

TUSKEGEE SPIRIT

Spirit of Tuskegee and original Tuskegee Airmen visit Academy. **Page 3**

READY TO RODEO

Pikes Peak or Bust Rodeo kicks off with Rodeo Parade. **Page 6**

SIMPLY CYBER

Summer course teaches cadets to defend, attack cyber networks. **Page 10**

ACADEMY SPIRIT



MEGAN DAVIS

Cadet candidates start down the path to their future during inprocessing at the Academy Preparatory School Wednesday.

Prep School welcomes new class of cadet hopefuls

By David Edwards
Academy Spirit Staff Writer

Inprocessing at the Air Force Academy Preparatory School began Wednesday, ushering in this year's class of soon-to-be Academy cadets.

For thousands of past applicants who didn't qualify for direct entry, the Prep School has served as a gateway for entrance into the Academy.

The Prep School's 10-month program furnishes intense instruction in math, English and basic sciences. Students also undergo military training and character development. Although the Prep School's purpose is to mold students into prospective cadets and future officers, the education there doesn't come with a guarantee of admission to the Academy.

Col. Bart Weiss, commander of the Prep

School, said one of the distinguishing characteristics of this incoming class is the number of prior enlisted military personnel. The total of 49 represents a high number in comparison with recent classes, he said.

Students at the Prep School go through a slimmed-down version of the Academy's Basic Cadet Training.

"Our BMT is only 18 days and is more of a military training and cultural immersion program," Colonel Weiss said. "Plus (it) gets these kids accelerated into the military culture and team-building posture that focuses on respect for others, team and (baselining) them all into military life."

The Prep School does its best to maintain a distinct identity while staying integrated with the community life of the Academy. The course of study is much shorter and is geared toward

bringing students up to speed on core subjects not adequately covered during their high school years.

Furthermore, the Prep School has its own facilities — library, classrooms, dorms, sports complex — and its intercollegiate athletes play teams at the junior college level as opposed to the NCAA. Even the schools' team mascots are different: Huskies for the Prep School, Falcons for the Academy.

But the short-term separation doesn't take the focus off the long-term goal, which is ultimately the reason for the Prep School's existence.

"We do mirror a bit of Academy procedure," Colonel Weiss said. "(First is) BMT, then transition week and hit them hard with a life skills, study, time management class to better prepare them for the academic rigors they will face here and at the Academy."

New aircraft soar into Academy

By Gino Mattorano
Academy Spirit editor

Cadets in the Air Force Academy's Airmanship program will now train in state of the art sailplanes, as the first

TG-16A glider touched down at the Academy July 8.

The new fleet of training and aerobatic gliders is valued at \$4.8 million and includes five new aerobatic gliders and 14 basic trainer models that will replace the aging TG-10 Trainers currently in use.

"These are exciting times for the Air Force Academy and the soaring program," said Lt. Col Richard Roller, 94th Flying Training Squadron commander. "Over the next year, we'll transition 100 percent of the basic as well as the aerobatic fleet over to the new aircraft."

The 94th FTS basic trainer and aerobatic glider fleet will increase from 17 to 19 aircraft, and the German-made

TG-16A's larger wingspan and greater glide ratio will provide a performance increase over the TG-10s. The 94th also has a fleet of five TG-15 aircraft used for cross country soaring, but these aircraft will not be replaced by the TG-16.

"One of the reasons we're replacing the aircraft now is that we ran into a problem with the service life of our aerobatic aircraft, the TG-10Cs," Colonel Roller said. "Basically, the manufacturer thought we were flying the aerobatic gliders in a manner different from what they had expected, so that cut the service life in half and the aircraft started running out of flying hours pretty quickly. So that we could continue to keep our aerobatic team, something

had to be done."

In order to ensure a timely transition to the new airframe, a team of experts from Wright Patterson AFB, Ohio, Tinker AFB, Okla., Air Education and Training Command and the Air Force Academy worked together to make the new acquisition possible. And according to Colonel Roller, the acquisition time was basically cut in half to purchase the new aircraft.

One particularly unique aspect of the Academy's glider program is that it is entirely run by cadets.

"We have staff officers and civilian personnel to mentor these young cadets, but it's entirely run by them," Colonel Roller said. **See Glider Page 4**

Standards of courage

Commentary by Lt. Col. Aaron Burgstein
1st Combat Camera Squadron

JOINT BASE CHARLESTON, S.C. (AFNS) — The other day at lunch I saw something that really stuck with me. A colonel excused himself from his dining companions for a moment and went over to an Airman at another table. Discretely, he corrected her on improper wear of the uniform.

Is this something to be concerned about? Is this what leaders should take their time to do?

The answer is yes. He corrected something the moment he saw it was wrong. It doesn't matter that it was something as seemingly trivial as the improper wear of the uniform. It's our duty as Airmen, and especially as leaders, to correct things that are wrong, from simple uniform items to multi-million-dollar budgets, and everything in between. It's a combination of excellence and integrity. To put it more concretely, as I sit writing this in an airport gate area, awaiting my maintenance delayed flight, I sure hope someone is watching and correcting the mechanics fixing my jet.

In addition to integrity, it also took courage to correct that Airman. Sure, some might argue that as a senior officer, one should feel secure in correcting a lower-ranking person. In this case, rank doesn't matter. It takes moral courage to walk up to someone you don't know and tell them they're doing something wrong. Odds are, you're not making an instant friend and you're going to cause some hurt feelings.

It's a responsibility all supervisors share. I knew of a supervisor who would not give feedback, or at least honest feedback, because once when he did so, the person he was trying to help started crying. I've known of others who just didn't take the time to correct seemingly minor infractions such as hair or uniforms. The problem is those seemingly minor issues become larger issues. These leaders set their Airmen up for failure. In a couple of cases I've seen, the lack of an early course correction resulted

in being passed over for promotion a few years down the road.

It's not fun correcting people. Adversarial encounters rarely are a good time. However, it's our duty, as Airmen and as leaders, to uphold the standards. That requires not only knowing the standards, but having the moral courage to tell someone they're wrong. You do it professionally, with as little fuss as needed, but nonetheless, you do it.

But it's not just supervisors.

A personal example and one that definitely shows courage is the Airman who recently corrected me on a uniform issue. We were at a squadron event and he asked if he could speak to me. When we were out of earshot of everyone else, he very quietly told me that I was doing something the Air Force Instructions did not allow. I quickly corrected the issue and thanked him for helping me out.

That took courage. Moreover, he handled it fantastically. He pulled me aside, kept it very professional and helped me out instead of playing "gotcha!" I appreciated that correction which helped me look better, and even more so, I appreciated his courage in approaching me.

This is where excellence comes in. We hold ourselves responsible, as Airmen of all ranks, to uphold standards and display excellence in what we do.

It's also about more than just correcting mistakes or issues you see. It's about setting your Airmen up for success. One of the hardest things I've had to do in my career was to defer a promotion until the Airman could meet standards -- not my standards, but Air Force standards. However, as a leader, it was about more than just telling someone they were wrong. It doesn't just stop with the correction. After that, a good leader ensures the Airman has the support needed to get back on track. That's what we do as leaders. We help our Airmen.

Have that moral courage to do what's right, no matter how unpleasant it may be. You'll be happy you did, and just importantly, those people you correct will most likely thank you in the long run.

ACADEMY SPIRIT

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

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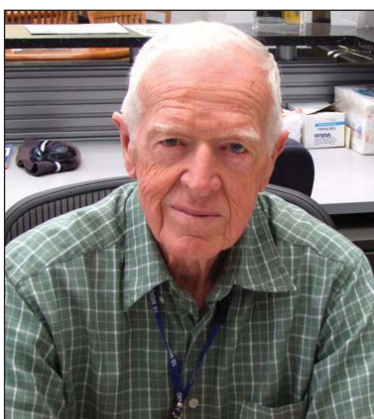
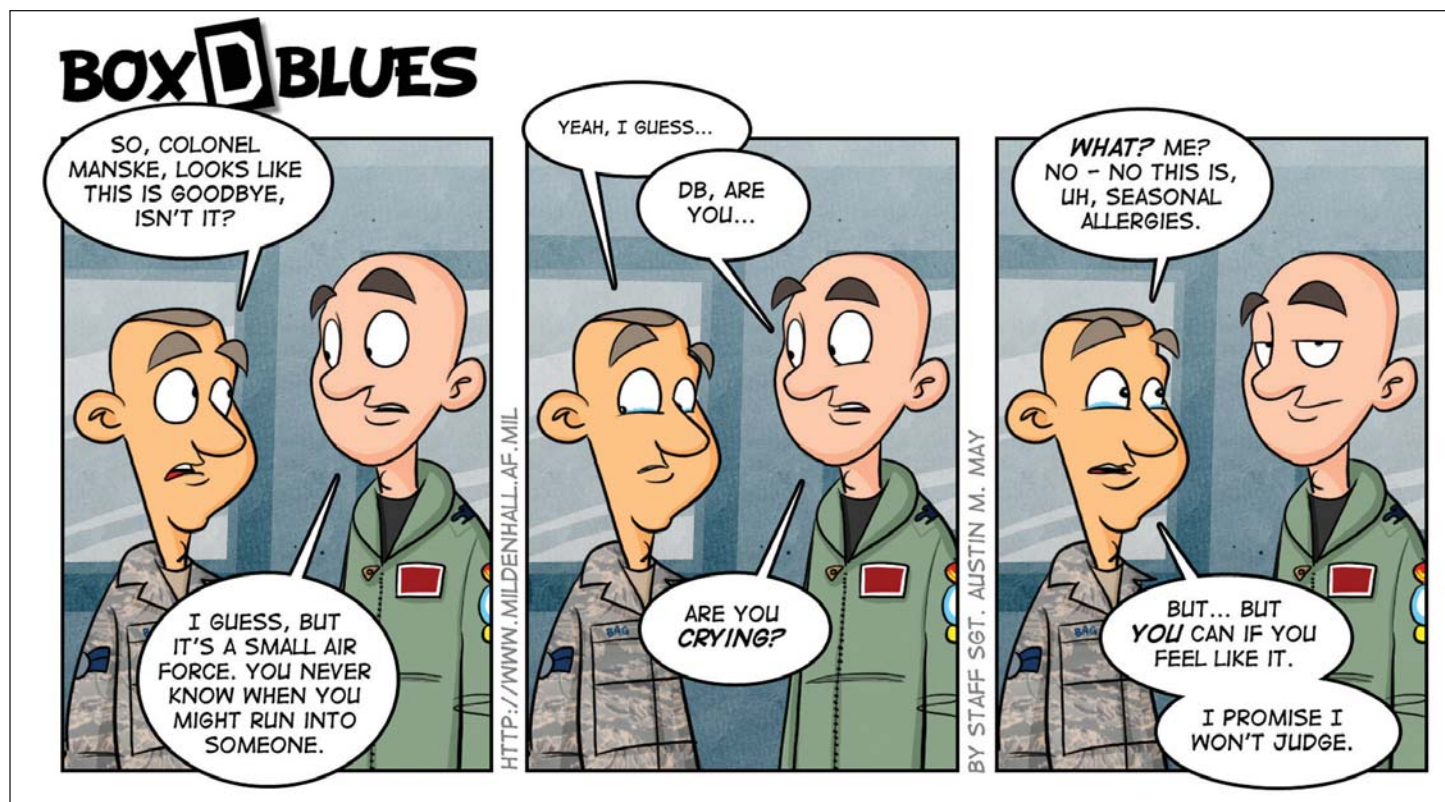
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Send submissions to: usafa.pai@usafa.af.mil. Deadline for free classified ads on a space-available basis is noon every Tuesday for that week's publication date. Paid classified publishing is accepted by the publisher at 719-444-7355. The number to call for display advertising is 636-0306.

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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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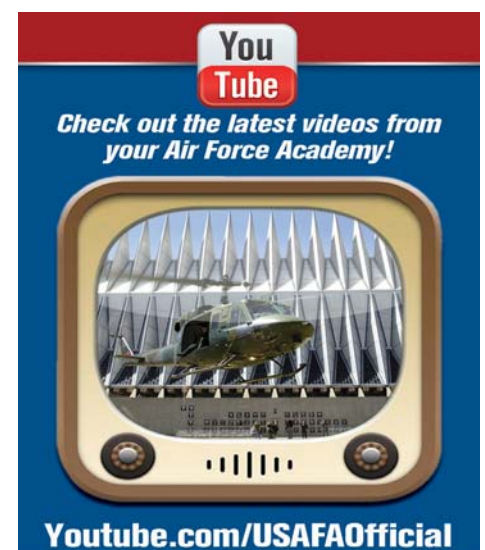
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Tuskegee Airmen visit Academy

Seven of the original Tuskegee Airmen greeted "The Spirit of Tuskegee," a Stearman PT-13D World War II trainer aircraft at the Academy Monday as it makes its last cross-country flight to its new home in Washington, D.C.

The Tuskegee Airmen received their initial flying training aboard the Stearman before shipping out to Europe where they helped win the air war for the allies against Germany's formidable air force, called the Luftwaffe.

Decommissioned from the Army in 1946, the Stearman spent several decades as a crop duster, eventually falling into disrepair and all but forgotten. But in 2005, the aircraft was purchased by Capt. Matt Quay and his wife Tina, and was fully restored to flying condition. The Stearman spent several years as a featured attraction at airshows around the country, and was used to educate the public about the legacy of the Tuskegee Airmen.

"The Spirit of Tuskegee" will be on display as part of the inaugural exhibitions of the Smithsonian's National Museum of African American History and Culture. Created by Congress and being built at a cost of \$500 million, the museum will open in 2015 on the National Mall on a five-acre site adjacent to the Washington Monument.

The Tuskegee Airmen who attended the event recounted their experiences as student pilots aboard the Stearman and as commissioned officers fighting the war in Europe.



ABOVE: James H. Harvey III, a documented original Tuskegee Airman, talks to basic cadets during his visit to the Academy airfield Monday.



LEFT: Brig. Gen. Richard Clark, commandant of cadets, takes the Stearman PT-13D Spirit of Tuskegee for "a spin" during its stopover at the Academy Monday. The aircraft is making its last cross-country flight to be part of the inaugural exhibitions of the Smithsonian's National Museum of African American History and Culture in Washington.

PHOTOS BY MIKE KAPLAN

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Glider

From Page 1

"We have the youngest instructor pilots in the Air Force teaching the youngest, most inexperienced people, some of which who have never been around an airplane or an airport in their life"

According to Colonel Roller, the soaring program sets leadership as the priority. "We're giving them the opportunity to accept full leadership responsibility for this program," he said.

Enthusiasm is another important trait the program instills in cadets, said Colonel Roller. "We're flying airplanes at the Air Force Academy, for goodness sake."

Cadets who participate in the soaring program may also take part in aerobatic and cross-country competitions across the country, Roller said.

"It's very important for these cadets to realize how good they really are," Colonel Roller said. "They're national aerobatic champions many times over, and they're competing against people who have motors on their wings. They are also flying hundreds of miles on cross country tasks after only a 2,000 foot tow."

With the program's success, comes a lot of interest from distinguished visitors to the Academy.

"We get a lot of DVs who come down here to the airfield to see what our cadets are doing and to understand the leadership in action," Colonel Roller said. "And when they see a cadet teaching or giving an orientation flight or even performing an aerobatic demonstration, they're really wowed by the amazing talents these young people have."



RAYMOND MCCOY

The Academy's first TG-16A glider arrived at the Academy July 8. The new fleet of training and aerobatic gliders is valued at \$4.8 million and includes five new aerobatic gliders and 14 basic trainers.

Board of Visitors meets at Academy

The Air Force Academy's Board of Visitors meets today and Saturday to review morale and discipline, social climate, curriculum, instruction, physical equipment, fiscal affairs, academic methods, and other matters relating to the Academy.

The Board meets at least four times per year, with at least two of those meetings at the Academy.

The Board prepares semiannual reports containing its views and recommendations pertaining to the Academy. Each written report is submitted concurrently to the Secretary of Defense, through the Secretary of the Air Force, and to the Committee on Armed Services of the Senate and the Committee on Armed Services of the House of Representatives.

The board consists of 15 members. The president appoints six members. The vice president or the president pro tempore of the Senate designates three members, with two being members of the Senate Appropriations Committee.

The speaker of the House of Representatives designates four members, two being members of the House Appropriations Committee.

The Chairman of the Senate Armed Services Committee or its designee, and the Chairman of the House Arms Services Committee or its designee fill the last two positions.

Presidential appointees are designated for a period of three years. Each of the additional nine board members serves a minimum term of one year. Any member whose term of office has expired continues to serve until his successor is appointed. The president designates two people each year to succeed members whose terms expire that year.

The Board last met in Washington D.C. on May 13.

Additional information about the USAFA Board of Visitors can be found by clicking on the BoV link on the Academy's home page: <http://www.usafa.af.mil>



DON BRANUM

Cadet 1st Class Russell Ahrens reviews a glider safety checklist with Robin Hayes during the Board of Visitors' tour July 24, 2010.

BOARD MEMBERS

- Ms. Susan Schwab, BoV Chairperson, and former U.S. Ambassador
- Former U.S. Representative Robin Hayes (R-North Carolina, 8th Dist.)
- Marcelite Harris, retired major general, USAF
- Arlen Jameson, retired lieutenant general, USAF
- Ms. Susan Ross, Owner, Sierra Consulting and 1983 Academy graduate
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Services deliver 'Don't Ask, Don't Tell' repeal input

By Jim Garamone
American Forces Press Service

WASHINGTON, July 13, 2011 — All of the services and combatant commands have provided their input to the Defense Department in advance of the repeal of the "Don't Ask, Don't Tell" law that bans gays from serving openly in the military, a Pentagon spokesman said here today.

The input includes progress on training of the force, the regulatory aspects of the change in the law and other aspects, Marine Corps Col. Dave Lapan said.

"Ultimately, it's for the services to provide their input to the secretary about whether their services are prepared for repeal to take place," Lapan said.

No requirement exists for 100 percent of the force to receive training prior to repeal, the colonel said.

"It is more in the nature of giving the input where all the services are in the training and whether they've reached a point where they believe they are ready to move forward," he explained.

The department actually is trying to follow two laws, Lapan said. The first is the original law passed in 1993. Its provisions were to remain in effect until repeal. The second law calls for

repeal to take effect after certification that the services are ready.

However, a court in California ruled that the "Don't Ask, Don't Tell" law is unconstitutional. The U.S. government asked for a stay, and a three-panel court of the 9th Circuit Court of Appeals granted the stay. On July 6, the court vacated the stay and gave the department 10 days to stop enforcing the provisions of the old law.

"We have two laws: the law known as 'Don't Ask, Don't Tell' that a court injunction has stopped us from enforcing, but we also have a law that requires us to certify that the force is ready for repeal," Lapan said. "And we are trying to comply with both."

Since then, Defense Department officials have been speaking with Justice Department lawyers about the next steps. In the meantime, the department continues to abide by the repeal law, and that is what the input from the services represents, Lapan said.

The services have provided the input, and the chairman of the Joint Chiefs of Staff and the secretary of defense will make their decision when to certify to the president that DOD is ready to move forward with repeal.

Lapan would not hazard a guess when the decision will land on the president's desk.



MEGAN DAVIS

AAFES gives back

Kimberly Lopez, Academy Base Exchange manager, left, and Chief Master Sgt. Todd Salzman, Academy command chief, far right, presented \$500 Army Air Force Exchange Service gift cards to the Academy's 2011 annual award winners July 8. Recipients were (left to right); Airman 1st Class Michael Zimmer, 10th Communications Squadron; Master Sgt. Steven Lester, 10th Security Forces Squadron first sergeant; Master Sgt. Daniel Spain, superintendent, Basic Cadet Training. Tech. Sgt. Tiffany Smith, Directorate of Personnel, is currently deployed, but will receive her AAFES gift card upon her return.

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Band steps out for rodeo

The U.S. Air Force Academy Band marches in the 71st Annual Pikes Peak or Bust Rodeo parade Tuesday in Colorado Springs. Air Force Academy Day at the rodeo is Saturday at the Norris-Penrose Event Center. For detailed information, please visit www.coloradospring-srodeo.com.

JOHN VAN WINKLE



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: Tech. Sgt. Marcel Marchetti

Unit: Air Force Academy band

Hometown: Antioch, Calif.

Best part of the job: "Touching people's lives through music. It's similar to ministry." (He plays trumpet and is also the tour manager for the concert band and Falconaires.)

Career goals: : Musical group

leader, first shirt, superintendent —positions where I can make a difference, help people and make changes to improve and move toward the future. Also, to get another degree, perhaps an education degree.

Hobbies: Hiking, cooking, working with kids/being a center of influence, teaching music, traveling and sitting on mountaintops for hours looking at the beauty God created.



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It IS rocket science!



RAYMOND MCCOY

Capt. Uriah Tobey, an instructor in the Astronautics Department, explains the history of FalconLAUNCH, the Academy's rocket launch program, to a group of high school students July 7. Here, he describes a liquid rocket designed by former Academy Astronautics students. The students are part of a Colorado and Missouri National Guard youth program taking part in a local summer camp designed to increase interest in science, technology, engineering and mathematics.

Airmen in 'JET' billets 1st to receive new uniforms

By Capt. David Tomiyama
PRT Khost Public Affairs

KHOST PROVINCE, Afghanistan (AFNS) -- As the green of the Battle Dress Uniform fades into Air Force history, a new 'green' is beginning for some Airmen deploying to support Operation Enduring Freedom.

More than 180 joint expeditionary tasking Airmen assigned to provincial reconstruction teams are wearing the OEF Camouflage Pattern, or "multi-cams," as their everyday uniform during their nearly year-long deployment to Afghanistan this summer.

While many individual Airmen already have been issued the Joint Service Solution Uniform, the Airmen in PRTs are the first Air Force personnel to don the OCPs. The uniform gives Airmen unique benefits and features that the Airman Battle System-Ground and Airman Battle Uniform cannot deliver.

These features are important to PRT JET Airmen because of the high number of "outside the wire" tasks they perform to help bring security, governance, agricultural support, reconstruction and development to Afghanistan.

"OCPs have a more advanced camouflage pattern that blends in with the Afghan terrain, making our Airmen safer and more effective on the battlefield," said Lt. Col. Shawna McGowan, the Air Force future programs branch chief. The material is also flame-resistant and lighter than the ABS-G or ABU and contains a pre-applied bug repellent.

OCPs were issued in April to PRT JET Airmen during the two-month-long Combat Skills Training at Camp Atterbury Joint Maneuver Training Center, Ind. Some Airmen began wearing the uniform as early as possible to get used to the unique pattern and features. Feedback has been positive.

"OCPs are significantly lighter and breathe easier than ABUs," said Senior Airman Sandra Welch, a PRT Khost photographer deployed from Luke Air Force Base, Ariz. "ABUs and Arizona equals extreme heat;



SENIOR AIRMAN SANDRA WELCH

The Operation Enduring Freedom Camouflage Pattern, or OCP, uniform, also known as the "multi-cam," is the Air Force-designated uniform for Airmen performing "outside the wire" missions in Afghanistan.

OCPs and Afghanistan is a much cooler combination."

All of the issued uniforms and equipment for Airmen deploying to Afghanistan are in the OCP pattern. These include the seven-layer extended cold weather clothing system, advanced combat helmet, combat shirt, improved outer tactical vest, rucksack, assault pack and elbow and knee pads.

While unit patches went away with the BDUs, Airmen who don OCPs can attach unit identifiers to their uniforms. The uniforms mirror the Army Combat Uniform with Velcro name tapes and rank on the chest and Velcro unit patches and an American flag on the shoulders. JET Airmen stand out from their Soldier and Sailor counterparts wearing OCPs thanks to their "spice brown" name and service tapes and enlisted ranks.

The first JET Airmen to wear OCPs were part of a military working dog team aligned with the Army's 10th Mountain Division in January. Air Force-led PRTs can have as many as 38 JET Airmen. These Airmen come from a wider array of career fields, including personnel, logistics, communications, medical, public affairs, services, intelligence, security forces and maintenance.

In a memo by Lt. Gen. Gilmory Hostage III, U.S. Air Forces Central commander, dated Sept. 29, 2010, OCPs became the ground-combat uniform to be worn by all Airmen performing missions outside the wire in Afghanistan.

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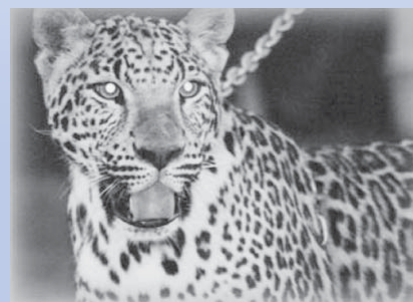
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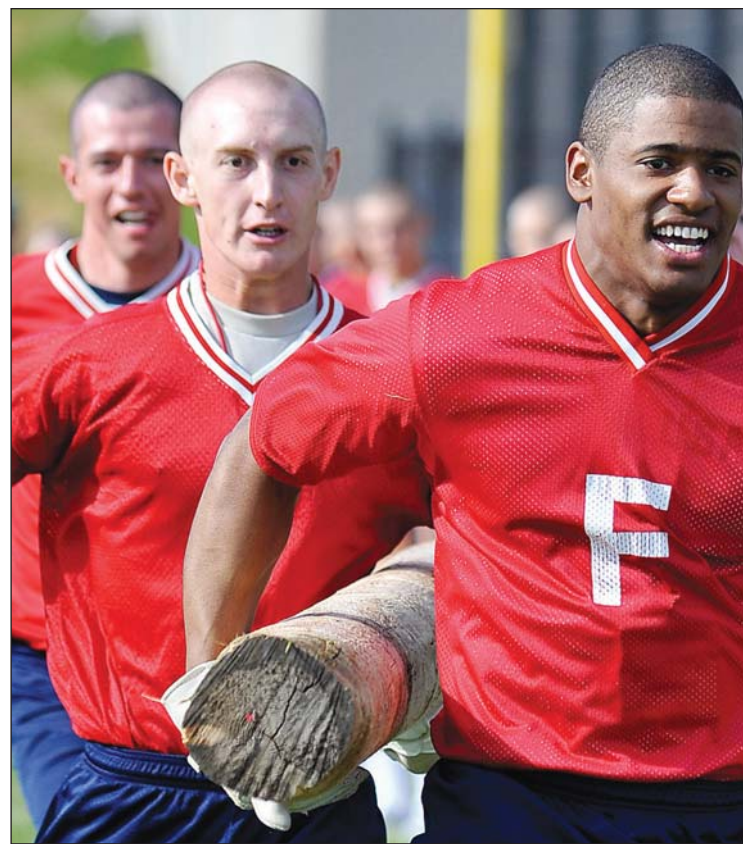


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Weiner Dog Contest, Open Gymkhana, & 4-H/FFA performances	4-H & FFA Day	7/25
Watermelon Seed Spitting Contest, & 911 Puppet Show	Youth Day	7/26
Got Talent Contest, Nature Center Programs, & Gold Canyon Gunfighters	Dollar Day	7/27
Bull fighting, Rodeo, Confederate Railroad, & Backseat Driver Contest	Scout Day	7/28
Xtreme Truck Racing/Mud Drag, & Free Breakfast for Seniors	Senior Day	7/29
Demolition Derby/Fireworks	American Heroes Day	7/30
Wild World of Animal, Kid's Fishing Experience, Magic by Jay Mattioli, Petting Zoo, Carnival, 4-H Activities, & Exhibits and Shows	Daily	7/23-7/30



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MIKE KAPLAN



MIKE KAPLAN

ABOVE LEFT: Basic cadets assigned to the Flying Tigers Flight compete in a log carry during Field Day competitions at the Air Force Academy's athletic fields Saturday. Field Day consists of many competitive athletic events that culminate with the award of the "Field Day Champions" banner by Brig. Gen Richard Clark, commandant of cadets

ABOVE RIGHT: Basic cadets began the second phase of basic cadet training by marching out to Jacks Valley Sunday.

RIGHT: Basic Cadet Anthony Rosati cleans up and cools off after running the Air Force Academy's assault course in Jacks Valley Monday during the second phase of Basic Cadet Training. Rosati is assigned to BCT's Barbarians Flight.



BILL EVANS



Show me your war face!

BILL EVANS

A basic cadet makes his way through the assault course during the second phase of basic cadet training Monday. This phase consists primarily of field-training activities conducted at Jacks Valley.

Basics head to Jacks Valley to face challenges in phase two of basic cadet training

Basic Cadets continued their training this week in the second phase of basic cadet training, also referred to as second beast.

Basics wrapped up the first phase of basic with field day activities, before marching to Jack's Valley to start second beast on Sunday.

BCT tests cadets' mental and physical abilities and helps them transition from civilian to military life. Cadets develop alertness, physical endurance, emotional resilience,

self-reliance, attention to detail, punctuality and individual initiative as they are subjected to rigorous discipline.

BCT consists of two phases, both administered by upperclass cadets with commissioned officers serving as advisers and with the commandant of cadets providing overall supervision.

The first phase of BCT takes place in the Cadet Area and is devoted to military orientation programs with an emphasis on learning basic military skills and responsi-

bilities, improving physical conditioning and adapting to teamwork through competitive sports.

The second phase of BCT consists primarily of field-training activities conducted at the Jacks Valley encampment site five miles north of the Cadet Area. Cadets march to the campsite, construct a tent city and live there for 18 days. The cadets expand their military orientation, learn weapons skills and develop their mental and physical confidence through challenging obstacles.



Basic Cadet Cara Renaud and other members of the Barbarians Flight recite knowledge while performing exercises at the assault course in Jacks Valley at the Air Force Academy Monday. Basic Renaud graduated from the Academy Preparatory School in May.

BILL EVANS

Finding what works for you

by Bill Goins
8th Medical Operations Squadron

KUNSAN AIR BASE, South Korea (AFNS) — I think it has been well established that regular, consistent exercise is good for you.

Unfortunately, however, we often approach exercise like so many other things. We figure that if some exercise is good, then even more should be better. We also figure if moderate intensity is good, then extreme intensities should be awesome. What we end up with are folks exercising really hard every time they work out.

These types of programs are not new and have traditionally been referred to as high-intensity interval training.

In April, the Department of Defense and the American College of Sports Medicine performed a study providing official recommendations regarding the safety and efficacy of these types

wof programs.

The panel determined it would refer to these types of programs as extreme conditioning programs, as it would more accurately describe the components of the programs and define how the programs could most effectively be used as a part of an overall fitness routine.

Some examples of these ECPs may include the ever-popular P90X, Crossfit, ultra-marathon training, Ironman competitions, etc.

The positive characteristics of ECPs generally are found in their variety and intensity. The variety tends to be motivating and exciting while the intensities utilized are an important piece of an effective warfighter's fitness program. Additionally, the specific exercises and repetitions address a broad range of real-world, occupational physical activities and demands that warfighters believe will better promote combat

readiness.

The negative characteristics of ECPs are what have prompted further research and discussion about how to best utilize these programs. Some characteristics of ECPs appear to violate recognized accepted standards for developing muscular fitness.

For example, performing a high number of repetitions without adequate rest intervals between sets fails to adhere to appropriate and safe training guidelines. This method of training, when coupled with insufficient recovery time, readily prompts earlier fatigue, greater perceived effort and possible overuse, over-reaching and overtraining. The most common, and increasing, injuries associated with ECPs include muscle strains, torn ligaments, stress fractures and mild to severe cases of potentially life-threatening exertional rhabdomyolysis.

The positive aspects of ECPs are recognized and appreciated. With the increased popularity of these types of programs, it is likely ECPs will remain on the landscape of available and promoted physical conditioning options. Therefore, it is critical that solutions be developed and implemented to reduce the potential risk of serious injury. First, units should more closely screen and stratify individuals wishing to participate in ECPs.

If individuals do not have a good, solid base of fitness (i.e. having consistently exercised for the past three months without injury), then they should delay beginning an ECP.

Secondly, units should closely moni-

tor ECPs to ensure safety, modifying the program to reduce injury risk, if necessary.

All individuals participating in an ECP are not at the same level. The ECP must, therefore, provide modifications to exercises to ensure the safety of all participants.

Thirdly, units must consider the rigors associated with their individual's daily occupational activities. For example, extensive physical military occupational training and same-day exhaustive physical fitness training should be avoided, as this increases the risk of injury.

Finally, ECPs should be used as a piece of a broader and more inclusive fitness plan that is structured to allow for shorter, high-intensity exercise, as well as longer, more-moderate-intensity exercises.

A safe and effective fitness program should include between five and six days per week of training. Each training session should last between 30 and 60 minutes. The intensity of each session should be between 65 and 90 percent of maximum effort and vary dependent on the duration of the session.

For example, one day per week should be at least 60 minutes continuously at an intensity of 65 to 70 percent. Two days per week should be at least 45 minutes continuously at an intensity of 75 to 80 percent. Two days per week should be 30 minutes continuously at an intensity of 85 to 90 percent. If you choose to participate in a sixth day, add one additional 60 minute session.

Avalanche Burgundy/White Game returns to Academy

Proceeds benefit military family support and local youth hockey initiatives

DENVER — The Colorado Avalanche Hockey Club recently announced that the team will hold its annual Burgundy/White Game at Cadet Ice Arena at 6:30 p.m. Sept. 20.

This marks the fourth time that the Air Force Academy has hosted the event, as they also welcomed the Burgundy/White Game for three straight years from 2007-09. The 2010 contest was held in Broomfield, Colo.

The Burgundy/White Game features all Avalanche players competing in a three-period, intra-squad scrimmage. Fans in attendance will also have the opportunity to watch a shootout at the end of regulation, regardless of the score.

Proceeds from this year's game will once again benefit military families via Kroenke Sports Charities Seats for Soldiers program as well as youth hockey programs throughout Colorado. The previous 11 Burgundy/White games have generated in excess of \$500,000 for various charitable causes throughout Colorado. Since 1995, the Colorado Avalanche Community Fund and Kroenke Sports Charities have made donations exceeding \$13 million to local charities throughout Colorado.

"The Burgundy/White Game is a unique event for Avalanche fans to not only see all the players in action but also support an outstanding cause," said Avalanche General Manager/Executive Vice President Greg Sherman. "We are excited to be back at the Air Force Academy and are expecting another great turnout from our fans in the Colorado Springs area."

Tickets for the game are now on sale through Air Force's official website, www.GoAirForceFalcons.com or by calling 800-666-8723. Prices range from \$10 for military personnel to \$20 for the general public.

For more information, please contact the Air Force Academy box office at 800-666-8723 or visit www.GoAirForceFalcons.com.



RACHEL BEOTTCHEER

Teammates face off during the Colorado Avalanche's annual Burgundy/White game at Cadet Ice Arena on Sept. 16, 2009. This year marks the fourth time the Academy will host the event, as they welcomed the Burgundy/White Game for three straight years from 2007-09.

Softball: Cops split Tues. doubleheader

By **Dave Castilla**
Intramural Sports director

Security Forces split its doubleheader Tuesday night, defeating the Communications Squadron 17-6 before dropping a 24-11 contest to DRU/FSS.

The Cops scored five runs in the first inning of their first game and never looked back. Steve Bauman and Morgan Carter both had singles for RBIs. Security Forces ended the game in the fourth inning with seven runs, including an inside-the-park homer by Jeff Daniel and a triple off the fence by Bauman. Sam Carey rounded it up with a two-run homer over the right-centerfield fence.

Mike Zimmer led the communicators with a double and single, driving in two runs and scoring twice.

The Cops kept the second game close through the first three innings. Ron Gramlick gave DRU/FSS an early lead with a two-run homer, but Security Forces' Jeff Daniel answered with a grand slam, and Jesse Stansbury hit a two-run double to answer. DRU/FSS miscues allowed the cops to take an 11-10 lead at the end of the third.

However, the DRU/FSS took off in the top of the fourth with a single by Vinny Marzano to drive in two runs. DRU/FSS scored 11 runs in the sixth inning, capped by a pair of three-run doubles by Tim Richardson and Pete Waltz. DRU/FSS starting pitcher Frank Barfield held SFS scoreless for the last two innings to clinch the game.



KATHERINE BAX

Sam Carey, from the SFS team, bats a homerun over the right-center field fence in intramural softball action Tuesday. Despite Carey's efforts, SFS went on to lose to DRU/FSS by a score of 24-11.

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Get tickets for summer fun!

The Air Force Academy's Information, Tickets and Tours office offers discounted prices for attractions across the state of Colorado.

Discounts are available for Elitch Gardens, Water World, the Denver Aquarium, Colorado Rockies baseball, the Royal Gorge Bridge and Train in Cañon City, the Durango and Silverton Train and the Pikes Peak Hill Climb.

For more information, call the ITT office at 333-3348.

Take an outdoor adventure

The Outdoor Adventure Program has several upcoming opportunities for those who enjoy trekking through the Colorado wilderness.

For information on these and other offerings, contact Outdoor Adventure at 333-2940 or visit their website at <http://bit.ly/m8vddh>.

Hiking on the Academy: Women's casual-paced hiking is held Tuesdays at 9 a.m., with co-ed quick-paced hiking held Thursdays at 4:30 p.m. The hikes are free, but registration is required. Contact Outdoor Adventure for more information.

Santa Fe Trail closure

A portion of the Santa Fe Trail will be closed weekdays but remain open weekends until Oct. 30.



Cadet Chapel SUMMER SCHEDULE

BUDDHIST
Sundays: 10 a.m.

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

CATHOLIC WORSHIP
Mass: Sundays, 10 a.m.

JEWISH WORSHIP
No Jewish worship services during the summer.

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.

PROTESTANT WORSHIP
Evangelical: Sunday, 10:15 a.m.
Gospel: Sunday, 11:30 a.m.

NATIVE AMERICAN WORSHIP
Sweat Lodge Ceremony: July 23, 4 p.m., at Fort Carson Turkey Creek Recreation area.
More information: Call 505-435-6367

Family Advocacy offerings

For information on Family Advocacy programs, contact the Family Advocacy Office at 333-5270.

Anger Management: Held Tuesdays, July 19 through Aug. 9, from 8 to 9:30 a.m. Learn how to manage your anger and how to better relate to others using simple, innovative techniques.

Common Sense Parenting: Held Thursdays, Aug. 4 through Sept. 8, from 8:30 to 10 a.m. This skill-based parenting program teaches parents of children ages 5-18 practical and effective ways to increase their children's positive behaviors and appropriate alternatives to negative behaviors.

1-2-3 Magic Parenting: Held Aug. 10 and 17 from 9 to 11 a.m. This class offers parents of children ages 2-12 easy-to-follow steps for disciplining children without arguing, yelling or spanking. This is a two-session course.

Get a little 'wild' with AFA Band

The Air Force Academy Band's Wild Blue Country ensemble will perform at Limbach Park in Monument July 27, 7-9 p.m. The concert is free and open to the public.

Other upcoming Air Force Academy Band events include a Stellar Brass concert featuring Dr. Joseph Galema at the Cadet Chapel on July 14 at 2:30 p.m.

For more information, visit the Academy Band's events page at www.usafacademyband.af.mil/events.

Water quality report

The 10th Aerospace Medicine Squadron's Bioenvironmental Engineering Flight has published the 2011 Consumer Confidence Report. This water quality report for 2010 summarizes information regarding drinking water sources used (i.e., rivers, lakes, reservoirs, or aquifers), any detected contaminants, compliance and educational information.

According to the report, all sampling during 2010 was within federal and state limits and the Academy maintains high-quality water. To obtain a full copy of the report or for public participation opportunities that may affect the water quality, please call Maj. Chet Bryant or Senior Airman Skyler Arnold at 333-4825.

Readiness Center events

Newcomers' Orientation - Thursday, 9 a.m. - 4 p.m. Mandatory for all newcomers to the Academy. A variety of briefings from on/off base programs introducing newly arrived personnel and spouses to key personnel and resources. Held at the Milazzo Center.

Financial planning for FERS retirement -- Wednesday 8 a.m. - noon. Come and learn about your FERS benefits and planning for retirement. Limited seating, and you must be registered to attend. Spouses welcome if signed up with the member.

Changes in fishing access

Fishing access to the Kettle Lakes has recently changed as a result of the installation of new airfield security gates. Fishermen must now park south or east of Kettle Lake No. 1 and walk in to the lakes.

The new gate at the end of Road

840 (north of the Pass and Registration Center) will temporarily remain open through July 15 to allow access to the handicap fishing pier at Kettle Lake No. 3. However, after that date the gate will be permanently closed, and mobility-impaired fishermen will be required to have an electronic gate card to access the handicap pier through Gate K-1, at the intersection of Airfield Drive and South Gate Boulevard.

Only people with a military ID, Academy fishing permit and a handicap-parking permit will be issued a gate card. To initiate a request for access, disabled fishermen must call Natural Resources at 333-3308 for further details.

Retiree Appreciation Day

The Academy is hosting a Colorado Springs Front Range Retiree Appreciation Day July 23 from 8:30 a.m. to 2 p.m. at the Arnold Hall Ballroom.

The fair will feature guest speakers, an information/vendor fair, Tricare information, as well as free continental breakfast and lunch/appetizer spread.

For more information contact Tech. Sgt. Kelly Links at 333-5432.

Outdoor Adventure

All bike trips include support, transportation for people and bikes and an experienced guide. Call 333-2940 for more information.

Pikes Peak Downhill: Saturday and Wednesday at 8:30 a.m. \$59/weekend, \$49/weekday.

Advanced Mountain Cycling Monarch Crest Trail: July 10, 7 a.m. \$49.

Labor Day at Moab, Sept. 2-5. Cost range from \$173.25 to \$247.50 per person depending on lodging choices. This trip includes all lodging in comfortable cabins, experienced guide, park entry fees and all transportation

for people and bikes. Must sign up before August 1 and attend a pre-trip meeting August 26.

Day of free golf in Sedalia

Colorado-based Airmen will have a chance to play for free at one of the most prestigious golf courses in the country.

The owner of the Sanctuary Golf Course is sponsoring an Air Force Appreciation Day July 24.

The Sanctuary will provide breakfast, lunch, drinks, golf and golf carts. Participants just need to bring golf clubs and wear customary golf attire. A shotgun start begins at 9 a.m.

The course owner, who is a former Airman, is requesting that preference be given to Airmen who are about to deploy or just returning from deployment, or who have never played the course before. Spots are limited, and there will be a standby list.

Requests must be forwarded to kenneth.korpak@usafa.edu. They must include the sender's name, rank, e-mail address, organization name, phone number, and last or next deployment date. Also answer the question of whether you've played the course before.

Get help to quit smoking

Tricare now offers a counseling benefit for smoking cessation. Having a smoking-related illness is not a requirement to be eligible for the benefit. The only requirement is that the insured receive the counseling from a Tricare-authorized provider who is licensed or certified for this type of counseling.

Also, Medicare-eligible beneficiaries do not qualify for the benefit. Various websites offer more information about the program or about quitting smoking. The options include www.triwest.com/tobacco, www.tricare.mil/tobaccofree, and www.ucanquit2.org.

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or apply on line at www.cheyennevillage.org. Must be 21 years of age and have a valid US driver's license. Criminal and driving check required. EOE



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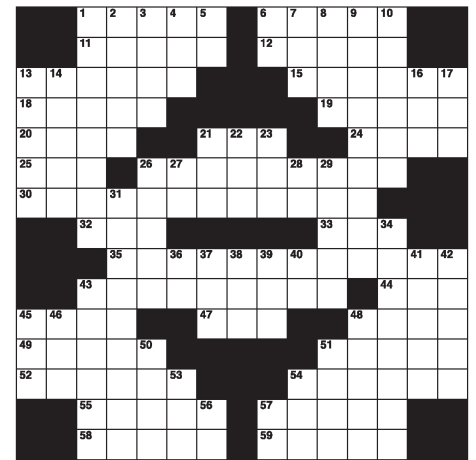
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CLUES ACROSS

- Ribonuclease
- "Law & Order" doctor Emil
- MN 55120
- The violin's ancestor
- Medicine man
- Moral excellence
- Cola plants
- Plunge into a liquid
- Wheel tracks
- Get free of

- Celt
- Actress Thurman
- Zig-zag movement on skis
- Tossed around
- Media mogul Turner
- Green or Earl Grey
- Shipping container
- The SW division of Oceania
- Macao monetary unit
- Hit with the open hand
- Publicities
- Frosts
- Treaties

- Plural of crus
- Dully painful
- Standing rib and crown
- Body that develops into a seed
- Related on the mother's side
- Sebaceous gland secretion
- Palm fruits



CLUES DOWN

- One part of a chemical reaction
- National Measurement Accreditation Svc.
- Turkish leaders titles
- Diego or Francisco
- = to 1/2 em
- Jr's parent
- Kiloelectron volts
- Kimono sashes
- Denigrated
- Existing in reality
- Growth of stunted vegetation
- LA 70360
- Put into service
- Snakelike fish
- Radioactivity unit

- Large WPA project
- Young female socialite
- About tide
- 2nd musical tone
- Ask at O'Donnell's Web page
- A rule in Sanskrit
- Misleading & dishonest
- Manual computing devices
- Ancient Egyptian sun god
- Double helix nucleic acid
- A place to sleep
- Former CIA
- 2001 Spielberg film
- Not hidden
- Xhosas (alt sp.)
- Chauvinists
- A health resort
- Resin used in shellac
- Highly incensed
- Deliberate affront
- A sleeved outer garment
- Glutamic acid
- Transmits info from DNA
- = to 2 ens
- _, _ denotes past

SUDOKU

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

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!

Solution on page 10

Level: Intermediate

07-15-11



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