**BRONZE STARS**
Two 10th Medical Group noncommissioned officers earn Bronze Stars. Page 4

**LINGUISTS**
Grad, cadet selected for foreign language scholarships. Page 6

**SCHULTE AWARD**
2011 graduate earns character and leadership center's highest honor. Page 11

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**New ‘milkstool’ design could save dollars, backs**

By Don Branum
Academy Spirit staff

A C-130 Hercules ramp support platform designed by four cadets here in May could save not only Air Force dollars but also the backs of the loadmasters who currently drag around 75-pound monstrosities.

The newly designed “milkstool,” as the ramp support platform is called, would weigh 20 pounds while supporting a Herculean load of up to 61 tons, according to a presentation by Cadets Aadit Patel, Zachary Peters, Jeremy Robben and Joshua Yeaste to the Air Force Academy’s Department of Mechanical Engineering on May 5.

The department has begun discussions with the Air Force engineering authority at Robins Air Force Base, Ga., to determine testing requirements for the new milkstool, said Maj. Trent Greenwell, a mechanical engineering instructor who served as the cadets’ adviser for the redesign project. The new design could be incorporated into a technical order supplement as early as 2012, depending on when the milkstool fulfills the test requirements.

The cadets began their project in the spring semester as part of their Mechanical Engineering 499 class: an independent study on one of several topics approved by the department head. Cadet Peters, now a senior with Cadet Squadron 24, said the ramp support platform interested him because of its potential application to the operational Air Force.

“One day, a loadmaster could be using what we designed,” said Cadet Peters, a native of Columbus, Ohio. “This could help the C-130 community.”

Major Greenwell guided the four through a systems engineering process that included preliminary and critical design reviews, development of a prototype and procedure validation and verification.

The cadets began their semester-long project by researching users’ requirements. To find out what loadmasters need from a milkstool, they visited the 52nd Airlift Squadron, part of Air Force Reserve Command’s 302nd Airlift Wing at Peterson Air Force Base.

“While in a deployed environment, a loadmaster may lift the milkstool more than 10 times on a normal mission,” said Master Sgt. A.K. Roberts, loadmaster supervisor for the 52nd Airlift Squadron at Peterson AFB. “That may not sound like much, but when you take into account the heat and hydration issues that come with flying these missions, a lightweight design would help tremendously.”

Loadmasters must also lift the milkstool over cargo or carry it outside the aircraft and in through the crew door due to the cargo configuration — a process that Sergeant Roberts described as “very cumbersome.”

In their Feb. 15 preliminary design review, the cadets concluded the new milkstool must support at least 27,700 pounds without failing, weigh 50 pounds or less — preferably less than 35 pounds, Cadet Peters said — and be durable enough to survive the rough working environments in which C-130s take off and land.

“It has to be quickly deployable for combat environments,” Cadet Peters said. “And it has to function anywhere in the world, from deserts to tropical environments to the Antarctic, because C-130s fly to all of those locations.”

The team brainstormed ideas, including an inflatable bag to a one-column support structure. They faced both budgetary and time constraints, Cadet Peters said.

“We took our timeline and said, ‘What’s feasible?’” he said.

They presented their ideas in the preliminary design review and opened the floor...
Air Force Academy Superintendent thanks ‘Team USAFA’

By Lt. Gen. Mike Gould
Air Force Academy Superintendent

As the class of 2011 moves on to bigger and better things in the Air Force, I’d like to take a moment and thank all the permanent party military and civilians, Reservists, Guardsmen and contractors who worked together to make the 2011 Graduation week a resounding success. To the 10th Air Base Wing, thank you for pulling everything together at the right time. The Academy has never looked better. The grounds look outstanding – the bridge construction completion was timely, traffic flow was seamless, and parking was well-executed. Security was present, courteous, and professional – and all this during Force Protection Condition Bravo. Thank you for showing the public and visiting families how the Academy looks and feels when everything comes together.

To the 366th Flying Training Group, thank you for your timely and accurate weather reports that enabled us to work around the difficult weather we experienced last week. You found ways to get planes in the air which allowed them to pull off flawless performances in the skies above the Academy. To the Athletic Department, thank you for providing an outstanding venue for 1,021 new lieutenants to finish four challenging years at the Academy. The stadium was in top condition, and graduation was inspiring for those who watched and those who participated. Thank you for keeping the cadets in shape and instilling a workout regimen and spirit of competition they will keep with them for the rest of their lives.

To the Commandant of Cadets and staff, thank you for flawlessly pulling off forty commissioning ceremonies. If it wasn’t for your sharp eye, constant tutelage and mentoring, these new second lieutenants would not be ready for the challenges they will soon face. Thank you for the parad, award ceremonies and banquets which put an exclamation point on graduation week activities. To the Dean and Faculty, thank you for the continu-

uous world-class academic instruction, culminating in tough practical exams that not only prove our cadets are ready to graduate, but also instill confidence in their ability to think for themselves as they venture out into the Air Force after graduation.

To the cadets of ’12, ’13 and ’14 remain behind looking forward to your day in the spotlight, thank you for keeping the focus of graduation week on the class of 2011 and creating a shining moment for USAFA. Thanks for your perseverance and hard work. I encourage you to reflect on what you’ve seen and learned, and prepare yourselves to attack the coming year’s challenges. Thank you for your dedication to learning how to serve as future leaders in our Air Force.

Thanks to the combined efforts of Team USAFA, Graduation Week 2011 was a remarkable capstone to four years of hard work for the Academy’s 53rd graduating class. Over 75 ceremonies, parades, performances and other events took place during Graduation week, and none of it would have been possible without the coordinated efforts of all USAFA personnel. Thank you for your leadership, organizational skills and unsellable contributions that made the 2011 Graduation week a resounding success!

Whether you’re a cadet, service member, civilian employee, contractor, or family member; you are the people who make the Air Force Academy what it is. Paula and I salute you, and wish you and yours a safe and exciting summer. Collectively, you made it possible for the 2011 graduates to depart USAFA with fanatical pride in this wonderful institution. Go Falcons!

AF leaders issue summer safety message

By Secretary of the Air Force Michael Donley and Chief of Staff Gen. Norton Schwartz

Memorial Day weekend through Labor Day marks the season of greatest risks for our Air Force team. To counter those risks, we will kick off the Critical Days of Summer campaign for 2011 on May 28.

Unfortunately, last summer we lost 16 Airmen. While this was an improvement from the 21 lost in the previous year, we must strive to do better. The 2011 Air Force goal is zero preventable mishaps and fatalities. The leading causes of preventable fatalities during the Critical Days of Summer are off-duty private motor vehicle mishaps and drowning.

We therefore emphasize the importance of fastening seatbelts, driving at reasonable speeds and avoiding situations of driving while distracted, under the influence, fatigued or otherwise impaired. While participating in aquatic activities, we also strongly urge the use of proper equipment such as personal flotation devices and avoiding hazardous areas and dangerous water conditions.

We challenge all Airmen to make this year safer than last. Be each other’s wingman. Use risk management principles, both on and off duty, and exercise sound judgment. We encourage each of you to invest a high level of commitment in taking care of one another.

Our most important objective for this summer’s campaign is protecting military and civilian personnel and their families.

Enjoy the summer months ahead, be a good wingman and be safe. Thank you for your service, and all that you do for our Air Force and our nation.
War memorial: Writing is on the wall

Writings honor fallen, thank the Joint Base Balad staff at Theater Hospital

By Senior Airman Tong Duong
332nd Air Expeditionary Wing Public Affairs

JOINT BASE BALAD, Iraq (AFNS) — The writing on the walls is clear for all to see. Servicemembers left messages as a way to commemorate the comrades they had lost. Those who were wounded left their marks to thank medical staff members. Comments from well-wishers also were dotted throughout the room.

With U.S. forces committed to leaving Iraq by year’s end, a small group effort is underway to preserve historical artifacts from Joint Base Balad. This includes the contingency aero-medical staging facility’s “memorial” walls.

It was around the time of the troop surge in Iraq 2007 that the memorial wall was created, said Dr. Charles Dusch, the 332nd Air Expeditionary Wing historian. Airmen, Soldiers, Sailors, Marines and allied nation soldiers who were waiting to be transported to higher level of care began writing on the walls. Many of them left memorials and tributes to comrades who had fallen and over time the numbers grew.

“You start to see messages from very important people like Air Force Secretary Michael Donley, Army Gens. David Petraeus and Raymond Odierno, football coaches and cheerleaders traveling with the United Service Organizations,” the historian said. Dr. Dusch, a retired Air Force lieutenant colonel deployed from the Air Force Academy in Colorado Springs, Colo., quoted fellow historian Dan Sherman in saying “(Memorials help) transform emotions from grief to honor and a sense of accomplishment.”

Dr. Dusch said there aren’t many memorials in the world like the CASF walls. Traditionally, a war memorial is put up by someone after the fact, to remember someone.

“The CASF walls were created by people who actually fought, were wounded, and they had the opportunity to speak and honor one another,” he said. “It’s become a memorial to Operation Iraqi Freedom, and it could be argued quite possible to the surge.”

The messages are individual expressions. Some are very bold, while others are timid and more reserved. Several are written smaller and more difficult to read, while a couple are larger works of art that stands out.

“It reflects the expression that those individuals at that moment in history... what was in their hearts and foremost in their minds at that time, and we have that captured here at the Air Force Theater Hospital at Joint Base Balad,” Dr. Dusch said.

Servicemembers’ messages to their fellows line the walls of the contingency airlift staging facility at Joint Base Balad, Iraq, in this photo taken May 14. Since the troop surge in 2007, wounded warriors and top military officials have written messages as a way to commemorate their fallen comrades and to thank the Joint Base Balad hospital staff.

Several are written smaller and more difficult to read, while a couple are larger works of art that stands out.

“It reflects the expression that those individuals at that moment in history... what was in their hearts and foremost in their minds at that time, and we have that captured here at the Air Force Theater Hospital at Joint Base Balad,” Dr. Dusch said.
Academy medics awarded Bronze Stars

By Leslie Finstein
Air Force Academy Public Affairs

Two enlisted medics from the Air Force Academy's 10th Medical Group were recently awarded the Bronze Star Medal for their actions in support of overseas contingency operations.

Staff Sgt. Alicia Chavez, 10th Medical Group, served in Afghanistan as a part of the 655th Forward Surgical Operations Squadron, served in Iraq and Afghanistan concurrently, from September 2010 to March 2011, and it was their actions while deployed that earned them this high military honor.

Sergeant Aziz, a surgical technician, served in Afghanistan as a part of the 655th Forward Surgical Operations Squadron, and Staff Sgt. Earnest Aziz, 10th Medical Group, was recognized by leadership from the FST, earned his Medal of Honor, for his efforts started to yield a partnership that he hopes to continue next year.

During her deployment to Iraq, she served as the foreign language coordinator. While at the unit's forward operating base Ghanzi's Polish Hospital, she took on the role of laboratory and logistics technician. He also assumed the role of lead operating room technician.

According to his Bronze Star award package, Sergeant Aziz was recognized by leadership from the FST for his outstanding leadership while deployed. In this role, he identified and eliminated waste and worked to streamline transfer protocols for contingencies.

As a direct result of Dr. Pavlenko's efforts, CC caught the eye of Tatiana Nikolikskaya, a professor of Russian literature at the Gorki Literary Institute in Moscow. She now spends a significant portion of the year at Colorado Springs. Mrs. Nikolikskaya has also toured the Air Force Academy and met her counterparts in the Russian program.

As a result of Dr. Pavlenko's efforts, CC caught the eye of Tatiana Nikolikskaya, a professor of Russian literature at the Gorki Literary Institute in Moscow. She now spends a significant portion of the year at Colorado Springs. Mrs. Nikolikskaya has also toured the Air Force Academy and met her counterparts in the Russian program.

According to his Bronze Star award package, Sergeant Chavez was the donation of eight Iraqi doctors with eight American doctors, some of which were under indirect fire.

"I think there’s a (good) possibility that we could do something with CC next semester," said Cadet 2nd Class Jay Zeigler, one of the two cadets in Russian at that time, but still there were a lot of people who attended the event.

The Academy and Colorado State share a history of banding together in a variety of events, so a partnership between their Russian programs would seem like a natural next step. Among the other long-standing partnerships the annual foreign affairs symposium for high school students held at the Colorado Springs Undergraduate Research Forum -- which was hosted by the Academy this year -- stand out.

If the partnership between the two Russian programs is to continue, however, it will have to do so without Ms. Rogovaya, who departed to help start a cultural coordinator last year, but Ms. Rogovaya is returning to Russia to work on a master's degree. However, now that Dr. Sacko and the cadet leadership of the Slavic Studies Club are aware of their nearby colleagues, they look forward to exploring the newfound relationship.

The payoff could very well be the proverbial “sto druzyej,” or, as we say in English, 100 friends.
Air Force clubs offer
Airmen road to education

by Brian McGloin
502nd Air Base Wing Public Affairs

RANDOLPH AIR FORCE
BASE, Texas (AFNS) — The road to higher education can be a little easier for members of Air Force clubs around the world, or their dependents, through the 2011 Club Membership Scholarship program, officials said.

“Twenty-five $1,000 scholarships will be awarded to club members or their families attending or accepted to attend a college or university,” said Shelta Reese, of the 902nd Force Support Squadron.

“Current Air Force Club members and their family members who have been accepted by or are enrolled in an accredited college or university for entry during the fall of 2011 term as a part-time or full-time student are eligible.”

She said that includes dependent grandchildren of members, spouses and children. It also includes graduate and undergraduate students.

“We want to help club members with the costs of higher education, and this is a way for the clubs to reward their members,” Ms. Reese said of the annual scholarship, now in its 15th consecutive year. “We consider it a benefit of membership.”

To apply for the scholarship, applicants must submit an essay of 500 words or less on the theme, “My contribution(s) to the Air Force.” To qualify, the essays must conform to a standardized style, including the applicant’s name, date and word count.

The applications need to be in Microsoft Word format in 12-point Arial or Times New Roman font, single spaced in the paragraph but double spaced between paragraphs. Essays must be submitted both on CD and in printed form. In addition, applicants must provide a copy of their college or university acceptance letter for new students or the latest transcript for continuing students.

Examples are provided on the application form.

Application forms are available at www.afclubs.net, and application packages need to be turned in to your base force support squadron office by July 1.

Final scholarship awards for the upcoming school year will be announced in mid September.

The Diamond Sharp Award is presented by Air Force Academy first sergeants to any Academy member who displays outstanding military bearing, core values, customer service, and/or outstanding dress and appearance.

Name: Staff Sgt. Nicole Jensen
Unit: 10th Security Forces Squadron
Job: Military working dog handler
Hometown: Denver

Best part of the job: “The best part of my job is getting to train my military working dog. It’s great to have your best friend by your side, ready to protect you no matter what.”

Career goals: To continue to be a military working dog handler and eventually work for a civilian agency (as a handler) if I decide to get out of the Air Force someday.

Hobbies: Snowboarding, hiking, wakeboarding and traveling

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By David Edwards
Academy Spirit staff

A recent Academy graduate and a current cadet were recently selected to participate in a State Department sponsored language scholarship.

Cadet 2nd Class Jon Kim and 2nd Lt. Alexander Hillman were each awarded a Critical Language Scholarship that will lead them to China and Russia respectively for several weeks of language study and cultural immersion.

Cadet Kim and Lieutenant Hillman are among the approximately 575 U.S. undergraduate and graduate students who received a scholarship from the CLS Program in 2011.

Languages deemed critical by the federal government include Arabic, Azerbaijani, Bengali, Chinese, Hindi, Korean, Indonesian, Japanese, Persian, Punjabi, Russian, Turkish, and Urdu. At the Air Force Academy, four of those languages are taught.

Lieutenant Hillman, a member of the Academy’s Class of 2011, is headed to Kazakhstan, the capital of Russia’s Tatarstan region.

Milkstools

from Page 1

to suggestions from Mechanical Engineering instructors and staff. They got support from instructor Maj. Matthew Obenchain and materials scientist Megan LaBahn, along with others, Cadet Peters said.

After the first review, the cadets split their responsibilities: materials, manufacturing, modeling and analysis. Cadet Peters took charge of materials.

“I started out with 7075 aluminum for initial analysis,” he said. “I used some information that Ms. LaBahn gave me.” Aluminum 7075 is an alloy of aluminum, zinc, magnesium and copper used in some airframes. Unfortunately, it turned out to be too rare for the cadets to procure it, and the second option was also out. The group went back to the drawing board.

“We ended up going with 6061-T6 aluminum,” Cadet Peters said. “It’s lightweight, really cheap and readily available in sizes we could work with.”

While the 6061-T6 metal has less tensile strength than 7075 aluminum, it proved to be sufficient for the cadets. Their design, which incorporates four columns with flat top and bottom surfaces, withstood nearly 4 1/2 times the required weight without permanent deformation, Major Greenwell said.

The team revised the prototype just in time to present it at the Colorado Springs Undergraduate Research Forum, where it received glowing reviews, Cadet Peters said.

“People loved it. Everyone who was there for our presentations wanted to stay afterward and talk to us about it,” he said.

One reason why visitors to CSURF liked the prototype might be the production cost; from $100 to $150 apiece, according to Major Greenwell.

“A maintenance shop could build it from easy-to-find parts,” Cadet Peters said. “They could weld it together and put the wooden deck on top of it to lift the ramp if they needed a spare.”

The simplicity and ease of construction would allow the Air Force to bypass the problem of seeking outside vendors or sourcing a contract to build the new ramp supports, Major Greenwell said.

While the independent study is complete and the prototype built, the four-cadet team hasn’t seen the last of their milkstool. Cadet Peters seemed okay with that possibility.

“I enjoyed the project a lot,” he said. “Our team really worked well together, and Major Greenwell and the people in the (mechanical engineering) lab helped us out a lot. We worked hard, but we had fun, and we’re happy with what we got out of it.

And if all goes well at Robins, a lot of other Airmen might be happy with it, too.
Joining the Air Force Family

Reception with senior leaders welcomes cadets and fiance(e)s to the Air Force

By Leslie Fathieh
Academy Spirit staff

The day before Air Force Academy cadets of the class of 2011 became second lieutenants, Academy senior leaders took time to introduce them and their fiance(e)s to Air Force life.

At the Otis House reception hosted by Amy Clark, the wife of Brig. Gen. Richard Clark, the commandant of cadets, graduating cadets took time with their future spouses to relax, meet one another’s significant others and learn about life as an Air Force husband or wife.

“It serves a need, giving new spouses a chance to talk to experienced spouses,” said Donna Rosa, the consultant of cadet social decorum. “It’s to help new spouses understand there is a really big support system for them. It’s the help behind the scenes that they need to know about.”

Mrs. Rosa, who organizes many of the social decorum classes available to cadets said this event is part of that training. However, instead of only reaching cadets, it also reaches their significant others and shows cadets how to support them as they transition together to married life in the Air Force.

The cadets and their future spouses to be seemed to enjoy the opportunity to mingle. For many cadets and their incoming Air Force spouses, the thing they are looking forward to most about Air Force life is the travel and new experiences that it offers.

“Even though it’s a little harder, with so much attention on the job, you need to keep family first,” Ms. Hogan said.

Cadet 1st Class Andrew Miller of CS03, who came to the reception to socialize with everyone, got a hand painted ceramic plate that said, “Home is where the heart is.”

“They serve a need, giving new spouses a chance to talk to experienced spouses,” said Donna Rosa, the consultant of cadet social decorum. “It’s to help new spouses understand there is a really big support system for them. It’s the help behind the scenes that they need to know about.”

“Family comes first,” General Clark said. “You’ve got to take care of your family. You may be in the Air Force 20, 30 years, but you’re married for the rest of your life.”

General Born’s advice was sweet and simple: “When you spend every day with your best friend, it gets better every day.”

Mr. Born, who spent 21 years as an officer in the Marine Corps, advised cadets who are marrying other cadets not to worry about being separated by their jobs.

“The military makes a concerted effort to keep family at the top of the list,” he said.

As a parting gift, courtesy of the Air Force Academy Spouses Club, each young couple received a hand painted ceramic plate that said, “Home is where the Air Force sends you.” Words that every Air Force family lives by.

Reception with senior leaders welcomes cadets and fiance(e)s to the Air Force
“I know you couldn’t be prouder today,” Secretary Donley said to the graduates’ parents and family members. “We’ve raised men and women with the desire, drive and patriotism to succeed at one of the most prestigious universities in the world.”

The secretary also thanked the Academy’s faculty and staff for their efforts in developing the Air Force’s next generation of leaders.

“Thank you for your dedication to the development of these young aunts who have been under your care,” he said. “Your tireless efforts have produced leaders with the character, the physical stamina, the academic credentials and the military skills our Air Force demands.”

Lt. Gen. Mike Gould, the Academy superintendent, welcomed distinguished guests, parents and family members and joined both Secretary Donley and Air Force Chief of Staff Gen. Norton Schwartz in congratulating the Academy’s 53rd graduating class.

“We have challenged these graduates militarily, physically and academically,” General Gould said. “The Class of 2011 has demonstrated steadfast resilience and ... the character traits needed to lead our nation in the decades to come.”

The graduation ceremony is a launchpad for both the graduates and for the future of the Air Force itself, Secretary Donley said.

“Continue, and embrace your lifelong education,” he said. “I think you will find that you would always like to have more training, more degrees, more languages under your belt. You can always keep learning.”

The secretary also thanked the graduates for continuing relationships like the ones they have built during their four years at the Academy.

“The oath of office also remains unchanged and binds Air Force Academy graduates with their fellow military officers, the secretary said.

“The oath of office is your head-to-toe promise to your country, your fellow servicemembers, your families and yourselves. Wherever you go in our Air Force ... this oath will bind you together. It will bind you with the generations of Americans before you who have worn the nation’s cloth and have sacrificed ... these lives in defense of this country’s freedom. And it will bind you and your story to the future security and success of our nation.”

Secretary Donley concluded by charging the new officers to “make this count.”

“Know that we are proud of you, that General Schwartz and the rest of our leadership team are committed to your future success, and that there’s no Air Force leader, past or present — not even General Olds himself were he alive today — who does not envy the future ahead of you,” he said.

The secretary encouraged Class of 2011 graduates to continue to look to the Air Force’s senior NCO corps as well as officer corps for mentorship as they will quickly need to step into leadership roles like the ones they have built.

“We will graduate approximately 3,000 officers this year from the Academy, ROTC programs and Officer Training Schools, but meanwhile, 29,000 new enlisted Airmen will join the Air Force,” he said. “They will look to you for guidance and leadership. We are counting on you to use your education and training to the fullest.”

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Distinguished audience members in attendance included:
- Janine Sijan Rozina, the sister of Janine Sijan, Medal of Honor recipient Capt. Lance Sijan;
- Jane LeMay Lodge, the daughter of fifth Air Force Chief of Staff Gen. Curtis LeMay;
- Sue Ross, a member of the Academy’s Board of Visitors;
- Cindy McCain, the wife of Arizona Sen. John McCain;
- Medal of Honor recipient Col. Bud Day, whose grandson, Joshua, was among the 1,021 graduates; and
- Christina Olds, one of the daughters of the late Brig. Gen. Robin Olds, who was the Class of 2011’s cadet exemplar.

The Air Force Thunderbirds Aerial Demonstration Squadron performs an air show for a crowd of about 25,000 people after the graduation ceremony.

The Air Force Thunderbirds Aerial Demonstration Squadron performs an air show for a crowd of about 25,000 people after the graduation ceremony.
said. “When we found out, my mom the Air Force,” Lieutenant McGuire ways in the front of his mind and he out of the hospital as quickly as pos-
pist and I developed a plan to get me motivation and it is really frustrating
the Air Force. which was the first of many feats he began his rehabilitation process, I gained.”
A few weeks. The Soldier said his was
tenant revealed that it had been only
were in the hospital before beginning
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Lieutenant McGuire and his mother were in the hospital before beginning rehab when they saw a Soldier walk-
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tissue from spreading.
Summer wing commander earns 2011 Schulte Award

By David Edwards
Academy Spirit Staff Writer

One day before Cadet 1st Class Megan Hoskins received her diploma from the Air Force Academy, she was handed something else four years in the making.

Cadet Hoskins became the 2011 recipient of the 1st Lt. Roslyn L. Schulte Award at a ceremony May 24 in the McDermott Library. She was one of nine finalists in the Academy’s 53rd graduating class.

The award, which is the Center for Character and Leadership Development’s crowning achievement, is named for a 2006 Academy grad who was killed by a roadside bomb in Afghanistan in 2009.

Surrounded by dignitaries befitting the occasion, including Lieutenant Schulte’s parents, the nine award nominees listened to some parting leadership advice dispensed by retired Gen. Stephen Lorenz, the president of the Air Force Academy Endowment, and Col. Joseph Sanders III, the CCLD director.

The audience also heard from Dr. Fran Pilch, the Academy political science professor who was Lieutenant Schulte’s academic adviser. She spoke lovingly of the young woman for whom the award is named and recalled how trying it was for her to express the department’s grief to the news media upon hearing that Lieutenant Schulte had been killed.

After getting a sense of the lofty company they were in, the soon-to-be officers received their leadership charge from General Lorenz in the form of a quotation from former British Prime Minister Winston Churchill:

“To every person, there comes in their lifetime that special moment when they are tapped on the shoulder and offered that chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared and unqualified for the work that would be their finest hour.”

All nine nominees then received plaques in recognition of their accomplishments as budding leaders. In addition to Cadet Hoskins, the award finalists were Cadets 1st Class Lauren Allison, Matthew Avila, Alex Choi, Joe Cortez, Erin Green, Steven Lauver, Alex Parmater and Obura Tongoi.

Particularly notable among the group’s achievements were the Falcon Heritage Forum and the 16th Street Miracles program. The former brought 10 Academy cadets together with 29 veterans of World War II for a joint trip to Washington. The latter seeks to start an "epidemic of kindness," especially in support of the homeless.

After all the finalists had received their plaques, Colonel Sanders announced Cadet Hoskins as the winner, and the Schulte Award medallion was bestowed to her by the colonel and by Lieutenant Schulte’s parents.

In his closing remarks, Colonel Sanders added a couple of choice tidbits to the cadets’ store of wisdom and leadership skills.

“Serving in the profession of arms is indeed a noble endeavor,” he said.

“When you bring out the best in others, they bring out the best in you.”

Space shuttle Endeavour makes final landing at Kennedy

SAN ANTONIO (AFNS) — The space shuttle Endeavour touched down at the Kennedy Space Center Wednesday at 2:35 a.m. EDT, ending the shuttle’s 19-year flying career.

The Endeavour crew completed four spacewalks and several maintenance upgrades on the International Space Station as part of the shuttle’s final mission.

Endeavour’s crew also delivered and installed the $2 billion Alpha Magnetic Spectrometer particle detector, which is designed to study dark matter, antimatter and other high-energy phenomena that cannot be detected from Earth. The AMS was successfully installed and is being calibrated for upcoming experiments.

Among the crew were two Air Force astronauts, mission pilot Col. Gregory Johnson, Air Force Academy Class of 1984, and mission specialist Col. Mike Fincke, who were thrilled to be part of the shuttle’s final mission.

“Endeavour was always my favorite shuttle,” Colonel Johnson said. “My first shuttle mission was on it and that was great, but now getting to be on its last mission is just a dream come true.”

Colonel Fincke’s sentiments were similar.

“Being able to fly in the shuttle is amazing,” he said. “But I could never imagine being able to fly on such a historic mission.”

Colonel Fincke made history of his own on the mission, becoming the new record-holder for longest time in space with 381 days.

Endeavour’s landing coincides with the rollout of the shuttle Atlantis, which is scheduled to launch the final space shuttle mission July 8.
Tricare now covers smoking cessation counseling

By Shari Lopatin and Brian P. Smith
TriWest Healthcare Alliance

Tricare now offers new counseling benefits for smoking cessation. Tricare beneficiaries don’t have to have a smoking-related illness to use the benefit, but must receive the counseling from a Tricare-authorized provider who’s properly licensed or certified for this type of counseling.

Smoking cessation counseling benefits are not available for Medicare-eligible beneficiaries, however.

According to the American Lung Association, a smoker’s lungs will start growing younger almost immediately after quitting.

Check out any of these resources for more on the counseling benefit, or for help to quit smoking:
- TriWest’s smoking cessation page: www.triwest.com/tobacco
- TriWest Tobacco Outline: 1-866-244-6870
- Tricare Tobacco Free: www.tricare.mil/tobaccofree
- DOD-sponsored website: www.ucanquit2.org
- Centers for Disease Control and Prevention: www.smokefree.gov

Stressed out? Breathe out

By Brian P. Smith
TriWest Healthcare Alliance

You’re watching the phone, waiting to hear if you got that job. You’re sitting in the audience as your daughter starts her first piano recital. You’re waiting for the daily email from your deployed spouse. You’re walking through the mall, still trying to get used to crowds after deployment.

These can all be stressful situations. Stress is a part of everyday life for Service members, veterans and families dealing with multiple deployments, homecomings and all the other demands of a military life.

Take a deep breath…

When you are stressed, do you ever focus on your breathing? Most of the time, it’s an automatic process. Slow your breathing and concentrate on your breathing to help you react in stressful situations. During stress and times of anger, the body’s first reaction is to inhale and hold your breath. Breathing out slowly helps take the body out of the “fight or flight” mode.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury work to promote the resilience and recovery of military members and their families. Their research shows that breathing exercises can help decrease the body’s “fight or flight” response to stress. Certain types of breathing exercises can also help control anger and anxiety.

There’s an app for that…

Your smartphone can help you learn these exercises and improve control over your body’s reactions to stress. The National Center for Telehealth and Technology is a part of the DCOE that develops technology. They’ve created tools to help you manage your breathing (along with handy phone apps to track your mood and teach you about post-traumatic stress). Visit http://www.t2health.org/apps to learn more about their tools and apps.

Pace yourself

Find more tips just like this on http://www.triwest.com. The Behavioral Health Resource Center is an online library with articles about stress, parenting, relationships and other issues. You can read articles on a wide range of topics, find links to the latest relevant information and take self-assessments when it’s convenient for you.

Sudoku

Fun By The Numbers

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

Here’s How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, use 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 magic clues already provided in the boxes. The more numbers you use, the easier it gets to solve the puzzle.

Solution on page 6 - 06-03-11

Stressbusters

- 1. “Try, try again” (alt.)
- 2. 3rd US state
- 3. Vail, Colorado
- 4. 1992 film
- 5. 1988 film
- 6. 1975 film
- 7. 1963 film
- 8. 1983 film

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FRI, JUNE 3, 2011

Claims against the estate
All persons, firms and corporations having claims against the estate of Maj. Phillip D. Ambard, deceased, must present them to Lt. Col. José Cintron in care of the legal office. Anyone with questions should contact Colonel Cintron at 333-3940.

AOG Bed and Breakfast program
Inprocessing for the Class of 2015 is June 23. Many appointees will arrive at the Colorado Springs Airport the day before and will need a place to stay that night. The Association of Graduates Bed and Breakfast Program provides accommodations for these appointees. Local Academy graduates as well as Academy faculty and staff are being asked to provide appointees with dinner, a bed for the night, breakfast the next morning, and transportation to Doolittle Hall for inprocessing.

If you would like to participate as a host family, log on to the AOG website at www.usafa.org and click on the "Bed and Breakfast" button on the left side of the home page.

Call for bird watchers
Whether you are a casual birder or a dedicated naturalist, the Natural Resources program could use your help to monitor birds at the Academy.

If you are interested in helping, please visit the eBird website and call Natural Resources at 333-3308.

Repairs under way at clinic
The Academy’s main clinic is undergoing a complete repair of the roof and façade. Due to the impact on parking is expected, but please be aware of an entrance or walkway may be required. This project is estimated to be completed by late September.

Vacation Bible School
The Community Center Chapel will host its annual Vacation Bible School for children ages 4 through fifth grade. June 6-10, 5-7:30 p.m. at the chapel. This year’s theme is Panda Mania. There will be crafts, games, singing, Bible studies, snacks and lots of fun. Register now by calling 333-3300. Volunteers are also needed.

Fridays are sticker, decal days
The 10th security Forces Squadron Pass and Registration Center will issue cadet area parking stickers and vehicle registration decals on Fridays only, from noon to 4:30 p.m. Plan accordingly and help spread the word.

Call Staff Sgt. Antonio Jones at 333-2120 with questions.

‘Fore’ the troops: July 4
Active-duty and retired military members can receive free admission to the U.S. Women’s Open on July 4 by going to www.2011uswomensopen.com.

Tickets are available for other days of the week from 11 a.m. to 1 p.m. in the Community Center breezeway. Cost is $35.

Bike Down Pikes Peak:
June 11 at 6 p.m. in the Milazzo Center. The show begins at 7 p.m. Food and beverages will be on sale.

Contact Outdoor Adventure for more information.

Get tickets for summer fun!
The Air Force Academy’s Information, Tickets and Tours office offers discounted prices for attractions across the state of Colorado.

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 information on these and other events, contact 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 333-2040 or visit their website at http://bit.ly/usawdh.

Out There Bike Repair: June 7-8, 5:30 to 8:30 p.m. Learn how to fix your bike when you’re out on the trail. Cost is $35.

Bike Down Pikes Peak: Tuesday and June 12. Cost is $49 for the Tuesday trip and $59 for June 12. You can rent a bicycle from the Outdoor Recreation office at 333-4753.

2011 Bicycle Tour of Colorado Shuttle: June 18-23. For $39, Outdoor Adventure will transport you and your equipment to the 2011 Bicycle Tour of Colorado. To register for the event, go to www.bicycletourcolorado.com.


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.

Santa Fe Trail closure
A portion of the Santa Fe Trail will be closed weekdays but remain open weekends until Oct. 30 while repairs are made to the Tri-Intersection Bridge on Southgate Boulevard.

Safety hazards caused by heavy construction traffic under the bridge on the trail are forcing the closure of a stretch of the trail about 2 miles from the south trail entrance to the Academy and about 4 miles from the north gate Santa Fe trailhead.

Community Center offerings
For information on these or other Community Center programs, contact the Community Center at 333-2928.

Flea Market: Saturday, 9 a.m. to 1 p.m., in the base exchange parking lot. Setup time is 8 to 9 a.m. The cost is $10 for those looking to rent a space or $15 for a truck. Call the Community Center to register.

Ultimate Fighting Championship: June 1 at 6 p.m. in the Malazoz Center. The show begins at 7 p.m. Food and beverages will be on sale.

Contact Outdoor Family Movie: June 17 at 9 p.m. at the soccer fields. The movie will be “Rio.” Sodas and popcorn will be on sale.

Get tickets for summer fun!

Upgrade your trip to enjoy more of the beautiful Colorado outdoors. For more information, contact Outdoor Adventure at 333-4774.

Ultimate Fighting Championship:
June 1 at 6 p.m. in the Malazoz Center. The show begins at 7 p.m. Food and beverages will be on sale.

Contact Outdoor Family Movie: June 17 at 9 p.m. at the soccer fields. The movie will be “Rio.” Sodas and popcorn will be on sale.

Visit www.usafa.org and about 4 miles from the north gate Santa Fe trailhead.

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Free ads in accordance with military regulations must be non-commercial and for personal property offered by active-duty and retired military personnel and their families. Advertising, living or relocating to the Air Force Academy without regard to race, color, creed, age, sex or religious origin. FREE ADS are limited to one ad per household at 30 words max. The editor and publisher reserve the right to edit ads, and/or not publish ads. NO DUTY PHONE NUMBERS WILL BE PRINTED.

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2 KITTENS 1 WEEK 1 OLD love to play, 2 short hair male, 19 lbs., 6 months.
COCKER SPANIEL PUPPIES available NOW ADOPT,7 weeks, cherry, papillon, chihuahua, poodles, pugs, 806-902-255
GOLDEN DOGGIES Born April 26, $699-$799 Call

New Today!

Giant Saint Bernard 8 week old male, neg. ABA, registered $935.00

Employment

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Teacher

Kindergarten Teacher

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Needed for the 2011−2012 school year at Colorado Springs Charter Academy, CCA, a 4−teacher school that addresses character academics.

COLO SPRINGS CHARTER ACADEMY

Drug Free Employment

Dear Colorado Springs Charter Academy,

Colorado Springs Charter Academy is a drug-free environment. As such, we do not publish employment opportunities.

SCHOOL COUNSELOR

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Antique Billiard Museum
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Diamond Billiards
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Squeak Soda Shop
21 S. Tejon Street
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Jack Quinn’s
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Lemongrass Bistro
6840 North Academy Blvd.
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Emerald Hawaiian Restaurant
1231 N. Academy Blvd.
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Michelina’s Entrance 4-6 oz. Bang Ltd Value Meals 5-10.25 oz. Peet’s All Natural Vegetables 16 oz. or Swee’ Pea’s Crisp Crust Pizza 9.73-10.42 oz. Select Varieties

Oscar Mayer Basic Lunchables 3.6-5 oz. Select Varieties

This Saturday, June 4th is MILITARY DISCOUNT DAY. All Active, Reserve or Retired Military Personnel RECEIVE AN ADDITIONAL 10% OFF YOUR ENTIRE PURCHASE.

Prices Effective 6/3-6/7/11. Visit www.albertsonsmarket.com

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