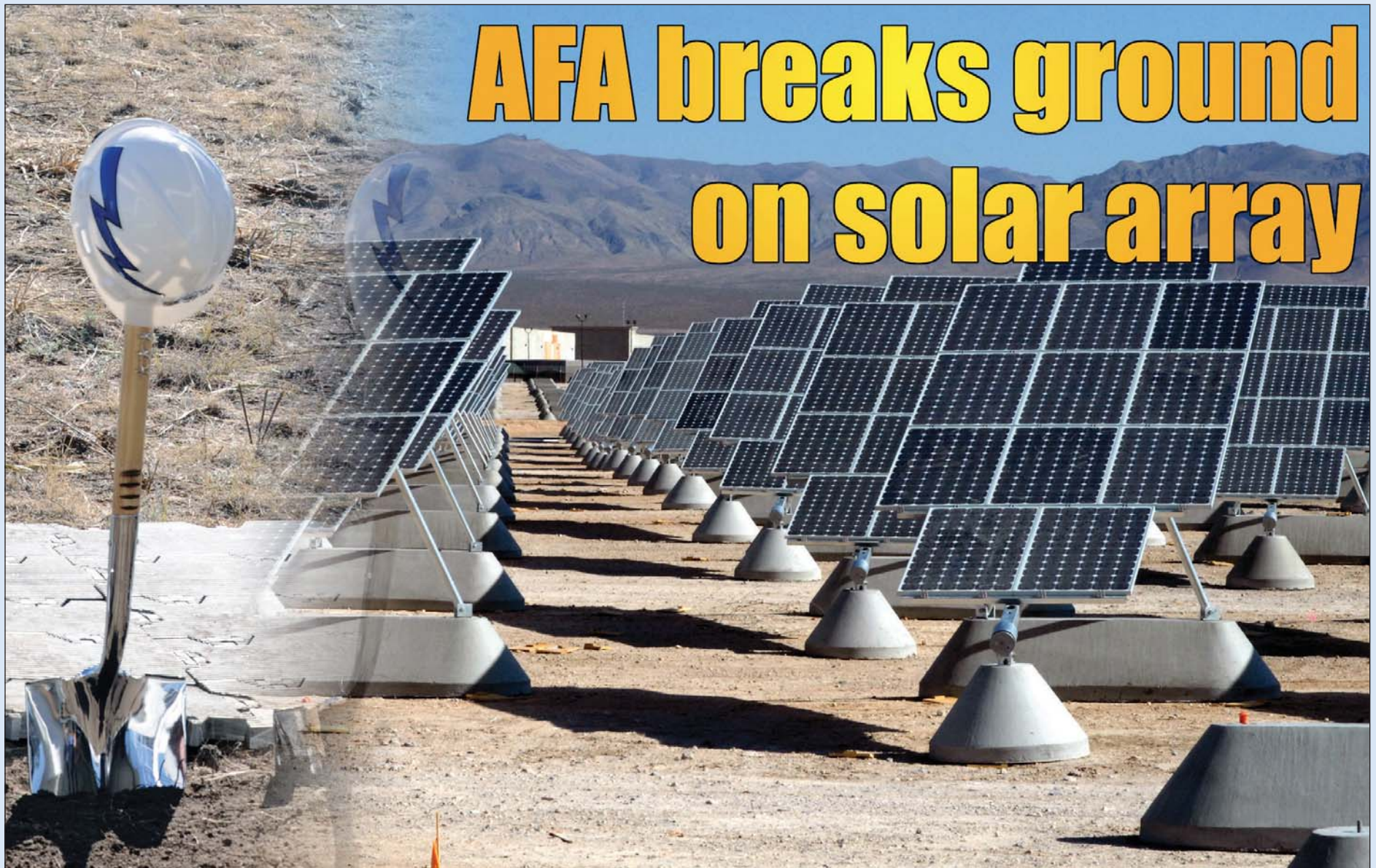


USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 50, No. 43

November 5, 2010



U.S. AIR FORCE PHOTO ILLUSTRATION; ORIGINAL PHOTOS/JOHNNY WILSON, LEFT, AND AIRMAN LARRY REED

Officials with the Air Force Academy and Colorado Springs Utilities broke ground Monday on a solar array similar to the array at Nellis Air Force Base, Nev., shown here. Once complete, the Academy's \$18-million array will provide approximately 6 megawatts of power to the base's electrical grid. **For story see PAGE 3.**

Academy hires chief diversity officer

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

An attorney and business executive with experience in academia, government and private law practice will become the Air Force Academy's chief diversity officer, Academy officials announced Oct. 29.

Adis Vila will serve as the strategic leader, diversity advocate and principal adviser to Academy leaders on diversity programs and issues and the Academy's primary voice on matters of equity, diversity and

inclusion.

Ms. Vila's responsibilities in the CDO role will include working with Congress on diversity issues, promoting institutional and classroom diversity and uniting diversity efforts around the Academy to increase various agencies' effectiveness.

Ms. Vila will also implement the Academy Diversity Plan, which Academy Superintendent Lt. Gen. Mike Gould signed into effect shortly after taking command in June 2009.

The diversity plan highlights the importance of exposing ca-

dets to a broad range of ideas and experiences, including not only racial, gender or ethnic diversity but also diversity of life experience, language abilities, philosophical and spiritual perspectives, age and geographic, socioeconomic and educational backgrounds.

Ms. Vila is a native of Cuba and a graduate of Rollins College in Winter Park, Fla., with a bachelor's degree in mathematics.

As a scholar in residence at Rollins College, she lectured on leadership, corporate gov-

ernance, ethics management, U.S.-Latin American relations, regulatory policy, infrastructure and foreign direct investment. She speaks English, Spanish, French and Portuguese.

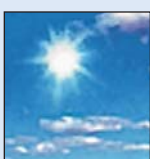
Ms. Vila's federal government experience includes positions as the assistant secretary of administration for the U.S. Department of Agriculture, director for the Department of Commerce's Office of Mexico and the Caribbean Basin and special assistant to the assistant secretary for Latin American Affairs at the State Department.



Adis Vila

Weekend Weather

FRIDAY
High 64
Low 30
Clear



SATURDAY
High 66
Low 32
Clear



SUNDAY
High 63
Low 30
Clear



Inside

Sweet 16
10th Air Base Wing celebrates 16 years at the Academy.
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International Week
Foreign cadets tour AFA, Colo.
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Falcons can't catch Utes
Hard fought football in Saturday's game.
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Seeing signs of domestic abuse

By Capt. Joel Cartier
18th Wing Family Advocacy Officer

KADENA AIR BASE, Japan (AFNS) — Rarely do perpetrators of domestic abuse let their behavior, or the result of their abuse, be witnessed or seen by anyone else. Unless you directly witness the abuse firsthand, there is no surefire way to tell if someone is being abused.

Abusers can be of any gender, age, race, economic status and personality type. Victims should not necessarily be stereotyped as “passive” or as having low self-esteem.

So how do you know if someone is being abused? It is critical to know some of the covert signs of domestic violence.

Injuries can be in both obvious and obscure places. Noticeable bruises often keep victims away from the public eye, which is one way an abuser will control the victim. At other times, bruising from domestic-violence incidents is concealed with clothing.

A person with obvious bruising may talk about being clumsy or come up with strange stories in order to explain what happened. Those with hidden bruises may appear to be in pain but will use the excuse that they are sore from working out, falling down, etc.

Either way, be cautious concerning those individuals who are always giving excuses for these injuries or calling in sick and taking extended time away from work on a regular basis.

While this is not a definite indicator of domestic violence, look for patterns between injuries and excuses, as well as some of the following signs.

Victims of domestic violence may go through some personality changes. One might notice that a co-worker



who used to be very outgoing and engaged in social activities is no longer talking with others and has become shy around people. This is because the victim often “tiptoes” around the abuser to prevent accusations of being unfaithful or disloyal. This behavior then becomes more prominent around others, as the abuser has usually “taught” the victim that it is easier to not engage with others and avoid accusations. Secondary to this is the victim’s fear of conflict. Since the victim has learned from experience that any kind of conflict in the home has the potential to become violent, the victim begins to withdraw from all forms of conflict, big or small.

One may notice someone who frequently focuses on the negative, particularly on the things he or she does wrong. This is referred to as “self-blame” and may be due to an abuser continually sending the message that whatever the victim does is bad or wrong. This is a form of emotional abuse that, once internalized, can sig-

nificantly limit the victim’s ability to think logically.

Adults who suffer from physical abuse are frequently isolated from the outside world. This gives the abuser control over the victim and limits the possibility of being discovered.

Isolation is manifested through making limited use of the telephone, making excuses as to why he or she cannot go somewhere or cannot attend important events, not being able to make decisions about spending money, having restrictive driving privileges and not being able to get a job.

Lastly, look for stress-related problems. These can include poor sleep habits, non-specific pain or soreness that is chronic or recurring, stomach problems and frequent headaches.

While one or two of these signs may mean nothing, a combination of them could imply some form of domestic violence is going on. If there is a reasonable suspicion, please contact your first sergeant, commander, chaplain or local family advocacy clinic.

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. John Bryan —
Director of Public Affairs
Staff Sgt. Don Branum —
NCO in Charge, Internal Information
Staff Sgt. Raymond Hoy —
Editor
David Edwards — Staff Writer
Carol Lawrence — Graphic Designer

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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 email: pa.newspaper@usafa.af.mil.

Character Corner: Storms may rage

by Lt. Col. Steve Leftwich
Center for Character and Leadership Development

Over the summer my family and I were fortunate enough to be invited to go on a house boating trip for a week to Lake Powell on the Utah-Arizona border. The family who invited us had spent many weeks on the lake over the past 25 years. They knew all the best beaches to put in on and where the smoothest water was to ski. Before we left, we looked at the weather forecast and had some concern that scattered thunderstorms were supposed to be menacing the

area all week. We expressed our concern to our hosts who in turn said that we needn’t worry.

They found a beautiful cove where they parked the boat for the week and said it was the best place they knew for the pending weather conditions. On our last night there, the forecast called for severe thunderstorms. At about 7 p.m., we began to see lightning in the distance. As the night drew on, we watched the clouds form both in the west and in the east. Hours later, the storms had surrounded us. We watched the most incredible light show raging all around us,

and could see the heavy rains falling, but we never felt a drop.

The knowledge and experience of our friends had kept us out of the storms that were raging around us.

It’s the same with our lives: if we follow those with the right experience and listen to them as mentors and teachers, we can stand strong and untouched as the storms of the world rage around us. I hope we can all find such a mentor.



“What’s your prediction for the Air Force vs. Army Game this weekend?”

“Air Force will win by 20 points. Army might score one or two, but they are not going to win.”
Cadet 4th Class
Mark Jeter, Cadet Squadron 11



“We’re going to clobber them. The only question is how much we are going to beat them by.”
Cadet 3rd Class
Thomas Indelicato, CS 24



“I know Air Force is going to dominate this weekend. I think we’re going to score 100 points and Army will score none — that’s right, a big goose-egg.”
Capt. Anne Marie Sibal,
Judge Advocate Office



“Historically, the game has always been close except for a few times. So I predict 27-24 Air Force.”
Rich Plotner,
Financial Management



Academy takes next step toward green future

By John Van Winkle
Air Force Academy Public Affairs

The Academy broke ground for its latest and most ambitious solar energy project Monday.

The 6-megawatt solar array will occupy 30 acres on the Academy's southeast corner adjacent to Interstate 25 when it is completed in summer 2011.

The solar array is the result of a partnership between the Air Force Academy, Colorado Springs Utilities and SunPower.

"It will cut our power from burning fossil fuels by 11 percent and, by the way, save us a half million dollars a year," said Lt. Gen. Mike Gould, the Academy superintendent.

This \$18.3-million project is funded by the American Recovery and Reinvestment Act of 2009 as a result of government mandates for federal facilities to use increasing amounts of renewable energy.

Colorado Springs Utilities has contracted with SunPower to design, build, own, operate and maintain the plant. SunPower will sell the power generated at the plant to Colorado Springs Utilities for delivery to the Academy under a 25-year power purchase agreement.

"This solar power system will create local jobs, reduce the demand for fossil fuels, and improve air quality in our community," said CSU chief executive officer Jerry Forte. "We are confident that, with SunPower as our experienced solar provider, the Air Force Academy solar plant will be built to high quality standards and will meet forecast output over the 25-year life of the system."

The system will use high-efficiency SunPower solar panels with the SunPower Tracker system. The tracker follows the sun's movement during the day, increasing sunlight capture by up to 25 percent over conventional fixed-tilt systems while significantly re-



JOHNNY WILSON

Col. Rick LoCastro, the 10th Air Base Wing commander, said the solar array is part of a much larger energy vision. The array will occupy 30 acres on the Academy's southeast corner.

ducing land use requirements. This technology has allowed the project to increase its top expected output, from when the stimulus dollars were allocated to the Academy, through the beginning of construction this week.

The 30-acre system will prove that solar power provides a secure, independent source of power in the

United States, said Karen Butterfield, SunPower's director of federal accounts.

According to Environmental Protection Agency estimates, the system at the Air Force Academy will avoid more than 9,400 tons of carbon dioxide emissions each year, the equivalent of removing 40,900 cars from Colorado's highways over 25 years.

Academy senior leaders joined representatives from the City of Colorado Springs, Colorado Springs Utilities and SunPower to turn the first ceremonial shovel-fuls of dirt.

Col. Rick LoCastro, the 10th Air Base Wing commander, said the solar array is part of a much larger energy vision.

"From the development of the Academy's first energy strategic plan in 2009 to our all-encompassing 'Falcon Green' environmental program to the amazing solar array that we break ground on today, I'm here to tell you, we're just getting started," he said.

This solar array is the latest step in the Air Force Academy's Net-Zero Initiative, which sets a goal for the Academy to generate 100 percent of the electricity it needs via on-base renewable energy sources by the year 2015. Other Academy energy efforts include ongoing renovations, installation of solar panels on rooftops, the addition of hybrid and E-85 vehicles to the Academy's fleet and measures to reduce the base's overall energy use.

Monday's groundbreaking event was also powered by solar energy, with a little bit of sweat power thrown in. All electricity for the event was provided by a portable solar array on loan from the National Renewable Energy Laboratory to the Academy's Department of Electrical and Computer Engineering. Two instructors from the department set up the display, which provided 4 kilowatts of electricity to power the event.

Construction crews began large-scale operations Tuesday.

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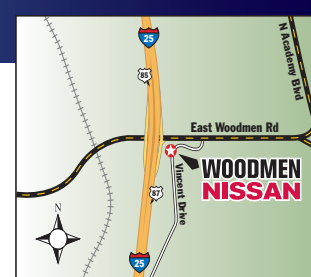


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10th ABW celebrates 'sweet 16'

Monday marked the 16th anniversary of the 10th Air Base Wing's activation at the Air Force Academy.

The wing's unit designation changed six times in the decade after it was activated in 1941 as the 73rd Observation Group, becoming the 73rd Reconnaissance Group (April 1943), the 73rd Tactical Reconnaissance Group (August 1943), the 10th Photographic Group (December 1943), the 10th Reconnaissance Group (June 1945), the 10th Reconnaissance Wing (December 1947) and the 10th Tactical Reconnaissance Wing (August 1948).

During World War II, the unit accomplished observation and reconnaissance missions and received special recognition for conducting the first mission of D-Day: a Distinguished Unit Citation for providing critical pre-invasion reconnaissance.

The wing was credited for flying the last operational mission of the European Theatre, making it "First on D-Day, last on V-E Day."

The wing flew the reconnaissance variants of the Lockheed P-38 Lightning (which was designated the F-5) and North American P-51 Mustang (designated the F-6). As part of 9th Air Force, wing personnel supported Army Gen. George Patton's 3rd Army in the battle to breach the Siegfried Line from September to December 1944. During the Battle of the Bulge from December 1944 to January 1945, wing personnel

flew numerous reconnaissance missions in the combat zone contributing to the defeat of the Nazi offensive in the Ardennes.

The 10th spent much of the 1950s as a training unit, becoming the 10th Training Group in July 1952 and the 10th Training Wing in May 1953. In August 1959, it resumed operational status as the 10th TRW.

The wing was renamed the 10th Tactical Fighter Wing in August 1987. During Operations Desert Shield and Desert Storm the wing flew the A-10 Thunderbolt II, affectionately known as the "Warthog" to its pilots and ground crew, and attacked tanks, Scud missiles and enemy ground positions. During the later years of the Cold War, the wing provided combat training to NATO forces.

In March 1993, the 10th was named the new air base wing for the Academy. The unit was activated here Nov. 1, 1994.

The wing emblem is an azure blue shield with yellow border and compass rose, a yellow figure of the Greek god Argus and a gridded globe. The azure blue shield represents the sky, the primary theater of Air Force operations. Yellow symbolizes the sun and the excellence required of Air Force personnel. The compass and globe reflect the wing's capability to defend peace anywhere. Argus is a symbol of the heavens and the overseer of all move-



U.S. AIR FORCE PHOTO

Officials with the 10th Air Base Wing conduct a reveille ceremony to mark the wing's activation at the Air Force Academy Nov. 1, 1994. The wing's history traces back to 1941.

ments on Earth; in Greek mythology, he was famous for having many eyes that could see nearly everything in his vicinity — an appropriate figure for a reconnaissance wing in World War II. Together, these symbols represent the 10th ABW's lineage of air, reconnaissance, and support.

The wing motto is also "Argus" or "Ceaseless Watch," representing a vigilant person or a watchful guardian, which accurately defines the of today's 10th ABW in watching over the security and base-level support activities for the entire 25-square-mile Academy installation.

More than 4,000 personnel carry out the wing's mission of security, civil engineering, communications, logistics, finance, contracting, chaplaincy, legal, lodging, food service, military and civilian personnel and family programs, in addition to medical operations including aerospace medicine, family practice, specialty care and ancillary services, an ambulatory surgery center, dental residency training program, laser refractory center and radiology, to support more than 4,000 cadets and a total military community of more than 35,000 personnel with an annual operating budget of \$175 million.



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CMSAF: Airmen embracing fitness culture

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

"Readiness," said the chief master sergeant of the Air Force, "is the primary purpose of developing the new fitness standard, and, so far, Airmen are stepping up to the challenge as the program normalizes."

The new physical-training standard is a way to ensure Airmen are prepared to do the nation's work and encourage them to embrace a culture of fitness, said Chief Master Sgt. of the Air Force James Roy Oct. 28.

"Nearly 50 percent of Airmen are already reaching that 90 or above score, which is a significant accomplishment," he added. "It wasn't like that the very first month out of the chute."

The statistics reflect Chief Roy's assertions. According to Air Force senior leaders, the service has seen the percentage of the total force passing the test increase from 77.9 percent to 82.6 percent in three months since the July 1, 2010, launch of the revised fitness program. Additionally, the rate of Airmen scoring 90 points or greater has nearly doubled since 2009.

A review of recent Air Force basic military training fitness test results underscores the conclusion that Airmen can quickly train to a standard and excel in physical training. Male and female trainees significantly in-



creased their scores at the end of the eight weeks for sit-ups, push-ups and the 1.5-mile run times.

"Our Airmen in basic training are leading the way with fitness; right now, we're proud to say that the fitness pass rate is approximately 98 percent by the time they graduate," said Chief Master Sgt. Mark Long, the enlisted promotions, evaluations and fitness chief. "We're seeing improvements through every portion of the test as a direct result of constant exercise and fitness."

Chief Roy credits leadership involvement, unit cohesion and the wingman concept for the uptick in passing numbers across the board.

"We're already seeing a cultural change, even for Airmen engaged in

combat operations in extreme environments," Chief Roy said. "I see individuals, or entire commands, working with each other, helping their wingmen through team building and esprit-de-corps sports activities."

Following the review of the fitness program last year, greater emphasis was placed on the aerobic portion of the test.

Abdominal circumference measurement is a very clear indicator of health and fitness, but the abdominal circumference is now worth 20 points to allow more points for the run, Chief Long said.

The new fitness standard also mandates that Airmen must pass each portion of the test to earn an overall passing score, and fitness assessment cell

monitors said a long-term health commitment is critical to success.

"Fitness is not just something you do for six months or once a year but something that can sustain you over different duty titles or different locations," said Sinclair Bayard, the fitness testing technician at the Pentagon. "It's really about bringing an awareness of total health and wellness."

Chief Long said the Air Force's long-term fitness goals are simple.

"We want to continue to emphasize a fitness culture for the Air Force and create better warfighters by having healthier Airmen," he said. "Injuries or health problems take our Airmen away from the fight."

A fit force reduces not only overall health care costs, but helps keep Airmen invested in their wellness, even beyond the parameters of duty, he said.

"Leaders at all levels need to emphasize fitness year round," Chief Long said. "When Airmen see that we care from the top, I believe they'll want to take control of their fitness."

The chief noted since Airmen have already surpassed the Air Force's projected 75 to 80 percent passing rate, he predicts the service will continue to raise the bar.

"We still have more opportunity for improvement, but so far, Airmen have risen to the challenge," he said. "We're very pleased."

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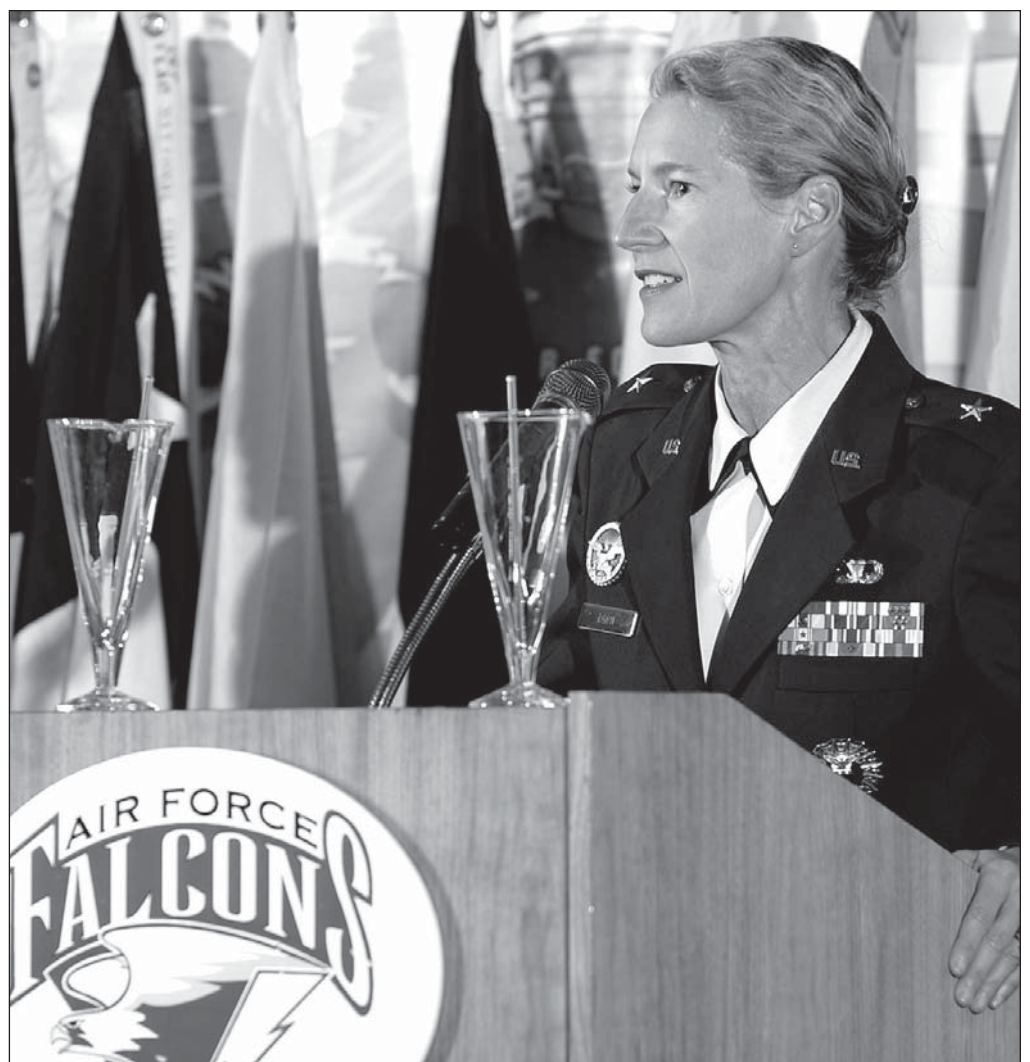
Air Force Academy and international cadets pose for a group photo at Garden of the Gods in Colorado Springs, Colo., Oct. 29. Cadets from 19 countries in Europe and Latin America visited the Academy for International Week Oct. 24-31. The cadets observed the Air Force Academy's military and academic training environments and the Academy's airmanship programs.

International cadets visit Academy

The Department of International Programs and Air Force's International Affairs Division invited cadets and officers from 17 countries in Europe and Latin America to take part in Fall International Week Oct. 24 through Sunday.

Participants observed the classroom environment and military training and toured the Cadet Chapel, the airfield, Jacks Valley and Mitchell Hall.

Dean of the Faculty Brig. Gen. Dana Born and Athletic Director Dr. Hans Mueh treated guests to a "Chemistry Across Cultures" dinner in the Falcon Stadium press box Oct. 26. Later in the week, visitors toured Colorado, checking out downtown Denver and Garden of the Gods.



MIKE KAPLAN

Brig. Gen. Dana Born speaks with visiting foreign military academy cadets and faculty members during a dinner in the press box at Falcon Stadium Oct. 26.

The Academy according to Shirley

By David Edwards
Academy Spirit Staff Writer

Shirley Orlofsky has seen every Air Force Academy graduating class except one.

In the decades since she became the secretary for the Department of Aeronautics, tens of thousands of cadets have become Air Force officers. But that string will end with the Class of 2014.

On Thursday, Ms. Orlofsky hung up her wings. After making it to her golden anniversary with the Academy, she decided to spend the rest of her golden years in a new environment.

"To tell you the truth, I never thought of the years," she said. "I got to thinking, 'People must wonder why this old lady is here. Go home; sit in your rocker.' Well, I don't intend to. It's been a great 50 years, I assure you."

She was tempted to add more years to the total. When she found out how much paperwork is involved in retiring from a military job, she flirted with a change of heart. But plenty of helpful guidance eased the paperwork burden, allowing her to leave on her own terms.

Ms. Orlofsky spent all but the first of her 50 years in the Aeronautics Department. She started at Materiel Command before moving to the department where she became a fixture.

"This was my first interview, and sure enough, here I am," she said.

As the Academy grew and changed, she had a front-row seat to see it all. She said the biggest change is the level of security now as compared with when she started.

With no hesitation, she recalls the American icons she's seen when they visited the Academy. Foremost for her on that list is John F. Kennedy. She also helped welcome Richard Nixon and Hubert Humphrey to the Academy.

It was the lesser-known names that stood out most, though. Ms. Orlofsky said being around the cadets was one of the best parts of her job. She loved to see the joy on their faces on Graduation Day.

"You feel so good for them," she said. "They've labored for four years. They're all such great kids."

Lt. Col. Charles Wisniewski, an aeronautics professor, said the department has averaged about 60 academic majors a year. According to his estimate, Ms. Orlofsky's tenure has seen 3,000 cadets graduate with majors in aeronautics. Included in that number is the Engineering Division's current No. 1, Col. Neal Barlow.

"I met him as a doolie, talked him into being an aero major," Ms. Orlofsky said. "And now, he's the boss."

Her name is known around the department for other reasons, too. Every Friday for 40 years, Ms. Orlofsky has made popcorn for her co-workers. The alluring aroma never failed to bring in people from other departments.

Once a week, the sixth-floor office in Fairchild Hall is one of the most popular places on campus.

The department's major award also bears her name. The Daley/Orlofsky Award is presented to a member of the aeronautics faculty in recognition of outstanding contributions to the department.

In addition, she has been the voice of the department mess program for distinguished faculty members. Each inductee receives a silver goblet, which is stored in a glass cabinet in the department office. Ms. Orlofsky's job has been to notify inductees of upcoming events.

"Shirley is really the person who holds all the generations of faculty together," Colonel Wisniewski said. "Everybody comes back to see her."

Now, after years of watching cadets transition into a new life, Ms. Orlofsky is ready to make a transition of her own.

The Aeronautics Department has been preparing for her departure, but both sides say getting used to the separation will take some time.

Ms. Orlofsky figures it will take her about two weeks to adjust to her new situation.

"I think I'm going to do volunteer work, most likely for the American Red Cross," she said. "I'm too old to apply for a job. The first week, I think I'm just going to stay in bed in the morning."

After 50 years on the job, she's definitely earned the right to hit the snooze button as many times as she likes.



ABOVE: A cadet flag detail lowers the American flag during a retreat ceremony for Shirley Orlofsky.

RIGHT: A member of a cadet flag detail presents Shirley Orlofsky with an American flag in honor of her 50 years of service to the Air Force Academy during a retreat ceremony at the Academy Oct. 25.



U.S. AIR FORCE PHOTO

Academy reaches out for Veterans Day

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

Airmen from the Air Force Academy will take part in activities around the Colorado Springs community during the week leading up to Veterans Day.

Cadet and base honor guard appearances and visits to local schools will highlight the Academy's outreach between today and Nov. 12.

Saturday: The Base and Cadet honor guards, Air Force Academy Band and Airmen with the 10th Air Base Wing will march in the Colorado Springs Veterans Day Parade, which will take place starting at 10 a.m. along Tejon Street downtown. The Cadet Honor Guard will also march in the Fort Morgan Veterans Day Parade, roughly 90 minutes northeast of Denver along Interstate 76.

Sunday: The Base Honor Guard will appear at the National Association of College Auxiliary Services National Conference at the Broadmoor Hotel in Colorado Springs, along with 10th ABW Commander Col. Rick LoCastro, who will speak at the conference.

Monday: Athletics Director Dr. Hans Mueh will attend the Pikes Peak Roundtable Dinner.

Tuesday: Dr. Mueh, a member of the Cheyenne Mountain Zoo's board of directors, will attend the zoo's board meeting. Colonel LoCastro will host the College Auxiliary Services conference attendees for a tour of the Academy.

Wednesday: Col. Scott Blum, director of staff for the Dean of Faculty, will speak at Prairie Winds Elementary School.

Thursday: Dean of the Faculty Brig. Gen. Dana Born and other senior officers will speak at a variety of observances in the local area. General Born will speak at a Quarterback Club get-together in Denver. Other appearances include:

- Academy Chief Scientist Col. Brent Richert at Ellicott Schools
- History professor Col. Mark Wells at the Center for American Values in Pueblo
- Aeronautics professor Col. Marty France at Liberty High School
- Col. Scott Blum, director of staff for the Dean of Faculty, at Prairie Winds Elementary
- Foreign language professor Col. Dan Uribe at High Plains Elementary
- International Programs Director Col. Ron Ma-

choian at St. Peter's Catholic School in Monument

- Physics professor Col. Rex Kiziah at Charlotte Latin School in Charlotte, N.C.

- Athletics Deputy Director Col. Billy Walker at Pikes Peak Community College

- Ralph Hartman from the Center for Character and Leadership Development and Col. Randall Gibb from the Department of Behavioral Science at Bear Creek Elementary

- Aeronautics assistant professor Lt. Col. Thomas Joslyn at Rockrimmon Elementary

Nov. 12: Colonel Wells will attend a "Portraits of Valor" reception at the Center for American Values.

TV Appearances

The Air Force Academy Band will appear on "Home of the Brave," airing on KKTU and KOAA-TV Saturday at noon and again Thursday at 8 p.m. on Rocky Mountain PBS.

Academy hosts 2,000 for Scout Day

By David Edwards
Academy Spirit Staff Writer

When boy scouts learn the Scout Law, the second point they learn is that a scout is loyal.

And loyalty is what the Falcon football team was counting on Saturday at home against Utah as the Academy put on Scout Day. Troops, packs and councils in the Springs and Denver areas were responsible for more than 2,000 ticket sales for the game.

In the end, the screaming scouts couldn't inspire the Falcons to a go-ahead touchdown, and the Utes escaped with a 28-23 win. Nonetheless, Scout Day was a win for the Falcons.

Ticket sales manager Branon Vaughan stopped by the council office in Denver more than a month prior to the game to distribute flyers. The Acad-

emy's already strong relationship with the Pikes Peak Council in Colorado Springs paid dividends as well.

"Scout Day ... further strengthened our relationship and instilled in our units that the Academy supports scouting and the programs we provide for young people," said Whitney Riley, support services director for the Pikes Peak Council. "The (Academy) is already held in very high regard by the vast majority of our volunteer base, and the more events we hold at the Academy or in conjunction with cadets, the better the impression those volunteers – and the community – will have."

Mr. Riley said the organization's volunteers actively promoted the event and encouraged youngsters and adult leaders to attend. This year has already been filled with festivities for the Boy Scouts of America, which is celebrat-

ing its 100th anniversary.

So throwing some pigskin fun into the mix continued the celebration nicely. Cadets from the Wings of Blue parachuting team swooped onto the Falcon Stadium turf to deliver a series of Scout flags along with the Stars and Stripes. A glider, some small-scale bungee jumping and of course The Bird provided plenty of Kodak moments.

In addition, more than 400 scouts from around the state braved the chill of an autumn evening to camp out near the stadium grounds. The dramatic temperature shift between pregame and halftime tested the Scouts' adherence to the famous "Be prepared" motto.

Scout Day with the Falcon football team continued a positive and eventful partnership between the local Scouting movement and the Air Force Academy. Mr. Riley listed some of the most

prominent examples of that.

"Our annual Freez-O-Ree camping event was held at the Academy each year until Sept. 11, 2001, and was brought back USAFA in 2010," he said. "We hold a one-day Cub Scout Winterspree each January that is hosted by Academy cadets. There is a Venture crew comprised of cadets at the Academy with over 100 members, many of them Eagle Scouts."

With such a solid working relationship between the two parties, the Air Force marketing team considered a Scout Day for football a no-brainer. It also didn't hurt that a ranked opponent was in town to play the Falcons.

The Academy has had success with Scout Day in other premier sports: volleyball, basketball and hockey. Football has been no different, and the Academy can't wait to do it again.



2ND LT. MEREDITH KIRCHOFF

CBS-C salutes service academies

From left: Navy Midshipman 1st Class Matt Molloy, CBS College Sports reporter Molly Qerim, Army Cadet 1st Class Katie Murphy and Air Force Cadet 1st Class Daniel Gidasi talk during a segment of CBS-C's Armed Forces Salute Oct. 30. The network aired 30-minute segments examining life at each of the three service academies earlier in the week and broadcast a football tripleheader featuring each academy's football team.

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Senior Air Force Academy running back Nathan Walker leaps over a Utah defender during the first quarter of play against Utah at Falcon Stadium Saturday. Walker had six carries for 31 yards.



JOHNNY WILSON

FAR RIGHT: Varsity cheerleaders led by David Alvarado, left, carry flags in the end zone to celebrate a score during the game against the Utes.

RIGHT: Sophomore Air Force Academy wide receiver Mikel Hunter can't hold onto a pass during the first quarter of play against Utah in Saturday. Hunter had two receptions for 56 yards in the Falcons' 28-23 loss to the Utes.



BILL EVANS



MIKE KAPLAN

Utes survive Falcon comeback, 28-23

By John Van Winkle
Air Force Academy Public Affairs

Five turnovers sabotaged the Air Force Academy's offense as the Falcons fell to the University of Utah at Falcon Stadium Oct. 30.

This was the second straight week the Falcons faced a team ranked both in the top 10 of the nation and the BCS rankings, and was fourth nationally-ranked opponent the Falcons have faced this season.

Utah entered the game ranked at No. 7 and No. 8 in separate polls with a 7-0 record, while the Falcons came in at 5-3, ranked fourth in the Mountain West Conference.

Air Force got the ball first, but Utah ended a promising drive three plays later. Falcons quarterback Tim Jefferson completed a pass to sophomore wide receiver Mikel Hunter, who had the ball popped loose from him by Utah cornerback Brandon Burton and recovered by free safety Greg Bird.

Utah then made the Falcons stop the run, which is something Air Force has had trouble doing for the past few games, giving up 5.2 yards a carry this season coming into the Utah game. The Utes started their first drive at their 34-line, and ran the ball 12 of 13 plays to put the ball on the Air Force 1-yard line. Senior running back Eddie Wide followed his eight-man line into the end zone for the score, to put Utah on the scoreboard first. With the extra point, Air Force was down 7-0.

The Falcons settled down and returned the favor eight plays later, when wide receiver Jonathan Warzeka went option left and found paydirt with an 11-yard run. Erik Soderberg's extra point tied the score.

Freshman linebacker Jamil Cooks added to the cadets' celebration when he recovered an onside kick at the Air Force 45-yard line. Cooks has made a name for himself this season on special teams, blocking a field goal and a punt against Navy in an acrobatic fashion as well as a point after attempt against Colorado State.

But Air Force's drive ended in another fumble by a receiver. Jefferson connected with backup tight end Joshua Freeman for 36 yards, but Ute cornerback Lamar Chapman stripped the ball as Freeman was going to the ground, and the Utes recovered at their 18-yard line to stop another Falcons offensive possession cold.

The two teams traded possessions, with Air Force using field position and its option attack to drive close enough for Soderberg to nail a 23-yard field goal and give the Falcons at 10-7 lead.

Utah took back that lead with their power running game and the second effort of senior running back Matt Asiata on a third and goal. Senior placekicker Joe Phillips added an extra point to put the Utes up 14-10.

A third Air Force drive was stopped on a fourth and 2 -- after running back Asher

Clark gained the first down yardage -- when Utah free safety Greg Bird popped the ball loose from Clark's grasp, and Utah recovered a third forced fumble.

Air Force looked to return the favor on turnovers after the half, and Falcons defensive back Anthony Wright, Jr., did the honors by intercepting Utah quarterback Jordan Wynn, giving the Falcons a post-halftime boost and possession at the Air Force 36-yard line.

But Utah held the Air Force triple-option attack back. Tim Jefferson punted a pooch kick, and Air Force downed the ball at the Utes' 9.

Retaking possession, the Utes mixed it up between passes and runs to drive 91 yards and cap the drive with a 36-yard pass to Luke Matthews for the touchdown. Phillips' extra point put the Falcons down 21-10.

Air Force retook the field, but this drive ended three plays later when freshman strong safety Brian Blechen intercepted Jefferson and returned it to the Air Force 18-yard line. The Falcons defense held firm, forcing Utah to face a fourth and four and bring on the kicking unit. But the kick was a fake, and the holder carried it 7 yards to make it first and goal at the 5. After that, Utah's power running game gave the Utes another score, putting Utah up 28-10.

Utah held on to that lead by intercepting Jefferson again at the top of the fourth quarter, to kill a fifth Air Force drive. The pass was deflected by a defender, but the result was the same -- Utah ball.

The Falcons' defense forced the ball over on downs, and the offense capitalized. As he has been apt to do throughout most games with the triple-option attack, Jefferson broke a long one in the fourth quarter with a 59-yard touchdown run, the longest run of his career. Soderberg's extra point was good, narrowing the gap to 28-17, with more than 11 minutes left to mount a comeback.

After forcing to Utah to a three-and-out, Air Force took possession at the Utah 49 yard line, and came out shooting. Jefferson found wide receiver Kyle Halderman wide open 10-yards deep on the left for a completion and Halderman took an angle to hit the end zone for the touchdown. Now down by only five points, the Falcons opted to go for the two-point conversion. The Falcons offense lined up in the I formation and ran right, but Jefferson was stopped short, and the score remained 28-23.

The teams battled back and forth through most of the fourth quarter, with Air Force getting one final chance to pull out a win with the ball at their 1-yard line and only 19 seconds left on the clock. Jefferson completed a pass to Warzeka to move the ball 21 yards, but he was tackled in the field of play and the clock kept ticking. Another quick out to Halderman moved the ball to the Air Force 35-yard line before he stepped out of bounds to stop the clock with four seconds left. The Falcons were out of timeouts, and Utah burned its last timeout to prep its defense

for the final play of the game.

Jefferson took the snap, read the coverage and couldn't find an open receiver. He then tucked the ball away and tried to run up the middle, but Utah middle linebacker Chaz Walker made a shoestring tackle to bring Jefferson down and end the game.

"We were trying to get as many guys down the field and trying to set up a tip. 'He was trying get those guys a chance,'" said Air Force head coach Troy Calhoun. "He thought he could step up and a guy got him by the foot."

Air Force-Utah football games have traditionally been close ones, with last year's game being decided in overtime and the last five games being decided by a touchdown or less. This year was no different, with a 28-23 score when time ran out.

But a season-high five turnovers was the real margin of victory, Coach Calhoun said.

"Turnover margin, without a doubt, you see was a very significant difference," said Coach Calhoun. "To beat the eighth-ranked team in the nation, you have to be plus in turnover margin, and we were not. You give them every bit of credit because you can certainly see they are big, they are fast, they're powerful and a very good football team. To their credit, to be able to come in here and win, is indicative of the caliber of squad they have."

The loss to Utah is the third straight loss for the Falcons, dropping their season record to 5-4. That leaves three more regular season games on the Air Force schedule: Army on Nov. 6, New Mexico on Nov. 13 and UNLV on Nov. 18.

On paper, this will be the easiest stretch of the Falcons' season, as the three teams and a combined record of 6-18. Army beat VMI today 29-7 today to advance their season record to 5-3, and remains the toughest opponent left on Air Force's schedule.

"It's a challenge because to have a chance against Air Force we're going to have to play much better than we did (today)," said Army head football coach Rich Ellerson. "The good news is, we had a lot of guys step up and play well today. We found a way to be successful against a determined and in many places a gifted opponent. The bad news is that if we don't play a lot better than we did just against VMI, we don't have a chance. The good news is that we can play better than that, we can play a lot better than that, and we'll need to."

The Air Force-Army game kicks off Nov. 6 at 5:30 p.m. Eastern Time, 3:30 p.m. Mountain Time, and will be televised on the CBS College Sports Network, and aired by KVOR 740 AM in Colorado Springs and KCKK 1510 AM in Denver and Northern Colorado.

Falcon football fans can also follow the action online at www.kvor.com and get the play-by-play action via Gametracker at www.goairforcefalcons.com/gameday.

AF Week: Buzz, cadet visit Fla. schoolchildren

By Staff Sgt. Mareshah Haynes
Defense Media Activity

Approximately 300 middle school students saw a live American kestrel falcon during a presentation from the U.S. Air Force Academy falconry program here Oct. 28.

Cadet 3rd Class Danielle Cortez and her falcon, Buzz, visited students at L.B. Johnson Middle School here as part of Air Force Week Cocoa Beach 2010. Other Airmen, including a firefighter, an avionics electrician and a laboratory technician were also on hand to answer questions the students had about the Air Force.

"In the civilian world, they use (falcons) for hunting," Cadet Cortez said to the students. "But at the Academy we're the Air Force Falcons, so it's our mascot. We have the only performing NCAA mascot in the United States, and during halftime at football games, we do flying presentations. We also go around the community, like we are with you guys right now."

A portion of the Academy falconry program is education, which allows cadet falconers to travel the country with the Air Force mascot to educate audiences about the Air Force and the falconry program.

The questions the audience of 13- through 15-year olds ranged from, "Would Buzz be wearing a costume for Halloween," to "What are the criteria to be accepted into the Academy?"

"I like talking about falconry, but I like talking about the Academy," said Cadet Cortez of her interaction with the students. "It's been a dream of mine since the third grade. So I like to inform the (students) about it; it's a great opportunity."

Though college may be a few years away for these middle school students, the presentation may have piqued the interest of some potential future cadets.

"It was cool," said Brittany Harthon, 15, who was also a member of the Civil Air Patrol. "I've never seen that before. I think it's cool -- all the activities (they do at the Academy.)"

Cadet Cortez and Buzz visited schools in Brevard County and the Orlando area and will wrap up their visit at the Cocoa Beach air show Oct. 30 and 31 at the Cocoa Beach Pier.

For information about Air Force Week Cocoa Beach 2010, visit www.airforceweek.af.mil. For more information on the Academy falconry program, visit <http://bit.ly/debJry>.



ABOVE: Students meet "Buzz," a kestrel falcon, at Lyndon B. Johnson Middle School in Melbourne, Fla., Oct. 28. Buzz is named after the "Toy Story" character Buzz Lightyear. Buzz and Cadet 3rd Class Danielle Cortez, from the Air Force Academy, and Airmen from Patrick Air Force Base, Fla., talked to the audience about the art and history of falconry and the educational and career opportunities available through the Academy and in the Air Force.

RIGHT: Buzz watches his surroundings while at Lyndon B. Johnson Middle School last week. Buzz is hand-fed quail. In the wild, American kestrels feed on insects, mice, lizards and snakes. What the smallest but most numerous of the North American falcons lack in speed, they make up for in their ability to hover over small prey while flying. This is Buzz's first educational trip. He is a rehab bird from Minnesota that came to the Academy injured last January.



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Academy grads support Antarctica mission

Active-duty and Reserve Airmen from the 62nd and 446th Airlift wings at Joint Base Lewis-McChord, Wash., spent a few days at McMurdo Station in Antarctica and related their experiences to the Defense Department's "Armed with Science" blog recently.

Among the officers who traveled to McMurdo Station were Capt. Jon Waller, an Air Force Academy graduate and C-17 Globemaster III instructor pilot with the 62nd AW, and Capt. Chris Stephens, a 2001 Academy graduate and C-17 weapons officer.

"(We spend) the majority of the year flying into the Middle East," said Captain Waller, who is on his second season flying for Operation Deep Freeze. "Flying into combat is pretty cool, and landing on dirt runways is pretty cool, but landing out here on the ice definitely takes the cake."

Captain Waller described night missions as "amazing." Infrared illumination markers mark the runway for the aircrew.

"It really opens up our capabilities to fly year-round and fly 24 hours a day," he said. "And operations on the ice with (night vision goggles) are not all that much different from what we're used to."

The key difference might be in the length of the day: the sun stays above the horizon 24 hours a day during Antarctica's summer and disappears for months at a time during the Antarctic winter.

Two other officers, Maj. Bruce Cohn and Capt. Chris Stephens, have also flown support missions.

"Usually, C-17 pilots never get to leave the airfield (at McMurdo Station)," wrote Major Cohn, another C-17 instructor pilot for the 62nd AW. "We fly down from Christchurch, New Zealand, land on the ice runway, offload cargo and depart."

However, a two-day visit to the station allowed the major to learn more about the base, which is prin-



U.S. AIR FORCE PHOTO

Capt. Jon Waller records a video log of his experiences flying C-17 Globemaster III aircraft into McMurdo Station, Antarctica, in support of Operation Deep Freeze in October. Captain Waller is a C-17 instructor pilot with the 62nd Airlift Wing at Joint Base Lewis-Fairchild, Wash., and a graduate of the Air Force Academy.

pally operated by the National Science Foundation.

"What appears ... as individual station functions is actually an eccentric mix of people working together to make science happen," he wrote. "The research that's done here spans the gambit from marine biology to climate research and vulcanology. After two days of near-perpetual sunlight, breathtaking views and a crash course on McMurdo, I've barely scratched the surface of what happens in Antarctica, but it's 48 hours I will never forget."

Captain Stephens, a weapons and tactics flight commander with the 62nd AW, wrote about McMurdo Station's weather team, which found a way to im-

prove its operations with a can-do attitude.

"When I talked with the individuals in the weather office, they immediately asked how they could make their product better," Captain Stephens wrote. "As we discussed my concern, they produced all the answers and had all the appropriate products but simply did not realize that we desired that specific information."

"The process improved," he continued. "McMurdo Station is definitely a shining light in the world of interagency operations, and its people here are setting a great example."

For more on Operation Deep Freeze, visit <http://science.dodlive.mil/>.



Family Day at the Airfield

Maj. Julie Mulloy, right, familiarizes Jen Plamp with the flight deck of a DHC-6 Twin Otter aircraft at the Air Force Academy Oct. 27. The 306th Flying Training Group uses Twin Otters as part of the Academy's parachuting airmanship program. Mrs. Plamp is the wife of 306th FTG Commander Col. Chris Plamp. Major Mulloy is an instructor pilot with the 70th Flying Training Squadron.

JOHNNY WILSON

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Former Falcon trains for NFL combine

By 2nd Lt. Nick Goirigolzarri
4th Space Operations Squadron

SCHRIEVER AIR FORCE BASE —When then-Cadet 1st Class Aaron Kirchoff finished his senior football season at the Air Force Academy in 2009 as a free safety, he thought that would be the end of his playing days on the gridiron. But because of some recent exposure from some of his old teammates, the financial manager with the 50th Comptroller Squadron is preparing for the next step in his football career: the National Football League.

“Coming out of the Academy, the NFL wasn’t even a question. You weren’t even asked if you were training for the combine. Then when Chad (Hall) and Ben (Garland) started getting exposure, I thought, ‘Why not?’” Lieutenant Kirchoff said.

Lieutenant Hall graduated from the Air Force Academy in 2008. Department of Defense policy allows for servicemembers to apply for an early release from their active duty service commitment after two years from their ADSC date. If granted, the servicemember must serve in the Reserves for double the time remaining in his commitment.

Hall signed a contract with the Philadelphia Eagles earlier this summer and is currently on the active 53-man roster. Garland graduated from the Air Force Academy in May, and reported to the Denver Broncos training camp this summer, but after playing in the preseason with the Broncos, Garland did not make the active 53-man roster. He will first serve his two-year commitment before applying for an early release to go play full time with the Broncos, but he is still very much involved with the organization.

After seeing his former teammates donning their cleats and pads again, Kirchoff became motivated to get his shot at the NFL.

“After seeing those guys, a fire started up underneath me. Seeing them perform at that level is my

motivation to try to get there. Those guys did it. They were on an NFL roster and now the window is open for other players,” he said.

Kirchoff knows he has a quite the battle in front of him. To attend the NFL combine, you must first receive an invitation to do so. Kirchoff is hoping to receive such an invitation after he performs for NFL scouts at the Air Force Academy’s Pro Day next spring. Many colleges hold pro days for select players to get their shot at being noticed by scouts who are in the area. If scouts like what they see, they may ask for an individual to appear for a private workout or perhaps receive an invite to the combine. From there, potential players receive contracts, which at least secures a spot at summer training camp if signed.

Kirchoff has lined out an extensive physical regimen for himself to endure until the spring. Working with a training company based out of his hometown in the Chicago area, Kirchoff uses the Schriever AFB Fitness Center facilities day in and day out. His trainers from the company have really pushed him, he said.

“They have been kicking my butt. They have me doing a ton of lifting, and I have agility and sprint workouts too. I’m trying to glow on paper with my stats, and the fitness center has been awesome for my workouts. The facilities have everything I need for my training,” Kirchoff said.

By “glow on paper,” Kirchoff is referring to the typical three tests NFL scouts will have players run before considering anything else.

“If you don’t glow on paper, you won’t even get a chance to glow on the field,” he said. The tests include a maximum repetition bench press of 225 pounds, a 40-yard dash and a vertical jump to test agility.

Kirchoff’s plan is to continue to ramp up his training until January, then begin to focus entirely

on speed while maintaining his strength and weight. Since beginning his training a few months ago, Kirchoff has gained 17 pounds of muscle and increased his bench press maximum from 265 pounds to 330 pounds. In addition to at least two hours in the gym every day, the lieutenant also pays close attention to his eating, monitoring calorie intake and making sure he gets sufficient amounts of protein and other nutrients needed for the intensity of his training.

While physical fitness is important, Airmen must obviously find a balance between fitness and the mission. Kirchoff’s rigorous training requires him to oftentimes be at the fitness center from the end of the duty day until 7 p.m.

“His personal sacrifice, discipline, and drive outside of duty hours, after the mission is satisfied, will be the true force behind whatever happens to him not only in the NFL, but in life,” said 50th CPTS Commander Maj. Thomas Smicklas. “Going for the NFL is certainly a one-in-a-million shot, but I know his fire and passion to overcome the odds pumps up every Airman here in the squadron and is a lesson in perseverance and determination for the entire 50th Space Wing.”

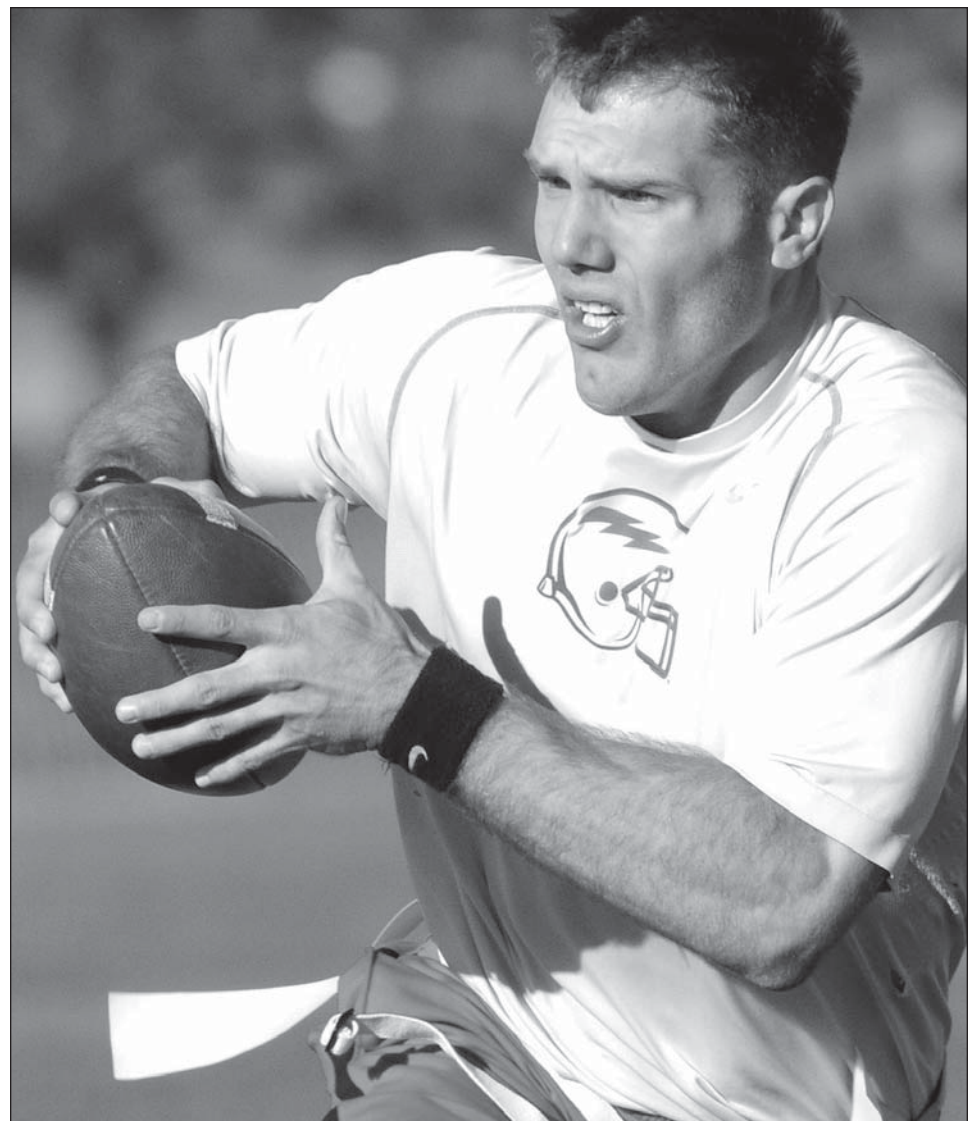
If no scouts take interest in him this coming Spring, Kirchoff said he plans on trying out for the semi-professional football team in town, the Colorado Springs Flames.

When not training for the combine, Kirchoff also helps others in his squadron with their fitness goals, leading squadron physical training twice a week. Smicklas said he has noticed that Kirchoff’s training has not only helped himself, but his squadmates as well.

“His attitude is infectious, and his natural ability to balance the requirements of his job with the intangibles may just be enough to carry him to the next level; and we’ll be there for him every step of the way,” he said.



DENNIS ROGERS



DAVE AHLSCHEWDE

ABOVE: Aaron Kirchoff runs downfield during an intramural football game at Schriever Air Force Base in August 2010.

LEFT: Former Falcons free safety Aaron Kirchoff rambles downfield during his 96-yard return of a fumble recovery for a game-changing touchdown against New Mexico Oct. 22, 2008. Kirchoff, now a financial management officer at Schriever Air Force Base, is training for the 2011 NFL Combine.

Falcons drop 3-set match to TCU

By Valerie Perkin
Athletic Communications

Despite a solid outing by freshman Annalyse Schmitt, the Air Force volleyball team opened the second half of the Mountain West Conference season with a 3-0 loss to TCU Oct. 29 at the Academy's Falcon Court at East Gym.

The Falcons fell in straight 25-21, 25-18, 25-21 sets to the visiting Horned Frogs.

Pacing the Falcons with 12 kills, Schmitt was the only Air Force player to tally a double-digit kill total. Connecting on 12 of 31 swings, while committing just four errors, she recorded a hitting percentage of .258 - her second-best average of the season when recording more than 20 attempts. Schmitt also accounted for one of the squad's five service aces.

"Annalyse did a great job tonight," head coach Matt McShane said. "She hit .258 and that's two straight matches for her hitting over

.250. We set her a lot and she is really stepping up and getting a lot more kills than she did earlier in the year. She's no longer a freshman, volleyball-wise. She has earned that right."

Seniors Caroline Kurtz and Nichole Stilwell added kill totals of nine and eight, respectively, as the pair joined Stilwell to account for 29 of the Falcons' 35 total kills. In addition to her eight kills, Stilwell added a pair of assisted stops. Senior Jessica Hellmann posted 27 assists, while classmate Kelly Spencer led the team with 14 digs. Sophomore Maiya Perich added 11 digs, while tallying a pair of service aces.

"We need to be more consistent," McShane said continued. "There were times our passing was very good, and other times ... let's just say it was inconsistent.

We took more swings than TCU, but now we just need to get more kills. We tried a new defense tonight and it worked great. We dug a lot more balls against them than we would have with the old defense."



JOHNNY WILSON

Annalyse Schmitt returns a volley in a game against TCU Oct. 29. Schmitt was the only Falcon to tally a double-digit kill total.

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FRIDAY
Nov 19, 2010

THE NEWS TODAY

LOCAL
Ethics panel to study Rivera's ties

TIP-JAR
Save on vacations by skipping homes

BUSINESS
Pizer gives jobless free drugs for year

SPORTS
Manitou Springs alive and kicking

FUNDING
boost for '10 winter sports

INSIDE BEST OF THE SPRINGS
The 15th edition of this annual publication identifies Springs-area superlatives. From skateboards to sushi, you'll find the standouts in their field.

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Gymnasts receive championship rings

Cadets with the 2010 Air Force men's gymnastics team receive USA Gymnastics Collegiate National Championship Rings from Athletics Director Dr. Hans Mueh Saturday during the first half of the Air Force-Utah game at Falcon Stadium. The championship is the first for the Falcons. The team's 2011 season begins Jan. 15 with the Rocky Mountain Open at the Academy's Cadet West Gym.



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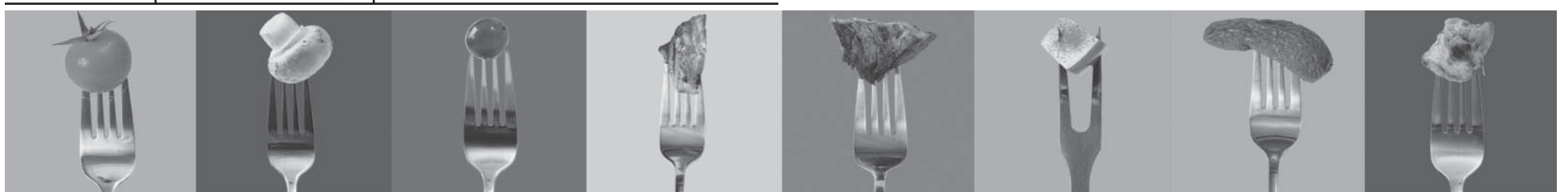
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**For advertising information
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Fan Appreciation Day

Join the football team at Falcon Stadium for the final home game against New Mexico Nov. 13 for as little as \$15 per person as part of a fan appreciation ticket special.

Fan Appreciation Day will also include a free Air Force football t-shirt, free food vouchers good for a hot dog and soft drink and a drawing for a mystery prize.

To purchase tickets, go to www.goairforcefalcons.com, click "buy tickets," then select "football." Enter "FANDAY" in the promotion code box to receive the list of discounted seats.

Vote for The Bird!

The competition continues for the 2010 Mascot of the Year challenge, and The Bird needs your help to stay in the running.

To vote for The Bird, visit www.capitalonebowl.com/vote/main.

Dress making class

Teresa Lansford will hold a class on

making pillowcase dresses at the Community Center chapel Saturday from 10 a.m. to noon as part of the "Dress a Girl Around the World" program.

The "Dress a Girl" program provides dresses to girls living in poverty in foreign countries. More information is available at www.dressagirlaroundtheworld.com.

Construction at gates

Construction will continue on booths for security personnel working at the North and South gates.

The North Gate will close at 9 p.m. instead of 10 p.m. to accommodate construction, which will take place from 9 p.m. to 5 a.m. through early 2011.

FEHB Health Fair

The Civilian Personnel Office will hold the 2011 Federal Employees Health Benefits Health Fair Today from 1:30 to 3:30 p.m. at the Falcon Club.

Health Plan representatives will be on-hand to answer question about their plans' benefits and methods of obtaining services and to distribute new medical coverage guides.

The health fair is open to all current and retired appropriated-fund civilian employees. Open season enrollment is Nov. 8 through Dec. 13. For more information, contact Civilian Personnel at 333-4363.

Post-9/11 GI Bill briefings

The Education Services Center will hold Post-9/11 GI Bill informational briefings Wednesday and Nov. 24 at 10 a.m. and Nov. 10 at 1 p.m.

Space is limited, so call 333-3298 to reserve a slot.

Winter preparation tips

Winter weather might be just around the corner. The Academy Safety Office has the following tips for drivers to prepare their vehicles for snowfall:

- Check your battery, fluid levels, turn signals, heater and defroster, tires and brakes.
- Keep a windshield scraper and small broom in your car for ice and snow removal.
- Keep your gas tank at least half-full during the winter season.
- Keep a small supply of emergency supplies in your vehicle, including non-perishable snacks, several bottles of water, blankets, matches, extra clothes, a small shovel and battery jumper cables.

Volunteer call

Volunteers are needed for each of the following upcoming events.

• **Spouses Club Thrift Shop:** The Academy Spouses Club Thrift Shop is seeking new volunteers for its location in the Community Center Tuesdays, Wednesdays and Fridays and the first Saturday of each month from 9:30 a.m. to 2 p.m.

Proceeds from the thrift shop go to Spouses Club scholarships for military family members and other charitable activities that benefit the local community.

For more information or to volunteer, contact Thrift Shop manager Michelle Day at 333-4059 or Thrift Shop chair Cat Donovan at 264-1315.

• **Honor Guard:** The Academy Honor Guard needs officer and enlisted volunteers who can support two details per month for one year and who can attend training every other Wednesday

from 1 to 4 p.m. To volunteer, contact Janet Edwards at 333-3323 or Staff Sgt. Hugo Reinor at 333-5621.

Evening Aerobics

The Community Center Sports and Fitness Center now offers evening aerobics classes at 5 p.m. Mondays, Wednesdays and Thursdays. To sign up or for more information, call 333-4522.

A&FRC offerings

The Academy Airmen and Family Readiness Center will hold the following classes in November. For more information, contact the A&FRC at 333-3444 or 333-3445. Class dates and times are subject to change.

DAV Medical Records Review

Monday and Nov. 19, 7:30 a.m. to 4:30 p.m.

Individuals within 180 days of retirement or separation can have the Disabled American Veterans review their medical records in preparation for filing for Veterans Administration disability compensation. Call for more information or to schedule an appointment.

Résumé Writing

Tuesday, 9 a.m. to noon

Learn different types of résumés and cover letter styles and how to improve your own. Improve your résumé to make it work more effectively for you.

Transition Assistance Program

Nov. 15-19, 7:30 a.m. to 4:30 p.m.

The Transition Assistance Program seminar will provide those separating or retiring within the next 12 months the knowledge and skills they need for a successful transition into the civilian workforce. Learn interviewing skills, résumé writing, networking, negotiations, dressing for success and more.

Family Advocacy classes

Family Advocacy will offer the following classes to active-duty service-

members, Department of Defense civilians, retirees and family members in October and November.

For more information on classes or to sign up, contact Family Advocacy at 333-5270.

Couples Communication

Today, 8:30 a.m. to 3:30 p.m.

This one-day seminar teaches couples how to handle conflict, communicate more effectively and improve their relationships.

Everyone is welcome, whether married, engaged or dating.

Common Sense Parenting

Wednesdays, Nov. 3 to Dec. 8, 11:30 a.m. to 1 p.m.

This skill-based parenting program held at the Community Center Chapel teaches parents of children ages 5-18 practical parenting techniques and how to reinforce positive behavior.



'Honoring All ...'

The Colorado Springs Pioneers Museum will hold an "Honoring All Who Served" event Thursday beginning at 1 p.m., featuring tables that will allow local veterans to share their stories and memorabilia. Retired Army Gen. Ed Anderson will speak at 3 p.m.

Adoption fair, workshop

The Armed Services YMCA at 2190 Jet Wing Drive will hold an adoption fair and workshop Wednesday from 9 a.m. to 1 p.m.

Local military community reps will speak about adoption and available resources.

Reservations are required. To sign up call 333-3444.



CADET CHAPEL

Buddhist

Sundays, 10 a.m.

Wednesdays, 6:30 p.m.

Native American

Sweatlodge Ceremony - Saturday, 4 p.m.

Fort Carson Turkey Creek Recreation Area

Protestant Worship

Traditional: Sundays, 9 a.m.

Contemporary: Sundays, 11 a.m.

Catholic Worship

Mass: Sundays, 10-11 a.m.

Monday, Tuesdays and Thursdays,

6:40-7:10 a.m.

Confession and Adoration: Wednesdays,

5:30-6:30 p.m.

Holy Days of Obligation: 6 p.m.

Jewish Worship

Fridays, 7 p.m. (during academic year)

Open for tours

Mon.-Sat. 9 a.m.-5 p.m.

Sunday 1-5 p.m.

No tours during services

Service times are subject to change without notice due to mission requirements. Please call 719-333-2636/4515 for more information.

COMMUNITY CENTER CHAPEL

Catholic Masses

Saturdays

Reconciliation - 3:30 p.m.

Mass - 4 p.m.

Sundays

Mass - 9 a.m.

Religious formation - 10:15 a.m.

(September-May)

Tuesdays-Fridays

Mass 11:30 a.m.

Protestant Services

Wednesdays

Wednesday Night Live - 6 p.m.

Dinner followed by Religious Education

(September-May)

Sundays

Evangelical - 10:15 a.m.

Gospel 11:30 a.m.

TECHNICAL

AECOM, a leading provider of engineering, technical, and management support services around the world, is hiring Information Technology professionals in the Colorado Springs area. If you are interested in obtaining information about our vacancies, please visit:
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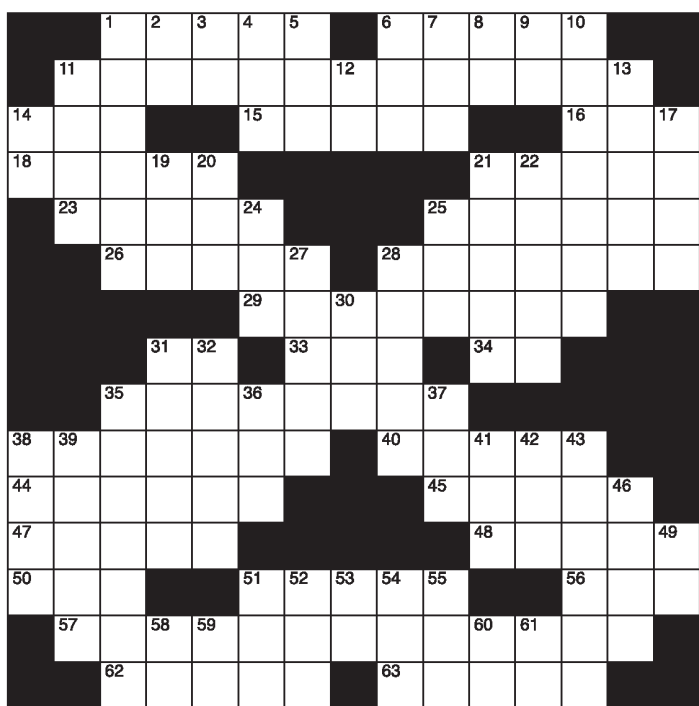
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002



CLUES ACROSS

1. Scallywag
6. Part of actomyosin
11. Dr. Ross on "ER"
14. Shaft horsepower (abbr.)
15. Nerd
16. Mama
18. Nonreligious person
21. Talk (Olde English)
23. 19th C. couples dance
25. Carried out systematically
26. Heroic tales
28. Fawning in attitude or behavior
29. Ardent followers
31. Personal computer
33. Household god (Roman)
34. M.D. designation
35. Exterior faces of an object
38. More leprose
40. Orchis mascula
44. Pallidly
45. Mama partners
47. Organisms of the same ancestor
48. Removed a fish skeleton
50. Direct toward a target
51. Famous chair designer
56. Old world, new
57. Did the job
62. Move sideways
63. Incontrovertible truths

CLUES DOWN

1. Reddish browns
2. 38th state (abbr.)
3. Atomic # 18
4. Million gallons per day (abbr.)
5. Long bench with back
6. Brew
7. Stocky short-legged harness horse
8. Toward
9. Not out
10. Greek goddess of vengeance
11. Albanian dialect
12. Atomic # 58
13. A bumpkin
14. 40th state (abbr.)
17. Person born in Media
19. Patti Hearst's captors
20. Clothe
21. Small torn piece
22. Lays pavement
24. Hip living quarters
25. A kept animal
27. Scad genus
28. Skin lesions
30. Holiday (informal)
31. Whined
32. Co-founder of The Cleveland Clinic
35. Highly seasoned dried sausages
36. Slightly insane
37. Not happy
38. Prevents harm to creatures
39. Civil and religious muslim leader
41. Scientific workplace
42. Yeddo
43. Flat sections of a door
46. Sew up the eyelids of hawks and falcons
49. White House city
51. Snake-like fish
52. Sweet fruit juice beverage
53. Metric ton
54. Extremely high frequency
55. A very large body of water
58. Chinese distance measure
59. Initials of "Titanic" star
60. Prior to AD
61. Exclamation "I've got ___!"

SUDOKU

	8	3						
	9		8			1	7	
			6				3	
	3		5	6				
				9	1	2	5	6
				2				
			2			5	6	
		6				3	8	
	4							2

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so shapren your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier to gets to solve the puzzle!

Solution on page 13

Level: Intermediate



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