November 13, 2009 Vol. 49 No. 45

ESPN films 'College GameDay' from Academy

By Staff Sgt. J. Paul Croxon Defense Media Activity-San Antonio

The popular sports show ESPN "College GameDay" was filmed on location Saturday at the U.S. Air Force Academy prior to the Falcons taking the field against service academy rival, the U.S. Military Academy at West Point.

About 1,000 Air Force and Army cadets crowded the terrazzo holding signs displaying their enthusiasm for their respective teams.

This was only the third time in the show's history that it was filmed at the Academy, the last broadcast occurring in 2002.

"We've known ESPN would be here for about a week," said Air Force Cadet 4th Class Nicholas Owen. "All the upper classmen have been talking about it and the wing commander sent out an e-mail about it. This is a chance for everyone to see how upbeat the Academy is."

Filmed only two days after the Nov. 5 tragic slaying at Fort Hood, Texas, the show's cast acknowledged that despite the interservice rivalry and spirit of competition, the U.S. military stands united and ready to defend America.

Former all-American safety and Academy graduate Lt. Col. Scott Thomas was a guest picker at the end of the show and echoed this sentiment.



U.S. Air Force Academy cheerleaders perform on the Terrazzo during ESPN's "College GameDay" broadcast prior to the Air Force vs. Army football game Saturday.

"Know this, each and every one of you are Army strong," Colonel Thomas said. "You will recover and you will continue to be a part of the most feared

fighting force in the history of the world. We play these games in honor of the fallen."

The two-hour segment featured an

F-16 Fighting Falcon flyover and an aerial demonstration by the Wings of Blue, the Academy's cadet parachute

Petraeus: 'Lives will depend on your leadership'



Army Gen. David Petraeus, commanding general of U.S. Central Command, receives an Academy presentation from Cadet 1st Class Emma Przybyslawski after addressing cadets on leadership in Arnold Hall Nov. 5.

By Butch Wehry Academy Spirit staff

Army Gen. David Petraeus spoke before a packed Arnold Hall auditorium as part of the Harry S. Truman lecture series here Nov. 5.

Throughout his remarks, the commanding general of U.S. Central Command kept returning to the subject of leadership.

"Lives will depend on your leadership," he told cadets. "It's critical that we reverse the cycle of violence in Afghanistan. We are forced into a serious mission in Afghanistan, but it is doable and critical that we succeed. There are tough challenges ahead that you will lead in — and leaders must think strategically."

He stressed the importance of being a living example at all times.

"Remember, someone is always watching," the 1974 U.S. Military Academy graduate said. "Be an energy source, not an oxygen source."

General Petraeus also stressed, "It's important to have fun." He told the cadets to study liberal arts topics from history to languages, have fun and "do off-the-wall stuff" to prepare them for wartime command.

President Obama is considering a troop increase in Afghanistan to counter a recent spike in violence.

"When the presidential decision comes we're going to support it," the general said.

He discussed the 2007 "surge" in

"It was more than 30,000 extra troops," the general said. "It was a surge of ideas."

WEEKENI 42 23 SATURDAY 37 21 SUNDAY 19

Big Brothers Big Sisters

"My life was impacted in a big way between the ages of 7 and 11 when my 'Big' Brothers, who were Academy cadets themselves, helped me further understand the differences between good and bad as well as provide lots of opportunity to have fun."

Jumpers fly high at nat'ls

The teams all did an outstanding job and, more importantly, learned a lot from many national and world champions. For the cadet teams, this is a great preparation for the upcoming collegiate nationals."

Falcons crush Army

"My hat's off to Army. They came in exceptionally well-prepared and played great football. In the first half, they dominated the football game. We were fortunate to be tied up at the half."

Pages 10-11

Thank our veterans: Those serving and those who served

By Mark L. Stephensen II National League of POW/MIA Families chairman

MOUNTAIN HOME AIR FORCE BASE, Idaho (AFNS) — This Veterans Day, it's important to recognize and remember the sacrifices made by military members who have served our nation and worn its uniform.

But there are 1,728 unreturned veterans from the Vietnam War. What about them?

In 1970, family members — mostly wives — of the thousands of prisoners of war and those missing in action formed an organization to come together and compel our government to be more proactive and effective in dealing with them and the POW/MIA issue. This organization was formed as the National League of Families of Prisoners of War and Missing in Action in Southeast Asia, Inc., commonly known as the National League POW/MIA Families.

Yet on this Veterans Day, more than

40 years later, the organization still finds itself struggling to fulfill its mission of the fullest possible accounting, including the return of live POWs and repatriation of remains. The POW/MIA issue is long and complex, but one thing we should remember is when men and women answer the call to duty of this nation, they deserve any and all respect, honor and remembrance. Likewise, if something goes wrong, our nation is duty-bound to provide the fullest possible accounting to their families. Devotion cuts both

Mountain Home Air Force Base has its share of unreturned veterans. Some have come home, some still remain unaccounted for.

My family was lucky. My father, Col. Mark L. Stephensen, was MIA and killed in action. He was stationed here just before he began his second tour of Vietnam. He was declared missing in action April 29, 1967. His remains were returned in April 1988 and received a proper burial with full military honors

just as he was promised. Our nation kept its promise, and my family and I are grateful. But many thousands of families still wait and wonder if they have been forgotten.

The National League of POW/MIA Families remains committed to the mission of compelling our government to seek the fullest possible accounting. Our mission is as important today as it was 40 years ago. Army Pfc. Bowe Bergdahl, a native of Ketchum, Idaho, is still being held against his will in Afghanistan. We trust that our government is doing everything it can to bring him home safe. We hold his family in our thoughts and prayers.

Veterans Day means different things to different people, but we all must remember. We must never break faith with our POW/MIAs and we must all thank our veterans, both those currently serving and those who have served in the past. We must never forget. We must remember that we owe them and their families our liberty, our thanks and our love.

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

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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.



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Character Corner Choices and consequences

By Chaplain (Maj.) Joshua Narrowe Center for Character and Leadership Development

I have seen Airmen lose their jobs because of drug use, sexual and physical assault, financial issues and even prostitution. All of these examples involve someone making a choice. The truth is that we make many choices every day. Each choice has consequences, some good, others bad. Unfortunately, all too often, we don't consider the consequences before we

make the choice, even if the potential results are known in advance.

Why, then, do we make bad choices? Often we don't consider what might be the result of an action we're about to take. We're often pressured to do something that we know isn't right. We all want to be popular; we all want to have many friends; so when our friends pressure us to do something that we know is a choice, think about the consequences wrong, it's all too easy to give in and follow them.

However, most of us also want to act with

integrity and do the right thing. We want to live with self-respect, and we want others to look up to us. All it takes is to say no when pressured to do the wrong thing. We actually earn more respect from our peers in the long run when we do the right thing. By making a good choice, you gain both self-respect and respect from others. So, next time you have to make before you act. Doing so will keep you out of a lot of trouble.

Tune into KAFA, 97.7 FM for Character Matters, starting Aug. 13 at 8 a.m. and 8 p.m. Also on iTunes or www.usafa.org.

"Pat Tillman because he played in the NFL and served in the military to protect our country."

"My grandfather, Boin Upton. He was in World War II and the Korean conflict and sacrificed a lot physically and mentally for the country he lived in. He served 22

years and retired as an Army Master Sergeant." Airman 1st Class Christopher Upton, 10th Security Forces Squadron



Who is your favorite veteran?

Staff Sgt.

Emily Norrod,

sacrificed much to keep me safe."

"My husband, David. He has



"My father, who served during World War II. He is the most patriotic man I know and an avid supporter of the WWII memorial project. At 89, he continues to

love his country and especially the men and women who serve."

Retired Army Lt. Col. Alan Hepford



Cadet 4th Class Caleb Knights, Cadet Squadron 29

Deputy chief of staff praises 10th Force Support

By Inis Lovely 10th Force Support Squadron

The wife of Lt. Gen. Richard Y. Newton III was one of several attendees moved to tears during a 10th Air Base Wing briefing on wounded warriors provided by the NCO in charge of the Airman and Family Readiness Flight here.

Tech. Sgt. Lisa Taylor also spoke to the deputy chief of staff for man-power and personnel, his spouse and others about the Year of the Air Force Family, the Airman and Family Readiness Center and the Key Spouse Program.

"Making Mrs. Newton cry wasn't our intention," said Jill Stevens, sponsorship coordinator for 10th Force Support Squadron Marketing.

General Newton praised the Air Force Academy's YoAFF programs and the 100-percent participation rate in the Key Spouse program. Air Forcewide participation in Key Spouse is in the 80-percent range.

General Newton and 10th Air Base Wing commander Col. Rick LoCastro said it was important to maintain the Academy's enthusiasm surrounding YoAFF programs throughout the year and beyond.

Jill Stevens and the 10th FSS Marketing staff

presented a marketing briefing, which also received high marks — particularly for the annual SnoFest event and a program that teaches wounded warriors how to ski. Adaptive Adventures, a nonprofit organization dedicated to improving lives of adults and children with disabilities through outdoor sports and recreation, teamed with Wounded Warriors and joined SnoFest in 2007. The national program services troops from all branches of the U.S. military.

The briefing ended with Mrs. Newton praising not only 10th FSS Marketing but also the tremendous effort put forth by the 10th ABW to support military families.

Congress honors the Class of 1959

The U.S. House of Representatives passed a resolution Nov. 4 honoring the Air Force Academy's first graduating class.

U.S. Rep. Doug Lamborn of Colorado introduced the resolution to congratulate the class of 1959 on their 50th graduation anniversary and recognize their contributions to the United States.

On July 11, 1955, 306 men entered the new U.S. Air Force Academy. Four years later, on June 3rd, 1959, 207 cadets graduated. One received a commission in the Marine Corps as a second lieutenant, and one graduate was medically disqualified from being commissioned. The other 205 became second lieutenants in the Air Force upon graduation.

The class included one football Academic All-American, Brock Strom. Retired Lt. Gen. Bradley Hosmer, the top graduate of the class, went on to study at Oxford University as a Rhodes Scholar. Hosmer was the first of 35 USAFA Rhodes Scholars.

"The graduates for the class of 1959 have served this country with distinction and honor," Congressman Lamborn said. "That class included a future astronaut, farmers, CEOs, entrepreneurs and generals. It is with gratitude and deep respect that I recognize these men and thank them for their service. The Air Force Academy is a national treasure as well as a landmark in Colorado Springs.

"The Class of '59 created lasting traditions and set high standards for the 41,000 cadets who have followed in their steps," the congressman added. "I look forward to another half century of extraordinary achievements from our cadets."



Photo by Staff Sgt. Eric Bo

We make smiles

Airman Anna Noel shows Chief Master Sgt. James Roy around the Cadet Dental Clinic Nov. 6 during the chief's tour of the Academy. The chief spent the majority of the day touring the Academy to visit enlisted Airmen and cadets. Chief Roy is the 16th Chief Master Sergeant of the Air Force. Airman Noel is a dental technician with the Academy's 10th Dental Squardon.



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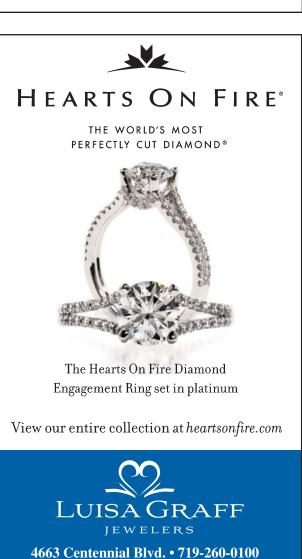
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Saluting Vets Academy style

Air Force Academy cadets (right) and the Air Force Academy Band (bottom right) took part in a Veterans Day parade in Colorado Springs, Wednesday. Academy representatives also visited several schools in the area.

Below:The Academy Singers from their performance at the "United We Stand" ceremony gathered Wednesday at the Miller Coors Brewery, in Golden, Colo. The Academy Singers is the Chorale's a cappella specialty group. Members sang a short concert prior to the ceremony and led in the singing of the "Star-Spangled Banner." Cadets included left to right: Cadet 3rd Class James VonAhnen, Cadet 1st Class Jill Larson, Cadet 3rd Class Nathan Raymond, Midshipman 2nd Class Morgan Baldwin, Cadet 3rd Class Curtis Hansen, Cadets 2nd Class Shannon Hart and Nathaniel Thuli.



Photo by Dave Ahlschwede



Courtesy Photo



Photo by Dave Ahlschwede

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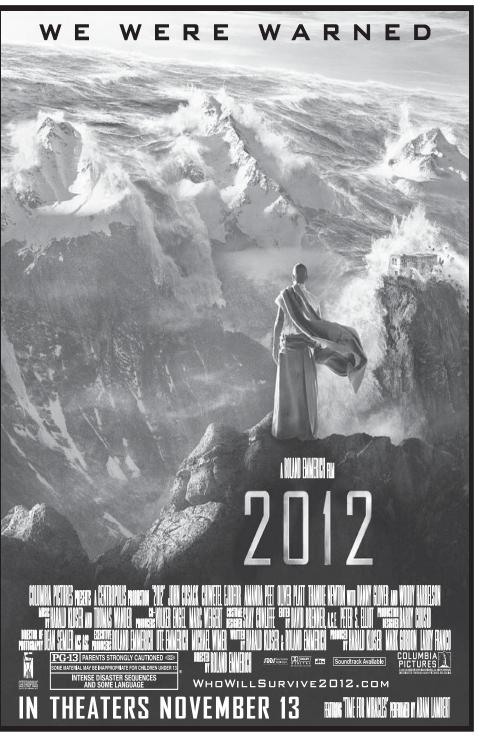
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November 13, 2009

AFA promotes wellness after traumatic stress events

By Capt. Kristen Henley

Academy Traumatic Stress Response Team

The Traumatic Stress Response team, previously known as Critical Incident Stress Management, is the support team that responds to traumatic events occurring in the local base community.

A traumatic stress event can be the direct exposure or personal experience of an event that involves actual or threatened death or serious injury, or other threat to one's physical integrity.

Traumatic stress events can also include learning about unexpected or violent death, serious harm or threat of death or injury experienced by a family member or other close associate. Examples include natural disasters, exposure to terrorist attacks, combat or combat-related experiences, crime victimization, or even sudden or unexpected deaths of close friends or family members.

Pre-exposure preparation education regarding traumatic stress events are the primary preventive function of TSR teams. The Academy's TSR team specializes in consulting with units and personnel who have been impacted by such traumatic stress.

Responses to a potentially traumatic event vary and depend on factors such as personal experiences surrounding the specific traumatic event. Most stressrelated symptoms are usually short-term in duration. Sometimes symptoms persist and should be addressed to prevent long-term problems.

Trauma-related stress reactions are normal reactions to abnormal situations. Coping with and surviving a traumatic event enhances resilience and self-confidence. Some typical and normal stress responses include:

- Feeling keyed up, on edge and restless
- Hyper-vigilance (being overly aware)
- Exaggerated startle response
- Irritability or outbursts of anger
- Sadness and crying
- Fatigue
- Difficulty concentrating
- Preoccupation with the traumatic event
- Muscle tension
- Sleep trouble
- Appetite disturbances (forgetting to eat or drink)

Fortunately, these can usually be dealt with through various intervention techniques. Academy members who have been exposed to a traumatic stress event can have up to four sessions of counseling through Mental Health without a record being opened on those sessions in many

Anyone exposed to a traumatic event should seek immediate referral if experiencing any of the following symptoms: suicidal or homicidal ideation, intention or plans, hallucinations or delusions, severe depression or alcohol or drug abuse.

Those suffering from long-term symptoms of posttraumatic stress or symptoms that impact work or social functioning should also seek assistance. These symptoms include persistent avoidance of reminders of the trauma and emotional numbing, persistent loss of interest in friends, family and activities, feelings of detachment from others, restricted range of affection (e.g., unable to have loving feelings), flashbacks, feeling as if the traumatic event were recurring, feelings of worthlessness or excessive guilt, or depressed mood most of the day, nearly every day, with persistent crying, feelings of emptiness and sadness.

For more information, contact Capt. Kristin Henley

New selective re-enlistment bonus list released

Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas - Pentagon officials recently released the latest Selective Re-enlistment Bonus list which contains 91 Air Force specialties.

The revised listing places a greater emphasis on retaining Airmen with 17 months to six years of service, said Tech. Sgt. Christopher Dowlearn, NCO in charge of Air Force re-enlistments at the Air Force Personnel Center here.

"SRBs are a highly effective retention tool we use to address shortages in certain skill sets we consider necessary to support the joint coalition fight and our mission at home and abroad," Sergeant Dowlearn

Officials added 10 Air Force Specialty Codes to the list and increased 31 AFSCs in at least one zone. Thirty AFSCs had a re-enlistment zone eliminated or decreased and two AFSCs were completely

removed from the program.

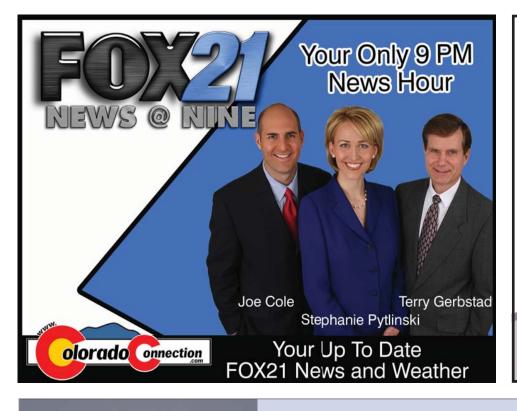
All increases and additions were effective Nov. 4 and all decreases and deletions will go into effect Dec. 4. Any re-enlistments or extensions of any length that have been completed prior to the official message release will remain valid. Airmen who are eligible for re-enlistment and are affected by decreases or removals should re-enlist before Dec. 4 to receive the previously approved bonus.

These bonuses do not apply to Air

Force Reserve or National Guard personnel.

To determine eligibility for re-enlistment with an SRB entitlement, contact the career development element at your local military personnel section.

For a complete SRB listing, type "SRB" in the search box on AFPC's secure "Ask" Web site. For more information about the SRB program, contact your local military personnel section or call the Total Force Service Center at (800) 525-0102 or DSN:





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Airdrop: Cadets, IITA, reservists support Cargo Delivery System

By Capt. Jody Ritchie 302nd Airlift Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — The Air Force Academy's Institute for Information Technology Applications and the 302nd Airlift Wing here took part in a prototype air drop Sept. 24 over the Airburst range at Fort Carson.

The proof-of-concept drop assisted an IITA research project called the Airdrop Enhanced Logistics Visibility System, or AELVIS, which aims to provide servicemembers in deployed environments the ability to track cargo locations and inventories similarly to tracking a FedEx or UPS shipment.

AELVIS combines existing Blue Force Tracker capabilities with automated information and geospatial technologies, providing the exact location of an air-dropped container delivery system and its inventory within minutes of the drop. The technology can also be applied to air drops of heavy equipment such as vehicles.

During the September drop, a recovery team approximately 1,000 yards from the drop zone identified the GPS coordinates of two separate containers dropped during a Joint Precision Airdrop System training mission and identified the contents of each container immediately after the loads landed.

A simulated operations center at the Academy, situated 39 miles north of the drop zone, observed the drop and received CDS information at the same time as the recovery team. Personnel at the operations center determined the drop's effectiveness using a scoring application developed by IITA and contractors.

"FedEx determined a long time ago that information about a package can be more important than the package itself," said Lt. Col. Patrick Ryan, project officer for AELVIS and a C-130 navigator with the 302nd. "We believe in this philosophy, and we're determined to provide

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Above: A simulated container delivery system falls to
Earth after an Air Force Reserve C-130 Hercules dropped
it over Fort Carson.
Right: A laptop simulates the tracking of a container
delivery system and its inventory demonstrating the ability of commanders in the field and at the headquarters
level to simultaneously identify the location and contents

this capability to warfighters, even if it's one CDS at a time."

of a CDS within minutes of the cargo leaving the aircraft.

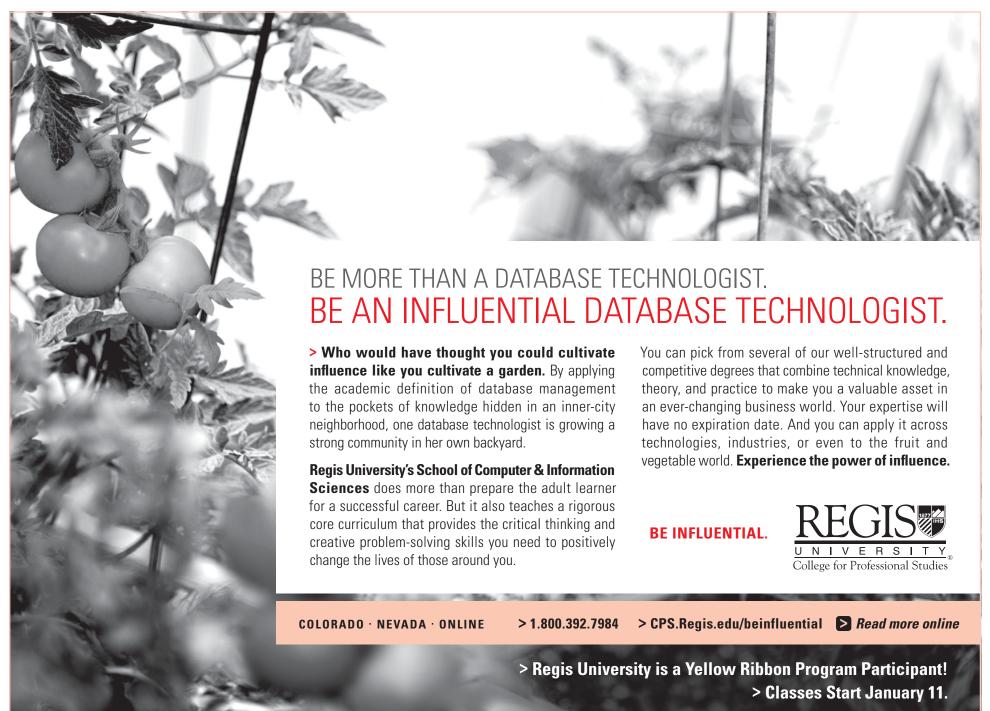
The project addresses the "last tactical mile" in airdrop operations, providing instantaneous airdrop information to whomever needs it, Colonel Ryan said.

"For example, ground commanders ... can prioritize the recovery of (containers) after an airdrop using our integrated inventory data viewer with the click of a mouse." At the same time, operations and support personnel can score the drop's effectiveness in reference to the point of landing

 $Lt.\ Col.\ Freddie\ Rodriguez,\ director\ of\ reserve\ research$

for IITA, said he makes a point to incorporate reservists, including those from the 302nd, who have extensive operational experience and who can provide their real-world experience and input into the concept of real-time cargo trackin

"This drop demonstrates the value of bringing the warfighter to the research," Colonel Rodriguez said. "Tapping into the deployed and corporate experience of reservists and the research talent of more than 4,000 cadets and faculty gives us the opportunity to make a difference in the operational Air Force."





Little Brother comes full circle to assume 'Big' role

Bv Ken Carter

The Big Brothers Big Sisters program at the Air Force Academy has frequently offered often hurting youth a lot of hope through promoting an atmosphere filled with love and support over the years. The result: a positive emotional boost and increased self confidence among youngsters leading to the development of many can-do attitudes.

It's been said that what goes around comes around. The program, intended to inspire adolescents to pursue their dreams in life through some sound mentorship, has led one current cadet to come full circle. He has evolved from the little boy who needed some focused guidance to becoming a young but

mature Big Brother and future Air Force officer who today is playing the role of mentor in the life of his own 'Little'.

With parents who split when he was only 2, Cadet 2nd Class Carlos Sandoval from Cadet Squadron 14, was off to a shaky start. By the time he was 7, however, he would experience a new beginning at the hands of two Air Force Academy cadets who demonstrated a genuine concern for the boy's future.

"My life was impacted in a big way between the ages of 7 and 11 when my 'Big' Brothers, who were Academy cadets themselves, helped me further understand the differences between good and bad as well as provide lots of opportunity to have fun," Cadet Sandoval, now 21 said. "My mom wanted me to have the influence cadets could offer in my life so she got me involved in BBBS."

Mom originally inquired about the BBBS program because she had became a Colorado Assets for Youth speaker. One of the assets on the list was "youth have

at least three non-parent adults to confide in." When she discovered there was an Academy Falcon Club, she jumped at the chance to have Carlos be a part of it.

"I believe it increased his self-esteem because the cadets he was matched with were always happy and excited to see him. They were willing to talk to him on the phone between events, and they always treated him in a positive manner," Arlene Reilly-Sandoval said. "Because of his increase in self-esteem, his self-confidence also increased. He was more willing to try new things, even if he didn't think he would be good at them."

Cadet Sandoval's dad, Steve Sandoval, (USAFA Class of 1987), is equally excited about the impact the BBBS program has had on their son.

"I feel the program at the Academy helped Carlos to see the positive in life, and therefore be positive himself, Mr. Sandoval said. "It also gave him someone to try and emulate. I saw a more positive and confident young man and think it is great that he remembers the program that helped him, and is willing to give his time to, perhaps, help someone else build confidence and create goals for themselves."

The program gave Carlos a goal of becoming an Air Force officer. That goal made him work hard toward becoming a cadet, and it all started with BBBS.

Cadet Sandoval remembers fondly his favorite aspect of being with his "Bigs" as a little boy.

"I loved going to events and had the most fun when we were outdoors; both cadets loved to play soccer in parks and run around with me on Academy



Cadet 2nd Class Carlos Sandoval, left, joins his 'little', Cory Miller, center, and his partner 'big' Cadet Jonathan Lewczyk, at the Cheyenne Mountain Zoo last year during a Big Brothers Big Sisters event.

fields," said the former JROTC and Academy Preparatory School member who's aspired to be an aviator since the 8th grade.

With very little father-son contact through his teens. Cadet Sandoval reconnected with dad when communication lines were reopened once he'd entered the Prep School here.

Who's the biggest winner in the healing of the Sandoval family?

It may actually be 11-year-old Corey Miller. Corey is now under the mentorship of Cadet Sandoval who has used his life's lessons to help another unrelated youth find his way.

"He's a little hyper and loves to run around a lot

See BBBS Page 9







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9

November 13, 2009

Academy parachutists fly high in USPA nationals

By Ann Patton Academy Spirit staff

The Academy's parachuting team is on solid ground again after competing in the U.S. Parachute Association's national championships Oct. 12 - 25 at Skydive Spaceland outside Houston.

Coach Bill Wenger said the Academy's teams performed well and broadened their jump expertise.

"The teams all did an outstanding job and, more importantly, learned a lot from many national and world champions," he said. "For the cadet teams, this is a great preparation for the upcoming collegiate nationals."

Academy teams competed in the intermediate division of the four-way competition. Thirty-three teams total competed in the four-way.

The all-cadet team Air Force Epic finished in fourth place and included team members Cadets 1st Class Gabriel Guzman, Cameron Rochelle, Joseph Brundidge, Justin North and videographer Tech. Sgt. Joseph Valente.

Air Force Grove came in 10th and

included Cadets 1st Class Ryan Martelly, Lauren Franks, Christopher Yuen, Alicia Bouges and videographer Tech. Sgt. Randall Sole.

The staff team Air Force Raptor came in seventh and included Capt. Edward Walker, Steve Archuletta, Chad Henderson, Michelle English and videographer Tech. Sgt. Kenny Kendrick.

In style and accuracy, Coach Wenger and Marty Jones with the 98th Flying Training Squadron earned slots on the U.S. national team in world competition next September.

In the four-way even jumpers exit the aircraft at 10,500 feet and perform as many maneuvers as they can in 35 seconds. The maneuvers are designated before the start of competition.

Cadet North said he was more than satisfied with the team performances.

"I thought the team did exceptionally well. All of our hard training for the past 18 months paid off, and we flew some of the best dives we have ever flown," he said.

Cadet Franks agreed.

"As a team, our goal was to perform well for the level we knew we were capable of and to do well against the other military teams in our division," she said. "I think we could say we had accomplished those goals by the end of the meet."

Coach Wenger noted the cadet teams had slow starts but stepped up performances later on.

"Our best performance was probably one of the later jumps," Cadet North said. "Everything just clicked, and the dive went very fast."

Cadet Franks credited videographer Sergeant Sole for his solid support.

"He did a great job videoing and make sure the only busts were our fault, not his."

She pointed out the team completed a steady performance despite having not jumped together for a month before nationals, and the team work was solid.

"We all had input on how to make the dives the best possible but no one raised their voice or lost their temper, which can be hard to do in such a stressful environment. Most of all, we encouraged each other and didn't get down," she said.

Cadet North also said the pressure of competing nationally failed to change the nature of the Academy's teamwork.

"If anything, it improved our teamwork," he said. "It was displayed in our preparation for the jumps as well as the recovery from some of our weaker jumps," he said.

The teams also enjoyed some fun. When wet weather grounded competitions, Cadet North said skydivers got together for "a good, old-fashioned touch football competition."

Cadet parachutists are now eyeing the number one spot at the USPA National Collegiate Parachuting Championships coming up Dec. 12 through Jan. 2 at Skydive Spaceland and its stiff competition.

"This year the competition in the four-way event is tougher than ever," Coach Wenger said and pointed out Virginia Tech and the U.S. Military Academy, based on their performance at the USPA nationals, are going to be tough to top in performance.

BBBS

From Page 7

too," Cadet Sandoval said with a smile. "My goal is to simply help him stay out of trouble."

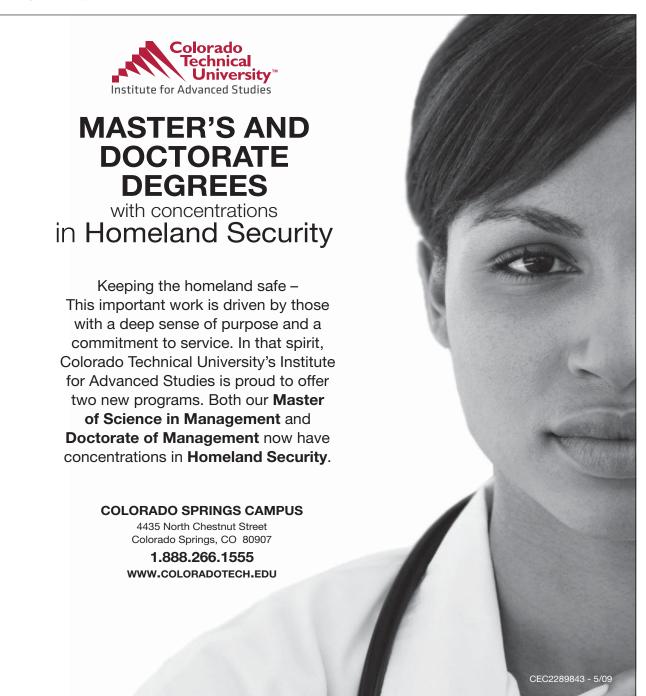
"I would recommend the BBBS program to others," Mr. Sandoval said. "It lets kids be kids and helps them gain positive outlooks, which may not be in their lives at the time. It is also teaches them about sharing their lives with others."

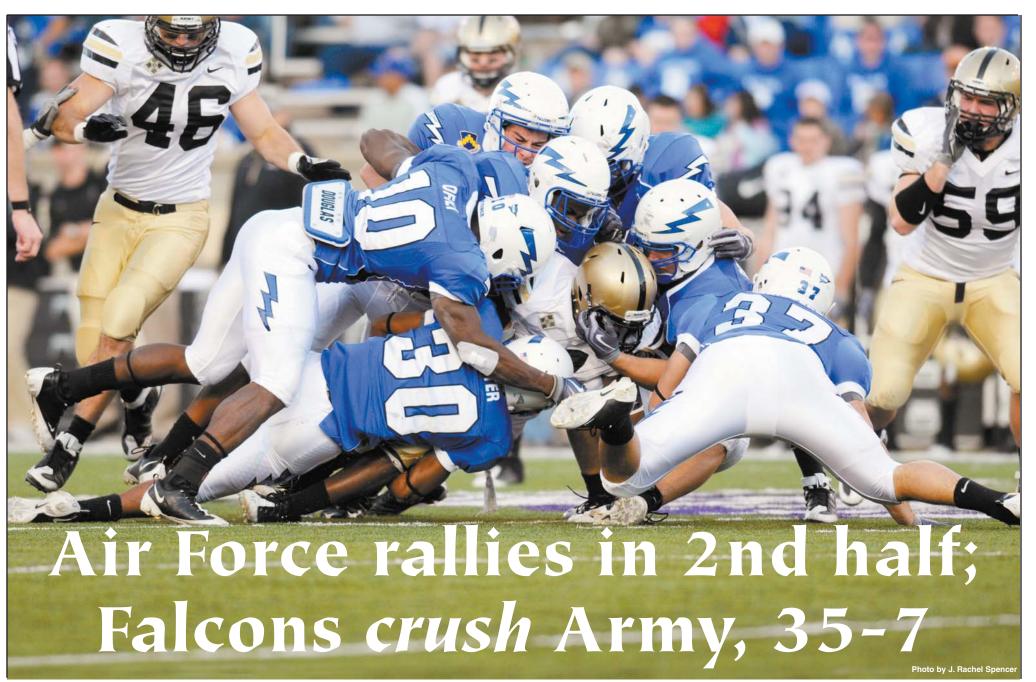
Mrs. Reilly-Sandoval said she believes when Carlos began to consider a career in the military, he thought about his Big Brothers and felt he would like to be just like them. A licensed clinical social worker, she understands the importance of a program such as BBBS and strongly encourages others to support it. She says BBBS provides a vital service to at-risk

youth as well as provides a companionship program for other youth.

"I think Carlos received a lot of support from our family about making a choice to go to the AFA, but I believe that the example he had in his mind of what a cadet is (based on his experience with BBBS) played a large part in his decision to apply to the AFA," she concluded.







By John Van Winkle Academy Public Affairs

A linebacker's halftime rant and an unexpected aerial attack gave the Air Force Academy a 35-7 win over Army Saturday at home.

The battle of service academy rivals was "bone against bone, knuckles rubbing against knuckles," said Falcons head football coach Troy Calhoun.

The first score came from special teams, when Falcons cornerback Anthony Wright took a punt at the Air Force 12-yard line.

"When I caught the ball, I saw a couple of Army guys around me. I was fortunate enough to make the miss," said Wright. "Then I saw 10 of my teammates in front of me and I took it to the house."

The house was 88 yards away up the right sideline. As Wright hit the end zone, he celebrated with a little

"I watched Deion Sanders growing up, so I had to pay homage to him on that play," Wright admitted with a

Placekicker Erik Soderberg added the extra point and gave Air Force a 7-0 lead.

Army tied the score on a 42-yard run by quarterback Trent Steelman on a keeper. Air Force's safeties had been covering the pitchman when Army took the option wide to work the edges, and turn Steelman back inside, but Steelman broke containment to give Army something to put on the scoreboard.

Falcons free safety John Davis (6-1, 190) trips up Army wide receiver Alejandro Villanueva (6-10, 283).

After that, it became a battle of field position as the Army defense stifled Air Force's option attack, daring the Falcons to pass. Coming into the game, Air Force was fourth in the nation in rushing offense, but next-to-last in the nation in passing offense. When the half ended, Army was able to hold Air Force to 4 yards rushing on 21 carries and 39 yards of total offense.

"My hat's off to Army," Calhoun said. "They came in exceptionally well-prepared and played great football. In the first half, they dominated the football game. We were fortunate to be tied up at the half."

There was a spark missing in the first half, he added. "Everybody was looking over his shoulder to see if someone else on the team was going to make a play."

That spark came to the Falcons in the form of a halftime rant by linebacker Andre Morris, Jr., said quarterback Tim Jefferson. After the junior linebacker vented, the team took their attitude adjustment out onto the playing field and started dealing with the Black Knights.

"That second half, we came out on fire," said Falcons halfback Asher Clark.

With Army concentrating on stopping the run, Air Force went to the air to take the pressure off their running game, and kept pounding away with Clark and fullback Jared Tew.

"We were going to dare them to try to throw the ball," said Army head coach Rich Ellerson. "When they had to, they did, and we weren't up for it. Against a team that 's going to involve the quarterback's legs like they do, and is as good with the option part of their game as they are, there are going to be one-on-ones, and you have to hang in there one-on-one."

The balanced Air Force attack was one of those oneon-one battles the Falcons won to take the lead in their first possession of the half. Clark broke loose of the pack to dash 36 yards for the touchdown and the lead. Soderberg's extra point put the Falcons in the lead 14-7.

Air Force's defense shut down the next Army drive, and the Falcons offense got into full gear. After Clark rushed for 13 yards, Jefferson aired the ball out to wide receiver Kevin Fogler, who ran it to paydirt for a 73 yard TD, putting Air Force up 21-7 late in the third quarter. "You've got to find ways to get him the ball," said



punt for a touchdown Saturday. Wright's touchdown was the only Falcons score in the first half, as Army's defense held the Falcons to 39 total yards in the first two quarters of play.

Jefferson. Fogler ended the game with three catches for 29 yards, and that one touchdown.

"We were trying like crazy to get out of that third quarter and see if we could take that as a one-possession game going into the fourth quarter. We were outcoached, no doubt about it," Ellerson said. "We got outplayed, we got outhit. They got very patient with the fullback and they had a couple of ideas and made us pay for them. They didn't get a little bit, they got a lot."

Teamwork gave Air Force another score to put the game out of reach.

After driving the length of the field, Tew had the big play of the series, with a bruising 19-yard run to make it first and goal at the Army 4. Tew took it forward another two yards. Jefferson ran off the right guard on a keeper, and Tew came up behind Jefferson to help him over the goal line. Another Soderberg extra point gave the Air Force Academy freshman cadets 28 pushups to do in the end zone as Air Force went up 28-7.

Air Force would add another touchdown by Clark late in the fourth quarter to secure a 35-7 victory over Army. With the win, The Air Force Academy is now bowl-eligible at 6-4.

"We'll burn the film from the first half, and review the film of the second half," Calhoun joked.

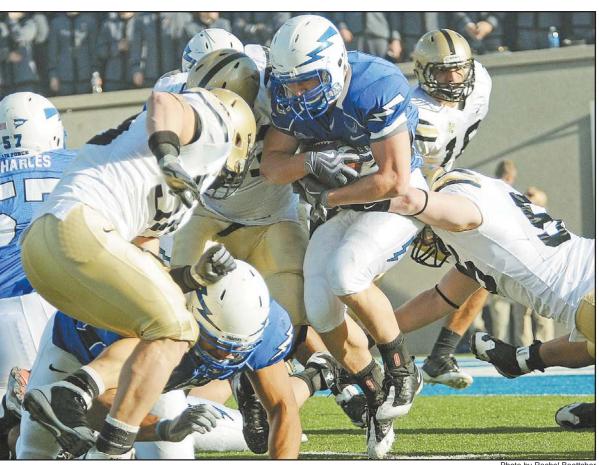
After the loss, Army falls to 3-6 on the season, and must win all of its remaining games to become bowl-

"This is the time of year, this challenges your soul. It's a real challenge for this football team to stay together,"

After the game, both teams banded together to hold hands and sing each other's alma mater. After the Army's song was done, fans were cheering "Beat Navy."

Army returns home to face VMI on Nov. 14, and hits the road to battle North Texas on Nov. 21. Then Army closes out its season with the classic Army-Navy game on Dec. 12 at Lincoln Financial Field in Philadelphia.

The Academy's next game is its final home game of the season, versus Mountain West Conference foe UNLV (3-6, 1-4) Nov. 14 with kickoff is set for 4 p.m. MST. Air Force will close out its regular season Nov. 21 against BYU (7-2, 4-1) in Utah.



Falcons running back Jared Tew clashes with Black Knights defenders. Tew, a junior and native of Park City, Utah, had his second 100-yard game of the season with 102 yards on 25 carries in Air Force's 35-7 victory.



Army defensive back Donovan Travis breaks up a pass intended for Falcons running back Asher Clark. Clark had 82 rushing yards on 13 carries in Air Force's 35-7 victory.

AF blanks Bentley, takes three points in series



Andrew Volkening stops the puck short of the net versus Bently. He earned his first shutout of the season in the 3-0 Air Force victory.

By Dave Toller Athletic Communications

Falcons goaltender Andrew Volkening earned his first shutout of the season and the 12th of his career as Air Force blanked Bentley 3-0 in an Atlantic Hockey Association game Saturday night at the Academy's Cadet Ice Arena.

Air Force took three of the four points in the series and remains in first place in the AHA with nine points. The Falcons are 4-5-1 overall and 4-1-1 in the league. Bentley fell to 2-4-1 overall and 2-2-1 in the league

Air Force drew first blood on a power play. Midway through the first period, Derrick Burnett took a shot from the point that was saved, and Kyle De Laurell's rebound try was also saved. However, Jacques Lamoureux put in the rebound for his fifth goal of the season.

The power play was good to Air Force again in the second period as Burnett scored his first goal of the season. Scott Mathis and Tim Kirby played catch out front and Burnett took a wrister from the left circle that deflected off of the leg of a Bentley player and went in for a 2-0 lead at 7:18.

With 2:25 left in the third, Bentley pulled its goaltender. However, Matt Fairchild forced a turnover and Jeff Hajner scored his fourth of the season into the empty net.

Air Force outshot Bentley, 29-27 in the game. The Falcon special teams were stellar, killing all seven Bentley power plays. Meanwhile, Air Force was 2-for-6 on the man advantage. Volkening made 27 saves, while Kyle Rank made 26 for Bentley.

"Our play is starting to resemble what it needs to be," head coach Frank Serratore said. "We didn't allow an outnumbered situation, but they didn't either. The game had a playoff feel to it because it came down to defense and special teams. Our defense played better tonight. Now we need to work on our consistency and play like this every night."

Air Force plays its next four games on the road, starting with a two-game series at Holy Cross in Worcester, Mass., today and

Air Force defeats Army in service academy showdown

By Valerie Perkin Athletic Communications

Backed by a strong start, the Air Force boxing team took nine of 13 bouts from service academy rival - and defending national champion - Army on Friday, Nov. 6, in the Cadet Gym Boxing Room. In front of a thunderous, past-capacity crowd in the Upper Boxing Room, the Falcons made a strong statement against their counterparts from West Point, winning early and often.

Air Force set the pace by winning the first five bouts of the night. Sophomore Rainer Caparas got the Falcons started the winning for the Falcons, as he connected on timely shots to secure a decision from Joe Grohoski in a 130-pound bout. Senior Bailey Ball came out swinging in his 142-pound contest with Clarke Langston. Causing a standing eight count in each round, Ball cornered his opponent in the final stanza and connected on a hard jab that caused the referee to stop the contest.

Following a back-and-forth affair throughout the first two rounds, sophomore Casey Habluetzel used a strong third set to earn a decision over Gerome Anthony at 170 pounds. Freshman Glenn Miltenberg displayed his speed in a decisional victory over Nolan Myers in the 150-pound bout. Junior Joe Silvio used a strong third round to take a split decision from Huseyn Panahov in the 157-pound match.

In the Falcons' first loss of the night, junior Vincent Miranda dropped a decision to Derek Turner in the 163pound contest. The bout was a rematch of last year's meet, as Turner evened his record against Miranda with the decision. Sophomore Spencer Baucke dropped a 177pound decision to Zoar Morales, while classmate Logan Brandt fell to Ryan Johnson in the 188-pound contest.

Junior Dalton Hall got Air Force back on the winning track, as he took the judges' decision from Chase Cappo at 182 pounds. Classmate Mike Chambers secured the Falcons' victory, as he downed Bruce Compton in two rounds of heavyweight action. Chambers came out firing and easily controlled the ring, causing a pair of standing eight counts in the first round and another in the second. Before the referee could issue the second call to eight in the round, Army's coach threw in the towel and stopped the bout.

Senior Nathan Liptak fell by but a pair of thrilling 200-pound

bouts closed out the night. In the first bout at that weight, junior Brett Satterfield took a decision from Tim Tracey. Satterfield earned the judges' votes by several hard connections in the second round, one of which sent Tracey's headgear across the ring.

Senior team captain Cory Tintzman closed out the night with a hard-fought decision over Tyler Elliott in the second bout in the 200-pound division. Tintzman took some shots early, but regrouped for a strong final

Air Force improved to 12-3 on the season against the Black Knights, having swept them at the Service Academy Classic in October.



decision to Terrell Anthony in Mike Chambers winds up to deliver another blow to Army's Bruce the 150-pound weight division, Compton. Chambers came out on top after only two rounds of action.

Results from Air Force-Army duals

130-lbs.: Rainer Caparas (AF) dec. Joe Grohoski (Army) 142-lbs.: Bailey Ball (AF) rsc-3 Clarke Langston (Army) 170-lbs.: Casey Habluetzel (AF) dec. Gerome Anthony (Army) 150-lbs.: Glenn Miltenberg (AF) dec. Nolan Myers (Army) 157-lbs.: Joe Silvio (AF) dec. Huseyn Panhov (Army) 163-lbs.: Derek Turner (Army) dec. Vincent Miranda (AF) 177-lbs.: Zoar Morales (Army) dec. Spencer Baucke (AF) 188-lbs.: Ryan Johnson (Army) dec. Logan Brandt (AF) 182-lbs.: Dalton Hall (AF) dec. Chase Cappo (Army) Hywt.: Mike Chambers (AF) rsc-2 Bruce Compton (Army) 150-lbs.:Terrell Anthony (Army) dec. Nathan Liptak (AF) 200-lbs.: Brett Satterfield (AF) dec.Tim Tracey (Army) 200-lbs.: Cory Tintzman (AF) dec. Tyler Elliott (Army)

Three Falcons earn men's soccer All-Conference honors

Three seniors from the men's soccer team were named to the 2009 Mountain Pacific Sports Federation all-conference teams. Midfielder Kevin Rosser was named to the first-team. while forward Steven Noller was a second-team selection and defender Aaron Eshkenazi was named honorable mention.

Fencers finish high

Three Air Force Academy's fencers finished at the top of their events at the North American Cup Junior Tournament in Kansas City this past weekend. Tied for third place were Nathan Sorensen in men's epee and Heather Nelson in the women's saber. Simone

Barrette finished ninth in women's epee. Fencing in men's saber, AFA's Scott Pippin tied for 107 in the field of 157 saberists.

Chandler breaks records

Tom Chandler broke two Air Force Academy team records during the President's Trophy Match Nov. 7, at West Point. Chandler, from Oak Harbor, WA, had the highest aggregate air rifle score for an Air Force shooter with a 592/600 and the highest score overall of the match. He also had the highest total score of 1178, breaking a record which was previously held by Christopher Hill, who scored an 1174 in 2006. Chandler was also the Falcons' lone medalist, shooting a season-high 586 points in smallbore, just one point short of his career high.



Retiree Appreciation Day

In an effort to recognize our outstanding retirees and retiree volunteers, The U.S. Air Force Academy will join with representatives from Peterson Air Force Base and Schriever AFB Nov. 21 to host this year's Front Range Retiree Appreciation Day. The event will be conducted in the Arnold Hall Ballroom and Theater from 8 a.m. to 2 p.m. Activities for the day include free refreshments, guest speaker Congressman Doug Lamborn, and an information fair with more than 25 vendors.

The event is open to all retired military personnel in the Front Range region, including Buckley AFB and Fort Carson.

Many free medical services will be offered such as cholesterol checks, glaucoma screenings, a blood pressure station, dental checks, body mass index checks,



CADET CHAPEL

Call 719-333-2636 for more information.

Wednesday - 6:30 p.m.

<u>Jewish</u>

Friday - 7 p.m.

Friday Prayer - 12:15 p.m.

Protestant

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

Roman Catholic

Mass

Sunday - 10 a.m.

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

Sacrament of Penance

Sunday - 9:15-9:45 a.m. Academic Year, when cadets are present Wednesday - 5:30-6:15 p.m.

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

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

COMMUNITY CENTER CHAPEL

Catholic Masses: Saturday

Reconciliation - 3:30 p.m.

Mass - 4 p.m.

Sunday Mass - 9 a.m.

Religious Formation - 10:15 a.m.

(September - May)

Tuesday-Friday

Mass - 11:30 a.m.

Protestant Services:

Wednesday

Wednesday Night Live - 6 p.m. Dinner followed by Religious Education (September - May).

Sunday

Evangelical - 10:15 a.m. Gospel - 11:30 a.m.

and a TriCare service booth.

The 10th Personnel Services Flight will be open to offer updated ID cards to eligible dependents from 10 a.m. to 1 p.m. The Academy Legal Office will be on hand to notarize documents and discuss the many services that they provide. Call 333-5095 with any ques-

Music director sought

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

Vaccinations available

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

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:

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.

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 information 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 information or to sign up, call 333-2928.

Book events

Ballroom rooms at the Milazzo Center or Academy Community Center 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 Sunday, the 10th Civil Engineer Squadron will hold its Fifth-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 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 sixweek lunch time class from noon to 1 p.m. starting Monday 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 Air Force Academy Airman and Family Readiness Center hosts the following classes in November. Call 333-3444 with questions or to sign up.

Pre-separation counseling

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

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-

TAP seminar

Tuesday through Nov. 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.

Orientation and information fair

Tuesday: 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.

VA benefits briefing

Nov. 23: 8 a.m. to noon — This briefing provides a comprehensive overview of VA benefits for separating/ retiring military personnel. Topics discussed include: medical care, disability compensation, education, vocational training, vet preference, small business loans, home loan guarantees, and more.

Open house

Nov. 24: 8 a.m. to 3 p.m.—The USAFA Airman and Family Readiness Center will host its annual open house Nov. 24. The event will offer informational pamphlets, briefings, and light refreshments throughout the day.

Red carpet tour

Dec. 4: 8:45 a.m. to 2:30 p.m.—This informative tour gives insight into the Academy's mission and reveals many of the events and activities to see and do while stationed here. Stops include: Academy Stables, Cadet Chapel, Arnold Hall, USAFA Arts and Crafts Center, outdoor recreation, and much more.



Photo by Arnie Spence

Camelot

The recent Camelot performance in Arnold Hall theater, Nov. 6, featured singing, acting and unique stage settings. Call Academy Concerts at 333-4497 for information on upcoming shows.

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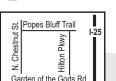
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November 13, 2009

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ANNOUNCEMENTS

OBITUARIES



Jay Timerman died Nov. 2 09 with family at his side, after a 6 month battle with cancer. He was born Mar. 3 1941 in Sturgis, MI. He drove cab thru April 09 and was known as Jay the cab driver by many

cab driver by many soldiers on Ft. Carson. He'll be remembered for his stories, advice and laughter. He's survived by his wife Patricia, son Joseph and daughter Darla all of Co Spgs, as well as 6 grandchildren and 6 nieces and nephews

A Memorial Service will be held at Cappadona Funeral Home (719-520-1817) at 1020 E. Fillmore in Colorado Springs at 1:00 pm on Sun. Nov. 15 2009

A potluck luncheon will follow immediately at the Timerman residence in Widefield, Co. Everyone is welcome and attendees may bring a dish to pass if they wish.

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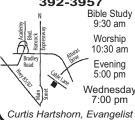
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TRAVEL AND ADVENTURE

BY PATRICIA WOEBER

Cirq-Lapopie is an ancient picturesque village on the Lot River in France.

The Lot River's valleys and gorges daz-

zle nature lovers with scenic beauty, fasci-

delight art lovers with ancient art and archi-

way through the Lot and Aveyron departe-

nate history buffs with its rich past, and

tecture. The river courses for about 300

miles and spends some time looping its

ments (counties) in the Midi-Pyrenees

Characterized by contrasts between the

north and south, the river's banks mingle

that glows with a Mediterranean warmth.

Consider an itinerary through a small

stretch of this land — following the river's

Toulouse), drive east to experience a vari-

hamlets, villages and towns dot the banks

France, stands on a cliff in the bend of the

enchanting details, where around every cor-

ner wild plants cling to old stones in quaint

served for starters or main courses. Locals

(son of Eleanor of Aquitaine and Duke of

thought of as one of the great warrior kings

of England, rampaged through this village.

His legendary presence continues in British

literary classics such as "Robin Hood" and

Farther along the winding Lot River, still

Aquitaine who led the Third Crusade),

in the Lot Valley although now in the

Aveyron departement, gorgeous woods,

vineyards, pastures and cliffs continue.

Drive on east to explore Estaing, a town

impressive Chateau d'Estaing (open for

tours) has belonged to the powerful family

of Valery Giscard d'Estaing, French presi-

dent from 1974 to 1981. Also visit the

Renaissance palace and Saint-Fleuret

church with a remarkable carved retable

sans with galleries and workshops, all of

whom welcome visitors.

for lunch or dinner.

(screen). The town harbors artists and arti-

Estaing's Maison de la Vigne interests

wine lovers as the local wines are prided,

not surprising since this distinctive area boasts 35 wineries. Around the town, vine-

yards blanket several hills, as they have

from the mansois grape. At a bakery in

town, taste la Fouace, the delicious local

cake. In the hotel-restaurant Auberge St.

Fleuret, enjoy an Aveyron menu with fresh

trout or lamb and other special selections

done for centuries. The tourist office touts

these Aveyron wines, traditionally produced

with 15th to 18th century houses that is also classed as one of the most beautiful vil-

lages in France. Since the 15th century, the

celebrate birthdays, Mother's Day and other

In the late 1100s, Richard the Lionhearted

alleyways. Lunch in Auberge du Sombral

for tasty dishes such as duck or trout

special occasions here.

Sir Walter Scott's "Ivanhoe."

Charming St-Cirq-Lapopie, famous for its

course. From Cahors (located north of

ety of attractions. Picturesque medieval

picturesque atmosphere and classed

among the most beautiful villages of

river. Stroll down the flower-bedecked

streets amidst medieval homes with

and perch on cliffs.

the cool greens of the highlands with a light

region of southwestern France.

16

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7

6

1

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4

Answer to previous puzzle

8	5	9	2	6	1	4	3	7	
4	2	3	7	8	9	1	5	6	. Inc.
1	7	6	5	4	3	9	2	8	\$2009 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.
3	9	2	8	1	7	6	4	5	eatures S
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A Lot to Love Along France's Lot River In Estaing, the Gothic bridge across the Lot River gives a good view of the town and surrounding landscape of thickly wooded rolling hills. The ancient GR65 pilgrimage route to St-Jacques de Compostela leads through town and over the bridge. Pilgrimages were at their height in the 11th,

Photo courtesy of Lot Tourist Office

12th, and 13th centuries. As a matter of fact, the road itself along the river between and including Estaing and the next town of Espalion and their bridges are classed as UNESCO World Heritage Sites as they are an important part of the GR65 route. In Espalion, the sandstone Eglise de Perse (11th century) was a favorite spot for pilgrims, who found its ambience produced a profound spirituality. Places to tour are the Museum of Scaphandre, Museum of Joseph Vaylet (objects and traditions of the past), Chateau de Calmont, and Abbey de Bonneval. Canoeing and kayaking are available on the

For a lunch treat at Espalion's Restaurant le Mejane, owners Regine and Philippe Caralp serve gentiane, the typical drink made from the local plant. Their menu lists a tasty amuse bouche of salmon, goat cheese and salad, a main course of grilled breast of duck or trout, and for dessert depending on the season — a berry and rhubarb tart.

Similar to the pilgrims, modern-day travelers are enriched by these towns, which are so gloriously joined by an ancient holy route along a scenic river. Just as in a garden, a path should lead through a series of sensory experiences and that's what happens along the Lot River.

IF YOU GO

- · Air France's daily flights go to Paris then connect to Toulouse: www.airfrance.com
- For budget-priced accommodations in B&Bs and hotels, contact the local tourist
- · Hiking, cycling, fishing, canoeing and kayaking are available in Lot and Aveyron.
- Saint-Cirq-Lapopie: Restaurant Auberge du Sombral: www.lesombral.com · Tourist Office of Estaing: www.ot-
- espalion.fr: www.nord-aveyron.com; Hotel-Restaurant Auberge St. Fleuret: www@auberge-st-fleuret.com;
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Patricia Woeber is a freelance travel writer. To read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate website at www.creators.com

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12 Designer Simpson

13 Vice —

14 Bakery buys

15 Shade tree

16 Bright hue **18** Whopper

19 Possessed

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25 Enjoy Aspen 27 Crosses

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41 In the buff

FOR SALE MOUNTAIN PROP

Gold Camp Rd 9 Acres Near Cripple Creek. Aspen Groves and Pine Forests. Southfacing, Borders 640 Acres of State land.
New Driveway. \$59,900.
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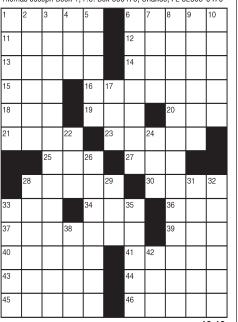
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EAST

FOR SALE

Brick ranch, 3bd/2ba/1car attached garage, lg heated sunroom. Possible 5 bedrooms w/addition of closets. Fenced backyd w/alley access Seller help w/closing costs. 2132 Downing Dr. \$164,900. Kathy 310-8278 or Sherrie 660-9454 McGinnis GMAC Real Estate.

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A WOW home! Meticulously kept, this gorgeous 2-Story sits on a corner lot & has great landscaping! 4 bedrms, vaulted ceilings, skylights, bay windows, plant rails, titled counters -lots more. 18 ft covered front porch plus 21 X 8 deck. \$209,900. Buy now & settle in before Christmas! Dancing Star Realty - 488-2234

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9112 Chieftain Drive, 3B/3Ba/2Car. \$180,000. For more info, Call Taura Masters RE Group. 719-332-9826



1054 Clogger Ln. Gorgeous 3BR/3BA/ 2 car New exterior paint, pergo wood floors, AC, immaculate. \$185,000. Call Bianca @ 229-6488 ERA Shields.

231 Dairy Ln. 5bd/3ba /1car good condition, cul de sac, lrg storage shed. Will go fast! \$144,000 obo 719-243-2222

FOUNTAIN VALLEY

FOR SALE

7428 Theresa Drive 6 beds, 5 ba, 3 car. 3,945 sq ft, fin bsmt. Call Linda Richie, RE/MAX Properties, 719-310-5377. MLS#456317



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Bdrms - Master w/ Brick Hearth Fireplace

& Private Deck - 4412 SqFt - SD 12 12106 Sunset Crater Drive - \$309,900 4/3/3+ Office - Finished Bsmnt with Wet Bar Spacious, Upgraded Kitchen with Slab Granite - Pristine with Upgrades Through-



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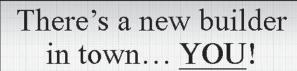
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Don't miss this one!!! Move in ready at 6473 McNichols Ct, 80918. End-unit condo with mountain views in a great neighborhood. Two story w/ finished basement, 2 BR, 1 F, 2 H bath. All appliances included. MLS # 426720. Pat @ RE/MAX RE Group—719-332-9848.

Fsbo, veteran owned 6b/3ba/2car, d-20 Views, 2 decks, fenced yd. \$220K. 6510 E. Wicklow Cir. 260-9996/590-1799

SUNDOWN: Newly redone 10 yr old home w/ new cpt, paint & more! All appl. 3bd, 2ba, GLFP, 2c gar, fenced yd. Quick close! Value priced @ \$184,000. Call Cliff @ Cliff Johnson Realty 592-9700 / 590-7200

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NORTHGATE

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NORTHWEST

2453sf, 4bd/3ba+/2car, spklr, granite, immaculate, culdesac, all appls, newer furnace, high ceilings, vinyl windows, parks/walks/comm. pool. \$259,900 will lower \$ if no realtor 719-278-7314.

Move in ready. 3BR, 2.5BA, 2 story home. 2000sqft +. Completely remodeled. Asking \$285K. Call 719-528-6013

POWERS

Beautiful 3bd/2.5ba/2car, 1375 sf landscaped w/sprinkler system, amazing outdoor living area w/ flagstone patio, pergola, & outdoor fireplace. Upgraded appl. in kitchen, open floorplan, A/C, 719-272-1624 \$185,000. 2111 Springside Dr. 80951

*614 N 30th St 3bed/1 bath/1 CAR WESTSIDE Totally remodeled

\$209,900 \$209,900 \$8025 Parsonage 3bed/2.5bath/2 car \$215,000 by PAFB *Westside 315t 4b/3b/2car \$320,000 *Old Farm -Farmingdale 4b/4/3car \$393,000 or Rent furnished

4b/4/3car \$393,000 or <u>Rent</u> furnished for \$2300/mo *Soaring Eagle Townhome 2bed/2bath/2car for \$150,000 Kris at Coldwell Banker 661-6112

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4

Acquire Homes, Inc-Lopar Realty Team Crestline Heights - Well Kept 5B/3Ba Rancher w/Full Fin. Bsmnt. 2620sqft. AC, Sec Sys. \$221k. 719-884-6000

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Well Kept, 3Bd/2Ba/1Car Townhome in Firefly. \$114,999. Call Carolyn Cathey Real Estate 719-321-0306

SOUTHWEST

4/2/1, 1666sqft, new flooring, paint, windows, fenced yard. Close to Ft Carson. Reduced to \$130K. 719-229-7557.

FOR SALE

Red Rock Valley Estates

11320 Calle Corvo 3 Br, 3 Ba, 3 Car. 5 acres w/great views & privacy. 3,357 sqft, w/unfin. walk-out bsmnt. Ranch style, 2,300+ sqft on main Ivl: formal Ivrm, dining rm, & laundry. Stucco w/tile roof. Linda Richie, RE/MAX Properties 310-5377 MLS 459522 \$400,000

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834 San Antonio Place \$157,000
Pride of Ownership Shines Thur this
Home*Open, Flowing Ranch Style
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FP*Updated Kitchen with Brkfast Bar
*Dining Area*Spacious Owners Bedroom with Pvt Bath and Walk In Closet
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FOR SALE

Amazing PolySteel Construction 4385 Wait Court 6 Br, 5 Ba, 3 Car. Stucco & Stone Witle roof. Very energy eff.! Radiant, in-floor heat & central air. Quiet cul-de-sac. 5,000+ fin. sqft. Linda Richie, RE/MAX Properties 310-5377 MLS 689149 \$524,900

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SOUTHEAST



OPEN HOUSE - Sunday 1-3 7836 Tennis Lane. Perfection in this 3185 sq.ft. home. 3/2/2 w/cherry cabinets, hardwood floors, study, AC, terrific landscaping, vaulted ceilings, unfin. bsmt. \$255,900. Call Cindy w/ERA Shields - 719-229-8142.

SOUTHWEST



2729 Ashgrove St 80906 in Springs Grove. Sat, Nov 14, Ipm-4pm. 3BR, 3BA, gourmet kitchen, hobby room. Yard has patio and waterfall. \$585,000. Nancy, ERA Shields @ 719-338-3547.

TRILAKES



19031 Harrogate Court: Kings Deer 5578sqft, walkout, top quality, 2.5acres. 5bd/5ba, study, covered deck, \$775,000. Call Diana with Masters Real Estate at 339-7661. Open House Sat. 11–2.

APARTMENT RENTALS

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BLACK FOREST

Rentals

CENTRAL

AFFORDABLE - 1BR, Remodeled, security doors, carpeted, oak cabinets, coin-op laundry, downtown C.S. \$455/400 dep. 210 S Weber. Call Haley Realty to see 634-3785.

CENTRAL-Near schools. 2 BR, 1 BA 4PLX. kitchen/bath. 1 level,R-30 insul. Storm windows, W/D hookups in pantry. Inclds ,RF,DS,ceiling fans. \$595/400dep. HALEY REALTY 634-3785

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NORTHEAST

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SOUTHEAST

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CENTRAL

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1 Bedroom, Central location.
\$425/mo + gas and elec.
Owner - Agent 659-9399

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4bd/2ba/1c nice fenced yard, all appl, carpeted, freshly painted, great area, \$950/mo +dep . 632-3351 or 282-5002

Apartment in CRAGMOOR Area 2 Bedrooms, 1 Bath - \$550/Mo Land Resource Associates 684-8414

CENTRAL - On Old North End, Close To CC!! 1 BR, 1 BA, Storage Shed, Parking In Back, Gas Range, Refrigerator, Washing Machine Included, Remodeld Bathroom!

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CENTRAL-Great Old Bungalow On Old North End! Great Covered Front Porch, 4 BR, 1 BA, 1 Car Detached Garage, Stove, Refrigerator, Washer/Dryer Hook-Ups, \$895/ \$795, 1628 N El Paso HALEY REALTY

634-3785

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8655 Tibbs Rd.	4BR	ЗВА	Falcon	\$1195	
4638 Woodsorrel	4BR	ЗВА	North/East	\$1025	
5785 Escondido	4BR	2BA	North/East	\$925	
2914 Flintridge Way	5BR	2BA	North/East	\$895	
1611 E. Boulder	3BR	2BA	Central	\$795	

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502 S. Santa Fe	Fountain	4	2	now
5450 Wilhelm Drive	South	5	4	11/15
113 Grinnell	Widefield	5	3	now
6753 Metropolitan	Widefield	3	2	now
9745 Rolling G	Fountain	3	2 1/2	now
2396 Washo Circle (t/h)	Powers	2	1 1/2	now
3144 Vail Pass Drive (t/h)	Powers	2	1 1/2	now
3607 Meadowland Blvd	Central	4	2	now

HOMES FOR RENT

2185 Diamond Creek, Flying Horse Rancher, 4 Bed/3 Bath, A/C, 3700sf, D-20 schools, Recorded Message 1 800 594 7302 ext 1204, \$2400 per month

108 Cielo Vista, Upgraded home in Fountain, 6 Bed/3 Bath, large rear yard, Recorded Message 1 800 594 7302 ext 1235, \$1300 per month

7117 Purple Thistie, 6 Bed/4 Bath, 2 Story, 3100sf, 2 car garage, finished basement, D-49, Recorded Message 1 800 594 7302 ext 1064

7777 Orange Sunset, 3 Bedl/2.5 Bath, D-49, 1750sf, unique opportunity, Recorded Message 1 800 594 7302 ext 1224, \$850 per month

6530 Fowler, 3 Bed/2.5 Bath, 2005 home, 1450 sf, D-49, 2 car garage, Recorded Message 1 800 594 7302 ext 1055, \$1200 per month, Available November 1 **12939 Casa de Campo**, Woodmen Hills ranch, D-49, 3 bed, 2 bath, 2 car garage, available Dec. 1., \$1000

 $\textbf{6519 Trenton}, \textbf{Stetson Hills}, \textbf{D.49}, \textbf{4} \ \textbf{bedroom}, \textbf{2.5} \ \textbf{bath}, \textbf{2} \ \textbf{car} \ \textbf{garage}, \textbf{available Dec. 1., \$1275} \ \textbf{per month} \\ \textbf{6844 Galley Rd}, \ \textbf{D-11}, \textbf{3} \ \textbf{bed}, \textbf{1} \ \textbf{bath}, \textbf{garage}, \textbf{immediate move in}, \$900 \ \textbf{per month} \\ \textbf{1} \ \textbf{1} \\ \textbf{1} \ \textbf{1} \\ \textbf{1} \ \textbf{1}$

4734 Pascal, 4 bed, 2.5 bath, 2 car garage, D-20, mountain views, available January 15, 2010, \$1400 per month

HOMES FOR SALE

2185 Diamond Creek, 4 Bed/3 Bath, Flying Horse Rancher, A/C, 3700sf, 3 car garage, D-20 schools, Recorded Message 1 800 594 7302 ext 1204, \$545,000
7117 Purple Thistle, 6 bed/4 Bath, over 3100sf finished, D-49,Recorded Message 1 800 594 7302

ext 1064, \$269,900

7434 Flathead Lake Dr., Sletson Hills area, 3 bed, 2.5, bath, 2 car garage, unfinished basement in desirable Indigo Ranch subdivision. \$240000. 24 hour free recorded message 18005947302. ext 130.

Visit www.AshfordRealtyGroup.com for pictures and information on these homes plus a free and complete home search.

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19950 W Top O The Moor Dr \$1895 5 Bd 3 1/2 Ba 3 CG 4379 Sq Ft 2 Story in Woodmoor~Huge Deck RE/MAX Properties 590-4735

40 Saddlehorn Trl (Monument) \$1495 4 Bd 2 1/2 Ba 2909 Sq Ft, No Pets 2 1/2 Acre Treed Lot, New Carpet/Paint RE/MAX Properties 590-4735

Gorgeous Rancher! Mtn. Views! Golf course lot! D-38 New updates throughout. A/C, 3600sf, \$1490/mo. 481-8129

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3/2.5/2, Dst 49, NS NP, Cr Chk \$1150+Util, \$1150 Dep, Avl 11/1 4149 Knollvale Dr 719-660-3886

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SOUTHEAST

3 br, 3 bath w/ Garage. Nice neighborhood, Close to Military Bases.Call 391-8269 or 231-0262

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