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Military life consultants lend an ear.  
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'03 grad does USAFA proud at London Olympics. Page 12

# ACADEMY SPIRIT



## Who's the biggest, baddest basic?



ELIZABETH ANDREWS

Basic cadets squared off for the title of Big Bad Basic Saturday in Jacks Valley. Basic Cadet Training ends on Saturday and basics will be formally accepted into the cadet wing at the Acceptance Day parade at 9 a.m. Tuesday at Stillman Field. The parade is free and open to the public. Basics begin classes with the rest of the cadet wing Thursday. **See Pages 8-9 for more BCT coverage.**

## Academy receives three Air Force-level STEM awards

By Amber Baillie  
Academy Spirit staff writer

Academy faculty, staff and cadets received three Air Force Science, Technology, Engineering and Mathematics for 2012 that will be officially presented at a banquet August 23 at Wright-Patterson Air Force Base, Ohio.

Representatives from the Academy's Office of Research will attend the event to accept the Cadet Research Award, the Air Force Outstanding Civilian Scientist of the Year award and Air Force Outstanding Mid-Career Military Scientist/ Engineer of the Year award.

Capt. John Miller, an instructor in the Academy's Social Sciences Management Department, was selected as the 2012 Air Force Outstanding Mid-Career Military Scientist/ Engineer of the Year out of nearly 2,000 nominees.

"When I was notified I won at the Air Force level I was shocked," Miller said. "There is so much amazing technical work being done across the Air Force and it's very nice to be recognized for the small piece I did."

One project Miller facilitated this past year was the Saving Airmen's Time initiative for the Commander of Air Combat Command.

"It focused on cutting ancillary training and additional duty requirements to return airmen's time to focus on their primary duties," Miller said. "In seven months we saved 855,000 man-hours per year across Air Combat Command."

Randall Knize, director of the Laser and Optics Research Center and professor of physics at the Academy, was chosen as this year's Air Force Outstanding Civilian Scientist for his work on high-powered lasers.

"My team was the first to demonstrate diode pumped alkali lasers," Knize said. "We were the first to demonstrate the highest efficiencies and show that they are scalable to high powers."

Knize received his Ph.D. in physics from Harvard and worked at Princeton University and University of Southern California before coming to the Academy in 1996. Knize said laser research is important in that, alkali lasers have the capability to acquire enough power to be used as a military weapon.

"Possible applications include missile defense, tactical applications such as destroying land vehicles, fixed installations and disabling small watercraft approaching naval vessels," Knize said.

**See Stem Awards Page 3**

# Strengthening our core

By Col. Jim Dryjanski  
National War College

**WASHINGTON (AFNS)** — The greatest threat to the United States Air Force right now is not external. It is from within. The allegations of sexual misconduct at Lackland Air Force Base splashed across the news will undoubtedly be fully investigated and criminal behavior will be prosecuted appropriately.

The victims will be heard and they will be cared for, but the bell cannot be unringed. The reverberations from “Jerry Springer-esque” moral failure can shake public trust.

Senior leaders of our Air Force and the Department of Defense will look deeply, far beyond the current trial, to see if there are any institutional root causes in climate, leadership, training and oversight that need to be addressed.

We can expect some necessary actions to be taken, but will disciplinary action or the implementation of recommendations from various independent top-down strategic reviews be sufficient? Probably not, if we as Airmen don't recognize the moral battle being waged or fail to act from the grassroots-level to strengthen our core. The stakes are incredibly high — so should be our attention and urgency.

Lackland Air Force Base is known as the “Gateway to the Air Force.” Every enlisted trainee must pass through this training crucible in order to earn the title of “Airman.” The center of our identity as Airmen is found in our core values: Integrity first, Service before Self, and Excellence in all we do. Every Airmen can spout these core values...Integrity, Service, Excellence are easy to remember and easy to say, just as former Chief of Staff of the Air Force, Gen. Ron Fogleman designed them. So what's the problem?

“Let's be clear about one thing: The vast majority of our Airmen — like their joint brothers and sisters in arms, are honorably serving our nation at a very critical time in our history. They are among the very best our nation has to offer, and they are making the extraordinary look ordinary around the globe every single day.”

The words Integrity, Service, and Excellence are ubiquitous in our Air Force. Like the sound of a dripping faucet they can fade into the background over time. They are on briefing slides, on wall-hangings in various offices, and they are all over the social media outlets of our service.

But, are they only words? Only words to be recited in speeches by commanders and enlisted leaders? Only words to be cited by those very same leaders when an Airmen breaks a rule or regulation?

Yes, they are ... if we let them be. If we lose sight of the moral truth that our core values are grounded in, these mere words of Integrity, Service, and Excellence



Col. Jim Dryjanski

lose their true meaning and true power.

Sunshine is often the best antiseptic. Increasing transparency of our training and strengthening the accountability of our instructors at Basic Military Training in this light will help. But, more broadly, all Airmen in our Air Force should use this opportunity to illuminate why our Core Values are much more than mere words.

## Core Questions

Can I trust you?  
Do you care about me?  
Are you committed to excellence?  
If “yes” is the answer to those questions,  
people want you on their team.

Let's be clear about one thing: The vast majority of our Airmen — like their joint brothers and sisters in arms, are honorably serving our nation at a very critical time in our history. They are among the very best our nation has to offer, and they are making the extraordinary look ordinary around the globe every single day. That said, no Airmen is exempt from the temptation in life to do the easier wrong, rather than the harder right. We must be prepared to win this battle every single day.

It is up to Airmen — wingmen, leaders, and warriors — to calibrate our moral compasses to true north and give life to our Core Values where the rubber meets the road during our toughest times.. Lou Holtz, former head football coach at Notre Dame, had a great way of boiling complex ideas down to their essence. He has said there are three questions people have when they meet you.

Can I trust you?  
Do you care about me?  
Are you committed to excellence?  
If “yes” is the answer to those questions, people want you on their team. How do you get to “yes?” Holtz has three rules to live by.  
Do the right thing.  
Care about people.  
Do your best.  
Simple and profound rules to live by and strengthen our core and our team: Integrity First, Service before Self, and Excellence in all we do.  
Aim High ... Fly, Fight and Win!

## ACADEMY SPIRIT

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

Lt. Gen. Mike Gould —  
Academy Superintendent  
Lt. Col. John Bryan —  
Director of Public Affairs  
Gino Mattorano —  
Editor

Don Branum — Staff Writer  
Amber Baillie — Staff Writer  
Carol Lawrence — Graphic Designer

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## STEM Awards

From Page 1

Every year in March, there is a call for nominations for the STEM awards, said Lt. Col. Robert Krauss, the Academy's Chief Scientist and Director of Research.

He said the Air Force-level awards are administered by Air Staff and the Air Force Chief Scientist. Packages are then submitted by the Academy's academic departments to the Academy's Office of Research.

"We make a recommendation to the Dean of the Faculty and Brig. Gen. Dana Born, then she makes the official nomination to the Air Staff as to who our nominees are for the year," Krauss said.

Three cadets from engineering mechanics and three cadets from the biology department here are the 2012 recipients of the Cadet Research Award. They were a part of the Center for Aircraft Structural Life Extension interdepartmental, interdisciplinary and corrosion research team and were recognized for their notable achievements furthering the Academy's research in the areas of science and technology.

"The awards recognize the outstanding annual accomplishments in their particular award categories," Krauss said.

The 2012 STEM Award Academy winners: Cadet Research Award: Cadet 2nd Class Henry W. Binzer; Cadet 3rd Class Sarah E. Collins; Cadet 1st Class Daniel H. Henning, Benjamin K. Hoff, Timothy A. Reid and Ryan D. Young. Air Force Outstanding Civilian Scientist of the Year: Randy Knize. Air Force Outstanding Mid-Career Military Scientist/Engineer of the Year: Capt. John Miller.



Capt. John Miller



Randy Knize

## DOD, VA release app for post-traumatic stress

WASHINGTON (AFNS) — The Defense and Veterans Affairs departments have released a free smartphone mobile application for use with post-traumatic stress disorder treatment.

The app is called PE Coach; PE stands for "prolonged exposure." Psychologists at the Defense Department's National Center for Telehealth and Technology, known as T2, and the VA National Center for PTSD developed the mobile app to help patients with their therapy. Both departments use prolonged exposure therapy as an effective treatment for PTSD.

"PE Coach is a helpful tool that assists our service members and veterans who are between visits and in treatment for post-traumatic stress disorder," said Dr. Jonathan Woodson, assistant secretary of defense for health affairs. "We have shared this app with our military health care providers as well, and hope that many individuals who are receiving PE therapy will find it useful."

Prolonged exposure therapy helps a patient process a trauma memory to reduce the distress and avoidance caused by the trauma. The patient revisits the memory with a therapist, and as he or she emotionally processes the memory, anxiety decreases. It also helps the patient confront situations that trigger memories of the trauma.

Brian Sullivan, a veteran who has been using PE Coach in its testing phase during his VA therapy, said in an interview with the Pentagon Channel and American Forces Press Service that he finds the application helpful.

"It allows you to keep track of your therapy sessions as they're going on," he said. "It allows you to record the whole session. It allows you to take notes after the session, and ... it allows you to do homework ... before your next session."

Sullivan said the app also offers breathing exercises to help in managing anxiety.



The Defense and Veterans Affairs departments have released a free smartphone mobile application for use with post-traumatic stress disorder treatment. The app is called PE Coach.

U.S. AIR FORCE PHOTO ILLUSTRATION

"You have to have a positive attitude going into the therapy using the application. ... (The app) will allow you to go back over the session yourself, and listen to it again, and ... help jog your memory ... in case you forgot something that happened," he said.

"We worked with a broad and diverse group of psychologists in the DOD and VA who are treating PTSD patients with prolonged exposure therapy," said Dr. Greg Reger, clinical psychologist in T2's innovative technology applications division. "We wanted to help our patients in the therapy and make it easier for providers to deliver this treatment. PE Coach does both."

The app provides an explanation of exposure therapy, assignments, explanations of PTSD and its symptoms, and a convenient way to write notes about typically avoided locations, situations and events for later discussions with the therapist.

Reger said writing in a notebook in public places makes many people feel uncomfortable, but tapping out a note on a smartphone makes it easier to capture in-the-moment feelings.

(From a National Center for Telehealth and Technology News Release.)

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# Counselors can help with post-deployment transition

## Military family life consultant program serves heroes, families

By Don Branum  
Academy Spirit staff writer

If military family life consultants had a motto, it might be: "Have counseling license — will travel."

Consultants can meet with service members, Defense Department civilians or family members at just about any on- or off-base location, said Jodie Rhone, a school liaison officer at the Airman and Family Readiness Center here.

The consultants also follow strict confidentiality guidelines aside from duty-to-warn situations such as child abuse or spouse abuse, Rhone said.

"That's the real sell for a lot of people," he said. "They don't keep records, and it's short-term, solution-focused counseling."

MFLC programs include counseling for adults and children. Children's counselors can address school adjustment, deployment and separation, post-deployment adjustment, be-

havioral concerns, grieving for a lost loved one and daily life issues, according to MFLC publications.

The program has been available at the Academy for about five years, Rhone said. At the time, counselors were on 45-day rotations, but that changed to 90-day rotations about a year ago.

"It did provide a little more stability," he said. "It seemed like six weeks wasn't long enough for the consultants to get acquainted with their surroundings. We lost them the first week ... and the last week, they were in transition, so we really only had them for four weeks."

Each counselor generally schedules between 25 to 30 sessions per week, Rhone said, but not all of those sessions take place at the A&FRC.

"They have an office here, but they're available to meet at the Burger King or at a Starbucks off base," he said.

Consultants can also provide briefings for commander's calls, Rhone said.

"They have an entire library of topics and briefings," he said. "They brief at just about every program we have here: Smooth Move, pre- and post-deployment, transition assistance."

Briefing topics include anger management for adults and children, communication, compassion fatigue for fam-



RACHEL MARTINEZ/U.S. AIR FORCE

Staff Sgt. Dennis Horlador embraces his newborn daughter, Natyala, for the first time at Misawa Air Base, Japan, after he returned from a deployment to Iraq in March of 2009.

ilies caring for adult parents, conflict resolution, deployment and more.

"They're accessible to helping agencies, commanders, first sergeants," Rhone said. "They want to stay busy, and it's good to know that they're available and here to help."

Master Sgt. Alan Martin, the first sergeant for the Academy's command section, said military family life con-

sultants are one of many valuable resources he's tried to let his Airmen know about.

"I've had very positive feedback from those who have chosen to visit an MFLC in my four years as a shirt," Martin said.

To contact a consultant, call 719-358-1468 or contact the A&FRC at 719-333-3444.

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# Taking the reins

Lt. Col. Sean McLay, right, accepts the guidon and command of the 98th Flying Training Squadron from Col. Joseph Rizzuto, 306th Flying Training Group commander, during a change of command ceremony July 27. McLay comes to the Academy from the 390th Fighter Squadron at Mountain Home Air Force Base, Idaho. He is a 1994 Academy graduate, and replaces Lt. Col. Michael Love, who is headed to Air Combat Command at Langley Air Force Base, Va.

RAYMOND MCCOY

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# Academy librarian accepted into prestigious leadership program

By Amber Baillie  
Academy Spirit staff writer

Academy electronic resources librarian, Janice Young, looks back on her experiences as a high school teacher and resource for the homeless in her hometown of Las Vegas, and can't help but want to serve the Colorado Springs community.

Young wants to pass on her leadership knowledge to the next generation and will get that opportunity through the Leadership Pikes Peak Signature Program this month.

Young, along with 50 other applicants from the Pikes Peak region, were competitively selected to participate in the 2012 Leadership Pikes Peak Signature Program from August through June. Participants will commit to the 10-month training program to gain a deeper understanding of the community through leadership skill development in the areas of communication, problem-solving and strategic decision-making.

"During the program we're going to learn all those critical competencies a good leader needs to possess," Young said. "Working at the Academy where the core mission is developing leaders of character, I'm excited to bring back what I learn and share my knowledge with the students."

Young said she will never forget the day she found out she had been accepted into the program: the day she was evacuated from her home in Mountain Shadows due to the Waldo Canyon fire.

"In the midst of all of that chaos, I received an email saying 'You've been accepted into the Leadership Pikes Peak Signature Program,'" Young said. "I needed that good news."

Young has always had a passion for education and the homeless population. In college, Young worked for M.A.S.H. Village, a globalization shelter for the homeless and decided to switch her major from theatre to sociology because of the profound impact the job had on her.

"Working at the homeless shelter was the most humbling experience I have ever had," Young said. "What was really shocking to me was the number of veterans who are homeless. I'm a Navy veteran of 10 years and received an honorable discharge so I was really shocked to see that."

Young taught at parochial and private schools in Nevada and went on to earn her master's degree in education. Later she received a master's degree in library science and was given the opportunity to create a library at St. Anne Catholic School.

"The school had been without a library for several years and our accreditation inspection was scheduled for the start of the fall school term," Young said. "When school started in August, the library contained 10,000 volumes and the adjacent computer and media lab had 45 new computers."

After being at the Academy for three and a half years, Young said she felt it was her duty to help the younger generation get involved and applied to the leadership development program.

"As a librarian, I'm not part of the faculty," Young said. "After reading USAFA Outcomes however, I realized that if I were to help cadets develop as leaders, the leadership development program would enhance my capabilities."

Young said she was looking for an avenue to get involved in the community.

"Education is a big priority for me and as a former teacher I plan to volunteer with the Pikes Peak Community Development Initiative 2012-2013 College Readiness and Success," Young said.

Young said she wouldn't be able to participate in the program if she hadn't received a scholarship from the El Pomar Emerging Leaders Program.

"It's \$2,900 for the course, and I was very fortunate I received this scholarship to cover my tuition," Young said.

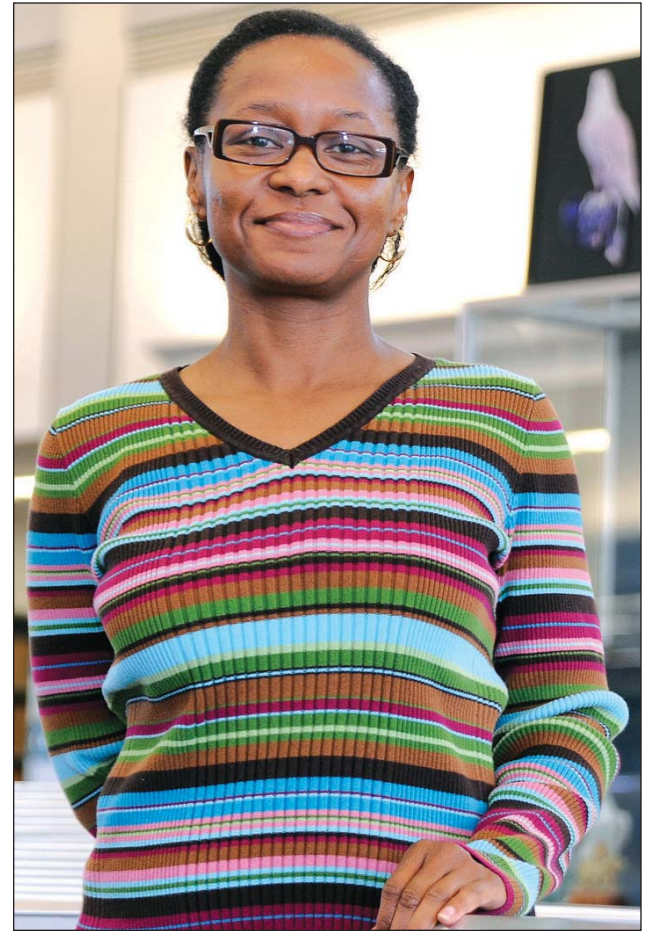
As an award recipient, Young will attend quarterly advisory board meetings for the ELD program, be a trustee for the Black Advisory Council and attend the 2012 El Pomar Emerging Leaders Program retreat and reception Nov. 8 at Doolittle Hall.

"It gives me great pride that one of our own, Janice Young, was selected for this transformational opportunity," said Academy Chief Diversity Officer Dr. Adis Vila. "While Janice benefits personally, the larger benefits accrue to USAFA as Janice will bring the richness of her fellowship experiences to her work unit and through her volunteer activities at USAFA and in Colorado Springs to our Air Force and Nation."

The Leadership Pikes Peak Signature Program will include one or two meeting days per month. Classes will be held at multiple locations throughout the community and participants will complete a course project. Each session will address a particular topic and include speakers, interviews, interactive discussions, and field trips.

"Each month we'll participate in various subjects from education day, services day, military day, state legislation day and local government day," Young said. "I'm looking forward to learning about the community and the different components that makes Southern Colorado so special."

On Tuesday Young will give a presentation titled, "Bridging the Military to the Community" as part of the Colorado Springs diversity forum at the East Library in Colorado Springs.



MIKE KAPLAN

Janice Young is the Academy electronic resources librarian.

"The military has a profound impact on the community and vice versa," Young said. "Once I'm in the program I will have a better grasp on it, better direction on where I want to get involved and be able to share my experience with the Academy."

Once Young completes the program, she said she plans to get involved in the Colorado Springs community through civic engagement and serve on a non-profit board, local and state board commissions.

"Gandhi said you have to be the change that you want to see in the world and there is trepidation when you step out on that branch and open yourself up to criticism and failure," Young said. "For me though, it's something I'm passionate about so if I fall, I fall, but regardless I want to help others achieve their goals."

## Field guidance helps ensure seamless personnel, pay support

By Tech. Sgt. Steve Grever  
Air Force Personnel Center

**JOINT BASE SAN ANTONIO - RANDOLPH, Texas (AFNS)** — Because of guidance released July 24, base-level military personnel and finance sections will be better able to seamlessly serve military members' needs during the December Military Personnel Data System upgrade, Air Force Personnel Center officials said today.

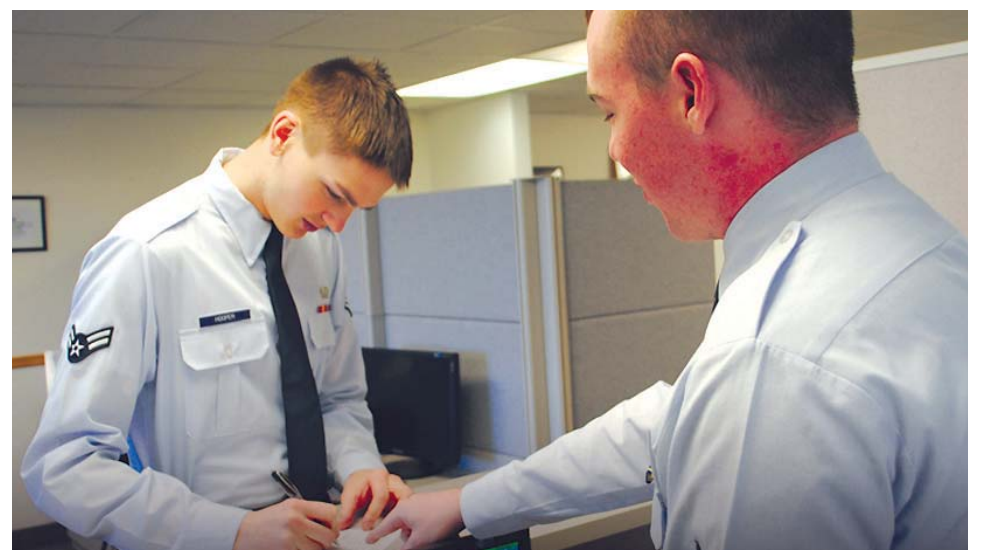
MilPDS is a records database for personnel data and actions that occur throughout every total force Airman's career. MilPDS is also used to initiate Airman pay actions, maintain Air Force accountability and strength data and support a host of interactions with other Air Force processes and systems that rely on personnel data.

Air Force Personnel Operations Agency officials here are upgrading and transferring MilPDS to the Defense Information Systems Agency's Defense Enterprise Computing Center in December. The upgrade project is scheduled to take about 23 days to complete and MilPDS will not be available during the upgrade phase.

To help prevent problems, AFPC fielded a guidance package that includes detailed information and instructions on processing critical total force personnel and pay transactions during the MilPDS upgrade. It also includes tailored briefings that MPSs will use to educate base leadership and Airmen.

"We collaborated with our total force partners to develop Air Force guidance that highlights critical timelines and processes local personnel and pay offices must follow to ensure Airmen are taken care of during the upgrade," said Lt. Col. Sean McElhanehan Pahia, the Total Force Service Center-San Antonio operations support division chief.

The upgrade will ensure MilPDS performs at optimum levels to give personnelists, pay representatives and other MilPDS users access the data they need to complete customer transactions, said An-



AIRMAN 1ST CLASS CORTNEY PAXTON

thon Delgado, AFPOA's MilPDS R12 functional manager.

In the coming months, Air Force officials will release additional information and guidance to the Air Force's manpower, personnel, services and pay communities and total force Airmen to continue to educate them on how the service will perform critical personnel and pay tasks during the upgrade.

For general information about personnel services and programs, visit the myPers website at <http://mypers.af.mil>.

# A window on history of flight

By Don Branum  
Academy Spirit staff writer

More than 1,500 special collections constitute the pride of the McDermott Library here, among them a room full of art and artifacts detailing man's long history and dreams of flight.

The Gimbel Collection, named for Army Air Corps Col. Richard Gimbel, covers the transition of flight from hot-air balloons, first flown before the Constitution was ratified, to parachutes and powered flight.

The collection rests in the McDermott Library's sixth floor, not far from a marble spiral staircase that's lined with an assortment of military rifles and muskets dating back to 1765. A visitor log sits in the front of the special collections area, along with a sign asking visitors to leave backpacks and other bulky containers on a bench at the front.

Inside the room where the Gimbel Collection is housed, humidifiers keep enough water vapor in the otherwise-dry air to preserve the artifacts, which include wax seals that are thousands of years old. Cameras monitor the room to help maintain the area's tight security.

Gimbel, whose family owned the Gimbels department store chain, bequeathed the collection to the Air Force Academy upon his death in 1970. The room was built to house the collection as part of the bequeathment. The Yale University graduate



Dr. Mary Elizabeth Ruwell

volunteered for duty in World War I as an artillery officer and joined the Army Air Corps in World War II. He began his collection in 1942 after visiting a bombed bookstore in London, according to a pamphlet produced by the McDermott Library.

The Gimbel Collection is one of the Academy's more prominent special collections. Others include the Stalag Luft III Collection, donated by retired Brig. Gen. A.P. Clark, and the Royal Air Force Eagle Squadron Collection, donated by retired Brig. Gen. Phil Caine with bequeathments from Reade Tilly and Wilson Edwards.

Dr. Mary Elizabeth Ruwell, the chief of special collections, maintains the Air Force Academy's artifacts, including the Gimbel Collection. She's worked at the McDermott Library since 2004, but her interest in collections and archives started some years earlier.

"I kind of got in through the back door," Ruwell said, smiling. "I was working for an insurance company that was very old, and I was bringing people through the company's museum and archives."

Ruwell, a graduate of Georgetown University, picked up her doctorate



This item from the Gimbel Collection depicts one of the first balloon flights over Marseilles, France, in 1783. The balloon is named a Montgolfiere after its inventors, French paper makers Joseph and Jacques Montgolfier.

AIR FORCE PHOTO

in American Studies from the University of Pennsylvania and took a job as an archivist for the National Archives and Records Administration, which has its headquarters in Washington. She later worked as an archivist for the Smithsonian Institution as an anthropological archives director, then as director of the Peterson Air Force Base Air and Space Museum.

"After reviewing the candidates for the (chief of special collections) position, it was clearly evident that no one could match her combination of education and experience," said McDermott Library Director Dr. Ed Scott. "Among her accomplishments are establishing an ongoing materials preservation program, creating an active volunteer worker program, maintaining her active ties in local and national professional organizations and initiating a digital archives program that will make Academy materials available worldwide."

The Gimbel Collection gets some visitors from around the Academy

but has been quiet in recent months, with one notable exception, Ruwell said.

"We didn't have the faculty come through for faculty orientation, but we had a (Basic Cadet Training) squadron march in, single-file," she said. "They stayed for three or four minutes, then marched out again."

The room, along with the Academy's other collections, exist so that cadets can see history firsthand, Ruwell said.

"Our mission is teaching cadets how to look at and use primary resources," she said. "It's a question of showing history rather than just talking about it. Having a collection of things you can touch is invaluable. I think cadets who come up here have a better appreciation of time and change."

The McDermott Library's main website is online at <http://www.usafa.edu/df/dfib/>. Finally, the non-profit Friends of the Air Force Academy Library's website is <http://www.usafa-library.com/>.

**CLUES ACROSS**

- 1. Disco light
- 7. London radio station
- 10. Aerospace Co. Morton
- 11. Capital of Puglia, Italy
- 12. A phantom or apparition
- 13. Packed wine
- 14. The ocean below

- 6000 meters
- 15. 1st dynasty: AKA Xia
- 16. Every
- 17. Six (Spanish)
- 18. His ark
- 20. Segment or a circle
- 21. Pres. Johnson or Obama

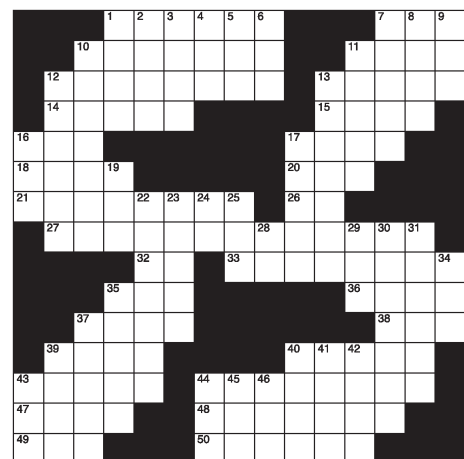
- 26. 12th Greek letter
- 27. The First Lady
- 32. A blood group
- 33. Takes to task
- 35. Prints money (abbr.)
- 36. Airbus manufacturer
- 37. A instance of selling
- 38. 12th month (abbr.)
- 39. Baseball's Ruth
- 40. 1959 Nobel biochemist Severo
- 43. Weights deducted to obtain net
- 44. To lie scattered over
- 47. 6th Jewish month
- 48. Physical maltreators
- 49. Founder Franklin
- 50. Published

**CLUES DOWN**

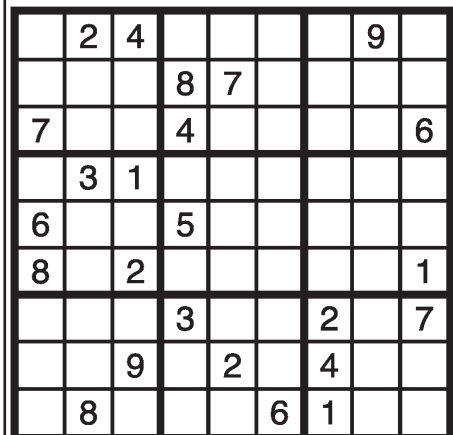
- 1. Fish of the genus Alosa
- 2. Rock singer Turner
- 3. Muslim weight from 1 to 5 pounds
- 4. Turkish unit of weight
- 5. Bovine genus
- 6. Popular shade tree
- 7. The principal foundation of
- 8. La Tar Pits
- 9. Spanish hero soldier
- 10. Brains egg-shaped grey matter
- 11. Fundamental
- 12. Bast
- 13. Small angels
- 16. Not or

- 17. S Pacific island group
- 19. Ad : impromptu
- 22. Gen. DeGaulle
- 23. Hasidic spiritual leader

- 30. Hayfields
- 31. About Andes
- 34. Secondary School Certificate
- 35. Pen maker Castell
- 37. Brand of clear wrap
- 39. Past tense of bid
- 40. Resort city on Lake Biwa
- 41. Big Bear was chief
- 42. A group of cattle
- 43. The bill in a restaurant
- 44. People of the Dali region of Yunnan
- 45. One point S of due E
- 46. Pig genus



## SUDOKU



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

Solution on page 11

Level: Advanced

08-03-12

COLIN FARRELL KATE BECKINSALE JESSICA BIEL  
**TOTAL RECALL**  
IS IT REAL IS IT RECALL

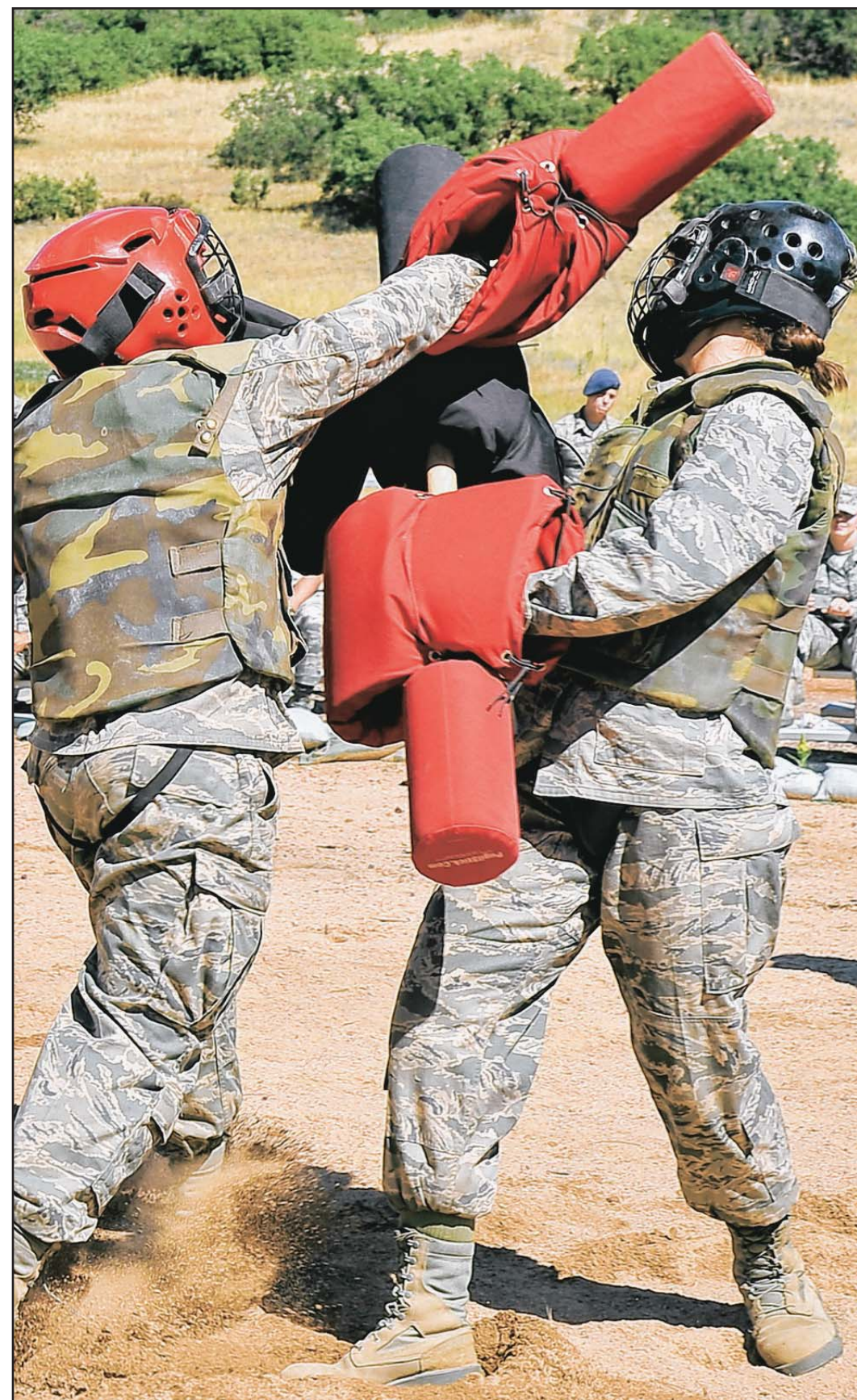
COLUMBIA PICTURES PRESENTS AN ORIGINAL FILM PRODUCTION A FILM BY LEN WISEMAN "TOTAL RECALL" BRYAN CRANSTON JOHN CHO AND DILL WIGHTY  
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CASTING BY JEFFREY M. ROY DIRECTED BY PHILIP K. DIKKE COSTUME DESIGNER DONALD SHOSETT EXECUTIVE PRODUCERS DAN GRANNON AND JOHN POVILL PRODUCED BY WIMMER  
EDITED BY JIMMY WIMMER AND MARK DONACK PRODUCTION DESIGNER NEAL H. MORITZ EXECUTIVE PRODUCERS TONY JAFFE PRODUCED BY LEN WISEMAN  
PG-13 PARENTS STRONGLY CAUTIONED  
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AUGUST 3

No one said it would be easy ...

# BCT

Most things in life that separate the strong from the rest aren't

Basic cadets wrapped up their final week of training in Jacks Valley with assault course and confidence course runs, the Big Bad Basic competition and march back to the Terrazzo on Saturday. Recognition is scheduled for Tuesday at 9 a.m.



ELIZABETH ANDREWS



RAYMOND MCCOY



RAYMOND MCCOY



RAYMOND MCCOY



ELIZABETH ANDREWS



# Open house at Fire House

Academy fire department welcomes visitors to learn about fire safety, tactics and security



**TOP OF PAGE:** Fire crews demonstrate vehicle extraction techniques using the jaws of life.

**ABOVE:** Tech. Sgt. Mark Chandler, a military working dog handler with the 10th Security Forces Squadron, and MWD Oli demonstrate how security forces uses military working dogs to make arrests. Senior Airman Xaviyon Mangum, 10th SFS, plays the part of the perpetrator, and wears a training suit to protect him from injuries.

**ABOVE RIGHT:** Joshua Hammel, 9, tries on a fire suit during the Fire Department Open House Saturday.

**RIGHT:** Smokey Bear and Sparky the Fire Dog were both on hand to talk to kids about fire safety and what to do in the event of a fire.



PHOTOS BY MIKE KAPLAN

# Competitive softball sees close games

The No. 1 seed Cadet Wing won a come-from-behind victory in the competitive softball league this week, defeating the DRU-FSS team, 24-23.

CW, down 23-16 going into the bottom of the seventh, scored eight runs, with Adam Cockrell driving in Roger Stewart for the go-ahead run.

Up to that point, Eric Lescaubeau had the key hit with a two-run double. Stewart led the squad with five base hits, two of them home runs. Scott Koenig led the DRU-FSS team with three home runs on five hits.

The Radiology team defeated DRU-FSS in another close contest, 16-14, holding onto a slim lead going into the seventh inning.

Anthony Williams hit a home run, followed by a single from Tom Ziegler and RBI doubles by Fred Walker and Edgar Ramirez, to give Radiology a 16-12 lead. Rich Bottinelli singled home a run and came home on a sacrifice fly from Ryan Hendrickson, but DRU-FSS couldn't overcome Radiology's lead.

Williams led Radiology with four hits, including a double and a home run. DRU-FSS' Tim Richardson scored four runs on three hits, including a home run and a double.

Hospital No. 2 won its game, which



Tom Ziegler, pitcher for the Radiology team, sizes up a batter during a recent softball matchup against the firefighters. Roy Dalton, the firefighters lead batter leads off second base.

MIKE YOUNG

was called due to rain and lightning, 11-0. James Pope hit a triple and a double, driving in five runs.

The Unknowns took the night cap in a close 10-7 contest versus the Pharmacy team.

Pharmacy held a slight 5-4 lead going into the bottom of the fifth, but Eddie Molina cracked a three-run homer over the centerfield fence, giving the Unknowns four runs and a lead they held onto for the rest of the game.

## STANDINGS

EAST	WON	LOSS	WEST	WON	LOSS
CES No.2	11	2	CW	13	1
MIT HALL	8	5	RETIREES	9	4
COMM	7	5	CES No. 1	7	5
GOLF COURSE	8	6	SFS	7	7
UNKNOWN	8	6	DRU/FSS	6	8
306 FTG	5	9	RADIOLOGY	6	8
PHARMACY	4	9	AD/PREP	5	8
MDG No.2	2	11	MDG No.1	1	13

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**Puzzle solutions for 08-03-2012**

PUZZLE SOLUTION	S T R O B E	B B C	5	2	4	6	1	3	7	9	8
	T H I O K O L	B A R I	1	6	3	8	7	9	5	4	2
	P H A N T A S M	C A S E D	7	9	8	4	5	2	3	1	6
	H A D A L	H S I A	9	3	1	2	6	7	8	5	4
	A L L	S E I S	6	4	7	5	8	1	9	2	3
	N O A H	A R C	8	5	2	9	3	4	6	7	1
	D E M O C R A T	M U	4	1	6	3	9	5	2	8	7
	M I C H E L L E O B A M A		3	7	9	1	2	8	4	6	5
	A B C H A S T E N S		2	8	5	7	4	6	1	3	9
	F R B	E A D S									
S A L E	D E C										
B A B E	O C H O A										
T A R E S	B E S T R E W N										
A D A R	A B U S E R S										
B E N	I S S U E D										



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## Pair named to USTFCCA women's All- Academic team



**FAR LEFT:** Paige Blackburn is the 2012 Mountain West champion in the javelin throw.  
**LEFT:** Kimber Shealy is a two-time Capital One Academic All-District selection, set the Academy record in the outdoor pole vault with a winning clearance of 13'1 $\frac{3}{4}$ ".

**NEW ORLEANS, La.** — Paige Blackburn and Kimber Shealy, two recent graduates of the Air Force track and field team, were named to the 2012 U.S. Track and Field and Cross Country Coaches Association's Division I Women's All-Academic Team, the league announced July 26.

This is the third such honor for both Shealy and Blackburn, as they became the program's first athletes to earn USTFCCA All-Academic distinction three times in a career. Shealy, who graduated with a 3.74 GPA in history, also received the honor during her freshman and sophomore years, while Blackburn, who completed her four-year career with a 3.50 GPA in civil engineering, was also awarded distinction as a sophomore and junior.

Blackburn and Shealy were two of

676 athletes, from 171 institutions, to earn All-Academic Team status from the USTFCCA. They were also two of three service academy athletes to earn the league's academic honor.

To qualify for the USTFCCA All-Academic Track and Field Team, the student-athlete must have compiled a cumulative GPA of 3.25 or higher and have met either of the following athletic standards: for the indoor season, a student-athlete must have finished the regular season ranked in the national top 96 in an individual event or ranked in the national top 48 (collective listing) in a relay event on the official NCAA POP list provided by TFRRS.org; for the outdoor season, a student-athlete must have participated in any round of the NCAA Division I Championships (including preliminary rounds).

Both Falcons represented the Acad-

emy at the NCAA Outdoor Championship's West Preliminary. Blackburn finished 14th in the javelin throw and 23rd in the discus throw at the national semifinals, while Shealy placed 20th in the pole vault. In addition, the pair was ranked among the national leaders during the indoor season, as Shealy was ranked 26th in the pole vault and Blackburn was listed 41st in the shot put and 49th in the weight throw.

Blackburn, the 2012 Mountain West champion in the javelin throw, scored for the Falcons in all six throwing events at the indoor and outdoor conference meets, earning all-conference honors in the discus and javelin. A two-time Capital One Academic All-District selection, Blackburn set the Academy's weight throw record at 62'3" and ended her career ranked second all-time in the indoor shot put

(51'2 $\frac{3}{4}$ "'), outdoor shot put (48'5 $\frac{1}{4}$ "'), discus throw (174'8"'), hammer throw (184'3"') and javelin throw (170'5"').

Shealy, another two-time Capital One Academic All-District selection, set the Academy record in the outdoor pole vault with a winning clearance of 13'1 $\frac{3}{4}$ " at the Front Range Classic. In addition to breaking the FRC meet record, she became the first athlete since 2002 to break a facility record at the Cadet Outdoor Track and Field Complex. An all-conference selection at the MW Indoor Championships, Shealy also recorded the second-best indoor clearance in Academy history at 13'5 $\frac{3}{4}$ ".

Blackburn and Shealy were joined on the USTFCCA All-Academic Team by Air Force's rising sophomore Kobi Rex, who was selected to the men's team on Tuesday.

## '03 grad finishes 4th in 2012 Summer Olympics

**LONDON (AFNS)** — A 2003 Air Force Academy graduate finished fourth during the fencing competition at the 2012 London Olympics Aug. 1.

Air Force Reserve Capt. Seth Kelsey earned the best finish since 1956 for a U.S. men's individual epee fencer at the Olympic Games.

Kelsey is a logistics officer with the 310th Force Support Squadron at Buckley Air Force Base, Colo.

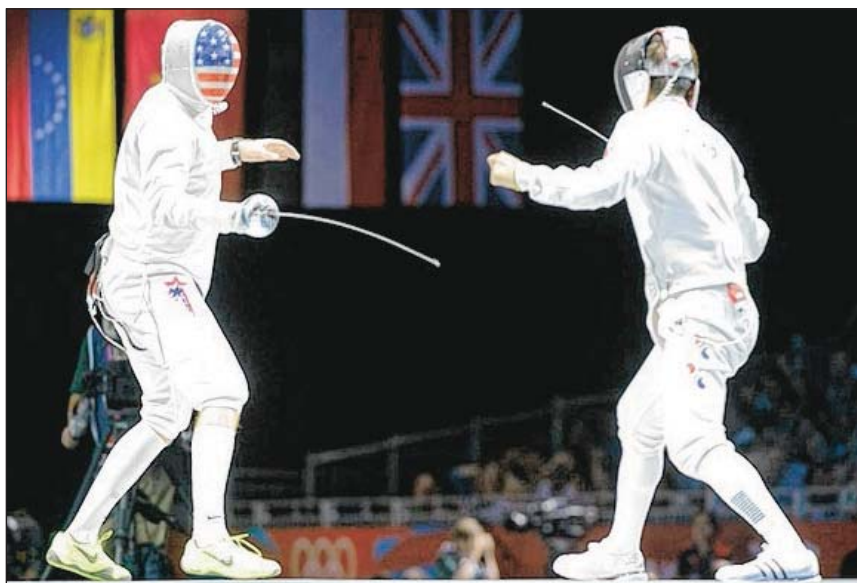
"I've always been disappointed in my previous Olympic performances," said Kelsey about his fourth place result. "But today I beat three great guys. I had one of the best performances for U.S. men's epee in as long as I can remember. I felt like I put in a ton of hard work and won some tough bouts.

I would have loved to have brought home a medal, but I felt like I gave myself the best possible shot I was going to have."

Kelsey added about his two overtime bouts in the medals rounds, "You've gotta take your chances. You win some, you lose some."

He said that when the bronze medal bout went into sudden death overtime, "I asked the guy if he wanted to go one touch and he said yes. He had got that touch earlier and I thought I was far enough away, but I wasn't."

Kelsey said about the next summer



South Korea's Jung Jinson, right, competes with the United States' Seth Kelsey during the bronze-medal match in the men's epee competition at the Summer Olympics in London on Wednesday. Kelsey lost 12-11.

TIM HIPPS/U.S. ARMY

Olympics in Rio, "My plans right now are to stay, go for Rio, try and qualify for the team and then go for a medal in individual and take a team medal as well."

As for the Kelsey family, he said,

"They were cheering their heads off. I couldn't have asked for a more exuberant excited family to be here. They were super loud and super excited for me and I'm proud to do so well for them."

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## Mentoring opportunity

The Academy Diversity Office will hold a one-day mentor/mentee training session Monday.

A certified Veterans Administration mentor trainer will facilitate the training, which is part of the Academy's pilot mentoring program. The program is open to permanent party military and government civilians.

To sign up for the training or for more information, contact Lt. Col. Sarah Russ at 333-4216.

## 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.

Trips range from \$55-\$85 per person. For more information visit the Academy Support website at <http://usafasupport.com/the-great-outdoors/outdoor-adventure>.

## Yellow Ribbon Event

The Colorado Yellow Ribbon Event will be held Aug. 11 from 8-10:00 a.m. at the Colorado Veterans Monument to welcome home

troops and honor those still serving.

A parade will follow at 10:00 a.m. at Civic Center Park.

The event is a grassroots effort promoted by Colorado residents in order to support our state Veterans and service members.

For more information visit [www.coloradoyellowribbon.org](http://www.coloradoyellowribbon.org).

## Pharmacy hours

The Academy Community Center Pharmacy will no longer be open on Saturdays beginning Aug. 26.

The last Saturday the pharmacy will provide services will be on August 25.

The pharmacy will continue with its regular hours Monday-Friday from 8:30 a.m.-5:30 p.m.

## Child support services

The El Paso County Child Support Services will now be at the Academy the last Thursday of every month from 1-3 p.m. at the Airman and Family Readiness Center.

They will help establish, modify and assist child support orders, establish paternity, assist with visitation issues, provide a connection to other community resources and assist family members of active duty members stationed at another base.

There is a one-time \$20 fee. To make an appointment call 719-457-6331.

## Horsemanship classes

The Academy Equestrian Center offers horsemanship classes, which include a one-hour trail-riding lesson plus instruction in grooming, saddling and etiquette, for \$30 per lesson.

For information, contact the Equestrian Center at 333-4607.

## 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.

## Sergeants Association Meeting

The Air Force Sergeants Association Falcon Chapter 1180 meets every third Thursday of the month at 3:30 p.m. in the Casual Lounge at the Falcon Club.

## Pottery studio available

The Arts and Crafts center offers a pottery studio available for use when a class is not in session.

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

For more information call 333-4579.

## Roadkill salvage list

The 10th Security Forces Squadron maintains a list of people interested in salvaging deer and elk killed after being struck by vehicles on the Academy. Many are salvageable for consumption or for their hide.

The 10th SFS is currently soliciting up to 30 names to generate a new list with up-to-date contact information.

An in-person (no phone calls) sign-up will be held at 7 a.m. Aug. 6 at the Academy's Natural Resources office, Bldg. 9030, just south of the FamCamp. Only the first 30 applicants will be placed on the list and only one application will be accepted per household.

For more information contact Brian Muhlbachler or Greg Speights at 333-3308.

## Got an IDEA?

The Innovative Development through Employee Awareness, or IDEA Program is designed reward individuals whose suggestions improve the efficiency, economy, and effectiveness of Air Force, Department of Defense, and government operations.

Anyone can submit an idea, but only Air Force military members, civilian employees, cadets, Preparatory School candidates, and contract personnel who are paid from appropriated funds are eligible for cash awards.

Monetary awards can be as high as \$10,000 for each idea that results in validated tangible savings, and \$200 for ideas resulting in intangible benefits.

To submit an idea, go to [https://ipds.randolph.af.mil/ipds/web/page\\_edit](https://ipds.randolph.af.mil/ipds/web/page_edit) (CAC login required) or contact the IDEA office at 333-4332.

## VA Stand Down Day

The local Veterans Administration office is requesting active-duty assistance for its VA Stand Down Day Oct. 18.

Volunteers are primarily needed to escort veterans around the stations on the day of the stand down. Volunteers are also needed to assist in prep work a few days leading up to the event, for set-up/tear-down, and also food and beverage serving on the day of the event.

To volunteer or for more information contact 1st Lt. James Franciere at 567-2162.

## Veterans rally

Cripple Creek, Colo., will host a "Salute to American Veterans" rally and festival Aug. 17-19. Motorcycle enthusiasts are invited to participate in the 25th annual POW/MIA Recognition Ride Aug. 18. For more information visit [www.theveteransrally.org](http://www.theveteransrally.org).

## STEM event

The Rocky Mountain Company Grade Officer Council is hosting the Challenger Learning Center and Radio Disney for a day that will promote Science, Technology, Engineering, and Mathematics from 10 a.m. to 2 p.m. Aug 18 in Patriot Park at Peterson AFB.

The program is aimed at military youth in the local area. The day will emphasize STEM and will include live Phineas and Ferb themed shows by Radio Disney. There will also be booths promoting STEM, to include a tie-dye booth, massive bubble making, and a planetarium. This is a free, picnic style event. Bring your lunch and enjoy the entertainment.



## Cadet Chapel

### BUDDHIST

Sundays, 10 a.m.

### PROTESTANT WORSHIP

Combined Worship Service:  
Sundays, 9 a.m.

### CATHOLIC WORSHIP

Mass: Sundays, 10 a.m.

### JEWISH WORSHIP

Normal schedule  
Fridays, 7 p.m.

## Community Center Chapel

### CATHOLIC WORSHIP

Mass: Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesdays-Fridays, 11:30 a.m.  
Reconciliation: Saturdays, 3:30 p.m.  
Formation Classes: For students in grades K-8. Sundays, 10:15-11:30 a.m.

### PROTESTANT WORSHIP

Evangelical: Sunday, 10:15 a.m.  
Gospel: Sunday, 11:30 a.m.  
Wednesday Night Live:  
For ages 3 to adult. Begins with a meal. Wednesdays, 6-7:30 p.m.

**OPSEC**  
quote

**Intelligence is the exploitation of the other sides' OPSEC failures.**



# Peak Dining

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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.

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## IRISH



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## DELI



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## STEAKHOUSE



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Doritos 10.5-11.5 oz., Fritos or Cheetos 9-10.5 oz. Select Varieties Sale Price \$2.99 ea. **Final Price 1.99**  
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Sale Price \$1.25 - .50 **75¢**  
When You Buy Any 8 Participating Items **MIX & MATCH**

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