

## **ESPN College GameDay returns to the Terrazzo**

#### **By Academy Public Affairs**

ESPN's College GameDay crew will broadcast live 8 to 10 a.m. Nov. 7 from the Terrazzo, for the Air Force vs. Army football game. The event is open to the public.

This will be College GameDay's third visit to the Academy, and a return home for one of the College GameDay anchors.

ESPN College GameDay first visited the Academy Nov. 2-3, 2001, which preceded Air Force's 34-21 victory of Army that weekend. College GameDay returned to the Academy Oct. 18-19, 2002, for the Air Force-Notre Dame game. That game ended in a 21-14 loss to Notre Dame.

For College GameDay host Chris Fowler, it's a return to his old hometown and several of his old stomping grounds. Fowler graduated from Palmer High School in Colorado Springs, went to college at the University of Colorado in Boulder and was worked in television news in Denver before joining ESPN in 1986.

The latest Academy visit is part of ESPN's salute to veterans of the U.S. armed forces, which will include a week of programming — America's Heroes: A Salute to Our Veterans — culminating in special SportsCenter editions from West Point on Veterans Day, Wednesday, Nov. 11.

#### Highlights include:



Photo by John Van Winkle

ESPN College GameDay host Chris Fowler, left, cracks up at the antics going on behind the set, while cohost Lee Corso is on-camera explaining why fans should 'wait a minute', during their first live broadcast from the Academy in 2001. The ESPN College GameDay crew returns to the Air Force Academy Nov. 7, and will broadcast live from the Terrazzo before for the Air Force-Army football game. The Academy cheerleaders in this photo are, left to right, Karen Jelke, Sabrina Kingston and Bernadette Lavarrada-Perez.

edition of Friday Night Fights from the Marine Corps Air Station New River in North Carolina.

On Sunday, Nov. 8, Sunday NFL Countdown will air the first television On Wednesday, Nov. 4, a special interview with Marie Tillman, widow

of former NFL player Pat Tillman who was killed in Afghanistan. Tillman will also appear live on Monday Night Countdown from Denver before the Steelers-Broncos game on Nov. 9.

Also on Sunday, Nov. 8, Outside

the Lines will broadcast live from Walter Reed Medical Center. In addition, former Dallas Cowboy and Navy veteran Roger Staubach will be the Sunday Conversation on SportsCenter.

See GAMEDAY, Page 3

## Security Forces offers Halloween safety tips



#### **By Butch Wehry** Academy Spirit staff

The 10th Security Forces wants base trick-or-treaters to be safe, so they will have an eye on the roadways in the housing areas.

"We will be conducting foot patrols throughout housing

inspect their children's treats."

"Trick-or-Treat should be fun for the whole family," said Phil Deremer, Academy deputy director of safety. "Everyone has a part to play to ensure the little ones have a great but safe time. Parents dress your children in costumes that do not limit breathing, vision, hearing, movement and are reflective or brightly colored."

during trick-or-treat hours," said Staff Sgt. Gail Rasor, 10th Security Forces resource protection program manager.

The approved times for Trick-or-Treaters this year is 5 to 6 p.m. for younger children and 6 to 8 p.m. for all others.

An adult should accompany children while they're trick-or-treating, she said. Trick-or-treaters should either carry flashlights or have reflective material on their costumes to make them more visible to drivers.

"Pedestrians should stay on sidewalks and only cross streets at corners and crosswalks. Parents should

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A few additional tips for staying safe during the holiday are:

Make sure jack-o-lanterns are out of the way of children's costumes.

Stop only at familiar houses unless children have an adult escort.

Instruct children to to eat candy until a parent has examined it.

To report anything suspicious Halloween evening, call 333-2000, or if it's an emergency, dial 911.



## **Cadets spruce up animal**

#### Visiting faculty program

II of the 20 academic departments are hosting visiting professors

### Falcons sweep RIT

Fairchild scores game-winner in OT to beat RIT Saturday night.

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By Gen. Roger A. Brady Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (AFNS) — Every Airman knows integrity first is the foundational pillar of our core values, and we all understand what it means. We will always strive to do the right thing and be honest in all that we do.

I also believe integrity carries with it the idea of consistency in how we conduct every aspect of our lives.

Recently, I took the out brief of an off-duty vehicle accident in which two Airmen lost their lives. It was a very sad and all-too-familiar story of Airmen who combined alcohol with reckless, high-speed driving. The result was not only their deaths, but also that of an innocent person in a car with which they collided. In an instant, the lives of three families were torn apart and the Air Force lost two of its Airmen.

These Airmen had been very reliable in their duty performance. However, their propensity for binge drinking and high-speed driving was well known among their peers. In the days before the fatal accident, one of

the Airmen had engaged in binge drinking that included the consumption of 15 or more drinks one night and in excess of 20 drinks the next night. Each night of binge drinking was followed by duty launching, recovering, maintaining and repairing fighter aircraft. Since we now know this, their peers obviously knew it as well. This Airman had a blood alcohol level of zero at the scene of the accident. He had "taken the night off" because he was worn out from drinking the previous days, but he still died as a passenger in the car with this deadly "band of brothers." The driver, who they had decided would be the designated driver, decided not to take the night off from drinking. He was an avid driver and active member of a national racing association who often drove too fast for conditions in a manner that I would consider reckless. On the night of the accident, alcohol and speed became a deadly combination. We lost two Airmen and a civilian for absolutely no reason.

Having received this accident report, I made two observations. One, on duty these young men were good performers carrying out critical tasks

supporting one of our most sophisticated weapons systems. But off duty, their immaturity was deadly. Two, the disparity between the maturity demonstrated on duty and off duty was wellknown to their fellow Airmen. Their wingmen did not hold them accountable.

An engineer might analyze a steel beam and declare that the steel has "integrity" from one end of the beam to another. This means that the quality of the steel is consistent from one end to the other. No portions had seams or inconsistent quality or areas that were brittle or in any way defective. The beam has "integrity."

Certainly none of us are perfect, but we must strive for this kind of integrity in our lives; the kind that makes us consistently the same person on duty and off, with our peers, our subordinates, our supervisors and our families. As wingmen we must also hold each other accountable as professional Airmen.

This is simply the right thing to do, and it is the only way we can ensure that we have safe, satisfying and productive lives for ourselves, our families, our unit, the Air Force and the nation.

peak time for home fire fatalities is between 11 p.m. and 7 a.m.

when most families are sleeping," says Fire Chief Ernst Piercy.

"Smoke alarm maintenance is a simple, effective way to reduce

home fire deaths, as the most common cause of non-working

smoke alarms: worn or missing batteries. Children and senior

citizens are most at risk, and a working smoke alarm can give

them the extra seconds they need to get out safely." In addition,

Chief Piercy recommends residents use the "extra" hour saved

from the time change to test smoke alarms and carbon monoxide

detectors by pushing the test button, planning "two ways out",

For more information about fire safety, call the fire preven-

and practicing escape routes with the entire family.

My honor is my life



October 30.

To responsibly inform and educate the Academy community and the public about the Air Force Academy Lt. Gen. Mike Gould Academy Superintendent Lt. Col. Brett Ashworth -Director of Public Affairs Staff Sgt. Eric Bolt -Chief of Internal Information eric.bolt@usafa.af.mil Ken Carter — Editor kenneth.carter@usafa.af.mil Butch Wehry — Senior Staff Writer whalen.wehry@usafa.af.mil Ann Patton — Staff Writer elizabeth.patton.ctr@usafa.af.mil Denise Navoy — Graphic Designer

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-8823. The Academy Spirit also accepts story

submissions by fax at 333-4094 or by e-mail: pa.newspaper@ usafa.af.mil.



### Change your clock, replace battery

As the time change approaches Sunday, the Academy Fire Department would like to remind residents to make another change that could save their lives — changing batteries in smoke alarms and carbon monoxide detectors. Communities nationwide witness tragic

home fire deaths each year, and every three hours a home fire death occurs somewhere in the United States; 80 percent of those occur in homes without working smoke alarms. "The

#### Corner aracter

#### By Lt. Col. Jim DeReus

Center for Character & Leadership Development

While I was in high school, before many current cadets were born, I read a quote in a book that has stuck with me to this day: "My Honor is My Life".

That quote has remained with me because it embodies what the first core value says – Integrity First. Honor is not something that you can turn on and off, it is not something to play with to see not the case. This lack of integrity caused a major if you like it. Honor is something that runs through your every thought and action.

at Laughlin AFB, a tropical storm made landfall near Corpus Christi and caused a significant amount of rain to fall in Del Rio, Texas. There was flooding over large portions of the town as well as the flightline. The following week, after all of the jets were "inspected" and we resumed flying, crew members found water and plant leaves inside the jets. All of those jets had their maintenance records signed off as being ready to fly again, but this obviously was

tion office at 333-2051.

someone's integrity that could have cost someone their life.

All of us have probably been told by our parents, a friend, or read that "It takes a lifetime to build a reputation and a moment to ruin it". That is why your honor is so important. In the military, we may be called upon to lay down our lives for our fellow Airmen. If the people we work with can't trust us at our word,



rift between the flying squadrons and the maintenance personnel that took a tremendous amount While I was a First Assignment Instructor Pilot of work to repair. This was all due to a lapse in

everything will break down. If you maintain your honor, you will never have to worry about your reputation.

Tune into KAFA, 97.7 FM for Character Matters, Wednesdays at 8 a.m. and 8 p.m. Also on iTunes or www.usafa.org.



festival in Monument."

Jennifer Whitmarsh Air Force spouse



## Academy, AFRL and Cool Clean focus on biofuels

Other elements throughout the week include:

rehab process (Outside the Lines)

ball player injured in Iraq (SportsCenter)

went to war? (SportsCenter)

Iraq (NBA Countdown)

Army Golf near Korea's DMZ (Outside the

How sports are used by wounded warriors in the

Warrior Adventure Quest - extreme sports

Danielle Green-Byrd-Former Notre Dame basket-

What if baseball legends like Ted Williams never

Tim James - Former NBA player now serving in

President Barack Obama will salute troops

and veterans with a taped message, along with some

driven program that aims to help soldiers build team

spirit and deal with combat related stress. (ESPN

#### **Academy Public Affairs**

The Environmental Research Center here recently partnered with the Air Force Research Laboratory at Wright-Patterson Air Force Base, Ohio, and an Eagan, Minn., company to help the Air Force Academy develop methods to cultivate and harvest algae oil as part of the Academy's Net Zero 2015 energy program.

The ERC partnered with the AFRL and signed a cooperative research and development agreement with Cool Clean Technologies Inc. in order to develop processes for producing biofuels based

### GameDay\_

#### From Page I

On Monday, Nov. 9, Rocky Bleier, a 4-time Super Bowl champion with the Pittsburgh Steelers, discusses being injured in the Vietnam War and his return to the NFL on Monday Night Countdown. The tribute to America's veterans continues with live shots from Iraq during Monday Night Football.

On Tuesday, Nov. 10, Mike and Mike in the Morning will be the first broadcast from the newly commissioned USS New York. The ship and its motto, "Never Forget," honor the victims and first responders of the 9/11 attacks.

Also, notable coaches Bill Parcells (former Army assistant coach), Bob Knight (former Army basketball coach) and Mike Krzyzewski (former Army basket-ball player and coach) will discuss the role that the military played in shaping their lives and careerson SportsCenter Nov. 11.

on algae oil, said ERC director Dr. Don Veverka.

"This represents an excellent opportunity for our young leaders to witness first-hand how a service academy can partner with private industry and academia," Dr. Veverka said. "They'll be working on an exciting research outcome that greatly impacts their futures and the future of the Air Force."

In addition, the ERC is in talks with Dr. Juergen Polle from Brooklyn University that will hopefully lead to another cooperative research agreement, Dr. Veverka said. The partnership may result in providing additional algae strains

Lines)

Deportes)

for further investigation as a biofuel application. Dr. Polle's research is funded by the Air Force Office of Scientific Research.

"These partnerships provide another superb research thrust for our cadets and the Air Force Academy in an exciting new technology," Dr. Veverka said. Cadets from various disciplines will take part as research moves forward, including involvement in a potential pilot-scale production facility.

Cool Clean has partnered with several leading biofuels companies focused on the efficient and cost-effective conversion of bio-oil to various biofuels. The company has demonstrated its technology using biofuel feed stocks, such as soybeans,

dried distiller grains from ethanol production, camelina, pennycress and jatropha. The extraction process is environmentally friendly and cheaper than traditional extraction processes, said Jon Wikstrom, Cool Clean's President and CEO.

"We're very excited about working with the Air Force Academy and other Air Force partners," said Mr. Wikstrom, an Academy graduate. "We fully understand how important it is to have an internally controlled military fuel supply chain as a matter of national security as well as (because of) the significant environmental and cost benefits that may result from this effort."

#### H1N1 Flu Vaccine

The H1N1 vaccine has not arrived in a large enough stock for general distribution. The Academy will be notified when adequate quantities are available. Per CDC, when administered according to current guidance, the vaccine is safe and similar to the seasonal flu. As with any medical product, the H1N1 vaccine carries some risks though serious adverse events after vaccination are uncommon. TRICARE Prime enrollees may receive the H1N1 vaccine, when it becomes available at the 10th Medical Group, or from any network or non-network TRICARE authorized provider without a referral or an authorization from now until April 30, 2010. The immunization clinic where you are enrolled will need the following information to complete your medical record: the vaccine type, the date the vaccine was given, and the name of the provider/office. Please ensure the provider is TRICARE-authorized, or the price of the visit and the care you receive will not be covered.

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## AF future bright with adaptable Airmen

By Staff Sgt. Shaun Emery 386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (AFNS) — The U.S. Air Forces Central command chief has a good perspective on the lives of the Airmen serving in support of operations Iraqi Freedom and Enduring Freedom after more than 21 months on the job.

A younger generation of Airmen is adapting to an everchanging operating environment, gaining experience and perspective that bodes well for the future of the Air Force, Chief Master Sgt. Scott Dearduff said.

As they do, all they're asking for is connectivity and assurance the Air Force is looking out for loved ones back home, he said.

"The most impressive thing about Airmen serving today is their adaptability," the chief said. "It's clear to see since the beginning of operations Enduring Freedom and Iraqi Freedom. We had the mentality early on that we came in as Airmen, we're going to be Airmen, we're going to fly airplanes and do all the support things that go with flying airplanes. Over a period of years we realized that's what we did well so that's what we'd continue to do."

As operations in Iraq and Afghanistan continued, Airmen started getting tasked more often to support Army operations.

"We were asked to step into in-lieu-of taskings, now (called) joint expeditionary taskings. Over the last couple years we've really got the structure in place. We put Airmen in these taskings, give them the right training and equipment and get them where they need to be. Once there, they understand the need for adaptability and flexibility. We have Airmen now who clearly see the difference and say, 'OK, I understand I'm doing my primary mission but I have to do these three things to be part of the primary unit."

The ability to adapt and successfully operate in a joint environment shows Chief Dearduff that the Air

Force will be in good hands when his generation of NCOs leave.

"I freely share with my peer group that we're pretty good right now, but the junior NCOs right now that are coming up behind us are going to be so much better," he said. "They're going to have experience in the joint arena that we didn't have the opportunity to experience. Because of the number of deployments they know a whole lot about our sister services. They understand there is a difference in cultures. When we leave, we're going to leave behind a much better force."

While Airmen adapt to the changing deployed environment, the Air Force is also adapting to the changing needs of Airmen, Chief Dearduff said.

"It used to be that when an Airman would go into a deployed environment there were a couple things they were looking for right away," he said. "First, they would look for the guys with food and lodging. Once you got that squared away you were looking to CE for materials and power all those things."

Today what's most critical is communications.

"They can go with lesser quality food or cramped sleeping quarters as long as they can communicate with their families. We have a generation of Airmen who want to reach out and communicate with family and friends instantly. And nothing changes when they join the Air Force, go to basic training, report to their base and deploy to the (area of responsibility)."

Communications directly translates into the battle-field, he added.

"Whether it's an air or ground based mission, the three things that are most important to us are shoot, maneuver and communicate," he said. "Take a Senior Airman, a truck commander, on a line haul mission. When this individual mounts up and is ready to go, he or she has a radio system where they can communicate with their team, at the flip of a switch, communicate with their convoy and has a blue force tracker or other communications device to reach back to their unit." For all they do on the battlefield, all Airmen are asking for is that the Air Force looks out for their loved ones back home, Chief Dearduff said.

"They want to make sure family is taken care of when they're gone," he said. "The Air Force has great programs in place; however, I don't get the sense from our deployed Airmen that they are confident that the leadership at the squadron level, maybe flight level or sometimes even down at the section level is really doing their part to take care of those families. If they're not focusing 100 percent on their deployed mission it affects the mission."

"I think our Air Force structurally in some places is

#### See ADAPTABLE, Page 9



The new Team USAFA Base Appearance Program called FALCON EYES is in full swing with improvements all over the base and many more to come. What have you done in your work center to improve appearance, fix a visible problem, or polish a neglected area? Send your success stories to the 10th Air Base Wing Commander, Col. Rick LoCastro ... and we just might spotlight your initiative in the base paper.

The 10th ABW is working on periodic awards to present to people, offices, units, residences who embrace the FALCON EYES concept and the spirit of exceptional base appearance. Bring this to reality in their work centers and base residences. Don't forget to let us know the great things you are doing out there.











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## Please Recycle

## Holiday mailing dates released for Afghanistan

**By Tech. Sgt. John Jung** 455th Air Expeditionary Wing Public Affairs

BAGRAM AIR FIELD, Afghanistan (AFNS) — U.S. Postal Service officials announced its recommended mailing dates for delivery by Christmas to U.S. military servicemembers serving overseas at APO/FPO addresses in Afghanistan.

Holiday mail send via first-class mail and priority mail for servicemembers stationed in Afghanistan should be sent by Dec. 4 for arrival by Christmas, the deadline for parcel airlift mail is Dec. 1, space-available mail is Nov. 21, and parcel post is Nov. 13, according to Postal Service officials.

Express mail cannot be used to mail packages to Afghanistan; however priority mail is available.

Priority mail packaging products, including the priority mail flat-rate boxes can be obtained for free at any post office, or online at shop.usps.com. The priority mail large flat-rate box can be used to mail to any overseas military address, no matter the weight of the box, for \$11.95.

The Postal Service offers free military care kits, designed for military families sending packages overseas. The mailing kits can be ordered by phone by calling 800-610-8734 and asking for the military care kit. Each kit includes two "America Supports You" large priority mail flat-rate boxes, four medium-sized priority mail flat-rate boxes, six priority mail labels, one roll of priority mail tape and six customs forms with envelopes.

"All packages and mail must be addressed to the individual servicemember by name, without rank, in accordance with Department of Defense regulations" said Master Sgt. Deb LaGrandQuintana, the 455th Expeditionary Communications Squadron official mail manager.

"Military overseas units are assigned an APO or FPO zip code and in many cases, that zip code travels with the unit wherever they go," said Sergeant LaGrandQuintana, a 15-year Air Force veteran deployed from Buckley Air Force Base, Colo.

The Postal Service places APO/FPO mail to overseas military servicemembers on special transportation destined to be delivered as soon as possible.

All mail addressed to military post offices overseas is subject to certain conditions or restrictions regarding content, preparation and handling. APO/FPO addresses generally require customs forms. To get updated mailing restrictions by individual APO/FPO zip go to *www.usps.com*.

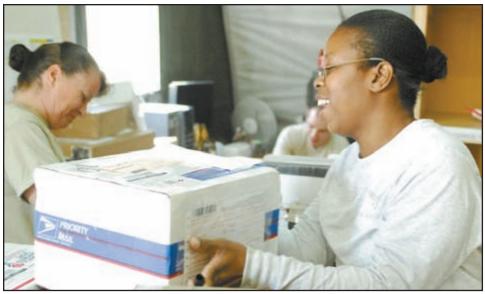


Photo by Senior Airman Felicia Juenk

Staff Sgt. Shervon Greenhow helps sort mail at the Air Force mail center in Camp Cunningham, Afghanistan.

#### Some military overseas mailing and packaging tips are:

- If you use a regular box, use one strong enough to protect the contents with no writing on the outside.

- Cushion contents with newspaper, bubble wrap, or styrofoam. Pack tightly to avoid shifting.

- Package food items like cookies, fudge, candies, etc. securely in leak-proof containers.

— Use pressure-sensitive or nylon-reinforced packing tape.

— Do not use wrapping paper, string, masking tape, or cellophane tape outside the package.

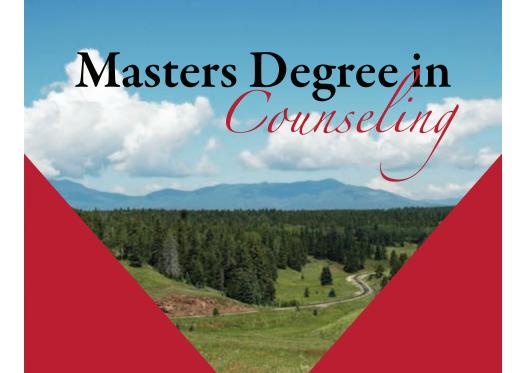
- Print the complete military service member's name (without rank), unit, and APO/FPO delivery address, and your return address on one side only of the package.

— Place a return address label inside the package.

- Stuff fragile items with newspaper or packing material to avoid damage

- Remove batteries from toys/appliances.Wrap and place them next to the items inside.

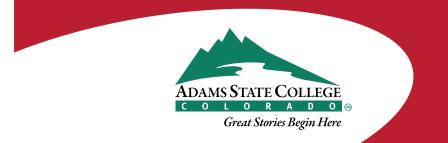
- Purchase insurance and delivery confirmation service for reassurance of package delivery.





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## Cadets spruce up sanctuary, make new friends

#### By Ann Patton Academy Spirit staff

Cadets in Squadron 3 picked up hammers, shovels, leashes and brushes Saturday to help brighten the lives of the residents of the Black Forest Animal Sanctuary.

The sanctuary is home to more than 100 animals, including horses, goats, birds, dogs, cats, Wilbur the pig and small mammals. Most are awaiting their permanent "forever homes."

"We wanted to get the whole squadron involved," said Cadet 2nd Class Rachel Arthur of the service learning squadron's project.

She explained the squadron represented a variety of skills, including carpentry, construction and experience and compassion for animals.

For more than three hours 100 or so squadron members installed walls for a new barn roof, loaded wooden palettes which are repaired for a sanctuary fundraising project, cleaned kennels and bedding, mended fences, installed heated water troughs and groomed and gentled horses. Others brushed and walked with dogs, providing them with always-needed companionship and socialization.

The cadets also dismantled and collected temporary fencing around the bird coop in preparation for a muchimproved permanent enclosed facility.

"Operation Chicken Catch," as it was

dubbed, required cadets catching and carrying the birds to a temporary location while the new enclosure is under construction. The chickens, ducks and geese finally declared victory for the cadets after putting up their best struggle to avoid being caught.

Cadet 3rd Class Alli Marx was unsure what to expect of the project but was pleasantly surprised.

"It's a lot better than I thought it would be," she said. "It's rewarding to see dogs jumping up and down when they've never seen you before."

Other cadets also enjoyed the project for its opportunity to interact with animals.

"I love animals and grew up with dogs," said Cadet 3rdClass Sheila Sherman, an Ohio native.

Cadet 1st Class Erlyn Rudico recently felt the difficult loss of her mixed breed dog at home but appreciated the chance to get off the Hill for a while and play with and walk dogs at the shelter.

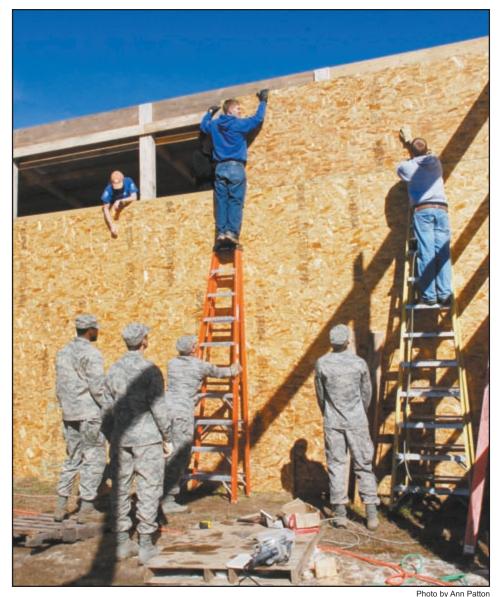
"I love dogs," she said. "I wish I could adopt them all."

Cadet 2nd Class Phil Ramcourt also said he loves dogs and has plans to have one of his own after graduation. He appreciated the dedication of the sanctuary volunteers.

"It's awesome there are people who take care of animals that other people don't care for themselves," he said.

Vic Duckarmenn recently purchased

See SANCTUARY, Page 9



Cadets install walls for the sanctuary's new barn which will house horses, feed and equipment.

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## Visiting faculty program fosters diversity

#### By Capt. Miranda Baldwin Department of English and Fine Arts

The Academy's Dean of Faculty organization consists of 542 faculty and staff members, including 16 visiting faculty from senior government posts, nationally and internationally known scholars, and renowned scientists who come to teach here as part of the Visiting Faculty program. Seven visiting faculty positions are funded by the Endowed Chair program, which is based on major philanthropic gifts intended to attract distinguished educators from industry and the private sector.

The Visiting Faculty Program began in 1975 with two participants. This year, 11 of the 20 academic departments are hosting visiting professors, who typically spend one year at the Academy before returning to their home institution or organization.

Dr. John Sherfesee, director of civilian faculty programs, explained the program's importance by saying, "These eminent civilian educators bring a vital expertise to the Air Force and take back to their permanent positions a broadened awareness of the Air Force Academy environment." They transfer to our faculty members their knowledge of teaching techniques and advising philosophies. "They enrich our faculty development initiatives through our faculty's exposure to their individual academic skills, by assisting with our scholarship and publishing efforts, by providing us with valuable contacts at civilian colleges and universities, and by broadening the understanding and appreciation of the Academy's position as an institution of higher learning in the eyes of the outside academic community."

The Higher Learning Commission of the North Central Association of Colleges and Schools, the Academy's institutional accrediting agency, views this program as a vital contribution to our educational mission. The accrediting team highlights reciprocal sharing of information between visiting faculty members and our faculty and how it infuses the Academy with unique teaching methodologies and truly enhances the academic mission and instructor development.

Brig. Gen. Dana Born, Dean of the Faculty, and her husband, Tim, hosted the Visiting Faculty Appreciation Reception at the Heritage House Oct. 14, attended by the visiting faculty and spouses, endowed chairs and spouses, and Dr. Claudia Ferrante, the Dean of Faculty's newest full professor. Entertainment was provided by Cadet 2nd Class Phillip Mills with background music on the keyboard, the cadet vocal group In the Stairwell led by C2C Alexander Choi and a special appearance of our Academy mascot Aurora, courtesy of falconers Cadets 1st Class Patrick Arkwright and Corey Lohmiller.

The reception provided attendees an

opportunity to meet one another and share experiences and observations. Visiting Faculty bridged departments and met those in other academic disciplines and from other institutions to share teaching

philosophies and thoughts regarding student learning. Their wealth expertise, experience, and sage advice will continue to benefit the Academy throughout their

#### Visiting Faculty for Academic Year 2009-2010

#### Visiting Faculty

Dr. Juanita M. Firestone, Behavioral Sciences Dr. Richard J. Harris, Behavioral Sciences Dr. C. Michael Lindsay, Chemistry

#### Dr. David M. Cole, Civil Engineering

Dr. Edel R. Cortez, Civil Engineering Dr. Randall Bower, Computer Science Dr. Edward Anderson, Engineering Mechanics Dr. Frederick T. Kiley, English and Fine Arts Dr. Carmen Ferrero, Foreign Languages Dr. John L. Stimpert, Management Dr. Brian Winkel, Mathematical Sciences Dr. Julia A. Barnes, Mathematical Sciences Dr. John Barkdull, Political Science Dr. Anthony J. Carey, Philosophy Mr. D. Michael Reinert, Political Science Mr. Steven Fulton, Computer Science **Endowed Chairs** Dr. Elias A. Bensalem, Foreign Languages Mr. Jesse D. Carter, Philosophy Dr. Joseph J. F. Liu, Physics Mr.William "Bill" W. Saylor, Astronautics Mr. H. Wayne Sidebottom, Economics & Geosciences Brig Gen Alan R. Klayton, Aeronautics

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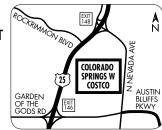
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## CSU'S "A"

By Steven Simon, USAFA '77 Graduate/Donor Liaison

It has been 30 years. Hopefully, the statute of limitations has expired on any crimes we may have committed. Maybe it hasn't, however. Most of my unindicted coconspirators, perhaps intending to remain so, managed to ignore my recent letters asking for inputs. Those few hapless compatriots I was able to contact conveniently couldn't remember anything about the incident. Guess that leaves me to tell the story, as best I can remember it . . .

Quite a few Air Force Academy graduates spend their first years as officers at Francis E. Warren Air Force Base in Cheyenne. That group includes about a dozen of us who graduated in the Class of 1977. As Colorado State University in Fort Collins was one of the Academy's closest athletic rivals, we had developed a healthy respect for them. As Cheyenne didn't have as much as a shopping mall in the late 1970s, we lieutenants spent a lot of time



A group of six or eight mused that it would be cool to add an "F" to the hill, changing the "A" for "Agriculture" to "AF" for "Air Force.

rudimentary research, the project promised to be tougher than we had anticipated. For one thing, the letter is much larger up close than you would think when you look at it from town. Second, the terrain up there is steep, rocky, and overgrown. Third, we would probably get caught. For fledgling military officers, getting arrested is not generally considered a good career move. Undaunted (and no doubt fortified with beer courage), we were determined to proceed. We figured

invisibility. We secured the use of a few paint sprayers and bought string and wooden stakes, and we were ready to go.

On the Friday evening before the big game, we drove to Fort Collins and inconspicuously wound our way up to the Reservoir. At the twilight's last gleaming, shrewdly dressed in dark clothing, we went to work. It took a couple of hours to walk the area and figure out where to place the "F" and then to stake the stakes and string the string.

Some retreated to Cheyenne for a short night, others of us stayed in Fort Collins, but we all reassembled on the hill early the next morning so that, by the dawn's early light, we could go to work with the sprayers. The plan was that our mission would be complete and we would be long gone by the time it was light enough for workers at the stadium and elsewhere in the city to see our handiwork. As I recall, it didn't work out that way. The staked-off area seemed to grow larger as we labored, the paint cans to get heavier, and the time to speed up. The sprayers, supernaturally detecting our urgency and nervousness, repeatedly and persistently clogged up, further delaying the process. I was sure our prank would be spotted and we would be apprehended. Fortunately, we finished our task without being detected. Ecstatic, we retreated to celebrate our audacious accomplishment. The "F" wasn't as large or as dark as the "A," but it certainly made the intended statement. The site for the postprank, pre-game celebration was Washington's Bar and Grill. As beer was involved in the inception of the plan, it was only fitting that it be a part of the conclusion.

Air Force football was in a down period then, struggling through its sixth straight losing season. First-year head coach Ken Hatfield, having just succeeded the totally-out-of-his-element Bill Parcells, had yet to hire Fisher DeBerry or latch onto the wishbone offense that would propel the Falcons to football success for the next couple of decades. Air Force lost 20-6 to CSU that day, part of a 2-9 season.

The loss didn't in any way diminish our exhilaration at the success of our spirit mission. The "AF" hovered over the stadium that day-and for several days thereafter, visible from as far away as I-25, until the "F" gradually faded into the hillside. We had done it and survived. Best of all, we weren't even the prime suspects. As we walked toward the stadium just before kick-off, we followed a group of CSU students. One noticed and pointed to our creation. Another shook his head and muttered, "Damn ROTC students."



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## Sanctuary\_

#### From Page 6

10 acres next to the sanctuary and allows rescued horses to graze on his land.

"It keeps it mowed," the neighbor and sanctuary volunteer said with a smile. He was impressed with the cadets'

enthusiasm and hard work.

"This is fantastic," he said. "Holy cats, they're doing a tremendous job."

Mr. Duckarmenn is expecting an especially difficult winter, which is always hard on the animals, but hastening construction on the new barn and bird coop will help the shelter and protect the animals from the cold.

Tracey Van Pelt is a member of the sanctuary board of directors and she also expressed her appreciation to the cadets.

She also encourages others to become

## Adaptable

#### From Page 4

missing the mark on key spouse program," he added. "But our chief master sergeant of the Air Force and his spouse are taking on the key spouse program as a high interest item and I applaud them for that. Most Airmen don't mind going on their third, fourth, or fifth deployment as long as they know you're going to take care of their family while they're gone."

Chief Dearduff also said he believes every Airmen needs to understand how involved with the organization by volunteering and adopting the animals.

"We always need fosters," she said. "The more foster homes, the more attention the animals get."

The shelter has animals of all ages, including young dogs and horses which would be great companions with loving care and training. Several of the animals are older but still would be loyal and affectionate companions.

The sanctuary also needs donations in many areas, including cash donations which are always needed for food, supplies and medical care. The cost of feeding one horse a month, for example, is \$100.

For more infomration on the animal sanctuary, visit www.bfasfarm.org.



### Toothpick chapel Sooner or later, something like this had to happen

Earlier this month, artist Stan Munro called Stephen 'Pete' Peterson, the Cadet Chapel's public relations director, regarding a 1:164 scale model of the famed chapel made of toothpicks.

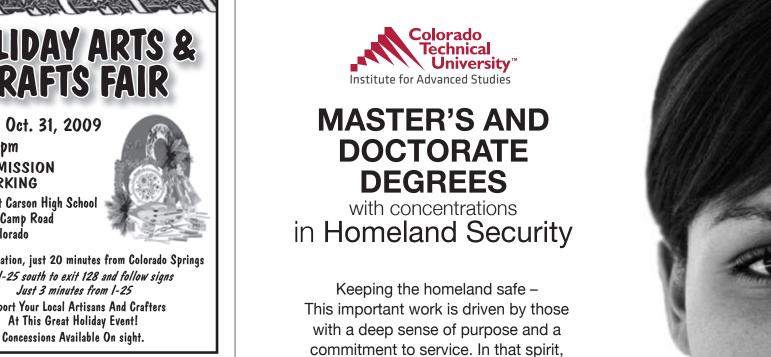
"He is currently working on the world's largest toothpick structure in the world: Toothpick City II: Temples and Towers," said Mr. Peterson. "He should have the display (over 40 famous religious buildings) completed by December.

With more than 40 structures, it will break the world record for the largest toothpick structure.



critical they are to the mission.

"On a trip to the 386th Air Expeditionary Wing I asked a vehicle maintenance Airman what he did," the chief said. "His response was 'I fix trucks.' I asked if he thought it was important, he said, 'Yes.' Then I asked him why. We went back and forth and he was able to walk me from how his fixing a truck impacted getting bombs on target. If every Airman knows how they fit into the mission, how they contribute, we will be very successful."



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## Fairchild scores OT game-winner to beat RIT

#### By Dave Toller Athletics communications

10

Matt Fairchild scored the game-winning goal with one second left in overtime as Air Force swept RIT, 3-2, in an Atlantic Hockey Association game, Saturday night, Oct. 24, at the Cadet Ice Arena.

Air Force improved to 2-4 overall and 2-0 in the AHA and currently in first place in the league. RIT fell to 0-5 overall and 0-2 in the conference.

With less than two minutes left in overtime, Blake Page was cross-checked by RIT's Taylor McReynolds, putting Air Force on the power play. With time running down, John Kruse fed Tim Kirby at the left point. Kirby skated to center ice and fired a shot off the back wall. The puck bounced in the crease and Fairchild put in the rebound as beat Jared DeMichiel inside the far post.

The game got off a slow start as neither team scored in the opening period and each team had just six shots on goal.

Both teams came out with more energy in the second period and Air Force scored the first goal of the game for the first time this season. A couple of freshmen



Falcons celebrate Matt Fairchild's goal in overtime to seal the second win over RIT last weekend. Air Force improved to 2-4 overall and 2-0 in the AHA and currently in first place in the league. teamed up for the goal. Danny Durham created a turnover in the neutral zone and fed John Kruse coming across the blue line. Kruse skated down the slot uncontested and beat Jared DeMichiel under the left pad at 6:27 of the second period. RIT answered with a powerplay goal at 12:50. Andrew Favot took a shot from the right circle that was saved and Cameron Burt put back the rebound to tie the game.

RIT took a 2-1 lead at 5:50 of the third period when Al Mazur put in a rebound of an Andrew Favot shot. Air Force tied the game three minutes later when the freshman line again combined to score. Kyle De Laurell and Kruse battled for the puck in the corner and Kruse came out with it. His centering pass from behind the net was right on the tape of Durham who scored his second goal of the season to tie the game at 2-2.

In overtime, both team's goaltenders came up big early. Just over a minute into overtime, Jacques Lamoureux forced a turnover and Stephen Carew fired a shot from point blank range that was saved. Later in the period, Volkening made two saves on quality scoring chances by Tyler Mazzei and McReynolds. Fairchild's game-winner was his sixth game winner and it came just before the horn sounded.



John Kruse faces off against a RIT forward in USAFA's win Saturday night at the Cadet Ice Arena. Kruse finished the game with one goal and two assists leading the Air Force Falcons in scoring.

RIT outshot Air Force, 30-26 in the game. RIT was 1-for-3 on the power play while AFA was 1-for-4 with the only goal being the game-winner from Fairchild. Volkening made 28 saves while DeMichiel had 23 for RIT.

"If you would have told me that we would sweep RIT and that our freshman line would score most of the goals, I would have laughed at you," head coach Frank Serratore said. "What we learned tonight is that we will

be competitive in the league, but we also know that every night will be a slugfest."

Air Force's sellout streak of 11 consecutive games ended tonight as 2,210 fans nearly filled the 2,470-seat Cadet Ice Arena.

Air Force is on the road next weekend as the Falcons travel to Buffalo, N.Y. for a two-game league series against Canisius. The teams play on Saturday and Sunday, Oct. 31-Nov. 1 at 3:05 p.m. ET each day.

AFA's Volkening named



### **AHA Goalie of the Week**

By Dave Toller Athletics communications

Air Force goaltender Andrew Volkening was named the Atlantic Hockey Association Goalie of the Week for earning two wins against RIT, Oct. 23-24.

Volkening, from Genoa, Ill., led the Falcons to their first two wins of the season and to four points in AHA play. In the two games against RIT, he posted a 2.88 goals-against average and a .915 saves percentage. He had 28 saves on Friday and a season high 37 on Saturday, the third most of his career.

The award is the second AHA weekly honor of the season for Air Force and the 10th of Volkening's career.

Air Force, 2-4 overall and 2-0 in the AHA, travels to Buffalo, N.Y. for a two-game league series with Canisius, 1-5 overall and 0-2 in the league, Saturday-Sunday, Oct. 31 and Nov. 1, at 3:05 p.m. ET each day.

## Falcons fall 2 yards short in overtime

#### By John Van Winkle Academy Public Affairs

SALT LAKE CITY, Utah – Seven yards in overtime was the margin of victory for Utah as the Utes' defense held off Air Force on a fourth down to seal a 23-16 win.

Utah entered the game ranked 19th and 20th by the nation's two college football polls, and is the second nationallyranked team Air Force has played in three weeks.

The Air Force Academy brought national rankings to the game as well. The Falcons defense was ranked 10th in the nation among NCAA Division 1 schools, fourth in passing defense, seventh in scoring defense, and first in turnover margin in the nation, with 21 turnovers going in the Utah game.

This led to a classic college football matchup with neither team gaining too much of an overall edge and leaving the score tied 16-all as time ran out in regulation.

Entering overtime, each team was given the ball at the 25-yard line, and had to keep gaining first downs to keep the ball with the goal of eventually scoring. Air Force won the toss and elected to start on defense, while Utah chose the south end zone in front of their vocal student second to defend.

Utah drove forward on 5 plays, until Ute quarterback Terrance Cain completed a pass to wide receiver David Reed, who stretched toward the goal-line marker on the right end. Falcons defensive back Jon Davis knocked the ball loose, but it bounced out of bounds to give Utah the ball at the 1-foot line.

Three straight-ahead rushes by Utah eventually broke the plane of the goal line, giving Utah a 22-16 lead before 45,129 screaming red-clad fans. Joe Phillips added the extra point to make it 23-16 Utah.

Air Force took over and relied on



Falcon defensive back Jon Davis reaches for the ball after Utah punt returner Luke Matthews fumbled the wet ball. Davis' fumble recovery on the Utah 11-yard line led to the Falcons' only touchdown of the game and gave the Falcons a 10-6 lead.

their nationally-ranked rushing attack to move the ball, as Falcons quarterback Connor Dietz ran the ball three straight plays. Utah's stingy defense held Air Force to six yards, leading the Falcons with a fourth and four at the Utah 19.

On that fourth down, Dietz connected with wide receiver Kevin Fogler on the right side, and Fogler's forward progress gave the Falcons a first down at the Utah 15.

With a fresh set of downs, the Falcons tried a pass play, but Dietz had to throw the ball away in the face of the pass rush. The Falcons returned to the option on second down when Dietz pitched to tail-

back Asher Clark for a 2 yard gain. Dietz kept the ball on third down and gained 6 yards, moving the ball to the Utah 7 yard line.

"There was no trickery or anything. We knew they were going to go with the option, that's their bread and butter," said Utah linebacker Stevenson Sylvester.

That left the Falcons facing another do-or die fourth down with just 2 yards to earn a fresh set of downs.

Dietz took the snap from center Michael Hampton, and tried to run between the center and right guard.

"I thought I could squeeze through there, after our offensive line had a good surge, but they had a few guys there we couldn't stop," said Dietz.

Utah linebackers Mike Wright and Sylvester combined to stuff Dietz at the line for zero gain, and the Utah crowd roared as the game ended in a Ute victory on their 7-yard line.

"This is exactly the kind of game I

The loss to 19th-ranked Utah dropped the Falcons to 4-4 on the season and 3-2 in the Mountain West Conference. With the win, Utah upped their record to 6-1 overall and 3-0 in the conference. The win not only makes Utah bowl-eligible, it also keeps the Utes in contention with TCU for the Mountain West Conference title, and keeps both Utah and undefeated TCU remain in the hunt for a BCS bid.

"I think that Utah is an outstanding squad," said Calhoun. "That's one of those squads that, given the chance, they'll win double-digit games by the end of the year. To be able to come here and get into a position to win down the stretch, you have to play some solid football and we did – at least during stretches. We could have played better and I think we know that."

The Falcons also had one key loss in the game. Sophomore quarterback Dietz injured his hand on the fourth play of the game, but continued to play despite his diminished ability to pass. Dietz ended the game completing 7 of 10 passing attempts for 64 yards, which is typical for the Falcons run-oriented offense. After the game, X-rays revealed that Dietz broke a bone in his hand. He is expected to be out for the next three weeks. Those next three games are all winnable for the Falcons, and each of the next three opponents is below .500 -Colorado State University (3-5 overall, 0-4 MWC); UNLV (3-5 overall, 1-3 MWC) and Army, (3-5 overall). Army will be the toughest matchup, as they have a bye week before playing Air Force.



Falcons nose guard Ben Garland pressures Utah quarterback Terrance Cain. Garland broke his left hand in August, and has been playing with a cast ever since. Garland ended the game with four tackles and 1.5 tackles for loss.

would expect based on our series with Air Force," said Utah head coach Kyle Whittingham. "This was very similar to games we've had with them in the last 15 years. They're a tough football team. I'm proud of how my team played. We just keep finding ways to win at the end."

For the Falcons, the Utah loss makes four close games the Falcons have lost, by a total of 20 points. Even being cheered by Utah fans after the game to beat BYU in Air Force's final game of the season wasn't enough to overcome the bitter taste of defeat.

"These are tough, hard pills to swallow," said Calhoun. "You just have to find a way to dig and come up with a way to win the football game. You have to find a way to make a couple more plays – as a team."

The Falcons return to the gridiron Oct. 31 in Fort Collins, Colo., to battle the CSU Rams.

## **Attacking errors doom Falcons in loss to UNLV**



Nichole Stilwell and Caroline Kurtz combined for 22 kills as the Air Force volleyball team suffered an error-plagued straight set loss to UNLV on Saturday. After falling 25-11 in the first set, the Falcons closed the Rebels' margin of victory with 25-22 and 25-20 losses in the final two sets.

#### **By Valerie Perkin** Athletic Communications

Despite juniors Caroline Kurtz and Nichole Stilwell combining for 22 kills, the Air Force volleyball team suffered an error-plagued straight set loss to UNLV on Saturday, Oct. 24, in Las Vegas, Nev. After falling 25-11 in the first set, the Falcons closed the Rebels' margin of victory with 25-22 and 25-20 losses in the final two sets.

Stilwell tallied the first point of the set and then teamed up with freshman Preslee Maki for a block. UNLV rolled off the next 15 points to take a 16-2 advantage at the midway mark. Junior Julia Hansen and senior Michelle Harrington combined for three kills over the next five points (18-5). Stilwell and Kurtz each added a pair of kills, while freshman Grace Konstanzer added one to put the Falcons at the 10-point mark. Air Force recorded another block, but UNLV took the set by a 25-11 margin.

Air Force took the early 7-3 advantage in the second set behind kills from Harrington, Kurtz, Hansen and Konstanzer, as well as a service ace from Kurtz. Stilwell's kill at the 8-4 mark, doubled up the Rebels. The Falcons maintained their lead, as another ace from Kurtz boosted their lead to 14-9. UNLV went on a 6-1 run to tie the set at 15. The Rebels took the lead at the 18-17 mark, Air Force tied things up at 19 and again at 20, but despite another pair of kills from Kurtz and Stilwell, UNLV took the second set by a 25-22 margin.

The third set opened with the Falcons at an 8-4 disadvantage, despite kills from Stilwell, Kurtz and freshman Dani Griffith. Junior Jessica Hellmann and Stilwell posted a pair of back-to-back kills to help Air Force pull within two at 9-7, but UNLV maintained its lead. Following a timeout, the Falcons scored five of the next six points, which included kills from Konstanzer, Stilwell and Kurtz, to cut their deficit to one at 19-18. Kurtz added two more kills, but the Rebels went on to win the final set by a 25-20 margin.

Hitting efficiency was the difference in the match, as Air Force amassed 27 attacking errors to the Rebels' 10. UNLV, which also out-blocked the Falcons 10-3, hit .326 (39k-10e-89a) on the day, while the Falcons accounted for a pace of .097 (37k-27e-103a).

With 11 kills apiece, Kurtz and Stilwell paced the Falcons. The duo combined for 22 of the team's 27 kills. Stilwell had no problem finding the floor on the opponents side of the net, as she hit at a match-best .625 clip. The junior connected on 11 or 16 attempts, while committing just a single error. She also led the Falcons with a pair of assisted stops. In addition to her 11 kills, Kurtz also tallied both of the Falcons' service aces.

Hellmann accounted for 20 assists, while Griffith added 12. Junior Kelly Spencer posted a team-high 10 digs and freshman Maiya Perich added eight.

## Mike Mauro named MPSF co-player of the week

#### **By Jerry Cross** Athletic Communications

Air Force freshman goalie Mike Mauro has been named the Mountain Pacific Sports Federation men's soccer Co-Player of the Week after leading the Falcons to a pair of home conference victories this past weekend. Mauro, from Bristol, Conn., made 10 saves and allowed just one goal in wins over New Mexico, 1-0, and UNLV, 2-1. He shares the award with Ernesto Carranza of Sacramento State.

On Friday, Mauro made six saves as the Falcons beat New Mexico for the first time since Oct. 24, 2003, snapping a seven-

game losing streak and 11-game winless streak against the Lobos. He kept Air Force in the game with several outstanding saves, including one on a breakaway by UNM's Justin Davis in the 52nd minute. Mauro collected the second shutout of his career.

Then on Sunday, he made four saves against UNLV and allowed a goal in the 71st minute, snapping a scoreless streak of 185 minutes.

Mauro, who is 4-3 this season after taking over for senior Jim Gullo, currently leads the MPSF with a saves percentage of .780, and is second by averaging four saves per game.



## Falcons drop two games at The Rodeo

By Melissa McKeown Athletic Communications

pair of nationally ranked teams, the 15thranked Air Force water polo team lost two games Sunday at The Rodeo, hosted by Santa Clara. The Falcons, who fall to 13-11 overall and 7-3 in the WWPA, opened the day with a 15-12 loss to No. 19 St. Francis, before dropping an 11-4 contest to 16th-ranked host Santa Clara.

Air Force, playing against St. Francis for the third time this season, got out to Wrapping up its weekend against a an even start against the Terriers, with the score tied at 2-2 following one period. However, St. Francis outscored the Falcons in the second quarter, taking a 6-3 advantage at the half. After scoring six third-period goals, Air Force was able to get within a single point going into the final stanza. However, after an 11-11 tie

in the fourth period, St. Francis went on tournament host, Santa Clara. The two a 4-1 run to end the game with the 15-12 victory.

teams battled to a 1-1 tie in the opening period, but the Broncos came back to Senior captain Jack Hines and junior take a 3-1 advantage at the half. Santa Clara dominated offensively in the third period, getting out to an 8-2 lead, before securing the 11-4 victory. Junior Kurt Wallin led the Falcons with two goals in the contest, while Fung and Smithson accounted for Air Force's other two scores.

Bobby Geiger led the Falcons in scoring against the Terriers with four goals each. Cruz Smithson added two scores, while Alex Churnside and Jason Fung also got on the board.

In their final game of the weekend, the Falcons faced conference rival, and

#### **Cross country to MWC** championships

The Air Force cross country team begins the 2009 championship season this weekend, as its top nine runners travel to Orem, Utah, for the Mountain West Conference Championships Saturday. The meet, which, is hosted by BYU, will feature six men's teams and nine women's teams. The two champi-

onship races will take place at the Cascade Golf Course.

#### Falcons faceoff against Canisius

Air Force Falcons (2-4, 2-0 AHA) at Canisius Golden Griffins (1-5, 0-2 AHA) Saturday-Sunday, 3:05 each day ET at Buffalo State Sports Arena, Buffalo, N.Y.

Both games will be broadcast in Colorado Springs on AM 1300 KCS and on the internet at goairforce falcons.com.

#### Fencers win at Falcon Open

Four Air Force Academy fencers won championship titles this weekend at the Annual Falcon Open. Earning the women's saber title was Heather

Nelson who won the gold medal bout, 15-12, against her opponent from the Denver Fencing Center. Capturing the mixed saber title was Michael O'Connor after winning the final bout against teammate Anthony Lorenzini, 15-8. Lorenzini finished second. The mixed epee title went to Peter French who won 15-8 against Academy fencer Daniel Trapani.





#### Vaccinations available

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

#### A lighter side of cooking

Learn how to prepare healthy, delicious dished just in time for the holidays. Thanksgiving leftovers will be the theme of this Health and Wellness Center sponsored event. The class will be held at the HAWC Thursday from 5 to 6:30 p.m. For more information contact and to reserve your spot contact the HAWC at 333-3733.

### SCHEDDLE OF WORSHIP

#### CADET CHAPEL

Call 719-333-2636 for more information.

<u>Buddhist</u> Wednesday - 6:30 p.m.

<u>Jewish</u> Friday - 7 p.m.

<u>Muslim</u> Friday Prayer - 12:15 p.m.

#### **Protestant**

Traditional Worship Sunday - 9 a.m. Liturgical Worship Sunday (Music Room) - 10:30 a.m. Contemporary Worship Sunday - 11 a.m.

#### Roman Catholic

Mass Sunday - 10 a.m. Academic Year, when cadets are present Mon, Tues, and Thurs - 6:40 a.m. Wednesday - 6:30 p.m.

<u>Sacrament of Penance</u> Sunday - 9:15-9:45 a.m. Academic Year, when cadets are present Wednesday - 5:30-6:15 p.m.

**Exposition of the Blessed Sacrament** Academic Year, when cadets are present Wednesday - 5:30-6:20 p.m.

#### **Fitness preparation**

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

#### First Session:

Nov. 10: Nutrition Education, 11 a.m. to noon, community center ballroom

Nov. 12: Mock PT-Test, 11 a.m. to noon, fitness center west gym and prep school track

#### Second Session:

Dec. 8: Nutrition Education, 11a.m. to noon, community center ballroom

Dec. 10: Mock PT-Test, 11a.m. to noon, fitness center west gym and prep school track

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

#### **Retiree appreciation**

The 2009 Front Range Military Retiree Appreciation Day is set for 8 a.m. to 2 p.m. Nov. 21 in the Arnold Hall Ballroom. Included this year is an information fair, medical and dental screenings, free refreshments, and a special visit from our guest speaker, Congressman Doug Lamborn. Numerous outstanding retiree volunteers will be recognized for their ongoing community service. More than 1,000 attendees are anticipated. Call Kevin Frazier or Robert Boyd at 719-333-5095 with any questions.

#### **Ballroom dancing**

One-hour classes start for beginners at 5:30 p.m.; intermediate at 6:45 p.m. and swing at 8 p.m. each Wednesday. Swing, Foxtrot, Rumba and the Waltz are all offered. New students can join classes that start Jan. 6. Cost is \$40 per person and \$70 per couple. For more info or to sign up call 333-2928.

#### Holiday bazaar

The annual Holiday Bazaar will be held from 9 a.m. to 2 p.m. Dec. 4 and 5 in both the Milazzo Center and Community Activities Center Ballroom. For more info or to sign up call 333-2928.

#### **Monday Night Football**

Sports Area will open at 5 p.m. at the Milazzo Center Dec. 7, 14 and 21 for those who want to come out and show support for their teams. The event is open to all and there will be a cash bar.

#### **Book events**

and VHS players. For more information, call Jeanie Duncan at 333-0812.

#### Family advocacy classes Success with stress

Stress is a fact of life but it doesn't have to control us. Join us for this 6-week lunch time class from noon to 1 p.m. starting Nov. 9 to learn how to take charge of your life, cope with change, build healthy relationships, manage a fast-paced life, and develop new skills for managing stress. All classes are open to active duty, DoD civilians, retirees and family members.

#### **Couples Communication Seminar**

Learn to communicate more effectively and improve your relationship from 8:30 a.m. to 4:30 p.m. Nov. 20. Everyone is welcome, whether you're married, engaged, dating or single. Leave with tools to achieve a great relationship!

#### Common sense parenting

An award winning, practical, skillbased program for parents of toddlers and preschoolers (ages 2-5) will be held 11:30 a.m. to 1 p.m. for six weeks starting Nov. 18. Learn to set reasonable expectations, how to effectively use consequences, when to use time-out, and how to teach instead of punish.

To sign up or for more information call 333-5270.

#### **A&FRC offerings**

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

#### Pre-separation counseling

Held every Monday (except during TAP week); 2 to 4 p.m.

Separating or retiring from the Air Force in a year or less? This mandatory briefing identifies benefits and services associated with transition and beyond.

#### Medical records review

Monday and Nov. 23: 7:30 a.m. to 4:30 p.m. Individuals within 180 days of retirement or separation can have the DAV review medical records in preparation of filing for VA Disability Compensation through the VA Form 21-526. Call for more information or an appointment.

#### Career Tracks

Tuesday and Wednesday; 9 a.m. to 2 p.m. This comprehensive course assists military spouses with assessing and evaluating skills, values, and interests; building an effective 'toolkit' through a career plan, education, and volunteerism; conducting an efficient job search through research, networking, career fairs, interviewing, and resume writing; also learn employer feedback on what organizations specifically look for in a candidate (local employer panel). Must register to attend. and apply for Air Force Federal Civil Service employment.

#### Key spouse training

Nov. 10, 9 a.m. to noon, Part I; Nov. 12, 10 a.m. to 2 p.m., Part II

The Academy Key Spouse Program enables open communication between unit leadership and families. Training includes roles and responsibilities, resources, making connections, responding to the call, and how to support families during deployment.

#### Sponsorship training

Nov. 12: 8 to 9 a.m.— This class is for those who have been assigned to sponsor a newcomer to the Academy. Contact your unit sponsorship monitor for details. **Resume writing** 

#### Nov 13: 9 a.m. to noon — Learn

different types of resume and cover letter styles and how to improve yours to make it work more effectively. The main purpose of the resume is to entice an employer to call you for an interview.

#### Orientation and information fair

Nov 19: 9 a.m. to 4:30 p.m. — Mandatory orientation for all newly assigned Academy personnel. Spouses welcomed. The event is held at the Milazzo Center.

#### TAP seminar

Nov. 17 through 20: 7:30 a.m. to 4:30 p.m. — Separating in a year or retiring in two years or less? The Transition Assistance Program workshop is designed to provide the knowledge and skills necessary for a successful transition into the civilian workforce. Learn interviewing skills, resume writing, networking, negotiations, dress for success, and much more. These workshops fill very quickly so plan your attendance well in advance.



#### Haunted Trail

Cheyenne Mountain Air Force Station – Ghosts and goblins beware! You can't compete with the terror that is HT 09! Bigger and better than anything before, we are terrified to announce this year's Haunted Trail.

Cheyenne Mountain Air Force Station will be completely transformed into a horrific delight. Visitors will be treated to an outdoor haunted house

Paganism/Earth-centered Spirituality Contact TSgt Longcrier at 719-333-6178 or Robert.Longcrier@usafa.edu

#### COMMUNITY CENTER CHAPEL Catholic Masses:

Saturday Reconciliation - 3:30 p.m. Mass - 4 p.m. Sunday Mass - 9 a.m. Religious Formation - 10:15 a.m. (September - May) Tuesday-Friday Mass - 11:30 a.m.

#### Protestant Services:

#### Wednesday

Wednesday Night Live - 6 p.m. Dinner followed by Religious Education (September - May). **Sunday** Evangelical - 10:15 a.m. Gospel - 11:30 a.m. The Milazzo Center or Academy Community Center Ballroom. Rooms are available for military functions, meetings, wedding receptions, birthday parties and holiday parties. Call 333-2928 for more information.

#### America recycles

To commemorate America Recycles Day Nov. 15, the 10th Civil Engineer Squadron will hold its 5th Annual Electronics Recycling event November through January. Each Wednesday and Thursday during this time, electronic items can be taken to Bldg. 8125 from 8 a.m. to 3 p.m. for recycling. This recycling event is free to all participants. Some recyclable items include: personal computers and components, televisions, DVD or CD players, stereos, speakers

#### Smooth move

Thursday 9 to 10 a.m. and Nov. 10, 3 to 4 p.m.— Being prepared certainly lessens the stress of an upcoming move. Learn innovative and proven ways to make your move a smooth one — "Know Before You Go." This is a mandatory class for individuals departing the Academy.

#### **Civil service class**

Nov. 6: 9 a.m. to noon—Learn how to submit a federal resume, search for internal/external vacant positions, tonight. Hours of operation will be from 7 to 11:30 p.m. Admission is \$5 for DoD ID holders and \$8 for all others.

Cheyenne Mountain Firefighters together with the CMAFS Top 5 Organization have created an event the entire family will be sure to enjoy. Face painting, food, and games will also be available. Bring the family for a safe and memorable Halloween.

Visitors are encouraged to dress warm. Parents please use discretion. This is a truly scary Trail and we recommend customers be 10 or older. Cheyenne Mountain Air Force Station is located on Hwy. 115, North of US 85/87. Take the NORAD Rd. exit uphill and follow the signs.

For more information, call Josh Sexton at 719-474-3030.



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