFSA Chapter Annual Awards Breakfast. He took time out of his schedule to talk to AF Academy enlisted personnel on various Air Force issues.



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# Air Force uniforms: How materials are selected

## Amendment prevents brand-name purchases

By Brad Jessmer

Air Force Uniform Office Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — Air Force Uniform Office officials have a responsibility to provide Airmen with functional and effective military uniforms, but in doing so are asked the same question over and over: “Why can’t you just purchase clothing from a brand company and put the Air Force symbol on it?”

The answer to this question may be summed up in two words: Berry Amendment.

According to the Berry Amendment, USC, Title 10, Section 2533a, Department of Defense officials are required to give preference in procurement to domestically produced and manufactured products, most notably food, clothing, fabrics and specialty metals. Congress originally passed domestic source restrictions, as part of the 1941 Fifth Supplemental DoD Appropriations Act, to protect the domestic industrial base in the time of war.

What this means is a company that makes its product entirely in the U.S. will be given preference over a company that has any aspect of its production from a foreign source.

There have been many comments coming from the field asking why AFUO officials don’t contract with a major clothing producer, such as Nike or Under Armor for physical fitness uniforms, to provide uniform items upon which the Air Force logo could be placed.

“All of the uniform items — service dress, PT, utility, flight suits — must be manufactured in the U.S.,” said Maj. Michael Perry, Air Force clothing program manager. “The (Berry) amendment holds us to this in order to preserve not only American business, but national security.”

On the eve of World War II, the Berry Amendment was established to ensure the American military was furnished with uniforms and was fed with food solely produced in the U.S. The amendment was to override exceptions that were added to the Buy American Act of 1933, or BAA, for Department of Defense purchases.

The BAA requires that “substantially all” of the costs of foreign components not exceed 50 percent of the cost of all components. Thus, an item can be of 51 percent domestic content and still be in compliance with the BAA. The Berry Amendment, which governs DoD procurement only, requires that items be 100 percent domestic in origin.

According to the Congressional Research Service, or CRS, report for Congress on the Berry Amendment requiring defense procurement to come from domestic sources, “Economic, social and political factors come into play when examining the purpose and intent of the Berry Amendment. If the U.S. becomes dependent on purchasing equipment and supplies from foreign sources, what prevents an adversary from cutting off U.S. access to such items or refusing to build militarily critical items in times of crisis or conflict?”

A survey taken by Bureau of Industry and Security

statisticians on the dependencies of U.S. textile companies on foreign sources found that 27 percent reported they were not dependent upon any foreign sources for manufacturing inputs. That is, 27 percent of these companies believe that adequate supplies of these goods and services exist in the United States, although they purchased them cheaper offshore.

The remaining 73 percent of reporting U.S. textile companies indicated that they were dependent upon foreign sources for at least one good or service, with the top two foreign sources being Germany and China. Almost half of these firms acknowledged that domestic firms produce the goods and services currently obtained from foreign sources, but that the foreign source was relied upon because it was cheaper.

According to the CRS report, giving preference to small, minority-owned and disadvantaged businesses by DoD to help sustain their viability is cited as an additional reason for maintaining the Berry Amendment restrictions.

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# National security and full spectrum of joint and coalition warfare



**By Dr. Paul Bolt**  
National Security Outcome Team Lead

The Air Force Academy produces military officers who have taken an oath to “support and defend the Constitution of the United States against all enemies...” Their character and knowledge are critical to defending the national security of our country. As both an institution of higher learning and a professional school, instructors in courses offered at the Academy draw out links between specific disciplines and the requirements of national security. This makes the Academy unique, providing cadets with both the knowledge and motivation to effectively defend the security of the United States.

What do we mean by National Security and the Full Spectrum of Joint and Coalition Warfare? Our cadets will enter a national security environment characterized by complexity and uncertainty. We cannot prepare cadets for every specific challenge they are likely to face as officers. Accordingly, our national security courses aim to educate cadets broadly in order to develop versatile and creative thinkers who can respond effectively to the demands of the evolving 21st century security environment. By laying a broad foundation in the theories and methodologies of the basic sciences, engineering, economics,

geography, history, political science, and military strategic studies, we equip cadets with the ability to think in technological and strategic terms in order to ensure the security of the United States.

In order to develop an understanding of national security among our cadets, we focus our assessment on five areas that are particularly important to national security.

The Constitution is the basis for national security. The Officer Development System notes “Officers serve the Nation for one and only one purpose: to support and defend the Constitution.” An understanding of the Constitution and American system of government provides cadets with the motivation to secure our nation and an understanding of how national security policy is made.

Appreciating the heritage of the US military gives cadets an understanding of how historical events have shaped today’s world, enabling cadets to better tackle national security challenges.

Understanding the full spectrum of conflict prepares our cadets to carry out a wide range of missions, including peace-keeping, irregular warfare, conventional warfare, and nuclear warfare.

Cadets must be able to explain and analyze the doctrine, organization, and command of joint and coalition forces. This includes understanding the organization and doctrines of the various serv-

ices, the interrelationship between sea, land, and air warfare, and the complexities of joint operations.

The complexity of national security issues means that cadets must understand the culture, economic system, geography, history, politics, and technical capabilities of the United States and other countries.

Cadets are immersed in national security from the very beginning of their experience at the Academy. Basic training begins by instilling discipline and introducing cadets to the culture of the Air Force. “Modern World History” gives fourth-class cadets a survey of world history that provides a foundation for understanding the national security environment. In their third-class year, “Politics, American Government, and National Security” provides cadets with an understanding of the American Constitution and the national security process of defending that Constitution, while “Military Theory and Strategy” lays the professional cornerstone for the military officer through the exploration of military theories and strategies. In their second-class year, cadets go on to study “Military History,” which emphasizes how political, social, economic, and technological factors shape national security challenges. For first-class cadets, “Geopolitics” and “Joint and Coalition Operations” round out our primary core

courses on national security.

Cadets appreciate the applicability of what they learn to their career as Air Force Officers. For example, Cadet 3rd Class Van-Ryan Belanger, a student in “Military Theory and Strategy,” commented “I’ve learned that military theory is always changing, requiring constant adaptation by an officer. Every war and every battle requires a close look at its specific characteristics. As an officer, constant adaptation is necessary, as explained by Sun Tzu in his writings on the ever-changing characteristics of war.”

Cadet 1st Class Tyler Olmstead, a student in “Joint and Coalition Operations,” noted, “I have learned how all the armed services and components (land, air, maritime) are organized and constructed to offer tailored force packaging to the Joint Force Commander.”

National Security and the Full Spectrum of Joint and Coalition Warfare is at the very core of the knowledge expected of military officers. The Academy provides a diverse curriculum that prepares cadets for the breadth of future national security challenges. It emphasizes the diversity of diplomatic, economic, informational, and military tools used to ensure national security, while ensuring that cadets are prepared to take their place as Air Force officers committed to defending the Constitution.

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# Luke Airmen assist disabled veterans at ski clinic

By Ryan Mattox  
Defense Media Activity-San Antonio

SNOWMASS, Colo. (AFNS) — A team of eight Airmen from Luke Air Force Base, Ariz., volunteered their time and energy to drive 15 hours and assist nearly 400 disabled veterans participate in a winter sports rehabilitation clinic here.

The team is spending a week helping disabled veterans experience the 23rd National Disabled Veterans Winter Sports Clinic that began March 29 and ends today at Snowmass Village, Colo.

According to VA officials, it is the largest adaptive event of its kind in the world.

The clinic, a six-day event, teaches veterans with disabilities skills in adaptive Alpine and Nordic skiing, and introduces them to a number of other recreational activities and sports, such as rock climbing, scuba diving, trap shooting and sled hockey. They can also participate in additional events and workshops.

According to event officials, for an event of this size there is a lot of planning and coordination.

"It takes teamwork, belief and people buying into what we do here," said Sandy Trombetta, the National Disabled Veterans Winter Sports Clinic director. "Everyone who comes to this event owns it. It's that sense of ownership by every individual that makes it work. You can create the greatest plan in the world, but unless you have people who really buy in and are willing to do whatever it takes to succeed you are not going to go anywhere and that what happens here."

To be part of that team, Tech. Sgt. Richard Layton, a 56th Maintenance Group weapons training manager and a veteran of the winter clinic, coordinated this team and prepared them for the trip. While here, it is his job to act as the liaison between the event coordinators and the team.

Sergeant Layton said after doing this for six years, the coordination is pretty smooth now and support for the team has been great. The team's mission is to assist the veterans and prepare the event sites.

"We want to take the veteran where they want to go and it's up to us to create an environment where they have easy access and opportunity and not have to worry about anything and do things on their own," Mr. Trombetta said.



Photo by Staff Sgt. Desiree Palacios

**Russell Wolfe waits his turn to mono-ski with the help of an instructor while his dog, Noelle, keeps him company during the 23rd National Disabled Veterans Winter Sports Clinic held March 30 at the Snowmass Village, Colo. Mr. Wolfe is prior Army and is from Widnoon, Pa.**

"We provide the support so that can happen."

The team spent the first two days helping more than 200 veterans as they arrived at the airport, assisting them getting off the plane, with their luggage and getting transportation to Snowmass Village. The rest of the week, the team spent setting up equipment, preparing staging areas, building wheelchair ramps and anything else that needs to be done.

The majority of the work during the week is spent transporting veterans to the various events. When the event ends, the team will tear down the events and head back to the airport and load the passengers on their planes and leave for their home station.

"There are a lot of intangibles that happen during the day, but it's the willingness of the people who are there during that moment in time to make things work that makes it all work," Mr. Trombetta said.

Some of the team members stated it was their first

time coming here and said they jumped at that the opportunity to help veterans.

"I never really have been involved with veterans and I hope I can learn something from them while I am here. It makes me feel awesome to help," said Airman 1st Class David Hague, a jet engine mechanic from Luke AFB. "You can see the joy in their faces when they get out and participate."

For the more experienced team members, they said it was seeing the veterans' expressions for first time.

"Some of these veterans are coming here for the first time and to see the look on their faces to hear their expressions is great," Sergeant Layton said. "They are scared. They don't know what is going on. They may never have seen snow or been skiing down a mountain. However, at the end of the week they are a completely different person. It's the joy and pride of helping them that makes this opportunity so great."

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# TRICARE helps curb alcohol abuse

By Kristen Ward  
TriWest Healthcare Alliance

It only takes one.

A single drink can have multiple effects on an individual. These could include difficulty walking, blurred vision, slurred speech, slowed reaction times or impaired memory.

Those are just a few of the short-term effects possible depending on the person.

Heavy drinking over a long period of time can lead to anxiety, depression, blackouts or liver disease, not counting the cumulative impact on spouses and children.

Despite these dangers, the Department of Defense estimates that nearly a quarter of active duty service members consider themselves regular heavy drinkers — defined as having five or more drinks at least once a week. This habit can also negatively affect military careers and relationships.

Fortunately, the DoD offers resources to encourage responsible drinking or eliminate drinking entirely as part of its TRICARE entitlement.

Behavioral Health Support

If there is a pattern of heavy drinking or changes in personality, help is available.

TRICARE covers certain treatments for abuse of alcohol and other substances. To use benefits, active duty service members must be referred through their primary care managers.

Active duty family members may call 1-888-TRIWEST (874-9378) to see what services are available in their area.

## Steps to Curb Excessive Drinking

Drinking can have less impact if a person is seeking help. For anyone trying to cut back on his or her drinking,

## Standard Amounts of Alcohol



### Suggested Limits

**Men = 2 drinks per day**  
**Women = 1 drink per day**

there are several steps one can take:

- Write it down. Keep track of how much alcohol is consumed on a calendar or in a journal. By taking note of each drink, individual awareness increases.

- Know the numbers. Be aware of standard drink sizes—12 ounces of regular beer, five ounces of wine, and 1.5 ounces of 80-proof spirits.

- Set limits. Decide when and how much to drink.

The National Institute for Alcohol Abuse and Alcoholism recommends that men limit themselves to a maximum of two drinks per day and women no more than one drink per day.

Use the buddy system. Just like on the battlefield, ensure that a buddy is protected from danger. Confront that person if his or her drinking is spiraling out of control.

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# Amputee pilot completes third deployment

By Maj. Carie Parker

455th Air Expeditionary Wing  
Special to American Forces Press Service

BAGRAM AIRFIELD, Afghanistan— What sets Maj. Alan Brown apart from other Airmen in the gym at Camp Cunningham isn't his workout routine. It's his right leg.

"When people see me in shorts at the gym, there's definitely a pattern," said the 42-year-old mobility pilot from Pine Bluffs, Wyo. "They glance at my eyes, look down at my leg and then look back at my eyes. It happens every time."

Brown, who is deployed from the Wyoming Air National Guard's 187th Airlift Squadron as part of Bagram's 774th Expeditionary Airlift Squadron, shot his leg in a hunting accident more than 10 years ago. After four weeks in a drug-induced coma and three weeks of grueling rehabilitation, he was released from the hospital as an above-the-knee amputee. His family made the decision to amputate after several attempts to restore blood flow to the leg failed. That decision saved his life.

"My body was shutting down, and they made the tough decision to amputate, not knowing how I would react," the major said.

Once he woke up, remembering the accident, his eyes were drawn to his leg. He asked the obvious question: "I lost my leg right?" Then he asked if his then-girlfriend — now wife, Gina — was still around. His third question provided his family some kind of relief: "What can I do to fly again?"

The answer to the last question already had been researched while the major was comatose. Knowing how passionate Brown was about flying, squadron mates had done some homework to find out exactly how he could fly again. Upon hearing his question, they shared with him the names of two civilian amputee pilots who had returned to the cockpit following similar procedures.

Despite recommendations from medical professionals, Alan left the crutches and wheelchair behind,



Photo by Senior Airman Erik Cardenas

**Air Force Maj. Alan Brown, 774th Expeditionary Airlift Squadron, is an amputee C-130 pilot deployed from the Wyoming Air National Guard's 187th Airlift Squadron. He is finishing up his third deployment since losing a leg in a hunting accident.**

focusing on being back to normal. He never looked back.

"Attitude is everything. Either you're going to let an injury like this ruin your life, or you resume your life," Major Brown said.

He returned to work just nine weeks after the accident. He said he's found that if he's willing to give everything he has toward a goal, people are willing to give everything they have to assist. One of those goals was getting back in the C-130 Hercules cockpit, re-establishing himself as just another pilot.

"I had invested a lot of time and energy into becoming a pilot," he said. "I wasn't about to walk away from the only career I had known."

First, the major had to prove he should stay in the

National Guard. Once he convinced leadership he was dedicated to the mission, the next step was to convince them he could deploy. His current deployment, soon to end, is his third since he regained his worldwide qualification in 2005.

In the meantime, a well-meaning co-worker offered him a handicapped parking spot so he wouldn't have to walk so far to work.

"I laughed, thanked her and explained that I wasn't handicapped," he said. "It totally went against everything I was trying to achieve. In my mind, I couldn't be handicapped and convince people I was able to fly a plane."

Major Brown's last and most challenging task was to assure anyone who would listen that he wouldn't be a liability as a pilot. He had to prove this with a testimonial from a flight doctor that he could perform as a two-legged pilot.

Before the accident, he had flown for almost five years. From start to finish, it took another seven years to get back in the saddle with the military. His dedication to the mission helped motivate him toward re-qualifying, he said.

"In my mind, I need to be deployed with my buddies," he said. "We've been training and flying together for years. It's not an option to stay home while they're here taking on the mission. Flying is in my blood. It's what I do. And besides, I believe in what we're doing in Afghanistan."

The seasoned pilot admitted flying is different with a prosthetic.

Major Brown emphasized how impressive it is that the military has taken a wider approach with amputees in light of the recent increase in those losing limbs in Iraq and Afghanistan. He also said he understands the importance of friends and family when facing difficulty.

"Everyone faces challenges, but having the right mindset and the right people to support you makes the difference," he said. "I'm the most fortunate guy around. Not only do I get to fly, but I am surrounded by great people who have supported me and have now accepted me as just another pilot. That's all I've ever wanted."

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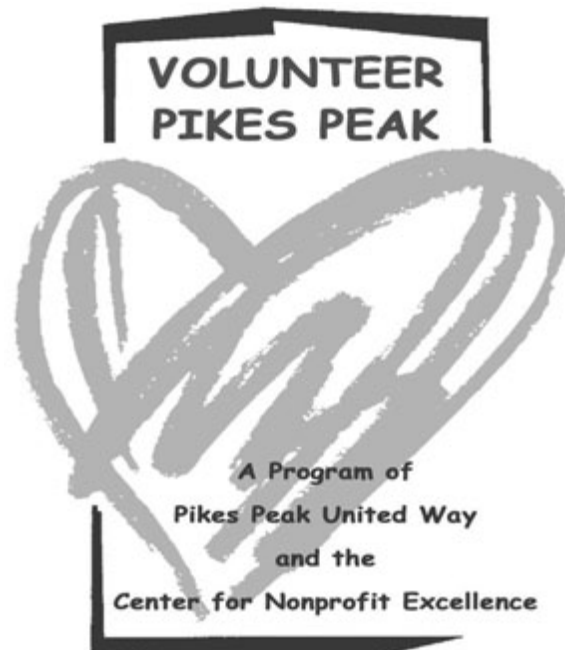
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# Ghost Town recalls life in gold mining era

## Locals, passersby sample days-gone-by lifestyle

By Ann Patton  
Academy Spirit staff

It was a time when a haircut cost a quarter, when horses pulled fire trucks, when gold was king and when civilization followed miners into Colorado.

The Ghost Wild West Museum at West 21st and Cimarron streets takes visitors back to the Old West along its "main street" and into the homes of early settlers.

Shops and services are housed in authentic Colorado ghost town structures, disassembled in mountain ghost towns and restored inside the museum. The museum contains thousands of authentic artifacts and many more warehoused and not on display.

"It is a good representation of Colorado history and what pioneers brought with them during the Gold Rush and after," said owner Dave Harris.

The family-owned museum, opened in 1954, was the inspiration of Lois Akers, Mr. Harris' "grandmother-in-law," who was intrigued with the era and enjoyed collecting artifacts from it. The museum reflects life in mining towns roughly from the 1880s to 1910.

"Visitors can get an idea of what a town looked like then as they rode into

it," Mr. Harris said. "Everything is original."

The museum begins at the General Store, packed with products and equipment typical of the time. Shelves and displays hold dishes and earthenware, shoes, clothing, bins for staples such as flour and sugar. It also features early household helpers like a knitting machine and carpet sweeper. In the store's window are small collections of Limoges and Wedgwood fine china, undoubtedly brought in to the area in wagons.

The blacksmith shop with its bellows and tack pays tribute to early settlers' dependence on horse power. Like other shops, its story is told through spoken narrative at the push of a button.

The long arm of the law is felt in the cramped, one-room jail, complete with a chamber pot, where long-ago wrongdoers were held in custody.

The Pikes Peak Bugle kept area residents informed of the area's goings on. The newspaper shop contains authentic type-setting equipment and an early printing press.

The Apothecary features powders, potions and sweets dished out from counter-top glass cabinets. Visitors can imagine weary travelers checking into



the boarding house next door where the parlor is dominated by an early Chickering Baby Grand piano.

In the saloon are mutoscopes, sort of early View-Masters, with entertainment of the era, and a gambling table, a rare survivor of the Pikes Peak Saloon Fire in Cripple Creek in 1896.

At Wells-Fargo & Co., a worker weighs the gold booty of miners. An early Wells-Fargo safe, gold scales and mail cubbies are among its artifacts. A sign asks customers "Please do not expectorate on the floor."

Inside the fire station visitors can appreciate the burden of early fire fighters as they struggled with primitive water lines and horse-drawn engines.

Lining the boardwalk is a collection of carriages, including a totally refurbished pallbearer's coach. Other early vehicles located near the museum's "main street" are a Cutter sleigh, designed for deep snow, an early fire truck, a Hundley stage coach and an authentic 1903 Cadillac, the first year of the Caddy's existence, plus a Sears Motorgo from 1907.

The museum's main building was once the old machine shop for the Colorado Midland Railroad, which ran on tracks on what is now Highway 24. The building housing VanBriggle Pottery, now closed, served as the railroad round house next door. The Golden Cycle Mining Corporation mill operated across Highway 24 and treated gold ore from the Cripple Creek and other gold districts in Colorado.

The old tin shop, a few steps outside the main museum, now serves as a depiction of domestic family life in

various rooms of the pioneer home. The home's resident mannequins are dressed authentically for the time, and visitors can view activity in the kitchen, nursery, dining room, sitting room, master bedroom and even an early bathroom.

Children can get a taste of pioneer life with interactive displays, including a shooting gallery. They may also try their hand at cranking a butter churn, operating an old-time arcade or panning for actual gold during the summer months.

(Parents, beware: The shooting gallery's noisy gunshot effects are triggered by camera flashes.)

Picnic tables are available outside, and the museum has a well-stocked gift shop.

Jim Thobe has been on the museum staff for about five years.

"I like the history," he said, particularly the General Store and Wells-Fargo. He enjoys learning and relating information from the Gold Rush period. A collection of old letters, for example, recently intrigued him.

From its guest registry, the museum tracks visitors from every state in the U.S. and 50-plus countries.

Admission is \$6.50 for adults and \$4 for children 5 and under. A \$1 discount applies to all military visitors.

The museum is open September through May from 10 a.m. to 5 p.m. Monday through Saturday and 11 a.m. to 5 p.m. Sunday. Hours from June through August are 9 a.m. to 6 p.m. Monday through Saturday and 11 a.m. to 6 p.m. Sunday.


Plenty of parking is adjacent to the museum's buildings.



The museum's General Store is typical of Gold Rush era merchandising which featured everything from clothing and kitchen utensils to food staples and china.

Photos by Ann Patton

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**Spring Break**



**Cadet 1st Class Brian Finneran of CS-08 installs a lazy susan while Cadet 3rd Class Michelle Parenteau of CS-22 (in the background) aligns other kitchen cabinets at a house in Habitat for Humanity's Mesa Vista subdivision project in Montrose, Colo.**

From Page 1

to Montrose, and snowflakes greeted as they arrived to their worksite March 23. They came upon two houses needing interior work in the Mesa Vista subdivision, where the Montrose Habitat for Humanity office has been building homes at for the past six years. Nine cadets spent a week there, while another from Montrose joined in during part of the week bringing the Academy's volunteer construction contingent there up to 10.

Habitat for Humanity's program is very structured.

Once potential homeowners meet all of Habitat's required background and financial checks, they must put in 'sweat equity' into their future homes. For single parents, that equates to a minimum of 250 hours volunteer labor on their future home, and for married couples, it means a minimum 500 hours of volunteer labor, as well as the required down payment.

For future homeowner Rachel Vasquez of Montrose, she's done 700 hours of sweat equity and



**Left: Cadet 3rd Class Rehling Hitt of CS-22 spackles an interior doorway. Right: Cadet 3rd Class Trevor Boyd of CS-23 sands a light socket, to prepare a room for painting in the home of future homeowner Rachel Vasquez of Montrose.**

counting. Once the house is complete, she'll have a new two-bedroom, two bath, five-star rated home that at least 98.4 percent energy efficient, with a zero-interest mortgage.

This type of Habitat for Humanity assistance centers on the volunteer manual labor of retirees and college students, like cadets taking part during their Alternative Spring Break.

"There are some who can use some manual labor," said Cadet 3rd Class Hannah McKinney. "I think it's good for everyone. Everyone could use some manual labor," she said, as she painted an interior door on Mrs. Vasquez' home.

When asked about her choice of spring break locations, Cadet McKinney said her choice was obvious.

"I could go to California and hang out at the beach. But not everyone gets vacations like spring break. So I'd almost feel guilty if I did that," she said. "I went to college before USAFA and I've seen what serious partying is like, and I'm not a huge fan of partying."

Instead, the week was spent prepping, painting



**Cadet 2nd Class Chris Horn, top, and Cadet 3rd Class Kristen Lorch tape a window to prepare a room for painting.**

and dry-walling. For some, it was a chance to get involved with volunteer work from their pasts.

"I used to do Habitat for Humanity stuff back when I was in high school," said Cadet 2nd Class Chris Horn. "But now I spend so much time on school and spend my Saturdays with the Academy flying team that I don't have much time left to volunteer. And this is a chance to do just that, meet new people and have fun.

"It's looking like it will be a decent amount of work, but a lot of fun and very rewarding at the same time," he added.

It was also a rare opportunity for Cadet Horn to stay far away from his classbooks and homework for several days of non-academic bliss.

Not everyone can set aside academics completely.

For Cadet 3rd Class Kristen Lorch of Cadet Squadron 21, she had a little 'light reading' to do during spring break.

"I've got a 400-page book to read and do a report on by the following Monday. It's a Russian novel about the battle of Stalingrad, which will be compared to a German novel on the same subject, and become the final project for her Russian Military History class," she said. It's part of her final project for her military history class, but must be juggled with her other five classes.

"In fairness, I've had three weeks to do that, and I've put it off to work on other classes, so now I'm doing that."

It's not all work for the alternative spring break cadets.

They did get the chance to see the local area after the work was done, and ended the week with a camping trip. For the cadets who hit Santa Fe, they started the week with a hiking trip, and then got to work on three houses in Santa Fe.

Their projects were in the Oshara Village subdivision, one the Habitat for Humanity office there has been gradually building for years.

The weather gave cadets a southwestern spring welcome to New Mexico, with winds gusting to 30 miles per hour, sending dust and reckless tumbleweeds flying across the work site to start their work



**Cadets, right, build pieces of wall frame, for a house that will go up at 76 Oshara Blvd., above, in Habitat for Humanity's Oshara Village project in Santa Fe, N.M.**

week, and a late-season snow storm blowing through to wrap up the week. Still the weather wasn't a deterrent for cadets opting to go to New Mexico for spring break, and most cadets going on alternative spring break got their first choice in work locations, like Cadet 4th Class Lauren Fuchs of Cadet Squadron 35.

"I saw there was a site in New Mexico, and that excited me, because I always wanted to go to New Mexico," said Cadet Fuchs. "Alt Spring Break was a way to spend my time instead of going home and being lazy. I enjoy being home with my friends and family, but after a few days, I'm asking 'what is there to do?'"

So instead of going home to Greensboro, N.C., Cadet Fuchs opted for alternative spring break and the chance to work with others outside of the Academy environment. It also helped get one of her fellow four-degrees on the trip.

"I'd been thinking about doing alt spring break for a while, but when Lauren said she was going, that sold it for me," said Cadet 4th Class Rachel Reeder of CS-35, one of five CS-35 cadets taking part in alt spring break. "I really like it and it's a good way to spend spring break."

The 20-plus cadets performed a variety of interior work on two homes, including painting, drywall and installing the kitchen cabinets. For the third home, cadets started work to build it from the foundation up.



**Cadet 2nd Class Billy Baker of CS-40 cuts plywood to be used as part of the wall frame of the house.**



As the cadets formed teams and waded into the work at full speed, Habitat volunteers saw a difference in attitude, approach and productivity they readily attribute to the cadets' Academy background.

"I'm sure it's because of their discipline," said Dennis Larsen, a retiree-turned Habitat volunteer from Arvada, Colo. Larsen, a Korean War Airman, and one of several former bluesuiters volunteering at Habitat locations with cadets, saw the differences between the cadets and typical college students instantly.

"They are much more respectful than other college students. Now, we've not had problems with other college students, but the cadets are much more respectful and disciplined. You don't have to show them the obvious. They jump in and do what needs to be done," said Larsen.

"Once an instruction is given, it doesn't have to be given twice," he said. "They're not afraid to ask questions, and if they're unsure of something, then come and find out what the answer is."

Some students are afraid to ask those problem-solving questions. When that happens, nothing gets done, he added.

The Center for Character Development's Alternative Spring Break program is now in its ninth year. Alt spring break is only a small part of the total Cadet Service Learning program.

During the 2007-2008 academic year, cadets participated in 43,600 hours of community service at 3,000 different volunteer projects along the Front Range and around the country, as part of the CSL program. Community service and the concept of service learning are part of the Academy's efforts to offer cadet character development programs which emphasize one of the Academy's central core values, "Service Before Self." The Cadet Service Learning program attempts to take this core value from the theoretical concepts of the classroom to actual experiences with the goal of a lifelong internalized volunteer ethic and understanding of the value of service others, particularly in the area of community service.



**Cadet 4th Class Caitlin Glitz of CS-02 measures drywall for the interior of one of the houses cadets were working on in the Oshara Village project.**

# Husky wrestlers take 7th/All-American honors

By Academy Spirit Staff

The Air Force Academy Preparatory School men's wrestling team finished the season with a seventh-place finish at the National Collegiate Wrestling Association National Championships at Hampton University in mid March.

The Huskies were led by seven wrestlers who qualified for Nationals by placing in the top four of their weight classes at the Regional Championships Feb. 27-28, in Baton Rouge, LA.

The NCWA National Championships consisted of 84 college and college club teams throughout the country.

Day two, the Huskies nearly had six of seven wrestlers move on to the "All-American Round" where the top eight places in each weight class earn All-American status. Dustin Potter (149) and Logan Burch (133) each lost very closely contested matches by a single point.

All-American honors: Ethan Martinez (6th place at 133), Cole VonOhlen (1st at 141), Tim Smell (8th at 197) and Jared Erickson (8th at 235).

Cadet Candidate Cole VonOhlen won the National Championship at 141 pounds. VonOhlen, who earned five pins

in five matches, did not allow a single point to be scored against him during the competition. He was selected from more than 330 competitors by the NCWA committee as the outstanding wrestler of the tournament.

Cadet Candidates Rafael Magana, Randy Pence, Chris Velez and David Salinas were consummate teammates throughout the year contributing to the team's success.

**Achievements:**

Highest National Finish ever by a Prep School Wrestling Team: 7th

**Most Prep School All-Americans ever:**

Four (Cadet Candidates Jared Erickson, Ethan Martinez, Tim Smell and Cole VonOhlen)

**First ever National Champion:** VonOhlen (141)

**First ever National Championship Outstanding Wrestler:** VonOhlen

**What the insiders are saying:**

"Being that this was the first year the Husky Wrestling Team was returning to the NCWA organization for quite some time, it was difficult to know where we stood. Over the past five years, the NCWA organization has grown leaps and bounds and showcases some of the nation's finest wrestling teams and individual wrestlers."



Photo Credit: Tabitha Wilson

Academy Prep School's Cole VonOhlen (Top) is about to pin University of Maryland/Baltimore County's Justin Bowser in the national championship final at 141 pounds.

"At the beginning of the season we had four formally recruited athletes. By the end of the season we had a full squad of 10, finished third in the Southwest Conference Championships, qualified seven for nationals, earned four All-American honors, and had the school's first National Champion. These results are a testament to the hard work and dedication these young men put into this season."

Head Wrestling Coach Kip Kiefer

"Our Husky wrestlers have now set the standard for future Prep School wrestlers—not the end goal. That's an important distinction. Despite our highest finish ever, we still finished behind Navy Prep (3rd) and Army Prep (6th) – if that doesn't make you want to work harder—nothing will."

Athletic Director Ken Korpak



## Spike city

Left, C-Dub setter Jerry "Fingers" Molina backsets to fool DFL blocker James "the Hitman" Hall into jumping needlessly during the intramural volleyball championship match at the base fitness center Wednesday. Right, DFL outside hitter Michael "Hops" Hatton aims past the block of C-Dub's James "Kimo" Rush. DFL won easily preserving their perfect record for the season.



Photos by Dave Ahlschwede

## Spring practice

The final Air Force football spring practice is at 4 p.m. today in Falcon Stadium. The original date of Saturday has been changed due to weather projections for the weekend. The scrimmage, which is open to the public and media, will feature several scrimmage situations and will conclude spring

drills for the team.

## Boxing

The season comes down to this weekend for the members of the Air Force boxing team, as the squad is in College Park, Md., for the 2009 National Collegiate Boxing Association Championships through Saturday. The Falcons, who won their

29th NCBA Regional title two weeks ago, qualified 10 boxers to the national championships. Matt DeMars (112 lbs.); Jesse Horton, (119 lbs.); Harvey White, (125 lbs.); Nathan Liptak, (147 lbs.); Boyce Loomis, (175 lbs.); and, Cory Tintzman (heavyweight), advanced to nationals after claiming regional titles, while Sean May, (156-

lbs.), and Mike McLain, (175-lbs.), qualified with their regional runner-up finishes. Dean Chuva, (132-lbs.), and Andrew Catoire, (195-lbs.), earned at-large bids to the NCBA finals after third-place finishes at the regional meet.

## Lacrosse

The Air Force lacrosse team

returns to conference action Saturday, when they visit fourth-ranked Notre Dame. The contest is slated to begin at 1p.m. (ET) at Alumni Field. The Air Force lacrosse team dropped a heart-breaking 9-8 decision to Manhattan on the road last week. Leading for most of the game, the Falcons' first deficit came with just 11 seconds

# Air Force pushes Vermont to double overtime

By Dave Toller  
Athletic Communications

BRIDGEPORT, Conn. – In a bizarre finish involving video replay, Vermont advanced to the Frozen Four with a 3-2 double overtime win over Air Force in the NCAA East Regional Final Saturday at the Arena at Harbor Yard in Bridgeport, Conn. Vermont was the No. 3 seed while Air Force was the No. 4.

Vermont improved to 22-11-5 overall and advances to the Frozen Four in Washington, D.C. Air Force's season comes to an end with a 28-11-2 record. Air Force earned its first ever NCAA Tournament win March 27 and the Elite Eight finish is the farthest an Air Force hockey team has ever advanced.

The game ended late in the second overtime when a whistle stopped play after a flurry in front of the Air Force net with 4:01 remaining. However, a play that occurred nearly two minutes before went to a video replay review. Vermont defenseman Doug Lawson took a slap shot from the center point that seemed to go wide of the post and hit off the back boards with 5:50 remaining and play continued for nearly two minutes. Once the whistle blew, and after a nearly 15-minute review, it was determined that the puck went into, and through, the net and the goal was awarded to Vermont. The goal was Lawson's second of the game and came at the 14:10 mark of overtime. The game was the longest in Air Force history at 94:10 and took four hours and seven minutes to complete.

A fast-paced first period saw both goaltenders make some key stops, but neither team was able to score. Air Force had 10 shots on goal while Vermont had eight. Each team was 0-for-1 on the power play. Vermont had two quality chances early that were turned away by Andrew Volkening. Colin Volk walked off the back wall and skated through the crease, but Volkening made a right pad save 36 seconds into the game. Air Force then had five shots on a power play but was kept off the board by Catamount goalie Rob Madore.

Air Force drew first blood early in the second period on a goal by freshman Paul Weisgarber. On a 4-on-2 rush, Weisgarber put back a rebound of a shot by



Photo by Rich Stieglitz

**Andrew Volkening makes one of his 43 saves against third-ranked Michigan to lead Air Force to a 2-0 victory over the Wolverines in the first game of the NCAA East Regional, March 27, in Bridgeport, Conn. Volkening led the Falcons to their first ever NCAA Tournament win and was named to the East Regional all-tournament team. Air Force fell in the regional final to No. 10 Vermont, 3-2, in double overtime, Saturday.**

Sean Bertsch from the left side of the net. For Weisgarber, it was his sixth of the season.

Air Force fell behind for the first time in five games, as Vermont scored the next two goals of the game. Josh Burrows snapped Volkening's shutout streak at 262 consecutive minutes, and 13 periods, with a goal at 3:56 of the third period to tie the game. His shot from the right point through traffic was his fifth goal of the year. Just over five minutes later, Dan Lawson scored with a slap shot through a screen from the center point for a 2-1 lead. Air Force answered with 8:42 left in the period as the Falcons' fourth line scored its second goal of the game. Mike Phillipich made a pass from the corner to Bertsch in the high slot. His shot caromed off the goaltender and into the net for his seventh of the season and tied the game at 2-2. Both teams' goal-

tenders made several big saves down the stretch as the Falcons and Catamounts went into overtime.

In the first overtime, Air Force had eight shots on goal while Vermont had six. At the end of the first overtime, a puck got underneath Volkening and Viktor Stalberg tried to slide it into the open net. Air Force forward Brett Nylander slid into the net and knocked the puck away as it was sitting on the goal line. The play was reviewed for several minutes before it was determined it was not a goal.

In the second overtime, Vermont outshot Air Force, 7-6. AFA outshot Vermont, 46-35, in the game. Air Force was 0-for-4 while Vermont was 0-for-3 on the power play. Volkening made 32 saves in the game and had 75 in the two games in the NCAA East Regional. Rob Madore had 46 saves for Vermont.

## Several regional qualifying marks set at Arizona

By Valerie Perkin  
Athletic Communications

TEMPE, Ariz. – The Air Force track and field team wrapped up a successful spring break training trip with an impressive showing at the Arizona State Invitational in Tempe, Ariz., late Saturday night (March 28). In addition to collecting two first-place finishes, seven regional qualifying marks were set and seven changes were made to the program's all-time record book.

Junior Ally Romanko was a part of all three, winning the 800-meter dash with a regional qualifying time of 2:07.92. Romanko's career-best time improved her second-place standing in the program's all-time list. The junior was one of two Air Force runners in the 800 to make an imprint on the record book, as classmate Becca Burditt moved into 10th-place with a time of 2:15.36.

Like Romanko, Justin Tyner won an event in a regional qualifying, record book changing time. Clocking a career-high regional time of 9:00.68, Tyner finished first in the 3000-meter steeplechase with. That time moves the sophomore into fifth in the all-time standings. He was one of two Falcons to finish within the top three, as senior Justin Mason placed third in 9:23.40.

Junior Sara Neubauer picked up a pair of regional marks behind matching fourth-place finishes in the shot put and discus. Neubauer improved her personal-high in the discus to 169'1", placing fourth with the second-farthest throw in Academy history. She also recorded a distance of 48'7½" in the shot put to finish fourth and secure another spot at the regional meet.

Fellow junior Katie Weber improved her seasonal distance in the javelin throw to earn a regional qualifying mark. Weber placed fifth with a distance of 147'2".

Weber was one of two javelin throwers to post a regional mark, as sophomore Connor Van Fossen threw a career-best distance of 210'11" to finish second in the men's meet. The eighth Falcon to clear the 200-foot plateau, Van Fossen surged into fifth on the Academy's all-time list.

Also punching a ticket to the NCAA regional meet was senior Kellen Curry, who clocked a regional qualifying time of 14.23 to place second in the 110-meter hurdles. Curry also moved into eighth on the all-time list for the 200-meter dash, as he recorded a time of 21.38.

Freshman Paige Blackburn improved her 10th-place standing in the all-time discus throw records, with a toss of 141'4". Freshman Kimber Shealy cleared 12'1½" to place fourth in the pole vault, while senior Harmon Gage earned the same placement in the men's javelin at 200'1". Dillon Stucky rounded out the Falcons' top-five finishers with a fifth-place distance of 46'6¾" in the triple jump.

remaining when the Jaspers scored the game-winning goal. Vinny Sandtorv was the leading scorer for Air Force with three goals, while Griffin Nevitt and Ridge Flick added a goal and an assist each.

### Men's gymnastics

The 15th-ranked Air Force men's gymnastics team will

travel to Palo Alto, Calif., for the 2009 Mountain Pacific Sports Federation Championships Saturday. The Falcons will face the top three teams in the nation - No. 1 Stanford, No. 2 Oklahoma and No. 3 California - in addition to ninth-ranked Nebraska.

### Top performance

Jake Schonig had a stellar

weekend at the USA Gymnastics Collegiate Championships, March 27 and Saturday, repeating as the USAG national champion on the still rings, claiming his third USAG All-America certificate, matching his career-best score on his signature event and earning the division's Out-standing Senior Award.

### Baseball highlight

Former Air Force baseball standout Karl Bolt was named to the Mountain West Conference Baseball 10th Anniversary Team, announced Wednesday by the conference office. Bolt was one of 13 players selected to represent the best in MWC baseball through its first 10 years as a conference. A

four-year letter-winner from 2004-2007, Bolt was a first team all-MWC selection in 2007 when he batted .354 with eight homers and 47 RBIs. As a first baseman and outfielder, he batted .334 for his career, hitting 33 home runs and driving in 148 runs. His 232 career hits ranks fourth all-time at the Academy.



## Call for help

The 2009 Academy Holocaust Days of Remembrance is facing cancellation due to a lack of volunteer support. The committee has planned a memorable event for the evening of April 22, but will not be able to make it successful without help with coordination, set-up and tear-down. The Academy Equal Opportunity office has opened the committee to everyone. The assignment meeting is set for 2 p.m. Wednesday in the EO office, 8034 Edgerton Drive, Ste. 100. Call 333-4258 with questions or for more details.

## Community Center Happenings

Call 333-2928 for more information on any of the following four events.

**Monday:** Fit to the core exercise class starts at noon in the downstairs ball-

room, Bldg. 5136. This six-week, one-hour, twice-weekly class is \$60. Strong Women/Strong Bones exercise class is from 1:30 to 2:30 p.m. Recommended for women 55 and older. This hour-long class is also six weeks, twice weekly. Cost is \$25.

**April 17:** 6:30 p.m. Family Fun Bingo in the Academy Community Center downstairs ballroom, Bldg. 5136. Card packs \$5 play all 10 games.

**April 18:** The Academy's first 2009 outdoor flea market will be held in the Base Exchange parking lot from 9 a.m. to 1 p.m., weather permitting. Space fee is \$10. Space with car is \$15; tables are \$5.

**April 19:** Open ballroom dancing from 2 to 5 p.m. in the downstairs ballroom, Bldg. 5136. Entry is \$10 per couple.

## A&FRC offerings

The Airman and Family Readiness Center hosts the following classes.

### Group pre-separation counseling

Held every Monday (except during TAP week); 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory briefing covers benefits and services associated with transitions.

### Medical records review

Monday and April 27; 7:30 am to 4:30 pm

Individuals within 180 days of retirement or separation can have the DAV review their medical records.

### Sponsorship training

Tuesday and April 30; 8 to 9 a.m.  
This class is for those who have been assigned to sponsor a newcomer to the area. Contact your unit sponsorship monitor for details.

### Cadet Smooth Move briefings

Wednesday, Thursday and April 29; noon to 1 p.m. and 3 to 4 p.m.

### Teen Job Search Workshop

April 11; 8 a.m. to noon and April 15; 4 to 6 p.m.  
(Must attend both days)

Workshop consists of job search information, volunteer opportunities, application/resume writing techniques, interviewing tips, and local employer panel. Open to dependent children of active duty, retiree, Reservists and DoD civilians only. Participants must be 14 or older. Call Jeannie Lopez at 333-3168 or 333-3444 to register.

### Smooth Move

April 14; 3 to 4 p.m.  
Learn innovative ways to make moves less stressful. This is a mandatory class for

individuals departing the Academy.

### Resume writing

April 15; 9 to 11:30 a.m.

Review resume and cover letter styles and how to improve them.

### Orientation and Information Fair

April 16; 9 a.m. to 4:30 p.m.

Mandatory orientation for all newly assigned Academy members. Spouses are welcomed to the event held at the Milazzo Center.

### Newcomer's red carpet tour

April 17; 8:45 a.m. to 2:30 p.m.

This informative tour gives insight into the Academy mission and reveals much of what there is to see and do at the Air Force Academy.

### TAP seminar

April 21-24; 7:30 a.m. to 4:30 p.m.

Separating in a year or retiring in two years or less? Call to reserve a spot in the next available TAP class.

### Volunteer recognition

The "Celebrating People in Action ... Celebrating Academy Volunteers" awards ceremony is set for 11:30 a.m. to 1 p.m. April 24 at the Academy Falcon Club. All can partake in the complimentary deli and hors d'oeuvres buffet from 11:30 a.m. to noon. The ceremony will immediately follow.

### Veterans Affairs

April 27; 8 a.m. to noon

This briefing provides information on VA benefits for separating/retiring military personnel.

### Cadets getting married Smooth Move

April 28; noon to 1 p.m. and 3 to 4 p.m.

April 30; noon to 1 p.m.

Call 333-3444 for information and registration.

## Health and wellness

The Health and Wellness Center offers the following programs:

### Body Composition Improvement Program:

Want to lose fat and increase your quality of life? This is a comprehensive two-week program designed to produce positive lifestyle changes by targeting nutrition and exercise habits.

**Body Tanita:** A bio-electrical impedance machine that estimates body fat.

**The Bod Pod:** A state-of-the-art body composition analysis using air displacement to estimate body fat.

**Cycle Ergometry:** Cycle ergometry tests for active duty medically waived from the 1.5 mile run.

**Healthy Heart Class:** Learn about cholesterol and hypertension. Classes held at the Academy Clinic.

## Health Living Program/Follow-up:

A two-hour "nuts and bolts" class incorporating nutrition, exercise, and behavior modification to foster healthy lifestyles.

**Individual Exercise Plans:** Meet with the Exercise Physiologist to design an exercise plan most appropriate for you and your goals. For more information, call 333-3733.

## Law Day Golf

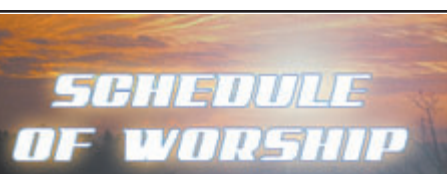
Law Day was created in the late 1950s, by the American Bar Association to draw attention to both the principles and practice of law and justice. President Dwight D. Eisenhower established Law Day by proclamation in 1958. The staff's Law Day Golf Scramble is set for 11:30 a.m. May 1 on the Eisenhower Blue Course. Entry fees are: \$55 per person for active duty and USAFA DoD civilians; and, \$85 for those non-affiliated with the military or DoD. The cost covers: greens fees, cart fee, use of practice balls on the driving range, lunch, and prizes. Call Capt. Jacob Frank or Jay Bragga at 333-3940 for more information. Entry deadline is April 22.



## Operation Purple

The National Military Family Association's Operation Purple® camps offer a free week of fun for military kids whose parents have deployed, are deployed or will deploy. Colorado offers three sessions of Operation Purple camps: May 31st - June 5; June 7-12; and, June 14-19. Outer Edge Performance and Operation Purple camps are designed to promote: Realizing Potential! The camps are all outdoor adventures serving youth and teens entering third through 12th grades. They will be held in Black Forest and will provide opportunities to participate in activities such as: high and low challenge course, teambuilding activities, outdoor rock climbing, mountain-biking, whitewater rafting, horseback riding and more. Each child may register for one summer camp. Deadline is April 20. For more information and to register visit: [www.operationpurple.org](http://www.operationpurple.org)

Call Vivian Sylvest, Alison Mckay, Tim Burke or Mary Marcantonio at Outer Edge Performance at: 303-458-1909.



## CADET CHAPEL

### Catholic Masses:

#### Sunday

Confession - 9:15 a.m.

Mass - 10 a.m.

#### Wednesday

Adoration of the Blessed Sacrament - 5:30 p.m.

Confession - 5:30 p.m.

Mass - 6:30 p.m.

#### Weekday

Mon., Tues. and Thurs. - 6:45 a.m.

### Protestant Services:

#### Sunday

Traditional/Liturgical - 9 a.m.

Contemporary - 11 a.m.

### Jewish Services

#### Friday

Sabbath Service - 7 p.m.

### Buddhist Worship

#### Wednesday

Traditional Mahyana Service -6:30 p.m.

### Muslim Prayer

#### Friday

Salaat ul-Jumman - 12:30 p.m.

All Other Faiths

Call 333-2636 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.

### Paganism/Earth-centered Spirituality:

Contact Tech. Sgt. Longcrier at 333-6178

Robert.Longcrier@usafa.edu

## COMMUNITY CENTER CHAPEL HOLY WEEK SCHEDULE

### Thursday

Holy Thursday Mass - 6 p.m.

### April 10

Good Friday Catholic Liturgy - 6 p.m.

### April 11

Catholic Easter Vigil - 6 p.m.

### April 12

#### Catholic Mass:

Catholic Mass - 9 a.m.

(No Catholic RE)

### Protestant Services:

Easter Sunrise Service,

Tee House - 6:30 a.m.

Evangelical service - 10:15 a.m.

Gospel service - 11:30 a.m.

Call 333-3300 for more information.

## Safe travels

Despite February and March temperatures reaching into the 70's, Colorado Springs is known for the possibility of significant snowfall well into April. Motorists should be prepared for quick weather shifts and, as a minimum, keep warm clothing and emergency supplies handy while on the road.



Photo by Dennis Rogers