

D-DAY

American, British forces visit French village to honor 68th D-Day anniversary. **Page 4**

4-LEGGED HEALERS

Wounded warriors find solace at the Academy's equestrian center. **Page 6**

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Admissions office uses 21st-century tech to reach out to applicants. **Page 7**

ACADEMY SPIRIT

ASSUMING CONTROL

A 1980 graduate becomes AF's 1st female four-star general, assumes command of AFMC. **Page 3**



LIZ COPAN

Helping hands

Cadets with Cadet Squadron 17 help pile rocks at Cheyenne Mountain Zoo May 30. Nearly 400 cadets from seven squadrons and the Cadet Interfaith Council took part in Cadet Service Learning activities from downtown Colorado Springs to Palmer Lake. **More Photos, Pages 8-9.**

306th realigns under 12th Flying Training Wing

By Bekah Clark
12th Flying Training Wing Public Affairs

The 306th Flying Training Group was realigned under the 12th Flying Training Wing in a ceremony here June 5.

The 12th FTW took formal control of the group June 1 by order of Gen. Edward Rice, commander of Air Education and Training Command, due to the scheduled inactivation of 19th Air Force.

"It's fitting that the 306th Flying Training Group, which hosts U.S. Air Force Academy airmanship programs and screening for rated flying positions, joins our family," said 12th FTW Commander Col. Richard Murphy.

The 12th FTW's mission has expanded over the last two and a half years, adding the combat systems officer and basic RPA pilot and sensor operator training missions to its portfolio.

"The 12th Flying Training Wing, with operations in Texas, Florida, and now Colorado,



is separated by more than 1,600 miles. Yet we are one team with one mission: to deliver unrivaled airpower leaders for the future of our United States Air Force."

The realignment will not change the 306th FTG's mission: The group's Airmen will continue to ensure powered flight, soaring and parachuting courses contrib-

ute measurably to cadets' leadership and character development.

"We look forward to building upon great relationship between the 306th and the Academy," Murphy said. "We promise to deliver the same unmatched airmanship training, character development and nationally ranked cadet competition teams you've come to expect."

Additionally, the group oversees Introductory Flight Screening, contracted to Doss Aviation in Pueblo, Colo., and ensures the program identifies those officers with the aptitude to succeed in Air Force undergraduate aviation training.



MIKE KAPLAN

Cols. Richard Murphy (left) and Richard Plamp (right) uncase the 12th Flying Training Wing flag during a redesignation ceremony at the Air Force Academy Airfield Tuesday. The 12th took formal control of the 306th Flying Training Group June 1. Murphy is the 12th FTW commander; Plamp is the 306th FTG commander.

Passing the baton of service to the next generation

By Retired Gen. Steve Lorenz
Air Force Academy Endowment president

On May 7, a friend and classmate, retired Lt. Col. Doug Dick, passed away after a six-year battle fighting cancer. Doug was commissioned in 1973, and after graduating from the Air Force Academy, he went on to earn a Master of Business Administration from UCLA. Following pilot training at Craig Air Force Base, Ala., he went on to fly KC-135s and later served at Wright-Patterson AFB, Ohio and Andrews AFB, Md., as a staff officer. After 20 years of service, he retired but continued to serve others as an elementary school teacher and principal in California.

During this entire time, Beverly, his wife of almost 39 years, was by his side. This included those very tough six years Doug fought to stay alive. Bev was there during the radiation treatments, the chemotherapy and the many surgeries.

The Dick family held the memorial service in California, where Doug had served as an elementary school principal for the last nine years. A week later this ceremony was followed by a graveside service at the Air Force Academy cemetery. Seven of his classmates attended the brief interment service. The chaplain said all the appropriate things, but it is hard to express the totality of a person's life that made such a difference in our Air Force and to thousands of young children as an elementary school teacher and principal. Also, it is hard to find the words that truly tell how he inspired all those around him during his six year fight with the cancer.

The day of this solemn interment ceremony at the Academy was also the day of the Academy Class of 2013's ring dance. My wife, Leslie, and I had been invited to attend the dance because our Class of 1973 had been designated as 2013's legacy class. When Bev heard that Leslie and I were going to the 2013 ring dance that very night, she asked if she could also attend. She explained that almost 40 years ago to the day, she was Doug's date to attend our class's ring dance and that it represented the real beginning of their shared service in our Air Force.

That night, Leslie, Bev and I got dressed up in our Sun-

day best and drove to the Academy to attend the Class of 2013's big night, the night they were awarded their class rings. We arrived to the sight of more than 2,000 cadets and their dates, eagerly anticipating a memorable evening. The women were young and beautiful and the men were young and handsome in their formal attire. The cadets had set up a World War II USO theme for the evening that included re-enactors dressed in period uniforms, military jeeps and trucks. The Air Force Academy band played nostalgic period songs, including tunes from Frank Sinatra.

After the rings were presented to the class and the cadets were beaming with pride, I watched Bev's reaction.



“The class rings they were awarded that night are a symbol of passing the baton of service from one generation of Airmen and spouses to another. I also know that not only the Class of 2013, but all our men and women around the globe serving their country are taking that baton and will never let it drop.”

- Retired Gen. Steve Lorenz

From time to time, I could see tears well up in her eyes as she reflected back to her time as Doug's date some 40 years ago. You see, on that special evening long ago, Doug and Bev had their whole lives together ahead of them, just as the Class of 2013 now has their lives ahead of them. We thought we were immortal back then, just as they do now. As the three of us watched the cadets and their dates get into the spirit of the evening and begin to dance, Bev reminisced about all the fun and challenges that Doug and she had during their 20 years together in the Air Force. She talked about all the places they had lived and the friends they had made.

As the evening came to a close, I too reflected on Doug and Bev and thought about our

friendship and our service together. Over the years, we have been fortunate in so many ways. We had the honor to serve our nation and form lasting friendships. I also thought about how fortunate the American public is. It is fortunate because there is a new generation represented by the Class of 2013 that is continuing the great tradition of service to the nation. The class rings they were awarded that night are a symbol of passing the baton of service from one generation of Airmen and spouses to another. I also know that not only the Class of 2013, but all our men and women around the globe serving their country are taking that baton and will never let it drop. It made me feel good to know that the United States of America is in such good hands. When we left the dance, I thought, Doug would have been proud.

In new fiscal setting, we can't 'just get a new one'

By Capt. Nicholas Shimkus
66th Training Squadron Detachment 1 commander

EIELSON AIR FORCE BASE, Alaska (AFNS) — While executing a few mission rehearsals in the middle of the African desert, one of my men was returning to our rally point on his all-terrain vehicle and was being a little too aggressive in his maneuvers.

Sure enough, he ended up in the dirt with the ATV alongside him. The rest of the team ran to ensure he was uninjured. He was fine, but the ATV was now inoperative. I asked him what had happened and he replied that he was just having a little fun. Then I asked if he thought his little bit of fun was worth it.

“Yes, we can just get a new ATV,” he said, smiling.

His smile faded when I asked if a fellow Airman who may be home with his family after a long deployment would like to take his place if

“The problem is that the Air Force cannot afford to simply 'get a new one.' Because of this, we all need to take care of the gear that we have.”

the bumps and bruises were a little more serious.

“No,” he replied.

Could he fix the ATV that he just broke?

“No,” he answered again.

Did he know that the unit was currently strapped for cash and could not replace the alert vehicle smoking next to us, which is no longer available for alert?

“No,” he said for the third time.

In fact, we would not have the money until next fiscal year, which was four months away, and then we would have to bump something else off the budget during that fiscal

quarter.

The problem is that the Air Force cannot afford to simply “get a new one.” Because of this, we all need to take care of the gear that we have. If something is broken, we may need to mend it ourselves.

It was my mistake for not pushing the big picture out to my guys earlier than this point and for allowing such a mindset to exist up until then; in truth, I have had the same thoughts in the past. Today, I think of how I can maintain my equipment to prevent breakage. If I had to, I would personally fix the gear I do break.

Most of the time, if you have to think whether something is worth doing or not, it is probably not. Do not do it; instead, do something that will not damage you, others or Air Force equipment.

Take care of your gear and your unit. Our Air Force will be all the better because of your responsible decision.

ACADEMY SPIRIT

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

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AF's 1st female four-star general takes command of AFMC

By Kim Dawley
Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — A 1980 graduate of the Air Force Academy became the Air Force's first female four-star general and assumed command of Air Force Materiel Command during two ceremonies here Tuesday.

Gen. Janet Wolfenbarger took the reins of the major command responsible for the technology, acquisition, test and sustainment of the service's current and future weapon systems from Gen. Donald Hoffman during a change of command ceremony held at the National Museum of the United States Air Force.

Prior to the change of command, Wolfenbarger received her fourth star during a promotion ceremony.

Air Force Chief of Staff Gen. Norton Schwartz presided over the ceremony, during which he lauded AFMC's excellence in keeping Air Force weapon systems ready, available and effective, and expressed his confidence that the command is in capable hands with Wolfenbarger.

"We honor Janet Wolfenbarger, an extraordinary public servant and a model Air Force officer," Schwartz said. "Based on her record, Secretary of the Air Force Michael Donley and I are entirely confident that she is up to the task of commanding this great organization."

Wolfenbarger thanked Schwartz and Donley for their faith in her ability to lead AFMC and said she was looking forward to

once again being part of the AFMC team.

"This opportunity only really exists because the Air Force has embraced a culture of diversity," she said. "This culture has been cultivated over many years, driven by leadership at every level who acknowledge and appreciate the value of contributions from every Airman."

"I promise I will serve in my role as AFMC commander with my absolute best effort," Wolfenbarger continued. "What's more, I have total confidence in the men and women of this command. We will always rise to the occasion and accomplish our difficult mission with determination and enthusiasm."

Schwartz also highlighted Hoffman's dedication to both AFMC's mission and its workforce.

"Don, thank you for presiding over an impressive effort here at AFMC," Schwartz said. "During your tenure, AFMC continued its longstanding excellence in research and development, test and evaluation, acquisition management and logistics support."

Hoffman, who had served as the commander of AFMC since November 2008, is retiring after 42 years of service.

After serving as the military deputy of the Office of the Assistant Secretary of the Air Force for Acquisition at the Pentagon for the past eight months, Wolfenbarger becomes the eighth AFMC commander since AFMC stood up on July 1, 1992. She will now lead a workforce of approximately 81,000 people and manage an annual budget of about \$60 billion.



MICHELLE GIGANTE

Air Force Chief of Staff Gen. Norton Schwartz passes the Air Force Materiel Command flag to Gen. Janet Wolfenbarger Tuesday. Wolfenbarger is the Air Force's first four-star general officer.

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Allied forces honor French village for D-Day support

By Staff Sgt. Stephen Collier
302nd Airlift Wing Public Affairs

PICAUVILLE, France (AFNS) — Air Force reservists and other U.S. and allied military members paid their respects to the people of this small French village June 1 as part of a number of ceremonies recognizing the 68th anniversary of the Normandy D-Day invasion.

Airmen from the Air Force Reserve Command's 302nd, 910th and 440th Airlift Wings, led by Maj. Gen. Wallace Farris Jr., as well as members of the Army's 173rd Airborne Brigade Combat Team and British paratroopers, marched through the village where they laid a wreath in remembrance of those Airmen and Soldiers who paid the ultimate price in liberating Europe.

Later, service members joined together with local residents in the village's sports complex to break bread as well as share stories and even crack a few jokes.

"We are dedicated to remembering the sacrifices of the Airmen and U.S. Army Soldiers who liberated us," said Eric Labourdette, the communication manager for Picauville Remembers, a group that volunteers to maintain the heritage and remembrance of the community's D-Day ties, specifically their assistance to allied service members whose aircraft crashed in the area. "We help ensure the Troop Carrier Monument here in Picauville stands as a remembrance to those U.S. military

who gave their lives for France."

After music, food and even a little wine, Farris and other Air Force reservists presented Picauville Mayor Philippe Christine with a custom "shadow box" -- a collection of Air Force mementos unique to each of the wings represented. Christine said it's important to continue hosting events like this "because the story is important."

"The fact that men died here for our liberty ... it's the most important thing for us to keep the memory (alive) and to say to our children what are the facts with history and what importance the landing of (the) U.S. Army (had) to give us our liberty," the mayor said.

The mayor highlighted the unique relationship the U.S. shares with France, going back to the American Revolution and France's commitment to the new nation. He said the U.S.' liberation of France only cemented the nations unique ties.

Earlier in the day, active duty-Airmen from Ramstein Air Base, Germany, took part in a remembrance ceremony in Picauville's town square. The gathering brought out more than 200 local residents, World War II re-enactors and children from a nearby school who lit one candle each for those men who gave their lives for freedom after being brought down in the Picauville area.

Maintaining the unique relationship the Air Force Reserve has with this town of 2,008 people, thousands of miles away, helps keep the fighting



Maj. Gen. Wallace Farris Jr. lays a memorial wreath on a memorial dedicated to fallen World War II U.S. aircrews and paratroopers in Picauville, France, June 1.

spirit of D-Day alive year after year officials said. Several organizations in the Air Force Reserve that existed in the early 1940s took part in aerial operations against the Nazi war machine, but it was the 440th AW that maintains a direct link to the first American boots that touched French soil.

Late on June 5, 1944, C-47 Skytrain aircraft assigned to the then-440th Troop Carrier Group took off from Exeter, England. On board those transports were 101st Airborne paratroopers heading directly for the hedge groves of Normandy. The unique heritage of the 440th AW to the D-Day ceremonies isn't lost on the Airmen assigned to the wing today, nor on Farris, who commands 22nd Air Force, the organization that oversees wings like the 440th AW.

"It makes you feel good to be an American," said Farris, commenting on the hospitality of Picauville residents. "But it makes me feel good for the men and women who sacrificed their lives to free France. The veterans who were here today, it means a lot to them as well. We're all able to remember those Americans and what they did here 68 years ago."

Farris, who has flown transport aircraft like the C-130 Hercules for more

than 11 years, said the thought of flying a C-47 into the conditions pilots did on D-Day is something that hasn't escaped him.

"Think about the C-47 pilots who flew into very arduous conditions: the weather wasn't the best, you have to 'jeek' and 'jive' to get to the target, you had a hard time finding the target, you had to deal with the flak and you're watching your fellow brethren get shot down at the same time," he said. "You think about that and you try to measure yourself up and being able to maintain a track to the drop zone ... I've thought about that a few times."

And for Christine, he said he is confident having events like this will ensure no one in his community, especially those young school children, will forget what transpired on June 6, 1944.

"Even in the ceremony, we have (a) magnificent exhibition, but not spectacular for the cinema, not the story, but for the memory," he said. "And when you are a child, it's also spectacular."

The anniversary events culminated for the Air Force on June 3 when they dropped more than 350 allied paratroopers from several aircraft, bringing alive once again the heritage of the U.S. Air Force.



U.S. Soldiers and Airmen, together with British paratroopers, march in formation through Picauville, France, as part of ceremonial events commemorating the 68th anniversary of the Normandy D-Day invasion. Later, U.S. and British forces dined with members of the Picauville community, where they honored the village populace for their continued remembrance of the Allied invasion forces.

PHOTOS BY STAFF SGT.
STEPHEN COLLIER

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Equine bond offers healing for wounded warriors

By Tech. Sgt. Mareshah Haynes
Air Force News Service

The relationship between man and his horse is a storied one. Winston Churchill once said, "There's something about the outside of a horse that is good for the inside of a man." And the 20th century American novelist John Steinbeck said, "A man on a horse is spiritually as well as physically bigger than a man on foot."

For hundreds of years, people have recognized the healing qualities of horses. Here, on the grounds of the U.S. Air Force Academy, equine specialists have taken those healing qualities to a whole new level with the equine assisted learning experience.

As part of the Warrior Wellness Program, service members can participate in the program as a way to cope with their mental and physical injuries, especially those that are combat related. Although the bulk of the guests are Soldiers from the southern Colorado area, the program is open to service members from all branches.

The stables are tucked away in a corner of the base that used to be a family housing area. Away from the space-themed structures on the main base, modern-day cowboys, clad in Stetsons and spurs, can be seen tending to the animals.

"Once you cross the rock bridge, it's like a different world," said Robert Templin, an animal caretaker and equine specialist. "It's like taking a step back in time. There's the Rocky Mountains right there and the river - it's a goose bump giver."

The staff members at the equestrian center use their old-fashioned "cures" to help treat Soldiers who are dealing with an issue that plagues many service members who are returning from combat in today's conflicts.

"I can tell you firsthand, these people save lives," said an Airman who participated in the program and asked to remain anonymous. "I know that sounds melodramatic, but make no mistake, Mr. Barrett and his



LEFT: U.S. Army Staff Sgt. Dale Chick, left, is hugged by Andy Popejoy after Chick talked about his experiences in Iraq at the equestrian center at the Air Force Academy, April 26. Troops taking part in the equine therapy here said that volunteering at the stables and working with horses help them find inner peace and comfort after being deployed in Iraq and Afghanistan. Popejoy is an animal caretaker at the center.

BELOW: Staff Sgt. Dale Chick pets a horse at the equestrian center April 27.

PHOTOS BY VAL GEMPIS

team save Soldiers, Sailors, Marines, and Airmen from taking their own lives, and they allow military families an amazing venue to start healing together — no doubt, no drama, no embellishment."

Mr. Barrett is Billy Jack Barrett, who has managed this working ranch for more than 30 years.

"We do on-the-ground exercises and some exercises on horseback and (Soldiers) work with a pair of trained equine specialists who help devise the exercises and work with them on the ground," said Jeannie Springer, an accounting clerk and equine specialist. "We ask very open ended questions based on our observations and things that we see."

Although each member of the equestrian center staff is certified through the O.K. Corral series, that was developed by the founder of equine-assisted therapy, the team is in the process of acquiring two licensed clinical therapists to help guests deal with difficult emotional and physical issues.

"Once we started working with Soldiers, we quickly found that (EAL) brings some things to the surface that reminded them of their Iraq or Afghanistan experience; it's a breakthrough moment."

For most guests, the highlight of the program is the horseback ride. Typically the ride is the culminating event for the participants in the program. It gives the Soldiers a chance to connect with the horse in the great wide open.

The EAL doesn't just consist of horseback riding. Soldiers help care for the horses and use them as tools for some of their lessons. Guests may be asked to identify which horse's behavior in the herd they can relate with the most and why. Often, the horse — a prey animal that lives in constant hyperawareness — becomes a metaphor for the Soldier.

"We (get Soldiers to see) this huge animal and realize it's a prey animal and it lives with a constant sense of hyper alertness, but they're calm," Springer said. "They manage their day, they manage their life and (there is a way for them to) figure out how to do that too."

Army Sgt. Dale Chick, a Bradley mechanic who is now assigned to the Warrior Transition Unit's Bravo Company at Fort Carson, Colo., has been taking advantage of EAL as part of his recovery from various injuries he incurred, including PTSD and a TBI, on multiple deployments to Iraq and Afghanistan. As a result, his short-

term memory was affected and he has difficulty dealing with large groups of people.

"You go through a lot of stuff over there that most people couldn't fathom seeing let alone experience," Chick said. "Then you come home, and you really don't want to talk about it but people keep asking you what was it like or did you kill anybody. You have no idea what it's like to take another person's life. It will haunt you."

Although he is going through the healing process, Chick admits he's not fully recovered, but EAL has helped him on the journey to finding his "new normal."

"When I got home I didn't feel at home," Chick said. "I felt like a stranger in my own house. I didn't feel like I knew my kids or my wife. I avoided going places like to the (Post Exchange) or crowded places like that. I can't walk into a Walmart at 5 p.m. I can't do it - there are too many people."

"It helps open doors that were once closed," Chick said. "A lot of Soldiers, like me, close themselves off from the world, and they have a really hard time interacting with the general public because of what they've been through. For me, equine therapy is just wonderful, I love it."



It's a virtual world

Academy uses latest technology to attract prospective students

By Amber Baillie
Academy Spirit staff writer

High school students interested in the Air Force Academy can walk around the Academy's campus, buy items from the cadet store and even fly a plane—all without leaving their bedrooms.

The Academy's admissions office is taking advantage of social media tools like Facebook and mobile phone applications to reach out to students interested in the Academy, and they've also developed a virtual world where potential applicants can view the Academy's facilities and learn important Air Force facts without stepping foot on campus.

"A company called Designing Digitally created the virtual world," said Leann Nelson, chief of marketing and media from the Academy's Admissions Office. "It was a year-long project. Their team had to come up with a plan and take detailed pictures so that it would look exactly like the Academy and it really does."

In the virtual world, students can browse buildings such as the dorms, the gym and astro lab, play games and trivia as well as take an interactive tour that answers their questions about the Academy.

"It gives applicants motivation to keep going in the application process," Nelson said. "They create an avatar and can visit four different dorm rooms, freshman through senior, to see that each year students earn the right to have more things."

Nelson said the tool was created to recruit students from all 50 states. The Academy got the idea from University of Michigan's virtual world.

"We're the only two schools that do it for recruitment purposes," Nelson said. "It's becoming more popular and I expect to see more of it in the future. I see other schools doing this kind of virtual tour instead of panning cameras around the campus and using still photos."

Nelson said the Academy's number one priority is to keep students safe.

"You have to be invited to view the virtual world," Nelson said. "Applicants receive an automatic email as an invite. From there, they can create a login and basic profile only related to their interests, no personal information."

Admissions also uses social media such as Facebook and YouTube to reach prospective students.

Second Lt. Christopher Batson, an admissions advisor here, said it's a way to keep up with the trends and provide information in an efficient way.

"We're trying to stay hip, cool and fresh on the recruiting side of things," Batson said. "It's very interactive and important for us to get the information back to kids fast. If you go on our Facebook page and ask a question, you'll usually get an answer within 24 hours."

Admissions has two websites as well as 14 vignettes on YouTube to promote the Academy.

"They're videos on the Wings of Blue, spirit videos and testimonials from cadets," Batson said. "It's a way kids can see what's going on here rather than get a pre-ordained verbatim answer."

Admissions' newest tool is a text-a-key feature that will allow students at college fairs to text a keyword to the Academy that will generate a response and put students in the Academy's information system.

"We'll send them information about the Academy, tell them what they need to be doing to qualify here and they will end up in our database," Nelson said.

Admissions also has apps for mobile phones to keep students informed.

"We launched it about a year ago and have had more than 20,000 downloads," Nelson said. "It's become very popular and has a lot of (Real Simple Syndication) feeds so users can receive information on things like athletics. It also has an events module



In the virtual world, students can visit Academy facilities, play games and trivia and take an interactive tour.

so that anytime we're going to be somewhere we can let students know."

Nelson said kids listen more when you're in their element.

"We have so many venues where we can touch base with them through the Internet so that we can get their questions answered," Nelson said. "I think it has helped us in the ability to reach the kids and they'll have a better picture of what the Academy is going to be about."

Nelson said it's important for the Academy to keep up with technology yet also respect students' privacy.

"This generation has never not had a computer," Nelson said. "We have to be where they're at, and it's a struggle to also make sure we're not invading their area. That's why we don't have a text conversation with the kids."

Nelson said Admissions still sends brochures through the mail, but most of their process is online. "We've gone to online acceptances this year," Nelson said. "We still send some snail mail but we're getting more into email campaigning and plan to create a Web-based catalog."

Batson said kids will be impressed with whoever has the most modern and popular resources.

"We are the Air Force Academy, and we like to think of ourselves as the innovators," Batson said. "I think we'd be doing ourselves a disservice if we weren't at the forefront of that."



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Making a difference

Cadet Service Learning emphasizes 'Service Before Self'



Cadets with the Cadet Interfaith Council paint the Springs Rescue Mission Charity Warehouse May 30. The facility is used to store donated goods for Colorado Springs' homeless population. The volunteer effort was part of the President's Interfaith and Community Service Campus Challenge.

RAYMOND MCCOY



SARAH CHAMBERS

"Successful leaders must know how to serve, willingly and wholeheartedly."

- Center for Character and Leadership Development

LEFT: Volunteers from Cadet Squadron 33 prepare meals at the Marian House Soup Kitchen in downtown Colorado Springs.

BELOW: A cadet with CS 06 helps move dead wood from a trail area in Garden of the Gods Park.



SARAH CHAMBERS



LIZ COPAN

Maj. Robert Bryant, right, and cadets with CS 17 move a piece of fencing at Cheyenne Mountain Zoo. The squadron chose to help the zoo to help both animals and visiting guests.

Into the wild:

A look at Academy wildlife

By Amber Baillie
Academy Spirit staff writer

Whether you visit the Academy for the first time or drive through the green, 18,500-acre base on a regular basis, you might be surprised by the wildlife you encounter.

The Academy's plush, mountain setting consists of vast contiguous forest and open space that borders Pike National Forest and attracts an assortment of wildlife from squirrels, bull snakes and bald eagles to deer, bears and cougars.

That's not all. Brian Mihlbachler, the Fish and Wildlife Service's natural resources manager here, said most people don't realize animals like white-tailed deer, turkeys and elk also inhabit the area.

"People most commonly see mule deer but don't realize that we also have white-tailed deer on the eastern side of the Academy," Mihlbachler said. "We also have bobcats, short-tail weasels and foxes."

The reason for the wide range of animals: Mihlbachler said it's due to the variations in terrain and elevation in the area.

"We're in a unique position along the front range because we've got this elevational habitat gradient that goes



COURTESY PHOTO



DAVID ARMER

TOP: American bald eagle nest in the foothills of the Academy.

ABOVE: The wild turkey population on the Academy is doing well enough that a small number of turkey hunting permits were issued for the 2012 season.

from 8,000 feet on the west boundary down to 6,000 feet down south," Mihlbachler said. "There's a lot of elevational change, which causes habitat variations and generates a lot of variety in wildlife. We also sit south of the Palmer Divide and go from mountain to grasslands, so we have mountain and grassland species coming together."

For those who want to venture through different habitats, Mihlbachler said the Academy's road network passes through various creeks,



MIKE KAPLAN

A bear cub climbs a tree on the Academy grounds last year. The treed-rugged area is a natural habitat for black bears. Black is a species, not a color. In Colorado many black bears are blonde, cinnamon or brown.

forests and grassland areas. For those interested in seeing native habitats, Mihlbachler said you'll need to put on a pair of hiking boots.

"If you can get on a back country trail away from a lot of human activity, your chances of seeing wildlife goes way up," Mihlbachler said. "The Falcon Trail, a 13-mile loop through the interior of the base, will get you away from a lot of developed areas into better habitat where you're more likely to see animals that aren't being disturbed as frequently."

Mihlbachler said the New Santa Fe Trail is another hot spot for wildlife.

"Portions of the trail in Monument Creek are in riparian corridor wetlands that tend to support more wildlife diversity because of the association with the water," Mihlbachler said. "You tend to see more wildlife including birds, neotropical migrants and water fowl along the creek."

Diane Strohm, a forester and natural resource manager at the Academy, said you can sometimes spot a Great Horned Owl at the Academy.

"You don't see them very often, but they like to sit in the pine trees," Strohm said. "I love watching them, they're fascinating creatures."

Strohm said she has a soft spot for the Abert's squirrel.

"It's a beautiful squirrel that's usually black, has pointy ears and like ponderosa pine," Strohm said. "It's my favorite animal here."

Mihlbachler said an active peregrine falcon nest exists in the rocks above Stanley Canyon, a prairie falcon nest sits on Cathedral Rock, and last year a Golden Eagle nest existed on the forest service property off of the

western boundary. He also said there were cougar sightings last year in the Monument and Palmer Lake area.

"There was a mom with her three cubs," Mihlbachler said. "It's pretty rare, but Stanley Canyon would probably be the best area if you wanted to see a cougar."

Strohm said it's unlikely you'll see a bear at the Academy but if you do, it will be of the black bear family.

"You can see them almost from a blonde to a cinnamon and to a black," Strohm said.

Mihlbachler said no one at the Academy has ever been injured or attacked by a bear but that occasionally someone will see one do a "bluff charge."

"They'll kind of charge at you, stop and might huff and puff at you a little bit," Mihlbachler said. "Bears have poor sight but a better sense of smell. A lot of times they'll rise up on their hind legs and try to elevate their nose to get a better sense of the area. Some people perceive that as being aggressive behavior when in fact, the bear is trying to get a better feel of what's going on with it and its immediate environment."

Other wildlife spotted at the Academy: hawks, mountain lions, rattlesnakes, antelope, sheep and coyotes.

Mihlbachler said to treat wildlife with respect, view them from a distance and not approach wildlife that would put you or them in harm's way.

"A good pair of binoculars goes a long way," Mihlbachler said. "You can see a lot of wildlife from a distance so there's no reason to put you or yourself at risk."



JOEL STRAYER

The Academy nurtures abundant populations of both white-tailed and mule deer.

Men: Get screened for prostate cancer, other silent killers

By Shari Lopatin
TriWest Healthcare Alliance

Prostate cancer is the most common cancer in men, regardless of their age or ethnicity, according to the Centers for Disease Control and Prevention.

With Father's Day approaching, TriWest Healthcare Alliance officials encourage men to get screened.

"Prostate cancer screening means looking for cancer before it causes symptoms. This helps to find cancer at an early stage when it may be easier to treat," the CDC says on its website.

One such test is called the PSA test, a blood test covered by Tricare for men who are older than 50, are older than 40 and have had a vasectomy or are 40-49 and have a family history of prostate cancer.


In addition to prostate cancer screenings, men should receive these

remaining top six tests to stay at optimal health:

TOP SIX TESTS FOR MEN

- * Cholesterol, every five years, and yearly starting at age 35
- * Blood sugar levels, every three years
- * Colon cancer screening, starting at age 50; colonoscopies are recommended only once every 10 years
- * Blood pressure, every year
- * Digital rectal exam, starting at age 50
- * Skin cancer screening, every 3 years age 20-40, and every year for anyone older than 40

For more tips on screening recommendations, visit www.triwest.com/HealthyLiving and visit the Screening Guide under "Health and Wellness."



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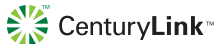
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Coaches, athlete receive track and field awards



By Valerie Perkin
Athletic Communications

NEW ORLEANS — Three members of the Air Force track and field team earned regional honors from the U.S. Track and Field and Cross Country Coaches Association Monday.

Ralph Lindeman was selected as the USTFCCCA Mountain Region Men's Head Coach of the Year, while Scott Steffan was honored as the Mountain Region Men's Assistant Coach of the Year and Paige Blackburn was selected as the Mountain Region Female Field Athlete of the Year.

Lindeman, who also earned the regional coach of the year award during the 2012 indoor season, led the Falcons to the Mountain West Championship title. The 2012 MW Outdoor Coach of the Year coached a program-record seven conference champions and 17 all-conference selections. Two Academy records were set during 2012, while 21 other incursions were made to the program's top-10 list. The men, who are ranked third in the region, qualified a program-best 15 athletes to the NCAA Outdoor Championships, including two who advanced the final site in Des Moines.

Overseeing the Falcons' vertical jumpers, Steffan claimed his first regional award. Backed by two conference titles, his athletes led the

Falcons to their first-ever outdoor title, collecting five of the top seven finishes in the pole vault and three of the top four places in the high jump. The Falcons qualified three pole vaulters and two high jumpers to the preliminary round of the NCAA Outdoor Championships, while Cale Simmons, who is ranked third in the nation, qualified to the final site.

Blackburn, the MVP of the women's team, won the Mountain West title in the javelin throw, while adding a runner-up finish in the discus throw. A NCAA participant in both the discus throw and javelin throw, Blackburn scored for the Falcons in all four throwing events at the outdoor conference championships, amassing 21 points. She is the third female to claim the Mountain West Field Athlete of the Year award from the USTFCCCA.

The recipients of the USTFCCCA Regional awards are selected by the coaches of nine regions (Great Lakes, Mid-Atlantic, Midwest, Mountain, Northeast, South, South Central, Southeast and West). Lindeman, Steffan and Blackburn were three of four USTFCCCA honorees from the Mountain West, as TCU's Whitney Gipson was South Central Region Field Athlete of the Year.

The 2012 NCAA Outdoor Track and Field Championships began Wednesday in Des Moines, Iowa.

Paige Blackburn was selected as the Mountain Region Female Field Athlete of the Year. She won the Mountain West title in the javelin throw, and was a runner-up in the discus throw.

COURTESY PHOTO

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CLUES ACROSS

1. Computer screen material
4. Doctors' group
7. Last month (abbr.)
10. Walked along
12. Without (French)
14. Swedish shag rug
15. Extinct flightless birds
17. Showing sound judgment
18. Hungarian Violinist
19. Leopold
22. Stone of W. Ireland
23. Feet of two syllables
24. Point that is one point E of SE
25. Foray
26. Anno Domini
27. Doctor of Nursing
28. ___ 'n Boots
30. Southern California Assoc. of Government
32. Sight & sound information
33. Pa's partner
34. Cozy
36. Measurement unit
39. Acute abdominal pain
41. Zigzag skiing
43. Study of unorthodox psych.
46. Epochs
47. Pintado
48. Palm starches
50. Br. Univ. river
51. A minute amount (Scott)
52. Fr. military cap
53. Helps little firms
54. Perceive with the eyes
55. Woman making her debut
34. Egyptian beetle jewel
35. W. Virginia town
37. Loose outer garment
38. Took more than your share
40. Hyperbolic cosecant
41. Young pig
42. A nearsighted person
43. Two large muscles of the chest
44. Affirmatives
45. Algonquian people of Central Canada
49. A person's brother or sister

CLUES DOWN

1. Confined condition, abbr.
2. Lots of crocodiles
3. Alt. spelling of 15 Across
4. Elected Syrian Pres. 1971
5. Low volcanic crater
6. The Piano actress Paquin
7. A severe thrashing
8. Protective fold for vision
9. Am. relief organization
11. The recipient of funds
13. A tractor-trailer
16. Brazillian ballroom dances
18. Fleet of a region
20. Recompenses (archaic)
21. Swiss river
28. The visual percept
29. Soft palate flaps
30. Mediterranean ricegrass
31. Panama and Suez

SUDOKU

		1	5			4		
2	5		1	6				8
			7	1				
	3					9		
7			6	4			2	
			3			2	5	
9	8	6			1	7		
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Level: Advanced

Solution on page 15 06-08-12



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.

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.

Sports physicals available

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

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

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

Summer bowling leagues

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

Available leagues include a parent and youth league Tuesdays at 7 p.m. for \$14 per team, three-person youth leagues Thursdays at 10 a.m. for \$7 per person and four-person adult mixed leagues Thursdays at 7 p.m. for \$10 per person.

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

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

'Leading Consciously'

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

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

For more information, call the Diversity Office at 333-1309.

Summer basketball league

The Fitness Center's summer basketball league begins Monday.

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

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

Youth fire safety camp

The Academy fire department hosts its annual youth fire safety camp for children ages 8-12 at Fire Station 1 in the Pine Valley Housing area from 10 a.m. to 2 p.m. June 19.

Activities include live fire extinguisher training, a bucket brigade, a hose-roll competition and the fire safety trailer. Participants will have lunch with the firefighters, receive a group photo and receive a youth fire safety camp certificate.

To register or for more information call 333-2051.



Youth, teen volunteers needed

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

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



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:
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