Holocaust survivor, daughter, join Academy in remembrance

By Don Branum
Academy Spirit staff writer

Eighteen. That’s the age of many of the young men and women who join the Air Force Academy each year. It’s how old Renee Rockford was when she traveled to Tel Aviv, Israel, to report on the World Gathering of Jewish Holocaust Survivors in 1980.

Eighteen was the age of her father, David Bram, when the Third Army, under Army Gen. George Patton, liberated him and a handful of other survivors from the Buchenwald concentration camp near Weimar, Germany, 68 years ago Thursday.

Both Rockford and Bram spoke Monday at the Air Force Academy’s Holocaust Remembrance Day observance: a somber luncheon at the Falcon Club, decorated with photos of exhibits at the National Holocaust Museum in Washington and with candlelight flickering beneath the projection screens on either side of the room.

Rockford spoke first, recalling her experience at the World Gathering.

“I’m hiding in the fire escape stairwell in a high-rise hotel,” she recalled. “It is the second or third day … I’m there with my father, but I’m also there with press credentials, covering the event for two major metropolitan daily newspapers. … There were survivors who, upon seeing the press credential around my neck, shared with me their absolutely consuming need to have their story told, and told to the world.”

Over several days, Rockford interviewed many survivors, including Raphael Stieglitz, who moved to Hollywood, Fla., after his rescue.

“He still carried a photo of the young wife he lost in the Holocaust, but he had no photos of his two children who’d been murdered,” Rockford said. “He told me about what happened to him in the 12 camps that he’d survived: about the medical experimentation, castration — of course without anesthesia — and about being the only one of his family to come out alive. He told me about using a portion of his small life savings to make that trip to Israel just in case, just in case he could find a familiar face.”

The emotional weight of his stories forced her to hide in the fire escape until she could compose herself and return to hear more, she said.

See Holocaust Page 7

Active shooter drill prepares responders

Academy, El Paso County Sheriff conduct joint exercise
By Don Branum
Academy Spirit staff writer

The Air Force Academy and El Paso County Sheriff’s Office conducted a joint active shooter exercise April 3 to help them prepare in the event the Academy experiences a scenario similar to last year’s shootings in Newtown, Conn., and Aurora, Colo.

The exercise included responses from 10th Security Forces Squadron Airmen and a Special Weapons and Tactics team from the sheriff’s office. “Active shooter events are one of those things within the law enforcement community that are low-frequency but high-risk,” said Lt. Jeff Kramer, the public information officer for the sheriff’s office. “Anytime you have an event that you don’t see all that often but is significant, it’s important that you maintain a high level of familiarity with the response so that when you encounter a real-world event … it makes your response more efficient.”

The sheriff’s office has a memorandum of understanding not only to provide SWAT teams but also to augment security on the Academy during large public events like graduation and home football games. They also assist in other law enforcement response and investigation, Kramer said.

Anyone on base during an active See Drill Page 7
A future cadet answers ‘the what ifs’

By Senior Airman Sam Taylor
456th Air Lift Wing Public Affairs

“I was in a Led Zeppelin cover band,” I replied.

Later, Llarena took me to the Academy’s Athletic Facility. The gymnasium is so extensive that I found some cadets who, had they not have gotten lost inside the labyrinth of rock-walls and racquetball courts, would have graduated with the class of 1968.

It was there that I confronted what I am dreading most about the Academy: the swimming pool. I know — the academicians are rigorous, the military and athletic standards strict, but when I saw the pool I was brought back to 2008 in San Diego when my buddies and I were sucked out to sea by a rip current.

Sensing my fear, a swimming instructor approached and reassured me. “We teach guys who have never seen a pool to pass the swim test,” he said. “Don’t worry about it.”

I could have hugged him, but I kept my cool and thanked him. There is something about having a person accept and understand your deepest fear that can really put you ease. I felt a better about eventually having to take that test.

I returned to the gym that evening with Llarena, who had invited me to play volleyball.

“Calvin, I’ve never played volleyball before, are you sure?” I asked.

“Dude, we all suck — it’s fine,” he said.

As I scored point after point (just kidding — I’m a scrub) the “what ifs” about attending the Academy began popping into my head just as they had during the previous months:

“Those guys in class seemed really smart; what if you’re not smart enough?” “This air is really thin — you’re not smart enough?” “Those guys in class seemed really smart; what if you’re not smart enough?”

Several months ago, I was besieged with another case of the “what ifs,” so I called Gen. Paul Selva, Academy Class of ’80 and the commander of Air Mobility Command who had recently visited Dover AFB, and asked for his advice.

“Whenever an opportunity presents itself, take it,” he said. “Don’t let the best moments in life pass you by because they appear difficult.”

Selva’s words echoed through my head as I filled out the feedback questionnaire at the end of my visit. On the question asking if, after the visit, I was still deter

Editor’s note: Senior Airman Taylor is a Public Affairs Airman serving at Dover Air Force Base, Del. He has been accepted to the Academy. This commentary was written after his familiarization visit to the Academy.

During my recent visit to the Academy, I read from a pillar illuminated by rays of sunlight pouring over the Front Range mountains. It said “Man’s flight through life is sustained by the power of his knowledge.”

The stately eagle that topped the pillar seemed to watch over the cadets as they walked or marched to class. One of them, Cadet 3rd Class Calvin Llarena, my prior-enlisted cadet escort, beckoned me to follow him to class as we were running late.

“You enlisted guys walk so slowly,” Llarena said.

“Maybe it’s just a cadet thing.”

We half-jogged across the snow-dusted Terrazzo toward Fairchild Hall while underclassmen, traveling at full speed, passed by.

One thing I learned during my Academy visit is that people in Colorado don’t breathe air. Perhaps they have gills or some other physical adaptation that enables them to survive on 15-percent oxygen. Either way, I was sucking wind.

Not helpful to my plight was the two pounds of tasty food I had downed for breakfast in Mitchell Hall; it was my first substantial meal since I departed Dover AFB the previous morning. As I mindlessly stuffed my face because they appear difficult.”

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Leadership center construction on schedule

A work crew uses an excavator to dig a hole on the upper Terrazzo during ongoing construction of the Academy’s new Center for Character and Leadership Development. Look for CCLD construction updates in upcoming editions of the Academy Spirit.
Special Victims’ Counsel supports sexual assault victims

WASHINGTON (AFNS) — The Air Force’s top lawyer testified in March before the Senate Armed Services Committee’s personnel subcommittee on sexual assault in the military and ongoing efforts to combat the problem.

The Judge Advocate General, Lt. Gen. Richard Harding, was joined by his fellow service counterparts and the Defense Department’s acting general counsel, Robert S. Taylor, as well as the DOD’s Sexual Assault Prevention and Response Office director.

The group vowed to do whatever it takes to end sexual assault in the military and a big part of that, Harding said, is supporting victims.

“We believe that if victims know there is somebody on their side as they go through this complicated process that can be very exhausting, we’ll see more of them come forward,” Harding said during the hearing.

Surveys conducted by Air Force officials show a large majority of victims never report sexual crimes.

“Our Special Victims’ Counsel operates independent of the prosecution’s chain of command; they establish attorney-client relationships and zealously advocate on their clients’ behalf ... thereby protecting victims’ privacy and immeasurably helping victims not feel re-victimized by having to endure (the military justice process) alone,” Harding said.

The Air Force Academy’s vice commandant of Cadets for Culture and Climate, Col. Stella Renner, said she thinks the Special Victims Counsel is a great resource for sexual assault victims.

“Victims now have the opportunity to form a confidential relationship with an attorney who is able to answer legal questions for them and assist them throughout the Military Justice process,” Renner said.

Additionally, Taylor testified that the DOD is building a structure to address sexual assault in the military, and changes in the legal arena are in the works.

The DOD General Counsel’s Office is working with the services’ Judge Advocates General and DOD’s Sexual Assault Prevention and Response Office “to make our judicial, investigative and response structures more efficient, effective and responsive to the needs and rights of victims, while preserving the rights of the accused,” Taylor said.

In the Air Force, these changes include the creation of the Special Victims’ Counsel Program.

According to officials, this program provides sexual assault victims with their own military attorney to provide them legal assistance and help navigate the criminal justice system. These lawyers are trained to handle sexual assault victims’ unique needs.

“It takes a strong team to succeed in our mission to protect and defend the nation, and sexual assault undermines that,” said Air Force Chief of Staff Gen. Mark Welsh.

“It’s devastating to those involved. The Special Victims’ Counsel will provide victims of sexual assault with a better understanding of the criminal process from an expert who is specially qualified to represent the victim. This program embodies what the Air Force is all about — taking care of our people.”

Renner said victims at the Academy are taking the opportunity to request an SVC who is able to advocate on their client’s behalf.

“Victims now have the opportunity to form a confidential relationship with an attorney who is able to answer legal questions for them and assist them throughout the Military Justice process,” Renner said.

Additionally, Renner said the Academy offers victims a full range of services including counseling and medical services, and has had the benefit of a full-time victim advocate for many years.

“The Air Force is in the process of providing full-time victim advocates for most bases,” Renner said. “While volunteers have done great work, having a full-time person focused on helping victims is a resource we continue to use here at the Academy.”

It takes a strong team to succeed in our mission to protect and defend the nation, and sexual assault undermines that.

- Gen. Mark Welch, Air Force chief of staff

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Breathing life into a deadly situation

Maj. Michael Carpenter uses a CPR mannequin to teach brothers Aaron (middle) and Evan Crocker CPR lifesaving techniques during the Academy’s disaster preparedness event Saturday at the Exchange. The biannual event is designed to increase disaster and emergency preparedness awareness among Academy staff and families. Aaron and Evan, of Monument, Colo., are the sons of retired Lt. Col. Mike Crocker. Carpenter is assigned to the 10th Medical Group.

MIKE KAPLAN

Academy grad killed in Afghanistan crash

Academy Public Affairs

SHAW AIR FORCE BASE, S.C. — An F-16 Fighting Falcon pilot and Academy graduate assigned to Shaw AFB died April 3 when his aircraft crashed in Afghanistan while returning to base after a mission.

The pilot, Capt. James Steel, 29, graduated from the Air Force Academy in 2006, completed pilot training, and arrived at Shaw in June 2010. He was the chief of mobility for the 77th Fighter Squadron.

“Our condolences and prayers are with the family, friends and squadron members of Capt. Steel,” said Col. Clay Hall, the 20th Fighter Wing commander. “This is a difficult time for Shaw Air Force Base, but we are focused on taking care of the Steel family, our Airmen and continuing to execute the mission.”

The crash is still under investigation; more details will be released as they become available.

Media inquiries should be directed to the 20th Fighter Wing Public Affairs Office at 803-895-2019.
Admissions outreach hopes to inspire

Representatives from the Admissions and Selections offices here have high hopes for the Academy’s application process outreach forum scheduled today through April 21 in the Atlanta area.

“The purpose of the Atlanta outreach is to provide insight about the Academy experience to as many students and family members as possible,” said Megumi Voight, an Academy admissions advisor. “Ultimately, we hope to inspire students who want to serve their nation, as well as obtain an undergraduate degree.”

The outreach team will focus on diverse communities and congressional districts unfamiliar with the Academy, said Ida Widmann, Admissions liaison and Outreach Division official.

“We want to help demystify the Academy and let them know we have excellent resources to help them navigate through the admissions process,” Widmann said.

Events scheduled at the event include briefs, school visits with educators and students, and the Academy Forum, which is being held at the Atlanta Convention Center at AmericasMart.

More than 550 students, parents, and mentors have signed up so far, Widmann said.

Events are designed to educate students, assist community-based organizations, educators and mentors in the Atlanta region who have an influence on young people and their goals regarding higher education, Widmann said.

“Educating about Academy opportunities and the admissions process will go a long way toward reaching a larger audience of students that are unaware of or unable to attend the scheduled events,” Widmann said. “We look toward establishing and maintaining relationships with these important influencers for the foreseeable future.”

Members of Congress are scheduled to attend Academy Day at Dobbins ARB and Robins Air Force Base, where they will focus on younger service members who may be interested in applying to the Academy, said Voight.

“If I can walk away from the outreach events knowing that I encouraged students to pursue our program, then I would consider that a success,” Voight said. “If I forge relationships with these students to mentor them through the college application process, even better.”

A leap of SCIENCE

LEFT: A Barbie doll attached to rubber bands falls from a stairwell in the Academy’s Fairchild Hall Annex Saturday as part of a Bungee Barbie experiment. Girl Scouts visited the Academy as part of an annual science, technology, engineering and mathematics outreach event.

BELOW: Cadet 4th Class Tra’Mese Byrd shows Delaney Sweeney how to tie rubber bands together for a Bungee Barbie experiment. Other portions of the outreach event included a chemistry magic show and electrical circuit activities.

PHOTOS BY DON BRANUM

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Cadets are hard at work today building the Academy's next two satellites, while other cadet-created satellites are rotating in orbit thousands of miles above the Earth.

Their efforts are part of the Academy’s capstone undergraduate systems engineering course, managed by the Department of Astronautics.

“‘Learning Space by Doing Space’ is not only the motto of the Space Systems Research Center, it is a way of life,” said Lt. Col. David Barnhart, the director of the Space Systems Research Center here. “Within the SSRC, FalconSat is the flagship cadet-built small satellite program, unparalleled in the world at the undergraduate level.”

The FalconSat program puts a team of senior cadets into the role of a satellite system integrating contractors. The satellite is typically launched as a secondary payload on a commercial or Defense Department launch vehicle and subsequently monitored and controlled by cadet operators from an Academy ground station.

“FalconSat is a full-spectrum space acquisition and operations experience that transforms cadets into our nation’s future space leaders,” Barnhart said.

During a hands-on learning process, cadets are taught all aspects of satellite engineering. Small teams focus on payload requirements and all typical satellite systems including electrical power, data handling, communications, attitude control and orbit control. Once on-orbit, cadets monitor satellite health, control payload and subsystem activity and review payload status. Additionally, cadets turn textbook examples into operational scenarios to conduct experimental missions.

The undergraduate cadets are busy building the FalconSat-6 and FalconSat-7 satellites.

The 181-kilogram FalconSat-6 satellite is currently in the first year of a three-year development plan. Its development is sponsored by the Air Force Research Laboratory.

Development of the FalconSat-7 is a CubeSat, one of several projects underway at the Academy’s Space Physics and Atmospheric Research Center.

“The SPARC mission is to provide cadets experience working on space physics research projects of interest to the Air Force and DOD,” said SPARC Director Dr. Geoff McHarg. “We accomplish this by working one-on-one with cadets from multiple disciplines in independent study and capstone courses.”

FalconSat-7 carries a new optical payload known as a photon sieve which can replace traditional optics, aboard its tiny frame.

“The photon sieve is a thin membrane with billions of tiny holes, each of which causes diffraction,” McHarg said. “The holes are cleverly arranged to add up correctly to make an image. The photon sieve is made from a very thin material, much like plastic wrap used in a kitchen that can be rolled into a small space, and stowed into our little spacecraft.”

Once in orbit, the satellite will open to release three arms that stretch the photon sieve’s metal membrane out in only two seconds to deploy a 10-inch diameter telescope. This will become the world’s first space-based membrane telescope. This will become the world’s first space-based membrane telescope and will be used to image the sun. The sieve was created and patented at the Academy’s Laser and Optics Research Center.

“If we can demonstrate that this works, use of a photon sieve opens up the possibility of putting larger telescopes on small satellites,” McHarg said.

“This is critical for both NASA and the DOD because the resolution of a telescope is dictated by the size of the primary optic. Traditional space-based telescope optics are limited to the size of the host spacecraft. For instance, the Hubble Space Telescope is the size it is because it had to fit inside the Space Shuttle.”

The FalconSat-6 and FalconSat-7 satellites are scheduled to launch in May 2015.
**Drill**

From Page 1

shooter lockdown, whether it is a drill or actual event, should keep some basic tips in mind: 

• Stay away from the incident area until respond- ers issue an all-clear.

• Seek cover and concealment.

• If you’re indoors and can move safely, move to a central secure area with no windows and lockable doors, then lock and barricade the doors. You might require the immediate incident area and can move safely to an escape route, evacuate.

• As a last resort, you may attempt to fight the shooter. Throw things, use improvised weapons or rush the shooter to take him down.

More tips on how to prepare for and act dur- ing an active shooter scenario are available on the Air Force Be Ready website at http://1lsa.gov/ ZMkI.

More than 80 people were killed and more than 90 others were injured during active shooter inci- dents in 2012. Most notable were a July incident in Aurora, Colo., in which James Holmes allegedly killed 12 and injured 58, and a December incident in Newtown, Conn., in which Adam Lanza killed himself, his mother and 26 others.

**Holocaust**

From Page 1

“But I did keep my promise to Ra- phael,” she added. “After that event, I told my story to multiple newspaper ar- ticles. He continued to stay in touch for some time until his death, and through him, I really learned it was possible for a body to survive but for the soul to be ravaged and for the heart to be broken. How he must have wondered whether he had done his duty as a survivor? Had he properly articulated his story on behalf of his wife and his children? Had he acted as a true witness? I never once pondered whether I have properly told his story, and if not for me, who would do so?” she continued.

Few of the Holocaust survivors Ralph researched and interviewed for her book, “The Triumphal Spirit,” still survive, she said. Among the departed are Vladka Meed, who helped organize the Warsaw Ghetto Uprising. Still alive, however, is Elie Wiesel, a Nobel Peace Prize laureate, author of more than 40 books and a professor at Boston University. And like many other Holocaust survivors, Wiesel “still speaks with urgency and strength and courage—not just to his own family, to other survivors, but to all people around the world and to all around about the human rights,” Rockford said.

She and her husband met Wiesel dur- ing a dinner at Regis University. The university president, knowing Rock- ford’s family history, gave her the seat next to him at the dinner table. “I asked Wiesel about his writing and his teaching, I told him about my fa- ther,” she said. “And then I wondered to myself and asked myself, ‘Would Mr. Wiesel, you who have survived some of the same unspeakable horrors of so many Holocaust victims that I have interviewed, how is it that you main- tain your belief in the human race ...?’ I wanted him to tell me, just as I wanted my father to tell me, that there was a reason to believe it would all be OK, that there would be no more Ho- locusts, that we had seen mankind at his worst and that, as a human race, will rise up. ‘Wiesel looked into my eyes, and he said, ‘I do not believe, but I must con- tinue to speak,’” she continued. “It was then that I realized what it means to say ‘Never again.’ I had to stop look- ing to others, to survivors, to reassure me that the world would survive.”

Bram didn’t have the energy to cel- ebrate when men in American Army uniforms were sent to his Budapest home in April 1945. But now, he said, “Any-

time I see someone in an American uniform, my heart just blossoms. I feel like you are protecting my free- dom, and I’m to a point where I’m relying on you for my grandchildren to be free.”

Bram fielded questions about living conditions in the five camps he lived in during his five years of imprison- ment. Escape was impossible, he said, the prisoners were too weak to make the attempt due to malnourishment.

“We were there for one reason: not to survive,” he said. “It was just a mat- ter of time — if Hitler had won the war, G-d forbid, none of us would be alive right now anyway, because we couldn’t have survived much longer. We were always sick, we were all bare- ly getting out of bed in the mornings.”

He returned to the Polish town where he grew up after the war to find that some of his family’s former neighbors blamed the Jewish people for Nazi brutality.

“My home, where I had been living, was no longer there, so I asked the Polish family living in the house next to it ... I tried to communicate with them,” he said. “He says to me, ‘What are you doing here? Hitler didn’t kill your family, you shouldn’t have made it here.’ ... You Jews don’t belong here.’”

“But there were also the opposite: There were good Polish people who helped the Jewish people during and after the war,” he added. “You can’t always expect to be welcomed or in- volved. There’s always going to be someone who hates you regardless.”

Hatred later evolved into denial, despite the best efforts of Army Gen. Dwight D. Eisenhower, who would later become the president who brought the Air Force Academy into being. After visiting the Ohdurf camp, Eisenhower encouraged gov- ernment officials in Washington and London to send journalists and legis- lators who could provide evidence “to the American and British publics in a fashion that would leave no room for cynical doubt.”

But Bram doesn’t see a point in re- turning hatred with hatred.

“I am not a hateful person,” he said. “The thing I would like to see is the people who committed the crimes. The ones they who should be caught, should be punished — with justice. Hating does not bring any re- lief. Hating only stimulates more hate and creates more problems. I do not think we should hate, but we should do everything we can to bring justice to people who commit crimes.”

**Sudoku**

Solution on page 11

Level: Advanced

4-12-13

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

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Academy celebrates Founders Day
Ceremony marks establishment of ‘only Air Force Academy’ 59 years ago

Cadets march in the Founders Day Parade on April 6 at Stillman Field. Founders Day is celebrated annually to commemorate the establishment of the Air Force Academy in 1954.

The Academy has produced distinguished leaders of character for the U.S. since its first graduating class in 1959.

Academy recognizes distinguished graduates


Former Capt. Edward “Ted” Legasey, Class of 1967

Retired Lt. Gen. Marcus Anderson, Class of 61, and former Capt. Edward Legasey, Class of 67, were recognized as Distinguished Graduate Award recipients at the Founders Day Parade on April 6 at Stillman Parade Field.

The pair received the award at the annual Founders Day Dinner on April 5. Anderson completed his military career as the Air Force Inspector General at the Pentagon.

After leaving the Air Force, Legasey co-founded a global technology information firm, later becoming its chief operating officer.

Both graduates have remained highly influential and involved in the Academy community and the Association of Graduates.

Founders Day was established April 1, 1954, when President Dwight Eisenhower signed legislation creating the Academy, and is celebrated annually by the Academy community.

For more information on Anderson and Legasey, visit www.usafa.af.mil.

Academy Spirit [Friday, April 12, 2013]
better, faster, stronger ...
Human Performance Lab tests, expands cadets’ athletic strength, techniques

By Amber Bailier  Academy Spirit staff writer

Academy athletes may think they’re working their muscles to the max at 7,200 feet, but it’s not until they train in the hypoxic tent at the Academy’s Human Performance Lab where their physical limits are put to the test. The lab’s latest technology allows athletes, cadets and active-duty Airmen the ability to push their bodies to 100 percent, in a hypoxic tent, where their oxygen supply is increased, lowering the altitude while they train on the treadmill.

“You can’t push an athlete here like you can at sea level,” said Lt. Col. Michael Zupan, director the Academy’s Human Performance Lab. “At sea level, oxygen is more readily available. During workouts at this altitude, there is a limitation of the cardiovascular system.”

Zupan said they conduct interval training in the tent where participants, such as a football player, will sprint anywhere from three to four seconds at 100 percent, in a hyperoxic tent, where participants, can train at a higher intensity and get faster than they would on another treadmill.

Cadet 3rd Class Jacob Musselman, an Academy hockey athlete, sprints on a treadmill in a hyperoxic tent for high-intensity training. An increased level of oxygen is pumped into the tent to allow athletes to train hard at sea-level altitudes.  PHOTOS BY CAROL LAWRENCE

“Your body is being put to the test from zero in the tent to 110 pounds. We put five pounds of load on it, so every step they’re taking they’re pushing five pounds. Instead of an hour activity, it decreases down to about a two or three minute activity,” Zupan said.

Zupan said the purpose of the vision training is to increase participants’ hand-eye and speed coordination, using binocular vision, where both eyes are working together as a team for acurate depth perception.

“Sports is critical knowing where the ball is in space,” Zupan said. “We have external eye muscles that help us move our eyes from right to left or up and down rotationally. We train those muscles not by weight lifting but through endurance so over a long period during a game, athletes don’t fatigue as much.”

Cadet 1st Class Melissa Cecil, co-captain of the women’s tennis team here, said the vision training in the lab helps the team react quickly to shots when they’re in a match.

“I enjoy working on some of the light up board exercises that help us with our hand-eye coordination because that’s a very important skill in tennis,” Cecil said. “I think the vision lab has a lot of variety in its testing and evaluation of athletes.”

Zupan said the lab also works close with the optometry clinic for cadets who fail the depth perception test for pilot training.

“the clinic will send them here, they’ll go through the exercises on their own and after about 15 sessions, they’ll re-
take the test and pass,” Zupan said. “We’ve never had someone who flunked the depth perception test and then trained here and not passed the second test.”

The lab can also determine someone’s resting metabolic rate, pinpointing the number of calories an individual burns when they’re resting.

“We’re able to determine what their calorie intake would be if they’re resting for 24 hours and calculate the bare minimum we’d allow someone to cut calories down to,” Zupan said. “We have a lot of cadets that come in here trying to lose or gain weight. There are several places in the country that use the machine to create diets.”

The lab is expanding its research on the Air Force’s 1.5-mile run. The lab conducted a study two years ago comparing the run at 7,200 feet versus the same run at sea level and had their results to the Air Force Fitness Office.

“We found a 30-second difference between 7,200 feet and sea level and our research is now repeating the study to compare altitudes in-between,” Zupan said.

The lab is open five days a week from 7 a.m. - 6 p.m. and is located in the Cadet Gym. It’s run by three full-time staff members in the Academy’s Athletic Department and by interns from across the country.

“We’re one of the few labs integrating into the athletic department which is unique,” Zupan said. “Other human performance labs at universitiies are used for thesis or dissertation research, not actual, practical application. Our coaches here are getting state-of-the-art education and a lot of coaches at the Academy are breaking the mold and saying, ‘This is the way I was coached but what’s wrong with it?’ Here we’ve moved away from a lot of high duration, high stress training to more high intensity train-
ing with more recovery and rest days.”

Cadet 1st Class Wesley Cobb, an Academy football player, said the lab allows athletes to work on skills they didn’t know could be improved, anywhere from changing ranges of depth perception to quickness of eye reaction and hand-eye coordination.

“The peripheral reaction board in the lab has really helped me in football,” Cobb said. “It’s helped my peripheral vision pick up movement off to the side or catch balls right as I was turning around and not able to focus on as much as I should have.”

The human performance lab definitely benefits athletes here, said Cadet 1st Class Stephen Carew, a player on the Academy’s hockey team.

“The equipment and testing they do on a daily basis is very rare and extremely costly,” Carew said. “As an athlete I feel very fortunate to have been able to utilize the lab.”

Carew said he’d like to see a skating treadmill there.

“They are a great tool for hockey players and are very common in Minnesota where I am from,” Carew said.
Academy Spirit
FRIDAY, APRIL 12, 2013

Here’s the Instagram Photo of the Week. User @petecossette tagged this image of the Cadet Chapel. We look forward to highlighting your Instagram photos in upcoming editions of the Academy Spirit. If you would like to have a photo published, upload it to Instagram using #YourAcademy.

CREDIT: @petecossette

Academy grad reaches for general’s stars

By Staff Sgt. Erica Picariello
30th Space Wing Public Affairs

A Class of ’88 Academy graduate who has been reaching for the stars since childhood will soon become one of only 28 female generals in the Air Force.

“When I was 8 years old, my father told me, ‘You can do and be anything you want to be, as long as you work hard,’” said Col. Nina Armagno, who commands the 30th Space Wing at Vandenberg Air Force Base, Calif.

That devotion to excellence shone through her academic prowess. With a poster of Sally Ride, the first woman in space on her bedroom wall as her inspiration, Armagno became the valedictorian of her high school class and was voted most likely to succeed.

After high school, Armagno was accepted to the Air Force Academy and graduated in 1988 with a Bachelor of Science in biology. In 1999, she earned a Master of Arts degree in education administration and management from Chapman University, Calif. In 2007, she earned a Master of Science degree in national security studies from the National War College in Washington.

Nearly 25 years after leaving the Academy, Armagno was selected for nomination to brigadier general.

Like Ride, Armagno knows she’s in a position to inspire young women.

“I’ve made it to such a rank that I can be an example for them,” Armagno said. “It’s important to look up your chain of command and identify with someone and say, ‘I want to be in that position someday and I want to do it even better.’"

From the Women Air Force Service pilots of World War II to the Air Force recently opening combat jobs to women, female Airmen have a track record for setting new standards. Armagno said she believes that the future for women in the Air Force is limitless.

“What I see for women in the future of the Air Force is that the sky is the limit,” she said. “Like my parents said, you can do and be anything you want to in our Air Force as long as you work hard. I believe that.”

Academy to conduct basewide exercise

The Academy will conduct a readiness exercise during normal working hours Wednesday.

This exercise may cause delays at both gates as well as control points within the cadet area. Academy officials want to assure the public that this is a planned and controlled event. In light of this exercise, we ask that all on-base drivers proceed with caution.

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Air Force wins 1 of 3-game series against New Mexico

By Nicholas Arseniak
Academy Athletics

Air Force baseball went to the long-ball, hitting three home runs to defeat New Mexico, 11-4, in the last of a three Mountain West series at Falcon Field, April 7. The win improved the Falcons to 9-21, 3-7 and dropped the Lobos to 16-15, 8-4.

Junior centerfielder David Baska hit two home runs and sophomore third baseman Tyler Saleck also connected for a solo shot.

The Falcons also got a solid outing from starting pitcher Steven Trojan (3-2). The freshman righty pitched a career-high seven innings, scattering four hits and striking out two, while allowing just one earned run against the top offense in the conference. Senior Jack Hourin pitched the eighth and freshman Bo Wilson tossed a scoreless ninth to close out the game.

The Falcons had 16 hits on the day. Freshman second baseman Spencer Draws went 4-for-4 with two runs scored. Baska was 3-for-3 with four runs and three RBIs. Saleck went 3-for-4 with two runs and two RBIs. Freshman designated hitter Peter Johnson went 3-for-4 with two runs and two RBIs.

Air Force roughed up UNM starting pitcher A.J. Carman (1-1) for seven runs over five innings. The Lobos had eight hits on the day. The Falcons scored three runs in the second, highlighted by a two-run homer to right-center by Baska. After UNM scored two runs in the third, the Falcons scored a run in the fourth, three in the fifth and two in the sixth to go up 9-2. The two teams traded a pair of runs in the eighth, with Baska launching his second homer of the game, a solo blast to left field.

In the second game of the series, April 6, Air Force dropped 19-5 to New Mexico with New Mexico racking up 20 hits and scoring four-or-more runs in an inning four times. Air Force had nine hits in the game. Senior leftfielder Garrett Custons went 2-for-5 with a double and two runs scored to lead the Falcons. Freshman rightfielder Mariano Long reached base four times, drawing three walks and scoring two runs. Senior second baseman Matthew Roberts had two hits.

Starting pitcher Ben Bertelson (1-3) pitched 4.2 innings in the loss

Left fielder Luke Campbel led UNM with four hits and six RBIs, including a grand slam home run. Catcher Mitch Garver added three hits, four runs and three RBIs.

Sam Wolff (2-3) pitched six innings, striking out seven for the win. Alex Esrella picked up the save with three innings of relief.

Air Force led 2-1 after the first inning, before New Mexico blew the game open with four runs in the third and six in the fifth. The Falcons plated a run in the fifth and two in the ninth. The Lobos scored four runs in the eighth and ninth innings.

In the first game, April 15, Air Force lost to New Mexico 11-5. A six-run second inning was where New Mexico did most of its damage. With the winds blowing out hard to right, the two teams combined to hit four home runs and 14 extra base hits.

Falcons fall to UNLV, 7-0

By Academy Athletics

The Air Force men’s tennis team fell to 10-9 overall and 0-3 in the Mountain West Sunday with a 7-0 loss to 64th-ranked UNLV at the Academy. With the victory, UNLV improved to 15-5 and 3-1.

Fresno State jumped out to a 1-0 lead with wins at the Nos. 2 and 3 doubles spots. The Falcons’ No. 1 team of senior Lance Wilhelm and sophomore Grant Taylor improved to 14-5 overall and 2-1 in league play with a 9-7 victory over Ace Matias and Bernard Schoeman. The Rebels had already won the No. 3 match, 8-5, then Tamas Batyi and Johannes Markel clinched the point with a 9-8 victory over junior Alex Grubbs and freshman Jack McCullers, winning the tiebreaker 12-10.

The Rebels used that momentum to win all six singles matches, five of them in straight sets. The only three-setter came at the No. 4 spot as Schoeman downed Taylor, 6-4, 2-6, 7-6(4). Air Force hits the road to face San Diego State on Tuesday at 4 p.m.

PHOTOS BY SARAH CHAMBERS

Above: Senior catcher Garrett Custons connects on one of his two hits April 5 as Air Force challenged New Mexico.

Left: Senior catcher Garrett Custons is tagged out at 2nd base as Air Force dropped a 11-5 ballgame to visiting New Mexico April 5 at Falcon Field.

Above: Junior Steven Young serves as the Falcons take on the UNLV Running Rebels at the Academy, April 7th. UNLV swept the Falcons 7-0.

Above: Junior Alex Grubbs return battles Tamas Batyi of the University of Nevada Las Vegas in men’s tennis action, April 7.
Academy loses to Buckley, 78-71, in Rocky Mountain Basketball Championship

By Dave Castilla
10th Force Support Squadron intramural sports director

Bucky Air Force Base defeat- ed the Academy 78-71 in the Rocky Mountain Basketball Championship game April 6 at the Sports and Fitness Cen- ter.

Within 5 minutes, the game was tied 12-12 before the Acad- emy went on a 34-21 run with Scotty Stucky, Jon Atkins and Jon Davis scoring 16 points.

The Academy maintained a 13-point lead with of buckets by Davis and Stucky which took the score to 40-27.

Just before the end of the first half, Buckley went on an 8-0 run, taking the score to 40-35.

Buckley started the second half with two buckets for a 40- 40 tie. Baskets from Buckley’s half with two buckets for a 40- 40-35.

Just before the end of the second half, Buckley kept the lead for a game ending 78-71.

Buckley was led in scoring by Norrell Horton with 34 point; Raphael Hendricks and Tron- rick Spearman each scored 14. The Academy was led by Stucky with 27 points; Davis scored 18 and Atkins 11.

“They had (Horton) on their team who was just slash- ing and cutting and getting easy shots,” Davis said. “It was a fun game, we were just running and hitting three’s and just being active on the boards.”

The championship game came after a single round- robin tournament that includ- ed the Academy, Fort Carson, and Buckley Air Force Base.

The Academy defeated Fort Carson 74-47 in the first game and Buckley defeated Fort Carson in the second game, 62-49, to set up the champion- ship game between the Acad- emy and Buckley.
AFAS continues through May 3

The 2013 Air Force Assistance Fund is underway through May 3. The campaign raises annual funds for affiliated charities supporting Air Force families, dependents and surviving spouses who face emergencies or other forms of financial need. The Air Force goal is $6.55 million, and the Academy hopes to contribute $78,992.

For more information, visit www.aflasistancefund.org.

10th Medical Group events

Sleep Hygiene Class: 1 p.m., April 16, in the MDG hospital conference room on the second floor.

Stress Relief: 2 p.m.-2:30 p.m., April 25, at the Community Center, and 2 p.m.-3 p.m. and 3:30 p.m.-4 p.m., in the 10 MDG hospital conference room.

Stress Relief Through Yoga: 2 p.m.-2:30 p.m., April 24. This is a basic yoga class; HAWC staff will attend to answer questions.

For more information, call 333-5177.

10th ABW chaplains need input

The 10th Air Base Wing Chaplain 4310.

seeks input from the Air Force Academy community as it compiles the Fiscal Year 2014 Plan and Budget. The survey takes only a few minutes to complete and can be found at www.surveymonkey.com/s/LPTD12ZS.

HAWC Events

Tobacco Cessation: The HAWC is available for tobacco cessation counseling.

Those wishing to quit using tobacco can call 333-1753 to schedule a personal session where HAWC staff will guide them through behavioral, casual and supportive training to end their tobacco habit.

Walk-in appointments are available from 1-3 p.m. Mondays, Wednesdays and Fridays. Patients interested in using medication to help break their tobacco habit must visit their prima- 

care manager prior to visiting the HAWC.

Once customers receive a briefing by HAWC staff, they will receive a certificate to get their prescription filled.

Relationship workshop

The Department of Behavioral Sciences and Leadership will sponsor a Cadet Marriage Prep and Relationship Workshop today and Saturday in the Arnold Hall Ballroom.

Food will be provided at this free event, and attendees may wear civilian clothing.

For more information, visit the Academy’s SharePoint site at https://eis.usafa.edu (Common Access Card required).

DEA drug take-back day

Academy personnel are invited to get rid of their expired medication 10 a.m.-2:30 p.m. April 27 at the South Gate Pass and Registration Center. The event is part of the Drug Enforce- ment Agency’s National Prescrip- tion Drug Take-Back Day to give customers a chance to properly dispose of unneeded, unused or expired medication. Academy customers may also drop off unneeded medication at a drop box located in the 10th Medi- cal Group’s pharmacy during normal duty hours on weekdays.

For more information, visit www.dea.deadiversion.usdoj.gov.

Warrior Games needs volunteers

Volunteers are needed to assist the U.S. Paralympics, a division of the U.S. Olympic committee, with the 2013 Warrior Games, May 11-17, at the U.S. Olympic Training Center and the Air Force Academy. The Warrior Games are a sport competition for sick and injured ser- vice members and veterans. For more information or to apply, visit http://bit.ly/WExMLZ.

Women’s Equality Day

The Women’s Equality Day Lunche- on committee is seeking volun- teers to help plan this year’s luncheon, scheduled for August. For more in- formation, call 333-5053.

AF&RC events

Know Your Stress Buster Resources, Know Your Strengths, 11:30 a.m.-noon and 4 p.m.-4:30 p.m., April 18.

‘Stress-free Living with an Emer- gency Fund, 11:30 a.m.-noon and 4 p.m.-4:30 p.m., April 22.

Disabled American Veterans Medi- cal Records: 8 a.m.-4 p.m., April 19, by appointment only. Those within 180 days of retirement or separation can have the DAV review their medical records. Call for an individual appointment.

Résumé writing workshop: 1-4 p.m., April 30. One of the most import- ant 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.

Learn budgeting for baby, nutri- tion basic parenting skills. Dads are encouraged to attend.

For information on Airman and Family Readiness Center events, call 333-3444.

CE to hold Arbor Day events

The 10th Civil Engineer Squadron’s Natural Resources Office will hold several Arbor Day events through- out April, including an assembly at Douglass Valley Elementary School April 16 at 9:30 a.m.

In addition, the Academy will be recognized as a Tree City USA for the 20th-straight year.

For more information on Arbor Day events, call Natural Resources at 333-3308.

AFSA events

5k run: AFSA Falcon Chapter 1180 invites all cadets, retirees and active-duty service members to participate in a 5k run/walk at the par Course 4:30 p.m. April 17.

Runners who participate in six runs will receive a free AFSA Club T-shirt and enlisted, non-AFSA members will receive a one-year AFSA mem- bership after completing eight runs. Participants can sign in at the blue track located behind the fitness cen- ter.

For more information, call 333-8999 or 333-3026.

Monthly AFSA meeting: Chapter 1180 meets the third Wednesday of every month at 3:30 p.m. in the Falcon Club. For more information, call 333-8075.

Graduation Week

Graduation Week is May 23-May 29 and ends with a graduation ceremony at Falcon Stadium.

For more information, visit www.usafa.edu/superintendent/graduation.

Memorial Day

Memorial Day is May 27. Class will not be held on the holiday and many on-base services will be closed.

Retiree Office needs volunteers

The Southern Colorado Retiree Activities Office is in need of vol- unteers to assist with a variety of projects, such as computer database work, newsletter creation, tax prepa- ration, etc.

The RAO is manned by volunteers from 9 a.m.-4 p.m., Mon.-Fri. To volunteer, call 556-7153 or email rao. 
petersen@us.af.mil.

Spring turkey hunt

The Academy’s spring turkey hunt- ing season is Saturday through April 26.

The hunt is open to the public: 10 hunters will be allowed to use their state hunting license at the Academy after successfully drawing for a base permit costing $10.

For more information, call 333-3336.

Falcon Fun Day

The Academy community is invited to the free Falcon Fun Day, 1 p.m.- 3 p.m., April 20, at 4220 E. Pikes Peak Ave. in Colorado Springs.

Activities will include astro- propulsion demonstrations, a rock- et fuel display, a weather balloon launch, hand-built go-carts, a Wings of Blue static display, miniature jets, a Falcon mascot display and others.

For more information, call 326-6900.
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