

USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 49 No. 47

December 4, 2009



Photo by John Van Winkle

World Champs!

Academy firefighter Dan McAuliffe, left, readies to receive the baton from fellow firefighter Ken Helgerson after Mr. Helgerson's completion of the Keiser Sled event. Mr. Helgerson and Mr. McAuliffe were part of the Academy's world champion over-40 relay team at the World Firefighter Combat Challenge XVIII in Las Vegas, Nov. 16-20. For more on all of the Academy Fire Department's world champions, see Pages 12-13.

HLC releases Academy accreditation report

By Staff Sgt. Don Branum
Academy Public Affairs

The Higher Learning Commission of the North Central Association of Colleges and Schools released their report on the Air Force Academy's accreditation status Oct. 27 with the official decision to renew the Academy's accreditation for another 10 years.

The report culminates years of preparation that included a 278-page self-study report and a three-day visit from academic experts who interviewed senior leaders, faculty members, cadets and Academy staff.

"All of us at the Academy can take great pride in this accomplishment," said Brig. Gen. Dana Born, the dean of the faculty. "Although we did a good deal of specific preparation, the overwhelming success of this accreditation has to be attributed to the daily pursuit of excellence

by every cadet and permanent party member in all the mission elements."

Col. Richard Fullerton was in charge of preparing the self-study report and coordinating the consulting evaluators' visit, which took place during the 2009 spring semester. He described the accreditation report as a "clean bill of health."

The report contains two sections: an assurance section, which measures how well the Academy meets its criteria for accreditation; and an advancement section, which contains evaluators' suggestions for how the Academy can improve the quality of its education in future years.

The summary of the commission's review states, in part, "The USAFA has a clear mission focus which is linked to its constituents, is committed to improve and has the ability to change. Its commitment to teaching excellence is exceptional as is its commitment to providing an extraordinary learning environment

supported by robust assessment structures." The full report is available from the Academy's public Web site at <http://www.usafa.af.mil/deanoffaculty>.

The 10-year reaccreditation is the most favorable option the commission could have taken, Colonel Fullerton said. The HLC's recommendations could have included a requirement for reports on specific areas, a shorter accreditation period or focus group visits if the commission had found significant issues.

The Academy's Self-Study Report revealed areas where the Academy could still improve. One area regards a perception that the Academy limits faculty's academic freedom. Pages 189-192 of the Self Study addresses these concerns, which the commission summarized in Page 30 of their report's assurance section:

"Faculty members who expressed concern endorsed USAFA as an 'outstanding educational institution,' 'very

deserving of full accreditation' ... These same faculty members, however, described a chilling environment that constrains and even punishes faculty who publish or voice views that are controversial or unpopular with higher-ranking officers."

"Academic freedom is a tough subject!" Colonel Fullerton said. "The whole point of academic freedom is to discuss controversial topics and to enhance cadets' education. We want cadets to tackle these issues ... we want people to be able to talk about things they think are important."

Faculty Operating Instruction 35-101, "Clearance of Material for Public Release and Academic Freedom," states that "Faculty are entitled to freedom to present and discuss in a classroom, in a professional manner, any material relevant to the subject matter and/or lessons of military service and citizenship."

See ACCREDITATION, Page 9

WEEKEND WEATHER

FRIDAY	30	10
Sun		
SATURDAY	35	12
Sun		
SUNDAY	28	10
Snow		

Obama calls for 30,000 more troops

Page 3

Cadets earn Rhodes, Marshall Scholarships

Pages 4-5

CS-23 repeats at Commandant's Challenge

Pages 10-11

A lesson learned: Don't drink and drive

Editor's note: The commentary below was written by an Airman in the 10th Medical Group. We have removed his name from the commentary to protect his privacy.

On Aug. 20, I was charged with driving under the influence of alcohol. I'm writing this so others can learn from my mistake.

At approximately 10 p.m., I headed downtown to a club to meet a few friends. I had just purchased a new car a few days earlier and wanted to celebrate. While at the club, I drank two Long Island iced teas in about an hour and left shortly thereafter. I didn't feel intoxicated and I didn't think it would be an issue.

After leaving the club, I headed back to the dorms on base. Needless to say, my arrival at the gate didn't go as planned. After looking at my ID card, the gate guard asked me to pull over to the side of the road. Shortly thereafter, a security forces sergeant arrived. He performed a

field sobriety exam, which I failed, then took me to the 10th Security Forces Squadron building for a breathalyzer test. I blew a 0.17, more than twice the legal limit of 0.08!

When you drink, you're not in a position to determine whether you are drunk. Our unit has a DUI prevention program, and I had a DUI card on me, but I didn't think I was intoxicated. I know some people think that after one or two drinks they are okay to drive. The reality is that one drink of alcohol can raise your blood alcohol level by at least 0.02 (0.03 for females), whether it is a shot glass of hard liquor, a 12-ounce can or glass of beer, or 5 ounces of wine. A Long Island iced tea contains about four or five shots—that's about 0.08-0.10 from one drink!

So yes, after three or four beers you're probably over the limit, but even if you have one beer, don't drive—it's not worth the risk or the consequences. You

could kill yourself or someone else, pay thousands of dollars in court costs, or, in my case, lose a stripe and set yourself back from your peers. In addition to losing a stripe, you could receive an Article 15 and have to report in full service dress for multiple appointments, including meetings with your squadron and group commanders, your first sergeant and even your wing commander. Additionally, your performance report will be negatively affected.

So, I ask you to take this to heart: don't drink and drive. You will get caught. I didn't think it would happen to me, but I learned the hard way. With the holidays coming up, please don't make bad choices. Driving under the influence, driving while fatigued, not wearing seat belts and talking on your cell phone while driving are all bad choices. Don't just think of yourself—think of your family. They don't want to see you on the news, in a wreck or in a morgue.

Falcon Eyes: Trash-talking 'litter-acy'

By Capt. Wade Wheeler
10th Medical Operations Squadron

Have you ever felt proud to be associated with such a beautiful place as the Air Force Academy? Do you enjoy watching the sun set behind the mountains in the afternoon and watching wildlife as they cross the road? Litter, whether intentional or not, has no place on our pristine installation. With so many people frequenting our Academy, littering can be a big problem.

Let's all stress the importance of this base-wide program and focus our "falcon eyes" on one specific area: trash and litter. With all the base personnel who live and work here and more than 1 million visitors to the Academy each year, the prob-

lems of trash and litter are inescapable. Littering and overflowing garbage bins threaten our pristine image and have lasting ill effects on our environment.

High winds we often get here can knock over unsecured trash cans in both the residential and business areas on base, but unfortunately, intentional littering can be a problem as well. We have a responsibility as Falcons to keep our base clean and litter-free. Not only should we not litter, but we should go out of our way to pick up litter when we see it.

The Falcon Eyes program challenges us and reminds us all of our personal responsibility to take pride in ourselves and our Air Force Academy. It belongs to all of us—let's take care of it and take pride in our home.

— Don't walk by trash. When you see it, pick it up. Keep your falcon eyes alert and help "falcon-ize" our beautiful base.

— Are you recycling? We can significantly reduce waste products such as used bottles, plastics, paper and cardboard by using the base recycling center in the Community Center parking lot.

— Buy in bulk so you don't have to discard as much packaging, and reuse items like plastic cups, utensils and plastic bags.

— Reduce the amount of paper you use at work and at home by printing on both sides of the paper.



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. Don Branum — NCIO in charge of Internal Information
donald.branum@usafa.af.mil
Ken Carter — Editor
kenneth.carter@usafa.af.mil
Butch Wehry — Senior Staff Writer
whalen.wehry@usafa.af.mil
Ann Patton — Staff Writer
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.



Character Corner Control vs character

By Chaplain (Maj.) Dieter Rademacher
Center for Character and Leadership Development

"An orange tree does not produce oranges to become an orange tree. An orange tree produces oranges because it is an orange tree." (Anonymous)

The ancient Greeks tell of two heroes who managed to escape the alluring call of the Sirens, the half-bird, half-woman creatures whose beautiful singing would cause men to abandon ship, mission and life and waste away in rapt attention on their sun-bleached island. Clever Odysseus, of Trojan Horse

fame, plugged his crew's ears with wax and had them lash him to the mast so he could listen to the melody. As the sailors rowed past the Siren's shore in oblivious safety, Odysseus raged against his bindings, demanded to be loosed, had his bonds tightened ... and survived, complete with the haunting memories.

Jason and the Argonauts, too, survived. When they heard the creatures' inviting incantation, the men began digging the oars for the bone-strewn beach until Orpheus' peerless lyre playing so enraptured them that the dangerous summons of the Sirens no longer held sway over them.

We can handle the siren-calls of our lives guided

by rigid external control—rules, regulations, etc.—and survive. If that's the depth of our compliance to duty and is all we have—at least we're alive!—who we are is superficial, at best. And those dreams, "Aye, there's the rub ..."

No, every aspect of our lives should be guided by the internal "peerless music" of a solid foundation of character and integrity so that we are living consistently with proper values and principles. There's no guesswork involved in such a virtuous life—one worth living.

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.

What did you do when the lights went out?

The 10th Civil Engineer Squadron worked throughout the day to restore power to Harmon Hall, but a lack of power didn't stop people from getting the mission done.

"We were trying to get work done and get ready for the superintendent's dinner."

Staff Sgt.
John Key
Protocol



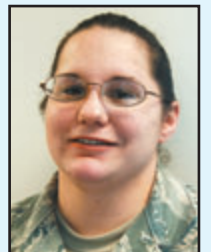
"We were doing a general inspection party, organizing paperwork and just a lot of straightening up."

Airman 1st Class
Geovaney
Miramontes
Finance



"I did get some work done, but not as much as I wanted to."

Staff Sgt.
Michelle Hyde
Judge Advocate
General



Obama calls for 30,000 more troops

By Jim Garamone
American Forces Press Service

WASHINGTON (AFPS) — It is in America's vital national interests to send another 30,000 U.S. troops to Afghanistan, President Barack Obama said tonight during a speech at the U.S. Military Academy at West Point, N.Y., Tuesday.

Obama said that this surge of U.S. forces into Afghanistan will begin to ebb in July 2011-when U.S. and NATO forces and allies begin turning over security responsibility to Afghan security forces.

"I make this decision because I am convinced that our security is at stake in Afghanistan and Pakistan," he said to the Corps of Cadets at the U.S. Military Academy. "This is the epicenter of violent extremism practiced by al-Qaida. It is from here that we were attacked on (Sept. 11), and it is from here that new attacks are being plotted as I speak."

The United States must rise to the challenge of al-Qaida and the Taliban. The extremists still operate in the border areas of Afghanistan and Pakistan, and still threaten America and its allies.

"This danger will only grow if the region slides backwards and al-Qaida can operate with impunity," the president said.

The United States and its international allies must keep pressure on the terror group, and that also will mean increasing the stability and capacity of partners in the region.

The 30,000 servicemembers and their equipment will flow in to Afghanistan in the first half of 2010, President Obama said. White House officials said this will entail at least two or three Army brigade combat teams, and many Soldiers and Marines to train the Afghan security forces. Air Force and Navy personnel also will be called on to support this

effort.

A military counterinsurgency effort aimed at protecting the Afghan people is only one part of the strategy, the president said. The second is a civilian surge that reinforces positive actions, and the third is an effective partnership with Pakistan.

The 30,000 additional troops will target the insurgency and secure key population centers. "They will increase our ability to train competent Afghan security forces, and to partner with them so that more Afghans can get into the fight," President Obama said. "And they will help create the conditions for the United States to transfer responsibility to the Afghans."

The civilian strategy will entail working with allies, international agencies and the Afghan people "to pursue a more effective civilian strategy, so that the government can take advantage of

improved security," he said.

President Obama stressed that the United States is not interested in occupying Afghanistan or subjugating its people.

"We will seek a partnership with Afghanistan grounded in mutual respect - to isolate those who destroy; to strengthen those who build; to hasten the day when our troops will leave; and to forge a lasting friendship in which America is your partner, and never your patron," he said.

The United States also will provide resources to support Pakistan's democracy and development.

"And going forward, the Pakistani people must know: America will remain a strong supporter of Pakistan's security and prosperity long after the guns have fallen silent, so that the great potential of its people can be unleashed," the president said.

Gen. McChrystal outlines 'the way ahead'

By Army Gen. Stanley A. McChrystal
Commander, International Security Assistance Force and
Commander, United States Forces Afghanistan

We have been presented a great opportunity to take the tremendous work of our coalition force to the next level. The clarity, capability and commitment outlined in President Obama's address are critical steps toward eliminating an insurgency in Afghanistan and terrorist safe havens that threaten regional and global security.

Each of you can be proud of the effort we have made here, not just in bringing the fight to the enemy, but in reshaping that fight to achieve more lasting effects, grow our partnership with Afghan security forces and strengthen relationships with government officials and the Afghan people. You have performed magnificently, and I believe our renewed coalition

campaign is fortified by the path President Obama has put forward.

Our NATO International Security Assistance Force objective remains clear: We will work toward a transfer of responsibility to Afghan security forces as rapidly as conditions allow. They need our help and we are here for them, for their future and for the safety and security of coalition nations.

The additional resources called for by President Obama will continue to advance a winning strategy. In recent months we have seen real progress that must be preserved and expanded. The increase of coalition forces earlier this year in the Helmand River Valley, along with expanded civilian capacity, have improved security and stability. This is also helping to foster essential governance and basic economic development.

We still face many challenges in Afghanistan, but

our mission has renewed purpose sustained by one unassailable reality: Neither the international community nor the Afghan people want this country to remain a sanctuary for terror and violence. The price to be paid in this conflict is high. But the stakes are higher.

President Obama's decision is a clear reflection not only of his intended strategy but of his confidence in the success we can achieve, success earned by the competence and courage you display every day in Afghanistan.

I am privileged to be serving with you, and I am confident that our partnership with Afghans will enable real change to Afghanistan, grounded in a secure and stable environment that allows for effective governance, economic independence and the freedom of every Afghan to choose how to live. In doing so, we will preserve for our own coalition nations the lasting security we seek for the people of Afghanistan.



iPod Touch
Wrap one up for Christmas
now starting at just \$199

Buy any iPod, get 10% OFF all accessories!

See more offers at macsuperstore.com

MacSuperstore
Get the best experience!

719.434.4770
Mon-Sat 9am-7pm
Closed Sunday

First & Main Town Center
(N. Powers next to JC Penney)

Apple Specialist



Ladies Night
Friday, December 4
4p.m.-8p.m.

Over \$5000 worth of Gifts & Prizes

The first 100 guest will receive a special gift.
Chocolate Fountain and Hors d'Oeuvres

RSVP Recommended 719-260-0100

LUISA GRAFF
JEWELERS

4663 Centennial Blvd. • 719-260-0100
www.luisagraffjewelers.com

United States Air Force Academy
Community Activities Center

Holiday Bazaar



Fri. & Sat., Dec. 4 & 5
9 a.m. - 2 p.m.

Two Locations
USAF Milazzo Center
& Community Center
Ballroom

Crafts, gifts and more!

Featuring unique local crafters with jewelry, holiday decorations, ceramics, knitted items and much more! Plus merchandise vendors offering a wide variety of holiday gifts.

Get your holiday shopping done early!

 For more information:
Call 333-2928

Senior cadet awarded Marshall Scholarship

By Academy Spirit staff

A senior cadet here has been named as a 2010 Marshall Scholarship winner.

Cadet 1st Class Austin McKinney, a Michigan native, is the Academy's 11th Marshall Scholar.

Cadet McKinney plans to receive two separate master's



C1C Austin McKinney

degrees, one in Latin American studies and another in globalization and Latin American development at the University of London in England.

"It is an honor to be chosen for such an award," Cadet McKinney said. "I will be proud to represent the U.S. Air Force in the United Kingdom for two years."

Ranked top of the 2010 class academically, Cadet McKinney is majoring in management with a minor in Spanish. He has participated in a language immersion program to Nerja, Spain, spent a semester

abroad to Tecnológico de Monterrey, a university in Querétaro, Mexico, and more recently had a role in a Georgetown University political science and economics study program in Prague, Czech Republic.

While in Mexico, Cadet McKinney collected more than 100 hours of community service teaching children mathematics and basic English. However, Cadet McKinney's generosity doesn't end there: he has also worked as a volunteer teacher in the local agriculture markets of Quito, Ecuador, and mentored a child in the

Colorado Springs community while serving as a member of the Big Brothers Big Sisters.

"I grew up in a service-oriented family - my father was an Air Force officer, and my mom was a teacher," Cadet McKinney said, adding that his parents "taught to always give back to others when possible."

Marshall Scholarships finance up to 40 young Americans of high ability to study for a degree at a school of their choosing in the United Kingdom each year, according to the Marshall Scholarship Web site, <http://www.marshallscholarship.org/>.

Holiday spirit comes to life

Col. Rick LoCastro, 10th Air Base Wing commander prepares to light the Academy's Christmas tree outside the Community Center Chapel Tuesday evening. Approximately 200 people attended the event, which included a special appearance by Santa Claus as well as snacks and drinks.

Photos by Johnny Wilson



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.
Visit our branch: 1139 Space Center Drive
Colorado Springs, CO

NAVY 
FEDERAL
Credit Union

Physics major named Rhodes Scholar

By Academy Spirit staff

Cadet 1st Class Brittany Morreale was awarded one of 32 Rhodes Scholarships for 2010.

Cadet Morreale, from Palos Verdes Estates, near Los Angeles, is a senior at the U.S. Air Force Academy majoring in physics. A member of the Academy's Scholar Program, she is an accomplished linguist who will receive a minor in Japanese, a talented musician who plays the viola in the Academy Orchestra Club, an intercolle-



C1C Brittany Morreale

giate athlete and recipient of the 2008 "Outstanding Cadet in Cross Country" Award, and was an exchange student in Japan for the past two summers and during the Spring Semester of 2009.

"I am truly blessed to have such a wonderful group of peers, instructors and role models around me who have provided inspiration and encouragement through my time at the Air Force Academy," Cadet Morreale said upon learning that she had been awarded the scholarship on Saturday evening. "I was never alone in this process, and I attribute all my successes to these people. Thank you so much."

After graduating from the Academy in May, she will enroll at

Oxford University in England for two years, earning a Master of Science Degree in physics upon completion of her studies. She will then attend undergraduate pilot training in the United States and become an Air Force pilot.

The Rhodes Scholarships, the oldest and best known award for international study, were created in 1902 by the will of Cecil Rhodes, a British philanthropist and African colonial pioneer. Applicants are chosen on the basis of the criteria set down in the will, including high academic achievement, integrity of character, a spirit of unselfishness, respect for others, potential for leadership, and physical vigor.

Cadet Morreale is the Academy's 36th recipient of a Rhodes Scholarship.

"Cadet Morreale is a perfect match for the Rhodes Scholarship," said Brig. Gen. Dana Born, the Academy's dean of the faculty. "She has hemispheric breadth, musical talent, international experience and is an athlete."

The 32 Rhodes Scholars chosen from the United States will join an international group chosen from 13 other jurisdictions around the world. Approximately 85 scholars are selected worldwide each year.

Cadet Morreale is currently taking 21.5 semester hours and serves as the Cadet Wing's director of support and services.

Superintendent's climate survey now online

By Kathy McHugh

Air Force Academy Plans and Programs

The 2009 Air Force Academy climate surveys for permanent party, cadets and cadet candidates are online and open for responses now through Dec. 13.

The anonymous survey is available online at <https://www.surveymonkey.com/s/LKSBMVJ>.

As part of ongoing climate improvement efforts at the Academy, the superintendent needs to tap permanent party and cadet perceptions, attitudes, and behaviors related to broader cultural and diversity-related issues. Some of these factors include gender, race, reli-

gion, discrimination, sexual harassment or assault, work environment, cynicism, treatment, military-civilian relationships and justice and fairness. Participants can write in comments to expand or explain their feedback.

The 2006 permanent party and 2007 cadet and cadet candidate climate surveys focused attention on inequities, cynicism and perceived patterns of preferential treatment. Your answers had an impact—our leaders have worked on these issues because the Academy population told them those issues were important. Responses to the 2009 USAFA Climate Surveys will help senior leaders evaluate our progress on past issues,

identify new concerns and continue practices the Academy community has evaluated as success stories.

The superintendent's top priority is sustaining a positive organizational climate. Yet, only through making our voices heard can he assess progress—he needs your help evaluating success and identifying issues that require his attention.

The 2009 USAFA climate surveys are an important tool to focus our leaders' attention on the issues we identify as important to our daily lives. Please take a few minutes and participate!

For further information contact Katherine McHugh at 333-7588 or Dr. Kathleen O'Donnell at 333-3091.

Masters Degree in Counseling

School or Community Emphasis
ONLINE PLUS CACREP Accredited

counselored.adams.edu
719.587.8138

ADAMS STATE COLLEGE
COLORADO
Great Stories Begin Here

Last year the Pikes Peak region reported 11,400 incidents of child abuse. All behind closed doors.

The fact that El Paso County leads the state of Colorado in family violence incidents knocks on all our doors. Loudly. Let's open up to the issue of family violence in our community.

OPENOURDOORS.ORG

STOP Family Violence would like to thank El Pomar Foundation, Pikes Peak Community Foundation and Gay & Lesbian Fund for Colorado.

Air Force Academy offers grad guided tours

By 2nd Lt. Richard Kenny
USAFA Admissions Advisor

Every year students, parents, boy scouts and eighth-grade field trips flock to the Air Force Academy to see the most visited man-made attraction in Colorado, the Academy Chapel. These groups also come to peer over the Chapel wall and catch a glimpse inside the gates to see cadets marching to lunch and even running to class.

Now there's a way to actually get inside the Terrazzo to experience cadet life firsthand. A division within the Academy Admissions office, led by recently commissioned lieutenants full of Academy experiences and fresh memories, conducts tours throughout the year for high school students who are interested in becoming Air Force Academy

cadets. High school seniors and second-semester juniors who have begun and submitted some portion of their application can also meet with an Admissions counselor.

Tours focus primarily on students who wish to become cadets, however there is also something offered for those in the family who simply accompany a student. At the beginning of the tour, students and parents both listen to a short brief about the Academy and may then ask questions. Once the students leave to meet the cadets, parents can speak with Admissions staff and ask questions or bring up concerns they didn't want to ask in front of their sons or daughters. Once the question and answer period is over, the parents and siblings also get to venture inside the gates to the Cadet Area for a guided tour of the facil-

ities not usually available to the general public.

While walking around the cadet area with a second lieutenant, parents are encouraged to continue asking questions about the buildings or activities happening in front of them. Parents will see the McDermott Library and the Terrazzo, Fairchild Hall's academic facilities, the Mitchell Hall dining facility and the dormitories, all of which are daily aspects of cadet life. At the end of the guided parent tour, lieutenants remain as long as needed to answer more questions.

We in the Admissions Directorate truly look forward to these visits in hopes that we may help each student make an informed decision about their future college education. For more information, contact Academy Admissions at 719-333-2233.

Tour Dates and Times

The Admissions staff conducts tours Mondays, Tuesdays and Thursdays, starting at 8:15 or 8:45 a.m. in the Arnold Hall lobby. The parents' portion of the tour ends at 11 a.m., and the students' portion ends at 3:30 p.m. Tours begin in August and end in early May with breaks for Thanksgiving, Christmas, New Year's Day and other events.

Nov. 23, 2009 to Jan. 5, 2010 – Commandant's Challenge, Thanksgiving, finals and winter break
Jan. 18 – Martin Luther King Holiday
Jan. 28-29 – Diversity Visitation Program
Feb. 15 – President's Day
Feb. 18-19 – National Character and Leadership Symposium
March 11-12 – Recognition
March 19-26 – Spring Break
April 12-26 – Appointee Orientation and Cadet Wing Uniform Compliance Inspection



Annual deer hunt to begin Sat.

By Dr. Brian Mihlbachler
U.S. Fish and Wildlife Service

The Academy's Natural Resources office, in conjunction with the Colorado Division of Wildlife, will conduct the annual base deer hunt Saturday through Monday and Dec. 12-14.

All hunters are guided by base or

CDOW personnel, and public safety is a primary concern. Frequently used roads and trails leading into the hunting areas will be posted with bright orange warning signs requesting that all personnel stay out of these areas. You can view a map of the hunting areas at <http://www.usafa.af.mil>

All licenses for the 2009 hunting season have been issued by CDOW. To apply for future hunts, you must submit a big game application to CDOW for Game Management Unit 512 (U.S. Air Force Academy). If you have any questions or concerns, contact the Natural Resources office at 333-3308 or CDOW at 227-5200.

Tools & Ties, Boots & Suits.

From camping to clothing, we can outfit any man for less.

goodwill

Goodwill. Good Stuff.
Call 635-4483 for store locations.

Have Another Pint At A Second Cup!

Free Meal
Buy any adult entree and receive a second entree of equal or lesser value free.

A Second Cup
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 January 31, 2009.

All you can eat crab legs
Thursday nights after 5 pm
\$15.99

Visit Us At
www.asecondcup.net

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

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

Rampart Lodge brings home innkeeper trophy

By Inis Lovely
10th Force Support Squadron Marketing

Sixteen staffers of the Academy's Rampart Lodge were rewarded with a trip to New York City to receive the prestigious Innkeeper Trophy at the International Hotel/Motel and Restaurant Show.

"I'm extremely proud of my staff," said Rampart Lodge general manager Giuseppe La Bella. "They couldn't stop working even in New York. Our housekeepers continually rated the housekeeping quality at the New York hotel in which we stayed. It wasn't up to the caliber

of our Rampart Lodge."

Earning the Innkeeper award and trophy is an arduous process that includes a visit from an evaluation team armed with a 30-page, 438-item checklist to rate lodging excellence benchmarks such as customer service, housekeeping, and financial and facility management.

Ready for a close-up at any time, the lodge's front desk area and visitor quarters were selected as location sites for several Air Force training videos. After the Conference of Service Academy Superintendents, Army Lt. Gen. Hagenbeck, superintendent of the U.S. Military Academy at West Point, said



Courtesy Photo

Rampart Lodge staffers received the Innkeeper Trophy at the International Hotel/Motel and Restaurant Show in New York recently. The 102-room facility and its staff were rated on a 438-item checklist to rate benchmarks such as customer service, housekeeping and facility management.

that Rampart Lodge "set the bar so high we'll have difficulty matching the hospitality of the Air Force Academy."

Esteemed visitors such as comedian Sinbad, Sen. John Glenn and pilot Capt. Chelsey Sullenberger also chose to stay at the 102-room Rampart Lodge.

In addition to Rampart Lodge winning the coveted Innkeeper Award, Dana Simnioniw, Rampart Lodge operations manager, earned The Innkeeper Travelers' Award for exemplary high standards of professionalism, attitude, customer service and job knowledge.



Photo by Senior Airman Susan Tracy

Lieutenant Dan!

BAGRAM AIRFIELD, Afghanistan — Tech. Sgt. Amanda Burns (left) and Senior Airman Kayla Bilger (right) sing onstage with members of The Lt. Dan Band, Nov. 23. Sergeant Burns, a Falmouth, Ky., native deployed from the U.S. Air Force Academy, won a pair of round trip tickets to anywhere in the States. Airman Bilger is from Hartland, Mich. and is deployed from Geilenkirchen Air Base, Germany.

EXCEPTIONAL SMILES
at
UNIVERSITY PARK
Smile Like Never Before
Zoom! Whitening for \$275
(a savings of \$225)

DR. GREGORY M. SOLICH
5426 N. Academy Suite 105
719.548.9393
www.Universityparksmiles.com
Monday thru Thursday 9AM-3PM
We accept United Concordia

SERVE AGAIN ON YOUR OWN GROUND

The Air Force Reserve is offering part-time opportunities for Medical Professionals 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

Colorado Technical University™
Institute for Advanced Studies

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

A&FRC showcases wealth of services at open house

By Ann Patton
Academy Spirit staff

The Academy's Airman and Family Readiness Center opened its doors Nov. 24 for an open house and celebration of both the Year of the Air Force Family and the Month of the Military Family.

Guests mingled and enjoyed refreshments and the opportunity to learn what the A&FRC is all about and what it offers.

"We want people to know about our services versus waiting until they have a need," said Karleen Williams, Airmen and Family Services Flight chief.

The wide array of services includes job-seeking assistance, family issues and communications and fun family activities.

In June, the 10th Mission Support Squadron merged with the 10th Services Support Squadron to create one entity, now called the 10th Force Support Squadron.

"We've become one big family," Ms. Williams said. "All the family programs are now under one umbrella."

Family members now have greater access to marketing services as a result of the merger. The magazine "Good Things," published by the former 10th SVS, will appear in next month's issue with its new name, "Blast." With a readership of about 10,000, the publication will now keep readers informed on classes and activities at the A&FRC.

Jeannie Lopez, a 10th FSS relocation



Photo by Bill Evans
Army Maj. Eric Choy and his sister, Michele Suh, stop to visit the Academy's Airman and Family Readiness Center open house Nov. 24. Major Choy is assigned to U.S. Northern Command Headquarters' Operations, Plans, Logistics and Engineering Directorate at Peterson Air Force Base. Ms. Suh was visiting from Hawaii.

specialist, wants to get the word out about employment services, for which there is a growing need. She estimated the pall over the national economy has quadrupled the number desiring job search training. The A&FRC offers classes and workshops for teens and spouses, plus an extensive

network with area businesses.

"When they come in, they don't have a network," she said.

Ms. Lopez has experienced instances where a company may receive 400 applications for one position, and networking can prove critical in landing a job.

Transition Assistance Program specialist Chris Alfano said the TAP program for those in uniform will offer its next program in January, with an increase from four days to five days for workshops. The TAP can help service-members who have not decided whether to stay in the military make an informed choice. Each class holds about 30 participants.

"It continues to be well sought-after," he said. "The key is to sign up early."

Mr. Alfano said the program's popularity has also attracted people from all over the country.

Along the lines of employment offered through the A&FRC are workshops focused on Air Force civil service, starting a small business and the "Troops to Teachers" program.

Jodie Rhone, a certified financial counselor, said couples undergoing financial stress in their personal lives or some desire solid financial planning advice may want to consider using the A&FRC's financial services. Single Airmen are also eligible.

"Everyone can get some kind of service," Ms. Rhone said.

The A&FRC also provides military and family life skills support, classes on parenting, which includes "Bundles for Babies" for advice and help when parents are expecting a newborn.

The Key Spouse program keeps communication open between the unit leadership and families via a home e-mail distribution service. A volunteer spouse serves as a link between the unit and family.

Academy cadets are fully eligible for services and frequently attend programs like mock interview training, which Ms. Lopez said is valuable for post-graduate education interviews. They may also take advantage of workshops on relocation and personal finances to get off on the right foot in their Air Force careers.

There is also room for plenty of fun through the A&FRC. On the calendar or in the works are newcomer orientations, red carpet tours, adoption information, spa days, dances, 5k and 10k runs and other fitness events through Health and Wellness Center, magic shows, discounted or free services for families of deployed members and even spaghetti dinners.

For more information on services, drop by the A&FRC facility on Pine Loop near Fire Station 1 or call 333-3444. The A&FRC is open Mondays, Tuesdays, Thursdays and Fridays from 8:30 a.m. to 4 p.m. and Wednesdays from 8:30 p.m. to 3 p.m.

OPEN REALLY WIDE.

new

ANGUS
THIRD POUNDERS*

\$3⁹⁹
each


i'm lovin' it®



DELUXE

MUSHROOM & SWISS

BACON & CHEESE

Start with 100% Angus Beef, add quality toppings like cheese, lettuce, tomato, red onion, pickle, mustard and mayo, and you have a sandwich that would make any burger lover proud. Introducing the new Angus Third Pounders*. Try one today at McDonald's.®

©2009 McDonald's. *Weight before cooking 5.33 oz (151.1 grams).

FREE Library Resources for Adults, Kids & Teens

- ◆ Computers & FREE internet access
- ◆ Storytimes & activities
- ◆ Homework resources
- ◆ WiFi & laptops
- ◆ Books, DVDs, CDs, & more!

12 locations in El Paso County!

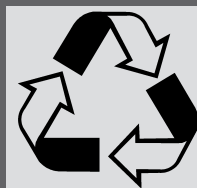


COLORADO AUTOMOBILE SALES

2006 Honda Pilot, 4x4	\$22,995
2007 Honda Civic SI MT	\$17,495
2008 Subaru Legacy, 12K mi	\$17,995
2008 Nissan X-Terra, 4x4	\$18,750
2006 Honda Accord V-6	\$14,995
2005 Toyota Highlander, 4x4, 3rd row	\$16,995

325 E. Pikes Peak Ave.
Colorado Springs, CO 80903
719-227-9000

www.colorautosales.com



Please Recycle

Accreditation

From Page 1

It also directs the director of research and the Public Affairs office to approve publications as long as the submissions do not contain operations security information or misrepresent official policy.

However, Colonel Fullerton said, "Within the constraints of Air Force and DOD instructions and the FOI ... we expect people to be within their realm of expertise, and we have to be professional about it," he said. "But some published articles have been very controversial." One example highlighted in the self-study report is "Hope is Not a Plan: The War in Iraq from Inside the Green Zone," a book edited by Maj. Thomas Mowle and published in 2007 that criticized how the United States conducted operations in Iraq after the end of major combat operations.

"Between April 2007 and October 2008, more than 400 papers were sent to the director of research for review," Colonel Fullerton said. "All but a handful were approved without comment. The only publications returned for corrections were returned because they were believed to contain material that was export-controlled."

One of the Academy's greatest strengths is the blend of civilian and military faculty members, which provides both breadth and depth of academic and military experience from which cadets can draw, Colonel Fullerton said.

"Virtually all of our civilian professors have PhDs," he said. "This gives us immediate expertise in academic disciplines. By way of contrast, most of our military educators are captains and majors, who have Air Force operational expertise, which is important because our mission isn't just teaching academics."

While military faculty members'

deployments can cause ripples within the learning environment, other faculty members have stepped up, Colonel Fullerton said. Moreover, when the military faculty members return to the Academy, they have fresh experiences that they can share with cadets. The exposure to a mix of military and civilian instructors helps prepare cadets for the operational Air Force.

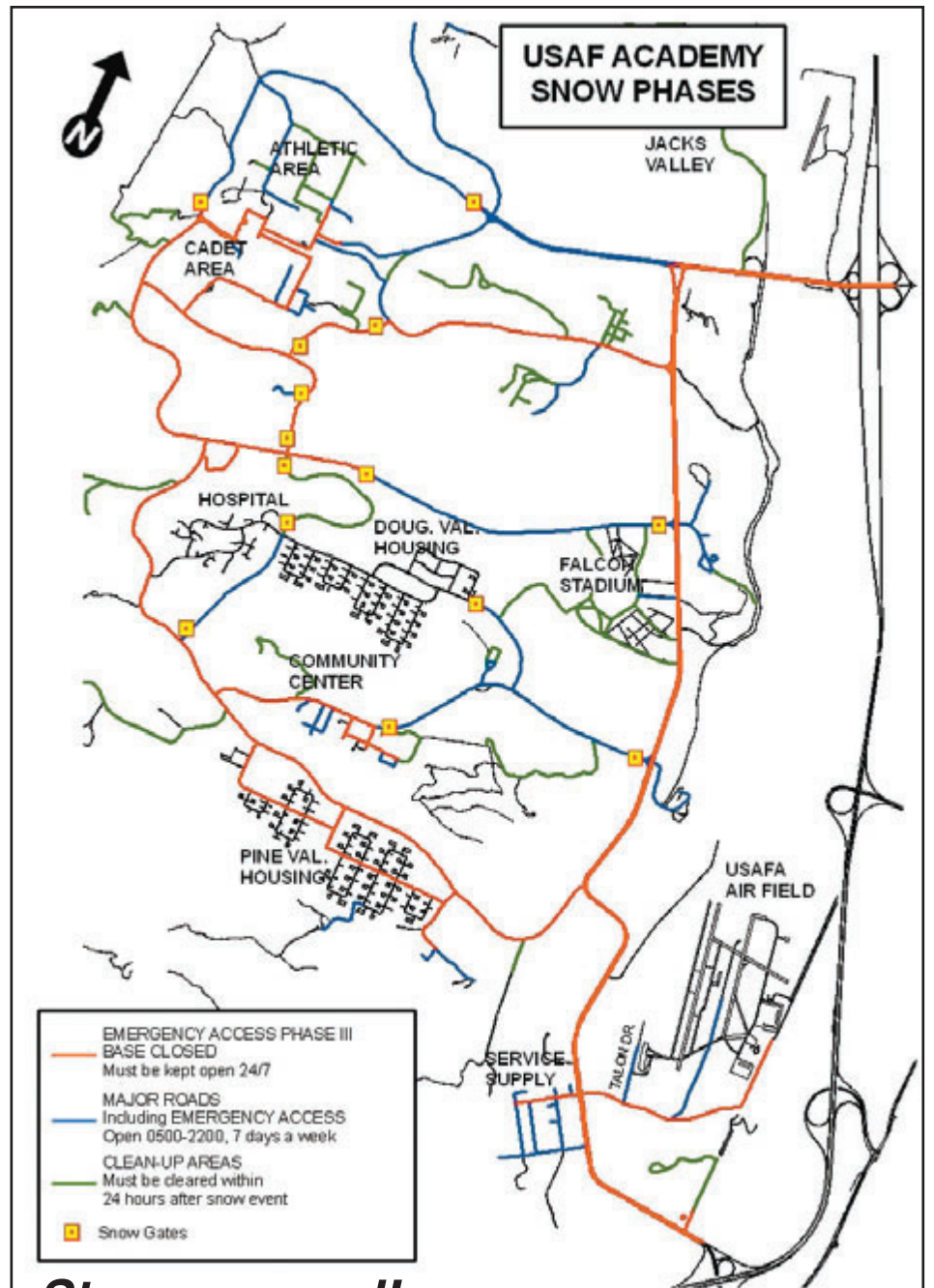
"Civilians run the military," he said. "Cadets may work directly under a civilian when they're officers, but even if they don't, they'll all have civilians somewhere in their chain of command."

Another strength is the Academy's shift to learning-based outcomes and the steps that the faculty has taken to measure the learning outcomes — some of which are less tangible than others. The self-study report highlighted how evaluators use rubrics to measure cadets' respect for human dignity, one of the Academy's 19 outcomes.

"We watched cadets interact in Basic Cadet Training and had observers score cadets' reactions amongst themselves," the colonel said. Indicators for very good adherence to respect for human dignity include "Assumes personal responsibility for actions or decisions" and "Role models the standards he or she holds others to," while indicators for poor adherence include "Tolerates others who do not meet standards" and "Consistently makes decisions without consulting others," according to the self study.

Colonel Fullerton said everyone at the Academy should be proud of their role in preparing the Academy for the accreditation visit.

"I'm very proud of how this institution did with this accreditation because it's a reflection of everyone at the Academy doing their jobs well day in and day out," the colonel said. "I'm proud to be part of that team."



Stay prepared!

Winter weather can hit the Air Force Academy anytime between September and May, but it's especially prevalent now. The snow route map indicates which roads the 10th Civil Engineer Squadron will clean first as well as roads that may be closed off during heavy snowfall. If a snow gate is closed, do not open it!

For more winter weather information, check the Academy's public Web site at <http://www.usafa.af.mil>.

ACCEPTING NEW PATIENTS!

Alliance Family Dentistry P.C.

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

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

LOW RATES!

SKIP 2 PAYMENTS FOR CHRISTMAS

VA Streamline Refinance
No appraisal
No income or employment qualification
Lower your monthly payment
Fix your adjustable rate

ALLIANCE FINANCIAL PARTNERS
A Mortgage Banker

CALL NOW!
719-358-8227

PIKES PEAK COMMUNITY COLLEGE

ATTENTION MILITARY

Searching for a way to get ahead? Look no further. You can get college credit for your Military training and experience.

Whether you are Permanent or TDY Military, you and your dependents qualify for in-state tuition. Financial Aid Available.

Ask about the exciting new Post 9/11 GI Bill benefits! Enroll Today – Spring Classes Begin January 20

Find out more at PPCC.EDU/Military
PPCC Military Programs 719.502.4100

DISCOUNT EXHAUST WORKS
Since 1979

Gift Certificates Available
Performance Exhaust
Trailer Hitches & Wiring
Computerized Wheel Alignment
Truck Accessories

Se Habla Español

Hours: M-F 8-5 • Sat 8-1

1207 S. Nevada Ave. 3930 Galley Road

719-471-3800 719-638-4580

www.discountexhaustworks.com

Military Discount

CS-23 repeats as Comm's Challenge champs

By Ann Patton
Academy Spirit staff

Cadet Squadron 23 scored its second straight win for the top spot overall in the Commandant's Challenge this year.

The annual event Nov. 21-23 pitted squadron against squadron in competitions testing the Cadet Wing's physical, intellectual and mental fitness. Cadets were outbriefed Nov. 23 in Clune Arena before the long-awaited Thanksgiving break.

"We're proud of what you've done, and you should be proud," said Brig. Gen. Samuel Cox, commandant of cadets, emphasizing every squadron met the standards for all challenge events.

Events included physical fitness and field exercises with trials in marksmanship, land navigation, urban evasion, chemical suit drills,

convoy maneuvers and self aid-buddy care. The evaluation portion tested cadets for room inspection, uniforms, drills and military and Academy knowledge. The Falcon Feud challenged cadets on military knowledge by squadron in a game show format, with CS-23 and CS-40 sharing top honors.

In other events, CS-28 took first place for field exercises, CS-2 placed first for physical training, and CS-37 won the evaluation challenges.

Winning squadrons garnered trophies and cash awards for squadron upgrades and activities. During the outbrief, top individual performers received coins from General Cox.

This year's theme was "Leaders in Action." Cadet 1st Class Jonathan Cordell said events were targeted to resemble the Air Force operational

Continued next page



Photo by Rachel Boettcher

Above: A cadet fire team emerges from the side of a building during the urban tactics portion of the Commandant's Challenge at the Air Force Academy Nov. 21, 2009.



Left: Cadet Squadron 23 celebrates their repeat win of the Commandant's Challenge.

WHO WILL BE THE LAST MAN STANDING?

MATT DILLON JEAN RENO LAURENCE FISHBURNE AMATORY NOLASCO MILO VENTIMIGLIA WITH ULRICH AND SHORT COLUMBUS

ARMORED

SCREEN BEANS PRESENTS A STARS ROAD ENTERTAINMENT PRODUCTION IN ASSOCIATION WITH FARRAR FILMS "ARMORED" PRODUCED BY ROSHIA DOWEN DAN FARRAR MUSIC BY JOHN MURPHY EXECUTIVE PRODUCERS DEBRA JAMES RUSSELL HOLLANDER WRITTEN BY JAMES V. SIMPSON DIRECTED BY MAMMOUD AHMED

PG-13 PARENTS STRONGLY CAUTIONED SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13 SEQUENCES OF INTENSE VIOLENCE SOME DISTURBING IMAGES AND BRIEF STRONG LANGUAGE

ArmoredMovie.com

DECEMBER 4

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.

HUNGRY?

You'll find special discounts!

FREE FOOD!

Play our "Bite Me" trivia contest for a chance to win a \$20 GIFT TO CERTIFICATE TO Taste of Jerusalem Cafe

Check out our new *Cork 'n' Fork* section in the classifieds. Find the "Bite Me" trivia question and email the correct answer to classified@csmsg.com for your chance to win our bi-weekly drawing.

Comm's Challenge

From previous page
aura as much as possible.

Cadet Group 3 superintendent Senior Master Sgt. Pernell Parker said he felt the challenge was very successful and that its intent was well carried out.

"The overall intensity was better this year, and the planning was more efficient with the leadership more engaged," he said.

Planning the challenge begins six months out and becomes increasingly intense when school starts for the fall semester.

Maj. Michael Kazlauskis, CS-12 air officer commanding, said the challenge was a time for his squadron to come together and function as a team.

"It's a great opportunity for cadets to further their leadership and officer skills," he said, noting the challenges were a direct correlation with what the Air Force will offer cadets after graduation.

Cadet 2nd Class Jamie Lemieux of CS-12 said he felt his squadron overall did better this year than last and has improved from year to year. He said one of the toughest parts of the challenge was the lack of sleep but called the Saturday afternoon break, when cadets got an unprecedented break to attend Falcons sports events, a "real morale booster."

"I think we did really well," Cadet 4th Class Nicolas Watson said of his teammates in CS-1 before the results were released in Clune Arena. He added the

squadron displayed a high level of motivation during the events.

Cadet Watson said the toughest squadron event was physical training but felt he did well individually nonetheless.

"I'm an athlete and play soccer," he explained.

This was also the first year of the challenge for Cadet 4th Class Grace Konstanzer of CS-13, who felt the physical training tests were the hardest for her personally but she said she enjoyed the urban evasion field exercises.

"It was really fun," she said. "We came together as a team, and we bonded well."

Cadet 2nd Class Trevor Boyd with the

winning CS-23 had his fingers crossed that the squadron could pull off another win. He served as element leader and said it was challenging to keep team members motivated.

"We won last year, and I think we performed at the same level this year," he said. "It would have been tough to come back this year and be beaten."

Challenge scores notwithstanding, Cadet Boyd added, "During the Commandant's Challenge, we act more like a family."

During his closing remarks, General Cox urged cadets to take up another personal challenge.

"Learn something, teach something, and smile every day," he said.



Above: Commandant of Cadets Brig. Gen. Samuel Cox affixes the 2009 Commandant's Challenge streamer to Cadet Squadron 23's guidon Nov. 24. Portions of the Commandant's Challenge included: (clockwise from top right) drills and Academy and military knowledge; physical fitness; convoy operations; and self-aid buddy care and other contingency skills.

Colorado State University PUEBLO **Coming Spring 2010 to the Pueblo & Colorado Springs Campuses!**

Continuing Education COLORADO SPRINGS
www.colostate-pueblo.edu

Certificate in Homeland Security Studies

Four 3-credit courses:
- Intro to Homeland Security
- Terrorism
- Critical Incident Management
- Elective Course

Register Now!

For Information Contact:
Political Science Program - 719-549-2156
Citadel Center - 719-442-2264

INSTITUTE OF PLASTIC SURGERY

EXCELLENCE IN COSMETIC SURGERY

ARM LIFT	BOTOX
BREAST LIFT	FAT TRANSFERS
BREAST REDUCTION	SCAR REVISIONS
BREAST AUGMENTATION	MOLE REMOVAL
ULTRASONIC LIPOSUCTION	LABIAL REDUCTION
FACELIFT & NECK LIFT	NOSE RESHAPING
EYELID ENHANCEMENT	LIP AUGMENTATION
BROW & FOREHEAD LIFT	EAR PINNING
CHEEK & CHIN IMPLANTS	LASER FACIAL RESURFACING
THIGH & BUTTOCK LIFTS	ADVANCED SKIN CARE
TUMMY TUCK	DERMAL FILLERS -
BODY CONTOURING AFTER	RADIESSE, RESTYLANE,
GASTRIC BYPASS	JUVEDERM

MILITARY DISCOUNTS FOR ALL SURGICAL PROCEDURES
ASK ABOUT OUR SPECIAL MILITARY DISCOUNT FOR BREAST AUGMENTATION

(719) 535-9990

Call for FREE Cosmetic Consultation
Please mention Military Newspaper when calling

7606 N. Union Blvd., Suite A
N.W. corner of Union Blvd. & Briargate Blvd.
www.InstituteOfPlastics.com
Email: info@InstituteOfPlastics.com

Members of the Better Business Bureau (BBB)
Members of Colorado Medical Society
Members of El Paso County Medical Society
Members of American Society of Plastic Surgeons
Board Certified by the American Board of Plastic Surgery
Financing options available

KRISHNA DASH, M.D.
Board Certified

RUPESH JAIN, M.D.
Board Certified

Academy Firefighters win three world championships

Story and photos by John Van Winkle
Academy Public Affairs

LAS VEGAS — Academy firefighter teams took three gold medals and two silver medals at the World Firefighter Combat Challenge XVIII under the lights of downtown Las Vegas, Nov. 16-20.

The Firefighter Combat Challenge simulates the physical demands of real-life firefighting by running firefighters through a series of five back-to-back-breaking tasks against a stopwatch. The five tasks in the challenge include lifting a firehose up five stories, simulating a forced entry into a building, hitting a small target with water from another firehose and dragging a 175-pound dummy backwards across a finish line to “safety.”

The Academy sent 16 firefighters and combined forces with two Colorado Springs Fire Department firefighters to field six teams at this year’s event in the categories of ladies’ tandem, ladies’ relay, men’s relay, men’s tandem, over-40 relay and over-40 tandem.

Three of those teams — the ladies relay, ladies tandem and over 40 relay — each took a gold, while the men’s relay and over-40 tandem duos each brought home a silver.

The ladies’ relay team, known as the Fembots, consists of Airman 1st Class Jessica Morehouse, Elaine Perkins and Andrea Caraway from the Academy Fire Department and Stacey Billapando and Lisa Smith from the Colorado Springs Fire Department. The Fembots ran their first competition in the June 26-27 firefighter combat challenge regionals at the Academy.

“We ran, and afterward, we realized we could do something amazing,” Mrs. Billapando said.

At the national firefighter combat challenge, the team impressed and advanced to the world competition. At the world level, the Fembots qualified for the finals in a single-elimination tournament with a field of eight.

Encouragement came from both the Fembots’ families and their fellow firefighters. Mrs. Billapando’s son shouted “Go Mom” and “Mom rocks” above the din of the Fremont Street crowd. Airman Morehouse’s family and fellow firefighters added to the crowd’s roar, while one of her friends secretly taped an inspirational message to the back of her jacket.

The Fembots didn’t let their cheering contingent down. In the semifinal round, the Fembots faced one of the powerhouse teams of the challenge, the Women of Stihl. But the Fembots took a one-step lead going up the five-story competition tower, added to the lead on the hose hoist, and were almost a full event ahead when Billapando finished the Keiser Sled. The Fembots clocked in at 1:47.29, while their competitors finished at just over the two-minute mark.

In the finals, the Fembots faced the 2008 ladies relay champs, the Atlanta-based Clayton County Women’s Relay team, a perennial presence in the finals.

“It was tough. They definitely gave us a run for our money, that’s for sure,” Airman Morehouse said.

The Fembots established a four-step lead going up the tower and floored the gas from there on out, ending the course at 1:44.49 for the championship.

“Definitely everything fell right into place. All of us girls ran perfect—not only ran perfect, but ran our best. Perfect runs, no little mistakes,” said Airman Morehouse.

Not only did the Fembots earn their first world championship, but they also broke the world record time for the ladies’ relay.



Anthony "Tank" McMurty, right, bounds onto the Keiser Sled during a relay run with Roy Dalton, left, borrowing a helmet from the USAFA Fembots team. The Keiser sled simulates the effort needed to break down a door, when the firefighter grabs a 9-pound mallet and drives a 150-pound slab of steel five feet on the sled.

World records also fell at the boots of the ladies’ tandem of Airman Morehouse and Mrs. Billapando. They broke the ladies’ tandem world record twice in October and owned the record going into the world competition.

At the competition here, Mrs. Billapando and Airman Morehouse broke their world record twice more, advancing to the finals in a field of eight. The duo made it to the finals to compete against the Northern Ladies’ tandem. The Academy-CSFD firefighters took the lead early and never let off the gas, claiming another world title.

“It wasn’t my best dummy drag, but it was good. We still got a good time,” Airman Morehouse said. The Academy-CSFD duo ended with a time of 2:00.52, more than 12 seconds ahead of the Northern Ladies’ tandem.

Mrs. Billapando also earned another gold medal. She competed with Brandon Cunningham of Fort Gordon, Ga., in the co-ed tandem category. That duo finished with a time of 1:34.54, giving the Springs firefighter three world titles this year.

The Academy’s third world title came from the men’s over-40 relay team of Ken Helgerson, Dan McAuliffe, Rod Sanders, Brian Pille and Ron Prettyman, who entered the men’s over-40 relay finals as one of 64 teams in that single-elimination tournament. To win, they’d had to run the course six times

over the course of one evening.

Their first win came when Helgerson dragged the rescue dummy across the finish line five seconds ahead of the Canadian Classic team. They then faced the 2008 champs, Clayton County, in the next round. The lead when back and forth, and Clayton County crossed the finish line at 1:20.52, ahead of USAFA’s 1:21.52. But penalties killed Clayton County, as they drew a penalty for handing the baton off ahead of the point which they were allowed to – much like in football when the quarterback passes the line of scrimmage and then completes a forward pass. That was a 5-second penalty for Clayton County. The Academy team drew a 2-second penalty for hose placement, but the math added up in the Academy team’s favor. Team USAFA racked up three more wins to advance to the finals against Team Dr. Pepper Over 40.

The Academy team faced Team Dr. Pepper Over 40 for the finals after advancing through the first four rounds. The Academy firefighters took a one-step lead up the tower, lost it on the way down and regained it on the Keiser Sled. Their competitors closed the gap and make it a neck-and-neck race at the rescue dummy drag. About 20 feet from the finish line, the Dr. Pepper firefighter stumbled with the dummy. The Academy’s Over-40 team crossed the finish line with a time of 1:19.74, nine seconds ahead of their competitors, to earn their first world championship in the over-40



Academy firefighter Elaine Perkins hands the baton off to Airman 1st Class Jessica Morehouse, as USAFA's Fembots team gets ready to beat another team in the womens relay.

category.

"It feels unbelievable, especially in the category we're in," said Mr. Helgerson, the Academy Fire Department's assistant fire chief. "All the other over-40 teams are so good, and we've been chasing them for a long time, it feels good to finely get one up on them."

The team consists of retired active duty and prior-service Airmen.

"Most of us over-40 guys have graduated from riding a fire truck or responding to emergencies to a desk job, so it's really wonderful to get out here and do what we came into the career field to do, and get back to the basics," Mr. Helgerson said.

Two members of the over-40 relay team also competed as a tandem. Helgerson and McAuliffe made it to the final round to earn the silver medal with a time of 1:25.14, five seconds behind first place.

Also on the world stage was the men's relay team, Team USAFA, consisting of Roy Dalton, Pat Kraft, Senior Airman Tyler Moran, Anthony "Tank" McMurtry, Hans Barkley and Stephen Hardman. Team USAFA finished with a silver, meeting Team NorCal in the championship match. The Academy team finished with at time of 1:15.09, just four seconds and a few steps behind Team NorCal.

The men's relay team also fielded two tandem teams. The pair of Senior Airman David Luckie and Barkley finished in 11th place with a time of 1:24.23,

edging out their fellow Academy firefighters Dalton and McMurtry, who finished in 12th place with a time of 1:24.70.

Airman Luckie, the 2008 rookie of the year, also competed in the individual category. He finished in 23rd place with a time of 1:36.18.

As the dust settled on the competition, the Academy had claimed three world championships, was part of a fourth world title, and won a pair of silver medals and three other top-25 finishes.

"I could not be more proud of this group of professional firefighters. To compete at this level is amazing, but to come home with all of these medals is just phenomenal," said Academy fire chief Ernst Piercy. "None of this could happen without the right mixture of dedicated fire fighters and leadership and support from the top. To have the base fire marshal and the wing commander at the event was definitely a motivating factor for our competitors, and certainly helped them achieve this monumental feat."

The Academy teams have become highly regarded among their peers, as a result of their efforts over the years

"Having them here is a great commercial for the Air Force Academy," said Col. Rick LoCastro, 10th Air Base Wing commander, as he watched the competition. "I hadn't been here one hour when I had 20-plus strangers coming up to me saying great things about



Hans Barkley lifts the 175-pound rescue dummy, before dragging it backwards 75 feet to the finish line, while competing in the mens duo category with Senior Airman David Luckie, a fellow Academy firefighter.

the Academy: how professional our guys are, how it's great to see them compete, asking questions about the Academy."

A handful of other bases also entered the competition, including Wright-Patterson Air Force Base, Ohio; Travis AFB, Calif.; the Department of Defense Firefighter Academy at Goodfellow AFB, Texas; and now Peterson AFB, Colo.

Team Peterson earned the rookie of the year honors for the team category, based on their spirit and improvement throughout the year. As Team Peterson accepted their award, they thanked the Academy Fire Department for its assistance in helping them train, decrease their times and improve their techniques.

"That felt good, because we're all one big Air Force team," Colonel LoCastro said.

But more important than all the thank-yous, medals and championships is the increase in mission effectiveness, he added.

"I don't want to overlook the camaraderie – that increases mission capability," Colonel LoCastro said. "When they come back to the station, they're a much tighter unit because of it. That's increased mission capability that you really can't wrap your arms around—you really can't put a price tag on it—but it might be the most valuable thing they take out of this."



Airman 1st Class Jessica Morehouse, left, drags the 175-pound rescue dummy backwards to the finish line, along with Colorado Springs Fire Department firefighter Stacey Billapando, right. In their first year of competition as a duo, Airman Morehouse and Mrs. Billapando set the world record time for ladies duo, and then broke their world record three more times on their way to a world championship. The duo also anchored the Fembots relay team, which earned a world championship in the womens relay.



Elaine Perkins unleashes the fire hose on the target, after dragging the 200-pound hose 75 feet, on her way to a world championship as part of the Fembots relay team.

AF leaders visit Airmen in Afghanistan

By Staff Sgt. Larry E. Reed Jr.
NATO Training Mission - Afghanistan
Public Affairs

CAMP EGGERS, Afghanistan (AFNS) – The chief of staff and chief master sergeant of the Air Force visited Airmen deployed to the NATO Training Mission – Afghanistan and Combined Air Power Transition Force here on Thanksgiving.

During an Airmen's call, Gen. Norton Schwartz and Chief Master Sgt. James Roy spoke about the Air Force's role in the current conflict in Afghanistan and thanked the Airmen and their families back home for their unwavering sacrifices.

The visit was special for the two Air Force leaders, who spent some of their time meeting and speaking to the Airmen who are deployed alongside sister services and coalition forces to train, equip and mentor Afghan forces to secure their country against terrorism.

"Sincerely, it's a wonderful thing to have all of you here this morning, particularly on Thanksgiving Day," General Schwartz said. "For me and Chief Roy, this is a moment of thanksgiving... to be with you, to be with the folks who are on the front line doing the nation's business as well as you are.

"The key message from the United States leadership is that what is happening here is important for the security of our country and for the security of friends and allies here in this region," the general



Photo by Senior Airman Steele C.G. Britton
Air Force Chief of Staff Gen. Norton Schwartz speaks to Airmen Nov. 27, 2009, at the Transit Center at Manas, Kyrgyzstan.

said. "What we are doing is training the Afghans to be able to help secure their own space."

He also emphasized the importance of each and every Airman's contribution to the coalition fight and how joint-force cohesion can mean overall success in Afghanistan.

"All of you play your position well, and on the front line you represent your Air Force so well," the general said. "You are credible with your joint teammates, which is important because we are doing this together. I just want to emphasize the

fact that what you're doing is worth your separation from your families. What you're doing is worth the sacrifices you will make as individuals."

During the Airmen's call, Chief Roy briefly touched on the Year of the Air Force Family by talking about program improvements to better serve Airmen and their family members who are back home.

"What we are trying to do is bring the sense of community back to our bases," Chief Roy said. "The sense of community at many of our stateside bases has dimin-

ished, so we are trying to bring that back and make sure that the programs available on our installations are useful to the members. We are not looking at having new programs, but to make sure the programs that we have are suited for members who are utilizing them."

Airmen who were present during the Airmen's call were reminded to make morale calls back home during the Thanksgiving holiday and to reassure their loved ones that they are safe.

"I hope you will take the opportunity to make contact at home," the general said.

The general noted the importance of working hard today and every day and to make every day count towards helping the Afghans reach self-sustainability.

"As we go forward for the next couple of years, we need to make the best of each and every day," he said. "We need to work as hard as we can to make the Afghan Army Air Corps credible and capable so that they can move the Afghan National Army and police to where they can secure their own space and protect them while they're out doing their nation's business.

"America needs good people to do this stuff," General Schwartz said. "We need all of you, we are grateful that you are here doing this work. Chief Roy and I and the leadership of your Air Force are 'all in,' in making sure that what you are doing here and will do, will be valued for years to come."

Cork 'n' Fork

To advertise in Cork 'n' Fork please call 719-329-5236
Rates are \$35 per week with a 13 time commitment.

Reach 110,000 readers weekly, other discounts are available
ask your representative when you call

AFGHANI



Rumi's Kabob
36 E. Bijou St.
719-635-7749
5% Military Discount

The only Afghani cuisine in town! East meets West, where Budha & Rumi inspire! The crossroads of ancient Silk Road produces well-spiced, homemade Vegetarian, Lamb, Chicken & Beef dishes, kebabs, and divine desserts. All-you-can-eat Lunch buffet \$8.99 11am-3pm. Dinner 5-9:30pm. Open M-Sat.

BAKERY



Altitude Sweets Bakery
6050 N. Carefree Circle
(Corner of N Carefree & Tutt)
719-573-8217

Take-n-Bake Pizza, Kolaches, Breads, Pastries, award winning Cinnamon Rolls, & more. The Business Box is a sampling at a discount. Customized, great tasting CAKES. 10% MILITARY DISCOUNT on Wednesdays. www.altitudesweets.com

BQ CAJUN



Nawlins
3317 Cinema Point
(at the IMAX on Powers and N Carefree)
571-9777

10% Military Discount. 20% Military Discount on Wednesdays! Happy Hour \$2 drink specials on beer, wine, margaritas & hurricanes 2-7 pm. \$4.95 express lunch til 4 M-F. Football in HD & live music weekends! Tasty bbq, seafood, cajun & creole including exotic alligator and frog legs!

BREAKFAST



Omelette Parlor
900 E. Filmore St.
Colorado Springs, CO 80907
719-633-7770
Open 7 days a week.
Weekdays: 6am-2pm
Weekends: 6am-2:30pm
www.co-spgs-omeletteparlor.com

Voted "Best Place For Breakfast" for 16yrs because of our Untouchable Omelettes, Outrageous Pancakes, Belgian Waffles, Huevo Rancheros w/Pork Green Chili and Much, Much More...not forgetting our Great Tasting Coffee (served in a cup...not in a boot). Come and join us for a great experience where you're treated like family. 1/2 price omelettes from 6-7am. Breakfast and Lunch served all day. Military discounts available w/ID.

DOWNTOWN DINING



The Warehouse Restaurant and Gallery
25 W. Cimarron St.
(2 Blocks East of I-25 on Exit 141)
719.475.8880
www.thewarehouserestaurant.com

Experience upscale yet casual Contemporary Colorado Cuisine in a turn-of-the-century warehouse turned restaurant and art gallery. Gallery available for events. Happy Hour Mon.-Fri. 4:00 to 7:00 \$2 drafts, half off all martinis and bar appetizers! All members of the military dining in the restaurant receive a 10% discount on all regular-priced menu items.

GERMAN



Schnitzel Fritz
4037 Tutt Blvd., Colorado Springs
TEL. 719-573-2000
Mon-Sat 10am-7pm
www.schnitzelfritz.com
(1 block South of Sky Sox Stadium)

"Bringing the BEST of Germany to COLORADO" Authentic German Food. All NATURAL & FRESH Wiener-, Jaeger-, Rahm-, Zueguener-, Holsteiner-, or Zwiebelschnitzel. Bratwurst, Knackwurst, Weisswurst, Sauerkraut, Red Cabbage, Spaetzle, Fried Potatoes. Potato-, Cucumber-, Tomato- or Bean Salads. Enjoy our Daily "Stammessem" (Specials) Sauerbraten, Gulasch, and more...

ITALIAN

BAMBINOS
Italian Eatery & Catering Co.

Bambinos Italian Eatery & Catering Co
2849 E. Platte Ave.
Colorado Springs, CO 80909
719-630-8121
www.bambinospizza.com

Open 7 days a week. Centrally located on the SE corner of Circle and Platte. Serving pizza, calzones, pasta, salad bar and sandwiches. All you can eat Italian buffet every day and Wednesday and Sunday evenings. Monday and Tuesday, kids under 11 eat free + make your own pizza. Private banquet room available that fits 90, great for Hall and Farewell. Monday is Military Discount Day, 20% off food ticket. Family owned and Operated for 31 years.

Reach 110,000 readers weekly

MIDDLE EASTERN



Taste of Jerusalem Café
15 E Bijou (Downtown)
Colorado Springs CO 80903
719-477-1777
www.tasteofjerusalemcafe.com
Buy any combo get the 2nd 50% off

We carry a full selection of authentic middle eastern food from appetizers to dessert. Healthy vegetarian, melt in your mouth Shawarma, falafel, hummus, babaganooj, tabouleh, variety of baklava, Hot middle eastern tea, Turkish coffee and many other delicious foods are available for take-out or to eat in. Come see our Belly Dancers Friday nights 6-8:30pm. Visit next door, Hookah King now open. Free downtown delivery. 15% discount with military I.D.

THAI



Lanna Thai
8810 N Union Blvd
Colorado Springs, CO 80920
Union and Research
next to Albertsons
719-282-0474

NEW in the Briargate area and soon to be voted the "Best Thai in Colorado Springs" All dishes prepared with the freshest ingredients. Try the famous "Pad Thai" or "Pa-nang curry". Serving lunch and dinners Monday - Saturday.

Records transfer marks historic milestone

By Daniel Elkins
Air Force Personnel Center Public Affairs

ST. LOUIS (AFNS) — The transfer of approximately 177,000 official military personnel files from the Air Force to the National Archives and Records Administration here Nov. 18 marked a milestone as the final service to make its historical documents a part of the public record.

“This is an especially historic day for the United States Air Force,” said Ron Hindman, the National Personnel Records Center director.

“With the establishment of the Air Force as a separate military service in 1947, the air arm of our nation’s military was officially created,” he said. “We celebrate the next stage for the Air Force as the first official military personnel files begin a second life as archival documents of the United States.”

The ceremonial transfer took place at the National Personnel Records Center here and included representatives from the National Archives and Records Administration, the Air Force Personnel Center and the offices of Missouri Sens. Kit Bonds and Claire McCaskill.

In a 2004 agreement between the Department of Defense and the U.S. archivist, official military personnel files were deemed permanent records of the United States. In a subsequent agreement, it was decided that the personnel files become archival 62 years after an Airman was discharged, retired or died in service.

On the Air Force’s 62nd birthday

Sept. 18, 2009, the first group of records was officially transferred to the national archives for permanent retention. Among the Air Force personnel files now part of the public record of the national archives are those of such airpower pioneers as Gen. James Doolittle and Brig. Gen. William “Billy” Mitchell as well as other records of persons of exceptional prominence including Capt. Lance P. Sijan and Capt. Mary T. Klinker.

“It’s important that everyone knows how truly significant this milestone is and understands that the contributions and differences they make in the lives of others around the world will be safeguarded as a historical document for this nation,” said Col. Julie Robel, the chief of the sustainment division for AFPC at Randolph Air Force Base, Texas.

Comprising 5,058 cubic feet, the volume of records in the initial transfer equates to the combined cargo of one and a half C-17 Globemaster IIIs. As Air Force personnel files continue to reach maturity at 62 years, they will be transferred to national archives ownership.

Mr. Hindman said only about 3 percent of all records created in the federal government are given the designation as archival records.

“They are considered the most intrinsically valuable records of the federal government because they best document the democratic experience for our future generations,” he added.

Mr. Hindman said each of the personnel files is rich with content mate-



Photo by Daniel P. Elkins

Jo Hogue and Ron Hindman sign an official transfer document for about 177,000 official military personnel files reassigning ownership from the Air Force to the National Archives and Records Administration during a ceremony Nov. 18 in St. Louis. The transfer of records marked a milestone as the final service to make its historical documents a part of the public record.

rial and documents the individual member’s participation in the military.

“Genealogists, family members, historians and a variety of researchers already have and will continue to seek material obtained in these valuable records to better understand military service, family ties and the price of freedom,” he said. “Already these OMPFs are among the most sought records in the national archives, and we expect this to continue as more and more records are opened to the public.”

Prior to the transfer of records to the national archives, access to these

personnel files was limited to veterans, their primary next of kin and federal agencies largely for validating benefits. The ownership of these records by the national archives now makes them open to the public. While the Privacy Act no longer applies to archival records, exemptions of the Freedom of Information Act continue to protect the personal privacy of the members and their families and Social Security numbers are redacted before release.

For more information and the access to the national archives, visit www.vetreces.archives.gov.

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)

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

HURRY – Don’t miss a spot for Christmas

Guests over Christmas get a hot turkey dinner with iced cookie.

GROOMING SPECIAL OVER THE HOLIDAYS!
Lots of new toys & treats available.
Luxury Pet Limo (Pick-up & Delivery \$1 per mile)

YOUR PET CARE SPECIALISTS: Boarding • Grooming • Pet Supplies

(719) 382-1126
Fax 322-0502
12599 Jordan Road
Fountain, CO 80817
www.landofahskennel.com
landofahs@hughes.net

SAMUELS JEWELERS

UP TO **5 YEARS NO INTEREST**

Chapel Hills Mall
(719) 598-3900
SEE SALES ASSOCIATE FOR DETAILS.

Polish Pottery
- the perfect gift!

Check out Colorado’s best selection and prices
Visit us on the internet at:
www.thepolishpotteryoutlet.com
(free shipping on orders over \$100)

or mention this ad for
25% off any item
at the outlet store:

Inspired Design
The unique Artistry of Poland (it’s worth the visit!!!)

4211 South Natches Ct., Unit #C
Englewood, CO 80110
(303)-789-0100

Holiday Hours - Monday thru Saturday 10 am - 7 pm

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.

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 **Citadel Mall 598-1392** Between **Vickers & Academy 548-8717** Northside **Chapel Hills Mall 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.

11 Falcons named to all-MWC football team

By Troy Garnhart
Athletic Communications

Air Force junior defensive back Reggie Rembert was named first-team all-Mountain West Conference in football, as announced Tuesday by the conference. Rembert was the lone Falcon to earn first-team honors.

Senior offensive linemen Nick Charles and Peter Lusk, junior fullback Jared Tew, sophomore kicker Erik Soderberg, senior nose guard Ben Garland and sophomore defensive back Anthony Wright were all named to the second team. Seniors John Falgout (LB), Brandon Geyer (P), Ryan Gonzales (OL) and Chris Thomas (DB) all received honorable mentions.

Air Force's seven selections to the first and second teams is the most ever in the MWC and most since 1998, when the Falcons had eight players named to the first two teams in the Western Athletic Conference.

Rembert was fifth in the conference in interceptions with three. He also ranked among the league's top six in fumble recoveries with two and forced fumbles with two, including the first touchdown of his career on a 47-yard fumble return versus San Diego State. Rembert was named the conference's defensive player of the week vs. the Aztecs with a team-best seven tackles, two interceptions, a fumble recovery and a forced fumble.

Charles and Lusk helped key an experienced offense line that led the

conference and ranked fourth nationally in rushing with a 273.6 per-game average. The Falcons out-rushed 11 of 12 opponents this season and Charles and Lusk ranked first and second, respectively, on the team in knockdown blocks with over 100 each.

Tew was the fourth-leading rushing in the conference with 797 yards and topped the 100-yard mark twice this season with 102 vs. Army and a season-best 105 yards vs. Wyoming. Soderberg led the conference and ranked fifth in the nation in field goals with 1.67 per game. He was also second in the conference in scoring with a 7.8 average.

Garland was one of the most dominant defensive linemen in the conference all season. He led the team and ranked eighth in the conference in tackles for loss with 10.5 and led the Falcons in sacks with 4.5. Wright tied for second in the conference in interceptions with four and was eighth in pass breakups with eight. He also scored three touchdowns this season, two on interceptions and one on a punt return.

Conference champion TCU nearly swept all the top individual awards in the conference. Quarterback Andy Dalton was named offensive player of the year, while defensive end Jerry Hughes was named defensive player of the year. Return specialist Jeremy Kerley took home special team player of the year while Gary Patterson was the coach of the year. Wyoming quarterback Austyn Carta-Samuels was the freshman of the year.



Reggie Rembert



Anthony Wright Jr.



Ben Garland



Jared Tew



Nick Charles



Left Brandon Geyer, Right: Erik Soderberg

Gilbreath named preseason all-American

By Melissa McKeown
Athletic Communications

Air Force sophomore lacrosse player Dayton Gilbreath has been named to the "Inside Lacrosse/Face-Off Yearbook" 2010 Division I Preseason All-America Team.

Gilbreath, a defender from Bainbridge Island, Wash., was named an honorable mention selection on the 2009 team.

Gilbreath earned the first preseason All-America honors of his career. The Great Western Lacrosse League Newcomer of the Year and a first-team all-conference selection on defense in 2009, Gilbreath earned his spot in Air Force's starting lineup during his rookie campaign as the Falcons' top cover guy. In addition to helping shut down the opponents' top scorers, Gilbreath finished the season ranked third on the team in caused turnovers (13) and also scored two points (1g, 1a), including the game-winning goal versus Quinnipiac.

Gilbreath was also the Falcons' lone representative on the 2010 preseason All-ECAC squad, also announced by

"Inside Lacrosse." The all-conference team, voted on by the league's eight head coaches, appears in the 2010 "Face-Off Yearbook," along with the preseason rankings for the ECAC Lacrosse League.

Air Force is projected to finish sixth in its first season as a member of the restructured league. Loyola was picked by the ECAC coaches to win the conference, followed in the poll by former GWLL members Ohio State and Denver in second and third place, respectively. Returning ECAC squads Fairfield and Hobart were chosen to finish fourth and fifth, respectively, in the league, while Bellarmine (seventh) and Quinnipiac (eighth) round out the preseason rankings.

The Falcons will kick off the 2010 season on Feb. 27, when they host St. John's in a non-conference matchup.

Photo by Rachel Boettecher

Sophomore lacrosse defender Dayton Gilbreath was named to the "Inside Lacrosse/Face-Off Yearbook" 2010 Division I Preseason All-America Team Wednesday. It is the first such preseason All-America honors for Gilbreath, seen here playing against Ohio April 18.



Parker named MWC player of the week

Grant Parker was named the Mountain West Conference Men's Basketball Player of the Week for games through November 29. This is the first weekly accolade of Parker's career.

Parker led the Falcons past Charleston Southern, 68-58, last Saturday night with the first double-

double of his career. Parker scored a game-high twenty five points and pulled down a career-best 11 rebounds to post AFA's first double-double since Taylor Stewart had 13 points and 10 boards vs. CSU Bakersfield on Nov. 16, 2008. His 11 rebounds were the most by an Air Force player since Jacob Burtschi had 12 at Stanford on Nov. 22, 2006.

The senior forward from Aurora, who scored a game-high 24 points on

Wednesday against North Carolina Central, currently leads the team in scoring at 18.2 points per game, which is the fourth-highest average in the Mountain West Conference. He is also sixth in the league in rebounding at 6.8 per contest.

Volkening named AHA goalie of the month

Air Force senior goaltender

Andrew Volkening was named the Atlantic Hockey Association Goalie of the Month for November as he helped lead Air Force to a current seven-game unbeaten streak.

Volkening, from Genoa, Ill., posted a 4-0-3 record, a 1.24 goals-against average and a .953 saves percentage in seven games in November. After Air Force opened the season with an 0-4 start, Volkening's play has played a

Falcons drop season finale to Utah, 3-0

By Valerie Perkin
Athletic Communications

The Air Force volleyball team dropped a three-set decision to Utah in its final match of the 2009 season on Saturday, Nov. 21, at the Academy's Clune Arena. After dropping the first two sets by scores of 25-18 and 25-16, the Falcons suffered a hard-fought 27-25 loss to the Utes in the final, deciding set.

The Falcons concluded the regular season by setting a new attendance record. Bolstered by a raucous contingent of cadets supporting the Commandant's Cadet Wing Sports Day, the Air Force played its final match in front of 2,475 fans.

Senior Michelle Harrington, playing in her final collegiate volleyball match, tied for the team lead with junior Nichole Stilwell for the team lead in kills with eight. Connecting on eight of 15 kills, while committing just a single error, Stilwell led the team with a .467 hitting percentage. Stilwell and classmate Julia Hansen paced the Falcons with a pair of assisted blocks, while Harrington and junior Jessica Hellmann each recorded a solo stop. Hellmann added 23 assists to her state line, while freshman Grace Konstanzer led the team with two service aces and nine digs.

Air Force jumped out to a 3-1 lead,



Photo by J. Rachel Spencer

Falcon senior Michelle Harrington gets the jump on the ball against Utah Nov. 21, 2009, in Clune Arena at the U.S. Air Force Academy, Colo. The Falcons lost in a three-set decision 25-18, 25-16, and 27-25.

thanks to a kill from Stilwell and a service ace from freshman Maiya Perich. The Utes tied the set at four, but a kill by Harrington helped the Falcons bump its advantage back up to two. Utah scored the next three points and took a 7-6 lead, but Harrington put down another kill to even the score. The two teams traded points, tying the set each of the next five scores, before Utah began to pull away from the Falcons and took a 16-13 lead. Harrington and Stilwell added

kills, but Utah used several runs to take the set by a 25-18 margin.

A Utah error gave the Falcons the first point of the second set. Both squad traded points during a span that included five ties, before Utah edged ahead 8-5. Kills by Hansen and Konstanzer helped the Falcons tie the set at eight. The two teams again traded points, ultimately evening the score at 11. The Utes edged ahead 14-11, but Harrington put down a strike that changed

Utah's rotation. Konstanzer collected a service ace the Falcons cut their deficit to one (14-13), but Utah scored the next nine points to widen its advantage. Harrington added another kill, but Utah took the set, 25-16.

Air Force found itself in a 4-1 hole to start the final stanza, but tallied kills from Stilwell and Konstanzer to even the score at seven. Utah took a two-point advantage at the 10-8 mark, but Konstanzer recorded her second ace of the day to tie the set at 10. From there, the two teams battled. Utah again edged ahead 14-12, but the Falcons responded with a kill from junior Caroline Kurtz to tie the set at 14. Air Force upped its advantage by two (17-15) with the help of a Konstanzer kill, but Utah came back to create a tie at 18. Following a deadlock at 19, Utah took the next two points, but the Falcons came back to even the score at 22 with a kill from Hellmann. The programs recorded three more tied marks (23, 24, 25), but back-to-back Air Force attacking errors gave the Utes the 27-25 victory.

Prior to the match, the Falcons honored Harrington and senior manager Nicole Hartig for their dedication and service to the program for the last four years. Air Force finished the 2009 season with an 8-21 record, including an impressive 8-5 record in non-conference action.

Parker's double-double lifts Falcons past Buccaneers

By Jerry Cross
Athletic Communications

Grant Parker scored 25 points and grabbed a career-high 11 rebounds to lead Air Force past Charleston Southern, 68-58, Saturday night in a non-conference game in Clune Arena at the Air Force Academy.

Parker scored 10 points in a 20-8 Air Force run to open the second half as the Falcons took their biggest lead of the game, 48-32, with 12:33 remaining in the game. Charleston Southern used full-court pressure to keep the game within reach and got as close as seven points, 63-56, with 46 seconds remaining. The Falcons hit five of eight free throws from that point to close out the game.

Parker's first-career double-double couldn't have come at a better time for the Falcons, who played without starting center Sammy Schafer and top reserve forward Taylor Broekhuis, who both missed the game due to injuries.

Reserve forward Tom Fow chipped

in with 13 points and six rebounds while hitting four of eight field goals, including three of six from three-point range. Fow figured prominently in the 20-8 run to open the half, adding six points.

Fow also helped key a late first half run. The Falcons dug themselves out of a hole, closing with a 15-2 run over the last 7:20 to take a 28-26 halftime lead. Fow helped key the run with five points, while Avery Merriex added six points. Charleston Southern had taken its biggest lead of the half, 22-13, with 7:56 remaining before the run.

Air Force finished the game hitting 39.6 percent from the field, but hit 45 percent from three-point range on nine of 20 shooting. The Falcons hit 21 of 34 from the free throw line. Evan Washington added eight points, six rebounds and a career-high seven assists with just one turnover in a game-high 37 minutes.

Charleston Southern was held to just 33.3 percent shooting, including a nine-of-31 clip from three-point range.



Photo by Rachel Boettcher

Academy senior forward Grant Parker looks for the open man as Western State defenders Weylan Towns and Tyler Miller attempt to regain control of the ball in the season opener Nov. 13, in Clune Arena. Parker had a career high twenty six points as the Falcons beat the Mountaineers 65-54.

The Falcons also out-rebounded the Buccaneers, 43-40, and had 15 assists and just 10 turnovers. Jamarco Warren led Charleston Southern with 18 points. Kelvin Martin added 14 points

and nine rebounds. Air Force, which hosts North Carolina Central on Wednesday, Dec. 2, improves to 3-1 on the season while Charleston Southern falls to 3-2.

major role in the turnaround. AFA is currently 6-5-3 overall and in second place in the AHA with a 6-1-3 record.

Three-point streak snapped

Air Force did not make a three-pointer (0-for-17) against Northern Colorado on Nov. 21, snapping a streak of 513 consecutive games

with at least one three-pointer made.

The last time the Falcons had failed to make a three-pointer was Dec. 4, 1991, in a 57-51 victory over Adams State College. Air Force rebounded nicely against Charleston Southern Saturday, making 9-of-20 from long range, good for a season-best 45 percent.



Collegiate Men's Basketball

Dec. 2
Air Force 61 N. Carolina Central 49

Women's Basketball

Nov. 25
Army 60 Air Force 42
Nov. 27
Stony Brook 72 Air Force 60

Boxing

Nov. 23
119 lbs.:
Matthew DeMars (Air Force) dec. Terry Neil (Army)
141 lbs.:
Baily Ball (Air Force) dec. Jaytran Charles (Lockhaven)
175 lbs.:
Will Meyers (Army) dec. Nick Cataldo (Air Force)
Hywt: Cory Tintzman (Air Force) dec. Art Avetisyan (Cal)



Angel Tree

Sunday is the last day to donate a gift to the Community Center Chapel's Angel Tree program. The program is designed to help children in need both at the Academy and the local community. Call the chapel at 333-3300 for more information.

County offers H1N1 shots

The El Paso County Department of Health and Environment is offering H1N1 flu vaccine to anyone 6 months of age and older Saturday at 10 a.m. in the northeast lower level of the Citadel Mall, 750 Citadel Drive East in Colorado Springs. Vaccinations will be given free of charge until supplies run out but no later than 3 p.m.

There will be a minimum of 3,000 vaccine doses available. Children 9 and

younger who've received their first H1N1 flu shots are encouraged to get their second booster shots, as long as at least 21 days have passed since their first shot, so children who've attended previous clinics are eligible and encouraged to receive H1N1 vaccination boosters.

For more information about H1N1 flu and where to find vaccine, visit <http://www.elpasocountyhealth.org/>, or call 2-1-1, the Pikes Peak United Way's Health and Human services phone line, or the toll-free Colorado Help Line at 877-462-2911.

Final Friday

Why not kick off the holiday season on Final Friday at the Falcon Club? The next Final Friday is scheduled for Dec. 18 at 4 p.m.. Final Friday is a chance to mingle with colleagues and build positive working relationships and camaraderie with Team USAFA.

Final Friday is free for Club members, and people can sign up to become members on Final Friday. Non-members are welcome for nominal fees: \$2 for Airmen, \$4 for NCOs and \$5 for all others.

H1N1 shots available

The Academy Immunizations clinic has H1N1 vaccination available to all 10th Medical Group civilian employees, as well as to all children ages 2 to 18. If you are a civilian employee who desires H1N1 vaccination (highly recommended, especially if you are involved in directed patient care), please report to the immunizations clinic during normal business hours.

Ham Shoot

The Ham Shoot at Academy Lanes continues today through Dec. 14. Bowlers can win a bottle of wine and a ham by getting strikes in the three, six and nine frames. \$3 to enter. For more information, call 333-4709.

Golf open house

The Eisenhower Golf Club's annual open house is Dec. 12 from 4 to 8 p.m. and will feature a free buffet and a Pro Shop sale with prices up to half off.

Free trip to SnoFest

The Information, Tickets and Tours office will hold a drawing Jan. 4 for a free trip to SnoFest Jan. 29-30, including eight ski lift tickets, lodging and theme party tickets for four, in honor of the Year of the Air Force Family.

To register, stop by the ITT office at the Community Center between now and Dec. 31. Only one registration is allowed per family, and registrants must be 18 or older.

The drawing is open to all active-duty Airmen and Air Force retirees, civilians and reservists. If the winner already has a SnoFest lodging reservation, party and lift tickets, they can cancel their other reservation and return their party and lift tickets by Jan. 6.

Bowling with Santa

Santa takes to the lanes looking for that perfect 300 Dec. 20 from 11 a.m. to 7 p.m. at the bowling lanes. Free bowling is available all day with a \$2.25 shoe rental. Santa visits between noon and 2 p.m. for

pictures.

Youth Centeractivities

The Academy youth center hosts several events in December. Call 333-2928 for more info or to sign up.

Santa Paws

"Santa Paws" is coming to town Dec. 11. Have your family pet (domestic animals only: cats, dogs, guinea pigs, etc.) or entire family photographed with Santa from 5-7 p.m. Cost is \$5.

Gingerbread and movies

Decorating a gingerbread house and holiday movies are on tap Dec. 13, 1-4 p.m. Cost is \$15 per family and includes the house kit and movie. Prizes will be awarded. Deadline for registration is Dec. 10.

Breakfast with Santa

Breakfast buffet free to the entire family accompanied by a child Dec. 12 from 8:30 to 11 a.m. at the Falcon Club. The event is open to children of Air Force families and DOD civilians and will feature make-and-take crafts, giveaways and a giving tree — bring an unwrapped new present to donate.

Skate with Santa

The Department of Athletics "Skate with Santa" is set for Dec. 20 from 1 to 3 p.m. at the Cadet Ice Arena. Admission is \$3, and skate rental is \$2. Military personnel, family members and accompanied guests and government civilian employees are all welcome. For more information, call 333-0389.

Music director sought

A part-time position is open at the Academy Community Center Chapel for the 10:15 a.m. Protestant Evangelical worship service. The music director will plan, coordinate and direct a contemporary and traditional blended music program. Please contact the chapel at 333-3300 for more details.

Fitness preparation

Anyone wanting to prepare for his or her new Air Force fitness test can join the 10th Medical Group's Nutritional Medicine Team for one of the following sessions:

Tuesday: Nutrition Education, 11 a.m. to noon, Community Center ballroom

Thursday: Mock PT Test, 11a.m. to noon, Fitness Center West Gym and Prep School Track

Call 2nd Lt. Nicole Patton at 333-5305 for more information.

Monday Night Football

The Sports Area will open at 5 p.m. at the Milazzo Center Monday, Dec. 14 and Dec. 21 for those who want to come out and show support for their teams. The event is open to all, a cash bar will be provided.

America Recycles

To commemorate America Recycles Day Sunday, the 10th Civil Engineer Squadron will hold its fifth-annual electronics recycling event every Wednesday and Thursday, now through January. People can take electronic items to Building 8125 from 8 a.m. to 3 p.m. on those days to be recycled at no cost to 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.

A&FRC offerings

The Air Force Academy Airman and Family Readiness Center hosts the following classes in December. Call 333-3444 with questions or to sign up.

Red carpet tour

Today, 8:45 a.m. to 2:30 p.m.: This informative tour gives insight into the Academy's mission and reveals many of the events/activities to see and do while stationed here. Stops include: Academy Stables, Cadet Chapel, Arnold Hall, USAFA Arts & Crafts Center, outdoor recreation, and much more.

Pre-separation counseling

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 identifies benefits and services associated with transition and beyond.

Medical records review

Mondays, 7:30 a.m. to 4:30 p.m.: Individuals within 180 days of retirement or separation can have the DAV review medical records in preparation of filing for VA Disability Compensation through the VA forms.

VA benefits briefing

Mondays, 8 a.m. to noon: This briefing provides a comprehensive overview of VA benefits for separating/retiring military personnel. Topics discussed include medical care, disability compensation, education, vocational training, vet preference, small business loans, home loan guarantees and more.



Festival of Lights

The Festival of Lights parade is Saturday, starting at 5:50 p.m. in downtown Colorado Springs, along Tejon Street, between the intersections of Tejon and St. Vrain streets, and Tejon Street and Vermijo Avenue.

Art show and sale

The El Paso County Parks Department will be hosting its seasonal "Reflections of Nature" art show and sale beginning today from 5-8 p.m. at the Bear Creek Nature Center, located at 245 Bear Creek Road. Featured activities will include candlelit walking trails along Bear Creek, music, crafts, and Texas Roadhouse's signature chili and snacks. The Reflections art show and sale will continue on Saturday, 10 a.m. to 3 p.m., and Sunday, noon to 3 p.m.

The three-day event will feature local artists incorporating pastels, oils, photography and other artistic forms that celebrate Colorado's rich and incomparable natural surroundings, with proceeds benefiting El Paso County Nature Centers.

For more information, visit <http://adm.elpasoco.com/Parks>

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

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.

**"MY INSURANCE DROPPED
ABOUT \$700 EVERY
SIX MONTHS WHEN I
SWITCHED TO USAA."**

— April, Fort Stewart, Ga.
usaa.com/reviews, Aug. 17, 2009

Have you written a love note to your insurance company lately? If not, try switching to USAA. Members like April write about us every day on usaa.com and Facebook® to tell us why they love us. In addition to saving an average of \$525 a year on auto insurance (or, in April's case, about \$1,400),¹ you may just be inspired to write about us online. How many insurance companies can say that? USAA Insurance. Saving hundreds of dollars for members like April.

BETTER INSURANCE BEGINS NOW
800-967-8722 | usainsurance.com

¹\$1,400 savings not typical. \$525 average savings based on countrywide survey of new customers from 12/1/07 to 11/30/08 who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA.
Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Use of the term "member" or "membership" does not convey any legal, eligibility, or ownership rights. Children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto and property insurance. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. Facebook is a registered mark of Facebook, Inc. © 2009 USAA. 92292-1009

