

US NEWS & WORLD REPORT: Air Force Academy 'Best in the West'

By Academy Spirit Staff

The U.S. Air Force Academy was named the best baccalaureate college in the west for the third year in a row, and received high rankings in engineering in the *U.S. News & World Report's* America's Best Colleges 2010 rankings.

U.S. News evaluated universities which offer only undergraduate degrees, and ranked the colleges in four geographic regions: west, north, midwest and south.

In the western region, the Academy was the #1 best baccalaureate college. This region includes Texas, Oklahoma, and every state directly north, south and west of Colorado, including Alaska and Hawaii.

The ranking was based on a wide range of criteria, including student-faculty ratio, percentage of full-time faculty, acceptance rate, class size and freshman retention rates.

"We are very proud of the rankings that we have received. These national public rankings are indeed a source of pride," said Brig. Gen. Dana Born, USAFA's dean of the faculty. "The rankings validate the many achievements of our cadets and faculty, including top-flight senior capstone design programs, many nationally-competitive scholarships, awards at student research and writing competitions, and relevant, sponsored research for the Department of Defense."

The Academy also received top rankings in undergraduate engineering. The Academy ranked #2 in the nation in aeronautical and astronautical engineering for the ninth consecutive year, behind only Embry Riddle Aeronautical University's main campus. The Academy also ranked #2 in the country in electrical, electronic and communications engineering, behind only Rose-Hulman Institute of Technology.

USAFA also fared well in mechanical engineering, according to U.S. News, placing #2 in the nation, with Rose-Hulman being #1. Overall, the Academy tied for #6 in the country for having the best undergraduate engineering program.

The Academy also finished #1 among schools of business with undergraduate degrees only and #12 in the country among schools of business where a



Photo by Dave Ahlschwede

Maj. Douglas Bayley assists Cadet 1st Class Daniel O'Sullivan with a project in the U.S. Air Force Academy's astronautics laboratory Feb. 2, 2009. The Air Force Academy was recently ranked as the top undergraduate school in the western United States by *U.S. News and World Report* magazine. Major Bayley is an instructor with the Academy's Department of Astronautics. Cadet Sullivan graduated with the class of 2009 and now attends Undergraduate Pilot Training at Columbus Air Force Base, Miss.

doctorate is not offered.

The Academy tied for #74 with eight other schools for the best undergraduate business program in the nation.

The *U.S. News & World Report* ranking is just one of the accolades the Academy has garnered recently. Earlier this month, Forbes ranked USAFA as the seventh best undergraduate institution in America.

"While we will continue to keep an

eye on the national public rankings, it is my hope that all of us (graduates, educators, administrators, prospective students, parents and taxpayers at large), will ask even more questions about the quality of student learning and development," General Born said. "When you drill down into what goes on every day, you see that we invest in our cadets, because tomorrow they become our wingmen with whom we will fly, fight, and win in

air, space and cyberspace."

The U.S. Air Force Academy is a four-year bachelor of science degree university. USAFA's mission is to educate, train and inspire men and women to become officers of character motivated to lead the U.S. Air Force in service to our nation. All graduates are commissioned as second lieutenants in the U.S. Air Force. For more information on the Academy, visit www.usafa.af.mil.

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 80 49
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SATURDAY
 82 50
 CLEAR
SUNDAY
 80 52
 ISOLATED PM T-STORMS



Promotion
 Congratulations to USAFA's 35 staff sergeant promotees

Page 3



Uniform Upgrades

"This marks a new era for the Academy reflecting a modernization needed in today's culture and maturation that is the sign of a progressive organization," Mr. Rivera said.

Page 4

Distinguished Service
 "I was actually surprised," said the member of the Academy Class of 2002. "It's an honor the Academy put me in for the award."

Page 11

Focus on key topics ensures mission success

By Lt. Gen. Mike Gould
Academy Superintendent

My return to the Air Force Academy, and assuming the role of superintendent here since June 9, has been a whirlwind. While at the same time, I might refer to it as the perfect storm.

The entire Academy community has welcomed Paula and me with open arms, hearts and minds and we are most grateful for the opportunity to serve here with and among you.

Recently, I met with many of you in Arnold Hall for my first Superintendent's Call. For those around the Academy who were unable to attend, we covered a lot of ground in a short period of time. We focused on several key issues concerning the critical nature of taking care of families and one another; the benefit of sustaining an atmosphere of universal respect; and, we offered a direct reminder that we remain a country at war.

The Air Force Academy family includes cadets (the sole reason we are all here), active-duty and Reserve component Airmen, DoD civilians, contractors and loved ones who combine to complete the Academy's vital mission, day in and day out. Both Chief Salzman and I were emphatic concerning caring for our loved ones at home as we've learned that makes us more prepared to provide effective care to our extended Air Force family as well. The benefit of taking care of our own can never be overstated but is sometimes under appreciated. The bottom line is we ought to be looking for warning signs at all times and then be able to act quickly and decisively to resolve any issues that are potentially weakening our family, at home and throughout the Air Force.

You'll hear me speak often about respect.

Respect for human dignity must extend throughout every facet of the way we communicate with each other. We are to respect one another's needs, beliefs, religious affiliations, etc., period. Despite what many may perceive as differences, even to the point of creating division, at the end of the day, we are all part of the Air Force family. As a USAFA family, we're all here for one reason—to mentor, instruct, guide and serve the future young officers of our United States Air Force. We must earn their respect—and in doing so, we will surely gain theirs.

The stability of America, of the world for that matter, is on the line as we remain a country at war. In today's Air Force, we represent a people grounded in beliefs while



File photo

Lieutenant General Mike Gould and wife, Paula, arrived at the Academy recently. He assumed command as the Academy's 18th superintendent June 9.

embracing the value of freedom and the dignity of human life. With continued emphasis on the importance of family, fitness (body, soul and spirit) and who we represent, I believe America's future remains bright. It's only because of all of you that we already feel so welcomed back to TEAM USAFA. We couldn't be more excited about serving with you.

From both Paula and me, I want to extend a sincere thanks for making our Academy family heritage something we can all take pride in for generations to come.

ACADEMY SPIRIT

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

Lt. Gen. Mike Gould —

Academy Superintendent

Lt. Col. Brett Ashworth —

Director of Public Affairs

Staff Sgt. Eric Bolt —

Chief of Internal Information

eric.bolt@usafa.af.mil

Ken Carter — Editor

kenneth.carter@usafa.af.mil

Butch Wehry — Senior Staff Writer

whalen.wehry@usafa.af.mil

Ann Patton — Staff Writer

elizabeth.patton.ctr@usafa.af.mil

Denise Navoy — Graphic Designer

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the *Academy Spirit* editor at 333-8823.

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



Character Corner "Big H" honor

By Cadet 1st Class Bradley Carroll
Center for Character Development

The military relies on the unquestionable honor and character of its members to function. It is this necessity that has resulted in such concepts as the Air Force Core Values and the U.S. Air Force Academy Cadet Honor Code. However, while these concepts are an excellent starting point, they do not encompass the full spectrum of honorable living.

A senior officer mentor and I recently discussed how it is possible to follow the strict guidance of the core values and honor code, while still engaging in dishonorable activities. This issue was the catalyst behind the development of the "Big H" honor concept. The "Big H" concept involves an analysis of actions beyond the

established guidance to determine if one's actions are in line with truly honorable living and doing the right thing. When analyzing actions, people may take the approach of resorting to legalese to find loopholes in the system to ensure they can avoid prosecution.

The use of such tactics often relies on a legal "splitting of hairs".

Two situations that occur where cadets can face this situation include "over the fence" violations and possessing vehicles when not authorized.

First, going "over the fence" to leave base when unauthorized or restricted is technically not a violation of the honor code. One must ask, though—is such conduct as sneaking off base honorable living? Of course not.

Second, the possession of a car as a freshman

or sophomore is not necessarily a violation of the honor code. However, the deceit involved in this action is not in line with living honorably.

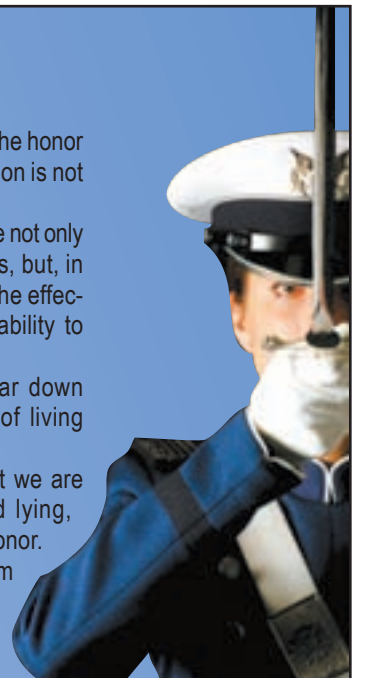
This line of thought is extremely destructive not only to the personal lives of the involved members, but, in addition, the fallout can severely deteriorate the effectiveness of the unit, therefore affecting its ability to accomplish the mission.

Once again, such actions not only tear down mutual trust, but are against the concept of living honorably.

When considering what kind of conduct we are going to engage in, we must look beyond lying, cheating, or stealing and consider "Big H" honor.

We must ask ourselves the big question of, "Am I living with honor and doing the right thing?"

Tune into KAFA, 97.7 on your FM radio dial, for **Character Matters**, at 8 a.m. and 8 p.m. Also on iTunes or www.usafa.org.



Any career advice for newly selected USAFA staff sergeants?

"Always serve and perform at the level of the next higher grade. Take on the responsibility of a technical sergeant right away."

Master Sgt.
Vicki Bamberg
USAFA/IIG
Superintendent



"Take good care of the people who will work under you and they will take good care of you."

Master Sgt.
Scott Anderson
USAFA/IIG staff
member



"Pursue both your off-duty education and further your Professional Military Education to help develop yourself as a future leader."

Scott Koenig
USAFA Personnel
Systems
Management



"Take your new responsibilities seriously and perform them with pride."

Tech. Sgt.
Tiffany Smith
NCOIC,
Command Career
Enhancement
Programs



A. Bart Holaday wins 2009 Distinguished Service Award

By Steven A. Simon, USAFA '77
Graduate/Donor Liaison

Mr. A. Bart Holaday, USAFA Class of 1965, has been selected as the winner of the Academy's 2009 Distinguished Service Award. The award recognizes his outstanding service and unfailing support to the Academy. Lieutenant General Mike Gould, Academy superintendent, will present the award during the Parents' Weekend Parade Sept. 4.

"The selection is a true testament to your exemplary support throughout the years," wrote Lt. Gen. John Regni, former superintendent, in his May 2009 congratulatory letter to General McCarthy, announcing the selection.

Mr. Holaday admitted being "at first very surprised and then deeply humbled," upon being notified of his selection. "I am at the stage of life where trying to give back to the Academy is a real privilege," he said, adding, "I hope that the award may cause others—when the time is right for them—to think about how they can give back to our Academy."

Mr. Holaday's personal commitment to academic and military excellence at the Air Force Academy has spanned decades and has positively impacted virtually every Academy program. The class president of the Air Force Academy Class of 1965 and a Rhodes Scholar, has spent time in both the public and private sectors. He retired in 2001 as managing director of the Private Markets Group of UBS Asset Management in Chicago, where he and his team managed \$19 billion in assets. He has been an active and

successful philanthropist.

In support of the Air Force Academy, Mr. Holaday currently serves as vice president and a member of the board of trustees of the Falcon Foundation. Retired Brig. Gen. Randy Cubero, Falcon Foundation president, spoke about Mr. Holaday's value to the Foundation and the Academy: "Bart Holaday has been a Falcon Foundation Trustee for the last 25 years. Always an active participant at our biannual meetings, Bart was selected for the officer position of vice president because of his demonstrated leadership abilities and the respect he has earned from everyone in the organization," General Cubero said. "He is recognized by his colleagues for his deep commitment and dedication to the mission of the Falcon Foundation. Moreover, because of his extensive financial experience and expertise he was also selected as a member of the critically important Finance Committee. During these last three years of economic downturn, the Finance Committee and Bart Holaday, in particular, were instrumental in positioning our portfolio assets in long term conservative and less risky investments with two outstanding financial managers."

Mr. Holaday is also a Founding Director of the USAFA Endowment, a charitable foundation dedicated to raising private funds in support of the Air Force Academy. He is currently the chairman of the board of the endowment. U.E. Vice President Terry Drabant had nothing but praise for Mr. Holaday, saying, "From the Academy onward, Bart has been an exemplar of Air Force values even before

they were formally codified—Integrity First, Service Before Self and Excellence in All We Do. Bart truly deserves this award."

In 2003, Mr. Holaday and his wife, Lynn, established and endowed a scholarship that annually sends a top Academy graduate to Exeter College at England's Oxford University for two years of graduate study. The Holaday Scholarship enables a top-ranking cadet who competes for, but does not receive, a Rhodes Scholarship, to do his or her graduate work at Oxford. The Class of 2009 recipient is 2nd Lt. Roni Yadlin.

"I am truly indebted to Mr. Holaday, and his wife, for their generosity and willingness to invest in Air Force Academy alumni. His scholarship provides a wonderful opportunity that I never dreamed I would be given. I am very excited about the prospect of studying at University of Oxford and I hope that, in the future, I can contribute even a fraction of what he has to the Air Force Academy and its future cadets," she said.

Mr. Holaday has also been a significant financial supporter of athletic and character and leadership programs at the Academy, most recently the Senior Scholar-in-Residence program.

He holds the distinction of being the first Academy graduate to win the Distinguished Service Award.

"I think the fact that I am the first Academy graduate to receive the award is largely a reflection of the reality that our Academy is relatively young," he says. "My generation of graduates is now old enough that we are in a position to spend

time and resources pursuing charitable interests at the Academy. I am sure going forward there will be many more graduates who receive this award."

The Academy established the Distinguished Service Award in February 1999. Each year it is presented by the superintendent to an individual or organization whose contributions have had a distinct impact on the morale or well-being of the Academy. The Distinguished Service Award is intended to recognize those who contribute not as part of their official duty, but through their personal generosity and dedication, to the institution.

As is the case for most Academy graduates, the Academy played a central role in Mr. Holaday's professional development.

"The Academy instilled in me the values that guided the rest of my life: hard work, persistence, integrity, duty, loyalty, teamwork, sacrifice and trust," he said. "These values are important regardless of which career path a graduate follows. The significance of integrity and the establishment of trust among those you work with cannot be overstated. Trust is fundamentally built by consistent, successful, high-integrity behavior. One of the important lessons of life I have learned is that with trust almost anything is possible; without trust, very little is possible."

Mr. Holaday's inspirational leadership and selfless support have greatly helped the U.S. Air Force Academy remain one of the nation's foremost institutions of higher learning.

Congratulations to USAFA's newest Staff Sgts.



Academy Spirit staff

The Academy has 35 new staff sergeant selects after the promotion results went public Thursday morning.

Air Force officials selected 15,223 of 30,574 eligible senior airmen for promotion to staff sergeant for a selection rate of 49.79 percent.

The average score for those selected was 275.81, with an average time in grade and time in service of 2.09 and 4.69 years respectively.

The Academy's newest staff sergeant selects are:

USAF Academy/DRU

Nathaniel Bone
Ashley Boyce

Zacara Dixon
India Pauling

10th Aerospace Medicine

Patricia Hicks
Ashley Martinez
Carlisha Plummer

10th Communications

Joshua Albarran
Kevin Baxter
Jennifer Boylls
Joshua Hawks
Kurt Kling
James Steel

10th Dental

Adilson Andrade
Dea Lynam
Brian Trovato

10th Force Support

Antonio Funk

10th Medical Operations

Preston Dews
Joshua Gabert
Amand Konstantinos

10th Medical Support

Kristin Chaney
Adrian Chavez
Timothy McCallum
Philip Miller
Laura Molina
Michelle Singson
Jessica Webster

10th Security Forces

Samuel Bryant
Isidro Caballero
Crystal Dohl
Daniel Garber
William Hollendonner
Brandon Ranahan
Jesse Stansbury

Preparatory School

Keaton Hanners

Cadet uniform changes now in place

Academy Spirit staff

For nearly nine years discussions have been underway to modify cadet shoulder boards, and for about six years discussions to modify female cadet slacks.

Changes in both clothing items are now complete, and the modified items are being made available to cadets as inventories arrive.

"It's been a long, long process," said Ken Rivera, coordinator of the Academy Uniform Board. He added, over the years, three or four proposals went by the wayside before gaining approval for changes for this school year from Lt. Gen. John Regni, former Academy superintendent.

The first change to be approved was the replacement of old metal ranks on shoulder boards with embroidered ranks.

Following that, discussions emerged that such a change would be an ideal time to amend the former insignias, which were found to no longer fit the chain of command organization in the squadrons.

Mr. Rivera said the stars and diamonds on insignias had lost their meaning to such a degree that, in one instance, every third-class cadet was wearing cadet staff sergeant insignia with a diamond.

The move to modify insignias was also then approved, and now the commander designation of the star

has been restored to its original meaning as was the ranking NCO designation of the diamond. Chevrons, also, have been modified to better reflect ranks.

"The job/rank association was broken," Mr. Rivera said. "I think those involved made good decisions to align insignia meanings to be more similar to the Air Force. We want to teach cadets as much about the Air Force as we possibly can."

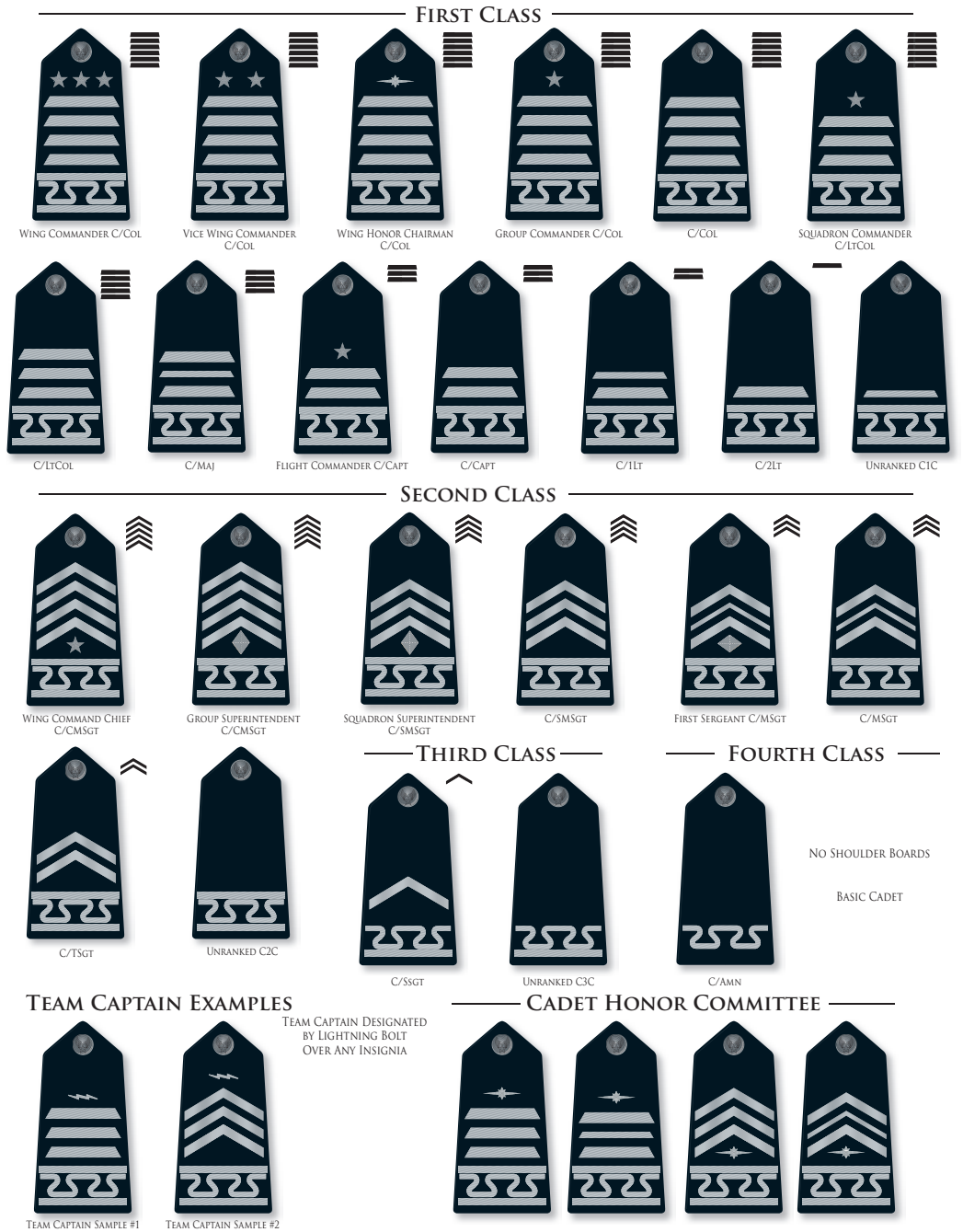
Also now appearing on shoulder boards, as appropriate, are designation of the Polaris for cadet honor committee members and lightning bolts for team captains. Such designators are not rank-related.

The new embroidered shoulder boards reflect more luster than the previous metal boards, for which, it was argued, were a tradition. The new shoulder boards are also more durable, easier to acquire and have greater availability. They are also a half-inch longer than the old shoulder boards, in conformance with the operational Air Force, and are anchored with "luggage plastic" inside, allowing them to readily rebound in shape. Old shoulder boards contained fiberboard which, when wet, tended to flatten out.

"This marks a new era for the Academy reflecting a modernization needed in today's culture and maturation that is the sign of a progressive

See UNIFORM Page 8

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Obama pledges support for troops, veterans

By Donna Miles
American Forces Press Service

WASHINGTON (AFNS) — America's men and women in uniform have done their duty and fulfilled every responsibility that's been asked of them, President Barack Obama said Monday.

"And now," he said, "a grateful nation must fulfill ours."

President Obama offered high praise for the troops, calling them the heart and soul of the world's best military during a speech at the Veterans of Foreign Wars' annual convention in Phoenix.

"It's not the powerful weapons that make our military the strongest in the world. It's not the sophisticated systems that make us the most advanced," he told the veterans. "No, the true strength of our military lies in the spirit and skill of our men and women in uniform."

President Obama said he recognizes his responsibility to "America's most precious resource" and vowed to be deliberate in how he commits them.

"I will only send you into harm's way when it is absolutely necessary," he said. "When I do, it will be based on good intelligence and guided by a sound strategy. And I will give you a clear mission, defined goals, and the equipment and support you need to get the job done."

President Obama promised to ensure troops have the resources, equipment and strategies they need to succeed in the current conflicts as well as future ones. "We need to keep our military the best-trained, best-

led, best-equipped fighting force in the world," he said.

The president outlined some of the initiatives under way to support this goal:

- Growing the Army and Marine Corps, and halting reductions in the Navy and Air Force to increase time between deployments, reduce stress on the force and bring an end to the Army's stop-loss, an involuntary extension program;

- Providing more assets to support current operations: helicopters and crews; intelligence, surveillance and reconnaissance capabilities; special operations forces; and armored vehicles and protective gear;

- Conducting a top-to-bottom review of military priorities and posture to develop a new blueprint for the 21st century military the United States will need;

- Balancing military capabilities to face unconventional as well as conventional threats;

- Modernizing the force by investing in new skills and specialties as well as new technologies; and,

- Reforming the way the Pentagon does business to reduce waste and get the most capability out of every defense dollar.

President Obama also recognized the country's responsibility to take care of its men and women in uniform, as well as veterans.

He noted that his fiscal 2010 budget funds "increasing military pay, building better family housing and funding more childcare and counseling to help families cope with the stresses of war."

In addition, big increases will be devoted to providing

wounded warriors treatment centers, case managers and better medical care, he said. These resources, he told the veterans, will ensure wounded warriors get the care they need so they "can recover and return to where they want to be: with their units."

President Obama also noted the billions of dollars in the new budget that will go toward treating post-traumatic stress disorder and traumatic brain injuries that have become the defining wounds of today's wars.

Increased funding will provide more treatment and mental-health screening to reach troops on the front lines, and more mobile and rural clinics to reach veterans who have returned home, he said.

"We are not going to abandon these American heroes," President Obama said. "We will do right by them."

America's commitment to its troops will continue when they become veterans, he said, noting significant funding increases for Department of Veterans Affairs programs.

"Whether you left the service in 2009 or 1949, we will fulfill our responsibility to deliver the benefits and care that you earned," the president promised the veterans.

Even during tough economic times, President Obama said the country can't shirk from its responsibilities to servicemembers and veterans.

"Let me be clear," he said. "America's commitments to its veterans are not just lines in a budget."

"They are bonds that are sacred - a sacred trust that we are honor-bound to uphold."

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Lawrence Paul Pavilion, Cadet Lodge serve different needs

By Butch Wehry
Academy Spirit staff

Nestled between the woods below Eagle Peak and Harmon Hall are the Cadet Lodge and the Lawrence Paul Pavilion. Both buildings are located across Academy Drive, west of the Barry Goldwater Visitors Center on the dirt road just north and to the west.

"Ninety eight percent of people contacting us want to 'rent the Lawrence Paul Pavilion,' which is the open barbeque area, when they really want the Cadet Lodge and don't know there are two buildings," said Arnold Hall Facility Manager Scott Saxon. "They are great facilities and there are some who don't even know they exist."

With first priority being cadets, Defense Department officials and their guests are also authorized to use the facilities.

Mostly used during the academic year, Lawrence Paul Pavilion has three built-in charcoal barbeques and will hold 196 people.

"Authorized activities are meetings, off-sites, training, birthday parties, cookouts and picnics," said the Arnold Hall Student Center employee. "We had a large bear walk up to the dumpster on July Fourth and check it out then walk over and scratch his back on a light pole."

Both buildings were dedicated in the 1960s.

The first cadet lodge burned down in 1990, but was rebuilt two years later. The lodge has indoor plumbing, pool table, HD cable on a large screen and a foosball table.

Both facilities are available at no charge other than cleaning deposits.

What is it about the facilities that appeals to people?

"They are out in the woods away from the office," Mr. Saxon said.

His goal remains to educate others about which building is the lodge and which is the pavilion. In the meantime, he said, for those who know the difference helping him spread the word would be most appreciated.

For more information, call Mr. Saxon at 333-1539.

DOWNRANGE: 'There's always a worse place to be'

By Butch Wehry
Academy Spirit staff

Some details are not intended to be shared.

Staff Sgt. Noah McGinley didn't elaborate about the dangers that go with being East Entry Control Point Logistics NCOIC with Iraq's Balad Airfield's 532nd Expeditionary Security Forces.

"Let's just say we all have to be constantly on our toes," the six-year Air Force member from Academy's 10th Security Force Squadron said from his third tour in Iraq. My typical day is pretty busy depending on the project that's on the block," said the sergeant from Chicago, Ill. "Re-fortification can be time consuming as well as take a lot of inter-departmental unit work to ensure timely completion."

His responsibility includes ensuring 98 ECP staff have water, food, vehicle maintenance, supplies, perimeter fortifications and established communications. The NCO also works at trouble-shooting communications issues and building coalition forces safe working and resting areas that are protected from indirect fire. In addition, the training of

36 local national checkpoint workers. He has learned a lot about Iraqi culture, food and attitudes.

"Every day I meet someone new trying to complete the mission, and my work crew is always there, not for me, but to do something for themselves and the 700 fellow workers who utilize the East Entry Control Point daily," he said. "I've made a few close partnerships with a crew of local national workers who work directly for me with projects and fortifications. It's impossible not to being deployed to their country for such an extended period of time."

He calls home twice a weekend and sends frequent emails to see how Mrs. McGinley is doing.

As the United States scales down in Iraq, he said, he sees lots of extra bodies re-entering the wire.

"There are some dangers outside the wire," he said.

"You know, everyone is different," said the sergeant. "I get a warm and fuzzy when all my people make it home at the end of the day with no action seen. There's always a worse place to be."

He hopes to return to the Academy early next month.

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Out-of-Area Urgent Care Authorizations for TRICARE Prime Beneficiaries

By Kenneth Humphries
HIPAA Compliance Officer

Good news for TRICARE Prime beneficiaries. Prime beneficiaries are now authorized a single visit to an urgent care clinic while traveling outside the local area. The local area is defined as within 100 mile radius of the 10th Medical Group. This visit does not require prior approval from your Primary Care Manager; however, the beneficiary must ensure the clinic accepts TRICARE Prime. Beneficiaries will need to contact TriWest at 1-888-874-9378 or online at www.triwest.com to find an urgent care provider that accepts TRICARE Prime.

If the urgent care clinic does not accept TRICARE Prime, care is not authorized and the beneficiary may be held responsible for payment. Authorization will be allowed for each beneficiary covered by TRICARE Prime, one time per travel episode. Once seen, the patient or guardian will need to contact their PCM to set up any needed follow-up appointments upon their return to the local area. This benefit streamlines access to care when you are out of the local area. This does not include urgent care authorization for patients in their local area. Patients must still contact their PCM for authorization and referral to be seen at an after-hours urgent care clinic in their local area. This policy takes effect immediately.

CHECKLIST FOR BENEFICIARY WHILE TRAVELING

	Yes	No
1 Are you traveling outside local area (outside 100 mile radius of 10th Medical Group)?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you feel you need to be seen by an urgent care provider?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you contacted Triwest at 1-888-874-9378 or www.triwest.com to locate an Urgent Care clinic that accepts TRICARE Prime?	<input type="checkbox"/>	<input type="checkbox"/>
4 Does the Urgent Care Clinic accept TRICARE Prime?	<input type="checkbox"/>	<input type="checkbox"/>
5 Once released from the Urgent Care Clinic, have you contacted your PCM to make a follow-up?	<input type="checkbox"/>	<input type="checkbox"/>
6 Note: You must contact your PCM for prior approval for a second visit to an Urgent Care Clinic during the same travel episode.	<input type="checkbox"/>	<input type="checkbox"/>

Scenario: You and/or your family are on vacation for two weeks traveling outside of the local area. You or your dependent gets sick or injured and feel you need to be seen without delay. (Not for an issue that threatens life, limb or eyesight). You may be seen at an urgent care clinic that accepts TRICARE Prime, without PCM approval. If you feel that you need to return to the clinic during this episode of travel, you would need to contact your PCM for prior approval. If you and your dependent both get sick or injured you may both be seen at an urgent care clinic which accepts TRICARE Prime, without prior approval.

Call Glenda Philips at (719) 333-5281 for more information.

UNIFORM

From Page 4
organization,” Mr. Rivera said.

Col. Gail Colvin, vice commandant of cadets, said the impetus for the changes came from the cadets themselves and are definite improvements.

“More people are identifiable now, and they look better,” she said.

Changes in cadet female slacks now reflect changes in Academy culture as well.

Since the stand-up of the Academy, women’s uniform designs have become more gender neutral. Mr. River pointed out double-breasted service coats have become single-breasted, boat caps are now wheel caps, and women began to prefer slacks to skirts.

Historically, cadet women voiced concerns about the pre-1993 Air Force slack, which had wide legs. A new

designed featured a pegged-leg slack from which the Academy created its own version and eliminated the elastic waistband. Complaints continued into 2005 about the front darts on the old design which they said were baggy and unflattering. Mr. Rivera fit-tested various designs suggested by cadet women and surveyed their preferences.

The resulting new slack design offers women a shorter rise, pockets that mirror the men’s trouser, the elimination of darts, a slightly wider leg and belt loops that will accommodate the same belt width as on men’s trousers. Now, the only obvious difference is the placement of zipper placket, which is opposite the men’s.

“The new slacks are creating more esprit de corps and unity and raising morale,” Mr. Rivera said. “It’s a victory for the women cadets.”

ESOH CAMP audit just around the corner

The Environmental, Safety, and Occupational Health Compliance Assessment and Management Program (ESOH CAMP) is a comprehensive audit program that evaluates an installation’s overall compliance with environmental, safety, and occupational health laws and regulations. The ESOHCAMP audit will be conducted the week of Sept. 14. This year’s audit will be an external audit conducted by an external team of military, civilian, and contractor personnel. The Academy’s Environmental Flight, Bioenvironmental Engineering Flight, and Safety Office will conduct assistance visits to assist all Academy organizations to prepare for the audit. The audit team will out-brief findings to the DRU ESOH Council.

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



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The last to let you down



A United States Air Force Honor Guard body bearer team folds the Stars & Stripes during a full-honors funeral ceremony at Arlington National Cemetery. Honor Guard body bearers train constantly to maintain the precision they are known for. Their standards of flawlessness are set out of necessity to honor fallen Airmen.

U.S. Air Force photo/Senior Airman Sean Adams

By Airman 1st Class Katherine Windish
11th Wing Public Affairs

BOLLING AFB, D.C. (AFNS) The flag snaps with the precise and deliberate movements of white-gloved hands. The body bearers' motions are fluid, timed perfectly, for that is what the United States Air Force Honor Guard body bearers personify: perfection. Their standards of flawlessness are set out of necessity to honor the fallen heroes they bear.

We are a part of the last memory a family has of their loved one, said Staff Sgt. Keith Wilkinson, Honor Guard body bearer. Because of that we strive for perfection.

Not only do they bear heroes, they are heroes in their own right. Their careers as body bearers begin with intense training and continue with the hardships that present themselves every day during the funeral ceremonies they perform.

It is required for all body bearers to memorize the following Body Bearer's Creed at the start of training:

Body bearing is an art, one which encompasses heart, knowledge, strength and dedication.

Every movement is crisp, precise and well-rehearsed, for we are a team and together we are one.

Appearance is important, for not only do we represent ourselves, but also each member, past and present, of the United States Air Force.

Regardless of the weight of the casket or the distance of the carry, the casket will remain level.

Effortless is our expression shown on every job for we are prepared for the task at hand.

Reliable: we will be the last to let you down.

Second to none, except for the one above.

The creed is everything we do, from our uniform to the carry itself. If one person is not completely up to par, it's not good enough, said Senior Airman Travis Chisum, Honor Guard body bearer.

Starting with the basics of physical conditioning and weight training in technical school, body bearers are trained in every aspect of the funeral ceremony. Training gets more in depth after technical school.

While learning the different parts of a funeral they use a platform designed to replicate a gravesite. Weighted caskets are carried around the squadron area so the bearers can become accustomed to different kinds of weight distribution. The defined motions of flag folding are practiced repeatedly.

We have to run through the job exactly how it would look at Arlington National Cemetery, said Airman Jarrett Adair, Honor Guard body bearer.

There are a lot of situations we have to prepare for, things that might go wrong. We need to account for those in training so mistakes don't happen when we're at Arlington.

One of the most important lessons body bearers learn is the military bearing that must be maintained, even during training.

Our creed says Effortless is our expression shown on every job for we are prepared for the task at hand, said Senior Airman Aaron Sanders, Honor Guard body bearer. In order to do something effortlessly you have to be 100 percent prepared 100 percent of the time.

Not only do we represent ourselves, but like the creed says, every member of the United States Air Force, past and present, said Staff Sgt. Joshua Malyemezian, Honor Guard body bearer. The casket may be heavy, you might be spent, but no one should see that. I can look across the casket at the other bearer and it's like a mirror, our expressions are the same.

Before a bearer can perform any funerals he must earn qualifications.

It could take months or up to a year to qualify a bearer, said Airman Sanders.

The difficulties they face in training are necessary to prepare the bearers for the difficulties they will face on the job.

From standing for hours in frigid weather to carrying caskets that can be up to 1,200 pounds over uneven ground and around large headstones, there are many obstacles.

We adapt. Body bearers are proactive rather than reactive, and rehearse ways to adjust to unex-

pected circumstances that might happen during the funeral such as an incorrectly placed flag or a rolled ankle, and overcome, said Sergeant Malyemezian.

The non-commissioned officer in charge of the pall bearers also inspects the path they will take to the gravesite beforehand to ensure the ground is even and void of tripping hazards.

My goal is to make sure the job goes well, said Airman Xavier Ballerd, Honor Guard body bearer. We want the family to have the best memory possible of what the Air Force provided their loved one.

As hard as body bearing is physically, the job is also very emotionally challenging. They're bearing a fellow Airman, one of their own.

I have empathy for the family, I understand how they feel and I want them to know I feel their pain, said Airman 1st Class Justin Baker, Honor Guard body bearer.

It isn't just about the carry, said Airman Adair.

It takes a certain kind of person to do what we do; to put feeling behind it and for it to mean something. The creed says we're the last to let you down. And that's the way it is.

Intense training, the physical and emotional stress of the job and their common creed all help form the brotherhood-like bond the team has with one another.

This is the strongest brotherhood I've ever been a part of, said Airman Baker. These guys truly are my brothers; there's nothing I wouldn't do for them. I wouldn't trade it for anything else in the world.

Some team members believe body bearers are not made, they are born. Some even feel as though they were drawn to this job, like Staff Sgt. Jorge Cortijo, Honor Guard body bearer, who first realized he wanted to do this special duty when he was tasked to carry military remains after a helicopter crash during a deployment to Afghanistan.

We were in single-digit weather carrying an aluminum casket and one of the guys mentioned something about the cold, he said. Another guy said I bet he wishes he could feel cold. That will stay with me forever.

Professor nominated for contribution award

By Ann Patton
Academy Spirit staff

Academy graduate and Assistant Professor of Astronautics Capt. Luke Sauter has been selected as the Air Force nominee for the 60th annual Arthur S. Flemming Award for Applied Science, Engineering and Mathematics.

The prestigious award is sponsored by the George Washington University School of Public Administration in cooperation with the National Academy of Public Administration and honors outstanding federal employees making extraordinary contributions to the federal government.

I was actually surprised, said the member of the Academy Class of 2002.

It's an honor the Academy put me in for the award.

Colonel Martin France, head of the Department of Astronautics, praised him for his achievements.

Luke deserves the award because he's done exactly what the Air Force and the Academy expect of our best officers. He achieved great success managing a cutting-edge space program at the Air Force Research Lab, then moved to the Academy where he was able to apply those engineering and management lessons to the classroom.

As an astro instructor, Captain Sauter was lauded for his responsibilities as faculty lead for the capstone rocket design course and leading a team of eight faculty mentors and a multi-disciplinary team of 25 cadets through the systems engineering process for the design and testing of the Falcon LAUNCH VII rocket vehicle. The team is the first to make use of a Department of Defense Space Experiment Review Board ranked payload effort in conjunction with the Air Force Institute of Technology and the Air Force Research Laboratory.

Last year the Academy team broke the world university record altitude of 30,000 feet by venturing to an altitude of 354,724 feet.

Captain Sauter is also teaching coordination of launch efforts with NASA, the Army, Navy and Air Force test organizations at White Sands Missile Range.

He has taught 149 cadets in seven



Photo by Ann Patton

Capt. Luke Sauter reviews the ins and outs of rocketry to Cadets 1st Class Aaron Price (left), Wayne Black and Nolan Brock.

sections of the Introduction to Astronautics, Astro 310, course.

While at Kirtland Air Force Base, N.M., and as a lieutenant, Captain Sauter initiated the engineering concept of the space situational awareness technology demonstrator known as the Autonomous Nanosatellite Guardian for Evaluating Local Space, or ANGELS program. It is rated among the top five of all Space Command experiments.

In addition, he wrote the proposal and served as program manager of ANGELS 25-member, \$55 million first-of-its-kind national security capability program.

During his time on the Hill, Cadet Sauter was the top astronautical engineering major for two years and served as chief engineer for the FalconSAT-2 Academy satellite.

He holds a master's degree from the Massachusetts Institute of Technology and will attend England's University of Surrey for a Ph.D. with an emphasis on development of small satellites and proximity operations.

Captain Sauter spoke easily of the Academy and astronautics.

These are world-class opportunities and the best opportunity for research and development in the Air Force, he said.

He stressed cadets also benefit greatly from acquiring skills in briefings, communications and leadership along with engineering experiences.

In only one school year, cadets can go from fulfilling mission requirements and systems engineering to launch.

It's cradle to grave, he said. And they only get one opportunity to get it right.

The next rocket launch is set for April 2010.

Colonel France stressed Captain Sauter's contributions have positively impacted cadets.

They see what's possible for them if they have the kind of enthusiasm Luke displays every day and work hard like he has, he said.

Cadet 1st Class Dan Richardson

said Astro 310 was a turning point for him.

It showed me definitely what I wanted to do, he said, citing Captain Sauter for making the class interesting and relevant.

He is always willing to give input on how to make things better, he said of the laboratory environment.

Cadet 1st Class Ryan Pitts also declared his astro major after Astro 310 with Captain Sauter.

He made it easier for the core class and made it easier to do homework, he said.

Cadet Pitts called Captain Sauter very personable and always willing to help cadets both in and out of the classroom.

Captain Sauter is married and father to three youngsters. He finds time to enjoy family activities, climbing Fourteeners and helping the less fortunate in Colorado Springs.

I never want to win awards just to win awards, he said. It's about doing a good job.

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Annual half-marathon draws large turn-out

By Dave Castilla
Intramural Sports Director

The Fitness Center hosted its 3rd annual half-marathon and 10 K run Saturday, with 221 participants running the Santa Fe trail.

Participants started their trek near the Academy Health and Wellness Center. Those running the 13.1 mile, half-marathon had their turnaround a little after the north gate. The 10K runners had their turnaround at the 3.1 mile marker. Awards were provided to the top three runners in both the half marathon and 10K race in the following categories:

Men/ Women 29 and younger

Men/Women 30-39

Men/Women 40-49

Men/Women 50 and older

Top men s and women s finishing times were:

Lance Wolfsmith topped the Men s 10K (29 and under Prep student) with a time of 37:29 .

Katie Smisson finished the Women s 10 K (29 and under USA/ dependant) with a time of 49:12.

Marcus Corbett ended the Men s half marathon (Active duty Prep School 30-39) with a time of 1:22:08.

Lisa McCone topped the Women s half marathon (DoD/Spouse 40-49) with a time of 1:40:03.



Photo by Mike Kaplan

Participants in the 3rd annual half-marathon and 10k run begin the first leg of the race. Participants competed in categories based on age and sex.

Top-three finishers in each category

Time	Name	Affiliation	Time	Name	Affiliation	Time	Name	Affiliation	Time	Name	Affiliation
10K Men 29 and under			10K Men 40-49			½ Marathon men 29 and under			Men 40-49		
37:29	Lance Wolfsmith	Prep Student	43:08	Timothy Parker	USAF/21SW	1:26:07	Aaron Pinson	USAFR	1:42:10	David McCone	DOD/ Spouse
42:20	Logan Greydanus	USAF Dependant	45:48	Thomas Williams	Retired	1:33:19	Courtney Bailey	USAF/ Prep	1:43:55	Ted Detwiler	USA/ Spouse
46:13	Shaun Peterson	USAF Cadet	51:19	Lawrence Peplinski	USAF/NORAD	1:39:08	Joshua Hood	USAF/Prep	1:46:53	Vincent Bucci	USA/ Retired
10K Women 29 and younger			10K Women 40-49			½ Marathon wm 29 and under			Women's 40-49		
49:12	Katie Smisson	USA Dependant	53:44	Lori Tubbs	DOD	1:42:25	Julian Swedburg	USA	1:40:03	Lisa McCone	DOD/ Spouse
49:50	Amy Peabody	USAF/50 CES	1:01:17	Karen Batides		1:43:24	Mary Rice	USA/DENTAC	1:43:55	Patricia George	USA/ Spouse
50:50	Kristina Knight	Civilian	1:02:32	Ana Goncalves	USAF/Spouse	1:46:02	Megan Hadley	USA/1st BCT	1:48:27	Phyllis King	USA/43rd SB
10K Men 30-39			10K Men 50 and older			Men 30-39			Men 50 +		
45:12	David Ware		1:02:08	Jeffery Larsen	USAF retired	1:22:08	Marcus Corbett	USAF/ PL	1:37:58	Bill Rowan	USAF/ Retired
47:10	James Hoyman	USA/ CS33	1:04:03	John McGrath	Retired	1:34:43	Hall Sebren	USAF/ Cadet	1:49:40	Pete Huie	USMC
49:21	Jacob Barfield	USA/10 SFG	1:07:34	Dennis Aleson	USAF Retired	1:42:47	Scott Carmine	USAF/ADF-C	1:53:42	Hal Pitt	USAF
10K Women 30-39			10K Women 50 and older			Women 30-39			Women's 50+		
51:19	Karen Pearl	USA/2-12 Inf	1:05:03	Gretchen Malaski	USAF Retired	1:58:34	Faith Terzic	USA/Spouse	2:52:00	Maureen Hansen	Civilian
1:00:34	Tara Webster		1:07:43	Carol Aleson	USAF/ Spouse	2:00:54	Tammy North	USA/3BDE			
1:01:50	Elaine Bryant	USAF/DF	1:08:49	Sarah Vollbracht	Civilian	2:01:24	Tammy Low	UFAF/DFC			

Men's softball represents well in national tourney

By Dave Castilla
Intramural Sports Director

The United States Specialty Sports Association Military Tournament was absolutely awesome!

Team USAFA played in the Men's Varsity "B" division. The Varsity B division had an extremely strong field this year with 33 teams from around the country, representing all branches of the Armed Forces.

The USAFA team started the tournament Friday morning against the McConnell Storm, McConnell AFB, Kan. That first game was a defensive battle with Team USAFA winning six to three.

Later Friday evening, Team USAFA was pitted against Patrick AFB, Fla. The final score of that game was Patrick AFB 13 - Team USAFA 8. However, everyone agreed team USAFA let that game get away.

Coach Mark McKenzie said a couple untimely errors cost the game.

After two games, it was obvious that Team USAFA was having difficulties stringing hits together.

The one bright spot in the line-up was James Heller. He was hitting leadoff and was five for seven at that point.

Team USAFA came back Saturday morning and started the day off against the Whiteman AFB, Mo., Bombers. Team USAFA started out quickly scoring eight runs in the first couple innings, while holding Whiteman to just one run. However, in the 4th and 5th innings Whiteman came roaring back scoring 11

runs making it a one run game. Team USAFA fired back in the 6th adding a couple more runs and Whiteman could not answer. Team USAFA won the 3rd game of the tournament 15-12.

Saturday evening, Team USAFA played the Langley AFB, Va., Raptors. The final score of that game was Langley 17 and Team USAFA 8. The game was close going into the 6th inning with a

score of Langley 10 and Team USAFA 8, but the Raptors game out on fire in that inning scoring seven unanswered runs.

Team USAFA went two and two for the tournament finishing 13th out of 33 teams.

Coach Bryan Kinder said, "The two players who stood out the most were Pat Luda and James Heller. Pat had an impressive defensive tournament grab-

bing any/everything that came near him and Heller was a hitting machine in the leadoff spot."

"Although we didn't do quite as well as we had planned," Coach Dolbow said. "We went down there and gave it our all and left everything on the field. We represented the U.S. Air Force Academy with pride and are already looking forward to the 2010 season."

Play ball

Renovations to Falcon Field, home of Air Force baseball, is nearing completion. The entire playing surface, except for dirt on the pitcher's mound, will consist of synthetic Field Turf. The project is slated for completion by September.



Courtesy photo

Parade Float

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

ACC relocation

Due to a scheduled water outage in the main clinic Saturday, the Academy Acute Care Clinic will temporarily move to the allergy clinic, in the 10th Medical Group trailer in the west parking lot. This will be for the duration of the outage expected to last 10 hours. The ACC will continue to see patients, but services will be limited. When calling for an appointment, a nurse and provider will screen your medical issue and either book an appointment, or direct to the proper level of care.

Call Maj. Katie McShane at 333-5818 with any questions.

Temporary closure

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

Final Friday

The Falcon Club will hold its "Final Friday" event from 4 to 6:30 p.m. Aug. 28. Free food with Steamship Round of Beef will be served and karaoke is on the agenda from 5 to 8 p.m. A membership drive featuring three free months for new members is planned and two \$50 gift cards will be drawn for one officer and one enlisted member. "A great chance for us all on the last Friday of every month to get together," said 10th Air Base Wing Commander Col. Rick LoCastro.

WNL begins

Wednesday Night Live, the Community Center Chapel's Religious Education program, begins with a kickoff dinner and fellowship at 6 p.m. Wednesday at the chapel. WNL will meet every Wednesday beginning at 6 p.m. Sept. 2 for dinner and religious education classes for infants through adults. Call Diane Brewner at 333-6770, or the chapel staff at 333-3300 to sign up or for more information.

Ongoing road work

In the ongoing effort to repave deteriorated Academy roadway surfaces and install drainage lines, there will be a partial road closure on North Gate Blvd. Phase I runs from through Sept. 2 during which time westbound lanes will be closed. Phase II will run from 6 a.m. Sept. 8 through Oct. 6 when the eastbound lanes will be closed. For more information, call Christopher Padilla at 896-6445.

Strength training

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

Academy Flea Market

The Academy Flea Market will be held from 9 a.m. to 1 p.m. Saturday 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.

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

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

Group Pre-Separation Counseling

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

Newcomers Red Carpet Base Tour

Aug. 28; 8:45 a.m. to 2:30 p.m.
This informative, fun-filled base tour gives insight into the Academy's mission and reveals most of the events/activities to see and do while stationed here. Stops include: USAFA Stables, Cadet Chapel, Arnold Hall, Services Arts & Crafts Center, Outdoor Recreation, and much more.

Disabled American Veterans Medical Records Review

Aug. 31; 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.

SCHEDULE OF WORSHIP

CADET CHAPEL

Call 719-333-2636 for more information.

Buddhist
Wednesday - 6:30 p.m.

Jewish
Friday - 7:00 p.m.

Muslim
Friday Prayer - 12:15 p.m.
Protestant
Traditional Worship
Sunday - 9:00 a.m.
Liturgical Worship
Sunday (Music Room) - 10:30 a.m.
Contemporary Worship
Sunday - 11:00 a.m.

Roman Catholic
Mass
Sunday - 10 a.m.
Academic Year, when cadets are present
Mon, Tues, and Thurs - 6:40 a.m.
Wednesday - 6:30 p.m.

Sacrament of Penance
Sunday - 9:15-9:45 a.m.
Academic Year, when cadets are present
Wednesday - 5:30-6:15 p.m.

Exposition of the Blessed Sacrament
Academic Year, when cadets are present
Wednesday - 5:30-6:20 p.m.

Paganism/Earth-centered Spirituality
Contact TSgt Longcrier at 719-333-6178 or Robert.Longcrier@usafa.edu

COMMUNITY CENTER CHAPEL

Catholic Masses:

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

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

Tuesday-Friday
Mass - 11:30 a.m.

Protestant Services:

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

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



Courtesy art

Tops in Blue

Tops in Blue, the Air Force's renowned international touring entertainment ambassadors, perform at 2:30 p.m. Sunday in Arnold Hall. The performance will be free and open to the general public. A 7 p.m. Saturday performance includes lower level seating reserved for cadets and officials. USAFA permanent party (ID cardholders who work at the Academy and their guests) are welcomed to enjoy this show from upper balcony seating. Limited parking for Saturday's show will be in the west Harmon Hall lot. There is no bus transportation for the Saturday show. Both shows are ticketless and all seats in the 2,809-seat theater are first-come, first-served. Parking for Sunday's show will be in the Clune Arena parking lot with shuttle bus service to Arnold Hall. For more information, call 333-4497.

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