I am the American Constitution.  
Do you know my name  
There is not to be a substitution  
I am not to be changed

I am the American Constitution  
I do not waver in what I preach  
For common men are my leaders  
It is God’s wisdom that I speak

I am the American Constitution  
For my people I am here to  
protect and serve  
The ones who are weak among  
the government  
But though me they can still can  
be heard

I am the American Constitution  
I was blessed with a soul of my  
own  
Was born from a bloody  
Revolution  
Making my peoples demands  
known

I am the American Constitution  
My life is ending my words are  
being ignored  
There is a Fascist government  
revolution  
Satan himself is knocking at my  
doors

I am the American Constitution  
And my name is being marred  
In the grips of unlawful  
persecution  
Because a government wants me  
disbarred

I am the American Constitution  
My fathers spoke of being free  
Children get to know my  
contributions  
Your voice is the only thing  
protecting me

If I am sent to my execution  
Where will that lead my  
country’s soul  
For I am the American  
Constitution  
That keeps American’s  
Government under control

By Katherine Kay Graven

Mrs. A.B. (Clara) Vajda, a Hungarian immigrant to the United States, was recognized in the U.S. Congressional Record as the Founder of Citizenship Day on March 27, 1941. In his remarks, Rep. Wasielewski noted "...on May 3, 1940, the President of the United States approved a joint resolution of both Houses of Congress, setting aside the third Sunday of May of each year as Citizenship Day. The purpose of this Act was to give recognition to all those who, by coming of age or naturalization, have attained the status of citizenship...I wonder how many people in this country really know the true story of the origin of this day? I wonder how many people know that a simple act of charity of a foreign-born citizen was the motivating spark which has set in motion this movement to teach all citizens to appreciate the great honor and privilege which has been bestowed upon them when they assume their sovereign rights of citizenship?"

---WIKIPEDIA

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In addition to the thousands of printed sources on the shelves available as primary, the McDermott Library provides faculty and cadets with access to online works containing collections of important primary source documents for research. One example is a series called **Milestone Documents** available as an online resource from Salem Press. From the library’s website or via the subject guide (LibGuide) for history, you can find links to Salem Press’ **Milestone Documents** to find a broad range of historical documents on authors and subjects in African American History, American History, American Leaders, World History and World Religions. Each entry in **Milestone Documents** provides an overview of the document and its importance, some context to better understand the document, information about the author, if known, with a timeline, an explanation, and analysis of the document, suggested readings and much more. More importantly, there will be a link to see the document full-text in an easy-to-read format. For more information visit the Library’s website at library.usafa.edu or go to the LibGuide for History at usafa.libguides.com/history and click on the tab for Primary Sources.
231 years ago, a group of Patriots representing a cross-section of state and local politicians, philosophers, small businessmen, and even farmers, created the blueprint for what can truly be called a human experiment. An experiment that had never been tried before in the history of mankind, and one that has changed the course of that history the moment they all affixed their signatures to the document describing it. Most of the same signatures were also affixed to a document more than a decade earlier that was essentially akin to their death warrant. Though of diverse backgrounds, all members of this small, extraordinary group had two things in common: they were all unapologetic Patriots who loved their young country, and they were all, as a collective, one of the most prescient groups of humans to ever assemble. Lofty words indeed, and a description that has lost its true impact over the last two centuries. Volumes have been written about the debates and implications of that fateful period during the summer and fall of 1787, to include the personal first-hand accounts of the framers. To put it as plainly as possible, for the first time in history, the concept that each citizen was entitled to the physical and intellectual fruits of their own labor was declared and codified. Truly, this was earth-changing.

Which brings us to the point of this essay. Please allow me an anecdote. The last tour of my military career culminated in an assignment at the Pentagon. Though the dreadful traffic in and around Washington D.C. is legendary, the cultural and historical sites there should be experienced by all Americans at least once in their lives. Located around the corner and one street back from the Smithsonian’s Natural History Museum is the National Archives building. In the lobby, enshrined behind thick glass and encased in a helium-rich atmosphere sits the Declaration of Independence, the U.S Constitution, and the Bill of Rights. When I first got to the Pentagon, my daughter was about 10 years old. The first time my wife and I took her on an excursion to see the sites on the National Mall and the Smithsonian Institution museums, I told my daughter there was something we had to see first before we started our sight-seeing day. We climbed the cathedral-like stairs of the Archives building and quietly waited in the hushed reverence of the building’s lobby. When it was our turn, we stood and looked down at the dimly lit original copy of the United States Constitution. In my mind, I had rehearsed many times over what I was going to say to her at this very moment. I leaned over and whispered in her ear. “I want you to know that I have sworn an oath to protect these words with my life. I didn’t swear to protect our country, or the Flag, or the President, or even you and Mom. I swore to protect this piece of paper and what it means.” Whoah. I’m sure many of you are now thinking that that’s a pretty heavy concept to lay on your 4th grade daughter. But the opposite is true. As a military brat, she understood. I wanted to very clearly convey to her how absolute my conviction was to my oath and to what I believe that document has meant to our family, our country, and as history has proven, the world. I believed that then, and I believe that now.

And that’s the real reason we are here. As members on the U.S. Air Force Academy team, all of us, no matter our positions as Librarians, Research Assistants, IT Technicians, or Service Desk Staff, are mentors to each cadet walking this campus (as a Cadet Sponsor, I include myself as part of that team.) And let me be as direct as I can be: those cadets are being groomed to be Air Force officers with the singular purpose of doing what is required—up to and including sacrificing their lives—to protect the precepts of the United States Constitution. When these young men and women whom our nation has selected walk into our library, some may see future pilots, navigators, missileers, and every other specialty officer that they will soon become. To me, this is incidental. I see every one of them first and foremost as protectors of the U.S. Constitution. And I see each and every one of you as their guides on this path. I believed that then, and I believe that now.
Leadership with Lin
By Dr. Lin Bothwell

Air Force Academy Staff and Faculty: Greetings… again!

In the previous issue, I was honored to present a column on my two books, *The Art of Leadership* and *Lessons in Honor*, and to be interviewed by the McDermott Library staff. With this issue, we are introducing a new column titled: “Leadership with Lin.” Going forward, the column will appear monthly and provide an opportunity to share ideas about the various skills and attributes of effective, honorable leaders. Each month’s column will take one leadership topic and present two or three concepts or skills that you can immediately apply in your professional and personal life.

To familiarize you with my expertise on the subject of leadership, please allow me to briefly review the background of my 55-year professional career. I have taught and trained leadership courses at universities from Boston to Los Angeles, the Naval War College, forty Fortune 500 firms, a dozen government agencies, health care organizations, school districts and high schools, and civic organizations. My leadership positions in industry have included Chief Executive Officer (CEO), vice president, general manager, middle manager, and first line supervisor. I have been a project and team leader and a head coach in several sports at the college level. I have held leadership positions in religious and civic organizations and national honorary societies. I have written several books and professional papers on leadership and related subjects and have been interviewed on radio, television, and in the print media. I hold a doctorate in Educational Leadership from Harvard University with advanced training in leadership theory and practice.

During the next several months, we will have the opportunity to explore the following questions:

- How do you identify a leader?
- Where do leaders come from?
- What are the most important outcomes of effective leadership?
- What is one of the top character attributes of a great leader?

Why is effective decision making a quality of great leaders?
What is the most important step in problem-solving? Why?
What is the most neglected step in problem-solving?
What is the paradox of solving a significant problem?
To be a leader who truly knows how to manage your use of time, what are the first two things you should do every day?
What are the biggest time-wasters, and why?
What is the most difficult challenge in clearly communicating with another person or a group?
How do you check for understanding?
What is the ideal size for a small group or team?
What are the similarities and differences between cooperation, competition, and conflict?
Where does motivation come from?
How do you create a motivated, cooperative team environment?

These questions should be enough to start your thinking and I hope that you are looking forward to future columns. I welcome your feedback.

On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings in the whole world. The flag should be flown at half-staff as a mark of respect to those who died on September 11, 2001. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center.

https://www.timeanddate.com/holidays/us/patriot-day
Originally published in 1951 as Valley of the Shadow, Ward M. Millar’s account, Airman Down: The Capture and Escape from North Korea of a U.S. Air Force Pilot, reissued in 2014 gives a detailed rendering of one man’s experience as a POW under the Chinese, who launched a massive offensive in 1950 against the UN and the Republic of Korea forces. It has been 65 years since the end of the Korean conflict; however, this volume offers a historical perspective of Millar’s carefully planned and executed escape using his wits and the few personal objects that he bartered for food and clothing. Forced to eject from his plane, which had caught fire due to a mechanical failure, Millar is captured while suffering two broken legs by Chinese troops. At first, he thinks he will be rescued immediately “…when suddenly the roar of Mustang engines cracked through the room. The Air Force was back!” However, after several more bombing sorties, they left and his determination to escape grows. As he plans, he thinks: “What was the condition of my ankles and legs? Could I walk on the casts with the support of crutches? Without? What would I use for a food supply? Which way to go? How many days would it take to reach safety? Should I try to bribe a North Korean into helping me? What could I use to bribe him with?” He finds solutions to these questions and after three months in captivity with the help of a North Korean sergeant, he escapes and evades the enemy for three weeks before his rescue. A riveting read of determination, bravery, resourcefulness, and found faith.

Need to know more about Colorado History?

This database will help. A service of Colorado State Library, the Colorado Historic Newspapers Collection (CHNC) currently includes 220+ newspapers published in Colorado from 1859 up to 1923. With publisher permission, we can digitize beyond 1922. Newspapers within the collection come from throughout the state, and include papers published in English, German, Spanish, or Swedish. CHNC provides access to over 1,000,000 and growing, digitized pages from these newspapers. Digitization of additional newspapers continues through a local fund-raising model with contributions made by local libraries, archives, museums, and other organizations. Newspapers are digitized from microfilm or from the original newspaper. CHNC uses Veridian Software, which was designed specifically for providing access to digitized newspapers.

History of the Collection CHNC began as a joint endeavor of the Colorado State Library, History Colorado, and the Collaborative Digitization Program (CDP). CHNC was started with two grants awarded to the CDP totaling $370,000 — a Library Services and Technology Act (LSTA) grant provided by the Colorado State Library and an Institute for Museum and Library Services (IMLS) grant. These grants provided funding to license the original software, purchase the hardware that hosts the newspaper images and database, and to digitize around 97,000 pages of newspapers. These grants ended September 30, 2005.

On-going support for maintaining, developing, and providing access to CHNC is paid for with state and federal funds administered by the Colorado State Library. The long-term goal for CHNC is to provide access to all newspapers published in Colorado between 1859 and 1922, the time period for which publications are in the public domain and without copyright restrictions. Over 2 million pages from over 200 Colorado newspapers from this time period are available for digitization.

Taken from https://www.coloradohistoricnewspapers.org
National POW/MIA Recognition Day is observed on the third Friday in September. It honors those who were prisoners of war and those who are still missing in action.

The POW/MIA Flag should fly below, and not be larger than, the United States flag. It is generally flown immediately below or adjacent to the United States flag as second in order of precedence. On September 15, 2017, President Donald Trump proclaimed National POW/MIA Recognition Day. - [https://en.wikipedia.org/wiki/National_POW_MIA_Recognition_Day](https://en.wikipedia.org/wiki/National_POW_MIA_Recognition_Day)

This month, our country mourns the death of one of the most notable POWs in Vietnam, Arizona Senator John McCain, August 29, 1936 – August 25, 2018. Senator McCain was a POW from October 26, 1967 until March 14, 1973. McCain endured horrific torture by his captors and was put in solitary confinement for two years. To read more about his story, check out these books which can be found in our library.

**What is your official title and what does your position entail?**

I am an HVAC Technician with Aleut Management Services. You can typically find me keeping the heating and cooling systems in spec, fixing things that are broken, and making people happy (cool in the summer and warm in the winter)!

**How long have you worked at USAFA?**

I came to USAFA on August 1st, 2005 and will stay as long as I feel like it and they’ll still have me.

**What kinds of work did you do before coming to USAFA? Any military connections?**

I farmed (from the time I was born) in North Dakota, primarily dairy cows and grain. In 2001, I came to Colorado at my brother’s urging and started working on residential and business HVAC systems.

I was drafted into the Army on May 15th, 1968, left for Vietnam on October 12th and was wounded November 9th. I was released to go farm on April 1st, 1970.

**Can you give us an HVAC update so everyone who is too hot or too cold will quit complaining?**

I know we will be getting new air handlers for Fairchild and they will begin the process of ripping out the old ones next summer (2019). No one will suffer – they will install temporary HVAC units during the construction period.

**What are your big dreams for retirement?**

I would like to spend more time watching my grandson play travel baseball (he has even played overseas) and visit with all of my eight grandchildren a lot more.

*Thank you, Jimmy, for all you do for us and for your military service. We are lucky to have you!*
Mexico's Independence

September 16 commemorates the day in 1810 when Mexico began to overcome three centuries of oppressive rule by Spain. It began when the Catholic priest Miguel Hidalgo y Costilla staged a revolt of the poor indigenous Indians and mestizos ("mixed") against the hated Spanish upper class, the Gachupines (Spaniards living in Mexico) in the village of Dolores, Guanajuato. At midnight on September 15th, Hidalgo rang the church bell and led the Mexicans shouting, "¡Mexicanos; viva méxico!" A bloody battle ensued. Hidalgo and his Indians and mestizos were defeated at Calderón, and Hidalgo was executed by the Gachupines the following year.

In 1821, Agustín de Iturbide, leader of the Royalists (Mexicans of Spanish descent), negotiated a plan to make Mexico a constitutional monarchy, keeping the Church in its position. Mexican Spaniards would have the same equality as Spaniards from Spain, yet the Indians and mestizos would have lesser rights.

After 11 years of war: Iturbide defeated the forces against independence; the Treaty of Córdoba was signed on August 24, 1821; Iturbide became emperor in 1822; Guadalupe Victoria became the first president of the republic in 1824. However, Hidalgo is still revered as the "Father of Mexican Independence," and every year "El Grito de Dolores" ("Cry of ~") is reenacted.

Germany’s Oktoberfest

We celebrate Oktoberfest along with Germany from 22 September – 7 October 2018. But why, when it’s called "Oktober" fest? It was a celebration of the wedding of Crown Prince Ludwig and Princess Therese of Saxony-Hildburghausen on 12 October 1810. So while the Mexicans were fighting Spain, the Germans were partying with the royal couple! At that time, horse races closed the event, but are no longer held. An agricultural show was added in 1811, now occurring every three years. A carousel, swings, and beer stands were added in 1818. By 1896, the stands were replaced by Tents. The dates were moved to begin in September when the days were longer and warmer. Click here to see events for Munich.

The whole world celebrates with Germany. Here are Oktoberfests in Colorado. Our Springs celebration goes from 28-30 September 2018. Click an icon for information.

Or, have your own party with these authentic recipes.

More on Germany next month!

Upcoming Events

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>1 September</td>
<td>Parents' Weekend and first home football game; Falcons vs Stonybrook</td>
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<tr>
<td>2 September</td>
<td>Library Closed</td>
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<td></td>
<td>VJ Day (Victory in Europe)</td>
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<td>3 September</td>
<td>Labor Day</td>
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<td>Library Hours 1400-2230</td>
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<td>6 September</td>
<td>National Read-a-Book Day</td>
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<td>8 September</td>
<td>International Literacy Day</td>
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<td>11 September</td>
<td>National Service Day and Remembrance Patriot Day</td>
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<td>17 September</td>
<td>Constitution Day and Citizenship Day</td>
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<tr>
<td>22 September</td>
<td>First Day of Fall HOBBIT DAY!</td>
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<td>28 September</td>
<td>National Deaf Dog Awareness Day</td>
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Sit or Stand? Ergonomic Desks—Are they really a healthier option?

We are seeing more and more people using ergonomic desks. Is standing for long lengths of time really more healthy than sitting all day?

Here is what the latest issue of Popular Science had to say about the subject:

“The idea of a standing desk for the workplace came to be for a good reason: Evidence suggests that “occupational sitting,” or the average amount of time desk workers spend glued to their chairs, is associated with a higher risk of type 2 diabetes and an increased overall mortality (which means folks who sit for more of the day seem to be more likely to die during the course of a scientific study than subjects who get more movement). Plus, some research suggests that even regular exercise—as much as 60 minutes per day—is not enough to offset the effects of sedentary workdays.

A standing desk seems like a great way to combat this problem since it’s unlikely that computer use will decrease anytime soon. But turns out that when you do the opposite of sitting—standing for incredibly long periods of the day—well, that’s bad for you, too. A highly-cited study out last year in the Journal of Epidemiology on 7,000 office workers found that “Occupations involving predominantly standing were associated with an approximately 2-fold risk of heart disease compared with occupations involving predominantly sitting.”

Alan Taylor, a physiology expert at Nottingham University, told the Chicago Tribune “that the expansion and popularity of standing desks have been largely driven not by scientific evidence, but rather by popularity and profit.” That doesn’t mean such contraptions can’t be put to good use. Instead of exclusively standing or exclusively sitting, try a little bit of both throughout out the day, alternating and never doing one for more than two hours. You can easily achieve this with an adjustable-height desk, or you can seek out a chair or stool high enough to accommodate an existing workstation.

https://www.popsci.com/standing-desk-bad-for-you

This month we celebrate the fictional birthday of Bilbo and Frodo Baggins. They share the birth date 22 September. The American Tolkien Society has designated “the calendar week containing September 22” as Tolkien Week. This week-long celebration began in 1978. To celebrate Hobbit Day, let’s play a little game we like to call “Real or Fake: Hobbit Feet Edition.”

Disclaimer: You may find some images disturbing. If you don’t, then that’s disturbing.

Special thanks to our guest contributor, Lt Col (Ret) Mark Ponti. What an inspiring article. You, Sir, are a Patriot.

Dr. Bothwell, thank you for the first installment of your Leadership series. We are looking forward to learning many valuable skills.

Ms. Constance Leonard, as always, thank you for another great book review!

Mr. Jimmy Larson, we salute you! Thank you for your service to our country and continuing to serve USAFA.