

TRIBUTE

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SPOUSE EMPLOYMENT

New Air Force program focuses on military spouse employment. **Page 5**

LAB WORK

Academy clinic first in Air Force to take on Vitamin D testing. **Page 11**

ACADEMY SPIRIT

**MIXING-IT UP**

High school chemists compete in National Chemistry Olympiad study camp. **Page 6**

Building blocks for success



LIZ COPAN

Seventy-five cadets from the Academy, five from the Navy and four from West Point are participating in a three-week Field Engineering and Readiness Laboratory through June 22. The program gives cadets hands-on engineering experience in a variety of civil engineering disciplines. For complete coverage, see Pages 8-9.

Summer a busy time for cadets

By Don Branum
Academy Spirit staff writer

Some college students get jobs during the summer. Others go home, and still others take summer classes. But the tempo doesn't slow down here during the summer: cadets are just as busy, if not more so, during the three summer sessions.

Here's a snapshot of what many cadets do each summer, organized by class year. The list is not comprehensive.

All Classes:

- Cadet Service Learning. This program strengthens cadets' sense of service before self through serving com-

munities around the country. Many cadet squadrons complete their projects during the summer months.

- Summer vacation. Cadets in all classes get three weeks of leave during the summer. Some of them actually take it. Others participate in projects like Cadet Service Learning or use the time to finish other training requirements.

- Ambassadors of inclusion. Cadets work for civilian companies abroad to learn how those companies conduct business in a diverse environment.

Sophomores:

- Expeditionary Survival and Evasion Training. This new course consolidates what was previously Glob-

al Engagement and Combat Skills Training. The training takes place in Jacks Valley and focuses on surviving and evading enemy forces in a remote environment.

Juniors:

- Cadre training. Rising juniors fill roles in basic cadet training, summer seminar and airmanship programs.

- Operation Air Force. Cadets travel around the U.S. and overseas to learn about the roles they will fill as officers after they graduate. Some cadets travel to Joint Base San Antonio-Lackland to learn leadership skills from basic military training instructors.

- Cultural and language immersion programs. Many cadets forego their

three-week summer vacation to study foreign language and culture outside the United States.

- Field Engineering and Readiness Laboratory. Cadets who will enter civil or bioenvironmental engineering careers after graduation head to Jacks Valley to learn more about how to build air base facilities.

Seniors:

- Cadre leadership. Cadets take command positions as leaders of BCT and other summer programs.

- Summer research. Seniors may spend five weeks working on research in collaboration with a Defense Department agency or civilian company.

Through my eyes: Surviving sexual assault

By Airman Daniel B. Blackwell
20th Fighter Wing Public Affairs

SHAW AIR FORCE BASE, S.C. (AFNS) — (Editor's note: This story is a personal, victim-submitted account of an actual sexual assault and its aftermath. The names and identities of the individuals involved have been omitted or altered to maintain confidentiality.)

"That night, my whole world turned upside down," said Airman Samantha Smith, a sexual assault survivor.

On the night Smith was remembering, she became a victim of sexual assault and took her first of many steps down the road of recovery.

That night, Smith attended a party with people whom she believed to be her close, trusted friends. Her attacker knew her boyfriend and accompanied her to the party that night. Smith dismissed warnings from other close friends about her would-be attacker and his motives for spending time with her.

"I should have noticed the signs, but I was naive," Smith said.

At the party, Smith drank alcohol despite the fact she was underage. She became drunk and chose to leave with the male "friend" whom she assumed she could trust.

After the party, he drove her back to his apartment where she wound up spending the night.

"When I awoke, he was having intercourse with me," Smith said. "I knew what was happening. But I was trapped in my own body, paralyzed by fear. No one can understand that feeling unless they've been there. I couldn't fight back, I couldn't scream, I couldn't move. Soon after, I blacked out."

Smith woke up the next morning at 9 a.m. and the man had already left.

"I wish I could forget, but I can't," she said.

She first confided in her mother, then in her close friend as she felt those were the only two she could trust.

"My friend made me call the sexual assault response coordinator line," she said. "I was so afraid I would get in trouble for underage drinking. I used to think the SARC would record what you say and tell your commander, first sergeant and supervisors. I was wrong, way wrong!"

"They explained to me the difference between restricted and unrestricted reports. I ended up doing a restricted report at first, but later decided to do an unrestricted report," she said.

A restricted report must be kept confidential and cannot be investigated or prosecuted. An unrestricted report allows command notification and engagement as well as the option of investigation.

"After this, I signed a paper and went to Columbia (for) a sexual assault nurse examiner's (investigation)," Smith explained.

This type of forensic medical exam may be performed at hospitals and certain health care facilities by a sexual assault nurse examiner, sexual assault forensic examiner or another medical professional.

The investigation is complex and takes three to four hours on average. These medical and forensic exams are comprehensive and attend to the victim's medical needs and any other special attention the victim may require.

"The SANE exam is the most de-



PHOTO ILLUSTRATION BY AIRMAN 1ST CLASS ASHLEY L. GARDNER

grading medical exam ever," Smith explained. "I cried the whole time, but it had to be done.

"I went to work without telling anyone what happened," she said. "I was watching my back and not talking to anyone. If I did talk, I would sound irate or cry for no reason. I wouldn't go anywhere by myself, because I was scared. Everything was triggering my fear and anger.

"I kept blaming myself for what happened," said Smith. "It's my fault; my clothes were too skimpy; I drank too much; why couldn't I fight back?"

"That same week I started counseling off base," she said. "I always thought counseling was for crazy people. I thought I could suck it up and handle it on my own, I was wrong. But my counselor really helped get me through."

Because Smith filed an unrestricted report, she was required to speak with the Office of Special Investigations, which investigates major crimes in the Air Force.

OSI instructed Smith to write down all the details she could remember about her assault. After this they questioned her multiple times about the events that took place during and prior to the assault. The initial process took more than five hours and Smith paid three more visits to OSI in the following weeks.

Air Force legal officials decided to file a complaint under Article 120 Rape and Carnal Knowledge. Shortly after pressing charges, Smith received her SANE exam results back, which confirmed her fears.

"I had about three pages of evidence that this assault actually occurred," Smith said. "Most people would find three pages of evidence a victory on their part. I didn't. I felt dirty and disgusting.

"The legal process was long and grueling. I felt like a lab rat, with no privacy or rights," she said. "Throughout this process, I found out that I was not the first girl he had raped. It made me so mad!"

"He assaulted (another) about a year prior to me and got away with it," she said. "Knowing this gave me a little more motivation to bring him to court."

The hearing was scheduled in August, and Smith was given the option not to testify. However, if she refused to testify, she was informed that her case had a high probability of being thrown out.

During a hearing under Article 32 of the Uniform Code of Military Justice, the commander designated as the spe-

cial court-martial convening authority appoints an impartial officer to investigate and review the facts of the case. This officer then makes a recommendation to the convening authority, who decides whether the case will be handled by a court-martial or other means.

"That day was so nerve-racking for me," Smith said. "I had to tell my story again in front of more than 10 people, including my attacker. I could feel his eyes burning through me as I talked about what happened."

One week following the initial hearing, Smith received news that they had enough evidence to forward the case to court-martial.

"I didn't want to testify again," Smith explained. "When you're on the stand, they rip your story to pieces. They try to make you seem like the worst Airman there is, like the scum of the earth. I debated whether or not I'd testify up to the last minute!"

"But, a week before the court martial was to take place, the Area Defense Counsel representing my attacker met with me and explained they were opting to submit a package" to discharge the attacker under less-than-honorable conditions.

"I agreed with it," she said. "As long as I didn't have to see him anymore, I was happy. The Area Defense Counsel then sent the request up the chain of command where it was later approved.

"The day I was told he was being discharged, I cried tears of joy," she said. "I had a weight lifted off my shoulders. Justice had been served.

"I received a letter of reprimand for underage drinking, which was deserved on my part," she said. "I was blessed not to have received anything worse.

"The LOR gave me more motivation to do better for me, and the Air Force," Smith said.

"To this day I still have flashbacks, night terrors and memories," she said. "It doesn't get any easier. I'm still judged by this. Sadly, I'm known as the girl who cried rape.

"I'm not the rape victim you see on 'Law and Order,'" Smith explained. "I'm an average Airman who's been through hell and back. So before you judge someone because of how they act, dress, etc., think about what they might have been through.

"But more importantly, if you're a victim of rape, please come forward to the SARC. The sooner the better," she said.

According to statistics provided by

ACADEMY SPIRIT

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

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the Department of Defense, about 73 percent of rapes are perpetrated by an individual the victim knows. Also, more than 50 percent of all rape and sexual assault incidents were reported to have occurred within one mile of the victim's home, or at the residence of a family member or friend.

As recorded by the DOD, 17.7 million American women have been victims of an attempted or completed rape. Of all attempted and completed rapes, about 54 percent are not reported to the police, based on the statistical average over the past five years.

From research provided by the DOD, there are many effects that can manifest in a victim's life after an assault has occurred. Complications can range from, but are not limited to, substance abuse, sleeping and eating disorders, self-harm, flashbacks, suicide or post-traumatic stress disorder to name a few.

Out of every 100 rapes, 46 are reported to the authorities, 12 lead to an arrest, nine are prosecuted, five lead to a felony conviction, three may spend only one day in jail while the other 97 walk free, as recorded by the DOD.

If you would like more information on sexual assault and sexual assault awareness, please visit Rainn.org. This is a Department of Defense-sponsored website dedicated to the education, prevention and awareness of sexually based assaults and offenses.

Friends and family remember respected sergeant

By Amber Baillie
Academy Spirit staff writer

Tech Sgt. Kimberly Jill Sparks, who passed away at the Academy on June 2, was a strong-willed and determined individual who made an impact at the Academy and in people's hearts, according to her family and friends at her memorial service June 8.

Sparks joined the Navy at age 19 and later joined the Air Force Reserve. She lived at the Academy for nine years and worked at the Registrar's Office here for seven.

"She was ultimately a servant of our nation," said Lt. Col. Hal Taylor, deputy head of the Academy's student academic affairs and registrar's office. "She was proud of her time in the Navy, as a civil servant, and as an Air Force reservist."

Taylor said Sparks enjoyed helping cadets and was loyal to the mission.

"Kim had the big picture here about how all the mission partners needed to work together to produce the next generation of leaders for our Air Force and country," Taylor said. "As a scheduler, she made a point to learn the Academy curriculum so that she could catch problems and issues before they happened."

Sparks was from Americus, Ga. and came from a military family. She had two children, Ryan Bachner, 24, and Sara Clare Sparks, 15.

Her father, Jeff Campbell, said Sparks poured herself into her job and relationships.

"Kim was the kind of woman who if she had your back, she would do whatever she could to help you," Campbell said. "Whether at work, at your home or if she was counseling you, you could count on her. She loved her children and she loved the Academy."

Taylor said for the past two years Sparks helped in the press box during graduation to help coordi-

nate the Thunderbird's flyover with the graduate hat toss. He said this year Sparks was determined to meet 19th Chief of Staff of the Air Force Gen. Norton Schwartz after the ceremony and did.

"I believe she probably talked to him about the future of the Air Force and exactly what the troops needed to complete the mission because she loved this country and was a warrior."

In 2010 Sparks was selected as the non-commissioned officer of the year in the 34th Aeromedical Evacuation Squadron. That year she also ran a marathon fundraiser for Wounded Warriors. Campbell said that was one of Sparks' proudest moments.

"She set a high standard for herself and she maintained it," Campbell said. "She was always up for a challenge and whatever she set her mind to, she accomplished."

Sparks mother, Linda Campbell, said Sparks was a loyal friend and was honored to sponsor Cadet 3rd Class Philip Savitsky.

"She was a huge part of my life since coming out here," Savitsky said. "She helped me in my cadet and personal life and we would discuss everything from the weather, to the future of the Air Force, to our personal issues. I called her my Colorado Mom."

A memorial service was held for Sparks on June 8 at the Cadet Chapel to celebrate her life, achievements and spirit.

"I look out there and see all of the faces and all the people that knew Kim, interacted with Kim, worked with Kim and were friends with Kim," Jeff Campbell said. "Your presence here says to us that she touched your lives."

Taylor said when Sparks' co-workers opened the cadet feedback box in their office the other day, they were reminded of how truly great Sparks was at the Academy.



COURTESY PHOTO

Tech Sgt. Kimberly Jill Sparks is remembered as a loyal friend and a proud servant of our nation.

"It read: On a scale of 1-5, five being outstanding, please rate the following: customer service, five, timeliness, five, quality of products, five, office atmosphere, five, overall impression, five, and in the area for suggestions it said, 'Ms. Sparks is the best scheduler ever,'" Taylor said.

Sparks passed away in her home on base. The El Paso County Sheriff's Office said they are investigating her death as an accident.

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CSAF: Balance required to avoid a 'hollow force'

By Tech. Sgt. Richard A. Williams Jr.
Air Force Public Affairs Agency

ARLINGTON, Va. (AFNS) — The Air Force chief of staff reinforced the importance of avoiding a “hollow force” to a group of civic and industry leaders attending the Air Force Association’s monthly breakfast here June 11.

Gen. Norton Schwartz said the Air Force must secure the proper balance between three separate but closely related dimensions: readiness, modernization and force structure.

“A shortfall in one or more of these dimensions leads to insufficiencies that also are distinct but intertwined — respectively: a hollow, aging, and poorly postured force,” Schwartz said. “This complex interplay is why the oft-referenced ‘delicate balance’ is so difficult to achieve.”

For the Air Force, an important part of achieving this balance is ensuring it has the right mix of active duty, Air National Guard and Air Force Reserve Airmen and force structure, Schwartz said.

To that end, Air Force leaders in all three components worked together on the fiscal 2013 budget request and related strategic planning to understand the compromises that can and

must be made to maintain an effective, efficient force, he said.

“Despite the fact that we did not always agree with complete unanimity, which is understandable due to different perspectives and institutional imperatives between the active and reserve components, we stand by our consensus — together,” the general said.

The Air Force’s plans to re-balance the force are needed in order to address the danger of unsustainable deployment rates by any one component, Schwartz said.

“Our reserve component is best optimized — or, put another way, our reserve component affords us with the oft-referenced cost savings — when Guard and Reserve Airmen are deployed at lower rates than their active-duty counterparts,” the general said.

Therefore, the Air Force’s current force structure needs to be re-optimized in relation to current realities and future eventualities, he said.

“Through careful, joint-sanctioned modeling, we determined that we could not sustain further active component cuts without jeopardizing the collective ability of the total force to support our nation’s strategic interests,” Schwartz said.



Air Force Chief of Staff Gen. Norton A. Schwartz speaks about solidifying the total force during an Air Force Association monthly breakfast in Arlington, Va., June 11. The Air Force Association’s breakfast program is a monthly series that provides a venue for senior Air Force and Department of Defense leaders to communicate directly with the public and the press.

STAFF SGT.
TIFFANY TROJCA

As the Air Force rebalances, it will leverage its total force integration efforts by increasing the number of associations between the active duty and Reserve components, thereby enhancing all aspects of mission readiness and effectiveness, he said.

“Our (total force integration) associations provide us with the ability to utilize highly experienced Reserve component Airmen in helping to accelerate the maturity of their active component counterparts quicker,” Schwartz said, citing one example

of how such associations benefit the force.

When these associations are operated properly, total force integration will create efficiencies for the Air Force, saving in operational and overhead costs across the board, the general said.

“Be assured that, as a total force, we are united in a common cause to provide more effective and efficient air power, including military support to domestic contingencies and civil authorities,” Schwartz said.

Oliver takes command of 557th Flying Training Squadron

Lt Col. Bradley Oliver took command of the 557th Flying Training Squadron in a change of command ceremony June 8.

Oliver replaces Lt Col. Jeffrey Bakken, who is retiring after more than 22 years of service.

Prior to taking command of the 557th, Oliver

was the squadron’s director of operations.

Oliver, who is from Albuquerque, N.M., received his commission in 1995 through Officer Training School and has served as an instructor and evaluator pilot in the F-15C, T-52A, T-53A and T-41D.

Lt Col. Bradley Oliver accepts the guidon and command of the 557th Flying Training Squadron from 306th Flying Training Group commander Col. Christopher Plamp, during the change of command ceremony June 8.



RAYMOND MCCOY



COURTESY PHOTO

Lt Col. Jeffrey Bakken, outgoing commander of the 557th Flying Training Squadron, gets a big surprise after his final flight in the T-53A June 7. Bakken is retiring after more than 22 years of service.

Partnership helps military spouses find employment

By Tech. Sgt. Mareshah Haynes
Air Force News Service

WASHINGTON, D.C. (AFNS) — As the wife of the Air Force Chief of Staff, Suzie Schwartz has the opportunity to meet with Air Force families stationed all across the country and around the world. And when she does, one issue that comes up time and again is spouse employment.

During a recent interview, Schwartz said a relatively new program called the Military Spouse Employment Partnership is addressing the career challenges husbands and wives of active-duty military members face.

“The MSEP is really just about helping spouses find jobs,” Schwartz said. “It’s teaming up spouses who need jobs with corporations and organizations that have jobs ... and offering résumé services and interview skills.”

MSEP is an initiative derived from the Army Spouse Employment Partnership. In January 2011, Presidential Study Directive Report-9 identified the need for a “unified federal approach to develop career and education opportunities for military spouses.” Based upon the success of ASEP, Defense Department officials expanded the program and opened it to spouses of Airmen, Sailors and Marines.

Spouses of any active-duty member can now take advantage of the initiative through the MSEP Career Portal

on the Military OneSource Web site at <https://msepjobs.militaryonesource.mil/>.

According to MSEP reports, approximately one out of four military spouses is unemployed. Since MSEP’s launch on June 29, 2011, more than 394,977 jobs have been posted by MSEP partners on the Web portal, and 20,529 military spouses have been hired by the program’s partners.

“The saying goes that you enlist an Airman and you keep a family,” Schwartz said. “We can’t just give lip service that we care about these families. We really want to provide them some assistance.”

“We’re not saying that we’re going to find them a job for sure,” she said. “We’re saying we’re going to ease some of those speed bumps and make it just a little bit easier because we want to keep these families.”

A unique career obstacle that many spouses face is relocating with their active-duty husband or wife. According to MSEP officials, 77 percent of military spouses want or need employment opportunities, but find it difficult because of frequent relocations. That includes those who move to remote and overseas locations where family members are allowed to accompany the service member.

“We move at the drop of a hat,” Schwartz said. “If we were to network to find a job, that’s six months maybe that you’ve wasted, and we don’t have



Suzie Schwartz meets with Air Force families across the country and around the world addressing military spouse employment. A new program, Military Spouse Employment Partnership, looks at career challenges of husbands and wives of active-duty military members.

TECH. SGT.
NEIL X. JOINER

that (kind of time). Many spouses actually need that money, and they don’t have that connection in the local community.

“That’s kind of what (MSEP) offers — some of that networking and assistance that you would have if you were living in a community for 15 years,” she added.

The program falls under the umbrella of Michelle Obama’s and Dr. Jill Biden’s Joining Forces initiative and is backed by the U.S. Chamber of Commerce, she said.

As a military spouse herself,

Schwartz said the efforts the Defense Department is making to improve the quality of life for families by assisting spouses who seek employment makes her “heart happy.”

“I remember the days of going (on job interviews) and people would actually look to see if you had a military decal on your car before they would interview you,” Schwartz said. “This program actually brings tears to my eyes because I would have given anything to have someone help me find a job. Now we’re not just talking about it; we’re really doing it.”

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National high school chemistry finalists attend camp at Academy

By Amber Baillie
Academy Spirit staff writer

The 2012 U.S. National Chemistry Olympiad finalists have put their chemistry knowledge and skills to the test through competitive exams and lab practicals at the Academy's 28th U.S. National Chemistry Olympiad study camp June 5-20.

Fifteen high school boys and five high school girls from across the country have spent time in the Academy's chemistry department to study, test and compete to represent the United States at the 44th International Chemistry Olympiad competition next month.

"I think this program is remarkable in that it showcases our faculty on the national level and also encourages high school students to push themselves in the Science, Technology, Engineering and Mathematics fields," said Department of Chemistry Associate Professor Kim Gardner, director of the camp. "Many of these students have the potential to go on to be leaders in their fields, so I think this is important."

The group consists of four seniors, twelve juniors, three sophomores and one freshman. They come from areas such as Michigan, New York, Missouri, Connecticut and California.

"The material they are studying is at the undergraduate level in organic, inorganic, analytical and physical chemistry as well as biochemistry," Gardner said.

High school junior Jess Xu from New Jersey said organic chemistry has been a good challenge.

"When we were tested at the national level it was mostly on general chemistry," Xu said. "Here 50 percent of the stuff we learn is on organic chemistry which I'm not that familiar with. I've learned quite a bit."

Gardner said around 11,000 students took the initial exam for the program. The second exam was narrowed down to 1,000 students, took place in April and consisted of a 60-question multiple

choice exam, an eight-question free response exam and two-question lab practical. Gardner said based on the results of that exam, the top 20 students were invited to attend the study camp here.

Three faculty mentors and one peer mentor assist with the camp. Kelli Slunt, head mentor of the group said she feels fortunate to work with the students.

"It's been a wonderful experience to work with kids on this caliber," Slunt said. "They're sweet kids and have great personalities."

Gardner said the camp was first held in 1984 and has always been at the Academy.

"I know that these students typically have little or no knowledge of the military and most walk away with a highly favorable opinion of the Academy and the Air Force," Gardner said. "The program coordinator at American Chemical Society has been very blunt in saying she doesn't want this camp held anywhere else due to the level of support that we provide and experience and continuity we have."

High school senior and third-time returning competitor, Timothy Lee, said he appreciates that the event is at the Academy.

"I'm really attracted to the people here and the atmosphere is a really appealing learning environment," Lee said. "From these competitions you make connections and friends. It's not just tests the whole time and it's also a place where you can have fun."

Outside of academics, students have enjoyed social activities such as a trip to Pikes Peak, a barbecue, pizza night, chemistry magic show and tour of the falcon mews.

"I'm having the time of my life," Xu said. "I don't think about the competition much because this is a lot of fun."

This week competitors will take a series of exams and lab practicals to determine the top four students who will compete in the international competition July 21-30 in Washington D.C.



Fifteen high school students from across the country compete in the 28th U.S. National Chemistry Olympiad study camp June 5-20.



PHOTOS BY SARAH CHAMBERS

During the Chemistry Olympiad, the 15 competitors took a series of exams and lab practicals to determine the top four students who will compete in the international competition July 21-30 in Washington, D.C.



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FERL: Hands-on education

Cadet civil engineering majors construct homes in FERL

By Amber Baillie
Academy Spirit staff writer

Every nail Cadet 2nd Class William Kent hammers into the 900-square-foot modular house he has helped construct through the Academy's Field Engineering and Readiness Laboratory, he angles with precision and care because he knows it will soon be someone's home.

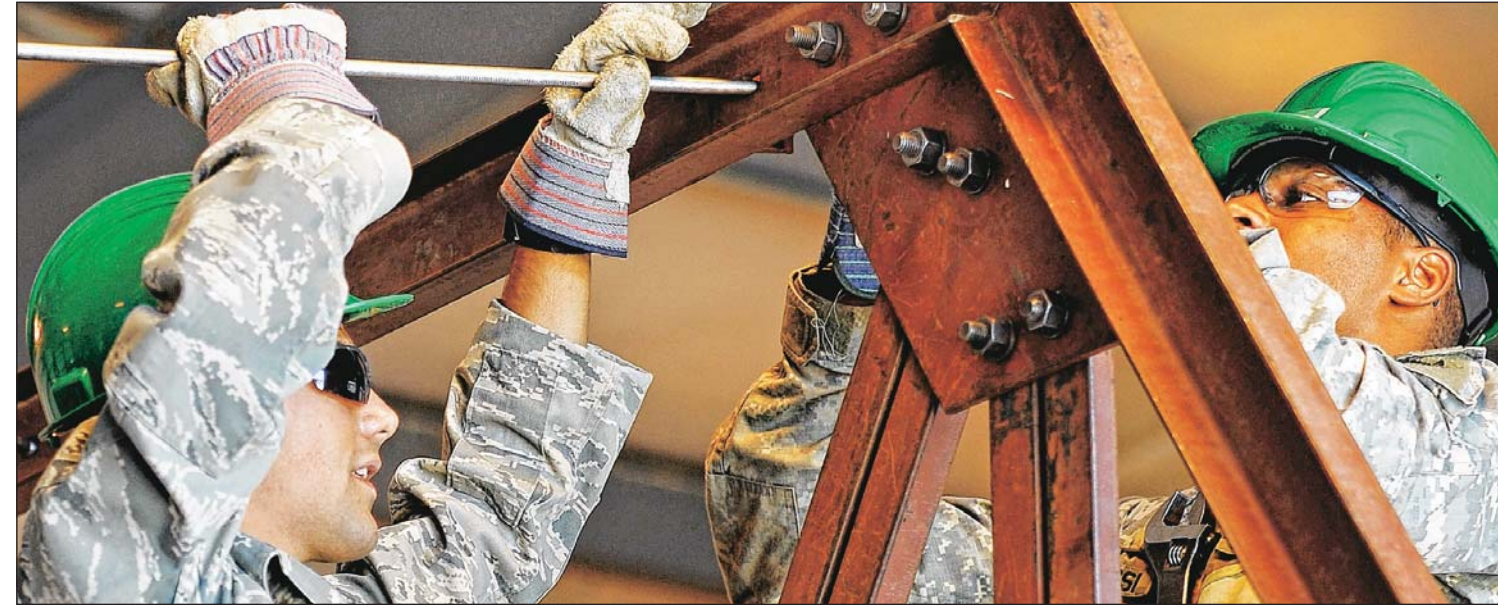
Seventy-five cadets from the Academy, five from the Navy and four from West Point started their three-week FERL training on June 3 for the Civil Engineering 351 class. Construction of two Hogan homes for the Navajo community is one of their main projects.

"They start these houses from the ground up and by the time the three weeks are over they'll be completed and the houses will be transported to Gallup, New Mexico," said Capt. Lindsey Maddox, course director of the program. "They donate the homes to the Southwest Indian Foundation and their different chapters apply for them if they have a need for houses."

The first house built by the program was in 1998 and is still in use. Maddox said because cadets know families will live in the houses; they treat them as if they were their own when they build them.

"When I mess up, instead of trying to just fix it a little bit, I completely take out the nail and make sure it's right because someone is actually going to live in this house," Kent said.

This is the 19th year of the FERL program. It enables ca-



RAYMOND MCCOY



RAYMOND MCCOY

dets to get hands-on engineering experience as they survey, drive equipment, pave roads, pour concrete, install sprinklers and work on wood-frame construction.

"If we didn't have this program, after we graduate we'd only have classroom experience," Kent said. "We need this experience so when we're officers, we really know what all of the enlisted do and all of their capabilities so we can be better officers."

Thirty-five active-duty Airmen and reservists came to the Academy this year to help mentor cadets in FERL activities.

"Cadets love working with the enlisted mentors because they have stories on what the Air Force is really like, it gives them a good idea on what an officer is expected to do and helps prep them to be a good lieutenant," Maddox said.

Cadets participate in the program the summer before their junior year. They work and live at the FERL site in Jacks Valley.

"The reason we do it that summer is because during their junior year, they start the bulk of their civil engineering majors," Maddox said. "By bringing them out here and letting them have fun hands-on experiences, when their instructor starts talking about it next semester, they can have a really good visual."

Maddox said they give cadets materials and say, "Go build it."

"They recently built concrete beams," Maddox said. "We gave them rebar and concrete and said, 'Build the strongest beam you think you can,' without them having any back-

ground knowledge on how to do it. They brainstormed with their team and came up with a plan. Next week they'll test their beams and see who is the strongest. That'll be the opportunity for the instructor to say, 'Here's why yours was so much stronger than yours.' That's where they work the theory into it."

Cadet 1st Class Mike Radosevich, cadet commander of FERL, said he thinks the program is essential to cadets.

"Civil engineering is such huge aspect of the Air Force," Radosevich said. "It's an academic class but it's also a lot of fun. They get to work with peers and faculty who they'll be working with during the school year as well as gain exposure to what needs to get done and what they will be leading as officers."

Last year a new deployed civil engineering activity was implemented. Maddox said it gives cadets hands-on experience with equipment and tools used in a deployed setting.

"We teach them how to run generators, set up tents, light carts and a mobile aircraft arresting strip," Maddox said. "It's great exposure."

Maddox said facilities at the site will be upgraded for next year.

"We have a very small shower and shave unit that's been around for ages, so we're going to build a new one," Maddox said. "We're going to incorporate a lot of green technology by installing a geothermal foundation to help cut down on energy costs, install solar panels and use different windows so the building can be a teaching point and an experiment in it itself."

Thirty-five active-duty Airmen and reservists came to the Academy this year to help mentor cadets in FERL activities.



RAYMOND MCCOY



LIZ COPAN

TOP LEFT: Cadets put together a support beam for one of two Hogan homes for the Navajo community in Gallup, N.M.

TOP RIGHT: Cadet 2nd Class Nicholas Arellano of Cadet Squadron 02 uses a circular saw during the Field Engineering and Readiness Laboratory June 4.

LEFT: Now in its 19th year, FERL enables cadets to get hands-on engineering experience as they survey, drive equipment, pave roads, pour concrete, install sprinklers and work on wood-frame construction.

MIA bracelet connects Airmen

After more than two decades, remains of Vietnam veteran F-4C Phantom pilot coming home

By 2nd Lt. Sara Harper
82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas (AFNS) — Twenty-two years ago, Air Force Academy cadet Amy Santmyer, now Lt. Col. Amy Young, decided she would wear an MIA bracelet honoring Lt. Col. Charles Walling, an F-4C Phantom pilot who was shot down Aug. 8, 1966, during a close air support mission in the Dong Nai province northeast of Saigon, Vietnam.

“MIA bracelets were developed in the 1960s as a way to ensure that fallen service members who are still missing were not forgotten,” Young said. “I thought it was a very fitting tribute for any particular individual that no matter what else goes on, by wearing an MIA bracelet you ensure that at least one person will remember that individual who’s missing, and keep the faith and not give up hope that they’re going to come home.”

Young has been one of those people for Walling, who left behind a pregnant wife and a 2-year-old son after volunteering as a replacement pilot with hopes of returning home in time for the birth of his second son. His body was not found, which left unanswered questions and a lifetime without proper closure for his loved ones.

But in a remarkable turn of events, Young — now with the 80th Operations Group here — will lead a four-ship Missing Man flyover June 15 honoring the fellow Airman whose name she has worn and remembered for more than two decades.

As the chief of the scheduling di-

vision and a T-6 instructor pilot, Young oversees the 80th Flying Training Wing’s flight orientation program, coordinating support and approval for aerial events and flyovers.

Young said periodically the Air Force sends out requests for volunteers to support upcoming funerals and memorial services.

“On the day this particular request came in, I just happened to be at my computer and the one to open the email,” she said. “As I was scrolling through the attachment, I immediately recognized the name: Lt. Col. Charles Walling.”

“I was absolutely shocked to see his name,” Young said. “As soon as I processed that he had been recovered, I immediately started making phone calls to confirm that they had actually found him and brought him home.”

She immediately initiated the approval process for the flyover, routing it through her chain of command. Within 24 hours the flyover was approved. The 80th Flying Training Wing’s leadership’s decision was quick and easy: “Absolutely. Let’s put him to rest properly.”

It was a surreal moment for Young. She had always intended to return the bracelet to the family, but not in her wildest dreams did she think she would have the opportunity to help lay him to rest.

“Never would I have imagined to have been fortunate enough to be in a position to be able to do something like this for the family, to help lay him to rest the right way and in an honorable way and to show some



COURTESY PHOTO

Lt. Col. Amy Young wears the MIA bracelet honoring Lt. Col. Charles Walling, an F-4C Phantom pilot who was shot down Aug. 8, 1966.

tangible thanks from a grateful nation,” Young said.

Walling’s funeral will have full military honors and a four-ship missing man flyover of T-6 Texans led by Young. But Young also wanted to offer the Walling family her MIA bracelet so they could lay it to rest with him if they wanted to. So, she contacted the family.

The Walling family was thrilled to hear from Young, for they share a special bond. Now Young will be traveling not only for the flyover, but will attend the visitation and the wake with his family as well.

As a combat pilot herself, Young has always found great comfort in the fact that even if something unspeakable were to happen, without a doubt she knew that her country would come looking for her.

“One of the greatest commitments our country has made that people may not be aware of is that we will not leave a fallen Soldier, Sailor, Airman or Marine behind, and this story is a testament to that fact,” Young said. “That after 46 years we finally brought this particular Air-

man home, to his family. And the entire time that the family was waiting, they were not waiting alone.”

The Joint POW/MIA Accounting Command’s entire mission is to search for, recover, and identify missing service members from past conflicts so that their families can lay them to rest.

“I can’t imagine sitting in that awful reality for 46 years of knowing that your loved one is gone but you can’t put them to rest, so you don’t have any closure,” Young said. “But we are finally able to give this family some closure because of the efforts of JPAC.”

When asked how she felt about Walling finally being brought home and the opportunity to participate in his homecoming, Young’s answer was simple.

“I’m absolutely thrilled for the family. To be able to give them closure is tremendous and I feel honored to be a part of that,” Young said. “We can honor his service and sacrifice but also the service and the sacrifice that his family has made for the past 46 years.”

Academy to migrate to new ECG system

Pilot program will allow flight clinics to electronically transmit, manage and analyze cardiac studies

By Don Branum
Academy Spirit staff writer

The Air Force Academy will soon join a pilot program to migrate the Air Force’s central electrocardiographic library to an electronic format, officials with the Air Force Telehealth Team said May 16.

The project will allow flight medicine clinics to



becca Varian, a senior the contractor Planned Systems International.

Lt. Col. (Dr.) Antonio Eppolito, chief of Air Force telehealth

electronically transmit cardiac studies to a new image-management system and archive at the Air Force School of Aerospace Medicine Aeromedical Consultation Service, said Re-

The Air Force Surgeon General’s Office identified a requirement in August 2008 for flight medicine clinics to be able to electronically submit cardiac studies in electronic format to a central repository. The Air Force Academy will help validate the system’s ability to securely transmit, retrieve and manage ECG data through a Web-based interface, Varian said.

Lt. Col. (Dr.) Antonio Eppolito, the chief of Air Force telehealth, visited the Academy May 9 with Maj. (Dr.) Eddie Davenport, the Air Force surgeon general’s chief consultant for aerospace cardiology, to discuss the project with 10th Medical Group officials.

Academy laboratory offers in-house Vitamin D testing

By Staff Sgt. Nicholas Igl and Airman 1st Class Anthony Presti
10th Medical Support Squadron

The 10th Medical Group laboratory is the first in the Air Force to offer Vitamin D testing.

All other Air Force labs currently send testing to reference labs for analysis. This typically takes 10-14 days to receive results once the patient's blood is drawn.

The Academy laboratory can perform up to 180 Vitamin D tests per hour and provide results back to clinicians within 72 hours.

On average, Air Force labs pay \$30 per test, but by performing the Vitamin D testing "in-house" this cost will be reduced to approximately \$9 per test. The initial cost of this capability will be paid for in approximately two years, which will result in an \$8,000 monthly cost savings for the 10th Medical Group.

In addition, Buckley, Peterson, and Schriever AFBs will soon begin sending Vitamin D testing to the USAFA lab for analysis. Vitamin D testing is one of several improvements made this year and

just one way the 10th Medical Group Laboratory is leading the way in patient-centered health care.

As of 2004, almost 8 million Americans were suffering from the negative effects of Vitamin D deficiency. These effects included poor bone health, weak muscles, depression, and a higher risk of cancer and type-2 diabetes.

The test for Vitamin D deficiency, called 25-hydroxyvitamin D, is often requested as a routine wellness check by clinicians.

According to the National Health and Nutrition Examination survey (2003-2006), the prevalence of Vitamin D deficiency varies depending on race and ethnicity; 3.2 percent for non-hispanic/white, 12 percent for Mexican Americans, and 31 percent for non-hispanic/black.

In today's healthcare system, it is a common occurrence to request laboratory tests. In fact, over 70 percent of healthcare decisions are based on laboratory results. There is no doubt that enhancing the availability, cost, and turnaround time of these tests can greatly improve a patient's quality of life.



New upgrades for Tricare online expand 'Blue Button' capability

YOKOTA AIR BASE, Japan — A newly upgraded feature on Tricare Online now allows users to access expanded personal health data, including lab results, patient histories and diagnoses, and provider visits.

These features expand the current Blue Button capability, which already allowed beneficiaries to, safely and securely, access and print or save their demographic information, and allergy or medication profiles.

Available at www.tricareonline.com, the Blue Button features will further encourage beneficiaries to actively engage in their health care. The level of data available will depend on where treatment occurs, with the most data available to those who regularly get care at military hospitals and clinics.

"These new capabilities are a major step forward in engaging Military Health System patients as partners in their own health care," said Navy Rear Adm. Christine Hunter, deputy director of Tricare Management Activity. "Per-

sonal electronic health records can also improve care by conveying accurate patient information between providers, avoiding duplication of tests and reducing delays in treatment."

The Blue Button was fielded by Tricare and made generally available by other federal health care providers last year. It is the result of a close interagency partnership between the departments of Defense and Veterans Affairs and the Centers for Medicare and Medicaid. Blue Button already has more than 250,000 users.

"Innovations like the Blue Button are great examples of how health care information technology can keep institutions like Tricare, CMS and VA on the vanguard of patient care by enabling safe, secure access to their electronic records," said John Gingrich, chief of staff at VA. "Tricare has raised the bar on what can be accomplished when our agencies work closely together."

Tricare Online is the Military Health System's Internet point of entry that provides more than

9.6 million Tricare beneficiaries with access to available health care services and information through an enterprise-wide secure portal. TOL users who receive their care at a military treatment facility can schedule appointments, order prescription refills and view their personal health data.

Other TOL users with active prescriptions at a military pharmacy can also request a refill for those prescriptions.

"The Blue Button efforts are just another example of how DOD and VA are working together to shape the future of health care IT collaboration, interoperability and transparency for the patients and families we serve," said Dr. George Peach Taylor, Jr., the acting Principal Deputy Assistant Secretary of Defense (Health Affairs). "We could not have accomplished this without the continuing strong collaboration between DOD and the VA."

To learn more, go to www.tricareonline.com or visit www.health.mil/mhscio.



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CELEBRATING OUR 12 YEAR ANNIVERSARY

Three Air Force programs receive recognition from NCAA

Junior running back Anthony LaCoste, No. 37, runs a route while Senior Cody Getz, No. 28, provides coverage during spring football training Feb. 27.



JOHN VAN WINKLE

Thalia Smoke, a 2012 graduate, was an all-Mountain West women's tennis team member for 2012.



MIKE KAPLAN

Three Air Force Academy collegiate athletic programs have been recognized with the NCAA Division I Academic Performance Public Recognition Award, announced today by the NCAA. The football, women's tennis and women's cross country programs were all recognized.

The football program was among 12 nationally-recognized Football Bowl Series programs, one of just two in the Mountain West Conference and was the only service academy recognized. This year marks the sixth straight year the football program has been recognized. The women's cross country team is being recognized for the third straight year and is one of just two schools from the MWC to be honored. The women's tennis team is receiving the recognition for the first time and is the only school from the conference being honored.

Each year the NCAA honors selects Division I sports teams by publicly recognizing their latest multiyear APR. This announcement is part of the overall Division I academic reform effort and is intended to highlight teams who demonstrate a commitment to academic progress and retention of student-athletes by achieving the top APRs within their respective sports. Specifically, these teams posted multiyear APRs in the top 10 percent in each sport.

The APR provides a real-time look at a team's academic success each semester by tracking the academic progress of each student athlete. The APR accounts for eligibility, retention and graduation and provides a measure of each team's academic performance.

Multiyear APRs for all Division I sports teams, including the teams receiving public recognition, will be announced at a later date.

Cadets earn All-America status in track and field

Simmons and Walmsley receive honors



ELIZABETH ANDREWS

Senior Jim Walmsley earned second-team accolades while competing in his fifth steeplechase event on June 9.

NEW ORLEANS, La. — Two members of the Air Force track and field team were honored with All-America status by the U.S. Track and Field and Cross Country Coaches Association, the national office announced Tuesday.

Based on their performances at last week's NCAA Outdoor Track and Field Championships, junior Cale Simmons was awarded first-team distinction, while senior Jim Walmsley earned second-team accolades.

With a fifth-place finish in the pole vault (17'8½") on June 8, Simmons claimed his second All-America award of the year, earning first-team honors as one of the top-eight finishers. The junior, who also finished fifth at the NCAA Indoor Championships in March, became just the third Air Force vaulter to earn All-America distinction at both the indoor and outdoor championships in the same year.

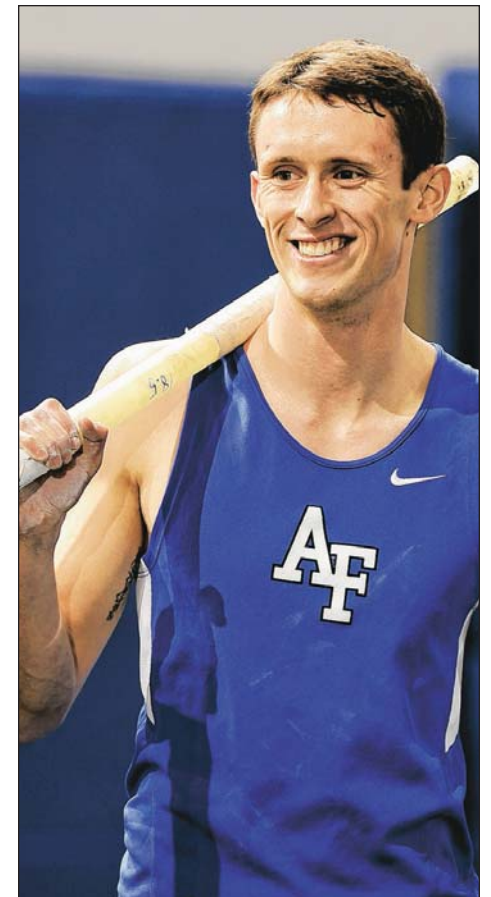
Simmons is the Academy's fourth pole vaulter to earn All-America distinction during the outdoor season, joining Marcus Nichols (1996, ninth), Paul Gensic (2004, fourth) and Nick Frawley (2008, second; 2009, seventh; 2010, third).

Competing in just his fifth steeplechase event on June 9, Walmsley finished 12th (8:57.99) to claim All-America status. He is the third Air Force athlete to earn All-America distinction in the 3000-meter steeplechase, joining Shane Rogers (2001) and Justin Tyner (2011). With the certificate, Walmsley became just the sixth Air Force athlete to claim All-American distinction in a running event.

In just five career races at that distance, Walmsley won the Mountain West title, recorded the third-fastest time in Academy history and secured All-America honors.

They were two of seven men from the Mountain West to earn All-America accolades, while Simmons was one of four to claim first-team distinction.

Any athlete that claimed a scoring finish (a share of first through eighth) at the NCAA Outdoor Track and Field Championships (June 6-9) was awarded first-team status, while those placing ninth through 16th were named second-team selections. In addition, athletes who advanced to the final site in Des Moines, Iowa, but did not place within the top 16 were awarded honorable mention accolades.



MIKE KAPLAN

Cale Simmons's fifth-place finish in the pole vault at the NCAA Outdoor Track and Field Championships, earned him a first team distinction. He is the Academy's fourth pole vaulter to earn the honor.

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



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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.

USA Pro Cycling Challenge

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

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

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

Father's Day Brunch

There will be a Father's Day Brunch on June 17 from 10 a.m.-1:30 p.m. at the Falcon Club.

Brunch will include an omelet station, dessert station, chocolate fountain, salad bar and other breakfast items.

Dads with a club card pay \$10, adults pay \$23.95, children ages 5-10 pay \$7.95 and members will get \$5 off.

To make a reservation call 333-4253.

Acacia Park Summer Concerts

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

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

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

Whitewater rafting

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

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

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

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

Pottery

The Arts and Crafts center offers a pottery studio available for use when a class isn't in session.

The studio includes nine pottery wheels, glazes and five kilns. Clay is available for purchase.

For more information contact the Arts and Craft Center at 333-4579.



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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- 8:20 pm US Air Force Academy Band
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THIS OUT!
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CLUES ACROSS

- Three-banded armadillo
- Confining bird structure
- Taxi
- Comedian Carvey
- A young canine
- "Spy Kids" actress Jessica
- Galvanizing element
- TV show "Modern _____y"

- 2s
- Hooray!
- Suggesting horror

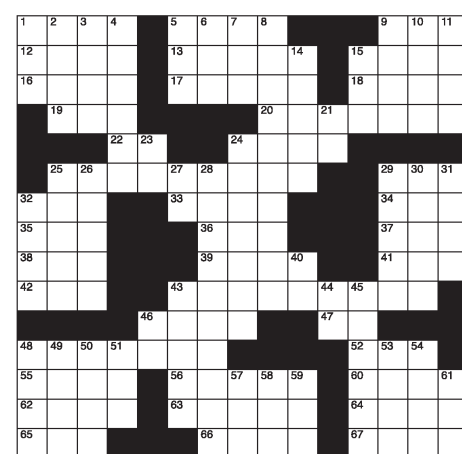
CLUES DOWN

- Wood shaping tool
- Two considered as a unit
- Tennis' Kournikova
- TV cook Ray
- Canadian Wildlife Fed.
- Exclamation of triumph
- A cut & polished mineral
- One who removes
- Stout stick, larger at one end
- Town in Ghana
- Lowest or bottom part
- Smoothing tool
- Dentist's group
- Atomic #48
- Providence school

- Eastbound
- Region of SE Pakistan
- 1999 high school massacre
- Hip-hop music
- The cry made by sheep
- Herb rue genus
- Reverence
- Point that is one point S of due E
- Slash or slice

- Idly talk
- Meshwork for fishing
- K particle
- Division of geological time
- Tax collector
- Treated soil with nitrates
- Hair on the head
- Actress Derek
- Wrenching
- Overhead shot

- Federal job safety law
- At the front
- Interagency Manufacturers Operating Group (abbr.)
- Chew tobacco
- Sacred Muslim pilgrim shrine
- Very small
- Kilo yard (abbr.)
- "Ado About Nothing"
- British school for boys



- London palace
- Finger millet
- Bestow an honor on
- Nine-banded armadillo
- Mister

SUDOKU

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

Solution on page 12 Level: Advanced

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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Dave Swint Broker Professional Engineer

Peak Dining

<p>BILLIARDS</p> <p>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</p> <p>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.</p>		<p>FINE DINING</p> <p>The Margarita at Pine Creek 7350 Pine Creek Rd. Colorado Springs, CO 80919 598-8667 www.margaritapinecreek.com</p> <p>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. Dptstairs: 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.</p>	
<p>CARIBBEAN</p> <p>Rasta Pasta 481-6888 405 N. Tejon rastapastacom</p> <p>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.</p>		<p>GERMAN DINING</p> <p>Edelweiss 34 E. Ramona Ave. 719-633-2220 www.edelweissrest.com</p> <p>Family owned & operated, Best German Restaurant for over 10 years. Hours: Every day 11:30am-9:00pm. Dinner starts at 4:00pm. Authentic menu with a variety of Old World German dishes includes Schnitzel, Bratwurst, and Sauerbraten. Imported German Beers and Wines and our European-trained Swiss Pastry Chef Bakes all of the desserts from scratch. www.edelweissrest.com</p>	
<p>CHINESE</p> <p>Bamboo Court Restaurant 719-599-7383 4935 Centennial Blvd., Suite G</p> <p>Mon-Fri Lunch: 11:00-3:00pm, Mon-Sat Dinner: 3:00-9:00pm, Sat Lunch: 12:00-3:00pm, Sun Dinner: 4:00-9:00pm Our single combination Dinner Specials come with any entree from the dinner entrees menu and soup of the day, fried or steamed rice, egg roll & crab ragoon. At Bamboo Court, our only goal is to make your expectations a reality!</p>		<p>IRISH</p> <p>Jack Quinn's 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.</p> <p>Owned by 4 USAFA Grads! Serving traditional Irish fare & American cuisine for lunch & dinner. Happy Hour daily 3-6pm & late night Sun. 10 pm-1 am., 15 delicious drafts & the best selection of Irish Whiskeys. Live Irish Music Tues., Thurs., Sat. & Sun. with County El Paso, Brian Clancy, Big Paddy & the Irish Session Musicians! Reader's Choice Voted Best Bar 2007 & 2010. www.jackquinnspub.com</p>	
<p>COLORADO CUISINE</p> <p>Flying W Ranch 3330 Chuckwagon Road Chuckwagon Suppers: May 25 - September 29 1-800-232-FLYW</p> <p>Celebrating 60 years of Chuckwagon Memories, the Flying W Ranch is a mountain cattle ranch that has specialized in food and entertainment since 1953. Visit the authentic western town, enjoy a tasty chuckwagon supper and experience our outstanding western stage show. Western Town opens at 4:30; Chuckwagon Supper served at 7pm and Western Show from 8-9pm, 7 nights a week. Reserve online at flyingw.com! SPECIAL: Sons of the Pioneers 08/15 and The Chuckwagon Jamboree Sept. 25, 26 & 27.</p>		<p>STEAKHOUSE</p> <p>The Famous 719-227-7333 31 N. Tejon Street www.thefamoussteakhouse.net</p> <p>Lunch Mon.-Fri * Dinner Nightly. Think that late night Chicago Steakhouse: polished booths that enclose years of secrets, big slabs of aromatic prime rib, sparkly cocktail glasses clinking at every table... Best Steak 2011, Best Fine Dining 2011, Best Martini 2011, The Gazette. facebook.com/FamousSteakHouse</p>	



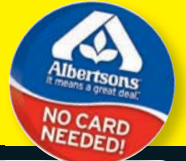
It's all about

Dad

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