

Air Force Academy, CS Utilities tackle solar energy project

By Academy Spirit Staff

Colorado Springs Utilities and Air Force Academy officials met Tuesday, during the City Council meeting, to make modifications to the electric tariff to allow for the construction of a solar array here.

The project, proposed earlier this year, is funded by the American Recovery and Reinvestment Act — better known as the economic stimulus bill.

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

It's the energy efficiency investment portion of that legislation, which will bring \$18.3 million to the Academy to fund a new energy contract between the Academy and Colorado Springs Utilities.

"USAF stimulus money will pay for solar power generated by Colorado Springs Utilities," said Russell Hume, 10th Civil Engineer Squadron. That money will allow Colorado

See SOLAR, Page 5



Photo by Dave Ahlschwede

March out

(Left to right) Superintendent Lt. Gen. Mike Gould, Commandant of Cadets Brig. Gen. Sam Cox, Dean of the Faculty Brig. Gen. Dana Born, Association of Graduates CEO William Thompson and Basic Cadet Training Commander Lt. Col. Ted Detwiler lead the Class of 2013 to Jacks Valley. The march out to Jacks Valley marks the transition into the second phase of BCT. Class of 2013 basic cadets started training on June 25.

Academy closely monitors H1N1 among basic cadets

By Academy Spirit Staff

Air Force Academy health professionals are continuing care for a number of basic cadet trainees who are exhibiting symptoms consistent with the Centers for Disease Control criteria for Influenza Like Illness.

To date, 55 cadets are in isolation for ILI. Another 117 cadets have been released back to duty after receiving medical care at the Academy clinic.

All cadets are doing well, and none require hospitalization.

One hundred and three basic cadet trainees have tested positive for the H1N1 virus. The test results were received from the Air Force School of Aerospace Medicine Epidemiology Lab at Brooks City-Base, Texas, and then forwarded to the CDC.

Health officials stress that H1N1 flu behaves similar to typical seasonal influenza and emphasize the need to take standard seasonal flu preventive measures such as hand washing and cough etiquette.

The Air Force Academy is taking all necessary precautions to educate and safeguard military and civilian personnel, as well as family members, and is following Centers for Disease Control guidelines for treatment, testing and prevention and consulting with the CDC, Air Force Surgeon General and El Paso County Public Health Department.

Flu prevention tips

Due to an increase of patients visiting the Academy Clinic with upper respiratory illness symptoms (fever, cough, sore throat), the 10th Medical Group recommends all follow the below public health measures:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands often with soap and water or an alcohol-based hand cleaner, especially after coughing or sneezing.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.

What is the best way to keep from spreading the flu virus if you are sick?

- Active duty members who are ill should contact their supervisors and health care providers.
- Limit contact with others as much as possible.
- If mildly ill, stay home. Do not go to work or school.
- Cover your mouth and nose, preferably with a tissue, when coughing or sneezing. Then clean your hands and do so every time you cough or sneeze.
- Do not share objects like remote controls and pens.
- Disinfect surfaces that are frequently touched like door knobs, remote controls, light switches and toilet handles.
- If someone in your household is sick, disinfect surfaces and clean your hands frequently.

When should you contact your health-care provider?

If you become ill and experience any of the following warning signs, seek urgent medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
- The actions required to limit spread of upper respiratory infections and the influenza virus are both simple and effective. Following this simple will help stop the spread of respiratory illnesses.

WEEKEND WEATHER

FRIDAY
84 51
VICINITY T-STORMS

SATURDAY
84 50
VICINITY T-STORMS

SUNDAY
82 50
ISOLATED T-STORMS

Prep School



"You are now family members. Once a Preppie, always a Preppie."

Page 3

Social Media

Social media introduces a dynamic that leaders simply can't get through traditional communication methods.

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Field Day

Demons come out victorious as 2009 BCT Field Day champs

Pages 12-13



Exercise the art of decision making

By Gen. Stephen Lorenz
Commander, Air Education and
Training Command

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Making decisions is something we all do each and every day. Most decisions are made without much thought, almost unconsciously and, in many cases, automatically. Others; however, are decisions that involve time and thought, and can impact more than just ourselves. These are the decisions where the process is an art: it defines who we are as leaders.

Saying this isn't a stretch. As leaders, we do things in order to create a desired effect. Making the "best" decision hits at the core of creating that effect and, in turn, is an essential aspect of being an effective leader. Now, these aren't decisions that involve "right versus wrong," or lying, cheating or stealing; we must never compromise our integrity. In fact, most of these decisions involve "right versus right" and the decision may be different today than it was yesterday.

This is what can make them so challenging. Let's take a moment to look at the elements involved in making the

"best" decision.

First, and foremost, effective decisions require objectivity. The old adage, "the more objective you are, the more effective you are," has never been more accurate or applicable than it is today. It can be tempting to look at decisions through the lens of a small straw. Effective leaders must step back and gain a much broader view; they must open their aperture. I've always advocated looking at issues and decisions from your boss's boss's viewpoint. This approach helps to open the aperture and maintain objectivity.

In order to gain the broad, objective view, leaders must work to gather a complete picture of the situation. Some call this situational awareness; others call it a 360-degree view of the issue. In either case, that awareness involves considering all of the variables weighing into the decision, competing interests involved in the decision, and potential consequences of the decision. The potential consequences must include possible second and third order consequences. Tough calls like these can involve individuals, organizations and issues beyond those initially thought. Weigh the consequences against

unit missions and organizational goals. Investigate how the decision will move things forward in the near, mid and long term. This will provide the context for the decision and, although it will involve a lot of work, will result in the broadest view of the entire process.

Lastly, tough decisions can be very emotional. Don't let emotion play into the decision-making process. Emotion only serves to cloud the issue and, potentially, can result in a decision where near-term happiness fades quickly into mid- and long-term unintended challenges.

Leaders must look at decisions from the outside, unattached to the emotional influence from within. Leaders must rise above such distractions in order to maintain their objectivity.

Leaders use decision making to define reality. Decisions made within context and with the benefit of situational awareness, will bound future issues for success and establish tomorrow's realities for our subordinates, our bosses and, ultimately, our boss's boss. In the end, objectivity will ensure that decisions will result in the desired effect and will keep you and your organization headed in the "best" direction.

Training: It really does save lives

By Senior Master Sgt.
Pamela Abraham
52nd Maintenance Operations Squadron

SPANGDAHLEM AIR BASE, Germany (AFNS) — I am a training manager in the 52nd Maintenance Operations Squadron's Maintenance Training Flight. My flight is responsible for ensuring standardized training for approximately 1,800 52nd Maintenance Group members. Our primary goal is to identify and meet personnel training needs. We take great pride in our daily efforts to instill knowledge and skills to help people improve their job performance. Training is important, and despite the complaints, I know people understand the need.

Let me share a story with you about two of my Airmen, one of them a technical sergeant. Read the story from his perspective then tell me if training is important.

March 13 was like any other day off except my boss and I decided to take a trip snowboarding. Since we are the only ones in our shop who enjoy the sport it was just us two. I picked him up around 9 a.m. and we headed out to the Netherlands. Though

it was a three-day weekend, we decided to take a day-trip up to Snow World instead of traveling down to the Alps.

Once we arrived, we bought day passes and went to the slopes. The day started light with the warm-ups. My boss was working on his turns and getting better control of his board. On the fourth run my boss went down the hill first.

When I finished strapping into my bindings, I slid down to the base of the hill. The first thing I noticed was the base of my boss's board sticking up straight. When I got to him he was face down in the snow, almost like he was asleep. I thought he was joking at first until I saw the pool of blood soaking through the snow.

I immediately checked for signs of respiration. Once I established he was still breathing, I checked for any signs of a spinal injury. There was no abnormality along his spinal cord and no clear liquid protruding from the ears or nose. I then proceeded to check for further injuries. Finding none, I tried to revive him.

Approximately five minutes later he finally regained consciousness. He was able to roll over and sit up with some help.

By this time a few people stopped to ask if he was OK and a Snow World staff member had been notified. He couldn't remember where he was, how he got there or what day it was. His eyes were dilated. Noticing the signs of a concussion, I figured we needed to get him to the hospital. My boss was pretty banged up; he cut his lip and took a chunk out of the left side of his face.

During the trip to the hospital, my boss repeated the same questions. "Where are we, how did we get here, and what day is it?" About half way to the hospital he was able to remember what day it was. I engaged him in conversation to make sure he would stay awake.

The good news is the Airman survived with only a few bruises and a minor concussion. This was due to the technical sergeant's immediate application of his life-saving self aid buddy care skills training.

So the next time you wonder why you're in training, think back to this story. You never know when you will need to use it, and it's good to have that knowledge.

As the old cliché goes, "It's better to have it and not need it, than to need it and not have it."

ACADEMY SPIRIT

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

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The *Academy Spirit* also accepts story submissions by fax at 333-4094 or by e-mail: pa.newspaper@usafa.af.mil.



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Maj. Jeff Englert
AFSPC/A3

"It's a really good thing for the grass."



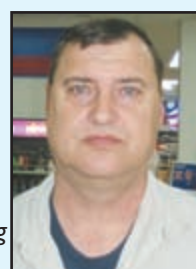
Senior Amn
Antonio Funk
10th FSS

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Rose Borja
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Shift Manager

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Mike Larsen
Academy Military
Clothing Sales
warehouse receiving



Prep School opens doors to new Cadet Candidates

By Ann Patton
Academy Spirit staff

New preppies started on their course for the Hill as they in-processed the Academy Preparatory school Wednesday.

It was also the first day of their 18-day basic military training.

The first stop was the Academy Community Center ballroom. The 239 cadet candidates and their families received briefings, paid fees and browsed displays of support services.

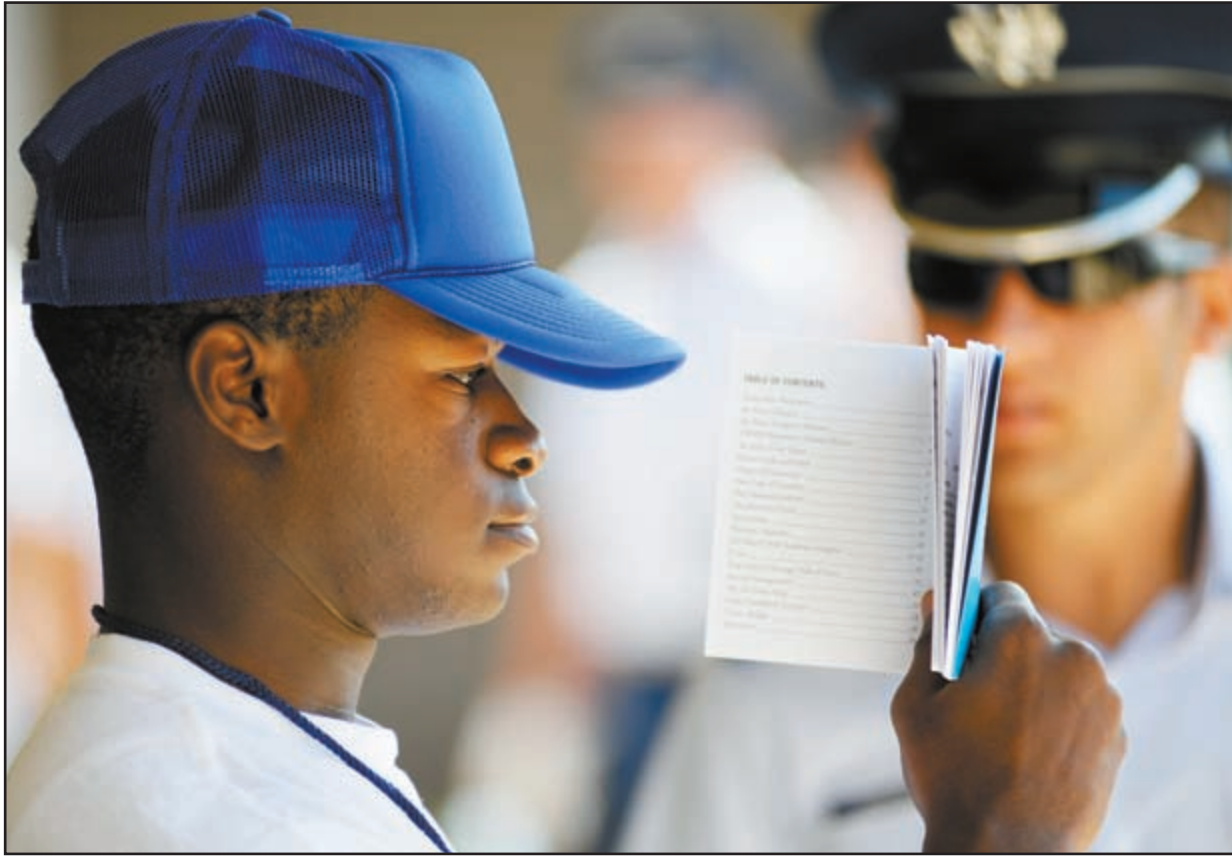
Then it was on to the Milazzo Club for medical screenings, hair cuts, swearing in, uniform issue and dorm assignments.

Procedures for this year's in-processing differed from years past when all activities were held at the club. This year the new cadet candidates bade their good-byes to family member, then boarded buses to the club and the Preparatory School.

Col. Todd Zachary, Prep School commander, spoke to the new students and family members and keyed on the necessity of producing leaders of character, especially in light of the possibility they may go into harm's way.

He also emphasized academics is but only one aspect of the Prep School's mission. Athletics, military training, character and leadership building are also part of the curriculum.

This year the Prep School has a staff of 76, with a ratio of three cadet candidates per staff member. Colonel Zachary reminded cadets that



Air Force Academy Preparatory School Cadet Candidate Darrell Cousin studies his Prep School Handbook as a training cadre member looks on, July 15th. The date marks the first of 18 days of basic training for Cadet Candidate Cousin and his 238 new classmates toward the 10-month transition period to becoming Air Force Academy Cadets.

Photo by Dennis Rogers

family support is critical.

"You are part of the staff," he told parents. "We're counting on you to support them in the valleys and peaks."

Dean of Academics Lt. Col. Dave Bell said new this year to the Prep School will be the presence of an after-hours adviser for academics. He also said although English, math and chemistry are the primary classroom subjects, it is possible to take physics and other advanced classes on the Hill.

Also new this year is a shift to instilling inspiration into character and development, said Lt. Col. Bryan Huntley, the program's director. With the focus on character, integrity service and

excellence, learning in the year ahead will involve an abundance of dialogue.

"It begins on the bus," Commander of Military Training Lt. Col. Tim Burke said of BMT, which he cautioned would be physically and mentally demanding.

"Eighteen days is very temporary," he said and added the short period of time will not be a definite indicator of how cadet candidates will perform throughout the coming year.

"Every cadet candidate is an athlete," said Lt. Col. Ken Korpak, athletic director, and noted this year's class members are arriving with specialties in 15 different sports.

Cadet Candidate Jarrod Cox, from

Alabama, has returned to the Academy where he began his life—when he was born at the Academy Hospital. He is interested in flying and in aeronautical engineering.

The son of retired Air Force member Michael Cox, Class of 1981, has been lifting weights and running.

"I feel pretty prepared," he said.

Cadet Candidate Thomas Redfield had planned on attending Indiana University until his acceptance letter from the Prep School arrived.

"I've wanted to join the Air Force since I was 10," he said. "It has always been my dream to serve my country, and the Air Force gives me the opportunity."

He has been running to prepare. "It's going to be even harder with the altitude, but I know I'm ready."

Cadet Candidate Indigo Blakely is interested in flying or becoming a flight surgeon.

"I like the structure of the Academy, and I get to serve in the Air Force," she said of her reasons for applying.

To prepare, she worked out swimming and doing track. "I also definitely worked hard in school," the Arizona resident said.

Cadet Candidate Kyle Antoszewski from Toledo, Ohio, heard of the opportunities available to prior enlisted members and applied. The National Guard member for three years has prepared well for the days and weeks ahead.

See PREP SCHOOL, Page 14



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PTSD patients gain greater privacy, reduce stigma

By Lt. Col. Lesa Spivey
59th Medical Wing Public Affairs

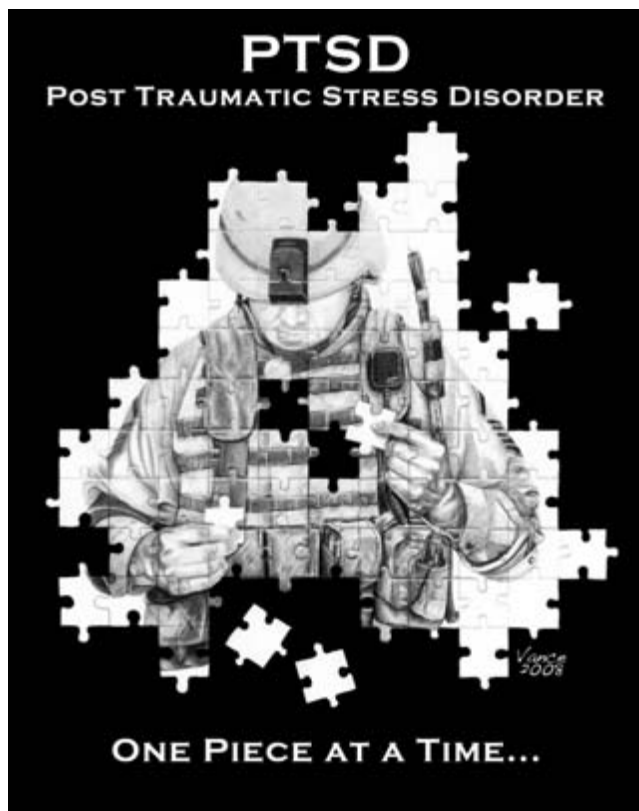
LACKLAND AIR FORCE BASE, Texas (AFNS) — Servicemembers seeking help for deployment-related Post-Traumatic Stress Disorder now have the option of being treated through primary care channels at a new pilot program offered at Wilford Hall Medical Center.

The primary goal of this new research program is to offer effective therapy for PTSD within the primary care environment, where service members are likely to feel more comfortable seeking mental health assistance.

Servicemembers who wish to participate in this type of treatment program simply schedule an appointment with their primary care manager and go to their primary care facility, just as they would for any other treatment. The primary care manager then refers the servicemember to the behavioral health consultant who works in the primary care clinic. This process helps to mainstream the treatment alongside other, more routine care. It is hoped that, as a result, a servicemember will feel less isolated or ostracized and be more willing to ask for help.

PTSD is caused by exposure to a traumatic event that involves actual or threatened death or serious injury. An individual who is experiencing PTSD symptoms may have been personally threatened or injured, or he or she might have witnessed the death or serious injury of another. In either case, the severity of PTSD is directly related to the level of threat to the person's life or the lives of others while in the combat environment.

PTSD is one of the top health concerns for servicemembers returning from combat duty in Iraq and Afghanistan. Recent studies of Operation Iraqi Freedom



Pencil illustration by Master Sgt. William Vance

and Operation Enduring Freedom veterans suggest that 5 to 17 percent of U.S. military personnel returning from deployments have PTSD symptoms and as many as 25 percent report some psychological problems.

Almost 2 million U.S. military personnel have deployed in support of OIF/OEF, and estimates in this population indicate that 100,000 to 300,000 OIF/OEF veterans are at significant risk for chronic PTSD.

The most effective treatment for PTSD is cognitive-behavioral therapy that helps the servicemember deal more directly with the distressing memories, feelings and thoughts related to combat exposure. Typically,

these treatments are only available in the mental health clinic.

Until now, no studies have been conducted on offering cognitive-behavioral treatment for PTSD in a primary care setting. However, with research conducted by the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience, or STRONG STAR, doctors at Wilford Hall and Brooke Army Medical Centers in San Antonio have been able to launch the initial study and treatment of this kind.

STRONG STAR is a multidisciplinary and multi-institutional research consortium funded by Department of Defense officials to develop and evaluate the most effective early interventions possible for the detection, prevention and treatment of combat-related PTSD in active-duty military personnel and recently discharged veterans. Under the leadership of the University of Texas Health Science Center at San Antonio, the consortium brings together the expertise of civilian, military and Veterans Administration institutions and investigators, striving together to make major scientific advances in military PTSD research and prevent the onset of chronic PTSD in a new generation of veterans. For more information about the STRONG STAR and its various research programs, visit www.strongstar.org.

The STRONG STAR program offering PTSD treatment through primary care began in February at WHMC and in April at BAMC. Since then, at least 13 servicemembers have enrolled in the pilot study and participated in the PTSD treatment. That number is expected to increase as the program ramps up at BAMC and comes online at the San Antonio VA.

"This is a significant number since there is a possibility that none of these patients would have sought treatment for PTSD without this intervening step.

See PTSD, Page 14

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First & Main Town Center (next to JCPenney)
Austin Bluffs Pkwy & Academy Blvd (in the King Soopers shopping center)



Solar

From Page 1

Springs Utilities to build, own, operate and maintain the solar array here.

Construction will begin later this year.

It will be a fixed solar array on between 10 and 24 acres of Academy property, depending on the exact system selected," said Col. Rob Fredell, Academy chief scientist.

Potential sites are being evaluated by the Academy and Colorado Springs Utilities, and most are located on the eastern edge of Academy property to maximize the amount of sunlight available to power the solar array.

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

The Academy spent \$5,184,768 on electricity in 2008, said Mr. Hume. So the addition of the stimulus bill-funded solar array will provide the Air Force a cost savings of more than \$500,000 per year.

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

The Academy's goal is to generate 100 percent of the electricity it needs via on-base renewable energy sources by the year 2015.

Air Force opens SAPR Web site

By Staff Sgt. Steve Grever
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas — To reinforce the Air Force's commitment to eliminating incidents of sexual assault, officials here have debuted a new Sexual Assault Prevention and Response Web site to raise awareness and provide prevention training, education, and victim advocacy.

"Sexual assault is absolutely inconsistent with our core values and it has no place in our Air Force; in a deployed context, or at anywhere in between," said Secretary of the Air Force Michael Donley.

The new SAPR Web site provides prevention and awareness information and recommendations that may prove useful in reducing and eliminating sexual assaults in the Air Force, said Lawna Swellander, the Air Force's Sexual Assault Prevention and Response operations chief.

"Eventually, the Web site will contain informational video spots that highlight ways in which members can intervene as bystanders to help others from becoming victims of sexual assault," Mrs. Swellander said. "However, the primary focus of our new Web site is to serve as a resource for anyone who is interested in learning more about what the Air Force is doing to combat sexual assault and provide comprehensive listings of available resources."

The Web site contains a range of material, including definitions and policy, general information to victims and the public, and discusses the availability of medical treatment, advocacy, and referral services with contact lists for the proper agencies that provide critical services.

The site will also include contacts for local Sexual Assault Response Coordinators and links to military and civilian organizations like the Department of Defense SAPR Program and Military OneSource. It will also contain current policies and Air Force Instructions as well as photos, news articles, and public service announcements.

The Air Force SAPR Program is focusing its efforts on the primary levels of prevention that work to stop sexual assaults before they occur.

"The key to prevention is for all Airmen to be engaged and committed to stopping these crimes before they occur by intervening when they witness situations or circumstances that lead to sexual assault," said Carl Buchanan, Air Force SAPR program manager.

While prevention has been included in the formal Air Force SAPR Program since it began in 2005, Mr. Buchanan said the new initiative concentrates extensively on educating Airmen and caring for victims of sexual assault.

"To shift to a full-scale prevention approach requires consistent and continuing education and training," he said. "It

also requires emphasizing standards and values by leadership as well as a consistent, visible support for victims. Deterrence and holding perpetrators accountable is represented by our well-trained investigators, prosecutors, and commanders."

From the launch of the official Air Force SAPR Program, Air Force leadership has dedicated full-time resources for SARCs, enhanced collaboration between first-responder communities, developed career-stream learning, continued partnerships with civilian subject matter experts, and released supportive campaign messaging to enhance the well being of all Airmen.

"The United States Air Force does not tolerate sexual assault," said Chief of Staff of the Air Force Gen. Norton Schwartz. "Sexual assault is criminal conduct that falls well short of the standards America expects of its men and women in uniform. The Air Force is dedicated to eliminating sexual assault by fostering a culture of prevention, providing education and training, response capability, victim support, reporting procedures, and accountability that enhances the safety and well-being of all its members."

For more information, visit the new SAPR Web site at www.afpc.randolph.af.mil/library/sapr/index.asp or call the Air Force SAPR program office at 210-565-4448.

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Seven Falls

Protecting storm water from urbanized areas

By Academy Spirit Staff

The 2000 population census classified the Academy as an urbanized area. Resulting from the census, the Academy was issued an EPA National Pollutant Discharge Elimination System permit referred to as a Small Municipal Separate Storm Sewer Systems General Permit, or MS4.

The intent of the permit is to eliminate/reduce pollutants from entering waterways from urbanized areas.

"Common pollutants from urbanized areas include sediment, oil, grease, trash, and lawn chemicals," said Matt Lewis, 10th Civil Engineer Squadron water quality manager. "When discharged to waterways through storm water outfalls, these pollutants can impair water and aquatic quality affecting a number of surface water uses."

Though there is currently no numerical discharge standards associated with the permit, the Academy is required to identify and implement storm water best management practices and measurable goals pursuant to MS4 categories. These practices and measurable

goals are annually updated and submitted to the EPA in a report.

"The Academy has implemented many BMPs to reduce pollutants from entering waterways including BMPs for housing areas," Mr. Lewis said.

The following activities performed by housing residents require proper management to reduce pollutants from entering waterways:

Vehicle Repair and Maintenance – Academy housing residents are restricted from performing major automotive maintenance at their residence. In particular, oil and anti-freeze maintenance are restricted. The auto hobby shop, or off-installation service stations, provides maintenance location alternatives. When servicing your vehicle off-installation, please do not allow petroleum products, and other chemicals, to be exposed to storm water.

Lawn Maintenance – Housing residents should minimize fertilizer, pesticide, fungicide chemical application that may be transported into storm water sewer systems.

Municipal Trash – Housing residents are to dispose of their trash into designated waste containers for

removal. Academy personnel are encouraged to pick-up and dispose of municipal trash whether on-installation or not.

Household Hazardous Waste – The Academy's Hazardous Waste Facility will accept off-installation generated used vehicle oil and useable household materials such as paints, cleaners and anti-freeze. The facility is located at Bldg. 8125 and is open Wednesdays and Thursdays from 7:45 a.m. to 3:45 p.m. For disposal questions, call 333-3852 during these hours.

In addition to potential water quality impacts from housing areas, many jobs performed at the Academy purchase, manage, use materials, and generate waste, which if exposed to storm water, may impact receiving water quality. For example, various materials including petroleum, oils, lubricants, if left exposed to the storm water, can impact receiving water quality. Academy employees are urged to use every reasonable precaution when performing day-to-day work responsibilities in eliminating pollutants released into the environment which may come into contact with storm water.

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Cadet to run what he calls 'Marathon for the Fallen'

By Butch Wehry
Academy Spirit staff

Cadet 3rd Class Malcolm Strong heard about the Disney Marathon because he lives in Florida but the cause came to him about a month ago one night when he couldn't sleep.

"I just laid there praying and then the most calming feeling came over me," said Cadet Squadron 9's military strategic studies major.

"I am a patriotic person and remember those who have given their lives for our country, but have never done anything in this capacity. I hope to make this an annual thing for me."

Cadet Strong plans to run the 26 mile marathon with a 30-pound rucksack Jan. 2010, in Orlando, Fla.

"I could not run a marathon today with the ruck," he said. "I have a lot of training ahead ... and with the motivation of the cause I will finish every last inch of the Disney Marathon with the ruck on my back."

He has been running his whole life, competing in triathlons, marathons and duathlons.

"Because of age restrictions, I was not been able to compete in 26 mile marathons before I went to my prep school and came to the Academy," said the cadet from Eustis, Fla. "This will be my first full marathon."

There's more to it.

"I have spent my whole life working toward serving my

See MARATHON, Page 9



Photo by J. Rachel Spencer

The Bird visits PPOBR

The Bird joins others on a horse-drawn carriage ride prior to the opening of the 69th Annual Pikes Peak or Bust Rodeo Saturday. The Pikes Peak or Bust Rodeo celebrated Air Force Academy day with all proceeds going to charitable programs and services benefiting local military personnel and their families.

The rodeo featured such events as steer wrestling, bareback bronc riding, tie-down roping, women's barrel racing and of course bull riding.

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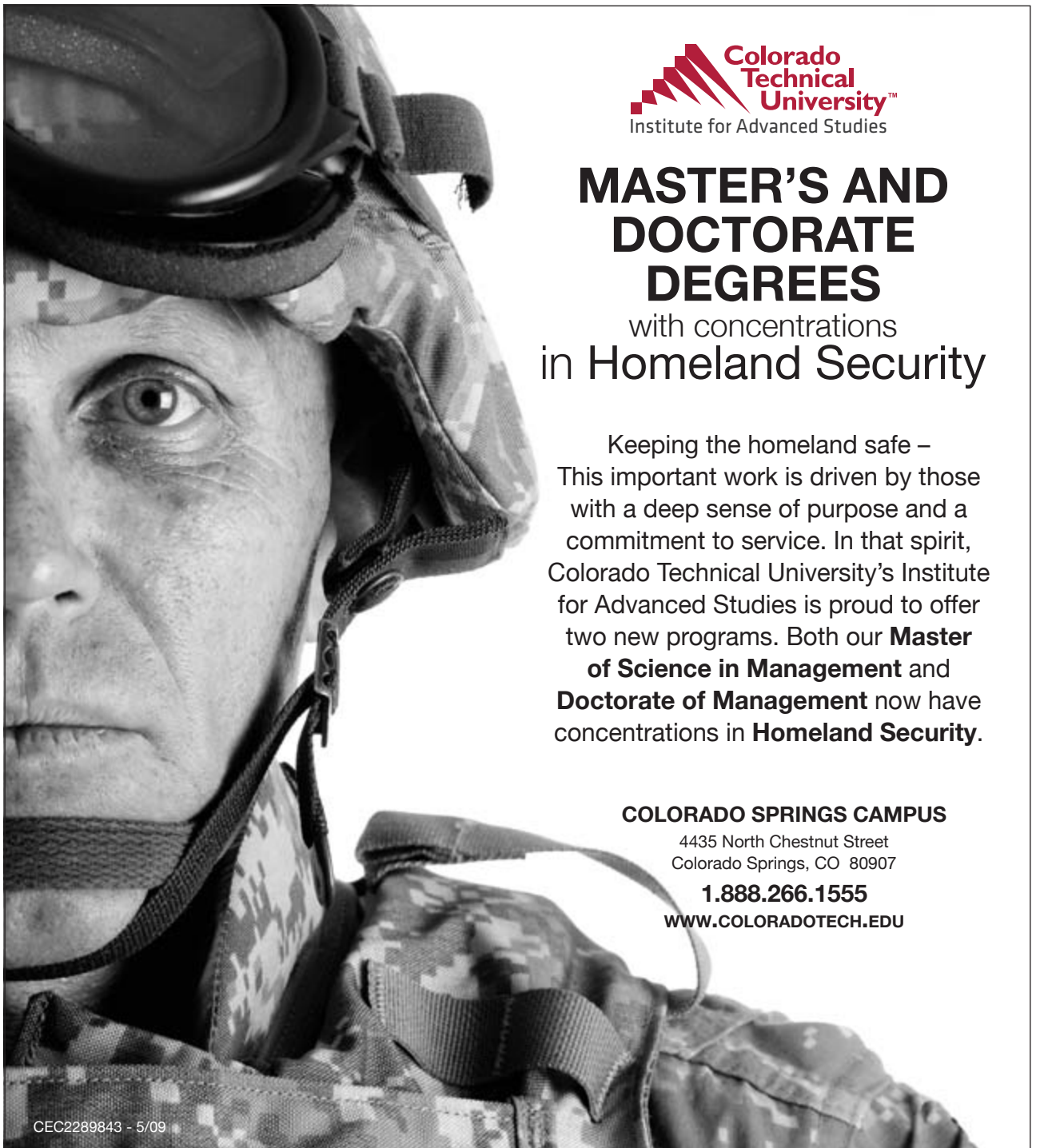
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Marathon

From Page 7

country,” said Cadet Strong. “Ever since I was 3 or 4 I have wanted to be in the military because of my father, retired Master Sgt. Bryan Strong.”

He was in the car with his mother to pick up his dad, not knowing what his father actually did.

“Like any little boy, I thought he was a super hero,” said the cadet. “On the ride to pick him up I was twirling my finger in the top of a Coke can, the part that is razor sharp. When we stopped where he was standing at the curb I stopped to give my dad a hug and then it started bleeding. I started crying. He swept me up and cleaned the blood off and made my ‘booboo’ all better and kissed me,” he said. That single moment set the path of my life into going into the military. I thought if someone could be a superhero and be so compassionate and loving to a little boy that it is what I wanted to be. I also would not be the person I am today without my mom, Paula Strong. Twenty years later I still think he is my super hero, not quite so invincible but he is a Godly and loving father and one to be admired and respected.”

He says he will be running this marathon while handing out flags with a name attached of a fallen service member since Sept. 11, 2001.

Cadet Strong has a training schedule and the mileage starts out lower and builds up to more than marathon distance.

“Right now, I run about 25 miles, spread over four days,” said the cadet who hopes to become a pilot. “I also have two cross training days which can be swimming, cycling, water running, or a weight work-out excluding legs and one day rest. By the few weeks leading up to the marathon I will be running more than 50 miles a week, two cross-training days and one day off.”

Cadet Strong calls it “*The Marathon for the Fallen*.”

He stresses this is not something he is doing for himself.

“I am doing this to honor those who have paid the ultimate sacrifice for our great nation and to hopefully remind the American people of those servicemen who have done just that,” he said.



Photo by Rachel Boettcher

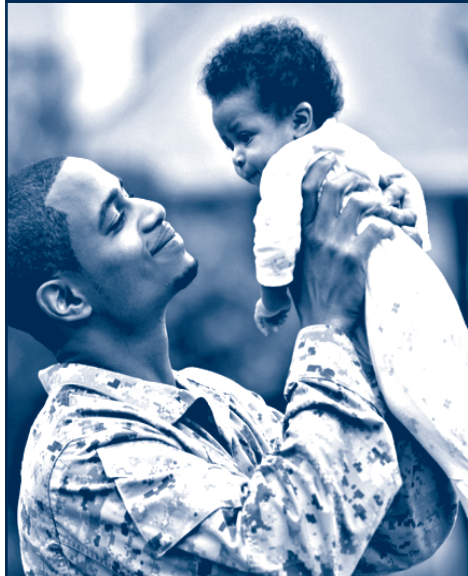
Great balls of fire

Brian Pille, Fire Inspector, instructs and supervises Devin O'Hara as he attempts to extinguish a pit fire during the 2009 Youth Fire Safety Camp here Tuesday. This event is put on annually to educate area youth on fire safety.



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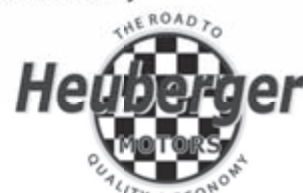


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Chef Hero favors food and family combo

By Ann Patton
Academy Spirit staff

Every year for his birthday, the mother of the executive chef for Ike's Grill always prepared shepherd's pie, a combination of hamburger and vegetables topped with peaks of whipped potatoes.

It is a recipe he has failed to duplicate.

"I have not mastered her cooking," he said with a grin.

J. Richard Hero III, however, has plenty of kudos to his credit for his culinary achievements, most recently taking the top spot in the National Restaurant Association's Iron Chef competition in April in Chicago and first place on a three-member military team last year in Las Vegas for the People's Choice Award at the Catersource Kitchen Contenders Iron Chef competition.

The food and beverage manager at the Eisenhower Golf Course cooks nearly every day.

"I guess I really do love food," he said.

The certified culinary chef and member of the American Culinary Federation received his formal training at the College of Culinary Arts at Johnson and Wales University with a branch in Denver.

Chef Hero discovered his liking for the kitchen when the father of a girlfriend, himself a chef, introduced him to wild game cuisine which he found quite good. Since then, the Army veteran has continued to widen his culinary skills and experience, primarily in private dinner and country clubs, including serving as a sous chef at the Broadmoor and executive chef of the Plum Creek Golf and Country Club in Castle Rock before coming to the Academy.

"I take pride in this club," he said of his Academy assignment. "I love coming here and want my guests to know I care about them."

Chef Hero holds professional certifications in eight different cultures of food.



Photo by James Lovely

His personal palette and interest still favors wild game but he also enjoys shell fish and Mediterranean cuisine for its bright colors and wide array of flavors. And, of course, shepherd's pie.

For the competition in Las Vegas he was challenged to prepare 3,000 hors d'oeuvres in five hours. He chose a scallop and ahi tobiko (a kind of tuna) with a ponzu sauce, or Mediterranean sweet dip, served on bed of greens and a rice noodle.

Chef Hero received the top prize, among 50 other contenders, and was judged on preparation, cooking, taste, texture, presentation and sanitization.

"It was a very high-profile competition," he said and added it was but one level below the Iron Chef competition featured on weekly television.

His personal notebook of photos of dishes he has prepared overflows with elegant desserts, main and side dishes and even ice sculptures.

"I love doing fine dining. It is something to take pride in," the consummate chef said.

Fine dining, by his definition, comes though considerable thought and effort and results in high quality dishes and appearance.

"I want to knock their socks off," he said of his customers.

Fine dining doesn't necessarily mean large budgets, however.

"Food doesn't have to be overpriced," he said. "I want to make it work."

Although he oversees the breakfast and lunch fare at the golf course, Chef Hero also directs catered events at the Academy club, which can include banquets, receptions, retirements, graduations, promotions and birthday parties, among others.

Besides wanting to be fully retired, he related with a chuckle, the dedicated husband and father is more than satisfied for today with food and family life.

"Now I am where I want to be," Chef Hero said.

Outside of his club responsibilities and his own personal catering business, which he strictly separates from his club duties, the chef squeezes in time to help others by volunteering with schools and charities with food projects.

He is planning a picnic lunch, out of his own pocket, this summer for the residents of Marian House.

"People have helped me quite a bit," he said. "It's my turn to give back."

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Military leaders embrace social media

By Donna Miles
American Forces Press Service

WASHINGTON (AFNS) — The very day he assumed his post as NATO's supreme allied commander for Europe last week, Navy Adm. James Stavridis reached out in a way none of the previous 15 NATO commanders since Army Gen. Dwight D. Eisenhower had: he posted a blog.

Admiral Stavridis has had a lot of firsts in his military career. He's the first Sailor to hold NATO's top military post and command of U.S. European Command. But before that, he was the first geographic combatant commander, at U.S. Southern Command, to use Facebook and a personal blog to convey the importance of partnership and cooperation to confront threats facing Latin America and the Caribbean.

Now in his new post, he's wasting no time using the social media to get word out about his goals for Supreme Headquarters Allied Powers Europe and EUCOM.

Admiral Stavridis named his new blog, "From the Bridge," a reference to the two commands' focus on bridging the Atlantic to link the United States and Europe.

With headquarters in Mons, Belgium and Stuttgart, Germany, he acknowledged in his inaugural blog the importance of being able to communicate EUCOM's and NATO's message intelligently, and his own leadership principles effectively.

"The professional characteristics that matter to me are simple: civility, quiet confidence, creativity, teamwork and collaboration, determination, and, above all, honesty and integrity," he wrote. "I'll write a future post about these characteristics and why I think they are essential."

Admiral Stavridis may be among the pioneers in recognizing the importance of social media to the military, but he's far from the exception. A growing number of senior military and defense leaders are turning to blogs, Facebook pages, Twitter entries and other social networking venues to share information and seek feedback.

They're using these new tools to communicate their goals and activities, seek broader input they can apply to their decision making and engage with groups that simply can't be reached through traditional communication channels.

The efforts run the gamut, from Defense Secretary Robert Gates' Facebook page to Joint Chiefs Chairman Navy Adm. Mike Mullen's Twitter entries to blogs regularly updated by everyone from combatant commanders to troops deployed to Iraq and Afghanistan.



Photo by Tech. Sgt. Tom Czerwinski

Tech. Sgt. Bryan Gatewood checks comments posted on the "PACAF Pixels" site at Hickam Air Force Base, Hawaii. Pacific Air Forces officials are now looking to blogging and social networking as means of reaching audiences and telling the Air Force story throughout the region.

Social media is a new phenomenon, with the first recognizable social network site tracing its roots to just 1997. But it's taken the world by storm. By some estimates, more than 60 million people maintain a blog. Meanwhile, the MySpace and Facebook social networking sites have quickly risen to become the most-visited U.S. Web sites.

The military has taken notice.

Marine Gen. James Cartwright, vice chairman of the Joint Chiefs of Staff, was among the first military leaders to embrace social media. Before his current post, while commanding U.S. Strategic Command, he made the cutting-edge move of launching a command-and-control blog. His goal was to cut through the traditional top-down military structure and information stovepipes to improve communications.

Air Force Gen. Victor Renuart, commander of U.S. Northern Command and North American Aerospace Defense Command, blogs regularly on his command's Web site.

When U.S. Africa Command was standing up as the newest geographic command, Army Gen. William "Kip" Ward made the first entry on its online blog, "AFRICOM Dialogue" to describe the command's goals to his own staff and the public at large. Since then, General Ward and his staff regu-

larly post updates about the command's activities in the region, providing a feedback box that invites readers to respond.

Admiral Mullen announced on a July 2 Twitter "tweet" that he'd just launched his own Facebook page. More than 3,300 of his Twitter followers get regular updates of his travels, messages and other news.

Meanwhile, the commander of U.S. Central Command, Army Gen. David Petraeus, has been a long-time Facebook member. More than 6,250 fans have signed up for his page, and their comments are posted unfiltered, alongside many photos.

Army Gen. Raymond Odierno, commander of Multinational Force Iraq, updates his Facebook page daily with photos, news and comments from his fans. The fan base grew exponentially to almost 3,000 members just two and a half weeks after the page launched in early April, after it was mentioned during a TV interview.

These and other defense leaders recognize social media forums as the information tool of choice among the "millennial generation," 18-to-25-year-olds, many of whom don't read newspapers, tune in to network news or visit official Web sites.

In addition, they introduce a dynamic that

See SOCIAL MEDIA, Page 14

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Demons claim 2009

By Academy Spirit staff

In a day intended to give cadets an opportunity to test their skill, stamina, and physical fitness against one another in games and physical conditioning activities, the Demons Squadron came out victorious July 10 among the members of the Class of 2013.

According to Lt. Col. Chuck Schweiss, intramural division chief, a comprehensive day of spirited competition was on the agenda.

"Our mission was to evaluate the Basic Cadet Summer Physical Education Program and to stimulate competitive spirit between cadet squadrons ... and for them to have fun," he said.

For some four hours the basic cadets rolled up their sleeves and demonstrated their mettle as they entered the weekend preceding their march out to Jacks Valley where their stamina and teamwork will be even further tested.

Activities of Field Day began with the march on and national anthem and ended with the Air Force Song. Sandwiched in between were many competitive events including: Tug-O-War; The Gauntlet (a new event this year); Steeple Chase; Airstrike; Guerilla Relays; Log Relay; Distance Run and much more.

Both Academy Superintendent Lt. Gen. Mike Gould and Commandant of Cadets Brig. Gen. Sam Cox were present for the Class of 2013 showing basics their leadership is totally engaged in helping them succeed. The superintendent even joined in with other Academy leaders in some spirited Tug-of-

War competition versus a basic cadet squadron.

Many cadets in charge also further enhanced their leadership skills by overseeing critical aspects of the day.

Each event was scored as follows: 100 points for first place; 80 points for fourth; 60 for third; 40 for fourth; and, 20 for fifth. The Demons claimed the Field Day Streamer awarded to the squadron accumulating the most points based on the point system.

The new event this year, "The Gauntlet," included each squadron represented by 16 participants (two men and two women on each team for four total teams). Basics started at the south end of the men's rugby field by ascending a climbing wall obstacle on one side and descended on the other side once they have reached to top of the obstacle.

Immediately after the wall, a team member threw a football to the person who just came off the wall. The basic then carried the football through the next set of obstacles. Next they maneuvered through a foot ropes course. Each cadet was required to successfully place a foot in every square. Following the foot ropes, they ran through weighted heavy bags. Next

they had to successfully clear a padded obstacle. They each had three attempts to dispose of the football carried through the previous obstacles. Then the basic executed a layup to a basketball hoop. Each had to make a basket. Guiding a soccer ball through three obstacles and successfully placing the soccer ball in the goal was next. Finally, basics sprinted toward the finish.

Officials report the Class of 2013 performed exceptionally and were well on the path to success prior to marching out to Jacks Valley for "2nd BEAST."



Photo by J. Rachel Spencer

Brig. Gen. Sam Cox awards Basic Cadet Squadron D with the Field Day Champion Streamer.



Photo by J. Rachel Spencer



Photo by Mike Kaplan

Members of the Class of 2013 Basic Cadet Training run "The Gauntlet."

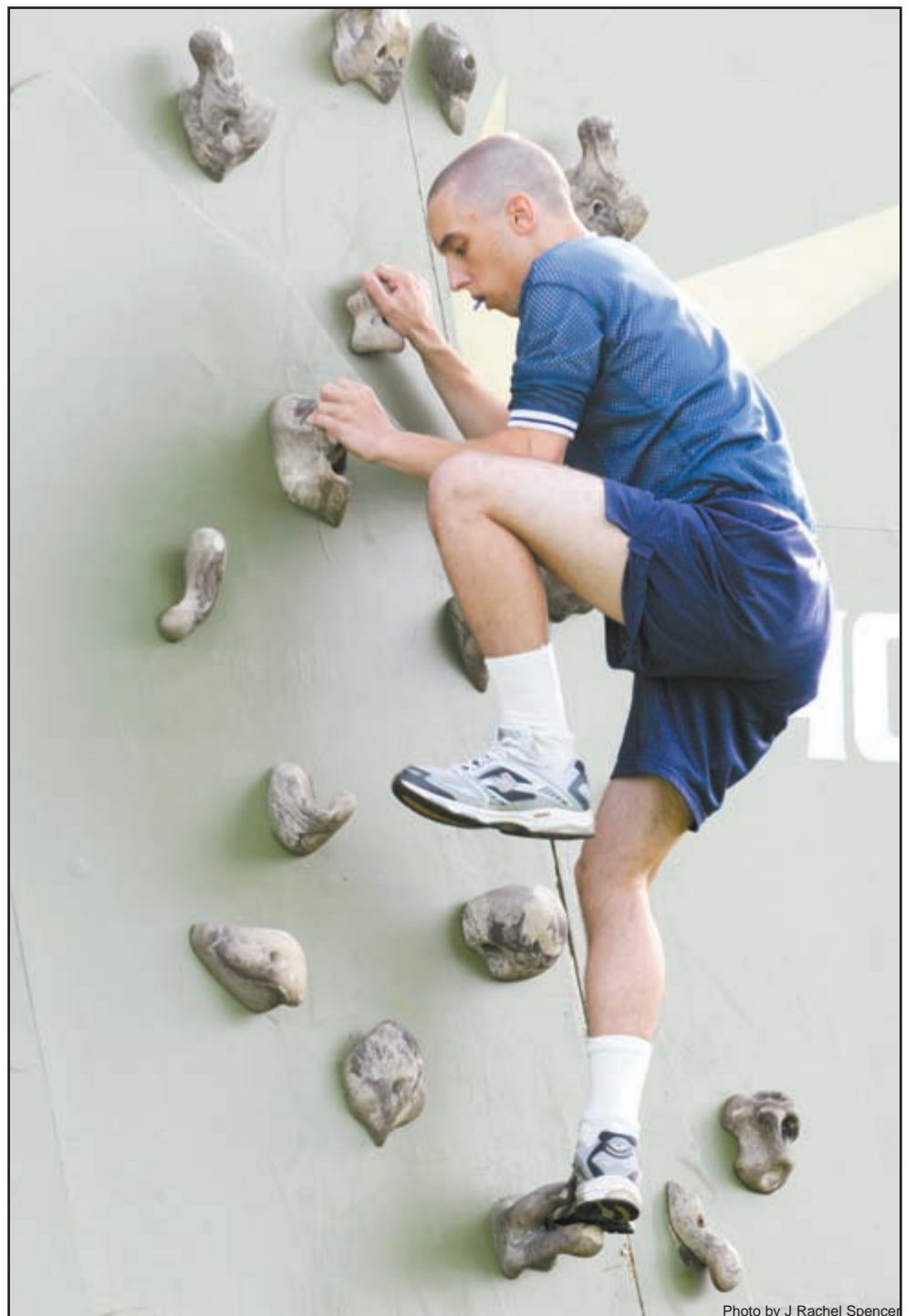


Photo by J. Rachel Spencer

BCT Field Day title



Photo by J. Rachel Spencer

Basic Cadet Squadron D pulls their way to landing the 2009 BCT Field Day Champion title.



Photo by Mike Kaplan

Members of Basic Cadet Squadron A participate in one of the many activities during the 2009 BCT Field Day.



Photo by J. Rachel Spencer

Lt. Gen. Mike Gould leads his team of staff and faculty to a victory over one of the basic cadet squadrons.

PTSD

From Page 4

Many people just won't go to a mental health facility," said Lt. Col. (Dr.) Jeff Cigrang, chairman of the department of psychology at WHMC and principal investigator for the study. "Often, servicemembers who need help do not seek it for months to years after their return from deployment. In many cases, it is a spouse or other family member who is affected by the servicemember's irritability, social withdrawal or emotional numbing that encourages them to seek help. Once symptoms are identified, an additional benefit to offering this treatment in the primary care setting is that appointments are more accessible, so patients experience less wait time to see a doctor."

The treatment in primary care is more abbreviated and less time-intensive than the options offered at the mental health clinic, so servicemembers are able to

schedule appointments better in conjunction with their work schedules.

Treatment involves face-to-face meetings with a behavioral health consultant and completion of homework assignments between appointments. Servicemembers are generally treated in four to six appointments over two to three months, and each appointment lasts 30 minutes. At the completion of the primary care treatment, the servicemember has the option, if needed, of referral to other, more intensive treatments for PTSD.

"We are hopeful that this relatively brief treatment in primary care will be the solution for many service members with PTSD," said Dr. Laura Avila, study co-investigator at BAMC. "For others, it may serve as a good first step to getting the additional help they need from mental health specialty services."

Patients participating in the study are responding

well and progressing through various stages of treatment. Some have already completed the program successfully. After treatment, doctors follow-up with the patients at intervals of one month, six months and one year.

"Servicemembers who have sought out this treatment post-deployment come from various career fields, including medical, mortuary affairs, security forces, transportation and others," Doctor Cigrang said. "It's important that we get the word out that seeking help for PTSD is as vital as being treated for any other medical condition and there should be no stigma or shame associated with it."

Doctor Cigrang recommended that servicemembers with an interest in getting help for deployment-related PTSD speak with their primary care manager about a referral to behavioral health consultation services at their primary care clinic.

Prep School

From Page 3

"I've been working out non-stop for two months, and I've been eating well," he said.

He believes flying is a definite possibility but added, "I just want to get through the first year."

Family members showed pride in the newest additions to the Prep School.

"We're very, very proud of him and tell everybody," said Janice Redfield of her grandson Thomas. "It's quite an honor to be accepted here."

Saying good-bye to her daughter Jacqueline wasn't easy for mom Lynda Salas.

"It's hard letting go," she said. Cadet Candidate Salas is one of three sisters and the first one to move far away from home in southern California.

"She adapts very well to new situations," she said of her daughter. "I'm the one who has to get over it."

Prep School grad Cadet 1st Class Adam Wickley volunteered to help train the new Preppies.

"I wanted to have an impact on the incoming class," he said.

Cadet Wickley pointed out that for him the Prep School BMT training was in some ways harder than Basic Cadet Training, calling it more intense, because of its intensity, short time frame and compactness.

He also said it was his best year at the Academy.

"I made friends who have stuck with me throughout the Academy and have gotten me through it," he said.

During her presentation, Director of Student Services Cleo Griffith told parents and cadet candidates of the closeness and camaraderie of the school, even after the year ends.

"You are now family members," she said. "Once a Preppie, always a Preppie."

Social Media

From Page 11

leaders simply can't get through traditional communication methods: unfettered two-way engagement.

For example, 19 responders to Admiral Stavridis' new blog extended nuggets that may or may not have made it to him through his handlers. Most offered congratulations and best wishes. A couple had questions or advice about addressing strategic communications within NATO. One suggested that he make a video of himself when he travels to Afghanistan to underscore why the mission there matters.

"I'd like this forum to be a place where we can share ideas and opinions," Admiral Stavridis wrote, responding to their comments. "Please feel free to share your thoughts on how we might commu-

nicate most effectively, or on anything else, for that matter!"

Air Force Gen. Douglas Fraser, the new SOUTHCOM commander, quickly took Stavridis' lead, posting his first "In the Americas" blog July 3, a week after his change-of-command ceremony in Miami.

General Fraser used his first blog message to outline his expectations of his staff and himself in engaging with the region. But he also made it clear he welcomes the open and professional exchange taking place throughout the command, the product of hard work and communication that can only be enhanced through social media tools.

"I hope we can all continue to build on this," he wrote. "I truly feel that no one of us is as strong as all of us together!"

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Rogers named Student-Athlete of the Year

By Valerie Perkin
Athletics communications

Recently graduated Air Force gymnast Abbey Rogers was named the Mountain West Conference Female Student-Athlete of the Year, the commissioner's office announced Tuesday. She is the fifth Academy cadet to earn the league's highest honor. Rogers was joined by BYU football player, Kellen Fowler, who earned the 2009 MWC Male Student-Athlete of the Year award.

Rogers, a distinguished graduate during commencement ceremonies at the Academy in May, posted a 3.76 grade point average, while earning an undergraduate degree in behavioral sciences. A recipient of the prestigious NCAA Postgraduate Scholarship, she will continue her education at Wake Forest University this fall, enrolling in the master's program in experimental psychology.

A three-year letterwinner for the Falcons' gymnastics squad, Rogers capped off her stellar collegiate career with three conference titles, her second straight Mountain Pacific Sports Federation Gymnast of the Year award, four all-conference selections, 16 first-place finishes and an invitation to the NCAA Regional Championships. She was also awarded the Academy's Most Valuable Female Athlete honor.

A two-time team captain, Rogers also received academic all-conference honors and a place on the USAG All-Academic Team. During her career, Rogers collected three consecutive MWC Scholar-Athlete awards and was a two-time Academic All-District selection. She was named to the Dean's List all eight semesters at the Academy, receiving additional recognition as a member of the Superintendent's Honors

List in five of those terms.

In addition to holding several cadet leadership positions at the Academy, Rogers found time to take part in a variety of extracurricular activities, serving one year as a member of the Academy's Student-Athlete Advisory Committee, while also volunteering with a local elementary after-school program and Habitat for Humanity.

The native of Pittsburgh, Pa., is the fifth Falcon to earn the honor since its inception during the 1999-2000 season. She joins John Dayton (2003 men/swimming), Delavane Diaz (2004 women/volleyball), Matt Karmondy (2006 men/swimming) and Blair Leake (2007 women/swimming).

As a gymnast, she is also only the fourth student-athlete from a sport not sponsored by the MWC to earn the league's highest honor, joining Utah gymnasts Shannon Bowles (2002) and Theresa Kulikowski (2003), as well as New Mexico's Lars Lorseth (2007 men skiing, soccer).

Established by the Mountain West Conference Joint Council in 1999, the Student-Athlete of the Year award is the highest honor presented to a student-athlete by the league. The award is bestowed annually to one male and one female who best exemplify the term "student-athlete" by achieving excellence in academics, athletics and community involvement.

Criterion for the award requires nominees demonstrate leadership, character and conduct on and off the playing field. In addition to superior athletic achievement, candidates must have a minimum 3.5 grade point average. The winners each receive a \$2,500 postgraduate scholarship.



Photo by Dennis Rogers

Recently graduated Air Force gymnast Abbey Rogers executes her beam routine during the 2009 MPSF Women Gymnastics Championship last season. Her first place beam routine helped secure a number one overall finish.

Fire Dept burns DRU/MSS with grand slam

By Dave Castilla
Intramural Sports Director

Two teams battled Monday on the softball diamond to enhance their play-offs standings, but it was the Fire Dept who won in a fantastic finish.

Lance Gore's grand slam in the bottom of the 7th lifted the fire dawgs to a win over rival DRU/MSS, 10-9.

The first run of the game was in the top of the second inning with DRU/MSS Andre Sarmiento getting a single, then Tony Bennett hit a bullet off the second basemen's glove. The ball rolled into right field allowing Sarmiento to score all the way from first.

In the top of the third, with two outs, Tim Neuman singled, Scott Koenig walked and Steve Peterson singled to load the bases. Mike McMahon helped his cause with a two-run hit up the middle pushing the score to 3-0.

In the top of the fourth, headquarters' Tim Hostetler hit a home run just over the centerfield fence making it 4-0. Fire Dept finally got on the scoreboard with a pair of runs. Derek Damien hit a double off the



Photo by Rachel Boettcher

Andre Sarmiento, DRU/MSS, connects sending the ball up the third base line during a loss to Fire Department Monday.

left field fence, driving in Gore who had singled. Travis Perkins' RBI single scored Damien.

DRU/MSS increased its lead to four in the top of the fifth as Koenig singled. McMahon hit a ball to the shortstop who threw made a bad throw to second base. Koenig scampered from first base to score.

Hostetler's sacrifice fly later drove in McMahon.

DRU/MSS had its biggest lead in the top of the 6th with two outs when Warren Greenwood walked and Tim Neuman hit a two-run shot, followed by another homerun by Koenig, and DRU/MSS was up 9-2.

In the bottom of the sixth, the Fire Dept. got right back in the game.

Jackie Jacobs doubled to right field. Lance Gore singled off the third basemen's glove driving in Jacobs. Damien blasted a two-run homer and Ryan Gilhooly tripled and came home on a John Salinas ground out to second base closing the gap to 9-6.

Headquarters' unit went down quietly in the top of the seventh.

With one last chance, Fire Dept's Dave Caulfield singled to left. Craig Bunten singled over the shortstop's glove and Jacobs walked loading the bases. Gore stepped up and hit a grand slam over the leftfield fence securing the Fire Dept. a great comeback win.

Fire dawgs coach Travis Perkins knew his team could come back and was proud it never gave up. "This will give us some momentum for the post season," he said.

On the other side, coach and pitcher McMahon said, "I just tried my chances with Gore. If I could get him out, I was going to walk power hitter Damien who was on deck. I just didn't get the chance."

Whitney named All-America Scholar

NORMAN, Okla. – Air Force golfer Tom Whitney was named a Cleveland Golf/Srixon All-America Scholar by the Golf Coaches Association of America, as announced July 9. He becomes the first Air Force golfer to earn the honor since Scott Redmond in 2005.

To be eligible for Cleveland Golf/Srixon All-America Scholar

status an individual must be a junior or senior academically, compete in at least two full years at the collegiate level, participate in 70-percent of his team's competitive rounds or compete in the NCAA Championships, have a stroke-average under 76.0 in Division I, 78.0 in Division II and NAIA and 79.0 in Division III, and maintain a minimum cumulative grade-point average of 3.2 in Division I, II and III and 3.5 in NAIA. A recipient

must also be of high moral character and be in good standing at his college or university.

Whitney, a rising senior for the Falcons, currently carries a 3.21 GPA as a social science major. The Falcons' top performer in all 12 of the team's tournaments during the 2008-2009 season, as well as an NCAA Regional participant, Whitney set a school record with a season stroke average of 72.0.

Intramural

Softball

July 13th

10 CES 10

DRU/MSS 9

10 CES 19

10 CS 6

RETIREES 28

10 CS 11

July 14th

306 FTG 24

MDG#3 0

10SFS 16

306 FTG 11

MDG#1 16

10 SFS 6

STANDINGS

1. RETIREES 11 1

2. MDG#1 11 2

3. MDG#2 9 3

4. 10 CES 9 6

5. DRU/MSS 5 5

6. 306 FTG 5 8

7. 10 SFS 4 7

8. 10 CS 2 11

9. MDG#3 0 13

Won Loss



Back-to-school party

A back-to-school party will be held at the Falcon Club from 5 to 7 p.m., Aug. 19. There'll be a pasta bar, games, prizes and fun for the whole family. One lucky Club member will win a \$50 gift card and another member will win a \$25 gift card. Nonmembers are welcome for \$5 per person and club members are free. Sign up for membership at the event and get three months free dues and start benefiting that night.

Ballroom dance lessons

Ballroom dance classes begin the first week of August in the downstairs ballroom in the Academy Community Center. Learn to rumba, waltz, swing, polka, foxtrot and more. Classes consist of six, weekly one-hour lessons and costs \$70 per couple. Ask about salsa, belly and jazz dance classes. Sign-up deadline is July 31. For more information, call 333-2928.

Broncos tickets

Denver Broncos tickets will go on



CADET CHAPEL

Catholic Masses:

Sunday

Confession - 9:15 - 9:45 a.m.
Mass - 10 a.m.

Wednesday

Adoration of the Blessed Sacrament - 5:30 p.m.
Confession - 5:30 p.m.
Mass - 6:30 p.m.

Weekday

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

Protestant Services:

Sunday

Combined Worship - 10 a.m.

Jewish Services

No public services through Aug. 2, 2009

Buddhist Worship

No public services through Aug. 2, 2009

Muslim Prayer

No public services through Aug. 2, 2009

Call 333-2636 for more information

COMMUNITY CENTER CHAPEL

Catholic Masses:

Saturday

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

Sunday

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

Tuesday-Friday

Mass - 11:30 a.m.

Protestant Services:

Wednesday

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

Sunday

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

Paganism/Earth-centered Spirituality:

Contact Tech. Sgt. Longcrier at 333-6178
Robert.Longcrier@usafa.edu

sale at 7 a.m. Aug. 8, at the Academy Outdoor Recreation Center. Pairs of single-game tickets are available for preseason games against Chicago and Arizona and regular season games against Cleveland, Dallas, New England, Pittsburgh, San Diego, NY Giants, Oakland and Kansas City. Camping out in line will not increase your chance of purchasing tickets. A lottery system will be used. At 7 a.m. customers will pull a number for purchase order priority. Customers can purchase up to four seats per game. Call 333-4475 for more information.

Recreation opportunities

Don't joust for your tickets to the annual Renaissance Festival near Larkspur. Get them at the Information, Tickets and Tours office in the Academy Outdoor Recreation Center and save a few coins. Tickets are just \$15.95 for adults and \$7 for children. ITT also has great deals on discounted tickets to Denver summer attractions. Get Water World tickets for just \$27. Single day passes to Elitch Gardens are \$21 each or buy three singles and get one free. Elitch's parking passes are \$9. Meal deal coupons are \$8.25 each. For more information, call 333-4475.

Summer specialty camps

The Falcon Trail Youth Center will be offering a series of summer specialty camps. For more info or to sign up, call 333-4169. The camps are:

Monday to July 24: Sewing Made Simple – Youth ages 9 to 15 learn the art of sewing by making a variety of clothes and accessories. From 9 a.m. to noon. Cost is \$25.

Aug. 3 to 7: Adventures in Fine Arts – Youth ages 9 to 14 explore the world of fine arts and gain an appreciation for artists and their work through visits to local museums and pottery studios with hands-on experiences. Times are to be determined. Cost is \$30.

Aug. 10 to 14: Colorado Adventure Camp - Youth ages 12 to 15 explore the wonderful Colorado outdoors with activities such as rock climbing, orienteering and ropes courses while building self-esteem and teamwork skills. From 9 a.m. to 3 p.m. Cost is \$75.

Strength training

Many activities continue at the Academy Health and Wellness Center including a new strength training class called, "Basics to Strength Training." If you're intimidated by strength training machines, and techniques, then this class is for you. Every Friday at 8 a.m., Sharon Hawkes, fitness program manager, and assistant Victoria Green will teach. The goal is to ensure attendees learn to create a more efficient, productive, and healthy exercise routine. The staff will help demonstrate correct lifting technique, the proper machine functions, and the overall basics to an effective exercise routine. Call 333-3733 or 333-4522 for more information.

Grand opening change

The grand opening of the AAFES main exchange in the Academy Community Center is set for July 24.

Academy Flea Market

By popular demand the Academy Flea Market will be held twice monthly through July and August. The dates are: Saturday and July 25; and, Aug. 15 and 22. The event runs from 9 a.m. to 1 p.m. in the parking lot between the Academy Exchange and the commissary. Set-up time is 8 a.m. Spaces are \$10 each; \$15 for front-to-back space with auto and table rental is \$5. Call 333-2928 from 8 a.m. to 5 p.m. weekdays for more information or to reserve a space.

Spaced out?

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

A&FRC Offerings

The Airman and Family Readiness Center will be hosting the following classes.

Group Pre-Separation Counseling

Held every Monday (except during TAP week) – Monday, July 20; 2 to 4 p.m. Separating or retiring from the Air Force in a year or less? This mandatory briefing assists in identifying benefits and services associated with your transition and beyond.

You're hired!

Wednesday; 8 to 11 a.m.

This 'how-to' e-networking course will cover online networking sites, netiquette, and making online connections. Popular networking sites such as Facebook, LinkedIn, Twitter, and others will also be featured.

Red carpet tour

July 24; 8:45 a.m. to 2:30 p.m.

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

Medical records review

July 27; 7:30 a.m. to 4:30 p.m.

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

TAP Seminar

July 28-31; 7:30 a.m. to 4:30 p.m.

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

Contact the A&FRC @ 333-3444 for any questions and/or registration.



Local provider honors military

A Colorado Springs resident and local child-care provider is considering donating free child care one night per month for local military families. Becky

Wyzykowski, license # 81973, has been providing professional child care since 1992. She will have to stay within her license capacity, two infants, four children between age 2 and school age and two school aged. If she doesn't have two infants she can take up to six children under school age. For more information her Web site at: beckysworldofwonderdaycare.com or e-mail: bbwyzy@yahoo.com

Got vocals?

The Team Pete Junior Enlisted Association will offer auditions for the 3rd Annual Front Range Idol Singing Competition July 31 at the Peterson Air Force Base Auditorium. Contestants will perform with a live band, to music they choose, before a screaming crowd. This competition is open to all personnel and their dependents (minimum age of 16) assigned to the Air Force Academy, Peterson/Cheyenne Mountain and Schriever AFB. The winner will receive \$250 cash. For more information, call Tech Sgt. Alyse Partridge at 719-556-1097.

Concert in the Park III

The 21st Space Wing and the Peterson Air and Space Museum Foundation will once again sponsor Concert in the Park 2009. The event is July 31 in the award winning historic district Airpark behind Bldg. 981, 150 East Ent Ave. This two and a half hour program will include free hot dogs, hamburgers, and bottled water. Active duty and retired military, civilian DOD employees and all their family members are welcome to enjoy this true Americana evening. Arrival time should allow for parking and time to walk around and enjoy the Airpark's displays. Food and drink will be served at 5 p.m., followed by the Air Force Academy musical group, Wild Blue Country, from 6 to 7:45 p.m. See aviation historical displays depicting the early days of aviation within the museum and the "Old City Hangar." A new display, the Peacekeeper ICBM Missile Procedures Simulator, will be open as will the last known fully equipped EC-121T "Connie". Bring lawn chairs or blankets to relax on the knolls in the Airpark. For more information, call 556-4915 or 556-8314.

Save \$\$, take a faircation Saturday- July 25

Come "Rediscover Your Smile" at the 104th El Paso County Fair in Calhan, Colo., just 30 minutes west on Hwy 24. This year for the first time the El Paso County Fair is going to honor our local active duty Military and their dependents with free admission to the Fair on Military Appreciation Day, Saturday. Experience the new entertainment of Bear Mountain, Reptile Adventure, and Michael Harrison the Ventriloquist as seen on America's Got Talent. We will also host our traditional fair favorites like 4-H shows and exhibits, arts and crafts, petting zoo and rodeos. Nightly events of auto races, Got Talent contest, modified truck and tractor pull, monster truck show and demolition derby provide thrills and spills. For more information call 719-520-7880 or visit www.elpasocountyfair.com.



August 29th

Red White & Brave

Welcome Home Parade

On August 29th, thousands of active duty military will march proudly in the

Red, White & Brave

Welcome Home Parade

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Call 635-8803 or contact the Parade Committee through their web site
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