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...
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
Military Health Clinic 333-5177
National OneSource 800-342-9647
Domestic Violence Hotline 800-799-SAFE
Sexual Assault Prevention and Response 333-SARC

Who is the most influential person in your life?

“My grandfather, 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, (I’d probably my two gym coaches before I came here, Kathy Vigil and Jason Rulfs.” Cadet 4th Class Family Advocate Cassandra, Cadet Squadron 02

“My father. We don’t have a lot of money, so he works 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. I think it is something is worth doing, it’s worth doing for something.” Cadet 2nd Class Brent Drobot, CS 10

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Submissions

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Call the Academy Spirit editor at 333-8080 for that week’s publication date. Paid classified advertising is accepted by fax at 719-444-5135. The number to call for display advertising is 719-350-3888.

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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. 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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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.

Maj. 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 Cadet Clinic rarely uses Demerol and that when it turned up missing it was noticeable.

Maj. Donaldson presented evidence that she had trouble with pain management and asked the officer members to consider her 24 years of honorable service. 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.


Nurse must pay $384k for stealing drugs

By Master Sgt. Christopher DeVitt
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 about 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 Rhymey, 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. Rhymey 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.

Cadets participate in international falconry exhibition

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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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.

The Academy holds memorial for 10th CS employee

- 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 3
- 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

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

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.
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 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, los-...
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 determina-
tion as it is fitness. We have some pretty
high fitness standards at the Academy,
and we complain about it, but it’s noth-
ing 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 accom-
plishment 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 Iron-
man 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 train-
ees 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 moti-
vates them to see what they may actu-
ally be doing after they graduate. And it
also shows the hard work it takes to get
to that point. And what’s more impor-
tant, 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 med-
evac scenarios by playing
the part of patients. Cadet
Reid was administered an
IV and went into simu-
lated 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 in-
volved in a scenario where
they had to do chest com-
pressions 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 gradu-
ates. He was on the C-17
flight deck to see the refu-
elling mission firsthand.

“The best part of the
trip for me was to witness
the aerial refueling mis-

Iion,” he said. “I want to
see more events like this in the future.

“It took months of planning to make
this all happen and it all came togeth-
er 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 giv-
ing 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.
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 scored one more time before the half. Taking the ball at their own 33-yard line and returning it 30 yards to give the Falcons first and goal at CSU’s 3-yard line.

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.

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 defense did not allow 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.

The Falcons scored one more time before 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, forcing a fumble which sophomore defensive back Anthony Wooten recovered giving the Falcons the ball at the 38-yard line.

The Rams offense could not overcome the first half deficit as the Falcons defense played well in the second half. The Rams' final score of the game came off a 64-yard field goal by Ben DeLine to make the score 35-13, Air Force. So for 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 touchdowns of his career, and lifted the Falcons to a 42-13 lead.

"They replaced us on special teams," said CSU head coach Steve Fairchild. "They get 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 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.

But the Falcons offense 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 tap for the touchdown. Snyderberg’s kick was good, putting the Falcons ahead 24-7.

The Rams’ final drive to end the game was stymied when Falcons defensive lineman Bradley Center forced and recovered the Rams fumble. The Falcons offense was able to get 39 yards on three plays before giving the ball to Snyderberg for the final three points of the game.

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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 too 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 renews 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.”

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 finish the race. The water temperature is usually around 80 degrees for the Ironman swim.
30 years of ‘80s Ladies

Cadet 2nd Class J. Seth Bopp
Cadet Squadron 12

Inprocessing Day: any Air Force Academy graduate will tell you this day is one of organized chaos and sensory overload. Position of attention, several basic responses, right face, left face, run, don’t walk, don’t run, stop talking, talk, stop gazing, what are you looking at?!

For America’s best and brightest, this is the first of many days that the rigor of the Academy comes into focus. In June 1976, with swarms of media gathered at the base of the “Bring Me Men” ramp, the day would run like any other inprocessing day, with cadre yelling at basics, informing them that they are wrong and to correct themselves. But on this warm June day, there was one slight difference: for the first time in the Academy’s history, women aligned themselves with men on the footprints and embarked on the journey into the Long Blue Line.

The Class of 1980 returned to the Academy Oct. 4-7 to share their experiences of the Long Blue Line during the Fall 2010 Falcon Heritage Forum, and embarked on the journey into the operational Air Force.

Arriving at the Academy in a state of confusion, retired Col. Gail Colvin had no clue what was going on.

“I was a transfer student,” Colvin said while laughing, “I didn’t understand at the time why I was being yelled at, and I wanted to make sure these people knew I was not a freshman but a transfer student.” To her surprise, there were no transfer students. She would fall in among the other students being yelled at.

The day would prove to run the same as any other inprocessing day. Retired Lt. Col. Betsy Pimentel recalled the logistics of Inprocessing Day at a Falcon Heritage Forum session with Cadet Squadron 12.

“I remember standing in the separate woman’s issue line for socks,” Colonel Pimentel said. “They handed me a tiny pair of socks and I asked if they had any larger sizes. I was informed that these were the women’s socks, no larger sizes were available. The next day when PT time rolled around I was yelled at for not wearing socks. I informed my cadre that I was indeed wearing socks but they were too small. This was something I will never forget, because it was somewhat humorous.”

For the rest of Basic Cadet Training and up until their return from Winter Break of their four degree year, the Ladies of ’80 lived in the northeastern corner of Vandy Tower. Returning from Winter Break, the ladies were finally integrated into their squadrons but would remain in separate living quarters.

Maj. Gen. Susan Desjardins was excited and nervous for the integration to occur.

“I think the administration saw the benefit of separate living and wanted the decision to integrate us to help with squadron unity,” she said.

In May 1980, the first class with women graduated and started their journeys into the operational Air Force. They had finished what they thought was the toughest obstacle they would face — the Academy — relying on one another to overcome tough times. However, in their first decade of service, the Class of 1980 would face amazing challenges yet: Sept. 11, 2001. The Class of 1980 would face as junior officers.

The Class of 1980 has continuously marked their careers with high energy, hard work and dedication. They will continue to do so as the Air Force’s senior leaders, and who knows — maybe we will see the first female Air Force four-star general arise from this class.

Today, the graduates of the Class of 1980 are assuming senior leadership roles within the Air Force. Like they have their entire careers, they are facing some of the toughest issues to date: removing pilots from flight deck in expanding unmanned aerial systems, the potential repeal of the “Don’t Ask, Don’t Tell” policy and force management to meet the request of Congress and Chief of Staff Gen. Norton Schwartz.

The Class of 1980 has continually faced some of the toughest issues to date: removing pilots from flight deck in expanding unmanned aerial systems, the potential repeal of the “Don’t Ask, Don’t Tell” policy and force management to meet the request of Congress and Chief of Staff Gen. Norton Schwartz.

To the Class of 1980, thank you for your service and dedication.
Academy grad, Randolph Airmen urge students to make right choices

By Robert Goetz
5402 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 Naundiis Bandu, 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 detailed 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 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 Airmen with the 902nd Security Forces Squadron Military Working Dog Section, and listened to the life lessons of more Airmen.

Sgt. Maj. 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 serving 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 part-ed ways with a friend from a wealthy family “who made some bad choices in high school,” including smoking pot, and who continued his partying life-style through college.

That former friend was unable to make the tran-sition 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. “Those 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 Gar-zia, 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.”
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 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 Wartwick, 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 was held.

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 of 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.

FRIDAY, OCTOBER 15, 2010

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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 Firefighters' scoring on a 9-yard touchdown pass from Fitch to Allen caught the extra point, giving the Med Group a 6-0 lead. 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 pass from quarterback Adam Fitch to Nelson for a 9-yard touchdown pass. The extra point try failed, putting the Med Group a 6-0 lead.

The Medics marched 98 yards on their first drive, with quarterback Russell Pollard finding TI Nelson for a 9-yard touchdown pass. The extra point failed, giving the Prep School a quick 6-0 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 a 24-yard touchdown pass to tie the score at 6-6. The Medics 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 Monroev 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 into two mats and spent the remainder of the time teaching basic tumbling moves including somersaults, handstands and cartwheels.
**FETB 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 a small shovel 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 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 Tuesday, 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 volunteer, contact Mark Winter at 333-3057.

**Family Advocacy activities**

Family Advocacy classes seek crafters and vendors for the following upcoming events:

- **Family Movie Night**
  - Charlie St. Cloud (PG-13) at 8 p.m.
  - The Sorcerer’s Apprentice (PG) at the Milazzo Center Oct. 22, 8:15 a.m. to 4:30 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.
  - **Family Readiness Center**
  - Family Readiness Center, will educate family members, Department of Defense civilians, 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.

**Octoberfest**

Saturday, October 16

9 a.m.-2 p.m. at Falcon Stadium

- Oktoberfest Beerfest & Winter Expo
- Children's Pet Costume Parade

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**Family Readiness Center**

The Community Center 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 service members, Department of Defense civilians, retirees and family members in October and November.

- **Common Sense Parenting**
  - This skill-based parenting program 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 Breakfast**
  - 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 333-3298.
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Solution on page 13

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