

# USAF ACADEMY, COLORADO

# ACADEMY SPIRIT

Vol. 50, No. 32

August 13, 2010

## A warm welcome back to High Country Inn



Col. Rick LoCastro and Chief Master Sgt. Stef Dunson welcome Sue Graham to the High Country Inn dining facility at the Air Force Academy for lunch Monday. Retirees, their spouses and enlisted Airmen may now eat lunch at the dining facility weekdays from 12:10 to 12:40 p.m. or as the Academy Preparatory School's schedule permits. Colonel LoCastro is the 10th Air Base Wing commander, and Chief Dunson is the 10th ABW superintendent.

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RACHEL BOETTCHER

## AFA ranked 11th-best in nation by Forbes

The Air Force Academy was ranked the 11th-best college in the nation on Forbes Magazine's 2010 America's Best Colleges list, which was released Thursday.

The rankings are compiled by Forbes and the Center for College Affordability and Productivity, which evaluated more than 600 undergraduate programs.

According to Forbes, the rankings are based on a several weighted factors, including graduate surveys, graduates' average salaries, student evaluations of classes, number of alumni listed as corporate officers on Forbes listing, number of alumni listed in Who's Who in America, amount of student debt at graduation, freshman-to-sophomore retention rates and the

percentage of students who graduate in four years.

These rankings put service academies in the same tier as Ivy League colleges.

The Air Force Academy placed at No. 16 in 2008 and No. 7 in 2009. For the 2010 rankings, the United States Military Academy at West Point, N.Y., ranked fourth on the list, while the U.S. Naval Academy came in at 29th, the U.S. Coast Guard Academy ranked No. 105, and the U.S. Merchant Marine Academy earned the No. 165 ranking.

Thursday's Forbes ranking follows last week's national education rankings by The Princeton Review released Aug. 2, in which the Air Force Academy earned top honors for professor availability for the

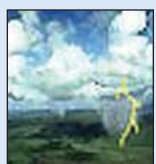
fifth time in six years.

The Princeton Review ranked the Air Force Academy number one in professor availability in its 2006, 2007, 2008 and 2009 Best Colleges editions, and number four in the same category for its 2010 best colleges edition. At the Air Force Academy, the student-faculty ratio is 9:1, average class size is 20, 100 percent of the faculty is full-time, and no classes are taught by teaching assistants.

For more information on the Forbes rankings, which were released today, visit [www.forbes.com/education](http://www.forbes.com/education). For more information on the Princeton Review rankings, visit [www.princetonreview.com/college-rankings.aspx](http://www.princetonreview.com/college-rankings.aspx).

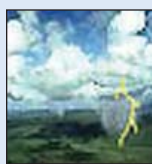
### Weekend Weather

**FRIDAY**  
High 84  
Low 54



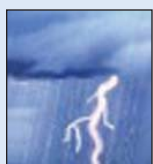
Vicinity  
T-storms

**SATURDAY**  
High 79  
Low 54



Isolated p.m.  
T-storms

**SUNDAY**  
High 80  
Low 55



Isolated  
T-storms

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# Compassionate Air Force steps up

Commentary by Maj. Joel Neeb  
12th Operations Group

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Last summer I remember hearing that this was the “Year of the Air Force Family”, but it really didn’t mean anything to me. Privately, I even wondered if it was just lip service paid to whitewash the toll that increased deployments were having on servicemembers. I went on with my daily routine and pretty much forgot about it.

Then, in February, my life changed forever. I was diagnosed with stage three appendix cancer, and I needed major surgery immediately, followed by six months of chemotherapy. One day I was fighting to become a Thunderbird pilot, and the next, I was quite literally fighting for my life.

Unbelievably, at this same time, a dangerous quarter-sized lump was discovered in my three-year-old son’s left lung, and we were both under the knife within weeks of each other.

My worst nightmares were coming true, and I was terrified. My life was turning upside down, and I didn’t know where to turn.

That’s when the Air Force stepped in. When I woke up from surgery, I was surrounded by members of my squadron who came to be by my side. Within days of my diagnosis, wives of military members I had never even met before were beating down my door with meals for my family. My wing commander and operations group commander visited to find out what they could do to help. The co-workers in my office got together and split up my duties so I wouldn’t

be burdened with any unfinished work. My parents were flown out to be at my side. My medical travel, bills and future appointments were all taken care of by an Air Force medical liaison.

I was truly humbled by how quickly and passionately my brothers-in-arms moved to help out my family. But, when I thought about it, I realized that this was no different than how I’ve seen them respond to others during stressful times in the past.

I’ve witnessed countless meals made for parents of newborn children, help and support for families of deployed members, and squadrons band together to care for the grieving family of a loved one lost. That’s just what we do in the Air Force.

I don’t know if we realize how special this is. I can think of no corporation in the civilian sector where the CEO would personally visit to find out how he could help during a tragedy, as my wing commander did for me. There’s no other community in the world that takes care of each other like we do. We may have to deal with long periods away from home and the stress of combat, often for less money than our civilian counterparts, but we are all in this together.

The truth is, we are a family, and I couldn’t have made it through the last six months without you. I hope you never have to go through what I did, but if you do, rest assured that your Air Force family will be there covering your six along the way, too.

*Editor’s Note: Major Neeb is a 1999 Air Force Academy graduate.*

## ACADEMY SPIRIT

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

Lt. Gen. Mike Gould — Academy Superintendent  
Lt. Col. John Bryan — Director of Public Affairs  
2nd Lt. Meredith Kirchoff — Chief of Internal Information  
Staff Sgt. Don Branum — NCOIC, Internal Information  
David Edwards — Staff Writer  
Carol Lawrence — Graphic Designer

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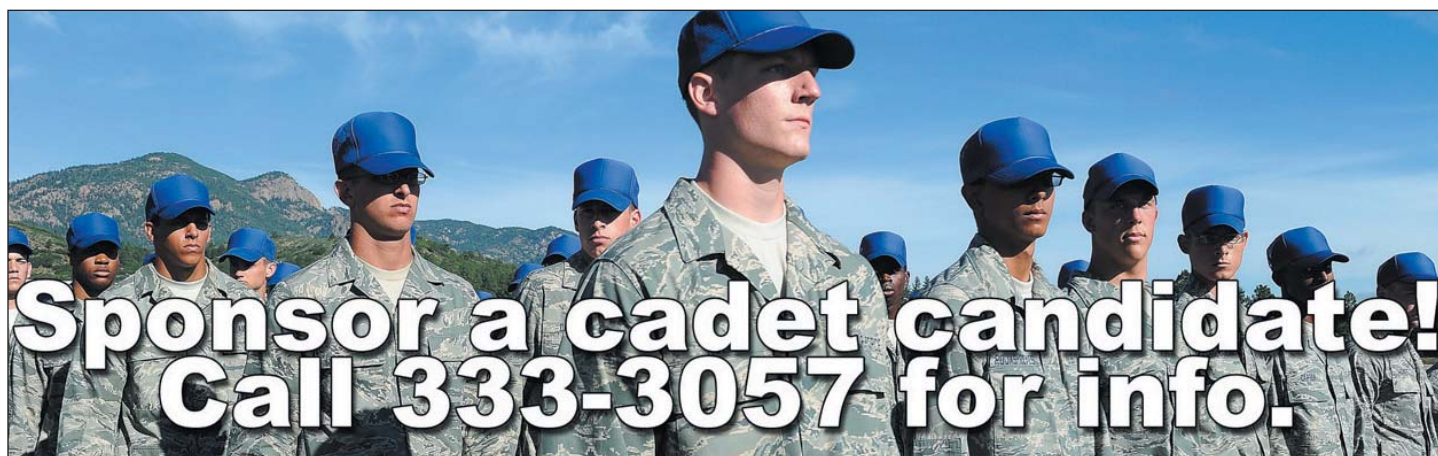
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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-8823.

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



## Character Corner: What are you aiming at?

Lt. Col. Joel Witzel  
Center for Character and Leadership Development

There’s a saying: “If you aim at nothing, you’ll hit it every time.”

We endeavor to teach our cadets to aim at something — not merely expecting life to happen by accident or osmosis. We encourage them to be deliberate and disciplined about their investigation and practice of their values and ethics.

Investigating and practicing our own ethics and values requires this deliberateness and discipline, as well.

Two of our Academy outcomes are Ethical Reasoning and Action and Ethics and the Foundations of Character. In the descriptions

of each of these, there’s verbiage that shows the standards we expect of the cadets, “deep knowledge of the nature of morality ... practice in the art of making moral judgments ... an understanding of the basic principles that bind us as human beings” and “moral behavior, accountability and character-based decision-making.”

Few of our cadets will realize these outcomes or achieve these standards without some hard work. None of this will happen by accident, and so we expect our staff to help cadets develop, and we expect the cadets to do the work to develop themselves in these areas.

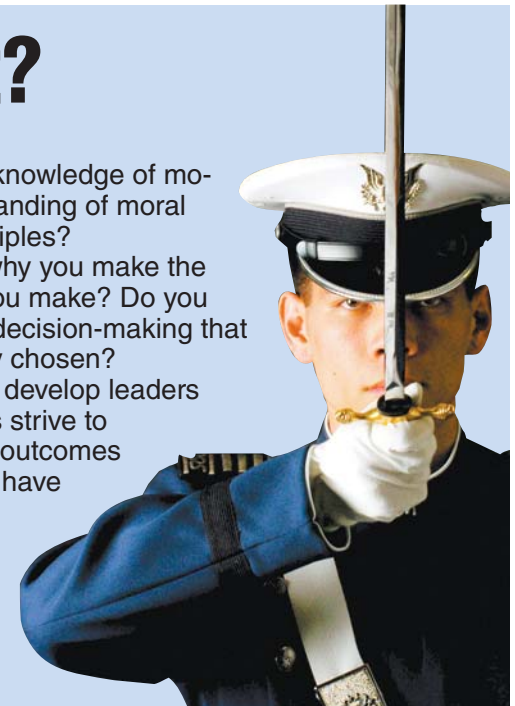
How about you? Have you done much work to investigate, enrich, and refine your

own ethics, deep knowledge of morality, and understanding of moral systems and principles?

Do you know why you make the moral decisions you make? Do you have a system of decision-making that you’ve deliberately chosen?

As people who develop leaders of character, let us strive to achieve the same outcomes and standards we have for the cadets.

Let us aim at something — with deliberateness and discipline.



## Parents: What are your impressions of the Air Force Academy?

“I think it’s great. I’m a Class of ’84 grad, so I’m happy to be back here.”  
Dean Gilbert,  
Easton, Kan.



“Spectacular setting, impeccably maintained. I think it’s a privilege to be here.”  
Patty Hartley,  
Orange, Calif.



“I think it’s gorgeous. The acceptance parade is my favorite part.”  
Kathy Hitt,  
San Antonio



“Does ‘Oh, wow’ say it all? It’s better the second time here. I was a little overwhelmed the first time.”  
Carolyn Anderson,  
Hankins, N.Y.





# Academy releases climate survey results

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

Air Force Academy officials released results Thursday from the Academy's 2009 Climate Survey.

The results show progress in issues relating to respect for human dignity and core values, but some areas remain in need of improvement, said Academy Superintendent Lt. Gen. Mike Gould.

The survey is conducted to help Academy leaders create a better climate so that cadets, staff and faculty members can accomplish their missions, General Gould said.

"We ask a lot of hard questions to get to those issues that define a good work environment," General Gould said. "We've learned a lot from this climate survey, and it's going to inform all of us as we go about our business. We'll continue to analyze this, and we're going to make an even better survey next year."

Instilling an atmosphere of respect for human dignity remains one of General Gould's top priorities, he said.

"That goes for our faculty and staff and all of our permanent party," he added. "We need to be the exemplars so that cadets see the right model and grow into leaders with that same character."

In many ways, the climate has shifted toward greater respect for all Airmen here regardless of their race, gender, religious beliefs or socioeconomic backgrounds.

"Cadets are feeling more accepting of groups with different backgrounds," General Gould said. "Fewer cadets feel pressured to be involved in religious activities than in the past. People are free to worship here however they want, but we've emphasized that it isn't your job to force your beliefs on somebody else, and we're making progress in that area."

Most cadets and permanent party Airmen feel the Academy is developing them professionally, and most rate their squadron or office environment positively. Cadets felt the Academy was particularly strong in academics, faculty involvement and dedication.

Cadets also praised the Academy in the survey for bringing in guest speakers to events like the National Character and Leadership Symposium and the Falcon Heritage Forum and for offering opportunities to lead and to take part in airmanship programs, Operations Air Force and cultural immersion trips abroad.

However, the Academy must still make strides to improve its climate with regard to confronting incidents of disrespect as they happen, according to the survey results. An increasing number of cadets than in previous years responded that they would not turn in a fellow cadet for underage drinking.

Cadets are part of a team, but they must also recognize that they are part of a greater organization as well -- the Air Force in general and the Air Force Academy in particular, General Gould said.

"It's understandable as we emphasize 'teamwork, teamwork, teamwork,' and then we say, 'But there's a line, and you need to turn your buddy in if he's violating the Honor Code or breaking rules that cause harm.' It's about accountability, and it's about upholding standards," the general said. "The standards are across the board with regard to discipline, expectations, academic grades and accountability. The only way we can meet those standards is if everybody's on-board not only to set the right example but also to help those who aren't meeting that standard get there."

"So it's not about ratting out your buddy; it's about recognizing that we represent something special at the Air Force Academy," he said. "That's the culture we're trying to establish."

More cadets than in previous years also responded

that they have not come forward on harassment or discrimination because they felt they would be ostracized by their squadrons.

"We're encouraging people, if they feel disparaged in one way or another, to have a conversation on the spot," General Gould said. "We've had some really good examples of that working."

Another challenge for the Academy's leaders and staff is how to balance the drive for excellence with feelings of being overwhelmed, an issue the climate survey identified.

"While this creates a challenge for us, it's understandable," General Gould said. "When we're striving for Excellence in Everything We Do, it's only natural that we're going to continue to put demands on people."

"So it's our job here as faculty, staff and leaders to balance that and to encourage excellence, but not to the breaking point, because an overwhelmed cadet is not going to feel as proud," he continued.

The climate shifts every year as roughly 1,000 cadets graduate and about 1,300 new cadets enter the Academy, noted Chief Master Sgt. Todd Salzman, the Academy's command chief. That number doesn't include approximately 100 permanent-party personnel who arrive at and depart from the Academy each year.

What has changed is how the Academy conducts its climate surveys: the 2009 survey marked the first time that surveys for cadets, cadet candidates and permanent party staff were conducted at the same time with similarly worded questions.

Cadet climate surveys are conducted biennially in accordance with Air Force Instruction 36-3501, "Air Force Academy Operations."

The next climate survey will be conducted in 2011.

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# UAS program takes flight

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

Want to learn how to plan and conduct a mission in an environment built to mirror the operational Air Force? There's an airmanship program for that.

The Academy's Unmanned Aerial Systems program took off in August 2009, and 24 cadets earned instructor pilot status in February. They've taken the program to new heights with help from 306th Flying Training Group Airmen at the Academy Airfield.

During the summer, the UAS team took part in a student UAS competition with 24 other schools, including UCLA, Rutgers and Cornell universities. The Academy took second place in the oral presentation portion of the contest and sixth overall.

Airmanship 200, "Basic Unmanned Aerial Systems," is offered as a summer course to third-, second- and first-class cadets and fills one military training requirement. Airmanship 201, "Advanced Fundamentals of Air Force Unmanned Aviation and Intelligence, Surveillance and Reconnaissance," is offered during the first 20 lessons of the fall semester. Airmanship 202, "Advanced Unmanned Aerial Vehicle Education," is offered during the spring semester.



A ScanEagle remotely piloted aircraft snags a capture cable during an Air Force Academy Airmanship 200 lesson at Fort Carson July 6.



Cadets conduct an unmanned aerial system mission using a ScanEagle remotely piloted aircraft. The UAS airmanship program teaches cadets the planning and operating missions in an environment resembling the operational Air Force.



From left: Cadet 3rd Class Matthew Sullivan from Cadet Squadron 19 and Cadet 2nd Class Zach Schneider from CS 12 review an unmanned aerial system mission plan during an Airmanship 200 lesson at Fort Carson July 6. The UAS airmanship program uses a ScanEagle remotely piloted aircraft, which is a catapult-launched vehicle weighing about 40 pounds.

PHOTOS BY BILL EVANS



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# Avoid Academy's 'bad news' bears

By David Edwards  
Academy Spirit Staff Writer

Bear sightings near the Terrazzo and Cadet Area on base have increased in recent weeks, and Academy officials ask Academy staff and visitors to be cautious.

Like the students, the bear is right on schedule: August is when cadets go back to hitting the books and bears start hitting the buffet table.

"They got one thing on their minds, and that's eating," said Dr. Tom Unangst, an assistant professor with the Academy Department of Biology. "By and large, they avoid human contact, but the drive to eat overtakes their innate desire to avoid human contact."

The only bear species now present in Colorado is the American black bear, which is the smallest North American species. Encounters between humans and bears at the Academy are quite common, as the Academy is situated smack dab in the middle of natural habitat for a variety of wildlife, including bears.

Although stories of marauding bears are generally overblown, people should disabuse themselves of the idea that some bears are friendly or approachable, said Dr. Brian Mihlbachler, a natural resource planner at the Academy.

"Humans who approach a bear are simply not using common sense," Dr. Mihlbachler said. "A bear that is allowing people to approach that closely is obviously habituated to people, which is a dangerous situation for both people and the bear."

Dr. Unangst said the only bears that aren't dangerous to the public are found in zoos. Even at the Academy, bears that keep bumping into humans aren't mingling in hopes of making friends.

"All bears should be viewed as a threat," Dr. Unangst said. "Don't be misled by prevalence of sightings. Keep your distance. Their closure rate and speed is pretty scary."

On a less intimidating note, the belief that bears "have a taste for human flesh" is almost entirely untrue, he said. Bears are largely vegetarians. About 90 percent of their diet consists of grasses and berries.

"Basically, they are opportunistic feeders, going after whatever is readily available that will provide the necessary calories," Dr. Mihlbachler said. "Presently, bears are feeding mostly on ripened fruits — currant, chokecherry, wild plum, — and vegetation



MIKE KAPLAN

Sightings of black bears, such as the one in this June 2009 photo, have increased recently near the Cadet Area.

while everything is green and growing."

The "man-eater" reputation doesn't apply to black bears. Nevertheless, people tend to think the worst when they see bears rise up on their hind legs, which very often sends attack signals to humans. In reality, the bear is only trying to get a better sense of its surroundings, Dr. Unangst said. Eyesight in bears is roughly equal to that of humans, but bears' sense of smell can cover up to 5 miles.

That's why Dr. Unangst isn't surprised to hear about a bear showing up on the Terrazzo. The scent of food wafting from Mitchell Hall could attract it, or perhaps leftovers thrown in trash containers are the enticement.

This time of year, it doesn't take much. In August and September, bears enter a state called hyperphagia. They're looking to eat massive amounts of food so

they can bulk up for the winter.

"They'll eat 20,000 calories a day," Dr. Unangst said. "When they come across trash, they have a good memory."

People at the Academy have two excellent resources that can help them coexist with hungry bears. The first is the Natural Resources Office located opposite Falcon Stadium. The other is the Colorado Division of Wildlife website at [www.wildlife.state.co.us](http://www.wildlife.state.co.us).

With food being bears' top priority right now, the Division of Wildlife's admonition not to feed them is especially important. The catchphrase "a fed bear is a dead bear" helps drive home that point.

The division's website also says this: "Every time we're forced to destroy a bear, it's not just the bear that loses. We all lose a little piece of the wildness that makes Colorado so special."

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# AFA Safety office wins SECAF safety award

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

The Air Force Academy Safety Office had the best safety program of any direct reporting unit or field operating agency in the Air Force during Fiscal Year 2009, the Air Force chief of safety announced in July.

Maj. Gen. Frederick Roggero cited Academy leaders' efforts to make everyone aware of safety and the low mishap rate at the busiest visual flight rules airfield in the United States in naming the Academy's safety office for the Secretary of the Air Force Safety Award.

"I'm extremely proud of our Air Force Academy, and I'm extremely proud of the great safety team that we have," General Roggero said. "But they are the leaders of safety. The executors of safety are all the 4,000-plus cadets and the permanent party here."

The SECAF Safety Award is the highest safety award in the Air Force. Two awards are presented annually, one for major commands and one for DRUs and FOAs. Criteria for selection include safety program management, direction, administration and innovation as well as noteworthy achievements in mishap prevention and the quality of mishap investigations, reports and analyses, according to Air Force Instruction 36-2833, "Safety Awards."

One of the challenges unique to the Academy is its population of 18- to 26-year-old cadets.

"Generally, in the Air Force, the 18-to-26 group is considered to be the most at-risk," said Lt. Col. Bryan Cessna, the Academy's previous director of safety. "We at the Air Force Academy have one of the largest concentrated populations of 18- to 26-year-olds anywhere in the Air Force."

However, the colonel added, this particular group is involved in helping spread the safety message. Cadets also lead and manage their own safety program. Within the Cadet Wing is an entire safety staff, with cadets managing the program at the wing and group

staff levels and cadets within each squadron who serve as their squadron's safety officer for a semester.

Also unique is the Academy's airfield operations. "We have a whole bunch of folks out there who are inexperienced in the things they're doing, whether it be an initial glider flight, an initial jump or initial powered flight," he said. "We counteract it with great permanent party and great cadet instructors. You train them up, then you let them go do their jobs and trust them to do it, and they do it well."

In FY2009, the Academy's airfield had only four Class C mishaps during more than 200,000 training hours, according to the award package. A Class C mishap is one that causes an injury forcing a victim to lose at least one day away from duty beyond the day that the mishap occurred, or that causes between \$20,000 and \$200,000 in property damage.

The base had zero reportable motorcycle mishaps in the same time period, a fact that General Roggero attributes to the Academy's proactive measures to make sure each of the Academy's 139 motorcyclists was fully trained by funding a Motorcycle Safety Foundation riders' course.

"The units and the commanders seem to 'get it,'" said General Roggero, a graduate of the University of Notre Dame. "They understand the rules and regulations that they must know. For instance, commanders must know the names of everyone in their unit who operates a motorcycle. ... And those who are riders must understand their responsibility to their commanders that they are operating a motorcycle."

General Roggero cited Academy Superintendent Lt. Gen. Mike Gould's involvement with safety as an example for other Air Force bases to follow. In late 2009, General Gould directed everyone at the Academy to fill out the Air Force Cultural Assessment Safety Tool, which is online at <https://www.afcast.org/>.

"There was no question: he laid the rule down, and everybody lined up and took that cultural assessment survey," General Roggero said. "I think that paid great dividends and was a terrific proactive step. There are

many in the Air Force who haven't taken advantage of that program, and their record does not quite equal the great mishap rate at the Air Force Academy."

To have a good safety program, a base must have good commanders, supervisors and wingmen who talk about safety, Colonel Cessna said.

"It's about having leaders who are willing to look their people in the eye and say, 'I need you back. I need you to do this mission, and I need you to do it right, and I need you to be safe while you're out there driving around and doing the things you do,'" he said.

Commanders can't be the only ones with a sense of ownership in safety, however.

"The person most responsible for your safety looks at you in the mirror every day," said Colonel Cessna, who was a C-5 Galaxy pilot for much of his career before taking over the Academy safety office in 2008. "You have a choice to be safe or not to be safe, and taking the time to make the right choice is how we get an effective safety program."

A third element in an effective safety program is wingmen, both General Roggero and Colonel Cessna said. Airmen can save lives simply by relating to one another.

"Instead of saying, 'You will not do this,' We have to have people saying, 'You're important to me, and you're important to this place. Let's bring you back, and I want to come back to do this mission,'" Colonel Cessna said.

"(Peer relations) can be a very strong influence," General Roggero said. "Don't be afraid to be a wingman. A lot of our Airmen may not appreciate what impact they can have on another Airman's decision, but I tell you, it can be tremendous, and our Airmen should use that power when the occasion presents itself."

The general said he looks forward to seeing the Academy's nomination for FY2010. He thanked both the permanent party Airmen and cadets as well as their families, who have allowed them to serve.

The SECAF Safety award will be presented during a ceremony in Washington, D.C., Sept. 13.

## Academy's Facebook page gets 10,000 fans

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

The Air Force Academy's official Facebook page hit a milestone Aug. 4 when it surpassed the 10,000-fan mark.

The page, at [www.facebook.com/USAFA.Official](http://www.facebook.com/USAFA.Official), gained about 2,000 new fans in the two weeks after it was created in late August, 2009, and averaged about 40 fans per day thereafter.

The Air Force Academy Public Affairs Office established a social media presence to reach out directly to family members and prospective cadets, said David Cannon, the Academy's director of communications.

"Facebook is an invaluable communication tool to reach parents, graduates and high school students who are interested in the Academy," Mr. Cannon said. "We can let parents' clubs know of events that are happening in their areas. We can let the Colorado Springs area know when the (Air Force Academy) Band will perform at a local venue or when a cadet falconer will be at a particular area."

Demographic information on the Academy's Facebook page indicate that about a third of the page's fans are males between the ages of 13 and 24, with females in that age range comprising another 16 percent.

The most active participants on the

page, however, are women and men in the 45-54 age range, who make up 25 percent and 13 percent of all active users, respectively.

The communication style on Facebook is more informal than traditional means of publication, such as the Academy Spirit or the Academy's official website, [www.usafa.af.mil](http://www.usafa.af.mil).

In addition, Academy officials can get information more quickly to fans, and fans can more easily interact with Academy personnel to get answers to their questions.

Photos and videos produced by DenMar Services, along with links to stories about the Academy, form the backdrop for fans' interaction: a Class of 2014 Acceptance photo album, posted the morning of Aug. 4 and updated throughout the day, attracted 38 comments.

Carolyn McDonough, the aunt of Cadet 4th Class Aaron Clement, wrote, "Congratulations to all the 2014 cadets. I'm sure this wasn't easy, and it's a true testament to your character that you're all standing proud today! ... And thanks, USAFA, for sharing all of these great photos with those of us unable to be there today. It means a lot."

Second Lt. Meredith Kirchoff, the deputy director for Public Affairs and a 2009 graduate, said establishing a Facebook page a year ago made sense.



Website: [www.facebook.com/USAFA.Official](http://www.facebook.com/USAFA.Official)

• Fans as of Aug. 9:	10,143		
• Top Five Countries:			
1. United States	9,113		
2. Philippines	79		
3. Germany	64		
4. Indonesia	47		
5. England	37		
• Top 10 Cities:			
1. Detroit	628	6. Los Angeles	154
2. Co Springs	342	7. Chicago	144
3. Denver	193	8. Dallas	140
4. Atlanta*	178	9. San Antonio	129
4. Washington*	178	10. Houston	116

\* Tied for fourth place.

"I was introduced to the idea of an official Facebook page my first week at work," she said in an interview for a story that ran in the Aug. 28, 2009 Academy Spirit. "My reaction was, 'Of course — naturally we should be on Facebook.'"

PA will continue to interact with fans on Facebook to foster institutional pride in the Academy and to share the good news about what's going on here. Fans can provide feedback on what they'd like to see on the Academy's Facebook page by e-mailing [pa.net@usafa.af.mil](mailto:pa.net@usafa.af.mil).



# Dining hall reopens doors to Airmen, retirees

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

Retirees and enlisted Airmen received a warm welcome from the High Country Inn dining facility staff Monday, marking the first day since 2007 they were allowed to dine at the facility.

Enlisted Airmen and retirees are welcome weekdays from 12:10 to 12:40 p.m., said 10th Air Base Wing Commander Col. Rick LoCastro.

However, because the facility's primary mission is to feed the cadet candidates at the Academy Preparatory School, times may change based on class time delays, said Lou Moya, the High Country Inn food service officer. Airmen who live in the Academy's enlisted dormitories may eat during any of the meals served at the facility.

A group of about a dozen retirees and enlisted Airmen came out to the dining facility Monday to take advantage of the occasion. Todd and Sue Graham and JJ and Marjory Inman ate at the High Country Inn once or twice per month before the facility closed its doors to retirees and Airmen in 2007. They found out about the planned reopening from a banner posted near the Community Center.

"Everything is wonderful," Mrs. Graham said. "The people are so friendly. They remember us from before. It's like a family reunion."

"The food is good, but it's really the people," Mrs. Inman said. "They're friendly and kind. I've never met a rude person."

A reduction in force here in 2007 led to the decision to close the dining hall to retirees and enlisted Airmen, Mr. Moya said. Shortly thereafter, retirees



RACHEL BOETTCHER

Su Jackson, a food service employee at the High Country Inn, serves roast pork for JJ Inman, an Air Force retiree and guest at the dining facility Monday. The dining facility reopened its doors Monday to retirees and enlisted Airmen.

began asking when they would be allowed to dine at the facility again.

Colonel LoCastro took on the issue shortly after taking command of the 10th ABW in July 2009. About a month ago, the contractor agreed to a modification at no cost to the government that would allow retirees and Airmen to return, said Gary Garland, director of

the 10th Force Support Squadron.

"We love having them back," Mr. Garland said. "It helps us a lot in terms of spreading the word about the great FSS facilities we have at the Academy."

Retirees and Airmen must pay cash for food at the dining hall, including a 33-percent surcharge to cover overhead and food preparation costs, Mr. Moya said.

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	P	A	L	O	S	E	P	I	K	A	W	A	Y	8	1	4	9	6	3	5	2	7	
	A	L	A	R	M	A	G	M	A	C	A	G	E	6	9	7	5	2	4	1	3	8	
	M	I	A					M	O	M	M	I	E	S	9	7	2	3	5	8	6	4	1
			S	H	A	G		E	N	B				1	6	5	4	7	9	3	8	2	
	C	A	S	I	N	O	R	S			M	O	M	3	4	8	2	1	6	9	7	5	
	C	A	W		N	A	T	E	S		A	G	A	7	3	1	6	9	2	8	5	4	
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C	O	B	B		A	G	A	N	A		R	O	B	S									
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RACHEL BOETTCHER

**ABOVE:** Cadet 3rd Class Monica Hottle works on a project during a Biology 210 class at the Academy on Tuesday. The course, "Paradigms in Biology with Laboratory," is required for biology majors and advised for cadets pursuing careers in the medical, dental, nursing or Biomedical Service Corps career fields.

**RIGHT:** Cadets 2nd Class Lindsey Heath, left, and Brendan Maestas stop to talk between classes in Fairchild Hall Tuesday. Cadet Heath is assigned to Cadet Squadron 01, and Cadet Maestas is assigned to CS 40.

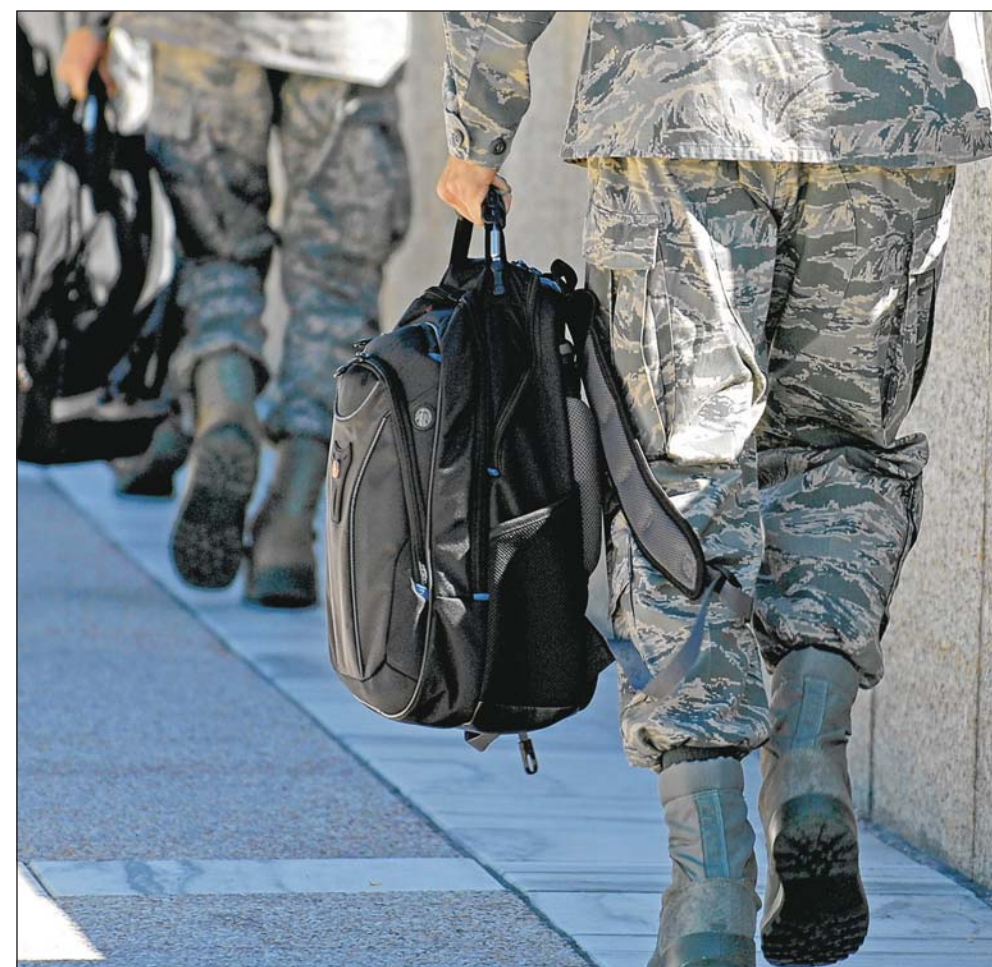


MIKE KAPLAN

Cadet 4th Class Ikenna Ariguzo studies in the McDermott Library Tuesday. Cadet Ariguzo is assigned to CS 20.



MIKE KAPLAN



MIKE KAPLAN

Fourth-class cadets "run the strips" between classes at the Air Force Academy Tuesday. Doolies must stay on the marble strips throughout most of the Terrazzo and must march while in their cadet squadron dormitory areas until Recognition in March.

# Cadet Wing goes back to school

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

Most college students are familiar with shopping for books, hitting the library and studying in dorm rooms after class.

But how many college students run to class, march in formation to lunch or have their dormitories inspected on weekends?

At the Air Force Academy, the answer is, about 4,400.

Before cadets here learn anything else, they have to learn how to manage their time. Fourth-class cadets typically take 15 semester hours in their first semester, then take on 18 semester hours most of their remaining semesters until they graduate.

Add to the challenging academic schedule a requirement to play on either an intramural or intercollegiate athletic team, military training requirements, character and leadership development courses and volunteer projects such as Habitat for Humanity, and you have an average cadet's day-to-day schedule.



RACHEL BOETTCHER

Cadet 4th Class John Metzger performs a chemistry experiment at the Air Force Academy on Tuesday, during the first full week of classes for the 2010-2011 school year. Cadet Metzger is assigned to Cadet Squadron 01.



# Academy grad fought to reclaim dream after fall

By Samuel King Jr.  
Team Eglin Public Affairs

**EGLIN AIR FORCE BASE, Fla.** — Waking up alone, face down and bleeding, on the sun-baked granite rock after falling face-first 50 feet from the top of a mountain: that's where Cadet David Garay found himself June 2, 1997, only one day after his 19th birthday.

"I rarely think about it at all now," said now-Major Garay, currently the executive officer for the Air Armament Center commander. "But for the first five years (afterward), I thought about it all the time, how it changed my plans, how it would maybe short-change my career. Ultimately though, it was my own fault."

It was a Sunday at the Academy, closing out a slow "Dead Week," when seniors prepare for graduation and others, like first-year cadet Garay, wait for summer training to begin.

Before leaving the dorms, Major Garay told his roommate of his plans to hike to Eagles Peak, a well-known mountain west of the Academy.

Dressed in fatigues, he began the four and a half-hour, 2,110-foot hike around 11 a.m. Despite being an "out-door kind of guy" and regular hiker, he described the climb as a "hard hike." This was his first time to ever climb the mountain.

At the top, Major Garay enjoyed the view and finished the book "Into

the Mouth of the Cat," the story of Medal of Honor recipient Capt. Lance Sijan. Instead of returning the way he came, he worked his way down along the cliff face. There were small ledges about 3 feet wide along the 400-foot cliff.

Before long, he recognized he'd gone too far to go back up. Shortly after, the Airman's conscience was talking to him.

"On one side, it was saying, 'Dummy, if you think you're going to fall you should just wait for help,' and on the other side, it was saying, 'You can make it down,'" the major said.

He listened to the second voice and continued down until he ran out of ledge 50 feet from the bottom. With worry enveloping him and panic close behind, Major Garay checked the time. That is the last thing he remembered.

"The next thing I remember is waking up face down on a rock in a dream-like haze," he said. "I could hear Retreat playing through the mountains coming from the Academy."

Recalling that the last thing he could remember was looking at his watch,



SAMUEL KING

Maj. David Garay survived a 50-foot fall during a hike while he was a cadet at the Air Force Academy. Although bones were broken in his face, he tried to climb down to get help. The head trauma he suffered almost cost him his dream of flying for the Air Force, but he overcame it all to become a flight test engineer.

he surmised a 15-minute period passed and there was something drastically wrong.

"There wasn't a lot of pain," he recalled. "Everything was cloudy. My right eye was swollen shut. There was blood on my temple, and when I touched it, it stung. I thought, 'This is a bad dream, and when I wake up, everything is going to be kosher.'"

He laid the left side of his face back down on the rock and went to sleep or passed out — he doesn't remember which. After waking up a third time in pain and still laying in the same place, he realized he needed to do something.

"I had passed the denial phase," he said. "I was thinking, 'How am I going to get out of this? I'm hurt pretty bad."

See **GARAY** Page 13

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## Garay

From Page 12

What do I need to do?"

Miraculously, no bones were broken in his extremities. The damage was primarily to his head and face. His upper jaw and nose were broken and he shattered the bones around his right eye. The blood from his temple had clotted up and dried in the sun while he was passed out.

Survival instinct took over, and his mind focused on one thing — getting down and getting help.

"It was going to be difficult, but it was my only option," he said. "I didn't feel like I could wait for help, because they may not get there in time."

As the sun set and shadows crept up the mountain, he journeyed through a dense forest of boulders, logs and thickets. The struggle was all the more difficult with limited vision.

"Anyone who's been hiking at night or through survival training, knows it's hard to see with two eyes (in that setting)," he said. "With one it's much worse. I had no depth perception."

He could only move about 50 to 100 feet at a time, due to blood loss and weakness. He'd stop for breaks, fall asleep, then get up and begin again.

"There were times I'd step out and I couldn't feel the ground under me," Major Garay said. "I'd have to grasp onto trees and slide down the ridge to more level ground."

The later it got, the colder it got. He had no idea of time, and the watch he'd looked at before the fall was gone. He had taken along water and orange juice, but when he would try to drink, he would vomit it back up due to the blood in his stomach.

Major Garay never gave up even

as hypothermia took hold in the early hours of the morning. Finally, the sun returned to the mountains and the cadet heard voices calling his name from the valley below. He wanted to yell for them, but couldn't scream because of his broken jaw.

"I couldn't yell at the top of my lungs, because the jaw would click and cause a rush of pain," explained the major. "I fell back on all that leadership training of drill and marching flights. I had to make my voice come from my diaphragm rather than my mouth."

Finally, he belted out a few yells, and a security forces Airman found him. The cadet had spent close to 22 hours on the mountain; at least 17 of them were after he fell.

"I could see he was concerned about me after he saw my appearance," the major said. "He removed his shirt and tied it around my head."

A UH-60 Black Hawk helicopter from Fort Carson airlifted the major to a hospital downtown.

Garay said he remembered the rotor wash and wind on his face as he was hoisted into the air. When he arrived at the hospital, he was stabilized and personnel began to clean and stitch him up. He heard the solution sizzle on his temple as it dissolved the blood.

Later, he was moved to Wilford Hall at Lackland AFB, Texas, for reconstructive surgery. The major said the doctor told him the bones around his eye were shattered and described them as looking like corn flakes. Doctors took turns during the 18-hour surgery to place the bone fragments back in place so they could conform to the

rest of his skull. Titanium plates and screws were used to set some of the bones back and fix his jaw. The metal remains with him today.

"To remove them would be more surgery," he said. "If you look at my face, there's a noticeable difference, but it could have been much worse."

Major Garay spent more than a month in the hospital, in recovery and on a liquid diet.

"The surgery and recovery period was much harder than the actual accident," he said. "I went from the best shape of my life to the worst. I lost about 40 pounds easily."

After a year he was back to peak physical condition, but the consequences of the accident were far-reaching.

"All I ever wanted to be was a pilot," the major said. "It's the reason I went to the Academy, because I knew I'd have a better chance. That was taken away by my decisions and stupidity, really. It was the biggest mental struggle I've ever had. When you only have yourself to blame, it can be a huge burden on you emotionally."

"It was a tough battle the next couple of years," he continued. "The recovery was the hardest, most frustrating part and sometimes the loneliest part of the whole experience. You're all alone, trying to come back from this and undo what you've done to yourself."

Over the next few years at the Academy, he dealt with that internal struggle wondering what his real purpose was and why the accident happened. The realization of his unfulfilled dream weighed heavy on him and it took get-

ting out into the operational Air Force to overcome.

"I don't know how I was able to overcome it," the 32-year-old said. "I got busy with work in the Air Force and became successful. It sort of just donned on me - I'm supposed to be here. The experience shaped my character, my personal being."

After leaving the Academy without an assignment, he went to the Air Force Institute of Technology and completed his Masters Degree in engineering. Then he joined the 46th Test Group at Holloman Air Force Base, N.M., where he spent time working on many of the large scale test platforms. After that, he completed test pilot school at Edwards AFB, Calif., in 2006.

Despite the setbacks early in his career, Major Garay went on to fly F-15 Eagles, F-16 Fighting Falcons and T-38 Talons.

"It all really worked out in the end," he said. "I have worked as an engineer in the Air Force for over 10 years, had the chance to fly a slew of aircraft as a flight test engineer, and tested the world's best missile and munitions technologies. To me, that's living the dream... even if it happened by me stumbling onto it."

The major never returned to the mountain that almost killed him, but said he may eventually climb up Eagles Peak again, if only to prove a point.

"I'd like to go back and hike it again, maybe someday with my son," the father of two said. With a laugh, he added, "Obviously I won't try to climb down the face next time."



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# Calhoun invites fans to football practice

By Staff Sgt. Don Branum  
Air Force Academy Public Affairs

Falcons football head coach Troy Calhoun invited fans Monday to watch the Air Force players practice at the Academy's Athletic Fields in preparation for the 2010 season, which begins with a home game against Northwestern State Sept. 4.

The Athletic Fields are located on Academy Drive north of the Cadet Chapel.

"We pride ourselves in allowing our fans the opportunity to watch the Falcons up close and personal," Calhoun wrote.

Freshmen take the field at 3:15 p.m., followed by varsity team members at 3:45 p.m. Most practices usually end around 5:30 p.m.

In accordance with NCAA rules, fans who come out to watch the

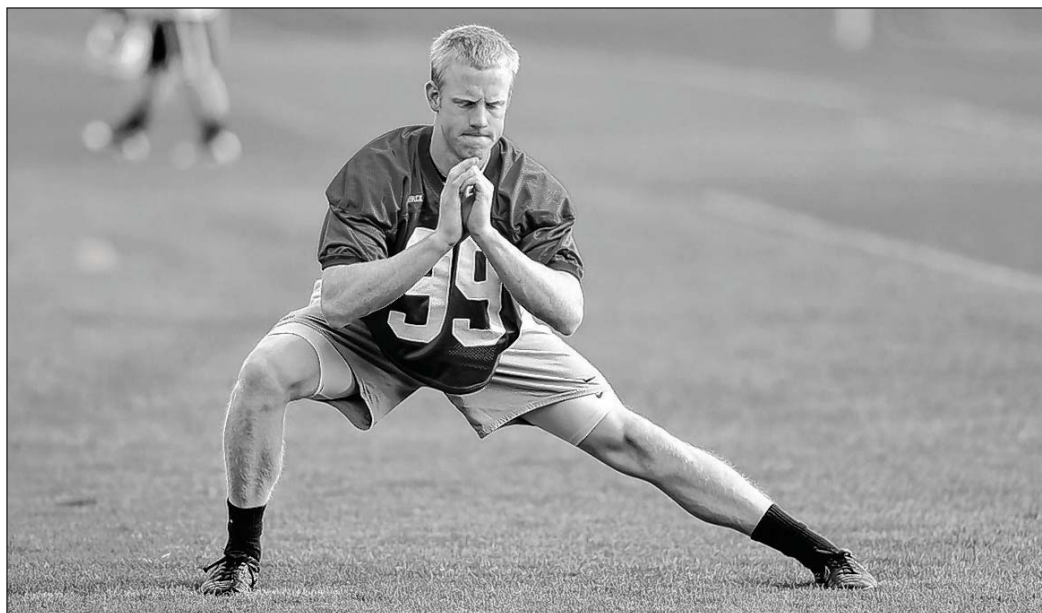
Falcons practice cannot tweet, photograph or otherwise report on events at practice. For safety reasons, fans must stay around the outside of the practice fields.

The team occasionally moves practice to Falcon Stadium on Wednesdays.

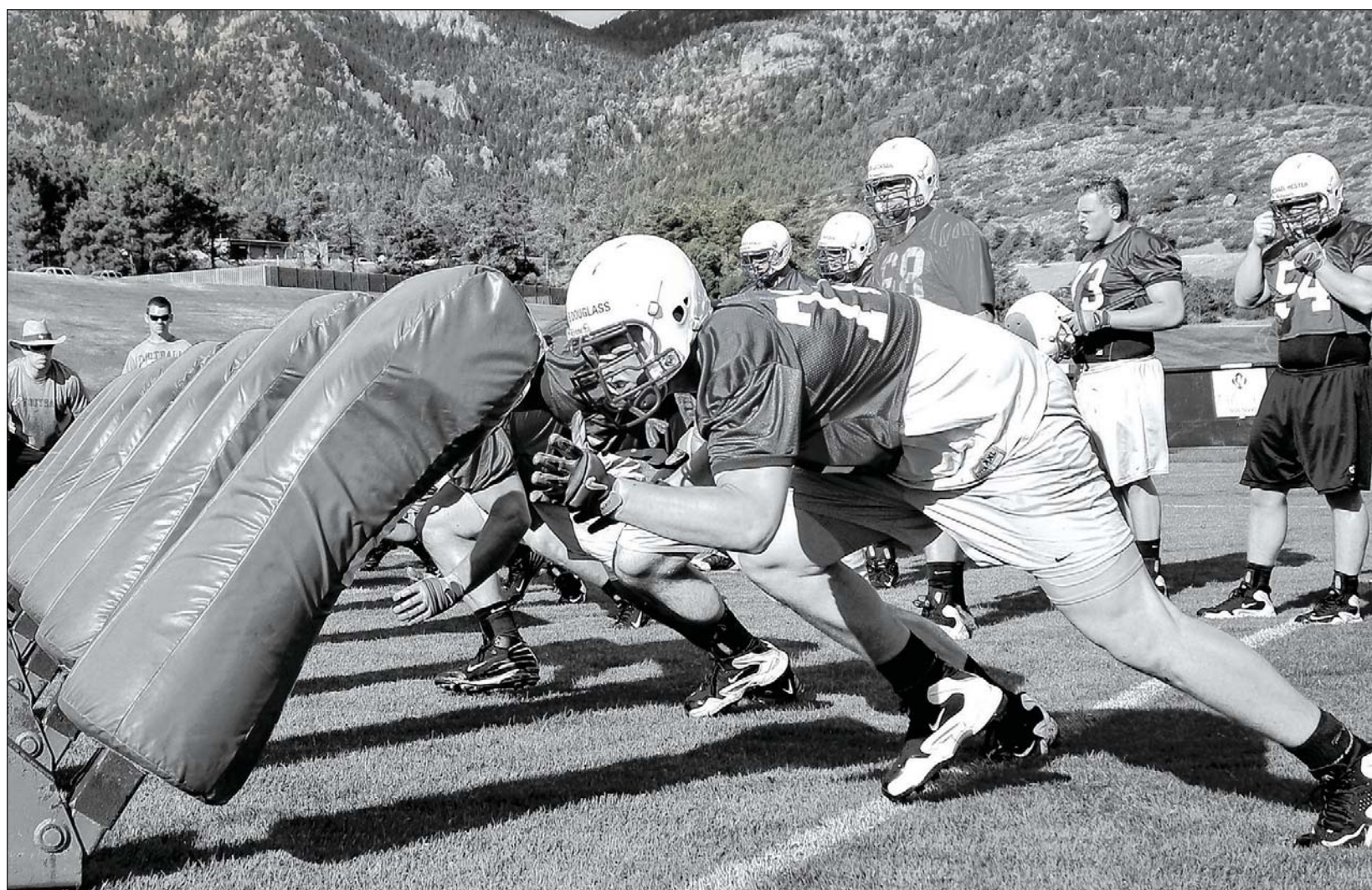
During inclement weather, the team will move to the indoor field on the bottom floor of the Cadet Field House.

"Thanks again for your support of the Academy and Air Force Football," Calhoun wrote. "We look forward to seeing you on the practice fields as well as in Falcon Stadium this fall."

The team will also hold its second-annual Kids' Day at Falcon Stadium, featuring Calhoun, the Bird and Air Force players and cheerleaders, Aug. 21 beginning at 9:30 a.m.



Falcons kicker Erik Soderberg stretches before practice at the Academy athletic fields Aug. 3. Soderberg, a second-class cadet and native of Eden Prairie, Minn., made 95 percent of his point-after kicks and 73 percent of his field goals during the 2009 season.



Falcons offensive linemen build their strength and endurance during practice at the Air Force Academy athletic fields Aug. 3. The previous season's offensive linemen graduated in May, but Air Force football head coach Troy Calhoun said he is confident in the new line's motivation and expertise.

PHOTOS BY  
RACHEL BOETTCHER



Falcons defensive linemen Zach Payne and Rick Ricketts go head-to-head during an Aug. 3 practice at the Academy Athletic Fields.



Falcons receiver Brandon Hirneise runs a pass route during practice at the Air Force Academy athletic fields Aug. 3.



# Softball: Chiefs rout Commanders, 18-2

**By Dave Castilla**  
Intramural Sports Director

The Chiefs and First Sergeants continued their dominance over the Commanders with an 18-2 softball blowout here Tuesday.

The Chiefs and Shirts scored all the runs they needed in the first inning, as Ken Helgerson hit a two-run shot. The enlisted team put the game out of reach in the third inning with seven runs, including RBI singles from Byron Kinder, Greg Meinert and Helgerson. Stef Dunson keyed the inning with a two-run single.

The Commanders finally got on the board in the bottom of the fourth as Rick LoCastro doubled, followed by a single by Boomer Ferguson. LoCastro later scored on a base hit by Jim Jeffers.

The Chiefs scored another four runs in the top of the fifth as Helgerson and Richard Ross scored RBI singles and Todd Salzman drove in a run with a double. The Chiefs' final run was scored on James O'Neil's fielder's choice. Dwayne Peoples scored the final run for the Commanders.

The Commanders and Chiefs-Shirts team will compete throughout the year in basketball, volleyball, golf, bowling and flag football.



JOHNNY WILSON

Greg Meinert tries to beat the throw to home plate during the Chiefs and Shirts' softball match against the Commanders at the Air Force Academy on Tuesday. The Chiefs and First Sergeants routed the Commanders, 18-2, to take a 2-0 lead in the annual sports competition.

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Breakfast served all day. Homemade pancakes, great green chili, wide variety of sandwiches, daily specials. Family owned since 1991. Located downtown.



**City of Philly**  
4747 Flintridge Drive  
265-5770  
Open Mon-Sat 11am-8pm,  
Sun 12pm-6pm.  
Military Discount.

Join us for fresh made Cheese Steak Sandwiches – cooked to order. City of Philly also has hamburgers, along with a variety of hot and cold sandwiches, French Fries, onion rings, and dessert Tasty Kakes – all at reasonable prices! Deliveries are available within a three mile radius.

### MEXICAN



**Qdoba Mexican Grill**  
7140 N. Academy Blvd  
1605 Briargate Pkwy  
Briargate Shopping Center

Qdoba is an artisanal Mexican kitchen where anyone can go to enjoy a fast, handcrafted meal prepared with fresh ingredients and innovative flavors including signature sauces like our 3 Cheese Queso. Catering and Online Ordering is available [www.Qdoba.com](http://www.Qdoba.com). Show your AFA or Military I.D. to receive a FREE DRINK with the purchase of a regular entrée.

### BILLIARDS



**Antique Billiard Museum**  
3628 Citadel Dr N Colorado Springs,  
CO 80909 / 719-597-9809 or  
**Diamond Billiards**  
3780 E Boulder St Colorado Springs,  
CO 80909 / 719-596-9516

Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents.



**Arceo's**  
1605 S. Nevada Ave.  
442-2626  
Open 10:00am-10:00pm  
Visit our new location:  
1608 Rusina Road  
719-266-0143.

Join us in our family owned and operated restaurant for authentic specialties from Mexico. Serving lunch and dinner, dine in our friendly atmosphere or order for take out. Winner of 2 "Best Of" awards from The Gazette and home of the unique and delicious "Huckleberry" Margarita. [www.ardceos.biz](http://www.ardceos.biz).

### FINE DINING



**Walter's Bistro**  
719-630-0201  
146 Cheyenne Mtn Blvd  
(In Country Club Corners).  
Lunch: Mon-Fri, 11am-2pm. Dinner:  
Mon-Sat, 5:30 to Close. Closed on Sunday.

Regional American/Continental Cuisine. Featuring: fish flown in from all over the world. We proudly support Colorado farmers and offer organic fruits and vegetables, as well as organically raised meats. Reservations suggested. Patio dining with beautiful mountain views. [www.waltersbistro.com](http://www.waltersbistro.com).

### MIDDLE EASTERN



**Taste of Jerusalem Café**  
15E Bijou (Downtown)  
Colorado Springs CO 80903  
719-477-1777  
[www.tasteofjerusalemcafe.com](http://www.tasteofjerusalemcafe.com)  
**Buy any combo get the 2nd 50% off**

We carry a full selection of authentic middle eastern food from appetizers to dessert. Healthy vegetarian, melt in your mouth Shawarma, falafel, hummus, babaganooj, tabouleh, variety of baklava, Hot middle eastern tea, Turkish coffee and many other delicious foods are available for take-out or to eat in. Come see our Belly Dancers Friday nights 6-8:30pm. Visit next door, Hookah King now open. Free downtown delivery. 15% discount with military I.D.

### IRISH



**Jack Quinn's**  
385-0766  
21 S. Tejon Street  
Open for Lunch & Dinner daily;  
Sunday Brunch served 12 pm-3 pm;  
Happy Hour 3-6 pm; & late night  
Sunday.

Serving traditional Irish fare & American cuisine for lunch & dinner. Happy Hour daily 3-6pm & late night Sun. 10 pm-1 am., 15 delicious drafts & the best selection of Irish Whiskeys. Live Irish Music Tues., Thurs., Sat. & Sun. with County El Paso, Brian Clancy, Big Paddy & the Irish Session Musicians! Reader's Choice Voted Best Bar 2007. [www.jackquinnspub.com](http://www.jackquinnspub.com)



**Arabica Café**  
12 S. Tejon St.  
719-471-2444

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### STEAKHOUSE



**Steaks Smith**  
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3802 Maizeland Rd.  
719-596-9300

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**For advertising information  
call Sara at 719-636-0130**





### AETC special duty brief

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

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

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

### Fire dept. open house

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

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

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

### Chess tournament

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

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

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

### CCAF classes available

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

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

During the first session, CCU will offer COM 110, Oral Communication, Mondays from Aug. 23 to Sept. 20, and HUM 101, Creative Arts, Wednesdays from Aug. 25 to Sept. 22. The second session will include ENG 102, English Composition, Mondays from Sept. 27 to Nov. 29, and MAT 110, Math Concepts, Wednesdays from Sept. 29 to Oct. 27. The final session will offer POL 202, American Political Process, Wednesdays from Nov. 3 to Dec. 1.

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

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

### Volunteer call

Volunteers are needed for each of the following upcoming events.

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

**ESOH CAMP:** The 2010 Environmental, Safety and Occupational Health Compliance Assessment and Management Program needs volunteers to conduct an internal audit Sept. 13-17. The volunteers will present their findings to the 10th Air Base Wing commander in the 10th Civil Engineer Squadron conference room in Building 8120 Sept. 20 at 1:30 p.m. To volunteer as an audit team member, contact Jeanie Duncan at 333-0812.

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

### Evening Aerobics

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

### Fishing permits

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

### Family Advocacy Classes

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

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

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

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

### A&FRC offerings

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

Class dates and times are subject to change.

### Group Pre-Separation Counseling

Held Mondays (except during Transition Assistance week), 2 to 4 p.m.

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

### Internet and Your Job Search

Tuesday, 9 to 11 a.m.

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

### Newcomer Orientation

Thursday, 9 a.m. to 3 p.m.

This orientation is mandatory for all personnel new to the Academy. Spouses are also welcome to attend. The event is held at the Milazzo Center.

### Front Range Stars

The Front Range Stars live singing competition will take place Sept. 10 at 7 p.m. in the auditorium at Peterson Air Force Base, Colo., featuring contestants from the Air Force Academy, Peterson and Schriever AFBs. Tickets are \$7 in advance and \$10 at the door.

A news anchor from local TV station Fox-21 will emcee the event. Funds raised will go toward the Peterson AFB Junior Enlisted Association, with some proceeds being donated to the Autism Society of Colorado.

For tickets, contact Staff Sgt. Amber Davis or Senior Airman Anna Goslin at 333-5171.

### Diamond Council golf tournament

The Diamond Council will hold a golf tournament at the Air Force Academy's Blue Course Monday at 8 a.m.

Tickets are \$35 for junior-enlisted Airmen and cadets, \$40 for mid-grade NCOs and lieutenants and \$48 for all others.



#### CADET CHAPEL

##### Buddhist

Sunday 10 a.m.

##### Native American

Sweatlodge Ceremony - Aug. 20, 4 p.m.  
Fort Carson Turkey Creek Recreation Area

##### Protestant

Combined Worship Service  
Sunday 10 a.m.

##### Roman Catholic

Mass  
Sunday 10 a.m.

##### Sacrament of Penance

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

##### Open for tours

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

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

#### COMMUNITY CENTER CHAPEL

##### Catholic Masses

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

##### Sunday

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

##### Tuesday-Friday

Mass 11:30 a.m.

##### Protestant Services

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

##### Sunday

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

A United States Air Force Production  
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Sunday, August 22, 2:30 p.m.  
Arnold Hall Theater, USAF Academy  
General Admission. No Tickets Required

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FT hourly. Min Req: 2 yrs exp in the repair, maintenance & installation of large commercial irrigation systems. All candidates must have valid DL.  
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Local Mfg Company Outstanding Oppt Track, schedule, and expedite prod parts. Exp with ERP/E2 a plus. Reporting systems 3-5 yrs exp. Intermediate MS Excel Skills \$12-15 (DOE). Temp to Hire Position with stellar locally owned company. Resume to  
simone.johnson@bbsiqa.com

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**Requirements:**  
• 21 years old  
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• Pass a DOT physical/clean MVR  
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• Repetitive load and unload trucks daily  
**Competitive wages and benefits**  
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Fax: (303) 231-9216



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**Classified Account Executive**  
Colorado Publishing Company, publisher of the Colorado Springs Business Journal, The Ft. Carson Mountaineer, The Peterson Space Observer, and The Schriever Sentinel is looking for someone with sales experience to help grow our classified advertising section. Perfect for an independent, self-starter that isn't afraid to make cold calls. Newspaper sales experience helpful, but not required. The winning candidate will thrive in a deadline driven, fast-paced, fun environment.  
**Competitive pay (Base + commission), 401k, health, vacation, etc. Background check required.**  
**Send resume to:**  
Heidi.Witherington@cbsj.com  
or fax to (719) 329-5237 EOE

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**Area Manager**  
**ARE YOU AN EFFECTIVE ENTREPRENEURIAL LEADER?**  
Are you ready for a new kind of challenge & willing to be a strategic partner with an expanding service company? If your mission, vision and values intersect with ours, then we would like to meet you. Colorado janitorial company is expanding in the Colorado Springs area & seeking a part-time or full-time manager to supervise multiple locations. Applicants must have 2 years management exp. in the janitorial or services industry. Bilingual in Spanish/English a must. Responsibilities include: recruiting, hiring, training, supervision, budget management and quality control. Salary, benefits, car allowance and profit sharing.  
**Submit resume to:**  
jobs@summitservicegroup.com

**SOCIAL SERVICES**

**Supported Living Staff**

Cheyenne Village, Inc. a local non-profit serving adults w/ developmental disabilities is seeking individuals to provide daily living supports in supervised homes or apartment settings. Exp. in human services or related field required. PT/FT positions. Must be willing to work weekends and possible overnight shifts. Salary DOE. FT+ incl. benefits.  
**Must be 21 years of age and have a valid US driver's license. Criminal background and driving check required. Send resume or apply with salary requirements to:**  
6275 Lehman Dr. Colo Spgs, CO 80918, Fax (719) 548-9947, E-mail - hr@cheyennevillage.org or apply on line at www.cheyennevillage.org. EOE

**HEALTHCARE**

**Registered Dietician**

Cheyenne Village, a local non-profit providing supports to individuals to adults with disabilities, is seeking a Registered Dietician.  
Duties incl. development of menus incl. physician prescribed & diagnosis specific, implement training for individuals & staff on special diets, & provide training on nutrition, health eating & grocery shopping.  
PT position 5-10 hrs. wkly., \$40 per hr.  
**Must be 21 years of age and have a valid US driver's license. Criminal background and driving check required. Send resume to: 6275 Lehman Dr. Colo Spgs, CO 80918, Fax (719) 548-9947. For more info call Suzanne at 719.592.0200 ext. 125.**

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**THE CENTECH GROUP, Inc.**, a company with an excellent reputation, is seeking a highly-qualified and successful professional to manage large-sized proposals for federal customers. Responsibilities include managing the proposal team, leading kickoff and status meetings, creation of the proposal schedule, proposal outlines, and compliance matrices. The qualified candidate will possess the following:  
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• Ability to facilitate and develop Win Themes and Discriminators;  
• Experience validating and verifying proposal approaches along with staffing plans;  
• Expertise in the use of Microsoft Word, including use of styles, formatting, and professional presentation of written material; and  
• a Bachelor's Degree or equivalent experience in lieu of education is desired.  
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Keller Homes, Inc., a prominent Colorado Springs home builder is currently accepting resumes for a **Community Sales Coordinator**. Please visit our website, [kellerhomes.com](http://kellerhomes.com), for a detailed job description. Resumes should be sent to [hr@kellerhomes.com](mailto:hr@kellerhomes.com)

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002



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Phone: 719-562-3745  
Fax: 719-543-1007

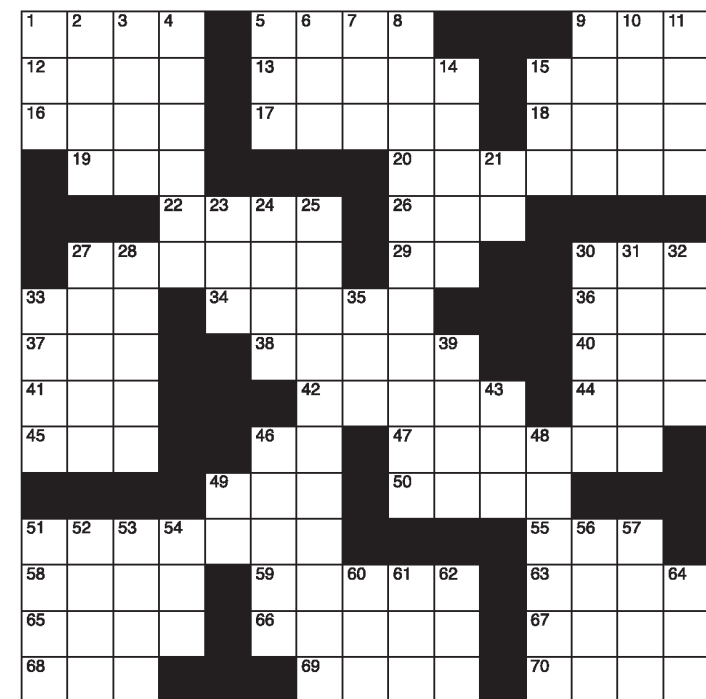
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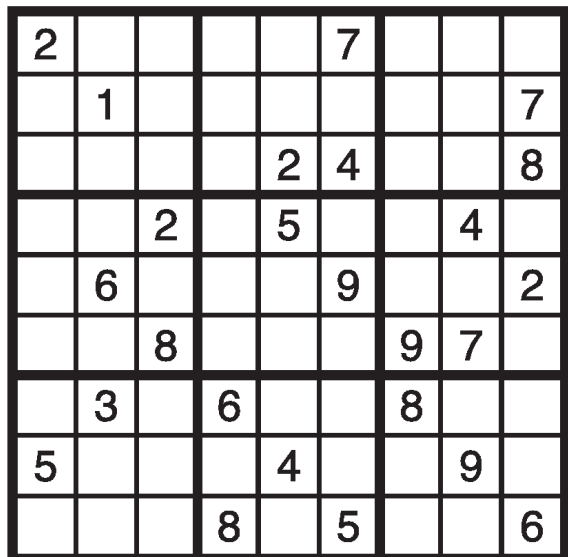
**CLUES ACROSS**

1. Swindle
5. Systems, doctrines, theories
9. Malaysian Isthmus
12. \_\_\_ Alto, CA. city
13. No. Papua New Guinea river
15. Not home
16. Daminozide
17. Molten rock in the Earth's crust
18. Bird enclosure
19. Actress Farrow
20. Mothers
22. Long napped carpet
26. English National Ballet (abbr.)
27. Gambling place
29. "Twilight Zone" host's initials
30. Ma
33. A crow's sound
34. Belonging to Burkus
36. Honorable title (Turkish)
37. Baseball hitter's stat
38. Flocks of mallards
40. Rotating mechanism
41. Airborne, abbr.
42. Region around Troy
44. Type of group insurance
45. Myriagram
46. Grey's Anatomy actress Sandra
47. Forms cursive letters
49. Water in the solid state
50. Hut aka bahay kubo
51. Green headed duck
55. The cry made by sheep
58. Old World buffalo
59. Red dye
63. A French abbot
65. Outfielder Ty
66. Capital of Guam
67. Steals
68. Point midway between NE and E
69. Auld lang \_\_\_\_, good old days
70. Apothecaries' unit

**CLUES DOWN**

1. A health resort
2. Not hectic
3. Jai \_\_\_\_, sport
4. Mire
5. Singular of 5 across
6. A large body of water
7. Gas usage measurement
8. Cools off
9. Yuan
10. Feel intense anger
11. Affirmative votes
14. Mesons
15. Academy of Country Music (abbr.)
21. Megabyte
23. Thai city Hua \_\_\_
24. Freshwater duck genus
25. End in ruin
27. Taximan
28. Causing astonishment
30. Corn salad (French)
31. Old Irish alphabets
32. Honeycreeper
33. Fill to bursting
35. Stray
39. Indian frock
43. Small swallow
46. Plant sheath
48. Knights' outer tunic
49. Farm state
51. Nutmeg seed covering spice
52. At another time
53. Pierced ear part
54. A scientist's workplace
56. Miri
57. Swedish rock group
60. Express a supposition
61. Hostelry
62. No (Scottish)
64. Earth System Model (abbr.)

**SUDOKU**



Level: Intermediate

**Fun By The Numbers**

Like puzzles?  
Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so shapren your pencil and put your sudoku savvy to the test!

**Here's How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier to gets to solve the puzzle!





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Some Restrictions Apply. Military ID Required.



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when you buy **ANY 10** participating\* General Mills products **MIX & MATCH** and get **20 BONUS BOX TOPS**

PLUS, enter for a chance to win **5,000 Bonus Box Tops!** (\$500 value. No purchase necessary to enter or win)

\$5 savings redeemed instantly at checkout. Products must be purchased in a single shopping visit. Offer valid 8/11/10-8/17/10. Bonus Box Tops will print via checkout coupon. \$2 value to BTFE eligible school. Sweepstakes entry form will print via checkout coupon at register. Sweepstakes value \$500 to winning BTFE eligible school.



Participating  
General Mills Products  
Final Price  
**75¢** ea.

When You Buy 10  
Mix & Match!

Betty Crocker Cookie Mix 17.5 oz., Super Moist Cake Mix 18-18.4 oz., Green Giant Vegetables 11 oz., Valley Fresh Steamers No Sauce 12 oz., Bisquick Shake 'n Pour 5.1 oz., Pillsbury Grands! Biscuits 16.3 oz. or Totino's Party Pizza 9.8-10.9 oz.  
Select Varieties & Sizes



Participating  
General Mills Products  
Final Price

**1.50** ea.

When You Buy 10  
Mix & Match!

Fiber One Toaster Pastries 6 ct., Yogurt 6 pk., Progresso Light Soup 18.5 oz., Betty Crocker Supreme Brownies 19.5-22.5 oz., Muffin Mix 15.5-18.25 oz., Fruit Snacks 6-18 ct., Warm Delights 2.9-3.35 oz., Warm Delights Mini's 2.46 oz., Frosting 12-16 oz., Pillsbury Toaster Strudel or Scrambles 10-11.5 oz., Chex Snack Mix 15 oz., Bugles Snacks 8 oz., or Yoplait Yogurt 4-6pk or 13 oz. Cheerios 14 oz., Cinnamon Toast Crunch 12.8 oz., Lucky Charms 11.5 oz., Reese's Peanut Butter Puffs 13 oz., Trix 10.7 oz., Apple Cinnamon Cheerios 12.9 oz. or Cocoa Puffs 11.8 oz.  
Select Varieties & Sizes



Participating  
General Mills Products  
Final Price

**\$2** ea.

When You Buy 10  
Mix & Match!

Gardetto's Snack Mix 8-8.6 oz., Nature Valley Crunchy Granola Bars, Sweet & Salty Nut Bars, Chewy Trail Mix Bars 6 ct., Nut Clusters 5 oz. or Granola Thins 10 ct., General Mills Cereal Treat Bars 6 ct., Fiber One Bars 5 ct., Pillsbury Ready to Bake 16 oz., Create 'n Bake 16.5 oz., Simply Cookies 14 oz., Sweet Moments 5.6-6.1 oz. or Totino's Pizza Rolls 19.8 oz.  
Select Varieties & Sizes

NO PURCHASE NECESSARY TO ENTER OR WIN THIS SWEEPSTAKES. VOID WHERE PROHIBITED. Open only to legal U.S. residents of AZ, NM, CO, TX, and WY who are 18 years of age or older at time of entry. Fill out official entry form or a standard sized postcard with name, complete address, and daytime phone number and submit by mail to: Albertsons' Box Tops for Education Sweepstakes, PO Box 43409, Atlanta, GA 30336. Sweepstakes begins on 8/11/10 and ends on 8/17/10. All entries must be postmarked by 8/17/10 and received by 8/25/10. Limit one (1) entry per person and per household. For a copy of Sweepstakes Official Rules, send a self-addressed stamped envelope to Albertsons' Box Tops for Education Sweepstakes Rules, 1775 Woodstock Road, Suite 200, Roswell, GA 30075, by 8/17/10. Sponsor will award one (1) Grand Prize. Grand Prize consists of one (1) 5,000 Bonus Box Tops Certificate to the BTFE-eligible school of winner's choice (Approximate Retail Value: \$500). To be "BTFE-eligible", the school must be registered with the BTFE Program. See www.boxtopseducation.com for more details about the BTFE Program. Prizes are subject to BTFE Program \$80,000 per year, per school award limit, and all other terms and conditions of the BTFE Program. Only BTFE registered schools can redeem Box Tops. Certificate will not be replaced if lost or stolen and has no expiration date. Additional terms, conditions may apply. See participating Albertsons LLC stores for details. Prize is non-transferable. Additional terms and restrictions apply to certificate; see official rules for details. Odds of winning depend on number of eligible entries received. Sponsor is General Mills Sales, Inc., One General Mills Boulevard, Minneapolis, MN 55440.

Prices Effective 8/13/10-8/17/10

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