



## Jump

Air Reserve component personnel support breast cancer awareness

See story Pages 12-13

Courtesy photo

## Academy CFC finishes week at 96 percent

**USAFA Goal:  
\$530,000**



By Academy Spirit staff

"We are at 96 percent of the Academy's goal, or \$509,000," said Academy Combined Federal Campaign project officer Capt. David Alaniz Thursday. "We just need 4 percent more to reach the goal."

He is pushing hard for this last week to hit the goal.

Others have been doing the same. The 10th Air Base Wing commander and chief took a pie in their faces for the campaign.

The captain said there were too many lessons learned to count.

"I think picking the campaign team is essential," Captain Alaniz said. "We have excellent unit project officers, key workers, and a one of a kind finance officer. The Academy is extremely lucky to have this kind of dream team and should be proud of all their help and accomplishments. Having strong support from the leadership is important because they can make things happen. This campaign had support from the commanders down to the 'dream team' of workers. The cumulating force resulted

in a solid campaign."

The captain believes the key to this success is the passion and determination from base leadership which is trickling down to all levels.

"The resilience of the Academy was evident through the campaign's start and as we are getting closer to reaching our goal of \$530,000," Captain Alaniz said. "Many fundraisers and events have been successful and are increasing in participation. Fun runs, pie in the face, chili cook offs, car washes, are just some of the examples of events that have taken place. Hats off to the men and women of the Academy. Thanks for helping others in their time of need."

The 10 ABW is scheduled to hold a CFC carwash this weekend to help push the Academy over the goal line. The carwash will be held at the Part-day Enrichment Center located at 5150 Community Center Dr. Donations can benefit the specific CFC organization of your choice or it can go toward all CFC organizations. To volunteer or for more information, contact Diana Thrasher at 333-8264.

**WEEKEND WEATHER**

**FRIDAY**  
54 33  
MOSTLY SUNNY

**SATURDAY**  
65 35  
SUN

**SUNDAY**  
59 30  
PARTIALLY CLOUDY

### Preventing Domestic Violence

Be supportive by being an active listener and reminding the victim that what's happening isn't their fault.

Page 7

### Race for the Cure

More than 150 cadets kept the ball rolling in the fight against breast cancer during Colorado Springs' Susan G. Komen Race for the Cure.

Page 8

### Falcon Football

Falcons post their first shutout against a Mountain West Conference opponent in 12 years.

Page 15

# What's the most popular computer password?

By Master Sgt. Russell Petcoff  
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — Do you know what the most popular computer password is?

My guess would have been “password” or the ever-sneaky “p@ssword.” Turns out, the most common password is “123456.” Wow, that will surely baffle cyber crooks.

Believe it or not, some folks have looked into that. They researched passwords stolen from a popular e-mail service by phishers. Another popular password is “111111.” My guess is security is not on the mind of anyone choosing that password.

I bring this up because October is Cyber Security Month. It's time for everyone to think about their efforts to protect their computer systems and identity while online.

Secretary of the Air Force Michael Donley and Chief of Staff Gen. Norton Schwartz wrote about the importance of cyber security in a memorandum dated Aug. 20.

“Cyberspace is a contested domain, and the fight is on, today,” they wrote. “Every Airman holds the key to success, and every Airman must become a cyber defender, whether acting as part of a team or individually on Air Force networks. We must all conduct ourselves as ‘Cyber Wingmen,’ recognizing that our actions and activities on the network affect every other Airman and impact our ability to execute the broader Air Force mission. We will, in short, deliver on our promise to fly, fight and win ... in air, space and cyberspace.”

No doubt, everyone has read cyber security tips. It's always a good idea to

review them if you've read them before. And if these tips are new to you, hope you will take them to heart. Air Force cyber security officials recommend the following tips for your home computer:

— Use Anti-virus programs. Servicemembers and government employees can download free antivirus programs at [https://www.jtfgno.mil/antivirus/antivirus\\_homeuse.htm](https://www.jtfgno.mil/antivirus/antivirus_homeuse.htm).

— Keep firewalls turned on. Firewalls keep out hackers and prevent any malware from sending out your personal data over the Internet. Both Windows and Mac OS X have basic firewalls installed.

— Install a spyware/malware removal tool. Not all antivirus software removes spyware and adware. Look for spyware/malware removal tools.

— Don't use an administrative account. Administrator accounts on your computer should only be used when you want to make big changes to your system, or install new software. At all other times you should be using “standard user” accounts.

— Choose a strong password. This is one of the most important security steps anyone can take. Use a password with a minimum of 12 characters; however, more is even better. Your password should include capital letters, lowercase letters, punctuation, numbers and special characters. According to National Cyber Security Alliance (<http://www.staysafeonline.info/>) one way to choose a strong password is to choose an easy-to-remember phrase and convert initial letters into a password. “For example, ‘Only you can prevent forest fires’ could become: oYcp4estF;” according to NCSA officials.

— Keep the operating system up to date. Be sure to install the updates to en-

sure your computer has the latest protection. The best solution is to have the computer set for daily automatic updates.

— Be careful what you download. Carelessly downloading e-mail attachments can circumvent even the most vigilant anti-virus software. Never open an e-mail attachment from someone you don't know and be wary of forwarded attachments from people you do know.

Many people like to surf the Internet while enjoying a “cup of joe” at the local coffeehouse. NCSA officials warn users of WiFi hotspots.

“The most convenient wireless services — free hotspots offered by coffee shops, schools, libraries, etc. — carry the greatest risks,” according to NCSA officials. They warn criminals can use the public network to intercept your online activities.

If you use a laptop, there are additional security considerations, according to NCSA officials:

— Treat your laptop like cash.  
— Keep it locked with a security cable.  
— Keep it off the floor.  
— Use a non-descript carrying case.  
— Keep your passwords elsewhere.  
— Password protect your system.  
— Backup important data before traveling.

— Write down serial numbers to your laptop and keep it safe.

— Mark or engrave your name and telephone number on it.

— Report theft to local authorities immediately. Also, go to Consumer Information section of the Federal Trade Commission ([www.ftc.gov](http://www.ftc.gov)) to learn about data breaches and identity theft.

So remember, you are the key to your cyber security either at home or at work. It should be a way people lead their lives.

## ACADEMY SPIRIT

To responsibly inform and educate the Academy community and the public about the Air Force Academy

**Lt. Gen. Mike Gould** — Academy Superintendent  
**Lt. Col. Brett Ashworth** — Director of Public Affairs  
**Staff Sgt. Eric Bolt** — Chief of Internal Information  
[eric.bolt@usafa.af.mil](mailto:eric.bolt@usafa.af.mil)  
**Ken Carter** — Editor  
[kenneth.carter@usafa.af.mil](mailto:kenneth.carter@usafa.af.mil)  
**Butch Wehry** — Senior Staff Writer  
[whalen.wehry@usafa.af.mil](mailto:whalen.wehry@usafa.af.mil)  
**Ann Patton** — Staff Writer  
[elizabeth.patton.ctr@usafa.af.mil](mailto:elizabeth.patton.ctr@usafa.af.mil)  
**Denise Navoy** — Graphic Designer

The *Academy Spirit* is published by Colorado Springs Military Newspaper Group, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the U.S. Air Force Academy. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Academy Spirit* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Colorado Springs Military Newspaper Group, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The printer reserves the right to reject any advertisements.

Editorial content is edited, prepared and provided by the U.S. Air Force Academy Directorate of Public Affairs. The editor reserves the right to edit articles to conform to Air Force policy and Associated Press style. All photos are U.S. Air Force photos unless otherwise indicated.

### Submissions

Send submissions to: HQ USAFA/PAI, 2304 Cadet Drive, Suite 3100, U.S. Air Force Academy, CO 80840-5016 or deliver to Suite 3100 in Harmon Hall.

**Deadline for free classified ads on a space-available basis is noon every Tuesday for that week's publication date.** Paid classified advertising is accepted by the publisher at 329-5236. The number to call for display advertising is 634-5905.

**Deadline for all stories is noon Friday, one week prior to the desired publication date.** Refer questions to the *Academy Spirit* editor at 333-8823.

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



## Character Corner Very important lessons learned from honor probation

My name is Cadet 1st Class Robert Mobley and I am a Class of 2009 cadet here at the Air Force Academy. I am still here because I committed a violation of the honor code last semester. I was very fortunate to be granted the privilege and opportunity to serve on honor probation. While most people think that honor probation is a very hard ordeal that takes away one's liberty to go out into town, listen to music, and watch movies, I believe that it is something much more than that. For me, it has been something that has taught me some of the most important lessons I have ever learned, and I would like to take a moment to share them with you.

I think one of the most important things, and also maybe one of the hardest things, I have learned thus far is that I can/do make mistakes. I have a type-A person-

ality and I am a very high achiever. I had a very hard time accepting the fact that I made a mistake, a huge mistake that has affected the rest of my life, but I do know that it does make all of the difference on how we handle ourselves and what we learn after we make our mistakes. A person who can accept that he or she has made a mistake and make every effort possible to learn and correct themselves from their mistake is a person who exhibits good character.

Another thing I have learned from probation is that the most important thing we have as human beings is our character, integrity and reputation. Once we die, this is what will be used to judge us by those who have survived us. It is important that we protect these things with all that we have. No one can take them away from you but

you. It can take a lifetime to build the perfect character, reputation, and integrity and only a second to destroy it.

One other thing I have learned while on probation is that character building is a lifelong event. I do not think that we ever reach the point when we can say “I am a person of perfect character.” As evident in the book *Character is Destiny* written by Russell W. Gough, we must always evaluate our character and we must always be willing to adjust it for the better. I think that probation has provided me a wonderful opportunity to learn this and to develop wonderful habits such as journaling and reflecting to do exactly this.

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).



“I wash my hands and use hand sanitizer. I also just got a flu shot.”

Tech. Sgt.  
Tedd Beyale  
Cadet Wing



“I'm not allowed to have flu shots but I do lots of hand washing and use hand sanitizer.”

Bob Johnson  
Retired Air Force  
member



“I got a flu shot and cover my nose. I keep hand sanitizer in my car.”

Freida Shorke  
Family member



“I wash my hands a lot and stay away from crowded places. I also plan to get a flu shot.”

Helayne Tabrah, R.N.  
Family member



# Year of AF Family identifies needs

By Ann Patton  
Academy Spirit staff

Secretary of the Air Force Michael Donley and Gen. Norton Schwartz, Air Force chief of staff, have named July 2009 to July 2010 the "Year of the Air Force Family."

Plans are in place to highlight both the services in place and to examine needs which may not be presently identified.

Col. Sandy Adams, Air Force Services Agency commander, was at the Academy Tuesday to meet with active duty and civilian representatives for round-table discussions on issues surrounding Air Force families.

"This is not a new program," Colonel Adams said of the annual event. "We're taking a year to look at what is being done for Air Force families."

Targets for discussion include those considered members of the Air Force family—active duty, National Guard and Reserve, family members, retirees, parents, civilians and contractors, as well as the Colorado Springs community as a whole.

She pointed out family concerns have been changing, especially since the Air Force has been involved in a state of conflict for 20 years, thus raising the operations tempo.

"The sense of community of the Air Force is not what it used to be," she said and added the Air Force is examining health and wellness, family support and housing, education development and employment as pillars for discussion.

The round-table discussions at the Falcon Club involved four groups, first single Airmen, then lower enlisted members, higher enlisted members and officers.

Colonel Adams opened discussions by polling the groups as per their communications avenues, housing arrangements, deployments and family members.

Issues covered a variety of topics, from wireless connections during deployments to the need to give incentives to Airmen to become involved in on-base activities, commissary and base exchange usage and housing privatization topics.

Under discussion was the lack of an on-base movie theater and the closed outdoor swimming pool at the Falcon Club, plus base activities aimed at teenagers, support for parents of children with special needs and



Photo by Airman First Class Adam Grant

First Lt. William Jacks, 34th Bomb Squadron pilot, bids farewell to his daughters, (left) Anna and Rachel, prior to a deployment to Southwest Asia. Air Force family concerns have been changing, especially since the Air Force has been involved in a state of conflict for 20 years.

disparities in basic housing allowances.

Also at issue is the presence of aging parents in homes of Air Force members.

"I think that's going to be a growing issue," Colonel Adams said.

She asked those attending if the decision to separate from the Air Force might be in their near future, stressing it is strictly a personal decision.

The sheer expanse of Academy grounds was discussed as an issue itself in terms of personal vehicle availability and travel time to various locations for meals and leisure activities.

One idea put forth was a form of Airman social network whereby Airmen could share interests, such as golf.

It was pointed out those assigned to the Academy are

frequently tasked to provide support for special events outside normal working hours, such as graduation, basic cadet training, Commandant's Challenge and sports events. There was general agreement, however, that those involved readily come together and make such events happen successfully.

Edward Gavagan, director of the Airman & Family Resource Center, pointed out his agency stands by to assist families and is involved with pre-deployment operations when Airmen may express any needs family members may have during deployments. He stressed, however, individual Airmen need to take the initiative to inform the AFRC of those needs.

Colonel Adams is one of six representatives from Air Force Services Agency traveling Air Force-wide to receive input on family-related issues this year.

## FRONT RANGE OBSTETRICS & GYNECOLOGY

C. Scott Russell, MD FACOG

- We deliver at the beautiful, brand new St. Francis Medical Center.
- We gladly accept TriCare.
- We have convenient Tuesday evening and Saturday morning hours.



6160 Tutt Boulevard, Suite 270 • Colorado Springs, CO 80923  
Phone: (719)599-4692 • Fax: (719) 260-6250  
www.frontrangeobgyn.com • E-mail: frontrangeobgyn@q.com

## Gentle Dental Care

Howard Short, D.M.D.  
Accepting  
United Concordia Insurance  
for military families!

**CALL  
FOR APPOINTMENT!  
719-574-7631**

**5739 Constitution Ave.**  
(SW corner Constitution and  
Powers next to Walgreens)



## Online Degree Programs

College of Information Sciences and Technology (IST)  
at Penn State

Penn State understands the need for IT professionals in the military and offers degrees to advance your career, with online classes you can take anywhere in the world.

Meet the leaders of our online education program and learn how our degrees can benefit you.

**We'll be in the Fort Carson area  
on Monday, October 26.**

To set up an appointment, contact:  
**Shaun Knight**  
Associate Director, Online Education  
814-883-8375  
sknight@ist.psu.edu

Current Penn State students are welcome, too!

Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce. U.Ed. IST 10-12

## United States Air Force Academy



# Winter EXPO

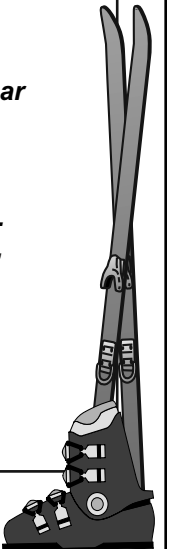
**Saturday, Oct. 24  
9 a.m.-3 p.m.**

**Under the Big Top at Falcon Stadium**

- **LODGING & SKI RESORT Reps**  
Loveland, Vail Resorts, Monarch, Crested Butte, Ski Cooper, Steamboat, Copper Mountain, Winter Park and Rocky Mountain Blue
- **NEW & USED Ski Apparel & Gear**
- **Oktoberfest - 11 a.m. - 3 p.m.**  
Food, band, beer and fun!
- **Youth Carnival - 11 a.m. - 3 p.m.**  
Games, pony rides, contests, bounce houses and more!

## Ski Swap Oct. 24

Bring in your skis & ski equipment for consignment to ORC from Oct.13-17, 9 a.m.- 5 p.m.  
Max 10 items  
333-4356 for more info!



Sponsor: USAA, DeVry University, Richmond Homes and Lincoln Mortgage (No federal endorsement of sponsors intended)

# Even goblins need safe environments

By Academy Spirit staff

'Tis a frightening time but there's a lot of ways to make Halloween safe.

"Trick or Treat should be fun for the whole family," said Phil Deremer, Academy deputy director of safety. "Everyone has a part to play to ensure the little ones have a great but safe time. Parents dress your children in costumes that do not limit breathing, vision, hearing, movement and are reflective or brightly colored."

He advises escorting children and keeping to the sidewalks without crossing yards and watching out for vehicles backing from driveways.

"Parents don't allow unsafe behavior," said Mr. Deremer. "Excitement can prevent children and adults from exercising good judgment. Plan to be safe and enjoy the Halloween fun. Evaluate your potential risks before you head out. Manage them like you planned."

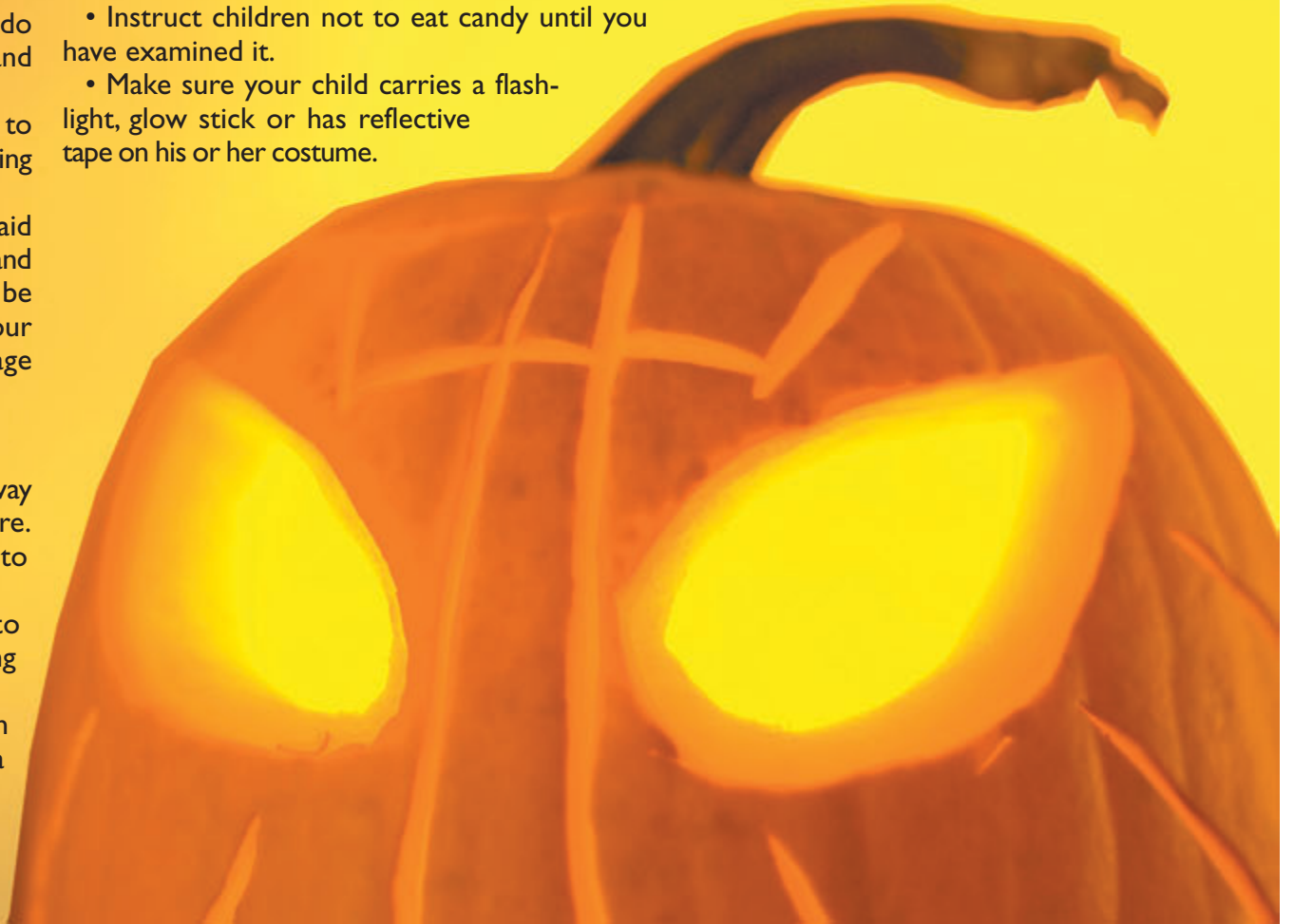
## Halloween tips include:

- Make sure jack-o-lanterns are out of the way so kids costumes won't accidentally catch on fire.
- Don't let small children use sharp knives to cut pumpkins.
- Teach kids not to get in cars or talk to strangers and look both ways before crossing streets.
- For parties, set up a table with treats, punch and goodies in your front yard if you live in a small neighborhood. Invite children and parents to stop by for refreshments. Set up a nice haunted yard.

## For trick or treating:

- It should be done during daylight hours unless accompanied by a responsible adult.
- Plan a safe route to know where older kids will be.
- Set a time for their return home.
- Stop only at familiar houses unless kids have an adult with them.
- Instruct children not to eat candy until you have examined it.
- Make sure your child carries a flashlight, glow stick or has reflective tape on his or her costume.

- For yard haunts get extra homeowners insurance for a few nights.
- A battery-operated light source can cut down on fire hazards.
- Chocolate can be deadly for dogs.
- Evaluate potential risks before children head out.



## Masters Degree in *Counseling*

School or Community Emphasis  
**ONLINE PLUS**  
**CACREP Accredited**

[counselored.adams.edu](http://counselored.adams.edu)  
719.587.8138



THE PINERY  
*A Bridal Fair*  
IN THE FOREST  
**October 31, 2009**  
Saturday 10am - 4pm ~ Free Admission & Parking  
Fashion Show at 11:30AM from *Something is Not Boutique*

**Enter to Win the \$10,000 All Inclusive Wedding & A Honeymoon Trip to Las Vegas!**  
from The Pinery at Black Forest

WELCOME TO Fabulous LAS VEGAS NEVADA

Cake Decorating Contest 2pm  
Hourly Prize Give Aways  
Top Wedding Vendors...

HALO Jerry Martin Studios PicturesDunnRite.com Photography

Visit [www.thepinery.com](http://www.thepinery.com) for all the details.  
12375 Black Forest Rd,  
Colorado Springs, CO 80908

CELEBRATING 10 YEARS  
**BEST OF**  
10 COLORADO SPRINGS 09



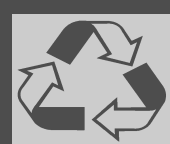
"I love to swim." Those words are amazing coming from Brandon, a vibrant 13 year old doctors thought would never walk. He was diagnosed with cerebral palsy shortly after birth. Today he is as playful and mischievous as any other kid his age.

With United Way providing funding, the Cerebral Palsy Association helped cover out-of-pocket expenses of therapy and provided wheelchairs and walkers for Brandon over the years.

Roller coasters are Brandon's biggest thrill. When he describes his favorites, his eyes light up. Brandon has to work hard every day just to keep moving, and with a little help from his "friend," he'll continue to push forward.



To learn more about our programs or to make a pledge, visit [www.ppunedway.org](http://www.ppunedway.org) or call 719-632-1543



Please  
Recycle

# Air Force officials release fleece wear policy



By Brad Jessmer  
Air Force Uniform Office Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The 98th Air Force Virtual Uniform Board released a policy message Oct. 9 here for wearing the new Air Force sage green fleece as an outer garment for the Airman Battle Uniform.

According to the message, the sage green fleece may only be worn over the ABU top, and is not authorized to be worn solely over a T-shirt, thermal underwear and similar undergarments, when worn as an outer garment.

The message signed by Lt. Gen. Richard Y. Newton III, deputy chief of staff for Manpower and Personnel at, Headquarters U.S. Air Force, Washington, authorized wear of the sage green fleece requires the following:

— A Velcro ABU print last name tape with dark blue block lettering, centered between the zipper and sleeve seam on the wearer's right chest.

— A Velcro ABU print U.S. Air Force tape with dark blue block lettering, adjacent to the name tape and centered between the zipper and sleeve seam on the wearers left chest.

Courtesy Photo

**Sage green fleece outer garments with proper placement of name and rank tapes. Members of the 98th Air Force Virtual Uniform Board released a policy message for wearing the new Air Force sage green fleece as an outer garment for the Airman Battle Uniform.**

— A Velcro subdued cloth rank with a solid sage green background, flushed and centered above the last name tape on the wearer's right chest.

— The fleece must remain zipped no lower than halfway between the name tape and the collar.

— The collar must be folded over and resting on the shoulder, chest and back when the zipper is not completely zipped.

— The bottom length of the fleece must be as close to length of ABU top as possible.

— The sleeves must be worn down at all times.

— The fleece must be kept in a neat, serviceable and professional appearance at all times.

Items authorized for wear with the fleece include black or sage green leather, suede or knit gloves, black or sage green watch caps, black scarves that are tucked in, and black ear muffs.

The uniform board has authorized wear of the sage green fleece without name tapes and rank as an outer garment until Oct. 1, 2010. Both the black and the green fleece without tapes and rank may be worn as a liner to the all-purpose environmental clothing system, or APECS. The black fleece will phase-out Oct. 1, 2010.

New sage green fleece outer garments will be made available first to deployed Airmen.

Airmen with questions should address them through their chain of command, or by call the Air Force Personnel Center at 800-525-0102, or DSN 665-5000.

## NAVY FEDERAL CREDIT UNION

IF YOU'RE IN THE AIR FORCE,  
YOU'RE IN WITH US.

We're Navy Federal, but don't let the name fool you. Our members serve in the Air Force, Army, Marine Corps and Navy. We're open to their family members and DoD civilian employees, too. Join today and enjoy our complimentary 24/7 phone support, over 40,000 free ATMs, worldwide branches and online account access. Not to mention products that are unique to military life, including Active Duty Checking® and special loan discounts. So no matter what uniform you wear, Navy Federal is for you.

To join, call 1-888-842-6328  
or visit [navyfederal.org](http://navyfederal.org).  
Visit our branch: 1139 Space Center Drive  
Colorado Springs, CO

**NAVY**  
**FEDERAL**  
Credit Union®

# New PT rules will not take away from unit fitness

By Staff Sgt. Carolyn Viss  
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE, Hawaii — Everyone in the Air Force is required to maintain fitness. In fact, in January 2010 the new physical fitness testing criteria will take effect, requiring Airmen to meet minimum requirements in each category or fail the test.

Now, Air Force officials are restructuring the requirement for commanders to conduct regular, group physical training. This is leaving many Airmen worried that stricter PT standards and less PT time may hurt their ability to meet the standards while balancing home, deployment, career and educational goals.

But, that need not be the concern.

“The intent of this policy revision is to give commanders more ability to design

and develop their unit PT programs to meet the mission of their units and AFSCs,” said Jason Ham, the Human Performance and Rehabilitation Center director here. He recently was presented the Arthur S. Flemming Award for founding the HPARC, making Hickam AFB’s program a benchmark for the Air Force and DoD. The Flemming Award honors outstanding federal employees.

He predicts commanders now will have to report the metrics on pass and fail rates to both major command and air staff officials, which was not previously required. With PT being on the “commander’s dashboard” of high-interest items, commanders will take it more seriously than ever, he said.

“There’s no possibility of commanders saying, ‘I can’t stand unit PT, so we’re not gonna do it,’” Mr. Ham said.

“They can’t afford to report 50 percent fail rate metrics to the MAJCOM because they’re now being graded on that.”

Col. Giovanni Tuck, 15th Airlift Wing commander, said he doesn’t anticipate making any changes to the wing, but will allow each unit commander to determine what is necessary to accomplish the mission.

“What leadership doesn’t want to happen is for people to make excuses for failing the PT test and say, ‘My boss didn’t let me have mandatory PT time,’” Colonel Tuck said.

The mandate, while allowing commanders more freedom and keeping them accountable for PT statistics, also places the responsibility for physical fitness back where it belongs: on the individual, said Tech. Sgt. Chris Gibson, a 15th Medical Group physical training leader.

“It’s the way it should be, because it’s a personal issue just like studying for promotion testing,” Sergeant Gibson said.

However, the 15th Medical Group commander, Col. Debra Doty, doesn’t plan to make him change his 6 a.m. group PT sessions, he said.

“It’s easier to do when you have 50 people doing PT with you,” Sergeant Gibson said. “In our unit, Airmen partner with other Airmen around the same fitness level and push each other to do better.”

That kind of group accountability builds morale in his unit because his Airmen cheer each other on, he said.

“You don’t want to disappoint the guy next to you, so you’re going to keep going even if you would normally stop on your own,” he said.

See PT, Page 7

# Bomb technicians lead fight against IEDs

By Ian Graham  
Special to American Forces Press Service

WASHINGTON – Improvised explosive devices have forced a change in modern combat. Deadly weapons can come in the form of a five-gallon bucket, a package in the mail or a filled-in pothole in the middle of the road.

No one knows that better than Staff Sgt. Armando


Robles and Airman 1st Class Rileigh Woodward, members of a military “bomb squad.” Robles and Woodward discussed IEDs and other threats in Afghanistan during an Oct. 8 “DoD Live” bloggers roundtable. The two serve as joint expeditionary tasked Airmen assigned to the 755th Air Expeditionary Group at Bagram Airfield, Afghanistan.

Airmen on the ground in explosive ordnance disposal units are scattered across Afghanistan in teams,

searching for and dismantling explosive devices before they can harm anyone. They use unique tools, from multi-million-dollar robots and mine-resistant, ambush-protected vehicles to water and plastic bottles — anything that can be used is being used — to defeat these threats.

Sergeant Robles and Airman Woodward work in and around Bagram Airfield, going out on calls when potential threats are reported, similar to a city fire department.

See IEDs, Page 9




## Free COLLEGE CHECKING

No matter how many times you change your major,  
you’ll never have to change your account.

At Ent,<sup>®</sup> we understand there’s not a lot of extra money when you’re in school. Free College Checking lets you earn dividends on your balance, with no monthly fees or minimum balance. And, it comes with a free Visa<sup>®</sup> Check Card that earns Rainbow Rewards<sup>SM</sup> cash back, free Online Banking and Bill Pay, free eStatements and Email Alerts, and access to thousands of free ATMs nationwide.


For more information, visit [Ent.com/FreeCollegeChecking](http://Ent.com/FreeCollegeChecking).



Ent<sup>®</sup>

Where you belong.

Ent is a community-chartered credit union • Equal Opportunity Lender • Federally insured by NCUA  
© Ent Federal Credit Union, 2009 • Ent is a registered trademark of Ent Federal Credit Union.



HUNGRY?

• saving for sushi? • lusting for lasagna? • tasty sandwich? • longing for linguine? • pining for pizza? • praying for pastry? • craving for fondue? • famished for crab cakes • jonesing for java? • starving for steak? • mad for muffins? • yearning for enchiladas? • ravenous for ravioli • eager for eggrolls? • tantalizing tandoori? • thirsty for margaritas? • tasty falafel? • gyros or heroes? • hankering for hot cakes? • sa

You’ll find special discounts!



Looking for new spots to enjoy great food? Whether you crave a “Smothered dog” or seek a spot for a romantic rendezvous, check out our new *Cork ‘n’ Fork* guide just before the classifieds.

FREE FOOD!

• saving for sushi? • lusting for lasagna? • tasty sandwich? • longing for linguine? • pining for pizza? • praying for pastry? • craving for fondue? • famished for crab cakes • jonesing for java? • starving for steak? • mad for muffins? • yearning for enchiladas? • ravenous for ravioli • eager for eggrolls? • tantalizing tandoori? • thirsty for margaritas? • tasty falafel? • gyros or heroes? • hankering for hot cakes? • sa

You’ll find special discounts!



Play our “Bite Me” trivia contest for a chance to win a

\$20 GIFT  
CERTIFICATE TO



• saving for sushi? • lusting for lasagna? • tasty sandwich? • longing for linguine? • pining for pizza? • praying for pastry? • craving for fondue? • famished for crab cakes • jonesing for java? • starving for steak? • mad for muffins? • yearning for enchiladas? • ravenous for ravioli • eager for eggrolls? • tantalizing tandoori? • thirsty for margaritas? • tasty falafel? • gyros or heroes? • hankering for hot cakes? • sa



Check out our new *Cork ‘n’ Fork* section in the classifieds. Find the “Bite Me” trivia question and email the correct answer to [classified@csmng.com](mailto:classified@csmng.com) for your chance to win our bi-weekly drawing.



# Preventing domestic violence: *It's everyone's business*

By Kristin Larkey, Outreach Manager  
USAFA Family Advocacy Program

Every 15 seconds a woman is physically assaulted in her home. In El Paso and Teller counties, five people died during domestic violence crimes in 2008. Abused women commonly experience fear, shame, depression, anxiety, difficulties sleeping and confusion.

But not all domestic abuse involves physical violence.

Emotional abuse can be just as damaging as physical abuse—sometimes even more so. It can involve yelling, ridiculing, harassing, economic control, threats, isolation and intimidation. This type of abuse usually worsens over time, often escalating to physical battery.

Women aren't the only victims of domestic violence—it is also very damaging to the children who witness it. Children who grow up in a home with family violence live in constant fear. They are more likely to experience emotional problems, anxiety, depression, guilt, insomnia, and poor self-esteem. Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next.

Although it's much less common, men

can also be victims of domestic violence. The National Coalition Against Domestic Violence states that men are less likely to report the abuse due to the stigma of being a male victim, the fear of not being believed, and the lack of support from society, family members, and friends.

You may be wondering how you can become involved when someone you know is being abused. One of the most important things you can do is to be a good support system for the victim. You can be supportive by being an active listener and reminding the victim that what's happening isn't their fault. Refrain from judging the victim or pushing them to leave the abuser if they aren't ready to do this yet.

Leaving a domestic violence relationship is a process that takes planning and time. The most dangerous time for a victim

is when they are leaving the relationship. It's common for the victim to have an intense fear associated with leaving the abuser. You can help by encouraging and assisting the victim to develop a safety plan. This should include a detailed plan for how to escape safely from the home, how to protect the children and phone numbers for local shelters and support. You can also help by educating yourself about domestic violence and developing an understanding about the patterns and effects of abuse.

Silence does not help the ones we love find hope or safety. Inform victims that domestic violence is a crime and that help is available.

If you or someone you care about is being abused, contact the Academy's Family Advocacy office at 333-5270.

## PT

From Page 6

Units that work 24-hour operations, first responders, and flightline workers who may not have the ability to work out in a group will be told by their commanders who can PT at which times, Mr. Ham said.

"The intent is to ensure we're shifting the culture to a healthier, fit lifestyle," said the expert exercise physiologist. "It gives commanders flexibility to come up with creative planning to allow people to get fit without detriment to the mission."

He anticipates unit PT programs will be "five times better" than they ever were.

Of course, if people are concerned they can't meet the upcoming minimum requirement as of now, they should get help before the new standards are set in place in January 2010, Sergeant Gibson said.

"That's where the individual part needs to come in," he said. "Talk to a

PTL or someone who can help you out, tell them where you stand and where you need to be, and get ready for that new test, because if you fail any component the test is over."

Ultimately, Mr. Ham said, Airmen need to realize being physically fit is part of their military service.

### TriCare Prime offers off-base routine eye examination benefit!



**No out-of-pocket cost for an eye exam for glasses!**

- Active-duty dependents are eligible once per year.
- Retirees and their dependents are eligible once every two years.

No Primary Care referral is necessary. Simply call for an appointment.



The doctors next to LensCrafters are contracted TriCare Prime Providers. They offer three convenient Colorado Springs Locations for eye examinations with appointments Monday through Saturday. No more waiting for an appointment on base.

Southside	Between	Northside
Citadel Mall	Vickers & Academy	Chapel Hills Mall
598-1392	548-8717	598-5068

TriCare Standard, TriCare Reserve and TriCare for Life also accepted. Prescriptions may be filled anywhere. Contact lens evaluation available for additional cost. Call for program details.

## HOLIDAY ARTS & CRAFTS FAIR

Saturday, Oct. 31, 2009  
9am to 4pm

FREE ADMISSION  
FREE PARKING

Fountain-Fort Carson High School  
900 Jimmy Camp Road  
Fountain, Colorado



Fantastic Location, just 20 minutes from Colorado Springs  
Take I-25 south to exit 128 and follow signs  
Just 3 minutes from I-25

Support Your Local Artisans And Crafters  
At This Great Holiday Event!  
Concessions Available On sight.

## MASTER'S AND DOCTORATE DEGREES with concentrations in Homeland Security

Keeping the homeland safe – This important work is driven by those with a deep sense of purpose and a commitment to service. In that spirit, Colorado Technical University's Institute for Advanced Studies is proud to offer two new programs. Both our **Master of Science in Management** and **Doctorate of Management** now have concentrations in **Homeland Security**.

### COLORADO SPRINGS CAMPUS

4435 North Chestnut Street  
Colorado Springs, CO 80907

1.888.266.1555

WWW.COLORADOTECH.EDU

CEC2289843 - 5/09

# Cadets turn out for Race for the Cure

By Ann Patton  
Academy Spirit staff

More than 150 cadets kept the ball rolling in the fight against breast cancer during Colorado Springs' Susan G. Komen Race for the Cure last month in Garden of the Gods Park.

Volunteer race director Gay Harrison, Academy Class of 1984, was not surprised at the cadets' willingness to help out.

"All around, cadets set the energy for the race," the retired lieutenant colonel said. "Of our 500 volunteers this year, the impact of the 150 cadets was to energize us all."

More than \$540,000 was raised to screen, treat and educate patients and research a cure for breast cancer.

Cadets pitched in on race day from 4 a.m. to 2 p.m. to direct traffic in darkness, work the information tent, unload refreshment products, assist in stage recognition of the survivors and direct more than 7,000 participants through the race course by manning water stations, the finish line and on buses.

"Their enthusiasm and service before self was great," said Mr. Harrison, who serves as deputy for the Academy Admissions Liaison Division.

Cadets also worked all day the day before the race setting up for the race. They also worked during the Saturday "Pooches in Pink" when 300 dogs and their owners braved pouring rain during the dog walk which launched the weekend's festivities.

Cadets of Squadron 11, the Rebeleven,



Courtesy Photo

Participants in the Colorado Springs' Susan G. Komen Race for the Cure pose for a photo during the days activities. Cadets pitched in on race day from 4 a.m. to 2 p.m. to direct traffic in darkness, work the information tent, unload refreshment products, assist in stage recognition of the survivors and direct more than 7,000 participants through the race course by manning water stations, the finish line and on buses.

chose the Race for the Cure as their community service event last year when they learned a family member of a squadron staff member was a survivor. Mr. Harrison said virtually the entire squadron turned out this year to volunteer.

Cadets from other squadrons also lent a hand.

Cadet 2nd Class Laura Cusimano, CS-39, the Jedi Knights, helped with planning and coordinating volunteers before and during the race day. She also helped with set-up and execution of events.

"The Race for the Cure is an outstanding organization with a real,

tangible goal of raising money for breast cancer research," she said.

Like other cadets involved in the service project, Cadet Cusimano donated her free time, an especially generous act for any service academy student.

"I don't mind giving a weekend of my time in order to help raise money to cure a disease which destroys so many lives. That's so much bigger than me," she said. Cadet 3rd Class Kurt Brill, CS-11, controlled the finish line flow and cheered on racers through the finish.

He became involved when he learned of a squadron family member was a survivor and was happy to donate his time.

"Raising money to help local people fight disease is definitely worth it," he said.

October is breast cancer awareness month and awareness of its risks is key to saving lives. Nationally, one of every eight women will develop breast cancer in their lifetime. The national Susan G. Komen Foundation helps save lives all over the world. The Colorado Springs affiliate helps women, and men, in El Paso, Pueblo and Teller Counties. Seventy-five percent of the net dollars stay in those counties.

Nationally, the Foundation has granted more than \$1 billion to fight the disease.

*We'll Keep The Sparkle In Your Smile!*

**Peregrine**  
Family Dentistry, PC  
Dr. Clarisa Mantanona

Visit Our Beautiful, State-Of-The-Art Office And Let Us Help You To Maintain A Lifetime Of Confidence In Your Appearance For You And Your Family

1920 Vindicator Dr., Suite #211  
719-314-2088  
[www.peregrinefamilydentistry.com](http://www.peregrinefamilydentistry.com)

NOW ACCEPTING NEW PATIENTS • MILITARY INSURANCE ACCEPTED

★ ★ ★ ★ ★ MARINE VETERAN ★ ★ ★ ★ ★  
Honoring Fellow Service Members,  
Law Enforcement & Firemen with a  
**10% DISCOUNT**

FULL SERVICE TAXIDERMY STUDIO  
Graduate of Colorado • Institute of Taxidermy Training

719-660-2224  
[www.greataxidermy.com](http://www.greataxidermy.com) • [info@greataxidermy.com](mailto:info@greataxidermy.com)

★ ★ ENTERTAINMART'S ★ ★  
**BIGGEST SALE OF THE YEAR**  
BLACK FRIDAY, NOVEMBER 27TH, 5AM-8AM  
Look for details on our website:  
[www.entertainmart.net](http://www.entertainmart.net)  
or see our in-store flyers

MOVIES ★ GAMES ★ MUSIC

651 N. Academy Blvd. • (719) 380-8580

ACADEMY ALLERGY, ASTHMA, AND SINUS CENTER  
*"You Serve Our Country. We Will Serve You!"*

Ashok Rambhai Patel, MD  
and Scott Pace, MD

Both Trained at National Jewish Hospital and Board-Certified Allergists  
Appointments immediately available

WE ARE NOW ACCEPTING NEW PATIENTS  
WE WELCOME ALL PRIVATE INSURANCES & TRICARE

Two of many compliments we have received from our patients:  
"I thank you very much for taking care of me during my illness. You are indeed a healer for people with sickness due to allergies, asthmas or any upper respiratory problems."

"For 20 years I have struggled with extended bouts of coughing. I consulted you....after using the medications you prescribed, I cough very little and breathe so much more easily."

3116 N. Elizabeth Street  
Pueblo, CO 81008  
(719) 542-1222

3220 N. Academy, Suite 2  
Colorado Springs, CO  
(719) 637-1222

[www.mybestallergist.com](http://www.mybestallergist.com)

**FOX 21**  
NEWS @ NINE

Your Only 9 PM  
News Hour

Joe Cole  
Stephanie Pytlinski  
Terry Gerbstad

Colorado Connection

Your Up To Date  
FOX21 News and Weather



# IEDs

From Page 6

But the battle against IEDs, they said, is much more than driving around and disposing of potentially harmful explosives.

"It's part of our mission to maintain evidence integrity," Woodward said. "We don't just go out there and haphazardly blow something up. We want to bring back evidence and give it to appropriate units, so they can continue their portion of the counter-IED mission."

A big part of the focus in fighting bomb-makers is winning the "hearts and minds" of the local Afghans. Seeking out the builders, the people teaching those builders and those who support the process of building IEDs in general are crucial to defeating the IED threat, the airmen noted.

"We're trying to get the people, the industry, the villages, the elders and telling them this whole IED threat isn't benefiting anybody," Woodward said. "It covers a lot more than just what we as EOD technicians are going out and ... defeating devices. It covers a very broad spectrum of getting [Afghans] to not support the guys that are making [explosives]."

In that sense, the anti-IED mission is more like a crime investigation than a traditional military operation.

The airmen said many inroads have been made into catching bomb-makers in Afghanistan using crime scene inves-

tigation techniques. Biometric data gathered from defused or undetonated explosives helps to track suspects, and analysis of the technology used helps to create profiles for unidentified bomb builders.

"Depending on the terrain, the area, and the time of year, ... you'll see that some areas are using the same pieces and parts, or using different pieces, but they're built the same way," Woodward said.

The database of information isn't as big as it could be, he said, but many arrests have been made and bomb-makers are being identified thanks to patterns in the information EOD technicians, intelligence officers and other units gather.

But while contributing to an arrest or defusing an IED is satisfying, the two airmen said, it's hardly the most rewarding part of their job. They said contributing to their fellow servicemembers' safety is a big part of it.

Looking at the big picture, Robles said, reminds him why he works in an EOD unit.

"It's usually afterwards, when I find out the impact ... that I see the reward, [and] I feel it and reap the benefits in that sense," he said. "The greatest benefit [to me] is knowing that as a team or a unit, we come back alive and uninjured."

*Ian Graham works in the Defense Media Activity's emerging media directorate.*



Photo by Bill Evans

## Brrrrr

Cadet 2nd Class Eryn Nyre of Chicago heads to class on Wednesday during the first snowy day of the season. Though the potential for up to 5 inches of accumulation was there, as the storm passed over the Academy and the Colorado Springs area only minimal amounts of snow actually fell. Even without the forecasted accumulation the frigid winds and cool temperatures made it a rather uncomfortable day for those on the Terrazzo.

**Have Another Pint At A Second Cup!**

**Happy Hour 2pm Until 6pm, 7 Days A Week!**  
Featuring: Free chips & salsa and \$1 off any appetizer!

**Free Meal**  
Buy any adult entree and receive a second entree of equal or lesser value free.  
Coupon not valid with daily specials. Only one coupon per table per visit. Not valid with any other offer. Coupon not valid at Coffee Cup Café. Coupon good through November 30, 2009.

**NFL Sunday Ticket Right Down The Road! Happy Hour Specials All Day Sundays and Mondays!**

Visit Us At [www.asecondcup.net](http://www.asecondcup.net)

Breakfast Served All Day! 481-6446 13860 Gleneagle Dr. East of the Air Force Academy North Gate  
Open 7 Days a Week - Breakfast, Lunch, Dinner - 6 am to 9 pm

**COLORADO SPRINGS PEDIATRIC DENTISTRY**  
Little People, Big Smiles

Technology with a Caring Touch  
Specialized treatment planning for all ages  
Treatment under conscious sedation and general anesthesia  
Digital radiography for pinpoint treatment plans and reduced radiation exposure  
Parents can stay with children during treatment  
Delta Dental, Tri Care Dental, United Concordia, Cigna and Care Credit plans accepted

Healthy Smiles are Beary Special

**Jeff Kahl, DDS**  
**Derek Kirkham, DDS**

Committed to your children's oral health!

**Welcoming New Patients**  
9480 Briar Village Point, Suite 301 • (719) 522-0123

**Connecting Volunteers with Local Needs**

**VOLUNTEER PIKES PEAK**

A Program of Pikes Peak United Way and the Center for Nonprofit Excellence

Now with a click of a mouse you can find the perfect volunteer opportunity. Search by

- Zip Codes
- Areas of Interest
- Time Availability
- Skills

To find a volunteer opportunity visit [www.volunteerpikespeak.org](http://www.volunteerpikespeak.org)  
For more information call 2-1-1 or 955-0742

# Gates says strategy review moving forward

By Donna Miles  
American Forces Press Service

EN ROUTE TO TOKYO – Questions about the legitimacy of Afghanistan's national elections are a complicating factor, but President Barack Obama's strategic review doesn't hinge on the outcome, and ongoing military operations aren't being affected, Defense Secretary Robert Gates said recently.

The Afghan election issue has "complicated the situation for us," Secretary Gates said, but he said he doesn't expect it to delay the president's decision on the larger issue of charting the way forward in Afghanistan.

"My view is that whatever emerges in Kabul is going to be an evolutionary process," Secretary Gates told reporters traveling with him through Asia en route to a NATO ministerial in Slovakia. "I think we are going to have to work with this, going forward, and the president is going to have to make his decisions within the context of that evolutionary process."

The process goes beyond who ultimately wins the election, he said, to the Afghan people's confidence in their government's legitimacy.

Ninety percent of the Afghan people don't want the Taliban to return to power, a fact the defense secretary said creates "some tremendous opportunities" if the Taliban's momentum is reversed.

U.S. and coalition forces are working alongside Afghan security forces to seize these opportunities.

"Even though the president has further significant decisions in front of him, we already have 68,000 American troops on the ground in Afghanistan and almost 40,000 troops from other countries," Secretary Gates said.

These troops "are not all just staying in their tents while we wait the outcome of the elections," he said. "We are not going to just sit on our hands waiting for the outcome of this election and for the emergence of a government in Kabul. We have operations under way and we will continue to conduct those operations.

"So the key is, how do we move forward in a way that takes advantage of that hostility to the Taliban — and perhaps in no small measure, a memory of what it was like when the Taliban ran the country — and do so with the Afghan people having confidence in the legitimacy of their government?" he said.

Building that confidence is going to take time, with the United States and its international partners working together with the Afghan government to help it tackle corruption.

This is among the issues Secretary Gates said President Obama and his national security team are wrestling with as they review the U.S. strategy in Afghanistan.

"I see this as a process, not something that is going to happen all of a sudden where one day you have a big problem and the next day you are not going to have any problem," he said. "It is not going to be complicated one day and simple the next."

Secretary Gates said he's been satisfied with the "very deliberate process" under way by the national security team in response to issues raised by Army Gen. Stanley McChrystal's assessment. General McChrystal is the chief of U.S. and NATO forces in Afghanistan.

The secretary conceded that the assessment "presented a much more challenging situation in Afghanistan than we thought we faced" when President Obama made his initial decisions about the U.S. strategy there in March.

That's broadened the scope of the review, he said, to include issues ranging from troop levels to the need for more civilian assistance, to the best way to reintegrate former Taliban members.

Secretary Gates said he believes the president is nearing a point where he'll begin addressing some specific options his national security team presents.

The secretary said he sees the fact that the president's review isn't yet completed as a positive, not a negative, when he attends a NATO ministerial in Bratislava, Slovakia, later this week.

Noting that General McChrystal's

assessment and resource request is being reviewed through the NATO as well as U.S. chains of command, Secretary Gates said NATO has as much responsibility in responding to it.

"The reality is, this is an alliance issue," he said. "If General McChrystal has an additional set of needs, it should not be looked upon as exclusively the responsibility of the United States to respond."

"So I think having a discussion of that, and the fact that this is a continuing shared responsibility, makes it entirely appropriate to have that conversation in Bratislava before decisions are made by the United States," he continued. "This is an alliance issue."

Secretary Gates said he's going to the ministerial buoyed that NATO recognizes this.

"Frankly, since the NATO summit last spring, I have seen more energy and more commitment on behalf of both the military and civilian leadership in the alliance than I have seen in the

previous two years that I was in this job," he said.

Furthermore, the secretary said he's not sure what's brought about this change, but said both he and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, have sensed it through their meetings and telephone conversations with their NATO counterparts.

"There seems to be a renewed commitment that we have to do this and get this done right. And I think that's all for the good," he said.

That sets the stage perfectly for the upcoming ministerial, he said.

"So my hope is — still recognizing some of the domestic political challenges that some of them face — my hope is we can have a serious discussion about how things have changed in Afghanistan since last spring, and a way forward in which the alliance can share these responsibilities and work with the Afghan government to move the situation in a more positive direction," he said.



Photo by Ann Patton

## Fall Fest

Veronica Heilmann leads the charge down the hill after finding her special Jack 'O Lantern during Fall Fest activities at the Academy stables for the Family Child Care program. Activities included exploring paper-box castles and robots as well as face painting, snacks, games, a hayride and visits from fire fighters with the 10th Civil Engineer Squadron.

**You're Not Advertising In Colorado Power Classifieds?!**

**You're missing out on reaching over 70,000 active, retired and DoD employees and high-level business executives.**

**Colorado POWER Classifieds**

Call now for rates and info  
**(719) 329-5236**  
Or email: [classifieds@csmng.com](mailto:classifieds@csmng.com)

**GROUND BREAKING**  **High Prairie Branch Library**

Thu., Nov. 12 • 11:30 a.m.  
7035 Old Meridian Road  
in Falcon

Farmers State Bank generously donated the land for this facility.  
To donate to the construction of this branch library, call 531-6333, x2205.

Join us to celebrate Pikes Peak Library District's newest library!

Learn more about the branch and enjoy refreshments.

Non-perishable food items for Care and Share will be collected at this event.

# 'Iraqis like our ideas, concepts and structure'

By Butch Wehry  
Academy Spirit staff

Former Academy Military Personnel Flight Chief, Maj. Jennifer Suarez, is now serving as a Multi-National Security Transition Command Iraq Human Resources officer.

The Ministry of the Interior's Iraq Training and Advisory Mission is Iraq's largest government employer with more than 550,000 Iraqi Security Forces members.

"Unlike any military service, many of their administrative processes are defined by law," said the 10th Force Support Squadron officer from Saginaw, Mich. "It makes change much harder to accomplish and tasks take that much longer."

In partnership with the Iraqi government, the Iraq Training and Advisory Mission-Ministry of Interior assists in the development of the Ministry of Interior and its forces. The goal is to contribute to the defeat of insurgency and to create a safe and secure Iraq in which the government can establish democratic rule of law.

"They like our ideas, concepts, and structure, however, they are lacking in technology and live in a paper-based world," said Major Suarez. "And relationships mean everything in Iraq."

She has helped plant the seed to help them build a better, stronger human resources directorate.

"Progress is slow," the major said. "We are working on automation through partnerships with the other directorates as well. Automating their employee database will enable them to access personnel information similar to how we manage our Air Force using DEERS. Once they get a good handle



on their manpower, it will be easier to manage the police force."

The challenges the Iraqis face are formidable.

At nearly half a million strong, the ranks of Iraqi police under the ministry's authority have expanded nearly tenfold since 2003.

"As with any burgeoning young bureaucracy, pockets of incompetence and corruption remain," said Major Suarez. "Management initiative is hobbled by the residue of decades of dictatorial control. Business practices are paper-based and often maddeningly inefficient. The collapse in the price of oil - Iraq's main source of government revenue - is putting a severe strain on modernization efforts."

But the Interior Minister himself, Jawad al-Bolani, has spoken out, loudly and repeatedly, on the need to instill greater professionalism and public trust in the police.

"His leadership over the past three years has brought tangible results," said the 13 year Air Force veteran now on her first deployment. In a poll, 74 percent of Iraqis now express confidence in the police - a dramatic reversal from the institutional thuggery of Saddam Hussein's regime. This is great news. One police officer stated that 'Regardless of sect or party, we are all Iraqis. Our duty is to serve the people.' The cops on the street share their enthusiasm. A female police inspector declared to a western reporter: 'We feel proud and happy that we are bringing new opportunity to Iraqi women today.'



Courtesy Photo

Maj. Jennifer Suarez talks with Lt. Gen. Frank Helimck, former commander of the Multi-National Security Transition Command Iraq.

The Major's number-one goal was to finish Air Command and Staff College, which she completed this month.

"This was a great accomplishment to me," she said.

Many U.S. forces are withdrawing from Iraq.

The base where she now lives and works lies adjacent to the Baghdad Police College, near the sprawling, restive Sadr City section of Baghdad.

"There are time crunches daily," the major said. "We just try to handle it like any other job and anticipate the questions. Continuity is key to solving half of the crisis calls, so we work hard at streamlining our processes, briefings, and requests for information on Sharepoint. People turn over daily, folks are constantly coming and going. Sharepoint is a lifesaver!"

She said that the most heartening

characteristic of the Iraqis she has met is their personal courage.

"Many have had family members killed or bullied into exile; some have survived repeated assassination attempts themselves," Major Suarez said. "Yet they quietly, bravely persist in doing what they believe is best for their country. It is truly an inspiration to witness."

Waiting her return is husband Maj. Jesus Suarez and children Jeshua, Jaila and Jonah.

"This may be my first deployment, however, our family is no stranger to deployed life," she said. "My husband is preparing for his fourth deployment to South America, and unfortunately, he'll be gone when I return. If there are any heroes in this story to be named, it is definitely our children. They are the true 'heroes' for supporting their parents through all of this."

**ACCEPTING NEW PATIENTS!**

We provide a full range of General and Family Dentistry services a new state-of-the-art clinic. Convenient, Comfortable and Patient Friendly atmosphere!

*Alliance Family Dentistry P.C.*

Call Dr. John Royal, D.D.S. and his Staff today!

955-4023      6140 Tutt Blvd., Suite 140 80923

We accept TriCare/United Concordia and TriCare Retired Delta Dental Provider

**PUT YOUR EXPERIENCE TO WORK FOR YOU**

The Air Force Reserve is offering part-time, and full-time opportunities for Aircraft Mechanics with excellent benefits, including choice of home base, education assistance, secure employment and competitive pay.

Continue to build close friendships, serve your country and participate in experiences unique to the military.

Accomplish extraordinary things while you achieve your personal goals.

Choose your home base and you will not be transferred. Receive low cost TRICARE health insurance. Maintain retirement benefits. In most cases you can retain your rank. Specific jobs come with signing bonuses.

**AIR FORCE RESERVE**

EVERYDAY PEOPLE MAKING A DIFFERENCE

800-AFR-8279 • AFReserve.com/Prior

**HEARTS ON FIRE®**

THE WORLD'S MOST PERFECTLY CUT DIAMOND®

The Hearts On Fire Diamond Engagement Ring set in platinum

View our entire collection at [heartsonfire.com](http://heartsonfire.com)

**LUISA GRAFF**  
JEWELERS

4663 Centennial Blvd. • 719-260-0100  
[www.luisagraffjewelers.com](http://www.luisagraffjewelers.com)

**BUY ONE ADMISSION GET ONE FREE**

Military Discount Expires: 11/1/09

**MINDSEIZURE**  
THURSDAY HOUSE

719-302-5605  
24 Hour Haunted Hotline  
MindSeizure.com

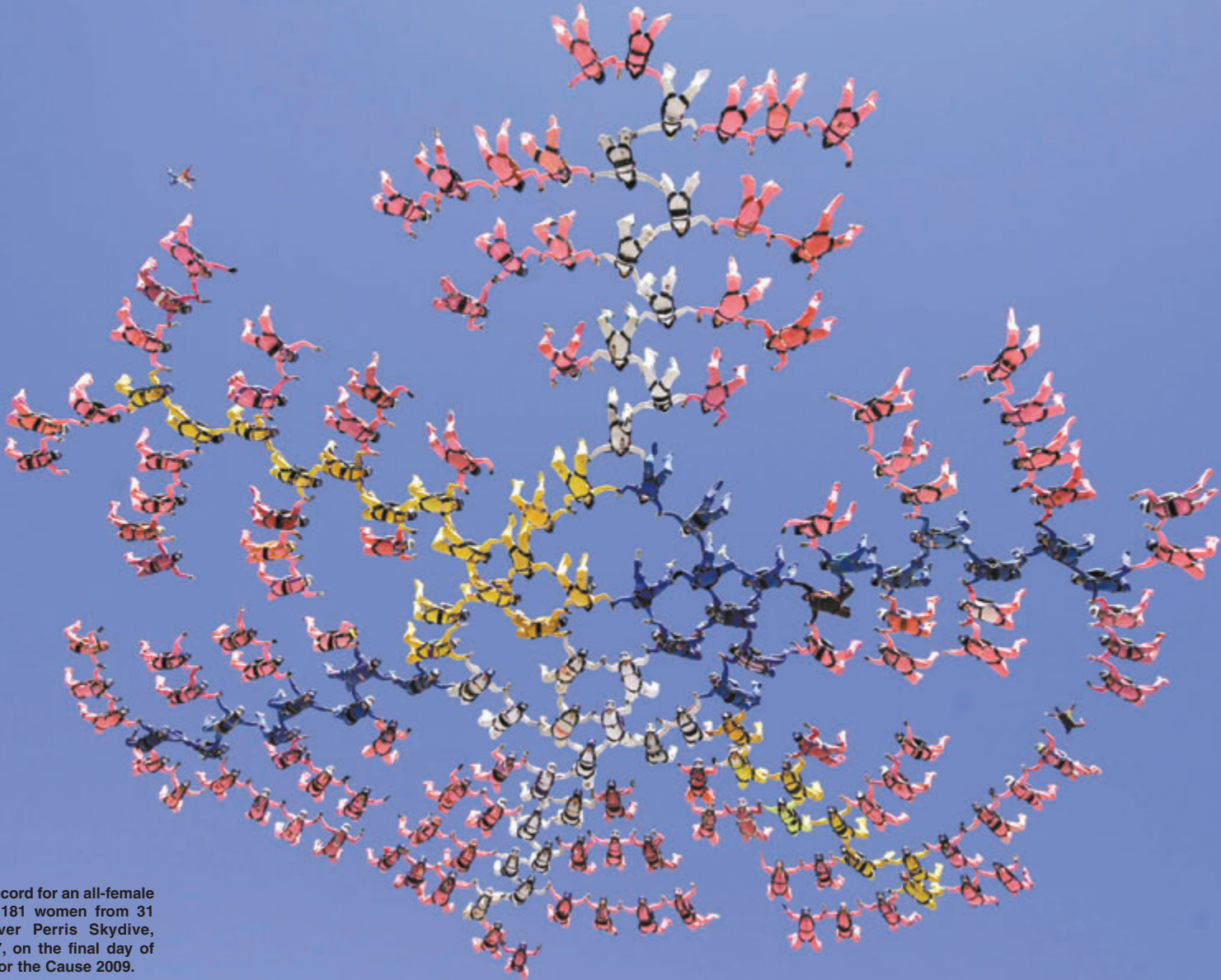
**\$2 OFF** Any Regular Priced Ticket!

Open Every Sat & Sun.  
7am - 4pm

**The FLEA MARKET**  
Platte & Powers  
380-8599 CSFleaMarket.com

*Above the shimmering horizon,  
skydivers jumped from nine aircraft into a perfect blue sky.  
The massing formation of 181 women traveling at 120-mph to their destination  
17,000 feet below set not only a skydiving world record they also used the jump  
to raise awareness and funds for breast cancer research.*

**By Maj. Andra Higgs**  
4th Air Force Public Affairs



Courtesy photo  
Setting a new world record for an all-female skydiving formation, 181 women from 31 countries freefall over Perris Skydive, Perris, Calif., Sept. 27, on the final day of the week-long Jump for the Cause 2009.

These women, caught in a current of determination, played a super-Nova sized role in the lives of families battling the disease and keeping alive a long-held tradition of being their sister's keeper.

"I am still surprised at how cool it is to do such a big formation of all women," said Maj. Jennifer Wrynn, an Air Force Reserve major currently assigned as an instructor with U.S. Air Force Academy Wings of Blue Parachute Team.

Jump for the Cause brought skydivers from 31 countries together Sept. 21-27 who raised more than \$900,000 for the fight against breast cancer, the most in the event's history.

The week-long event was organized to raise funds for the City of Hope's breast cancer research center. Sponsored by Jump for the Cause, a sky diving nonprofit organization, the event was held at the Perris Valley Skydiving Center, approximately 15 miles south of March Air Reserve Base, Calif.

"What we're doing here is making more people aware of breast cancer," Major Wrynn said, also a USAFA T-41 instructor pilot. "If one person gets the disease, it affects 10 other people."

Battling on the side of those impacted by the disease were 181 warriors of the sky.

Accelerating to speeds beyond 120 mph, split-second decisions and positioning have to occur for a formation of this size. Locating the base of the formation and moving into a pre-assigned space requires sky divers to shift body positions to speed or slow their movement.

"Mentally and physically, you have to perform at your best," Major Wrynn said. "As more people enter the formation, you can feel the tension and the force of

the group from the other side as the surging tries to force apart your hold."

The formation rehearses with practice jumps and by "dirt diving" where the formation is simulated on the ground by using sliding carts, similar to what a vehicle mechanic would use to roll under a car to accomplish repairs. The circular formation, with six legs - known as whackers - featured pink, yellow, white and blue jumpsuits.

For Major Wrynn, finding her position also meant finding the woman in the pink jumpsuit wearing a helmet with a huge pair of pink lips on the back. When the formation comes apart, it looks like the Big Bang - multicolored, shooting stars flying in all directions across the sky.

"It gives you bragging rights to be in the formation, but it is only because you have a commitment to safety," she said. "There is no star here. Everyone has to fly their slots and no one person is successful unless we all accomplish what we set out to do."

### **From All Walks of Life**

Part festival, part party, part family reunion, the women in attendance, whose occupations ranged from brick layer to brain surgeons, made a colorful and sizzling fashion statement matched only by the triple-digit California desert ground temperatures. No sepia-toned dresses with fall-away soufflé-like fabric off one shoulder, but the intense shades of pink, yellow, white and blue where punctuated by undershirts like the one worn by Major Wrynn with the inscription: "Fly Like A Girl".

Less fashionable in military fatigues, but no less committed, Jeremy Fontes, a staff sergeant with the

452nd Maintenance Squadron, jumped for the cause after Airmen in his squadron, family members and friends donated to the event in his name. He reflected upon his mother having a "scare with breast cancer" years prior.

"All I could think about when I came out of the door was I hope the parachute opens," he said. "It's a great cause to donate to. It was breathtaking. I told my mom and wife to work up the courage to come out and watch."

Being selected to participate in Jump for the Cause had everything to do with a skydiver's reputation for skill, precision and excellence. A personal invitation for each of the 200 participants, went out along with a requirement that each woman had to raise at least \$3,500 for breast cancer research at the City of Hope. For Major Wrynn, considerable community support from family and friends ensured she reached that goal through fundraising events, raffles and donations.

"I think she's crazy for jumping out of a perfectly good airplane," said Patrick Wrynn, jokingly referring to his wife, Jennifer's, efforts. A former Air Force U-2 pilot, he is now a commercial airline instructor pilot. The couple has two children, Avery, 6, and Tyler, 3. "I completely and totally join her in this great effort to raise money for this debilitating disease. What she's doing is incredible and I can't describe how happy I am that she's able to participate."

"The most important thing is timing — it is just critical when you're using multiple aircraft," said Major Wrynn, who has flown KC-135s in her career. "This experience is really about developing a whole new trust for people you work with to accomplish a goal."



Photos by Master Sgt. Linda E. Welz

Skydivers and packers repack parachutes for the next jump at Perris Airport, Perris, Calif. during 'Jump for the Cause 2009.' The airfield was the venue for all-female and all-male skydive formation world records set Sept. 27 to raise money and awareness for breast cancer research and a cure.



Major Jennifer Wrynn, U.S. Air Force Academy instructor, jumpmaster and pilot, packs her parachute following a jump at Perris Skydive, Perris, Calif., Sept. 23. She was part of a 181 all-female skydive formation that set a new world record.



Maj. Jennifer Wrynn (third from left) practices exiting from a plane door mock-up with fellow participants at Jump for the Cause 2009.



Participants at Jump for the Cause 2009 practice their next skydive attempt at a new world record on creepers, skateboard-like devices to aid in how they will form once in the air.

# Alabama-Huntsville comes from behind for win

By Dave Toller  
Athletic Communications

Alabama-Huntsville scored two goals in a span of 97 seconds in the second period to erase an Air Force lead and then held off the Falcons for a 4-2 win in a non-conference college hockey game, Saturday at the Cadet Ice Arena. Air Force extended its school record regular-season sellout streak to 10 games as 2,534 fans watched in the 2,470-seat arena.

Less than five minutes into the game, UAH's Andrew Coburn scored on a rebound in front of the net. Cody Campbell beat an Air Force defenseman and took a shot that was saved but Coburn lifted the rebound over the pad for a 1-0 lead. Late in the first period, AFA tied the game on the first career goal by Stephen Carew. On the power play, Carew stepped around a defenseman and took a wrist shot from the left circle that was saved by the UAH goalkeeper. He then joined the melee in front and put back his own rebound to tie the game. Kyle De Laurell and Matt Fairchild assisted on the play.

AFA, 0-4 overall this season, took its first lead of the season when Fairchild scored his first goal of the year. Jacques Lamoureux collected a loose puck in the neutral zone and skated down the slot. His shot was saved but Fairchild put back the rebound for a 2-1 lead at 4:56 of the second period.



Photos by Mike Kaplan

**The Falcon's Matt Fairchild (center) and Stephen Carew battle for the puck at the blue line against University of Alabama-Huntsville's Cody Campbell Saturday night at the Cadet Ice Arena. Despite a late-game flurry the Falcons were unable to best the UAH Chargers. Fairchild and Carew were the only Falcons to find the back of the net during the contest.**

AFA held the lead until midway through the period when UAH scored two goals in 97 seconds. Justin Cseter scored on a rebound in the midst of a

flurry in front of Andrew Volkening to tie the score at 2-2 at 10:39. After UAH won a faceoff in its offensive end, Matti Jarvinen tried a wrap around and

Volkening stuck the left pad out to make the save. However, the puck sat on the ice, about a foot away from Volkening's pad for a second and Chris Fairbanks lifted it in for a 3-2 lead. UAH took a 4-2 lead when Campbell scored from Coburn and Kevin Morrison at the 4:02 mark. On a delayed penalty, Campbell took the puck off the side boards, skated in tight and put back a rebound of his own shot.

Late in the third period, Air Force pulled its goaltender with 3:57 remaining after a penalty was called on Morrison. Vince Bruni was then called for roughing giving Air Force a 6-on-3 advantage for 60 seconds. However, the Chargers blocked several shots out front and did not let one past their goaltender Cameron Talbot. Talbot made 34 saves in the game and 74 in the series. Volkening allowed four goals and made 23 stops. Air Force out-shot UAH, 36-27, in the game. AFA was 1-for-4 on the power play and killed all six Charger man-advantages.

"In my opinion, the better team won tonight," head coach Frank Serratore said. "Last night, I thought we shot ourselves in the foot, but not tonight. They got the lead and then battled back after losing the lead. They did it without scoring a power play goal. They did it the old fashioned way. We took some steps in the right direction this weekend. We scrapped and fought hard. We are a struggling team right now and we just have to go back to work and stick together to get through it."

Late in the third period, Air Force pulled its goaltender with 3:57 remaining after a penalty was called on Morrison. Vince Bruni was then called for roughing giving Air Force a 6-on-3 advantage for 60 seconds. However, the Chargers blocked several shots out front and did not let one past their goaltender Cameron Talbot. Talbot made 34 saves in the game and 74 in the series. Volkening allowed four goals and made 23 stops. Air Force out-shot UAH, 36-27, in the game. AFA was 1-for-4 on the power play and killed all six Charger man-advantages.

Air Force opens Atlantic Hockey Association play as the Falcons host RIT tonight and Saturday at 7:05 p.m., each night at Cadet Ice Arena.



**Falcon goaltender Andrew Volkening attempts to control the puck as UAH forward Cody Campbell threatens the Falcon net. Volkening ended the game with a .851 save percentage stopping 23 of 27 shots. The Falcons open up conference play this weekend hosting RIT tonight and tomorrow.**

## Rifle

The Air Force Academy rifle team hosted Nevada-Reno and UTEP in a three-way match here Saturday. Air Force won the matches, 4612-4586-4579. Air Force won the smallbore three-position match with 2294 points and finished with 2318 in air rifle. AFA's Tom Chandler was the smallbore high scorer with 581/600 points and

Mike Seery was ranked second with 580 points. Chandler had AFA's highest score in the air rifle with 585 points. Pat Everson and Kurt Hakola followed with 581 points each. In smallbore, Everson placed fourth with an aggregate score of 571, Nick Krieger followed with a score of 568 and Kyle Phillips finished ninth with 565 points. In air rifle, both Everson and Hakola shared

sixth place with 581 points each. Robert Vasquez (10th) scored 578 point and Phillips (11th) finished with 574 points.

## Men's soccer

Dan Addiego scored his first collegiate goal at the 6:25 mark and the San Jose State defense made it hold up Spartan men's soccer team posted a 1-0 victory over Mountain Pacific Sports

Federation rival Air Force Sunday at Spartan Stadium. San Jose State, unbeaten over its last six matches, moves its overall record to 7-6-1 and remains perfect at 2-0 in the MPFSF. Air Force, meanwhile, drops to 5-5-1 overall and 0-2 in league play.

## Volleyball

The Air Force volleyball team

# Air Force shuts out Wyoming, 10-0

By Staff Sgt. Don Branum  
Academy Public Affairs

Air Force Academy Falcons posted their first shutout against a Mountain West Conference opponent in 12 years, defeating the Wyoming Cowboys 10-0 at Falcon Stadium Oct. 17 to end a two-game losing streak.

The Falcons' defense held Wyoming to 174 yards of total offense, keeping the Cowboys out of the red zone and sacking quarterback Austyn Carta-Samuels six times for 46 yards.

The only touchdown of the game came on a 17-yard scamper up the middle by Falcons running back Jared Tew with 10:48 left in the fourth quarter.

The Falcons' final drive of the game chewed nearly 7 minutes off the clock on 14 plays, including two third-down conversions and one fourth-down conversion. The drive ended on downs when Wyoming senior outside linebacker Weston Johnson stopped Asher Clark for a four-yard loss at the Wyoming 28.

The Cowboys took over with 2:30 left in the game, moving the ball to the Falcons' 45, but the defensive line pressured Carta-Samuels, who threw four straight incomplete passes. Air Force took over on downs with 0:26 to play.

"I thought today we were extremely resilient and we did what we had to do to win a football game," said Air Force head coach Troy Calhoun.

The Falcons took a 3-0 lead with 0:37 remaining in the third quarter on a 29-yard field goal by Eric Soderberg.

Senior defensive back Luke Hyder caught the first interception of his career on a pass that bounced out of the hands of Carta-Samuels' intended receiver. Hyder returned the interception 27 yards to the Wyoming 48, but a personal foul penalty brought the ball back to the Falcons' 37.



Photo by Mike Kaplan

Falcon defensive back Reggie Rembert makes a tackle during the Air Force win last Saturday at Falcon Stadium. The Falcon's stood strong shutting down the Wyoming offense and winning the game 10-0.

Wyoming attempted a 42-yard field goal with 0:04 left in the first half, but the Falcons' Zach Kauth got a hand on the ball to block the attempt. It was the third blocked kick for the Falcons so far this season.

The Falcons' offense established a rhythm in the second half after sophomore quarterback Connor Dietz replaced starting sophomore QB Tim Jefferson, moving the ball 190 yards in the second half compared to 104 yards of offense in the first half.

"He provided a spark," Calhoun said. "As well as we were playing on defense, you could just tell, we weren't going to need a lot of points, but we were going to need something."

The Falcons also controlled the ball almost twice as long as the Cowboys in the second half (19:25 to 10:35).

"Our defense was on the field a whole bunch today," said Wyoming head coach Dave Christensen.

Penalties hindered both teams, with Air Force committing 13 penalties for 125 yards and Wyoming earning 10 penalties for 71 yards. Three of Wyoming's first downs came off Falcons penalties.

"We probably had as many penalties today as we've had in a long time," Calhoun said, "but that can't be the Air Force Academy."

Air Force had 69 rushes for 267 yards, averaging nearly 4 yards per carry. Tew had 105 yards for on 27 rushes to earn his first 100-yard game of the season. Junior running back Savier Stephens had 46 yards on eight carries, and Jefferson and sophomore running back Asher Clark each had 11 carries for 33 and 39 yards, respectively. The Falcons had only 2 yards in the air on a completion from Jefferson to junior tight end Chaz Demerath in the first quarter.

"We certainly should have been better, but (Wyoming's defense) had something to do with that," Calhoun said. "They have good size up front."

Wyoming had 100 yards on the ground and 74 yards in the air on 14 completions by Carta-Samuels.

"He's a heck of a player," Calhoun said. "He's mobile. He can do things spontaneously that are really impressive for a guy that age, the way he can keep a play alive. Anytime you've got a guy who can buy some time, they've always got you pulling on your hair. Even when you've got them in long-yardage situations, you wonder, 'Can I keep him hemmed up?'"



Photo by Bill Evans

Senior defensive back Luke Hyder caught the first interception of his career on a pass that bounced out of the hands of Wyoming quarterback Carta-Samuels' intended receiver.

travels to Las Vegas, Nev., Saturday for an afternoon match-up with UNLV.

## Water polo

The 15th-ranked Air Force water polo team wrapped up its four-game trip to the East Coast on a high note, defeating George Washington and Johns Hopkins Sunday at Scott Natatorium. The Falcons rolled to a 14-

5 victory over the Colonials before coming out on top in a close 11-10 decision against the Blue Jays. With the wins, Air Force moves to 12-9 on the season.

## Men's Tennis

The Air Force men's tennis team sent six players to the ITA Mountain Region Championships in Las Vegas,

Nev., Wednesday, to the Darling Tennis Center. The Falcons joined players from 15 schools in the region for the five-day tournament. Austin Francis, Brett Rodgers, Taylor Soster, Cody Hall and Lance Wilhelm and Stephen Katrein participated in the singles competition. Wilhelm entered the tournament with the team's best record at 4-3. Katrein follows at 3-3.

## Falcons swimming

The Air Force men's and women's swimming teams wrapped up a strong start to the season by completing competition Saturday at the Pacific Invitational, being held at Chris Kjeldsen Pool. The men finished third in the team standings with 567 points, while the women took fourth place with 296.5 points.

# Lady Huskies play strong at UNC Invitational

By **Erich Hoffmann**  
Prep School Soccer Coach

Last weekend, the Lady Huskies Soccer Team travelled to Greeley, Colo., for the University of Northern Colorado Invitational Soccer Tournament.

The Lady Huskies didn't fare well in their opening match against eventual tournament finalist, Colorado University, losing their opening match 4-0.

However, the Huskies were not deterred by the result and came back strong in their second match with the University of Wyoming.

They started the scoring in the 22nd minute when Bethany "Lahi" Gallarde got a breakaway shot from a Caitlin Williams through ball. This score held for the first half but the Lady Huskies weren't

done yet. The team's leading scorer, Megan Dozier, found the net in the 67th minute, giving the Huskies an insurance goal in the second half.

The scoring continued when Dozier put a crossing pass to Gallarde waiting on the far post in the 78th minute and cemented the win. Sierra Richardson, with the help of the Huskies defenders, recorded her first clean slate and gave the Lady Huskies an additional tournament point for a shut out that later could have been the tie breaker in the tournament pool play.

The Huskies, now 1-1 in pool play, next took on the host Northern Colorado Bears, also at 1-1 in pool play.

With the Lady Huskies holding the tie breaker because of Richardson's earlier shutout, the Huskies knew they were going

to be in for a tough match against the tournament hosts. They struck first when Caitlin Williams hit a crushing shot that was deflected by the UNC keeper to the foot of Megan Dozier, who made quick work of the loose ball and gave the Lady Huskies an early 1-0 lead in the 17th minute.

The host team had no plans of being eliminated from their own tournament and came out strong in the second half getting the equalizer in the 50th minute to tie the match at 1-1. Once again, the Lady Huskies were not deterred and kept up the pressure on the Bears' defense and finally got their opportunity in the 60th minute. Megan Dozier showed why she's the team's leading scorer when the Huskies midfield gave her a breakaway opportunity in the 60th minute and she found

herself in a one-on-one situation with UNC's keeper. Dozier put the ball in the right corner of the net out of the reach of the diving UNC keeper to give the Lady Huskies the lead for good. The Bears continued to press hard, trying to tie the match again but the Huskies defense was up to the challenge and held strong for the remainder of the match, cementing the 2-1 win for USAFA-Prep.

However, the Huskies had little time to celebrate after finishing in the second place spot in pool play and had to take on top seeded Colorado State with only a short rest. The depth and experience of CSU turned out to be too much for the weary Huskies as CSU took charge early and showed why they were the #1 seed in the tournament, eliminating the Lady Huskies from play that day.

# AFA cadets earn first place in chess tournament

Academy Public Affairs

The U.S. Air Force Academy Cadet Chess team brought home a first-place trophy after winning the 50th Annual Armed Forces Open held Oct. 10-12 at Gettysburg, Penn.

A team of six Air Force Academy cadets outmaneuvered a team of 13 players from the U.S. Military Academy at West Point to claim the Commander-in-Chief trophy. The Air Force Academy's victory ended a six-year losing streak to West Point.

"By capitalizing on our strongest players, we had the right mix of players to score the most points against the Army," said Capt. Gerardo Neri, officer in charge of the AFA chess team. "I am so proud of our cadets' accomplishments. They all worked hard and practiced daily to get ready for this tournament. I observed how much time they studied chess strategies and tactics together."

Five out of the six cadets earned individual honors during the tournament, including Cadet 3rd Class Jeremiah Haynes who won "Top Cadet" in the

overall cadet category.

"Our relentless study of mid- and end-game tactics proved too much for West Point to handle this year. We outmaneuvered and outclassed them after the opening moves," said Cadet 1st Class James Greener, who took second place in the Class C category.

More than 50 people competed in the tournament, including active duty members, reservists and retirees. The event was held at the Gettysburg National Military Park.



## Having an Open House?

### Let our readers know!

5 lines • 1 picture

5 papers • 7 days

**ONLY \$30**

**Colorado  
POWER**

# Classifieds

For more information call 719-329-5236  
or email [classified@csmng.com](mailto:classified@csmng.com)





**Final Friday**

Join Team USAFA today at 4 p.m. at the Falcon Club. Mingle with colleagues and Air Force Academy leadership. Enjoy a selection of hors d'oeuvres and live entertainment. Free for club members. Non-members: Airmen, \$2; NCO's, \$4; all others, \$5. The date change is due to the Falcon Club closing from Tuesday through Nov. 7, therefore, the "Final Friday" event is a week early.

**AFSA Chapter 1180 picnic**

The local AFSA chapter has a picnic at the Milazzo Center today from 1 to 4:30 p.m., for current and prospective members. The event is free for AFSA members and \$3 for non-members. For more information or to attend, contact Master Sgt. Timothy Frison at 333-5463, Senior Airman Damien Jenkins at 333-5162 or Airman 1st

Class Richelle Hutto at 333-5200.

**Three in one Saturday at Falcon Stadium**

**Winter Expo and Ski Swap**

9 a.m. to 3 p.m.

Start the day with the ever popular and highly anticipated Winter Expo & Ski Swap. This one-stop shopping event for lift tickets and gear features outdoor recreation's rental gear from last year (limited to one pair per person). New this year is a sealed-auction bid for two campers and one bus.

Breakfast burritos will be served beginning at 8:30 a.m. for those eager shoppers waiting in line for the doors to open.

**Oktoberfest**

11 a.m. to 3 p.m.

After grabbing winter gear for the season, patrons can have lunch and a beer at the Oktoberfest, featuring an authentic German band and dancers. For just \$5, beer lovers can sample local brews and get commemorative glasses while they last.

**Youth Carnival**

10 a.m. to 3 p.m.

Kids can keep busy with face painting, costume contest, pony rides, bounce houses and much more.

**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 Wednesday. The final map and all updates can be found at: <http://usafahalloween2009.blogspot.com>.

**CFC carwash**

The 10th ABW holds a Combined Federal Campaign fundraising carwash Saturday from 9 a.m. to 2 p.m. at the Part-day Enrichment Center located at 5150 Community Center Dr. Volunteers are needed. No experience is necessary. Donations can benefit the specific CFC organization of your choice or it can go toward all CFC organizations. To volunteer or for more information, contact Diana Thrasher at 333-8264 or [diana.thrasher@usafa.af.mil](mailto:diana.thrasher@usafa.af.mil).

**A lighter side of cooking**

Learn how to prepare healthy, delicious dishes just in time for the holidays. Thanksgiving leftovers will be the theme of this Health and Wellness Center sponsored event. The class will be held at the HAWC Nov. 5 from 5 to 6:30 p.m.

For more information or to reserve your spot contact the HAWC at 333-3733.

**Ballroom dancing**

One-hour classes start for beginners at 5:30 p.m.; intermediate at 6:45 p.m. and swing at 8 p.m. each Wednesday. Swing,

Foxtrot, Rumba and the Waltz are all offered. New students can join classes that start Jan. 6. Cost is \$40 per person and \$70 per couple. For more info or to sign up call 333-2928.

**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.

**Intramural bowling league**

The league bowls every Monday at 5:30 p.m. Contact Mary, the league's secretary, at 648-6319 or at [shattom@hotmail.com](mailto:shattom@hotmail.com), or call Academy Lanes at 333-4709 for more information.

**Education fair**

Academy Education Services and the 10th Medical Group will hold an education fair from 11 a.m. to 1 p.m. Nov. 19 in the Academy Clinic lobby. Attendees can meet representatives from local colleges and universities to find out about education programs suited to the needs of all students. All are welcome. Call the education office at 333-3298 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.

**Sponsor training**

Tuesday, 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**

Cheyenne Mountain Air Force Station – 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.

**SCHEDULE OF WORSHIP**

**CADET CHAPEL**

Call 719-333-2636 for more information.

**Buddhist**

Wednesday - 6:30 p.m.

**Jewish**

Friday - 7 p.m.

**Muslim**

Friday Prayer - 12:15 p.m.

**Protestant**

Traditional Worship

Sunday - 9 a.m.

Liturgical Worship

Sunday (Music Room) - 10:30 a.m.

Contemporary Worship

Sunday - 11 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.



Courtesy Photo

**Honorary wingman**

Former Denver Bronco great Randy Gradishar (center), surprised 10th Air Base Wing personnel during their Wingman Day event. The former All Pro linebacker, Bronco Ring of Fame inductee, and recent selectee to the Bronco's 50th Anniversary team kicked off the event with a motivational talk about being a "champion". He also thanked the members of the 10 ABW for their dedication and patriotism. Having traveled downrange multiple times visiting military personnel, Mr. Gradishar also thanked the packed Arnold Hall Theater for all they do at home and abroad to support our nation and the Academy.

# Veterans Day Celebration Luncheon

Hosted by The Military Affairs Council (MAC)/  
The Greater Colorado Springs Chamber of Commerce,  
in partnership with the National Homeland Defense Fund,  
and The Rocky Mountain USO.

**Wednesday, November 11, 2009**

**Broadmoor International Center**

Registration 12:30 p.m. - 1:00 p.m. | Lunch & Program 1:00 p.m. - 2:30 p.m.

**Keynote Speaker General Richard B. Myers, USAF (Ret)**  
**Former Chairman, Joint Chiefs of Staff**

General Myers was Chairman at one of the most critical times in our nation's history as the nation responded to the attacks of September 11, 2001. In his role as the nation's top ranking military officer, he served as the principal military advisor to the President, the Secretary of Defense, and the National Security Council during the earliest stages of the War on Terror, including planning and execution of the 2003 invasion of Iraq.

On September 30, 2005, he retired after a distinguished Air Force career which included over 40 years in operational command and leadership positions in a variety of Air Force and Joint assignments.



**Proceeds will benefit the Rocky Mountain USO.**

Sponsorships & Corporate Tables are available.

**Individual tickets are:**

\$25 for Military, Elected Officials, and Veterans | \$70 for all others

Register online at [www.coloradospringschamber.org](http://www.coloradospringschamber.org)

For more information, call 719-635-1551

Thanks to our Presenting Sponsor:

**NORTHROP GRUMMAN**

DEFINING THE FUTURE



THE CHAMBER  
colorado springs