

OPS AIR FORCE

Cadets get taste of Air Force life at McConnell Air Force Base, Kan. **Page 3**

PROMOTED

Academy majors selected for promotion to lieutenant colonel. **Page 5**

GOING TO CAMP

Academy graduate participates in Denver Broncos training camp. **Page 8**

ACADEMY SPIRIT

**CHARACTER CAMP**

Academy hosts teen character development, leadership camp. **Pages 6-7**

Airfield increases summer flying

The Air Force Academy Airfield has increased its sortie rate during summer aviation activities, which started in late May and will continue through the first week of August to accommodate training requirements.

The 306th Flying Training Group provides Airmanship Training during the summer to over 2,000 cadets in soaring, powered flight, and parachute operations at the Academy Airfield and within the local area. The Airmanship programs are a vital mission element supporting the Academy's mission of "Developing Leaders of Character."

Days and hours of increased flying activity during the summer are Monday through Friday, 7 a.m. to 8 p.m. These hours will be reduced in early August when the Academy's academic year begins.

Academy aircraft include fixed-



MIKE KAPLAN

A T-53A aircraft takes off from the Air Force Academy airfield April 9. Aircraft flights will increase through early August as part of the Academy's summer airmanship training.

wing aircraft, gliders and parachute teams.

"Our summer flying programs have been a significant part of the education we offer for more

than 50 years," said Public Affairs spokesman Meade Warthen. "We sincerely appreciate the continuing cooperation and support of our good neighbors in Colorado

Springs and surrounding communities."

Those with questions or concerns may call the Academy's Public Affairs office at (719) 333-7475.

Academy contributes \$1 billion to local economy

By Don Branum
Academy Spirit staff writer

The Air Force Academy contributed just more than \$1 billion, including \$37.9 million in tourism dollars during Graduation Week and Parents Weekend, to the El Paso County economy in Fiscal Year 2011, according to an economic impact analysis released this month by the Financial Management Directorate.

The figure marks an increase of nearly \$150 million from Fiscal Year 2010 because it includes service members' base allowances for housing and subsistence and other pay in addition to their base salaries, said Academy Comptroller Lt. Col. Burke Beaumont.

"We revisited a model that we thought might need updating," Beaumont said. "If you're getting \$2,000 to buy or rent a house in the local area, then you might be putting some of that money in the local economy. We think (including additional pay) more closely represents the true economic impact."

The annual economic impact, according to the analysis, is \$999,088,829. Annual payroll here totaled more than \$416 million, an increase of \$90 million from Fiscal Year 2010 that owes largely to

the inclusion of BAH, BAS and other additional pay.

The lion's share of that money, more than \$286 million, pays the salaries of the Academy's 1,965 active-duty personnel and 4,423 cadets. Salaried civilian employees receive \$107 million, with another \$23 million paying for hourly employees' wages.

Military construction did not factor into the FY11 report, but services contracts and operations-and-maintenance funds made up for the difference. The Academy's overall annual expenditures on construction, services and procurement increased from \$375 million to \$422 million.

Indirect economic impact increased by about 4 percent, based on the Air Force model for predicting indirect job creation, which showed fewer indirect jobs created but a higher average salary. Economic contributions through Parents' Weekend and Graduation Week increased \$8 million from FY10's totals.

"We love the strong partnership we have with the local community," Beaumont said. "It's hard to quantify the community's support."

The report was produced by 2nd Lt. Vincent Marzano, the budget analyst for the Financial Management Directorate.

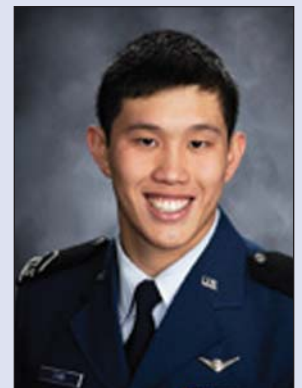
Cadet death

An Academy cadet died Tuesday while on summer leave in Las Vegas.

Cadet 2nd Class Yung "Andrew" Chin, Cadet Squadron 10, was a member of the Class of 2014 and a biology major.

"Our Air Force Academy family suffered a tragic loss this week," said Academy Commandant of Cadets, Brig. Gen. Richard Clark. "We ask everyone to please keep Yung's family, friends and wingmen in your thoughts and prayers."

The cause of death is under investigation, and more information will be released as it becomes available.



Cadet 2nd Class
Yung C. Chin



PHOTO ILLUSTRATION / PHOTO BY MIKE KAPLAN

Fitness is only one element of total health

By Dr. Todd Fore
Executive Director, Air Force Personnel, Services and Manpower

JOINT BASE SAN ANTONIO-RANDOLPH, Texas
— If asked about their health, many Airmen would point to their physical condition or recent fitness test as an indicator. Being healthy is about more than just passing a fitness test.

Physical fitness is one component of total health, and contributes to mental and social health. Learning to balance all the components of a healthy life is what makes Airmen truly fit.

Be Mentally Fit

Physical fitness absolutely improves your mental well-being. Who couldn't use a little less stress in their lives? Or more energy? Or better quality sleep? Studies show that physical activity accomplishes that and more by increasing serotonin levels in the brain.

Serotonin is known as the "feel good" hormone and is associated with low anxiety and depression levels, and promotes relaxation. Studies show additional by-products of physical activity are increased confidence, improved self-esteem and enhanced cognitive abilities including concentration, memory and learning. Overall, physical activity improves mental awareness and improves mood.

Be Socially Fit

The benefits extend to our social health. Physical activity gives us a venue to bond with others through shared experiences and strengthens our relationships. Physical activi-

ties allow us to be involved in the community, by joining sports teams or running groups and supporting charity organizations. Fitness also allows us to engage with like minded individuals.

As Airmen, we can extend the wingman concept to physical activity. Find a fit wingman who can help you increase accountability and motivation for fitness activities.

Be Physically Fit

In our high ops-tempo culture, complete with force reductions and deployments, physical fitness is a must to complete our wartime mission. The Air Force expects all Airmen to be fit to fight, which requires we meet minimum fitness standards, but it is exceeding the standards that will make you fit to lead the fight. The benefits of physical fitness extend far beyond our duties as Airmen.

Embracing a fit lifestyle yields results in all areas of our lives. Studies have shown that regular physical activity increases energy, combats depression, helps relieve stress, improves quality of sleep and staves off bad health conditions and disease. Essentially exercise makes you strong - strong in body as well as in mind.

Ultimately it is every Airman's responsibility to balance the components of health to ensure complete well-being. Instead of focusing on simply passing your next fitness test, evolve the way you think about what it means to be fit. Make fitness a priority in your life. Make conscious decisions everyday to balance the components of total health - physical, mental and social. Only then can you be the best Airman who is fit to lead the fight.



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ACADEMY SPIRIT

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

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

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Air Force Academy cadets visit McConnell

By Airman 1st Class Katrina M. Brisbin
22nd Air Refueling Wing Public Affairs

MCCONNELL AIR FORCE BASE, Kan.— Eleven United States Air Force Academy cadets participated in a three week tour of McConnell June 4 to 21, 2012, as part of the Operation Air Force program.

Every summer, cadets visit bases worldwide to learn about the various wing's overall mission. This opportunity to experience Air Force operations is available to cadets between their sophomore and junior year.

"The whole point of our visit is to experience all the jobs out there to see where you fit, and to experience all the departments to understand what goes on and how they contribute in their own unique way," said Cadet 2nd Class Erik Smith.

During their time at McConnell, the cadets visited the maintenance, mission support, medical and operations groups where they witnessed Airmen performing their jobs.

Along with visiting the specific groups, they attended a survival evasion resistance and escape briefing, watched a security forces working dogs demonstration, worked the gate, rode along with McConnell's military police, visited the law center, toured the tower, met with a retired brigadier general and attended

a live-fire demonstration at a Kansas National Guard firing range.

To show how important air refueling is to the Air Force, the cadets also participated in five KC-135 Stratotanker flights.

"It was really cool to get to see all the different air frames being refueled," said Cadet 2nd Class Ford Carty. "You don't realize how big the scope of the Air Force is until you can see all the planes you can refuel with the KC-135."

The cadets spent time with McConnell's senior leaders for personal mentoring and discussions.

Meeting with the commanders provided exposure to each of the groups and respective missions. Mentoring sessions allowed cadets to ask questions about leadership and hear experiences from leadership that have led to their successes.

This glimpse of what cadets refer to as the "real" Air Force is meant to develop the future officers and help them determine which career fields to select on their preference sheets.

"I would hope that the cadets now have a clearer understanding of the responsibilities that each career path has," said Maj. Creg Johnson, 22 Air Refueling Wing combat plans chief and McConnell's Operation Air Force program coordinator.

A second group of cadets will visit June 26 through July 12.



ABOVE: Cadet 2nd Class Matthew Jones receives a "bite" from military working dog Andor June 7. Eleven cadets from the Academy visited McConnell Air Force Base, Kan., as part of Operation Air Force.



LEFT: Cadet 2nd Class George Michalke records video of a KC-135 Stratotanker refueling a B-2 Spirit June 11. Cadets visit bases around the world every summer to learn about Air Force missions.

AIRMAN 1ST CLASS KATRINA BRISBIN

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USAF Academy grad helps lead Estonia air force

By Tech. Sgt. Daniel Heaton
127th Wing Public Affairs

AMARI AIR BASE, Estonia — Lessons learned in the foothills of Colorado are taking flight in the Baltic Sea nation of Estonia.

"I'm not a dreamer who thinks that Estonia will have a big strike air force. That is not something that 1.3 million taxpayers can sustain," said Lt. Col. Jaak Tarien, chief of staff of the Estonian air force and a 1998 graduate of the U.S. Air Force Academy in Colorado Springs, Colo. "But we are in NATO for a reason and we are a true partner in NATO."

Tarien made the comments in an interview with a U.S. Air Force public affairs specialist as about 150 U.S. airmen were staying and operating at his country's Amari Air Base, an air readiness center that had its first test as a fully-operational tactical air base during the exercise in June.

Asked what he learned at USAFA that has been most helpful to him in his military career, Tarien does not pause: "I learned that we have good allies."

As the chief of staff of the Estonian air force, Tarien is the second in command of the 300-person force. The word around Estonia is that he is in line to become the commanding general of the Air Force later this summer. Not bad for a former law student who learned about opportunities for exchange students at the U.S. service

academies by seeing an ad in a newspaper in Tallinn, the capital city of Estonia.

Each of the U.S. service academies allow a small handful of students from allied nations to attend the academy on an exchange program each year. The exchanges promote partnerships and build alliances between the U.S. and various nations around the world. The year Tarien entered the Air Force Academy, 1994, was the first year that Estonia was invited to submit a candidate to compete for a spot at the prestigious institution.

"There I was in Colorado. And my English was, um," he shrugs and pauses, "so and so," he says with a smile.

"The first days I was there, many of my classmates were under a lot of stress with the yelling and the push-ups. Perhaps being away from home for the first time. I felt like I was in a movie. I was constantly excited. The first three months or so I was at the Academy, I could not believe that I was actually living that life, it seemed just like an exciting movie," said Tarien, who spent two years as a Black Panther in Cadet Squadron 29 and then was in the Dirty Dozen of Cadet Squadron 12.



“There I learned that the American military is people who are willing to stand up for what they believe in, to stand up for what is right.”

— Lt. Col. Jaak Tarien, chief of staff of the Estonian air force, on what he learned at the Air Force Academy

After graduating from USAFA, Tarien returned home to Estonia and was assigned to a major's billet, working in air surveillance. At the time, there were only 90 people in the entire Air Force and the country was only a half dozen years removed from being part of the Soviet Union. Estonia gained independence in 1991.

Since then, Tarien has worked in several positions as his country's military has grown. Joining NATO in

2004 was a key moment, he said.

"No one wants a war with NATO. We do not anticipate a war. We are concerned, however, about a strategic miscalculation by some country," Tarien said. "We work closely with NATO and want no one to make a doubt that we are a partner with NATO, in case there is a strategic miscalculation."

Tarien said Estonia's goal is to continue to work actively with Latvia and Lithuania in an air surveillance partnership and to be able to provide an air field and the logistical support that can allow other NATO partner countries to project air power from Estonia, if such a contingency is needed.

"That is the power of the NATO partnership," Tarien said. "Many allies working together."

That's a lesson Tarien first learned in Colorado Springs in the 1990s. "There I learned that the American military is people who are willing to stand up for what they believe in, to stand up for what is right."

Tarien says he learned that in Colorado Springs — along with a lot of chemistry and math and history.

"It was a well-rounded education that we did not always appreciate as cadets, that we made many comments about it," he said. "But all of it has helped me to understand the world, to see the big picture, to gain understanding, to be a better officer in my Air Force."

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35 Academy majors selected for promotion

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Thirty five Air Force Academy majors were selected for promotion to lieutenant colonel during the 2012A line of the Air Force and LAF-judge advocate central selection boards, Air Force Personnel Center officials announced.

To see the entire promotion list, go to the AFPC website at <http://bit.ly/N7tfLu>.

The boards considered 124 lieutenant colonels and 6,639 majors for promotion. Selection statistics include the following:

- In-the-promotion zone for LAF:

1,096 selected from 1,453 considered for 75.4 percent select rate

- Above-the-promotion zone for LAF: 17 selected from 1,405 considered for 1.2 percent select rate

- Below-the-promotion zone for LAF: - 123 selected from 3604 considered for 3.4 percent select rate

- In-the-promotion zone for LAF-J: 30 selected from 38 considered for 78.9 percent select rate

- Above-the-promotion zone for LAF-J: 2 selected from 31 considered for 6.5 percent select rate

- Above-the-promotion zone for LAF-J: 1 selected from 108 considered for .9 percent select rate

Lieutenant colonel selects:

David Armitage, Air Officer Commanding for Cadet Squadron 13

Aaron Bell, AOC for CS 39

Anthony Bell, Law Department

Christel Bergin, AOC for CS 27

Brian Collins, AOC for CS 02

Robert Evert, Management Department

Leslie Forrester, Commandant of Cadets staff

Kara Greene, Aeronautics Department

Kevin Hornburg, AOC for CS 38

Jeffrey Jackson, Political Science Department

Henry Jeffress, AOC for CS 26

Nidal Jodeh, Aeronautics Department

Kelly Kafeyan, Foreign Language Department

Paul Kaster, AOC for CS 15

John Mah, Aeronautics Department

Sharon Nickelberry, AOC for CS 10

Lisa Rauk, AOC for CS 16

Jason Renter, AOC for CS 18

Meghan Ripple, AOC for CS 32

Leeann Roberts, Academy Preparatory School

Joseph Scholes, Plans and Requirements Directorate

David Talafuse, AOC for CS 33

Matthew Yeatter, AOC for CS 09

Melissa Youderian, AOC for CS 05

Justin Hill, Mathematical Sciences Department

Justin Joffrion, Economics and Geosciences Department

Andrew Lofthouse

Stephen Pipes

Michael Tomm, AOC for CS 13

Chiafei Wu

Loni Yu, AOC for CS 07



PHOTOS BY STAFF SGT. BRIAN HERMES

Airmen selected for below-the-zone promotions

LEFT: Airman 1st Class Chantel Talton reacts to being presented with below-the-zone senior airman stripes by 10th Air Base Wing Commander Col. Tim Gibson, June 13.

ABOVE: Chief Master Sgt. David Staton talks to Airman 1st Class Brandon Caves after surprising him with selection to senior airman below the zone June 13. Caves is assigned to the 10th Medical Support Squadron. Staton is the 10th ABW command chief.

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SARAH CHAMBERS
High school senior Ryan Domson (far left) pushes (left to right) high school freshman Carlos Diaz, Cadet 1st Class Lindsey Byrd and high school junior Heather Sherrill across the lake in a canoeing exercise to demonstrate teamwork.

Character Camp: 'There is a leader in all of us'

By Amber Baillie
Academy Spirit staff writer

The Center for Character and Leadership Development hosted the first Character Camp June 10-15 to allow high school athletes the opportunity to exercise character development and leadership virtues with cadets, through difficult outdoor activities and group exercises.

Eleven high school students from the Classical Academy, Pinnacle Charter School and Hayden High School participated in whitewater rafting, mountain biking, hiking, paintballing, intramural sports and a ropes course to build character and practice teamwork.

"The second day was the biggest day for all of us, when we did the ropes course," said Heather Nereson, a junior at Hayden High School. "They had this 55-foot pole called the pumper puller that we had to climb, stand on and then jump off of while trying to hit a ball."

Cadet 1st Class Lindsey Byrd, a pod leader for the camp, said everyone put in their best effort during the activity.

"At first, everyone was scared but 30 minutes later every single camper went up it," Byrd said. "Our goal was to support them, make sure they understood the leadership virtues and were able to recognize how to use them in different situations."

The virtues demonstrated were respect for human dignity, humility, courage, excellence, attention to detail and accountability.

Nereson said camp leaders challenged high school participants to commit to a virtue and consciously practice it at their school.

"I'm going to practice courage because I'm strong against partying and drinking," Nereson said. "I will try to have the courage to influence my friends by saying things

like, 'Hey, that's not a good idea,' and I've learned how to do that respectfully."

Savannah Williams, a senior at Hayden High School chose two virtues to work on. "I chose attention to detail and respect for human dignity because I've had a lot of friends go through hard stuff and didn't know it while it happened," Williams said. "I need to pay more attention and help them if I can."

This year the camp was based on student athletes. Lt. Col. Bryan Huntley, director of the camp, said local high school coaches were asked to nominate athletes who demonstrated character.

"The camp definitely exceeded my expectations," Huntley said. "I had a very high expectation for this camp but I was surprised at the depth and level we got to. We were able to establish a trusting environment where the students felt comfortable interacting with cadets within a couple of days. By watching the campers work through the virtues that we talked about, whether it was courage or attention to detail, it exceeded my expectations."

Huntley said character development should start before college.

"Originally this was something we started talking about a couple of years ago because we wanted community involvement at the high school level," Huntley said. "I think we have a unique role here that requires us to have a deep understanding of how we develop character and keeping that to ourselves isn't good for the greater community."

Byrd said each cadet pod leader was assigned to three or four campers, expected to participate in activities with the students and act as a role model to them.

"It was really cool to learn about what the cadets have done because it's really inspiring," Williams said. "I learned how to be a better leader and a better person and that you have to be a better person before you

can be a better leader." Byrd said she saw a transformation in the students from the camp.

"I enjoyed seeing their development," Byrd said. "It's great to see how they went from being more introverted and shy and then through these events, have become more extroverted. It's been fantastic seeing the camaraderie here."

Huntley said the camp was also an important lesson for cadets.

"By putting those cadets in that role, it really elevates their understanding of what it takes to develop a leader of character," Huntley said. "That was really important in this camp and to get them to a place where they were demonstrating humility and being great role models."

Huntley said the students' coaches will continue the lessons learned from Character Camp.

"The real benefit is that the coaches will meet with the students every week for a month on their targeted virtue," Huntley said. "We felt it was important that it wasn't just a great five-day experience and that they could expand well beyond what happened here this week."

Cadet 1st Class Christian Rengan, another pod leader for the camp, said the camp was a great opportunity to serve the community.

"People tend to think the whole reason you go to the Academy is to be an officer and it's not," Rengan said. "It's about developing leaders of character and it's a commitment to the community too, to develop the civilian side and citizenship outside of the Academy as well as the inside."

Rengan said he would volunteer for the camp again in a heartbeat.

"I love the idea of this and it doesn't have to be sports-related," Rengan said. "It can expand everywhere else, in any area because there is a leader in all of us."



MIKE KAPLAN



RAYMOND MCCOY



RAYMOND MCCOY



SARAH CHAMBERS

LEFT: 2012 Character Camp- Back row (left to right) Brig. Gen. Dana Born, Dr. Hans Mueh, Chad Hennings, Courtney Martinez, Ryan Domson, Mark Doolin and Micah Mesward. Middle row (left to right) Heather Nereson, Savannah Williams, Heather Sherrill and Karalyn Maestas. Front row (left to right) Carlos Diaz, Peter Collison, Joshua Dillon and Lt. Gen. Mike Gould.

TOP LEFT: Camp participant Carlos Diaz maneuvers through the ropes course to practice leadership virtues.

TOP: High school junior Heather Nereson (left) and senior Ryan Domson (right) play ultimate Frisbee with high school and cadet participants at Character Camp 2012.

ABOVE: High school students participated in whitewater rafting, mountain biking, hiking, paintballing, intramural sports and a ropes course to exercise character development.



WADE DOLBOW

Travis Perkins warms up for the firefighters before recreation-league intramural action Tuesday. Perkins' pitching helped his team win both games of their double header.

Intramural softball fun

In competitive league softball action the Fire Dept put up 12 runs in the first inning to defeat DRU/FSS 30-10. A grand slam by Ken Kother and a three-run shot from Ryan Moriarty was all they needed. Scott Koenig hit two homers and drove in five runs in the loss for DRU/FSS.

The Fire Department continued with a doubleheader sweep defeating Radiology 20-6. They started quickly in the first inning again as they scored six runs. Later CES's Ken Kother hit two more homers and had 5 RBIs for the night. Leading the medics was Tom Ziegler who had three doubles scored three times, and drove in a run.

In the recreational league the Golf Course team beat the Pharmacy 25-5. Golf Course scored 10 in the first inning as a Marco Chavez single and Shane Malmquist triple both drove in two runs apiece. Pharmacy scored four runs in the third and had RBIs from Brian Bisson, Nick Miller and Bryce Cook

In the final game of the night, Pharmacy came back in the last inning and defeated Comm. 9-7. Comm. led 4-3 headed into the 6th inning when Pharmacy scored six runs. Comm. scored three runs in the bottom of the sixth, but Pharmacy's Michael LaCroix drove in two runs and Hillary Castillo drove in the other to clinch the win.

2010 AFA grad finishes Broncos mini-camp, follows dream

by Senior Airman Christopher Gross
460th Space Wing Public Affairs

ENGLEWOOD, Colo. — As another year of the National Football League season nears, military members might want to pay closer attention to their televisions as one of their own maybe lining up on the gridiron during those famous Sunday afternoons.

Benjamin Garland, a Grand Junction, Colo. native, recently completed the Denver Broncos three-day minicamp, and seemed happy with how things are going thus far.

"It's always been my dream to play for the Broncos, being a Colorado native, you couldn't ask for anything more than playing for your hometown team," a proud Garland said. "It's one of the most challenging things (I've) ever experienced. It's tough, it's difficult, but as every Airmen knows, that's not something you shy away from. It's that challenge every Airmen loves."

After receiving his commission from the Air Force Academy in 2010, Garland received several offers as a free agent from teams around the league. One of them being the Broncos and he said it was an offer he couldn't pass up.

"It's been my dream to be in the Air Force ever since I was a little kid," said the nearly 300 pound defensive

end. "I love the Air Force, every moment of it and it was a really tough decision, but being a member of the Broncos is my dream. I have to pursue it as well as staying in the guard and continue to work for the Air Force."

After receiving permission, Garland used his 60 days of post-graduation leave from the academy to try out for the team back in 2010 and eventually signed a three-year contract with them.

Garland said it hasn't been easy by any means and it's a constant battle of proving himself everyday to show he deserves a spot on the team. He said it's a completely different atmosphere from when he was playing for the academy.

"It's the professionals, you're talking faster, more powerful and stronger (players). You can make an error in college and get away with it. You can't make an error and get away with it in the NFL," he said.

His hard work and dedication to two different organizations hasn't gone unnoticed either.

Broncos defensive tackle Justin Bannan, in his 11th NFL season, knows a hard worker when he sees one.

"The guy can outwork anybody when it comes to running and training," Bannan said. "For a big guy like himself, to run as hard as he can and go as hard as he can, I think he just pushes everybody and kind of sets



Ben Garland practices with other Bronco hopefuls during the Broncos mini-camp July 13. Training camp at Dove Valley starts in late July.

SENIOR AIRMAN CHRISTOPHER GROSS

the standard."

Not only was Bannan impressed with his athleticism and motivation on the field but also his off-field commitment with the guard as well. He said he has a lot of respect for the Garland's tremendous commitment and sacrifice, "it shows what kind of unselfish human being that he is."

Garland has applied the Air Force core values not only in his military career but also with the Broncos, ac-

ording to Bannan, he's seen him use those characteristics everyday and has never seen him slack on something or take a day off, he's known Garland since 2010, when Garland was coming from the academy.

Now two years later he finds himself back in Colorado assigned to the 140th Wing, Colorado Air National Guard, at Buckley AFB, Colo., where he'll make his guard time up during the offseason.

deal of the day
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Puzzle solutions for 06-22-2012

PUZZLE SOLUTION	SUM	PPM	AMU	5	6	4	8	7	2	3	1	9
	URIC	ALUM	NAM	7	2	3	9	1	6	8	4	5
	MANUL	LENO	MICA	8	9	1	4	3	5	7	2	6
	ANURA	ABJURE	ES	1	4	7	6	5	3	9	8	2
	CUE	UST	ENDEAR	6	8	2	1	4	9	5	7	3
	STARLIT	ITCH		9	3	5	7	2	8	4	6	1
	BEANY	OTTO		3	5	6	2	8	4	1	9	7
	CONVERGENCE			4	1	9	5	6	7	2	3	8
	APER	ERROR		2	7	8	3	9	1	6	5	4
	TINT	SOIREES										
	MATINS	VEETATE										
	EVA	CUEE	ORRIS									
	MERE	ANIL	NAFFS									
HA	MIRE	FULA										
OD	OED	LEY										

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Rodeo volunteers needed

Thirty-five volunteers are needed for the 72nd Annual Pikes Peak or Bust Rodeo July 14.

Volunteers must be 18 years or older and will help with duties such as gate security and ticket-taking.

Each volunteer will receive two vouchers to attend a performance of his or her choice.

Call Master Sgt. Romney Scheirer at 333-0841 before July 4 if you are interested.

Sports physicals available

The 10th Medical Group's Pediatrics Clinic will offer evening appointments for sports physicals on Tuesdays and Thursdays for children enrolled in the Academy's Pediatrics and Family Practice clinics.

Because physicals are valid for 12 months, parents who require physicals for school sports programs may simply drop off the forms for their providers to sign.

For more information or to schedule an appointment, call the appointment line at 524-CARE (2273).

Summer bowling leagues

The Academy Lanes Bowling Center's summer bowling leagues are now in session.

Available leagues include a parent and youth league Tuesdays at 7 p.m. for \$14 per team, three-person youth

leagues Thursdays at 10 a.m. for \$7 per person and four-person adult mixed leagues Thursdays at 7 p.m. for \$10 per person.

Children may receive free bowling lessons during youth league play on Thursdays.

For more information, call Academy Lanes at 333-4709.

'Leading Consciously'

The Academy Diversity Office will hold two-day Leading Consciously awareness courses: July 16-17, July 18-19 and July 20-21.

The course introduces participants to skills that include testing assumptions, clearing emotions, building effective relationships and bridging differences.

For more information, call the Diversity Office at 333-7795.

Summer basketball league

The Fitness Center's summer basketball league begins Monday.

The league is open to service members, civilian employees, contractors and family members 16 years old or older.

For more information, contact Dan Kendall at 333-4522.

Softball tournament

The fitness center will host a co-ed softball tournament June 29-30. To register, call the fitness center at 333-4522 or 333-3531. For more information call Dave Castilla at 333-4078.

Whitewater rafting

The Outdoor Recreation Center offers rafting trips to Browns Canyon, the Royal Gorge and Big Horn Sheep Canyon through August.

The trips depart from the Outdoor Recreation Center at 7 a.m. and return at 5 p.m.

Trips include transportation, a wet suit, personal flotation device, helmet, splash jacket and lunch.

The trips are a Class 3-5, include certified white-water rafting guides and range from \$55-\$85 per person. For more information visit the Academy Support website at <http://usafasupport.com/the-great-outdoors/outdoor-adventure>.

July 4 at the Academy

The Air Force Academy will hold an Independence Day celebration at Falcon Stadium July 4.

The event is open to the public and free. The gates will open at 4 p.m.

The schedule will feature bouncy houses and ultimate frisbee demonstrations from 4-8 p.m., music by the Colorado Springs Philharmonic at 7 p.m., the Air Academy Band at 8 p.m. and fireworks show at 9:30 p.m.

Food and beverage vendors will be on site with tailgating allowed. Items prohibited inside the stadium include coolers, barbecue grills, pets, backpacks and fireworks.

Got an IDEA?

The Innovative Development through Employee Awareness, or IDEA, Program is designed to recognize and reward individuals

whose suggestions improve the efficiency, economy, and effectiveness of Air Force, Department of Defense, and federal government operations.

Anyone can submit an idea, but only Air Force military members, Air Force federal civilian employee and Air Force Academy cadets who are paid from appropriated funds are eligible for cash awards.

Monetary awards can be as high as \$10,000 for each approved idea that results in validated tangible savings, and \$200 for approved ideas resulting in intangible benefits.

To submit an idea, go to <https://ipds.randolph.af.mil/ipds/> (Common Access Card login required) or contact the IDEA office at 333-4332.



Acacia Park summer concerts

Acacia Park is in full swing with its summer concert series Saturday evenings June 16, 23, 30, and August 4, 11, 18 from 6-8 p.m.

Free concerts include indie rock, folk, country and jazz music.

For more information visit the Downtown Colorado Springs website at <http://bit.ly/lvwXdY>.

Youth, teen volunteers needed

The Colorado Springs Parks, Recreation and Cultural Services Department seeks youth and teen volunteers to help with summer programs.

Children ages 10 and up can volunteer at several facilities, including the Rock Ledge Ranch Historic Site, Helen Hunt Falls Visitor Center and more. For more information, contact the department at 385-6502.

USA Pro Cycling Challenge

Colorado Springs will host the final leg of the USA Pro Cycling Challenge Race Aug. 24 where cyclists will travel from Breckenridge to Colorado Springs.

Also referred to "America's Race," the world's top athletes will race through the Colorado Rockies Aug. 20-26 through 12 host cities from Durango to Denver.

This is the second year of the race. It consists of a 683-mile course that includes 42,000 feet of vertical climbing.

Gem and mineral show

The Western Museum of Mining and History will hold its annual Pikes Peak Gem and Mineral Show today through Sunday.

The museum is located east of Interstate 25 outside the north gate. Call 488-0880 for more information.



Cadet Chapel

BUDDHIST
Sundays, 10 a.m.

PROTESTANT WORSHIP
Combined Worship Service:
Sundays, 9 a.m.

CATHOLIC WORSHIP
Mass: Sundays, 10 a.m.

JEWISH WORSHIP
Normal schedule
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.
Formation Classes: For students in grades K-8. Sundays, 10:15-11:30 a.m.

PROTESTANT WORSHIP
Evangelical: Sunday, 10:15 a.m.
Gospel: Sunday, 11:30 a.m.
Wednesday Night Live:
For ages 3 to adult. Begins with a meal. Wednesdays, 6-7:30 p.m.



RICHARD DROLL

Girls of the West

Caitlin Kern, the Girl of the West, left, and Amanda Summers, Aide to the Girl of the West, visited the Academy Monday to promote the Pikes Peak or Bust Rodeo July 11-14 at the Penrose Event Center in Colorado Springs. Revenue generated by the rodeo supports local military charities. Go to www.coloradospringsrodeo.com for more information.



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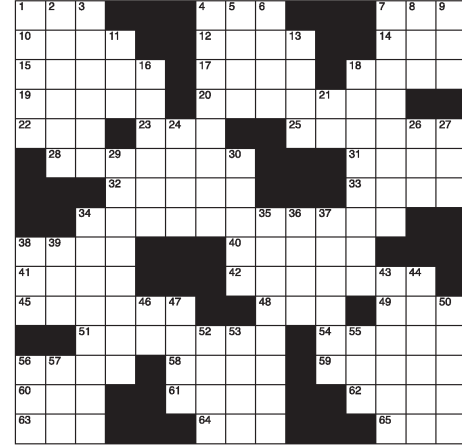
CLUES ACROSS

1. Total
4. Parts per million
7. A Dalton (Physics)
10. Acid causing gout
12. Grad
14. Yes (Arabic)
15. Pallas's cat
17. Tonight's host
18. Isinglass
19. Frogs, toads, tree toads
20. Solemnly renounce
22. Billiards stick

CLUES DOWN

1. The genus Rhus
2. The 7th planet
3. 17th century courtance
4. Hill site of Rome's 1st settlement
5. One of the common people
6. Saccharum bengalense
7. Liqueur-flavored liqueur
8. A waterproof raincoat
9. Actress Thurman
11. An inferior dog
13. A disdainful grimace
16. Actress Bacall
18. Moderate to inferior in quality
21. Atomic #86
24. Queen's Gambit defense
26. Behave in a certain manner
27. The 17th Greek letter
29. Not achieving a purpose
30. Rubber wheels (Br.

40. Mistake
41. A shade of a color
42. Evening parties
45. The first canonical hour
48. Examines animals
49. Fed
51. One who left a dangerous place
54. Fragrant iris rootstock
56. Nothing more than specified
58. Indigo
59. ___ off: dismisses (Br. slang)
60. Own (Scottish)
61. Deep, slimy soil
62. W. African language
63. Office of Urban Development
64. Largest English dictionary (abbr.)
65. Grassland, meadow



SUDOKU

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

Level: Advanced

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 to gets to solve the puzzle!

Solution on page 8

06-22-12

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With Coupon
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