

SWEAT LODGE

Native American ceremonies offer mental, spiritual healing. **Page 5**

SPACE CADETS

Rising sophomores check out the summer space program. **Pages 6-7**

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ACADEMY SPIRIT

PIKES PEAK OR BUST!

Basic cadets take a day off to enjoy the rodeo. **Pages 8-9**



RAY MCCOY

Lt. Gen. Mike Gould presents Edythe Boston a flag honoring her son, Col. Leo Boston, during a funeral service July 15. Boston, a native of Cañon City, Colo., went missing near the Black River in North Vietnam's Son La Province during a mission in an A-1E Skyraider. Boston remained missing in action from 1966 to 2011. Gould is the Academy superintendent.

Airman missing 45 years laid to rest

An Airman who was declared missing in action over North Vietnam in 1966 was buried at the Air Force Academy Friday with full military honors.

Col. Leo S. Boston of Cañon City, Colo., was a member of the 14th Air Commando Wing assigned to Ubon Royal Thai Air Force Base, Thailand in 1966.

A captain at the time, Boston was flying an A-1E Skyraider on a search and rescue mission when he was reported missing. His aircraft,

the lead plane in a two-ship flight, became separated from the other aircraft during the mission. No visual contact was made, and no radio transmissions were received from him. The last known location of the flight was about 5 miles west of the Black River in Son La Province, North Vietnam.

The object of Boston's search is unknown. Several pilots went missing from this general vicinity on that day.

He remained in MIA status until

April 27, 1978, when his status was changed to presumed dead. During the time he was listed as MIA, he was promoted to the rank of colonel.

Between 1996 and 2005, joint U.S.-Vietnam teams, led by the Joint Prisoner of War/Missing in Action Accounting Command at Joint Base Pearl Harbor-Hickam, Hawaii, analyzed numerous leads, interviewed villagers in Son La Province and conducted excavations that recovered aircraft wreck-

age, human remains and crew-related equipment.

Among other forensic identification tools and circumstantial evidence, scientists from the Armed Forces DNA Identification Laboratory used mitochondrial DNA - which matched that of Boston's mother and brother - in the identification. His remains were positively identified April 4, 2011.

With the accounting of Colonel Boston, 1,687 servicemembers still remain missing from the conflict.

Cadets perform CPR on hiker

Cadets aid heart attack victim on Quandary Peak

By David Edwards
Academy Spirit staff writer

A day of hiking on Quandary Peak turned into an experience that three senior cadets from the Air Force Academy won't soon forget.

Cadets 1st Class Benjamin Gomez, Andrew Nemethy and Michael Smith were near the summit of the popular fourteenner when they saw a Flight for Life helicopter land nearby.

"We thought that was a little strange, so we looked to see what was going on," Nemethy said.

"When we saw a red shirt raised and a group of people maybe 150 to 200 feet from the peak. We thought it was just a training exercise, but we ran down the peak just to check. I got there first and saw a man we'd met earlier on the trail doing CPR, another hiker helping to support his head, and the nurse from the helicopter setting up an oxygen bottle."

The assistance call was for 48-year-old Mostafa Salehi, who reportedly had suffered a heart attack. The cadets volunteered to help administer CPR. Unfortunately, their efforts went for naught: because of the remoteness of the location, the would-be rescuers could not apply potentially life-saving measures until it was too late.

Although Salehi died, the Summit County Rescue Group incident commander, Joe Ben Slivka, said the cadets' help was invaluable.

"They did a phenomenal job. They gave the guy the best opportunity to survive," Slivka told the Summit Daily News.

Slivka said the chances of CPR being successful

at such a high elevation are extremely slim. When the man collapsed, he was approximately 100 yards from the mountain's 14,265-foot summit.

Nemethy said medical personnel later advised the cadets to descend because lightning was approaching. They did as they were told, but they couldn't help but be affected by a day that deviated drastically from their original plans.

"Emotionally, I don't have nightmares or anything but I'm just (angry) we couldn't hear them earlier," Nemethy said. "I couldn't believe we were just sitting on top of the mountain resting while a man was dying, with his friend doing CPR for 45 minutes only 200 feet away. It didn't change our plans since we were planning to head down then anyway, but I guess the conversation on the way down was a little different."

The Summit Daily News reported that Salehi was a contract employee at the National Institute of Standards and Technology. He moved to Boulder, Colo., after emigrating from the Middle East. His family lives in Iran.

Lorenz on Leadership: Leaders, stress and people of faith

By retired Gen. Stephen Lorenz
USAFA Endowment president and CEO



Stephen Lorenz
USAFA Endowment
president and CEO

SAN ANTONIO (AFNS) — Recently I was at a military base when two Air Force chaplains invited me to join them for lunch. We had a nice conversation on many subjects to include stories about leaders they had met over the years. One of the chaplains had just returned from his third tour in Afghanistan where he worked with the Army. The brigade he was assigned to was responsible for 18 forward operating bases and during his year-long tour he experienced many great examples of leadership in very stressful combat situations. However, one example made a particularly lasting impression on him.

Late in his tour in Afghanistan he was scheduled to forward deploy to a FOB. As the troops were preparing to board the helicopters to a FOB that had recently been under attack, several Soldiers asked the chaplain if he could lead them in a prayer. A lieutenant colonel happened to be with the group and the chaplain, who was a captain, thought as a common courtesy he would ask the senior officer for permission to say a prayer for the troops about to enter combat. The lieutenant colonel replied to the chaplain that, "It would not be necessary" and walked away. The chaplain followed this senior officer's guidance and did not lead the men in a prayer.

This story touched me. The senior leader's own spiritual basis is irrelevant; he could have been Christian, Jewish, Muslim, Buddhist, atheist or agnostic. It does not matter. What bothers me is that the leader appears to have ignored the spiritual needs of his troops. A true leader who has a mission to accomplish, especially in stressful situations must take into account how different people under his command react during those stressful situations. He must get out of his own head and into others. He or she must know that different people need different types of reassurance; for many of the people they lead, faith plays

a large part in their lives and affects how they react in times of stress.

Our government recognizes the importance of free exercise of religion in the military as guaranteed by the Constitution and so employs chaplains specifically to assist commanders in discharging their leadership duties. In fact, DOD Directive 1304.19 states, "Within the military, commanders are required to provide comprehensive religious support to all authorized individuals within their areas of responsibility."

This leader lost a golden opportunity to show his troops that he cared so much about the mission and the people under his command that he respected their spiritual needs as they went into battle. The way he handled the situation left the chaplain, and I am sure the Soldiers who asked for the prayer, focused not on the mission at hand but on his refusal to let a prayer be said. He also lost an opportunity to stand up for the Constitution and our freedoms that the military fights so hard to protect.

"To be truly effective leaders, we must respect the diverse people we lead. Each one of them is different and that makes the units of our Armed Forces the strongest in the world today."

— Retired Gen. Stephen Lorenz
USAFA Endowment president

To be truly effective leaders, we must respect the diverse people we lead. Each one of them is different and that makes the units of our Armed Forces the strongest in the world today. We must be true to our own beliefs, but as leaders we also have a responsibility to the people we are sending in harm's way.

Local family sends note of appreciation recognizing cadets

Editor's note: The letter below was recently sent to Academy Superintendent Lt. Gen. Mike Gould from a grateful family in Colorado Springs, Colo.

Dear Sir,

We have lived in Colorado Springs for over 40 years and have been so proud to have the United States Air Force Academy as our neighbor. It is a great learning institution that trains our young men and women to be the finest leaders of our great United States of America.

Recently, our daughter, who is currently working in Beijing, was helping at the Academy with a sports camp and somehow lost her (MP3 player). She searched and inquired at the Academy about it, but to no avail. A couple of days ago, two of your female cadets, (Cadet 2nd Class) Ashley Bartmas, (Cadet Squadron 34) and

(Cadet 2nd Class) Tara Harris, (CS-30), called us to report that they had found the (music player) in a (local store's) parking lot and wished to give it back to our daughter.

We were astounded to hear from them and made arrangements to meet Ashley at Arnold Hall to pick it up from her. We did meet Ashley there and received the (music player). She was so sweet and courteous with us. Here are two ladies that are great ambassadors of the Academy and follow the Honor Code in all aspects of their lives. These two ladies are outstanding examples of everything the Air Force Academy stands for and teaches the cadets.

Our thanks, sir, for your outstanding leadership of the United States Air Force Academy!

Sincerely,
Dan and Jan Erickson

ACADEMY SPIRIT

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



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Air Force releases updated dress, appearance instructions

by Eric M. Grill
Air Force Personnel, Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) — The Air Force's instruction on dress and personal appearance recently received an appearance upgrade with the release of the updated instruction July 18.

Air Force Instruction 36-2903, "Dress and Personal Appearance," received the facelift after several years of interim updates as uniform items were introduced and phased out.

The last revision to the AFI was in 2006, prior to the release of the Airman Battle Uniform, which is set to replace the Battle Dress Uniform and Desert Camouflage Uniform Nov. 1, 2011.

Most of the changes to the AFI are more about mechanics and clarification than new policy, said Ruth Ewalt, the Air Force Uniform Programs and Policies chief at the Air Staff. They are intended to make the AFI more user-friendly.

"The changes are a result of Airmen in the field requesting clarification, leadership approving more specific policy, and the need to integrate information from the 98th virtual uniform board and other wear policy approved since 2006," Ewalt said. "We added the ABU, green fleece and physical fitness uniform information not in the previous AFI and corrected instances of conflicting information."

For clarity and ease of reading, the chapters were rearranged and sections were made inclusive to eliminate turning back and forth to configure a

single uniform, she said. Tables are now integrated into the text. Each uniform has its own section, starting with the most formal through the utility, PT and distinctive uniforms.

One thing Airmen might notice is the amount of pictures incorporated into the revised AFI.

"Individuals learn and retain information differently," Ewalt said. "For some, a photo is a better tool than volumes of text or audio. We wanted to make this AFI as user-friendly as possible. It covers every Airman -- from the first-day recruit in Basic Military Training to the ... career Airman."

Sections are also inclusive, listing all items that may and must be worn with each particular uniform, with the exception of outergarments, which are covered in their own section.

The first three chapters cover the basic philosophy, appropriate circumstances to wear uniform items, how and where to purchase them, roles and responsibilities, and grooming and appearance standards.

Chapters four through seven cover uniforms worn and maintained by all Air Force members: dress, utility, and physical training uniforms. Chapters four and five include the dress and utility uniforms. Chapter six explains outer garments, headgear, rank insignia and accessories, and chapter seven covers the physical training uniform.

The remaining chapters explain customization of unique populations' uniforms and discuss badges, awards and decorations unique to individual



Airmen. The final chapter contains instructions for recommending changes to dress and personal appearance policy or uniform designs.

The revised AFI also added a tattoo measurement tool to standardize the process for Airmen and commanders to determine if a tattoo meets standards.

"There is also a form to document tattoos that are borderline excessive or require a commander-approved waiver," Ewalt said. "The policy regarding what constitutes an excessive tattoo has not changed. The standard is still not more than 25 percent of the exposed body part."

The revision involved input from individuals of all ranks and components of the Air Force, including Air Force Reserve and Air National Guard members.

"This three-year effort included Airmen from all walks of Air Force life, ... TIs, recruits, recruiters, first sergeants and Air Force leaders from all levels, professional military education instructors, functional communities and support organizations, to name a few," Ewalt said. "This Air Force instruction was influenced by a huge population of Air Force servicemembers because it impacts the total force."

For online dress and appearance information, go to the dress and appearance webpage on the Air Force Personnel Center's website at <http://www.afpc.af.mil/dress>.

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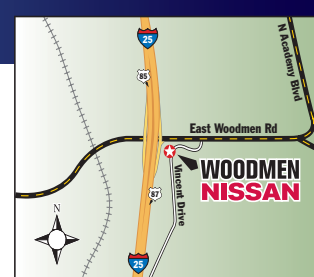


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Pentagon strategy addresses energy challenges

by Army Sgt. 1st Class Tyrone C. Marshall Jr.
American Forces Press Service

WASHINGTON (AFNS) — Reducing demand, finding alternative energy sources and improving the energy security of military operations are among the goals of the Defense Department's operational energy strategy, a senior Pentagon official said here July 19.

Sharon Burke, the assistant secretary of defense for operational energy plans and programs, described the strategy during an Army and Air Force energy forum.

"(The strategy is) going to guide the entire department in how we use energy for military operations," Burke said. "It's the framework for moving forward with our energy challenges."

Defense Secretary Leon Panetta has warned of a changing security environment and its effects on operational energy demand, she noted.

"Improving our energies could not only improve our military effectiveness and our ability to operate in the world, but it is also important to our readiness," Burke said. "Panetta, in his short time in office, has already cautioned us all that we need to have humility in predicting the shape or direction of future conflicts. ... So energy is a part of that changing security environment, but it's also part of that adaptation, and how we better prepare for this changing world and the possibility of strategic surprise."

Burke told the audience that changing the way the Defense Department uses energy at home and abroad is strategically significant.

"In today's operations, we haul fuel and other supplies across very challenging circumstances in Afghanistan, across difficult terrain and dangerous roads," she said. "At home, our criti-

cal infrastructure, which sustains military operations abroad, depends on the civilian electric grid. ... The more that we can lighten that dependence, whether on the grid, or (by) our Soldiers, Sailors, Airmen and Marines overseas, the more resilient we are to that changing strategic landscape."

Burke also emphasized the need for a responsible reduction in government spending, and the role the Defense Department's operational energy strategy plays in that effort.

"Managing our military under these circumstances will be a challenge for all defense policy makers," she continued, "and our challenge is to adjust to our fiscal circumstances and sustain our military effectiveness today and far into the future."

Budget considerations should not dictate strategic priorities, Burke said.

"But we will need to be realistic with how we execute that strategy with fewer resources," she added.

That's where the operational energy strategy unveiled last month by Deputy Defense Secretary William J. Lynn III has an especially important role, Burke said.

For example, she said, an experimental site on Fort Devens, Mass., is testing a camp kit that incorporates advances in power generation and dis-



MIKE KAPLAN

The Academy's solar array will generate approximately 12,000 megawatt-hours of electricity per year, or about 11 percent of the Academy's energy needs. The Defense Department's operational energy strategy seeks to reduce the amount of money the Pentagon spends on purchasing and transporting fuels.

tribution, insulated shelters, water re-use systems and waste management.

In addition, Burke said, the Air Force's Air Mobility Command is making innovative process changes ranging from reducing aircraft weight to more efficient routing, to better cargo loading.

"That's expected to save over a half-billion dollars over the next five years," she added.

"These programs are tests, (but) we have more to do," Burke said. "We need operational energy incorporated into our readiness training, but this is really important to be able to take this out to the field and show that it can work. And that it can give us better military effectiveness on the ground with our Soldiers."

"And the services aren't waiting to do this — they're doing (it)," she added.

The strategy will not end or fade away with the return of U.S. troops

from Iraq and Afghanistan, Burke said.

"This is, fundamentally, a readiness challenge," she said. "We always need to be ready to conduct missions wherever we are, and that means we have to be ready whether we have forces in the field or not. If we're successful at looking at it that way, ... we'll have a military that's better able to respond to any challenge or any threat anywhere in the world."

Ultimately, Burke said, she hopes the changes brought forth by the new operational energy strategy will improve the nation's overall energy readiness.

"I sincerely hope that in improving the energy security and energy readiness of our armed forces, that the department will have made a larger contribution to the energy security of the whole nation," she said. "I think (this new strategy is) the way we're going to do it."

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Sweat lodge camaraderie

By Samantha B. Koss
Fort Carson Public Affairs Office

Behind shrubbery and trees on Turkey Creek Ranch is a small clearing occupied by a 5-foot-5-inch high dome-shaped hut made of white willows tied together with twine and covered in thick blankets.

The entrance of the hut faces the Rocky Mountains, and a small altar sits in front with small stones surrounding a buffalo skull. This area, tucked away from the modern-day hustle and bustle, houses a Lakota Sioux sweat lodge that holds a tradition passed down from generation to generation.

The traditional ceremony has been kept alive in the Colorado Springs area by the lodge's spiritual leader, Michael Hackwith, who lived on the Pine Ridge Indian Reservation in South Dakota and is a Marine veteran who served during the early 1990s.

"When I came back from the Gulf War my relatives brought me to lodge to release the toxins that fill my body from war," Hackwith said. "God got me through the war, and lodge got me ready to return to civilian life after."

Hackwith conducts prayer in the sweat lodge for fellow believers.

The Inipi, the traditional term for sweat lodge, is a place for people to spiritually connect with the creator, he said. During the ceremonies, Hackwith heats stones, sage and sweet grass, which creates a sauna-like environment.

"We use this intense heat to push us into a new endurance of prayer while forcing our body to push out toxins," Hackwith said. "It is a purification rite."

In the 1990s, 4th Infantry Division and Fort Carson provided the area in Turkey Creek Ranch for people to attend lodge. Since then, Hackwith has conducted these traditional ceremonies for those who want to take part. Every year after spring, the lodge attendees take a day to clean up the area, expose the frame of the lodge and replace the blan-



Air Force Special Agent Kevin Cheek from Peterson Air Force Base and Army Spc. Phillip Benoist from the 361st Aviation Regiment, 1st Battalion, 2nd Aviation Regiment, 2nd Infantry Division, clean the area around the sweat lodge before participating in the ceremony Saturday on Turkey Creek Ranch. The blankets placed on the lodge were replaced during the after-spring cleanup.

SAMANTHA B. KOSS

kets. Early Saturday morning, the group began its after-spring cleaning, which was followed by prayer.

"We share the knowledge and beliefs with everybody, and everyone gets along here ... we do this to help one another," Hackwith said, referring to their acceptance of all people to include the mix of Soldiers, Airmen, veterans and civilians who attend lodge regularly on the ranch.

"There is a lot of camaraderie here," said Army Spc. Phillip Benoist, 361st Aviation Detachment, 1st Battalion, 2nd Aviation Regiment, 2nd Inf. Div., a Western Cherokee who has attended the ceremonies weekly for almost two years. "I was brought up Christian, but after coming to lodge, I felt more at peace with everything around me."

"The traditional ceremonies are a way of life, not just a religion. Those who attend believe that they bring their mind, body and spirit back together through their prayer," said Wendy-Chunn Hackwith, an Eastern Cherokee.

"We support the military ... the ceremonies can get rid of negative exposures, especially things seen during deployments," said Tech. Sgt. Theresea Coccoziello, a Native American spiritual adviser at the Air Force Academy and an Eastern Cherokee, regarding the positive effect these traditional ceremonies can have on combat veterans. "We are here for families before, during and after deployment."

The group comes together for these ceremonies bringing children, pets, food and water to worship like a family. "Everyone is very welcoming," said

Air Force Special Agent Kevin Cheek, a Missouri Otoe assigned to Peterson Air Force Base, Colo. "Lodge gives me a way to focus my mind to be more at peace with myself, especially after multiple deployments."

With all the stress that can come with being in the military, the servicemembers who participate in lodge say it helps them avoid mental health problems and provides an accepting environment where they can encourage each other.

Army Spc. Jason Wall, 4th Engineer Battalion, who has attended lodge for a year, describes the ceremony as cleansing.

"Lodge also has helped me deal with the pressure that comes with the job," he said.

Trying to keep everything as natural as possible, the spiritual leader said he makes sure the ceremonies are done as traditionally as possible to stay away from the contemporary forms of sweat lodges.

"I am dedicated to doing these ceremonies," Hackwith said. "We do this for health and happiness ... to pray, not to play Indian."

Through song, prayer and heat, this sweat lodge has provided a traditional and accepting environment where people are building a brotherhood of Soldiers, Airmen, veterans and civilians.

For more information, directions or to request a ceremony, contact Hackwith or Chunn-Hackwith at 719-285-5240, or email: kanasitafoundation@yahoo.com. Airmen can also contact Coccoziello at 505-453-6367.

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Summer program introduces cadets to space

By Don Brnum
Academy Spirit staff writer

The Air Force Academy's summer space program isn't as exciting as, say, jumping out of a perfectly good airplane. However, the Astronautics Department's 10-day program aims to teach cadets how much of their everyday lives and their future military careers rely on the Air Force's space mission.

Few of the rising sophomores are astronautics or space operations majors, and many chose the summer space program as an alternative to soaring, parachuting or other summer airmanship programs, which are often booked solid, said Capt. Donald Heaton, an astronautics instructor here.

The challenge for faculty and summer space program cadre is to turn disinterest into interest.

"It's difficult to find a way to make a topic exciting to somebody who may not have any interest in something I'm so passionate about," said Cadet 2nd Class Rachel Harris, one of the cadre for the summer space program.

But it's worth the effort, said Harris, who is assigned to Cadet Squadron 13.

"This program gives people an opportunity to understand and appreciate a field that is developing and becoming more important with each passing year," she said.

An icebreaker activity designed to familiarize cadets with space is a wargame featuring three fictional, oil-rich African countries as well as spacefaring nations such as the United States, Russia, China and India. Countries' objectives in the scenarios reflect the real world: the developing African nations wanted space capability to grow their economies, while China sought to reclaim Taiwan, and India aimed to prevent any weaponization of space. Space quickly took a back seat to terrestrial matters, however, with a non-nuclear world war breaking out in the game's second round, courtesy of the two cadets playing Russia.

The program hit the road July 15 and Monday with tours of Lockheed Martin's Space Systems Company in Littleton, Colo., and Schriever Air Force Base, east of Colorado Springs.



Staff Sgt. Jason Wassom sits at a computer terminal in the Standard Space Trainer at Schriever Air Force Base, Colo., Feb. 4. Cadets from the Air Force Academy visited the 50th Space Wing July 18 to get a glimpse of the wing's operations, which provide space-based communications, navigation and situational awareness to combatant commanders. Wassom is assigned to the 3rd Space Operations Squadron.

DENNIS ROGERS

Touring Lockheed

Twenty-nine cadets settled onto a blue and white bus with an onboard GPS receiver. The bus rolled out at 8 a.m., with the GPS guiding the driver, in a British accent, along Interstate 25, U.S. Highway 85 and other roads along the way.

Roughly an hour later, the bus reached the Lockheed Martin facility, which occupies about 10,000 acres in a valley south of C-470 on Wadsworth Boulevard. Brittney Ardourel briefed the group of cadets about the company's mission.

"Lockheed Martin is really four companies," explained Ardourel, a market research analyst who has worked at the company for about four

years. Lockheed Martin comprises aeronautics, electronic systems, information systems and space systems. Its core values — do what's right, respect others and perform with excellence — may resonate with Airmen who recognize similarities with their own core values.

The company has a net worth of \$45.2 billion and works on both military and civilian space systems, including the Phoenix Mars Lander and the next-generation Orion crew exploration vehicle for NASA and GPS and Advanced Extremely High Frequency satellites for the Air Force. Steve Odiore, a 1976 Academy graduate, showed off models of some of these systems and passed around a sample of aerogel, which was used

aboard the Stardust spacecraft to recover particles from comets in 2006.

Frank Moore guided cadets through the Space Operations Simulator Center, a huge chamber painted black and built atop a 1,700-foot-thick chunk of bedrock. The chamber is designed to conduct full-scale vehicle approach tests using different lighting and movement conditions. Lockheed's SOSC is the only privately owned facility of its type in the country.

"We have to have full-scale tests because laser range finders and optics don't work on scale models," Moore explained. Future missions on the scope included capture and deorbit operations designed to remove space junk from low-Earth orbit.

See Summer Program Page 7

deal of the day

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Puzzle solutions for 07-22-2011

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The Gazette

Summer program

From Page 6

The case for space

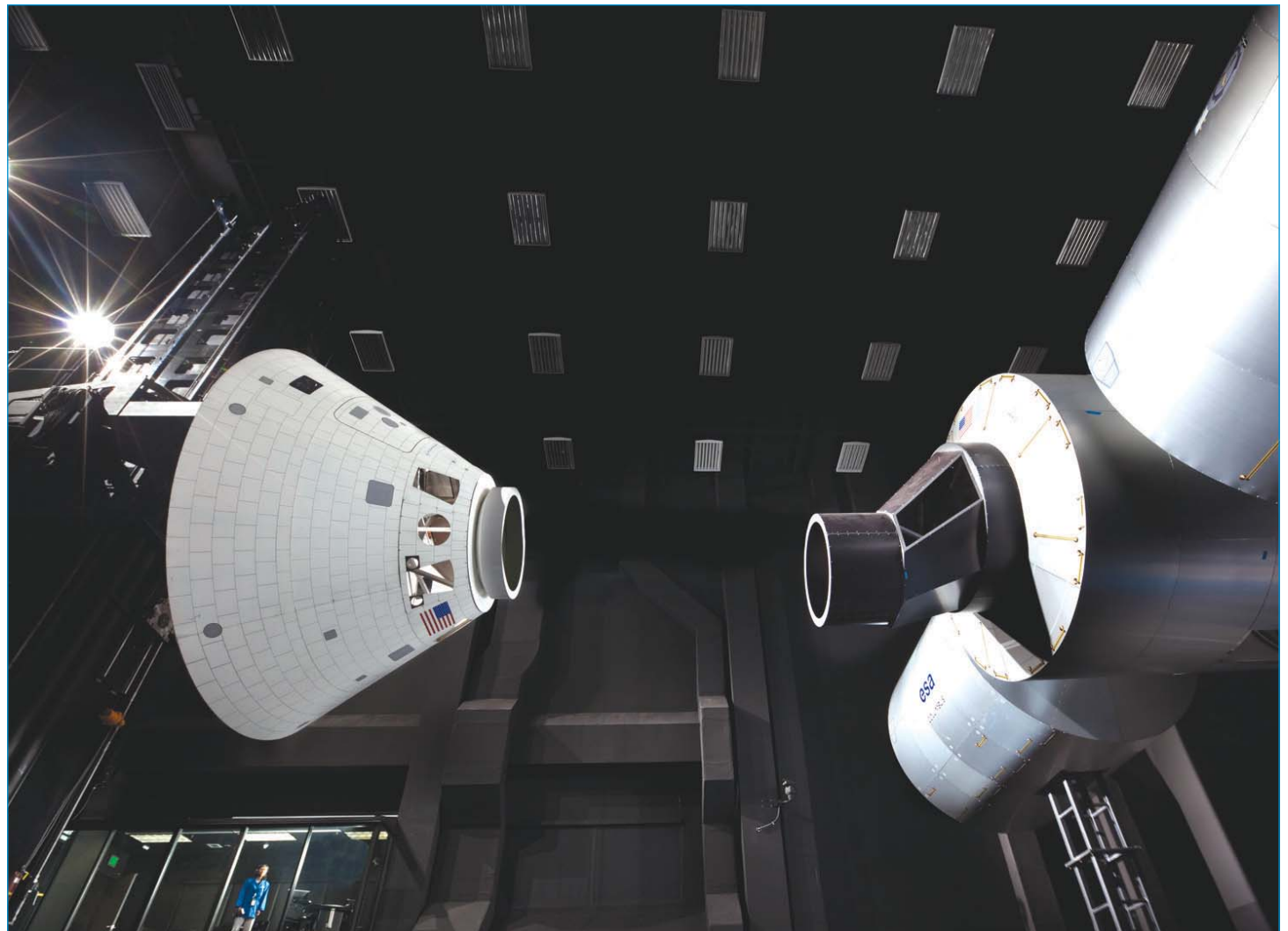
On Monday, a different bus took cadets eastward, to Schriever AFB. Named after former Gen. Bennie Schriever, the base sits on 640 acres of plains due east of Peterson AFB. It is perhaps the newest Air Force installation, having been activated in 1985 as Falcon Air Force Station.

Col. Stan Stafira, the wing's vice commander, spoke briefly about the wing's mission.

"We basically lay the foundation for whatever the war fighter does, whether it's ISR (intelligence, surveillance and reconnaissance), communications or positioning," said Stafira, whose previous assignments at the base included chief of safety for the wing and chief of wargames and exercises for the Space Innovation and Development Center. "We're ground zero for the next (space or cyberspace) conflict."

Stafira made the case to cadets that, regardless of their major, the Air Force needs the best and brightest to come into the space career field.

"We're on the leading edge of technology, flying the most advanced satellites in the Air Force inventory," he said. "We're moving into a contested-space environment. We need smart people who can help us figure out how to operate in that environment. We need to exchange information faster than the enemy can, and lieutenants who come in



PATRICK H. CORKERY/LOCKHEED MARTIN

Lockheed Martin's Space Operations Simulation Center in Littleton, Colo., simulates on-orbit docking maneuvers with full-scale Orion crew exploration vehicle and International Space Station mockups. Cadets from the Academy visited the SOS in Martin's Littleton facility July 15.

now can have an immediate impact on how we do that."

In a separate briefing, Lt. Col. Mike Manor shared a tale with the rising sophomores, whose class color — red — is the same as his. Mem-

bers of the original "red tag" class, he said, had planted trees in the parade field so they wouldn't have to march. He added some words of advice for the cadets: "Have fun where you can, but be smart."

Manor shares another quality with many of the summer space program cadets: he majored in management.

"Now I'm in charge of satellites," he said. "Space is amazing, it's evolving. You're right in the fight."

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A bronco tries to throw its rider during the saddle bronc riding competition during the Pikes Peak or Bust Rodeo at the Norris-Penrose Events Center July 16. The Saturday matinee was Air Force Academy Day at the rodeo, which gave basic cadets a chance to take a break from Basic Cadet Training in Jacks Valley.

Let's Rodeo!

The Air Force Academy Class of 2015 joins the crowd for Saturday's matinee at the Pikes Peak or Bust Rodeo



A wild cow takes off with Master Sgt. Sean Cope and Senior Master Sgt. Eric McCullough in tow while Master Sgt. Alan Martin gives chase during the wild cow milking contest at the Pikes Peak or Bust Rodeo on Saturday. Also on the Academy's first sergeants team was Master Sgt. Steve Lester.



A mounted color guard rides into the Norris-Penrose Events Center to kick off Air Force Academy Day at the Pikes Peak or Bust Rodeo on Saturday.



Basic cadets get rowdy at the Pikes Peak or Bust Rodeo on Saturday. The rodeo raises money for military charities benefiting the Air Force Academy, Peterson and Schriever Air Force bases and Fort Carson.

PHOTOS BY MIKE KAPLAN

Operation Air Force

Cadets gain insight into security forces mission while deployed

Story and photos by Master Sgt. Chance Babin
380th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA — For a group of Air Force Academy cadets visiting the 380th Air Expeditionary Wing in Southwest Asia, a training day with security forces proved both exhausting and informative.

The cadets, here as part of Operation Air Force-Deployed, a program designed to give cadets a firsthand view of a deployment, performed baton training with the cops of the 380th Expeditionary Security Forces Squadron.

“The baton training is used as a less than lethal means of force to gain compliance against someone who poses a harmful threat to personnel,” said Staff Sgt. Travis Martho, a security forces trainer with the 380th ESFS. “With the cadets, we’re giving them a different point of view on how cops react and respond to situations that are tense, uncertain and rapidly evolving.”

During the training, the cadets learn to use a baton against a single attacker, dressed in a red protective suit known as the red-man suit. The drill intensifies as a second and third attacker assails the cadet. Each cadet had to ward off the attackers for three minutes.

“This was tough,” said Cadet 2nd Class Jake Alleman, an aspiring intelligence officer. “It was three minutes of straight pain. I boxed at the Academy, so I figured I’d have a handle on it. But after a minute or two, you think you’re going strong; then you lose all technique once you get tired, and it’s like a street fight.”

In addition to the baton training, 380th ESFS Airmen instructed the cadets on weapons training, military dog handling and exercise scenarios.

The Operation Air Force-Deployed program sends groups of cadets to Air Force bases for three weeks, where they follow officers in different career fields to gain an understanding of career responsibilities. They also interact with enlisted members to gain a view of leadership in action.

Martho, an Oakland, Calif., native, is deployed from Maxwell Air Force Base, Ala.



Cadet 2nd Class Jonathan Hagan fights off two attackers during a baton training drill with the 380th Expeditionary Security Forces Squadron.



Cadet 2nd Class Yannie Horth takes a fighting stance against an attacker during a baton training drill with the 380th ESFS.

Academy cadets take trial run at Aviano

by Cadet 2nd Class Kathleen Vardell
Cadet Squadron 23

AVIANO AIR BASE, Italy — Eight cadets recently visited Aviano Air Base, Italy, recently as part of Operation Air Force, a program designed to give cadets operational Air Force experience.

In Operation Air Force, rising juniors and seniors spend nearly three weeks at an Air Force base to shadow active-duty personnel in different career fields to learn about the operational Air Force.

“It’s a chance to get out of our bubble at the Academy and experience the real Air Force,” said Cadet 1st Class Sarah Dugan of Cadet Squadron 23, whose favorite part of Ops Air Force was meeting enlisted Airmen and seeing them perform their jobs, something cadets do not often experience at the Academy.

The most recent group to visit Aviano Air Base spent time with Airmen from the medical,

finance, security, pilot, public affairs, contracting, intelligence and maintenance career fields. Cadets observed surgeries, organized events, accompanied security patrols and watched munitions loading procedures, among other career field-specific tasks.

This program also provides cadets an opportunity to decide what job they want after graduation.

“Watching the nurses and (medical technicians) interact with their patients and seeing their passion for their job made me want to pursue a job in that field,” said Cadet 2nd Class Chloe Lyon of CS 04, whose first work assignment was with the 31st Medical Group.

During the immersion, cadets already set on their career choice gained further insight into how the operational Air Force works.

Cadet 3rd Class James Neat from CS 39 said he hopes to become a pilot but still appreciated the experience.

“I don’t know if it will influence my job choice, but it definitely gave me a deeper respect for other (Air Force specialties),” Neat said. “It was a good chance to see how different aspects of the Air Force come together to accomplish a mission and how those divisions have mutual respect.”

Many cadets will also receive incentive flights in the F-16 Fighting Falcons assigned to Aviano.

“Our facilitators are working hard to get all of us incentive flights, which we know is a valuable experience,” Neat said. “I appreciated the opportunity to see firsthand from the cockpit what the Air Force can do when all of the career fields work together.”

While at their base, the cadets are also required to attend three mentoring sessions with operations and support officers and a senior NCO.

“Mentoring sessions have been helpful because each officer has a different perspective,” said Cadet Rachel Allison, who is assigned to CS 10.

Updates to airfield security alter Kettle Lakes access

By David Edwards
Academy Spirit Staff Writer

New security measures at the Air Force Academy Airfield have put anglers in a fine kettle of fish.

Luckily for the Academy, the access changes to Kettle Lakes haven't rankled fishermen too much.

The recent installation of security gates on Airfield Drive means that for most people, getting to the lakes requires a new route and a longer walk.

Most users will now gain access to the lakes from Road 840, which runs north-south adjacent to the Pass and Registration Center near the south gate. The exception to that is handicapped anglers, who can receive a pass card for the K-1 Gate on Airfield Drive.

"People will work it out," said Dr. Brian Mihlbachler, a natural resources planner at the Academy. "They understand the need to beef up security. I would say they're not necessarily supportive, but (they are) understanding."

For families with small children and heavy

tackle boxes to carry, the change will impose some inconveniences. Nevertheless, Dr. Mihlbachler said he expects the level of usage at the popular Kettle Lakes to remain the same.

To allow anglers with disabilities to have continued access to the handicap pier at Kettle Lake No. 3, Dr. Mihlbachler and Academy officials worked out a card system.

The requirements for a K-1 Gate access card are as follows: a Defense Department ID, a Colorado lifetime free fishing or small-game combo license, an Academy lifetime free fishing permit and a handicap placard or a license plate denoting a handicap.

In addition, anglers seeking an access card must watch an 11-minute training video showing them how to properly access the gate.

Dr. Mihlbachler said he passed word on to anglers he saw that there were changes afoot. Those changes are now in effect, and the adjustment period has begun.

"I haven't had my first customer yet," Dr. Mihlbachler said. "But we're ready to go and just waiting for people to stop by."



DON BRANUM

An entry control point on Airfield Drive near the Air Force Academy's Pass and Registration center restricts access to some of the Kettle Lakes.

Academy Airfield access

General Information

The Academy's airfield is the busiest daytime visual flight reference airfield in the continental United States. It is also a controlled area; people unfamiliar to the airfield's flight and parachute training programs pose a threat to flight safety.

Upgrades

Proximity badges are used to gain access to the airfield through gated entry control points. New landscaping is in place to deter unauthorized entry, and enhanced video surveillance and recording systems have been installed.

Potential issues

Drivers who are not paying attention to posted speed limits and traffic signs along Airfield Drive can interfere with airfield first-responders during emergencies on the airfield, on base or on Interstate 25. Drivers who get lost on airfield property should stop and ask for help or call Airfield Management at 333-2367.

Authorized access

Anyone wishing to observe airfield operations should use the Thunderbird Overlook. Visitors with official business on the airfield may obtain an escort through their sponsoring organization.

Personnel driving on the airfield and within the controlled area must have a valid proximity badge with the appropriate decals and must undergo airfield driving training. They will receive a flightline driver's license upon completing the training.

Contact Julie Catlett at 333-2525 with questions related to airfield access and driving.

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Academy enlisted support local football camp



STAFF SGT. RAYMOND HOY

Anthony Trucks was one of the 18 professional football players who participated in the Pro Football Camp July 12-15. Trucks played football for the University of Oregon before playing for the Pittsburgh Steelers in 2007-2008.

By Gino Mattorano
Academy Spirit editor

The Academy's 5/6 Club and volunteers from other Front Range bases helped give would-be football players a taste of the big leagues July 12-15.

The Pro Football Camp is an annual event designed to offer young athletes the opportunity to learn football at the feet of current and retired National Football League players, who not only teach football but also teach children about perseverance, confidence, team and integrity, said camp executive director Darlene Warmouth.

Nearly 40 NCOs with the Academy's 5/6 Club volunteered their personal time to do everything from filling up ice jugs to coaching. The 5/6 Club is made up of staff sergeants and technical sergeants from across the Academy.

"Military volunteers have been participating in the camp for six years, and we couldn't do it without them," Warmouth said. "Their assistance helps us reduce the cost of registration fees and allows us to ... offer scholarships to disadvantaged children and children of deployed military members."

In addition to providing opportunities for young athletes, camp proceeds support military charities like Operation Warmheart, said Tech. Sgt. Ashley Banks, the Academy's 5/6 Council vice president.

"The volunteers spent their days setting up, tearing down, putting bandages on cuts, being referees ... and lots of sweating," Sergeant Banks said.

Despite the hard work, volunteers enjoyed the

opportunity to be involved.

"This was my first year volunteering for the camp," Banks said. "This has been a great experience and I'm definitely going to volunteer again next year."

"It is one of the best all-around volunteering opportunities I have been a part of," said Tech. Sgt. Scott Gentle, the command chief master sergeant's aide, who has volunteered at the camp for the last three years. "Every year that I've been part of the camp, their support for the military has increased." In 2009 the camp donated \$650 to Operation Warm Heart and last year they donated \$880. This year, the camp is shooting for \$1,000.

The NFL players also donate their time to participate in the camp and bring their professional perspective on the game. Anthony Trucks was one of the 18 professional football players who participated in the camp. He played football for the University of Oregon before playing for the Pittsburgh Steelers in 2007-2008. An injury ended Trucks' career, but he's still passionate about the sport.

"This is a great opportunity to help kids the way I was never helped," Trucks said. "It's also a great experience for the kids to learn how to play the game."

Trucks also appreciates the unique challenges military members face.

"My brother is in the Army, so I know how hard it is for parents to be deployed," Trucks said. "Kids need role models to look up to, and especially when their parents aren't around, it's the least we can do to help out and give back to help these kids."

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Discounts are available for Elitch Gardens, Water World, the Denver Aquarium, Colorado Rockies baseball, the Royal Gorge Bridge and Train in Cañon City, the Durango and Silverton Train and the Pikes Peak Hill Climb.

For more information, call the ITT office at 333-3348.

Take an outdoor adventure

The Outdoor Adventure Program has several upcoming opportunities for those who enjoy trekking through the Colorado wilderness.

For information on these and other offerings, contact Outdoor Adventure at 333-2940 or visit their website at <http://bit.ly/m8vddh>.

Hiking on the Academy: Women's casual-paced hiking is held Tuesdays at 9 a.m., with co-ed quick-paced hiking held Thursdays at 4:30 p.m. The hikes are free, but registration is required. Contact Outdoor Adventure for more information.

Family Advocacy offerings

For information on Family Advocacy programs, contact the Family Advocacy Office at 333-5270.



Cadet Chapel SUMMER SCHEDULE

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Sundays: 10 a.m.

PROTESTANT WORSHIP
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CATHOLIC WORSHIP
Mass: Sundays, 10 a.m.

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CATHOLIC WORSHIP
Mass: Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesdays-Fridays, 11:30 a.m.
Reconciliation: Saturdays, 3:30 p.m.

PROTESTANT WORSHIP
Evangelical: Sunday, 10:15 a.m.
Gospel: Sunday, 11:30 a.m.

NATIVE AMERICAN WORSHIP
Sweat Lodge Ceremony: Saturday, 4 p.m., at Fort Carson Turkey Creek Recreation area.
More information: Call 505-435-6367

Anger Management: Held Tuesdays, July 19 through Aug. 9, from 8 to 9:30 a.m. Learn how to manage your anger and how to better relate to others using simple, innovative techniques.

Common Sense Parenting: Held Thursdays, Aug. 4 through Sept. 8, from 8:30 to 10 a.m. This skill-based parenting program teaches parents of children ages 5-18 practical and effective ways to increase their children's positive behaviors and appropriate alternatives to negative behaviors.

1-2-3 Magic Parenting: Held Aug. 10 and 17 from 9 to 11 a.m. This class offers parents of children ages 2-12 easy-to-follow steps for disciplining children without arguing, yelling or spanking. This is a two-session course.

Get a little 'wild' with AFA Band

The Air Force Academy Band's Wild Blue Country ensemble will perform Wednesday at Limbach Park in Monument, 7-9 p.m. The concert is free and open to the public.

Other upcoming Air Force Academy Band events include a Stellar Brass concert featuring Dr. Joseph Galema at the Cadet Chapel on July 14 at 2:30 p.m.

For more information, visit the Academy Band's events page at www.usafacademyband.af.mil/events.

Honor Guard candidates

The Air Force Academy Honor Guard wants volunteers who can help pay final honors to those interred at the Air Force's only active cemetery.

Airmen must have 12 months of retainability on base and be able to support at least two details per month for one year.

Training is held every other Wednesday from 1 to 4 p.m. Benefits of Honor Guard membership include consideration for a medal upon completion of the 12-month commitment and free attendance to some major sporting events.

For more information, call Master Sgt. Lissy Slezak at 333-9309 or Staff Sgt. Hugo Reinor at 333-5621.

Retiree Appreciation Day

The Academy is hosting a Colorado Springs Front Range Retiree Appreciation Day on Saturday from 8:30 a.m. to 2 p.m. at the Arnold Hall Ballroom.

The fair will feature guest speakers, an information/vendor fair, Tricare information, as well as free continental breakfast and lunch/appetizer spread.

For more information contact Tech. Sgt. Kelly Links at 333-5432.

Outdoor Adventure

All bike trips include support, transportation for people and bikes and an experienced guide. Call 333-2940 for more information.

Pikes Peak Downhill: Saturday and Wednesday at 8:30 a.m. \$59 per weekend, \$49 per weekday.

Labor Day at Moab. Sept. 2-5. Cost range from \$173.25 to \$247.50 per person depending on lodging choices. This trip includes all lodging in comfortable cabins, experienced guide, park entry fees and all transportation for people and bikes. Must sign up

before August 1 and attend a pre-trip meeting August 26.

Day of free golf in Sedalia

Colorado-based Airmen will have a chance to play for free at one of the most prestigious golf courses in the country.

The owner of the Sanctuary Golf Course is sponsoring an Air Force Appreciation Day on Sunday.

The Sanctuary will provide breakfast, lunch, drinks, golf and golf carts. Participants just need to bring golf clubs and wear customary golf attire. A shotgun start begins at 9 a.m.

The course owner, who is a former Airman, is requesting that preference be given to Airmen who are about to deploy or just returning from deployment, or who have never played the course before. Spots are limited, and there will be a standby list.

To register, call Lt. Col. Kenneth Korpach at 333-2291. He will need your name, rank, e-mail address, organization name, phone number, and last or next deployment date. Also answer the question of whether you've played the course before.

Get help to quit smoking

Tricare now offers a counseling benefit for smoking cessation. Having a smoking-related illness is not a requirement to be eligible for the benefit. The only requirement is that the insured receive the counseling from a Tricare-authorized provider who is licensed or certified for this type of counseling.

Also, Medicare-eligible beneficiaries do not qualify for the benefit.

Various websites offer more information about the program or about quitting smoking. The options include www.triwest.com/tobacco, www.tricare.mil/tobaccofree, and www.ucanquit2.org.

Rumble in the Rockies

Falcon Stadium will host the annual Firefighter Combat Challenge Aug. 5, 4-6 p.m. and Aug. 6, 10 a.m.-12:30 p.m. Admission is free. Visitors should enter through the Academy's North Gate. Come out and cheer for your favorite fire department, and bring the entire family. Kids can also take part in the challenge.

Take care of that dental work

The 10th Dental Squadron is currently seeking non-active-duty patients to be treated in the dental residency training program. If you are an eligible beneficiary and have been told you have gum disease and need gum surgery or a root canal, call 333-5490 for a screening appointment.

Volunteer to clean up trail

Volunteers from the enlisted and officer corps are needed to help clean up the Woodmen Trail, which the Academy has adopted. The trail is 2.05 miles long and is split into three sections, so volunteers work on a section that is a little more than half a mile. The next cleanup is scheduled for Aug. 20. For more information, call 333-3310.

Community Center activities

Movie on the Lawn: "Hop," rated PG, is scheduled for today at the soccer fields, across from the Child Development Center. The movie starts at 9 p.m. Sodas and popcorn will be for sale. Bring blankets and lawn chairs.

Flea market: Aug. 6 in the AAFES Parking Lot. The flea market runs from 9 a.m. to 1 p.m., with set up from 8 to 9 a.m. Cost is \$10 per space, \$15 for a truck. Please call 333-2928 to register.

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Please send resume by email to jcullver@centeratcentennial.com or by fax to (719) 685-8958 Attn: Jennifer Cullver, Director of Human Resources, or in person at The Center at Centennial, 3490 Centennial Boulevard, Colorado Springs, CO 80907.

The Center at Centennial is centrally located, approximately 0.5 mile from I-25 and Fillmore Street. Visit us online at www.centeratcentennial.com.

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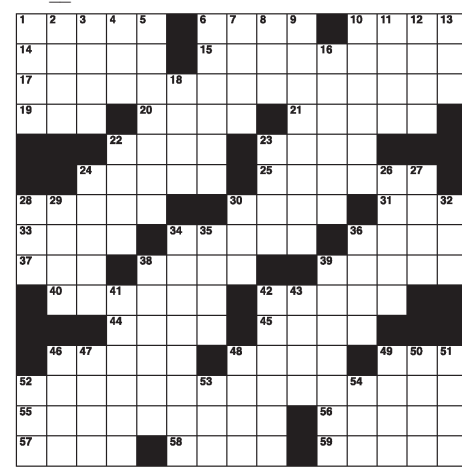
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CLUES ACROSS

1. A fencing sword
6. Agreement between two states
10. Cut wood
14. The jejunum to the cecum
15. Common market people
17. Woven purse style of MA
19. Young goat
20. Den of a wild animal
21. Sea catfish genus
22. Rosenberg

CLUES DOWN

1. Fall below the surface
2. Jai __, sport
3. Curved segment
4. A sunken groove
5. Rivalrous
6. Beijing
7. Hungarian Violinist Leopold
8. Cathode-ray tube
9. Genus nicotiana plants
10. Most electropositive metal
11. Hawaiian head lei
12. Small integers
13. W. states time zone
16. Negotiation between enemies
18. Songwriter Sammy
22. Horsefly
23. Wimbledon champion Arthur John Philip
24. US band conductor John Philip
26. French capital
27. Formerly Persia
28. Form a sum
29. W.C.s (Br.)
30. They ____
32. Woman (French)
34. Sylvan
35. Kwa



33. Football's Flutie
34. Bus fees
36. Streetcar (Br.)
37. Runs PCs
38. Cola name
39. French river
40. Winged fruit
42. Ripened plant ovules
44. Uniform
45. Am. Martial Arts Soc.
46. Kosher NYC bakery
48. Early Cubist painter Juan
49. Boxer Muhammad
52. "Twilight" actor
55. Worker who coats ceilings
56. Of the dowry
57. Vertical spar supporting sails
58. Mark for deletion
59. Enlighten
36. Belongs to CNN founder
38. Play boisterously
39. Seaboard
41. Most specified
42. Existentialist writer Jean Paul
43. Utter sounds
46. Fr. naturalism writer Emil
47. Son of Lynceus
48. Kelt
49. ____ Spumante
50. Bread unit
51. Inwardly
52. Revolutions per minute
53. Pakistani rupee
54. Wynken, Blynken & ____

SUDOKU

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

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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!

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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 6

Level: Intermediate

07-22-11



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