

REMEMBRANCE

Holocaust survivor speaks at Holocaust luncheon. **Page 3**

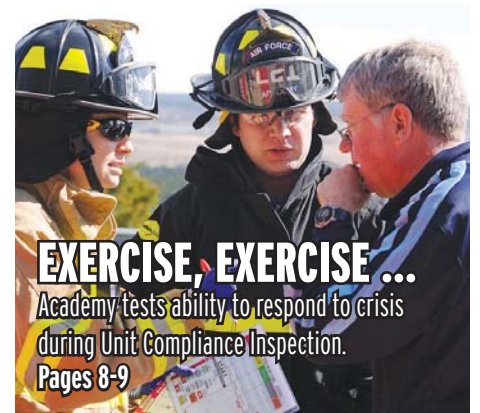
CANINE THERAPY

Peak Performance Center has four-legged therapist. **Page 6**

LOOKING SHARP

High school teams participate in drill competition. **Page 10**

ACADEMY SPIRIT



Academy celebrates Founders Day



Cadets marched in the Founders Day Parade Saturday at Stillman Field. Founders Day commemorates the establishment of the Air Force Academy on April 1, 1954. On that momentous date 58 years ago, President Dwight Eisenhower signed Public Law 325, 83rd Congress, 2nd Session, formally authorizing the establishment of the United States Air Force Academy.

MIKE KAPLAN

Academy earns multiple 'Best of the Springs' awards

BEST OF THE SPRINGS

- GOLD - The Air Force Academy, best college for military
- SILVER - The Cadet Chapel, local architecture
- SILVER - Falcons football coach Troy Calhoun, coach
- BRONZE - Cadet 3rd Class Joe Bomar, radio personality
- EXPERT'S PICK - 4th of July fireworks, impressive outing for out-of-town guests

By Don Branum
Academy Spirit staff writer

The Air Force Academy earned several "Best of the Springs 2012" awards, including three readers' choice awards, in a publication released by The Gazette April 13.

Other awards included two expert picks for best Fourth of July fireworks and impressive outing for out-of-town relatives.

Among the readers' choice selections, the Academy earned a gold award in the "Best College for Military" category. The Cadet Chapel tied for silver with the Broadmoor Hotel in the "Local Architecture" category. Falcons football coach Troy Calhoun earned silver in the "Coach" category, and Cadet 3rd Class Joe Bomar from Ca-

det Squadron 26 won bronze in the "Radio Personality" category for his "Boston Joe" radio show.

Kristen Dorris, the online content editor for the Springs Military Life website, selected the Academy to receive nods for Fourth of July fireworks and impressive outing. She praised the fireworks show as "by far the largest ... in Colorado Springs," including music by the Air Force Academy Band, cannons and bounce castles for younger members of the family. She cited it as an impressive outing because visitors can watch "cadets training on gliders or parachutists floating safely back to Earth."

The "Best of the Springs" guide is available online at <http://www.coloradosprings.com/sections/best-of-2012>.



The Cadet Chapel tied for silver with the Broadmoor Hotel in the "Local Architecture" category in the Best of the Springs, released April 13.

Chief's perspective: Now is the time for bold leadership

By Chief Master Sgt. James Roy
Chief Master Sgt. of the Air Force

WASHINGTON (AFNS) — Enlisted Airmen,

A week ago I sent an email message titled "Leadership vs. Policy to Command Chiefs and Career Field Managers." You may have seen that message or parts of it, but I'd like to take the opportunity to address it with you directly.

The theme of the message was that too much arbitrary guidance could prove to be counterproductive. As supervisors, the more leverage we have to deal with situations on a case-by-case basis, the better.

Junior Enlisted Airmen

Young Airmen are our most precious resource. We spend millions of dollars recruiting, training, and equipping them to execute the tactical parts of the mission, and they never let us down.

We owe junior enlisted Airmen the proper training, education and experiences it takes to develop them into leaders in their field. We owe it to them to explain what is expected of them, and to follow up with how they are meeting our expectations. We owe them the mentorship and guidance they need to succeed, and they should be expected to do everything they can to meet the high standard set by the supervisor.

NCOs

What our junior enlisted Airmen learn about leadership and mentorship will shape how they eventually supervise. Therefore, first-line supervisors have an incredible responsibility. NCOs should set young Airmen up for success by outlining specifically how to earn their highest rating. Following that, mentoring and additional feedback should address specific shortfalls and how to overcome them.

We are growing leaders, not judging Airmen on their ability to get it right on their own. As a supervisor, you should do all you can to help your Airmen succeed. When used properly, the formal feedback process is a good foundation for making this happen.

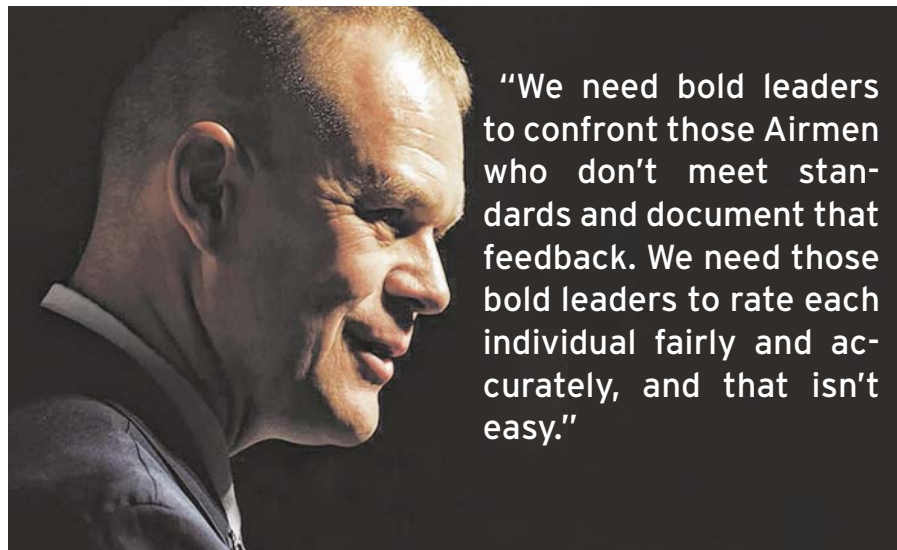
Senior NCOs

Our most senior enlisted Airmen have a tremendous amount of impact on this process. Senior NCOs should hold their NCOs and senior airmen accountable for conducting required feedback sessions, and support their fair ratings. Senior NCOs should understand that a "4"

is not a bad rating, and that some Airmen will earn that rating in a given period. Rating an Airman fairly will not hurt their career; it should help them grow.

Commanders

In addition to the email message I sent to chiefs, I sent a similar message to commanders of major commands, asking them to pass it down to their commanders. Because most of our reports are signed by a commander, I felt it was important that they understand where we're coming from. Commanders are the key and final component of this process, and their support for fair and accurate ratings is critical.



"We need bold leaders to confront those Airmen who don't meet standards and document that feedback. We need those bold leaders to rate each individual fairly and accurately, and that isn't easy."

Bold Leadership

Some have suggested we set some arbitrary quota for the number of "5" ratings allowed in a given shop. They claim that would make things easier.

I'm not interested in doing what's easy; I'm interested in doing what's right. Implementing a quota would strip first-line supervisors of the leverage they need to grow tomorrow's enlisted leaders.

We don't need quotas. Instead, we need bold leaders to set high standards and help Airmen achieve them. We need bold leaders to confront those Airmen who don't meet standards and document that feedback. We need those bold leaders to rate each individual fairly and accurately, and that isn't easy. They will need the support of senior NCOs and commanders to make it work.

It takes bold leadership on everyone's part to develop Airmen.

Now is the time to do everything you can at your level to make this happen.

The importance of moral leadership

Civil Rights leader's message inspires cadets

By Capt. Joe Brown
Political Science Department



Dr. C.T. Vivian

Forty-four years after the death of Dr. Martin Luther King, Jr. many cadets have only a hazy understanding of the importance of the Civil Rights movement to our national life under the Constitution. This understanding was sharply clarified with a visit from Dr. C.T. Vivian, a renowned civil rights leader and contemporary of King.

The grandfather of Political Science major Cadet 3rd Class Coleman Vivian, Dr. Vivian spoke last week to students in several American government courses as well as to sophomore political science majors.

Vivian is featured prominently in the PBS documentary "Eyes on the Prize" as a frontline advocate for the moral imperative to protect basic Constitutional rights for all races in America.

The film follows the 1965 protest march from Selma to Montgomery, Ala., and is shown to all cadets in the Academy's core political science class.

During his remarks, Vivian spoke about the moral character necessary to remain non-violent in the midst of the hatred and violence of the segregated South. He emphasized King's contribution in not only working to secure justice and civil rights for African Americans, but spurring the entire nation to live up to the fundamental principles of the Constitution and Declaration of Independence.

By tapping into the moral and spiritual conscience of white America, the Civil Rights movement roused America as a whole to fulfill its solemn obligation: to work toward its ideals.

Dr. Vivian's words inspired Cadet 1st Class Wendy Lathrom, "It was a kind of awakening perhaps. It's really nice to hear the other side of things, the uncommon perspective and to be challenged to action."

Cadet 1st Class Grant Meyer commented, "It's easy to forget that racial equality and social justice still must be upheld in greater society — and that we have yet to realize the true culmination of MLK's dream."

Dr. Vivian's visit, which was supported by the Center for Character and Leadership Development, provided the cadets a living example of character in action.

ACADEMY SPIRIT

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

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Lt. Col. John Bryan —
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Gino Mattorano —
Editor
Don Branum — Staff Writer
Amber Baillie — Staff Writer
Carol Lawrence — Graphic Designer

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-7557.

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

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Days of Remembrance

Holocaust survivor shares story to pass on to future generations

By Amber Baillie
Academy Spirit staff writer

To this day, 77 year-old Marion Blumenthal Lazan feels a strong sense of fear whenever she sees a German shephard.

It takes her back to that cold, rainy night in 1944 when she arrived at Bergen-Belsen concentration camp at just 9 years old and was threatened along with thousands of other Jews by Nazi guards with vicious police dogs.

Although it's difficult for Lazan to revisit that dark period, she shared her story with 90 cadets on Tuesday at a luncheon in the Mitchell Hall Formal Dining Room for Holocaust Remembrance Week.

"Although I've spoken to an upward of 1 million students and adults over the past 20 years, it still hasn't become easy," Lazan said. "I do recognize the importance of sharing that period of history because in a few short years, Holocaust survivors will no longer be able to give a first-hand account of it."

"You're the last generation that will hear from us, so I ask you to share my story or any of the Holocaust stories that you have read and heard about," she added.

Lazan spoke about her experiences



RAYMOND MCCOY

"You're the last generation that will hear from us, so I ask you to share my story or any of the Holocaust stories that you have read and heard about."

- Marion Blumenthal Lazan, speaking to cadets about her survival story

during World War II in Nazi concentration camps, to liberation and how she started her life anew in the United States.

"Mine is a story that Anne Frank might have told had she survived,"

Lazan said. "This is a story that could bring a message of preservance, determination, faith, and above all, hope."

Lazan said she will never forget the night of Nov. 9, 1938. Often referred to as Kristallnacht, or Night of Bro-

ken Glass, Nazis and their followers destroyed Jewish stores, synagogues and books, and Lazan's father was sent to a concentration camp.

"This was the beginning of a massive physical and verbal assault against Jews in Germany," Lazan said. "In reality, this was the beginning of the Holocaust."

The Blumenthal family: Marion, her mother, Ruth, father, Walter and brother, Albert, had filed papers to immigrate to America but we're trapped by the Germans in the Netherlands and eventually shipped to a concentration camp.

"When we saw the cattle cars in which we were to travel in, our fears began to mount," Lazan said. "Adults suspected and they somehow knew what was in store for us."

Lazan said while at Bergen-Belsen, six-hundred people were crammed into crude, wooden barracks with two people per bunk.

"There was no privacy, no toilet paper, no soap and hardly any water to wash with," Lazan said. "In the almost year and a half we were there, never once were we able to brush our teeth."

Lazan said she never knew if she'd survive when she would be marched to the showers once a month.

"Watchful eyes of the guards ordered us to undress and because people had heard about exterminations and gas chambers, we were never quite sure what would come out when the faucets were turned on. Water or gas?"

See Holocaust Page 10

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The generosity of wealth, spirit

Visiting monk speaks about the the Buddhist faith

By Don Branum
Academy Spirit staff writer

A Tibetan Buddhist monk visiting from India spoke to an audience of about 75 people in Arnold Hall here Monday on an invitation by the Academy's Cadet Interfaith Council.

The presentation was part of a continuing program set up by the Cadet Interfaith Council and Academy chaplains to give cadets chances to learn and grow from regular interactions with people whose faiths they may not have previously encountered.

Khen Rinpoche Geshe Kachen Lobzang Tsetan, a native of Ladakh, India, talked about the importance of generosity to the Buddhist faith. Generosity is one of six perfections practiced by bodhisattvas, or Buddhists who wish to achieve enlightenment, Tsetan said. The other perfections are ethics, effort, patience, passion, meditation and wisdom. The first three -- generosity, ethics and effort -- focus more on lay people, as monks generally do not have material goods to donate.

Tsetan split generosity into three categories: material and spiritual gifts as well as the gift of removing fear. Motivation is more important, he said, than the perceived value of the gift itself.

"When you give away a piece of bread, your generosity is greater if you give it with a mind of helping all living beings," said David Gardiner, the co-founder of the BodhiMind Center in Colorado Springs and a professor of religious studies at the University of Colorado-Colorado Springs. "That attitude gives you an amount of virtue equivalent to all those you intend to help."

In contrast, someone who expects a reward for his generosity is seen as impure, Tsetan said.

"If I give to salve my ego, what kind of generosity is that going to get me?" he asked rhetorically. "If you give with pure motivation, you will feel more calm. Anything you do with generosity, you have to do it without expectation. Give freely from your open heart. Once you give something, don't feel regret. If you feel regret, your generosity is not very good."

"The virtue is with you," he added. "What's powerful is your intention."

While material generosity seeks to help others with outer problems, the second type of generosity aims to help others with inner problems, Tsetan said. Spiritual teachings, he said, are to be found everywhere, not just in holy books.

"(Spiritual) generosity changes your mind or behavior. Improves your mind or behavior," he said.

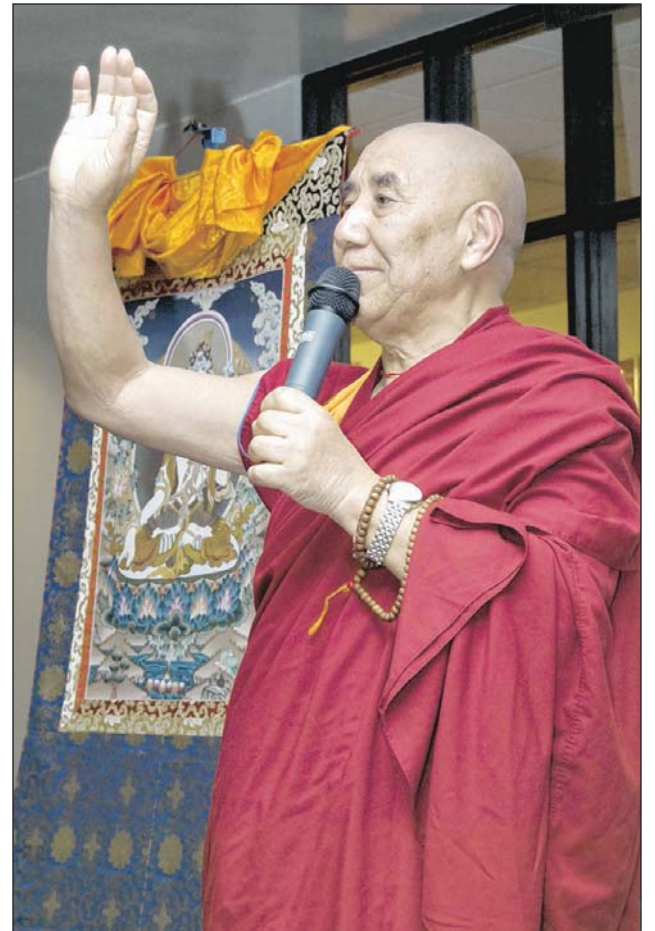
Third, Tsetan said, is fearlessness -- that is, generosity that helps people eliminate fear and despair from their lives.

"If someone is dying from cold, you have to bring him to a warm place," he said.

A question from Cadet 3rd Class Jason David of Cadet Squadron 30 at the end of the presentation helped highlight the difference between Buddhist and Western concepts of generosity. David asked whether feeling good about helping others made a generous act selfish. Tsetan replied with the advice that people should allow their happiness from being generous to motivate them to continue their generosity.

David said Tsetan's answer clarified the dilemma for him.

"In Western culture, we're taught to believe that altruism is based on what could almost be taken to an 'everyone benefits at my expense and goodwill' paradigm," he said. "However, (Tsetan's) thought that everyone, including yourself and your feelings of goodwill, should benefit from altruism was an



DON BRANUM

Khen Rinpoche Geshe Kachen Lobzang Tsetan speaks at a discussion on generosity and Buddhism in Arnold Hall Monday. Tsetan is the head abbot of the Tashi Lumpo Monastery in India and founder of the Siddhartha School, which provides education to children in India's Himalayan area.

interesting, and I think better, way to approach the concept."

Tsetan previously visited Colorado Springs in 2009 and 2011. He founded the Siddhartha School in his hometown of Ladakh in 1995 and became head abbot of the Tashi Lhumpo Monastery in southern India in July 2005 at the request of the Dalai Lama.



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Puppy Love

Therapy dog eases worries

By Amber Baillie
Academy Spirit staff writer

There is a friendly new face at the Peak Performance Center. She loves long walks, a competitive game of fetch and might expect a belly rub when you walk through the door.

Her name is Lulu and she is a spunky, 8 month old weimaraner-lab mix who adds a playful, canine twist to therapy. She was adopted by the center's director, Maj. Nicholas Marshall and has been a therapy dog at the Academy since January.

"She's a therapy dog as far as providing the ability for cadets to feel more relaxed when they're here," Marshall said. "If they're in crisis or dealing with a really significant problem, Lulu can go into the session with them, they can stroke her and feel more comfortable while talking about whatever it is they're struggling with."

The PPC is a counseling center that provides therapy for life stresses such as if a cadet is homesick, stressed about a test or has broken up with their significant other.

"If someone comes in and they have a significant problem like depression, we often refer them to mental health," Marshall said. "The average amount of visits per client is between two and

five and then usually they're much better."

Any cadet, whether a client or not, is welcome to visit Lulu and can take her on a walk, play ball with her or take her back to their squadron.

"I love dogs and I have five at home," said Cadet 3rd Class Mercedes Dexter of Cadet Squadron 32. "To have a dog here is really nice, especially if you miss your animals back home and can't see them very often. Lulu takes my attention off whatever else I'm focusing on and is well-behaved for a puppy."

Marshall oversees counseling care that's provided to cadets and decides what procedures need to be done better or differently. Marshall said he wants to change the culture of the center and would like for it to be associated with relaxation and enjoyment, not just depression.

That's when Marshall rescued Lulu. He adopted her for the center and picked her up from the pound at just six weeks old.

"I'm a social worker, so I'm familiar with research that shows having pets in an environment can relax people and reduce stress," Marshall said. "We've also seen an increase in the number of people coming in to get help. I can't say that it's a 100-percent correlation with her being here, but ultimately, she's very helpful whether it's to get people here or simply make visitors happy."

As a part of Marshall's research, he visited Fort Carson to speak with individuals from the Wounded Warrior Program about their two therapy dogs. The experience helped give him a better idea of how Lulu could benefit the Academy.

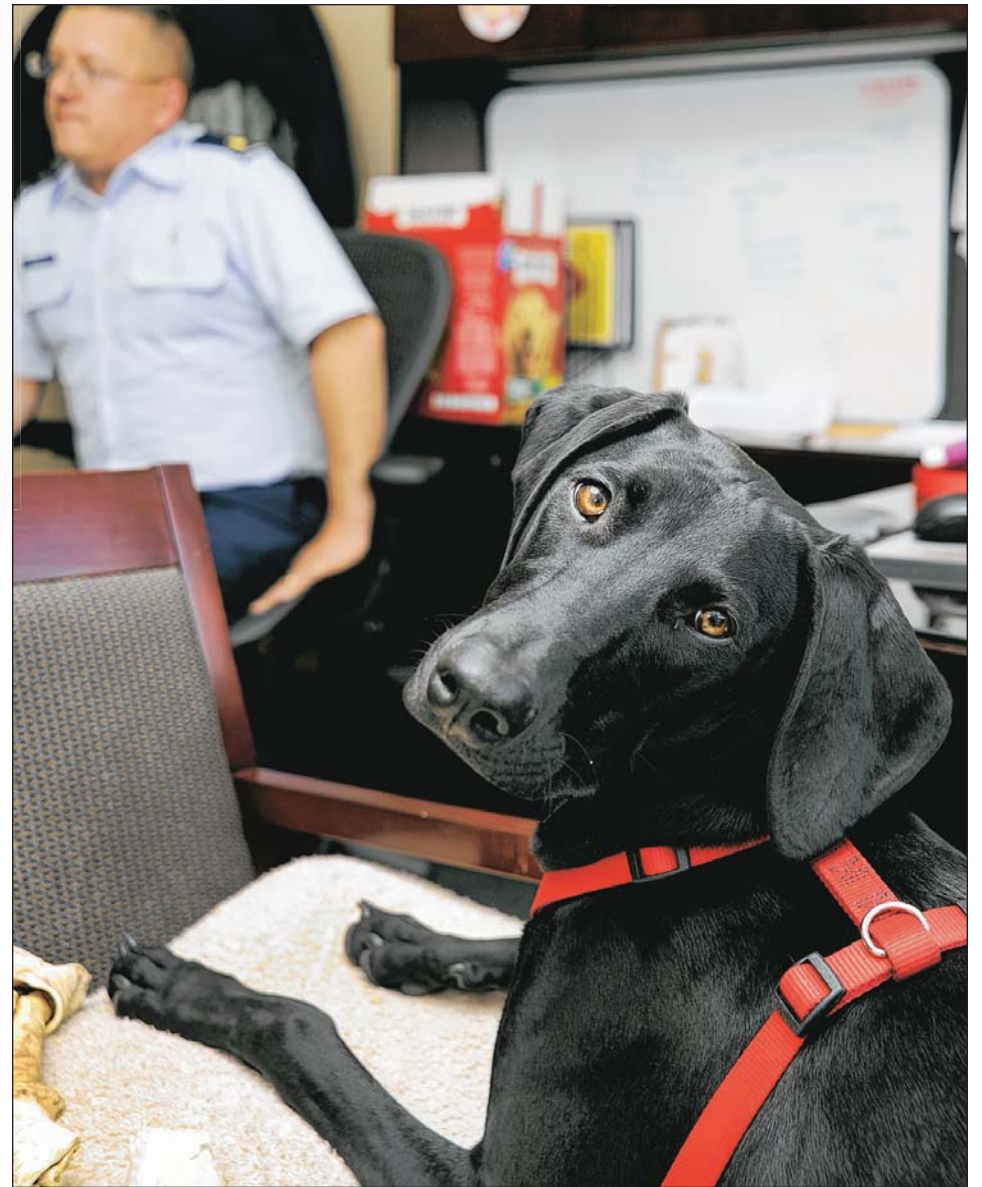
Marshall said cadets will often stop by just to see Lulu.

"When cadets see her, regardless if they're depressed or stressed out, they light up," Marshall said. "When they walk through those doors and see her, it's a big deal and I think her calm and chilled temperament is perfect for this."

Cadet 3rd Class J. Downs of CS 40 visited Lulu last week after he was in a serious car accident.

"It's cool that Lulu loves you unconditionally. She doesn't care about anything and just wants to be petted," Downs said. "I visited her to take my mind off things, and I love that she doesn't have expectations and just wants attention."

Marshall said that with a therapy dog at the Academy, it helps break



PHOTOS BY SARAH CHAMBERS

TOP: Eight month old therapy dog, Lulu, tilts her head for the camera as she rests on her bed at the Peak Performance Center.

ABOVE: Cadet 3rd Class Mercedes Dexter (Left), Maj. Nicholas Marshall (Middle) and Cadet 3rd Class J. Downs (Right) pose with Lulu outside of the cadet chapel.



Lab and weimaraner puppy, Lulu, raises her nose toward Cadet Dexter after sensing the fragrance of Dexter's lippgloss.

through the institutional feeling and brings more of a homey spirit.

"It helps break up the monotony because we live where we work and play," Dexter said. "She's super calm, so people who might have a fear of dogs shouldn't worry because she's very chill for a puppy. Her calmness puts people at ease."

For those with pet allergies, a sign notifies clients before they enter the center that a dog is present. Marshall also keeps Lulu updated on her vaccines.

"There are a lot of people who love dogs at the Academy and everyone I've talked to has agreed that it's a good idea," Downs said. "I haven't heard one negative thing about her."

Dexter said therapy dogs should be implemented in more treatment cen-

ters.

"You'll see them in children's hospitals and nursing homes," Dexter said. "I've read articles where soldiers will find puppies in Afghanistan and adopt them because they develop this great bond with them. A lot of soldiers have dogs at home and they miss them because they miss that unconditional love, loyalty and bond that is a huge stress reliever."

Another provider at the center plans to bring in her dog, a Belgian shepherd, to replace Lulu when Marshall leaves in August.

"I wish I could stay longer, but that's how the military goes," Marshall said. "I'm really hoping that her dog can help here, and wherever I end up next, I hope that Lulu can do the same there."

Stop child abuse before it happens

By Kristin Larkey
Family Advocacy Program

If you suspect a child is being abused or neglected, please call the Family Advocacy Program at 333-5270 and/or the El Paso County Department of Human Services Child Abuse & Neglect Hotline at 444-5700.

April is Child Abuse Prevention Month, and the purpose of this month-long observance is to raise awareness in the community around the critical issue of child abuse and neglect, as well as educate the public on prevention.

Child abuse has a significant impact on our society, both short and long term. Research shows that child maltreatment is associated with adverse health and mental health outcomes in children and families, and those negative effects can last a lifetime.

In addition to the impact on the child, child abuse and neglect affect various systems — including physical and mental health, law enforcement, judicial and public social services, and nonprofit agencies as they respond to the incident and support the victims.

According to the U.S. Department of Health and Human Services, one analysis of the immediate and long-term economic impact of child abuse and neglect suggests that child maltreatment costs the nation as much as \$258 million each day, or approximately \$94 billion each year.

The best way to end child abuse is to prevent it before it starts. It has been proven that effective early prevention efforts are less costly to our nation and to individuals than trying to fix things later. Treatment of the abuser has had only limited success and child protection agencies are overwhelmed.

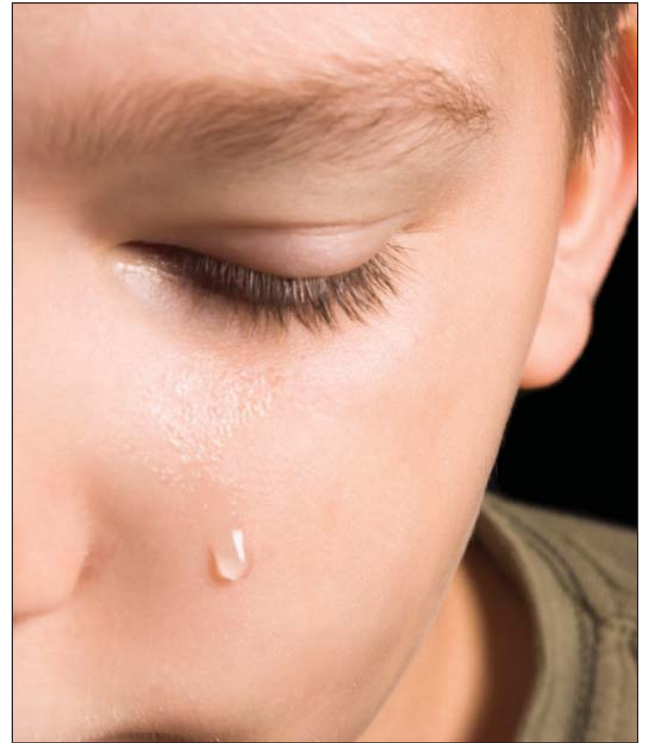
Recently, efforts have begun to focus on the primary prevention of child abuse. Primary prevention of child abuse is defined as any intervention

that prevents child abuse before it occurs, according to an American Family Physician article dated March 15, 1999.

Research has found that successful child abuse interventions must both reduce risk factors and promote protective factors to ensure the well-being of children and families.

Home visitation has become a major strategy for supporting new parents. The Air Force has developed a model for the Air Force military population called the New Parent Support Program. The Air Force's NPSP educates families concerning prenatal care and support, breastfeeding issues, infant and toddler care, health and development, parenting skills, and much more. Home visits are provided by a nurse and are available for pregnant women and families who have a child under the age of three.

The Academy's Family Advocacy Program also offers several prevention classes at no cost. Classes are offered on a quarterly basis and include parenting classes for parents with children of all ages, anger and stress management, Dads 101, and couples' communication. Another prevention service Family Advocacy offers is marital counseling under the Family Advocacy Strength-Based Therapy Services, or FAST program. Couples who are struggling with communication, conflict or other issues are encouraged to take advantage of these services.



All of the prevention services offered by Family Advocacy are voluntary, confidential and not documented in the patient's medical record. It's also important for couples or individuals to seek help before major problems arise. For instance, the best time to utilize marriage counseling, a parenting class or other services is when there are only minor concerns or if someone is just looking for additional skills or techniques. If prevention services are utilized early, it can help avoid bigger problems in the future and increase the chance for success.

For more information about the Academy's Family Advocacy Program or local area services, please call 333-5270.

CLUES ACROSS

- Duck cartoon character
- Town in Guinea
- Upright posture
- Rest on your knees
- Move upward
- Disposed to take risks
- Makes a sweater
- Grooved surface of a tire
- Identical in kind
- Radiotelegraphic signal
- "Picnic" author William
- Bashkir Republic capital
- Male highlanders
- Doing several things at once
- Title of respect
- Old world, new
- "Sophie's Choice" actress
- Encloses completely
- Decaliter
- Makes angry
- Commercial free network
- Latvian capital
- Tycho __, Danish astronomer
- Leave slowly and hesitantly
- Harm to property
- Dining, pool and coffee
- Remove all traces of
- Yemen capital
- Passover feast and ceremony
- Trenches
- Mobile camper
- Affirmative (slang)
- Bachelor of Laws
- __ Angeles
- State police
- U.S. gold coin worth 10 dollars
- Bets on
- Million barrels per day (abbr.)
- Macaws
- Julie Andrews and Judi Dench
- Capital of Morocco
- Oh, God!
- __ Carvey, comedian
- Point midway between E and SE
- Principle of Chinese philosophy
- Trauma center
- Atomic #62

CLUES DOWN

- Proper fractions
- Ridgeline
- Marshland area of E. England
- Flood Control District
- Canadian province (abbr.)
- Project Runway designer judge's initials
- Along with
- Orderly and clean
- A short-barreled pocket pistol
- Extraterrestrial being
- Ancient capital of Ethiopia
- Goof
- Annoy constantly
- Haitian monetary unit (abbr.)
- Arrived extinct
- Belonging to a thing
- Tounge click
- Fireman's signal
- Connecticut
- 3rd tone of the scale
- Language spoken in Russia
- Split occupancy
- Diacritics for s's

SUDOKU

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

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Rapid response

Academy emergency responders participate in readiness exercise

The Academy's exercise evaluation team tested the base's ability to respond to a contingency event during exercise Swift Falcon 12-05 Wednesday.

The exercise scenario was designed to test how first responders reacted to an exercise mass-casualty event, under the guidance of 10th Air Base Wing leadership and the emergency operations center.

The exercise scenario involved a chemical spill at Falcon Stadium involving casualties. The exercise tested first responders' ability to treat

victims and transport them to the hospital, determine evacuation requirements and a host of other objectives.

The contingency response exercise is part of the ongoing Unit Compliance Inspection. A UCI is designed to assess areas mandated by law, as well as mission areas identified by senior Air Force leadership as critical or important to the health and performance of a unit.

The Academy's UCI continues through Thursday, and will conclude with outbriefs by the inspection team.



SARAH CHAMBERS

Michael Fitzpatrick, a 10th Civil Engineer Squadron firefighter, evaluates an exercise incident victim to determine the severity of her injuries during exercise Swift Falcon 12-05 Wednesday.



LIZ COPAN

LEFT: Airmen with the 10th Medical Group transport an exercise incident victim during the Academy's contingency response exercise Wednesday.

BELOW: Brian Bell, a firefighter with the 10th Civil Engineer Squadron, prepares to rinse off an exercise incident victim.



SARAH CHAMBERS



SARAH CHAMBERS

Left to right: Elaine Perkins, Tech. Sgt. Jason Linta, Michael Fitzpatrick, Eric Riffle and assistant fire chief Martin Clinton assess the exercise incident severity and determine the appropriate course of action. Each is assigned to the 10th Civil Engineer Squadron. First responders include fire department, security forces, medical personnel, the safety office and others.



SARAH CHAMBERS

A distraught civilian exercise participant gives firefighter Andrea Caraway a chance to test her people skills during the contingency exercise Wednesday at Falcon Stadium.

'Forward, harch!'

Academy hosts national drill competition

By Amber Baillie
Academy Spirit staff writer

Ten high schools competed at the 30th Annual National Invitational Drill Meet on April 14 in the Cadet Field House.

The event was hosted by the Cadet Honor Guard and consisted of color guard, drill, inspection and marching competitions.

"It's an opportunity to bring students together who have a common interest in competing, especially on a national level," said Cadet 2nd Class Sun Y. Lee, cadet in charge of the event.

Schools from Texas, Colorado, Washington, New Mexico, Nebraska and Arizona were at the event. There were two-hundred and fifty competitors, most of whom were Junior ROTC.

"I know how much work it takes for these competitions," Lee said. "It takes a lot of practicing and traveling. Finally getting to compete and see other schools is a rewarding feeling."

High school and college students competed in nine different events: inspection, regulation and exhibition for both armed and unarmed presentations as well as color guard, special exhibition and individual exhibition.

Winners of each event received trophies and medals. Awards were also distributed to the best commanders.

Cadets from the honor guard evaluated the event and Airman and NCOs with training and drill expertise graded the performances.

"I've probably spent more than 200 hours on preparation for the event," Lee said. "We had over 250 people

attend and 10 to 15 cadets in the wing who helped escort competitors around the Academy for tours."

It was Lee's first year in charge of coordination. She was initially overwhelmed by the amount of work.

"At first I felt weighed down by all of the responsibilities, but seeing how much it meant to competitors made me so happy. They take the event pretty seriously which makes me feel good because I put it together, and they want to try really hard at it."

Lee said it's important for the Academy to continue the event because drill gives competitors a mindset that they will need in the military.

"Some people think drill is just about spinning a rifle, around but it's more than that. It's an avenue to honor people who have gone before us," Lee said. "It's a discipline and about putting that practice in, preparing yourself and about keeping control of yourself."

Lee said it was refreshing to interact with Junior ROTC from different schools.

"You see these kids coming and excited about competing and asking questions about what it's like at the Academy," Lee said. "The event allows the Academy to get its name out there and let kids know what we represent."

Lee was pleased with the feedback from the event.

"One of the questions that we asked the schools was, 'What did you like about NIDM?' Lee said. "One of the students said it was a stiff competition and was impressed by the teams. Several POCs said the competition was great, and they looked forward to



MIKE KAPLAN

Tech. Sgt. Jon Hyder, an Academy Military Trainer assigned to Cadet Squadron 35, provides instruction to a Drill meet participant Saturday.

competing next year."

Lee said it's important for cadets to be informed about the event.

"I want cadets to know that the event actually exists and know what really happens in drill competitions," Lee said. "Some have drilled in high school or the honor guard but many have not."

Lee said she was proud to be a part of the competition.

"It was a huge learning experience for me," Lee said. "I gained knowledge and experience on how to deal with the public such as other high schools and other military members."

Schools who participated:

Klein Collins High School from Klein, Texas; UC Boulder from Boulder, Colo.; C.E. King High School from Houston, Texas; Washington High School; Westwood High School from Denver, Colo.; Hamilton High School from Chandler, Ariz.; Bellevue West High School from Omaha, Neb.; El Dorado High School from Albuquerque, N.M.; Union High School from Tulsa, Okla.

Holocaust

From Page 3

Lazan said death was an everyday occurrence, often caused by malnutrition and dysentery, and the dark living quarters would cause people to trip and fall over the dead.

"We as children saw things that no one, no matter the age, should ever have to see," Lazan said. "I know that you've probably heard and seen movies and documentaries about the Holocaust but the constant foul odor, filth and continuous horror and fear surrounded by death is indescribable. There is no way that this can actually be put into words or pictures."

Lazan said she would play make-believe games in her pastime. One was very important to her and eventually become the title of her book, "Four Perfect Pebbles."

"I decided that if I was to find four pebbles of about the same size and shape, that it would mean my four family members would all survive," Lazan said. "I always found my four pebbles and this game gave me some distant hope."

Lazan said her meager diet caused her stomach to shrink. Hunger became no longer painful.

"By liberation, at age 10 and half, I weighed 35 pounds and my mother,

a mere 60," Lazan said. "There is no doubt in my mind that it was my mother's inner strength and fortitude that finally saw us through."

In April 1945, the Russian army liberated the Nazi train that Lazan and her family were on. The train was headed to the extermination camp and gas chambers.

"It's truly remarkable how any of us were able to survive in such horrendous conditions. Five hundred people died on the route or shortly after."

One of those was Lazan's father, who died of typhus six weeks after liberation.

Two years later, at age 13, Marion and her mother and brother immigrated to the United States.

"It's a wonderful story of how we gradually recuperated and started our lives anew," Lazan said.

Lazan graduated from high school on time, after a delayed education, and married her husband Nathaniel Lazan, who was once a B-25 pilot in the Air Force.

"My relationship with the Air Force goes back to the 1950s," Lazan said. "It was a proud moment when I pinned the silver wings on my husband in 1955 at Reese Air Force Base



RAYMOND MCCOY

Marion Blumenthal Lazan speaks to cadets in Mitchell Hall Tuesday about her experiences during World War II in Nazi concentration camps.

in Lubbock, Texas."

Lazan said that despite all of the terrible things that happened to her as a child, her life today is full and rewarding.

"I'm very grateful that I survived body, mind and spirit and was able

to perpetuate my heritage with my husband and family," Lazan said.

Holocaust Remembrance Day was on Thursday and events were set up by the Academy's Holocaust Committee which consists of members from across the Academy.



Second baseman Blair Roberts lays down a bunt to lead off the first inning against Regis University at Falcon Field Tuesday.

Air Force baseball downs Regis, 8-1

Air Force baseball defeated in-state rival Regis University 8-1 Tuesday afternoon at Falcon Field. The Falcons won their third in a row at home and improved to 9-25 and the Rangers fell to 19-18.

Starting pitcher Michael Ceci (2-6) held Regis to one run over six innings, while striking out a career-high six in the win. Relievers David Baska, Ben Yokley and Alex Baker combined to toss three scoreless innings to close out the game.

Air Force had nine hits, including three triples in the game and drew six walks. Center fielder Alex Bast went 3-for-4 with two triples and

right fielder Jake Schomaker went 2-for-5 with a career-high three RBIs.

Regis starting pitcher and Colorado Springs native Steve Falconi (1-4) took the loss, allowing five runs in five innings pitched. The Rangers had seven hits on the day. Second baseman Nick Billinger went 2-for-4 to lead Regis.

Air Force broke open a scoreless game with four runs in the fourth inning. Noah Pierce scored Bast on a ground out for the first run. Blair Roberts then drew a bases load walk to score David Thomas for the second run. Schomaker

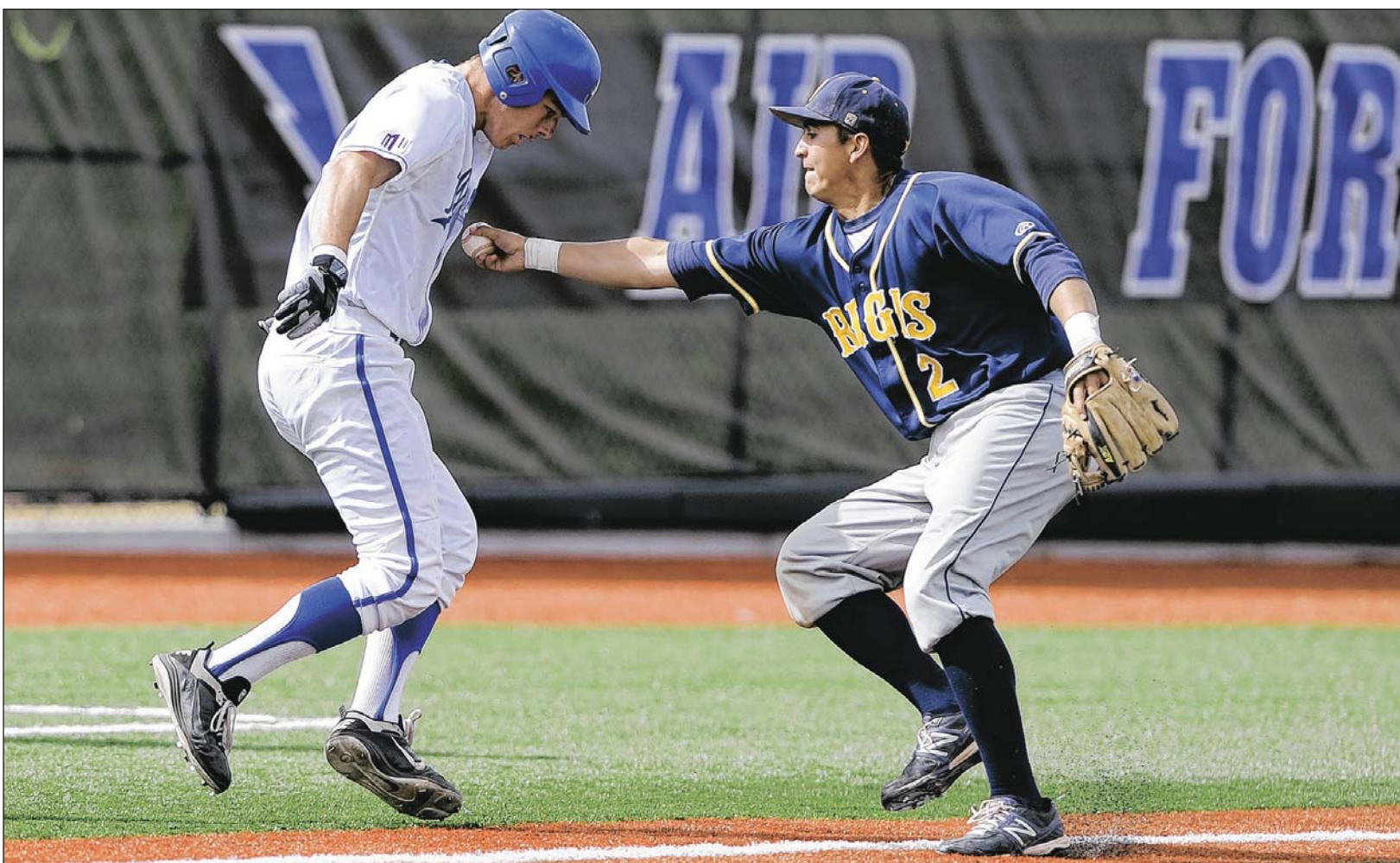
then singled to knock-in Pierce and Brian Sicher.

The Falcons added a run in the fifth as Sicher hit and RBI-single, scoring Matt Thorne.

After Regis scored a run in the sixth, AFA responded with a run in the sixth. Bast tripled with two outs to score Seth Kline from first.

Air Force added two more runs in the eighth. Adam Hill singled and came around to score on a triple by Schomaker for the first run. Schomaker then scored on Bast's second triple.

The Falcons return to action today, at UNLV.



Freshman left-fielder David Thomas avoids a tag during a rundown at third base during the Falcons' contest against in-state rival Regis University at Falcon Field Tuesday. Air Force went on to defeat Regis 8-1. The Falcons return to action today at UNLV in Las Vegas for a three-game series.

PHOTOS BY MIKE KAPLAN

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Claims against Quick estate

All persons, firms and corporations having claims against the estate of Cadet 3rd Class Peter T. Quick, deceased, must present them to Lt. Col Edward Haskell on or before today and have them legally authenticated by the Academy's Staff Judge Advocate office for pro-rata payment, or they will be forever barred, and this notice will be pleaded in bar of their recovery.

All persons, firms or corporations indebted to this estate should make immediate payment to Haskell in care of the legal office.

Anyone with questions should contact Haskell at 333-3404.

Optometry clinic

The Academy Optometry clinic is open to all Tricare Prime and Tricare for Life beneficiaries.

No referral is needed to make an appointment for a routine eye exam.

Services include Diabetic Eye Exams, "Red Eye" Evaluation and Cataract Evaluation.

For routine eye appointments, please call 524-CARE. For urgent care eye appointments please call 333-5144.

After-hours dental care

The Air Force Academy Dental Clinic allows cadets or Active Duty at the Academy or Peterson to contact their clinic after duty hours for dental emergencies.

If you are active duty and a dental emergency occurs while you're away from your duty station, whether you're TDY or on leave, you may seek treatment from a civilian dentist.

Although you may seek treatment from any civilian dentist for dental emergency care, it is recommended that you use a United Concordia network dentist.

To reach a dentist after hours for an emergency call 337-262-4410. To find a dentist call the Active Duty Dental Program help line at 1-866-984-ADDP (2337) or visit www.addp-ucci.com.

Straight Talk Line

The Academy's Straight Talk Line allows people to receive up-to-date information in the event of natural disasters or emergencies.

The Straight Talk Line can be reached at 333-7876.

Library expands selection

The Community Center Library has created a new collection of existing materials in addition to Exceptional Family Member Program items on a variety of subjects, including development, diversity, resilience and titles currently on the Air Force chief of staff's reading list.

Other subjects include autism, Tourette's syndrome, hearing and visual impairment, physical and mental disabilities and others for both professionals and family members.

Materials will be available for check-out by patrons, and book lists will be on hand.

For more information, contact the library at 333-4665.

MyWingman app for Android

The 10th Mission Support Group's "MyWingman" app has phone numbers for emergency responders, first sergeants, sexual assault prevention and response and links to social media pages.

To download the app, navigate to the Android Market and search for "MyWingman." An iPhone version of the app will be available soon.

Walk 4 Life

The Fitness Center now offers "Walk 4 Life," a low-impact exercise program designed to improve cardiovascular endurance, flexibility and strength.

The walking sessions are approximately one hour, starting at the Fitness Center. Days and times vary. To register or for more information visit or call the Health and Wellness Center at 333-3733.

2012 Academy ESOHCAMP audit

The Environmental, Safety, and Occupational Health Compliance Assessment and Management Program Audit will be conducted here Monday through April 27.

This year's audit will be an external audit conducted by a team of military, civilian and contractor personnel.

The audit will encompass all organizations, tenants and contractor operations on the base and will evaluate the installation's overall compliance with environmental, safety, and occupational health laws and regulations. Once findings are distributed, each

organization must complete all required closure actions according to the management action plan developed after the audit.

For questions, contact Jeanie Duncan at 333-0812.

Got an IDEA?

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

Anyone can submit an idea, but only Air Force military members, Air Force federal civilian employee and Air Force Academy cadets who are paid from appropriated funds are eligible for cash awards. Monetary awards can be as high as \$10,000 for each approved idea that results in validated tangible savings, and \$200 for approved ideas resulting in intangible benefits.

To submit an idea go to: <https://ipds.randolph.af.mil/ipds/> (Common Access Card login required) or contact the IDEA office at 333-4332.

Lab week

The 10th Medical Group Laboratory Flight will celebrate National Medical Laboratory Professionals Week April 23-27, and as an outreach to the Academy community, 10th MDG patients and staff are invited to tour the lab from 1-2:30 p.m. Wednesday.

Lab Week is a time to honor the more than 300,000 medical laboratory professionals around the country who perform and interpret more than 10 billion laboratory tests in

the United States every year.

Lab guides will be available to educate customers about what the Lab Flight does each day. Just indicate at the Front Desk that you are here for the Lab Week tour.

Volunteer Awards

The Academy community is invited to attend the annual Volunteer Recognition Awards Ceremony, from 3-4:30 p.m. May 3 at the Falcon Club to honor volunteers.

Light Hors d'oeuvres will be served from 3-3:30 p.m. and the official ceremony will begin promptly at 3:30 pm. The award categories are: Outstanding Academy Volunteer, Volunteer Excellence, President's Service, and Key Spouse of the Year.

For more information or to confirm attendance, please call the Airman and Family Readiness Center, at 333-3444.

CSURF

Cadets will demonstrate their research projects April 28 at the Colorado Springs Undergraduate Research Forum, hosted by Colorado College.

Prof. Shane Burns will provide the keynote address, focused on the history of scientific cosmology from the early 20th century to today.

For more information, visit the CSURF website at www.uccs.edu/~csurf or contact Margie Oldham at 255-4552.

Earth Day - Garden of the Gods

Garden of the Gods will hold its annual Earth Day celebration at the Visitor Center, located at 1805 North 30th Street, Saturday from 9 a.m. to 3 p.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.
Formation Classes: For students in grades K-8. Sundays, 10:15-11:30 a.m.

PROTESTANT WORSHIP
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Gospel: Sunday, 11:30 a.m.
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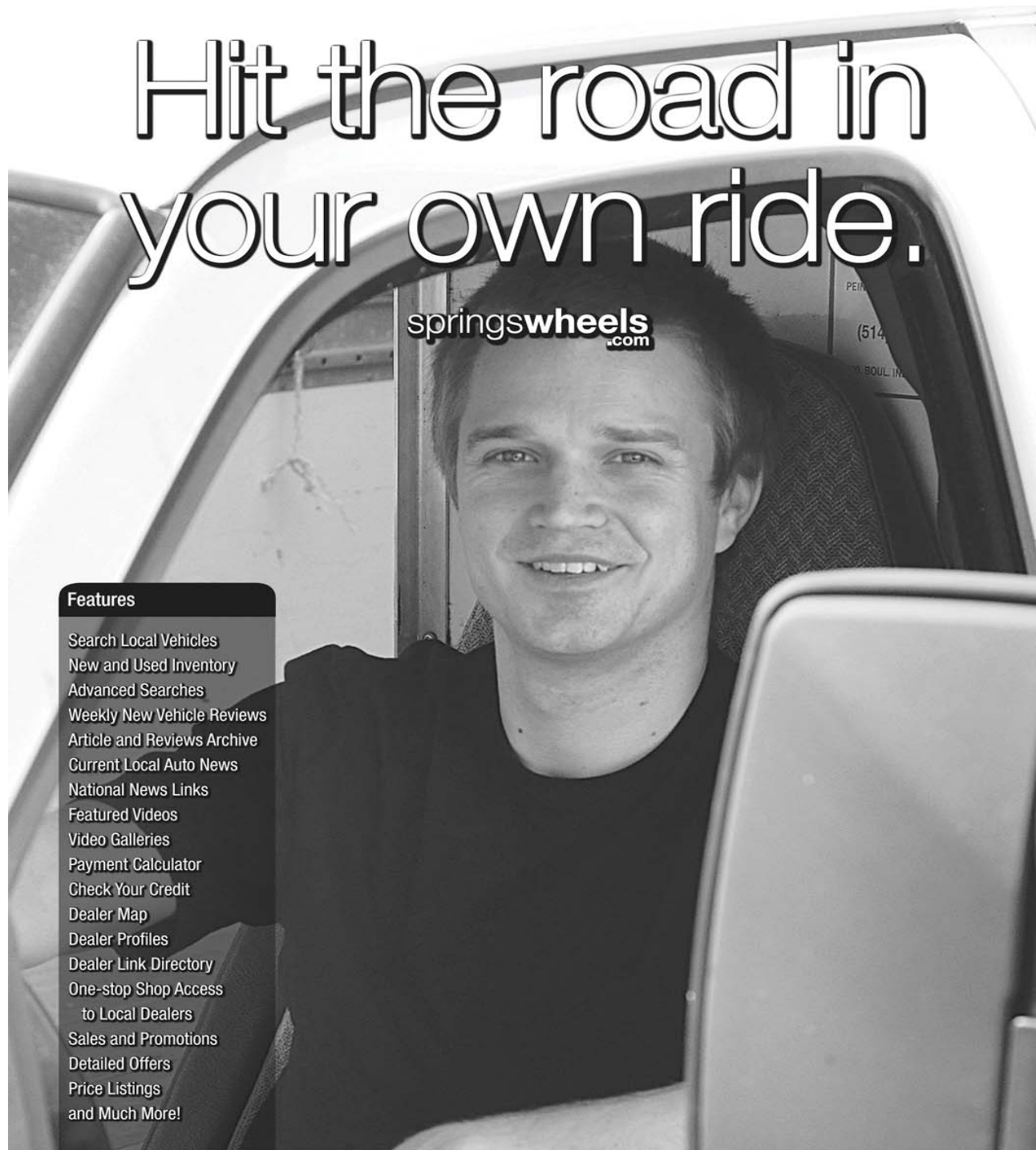
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