

USAF ACADEMY, COLORADO ACADEMY SPIRIT

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Photo by Mike Kaplan

Cadet Squadron 38 marches down Tejon Street during the Red, White and Brave Parade in downtown Colorado Springs, Saturday. The Parade drew an estimated 40,000 spectators welcoming home local military forces. See more photos on the official Air Force Academy Facebook page.

Red, White and Brave Parade honors those who serve

Supporters turn out to render appreciative salutes

By Academy Spirit staff

Air Force Academy participants joined forces with many local military members and civilians alike who turned out to salute returning Fort Carson fighting men and women Saturday in Downtown Colorado Springs.

The Red, White and Brave parade drew an estimated 40,000 spectators lining downtown streets and sporting American flags.

Marching in the parade was the base Honor Guard and Cadet Squadron 38, which represented the Academy's Cadet Wing. Varsity cheerleaders and mascot "The Bird" also marched and handed out Falcon T-shirts to spectators. Thirty-four cadet athletes also supported the

event by escorting dignitaries.

The 10th Air Base Wing's fire department displayed its vintage fire truck "REO Speed Wagon."

Military and firefighting vehicles, floats, marching servicemembers and bands also joined in to thank veterans for their dedication and service to our nation as a squadron of World War II vintage aircraft soared overhead.

The last "Welcome Home" parade was in 2004. It is held in salute to America's warriors, whether they have served, are currently serving or will serve in the future. Some Soldiers and Airmen have experienced two or more deployments in support of operations in southwest Asia.

Funding for this year's parade came largely from donations.



Photo by J. Rachel Spencer

10th MSG welcomes new commander

Colonel Timothy Ferguson assumed command of the 10th Mission Support Group at a ceremony here Aug. 28. Colonel Ferguson comes to the Academy after serving as the security forces operations chief at Air Combat Command at Langley Air Force Base, Va.

WEEKEND WEATHER

FRIDAY
77 44
ISOLATED PM T-STORMS

SATURDAY
75 45
ISOLATED PM T-STORMS

SUNDAY
76 44
ISOLATED PM T-STORMS

AFPC Spotlight

FERL superintendent bridges the gap between theory and practice for cadets. "I draw great personal satisfaction from working with FERL," Master Sgt. Dennis Scott said.

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Falcon Football Preview

"We need to keep things as competitive as possible and keep our edge. We need to have a fire about us. This spring was hands down the most expansive since we've been here," Coach Calhoun said.

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Coach Calhoun player development philosophy

"I came to the Academy to play for Coach DeBerry, but I stayed at the Academy because of Coach Calhoun," Lieutenant Kirchoff said.

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Superintendent welcomes parents, guests

By Lt. Gen. Mike Gould
Academy Superintendent

Welcome to the Air Force Academy and congratulations on your cadet's outstanding achievements since he or she arrived as a member of the Class of 2013.



History has proven ongoing support from family and friends plays a huge role in fostering an overall successful cadet experience at the Academy. This weekend is for you. It will reveal the life of your cadet even deeper as you see first-hand many aspects of the Academy you've only heard or read about. Take a close look at our world-class character development programs—military, academic, athletic and airmanship—designed to push your son or daughter beyond his or her preconceived limits.

Much has changed in your cadet's

life since he or she arrived at Doolittle Hall to in-process on June 25. Every cadet's ability has been challenged, from the marble of the Terrazzo through the mud at Jacks Valley, and each has developed a deeper understanding of the team concept, while gaining further insight into the Air Force mission and family.

Developing leaders of character remains our No. 1 priority. We achieve that through continual emphasis of our Air Force's Core Values: Integrity First, Service Before Self, and Excellence In All We Do. This four-year challenge will make our cadets—your sons and daughters—the best second lieutenants America can produce as they enter the active-duty force in 2013.

By the time your cadet graduates and commissions in 2013 the major transformation and expansion of the Academy's character development efforts will almost be complete. Plans include re-designating the Center for Character Development to the Center for Character & Leadership

Development (CCLD), and relocating it into a new \$25 million facility scheduled to open in late summer 2012.

Construction for the new building is anticipated to begin in March 2011.

The transformation will add research, assessment, and curriculum enhancement capabilities to advance the overall effectiveness of the Academy's ability to shape your cadets' character, place an increased emphasis on leadership development, and more deliberately integrate the entire faculty and staff in cadets' character and leadership growth experiences.

As we emphasize leadership and character, the members of 2013 have already shown they possess the skills, strengths and experiences to meld into a team that's "best to be seen"—perpetuating the history of the Long Blue Line.

Thanks for supporting your cadet, the Air Force Academy and our great nation. Enjoy this very special weekend; it marks one of many milestones in the lives of Air Force Academy families.

Prep School welcomes all for Parents Weekend

By Col. Todd Zachary
USAFA Preparatory School Commander

On behalf of the United States Air Force Academy Preparatory School staff and faculty, I would like to welcome you to Colorado Springs and your United States Air Force Academy, the premier center of excellence in developing Leaders of Character in service to our nation.



Your son or daughter is demonstrating outstanding commitment and determination by attending the USAFA Preparatory School. We appreciate the fact that his or her values, characteristics, and motivation are a reflection of what you have taught them.

Today's global environment is exceptionally demanding filled with both challenges and opportunities for our nation. The young men and women who will lead our nation must be prepared to face this global environment with the skills and confidence needed to succeed. Our mission at the Preparatory School is to help develop

and hone these skills through a challenging academic, character development, athletic and military training program focused on preparing Cadet Candidates to succeed and lead at the Academy. In turn, your son or daughter will leave the United States Air Force Academy as a leader of character ready to face any challenge in service to our nation.

Please accept my sincerest thanks for sending us our nation's finest and for your continued support of the USAFA Preparatory School and the Air Force Academy. Welcome and enjoy your United States Air Force Academy.

AOG welcomes Class of 2013

By William "T" Thompson Esq.,
Class of 1973
Association of Graduates
President and CEO

On behalf of the Association of Graduates, I'm honored to extend congratulations to the Class of 2013 upon completion of BCT—the first hurdle in



your cadet careers. Approximately 42,000 graduates before you have endured the rigors of this beginning tradition. It is one of the many cadet experiences that will bond you as a class and will forever be a source of camaraderie and fond memories.

The nation is expecting great things from your class. These are extraordinary times which demand extraordinary leadership, not only to win today's war, but to guide our country and inspire confidence in all

sectors of society.

The Academy's and the Air Force's Core Values—Integrity First, Service Before Self, and Excellence In All We Do—are the cornerstones of the profession you have chosen. These are beacons that will guide you for the rest of your life. Now, more than ever, our country needs leaders of character to guide the nation. The AOG is eagerly waiting to see you set new standards for integrity and honor as you move through your careers.

The Association of Graduates stands ready to support you during your cadet experience and for the rest of your life. During the last few years, the AOG has given millions of dollars to the Academy for building projects and cadet programs that were not funded by the government. The money from donations funded character development programs, club activities, guest speakers, foreign area studies and a host of other programs and projects

See AOG, Page 3



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

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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.



Any big plans for Parents Weekend?

"My family is going to Estes Park where we'll hike around and enjoy the scenery."



Cadet 2nd Class
Daniel Armstrong,
CS-16
Cincinnati, Ohio

"I hope to catch up on some homework and maybe get to Cheyenne Canyon with another Coasty."



Cadet 2nd Class
Greg Bukata, CS-16
Exchange Student,
U.S. Coast Guard
Chatham, N.J.

"Going to live it up now that it's my senior year and show my family some things that I couldn't as an underclassman."



Cadet 1st Class
Samory Abdul-
Raheem, CS-20
Houston, Texas

"We're heading to Denver to visit my aunt and uncle; it should be great family time."



Cadet 4th Class
Cale Snider, CS-16
Bonney Lake, Wash.



Academy homepage to get makeover

Most of public Web site to remain unaffected

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

The front page of the Academy's public Web site, www.usafa.af.mil, is going to look a lot different starting next week, but rest assured — everything you're used to seeing on the front page will still be there, and more.

The Academy Public Affairs Office is driving the change to comply with an Air Force initiative to standardize the look and feel of all Air Force public Web sites.

More than 95 percent of the Web site content will remain the same as it is now. However, some items that users are used to seeing in one location will move.

The makeover will streamline how links are organized. For example, users will find 10th Air Base Wing organizations under the "10th ABW" menu at the top of the page, fact sheets and biographies will be located under the "Information" menu, and the McDermott Library page will be under the "Dean" menu.

Staff Sgt. Eric Bolt, the NCO in charge of internal information here, was involved in a similar initiative when he was stationed at Ellsworth Air Force Base, S.D.

"Getting AFPIMS for the Academy is huge because it unifies the Academy with the rest of the Air Force in terms of flying under the same banner,"

Sergeant Bolt said.

Although the new homepage will have a heavy focus on Academy news stories, photos and other information, it won't replace the Academy Spirit any time soon. Instead, the paper and the Web site will work with each other to put more information at people's fingertips.

"There's definitely a role for both the paper and the Web," Sergeant Bolt said. "Look at the Wall Street Journal — they have the highest number of paid Web memberships of any newspaper, and they still sell papers."

The Academy Spirit and the public Web site must work hand-in-hand to get information to readers in a convenient

manner, Sergeant Bolt said.

"It's one more tool commanders will have to get their messages out," he added. "Whether information's on the Web or in the paper, the message is always important. No matter where you get the information, we're going to make sure that messages from our leadership get across to readers."

Public Affairs' goal is to develop an online presence that reflects the Air Force's Web site branding, presents the Air Force Academy brand in a visually appealing manner and serves users' needs.

The new public Web page will be more interactive for readers and viewers and still serve audiences' needs.

AOG

From Page 2

that make the Academy experience unique and special. Private donations enabled the completion of the General Hubert Harmon Memorial and the Mall of Heroes, embodying our values and rich heritage. Once again we were happy to develop the "Preflight Checklist" to pass along extra knowledge and information that you and your families needed prior to your arrival. Parents have no doubt found the Parent Handbook with the Academy's calendar that we produce invaluable. It is packed with information about cadet life. The AOG also runs the WebGuy Web site at usafawebguy.com where many parents of the Class of 2013 spent hours searching for photos or videos of their sons and daughters. We will continue to offer you these kinds of services and more, as you progress through your cadet careers.

The AOG has a new board of directors, a new

slate of officers, and a new "enterprise wide" model of conducting business that emphasizes solid stewardship and enthusiastic membership development. Our new logo represents our commitment to "Building a Better Academy." We've expanded our social networking, so you can follow us on Facebook and Twitter, in addition to Zoomie Nation. A special edition of *Checkpoints* magazine in September marks a new era in our communications efforts, introducing the theme "If You Only Knew," an overview of how every activity the Association of Graduates engages in supports the Academy.

The AOG is here to support you, our future graduates, through every phase of your academic and professional careers, from In-processing to reunions and beyond. Over a third of the Class of 2013 has signed up for our Life Membership at Graduation program, and over 900 parents from the class have joined the AOG. If you have not joined our

outstanding organization yet, we encourage you to do so. We want to ensure you have the same extraordinary experience that cadets who have gone before have had.

As you embark on your four-year journey, it is important to note that you have been given a very special opportunity. You should be proud that your Academy has been ranked "#1. It has been chosen as the Best College in the Western Region" by *U.S. News and World Report*. You are now being prepared to serve in the most technologically proficient force in the world. America's citizens expect the Academy to provide qualified men and women to lead that force in the new millennium. The Association of Graduates and its members are confident that the Class of 2013 is ready to meet the challenges that lie ahead. We extend our best wishes to all of you — and we look forward to welcoming you as members of the Long Blue Line.

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The Colorado Springs City Council, in its capacity as the Utilities Board, is seeking volunteers to fill two vacancies for alternate (non-voting) members of the Utilities Policy Advisory Committee (UPAC). UPAC is a fact-finding body that reviews, analyzes and provides recommendations to the Utilities Board regarding policy direction for Colorado Springs Utilities. Applicants must be customers of Colorado Springs Utilities and possess skills and experience in financial or business professions relating to utilities, and must not be an immediate family member of a Colorado Springs Utilities employee. The committee meets the first Wednesday of each month. Appointments are made for a term of three years, with a maximum of three consecutive terms. This is an excellent opportunity to make valuable contacts and make a difference in our community's future. To apply, send a letter of interest with a resume by September 11 to:

Office of the Mayor, UPAC Selection
PO Box 1575, Colorado Springs, CO 80901-1575



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FOR MORE INFORMATION on UPAC go to www.csu.org. Click on About Us, Utilities Board, Utilities Board Policies, p.33-34.

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Parents' Weekend Schedule

Today

Visitors entering the Academy should bring their base access/parking pass and a photo ID. Please display your parking pass in your vehicle while on base. Guests should refrain from bringing large bags, coolers, backpacks or other items that will require additional scrutiny/searches from security personnel. Note that hand-held cell phones may not be used while driving on the Academy.

Upper class cadets can obtain parking passes for guests. Lost parents may receive assistance at the Fairchild Hall bus stop (base of Core Values Ramp) from 5:30 a.m. through noon.

Disabled/handicapped guests may park in the lot north of the parade field. Guests should bring their state handicapped placard. Shuttles with hydraulic lifts will transport guests to Cadet Area.

6 to 8 a.m. Breakfast Mitchell Hall

MANDATORY FOR ALL CADETS. First-class cadets may bring guests. Non-cadet tickets (\$2.30 each) must be purchased by cadets. First-class cadets not hosting guests and all other cadet classes may stay to eat or grab a snack and depart. Snacks are available until 9 a.m.

7:30 a.m. to 4:30 p.m. Association of Graduates Doolittle Hall

Open to visitors on weekdays only. Closed on Monday holiday.

7:30 a.m. to 4 p.m. Information Fair Arnold Hall

Offers invaluable information and giveaways from many Academy and community organizations. Purchase your BCT video and cadet photos here. Professional photo sittings with your cadet will also be offered.

7:30 a.m. to 4:55 p.m. Attend Classes Fairchild Hall

Guests may attend classes with their cadets with prior permission from instructors.

7:30 – 8:15	1st Period	1:25 – 2:10	4th Period
8:25 – 9:10	2nd Period	2:20 – 3:05	5th Period
10:00 – 11:00	Cadet Parade	3:15 – 4:00	6th Period
11:30 – 12:30	Noon Meal	4:10 – 4:55	7th Period
12:30 – 1:15	3rd Period		

7:30 to 9:10 a.m. Flight Simulator Tour Fairchild Hall, Room. 2H28
Fourth-Class cadets and guests only.

8 a.m. to 4 p.m. Basic Cadet Training (BCT) Video Arnold Hall Theater, if available
Watch the basics as they learned to become cadets during Basic Training 2009. After you see this one-hour video, go to the Cadet Wing Media booth in the ballroom to purchase a copy.

8:30 to 9:30 a.m. VECTOR! Program Orientation Arnold Hall Banquet Room
A parent orientation to the cadet character seminar "VECTOR!," which all fourth-class cadets will take in their first year at the Academy.

9 a.m. to 5 p.m. Cadet Chapel
The Cadet Chapel is open to visitors daily from 9 a.m. to 5 p.m., except Sunday when it's open following Sunday services (1:30 to 5 p.m.).

10 to 11 a.m. Cadet Wing Parade Stillman Field
MANDATORY FOR CADETS. Come out to the parade early (9 a.m.) to see the Wings of Blue and a glider demonstration, as well as various aircraft flyovers. Cadets will be released on the field following the parade to meet their guests. If the parade is cancelled due to severe weather, guests may visit the Information Fair at Arnold Hall or check with their cadet to see whether their squadron has moved up their Open House.

11 a.m. to 5 p.m. Airfield Open House Academy Airfield
Staff will be available to provide orientations and answer parent's questions. Come view static displays of aircraft. Cadets must escort their guests to the airfield.

11:30 a.m. to 12:30 p.m. Lunch Mitchell Hall
Fourth-class cadets and guests only may attend. **MANDATORY FOR ALL FOURTH-CLASS CADETS.** Non-cadet tickets (\$4.25 each) must be purchased by cadets. Lunch for visitors is also available at the field house, visitor center, falcon club, Arnold Hall and various squadron picnics (prices/times vary).

12:30 to 9:30 p.m. Worship Services.
Guests are invited to attend services at the Cadet Chapel today. For additional information, please call (719) 333-2636.

12:30 to 1:30 p.m. Islamic Service/Friday Prayers
7 to 8:15 p.m. Jewish Sabbath Service
8:15 to 9:30 p.m. Jewish Shabbat Oneg Reception

1 to 2 p.m. VECTOR! Program Orientation Arnold Hall Banquet Room
A parent orientation to the cadet character seminar "VECTOR!," which all Fourth-Class cadets will take in their first year at the Academy.

1 to 3 p.m. Athletics Open House Falcon Athletic Center, Cadet Field House, Cadet Gym
Come visit Athletics facilities to learn all about the many programs at the Academy. The Falcon Athletic Center is open Monday through Friday only (closed holidays) but other athletics facilities will be open throughout the weekend.

1:25 to 3:05 p.m. Flight Simulator Tour Fairchild Hall, Room. 2H28
First-, second- and third-Class cadets and guests only.

1:30 to 4 p.m. Prep School Huskies Football Game Academy Prep School Field

3 to 5 p.m. USAFA JV Football Blue & Silver Scrimmage Turf Field

4:30 to 6 p.m. Squadron Open Houses Vandenberg and Sijan Halls
MANDATORY FOR CADETS. If the cadet parade is cancelled, some squadrons may hold their open houses earlier in the day (10 a.m. to noon).

5 to 7:30 p.m. Dinner Buffet Mitchell Hall
Open to cadets and their visitors. Guests may pay cashier (\$4.25 each).

CADETS MAY LEAVE THE ACADEMY AFTER OPEN HOUSE; MUST ATTEND ACCOUNTABILITY FORMATION AT FOOTBALL GAME SATURDAY MORNING

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Parents' Weekend Schedule

Saturday

7 to 9 a.m. **Breakfast Buffet Mitchell Hall**

Open to cadets and their visitors. Guests may pay cashier (\$2.30 each).

9:30 a.m. All Second-, third- and fourth-class cadets report to squadron accountability formations at the stadium.

10:30 a.m. First-class cadets report to squadron accountability formations at the stadium.

Noon **Falcons vs. Nicholls State Football Game Falcon Stadium**

For tickets, call USAFA Athletic Ticket Office (800) 666-8723 or (719) 472-1895 or purchase on-line at <http://goairforcefalcons.cstv.com/tickets/afa-tickets.html>. Cadets are required to attend the game but do not need tickets and must sit with the Cadet Wing.

4 p.m. Cadets may leave the Academy after game; **MUST SIGN IN BY MONDAY, 7:10 P.M. (10:45 P.M. FOR FIRSTIES).**

Sunday

8 a.m. to 1 p.m. **Worship Services.** Guests are invited to attend services at the Cadet Chapel or the Community Center Chapel. For additional information, please call. Cadet Chapel (719) 333-2636; Community Center Chapel (719) 333-3300. Cadet Chapel Sunday Services are:

8 to 9 a.m. Catholic Mass
9 to 10 a.m. Protestant Traditional Service
10 to 11 a.m. Catholic Mass
10:30 to 11:30 a.m. Protestant Liturgical Service
11 a.m. to noon. Protestant Contemporary Service
Noon to 1 p.m. Catholic Mass

9 a.m. to 1 p.m. **Brunch Buffet Mitchell Hall**

Open to cadets and their visitors. Guests may pay cashier (\$4.25 each).

10 a.m. to 1:30 p.m. **Brunch Buffet Falcon Club**

Call for reservations (719) 333-4253.

10 a.m. to 2 p.m. **Orientation Tour Jacks Valley (BCT)**

Shuttle buses will run from Field House parking lots every 15 minutes. The last bus departs for Jacks Valley at 1:30 p.m. and the last bus returns to parking at 2:30 p.m. Cadets must escort their guests. Walking shoes and unopened, clear water bottles recommended.

Monday

7 to 9 a.m. **Breakfast Buffet Mitchell Hall**

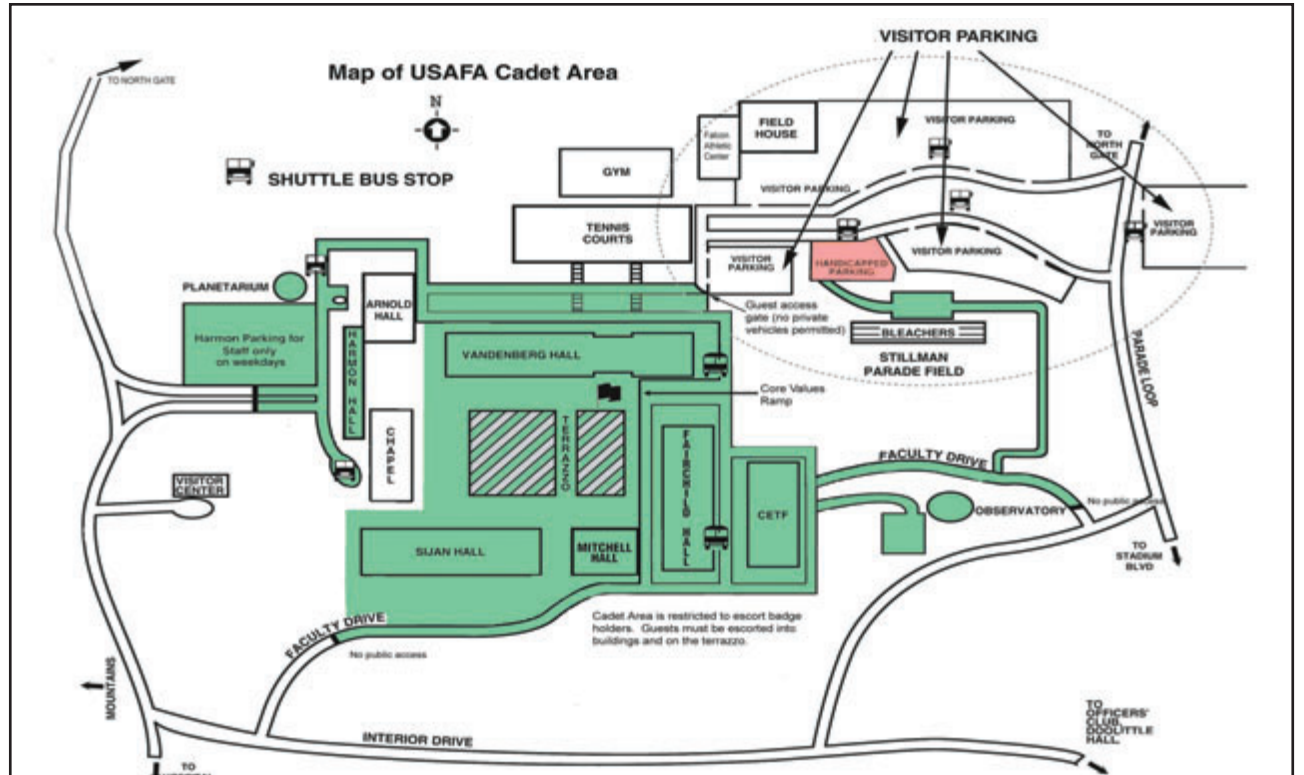
Open to cadets and their visitors. Guests may pay cashier (\$2.30 each).

11 a.m. to 1 p.m. **Lunch Buffet Mitchell Hall**

Open to cadets and their guests. Guests may pay cashier (\$4.25 each).

7:10 p.m. SECOND-THIRD- AND FOURTH-CLASS CADETS MUST SIGN IN.

10:45 p.m. FIRST-CLASS CADETS MUST SIGN IN.



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Prevention starts with preparation and training

By Capt. Lisa Mull
10th Medical Group

Every year, more than a million people die by suicide and several million more attempt it. Tremendous efforts have been made to address this problem. However, there is still more to be done. The goal of Suicide Prevention Month (September) is to increase awareness and advocacy about suicide prevention. One of the greatest tools for preventing suicide is to prepare those who may cross paths with someone who is at risk.

Knowing the warning signs, knowing how to help, and knowing what to do in an emergency is key to suicide intervention and prevention.

The following information is intended to be succinct, easily understood and effective.

Know the warning signs — use mnemonic **IS PATH WARM**.

Know how to help:

- Be aware. Learn the warning signs.
- Get involved. Become available. Show interest and support.
- Ask if he/she is thinking about suicide.
- Be direct. Talk openly and freely about suicide.

— Be willing to listen. Allow for expression of feelings. Accept the feelings.

— Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life.

— Don't dare him/her to do it.

— Don't give advice by making decisions for someone else to tell them to behave differently.

— Don't ask 'why'. This encourages defensiveness.

— Offer empathy, not sympathy.

— Don't act shocked. This creates distance.

— Don't be sworn to secrecy. Seek support.

— Offer hope that alternatives are available, do not offer glib reassurance; it only proves you don't understand.

— Take action! Remove means! Get help from individuals or agencies specializing in crisis intervention and suicide prevention.

Emergency actions:

Call the national crisis hotline: 1-800-273-TALK (8255)

Call 911 or go to nearest emergency department.

For more information, visit www.suicidology.org or call 333-5177.

I	Ideation: Talking of wanting to hurt or kill him/herself
S	Substance Abuse: Increased alcohol or drug use
P	Purposelessness: No reason for living; no sense of purpose in life
A	Anxiety: Agitation, unable to sleep or sleeping all the time
T	Trapped: Feeling like there's no way out
H	Hopelessness: Feeling like there's no hope for the future
W	Withdrawal: Withdrawal from friends, family, and society
A	Anger: Rage, seeking revenge
R	Recklessness: Acting reckless or engaging in risky activities
M	Mood Change: Dramatic mood changes

ESOH CAMP audit just around the corner

The Environmental, Safety, and Occupational Health Compliance Assessment and Management Program is a comprehensive audit program that evaluates an installation's overall compliance with environmental, safety, and occupational health laws and regulations. The ESOHCAMP audit will be conducted the week of Sept. 14.

This year's audit will be an external audit conducted by an external team of military, civilian, and contractor personnel. The Academy's Environmental Flight, Bioenvironmental Engineering Flight, and Safety Office will conduct assistance visits to assist all Academy organizations to prepare for the audit. The audit team will out-brief findings to the DRU ESOH Council.

Questions?

Point of contact for the ESOHCAMP audit is Phil Marne at 333-6716 and for the ESOHCAMP preparation is Kelvin Stone at 333-6455.



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DoD to start H1N1 flu vaccinations

By Jim Garamone
American Forces Press Service

WASHINGTON (AFNS) — All military personnel will be vaccinated against the H1N1 flu virus, and the vaccine will be available to all military family members who want it, a Defense Department health affairs official said Sept. 2 here.

The H1N1 vaccination program will begin in early October, said Army Lt. Col. (Dr.) Wayne Hachey, the director of preventive medicine for Defense Department health affairs.

The vaccine, which has been licensed by the Food and Drug Administration, will be mandatory for uniformed personnel, the colonel said.

“What we want to do is target those people who are at highest risk for transmission,” he said.

Health-care workers, deploying troops, those serving on ships and submarines, and new accessions are at the top of the list.

“Any place where we take a lot of people, squash them all together and get them nice and close and put them under stressful conditions will get the vaccine first,” he said.

DoD officials will use the usual seasonal flu vaccine distribution chain for the H1N1 vaccine, Doctor Hachey said, noting that while the mass H1N1 vaccinations are new to the general population,

the process for vaccinating against seasonal flu is old hat for DoD.

“We’ve been doing this for decades,” the colonel said. “The system is tried and true.”

DoD initially will receive 1 million doses of the H1N1 vaccine, and another 1.7 million doses later in October.

Officials don’t know yet whether people will need one dose or two, Doctor Hachey said.

“The assumption right now is that people will need two doses, 21 days apart,” he said. “That may change.”

FDA officials are still studying H1N1 and the vaccine, and the results should be known by the end of the month.

Seasonal flu vaccine already is available, and DoD officials will begin giving those shots shortly, Doctor Hachey said.

“That has been our message to immunizers: to try and get as many people as they can immunized against the seasonal flu early,” he said.

Guidelines for giving priority to family members will follow those for the general population, Doctor Hachey said. The Department of Health and Human Services is buying millions of doses of the vaccine.

“Installations are going to register with each state as an immunizer,” Doctor Hachey said. “They will tell how many people they care for. This includes dependents, retirees and so on.”

The Centers for Disease Control staff will place the order and will ship the vaccine where needed. Family members will have multiple opportunities to get the vaccine, whether at DoD medical facilities or off post, Doctor Hachey said.

The CDC has established target groups for those at greatest risk for transmitting or being affected by the H1N1. They include pregnant women, health-care workers, those younger than 25 or older than 65, and those with pre-existing health conditions.

Doctor Hachey said previous plans are serving DoD well.

“We have been preparing for pandemic flu because of its potential impact on the mission,” he said.

The symptoms of the H1N1 flu are almost the same as the seasonal flu: fever, sore throat, runny nose, nausea, muscle aches and feeling rundown. The 2009 H1N1 virus — formerly known as swine flu — is a pandemic virus, according to the World Health Organization. U.S. officials call the virus “troubling” and urge communities across the United States to take actions to mitigate the effects of it. The federal government is urging states and municipalities to begin preparing now for the fall flu season.

President Barack Obama addressed the H1N1 pandemic following a White House meeting Sept. 1.

“As I said when we saw the first cases

of this virus back in the spring, I don’t want anybody to be alarmed, but I do want everybody to be prepared,” he said. “We know that we usually get a second, larger wave of these flu viruses in the fall, and so response plans have been put in place across all levels of government.”

But government cannot do it all, and the American people have a responsibility to stop the spread of the disease, President Obama said. “We need families and businesses to ensure that they have plans in place if a family member, a child or a co-worker contracts the flu and needs to stay home. And most importantly, we need everyone to get informed about individual risk factors, and we need everyone to take the common-sense steps that we know can make a difference. Stay home if you’re sick. Wash your hands frequently. Cover your sneezes with your sleeve, not your hands. And take all the necessary precautions to stay healthy. I know it sounds simple, but it’s important and it works.”

H1N1 is a never-before-seen combination of human, swine and avian flu viruses, officials said. First detected in Mexico in February, it quickly spread around the world. According to July WHO statistics, there have been 94,512 H1N1 cases worldwide, and 429 people have died from it. In the United States, 33,902 contracted H1N1, and 170 have died.

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Cadets relish sweet revenge over Army

By Ann Patton
Academy Spirit

They didn't get mad. They got even. And then some.

Twelve cadets on an Operation Air Force trip in Southwest Asia were out for revenge at the state of the second grudge match. The cadets were defeated by a mere second in the first 7-mile relay.

Before the first contest, the cadets had been traveling for more than 20 hours on the journey from Denver to the Southwest Asia. With little more than two hours of sleep, they took up the challenge for the first race early in the morning of July 4.

"We just wanted to beat Army," said Cadet 1st Class Dan R. Hill, Cadet Squadron 2, of the team's motivation.

During the grudge re-match, it was a totally different story. The Academy team of 10 runners bested the Army by well over a minute.

"It felt really good to beat them," said Cadet 1st Class Clayton Bryant, CS15. "There was a lot of smack talk from Army during the race so it was fun shutting them up when we beat them."

Cadet Hill said there were many grim looks from Army fans after the race.

"It was really funny," he said.

The race drew several hundred spectators.

"There was no doubt in any of our minds that we would win," said Cadet 1st Class Josh Whiteheart.

"The whole week Army talked trash and never gave us a shot at winning. We just smiled and used that as motivation to make them eat their words because we



Cadets 1st Class Ridge Flick and Harold Parker pass the guidon during the grudge match against Army.

knew who would have the last laugh."

The cadet team of 10 was selected from a total of 12 cadets. The Army culled their best runners from out of 220 soldiers.

The 30-day experience gave the cadets opportunities to see Air Force operations up close.

"I really enjoyed seeing our Air Force in real action," said Cadet 1st Class Ridge Flick, CS27. "Watching planes take off and knowing that they were heading for Iraq and Afghanistan was an incredible experience. It really made me appreciate why we work so hard while we're at the Academy."

Cadet Hill, too, appreciated opportunities to see the Air Force in action. He was especially impressed with those who cared for the KC-10 fuel tankers. Maintenance personnel on the flight line work 12

hours a day, six days a week in 120-plus degree heat and 90 percent humidity.

He pointed to their acute understanding of the importance of their mission. If planes had no fuel, American lives could be lost.

"Their pride is uncanny," he said. "In the heat and sun, they know something is bigger than themselves."

The Preparatory School grad is anxious to leave the classroom behind and enter the Air Force full-time, knowing full well deployments will come his way.

"My 'family' is over there, my brothers and sisters, and I wanted to be with them," he said of his experiences.

Cadet Whiteheart said he was disappointed he was unable to do more hands-on activities.

"But I definitely walked away from deployed ops with a new perspective of how real the fight in the AOR actually is. Every resource and asset is purposely used to ensure the mission is done."

He had high regard for those who are serving halfway around the world "so family and friends can sleep peacefully at night."

The group of cadets is still gunning for Army at home.

West Point has defeated Air Force in lacrosse for the last three seasons.

"With a little luck, we'll be able to come away with another victory over Army," Cadet Flick said, noting the next match up will be in Falcon Stadium.

"I'm sure our football team will have no problem with them this fall, too."

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Engineer par-excellence **AFSC SPOTLIGHT**

By Butch Wehry
Academy Spirit staff

The Academy's Field Engineering and Readiness Laboratory maintains activities throughout the year.

It's where you'll find the FERL superintendent and facility manager bridging the gap between theory and practice for cadets. It's a build first, design later, hands-on environment.

The Civil Engineering 351, or "FERL" program is for cadets majoring in civil and environmental engineering. It provides facilities ranging from classrooms with Internet access, kitchen, warehouses, and 27 pieces of construction equipment used in all branches of the military for contingency training throughout the year, said Master Sgt. Dennis Scott.

"Later, when cadets start their engineering core classes, this training enlightens them on the basic engineering concepts," said the 22 year Air Force veteran from Hermon, NY. "It exposes cadets and other students to realistic life experiences of the CE operation and the chance to work equally with active-duty members, Reserve, Guard, defense civilians and contractors. This training provides the hands-on connection with the entire military force."

The five-week summer program is composed of a two-week Operation Civil Engineering/Operation Air Force program which began May 17, and three weeks of civil engineering practices at FERL from May 31 to June 19.

This year during OPSCEAF, cadets were stationed at a base either in Guam, Florida, Japan, Nevada, or Germany.

"For the first phase, I am working with prior cadets 'logies' that have taken FERL last year preparing the site for the



Courtesy Photo

Master Sgt. Dennis Scott, FERL superintendent and facility manager, performs hands' on tasks during a typical day on the job.

arrival of the cadets," said the senior NCO.

For the second phase, as site superintendent and facility manager, he is responsible for the welfare of everyone on site 24/7 while the cadets live on the site. He interacts with the cadets during all phases of FERL to ensure their safety and needs.

The 50 acre FERL site is located in Jacks Valley, east of CATM.

Recently the site supported the Fort Carson special forces training prior to their deployment, and an Air National Guard Unit from Denver's Buckley Air Force Base as they maintained their annual training.

"I am responsible for 27 pieces of heavy equipment such as a backhoe, bobcat, graders, dozer, forklifts, loaders, scraper, dump trucks, farm tractor, rollers, paver, excavator, sweeper, water trucks, and a crane," the sergeant said. "FERL hours range average 10-plus hours each day. I'm responsible for recruiting about 50 mentors to include

their funding, lodging, transportation, and to be available for them if needed throughout their tour here."

FERL work is useful.

Since 1998, the wood frame activity, for example, has constructed 23 modular homes for the Navajo Nation in Gallup N.M. This year, cadets built two modular homes with assistance of the mentors that were selected.

The cadets placed four concrete pads for hardbacks at the basic cadet training area on a self help project, and laid 200 tons of asphalt for supporting Base CE for an overlay to the Aardvark auxiliary runway.

Cadets accomplished a self-help project at the base lodging laundry room, removing a wall and refinishing the area which enabled a \$40K per year cost savings for their unit.

FERL is based on a contingency type environment. There is not a need to create any additional hardships for the students.

For example, the 2009 FERL class

did stay in hardback tents for their three week stay. However, they were allowed to leave the site during the evenings and weekends. The Class of 2010 will enjoy the newly constructed wood framed billets as well as a new shower and shave latrine.

"Currently I have two mentors from an Air National Guard Unit and enormous support from the Seabee Unit out of Fort Carson who constructed 16 enclosed buildings which replaced the hardbacks with tents, he said. "The FERL vision is to provide cadet training, manage a site for the entire military force to train, and promote civil engineers throughout the civilian sector."

The superintendent, focused on the discipline of time management, finds time for other things as well.

He is an active member of the Air Force Sergeants Association as service chair. He visits nursing homes throughout Colorado and every month conducts a recreational game at Denver Veterans Administration nursing home.

Sergeant Scott is an active member of the Pikes Peak Society of American Military Engineers as the NCO Liaison promoting civil engineers to children at schools and throughout the community.

Then there's his Archery Club membership.

Each year he assists the Colorado of Wildlife as a hunting guide on base for their annual deer hunts.

Not surprisingly, he is on-call as crane support for the Crash Recovery Team.

"I draw great personal satisfaction from working with FERL," said the engineer par-excellence. "It comes from taking care of people and knowing that you have a large part in its success and recovery from crisis when they occur.

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In-processing day included saying 'goodbye'

By Cadet 1st Class Kurtis Droppa
Cadet Squadron 2

June 25, 2009 marked the beginning for more than 1,300 new cadets of the Class of 2013. The beginning of Basic Cadet Training is an enormous shift for the new members of the "Long Blue Line," and the impact was visible on all of their faces. Expressions showed anxious anticipation, hope and a fear of the unknown. The same emotions, evident in the faces of the incoming cadets, were visible in the tears of their families as they said goodbye.

In-processing day was not only a commencement, but a conclusion of a past full of youthful memories. One last goodbye, and the parting was final when each of the appointees made his or her way up the stairs in Doolittle Hall to complete administrative work.

While the appointees were occupied with the first



Photo by Mike Kaplan

steps of the cadet transformation, parents visited booths and exhibitions from the falconry club, cadet banks, yearbook staff, the Association of Graduates and other organizations around the Air Force Academy.

"When I first got here, I thought, 'wow, this is pretty

easy,'" said Basic Cadet Mike Leland. "Then after 10 minutes, I knew this was going to be one of the toughest things I've ever done."

In addition to being practical, 2013's beginning was also symbolic as the civilians crossed over the Memorial Bridge from their previous lives to their new commitment in service to the United States. A representative from 2013's legacy Class of 1973 greeted all new basic cadets at this milestone to remind them of their newly claimed heritage and the sacrifices of those that have gone before them, while also imparting words of wisdom and encouragement.

Silence ruled their walk up Heritage Trail to the awaiting buses that would give the basics a ride to the Cadet Area. This gave the new basic cadets one last moment to reflect on their decisions and prepare mentally for the next 38 days of training.

"This is going to be one heck of a ride," said Basic Cadet Francis Marges.

'Twas the ride of their lives

By Cadet 1st Class David Miller
Cadet Squadron 23

After the final tears and hugs were exchanged at Doolittle Hall, the Class of 2013 boarded the buses that carried them to the start of their Air Force careers.

Once the newly-appointed class boarded the buses their military lives began. Seeing others' nervous faces, the basics began their first step of bonding. As a future Academy class, they would have to learn to work as a team and act as a family. Sitting there surrounded by strangers in the same situation provided a jump start for the future cadets.

Pulling away from Doolittle Hall, the next step began. Two cadre members introduced themselves, as

well as some of the essentials of the basic cadets' new military lifestyle.

Commands of, "Shoulders back and chin up!" were shouted up and down the bus, giving new basics their first taste of Basic Cadet Training.

In commanding voices the cadre ordered each basic to place his or her feet at a 45-degree angle, with hands cupped above the knees and eyes straight ahead. According to the cadre, there was nothing these basics needed to be looking at except the backs of the heads in front of them.

Next, the basics were instructed the seven basic responses, phrases which would become the closest ally they had to each other in the upcoming year, while also serving as a memory for life.



Photo by Dave Ahlschwede

On top of the taste of their new lifestyle and the commands the basics learned, came the shock and stress that would begin to prepare them for the everyday Academy life. The unexpected yelling and introduction of new material were both vital in the preparation for the demanding summer of Basic Cadet Training.

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Footprints: the first impression

By Cadet 1st Class David Miller
Cadet Squadron 23

"Get off my bus!"
It's the last command the Basic Cadets of 2013 heard before stepping into the next phase of their lives.

Although many may have been relieved to get off the bus, they had no idea what was awaiting them. One basic expressed his relief to "finally get away from that bus," little did he know what was to come.

With 10 or more cadre awaiting their arrival, the yelling did not stop. The "Footprints" cadre commanded each basic to drop his or her belongings and stand on a set of silver footprints. "Eyes forward,

shoulders back, hands cupped at your side," shouted Cadet 1st Class Dan Fulcoly, from Cadet Squadron 23.

The basic cadets, though still new to military discipline, were expected to have mastered the skills they had learned a few minutes earlier on the bus ride.

After introducing themselves and explaining the history of the class colored footprints where the basics now stood, Cadet Fulcoly announced the enormous shoes the Class of 2013 must be prepared to fill as the newly appointed grey class. After introductions were complete, the cadre was ordered to "fall out and make corrections!" Cadre subsequently got in the face of each basic to correct his or her every fault in the position of attention.

The overwhelming instructions, which helped teach Basics how to stand at attention, a basic military skill that demonstrates discipline, also serves to overwhelm and force a stressful situation onto the future cadets. This puts the mental strength of every basic to the test, to prepare each for the rigors of Basic Cadet Training and the Academy life.

The exposure to quick and demanding training under stress also sets the stage for important and common aspects of Academy life and four degree year. Much the same way as the long-held tradition of the bus ride and class colored footprints, the Class of 2013 will share not only these experiences with fellow classmates, but all Air Force Academy graduates.



Photo by Mike Kaplan

Just take a little off the top

By Cadet 1st Class Istvan Prileszky
Cadet Squadron 25

For most of the Class of 2013, as for classes before them, in-processing represents a culture shock like none before it. One event that produces an immediate result in this vein is the haircut station, where military style is imposed on basic cadets.

Basic cadets shuffled in from the hallway, relaxing for the few minutes before they were relieved of the hair they had been so proud of. Many of the barbers were excited to clip long hair from some of the basics' shoulders.

"I had a mullet before I got here," said one basic cadet, who had been prepared to have his hair cut.

The haircut station was a place where basic cadets

could, as Debbie, one of the barbers put it, "Let their hair down." Many, however, found it hard to even relax, nervous and anxious over the day's previous events.

The barbers attempted to relieve their stress and have them relax by asking questions and making small talk. Many of the basic cadets found themselves in lively discussions about hometown theme parks or about their vacation experiences.

Male cadets all had their hair shaved nearly to their scalps, giving them the look shared by classes before them. Females who could put their hair up were able to pass through this station unbothered, weighted down only by some extra hairclips for the rest of basic. Some females, though, chose to have their hair clipped for ease.

For all basics, the new style of their hair was defi-



Photo by Rachel Boettcher

ninitely military, clashing with their civilian clothes.

For some, the haircut was worth it. When asked why he was here by one of the barbers, Basic Cadet Rafael Magaña III replied, "They offered me a free haircut, so I showed up."

After basic cadets had their haircuts, they found themselves quickly back at attention in the hallway, where they were sternly directed to the next station by the nearest cadre member.

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Falcon Football set for season kick off



Photo by Dave Armer



Quarterback Tim Jefferson
2nd Row: Defensive Line Ben Garland, Fullback Jared Tew
3rd Row: Tailback Savier Stephens, Defensive End Rick Ricketts, and Inside Linebacker Ken Lamendola



Photo by Dave Armer



Photo by Mike Kaplan



Photo by Dave Armer



Photo by Dave Armer

By Troy Garnhart
 Director of Athletic Communication

Air Force head football coach Troy Calhoun's philosophy is that he likes competition at every position.

How much so?
 The coaching staff moved starting tailback Asher Clark, a recruited quarterback, back to his original position to evaluate him during spring drills. Clark was moved to tailback during fall drills last year and became the starter at mid-season.

"We never really had a chance to fully evaluate him at quarterback last fall and I want him to get a spring practice under his belt at quarterback and see his development. We need to develop some depth at the position," Coach Calhoun said.

Clark finished second on the team in rushing with 588 yards and five touchdowns. Minor knee surgery cut his spring short, so he'll open fall drills at quarterback. The procedure was fully successful and Clark is expected back at full speed. Halfback Chad Hall had the same procedure prior to his All-American senior campaign in 2007.

Quarterback Tim Jefferson missed most of spring drills to concentrate on his academics and participated in only a handful of practices. The 2008 Mountain West Conference freshman of the year showed improvement and is expected to be back under center this fall.

Jefferson hit 44 of 80 passes for 655 yards and five touchdowns a year ago. He also rushed for 387 yards and three touchdowns and started the last eight games of the season. He won his first five starts and proved the program has a bright future at the position.

Junior Ben Cochran and sophomore Connor Dietz received significant action at quarterback throughout the spring. Both will add depth at the position and greatly benefited from the additional spring work.

"We did a lot of work with these guys throughout the spring," Calhoun said. "The work Dietz and Cochran received will be beneficial for us. We need to develop depth there."

Perhaps the strength of the Falcon offense, however, could be the offensive line. Seniors Nick Charles (guard) and Chris Campbell (tackle) return



Photo by Mike Kaplan

to anchor the group. Both were all-conference performers a year ago, with Charles earning second-team honors.

Seniors Ryan Gonzales (tackle), Peter Lusk (guard) and Michael Hampton (center) will fill out the starting offensive line. Juniors Chase Darden and Tyler Schonsheck and sophomores A.J. Wallerstein, Jeffrey Benson and Michael Hester should help provide depth. The coaches also had players play multiple line positions during the spring to help with depth.

"We've been pretty fortunate the last two years in regards to injuries," Calhoun said. "We need to develop depth at every position to help us if we take our turn with injuries."

The receiver position seems to have plenty of depth and talent returning. Junior Kevin Fogler and senior Josh Cousins will compete at one receiver position while junior Kyle Halderman and sophomore Jonathan Warzeka will duel at the other. The tight end position will be manned by Sean Quintana, who played a few games there last season out of need. He's made the transition from wide receiver full time now. Junior Chaz Demerath will also compete for time at the position. Senior Anthony Hemphill could also become a factor at wide receiver.

Cousins led the Falcons in receiving a year ago with 16 catches for 176 yards and two touchdowns. Halderman finished third on the team with 12 catches for 266 yards and a team-high three touchdown catches. He also averaged a team-best 22.2 yards per catch. Halderman also had 36 carries for 350 yards and a score while averaging 9.7 yards per carry. Fogler added 11 catches for 214 yards.

The tailback position will feature Clark, along with junior Savier Stephens, who had 236 yards and two touchdowns as a reserve last year. Fullback Jared Tew, the team's Armed Forces Bowl most valuable player with a career-high 149 yards rushing and two touchdowns, spent the spring at tailback and demonstrated he can play both positions. Junior Ryan Southworth will be the other fullback.

The defensive line was hit hardest by graduation, as first-team all-MWC performer Jake Paulson and Ryan Kemp are gone. Senior Ben Garland returns and brings with him 39 total tackles, 7.5 tackles for loss and four sacks from last season. He'll be joined by senior Myles Morales and junior Rick Ricketts, who saw action in every game last year and proved to be a valuable asset. Ricketts had 28 total tackles and 2.5 for loss. Juniors Wylie Wikstrom and Bradley Connor and sophomore Ryan Gardner will all provide depth. It's this group that caught the coach's eye during the spring.

"I'm looking forward to seeing what Wikstrom and Morales can do in the fall," Calhoun said. "They both need to get bigger and stronger, but I think they can do it and help us a good bit."

Juniors Ken Lamendola and Andre Morris, Jr., along with senior Justin Moore, are returning starters at linebacker. Lamendola finished third in the conference in tackles last year with 118 and added 4.5 for loss and three sacks. He became one of just a handful of sophomores in school history to hit the 100 tackle mark.

Senior John Falgout and sophomores Jordan Waiwaiole and Austin Demmel, along with junior Braylon Gurnell round out the linebacker corps.

The secondary could be one of the most talented groups on the field for the Falcons. Led by senior Chris Thomas, who recorded a second straight 100-plus tackle season in 2008, the group may be one of the best in recent years. Thomas added 9.0 tackles for loss, led the conference with four fumble recoveries, forced two fumbles and had an interception.

Junior Reggie Rembert returns, along with his 66 total tackles, 6.5 tackles for loss and team-best three interceptions. Rembert will also be a key return man for the Falcons. He was among the



Photo by Dave Armer

league leaders a year ago in punt returns with a 12.8 average.

Sophomores Jon Davis and Anthony Wright are the likely other starters after receiving valuable playing time last year. Wright started 10 games last year at corner and recorded 43 total tackles. He sealed the Houston win with a fourth-quarter pick. Davis stepped up in the spring and has become a big play guy. Sophomores P.J. Adeji-Paul and Phil Ofili, along with juniors Elliott Battle and Jon Ashley, will provide depth.

The kicking game may be the most taxing to replace, as two-year starter Ryan Harrison is lost to graduation. Harrison handled all the kicking duties, including kickoffs, field goals, extra points and punts. Harrison kicked a school-record 24 field goals last year after tying the old record of 19 the year before. He was a semifinalist for the Lou Groza National Place Kicker Award.

Senior Brandon Geyer has the lead to replace Harrison as the starting punter. He showed his talents briefly last year, replacing Harrison for nine punts and recorded a 48.9 average. He'll have competition from junior Keil Bartholomew. The place kicking duties will be a battle between junior Zach Bell and sophomore Garrett Jack. Both showed flashes in the spring. Sophomore Colton Reid and Southworth will compete to be the deep snapper.

"Every position is open," Calhoun said. "You have to have that at an Academy because you can't ever stop working to improve. We need to keep things as competitive as possible and keep our edge. We need to have a fire about us. This spring was hands down the most expansive since we've been here. We can never relax and just be vanilla."

Player development starts with personal development



Photo by Dave Arme

Falcons head football coach Troy Calhoun.

By Staff Sgt. Eric Bolt
Academy Public Affairs

"A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things worthwhile, it can be done."

These words came from Vince Lombardi, former head coach of the NFL's Green Bay Packers from 1959-67, winning five league championships during his nine years.

As with many of Coach Lombardi's famous speeches, his words carry off the field and into the lives of those whom had the pleasure to hear them the first time. Though these words were not spoken to the cadets preparing to be future officers of character doing battle on the gridiron, it is the message that U.S. Air Force Academy Falcons football head coach Troy Calhoun has emphasized to his team from day one.

"There is a clear purpose for what we do here," Coach Calhoun said. "It is to develop the young men and women who are here to become graduates of the Academy."

"It all starts with character," the 1989 graduate added. "There is a process that must occur and it starts with iden-

tifying really talented young people who are bright and have shown strong leadership potential. While they are here, we further develop those traits—selflessness, self discipline, regard for others, mutual respect and team pride. When these traits are embedded and developed, you will be at the point where you can open the sky to leadership potential."

Though only having coached the Falcons since 2007, Coach Calhoun has had a direct effect on many of the Air Force's newest officers.

"I've only been an officer for a couple of weeks, but my leadership ability was definitely established on the field under Coach Calhoun," said 2nd Lt. Aaron Kirchoff, a financial analyst with the 50th Space Wing Comptroller Squadron at Schriever Air Force Base, Colo., and former Falcons free safety.

"It's the unity that was instilled by Coach Calhoun, especially because he was a graduate and served as an officer," said the 2009 graduate. "For example, as a free safety, I was the last line of defense. Other defensive players needed to trust me to be there when they missed a tackle. That is kind of how I lead as an officer. I expect you to do your job, but when someone in the unit drops the ball, everyone in the squadron needs to be there to help them out."

Lieutenant Kirchoff's philosophy on leadership with an emphasis on teamwork can be easily related back to Coach Calhoun's mentorship.

"We don't have team captains on this team," said Coach Calhoun. "Leadership-wise, they all need to be assertive and come to the forefront when it's needed."

Former Falcons quarterback 2nd Lt. Shea Smith also took the Coach Calhoun's teachings with him as he embarked on his career as an Air Force officer.

"Coach gave us advice about doing the right thing off the field in order to prepare ourselves mentally and physically for gameday," Lieutenant Smith, Academy graduate assistant coach said. "That is a good lesson: realizing that the choices you make, like where to spend your off-duty time and what to put in your body, affect your performance."

"It's important to know that you are always repre-

senting something more than just yourself, even in the actions of your private life," he added. "As players here, we were always representing the football team (whether we wanted that or not). Now, as officers, we are always representing the Air Force, when we're on the job or off. I do want to stress that to our players now also. I want them to be young men of great character, and character is who you are all the time."

Coach Calhoun's and Lieutenant Smith's belief in doing the right thing on- and off-duty ties directly to a quotation on leadership by German Field Marshall Erwin Rommel.

"Be an example to your men, in your duty and in private life. Always be tactful and well-mannered. Avoid excessive sharpness or harshness of voice, which usually indicates the man who has shortcomings of his own to hide," said Rommel in a quote taken from the 2009-2010 "Contrails" cadet instruction book.

"I try to develop as much heart and character in my players," Coach Calhoun said. "The more players have an understanding of what it takes to be well-rounded, the better they will play as a person and, more importantly, as a team."

Lieutenant Kirchoff shared his memory of how Coach Calhoun emphasized heart and character among his players.

"No matter what game we were going into or who we were playing, he always knew we could win," he said. "Sometimes you can tell when a coach or player is scared of losing, but that was never prevalent inside the Academy locker room. He instilled in all of us that we could win every single game, and of course we are not going to win every game, but a team of players who all know we can win is hard to beat."

The Academy football program's goal is to first develop its players into officers of character and then to focus on winning that week's game, and it appears as though Coach Calhoun is succeeding at developing his players and preparing them to become Air Force leaders.

"I came to the Academy to play for Coach DeBerry, but I stayed at the Academy because of Coach Calhoun," Lieutenant Kirchoff said.

Stadium lists entry requirements and times

By Athletic Communications Staff

Air Force opens the 2009 season Saturday by hosting Nicholls State at 12:06 p.m. in Falcon Stadium.

The Academy's north and south entrances open at 8 a.m., or four hours prior to kickoff, Saturday to allow fans access to Falcon Stadium. Please note that security barriers are installed at both North and South gates which will have the effect of reducing speed and lane changes at the entry gates. Please proceed through these gates with caution and avoid any lane changes as traffic will be flowing through in all entry lanes.

As a reminder, Fanfest starts at 9:30 a.m., or two and one-half hours prior to kickoff, in front of the stadium. Parking Lot 3 and gates to Falcon Stadium open at 10 a.m.,

or two hours before kickoff. There is no re-entry into Falcon Stadium. Fans are welcome to tailgate in the stadium parking lots prior to the game and for up to three hours after the game's conclusion.

Security restrictions for entry to the stadium are in place with few changes from last season, to include policies regarding cameras and water bottles. Still cameras and handheld video cameras will be allowed. But flash photography is not permitted.

Empty or factory-sealed soft plastic water (water only) bottles, 24 ounces or less will be permitted.

Items prohibited at Falcon Stadium for the 2009 football season include: alcoholic beverages, food, umbrellas, backpacks of any sort, artificial noisemakers, banners or large signs (no signs larger than 18 x 24 inches), laser

pointers, weapons, firearms, fireworks, glass containers, cans, bags larger than 8x11 inches, and any items that cannot be readily inspected.

The only exceptions to the food and drink prohibition will be for people with certain medical conditions and infants (these must be requested in advance, by contacting Athletic Events Management). Pets other than working service dogs are not permitted. All hand-carried items will be checked, to include purses, diaper bags, fanny packs, seat cushions, and blankets.

All patrons entering the stadium are subject to search. Initial visual screening and a pat down will be performed upon entry. Elevated screening procedures may be used, including metal detectors, if the base's security posture is heightened.

2009-10 Men's Basketball Schedule

Nine opponents that played in post-season tournaments last season and 13 national television appearances highlight the 2009-10 Air Force men's basketball schedule, released today by head coach Jeff Reynolds.

Air Force, coming off a 10-21 record last season, opens the regular season on Nov. 13 as the Falcons host Western State College, followed

by the Reggie Minton Air Force Classic on Nov. 20 and 21. The two-day event features Northern Colorado, Texas Southern and Dickinson State College (N.D.). The Falcons will play Dickinson State on Nov. 20, with the consolation and championship games scheduled for Nov. 21.

The Falcons continue play at home against Charleston Southern on Nov. 28 and North Carolina Central on Dec. 2 before hitting the road

to play Missouri State as part of the inaugural Mountain West / Missouri Valley Challenge Series on Dec. 5 in Springfield, Mo. A home game against Prairie View A&M on Dec. 8 precedes Air Force's second road game of the season against 2009 NIT participant Washington State in Spokane, Wash., on Dec. 12.

Two consecutive games at Clune Arena against Northern Arizona (Dec. 19) and UC Davis

Continued next page

Fort Carson wins Rocky Mountain soccer tourney

By Dave Castilla
Intramural Sports Director

Talk about déjà vu. The two top teams from last year's competition were battling it out again in the championship match of the 2009 Rocky Mountain Soccer championship hosted by the Academy Saturday.

Fort Carson took a hard fought 2-1 match over Schriever Air Force Base.

Schriever ended the first half with a one to nil lead. The lone goal was scored on a tap in by Marcus McKindra.

In the second half, Fort Carson kept the pressure on playing most of the game in its half of the field. With less than 10 minutes left in the game, Schriever's goalie was called for taking down Clinton Norton inside the box. Anthony Vasquez was called on to kick the penalty shot and made it, tying the score at 1.

With about a minute left Norton received a long pass down the middle from Rony Reyes setting Norton up on a one on one with Schriever's keeper. Norton got the better of the situation and scored the go-ahead goal for Fort Carson.



Photo by Mike Kaplan

Jonathan "Jonny" Walker (right) tries to gain position on Academy's Brendan Victory during an Academy win over F.E. Warren Air Force Base, WY. Victory put three in the net for the Academy throughout the Rocky Mountain Soccer Championship Tournament Saturday.

With time running out, Schriever could not muster any more offensive threats.

Fort Carson has won the championship for the second straight year, with Schriever taking the runner's-up slot again. Fort Carson's coach Rony Reyes praised

Clinton Norton for scoring seven goals in the tournament with four coming against Buckley AFB.

Fort Carson received the traveling plaque and both teams will receive 15 T-shirts each.

Saturday's results

USAFA	2	Peterson	0
Schriever	3	Fort Carson	0
F.E. Warren	4	Peterson	0
Fort Carson	6	Buckley	2
USAFA	2	F.E. Warren	0
Buckley	1	Schriever	1

Semi finals

Fort Carson	3	USAFA	0
Schriever	2	F.E. Warren	0

Finals

Fort Carson	2	Schriever	1
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Standings

Fort Carson	1st
Schriever	2nd
USAFA and F.E. Warren	tied for 3rd
Buckley and Peterson	tied for 5th

All the military installations in the Rocky Mountain region participated in the soccer tournament. The format had USAFA, FE Warren and Peterson in Pool (A) and Fort Carson, Buckley and Schriever in Pool (B). The top two teams coming from each pool would participate in a single elimination tournament to determine the champion.

Air Force volleyball set for weekend invitational

By Valerie Perkin
Athletic Communications

Fresh off its best start to a season in 10 years, the Air Force volleyball team travels up Interstate-25 for the Denver Invitational on Friday-Saturday. The Falcons will face local host Denver, in addition to West Virginia, Southern Utah and Eastern Illinois. All matches will be played at Hamilton Gym on the campus of the University of Denver. Live stats will be available for each match.

Air Force opens the invitational on Friday, Sept. 4, against host team Denver at 1 p.m. The Falcons will also play West Virginia during the first day of action. On Saturday Air Force will face Southern Utah at 11 a.m., before returning to the court at 5 p.m., to conclude tournament play against Eastern Illinois.

The Falcons hold winning records against three of this

weekend's opponents and have never faced the fourth in West Virginia.

Although many of the matches occurred during the Division II era, Air Force is 32-9 all-time against Denver. The Falcons also hold a Division II record of 2-0 against Southern Utah. However, the last time the two programs competed against one another was during the 1980 season, as the Thunderbirds haven't fielded a volleyball team for the last 20 years. Air Force holds a 2-0 mark against Eastern Illinois, most recently a 3-2 victory over the Panthers in 2003.

At 2-1 West Virginia is the only opponent entering this weekend with a winning record. Southern Utah and Eastern Illinois both split the opening weekend of play at 2-2, while host Denver is 0-3 on the year. The Mountaineers opened the season with a loss to Oakland, but responded with sweeps over Towson and Saint Francis.

The Panthers defeated Kent State and IPFW, before falling to Butler and Drake. The Thunderbirds claimed victories over Delaware State and Texas Pan American, while falling to Sam Houston State and Louisiana-Lafayette. The Pioneers had a tough opening weekend, falling to Notre Dame, LSU and fifth-ranked Stanford.

Air Force's 3-1 season-opening weekend is the best start to a season since 1999. The season, the Falcons defeated Mississippi, Eastern Illinois and Fordham, before falling in four to Colorado. The Falcons went on to tally a 17-12 overall mark that year.

Three of the Falcons' matches this weekend will be broadcast live on 97.7 KAFA, the Academy's cadet-run radio station. Fans can tune in to listen to the West Virginia, Southern Utah and Eastern Illinois matches. A link to the KAFA site can be found on GoAirForceFalcons.com.

Cross Country team opens 2009 season

By Valerie Perkin
Athletics Communications

The Air Force cross country team opens the 2009 season today as it competes at the UCCS Rust Buster Invitational at North Monument Valley Park in downtown Colorado Springs. The meet's college events are slated to start at 5:15 p.m. for the women and 5:45 for the men.

The course is located in the north section of Monument Valley Park on the East side of I-25. Take the Uintah exit

and go east to Cascade. Turn left. Proceed up Cascade until Fontenero and go left (west). There is a gravel parking lot at the end of Fontenero for parking. The start and finish area are only a couple hundred feet from the street.

The Falcons' 26-man roster features just four seniors and two juniors. Despite losing much of last season's point-earners to graduation, the Falcons return all-conference selection Zach Nordahl, as well as junior Justin Tyner. In addition, the 2009 sophomore class gained valuable

experience last year and will be a valued addition to this year's lineup.

While the men's team is exceptionally young, the women's team benefits from not having had any seniors in 2008. Air Force didn't lose anyone on the roster, while gaining eight talented newcomers. The senior class of Katie Anderson, Katie Lynch, Brittany Morreale and Ally Romanko, features the last two MVP selections in Lynch (2008) and Morreale (2007).

The Falcons return the 2008 women's

MVP and Most Improved Runner in senior Katie Lynch, as well as the 2008 Freshman of the Year in Auriele Fain. On the men's side, Air Force welcomes back Justin Tyner, the 2008 Most Improved Runner, and James Walmsley, the 2008 Freshman of the Year.

The Falcons will be led by Juli Benson, who is entering her first season as the head coach of the Air Force cross country team. During the 2009 track season, her distance runners accounted for a pair of conference titles and Academy records.

From previous page

(Dec. 22) lead Air Force into the Sun Bowl Invitational at El Paso, Texas, on Dec. 28-29. The Falcons, who captured third place at the same tournament during the 2002-03 campaign, will open against Niagara, who also played in the NIT last season, while UTEP battles Norfolk State in the other first-round game. Air Force completes its non-conference slate at home against

Texas-Pan American on Jan. 2.

Air Force opens its Mountain West Conference schedule with a pair of road games at TCU (Jan. 6) and Colorado State (Jan. 9). Two teams that shared last year's regular season championship, BYU and New Mexico, then come to Clune Arena on Jan. 13 and Jan. 20, respectively.

Defending MWC tournament champion Utah invades Clune on Feb. 24, followed by UNLV on

Feb. 27. The regular season ends on March 6 at home against San Diego State.

The Falcons will appear on national television 13 times in 2009-10. Air Force will appear 12 times on The Mtn., and once on CBS College Sports Network.

The Mountain West Conference tournament, once again in Las Vegas, Nev., runs from March 10-13.

Academy donors welcomed for local blood drive

By Maj. James Hoyman
Cadet Squadron 33
Air Officer Commanding

The Air Force Academy is set to hold a three-day blood drive from noon to 6 p.m. daily Wednesday through Sept. 11 in Arnold Hall.

Through the Armed Services Blood Program, officials say the Academy's goal is to raise 1,200 units over the three afternoons.

All blood donated goes directly to our troops. From the time donated, the blood will be in theater within one week to help an injured Soldier, Sailor or Airman.

Appointments are not required but are encouraged. Appointments can be made at: http://www.militaryblood.dod.mil/Donors/can_i_donate.aspx. Medical

restrictions that might prevent one from donating are also included.

General guidelines to donate include:

- Weighing at least 110 pounds
- Be at least 17 (age may vary by state)
- Have been feeling well for at least three days
- Be well hydrated
- Have eaten something prior to donating
- Travel Restrictions

Specific conditions and activities may prevent a potential donor from being eligible to donate. For example, travel to areas where illnesses are or have been prevalent can disqualify. Though most travelers will not become ill, there is a period of time where a traveler may be infected, but not display symptoms. To ensure the health of blood recipients,

travelers are deferred from donating until the window where symptoms may appear has passed.

See the table below for specific coun-

tries of interest.

For more information, call Maj. James Hoyman at 333-4604 or Master Sgt. Steve Honda at 359-6366.

Country/Region	Donation Restriction
Iraq, Afghanistan and other malaria-endemic areas, less than 5 consecutive years	12 months deferral upon return
Iraq, Afghanistan and other malaria-endemic areas, more than 5 consecutive years	3 years deferral upon return
England from January 1980 - December 1996 for greater than 3 months (cumulative)	Deferred from donating indefinitely
Europe from January 1980 - December 1996 for greater than 6 months (cumulative)	Deferred from donating indefinitely
Europe from January 1980 - present for greater than 5 years (cumulative)	Deferred from donating indefinitely
North of Seoul, Korea (the 37.7 parallel) for less than 5 years (cumulative)	Deferred for 2 years following return
North of Seoul, Korea (the 37.7 parallel) for more than 5 years (cumulative)	Deferred for 3 years following return
Kuwait	There is no deferral for this travel
Qatar	There is no deferral for this travel

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Football luncheon

The first Falcon Football luncheon of the season is set for 11 a.m. today in the Falcon Stadium Press Box. Doors open at 10:30 a.m. The event is open to the public and Coach Troy Calhoun will discuss the game plan against Nicholls State. For \$7, attendees will have Penne Rosa, Japanese Pan Noodles, mac & cheese, Mediterranean Salad and rice krispy treats and beverages. Call Denise Quelch at 333-0261 for more information.

Education Fair

The USAFA 10th FSDE Education Services and the 10th MDG hosts an Education Fair on Nov. 19 from 11 a.m. to 1 p.m., in the lobby area of the 10th Medical Group, 4102 Pinion Drive.

This is a great opportunity to meet with representatives from many of the local colleges and universities to find out about education programs that can help you meet your education and career goals.

Representatives will be available to discuss a wide variety of programs suited to the needs of both the traditional and the non-traditional student. All are welcome to attend—come join us and see how far education can take you!

For more information call the USAFA's 10th FSDE Education office at 333-3298.

Cadet Sponsorship office short 200 sponsors

The Air Force Academy Cadet Sponsor Office is 200 sponsors short for the Class of 2013. Officers, O-3 and above and enlisted, E-6 and above who are at least 28 years old, either active duty or retired, are eligible to be cadet sponsors. Civil Service employees who are GS-05 and above, or the equivalent pay band, are also eligible. For more information on the Cadet Sponsor Program, see the Sponsor Handbook online by logging on to the USAFA website: www.usafa.edu. On the right menu on the homepage under Special Interest, click on Cadet Sponsor Program.

If you are interested in becoming a cadet sponsor contact the Cadet Sponsor Office at 333-2727 or via e-mail at cadet.sponsor@usafa.edu.

Parade float

Team USAFA is looking for members of the Veteran's Day Parade Float Committee (design & construction). No skill level is too small and ideas and past experience are welcomed. Members will meet to design/construct the float approximately every other week until October, then weekly until the Parade, Nov. 7. For more information, e-mail megan.stclair@usafa.af.mil or todd.farlee@usafa.edu.

Temporary closure

On Sept. 14, the 10th FSS Customer Service Section will be closed due to Defense Enrollment Eligibility Reporting System upgrades. DEERS-associated transactions to include issuing ID/CAC cards, PIN resets or update any dependent or member information will be unavailable. Alternate DEERS/customer service locations include Peterson Air Force Base (556-4673), Schriever AFB (567-5900) and Fort Carson (524-3704). A call to one of these locations in advance to ensure their DEERS terminals are operable is suggested. Call 333-8750 for more information.

Ongoing road work

In the ongoing effort to repave deteriorated Academy roadway surfaces and install drainage lines, there will be a partial road closure on North Gate Blvd. Phase II will run from 6 a.m. Tuesday through Oct. 6 when the eastbound lanes will be closed. For more information, call Christopher Padilla at 896-6445.

Strength training

Many activities continue at the Academy Health and Wellness Center including a new strength training class called, "Basics to Strength Training." If you're intimidated by strength training machines, and techniques, then this class is for you. Every Friday at 8 a.m., Sharon Hawkes, fitness program manager, and assistant Victoria Green will teach. The goal is to ensure attendees learn to create a more efficient, productive, and healthy exercise routine. The staff will help demonstrate correct lifting technique, the proper

machine functions, and the overall basics to an effective exercise routine. Call 333-3733 or 333-4522 for more information.

Health and wellness

The Academy Health and Wellness Center staff reminds September is National Cholesterol Month and offers the following:

1. LDL & HDL Level Reading
2. Nutrition and Cholesterol Education
3. Commissary tour to identify food items with cholesterol—Sept. 16 and 30 from 9 to 10 a.m.
4. Healthy Lifestyle 101 Class

Call 333-3733 for an appointment or more information.

Spaced out?

There's space available at the Milazzo Center and Community Activities Center downstairs for functions. Rooms are available for military functions, retirements, promotions, dining in/out, off sites, meetings and training sessions, etc. Call 333-2928 to make an appointment to visit facilities.

A&FRC offerings

The Academy's Airman and Family Readiness Center hosts the following classes in September. Call 333-3444 with questions or to register.

Pre-separation counseling

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

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

SCORE – business sense

Today; 9 a.m. to noon
Those considering starting a personal business can get answers!

VA briefing

Tuesday and Sept. 28; 8 a.m. to noon
This briefing provides a comprehensive overview of VA benefits for separating/retiring military personnel. Topics include: medical care, disability compensation, education, vocational training, vet preference, small business loans, home loan guarantees, and more.

Sponsorship training

Thursday; 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.

Medical records review

Sept. 14 and Sept. 28; 7:30 a.m. to 4:30 p.m.

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

Smooth Move

Sept. 15; 3 to 4 p.m.
Learn innovative and proven ways to make your move a smooth one.

*This is a mandatory class for individuals departing the Academy.

Troops to Teachers

Sept. 16; 11:30 a.m. to 1:30 p.m.
This workshop provides information for military personnel interested in beginning a second career in public education as a teacher. Learn how you can make the transition to this rewarding career.

Newcomer's Orientation & Information Fair

Sept. 17; 9 a.m. to 4:30 p.m.

Mandatory orientation for all newly assigned USAFA personnel. Spouses welcomed.

Event is held at the Milazzo Center.

Resume Writing

Sept. 18; 9 a.m. to noon

Learn different types of resume and cover letter styles and how to make them more effective. Learn to entice an employer to call for an interview.

TAP seminar

Sept. 22-25; 7:30 a.m. to 4:30 p.m.

Separating in a year or retiring in two years or less? The Transition Assistance Program workshop is designed to provide the knowledge and skills necessary for a successful transition into the civilian workforce. Learn interviewing skills, resume writing, networking, negotiations, dress for success, and much more. Call now to reserve your spot. Plan to attend well in advance as these workshops fill up quickly.

Newcomers Red Carpet Base Tour

Sept. 25; 8:45 a.m. to 2:30 p.m.

This informative, fun-filled, base tour gives insight into the Academy's mission and reveals most of the events/activities at the Air Force Academy. Stops include: USAFA Stables, cadet chapel, Arnold Hall, skills development center, outdoor recreation, and much more.



Bear Creek Nature Center

The Bear Creek Nature Center offers programs for all ages. Reservations are required, to reserve your spot call 719-520-6387.

Moonlight Expedition

Today, 6:30 to 8:30 p.m.

The whispers, silhouettes and cool crisp air of the night are yours to enjoy as we walk along the trails of the Bear Creek foothills by the light of the full moon. (\$3/member, \$4/nonmember)

Honey Harvest

Sept. 12, 9 a.m. to noon

Honeybees make honey, pollinate plants, and offer a fascinating glimpse into the animal world. Watch beekeepers extract honey from the comb and enjoy a sample, discover the A, Bee, C's of bee biology, create a "bee-utiful" craft, and buy local honey products. (\$4/member, \$5/non-member)

Teddy Bear Picnic

Sept. 19, 11 a.m. to 1 p.m.

Children are invited to bring their favorite teddy bear for a hiking adventure in Bear Creek Park. After the hike we'll enjoy our favorite picnic, story, and a teddy bear parade. (\$3/member, \$4/nonmember)

Bear Creek Stewardship Day

Sept. 26, 9 a.m. to noon

Calling all helping hands! Scouts, families, teens, and others are invited to give back to the park by working in the native water-wise gardens and along the trails completing various projects. BYO gloves. (Free)

The center is located in the western portion of the Bear Creek Regional Park near 26th Street and Lower Gold Camp Road at 245 Bear Creek Road, Colorado Springs, CO 80906.

For more information log on to their Web site at http://adm.elpasoco.com/Parks/Bear_Creek_Nature_Center.htm.

SCHEDULE OF WORSHIP

CADET CHAPEL

Call 719-333-2636 for more information.

Buddhist

Wednesday - 6:30 p.m.

Jewish

Friday - 7 p.m.

Muslim

Friday Prayer - 12:15 p.m.

Protestant

Traditional Worship

Sunday - 9 a.m.

Liturgical Worship

Sunday (Music Room) - 10:30 a.m.

Contemporary Worship

Sunday - 11 a.m.

Roman Catholic

Mass

Sunday - 10 a.m.

Academic Year, when cadets are present

Mon, Tues, and Thurs - 6:40 a.m.

Wednesday - 6:30 p.m.

Sacrament of Penance

Sunday - 9:15-9:45 a.m.

Academic Year, when cadets are present

Wednesday - 5:30-6:15 p.m.

Exposition of the Blessed Sacrament

Academic Year, when cadets are present

Wednesday - 5:30-6:20 p.m.

Paganism/Earth-centered Spirituality

Contact TSgt Longcrier at 719-333-6178

or Robert.Longcrier@usafa.edu

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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