Air Force Academy closely monitors H1N1 among basic cadets

By Academy Spirit Staff

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

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

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

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

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

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

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

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

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

When should you contact your health-care provider?

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

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

— Difficulty breathing or shortness of breath
— Pain or pressure in the chest or abdomen
— Sudden dizziness
— Confusion
— Severe or persistent vomiting

The actions required to limit spread of upper respiratory infections and the influenza virus are both simple and effective. Following this simple will help stop the spread of respiratory illnesses.

March out


Academy closely monitors H1N1 among basic cadets

By Academy Spirit Staff

Air Force Academy, CS Utilities tackle solar energy project

By Academy Spirit Staff

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

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

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

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

“USAF stimulus money will pay for solar power generated by Colorado Springs Utilities,” said Russell Hume, 10th Civil Engineer Squadron. That money will allow Colorado Springs Utilities to pay for the construction of a solar array here.

See SOLAR, Page 5

Flu prevention tips

Prep School

“ You are now family members.
Once a Preppie, always a Preppie.”

Page 3

Social Media

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

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Field Day

Demons comeout victorious as 2009 BCT Field Day champs

Pages 12-13

Vol. 49 No. 28 July 17, 2009
Exercising the art of decision making

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

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

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

This is what makes it so challenging. Let’s take a moment to look at the elements involved in making the “best” decision.

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

In order to gain the broad, objective view, leaders must work to gather a complete picture of the situation. Some call this situational awareness; others call it a 360-degree view of the issue. In either case, that awareness involves considering all of the variables weighing into the decision, competing interests involved in the decision, and potential consequences of the decision. The potential consequences must include possible second and third order consequences. Tough calls like these can involve individuals, organizations and issues beyond those initially thought. Weigh the consequences against unit missions and organizational goals. Investigate how the decision will move things forward in the near, mid and long term. This will provide the context for the decision and, although it will involve a lot of work, will result in the broadest view of the entire process.

Lastly, tough decisions can be very emotional. Don’t let emotion play into the decision-making process. Emotion only serves to cloud the issue and, potentially, can result in a decision where near-term happiness fades quickly into mid- and long-term unintended challenges. Leaders must look at decisions from the outside, unattached to the emotional influence from within. Leaders must rise above such distractions in order to maintain their objectivity.

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

Training: It really does save lives

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

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

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

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

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

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

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

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

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

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

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

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

As the old cliché goes, “It’s better to have it and not need it, than to need it and not have it.”

Been lots of rain this year, good or bad?

By Maj. Jeff Engler
AFSPCJA

“It’s been building an arc in the back yard and my 2-year-old is not excited about spending so much time indoors.”

 rape a really good thing for the grass.”

“Live in an apartment and don’t have to maintain the yard. I also like that the rain makes it so much cooler during the heat.”

“It’s a good thing. Keeps fire danger down, water resources up, and helps wildlife fatten up for winter.”
Prep School opens doors to new Cadet Candidates

By Ann Patton
Academy Spirit Staff

New preppies started on their course for the Hill as they in-processed the Academy Preparatory school Wednesday. It was also the first day of their 18-day basic military training.

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

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

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

Col. Todd Zachary, Prep School commander, spoke to the new students and the Preparatory School.

Huntley, the program’s director. With the necessity of producing leaders of character, especially in light of the possibility they may go into harm’s way.

Col. Ken Korpak, athletic director, and noted this year’s class prepared well for the days and weeks ahead.

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

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

Col. Bryan Huntley, the program’s director. With the focus on character, integrity service and excellence, learning in the year ahead will involve an abundance of dialogue.

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

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

“And every cadet candidate is an athlete,” said Lt. Col. Ken Korpak, athletic director, and noted this year’s class members are arriving with specialties in 15 different sports.

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

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

“I feel pretty prepared,” he said.

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

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

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

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

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

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

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

See PREP SCHOOL, Page 14
PTSD patients gain greater privacy, reduce stigma

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

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

The primary goal of this new research program is to offer effective therapy for PTSD within the primary care environment, where service members are likely to feel more comfortable seeking mental health assistance. Servicemembers who wish to participate in this type of treatment program simply schedule an appointment with their primary care manager and go to their primary care facility, just as they would for any other treatment. The primary care manager then refers the servicemember to the behavioral health consultant who works in the primary care clinic. This process helps to mainstream the treatment alongside other, more routine care. It is hoped that, as a result, a service member will feel less isolated or ostracized and be more willing to ask for help.

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

PTSD is one of the top health concerns for service members returning from combat duty in Iraq and Afghanistan. Recent studies of Operation Iraqi Freedom and Operation Enduring Freedom veterans suggest that 5 to 17 percent of U.S. military personnel returning from deployments have PTSD symptoms and as many as 25 percent report some psychological problems. Almost 2 million U.S. military personnel have deployed in support of OIF/OEF, and estimates in this population indicate that 100,000 to 300,000 OIF/OEF veterans are at significant risk for chronic PTSD.

The most effective treatment for PTSD is cognitive-behavioral therapy that helps the servicemember deal more directly with the distressing memories, feelings and thoughts related to combat exposure. Typically, these treatments are only available in the mental health clinic.

Until now, no studies have been conducted on offering cognitive-behavioral treatment for PTSD in a primary care setting. However, with research conducted by the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience, or STRONG STAR, doctors at Wilford Hall and Brooke Army Medical Centers in San Antonio have been able to launch the initial study and treatment of this kind. STRONG STAR is a multidisciplinary and multi-institutional research consortium funded by Department of Defense officials to develop and evaluate the most effective early interventions possible for the detection, prevention and treatment of combat-related PTSD in active-duty military personnel and recently discharged veterans. Under the leadership of the University of Texas Health Science Center at San Antonio, the consortium brings together the expertise of civilian, military and Veterans Administration institutions and investigators, striving together to make major scientific advances in military PTSD research and prevent the onset of chronic PTSD in a new generation of veterans. For more information about the STRONG STAR and its various research programs, visit www.strongstar.org.

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

“This is a significant number since there is a possibility that none of these patients would have sought treatment for PTSD without this intervening step. PTSD patients gain greater privacy, reduce stigma

I’m giving a
10% MILITARY DISCOUNT
ON MY ENTIRE MENU.
This does not include teenagers in camouflage shorts.

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See PTSD, Page 14
Solar

From Page 1

Springs Utilities to build, own, operate and maintain the solar array here. Construction will begin later this year.

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

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

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

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

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

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

Air Force opens SAPR Web site

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

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

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

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

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

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

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

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

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

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

“Shift to a full-scale prevention approach requires consistent and continuing education and training,” he said. “It also requires emphasizing standards and values by leadership as well as consistent, visible support for victims. Deterrence and holding perpetrators accountable is represented by our well-trained investigators, prosecutors, and commanders.”

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

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

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

By Academy Spirit Staff

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

The intent of the permit is to eliminate/reduce pollutants from entering waterways from urbanized areas. “Common pollutants from urbanized areas include sediment, oil, grease, trash, and lawn chemicals,” said Matt Lewis, 10th Civil Engineer Squadron water quality manager. “When discharged to waterways through storm water outfalls, these pollutants can impair water and aquatic quality affecting a number of surface water uses.”

Though there is currently no numerical discharge standards associated with the permit, the Academy is required to identify and implement storm water best management practices and measurable goals pursuant to MS4 categories. These practices and measurable goals are annually updated and submitted to the EPA in a report.

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

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

- **Vehicle Repair and Maintenance** – Academy housing residents are restricted from performing major automotive maintenance at their residence. In particular, oil and anti-freeze maintenance are restricted.
- **Lawn Maintenance** – Housing residents should minimize fertilizer, pesticide, fungicide chemical application that may be transported into storm water sewer systems.
- **Municipal Trash** – Housing residents are to dispose of their trash into designated waste containers for removal. Academy personnel are encouraged to pick-up and dispose of municipal trash whether on-installation or not.

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

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

For additional information, call Matt Lewis at 333-4394.
Cadet 3rd Class Malcolm Strong heard about the Disney Marathon because he lives in Florida but the cause came to him about a month ago one night when he couldn’t sleep.

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

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

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

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

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

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

There’s more to it.

“I have spent my whole life working toward serving my... See MARATHON, Page 9
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Marathon

From Page 7

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

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

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

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

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

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

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

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

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

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

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

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

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Chef Hero favors food and family combo

By Ann Patton
Academy Spirit staff

Every year for his birthday, the mother of the executive chef for Ike’s Grill always prepared shepherd’s pie, a combination of hamburger and vegetables topped with peaks of whipped potatoes. It is a recipe he has failed to duplicate. “I have not mastered her cooking,” he said with a grin.

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

The food and beverage manager at the Eisenhower Golf Course cooks nearly every day. “I guess I really do love food,” he said. The certified culinary chef and member of the American Culinary Federation received his formal training at the College of Culinary Arts at Johnson and Wales University with a branch in Denver.

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

“I take pride in this club,” he said of his Academy assignment. “I love coming here and want in Castle Rock before coming to the Academy. I love doing fine dining. It is something to take pride in,” the consummate chef said.

Fine dining, by his definition, comes though considerable thought and effort and results in high quality dishes and appearance. “I want to knock their socks off,” he said of his customers.

Fine dining doesn’t necessarily mean large budgets, however. “Food doesn’t have to be overpriced,” he said. “I want to make it work.”

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

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

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

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

“People have helped me quite a bit,” he said. “It’s my turn to give back.”

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

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

His personal notebook of photos of dishes he has prepared overflows with elegant desserts, main and side dishes and even ice sculptures. “I love doing fine dining. It is something to take pride in,” the consummate chef said.

Choice Award at the Catersource Kitchen Contenders Iron Chef competition featured on weekly television.

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

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

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Chef Hero later entered a photo of the dish he prepared in the Iron Chef competition featured on weekly television.

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Milwaukee leaders embrace social media

By Donna Miles
American Forces Press Service

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

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

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

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

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

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

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

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

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

Social media is a new phenomenon, with the first recognizable social network site tracing its roots to just 1997. But it's taken the world by storm.

By some estimates, more than 60 million people maintain a blog. Meanwhile, the MySpace and Facebook social networking sites have quickly risen to become the most-visited U.S. Web sites.

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


When U.S. Africa Command was standing up as the newest geographic command, Army Gen. William "Kip" Ward made the first entry on its online blog, "AFRICOM Dialogue" to describe the command's goals to his own staff and the public at large. Since then, General Ward and his staff regularly post updates about the command's activities in the region, providing a feedback box that invites readers to respond.

A recent example of how the military is using social media to engage with audiences is provided by Army National Guard Maj. Gen. Lynn D. Davis, chief of staff, Tennessee National Guard.

Davis uses a Twitter entry and other social networking venues for his perspective on Tennessee's response to Hurricane Katrina.

"If you're near one of the many thousands of people left without homes and in need of medical care and food, you may know how commonly heard is the phrase 'a little sunshine goes a long way.'

"When you're a military leader responsible for providing the 'sunshine,' you know that some days are easier than others. Of course, that's true for any leader."

In his blog entry, Davis reports, "The Tennessee National Guard has been there, and we're still there. We watched as the Coast Guard cutters and the MSC ship 'Comfort' safely delivered medical facilities to New Orleans. We watched as the Marines and the active-duty Army pulled together to provide food and shelter. We watched as our airmen helped to move supplies around.

"We watched as the 3rd Armored Division and the Tennessee National Guard came together to help their neighbors. And we're still there."

"We're still there because Tennessee National Guard leaders, like me, are traditionals who believe the National Guard is tasked with providing a quality of life, a security, a sense of belonging to the people of our state."

In his first blog entry, Davis described how the Tennessee National Guard's mission is to respond to domestic emergencies and how the TNG is delivering the ‘sunshine’ that Davis mentioned.

"If you're a leader and you're responsible for providing sunshine, then you know some days are going to be easier than others."

"Now that the Dust Bowl of 2008 is behind us, we're still here providing the sunshine to those who need it."

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

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

According to Lt. Col. Chuck Schweiss, intramural division chief, a comprehensive day of spirited competition was on the agenda. “Our mission was to evaluate the Basic Cadet Summer Physical Education Program and to stimulate competitive spirit between cadet squadrons … and for them to have fun,” he said.

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

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

Both Academy Superintendent Lt. Gen. Mike Gould and Commandant of Cadets Brig. Gen Sam Cox were present for the Class of 2013 showing basics their leadership is totally engaged in helping them succeed. The superintendent even joined in with other Academy leaders in some spirited Tug-of-War competition versus a basic cadet squadron. Many cadets in charge also further enhanced their leadership skills by overseeing critical aspects of the day.

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

The new event this year, “The Gauntlet,” included each squadron represented by 16 participants (two men and two women on each team for four total teams). Basics started at the south end of the men’s rugby field by ascending a climbing wall obstacle on one side and descended on the other side once they have reached to top of the obstacle. Immediately after the wall, a team member threw a football to the person who just came off the wall. The basic then carried the football thru the next set of obstacles. Next they maneuvered through a foot ropes course. Each cadet was required to successfully place a foot in every square. Following the foot ropes, they ran through weighted heavy bags. Next they had to successfully clear a padded obstacle. They each had three attempts to dispose of the football carried through the previous obstacles. Then the basic executed a layup to a basketball hoop. Each had to make a basket. Guiding a soccer ball through three obstacles and successfully placing the soccer ball in the goal was next. Finally, basics sprinted toward the finish.

Officials report the Class of 2013 performed exceptionally and were well on the path to success prior to marching out to Jacks Valley for “2nd BEAST.”
Members of Basic Cadet Squadron A participate in one of the many activities during the 2009 BCT Field Day.

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

From Page 3

“I’ve been working out non-stop for two months, and I’ve been eating well,” he said.

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

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

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

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

He also said it was his best year at the Academy. “I made friends who have stuck with me throughout the Academy and have gotten me through it,” he said. During her presentation, Director of Student Services Cleo Griffith told parents and cadet candidates of the closeness and camaraderie of the school, even after the year ends.

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

Social Media

From Page 11

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

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

“I’d like this forum to be a place where we can share ideas and solutions,” Admiral Stavridis wrote, responding to their comments. “Please feel free to share your thoughts on how we might communicate most effectively, or on anything else, for that matter.”

Air Force Gen. Douglas Fraser, the new SOUTHCOM commander, quickly took Stavridis’ lead, posting his first “In the Americas” blog July 3, a week after his change-of-command ceremony in Miami. General Fraser used his first blog message to outline his expectations of his staff and himself in engaging with the region. But he also made it clear he welcomes the open and professional exchange taking place throughout the command, the product of hard work and communication that can only be enhanced through social media tools.

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

PTSD

From Page 4

Many people just won’t go to a mental health facility,” said Lt. Col. (Dr.) Jeff Cigrang, chairman of the department of psychology at WHMC and principal investigator for the study. “Often, servicemembers who need help do not seek it for months to years after their return from deployment. In many cases, it is a spouse or other family member who is affected by the service-member’s irritability, social withdrawal or emotional numbing that encourages them to seek help.

Once symptoms are identified, an additional benefit to offering this treatment in the primary care setting is that appointments are more accessible, so patients experience less wait time to see a doctor.

The treatment in primary care is more abbreviated and less time-intensive than the options offered at the mental health clinic, so servicemembers are able to schedule appointments better in conjunction with their work schedules.

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

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

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

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

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

By Valerie Perkin
Athletics communications

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

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

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

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

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

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

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

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

Fire Dept burns DRU/MSS with grand slam

By Dave Castilla
Intramural Sports Director

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

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

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

In the top of the third, with two outs, Tim Neuman singled, Scott Koenig walked and Steve Peterson singled to load the bases. Mike McMahon hit a ball to the shortstop who overthrew it allowing Peterson to score and the score to 3-0.

In the top of the fourth, headquarters’ Tim Hostetler hit a home run just over the centerfield fence making it 4-0. Fire Dept finally got on the scoreboard with a pair of runs. Derek Damien hit a double off the left field fence, driving in Gore who had singled. Travis Perkins’ RBI single scored Damien.

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

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

In the bottom of the sixth, the Fire Dept. got right back in the game. Jackie Jacobs doubled to right field. Lance Gore singled off the third baseman’s glove driving in Jacobs. Damien blasted a two-run homer and Ryan Gilhooly tripled and came home on a John Salinas ground out to second base closing the gap to 9-6.

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

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

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

On the other side, coach and pitcher McMahan said, “I just tried my chances with Gore. If I could get him out, I was going to walk power hitter Damien who was on deck. I just didn’t get the chance.”
Back-to-school party
A back-to-school party will be held at the Falcon Club from 5 to 7 p.m., Aug. 19. There'll be a pasta bar, games, prizes and fun for the whole family. One lucky Club member will win a $50 gift card and another member will win a $25 gift card.

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

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

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

Summer specialty camps
The Falcon Trail Youth Center will be offering a series of summer specialty camps. For more info or to sign up, call 333-4169. The camps are:
- Monday to July 24: Sewing Made Simple – Youth ages 9 to 15 learn the art of sewing using a variety of clothes and accessories. From 9 a.m. to noon. Cost is $25.
- Aug. 3 to July 7: Adventures in Fine Arts – Youth ages 9 to 14 explore the world of fine arts and gain an appreciation for artists and their work through visits to local museums and pottery studios with hands-on experiences. Times are to be determined. Cost is $30.
- Aug. 10 to July 14: Colorado Adventure Camp – Youth ages 12 to 15 explore the wonderful Colorado outdoors with activities such as rock climbing, orienteering and ropes courses while building self-esteem and teamwork skills. From 9 a.m. to 3 p.m. Cost is $75.

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

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

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

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

A&FRC Offerings
The Airmans and Family Readiness Center will be hosting the following classes:

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

- You’re hired!
- Wednesday; 8 to 11 a.m.
- This ‘how-to’ e-networking course will cover online networking sites, netiquette, and making online connections. Popular networking sites such as Facebook, LinkedIn, Twitter, and others will also be featured.

- Red carpet tour
- July 24; 8:45 a.m. to 2:30 p.m.
- This informative, base tour gives newcomers insight into the mission and reveals much of what there is to see and do at the Air Force Academy.

Medical records review
July 27; 7:30 a.m. to 4:30 p.m.
- Individuals within 180 days of retirement or separation can have the DAV review their medical records.

TAP Seminar
July 31; 7:30 a.m. to 4:30 p.m.
- Separating in a year or retiring in two years or less? Call now to reserve your spot in the next available TAP class.
- Contact the A&FRC at 333-3444 for any questions and/or registration.

Local provider honors military
A Colorado Springs resident and local child-care provider is considering donating free child care one night per month for local military families. Becky Wyzkowski, license # 81973, has been providing professional child care since 1992. She will have to stay within her license capacity, two infants, four children between age 2 in one age group and two school aged. If she doesn’t have two infants she can take up to six children under school age. For more information her Web site at: beckyworld ofwonderdarycare.com or e-mail bbowzyz@yahoo.com

Got vocals?
The Team Pete Junior Enlisted Association will offer auditions for the 3rd Annual Front Range Idol Singing Competition July 31 at the Peterson Air Force Base Auditorium. Contestants will perform with a live band, to music they choose, before a screaming crowd. This competition is open to all personnel and their dependents (minimum age of 16) assigned to the Air Force Academy, Peterson/Cheyenne Mountain and other commands in Colorado. Nonmembers are welcome for $5 per person and club members are free. Sign up for membership at the event and get three free months free dues and start benefitting that night.

Concert in the Park III
The 21st Space Wing and the Peterson Air and Space Museum Foundation will once again sponsor Concert in the Park in 2009. The event is July 31 in the award winning historic district, Airpark behind Bldg. 941, 150 East Unit Ave. This two and a half hour program will include free hot dogs, hamburgers, and bottled water. Active duty and retired military, civilian DOD employees and all their family members are welcome to enjoy this free American evening. Arrival time should allow for parking and time to walk around and enjoy the Airpark’s displays. Food and drink will be served at 5 p.m., followed by the Air Force Academy musical group, Wild Blue Country, from 6 to 7:45 p.m. See aviation historical displays depicting the early days of aviation within the museum and the “Old City Hangar.” A new display, the Peacekeeper ICBM Missile Procedures Simulator, will be open as will the last known fully equipped EC-121T “Connie.” Bring lawn chairs or blankets to relax on the knolls in the Airpark. For more information, call 556-4915 or 556-8314.

Save $5, take a faircation Saturday - July 25
Come “Rediscover Your Smile” at the 104th El Paso County Fair in Calhan, Colo., just 30 minutes west on HWY 24. This year for the first time the El Paso County Fair is going to honor our local active duty Military and their dependents with free admission to the Fair on Military Appreciation Day, Saturday. Experience the new entertainment of Bear Mountain, Reptile Adventure, and Michael Harrison the Ventriloquist as seen on America’s Got Talent. We will also host our traditional fair favorites like 4 H shows and exhibits, arts and crafts, petting zoo and rodeos. Nightly events of auto races, Got Talent contest, a modified truck and tractor pull, a monster truck show and demolition derby provide thrills and spills. For more information call 719-520-7880 or visit www.elpasocountyfair.com.

Weekly offers on the page 16 2009!
On August 29th, thousands of active duty military will march proudly in the 

**Red, White & Brave**

**Welcome Home Parade**

Now imagine the thrill of participating in the Parade! Your organization or group can be part of this historic event by creating a float. 

Call 635-8803 or contact the Parade Committee through their web site [http://csbj.com/welcomehomeparade](http://csbj.com/welcomehomeparade) to request an entry form