

SEEKING THE LAW

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Academy hero remembered by friends, colleagues

by Staff Sgt. Raymond Hoy
U.S. Air Force Academy Public Affairs

Friends and colleagues gathered to remember the life and legacy of an Academy assistant professor who was killed April 27 in Kabul, Afghanistan.

Major Phil Ambard, age 44, was killed in a shooting at the Kabul International Airport. He was serving on a NATO team training the Afghan Air Force.

While stationed at the Academy, he was the Department of Foreign Languages executive officer and later served in that same role for the Dean of the Faculty.

"As you can imagine, anytime we lose a fellow Soldier, Sailors, Airmen or Marines, it affects us all," said Brig. Gen. Dana Born, Dean of the Faculty. "But when it's someone that we know and love, it hurts a little bit more. Today we want to bring to life an amazing man who served here at the Academy; who was a great colleague, a tremendous mentor; a man who exemplified integrity, service and excellence for our cadets and faculty as well."

Major Ambard served as General Born's executive officer from 2006 to 2007.

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

"He was ready to do what he had to do (in Afghanistan) and he was excited upon returning to be able to get back into the classroom to do what he loved to do, and that's develop these cadets," General Born explained. "He felt as though he'd been given an opportunity and you could see that in his eye every single day. He valued the



BILL EVANS

The remains of Maj. Phil Ambard arrived at Peterson Air Force Base, Colo. Wednesday. Major Ambard was killed alongside eight other Americans in an incident April 27 at Kabul International Airport, Afghanistan.

freedoms he had in this country and he defended those freedoms. He had an attitude of, 'I'm going to give it my all.' And he gave it his all."

Major Ambard grew up in Venezuela. He was a translator in France multiple times. Fellow professor and foreign language department head, Col. Daniel Uribe, felt his experiences and background were a perfect fit for his role at the Academy.

"Phil came to our department in 2003 and made an immediate impact," he said. "He instantly became one of our top instructors. Cadet comments and ratings had him at the top of our faculty. And all of the cadet comments painted a picture of someone who was dedicated to this mission and dedicated to his cadets."

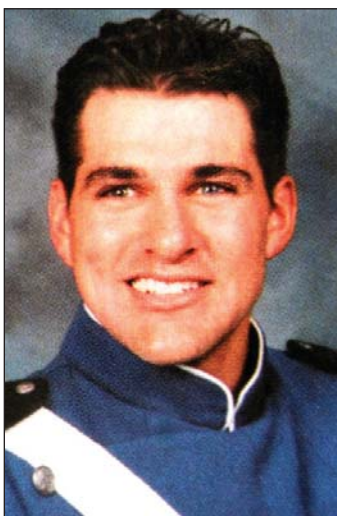
"You would always see a line of cadets at his office," added Lt. Col. LeAnn Derby, fellow professor and friend of Major Ambard. "It was easy to see the impact he had on them."

Colonel Derby, who also had the duty of being the casualty notification officer to Major Ambard's family, painted a picture of not only an integral part of the Academy, but someone who was a dedicated family man who touched the lives of people all around the local community.

"His wife is a teacher," she said. "When I spoke to her yesterday, she told me how much the kids at the school are also going to miss Phil. He would come to her school and participate in some of the activities with them, and they all knew and

loved him. We're talking about our loss here at the Academy, but all of Colorado Springs had some sort of connection with Phil Ambard and it's a great loss for the community."

Major Phil Ambard is survived by his wife, Linda, and five children: son Alex, a student at the University of Denver, son Tim, a third-class cadet at the Air Force Academy, daughter Emily Short, a 2007 graduate of the Air Force Academy currently serving in Hurlburt AFB, Fla., son Joshua Short, currently serving in the Army and stationed at Walter Reed Medical Center, and son Patrick Short, also a 2004 Air Force Academy graduate serving in the Navy at the Naval Medical Center in Portsmouth, Virginia.



Major David Brodeur, 34, class of '99, was assigned to Joint Base Elmendorf-Richardson, Alaska.

Academy graduates killed in Afghanistan

Two Air Force Academy graduates were killed in Kabul, Afghanistan, April 27.

Lieutenant Col. Frank Bryant, class of '95, and Maj. David Brodeur, class of '99, were serving on a NATO team training the Afghan Air Force in support of Operation Enduring Freedom.

"Wednesday's tragedy in Afghanistan continues to deeply affect our Air Force Academy family, and our thoughts and prayers are with the family and friends of these graduates," said Lt.

Gen. Mike Gould, superintendent of the Air Force Academy. "As we prepare cadets for leadership in the world's greatest Air Force, these events showcase the perils they will face in the profession of arms. The Academy will forever be grateful for the sacrifices of Colonel Bryant and Major Brodeur."

Colonel Bryant, 37, graduated with a degree in General Engineering, lettered in wrestling from '93-'95, was the team captain and MVP

in '95, and was assigned to Luke Air Force Base, Ariz. Major Brodeur, 34, graduated with a degree in Political Science and was assigned to Joint Base Elmendorf-Richardson, Alaska.

Colonel Bryant and Major Brodeur are the 13th and 14th Air Force Academy graduates killed while supporting operations in Iraq and Afghanistan. The two graduates were killed in the same shooting incident as Maj. Philip Ambard, Academy assistant professor.



Lieutenant Col. Frank Bryant, 37, was a member of the Academy class of '95. He was assigned to Luke Air Force Base, Ariz.

Grieving can be harder than it seems

By Army Chaplain (Capt.) Pat Devine
425th Brigade Special Troops Battalion

JOINT BASE ELMENDORF-RICHARDSON, Alaska — The past 10 days have afforded a unique opportunity for me to see, experience, and begin to process the dynamics of grief.

I am, admittedly, no expert on the subject; my reflections come following the death of a ministry partner, an earthquake in Japan, and personal tragedies in the life of our faith community.

Not only have I been thinking on grief itself, but I've been observing how people process their own grief - and the stress and anxiety that come from their perceptions about what is 'acceptable' and 'right'.

"Grieving is a personal and intimate process - and it's different for everyone."

The one reality that seems constant is that grieving is a personal and intimate process - and it's different for everyone.

I have observed significant stress, trepidation, shame, and uneasiness in the perception of how grief should happen.

It's almost universal - people believe they do not grieve the way they think they should.

In every person's mind, there is some idea or vision about what 'grieving correctly' means (the concept of correct grieving even seems weird to say, but it's what I see!), followed by words or expressions that reveal that thinking.

During memorial reflections at three different gatherings, I heard people precede their memories with phrases like, "You all are holding it together much better than me," or "I don't usually cry..."

Even the phrase, "I didn't know (name) as well as most of you..." almost conveys an apologetic tone for not being in the grieving process with everyone else, or feeling they are inappropriately inserted into the process.

Shared experiences are also a unique variable in the grief experience.

In one setting, I heard people convey loss and tragedy in their own lives in what I believe was an attempt to join with those in the current setting. They summarized their experience into a tidy anecdote that began and ended in the praise of God.

However, I observed friction and frustration among those in the middle of their grief as they silently compared where they were with the individual who had processed for a year or more.

It seems that comparing past grief processes is not always helpful in current realities and should be integrated by a capable third party (pastor/counselor) who can help normalize the experiences.

My lovely and insightful wife also commented how this applies in areas like forgiveness - other people's processes are not helpful in simple comparison. Testimonies of hope and victory are useful to cast vision, but not always in taking the small step forward out of the current pain.

Another dynamic is how we respond to others' grieving - and the unhealthy need to ease grieving in others because their grieving (sadness, questioning, despair) makes US uncomfortable.

Consider how we say, or want to say to others, "don't cry", "everything is going to be okay", or "there's always someone worse off."

Well-intentioned friends and relatives are not in touch with their own discomfort may inadvertently interrupt a productive grieving process with a comment that really serves to ease their OWN discomfort.

The key to preventing the unintentional aggravation of grief is self awareness. Before we are consumed by the pain and anguish of others, honest and intentional examination of our own condition is necessary.

Self-reflection can be one of the hardest undertakings, but yields significant fruit when done intentionally and carefully.

So what does 'right grieving' look like?

Psychologists have built careers trying to describe the answer to that question.

"I Care ..."



Lt. Col. Burke Beaumont
Air Force Academy Finance Director

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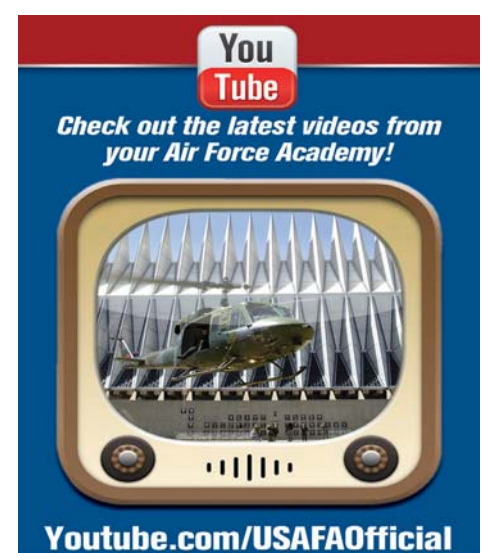
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The Academy Spirit also accepts story submissions by fax at 333-4094 or by email: pa.newspaper@usafa.af.mil.



What three words describe your mom?

"Loving, caring and supportive"
Cadet 1st Class
Michael Sexton,
Cadet Squadron 17



"Passionate, enthusiastic and hard working"
Cadet 4th Class
Ayana Cameron,
CS 18



"Lovable, diva and hilarious"
Cadet 4th Class
Jin Mun, CS 18



"Compassionate, funny and dedicated"
Cadet 4th Class
Jacob Krimbell,
CS 29



FLEP propels former cadet to dream of law school

By David Edwards
Academy Spirit Staff Writer

First Lt. Jocelyn Mitnaul sought the law, and both won.

A 2007 Air Force Academy graduate, Lieutenant Mitnaul was selected as the only winner of this year's Funded Legal Education Program award, meaning the Air Force will pay her way through law school.

The FLEP is a legal program for active-duty commissioned officers who have between two and six years of active-duty service. The award is a change of assignment and will allow her to continue earning military pay and benefits while attending law school.

Lieutenant Mitnaul's interest in a legal career was sparked by a discussion she had as a cadet with Academy law professor Col. John Hertel. She couldn't attend law school right after graduation from the Academy, but she began applying for the FLEP in 2009, the year she became eligible.

But part of the application is a release letter from the applicant's current career field. Lieutenant Mitnaul had been working as an intelligence officer at Charleston Air Force Base in South Carolina. Because that career field was undermanned, she said, she couldn't obtain the necessary release letter.

"I decided to apply again for the 2011 board, and I initially felt my chances of getting it were very slim because I had been told multiple times there are between one and three slots per year," Lieutenant Mitnaul said. "Regardless of what people said and thought, I knew that what God had for me would be for me, so I applied anyway."

That decision led to the life-changing news she received in March. It also allows her alma mater to tout the fact that the sole recipient of this lucrative Air Force award in 2011 is an Acad-



First Lt. Jocelyn Mitnaul will attend the University of North Carolina at Chapel Hill for law school as the sole recipient of the Funded Legal Education Program award in 2011.

COURTESY PHOTO

emy alumna.

After another tense wait, Lieutenant Mitnaul found out this week that she had been accepted into her top choice of law school, the University of North Carolina at Chapel Hill.

She would have stayed in the Carolinas anyway; her fallback option was the University of South Carolina.

She didn't hesitate to accept the offer to become a Tarheel, though. And after completing law school, she plans to serve in the Judge Advocate General corps and focus on family law.

"I know the importance of having a stable personal life and how it can affect your professional life," she said.

"Thankfully, my parents have been married for over 30 years, but I have witnessed what happens to people when they have not experienced such a blessing. I want to be able to help

Airmen and spouses sort out divorces, child issues, etc., in order to help them carry out their jobs in a professional manner on a daily basis."

Colorado Springs continues to be rewarded by the Mitnaul family's stability, even after Jocelyn's departure for the East Coast. Her father, Col. Henry Mitnaul, is the deputy in charge of space protection at Peterson Air Force Base. And she has a brother in this year's graduating class at the Academy.

"(My wife) Teresa and I encouraged our children to be faithful servants" Colonel Mitnaul said. "Jocelyn has been blessed with another opportunity as an Air Force Funded Legal Education Program selectee. We are extremely proud of who she is and her accomplishments."

As far as personal achieve-

ments go, it's hard to see 2011 as anything but a banner year for the Mitnaul family.

With her near-term career goals now in sharp focus, Lieutenant Mitnaul is plunging ahead with determination and excitement. Where the road takes her in the far-off future is anybody's guess, but she's sure of one thing.

"After completing my USAFA commitment, attending law school, and serving my FLEP commitment, I will have 14 years in service," she said. "It would be wise to do at least six more years and retire from the Air Force, but I have promised myself (I won't) become one of those people in the military who has been in for 14 to 19 years and is no longer enjoying it but decides to just 'stick it out.' ... If my talents and desires lead me elsewhere, I will pursue them."

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CSURF: cutting- edge research forum

By David Edwards
Academy Spirit Staff Writer

One prominent aspect of the cadet experience at the Air Force Academy is the opportunity undergrads have to engage in cutting-edge research.

The breadth and depth of that research became evident at the eighth annual Colorado Springs Undergraduate Research Forum, held Saturday

at the Academy. The event, commonly abbreviated CSURF, rotates among the campuses of the area's three major universities.

Students from all three institutions — Colorado College, the University of Colorado at Colorado Springs and the Air Force Academy — convened in Fairchild Hall. Between meal breaks, cadets and their academic peers at the other two schools presented the results of their research.

"The quality of research remains very high, from cutting-edge technology and science explorations in the STEM sciences as well as pointed researched topics in the social and human sciences," said Dr. Andrea Van Nort, an associate English professor and member of the CSURF steering committee. "We always seek to bring cadets into contact with their civilian peers working in the same domain, so the goal is to mix into each panel session participating students from each institution."

Delivering the keynote address this year was Maj. Gen. Ellen Pawlikows-

ki, commander of the Air Force Research Laboratory at Wright-Patterson Air Force Base in Ohio. She directs a work force of nearly 11,000 people and manages more than \$4 billion worth of research.

Dr. Van Nort said General Pawlikowski provided one of the highlights of this year's CSURF. She added that invitations had been extended to the Colorado Springs Top 30, and that led the executive officer of the Space Foundation, Eliot Pulham, to attend.

Research presentations consisted of three oral sessions and two poster sessions. More than 300 students from the three schools delivered presentations this year.

Dr. Van Nort said that in the future, faculty research could be included alongside the undergraduates' projects. That would require adoption of a theme, she said. The current format affords students wide latitude in choosing research projects, so there's no annual theme.

Cadets took full advantage of the

openness of the forum. Their presentations ran the gamut, covering such diverse topics as Shakespeare and the Russian imperial secret police, the London Canal in New Orleans and ionic liquid coatings for energetic nanoparticles.

Being the host institution also introduced the Academy and its students to young people who weren't extremely familiar with the military school up the road from them.

"We heard back that the smiling faces of our fourth-classmen at the registration tables were welcome surprises for those who had never been to the base and even for those who had attended prior CSURF events," Dr. Van Nort said. "I've heard from USAFA faculty who had not participated in the past that they would definitely make the CSURF one of their graded events for next year. They were pleased with the handling of the sessions and the questions brought forward to the panelists regarding their research."



MIKE KAPLAN

Jeremiah Stanley, a talk-session presenter from University of Colorado at Colorado Springs, participates in the Colorado Springs Undergraduate Research Forum, held Saturday at the Academy's Fairchild Hall.



Cadet 2nd Class Aaron Koveleskie was one of more than 300 participants in the eighth annual CSURF. Cadets played a leading role in all aspects of the forum, not just the presentation of undergraduate research.

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Academy hosts security innovation competition

By Gino Matorano
Academy Spirit editor

The Air Force Academy hosted the fifth annual National Security Innovation competition April 29.

Ten teams from universities across the nation, and even one from Canada, presented a new concept or technology with the potential to meet an identifiable national security need before a national panel of judges.

When the dust settled, the University of Ottawa received top-team honors, while second and third place went to Notre Dame University and the Virginia Polytechnic Institute and State University, respectively.

The top three winners were awarded scholarship grants: 1st Prize - \$10,000, 2nd Prize - \$5,000, and 3rd Prize - \$2,500.

"These competitions promote national and homeland security-related innovation," said Dr. Ron Scott, the competition director. "This facilitates solving security-related problems for the government and promotes commercialization within commercial sectors."

According to Dr. Scott, the competition further heightens the awareness of security needs and the cutting-edge research taking place that can solve

security-related problems.

While the Academy's team of Cadets 1st Class Matt Alva, Wylie Wikstrom, Sean Christy and Tyler Dallas didn't place, they represented the Academy well.



"Our cadets competed very well and presented a unique concept that has great potential value to (the Department of Defense)," said Maj. Angelinda Rush, from the Dean of the Faculty's Management Department.

Major Rush believes the most impressive aspect of the competition was the diversity of the solutions offered by the teams.

"It's crucial for cadets to be exposed to a variety of the challenges facing our national security," she said. "Not only should they be aware of technological solutions to these problems, but be able to evaluate solutions from a broad perspective."

"This competition has the teams evaluate the industry and market and develop a plan on how to bring the technology into the hands of the customer. Even the most-needed technology has little value if it can't get to those who need it."

A panel of seven judges from both industry and government evaluated the entries.



MIKE KAPLAN

Retired Maj. Gen. Mark Volcheff, second from left, and Don Addy, National Homeland Defense Foundation president, far right, present a \$10,000 scholarship to Eric Jacques, far left, and Alan Lloyd, from the University of Ottawa, for winning the National Security Innovation Competition.

ENTRIES:

The Air Force Institute of Technology:

"Enhancing Neutron Detection Capabilities with Solid State Devices"

North Carolina State University: "Construction and Validation of Access Control Policies via Natural Language Processing and Policy Verification"

University of New Mexico: "A Field Desorption Ion Source Based Neutron Generator for Active Interrogation Systems"

University of Notre Dame: "Dilation Aware Multi-Image Enrollment for Iris Biometrics"

University of Ottawa: "Innovative and

Cost Effective Blast Strengthening of Wood Framed Structures"

University of San Diego: "Image Correlation Based Video Tracking"

University of Utah: "Low-Cost, Portable Detection of Peroxide-Based Improvised Explosive Devices"

The United States Air Force Academy: "Cool Clean Technologies"

Virginia Polytechnic Institute and State University: "Dynamic Obscuration of IPv6 Addressees to Achieve a Moving Target Defense"



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Academy dedicates Falcon Circle



Cadet Chapel Falcon Circle, located on the hill top between the Academy Visitors Center and the Cadet Chapel, is dedicated Tuesday.

MIKE KAPLAN

By Leslie Finstein
Air Force Academy Public Affairs

A new chapel officially joined the Air Force Academy's offerings of worship space this week when the Academy dedicated its new outdoor chapel, Cadet Chapel Falcon Circle.

Located on the hilltop between the Academy Visitors Center and the Cadet Chapel, the circle's original purpose was to accommodate the religious needs of the Earth-Centered Spirituality community. While priority is given to those groups and individuals, the space is available to all faith groups and individuals seeking an outdoor worship space.

Tuesday's ceremony included remarks by Lt. Gen. Mike Gould, Academy superintendent, Academy Chief Chaplain (Col.) Robert Bruno, President of the Cadet Interfaith Council Cadet 2nd Class Philicia Fahrenbruch, and Rev. (Dr.) David L. Oringderff, executive agent of the Sacred Well Con-

gregation. Dr. Oringderff is a subject matter expert consultant to the Department of Defense Armed Forces Chaplains Board on alternative religions, sects and cults.

The Falcon Circle came into existence through the efforts of a former cadet wing chaplain, Chap. William Ziegler and former Earth-Centered Spirituality Faith Group leader, Tech Sgt. Brandon Longcrier, who is currently deployed.

"Through Sergeant Longcrier's dedication and commitment and the help and support of the U.S. Air Force, cadets of our faith group and kindred souls have a place to worship and commune with the divine in this beautiful, natural setting," said Dr. Oringderff.

"This is incredible," explained Dr. Oringderff. "This is the first facility like this in the Air Force."

"As I look around this group assembled here today, I stand in awe," Dr. Oringderff continued. "We are all Americans and we come from different

faith groups, different religions, and different backgrounds. Yet we have assembled here today not in conflict or strife but we have assembled in respect and reverence to dedicate this sacred ground."

Chaplain (Capt.) Steven Cuneio, an Academy chaplain, introduced the event and worked to set up the ceremony.

"I was very pleased with the event," said Chaplain Cuneio. "It was consistent with my goal of keeping the ceremony simple, solid, satisfying and honoring a military members' constitutional liberty to practice his or her faith, or no faith."

"The Cadet Chapel Falcon Circle represents the religious freedoms that all of us as military members, and as Americans, enjoy," he continued. "It was a great day for USAFA because we are committed to religious accommodation and a culture of respect."

Those who wish to make use of the site should coordinate with the Cadet Chapel staff, at 333-2636.

Academy Endowment gets new president

The U.S. Air Force Academy Endowment named retired Gen. Stephen R. Lorenz, Class of 1973, as president and chief executive officer, effective May 1. General Lorenz will succeed Dr. Erv Rokke as the president of the Endowment, a foundation focused on providing transformative private support to the Air Force Academy.

"Though we will greatly miss Erv, I am very pleased to say that General Lorenz has come on board to guide us through our next chapter," said Bart Holaday, Chairman of the Endowment. "We are pleased that someone with his credentials, with a longstanding and profound connection to the Academy, is leading our efforts. His arrival signals great things to come in 2011 and beyond."

In his new role, General Lorenz will oversee the development of strategic non-public resources on behalf of the Academy.

"I can't think of a better person for this position," said Dr. Rokke. "I'm looking forward to seeing many positive developments under his leadership. His arrival is a great benefit to our Academy."

During his 37-year Air Force career, General Lorenz commanded at the squadron, group, wing and major command level. His previous assignments include the Commandant of Cadets at the Air Force Academy, the deputy assistant secretary for budget, and most recently, the Commander of Air Education and Training Command. In this role,

he led the recruitment, training and education of more than 340,000 Air Force personnel annually.

After graduating from the Air Force Academy, General Lorenz earned his Masters degree in Public Administration from the University of Northern Colorado. He is also a graduate of Squadron Officer School, Air Command and Staff College, Air War College, and the National War College. General Lorenz is a featured contributor to the Air & Space Power Journal, authoring the ongoing series, "Lorenz on Leadership."

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Power of law, cadet style



RAY MCCOY

Major Chris Morgan lays the groundwork for a hearing on the case of Snyder v. Phelps at the Academy's Law Day on Monday.

By David Edwards
Academy Spirit Staff Writer

Dozens of Academy cadets on Monday witnessed firsthand the application of the Constitution they will soon swear to protect and defend.

The Academy once again this year took part in Law Day, an annual nationwide ritual that dates to the Eisenhower administration.

Actively promoted by the American Bar Association, Law Day is intended to draw attention to the importance of attorneys and the rule of law to the American Experiment.

The theme this year was "The Legacy of John Adams: From Boston to Guantanamo." It highlighted cases over the past two centuries that generated public controversy and subjected unpopular people or causes to the legal process.

For the Academy, a recent Supreme

Court case met those criteria and was tailor-made for argument at a military installation.

Snyder v. Phelps involved the grieving father of a young Marine killed in Iraq and the leaders of Westboro Baptist Church, a Kansas group known for picketing military funerals. A handout distributed at the Academy's Law Day framed the issue this way: "Does an individual's interest in suing to recover for the disruption of a family member's funeral outweigh the disrupter's First Amendment right to freedom of speech?"

Arguing the case of the Phelpses from Westboro Baptist was Cadet 2nd Class Paulo Dutra. Opposing him on behalf of the family of Lance Cpl. Mathew Snyder was Cadet 2nd Class Zachary Crippen.

Paraphrasing the colorful language of a judge in a previous ruling, Maj. Chris Morgan introduced the case by

saying that "sharing a foxhole with scoundrels is no reason to abandon the post."

"We're not re-creating or rehashing the Supreme Court case," Major Morgan said. "We have our own arguments and our own questions."

Then, joining three Academy colleagues filling the role of justices, Major Morgan gave the floor to the cadets. A crowd that all but packed the lecture hall listened as the cadets argued their cases and the justices peppered them with questions.

Unlike in the real Supreme Court case, a major emphasis at the Academy proceedings was put on a poem posted to the Westboro Baptist Church website. Generally referred to as "The Epic of Matthew Snyder," the verses specifically target the deceased Marine and his family.

They state that Snyder's parents were morally deficient in his upbringing be-

cause they taught him "to defy his creator" and "raised him for the devil."

Because the Supreme Court case focused more on the protest outside Snyder's funeral in Maryland, the real-life justices ruled in favor of the Phelpses.

They decided that the First Amendment rights of the protesters precluded the Snyder family from collecting damages for the intentional infliction of emotional distress.

But the outcome at the Academy Law Day was much different. Giving considerably more weight to the online epic, the panel unanimously upheld the judgment against Westboro and awarded a legal victory to Snyder's family.

At the close of the proceedings, the cadets considering a legal career were urged to participate in mock trial and follow the lead of cadets Dutra and Krippen, who earned praise for their aplomb in reprising Phelps v. Snyder at the Air Force Academy.

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Happy Trails

The Academy's trails offer excellent opportunities for a moderately challenging hiking, running, and mountain biking experience. Recent improvements have made the trails more sustainable and "user friendly," therefore recreational usage has increased dramatically; especially among the mountain biking community.

Since the trails are multiple-use, it is every user's responsibility to maintain proper trail courtesy. As a general rule, hikers/runners and cyclists must yield to horses, and cyclists must yield to pedestrians and horses. Mountain bikers in particular need to ride at speeds appropriate for the sight distance through the trees, around sharp turns and down hills.

For questions related to the Academy trails, contact the Natural Resources Office at 333-3308.

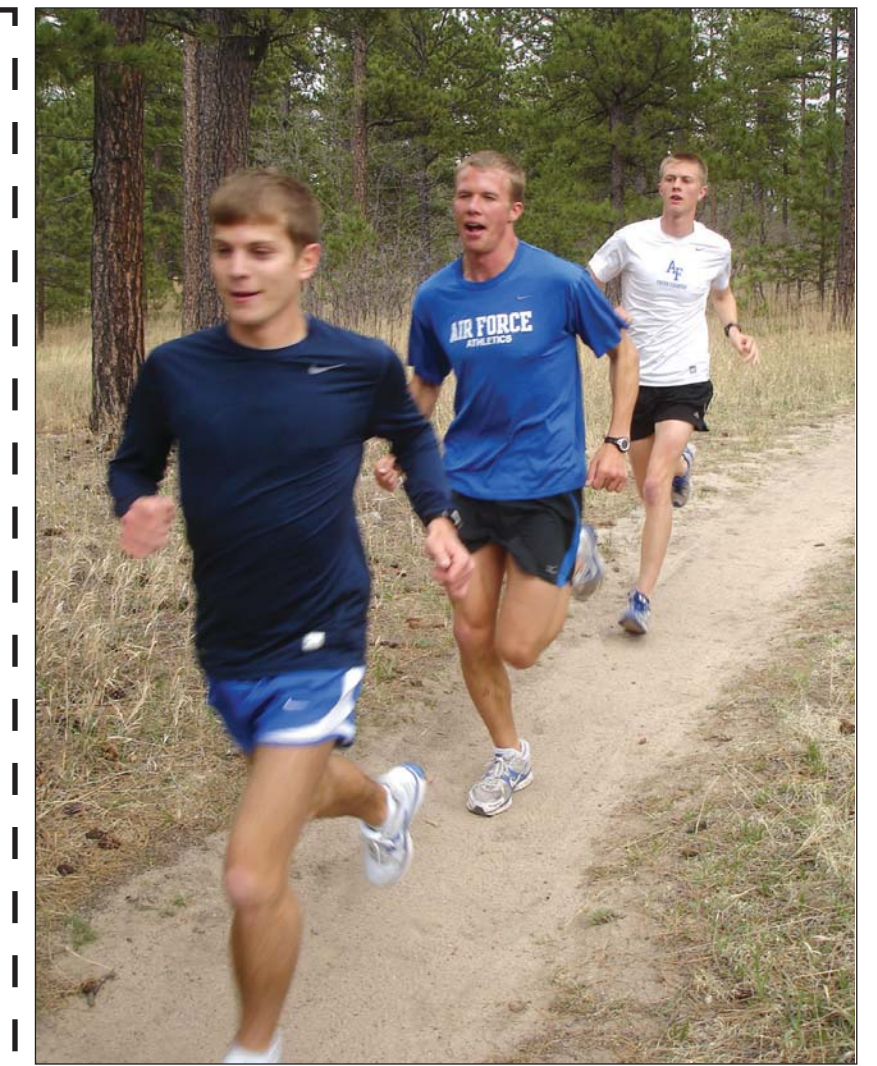
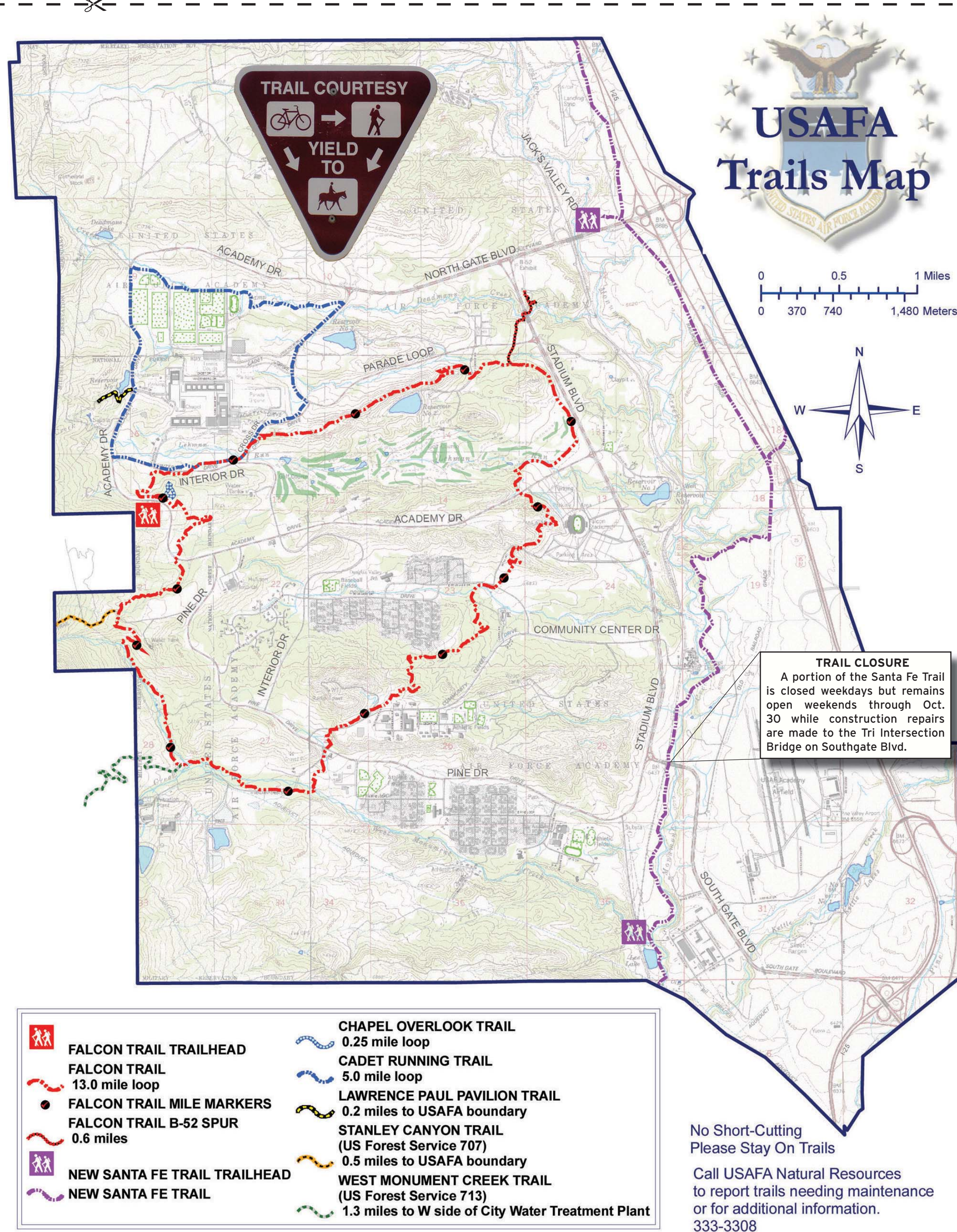
General Guidelines for all trail enthusiasts:

- Respect all trail restrictions and use only trails open to your mode of transportation.
- Be considerate of others on the road or trail.
- When traveling on shared-use trails, continually watch for other types of recreationists.
- Slow down when sight lines are poor.
- Keep speeds low around other recreationists.
- Keep noise and dust down.
- Listening to headphones or ear buds can make it difficult to hear and communicate with other recreationists. On Academy roadways, it is illegal to operate vehicles or bikes with both ears covered.
- Keep pets under control.



Mountain Bike trail etiquette

- Avoid trails that are obviously wet and muddy.
- Cross streams slowly, at a 90-degree angle to the stream.
- When climbing, use a gear that provides momentum and maintains traction.
- When descending, avoid locking your bike's wheels, which gouges the trail.
- Ride in the middle of the trails to minimize widening of the trails. Avoid sideslipping, which can lead to erosion.
- Slow down when sight lines are poor.
- Maintain a reasonable distance between you and your fellow riders.
- Make your presence known when approaching others and going around blind corners.
- Comply with all signs and respect barriers.
- Listening to headphones or ear buds can make it difficult to hear and communicate with other recreationists. On the Academy, it is illegal to operate bikes with both ears covered on roadways.



Running/walking guidelines:

- **Don't:** Jog or walk on roadway pavement except to cross intersections or on designated bicycle lanes when no other options exist
- **Don't:** Use portable headphones, earphones or other listening or talking devices, including cell phones, while jogging or walking on or adjacent to roadways
- **Don't:** Jog or walk on roadways during snow-removal operations
- **Don't:** Jog or walk on roadways with high traffic density during peak traffic periods, e.g., Stadium Blvd.
- **Do:** Travel single file facing oncoming traffic and obey off-limits areas
- **Do:** Practice risk management when you decide where to run, as not every road or pathway is suitable for running, walkers or joggers will wear outer garments with highly reflective tape front and back, a reflective vest or a reflective belt one hour before sunset until one hour after sunrise, or during periods of reduced visibility while jogging or walking adjacent to Academy roadways, regardless if separated by a curb. Reflective armbands do not meet the intent of this requirement.



Road cycling guidelines

- **Don't:** Use portable headphones, earphones or other listening or talking devices, including cell phones, while jogging or walking on or adjacent to roadways
- **Don't:** Ride on roadways during snow-removal operations
- **Do:** Ride in the direction of traffic and obey all vehicle traffic laws. way is suitable for running
- **Do:** Wear outer garments with highly reflective tape front and back, a reflective vest or a reflective belt one hour before sunset until one hour after sunrise, or during periods of reduced visibility. Bicycles must be equipped with a suitable headlight and taillight or red reflector if operated during hours of darkness.

Marriage workshop teaches skills, dispels myth

By 2nd Lt. Meredith Kirchoff
Air Force Academy Public Affairs

Engaged cadets and cadets in committed relationships took time to explore relationship topics at a marriage preparation and relationship enhancement workshop April 29-30 at the Academy.

The workshop began in 2002 when members of the Academy's Behavioral Sciences Department wanted to dispel a myth that Air Force Academy graduate marriages experience higher-than-average divorce rates, and aimed to equip graduates with helpful information and tools for long-term relationships.

"The divorce rate among USAFA grads is half the divorce rate of the general population," said Dr. David McCone, professor of behavioral sciences, citing a study conducted at the Academy in 2002 and published in Military Psychology in 2006.

Graduate to graduate marriages are at no higher risk than graduate to civilian marriages, he added. Early versus later marriages also show no difference in divorce rate. However, graduate to graduate early marriages are at higher risk for divorce, but are still lower than the general population.

The workshop, put on by the Behavioral Sciences and Leadership Department, is open to cadets of all

classes and their military or civilian partners. It has grown from 14 participants the first year to about 60 in the past couple of years.

Doctor McCone said he thinks cadets have the unique pressure to make decisions about a relationship with graduation as a sort of deadline. Cadets must decide if they want to be single, engaged, married or pursue join-spouse assignments when they start their active duty careers.

"Couples don't often have time to step back and honestly reflect, especially during the busy lives we lead," said Cadet 1st Class Mark Benischek who attended with his girlfriend who is also a cadet. "This seminar was a great opportunity to take a deep breath and delve into some weaknesses or strengths in our relationship."

Doctor McCone noted expectation management as the most important topic covered during the workshop, but communication skills building was another area from which he thought cadets would benefit. The workshop teaches a simple, but effective, skill called the speaker-listener technique.

"Cadets are so quick to try and problem solve without being patient and fully understanding an issue," Doctor McCone said. "By and large cadets are not great listeners, so learn-



MIKE KAPLAN

A couple participating in the marriage preparation and relationship enhancement workshop at the Academy listens to a presentation by a Behavioral Sciences faculty member.

ing how to listen is huge."

A unique aspect of this workshop is a panel of married couples the organizers host to engage with participants. The panel is comprised of different marriage make-ups including military to military and military to civilian marriages, as well as a different lengths of marriage and those with and without children.

Cadet Benischek thought the panel discussion was the most helpful aspect of the workshop, saying, "They were extremely honest about the re-

alities of relationships, making it very clear that no relationship is perfect, but even in the military they can work beautifully."

Organizers hope participants walk away with information about risk factors and protective factors for marriages, as well as conflict-management skills, and knowledge of the specific stresses and support that come with military marriages.

"Not only to keep the marriage together, but to have a strong marriage," Doctor McCone said.

Academy Spouses Club awards scholarships

The Academy Spouses Club awarded scholarships to high school scholars in a ceremony April 28 at the Falcon Club.

Applicants were selected based on their SAT/ACT scores, class ranking, extracurricular activities, and an essay about their goals. The top two winners received a \$1,500 scholarship, and the remaining winners received \$1,000. The \$1,500 ACS Scholar was Nicole Rosas, Discovery Canyon H.S., and the \$1,500 Donna Head Scholar is Garrett J. Prather, William J. Palmer H.S., pictured at right receiving his scholarship.

The other award recipients are Megan Peters, Katherine Peters, and Monica L. Schwindt, The Classical Academy; Alex W. Samuels and Emily C. Pipan, Air Academy H.S.; Matthew D. Kloenne, St. Mary's H.S.; and Kaela M Walker, Pine Creek H.S.



MIKE KAPLAN

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Ultra runners go the extra distance



LEFT: The Academy hosted a 26.3-mile marathon and 51-mile Ultramarathon Saturday on the Falcon Trail. Cadet 3rd Class Loring Ross won the marathon with a time of 3 hours, 53 minutes. The top female finisher was Cadet 4th Class Margaret Haley, who finished in a time of 5 hours, 01 minute. Cadet 1st Class Jesse Galt and Cadet 2nd Class Jeremy Robben both completed the ultramarathon in 9 hours, 15 minutes to tie for the win. The top female ultramarathon racer was Cadet 3rd Class Kat Vardell, who finished in a time of 9 hours, 55 minutes.

ABOVE: Three cadets finished the grueling marathon course while carrying a 35-pound rucksack.

PHOTOS BY MIKE KAPLAN

Air Force Golfers Head to 2011 MWC Championship

The Air Force golf team concludes the 2011 season at the 12th-annual Mountain West Championship which continues through Saturday in Tucson, Ariz.

The 54-hole tournament is being held at the par-71, 7,144-yard Catalina Course at OMNI Tucson National Resort. A single round will be played each day, and live hole-by-hole scoring for the tournament is available at golfstat.com. Complete tournament information can be accessed at themwc.com.

The Pairings...

On Thursday, all groups begin on hole #1, with TCU, UNLV and San Diego State teeing off first. BYU, New Mexico and Colorado State will tee off in the second group, followed by Air Force, Utah and Wyoming.

For rounds two and three, team groups shall be by result and all teams will begin on the first tee.

The Field...

The Mountain West Conference features one of the top-10 teams in the nation, as San Diego State was ranked eighth in the latest Golf World/NIKE Golf Coaches Poll. The complete field fol-

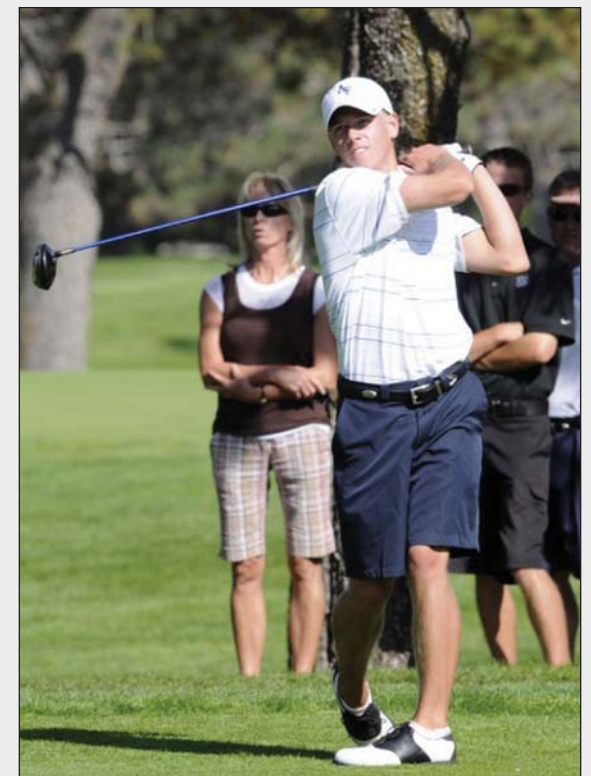
lows, with the latest Golfweek/Sagarin ratings in parentheses: Air Force (184), BYU (96), Colorado State (65), New Mexico (68), San Diego State (8), TCU (41), UNLV (43), Utah (177) and Wyoming (152).

Last Year at the MWC Championship...

In 2010, Colorado State captured its second MWC title in three years, posting a 13-stroke victory (834) over San Diego State (847). The Rams' team total of 18-under-par set a 54-hole MWC Championship record for lowest team score by 10 strokes. Air Force registered its best-ever MWC finish, placing sixth in the team standings with a score of 887 (+35). Sophomore Robert Belz led the way, tying for 19th place individually at 219 (+6).

Last Time Out...

Led by senior Kyle Bailey, the Air Force golf team tied for 13th overall at the PING Cougar Classic, hosted by BYU, April 15-16. The Falcons combined for a team score of 885 (+21), while Bailey carded a three-round score of 219 (+3) to tie for 32nd individually. Freshman Kyle Westmoreland finished a stroke behind at 220, while freshman Philip Colwell posted a 221.



Senior Kyle Bailey led the Falcons to a 13th overall standing at the PING Cougar Classic in April.



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MEGAN DAVIS

Warriors on the run

Academy Superintendent Lt. Gen. Mike Gould, left, leads the way on the Warrior Run Tuesday. The 2-mile formation run for Department of Defense employees and military members kicked off Fitness Awareness Month. The Health and Wellness Center was on hand at Falcon Stadium to present information on health and fitness.

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Join in some friendly competition and enter the **Army versus Air Force Challenge**. A trophy will be awarded to the Army or the Air Force, based on which branch gets the greatest number of riders to participate in the Bike to Work Day breakfast. So, spread the word throughout your organization and let people know about Metro Rides Bike to Work Day.

Then sign up a team of riders to represent your organization, which can be comprised of active duty, retired, or contractors, and have your team ride to one of the *free* breakfast locations. You can register your team by filling out the Army/Air Force Challenge Form and then have each member of your team register individually for the *free* breakfast. Go to www.springsbikemonth.com to register, and be sure to enter Army or Air Force when asked for company or organization.

And you don't have to be on a team to participate. You can participate as an individual rider by registering for the free breakfast at www.springsbikemonth.com and ride your bike to one of the breakfast locations. In addition to the breakfast, there will be *drawings for prizes and a bicycle* will be given away at each location!

For more information go to www.springsbikemonth.com
If you have questions email dspinato@springsgov.com

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AOG Bed and Breakfast program

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

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

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

Santa Fe Trail closure

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

Safety hazards caused by heavy construction traffic under the bridge on

the trail are forcing the closure of a stretch of the trail about 2 miles from the south trail entrance to the Academy and about 4 miles from the north gate Santa Fe trailhead.

Call for bird watchers

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

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

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

Need dental work?

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

Please call 333-5490 for a screening appointment.

Repairs being made at clinic

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

Spotlight on hypertension

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

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

Readiness Center events

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

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

Civil Service Class: Thursday, 8 a.m. to noon. Learn what you need to know about federal employment applications, searching for positions, reading position descriptions, hiring preferences/authority, eligibility categories, and more.

Chief's group bowl-a-thon

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

bowling alley.

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

Family fun day

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

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

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

Food demo and sampling

The 2011 Asian Pacific American Heritage Month Special Observance Committee is sponsoring a food demonstration and sampling. Committee members will show how to prepare Asian dishes and provide samples. Dance entertainment will be provided by Halau Pulama Mau Ke Aloha Ka 'Ohana Ilima of Colorado.

The event runs from 11 a.m. to 1 p.m. today at the Community Chapel annex.

World record attempt

Cadets at the Air Force Academy have been granted approval by Guinness World Records to attempt to break the record for the largest dodge ball game ever played.

The entire cadet wing will seek to beat the University of Alberta, Canada, record of 2,012 participants, set

Feb. 4, 2011. There will be roughly 2,000 cadets on each side. The record attempt is currently scheduled for 4:45 p.m. May 18 in the cadet area.

Flea market information

A flea market at the Academy is scheduled for Saturday. Seller setup is at 8 a.m.; sale is from 9 a.m. to 1 p.m. Call 333-2928 to register to sell.

Treat mom to brunch Sunday

The Falcon Club is hosting a Mother's Day brunch Sunday. Reservations are strongly suggested. For more information, call 333-4253.

Free Sky Sox tickets

The Information Tickets and Tours office has free tickets for Sky Sox Air Force Appreciation Night, May 13. Vouchers can be picked up at the ITT office while supplies last. For more information call 333-3241.

White water rafting

The first white water rafting trips of the season are May 14 to Bighorn Sheep or Royal Gorge.

Call 333-2940 to get on board.

Blood Drive

The Academy hospital will host a blood drive from 10 a.m. to 3 p.m. Tuesday at the Blood Vessel Mobile Unit. Sign-up in the Acute Care Clinic. Walk-ins Welcome, 333-5005.



Cadet Chapel

BUDDHIST

Sundays: 10 a.m.

Thursdays: 6:20 p.m.

PROTESTANT WORSHIP

Traditional: Sundays, 9 a.m.

Contemporary: Sundays, 11 a.m.

CATHOLIC WORSHIP

Mass: Sundays, 10-11 a.m.;

Mondays, 5:45-6:15 a.m.;

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

Confession and Adoration:

Wednesdays, 6-7 p.m.

Holy Days of Obligation: 7 p.m.

JEWISH WORSHIP

Shabbath: Fridays, 7 p.m.

Community Center Chapel

CATHOLIC WORSHIP

Mass: Saturdays, 4 p.m.; Sundays,

9 a.m.; Tuesdays-Fridays, 11:30 a.m.

Reconciliation: Saturdays, 3:30 p.m.

Religious formation: Sunday, 10:15 a.m.

September-May

PROTESTANT WORSHIP

Wednesday Night Live: 6 p.m.

Dinner followed by Religious Education

September-May

Evangelical: Sunday, 10:15 a.m.

Gospel: Sunday, 11:30 a.m.



BILL EVANS

A Lewis-Palmer High School sophomore maneuvers through the ropes course during a tour of the Academy April 29.

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- *Power Steering
- *Side Air Bags
- *ABS (4-Wheel)
- *Tilt Wheel
- *Dual Power Seats
- *Air Conditioning
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- *Alloy Wheels
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CLUES ACROSS

- Political action committee
- Wager
- Dash
- Big man on campus
- W. Romanian city
- Adam's wife
- Finnish sweet meads
- Father
- NE Asian river between China and Russia
- TV clicker
- Ancient stones

CLUES DOWN

- Public Broadcasting Service
- Middle East rulers
- Celestial bodies
- Baseball bags
- ___ Clapton, musician
- Tropical starchy tuberous root
- A way to destroy
- Separate by avulsion
- Fishing fly barb
- Desert draft animal
- Afrikaans
- Hit with the open hand
- Off-Broadway theater award
- Atomic #58
- Makes up
- Surface depression
- Comfort in sorrow
- Relating to Arabia
- Native American tent
- Rocky Boy's Reservation tribe
- Hyperbolic cosecant
- Old English
- Carrier's invention
- Protocist
- Siamese
- N. Algerian city
- Popular women at the ball
- Resists combustion
- Intense anger
- River between Turkey & Iran
- Actress Sarandon
- Consumed food
- Naked
- Bristlelike part of an organism
- A writing implement
- Unhappy
- Young woman entering society
- Provide food or entertainment
- Burns milk
- Remove by erosion
- Turns into noun
- Severe colic
- Detected by instinct
- Horse from 18 down
- Found a basis for
- Province
- Bind securely
- Geological times
- Scarlett's home
- Take into custody

SUDOKU

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 to gets to solve the puzzle!

Solution on page 10 Level: Intermediate 05-06-11

Spirit Dining

AMERICAN		IRISH	
	The Mason Jar (NOW 2 LOCATIONS) 2925 W Colorado Ave at 30th St 719-632-4820. 5905 Corporate Dr & 1-25 (exit 148, Nevada / Corporate). 719-260-6555	American comfort food served in a casual Colorado lodge atmosphere. Famous chicken fried steak, slow roasted prime rib, seafood, plus soup, salads, sandwiches, and homemade cobblers. Full service bar. Fireplaces for those cold winter days. A Colorado tradition since 1982. Serving lunch and dinner from 11am daily. Two Banquet Rooms and Patio dining available at Corporate Dr Location. Active Military Discount on Food and Beverage everyday.	 JACK QUINN'S Irish Pub & Restaurant 385-0766 21 S. Tejon Street Open for Lunch & Dinner daily; Sunday Brunch served 12 pm-3 pm; Happy Hour 3-6 pm; & late night Sunday.
BAR & LOUNGE		KOREAN & JAPANESE	
	Rhino's Sports & Spirits 719-578-0608 Powers & Barnes 4307 Integrity Center Point	Rhino's Sports & Spirits • 719-578-0608 • Powers & Barnes 4307 Integrity Center. Come enjoy Cinco de Mayo \$2 corona and dosax's, DJ spinning at 9pm plus ladies night specials all night long. Beer Pong tournament starts at 3pm on Sat. Win seats in Las Vegas WSOPB tournament. Monday - Karaoke Tuesday - Free Poker Wednesday - Beer Pong Thursday - Karaoke Friday & Saturday - DJ Entertainment with NO cover charge starting at 9pm!! Sunday: Draft Specials & 40¢ Wings!	 Halla San Korean Restaurant 1231 N. Academy Blvd. 719-622-9595 www.hallasanbbq.com
BILLIARDS		MEXICAN	
	Antique Billiard Museum 3628 Citadel Dr N Colorado Springs, CO 80909 / 719-597-9809 or Diamond Billiards 3780 E Boulder St Colorado Springs, CO 80909 / 719-596-9516	Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents.	 Arceo's 1605 S. Nevada Ave. 442-2626 Open 10:00am-10:00pm Visit our new location: 1608 Rusina Road 719-266-0143.
CARIBBEAN		STEAKHOUSE	
	Rasta Pasta 481-6888 405 N. Tejon rastapastacs.com	USAFA Grad Owned. Creative Caribbean Pasta, Fresh & Funky Salads, Ridiculously Good Desserts. Open seven days a week for affordable lunch and dinner. Voted Best New Restaurant by Gazette readers. Happy Hour Daily 4-6. Live Reggae Music the First Friday of every month.	 STEAKSMITH FINEST QUALITY - ALWAYS! Steaksmith 719-596-9300 3802 Maizeland Rd.
FINE DINING		VIETNAMESE	
	The Margarita at Pine Creek 7350 Pine Creek Rd. Colorado Springs, CO 80919 598-8667 www.margaritapinecreek.com	Hours: Lunch: Tuesday-Friday 11:30a.m.-2:00p.m. Dinner: Tuesday-Saturday 5:30p.m.-8:30p.m. Brunch on Sunday: 10:30a.m.-2:00p.m. Serving award winning, contemporary, seasonal cuisine-with a casual attitude for 37 years. Upstairs: fine dining (accompanied by our harpsichord on Saturday evenings). In the downstairs lounge: local music (from jazz to bluegrass) Wed-Fri. Enjoy appetizers to full course meals! Always affordable dining with a special occasion feel. Join us for lunch, dinner and Sunday brunch. Relax and take in the Colorado scenery on the patios soon! Perfect for private parties, rehearsal dinners, weddings and other events	 Lemongrass BISTRO 6840 North Academy Blvd. P 592-1391 F 592-1395 Hours: Tuesday-Sunday 11am-8:30pm, Monday Closed

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Dozen Rose
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PACK!

RED, RIPE
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Pepsi
12 pk., 12 oz. or
6 pk., 24 oz.
Select Varieties
Sale Price 3 for \$10

Final Price
3 for \$9
When You Buy 3

Limit 1 Reward Per Transaction

MIX & MATCH EPIC SAVINGS EVENT! **BUY ANY 8 SAVE \$4** See Store for Rules and additional items

Stouffer's Red Box or Lean Cuisine Entrees
6-21 oz.
Select Varieties

Sale Price \$1.99
- .50

1.49

When You Buy Any 8 Participating Items **MIX & MATCH**

Capri Sun or Kool-Aid Jammers
10 pk.
Select Varieties

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Albertsons Ice Cream
1.5 qts.
Select Varieties

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Select Varieties

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