

# USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 50, No. 41

October 15, 2010

## Falcons too tough for Rams



Air Force defensive linemen tackle CSU fullback Zac Pauga during the teams' game at Falcon Stadium Saturday. The Falcons won, 49-27. STORY AND MORE PHOTOS ON PAGES 10-11.

RACHAEL BOETTCHER

## Cadets complete CSL Project at Ironman

Staff Sgt. Raymond Hoy  
Air Force Academy Public Affairs

**KAILUA-KONA, Hawaii** — Cadets with Cadet Squadron 04 completed their Cadet Service Learning project through serving as security guards during the Ironman World Championship triathlon Saturday.

Thirty-six cadets made the trip along with three of the squadron's leaders to complete the unit's project for the semester.

"Each squadron does a Cadet Service Learning project every semester, and it can be everything from serving in a soup kitchen to something like this," said Maj. Matthew Anderson, the air officer commanding for CS 04, the "Fightin' Fourth."

The idea came about when Maj. Scott Poteet, the AOC for CS 02, was selected to represent the Air Force at Ironman.

"Major Poteet told me in April that he had qualified for the Ironman Championship," Major Anderson said. "I told him I would really like to get my cadets out there to see some world-class athletes in action. I push fitness really hard with the cadets, so to expose them to some of the best athletes in the world is just invaluable."

Major Anderson, with Major Poteet's help, got in touch with the Ironman staff and secured spots for his cadets to be a part of the event.

"They worked security in all the high-action areas of the race where the start, finish and transition points were," Major Anderson explained. "The head of security was confident, knowing their background as cadets, that he could put them in some of the more important locations and they would do exactly what was asked of them."

The timing behind the CSL event was perfect, said Cadet 2nd Class Timothy Reid.

"We just finished midterms, and that was a very stressful time," Cadet Reid said. "It was great to be able to come on this trip and not only volunteer for something really cool, but to be able to wind down in a place like Hawaii just doesn't get any better."

As Major Anderson discussed, the cadets have much higher PT standards than the rest of the Air Force. They had a chance to see some of the world's best athletes and see that those athletes weren't everything they expected.

"I was expecting these huge muscular  
**See LEARNING Page 9**

### Weekend Weather

**FRIDAY**  
High 74  
Low 36



Partly cloudy

**SATURDAY**  
High 67  
Low 38



Partly cloudy

**SUNDAY**  
High 70  
Low 37



Partly cloudy

### Inside

**Blue and Silver**  
Book club entices youngsters to read.

**Page 3**

**Ironman**  
Major Scott Poteet finishes strong.  
**Page 12**



**'80s Ladies**  
The Academy's first female graduates return.

**Page 13**



# Break the silence: stop domestic violence

By Kristin Larkey  
Family Advocacy Outreach Manager

Domestic violence does not discriminate against race, age, sex or socioeconomic status. It remains a pervasive problem throughout the United States and Colorado, and it happens in military families of all ranks and ages.

Domestic violence may include emotional, verbal, physical, or sexual abuse. It's not caused by alcohol, drugs, a bad relationship or anything that the victim says or does. Instead, it's about one person establishing and maintaining a pattern of power and control in the relationship.

Situational and individual factors often interact to cause domestic violence; no single factor is to blame. The strongest risk factor is growing up in a home where domestic violence takes place: many abusive adults either witnessed violence or were abused as children. Poor self-esteem, feelings of inadequacy, outdated sexual roles and stereotypes, feelings of powerlessness, poor parenting and communication and drug or alcohol abuse may also contribute to abusive behavior.

Contrary to long-standing myths, seeking help from Family Advocacy will not automatically end an Airman's career. However, the myths explain in part why victims are reluctant to report abuse and why families don't seek help when they need it. In reality, if domestic abuse is reported before it becomes chronic and severe, the chances of successful treatment with minimal or no career impact are good.

Early intervention is very important when treating violence between couples. If education and intervention are provided when issues first start to develop, it often prevents these behaviors from developing into chronic patterns of abuse.

The Air Force Academy's Family Advocacy Program offers services such as parenting, anger and stress management and couples communication classes, marital counseling and the New Parent Support Program for free. If couples seek help before an incident of violence occurs, it is considered to be a prevention service, which is strictly voluntary and not documented.

TESSA is an off-base agency that can help. It offers a safe house for women and children who have become homeless due to domestic violence as well as a 24-hour crisis line, confidential counseling and support groups for victims.

TESSA needs donated items for their safe house. Currently, the safe house most needs nightlights and clip-on lights to attach to metal headboards for residents' rooms, as well as bed pillows with zipper-style waterproof covers and double and twin-sized waterproof mattress covers. Family Advocacy will collect donations for the safe house throughout October. If you would like to donate any of the above items, drop them off at the Family Advocacy Office (next to the Community Center Pharmacy) weekdays between 7:30 a.m. and 4:30 p.m. Contact Family Advocacy at 333-5270 for further information.

## Community Resources

**Airmen and Family Readiness**  
333-3444

**Alcohol and Drug Abuse  
Prevention and Treatment**  
333-5177

**Academy Chapel**  
333-2636

**10th Air Base Wing Chapel**  
333-3300

**Domestic Violence Crisis Line**  
633-3819

**Employee Assistance Program**  
333-4364

**Family Advocacy Program**  
333-5270

**Mental Health Clinic**  
333-5177

**Military OneSource**  
800-342-9647

**National Domestic  
Violence Hotline**  
800-799-SAFE

**Sexual Assault Prevention  
and Response**  
333-SARC

## ACADEMY SPIRIT

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

Lt. Gen. Mike Gould —  
Academy Superintendent  
Lt. Col. John Bryan —  
Director of Public Affairs  
Staff Sgt. Don Branum —  
NCO in Charge, Internal Information  
Staff Sgt. Raymond Hoy —  
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## Submissions

Send submissions to: usafa.pai@usafa.af.mil. Deadline for free classified ads on a space-available basis is noon every Tuesday for that week's publication date. Paid classified publishing is accepted by the publisher at 719-444-7355. The number to call for display advertising is 636-0306.

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 email: pa.newspaper@usafa.af.mil.

## Diamond Sharp

The Air Force Academy First Sergeants Council recognizes Tech. Sgt. John Dawson, Staff Sgt. Kwesi Wingate and Airman 1st Class Christopher Letendre as the Diamond Sharp Award winners for September.

Diamond Sharp Award recipients are enlisted Airmen who have distinguished themselves through exceptional professionalism.



Tech. Sgt. John Dawson  
Air Force Academy Band



Tech. Sgt. Kwesi Wingate  
10th Aeromedical Squadron



Airman 1st Class Christopher Letendre  
10th Security Forces Squadron

## Who is the most influential person in your life?

"My grandmother, Josephine McGee. She always told us never to settle for what we were. If we accomplished something, her question was always 'now what?'"  
Theresa Daniels



"I do gymnastics, (so) probably my two gym coaches before I came here, Kathy Vigil and Jason Bates."  
Cadet 4th Class  
Madeline Bannon,  
Cadet Squadron 02



"My father. We don't have a lot of money, so he roofs seven days a week to make sure me and my brother can succeed."  
Cadet 3rd Class  
Michael Fisk, CS 10



"My dad, because of all the life lessons he told me, like: If something is worth doing, it's worth doing well."  
Cadet 2nd Class  
Brent Drabek, CS 10





# Blue and Silver book club promotes reading

By David Edwards  
Academy Spirit Staff Writer

What's blue and silver and read all over the Pikes Peak region? If you have a school-age child who can answer that question with the word "books," tickets to Air Force Falcon sports events could be waiting for you.

The Academy's Blue and Silver Book Club is looking to entice youngsters to read by offering them an action-packed incentive. What started as a partnership between the athletic program's marketing strategists and the Community Center library has expanded to the Pikes Peak Library District.

"We wanted to create a program during the school year that would encourage children to read and reward them at the same time," said Melanie East, a program coordinator at the base library. "What better way than to reward them with tickets and special activities with the cadet athletes."

Patrons at PPLD library branches can request a brochure includes a card that librarians stamp to certify the child has met the month's reading goal. For children in first grade or younger, the goal is one book read to them during the month. Kids in second grade and up need to read a whole book if it doesn't contain chapters or five chapters per month if it does.

The brochure directs prospective

members of the book club to sign up at the Falcon athletics website, [www.goairforcefalcons.com](http://www.goairforcefalcons.com). Registration forms can be found under the Marketing tab.

Children who meet the goal in a given month are eligible for free tickets to events held the following month. Participating sports are football, volleyball, hockey, men's and women's basketball, soccer and baseball.

"It is our hope that the book club will contribute to improved reading habits in the community and introduce new opportunities for families to experience the excitement of Falcon athletics at little to no cost," said Matt Swearingen, a marketing assistant in the Academy athletic department. "It is important for us to communicate this to families in the Colorado Springs area and encourage their support."

Correspondence to book club members is done via e-mail, so that's why registration happens online. E-mail messages let members know the latest news and what events are coming up the following month.

This is the first full year the program has been in effect. A link to it is available on the Pikes Peak Library District website, and organizers are grateful for the opportunity to widen their audience.

"Even though we have a high population of transplants here in the Springs, all with their own loyalties

and rooting interests, we want to make sure that families are aware of ways to get involved with athletics at the Academy and experience all of the pageantry, spirit and tradition of a big-time college sports program right here in their own backyard," Mr. Swearingen said.

He has concentrated on disseminating the message beyond the Academy's borders. Meanwhile, Ms. East is trying to increase awareness in the more immediate vicinity.

Although the program is still in the fledgling stages, she believes the synergy between reading and sports is as much of a winner for the Academy as it is elsewhere.

"Here at the base library we like to encourage different genres each month to introduce new reading materials to the children," she said. "(This program is) our baby. We love to plug it."



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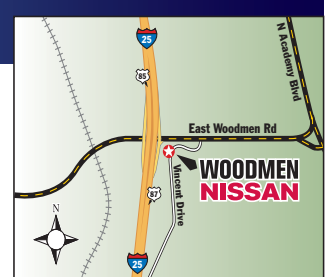


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# Nurse must pay \$384k for stealing drugs

A nurse with the 10th Aeromedical Squadron was sentenced to 60 days confinement and forfeiture of \$2,000 per month for 16 years Sept. 28 after she pled guilty to stealing narcotics from the Cadet Clinic and lying to investigators.

Maj. Torre Donaldson was transported to the Teller County jail immediately after a seven-officer panel rendered the sentence during court-martial proceedings at the Academy.

Major Donaldson used her position as a nurse in the Cadet Clinic to withdraw and steal Demerol, a Schedule II controlled substance, according to the Academy Judge Advocate office. She later injected the stolen Demerol into herself. The following day,

she made false official statements regarding her theft and use of the Demerol to a subordinate nurse and to a 10th Security Forces Squadron investigator assigned to determine what happened to the missing drug.

At the court-martial, Dr. Linda Case, a Cadet Clinic physician with the 10th AMDS, testified as to the serious nature of Demerol, which is typically used as a sedative and pain reliever mainly for inpatient treatment. The physician also testified that the Cadet Clinic rarely uses Demerol and that when it turned up missing it was noticeable.

Major Donaldson presented evidence that she had trouble with pain management and asked the officer members to consider her 24 years of honorable ser-

vice. The maximum penalty was 16 years confinement.

A general court-martial conviction is considered a felony criminal conviction, which can affect an Airman's ability to find a civilian job and limited potential for continued military service. Major Donaldson will be allowed to retire but will lose \$384,000 in future pay.

Former Air Force Academy Area Defense Counsel Maj. Lindsay Contoveros and Colorado Springs attorney Richard Stevens represented Major Donaldson at trial. Maj. Richard Williams, Capt. David Illingworth and Capt. Valerie Nolan represented the United States.

## Cadets participate in international falconry exhibition

By Master Sgt. Christopher DeWitt  
Air Force Academy Public Affairs

Two cadets represented the Air Force Academy at the eighth annual Abu Dhabi International Hunting and Equestrian Exhibition Sept. 22-25 in the United Arab Emirates.

Cadet 2nd Class Michael O'Kelley and Cadet 3rd Class Paul McArthur visited the Middle East after receiving a cultural exchange invite from the U.S. Embassy to strengthen bonds with the UAE.

During their visit, the pair got a firsthand look at the local culture while sharing experiences and different falcon-raising methods with Emirati falconers.

"We had the opportunity to share American falconry with them and discuss the differences in how we interact with our birds," Cadet O'Kelley said. "Over there, it's all about hunting, so they were surprised to hear that we use our falcons for demonstrations."

Echoing O'Kelley's comments, Cadet McArthur explained that "(Emiratis) were surprised we didn't hunt with our birds and very interested in how we were able to get the falcons to perform in front of thousands of people."

Not only was this trip the first visit to the Middle East for the cadets, it was also the first time there has been a U.S. booth at ADIHEX.

"We worked with the state department to not only share American falconry with locals but also to share ecological policies as well," Cadet O'Kelley said. "It was great how the state department used falconry to strengthen relations with native Emiratis."

Cadets also got to take in some local culture after participating in a demonstration hosted at the crown prince of Abu Dhabi's ranch.

"We had a traditional Emirati feast where we ate naan bread, rice, camel, and other foods with our bare hands. It was kind of fun," Cadet McArthur said. "I was surprised what I could learn culturally in four days."

Making the journey with the cadets was Lt. Col. Donald Rhymer, Falconry Club officer in charge, who hailed the trip as "successful by facilitating the discussion of falconry history and techniques as related to both the Emirati and American cultures," adding that it provides a starting point for future interactions.

"(Both cadets) gained an appreciation for how deep the falconry traditions are part of the Emirati culture," Lt. Col. Rhymer said.

Both cadets expressed their appreciation to be part of such a unique opportunity and look forward to the possibility for future trips.

"It was absolutely awesome. I would do it again," Cadet O'Kelley said.



Dr. Margit Muller shows Cadet 2nd Class Michael O'Kelley and Cadet 3rd Class Paul McArthur, left, a falcon undergoing a surgical procedure in the United Arab Emirates Sept. 23.

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## Academy holds memorial for 10th CS employee

The Air Force Academy held a memorial service at the Community Center Chapel Thursday for a 10th Communications Squadron civilian who died unexpectedly Oct. 7.

Elisabeth Anne McNichols has worked at the Air Force Academy since 1996 in positions including librarian, computer operator, network engineer and project manager.

Ms. Larson recently completed a full term as president of the 10th CS' booster club, where she led organization efforts for activities to support families of deployed personnel and to build morale and camaraderie within the squadron, said Col. Rick LoCastro, the 10th ABW commander.

Ms. Larson entered federal service in 1989, working as a GS-03 clerk typist,

and rose to the grade of GS-09 while working a variety of clerical, financial management and family service positions.

She took a short break from federal service in 1995 before moving to the Academy.

She is survived by her son, Jonathan Palmer, of Dale City, Va.; her father, Edward McNichols, of Carbondale,

Ill.; her brother, Michael, of Ina, Ill.; her twin sisters Karen and Kristen of Carbondale, Ill., and Colorado Springs, respectively; her brother, Timothy, of Miami and her brother, Jason, of Edwardsville, Ill.

The family said they would appreciate donations to the Pikes Peak Humane Society in Ms. Larson's name in lieu of flowers.

## Centurions Recognized

To qualify as centurions, Airmen must score 100 on their fitness tests and cannot be exempt from any portion of the test. The Academy's centurions are:

**Col. Neal Barlow**, Department of Aeronautics  
**Tech. Sgt. Andrea Blanchetti**, Cadet Squadron 08

**Lt. Col. Richard Buckley**, Department of Engineering Mechanics

**Lt. Col. Leonard Cabrera**, Department of Economics and Geosciences

**Lt. Col. Brian Gienapp**, 557th Flying Training Squadron

**Lt. Col. Christine Holliday**, Department of Mathematical Sciences

**Capt. Andrew Judkins**, 98th Flying Training Squadron

**Maj. Nathan Kartchner**, Department of Civil Engineering

**2nd Lt. Meredith Kirchoff**, Public Affairs



**Capt. Erich Kunrath**, 94th Flying Training Squadron

**Maj. Christina Little**, 10th Medical Surgical Squadron

**Lt. Col. Tony McKenzie**, Department of Mathematical Sciences

**Capt. William Minor**, Athletics Department  
**Maj. Felicia Mohr**, Academy Admissions

**Maj. Derrick Montgomery**, 10th Medical Surgical Squadron

**Lt. Col. Elizabeth Norte**, 10th Medical Surgical Squadron

**Capt. Courtney Olson**, Superintendent's Staff  
**Capt. Sonja Pasquantonio**, Department of English and Fine Arts

**Lt. Col. Robert Ramos**, Directorate of Analyses, Assessments and Lessons Learned

**Maj. Robert Reimer**, Cadet Group 1

**Capt. Caitlin Thorn**, Department of Aeronautics

**Master Sgt. Linda Van Ostrand**, 10th Medical Surgical Squadron

**Maj. David Ware**, Dept. of Political Science

**2nd Lt. Matthew Williams**, Air Force Institute of Technology

**Staff Sgt. Stephanie Williams-Gray**, 10th Dental Squadron

**Lt. Col. Jennifer Wrynn**, 70th Flying Training Squadron

**Master Sgt. Sherri Ziegler**, 10th Medical Operations Squadron



CAROL LAWRENCE

A commuter drives through fog on North Gate Boulevard on the Academy Wednesday morning. The second full week of October brought a taste of winter, including snow on the summit of Pikes Peak and mountain areas to the west. Another burst of cold air is expected Tuesday with regional highs in the low fifties and a chance of snow.



## Academy reaches milestone for new CCLD facility



BILL EVANS

Lt. Gen. Mike Gould signs an environmental assessment and finding of no significant impact for construction of a new Center for Character and Leadership Development facility. Also pictured is 10th Air Base Wing Commander Col. Rick LoCastro, who also signed the FONSI.

Air Force Academy officials signed an environmental assessment and finding of no significant impact at the proposed site of the Center for Character and Leadership Development Oct. 6.

The new facility, scheduled to break ground in spring 2011 and be completed in 2013, will accommodate the expanding CCLD program and house approximately 65 annual seminars.

The CCLD will be approximately 46,000 square feet with a 110-foot glass skylight located on a portion of the Honor Court. The design, development and construction of the facility will incorporate economically sustainable principles. The facility will comply with all Air Force energy policies and will be designed to a Leadership in Energy and Environmental Design platinum standard.

Attending the signing ceremony were Academy Superintendent Lt. Gen. Michael Gould, Vice Superintendent Col. Tamra Rank, Dean of the Faculty Brig. Gen. Dana Born, Commandant of Cadets Brig. Gen. Richard Clark, 10th Air Base Wing Commander Col. Rick LoCastro and Dr. Erv Rokke and Mark Hille from the USAFA Endowment.

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# 'Hell Hawks' visit Academy

By David Edwards  
Academy Spirit Staff Writer

When a handful of former flyboys wanted to give the Air Force Academy hell, the response was an enthusiastic yes.

On Oct. 1, the Academy hosted nearly a dozen former "Hell Hawks," members of the Army Air Forces' 365th Fighter Group. The ceremony was held in the Honor Court next to a bronze replica of a P-47 Thunderbolt, the plane flown by the group during World War II.

The honor guard for the presentation consisted of Hell Hawk spokesman Frank Luckman, former Academy Superintendent Lt. Gen. Winfield Scott Jr., and Col. Mark Wells, chairman of the Academy's Humanities Department.

"It's great to have examples like the 365th to use in the classroom," Colonel Wells said. "Rest assured that your stories are being told and that cadets daily are hearing about their heritage. You can be very proud of our young people (and know) that they won't let you down."

In terms of years, the history of the group is short. The 365th was activated in May 1943 and made inactive less than three years later. But the exploits of its

members have become legendary. The group's air executive, Lt. Col. Robert Coffey Jr., earned ace status in the Thunderbolt and was later elected to Congress. In addition, air support from the Hell Hawks helped ensure an Allied victory in the Battle of the Bulge, which ravaged Belgium and The Netherlands in December 1944 and January 1945.

Ties between the Air Force Academy and the Hell Hawks had been forged well before the ceremony. For one thing, the story of the group's heroics is told in a 2008 book co-authored by Thomas Jones, a distinguished graduate of the Academy in 1977. Mr. Jones, now an American astronaut, teamed with Robert Dorr to write "Hell Hawks: The Untold Story of American Fliers Who Savaged Hitler's Wehrmacht." A teenager at the Oct. 1 ceremony carried two copies of the book to be autographed by some of the protagonists in its pages.

A reviewer at Amazon.com describes a scene in the book in which a P-47 cartwheels across a field, losing its tail, engine and wings in the process. Readers "learn why the GIs in a nearby Jeep motioned for the stunned and injured pilot, Lt. Bob Hagan, to come to them about 100 yards across a field instead of driving over to pick him up," the reviewer wrote.

Mr. Hagan was one of the men in the front row at the Academy ceremony. Five people in the crowd

were wearing T-shirts with "Team Hagan" and the Hell Hawks' logo emblazoned on the front. On the back was written "I'm With Bob."

In addition to the literary connection between the 365th and the Academy, one of Hell Hawks announced at the ceremony that he had been held captive with Albert P. Clark. His fellow prisoner eventually rose to the rank of lieutenant general and in 1970 became the sixth superintendent of the Air Force Academy. General Clark died in March.

The surviving Hell Hawks who made it to Colorado Springs received a reception befitting their service. From the podium, Mr. Luckman shared some of the highlights of the group's run-ins with German forces. He mentioned Bastogne, D-Day and the Battle of the Bulge.

The transfer of their certificate of recognition was preceded by a flyover of P-47 Thunderbolts that brought everyone to their feet. A standing ovation accompanied the formal handover, followed by a tour of the Academy grounds. The day's only disappointment came when the former fliers said they couldn't attend the Air Force-Navy football game the following day.

Colonel Wells concluded the presentation with one final assurance for the Hell Hawks: "Please accept a salute from a very grateful colonel who will tell your story right."

## 'Aim High ... Fly-Fight-Win' to be Air Force motto

WASHINGTON — Airmen from all ranks and career fields selected "Aim High ... Fly-Fight-Win" as the service's new motto, Air Force officials announced Oct. 7.

An enduring statement of Airmen's pride in their service, the motto is a two-part expression -- a call to action, with a response of commitment, said Chief of Staff Gen. Norton Schwartz.

"The call and the response are two sides of the same coin," General Schwartz said. "Airmen indicated 'Aim High' and the response 'Fly-Fight-Win' as indicative of their enduring commitment to do just that in defense of our nation."

When the Air Force motto team embarked on the project, they committed to Airmen buy-in in an inclusive, well-researched effort, rooted in Air Force culture and identity.

"Airmen recognize a motto should represent something enduring," General Schwartz said. "It must be bigger than any single person, something that gives voice to the pride of service of all who've worn this nation's Air Force uniform -- past, present, and future."

"We took the time to try to get this right," General Schwartz said. "A service motto belongs to those who serve, and we've done our best to give voice to how Airmen feel about serving this nation."

Assisting in the motto research effort were Chief Master Sgt. of the Air Force James Roy, Public Affairs Director Col. Les Kodlick, Force Management Policy Director Brig. Gen. Sharon Dunbar and Air Force Re-

cruiting Service Commander Brig. Gen. Balan Ayar.

The motto team began nearly nine months of research in early 2010, meeting extensively with 300 Airmen from active-duty, Reserve and Air National Guard components in each major command who encompassed a wide variety of Air Force specialties.

Airmen described to the team what they thought it means to be an Airman, to serve, and what they felt is unique about the Air Force.

"The exhaustive research process showed that Airmen share a core set of identity concepts that serve as a basis for an Air Force motto," said Gen. Stephen Lorenz, commander of Air Education and Training Command. "No matter what career field ... Airmen consistently told us they see themselves, and they see the heritage of the Air Force, as those entrusted by the nation to defend the modern, complex security domains -- first air, then space and now cyberspace. Airmen take this sense of mission very seriously."

An Air Force-wide survey to validate and quantify input from discussions indicated Airmen have a shared pride in their abilities to adapt to meet any threat and they feel empowered to bring innovation and excellence to the mission of national defense.

After understanding the shared identity, the motto team began transforming words and concepts into a unifying, enduring and credible motto, said Lt. Col. Clark Groves, lead scientist for the project.

"The research team held more meetings with nearly 250 Airmen on bases in each major command, discussing scores of identifying words and concepts tied

to the core Airman identity," he explained.

"These discussions, information from Air Force historical archives and input from total force Airmen, Air Force civilians, retired Airmen, and the public provided the basis for identifying the ideal motto candidates."

That led to an Air Force-wide survey. Five potential mottos emerged and were presented during CORONA at the Air Force Academy for final consideration.

"This really was a process grounded in inputs from Airmen," Colonel Groves said. "We went Air Force wide four times, including face-to-face discussions at bases in every major command twice and in two Air Force-wide surveys."

Airmen can expect to gradually hear and see more of the motto as it is included in Air Force presentations, correspondence and products.

It will also be introduced in the coming year into basic military training, professional military education, ROTC and Academy courses.

"This motto encompasses what Airmen say about what it means to serve in this great Air Force," Chief Roy said. "'Aim High ... Fly-Fight-Win' gives our service a and lasting tradition for voicing our pride."

The chief noted an important distinction between slogans and mottos.


"Slogans and ad phrases come and go, but a motto is meant to be passed from one generation of Airmen to another," Chief Roy said. "This is for the hundreds of thousands of Airmen who now serve, who have served, and who will serve in the future."



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## Learning

### From Page 1

guys to show up for this race, but it wasn't like that at all," said Cadet 1st Class Jimmy Leli. "It really showed me that it's as much about determination as it is fitness. We have some pretty high fitness standards at the Academy, and we complain about it, but it's nothing compared to what these people put themselves through.

"And some of them were in their 70s and 80s. It blew my mind to see these old people with grey hair coming across the finish line. It would be an accomplishment for me to do it, but to watch them do it was something else," Cadet Leli added.

But the trip wasn't all about the Ironman competition. The cadets flew to Hawaii on a C-17 Globemaster III and a KC-135 Stratotanker. The C-17 crew from the 446th Airlift Wing included a group of aeromedical evacuation trainees completing their qualification check rides. While en route, the cadets got an up-close-and-personal look at jobs that may be in their futures.

"We have one EMT in the squadron and two med school hopefuls," Major Anderson explained. "It really motivates them to see what they may actually be doing after they graduate. And it also shows the hard work it takes to get to that point. And what's more important, they got to see the type of people they will lead after graduation and get a firsthand experience of what they go through on a day-to-day basis."

The cadets interested in the medical

field took part in the medevac scenarios by playing the part of patients. Cadet Reid was administered an IV and went into simulated cardiac arrest in the scenario.

"I've had a couple of IVs before, but this was the first time I actually got to see them do it," Cadet Reid said. "I was also involved in a scenario where they had to do chest compressions on me. It was great to get that hands-on experience that I haven't had a chance to be a part of."

The flying mission itself interested others. Cadet Leli has already secured a pilot slot once he graduates. He was on the C-17 flight deck to see the refueling mission firsthand.

"The best part of the trip for me was to witness the aerial refueling mission," he said. "I want to be a tanker pilot, so it was great to be able to see it in action. The pilots were able to talk me through what they were doing and how the aerial refueling works."

The trip was the brainchild of Major Anderson and took a lot of work to put together. But ultimately, he said he's happy with the end result and hopes to



STAFF SGT. RAYMOND HOY

Staff Sgt. Daniel Nelson and Senior Airman Dylan Congrove perform CPR on Cadet 2nd Class Timothy Reid during a medical training scenario aboard a C-17 Globemaster III Oct. 7. The Airmen are assigned to the 446th Aeromedical Evacuation Squadron at Joint Base Lewis-McChord, Wash. Cadet Reid is assigned to Cadet Squadron 04 and hopes to go into the medical field after he graduates.

see more events like this in the future.

"It took months of planning to make this all happen and it all came together great," Major Anderson said. "The classroom is very important, but you can't substitute for something like this.

"The 97th Air Mobility Wing has a great partnership with the Academy and

they continued that partnership with this mission. We can't thank them or the 446th Airlift Wing enough for giving us a lift and conducting the realistic training to give the cadets an idea of what the big Air Force is all about. It was a win-win for everyone involved," he added.

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# Early drives, special teams lead Falcons past Rams

By John Van Winkle  
Air Force Academy Public Affairs

Seven touchdowns on offense and special teams led the Air Force Academy to a decisive 49-27 win over Colorado State University Saturday.

The Falcons came into the game ranked No. 25 in the nation by the Associated Press, powered in part by the top-ranked rushing offense in the NCAA, while CSU limped in with a 1-4 record after averaging only 11 points per game.

The Falcons offense drew blood quickly. Taking the ball at their 23-yard line on the first possession of the game, two typical rushes via the Falcons' triple-option running attack moved the ball to their 43-yard-line.

Having made the Rams defense expect another run, the Falcons took to the air. Backup tight end Joshua Freeman provided a chip block and rolled out into the open space on the right, where Falcons quarterback Tim Jefferson hit him for a completion that became a 51-yard gain. Freeman's catch moved the ball to the Rams' 6-yard line, and a Rams penalty halved the distance to the goal line. Jefferson handed off to fullback Jared Tew, who carried it up the middle for the touchdown, putting the Falcons on the scoreboard on the fourth play of the game.

After a successful defensive stand, the Falcons took their next possession at their 20-yard line, and repeated their formula of success. Falcon running back Asher Clark gained 30 yards on two carries, and then Jefferson went to the air to find junior wide receiver Zach Kauth along the left sideline for a 39-yard completion.

"Anytime you have those sizeable gains, that helps," Falcons head coach Troy Calhoun said.

Clark carried twice more, ending the drive with a 3-yard touchdown. The extra point kick by junior Erik Soderberg was good, putting the CSU Rams down 0-14 with nine minutes left in the quarter.

Down by 14 points, the Rams continued going to their ground game, which came into the game ranked 120th in the nation and averaging 56.2 yards per game. But against the Falcons, the Rams' rushing attack was averaging 5.5 yards per carry in the first quarter.

The Rams drove 72 yards on 11 plays to the Falcons 3-yard line. A false start moved them back 5 yards, which they regained two plays later, but faced a fourth down and 2 at the 3. Falcon defensive lineman Bradley Connor swatted the pass to the ground and forced the Rams turn it over on downs.

The Rams defense finally tightened down, forcing the Falcons to punt a few minutes later, but that only gave the Rams the ball at their own 12-yard-line. That drive ended abruptly when Falcon defensive back Reggie Rembert intercepted Thomas at the Rams 33 yard line and returned it 30 yards to give the Falcons first and goal at CSU's 3-yard line.

Two plays later, the Rams defense forced a fumble to escape another Falcon scoring drive when Rams linebacker Michael Kuwalok wrapped up Falcons fullback Tew and allowed fellow Rams linebacker Mychal Sisson to pry the ball loose.

"I thought we really missed a golden opportunity with the fumble down there. That's something we've got to look at," Calhoun said.

But the Falcons defense came calling for the turnover once again when defensive back Jon Davis forced Rams running back Leonard Mason to fumble. Rembert recovered the fumble, giving the Falcons another possession at the Rams' 33. Two plays later, Jefferson sent Kauth deep right and hit him with an easy tossup for the touchdown. Soderberg's kick was good, putting the Falcons ahead 21-0.

The Rams' Derek Good returned the ensuing kickoff 69 yards to set up a drive that would finally put the Rams on the board. Several plays later, Rams wide receiver Lou Greenwood went wide left to outpace the Falcons defense for a 13-yard touchdown. Rams kicker Ben DeLine added the extra point, to lower the Air Force lead to 21-7.

The Falcons scored one more time before the half. Taking the ball 74 yards on 13 plays and eating up five minutes of game time, the Falcons sealed the drive with a Jefferson pitch to wide receiver Kyle Halderman on an end-around. Halderman went wide left across the goal line for the score. With Soderberg's

point-after attempt, the Falcons went into the half leading 28-7.

Coming out of the locker room at halftime, CSU took the first possession, but managed three plays before sending their punter in to do work. But the Falcons sent a strong rush up the middle on the punt, getting a partial block by freshman defensive back Anthony Wooding to give the Falcons the football at the CSU 38-yard line.

Four plays later, backup quarterback Ben Cochran found tight end Chaz Demerath wide open on a fake field goal. Cochran completed the easy pass for a 25-yard touchdown, to put the Air Force Academy a four touchdown lead.

The Rams showed that they still had fight in them, when the CSU defense snatched an interception deep in Air Force territory. Jefferson completed a pass to Cochran, who was instantly hit by a CSU defender. The hit popped the ball up in the air, and Rams defensive back Ivory Herd grabbed the jump ball for an 8-yard return to the Air Force 30. The Rams stayed with their revived ground game to move the ball, and scored on a four yard run by running back Leonard Mason. Freshman linebacker Jamil Cooks blocked the extra point to make the score 35-13, Air Force. So far this season, Cooks has blocked one punt, one field goal and one extra point attempt.

Air Force's special teams took it up another notch on the kickoff. Wide receiver Jonathan Warzeka took the ball at his own goal line and found enough blocking on the right side to break free and race up the right sideline for a touchdown. This was Warzeka's second 100-yard kickoff return for a touchdown of his career, and lifted the Falcons to a 42-13 lead.

"They outplayed us on special teams," said CSU head coach Steve Fairchild. "They got through to a punt and a kickoff return. You can't do that. There were too many big plays and they are too good of a team. You have to play a much more perfect game that we did, obviously."

The Falcons added to that lead with another touchdown pass by Jefferson, this time to Kauth again for 19 yards. Another Soderberg extra point lifted the Air Force lead to 49-13.

With the game well in hand, the Falcons started rotating the reserves in, getting more game time under the belts of their second- and third-string players.

CSU became the first team this season to score against Air Force in the fourth quarter by putting two touchdowns on the board. The first was a 5-yard pass from Thomas to tight end Eric Peitz. CSU closed out the game with a 2-yard touchdown run by backup fullback Chris Nwoke in the game's final minute, to end the game at 49-27.

Despite the lopsided score, the Rams piled up a healthy amount of yards on offense, gaining 285 on the ground against the Falcons' porous run defense.

"We have a ton of work to do," Calhoun said. "We have a lot of work to do in a short period of time. That's why when we go out to practice on Monday, it's going to be imperative that we're productive."

With the win, the Falcons closed out the first half of their 2010 football season with a 5-1 record.

"The second half of the season, you just look. It's going to be a different world," said Coach Calhoun. "They're going to have to be ready to play," he added, referring to his team.

Next up on the Falcons' schedule is a trio of tough back-to-back Mountain West Conference matchups, against San Diego State, TCU and Utah. San Diego State went into Saturday with a 3-1 record, while TCU was ranked No. 5 in the nation with a 5-0 record, and Utah was ranked 10th in the nation with a 4-0 record.

"I think when you look on the horizon, for what we're going to have to do -- really the next three games, we play three teams that deserve to be among the top 20 in the country. Three of the next four are on the road," said Coach Calhoun.

After those three conference battles, the Falcons will turn their attention to winning back the Commander in Chief's trophy when they face Army Nov. 6. And while the Falcons' fanatical fans can scope out the rest of the regular season, the actual football team remains focused on only the next game ahead, Calhoun said.

That next gridiron battle game is a road game at San Diego State Saturday, with kickoff will be 6 p.m. local time.



BILL EVANS



MIKE KAPLAN

**ABOVE LEFT:** Air Force defensive lineman Rick Ricketts, right, battles Colorado State offensive lineman Weston Richburg during Saturday's match-up. **ABOVE:** A member of the Wings of Blue Demonstration team jumps towards Falcon Stadium at the prior to the Air Force-CSU game.



BILL EVANS

Falcon's full back Jared Tew runs over the goal line after tight end Joshua Freeman made a 51-yard completion, bringing the ball to the 6-yard line, in the first quarter of play Saturday. The Falcons are now ranked 23rd in AP and coaches' polls



BILL EVANS

Air Force linebacker Brady Amack brings down CSU quarterback Pete Thomas during the Falcons-Rams game at Falcon Stadium Saturday. Amack, a junior and native of Pleasanton, Calif., had six tackles and one pass breakup against CSU.



# CS 02 AOC represents AF in Ironman

Staff Sgt. Raymond Hoy  
Air Force Academy Public Affairs

**KAILUA-KONA, H.I.** — The air officer commanding for Cadet Squadron 02 at the Air Force Academy completed the Ironman World Championship here Saturday.

Scott Poteet finished the race ranked 225th among more than 1,800 competitors in the race, which includes a 2.4-mile swim, a 110-mile bike ride and a 26.2-mile run, and finished 38th in his division.

"I'm very pleased with how I did," he said. "As expected, it was a tough race. I'm really happy and was excited to represent the Air Force and it was a great experience overall."

Poteet was one of nine racers chosen to represent their military service, with at least one representative present from each service. He came in second behind Army competitor Robert Killian and just in front of his longtime friend and Navy competitor Scott Jones.

"I was about eight minutes behind Scott at the turnaround time on the bike," he said. "And at the end of the bike, I cut that down to about five or six minutes. Scott took off pretty quick on the run and I decided to conserve my energy. The Army competitor and I took off about the same time. Later I was able to catch up with Scott and we actually ran together for a few miles. I felt a little stronger and I pushed on ahead."

It wasn't to last, though. Poteet hit the proverbial wall at the most inopportune time.

"I hit a wall at Mile 24," he explained. "It was my only wall during the race, which was nice, but it happened to be at the end which was the worst possible time for that to happen."

The weather in Kona was a major concern for Poteet. This was his second world championship at Kona, and he knew the weather could be unpredictable with the heat, humidity and wind.

The weather was great at start time with a temperature of around 71 degrees. However, as the day went on, the temperature spiked into the mid 80s. There was a mild breeze throughout most of the race until the marathon portion, when the wind began gusting.

"With the elements in Hawaii, it's never an easy race," Poteet said. "But the wind was definitely a factor; it was probably the worst I've ever experienced. There were even accidents out on the course where the wind actually picked people up and blew them over during

their run."

But his training at the Academy helped him with the windy conditions.

"The heat and humidity weren't really something I could train for while in Colorado, but it definitely helped concerning the wind," Poteet said. "There were some people there who were really having a hard time, but I was able to push through it."

Poteet finished with a solid time of 9:39:05, which was right around where he planned on finishing. And after more than nine hours of constant exertion, he was more than happy to be finished.

"The last mile is a downhill trek, and there's just a build of the suspense and excitement at the end," he explained. "It doesn't matter how you feel at that point; the crowd rejuvenates you, and the adrenaline just take you through to the finish."

"There's no other finish like the finish at the world championship. This is the only sport where there are more people there for the last finisher than there are for the winner. There was a ton of people there at midnight cheering those last competitors across the line. There's nothing as inspiring as watching that."

Poteet's exertion put him in the medical tent at the end of the race. This was his 10th Ironman, and he's ended up in the medical tent for eight of them.

"It's becoming a bit of a trend," Poteet said with a laugh. "I just don't ever want to feel like I had something left when I finished. I want to use it all out there on the track."

For now, it's all about recovery for Poteet.

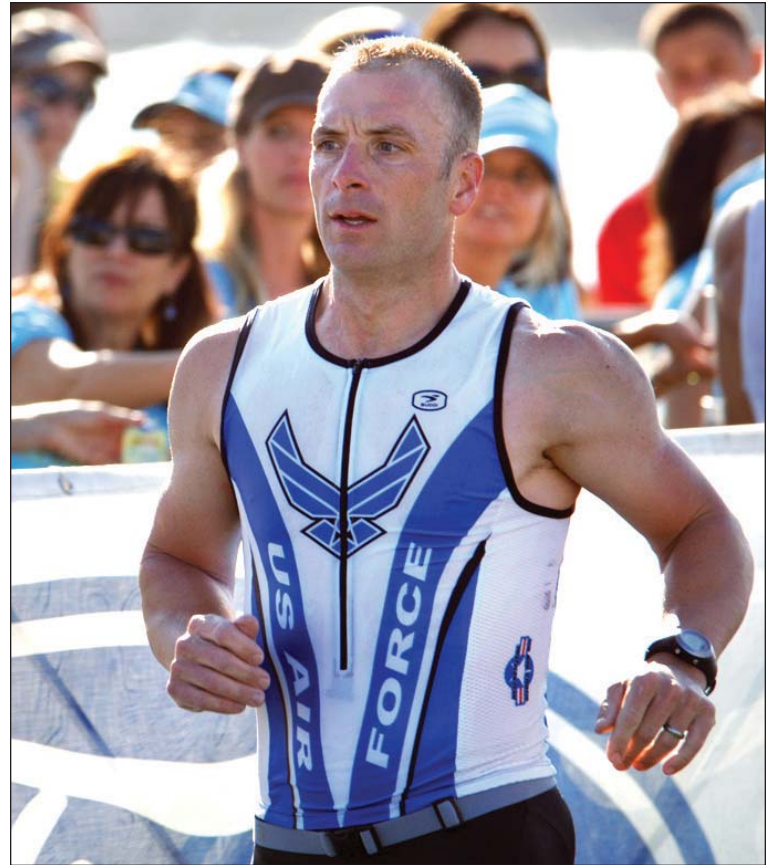
"Recovery is a bit of an ordeal following these races," he said. "For the first couple of days, I've eaten anything and everything I can get my hands on just to replenish my system. I'm also taking about a week off from training to give my body some time."

But you can't keep a guy like Poteet down for long.

"I'm already feeling an itch to get back out there and train," he said. "I've already got plans for a couple other competitions coming up next year. I've got to start training."

One of those competitions is the Armed Forces championship Olympic distance triathlon in April. For now, Poteet is happy with the title "Ironman."

"This was great," he said. "I can't wait to come back next year."



The last mile of the race is a downhill trek to the finish where the crowd cheers provide the adrenaline, Scott Poteet said.



In the 110-mile bike ride, Scott Poteet said he made up time against his Army competitor, Robert Killian. Killian finished first in the military service competitors, Poteet second. Poteet finished 225th overall.

Swimmers start the first leg of the Ironman race Saturday in Kailua-Kona Bay. The swimmers must swim a 2.4-mile loop in less than 2 hours and 20 minutes in order to be to finish the race. The water temperature is usually around 80 degrees for the Ironman swim.



PHOTOS BY  
STAFF SGT. RAY HOY







# Academy grad, Randolph Airmen urge students to make right choices

By Robert Goetz  
502nd Air Base Wing Public Affairs

**RANDOLPH AIR FORCE BASE, Texas (AFNS)** — If experience is the best teacher, some 200 students from a San Antonio middle school learned invaluable lessons last week from a group of Randolph Airmen, including an Air Force Academy graduate, with personal stories to tell and messages to impart.

Dwight Middle School students visited here for the new school year's first session of the San Antonio-based program Giving Americans Motivational Education for the Real World.

GAMER is a program designed to motivate inner-city youth to strive for success by exposing them to accomplished people in higher education, business, industry and the military. They experienced Randolph AFB's sights and sounds and listened to enlisted Airmen and officers who encouraged them to make the right choices as they continue on life's path.

"I enjoyed what they told us about the Air Force in general," said Naudius Banda, 14. "The lessons I learned were to always keep your life on track and make good decisions."

The two-hour session started in the base theater, where students saw part of the video "Fighter Pilot: Operation Red Flag," which tells the story of the international fighter training exercise at Nellis Air Force Base, Nev. They also heard from Maj. Joel Neeb, the 12th Operations Group Standardization and Evaluation Division T-38C Pilot Instructor Training Branch chief, who encouraged them to set themselves up for success "by getting on a path now to do the right thing and doing it as often as you can so you build a reputation of trust."

Major Neeb discussed the successes he has achieved, a fulfilling life as an Air Force pilot and as a husband and father. He also told them he nearly derailed his life early on when he made some bad choices in high school.

"I didn't bring you guys all the way out here to brag about myself," he said. "I brought you out here because all those great things you just saw, all the cool things that happened to me, almost didn't happen. They probably shouldn't have happened because of some really stupid decisions I was making when I was just a little older than you guys."

Major Neeb, who coordinates the GAMER program here, said he made a decision to sacrifice school "just for the chance to be cool." He skipped school, failed classes and drank on weekends. But he righted his path in time to earn acceptance to the



Maj. Joel Neeb

Air Force Academy, where the regimen forced him to "stay focused on school" and he learned a valuable lesson.

"I was working really hard, I was doing well in school and I could still have fun," he said. "You have to set boundaries on the things you do for fun."

Major Neeb also told students about his bout with cancer, which was diagnosed in February, and how good decisions paved the way for a strong support system.

"I couldn't have made it through this horrible, challenging ordeal without the Air Force, my family and the background I established because of making good decisions," he said.

Students spent the rest of the session at Air Heritage Park, where they heard and watched presentations by Randolph Fire Emergency Services personnel and Airman with the 902nd Security Forces Squadron Military Working Dog Section, and listened to the life lessons of more Airmen.

Tech. Sgt. Sam Look, the Air Force Personnel Center non-commissioned-officer in charge of special operations and test assignments, talked about his difficult home life, living with an alcoholic father and a drug-addicted brother. He also talked about how his lack of self-esteem caused him to make wrong choices while he was in high school.

He said he started to make changes in his life when he joined the Air Force, going to school and focusing on college, but the "real impacts" in his life started eight years later when he met his future wife and, after about a year of marriage, received a phone call from his brother who asked for help after serv-

ing his sixth jail sentence. Sergeant Look was more than hesitant, but his wife told him she thought they could make a difference.

"I tell you that because, no matter what situation you could be going through at home, one person in a family can make a huge, huge difference in how that family evolves," he said.

Sergeant Look said his brother confronted his drug problem and now works as a foreman for a Colorado roofing company.

"All it took was one good decision, one person to reach out and help him to make some significant changes and it's impacted him positively and for the rest of his life," he said.

Sergeant Look said his father benefited from his brother's successes, dramatically curbing his drinking.

He said the Air Force's main impact on him has been to "feel positive and good about myself."

Maj. George Garzon, the 12th Operations Group T-38C Branch chief, told students about how he parted ways with a friend from a wealthy family "who made some bad choices in high school," including smoking pot, and who continued his partying lifestyle through college.

That former friend was unable to make the transition to a career and later committed a crime that landed him in prison for life.

"Whatever background you come from, you are in the driver's seat, right now, to make the right choices," he said. "There is no 100-percent direction for you to choose, but it is incumbent on you not to make the wrong choices."

Major Garzon encouraged students to find a job they love, and satisfaction and a better quality of life will follow.

"There are a ton of doors open for you and there are probably very few that are closed to you already," he said. "These next few years will definitely define where you're going as far as doors that might close behind you."

Major Garzon also urged students to adopt the Air Force's wingman concept, especially as they make the transition from child to adult.

"Look out for each other," he said. "Find those friends that you're close to and help steer them in the right direction. Surround yourself with good friends and I guarantee you life will be a lot easier for you."

The program made a huge impact on Erica Garcia, 13, who hopes to be an Air Force attorney.

"I enjoyed every single thing," she said. "I cried when (Major Neeb) talked about his cancer. They all really inspired me."

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# Lieutenants finish language training

By Maj. Will Cambardella  
Air Force Culture and Language Center Public Affairs

**RANDOLPH AIR FORCE BASE, Texas (AFNS)**—Twenty-five of the Air Force's newest second lieutenants recently completed the inaugural class of focused language training at Maxwell Air Force Base, Ala., as part of the Language Enabled Airmen Program.

The Language Intensive Training Event, or LITE, was held at the Air Force Culture and Language Center during the span of four weeks and conducted by resident instructors from the Defense Language Institute. Classroom training included the strategic languages of Russian, Chinese, French, German, Modern Standard Arabic and Spanish.

The focused language training is available to volunteers in LEAP to take advantage of the time between participants' commissioning and arrival at their initial career skills training and builds on language abilities gained as part of their accessions experience through either ROTC or the Air Force Academy.

Through various surveys and examinations, to include the Defense Language Proficiency Test, the improvement in language proficiency by graduates exceeded initial expectations.

Seventy-five percent of LITE graduates have shown an increase in DLPT scores since their baseline testing a month earlier.

"The results have been astounding," said Jay Warwick, the Air Force Culture and Language Center director. "This program fills two voids: it strengthens the Air Force inventory for language-enabled Airmen and provides them the opportunity to maximize their time in between operational assignments."

Maxwell AFB is one of fifteen locations where LITE training was conducted this summer. Other venues included language schools at Offutt AFB, Neb., Oakland and Monterey, Calif., Brazil, China,

Costa Rica, France, Germany, Japan, South Korea, Morocco and Ukraine.

As volunteers in LEAP, the lieutenants enter a long-term, structured program using a combination of internet-based methodologies and immersion training in order to maintain their newly enhanced language skills.

"These graduating Airmen are now a part of a social network capable of feeding, motivating and encouraging each other with new ideas about language learning as they move forward in their careers," said Lt. Col. Brian Smith, the deputy director of the language department.

Zach Hickman, the director of sustainment and maintenance, said the toughest part of learning a language is keeping up with a language.

"In the past, Airmen had the opportunity to go on a language immersion, but then were left to their own devices to keep up their new language skills," he said. "LEAP is designed to correct this deficiency by instituting a structured developmental curriculum to ensure participants maintain skills they have gained."

Those who achieve a proficient score on the DLPT can qualify for a monthly stipend, which varies depending on the tested proficiency and the language taken.

In September, the culture and language center conducted its second LEAP selection board for 2010. Approximately 260 volunteers were selected from more than 400 candidates, which included representation from the Academy and ROTC cadets graduating in 2011 as well as active-duty officers. Program officials plan to select 400 volunteer officer participants each year and continue work on developing a similar program for enlisted members and Air Force civilian employees.

For more information on language qualifications and application procedures for the spring board, visit <http://culture.af.mil/leap.html>.

# Marry me?



J. RACHEL SPENCER

Cadet 1st Class Eric Wallace proposes to his girlfriend after jumping into Falcon Stadium for the Air Force-CSU football game Saturday. Cadet Wallace is assigned to Cadet Squadron 14 and is a member of the Wings of Blue Air Force Parachute Demonstration Team.

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## Prep School, Medics advance to championship

By Dave Castilla  
Intramural Sports Director

The top two seeds won their football games in the intramural playoffs Tuesday to advance to the championship match.

Prep School, the No. 1 seed, defeated the Firefighters in a hard-fought 13-7 match, while the No. 2 Med Group defeated Security Forces, 20-12.

The Preppies set the momentum early with a 60-yard pass from quarterback Adam Fitch to Kyle Rowland on the first play of the game. A few plays later, Fitch tossed a six-yard touchdown pass to Nate Allen to give the Prep School a quick 6-0 lead.

The team's second touchdown came on a 37-yard screen pass from Fitch to Allen. Allen caught the extra point, giving the Preps a

13-0 lead at halftime.

The Firefighters took the first drive of the second half and got as far as the Prep School 4-yard line, but they couldn't break the plane of the goal line. The Prep School took possession and drove to the 20 before the Firefighters' Travis Oster intercepted a Fitch pass. On the next play, Firefighters quarterback Roy Dalton pitched to Barry McNeil, who scampered into the end zone from 18 yards out. McNeil scored the extra point on another pitch to bring the Firefighters within six points with three minutes to go. The Prep School holding the Firefighters scoreless in the final minutes.

The Medics marched 98 yards on their first drive, with quarterback Russell Pollard finding TJ Nelson for a 9-yard touchdown pass. The extra point try failed,

giving the Med Group a 6-0 lead. The Cops answered on their next possession, with McGinley scoring on a keeper from the 1 to tie the score at 6-6.

On the Medics' first drive of the second half, Pollard found his tight end, Terrance Tyler, who rumbled 41 yards into the end zone on a jump pass down the left side of the field for the go-ahead score. Pollard ran in the extra point to give the Medics a 13-6 lead.

The Medics took over at the Cops 10 after the Cops turned the ball over on downs. On the next play, Pollard hit Darell Holden for the score. Terrell Powell caught the extra point, putting the Med Group ahead, 20-7.

The Cops scored their final touchdown as McGinley ran in from the 5. The extra point was no good, the final score was 20-12.

## Gymnasts reach out to elementary schoolers

By Valerie Perkin  
Athletic Communications

The Air Force men's and women's gymnastics teams spent Oct. 8 with some students at Monroe Elementary School in Colorado Springs as a part of the Athletic Department's adopt-a-school program.

The after-school program allows grade-school children to interact with each sports team's coaches and players throughout the school year.

After each gymnast introduced themselves by name, class year, hometown and favorite event, the Falcons and students went through the pre-practice stretching that the gymnastics team conducts on a daily basis.

Following a handstand contest between the men's and women's teams, the Falcons divided the students onto two mats and spent the remainder of the time teaching basic tumbling moves, including somersaults, handstands and cartwheels.

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**NFL Punt, Pass, Kick**

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

Children ages 6-15 can register for free at [www.nflppk.com](http://www.nflppk.com) anytime before Thursday.

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

**Post-9/11 GI Bill briefings**

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

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

**Construction at gates**

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

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



**CADET CHAPEL**

- Buddhist**  
Sundays, 10 a.m.  
Wednesdays, 6:30 p.m.
- Native American**  
Sweatlodge Ceremony - Saturday, 4 p.m.  
Fort Carson Turkey Creek Recreation Area
- Protestant Worship**  
Traditional: Sundays, 9 a.m.  
Contemporary: Sundays, 11 a.m.
- Catholic Worship**  
Mass: Sundays, 10-11 a.m.  
Monday, Tuesdays and Thursdays, 6:40-7:10 a.m.  
Confession and Adoration: Wednesdays, 5:30-6:30 p.m.  
Holy Days of Obligation: 6 p.m.
- Jewish Worship**  
Fridays, 7 p.m. (during academic year)
- Open for tours**  
Mon.-Sat. 9 a.m.-5 p.m.  
Sunday 1-5 p.m.  
No tours during services

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

**COMMUNITY CENTER CHAPEL**

- Catholic Masses**  
**Saturdays**  
Reconciliation - 3:30 p.m.  
Mass - 4 p.m.
- Sundays**  
Mass - 9 a.m.  
Religious formation - 10:15 a.m. (September-May)
- Tuesdays-Fridays**  
Mass 11:30 a.m.
- Protestant Services**  
**Wednesdays**  
Wednesday Night Live - 6 p.m.  
Dinner followed by Religious Education (September-May)
- Sundays**  
Evangelical - 10:15 a.m.  
Gospel 11:30 a.m.

**FEHB Health Fair**

The Civilian Personnel Office will hold the 2011 Federal Employees Health Benefits Health Fair Nov. 5 from 1:30 to 3:30 p.m. at the Falcon Club.

Health Plan representatives will be on-hand to answer questions about their plans' benefits and methods of obtaining services and to distribute new medical coverage guides.

The health fair is open to all current and retired appropriated-fund civilian employees. Open season enrollment is Nov. 8 through Dec. 13. For more information, contact Civilian Personnel at 333-4363.

**Winter preparation tips**

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

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

**Volunteer call**

Volunteers are needed for each of the following upcoming events.

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

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

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

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

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

- **Honor Guard:** The Academy Honor Guard needs officer and enlisted volunteers who can support two details per month for one year and who can attend training every other Wednesday from 1 to 4 p.m. To volunteer, contact Janet Edwards at 333-3323 or Staff Sgt. Hugo Reinor at 333-5621.

**Health Mgmt. Clinic**

The 10th Medical Group's Health Management Clinic offers healthy heart classes the first Tuesday of each month from 1 to 3:45 p.m. on the second floor of the Academy Clinic for people with high blood pressure or cholesterol, as well as diabetes education the first and

second Thursday of each month from 8 a.m. to noon in the Health and Wellness Center for those with new or existing diabetes or pre-diabetes.

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

**Evening Aerobics**

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

**A&FRC offerings**

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

• **Group Pre-Separation Counseling**  
Held Mondays (except during Transition Assistance week), 2 to 4 p.m.

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

• **Newcomer Orientation**  
Thursday, 9 a.m. to 4 p.m.

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

It is mandatory for all newcomers.

• **Red Carpet Tour**  
Oct. 22, 8:15 a.m. to 4:30 p.m.

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

**Family Advocacy classes**

Family Advocacy will offer the following classes to active-duty servicemembers, Department of Defense ci-

vilians, retirees and family members in October and November.

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

• **Stress Management**  
Oct. 28, 11:30 a.m. to 1 p.m.

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

• **Common Sense Parenting**  
Wednesdays, Nov. 3 to Dec. 8, 11:30 a.m. to 1 p.m.

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

**Community Activities**

The Community Center will offer the following upcoming activities:

• **Chess Tournament** - A chess tournament at the Milazzo Center Sunday from 9 a.m. to 5 p.m. with registration starting at 8:30 a.m. Entry is free, but participants must be members of the U.S. Chess Federation.

• **Family Movie Night** - The Sorcerer's Apprentice (PG) at the Milazzo Center Oct. 22 at 6 p.m., followed by Charlie St. Cloud (PG-13) at 8 p.m.

• **Dance Classes** - Ballroom dance classes are held Wednesdays from 5:30 to 9 p.m. and are ongoing in four-lesson blocks, one hour per block. Cost is \$28 per person or \$52 per couple. Dances include swing, foxtrot, rumba, tango, waltz and more. The next class starts Oct. 27.

• **Holiday Bazaar** - Community Activities seeks crafters and vendors for the annual holiday bazaar Nov. 20 from 9 a.m. to 3 p.m. at the Milazzo Center. If you're interested call 333-2928.

**October Fest at Falcon Stadium**  
beerfest \* winter expo \* youth carnival

**Saturday, October 16**

- 9 a.m. - Punt, Pass, Kick
- 10 a.m. - 5K Fun Run
- Noon - Wings of Blue Demo
- 11 a.m. to 3 p.m. - Events
- Beerfest
- Winter Expo
- Ski Swap, Retail Sales
- Used Rental Equipment Sale,
- Ski Resort Vendors
- Youth Carnival, Petting Zoo
- Pony Rides, Inflatables
- Face Painting, Go-Carts
- Trackless Train Rides
- Home Depot Workshop
- Arts & Crafts Vendors
- Karate Demos, Falcon Demo
- German Band & Dancers
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**MILL ELECTRICAL TECHNICIAN**  
Must have completed or have the equivalence of an Electrical or Electronics Apprenticeship Program. Five years experience in a heavy industrial setting required. Skilled in trouble shooting, repairing, and installing electrical or electronic equipment, instrumentation and combustion control equipment.

**MILL MECHANICAL TECHNICIAN**  
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Dwntwn firm seeks detail-oriented, personable legal secretary w/excell Microsoft Office skills. Ability to multi-task & demonstrate strong organizational, customer service and communication skills needed. **Email Resume to:** [lrcaines@sparkswillson.com](mailto:lrcaines@sparkswillson.com)

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REALTY

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
	20			21				22				
		23					24					
			25				26		27	28	29	30
31	32	33	34					35				
36									37			
38				39	40			41	42			
43					44			45				
			46					47		48	49	
54	55						56			57		58
59							60			61		
62							63			64		

**CLUES ACROSS**

- Property title
- Biblical name for Syria
- Curved cavalry sword
- Grapefruit tangerine hybrid
- Renown
- Capital of Guam
- Colorado River tributary
- Collegiate club for males (abbr.)
- Predominated
- All by oneself
- Indian frocks
- Hawaiian garland
- Shock treatment
- Obama's previous job
- Breed of hound
- White sheep from Spain
- Phil \_\_\_\_\_, CIA traitor
- Razorbill genus
- Full of ruts
- Attach firmly
- Br. island commonwealth
- Dutch painter Gerard \_\_\_\_\_
- Mandela's party
- Fr. pictorial tapestries
- Spouse of the Red Queen
- Excessive fluid retention
- Anklebones
- Swiss river
- Conglutinate
- Sarah Palin's son
- Secure with a rope
- A large and imposing house
- Give birth (sheep)
- Take a picture

**CLUES DOWN**

- Excavated a hole
- Protects the chest
- Schenectady, NY hospital
- Goddess of the hunt
- Cause bodily suffering to
- Most raw
- Wet nurse
- Nickel, silver & gold
- Pilchard
- Chills and fever
- Without a natural covering
- Point midway between NE and E
- Radioactivity unit
- Mastery (Scottish)
- Margosa tree
- Macaw genus
- Departure from the vertical
- At some prior time
- Equus caballus color
- Fish hook projection
- Largest toad species
- Adam and Eve's third son
- Stalk of a moss capsule
- Give off
- Euphemism for damn
- Not native
- Saintly light
- Beam Me Up, \_\_\_\_!
- Dinner plate flower
- Saudi natives
- Coloration for wood
- 19th C. Br. tragic actor Edmund
- Mischievous children
- A paying (taxi) passenger
- Soluble ribonucleic acid
- Electronic countermeasures
- Arrived extinct
- Electronic data processing

**SUDOKU**

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

Level: Intermediate

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Green Giant Specialty  
Vegetables 11-15 oz. or  
Mushrooms 4.5 oz.,  
Bisquick Shake 'n Pour 5.1 oz.,  
Betty Crocker Cookie Mix 17.5 oz.,  
Bugles Snacks 7.5 oz.,  
Chex, Gardetto's or  
Cheerios Snack Mix 7.5-8.75 oz.  
Select Varieties  
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Final Price  
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ea.  
When You Buy 8  
Mix & Match

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Betty Crocker Frosting 12-16 oz.,  
Fruit Snacks 6-18 ct.,  
Muffin Mix 15.5-18.25 oz.,  
Warm Delights 2.9-3.35 oz. or  
Warm Delights Mini's 2.46 oz.,  
Pillsbury Grands! Biscuits 16.3 oz.,  
Crescent, Cinnamon or  
Orange Danish Rolls 8-13.9 oz.,  
Green Giant Valley Fresh Steamers  
12 oz. No Sauce or  
Boil in the Bag Vegetables 9-10 oz.,  
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Yoplait Smoothie 7.6 oz.,  
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