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ACADEMY SPIRIT

FALCONS CRUSH LOBOS

Ready to handle Rebels

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Falcons' sweet victory over Yale



MIKE KAPLAN

Air Force goalie Jason Torf blocks a shot on goal during the Falcons' match against No. 3 Yale Sunday at the Cadet Ice Arena. Torf, a native of Hermosa Beach, Calif., was named an Atlantic Hockey Association rookie of the week after making 34 saves in the Falcons' 4-3 victory. It was the first loss of the season for the Yale Bulldogs. **For story and photos see PAGE 10.**

FalconSAT-5 hopes to launch tonight

Years of work will rocket into orbit when the Academy's latest cadet-built satellite, FalconSAT-5, launches from Kodiak Launch Complex, Alaska, at 6:24 p.m. Mountain Time today.

The mission, dubbed STP-S26 for the Department of Defense Space Test Program's 26th mission, will carry six small satellites into a highly inclined orbit on the third launch of the Orbital Sciences Minotaur IV launch vehicle — a modified Cold War missile retired earlier this decade from F.E. Warren AFB, Wyo.

"Cadets, faculty and staff are anxiously awaiting the event after nearly four years of hard work — designing, building, integrating, testing, and in several cases repairing the most ambitious small satellite ever built by an undergraduate engineering program," said Col. Marty France, permanent professor and head of the Department of Astronautics.

The FalconSAT-5 mission is sponsored by the Air Force Research Laboratory. Its mission is to perform space weather measurements with onboard sensors in collaboration with remote ground sites. The onboard payloads include the Integrated Miniaturized Electrostatic Analyzer, or iMESA, and Wafer Integrated Spectrometers, Sensors or WISPERS which measure low and

See FalconSAT-5 Page 16

Academy firefighters blaze to top honors

by John Van Winkle

Air Force Academy Public Affairs

MYRTLE BEACH, S.C. — Air Force Academy firefighters added three world titles to their trophy collection, this time from the World Firefighter Combat Challenge XIX Nov. 8-13.

During the 2010 firefighter challenge season, the Air Force Academy firefighters won first place in three categories: women's relay team, women's tandem and co-ed tandem.

The firefighter combat challenge is an international competition which simulates the physical demands of real-life firefighting by having firefighters perform a linked series of five tasks including climbing the five-story tower, hoisting, chopping, dragging hoses and rescuing a life-sized, 175 lb. "victim" as they race against themselves, their opponent and the clock. In the world of firefighting, the firefighter combat challenge is the Super Bowl of firefighting that takes the physical demands of running an Ironman triathlon, crunches

this into the time for a two-minute drill, and doesn't stop play until the event is over.

Firefighters can compete in several categories, as either individuals, tandems or teams, with separate divisions for men, women and co-ed teams, 40-plus and 50-plus. But all compete on the same course with the same physical requirements.

The Air Force Academy Fire Department has been a regular competitor at the world level for the past four world firefighter combat challenges and has been competing since 2001.

The women's relay team from the Academy were the Fire Fembots, a team that combined the talents of female firefighters from the Air Force Academy and the Colorado Springs Fire Department. In team events, firefighters must all come from one local area.

The Fire Fembots debuted during the 2009 firefighter challenge season and easily won the women's relay team world championship.

Relays bring an additional require-



STAFF SGT. DESIREE N. PALACIOS

Ken Helgerson waits for his teammate to pass the baton as he competes in the team relay event at Myrtle Beach, S.C., Saturday. Mr. Helgerson is a firefighter at the Academy.

ment, in having to pass a baton between team members at certain locations. Relays allow team members to compete in their strongest events and combine those talents against the clock, but a drop of the relay baton in the wrong place on the course can mean an instant disqualification.

The Fembots were a heavy favorite coming into the finals bracket and advanced to the final round with as much

relative ease as the firefighter combat challenge allows. In the final round, they faced the Ontario Flame Tamers.

Academy firefighter Andrea Caraway established a lead taking the fire hose up the tower, handing off to Colorado Springs firefighter Stacy Billapando. Mrs. Billapando executed a perfect hose hoist and kept a slight lead going down the tower and through the Keiser

See FIREFIGHTERS Page 9

Carbon monoxide: the silent killer

By Cliff Tebbe
Air Force Academy Safety

Two cadets were driving westbound on Interstate 70 en route back to the Air Force Academy in 1983 following a Thanksgiving weekend shared with family and friends

A nasty snowstorm had set in, making travel treacherous. Conditions on this Kansas stretch of interstate soon became impassable as the terrain, winds and heavy snow created deep drifts. The cadets' vehicle became stuck in a snow drift. The cold was intense and they knew to run the vehicle's engine only intermittently and to keep the exhaust pipe clear of drifting snow.

But Mother Nature conspired against their best efforts. The overpass they were under formed a natural wind break, and snow piled up more quickly than they could clear it. This allowed

for the buildup of a deadly gas -- carbon monoxide -- inside the vehicle. This buildup of gas, coupled with the insidious nature of carbon monoxide poisoning, sealed the fate of the two cadets.

A tragic death? Absolutely! Uncommon or rare? Not at all. In fact, carbon monoxide, or CO, is the number-one cause of poisoning fatalities in the United States, resulting in more than 15,000 emergency room cases and roughly 3,300 deaths each year. But what makes it so insidious and, more importantly, how do you prevent becoming a victim of this silent killer?

First, the facts: CO is a colorless, odorless and deadly gas. It is a byproduct of combustion, so common sources include automobiles, gas-fired appliances, kerosene and propane space heaters and wood or charcoal units. It neither sinks nor rises; it mixes well with air.

Because you can't see, taste or smell it, CO can kill you before you even know it's there.

While we are not entirely helpless, the subtle nature of CO may cause symptoms to be misread. At low to moderate levels of exposure, common symptoms include headache, fatigue, nausea, dizzy spells, confusion and irritability. These symptoms may easily be ignored or mistaken for some other ailment.

With the facts in hand, the real question is, How can you protect yourself and your family?

The following tips address prevention and detection. Take decisive and active steps today to neutralize the threat of CO and keep your friends and family safe.

The tragic loss of two cadets on that snowy day in 1983 will always serve as a stark reminder of the dangers of the silent killer.

Prevention

- **Immediately remove your car from the garage after starting the engine. Even if the garage doors are open, the CO can build up very quickly in the garage and living area of your home.**
- **Have your vehicle's exhaust system inspected if you have any suspicion of leaks. Repair any holes in the muffler or exhaust system, holes in the vehicle body, and any malfunction of the emission control system.**
- **In vehicles equipped with a rear door hatch, do not drive with the hatch open. This creates a back draft which draws the vehicle's exhaust into the cab.**
- **Equip your vehicle with emergency supplies such as extra clothing and blankets, flashlight, energy foods, drinking water, a small shovel and chemical-based emergency hand warmers.**
- **If you're stranded, run the engine as a last resort to stay warm; in such cases, run it only periodically and make sure the exhaust pipe is not blocked.**
- **Have your home's fuel-burning appliances serviced annually by a qualified service technician.**
- **Do not modify your appliances or the fresh air intake or exhaust ventilation systems in utility rooms.**
- **When replacing heating appliances, purchase appliances designed to reduce dangers from CO, such as sealed combustion gas furnaces, direct vent gas fireplaces, and induced draft gas water heaters. Alternatively, consider electric appliances, as they do not produce carbon monoxide.**
- **Do not use fuel-burning space heaters or barbecue grills in any enclosed area such as a garage, tent, or camper**

Detection

- **Install at least one CO detector in your home. For extra protection, install one on each level of a home and/or in every bedroom. Hardwired units with an audible alarm and battery backup offer the best protection**
- **Replace CO detectors regularly, as they require replacement every three to seven years depending upon the type of sensors. Check with the manufacturer's recommendation.**
- **Consider portable CO detectors for cars, boats, campers or other vehicles.**

ACADEMY SPIRIT

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

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Lt. Col. John Bryan — Director of Public Affairs
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"What is your biggest Winter driving pet peeve?"

"People who drive too closely behind you. There is a big safety issue there because if you stop suddenly they're going to rear end you and cause a big-time accident."
Mark Backlin, Manpower



"Slow drivers."
Cadet 4th Class Abby McCaffrey, Cadet Squadron 17



"People who don't know how to drive in those conditions. Knowing the snow and how to drive in it, it bothers me. If you don't know how to drive in it, get off the road."
Cadet 4th Class Corey Landis, CS 40



"When people don't clean the snow off their car and I get a snowstorm driving behind them."
Tech. Sgt. Bobby Adams, Readiness Mgmt. Group Det. 27



ADVICE

from the

Gen. Chandler shares insights with senior cadets

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

The Air Force vice chief of staff visited the Air Force Academy Nov. 12 to share some of his leadership experience with first-class cadets.

Gen. Carrol H. "Howie" Chandler opened with a brief discussion of the Air Force's role in providing global vigilance, reach and power for the United States, then offered some tips to the soon-to-be officers in the audience.

Define objectives: "Airmen are very resilient, and they respond very well if you will simply define what they are required to do, and then enforce and apply the standards universally."

Lead in analog: "Face-to-face leadership is the best way to do business."

Keep an open door: "You'll be amazed at how many people walk in your door to explain the various problems in the organization. My advice to you is to listen, because if it's important to them, it needs to be important to you."

Listen: "As a second lieutenant, receiving can be much more important than transmitting."

Know your people: "You need to understand whether the folks who work

with you are having a good day or a bad day, and understand enough about them to know if something is on their mind."

Say "thank you": "It doesn't cost you a thing to say 'thanks' to the young guys and gals who are working for you. We don't pay them enough, so there have to be some intangibles associated with being part of this organization, and part of that is recognizing them for what they do."

Be safe: "The two biggest ways we hurt ourselves are on motorcycles and in automobiles. But if you do things the smart way, you'll typically find that's the safe way."

Show maturity, always: "If you ever compromise your ability to lead, quite honestly, you'll never get it back, because your folks will not view you the way they used to."

Encourage loyalty: "When I say loyalty, I mean loyalty to the organization. Give of it freely, and expect the same in return from those who work for you. You need to create an environment where people are willing to speak their minds; but once we've made a decision, we all need to speak with one voice."

Offer solutions: "We encourage original thought, and we encourage prudent risk-taking. The word there



BILL EVANS

Air Force Vice Chief of Staff Gen. Carrol H. "Howie" Chandler speaks with first-class cadets at the Air Force Academy during an informal session in Fairchild Hall on Nov. 12. General Chandler is a 1974 graduate of the Academy.

is 'prudent' risk taking. Anybody can point out a problem; you need to be the lieutenant who can point out a solution."

Have fun: "Had I not enjoyed what I'm doing, I wouldn't have done it all the years that I have. A positive attitude is going to be important. Any organization you're a part of will take on the personality of its leaders and mirror them."

Take care of your family: "No matter what you do in the Air Force, once we hand you your last certificate, those are the folks who are going to be there, so you need to take care of them."

Take care of your people: "If you don't, you'll never get the job done."

Leave every job better than you found it: "That's how we've become the greatest Air Force in the world, and that's how we stay that way."

Seek a mentor: "Find a chief master sergeant and two cups of coffee, and let him educate you on what the Air Force is about. You have a great chief here at the Academy who can help you get started."

Seek self improvement: "Professional military education is important; a master's degree eventually is important. The Air Force offers a myriad of training opportunities that will benefit you, so take every opportunity."

As vice chief of staff, General Chandler presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy Advisory Working Group. He assists the chief of staff with organizing, training and equipping approximately 680,000 active-duty, Guard, Reserve and civilian forces serving in the United States and overseas.

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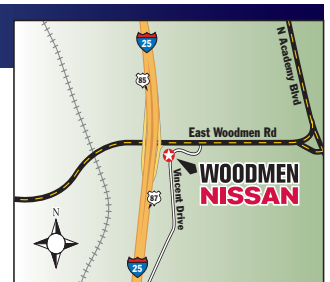


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Cadet to be presented Legion of Valor award

By David Edwards
Academy Spirit Staff Writer

Cadet 4th Class Adam McMurray generates headlines just by being himself.

After leaving for the Academy and Basic Cadet Training this summer, he learned he would receive the Legion of Valor Bronze Cross for Achievement. This decoration is awarded to both college and high school students and is the highest award given by the Junior ROTC program.

Cadet McMurray was selected in recognition of his leadership and civic activities.

This year, only 64 Bronze Crosses were awarded worldwide.

Cadet McMurray said his nomination was a long shot, adding, "I didn't really think anything of it."

In an interview Monday with the Huntsville Times at www.al.com, he said he doesn't think he "did anything spectacular. I just did my best. That's what I promised to do when I joined."

The upcoming Thanksgiving break allowed Cadet McMurray to return home to Alabama for the award presentation, which will take place Monday. His high school JROTC unit organized the event.

Some Air Force notables will be on hand to lend their star power. Leo Thorsness, a former lieutenant colonel and Medal of Honor recipient, and Michael Durant, one of the people involved in the Black Hawk Down incident in Somalia, will be joined by Rep. Parker Griffith, who recommended Cadet McMurray for appointment to the Academy.

The guest of honor said he is most looking forward to "meeting the presenters and picking their brains about life in the military."

Cadet McMurray spent several of his formative years in Colorado Springs. After a couple of moves,



COURTESY PHOTO/DARRELL MCMURRAY

Cadet 4th Class Adam McMurray will receive the Legion of Valor Bronze Cross for Achievement award in his hometown of Huntsville, Ala.

the family eventually settled in the Huntsville, Ala., area, where Cadet McMurray attended junior high and high school.

His father, Darrell McMurray, is a 1981 graduate of the Academy who now works for Boeing. The combination of spending part of his childhood in Colorado Springs and being immersed in an aerospace environment piqued Cadet McMurray's interest in the Air Force Academy.

He said his desire to seek a military career was confirmed when he became a volunteer firefighter in his hometown of Hampton Cove, Ala. Within a year, he had become the youngest certified firefighter in the state.

Meanwhile, he was accumulating awards and hon-

ors, both academic and extracurricular, like gang-busters. During his senior year of high school, he served as battalion commander for his Army JROTC unit. He won second place in the state science fair and was named to the National Honor Society.

After completing BCT, Cadet McMurray was assigned to Cadet Squadron 29. Next year, he will transfer to CS 38.

"Adam is the most professional and courteous four-degree I've been around," said Maj. Greg Thornton, the air officer commanding for CS 29. "He is also a very humble young man. He shies away from attention. Yet he is always in the thick of helping others out."

That character trait and Cadet McMurray's more than 50 emergency responses as a firefighter came in handy Oct. 17 in San Diego. About 40 minutes after midnight, Cadet McMurray was in a group a couple of blocks away from the San Diego State University campus following the football game between the Falcons and Aztecs.

The bystanders saw a pedestrian in the intersection get hit by a car. Cadet McMurray immediately administered first aid and stabilized the victim until paramedics arrived. The pedestrian suffered broken bones and was taken to the hospital, but he made a full recovery.

Cadet McMurray's quick response earned him the admiration of the officer who responded to the call.

"He was Johnny on the spot," said Sgt. Ronald Broussard of the San Diego State University Police Department. "He basically did everything. The other guys just stood around and watched."

Next week, all eyes will again be on Cadet McMurray. After spending Thanksgiving with his family, he will rejoin his fellow cadets on campus Nov. 29.

And at the rate he's going, he might just rack up a few more headlines between now and then.





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Light brigade charges into Fort Carson

By David Edwards
 Academy Spirit Staff Writer

Fort Carson, get ready for the charge of the Christmas light brigade.

The Air Force Academy's Cadet Squadron 21 has discovered the secret to building cohesion and morale: brighten the holidays for families missing a loved one because of deployment.

The Blackjacks' efforts to spread good cheer at Fort Carson don't stop at just lights, though. They've received an overwhelming response to their project to help Carson households bear an emotional burden.

"It really started speeding up and just kind of snowballed," Cadet 2nd Class Ben Galloway, one of the organizers, said of the project. "People really started jumping on this, which we thought was really cool. Beyond just putting up the lights, we want to let them know that as a squadron we're grateful for the sac-

rifice that their loved one is making being deployed overseas."

The idea was hatched at a squadron strategy meeting at the suggestion of the wife of Maj. Jason Rusco, the air officer commanding for CS 21. The cadets thought it was a splendid idea, and they didn't hesitate to get behind the project.

"They took it and ran with it," Major Rusco said. "We have some really good ideas in our strategy meetings."

Cadets in other squadrons have asked to join the Blackjacks' brigade. Enthusiasm for the idea has been so contagious that Cadet Galloway and Major Rusco are almost certain they'll run out of the special T-shirts that were made.

The cadets' eagerness to participate was matched by the brigade's four sponsors: First Command, The Home Depot, Domino's Pizza and Panera Bread. The families at Fort Carson that signed up will provide the

lights; the cadets will provide the labor.

Volunteers plan to stretch their work across daylight hours. Once they arrive at the post, they will break into four teams, stopping at one wave of homes in the morning and one in the afternoon. They'll also have a truck rigged up with a sound system and Santa in the back chucking candy canes for the kids.

Although the squadron has been working on the idea for almost a month, Major Rusco said even that hasn't been enough time. He said that ideally he'd like to have two more weeks.

But showtime is Saturday, so the group is assessing the total number of homes they'll need to visit. Expressions of interest are still flowing in at the last minute. Cadet Galloway said that people who told him they can't make it have nonetheless offered a truck or promised to help in other ways.

"This is the first thing we've really done as a squadron," he said. "It's been amazing."

Political science instructor named Colo. professor of year

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

For someone who considers herself just one among an incredible faculty, a professor in the Academy's Department of Political Science was distinguished from her peers by being named one of the U.S. Professors of the Year by the Council for Advancement and Support of Education Thursday.

Dr. Frances Pilch was recognized in Washington, D.C. as the 2010 Carnegie Foundation for the Advancement of Teaching Colorado Professor of the Year.

The nomination and selection process considers undergraduate educators from across the country. Dr. Pilch was chosen from more than 300 top professors and is one of 38 state winners.

Dr. Pilch said student testimonials are what she considers the greatest honor upon receiving the award.

In his letter of recommendation, now-2nd Lt. Bradford Waldie wrote, "It would be a vast understatement to say that she has been an inspiration, a trusted mentor, and an integral part of my development and education while working toward my undergraduate degree."

"What they said was really, really beautiful because every teacher, I think, has a mission to try to promote learning, to make a difference in their students' lives," Dr. Pilch said. "A lot of times, you don't know whether you have accomplished that or not, but these letters came back, and they both talked about the difference I had made in students' lives, and that's what teaching is all about."

Pioneering a collaborative effort to develop the course War Crimes, Genocide and Human Rights, Dr. Pilch emphasized her passion for raising consciousness in future Air Force officers.

"Dr. Pilch's success in encouraging learning beyond the school boundaries is only matched by her ability to engage her students within the classroom," then-Cadet 1st Class Waldie wrote.

"(Her) unmatched teaching ability has transformed a course to which cadets would, in most cases, be averse to signing up for into one of the most powerful and thought-provoking courses offered at the Academy."

With her son being a 1993 graduate of the Academy, Dr. Pilch says she feels a personal connection to the task of educating cadets. She continues to challenge her students to take advantage of the abundant cultural immersion opportunities the Academy offers, and to think critically about how problems they see can be addressed.

"We teach the brightest students in America, and we're entrusted with their development as they become officers," Dr. Pilch said. "I just love being a part of this mission; it is such an honor to be here."

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Academy holds religious respect conference

Diverse group discusses concerns, strengths, ways ahead

By Staff Sgt. Don Branum
 Air Force Academy Public Affairs

Leaders from national Christian, Jewish, Freethinker, Earth-Centered and interfaith religious organizations met at the Air Force Academy Monday and Tuesday to discuss how the Academy can best train cadets to respect other faiths, and how to continue to foster an environment that encourages accommodation of religious practices.

Joining them were senior Air Force leaders and chaplains, including Lt. Gen. Richard Newton III, the Air Force director of manpower and personnel, Academy Superintendent Lt. Gen. Mike Gould, Chaplain (Col.) Jimmy Browning, deputy commandant of the Air Force Chaplain Corps College at Maxwell Air Force Base, Ala., and four members of the Academy's Cadet Interfaith Council.

Chaplain (Maj.) David Rademacher walked conference attendees through the training currently provided to cadets during Basic Cadet Training. The briefing, offered in the first week of BCT, clarifies cadets' rights to religious expression. One true-or-false question offered in the training asks cadets whether it is okay to share their religious faith (true), while another asks whether it is permissible for Academy staff or upperclassmen to compel lower-ranking cadets to attend religious activities (false).

"Upper class' and 'compel' belong in the same sentence no matter what," Chaplain Rademacher said. "But this lets the basics see that they do have more rights than just the ones they're given. Cadre cannot compel you to do something when it comes to the first amendment."

Beth Yohe, the associate director of training and curriculum for the Anti-Defamation League, offered an inside look at a second hour of religious respect training for fourth-class cadets. The discussion-based courses feature a variety of scenarios that groups can discuss among themselves. In one scenario, a cadet is asked whether he is Muslim: when he says yes, another cadet says, "What about Fort Hood? How do we know he's not a terrorist?"

"This is a serious comment about a fellow cadet," Ms. Yohe said. "It needs to be taken seriously in a number of ways to reinforce that bigotry has no place at the Air Force Academy."

Training for upperclass cadets will broaden the religious respect perspective, providing the juniors and seniors with a commander's toolkit for religious guidelines that includes advice and counsel from chaplains.

Commanders make final decisions on religious accommodation with advice and input from chaplains, said Chaplain (Capt.) Steven Cuneio. Moreover, commanders must create an environment where subordinates feel free to request accommodations for their faith practices.

One of the discussions surrounded the definitions of words such as "respect," "proselytizing" and "evangelizing."

While the training slides define religion, unlawful discrimination and disparaging terms, some of the concepts at the core of what the Academy is trying to instill are not well-defined or not defined at all. Jason Torpy, president of the Military Alliance of Atheists and Freethinkers, said the Academy course should clarify whether respect should be paid to the person or to the belief sys-

tem.

Because religious beliefs are sometimes diametrically opposed, it's impossible to expect everyone to respect everyone else's beliefs, Chaplain Williamson said. Respect must therefore focus on the person.

The Air Force definition of religion does allow for non-traditional belief systems — even atheism, Chaplain (Maj.) Peter Fischer, the Academy's senior protestant chaplain, said. This is important given the increasing diversity of religious views within the Academy and the broader military.

"When I came into the chaplain corps as a chaplain assistant in 1983, our shield had a cross, the (Decalogue) and the Star of David on it because Judeo-Christian beliefs were what we accommodated. That's just not true today," he added.

Dr. David Oringderff, one of the founders of the Earth-centered Sacred Well Congregation, said his presence at the table was testament to the Academy's strides in recognizing the importance of religious diversity within the military.

The Academy's efforts to embrace religious respect could affect international relations, said retired Chaplain (Col.) Darrell Morton, assistant to the presiding bishop for the Evangelical Lutheran Church in America's Federal Chaplaincy Ministries.

"Religion has far too long been treated as ancillary to a human being, perhaps because of our culture of church-state separation, but religion is part of the core of a human being," Chaplain Morton said. "What you're trying to accomplish here is an important part of that."

Many of the participants said they



STAFF SGT. DON BRANUM
 Chaplain (Maj.) Peter Fischer and the Right Reverend James Magness talk during a break at the Religious Respect Conference Tuesday.

were honored to have been invited and encouraged the Academy to continually improve the religious respect training program in the months and years ahead.

"There is one verse in the Bible that I've never forgotten and never will forget: 'The truth shall set you free,'" Reverend Baugham said. "If we keep asking questions from the heart, seeking the truth ... that's about all we can do."

General Gould said the Academy would continue to improve the process. He told the Cadet Interfaith Council attendees that he wanted them to be a part of it.

"We have the leadership team here, and we understand it's a command issue," he said. "There isn't a finish line that we bust through and declare victory; it's ongoing. We'll keep moving forward every day."

Editor's Note: This story is part of an ongoing series covering religious expression and diversity at the Academy.



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Firefighters

From Page 1

sled. She handed off to Academy firefighter Elaine Perkins, whose speed extended the Fembots' lead as she ran a 100-foot diagonal course to hand-off the baton to teammate Lisa Smith of the Colorado Springs Fire Department. Smith dragged the hose with all her might to extend the lead, knocking down the target with a short burst of water and handed off to Senior Airman Jessica Morehouse. Airman Morehouse is the team's closer and showed her strength and pure determination to drag the dummy across the finish line with a time of 1:45.31. This was one second shy of the Fembots' 2009 world record, but it was still five seconds faster than the Ontario team, earning the Fire Fembots their second consecutive world title.

But rather than rest, two of the Fembots had more races to run that day. Airman Morehouse and Mrs. Billapando also competed in the women's tandem category, and repeated as world champs in this category as well.

"It feels awesome, I'm very excited," Airman Morehouse said after her latest world championship. "It's awesome to have a teammate like Stacy to run with. She makes it pretty easy."

A third Air Force Academy team, the co-ed team of Anthony "Tank" McMurtry and Mrs. Billapando, also won gold. Both are veteran competitors on the world stage, and both hold world records in separate categories.

"I always tell myself 'I'm only as good as my last race,'" Mr. McMurtry said. "The past is the past. The newest

memory I have in my mind is memory of the last race I ran, and I just try to do better."

And he did. The last time the duo raced was at the nationals in October, where they came in second. But second-best simply wasn't good enough. In the finals, McMurtry and Billapando faced the team of Staff Sgt. Jessica Packard and her fellow DOD Fire Academy instructor, Bill Alexander.

The pair ran the race neck and neck, with the McMurtry/Billapando team taking a slight lead midway through and finishing with a time of 1:30.34. However, they were assessed a two-second penalty for an early hose use, which increased their time to 1:32.34. The modified time was two hundredths of a second faster than the DOD Fire Academy team. This gave the McMurtry/Billapando team the world championship, and made all the early morning practices throughout the past year worth it, they said.

"It is definitely a sacrifice, to get to this level, everybody here has sacrificed something maybe family time, maybe working two jobs to get it done," said Billapando. "But at this level, when you throw yourself out there and go as hard as you can, you hope you gave enough. I know for a fact that the air force as a whole has definitely trained hard this year, and it shows."

A number of Air Force bases fielded teams this year at firefighter combat challenge regional events, and about a dozen other bases also sent firefighters to compete at the world level

But the loudest voice came from the only commander who's actually run the firefighter challenge, completing a relay event during a regional firefighter competition USAFA hosted at Falcon Stadium in June: Col. Rick LoCastro, 10th Air Base Wing Commander.

"We're cheering for everybody from the Air Force, but a little bit louder for the Academy," Colonel LoCastro said. "I'm extremely proud of our teams and the reason I come all this way, is because this is our Super Bowl. This is our academy athletic team, and these guys are our athletes. I couldn't imagine not being here as their wing commander."

In addition to the three first-place finishes, the Academy's over-40 relay team recorded a second-place finish to the Atlanta-based Clayton County team. The Academy's men's relay team, Team USAFA, finished third at this year's world's championship. Team USAFA advanced to the final four in this event, facing a team from McKinney, Texas. Team captain Pat Kraft took an early lead on the hoist, but the team received a four-second penalty coming down the tower, which decided the outcome of the race. Team USAFA finished at 1:11.31, before the addition of the four-second penalty, while the McKinney team finished the course with a time of 1:12.77 to advance to the finals.

Team USAFA consists of Kraft, McMurtry, William Gates, Hans Barkley and Tyler Moran. Each has made multiple visits to the world championships



STAFF SGT. DESIREE N. PALACIOS

Senior Airman Jessica Morehouse pulls a "Victim" as she competes in the team tandem event at the Scott Firefighter Combat Challenge in Myrtle Beach, S.C. Saturday.

in the firefighter combat challenge, and are expected to make a run for another national and world finish in the 2011 season.

For the Academy teams, training for the 2011 World Firefighter Combat Challenge season begins as soon as they return to their home fire stations.

Their first chance to qualify to return to the national and world competitions will be at the first scheduled regional competition, slated for March in Indianapolis.

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Air Force upsets No. 3 Yale, 4-3

by Dave Toller
Athletic Communications

Air Force scored four unanswered goals in the third period for a 4-3 win over third-ranked Yale in a non-conference college hockey game Nov. 14 in front of a sellout crowd at the Academy's Cadet Ice Arena.

Air Force, 3-6 overall, handed Yale its first loss of the season after five straight wins. Yale came into the game as the nation's top scoring team at just under six goals per game. The win ties as the highest ranked team Air Force has ever beaten; the Falcons defeated Colorado College and Michigan, both of whom were No. 3 at the time, in 2009.

Trailing 3-0 early in the third period, Air Force finally got on the board with a power-play goal by Scott Mathis. John Kruse made a cross-ice pass to Mathis at the right point who fired a slap shot past Jeff Malcolm for his third of the season. The crowd went wild about four minutes later when Paul Weisgarber scored a short-handed goal at 9:51.

Weisgarber won a faceoff in the Air Force end, skated the puck out of the zone and through the neutral zone. After he passed the puck off the boards, he sped around Yale defenseman Kevin Peel to regain the puck at the goal line. He sent a shot from below the goal line that hit the skate of the goaltender and went in to make the score 3-2. The Falcons tied the

game with an even-strength goal by freshman Jason Fabian at 12:50. Brad Sellers made a long outlet pass to Fabian who sent the puck in to Tony Thomas. John Kruse's shot was saved, but Fabian scored during a scramble in front of the net.

The game-winner came at 16:08 on the power play. Fabian skated the puck around the net as Stephen Carew drifted in from the right point. Carew one-timed the short pass from Fabian that went under the left pad of Malcolm for a 4-3 lead with 3:49 remaining. With 1:30 left in the game, Bulldog Chris Cahill fired a wristed off the post and the Falcons held on to the 4-3 lead.

Yale pulled its goaltender with 42 seconds left, and Jason Torf made a save on a shot by Broc Little, who came into the game tied as the nation's leading scorer. With 33 seconds left, Weisgarber was trying to clear the zone when he was taken into the boards by Little, who was called for boarding. With Air Force on the power play, Malcolm went back off the ice for the Bulldogs, but Air Force won two faceoffs in the final 20 seconds to preserve the win.

Yale opened the scoring at the 5:17 mark of the first period with a goal by defenseman Jimmy Martin. Jeff Anderson won a faceoff in the offensive end and sent the puck back to Martin who fired a slap shot under the cross bar. The Bulldogs took a 2-0 lead at 18:48 on the power play on a well-designed play. Andrew

Miller made a cross-ice pass to Chris Cahill in the left circle. Cahill quickly found Brian O'Neill on the backdoor for his sixth of the season.

Neither team scored in the second period, but both had a golden opportunity. Air Force had 52 seconds of a 5-on-3 but was unable to score, getting just one shot on goal. Then it was Yale's turn for a two-man advantage as the Bulldogs had 54 seconds of 5-on-3 time. The Bulldogs had four shots on goal, but Torf made all the saves.

Freshman Jason Torf earned his first career win as he made a career high 34 saves. Malcolm made 25 saves for the Bulldogs. Air Force was 2-for-10 on the power play while Yale was 1-for-4. Yale outshot Air Force, 37-29.

"This is one for the ages," head coach Frank Serratore said. "The people who saw this one saw something special. We are a bunch of nobodies who are struggling right now and we came from being down 3-0 in the third to knock off Goliath. You don't beat the third-ranked team in the nation without someone special in the net, and Torf made some great saves for us tonight. It was all about momentum for us.

"They went up 3-0 and then we finally got the goal by Mathis and our bench came alive. We had some chances in the game, but we just couldn't get a bounce before that goal. The crowd was really into it, and they stuck with us tonight," Serratore added.



ABOVE LEFT: Air Force players celebrate after scoring a goal against Yale. The Falcons handed Yale their first loss of the season.



ABOVE RIGHT: Yale goalie Jeff Malcolm clears a puck during the Bulldogs' game at Air Force. The Falcons scored four goals on 15 shots in the third period to upset third-ranked Yale.



RIGHT: Air Force sophomore forward Stephen Carew skates past the Yale goal in triumph after scoring the go-ahead goal against the Yale Bulldogs with 3:49 remaining in the game at the Cadet Ice Arena Sunday.

PHOTOS BY MIKE KAPLAN

HEALTHY TIPS FOR THE HOLIDAYS

Eat a small, low-fat snack such as fruit or low-fat cheese before you head out the door. Feeling hungry can sabotage even the strongest willpower.

Have fun. Enjoy traditional holiday meals and party foods with family and friends while maintaining a healthy lifestyle too.

Choose foods you really want to eat and keep portions small. Often a taste satisfies a food craving or curiosity.

Have some raw vegetables with a light amount of dip instead - just enough to coat the end of the vegetable - or try some boiled shrimp or scallop with cocktail sauce or lemon.

Find activities the whole family can do such as walking, biking, roller-blading or hockey, and develop family fun-time habits that can continue after the holiday season.

Conversation is calorie-free. Get a beverage (try sparkling water and a lime twist rather than alcohol) and settle into the party by catching up with old friends and making new ones.

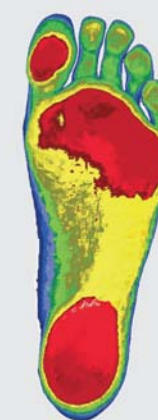
Need help developing a plan? Contact our registered dietitian, 2nd Lt. Nicole Patton or our diet technicians, Staff Sgt. Michiyo Litynski and Senior Airman Darell Holden at Health and Wellness Center at 333-3733.

SHOE CLINIC EDUCATION

There's no single 'best shoe' - everyone has different needs. All sorts of things - your biomechanics, your weight, the surfaces you run on, and obviously, the shape of your feet - mean that one person's ideal shoe can be terrible for another person.

The first step in finding your basic shoe needs is to try the 'Wet Test', or preferably to visit the Health and Wellness Center for a professional test.

The Wet Test works on the basis that the shape of your wet footprint on a dry floor or piece of paper roughly correlates with the amount of stability you might need in your shoe.



THE NORMAL FOOT

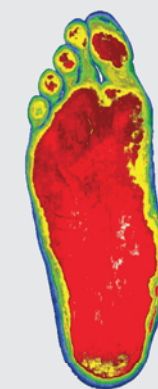
Normal feet have a normal-sized arch and will leave a wet footprint that has a flare, but shows the forefoot and heel connected by a broad band. A normal foot lands on the outside of the heel and rolls inwards slightly to absorb shock. It's the foot of a runner who is biomechanically efficient and therefore doesn't need a motion control shoe.

Best shoes: Stability shoes with moderate control features

THE FLAT FOOT

This has a low arch and leaves a print which looks like the whole sole of the foot. It usually indicates an overpronated foot - one that strikes on the outside of the heel and rolls inwards (pronates) excessively. Over time, this can cause many different types of overuse injuries.

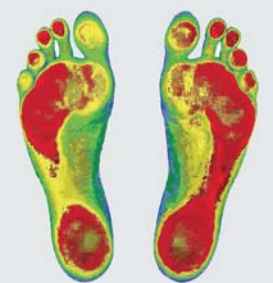
Best shoes: Motion control shoes, or high stability shoes with firm midsoles and control features that reduce the degree of pronation. Stay away from highly cushioned, highly curved shoes, which lack stability features.



THE HIGH-ARCHED FOOT

This leaves a print showing a very narrow band or no band at all between the forefoot and the heel. A curved, highly arched foot is generally supinated or underpronated. Because it doesn't pronate enough, it's not usually an effective shock absorber.

Best shoes: Cushioned (or 'neutral') shoes with plenty of flexibility to encourage foot motion. Stay away from motion control or stability shoes, which reduce foot mobility



HOW DO I KNOW IF MY SHOES ARE STILL GOOD?

Crush test: Hold the heel firmly in one hand and try to fold the toe towards the heel. You should not be able to bend the shoe in half easily and it should spring back.

Twist test: hold the heel firmly with one hand and try to twist the toe in both directions. You should not be able to fully rotate the shoe and it should spring back.

Running shoes should be replaced every six to nine months or 400 to 600 miles

Remember wearing the correct shoe can make all the difference when it comes to run times and preventing injuries from running. Contact the Health and Wellness Center today @ (719) 333-3733 for more information on how you can get a free shoe clinic.



Jessica Hellmann tallies 2,000th career assist in 3-1 loss to BYU Cougars

45 assists takes Hellmann into Academy record books

Air Force senior Jessica Hellmann became just the third player in Division I history to tally over 2,000 assists in a career, as the Air Force volleyball team played a four-set match with BYU at the Academy on Saturday, Nov. 13. Facing the Cougars for the final time in Mountain West Conference action, Air Force fell in 20-25, 13-25, 25-20, 22-25 scores.

The Falcons' 25-20 victory in the third set was the program's first "game" win over the Cougars since the first meeting during the 2005 season – a span of 10 matches.

Hellmann tallied 45 assists – her second-highest total of the season – to surpass the 2000-assist mark. The senior had a stellar day, as she added four kills, a .667 hitting percentage (4k-0e-6a), a pair of service aces and two assisted blocks to her stat line.

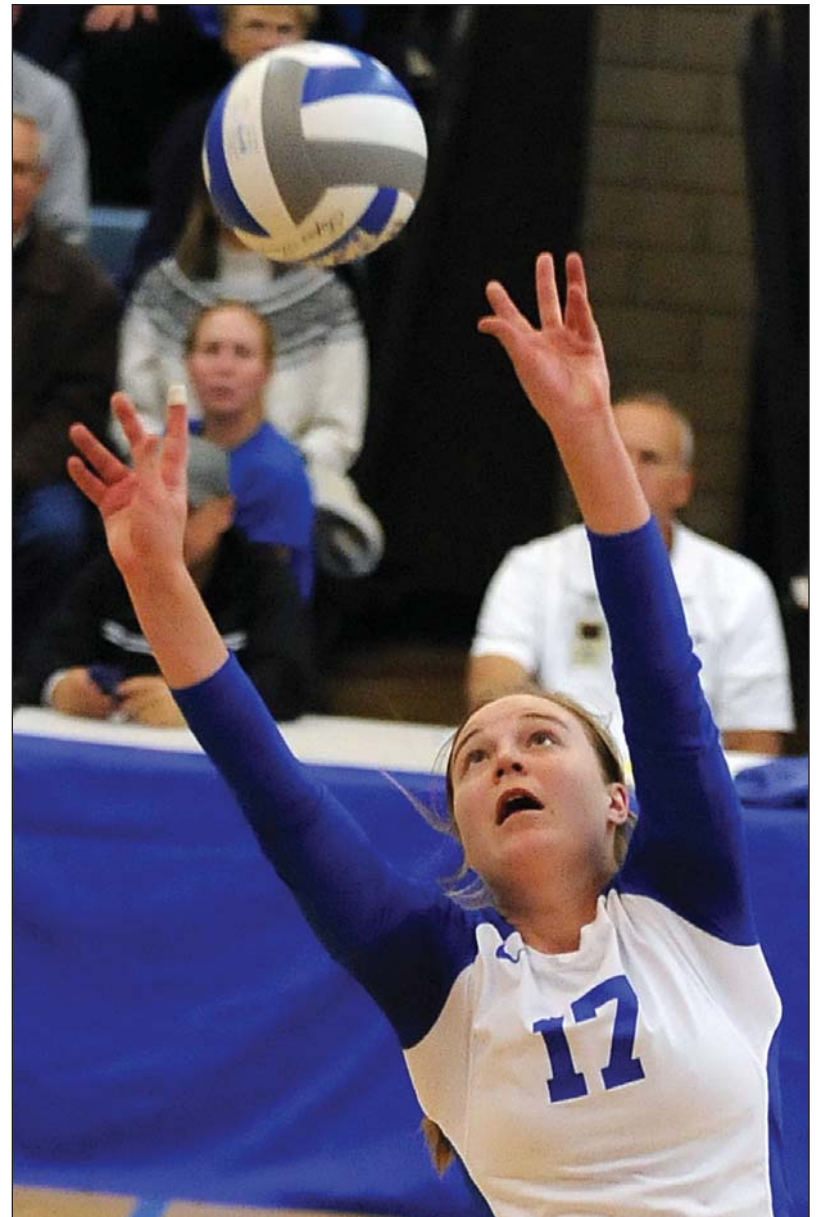
Senior Caroline Kurtz led all players with 18 kills, while freshman Annalyse Schmitt added 13. Senior Nichole Stilwell and freshman Cami Richan added seven apiece, as the team combined for 51 total kills. That total is the second-best team performance of the con-

ference season. Richan, who connected on seven of 16 attempts, while committing just four errors, posted a hitting percentage of .188 – the best average by a player with at least 10 attempts.

Defensively, the Falcons combined for one solo block and 12 assisted stops – their best blocking performance of the conference season. Senior Julia Hansen led the way with five total stops (one solo, four assisted blocks). Hellmann, Stilwell and Kurtz each added a pair of assisted stops. Sophomore Maiya Perich paced the Falcons – and tied for the match lead – with 13 digs, while senior Kelly Spencer added 12.

The Falcons also matched their best ace production of the conference season, combining for six total service aces. In addition to Hellmann's pair of aces, Spencer, Schmitt, Kurtz and Perich each accounted for one.

Air Force closes out the road portion of its schedule next Saturday (Nov. 20), when they travel to San Diego, Calif., to take on San Diego State at 1 p.m. (PST).



MIKE KAPLAN

Air Force senior Jessica Hellmann is only the third player in Division I to garner more than 2,000 assists in a career.



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Falcons dominate Lobos, 48-23

by Master Sgt. Christopher DeWitt
Air Force Academy Public Affairs

Air Force dominated New Mexico with their rushing offense, beating the Lobos 48-23 in the final home game of the season at Falcon Stadium.

Senior Day at the Academy proved too much for New Mexico to handle as the Falcons totaled 461 yards to the Lobos' 258 in the crushing defeat, showing why the Falcons have earned the Commander-in-Chief's Trophy.

Tim Jefferson, junior quarterback, walked into the end zone after a 7-yard run to break a tie in the second quarter and start a scoring spree from which the Lobos would not recover.

New Mexico's junior linebacker Carmen Messina recovered an Asher Clark fumble on the opening play of the game that would later set up a 2-yard run by Lobo junior James Wright. James Aho's extra point completed the five play, 24-yard drive that gave the Lobos their only lead of the game.

New Mexico continued to look good after shutting down an 11-play push down the field by Air Force on the next drive, ending in a missed field goal attempt by kicker Erik Soderberg.

After forcing the Lobos to punt on their next drive, the Falcons went on a 15-play, 70-yard drive, capped off by a 7-yard touchdown run by running back Asher Clark, who led the team with a total 95 yards and two touchdowns for the evening. Soderberg secured the tying point with his kick attempt ending the first quarter 7-7.

Receiver Zack Kauth wrapped up the first half with a 28-yard touchdown reception from junior QB Connor Dietz who threw seven times with five completions for 67 yards.

Soderberg iced the cake with his kick, sending the Lobos to the locker room facing a 21-7 lead by the Falcons at the half.

"We were in a position to make plays, and we don't make the plays," said Mike Locksley, New Mexico head coach. "We've got to make sure that our guys are capable of making the plays. We've got to do a better job coaching."

Falcons QB Jefferson would sit the remainder of the game following a tough tackle halfway through the second quarter ending his evening with one touchdown, 82 rushing yards, and two completions for 21 yards.

"You just look ... Fogler out, Tew out ... Warzeka, and he goes down, the quarterback out ... you just keep going through it," said Troy Calhoun, Air Force head coach.

"Yet these guys have won the Commander-in-Chief's Trophy."

New Mexico topped the opening drive of the third quarter with a field goal by Aho from the 24 to cut into the Academy lead 21-10. Falcons responded by turning on the afterburners and going on to add two more touchdowns in the third, a 1-yard rush by senior Nathan Walker and a 14-yard keeper by Dietz.

Both teams traded a pair of touchdowns in the fourth, starting with a 14-yard reception from New Mexico freshman QB Stump Godfrey to WR Ty Kirk.

Air Force answered with an eight play drive led by a series of runs by Walker, who totaled 95 yards against New Mexico. Clark capped the drive with a 2-yard run, stretching the Falcons' lead to 41-17.

A Lobo touchdown by Godfrey, who had 15 of his 24 pass attempts caught for 99 yards, gave New Mexico their final score for the evening, 41-23.

Air Force chewed up the clock on an ensuing 11-play, 41-yard drive, culminated by an 8-yard touchdown run by senior Ryan Southworth -- his first career touchdown. Zach Bell, another senior, closed the day's scoring with his kick attempt to make it Falcons 48, Lobos 23.

"You kind of keep reaching and grabbing and finding different ways here (to win)," Calhoun said. "It's neat to see, just because that's the only way you have a chance here at the Academy is to do it with a cohesive group that is not only willing but accepts their roles in a way where they all are able to help."

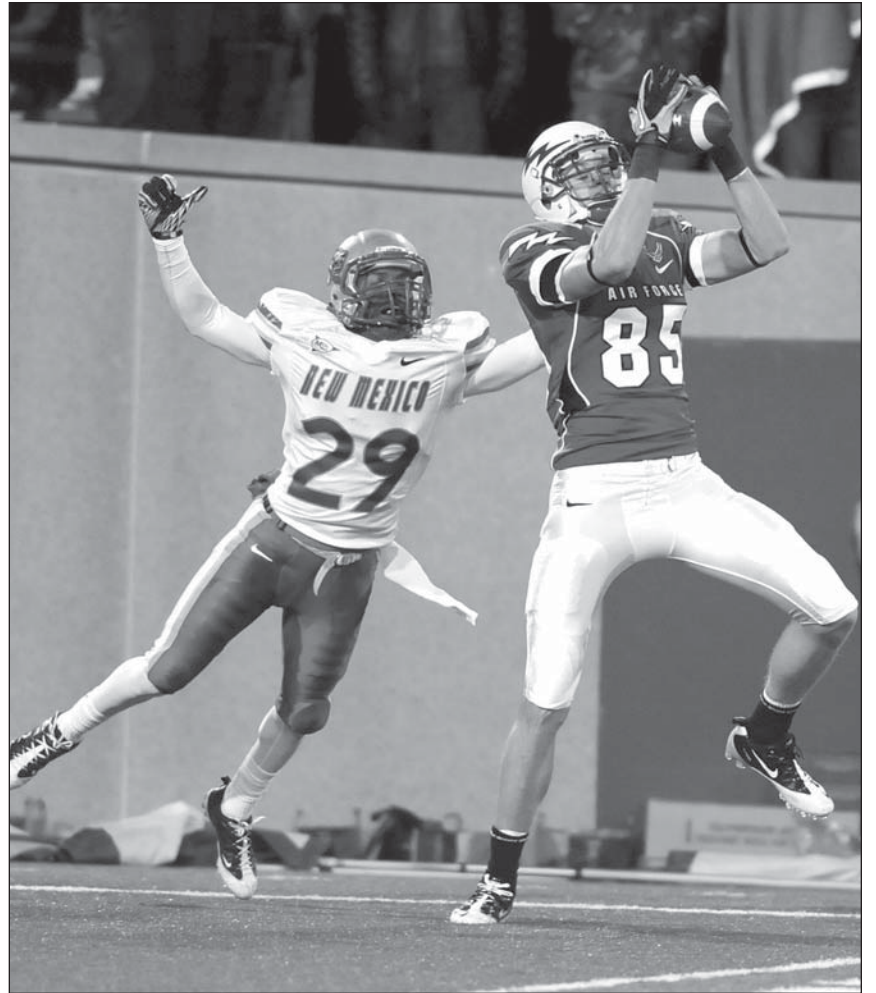
Some days that means a bunch of snaps, some days it may mean very few, yet to be able to respond even when you don't know how many exactly you're going to pay ... that happened tonight.

"For these guys, these seniors — they've had a heck of a run," Calhoun added. "These guys have won 19 games in four years, they've been 19-5...that's a lot of wins. They're a great group of kids."

With bowl decisions just a few weeks away, the Falcons are likely to be selected for the Independence Bowl and Coach Calhoun knows that "our best ball may be somewhere out in front of us, it just might be."

"Don't get me wrong, it's been a good little go," he said of the Falcons, whose win brings the Academy's record up to 7-4 overall and 4-3 in the Mountain West Conference while the Lobos record drops to 1-9.

The Falcons will face off against UNLV under the lights in Las Vegas Nov. 16 at 7 p.m. Pacific Time.



MIKE KAPLAN



JOHNNY WILSON

TOP: Air Force wide receiver Zach Kauth catches a touchdown pass from quarterback Connor Dietz against New Mexico to take a 21-7 lead.

BOTTOM: New Mexico quarterback Stump Godfrey is hit by Air Force's Bradley Connor during the game Saturday at Falcon Stadium.



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Airman fulfills dream of figure competition trophy

Staff Sgt. Raymond Hoy
Air Force Academy Public Affairs

In between arranging schedules and preparing meals for the Academy's superintendent, one busy Airman found the time to follow her dream to compete in a figure competition.

Staff Sgt. Chiquita Green realized that dream when she finally competed in the NPC MET-Rx Rocky Mountain Bodybuilding, Fitness, Figure and Bikini Championships Nov. 13 in Denver.

Green was one of 160 competitors and took first place in novice figure, first place in overall novice, and first place in open figure, a category in which the field was opened to all female competitors.

Green didn't start training for the event until Aug. 31. However, in the span of 11 weeks, she went from 23 percent body fat in August down to 12 percent body fat in October. She didn't get the opportunity to measure her body fat just before her competition.

"I can't believe how much I've accomplished over the past 11 weeks," she said. "It's amazing to watch your body transform. That's really what kept me motivated. One day I woke up and looked in the mirror and said, 'My twopack has turned into four.'"

And that didn't just happen by watching what she ate. Green spent hours every day in the gym working on her figure.

She initially spent about an hour and 30 minutes in the gym every day. She did some sort of cardio for 30 minutes and then hit the weights for another hour. For the last two week she bumped her regimen up to two hours of cardio and one hour weight training.

Green saw an opportunity to pursue her weightlifting dream when she saw a bodybuilding competition coming up in Korea, her last duty station, which she eventually won.

"I thought, 'Wow, this is awesome! When I come back to the states I want to do a no-kidding, real-deal show,'" she said.

She decided to pursue her dream when she got stationed at the Academy earlier this year. However, she felt like she was getting the runaround by local trainers and just couldn't get things going. Green decided to take a break from training until she eventually hooked up with an Academy firefighter Nola Trimble. Trimble is a prior enlisted member and had experience participating in bodybuilding competitions while in the military.

"Through the years, I have worked with many people to help transform their bodies and their lives" Trimble explained. "It's truly an amazing feeling to help someone achieve their goal physique."

And they are just as excited to achieve it.

"I was so excited because I felt like

somebody finally understood my goal and was there with me 100 percent," Green explained. "It really helps that she's competed in the past, so she knows what it takes to train me and tailor my training toward my goal."

But Green soon found out what that meant when she started Trimble on rigorous routines.

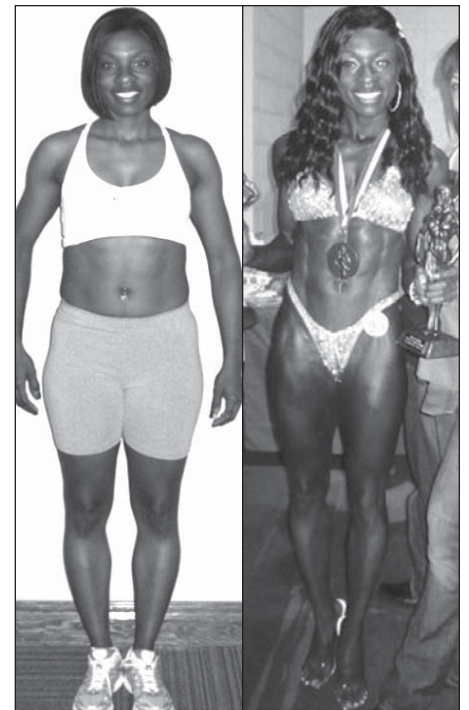
"Nola never gave me any slack," Green said. "She's one tough cookie. She's a great trainer and pushed me every step of the way."

Green did have one slip up, if you can call it that. She explained how a run-in with an M&M jar almost derailed her dream.

"I had a weak moment where I had access to the M&M jar and I grabbed six M&Ms," she said with the look of anguish on her face. "I felt so guilty, I had to call my Nola right away and let her know."

"I was disappointed that she gave into temptation, but at the same time I commended her for being woman enough to tell on herself and come clean with me about it. I simply told her that her competition was not cheating that close to a competition, so she had to pull it together and stay focused. To be honest, six M&Ms wouldn't have done a whole lot, but if a trainee cheats on her diet once, she's more likely to do it again and again."

"After that, I didn't even glance at the M&M jar," Green added.



Staff Sgt. Chiquita Green began training Aug. 31. She went from 23 percent body fat down to 12 percent body fat in less than 11 weeks.

Lucky for her, her slip didn't amount to anything and she went on to fulfill her dream ... in 11 weeks, no less. This win made Sergeant Green eligible to compete at national level competitions. If she wins there, she will be eligible for her pro card. And from there she can compete in the Ms. Olympia and Arnold competitions.

"There is no doubt in my mind that Chiquita will go far in this sport if she so chooses," Trimble said.

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Falcons fall to Colorado College in OT, 60-57



MIKE KAPLAN

Falcon senior guard Evan Washington drives to the basket during the game against Colorado College.

AP — Colorado College basketball coach Andy Partee said his post-game locker room “was like we’d just won the Super Bowl” after handing Air Force its first loss to a Division III school Wednesday.

Colorado College’s Nick Rose stole the ball from Air Force’s Derek Brooks on the Falcons’ final possession in overtime, as Colorado College (1-0) shocked a sparse Clune Arena crowd with a 60-57 upset victory.

Rose scored two of his game-high 18 points in overtime, and the Tigers used four players to outscore the Falcons (1-1) 7-4 in the extra period. Brady Ohlsen added 14 for Colorado College, who outscored Air Force 12-4 over the last 6:42 of regulation.

“This means a lot,” Partee said. “I told the seniors that I am proud of them, because they were freshmen with zero wins. Now, in their

first game as seniors, they knock off a D-I, and that’s a heck of a lot of growth.”

It was Air Force’s first loss to a non-Division I school since falling to Division II Regis University 69-48 in 1996.

“They just out-scraped us,” Air Force coach Jeff Reynolds said. “They played with an arrogance about them, and they deserved to win. I think our guys became anxious.”

Air Force led 49-41 with 6:42 remaining in regulation, but Colorado College stormed back and took a 53-51 lead on a hook shot by Ohlsen with 2:14 remaining. Taylor Broekhuis tied the game with a pair of free throws with 1:15 remaining.

Rose’s 3-point attempt rimmed out for the Tigers at the buzzer, and the teams went to the five-minute overtime period.

The Tigers outfought the Falcons for loose balls and rebounds down the stretch, grabbing 10 offensive boards that helped them erase Air Force’s nine-point lead.

After a lethargic first half, the Falcons clamped down on defense in the second half.

They held the Tigers to 8-of-29 shooting - including 2-of-10 from 3-point range - but could not hold their lead.

Air Force helped itself at the free-throw line, hitting 16-of-17 shots, but were 3-of-15 from 3-point range.

In the first half, Colorado College got out to a 27-21 lead, but Air Force closed the half with a 6-0 run that tied the game at 27-27 heading into the locker room. The Falcons started cold, hitting just one of their first seven shots and missing their first seven 3-point attempts.

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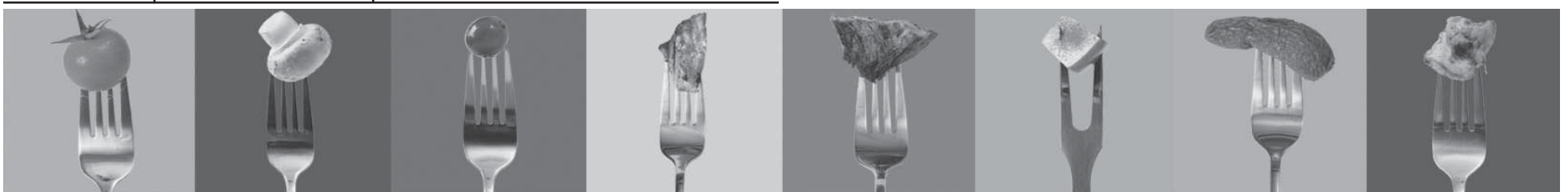
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FalconSAT-5

From Page 1

high energy ion densities, an off-the-shelf plasma source, and the Radio Frequency Signal Strength. This suite of experiments will measure the local ionosphere, stimulate the local space weather environment and measure the subsequent changes, and evaluate ionospheric effects on radio frequency signals for communication impacts.

Design work on FalconSAT-5 began almost three years ago while FalconSAT-3 was undergoing preparations for its March 2007 launch from Cape Canaveral Air Force Station, Fla. Cadets with the Classes of 2007 through 2010, along with faculty mentors from several academic departments and the Academy's Space Systems Research and Space Physics and Atmospheric Research centers, completed design, engineering and prototype testing milestones in preparation for final construction and testing that began during the 2008-09 academic year. The Class

of 2010 completed assembly of the satellite and prepared for satellite system testing at Kirtland Air Force Base, N.M., and Edwards AFB, Calif., last year.

FalconSAT is one of the Academy's capstone undergraduate systems engineering courses managed by the Department of Astronautics and the SSRC. A cadet team acts as the satellite system integrating contractor. The spacecraft bus, with all the supporting subsystems, is designed, built and tested to meet the requirements of real-world DOD payload and mission requirements.

Following launch, the next big event occurs about 11 hours later when Cadets 1st Class James Taggart and Jerra Turner, Cadet 2nd Class Kat Blythe and their mentor, Maj. Steve Hart, execute the initial contact as FalconSAT-5 passes overhead for the first time.

"Bringing a satellite to life is a great

honor for these three cadet operators," said retired Col. Jack Anthony, who conducts satellite research for the Astronautics Department. "They've been spearheading the FalconSAT-5 crew force training and readiness for the mission and have spent countless hours in preparation."

FalconSAT-5 is expected to remain operational for up to three years. Cadet satellite operators will also continue controlling and exchanging data with FalconSAT-3, which continues its operational life.

Meanwhile, the FalconSAT team is already busying themselves with the design of FalconSAT-6, another AFRL-sponsored small satellite intended to demonstrate innovative propulsion technologies along with carrying space environmental sensors. FalconSAT-6 is planned to be complete in 2013 with a launch date and booster to be determined.



LOU HERNANDEZ

Technicians place the STPSat-2 satellite in the payload area atop the Minotaur IV launch vehicle at Kodiak Launch Complex on Kodiak Island, Alaska, Oct. 18.

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Aero club open house

The Air Force Academy Aero Club will hold an open house Saturday from 10 a.m. to 2 p.m.

For more information, check out the Aero Club website at www.usafaservices.com/hobbies--skills/aero-club or contact the club at 333-4542.

Vote for The Bird!

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

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

Intramural basketball

Anyone who would like to compete in the intramural basketball program should contact Dave Castilla at 333-4078.

Final Friday

Come out to the Falcon Club today at 4 p.m. for a turkey feast and a chance to win \$1,000 if you're a club member.

The meal of turkey, stuffing and pumpkin is free for members and \$8 for non-members. Children under 10 pay \$4.

Tree lighting

The Academy will celebrate the arrival of the holiday season with a tree lighting at the Community Center Chapel Dec. 3 at 5 p.m.

Hay rides will be offered starting at 4 p.m., with children's story time at 4:30 p.m.

Deer hunts Dec. 4-6, 11-13

The Academy's Natural Resources Office, in conjunction with the Colorado Division of Wildlife, will conduct deer hunts on base Dec. 4-6 and 11-13.

All hunters are guided by base or Wildlife Division personnel, and public safety is a primary concern. Frequently used roads and trails leading into hunting areas will be posted with bright orange warning signs requesting that all personnel stay out of these areas.

All licenses for the 2010 hunting season have been issued. To apply for future hunts, submit a big game application to the CDOW for Game Management Unit 512. For more information, contact Natural Resources at 333-3308 or CDOW at 719-227-5200.

Diabetes awareness

The 10th Medical Group invites anyone interested in learning more about diabetes to attend a diabetes awareness presentation in the lobby of the Air Force Academy today from 10 a.m. to 2 p.m.

Topics will include how to prevent diabetes, how to check blood sugar levels and avoiding complications.

Skate with Santa

Children can skate with Santa at the Cadet Ice Arena Dec. 12 from 1 to 3 p.m.

Admission is \$4, and skate rental is \$3.

Skate with Santa is open to all military family members, their guests and Air Force civilians.

'Get moving' tips

The Cadet West Gym fitness center will offer a "get moving" walking group Dec. 14 from 1 to 2 p.m.

The walk is offered as an opportunity to help participants improve their health.

For more information, contact Michelle Foster at 333-9164 or Letitia Wiseman at 333-9133.

Coat drive

The 10th Medical Operations Squadron will collect coats for a coat drive through today at the Base Exchange, commissary, 10th Air Base Wing headquarters, Community Center and Academy Clinic lobby.

All donations will be provided to the Salvation Army. To help, simply drop off a serviceable coat in a designated collection box.

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.

SnoFest! 2011

The Air Force Academy is this year's host for SnoFest! 2011 in Keystone, Colo., Jan. 28-30. Visit the USAFA Services website at <http://usafaservices.com/snofest> for details.

Volunteer call

Volunteers are needed for each of the following upcoming events.

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

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

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

• **Honor Guard:** The Academy Honor Guard needs officer and enlisted volunteers who can support two details per month for one year and who can attend training every other Wednesday from 1 to 4 p.m.

To volunteer, contact Janet Edwards at 333-3323 or Staff Sgt. Hugo Reinor at 333-5621.

Evening Aerobics

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

A&FRC offerings

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

DAV Medical Records Review

Today, 7:30 a.m. to 4:30 p.m.

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

Heart Link

Dec. 10, 9 a.m. to 1 p.m.

This class helps military spouses better understand the military way of life, terminology, the chain of command and benefits and services.

Family Advocacy classes

Family Advocacy will offer the following classes to active-duty servicemembers, Department of Defense civilians, retirees and family members in November and December.

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

Common Sense Parenting

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

This parenting program is held at the Community Center Chapel for parents with children ages 5-18.



CADET CHAPEL

Buddhist

Sundays, 10 a.m.
Wednesdays, 6:30 p.m.

Native American

Sweatlodge Ceremony - Nov. 20, 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)

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No tours during services

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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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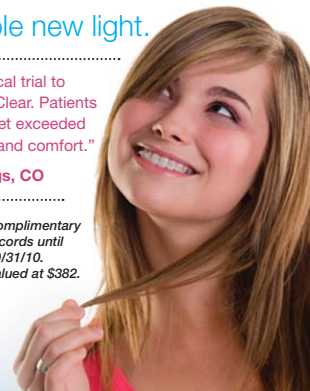
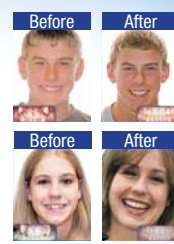
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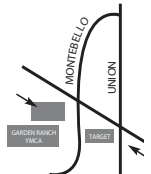
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CLUES ACROSS

- Wainscot
- Glasgow inhabitant
- Rural Free Delivery (abbr.)
- Dry
- Digital transmitting device
- Picasso's mistress
- City historically called Jassy
- White poplar
- Fevers associated with malaria
- Reciprocal of ohm
- A way of courting
- Chinese kingdom, 304-439 AD
- At all times
- Being the first or preliminary stage
- ___ Farrow, actress
- Yuppie status car
- To have
- Pairs with Mamas
- What we breathe
- Pre-2002 Austrian money unit (abbr.)
- Hawaiian geese
- Point midway between S and SE
- Decorate a cake with frosting
- Military school student
- Barbie's boyfriend
- Port in SW Scotland
- Egyptian goddess
- A fencing sword
- Fitted instrument container
- River sediment
- Lucnacy
- ___ Dhabi, Arabian capital
- The size of a surface
- Sacred Muslim shrine
- Walking aid
- Striker's replacement
- Sedate
- Klu Klux ___
- Language of the deaf
- Consequently
- Kill a dragon (var. spel.)

CLUES DOWN

- County in China
- Ancient name for Syria
- Restaurant clean up person
- Unequivocally detestable
- Senior officer
- Adult male swan
- A lyric poem
- Broadcasted on TV
- Finger millet
- Roman satyr
- The least desirable portion
- Princess of Colchis
- Emerald month
- Medical moniker
- Possessed
- Mongolian capital ___ Bator
- Issue forth
- Tobacco
- Court game
- One who hoards money
- Small brown songbirds
- First Chinese dynasty
- Intersect to form a cross
- Scottish tax
- A citizen of Bangkok
- Face coverings
- Sir James Whyte and Shirley Temple
- Atomic # 58
- Chadic
- Segments of a circle
- The distribution of playing cards
- Grab
- Two-toed sloth
- Swiss river
- Not small
- Rapid bustling movement
- Point midway between NE and E

SUDOKU

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

Level: Intermediate

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