Maj. Adeleke Oyemade sits aboard a Sikorsky UH-60 Black Hawk helicopter while deployed to Afghanistan earlier this year. Oyemade, a nurse assigned to the Academy’s 10th Medical Group, cared for nearly 200 wounded service members while deployed.

**Academy nurse aids nearly 200 on deployment**

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

An Academy nurse might have expected to be in the line of fire when he deployed to Afghanistan for six months earlier this year to care for wounded service members, but he never anticipated having to treat a fellow medical officer.

“They told me my partner had been shot,” said Maj. Adeleke Oyemade, a certified registered nurse anesthetist with the 10th Medical Group. “It wasn’t a critical injury and I was able to call him. When he got on the phone, he asked if I could pick him up and I said ‘of course.’

Oyemade’s coworker survived and returned to duty three weeks after being injured.

“I was able to render aid to a brother-in-arms but I also got to handle all of his care for two weeks and make a difference to someone I know,” Oyemade said.

Downrange, Oyemade served on a three-person tactical critical care evacuation team attached to an Army medical evacuation unit at Bagram Airfield, Afghanistan. Oyemade hopped aboard a UH-60 Black Hawk helicopter, flew to the front lines and cared for injured service members.

Academy Founders Day builds on history, progress

by Steven Simon
Academy Development and Alumni Programs Office

Founders Day was established April 1, 1954, the day President Dwight D. Eisenhower signed legislation creating the Academy.

Since then, Academy staff and graduates around the world have celebrated this day with various activities — including the upcoming Founders Day Parade scheduled to be held at the Stillman Parade field Saturday at 10 a.m. — and with reflection.

Once legislation was signed and a location selected, the next step was to build the Academy, which, since its founding, has seen more than 45,000 cadets graduate.

The Academy features some of the most spectacular scenery anywhere, the perfect confluence of nature and man. The rugged natural beauty evident on the 18,455-acre Academy reservation remains largely as it was centuries, even millennia, ago. In stark contrast, the majestic buildings of aluminum, steel and glass look remarkably futuristic, especially considering most of them are nearing their 55th birthdays.

Despite this seemingly diametrical opposition, primordial nature and modern architecture mesh beautifully to make the Academy one of the most unique and unique institutions anywhere.
Stress management can be the key to well-being

Stress affects everybody and we couldn’t survive without it. Stress motivates us to deal with the challenges of living and respond to real-life emergencies. The stress response, commonly referred to as the “fight or flight response,” is characterized by increased heart rate, quick and shallow breathing, muscle tension, “fighting” in the stomach, cold hands and feet, and a hot and sweaty feeling. Overwhelmed stress occurs when we conclude that we have limited resources for dealing with a real or perceived demand, challenge or threat.

Unfortunately, frequent, intense and prolonged stress can have a negative impact on our physical health, emotional well-being and relationships. It’s very important to understand the signs and symptoms of healthy levels of stress so that we can learn to manage our reactions more effectively. Physical signs of chronic stress may include frequent tension headaches, sleep disturbance, poor appetite and increased physical illness due to compromised immune system. Emotional indicators of chronic stress include increased irritability, nervousness, impatience and loss of motivation. Finally, common behavioral signs of stress include social withdrawal, argumentativeness, procrastination, and increased smoking and alcohol consumption.

Because of our different personalities, life experiences and coping skills, people react differently to the challenges of living. The important thing to remember is that we can learn to recognize and respond more effectively to stressful situations.

Common sources of stress include frequent or dramatic life changes, interpersonal conflicts, work pressures and deadlines, academic struggles, illness or injury, noise and over crowding, and frustration of our needs, goals or expectations. Though we can’t eliminate all stressors, there are some practical steps we can take to cope better with them.

There are a variety of relaxation techniques to help modify our stress reactions. Common strategies include controlled breathing, progressive muscle relaxation and mental imagery (e.g., imagining ourselves in a pleasant and relaxing place). Other forms of passive relaxation include meditation, prayer, yoga, therapeutic massage, entertainment (e.g., movies, music), reading for pleasure, catching up on needed rest through sleep and taking a long bath or enjoyable hot tub.

Active forms of relaxation are also a highly effective means for living a more balanced lifestyle. Common strategies include regular exercise, walking and hiking, playing sports, enjoying the company of friends, developing hobbies, taking classes and going on vacation or taking leave. In general, any healthy activity that is both enjoyable and helps to focus the mind can serve as a positive outlet for stress management. A good approach to stress management is to have a balance of both passive and active forms of relaxation at one’s disposal. Additionally, setting priorities and making a “to do list” are effective means of managing work stress.

Acknowledging stress is the first step to coping with it. If you are feeling overwhelmed, talk to someone who can help you identify and address the problem. A spouse, friend, significant other or colleague may help shed light on different perspectives and addictions in a difficult situation. In addition, military members should never hesitate to use their chain-of-command in helping to solve a problem.

For more information stress and stress management, talk to your health care provider, chaplain or contact the Mental Health Flight at 333-5177. Cadets can also contact the Peak Performance Center at 333-2107.
Academy Spirit
FRIDAY, APRIL 5, 2013

NEWS

Hagel: ‘Fewer furlough days for civilians’
By Nick Simeone
American Forces Press Service

WASHINGTON — The Defense Department has revised the number of days hundreds of thousands of civilian employees could be furloughed this year because of the budget sequester from 22 to 14, Defense Secretary Chuck Hagel announced March 28.

In addition, a senior DOD official speaking on background told reporters the start of the furloughs will be delayed until mid-to-late June, after more than 700,000 department employees receive furlough notices now set to go out in early May. Furloughs would happen over seven two-week pay periods until the end of September, when the current fiscal year ends, the senior official said, with employees likely to be told not to come to work for two days during each of those pay periods.

Department officials say they are still working to determine which employees might be exempted. Hagel characterized the reduced furloughs, as well as a revised estimate of sequestration’s impact, on the defense budget as good news. The changes follow Congressional approval in March of a defense appropriations bill that prevented an additional six billion dollars in cuts, ordered under sequestration, from taking effect.

“It reduces a shortfall at least in the operations budget,” the secretary told reporters at a Pentagon news conference. “We came out better than we went in under the sequester, where it looks like our number is $41 billion [in cuts] now versus the $46 billion.”

But despite a Congressional reprieve, Hagel said the Pentagon is still going to be short at least $22 billion for operations and maintenance, “and that means we are going to have to prioritize and make some cuts and do what we’ve got to do,” including making sharp reductions in base operating support and training for non-deployed units.

More critical in the long run, he said, is how budget cuts will affect readiness and the department’s overall mission. Because of that concern, he has directed Deputy Defense Secretary Ash Carter and Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, to conduct an intensive department-wide review of U.S. strategic interests including how to protect the nation with fewer resources. “How do we prioritize the threats and then the capabilities required to deal with threats?” he said. “There will be some significant changes, there’s no way around it.”

Dempsey said the department has already exhausted 80 percent of its operating funds halfway through the fiscal year and characterized the current budget situation as “not the deepest, but the steepest decline in our budget ever,” and warned it will affect military readiness into the future.

“We will have to trade at some level and to some degree our future readiness for current operations,” the chairman said. He called on elected leaders to give the Pentagon the budget flexibility it needs to carry out institutional reforms.

“We can’t afford excess equipment,” Dempsey said. “We can’t afford excess facilities. We have to reform how we buy weapons and services. We have to reduce redundancy. And we’ve got to change, at some level, our compensation structure.”

Hagel commemorates Vietnam Veterans Day

WASHINGTON — Defense Secretary Chuck Hagel, who served in Vietnam as an Army NCO, issued a statement commemorating Vietnam Veterans Day on March 29.

“Today and this weekend, communities across the country commemorate Vietnam Veterans Day. This year we also mark forty years since the end of U.S. combat operations in Vietnam. On March 29, 1973, the last of our combat forces departed the country and the final release of American prisoners of war drew to a close.

“When Vietnam veterans reached their hometowns, many were not greeted with the appreciation and respect they very much deserved. In our time we must take every opportunity to thank all veterans and their families for their service and sacrifice.

“More than 1,600 service members remain unaccounted for from the Vietnam War. Their families still seek answers. Today, the Department of Defense reaffirms its commitment to take all steps to account for our missing personnel and bring closure to their families.”

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Mine was earned in Vietnam. By my dad.

Marc M., USAA member

Based on 2013 Member Communications Trend Survey.

Note: This is not a guarantee of future results. Actual results may vary.1

 FILE PHOTO

Hagel: ‘Fewer furlough days for civilians’

An Airman serving in Vietnam checks coordinates on a map.

FILE PHOTO

Hagel commemorates Vietnam Veterans Day

American Forces Press Service

An Airman serving in Vietnam checks coordinates on a map.
A bear of a problem

By Ray Bowden
Academy Spirit editor

Academy staff and their families could very well find themselves face-to-face with a large furry guest this spring if they’re not careful, a local wildlife official said last week.

“Black bears are coming out of hibernation and looking for food,” said Dr. Brian Mihlbachler, a natural resources manager with the U.S. Fish and Wildlife Service. “If bears access food in trash containers near your home or office last year, it’s probably the first place they will return to this spring.”

Normally, dawn and dusk are peak periods for bear activity, but the process of coming out of hibernation tends to alter a bear’s schedule.

“They might be slightly confused and more active coming out of hibernation,” Mihlbachler said. “They’ll be looking for food and water sources.”

Bears are omnivores, meaning they indiscriminately eat both animal and plant food.

“Bears are attracted to insects, vegetation, fruit — they’re pretty opportunistic,” he said. “They’re also attracted to garbage and consuming medicine, chemicals and other non-food items found in household trash can injure or even kill a bear.”

To help keep the bears away from homes, Mihlbachler advises Academy residents and visitors to secure their garbage and proof dumpsters.

A black bear stands on Academy grounds. Black bears are omnivores that tend to live in forested areas but are sometimes seen in residential areas searching for food.

A black bear forages in a trash Dumpster near Hill’s Half-Acre, on Academy grounds. For more information on black bears, visit http://wildlife.state.co.us.

• To report a bear-proof trash receptacle requiring repair in the Pine Valley or Douglass Valley housing areas, call 719-867-9675.
• To report bear sightings, call Natural Resources at 333-3308.

Academy watering restrictions start

Mandatory watering restrictions established by Colorado Springs Utilities were implemented across the base April 1, limiting watering times for all Academy residents and commercial customers.

According to a CSU press release, the Colorado Springs City Council approved moving to Stage II of the city’s water shortage ordinance, which implements mandatory watering restrictions for the community in order to preserve reservoir storage at safe levels.

CSU’s goal is to use 30 percent less water this irrigation season, April - October, compared to the 2012 irrigation season. This equates to 30 gallons saved per day per person. The implementation will ensure a one-year supply of water, a critical safety and health requirement. Water providers in the Denver area and elsewhere along the Front Range have enacted similar restrictions.

For the Academy, these Stage II provisions allow residential customers in family housing with odd-numbered addresses to water on Tuesdays and Saturdays; those with even-numbered addresses will be allowed to water on Sundays and Wednesdays. The remaining areas on base will be allowed to water three hours. Drip irrigation systems and handheld hose watering for trees, shrubs, and plants will be allowed at any time.

CSU takes conservation seriously, as does the Academy. Price adjustments will be enacted to encourage smart usage. Violators will first receive a warning, followed by incrementally increasing fees up to $1,000 and potential service shutdown.

Our potable water supply originates from CSU; some of the Academy’s irrigation water consists of non-potable water, a mix of well water and treated effluent from the wastewater treatment plant. The wastewater is subject to the Stage II restriction as well. Non-potable water is primarily used to irrigate the cadet athletic fields, Stillman Parade Field, the Academy Cemetery, road medians and the golf course.

As good stewards of the environment, the Academy will respect the restrictions enacted upon the community and treat all non-potable water under their control in the same manner as potable water.

The 10th Civil Engineer Squadron is actively reducing demands on our irrigation system. A portion of Stadium Boulevard from the B-52 drive to Parade Loop is slated for a xeriscaping project. Additionally, other areas of the base have been and will be replaced with water-conserving native grasses.

Academy residents and visitors can expect to enjoy reduced water bills by using less irrigation. As the summer heat turns up, our large expanses of turfed areas and residential lawns may show some browning. This will put some of our grass into a dormancy stage but should not kill it. CSU indicates that, as a general rule, the Academy can maintain a healthy landscape with these mandatory watering times.
Academy kicks off Sexual Assault Awareness Month

By Amber Baillie
Academy Spirit staff writer

April is Sexual Assault Awareness Month, and the Academy’s Sexual Assault Prevention Response program coordinators want everyone to know that while assault is never a positive issue, the Academy is making big strides in preventing sexual assault and protecting victims.

The Academy’s Sexual Assault Prevention Response program, which includes the Sexual Assault Prevention and Response (SAPR) program, focuses on education, training and outreach to provide the tools to help victims and prevent sexual assault.

“I think it’s really important that people know it can happen to anyone,” said Lt. Col. John Neptune, 94th FTS director of Advanced Soaring. “We’ve been conducting SAPR training for years, and this is the first year we’ve been able to do it in person. It’s really exciting because it allows us to tailor the training to the cadets and make sure they know what to do in the event of a sexual assault.”

Prior to the start of spring break, the 94th FTS conducted spring break training on Academy grounds this year, saving the Air Force $43,000, flying 466 training sorties and gaining six years of cadet instructor pilot upgrade training.

“We seemed to get in as much flying though and that’s what we really wanted out of this,” said Capt. Patrick Roller, 94th FTS director of training. “We were able to get in more flying at another location,” said Capt. John Wydro, 94th FTS AM-461 program manager. “We were fortunate that Mother Nature was wonderful this week and we only lost one day.”

“Now it’s cold and I think the Air Force is trying to put some teeth in the instruction,” Beasley said. “I think they’re trying to provide more guidance and more help for the victims and help in the courtroom.”

Beasley said Academy cadets and Airmen have been heavily involved in this year’s campaign because they know what most appeals to their age group.

“They’re personally interested in the issue and are experts at viral marketing,” Beasley said. “They’ve used their cadet chain of command, e-mail and social media to get the word out about the events.”

This year’s Sexual Assault Awareness Month campaign theme is “Make a change, choose a life,” focusing on the power and responsibility that bystanders have in intervention, said Cadet 1st Class Charity Blanton, who’s been involved in the campaign for the past two years.

“I think the SAAM training has become significantly better in the last couple of years since it’s become a cadet led program,” Blanton said. “It’s a shame the actions of the one percent reflect so poorly on the 99 percent. We are on the right path to change.”

Cadets will view two impactful training videos this month with corresponding discussion packets intended to spark conversation and motivate a bystander to act, Blanton said.

“As this is such a painful issue and not a normal topic of discussion, it’s important to take the time to sit down and talk about this problem, and motivate people to be involved in stopping this epidemic in their daily lives,” Blanton said.

Beasley said the training videos are very powerful.

“Cadets are able to see real victims and real testimonials from families, friends and squad mates on what they’ve seen this person go through and how it affected them personally,” Beasley said. “I think it’s important for cadets to know that it can happen to someone they know, love and deeply respect.”

The goal next year is to implement a bystander intervention program here.

By Amber Baillie
Academy Spirit staff writer

The Academy’s 94th and 98th Flying Training Squadrons conducted spring break training on Academy grounds this year, saving the Air Force $43,000, flying 466 training sorties and gaining six days back on their training timeline due to excellent weather and teamwork.

Instead of traveling to Wilcox, Ariz., as in past years, cadets and instructor pilots spent seven days in glider training at the Academy’s Airfield March 23-30 to focus on flying and meet requirements for their cadet instructor pilot upgrade training.

“In the past we’ve traveled because the weather is typically more predictable, and on average we’re able to get in more flying at another location,” said Lt. Col. John Neptune, 94th FTS AM-461 program manager.

“You fly better when you fly a lot, so for these guys to get multiple days in a row is really nice,” Barnes said. “Students were able to fly with the same instructor who was able to give them a bigger picture of their progression and tailor their instruction to them.”

“We saved a significant chunk of change by staying here,” Barnes said.

“It will allow advanced soaring members such as those on the cross-country soaring team to go to their competition later in the year,” Barnes said. “The team was fortunate winds didn’t pick up during the training due to the recent change in temperature.”

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“Just a week ago, we didn’t have nice weather,” Wydro said. “We were fortunate that Mother Nature was wonderful this week and we only lost one day.”

“We were able to get in as much flying though and the training definitely put the cadets ahead of the curve,” Wydro said. “This is also had the advantage of being able to fly with officers who have a bit more experience.”

Prior to the start of spring break, the 94th FTS was just more than 10 days behind its training timeline and is now just more than six days behind its schedule.

“Education during SAAM will be a segue into next year’s program, that will be very interactive and feature scenarios, role playing and videos of cadets,” Beasley said. “It will focus on primary prevention, what sexual assault looks like before it happens and how to safely engage without calling someone out or putting yourself at risk. We want to change the perception that it’s negative to intervene because you could be saving someone’s life or mental health.”

Retired Army Criminal Investigation Command agent Russell Strand, will speak at 12:30 p.m., April 18 in Arnold Hall for SAAM.

“He’s a very interesting guy and will talk about what predation looks like and how tricky predators can be,” Beasley said. “Most of the time they’re not strangers wearing a ski mask. They’re someone you know.”

Even though most sexual assault victims aren’t identified, they may be people we all know, Beasley said.

“One in three women and one in eight to ten men here will be sexually assaulted,” Beasley said. “There have already been two new reports following spring break.”

Academy flying squadrons train ‘in house’, save funds

PHOTOS COURTESY OF THE 94TH FTS TEAM

ABOVE: Maj. Thomas Sohayda, assistant flight commander of the 70th FTS, and two cadets, prepare to move a sailplane from the hangar for daily flying operations.

LEFT: Maj. Aaron Dripps, assistant chief of standards and evaluation of the 94th FTS, (front) and CSC Scout Wallace (back), prepare for takeoff in a TG-16 glider from the Academy Airfield.

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Instead of traveling to Wilcox, Ariz., as in past years, cadets and instructor pilots spent seven days in glider training at the Academy’s Airfield March 23-30 to focus on flying and meet requirements for their cadet instructor pilot upgrade training.

“We didn’t want the cadets spending eating box lunches every day, especially since they volunteered to stay here for their spring break,” Wydro said.

“Mitchell Hall helped us out and one of our majors bought them (fast food) one day. It was cool to see everyone take care of them like their little brothers.”

The team building between officers and cadets suffered a bit because they didn’t have enough time together as they would have in Arizona, said Capt. Billy Jacks, 94th FTS Director of Advanced Soaring.

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LEFT: Maj. Aaron Dripps, assistant chief of standards and evaluation of the 94th FTS, (front) and CSC Scout Wallace (back), prepare for takeoff in a TG-16 glider from the Academy Airfield.
Legasey, from the Class of 1967, began his career as a logistics officer assigned to Wright-Patterson AFB, Ohio. He left the Air Force in 1976. Since then, Legasey has served as a senior civilian employee for the Nuclear Regulatory Commission and later cofounded a global information technology and professional services firm that was named Fortune Magazine as one of the “100 Best Companies to Work for in America” for five straight years. Legasey has continually supported the graduate community by serving on the AOG Board for six years, with four years as the chairman.

When the Academy Endowment formed, Legasey became one of the first founding directors. Since retiring from the information technology field, he’s served on numerous non-profit boards. Social hour at the dinner will begin at 6 p.m. followed by a dinner at 7 p.m.

Cadets invited to relationship, marriage prep workshop

By 1st Lt Brandon Raccaem
Academy Public Affairs chief of Internal Information

A free workshop for cadets interested in improving their relationships or who are preparing for marriage will be held 7 p.m., today and Saturday, in the Arnold Hall Banquet Room.

The Cadet Marriage Prep and Relationship Enhancement Workshop is designed to provide cadets with information and resources that can help them throughout their careers in the Air Force, said Capt. Katrina Powell, a Behavioral Sciences and Leadership Department instructor.

“Participants will be provided with research on relationships, Academy graduation rates, and have a question/answer session with a panel of divers and current military members and their spouses,” she said.

Hosted by the Behavioral Sciences and Leadership Department, the workshop is based on The Prevention and Enhancement Program, a research-based approach to help preserve a lasting love and prevent divorce. The book, “Fighting for Your Marriage,” by Howard Markman, Scott Stanley and Susan Blumberg from the University of Denver, will be provided to each couple. The workshop will cover a number of topics, including communication skills, expectations in relationships, and finances.

“This program is based on 30 years of research at the University of Denver (and other universities) and the workshops are available at every Air Force base,” Powell said. “Our specific workshop (and others) up Air Force specific influences and challenges these couples and their family will encounter once they become active duty members.”

The first workshop began in 2003, when the chaplains who typically hosted a relationship workshop retired. It was their yearly workshop.

Attendees are allowed to wear civilian attire to the event, and food will be provided. For more information, call 333-2094.
From Page 1

“...it was really enriching because it was important for me to see the front lines for further care.”

On one trip to the front lines, Oyemade treated 196 patients, flew 240 combat flying hours, and assisted in the aerial transportation of military wounded, local nationals and enemy combatants.

Now that Oyemade is back in Colorado Springs with his family, he plans to spend as much time as possible with his wife and three daughters. He also plans to continue working toward his Doctorate of Nurse Anesthesia.

17 patients were transported from the front lines for further care. Oyemade received a Bronze Star for his efforts in Afghanistan. The medal is given to service members who distinguish themselves by heroic or meritorious service.

Oyemade appreciates the award but considers his efforts while deployed to be outweighed by the sacrifice of those he treated. “It’s a unique situation at the Academy because even though we have a clinic but not a hospital, people are still being sent to the front lines,” he said. “This is new to the Air Force to have medics embedded with the Army and being shot at, but once you get used to the environment, your training kicks in.”

Oyemade said that he is grateful for it, but it rests on the backs of those who designed and talent of those who designed and constructed the Academy.

The building of a campus from scratch was an enormous undertaking, the biggest national construction undertaking in years. The campus would become an instant national monument, taking its place alongside the U.S. Military Academy at West Point, N.Y., and the U.S. Naval Academy at Annapolis, Md. The Air Force received applications from more than 300 architectural firms and, on July 23, 1954, awarded the contract to the Chicago architectural firm Skidmore, Owings and Merrill.

From the start, SOM engineers, including lead designer Walter Netsch, understood the enormity of the task. As he walked the undeveloped site, Netsch asked, “How can we compete with infinity?” The firm chose the most modern architectural style, characterized by buildings within a rectangular plan, the raising of buildings on pillars, and the extensive use of glass.

West Point, at its Revolutionary War site along the Hudson River, evokes the Army’s domain, the ground. Similarly, Annapolis sits at the mouth of the Chesapeake Bay, as the Navy is of the sea. The Air Forces Academy, due to the high altitude and the vibrant blue Colorado skies, as well as the futuristic architecture, would look to the sky.

This style and the proposed design were not without critics, who included America’s best-known architect, Frank Lloyd Wright (who had worked with a group that lost the competition), but the design prevailed with only modest changes.

The objective was to have the Academy usable by the summer of 1958, so the first senior class could move in for its final year. Lowry Air Force Base in Denver served as the temporary home of the Academy from July 1955 until August 1958. SOM worked diligently and applied innovative construction techniques. For example, the 2-acre dining hall’s roof was assembled on the ground, then raised by hydraulic jacks.

SOM succeeded in completing enough of its work to allow the Class of 1959 to attend the permanent site of the Air Force Academy, though early classes had to train and study in what was essentially a construction site. Five classes would graduate before the Cadet Chapel was finally completed and dedicated Sept. 22, 1963, a year after Falcon Stadium opened.

The Air Force Academy of today does not look at all as it was envisioned by SOM in the 1950s, but it is pretty close. The academic building, dining hall, and gymnasium have been expanded. A second dormitory (Sijan Hall), an academic building annex, an expanded athletic facility have taken their places amongst the original edifices.

Upgrades continue: another major construction project, the Center for Character and Leadership Development, is now underway just east of Harmon Hall.
Falcons cycling ends spring break with dominant win

Academy cyclists had strong finishes in a number of competitions across the state Saturday and Sunday.

Racing in the Cycling Buffs Criterium in Boulder, a time-trial competition in Lakewood, and the Colorado Springs Classic Criterium, the team overcame many obstacles to end the Easter holiday weekend on a high note.

"Road cycling entails an enormous amount of training," said Andy Cady of the cadet cycling team. "We spent a ridiculous amount of time with each other. We're an extremely close-knit team."

The Falcons started their weekend with mid-pack finishes in most races competing at the University of Colorado's Cycling Buffs Criterium in Boulder, March 30, with Cady finishing seventh overall in the men's A-race.

A criterium, or "crit," is a race held on a short course, with riders taking as many laps as possible in the allotted time.

"It's a very flat course, with no hills or real technical corners," Cady said. "The best way I can describe it is that it's like a NASCAR track." The race was held on a 0.63-mile loop around Discovery Drive at the CU East Campus.

Following the Boulder Criterium, seven Academy cyclists braved gusty winds for a team time trial, hosted by Fort Lewis College.

"His effort was extraordinary but it was also fact that we were still able to pull it out and get a win for our team said a lot."

The A-Team, consisting of Stefan Zavislan, Garrett Braun, Hanley and Cady, took first place in their division and third place overall in the men's B-race.

"It was really quite a guts," Hanley said. "It created a big challenge for the riders. Technically, it was very demanding."

The A-Team, consisting of Stefan Zavislan, Garrett Braun, Hanley and Cady, took first place in their division and fifth overall in the trial despite the harsh conditions and using two B-riders. The B-Team placed first in their division and third place out of four trial teams using a four-person team with one female. "Normally, the time is based on the third finisher, but they were granted a second win by the officials because they had a female," said Lt. Col. Len Cabrera, Academy Cycling Club officer in charge.

"There were separate female races, but we didn't have any ladies to field a team that day. Evan Glowiak basically pulled the entire team so it was more like an individual time trial for him as he pulled the team with him," Hanley said.

"It was the first time-trial I've done this year," Cady said. "It's got an interesting and technical course," he said. "Academy riders generally do quite well on technical courses. We competed very well."

Multiple open races were held after the collegiate races at Colorado Springs Classic Criterium, with Hanley taking first place against 16 other competitors in the Category 3/4 race.

"Being a member of the cycling club has provided me an opportunity to compete on the intercollegiate and national scene," Hanley said. "The club is student-led. It's the most rewarding leadership experience I've received at the Academy."

Next week, the team heads to Durango, Colo., for races hosted by Fort Lewis College.
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FRIDAY, APRIL 5, 2013

Longtime registrar laid to rest

By Ray Bowden
Academy Spirit editor

Fifty five officers from across the Academy have been selected for promotion in the field grade officer ranks, according to a March 29 news release from the Air Force Personnel Center.

“The number of officers promoted at the Academy is a testament to the quality of the Air Force’s officer corps,” said Academy Superintendent Lt. Gen. Mike Gould. “The efforts and leadership of each of these officers is crucial as we go forward with the Academy’s mission of developing leaders of character. I hope we all get a chance to make the rounds and congratulate these men and women as soon as possible.”

In 1984, he was promoted to director of curriculum and scheduling services. In 1985, Wilson became the Academy Registrar, a position in which he directly oversaw 27 Academy graduations. Wilson retired from the Air Force as a lieutenant colonel in 1993 and, in 2006, was appointed to the role of associate dean for Student Academic Affairs and Academy Registrar, which he maintained until his death.

Wilson is survived by his wife Nancy (Tromble) Wilson, son Michael Wilson of Mesa, Ariz., daughters Erin (Hamilton) Pollard of Rancho Santa Fe, Calif, and Christine (Jeffrey) Herpel of Thornton, Colo., and two grandchildren, Penelope Holbrook and Charlotte Hope Pollard.

In lieu of flowers, memorials may be made to the Academy Endowment Fund or the Sarcoma Foundation of America. For more information, visit www.usafa.org/endowment.

PHOTOS BY SARAH CHAMBERS

The Academy Guard carries a casket containing the body of Dr. Dean Wilson down the Chapel steps April 3. Dean served at the Academy for more than 40 years in military and civilian capacities.

Academy Superintendent Lt. Gen. Mike Gould hands the U.S. Flag to Nancy (Tromble) Wilson, Dr. Wilson’s wife, April 3, during Wilson’s funeral ceremony at the Academy Cemetery.

55 Academy officers selected for 04 – 06 promotion

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— Lt. Gen. Mike Gould, Academy Superintendent

Selected for promotion to major are Captains John Baker, Laura Barnes, Adam Batchelor, Zebulon Beck, James Bowers, Joseph Brown, John Bugouxi, Yuliya Bugouxi, Paul Burk, Kristen Clark, Nancy Clemens, Charles Comfort, Connie Converse, Ohn Dickens, Ricky Dickens, Kristin Dowd, Sean Doyle, Scott Durham, Matthew Ellis, Brian Fash, Justin Gardner, Richard Gorrell, Robert Greiman, Bart Gould, Walid Habash, David Hancock, Patrick Jackson, Brian Johnson, Brittany Joseph, Jeremiah Kirschman, Matthew Linford, Nick Mastronardi, Jason McGinty, Zachary Miller, Christine Mott, Jeffrey Newcamp, Philip Pelky, Charlotte Portlock, Derek Portlock, Michelle Reinstatler, Matthew Rosenthal, Angela Sanders, Jesse Somann, Stephanie Silva, Pavel Tendetnik, Michael Terrell, Caitlin Thora, Sarah Towler, Steven Vick, Pamela Wheeler, Gregory White and John Wydro.

“It’s been a fun eight-and-a-half years since I’ve graduated the Academy,” said Capt. Derek Portlock of the Commander’s Action Group. “Being promoted wouldn’t have been possible without the friendships I’ve made or the leaders who have mentored me.”

In all, 55 officers assigned to the Academy were selected for promotion. Across the Air Force, more than 2,500 were selected. To see the lists of selectees, visit www.afpc.af.mil.
Air Force Enlisted Village is in need

The Air Force Enlisted Village is a private, nonprofit 501(c)(3) organization that provides safe, affordable homes and community for widows of retired enlisted Airmen.

Formerly known as the Air Force Enlisted Widows Home Foundation, the Air Force Enlisted Village was founded in 1967 in response to the growing number of indigent widows who, after their retired husbands had passed away, found themselves in a vulnerable situation with few options.

From its beginnings, the Air Force Enlisted Village has grown and broadened its scope of impact to the military community. Although assisting indigent widows remains its core task, the village has evolved over time to meet the needs of residents and retired military members. The Air Force Enlisted Village also cares for residents who meet certain qualifications related to age and prior military service.

Services to residents include housing, security, transportation to local shopping and medical facilities, on-site medical care, libraries, a chapel and physical therapy.

In 1975 Teresa Village was purchased in Shalimar, Fla., and consists of 107 two bedroom first- and second-floor apartments in 14 separate buildings.

The next major progression was the purchase of 100 acres of land from the Air Force to build nearby Bob Hope Village and develop the main campus. This complex has a total of 224 one-bedroom and 32 two-bedroom apartments in four buildings covering 35 acres.

The most recent development in the Air Force Enlisted Village was the opening of the Hawthorn House in November 2005. This fully staffed and certified assisted living facility provides a home for 64 residents of which 16 are allocated for a memory care wing specializing in care of those with Alzheimer’s and Dementia symptoms.

Teresa Village is now more than 48 years old and in constant need of critical infrastructure repairs. Large amounts of money have been dedicated to ensure the safety and security of residents is not compromised, but the resident population is increasingly finding the idea of living in a second-floor apartment in a building without an elevator to be unmanageable and unsafe.

It’s time to build the replacement for Teresa Village, and this is where donations to the Air Force Assistance Fund come in.

If not for the Air Force Enlisted Village, some residents would literally be homeless. The village is a rescue net for those in need and the security blanket for those who have resources but seek the village’s unique community spirit.
Simmons named MW athlete of the week
By Academy Athletics

Following his record-setting performance in the pole vault at the Clyde Littlefield Texas Relays last weekend, Air Force senior Cale Simmons was named the Mountain West Men’s Outdoor Track and Field Athlete of the Week, the conference office announced April 2.

Simmons cleared a career-best 18’4¾”, in the pole vault at the relays on March 29, breaking his own Academy record by three inches and setting a new Mountain West all-time mark. The senior team captain now holds both the MW all-time and championship-meet (18’1¾”, at the 2012 MW Outdoor Championships) records. His clearance, which he set on his first attempt at that bar, leads the conference and is ranked fourth in the NCAA this season.

With the fifth MW Athlete of the Week award of his career (three indoors, two outdoors), Simmons has now claimed more weekly track and field awards from the conference office than any other Air Force athlete. He shared the current April 2 honor with New Mexico’s Charlotte Arter, who was selected as the MW Women’s Outdoor Track and Field Athlete of the Week.

The Falcons opened the home portion of their outdoor season with the second annual Air Force Relays and Combined Events Meet at the Cadet Outdoor Track and Field Complex. The relay will conclude tomorrow.

Baseball wrap-up

By Academy Athletics

Baseball broadcast
CBS Sports Network will broadcast Air Force against San Diego State at 1 p.m. (PT), May 11.

Close losses
Air Force has 10 one-run losses in the season, four by walk-off. The Falcons are 2-10 in one-run games so far this season and were 4-6 last year.

Home/Road splits
Air Force has played 23 road games to just three home games so far in 2013. The Falcons are hitting .111 points higher and fielding .024 percent better at home. The Falcons play 13 of their final 29 games at home.

At the anchoring pitching staff
Junior right-hander Cameron White is off to one of the best starts ever by a Falcon pitcher. White currently leads the Mountain West with 52.2 innings pitched and is in the conference top 10 in ERA (3.08) and strikeouts (33). White has allowed just two walks all season, one of which was an intentional walk. White currently has the 10th-lowest ERA in a season in school history.

Baker on a roll
Senior RHP Alex Baker has rebounded strongly after a tough season-opening start. After allowing 11 runs in his first start of the season at UTSA, the right-hander has allowed just four earned runs in his past 30.2 innings pitched for a 1.17 ERA over that span. Recently, Baker tossed 15.2 consecutive scoreless innings. Baker currently ranks in the MW top 10 in strikeouts with 37 in 34 innings pitched.

Bertelson a strikeout machine
Despite missing one start due to snow, senior left-hander Ben Bertelson currently ranks second in the Mountain West with 49 strikeouts in 39.1 innings pitched. The Midland, Texas, native has struck out at least eight batters in four of six starts this season. The Midland, Texas, native got to 200 career hits and is currently starting to enter several of the Air Force top 10 lists. With his first hit of the season, the Sarasota, Fla., native got to 200 career hits and is currently 147.

Pitching off to hot start
The Falcon pitching staff is off to a fast start in 2013. Air Force currently ranks third in the conference with a staff ERA of 4.57 and 189 strikeouts. The Falcons currently have their lowest ERA as a staff since 1979. The Falcons also boast three of the top 10 pitchers in the conference in strikeouts.

Stellar starting pitching
Air Force is getting steady production out of its starting pitching so far in 2013. The Falcon starters have logged at least five innings in 22 of 26 games this season. The starters have allowed three-or-fewer earned runs in 15 games.

Bullpen solid
The Falcon bullpen has proven to be solid for the Falcons also this season. The bullpen has an ERA of 5.12. Last year, the bullpen ERA was 7.47.

Custons enters Falcon record books
Senior catcher/outfielder Garrett Custons is starting to enter several of the Air Force top 10 lists. With his first hit of the season, the Sarasota, Fla., native got to 200 career hits and is currently at 200.

Next game
The Air Force baseball hosts a weekend series, today through Sunday against New Mexico. Live stats for all four games can be found at www.goairforcefalcons.com. Twitter updates are at @AF_Falcons.

Baseball: 3 p.m. (MT) today through Sunday for a three-game series against New Mexico.

Women’s gymnastics: 6 p.m. (ET) Saturday for the NCAA Regionals in Columbus, Ohio.

Track and field: Today and Saturday at the Cadet Outdoor Track and Field Complex.

Women’s fencing: 9 a.m. (ET) April 13-15 for the NAC Championships in Richmond, Va.
Owen selected as MPSF gymnast of the week

By Valerie Perkin
Assistant Athletic Media Relations Director

WOODLAND, Calif. – Three days after becoming the 2013 American Gymnasts national champion on the pommel horse, Air Force junior Nick Owen was selected as the Mountain Pacific Sports Federation Gymnast of the Week on the pommel horse, becoming the third Air Force gymnast to take home the USA Gymnastics title on the pommel horse.

The win came one day after he posted the top qualifying score (14.550) to help the Falcons to their fourth straight team title. Owen, who now holds three of the six highest pommel horse scores in Academy history, bettered the 35-gymnast field by 0.200 during the qualifying round.

Owen is the fourth Air Force gymnast this season to earn the conference’s weekly accolade. The Falcons host their MPSF foes 5 p.m., Saturday, in the Academy’s Cadet West Gym.

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Keeping your frustration from hurting your baby
By Annette Cormier
Family Advocacy Program Nurse

It’s no surprise that babies cry or feel frustrated. It can be especially overwhelming when a baby cries or is unsettled.

Babies cry because they need to
there is no other way for a baby to talk or cry. They try to tell you they are hungry, thirsty, uncomfortable, or they feel overwhelmed, tired, scared or lonely. Some may be teething, have gas or be colicky.

Sometimes the answer is as simple as feeding the baby or changing a diaper. At other times, the crying can seem to last forever and nothing seems to stop it.

Managing the frustrations we might feel when caring for a baby is crucial because at its worst, those frustrations could lead to depression.

Shaken Baby Syndrome is a leading cause of trauma death for children age two and under in Colorado. A baby’s body is the number 1 trigger for caregivers shaking a baby, which can cause blindness and death.

If nothing seems to work, it’s OK to leave the baby in a safe place such as a crib or infant seat, take a moment to calm yourself before returning to care for the baby.

Recommended tips to ease stress are:
• Take deep breaths while counting at the slow pace of your breathing
• Do push-ups, sit-ups or any other activity in your home
• Listen to calming music
• Chat with a friend or neighbor for a few minutes.
• Have a trusted friend or neighbor watch the baby while you go outside.

There are several resources and support systems available to Academy staff and families including the Family Advocacy’s New Parent Support Program, to help us cope with our frustrations.

For more information on the New Parent Support Program call 333-5270.

The Fussy Baby Network Colorado is available at 1-877-996-FAKE or FussyBabyNetworkColorado.org.

Finally, pediatric nurses are available 24 hours a day at 120-177-0123.
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