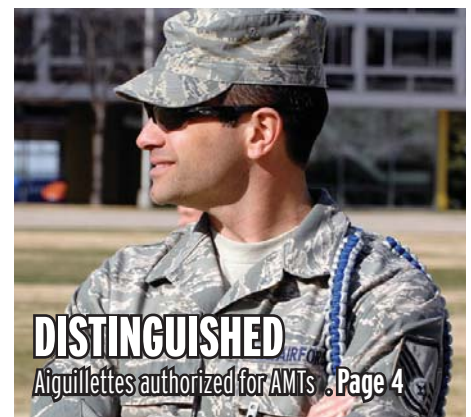


SISTERHOODFreshman establishes deployment support network for military children. **Page 3****FALCON GREEN**Academy committed to conservation. **Pages 8-9****FIT TO FIGHT**Nutrition key to readiness. **Page 10**

ACADEMY SPIRIT



Falcons Lacrosse defeats Blue Hose

Junior Matthew Selby battles with Presbyterian College's Imari Davis as the Falcons defeated the Blue Hose 18-9 in a non-conference matchup at the Academy's Falcon Stadium Saturday. With the victory, Air Force moves to 5-7 overall on the year.

RAY MCCOY



'84 Academy grad pilots shuttle, Canary experiment into space

By John Van Winkle
Air Force Academy Public Affairs

A 1984 Academy graduate is scheduled to pilot the Space Shuttle Endeavour into space today, taking the Air Force Academy's latest space-bound scientific experiment to the International Space Station.

Retired Col. Gregory H. Johnson is the pilot for the six-man crew of Endeavour, which is scheduled to lift off today from Cape Canaveral, Fla.

"We are an International Space Station assembly mission, one of the final ones," said Colonel Johnson. "We're taking up a very important experiment, the Alpha Magnetic Spectrometer, a science experiment that could change the course of physics. And we're also taking some pieces and parts up to the space station in anticipation of the shuttle retiring, because we only have a few more shuttle flights."

"I'll be the pilot; we have four mission specialists, [we're] doing four spacewalks, we have a lot of robotic arm operations and so I'm kind of the head arm operator overall, overseeing what we're doing with both the shuttle and the space station robotic arms, and I'll be taking part in both sides of that endeavor,

moving the robotic arms, moving the pieces and parts around, inspecting the shuttle prior to reentry and after launch," he added.

The shuttle docked with the International Space Station Monday, to begin transferring several experiments and supplies to the space station.

Among those experiments is Canary, one of the latest creations of the Academy's Space Physics and Atmospheric Research Center. Canary is designed to investigate the interactions of approaching spacecraft and the background plasma environment around the space station.

Canary is one of four scientific experiments in the payload of Space Test Program Houston 3, which is managed by the Department of Defense Space Test Program offices at Johnson Space Center in Houston. The DOD Space Test Program is providing the launch, integration and operations services to get Canary into space, and integration was the whole reason behind the latest testing.

The Academy's Canary experiment is a 10 centimeter cube in size, and will be bolted to the exterior of the International Space Station. It

See PILOT Page 6

Academy professor killed in Afghanistan

Spanish and French professor was on a 365-day deployment

An Air Force Academy Assistant Professor was killed in Kabul, Afghanistan, Wednesday.

Maj. Philip D. Ambard gave the ultimate sacrifice in service to the United States. Maj. Ambard arrived at the Air Force Academy, Department of Foreign Languages in December 2003.



Maj. Philip D. Ambard

"The U.S. Air Force Academy family is deeply saddened by the loss of one of our own, Maj. Phil Ambard, and our heart-felt condolences go out to his family and friends," said Lt. Gen. Mike Gould, Superintendent of the Air Force Academy. "While we grieve this loss, we are committed to helping Maj. Ambard's family through this extremely difficult time. Phil's ultimate sacrifice is special in that he touched the lives of so many people – cadets, Airmen, friends and family – and he will have a lasting effect on all."

As a fluent speaker of both French and Spanish, Maj. Ambard served as an instructor in both languages and was consistently rated as one of the top faculty members at the Academy. His superb per-

formance in and out of the classroom led to his selection as the Department of Foreign Languages executive officer and subsequently served in that same role for the Dean of the Faculty.

Major Ambard's sustained excellence was recognized in 2006 when he earned the distinction of Company Grade Officer of

the Year for the Dean of Faculty and the entire Academy. In 2007, he was sponsored by the Department of Foreign Languages for a Ph.D. program at Denver University, which he completed in 2010 and was scheduled to return to the Department of Foreign Languages after a 365-day deployment to Kabul, Afghanistan.

"Maj. Ambard embodied the ideals of Integrity, Service and Excellence and this legacy carries on with his family," said Brig. Gen. Dana Born, Dean of the Faculty. "He leaves a deep void at the Air Force Academy and will be missed by all of his family, friends, colleagues and the many cadets and officers whose lives he has touched."

Chief shares ingredients of success

by Chief Master Sgt. Timothy Winfree
50th Mission Support Group

As this will be my last article as an active-duty member, I thought I would share a few bits of advice on what I believe is needed for one to be successful in this great way of life we all have chosen.

While there are as many opinions on what it takes to be a success as there are people, I would submit the following four key ingredients as critical to being a successful Airman: pride, humility, perspective, and determination. I have used these four throughout my career, both in good times and bad. They have served me well and helped me remain focused.

First, let's talk about pride. I can remember vividly how I felt the first time I put on an Air Force uniform. I had just arrived at basic training, it was shortly after having all the hair (I actually had hair back then) cut off my head and receiving my clothing issue. Although I was nervous and still wondering what I'd gotten myself into, I couldn't hold back the urge to look at myself in the mirror and smile. Man! I was a good looking Airman!

Seriously though, I felt immensely proud. Proud to be a member of the Air Force, proud to be an American and proud to wear a uniform that symbolizes what people around the world have come to respect as the greatest Air Force in the history of mankind.

Throughout my career I have continued to be proud of this uniform, and even more so I have always been proud of whatever duties I was assigned to complete. As a security forces member, whether I was standing guard at an installation entry control point, filling sandbags, picking up trash, completing my career development course or running a radar, you can bet I was proud to be doing it. Taking pride in my work, my appearance, my attitude and how I conducted myself as an Airman certainly had a positive impact on my career and contributed greatly to my accomplishments as a military professional.

The best advice I can give you about this is to be proud of whatever you are doing and usually whatever you are doing will be excellent or at least completed with excellent results.

Now let's switch gears to another ingredient that has served me well: humility.

In my experiences, I have found success is much sweeter when you "walk softly and carry a big stick." You don't have to tell people you are great and excellent in all you do. Your results will speak volumes for you, and people will respect the fact that you don't brag about what you've done all the time. There's a big difference between pride and arrogance, and trust me, the line between the two is thin.

My advice is to use your successes to demonstrate proficiency, to encourage others to better themselves and to teach others how to succeed. I have always been grateful for the opportunity to serve and have used humility to keep me grounded to the fact that nothing I have done in my life has been without the assistance of others in some form or fashion. So, while being humble will help keep you from being stoned to death by co-workers, putting things into perspective can help you along the road to success as well.

During the first three weeks of my Air Force career, I learned a very good lesson about perspective. At the time, I was stationed at Hellenikon Air Base in Athens, Greece. Many people don't know it, but in 1989, Athens was the terrorist capital of the world. Military members and their families were prime targets for many ideological factions.

I was working a midnight shift when a call came across my radio from the desk sergeant notifying everyone of an off-base attack. We immediately formed a detail and responded to an area right outside the main gate where many military families, myself included, resided. Upon arrival, we found three vehicles completely engulfed in flames. All had been firebombed. I noticed immediately that one of the vehicles was mine.

Needless to say I was upset by this and my attitude showed it, but I still completed my duties. We cordoned off the area, ensured there were no injuries to personnel, and eventually turned the scene over to civilian authorities for investigation. My "ahh moment" on perspective came shortly thereafter while I was expressing my disgust, anger and frustration with the situation to my friends. My supervisor, Sergeant Mario Martinez, calmly approached me and stated simply, "Well, at least you weren't in it Winfree." So I shut up!

The moral of the story is that no matter how bad you think things are, there is always some good in it. You just have to look for it.

This leads me to my last ingredient for success: determination.

Having a positive attitude and outlook on life requires determination -- more so during difficult times, challenges and unpleasant tasks. Whether preparing for a physical fitness test, promotion test or dealing with a difficult deployment, being determined can make all the difference in being successful. Taking a determined approach to be positive and excellent at what you are doing is necessary, and in most cases, can be the only thing standing in your way toward mission accomplishment.

So here's my parting shot. Take pride in yourself, your work and the mission. Be humble in your successes, how you conduct yourself and how you receive praise. Always keep things in perspective and be determined in whatever task you set out to accomplish.

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Col. Neal Barlow
Engineering Department Head

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What technology changed the world the most?

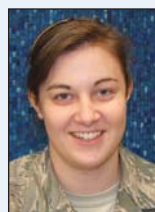
"Cars changed the world because they allowed people to travel more efficiently and faster."

Cadet 4th Class
Jennifer Bennett,
Cadet Squadron 22



"Cell phones because they made communication instant and universal."

Cadet 4th Class
Meredith Herndon,
CS 29



"The light bulb because it changed the way people work, changing the hours of the work day."

Cadet 4th Class
Jamie Jovene, CS 22



"Internet because it allows us to communicate better, transfer information, look for answers, and develop new things."

Cadet 4th Class
Eric Yuan, CS 21



Sisterhood of support, and the traveling BDU's

By David Edwards
Academy Spirit Staff Writer

Cadet 4th Class Moranda Hern has so many sisters that she gets to talk to all of them only sporadically.

That's what happens, though, when your sisterhood is actually an organization. Cadet Hern is the co-founder of the Sisterhood of the Traveling BDUs, a nonprofit that provides support to girls ages 13 to 18 who come from military families.

According to the organization's website, the Sisterhood aims to unite military girls in sisterly support, inspire them by means of organized gatherings, speakers and shared experiences, and encourage them to lead in their communities.

Part of the reason the Sisterhood is so important to Cadet Hern is that it springs from personal origins. Her father has served for many years in the Air National Guard, and Cadet Hern said that she's been intent on an Air Force career of her own since she was 8.

Even though she was used to the lifestyle of military families, her father's deployment to Afghanistan hit her pretty hard. The loneliness and longing for his return were assuaged by her bond with Kaylei Deakin,

a fellow Californian and military daughter she had met at a National Guard Youth Symposium.

That friendship led to the creation of the Sisterhood of the Traveling



Cadet 4th Class Moranda Hern

BDUs, which draws its name from the title of a popular book. But the already formidable obstacles to building a nonprofit from scratch were even tougher for a pair of teenage girls balancing multiple other responsibilities.

"It was very hard to get funding, especially as a startup," Cadet Hern said. "As long as there are a lot of great causes, it's going to be

a constant battle to get funding. But it's a worthwhile organization, so we keep pushing."

The Sisterhood's first conference was held in California in 2010 and drew a statewide audience of 100 girls. Under Cadet Hern's direction, the organization has adopted an incremental growth strategy and plans to expand to five more states in the near future.

"Anything more would be detrimental to my sanity," Cadet Hern said, with a laugh.

The states identified by the group are Colorado, Georgia, New York, Texas and Virginia. Eventually, the Sisterhood hopes to attain a nationwide scope. And with Ms. Deakin

now at Fort Leonard Wood training to join the Marines, responsibility for running the operation has largely fallen to Cadet Hern.

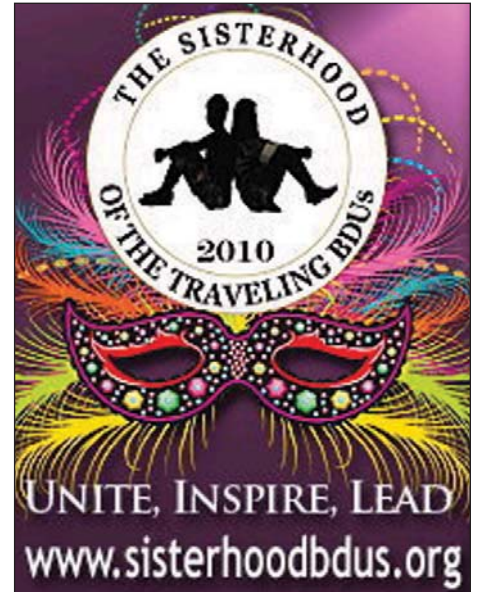
Her tenacity and dedication to the cause have brought their share of personal benefits, most notably selection to a prestigious conference in New York City. Competing against 120,000 young people nationwide, she was chosen to participate in the event, which boasted representatives from 31 countries.

Despite her time crunch as an Academy cadet, the Sisterhood has benefited tremendously from the many resources afforded her by the Air Force Academy. She works frequently with the Center for Character and Leadership Development, drawing on its expertise and offerings.

Her pre-existing relationship with the CCLD has proved fruitful. In 2010, her senior year of high school, she spoke at the National Character and Leadership Symposium at the Academy. Now that she's a cadet, the center's resources are just a short walk away.

In overseeing the Sisterhood, Cadet Hern focuses on both big-picture tasks and day-to-day operations. The job includes organizing future conferences, seeking speakers and dealing with the media. In addition, she said she's trying to improve the Sisterhood's website and make it more interactive. The group's Facebook page has been quite successful, she said.

Also on the horizon is a service



For more information about the Sisterhood of the Traveling BDUs, visit www.sisterhoodbdus.org.

project Cadet Hern is planning for summer leave in San Diego. She said there might be celebrity and media presence at that event.

As she finishes her freshman year at the Academy, she is eagerly looking forward not just to her own future but also to the future of the grassroots girls organization she helped found.

"The Sisterhood is really important to me, so I make time," Cadet Hern said. "I may not sleep as much, but I make time. It's not something my friends were doing, so I make a lot of new friends from different places that way."

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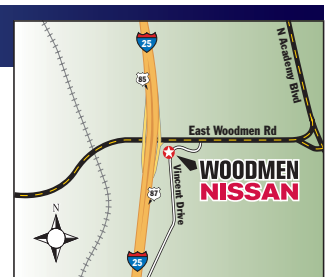


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Earning their ropes

Academy military trainers receive mark of distinction

By Gino Mattorano
Academy Spirit editor

As long as there's been an Air Force Academy, an elite group of noncommissioned officers has played a key role in the development of future leaders for the Air Force, and now those NCOs wear a formal mark of distinction.

Academy Military Training NCOs, more commonly known as AMTs, were recently authorized to wear an aiguillette, an ornamental braided cord which is worn across their left shoulder to designate their status as a military trainer.



"If you look at the other (Air Education and Training Command) accessioning sources, the NCOs there all wear the rope to help identify themselves," said Chief Master Sgt. Michael A. Dahlhoff, Cadet Wing training and support superintendent. "It's not so much for us as it is for the cadets. There are a lot of enlisted people here in the cadet area, and the rope helps the cadets know who to turn to when they have questions."

There are more than 120 AMT authorizations at the Academy, and AMTs are assigned to the Cadet Wing, airfield and the Preparatory School, serving as the enlisted representative for the units in which they're assigned.

"Our AMTs give cadets a proper perspective of the role of NCOs in the Air Force," said Chief Dahlhoff. "They provide day-to-day guidance and mentorship to cadets as they progress from high school students through various leadership roles within the cadet wing on their path to becoming officers of character for our Air Force."

Cadets fulfill all the duties and responsibilities of positions held in an active duty squadron, from operations officer or section commander to element leader and first sergeant, and AMTs help ensure cadets understand those roles and execute them properly, according to Senior Master Sgt. Mark Crespo, 1st Cadet Group superintendent.

"We train cadets to properly train cadets," Sergeant Crespo said. "We work closely with (Air Officers Commanding) to ensure cadet leadership has the right vision, and help them arrive at appropriate decisions."

Maj. Brian Wilkerson, the AOC for Cadet Squadron 30, says the NCO presence within the squadron is vital to cadet training.

"We work together to provide guidance to cadets when they have questions or concerns with issues ranging from academics and taking leave, to career field decisions," he said.

According to Chief Dahlhoff, AMTs serve in three primary roles within the cadet squadron: First sergeant, superintendent, and trainer.

"No two days are ever the same," Chief Dahlhoff said. "Our doors are always open, and we spend a fair amount of time providing cadet-initiated counseling. We don't solve their problems for them. We give them options and help them make their own decisions. Just like new Airmen, cadets often have questions about life outside the Academy, how to make travel arrangements and other issues they'll need to deal with once they leave the Academy. Our AMTs work together with the AOCs to provide that voice of experience."

Throughout the school year, AMTs also provide instruction through cadet commissioning education classes. These classes provide instruction on the profession of arms as it relates to being effective commissioned officers and leaders.

According to Sergeant Crespo, this instruction extends beyond the classroom into all aspects of training, from the time a cadet enters basic, all the way through graduation.

"One of the most rewarding aspects of this job is working with a cadet from the time they enter the Academy as a high school student who knows nothing about military life, and watching them develop into an Air Force officer who is trained and ready to lead Airmen," Sergeant Crespo said. "That's when you really feel like you made a difference."



Tech. Sgt. John Craven, NCOIC of Basic Cadet Training, participates in a cadet training exercise. Academy Military Training NCOs play a key role in the training and development of cadets.



Master Sgt. Daniel Spain, Superintendent of Basic Cadet Training, put cadets through the paces during a recent training event.



INSET TOP LEFT: Academy AMTs began wearing the aiguillette, or rope, as it's more commonly called, April 15.

LEFT: Master Sgt. Scott Harris, an AMT with Cadet Squadron 32, goes over test results with Cadet 3rd Class Brett Gudem, CS-32.

PHOTOGRAPHY BY MIKE KAPLAN

Family advocacy programs help prevent child abuse

By Kristin Larkey, Treatment Manager
U.S. Air Force Academy Family Advocacy Program

April is National Child Abuse Awareness Month and it is time once again to honor those who are our most precious treasures--our children. This April marks the 27th anniversary of National Child Abuse Prevention Month, a time dedicated to child abuse education, awareness and prevention activities.

The total number of calls made to the El Paso County Department of Human Services' 24-hour child abuse and neglect referral hotline was 12,604 last year. According to the Director of the department, between 7 and 10 percent of these reports are military-related. Confirmed cases of child abuse and neglect in this county rose 13.6 percent from 2009 to 2010. Although the number of confirmed cases went up, the number of deaths from child abuse and neglect in El Paso County fell from 10 in 2009 to six in 2010. But even one death by child abuse is one too many.

The question many of us ask is why would a parent ever intentionally hurt their child? Why parents abuse their children is a complex issue. Most parents love their children and want to keep them safe and protected. However, there are factors such as a lack of a support network, high stress levels, unrealistic expectations, an unwanted child, and/or a lack of parenting education that can all lead to instances of child abuse. There are also several parental risk factors that can contribute to child abuse. These include parental isolation, depression, having a child with special needs, alcohol and/or drug abuse, increased stress, parental discord, and a history of abuse in the parent's own childhood.

Just because a parent or a family has any of these risk factors, it doesn't necessarily mean that the parent is going to abuse his or her child. However, the more risk factors that are present, the more likely it is that child abuse may occur. It's important to realize that most parents who abuse their children are not bad people, but when a



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- Parenting classes for children of all ages
- Anger and stress management classes
- Couples' communication classes
- Counseling
- New parent support services
- Home visitation

child pushes a parent's buttons or misbehaves, and the parent is already overwhelmed by several of the factors mentioned above, it can cause the parent to "snap" and become physically aggressive towards the child.

Fortunately, there are many services available to help families who are struggling and in need of additional support. One of these resources is the Academy Family Advocacy Program. The program offers several prevention classes at no cost. Classes are offered on a quarterly basis and include parenting classes for parents with children of all ages, anger and stress management, and couples' communication. Services also include counseling and new parent support services and home visitation. All of us can play an important role in helping prevent child abuse by noticing when families are struggling and encouraging them to seek help. If parents seek help before they reach their breaking point, many instances of child abuse can be prevented.

For further information on the Academy Family Advocacy program or local area services, please call 333-5270. If you suspect a child is being abused, please call the Family Advocacy Program at 333-5270 or the El Paso County Department of Human Services Child Abuse & Neglect Hotline at 444-5700.



PHOTOS BY MEGAN DAVIS

Holocaust remembrance

The Academy's special observance committee hosted a Holocaust Remembrance luncheon Tuesday at the Falcon Club. David Bram, a Colorado Springs resident, was the guest speaker for the luncheon, and spoke about his experience as a Holocaust survivor. Mr. Bram spent five years in German concentration camps during World War II before being liberated by allied forces in 1945 and eventually emigrating to the United States.



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Pilot

From PAGE 1

will replace a current Academy experiment on the station, which is an Integrated Miniaturized Electrostatic Analyzer, or iMESA for short.

Canary is derived from the WISPERS instrument flying on FalconSAT-5, the Air Force Academy's latest orbiting satellite. WISPERS is an electrostatic analyzer capable of detecting ions over the range zero to 1,500 electronvolts.

Spacecraft in Low Earth Orbit are constantly immersed in a plasma of

ions and electrons. This plasma can affect a spacecraft and spacecraft communications, and, in turn, can be affected by the spacecraft's presence. For example, increased solar activity can result in large changes in the density and energy of the plasma, which can result in arcing in and radiation damage to spacecraft components as well as loss of communication with a ground station. Spacecraft events can also perturb the natural environment. The ability to distinguish and detect these events

via plasma monitoring will provide a capability to maintain and forecast spacecraft health.

The shuttle is scheduled to land May 14 at Kennedy Space Center. This will be the Space Shuttle Endeavour's final planned mission. The entire space shuttle fleet is slated for retirement, and only one planned space shuttle mission remains: Atlantis on June 28 to July 10.

Endeavour is destined for permanent display at the California Science Center in Los Angeles.



Retired Col. Gregory H. Johnson



Easter Egg hunt and funfest

TOP: Children participate in the Easter egg scramble Saturday at the Prep School parade field. The 10th Force Support Squadron hosted the egg scramble as well as a funfest at the Falcon Trail Youth Center

RIGHT: Isabel Molina, daughter of Staff Sgt. Laura Molina, 10th Medical Support Squadron, gets her face painted during the 10th FSS funfest at the youth center.



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DIAMOND SHARP



The Diamond Sharp Award is presented by Air Force Academy first sergeants to any Academy member who displays outstanding military bearing, core values, customer service, and/or outstanding dress and appearance.

Name: Charlotte Morris

Title: Director of community activities

Hometown: Newport News, Va., not too far from Langley Air Force Base.

Best part of the job: "The best part of my job is creating programs that are fun and enjoyable. I'm a recreation specialist in community activities at the Milazzo Center. In the past year, a couple of new programs that Community Activities has introduced are Ultimate Fighting Championship fights for our Airmen and movies for the community members."

Career goals: : To continue to improve programs for everyone at the Air Force Academy.

Hobbies: Walking or hiking with family and friends.



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Forward thinking

Falcon Green initiative pushes the Academy towards a more conservative and renewable energy approach.

By Leslie Finstein
Air Force Academy Public Affairs

The Air Force Academy's commitment to going green and becoming an Air Force NetZero Energy base became formalized in 2010 as "Falcon Green." Through this program, the Academy aims to improve its energy consumption and environmental standards by focusing efforts in three areas: conservation, innovation, and education.

Activities and projects around the base all work to meet these goals and make the Academy a greener place to be.



MIKE KAPLAN

Innovation

Solar Array

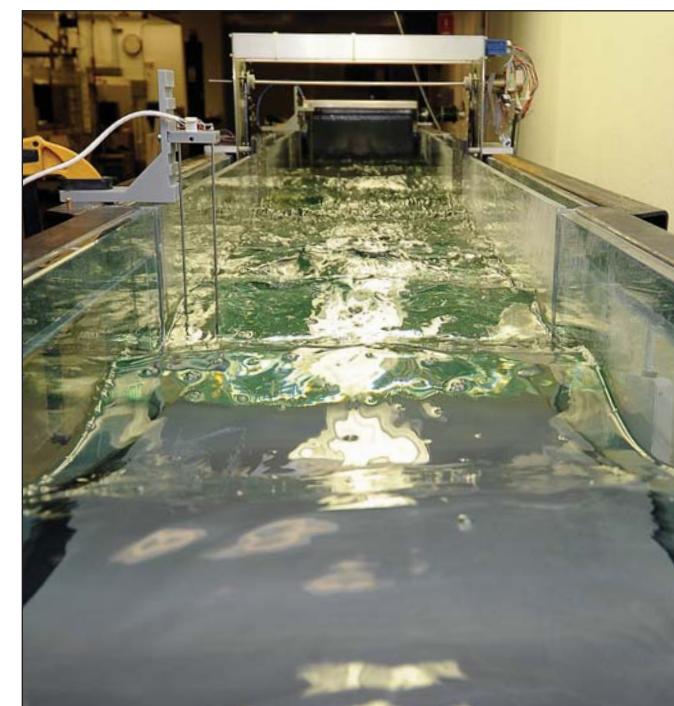
According to Academy Civil Engineer, Russell Hume, all 6 Mega Watts of the Solar Array were energized on April 20. They will be on and off intermittently for the next 1-2 months for testing. The \$18.3 million array sits on 43 acres in the south east corner of the Academy. It will be fully operational this summer.

Wave Energy

High tide hits the Aeronautics Laboratory during a test of the Department of Aeronautics' wave energy converter. Funded by the National Science Foundation, the converter tests at 1:300 scale have harnessed 99 percent of available wave energy. The Department of Energy has provided follow-on funding to take the wave converter to the next technology readiness level via 1:10 scale tests later this year and in 2012.

Bio - Fuel

More than a dozen varieties of microalgae are being studied as a possible fuel source in the Department of Biology, as pictured in the photograph to the left. Cadets, faculty and research partners are stimulating the growth of each variety of algae, in hopes of extracting greater amounts of oils that can be turned into biofuel.



RACHEL BOETTCHER



JOHN VAN WINKLE

Conservation

Recyclemania 2011

From Jan. 23 to April 2, cadets competed in the intercollegiate competition, Recyclemania, reporting data on the campus' recycling efforts. The Academy competed in the Benchmark division.

According to the Recyclemania website, it is a competition and benchmarking tool for college and university recycling programs to promote waste reduction activities to their campus communities.

RECYCLEMANIA BY THE NUMBERS

- 63,260** pounds of cardboard recycled
- 12,930** pounds of paper, aluminum cans and plastic recycled
- 718,000** pounds of un-recycled trash disposed of

For more information on Recyclemania and to see results from all the colleges that participated visit: www.recyclemaniacs.org, or scan the QR code below, left.

A woman drops off plastics at the Academy's recycling center located in the parking lot between the commissary and the base exchange.



MIKE KAPLAN

Base Wide Projects

Across the Academy, completed and on-going projects work to change the way the Academy uses energy. These projects include repair and replacement of lighting and cooling features. Many of the Fiscal Year 2010 projects are complete and approved FY 2011 projects are requesting bids.

Base Recycling

Looking for a place to recycle your bottles, cans, paper, and more? Head to the Academy's 24-Hour Recycling Center located in the Community Center parking lot between the Base Exchange and Commissary.

Education

Cadets

Within the Engineering departments at the Academy, Cadets can take courses on Green Energy and sustainability.

- **Dept of Civil and Environmental Engineering**
 - Engr. 495 - sustainability and green engineering course examines traditional and innovative technologies as well as energy-related engineering strategies such as sustainability, green engineering, and LEED in the US and developing nations
 - Civ Engr. 464 - incorporated a sustainable design portion into this architectural design course
 - Civ Engr. 480/485 - incorporated sustainable design and broad environmental and energy requirements into project management
 - Civ Engr. 495 - incorporating energy conservation technologies in expeditionary facility design
- **Dept of Mechanical Engineering**
 - Mech Engr. 468 - developed a new course that focuses specifically on the technical design of renewable energy technologies
- **Dept of Electrical and Computer Engineering**
 - ECE 495 - developed new course on green commercial power systems including smart grids

In addition to course offerings, energy related research is going on in many other departments and independent studies by cadets include projects on green roofs, solar energy, ground source heating, small scale wind and solar power, waste to energy and innovative energy harvesting strategies.

This information is provided by Maj. John Christ, associate professor in the Academy's Civil Engineering department.



Earth Day Events

Forest City hosted an Earth Day Celebration in the Residents Activity Center on April 21. Civil Engineering had a booth setup with flyers, informational pamphlets, children's activity books, and recyclable handouts. In addition, Forest City had activities, such as planting seeds in flower pots and Earth Day related games.

On Earth Day, the 10th Civil Engineer Squadron hosted an event at the Base Exchange. The highlight of the event was the four solar panels provided by the Dean of Faculty, set up in the lot. They provided power for a popcorn machine and other machines.



BILL EVANS

Colonel Rick LoCastro, right, 10th Air Base Wing commander, checks out a booth at the Academy's Earth Day event.



FIT TO FIGHT

Fit for Life

Weight Loss Tips

General Tips

- Eat at least three times per day.
- Pay attention to your body. When you feel like you have had enough to eat, stop. Quit before you feel full, stuffed, or sick from eating. You can have more if you are really hungry.
- If you still feel hungry or unsatisfied after a meal or snack, wait at least 10 minutes before you have more food. Often, the craving will go away.
- Drink plenty of calorie-free drinks (water, tea, coffee). You may be thirsty, not hungry.
- Pick lean meats, low-fat or nonfat cheese, and skim (nonfat) or 1% fat milk instead of higher-fat/higher-calorie choices.
- Get plenty of fiber. Vegetables, fruits, and whole grains are good sources. Have a high fiber cereal every day.
- Cut back on sugar. For example, drink less fruit juice, especially those with added sugar, and regular soda.
- Limit the amount of alcohol (beer, wine, and liquor) you drink.
- Keep all food in the kitchen. Eat only in a chosen place, such as at the table. Don't eat in the car or the bedroom or in front of the TV.

Food Preparation

- Plan meals ahead of time.
- Try cooking methods that cut calories:
 - Cook without adding fat (bake, broil, roast, boil).
 - Use nonstick cooking sprays instead of butter or oil. You can also use wine, broth, or fruit juice instead of oil when cooking.
 - Use low-calorie foods instead of high-calorie ones when possible.
- Cook only what you need for one meal (don't make leftovers).
- If you do make extra portions, put them away as soon as they are ready so you can save them for other meals. Store the leftovers in containers that you can't see through.
- Cook when you are not hungry. For example, cook and refrigerate tomorrow's dinner after you have finished eating tonight.
- Make fruits, vegetables, and other low-calorie foods part of each meal.
- Drink water while you cook.



Did you know ...

- The length of the body's blood vessels, if laid end to end, would wrap around the world twice.
- One red blood cell lives approximately 120 days.
- The kidneys filter 400 gallons of blood every day.
- The thigh bone is stronger than concrete.
- Our eyes as adults are the same size as when we were born.

10 ways to enjoy more fruits, vegetables, whole grains and dairy

To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
4. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
5. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
6. Try crunchy vegetables instead of chips with your favorite dip or salad dressing.
7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
8. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
9. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
10. Prepare instant oatmeal with low-fat or fat-free milk in place of water. Top with dried cranberries and almonds.



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Air Force baseball wins three in a row

GREELEY, Colo.— Freshman right-hander Cameron White (1-1) allowed one run in six innings pitched to lead Air Force baseball to a 4-1 win at Northern Colorado Tuesday afternoon at Jackson Field. The win gave the Falcons a 3-1 edge in the series vs. UNC and improved the team to 17-24.

White picked up his first collegiate win in the game, allowing just one run in the third inning. Relievers Matt Zettler, Alex Baker and Stephen Colangelo each pitched scoreless innings to close out the game. Colangelo picked up his sixth save of the season with a 1-2-3 ninth.

The Air Force offense was held in check to start the game, but scrapped its way to some runs late. The Falcons went scoreless till the fifth inning, when Matt Thorne singled up the middle to score Jon McMahon to tie the game. McMahon reached base the at bat before with a double.

The Falcons overtook the Bears in the seventh when Parker Mayo tripled in Patrick Lobo to make it 2-1 in AFA's favor.

Air Force added two insurance runs in the eighth to go up 4-1. McMahon singled in Nathan Carter for the first run and Thorne's single knocked in Garrett Custons for the second.

AFA had 10 hits in the game. McMahon, Thorne and Lobo had two hits each.

Northern Colorado had eight hits in the game. Adam Hilker doubled and scored UNC's lone run. Bear starting pitcher Brendan Hall pitched four scoreless innings, striking out four. Reliever Chris Hammer (2-4) took the loss.

The Falcons snapped Northern Colorado's five-game winning streak and dropped the Bears to 12-27 on the season.

On Saturday, Air Force baseball pounded out 16 base hits to down San Diego State, 14-7. Air Force picked up its first MWC series win since

taking two-of-three against UNLV in 2008.

The Falcons had clutch hitting all game, collecting six two-out RBIs on the day. Four players had at least three hits for AFA, led by the middle infield combination of second baseman Blair Roberts and shortstop Matthew Roberts. Blair went 4-for-5 on the day with three RBIs, while Matthew went 3-for-4 with a triple, two runs and three RBIs.

Catcher Garrett Custons added three hits and two RBIs and right fielder Patrick Lobo added three hits and three runs scored.

Air Force scored a run in the first to lead early on. After SDSU tied the game in the second with a run, the Falcons answered back with two runs in the bottom of the inning to lead for good.

The Falcons tacked on a run in the fourth before the Aztecs put two up in the top of the fifth to make it a 4-3 game. Air Force then erupted for five runs in the fifth, scoring three runs with two outs, to jump ahead 9-3. The Falcons added a run in the seventh and four more in the eighth.

Sophomore right-hander Sean Carley (3-3) gave the Falcons solid starting pitching for the second-straight day, holding SDSU to two earned runs, four total, while striking out five in eight innings for the win. It was the second-consecutive eight inning performance by a Falcon starting pitcher, as Ben Bertelson also went eight the day before in the win.

Alex Baker retired two batters in relief and Stephen Colangelo came in to get the last out of the game.

San Diego State had 10 hits. First baseman Jomel Torres led the way, going 2-for-5 with two RBIs. Aztec starting pitcher Bryan Crabb (1-5) took the loss, allowing seven runs in 4.2 innings pitched.

Air Force returns to action today, hosting Utah in a Mountain West Conference series.



BILL EVANS

Sophomore 2nd baseman Matthew Roberts makes a throw to first base during the April 22 match against San Diego State at Falcon Field. The Falcons defeated the Aztecs 7-3. The win was the first for the Falcons against the Aztecs in 35 contests dating back to 2003.

CLUES ACROSS

- Wound seriously
- Record
- Earnestly entreat
- Dwarf buffalo
- Manilla sea catfish genus
- Picasso's mistress
- Chinese dynasty
- Wet spongy ground
- Wax glazed finish fabric
- Diego or Francisco
- In an implied way
- Outward flow of the tide
- Writer of poems

CLUES DOWN

- Another word for mother
- Cuckoos
- New Rochelle, NY college
- Attracts iron
- River obstruction
- Militant N. Ireland organization
- Title of respect
- Make to specifications
- Food on a fish hook
- Br. peer above a viscount
- Western author Zane
- Allied H.Q.
- Defunct phone company
26. Stalks of a moss capsule
28. Electromotive force
29. "Phyllis" production Co. (abbr.)
32. Adult male human
33. Finnish island
35. Coach Parseghian
36. Helps little firms
37. 3rd largest Balearic Island
39. Disk to convert circular into linear motion
40. Old world, new
41. Acid from oil
43. Health Maintenance Organization
44. Cathode-ray tube
45. Brew
46. Nostrils
48. A female domestic
49. S. W. Shoshonean
50. Social department
54. A rubberized raincoat
57. Olive genus
58. About ohms
62. Wild goat with backward curved horns
64. Sharp point projecting backwards
65. Approaches
66. Indian frock
67. Search engine friendly
68. Description of design criteria
69. Pickerel genus
38. Indigenous race in Hokkaido
42. Feline mammal
45. Moses' older brother
47. Relinquish a claim to
48. Of I
50. Disorderly crowds
51. Wings
52. Ball for safe indoor play
53. Snatch
55. Arabian outer garments
56. Scomberomorus regalis
59. A diagram of the Earth's surface
60. Anger
61. Reciprocal of a sine
63. Nineteen

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | 9 |
| 7 | | 6 | 9 | | 1 | | | 3 |
| | | | | | | 7 | 2 | |
| | | 7 | | 8 | | | | 5 |
| 2 | | | | | 3 | | | |
| | | | 5 | | | 8 | 1 | |
| 5 | | | | 7 | | 3 | | |
| | | | | | 4 | | | |
| | 9 | | 3 | 8 | | | | 4 |

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!

Level: Intermediate

Solution on page 15

04-29-11

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Chiefs/1st Sgt's bowl to win

Academy colonels and commanders squared off against chiefs and first sergeants in a bowling competition April 20 at the Academy Lanes. The chiefs/1st Sgt's won the team event by a little more than 300 pins with a score of 3,465 to 3,135.

The Chiefs/1st Sgt's now have a three to one advantage in the series, after winning the flag football and softball events. The colonels/commanders won the golf outing, and basketball and volleyball are the two remaining sports that will conclude the 2010-11 competition. The plaque identifying each sporting event winner is kept in the south-side fitness center's trophy case.



PHOTOS BY BILL EVANS

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CCAF graduation

The Education Office will hold a Community College of the Air Force graduation and reception Thursday at the Falcon Club for the October 2010 and April 2011 graduating classes. For more information, contact the Education Office at 333-4821.

AOG Bed and Breakfast program

Inprocessing for the Class of 2015 will be June 23. Many appointees will arrive at the Colorado Springs Airport the day before and will need a place to stay that night. The Association of Graduates Bed and Breakfast Program provides accommodations for these appointees.

Local Academy graduates as well as Academy faculty and staff are being asked to provide appointees with dinner, a bed for the night, breakfast the next morning, and transportation to Doolittle Hall for inprocessing.

If you would like to participate as a host family, log on to the AOG website at www.usafa.org, click on the "Bed & Breakfast" button on the left side of the home page to access the host information and registration forms.

Santa Fe Trail closure

A portion of the Santa Fe Trail will be closed weekdays but remain open weekends until Oct. 30 while repairs are made to the Tri-Intersection Bridge on Southgate Boulevard.

Safety hazards caused by heavy construction traffic under the bridge on the trail are forcing the closure of a stretch of the trail about 2 miles from the south trail entrance to the Academy and about 4 miles from the north gate Santa Fe trailhead.

Community Activity programs

Community Dance - Saturday at the Milazzo Center from 8-10 p.m. Cost is \$10 per couple or \$5 per person. Ballroom and line dance music will be provided by a DJ.

Call for bird watchers

Whether you are a casual birder or a dedicated naturalist, the Natural Resources program could use your help to monitor birds at the Academy.

Through the web-based eBird database (www.eBird.org), volunteers can report and share their real-time observations of bird abundance and distribution, while easily creating a personal online life list.

If you are interested in helping, please visit the eBird website and call Natural Resources at 333-3308.

Need dental work?

The 10th Dental Squadron is seeking patients to be treated in its residency training program. If you are an eligible beneficiary and you have been told you have gum disease, need gum surgery or that you need a root canal.

Please call 333-5490 for a screening appointment.

Repairs being made at clinic

The Academy's main clinic is undergoing a complete repair of the roof and façade. No impact on parking is expected, but occasional closure of an entrance or walkway may be required. This project is estimated to be completed by late September.

Spotlight on hypertension

May is Hypertension Awareness Month, and the 10th Medical Group is sponsoring Hypertension Awareness Day from 10 a.m. to 1 p.m. May 11. There will be drawings for gift certificates and other small prizes.

For more information, call Juan Martinez at 333-5804.

Upcoming concerts

The chaplain's office is sponsoring a pair of upcoming concerts by the Academy Cadet Chorale with Orchestra and the United States Air Force Academy Catholic Cadet Choir and Cadet Orchestra.

Schubert's Mass in G and Rutter's Requiem will be performed at 7:30 p.m. today, and an assortment of choral and orchestral music will be offered at 2 p.m. Sunday. Both concerts will be held in the Cadet Chapel.

Readiness Center events

Career Tracks: May 3 and 4, 8:30 a.m. to 2:30 p.m. Two-day class covers all aspects of job-search preparation – resume writing, interviewing, assessing and evaluating skills/values/interests, building a "job toolkit," career planning, education, and volunteerism.

Sponsorship training: May 5, 9-10 a.m. This training is required for all sponsors of incoming Academy personnel. Learn about the various resources available to help you sponsor a newcomer to the Academy.

Disabled American Veterans medical record review: May 9, 8 a.m. to 4 p.m. Individuals within 180 days of retirement or separation can have the DAV review their medical records. Must pre-register. Call for an individual appointment.

Smooth move: May 10, 9-10 a.m. One-stop shop for relocation information, "Know Before You Go." spouses are encouraged to attend. Great information about your specific destination base, allowances, Plan My Move, household goods shipment/claims, and more.

Civil Service Class: May 12, 8 a.m. to noon. Learn what you need to know about federal employment applications, searching for positions,

reading position descriptions, hiring preferences/authority, eligibility categories, and more.

Chief's group bowl-a-thon

A Chief's group bowl-a-thon will take place May 13 at the Academy lanes and Peterson Air Force Base bowling alley.

For information, call Senior Master Sgt. Leo Castro at 333-7959.

Warrior run

A warrior run is scheduled for 8 a.m. Tuesday at Falcon Stadium for all military and DoD civilians.

The two-mile formation run will help kick off Fitness Awareness Month, and will start and end at Falcon Stadium.

The Health and Wellness Center will be on hand to present information on health and fitness.

Contact Master Sgt. Greg Meinert, at 333-8303, for more information.

Family fun day

The Academy fitness and sports center will host Falcon Family Fun Friday from 4 to 7 p.m. May 6.

Activities include kickball, dodge ball and a pool party. Sox the Fox will be there from 5 to 6 p.m. Food will be available for sale.

Contact the fitness center at 333-4522 for more information.



Cadet Chapel

BUDDHIST

Sundays: 10 a.m.
Thursdays: 6:20 p.m.

PROTESTANT WORSHIP

Traditional: Sundays, 9 a.m.
Contemporary: Sundays, 11 a.m.

CATHOLIC WORSHIP

Mass: Sundays, 10-11 a.m.;
Mondays, 5:45-6:15 a.m.;

Tuesdays-Thursdays, 7-7:30 p.m.

Confession and Adoration:

Wednesdays, 6-7 p.m.

Holy Days of Obligation: 7 p.m.

JEWISH WORSHIP

Shabbath: Fridays, 7 p.m.

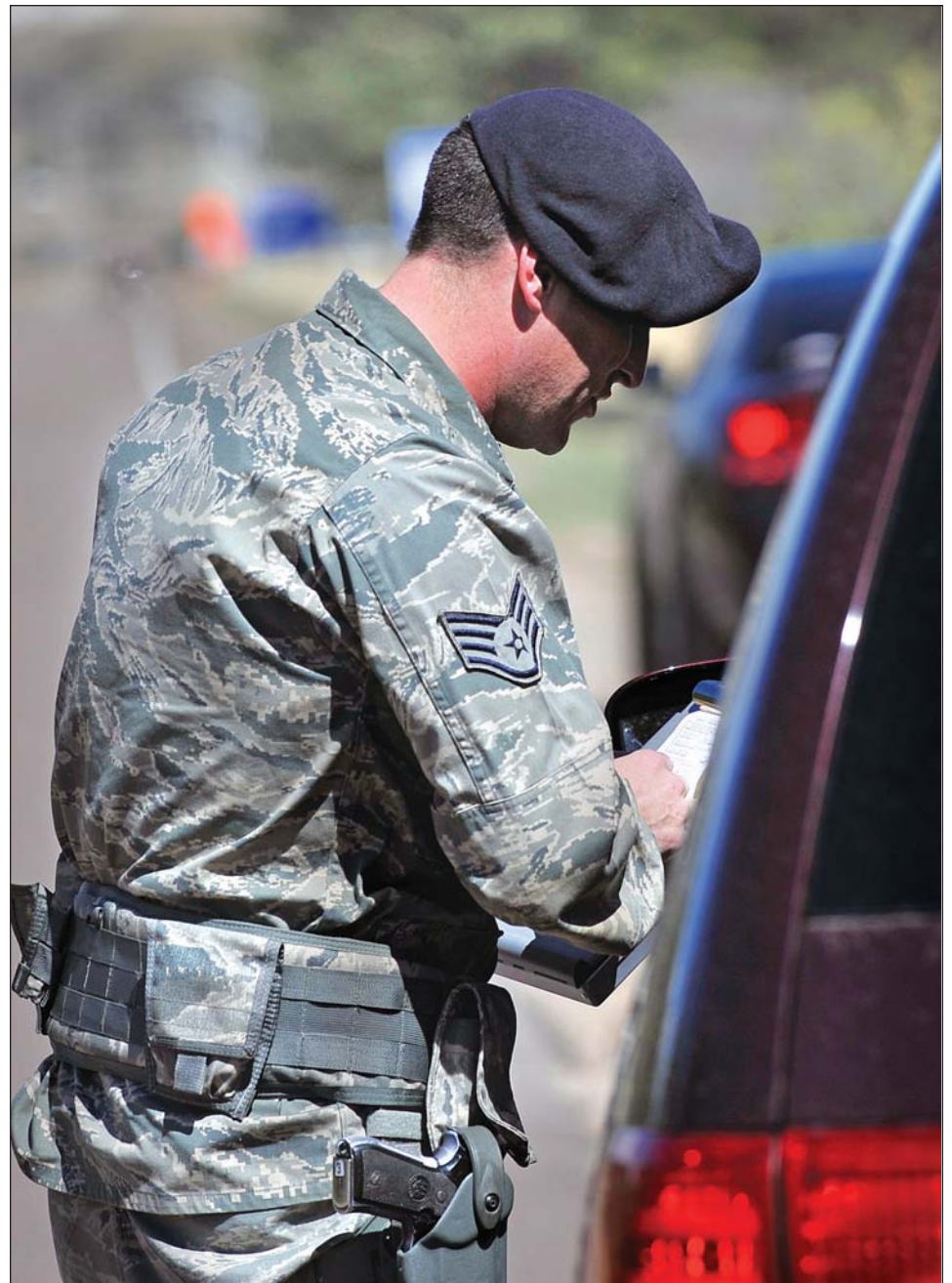
Community Center Chapel

CATHOLIC WORSHIP

Mass: Saturdays, 4 p.m.; Sundays,
9 a.m.; Tuesdays-Fridays, 11:30 a.m.
Reconciliation: Saturdays, 3:30 p.m.
Religious formation: Sunday, 10:15 a.m.
September-May

PROTESTANT WORSHIP

Wednesday Night Live: 6 p.m.
Dinner followed by Religious Education
September-May
Evangelical: Sunday, 10:15 a.m.
Gospel: Sunday, 11:30 a.m.



MIKE KAPLAN

Busted!

The 10th Security Forces Squadron set up checkpoints at the Academy April 22 to catch speeders and people talking on cellular phones while driving. Tickets issued to military members will be sent to first sergeants and commanders, and tickets issued to civilians will be sent to the federal magistrate and a fine will be imposed.

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OF COLORADO SPRINGS
GLK350 2010 - WOW! Warr to 100K! \$34,977 #B21544
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OF COLORADO SPRINGS
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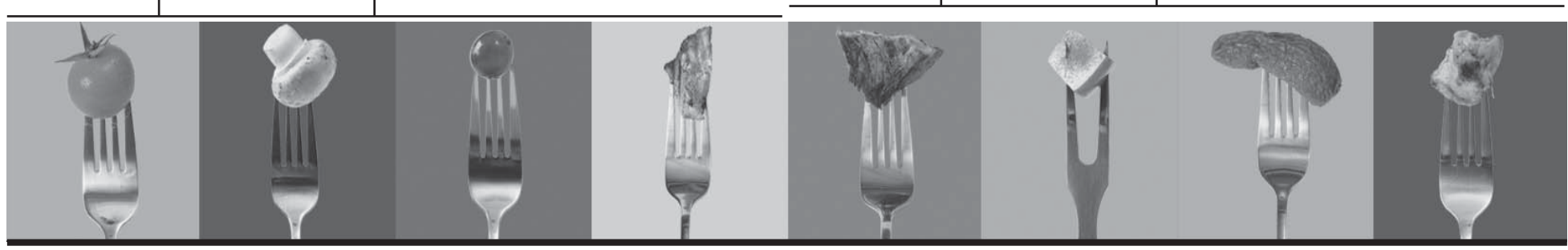
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Puzzle solutions for 04-29-2011

| | | | | | | | | | | | | |
|-----------------|---------------|-----------------|---------|---|---|---|---|---|---|---|---|---|
| PUZZLE SOLUTION | M A I M | D I S C | B E G | 3 | 2 | 5 | 8 | 4 | 7 | 1 | 6 | 9 |
| | A N O A | A R I U S | M A A R | 7 | 8 | 6 | 9 | 2 | 1 | 4 | 3 | 5 |
| | M I N G | M A R S H | C I R E | 4 | 9 | 1 | 3 | 6 | 5 | 7 | 2 | 8 |
| | S A N | T A C I T L Y | | 9 | 1 | 7 | 4 | 8 | 6 | 2 | 5 | 3 |
| | S E T A E | E M F | M T M | 2 | 5 | 8 | 7 | 1 | 3 | 9 | 4 | 6 |
| | M A N | I N A R I | A R A | 6 | 3 | 4 | 5 | 9 | 2 | 8 | 1 | 7 |
| | S B A | I B I Z A | C A M | 5 | 4 | 2 | 6 | 7 | 9 | 3 | 8 | 1 |
| | E E C | O L E I C | H M O | 8 | 7 | 3 | 1 | 5 | 4 | 6 | 9 | 2 |
| | C R T | A L E N A R E S | | 1 | 6 | 9 | 2 | 3 | 8 | 5 | 7 | 4 |
| | M A N N E R S | M A I D U T E | | | | | | | | | | |
| O L E A | O H M I C | I B E X | | | | | | | | | | |
| B A R B | N E A R S | S A R I | | | | | | | | | | |
| S E F | S P E C | E S O X | | | | | | | | | | |

Spirit Dining

| AMERICAN | | IRISH | |
|--------------|---|---|--|
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| BAR & LOUNGE | | MEXICAN | |
| | Rhino's Sports & Spirits 719-578-0608 Powers & Barnes 4307 Integrity Center Point | Rhino's Sports & Spirits • 719-578-0608 • Powers & Barnes 4307 Integrity Center. Monday - Karaoke Tuesday - Free Poker Wednesday - Beer Pong Thursday - Karaoke Friday & Saturday - DJ Entertainment with NO cover charge starting at 9pm! Sunday: Draft Specials & 40¢ Wings! Come watch the UFC fight on Sat. April 30th on one of our 11 Big Screen TVs. Drink specials and 40 cent wings during the fight. 10% Military discount every day. | Arceo's 1605 S. Nevada Ave. 442-2626 Open 10:00am-10:00pm Visit our new location: 1608 Rusina Road 719-266-0143. Join us in our family owned and operated restaurant for authentic specialties from Mexico. Serving lunch and dinner, dine in our friendly atmosphere or order for take out. Winner of 2 "Best Of" awards from The Gazette and home of the unique and delicious "Huckleberry" Margarita. www.ardceos.biz . |
| BILLIARDS | | STEAKHOUSE | |
| | Antique Billiard Museum 3628 Citadel Dr N Colorado Springs, CO 80909 / 719-597-9809 or Diamond Billiards 3780 E Boulder St Colorado Springs, CO 80909 / 719-596-9516 | Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents. | Steaksmith 719-596-9300 3802 Maizeland Rd. Steaksmith 596-9300 3802 Maizeland Rd. 15 MINUTES OR LESS FROM ANYWHERE IN THE SPRINGS CHAMPAGNE BRUNCH. Every Sunday 10am, Last Seating 1 pm, \$17 Adults, \$10 Children. Reservations for Dinner and Brunch HIGHLY RECOMMENDED. Available 24/7 at www.steaksmith.com . "Best of Springs Winner"-2007, 2008, 2009, 2010. \$20 off Dinner for Two in Dining Room(Two Entrees) with this ad. Expires 30 April 2011. Reservations Mandatory One Coupon per table. YOUR DESTINATION RESTAURANT IN COLORADO SPRINGS |
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