

## Weather fails to ground NIFA competition

By Ann Patton  
Academy Spirit staff

Colorado's quirky fall weather may have stalled some events a bit but it didn't stop the Academy from hosting District 1 competition of the National Intercollegiate Flying Association's Safety and Flight Evaluation Conference.

"Weather has been a problem but overall we've been very competitive," said Cadet 1st Class Spencer Bell, captain of the Academy flying team.

The competition ran from Oct. 3 – 11.

Schools competing from Colorado include Aims Community College in Greeley, Metropolitan State College in Denver and Colorado Northwestern Community College in Rangely. Other schools included Rocky Mountain College in Billings, Mont., and Westminster College in Salt Lake City, Utah.

The Academy finished first overall followed by Aims and Colorado Northwestern. Cadet Bell was named the top pilot.

"They did a good job, and we virtually got all the events done," said Coach Bert  
See NIFA COMPETITION, Page 10



Photo by Rachel Boettcher

Cadet 1st Class John Rice and Cadet 2nd Class Daniel Gidasi make final preparations before the nav competition. The Academy finished first overall followed by Aims Community College and Colorado Northwestern Community College. Cadet 1st Class Spencer Bell, Captain of the Academy flying team was named top pilot.

## Air Force officials to offer H1N1 vaccine

By Tech. Sgt. Amaani Lyle  
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — As part of the service's preventative efforts to safeguard the health of the force, Air Force medical staffs are set to provide 1 million H1N1 vaccination doses to Airmen and their family members by early November, officials said Oct. 8.

Air Force medical personnel will receive and distribute to active duty, guardsmen and reservists the first disbursement of the vaccine purchased by the Department of Defense and Health and Human Services Department officials.

"The Air Force has been conducting service-wide detailed pandemic planning since 2007 and we've established mission-specific procedures to prepare for disease outbreaks," said Col. Chance Saltzman, the Air Staff's Strategic Plans and Policy Division chief. "A common sense approach will also help keep Airmen and their families healthy.

Everyone should be vigilant about personal hygiene, seek medical care if they feel sick and contact their health care provider if they have questions or have been directly exposed to someone who has contracted the H1N1 virus."

The prioritization list is as follows:  
— **Group 1:** Deployed forces, ships afloat, high-risk health care providers and people at training sites such as basic military training and undergraduate pilot training.

— **Group 2:** Mission-essential and mission-critical personnel

— **Group 3:** All other military personnel

Certain higher-risk populations also will be targeted for priority H1N1 vaccinations in accordance with Center for Disease Control recommendations. The key populations include pregnant women, health care personnel, caretakers for infants younger than 6 months of age and people between the ages of 6 months and 24 years old, particularly those with chronic health disorders or

compromised immune systems.

Air Force civilians and contractors will be able to obtain the H1N1 vaccine through their primary care providers or local health departments, located by visiting [www.naccho.org/about/lhd](http://www.naccho.org/about/lhd).

Air Force officials recently completed an H1N1 pandemic response exercise, in which Airmen performed a recall and received common access card equipment to telecommute in the event of an outbreak.

"The exercise went very well and provided many lessons learned that will enable organizations to better mitigate the effects of a pandemic and ensure continuity of critical operations," Colonel Saltzman said.

For more information about H1N1 and preventative measures or what to do in case of exposure, visit the CDC Web site [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/) or the U.S. Department of Health and Human Services website for flu [www.flu.gov/](http://www.flu.gov/) or the DOD Web site <http://fhp.osd.mil/aiWatchboard/> or the Air Force H1N1 Web site [www.af.mil/h1n1/](http://www.af.mil/h1n1/).

### H1N1 vaccination effort in El Paso County

H1N1 flu vaccine will be available to members of the public beginning in late October as part of a large-scale effort involving physician offices, pharmacies and other agencies, coordinated by the El Paso County Department of Health and Environment.

To receive H1N1 vaccine, members of the public are asked first to check with their health care providers—some local providers have agreed to administer the H1N1 vaccine to their patients. In addition, the Health Department plans to provide community H1N1 vaccination clinics at various locations from late October through mid-November.

Member of the local community can call Colorado's toll-free Help Line for H1N1 information at 1-877-462-2911 or visit El Paso County Department of Health and Environment's Web site [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org).

**WEEKEND WEATHER**

**FRIDAY**  
63 33  
SUNNY

**SATURDAY**  
64 37  
SUNNY

**SUNDAY**  
70 39  
SUNNY

### Academy Assembly

War is not precise. It is an art," General Cartwright said. "We must match reality with art and science to come up with an answer to how much we can expend."

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### Wingman Day

During this half-day event participants focused on team concepts, camaraderie, leadership, motivational themes, and 10th Air Base Wing history.

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### Black silicon

"Even if you can improve efficiency by only a couple of percent, that's a big effect because solar energy is a multi-billion-dollar industry," Dr. Mandeville said.

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# Partnership frequently saves lives

By **Capt. James Couch**  
10th Security Forces Operations Officer

Turn on the local news or radio station and more often than not, you will hear about an overnight motorcycle crash or traffic backup due to a vehicle accident. Some are merely fender benders and others are more serious.

Between 250 and 300 motor vehicle accidents each year take place on I-25 between mile markers 151 and 156.

In many cases, the Air Force Academy Fire Department and Security Forces Squadron are the first to respond and administer life-saving aid to victims.

One of the features that makes the

Academy unique, and one that many don't realize, is there is an interstate highway running through the 18,500-acres that encompass USAFA. The Academy doesn't just stop once you leave the north or south gates.

Although vehicles traveling on I-25 aren't required to stop and show identification, those vehicles are still technically on USAFA property.

There is a current memorandum of agreement between the Academy and the Colorado State Patrol that spells out the territorial responsibilities of both. While the MOA states that CSP has primary responsibility for traffic control, accidents and enforcement on I-25, when there is

an accident, CSP, USAFA Fire and Security Forces are all notified.

Generally, because of proximity, USAFA Fire and SFS are the first on scene. During one of these recent responses, a security forces member arrived first on scene and found a patient who needed immediate medical care. His Self Aid Buddy Care training kicked in, and his decisive action ensured the patient was kept alive until the fire fighters arrived to take over emergency care.

The care this accident victim received is a great illustration of how the partnership between the first responders from the Academy works very well to serve our community.

# Airman recalls admiration of supervisor

By **Yancy Maile**  
366th Fighter Wing History Office

MOUNTAIN HOME AIR FORCE BASE, Idaho (AFNS) — It was hot. I was sweaty, and I was in no mood for another pep talk or quiz on Air Force customs and courtesies, or worse yet, history. We'd been launching jets for several hours — pulling pins, checking fuses and making sure the airplane was ready when the pilots took off.

In the months before, as we drove around the flightline on similar days, my supervisor would pull out a ragged promotion fitness examination and ask me questions to prepare me for the senior airman below-the-zone test. As evident by my new rank, I aced that board. Though I was grateful for his help, I was still in no mood.

Returning to the aircraft maintenance unit, the launch van pulled into the shade,

and I started to step out. As I slipped my arm through the sleeve of my green uniform, I heard my boss, Sergeant Ashcraft.

"Yancy, wait a minute. I want to talk with you," he called out.

I grumbled, turned around and headed to an overhang with the all-too-familiar picnic table.

As we sat there, Sergeant Ashcraft told me he was impressed with my progress and commented on how well the new stripes looked on my uniform. We discussed multiple topics including my home life, progress in college and finances. The conversation quickly turned to a pep talk, and he began to stress that I could do whatever I wanted — be it making rank, moving to another base or even applying for another special duty assignment. I smothered a scoff and began to stand. As I did so, he slipped a staff sergeant stripe into my shirt pocket

and told me to carry it until I made my next rank. I was a bit dumbfounded, but as always, I did what he told me to do.

Flash forward roughly a year later. I walked across the tarmac with a big grin on my face. Although he was no longer my supervisor, he more than likely knew what I was about to say. I pulled the staff sergeant stripe from my shirt pocket and pushed it into Sergeant Ashcraft's hand.

"I don't need this anymore," I told him.

He congratulated me with a hard pop to the arm and then revealed a technical sergeant stripe. He told me to carry it until I made technical sergeant, and I did.

I later took an assignment and moved on, but I never forgot the times Sergeant Ashcraft and I sat at that picnic table. Throughout the years, I had multiple supervisors, but they were never as engaged as he was. They never asked me

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



## Character Corner Do something

By **Lt. Col. David Higginbotham**  
Center for Character & Leadership Development

Aristotle said, "Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts." One of the habits being cultivated in the Cadet Wing is giving of free time to meet community needs through the CCLD's Cadet Service Learning program. Service Learning is a teaching and learning strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, teach

civic responsibility and strengthen communities. In the past few years, the Cadet Wing has used this hands-on approach to character development to perform between 35,000 and 45,000 hours of community service each year.

Character isn't what we think, speak, or write about; it's what we do. An Internet-based human services organization called "Do Something" has put Aristotle's wisdom into action. According to [www.dosomething.org](http://www.dosomething.org) "Do Something believes young people have the power to make a difference. It is our aim to inspire, support and celebrate a generation of do-ers: people who see the need to do

something, believe in their ability to get it done, and then take action. Our Web site is a community where young people learn, listen, speak, vote, volunteer, ask, and take action to make the world a better place. Opportunities abound to join the Cadet Wing's efforts to make our community a better place. With organizations like "Do Something" providing resources and grant money to inspire and support a "do something generation," the question to ponder is not "but how"? The question is "when"?

Tune into Kafa, 97.7 FM for *Character Matters*, Wednesdays at 8 a.m. and 8 p.m. Also on iTunes or [www.usafa.org](http://www.usafa.org).



"Use a four-wheel drive and tire chains."

Chris Boughn  
Air Force retired



"I put my truck in four-wheel drive, take my time, and keep the momentum going."

Senior Master Sgt.  
Jack Ladley  
First Sergeant



"Maintain a constant speed. Try not to accelerate too fast causing your tires to spin and lose traction."

Tech. Sgt.  
Brad Shimkus  
Training Flight  
NCOIC, 98th Flying  
Training Squadron



"It's best to use a four-wheel drive and keep your momentum up."

Air Force Lt. Col.  
(retired)  
Don Rooks,  
hospital volunteer



# Unneeded ER visits contribute to spread of flu

By Lindsay Vernon, RN, Nurse  
Epidemiologist  
Evans Army Community Hospital

The flu season is here, and it's not the seasonal flu that's making people sick. H1N1 continues to be the culprit in 99 percent of influenza cases currently seen, according to the Centers for Disease Control. Evans Army Community Hospital's emergency department, like most area hospitals, is seeing an increase in the number of people who visit with flu-like symptoms.

While the emergency department is the best place to go for severe cases of illness, it is not the best place for non-urgent flu patients.

Colorado State's Chief Medical Officer, Dr. Ned Calonge, said in a Sept. 29 news release that "people with uncomplicated flu illness who are not considered 'high risk,' based on age or underlying medical condition, do not need to be seen by a health care provider and do not need to be tested for H1N1."

H1N1 influenza, for most individuals, has been a mild illness lasting less than a week. Symptoms include fever, sore throat, cough, muscle aches, headache, fatigue, runny or stuffy nose, and sometimes vomiting and diarrhea. While the symptoms can make a person feel miserable, most recover at home with the aid of rest, fluids, and over-the-counter medications for comfort and fever. Those who can care for themselves and children who have a caregiver at home and have mild or moderate symptoms should remain at home until their symptoms have gone away for 24 hours, without the use of acetaminophen (Tylenol) or Ibuprofen.

When those with mild to moderate illness or those who are well but think they've been exposed visit the emergency room it can adversely affect the care of those who are much more ill.

Lt. Col. Sean Keenan, chief of Emergency Medical Services at Evans Army Community Hospital said, "Many people with non-urgent problems presenting to the emergency department are causing extended waits and potentially compromising the safety and care of the truly urgent and serious patients who need

our full attention and resources."

When is it appropriate to visit the emergency room?

"Appropriate situations for being seen would be problems with breathing, continuous vomiting, children less than 2 years old and pregnant patients who are sick," continued Colonel Keenan.

If a person is unsure whether his or her symptoms warrant an ER visit, Doctor Calonge encourages individuals to call their health care provider if possible before visiting the ER or a clinic.

Visiting the emergency room even though one's flu symptoms aren't serious also creates an environment where germs can spread, potentially infecting even more people.

Keenan said, "Patients without symptoms may be exposed to those people with the actual flu for sometimes many hours while waiting in the emergency."

Therefore, staying home with mild to moderate symptoms is one of the main ways to prevent the flu's spread. There is also no need for a normally healthy person to be seen if he or she may have been exposed. Those considered 'high risk' should call their health care provider if they think they've been exposed.

Many people visiting the emergency room and clinics are asking for testing and treatment for H1N1. Not everyone needs it though.

Generally, those who are at high risk for complications, those who have other medical conditions, and those who are hospitalized for influenza may undergo treatment with antiviral medication. Previously healthy people usually recover without them. Testing is usually reserved for those who are hospitalized. Since H1N1 is the main flu virus circulating right now, there is usually no need to test those with mild to moderate symptoms.

The arrival of the H1N1 influenza vaccine will help to decrease the amount of illness being seen in the community. Fort Carson expects the first shipment of vaccine within a week.

Those at high risk for complications, active duty, and health care personnel will receive vaccinations first. Health officials at each expect that even after the high-risk population is vaccinated, there will

be enough left for beneficiaries who want it. Each will provide more information on the vaccine, who should get it and where to get it when that information is available.

Prevention is key to stopping the spread of H1N1 and the seasonal flu, too.

Things that everyone can do to prevent spreading flu include staying home when sick, using a tissue or one's sleeve when coughing or sneezing, staying away from sick people, and frequent hand washing.

High-risk individuals who may need to see a health care provider if ill or exposed include:

- pregnant women
- infants and young children
- people of any age with lung problems,

heart disease, or a weak immune system people with kidney disease, diabetes, or neurological diseases people younger than 19 years with diseases requiring long-term aspirin therapy individuals with other chronic diseases

Signs that a child needs to see a health

care provider:

- difficulty breathing or fast breathing
- bluish or gray skin color
- fever lasting more than three days
- dehydration (no urination in 12 hours)
- severe or persistent vomiting
- not waking up or not interacting
- very irritable and not wanting to be held
- symptoms improve, but then return with fever and worse cough

Signs an adult needs to be seen by a health care provider:

- difficulty breathing or shortness of breath
- pain or pressure in the chest
- confusion or increasing lethargy (sluggishness)
- severe or persistent vomiting
- persistent fever and cough

For more information on H1N1 influenza, visit [www.cdc.gov](http://www.cdc.gov), [www.pandemic.gov](http://www.pandemic.gov), or [www.evans.amedd.army.mil](http://www.evans.amedd.army.mil) or call the Colorado health information hotline, CoHELP, at 1-877-462-2911.

## Academy snow plan

Recently, 10th Air Base Wing Commander Col. Rick LoCastro shared guidance and information pertaining to how the Academy responds to snowfall when road conditions can become dangerous. Some highlights of the commander's message are as follows:

### What you can do:

- Watch TV for USAFA notices
- Call Road Conditions Hotline (333-2800)
- Check USAFA email for updates
- Watch USAFA website for updates
- Talk to your supervisor

### What we do:

- Snow Control Desk contacts 10 CES/CC prior to 3:30 a.m. with status report/weather forecast
- 10 CES/CC immediately contacts 10 MSG/CC to make recommendation for delayed reporting, early departure, or base closure
- 10 MSG/CC contacts 10 ABW/CC prior to 4 a.m. to provide info/recommendation
- If applicable 10 ABW/CC calls

USAFA/CC for final decision on reporting instructions

— If decision for delay/cancel—notification sent out through command post to MEs & other units to initiate info recall

### What we've already done:

- Snow-removal equipment and vehicles are prepared/standing by
- Heat Plant ready as after-hours ops center
- 10 CES Snow Control Desk activated ... once accumulation begins—directs snow removal actions

During snow removal, decisions are made based on mission and route. Snow removal on emergency access roads are first priority ... followed by major roads across USAFA, the colonel reminded. "As always—your patience is appreciated. Road closures are always a possibility based on safety—please always obey signs. Snow can fall very fast here and snow removal crews will work around the clock based on priorities. Appreciate your support—and report of any areas needing attention."

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# Academy Assembly: Bridge from war to peace

By Ann Patton  
Academy Spirit staff

During his keynote address for this year's Academy Assembly Marine Gen. James Cartwright, vice chairman of the U.S. Joint Chiefs of Staff, told Academy members of the Class of 2010 their educations will not end at graduation.

"The world demands more education today," he said. "This is the beginning, not the end."

This year's Assembly, Oct. 6 - 9, focused on "Building the Bridge from War to Peace: Defining Interagency Roles in Rebuilding a Nation."

First convened in 1959, the annual Assembly brings qualified, experienced and dynamic speakers to the conference for participants from service academies and other undergraduate schools. Past speakers have included diplomats, authors and military leaders with varying viewpoints and experiences.

During his address General Cartwright pointed out in the United States 41 babies are born every minute, in China 160, and in India, 280.

"This is going to fundamentally change the world," he said, especially if sufficient natural resources are unavailable.

He added conflicts between nations such as Pakistan, Afghanistan, China, Iran and Iraq, as examples, are tough



Marine Gen. James Cartwright speaks to cadets during the 2009 Academy Assembly in the Arnold Hall Theater Oct. 7. General Cartwright is the vice chairman of the Joint Chiefs of Staff.

problems, and the battle space cannot be isolated.

"War is not precise. It is an art," he said. "We must match reality with art and science to come up with an answer to how much we can expend."

General Cartwright noted the Air Force is taking hard looks at platforms, and its stealth capabilities and effectiveness and that it is estimated by 2020 computers will out process the human mind.

The integration of air and space he

called the "turn of the coin."

"There is huge leverage there. We need to integrate and take advantage of thin air," he said.

Cyberspace has become a key leverage as well, offensively as well as defensively.

"It is the number one most lethal killer in Afghanistan and Iraq. It is the war of the future, and it is where the competitive edge is," he said and pointed out to cadets they are in prime positions to take advantage of the opportunities.

On leadership, General Cartwright

told cadets they need to stay relevant.

"It's not about you. It's about the people you lead," he said.

Among the conference speakers were Dr. Bernard Amadei, founder of Engineers Without Borders, Dr. Douglas Menarchik, former assistant administrator for Europe and Eurasia and deputy department head of the Academy's Department of Economics Col. Neal Rappaport, as well as Navy Commander Shoshanna Chatfield who served as the provincial reconstruction team commander in Farah province, Afghanistan, who shared her views and experiences.

"I know Afghans. I ate lunch, and I ate dinner with Afghans," she said.

She challenged attendees to consider what it means to have 30 years of war in their homeland and when does mere survival give way to hope.

Commander Chatfield dialogued with the attendees on what we believe as a nation, including freedom, democracy, prosperity and rule of law.

The new Afghani government will have growing pains, but the Afghans themselves must win in a counterinsurgency.

"One sure fire way to lose is to do it ourselves. They need to believe in a new government," she said.

She noted the best thing the U.S. can do is to help improve transparency in

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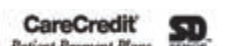
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# 10th ABW 'looking out for each other'

By Academy Spirit Staff

Thursday provided ample opportunity for members of the 10th Air Base Wing to exercise an Air Force time-honored tradition from 8 a.m. to 12:30 p.m. in and around Arnold Hall.

10th Air Base Wing Commander Col. Rick LoCastro reminded Airmen that the Air Force established the "Wingman" program to encourage Airmen and their families to look out for each other. "We definitely are pumping this up in the 10 ABW!"

'Wingman,' is a term in the Air Force flying community, describing how a lead pilot will never lose his/her Wingman. "It's a promise ... a commitment ... between Airmen—and in the 10 ABW we are reaffirming that pledge," Colonel LoCastro said.

During the half-day event participants focused on team concepts, camaraderie, leadership, motivational themes, and even 10th Air Base Wing's history.

According to Wingman Day Event Chairman Capt. Lisa Mull the activity was instrumental in getting members of the wing out of their daily routines and afforded lots of opportunity to intermingle. "This was a great way for all wing members to meet some new people they wouldn't normally cross paths with in the performance of their regular duties," she said.

The objective was for all to learn of the past and garner insight into the unit's future. Members conducted various forms of training and were further reminded of critical issues.

"More importantly, we took time to get to know each other better," Colonel LoCastro said.

The overall agenda, according to the wing commander, included some unique presentations, events, and even a surprise guest speaker—former Denver Bronco All-Pro linebacker Randy Gradishar who talked about teamwork, leadership, and family.

During his address to the wing, Mr. Gradishar distinguished the difference between being successful and being a champion. In doing so, he pointed Academy members toward aiming at living, working and thinking like champions.

"The Air Force cultivates and instills this same culture between all Airmen via the Wingman program



Photo by Ken Carter

10th Air Base Wing members practice timing, teamwork and communication skills during a Wingman Day event outside Arnold Hall Thursday. During the half-day event participants focused on team concepts, camaraderie, leadership, motivational themes and even 10th Air Base Wing history.

because, as Airmen, we are all part of a much larger team," Colonel LoCastro said. "All of us need Wingmen to succeed ... and each of us needs to be a Wingman to ensure to total team effort."

The 10th Air Base Wing is made up of many parts and many different missions. Members aspire to create a solid cohesive focused force on the Academy ... one responsible for maintaining and supporting the overall mission. "It's all about the TEAM ... and taking care of our Teammates—military, civilians, contractors, and family members ... the entire 10th Air Base Wing Team!" Colonel LoCastro said.

The wing commander also presented several of his new ABOVE & BEYOND awards to personnel who have gone out of their way to achieve or provide customer service.

Anyone can nominate someone else for the award and this time the commander received more than 60 nominations from which the top five were selected for special recognition.

"Wingmen come in many forms ... sometimes assisting each other ... often times providing assistance, help, service to a customer or a total stranger in need," the colonel concluded.

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# 10th ABW commander talks energy awareness

By Staff Sgt. Don Branum  
Academy Public Affairs

The 10th Air Base Wing commander spoke on KAFA 97.7 FM Oct. 8 about the Air Force Academy's energy-saving initiatives and what people around the base can do to contribute as part of Energy Awareness Month.

Col. Rick LoCastro called upon listeners to remember advice they probably heard when they were young about turning off lights and unused appliances.

"There's a lot of potential to save energy," Colonel LoCastro said. "We're a big and busy Air Force base. We need everybody to kick in and be aware and cognizant of energy and energy usage. This has got to be big, and this has got to be contagious."

The Academy is looking into several renewable energy projects as part of its Net Zero initiative, which aims to make the Academy completely energy-inde-

pendent by 2015, Colonel LoCastro said. One such project is a solar array that Colorado Springs Utilities will build on the Academy grounds.

"We're looking at three areas, mostly close to Interstate 25," as possible construction sites for the solar array, he said. The first and second sites are near North Gate Boulevard, with the third site just south of Academy Boulevard.

"We also want the solar array to complement the look of the Air Force Academy: we want people to see the Cadet Chapel and the Academy grounds, then the solar array," Colonel LoCastro said. The project could break ground as early as next spring, depending on the results of an environmental impact assessment.

Other potential renewable energy projects include tapping into geothermal energy, hydroelectric energy, biomass or waste-to-energy systems. Academy research may also pave the way for the Air Force as a whole to conserve energy

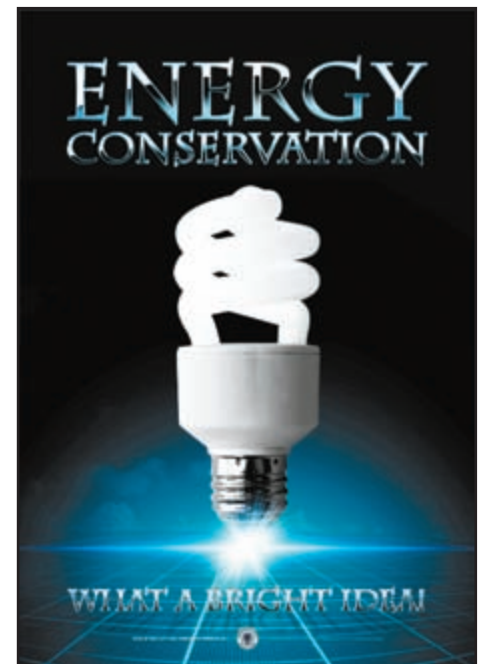
through innovations such as winglets for KC-135 refueling aircraft or underwater wave energy turbines. Cadet 1st Class Kile Kuzma from Cadet Squadron 35 recalls one such project undertaken by the Class of 2007.

"When I came in, the senior class had developed a solar array that was 30 percent more efficient and 50 percent more cost-efficient than anything available on the open market," Cadet Kuzma said. "We're all seeing what we can do to save energy."

Immediate energy savings, however, comes from small things, Colonel LoCastro said, not from big-ticket items.

"A lot of times, it takes money to save money," he said, "but you can find instant savings by just doing little things. When you're the last one in the bathroom on a Friday afternoon, turn off the light, because maids aren't going to come in behind you and turn it off.

"Take charge," he added. "If you're



driving by a building at night, and it's lit up like a Christmas tree, find the person who can shut off those light switches. That might be the building manager, or it might be you."

## Admiration

From Page 2

about my home life or my desires and sadly, few even knew my wife's first name. To fulfill the void of poor leadership, I would often contact Sergeant Ashcraft, and he would give me one of his pep talks to carry me through the rough times.

As I reflect on my past and those times at the

picnic table, I realize that I was more than just a subordinate to Sergeant Ashcraft. I was part of his family: the Air Force family. In the early years, he represented my dad, and as we both grew up in our Air Force, he became my big brother: someone I could glean advice from or share a thought with. He was someone who would praise my positive accomplishments and correct the hijinks of a very young man.

Overall, he shaped the person I am today, and I thank him for being a strong supervisor. While it's hard today with the constant deployments and shortages of people, I believe we can all copy some of Sergeant Ashcraft's leadership style. He took the time to lead a young, often unruly, Airman and left a positive and indelible mark on my personal history. I challenge you to do the same with your troops.

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# Executive Order bans texting while driving

By Samantha L. Quigley  
American Forces Press Service

WASHINGTON (AFNS) — In an executive order issued Oct. 1, President Barack Obama banned federal employees from text messaging while behind the wheel on government business.

“With nearly 3 million civilian employees, the federal government can and should demonstrate leadership in reducing the dangers of text messaging while driving,” President Obama said in the order. “A federal government-wide prohibition on the use of text messaging while driving on official business or while using government-supplied equipment will help save lives, reduce injuries, and set an example for state and local govern-

ments, private employers, and individual drivers.”

Text messaging, or “texting,” encompasses more than simply sending a text message via a handheld communication device. It also includes reading from any handheld or other electronic device, including for the purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information, or “engaging in any other form of electronic data retrieval or electronic data communication,” the order said.

The order defines driving as “operating a motor vehicle on an active roadway with the motor running.” This includes the time the vehicle is temporarily stationary because of traffic, a traffic light or stop sign or other cause.

“It does not include operating a motor vehicle with or without the motor running when one has pulled over to the side of, or off, an active roadway and has halted in a location where one can safely remain stationary,” President Obama said in the order.

While the order applies specifically to federal employees, it also asks contractors to follow suit, and encourages civilians to adopt the same measures while operating their own vehicles.

Agencies are being directed to implement this order through the consideration of new rules and programs and re-evaluation of existing programs. Agency heads are urged to conduct education, awareness and other outreach for federal employees about the safety

risks associated with texting while driving.

“These initiatives should encourage compliance with the agency’s text messaging policy while off duty,” President Obama said.

Agencies have 90 days to take appropriate measures to implement this order, adopt measures to ensure compliance with the ban on text messaging — including disciplinary action for violations — and notify the transportation secretary of the measures undertaken.

Agency heads may exempt certain employees, devices or vehicles that are engaged in or used for protective, law enforcement or national security responsibilities or on the basis of other emergency conditions, the order says.

# Air Force meets recruiting goals 10th year in a row

RANDOLPH AIR FORCE BASE, Texas (AFNS) — The Air Force met its active-duty enlisted recruiting goal for the 10th year in a row and met its chaplain and Officer Training School accession goals for fiscal year 2009.

“The Air Force continues to attract the highest quality men and women to serve in this great Air Force,” said Brig. Gen. A.J. Stewart, Air Force Recruiting Service commander. “I’m proud of our highly professional, all-volunteer recruiting force who tirelessly work to find these excellent young people from all areas of the country. Their hard work and dedication ensure that the next generation of

Airmen will continue the Air Force’s proud heritage.”

From October 2008 through the end of September 2009, the Air Force recruited 31,780 new enlistees and 203 prior-service Airmen. Additionally, the Air Force accessed 25 chaplains, 558 Officer Training School candidates and 806 health professionals.

Last year, of the more than 31,900 new enlistees accessed into the Air Force, more than 80 percent scored in the top 50 percentile of the Armed Forces Qualifying Test.

The Air Force is still hiring and will seek to fill more than 140 enlisted career specialty areas with 31,750 new

Airmen in 2010.

Combat Controllers, pararescue, special operations weather and security forces were the most high-demand Air Force career fields in 2009. The same career fields will continue to be highly sought after in 2010 for the enlisted force.

For information about enlisted, officer and health-care professional job opportunities, contact a local Air Force recruiter. Recruiter contact information is available by calling 1-800-423-USAF (8723) or visit the Recruiter Locator link on the official Air Force recruiting Web site at [www.airforce.com](http://www.airforce.com).

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\*\*University grants or scholarships are based on established criteria as published in the University's catalog and are awarded after verification that the conditions of eligibility have been met.

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# Nominees sought for 2010 OAY Award

By 1st Lt. Gina Vaccaro McKeen  
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Air Force Personnel Center recognition programs section officials here are requesting nominations for the 2010 12 Outstanding Airmen of the Year Award.

Nominations are due to AFPC by April 22, 2010.

There are three categories for award: Airman, NCO and Senior NCO. The period of service for the award is Jan. 1

through Dec. 31, 2009. Submissions must be based only on achievements that occurred in 2009.

Major commands and the Air Force District of Washington will nominate three candidates each, one per category, to the Air Force 12 OAY selection board, which will select the winners.

Nomination packages must include a cover letter signed by the MAJCOM/DRU commander, vice commander or executive director; a 30-line or less nomination for award write-up on Air Force Form 1206; a one-page, single-spaced

biography, and a signed and dated statement of intent.

Nominations must include examples of leadership and job performance in the nominee's primary duty, significant self-improvement, and base or community involvement.

All nominees must be enlisted in the Air Force through Sept. 30, 2011. Any nominee with a projected separation date prior to Sept. 30, 2011, must take immediate action to extend or reenlist in the Air Force. Local military personnel section officials may approve

or disapprove extensions for the purpose of the 12 OAY program. AFPC does not have to approve these requests.

Any nominees who extend their enlistment for the 12 OAY award program and are not selected may cancel their extensions through their local MPS.

For more information about the 12 OAY program or to download your nomination forms, visit AFPC's secure "Ask" site and type "12 OAY" into the search function, or call the Total Force Service Center at 800-525-0102.

## Assembly

From Page 4

formal government and build on sustainable elements in their own community.

"Our debate should consider what it will take to convince the population their government is better able to take care of them than the insurgency," she said, adding, "We cannot afford not to care but we should not make them mirror images of us."

Commander Chatfield also discussed phase zero operations in a post-violence society and the necessity to set up dialogue prior to a crisis and posture with states with can partner with.

Ambassador John Herbst is the coordinator for reconstruction and development for the U.S. Department of State. He is leading the development of U.S. government civilian capacity to promote stabilization and reconstruction of societies in transition from conflict and to provide support to countries at risk of instability.

"We are thinking ahead about threats from failing states," he said and added the problem transcends operations in Iraq and Afghanistan.

He discussed the interconnectivity and centrifugal forces in a global economy and how secessions and failing states present serious national security issues even though they may be thousands of miles away.

The second step is building a 4,250-member civilian response corps, enlisting the experience and talents of such experts as health professionals, city planners, engineers, lawyers, economists and agriculturalists. After a decision is made to engage, the first rapid response team

"We have to have the capacity to go into failed states for a long time to come," he said.

The process to do so began with the creation of an interagency management group completed two and a half years ago.

"The hardest part of government is finding something new," he said, quoting the Italian philosopher Machiavelli.

The second step is building a 4,250-member civilian response corps, enlisting the experience and talents of such experts as health professionals, city planners, engineers, lawyers, economists and agriculturalists. After a decision is made to engage, the first rapid response team

would be deployable in two or three days. Another component of the team would be on stand-by, and a final component of reserves could deploy between 30 and 60 days after the decision is made.

So far, the corps has responded to such locations as eastern Chad, Port-au-Prince, Haiti and Darfur, but most of the work so far has been in Afghanistan.

"What we are trying to do is very hard and very complex," he said.

Sponsors for this year's Assembly included The American Assembly of Columbia University, The Eisenhower Center, The Olmsted Foundation, the Association of Graduates and the Department of Political Science.

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# Parents at the front line against kids' obesity

By Shari Lopatin  
TriWest Healthcare Alliance

According to the Journal of American Medicine, nearly 32 percent of American children between 2 and 19 years old need to lose weight to avoid chronic conditions such as diabetes and heart disease.

Military families aren't exempt; a 2005 survey reported that nearly 20 percent of Department of Defense teenagers are obese. Obesity means an individual is more than 20 percent above his or her ideal weight.

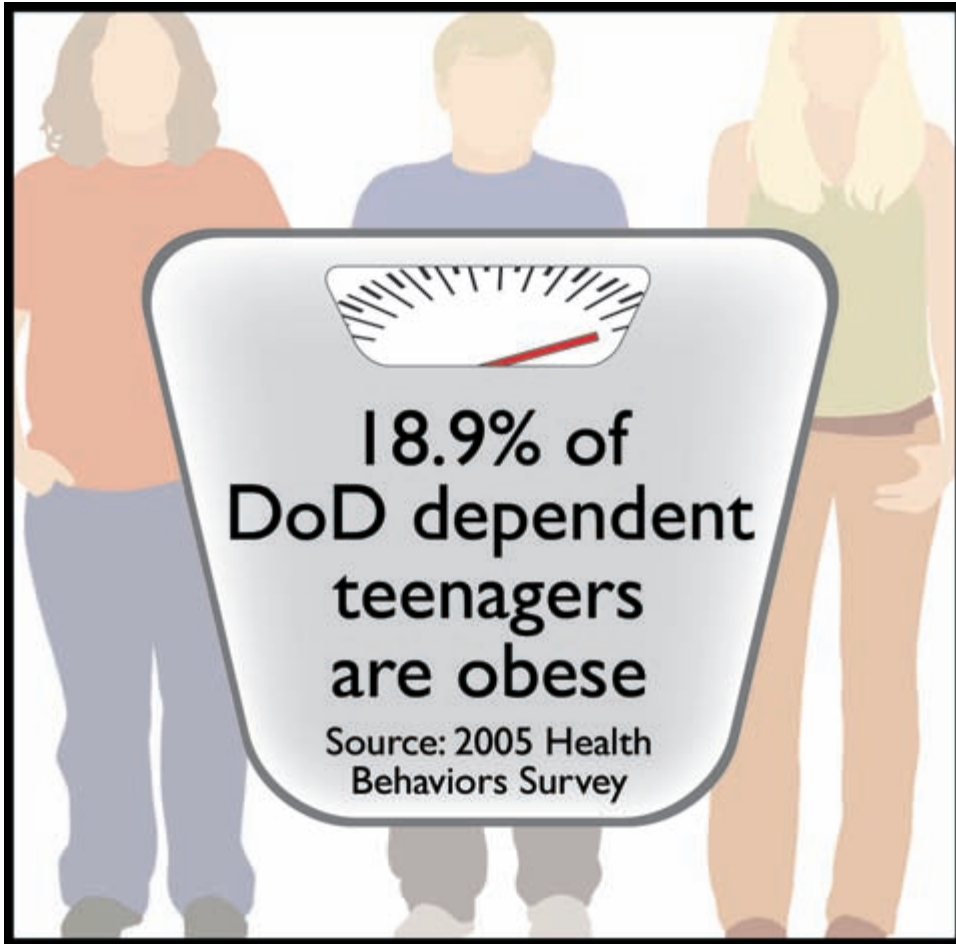
Keep in mind the causes of obesity in children: diets high in fatty foods and calories, inactivity, easy access to salty and sweet snacks at home, and even a child's emotional well-being. So how can parents combat poor eating habits early, especially when obese children are likely to carry their weight into adulthood?

## Be a role model.

It's true, kids watch their parents in action. If Mom and Dad eat right and exercise enough, most likely, junior will too. Here are a few helpful starting points:

## Pack their school lunches.

While most schools have hired a registered dietitian for school meals,



not all options are the healthiest. Parents who pack their kids' lunches and snacks take away the choice of pizza over a tuna sandwich with whole grain bread. Just give them the sandwich. Visit [www.mypyrmaid.gov](http://www.mypyrmaid.gov) for some interactive nutrition guidance for both kids and parents.

## Know your calories.

Which has more calories: a 3 oz. rib eye steak, broiled, with 0 inches trim, or a donut with chocolate icing? The answer is the donut, with 258 calories, versus 210 calories packed with healthy protein and iron from the steak. Read up on different food choices to

help you make the best nutritional decisions for yourself and your child.

Choose the healthier food when eating out. Next time, ask for dressing and sauces on the side and choose broiled or baked foods over fried. Find more great ideas on [www.triwest.com/eathealthy](http://www.triwest.com/eathealthy).

## Play ball and have fun.

Parents can take away couch time and make it a family fun day, encouraging physical activity. Run through the sprinklers; toss a Frisbee in the park or do an art project. Do whatever it takes to get the kids moving.

## Eat your greens.

Try to set an example by eating plenty of fresh fruits and vegetables every day. Parents can also practice portion control as a family, including the children in this behavior by using smaller plates.

Doctors can provide information about the healthy weight ranges for kids and offer advice on proper diet and exercise plans. It's a good idea to discuss this with your child's doctor before starting a new routine.

Remember, one healthy choice a week adds up, whether it's adding more vegetables or turning off the TV for an extra hour. Start today by visiting [www.triwest.com/eathealthy](http://www.triwest.com/eathealthy).

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# NIFA competition

From Page 1

Boyce of the Academy's participation. This was its 23rd year in the NIFA district competition.

Ground competitions involved flying events including short-field and power-off landings, VFR navigation and message drop accuracy. Ground events included simulated comprehensive air navigation, flight computer accuracy, simulator and aircraft pre-flight.

The Academy will go up against 10 other regional winners across the country in May 2010 for the NIFA finals at Indiana State University in Terre Haute, Ind.

NIFA's aims are to advance and improve aviation education in the country by promoting flight competitions and bringing aviation students and professionals together. Seventy-five schools participate.

"I love everything about it," Davis Caldwell from Metropolitan State said about flying. "It's like an office in the sky, and you can get a job with it."

He received his private pilot's license two years ago and is planning a career as a bush pilot based in Seattle. He was inspired to learn to fly by his uncle who flew the F-16 Fighting Falcon.

"I'm having a blast out here," said Eric Lawhead from Colorado Northwestern, who added the competition gives his team to see where they stand against other schools.

"Colorado Northwestern is a great school with great instructors, head coach and mechanics. They get us up and going fast," he said. "It's a great place to fly."

Like Mr. Caldwell, he was inspired by an uncle, in his case, an Air Force test pilot. He believed his toughest competition for him personally would be the aircraft identifications, and the most fun—landing events.

Cadet 1st Class Christopher Horn, from Athens, Ga., gained his enthusiasm for flying from his grandfather who owned a

small plane. He saved his own money for flying lessons and his pilot's license before coming to the Academy.

"My parents told me, 'If you want to do it, work for it,'" he recalled.

The pre-med major enjoys flying for its liberating, wide-open environment and for its challenges.

"It's an opportunity for having always something new to learn. There is no such thing as a perfect flight," he said.

Cadet Bell's parents laughed when, at age 3 in his car seat, he announced he wanted to be a cadet at the Air Force Academy.

At age 16 in Fort Worth, Texas, his aviation career began in earnest when he received his license.

He said being team captain is definitely worthwhile.

"It's lots of work but very rewarding to see talented and motivated people all working toward a common goal," he said.

The Academy team is composed of 18 members, six from each of the upper classes. Four-degrees must undergo a rigorous screening process, plus hold a private pilot license, before they are accepted on the team.

The team is authorized by the Air Force Education and Training Command, and members enroll in Airmanship 465.

Coach Boyce said the flying team provides leadership and character-building opportunities besides flight hours. Hosting the district competition this year is but one example.

"Sure, I'm proud of their flying," he said. "But it's the little things that make them realize it's more than about flying airplanes."

There is only one thing Mr. Caldwell hates about flying, and his fellow aviators would probably agree.

"Bad weather."



Photos by Rachel Boettcher

During the flying competition hosted by the Air Force Academy, members of the AFA flying team tow a plane back to the staging area after refueling. Left to Right: Cadet 2nd Class Mathew Frey, Cadets 3rd Class Dmytro Pichkur and Josh Wilson, and Cadet 1st Class Spencer Bell.



Maj. Lisa Neener and Cadet 2nd Class Nate Frey brief the pilots prior to their takeoff during the Flying Competition at the Air Force Academy. From left to right: Steven Bugg of Metro State College of Denver, Andrew Hardman of Westminster College, Elijah Nelles of Aims Community College, Cadet 2nd Class Nate Frey of Cadet Squadron 36, and Major Neener.

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# Falcon Eyes fixed on fixing up USAFA

By Academy Spirit staff

The 10th Air Base Wing is reinvigorated and moving out quickly on improving areas and service all over the base and with a motto of focusing on People, Base, & Job (PB&J).

“This program affects People, improves the appearance of our Base, and causes us to think differently about how we do our Jobs,” said Col. Rick LoCastro, 10th Air Base Wing commander. “We have an Open House here every single day...if it’s 50 visitors or 50,000—we want them to see their Air Force Academy at its best.”



“For large public events like football games we have procured new signs for our gates and custom covers for the stop signs that inform the public of who we are playing and kick-off time,” said Col. Timothy Ferguson, 10th Mission

Support Group commander. “In addition, we have moved from orange cones to blue and silver cones. These cones are larger, and with the reflective tape, they are more visible. We also updated our plans and will use a lot

this installation to look every bit the show place it is.”

Keep your Falcon Eyes open and continue to watch the Academy Spirit for further improvements to your Air Force Academy.

fewer of the cones.”

“Leadership is emphasizing to personnel at all levels,” Colonel Ferguson said. “If you see something that doesn’t look right, fix it, or tell someone who can fix it. If you see trash on the ground, pick it up. If you have ideas on how we can make something look better we want to hear it. Everyone here has Falcon Eyes. We want

# AF leaders target private motor vehicle fatalities



Courtesy Photo

Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz have issued a memorandum to all Airmen aimed at stopping private motor vehicle fatalities.

By Gwen Dooley  
Air Force Safety Center

KIRTLAND AIR FORCE BASE, N.M. (AFNS) — “We are losing far too many Airmen to private motor vehicle mishaps” according to Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Norton Schwartz, in their Oct 8 memorandum to all Air Force personnel.

In fiscal 2008, 29 Airmen were killed in motor vehicle mishaps. In fiscal 2009, 47 Airmen have died due to PMV mishaps. The secretary and the chief wrote “our goal from this point on is ZERO Airmen lost in preventable PMV mishaps.”

Mr. Bud Redmond, Air Force Safety Center executive director, said “all mishap prevention programs have compliance and accountability as key elements, and commanders need to ensure both are met.” Non-compliance with seatbelt usage and speed limit laws were identified as causal factors in 68 percent of the motor vehicle fatalities.

The first step in compliance is education. As such, the memo directs

commanders to ensure personnel are aware of and enforce the requirements of Air Force Instruction 91-207, The Air Force Traffic Safety Program. Additionally, the memorandum states violations of AFI 91-207, by military personnel, can be punishable under UCMJ.

Secretary Donley and General Schwartz stated they “cannot tolerate reckless operation of motor vehicles by Air Force personnel.” They asked all personnel for full participation and support as service-members move forward to reduce injuries and save lives.

“Airmen have to be aware of the risk they assume while off-duty, mitigate that risk, and don’t take on anymore than their fellow Airmen, or their families, can handle,” said Maj. Gen. Fred Roggero, the Air Force chief of safety. “Every wingman is accountable for their actions, and they shouldn’t make their friends and family pay for their poor judgment.”

The memo is available on the Air Force Safety Center Web site at <https://new.afpims.afnews.af.mil/shared/media/document/AFD-091014-082.pdf>.

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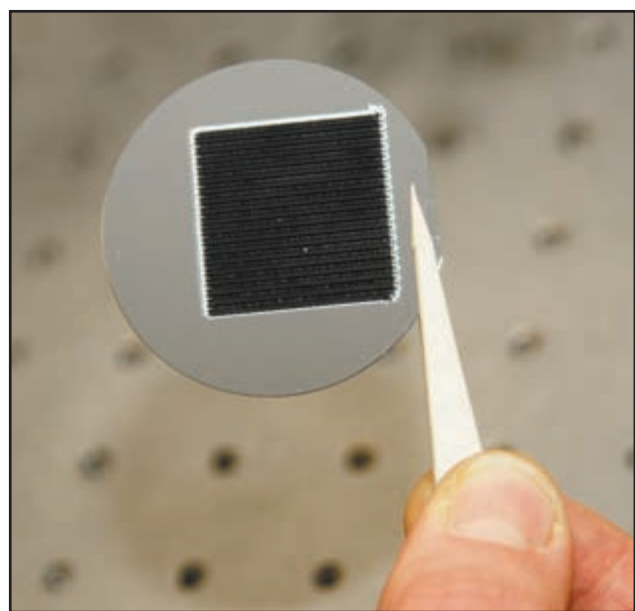
# Physicists probe mysteries of 'black silicon'

By Staff Sgt. Don Branum  
Academy Public Affairs

Physicists here are researching new, more cost-efficient ways to create a substance that could make solar energy cheaper to produce.

Dr. Michael Shaffer and retired Lt. Col. Jody Mandeville are using nanosecond pulses from a 200-millijoule pulsed laser in the Academy's Physics Department to produce black silicon, which is made by treating silicon in a sulfur hexafluoride atmosphere.

Nanosecond pulses are 1 million times longer than the femtosecond bursts currently used to produce black silicon, Dr. Shaffer said. If longer



Photos by Rachel Boettcher

**Black silicon, shown here, absorbs up to 500 times more solar radiation than normal silicon. The compound is created by immersing a normal silicon wafer in sulfur hexafluoride gas and subjecting it to pulses from a laser. Physicists at the Air Force Academy are researching whether nanosecond-long laser pulses are effective in creating the material, which could then be used in photovoltaic cells.**

laser exposures produce similar results, black silicon may become much cheaper to manufacture.

"The whole laser system we're using is contained in two feet," Dr. Shaffer explained. "The femtosecond laser requires the whole back of the lab and is much more complex." It's also much more expensive to operate and maintain than the relatively inexpensive nanosecond laser used for black silicon research here.

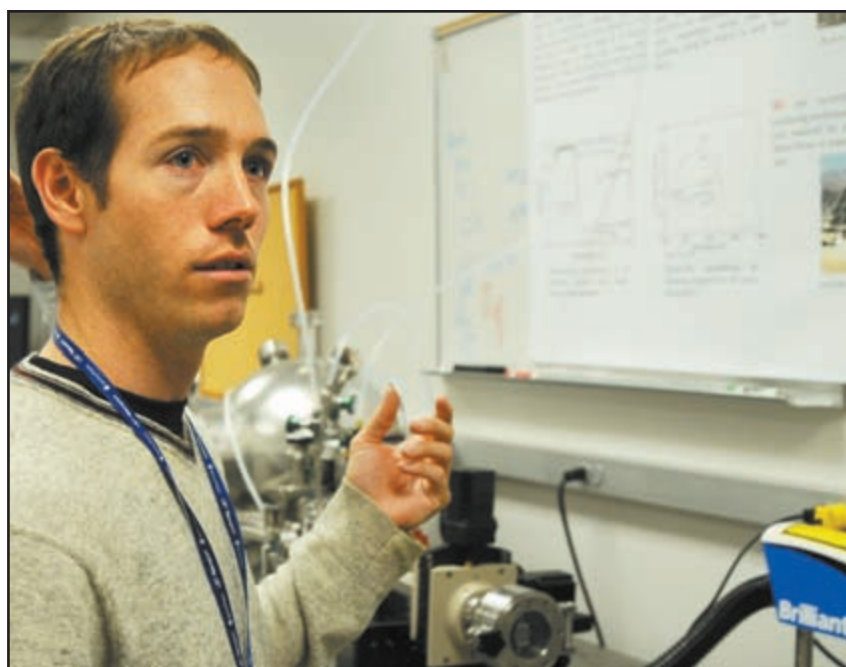
The research aims to understand exactly what causes black silicon to absorb up to 20 times more light than regular silicon. After laser processing, the silicon's rough texture consists of many micrometer-sized cones, Harvard physicist Eric Mazur said in an Oct. 11, 2008, New York Times article. Dr. Mazur and his graduate students are credited with discovering black silicon.

"There's some debate as to the exact mechanism that causes the enhanced performance. The sulfur as well as the texturing seems to contribute to the improvements. We are trying to better understand what each does to increase light absorption," Dr. Mandeville said.

The Academy physicists also believe the sulfur is responsible for black silicon's absorption of infrared light — a property not found in normal silicon, Dr. Shaffer said.

Even a dramatic increase in light absorption may only yield a 1- or 2-percent increase in solar cell efficiency, but every step forward counts, Dr. Mandeville said.

"Even if you can improve efficiency by only a couple of percent, that's a big effect because solar

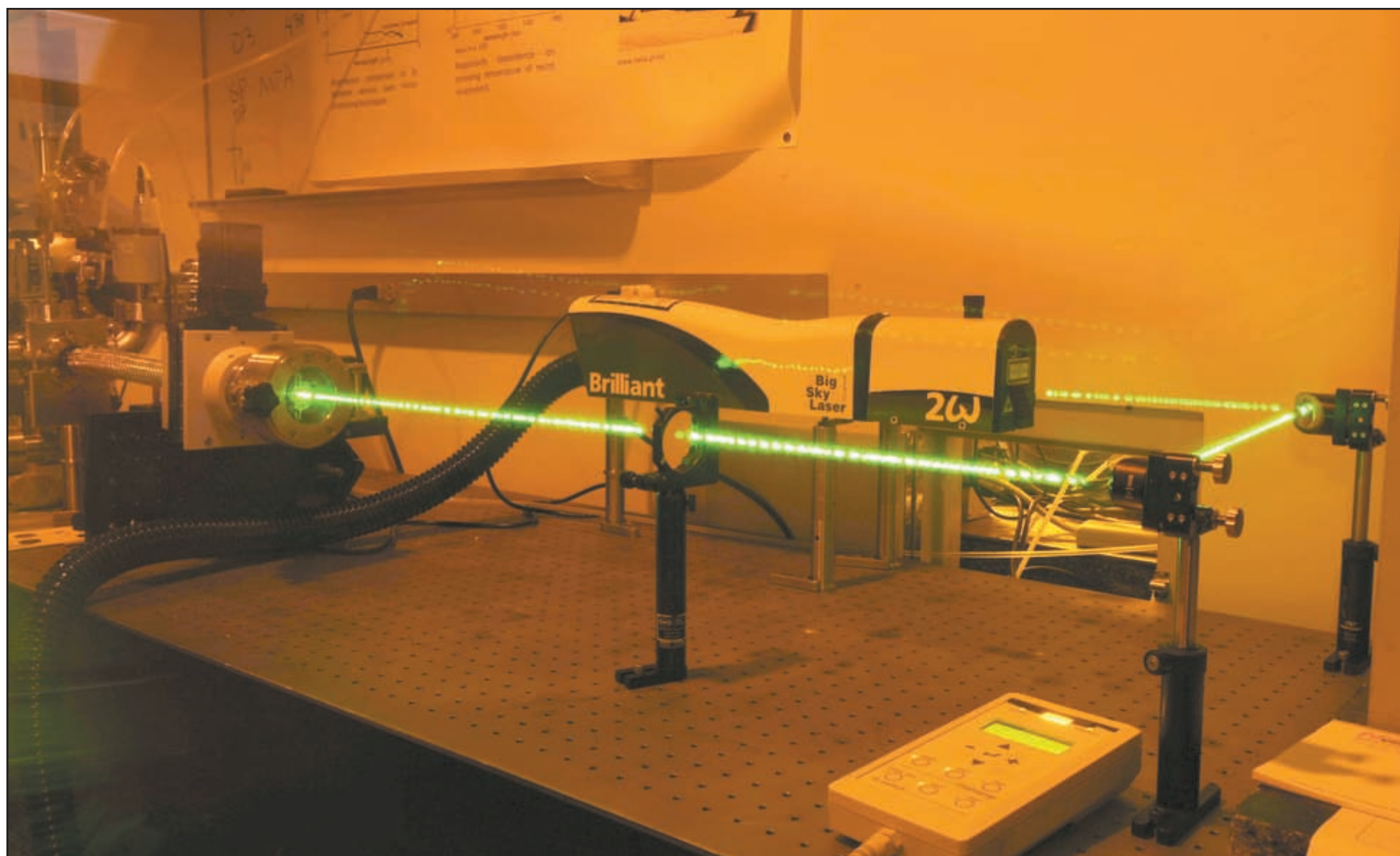


**Dr. Michael Shaffer describes a research project Oct. 9, 2009, to determine why "black silicon" -- a product from sulfur being added to silicon using lasers -- absorbs up to 500 times more light than regular silicon. Dr. Shaffer is a contractor with MITRE Corporation.**

energy is a multi-billion-dollar industry," he said. "The big push is to get the energy cost per kilowatt-hour to below the cost of burning coal."

Dr. Shaffer is also involved with high-power alkali laser development that may eventually be applied in programs like the Airborne Laser, ground-based laser defense systems or countermeasure systems to defend aircraft from heat-seeking missiles. Dr. Shaffer holds a doctorate in atomic, molecular and optical physics from Old Dominion University for his work on the photoassociative spectroscopy of ultracold, metastable argon.

Dr. Mandeville's previous projects include research and development at Eglin Air Force Base, Fla., for laser radars. He holds a doctorate in optics and nanotechnology from the University of British Columbia.



**A 200-millijoule pulsed laser fires in this timed exposure Oct. 9, 2009, in the Laser Optics Research Center here. The laser is used for a variety of experiments, including tests to determine how "pushing" sulfur into a silicon-based solar cell increases the cell's efficiency.**

# Cadet for a Day a true family affair

By Ann Patton  
Academy Spirit staff

Cadet Squadron 39, the Jedi Knights, aka "Campus Radicals," received a doubly pleasant surprise when they volunteered to host the newest Academy Cadet for a Day, Tanner Ott, 10.

His sister, Savannah, 8, joined him in the festivities, flight suit and all.

It was a natural joint participation.

"They are super close," said Mike Ott, the children's father. "It is important support for her. She has been so strong and supportive of her brother."

Since he was diagnosed with medulloblastoma about two and a half years ago, Tanner has undergone treatment, including surgery.

"He's doing fantastic," his father reported.

For two days following surgery, Tanner would only allow Savannah to hold his hand.

"They're really close," mom Tracie said.

The Academy visit was coordinated with Academy members of the Cadet for a Day program and the Colorado Make-A-Wish Foundation.

The pair and their parents were treated with squad meals and parties, including the squad tailgate before the TCU game in Falcon Stadium, a chemistry magic show, a demonstration from the military working dogs of the 10th Security Forces Squadron

and tours of the chapel, simulators, fire station and air traffic control tower.

Both Tanner and Savannah lead the squadron, and the Cadet Wing, into Mitchell Hall following the Friday noon meal formation.

At the 98th Flying Training Squadron, the brother and sister learned the fine art of parachute packing and then harnessed up for spins in the air inside the squadron's indoor training facility.

"This is fantastic," Mrs. Ott said as cadets spread smiles to the youngsters in the harness simulation.

Tanner obviously enjoyed the visit.

"I would jump out of an airplane if I had a parachute," he said with a smile.

He and Savannah received stickers, patches and "round, metallic objects" in their honor from the 98th FTS.

Snow, fog and a little rain required some quick rescheduling of the weekend to squeeze in a flight in a Cessna 172 Skyhawk, compliments of the Aero Club, and emblazoned on the door with Tanner's name. The skies cleared just in time Friday afternoon.

Mr. Ott bragged on his son's stamina.

"He's a 10-year-old boy who is 30. He is so mature," he said. "He has had not one ounce of complaint and is a small man, strong in every way."

Mr. Ott added that even when Tanner was not

feeling well he continued to think more about others than himself.

For cadets, getting to help out with Cadet for a Day is an honor—and a lot of fun.

"We just went in and tried to wow them," said CS-39 member Cadet 1st Class Joseph Lopez of the committee to select the hosting squadron.

"I'm having a blast," said Cadet 2nd Class Keenan Ryner. "I love doing this. It's just so much fun."

Cadet 1st Class Ryan Nissim also enjoyed helping out.

"We like it when the kids laugh," he said.

Cadets who help with Cadet for A Day typically surrender part or all of their weekend to do so.

"This is way more fun doing this than doing other leisure things. We would do it any day of the week," Cadet Nissim said.

Tanner obviously enjoyed hanging out with his new squad mates, whom he called "fun and goofy."

Mrs. Tanner predicted future family outings may pale in comparison to the Academy visit.

Mr. Tanner expressed his appreciation for those involved in the weekend's hospitality.

"Having these fine young men and women as family is great," he said. "How can you not want to join the Air Force. We are overwhelmed with gratitude."



## Leader contributes to deployed mission

By Butch Wehry  
Academy Spirit Staff

Academy Senior Master Sgt. Terry Best-Rennahan's 10th Aerospace Medicine Squadron superintendent, has left her home here at the Academy to complete the mission downrange in Southwest Asia.

For this Contingency Aeromedical Staging Facility mission she completed CASF training and had previously completed Expeditionary Medical Support training; both a week long.

Now she's the CASF superintendent downrange.

"I am very proud of what we accomplish here," she said. "Providing exceptional patient care in the EMEDS clinic ensures active-duty members return immediately to the mission. The CASF mission ensures patients needing surgery and rehabilitation are transported to receive care before being sent home or back to the fight."

Being a part of the expansive air evacuation mission through expedient patient airlift makes her proud to be a part of this vital Air Force mission.

Compared with working mainly in an Academy office environment, she helps with loading and reloading patients into C-130s, C-17s and helicopters.

"Some of the biggest lessons learned have been working with the sister services, coalition forces and civilian personnel," said the senior NCO. "I have worked with Army, Navy and Australian medical personnel providing coverage to all forces on five camps/bases."

Setting personal goals while on deployment is just as important as while back home.

"My goals are and were to complete some college courses, decrease my mile and a half run time, increase my running distance, reading for pleasure, and improving my leadership skills," she said. "I have accomplished all of them."

Opportunity to mix it up with the local people and culture is limited.

"We are very limited in what we can do off base," said Sergeant Best-Rennahan. "I have had the oppor-



Courtesy Photo

**Senior Master Sgt. Terry Best-Rennahan, 10th Aerospace Medicine Squadron superintendent performs some on-the-job training while deployed to Southwest Asia. Sergeant Best-Rennahan works as the Contingency Aeromedical Staging Facility superintendent.**

tunity to attend a dinner called a 'diwaniya.' It is a local social tradition where important members of the community open their homes to guests, so everyone can enjoy the host's hospitality and discuss important issues of the day."

She said it was a treat to see and taste a different culture and to wear civilian clothes and to let her hair down." This deployment gives her the opportunity to see the Air Force mission from a different perspective.

"This deployment has been a great experience; I have been able to work with a lot of different great people," she said. "Serving my country by being

deployed is one of the greatest honors. It gives a sense of pride that is beyond words in itself. I am very proud to be here helping my fellow service-members."

Like many military families today, the Rennahans adjust to conditions.

"My husband, Master Sgt. Jeremy Rennahan, is currently stationed at the Academy, but will PCS in November to Lackland Air Force Base Texas. My two girls moved to San Antonio this past summer which allowed them to start school at the beginning of the year instead of half way through. I am able to stay in touch with them through email, letters and Skype."

# Prep School football team holding strong

By Bill Price  
Husky football head coach

The Husky Football Team dominated a very tough Independence Pirates team Oct. 9.

The Huskies first score came from a 30-yard field goal by Briceton Cannada. The field goal by Cannada was the only scoring by the Huskies in the first half.

The Huskies got the ball after half-time and drove the length of the field. The drive was capped off by a 5-yard touchdown run by Brent Michaels to make the score 9-3.

After the kickoff, the defense stepped up and Cornerback Chris Miller blocked a punt that was recovered by Stephan

Batts on the Pirates' 1-yard-line. Michaels took it to the house on the very next play to make the score 16-3.

Running back Ryan Young added a pair of monster runs to add two more touchdowns on the ground. One of Young's runs totaled 70 yards and the other scamper went for 54 yards.

Quarterback Zerick Rollins hooked up with wide receiver Allante Staten for a 59-yard pass completion for the Huskies' final touchdown, making the final score 36-9.

The Huskies travelled to Hutchinson, Kan., Thursday to take on the Blue Dragons. Results were not available at press time. Going into this matchup, the Huskies were 5-2 on the season.



Photo by Mike Kaplan

**Nick Harwell, wide receiver, breaks a tackle during the Huskies win over the Independence Pirates. The Huskies finished the contest with a final score of 39-6. Going into this week's match-up the Huskies are 5-2 on the season.**

# Husky, Academy JV soccer action ends in tie 2-2

By Marcus Corbett  
Husky soccer head coach

The Husky men's soccer team challenged the USAFA JV on their home turf last weekend.

Following an opening day 8-1 loss to the USAFA JV in September, the Huskies entered the game as serious underdogs to the undefeated JV squad.

However, the record, technical skill, and tactical prowess of the JV side meant nothing to the Huskies as they met the JV

side head-on playing furious defensive soccer from the first whistle.

The Huskies stopped the JV team cold through 44 minutes of the first half. However, they yielded a late goal to the JV side in the 45th minute and entered half-time down 1-0.

Following a rousing halftime, the Huskies came out furious in the second half with Coach Jeremiah Kirschman putting a gorgeous header in the back of the net in the 51st minute only to have it abruptly reversed by the referee.

Not let down, the Huskies continued to fight throughout the half finally equalizing in the 79th minute with a beautiful turn and finish from Men's Soccer Team captain Clint Ramos.

Seeming disaster struck when, two minutes later, the JV team managed to find the back of the net for the go-ahead goal. The Husky team was not to be denied, and in the 86th minute outside defender Elliot Beski poked a ball through the JV defense, allowing Coach Corbett to turn one on one with the goalkeeper and find

the back of the net for the tying goal.

While the game ended in a tie, it was the gutsiest performance by a Husky men's soccer team in recent memory. The tie was the result of a lot of heart and the ability of each man to find the gift fury and unleash it on the JV side throughout the game.

The Huskies travel to Greeley, Colo., today to take part in the UNC men's tournament, playing a minimum of four games in three days with the possibility of two more games Sunday.



Photo by Rachel Boettcher

## Friday Night Fights

**Cadet 2nd Class Mike Mizes in the red corner connects on a punch to C2C Trevor Symalla during the Friday Night Fights. Cadet Mizes won the fight by a unanimous vote from the judges.**

# Jeremy Drenckhahn Named MWC Runner of the Week

By Valerie Perkin  
Athletic Communications

For the second time in three weeks, a member of the Air Force cross country team was named the Mountain West Conference Men's Runner of the Week, the commissioner's office announced this afternoon (Oct. 13). Freshman Jeremy Drenckhahn picked up the first such honor of his career following his team-leading performance at the Fort Hays State Tiger Invitational.

Drenckhahn was the Falcons' top finisher at the Fort Hays State Tiger Invitational on Oct. 10. A native of Plymouth, Minn., Drenckhahn placed 21st in the 102-runner event, guiding Air

Force to a fifth-place finish in the team standings. Competing in the second 8K race of his young collegiate career, he clocked a time of 25:45.26. That time is the fourth fastest on Falcons' team this season and the best by an Air Force rookie. It is the second straight week that Drenckhahn has paced the Falcons in a meet, as the freshman also guided the team at the Rocky Mountain Shootout on Oct. 3.

Drenckhahn joins junior Justin Tyner as Air Force's award recipients this season. The Falcons' freshman shared the weekly honor with San Diego State's Rachel Williams, who was named the women's cross country athlete of the week.

## Hockey action

Air Force (0-2) hosts Alabama-Huntsville (1-1) in a non-conference college hockey series, today and Saturday, at 7:05 p.m. MT each night at Cadet Ice Arena. Both will be broadcast in Colorado Springs on AM 1300 KCS and on the Internet at [www.goairforcefalcons.com](http://www.goairforcefalcons.com). Both games will be video streamed with audio by the B2

Network on a subscription basis. For more information, please go to [www.atlantichockeyonline.com](http://www.atlantichockeyonline.com)

Air Force plays its next four games, and six of the next eight, at Cadet Ice Arena,

## Water Polo

The 15th-ranked Air Force water polo team travels to Annapolis, Md., Saturday and Sunday, to face four East

Coast teams. The Falcons open with a game against 13th-ranked host Navy followed by a contest versus Iona. Sunday, Air Force plays George Washington and Johns Hopkins.

Air Force went 3-1 at the Convergence Tournament Oct. 2-3, defeating conference foes Whittier, Redlands and Occidental, while falling to then-14th-ranked Concordia. The

Falcons also added a 14-5 victory over WWPA rival Cal Lutheran on Oct. 4 to complete a 4-1 weekend.

## Swimming

The Air Force men's and women's swimming teams open the 2009-2010 season today and Saturday at the Pacific Invitational in Stockton, Calif. The teams that are slated to compete at the invitational include the men's and women's

# Air Force falls to 10th-ranked TCU, 20-17

by Staff Sgt. Don Branum  
U.S. Air Force Academy Public Affairs

The U.S. Air Force Academy football team fought hard against 10th-ranked Texas Christian University, but lost 20-17 Oct. 10 at Falcon Stadium here.

An 8-yard rush by Falcons quarterback Connor Dietz brought the Falcons within three points with less than a minute to play, but the Horned Frogs recovered the onside kick and ran out the clock.

"Both teams played their hearts out," said Falcons head coach Troy Calhoun. "What you can see is that our guys love playing football. My gut tells me that we're going to be a better football team this second half of the season."

The Academy team's final drive capitalized on one of three Horned Frogs turnovers of the day. Falcons defensive lineman Kylie Wikstrom forced Horned Frogs wide receiver Jeremy Kerley to cough up the ball, and defensive back Chris Thomas recovered for Air Force. The fumble came one play after the Horned Frogs stopped the Air Force team on 4th and 23.

"That is a good Air Force football team. You can't turn the ball over against them," said TCU head coach Gary Patterson. "You've got to give Air Force credit. They did what they needed to do. They fought ... but we were lucky enough to make a couple of plays more than they did."

TCU controlled the ball for most of



Falcons sophomore defensive back Jon Davis makes a diving tackle against the Horned Frogs' Jeremy Kerley during the Air Force-TCU game at Falcon Stadium Oct. 10, 2009. Davis had 10 tackles in Air Force's 20-17 loss to the 10th-ranked Horned Frogs.

Photo by Mike Kaplan

the game, leading Air Force nearly two-to-one in time of possession going into the fourth quarter. The Horned Frogs ran 80 plays, compared to 63 for the Falcons.

TCU's go-ahead score was a 27-yard field goal from Evans Ross, which put

the Frogs up 20-10 with 2:49 left to play.

Air Force broke a two-game offensive scoring drought in the second quarter with a 16-yard pass from wide receiver Jonath Warzeka to wide receiver Kevin Fogler, who was wide open in the end zone. The touchdown was the first pass

of the sophomore's career.

The Horned Frogs' first touchdown of the game came on a one-yard run by tailback Joseph Turner with 3:32 to play in the first quarter. Its second score came on a two-yard outside run by Kerley with 3:44 remaining in the second quarter.

The Falcon's rushing attack, ranked second in the nation, gained 229 yards against TCU, which had the nation's top-ranked rushing defense and allowed only 47 yards per game coming into this contest.

Connor Dietz looked comfortable in the Falcons' offensive lineup, accounting for 71 rushing yards on 15 attempts and going 6-of-17 for 42 yards through the air.

"I really thought he (Dietz) did a fine job for a guy who made only his second start," Coach Calhoun said. "He made some plays. What I love most about him is just his spirit and his leadership. He's a guy who, when you go play a game, you can tell it means something to him."

TCU's offense rushed for 195 yards on 52 carries. TCU quarterback Andy Dalton was 16-of-28 for 198 yards with one interception.

The Falcons' defense has 20 take-aways so far this season and has forced two or more turnovers in 18 of its last 22 games. Ben Garland had two sacks on Dalton for 14 yards; defensive lineman Rick Ricketts and linebacker Wale Lawal shared credit for a third sack. Senior linebacker Justin Moore had a career-high 12 tackles, topping his 11 tackles against Navy Oct. 3.

The pregame ceremony featured the presentation of a game ball that traveled halfway around the world from Bagram Air Field, Afghanistan, where it survived being accidentally run over by a 14-ton mine-resistant ambush-protected vehicle. The Air Force-TCU game was the third game in a tripleheader broadcast by the CBS College Sports Network that also included Army's 16-13 overtime victory over Vanderbilt and Navy's 63-14 thrashing of Rice.

The temperature at kickoff was 19 degrees, the coldest weather in which the Horned Frogs have played since joining the Mountain West Conference in 2004. The victory puts TCU at 5-0, their best start since 2003, and 1-0 in the MWC. Air Force drops to 3-3 (2-1).

"Hats off to TCU -- that is a tremendous football team," Coach Calhoun said. "They came in here, played well under some circumstances that were probably a little bit different in terms of the climate, and they handled it exceptionally well."



Falcons' junior defensive lineman Rick Ricketts upends TCU senior tailback Joseph Turner during the Air Force-TCU game at Falcon Stadium Oct. 10, 2009. Ricketts had six tackles and half a sack in Air Force's 20-17 loss.

Photo by Bill Evans

teams from Air Force, MWC rival BYU and host Pacific, along with men's teams from Cal and Stanford and women's teams from Nevada and Oregon State.

## Women's Tennis

The Air Force women's tennis team completed the first day of the ITA Mountain Region Tournament at the Darling Tennis Center in Las Vegas, Nev., Wednesday with mixed results. Three of

the six Falcons in the singles draw won their first-round matches, only to fall in the second round. Meanwhile, one of three doubles teams advanced to the second round of the main draw.

Sarah Cassman, Hannah Dake and Melissa Cecil each won her first-round singles match. Cassman defeated Britney Watts of Utah State, 6-1, 6-0, then fell to the 17th-seed Evgenia Kryuchkova of

Utah, 6-2, 6-4. Dake won her first match, 6-2, 6-0 over Utah State's Monica Abella, but lost in the next round to Monica Milewski of Colorado, 6-3, 7-5. Cecil, meanwhile, downed Greyce Farias of Weber State, 6-3, 6-4, then ran into the No. 2-seed, Kristina Nedeltcheva of UNLV and lost, 6-1, 6-0. All six Falcons will play in the consolation bracket of the double-elimination tournament.

## Wrestling clinic

The Air Force wrestling team will host its 2nd-annual Kid Force Wrestling Clinic Saturday at 9:30 a.m., with the check-in/registration table opening at 8:30 a.m. The clinic is open to both individuals and teams and is free to wrestlers in grades 8 and below. Call Christopher Cavendish at 333-2122 for more information.

# Three great events under one big tent

By Inis Lovely  
10th Force Support Squadron Marketing

Three great events are scheduled under one big tent at Falcon Stadium on Oct. 24. Attendees can purchase skis, buy lift tickets, sip a microbrew, enjoy a brat, and let the kids play in the bounce houses and ride ponies. This huge, combined Year of the Air Force Family event has something for everyone.

## Winter Expo & Ski Swap

The day begins early with the extremely popular Winter Expo & Ski Swap at 9 a.m. In past years, customers began lining up at the crack of dawn.

"The second the doors open, it's a mad dash. People are racing and grabbing stuff," said Jill Stevens, Commercial Sponsorship Coordinator for the 10th Force Support Squadron. This year the Grill and Snack Bar from Academy Lanes will offer breakfast burritos for those waiting in line.

The Outdoor Recreation Center and Information, Tickets and Tours host the annual Winter Expo & Ski Swap, providing a one-stop shop for ski and snowboard gear, clothing and select season passes from major Colorado ski resorts. Last season's rental equipment, sold annually by the ORC, is the biggest draw and the quickest to sell out. So, the popular sets are limited to one per person.

Customers can consign their used

gear, too. Sellers must sign up in advance and bring their equipment to the Outdoor Recreation Center between Oct. 13 and 16. Call the ORC at 333-4356 or 333-4753 for further details.

Up for sealed-bid auction at the Winter Expo & Ski Swap are two campers and one bus, all of which will be at the event for viewing. All bids must be entered into the locked box at the ORC cashier no later than 4 p.m. on Oct. 24.

"NAF sealed-bid auctions are a great opportunity to purchase a piece of equipment far below its blue book value," said Chuck Alfultis, Director Outdoor Recreation, "There are no minimum amounts and no limit on the number of bids that someone can submit. The binding bid is the highest bid that beats all others, not necessarily the highest you submitted. Good luck, bargain hunters!"

This year, the Winter Expo & Ski Swap moves to the Big Tent at Falcon Stadium and is held in conjunction with the Oktoberfest and Youth Carnival.

## Oktoberfest

At 11 a.m. the Oktoberfest kicks into high gear with entertainment by Die Edelweiss Musik Gruppe and Edelweiss Volkstanz Gruppe. Expect tradition German food such as brats and giant pretzels as well as American additions like turkey legs and steak on a stick – all offered by the Falcon Club.

Sample local microbrews for a \$5 fee and receive a commemorative glass, while they last. The Oktoberfest is from 11 a.m. to 3 p.m.

## Youth Carnival

Children are being included in a big way for this event. The scheduled activities of the Youth Carnival include pony rides, a petting zoo, costume contests for kids and pets, bounce houses, an obstacle course, face painting and karate demonstrations.

A Fall Bake-off is another contest in which kids and adults can participate. The categories are appetizers, cake, pie and cookies. All entries must be in a disposable or non-returnable container and have a recipe card with the participant's name. Contact the Youth Center at 333-4169 for complete rules and instructions for all contests associated with the Youth Carnival.

Youth Carnival events begin at 10 a.m. and go until 3 p.m.

Combined, these events make this the event of the season on USAFA.

## 10th Medical Group Clinic Relocations

As the 10th Medical Group nears completion of its remodeling project, several clinics will be changing locations over the course of the next two months to the main clinical building of the 10th Medical Group, building 4102. These clinics will be consolidating from the Community Center (CC), the Temporary Phasing Facility (TPF) and from within the main clinic to their new locations. The following chart identifies the clinics that will be moving locations and their expected re-opening dates.

Department	New Location	Expected Move Date	Clinic Re-opening
Dermatology	3rd Floor Bldg 4102	Complete	Open
Optometry	3rd Floor Bldg 4102	Complete	Open
Neurology	3rd Floor Bldg 4102	Complete	Open
Sleep Lab	3rd Floor Bldg 4102	Complete	Open
CC Physical Therapy	3rd Floor Bldg. 4102	Complete	Open
CC Occupational Therapy	3rd Floor Bldg. 4102	Complete	Open
Allergy and Immunizations	1st Floor Bldg. 4102	Mid November	Late November
Pediatrics	1st Floor Bldg. 4102	Mid November	Mid-Late November

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**Final Friday Oct. 23**

The popular socializing event, Final Friday, is being held on the second to the last Friday this month due to an official function that is closing the Falcon Club from Oct. 27 through Nov. 7.

Final Friday is an excellent opportunity to meet Air Force Academy leadership and mingle with colleagues. Enjoy a selection of hor d'oeuvres and casual camaraderie before heading home for the weekend.

Join Team USAFA leaders in the Stripes Lounge upstairs and Propellers Lounge downstairs at the Falcon Club on Oct. 23 at 4 p.m. Live entertainment begins at 4:30 p.m.

Final Friday is free for Club members. Sign up to become a Club member on the spot at Final Friday. Nonmembers are welcomed at nominal

fees: Airmen/\$2, NCO's/\$4, everyone else/\$5.

**Post-9/11 GI Bill info**

Informational briefings on the post-9/11 G.I. Bill will be offered Oct. 22 at 10 a.m., Nov. 4 at 1 p.m. and Nov. 18, at 10 a.m., at the Community Center's Civilian Personnel office, room 129, lower level.

Topics to be discussed include eligibility criteria, transfer option to dependents, a comparison to the Montgomery Era G.I. Bill, and more.

To register, call 333-3298 or 333-2269.

**Spooky night ahead**

Halloween is just around the corner. Academy resident and Air Force dad, Tom Piña, is developing a map of both Douglas and Pine Valleys to show kids where they can trick-or-treat on the Academy this year. The goal is to have 15 to 30 homes in each valley participate.

In order to make the map, he's looking for people who will hand out candy. Other activities are also encouraged. Tom's doing a haunted carport. Whatever it is, let him know and he'll put that on the map too.

Scheduled timing for trick or treating is as follows: 5 to 6 p.m. while still daylight for the younger kids and 6 to 8 p.m. for all others. Those interested in participating should e-mail: [usafahalloween2009@comcast.net](mailto:usafahalloween2009@comcast.net) no later than Oct. 28. The final map and all updates can be found at: <http://usafahalloween2009.blogspot.com>

**America recycles**

To commemorate America Recycles Day Nov. 15, the 10th Civil Engineer Squadron will hold its 5th Annual Electronics Recycling event November through January. Each Wednesday and Thursday during this time, electronic items can be taken to Bldg. 8125 from 8 a.m. to 3 p.m. for recycling. This recycling event is free to all participants. Some recyclable items include: personal computers and components, televisions, DVD or CD players, stereos, speakers and VHS players. For more information, call Jeanie Duncan at 333-0812.

**Men's varsity basketball tryouts**

Tryouts for the men's varsity basketball team is each Wednesday at 6 p.m., through Nov. 18. All Academy DoD ID cardholders may compete and show who owns the paint, including family members 18 years and older. For more information, call Staff Sgt. Norman Henderson at 333-4260.

**Football night**

The Milazzo Center Sports Bar features Monday Night Football on five television sets, 5-10 p.m., complemented by darts, pool, ping-pong, beverages, hotdogs, chili dogs, nachos and more. All are welcome.

**Falcon sports blitz**

Cris Shumaker and James Cornell update all weekend Falcon sports action, upcoming Air Force events, and other college sports notes every Monday at 6

a.m. and again at 6 p.m. on KAFA 97.7 FM. Call Dave West 333-9885 for more information.

**A&FRC offerings**

The Academy Airman and Family Readiness Center hosts the following classes in October. Call 333-3444 with any questions or for registration.

**Group pre-separation counseling**  
Held Mondays (except during TAP week), 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory briefing assists in identifying benefits and services associated with your transition and beyond.

**Medical records review**

Oct. 19, 7:30 a.m. to 4:30 p.m.  
Individuals within 180 days of retirement or separation can have the DAV review their medical records in preparation of filing for VA Disability Compensation through the VA Form 21-526. Call for more information or an appointment.

**Transition Assistance seminar**

Oct. 20-23, 7:30 am to 4:30 pm  
Separating in a year or retiring in two years or less? TAP workshop is designed to provide the knowledge and skills necessary for a successful transition into the civilian workforce. Learn interviewing skills, resume writing, networking, negotiations, dress for success, and much more. Call now to reserve your spot in the next available TAP class. These workshops fill very quickly so plan your attendance well in advance.

**Sponsor training**

Oct. 27, 8 to 9 a.m.  
This class is for those who have been assigned to sponsor a newcomer to the Academy. Contact your unit sponsorship monitor to sign up for this class.



**Haunted Trail**

Ghosts and goblins beware! You can't compete with the terror that is HT 09! Bigger and better than anything before, we are terrified to announce this year's Haunted Trail.

Cheyenne Mountain Air Force Station will be completely transformed into a horrific delight. Visitors will be treated to an outdoor haunted house on Oct. 29 and 30. Hours of operation will be from 7 to 11:30 p.m. Admission is \$5 for DoD ID holders and \$8 for all others.

Cheyenne Mountain Firefighters together with the CMAFS Top 5 Organization have created an event the entire family will be sure to enjoy. Face painting, food, and games will also be available. Bring the family for a safe and memorable Halloween.

Visitors are encouraged to dress warm. Parents please use discretion. This is a truly scary Trail and we recommend

customers be 10 or older. Cheyenne Mountain Air Force Station is located on Hwy. 115, North of US 85/87. Take the NORAD Rd. exit uphill and follow the signs.

For more information, call Josh Sexton at 719-474-3030.

**Boo at the Zoo**

Cheyenne Mountain Zoo offers kids Halloween festivities in a safe and unique environment with this year's Boo at the Zoo, Oct. 16-18 and 23-25 from 5:30 to 8 p.m. each night. Candy will be available at more than 20 spooky treat stations, and select animal exhibits will be open, including the Rocky Mountain Wild exhibit, the Zoo's famous giraffes, hippos, Monkey Pavilion and Lion's Lair.

The popular haunted fun house and the ghostly graveyard both return this year to offer frightful fun for all members of the family. At the entry to Rocky Mountain Wild, the Lodge at Moose Lake will feature education interpreters providing an entertaining introduction to Spooky Zoo creatures for multiple shows each evening. Tickets are sold each night of the event at the Zoo only.

Admission is \$15 for kids ages 3-65 and free for those under 3 or over 65. Zoo member admission is only \$9. No passes or coupons will be accepted.

**Coffin race**

The Emma Crawford Festival will be held Oct. 24 from noon to 3 p.m. in downtown Manitou Springs.

Ms. Crawford, who died in 1891, is remembered in this annual festival. She was buried on Red Mountain near Manitou Springs, but stormy weather washed her remains down the side of the mountain.

The festival remembers her with a light-spirited race wherein participants race coffins and a stand-in for the late Crawford down the city's historic district. The race is followed by a parade.

Registration for the race begins at 10 a.m. on the day of the event. For more information about the festival, contact the Manitou Springs Chamber of Commerce and Visitors Bureau at 685-5089 or go online at [www.manitou-springs.org](http://www.manitou-springs.org).

**Oktoberfest**

Sat., Oct. 24, 11 a.m.-3 p.m.  
Under the Big Top Falcon Stadium

Enjoy German food, beer and entertainment!  
Bratwurst, Frankfurter, Turkey Legs, Steak on a Stick, Sauerkraut, Giant Pretzels and more for sale!

German Band and Dancers  
Local crafters & vendors  
Youth Carnival & Ski Expo



\$5 fee to sample local brews and receive Commemorative Glass while they last

**SCHEDULE OF WORSHIP**

**CADET CHAPEL**

Call 719-333-2636 for more information.

**Buddhist**  
Wednesday - 6:30 p.m.

**Jewish**  
Friday - 7:00 p.m.

**Muslim**  
Friday Prayer - 12:15 p.m.

**Protestant**  
Traditional Worship  
Sunday - 9:00 a.m.  
Liturgical Worship  
Sunday (Music Room) - 10:30 a.m.  
Contemporary Worship  
Sunday - 11:00 a.m.

**Roman Catholic**  
Mass  
Sunday - 10 a.m.  
Academic Year, when cadets are present  
Mon, Tues, and Thurs - 6:40 a.m.  
Wednesday - 6:30 p.m.

**Sacrament of Penance**  
Sunday - 9:15-9:45 a.m.  
Academic Year, when cadets are present  
Wednesday - 5:30-6:15 p.m.

**Exposition of the Blessed Sacrament**  
Academic Year, when cadets are present  
Wednesday - 5:30-6:20 p.m.

**Paganism/Earth-centered Spirituality**  
Contact TSgt Longcrier at 719-333-6178 or [Robert.Longcrier@usafa.edu](mailto:Robert.Longcrier@usafa.edu)

**COMMUNITY CENTER CHAPEL**

**Catholic Masses:**  
**Saturday**  
Reconciliation - 3:30 p.m.  
Mass - 4 p.m.  
**Sunday**  
Mass - 9 a.m.  
Religious Formation - 10:15 a.m.  
(September - May)  
**Tuesday-Friday**  
Mass - 11:30 a.m.

**Protestant Services:**  
**Wednesday**  
Wednesday Night Live - 6 p.m.  
Dinner followed by Religious Education  
(September - May).  
**Sunday**  
Evangelical - 10:15 a.m.  
Gospel - 11:30 a.m.

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INSURANCE PRODUCT  
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EVERYONE ELSE'S AWAY."**

— Trigger, Elk River, Minn.  
[usaa.com/reviews](http://usaa.com/reviews), 2009

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