Mock disaster readies Academy firefighters

By Amber Baillie
Academy Spirit staff writer

Army National Guard helicopters buzzed over the Academy and firefighters rushed to aid vic-
tims in a simulated plane crash July 22 as part of a multi-agency emergency response exercise in preparation for a catastrophic event.

Twelve military and civilian Academy firefighters, along with the Colorado National Guard,Eldorado Rodri-
guez-Hernandez, an Academy firefighter, assists a crash victim, an exercise role-
player, in need of medical transport during an emergency response exercise here Monday.

PHOTOS BY SAM LEE

‘Knock on wood’
So far, no major accidents during Critical Days

By Don Branum
Academy Spirit staff writer

The Air Force Academy has seen no se-
rious injuries or deaths since the Critical Days of Summer safety campaign began May 27, the Academy’s director of safety said July 18.

“Knock on any wood you can find, there have been no major accidents here,” Lt. Col. Steve Harmon said, adding that people should keep risk management in mind, par-
ticularly while driving, as vehicle accidents have resulted in nine deaths Air Force-wide between Memorial Day and July 18.

“Driving becomes too automatic,” he said.

“We put our brains on cruise control, and when something unexpected happens, we’re caught unprepared. You have to be much more engaged and alert.”

Six fatalities so far in the Critical Days of Summer involved motorcycles, accord-
ing to Air Force Safety Center reports. Of those, two occurred when the motocyclist lost control of the bike, and four occurred when the motocyclist collided with anoth-
er vehicle.

Personal protective equipment is designed to protect a rider from minor accidents and road rash and to increase visibility, but it can’t protect against major collisions, Har-
mon said.

“Motorcyclists have to be extremely alert, and so do drivers around them,” he said.

“What a motorcyclist has to do is see the situation before it happens, keep an eye on every car before it becomes a threat and slow down at intersections.”

The other two motorcycle deaths and all of the four-wheeled vehicle deaths resulted from the driver losing control of the vehi-
cle. The two non-vehicle fatalities stemmed from apparent improper risk management: In one case, an Airman without a personal flotation device drowned after his boat cap-
sized; in another, an Airman took part in a boxing match without headgear and died from severe head injuries.

“Bottom line, stop and think about the risk before you do the activity, whether it’s a PFD on a boat or a helmet on a moun-
tain bike,” Harmon said. “We do it natu-
рally when we hesitate, but we want to think
about it. It’s not about ‘killing the fun’— it’s
about having fun intelligently.

“Take classes. Go do the activity with someone who’s good at it. Learn how to do it safely. Don’t just dive into it,” he added.

“Ask yourself. Am I protected to do this, and am I trained to do this?”

Don’t DISS yourself

Four factors play into a large number of vehicle accidents: distractions, impairment, speed and sleep. Don’t DISS yourself:

Keep these factors in check while you drive, and...
Getting back to basics’ in sequestration

By Maj. Frank Skrypak
65th Comptroller Flight commander

LAJES FIELD, Azores — For far too long, the phrase “doing more with less” has dominated the Air Force’s fiscal vocabulary. With the fiscal environment now being fully effective, the Defense Department has implemented a $450 billion budget cut over the next 10 years, whilereshaping its mission around the world. In fact, “doing less with less” is the mantra of a new operating environment for all of the service components, including the Air Force.

This statement isn’t meant as a defeatist attitude or to discourage Airmen from excelling in all they do, but a call to re-evaluate our operations and adapt to changing expectations.

Have fiscal expectations changed? Guaranteed. So how do we “do less with less” and get back to basics.

First and foremost, getting back to mission basics is a step in the right direction. With sequestration and funding cuts to each wing’s top line this fiscal year, this concept is critical. An essential task for Air Force leaders is to analyze what their unit’s mission is — what the Air Force demands of a unit. It’s time to revisit what each unit is doing and why.

Over time, a unit’s original mission often gets lost or grows unwieldy. Necessarily, it is the time to ask some tough questions about what their mission encompasses. Is the additional growth necessary? Was it once necessary, but is no longer? Has one unit duplicated the function of another? How much funding is exhausted by new mission requirements?

Air Force leaders must know the difference between activities and requirements that drive mission accomplishment and those that enhance mission accomplishment. It’s all a matter of prioritization. In this instance, the key is to determine what are the baseline requirements that are critical to mission accomplishment should be ranked as high priorities. After all, units are getting less money and should be doing less, so prioritization is key.

Leaders can successfully execute a back to basics approach through consistent and clear communication of expectations, positioning Airmen to contribute to the most basic mission requirements. For example, not one, but two United States Air Forces in Europe bases have already benefited from the efforts of a handful of Airmen operating with some back to basics guidance. In this instance, an Airman highlighted an enormous amount of individual protective equipment that could be transferred to another USAFE unit. That Airman was armed with two very important weapons: the technical knowledge to conduct an inventory, but more importantly, the understanding of the unit commander’s vision to get “back to basics.”

This situation’s outcome: in only a few weeks, a container loaded with 5,122 pieces of equipment valued at $218,700 departed Laajes Field, Portugal, for its new home at Aviano Air Base, Italy. The shipping charge for the container was minute when compared to the cost of new equipment.

Finally, encourage others to rethink the way the Air Force does business and act on new ideas. Question assumptions and beliefs about spending, especially the “sacred cows” in each unit. Make the move to understand the “why.” There are key questions: “What are we doing?” “What is the purpose?” “How are we doing it?” “Where are we doing it?”

Leaders must determine the financial return on the use of their resources. This is an unacceptable answer. Leadership’s job is to identify the greatest financial returns to be had to their units. In doing so, make it safe for people to take the designated level of risk, and reward and recognize those who do.

The Air Force has recently completed a call for cost saving ideas that was announced about two years ago. In fact, some units are setting up enduring web sites to collect these ideas. There are thousands of great ideas out there, and many Airmen’s great ideas bloom into positive returns when acted on.

“Doing less with less” may be the new expectation the Air Force must adapt to, but doing less through getting back to basics goes a long way towards implementing the big changes we must make.
Eliminating sexual assault:
Commanders to report disciplinary decisions to court martial authority

By David Salanitri
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — The Air Force has adopted two new measures to eliminate sexual assault from within the ranks, including requiring discharge for Airmen who commit sexual assault, and requiring the Air Force's most senior commanders to review actions taken on these cases. According to Capt. Allison DeVito, chief of JAG's victim issues and policy branch, both changes are part of the Air Force's initiative to combat sexual assault and foster mutual respect and dignity among Airmen.

When combined with existing programs, the Air Force's efforts to end sexual assault and support those who report it have increased significantly throughout the past year. At the same time, the Air Force is experiencing a surge in its prosecution rates for sexual assault, with similar results being shared by other services.

DeVito explained as of July 2, after completing any disciplinary action for sexual assault, commanders must initiate administrative discharge processing for any Airman, officer or enlisted, found to have committed a sexual assault offense. This new requirement, which covers a wide-range of sex offenses, is triggered by a finding that the Air Force has committed a sexual assault offense, the commander must promptly refer the case to the Air Force Office of Special Investigations. If the commander believes evidence uncovered in the investigation substantiates an allegation, then the commander will take appropriate criminal or administrative action, and following that, he must process the offender for administrative discharge.

In addition to the recent policy change, DeVito said a new provision explicitly states that an Airman, who engaged in an unprofessional relationship while serving in a special position of trust, such as a recruiter or military training instructor, is also subject to administrative discharge. Airmen who are involuntarily separated from the Air Force under these circumstances, may receive a discharge under “other than honorable” conditions.

DeVito added another change made to the discharge process requires an Airman be advised of his right to request review by a general officer. The case can be reviewed if the Airman believes the commander’s recommendation for involuntary separation was initiated in retaliation for having made an unrestricted report of a sexual assault within the previous 12 months. This change further eliminates any perception that an Airman who reports a sexual assault may be subject to discharge simply for reporting.

Also on the books, effective June 27, the Under Secretary of the Air Force directed any commander who makes a disciplinary decision regarding an Airman who commits a sexual assault must report that decision to his servicing general court-martial convening authority, who has attained the rank of brigadier general or higher. The general court-martial convening authority will then review the intended disposition and take any further action he deems appropriate.

This change also requires that the general court-martial convening authority must review the case and its disposition after all disciplinary and administrative action is completed and must report the actions taken in the case to the AFOSI in writing. Upon receipt of this report of command action, AFOSI will close out the investigative file by attaching a copy of the report of command action to the case file.

DeVito said to date, 369 service members, of which are mostly Airmen, have received legal services from an Air Force SVC. These SVCs are attending interviews by AFOSI, the prosecution and defense counsel. They are also attending trials of subjects with the victim-client, assisting victims in obtaining expedited transfers, and helping victims receive military protective orders to ensure the assailant does not contact the victim except as needed to prepare for trial. Currently, the Air Force is the only service providing SVCs to service members.

“Sexual assault has no place in our Air Force,” said Gen. Mark Welsh III, Chief of Staff of the Air Force.

“We live in a culture of respect. We cherish our core values of integrity, service, and excellence. But in order to ensure all Airmen experience and benefit from those values, we must eliminate sexual assault in our ranks.”

The changes to the Air Force Instructions require a commander to initiate discharge processing or a waiver, said Maj. Darrin Skousen, the Academy's deputy Staff Judge Advocate.

“Commanders evaluate the specific circumstances of the offense, the member's record and potential for future service, and take prompt action to initiate discharge or waiver action,” Skousen said. “The waiver is not part of the discharge process.”

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Couple recalls Academy firefighters' role in saving home

By Don Branum
Academy Spirit staff writer

The Black Forest Fire claimed nearly 500 homes between June 11, when it started, and June 20, when it was fully contained. Colorado National Guard Lt. Col. Mitch Utterback dubbed it “the Battle of Black Forest.”

Driving north on Peregrine Way toward Jeff and Elizabeth Miller’s Black Forest house near Tahosa Lane, seeing destroyed structure after destroyed structure, it’s easy to understand why.

Some chimneys, constructed from stone, remain, as do the concrete foundations, but little else survived. Cars left in yards during the evacuation now lie in ruins, having melted in the flames. A metal fence on the east side of Peregrine lies warped in parts and completely melted in others. Many of the pine trees that burned stand, but completely blackened, dead.

But the home of Jeff and Elizabeth Miller still stands. They credit the Air Force Academy Fire Department for saving their house and all the memories it contains.

A mixture of soot and slurry, dropped from the sky to slow the fire’s advance, covers the ground of most of the Millers’ five-acre plot. Black covers fence posts and a railroad tie used as a step just a few feet from their house, but the structure itself is unscathed.

The family, who moved into their home in 1982, were away from the house when the fire began. Elizabeth said.

“We didn’t see the house,” she said. “We looked over, and there was a big, black plume of smoke flying over right here,” she said. “We knew then that black meant a house, and white meant forest, so we assumed that we were just too late. But as far as we understand that was the house right behind us that went up on Thursday, when the wind whipped back up.”

The Millers have pieced together what happened next with help from Lt. Col. Shane Coyne, an individual mobilization augmentee and Center for Character and Leadership Development volunteer firefighter. He and another individual were in the yard of their home when they saw the fire approaching.

“They didn’t have a truck with them but had some hand tools, so they cut a fire break and started to hold it off while they waited for water and foam to show up,” Elizabeth said. “So at some point, the yard was on fire in the side and the back and the front.

“The fire burned within feet of the front deck and the wood siding and the rail fence, which was attached to the wood siding of the house ... there were lots of opportunities for a bad outcome if there hadn’t been someone standing in the yard before it got way out of control,” she continued.

Early on the morning of the 14th, their daughter received a text message from U.S. Forest Service firefighter Emily Wells with a link to photos on the Air Force Academy’s official Facebook page, Jeff said.

“Elizabeth opens it up ... and that’s when she sees these pictures of our house,” Jeff said. “Friday morning, we learned from these pictures that we have a house standing there with firefighters standing around it. It was quite surreal.”

The photos filled a gap in the Millers’ understanding of what had happened, Elizabeth said.

“We hadn’t seen the forest on fire around our house,” she said. “Seeing it and realizing just how close it was, seeing the sequence of photographs ... it’s really clear that the house was in tremendous peril, and it was just a matter of time.

A State Patrol trooper escorted them to their house later that morning.

“The ground was still smoldering,” Elizabeth recalled. “There was still significant smoke. We could see and smell a lot of that. And ... because we came up Peregrine, we saw our neighbors’ houses just gone, so we knew what the potential was. It’s like ‘This is not normal.’… 

The close call brought back memories of family members’ houses in Texas that were destroyed by a wildfire in 2011, Elizabeth said.

“I helped my parents recover, find a new place to live,” she said. “They restocked their entire lives from the ground up. So we had a clear picture on Tuesday, when the fire started, of what it’s like to come back to just the worst possible outcome.

The Millers reclaimed a sense of normalcy after what they could live in their home again, after a great deal of cleanup and smoke mitigation, Jeff said. But in some respects, normal is still a long way away.

“If we came up Tahosa and you didn’t really look at (one neighbor’s) lot ... then it may feel normal. But then you go around the corner and those houses are gone, and it’s like, ‘This is not normal.’”

Recovery will take time and effort, Elizabeth said. Nonetheless, most of the neighbors in the area plan to rebuild.

And “the steaks are on us” the next time Academy firefighters are in the area, she added.

“It’s helpful for us to understand, she explained. “We hope to exchange steak for stories, and for us to really be able to thank these folks for their extraordinary effort on our behalf.”
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Marchin’ out!

Led by cadet training cadre, nearly 1,200 Class of 2017 basic cadets march on North Gate Boulevard toward Jacks Valley July 22 where they will endure 11 days of intense field training. The 7.8-mile march began at the Terrazzo and ended in Jacks Valley.
Tips for fire prevention
El Paso County officials may have lifted stage 2 fire restrictions in unincorporated areas earlier this week, but there are still safety measures Academy staff and their families should take when dealing with any type of fire.

• Don’t leave any fire unattended
• No open fires, camp fires, bonfires or trash fires are authorized at the Academy, but barbecues and fire pits are authorized in base housing, the dormitories and FamCamp
• Smoking on the Academy is only allowed in designated smoking areas and tossing a cigarette from a car is litter and a citable offence
• To report a fire on the Academy, dial 911

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 sharpen 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 it gets to solve the puzzle!

Sudoku

Fun By The Numbers

Solution on page 11

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not only did basic cadets tackle the “Beast,” they did it in 92 degree heat.

One thousand one hundred and sixty-one basic cadets took on tough obstacle courses July 23 in Jacks Valley, including the Confidence Course and Assault Course for the second half of Basic Cadet Training, referred to as the “Second Beast.”

“The real focus of the first couple days of Jacks Valley is ‘Welcome to the field, this is how real it can be,’” said Cadet 1st Class Nate Bratka, Basic Cadet Training Cadet cadet commander. “It makes them realize they can get deployed, be put out in the field and will be pushed and pulled. It’s about building themselves up as a class because they’re going to need it once they hit the academic year.”

During the 11 days of rigorous military training and team-building, which began July 22 with a march out to Jacks Valley, basic cadets set up their own tents and are introduced to a field environment where they learn combat first aid, weapons skills and test their physical limits.

“Second Beast is geared toward making a warrior,” Bratka said. “The Self Aid Buddy Care training is geared toward how to keep somebody alive until the medics show up, and the Assault Course tests basic cadets’ strength to see if they will last.”

If one basic leaves his wingman behind, they’re nailed for it,” said Cadet 1st Class Nate Peeler, Cadet Group Superintendent.

“They really emphasize teamwork here,” Peeler said. “You never leave an Airman behind.”

According to Bratka, 514 cadre members are a part of field training this year. He said they’re been a key focus to allow them to execute their leadership skills.

“This year we switched the focus of basic training to more of a leadership experience for the upperclassmen,” Bratka said. “The idea is if we train ourselves to be a certain way, the basics will follow. The basics have four years at the Academy to develop into an officer. I’m going to be a lieutenant in almost 300 days.”

Bratka said the scorching heat has influenced training.

“It’s been pretty hot today,” Bratka said. “The heat is definitely a challenge. When the temperature reaches 90 degrees, we don’t include physical formations such as push-ups and sit-ups in the training.”

Following field training, cadets will march back to the Cadet Area for acceptance into the Cadet Wing.

“This may be day two of Jacks Valley but this is like day 25 of their basic training as a whole,” Bratka said. “I think they’re starting to see the light at the end of the tunnel. I think as a cadre, when we can show them this is what you’ve done so far, that motivates them.”

Bratka said the eager new class is coming together.

“We’ve seen them since day one for Basic Cadet Training,” he said. “Seeing them come off the bus to seeing how they are now, there has definitely been a transformation. I think they’re going to be a really good class.”

Two basic cadets traverse the Rope Swing Obstacle during field training at Jacks Valley July 23.
Stay connected with social media, but use common sense

By Airmen 1st Class Zachary Nocic
Air Force News Service

FORT GEORGE G. MEADE, Md. (AFNS) — Engaging in social media today can be a positive experience that keeps Airmen connected, but it takes opinions to be expressed on a wide variety of topics.

But, in some cases, social media can ruin reputations or careers, and create a window for criminals to access personal information.

According to the DOD’s top social media expert, safe use of social media outlets is simple — use common sense.

Tanya Schusler is the chief of social media for the Air Force Public Affairs Agency, Joint Base San Antonio-Lackland, Texas. She said in many cases, problems arise when people are “too trusting” with their personal information.

“It can be something as simple as sharing your phone number with someone you don’t particularly like at a bar,” Schusler said. “This tells your social network one critical piece of information — you’re not home.”

Many Airmen cause issues by posting photographs of themselves violating appearance standards, acting inappropriately and violating security protocol, Schusler said.

Airmen shouldn’t post information about deployments or photos of secure areas within installations. Even if they take the information down shortly after posting, its most likely been seen and can be printed, screen-captured, and copied. Once this information is released to the internet, it’s there permanently.

“When posting personal opinions about Air Force topics, Airmen should provide a disclaimer stating the opinion as their own, and not that of the Air Force,” Schusler said.

This can be done either as a disclaimer on a profile, or on each individual post and will alleviate any potential confusion from followers reading the post.

Using certain security features within social media sites can help mitigate some of the risks personal information is being shared. However, privacy policies change almost daily, and Airmen may not know about the most up-to-date features.

Airmen shouldn’t rely on site security measures alone but they should be careful who they allow into their social media networks and be responsible for their social media posts.

Airmen’s social media pages are their personal space and they are encouraged to tell their Air Force stories through social networks.

They simply need to be aware of what they post so it’s cleared for release and within regulations, Schusler said.

“We don’t want Airmen to feel like they are stifled from sharing information,” she said. “We just want to emphasize the use of common sense to keep people safe.”

Air Force announces voluntary fiscal 2014 force management programs

By Debbie Gildea
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) — The Air Force will implement several officer and enlisted force management programs for fiscal 2014, officials said July 18.

Force management programs enable the Air Force to meet mandated end-strength numbers in the right career fields and at the right grades, said Lt. Col. John Barlett, the Air Force Personnel Center operations division chief.

Officials anticipate ending fiscal 2013 at 329,460 authorized end strength, but also expect fiscal 2014 autho- rization levels to remain stable.

“Air Force leaders are working hard to ensure we meet end strength restrictions without harming the mission or the Airmen who accomplish it,” Barlett said. “Force management programs help us do that — they enable us to offer reassignment, separation incentives and options that Airmen wouldn’t otherwise have.”

Enlisted members in non-critical career fields will be able to apply for limited active duty service commitment waivers, a waiver of up to two years on their current enlistment contract, a waiver of all but six months of promotion-related ADSC, or the expanded Palace Chase program (reduced commitment to the Air Reserve Component of one year for each year of ADSC waived), Barlett said.

Eligible officers from over-manned fields will be able to apply for time in grade waivers, limited ADSC waivers, the Expanded Palace Chase Program, and the 10-vs-8 Commission Waiver Program (allowing prior enlisted officers to retire with eight years of commissioned time versus 10).

Eligible Airmen must apply online via the virtual Military Personnel Information System through July 19 or July 1, 2014. Those approved must separate by Sept. 30, 2014; approved reassignments must submit their discharges no earlier than Oct. 1 and no later than Sept. 1, 2014, Barlett said.

While eligible Airmen may apply for available waivers, some Airmen, depending on their circum- stances, may be required to repay the Air Force for benefits received including tuition assistance and transferring Post 9/11 GI Bill benefits to dependents.

“Airmen need to carefully review the eligibility criteria and recoup- mandise before they apply for a force management program,” Barlett said. “ADSC waivers don’t require repayment, like permanent change of station and technical training, but others do, so you’ll want to be prepared. And do look into the Palace Chase option; you may be excused from all repayment.”

Members selected for voluntary and non-voluntary FM programs must attend an Air Force Transi- tion Assistance Program seminar before separating or retiring, as well, so applying early will help ensure they are able to get into a program, Barlett said.

In addition to voluntary force management programs, the Air Force will implement additional programs and measures through the fiscal year to bring end-strength numbers within requirements.

DOD’s environmental efforts succeeding, officials say

By Karen Parrish
American Forces Press Service

WASHINGTON, — While the Defense Department is battling to maintain the nation’s military readiness in an austere budget climate, its conservation efforts in communities across the nation and abroad are flourishing, environment- al experts told a national security audience recently.

John Conger, acting deputy undersecretary of defense for installations and environment, and James Van Ness, the DOD’s acting deputy undersecretary (for Acquisition, Technology and Logistics), discussed programs and measures through the Aspen Security Forum in Aspen, Colo.

Conger assured the audience that funding for the Pentagon’s environmental initiatives is large- ly shielded, and the Pentagon has gained ground in efforts from endangered species rehabilitation to site cleanup programs.

Conger noted the department manages nearly 30 million acres of land and roughly a half mil- lion buildings in the U.S. Many of the training acres on military installations have served as ref- uges for threatened and endangered species, he noted, but conservation efforts now are moving outside the gates.

“The Defense Department has a dedication to the environment that is wider in scope than a few million acres are familiar with. … We spend $4 billion a year on our environmental programs,” he said. Conger added that military installa- tions are home to 420 federally listed threatened or endangered species and 523 at-risk species. Roughly 10 of the former and 75 of the latter are found only on DOD property, he added.

Van Ness explained that as pressures build to increase DOD’s use of its available training space, the department is working harder to build viable habitats for those species in communities around military installations.

He said department environmental experts have hit on the idea of working with surrounding communities and states, and in some cases other federal agencies, to contribute habitat- building efforts near military installations in re- turn for the relaxing of some constraints on the installations. These private lands initiatives, Van Ness said, have been remarkably successful.

“We’ve had 41 transactions and more than 14,000 acres protected” under the program at Fort Bragg, N.C., alone, he said. Fort Bragg, home to the Red-Cocked Woodpecker as well as the Army’s 18th Airborne Corps and other major units, has benefited from the partnership in increased use of training lands, Van Ness noted.

“Fish and Wildlife Service has lifted some of the restrictions that were most onerous,” he added.

As similar initiatives in other locations continue, he noted, the DOD is now involved in habi-tat rehabilitation projects at about 60 bases in 24 states.

Partner agencies have matched the DOD in funding this program, he noted.

“These are lands that are important to them, too,” Van Ness said. “It meets their needs and their interests.”

Conger noted the department also has improved its site cleanup record dramatically in recent years. By 2018, the department will have completed cleaning up 90 percent of the environmental sites it has identified, he said, and will have completed 95 percent by fiscal 2021.

While a few sites will require longer-term solu- tions, Conger said, “I’m proud of our cleanup program and I think we’re doing a pretty good job.”
Exercise

From Page 1
at Fire Station 1. “It’s nice to get a bigger picture of what’s happening and what other agencies would be doing too.”

Although firefighters met the goal of the exercise, Longwell said the Fire Department could improve as a team and when working with other agencies.

“The goal was to get all the victims transported and we did it in a timely manner,” Longwell said. “When we arrived on site, it wasn’t what we thought it would be and we had to switch directions, changing how we thought about the situation and how we were going to approach it. Once we sorted things out, it ran smoothly and was great practice.”

Longwell said the Academy is becoming more integrated in the Colorado Springs community.

“I think the Waldo Canyon and Black Forest fires showed us that we need more practice working together to solve the community’s problem instead of, ‘This is our district, don’t worry about us,’” Longwell said. “This kind of exercise is really going to help us come together well when we do have an incident and it’ll be flawless if we continue with it.”

The exercise isn’t far from reality, Frey said.

“It’s a realistic scenario that could happen,” Frey said. “We have wildfires all the time and if a plane is to crash right in the middle of it that would be horrible.”

Three Colorado National Guard helicopters flew in for search and follow-on infrastructure of the ground search and rescue team, according to Lt. Col. Mitchell Utterback, the Colorado National Guard’s interagency and liaison officer.

“This exercise occurs once every four years in the United States,” Utterback said. “The training aids to support a downed aircraft search and survivor triage and treatment. It’s great cooperation between the Academy and interagency partners, all working to improve our mutual response to a disaster.”

He said all agency representatives know each other on a first name basis and worked together during the Waldo Canyon and Black Forest fires.

“We are not resting, and continue to work to improve our ability to respond to disasters in Colorado,” Utterback said.

National Guard units from Colorado, Arizona, Idaho, New Mexico, Nebraska, North Dakota, Utah and Wyoming participated in the week-long exercise. The last portion of Vigilant Guard takes place today at the Colorado National Guard Joint Operations Center in Centennial.

Safety

From Page 1
you’re much more likely to make it through the Critical Days of Summer unscathed.

Distractions:

This includes taking your hands off the wheel, taking your eyes off the road or taking your mind off driving, according to the National Highway Traffic Safety Administration. More than 3,000 people were killed in distraction-affected cases in 2011, comprising 10 percent of all fatal accidents in the United States that year. The fix: Hang up and drive.

Impairment:

Alcohol is the biggest factor in driving impairment, but other drugs can also affect a driver’s judgment and reflexes. Impaired driving accounted for 10,000 deaths in 2010, according to the NHTSA. The fix: If you drink, don’t drive, and if you’re going to drive, don’t drink. Call a cab, call a co-worker, or call the local Arrnien Against Drunk Driving chapter (Fridays and Saturdays between 10 p.m. and 3 a.m.) at 552-2233. Check drugs’ warning labels to see if they cause drowsiness or dizziness.

Speed:

You can’t break the laws of physics. Driving faster than conditions permit both reduces your reaction time and greatly increases the force of an impact. Nearly 10,000 traffic fatalities in 2010 resulted from excessive speed, according to the Federal Highway Administration. The fix: Drive at a speed and with sufficient following distance between you and the vehicle in front of you to give yourself a full second to react to anything unexpected.

Sleep:

If you don’t get enough sleep in your bed, your body will make up for it in your car. A Harvard Medical School study estimates that as many as 8,000 Americans per year die from falling asleep behind the wheel. The fix: If you’re driving more than 500 miles, split your itinerary into multiple days, limit your driving time to eight hours, and get at least eight hours of continuous rest once you reach your stopping point for the day.

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deal of the day

www.gazette.com/dealoftheday
**Falcons picked for 3rd in Mountain Div. behind Boise State, Utah State**

By Athletic Communications

Boise State is predicted to win the 2013 Mountain West Football Mountain Division title, while Fresno State was chosen to finish atop the West Division, the league announced July 22 at an annual Media Days, held at The Cosmopolitan in Las Vegas.

This season marks the first time in Conference history for divisional play.

Air Force, Boise State, Colorado State, New Mexico, Utah State and Wyoming make up the Mountain Division, with Fresno State, Hawaii, Nevada, San Diego State, San Jose State and University of Las Vegas comprising the West Division. The two divisional winners will meet in the inaugural Mountain West Championship Game Dec. 7 at the home stadium of the divisional champion with the highest BCS ranking.

Boise State compiled a 7-1 conference record in 2012 to share their first MW title with the Bulldogs and Aztecs. They received 40 first-place votes, and earned a total of 245 points in a poll of media members. Boise State posted an 11-2 overall mark in 2012 and finished the year ranked No. 14 and No. 18 in the USA Today/Coaches and Associated Press final polls, respectively.

Boise State returns four starters from a defensively strong unit that led the Mountain West in scoring defense and ranked eighth nationally at 15.77 points per game last season. The Bronco defense also boasted a 1.54 turnover margin in 2012, second-best in the nation. Offensively, five starters return, including senior quarterback Joe Southwick and 2012 All-MW second-team wide receiver Matt Miller, a junior.

Fresno State, which finished its first season of Mountain West play as tri-champions with a 7-1 mark (9-4 overall) in 2012, garnered 39 first-place votes and a total of 243 points in the poll.

Quarterback Derek Carr, the 2012 MW Offensive Player of the Year, heads up a group of seven starters returning to lead the Bulldogs offense. Last season, Fresno State ranked 17th in the country in scoring offense (37.92 ppg) and 12th in passing offense (259.7 ypg). Eight players return to a defensive squad that ranked second in the country in passing defense (167.15 ypg), 22nd in total defense (338.85 ypg), 37th in scoring defense (23.85 ppg) and tied for seventh in turnover margin (1.15 tpg).

Utah State, which enters its first season in the Mountain West, totaled one first-place vote and 204 points for second place in the Mountain Division poll. The Aggies finished third in the Pacific-12 Conference in the Western Athletic Conference with a perfect 6-0 mark (11-2 overall), and were listed No. 16 and 17 in the Associated Press and USA Today/Coaches final rankings, respectively. Eight starters return on the offensive side of the ball for Utah State, while the defensive unit brings back seven starters.

Air Force (143 points), Wyoming (116 points), Colorado State (90 points) and New Mexico (63 points) rounded out the Mountain Division poll.

San Diego State earned one first-place vote and 181 points for second place in the West Division poll. The Aztecs return seven offensive and nine defensive starters from a 2012 squad that posted an 8-5 overall mark (9-4 overall) en route to claiming its first MW crown as tri-champions.

San Jose State also embarks on its first season of MW play in 2013, and is predicted to finish third in the West Division with one first-place vote and 172 points. The Spartans are coming off a 2012 campaign that saw them finish second in the WAC (5-1) and 11-2 overall. They were ranked No. 21 nationally at the end of last season. Nevada (135 points), UNLV (71 points) and Hawaii (59 points) complete the West Division poll.

The Academy Finance Office defeated Government Contracting Resources 21-8, the 10th Aeromedical Squadron edged GCR, 11-10, and the 10th Medical Operations Squadron won on a forfeit victory over Golf Course in the final regular season recreational softball championship here Tuesday.

**Finance - GCR**

Finance earned second place with their win over GCR, moving from a 2-0 lead in the first inning to 10-4 in the second.

Finance’s Cory Galaz had a single that drove in two runs, Ian Johnson had a double, a triple, and Andre Chongs a double. Vince Marzano and Al Seto had RBIs.

GCR cut the lead in the bottom of the third in half with five runs, but Finance put the game away in the top of the fifth with six runs.

**AMDS - GCR**

GCR lost the second game of the doubleheader and finished the season in fourth place.

**Recreational softball league roundup**

By Dave Castilla

**10th Force Support Squadron Intramural Sports Director**

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**Falcons compete at ITA Summer Circuit**

By Athletic Communications

Two Air Force tennis players competed last weekend at the 2013 Intercollegiate Tennis Association Collegiate Summer Circuit event hosted by the Academy.

Ali Rizvi, a rising senior on the women’s team, won the doubles title and finished second in the singles draw, while Anastasia Hueffner, a rising senior on the women’s team, placed second in the doubles and fourth in singles.

Rizvi, who played four dual singles matches last season, won three matches before falling to Hayden Sabatka of New Mexico, 6-4, 7-6(6) in the singles title match. Rizvi then paired with Fer-
ris State’s Aaron Dial to win the round-robin doubles competition.

The duo won two of three match-
es, as did Daniel Conroy (Allegh-
ey College) and David Brown. Rizvi and Dial took the title with an 8-5 victory over Conroy and Brown.

Hueffner, meanwhile, captured a 6-1, 6-3 victory over Brooke Gil-
liam in the quarterfinals before falling to UNM’s Madison Porter, 6-2, 6-4, in the semis.

In the women’s doubles bracket, Hueffner paired with Shelby Cerk-
ovnik, a soon-to-be freshman at Montana State, to win two of their three round-robin doubles match-
es and capture second place.

The ITA Collegiate Summer Circuit is made up of eight regional circuits (East, Mid-Atlantic, Southeast, Midwest, Central, Mountain, Texas and West) for collegiate players (events are also open to junior players). All eight regions consist of four consecutive open tournaments played during the month of July, leading up to the ITA National Summer Championships in Bloomington, Ind., in August.

The ITA Collegiate Summer Cir-
cuit began in 1993 and more than 30,000 players have competed in circuit events since its inception.

**Academy Spirit**

**Friday, July 26, 2013**

**2013 Air Force football guide now available for download**

The 2013 Air Force Football media guide is avail-
able online in booklet form or to download. The guide contains information about the Academy, coaches, players, a 2012 season review, the Mountain West Conference and Academy Football history. To see the guide, visit www.goair-
forcefalcons.com.

Air Force takes the field at Falcon stadium Sept. 1, 2002, before playing Idaho State.

RAYMOND MCCOY
Academy grad joins men's basketball staff

By Jerry Cross
Athletic Communications

A 2007 Academy grad is the latest assistant Air Force men's basketball coach, the Athletic Department announced July 19.

Capt. Nick Welch, 30, joins the coaching staff after spending four years at Barksdale Air Force Base, La., as an aircraft maintenance officer and two years at Los Angeles AFB as a satellite acquisition program manager.

“We are thrilled Nick is rejoining the Air Force basketball program,” said head men's basketball coach Dave Pilipovich. “To have a player and officer of his caliber come back and work with our players will be a great benefit to our team as well as the athletic department.”

Welch helped Air Force capture 78 victories during his four years on the court and joined classmates Jacob Bartschi and Dan Nwaelele on the all-Air Force team that captured the gold medal at the 2008 Armed Forces Basketball Championships. He also won a gold medal and was named to the all-tournament team since 1993-94.

Ivy League athlete joins lady Falcons staff

By Melissa McKee
Athletic Communications

An Ivy League athlete and assistant coach is the newest member of the women's basketball staff, the Academy Athletics Department announced July 19.

Kelly Rotan comes to the Academy from Yale University, where she served two seasons as an assistant coach for the Bulldogs, said women's head basketball coach Andrea Williams.

"We are happy to have Kelly on board — she's a young, promising coach coming from the Ivy League," Williams said. "She has a tremendous background and comes highly recommended. Kelly has a hunger to work and get better, and to serve our women both on and off the court. It's hard to replace former coaches, but I think we've come up with a good match for us and what we're looking for."

Rotan was instrumental in Yale's continued resurgence as a contender for the Ivy League championship, Williams said, and helped take the Bulldogs to a 16-10 record in 2011-12, the most wins in a season for Yale since 1994-95.

A 2010 graduate of Juniata College, Pa., Rotan spent the 2010-11 academic year at Penn State University as an athletic department marketing coordinator. She also served two seasons as an assistant coach in a new department, "I'm looking forward to learning a lot more from all of them," Rotan said. "I'm also excited to (work with the cadets)," Rotan continued.

Rotan will begin working with the team next month.
National POW/MIA Recognition Day
Planning committee volunteers are needed for the National POW/MIA Recognition Day events Sept. 18-20 at the Academy. To volunteer, call 333-3642 or 333-0739.

Schriever triathlon
Schriever Air Force base will host its 9th annual triathlon Aug. 2. The triathlon consists of a 400-meter swim, a mountain bike race and a 3.1 mile run.

The first 50 participants to register will receive a T-shirt. The top three male and female participants will receive gift cards. The triathlon is free to Defense Department ID cardholders.

For more information and to register, call 567-6658.

Senior NCO induction
The Senior NCO Induction ceremony is 5:30 p.m., Aug. 2, at the Falcon Club. For more information, call 333-9389 or 333-1734.

HAWC Biathlon
The HAWC will host a biathlon 7:15 a.m., Aug. 10 at Ice Lake. The biathlon consists of a 12 mile bike race and a 3.1 mile run on the Santa Fe Trail.

Check-in time is 6:45 a.m. Registration forms may be faxed to 333-3691. For more information, call 333-3733.

Interstate 25 construction
Major construction projects on I-25 are expected to last several months.

- Interstate 25, Exit 156: Two ramp loops at Exit 156B will be removed and a roundabout placed where the exit intersects with North Gate Boulevard.
  - All work is subject to road and weather conditions. For more information, visit www.south25expansion.com.

- Intramural Soccer
  - The Academy will host the annual Rocky Mountain Soccer Championships Aug. 24.
  - The start time is based on the number of teams registered and will be announced later.
  - For more information, call 333-4078.

- Multimedia Office closed Mondays
  - The Academy Multimedia Office will be closed Monday due to the furlough resulting from the automatic spending cuts known as the sequester.
  - This office closure corresponds to the furlough schedule of other Academy work centers and will help ensure continuity of multimedia operations and the quality products Academy multimedia staff routinely provide to Academy customers.

  - The furlough is scheduled to last through September.
  - For more information, call 333-3321.

Government Housing Services
The Academy’s government housing management office, located on the 6500 block of W. Columbine Drive, provides newcomer information, community housing listings, lease review, liaison for privatized housing and on-and-off base dispute resolution. For more information, call 333-2247.

10th Force Support Squadron events
Tiny Talon Early Literacy Story Time 10 a.m. every second Wednesday of each month: Academy children ages 3 and under.

- For more information, call 333-4665.
- Hike the Academy: 9 a.m., Thursdays: Free guided hiking excursions and coed quicker pace hike.
- Women’s Casual Hike: 9 a.m., Tuesdays: Sign up in advance at Outdoor Recreation or call 333-4475 for more information.
- Sunday Brunch at the Falcon Club 10 a.m. - For more information, call 333-8192.
- Free Falcon Pub Running Club: Sign up at 4:45 p.m. to receive credits. Cash in your credits for free merchandise such as T-shirts and sweatshirts.

- The run starts and finishes at the Falcon Club with a special runners menu in the Pub after the run. For more information, call 333-4522.

Behavioral Health Optimization Program
The Behavioral Health Optimization Program offers free weekly classes every Monday throughout July to help Academy members reach their optimal state of well being.

- Doctors Holly Kennedy and Ed Peteroy will facilitate classes 1-2 p.m.; Mondays in the 10th Medical Group’s Education and Training Conference Room on the following topics:
  - July 29: Pain Management Classes will recommend behavioral modifications and strategies to improve wellness.

A&FRC Events
Career Tracks for Active-Duty Spouses Aug. 1, 8:30 a.m. - 2:30 p.m. This workshop begins assessing and evaluating your particular skills, values and interests. All aspects of a job search process are covered: resumes, interviews and social media.

- For more information, call 333-444.

10th Medical Group launches MiCare
The 10th Medical Group has launched MiCare, an online confidential secure messaging service designed to significantly reduce the number of phone calls between patients and providers and save time.

- The Air Force Medical Service hopes to enroll as many patients as possible into MiCare and will utilize secure messaging as the primary form of communication between patients and their healthcare team.

- On MiCare, patients can request appointments, get test results, request prescription refills or ask healthcare questions via secure electronic message.

- Customers may register in person at the 10th MDG. After registering, an email will be sent to patients to finish enrollment and confidential messages may begin.

- For more information, call 333-444.

Such as

- North Gate Bridge
- Tri-Intersection Bridge
- Construction limits traffic to 1 lane on 2 Academy bridges
- Due to ongoing construction, lanes on Northgate Boulevard Bridge and the Tri-Intersection Bridge near Southgate Boulevard and Stadium Boulevard will be closed. One inbound lane on both bridges will be closed noon-5 p.m. and one outbound lane on both bridges will be closed 7 a.m. - noon. Construction near the Northgate Bridge is slated through until Aug. 2; construction on the Tri-Intersection bridge is slated through Aug. 9.

- The start time is based on the number of teams registered and will be announced later.
- For more information, visit www.army.mil/micare or www.tricareonline.com.

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