SOUTHWEST ASIA — “Aleric” is Greek. It comes from the Visigoth king and means, ‘helper of mankind or noble ruler.’

Tech. Sgt. Aleric Hebert never really considered the meaning of his name, derived from the Visigoth language, spoken by early nomadic tribes of the Germanic peoples, until he became a chaplain assistant. Now it seems kind of appropriate.

Hebert, the NCO in charge of the Air Force Academy’s Cadet Chapel when he’s not deployed, is currently serving as a command-level chaplain’s assistant on this, his fifth deployment in 13 years of service. Five deployments may seem like a lot, but the Livingston, Texas, native wouldn’t have it any other way.

“I don’t think I’ve ever met a chaplain’s assistant who doesn’t want to deploy,” he said. “This is where we do what we’re trained to do. We are so engaged. You go to all the different units and really get involved with the airmen.”

As potential furloughs approach for nearly all of the Air Force Academy’s 1,500 civilian personnel, the Academy will have to sacrifice a portion of its mission, 10th Air Base Wing Commander Col. Tim Gibson said in a series of town hall meetings Monday and Tuesday.

“The expectation is not to do 100 percent of the mission,” Gibson said. “Commanders are going to have to make some very hard decisions.”

Appropriated fund civilian employees will receive notices regarding their furlough status from their supervisors when appropriate. They will have one week to respond, verbally or in writing, with any information they’d like to share with their supervisors, Gibson said. Employees will be made aware of final decisions prior to the furlough implementation date.

Furloughs directed by sequestration will begin April 26, said Defense Department Comptroller Robert Hale in a town hall at the Pentagon Monday. The furloughs will comprise 22 discontinuous days, or 176 hours for full-time employees, through September.

“The idea,” Gibson said, “is for us to manage this as we would our annual leave program. In other words, not everyone has the same days off unless that makes sense for your particular mission area.”

However, another type of furlough may take effect sooner if Congress does not pass a continuing budget resolution by March 27, Gibson warned. In that event, the Academy would initiate furloughs as part of a government shutdown.

“The way this would work is, everyone shows up on the 28th,” Gibson said. “If you’re going to be furloughed, you’ll find that out in the first few hours of the duty day.”

A shutdown furlough would affect roughly two-thirds of the Academy’s civilian workforce, Gibson said. Those personnel would not report for work until after Congress passed a continuing resolution, though Congress has in the past compensated civilian employees for work lost. Detailed plans were reviewed in December and will be reviewed again this week.

Gibson said civilian employees should not, under any circumstances, work on furloughed days.
Opinions from you:

An Airman’s weight loss journey
By Tech. Sgt. Bianca Meehan

Health and Wellness Center diet therapist

Think back to last year. How much did you weigh? What about five years ago? Ten? As adults, most of us don’t notice a gain of one to two pounds until it has turned into 20 pounds and we need to buy a new wardrobe. On average, adults between the ages of 25 and 44 gain about seven pounds each year. This means that in 10 years, you could be 70 pounds heavier than you are now.

Many factors contribute to weight gain, including genetics, environment and lifestyle, to name a few. Don’t let these factors turn into excuses. As residents of colorful Colorado, we have an abundance of outdoor activities available to us, from hiking and biking, to skiing and white water rafting. As few as 30 minutes of physical activity can help improve our health today.

Equally important, consider your current eating habits. Do you plan your meals in advance, or are you frequent-ly running to fast food establishments? Are you drinking soda, or juices? Small dietary modifications can make a big caloric difference; eliminating one regular 20-ounce soda a day can help you lose eight ounces a week. As a Health and Wellness Center diet therapist, this is something I talk about on a daily basis. More often than not, Airmen ask for advice on how to lose weight because, even though they are exercising, the numbers on the scale are not changing. Most of the time, this is because of dietary habits. This is something I can personally relate to.

Eight years ago, I was 35 pounds heavier than I am now. I was fresh out of technical school and on my own for the first time. Did I count calories? No, I did not. What 18-year-old does? I was exercising but my eating habits were working against me. I never noticed what was happening until I went home for the first time in six months. A friend picking me up from the airport didn’t even recognize me! That day, I decided to make a change. I still did not want to count calories so I started to plan my meals, purchase healthier foods and focus on fruits, vegetables, whole grains, fat free dairy products and lean pro-teins. By the end of the summer, I was back to my normal weight and have kept it off ever since.

Because of my weight loss journey, I enjoy helping others overcome the same struggles I had years ago. I educate Airmen about meal planning, healthy grocery shopping, calorie counting and a variety of other services and programs to help them reach their weight goals.

Losing extra weight or preventing additional weight gain can decrease our chances of developing serious medical conditions such as heart disease and diabetes. This requires a combination of exercise, calorie reduc-tion and behavioral changes. It’s not easy, but the Acad-emy’s Health and Wellness Center is here to help.

Editor’s note: March is National Nutrition Month. HAWC staff invite all Academy Airmen to participate in a variety of educational opportunities, including the March 21 cooking demo, “Meal Planning 101.” For more information, call 333-4733 or see page 14 of this edition of the Academy Spirit.
Air Force suspends tuition assistance

By Staff Sgt. David Salanitri
Air Force Public Affairs Agency

WASHINGTON (AFNS)—The Air Force officially suspended military tuition assistance for the remainder of Fiscal Year 2013. Secretary of the Air Force Michael Donley announced, Monday.

The program will continue to be evaluated to determine the way ahead in Fiscal 2014. The Defense Department’s comptroller issued guidance to all services to “consider significant reductions in funding new tuition assistance applicants, effective immediately and for the duration of the current fiscal situation,” said Navy Cmdr. Leslie Hull-Ryde, a Pentagon spokeswoman.

“During the past 10 years, Air Force Airmen have been able to complete more than 10,000 classes. The Air Force has reached a turning point after a decade of war and substantial growth in its operations and resources,” she said. “We’re still looking at the impacts for fiscal year 2014 and will do our best to have TA reinstated, although we’ll likely need to review the eligibility requirements to ensure sustainability.”

The Academy has no exception.

“Last year, 800 Airmen enrolled in 1,300 courses as a cost of $590,000,” said Nora Kemp, the Academy’s education specialist. “From this fiscal year, we were up to 433 Airmen using TA who are enrolled in 700 classes. The cost to the government at this point (for the Academy) is $520,000. If we were to continue to offer TA, we would double those numbers. By stopping TA, the government is saving about $500,000 for the Academy.”

Kemp estimates the suspension will affect 400 Academy Airmen who would have attended about 600 classes, she said.

“This information is partially based on the deep technical knowledge that will make them outstanding leaders in our nation’s cyber defense.”

Teams from the Academy, Brigham Young University, Colorado State, Kansas State, and other universities took part in the competition, during which the students played the role of system administrators for a fictitious video content provider.

The competition scenario, the students took over an unfamiliar network during a natural disaster, which caused all information technology services to be moved to a backup site. Also, the students managed calls from angry customers and responded to a variety of management requests while the network was constantly under attack.

The Academy team will now advance to the National College Cyber Defense Competition in San Antonio. Representing the Academy during the Rocky Mountain competition were Cadets 1st Class Nathan Hart of Champlin, Minn., Frank Adkins of Wasilla, Alaska, Josh Christman of Monument Colo., Luke Jones of Wilson, N.C., Michael Winstead of Hanson, Ky., Cadet 2nd Class Ryan Zacher of Parker, Colo.; and Cadets 3rd Class Kevin Cooper of Greenvillle, N.C., and Evan Richter of Santa Rosa, Calif.

Cyber Team downloads another win, qualifies for nationals

The Academy Cyber Competition Team came out on top at the Rocky Mountain Collegiate Cyber Defense Competition held at Regis University, Greenwood Village, Colo., March 1-2.

“I am extremely proud of what our cadets have accomplished this year,” said the team’s coach, Dr. Martin Carlisle, director of the Academy Center for Cybersecurity Research. “They are working diligently to develop the deep technical knowledge that will make them outstanding leaders in our nation’s cyber defense.”

“Airmen currently enrolled in, or approved for future courses, are not affected,” added Donley. “We encourage Airmen to continue their pursuit of higher education through the variety of programs that are still available.”

Those include the Montgomery GI Bill-Active Duty, (Chapter 30), Montgomery GI Bill-Selected Reserve (Chapter 1606), Reserve Education Assistance Program (Chapter 1607), the Post 9/11 GI Bill, federal grants and federal financial aid.

NATIONAL GUARD Airmen may also be eligible for their state’s individual TA benefits.

“Believe me, this was a tough decision because our Air Force truly values education,” said Chief Master Sgt. of the Air Force James Cody. “We’ll likely need to review the eligibility requirements to ensure sustainability.”

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Women's History Month: 'What women can do'

Prior Academy ATOs tear down walls

By Amber Baillie
Academy Spirit staff writer

Nearly 33 years ago, the first female Academy graduate strode across the Falcon Stadium grounds to receive her diploma, but she wasn’t the first to prove what women in the military are capable of. In 1976, 12 female lieutenants from across the Air Force were selected to serve as Air Training Officers to mentor female cadets by helping them develop military skills and work through the Academy’s intense curriculum. Four of those ATOs returned here to reminisce about the Academy, stroll across the Terrazzo and share their experiences with family members March 8.

“We were basically guinea pigs,” said former Capt. Bonnie Hampton. “Normally, cadets go through their physical training test once a year and we went through it four times in six months. They put us on training programs to see if they could increase our upper body strength and wanted to see what women could do.”

These ATOs played a key role in the integration of female cadets to the Academy.

“When we were here, the cadets didn’t want us here,” said retired Lt. Col. Shirley Eadline. “But we honestly believed that we were professionals and that was our job. We were assigned the position by the Air Force and we were going to do it as best as we could despite what anyone thought.”

On Oct. 7, 1975, President Gerald Ford signed legislation granting women to attend the military academies. The following year, the Academy revived the ATO model to see what the Academy’s culture would be like with women.

“The ATO’s stepped into a role typically given to male upperclassmen from 1954-1957, serving as drill instructors and father figures for the freshmen.”

“We were all here a year,” said retired Capt. Charlotte Green. “We worked the first summer with the female cadets through the academic year, and following summer. Then we parted ways.”

Green and Eadline became pilots, Hampton stayed at the Academy as a public affairs officer, and Hartmann pursued a career as a logistics officer.

“We all went on our own individual journeys,” Eadline said. “Look at Lt. Gen. Terry Gabriksi, a former ATO — she became the first three-star general in the Air Force. We all selected our own roots and did what we wanted to do.”

When asked what kept them motivated, the four women simultaneously replied, “Each other.”

“We’re such good friends,” said retired Lt. Col. Virginia Hartmann. “Over the years, we’ve seen each other a lot. Thirty plus years is a long time to be good friends.”

Women are very much empowered these days, Eadline said.

“The world is open to them,” she said. “The biggest decision they have is, ‘What do I want to do with my life?’ Women fought for that in the 70’s, 80’s and 90’s.”

“The great thing is our daughters can be themselves and play any sport they want or attend any college they’d like,” Eadline added. “We’re so proud to have been a part of that, breaking down some of those walls for the next generation.”

One of the Academy’s main philosophies is, “We will tear you down and build you back up the way we want you to be,” Hampton said.

“We’ve spent the rest of our lives building each other up by being the women we are,” Hampton said.

Since then more than 3,900 women have graduated and received commissions through the Academy and served in operational assignments throughout the Air Force.

When we were here, the cadets didn’t want us here. But we honestly believed that we were professionals and that was our job. We were assigned the position by the Air Force and we were going to do it as best as we could despite what anyone thought.”

— Retired Lt. Col. Shirley Eadline


(Editor’s note: Pioneers like the women described here will be honored at the Women’s History Month observance luncheon at the Falcon Club Monday at 11:30 a.m. For more information, call 333-4312.)

Retired Lt. Col. Shirley Eadline, a one-time Air Training Officer at the Air Force Academy in 1976, later became a C-141 pilot with the 446th Airlift Wing at McChord Air Force Base, Wash.
Women's History Month: Academy scientist pursues physics, teaches cadets value of experience, experiments

By Amber Baillie  
Academy Spirit staff writer

Academy research scientist Reni Ayachitula didn’t always see herself spending hours in the lab, conducting elaborate experiments.

For more than a year, Ayachitula has worked with cadets in the Laser and Optics Research Center. She initially studied English in college, she said, but switched to physics when she realized she had a natural connection and love for the field.

“It’s a different type of analysis,” Ayachitula said. “Physics teaches you that you’re a problem solver and can look at a problem from different avenues. To be able to explain very basic things about our universe is pretty exciting and it feels very natural to me.”

Originally from Washington D.C., Ayachitula received her bachelor’s degree in physics and math from the University of Maryland, and holds a doctorate in atomic, molecular and optical physics from Ohio State University.

“My father was a scientist and always encouraged me to pursue what I was most interested in,” Ayachitula said. “And it’s hard to get anywhere without asking critical questions and making sure you’re exploring different avenues.”

Ayachitula said the more science programs that incorporate young women, such as annual Science, Technology, Engineering and Math events for middle school and high school girls, the more women will see in fields such as physics and engineering.

“I think one of the reasons you don’t see many women in higher levels of those fields is because there aren’t many who start off in those subjects,” Ayachitula said. “The more you draw in, the more you will bring to the ranks.”

Most kids are interested in science when they’re young and then there is a drop off, Ayachitula said.

“The more excited you can get them about science, the more discovery they’ll do,” she said.

Ayachitula said in the past, female scientists haven’t always been recognized for their work but that times have changed.

“I think my generation of scientists is getting better at recognizing the bias and ensuring the bias isn’t there,” Ayachitula said. “There is so much that women can contribute to society.”

Ayachitula said one of the first female faculty members she knew while studying at Ohio State, Bunny Clark, worked in the high-energy physics department and inspired her to aim high.

“Bunny Clark in grad school was a big deal,” Ayachitula said. “I had come from a school where we didn’t have any female professors. I had a deep respect for that and in a sense it challenged me to carry on.”

Ayachitula said she thinks women bring an attractive energy to the physics field.

“Most of the women I’ve seen are vibrant, young and enthusiastic,” Ayachitula said. “Imagine if you were a young female cadet considering whether you wanted to go to graduate school. Seeing charismatic, talented women and being able to picture that in your future I think can really make a difference in someone’s life.”

As you climb and explore in life, be a mentor along the way, Ayachitula said.

“Make sure you’re exposing people to things that you’ve been exposed to,” Ayachitula said. “You always have the opportunity to inspire someone or relate to them in a certain way. I think in every stage of life there is an opportunity to shape something with someone that you really love. I get to do that here.”

For more information on the LORC, visit www.usafa.edu/dfdp/lorc.cfm.
A Tale of Two Brothers, Part 2:
Together Again

By Don Branum
Academy Spirit staff writer

"Lt. Col. Joe Fulton and his brother, Capt. Tom Fulton, spent nearly 20 years apart after graduating from Roscommon High School in Roscommon, Mich., in the late 1980s. Joe, the Astronautics Department’s deputy head, earned a degree before entering the Air Force as an officer. Tom, a calculus instructor in the Mathematical Sciences Department, spent about 11 years as an enlisted Airman before he accepted into the Airman Education and Commissioning Program. They reunited at Los Angeles AFB, Calif., in 2008. Joe was stationed there as the chief engineer for the Wideband Global SATCOM Group; he later became the 300-person group’s deputy commander. Tom was assigned to the Space and Missile Systems Center, where he led a 30-person team to develop a successor to the Space-Based Infrared System that could fly on a commercial satellite. Congress canceled the program in Fiscal Year 2011 after Air Force Space Command brought SBIRS online. "It was a frustrating time,” he said. “But it’s one of those things where I’m fortunate to have been there because I experienced that, whether good or bad, and I know how to apply the things I learned there to future situations.” Tom said. “In a way, Tom’s perseverance paid off: the Third-Generation Infrared Surveillance program earned Aviation Week’s Sub-System Level Research and Development Award in 2012. He also had his brother to help him through the tough times. “I could ask him, ‘How would you do this?’ or ‘What’s your advice on that?’” Tom said. “He had already been there and experienced it and was good at what he did, he would always have that advice.” Joe also helped Tom’s family when the captain deployed to Iraq in 2009. “It was nice to have that family support,” Tom said. “That’s something hard to find in the military when you’re moving from base to base,” Joe added. Joe returned to the Astronautics Department in June 2009. Tom decided to join him when his tour of duty at Los Angeles AFB ended about 18 months later. “I didn’t want to be in LA for five years ... so at my three-year mark, I needed to (move) out of there,” he said. “Well, where was I going to go? What was I going to do? Because my brother had been here before and was back here now, ... “He kept saying, ‘You’ve got to come to the Academy. You’ve got to come to the Academy. I didn’t want to do it then because I didn’t want it to seem like I was following in his footsteps. Academics was his thing. But I just got to the point where I thought, ‘Maybe I’m just going to try this and see. Tom applied to the Computer Engineering and Electrical Engineering departments, but they had no positions available. “But everybody had said, ‘Apply to the Math Department.’” he said. “The thought was, the Math Department loves to hire engineers because they can show the practical application of math in the Air Force. I briefed to the Math Department during my interview, ‘We use calculus in image processing. That’s a practical application.’” Tom said teaching at the Academy has helped rebuild his pride in the Air Force. “I had a bad attitude toward the Air Force when I left LA,” he confessed. But, referring to Academy Superintendent Lt. Gen. Mike Gould’s vision to build a fanatical institutional pride, he added, “I think I got a little bit of that pride back in the Air Force when I came here because of all the opportunities that the Air Force Academy has: the sporting events with the cadets, interacting with them, being able to mentor these guys and share my experiences with them.” Joe has also taken advantage of the Academy’s opportunities, volunteering to assist with Basic Cadet Training, filling a seat on the Academy’s Admissions Panel and leading quarterly award boards. And both officers have taken the chance to bend with each other in a way they hadn’t since high school. Tom started running to control his hypothyroidism and convinced his older brother to join them. “I love to run; he hates running,” Tom said. “He likes doing push-ups and sit-ups, and I can’t stand it.” Nonetheless, the brothers both score in the 90s on their physical fitness examinations. “The two times I’ve scored an excellent on my PFE have been when I was running with Tom,” Joe said. “He’s always running faster, but that never bothered me at all, and I’ve seen my run speed increasing, my endurance increasing. “Now I’m running 5½ miles every other morning with him. I do it because it’s good for me, and I do it because it’s expected, but I also do it because my brother’s there with me,” Joe added. They also spend some of their free time playing online multiplayer games. The two officers will both retire in a joint ceremony May 23. “It’s … really awesome to be assigned to the same base as my brother. He didn’t have to come here,” Joe said, “but he came here because I enjoyed it so much. And for him to make the decision to retire here … I think it would be a great honor or to retire with him. He came up with a Sept. 1 date, and that works for me.” Joe said the choice of date was deliberate, as it allows the seniors in his classes to participate in the ceremony. “I think it’ll be kind of cool, and kind of poetic if you will, for all the cadets who are starting their careers with us and ending our careers at the same time,” he said. “My brother pinned me on at (Officer Training School),” Tom said. “My wife was on one side, and my brother was on the other. I thought that was the greatest. To retire … that’s kind of nice. I can remember us causing trouble in high school, and now here we are at the end of our Air Force careers.” — Looking forward to causing trouble as civilians,” Joe joked. More seriously, he added, “We had two different start times and two different paths. For us to finish at the same time … it’s interesting where life takes you.”
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Joe, Grandma Schmidt and Tom 1972

Joe and Tom 1988

Joe and Tom 2013

COURTESY PHOTOS
"We know we’ve got an extremely important mission here. We have folks who are committed to that mission," he said. ‘Really, when you’re on furlough, we need you to be on furlough. Don’t work from home. Don’t telecommute. Don’t check your Blackberrys when you’re on a furlough day. Those things will actually get the Air Force Academy in more trouble in the long run.

“The key is to plan ahead and to cover the critical mission requirements that are out there,” he added. “You cannot try to conduct business as usual. This is clearly not business as usual. We are not expected during this timeframe to perform at the same level of mission accomplishment as we would if everyone was available. We’re going to have to choose something less. Choose wisely. Plan ahead for that.”

The Antideficiency Act forbids government agencies from spending more money than is allocated to them or spending money from other fiscal years during the current fiscal year. Violations in fiscal years 2011 and 2012 totaling $908 million stemmed from misspending money on contracts, according to Government Accountability Office reports, but employees who work on furloughed days also violate the law, Gibson said.

“If someone volunteers to do work, and they’re not authorized by an appropriate authority to do work, that can really get the government sideways,” the chief financial officer for Air Academy Federal Credit Union.

“Time is going to have a vote.” Barnes said. “Time to talk to someone sooner rather than later.”

Civilian employees may seek employment on furlough days with permission from their supervisors, Gibson said. The Joint Ethics Regulation governs restrictions on outside employment. Civilians and supervisors may also freely discuss furlough schedules.

Air Force guidance leans toward taking full days rather than partial days for furloughs in order to reduce employees’ commuting costs and to prevent potential Antideficiency Act violations, said Clint Lock, the Academy’s chief of civilian personnel.

The government and local union have agreed to suspend alternative work schedules during the furlough.

The furloughs don’t affect military personnel, although civilians who normally work on Sundays or at night would still receive premium pay for that time, Gibson said. Even civilians who normally work extra hours to meet mission requirements that are out there, “You cannot try to conduct business as usual. We are not expected during this timeframe to perform at the same level of mission accomplishment as we would if everyone was available. We’re going to have to choose something less.”

— Col. Tim Gibson
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Recognized!

Class of ‘16 earns Cadet Wing ‘acceptance’

Cadets speak-out on finally being recognized

**Cadet 4th Class Abbey Wolters**
Hometown: Atwood, Kan.

*Your Recognition Day thoughts?*
"It was the most challenging thing, but completely worth it. I didn’t think I’d be so proud wearing my wings."

*What advice would you give to the next class of cadets?*
"Lean on your teammates and don’t be nervous, because everyone is going through the same thing."

**Cadet 4th Class Felix Knutson**
Hometown: Hubbard, Iowa

*Your Recognition Day thoughts?*
"Recognition has been the most challenging experience of my freshman year. It’s a great feeling to look back on it, and know it is an accomplishment you can truly be proud of."

*What advice would you give to the next class of cadets?*
"Lean on your teammates and don’t be nervous, because everyone is going through the same thing."

**Cadet 4th Class Alyssa Ramirez**
Hometown: Phoenix, Ariz.

*Your Recognition Day thoughts?*
"During it it’s very rough physically and mentally, but after you get it all over with it’s that big relief that you can accomplish anything."

*What advice would you give to the next class of cadets?*
"Keep a positive attitude or else you’ll go downhill from the start."

**Cadet 4th Class Ryan VanGuilder**
Hometown: Bradford, Penn.

*Your Recognition Day thoughts?*
"It was harder than I expected, but if you give it your all and push through it, it goes by faster than you think."

*What advice would you give to the next class of cadets?*
"Make sure you know all your knowledge, get in physical shape and don’t give up."

Freshmen cadets from Squadron 8 support each other while running up the Core Values Ramp during the Class of 2016 Recognition, March 8.

Freshmen cadets do pushups on Spirit Hill during the "Academy Tour" on the Terrazzo March 8.

A cadet freshman’s blue service coat is covered with pins received by upper-classmen to indicate a variety of achievement and honors during Recognition week. (Editor’s note: This photo was posted by Instagram user “alainagayle”, Sunday. For more Recognition photos and information, visit the Academy’s Facebook page, follow Academy events on Twitter and Instagram at #YourAcademy!)

LEFT: Cadet 4th Class Johannes Weinberg (left) receives corrective instruction from Cadet 3rd Class Kevin Martin, (right) and Cadet 1st Class Tyler Brooks, while standing on the Footprints during Class of 2016 Recognition activities.

BELOW: Class of 2016 cadets brave freezing temperature and snow on their “Run to the Rock,” on Academy Drive, March 9.
Academy Equestrian Center
provides calm in eye of storm

By Airman 1st Class Veronica Ward
Academy Public Affairs staff writer

Despite the shadow of sequestration, the Academy Equestrian Center will continue to provide recreation, boarding and stress relief to active duty and retired military families, as well as Defense Department civilians workers.

“The majority of military stables have closed down,” said Billy Jack Barrett, manager of the Equestrian Center. “But our center is unique for both military and equine industry because the program stands on its own.”

The center provides a number of services, several of which provide revenue. There are cadet Equestrian and Rodeo teams, trail riding opportunities, riding lessons, horse boarding and a Wounded Warrior program called Warrior Wellness Equine Experience.

The center does not receive any appropriated funds, but trail riding and boarding of horses by military families pays for horse care and center upkeep, while individual donor contributions support the Warrior Wellness program, said Barrett.

The self-sustaining operation brings the increasingly rare opportunity for military members and their families to remain on base and experience horses in a tranquil environment.

“Cadets up on the hill are under stress all the time but you can see an upset cadet come down here and do nothing but brush his horse and feed him apples, but then he leaves a different person,” said Kari Randle, coach of the Equestrian Team. “Horses pick up on your feelings and that’s what makes them such good healers.”

Military members in the WWEE program, which helps service members transition from a combat environment back to society, get to take care of and interact with horses but they also have access to staff members, many who are certified equine specialists, said Barrett.

Equine specialists in the WWEE program have received training in establishing a bond between a horse and a wounded warrior, he said.

The center and Pikes Peak Community College have teamed up to make horse-shoeing an accredited course so that these wounded warriors can also learn a trade in a location where horseback riding is second to skiing in terms of revenue, said Barrett.

“If there is a better suicide prevention program in the military than equine therapy, I do not know it,” said Barrett. “This place is a refuge for soldiers from privates to generals.”

Barrett said individuals in high stress environments often come to the stables for enjoyment, but families also visit to bring a sense of normalcy to their lives and teach responsibility to their children.

“Spouses often come when their loved one is deployed to pass the time,” said Randle. “Everybody at the stable understands what everyone else is going through.”

Anyone who boards their horse at the stable is welcome at any time to care for or spend time with their animal.

Trail runs are 10 a.m. - 4 p.m., Tuesday - Sunday. Riders deemed by Equestrian Center staff as experienced are allowed to go on trails alone.

“This center is so much more than people are aware of,” said Barrett.

PHOTOS BY CAROL LAWRENCE
FRIDAY, MARCH 15, 2013
A powered flight instructor who will retire later this year reached 300 flying hours in the T-53 Kadet March 4.

Maj. Jerry Siegel reached the milestone during a 1.3-flight-hour instructor pilot initial qualification sortie, said Lt. Col. Andrew Julson, director of operations for the 557th Flying Training Squadron.

“He knew as long as he flew at least 15 minutes, he would be the first pilot to reach 300 hours,” Julson said. “This culminates a highly successful career for him.”

For many airframes, 300 hours is not a lot of time in the cockpit. The T-53 is different, however, as most pilots only fly about 100 hours per year, Julson said.

“Those who apply to fly the T-53 become eligible for a solo flight after nine sorties, Julson said. “This culminates a highly successful career for Jerry.”

For the 557th, this milestone highlights the success of the T-53 as a powered flight trainer for the Air Force Academy and its ability to ... challenge cadets and develop them as leaders of character,” Julson said.

Fun By The Numbers
Like puzzles? Try them out!...

EUGENE LANG COLLEGE THE NEW SCHOOL FOR LIBERAL ARTS
SUMMER INTENSIVES IN NEW YORK
May 28–June 20, 2013
Four-week Courses and Workshops in Dance, Environmental Studies, Film Production, and Writing...

SUDOKU
Solution on page 7

Fun By The Numbers
Like puzzles? Then you’ll love sudoku. This mind-bending puzzle will have you hooked from the moment you square it. Just follow the instructions below to find the answer. Do it!
Academy intramural basketball players lost to Peterson Air Force Base, 65-52, in the Rocky Mountain Over-30 Basketball Championship Saturday at the Sports and Fitness Center.

The game began with each team scoring four apiece before Peterson went on a 14-2 run. After a time-out, the Academy went on a 10-2 run to close the gap to 20-16.

That was the closest the Academy would get. Peterson finished out the first half on a 14-4 run to turn the Peterson’s Israel Figueroa-Rodriguez scoring six of the nine points as Peterson held a 29-17 half time lead.

Figueroa-Rodriguez continued his torrid stretch, scoring the first two buckets to start the second half as Peterson stretched its lead to 47-21. Academy’s Pete Nielsen scored 10 points on two 3-point baskets, two buckets and two free throws, and the Academy’s Miguel Rojas hit two three pointers for a final score of 57-46.

“We had the advantage in terms of speed but were just outmatched in terms of size and I think that’s what made the difference,” Rojas said.

Peterson’s Kevin Weaver sealed the Academy’s fate with 10 straight points, including four free throws at the end of the game, ensuring Peterson would take the championship. Weaver finished the game with 30 points, followed by Figueroa-Rodriguez with 19. The Academy was led by Miguel Rojas with 17 points and Pete Nielsen with 15.

Next up was the regular Intramural Basketball Championship, scheduled for April 6. Buckley AFB, Schriever AFB and the Academy are scheduled to play.

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NEW ORLEANS — Air Force senior Cale Simmons and sophomore Joey Uhle were awarded All-America status by the U.S. Track and Field and Cross Country Coaches Association, Monday. Both pole-vaulters received second-team distinction. Simmons recorded a pole vault clearance of 17’8½” to finish 10th at the 2013 NCAA Division I Indoor Track and Field Championships on March 8, in Fayetteville, Ark., while Uhle cleared 17’4½” to finish 14th.

With his second consecutive All-America selection, Simmons became the second Falcon pole-vaulter to garner All-America status at two indoor championship meets, joining Paul Gensic, who earned the distinction in 2004 and 2005. Uhle, who picked up his first such accolade, is the youngest of four vaulters to garner All-America honors, joining Simmons, Gensic and Nick Frawley.

Cale and Uhle are two of four men from the Mountain West to earn All-America accolades at the 2013 NCAA Division I Indoor Track and Field Championships.

In all, 288 men earned distinction as a first- or second-team USTFCCCA All-American at the indoor meet. Any athletes that claimed a scoring finish (a share of first through eighth) was awarded first-team status, while those placing ninth through 16th were named second-team selections.
AFSA meetings at Falcon Club
The Academy chapter of the Air Force Sergeants’ Association meets 3:30 p.m. at the Falcon Club on the third Wednesday of every month.
For more information, call 333-8075.

Meal Planning 101
The Health and Wellness Center will host a cooking demonstration, Cooking 101, 5 p.m., March 21 at 8137 Park Drive near the South Gate.
All Academy personnel are invited to learn how to plan a healthy menu for today’s busy lifestyle and receive a cooking demo to learn how to plan a healthy menu. This event is designed to give attendees practical tips and hands-on experience to improve health. To register for the demo, visit www.usafasport.com.

Certified Nurses Day
Certified Nurses Day, which recognizes the achievements of certified nurses, is March 19.
The 10th Medical Group encourages national board certification for all its nurses and is honored to recognize the accomplishments of its 61 nurses for their commitment to excellence in patient care.
Join the 10 MDG in congratulating these nurses for a job well done.

Barefoot Running Workshop
Running barefoot at this free seminar, 1-4 p.m. May 25 at the Clune Arena track and field area. The seminar will feature a presentation from two barefoot running and walking coaches.
For more information, call Master Sgt. Brandon Longcrier at 333-6187.

Spouses Club scholarship
The Academy Spouses Club is accepting scholarship applications from high school students and spouses who are dependents of service members. Scholarships must be postmarked by March 29. Applications can be found at the Education Center, the ASC Thrift Shop and at www.usafasc.org/scholarships.html.
For more information, visit usafasc.com.

Air Force Cycling seeks bikers
The Air Force Cycling Team is comprised of regional and base cycling teams who participate in riding and related events. Team Colorado is accepting applications from active duty, Guard, Reserve and retired Air Force members.
Initial qualifications include a current passing fitness score for Airmen, the ability to lift 50 pounds and a government driver’s license.
Cyclists are eligible for permissive TDY status.
To apply, or for more information, call 567-4038 or visit www.afcycling.com.

Fort Carson offers vets support
Fort Carson is hosting free, confidential support group meetings for service members who have experienced combat, 6:30 p.m. Thursday, in the Warrior Transition Barracks’ day room.
Support meetings also occur 6 p.m. Wednesdays at the YMCA on Jet Wing Drive.
These meetings are designed to give service members a chance to talk about their experiences with other combat vets and to assist service members who may be experiencing a variety of symptoms since returning from a combat zone to include experiencing a change in relationship with loved ones; difficulty relating to others; difficulty sleeping; nightmares; anxiety; and depression.
For more information, call 526-9799.

Road restrictions in Pine Valley
The following roads will be restricted due to construction Monday through Wednesday from 7:30 a.m. to 4:30 p.m.
• East Pine Loop - One lane open Monday.
• West Primrose Drive at Unit 6660 - Closed Tuesday.
• West Primrose Drive at Unit 6659 - Closed Wednesday.
Drivers should expect traffic control devices and road crews to be in the area. For more information, call 719-333-3773.

A&FRC events
For information on Airman and Family Readiness Center events, call 333-3444.
Résumé writing workshop
9 a.m.-noon. March 27. One of the most important steps in the job search process is writing a solid résumé that gets an employer’s attention. An effective résumé will open the door to an interview and possibly your next career. The course will also discuss cover letters.
SCORE - Starting your own business.
9 a.m.-noon. April 5. Attend this free workshop and then decide whether you’d like to attend the series of five advanced workshops that follow.

Library seeks volunteers
The Community Center Library seeks volunteers to read for children. Both adults and children may apply.
Stop by the library to pick up a volunteer form.

Travel trailer training available
Outdoor Recreation customers planning to rent a trailer from the Outdoor Recreation Center when camping trailers are available for rent, May 1, must complete a travel trailer training course.
The free classes are 5 p.m. Tuesday and Thursday. Reservations must be made in advance.
Customers renting a towable trailer must have Outdoor Recreation Center staff conduct an electrical hook-up check at least one week prior to checkout.
For more information, call 33-4475.

Spring turkey hunt applications
The Academy will host its springs turkey hunting season April 13-May 26.
The hunt is open to the public; 10 hunters will be allowed to use their state over-the-counter turkey license at the Academy after successfully drawing a base access permit, following a $10 fee.
The Outdoor Recreation Center will accept applications for the drawing throughout March, in person or over the phone at 333-4556, for $6. Successful applicants will be notified during the first week of April.
Turkey hunters are limited to shotgun or hand-held bow only, and all hunters will be escorted by Academy personnel.
For more information, call 333-3336 or 333-3308.

Falcon Heritage Forum
The Falcon Heritage Forum, scheduled April 10-12, is designed to link cadets with veterans’ experience and heritage.
The three-day event will give cadets a way to engage in discussions with more than 40 veterans who embody the Air Force core values, including dinners and opening session. Ten veterans can chat with cadets.
For more information, call the Center for Character and Leadership Development at 333-4004.

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Academy Spirit
FRIDAY, MARCH 15, 2013

Classifieds
FREE ADS FOR ACTIVE DUTY OR RETIRED AIR FORCE ACADEMY PERSONNEL!

Name: ______________________________________________________________
Address: ____________________________________________________________
City: _______________________________ State: ______ Zip:  _________________
Phone: _____________________ Grade: _________________ Unit:  _____________
Signature:  ___________________________________________________________
Ad Category:  ___________________________________________________________

Customer Service
LINDAC
Lindac Supply
10700 W. Mountain View
Monday, February
Customer Service Representative
Phone: 719-667-0200

THERAPISTS
Full time, part time and MMO openings for CO licensed Therapists without pre-licensure, prepares MDS for starting in counseling program and provides oversight of clinic
To apply, please go to the Unit Website: www.colorado.edu From there you would be expected to fill Employment, then Get start counseling to whom you are interested.

Healthcare
Cedar Springs Health System, Inc
Healthcare

Health Part Time Psychological Test Technician with background in healthcare counseling. Experience administering IQ, personality, and other psychometric tests. Knowledge of MMPI and MMS in preferred. Phone

Transportation
DOVER
Opening for full time paralegal/personnel (In-Plant). Class 3 license with 5 years experience.

Freightliner

New Inv.
2011 Volvo
Leasing
11890 E. Pikes Peak Ave.
Cottonwood, AZ 85626
Call 
(866) 832-1890

Real Estate & Rental

Paw Prints
3 SKU, 7.8 lbs, 2 yr old on long-term lease, amenable to military. $1,650

Breakfast

Camping World
RV Supercenter
We are looking for qualified
For the following positions: Sales Associates, Service Technicians, Parts Technicians, Finance. Contact
National RV Liquidation Sales Center
60 N. Silverton Rd,
Plano, TX 75074
Call for details: 719-603-0543

classifieds@colorado.edu

Ad Category:  ___________________________________________________________

Local & National military news

Get local and national military news

Broker.

Classifieds: 30 S. Prospect St., Colorado Springs, CO 80903
Deadlines: Tuesdays at 5 p.m.
Rates vary contact us for details.

Free ads in accordance with military regulations must be non-commercial and for personal property offered by active-duty personnel, their dependents and retirees, unless a non-military person is employed by an official agency of the Air Force Academy. Ads may not be placed on behalf of a business enterprise, nor of persons involved in a business enterprise. Ads may not be placed for a real estate business enterprise, no real estate business enterprises will be printed.

The editor and publisher reserve the right to edit ads, and/or not publish ads. NO DUTY PHONE NUMBERS WILL BE PRINTED.

New! New!

New! New!

New! New!

New! New!

New! New!

New! New!

New! New!

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It means a great deal.

BONELESS
USDA CHOICE
Chuck, Cross Rib, Bottom Round Eye of Round or Sirloin Tip Roasts

50% OFF
Regular Retail

Price on Package Reflects

GREAT AMERICAN Tilapia Fillets
1 lb. Bag Frozen

ONLY $2.50 LB.
WITH THIS OFFER

Buy 1, Get 3 FREE
Limit 1 Reward Per Transaction
Like this One

Save 30¢
per lb.

Buy 1, Get 1 FREE
Select Varieties

Free Sanderson Farms Split Chicken Breast or Drums, Thighs & Leg Quarters Limit 2

99¢/lb.

Seedless Green & Red Grapes
169¢/lb.

Albertsons Gallon Milk
Select Varieties

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Military Discount COUPON
All Active, Reserve or Retired Military Personnel
$10 OFF
Your purchase of $100 or more
COUPON GOOD
03/15/13-03/19/13

Albertsons Large Eggs
18 ct.
188¢
With Coupon
Limit 2, Additional $1.98

Cheerios
General Mills Cereal
18.5 oz. or Betty Crocker Fruit Snacks
4.1 oz.
Select Varieties
188¢
199¢
With Coupon
Limit 4, Additional $2.49

Lay’s
Potato Chips
Select Varieties
199¢
With Coupon
Limit 4, Additional $2.59

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