



Mountain Bikers

Team rocks 'n' rolls over tough terrain.

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USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 48 No. 38

September 26, 2008



Strategic Plan

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Puppy love

Reading is for the dogs.

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Gold Rush

10th Services promotes facilities exploration, rewards diggers.

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Football update

Falcons sustain first season loss.

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Photo by Dave Armer

Cadet for a Day

Willie Presley visited the Academy Sept. 18 through Saturday as the Academy's latest Cadet for a Day through the Make-A-Wish Foundation. He was joined by his father and two sisters. Cadet Squadron 02 hosted the guests and provided visits to the airfield, dorm, fire department and classrooms. They also arranged for demonstrations from the military working dogs from the 10th Security Forces Squadron. The visit was highlighted with an evening carnival and the Falcons football game against Utah. See Page 15 for more.

1,500 potential donors show

By Ken Carter
Editor

Let your love flow – one unit at a time.

The three-day Academy blood drive facilitated by the Armed Services Blood Program in Arnold Hall Sept. 17-19 produced 1,298 "good" units to support on-going needs for deployed members and future recipients. Approximately 200 potential donors with the best of intentions were unable to contribute.

According to Cadet 1st Class Sid Maru from Cadet Squadron 40 and the event's cadet-in-charge, "Success was great with lots of cadet participation and amazing local-area participation as well!"

Cadet Maru was quick to point out it was a total team effort.

"We couldn't have done it without the donors, and the ASBP staffers should know how much we appreciate their hard work," he said. "Military blood

drives are tough because many service members have travelled to areas that have left them unable to donate due to stringent health restrictions, such as the DMZ or areas affected with Mad Cow Disease."

The Class of 2009 member went on to tout the various forms of logistical support provided by military members and civilians alike.

"The civilian population really stepped up and gave us a lot of help, donating and volunteering, and we sincerely appreciate their support to our troops," Cadet Maru said. "Furthermore, Master Sgt. David Hensley has been the backbone of the USAFA/ASBP Blood Drive for four years, and this marks his last one. We'll be at a loss without him next year, but hundreds are alive right now due to his involvement with the Academy's premiere cadet community service project."

Noteworthy event aspects for Cadet Maru included knowing that, by today,

the blood will be reaching U.S. troops in need overseas. He also cited Commandant of Cadets, Brig. Gen. Susan Desjardins, visiting the blood drive and speaking with many of the donors and staff as an appreciated example of leadership support.

According to Air Officer Commanding for CS-31, Maj. Linda Hampton, who also served as this year's officer in charge, although some people may think if they give blood once, that blood is saved for years if not used. Others may assume there are plenty of people donating so their blood is not needed. "The truth is, only 5 to 10 percent of the population donates and shelf life for blood is only 35 to 42 days," she said. ASBP gets the blood in theater within 7 to 10 days so it can be used as soon as possible.

The benchmark has been set for Maj. Jim Hoyman, Master Sgt. Steve Honda and Cadet 2nd Class Brittney Garrett to oversee next year's blood drive.

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There is no place like home

By Capt. Corinna Jones
Academy Public Affairs

They say you can't go home again. Contrary to Jon Bon Jovi's sentiments, so far, I have found the old adage to be true. I left Colorado Springs for college more than 11 years ago. I graduated, commissioned and left Colorado. When I was assigned to the Academy I called mom and dad to report the exciting news ... "Guess what! I'm coming home."

Boy was I wrong! When I left for College, Powers did not go North beyond Woodmen and most everything East of it was empty fields ... except for Falcon Air Field ... I mean Schriever Air Force Base. I now refer to Powers as the "new" Academy Blvd. The difference is I know Academy like the back of my hand while I need a GPS to get around the North East part of town. My high school alma mater, Doherty High School, has expanded to meet the

growing population. I wouldn't recognize the school if it didn't have a "Thomas B. Doherty High School" sign in front. I'm constantly getting lost in my own home town while people look at me sideways and say "I thought you were from around here."

"You can't go home again" is more than just a geographical phenomenon. When I'm honest with myself I admit that perhaps home isn't the same because I'm not the same person I was when I left. Life experience changes a person, especially when military service is part of that life experience.

And now when I come into work I look out on the Terrazzo and I see cadets who have made choices to make military life part of their life experience. Most will take the oath of commission, accept assignments all over the world, deploy in support of our nation's causes and be molded by their military experiences. Some will fight wars from the ground, others

from the air, but all will do their part to support and defend the Constitution of the United States against all enemies, foreign and domestic. The holidays will roll around or they'll be lucky enough to get an assignment close to their home town and I'm willing to bet they too will realize they can't go home again.

And perhaps for some, they will realize, as I did, that much of the molding happens without immediate awareness and it takes going home to realize I'm not the same person I was when I was here last, but I am a better person. And I am a better person because I served in U. S. Armed Forces.

And they too will realize, you can't go home again; but not because "home" is different, but because "you" are different. So though I can't necessarily agree with Jon Bon Jovi's sentiments, I will agree with Dorothy's, in that there's still "no place like home."

TRICARE offers tips to prevent breast cancer

By Tyler Patterson
TriWest Healthcare Alliance

October is Breast Cancer Awareness Month. The American Cancer Society estimates more than 180,000 new cases of breast cancer will be diagnosed this year, making breast cancer the second most common form of cancer in American women.

Breast Cancer Awareness Month is dedicated to one of the most powerful tools in your anti-cancer arsenal: knowledge. Proper prevention and detection are easily handled by simply making a few smart lifestyle choices and scheduling regular screenings.

What causes breast cancer?

While no one knows exactly what causes breast cancer to develop in some people and not in others, science has identified many high-risk factors which increase an individual's chances of developing it. You can avoid many of these risk factors simply by making some healthy choices.

Exercise. In addition to its many other benefits, studies suggest people who exercise have a decreased chance of

5-year survival rate following early detection of breast cancer



developing any cancer, not just breast cancer.

Quit smoking. Not only will your heart, lungs, and mouth thank you, but after a few years, your added risk of developing any cancer will drop substantially.

Maintain a healthy body weight. The Centers for Disease Control and Prevention lists being overweight as a cancer risk factor. Even if exercise "isn't for you," you can still keep trim without breaking a sweat. Walk for 10 minutes a night and see a nutritionist to get off to a great start.

Limit your alcohol consumption.

Having more than one drink a day is considered a high-risk factor.

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An ounce of detection...

Even if you engage in no high- or moderate-risk behavior, it is still possible to develop breast cancer, which is why scheduling regular examinations is so important. The best approach to early detection incorporates both monthly self-examinations and annual mammography.

For more information about your TRICARE entitlement visit TriWest's Web site, www.triwest.com. You may also contact TriWest directly at 1-888-TRIWEST (874-9378). To learn more about your self-examination options and breast cancer itself, visit: www.cancer.gov and www.breastcancer.org.

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

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Character Corner "Medals4Mettle"—Servant Leadership in action

By Maj. David Higginbotham
Center for Character Development

One of the leadership models that we in the Academy Center for Character Development encourage cadets to develop is called Servant Leadership. The idea is to serve others while focusing on your unit's mission in conjunction with our core values. Many describe Servant Leadership as "being a part of something bigger than yourself."

One such example of "being a part of something bigger than yourself" is the non-profit organization Medals4Mettle. Its mission is "to celebrate and reward the individual and collective courage of all human beings by facilitating the gifting of marathon finisher's medals from marathoners

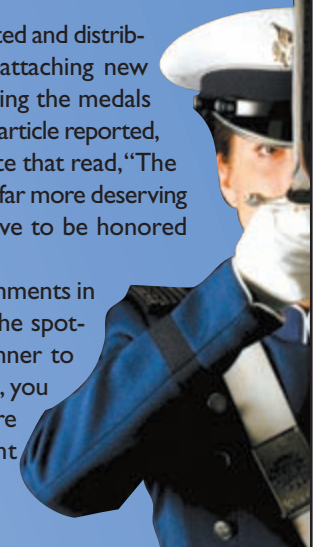
to people who have demonstrated similar mettle or courage. The recipients can be any age and might have exhibited such mettle by dealing with disease, handicaps or any similar challenge. Marathon runners around the world, and others who have won medals, give their medals to Medals4Mettle. Then the nationwide network of physicians and others award these medals to those who might not be able to run a marathon, but are in their own marathon to continue to live their life.

As marathoners run through the streets, large crowds cheer the runners for their effort. Medals4Mettle lets these runners, healthy enough to compete in such an event, to return the cheers to those who have supported them."

M4M founder Dr. Steven Isenberg, a head and neck surgeon in Indianapolis, commented in *Runner's World*

Magazine that the non-profit has collected and distributed more than 3,500 medals after attaching new "M4M-branded ribbons" before sending the medals to hospitals. Recently, the *Runner's World* article reported, one anonymous donor attached a note that read, "The children who battle deadly diseases are far more deserving of this medal than I am ... they deserve to be honored and cured."

As you reflect on your accomplishments in life, could there be a way to deflect the spotlight from yourself and used in a manner to serve others that you influence? If so, you may have begun a new way to inspire those who follow you — Servant Leadership.



Highly educated, trained officers – Strategic Goal #3

By Capt. Uriah Orland
Academy Public Affairs

“First and foremost, our future leaders must have the qualities necessary to meet the Air Force’s operational needs: they must be intelligent, innovative, principled in discipline, and fit-to-fight” — Air Force Academy Strategic Plan.

This is the foundation of the third strategic goal: Produce highly educated and trained officers. However, this goal involves more than teaching cadets information and skills.

“The Officer Development System goes in line with maturity development, the education development, the athletic development, and the military development,” said Dr. Hans Mueh, director of athletics. “It’s all tracking by plan, the strategic plan. But it’s not just the formal things; it’s the education that comes from experience.”

The goal seeks an institutionally-integrated manner to develop officers of character with in-depth academic, technical and military skills and competencies for leadership in air, space and cyberspace in Air Force and joint operations.

The integration among mission elements focuses on formal and informal education through the daily schedule of calls. Cadets receive formal education during classroom lectures and course work. The formal education continues during military sessions and time spent at the airfield.

At the same time, the very nature of a cadet’s day develops skills through informal training.

“Time management, organization, taking pride in one’s work — everyone knows cadets must have these skills to make it through the Academy,” Dean of the Faculty Brig. Gen. Dana Born said. “But these are not cadet skills. They are officer skills; they are leadership skills.”

The Academy is not unique in its



Air Force Graphic

mission to develop officers with these skills. Every commissioning source in the Air Force is charged with producing the same outcomes. Air Force Instruction 36-104 outlines it as: “The purpose of officer commissioning education and training is to develop and produce a leader of character with a warrior ethos and expeditionary mindset, who is a culturally aware, motivated professional, dedicated to serve the nation and prepared to lead in the 21st Century.”

Part of this development and the goal is rooted in exposing cadets to an active and operational Air Force environment.

One graduation requirement is completing Operation Air Force, a three-week immersion at operational Air Force bases around the world.

“We send about 100 cadets to the AOR each summer. These cadets are

totally integrated into the mission. They wear DCUs and they are working on the flightline, with security forces, with intel or anything along those lines,” said Commandant of Cadets Brig. Gen. Susan Desjardins. “They are gone for 30 days and when they come back they are tasked to teach a cadet professional military education class on what they learned and what deployed life was all about. This allows the rest of the cadet wing to share in their experiences and learn what they are doing abroad and how important it is. It really helps to keep them engaged with the operational Air Force.”

“On the other hand, it’s exposing our operational Air Force to our cadets. They can feel very confident in what we are producing,” she said.

Other programs at the Academy also expose cadets to various Air Force programs and Air Force Specialty Codes.

“We send about 190 cadets out on summer research programs at Air Force bases and other Department of Defense agencies,” said General Born. “This year we will involve more than 600 cadets in international programs. This includes the international exchange program, where cadets spend a semester abroad, and other exchange programs where cadets spend one to five weeks visiting another country.”

Programs such as these are helping integrate mission element efforts and ensure a consistent, unified education experience.

“We have an integrated core curriculum which seeks to develop the USAFA outcomes in cadets,” said General Born. “We also have 32 majors and two minors where cadets engage in a deeper level of learning in a specific academic discipline, which, by its nature, also lets us develop some of the outcomes to an even greater degree than we can in the core.”

In addition to classroom work, the dean of the faculty updated the curriculum handbook to address all requirements for graduation such as summer programs and military training requirements.

“Much of cadet learning is hands-on and takes place within the structure of the cadet wing, as cadets increase in scope of leadership responsibility throughout the four-year program within their cadet squadrons,” General Desjardins said. “They learn to determine a vision, set expectations and goals, enforce standards, mentor subordinates, and support superiors.”

“Our cadets are better prepared for their futures as lieutenants,” the commandant continued. “We continue each year to get as close to a ‘full-up round’ as we can, minus the specific technical skills cadets require for their specific AFSCs. They know what to expect when it comes to an expeditionary environment.”

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Academy Airmen garner distinction among peers

Academy Spirit staff

Academy members received the Distinguished Flying Cross and the Purple Heart at ceremonies on the Mitchell Hall staff tower Sept. 16.

Maj. Keith Nelson accepted the Distinguished Flying Cross from Commandant of Cadets Brig. Gen. Susan Desjardins for his duties as an AC-130 Gunship fire control officer in Afghanistan in 2006.

The DFC was awarded to the 11-year veteran and member of the department of behavioral sciences and leadership for support of operations by extraordinary achievement while participating in an aerial flight and in combat.

Tech. Sgt. Ted Fest, 10th Security Forces Squadron member, received the Purple Heart with a device.

The Airman was on detainee operations at Iraq's Camp Bucca, erecting shade tents Jan. 31, 2005, outside of Compound 2 when the internment facility erupted into a facility-wide riot.

"As it began my team responded as a back-up force to the guards at Compound 4," said Sergeant Fest. "Compound 5 initiated the riot and it spread quickly as the detainees in all compounds began launching stones, bricks and improvised incendiary bomblets, canvas from their tents soaked in hand sanitizer then lit, from slingshots and other primitive launchers built out of tent poles and surgical tubing."

As his team made it to Compound 4 they grabbed shotguns and less than lethal munitions from a supply point.

"The front tower of Compound 4 was out of ammo, myself and a teammate began to climb the stairs



Courtesy Photo

Maj. Keith Nelson

to resupply the tower and were immediately targeted by the detainees in the camp," the NCO said. He was struck in the left wrist with a large cinder block as he protected his head and shotgun.

"I fell a few stairs until I caught myself," Sergeant Fest said. "My teammate helped me up and we

continued to the top of the tower where we assisted the guards to neutralize instigators and prevent the detainees from storming and breaching the fence and escaping."

The riot lasted four hours and five detainees were killed.



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Academy, COS Utilities plug into partnership

By Ann Patton
Academy Spirit staff writer

The Academy and Colorado Springs Utilities have inked an agreement to design, build, own and operate a new natural gas distribution system, south electrical substation and 600-amp electrical feeder loop for the Academy.

"Hats off to all of you for making this a reality," 10th Air Base Wing Commander Col. Jimmie McMillian told participants and guests during the contract signing Tuesday.

The arrangement has been in the works for about 10 years and is considered a major step toward meeting the Air Force goal of privatizing utilities wherever it is

economically justified.

Price for the gas lines project is targeted at \$5 million, which will avoid a \$14.3 million cost for system upgrades. Cost for the south station and feeder loop projects is \$14.7 million and will avoid \$16.3 million in upgrades to the existing system.

"It's going to be a much more secure system," added Steve Fuscher, Academy legal advisor to the acquisition team.

The undertaking will close a 3.6 mile loop, add 16 miles of new electrical feeder lines and 25 miles of new natural gas lines and build in-system redundancies.

Read next week's *Academy Spirit* for a related follow-up story.



Photo by Mike Kaplan

Kelly Means (left), customer and corporate services officer for Colorado Springs Utilities, and James Anderson, Academy infrastructure branch chief with the 10th Civil Engineer Squadron, finalize the contract for privatization of Academy utilities.

Academy graduate killed in Pakistan



Maj. Rodolfo Rodriguez

An 86th Airlift Wing major, and 1998 Academy Graduate, was killed after an explosion in Islamabad, Pakistan, Saturday.

Maj. Rodolfo Rodriguez, 34, of the 86th Construction and Training Squadron, was deployed to the area in support of Operation Enduring Freedom.

"Our heartfelt sympathies go out to his family and friends during this trying

time," said Brig. Gen. William Bender, the 86th Airlift Wing commander. "We will keep Major Rodriguez and his family in our thoughts as we continue to accomplish the mission he dedicated himself to."

A native of El Paso, Texas, Major Rodriguez served as the 86th CTS Contingency Training Flight chief since May 2008. A private memorial service is planned this week on Ramstein Air Base.



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Counseling services available at A&FRC

By Ann Patton
Academy Spirit staff

Beginning Aug. 27, the Academy Airman and Family Readiness Center added appointments two afternoons per week with a licensed counselor to its menu of services through the Military and Family Life Consultant program.

Counselors are available for non-medical, short-term, situational and problem-solving services to service members and their families.

Services are confidential and free.

"It gives us more flexibility," said Ed Gavagan, A&FRC director. "It also provides a vehicle for anonymity and quality services with minimal disruption of lives."

The MFLC uses licensed clinicians with at least a master's degree who are trained on military-specific topics, including basic orientation to the deployment cycle, military culture and chain of command.

Life skills services include anger management, conflict resolution, communication, parenting, assistance with relationship and work productivity issues and decision-making skills.

Consultants also are equipped to assist with military lifestyle issues such as deployment, reintegration, relocation adjust-

ment, separations, coping skills, building resiliency, homesickness and loss and grief.

Counselors rotate between military installations every 45 days.

The program was offered as a pilot program for European military bases five years ago and has been well-received.

"The program has been very successful," Mr. Gavagan said. "My peers have nothing but great things to say about the consultants."

The Academy A&FRC is also positive.

"The staff is pleased with the consultants' style, initiative and motivation," he said.

Service provider for the MFLC is MHN Government Services, a unit of Health Net, Inc., which was awarded the five-year contract to develop, administer and monitor the counseling program. The contract's value is approximately \$50 million a year.

It serves all military services and Guard/Reserve components.

A counselor is available at the Academy's A&FRC, Building 6248, on Wednesday and Friday afternoons from 1 to 4 p.m.

Mr. Gavagan stressed, however, those needing services outside those hours can be accommodated. For appointments, call 333-3444.



Photo by Dennis Rogers

Ready, Aim ...

The Academy Cadet Honor Guard prepares to execute a 21-Gun Salute during the 2008 Homecoming Memorial Ceremony on the Terrazzo Sept. 19. Each year, the Academy and the Association of Graduates jointly hold the ceremony, at which the names of every Academy graduate and cadet who has passed away in the previous year is read. Forty-seven graduates and one cadet were honored at this year's event.

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Hit and run driver pleads guilty

Academy Spirit staff

A recent Associated Press story noted the wife of a Mexican air force officer pleaded guilty to a reduced charge in a fatal hit-and-run accident that killed 65 year-old Academy employee Donna Head Dec. 3, 2007.

Prosecutors reportedly said Sept. 19 that 31-year-old Veronica Prieto-Gudino would plead guilty to leaving the scene of an accident causing death. She is scheduled to enter a plea Oct. 10 and faces up to six years in prison.

Investigators arrested her sometime after she struck Mrs. Head with a Jeep Cherokee in a parking lot near the Academy's Community Center Post Office. Mrs. Head oversaw Academy child care programs and was the wife of retired Brig. Gen. James Head, a former physics professor here.

Mrs. Head served as the Academy flight chief of family member programs, overseeing all child programs including the child development center, part day enrichment and family child care programs, Falcon Trail Youth Center and community center.

"Donna had a very strong influence on the Air Force," said Eliza Nesmith, chief of Airmen and Readiness at Air Force level. "She ranked in the very top of the Air Force early childhood staff and was always an innovator trying new things and making sure her programs were ahead of the game."

Her professional legacy is assured, as is her personal one.

"Donna Head is still remembered every single day and deeply missed," said Cheryl Jensen, Falcon Trail Youth Center director. "Donna was a confident, compassionate, supportive leader."

Dining Out featured honored guests

"What a great event! The dining out committee did a remarkable job organizing and executing the program. The highlight of the evening was sitting in the audience with former POWs from previous wars; they endured with honor and pride through the most difficult times. I was proud to be sitting in the audience with them honoring their service and sacrifice. We should all aspire to their courage and values." That's the way the Academy's Command Chief Master Sgt. Arvin Davis describes his thoughts about the evening.

The following honored guests attended the recent 10th Air Base Wing hosted Dining Out.

Lt. Col. Arthur and Delayne Goss

U.S. Army Air Corps, 8th Air Force, 303rd Bomb

Group, shot down over Germany/captured Aug. 15, 1944.

Lt. Col. William and Ruth Sheaves

U.S. Army, 96th Bomb Group, 337th Bomb Squadron, piloted B-17's, shot down over France /captured Sept. 9, 1943.

Maj. John and Ruth Oliphint

U.S. Air Force, 359th Fighter Group, piloted P-47 and P-51, Silver Star recipient, shot down over France.

Master Sgt. Ed and Fay Beck

U.S. Army, 106th Infantry, captured Dec. 1944 in the Battle of the Bulge, held in Germany, escaped April 1945.

Tech. Sgt. Chuck and Fritzie Blaney

U.S. Army Air Corps, 8th Air Force, Radio

Operator/Mechanic/Gunner on B-24, shot down over Germany March 1944 while flying his 23rd mission, held at Stalag Luft 1, liberated May 1945.

Sgt. Bob and Helen McKittrick

U.S. Army, 85th Infantry, 338th Regiment, 2nd Battalion, Company G, captured in Bologna, Italy, 1944.

Cpl. Gerry and Dawn Francois

U.S. Army, 3rd Battalion, 31st Infantry, 7th Division, captured Dec. 2, 1950, by the Chinese Army, held captive in North Korea for 3 years.

Pfc. George Ray

U.S. Army, 131st Field Artillery, captured by the Japanese in March 1942, member of the "Lost Battalion", held in Burma, worked on the "Bridge over the river Kwai."



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BUCKLE UP

Sequoia makes reading inviting, fun

By Ann Patton
Academy Spirit staff

It's Wednesday afternoon at the Monument branch of the Pikes Peak Library District as small patrons drift over to the children's department to share books with a faithful friend.

Sequoia, a yellow Labrador retriever, waits to hear them read.

"It creates a non-threatening, non-judgmental environment for kids to get involved in reading," said Academy instructor of Japanese, Capt. Dax Presuto of the *Paws to Read* program.

Captain Presuto and his dog Sequoia have volunteered with the program for nearly a year.

Children who are timid about reading aloud often fear reprisals or corrections. They receive neither from Sequoia, who lies contentedly next to young readers, all the while relishing ear and back scratches as his reward.

Often books come off the shelves before the children arrive and are placed near the pint-sized sofas in the library as suggested reading, but children may also choose their own books.

For each book read, a child receive prizes such as stickers and bone-shaped bookmarks.

The Monument branch draws between 15 and 20 children, plus parents, every week.

"It's a good interaction," Monument branch director Jean Harris said. "It enables children who are reluctant to read but who want to read to a non-threatening animal."

Ten branches of the PPLD sponsor *Paws to Read* programs at various times.

During the one hour each week Captain Presuto



Photo by Ann Patton

Kaiden Gillespie points out his book's illustration to Sequoia.

spends at the library, he has seen the difference the program makes. One youngster, only 4, is now reading aloud, and an adopted child is quickly learning the language of a new homeland.

"It's the highlight of my week," said Julie Simmons, library children's specialist.

Sequoia, with his gentle ways and wagging tail, also makes a good first canine acquaintance for children who are, or have been, afraid of dogs.

Lauren Gressley, 9, a student at Colorado Virtual Academy, enjoys reading to the yellow Lab.

"He's a good dog and a good listener," she said.

Parents endorse the program.

"We come every week," said Barb Sailer. "They know Wednesday is the day to read to Sequoia."

Her son Noah and daughter Zoe look forward

to library days.

Jack Hilton, 11, also volunteers every week and has been with the program nearly as long as Captain Presuto.

"I love dogs, and the people here are a fun bunch to be around," said the Lewis-Palmer Middle School student.

Sequoia didn't always have life so good.

After he endured suspected maltreatment from two previous owners, Captain Presuto adopted him from a New Mexico shelter where he regularly volunteered.

"When I met him, that was it," he said.

The dog was the first for his wife, Capt. Melanie Presuto, an Academy biology instructor.

Naming the new member came easy. Captain Presuto had proposed marriage under a Sequoia tree.

"Sequoia is the symbol of us," he said.

The new adoptee soon enrolled in classes to become a therapy dog, but visiting hospitals wasn't quite Sequoia's cup of kibble.

"He hates tile floors," Captain Presuto said.

To keep up with his therapy dog experiences, working with children, in a happy environment like the library, was a perfect solution.

All dogs in the *Paws to Read* program are thoroughly screened before placement in a library branch.

Captain Presuto would like to see the program expand to other libraries. For now, though, he and Sequoia are content with their experiences at the Monument library.

"I will have done my job if children are reading instead of playing video games," he said.

For more information and times and places of the *Paws to Read* program through the PPLD, call 531-6333 or visit www.ppld.org.

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CFC kicks off “Faces of Change” campaign

By Capt. Uriah Orland
Academy Public Affairs

This year's Combined Federal Campaign kicks off Tuesday with an information and agency fair from 10 a.m. to 12:30 p.m. in the Arnold Hall Ballroom here. The kickoff marks the start of the 2008 campaign.

“The official campaign runs through Nov. 11,” said Maj. Stephan Chastain, CFC installation project officer. “However, our goal is to reach our monetary goal of \$520,000 in three weeks. This focuses our key workers on receiving donations quickly, which will reduce reoccurring requests.”

This year's theme, “Faces of Change,” is built on the idea that every one has his or her own story of experiencing change. The change may be for the better or unexpected and life altering. For some, these are the faces of people who have faced life's surprises with grit, grace, and gratitude. Other “Faces of Change,” are of the people who change lives by making a difference.

“The theme plays on ‘pocket change.’” Major Chastain said. “Even the smallest donations help these charities.”

During the campaign, key workers will ask all government employees for donations to charities of their choice. Donors are encouraged to designate their gifts to specific organizations that represent their interests or concerns.

“We have over 2,900 charities to choose from. Just about every area is covered for donors,” the major said.

If one chooses to make a contribution but does not want to specify where that contribution will go, the contribution will still be accepted. These undesignated funds are shared among all of the organizations

listed in the *Campaign Brochure* in the same proportion that the organizations received designations.

The most common type of donation is through payroll deduction, which spreads the donation amount throughout the year. Payroll deductions will not begin until January 2009.

The entire contribution to any CFC agency is tax deductible when an individual itemizes his or her tax return.

The CFC began in 1961 and benefits thousands

of non-profit Human Health and Welfare charities. Last year, the CFC of the Pikes Peak Region collected more than \$2.2 million, a 2-percent increase over 2006, for a sixth consecutive record campaign. The Academy contributed more than \$606,000.

“The CFC not only gets donations, but it helps reduce costs for these organizations by conducting one campaign for all of them,” Major Chastain said. “This enables them to use donations for their programs instead of running campaigns for more money.”

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Dr. Wayne Brown

Mission Element Project Officers

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AD Capt. Charlie Toth
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Suicide prevention falls on all shoulders

By Capt. Lisa Mull
10th Medical Group

Every year, more than a million people die by suicide — about one death every 40 seconds — and every year, there are several million more failed attempts. Tremendous efforts have been made to address this problem; however, there is still more to be done.

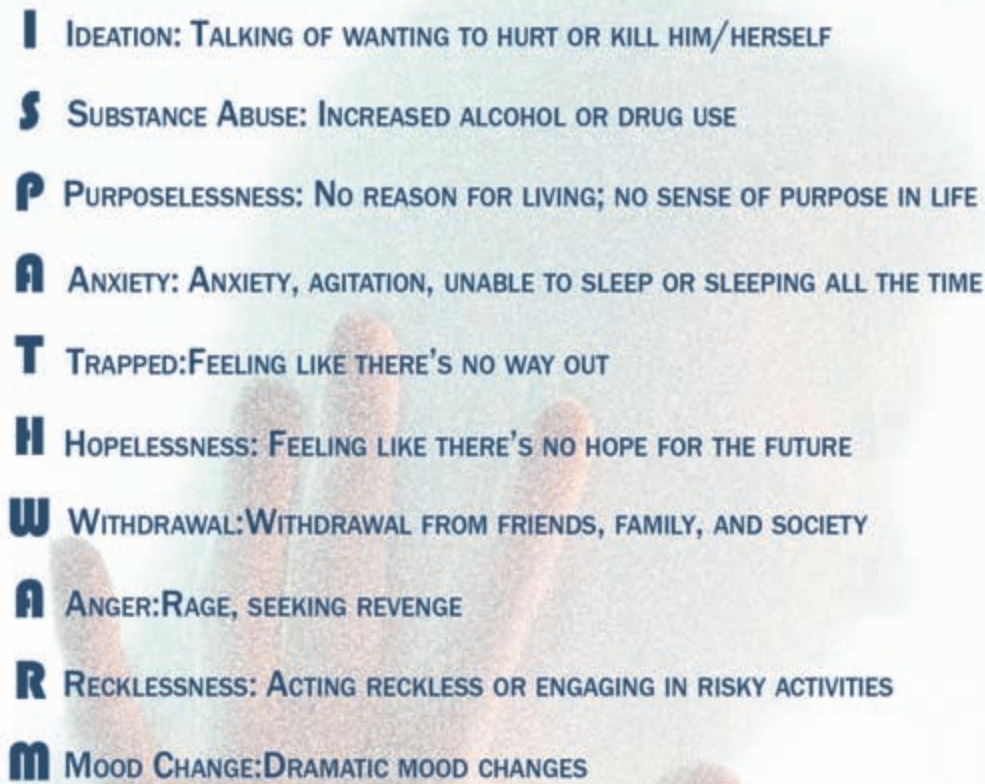
The goal of Suicide Prevention Month (September) is to increase awareness and advocacy about suicide prevention. One of the greatest tools for preventing suicide is to prepare those who may cross paths with someone who is at risk. The goal: to increase the likelihood appropriate intervention and referral might save a life.

Knowing the warning signs, knowing how to help, and knowing what to do in an emergency, are key to suicide intervention and prevention. The following information is intended to be succinct, easily understood and effective.

Know the warning signs

use mnemonic IS PATH WARM:

- I** **Ideation:** Talking of wanting to hurt or kill him/herself
- S** **Substance Abuse:** Increased alcohol or drug use
- P** **Purposelessness:** No reason for living; no sense of purpose in life
- A** **Anxiety:** Anxiety, agitation, unable to sleep or sleeping all the time
- T** **Trapped:** Feeling like there's no way out
- H** **Hopelessness:** Feeling like there's no



- hope for the future
- W** **Withdrawal:** Withdrawal from friends, family, and society
- A** **Anger:** Rage, seeking revenge
- R** **Recklessness:** Acting reckless or engaging in risky activities
- M** **Mood Change:** Dramatic mood changes

Know how to help:

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

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

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

— Don't dare him or her to do it.
— Don't give advice by making decisions for someone else to tell them to behave differently.

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

— Offer empathy, not sympathy.
— Don't act shocked. This creates distance.

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

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

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

prevention.

Emergency actions:

Call national crisis hotline: 1-800-273-TALK (8255)
On base, during duty hours (7:30 a.m. to 4:30 p.m.), call 333-5177 or go to the Academy Mental Health Clinic.

On base, after duty hours, call 333-5000 or go to the acute care clinic.

Off base, call 911 or go to nearest emergency department.

Much of the information presented was gathered from the American Association of Suicidology.

For more information, visit www.suicidology.org.
Call 333-5177 with questions or for more information.

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Home repair scam appears to target military families

By Donna Miles
American Forces Press Service

The letter that appeared in a soldier's mailbox promised an offer almost too good to be true: a home improvement loan approved by Congress and backed up by a government agency.

Officials at the Federal Citizen Information Center fear it's a scam targeting military members that uses the center's credibility to lure victims in.

An eagle-eyed soldier notified the Federal Citizen Information Center after receiving the ad from the "Home Information Center" linked to post office boxes in Dallas and in Owasso, Okla. The letter included a reference to FCIC's Web site in an apparent attempt to show a federal endorsement.

"The thing that immediately sends up a red flag is the fact that [the advertisement] says these loans are approved by the U.S. Congress," said Mary Levy, director of consumer education and outreach in the FCIC's Office of Citizen Services. "Congress would absolutely never approve any particular home improvement loan."

In addition, she said, the Federal Citizen Information Center has no association with the Home Information Center. Levy emphasized that home improvement services are regulated at the state and local level, not by the federal government.

Levy expressed concern that the letter might be one of many floating around that are targeting military homeowners who, like many of their civilian neighbors, are struggling with financial concerns. Many are prime candidates for scams because they're young and relatively inexperienced in handling money, they're away from their extended families, and often have no roots in their new communities, she said.

"That may make them particularly susceptible to these kinds of scams," Levy said.

Unscrupulous people have long focused their schemes on service members and their families. Last year,

the Federal Trade Commission and American Red Cross warned consumers about an identity-theft scam targeting families of deployed troops.

That scam involved someone calling a military spouse, identifying herself as a representative of the Red Cross, and notifying the woman that her husband was hurt in Iraq and had been medically evacuated to Germany. The caller then said doctors could not start treatment until paperwork including the husband's Social Security number and birth date was completed.

The FTC called this scheme a variation of "phishing" – a technique identity thieves use to get personal or financial information from unwary consumers. The identity thief claims to represent a trusted source – a bank, a government agency, or in this case, the American Red Cross – to get someone to divulge personal information.

"Military families can become targets of scams, especially when the soldier is deployed thousands of miles away and the family is here," Levy said. "That's why it's so important that they have the information they need to protect themselves."

The Federal Citizen Information Center offers consumers tips for selecting a contractor to make home improvements and repairs:

- Get recommendations and references. Talk to friends, family and others who have used the contractor for similar work.

- Get at least three written estimates. Insist the contractors come to your home to evaluate what needs to be done. Be sure the estimates are based on the same work so that you can make meaningful comparisons.

- Check contractor complaint records. Your state or local consumer protection agency or Better Business Bureau can provide this information.

- Make sure the contractor meets licensing and registration requirements. Your state or local consumer protection agency can help you find out what these requirements are.

- Get the names of suppliers and ask if the contractor makes timely payments.

- Contact your local building inspection department to check for permit and inspection requirements. Be wary if the contractor asks you to get the permit; it could mean the firm is not licensed.

- Be sure your contractor is insured. They should have personal liability, property damage and worker's compensation insurance for workers and subcontractors. Also check with your insurance company to find out if you are covered for any injury or damage that might occur.

- Insist on a written contract that states exactly what work will be done, the quality of materials that will be used, warranties, timetables, the names of any subcontractors, the total price of the job and the schedule of payments.

- Try to limit your down payment. Some states have laws limiting the amount of down payment required.

- Understand your payment options. Compare the cost of getting your own loan vs. contractor financing.

- Don't make a final payment or sign a final release until you are satisfied with the work and know that subcontractors and suppliers have been paid. Some state laws allow unpaid subcontractors and suppliers to put a lien on your home for bills the contractor failed to pay.

- Pay by credit card when you can. You may have the right to withhold payment to the credit card company until problems are corrected.

The FCIC warns consumers of red flags that could indicate a fraudulent operator, including soliciting door-to-door, offering a quote out of line with other estimates, using pressure tactics or asking for the entire payment up front.

The Consumer Action Handbook, published annually by the FCIC, offers additional consumer information covering a wide range of topics. The FCIC Web site provides ordering information.

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Service members to follow long voting tradition

By Donna Miles
American Forces Press Service

A pen-and-ink drawing in the Oct. 29, 1864, issue of *Harper's Weekly* portrayed a long line of Pennsylvania soldiers outside their A-framed tents, each awaiting his turn to vote in the 1864 presidential election.

Artist William Waud's rendering captured the high interest in the high-stakes election that pitted incumbent President Abraham Lincoln against Army Gen. George B. McClellan, former commander of the Army of the Potomac.

It was the first national election any nation had ever conducted in the midst of a civil war.

In the coming weeks, U.S. service members around the world, many in combat zones far from their home states, will have the opportunity to help elect their next commander in chief. They'll be exercising a right the United States has endeavored to extend to them throughout its history – in war as well as peacetime, and regardless of where they're stationed or deployed around the world.

Polli Brunelli, director of the Defense Department's Federal Voting Assistance Program, expressed hope they'll take advantage of the opportunity during the second presidential election since the war on terror started in 2001.

"We have military members spreading democracy all over the world, and it's important that they themselves participate in the process," she said. "They are electing our policymakers, whose work has a direct impact on these individuals' lives and their family lives. So it is important that their interests are represented."

A random survey after the 2004 election showed 73 percent of the military and 77 percent of federal employees overseas voted, Brunelli said. Those numbers reflected a jump from the 2000 election, in which 57 percent of the military and 55 percent of federal employees overseas voted.



Image courtesy of Smithsonian Institution Library

Artwork published in *Harper's Weekly* shows Union soldiers from Pennsylvania casting absentee ballots during the 1864 presidential election.

All indicators point to this trend continuing in 2008, she said, when elections will determine who will take the presidency, 35 U.S. Senate and 435 U.S. representative seats, as well as 13 state governor posts.

Solid participation in the presidential primaries, a surge in activity on the Federal Voting Assistance Program Web site and extensive outreach by legions of voting assistance officers throughout the military sets the stage for high voter participation among soldiers, sailors, Airmen, Marines and their families, Brunelli said.

That's despite the vast challenges inherent in extending the vote to service members serving around the globe, including Iraq and Afghanistan.

"Our men and women are deployed to combat zones. They're in disaster areas. They're also serving aboard surface vessels and submarines, as well as in remote areas where mail delivery is unpredictable," Brunelli said. "So this sometimes makes absentee voting particularly challenging."

It's not a new challenge for the military.

See VOTING, Page 16

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Go west young man, woman and child

Explorers strike it rich uncovering \$2,500 in prizes as 10th Services and Marketing treats gold diggers

By Ken Carter
Editor

For those cow-hands who forged their way to the Academy Stables Friday evening, it turned out to be a real rush from 5 to 8 p.m. ... a Gold Rush that is. Better yet, Gold Rush II.

This was the second time in as many years the Academy's 10th Services Division came through in a big way for a community filled with gold diggers. Some \$2,500 in cash, prizes and gift cards were given away to 51 diggers who, while on hands and knees, shoveled relentlessly to unearth hidden treasures.



Photo by Arnie Spencer

10th Services Marketing representative Jill Stevens reveals the next prize for some lucky digger of one of 38 prizes.

Digging participants were identified when each completed a map and a number, that corresponded with their entry, was posted on the 10th Services Web site. At the event, all diggers were given a blue bandana to identify them.

The overall evening included free food, live music and not a single digging participant leaving empty handed.

According to James Lovely, 10th Services Division writer-editor and emcee for the evening's event, the purpose for the "Gold Digging" was to encourage exploration ... not only at the stables that evening, but across the Academy beforehand.

"To become a digger in the Gold Digging part of the Gold Rush, participants had to visit each of a dozen Academy Services facilities and pick up a sticker," Mr. Lovely said. "In this way, we hoped to introduce members of the military community to operations they wouldn't ordinarily visit."

The coordination effort took the hard work of many sets of hands to produce the festive atmosphere the diggers and spectators alike enjoyed.

"Last year we came upon the Gold Rush promotional material by accident and, out of curiosity, we did the map and were floored by the extent of the event," said now two-time participant Jenn Eisenhart.

Tyler Eisenhart, her son, now 12, wanted to lay claim to the digital camera prize last year. When he finally uncovered the last hidden treasure, to the astonishment of many, it was the camera.

"This year he came home with a DVD player," Mrs. Eisenhart said. "After last year, we were determined to do it again, it was so fun. Once again, the band [Deep River] was great, the Services staff's energy was really high and the food was good. We had a great time, despite the rain."

An enlisted attendee echoed Mrs. Eisenhart's words of praise.

"I did not participate last year — wish that I had, it was a lot of fun," said Academy NCOIC Force Management and Career Development Tech. Sgt. James Jamison.

Sergeant Jamison had heard about the Gold Rush during the Academy picnic.

"I won a portable DVD player but I traded with the person who won the GPS system," he said.

"I really liked that the evening was a low-key, fun family event. The digging was harder than it looked, but I had a great time," he continued. "My family came to cheer me on and enjoyed a free meal. Thanks to Services for setting up this great event."

"Everyone who participated took home a prize. And, thanks to a generous donation by Shamrock Foods, everyone enjoyed a free barbecue dinner and Pepsi provided complimentary beverages," Mr. Lovely



Photo by Arnie Spencer



Photo by Todd Ryan

Winners from the Gold Digging Event show their findings, revealing which prize was won.



Photo by Todd Ryan

Tech. Sgt. James Jamison dug his way through to win a portable DVD player.

said. "The band, Deep River, was awesome. Those guys really took the event to the next level. It just wouldn't have been as much fun without them."

Many helping hands were required to pull off the Gold Digging event. Mr. Lovely said six marketing representatives, five bowling center employees, four or five workers from the Academy's Equestrian Center, Dave West from Cadet Wing Media and Services Director Frank Gross all contributed "hands-on" at the event, which was also made possible by support from 10th Mission Support Group Transportation and the 10th Civil Engineer Squadron members.

Hosts make Cadet for a Day visit special

By Ann Patton
Academy Spirit staff

Willie Presley loves anything with engines — like cars, trucks and motorcycles.

Now he's added airplanes to his list.

As the Academy's newest Cadet for a Day, the 10-year-old from Wheatridge, Colo., was feted with, among other events, a ride aboard one of the Academy Aero Club's Cessna aircraft.

"I loved it. It was awesome," he said of the flight during which he held the yoke for the takeoff, flew the plane and talked to the tower.

Cadets in Cadet Squadron 02 officially sponsored the fourth grader through the Make-A-Wish Foundation. The two and a half-day visit began Sept. 18.

"Willie definitely loved the aero lab because he loves engines," said Cadet 1st Class Christy Wise.



Photos by Dave Armer

It's thumbs up for Cadet for a Day Willie Presley and cadets at the 94th Flying Training Squadron.

"Normally, he was pretty shy, but there he was talking up a storm and scooting around everywhere in his wheelchair."

The Make-A-Wish group also arranged for a bedroom makeover themed with the Baltimore Colts for Willie, who is afflicted with muscular dystrophy.

Cadets greeted Willie, his father, James "Duke," and sisters, Taylor and Garry, Thursday evening, and activities and visits began in earnest the next day. The first stop was the airfield, where Willie saw his name inscribed on a glider at the 94th Flying Training Squadron and toured the tower.

Parachutists from the 98th FTS put on a jump

demonstration and showed the family the ins and outs of parachuting and its equipment.

The military working dogs from the 10th Security Forces put on a show, after lunch on the staff tower, and Willie later enjoyed tours of the base fire department and biology and aero departments in Fairchild Hall.

Cadets from CS-02 secretly planned a carnival for the squadron and family at the end of the day, complete with pizza, cotton candy, a moon jump and sumo suits.

The family enjoyed a ride to Saturday's game against Utah in Falcon Stadium with the Falcons, tailgate kick-off and pre-game festivities on the field. Willie took home the game ball.

Cadet 2nd Class Gina Koenigsberger, CS-10, got a kick out of showing the family around the 98th FTS.

"It's so much fun and a huge perk," she said and added Willie's sisters showed interested in possibly attending the Academy.

"I feel a little special to be a girl on the team and can inspire young ladies," the Wings of Blue member said.

Cadet 2nd Class Stephen Grace, CS-02, also enjoyed being part of the family's weekend.

"I got involved with Cadet for a Day because I have seen what they were able to do with the kids in the past and thought it would be awesome to be a part of it," he said. "The funnest part of the weekend was just getting to know Willie and his family and to see him having a good time. I had a blast hanging out with them."

Cadet Wise has routinely been helping host Make-A-Wish youngsters during her Academy career.

"It is a way for us to reach out to the community and help give kids a day they'll never forget," she said.

Mr. Presley was deeply impressed with the cadets' hospitality.

"I can't find words to describe it. It brought a lot of joy to my family," he said. "The cadets are pretty special, and it was a lot more than I expected."

Female cadets in CS-02 found Willie a special guy, too, and gave out kisses to him before the group photograph of the family and squadron.

"We told you we'd hook you up," a male voice from the squadron shouted out.



Willie's sisters, Garry (left) and Taylor, check out the cockpit of the glider which bears his name.



All systems go. Willie readies to take the yoke at the Aero Club.

Voting

From Page 13

Absentee voting actually predates the United States, and some of the original 13 colonies made provisions for voters who couldn't get to the polls on Election Day – as long as those voters were white male property owners.

But the first major development in expanding absentee voter rights didn't occur until the Civil War, Brunelli explained. Mass conscription forced both Union and Confederate states to consider ways for their many electors away from home to vote.

When the war started, just one state allowed soldiers to vote outside their election districts. But in the run-up to the 1864 election, 25 states enacted legislation allowing absentee voting, historical documents show. A soldier could vote in the field, as depicted in the *Harper's Weekly* artwork, or by proxy, sending his marked ballot to someone in his home voting district to cast on Election Day.

Absentee voting during the Civil War wasn't without incident. Army Pvt. William James Smith, a member of the 2nd Ohio Volunteer Cavalry, recalled breaking away from his unit to vote in a village somewhere between Winchester, Va., and Hagerstown, Md.

"I went to the polls with two

comrades, one of whom was killed and the other badly wounded within 20 minutes after we cast our votes for Abraham Lincoln," he wrote sometime after the shift-key model typewriter was introduced in 1878.

After the war, many of the state absentee laws lapsed, to be revived only in brief spurts during the Spanish-American War and World War I.

It wasn't until 80 years after the Civil War — when some 5 million U.S. troops were fighting in Europe and the Pacific during World War II and the 1944 presidential election loomed — that the United States launched a concerted effort to ensure its deployed troops could vote.

The Soldier Voting Act of 1942 represented the first legislation guaranteeing military members a vote in presidential and congressional elections during wartime, even when away from their homes of record, Brunelli said. It extended that right regardless of registration and poll tax requirements, as long as the voter met state qualifications.

The law directed the states to adopt specific absentee voting procedures and provided for a federal post card application for an absentee ballot, along with free postage for balloting materials.

But because the law wasn't enacted until Sept. 16, 1944, it had little impact

on the November 1944 election, Brunelli said. Shortly after passing the law, Congress amended it to provide a Federal War Ballot for use by voters who, despite applying for an absentee ballot within the deadline, didn't receive a state ballot 30 days before the election. Use of the federal ballot was conditional on each state's acceptance.

Seven years later, President Harry S. Truman was concerned that the law hadn't gone far enough. He asked the American Political Science Association to study the military voting problem and come up with recommendations. With the United States in the midst of the Korean War and the 1952 presidential election just around the corner, Truman — who didn't run for re-election — endorsed the association's findings and took the case to Congress.

"About 2,500,000 men and women in the armed forces are of voting age at the present time. Many of those in uniform are serving overseas, or in parts of the country distant from their homes. They are unable to return to their states either to register or to vote," Truman noted in a letter to Congress. "Yet these men and women, who are serving their country and in many cases risking their lives, deserve above all others to exercise the right to vote in this election year. At

a time when these young people are defending our country and its free institutions, the least we at home can do is to make sure that they are able to enjoy the rights they are being asked to fight to preserve."

Congress passed the Federal Voting Assistance Act in 1955 to allow and assist military members, federal employees overseas and other U.S. citizens associated with the military to vote when away from their voting residences.

More than two decades later, Congress passed another law expanding absentee voting rights to other U.S. citizens living overseas.

The two laws were merged in 1986 into the Uniformed Overseas Citizens Absentee Voting Act. This law, administered by the Defense Department, ensures military members and their families, as well as U.S. citizens living outside the United States, have the right to register and vote in federal elections.

The law also provides for the Federal Write-In Absentee Ballot, a back-up ballot to be used when a state ballot doesn't arrive on time, as long as the voter applied for it before the deadline. This ballot is available at U.S. military bases and embassies worldwide, as well as on the Federal Voting Assistance Program Web site.



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Make A Difference Month seeks volunteers

By Vicki Dimond
Pikes Peak United Way

In 1990, when the staff of *USA Weekend*, in partnership with the Points of Light Foundation, encouraged Americans to "put their cares on hold for a day in order to care for others," they couldn't have possibly imagined the impact the suggestion would make.

Eighteen years later, Make A Difference Day has turned into Make A Difference Month locally, occupying the entire month of October, making it the largest community-wide volunteer effort in the history of Colorado Springs.

Last year more than 3,000 local volunteers rolled up their sleeves and donned their working gloves to participate in the event.

This year, under the theme of "The Power of One"

- denoting the importance of one person, one family, one club, one business, one military unit, or one congregation in making a difference in the lives of others - presenting sponsors Pikes Peak United Way and the Center for Nonprofit Excellence are hoping to rally the efforts of 1 percent of the city's population, a record-breaking 5,000 volunteers, to reach out and help those less fortunate.

These volunteers are projected to contribute more than 12,000 hours of service, aiding over 75 agencies with approximately 100 different projects. The value: more than \$200,000.

Although not all in, this year's projects span a wide range of interests from indoor tasks such as filing and mass mailings to outdoor tasks such as building trails for Colorado Springs Parks, Recreation and Cultural Services. Numerous seniors, due to age and frailty, are in need of assistance with

yard work, while additional volunteers are being sought to help take 20 developmentally disabled adults to the Cheyenne Mountain Zoo for an outing.

Make A Difference Month raises awareness of the great need we have in our community not for just one month but throughout the year agree Pikes Peak United Way Director of Community Impact Carrie McKee and Volunteer Center Director Shannon Roth co-chairs of the local event. "Additionally, it highlights the important role volunteers can play in meeting that need," Ms. Roth said.

Anyone interested in participating in Make A Difference Month can visit: www.volunteerpikespeak.org or call Carrie McKee at 955-0751.

Sponsors of this year's event include: Mission of Mercy, Security Service Credit Union, Colorado Springs Utilities, Pepsi, Ent Federal Credit Union, Kaiser Permanente and USAA.

Air Force officials launch new community Web site

Beginning Oct. 1, Air Force officials will introduce a new Web site for Airmen and their families that provides a 24/7 resource for information on topics like relocation, military child education and finances.

The new site, www.afcommunity.af.mil, phases out the "AF Crossroads" Web site while assuring most of the same services are still available to all users.

Programs such as "Plan My Move," spouse employment job sites and scholarship information can be found there, as well as new features like videos and

podcasts of Air Force news and events from around the world.

"The Web site was created with our Airmen and families in mind," said Maj. Karen Terry from the Pentagon Airman and Family Services Division. "We wanted to be able to offer them helpful information on topics that affect their daily lives, and give them the ability to access it whenever and wherever they wanted. This site allows us to do that."

The site's appearance is streamlined to make it easier for users to find what they are looking for within a few clicks of the mouse. Although the Web

site is now a "dot mil" site in order to comply with security requirements, it will still be accessible by all Airmen and their families from any computer.

Visitors interested in joining chat rooms and discussion boards to communicate with other Air Force family members can do so at www.militaryone.com or www.militaryhomefront.com. Also beginning Sept. 30, GI Mail will no longer be available.

For more information, contact the Academy Airman and Family Readiness Center at 333-3444 or visit the new site.



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Security Forces fail to confine Medics

By Dave Castilla
Intramural Sports Director

In Tuesday night action the top two teams squared off fighting for the number-one seed in intramural flag football action.

The medics prevailed in a defensive struggle, 20-6. Security Forces came undefeated at 7-0 followed by Hospital #1 (5-1) in second place.

On the second play of the game, John Marcozzi intercepted the cops, putting the ball on the 37-yard line and setting the tone for the entire game.

The cops tightened their defense and held the medics without a first down.

Hospital then intercepted SFS Dan Garber again and got the ball to the 37-yard line. SFS tightened up and the medics again couldn't capitalize. The cops got

the ball on downs and Dan Garber found Jesse Stansbury down to the 1 yard line for a 40-yard gain. Later, Garber ran up the middle for the touchdown, on the extra point attempt he was sacked by Zack Willis, making the score 6-0.

On the medics next set of downs, Russell Pollard moved his squad into scoring position. With 39 seconds left in the half, Pollard found Darrell Holden down to the 14-yard line.

With time winding down, Pollard's pass in the end zone was intercepted by Stansbury ending the threat.

The medics were a different team in the second half. Pollard moved his team quickly and early and found Drew Pennell down the right side line for a 35-yard scoring strike. The extra point was missed.

The cops had the ball and Hospital's Micah Yarbrough got his first of two interceptions down to

the 26-yard line. A few plays later Pollard ran it in from 12 yards and the extra point was caught by Dwight Preston putting Hospital up 13-6.

Garber got the cops rolling on their next set of downs finding George Callaway for 20 and Aaron Hall for 29 yards getting the team to the 10-yard line.

Garber then shot a bullet to the goal line but the ball was tipped by the medics Ronnie Wilson, bounced off Callaway, and ultimately intercepted by Wilson.

The defenses still controlled the game with two more interceptions, one for each team, by Stansbury and Yarbrough who stalled drives. Pollard finally put the nail in the coffin. With under two minutes left in the game he found Deamein Jenkins down to the 14, and Yarbrough finished the scoring with a 10-yard touchdown. Pennell added the extra point to complete the score.

No pain no gain for cadet mountain bike team

By James Weinstein
OIC, Cadet Cycling Team

The Rocky Mountain Cycling Conference held its third collegiate competition last weekend in Laramie, Wyo., a technical and challenging mountain course. Teams from around the region including powerhouse cycling schools from Fort Lewis (Wash.), Colorado University, and Colorado State were all in attendance.

The weekend of racing began Saturday morning with the fast and furious "short track" race, a fast and technical crowd-pleasing event consisting of multiple short loops on a challenging course. Trevor Johnson, competing in his first race of the season, scored 1st place in Division 2 and a 6th place overall. He was closely followed by

Justin Goodin who finished 2nd in Division 2 and 7th overall (both raced the Men's B division).

That afternoon, the "Super-D" event was held. This event is a mix between knee buckling downhill speed and lung searing uphill sprints.

Air Force continued its success with John Ferut getting a 4th overall. Air Force dominated the standings also taking 2nd and 4th through 9th places in a Division 2 display of domination and depth.

Sunday was headlined by the "cross-country" event which saw more gutsy Air Force success. The highlights for this event were Justin Goodin scoring a 3rd place in the Men's B Division 2 race and the Air Force women's team of Meghan Cummings and Leah Hoffman finishing 2nd and 3rd respectively, in Division 2.



Courtesy Photo

Justin Goodin scored a third-place finish in the Men's B Division 2 race.



Photo by David Armer

Avalanche!

Denver's pro hockey team, the Avalanche, squared off in their annual Burgundy versus White scrimmage Monday evening in Clune Arena. The white team dominated scoring, 9-0, with David Jones pulling off a "hat trick" against Burgundy.

Air Force hosts San Jose State

The Air Force women's soccer plays host to San Jose State at 6 p.m. today, in its final non-conference game. Kickoff is slated for 6 p.m. at the Cadet Soccer Stadium.

Falcons football open this week

Air Force (3-1, 1-1 MWC) is open this week. The Falcons return to action next week by hosting service academy rival Navy Oct. 4, at 2 p.m. in Falcon Stadium. The Navy game starts a string of eight straight games for the Falcons to close the regular season.

Volleyball

After a four-week, 13-match homestand, the Air Force volleyball team departs for a pair of conference matches. The Falcons traveled to Salt Lake City to face Utah Thursday, and head to Provo Saturday, to face 25th-ranked BYU.

Hockey

The back-to-back Atlantic Hockey Association champion Air Force Falcons were the preseason choice by the league's coaches to win the AHA in 2008-09, as announced at

the AHA annual media day at the Blue Cross Arena in Rochester, N.Y. Air Force finished the 2007-08 season with a 21-12-6 record and placed third in the conference last season. The Falcons defeated Mercyhurst in double overtime, 5-4, to win the AHA Tournament and advance to the NCAA Tournament for the second consecutive season. Being the coaches' choice to win the league is a first for Air Force hockey. The Falcons collected seven of the possible nine first-place votes and 79 of the possible 81 total points in the poll.

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Utah downs Air Force 30-23

By Maj. Don Kerr
Academy Public Affairs

The University of Utah scored on a 9-yard game-winning touchdown with 58 seconds to play giving them a narrow 30-23 win over the Falcons at home Saturday.

Air Force appeared to have the momentum when they scored on a 1-yard touchdown run by Savier Stephens that tied the game at 23 with 5:06 left.

On third-and-11 from their own 30, Falcon quarterback Shea Smith completed a 37-yard pass to Kevin Fogler and then three plays later an acrobatic 29-yard catch by Josh Cousins set up a first-and-goal at the Utah 2-yard-line. After a defensive penalty, Savier Stephens barreled into the end zone on the next play, knotting the game at 23 and having the

crowd of 36,952 sniffing an upset.

But the Utes did not back down, methodically marching down and scoring the go-ahead touchdown. Utah intercepted a pass by Smith with 53 seconds left to seal a victory for Utah, while handing the Falcons team its first loss of the season and the first home loss in eight games.

"They executed a little better than us today," said Falcon outside linebacker Hunter Altman. "We had a few mistakes that cost us. But they are a great team."

Air Force's defense turned in a heroic effort forcing two fumbles and an interception, and frustrating the Utes' quarterback. The Falcons' defense also had five sacks.

"Utah is good, really, really good," said Falcons Head Coach Troy Calhoun. "They are strong



Photo by Dave Armer

Ben Garland, number 93, bursts his way through Utah's offensive line to grasp the ball carrier.

at every position. They have tremendous quickness. They are certainly a squad that deserves to be in the top 15."

After not completing a pass in the last two games, Coach Calhoun didn't hesitate to come out throwing against one of the

highest-rated defenses in the country. Smith connected on seven of 13 passes for 138 yards with two interceptions, with the last one coming at the end of the game. And, uncharacteristically, it was the Air Force rushing attack that couldn't get on track, rushing for a season-low 53 yards on the day. The 53 yards is the second-lowest output since Air Force went to the option offense in 1980.

After a muffed snap that

punter Ryan Harrison batted out of the back of the end zone, Utah held a 9-0 lead at the end of the first quarter. The Falcons were held to just three yards of total offense in the opening quarter.

The Falcons were held to 4 yards rushing in the fourth quarter and finished the game with 191 total yards. They now hold a 3-1 record, and a 1-1 Mountain West Conference record.



Photo by Dennis Rogers



Photo by John Van Winkle



Photo by Denise Navoy, Inset: Dennis Rogers

Above: Jake Paulson strides into the end zone for a Falcon touchdown after recovering a Utah fumble.

Left: (top and bottom)

Junior strong safety Chris Thomas gets Utah quarterback/wide receiver Elijah Jesson in his grasp as he works to strip the football and limit the end-around play to a two-yard gain. Thomas ended the game with six solo tackles, two assists, one sack, one fumble recovery and one pass deflection that resulted in a Reggie Rembert interception.



Toastmasters gather

Want to improve your speaking, listening and evaluating skills? Looking for an opportunity to practice some planning, conducting and be an emcee for a meeting? Toastmasters is for you! Join our new club that meets today from noon to 1 p.m. at Arnold Hall. Contact andreas.wesemann@usafa.edu for more information.

Elder dribblers

The 2008 Intramural and Over 30 Basketball leagues are now being formed under the guidance of the fitness and sports center. Coaches meetings begin at 3:30 p.m. Oct. 1 in the fitness center's back office. The deadline for letter of intent is Monday. Preseason competition will begin on or about Nov. 3 followed by regular season competition on or about

Nov. 10. Organizations may enter as many teams as they are able to support; however, each should consider duty commitments first. There must be at least four teams to form a league. Coaches or representatives must be at the meeting to get in the league. Call Sports Director Dave Castilla at 333-4078 for more information.

Buddhism in peace and war

The Cadet Chapel Buddhist Program will sponsor a talk exploring the relationship between Buddhism and human conflict from 3:30 to 5:30 p.m. Sunday in the Arnold Hall conference room. This talk will explore both historical and contemporary Buddhist experiences of waging peace and waging war. From the Buddha's own life to the headlines out of Tibet and Burma, we'll look at how different Buddhist traditions have responded to one of the most difficult and enduring challenges we face, human conflict. Guest speaker Joan Sutherland, Roshi, founding teacher of The Open Source, a network of Zen practice communities in the western U.S., including Springs Mountain Sangha in Colorado Springs, will address the group. For more information, contact Sarah Bender, Sensei, at 719-594-0724.

Pre-separation counseling

By law, all transitioning military personnel are required to receive pre-separation counseling at least 180 days prior, and no fewer than 90 days before leaving active duty. Counseling must be accomplished prior to attending a Transition Assistance Program workshop. Members should contact their transition assistance staff, or career consultants within two years from retirement and a year from separation. Academy members should call 333-3444 to schedule a pre-separation counseling appointment; spouses are highly encouraged to attend. Department of Defense civilians affected by downsizing, reductions in force, base closures, and base realignments may also complete the pre-separation counseling and use the transition services available.

Triathlon to honor cadet

The Falcon Groundspeed Foundation, established in 2008 by alumni of the Academy Triathlon Team, will host the Lindsay Brown Memorial Triathlon at the Academy Saturday. This is a short distance triathlon (750m swim, 14.69 mi bike, 5km run), that includes individuals, as well as relay teams. All proceeds will go to the Rando charity, which assists cadets who have lost parents or for any cadets that pass while attending the Academy. Cadet 3rd Class Lindsay Brown was a member of Cadet Squadron 05, an intercollegiate swimmer and a member of the Academy's triathlon team. Cadet Brown was killed in a car accident in

Florida Dec. 21, 2007, only four days after she returned home on leave. For more information about the upcoming event, see www.falcongroundspeed.com, or call Maj. James Thompson at 238-9274.

Guided tours

The Cadet Chapel staff is now conducting four public guided tours weekdays at 10:30 and 11:30 a.m., and 12:30 and 1:30 p.m., excluding holidays. The 30-minute tours are designed to provide visitors with more in-depth knowledge of the Chapel. Reservations are not necessary. Interested visitors should arrive a few minutes early.

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

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

Group Pre-Separation Counseling

Held every Monday (except during TAP week); 2:30 p.m. to 4:00 p.m.

Separating or retiring from the Air Force in a year or less?

This mandatory briefing assists you in identifying benefits and services associated with your transition and beyond. **Disabled American Veterans (DAV) Medical Records Review**

Monday, Oct. 6 and Oct. 20; 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.

Bundles for Babies

Wednesday, 8 a.m. to noon.

Expectant parents are invited to attend this informational class.

Learn about budgeting for a baby, calming your baby, car seat safety, and so much more.

Eligible families will receive a "baby bundle" compliments of the Air Force Aid Society.

Dads are encouraged to attend.

Smooth Move

Thursday, 9 to 10 a.m. and Oct. 23, 3 to 4 p.m.

Being prepared certainly lessens the stress of an upcoming move.

Learn innovative ways to make your move a smooth one.

This is a mandatory class for individuals departing the Academy.

Military Spouse Career Advancement Account (CAA) Orientation

Thursday, 1 to 3 p.m.

If you are the spouse of an active duty Air Force member have more than a year left at this duty station and are continuing your education, you may be eligible for an educational grant of \$3,000 per year, two year maximum.

Sponsorship Training

Oct. 7; 8 to 9 a.m.

This class is for those who have been assigned to sponsor a newcomer to the area.

Contact your unit sponsorship monitor for details.

Resume Writing

Oct. 15; 9 a.m. to noon.

Learn different types of resume and cover letter styles and how to improve your own.

Newcomer's Orientation & Information Fair

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

Mandatory orientation for all newly assigned USAFA personnel. Spouses are welcome to attend.

Event held at the Milazzo Center.

Newcomer's Red Carpet Base Tour

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

An informative, fun-filled base tour that gives insight into the Academy mission and reveals what there is to see and do at the Academy.

TAP Seminar

Oct. 18-21; 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.



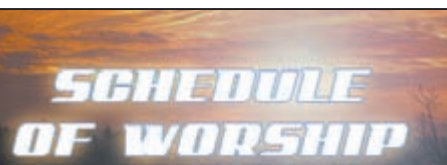
Skylarks

Do you like to sing? The Skylarks, a military wives' choral group that performs for community organizations, is looking for new members. We welcome all ranks, active duty or retired. Rehearsals are Tuesdays from 1 to 3 p.m. at St. Michaels Church near I-25 and Woodmen. Please contact Laura Wilks at 330-7314 or Elfriede Johnson at 278-3567.

Kiev Symphony Orchestra and Chorus

One hundred-fifty musicians, singers and folk actors from Ukraine will be converging into Colorado Springs to perform their only concert in this area.

Tickets purchased at the door will be \$2 more than if purchased before the day of the concert. Location of concert is 420 North Nevada Avenue, downtown at First United Methodist Church. Concert time is 7 p.m. Oct. 9. MasterCard and Visa credit cards, cash and checks (payable to FUMC) are accepted. Call the concert information line: 719-471-4361 to purchase tickets and visit: www.fumc-cs.org (select Music Ministries-click Sacred Concert Series) for more information.



CADET CHAPEL

Catholic Masses:

Sunday

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

Wednesday

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

Weekday

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

Protestant Services:

Sunday

Traditional/Liturgical - 9 a.m.
Contemporary - 11 a.m.

Jewish Services

Friday

Sabbath Service - 7 p.m.

Buddhist Worship

Wednesday

Traditional Mahayana Service - 6:30 p.m.

Muslim Prayer

Friday

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

All Other Faiths

Call 333-2636 for more information

COMMUNITY CENTER CHAPEL

Catholic Masses:

Saturday

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

Sunday

Mass - 9:30 a.m.
Religious Formation - 10:45 a.m. (September - May)

Tuesday-Friday

Mass - 11:30 a.m.

Protestant Services:

Wednesday

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

Saturday

Contemporary - 6 p.m.

Sunday

Traditional - 8 a.m.
Gospel - 11:15 a.m.

Paganism/Earth-centered Spirituality:

Call 333-6178 or E-mail Robert.Longcrier@usafa.edu for more information.

FRAUD, WASTE AND ABUSE

IF YOU KNOW OF ANY INSTANCES OF FRAUD, WASTE AND ABUSE, REPORT IT TO ONE OF THE HOTLINE NUMBERS

FRAUD: Intentional deception of the DoD such as bribes, gratuities or false claims

WASTE: Extravagant, careless or expenditure of government funds

ABUSE: Intentional wrongful or improper use of government resources

ACADEMY
1(719)333-3490
DSN: 333-3490

AIR FORCE
1(800)538-8429
DSN: 425-1562

DEPT. OF DEFENSE
1(800)424-9098
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