

DISTINGUISHED

Dean recognizes visiting professors, endowed chairs. **Page 3**

OTIS HOUSE

Family donates book about commandant's residence. **Page 6**

FALCON 50

Academy hosts extreme running event. **Page 12**

ACADEMY SPIRIT

FUTURE WARRIORS

Cadets participate in Polaris Warrior training event. **Pages 8-9**



VAL GEMPIS

Competing with courage

Senior Master Sgt. Mike Sanders, left, and Maj. Scott Bullis hold hands as they cross the finish line as they take part in the recumbent cycling event of Warrior Games 2012 on Tuesday at the Academy. They tied for second place in the race with a time of 43:07. The tie opened up a third-place spot for teammate Chief Master Sgt. Damian Orslene.

Academy shines in consolidated inspection

By Gino Mattorano
Academy Spirit editor

Months of hard work and preparation paid off when the Academy wrapped up its Consolidated Unit Inspection April 26.

The Academy endured 11 separate inspections across all mission elements in more than 40 graded areas, and when the dust settled, Academy leadership declared victory.

"This was absolutely incredible," said Academy Superintendent Lt. Gen. Mike Gould. "I couldn't be more proud of you. Everything was just absolutely superb, and while the inspection team can't speculate on an overall grade, I can. You guys were outstanding."

Gould used a football analogy to emphasize his point. In 2007, the Trinity University Tigers squared off against Millsaps College Majors in a Southern Collegiate Athletic Conference matchup. With only two seconds left on the clock and at their own 40-yard line, Trinity trailed 22-24. Their only chance was to make a touchdown. It took 15 laterals to eight different players, including a guard and a tackle, but Trinity moved the ball down the field and made the touchdown.

"Their teamwork made it happen," Gould said. "They were all focused on moving that ball down the field and that's how I see our efforts in these inspections."

Col. Thomas Gibson, the 10th Air

Base Wing commander, put the effort into perspective.

"Across all mission partners, we were inspected in over 40 major graded areas, and two special interest items," Gibson said. "Of those inspection results, 65 percent came back 'in compliance' – nothing for the inspectors to write up. When you go in and look at the areas not in compliance, there were only two. And when you do the math that comes out to be 5 percent. That means that of everything the inspectors looked at, 95 percent was in compliance – maybe with some comments, but it was compliant. I'm pretty sure that 95 percent is an A in pretty much every course we offer here at the Academy."

In addition to the inspection results,

the Air Force Inspection Agency team also identified both individuals and teams that performed exceptionally well during the inspection.

"The inspection team recognized dozens of people as Professional Performers in the inspection as well as nearly 30 Superior Teams," Gibson said. "That is a sincere compliment from people who know what they're looking at."

"Developing leaders of character, our primary mission, is a team sport. And so to have almost 30 teams recognized is tremendous. These are significant compliments to those individuals organizing those processes and running those teams."

The inspection team also evaluated

See Inspection Page 4

EPR culture: Time to put on our dancing shoes

By Master Sgt. Lee Hoover
American Forces Network Incirlik

INCIRLIK AIR BASE, Turkey — The second I pinned on staff sergeant I knew I could do it. I could be the NCO the Air Force wanted me to be. I could write fair enlisted performance reports and prove the naysayers in airman leadership school wrong. Sure, what we learned might “not be the way it’s done in the real Air Force,” but that didn’t mean it couldn’t be.

I was going to prove them wrong. I was going to set the example.

But I didn’t.

Before I could spell EPR, I had fallen in line. I rated every Airman the same — fives across the board. Some deserved it. Others probably, admittedly, did not.

So, what happened? Culture happened.

Culture influences the way a country, a community, even a military organization operates. Members of a culture share certain beliefs that drive their actions. These beliefs are often unconscious, but so firmly held that to think otherwise — and to respond otherwise — is, as Vizzini from “The Princess Bride” puts it, inconceivable.

In America we believe timeliness is important. We respond by tracking every minute, making firm appointments and rushing to be on time. When we do run late our bodies physically respond with stress. In countries that feel differently about time this is, yes, inconceivable.

In certain communities, parents believe children need tough discipline. They respond by collecting spanking sticks, publicly yelling at their children and assigning multiple chores. In communities that raise their children in a gentler environment this is, you got it, inconceivable.

In the Air Force, when it comes to the EPR, we also have beliefs that influence our behavior. We believe a five EPR is necessary for promotion. We believe inflated ratings don’t matter because they happen everywhere. We even believe a three or four EPR is reserved for “bad” Airmen. These aren’t what the numbers say, nor what the EPR says; but they are what we believe, and we respond accordingly. In fact, these assumptions are so ingrained in our minds that it’s hard to reject them. They are so strong that even those who don’t want to believe, those who want to rate fairly, struggle to break free from the cultural pressure.

If we understand the inflated ratings as a symptom of our shared beliefs, one thing becomes clear: the enlisted evaluation system doesn’t need to change. We need to change. Our culture needs to change.

Unfortunately, culture change isn’t easy. Just ask Kevin Bacon.

In the movie “Footloose,” Bacon moves to a town that believes dancing and pop culture lead teenagers to sex, drugs and, ultimately, death. Town residents respond by outlawing dancing, hiding pop records and burning inappropriate books.

Bacon faces intense pressure to conform to these standards, but he refuses. He’s ridiculed, shamed and treated as a troublemaker, but he doesn’t give up.

He puts on his dancing shoes and begins to fight back.

At first he stands alone, dancing by himself in an empty warehouse (I never understood that scene), but as time passes, more of his neighbors begin to dance beside him. As the number of dancers grows, his movement grows. Eventually the town begins to see their stance against dancing for what it is — a misplaced belief.

Last week I read Chief Master Sgt. of the Air Force James Roy’s perspective on bold leadership and thought now is the time for us to make like Bacon and change the way our Air Force operates. It will take more than dancing shoes, of course. It will take bold leadership from the very top to the very bottom, it will take open and honest dialogue to expose our beliefs for what they really are — beliefs, not facts — and it will definitely take time.

It always takes time, but that time can’t start until we begin.

The question is who is going to respond to Roy’s challenge? Who is going to set the example, to stand out from the crowd, to take it upon themselves to change these beliefs that are holding us back?

Or maybe the question isn’t who. I’d be dumb to think Airmen everywhere are not ready for this change.

Maybe the question is when. When do we start holding ourselves, and others, accountable for doing proper feedbacks and setting goals for our Airmen? When do we start demanding honest and fair ratings according to the EPR scale? When do we start supporting those who have already tried?

Today would be good.



“The question is who is going to respond to Roy’s challenge? Who is going to set the example, to stand out from the crowd, to take it upon themselves to change these beliefs that are holding us back?”

- Master Sgt. Lee Hoover

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Academy Superintendent

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Gino Mattorano —

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Editorial content is edited, prepared and provided by the U.S. Air Force Academy Directorate of Public Affairs. The editor reserves the right to edit articles to conform to Air Force policy and Associated Press style. All photos are U.S. Air Force photos unless otherwise indicated.

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-7557.

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Visiting faculty program encourages academic diversity

By Don Branum
Academy Spirit staff writer

The Academy's dean of the faculty held an event April 24 to thank the Academy's endowed chairs and Spring 2012 visiting faculty for their contributions to the Academy's curriculum.

Instructors who temporarily teach at the Academy increase the diversity of academia within the Dean of Faculty staff, Brig. Gen. Dana

Born said.

"These eminent civilian educators bring a vital expertise to the Air Force and take back to their permanent positions a broadened awareness of the Air Force Academy," Born said.

This semester's visiting faculty included 19 instructors from other universities across the nation.

Visiting instructors help develop and conduct courses for cadets, help develop and direct cadets' independent study projects, review the con-

tent of departmental courses in their areas of specialty and conduct original research on matters of interest to both them and the Air Force, explained Melissa Lovingood, director of the visiting faculty program.

"As liaisons to other civilian institutions, the visiting faculty members' network of contacts helps the Academy ... to locate future visiting faculty. In addition, this networking assists the Academy's faculty in expanding its research methodologies

and ... a more diverse perspective of the issues inherent in the various academic disciplines," Lovingood said.

Academic departments use a combination of networking and advertising to locate potential visiting faculty candidates, Lovingood added.

The Academy's accrediting authority, the Higher Learning Commission, cited the "robust" visiting faculty program in its decision to grant the Academy a 10-year certification.



SARAH CHAMBERS

Endowed Chairs and Visiting Faculty

The Academy's endowed chairs include:

Dr. Hugh Burns, English and Fine Arts Department
Retired Gen. James McCarthy, Academy Research and Development Institute
Dr. Deonna Neal, Philosophy Department
Dr. Randy Bower, Computer Science Department

Mohamed Nouri, Foreign Languages Department
Steven Hart, Astronautics Department
Wayne Sidebottom, Economics and Geosciences Dept.

Other visiting instructors were:

Dr. David Ball, Chemistry Department
Dr. Jon Brown, History Department
Dr. Jim Carey, Philosophy Department

Dr. Peter Crane, Behavioral Sciences Department
Dr. Pat Dooley, English and Fine Arts Department
Dr. Bill Eccles, Electrical and Computer Eng. Dept.
Dr. Steven Fulton, Computer Science Department
Dr. Mike Holmes, Astronautics Department
Dr. Claudia Honeywell, English and Fine Arts Dept.
Dr. Fred Kiley, English and Fine Arts Department
Dr. Sheri Long, Foreign Languages Department

Dr. Rich Marchand, Mathematical Science Department
Prof. Gary Payton, Astronautical Engineering Dept.
Dr. Darrell Pepper, Engineering Mechanics Department
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Inspection

From Page 1

the Academy on professionalism, customs and courtesies and morale across the installation.

“They had nothing but positive things to say about how we represent ourselves and present ourselves when we’re being inspected,” Gibson said. “Our officers, (enlisted members) and civilians represented us very well and I’m not a bit surprised, but it was great to get that validation from these professional inspectors.”

While leadership was very pleased with the Academy’s performance in

the inspection, they acknowledged room for improvement.

“Do we have some things we need to work on?” Gibson asked. “You bet we do. But I would argue that one of the most important things the IG team leaves us with is some very actionable objective feedback on programs that we can address. And we will do that.

All that prep work and all the time spent on the inspection wasn’t really about passing the inspection; it was, and will continue to be, about performing our mission to the best of

our collective ability.

“We have a strategic mission to develop leaders of character for the Air Force and our nation. I would argue that 95 percent compliance, granted, some with comments, dozens of professional performers, nearly 30 professional teams, 29 strengths and standout professionalism and morale add up to a pretty good summary on how we performed on these inspections,” Gibson added.

“I want to thank you, not only as the 10th ABW commander, but as a fellow Airman,” Gibson concluded.

“I don’t care where you serve on this yard, I’m proud to serve with you, right here, right now.”

Gould added a final summary.

“Great job! Let’s keep it up and keep it going all the way to the finish line – graduation. In less than 20 days we’re going to send the Class of 2012 out into the Air Force to be leaders of character, and you were all a part of that. Knowing that we are compliant validates how well we do that mission, and we’ll continue that proud tradition for future generations.”

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HEADQUARTERS SUPERIOR TEAMS

Sexual Assault, Prevention and Response Office
Headquarters Cadet Chaplain Corps Protocol
Non-Appropriated Fund Financial Analysis Team
Cadet Pay Team

10TH AIR BASE WING SUPERIOR TEAMS

10th Air Base Wing Superior Teams
10th ABW Antiterrorism Office
10th ABW Chaplain Corps
10th CES Emergency Services Flight
10th CES I-25 Vehicle Accident Response Team
10th CES Housing Management Team
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10th SFS Military Working Dog Section
10th SFS Pass and Registration Team
10th SFS Swings Flight S30B1
10th SFS Mids Flight S30C1
Air Force “Research” Support Team
Base Dorm and Custodial Contract Team
10th MDG Field Treatment Team
10th MDG Medical Control Center Team

PROFESSIONAL PERFORMERS

Headquarters:

Tech Sgt. Shane Antrim, Financial Management and Comptroller Directorate
Vivian Greenwood-Campbell, Protocol Chap. (Capt.) Heather Bodwell, Chapel
Staff Sgt. Cecilia Toomey, Chapel
Tech. Sgt. Raymond Hoy, Public Affairs
Richard Bailey, Financial Management and Comptroller Directorate
Airman 1st Class Michael Norton, Financial Management and Comptroller Directorate
Timothy Lujan, Safety Directorate
Maj. Evelyn Schumer, Dean of Faculty staff

10th Air Base Wing:

Todd Ryan, 10th Force Support Squadron
Steven Wallace, 10th Force Support Squadron
Catherine Watola, 10th Force Support Squadron
Dave West, 10th Force Support Squadron
Staff Sgt. Nicole Jensen, 10th Security

Forces Sqdrn. Airman 1st Class Christopher Letendre, 10th Security Forces Squadron
Gillian Parker, 10th SFS
Michelle Winter, 10th SFS
David Bethany, 10th Contracting Squadron
Staff Sgt. James Warren, 10th Aerospace Medicine Squadron
Maj. Michael Hamilton, 10th Medical Support Squadron
Tech. Sgt. Susan Guthrie, 10th Medical Support Squadron
Staff Sgt. Shenika Daniels, 10th Medical Support Squadron
Tech. Sgt. Terrence Dixon, Command Post
Staff Sgt. Jessica Gramlick, 10th ABW Chaplain
Ronald Prettyman, 10th Civil Engineer Squadron
Roger Smith, 10th Civil Engineer Squadron
Victoria Williams, 10th Civil Engineer Squadron
Robert Zancanella, 10th Civil Engineer Squadron
Staff Sgt. Joshua Albarran, 10th Communications Squadron
Tech. Sgt. Emily Vaughn, 10th Force Support Squadron
Beth Claude, 10th Force Support Squadron
Heidi Johnson, 10th FSS
Luciano Moya, 10th FSS
Rose Nikovits, 10th FSS

ACADEMY-IDENTIFIED TOP PERFORMERS

Prep School:

James Willoughby
Maj. Nate Terning
Capt. John Z. Fernandez

Dean of Faculty Staff:

Lt. Col. Jeff Boleng
Maj. Kenny Dailey
Bonnie Houston

Athletic Department:

Maj. Jim Binns
Jake Helsham
Joyce Webster

Headquarters:

Tech Sgt. Yahil Sanchez
Tech. Sgt. Ian Hacheula
Jessie Rhom

Cadet Wing:

Maj. El Hill
Master Sgt. Christie Parker
Capt. Frederick Finke

10th Air Base Wing:

Maj. Kelli Silverstim, 10th MDG
Ed Hale, 10th MSG
Combined Unit Inspection Prep and Exercise Team:
• Maj. Daniel Arabia, 10th
• Master Sgt. Tony Evans
• Tech. Sgt. Manuel Moncada
• Tech. Sgt. Patrick Nichols
• Charles Newcomb
• Robert Reyes

View from the top

Chairman of the Joint Chiefs of Staff, Army Gen. Martin E. Dempsey, speaks to cadets in front of Mitchell Hall during his visit to the Academy Monday.



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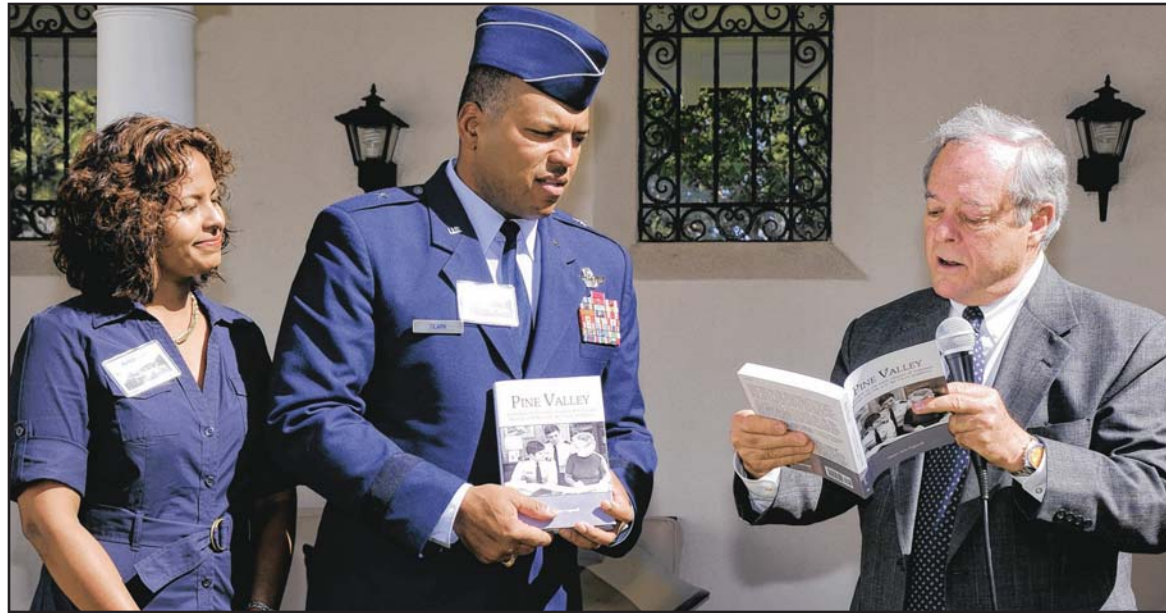
Former Otis House owner
shares memories in book

By Amber Baillie
Academy Spirit staff

The commandant of cadets, dean of faculty and family members of Hester-Jane Cogswell, previous owner of the Academy's Otis House, attended a presentation on April 30 at the home to honor Cogswell's book, memories and legacy in Pine Valley.

Guests gathered to celebrate the history of the commandant of cadets' house and life of Cogswell.

She and her husband Wilton were the final owners of the 8,000 square-foot Otis House before it was obtained by the government in 1954 to make room for the Academy. The house is now occupied by the current



Buster Cogswell reads from his mother's historical book written about her family's life and time, while living at the Otis House. The Otis House is now the home of Brig. Gen. Richard Clark, center and his wife, Amy, left, and their two children.

MIKE KAPLAN

commandant of cadets, Brig. Gen. Richard Clark, and his family.

"We like to say the Cogswells breathed a lot of life in this house," said Buster Cogswell, Hester-Jane's son. "There were six busy children in the home. Mother taught school, was president of the Junior League of Colorado Springs and spent 30 years assembling history that went into this book."

Cogswell's book, "Pine Valley: A Window to the Early History of Colorado Springs and the U.S. Air Force Academy" captures the history of the Air Force Academy, the Pine Valley community and Colorado Springs through early letters, photos, diaries, and interviews.

"My mother's book captured some of the rich history of the valley and importance of this area," Cogswell said. "Hopefully through some of the history, cadets will gain an even greater respect for what went on before the Academy."

Buster spent five years at the house and said he misses the soothing sound of the wind whistling through the trees.

"They were precious years for all of us," Cogswell said. "The house looks very much the same and is beautifully maintained. It's a very special place and we're intrigued by the history before and history that's being made."

Hester-Jane moved to Meeker, Colo., and last visited the Otis House in 2005. She died on Dec. 7 2008 and her book was published on Oct. 28, 2011.

"I think Hester-Jane's sense of detail in history is just remarkable," said David Donner, the grandson of Hester-Jane. "Her memory was so good, down to the fine details of family. She knew who was related to whom, what businesses families were in and how they settled in Pine Valley."

Cogswell shared memories of his mother and presented copies of the book, signed by the Cogswell family, to Clark and his wife, Amy.

Clark, Amy, and their two children, Milo and Zoey, are the 24th inhabitants of the house.

"This isn't our house, it's a house that belongs to the Air Force Academy and Cogswell family who graciously gave it to the Air Force," Clark said. "Our home in Washington, D.C. is one-sixth of this place and there is no way one family needs a house this spectacular, so we committed it to cadets."

Clark said his goal is to make sure every cadet in the wing can visit the house. He and his family have held 49 events at the home so far this year.

"I've worked with four commandants while here, and there is no commandant and team that has opened this home to more cadets and permanent

party than the Clarks," said Brig. Gen. Dana Born, the Academy's dean of the faculty. "I'd like to say thank you for not only hosting today, but everything you've done to make this house an incredible home that honors the Cogswell family."

Clark said one of his best memories in the house was the night it was announced Osama bin Laden had been killed.

"Amy and I went to sleep that night and were in bed for about an hour when we heard the noise, 'USA!' 'USA!' Clark said. I looked at Amy and said, 'You didn't turn the television off' and she replied, 'It's not on; there's somebody outside.' I got out of bed, looked out my window and there were more than 500 cadets on this lawn chanting, 'USA!' 'USA!'"

Clark said the spirit of the cadets' fired him up. He opened the window, chanted with cadets and invited them in the house to celebrate with his family from midnight to 2 a.m.

"It was an event and a day in my life that I will never forget because it gave us the opportunity to be in this house, to share with our Cadet Wing, and this is where they came to celebrate," Clark said. "For the cadets, it was probably one of the most momentous days they've had in the military, and we won't be able to forget that."



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Academy Spouses' Club awards \$16,000 in scholarships

By Amber Baillie
Academy Spirit staff

The Academy Spouses' Club awarded 14 scholarships worth \$16,000 to high school seniors for their high merit and achievements on April 26 at the Falcon Club.

The top recipient received \$2,000, second and third place received \$1,500 each and the other 11 each received \$1,000.

Applicants must be a dependent of a military member and students must have a grade point average of a 3.0 or higher.

Judges selected recipients based on SAT and ACT scores, extracurricular activities, an essay and class rank.

"We feel that a scholarship based solely on merit is important," ASC Scholarship Chair Sally Mueh said. "There are many scholarships that are need-based, and we wanted to award one to recognize those students who have earned a level of achievement but do not qualify for need-based scholarships."

The top scholar, Caleb Olsen, also received a \$500 scholarship from 1st Command, and the second place winner, Kevin Martin, received an award in honor of Donna Head, a former chief of the Academy Family Member Programs who was killed in a hit and run crash on base in 2007.

The Officers' Wives Club Merit Scholarship was first created by the ASC, formerly known as the Officers' Wives' Club, in the '60s. Initially the scholarship was only for graduating high school seniors but later spouses were added.

For many years, the women of the club sold cookbooks and used proceeds from the Academy Thrift Shop to fund the scholarship. To this day, the scholarship is still primarily funded through the shop and volunteers are always needed.

"Volunteers work tirelessly to make it possible for scholarships to be available for outstanding applicants," Mueh said. "Shoppers are most welcome too. It all contributes to the success of the Merit Scholarship."

2012 ASC Merit High School Scholars: Caleb Olson, David James Tharp, Matthew Stewart and Hannah Olson from Pine Creek High School; Kevin Martin, Nicole Tom, Stephanie Thompson and Nicholas Jasper from Air Academy High School; Kaitlyn Holcomb from TCA College Pathway; Megan Carera and Kyle A. DeMarco from Lewis Palmer High School; Suzanne Evans from Rampart High School, Matthew Anti from Discovery Canyon High School and Leilani Conklin from Harrison High School.



Caleb Olson



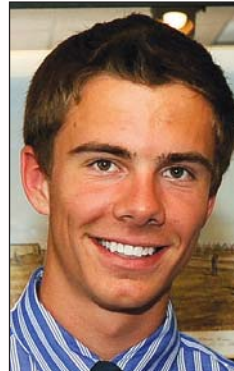
David Tharp



Hannah Olson



Kaitlyn Holcomb



Kevin Martin



Kyle DeMarco



Matthew Anti



Matthew Stewart



Megan Carera



Nicholas Jasper



Stephanie Thompson

Not pictured: Nicole Tom, Suzanne Evans and Leilani Conklin.

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Building Leaders:

Cadet Wing wraps up 1st Polaris Warrior

By Don Branum
Academy Spirit staff writer

Almost a year of cadet training in military field skills culminated Saturday in what Commandant of Cadets Brig. Gen. Rich Clark called a “boom event.” The Polaris Warrior competition featured 10 events themed around skills cadets may need in deployed environments after they graduate.

“It’s a chance for cadets to really show what they’ve learned, to have their skills tested and to compete, squadron against squadron, in all the skill areas they’ve been training in,” Clark said.

Cadet Squadron 39 took top honors in the competition, which included self-aid and buddy care, mobile operations in urban terrain, combat arms and land navigation. CS 40 and CS 33 took second and third place, respectively.

Two teams each from the commandant’s staff, the Dean of Faculty mission element and the 10th Air Base Wing also competed in the Battlefield Airman portion of the event.

Polaris Warrior started with Clark’s stated desire to institute more military-style training during the academic year, culminating in a large-scale event, said Maj. John Schroeder, deputy chief of the Cadet Wing Training Division here.

“We tried to build an academic-year plan accordingly,” Schroeder said. “We had to make course corrections along the way because this was our first year trying to plan such a large-scale event.”

The overall training plan came together in spring of 2011, Schroeder said. Planning for Saturday’s challenge began in December. Cadet 1st Class Michael Oakley of Cadet Squadron 30 and Cadet 2nd Class Tyler Stearns of CS 36 became involved a month later as the event’s cadet in charge and cadet NCO in



Lt. Gen. Eric Fiel speaks with cadets at the conclusion of Polaris Warrior. Fiel is the commander of Air Force Special Operations Command.

charge, respectively.

“We had to make sure every squadron was prepared,” said Stearns, a native of Anchorage, Alaska. “We had to make sure they knew what Polaris Warrior was, that they knew about the final event, and most importantly, that they knew how to prepare for the final event.”

Six of the events were compulsory. Another four, including a physical training challenge and a “sprint” from the Cadet Area to Falcon Stadium and back, were optional, Stearns said. After each event, squadron cadets in charge called in scores, which Oakley and Stearns tabulated with Schroeder’s help.

Polaris Warrior allowed juniors to ease into leadership roles, which they will do to a larger degree as seniors during summer and 2013 academic year, Oakley said.

“Putting second-class cadets in charge is key for preparing them for next year. It gave them the opportunity for trial and error on a smaller scale before they really take charge of their squadrons,” he added.

More than 50 Airmen with the 20th Special Operations Squadron at Cannon Air Force Base, N.M., also supported the event, along with six aircraft, including two CV-22 Ospreys and an MC-130 Combat Talon, said Lt. Col. Tony Valerio, the Cadet Wing Training Division director and a 1992 Academy graduate.

“We got remarkable support from Air Force Special Operations Command,” Valerio said.

Airmen with the 20th SOS interacted directly with cadets, including a gathering at Arnold Hall the evening of April 25 as well as attendance alongside cadets in classes and at the April 27 noon meal formation.

The interaction worked well, said Maj. David Penuela, the squadron’s assistant director of operations.

“Integration into the actual Polaris Warrior training events also proved to be a great recruitment tool” for special operations career fields, Penuela said. Cadets’ enthusiasm also motivated the AFSOC Airmen who took part.

Valerio said he would like to refine the process of preparing for Polaris Warrior in future years but added that he was “extremely proud of the blood, sweat and tears” that Schroeder and the two cadets invested in coordinating and pulling off the inaugural Polaris Warrior.

“I couldn’t be more proud of the job they did and the efforts they put out there,” he said.



Two cadets in Cadet Squadron 04 navigate the Air Force Academy’s obstacle course in Jacks Valley during the Academy’s inaugural Polaris Warrior challenge Saturday. The event caps a year of military training that may help cadets in the field.

PHOTOS BY
RAYMOND MCCOY



ABOVE: A group of cadets from CS 05 apply their self-aid and buddy care knowledge to treat a simulated sucking chest wound during the SABC portion of Polaris Warrior. CS 05 took fifth place in the event with a score of 64.35.



RIGHT: Cadets maneuver through the Academy’s mobile operations in an urban terrain course. The rifles are equipped to fire simunitions, which use paintball-like rounds. CS 27 won the MOUT event with a score of 138.

POLARIS WARRIOR RESULTS

Overall Winner:
Cadet Squadron 39

Compulsory events -

- Mobile operations in urban terrain: CS 27
- Combat arms training and maintenance: CS 29
- Self-aid and buddy care: CS 01
- Obstacle course: CS 05
- Battlefield Airman: CS 40
- Land navigation: CS 39

Optional events -

- Eagle’s Peak hike: CS 32 and CS 33 (tie)
- Physical training challenge: CS 18
- Falcon Stadium sprint: CS 25
- Historical tour: CS 32



Brig. Gen. Rich Clark (bottom right) disembarks from a CV-22 Osprey to wrap up Polaris Warrior on Saturday. Clark is the Academy’s commandant of cadets. The Osprey is assigned to Cannon Air Force Base, N.M.

WARRIOR GAMES



LIZ COPAN

Academy hosts Warrior Games

The Air Force Academy hosted a variety of events for the 2012 Warrior Games, which continue through Saturday.

More than 200 wounded, ill and injured service members and veterans competed in the third-annual Warrior Games.

First lady Michelle Obama spoke at the opening ceremony Monday at the Olympic Training Center, saying she was in awe of the perseverance of America's wounded warriors.

"As first lady, one of the best parts of my job is spending time with all of you," Obama said. "Whenever I visit Walter Reed (National Military Medical Center) or one of our military bases or talk with military families at the White House or anywhere for that matter, I get to hear the stories of your service and your sacrifices."

Schedule of Events

Today:

7 a.m. - 2 p.m. Track and Field (Outdoor Track)
3-5 p.m. WC Basketball (Clune Arena)
5:30-7:30 p.m. Sitting Volleyball (Clune Arena)
8:30-10:30 p.m. Basketball (Clune Arena)

Saturday

8 a.m. - 3:30 p.m. Swimming (Cadet Swimming Pool)
7-10 p.m. Closing Awards/Recognition (Indoor Track and Field)



MIKE KAPLAN



MIKE KAPLAN

ABOVE: The Air Force sitting volleyball team beat the U.S. Special Operations Command team in two consecutive matches Tuesday.



MIKE KAPLAN

TOP OF PAGE:

An Air Force Wounded Warrior competes in the cycling competition at the Academy Tuesday.

ABOVE: The Air Force sailed to an easy 41-14 win against the U.S. Special Operations Command wheelchair basketball team Tuesday.

LEFT: An Air Force team member participates in the archery competition Wednesday. The Marines and Army teams earned the gold and silver, respectively, in all four categories.

Cadet ranks 2nd at national triathlon competition

Senior Dale Becker transitions from the swim to the bike race. The Academy's triathlon team competed in an all-collegiate, Olympic distance triathlon that included a 1.5-kilometer swim, 40-kilometer bike race and 10-kilometer run April 21.



COURTESY PHOTO

Samantha Morrison became the first cadet at the Academy to stand on the podium, earning 2nd place among undergraduates at the USA Triathlon Collegiate Nationals April 21 in Tuscaloosa, Ala.

Morrison ranked fifth overall among undergraduates and graduate student-athletes and the Academy overall ranked 10th in the country out of 54 schools.

Cadets competed in an all-collegiate, Olympic distance triathlon that included a 1.5-kilometer swim, 40-kilometer bike race and 10-kilometer run.

"These cadets worked incredibly hard throughout the year and executed all the training, logistics, planning, emotional build-up, and made a big commitment to each other," Freddie Rodriguez, said. "They committed to red-line their

heart rates and leave it all on the race course to gain respect and to make a statement."

The team was led by Team Captain Michael Harrington and seniors Jeremy Robben and Dale Becker.

Academy Cadet Triathlon Team representatives:

Men's Team: Team Captain Michael Harrington of Cadet Squadron 04; Jeremy Robben of CS 21; Dale Becker of CS 18; Kevin Dwyer of CS 33; Tyler Ogren of CS 12; Brandon Bannon of CS 04; John Bierman of CS 11; James Carney of CS 24. Women's Team: Samantha Morrison of CS 30; Lauren Laffosse of CS 30; Margaret Haley of CS 16; Carley Gross of CS 23; Megan Cox of CS 30; Erin Crow of CS 23; Marie Yokan of CS 17.



In training

Junior Dillon Fisher takes a shot during an exhibition water polo match against the Denver Masters, a club team from Denver. The match was part of the team's spring training efforts and was followed by an alumni match.

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Falcon 50

"Tough times don't last ; tough people do."

More than 170 military competitors participated in the Falcon 50 race series here Sunday.

Competitors had the option to compete in a 50-mile ultramarathon, a 26.2-mile marathon or a "military heavy" marathon, which added a 35-pound rucksack and military uniform to the challenge.

The cross-country route included portions of the Falcon Trail and also forced competitors to climb the route below the power lines west of the Cadet Area. In all, racers climbed more than 3,300 feet over the route.

Competitors received a custom race shirt, a commemorative Falcon 50 flight patch and bragging rights.



A competitor celebrates after crossing the finish line during the Falcon 50 Sunday.

FALCON 50 MARATHON (26.2 MILES)

- 1 Nathan Hutchison USAFA 3:58:50
- 2 Steve Bremner Manitou Springs 4:04:53
- 3 James Stofel USAFA 4:06:50
- 4 Kathryn Brien USAFA 4:21:35

FALCON 50 MILITARY HEAVY (26.2 MILES)

- 1 Matthew Petersen USAFA 5:54:18
- 2 Dan Byars Coronado, Calif. 6:16:02
- 3 Nathan Peeler USAFA 6:52:29
- 3 Jacob Risma Colo. Springs 6:52:29

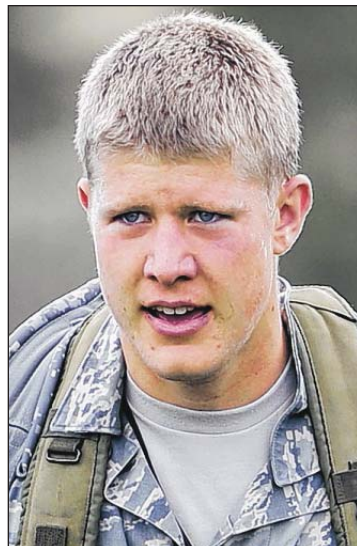
FALCON 50 ULTRAMARATHON (50 MILES)

- 1 Matthew Hensley Beckley, W.V. 8:48:14
- 2 Geoffrey Whitener USFSA 9:23:10
- 3 Joseph Drake USAFA 9:50:15
- 4 Orion Rooney USAFA 10:07:18



ABOVE: Brig. Gen. Richard Clark, commandant of cadets, congratulates Matthew Petersen for winning the Military Heavy race. Petersen completed the race in 5:54:18.

RIGHT: Petersen crosses the finish line.



PHOTOS BY MIKE KAPLAN

Runners compete Sunday during the Ultra 50, which took participants on a scenic 26.2 mile loop around the Academy.

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Puzzle solutions for 05-04-2012

PUZZLE SOLUTION	U S E R	S A L A L	B I A S
	S U S A	E N O K I	L A H O
	S L O G	R A B A T	O M A N
	R A P I N E	C R A B B Y	
	S A N A	P H O T	
	R A T	M E R M A I D	A R B
	A L A T E	C A R	S E L A R
	C U R L	A L E	R O V E
	E L E C T	D A S	R E N E E
	D A D	A M E R I C A	E N D
	S P A S	S A G A	
	R A B I E S	B A B B L E	
	C L U B	S C E N A	A U E R
M A R I	E A G A N	C R A N	
P E R U	S T O M A	A A R E	

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



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Mental health in the workplace

Two workshops on mental health in the workplace will take place on May 11 from 1-5 p.m. at the Penrose Library.

From 1-3 p.m. executive director of the Carson J. Spencer Foundation Dr. Sally Spencer Thomas, will speak on guidelines for suicide awareness, prevention and post-ventative bereavement in the workplace.

From 3-5 p.m. consultant, trainer and practitioner in the field of trauma, Marguerite McCormack, will speak on post-traumatic stress disorder in the work environment and elaborate on PTSD symptoms, systems to support employees and the best practices in the workplace.

Please RSVP by e-mail at ip@cospdiversityforum.org.

Library expands selection

The Community Center Library has created a new collection of existing materials in addition to Exceptional Family Member Program items on a variety of subjects, including development, diversity, resilience and titles currently on the Air Force chief of staff's reading list.

Other subjects include autism, Tourette's syndrome, hearing and visual impairment, physical and mental disabilities and others for both professionals and family members.

Materials will be available for check-

out by patrons, and book lists will be on hand.

For more information, contact the library at 333-4665.

MyWingman app for Android

The 10th Mission Support Group's "MyWingman" app has phone numbers for emergency responders, first sergeants, sexual assault prevention and response and links to social media pages.

To download the app, navigate to the Android Market and search for "MyWingman." An iPhone version of the app will be available soon.

Walk 4 Life

The Fitness Center now offers "Walk 4 Life," a low-impact exercise program designed to improve cardiovascular endurance, flexibility and strength.

The walking sessions are approximately one hour, starting at the Fitness Center. Days and times vary. To register or for more information visit or call the Health and Wellness Center at 333-3733.

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.

Spouse Appreciation Day

Forest City Residential, Paul Mitchell the School and The Colorado Institute of Massage Therapy will host a Spouse Appreciation day on May 15 from 11 a.m.-2p.m. for past and present military spouses.

The event will include beauty care, hair cuts, massages, home employment opportunities, food, drinks, door prizes and information on home college courses.

Representatives from Mary Kay, Pampered Chef and the University of Phoenix will attend. Please RSVP at 719-867-9688 or e-mail at Marialalumendiere@forestcity.net

New housing website

To help make the transition easier for Airmen and their families moving to their next duty station, the Air Force's A7C Housing Division recently launched a new public website that provides housing information for Air Force installations worldwide.

The website, www.housing.af.mil, provides information on housing

options and support services available at Air Force installations as well as details on the local communities, school district information, local weather and other useful resources that will help Airmen and their families become familiar with their new homes.

It also provides dorm information for unaccompanied Airmen.

The Academy's housing office is located at 6556 West Columbine Drive and can be reached at 333-2247.

Asian-Pacific luncheon

The Asian Pacific American Heritage Month Committee will host a food sampling and Korean Solo Fan Dance from 11:30 a.m. to 1 p.m. May 17 at the Community Center Chapel.

Guest speaker for the event will be Retired Col. John Santiago, Jr., an Electronic and Systems Engineering professor at Colorado Technical University.

For more information, please contact 2nd Lt. Brandon Baccam at 333-2401, or Staff Sgt. Medel Ardiente at 333-4182.

Family Advocacy Classes

The 10th Medical Group will of-

fer new classes in May and June on healthy family relationships.

Love and Logic: Teaches practical tools and techniques that help parents achieve respectful, healthy relationships with their children. A six-session class on May 23,30 and June 13, 20 and 27 from 11 a.m.-1 p.m.

Dads 101: Teaches on how to be a dad and key role as a father. Topics include pregnancy, gender stereotypes, labor and delivery, communicating with your spouse, and caring for an infant. A two-session class on June 5 and 12 from 11 a.m.-12:30 p.m.

Couples Enrichment Workshop: A workshop for married, dating or engaged couples on how to talk to each other more effectively and solve problems as a team. On June 8 from 8 a.m.-3:30 p.m.

For questions or more information call 333-5270.

Mother's Day Brunch

The Falcon Club will host a Mother's Day Brunch May 13. Seatings are offered at 10:30 a.m., 11 a.m., 1 p.m. and 2 p.m. The cost of the meal is \$29.50 for adults (\$5 off for Club members) and \$10 for children ages 5-10. Children 4 and under are free.

To make a reservation call the club at 333-4253.



Cadet Chapel

BUDDHIST
Sundays, 10 a.m.

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

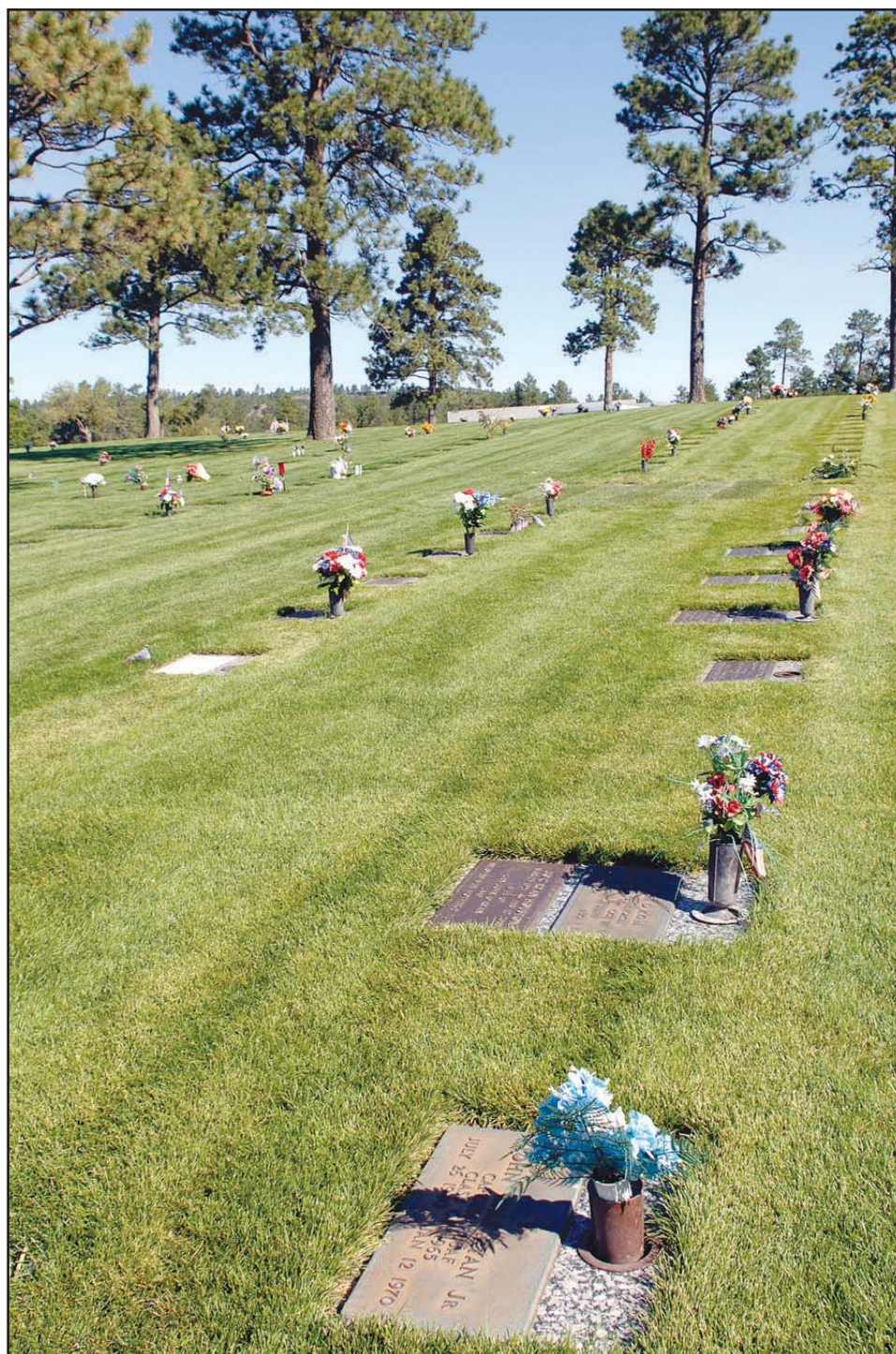
CATHOLIC WORSHIP
Mass: Sundays, 10 a.m.

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.



MIKE KAPLAN

Cemetery policy

As a reminder, visitors to the Academy cemetery may only place flowers in a vase set by the stone on each grave, as pictured above. Maintaining the cemetery in a solemn and dignified way requires strict adherence to standards, similar to those of other military and veterans cemeteries. Other flowers or mementoes not in a vase will be removed daily.

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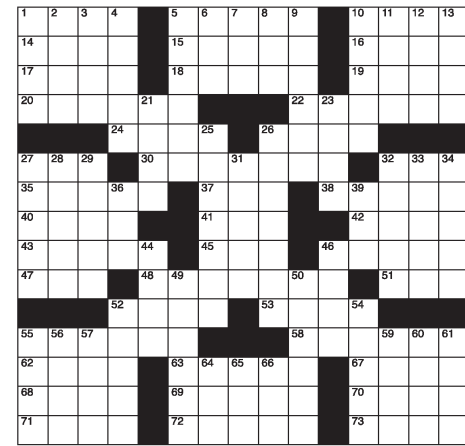
CLUES ACROSS

- 1. Exploiter
5. Gaultheria shallon
10. Having a slanted direction
14. Capital of Elam
15. Japanese mushroom
16. Lake in Estonia
17. Walk heavily
18. Moroccan capital
19. Arabian gulf
20. The act of pillage
22. Bad-tempered
24. Capital of Yemen

CLUES DOWN

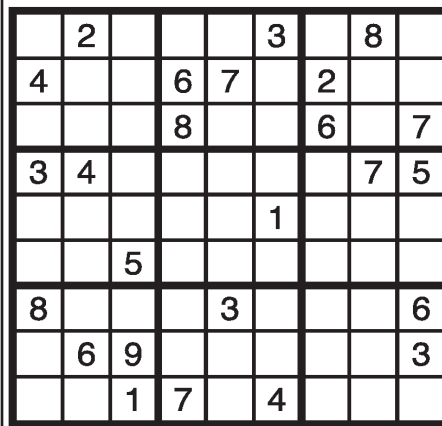
- 1. Union of Soviet Socialist Republics
2. 1973 Toni Morrison novel
3. Employee stock ownership plan
4. Finger millets
5. At peace
6. Nursing group
7. Tennis return in a high arc
8. Alias
9. Chinese fruit with jellylike pulp
10. Swell or distend
11. Unstressed-stressed
12. Whale ship captain
13. No baloney electronics mfg.
21. Entity designation
23. Fishing sticks
25. Shopping

- 26. A unit of illumination
27. Tell on
30. Half woman and half fish
32. An arbitrageur
35. Having winglike extensions or parts
37. Auto
38. Big eyed scad genus
40. Ringlet
41. Brew
42. Roam at random
43. Select by vote
45. Coney
46. Actress Zellweger
47. Father
48. United States of
51. The last part of anything
52. Watering places
53. Adventure story



- passageways
26. A slight or partial paralysis
27. Sped
28. Bastard wing
29. ___ and feathered
31. Of cheekbone
32. Unaccompanied
33. Black bird
34. To bear offspring
36. Educational cable channel

SUDOKU



Level: Advanced

Solution on page 12

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 shapren 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!

05-04-12

Peak Dining

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Ranch Style
Beans
15 oz.
Select Varieties

\$1

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Suddenly
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Select Varieties

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Select Varieties

\$1



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