

MIA MARINE COMES HOME

Chaplain Bruno vows great care for memorial service and family. **Page 6**

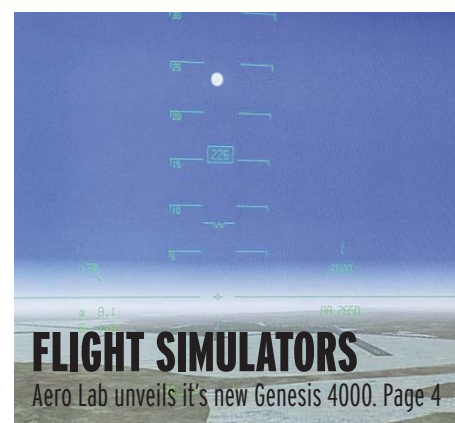
IRONWOMAN

Cadet competes to win in extreme triathlon. **Page 8**

PREVENTATIVE HEALTH

Screenings, education and more offered at women's event. **Page 3**

ACADEMY SPIRIT



Ground breaking ceremony



From left to right The Wing Character Officer- CIC Nick Espinosa, Lt Gen Gould, Ms. Linda McKay and Col Joe Sanders. Cadet 1 Class Nick Espinosa, the wing character officer, along with Academy Superintendent, Lt. Gen. Mike Gould, Ms. Linda McKay and Col. Joe Sanders, commandant of cadets, congratulate one another after the symbolic ground breaking ceremony. The event marks the start of the construction of the new Center for character and Leadership Development.

ELIZABETH ANDREWS

By Amber Baillie
Academy Spirit staff writer

The Academy hosted a ground breaking ceremony for the new Center for Character and Leadership Development building on Oct. 19 and will begin construction for the project as early as November.

The \$40 million project, \$12.5 million funded by donors, is expected for completion in 22 months.

"We're hoping to be in construction next month

and if not, very soon," said Duane Boyle, deputy director of the Academy Directorate of Installations. "We've had weekly meetings on the design and now they will probably change to weekly meetings on construction progress."

Originally to be completed in 2013, Boyle said the project was delayed primarily to organize funding.

"It's a process that just takes time and it pushed things down the road a bit," Boyle said.

The building will be approximately 46,000 square

feet with a 105-foot glass skylight, and located on the Honor Court between Harmon Hall, Arnold Hall and the entrance to the Terrazzo.

Boyle said the project has already received prestigious architectural awards such as a national American Institute of Architects Award, an International Architecture Award and was listed as one of the 90 most important projects in motion worldwide.

See Ground Breaking Page 4

2nd religious respect conference to focus on Academy's progress

By Don Branum
Academy Spirit staff writer

Chaplains, cadets and officials with religious and First-Amendment advocacy groups from around the nation will meet here Tuesday and Wednesday for a religious respect conference to discuss how Academy officials continue to develop an atmosphere of religious acceptance and respect for human dignity.

The discussion will build on the

groundwork laid by a November 2010 religious respect conference outlining the religious respect training program and the Cadet Interfaith Council's role in fostering religious respect, said Chaplain (Maj.) Joshua Narrowe, the Cadet Wing deputy chaplain.

TRAINING

Since the 2010 conference, chaplains have provided training to more than 5,000 cadets, Narrowe said. They have also expanded the interactive, scenar-

io-based training to faculty, air officers commanding and Academy military training NCOs. The goal of the training is to instill "a fundamental ethic of respect" regardless of faith, said Chaplain (Col.) Robert Bruno, the Air Force Academy chaplain.

"We recognize the inherent dignity of every human being, and the ethic of respect is built upon that," Bruno said.

The training also reinforces the importance of moving beyond simple

tolerance, Bruno said.

"When -- not if -- you get to those areas where there will certainly be disagreement, the mantra is quite simple. We agree to disagree agreeably, civilly, respectfully, professionally," he said.

"I should be able to respect your faith group and your right to practice, just like you have a responsibility to respect my right to practice or not to practice," added Narrowe, a Jewish rabbi. "The word respect is very important."

See Respect Page 2

Respect

From Page 1

In addition, the chaplains sought help from the Academy's Judge Advocate office and Law Department to help strengthen the legal foundations behind the training.

"We emphasize both elements of the First Amendment -- the Establishment Clause and the Free Exercise Clause," Bruno said. "The Establishment Clause is the domain of our legal team. When we start a religious respect training block, the legal folks go first, and they do an entire section on the Establishment Clause: what it means, what it prescribes, what it proscribes. They lay the legal foundation for that. Then we come in and we do the Free Exercise piece."

The training program is targeted toward various audiences, Bruno explained. Freshmen discuss scenarios based on their personal right to religious expression, whereas seniors discuss scenarios based on how to accommodate the religious needs of subordinates within their units.

Faculty members, AOCs and AMTs will receive different customized training. By the end of the academic year, they hope to have training in place for the Commandant of Cadets staff and the Athletic Department.

ACCOMMODATION

The Academy has continued its commitment to members of religions, both inside and outside the Judeo-Christian mainstream since the 2010 conference. The Cadet Chapel - Falcon Circle, an outdoor religious space for the Academy's small Pagan contingent, was dedicated in May 2011. Muslim basic cadets observed Ramadan during Basic Cadet Training in Jacks Valley earlier this year, and Hindu cadets celebrated a festival honoring Ganesha on Sept. 21.

The religious respect training emphasizes the Defense Department policy on religion, which is to approve, when possible, requests for religious accommodation.

"The posture of the entire Department of Defense where issues of religion are concerned is to lean forward where possible -- not to back off, not to fall back and say, 'This is the military, we can't do that,'" Bruno explained. "It's exactly the opposite. You cannot say no based on a hypothetical situation."

Commanders should approve requests for religious accommodation when those requests do not adversely affect mission accomplishment, military readiness, unit cohesion or standards and discipline, according to DOD Instruction 1300.17, "Accommodation of Religious Practices Within the Military Services."

The Academy's environment provides a rich environment for creating religious respect training scenarios. For example, this year's spring break is scheduled such that cadets' designated travel day to return to the Academy is Easter Sunday. Another example is Saturday classes, which run afoul of the Jewish Shabbat.

"The important learning lesson is this: When we had class on Saturdays, I couldn't do anything," Narrowe said. "I didn't make a move -- because who am I requesting religious accommodations for? Is it for me, or is it for the cadets? I had to wait for cadets to come to me and say, 'Rabbi, I have Jewish Shabbat on class, can you help?' Then I was ready to go in and do a (scheduling



MIKE KAPLAN

Rev. Dr. David Oringderff speaks with Lt. Gen. Mike Gould during a dedication ceremony for the Air Force Academy Cadet Chapel Falcon Circle May 3, 2011.

committee action).

"It's not for the DOD to posture in the sense that we're going to be sensitive to every religious faith, because if we posture that we're not going to do anything on any religious holiday. You could never have an exercise," Narrowe continued. "So it's up to the individual service member to account for his or her religious needs. That's what we train the cadets: As commanders, it's not up to you to accommodate for every single faith -- it's up to you to create a climate where the people working for you feel comfortable enough to ask for religious accommodations, and then you're postured to accommodate."

In that context, chaplains ensure commanders are aware of potential religious needs within the unit, Bruno said.

INTERFAITH OUTREACH

The conference will include presentations by Cadet 1st Class Monique Pal, the Cadet Interfaith Council president, and by three other cadets on the council. Pal has been involved with the Interfaith Council since she was a freshman in 2009.

The council is much more involved with planning and outreach than it was in 2010, said Pal, a Hindu and a native of Savannah, Ga.

"We do a lot more planning than we did before," she said. The council sets up religious awareness events, regular interfaith discussions and community outreach.

It has also taken on the President's Interfaith and Community Service Campus Challenge.

"With the president's challenge, not only are we getting together to talk, we're also getting together to volunteer," she said.

The council is made possible by the diversity within the cadet student body, Pal said. The interfaith council experience is unique because the differences are what bring the cadets on the council together.

"It's not just a unit group. We're from all different squadrons and all different faith backgrounds," she said. "What makes it unique is that we're coming together because of our different faiths."

THE BROADER NARRATIVE

The religious respect training, the Cadet Interfaith Council and the conferences serve an additional purpose: helping the Academy recover not just from the climate of religious intolerance that existed prior to 2005 but also from the harsh scrutiny that ensued when the religious atmosphere here was brought to light.

"This place was shell-shocked when it came to issues of religion," Bruno said.

"No one wanted to touch it. It was too negatively consequential. I said, you can't continue to graduate the future officer corps of the Air Force under that environment, with an inability or a fear of discussing anything religious."

After they graduate, cadets will become commanders, and they will command people of faith and their families, Bruno said.

"You can't prepare them to do that adequately if you're not competent talking about faith," Bruno said. "So part of the interactive nature that promotes discussion ... is to help this institution recover its ability to have a healthy, robust discussion of matters of religion."

NEXT STEPS

Several chaplains at major commands, including Air Combat Command, Air Force Materiel Command, Air Education and Training Command and Pacific Air Forces, are scheduled to attend the 2012 conference, in addition to Air Force Chief of Chaplains staff members and an Air Staff division chief, Bruno said.

"We're going to take them through scenario-based training. That's on the agenda. Call it a show-and-tell if you will," Bruno said.

Bruno said he hopes to highlight the Academy's progress since 2010.

"We have a story to tell, and we want to tell it. We want to be transparent about, and we want to put on the table what we're doing, because the people who are coming here -- this is their realm, this is their life," he said. "The idea is to say, here's what we're doing, here's where we were two years ago, here's what we've developed since, here's what we've learned."

Bruno cautions against sounding triumphant, because religious respect training is a continuous process given the annual cadet and staff turnover here. Instead, he said, chaplains will present their lessons learned and ask for constructive feedback on how to improve the program.

"In short, we hope they can help us see something that maybe we're not seeing," he said.

While there's still work to be done, Bruno said he's proud of the team that has brought things to this point.

"I'm really proud of the team that's labored to develop this and help the Academy achieve its desired outcomes in this area," he said. "We have by no means solved all the problems here, but we have made huge strides, and we have accomplished a certain degree of success. The cadets tell us that; the faculty tell us that. If I can leave here with the place better than I found it in this area, then I'm a happy camper."

ACADEMY SPIRIT

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

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AOG dedicates Falcon Center

Association of Graduates President and CEO William Thompson welcomes Academy Superintendent, Lt. Gen. Michael C. Gould, Dean of the Faculty Brig. Gen. Dana H. Born, graduates and visitors at the Falcon Center Heritage Dedication Ceremony Oct. 19. The Falcon Center Heritage Exhibit highlights the many accomplishments of Academy grads and showcases USAFA's growing heritage.

ELIZABETH ANDREWS

Event educates women on preventative health screenings

By Amber Baillie
Academy Spirit staff writer

A Women's Health Event was held at the 10th Medical Center Oct. 17 where women received free cancer screenings and pampering to inform them on how to best take care of themselves.

Those who had a primary care manager at the clinic received free Pap smears, mammograms and bone density screenings.

There were also educational booths on cervical cancer, osteoporosis, blood

pressure, podiatry, physical therapy, cholesterol and blood pressure as well as representatives from the American Cancer Society, Susan G. Komen Foundation and the Angel Network for attendees to consult with.

"We want to let women know that there are such things as a Pap smear, mammogram and this is how often it needs to be done," said Lt. Col. Antoinette McNeary, Academy chief medical officer and coordinator of the event. "We have models showing them what we do in these exams, because if you

educate them, it may alleviate the fears they have about some of these processes."

A children's fair allowed women to attend the event while their children learned about healthy eating and exercise through dietitians, games and goodie bags.

"It's an opportunity for women to get taken care of while their children are with someone and actively engaged in something health-related," McNeary said.

The clinic also holds mammogram

socials every month where women can enjoy refreshments, socialize with other women and receive information from a nurse practitioner before they are x-rayed.

"We invite women who are due for a mammogram, usually around 40 years of age who have never had one before," McNeary said. "It's very informal and we encourage it to be social, where there is open communication and the mammography staff explains the procedure."

See Health Page 6

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Aero Lab adds new flight simulators

John Van Winkle
Air Force Academy Public Affairs

Brain-challenging lessons in aeronautical engineering go from the chalkboard to the flightline, with the help of two new flight simulators in the Department of Aeronautics.

The department unveiled its new Genesis 4000 flight simulators Oct. 19 in the Aero Lab.

The flight simulators were procured from the Dean's equipment budget and will provide aeronautical engineering cadets with 'hands on' flight experience which complements their study of aircraft performance, stability and control concepts in several aero courses.

"It is important for us as we develop quality engineers for the Air Force and the nation, that they have a variety of experiences, and those experiences include not only the classroom instruction, but also the opportunity for research projects and design projects and then within those two areas, the opportunity to apply aero concepts in those environments," said Col. Neal Barlow, head of the Department of Aeronautics and permanent professor. "This equipment is an important part of making that happen."

The Genesis 4000s will replace the Genesis 3000 flight simulators, which the Aero Laboratory has used for over a decade.

"The Genesis 4000 is significantly upgraded. We knew we had to do that about three years ago when things started to fail on the Genesis 3000, because it was based on 486 processors," said Dr. Tom Yechout, professor of Aeronautics. "We found that computer components and interface cards for the old system were just not being built anymore. So we went through a procurement action to upgrade our simulation capability and modernize the computing power that supports it. I'm happy to say that it was on schedule, on cost, and more importantly, on performance."

The Genesis 4000 provides very high fidelity visual displays, an improved pilot interface, and upgrades to throttle quadrants, the center stick and the side stick controller.

"What makes this flight simulator so valuable for educational purposes is the fact that we can get at the various components of the aircraft equations of motion," said Yechout. "We can put a cadet on here, and



(Left) Dr. Tom Yechout, aeronautics professor unveils the new flight simulator as part of a training program in the Aero Laboratory. Meanwhile, Cadet 1st Class Brock McGehee of Cadet Squadron 23 demonstrates its capabilities.

RAYMOND MCCOY

actually fly it and change stability characteristics. We change those stability characteristics on the fly as the cadet operates the simulator."

With its increased computer memory, the flight simulator can also duplicate any airport in the nation, and several different airframes.

For a demonstration of the flight simulators capabilities, a test flight was in order. The simulation started with an F-4 Phantom II on approach to land on a virtual runway 22 at Edwards AFB, Calif., with a cadet test pilot drafted to fly the F-4.

The cadet pilot was Cadet 1st Class Brock McGehee, who is taking the AE 457 aircraft feedback control systems course this semester.

Before a crowd of current and former Aero Lab faculty, Yechout demonstrated how easily classroom equations can be tested in the flight simulator. With just a few keystrokes, he changed the pitching stability of the F-4, making Cadet McGehee's landing approach more difficult. This forced McGehee to call off his initial approach to runway 22, but he maintained control and started to come around again to make another landing approach.

The flight simulator is being integrated into the Aeronautical Engineering 351, 352, 456, 457, 481 and 482 courses, which cover a wide range of topics, including aircraft performance and static stability, aircraft dynamic stability and control, aircraft feedback control systems, flight test techniques, and aircraft design.

Groundbreaking

From Page 1

"A lot of people have seen what the outside of the building looks like and are excited, but I don't think many understand how dynamic the inside is going to be as far as the structure on the tower," Boyle said. "It's going to be a very sculptural piece of artwork."

The design is to be as iconic as the academy chapel which the new CCLD will be adjacent to once completed.

"We believe the building will serve as a symbol of the importance and the focus we have on character leadership and development," Boyle said.

Boyle said the design for the building began in 2008. A design competition was held between the Chicago, San Francisco and New York offices of Skidmore, Owings and Merrill, the original architects of the Academy.

"A jury selected the winning design which was the New York concept," Boyle said. "There was a real interest in portraying Polaris, and the New York concept aligns the tower with the North Star. When you're standing in the honor board room or the Forum, you will be able to look up through the tower, and through an oculus at the top of the tower, and in the middle of the oculus will be the actual North Star."

Due to the CCLD building being built in the heart of a National Historic Landmark District, Boyle said the Academy has proactively included the historic preservation community in the design.

"We knew we were going to do something that was out of the ordinary, so we wanted to make sure we had historic preservation community represented in the decision making process," Boyle said.

Boyle said the goal of the building has been to provide a space for the CCLD program to function and to create an environment that is open and meets the needs of several types of presentations and groups.

"The CCLD being the number one program at the Academy, the main goal has been to provide them a home," Boyle said. "The second is to create an open environment for them, for exchange of ideas so we've tried to use the Kennedy School of Government at Harvard as an example of how to do that."

According to the previous Academy Superintendent, Lt. Gen. John Regni, the effort for the new CCLD began in the early 1990's by Superintendent Lt. Gen. Brad Hosmer and continued through Academy Superintendent Lt. Gen. Mike Gould.

"The expanded programs and facility construction for the CCLD involved a collaborative effort of more than 25 years of thinking, research and ultimately in 2007, crafting of the strategic plan for character and leadership development."

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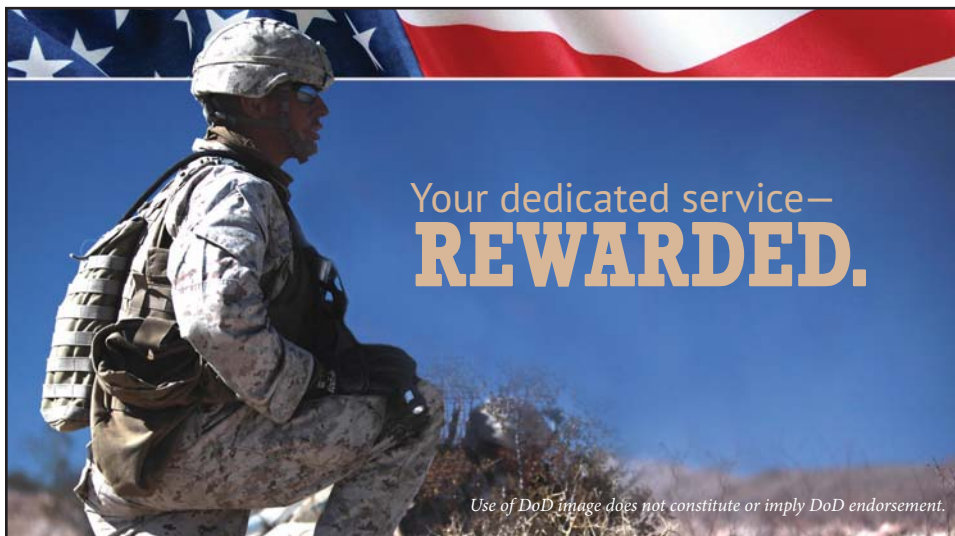
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Academy chaplain helps welcome MIA Marine home

By Don Branum
Academy Spirit staff writer

Marine Pfc. James Jacques was one of 41 Marines killed May 15, 1975, when their helicopters were shot down by the Khmer Rouge navy during an attempted rescue of the SS Mayaguez and its crew of 39 Americans.

Most American forces had come home from Vietnam by that time. Jacques did not -- until nearly 40 years later, when his remains were finally laid to rest in Fort Logan National Cemetery in Denver. On Oct. 9, a Marine honor guard carried Jacques to his final resting place in Staging Area C, where Air Force Chaplain (Col.) Robert Bruno delivered the rite of committal.

The Jacques family had requested a Catholic chaplain in full uniform for the service. Richard Borda, a Catholic deacon at Buckley Air Force Base, Colo., worked to track down a Navy or Marine Corps chaplain, but none were stationed in the area, Bruno said.

"The closest we would have possibly had would have been somebody at (U.S. Northern Command)," said Bruno, the Academy's senior staff chaplain. "They have Navy personnel there, but not a chaplain. So it finally came to me, and I said, 'Let's stop the search.' We've done the appropriate things to see if there was any way the Navy or the Marine Corps could cover it."

"When that option ran out, I said, 'Just stop it. We're going to take care of that young Marine who died 37 years ago at age 18. I'll be up there,'" Bruno continued.

Catholic funeral services normally consist of a one- to two-day vigil for the deceased with a reception at the church, followed by a brief scriptural service, a procession to a church for the funeral mass, Bruno said.

"The priest welcomes the casket as it's being offloaded from the hearse into the church," Bruno said. "There's a whole mass that's celebrated." Additional rites, such as the blessing of the casket,



"... We're going to take care of that young Marine who died 37 years ago at age 18. I'll be up there."

— Chaplain (Col.)
Robert Bruno

are added to the mass. After mass is concluded, the body is transported to the cemetery for the final interment, or Rite of Committal, which consists of several scriptural readings and blessings.

Jacques' interment also included military customs: presentation of the flag to the next of kin by the Marine honor guard and a 21-gun salute. A detachment of Patriot Guard riders escorted the procession to the grave site.

While the family held a funeral mass 37 years ago to mark Jacques' death, "for 37 years, there was really no closure to this," Bruno explained. "The body was still out somewhere in coastal waters between Cambodia and South Vietnam."

Jacques began his journey home in 1995. The Joint Prisoners of War, Missing in Action Accounting Command, based at Joint Base Pearl Harbor-Hickam, Hawaii, came across evidence of a downed helicopter.

"They made a trip out there and were able to recover remains," Bruno said. "There was something like 18 remains that were in the helicopter, so then it was a number of years from 1995 until 2011 to sort through and positively identify the remains." JPAC notified the family, which made funeral arrangements at the Fort Logan Cemetery.

Both Bruno and Master Sgt. Colin Campbell, a chaplain assistant, found the service meaningful.

"Regardless of branch or service, we are all tied together with a common bond: a bond of ser-

vice," said Campbell, who read the scripture lesson for the interment. "Jacques served his country and family well. It was an honor for me to be a part of his final Earthly journey and to say thanks to him for serving."

"I remember the SS Mayaguez incident. ... To have actually been a part of this Rite of Committal, to have been there with the family -- when I was there, I said, 'At last, conclusion and resolution and closure can be brought to this,'" Bruno said. "That immediately vibed with the family. For 37 years, the family has lived with this unknown. It was important for them to finally find the body and bring it home. That was very, very important to them."

But the experience involved more than being a Catholic priest — it also embodied Bruno's sense of duty as a military chaplain.

"The young man was a Marine, and most of the people who were there were either civilian or Navy or Marine Corps," he said. "So in many ways, this also exemplifies the fact that we are far more joint than ever. Though I wasn't a Navy or Marine Corps chaplain, as an Air Force chaplain I could represent our military community, our family."

But perhaps no one found the service more meaningful than Deloise Guerra, Jacques' sister.

"What a beautiful sermon (Bruno) did at the services," Guerra said. "It meant everything. It was such a beautiful sermon regarding my brother. It meant the world to us, and we thank him very, very much."

Health

From Page 3

McNeary said she created the Women's Health Event because this month is National Breast Cancer Awareness Month and she hopes it will encourage women to come in regularly for health exams. She said she would like to offer it three times a year and invited over 300 women to the event.

"We're trying to notify women who're not coming in for their care," McNeary said. "Education is top priority and if we can actually get women to come in and get them up to date on their Pap smear or mammogram, then that's an extra plus."

Registered Nurse Judi Jackson, who was there to inform women on breast care, said women should form a buddy system and call one another to schedule a mammogram.

"Especially if you're over 40, you have to get that mammogram," Jackson said. "I know it can be scary, especially what you hear about on the news however, knowledge is power and early detection is the big key."

Jackson said men are also candidates for breast cancer.

"Most don't know that men can get it too and there are health care providers who offer mammograms for them also," Jackson said. "For men and women, with the holidays coming up and more family getting together, it's a perfect opportunity to ask family members about their health history with cancer and every other kind of chronic disease."

Forty year-old Leslie Couch said she found the podiatry table helpful due to recent problems with her feet.

"For my foot problems, I was referred off base and didn't have good results," Couch said. "By talking to the representative today, she was like, 'We'll get you in our clinic' and she gave me more information than the specialist off base did."

Couch said she thinks the event is important because women often don't take care of themselves like they should.

"We're always the last on the list because we take care of our husband, the children and the house before we take care of ourselves," Couch said. "I think this event is great and that they should do this every quarter."

There will be another Women's Health Event Saturday from 9-10:00 a.m. in the lobby at 10th Medical Group. Please contact Lt. Col. McNeary at 333-5163 for more information.

Brown bag session: Taking charge of your professional development

By Tech. Sgt. Vann Miller
Academy Spirit Editor

Exploring future challenges of the work force was just one of the topics discussed at the most recent brown bag luncheons hosted by the Academy Diversity Office here Monday.

While the luncheons are informal, they allow presenters and attendees to discuss pertinent topics.

"At USAFA, we have many resources to help each of us stay on top of our career development needs," said Chief Diversity Officer Adis Vila.

The resources available will help members build their professional skills and

prepare themselves for the next step in their professional development, she said.

The discussion delivers one message — career progression lies in the hands of the individual, said 2nd Lt. Zachary L Bennett from the Chief Diversity Office.

"This is a great opportunity for your civilians, officers and enlisted to learn how to better navigate their own careers and mentor those they supervise," Bennett said. "The goal of the brown bag luncheon was to give people the toolbox to start their own career development."

The guest speakers for this particular event were representatives from Den-

ver's Office of Personnel Management. Cynthia Dewey, William Bonds and Lisa Simon spoke candidly to an audience of approximately 30 attendees. Also, Warren Greenwood Jr., the USAFA civilian training manager, discussed training opportunities for various individuals.

Continuing the discussion about the workplace challenges on the horizon, one question brought to the floor was, "why there was an increase in awareness of personnel services?"

"We need to get smarter (regarding personnel management)," said Bonds, program director of open enrollment leadership development programs.

Bonds mentioned that the work force will continue to become more competitive.

"It becomes increasingly important to provide contemporary leadership programs that transform individuals and organizations," he said.

The Chief Diversity Office designed the luncheon so participants could walk away with a new sense of motivation, Bennett said.

"Today, it is up to the individual to find out what they need to accomplish in order to reach the next level in their career path," said Bennett.

For more information, contact: Mrs. Cynthia Dewey at 303-671-1020

Falcons defeat New Mexico, 28-23

Wes Cobb rushed into the end zone for his first of three career high touchdowns in Saturday's game against New Mexico.



By John Van Winkle
Air Force Academy Public Affairs

A career-high three touchdowns by senior fullback Wes Cobb and an Alex Means interception return for a score gave the Air Force Academy a 28-23 win over the New Mexico Lobos Saturday.

The game was a rushing showcase featuring 700 yards rushing from a revived New Mexico offense versus the Falcons ground game.

The Lobos were led by tailback Kasey Carrier who burned the Falcons defense for three touchdowns and set a new Mountain West conference record for single-game rushing with 338 yards.

"Credit New Mexico big time. They're doing it right," said Falcons head coach Troy Calhoun. "They're going about it in a way where their guys play hard, and they're disciplined. They know what their strengths are and they

play to those strengths. Their guys fought right to the end. I think that's very evident. Fall season long they've made tremendous strides. They were a tough foe tonight."

Despite having the ball for only 22:52 this game, the Falcons actually won the real possession battle on the turf when it mattered, at the end of the third quarter.

"We're still a team that's scratching and clawing," said New Mexico head coach Bob Davie. "The plan was in place, we had the ball down there with good field position to win the game. We have to give them credit to come up with the big stop."

The game was not without its toll. Running back Cody Getz was out for the bulk of the game after reagravating an ankle injury. Dietz came out of the game in the first half, putting backup quarterback Kale Pearson for his second significant bit of playing time this

season. Center Austin Hayes went out, forcing Jordan Eason to move over to center and David Lore to come in at guard.

You won't confuse us a bit with being a gorgeous team or a work of art," said Calhoun. "We had some guys out tonight, we'll probably have some guys out next week, and next week will be very difficult but from here on out, that's going to be the case, it's going to be tough. But it is good to win."

The win lifts the Falcons record to 4-3 overall and 3-1 in the Mountain West, while dropping the Lobos to 4-4 overall and 1-2 in the conference.

The Falcons' next game is Friday at home against a Mountain West newcomer, the Nevada-Reno Wolf Pack. Nevada is second in the Mountain West at 6-2 overall, 3-1 in the conference, following a 39-38 overtime loss to San Diego State late Saturday.

JOHN VAN WINKLE

Falcon of the Week No. 27 Ty MacArthur Wide Receiver



Class: 2014
Hometown:
Newhall, CA

High School: Hart
Height/Weight:
5'-9"/175 lbs.

2012 Season stats: MacArthur played in all 7 games, has 30 rushes for a total of 299 yards, 8 passes for 346 yards and 4 punt returns for 27 yards. He also has a kick return for 21 yards, for a total of 693 offensive yards on the season

NEVADA AT AIR FORCE

- **Kickoff:** Friday, 6 p.m., Falcon Stadium
- **TV:** CBS Sports
- **Radio:** KVOR AM 740, and The Fan 104.3 in Denver

GAME FACTS:

• Air Force closes out a stretch of playing four home games in five weeks by hosting Nevada. This will be the first meeting between the two schools. Following this week, Air Force will close out the season with three of four games on the road.

• Air Force and Nevada are tied for second in the Mountain West with Fresno State and San Diego State at 3-1. • Air Force is playing its second-straight night game at home and first non-Saturday tilt of the year. The Falcons close out the home season with Hawai'i at 7:30 p.m. on Nov. 16.

'81 grad recognized: Tells story of TBI recovery

2nd Lt Brandon Baccam
Air Force Academy Public Affairs

A 1981 Academy graduate was named honorary captain Saturday during the coin toss of the Air Force football game at Falcon Stadium.

Retired Maj. Steven Hirst was recognized before the game for the signing of his book, "Still Standing: Accidental Life Lessons, A True Story of the Long Walk Back From Traumatic Brain Injury."

Steven Hirst, a long-time member of the Blue and Silver Club, said he was elated to be an honorary game captain. Arriving in a wheelchair to the center of the field for the coin toss, Steven Hirst and his wife, Susan, were joined by game captains from both football teams and were received by a round of applause from the fans in the stadium.

"He is a dedicated and loyal fan of every USAFA sport and endeavor, and was so thrilled to get to participate in such a fun and special way," said Susan Hirst.

Steven Hirst suffered a TBI in 1996 and has been recovering ever since.

Traumatic brain injuries most commonly occur as a result of vehicle accidents, violence, or falls, according to the Brain Trauma Foundation. An estimated 1.7 million people sustain a TBI every

year, according to the Centers for Disease Control and Prevention. As a fighter pilot stationed in Alaska, Steven was involved in a car accident when his vehicle crashed into a pole after sliding on a patch of black ice. His injuries left him in a coma for weeks.

Once he woke up, Steven retained only some of his motor skills. Doctors told him he would never be able to walk again.

"It was really bad for me when it first happened," He said. "The whole thing — I was really upset."

Steven Hirst listed memory, speech, cooking and cleaning around the house as some of the challenges he faces on a day-to-day basis. He acknowledged that it will take some time for recovery, and explained that he works on improving these skills five days a week.

Susan Hirst also endured challenges of her own. When Steven Hirst suffered his TBI, their daughters were still in grade school. Susan made every effort to make sure they continued on with their lives despite his injury.

"I perhaps overcompensated and kept them involved in a wide variety of extracurriculars," Susan Hirst said. "Because Steve was not independent, nor employed, he had to, and was able to, participate in every one of their activities."

Through his determination, Steven Hirst has been able to live a more independent life and continues to make progress each and every day.

"I've learned how to cook again," He said. "I can



2ND LT. BRANDON BACCAM

Steven Hirst, with his wife Susan, signs copies of his book Saturday.

cook on the grill now."

Steven Hirst hopes that he can inspire others with his story.

"They can look at me, and take away how bad it was, and how I keep improving," he said.

Susan also believes that Steven's story can reach out and touch the lives of people. "One thing I think is sure to resonate is that life is not fair - whatever that truly means - but that caring for your family, your friends, and even to strangers is not a passive activity," Susan Hirst said. "If you choose to make a difference, to live fully and for others as well as yourself, you will struggle but be assured you will enrich the lives of all."

Cadet places 3rd in Ironman

Cadet 1st Class Samantha Morrison is the first cadet to qualify

By Amber Baillie
Academy Spirit staff writer

The first cadet to qualify in the Ironman World Championship, Cadet 1st Class Samantha Morrison, placed third in the 18-24 age competition Oct. 13 in Kailua-Kona, Hawaii.

Morrison, a behavioral science major from Fredericksburg, Virginia, finished a 2.4-mile swim race, 112-mile bike race and 26.2-mile marathon in 10 hours and 35 minutes.

Morrison qualified for the championship when she took first place at the Wisconsin Ironman competition last year.

"I finished 45 minutes faster than my first Ironman triathlon I raced in Wisconsin," Morrison said. "My goal is to win at Kona next fall."

Lt. Col. Freddie Rodriguez, the Academy's director of Air Force Reserve Research and a professor in the mathematical sciences department here, has coached the Academy's Cadet Triathlon Team since 2002 and said he has seen Morrison get stronger over the past four years.

"She is the third fastest women in the world in her age group of the Ironman triath-



COURTESY PHOTO
Cadet 1st Class Samantha Morrison gets ready to swim with the 2,000 other swimmers at the Iron Man.

lon," Rodriguez said. "It's a phenomenal achievement. I'm very proud of Samantha, not only that she qualified for the championship but has kept her focus over the past year and executed her plan."

Morrison said the fierce, coastal winds made the bike competition a good challenge.

"The Hawaiian winds definitely gave Colorado winds a run for their money," Morrison said. "If I had taken a hand off of my handlebars at certain points, I would have blown off of my bike."

Morrison said competing with 2,000 other skilled swimmers in the ocean was intense.

"It was a fight for my life the whole 2.4 miles," Morrison said. "Everyone was so close together and it actually got kind of scary at times."

Morrison said there was an unspoken bond among participants.

"The best part about this experience was getting to be around so many athletes from around the world," Morrison said. "Even though we might not have been able to understand each other's language, we all understood the love for the sport and the dedication that we all had."

Morrison said she trained five to six hours a day, six days a week for almost seven months to prepare for the championship. She said she would swim, bike, run and weight train every day to stay in shape.

"It is every triathlete's dream to race at Kona," Morrison said. "I love staying busy and getting better. I think the best feeling is working so hard toward something and finally see it pay off in the end. I also love being a triathlete because I never get bored."

Morrison is on the triathlon club team here and said it's her seventh year competing in the sport. She said she would love to race professionally in the future.

"I definitely want to make a career out of triathlons," Morrison said. "I love Ironman and I will continue to do it all my life."

This year Morrison placed second among collegiate women at nationals at the University of Alabama and the Academy's team placed 10th overall.

Other cadets who participated at nationals: Cadet 2nd Class Margaret Haley, C2C John Bierman, C2C Megan Cox and C1C Loring Ross.



COURTESY PHOTO

Air Force cycling takes 7th place at nationals

Cadet 3rd Class MacKenzie Paul of Cadet Squadron 1 negotiates the switchbacks in the short track finishing 8th of 25 in the women's division 2 race. Nine cadets from the Falcons Cycling Team raced at the Collegiate Mountain Biking National Championships in Angel Fire, NM, Oct. 19 through Sunday. The team finished 7th of 22 Division 2 teams.



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Puzzle solutions for 10-26-2012

PUZZLE SOLUTION	A S S A D D O D G E	2	5	8	6	3	1	4	9	7
	I N F I N I T E S I M A L	1	3	6	4	7	9	8	2	5
	M Y G A E D E S R A D	7	4	9	8	2	5	1	3	6
	T A L U S S O D D Y	8	9	1	7	6	2	5	4	3
	R E F E R L A U R I E	5	6	2	3	1	4	7	8	9
	D A C E S V I R T U E S	4	7	3	5	9	8	2	6	1
	P A R A D I G M S	6	1	7	2	4	3	9	5	8
	M A C M A N S O S	9	2	5	1	8	6	3	7	4
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Veteran's Day Parade

The Pueblo Chieftain Veterans Day Parade will be held Nov. 10 at 10 a.m. beginning on B Street & Union Avenue and end at Victoria and Greenwood.

The parade will allow community members the opportunity to honor and thank Pueblo's military veterans.

For those who would like to enter a motorized float, band or other vehicles in the parade please complete the application online at <http://www.pueblochamber.org/> by Oct. 31.

If you have any questions, please contact Ava DeHerrera at 719-542-1704 extension 10.

Trunk or Treat

The Academy will host the second annual Trunk or Treat event Oct. 30 from 6-8 p.m. at the 10th Medical Group Parking Lot for anyone to attend.

Activities will include a bonfire, costume contest, chili cook off, crafts and pumpkin carving. Guests will also be allowed to trunk or treat, decorate the trunk or back of their vehicle for disbursement of candy.

In case of inclement weather, activities will be held inside the medical center.

For more information contact Master Sgt. Jessica Waltman at 333-5102.

Bears prepping for hibernation

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

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

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

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

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

Colorado R&R, Tickets, Tours

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

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

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

Child support services

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

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

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

Recycling Event

The 10th Civil Engineer Squadron will hold its Annual Electronics Recycling event November 2012-January 2013 to commemorate America Recycles Day.

Every Wednesday and Thursday electronic items may be brought to the CE Building 8125 between 8 a.m.-3 p.m. for recycling.

Accepted recyclable items include: personal computers and components, televisions, DVD or CD players, stereos, speakers, and VHS players.

For more information please call Derek Damien at 333-3224.

A&FRC events

The following Airman and Family Readiness Center events are scheduled for the month of October:

Smooth Move PCS: October 31, 3-4 p.m. This class provides a one-stop shop for service members preparing to move to another base. Spouses are encouraged to attend.

Preseparation briefings: Every Monday except during Transition Assistance Program week, 2-4 p.m.

This is mandatory for all separating and retiring service members.

Readiness Briefings: Pre-deployment briefings are available Tuesdays at 11 a.m. and Thursdays at 2 p.m. Post-deployment briefings are available on a walk-in basis. Spouses are welcome.

Volunteer Resource Program: This ongoing program provides on- and off-base volunteer opportunities for service members and their families.

On-base opportunities may include the Airman's Attic, military retiree activities, the base library and equestrian center and more.

Off-base opportunities may include Cheyenne Mountain Zoo, the Colorado Care and Share, Habitat for Humanity and other special projects throughout the year.

Prep School Halloween Bash

The Academy Preparatory School will host a halloween bash October 27 from 6-8:30 p.m. at the Prep School for all ages.

The event will include trick or treating, prizes, games, music and haunts-go-lore.

For more information contact Capt. Zachary Campbell at 333-2603.

Titanic The Musical

Academy Concerts will present Titanic the Musical on Nov. 2 at 7:30 p.m. in Arnold Hall Theater. For tickets or more information please call the Box Office at 333-4497.

Relationship Workshop

The 10th Air Base Wing Chaplain Corps will host a non-faith based Relationship Enrichment Workshop Nov. 10 from 9-5 p.m. at the Community Center Chapel.

The event is free and will include a light breakfast and lunch.

This workshop will be led by trained educators from The Colorado Healthy Marriage Project and will cover effective communication skills, conflict resolution skills, the importance of fun and romance in a marriage as well as the personality profile of you and your partner.

To register please call Leena Budhu at 333-3300 or visit or <http://www.cvent.com/d/9cqxw8>.

Line Dance Class

The Academy will offer a Line Dance Class Sept. 12-Nov. 14 every Wednesday from 6-7:00 p.m. at Arnold Hall Ballroom.

All Defense Department patrons and their guest are welcome and must be 18 years of age or older.

The cost is \$7 per class with a minimum of ten students.

Dances include: Tush Push, Come Dance With Me, Local Girls, Maverick, Burlesque and Unchain My Heart.

Please register by 5 p.m. the Monday before each class.

Veteran's Day discount

The Vail Cascade Resort will honor and recognize U.S. Military Personnel with discounted rates starting at \$99 until Nov. 15.

All active and retired service personnel are invited to come to the hotel's restaurant on Nov. 11 to enjoy a complimentary lunch or dinner, or on Nov. 12 for a complimentary breakfast.

Book through Colorado R&R to receive discounted room rates. For more information call 333-7367.

Schedule of Worship



Cadet Chapel

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

PROTESTANT
Traditional: Sundays, 9 a.m.
Contemporary: Sundays, 11 a.m.

CATHOLIC
Mass:
Sundays, 10 a.m.
Mondays, 6-6:20 p.m.
Tuesdays, 6:45-7:15 a.m.
Wednesdays, 6:30-7 p.m.
Thursdays, 6:15-6:45 a.m.

JEWISH
Shabbat: Fridays, 7 p.m.

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

Community Center Chapel

CATHOLIC WORSHIP
Mass: Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesdays-Fridays, 11:30 a.m.
Reconciliation: Saturdays, 3:30 p.m.
Formation Classes: For students in grades K-8. Sundays, 10:15-11:30 a.m.

PROTESTANT WORSHIP
Evangelical: Sunday, 10:15 a.m.
Gospel: Sunday, 11:30 a.m.

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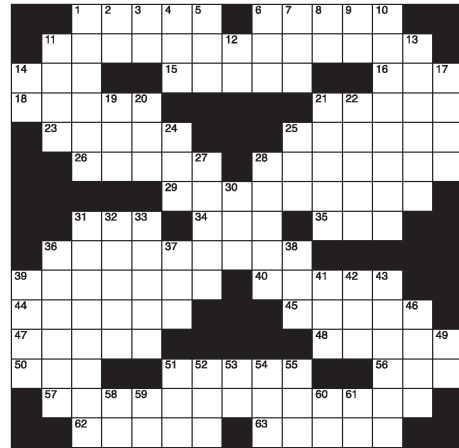
002

CLUES ACROSS

- 1. Syrian president
- 6. Grand Caravan brand
- 11. Immeasurably small
- 14. Myriagram
- 15. Yellow-fever mosquito
- 16. Radioactivity unit
- 18. Anklebone
- 21. Adobe house
- 23. Direct to a source
- 25. Piper ___, actress
- 26. Leuciscus leuciscus
- 28. Moral excellences
- 29. Describes distinct concepts
- 31. Rubberized raincoat
- 34. Inhabitants of the Earth
- 35. Distress signal
- 36. Destroyed by secret means
- 39. Skin abrasions
- 40. Caesar or tossed
- 44. Supplied with a chapeaux
- 45. Fictional elephant
- 47. Forced open
- 48. Pole (Scottish)
- 50. Browning of the skin
- 51. Boy Scout merit emblem
- 56. British thermal unit
- 57. Decomposes naturally
- 62. Freshet
- 63. Lawn game

CLUES DOWN

- 1. Fished in a stream
- 2. Left heart there
- 3. Yes in Spanish
- 4. Nursing organization
- 5. Cease to live
- 6. River in NE Scotland
- 7. Former CIA
- 8. Didymium
- 9. Gram
- 10. Audio membranes
- 11. 8th Jewish month
- 12. Touchdown
- 13. Madames
- 14. Metric ton
- 17. Fabric colorants
- 19. Capital of Bashkortostan
- 20. Extra dry wine
- 21. An Indian dress
- 22. Expenditure
- 24. Ribbed or corded fabric
- 25. Can top
- 27. So. African Music Awards
- 28. Weather directionals
- 30. A scrap of cloth
- 31. Gin & vermouth cocktails
- 32. A way to lessen
- 33. Contended with difficulties
- 36. Egyptian beetle
- 37. CNN's Turner
- 38. A quick light pat
- 39. Shipment, abbr.
- 41. Resin-like insect secretion
- 42. Goat and camel hair fabric
- 43. Superficially play at
- 46. Network of veins or nerves
- 49. Atomic #44
- 51. Wager
- 52. The time something has existed
- 53. Physician's moniker
- 54. Talk excessively
- 55. Pre-Tokyo
- 58. Out of print
- 59. Ducktail hairstyle
- 60. Carrier's invention
- 61. Canadian province



SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

Solution on page 8

Level: Advanced

10-26-12

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Open for Lunch & Dinner daily;
Sunday Brunch served 12 pm-3 pm;
Happy Hour 3-6 pm; & late night Sunday.

Owned by 4 USAFA Grads! Serving traditional Irish fare & American cuisine for lunch & dinner. Happy Hour daily 3-6pm & late night Sun. 10 pm-1 am., 15 delicious drafts & the best selection of Irish Whiskeys. Live Irish Music Tues., Thurs., Sat. & Sun. with County El Paso, Brian Clancy, Big Paddy & the Irish Session Musicians! Reader's Choice Voted Best Bar 2007 & 2010. www.jackquinnspub.com

CHINESE



Bamboo Court Restaurant
719-599-7383
4935 Centennial Blvd., Suite G

Mon-Fri Lunch: 11:00-3:00pm, Mon-Sat Dinner: 3:00-9:00pm, Sat Lunch: 12:00-3:00pm, Sun Dinner: 4:00-9:00pm
Our single combination Dinner Specials come with any entree from the dinner entrees menu and soup of the day, fried or steamed rice, egg roll & crab ragoon. At Bamboo Court, our only goal is to make your expectations a reality!

STEAKHOUSE



The Famous
719-227-7333
31 N. Tejon Street
www.thefamoussteakhouse.net
[facebook.com/FamousSteakHouse](https://www.facebook.com/FamousSteakHouse)

Lunch Mon.-Fri * Dinner Nightly. Think that late night Chicago Steakhouse: polished booths that enclose years of secrets, big slabs of aromatic prime rib, sparkly cocktail glasses clinking at every table...
Best Fine Dining/Best Steakhouse/Restaurant of Carnivores-- Best of 2012 Gold, Colorado Springs Independent. Overall Restaurant/Upscale Bar/Power Lunch-- Best of 2012 Silver, Colorado Springs Independent.

DELI



Wooglin's Deli & Cafe
719-578-9443
823 N. Tejon Street

Mon. - Sat. 7am - 9pm, Closed Sun. A locally owned restaurant celebrating 24 years of award-winning sandwiches, soups, salads, burgers, and the best quiche in town. Full breakfast menu served with locally roasted coffees. Housebaked desserts, Bristol beers, and neighborhood art make Wooglin's an authentic and funky downtown getaway.

For advertising information call Sara at 719-636-0130

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Sale Price 4 for \$13



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GREAT DEALS

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Potato Chips
10-10.5 oz.
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Rockstar
Energy Drink
12-16 oz.
Select Varieties
Limit 6

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Pizza
14.76-23.45 oz.
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Limit 4

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Your purchase of \$100 or more

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



People featured are not actual service members.



*Some Restrictions Apply. Military ID Required.



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Select Varieties
Limit 4

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