

USAF ACADEMY, COLORADO ACADEMY SPIRIT

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Air Force flies above, sinks Navy, 14-6



Junior quarterback Tim Jefferson hands the ball off to senior running back Jared Tew during the Air Force-Navy game at Falcon Stadium Saturday. The Falcons sunk the Midshipmen 14-6, earning their first victory over Navy since 2002.

STORY AND MORE PHOTOS ON PAGES 10-11.

MIKE KAPLAN

Top chief touches on training, wingmanship

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

The chief master sergeant of the Air Force visited with the Air Force Academy's enlisted cadre Oct. 1 and talked about the way ahead for the Air Force, professional military education and taking care of Airmen and families.

Chief Master Sgt. of the Air Force James Roy was in Colorado Springs for CORONA, an annual event wherein the Air Force's top leaders discuss Air Force policy.

Chief Roy opened his conversation with the Academy's Airmen by thanking them for their part in making CORONA successful.

"You don't just move every four-star (officer) in the Air Force to one place, and everything just happens," he said. "It happens because of you."

The chief's focus areas are being ready for joint and

coalition operations, deliberately developing Airmen and building resiliency of Airmen and their families. Coalition operations, he explained, encompasses more than the 40,000 Airmen who are deployed around the world on any given day.

"We have another 168,000 Airmen who are shaping the battlefield every single day," he said, using the satellite operations mission at Schriever Air Force Base to illustrate his point. "If I talk to our joint partners, and they say, 'What are your other Airmen doing?' I say, 'I notice you have a GPS in your vehicle ... do you like that? Who do you think is operating that satellite?' It's a young Airman who's running that operation."

"Anyone ever been in the strategic airlift business? Anytime a C-5 (Galaxy) flies off from — pick a base — that's strategic airlift," the chief continued. "Whom does it fly for? United States Transportation Command."

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STAFF SGT. DON BRANUM

Cadet 2nd Class Michael O'Kelley, right, talks to Chief Master Sgt. of the Air Force James Roy about the Air Force Academy's falconry program during a visit to the mews.

Weekend Weather

FRIDAY
High 68
Low 39



Isolated storms

SATURDAY
High 69
Low 38



Area storms

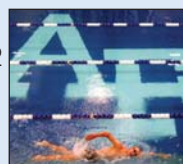
SUNDAY
High 68
Low 36



Partly cloudy

Inside

Ironman
Cadet Squadron 02 AOC competes in Hawaii.
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Gotcha!
Combat search and rescue Airmen make dramatic demo.
Page 12

Aim High ... Fly-Fight-Win
The Air Force announces its new motto.
Online at www.usafa.af.mil

Fitness is about surviving, not downsizing

By Capt. Darrick B. Lee
35th Fighter Wing Public Affairs

MISAWA AIR BASE, Japan (AFNS) — It's no secret the Air Force has placed a renewed emphasis on physical training lately. Although we've always had a PT program, the recent revisions are the most significant we've seen in the past few years.

Likewise, it's no secret that many Airmen are concerned about keeping up with the revised fitness standards. With the 1½-mile run now accounting for potentially 60 percent of an Airman's total test score, and with the understanding that a failure in any one area means total test failure, these are valid concerns.

Unrelated, and also not a secret, is the Air Force's ongoing effort to reduce the total number of Airmen force-wide.

According to Air Force Personnel Center officials, the force has more people than authorized by Congress. Recent programs, including force shaping and the implementation of high-tenure separations, are aimed at meeting manpower goals.

On the surface, some skeptics might view our renewed focus on fitness as a subtle attempt to help with the manpower reduction efforts. While I don't agree with this view, it is true the current program considers two consecutive PT test failures as potential grounds for discharge.

I think the Airmen who believe this need to spend some time talking with those who have recently returned from a joint expeditionary deployment. If they do, they'll learn what joint expeditionary tasking Airmen already

know; If you are not physically fit, there is a real chance you may die while deployed.

The Air Force's increased focus on physical fitness is directly related to the increased number of kinetic-combat roles Airmen are being tasked to perform. The force wants to do all it can to ensure you have the tools you need to work, and survive, while in a combat zone. Aside from your weapon and a sound mind, a fit body is probably the best tool you can have down-range.

Some might think to themselves, "I'm not going to risk pushing myself now. Besides, if I have to deploy, they'll whip me into shape during combat skills training, anyway."

The pre-deployment training we receive helps, but it's unrealistic to believe the challenge of getting in shape for combat begins at CST. The Air Force is trying to create a culture that is focused on being in shape year-round, not just when it's time for a PT test or time to deploy. The intent is to keep you alive, not to kick out Airmen or ensure those who remain are "checking the box."

In 2009, I served as a member of a provincial reconstruction team in Afghanistan. Our team often traveled to remote villages to help build schools, roads, etc. Sometimes, we traveled in vehicles, but when the terrain was too rough, we had to travel on foot. This was not an easy task based on distance, weather and terrain alone. Add to this the requirement to carry "full battle rattle" (combat gear), and a foot patrol could quickly turn into a real physical fitness test, one I didn't want to fail while outside the wire.

On several occasions during my deployment, fitness was a factor in saving me from being injured or even killed. My most vivid memory is of our PRT taking incoming fire from insurgents while we were on foot, and me frantically running to get to the safety of our mine-resistant ambush-protected vehicles. Now, whenever I'm running, with my lungs out of breath and my sides hurting, I think to myself, "What if I couldn't run fast enough on that day?"

A medic was waiting inside the vehicle. She helped me by quickly opening the heavy MRAP door so I could scramble inside. MRAP doors open automatically, but they can sometimes be slow and hard to open. To open them quickly takes extra muscle. Whenever I'm doing push-ups, fighting to keep my knees off the ground while hoping my arms can support my own weight, I think, "What if the medic wasn't strong enough to push open that MRAP door to let me in?"

I'm not a fitness freak. The truth is that I don't enjoy running. Sit-ups always hurt my back, and push-ups bring back bad memories from boot camp.

But I've promised myself that going into my next deployment, I won't have to wonder "what if," because I'll feel confident knowing the answer before I go.

I ask you to do the same. Abandon any conspiracy theories about why we're refocusing on fitness.

Instead, embrace the new standards. If you don't do it to accomplish the mission, embrace the new standards for a more personal reason: you may very well die if you don't.

ACADEMY SPIRIT

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

Lt. Gen. Mike Gould —
Academy Superintendent
Lt. Col. John Bryan —
Director of Public Affairs
2nd Lt. Meredith Kirchoff —
Chief of Internal Information
Staff Sgt. Raymond Hoy —
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The Academy Spirit also accepts story submissions by fax at 333-4094 or by email: pa.newspaper@usafa.af.mil.

Academy Airmen build esprit de corps



Lt. Gen. Mike Gould and Chief Master Sgt. Todd Salzman, front, lead Air Force Academy Airmen on a 2-mile run near Falcon Stadium Thursday morning. The group workout was designed to build camaraderie among the Airmen taking part in the event. General Gould is the Academy superintendent; Chief Salzman is the Academy's command chief.

STAFF SGT. DON BRANUM

What are you doing at home to minimize fire danger?

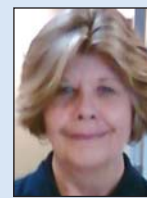
"Keeping combustibles away from the furnace and making sure they're stored safely in the garage."
Monte Rothe



"Getting rid of shrubs around the house. And I change the batteries in the smoke detector when the time changes every year."
James Howard



"We have a fire-escape plan because we have pets. My husband just replaced the fire extinguisher in the kitchen."
Deanna Hendrix



"We're checking our smoke detectors and getting our furnace ready for the winter."
Annette Medina



Top AF officials kick off energy awareness month

By 2nd Lt. Meredith Kirchoff
Air Force Academy Public Affairs

The undersecretary of the Air Force helped launch the federal government's energy awareness month at the Air Force Academy Oct. 1.

The Honorable Erin C. Conaton, accompanied by the Honorable Terry Yonkers, assistant secretary of the Air Force for installations, environment and logistics, chose the Academy as the location to highlight the Air Force's energy efforts because of its selection as the service's net-zero installation. Each of the services designated an installation that will study and implement initiatives to achieve a net zero energy status through the use of renewable energy sources and energy reduction efforts.

Col. Rick LoCastro, 10th Air Base Wing commander, welcomed Ms. Conaton and Mr. Yonkers, and explained that the Academy is uniquely equipped to take on the task of being the Air Force's first net-zero installation.

"We have untapped potential here," he said, referring to the Academy's energy triad, which consists of professors, cadets and 10th ABW engineers.

Through the energy triad, the Academy incorporates research and findings into cadet learning and capitalizes on the inventive ideas cadets can bring to the program.

"The partnership you have here among these three entities is truly something I've never seen before," said Ms. Conaton, who discussed energy initiatives with about 30 professors, cadets and engineers.

Energy awareness is not an issue unique to the Academy and is critical for the service as a whole, Ms. Conaton said. The Air Force's theme for this year's federal government's Energy Awareness Month is "A New Culture: Energy as an Operations Enabler."

Colonel LoCastro said the Academy is taking a holistic approach to energy conservation and consumption.

"It's about having an energy program, not just a solar array; a recycling program, not just some recycling bins," Colonel LoCastro said. Ultimately, the Academy wants to create a template other installations can adopt.

"Net-zero is a high goal, but we have to try to get there," the colonel said. "It builds momentum, and we're trying to make it contagious."



AFA recognizes Armed Forces Bank

Lt. Gen. Mike Gould, center, poses for a photo with officials from Armed Forces Bank during an award presentation in General Gould's conference room Wednesday. The Air Force Academy's Armed Forces Bank branch was recently named the best bank in the Air Force by Pentagon officials. General Gould is the Academy superintendent.

JOHN VAN WINKLE

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'I am Ironman': Academy AOC picked for top triathlon

Staff Sgt. Raymond Hoy
Air Force Academy Public Affairs

Forget about who's crazy enough to participate in an Ironman triathlon, who was crazy enough to come up with the over-the-top race in the first place? That's right, a Navy man.

In 1978, following a running race around the Hawaiian island of Oahu, participants were sitting around arguing about who were the best overall athletes: swimmers, runners, or something else altogether. Among those involved in the discussion were Navy Cdr. John Collins and his wife Judy. They came up with a race that will settle the score once and for all. They would combine three existing Hawaiian races to be completed in succession: the Waikiki Roughwater Swim (2.4 miles), the Around-Oahu Bike Race (112 miles, originally a two-day event) and the Honolulu Marathon (26.2 miles).

Fifteen men participated in the first Ironman triathlon, with only 12 completing the race. On Oct. 9, Maj. Scott "Kidd" Poteet, the air officer commanding for Cadet Squadron 02, will carry the military torch lit by Collins when he competes alongside 1,799 other men and women at the 2010 Ford Ironman Triathlon.

Poteet, a former Thunderbird pilot with combat experience in Kosovo and the Middle East, was chosen to represent the Air Force alongside C-17 Globemaster III pilot Capt. Jamie Turner at this year's competition. Each military service gets a male and female position in the race.

"There's been military representation at this race since the beginning and it's great to have the opportunity to carry on that tradition," Poteet said. "Representing the Air Force actually makes me a little more nervous than I typically would be. There's a lot on the line and I just want to make everyone proud."

A runner while at the University of New Hampshire, Poteet gradually built his repertoire to include biking and swimming. He took up triathlons shortly after commissioning in the Air Force more than 14 years ago eventually evolving enough to compete in Ironman competitions more than 10 years ago, including races in Switzerland, Austria, Canada and the United States. This year's race will be his 10th and his second trip to Kona for the world championship.

And it's that experience that has helped him get better as the years have gone by.

"This is an older more experienced race" he said. "The people who win this are not the young pups. It's about experience; knowing how much your body can take. You're never going to go out there and feel great



the entire race. The important part is having the experience to know to relax; the strength will eventually come back."

His last trip to Kona was in 2004. After joining the Thunderbirds, Poteet had a hard time finding the time required to maintain his competition endurance level and went on hiatus for a couple of years. But since arriving at the Academy in March 2009, he's kicked his training in to high gear and prepared himself to perform once again at a professional level.

"Typically in your first Ironman, you just want to finish," he explained. "From there, you want to continue to progress and qualify for the world championship. There are not too many other sports out there where you have an opportunity to compete with the pros. And I typically finish in the middle of the pros."

Where experience is an integral part of the package, Poteet wouldn't be able to complete such a grueling race without months and months of continuous training. He dedicates much of his free time to training which includes about three to four hours per day.

"On a typical week, I'll swim three to four times

per week and each of those swims will be roughly 3,000-3,500 yards," he said, calculating the distances on his fingers. "I commute to work on my bike 8 miles each way to go along with the time I put in on my trainer at home that I ride before sunrise and after the kids go to bed. I also run anywhere from 10-24 miles on the weekends with an interval training session on Wednesdays that equates to roughly 10-15 miles. Then I do supplemental runs throughout the week."

If you're keeping track, all this equates to about 10,000-15,000 yards of swimming, 300-350 miles on the bike and 40-60 miles of running per week. Definitely not for those without a strong competitive will.

"To be able to compete at this level, there's a certain amount of training volume you need to accomplish," he added. "And to be able to do that day in and day out, that's what's difficult. When it's cold out, when it's windy and raining, you've still got to get out there. That's the hard part."

Despite his competitive nature and his desire to do well at this year's race, Poteet understands he doesn't have the personal time to set aside required to finish at the top with some of the best; his responsibilities lie elsewhere.

"My obligation and my duty is to the military," he said. "The pros typically train, nap, train, nap, eat, train and nap. And I just don't have the time or desire to do that."

Regardless, he trains hard and spends a lot of time doing it. And while triathlons are a solo sport, Poteet understands he just wouldn't be able to do it without the support of his wife Kristin.

The two recently celebrated their 10th wedding anniversary. She has been with him since the beginning and understands not only what it takes to be able to compete, but also what it means to him on a personal level.

"I just try to encourage him to keep his spirits up whether he is injured or not feeling so well," Kristin said. "I just truly believe in him as an athlete and competitor and never doubt his success, which makes it easy for me to encourage him."

And sometimes that encouragement meets the road when she can find time to step away from raising their three kids: Lily, 5, Madeline, 2, and Logen, 7 months.

"When we are lucky enough to have a 7 a.m. babysitter, i.e. grandparents, then we'll usually go out for a run together ... we consider that in of itself a date," she said. "Raising our family is definitely a team effort, and whatever hours he takes to train

See IRONMAN Page 16

Maj. Scott "Kidd" Poteet, the Air Officer in Commanding for Cadet Squadron 02, rides 300-350 miles per week on his bike as well as swimming and running training for the Ironman. The Ironman Triathlon is Saturday in Kona, Hawaii.



PHOTOS BY
STAFF SGT.
RAYMOND HOY

Airmen demonstrate CSAR capabilities

Combat search and rescue Airmen from the 23rd Wing at Moody Air Force Base, Ga., apprehend a suspected Naval Academy operative during a demonstration in the Air Force Academy Terrazzo Oct. 1 as an HH-60 Pave Hawk helicopter provides overwatch. The demonstration, which kicked off a weekend of sporting events against Navy, also featured flyovers by a KC-135 Stratotanker and two A-10 Thunderbolt IIs.



J. RACHEL SPENCER

1st grad named professor emeritus

The Air Force Academy's first graduate in general order of merit and first Rhodes Scholar received a certificate of professor emeritus from Air Force Academy Superintendent Lt. Gen. Mike Gould during a ceremony Oct. 1.

Retired Lt. Gen. Bradley Hosmer was the Academy's 12th superintendent, serving from 1991-1994, and is the first former superintendent to receive the honor.

Historically, professor emeritus status has been reserved for the Academy's permanent professors. However, General Hosmer's

decades of knowledge and experience make him a unique resource for today's cadets, General Gould said.

"The real privilege is passed along to the cadets who will be given a chance to rub shoulders with a national treasure who still has so much to offer," he added.

General Hosmer has always supported the Academy's mission, said Brig. Gen. Dana Born, the Academy's dean of the faculty.

"Through his new status as professor emeritus, he can continue to offer insight from his depth and breadth of Air Force and Air Force

Academy experiences," General Born said.

General Hosmer was the first Air Force Academy graduate to return as its superintendent. During his distinguished 45-year career, he served as vice director of the Joint Staff and Air Force Inspector General. He also commanded the 479th Tactical Fighter Wing at Holloman Air Force Base, N.M., and the 347th TFW at Moody AFB, Ga. He was president of the National Defense University at Fort Lesley J. McNair, Va., from September 1986 to September 1989.



RACHEL BOETTCHER

Retired Lt. Gen. Michael Hosmer, right, speaks at a Falcon Foundation ceremony where he received professor emeritus status from the Academy Oct. 1.

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Chief Roy

From Page 1

How the Air Force presents its forces is important, he said, because “it’s not the United States Army, the United States Navy, the United States Marine Corps, the United States Air Force or even the United States Coast Guard that are at war by themselves. Our nation is at war. We need to understand that. Anything and everything we do, we do as a joint and integrated team.”

Today’s Airmen have undergone experiences completely different from what today’s senior leaders have gone through, Chief Roy said. The nature of warfare and Air Force operations has changed.

“Sure, we were fighting another war, but what was the war? The Cold War,” he said. “But it’s a different war today. The experiences that you’re getting today are different. We need to be able to temper that with how we give you education and training as well.”

The chief said he envisions a future wherein Airmen sit down with career mentors who can vector them toward specific assignments and goals to further their experiences, education and training — the pillars of the enlisted force development. A pilot program will begin in the near future with senior NCOs from six career fields as test subjects.

“Somebody is going to be guiding you,” he said. “That’s where we need to go. If we’re going to manage this enlisted talent, that’s what we need to do.”

Education is the second pillar, and today’s enlisted force is increasingly well-educated, Chief Roy said.

“I’ve been down to basic training many times. When I sit down with those young enlisted men and women who are coming through, they have advanced-level degrees,” he said. “Many of you started with an advanced-level degree as well.”

Air University offers an associate-to-bachelor program to help Airmen who have an associate degree receive a four-year degree. The Air Force Institute of Technology has also increased the number of slots available for enlisted Airmen, from four to 13.

“Our nation is at war. We need to understand that. Anything and everything we do, we do as a joint and integrated team.”

Chief Master Sgt. of the Air Force James Roy

Training encompasses the third pillar. The Air Force, Chief Roy said, is looking at how to improve professional military education. Technical sergeants may now complete the Senior NCO Academy’s correspondence course, but the Air Force must still determine how best to fix a backlog of 14,000 Airmen who need to attend an NCO Academy and how to shorten the average length of time between Airman Leadership School and the NCO Academy, which is currently 10 years.

“You — staff sergeants and technical sergeants — you are our first-line supervisors,” the chief said. “(That’s) one of the hardest jobs that we have in our United States Air Force. You are the face of the Air Force. You’re the one who does the work schedule. You’re the one who makes sure your Airmen are taken care of, that their families are taken care of. You’re the one down there where the ‘rubber meets the road.’ That’s you.”

The chief changed gears to discuss the resiliency of Airmen and how to reverse an upward trend of suicides, from 56 in the first nine months of 2009 to 73 so far in 2010.

“We’re looking at (suicide prevention) institutionally,” he said. “Statistics would tell you in years past, if you were 17 to 25, white and male, you are at risk. Can we say that today? No. We’ve had everybody from a trainee to a cadet to a general officer. We’ve

had senior NCOs, master sergeants; we’ve had young Airmen ... different races, different genders, different backgrounds.”

The top two factors for recognizing someone who may be at risk are finances and relationships.

“We have to focus on how to help people with relationships,” he said, adding that “relationship” doesn’t refer to only married couples. “Maybe it’s a girlfriend or a boyfriend. Maybe it’s a long-distance couple ... and the relationship went sour.”

One suicide is too many, and claiming that suicide is a part of modern-day society does not make it acceptable, Chief Roy said.

“What else is not acceptable is for us as Airmen not being able to help out another Airman,” he said. “Watch for those cues. When I talk about resiliency, I think the wingman program is a part of it. I think the other part of resiliency is getting you the tools before you need them. I think a lot of the time, we focus only on those Airmen who are deploying or deployed. That’s not the majority of us.”

If a shop’s wingman program is not up to par, the chief said, Airmen need to get it up to par.

“This is a tough business — this is tough. This is what we get paid to do,” he said. “The stressor might be the new fitness test. Who knows? But you have to have resiliency within your people. This is serious business — we have got to take care of each and every one of us. I don’t think a wingman program is one-v-one. I think we’ve got to watch over everyone.”

As someone who understands what Airmen and their families go through, the chief asked the Airmen to pass his thanks and the gratitude of Chief of Staff Gen. Norton Schwartz to their families.

“Please relay back to your families how much we fully understand and appreciate what they do for us each and every day. We appreciate what you do and what you provide and the example you set to the future leaders of the United States Air Force.”



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Graduates dedicate new Southeast Asia Pavilion

Bill Manning, second from left, visits the Association of Graduates' Southeast Asia Pavilion along with members of his family Oct. 1. Mr. Manning is a 1970 graduate of the Air Force Academy. The pavilion was formally dedicated by the Class of 1970 Oct. 1 to Academy graduates who gave their lives fighting in the Vietnam War.

MIKE KAPLAN



NSF awards \$600k for visualization research

By David Edwards
Academy Spirit Staff Writer

Longhorns and Tigers and Falcons, oh my!

No, it's not a Wizard of Oz parallel universe. It's the true story of a \$600,000 engineering grant recently awarded by the National Science Foundation. The three main recipients are the University of Texas at Austin, the University of the Pacific and the Air Force Academy.

The grant funds the collaborative project for three years. At first glance, it would take the brain power of an engineer to understand the title of the project: "Improved Learning for Undergraduate Engineering Programs Using Finite Element Learning Modules."

Allow Academy engineering professor Dan Jensen to explain.

Finite element learning modules are a computer-based simulation technique that lets students visualize scientific and engineering phenomena they normally wouldn't be able to see. For example, he said, by assigning a color range to different temperatures, a professor can show students what heat might "look like." Visual learners can rejoice as abstract concepts are rendered in plain sight.

"My hope is that we'll use some of these in our classes, and we've done that in the past," Dr. Jensen said. "There's biomedical and electrical engineering curriculum that's affected by this as well. We're doing this to have

the opportunity to enhance engineering education on a large scale."

One of his colleagues, Dr. John Wood, is writing some new learning modules. Dr. Jensen's role consists of assessment and training. They are working in concert with the two other primary recipients of the grant. But faculty members at roughly a dozen universities are involved in writing tutorials for various learning modules, Dr. Jensen said.

Cadets stand to benefit from the research in two ways. First, they will gain a greater understanding of and appreciation for the role of active learning in the education process.

As examples of what active learning entails, Dr. Jensen said that the students interact with the computer modules to

highlight different engineering phenomena. They are also asked questions that help them interpret what they see in the tutorial.

The second benefit is familiarity with finite element learning modules and their use. Dr. Jensen said they are "very prevalent," adding that "the skills are transferable" to a number of settings in both the academic and professional spheres. The modules are widely used in the aircraft, automotive, defense and aerospace industries.

"To have some understanding of this technique is helpful in and of itself," Dr. Jensen said. "The modules are used to simulate how (students') systems will perform. For the students, it's very much on-the-job training."

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The Air Force Academy Falcon defense swarms the Navy ball carrier on the field during the Air Force-Navy game at Falcon Stadium Saturday. With the 14-6 win came the Associated Press ranking of 25th for the Falcons. They still hang on to the number one rushing team with a total of 1,868 yards on the season.



MIKE KAPLAN



Junior running back Asher Clark breaks a tackle Saturday in the game versus Navy. The offense racked up 292 yards in the game, almost 100 yards less than the average of the previous games. The win broke Navy's 15-game winning streak against the service academies.

RACHEL BOETTCHER



MIKE KAPLAN

The Falcons take the field prior to the start of the Air Force vs. Navy game Saturday. The Falcons wore special uniforms as a tribute to the Thunderbirds Aerial Demonstration Squadron.

Air Force defeats Navy 14-6

Staff Sgt. Raymond Hoy
Air Force Academy Public Affairs

In a game filled with flyovers, it was ground pounding that dominated as the Air Force Falcons sunk the Navy Midshipmen 14-6 at Falcon Stadium.

The Falcons showed they have the number one rushing offense in the country after racking up 292 yards on the ground. Their season average yards-per-game is 394.

Air Force scored its first victory against the boys from Annapolis since they beat them 48-7 in 2002 at home. The Falcons' win snapped the Mids' 15-game winning streak against the other service academies that included eight wins against Army and seven against Air Force.

"Everyone is really down right now," said Midshipmen quarterback Ricky Dobbs. "We've never had this feeling before, losing to a service academy and we don't know how to take it."

While the Mids' offense had a respectable game with 209 rushing yards and 312 yards of total offense, the Falcons' defense came up with the big plays that clinched the victory, including a punt block, two interceptions and six tackles for loss. Linebacker Jordan Waiwaiole led the way with 15 tackles, one sack and the interception that sealed the game for the Falcons.

"The team won the game, but the defensive part of it was super," said Falcons' head coach Troy Calhoun during a post-game press conference. "You look back over the years — I thought in past years, (Navy has) been able to take the initial drive and go down and score points, so we've always been playing a little bit of catchup from the get-go. Today, that wasn't the case."

The Falcons held Dobbs to just 103 yards in the air, 43 yards on the ground and no touchdowns. Dobbs has had at least one rushing touchdown in all 16 of his career starts.

"[Ricky Dobbs is] a terrific player," Coach Calhoun said. "We looked at tape, and certainly just being on the field with their guys—there's a reason why he's a guy you discuss to go to New York City in December. You can see why there was discussion."

The Air Force won the toss at the start of the game and decided to defer to Navy. The Midshipmen punted the ball following a 35-yard drive giving the Falcons the ball on their own 6-yard line. After a big 29-yard run by Jared Tew, he coughed the ball up giving it back to the Mids on their own 43. But they couldn't capitalize, eventually giving the ball back to the Falcons following a missed 21-yard field goal attempt by Joe Buckley. Quarterback Tim Jefferson put the Falcons on top first with a 50-yard touchdown run to end the first quarter.

Buckley was able to put three on the board for the Mids following a 14-play, 78-yard drive to open their second quarter bringing the score 7-3. Both defenses knuckled down to take that score into the locker room at the half.

Air Force opened the second half with a quick three-and-out after a Jefferson fumble gave the Mids the ball on the Falcon 36-yard line. Navy could only muster a field goal following the turnover bringing the score to 7-6. That score held to the end of the third.

The Falcons came out strong in the fourth quarter. Freshman Jamil Cooks leaped over the Midshipmen offensive line for a key punt block which was recovered by Anthony Wooding. They followed the big play with a four-play, 15-yard drive capped by a Jefferson one-yard touchdown.

The Air Force defense then went into lockdown-mode keeping Navy to just 68 fourth-quarter yards and eventually putting the nail in the coffin with the Waiwaiole interception with 25 seconds left in the game for a final score of 14-6.

Ultimately, both teams fought hard in front of a sold out crowd of more than 47,000 bursting with American pride. After the game, Coach Calhoun discussed how proud he was of not only his players, but the Navy as well.

"To see both squads fight and compete the way they did—that field was sprinkled with everything that we want to serve our country and our future," he said. "These are two phenomenal schools with a purpose and with missions; you look forward to what this country may have in store down the road. They made a dedication, they've made a commitment to serve and be fine officers. Really, that's what it's all about."

This win puts Air Force in the driver's seat to determine the fate of this year's Commander-in-Chief's trophy. If the Falcons beat Army at West Point Nov. 6, the trophy will come home to its high-altitude residence. If Air Force loses to Army, the annual Army versus Navy game will determine the final destination of the trophy until next year.

The win takes the Air Force record to 4-1; 2-0 in the Mountain West Conference. Air Force's next game is against a MWC rival Colorado State University Rams at home. The game can be viewed live on CBS College and heard on the air on KVOR 740 AM at noon.

For those who can't watch the game, but still want to follow online, go to www.goairforcefalcons.com/gameday/ for the game tracker or listen to streaming radio at www.kvor.com.



JOHNNY WILSON

Defensive backs Jon Davis and Reggie Rember celebrate victory. The Falcons' defense had two interceptions and six tackles for a loss.

Rugby: Navy downs Falcons, 19-15

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

GLENDALE, Colo. — A second-half turnover gave Navy's rugby team the break they needed to overcome Air Force, 19-15, at Infinity Field the evening of Oct. 1.

A Navy player intercepted a lateral from the Falcons' left center to the left winger and ran untouched into Air Force's goal for a go-ahead try in the game's 48th minute.

Air Force fought back and came within striking distance of the lead with a try and two-point conversion in the 57th minute, but the Midshipmen defense kept the Falcons out and ran out the clock. Officials whistled the game over in the 78th minute.



ABOVE: Navy and Air Force players scrum during the second half of a rugby match in Denver's Infinity Park Oct. 1.

Air Force's Mack Griffin, center, tries to break two Navy tackles while running upfield during a rugby match at Infinity Park in Denver Oct. 1. Air Force lost to Navy, 19-15, after losing an early lead to turnovers. Griffin, a junior, was named Air Force's most valuable player.



PHOTOS BY STAFF SGT. DON BRANUM

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Fogler a semifinalist for William V. Campbell Trophy

Air Force senior receiver Kevin Fogler has been selected as one of 121 semifinalists for the 2010 William V. Campbell Trophy (formerly known as the Draddy Trophy), endowed by Health-South, and the candidates for the 2010 NFF National Scholar-Athlete Awards.

"This year's Campbell Trophy semifinalists embody the National Football Foundation's mission of building leaders through football," said NFF Chairman Archie Manning whose sons Peyton (1997 Campbell Trophy winner) and Eli were named NFF National Scholar-Athletes in 1997 and 2003, respectively. "They are standouts in the classroom and on the field and have become leaders in their respective communities. Each school should take great pride in being represented by such well-rounded young men who will undoubtedly go on to do great things in life."

Nominated by their schools, which are limited to one nominee each, semifinalists must be a senior or graduate student in their final year of eligibility, have a GPA of at least 3.2 on a 4.0 scale, have outstanding football ability as a first team player or significant contributor, and have demonstrated strong leadership and citizenship. The trophy was renamed last fall in honor of Bill Campbell, the chairman of Intuit, former player and head coach at Columbia University and the 2004 recipient of the NFF's Gold Medal.

The NFF Awards Committee will select up to 15 finalists and announce the results via national press release on Thursday, Oct. 28. Each finalist will be recognized as part of the 2010 NFF National Scholar-Athlete Class, receiving an \$18,000 post-graduate scholarship. The Campbell Trophy winner, who will have his scholarship increased to \$25,000 and receive a 25-pound bronze trophy, will be announced live at the NFF's Annual Awards Dinner on Dec. 7 at the prestigious Waldorf -Astoria in New York City. A total distribution of \$277,000 in scholarships will be awarded that evening, bringing the NFF's all-time scholarship distribution to \$9.5 million.

Launched in 1959, the NFF scholar-athlete program became the first initiative in history to award post-graduate scholarships based on both a player's academic and athletic accomplishments. The William V. Campbell Trophy, first awarded in 1990, adds to the program's mystique, having previously honored two Rhodes Scholars, a Rhodes Scholar finalist, two Heisman Trophy winners and five first-round NFL draft picks. The University of Florida's Tim Tebow was named the 2009 Campbell Trophy recipient and last year's finalists combined for a 3.77 average GPA. The class boasted 14 academic all-conference student-athletes, including seven academic All-America picks; 14 all-conference players, including six All-America picks; 16 team captains; one Heisman Trophy winner; and eight members of conference championship teams.

The past recipients of the Campbell Trophy include: Air Force's Chris Howard (1990); Florida's Brad Culpepper (1991); Colorado's Jim Hansen (1992); Virginia's Thomas Burns (1993); Nebraska's Rob Zatechka (1994); Ohio State's Bobby Hoying (1995); Florida's Danny Wuerffel (1996); Tennessee's Peyton Manning (1997); Georgia's Matt Stinchcomb (1998); Marshall's Chad Pennington (1999); Nebraska's Kyle Vanden Bosch (2000); Miami's (Fla.) Joaquin Gonzalez (2001); Washington University in St. Louis' Randon Roberts (2002); Ohio State's Craig Krenzel (2003); Tennessee's Michael Munoz (2004); LSU's Rudy Niswanger (2005); Rutgers' Brian Leonard (2006); Texas' Dallas Griffin (2007); Cal's Alex Mack (2008); and Florida's Tim Tebow (2009).



JOHN VAN WINKLE

Falcons wide receiver Kevin Fogler breaks through the Nicholls State secondary for a 57-yard touchdown reception in Air Force's home opener at Falcon Stadium Sept. 5, 2009. Fogler, now a senior and a native of Fort Wayne, Ind., was named one of 121 semifinalists for the 2010 William V. Campbell Trophy.



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Phil Darden shakes hands and receives a coin from Army Maj. Gen. Bruce Cassella during the general's visit to the Air Force Academy Sept. 30. General Casella is the Army-Air Force Exchange Service commander. Mr. Darden is a laborer for the Academy's cadet bookstore.



PHOTOS BY
MIKE KAPLAN

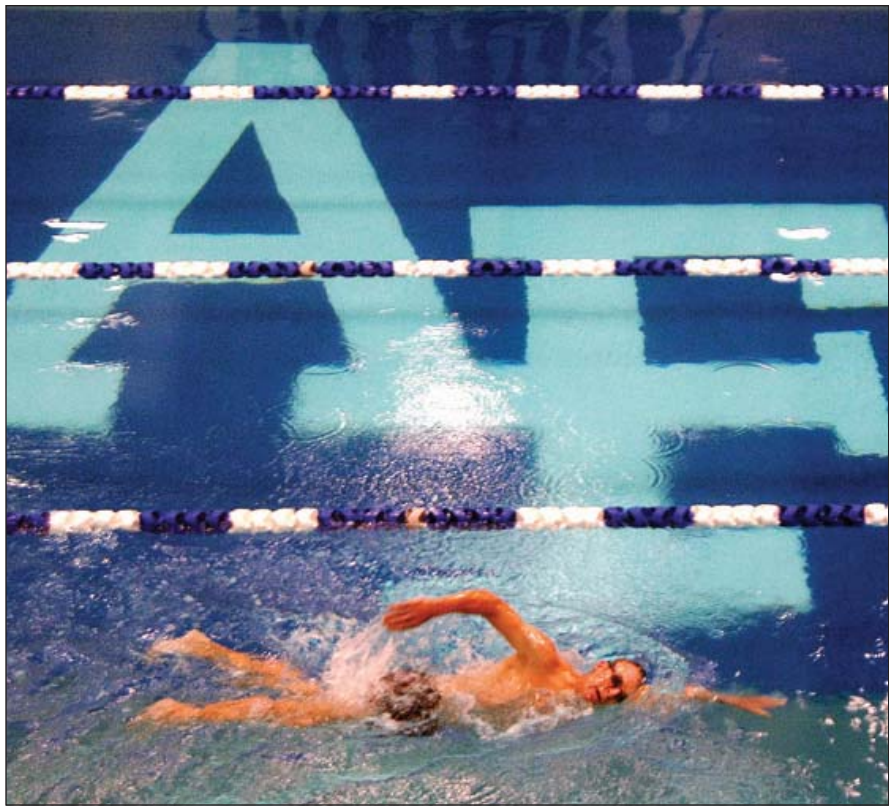
Scenes from around the Academy



Sophomore goalie David Bosner stops a shot during a hockey exhibition game against the University of Lethbridge at the Academy's Cadet Ice Arena Monday. Bosner, a native of Chesterfield, Mo., made nine saves during his 30 minutes of play, allowing no goals in the Falcons' 4-3 overtime victory over the Pronghorns. Air Force opens the regular season Oct. 8 at the Kendall Classic in Anchorage, Alaska. Their home opener is Oct. 22 against American International.



A Section 8 cadet checks out dinner options — which included barbecued goat — outside Mitchell Hall during an Academy pep rally Oct. 1. Section 8 was originally named after the means by which a servicemember was excused from military duty for insanity, according to the goairforcefalcons.com website.



STAFF SGT. RAY HOY

Maj. Scott Poteet swims in the Cadet water polo pool training as much as three hours a day. The rough-water swim in the Ironman Triathlon is 2.4 miles in Waikiki.

Ironman

From Page 4

for Ironman, I get back in date nights and training time for myself.”

That includes some date nights on the Hawaiian coast. Kristin’s parents are coming to Colorado Springs to be with Lily and Madeline while she and Scott take little Logen to Kona. Scott’s parents will meet them in Hawaii to lend a hand where they can as well.

“The support is critical,” he said. “You’ll see a lot of one-timers in the sport who dedicate a year to compete in an Ironman. They train and they get the t-shirt. As far as dedicating a portion of your life to the sport, it takes a lot of understanding from the spouse. I’ve been doing this for 10 years now, and she understands how this affects me.”

No matter how much support the major has from his family, it will come down to him and his determination to finish. Nobody can carry him across the finish line.

“It is a lifestyle,” he said. “It’s a passion to do this day in and day out. The race itself is not that healthy though. Out of the nine races I competed in, I’ve ended up in

the medical tent in seven of them after the race.”

Despite the race-day fatigue, Poteet says he spends much of his time helping others work on their fitness and adopt the lifestyle. It’s something that sticks with him even more than his time as a Thunderbird.

“You have more impact as a Thunderbird with the flight suit and the aircraft than on a personal level,” he explained. “Whether it’s the sport or the lifestyle, it’s contagious. If you live it and have a passion for it, people see that and want to replicate it. It inspires and motivates them. It’s not something I’m intentionally trying to do, but I’ve seen it throughout my entire career. And that’s a good feeling. That to me is just as meaningful as my experiences with the Thunderbirds.”

Ultimately, Poteet is proud to carry on the military Ironman tradition. He will pick up the torch first lit by John Collins and carry it alongside nine other service-members across more than 140 miles of lava-encrusted coastline and proudly call himself an Ironman.

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Around the Academy



Claims against the estate

With regrets to the family of Cadet 1st Class Marc E. Henning, deceased, any persons having claims for or against the estate of Cadet Henning, who died Sept. 16, should contact the summary court officer, Capt. Matthew Rottinghaus, at 333-2585 or 351-3998.

Fire prevention week

As part of National Fire Prevention Week the Academy Fire Department encourages everyone to make sure their smoke alarms are operational.

Check smoke alarms at least once a month and make sure everyone knows what they sound like. If an alarm "chirps" to indicate a battery is low, replace the battery immediately. Replace older smoke alarms, including hard-wired alarms, when they hit 10 years old or do not respond properly when tested. Most importantly, never remove or disable a smoke alarm.

For more fire safety and prevention tips, contact the Fire Department at 333-2051.

NFL Punt, Pass, Kick

The NFL Punt, Pass and Kick competition is scheduled to visit Falcon Stadium Oct. 16.

Children ages 6-15 can register for free at www.nflppk.com anytime before Thursday.

Parents should bring a birth certificate to verify children's ages. Finalists could go on to compete at an NFL game in January.

Post-9/11 GI Bill briefings

The Education Services Center will hold Post-9/11 GI Bill informational briefings Oct. 27 and Nov. 24 at 10 a.m. and Oct. 13 and Nov. 10 at 1 p.m.

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

Construction at gates

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

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

Winter preparation tips

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

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

Volunteer call

Volunteers are needed for each of the following upcoming events.

• Spouses Club Thrift Shop

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

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

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

• Cadet Candidate Sponsors:

The Academy Preparatory School needs sponsors for Class of 2011 cadet candidates. For more information or to volunteer, contact Mark Winter at 333-3057.

• Special Observances:

The Equal Opportunity Office seeks enthusiastic volunteers to plan and coordinate events for National Disability Employment Awareness Month (October) and National American Indian Heritage Month (November). To volunteer, contact EO specialist Gina Moore at 333-4258.

• Honor Guard:

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

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

Health Mgmt. Clinic

The 10th Medical Group's Health Management Clinic offers healthy heart classes the first Tuesday of each month from 1 to 3:45 p.m. on the second floor of the Academy Clinic for people with high blood pressure or cholesterol, as well as diabetes education the first and second Thursday of each month from 8 a.m. to noon in the Health and Wellness Center for those with new or existing diabetes or pre-diabetes.

To reserve a spot for either class, call the central appointment line at 457-2273 (CARE). No referral is needed.

Evening Aerobics

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

A&FRC offerings

The Academy Airmen and Family Readiness Center will host the following classes in August and September. Contact the A&FRC at 333-3444 or 333-3445 with questions or to sign up for a class. Class dates and times are subject to change.

Group Pre-Separation Counseling

Held Mondays (except during Transition Assistance week), 2 to 4 p.m.

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

Smooth Move PCS

Wednesday, 9 a.m.

This class offers relocation information, including information on gain-

ing bases, for people departing the Air Force Academy. Other topics include "Plan My Move" and household goods shipment.

Key Spouse Training

Wednesday, 3 p.m.

This training offers initial and continuing education on responsibilities and duties of the unit key spouse position.

Newcomer Orientation

Oct. 21, 9 a.m. to 4 p.m.

The orientation, held at the Milazzo Center, gives newcomers to the Academy a variety of briefings from on- and off-base programs. It is mandatory for all newcomers.

Red Carpet Tour

Oct. 22, 8:15 a.m. to 4:30 p.m.

This base tour gives insight into the Academy's mission and reveals most of the events and activities to see and do while stationed here.

Family Advocacy classes

Family Advocacy will offer the following classes to active-duty service-members, Department of Defense civilians, retirees and family members in October and November. For more information on classes or to sign up, contact Family Advocacy at 333-5270.

Stress Management

Oct. 28, 11:30 a.m. to 1 p.m.

This class, held at the Airmen and Family Readiness Center, will educate attendees about the symptoms of stress, practical ways to manage stress and how to relax.

Common Sense Parenting

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

This skill-based parenting program held at the Community Center Chapel teaches parents of children ages 5-18 practical and effective ways to increase their children's positive behaviors and decrease negative behaviors.

Schedule of Worship



CADET CHAPEL

Buddhist

Sundays, 10 a.m.

Wednesdays, 6:30 p.m.

Native American

Sweatlodge Ceremony - Oct. 16, 4 p.m.

Fort Carson Turkey Creek Recreation Area

Protestant Worship

Traditional: Sundays, 9 a.m.

Contemporary: Sundays, 11 a.m.

Catholic Worship

Mass: Sundays, 10-11 a.m.

Monday, Tuesdays and Thursdays, 6:40-7:10 a.m.

Confession and Adoration: Wednesdays, 5:30-6:30 p.m.

Holy Days of Obligation: 6 p.m.

Jewish Worship

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

Open for tours

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

Sunday 1-5 p.m.

No tours during services

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

COMMUNITY CENTER CHAPEL

Catholic Masses

Saturdays

Reconciliation - 3:30 p.m.

Mass - 4 p.m.

Sundays

Mass - 9 a.m.

Religious formation - 10:15 a.m.

(September-May)

Tuesdays-Fridays

Mass 11:30 a.m.

Protestant Services

Wednesdays

Wednesday Night Live - 6 p.m.

Dinner followed by Religious Education (September-May)

Sundays

Evangelical - 10:15 a.m.

Gospel 11:30 a.m.

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SOCIAL SERVICES

Cheyenne Village, Inc. a local non-profit serving adults w/ developmental disabilities is seeking applicants for the following positions:

RN
Duties incl. completion of medical summaries, charting, maintaining health files and supervision of 2 pt nurses, 2 drivers and a pt dietitian. Previous DD experience preferred. PT - 30 hrs per wk.

Residential Team Leader
Person to supervise residential team which provides supports to adult with DD in a community apartment setting. Detailed oriented person to monitor health and safety standards incl. monitoring medications and safety plans. Monitors finances incl. individual bank accounts and budgets. Supervisory and organization skills req'd. Exp. with DD preferred. F/T position + benefits.

Supported Living Staff
Individuals to provide daily living supports in supervised homes or apartment settings. Exp. in human services or related field required. PT positions for evenings/overnight/weekend shifts.

Must be 21 years of age and have a valid US driver's license. Criminal background and driving check required. Send resume or apply with salary requirements to:
6275 Lehman Dr. Colo Spgs, CO 80918,
Fax (719) 548-9947, E-mail - hr@cheyennevillage.org
or apply on line at www.cheyennevillage.org. EOE

Real Estate & Rentals



17148 Blue Mist Grove
End unit townhouse near USAFA, schools & shopping. 2MasterBd+loft/2.5Ba/2Car. Air, all appls. W/D incl. Front range views. \$179,900. Jim (USAFA '62) & Penny Mack ERA Herman Group Call 210-9503

ZBR Condo \$750/Month. Brand new inside & appliances, W/D in unit, Pool, Sauna, Garage, 1.5 BA. 719-432-7838 (owner). Available now. Academy & Airport area.



5340 Meadowgreen Dr \$235,000
Pinon Valley - 48d/48a*Open Kitch w/corner FP*Lg Fam Rm w/FP* Walk-out to lg deck w/retractable awning*Gorgeous bkvd w/5person hot tub*New cpt. pnt. roof, HWI, vinyl wndws, gar door, sprinklers, tuff shed*Lots of storage in home/garage*Warranty*VERY NICE!

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PEYTON - 40 acre lot w/well and ready to build! Full mtn views, trees and fncd. Close to bases! 719-955-8589 The Platinum Group LauriAnnMaloney.com

SAC raw land in Park County off of Highway 24. \$6000. 719-244-6025

Transportation



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1	2	3		4	5	6		7	8	9
10			11		12		13		14	
15			16		17			18		
19				20				21		
22			23	24		25		26		
	27	28			29		30			
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39					40					
41			42	43		44		45	46	
47				48	49		50		51	52
53				54	55		56	57		
58				59				60		
61				62				63		
64					65				66	

CLUES ACROSS

- Therapeutic resort
- Kilometers per hour
- Women's undergarment
- Afflicts
- Geological times
- House title (abbr.)
- Hints
- Type genus of the Ranidae
- Tool handle
- About blood
- Muscat is the capital
- 7th Hindu month
- Our star
- Wife of Saturn
- A European Soviet
- Women's briefs
- Islands
- No. French river
- Tax collector
- Author Ernest's moniker
- Distant

- Cr ____logy; police studies
- Smart ____: annoyingly clever
- Bar-rooms
- New Army enlistee
- Can be cut or cabochon
- Tributary of the Rhine
- Not Mama
- Actor ____ Malek
- Metrical foot
- Long nerve fiber
- Tehran is the capital
- Advertising awards
- Go for and obtain
- Withered and dry
- Small social insects
- Point midway between E and SE
- Comedian Ceasar
- Young women's association

CLUES DOWN

- Meistersinger author Hans
- 3 car + collision
- One who has a degree
- Lamp fuel
- A baby carriage
- Grimm brothers birthplace
- Capital after Rio
- Plant for purifying a crude substance
- Appositeness
- 3rd largest rorqual
- Dropped below the surface
- Nova ____ province
- Most common CA avocado
- Bird call used by birders
- Rhode Island
- Small sleep
- Slang for big trucks
- Axes for cattle slaughter
- Short account of an incident
- Formed a mental picture
- World's longest river
- About gnome
- Romance
- Total cloth purchased
- North Sea fishing unit of measurement
- Kings unit
- Supplying a moniker
- Wooden shoes
- Goddess of the rainbow
- Vetches grown for forage
- Kittiwake genus
- Ancient city in Syria
- Winglike structure

SUDOKU

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

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