

USAF ACADEMY, COLORADO ACADEMY SPIRIT

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August 6, 2010

Academy adds three to Long Blue Line

The Class of 2010 added three more lieutenants to its ranks July 30 during the summer session graduation and commissioning ceremony in Arnold Hall here.

The Air Force's newest second lieutenants are:

- Christopher Copeland of Huntington, Tenn. Lieutenant Copeland graduated with a Bachelor of Science degree in management, and his next assignment is to train as a space and missile officer at Vandenberg Air Force Base, Calif.

- Patrick Hastings of Albuquerque, N.M. Lieutenant Hastings graduated with a Bachelor of Science degree, and his next assignment is to report to Ran-

dolph Air Force Base, Texas, for training as a Remotely Piloted Aircraft pilot.

- Joseph Crisostomo of Barrigada, Guam, graduated with a Bachelor of Science degree in Humanities. Lieutenant Crisostomo's next duty assignment is to McChord Air Force Base, Wash., to be an aircraft maintenance officer.

Air Force Academy Superintendent Lt. Gen. Mike Gould was the guest speaker for the ceremony.

General Gould and Col. Richard Fullerton, the vice dean of the faculty, presented diplomas to the new graduates, after which the graduates took the oath of office and had family members pin on their new rank.



From left: Cadets 1st Class Patrick Hastings, Joseph Crisostomo and Christopher Copeland swear the oath of office during their graduation ceremony July 30.



PHOTOS BY J. RACHEL SPENCER

An HH-60 Pave Hawk helicopter flies over Arnold Hall during a graduation ceremony for 2nd Lts. Joseph Crisostomo, Christopher Copeland and Patrick Hastings July 30.

Superintendent discusses pride, duty, respect

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

The Air Force Academy superintendent talked with permanent party Airmen and cadets here this week about how to further develop the Academy's institutional pride and prepare for the new academic year.

Lt. Gen. Mike Gould explained that pride comes through common and challenging experiences and that it is evident in many areas of the Academy's mission.

"It's incredible to watch the excitement and everything that kicked into

gear for Basic Cadet Training," General Gould said. "The cadre who trained the (basic cadets) did an absolutely tremendous job. The classes of 2011 and 2012 really stepped up to set that role model for them."

The operations tempo here did not slow down after the Class of 2010 graduated May 26, the general noted.

"After graduation, I was looking forward to a little bit of a break ... and it lasted about two days," he joked.

Afterward, "we watched things just kick back into gear," he added. Summer programs included combat skills training, Global Engagement exercises,

language and cultural immersions and airmanship programs at the Academy Airfield. More than 450 cadets, including some from ROTC programs, traveled for cultural immersion. Roughly 1,200 cadets took part in airmanship programs, including about 90 who went through the new unmanned aerial systems airmanship program.

"At the same time, I've watched the 10th Air Base Wing hardly take a breather," General Gould said. "There's more dirt turning right now at this Air Force Academy than I've seen in a long time."

As the Academy enters the 2010-

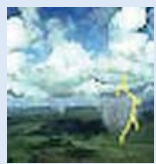
2011 school year, the general said he wants to focus on building pride.

"We've talked a lot about this vision of fanatical institutional pride, but it isn't something you can just flip a switch on and say, 'Let's be proud,'" he said. "There's a lot that goes into it. Pride is rooted in excellence, and excellence is enhanced through common and challenging experience. There was pride when I went out to Jacks Valley and listened to the cadre running CST. They'd say, 'Boss, this is the best program we have at this Academy.' There's a lot of pride in those cadets who just

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Weekend Weather

FRIDAY
High 83
Low 56



Isolated
T-storms

SATURDAY
High 87
Low 55



Isolated
T-storms

SUNDAY
High 85
Low 55



Isolated
T-storms

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How I learned to live

By Senior Airman Emerald Ralston
92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. — I thought I was ready for war. I had gone through Army combat skills training at Ft. Lewis, Wash. I had squared away all my financial and legal documents. I even found a new confidence and a love for the military.

My brother, Army Sgt. Ian Ralston, a combat medic, and I spoke on the phone while I was at Baltimore International Airport, just hours before I boarded my first flight overseas. He offered me advice, motivation and insight into the Army way of doing things, as I was deploying with the 10th Mountain Division.

Like I said, I thought I was ready.

I arrived in Afghanistan and was sent to Camp Spann, about 200 miles north of Kabul. After a couple of weeks, I was preparing to convoy to an even more remote area for the next five months.

Before we left, I made the usual call home. I'd ask my parents to pray for me before I went on convoys so they knew what I was up to and, God forbid, in case anything happened, they would be prepared.

This particular time, I didn't get the "Okay, Honey, be safe," I was used to. Instead I heard my mother's muffled sobs, and through the tears and gasps I put together what I could: the part of the war I wasn't ready for.

"Ian got hit," were the only words I heard before I let out that guttural groan of grief you never want to have to release.

"It's bad ... real bad," were the next words I heard.

My big brother was deployed to Iraq at the time with the 2/23 Infantry Regiment, 4th Stryker Battalion Combat Team, 2nd Infantry Division. He had been on a convoy earlier that day.

The hours that followed felt like years. My unit at Camp Spann acted more quickly than I thought possible. They understood the gravity of the situation and scheduled convoys, flights and liaisons for me at each stop to get me to my brother.

When I finally arrived at Landstuhl Army Medical Center, Germany, my brother was being stabilized and prepared for a medevac to Walter Reed Army Medical Center, Washington, D.C.

I met with Army Sgt. Jake Flores, a close friend of Ian's from their first tour in Iraq. He specifically requested to be Ian's nurse so Ian would always have someone he knew and trusted by his side. He pulled me aside before I entered Ian's room and explained Ian's injury to me.

Sergeant Flores offered me a shoulder to cry on. He reminded me to breathe, and reassured me that if I needed to break down, I could take a moment to do just that before I entered Ian's room. And I did.

My brother -- the reason I joined the military, the reason I wanted to deploy, the person I wanted to make proud more than anyone in the world with my military service -- was now a quadriplegic. Shrapnel from a roadside bomb had penetrated his C2 vertebra. The shrapnel, the doctors told me, would kill him if they tried to remove it.

When I finally pulled myself together, I knew from that point on I had to be strong, I had to take everything the military had taught me about strength and bearing and put it all to the test.

When I walked in, I looked at everything except him.

I looked at the machine that was breathing for him, at the monitors all around his bed. I focused on the sound of the ventilator breathing in and out, the beeping of his vitals. Finally, my eyes rested on my brother. Honestly, he looked fine, as if nothing had happened. But then he looked up at me and tried to smile, and I noticed the tubes in his mouth.

The nurses loaded him onto another litter, taking his tubes, wires and monitors, and rushed him to the fourth floor, the intensive care unit, an area I became very familiar with over the next three weeks.

Later that night, after my parents arrived, a nurse frantically came into his ward and told us we had to look at something. We did, and I knew what I had to do. After all, my parents shouldn't have to ask their son if he wants to be taken off life support.

It was the single hardest thing I've ever done. After we took him off his medication and asked him, he blinked twice. No. He wanted to be kept alive.

From that moment on, I realized the fragility, preciousness and importance of life. I realized the difference

between the war they prepare us for and the side of war that exists in hospitals.

I spent 19 days in Afghanistan and 19 days at Walter Reed. The part of war I saw at Walter Reed was one I didn't see in Afghanistan. It's a side that isn't glamorized in the media like the heroic photos of troops with their weapons at the ready or passing out candy to children in remote villages.

Ian was a Soldier to the core, even when we were kids. Every Halloween, he wanted to wear camouflage. He "bled green" from the day he was born at the U.S. Army Hospital at Wurzburg, Germany.

Ian currently sits in the Veterans Affairs Spinal Cord Injury Center in Minneapolis, Minn., constantly surrounded by friends and family. His positivity is a reminder to everyone who knows him that life is worth living; life is bigger than the problems we face at the moment.

He smiles and laughs every day. He says "please" and "thank you" when asking for medication. He knows he is blessed to be alive, and the nurses and doctors are consistently blown away by his progress.

The doctors say he will never walk again. Ian feels differently. His faith and stubbornness have already taken him past what the doctors told him he would be capable of. People like Ian are reasons to make life worth living, to live a life worth the sacrifices of those who serve.

There are little things we do every day that my brother can't do: scratching his face, clearing his throat, speaking out loud. My brother is one of thousands of men and women who protected our freedoms. He spent his career saving the lives of others. Now he is on the other end of the spectrum.

I urge servicemembers to keep in mind what it means to wear our uniform, the uniform so many Soldiers and Airmen may never be able to put back on because of their sacrifices. Make them and our nation proud by the way we conduct ourselves in uniform and remember what an honor it is to put it on every morning. And remember, when you step foot in the war zone, anything can happen. You may never be prepared for what you may face, but if you ever have to see the horrors of war, face them with honor.

I thought I was ready for war. Now I have to prepare for a fight of a different kind: the fight to help my brother live his life. He has certainly taught me how to live mine.



Senior Airman Emerald Ralston sits with Army Sgt. Ian Ralston, her brother, at the Veterans Affairs Spinal Cord Injury Center in Minneapolis.

ACADEMY SPIRIT

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

Lt. Gen. Mike Gould — Academy Superintendent
Lt. Col. John Bryan — Director of Public Affairs
2nd Lt. Meredith Kirchoff — Chief of Internal Information
Staff Sgt. Don Branum — NCOIC, Internal Information
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The Academy Spirit also accepts story submissions by fax at 333-4094 or by email: pa.newspaper@usafa.af.mil.



DAVE AHLSCHEWEE

How do you define duty?

"Something that you know you have to do that you might not like but know it will benefit someone else."
Cadet 3rd Class
Joe Webster, CS 37



"It's a lot more than obligation. It's responsibility for others and also a sense of pride."
Jeanne Hollander,
Arnold Hall
Student Center



"Mission first, people always. Give 110 percent. Make sure you can take care of your people."
Capt. Michelle Fronzaglia, 10th Medical Services Squadron



"It's something you are proud to do because you are serving your country."
Cadet 3rd Class
Chris Eby, CS 14



Academy supports Scouts' 100th anniversary

By Eddie Lee
Air Force Academy Public Affairs

FORT A.P. HILL, Va. — From opening ceremonies to merit badges to showing off the school mascot, Air Force Academy cadets played a significant part in the National Boy Scout Jamboree at Fort A.P. Hill, Va., July 26 through Aug. 4.

The Wings of Blue Air Force Parachute Demonstration Team helped open the 100th anniversary celebration of the Boy Scouts of America by dropping in as part of the opening ceremonies July 26.

The Wings of Blue made several high- and low-altitude jumps over the jamboree campgrounds from heights between 4,500 feet and 9,000 feet.

Some jumpers used elaborate smoke streamers or carried military service and prisoner of war flags.

They made their jumps from UH-60 Black Hawk helicopters flown by the U.S. Army National Guard from West Virginia.

Cadet 1st Class Jesse Galt, a member of the Wings of Blue, said jumping from a helicopter into the jamboree had special significance for him.

"Three years ago, I was (an Eagle) Scout, and now I'm jumping into air shows all over the country and the world," Cadet Galt said.

A contingent of about 50 Academy cadets ran merit badge booths, ensured scouts knew about opportunities available through the Air Force Academy and



From left: Lt. Col. Scott Drinkard, Steve Archuletta and Cadet 1st Class Jesse Galt, all members of the Wings of Blue Air Force Parachute Demonstration Team, talk about the jump they will perform while in the back of a UH-60 Black Hawk helicopter approaching 9,000 feet above Fort A.P. Hill, Va., July 25.

SENIOR AIRMAN ANDREW LEE

helped teach them about the Air Force in the jamboree's Armed Forces Adventure Area.

Lt. Col. Barton Schuck, of U.S. Northern Command's Information Support Division at Peterson Air Force Base, Colo., served as the Armed Forces Adventure Area commander.

"The adventure area itself is not run by the Boy Scouts," he said. "It used to be run by the Army, but this year it expanded to encompass all the services. It's a great outreach and community relations program. It gives the Scouts a good idea of what all the armed forces are about."

Cadet 3rd Class Nathaniel Lebens, one of 12 Acad-

emy falconers, traveled to the jamboree with Havoc, a 14-year-old peregrine falcon. Cadet Lebens and a member of the Academy's public affairs staff set up a table with information products about the Academy and spoke to more than 20,000 scouts as they increased the scouts' knowledge, awareness and understanding of the Academy and its mission.

One highlight of the 10-day event was a visit by Secretary of Defense Robert Gates July 28. Secretary Gates, an Eagle Scout, told an estimated crowd of 45,000 people that scouting was a large part of his life and his family's life.

He told the crowd that earning the Eagle Scout badge was "the only thing I had done in my life that led me to think that I could make a difference ... It was the first thing I had done that told me I might be different because I had worked harder, was more determined, more goal-oriented, more persistent than most others."

In addition to the Academy's presence, more than 200 Airmen from across the country supported the Jamboree. They also manned merit badge booths, and helped run a field hospital, supplies weather support and air traffic control for flyovers and safety oversight.

According to statistics released by the Academy's Admissions Office, 29 percent of cadets at the Academy are involved in scouting.

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Cadet Wing accepts Class of 2014

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

The basics are gone. Today, there are only cadets.

The Air Force Academy, including graduates of the Class of 1974, welcomed the Class of 2014 into the Cadet Wing Wednesday morning in a ceremony at the Stillman Parade Field.

Retired Maj. Gen. Ron Sega represented the Class of '74, which is the partner and legacy class to the newly minted cadets.

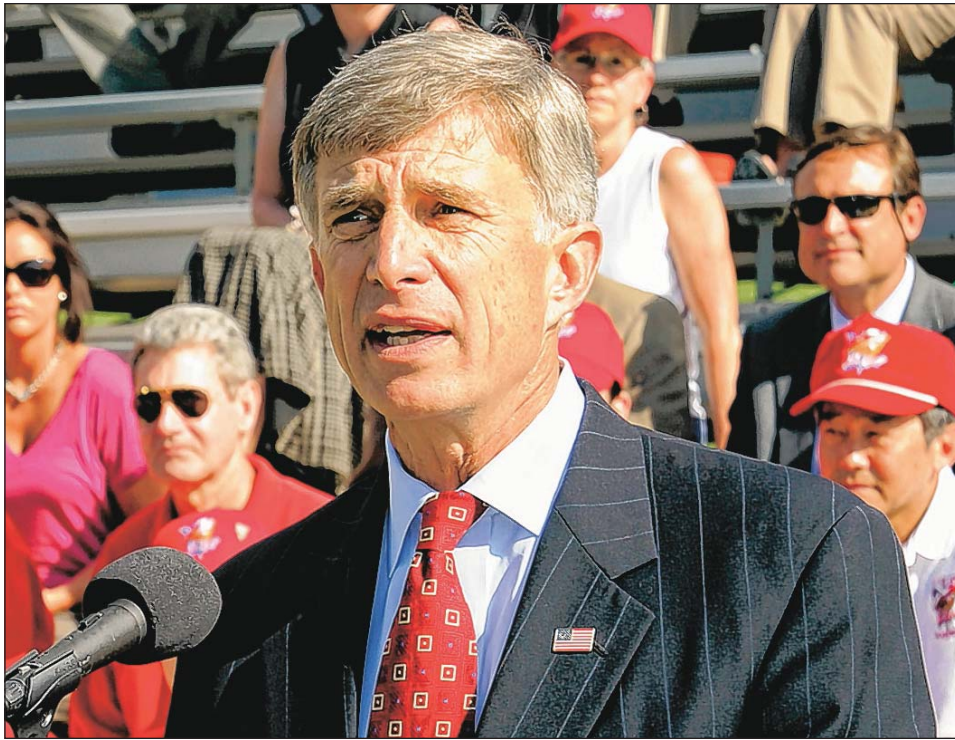
"You've worked hard; this is an important day," General Sega told the fourth-class cadets. "The nation needs you to be your very best, no matter what you face and no matter what your task."

The general, a former astronaut who served from June 1974 to August 2005, said world events are moving more quickly today than ever before.

"But some things must not change," he added, "and those things are the Air Force core values. The Air Force Academy offers a strong foundation for being successful in a rapidly changing world."

Representatives from the classes of 1974 and 2014 met, and the elder class presented their younger brethren copies of *Contrails*, a book of Air Force Academy and Air Force knowledge, that a cadet will use through their Academy career.

"It's important to learn from the past and to learn about the institution you are about to enter," General Sega said. As he congratulated the Class of 2014 on joining the Cadet Wing, he added, "We're counting on you."



MIKE KAPLAN

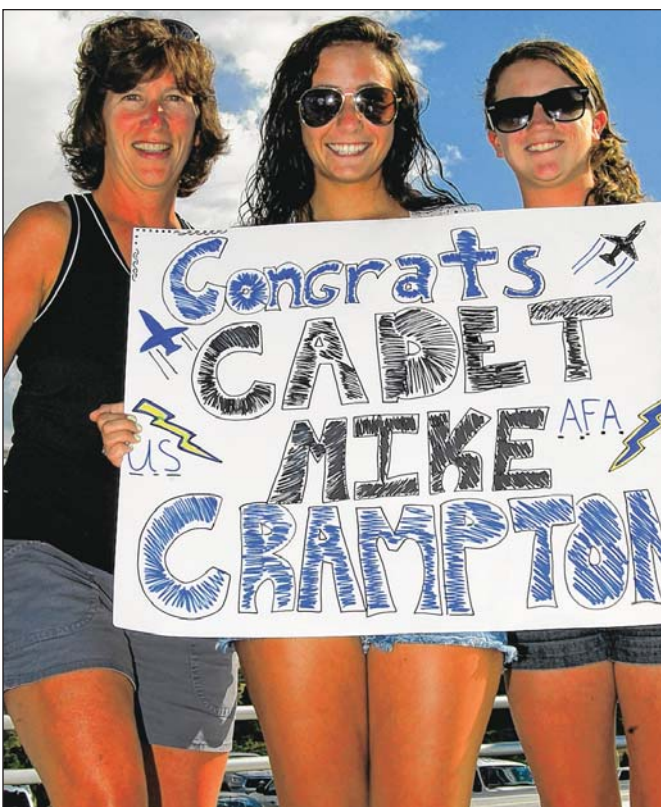
LEFT: Retired Maj. Gen. Ron Sega addresses the Air Force Academy Class of 2014 during the Academy's Acceptance Day ceremony Wednesday. General Sega is a member of the Academy's Class of 1974, the partner and legacy class to the Class of 2014.

BELOW: A U-2 Dragon Lady from Beale Air Force Base, Calif., flies above the Air Force Academy Cadet Wing during an Acceptance Day ceremony at the Academy Wednesday.



J. RACHEL SPENCER

Cadet 4th Class Ikenna Ariguzo salutes during the playing of the national anthem at the Academy's Acceptance Day parade Wednesday. The ceremony marks the Class of 2014's transition from basic cadets into fourth-class cadets.



STAFF SGT. DON BRANUM

From left: Karen Crampton, Victoria Cafiero and Kara Crampton show their love for Cadet 4th Class Mike Crampton at the Air Force Academy's Acceptance Day ceremony Wednesday. The family traveled from Kinnelon, N.J., to attend the ceremony.



STAFF SGT. DON BRANUM

AF surgeon general gives clinic 5 stars

By David Edwards
Academy Spirit Writer

Workers at the 10th Medical Group clinic saw stars July 29 as the Air Force surgeon general dropped by to tour their facility.

Lt. Gen. (Dr.) Charles Green visited for more than an hour, and when it was over, he delivered a five-star review.

With 10th Medical Group Commander Col. Ken Knight acting as primary tour guide, the general first checked out areas on the ground floor. The small cadre that greeted him at the front doors grew larger the farther he went into the clinic.

As surgeon general of the Air Force, General Green is a top adviser in health matters at the federal level. According to his online biography, he exercises direction, guidance and technical management of more than 42,800 people assigned to 75 medical facilities worldwide.

Maj. Derrick Montgomery, an ophthalmologist with the 10th Medical Surgical Squadron, led the tour through the Refractive Surgery Clinic, the facility's optometry area. Servicemembers can take advantage of radial keratotomy, LASIK surgery or any other corrective eye procedure required.

Major Montgomery said that in its heyday, his program was doing about 2,000 surgeries a year. He said many warriors deployed to Iraq wore contact lenses while fighting there and paid the price: Optometry staff saw a lot of corneal abrasions.

From there, the talk turned to ways the clinic can attract more patients for elective eye surgeries. General Green said there is likely to be a market among Air Force personnel from neighboring cities and states such as Hill Air Force Base, Utah, and Minot AFB, N.D.



JOHNNY WILSON

Julie Pruitt speaks to Lt. Gen. (Dr.) Charles Green during the general's tour of the Air Force Academy Clinic July 29. General Green is the Air Force Surgeon General. Ms. Pruitt is an administrative officer with the 10th Medical Surgical Squadron. Also pictured are Lt. Col. Lisa Cole, Carolyn Jewell and Master Sgt. Angela Zurun.

"From my perspective, we need this here for the cadets," General Green said. "The question now is, how do we make it efficient. We will work with you to increase your patient population."

The tour then proceeded to the ambulatory surgery center, where a phalanx of specialists, in turn, hit the highlights for the general.

He was particularly interested in hearing about the benefit the clinic provides for veterans in Southern Colorado.

Before the facility at the Academy became available, veterans in the area had to travel to the VA Medical Center

in Denver for surgery.

According to a news release, the 10th Medical Group facility is projected to perform surgery on about a thousand vets the first year. It will initially offer general surgery, and expansion plans aim to add orthopedics, urology and ophthalmology.

"We have eight private ambulatory surgery units and the best real estate in Colorado Springs," said Carolyn Jewell, a nurse with the 10th MSGS. "Our view of the sunrise every morning is great."

General Green heard about the facility's transition from hospital to clinic

after the Base Realignment and Closure Committee maneuvering in 2008. Staffers told him about the outpatient care and the number of surgeons.

Each report was followed with questions from the general, and he expressed admiration for what he heard, saying he sees the 10th Medical Group clinic's success as a blueprint for other facilities.

"We're going to have to make sure your lessons learned become their starting point," he said. "Patients want to come here; doctors want to come here. What you're doing is right on the money. This is cool, very cool."

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AFA faculty named nation's most accessible

The Air Force Academy's professors are the most accessible in the nation, according to "The Best 373 Colleges," released by Princeton Review Monday.

This is the fifth time in six years that the Academy has placed first in terms of most accessible faculty ranking, said Brig. Gen. Dana Born, the dean of the faculty here.

"It's a wonderful reflection of our dedicated faculty that they have once again been recognized by the Princeton Review as being the number-one most accessible faculty," General Born said. "This recognition speaks volumes to our wonderful instructors

and validates their dedication to developing officers of character for our Air Force Academy and our nation."

The Princeton Review ranked the Academy number one in professor availability in its 2006, 2007, 2008 and 2009 Best Colleges editions, and number four in the same category for its 2010 best colleges edition.

The Academy features a student-to-faculty ratio of nine to one, an average class size of 20 and a 100-percent full-time faculty with zero classes taught by assistants.

Several academic departments also staff extra instruction laboratories throughout the academic day, with at least one professor available each class period to help cadets tackle questions arising from their latest lessons.

"Most of us remember a particular high school or

college teacher who made a difference in our lives by demonstrating how much they cared. The Air Force Academy is full of such instructors," General Born said. "I am proud to be part of a cadre of this caliber."

The Academy also placed in other top-20 rankings in the nation, including:

- No. 4 Everyone Plays Intramural Sports
- No. 6 Future Rotarians and Daughters of the American Revolution

The Princeton Review features the Air Force Academy and other local colleges in "The Best 373 Colleges," the new 2011 edition of its annual "Best Colleges" guide.

The guide uses online student surveys in 62 categories to assess the academic, administrative, social, extracurricular and quality of life aspects of American colleges.



DAVE AHLSCHEDE

Maj. Steven Hendricks works with Class of 2012 Cadets Andrew Bolton (left) and Michael Beaulieu (right) on an Engineering 101 project at the Academy.



RACHEL BOETTCHER

Cadets Kyle Schory (left) and Robert Cilla (right) watch a 3-D presentation with Lt. Col. David Bibighaus at the Department of Computer Science station during Majors Night Feb. 11, 2010. The Air Force Academy faculty was rated most accessible in a report released by the Princeton Review Aug. 3.



Nature's own light show

A T-38 Talon on static display overlooking the Academy Airfield at the Air Force Academy in Colorado Springs, Colo., is framed by lightning during a storm Monday.

RACHEL BOETTCHER

Superintendent's Call

From Page 1

went out and did cultural immersion, because they were singularly focused on that.”

Each of the Academy's mission elements has a role to play in building a sense of pride here, General Gould said.

“We ask the faculty to focus on academic excellence. We want that critical thinking going on in these cadets' minds so they can go out and help solve problems,” he said. “In the Athletics Department, it's about more than just competition ... it's also establishing lifetime fitness routines and habits. We want to build winners. We want to learn how to win with grace and lose with dignity. We ask the commandant to build teamwork, to build precision, and to work with all the other mission elements.”

The Preparatory School has one mission: to prepare and motivate cadet candidates to graduate from the Academy, General Gould said. The 306th Flying Training Group, based at the airfield, builds cadets' character through airmanship programs.

“And at the Air Base Wing, the unsung heroes of all of this, it's all about supporting the mission,” he said. “Security, engineering, services, transportation, communications, logistics, supply, contracting ... the list goes on and on. And we simply do not get the primary mission done without that kind of support.”

The superintendent focused on duty, both in terms of what it means and how Airmen at the Academy are charged to carry it out, for much of the discussion.

“When you look at what Admiral (Mike) Mullen said here on graduation day, he started by saying, ‘Duty is a word we probably don't reference enough,’” General Gould said. “He talked about the duty that Airmen are performing across the globe right now, and it's truly impressive when we think about what our Airmen are doing. Duty is truly important, and as we approach it here, I want to continue along the themes we've talked about: respect and consistency

along with accountability and upholding standards.”

Respect plays a key role in three areas: religion, race and gender, the general said. The “Little Blue Book,” first released in 1997, described the behaviors expected of Airmen. Religious tolerance in particular fell under the umbrella of Service Before Self: “Military professionals must remember that religious choice is a matter of individual conscience. Professionals, and especially commanders, must not take it upon themselves to change or coercively influence the religious views of subordinates.”

“We all have our beliefs,” General Gould said. “Even those who don't believe in any particular religion still have a belief that drives them. It's important that we respect the beliefs of others, even when they aren't like ours.”

Respect must also be shown regardless of socioeconomic or ethnic background, gender or sexual orientation, the general added.

“I don't know if Congress is going to repeal Don't Ask, Don't Tell,” he said. “But if it happens -- and this is why we're studying this -- we will need to implement whatever the new law is, and we'll do it across the board because we're going to base everything on respect.”

Standards must be enforced uniformly across the board, and people must be held accountable, the general said, touching briefly on the results of a climate survey that Academy personnel completed in early 2010.

“What cadets and permanent party wanted to see were clear, commonsense policies, enforceable policies,” he said. “When we have a Cadet Sight Picture that has 138 pages of do's and don't buried in there, I'd be willing to bet it isn't perfectly clear.” General Gould added that he has asked Brig. Gen. Richard Clark, the commandant of cadets, to refine the Cadet Sight Picture to what is important with regard to duty and what is enforceable.

Chief Master Sgt. Todd Salzman, the Academy's

command chief master sergeant, also spoke about duty. He asked those in attendance to think about what they are doing to take care of the 4,400 cadets who are the focus of the Academy's primary mission. What he needs from the officer corps is to “hold the line” on core values and push their subordinates to do the same.

“As I was out on leave, I got to read a lot, and I read about different companies because I was interested in institutional pride,” he explained. “One thing that every one of those companies out there that are making billions of dollars has is a set of core values. They have something they believe in, something they aspire to, and every single day, everybody picks that up. I think we sometimes get so busy in our day-to-day work that we forget that the Air Force core values are what moves us forward, and they are so simple.”

“Our cadets are watching us every single day, and we're teaching them: this is what the United States Air Force is about, and this is what it means to be on a winning team,” the chief added. “These young men are a product of what we do here.”

The chief encouraged everyone on base to show up for the Acceptance Day parade, which was held at the Stillman Parade Field here Wednesday.

“You put them through here. Personnelists put them through here. Security forces put them through. All the support agencies out there at the 10th Air Base Wing put these young men and women through. They need to see you ... applauding them for what they've done and showing them that it's important.”

He also asked the Academy's Airmen to examine themselves and weigh themselves against the core values and the Academy's mission.

“Look to see where we are and how you can better yourself, and how you can hold yourself and those around you to the highest standard so that these young men and women can move forward. That, ladies and gentlemen, is our duty.”

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Third trip's a charm for new chief scientist

By David Edwards
Academy Spirit Staff Writer

Col. Brent Richert knows his way around science as well as he knows his way around the Air Force Academy: like an old pro.

A self-described "physics geek," Colonel Richert is just starting his third stint at the Academy. First he was a cadet, then a professor. Now the Arkansas native is the new chief scientist, putting him in charge of a \$55-million research budget, by far the largest among service academies.

"My main goal is to help the faculty guide cadets," Colonel Richert said. "I leverage my contacts and information to get people together and bring those research opportunities here. It's all about the cadets. It benefits the faculty as well."

Solving real-world problems through cutting-edge research isn't something undergraduates do at all universities, so Colonel Richert approaches every faculty research proposal with the same question: What will the cadets gain by doing this?

The job Colonel Richert inherits from his predecessor, Col. Robert Fredell, has become more complex because of a steadily increasing budget and challenging real-world problems. The Academy's 14 research centers and two policy institutes focus on issues with roots in the sciences, engineering disciplines and national defense, he explained.

"It's been said that research is a contact sport, so you've got to go out and make contacts," Colonel Richert said. "Part of that (budget) is because we have great ties to other institutions. The Air Force Academy has been very aggressive in reaching out for research opportunities to benefit cadets."

Outreach efforts have extended



Col. Brent Richert

into Colorado Springs and beyond. The Academy's much-publicized solar array is a massive undertaking that forged a partnership between the Academy and Colorado Springs Utilities. The solar array, funded with \$18 million from the federal stimulus bill passed in 2009, forms a key component in the green-energy strategy for the base.

Colonel Richert said the Academy has signed about 90 cooperative research and development agreements with industry and other universities for collaborative research and development.

Another arm of the outreach efforts focuses on K-12 education and the nationwide efforts to foster children's interest in math and science. That initiative is called STEM, an acronym

Col. Brent Richert
Hometown: Texarkana, Ark.
Air Force Academy Service: Class of 1983; 1989-1994, associate professor of physics; 2010-present chief scientist and director of research
Major awards and decorations: Two Defense Meritorious Service Medals; Three Air Force Meritorious Service Medal; Air Force Commendation Medal; National Reconnaissance Office Medal for Distinguished Performance

nym for science, technology, engineering and mathematics. So far in 2010, the Academy has awarded \$480,000 in STEM grants. And earlier this summer, 60 high school teachers from around the state attended science boot camps, equipping them with the tools to scatter the seeds of interest in their classrooms. Also, the Academy's first STEM conference, held last year, drew 250 participants.

Colonel Richert said the STEM program is not a means of recruiting for the Academy, as the very nature of the admissions policy ensures a geographical balance. But he sees the overarching concept as critical.



image courtesy of Julie Imada

The Academy and MITRE Corporation have partnered to research more efficient ways to produce black silicon for solar cells.

"You've got to catch them early," he said. "You want to encourage them so they take the classes they need in middle school and high school."

One of the 14 research programs Colonel Richert will oversee is the Center for Aircraft Structural Life Extension. Its slogan is "saving lives one crack at a time," and the cadets' research can be applied to both military and civilian aviation.

"This is a one-of-a-kind, hands-on opportunity," wrote Lt. Col. Tim Rad-sick, the research center's director, for the Academy's 2009 Research Report. "Potentially, some of these cadets may become KC-135 pilots and retire from the Air Force before their plane does."

Academy output, as a result of all the research done by cadets and faculty, includes licensable intellectual property, scientific discoveries and more than 300 publications issued annually. In addition, the Academy contracts with more than 120 researchers and technicians to supplement its faculty.

This is the atmosphere Colonel Richert rejoins after a hiatus of more than 15 years. He earned his bachelor's degree in 1983, becoming a distinguished graduate of the Academy. In quick succession, he received a master's degree from the University of New Mexico and a doctorate from Texas A&M University.

From 1989 to 1994, he was an associate professor of physics at the Academy. Since then, he has crisscrossed the country, doing stints in Washington, D.C., Alabama, New Mexico, Hawaii and Virginia. Now he's back at his alma mater.

Cadet researchers are sure to reap continued benefits and can be assured that their activities are in the hands of someone who has been around the block a time or two. Or three.



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Cadets bring 'twinkle' to Indian children's eyes

By Andrea Brown
Special to the Academy Spirit

A recent cultural immersion trip to India took some serious strategic planning for Lt. Col. Joseph Looney.

"I had to read books on nursery rhymes," he said.

That's not exactly the usual lesson plan for the Academy professor who heads the behavioral sciences department and who, along with four Academy cadets, spent three weeks tutoring youngsters at schools in Palampur, a city in northern India.

While he was belting out "Twinkle, Twinkle, Little Star" to 4- and 5-year-olds at a public school, Cadet 1st Class Jessica Gentry was getting a lesson in toddlers gone wild at a day care center.

"For a few days, they just cried and screamed. They were scared of us," the fair-skinned, red-haired cadet said. "They had never seen people like us."

Soon enough, though, she and another cadet won the tots over by tossing a ball back and forth. They taught the children ABCs and 123s, painted a wall mural and bonded.

"Once you gain their trust, they are very accepting of you, and they become attached," said Cadet Gentry, of Cadet Squadron 06. "You become their best friend. They just want to pull you around and talk to you and hang on you."

Colonel Looney set up the immersion trip through a cross-cultural service agency. Other cadets on the trip were: Cadets 1st Class Stevie Puentes of CS 05 and Krystal Hynson of CS 25, and Cadet 2nd Class Evan Twohig, also from CS 25.

Why India?

"It's an important part of the world, and we're allies, but I had no idea what we'd be doing," Colonel Looney said.

The Academy team was grouped with a dozen students from other colleges. They stayed with an Indian family who had a big house.

"We used it as a lens to look at the culture, to learn about education and social practices," Colonel Looney said. "We wanted to be part of the community, eat local food and volunteer."

"We got to know the people," Cadet Gentry said. "We had actual relationships. We got to know the culture through their eyes. They wanted to know us. We went there to meet them and they wanted to ask us questions."

Questions serious and otherwise: "I had someone ask me if my hair color was real, if I was born this way."

They worked around the language barrier.

"We are really dependent on our communication skills verbally, and we forget how important things like body language and physical touch are," Cadet Gentry said.



COURTESY OF CADET 1ST CLASS JESSICA GENTRY

Cadet 1st Class Jessica Gentry poses for a photo with children at a school in Palampur, India, during a cultural immersion trip in July. She was one of four cadets who travelled to India.

Communicating with the kids was easy.

"There were days we didn't really say anything, we just kind of sat there and played with them. We didn't need to say anything for them to know that we were there for them," she said. "The best thing that I learned was how to communicate without words."

The cadets also got to sightsee. After a 17-hour trip by bus and taxi, Cadet Gentry got to cross the Taj Mahal off her bucket list.

"That was always on my list of

things to do before I die," she said.

The group visited temples representing a variety of faiths.

"I was impressed by the religious tolerance they had," Colonel Looney said. "There was so much diversity ... everybody was getting along."

With the kids, nursery rhymes were a universal language. The youngsters became "Twinkle" jingle masters.

"By the time we left, they were leading it and singing all the words to it and doing the gestures," Colonel Looney said.

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JOHNNY WILSON

Three young women pose for a photograph prior to Prep School inprocessing at the Community Center July 14. The Prep School Class of 2011 comprised 241 cadet candidates as of July 27.

Cadet candidates help one of their own scale an obstacle at the Air Force Academy's Ropes Course. The course is designed to build esprit de corps among team members as they cooperatively navigate obstacles.



J. RACHEL SPENCER

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J. RACHEL SPENCER

A cadet candidate with the Air Force Academy Preparatory School pulls himself up the Academy's Ropes Course July 23. Prep School students receive military, academic, time-management and physical training to prepare them for entrance into the Academy.

Cadet candidates join USAFA family

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

The Air Force Academy's Preparatory School is a microcosm of the cadet area. A small handful of buildings a stone's throw from the Community Center and main Fitness Center house, feed and train about 240 prospective members of the Class of 2011, a diverse group that includes young adults just out of high school as well as Airmen with prior enlisted experience.

In this Academy writ small, a team of Airmen led by Col. Bart Weiss will prepare the cadet candidates, who were accepted Saturday for the 2010-2011 academic year, not simply to enter the Academy but to graduate. Colonel Weiss said the cadet candidates' transformation since inprocessing July 14 has been astounding, and he credits prior-enlisted cadet candidates with playing a key role in that process.

"They really hit the ground running," said Colonel Weiss, a 1986 Academy graduate with nearly 5,000 flying hours in C-141 Starlifters, VC-137 Stratoliners and KC-135 Stratotankers. "The other cadet candidates look to them for leadership."

Inprocessing went extremely well thanks to Airmen with the 10th Air Base Wing, Colonel Weiss said. The entire starting class of 241 cadet candidates was inprocessed in six or seven hours.

Once cadet candidates finished inprocessing, they immediately began intensive training to prepare them for life in the military, said Lt. Col. Angie Robertson, the Prep School's commandant of cadet candidates.

"The focus was 100 percent on military training," Colonel Robertson said. A typical day of basic training started with physical training, followed by reveille and breakfast. Briefings throughout the day included topics such as honor classes and core values lessons, drill, and dormitory and uniform standards.

"Some of them have never marched a day in their lives," Colonel Robertson said. "On the other side are our 22-year-old prior-enlisted cadet candidates, who show the younger cadet candidates the fundamentals of uniforms and how to march."

Intramural sports in the afternoon reinforced the importance of teamwork among the cadet candidates. "We try to get the cadet candidates to realize, 'Hey, you're in the military now,'" Colonel Weiss said. "We get them ready to cast aside their identities and become part of a team."

The Prep School serves as a landing pad for applicants to the Air Force Academy who have the motivation and the leadership potential to become officers in the U.S. Air Force but who may need help with academics, Colonel Robertson said.

Once the Prep School's academic year begins, cadet candidates will learn how to effectively manage their time, Colonel Weiss said.

"Time management affects everything. By definition, if you can't manage your time, something's going to drop out of the sight picture," the colonel said. He compared time management to plate spinning -- a spinner must keep an eye on each spinning plate and prioritize which plates he will spin up next.

Cadet candidates must also learn how to build and lead a team, Colonel Weiss said.

"Whether you're an airman basic or a general officer, you have to know how to put a team together and balance that team so that you have the right priorities at the right time and the right place," he said.

The Prep School has 10 months to turn high school graduates and some of the Air Force's best junior-enlisted Airmen into cadets who can succeed in the Air Force Academy's rigorous environment, Colonel Robertson said.

"We not only teach them the three Rs -- reading, 'riting and 'rithmetic -- we also teach them respect, responsibility to self and responsibility to others," she explained. "We have 10 months to teach them discipline and set the foundation for them to be successful when they go to the Hill."

That, said Colonel Weiss, is where the Prep School's mission meets its vision. All of the Prep School's staff have committed themselves to helping the cadet candidates succeed.

"Whether someone's an English instructor or a football coach, we have to know these cadet candidates and get them better prepared," he said.



J. RACHEL SPENCER

Cadet candidates at the Academy Preparatory School hoist Cadet 1st Class Douglas Parrish onto their shoulders during the Prep School's Acceptance ceremony and celebration July 31. Cadet Parrish helped train the cadet candidates.

Rocky Mountain State Games hit Academy

By Ruth Moon

Special to the *Academy Spirit*

Sixteen-year-old goalkeeper Scott Mende drove five hours with his team for the Rocky Mountain State Games, partly because the field at the Academy is so well kept.

"I'm the keeper, so sometimes I have to get used to playing in some torn up goal boxes. But that hasn't been a problem here," Scott said. "They have good facilities, so we don't have to worry about getting into a field full of potholes and muddy fields."

Good facilities seemed to be the order of the day at Sunday's games, as youth and adult soccer teams competed all morning and cyclists looped around the Academy on the Falcon Trail.

The Rocky Mountain State Games is a great pre-season meet for area high school soccer teams, said Dwayne Freeman, coach of the Corinthians U16 team.

"There's not a whole lot of pressure," he said. "Just come out and play some soccer."

Sixteen high school-aged soccer teams signed up to compete in the 2010 Rocky Mountain State Games at the Air Force Academy, said Sports Corp spokesman Mike Moran. Teams were competing bright and early Sunday morning, playing against the backdrop of the Rocky Mountains and a bright blue sky.

Across the Academy, 60 cyclists lined up to start their ride along the Falcon Trail. Matthew Benassi rode and marked the trail for the racers, and has set up other trail rides around Colorado Springs.

It took him and another person 20 hours to design and mark a trail at Palmer Park, he said. Falcon Trail only took about five hours to mark last weekend because it was so well-marked and laid out already, he said.

"The trail's actually in really good shape," Benassi said.

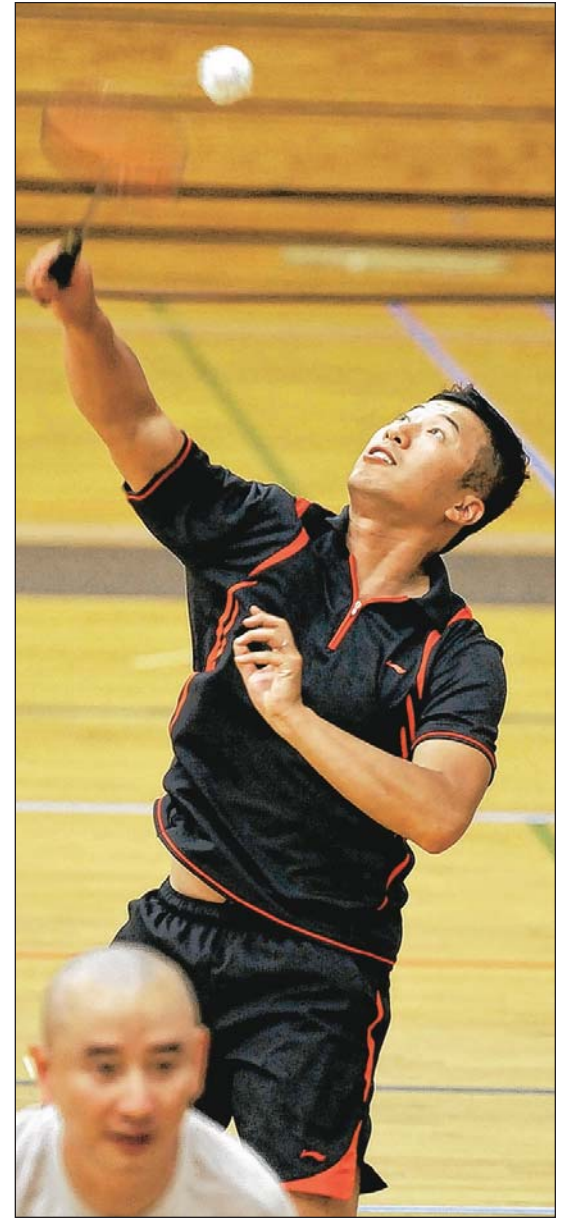
Other cyclists agreed. Tom Vinson, a cyclist who rides the trail often, was helping register cyclists.

"It is one of the most fun trails I've ever been on," he said. "I did most of my mountain biking in New England, so coming here, there's a section of about a mile and a half that's New England-ish, the rest of it's Colorado. But it's really nice — it's all ride-able."

The state games is an annual event in its 32nd year that groups 36 sports events into several meets over the weekend throughout Colorado Springs, venues like the Air Force Academy, Olympic Training Center and Colorado College. People of all ages and athletic abilities can compete.



Assassins goalie Esperanza Chacon makes a save during a Rocky Mountain State Games match at the Air Force Academy Athletic Fields.



Qin Zhu, and Qun Miao play in a badminton competition at Air Academy High School during the Rocky Mountain State Games.



Bicyclists hit the Air Force Academy's Falcon Trail for the Rocky Mountain State Games' mountain biking competition Sunday.

PHOTOS BY MIKE KAPLAN

Lakota sweat lodge honors local warriors

By **Monica Mendoza**
21st Space Wing Public Affairs

PETERSON AIR FORCE BASE —Deep inside Turkey Creek Ranch sits a small dome hut made of willow branches and covered with heavy blankets and tarps. The Lakotas call it an Inipi, a sweat lodge.

Here, Airmen, Soldiers, Sailors and Marines, their families and supporters come to pray in a traditional Native American purification ceremony. Inside the Inipi, they leave their inner "pollution" in the hot stones, said Michael Hackwith, a Lakota Sundance spiritual leader and retired Marine who runs the lodge at Turkey Creek Ranch, about 10 miles south of Fort Carson's Gate 5 on State Highway 115.

"In the old days, we sent warriors into battle," Mr. Hackwith said. "Before we sent them to battle, we brought them in here, prayed over them, gave them protection and blessed them with Eagle fans."

Sweat lodges, part of many Native American cultures, are used for purification ceremonies. Between 30 and 50 red hot stones are carefully placed into a center pit inside the lodge, and the door is covered so that the lodge is dark inside. The spiritual leader offers water, pouring it on the stones to create steam, like a sauna. Over the next two hours, he leads the group in prayer and song — mostly in Lakota.

The Turkey Creek Ranch sweat lodge was started in 1994 by two Native American servicemembers who wanted a traditional place to pray. Fort Carson gave them a permanent spot inside its Turkey Creek Ranch. While most of the participants are Native Americans, the lodge is open to anyone who wants to pray for servicemembers, Mr. Hackwith said.

"War and politics ends at the gate," Mr. Hackwith

said. "If you come in here, it is to support the troops."

There are no laws restricting free exercise of religion in the military. Airmen are guaranteed the right to exercise their faith, said 21st Space Wing Chaplain (Lt. Col.) Randall Kitchens. Spiritual wellness is one of the four dimensions of wellness, along with physical, social and emotional wellness. The chaplain supports Airmen who want to participate in the traditional purification ceremony.

"The Air Force isn't here to establish religion," he said. "Instead, we are here to accommodate each individual's First Amendment rights."

Tech. Sgt. Theresa Cocozziello, the NCO officer in charge of the Air Force Academy's Alcohol and Drug Abuse Prevention and Treatment Program, was raised participating in lodge. Now, she attends lodge with her children.

"It re-grounds me," she said. "It reminds me of where I come from. I get a lot of prayers answered in there."

A sweat lodge ceremony begins with participants making offerings and placing them on the altar. Mr. Hackwith explains to participants what will happen inside the lodge. Lodge has its traditions, both in proper attire and proper offerings.

"It isn't an endurance contest," he said. "We are here to pray and support the troops."

Inside the steamy Inipi, Mr. Hackwith leads



Michael Hackwith shows the outside altar of the Inipi sweat lodge.

four rounds of singing and prayer. Between each round, the door is opened to allow steam to flow out. A person can step out of the lodge at any time. Safety takes precedence, Mr. Hackwith said.

Anyone who has just returned from war or is preparing to go to war sits in the position of honor, where they are most purified, said Mr. Hackwith, who has been a Sundance spiritual leader since 1993.

Servicemembers are invited to tell their stories inside the lodge. Some share their experiences in the war. Mr. Hackwith said the purification ceremony benefits servicemembers dealing with their emotions and feelings about the war, including the effects of post traumatic stress disorder. Everything said in the lodge stays in the lodge, he said.

"We give them the opportunity to share their victories and defeats," Mr. Hackwith said. "We don't take them out."

Army Chaplain (Maj.) Cope Mitchell of the Fort Carson command chaplain staff said spiritual fitness is important to Soldiers, especially those struggling with their feelings about the war.

"One thing we can learn from the Native American culture is the rites of cleansing — purification after battle," he said. "There is a lot we are trying to learn about how do we reinvigorate Soldiers back into the community. (Lodge) is an option here that has a lot of merit ... that we all need to learn from."



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Calhoun goes 'on tour,' discusses 2010 season

By Staff Sgt. Don Barnum
Air Force Academy Public Affairs

COLORADO SPRINGS — Air Force head football coach Troy Calhoun met with patrons at Jack Quinn's Irish Pub and Restaurant downtown July 29 to talk about the upcoming 2010 season.

The team began practice Aug. 2 for what Calhoun said is one of the most rigorous schedules in the football program's history, one that includes a trip to Norman, Okla., Sept. 18.

"Oklahoma's a phenomenal team," Calhoun said. "If you look back at the last 60 years of college football, they're easily one of the top three teams. When you go into their stadium, you have to fight, and we'll go in scrapping."

Dr. Hans Mueh, the Academy's athletics director, said Air Force stands a real chance against the Sooners. And he may have a point: both teams placed closely to each other in points scored and points allowed. However, starting Oklahoma quarterback Landry Jones threw 14 interceptions in 2009, and the Falcons proved last season they could pick off opposing quarterbacks, with 20 interceptions on the season.

"We could be a real trap game for Oklahoma," Dr. Mueh said.

Much of the starting talent from the 2009 season will return. Jefferson, Warzeka and Clark will return to the lineup for their junior seasons. Jefferson, an Atlanta native, seemed to settle into a groove at the end of last season, throwing for 111, 131 and 126 yards against Colorado State, Army and UNLV, then going 10-of-14 for a season-high 161 yards in the Armed Forces Bowl.

A challenge facing Air Force this year is that most of the team's starting offensive line graduated in May to become "part of a real team," Calhoun said: second lieutenants in the U.S. Air Force. However, he said he has confidence in the new players, who he said will develop rapidly.

"They're tough, durable guys, and they love to practice," he added. "If we see a little bit of talent ... we might have six or seven players who have something to contribute this fall, which would give us more depth than we've had the previous four or five seasons."

And the Falcons will have not only one of their toughest schedules in recent history, but they'll also have one

Calhoun's Next Tour Stop

Aug. 12: Colorado Mountain Brewery
11202 Rampart Hills View
6-7:30 p.m.

of their shortest, playing all 12 regular-season games in 75 days.

Air Force doesn't have the biggest linemen in the MWC -- far from it, because players have to run 1½ miles in less than 11:40 to pass their physical training tests. However, the athletes who play on the offensive and defensive lines are technical experts and know how to communicate, Calhoun said, adding that he expects one outside linebacker in particular to become a potent element of the Falcons' pass rush.

"I want to see Andre Morris take another step," Calhoun said. "I want him to be not just good -- I want to see a guy that other teams have to put two guys on during pass-rush situations."

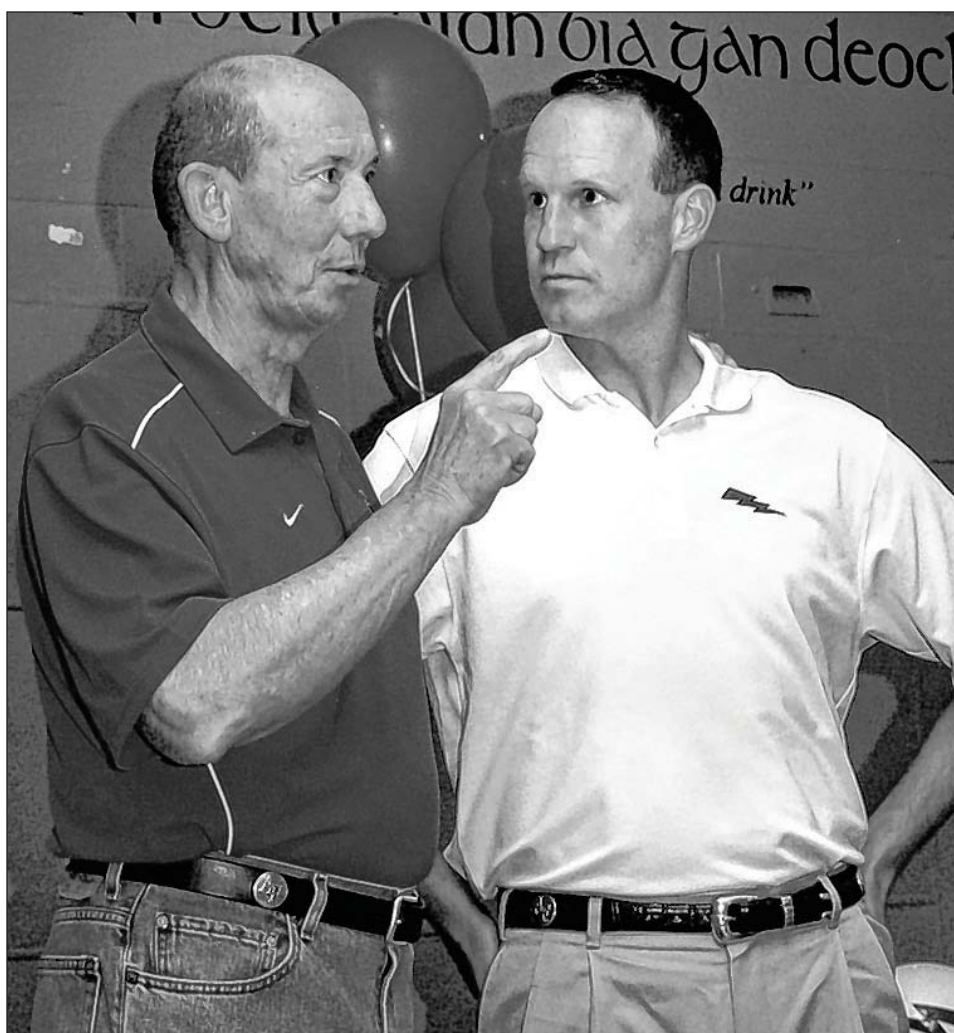
One of the greatest challenges, though, is that Air Force athletes don't have as much time to practice as other college football teams. While most schools' athletes start training for football in July, the Falcons' cadets train for something else entirely: becoming Air Force officers.

"Most schools keep their students on campus the entire time," Calhoun said. "For us, our cadets were taking part in Operations Air Force. Tim Jefferson was at Dover Air Force Base, Del., because he wanted to know more about flying C-17 (Globemaster III) s. John Warzeka was at Moody AFB, GA. John Davis went to Tyndall AFB, Fla."

Other cadets, such as returning defensive back Reggie Rembert, helped with inprocessing and Basic Cadet Training for the Class of 2014, the coach said. Rembert was squadron commander for the Barbarians flight during BCT, overseeing 35 cadre in training 127 basic cadets.

"For Reggie, a typical day was getting up at 3:30 a.m., spending all day in Jacks Valley overseeing things, and going to bed at 10:30 or 11 p.m.," Calhoun said. "And all our cadets still find a way to get their minds and bodies ready to go and play Air Force football."

The academic environment is also more rigorous. Cadets must take 140 semester hours, including courses in upper-level mathematics, science and



STAFF SGT. DON BARNUM

Dr. Hans Mueh and Falcon's head coach Troy Calhoun talk about the Falcons football program during a Coaches' Tour stop at Jack Quinn's Irish Pub and Restaurant on July 29. The Falcons play their first two games of the 2010 season at home.

engineering, to graduate.

"When you think about the cadets at the Air Force Academy, they've got a lot more going on" than students attending other colleges, Calhoun said. "Other schools' core curricula is nothing like what it is at the Academy, which tells you something about the quality of our cadets."

According to a March report on Scout.com, the Air Force Academy was eighth in the Football Bowl Subdivision and first in the MWC for football student-athlete graduation rates with 87 percent, compared to 65 percent and 61 percent for TCU and BYU, the two runners-up. The Academy also had the second-highest Academic Progress Rate in the FBS with 988, second only to Rutgers (992) and 20 points ahead of TCU.

The cadets' dedication and drive toward something greater than themselves is palpable, especially on game day, Calhoun said.

"When you're out there and you see the cadets in formation and all the fly-

bys, it's just something else," he said.

Calhoun wrapped up the discussion by encouraging those in the audience to come out and attend Falcons games.

"It's great football, and not only that, you'll get to watch great young men who are going to fight for their country," he said. "If you want to be part of something special, buy your season tickets and come out to Falcon Stadium year in and year out."

Calhoun, a 1989 Air Force Academy graduate, begins his fourth year as Air Force's head coach this season. He has a 25-14 record through three previous seasons, including a victory in the 2009 Bell Helicopter Armed Forces Bowl against the Houston Cougars.

He was named the Mountain West Conference's head coach of the year in 2007 after leading the Falcons to a 9-3 record.

He served as a graduate assistant for the Falcons in 1989 and 1990 and as a recruiting and junior varsity offensive coordinator with the Falcons in 1993-94.

Rifling: Cadet marksman leads U.S. team to 3rd

By Madeline McGuire
Athletic Communications

The United States Junior World Championship rifle team comprising Air Force Academy junior marksman Mike Seery, along with Jimmie Cooper of Columbus, Ga., and Ryan Bender-Dunham from the University of Alaska-Fairbanks, placed third in the 50m rifle prone men junior championships at the 50th International Shooting Sport Federation World Championships in Munich, Germany, Aug. 1.

Seery, a native of Oregon, Ohio, had the highest team USA score with a 595 in the 50m

prone and led the team to win the bronze-team medal.

Teammates Cooper had a 590 and Bender-Dunham finished with a 589 for a team-aggregate 1774 points. Seery also scored a 589 in the 50m rifle prone men junior individual competition.

In June, Seery became the school's first men's USA Shooting Junior National 50-meter prone rifle champion and qualifier for the U.S. Junior World Championship Team in the prone event. Poland won the junior team ISSF World Championships, Germany finished second, and Austria took fourth place.

2010 50m Rifle Men Junior Team Finishes

Poland - 1st	Czech Republic - 11th
Germany - 2nd	Norway - 12th
USA - 3rd	United Kingdom - 13th
Austria - 4th	Ukraine - 14th
Kazakhstan - 5th	Thailand - 15th
Switzerland - 6th	France - 16th
Belarus - 7th	Iran - 17th
Malaysia - 8th	Serbia - 18th
China - 9th	Russia - 19th
Finland - 10th	India - DNS

Colorado, Academy inspire fitness

By David Edwards
Academy Spirit Staff Writer

When the annual report on adult obesity rates in the U.S. came out in July, Colorado found itself in a familiar spot: last on the list.

That's a good thing, because the more obese adults, the higher the ranking.

The "F as in Fat" report for 2010 showed an overall worsening of the problem. But in the case of Colorado, the letter F stands for Fittest Place in the Union.

The report ranks all 50 states and the District of Columbia. Colorado ranked 51st in adult obesity rates and was the only place on the list with an obesity rate of less than 20 percent. There are several good reasons for that, local experts say.

"Three words: quality of life," said Chuck Alfultis, director of the Air Force Academy's Outdoor Recreation Center. "The quality of life here year-round is unsurpassed."

The combination of factors that makes Colorado a desirable place to live is also conducive to physical activity, health and fitness.

Sharon Hawkes, who grew up in Maryland and now leads the Academy's Health and Wellness Center, has noticed several differences between the two states.

"The weather plays a part. You don't have the humidity that you do on the East Coast," Ms. Hawkes said. "Colorado has this built-in environment that lends itself to being good for exercise."

She said nutrition is another point of emphasis. For example, in many East-

ern states, Dunkin' Donuts restaurants abound. The sports arena in downtown Providence, R.I., is called the Dunkin' Donuts Center.

Things are different here, beyond just the number of Dunkin' Donuts. The military's premium on physical fitness combines with the sheer number of servicemembers in the Colorado Springs area to contribute mightily to the state's high marks.

The Academy also caters to fitness buffs with an almost endless assortment of options.

"I can't go home without seeing at least one biker," Ms. Hawkes said. "So the environment is just beautiful."

The trails, gyms, weight rooms and other amenities on Academy grounds are only the beginning. The Outdoor Recreation office rents out or sells the necessities for Colorado adventures

of all kinds. Mr. Alfultis and his staff specialize in offering programs that people typically can't do by themselves.

The two most popular programs are whitewater rafting and mountain biking. Rafting guides lead about 100 trips down the Arkansas River every summer. Mountain bikers can take part in unique rides offered day or night.

"Because of where we are, I think we attract that type of person, those folks that want to be outside," Mr. Alfultis said. "Somebody who is a couch potato in Boston isn't going to come to Colorado just to be a couch potato here."

Physical well-being also entails a certain mindset. Ms. Hawkes said the fitness bug is contagious: people tend to be inspired and motivated when they see their family and friends exercising.

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Clinic closures

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

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

Normal operations will resume at noon.

CCAF classes available

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

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

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

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

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

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

Volunteer call

Volunteers are needed for each of the following upcoming events.

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

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

To volunteer as an audit team member, contact Jeanie Duncan at 333-0812.

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

Retirees can eat at DFAC

Retirees will be allowed to dine weekdays at the High Country Inn dining facility near the Academy Preparatory School beginning Monday from 12:10 to 12:40 p.m.

Airmen may also eat at the dining facility from 11:40 a.m. to 12:10 p.m.

The 10th Air Base Wing will hold a "welcome back" lunch for retirees Monday to mark the occasion. Retirees and Airmen pay for the cost of their meals plus a small surcharge.

Fire dept. open house

The Academy Fire Department will hold its annual open house Aug. 14 from 10 a.m. to 2 p.m. at Fire Station 1 in Pine Valley.

The event will feature a vehicle extraction demonstration, an equipment display including antique fire trucks, and free hot dogs and drinks. Smokey Bear and Sparky will also be present.

For more information, contact Michael Mater of the Fire Prevention Office at 333-2051.

Chess tournament

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

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

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

AETC special duty brief

An Air Education and Training Command team will provide information on military training instructor and military training leader special duties at the Milazzo Center Aug. 16 from 8:30 to 11:30 a.m.

Airmen in pay grades E-3 through E-6 with between two years and 17 years in service are invited to attend the briefing.

Master sergeants are hired on a case-by-case basis. Spouses of potential applicants are highly encouraged to attend. For more information, contact the 10th Air Base Wing career assistance adviser, Master Sgt. Bryan Kinder, at 333-9389.

Evening Aerobics

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

Fishing permits

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

Family Advocacy Classes

The Family Advocacy Office will offer the following classes in August and September and are open to active-duty servicemembers, retirees and their families. Call 333-5270 to sign up.

1-2-3 Magic Parenting Class: Held Aug. 24 and 31 from 9 a.m. to 11 a.m. at the Airmen and Family Readiness Center, this class offers parents of children ages 2-12 some easy-to-follow steps for disciplining children without arguing, yelling or spanking. After watching this presentation, you can immediately start managing troublesome behavior more effectively. Call 333-5270 to sign up for the two-session course.

Couples Communication Seminar: Held at Family Advocacy Aug. 27 from 8:30 a.m. to 3:30 p.m., this class will teach couples how to handle conflict, communicate more effectively and improve their relationships. Everyone is welcome, whether married, engaged or dating. Lunch will be provided.

Anger Management Class: This four-session class, held Thursdays from Sept. 2 to Sept. 23 from 8 to 9:30 a.m. at the Community Center Chapel, will provide the tools you need to manage anger in your day-to-day life, including simple and innovative calming techniques and healthier ways to relate to others.

A&FRC offerings

The Academy Airman and Family Readiness Center will host the following classes in August. Contact the A&FRC at 333-3444 or 333-3445 with questions or to sign up for a class. Class dates and times are subject to change.

Group Pre-Separation Counseling Held Mondays (except during Transition Assistance week), 2 to 4 p.m.

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

Disabled American Veterans Medical Records Review

Monday, 7:30 am to 4:30 pm
Individuals within 180 days of retirement or separation can have the DAV review their medical records in preparation of filing for Veterans Affairs Disability Compensation through the VA Form 21-526. Call for more information or an appointment.

Sponsor Training
Tuesday, 8 to 9 a.m.

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

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

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

Résumé Writing
Wednesday, 9 a.m. to noon

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

Key Spouse Training
Wednesday, 3 to 4:30 p.m.

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

Troops to Teachers
Thursday, 11:30 a.m. to 1:30 p.m.

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

Internet and Your Job Search
Aug. 17, 9 to 11 a.m.

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



Hooray for Colorado!

The Colorado Springs Pioneers Museum will offer a free "Hooray for Colorado Day" event celebrating the 1903 El Paso County Courthouse, now home to the Pioneer Museum, in downtown Colorado Springs Saturday from 10 a.m. to 2 p.m.

Activities at the event will include historic demonstration, performances by local bands and free lemonade and ice cream.

Mountain Arts Festival

The Ute Pass Cultural Center at 210 East Midland Avenue in Woodland Park will hold its 25th-annual Mountain Arts Festival Saturday and Sunday from 10 a.m. to 5 p.m.

The free festival includes presentations of paintings, photography, watercolor, jewelry, pottery and more.

Food and drinks will also be available.



CADET CHAPEL

Buddhist

Sunday 10 a.m.

Native American

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

Protestant

Combined Worship Service
Sunday 10 a.m.

Roman Catholic

Mass
Sunday 10 a.m.

Sacrament of Penance

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

Open for tours

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

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

COMMUNITY CENTER CHAPEL

Catholic Masses

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

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

Tuesday-Friday

Mass 11:30 a.m.

Protestant Services

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

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



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Pre-employment drug testing req'd. EOE

DENTAL
Front Desk/ Business Asst.
P/T or F/T position available for individual w/dental exp. for multi-Dr. practice in SW Colo. Spps. Offering comp. wages and benefit pkg
Fax resume to: 576-1544
EDUCATION
COLORADO SPRINGS CHARTER ACADEMY
• Elementary Instructional Aide
• Grant Writer (Part Time)
Needed for the 2010-2011 school year for the Colorado Springs Charter Academy, a K-8 charter school that stresses character and rigorous academics.
Please visit the CSCA website to apply:
www.cscharter.org
Click on "employment"

Pets
BULL MASTIFF PUPPY 14wk female. AKC, Champion bloodlines, all shots, very sweet, selling due to allergies, \$1000 obo. (719)330-9505
LAB AKC PUPPIES 2 Chocolate females, 3 Chocolate males, 2 black males. Parents on site. Ready for new homes 14 Aug. \$500 males, \$600 females. Please call 719-472-8638

ACCOUNTING
Budget Analyst
Pikes Peak Community College, Colorado Springs, CO seeks a full-time Budget Analyst. Salary \$3,052.00 per month. Application materials must be submitted on-line; qualifications available at <http://employment.pccc.edu>. AA/EEO/ADA

CONSTRUCTION
Our maintenance facility now has evening shift openings for:
Fueller
Fuel & perform pm services on trucks and equip. CDL w/Hazmat req'd.
Truck Washer
Must be able to drive a manual transmission. Bonus, 401K 5000 Northpark Dr. EOE AA M/F
PIONEER
CUSTOMER SERVICE
Now Hiring!
Telephone Sales/ Survey Reps
Great Hours
Sign-On Bonus!
Call to Interview 719-219-0652

GOVERNMENT
PROPOSAL MANAGER
(Colorado Springs, CO)
THE CENTECH GROUP, Inc., a company with an excellent reputation, is seeking a highly-qualified and successful professional to manage large-sized proposals for federal customers. Responsibilities include managing the proposal team, leading kickoff and status meetings, creation of the proposal schedule, proposal outlines, and compliance matrices. The qualified candidate will possess the following:
• 7 years of experience working as a full-time, 100% dedicated, proposal professional (individuals with proposal management, in addition to other functions, are discouraged from applying);
• Ability to facilitate and develop Win Themes and Discriminators;
• Experience validating and verifying proposal approaches along with staffing plans;
• Expertise in the use of Microsoft Word, including use of styles, formatting, and professional presentation of written material; and
• A Bachelor's Degree or equivalent experience in lieu of education is desired.
We offer our CENTECH team members an excellent compensation and benefits package.
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ENGINEERING
CONCRETE/SOILS TECHNICIAN
Experienced and/or Degree
Clean MVR Req.
Call 719-574-5423
Fax 574-4053
GOVERNMENT
Missile Defense Agency Engineering and Support Services (MIDAESS) JOBS
VetDefense is seeking current MDA employees-former military, government, or contractor personnel with hands on experience in Missile Defense areas. MIDAESS Task Orders will be released soon-ensure your resume is seen by all of the bidding teams!
VetDefense is an Award-Winning Service Disabled Veteran Owned Business and a member of a successful MIDAESS Prime Team
Enhance your career: Email your resume for upcoming positions to
Jobs@VetDefense.com
U.S. Citizenship Req'd.
EOE; M/F/D/V

PIKES PEAK COMMUNITY COLLEGE
Budget Analyst
Pikes Peak Community College, Colorado Springs, CO seeks a full-time Budget Analyst. Salary \$3,052.00 per month. Application materials must be submitted on-line; qualifications available at <http://employment.pccc.edu>. AA/EEO/ADA

FINANCE
AIR ACADEMY FEDERAL CREDIT UNION
Air Academy Federal Credit Union has exceptional career opportunities available! With over 55 years in the industry we strive to offer the best products and services to our customers. In achieving this we are looking for energetic individuals willing to exceed expectations. You must demonstrate a consistent drive to take on new challenges with a positive attitude, while providing an outstanding customer experience.
We are a family friendly, employee-oriented organization with a great working atmosphere. Come check out our career opportunities and benefit package at: www.aafcu.com
EOE
Extraordinary Individuals. Exceptional Business. Explore the Possibilities.

GENERAL
INSTALLATION SUPERVISOR
Colorado Spring
Workplace Resource, a leading Herman Miller Dealer is seeking a F/T Installation Supervisor. Position will supervise the installation crews & assist with the efficient installation & reconfiguration of systems furniture within clients' facilities delivering a high degree of customer satisfaction. Preferred candidate will possess a HS dipl. or equiv., or min. of 2 yrs. related exper. or equiv. combination of educ. & exper. Ideal candidate has exper. supervising & training team members. Position reqs. candidate have a high level of technical & prof'l. proficiency related to ofc. furn. & product knowledge; know installation processes & procedures; use of power tools; and basic working knowledge of a computer. Must be highly organized with the ability to manage projects. Good communication skills for building understanding & commitment both within & outside the company essential. Req's. a current driver's lic. w/ a good driving record. Must be dependable & flexible. We offer a competitive compensation pkg. incl. vacation, health, dental & 401K. Send resume to: H.R., 1899 Wynkoop Ste. 550, Denver, CO 80202. Fax to: 303-313-6008. Email: denver_hr@wrcoloro.com
EOE/AA


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Colorado Springs, CO 80909
talecrisplasma.com
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HEALTHCARE
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COLORADO SPRINGS HEALTH PARTNERS, P.C.
Colorado's largest physician-owned multispecialty group practice has openings:
MA and NP/PA.
Job details and apply online at www.csnp.net.
EEO/AAP

HEALTHCARE
F/T Physical Therapist
Home care-Benefits
Sign-On Bonus
Per diem PTA, RN, RN On-call
Resume to:
jobs@summithc.com

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

HEALTHCARE



OPERATIONS COORDINATOR (Practice Manager)
Days with some call, FT. Responsible for Operational Mgmt of the Parkview Medical Center Physician Groups. Bachelor's Degree in a health care management or related field; or currently pursuing a Bachelor's Degree in a health care management or related field with an identified completion date. Thorough knowledge of medical ofc operations, proficiency in MS Office Systems including Word, Excel, Access & Power Point, previous medical office administration exp, knowledge of medical billings systems, medical insurance processing, & medical terminology req'd.
EOE M/F/D/V 340

HEALTHCARE

Physical Therapist
F/T Private Practice Outpatient therapy. Excellent pay, benefits, continuing education, and more!
Email resume to:
Jennifer @ ptdynamic@gmail.com
Fax: 719-447-8832

HEALTHCARE



Public Health Nurse
Join a team of dedicated professionals making a difference in the community. The El Paso County Dept. of Health and Environment is hiring a FT Public Health Nurse in our Nurse Family Partnership Program. This position will provide home visitation services and case management to first time parents and children to age 2. BSN, valid CO Nursing license. Competitive Benefit package. Apply online at www.elpasocountyhealth.org
EOE Tobacco Free Campus

HEALTHCARE

RN | LPN OPPORTUNITIES
University Park Care Center in Pueblo
Growth positions are available for nurses with a Colorado license. Long-term care experience preferred. Full-time, part-time and PRN positions are available for all shifts, especially full-time 6 a.m.-2 p.m. We offer competitive pay, comprehensive benefits, personal recognition and opportunities for professional growth and advancement.
Contact Debbie King, 719-545-5321
Debbie.King@LCCA.com
Visit us online at www.LCCA.com.
EOE/M/F/V/D - Job #16856



HEALTHCARE

PHYSICAL THERAPISTS
Pueblo's Centura Center for Rehabilitation Services seeks PTs for opportunities at this growing outpatient orthopedic clinic. BLS and previous experience preferred. Enjoy competitive pay, terrific people and some of the best benefits in the industry. Visit our website for details on these & other rehab opportunities with Colorado's largest health care provider today. Search job# 40037 or 39854 at:
centuracareers.org EOE



HEALTHCARE

RN/LPN Evening/Night Shift
Are you a compassionate and caring RN or LPN who has a background offering quality care to the elderly and/or those that are of fragile health? If so, you may want to take a look at **Mt St Francis Nursing Center.** We are looking for a few special people to fill our openings. We offer a competitive benefit package and excellent work environment. If you have a strong commitment to Long Term Care, please apply to:
Mount St. Francis Nursing Center
Attn: Mary Jane Adams, DON
7550 Assisi Heights
Colo Spgs, CO 80919
Or Fax resume to: (719) 955-7029
For a List of Positions with Mount St. Francis Center visit www.stfrancis.org



HEALTHCARE

Therapists PT, OT, ST
needed to make home visits. Excel pay, flex hrs. Call Lynn 719-532-0373 or fax resume to 719-532-0374

HEALTHCARE



RNs
Full-time 11 p.m. to 7 a.m. over-night and weekend shift positions available on acute and residential units for adults and children. Applicants must have a current CO license in good standing, and previous behavioral health work experience is preferred.
To apply, please fax your resume to (719) 630-0118 and note the position for which you are applying, or you may also apply in person at Cedar Springs Hospital, 2135 Southgate Road, Colorado Springs, CO 80906.

HEALTHCARE

CNC Programmer
Mazak Exp. Desired. 15+ yrs exp. Go to: www.wpmntinc.com
For more info.

HEALTHCARE

Cook / Food Service Worker
PRN position available for a Cook/Food Service Worker. Requires verification of a HS diploma or equivalent plus 3 years training or experience in large scale or commercial food preparation. Must be able to read/writes/speak English. Subject to drug screen, background check, etc. **To apply, please fax your resume to (719) 630-0118 and note the position for which you are applying, or you may also apply in person at Cedar Springs Hospital, 2135 Southgate Road, Colorado Springs, CO 80906. EOE**

HEALTHCARE

Machine/Sheet Metal shop needing a mechanical inspector. Qualified applicants need only apply in person 7:30-5:30
Vertec Tool
1123 Elkton Dr.
Colorado Springs

HEALTHCARE



Cook / Food Service Worker
PRN position available for a Cook/Food Service Worker. Requires verification of a HS diploma or equivalent plus 3 years training or experience in large scale or commercial food preparation. Must be able to read/writes/speak English. Subject to drug screen, background check, etc. **To apply, please fax your resume to (719) 630-0118 and note the position for which you are applying, or you may also apply in person at Cedar Springs Hospital, 2135 Southgate Road, Colorado Springs, CO 80906. EOE**

HEALTHCARE

Public Health Nurse
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EOE Tobacco Free Campus

HEALTHCARE



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13 WEEK PROJECT REMODEL LARGE RETAIL STORE! COLO SPGS & MONUMENT LOCATIONS, RACKING, SHELVING STOCKING PRODUCTS. 1st & 3rd SHIFTS APPLY MON - THURS 9AM - 3PM
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EOE Tobacco Free Campus

AUTOMOTIVE



Immediate openings for experienced **Service Writers & Service Managers** in Colorado Springs. Automotive knowledge necessary and college degree is a plus. Excellent compensation package.
Contact Jeff at 303-483-1085 or fax 630-672-9058 EOE M/F

AUTOMOTIVE

Sales Manager
Local Window Company is hiring **Experienced Sales Manager & In Home Sales Reps** Must be able to one-call close. Training provided as well as confirmed leads. \$75K to \$125K per year. Call Mr. Poole for immediate consideration at 719-598-8075

REAL ESTATE

ASSISTANT COMMUNITY MANAGER
Balfour Beatty Communities has an opening for an Assistant Community Manager at Fort Carson, in Colorado Springs, CO. Responsibilities: support the Community Manager in all property mgmt functions; marketing, accounting, maintenance, and resident relations. Candidate is expected to perform the Community Managers' duties in their absence. Requirements: BA preferred plus (3) years of supvy exp in prop mgmt or an equivalent combination of education and exp. Possession of a valid drivers license and safe driving record. Qualified candidates email their resume & salary requirements to: careers@bbcgrp.com
www.balfourbeattycommunities.com

MANAGEMENT

New Today!
We are currently hiring a manager position. Qualified management candidates will have a minimum of three years experience as
A RETAIL LUMBER YARD MANAGER with a proven track record in sales and profitability. We offer a competitive salary based on experience and a benefit package including health, life, short term disability, vacation, personal time and an ESOP Retirement Plan. If you are looking for a lifelong career with a great opportunity for personal and professional growth, send us your resume today. Bloedorn Lumber Company, P.O. Box 1077, Torrington, WY 82240. Email bloedorn@bloedornlumber.com. Visit our web site at www.bloedornlumber.com to learn more about our great company.

Marketing/Management

Director of Development and Facilities Operations
James Irwin Charter Schools has an opening for a Director of Development and Facilities Operations. The selected candidate will assist the grant writer with finding quality grant opportunities, and oversee the fulfillment of grant contractual obligations. They will also supervise and direct the building maintenance and custodial staff, and direct the fulfillment of the campus master plan and ongoing building projects. Minimum requirements: Bachelors' Degree and three years development management experience; Master's degree preferred. Please apply on line at: www.jamesirwin.org

MANUFACTURING



ROCKY MOUNTAIN STEEL
A DIVISION OF EVRAZ INC. NA
Evraz Rocky Mountain Steel is a manufacturer of steel products in Pueblo, Colorado. Our company has immediate openings for the following positions:
MILL MECHANICAL TECHNICIAN
Must have completed or have the equivalence of Journeyman status as a Welder, Boilermaker, Millwright or Pipefitter. Preference given to multi-craft applicants. Experience in Hydraulics, Pneumatics, Gearboxes, Conveyor Systems, Piping, Bearings and Lubricants highly desired.
MILL ELECTRICAL TECHNICIAN
Must have completed or have the equivalence of an Electrical or Electronics Apprenticeship Program. Five years experience in a heavy industrial setting required. Skilled in trouble shooting, repairing, and installing electrical or electronic equipment.
We offer fully competitive wages and an excellent benefit package including Medical, Dental and Eye Care Coverage, as well as a Pension Plan, a 401(k) Matching Program, a Profit Participation Plan and an Educational Assistance Program.
Interested individuals should contact:
Pueblo Workforce Center
212 West 3rd, Pueblo, CO 81003
Phone: 719-562-3745
Fax: 719-543-1007
E-mail: puebloworkforce@state.co.us
We are an Equal Employment Opportunity/Affirmative Action Employer. M/F/V

RADIO/TELEVISION ELECTRONICS



Pikes Peak Community College is seeking applications for a permanent full-time Electronic Specialist II. Must have three years of technical experience repairing, performing maintenance, installing, modifying, calibrating, certifying, or fabricating radio and TV equipment and software. Part-time experience pro-rated. A State of Colorado application must be received by 5:00 p.m. on Friday, August 13, 2010 to be considered.
Please view application process at <http://www.gssa.state.co.us/announce/Job+Announcements.nsf/Sabou?OpenAbout>
AA/EEO/ADA employer

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Earn \$2000 Commission per week PLUS Residuals. Highly successful National Company. Will Train! First call 800-306-5975 and listen to our 9 min. company overview. Then call Tom MacAdams @ 800-825-0481

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Base salary + commission + benefits
Resume to: jobs@summitthc.com

SALES

Weight-Loss Specialist
Experience Req. in: Weight loss, nutrition, fitness. P/T including Saturdays. Must "be the brand." Base Hr. + comm. Fax res: 719-265-5519 or email: julie@5505company.com.

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Full Day Kindergarten with Daycare
For More Information Call:
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SECURITY

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Good communication skills, basic computer knowledge, high school diploma. Job related knowledge preferred. For job info, and application visit our website at:
www.cmsd12.org
Last day to apply: August 11, 2010
Cheyenne Mtn. School District
1775 LaCade St.
Colorado Spgs, CO 80905 (719) 475-6100

TECHNICAL

Computer Programmer
The District Attorney's Office is seeking: Computer Programmer to develop & maintain new websites using ASP.NET, CF, VB and SQL server.
Requires BSCS or equivalent.
Strong development in other languages & DB may substitute for .NET / C#. Strong customer service skills a must.
Exec. Bene. 50K EOE.
Email resumes only daoresumes@elpasoco.com

TRANSPORTATION

Auto Parts Warehouse seeking Delivery Driver.
Bring MVR.
Hensley Battery
4865 Galley Rd

TRANSPORTATION

Bus Driver
CDL license with school bus endorsement preferred. Must meet CO Dept. of Transportation physical and drug testing reqmnts. For job info, and application visit our website at:
www.cmsd12.org
Last day to apply: August 11, 2010
Cheyenne Mtn. School District
1775 LaCade St.
Colorado Spgs, CO 80905 (719) 475-6100

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1 Door Closes - Another One Opens

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DownTown Lofts in Secured Historic Bldg. \$325K & \$290K. Exposed Brick Walls, 9 ft Ceilings, lots of windows, granite counters, S/S appl, luxury baths. Views from Balconies. See photos & VT at www.LindaLafferty.com
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BRIARGATE
D-20 Schools Well kept Tri-level with unfinished basement. 3 bedrooms, 2 bath, wood burning fireplace, stainless steel appliances. Lg fenced backyard with sprinkler. Close to Woodmen and Union. Available 9/1, no smoking, pet with owner approval, not cats.
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POWERS/STETSON HILLS Gorgeous 4 bed., 3 bath home, fenced backyard, A/C, fireplace, Pets OK, \$1,400mo. Avail 8/1. 719-495-1304 or 719-660-3485

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Priced at \$525,000

This gorgeous Cape Cod style 2-story home has been beautifully renovated and is filled with quality features and only the finest amenities throughout. Warm, inviting and elegant floor plan w/4,738 total sq. ft., 4 bedrooms, 4 updated baths, formal & informal living areas, gourmet kitchen, huge family room w/vaulted tongue-n-grove ceiling, 2 wood burning fireplaces, gleaming hardwood flooring throughout most of the main level & a walk-out lower level. Situated in Woodmoor Hills on a private & serene 1.12 acre lot w/towering pine trees & professional landscaping to include a flagstone front patio, terraced backyard, colorful flower gardens and lush, manicured lawns. Fabulous Tri-Lakes location close to District 38 Schools, parks, fishing lakes, shopping and golf! Take a visual tour at www.realtor.com MLS# 681408.
Platinum Group REALTOR

For private showing contact **Diane Forbes** at 719-488-3775.

Transportation

LA SABRE 2005
White, V6, 36K mi. pw, keyless entry, CD, AC.
\$8500 OBO 392-1898

FAST

CAMERO 2001 Z28 Convertible, loaded clean, fast! \$8300 obo. 719-229-6997

CAPRICE 1994 only 68K orig mi. Exc cond. AC, CC, AT, garaged. Orig owner. \$4200. 719-574-8124

CORSICA 1994 72K orig miles. AC, cruise, exc cond, garaged, \$2250. 719-648-1591

CIRRUS 1996 silver, 4cyl, good brakes, tires, int., runs great. 1-owner, dependable \$1250. 719-599-8831

LA SALLE 1939 4door sedan, exc cond, for details call Larry at 719-429-3109

TYPE S 2003 all leather, mint condition, new tires, 65K mls, 719-260-9508

Xterra 2005
Will Takeover
Payment is under or at \$7000 640-9675

Awsome!

SIERRA SLT 1999 4x4, V8 5.3L, ext cab, short bed, lthr, 115K, exc cond, all power, \$8000 obo. 260-9152

CHECK THIS OUT

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



6X6 MILITARY M-35 2.5 ton TROOP CARRIER Exc cond. \$7500. 719-429-1581

Search thousands of local vehicles online.

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002

Heritage Soft Tail Custom 1990 FLSTC 39K, loaded- extras, HD svcd. \$7495 obo. 719-687-9624

Bounder 1994, 31 Ft. 460Ford W/Banks 37.5K mi, Excellent - Loaded-MUST SEE! \$13,500 OBO 492-5654

KZ FRONTIER 2006
23ft 2205QSS, AC/Heat On Bed Pull Out, 4160 lb Wt. Sleeps 6+ \$11K 719-596-9246 8-8p



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002

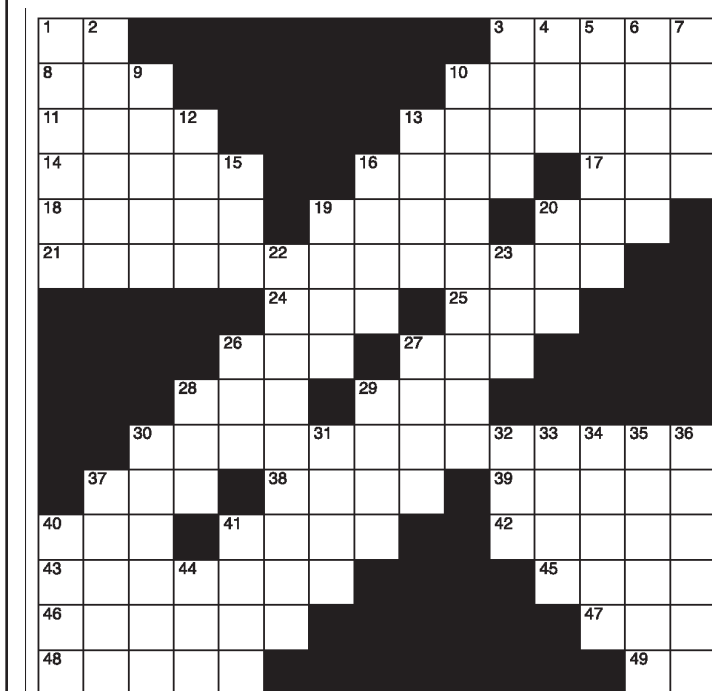
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Before

After

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SUDOKU

	3			8				
		6				2		
	1		4					
			6				1	
	5		1			9	3	
	7			3	4			
	9	5					4	
		5	9	6	8			
8			3					6

Level: Intermediate

CLUES ACROSS

- Indicates position
- Volcanic landslide
- Rechewed food
- Large white sturgeon
- Nights before
- Annoyed and irritable
- 5th largest Egyptian city
- Presently
- Abbr. for the brain and spinal cord
- Greek epic poem
- Liquid body substances
- Make lacework
- S.W. Appalachian passage
- Longest division of geological time
- Women's ___ movement
- Explosive

CLUES DOWN

- Garment
- Sec. of Energy Dr. Steven
- ___ Jima, WW II battlefield
- Mint-flavored liquor
- Painting or sculpture
- Large bundle of cotton
- Alt. of blood albumin
- Mined mineral
- Covering in a bird's beak
- Apotro___l: wards off evil
- Falling stars
- Turkish brandy
- Makes into law
- Animal lair
- Harangues
- Delaware
- Vinegary
- Funafuti is the capital
- Incline to one side
- Sleeved liturgical vestment
- Covers the hub of a wheel
- One who acts for another
- Radioactivity units
- Jeans material
- Wide woven carpet
- Knife thrust
- Maize
- Turns into noun
- Actor Connery
- Gambling machine
- A restaurant bill
- Counts again
- Job for a musician
- One and only
- Excessively quaint
- Cathode-ray tube
- Inactive
- A resident of Crete
- Pinnas
- Second sight
- Close by
- Group of three
- Chopped
- Seinfeld character Benes
- Enclosed sports venue
- Hebrew counting tradition
- Camp beds
- Shock therapy

Solution on page 9

8-6-10

Albertsons
It means a great deal.SM

Hawaiian Days

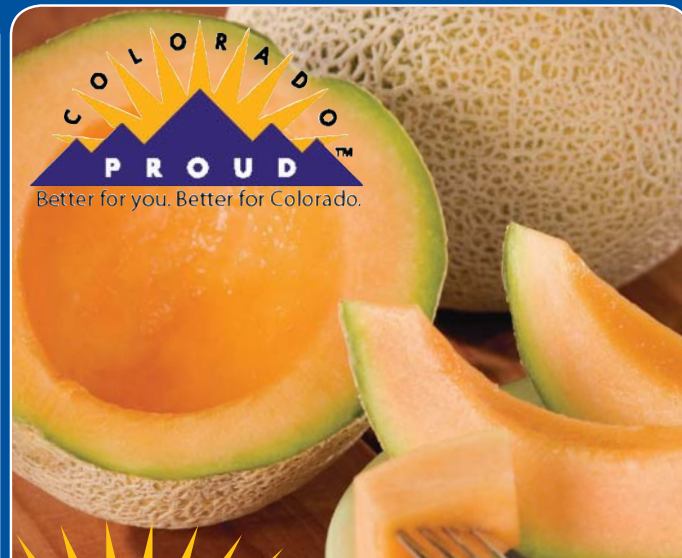
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Rocky Ford Cantaloupe **10\$10**
FOR

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RECEIVE AN ADDITIONAL **10% OFF** YOUR ENTIRE PURCHASE.

*ID Required, Some Restrictions Apply. See Store For Details

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Chicken Breast
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Equal or Lesser Value



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51/60 ct., Sold in 2 lb. bag \$9.98 ea., Bulk Shrimp \$5.99 lb.
4.99 lb.

Albertsons Weekly Coupon
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18.25-18.9 oz. Select Varieties
77¢ ea.
With Coupon
Limit 3, Additional 10 for \$10

Solve the crime and you could win a trip to **CSI: THE EXPERIENCE**

Purchase any 4 participating Coca-Cola, Kraft or General Mills products and get a voucher at checkout to help you start your investigation at Albertsons!

3 Lucky detectives will win a trip to CSI: The ExperienceSM at the MGM Grand in Las Vegas!
See in-store for details

Collect all 4 clues! Find a new clue in store every two weeks!

Albertsons Weekly Coupon
Coupon Effective 8/04/10 - 8/10/10



Smucker's Uncrustables
4 pk. Select Varieties
1.49 ea.
With Coupon
Limit 2, Additional \$1.99 ea.



Albertsons Gallon Milk
Select Varieties
1.98



Yoplait Yogurt
4-6 oz. Select Varieties
Sale Price 60¢ ea.

Final Price 38¢ ea.
When you Buy 10
Limit 1 Reward per Transaction



LARGE Slicing Tomatoes **10\$10**
LBS. FOR

Albertsons Weekly Coupon
Coupon Effective 8/04/10 - 8/10/10

\$3 save when you purchase \$10 in participating products in one transaction

Customer will receive \$3 off when you buy \$10 of participating Jimmy Dean, Hillshire Farm or Ball Park items

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.



Budweiser or Bud Light
18 Pack Cans
12.99

great DEAL



BAR S Jumbo Meat Franks
16 oz. or Meat Bologna 12 oz. Select Varieties

DON PANCHO Burrito, Corn or Soft Taco Tortillas
11-16 oz.

10\$10 FOR



Ocean Spray Cranberry Juice
64 oz. Select Varieties
1.49 Limit 4

\$10 OFF your purchase of \$100 or more

Coupon effective 8/04/10-8/10/10
Coupon must be used on a single transaction.

LIMIT 1 COUPON PER CUSTOMER. This coupon cannot be used unless the purchase is \$100 or more after deducting all manufacturer coupons and store coupons, and without including money orders, lottery tickets, gift cards, alcohol, tobacco, prescriptions, stamps and other products prohibited at law. Cannot be doubled, tripled, quadrupled or exchanged for cash. Not valid toward previous purchase. Void if copied or transferred in the event of return, coupon savings may be deducted from refund. May not be used in combination with any other offer. One coupon per customer, per transaction.

Prices Effective 8/6/10-8/10/10

RAIN CHECK: We strive to have on hand sufficient stock of advertised merchandise. If for any reason we are out of stock, a Rain Check will be issued enabling you to buy the item at the advertised price as soon as it becomes available. Savings may vary. Check price tag for details. We reserve the right to limit quantities. Please, No Sales to Dealers. AVAILABILITY: Each of these advertised items is required to be readily available for sale at or below the advertised price in each Albertsons store except where specifically noted in this ad.

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