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MIKE KAPLAN

In their honor ...

Cadet 1st Class Connor Ference of Cadet Squadron 10 takes the baton to start his leg of five runners during the combined 9/11-POW/MIA Remembrance Run from Peterson Air Force Base to the Academy Sept. 13.

Air Force Academy and U.S. Northern Command Headquarters Airmen joined forces Sept. 13 to run in remembrance of the 9/11 attacks and service members who were prisoners of war or missing in action from past conflicts.

The run began at noon at the USNORTHCOM headquarters when Army Maj. Gen. Charles D. Luckey, USNORTHCOM chief of staff, passed a hand-crafted baton to Cadet 1st Class Daniel Zotto, the Academy's cadet wing commander, and Brig. Gen. Gregory Lengyel, the commandant of cadets.

"This is a great way for the Cadet Wing to honor the sacrifices of those who have gone before us," Lengyel said.

The run ended on the Academy Terrazzo after 45 teams of five traversed a 45-mile journey past various locations, including the U.S. Olympic Training Center, Tejon Street and Colorado College.

The end of the run signified the start of a 39-hour vigil run on the Terrazzo, commemorating 39 years since Operation Homecoming, the repatriation of POWs from the Vietnam War.

Lengyel remarked on the cadets' dedication, saying the run honors the thousands of Americans who died on Sept. 11, 2001, and the thousands who have died in global conflict since that tragic day.

"The run honors the heroes who have served our nation under the most difficult of circumstances and to those still missing," Lengyel said. "I'm very proud that our next generation of Air Force officers have all raised their hands to serve during a time of war. It's an honor to be associated with such fine young men and women."

10th ABW welcomes new command chief

By Amber Baillie
Academy Spirit staff writer

The Academy will welcome Chief Master Sergeant Killjan Anderson as the new command chief master sergeant for the 10th Air Base Wing on Monday.

Anderson will serve as the Academy's second 10th Air Base Wing command chief. He succeeds Chief Master Sgt. David Staton, who assumed the role as command chief to the 56th Fighter Wing at Luke Air Force Base, Ariz., in July.

As command chief, Anderson will advise the commander and senior staff in regards to military readiness, quality of life, morale and professional development of more than 3,000 military, civilian and contract personnel assigned to the Air Base Wing. He will also serve as the commander's enlisted representative on wing committees, councils and boards.

"I take this position seriously and view it as a position of trust," Anderson said. "I see it as an opportunity to work closely with commanders and (10th ABW Commander) Col. (Thomas) Gibson to keep my team moving in the right direction."

Anderson arrived at the Academy in August 2011 where he served as the superintendent for the 10th

See Chief Page 3



"I love helping and serving others, and I think I have a lot of energy to bring to the wing."

- Chief Master Sgt.
Killjan Anderson

Leaders issue Air Force 65th birthday message

WASHINGTON (AFNS) — Secretary of the Air Force Michael Donley, Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James Roy issued the following message to the Airmen of the United States Air Force:

“As we celebrate the United States Air Force’s 65th birthday, we salute all of the dedicated Airmen who serve or have served in our nation’s youngest and most innovative service.

“Throughout our proud history, the Air Force has embraced the technology that continues to revolutionize our capabilities in air, space and cyberspace. We owe an enormous debt to the groundbreaking visionaries and engineering pioneers who brought the technology of flight to life, and to the professional strategists and tacticians who imagined the military possibilities of these new technologies and propelled the science, theory and application forward.

“While our service enjoys an unbreakable connection to

state-of-the-art technology, we must never forget that everything we do depends on our people, the living engine of our Air Force. Today, more than ever, the Air Force can take pride that our service culture promotes and benefits from the know-how, determination, and commitment of a diverse group of men and women who embody our Core Values — Integrity First, Service Before Self, and Excellence In All We Do — while pursuing adaptive and innovative solutions for our nation’s security.

“Every day, our Airmen have an opportunity to add a bright new chapter to the Air Force story by serving our nation in the world’s finest air force. The challenges confronting our country are great; but our active duty, Guard, Reserve and civilian Airmen have never failed to answer our nation’s call. Working together in common purpose as one Air Force, we will keep America secure today and for all the years to come.

“Happy birthday, Air Force! Aim High ... Fly-Fight-Win!”



DON BRANUM

Airmen 1st Class Christen Neel (left) and Nicholas Marthaler (right) fold the American flag during a retreat ceremony honoring the Air Force birthday at the Air Force Academy’s 10th Air Base Wing Headquarters Tuesday. Neel is a surgical technician with the 10th Medical Group. Marthaler is a cyberspace systems operator with the 10th Communications Squadron. Also pictured, second from left, is Tech. Sgt. Bianca Meehan, the flag detail NCO in charge and the 10th Aerospace Medicine Squadron’s NCO in charge of clinical dietetics.

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
Tech. Sgt. Vann Miller —
Editor

Don Branum — Staff Writer
Amber Baillie — Staff Writer
Carol Lawrence — Graphic Designer

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-6557.

The Academy Spirit also accepts story submissions by fax at 333-4094 or by email: pa.newspaper@usafa.af.mil.



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Chief

From Page 1

Security Forces Squadron. As the superintendent, Anderson was responsible for training, mentoring and developing more than 125 active duty members, 29 Air Reserve Component Airmen, 38 civilians and more than 30 contractors.

"In this new position, I plan to work with as many people from the wing as possible, learn about the various individuals who contribute to the mission and help them as best as I can," Anderson said.

Originally from Dallas, Anderson enlisted in the Air Force in 1993. He has received assignments in California, Colorado and Arizona and overseas tours in Korea, Japan and England.

"The main reason I joined the Air Force was because I wanted to see different parts of the country and experience new things," Anderson said. "I've been given a lot of great opportunities throughout my career. This position will be a new stance for me, as I will be working outside of the services career field."

Anderson is a Bronze Star Medal recipient and was deployed in support of Operation Southern Watch and Operation Iraqi Freedom.

"I love helping and serving others, and I think I have a lot of energy to bring to the wing," Anderson said.

Construction near Community Center continues on-schedule

By Amber Baillie
Academy Spirit staff writer

Construction that began here on July 20 to restore aging infrastructure near the Community Center is on-track and has made steady progress.

According to Sandee Miller, construction manager for CH2M Hill Academy Services, concrete repairs between Stadium Boulevard and Douglass Drive are complete as well as Community Center Drive paving from Stadium Boulevard east of Aspen Drive.

"Construction has progressed smoothly," Miller said. "Barring any unforeseen conditions when additional demolition takes place, there are no scheduling concerns at this time."

Miller said water line work between Aspen and Cathedral Drive is to be completed by today as well as paving from Douglass Drive west to Aspen Drive.

Concrete repairs between Cathedral and Pine Drive for phase two of the project is still under construction. Once existing gravel is removed and replaced, the road will be repaved, Miller said.

Reconstruction of the BX and commissary parking lot is underway. Miller said new drainage inlets and pipes have been installed, and construction of the new curb and gutter are expected to be completed by today.

Once phase one is paved, fencing and other important components must be installed at the Academy's new recycle



CAROL LAWRENCE

Construction workers install curbing along Community Center Drive on Thursday.

center location, Miller said.

"The recycle center will remain in its temporary location until further notice but it is hoped to be in its new permanent location by the end of October," Miller said.

After phase one of the project is complete, construction will proceed on Blodgett Drive, a part of phase two, Miller said.

Miller added the 10th Security Forces Squadron has heightened patrols in the area due to vehicles driving at excessive speeds. She said continued

patience is requested.

"I want to remind drivers to really pay attention to the traffic control devices," Miller said. "There have been a few instances of drivers diving into oncoming traffic because they got confused seeing a dirt road in front of them. If there is no sign saying to change lanes or a flagger directing you into a different lane, do not change course."

The projects are in motion to upgrade the Academy's roads and water system and are expected to be fully completed by April 2013.

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Hot off the press

Cadets face sexual misconduct charges

After a lengthy investigation, the Air Force Academy preferred court-martial charges Tuesday against two cadets involving sexual misconduct in violation of the Uniform Code of Military Justice.

A second-class cadet had two charges preferred against him:

Charge 1 has one specification of violating Article 80 for attempted sodomy.

Charge 2 has three specifications of violating Article 120, one for aggravated sexual assault and two for aggravated sexual contact.

Another second-class cadet had three charges preferred against him:

Charge 1 has one specification of violating Article 80 for attempted sodomy.

Charge 2 has one specification of violating Article 120 for aggravated sexual contact.

Charge 3 has one specification of violating Article 125 for sodomy.

Counsel for the government and defense are working on the dates and times for an Article 32 hearing for each case, most likely in October or November.

Memorial service for Korean War POW today

A memorial service for Col. William Moore, a Korean War veteran and prisoner of war, starts at 1 p.m. today in the Cadet Protestant Chapel.

Moore flew 40 combat missions in F-80 Shoot-

ing Stars during the Korean conflict before he was captured by the enemy on Nov. 28, 1950, and held as a prisoner of war until released 33 months later on Sept. 21, 1953.

Visitor Center gift shop closes during inventory

The Gift Shop at the Visitor Center will be closed on Thursday, Sept. 27 until 2 p.m.

During this time, the

gift shop will conduct its inventory and the Falcon Shop at the Cadet Field House will be open from 9 a.m. to 5 p.m.

Academy earns intelligence accreditation

By Tech. Sgt. Vann Miller
Academy Spirit editor

The Air Force Academy received its accreditation from the Geospatial Intelligence Foundation, Sept. 10 to offer a Geospatial Intelligence Certificate through the Economics and Geosciences Department to select graduates.

A special presentation to recognize the achievement took place in the Dean of Faculty's conference room here.

Presenting the certificate of accreditation was Keith Masback, president of the United States Geospatial Intelligence Foundation. Accepting the award for the Dean of Faculty was Vice Dean of the faculty Col. Tom Yoder.

The U.S. Geospatial Intelligence Foundation was formed in 2003 when a small group of likeminded analyst and scientists choose to track intelligence data in the interest of national security.

Currently, only seven universities have received this accreditation. The Air Force Academy was the first service academy to earn this recognition, according to the USGIF website.

"Our geospatial science curriculum underwent a year-long review process with the U.S. Geospatial Intelligence Foundation," said Lt. Col. Matthew Tracy, director of geosciences.

Since that time, geospatial science cadets have been able to participate in unique opportunities with the intelligence community where they have applied their distinctive skills



MIKE KAPLAN

Keith Masback, president of the U.S. Geospatial Intelligence Foundation, presents the Academy's Economics and Geosciences Department with a certificate of accreditation during a ceremony here Sept. 10.

to solve real-world problems in the area of intelligence data analysis, he said.

During the summer of 2012, the Economics and Geosciences Department sent five geoscience cadets through separate five-week internships to the Air Force Institute of Technology, the Defense Intelligence Agency, and the National Geospatial Intelligence Agency, Tracy said.

Cadets in the geospatial intelligence program study areas including remote sensing, geographic information systems, geography and the structure of the intelligence community. Through the certification program, the Academy and its faculty educate cadets in the growing importance of geospatial intelligence and its associated technologies.

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Hatch Act violations result in suspensions

By Col. Paul Barzler
Air Force Academy Staff Judge Advocate

Two federal employees recently agreed under settlement agreements with the Office of Special Counsel to serve suspensions for violating the Hatch Act's prohibitions against engaging in political activity while on duty or in the federal workplace or soliciting political contributions.

The first, a technology specialist for the Social Security Administration, volunteered for a gubernatorial candidate's 2010 campaign. While on duty and in his federal office, the employee spent a significant amount of time coordinating volunteer efforts for the campaign. His activities included recruiting precinct captains, enlisting people to march in parades, organizing the distribution of yard signs and bumper stickers, and advising volunteers on how to host campaign events.

In addition, the employee hosted a fundraiser for another partisan political candidate. He invited more than 50 people to the event and asked two individuals to contribute \$250. The employee will be suspended for 180 days without pay.

The other employee, a contracting officer for the General Services Administration, will serve a 30-day

suspension without pay for inviting, from her government office and while on duty, 23 people to a presidential campaign fundraiser during the 2007-2008 campaign cycle. She also distributed campaign material in the workplace and sent an email from her government account supporting a presidential campaign.

As evidenced by these examples, violating the Hatch Act may have serious consequences for civilian employees. Civilians must refrain from engaging in political activity while on duty or in a federal building and may not knowingly solicit, accept or receive political contributions.

Certain civilian personnel are subject to additional, heightened restrictions and may not participate in partisan campaign activities. These employees include individuals appointed by the president and confirmed by the Senate, Senior Executive Service employees, contract appeals board members and all employees of the National Security Agency, the Defense Intelligence Agency, and the National Geospatial Intelligence Agency.

A good source of information is the U.S. Office of Special Counsel. You may access their website at <http://www.osc.gov/hatchact.htm>. Additionally, if you have further questions ask for guidance from the Academy Legal Office at 333-3940.

DO'S AND DON'TS

The Hatch Act and Defense Department policy govern civilian employees' participation in political activities. As a general matter, activity is political if its primary purpose involves activity directed toward the success or failure of a political party or organization or the election of a partisan candidate.

In general, all DOD civilian employees may:

- Vote and express personal opinions about political candidates and issues.
- Contribute money to a political campaign or party (except while on duty or using government equipment).
- Display a political bumper sticker on a privately owned vehicle.
- Attend partisan political events in a private capacity.
- Sign a petition to place a candidate's name on an official election ballot.
- Display a political sign at a personal residence.
- Participate in non-partisan activities that are not specifically identified with a political party, such as a referendum question or municipal ordinance regarding, for example, taxes or environmental issues.

In general, all DOD civilian employees may not:

- Participate in any political activity while on duty or in a federal building.
 - Use the insignia of a government office or any aspect of one's official authority while participating in political activities.
 - Solicit, accept or receive political contributions, regardless of when or where these actions take place.
 - Display campaign photos, posters, banners, bumper stickers, screen savers, T-shirts, buttons or other campaign materials in a federal building.
 - Engage in political activity while using a government-owned or -leased vehicle.
 - Host a fundraiser for a partisan political candidate.
 - Run for public office in a partisan election.
- Further restricted DOD employees may not:
- Work for a partisan candidate or political party.
 - Serve as a delegate to a political party convention.
 - Hold office in a political club.
 - Organize a partisan meeting or rally.
 - Distribute campaign material for a partisan candidate.
 - Work in the polls for a political party on election day.

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By Tech. Sgt. Vann Miller
Academy Spirit editor

Hispanic Heritage Month is more than a cause for celebration; it is an opportunity to grow.

The theme of this month's cultural observance is "Diversity United – Building America's Future Today," and the members of Hispanic Heritage committee have invited everyone to partake in the events.

"We want cadets, who graduate as leaders of character, to be able to work in a diverse and global society," said Dr. Sonia Esquivel, chair of the Hispanic Heritage Committee.

Being a member of the Latino community is not the only reason she finds cultural events like these important, Esquivel said.

"I celebrate my culture every day, whether it's in what I am wearing, food, or reading to my daughter in Spanish," she said. "But the opportunities that the Equal Opportunity (office) gives us, such as these luncheons, are the perfect opportunity to share our culture with others while educating about our history.

One of the ways the cadets can learn about the prominent people from the Latino community is to visit the building where their classes are held.

"There are about a dozen posters displayed throughout Fairchild (Hall) of those who have contributed to our culture, as well as the affect they have had on our culture," Esquivel said.

Esquivel described how she respects and values all cultural observances, and said that if these events were not available here, she would be the one to encourage the cadets to start them.

This year, Esquivel says she plans to share elements from her culture about which she is enthusiastic. Her hope is that cadets walk away with a sense of identity and recognize that being at the Academy does not mean losing what makes each of us an individual.

"I want the cadets to leave with a sense of belonging to the institution, more so, a sense of inclusion," she said.

One of the ways she hopes to deliver this idea is with the invitees — an authentic mariachi band, Mariachi Aguila from Delores Huerta Preparatory



MIKE KAPLAN

A mariachi band plays at the 2011 Hispanic Heritage Month luncheon. The luncheon will be noon to 1:30 Thursday in the Arnold Hall Ballroom. Tickets cost \$10 and must be purchased by Monday. To purchase tickets call 333-8356.

School in Pueblo, Colo., and a guest speaker, Brig. Gen. Abel Barrientes, who is also an Academy graduate.

"Music in our culture is so important," she said. "The mariachis are the foundation of music for us. And the speaker we have coming is one of only a few (Latino) generals. That is pretty significant, especially for our cadets. I hope that his speech inspires our cadets to become generals as well."

Esquivel said cadets need to visualize themselves as Air Force leaders like Barrientes so they can be motivated and thinking of how they too can become generals.

In creating the future leaders of the Air Force, the academy continues to make diversity a priority.

"Diversity is one of the boundless strengths of the Air Force Academy that includes and involves all. To become even stronger we must continue to promote an organizational culture of inclusion that leverages the diversity of all," said Dr. Adis Vila, chief diversity officer.

Cultural event observances give Airmen open forums to not only learn about others, but they teach people an important lesson about embracing and respecting one another, according to one cadet.

"It (the Hispanic Heritage Committee) is breaking barriers because it opens doors for a different level of acceptance," said Cadet 2nd Class Jon Espinoza, president of the Hispanic Heritage Club.

Espinoza, who is assigned to Cadet Squadron 24,

said fellow cadets at the Academy have shown a positive reaction to the activities and plans for this cultural observance.

"An example of support is when I announced this luncheon to my squadron," Espinoza said. "My AOC (air officer commanding) said he too was attending and (said) anyone from the squad who wanted to attend could."

As a participant in the Hispanic Heritage club, Espinoza has had cadets from other squadrons ask if being Hispanic is a requirement to participate. And the answer is of course no, he said.

Espinoza explained how important an education on diversity and acceptance will be for members in today's Air Force.

"Being Mexican, I know of my heritage, but I don't know, for example, people from Puerto Rico and their heritage. It (the cultural observance) is for anyone who wants to learn."

He said that participating in the committee has given him a great chance to share his culture with his fellow cadets.

For information about cultural committees, contact Master Sgt. Debra Reddecliff, equal opportunity superintendent, at 333-6374. To participate in this year's Hispanic Heritage Month luncheon, contact Dr. Sonia Esquivel at 333-8356. The luncheon will be noon to 1:30 Thursday in the Arnold Hall Ballroom. Tickets cost \$10 and must be purchased by Monday.

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"The organ is pretty famous because of the architectural design and because at the time it was built ... a lot of people hadn't seen pipes in the open before, so just coming here and playing it was really thrilling."

— Dr. Joe Galema



Music director reflects on 30 years at Academy

By Don Brnum
Academy Spirit staff writer

The Academy's music director is almost as much of a fixture here as the organ in the Cadet Chapel's Protestant worship area that he plays every Sunday morning. He has played the organ, which turned 50 years old this month, at weddings, funerals and worship services. He's instructed Cadet Chorale members whose sons and daughters later joined the Chorale.

Dr. Joe Galema grew up in West Lafayette, Ind. He graduated from Calvin College in Grand Rapids, Mich., with a bachelor's degree in organ performance and received a Doctorate of Musical Arts degree from the University of Michigan. From there, he said, he came straight to the Air Force Academy.

"I was finishing my doctorate ... and I was interviewing and auditioning for different jobs around the country," Galema explained.

Galema applied for a job with the Academy as an assistant for administration and music in 1982 after seeing the job listed in a College Music Society newsletter. He spoke with Roger Boyd, the Academy's first music director, who flew to Michigan from Colorado Springs to interview him. A few days later, Galema received a phone call.

"My teacher had always told me, 'If anyone ever calls you about a job, just ask them for 24 hours to think about it and that you'll call them back,'" Galema said. "So I dutifully said, 'Can you give me 24 hours?' and (Boyd) said, 'No, I need an answer right now.' So I said, 'OK, yes, I'll take the position.'"

The main draw for Galema was the organ in the Cadet Chapel. The organ comprises more than 4,300 pipes, varying from the size of a pencil to more than 30 feet tall.

"I also knew that there would be the administrative side of it because that was in the (job) title," he said. "I had not ever been in the military before, so I didn't really know anything about the military end of it. The first year, especially, was a real learning year for me."

Administratively, Galema planned and organized choir trips, which required him to familiarize himself with a schedule and lifestyle unlike what he had undergone as a college student.

"The training part of it was completely different, and back then, it was more intense: a lot of yelling — as we say, sounding off," he said. "We didn't have intramurals: We had (physical education) classes but no intramurals, so I had to get used to that. Weekends for freshmen were ...

one overnight pass and one or two day passes per semester back then, so they hardly got off base, where in college I could go off-campus anytime."

Galema officially started his job on Sept. 13, 1982, but he first sat down in front of the keyboard at the chapel a day earlier.

"Roger wanted me right away that first day. I'd gotten here the Friday before, so I'd had a day to practice and get something ready," he said. "The organ is pretty famous because of the architectural design and because at the time it was built ... a lot of people hadn't seen pipes in the open before, so just coming here and playing it was really thrilling."

Congregations were larger in those years, and so were the choirs, Galema said. Singers would come four-abreast down the center aisle, split at the front, then walk down the side aisles into the balcony when they processed, moving in step with the hymn. Congregations and choirs are smaller today, but that doesn't take away from the magic.

"The building and the instrument have always been exciting for me," Galema continued. "Some days when I'm up there practicing, I think, 'Here I am with this wonderful instrument all the time.' It's kind of like driving into the Academy every day: If you don't see these every day, it's pretty impressive, and the Academy grounds are impressive."

Galema led the freshman Protestant choir in January 1983. After Boyd retired, Galema took over the upper-class Protestant choir. He assumed the leadership mantle for the Cadet Chorale in 1989 after Ed Ladouceur, the Academy's second music director, retired.

In that time, Galema's played for the funeral of former Air Force Chief of Staff Gen. Curtis LeMay and the memorial service for the astronauts killed when the Space Shuttle Challenger exploded in January 1986. The Chorale has sung at the White House, at national championship football games and at the 1990 Country Music Awards. And while the Chorale is smaller today than it was 20 years ago, its cadets are no less talented.

"The ones who really want to sing ... more difficult music and the better sight readers will still join the Chorale," Galema said. "Besides

numbers, there's still the commitment level: They're still committed to the organization and the performances. As far as the caliber goes, it's stayed the same and maybe even risen a little bit."

The ratio of women to men has increased as well: Women comprise about 40 percent of the Chorale today, compared to 33 percent in previous years. That mix — a smaller ratio of women to men than is found in most church or school choirs, gives the Chorale a unique sound, Galema said.

The smaller congregation sizes stem at least in part from post-9/11 security measures, Galema said. For a few months after the terrorist attacks, the Academy was closed to anyone without a military ID. However, while church attendance declined after Sept. 11, attendance at the Chorale's performance of Handel's *Messiah* has remained steady.

"It's always been a pretty full chapel," Galema said. "I think it's just the fact that it's a quality performance that's free and open to the public."

The timing for the annual concert changed after Galema took over, from the Sunday afternoon before Thanksgiving to either the first or second Friday night in December. Galema moved the event to give his cadets more time to practice.

"When you do it the Sunday before Thanksgiving, it's a big push to get that work learned and practiced," he said. "It used to be that we had one rehearsal on the day of the concert. Now ... I have a soloist rehearsal on the Tuesday prior (to the concert), then the full Chorale the Thursday prior."

The timing window is tight: If it took place later in December, cadets would already have left for winter

break. If it took place earlier, it would conflict with fall semester finals.

Galema said working with the cadets is the single most rewarding part of his job.

"There's turnover every year," he said. "We have the cadets graduate, but we have a new class coming in. It's not a challenge in a bad way, but it's a challenge in a good way to get the new cadets up to speed with the music and still keep the interest with the cadets who are returning to the groups."

"It's the energy of the people this age. You go to another university, and you have all ages of people attending," he added. "Here, it's just a specific age. That and all the different concerts we've (done) over the years, different experiences with national television ... every school year, there seems to be some new thing that we do, so that keeps me from getting stale."

And after 30 years, Galema doesn't seem ready to close the sheet music book on his career here.

"Ed (Ladouceur) always used to tell me, 'You won't feel old until someone comes in and says his dad was in your group,'" Galema said. "That happened. I don't know whether I felt old, but I thought, 'OK, here it comes.' It was 1985 grad's daughter who came into my office and said, 'My dad was in your Chorale.'"

"Right now there's a senior in the Chorale whose mother was in the Protestant choir," he said. "So now in a few more years, we'll see if there's a superintendent who was a Chorale graduate."



PHOTOS BY DON BRNUM

ABOVE AND INSET: Dr. Joe Galema conducts the Cadet Chorale and Colorado Springs Philharmonic's performance of Handel's *"Messiah"* in the Cadet Chapel Dec. 2, 2011. Galema, the Cadet Chapel's music director and organist, started working at the Academy in September 1982.

Cadets 3rd Class Erin Crow, right, and James Carney train on Stadium Boulevard Sept. 4. Triathlon Team members will travel 80-100 miles on bicycles each weekend, as part of their triathlon training.



JOHN VAN WINKLE

Cadet triathlon team finishes 101st Ironman

By John Van Winkle
Air Force Academy Public Affairs

The Cadet Triathlon Team completed its 100th and 101st Ironman Sept. 9 when Cadet 1st Class Loring Ross of Cadet Squadron 16 and Cadet 2nd Class Megan Cox of CS 30 crossed the finish line at the Ironman Wisconsin in Madison, Wis.

For Cox, the Ironman Wisconsin was her first Ironman triathlon. To complete a full Ironman triathlon, competitors must first swim 2.4 miles, followed by a 112 mile bicycle ride and then finish a marathon run of 26.2 miles, making the Ironman the pin-

naclé of triathlon competitions, where simply finishing an Ironman triathlon is an accomplishment.

"My thoughts when I crossed the finish line were simply, 'I made it; I did it,'" said Cox. "For about the last two miles of the marathon run I was thinking of nothing else than just, 'Get to the finish. Just get there.' It was an overwhelming sense of accomplishment running down the chute with hundreds of people lining the streets cheering as the announcer said, 'Megan Cox, you are an Ironman.' It was a feeling like none ever before."

To train, she'd been on a strict exercise regimen and diet for the past year,

training three to four hours per weekday before and after classes and doing 18-20 mile runs or 80-100 mile bike rides on the weekends with the rest of the Cadet Triathlon Team.

But it takes mental toughness as well as physical endurance to complete an Ironman, Cox said.

"The thing I will most take away from this experience is how mentally tough I figured out I could be," she said. "I honestly believe (more than) half that race was mental. Yes, I needed the preparation and training to allow me to do as well as I did, and to finish to some degree. But there were so many times throughout the 12 hours where

my muscles were screaming at me, my body was tired and achy, but I told myself, 'You will not quit. Just keep going.'"

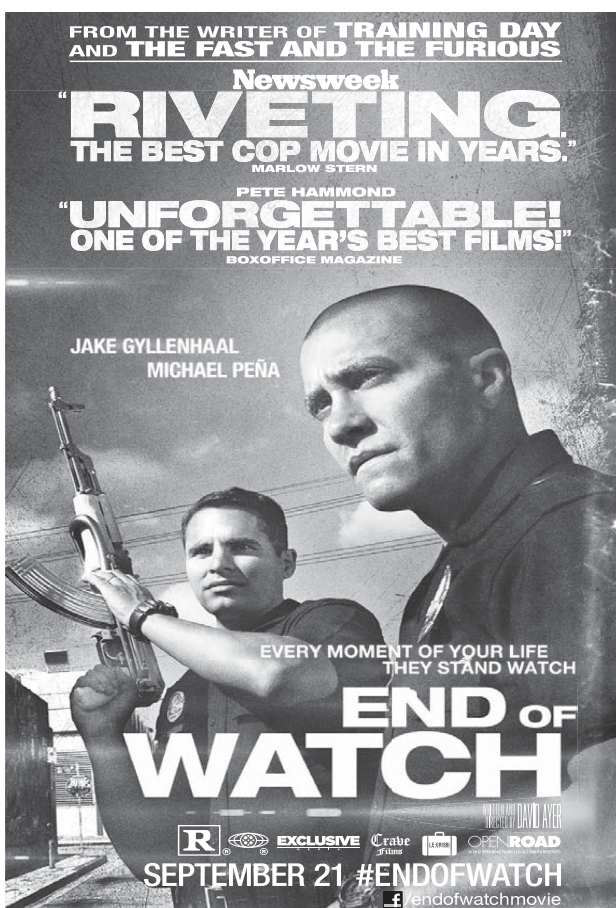
First across the finish line from the Academy at the Ironman Wisconsin was Ross, followed by Cox. Ross' swim time was 1:04.59, bike time was 5:58.42 and run time was 3:35.33, for a combined time of 10:54.13. His finish was 8th in his division, and 194th overall.

Cox swam a time of 1:10.25, clocked in at 6:30.54 on the bike, and ran the final stretch of the Ironman Wisconsin triathlon in 4:16.01. She finished 74th in her division and 685th overall with a combined time of 12:11.43.

"It really goes to show you can do anything you put your mind to," Cox said. "I know as I continue along in my Air Force career and am faced with many situations, I will carry this Ironman experience with me and tell myself, 'You completed that Ironman. You can do anything if you just believe in yourself and want it bad enough.' I think there is definitely no mountain too high."

The Academy had an even larger presence at the Ironman competitions this year, starting with the Cadet Triathlon Team officer in charge, Lt. Col. Freddie Rodriguez, completing the Ironman Wisconsin with his cadets. This was the ninth Ironman Rodriguez has completed and the fourth time he's finished Ironman Wisconsin. In his day job, Rodriguez is a professor of in the Mathematical Sciences Department.

The team's next Ironman competitor is Cadet 1st Class Samantha Morrison of CS 06, who is scheduled to compete Oct. 13 in the Ironman world championships in Kailua-Kona, Hawaii.



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Bears prepping for hibernation

The 10th Civil Engineer Squadron wants base residents to secure their trash to prevent foraging black bears from posing a danger.

As the bears prepare for hibernation, they will eat up to 20,000 calories per day and will return to sites where they have previously found food.

Housing residents should check the doors to their bear-proof dumpsters or trash receptacles. Residents without bear-proof receptacles must store their trash in their garage until their scheduled trash collection day.

To report an immediate bear problem or threat, call the 10th Security Forces Squadron at 333-2000. For non-threatening bear sightings, call the 10th CES Natural Resources office at 333-3308.

To report a bear-proof container needing repair in base housing areas, call Forest City maintenance at 867-9675. To report containers needing repair outside base housing areas, call 10th CES Contract Services at 333-3053.

Recycling Center Moves

The temporary location of the Academy Recycling Center will be located West of the Community Center and on the south side of the Armed Forces Bank.

A temporary location was created

due to construction of the BX and Commissary parking lots that began on Aug. 20.

Pottery studio available

The Arts and Crafts center offers a pottery studio available for use when a class is not in session.

The studio includes nine pottery wheels, glazes and five kilns. Clay is available for purchase.

For more information call 333-4579.

Outdoor Recreation activities

For information or to purchase tickets for these or other activities, contact the Outdoor Recreation Center at 333-4475.

Children's Rock Climbing: Sunday and Sept. 29, 8 a.m.-4 p.m. Tickets are \$25 per child. Sunday's event is for children ages 9-12, and the Sept. 29 event is for children ages 13-16.

Vail Pass Bicycling: Sept. 30. Cyclists can ride 28 mostly downhill miles along Vail Pass for \$49 per person.

Colorado R&R, Tickets, Tours

Tickets for the following events are available through the Colorado R&R office. For more information or to purchase tickets, call 333-7367.

Colorado Rockies: Today at 6:10 p.m. vs. the Arizona Diamondbacks and Tuesday vs. the Chicago Cubs. Tickets are \$42 each for Section 143, Row 24.

Elitch Gardens Military Appreciation Day: Sept. 29. Tickets are \$21 per person and must be purchased through the Information, Tickets and Tours office.

Batman Live: Oct. 23-24 at the Colorado Springs World Arena. Tickets range from \$34.75 to \$85.75 per person.

Disneyland Armed Forces Salute: Valid Oct. 1, 2012, to Sept. 28, 2013. Three-day park hopper tickets are available for \$123 per person, with a six-ticket limit.

This offer is available for active-duty, Reserve, activated National Guard and retired service members. Black-out dates apply.

Child support services

The El Paso County Child Support Services will now be at the Academy the last Thursday of every month from 1-3 p.m. at the Airman and Family Readiness Center.

They will help establish, modify and assist child support orders, establish paternity, assist with visitation issues, provide a connection to other community resources and assist family members of active-duty service members stationed at another base.

There is a one-time \$20 fee. To make an appointment call 719-457-6331.

Bowling Leagues

The Academy Lanes Bowling Center's bowling leagues are in session.

Available leagues include a parent and youth league Tuesdays at 7 p.m. for \$14 per team, three-person youth leagues Thursdays at 10 a.m. for \$7 per person and four-person adult mixed leagues Thursdays at 7 p.m. for \$10 per person.

Children may receive free bowling lessons during youth league play on Thursdays.

For more information, call Academy Lanes at 333-4709.

Horsemanship classes

The Academy Equestrian Center offers horsemanship classes, which include a one-hour trail-riding lesson plus instruction in grooming, saddling and etiquette, for \$30 per lesson.

For information, contact the Equestrian Center at 333-4607.

Softball Tournament

The Academy will host a softball tournament Sept. 21-22. Please register by Sept. 14 and contact David Castilla at 333-4078 for more information.

Flea Market

A flea market will be held Saturday at 8 a.m. at the Community Center.

Vendors will set up at 7 a.m. and the event will take place on the west side parking lot.

For more information call 333-4475.

Golf Tournament

The Academy Fire Department Golf Tournament will take place Sept. 27 at 12 p.m. at the Eisenhower Golf Course.

The cost ranges from \$55-98 per person and will include golf carts, range balls and a driving range.

Sign up no later than Sept. 25. Contact Mike Mater at 719-333-2051 for more information.

AFSA meetings

The Air Force Sergeants Association Falcon Chapter 1180 meets every third Wednesday of the month at 3:30 p.m. in the Casual Lounge at the Falcon Club.

A&FRC events

The following Airman and Family Readiness Center events are sched-

uled for the month of September:

Federal Resume Writing Class: Tuesday, 2-4 p.m. Learn what you need to know about creating a federal resume formatted to USAJobs guidelines. This resume will allow you to submit applications for vacancies within federal agencies.

Financial Planning for FERS Retirement: Wednesday, 8 a.m.-noon. Learn about Federal Employees Retirement System benefits and how to plan for retirement. Call 333-3444 to register.

Ice skating lessons

The Cadet Ice Arena will hold weekly ice skating lessons beginning the week of Sept. 10, with six lessons and skate rental for \$50.

For more information or to sign up, call the Ice Arena at 333-0389.

VA Stand Down Day

The local Veterans Administration office seeks active-duty volunteers for its VA Stand Down Day Oct. 18.

Volunteers will escort veterans around the stations and will help with preparation and cleanup duties.

To volunteer or for more information contact 1st Lt. James Franciere at 567-2162.

Breast cancer awareness

The 10th Medical Group will offer a women's health event Oct. 17 from 10 a.m.-noon and Oct. 27 from 9-11 a.m. in observance of Breast Cancer Awareness Month.

The event will include health information, giveaways, and refreshments. The Child Development Center will provide child care for those who may need it. The hourly care program requires parents to complete paperwork in advance: Parents should call 333-6779 in advance to reserve a slot.



Cadet Chapel

BUDDHIST

Sundays, 10 a.m.; Thursdays, 6:20 p.m.

PROTESTANT

Traditional: Sundays, 9 a.m.

Contemporary: Sundays, 11 a.m.

CATHOLIC

Mass:

Sundays, 10 a.m.

Monday, 6-6:20 p.m.

Tuesday, 6:45-7:15 a.m.

Wednesday, 6:30-7 p.m.

Thursday, 6:15-6:45 a.m.

JEWISH

Shabbat: Fridays, 7 p.m.

MUSLIM

Jum'ah: Fridays, 12:30-2 p.m.

Community Center Chapel

CATHOLIC WORSHIP

Mass: Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesday-Fridays, 11:30 a.m.

Reconciliation: Saturdays, 3:30 p.m.

Formation Classes: For students in grades K-8. Sundays, 10:15-11:30 a.m.

PROTESTANT WORSHIP

Evangelical: Sunday, 10:15 a.m.

Gospel: Sunday, 11:30 a.m.

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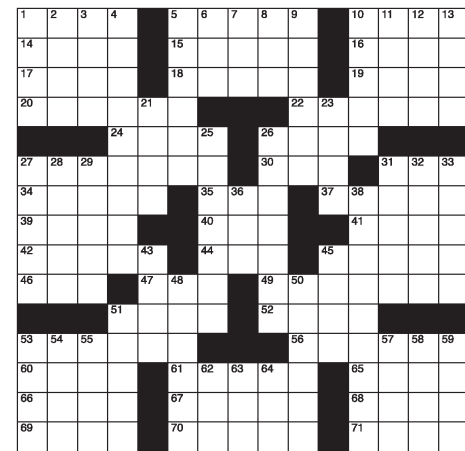
1. Bulla
5. Former Egyptian Pres. Anwar
10. Identical
14. Military assistant
15. True heath
16. Indonesian phenomenon
17. Japanese social networking
18. Bring banquet food
19. Front of the head
20. Jean Paul __, author

22. Movie settings
24. Incline from vertical
26. Bleats
27. One who sings carols
30. Any high mountain
31. Mutual savings bank
34. Tequila plant
35. One point N of due E
37. Not large
39. Khoikhoi people
40. Soccer player Hamm
41. European owl genus
42. Palio race city
44. Hostelry
45. Outer ear eminences
46. Explosive
47. Illuminated
49. Musical pieces in slow tempo
51. Not crazy
52. Star Trek helm officer
53. Gave the axe
56. Make a mental

- connection
60. City founded by Xenophanes
61. Extremely angry
65. Wild Eurasian mountain goat
66. Voyage on water
67. Comforts
68. Otherwise
69. Young herrings in Norway
70. Weapon discharges
71. Prepares a dining table

CLUES DOWN

1. Shopping pouches
2. Old Italian money
3. Central German river
4. Composer Ludwig van
5. A way to withdraw
6. Macaws
7. Radiotelegraphic signal
8. Highest card
9. Any bone of the tarsus
10. Places to store valuables
11. Actor Ladd
12. Nutmeg seed covering
13. Vision organs
21. Abnormal breathing
23. Crownworks
25. Religious recluse
26. Fruits of the genus



- Musa
27. Thou __ do it
28. Repeatedly
29. Plant of a clone
31. African tribe
32. No. Irish borough &
- bay
33. French Chateau
- Royal
36. Bulk storage container
38. "Good Wife" Actress

SUDOKU

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

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

Solution on page 4

09-21-12

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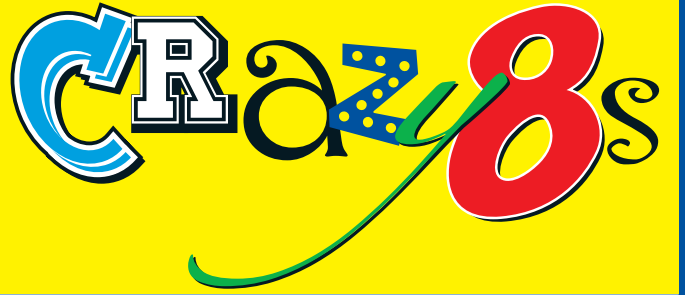
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388 ea.
With Coupon
Limit 4, Additional \$4.48

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons market COUPON
Coupon Effective 9/19/12 - 9/25/12

Blue Bell Ice Cream
64 oz.
Select Varieties

388 ea.
With Coupon
Limit 4, Additional \$3.98

Still a 1/2 Gal (2 QTS)

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons market COUPON
Coupon Effective 9/19/12 - 9/25/12

SCORE GREAT DEALS

Gatorade Sports Drink 32 oz.
Select Varieties
Sale Price 98¢

Final Price 88¢ ea.
When you buy 15
With Coupon
Limit 1 Reward per Transaction

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons market COUPON
Coupon Effective 9/19/12 - 9/25/12

Purex Ultra Liquid Detergent
50 oz.
Select Varieties

188 ea.
With Coupon
Limit 2, Additional \$2.48

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons market COUPON
Coupon Effective 9/19/12 - 9/25/12

Sara Lee Soft & Smooth Whole Grain White or Honey Wheat Bread
20 oz.

178 ea.
With Coupon
Limit 2, Additional \$1.98

SCORE GREAT DEALS

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Military Discount COUPON **Albertsons market**
All Active, Reserve or Retired Military Personnel*

\$10 OFF COUPON GOOD 9/21/12-9/25/12
Your purchase of \$100 or more

LIMIT 1 COUPON PER CUSTOMER. This coupon cannot be used unless the purchase is \$100 or more after deducting all manufacturer coupons and store coupons, and without including money orders, lottery tickets, gift cards, alcohol, tobacco, prescriptions, stamps and other products prohibited at law. Cannot be doubled, tripled, quadrupled or exchanged for cash. Not valid toward previous purchase. Void if copied or transferred in the event of return, coupon savings may be deducted from refund. May not be used in combination with any other offer. One coupon per customer, per transaction.

People featured are not actual service members.

*Some Restrictions Apply. Military ID Required.

Albertsons market COUPON
Coupon Effective 9/19/12 - 9/25/12

Essential Everyday Shredded Cheese
32 oz.
Select Varieties

598 ea.
With Coupon
Limit 2, Additional \$6.98

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons market COUPON
Coupon Effective 9/19/12 - 9/25/12

Clif Bars 1.59-2.4 oz. or Peter Rabbit Organic Foods 4-4.4 oz. or Select Varieties

88¢ ea.
With Coupon
Limit 10, Additional \$1

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Prices Effective 9/21-9/25/12

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