

USAF ACADEMY, COLORADO ACADEMY SPIRIT

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Fun at the Rodeo Parade



MIKE KAPLAN

Brig. Gen. Dana Born and her husband, Tim, ride in the Pikes Peak or Bust Rodeo Parade in downtown Colorado Springs on Tuesday night. Gen. Born was grand marshal for the

parade, which kicked off the four-day rodeo at the Norris-Penrose Event Center. Rodeo proceeds benefit local military bases. General Born is dean of the faculty at the Academy.

Commandant assignment 'a dream come true'

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

A 1986 Air Force Academy graduate and B-1 Lancer pilot with more than 4,200 flight hours assumed command of the Academy's Cadet Wing in a ceremony July 9.

Brig. Gen. Richard Clark succeeds Brig. Gen. Sam Cox, who was selected for reassignment as commander of Air Mobility Command's 618th Tanker Air-

lift Control Center at Scott Air Force Base, Ill.

As commandant, General Clark commands the 4,400-member Cadet Wing and more than 300 Airmen and civilian support personnel. His responsibilities include cadet military training and airmanship education, supervising cadet life activities and supporting facilities and logistics.

General Clark served as vice commander of 8th Air Force

(Air Forces Strategic) at Barksdale AFB, La., prior to becoming commandant of cadets here.

"We're excited to welcome the Clarks," said Academy Superintendent Lt. Gen. Mike Gould, who presided over the ceremony. "Welcome back to your Air Force Academy."

General Clark's previous commands include the 12th Flying Training Wing at Randolph AFB, Texas, and the 34th Bomb

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Brig. Gen. Richard Clark accepts the commandant of cadets guidon from Air Force Academy Superintendent Lt. Gen. Mike Gould during a ceremony at the Academy July 9. General Clark is a 1986 Academy graduate.

BILL EVANS

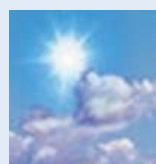
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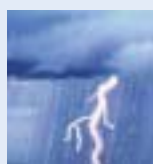
Isolated
T-storms

SATURDAY
High 89
Low 55



Isolated
T-storms

SUNDAY
High 89
Low 54



Isolated
showers

Inside

'Like a Machine!'
Cadets march to Jacks Valley for Phase 2 of Basic Training. **Pages 10-11**



Reach for STARS
The Academy reaches out to science and math teachers. **Page 4**

Fired up
The Academy Fire Department will hold a youth safety camp. **Page 6**

The intellectual resource

By Gen. Stephen R. Lorenz

Commander, Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Today, we are approaching nine years of sustained combat operations.

Many could even argue that our Air Force has been involved in continuous combat operations since the original Gulf War in 1991.

Even more challenging, today's combat operations are being conducted while the rest of the nation fights its way through a recession, making resources extremely constrained.

Such an environment demands a unique blend of innovation and intellect, looking for efficiencies at every corner to achieve our desired effect.

Sometimes it's easy to focus on resourcing and new weapons systems as the "innovation," the panacea for our challenges.

Doing so, however, would cause us to overlook the most effective weapon at our disposal during such challenging times: the one between each of our ears.

In many ways, investing in intellect, in our ability to out-think the enemy, is the most cost-efficient way to prepare for future uncertainty and to combat a clever foe.

There are those who say there are three types of intellect, and we fit into a different category depending on the situation.

There are those who come up with the innovative idea, those who understand the idea and those who wouldn't know a good idea if it hit them in the face.

Now, my description of the last group may seem a bit harsh, and at times I'm sure we all feel like we're out of our element, but the times where you find yourself in the last category are also the times where you will have the best opportunity for self-improvement.

You see, we each bring a unique set of skills, experiences and intellect to different situations.

Although we would all like to be the "idea person," the individual who always has the innovative ideas, not every situation or challenge is suited to our intellectual talents.

These are the times when we can be most critical of ourselves and take advantage of the opportunity to improve.



Gen. Stephen R. Lorenz

In today's world, the easiest and quickest way to self-improve is to increase our individual levels of education.

Remember, education is how we prepare ourselves for the uncertainty of tomorrow.

I know that increasing our education levels isn't always as easy as it sounds. Thankfully, the Air Force helps with one of the limited resources we balance every day: money.

Scholarship and tuition assistance programs help pay for many advanced degrees and education programs.

Another limited resource most people struggle with is time. Our challenge is making time to find beneficial education programs and then the important part: completing them. After all, if it were easy,

then time wouldn't be an issue and everyone would have multiple degrees.

Think back five years ago, and then 10 years ago. Were you any busier then than you are now? Chances are no. Do you think you will be any less busy five or 10 years from now? Again, probably not. The truth is, you won't be any less busy or have more time than you do right now.

Making a commitment to complete education and self-improvement programs may move other priorities to the side.

When you're weighing the relative importance of each, remember that education and self-improvement are activities that will help you no matter where life takes you.

If you decide to stay in the Air Force, it will help better serve the nation. If you decide to shift into another career outside the Air Force, higher levels of education and study will help translate into increased pay and responsibilities.

Either way, you win, and are better prepared to successfully handle the challenges that life throws at you, especially when you least expect it.

In the end, the better prepared you are, the better the chance you could be the "idea person."

Tomorrow's challenges will certainly be bigger than those we face today. Our Air Force -- and our nation -- needs you to better prepare now. Your investment in education and intellect is the best weapon to combat the uncertainty that tomorrow will bring. We can't afford not to invest in education.

ACADEMY SPIRIT

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

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 2nd Lt. Meredith Kirchoff — Chief of Internal Information
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 The Academy Spirit also accepts story submissions by fax at 333-4094 or by email: pa.newspaper@usafa.af.mil.

I'll call him 'Rick'

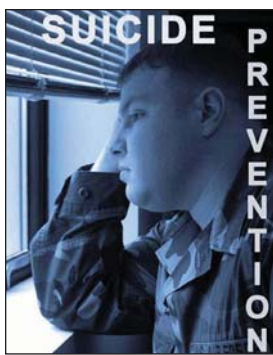
By Chaplain (Maj.) Jonathan Wade
 332nd Air Expeditionary Wing

JOINT BASE BALAD, Iraq (AFNS) — In the words of his military friends and co-workers, Rick was one of the greatest guys you'd ever want to meet: A hard working NCO in a high operations tempo unit, a family man, a compassionate friend always seeking opportunities to help others in his unit succeed.

His supervisors noticed, at times, that Rick was unusually hard on himself and seemed depressed about his job abilities, despite his superiors' opinions to the contrary.

Then, quite suddenly, Rick's attitude perked up. He seemed to enjoy his job. Within a week or two, Rick requested leave so he could take his family on a dream vacation.

Upon his return, Rick quietly slipped out of his home and into his office in the pre-dawn hours, telling his wife there was unfinished business he had to complete. Rick carefully stacked project binders and folders on his desk with notes to co-workers of what was unfinished and how to complete each project. Then Rick drove out to a remote part of the



base, put a gun to his head and ended his life.

Suicide is about more than just an abrupt, untimely end to a human life. It is about unanswered questions, unfulfilled dreams, possibilities that will never be, a struggle for closure that may never come.

Rick's death taught me early in my career that there is a simple but powerful tool to prevent suicide from taking another life and leaving behind its human wreckage. That tool is you!

As servicemembers, we would fight to the death to save our wingman from death at the hands of the enemy. We are the instrument of help that can

rescue our friend and all those who love and care for him or her. How? By simply remembering and implementing the ACE plan.

A — Ask your friend how he is doing. Take the time to ask him how he is really doing.

C — Care for your friend. Don't leave him alone. Calmly control the situation by continuing to listen without judging him.

E — Escort your friend to the emergency room. His emotional wound is as life-threatening as a shrapnel wound to the heart. Don't leave your friend alone until you find the expertise to help him.

Remember, you are the best tool for helping a suicidal friend or co-worker. Remember ACE. There is help, there is hope, and there is an answer.

Are you going to the rodeo?

"I wish I could be here, but I am going to be a bridesmaid in my friends' wedding in South Dakota. Congrats Jenny and Ryan!"
Capt. Aimee Kirchner
 member
 Commanders Action Group



"If I can get out there, I'll probably go. I've only been once, when I was really little."
Cadet 1st Class
Andrew Campbell
 Cadet Squadron 36



"No. I detest country music and everything that has to do with it ... and I believe it is kind of like animal cruelty."
Paul Watson,
 AAFES sales associate



"At that point I'll be in global engagement, but I would definitely like to go to the rodeo if I could."
Cadet 3rd Class
Zachary Matthews
 Cadet Squadron 24



Commandant

From Page 1

Squadron at Ellsworth AFB, S.D. In addition, he was the director of Multi-National Force-Iraq's Joint Interagency Task Force - Iraq in Baghdad from April 2008 to April 2009.

"This is honestly unbelievable for me," General Clark said after assuming command of the Cadet Wing. "It's a dream come true."

The Academy's cadets stood in formation during the ceremony under the command of Cadet 1st Class Megan Hoskins. General Clark said he was proud of the cadets, particularly the Class of 2014, which is in its third week of Basic Cadet Training.

"You're some of the brightest minds in our country," he said. "When you took that oath of allegiance, you did something not many people in our country are willing to do. I'm proud of the character of our cadets ... you are the kind of people I want my kids to be around."

The general praised Cadet 3rd Class Clayton Elliott in particular for a good deed the cadet did for a stranger the evening before the ceremony.

"I was lying down on the ground, trying to get the perfect shot of my wife and kids with the Cadet Chapel in the background," General Clark recalled. "This young man walks up to me and says, 'Sir, can I help you take that picture?' And before you know it, he's on the ground even crazier than I was, trying to get that same photo."

He pledged to the cadets that he



MIKE KAPLAN

Cadets led by Cadet 1st Class Chelsea Agee of Cadet Squadron 35 render a final salute to Brig. Gen. Sam Cox during the change-of-command ceremony. General Cox will assume command of the 618th Tanker Airlift Control Center at Scott Air Force Base, Ill.

would make their dreams come true "just as so many people made my dream come true 24 years ago."

Immediately after graduating from the Academy in 1986, General Clark served as a junior varsity football coach and candidate counselor at the Academy. He completed undergraduate pilot training at Laughlin AFB, Texas, in 1988. His first duty assignment as a pilot was at the 2nd Airborne Command and Control Squadron, Offutt AFB, Neb.

The general has primarily flown the B-1 bomber during his career, but he is also rated in the EC-135 Looking Glass, KC-135 Stratotanker, T-1 Jayhawk, T-38 Talon and T-6 Texan II. His awards include a Legion of Merit medal, a Distinguished Flying Cross, two Bronze Star Medals, three Meritorious Service Medals, three Air Medals, an Aerial Achievement Medal, two Air Force Commendation Medals and a Combat Action Medal.

In addition to his bachelor's degree in management from the Academy, General Clark has a Master of Airpower Studies degree from the School of Advanced Air and Space Studies at Maxwell AFB, Ala., a master's degree in national security studies from the National War College at Fort Lesley J. McNair in Washington, D.C., and a master's in strategic studies from the Naval Command and Staff College in Newport, R.I.



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Program helps teachers reach for STARS

By Andrea Brown
Academy Spirit Staff

Here's what happens when you let 14 high school teachers loose at the Academy. They set off rockets and play with inflatable globes. And the plan is for it to rub off on their students.

Last week's intensive three-day seminar was the inaugural session of Space Technology Applications Reaching Students, or STARS. It's boot camp for teachers.

Instead of having a principal, the teachers had a brigadier general. Dr. Mike DeLorenzo, an Academy professor and retired brigadier general, taught the teachers the ABCs of rocket science.

"Some people would say, 'Well, you should be (teaching) the students,'" General DeLorenzo said.

"The paradigm the Academy has come up with, which I think is brilliant, is that if you reach one teacher, you reach hundreds of students. If you reach 14 teachers, we are going to reach thousands of students. And if we can get these folks excited about math and science and give them tools and resources that they can use in their classroom, they can get their kids excited."

Teachers got an out-of-this-world crash course on satellites, orbits and trajectories.

"I like the way they presented it, step-by-step, but then they give you the hook to be interested and make you think about it," said Mike Strobel, a teacher at Centennial High School in Pueblo.

STARS is a STEM program to expand the crop of



JULIE IMADA

Teachers Claude Watters, center, and Emily Anderson launch their Estes rocket during a three-day Space Technology Applications Reaching Students teacher training workshop. Mr. Watters is a teacher with The Classical Academy in Academy School District 20. Ms. Anderson is a teacher at Sierra High School in Harrison School District 2.

future scientists.

"The country is facing an impending shortfall of engineers and scientists," said Dr. Billy Crisler, an Academy professor, STEM outreach coordinator and retired lieutenant colonel.

"It is a national problem, a big national problem. There's no national solution to it because every place is different. The same things that work here for these teachers and students don't work in Boston, and they don't work in Seattle. We are trying to figure out what our local solution is."

Nora Frederick, a chemistry teacher at St. Mary's High School in Colorado Springs, held the world in her hands. The inflatable globe was in a \$1,000 science kit given to each teacher to use in the classroom. The box of tricks included Estes rockets and six hand-held Garmin GPS receivers.

"I can use all this as extra learning tools," she said.

Sponsors for the seminar included the National Defense Education Program, American Institute for Aeronautics and Astronautics, Federal Aviation Administration, NASA and the U.S. Navy. Local partners included Peak Area Leadership in Science, Cool Science and the University of Colorado-Colorado Springs.

The rockets were a highlight for Emily Anderson, Sierra High School physical science and zoology teacher.

"I can apply it to the curriculum. Rockets will be fun," she said.

Ms. Anderson and Claude Watters, a math teacher at The Classical Academy, were partners in the rocket launch contest.

"We didn't win for height," she said, "but we won for our parachute opening perfectly."

Rocket science?

No, said Mr. Watters: "Luck."



Gen. Wilson remembered

ABOVE: Brig. Gen. Dana Born salutes a flag held by Locke Wilson III during a funeral service for retired Gen. Louis Wilson Jr. at the Air Force Academy Cemetery July 1. General Born is the Academy's dean of the faculty.

ABOVE, RIGHT: Airmen with the Air Force Academy Honor Guard fold a flag during a graveside funeral service for Gen. Louis Wilson Jr. at the Academy Cemetery July 1, 2010.

General Wilson, a 1943 graduate of the U.S. Military Academy, served as commander of Pacific Air Forces before retiring July 1, 1974.

RIGHT: Airmen with the Air Force Academy Honor Guard lower the casket of retired Gen. Louis Wilson Jr. onto a burial plot at the Academy Cemetery during General Wilson's funeral service July 1, 2010. In the background is Academy Chaplain (Lt. Col.) William Ziegler.

PHOTOS BY MIKE KAPLAN



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Academy to get 'fired up' for safety

By Andrea Brown
Academy Spirit Staff

Here's something to fire up the kids: fire. The Academy Fire Department will hold its annual Youth Fire Safety Camp at Fire Station 1 Tuesday from 10 a.m. to 2 p.m. for children ages 8 to 12.

This is a chance for kids to put down the remote control and pick up a fire hose. Not only that, they get to roll it, lug it and spray it.

About 30 kids attended last year. There wasn't a dry shirt in the place.

"On the scale of one to soaking, it's completely saturated," Deputy Fire Chief Ken Helgerson said. "Kids learn some critical skills. Some of it has real-life application, the potential to save their life someday. Some of it is just plain fun."

Campers get to dress the part by trying on real

firefighting boots, coats and pants.

"The key part is fire safety: what firefighters do and what they look like; what to do if the smoke detector goes off," Assistant Fire Chief Ron Prettyman said.

"We give them fire extinguishers. We smoke up with theater smoke and let them crawl out the window. It's interactive; it's not sitting down. It is built around keeping busy."

Smokey Bear and Sparky will visit with participants, and everyone will receive a group photo and a Youth Fire Safety Camp certificate signed by the Academy's fire chief. Lunch is — what else? — fire-roasted hot dogs.

Deadline to sign up is Monday.

For more information, call the Fire Prevention Office at 333-2051.



J. RACHEL SPENCER

Sebastian Smits, age 2, plays with the steering wheel of a fire truck as firefighter Shaun Glidden from Fort Carson watches during an Air Force Academy Fire Department Open House Aug. 8, 2009. A youth fire safety camp scheduled for July 20, 2010, will give children a chance to pick up fire hoses and learn what to do if a smoke detector or fire alarm goes off.



COURTESY OF AUSTIN SMITHARD

Staff Sgt. Marc Esposito nears the 1,000-mile mark in Utah during Sea to Shining Sea, a 4,000-mile bike ride which started at the Golden Gate Bridge in San Francisco and will end July 24, 2010, in Virginia Beach, Va..

Wounded warrior rides from coast to coast

By Maj. Belinda Petersen
Air Force Personnel Center Public Affairs

A combat controller who last year was laying in a hospital fighting for his life is now riding his bicycle across America as part of his rehabilitation and to inspire other wounded warriors.

Along with 19 of his teammates, Staff Sgt. Marc Esposito from the 21st Special Tactics Squadron at Pope Air Force Base, N.C., is participating in the Sea to Shining Sea ride. The bike trek across America started at the Golden Gate Bridge in San Francisco, passed through the Air Force Academy June 22 and will end in Virginia Beach, Va., July 24.

"The goal of the ride is to honor the courage of (servicemembers), recognize the strength of the American spirit and challenge perceptions of how we view athletes," said Melissa McKinley, a public relations specialist for the event.

But before Sergeant Esposito could even get back on his bike, he spent almost a year in hospitals where he underwent several surgeries and extensive rehabilitation.

"In May 2009, I was operating in Afghanistan as a combat controller in support of an Army special operations team," Sergeant Esposito said. "We were going after the bad guys when we hit an (improvised explosive device). Everyone in the vehicle was thrown out. I was in the rear of the vehicle, where the concentrated blast came from. I was instantly left unconscious and catapulted from the vehicle."

"When the special operations medical technician found me, he said I was on fire, had no heartbeat and wasn't breathing,"

he said. "My legs and back were broken, and a lot of my teeth were smashed. I also suffered a traumatic brain injury."

And now, thanks to the tremendous care and support he received from the medical community and his squadron, Sergeant Esposito is riding his bicycle 4,000 miles through deserts, mountain passes, big cities and small towns.

"It is so inspirational to see Marc and his teammates helping each other all along the way," Ms. McKinley said. "After conquering a hill, Marc will ride back down so he can ride along with someone who needs the encouragement to make it up the hill. That's how Marc is; he always wants to help others."

"I want to help others understand that there is life after an injury or illness," Sergeant Esposito said. "When something traumatic happens, you feel like your life has been turned upside down. Everything is at a standstill. But you have to get back into life by doing what you love and loving what you do."

That's the message he and his teammates are inspiring in others as they ride across America, meeting people at water stops, restaurants, historical landmarks and military bases.

"They are changing people's lives as they go through small towns," Ms. McKinley said.

"By doing the Sea to Shining Sea ride, we want to prove that we are still an asset to our great country, that we are still very capable and can continue to serve," Airman Petras said.

Along with Sergeant Esposito and Airman Petras, other Air Force riders include Christopher Frost, Kevin Sullivan and Scott Bilyeu.

Academy's adoption of Woodmen Trail a win-win situation

By Andrea Brown
Academy Spirit Staff

The budget-stricken Colorado Springs parks department needed help. The Academy needed a project. Shazam! A match was made. The Academy adopted the Woodmen Trail walking and biking path.

"It is win-win," said Scott Abbott, supervisor of Colorado Springs Regional Parks, Trails and Open Space. "It gives them a feeling of stewardship and it helps us."

The city has only one staff person in charge of more than 200 miles of trails. The Academy is taking two maintenance-mongering miles off the city's hands on the trail curving along West Woodmen Road.

Academy volunteers will maintain the safety, visibility and aesthetics of the trail. Basically, this means mowing, sweeping and scooping pet waste.

It's a way for the Academy to give back. "We are part of the citizenry. We go to schools, we go to churches," said Chief Master Sgt. Todd Salzman, the Academy's command chief and father of two children. "It's an opportunity to show how much we are part of the community, not only as military."

The trail is a good project to hook cadets and others into volunteer service, he said. "We try to start them at a pretty young

age. Once they start doing this, they continue as they move up through the ranks. Not only this, (but) book drives, blood drives, whatever."

Senior Airman Brianna Reid of the 98th Flying Squadron was eager to help. "It is such a beautiful area around here," she said. "We can keep it nice and maintained."

The trail goes from Chapel Drive west to Westwood Road along the south side of West Woodmen Road. It is used mainly by Rockrimmon-area residents to walk dogs, bike and jog along the two-lane road, where there is not a sidewalk on either side. It looks like a neglected gravel path between overgrown weeds. It's easy to miss if you don't know it's there. Even those who use it don't know what they're using.

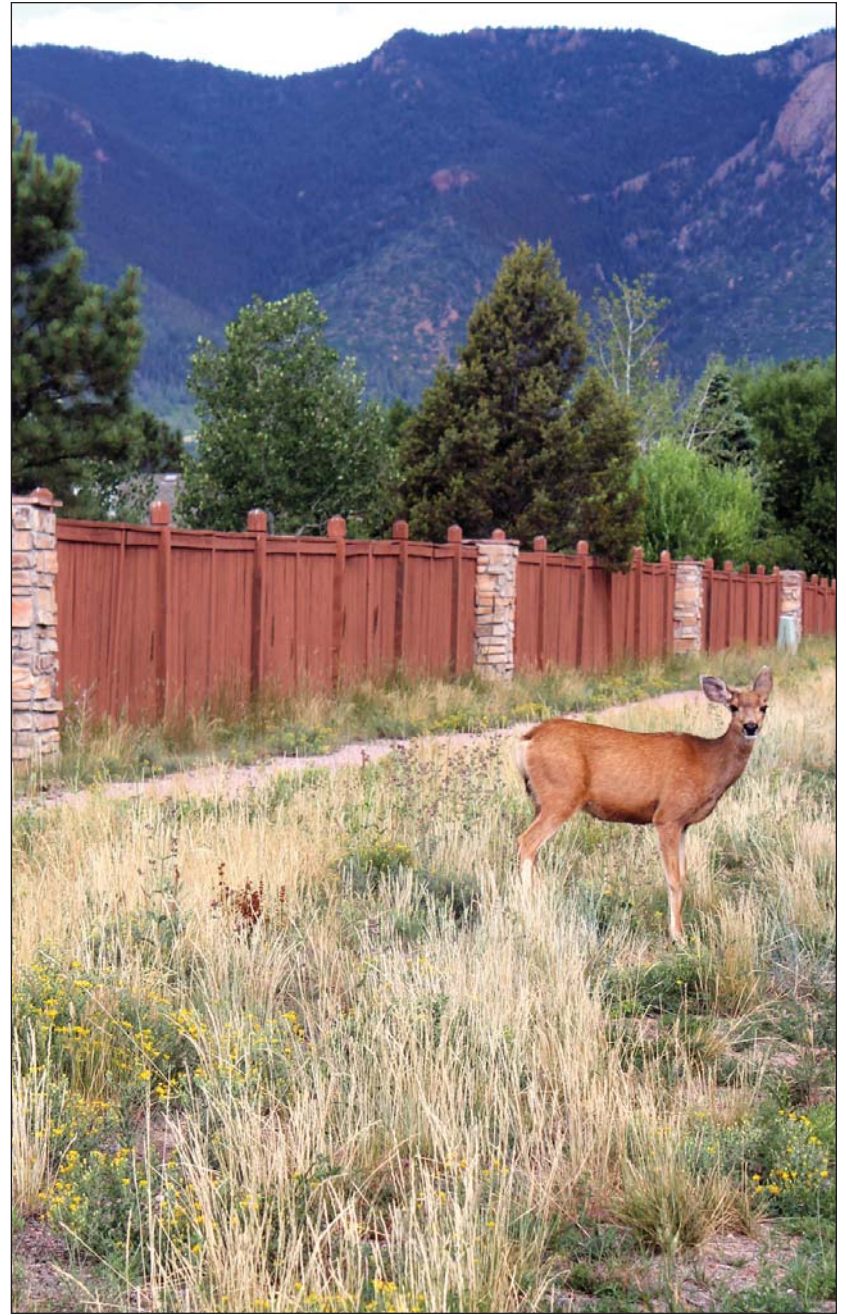
"I didn't know it was a trail," said jogger Jim Joyner, interviewed as he ran the final stretch.

For Mr. Joyner, the path is an artery out of harm's way from motorists zipping along Woodmen.

"We use it a lot. Sometimes we take the bikes down to the Santa Fe Trail."

He appreciates the Academy's endeavor. "If they're upkeeping it, that's terrific," Mr. Joyner said.

A sign went up this week to officially mark the Academy's sponsorship.



ANDREA BROWN

A deer grazes along the West Woodmen Trail in northwest Colorado Springs Tuesday. The Air Force Academy's enlisted Airmen recently adopted the trail.

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VA eases PTSD claims process

By Elaine Wilson
American Forces Press Service

WASHINGTON (AFNS) — The Veterans Affairs Department published a final regulation Tuesday intended to ease the claims process and improve access to health care for veterans with post-traumatic stress disorder.

The new rule, to be published in the Federal Register, will relax the evidence requirement if the PTSD stressor claimed by a veteran is linked to “fear of hostile military or terrorist activity and is consistent with the places, types and circumstances of the veteran’s service,” a VA news release said.

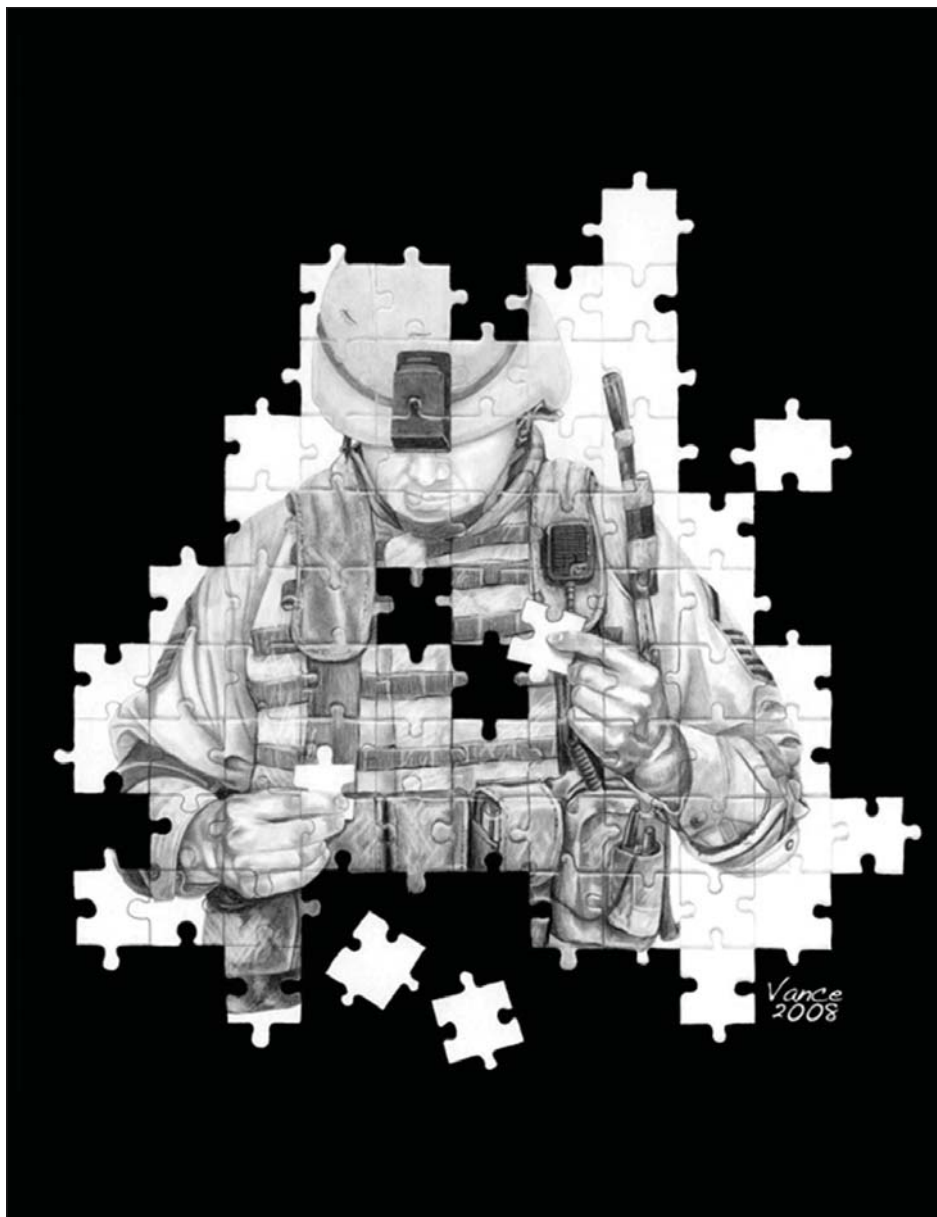
“This nation has a solemn obligation to the men and women who have honorably served this country and suffer from the often-devastating emotional wounds of war,” Veterans Affairs Secretary Eric K. Shinseki said. “This final regulation goes a long way to ensure that veterans receive the benefits and services they need.”

Currently, VA decision makers are required to confirm that a noncombat veteran actually experienced a stressor related to hostile military activity, the release said.

Under the new rule, VA no longer will require substantiation of a stressor tied to fear of hostile military or terrorist activity if a VA psychiatrist or psychologist can confirm that the experience recalled by a veteran supports a PTSD diagnosis and the veteran’s symptoms are related to the stressor, a VA release said.

“With this new PTSD regulation, we are acknowledging the inherently stressful nature ... of military service in which the reality and fear of hostile or terrorist activity is always present,” said Michael Walcoff, the VA’s acting undersecretary for benefits.

The regulation will eliminate the need to search for records to verify veterans’ accounts, “often a very involved and protracted process,” Mr. Walcoff said.



MASTER SGT. WILLIAM VANCE

This pencil illustration attempts to visualize post-traumatic stress disorder. Those who suffer from PTSD are constantly trying to regain some sense of the normalcy they had before events that caused pieces of themselves to go missing.

It will enable VA officials “to move more quickly to award more benefits to veterans suffering from PTSD,” Mr. Walcoff said.

Mr. Walcoff said he hopes the new regulation will encourage more veterans with PTSD to come forward,

particularly those who have been deterred by a seemingly time-consuming and sometimes frustrating process.

More than 400,000 veterans currently are receiving compensation benefits for PTSD, VA officials said. And of the nearly 400,000 veterans treated at VA facilities for PTSD in fiscal 2009, nearly 70,000, or 19 percent, were veterans of operations Iraqi Freedom and Enduring Freedom.

However, the new regulation has the potential to benefit all veterans, regardless of their period of service, Mr. Walcoff said.

Dr. Robert A. Petzel, the VA’s undersecretary for health, said the regulation will be particularly beneficial for veterans who have had their military records damaged or destroyed, female veterans whose records don’t specify they have combat experience, and veterans who have experienced combat but have no record of it.

“This is good news for America’s veterans,” Dr. Petzel said. “In fact, it’s a historic day.”

In his weekly address, President Barack Obama called the changes a “long-overdue step.”

“I don’t think our troops on the battlefield should have to take notes to keep for a claims application,” President Obama said. “And I’ve met enough veterans to know that you don’t have to engage in a firefight to endure the trauma of war.”

The new regulation not only will help veterans of the Afghanistan and Iraq wars, but “generations of their brave predecessors who proudly served and sacrificed in all our wars,” the president said.

“It’s a step that proves America will always be here for our veterans, just as they’ve been there for us,” he said. “We won’t let them down. We take care of our own, and as long as I’m commander in chief, that’s what we’re going to keep doing.”

Tricare offers cessation program for tobacco

By Diane Mayer
TriWest Healthcare Alliance

More than 1,000 people die every day in the United States from an entirely preventable cause: tobacco. “My dad smoked his entire life and I think that smoking is what, in fact, killed him eventually. But I wasn’t thinking about that. I just thought it was a cool thing to do and I wanted to smoke too,” said Navy Surgeon General Vice Adm. Adam M. Robinson in a video interview posted on www.tricare.mil/tobaccofree.

“The reason I stopped smoking was because of my patients ... kicking an addiction is probably among the strongest things that we will ever do.”

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Tricare’s Tobacco-Free website,

www.tricare.mil/tobaccofree.

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This telephone line is NOT a counseling service

Tricare and TriWest want you to be a successful quitter. It all boils down to choice.

Four band NCOs receive promotions

Four NCOs with the Air Force Academy Band were selected for promotion Thursday.

Named for promotion to the next higher rank are Senior Master Sgt. John Gohl, Master Sgt. Jerome Oddo and Tech. Sgts. Nancy Poffenbarger and Sarah Balian. Sergeant Gohl, a native of Moorhead, Minn., plays trombone for the marching and concert bands and the Stellar Winds ensemble. Sergeant Oddo, a native of Edgewater, Fla., plays tuba for the marching band and bass for the Wild Blue Country ensemble. Sergeant Poffenbarger, a native of San Antonio, performs percussion for the marching band and sings for the concert band and the Academy Winds ensemble.

Sergeant Balian, a native of Charlottesville, Va., plays alto saxophone for the marching band and oboe for the concert band and Academy Winds.

“One of the great joys and privileges I have as a commander is to announce promotions,” said Lt. Col. Larry Lang, the Academy Band’s commander and conductor. “Nancy, Sarah, Jerome and John, bravo on your selection and thank you for the outstanding professionalism, talent and dedication you bring to this unit and to our Air Force each and every day.” The Academy Band maintains a rigorous performance schedule in support of cadet and Airman morale, recruiting and community outreach.

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BILL EVANS

The Class of 2014, led by cadet training cadre members, salute during the raising of the American flag in Jacks Valley at the end of a 4.5-mile march from the Cadet Area July 11, 2010. The basic cadets will spend approximately two weeks in Jacks Valley during the second phase of Basic Cadet Training to learn how to work as teams and to hone their physical fitness.

Class of '14 hits Jacks Valley

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

A journey of 4½ miles begins with two words: "Forward, MARCH!"

With those words, spoken Sunday at 6:45 a.m., the Class of 2014 began its transition from the first phase of Basic Cadet Training to "Second Beast," which entails about two weeks of military training and team-building.

Basic cadets, led by Vice Superintendent Col. Tamra Rank, 10th Air Base Wing Commander Col. Rick LoCastro and other senior leaders, marched east along Academy Drive, where excited families held signs with slogans such as "I love you, munchkin!"

"Mama, mama, look at me! Look what the Air Force done to me!" one squadron jodied as it passed the families, some of whom traveled from as far as Peachtree, Ga., and Washington, D.C., to see their cadets.

A local couple, Mark and Carrie Hachtel, traveled from

Highlands Ranch and arrived a little before 7 a.m. to get a good spot near "Diamond Lil," the Academy's B-52 static exhibit, and to see their son, Basic Cadet Adam Hachtel.

"We talked to him yesterday," Mr. Hachtel said. "Things are going well for him right now. Just by being here, his future is bright, and we're proud of him."

Dr. Regina Lewis said she believes her son, Basic Cadet Charles Edward Lewis III, has broken negative stereotypes of African-American males in education by joining the Long Blue Line. She came out to the Academy Sunday morning along with Cadet Lewis' stepfather, Army Sgt. Justin Lawrence.

"Keep your head up, stay strong and know we all love you at home," said Sergeant Lawrence, who is stationed at Fort Carson. "We can't wait to see you."

Cadet Lewis' father was killed in a helicopter accident in Hanoi, Vietnam, in 2001, said Dr. Lewis, an associate dean with the Division of Communications, Humanities and Technical Studies at Pikes Peak Community College.

"He's dedicated being here to his dad," she added.

The Class of 2014 has dedication in abundance, along with strong motivation, said Cadet 2nd Class Michael Harrison, a cadet cadre instructor with Cadet Squadron 07.

"I like what I see so far," Cadet Harrison said. "We're working on physical fitness, but I like the level of motivation and discipline. They show a strong desire to be here."

The march to Jacks Valley ends somewhere around step number 11,600. In the upcoming weeks, basic cadets will receive more military training, Cadet Harrison explained. The cadre will expose basics to a field environment: the basics set up their own tents shortly after arriving in Jacks Valley and will call those tents home throughout their field training. Second Beast also provides a greater focus on teamwork and physical fitness as well as exposure to combat first aid.

At the end of Second Beast, the cadets will march back to the Cadet Area. A few days later, they will retake their oaths of allegiance and officially become freshmen. In its journey along the Long Blue Line, the Class of 2014 will have taken its first step.



BILL EVANS



MIKE KAPLAN

ABOVE: Basic Cadet Elizabeth Hicks navigates the assault course in Jacks Valley on Monday. Basic cadets spend about two weeks in Jacks Valley learning how to work as a team to conduct military operations.
LEFT: Cadets with the Class of 2014 march along an unpaved road in Jacks Valley at the Air Force Academy on Sunday. The class has adopted the motto "Like a machine" in the three weeks since inprocessing.



MIKE KAPLAN

The Air Force Academy's Class of 2014 marches past the intersection of Academy Drive and Stadium Boulevard en route to Jacks Valley Sunday, accompanied by senior officers and cadre members. Most family members were local, though a few families traveled from as far as Washington, D.C.

Cadets wrap up mentoring program

By Katherine Gandara
Air Force Operational Test
and Evaluation Center

KIRTLAND AIR FORCE BASE, N.M. — Eleven cadets recently wrapped up trips to four Air Force Operational Test and Evaluation Center sites, where they worked on a variety of Air Force programs ranging from the F-35 Lightning II Joint Strike Fighter to the RQ-4 Global Hawk.

AFOTEC hosted the Cadet Summer Research Program for a third year at locations in California, Florida, Nevada and Texas.

As part of CSRP, the cadets worked as full-fledged members of operational test and evaluation teams and gained hands-on exposure to operational testing processes, products and experiences for periods of three to five weeks from June to July.

The CSRP is part of the AFOTEC Mentoring Program and is designed to expose cadets to the types of opportunities and responsibilities they will have once they graduate and receive their commissions, said AFOTEC Commander Maj. Gen. Stephen Sargeant.

“The program leverages AFOTEC’s experience in operational test and evaluation to create a comprehensive mentoring program for Academy cadets during their academic and professional development,” General Sargeant added.

Cadets 1st Class Roderick Mills, Carson Slater and Jonathan Swift joined the Joint Strike Fighter Operational Test Team at AFOTEC Det. 1, Edwards Air Force Base, Calif. Cadets Swift and Mills spent their time at Edwards developing a data management tool that consolidated developmental test pilot reports into a single database for trend analysis.



U.S. AIR FORCE PHOTO

Cadet 1st Class Christpher Leung checks out the cockpit of a B-1B Lancer during his Cadet Summer Research Program tour with the Air Force Operational Test and Evaluation Center Det. 5 at Edwards Air Force Base, Calif. Cadet Leung supported analysis of ground and flight test data from the B-1B Fully Integrated Data Link program.

Cadet Slater worked at Detachment 1’s operating location in Fort Worth, Texas, developing a tool for collecting data on F-35 health reporting codes.

These tools were given to the detachment’s suitability and test support sections to incorporate into daily operations.

“The cadets’ projects provided us with data collection tools that we will continue to use throughout the current operational assessment of the F-35” said Col. Gary Cooper, AFOTEC Detachment 1 commander.

“We also provided them an opportunity to observe both developmental and operational test operations across the wide range of activity going on at Edwards so they now have an idea of the scope of test across the Air Force.”

Cadets 1st Class Clay Adair, David Cooke and Kyle Yohe, at AFOTEC Det. 2, Eglin AFB, Fla., helped build data analysis tools for the Miniature Air-Launched Decoy Jammer and Defense Enterprise Accounting and Management System test programs. All three cadets will attend pilot training after graduation.

The cadets developed a data comparison tool that allows the test team to calculate three-dimensional MALDJ route deviation and created a data organizational tool for the DEAMS test program that quickly integrates large amounts of data and quickly determines traceability and accuracy, explained Col. Chuck Corley, Detachment 2 commander.

Finally, the cadets wrote detailed documentation for both tools, allowing for training of new analysts and tool modification.

“Cadets Adair, Cooke, and Yohe made tremendous contributions to our operational test mission” Colonel Corley said.

Cadets 1st Class Jeremy Granow, Austin Kootz, Christopher Leung and Alex Volesky integrated into AFOTEC Det. 5 at Edwards AFB, working with test programs within the detachment’s Bomber Test Operations and Command and Control, Intelligence, Surveillance and Reconnaissance divisions.

See CSRP Page 13

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CSRP

From Page 12

The cadets were also exposed to Air Force Flight Test Center activities through the U.S. Air Force Test Pilot School.

“Cadets Leung and Volesky provided crucial support in the analysis of ground and flight test data from the B-1B (Lancer) Fully Integrated Data Link program,” said Col. Paul Daly, Detachment 5 commander.

Cadet Leung wrote numerous MATLAB routines to help translate data link information into formats that could be compared with data from different sources.

Cadet Volesky collected deficiency information and developed important post-processing tools for the tactical message formats.

“Their dedication and tireless efforts have greatly helped progress the reporting of the results from the B-1 FIDL operational assessment,” Colonel Daly said.

Cadets Granow and Kootz designed a user-friendly Air Force contracted personnel deliveries database for the Global Hawk, MQ-1 Predator, Battlefield Airborne Common Node, Multi-Platform-Radar Technology Insertion and Advance Signals Intelligence Platform programs.

“The product and effort was quick and easy to understand,” Colonel Daly said.

Cadet Kootz also used available tools to minimize the time of selecting essential elements of intelligence and scenarios for each range and sortie to be flown by Global Hawks during initial op-



Cadets 1st Class Jeremy Granow and Austin Kootz pose for a photograph in front of an RQ-4 Global Hawk remotely piloted aircraft in June 2010 during their three-week Cadet Summer Research Program tour at the Air Force

Operational Test and Evaluation Center Det. 5 at Edwards AFB, Calif. The cadets designed a database to support the Global Hawk and other AFOTEC Detachment 5 programs.

erational test and evaluation, increasing the productivity of combinations and developing Visual Basic macro commands to speed up repetitive portions of the task, reducing the work required from days to three hours, Colonel Daly said.

Cadet 1st Class Joseph Boben built an assessment of Circular Error Point calculation methods for bomb drop data while at AFOTEC Det. 6 at Nellis AFB, Nev.

He also spent time on the Nellis flightline with maintainers and operators and spent a few days on the range as a dynamic target for pilots to find and “kill,” said Col. Greg Neubeck, Detachment 6 commander.

“Cadets are a welcome injection of high energy and youth to the unit,” Colonel Neubeck said.

“Joe fit right in and focused in on his task. We appreciate the opportunity to host cadets,

especially those with engineering backgrounds, because most of what we do relates well to the cadet’s academic background and gives them the opportunity to apply what they’ve learned in an operational test environment.”

AFOTEC and the Air Force Academy continue to provide opportunities for meaningful research to cadets, said Lt. Col. Scott Hunt, AFOTEC’s point of contact for the

program.

“The various Academy departments sent us high-quality cadets, and we seamlessly integrated them into our test teams,” Colonel Hunt said.

“We are compiling lessons learned from this year to apply to our program for 2011.”

The programs will allow future Air Force leaders to enter active duty with a better understanding and awareness of how the knowledge

and skill they gain at the Academy will allow them to make a difference in delivering capabilities to warfighters and to more effectively conduct operations with less risk to Airmen and joint and coalition partners, General Sargeant said.

“We look forward to continuing our mutually beneficial mentoring partnership with the Academy well into the future,” the general added.

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

Meet the track & field women

By Valerie Perkin
Athletic Communications

The Air Force Athletics website, www.goairforcefalcons.com, spotlighted the 15 basic cadets who will join the women's team for the 2011 season.

Air Force track and field head coach Ralph Lindeman announced the program's incoming members Tuesday.

The freshmen roster features five state champions, as well as two national competitors.

An all-state honoree at 3,200 meters, Lara Shegoski (Belle Mead, N.J.) finished fourth in the 5,000-meter run at the National Scholastic Indoor Championships to earn All-America status before placing sixth in that distance at the New Balance Outdoor National Championship. Annette Eichenberger (West Chicago, Ill.), the 800-meter champion at the Illinois 3A state outdoor championships and the Illinois IPTT state indoor championships, was the runner up in that distance at the 2009 Nike Outdoor Nationals. In addition, Eichenberger finished second in the 2000-meter steeplechase at the 2009 AAU Junior Olympics.

Emily Edwards (Cisco, Texas) is a two-time Texas 2A state champion in the discus throw, while Paige Shirley (Jacksonville, Fla.) won back-to-back titles in the pole vault at the Florida 2A state championships. In addition to her 2010 title at the state meet, Shirley also won the pole vault at the Florida Relays.

Becca Bauman (Post Falls, Idaho) was



Idaho's 5A champion in the discus throw, while Kassie Gurnell (Pearland, Texas) won the triple jump at the 2009 Texas TAPPS 4A state championships. Bauman also earned a second-place finish in the shot put at that meet, while Gurnell has earned runner-up finishes in the triple jump (2010) and high jump (2009), 400-meter dash (2009) and 200-meter dash (2009).

The Class of 2014 also features a trio of top-three state finishers, including Rachel Herald (Rockford, Mich.), who placed second in the high jump at the 2008 Michigan (Lower Peninsula Division I) state championship meet, Kimberly Smith (Kirtland, N.M.), who finished third in the javelin throw at the New Mexico AAAA state meet, and Libby Westfall (Colorado Springs, Colo.), who finished third in the pole vault at the Colorado 5A state championships.

Teresa Loya (Santa Maria, Calif.)

finished fourth in the shot put at the 2010 California CIF state meet, while Regan Rogers (Wellsboro, Pa.) recorded a fourth-place finish in the high jump at the 2008 Pennsylvania state championships. Loya, the runner-up in the CIF Southern Section Masters meet, also finished within the top five at the 2009 state championships. Rogers, the Pennsylvania PIAA District IV champion in both the high jump and triple jump, also earned a top-five finish in the state's high jump finals (fifth, 2009).

Also joining the women's program will be distance runner Carley Gross (Tustin, Calif.), high jumper Jamielynne Hart (Westminster, Colo.), thrower Alana Piccone (Roseville, Calif.) and middle distance runner Stephaney Saari (San Antonio, Texas).

Check back with www.goairforcefalcons.com Tuesday to meet the new additions to the men's team.

WOMEN'S TRACK AND FIELD CLASS OF 2014

Becca Bauman (Post Falls, Idaho / Post Falls High School)

Annette Eichenberger (West Chicago, Ill. / West Chicago HS)

Emily Edwards (Cisco, Texas / Cisco HS)

Carley Gross (Tustin, Calif. / Foothill HS)

Kassie Gurnell (Pearland, Texas / Westbury Christian HS)

Jamielynne Hart (Westminster, Colo. / Standley Lake HS)

Rachel Herald (Rockford, Mich. / Rockford HS)

Teresa Loya (Santa Maria, Calif. / St. Joseph HS)

Alana Piccone (Roseville, Calif. / St. Francis Catholic HS)

Regan Rogers (Wellsboro, Pa. / Wellsboro Area HS)

Stephaney Saari (San Antonio, Texas / Ronald Regan HS)

Lara Shegoski (Belle Mead, N.J. / Montgomery HS)

Paige Shirley (Jacksonville, Fla. / Episcopal HS)

Kimberly Smith (Kirtland, N.M. / Kirtland Central HS)

Libby Westfall (Colorado Springs, Colo. / Pine Creek HS)

McShane takes U.S. volleyball team to international gold

The U.S. Women's Junior National Volleyball Team, assisted on the bench by Air Force head coach Matt McShane, won the gold medal at the North, Central American and Caribbean Continental Championships July 6-10 in Tijuana, Mexico, finishing with a perfect 5-0 record.

The junior national team defeated all five teams in straight sets. The U.S. set the tone of the tournament early, holding El Salvador (25-8, 25-4, 25-7) and Guadalupe (25-8, 25-7, 25-6) to single-digit scores in each set. The junior national team rounded out pool play with a 25-19, 25-16, 25-23 victory over Mexico, earning a bye into the semifinals. In the semifinals, Team USA swept Mexico again by 25-19, 25-14, 25-14 scores, before defeating the Dominican Republic 25-22, 25-20, 25-20 in the gold medal match.

With the win over the Dominican Republic, the U.S. claimed its fourth straight gold medal at the biennial NORCECA Conti-



Matt McShane

ental Championships, while qualifying for the 2011 FIVB (U-20) World Championships in Peru.

The Dominican Republic placed second, while Cuba edged out Mexico in the third-place match. Puerto Rico finished fifth, while Canada (sixth),

Costa Rica (seventh), Trinidad and Tobago (eighth), El Salvador (ninth) and Guadalupe (10th) rounded out the field of competition.

McShane, who is beginning his first season as the head coach of the Falcons' volleyball program, served as an assistant coach for this year's junior national team. He has previously worked with USA Volleyball as an assistant coach for the U.S. Women's National Team (1996), the Yaohan International Volleyball Team and the U.S. National A2 Team (2007). In addition, he has served as the head coach for the 2002 U.S. National A2 Team and the Intermountain Volleyball Association High Performance Team (2001).

Varsity softball team soars in Greeley championship

By Wade Dolbow
10th Medical Surgical Operations Squadron

The Academy's men's varsity softball team won the 2010 Greeley Stampede National Invitational Tournament Saturday and Sunday.

Going into the tournament, the Academy Flyers were ranked 8th of 109 men's Colorado "E" teams.

This was the first national invitational tournament the Academy Flyers played, as previous tournaments were canceled due to inclement weather.

The Flyers played their first game against 2 N Out Saturday morning. A strong defense led by shortstop Bryan Kinder and exceptional pitching by Fred Walker, mixed with a potent offense made sure the game was over quickly. The Flyers quickly dispatched the Denver team 21-5. In their second-round game, the Flyers continued their scoring ways with a convincing 22-7 win over the seventh-ranked Punishers. What first looked to be a very tight game quickly went USAFA's way in the 4th inning when the team exploded for 13 runs. Leo Castro and Mark Lomenick led hitting for the Flyers.

Sunday morning, the Academy was in the winners' bracket and ready to face a gritty opponent in Cimarron, which had been unstoppable and a crowd favorite. The game seesawed back and forth, with the lead changing several times: the Flyers trailed by a run going into the bottom

of the 8th inning. Bryan Kinder and Ken Rojas each hit shots, putting the winning run on second base. John Marozzi came up and hit a ball deep into the gap scoring both runs sealing the victory 13-12.

The Flyers next found themselves squaring off with a very game OHG (Over the Hill Gang) team. The Academy team quickly found its groove and soundly defeated OHG 17-2.

The Flyers were firmly in control of the tournament atop the winners' bracket and awaiting an opponent for the championship game. As fate would have it, they would have to face OHG again. The OHG team was going to have to beat the USAFA Flyers twice to win the tournament.

OHG was fired up and ready to play in that first game and topped the Flyers 15-11 to force the "If" game. The Academy team refocused and dominated OHG 17-5 to take the championship.

The win propelled the USAFA Flyers to a No. 5 ranking in the state. It also assured them a coveted spot in the E West World Championships in September in Aurora, Colo. Named to the All-Tournament Team were Bryan Kinder, John Marozzi, Fred Walker, Leo Castro, with Mike Moore taking tournament MVP. Moore was a phenomenal 22 for 27 at the plate, hitting two in-the-park home runs, three triples and three doubles.

The Flyers' next action is the Rocky Mountain Shootout NIT in Aurora July 23-25.



U.S. AIR FORCE PHOTO/ABNER GUZMAN

High-intensity workouts of less than 60 minutes per day can drastically improve your fitness. Schedule exercise into your day and plan for your workout the evening before.



Time to exercise

By Sharon Hawkes
Academy Health and Wellness Center

After years of talking with people and leaders, I have found that the number one reason people or groups do not exercise consistently or at all is lack of time.

Let's face it: exercise is not a high priority on most people's schedules. The perception is that in order to get a productive and efficient workout, it takes longer than 60 minutes.

This myth cannot be further from the truth -- in fact, the longer a person has to exercise, the more unproductive the session.

The most effective exercise session in reaching your personal exercise goals is shorter in time with higher intensities.

If you are waiting for a perfect time to exercise, that time will never come. It is important to schedule exercise into your day.

Remember your day is not only your duty hours.

For peak exercise performances, schedule your workout times and stick to them.

Ensure you write your schedule on your calendar or planner; this way it becomes a habit.

Remember, nowadays exercise can be done anywhere at any time, as long as you are mentally prepared.

Plan your workout the night before your scheduled exercise session and make sure you have all the gear that you will need for the activity that you have scheduled.

Also remember to put your workout bag in vehicle the night before.

You may get hungry after your workout, so pack a lunch or some snacks that you can have at your desk or the break room.

You don't want hunger to be an excuse used to miss an opportunity to exercise.

For more helpful hints and to learn easy-to-use exercise techniques you can use while at work, at home or the gym, you can follow along in the coming weeks as the Air Force Academy's Fitness Program Manager and the Health and Wellness Center to share exercise routines that will take less than 60 minutes to complete and will increase your fitness level in no time.

You can find these helpful hints and many other exercise tips in upcoming editions of the Academy Spirit.

We will share our first tips and routines July 30.

Spirit Dining

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Education fair

The Education Office will hold an education fair today from 11 a.m. to 1 p.m. in the Community Center courtyard.

More than 20 school representatives will attend to provide information about a variety of degree programs, along with Education Office counselors and library staff who can provide information about Community College of the Air Force completion requirements.

For more information, contact the Education Office at 333-2431.

Volunteers needed

The Academy needs volunteers to help with security, ticketing and other events for the Pikes Peak or Bust Rodeo Saturday at the Norris-Penrose Event Center in Colorado Springs. To volunteer or for more information, contact Senior Master Sgt. Leonardo Castro at 333-5505 or Master Sgt. James Gray at 333-5681.

Sergeants Castro and Gray are also

the points of contact for anyone interested in being part of an Academy wild cow milking team.

Reward for info

The 10th Security Forces has offered a reward for any information regarding damage to the Eisenhower Golf Course on or about June 28-29.

Anyone noticing possible related activity in the Academy Drive and Stadium Boulevard areas between 7 p.m. June 28 and 5:20 a.m. June 29 should call 10th SFS Investigations at 333-2203.

Evening Aerobics

The Community Center Sports and Fitness Center now offers evening aerobics classes at 5 p.m. Mondays, Wednesdays and Thursdays. To sign up or for more information, call 333-4522.

Voyage to Book Island

The Community Center Library's summer reading program, "Voyage to Book Island," runs now through Aug. 7. For more information, rules and age categories, call the library at 333-4665.

Fishing permits

Outdoor Recreation offers Academy fishing permits to fish Kettle Lakes, Ice Lakes, Dead Man's Lake or any of the lakes on Farish Recreation Area grounds. For more information, call 333-2940 or 687-9098.

School physicals

The 10th Medical Group will offer multiple appointment times for school physicals throughout the summer for students who wish to participate in school sports or camp programs and are enrolled in Tricare Prime.

If your child has had a physical completed within the last 12 months prior to the start of school or sports season, he is considered current, and you can contact the medical treatment clinic where the child is enrolled to obtain a copy of the physical for school, sports or camp purposes.

To schedule your child's physical or learn more, call the Tricare Appointment Line at 719-457-2273.

Prep School sponsors

Sponsors are needed for cadet candidates attending the Air Force Academy Preparatory School for the 2010-2011 school year.

Eligible sponsors are active or retired GS-05, E-6, O-3 and above. Academy graduates and professors may also apply. To volunteer as a sponsor or form more information, contact Mark Winter at 333-3057.

Audit needs volunteers

The 2010 Environmental, Safety and Occupational Health Compliance Assessment and Management Program will take place Sept. 13-17.

Military, civilian and contractor personnel will conduct an internal audit in accordance with Air Force Instruction 90-803, "Environmental, Safety and Occupational Health Compliance Assessment and Management Program."

The audit team will brief its findings to the 10th Air Base Wing commander in the 10th Civil Engineer Squadron conference room, Building 8120, Sept. 20 at 1:30 p.m.

For more information or to volunteer as an audit team member, contact Jeanie Duncan at 333-0812.

Community Center events

The Academy will hold an open space picnic, kickball and family movie today from 5:30 to 8 p.m. in the open space at the Douglass Valley Housing Area, or at the Milazzo Center if weather is inclement. Popcorn will be provided, and soda will be on sale. Attendees should bring their own blankets or lawn chairs and may bring other food and drinks.

Ballroom dance classes start at the Community Center Aug. 4, with beginners' classes at 5:30 p.m., intermediate classes at 6:45 p.m. and swing at 8 p.m. Each course is \$70 per couple or \$40 per individual.

To book the Milazzo Center or Community Center Ballroom for your event, call Community Activities at 333-2928.

A&FRC offerings

The Academy Airman and Family Readiness Center will host the following classes in July. Contact the A&FRC at 333-3444 or 333-3445 with questions or to sign up for a class. Class dates and times are subject to change.

Group Pre-Separation Counseling
Held Mondays (except during Transition Assistance week), 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory briefing will help you identify benefits and services associated with your transition and beyond.

Disabled American Veterans Medical Records Review

July 30, 7:30 am to 4:30 pm
Individuals within 180 days of retirement or separation can have the DAV review their medical records in preparation of filing for Veterans Affairs Dis-

ability Compensation through the VA Form 21-526. Call for more information or an appointment.

Smooth Move

Thursday, 3 to 4 p.m.

Being prepared certainly lessens the stress of an upcoming move. Learn innovative and proven ways to make your move a smooth one ---- "Know Before You Go" This is a mandatory class for individuals departing the Academy.

From Stuck to Unstoppable

Tuesday, 9 a.m. to noon

Career search not going anywhere? Come and learn how to jumpstart your job search engine and take yourself to the next level of motivation.

Résumé Writing

Wednesday, 9 a.m. to noon

Learn different types of résumé and cover letter styles and how to improve your own. Improve your résumé to make it work more effectively for you. The main purpose of the résumé is to entice an employer to call you for an interview. If your résumé is not doing this for you, then it probably needs some refinement.

Key Spouse Training - Initial Training

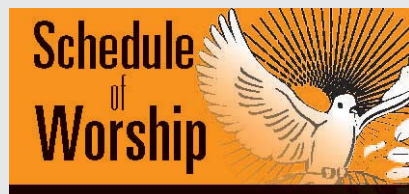
Thursday, 8 a.m. to noon

The Academy Key Spouse Program enables open communication between unit leadership and families. Initial Training includes roles and responsibilities, resources, making connections, responding to the call, and how to support families during deployment

Red Carpet Base Tour

July 23, 8:15 a.m. to 2:30 p.m.

This is an informative base tour that gives insight into the Academy's mission and reveals most of the events/activities to see and do while stationed here. Stops include the Academy Equestrian Center, Cadet Chapel, Arnold Hall, Arts and Crafts Center, Outdoor Recreation and more.



CADET CHAPEL

Buddist

Sunday 10 a.m.

Native American

Sweatlodge Ceremony - Aug. 7, 4 p.m.
Fort Carson Turkey Creek Recreation Area

Protestant

Combined Worship Service
Sunday 10 a.m.

Roman Catholic

Mass
Sunday 10 a.m.

Sacrament of Penance

Sunday 9:10-9:40 a.m.

Paganism/Earth-centered Spirituality

Contact Tech. Sgt. Longcrier 719-333-6187

Open for tours

Mon.-Sat. 9 a.m.-5 p.m.
Sunday 1-5 p.m.
No tours during services

Service times are subject to change without notice due to mission requirements. Please call 719-333-2636/4515 for more information.

COMMUNITY CENTER CHAPEL

Catholic Masses

Saturday

Reconciliation - 3:30 p.m.
Mass - 4 p.m.

Sunday

Mass - 9 a.m.
Religious formation - 10:15 a.m.
(September-May)

Tuesday-Friday

Mass 11:30 a.m.

Protestant Services

Wednesday

Wednesday Night Live - 6 p.m.
Dinner followed by Religious Education
(September-May)

Sunday

Evangelical - 10:15 a.m.
Gospel 11:30 a.m.

FREE *Front Range* **FREE**

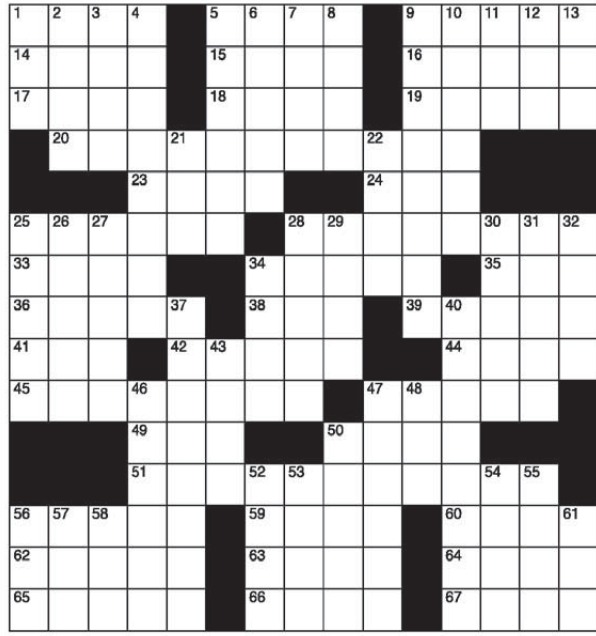
RETIREE APPRECIATION DAY

Saturday, July 24, 8:30 a.m.-2 p.m.
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- FREE Continental style breakfast
- FREE Lunch/appetizer spread
- Music/DJ
- Information/vendor fair to include more than 50 vendors
- Medical Information
- TRICARE information
- Guest Speakers

Col LoCastro, 10th Air Base Wing CC
Col Jennings, 21st Air Base Wing CV
Col Monteith, 50th Space Wing CC



CROSSWORD PUZZLE

CLUES ACROSS

1. Designer Jacobs
5. Invests in little enterprises
9. _____ Castell, makers of pens
14. Ex-ruler of Iran
15. Widely used Pakistani language
16. Niche near the altar
17. Chancel area
18. Asian weight unit (1.3 oz)
19. A protruding part
20. Suspicious
23. Comparative conjunctive
24. Brew
25. Tooth decays
28. Hygienic
33. Feeling of blame
34. Sudden loud noises
35. Sixth Hebrew letter
36. Food from orchid tubers
38. Astern

39. Ethiopian lake
41. Midway between E and SE
42. Rattling breaths
44. Blue goose
45. Pilchards
47. Football league _____ A
49. The longest division of geological time
50. Swollen lymph node
51. Berlin gate
56. Unconsciousness
59. Anglo-Saxon currency
60. An inexperienced person
62. Male social clubs
63. People of southern India
64. A jeering remark
65. Staffs
66. A domed or vaulted recess
67. Or _____

CLUES DOWN

1. Mutual savings bank (abbr.)
2. Polite interruption sound
3. Actor _____ Malek
4. A way to scold
5. Sacred Buddhist writings
6. Von _____, rocket scientist
7. March 15th
8. Extremist religious group
9. A composer of fables
10. Talisman
11. Where wine ferments (abbr.)
12. Heat unit
13. Whisky
21. One and only
22. Venom injector
25. Romaine lettuces
26. Squash bug genus
27. 12-inch measuring stick
28. Strongboxes

29. Small social insects
30. Woolly indris genus
31. Rajah's wife
32. Chinese monetary unit
34. A large cotton bundle
37. Convent superior
40. Obtain by salvaging
43. Tennis star Kournikova
46. Pro and con discussion
47. Ice cream served with a topping
48. The outward flow of the tide
50. A drop of moisture
52. _____ Bene (Latin)
53. Fall to a lower place
54. One train track
55. A castrated male cat
56. Cubic feet per minute (abbr.)
57. Openings
58. A waterproof raincoat
61. Charge for a service

SUDOKU

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

Level: Intermediate

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!

Puzzle Solutions on page 13

7-16-10

Features

- Search Local Vehicles
- New and Used Inventory
- Advanced Searches
- Weekly New Vehicle Reviews
- Article and Reviews Archive
- Current Local Auto News
- National News Links
- Featured Videos
- Video Galleries
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CLERICAL



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205/65R15 \$62.95	265/70R16 \$99.95	205/50R17 \$89.95
225/60R16 \$67.95	265/75R16 \$101.95	225/45R17 \$91.95
205/55R16 \$68.95	31x10.5 R15 \$107.95	225/50R17 \$91.95
235/75R15 \$69.95	265/70R17 \$109.95	215/40R17 \$103.95

FREE 4-Tire Rotation Offer good through 8/31/10.

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SOUTH NEVADA S. Nevada 2 Blocks S. of I-25 473-7089	WOODLAND PARK Highway 24 & Chester 687-6682
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\$500 TOYOTA CASH REBATE

FOR QUALIFIED MILITARY PERSONNEL⁵

NEW 2010 COROLLA



0% APR Financing¹ OR **\$169 Per Mo. LEASE²**
 60 months with \$16.67 per \$1000 borrowed 36 months with \$1,399 due at signing plus taxes and fees. (LE model only)

OR **\$1000 CASH BACK⁴**

NEW 2011 CAMRY
(Excludes Hybrid model)



0% APR Financing¹ OR **\$199 Per Mo. LEASE²**
 60 months with \$16.67 per \$1000 borrowed 36 months with \$2,099 due at signing plus taxes and fees.

OR **\$1000 CASH BACK⁴**

NEW 2010 TACOMA



3.9% APR Financing¹ OR **\$1000 CASH BACK⁴**
 60 months with \$18.37 per \$1000 borrowed

NEW 2010 TUNDRA



0% APR Financing¹ OR **\$3000 CASH BACK⁴**
 60 months with \$16.67 per \$1000 borrowed (CrewMax models only)

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* Based on R.L. Polk & Co. Colorado Springs Market total passenger new light vehicle registrations statistics as of July 2009.

OPTIONS SHOWN. OFFERS END 8/2/10. OFFERS MAY VARY BY REGION. SEE PARTICIPATING DEALER FOR DETAILS. ¹APR FINANCING WITH APPROVED CREDIT FROM TOYOTA FINANCIAL SERVICES ON NEW 2011 CAMRY (EXCLUDES HYBRID), 2010 COROLLA, TACOMA AND TUNDRA. ²LEASE A NEW 2010 COROLLA LE 4-DOOR, 4-SPEED AUTOMATIC (EXCLUDES S MODEL) FOR \$169 A MONTH FOR 36 MONTHS WITH \$1,399 DUE AT SIGNING. DUE AT SIGNING COSTS INCLUDE FIRST MONTH'S PAYMENT AND \$1,230 DOWN PAYMENT. SECURITY DEPOSIT WAIVED. DOES NOT INCLUDE TAXES, LICENSE, TITLE FEES, INSURANCE AND DEALER CHARGES. CLOSED-END LEASE. EXAMPLE BASED ON MODEL #1838. TOTAL MANUFACTURER'S SUGGESTED RETAIL PRICE INCLUDING FREIGHT \$18,328. MONTHLY PAYMENTS OF \$169 TOTAL \$6,084. CAPITALIZED COST OF \$17,780 BASED ON DOWN PAYMENT AND DEALER PARTICIPATION, WHICH MAY VARY BY DEALER. PAYMENT MAY VARY DEPENDING ON FINAL TRANSACTION PRICE. LEASE-END PURCHASE OPTION IS \$10,485. ³LEASE A NEW 2011 CAMRY LE 4-CYLINDER AUTOMATIC (EXCLUDES HYBRID) FOR \$199 A MONTH FOR 36 MONTHS WITH \$2,099 DUE AT SIGNING. DUE AT SIGNING COSTS INCLUDE FIRST MONTH'S PAYMENT AND \$1,900 DOWN PAYMENT. SECURITY DEPOSIT WAIVED. DOES NOT INCLUDE TAXES, LICENSE, TITLE FEES, INSURANCE AND DEALER CHARGES. CLOSED-END LEASE. EXAMPLE BASED ON MODEL #2532. TOTAL MANUFACTURER'S SUGGESTED RETAIL PRICE INCLUDING FREIGHT \$23,050. MONTHLY PAYMENTS OF \$199 TOTAL \$7,164. CAPITALIZED COST OF \$22,101 BASED ON DOWN PAYMENT AND DEALER PARTICIPATION, WHICH MAY VARY BY DEALER. PAYMENT MAY VARY DEPENDING ON FINAL TRANSACTION PRICE. LEASE-END PURCHASE OPTION IS \$14,144. CUSTOMER RESPONSIBLE FOR MAINTENANCE, EXCESS WEAR AND TEAR AND \$0.15 PER MILE OVER 12,000 MILES PER YEAR. TO QUALIFIED TIER 1 CUSTOMERS THROUGH TOYOTA FINANCIAL SERVICES. OFFER GOOD IN ARIZONA, COLORADO, NEW MEXICO, NEVADA, UTAH AND WYOMING. ⁴CASH BACK OFFER PROVIDED BY TOYOTA MOTOR SALES USA, INC. ON NEW 2011 CAMRY (EXCLUDES HYBRID), 2010 COROLLA, TACOMA AND TUNDRA CREWMAX MODELS ONLY. ⁵ELIGIBLE CUSTOMERS MUST BE AN INACTIVE RESERVE OR IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY OR A U.S. MILITARY INACTIVE RESERVES (I.E., READY RESERVE) THAT ARE PART OF THE INDIVIDUAL READY RESERVE. SELECTED RESERVE AND INACTIVE NATIONAL GUARD. VERIFIABLE PROOF OF MILITARY STATUS OR PROOF OF ACTIVE SERVICE IS REQUIRED AT TIME OF PURCHASE. RETIRED MILITARY PERSONNEL ARE NOT ELIGIBLE FOR THE REBATE. CUSTOMER MUST SHOW PROOF OF QUALIFICATIONS FOR ELIGIBILITY. UPON CREDIT APPROVAL THROUGH A TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. COLLEGE AND MILITARY REBATE CANNOT BE COMBINED. REBATE MUST BE USED AS DOWN PAYMENT OR APPLIED TO THE AMOUNT DUE AT LEASE SIGNING OR DELIVERY. TERMS AND RESTRICTIONS APPLY. SEE TOYOTA.COM FOR PROGRAM DETAILS. SEE YOUR PARTICIPATING DEALER FOR DETAILS. OFFER ENDS 1/3/2011.



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