The U.S. Navy claims October 13, 1775, as the date of its official establishment. This occurred when the Second Continental Congress passed a resolution which created a “Continental Navy.” (The Continental Marines were similarly established on November 10, 1775, the Continental Army had previously been founded on June 14, 1775).

The Continental Navy faced the enormous British Navy which, at that time, had around 280 ships. The Americans only had eight ships at the beginning but quickly authorized the construction of 13 new men-of-war.

During the Revolutionary War, the Continental Navy obviously could not challenge the British for control of the sea; however, it eventually did send out more than 50 armed vessels. These ships seized enemy supplies, carried correspondence and diplomats to and from Europe, and brought in needed munitions. They took nearly 200 British warships and merchant vessels as prizes (some close to the British Isles themselves), contributing to the demoralization of the enemy and forcing them to divert warships to protect convoys and trade routes. The Continental Navy certainly began the proud traditions carried on today by the United States Navy, and thus we celebrate its birthday each year in October.

It probably needs to be mentioned that, with the end of the Revolutionary War (and unlike the Army), the Continental Navy was completely disbanded. But, during the presidency of George Washington threats to American merchant shipping, by “Barbary pirates” from four North African Muslim States, led to the enactment of the Naval Act of 1794, which created a permanent U.S. Navy. The original “six frigates” of that force were the USS Constitution, United States, President, Chesapeake, Congress, and Constellation. The Constitution (“Old Ironsides”) is still with us, in great condition, in Boston.

Steve Maffeo, Captain, USNR (Ret.), is a retired naval intelligence officer and naval historian. He was also associate director of the McDermott Library for 26 years.

Illustrations: Lt. John Paul Jones raising the flag for the first time on an American warship, December 1775; Esek Hopkins, first “Commander in Chief of the Fleet;” Capt. John Paul Jones; first recognition (gun salute) of the U.S. flag from a foreign country, February 1778.
The Air Force Falcons will face the Navy Midshipmen at USAFA on Saturday, 6 October 2018 at 1300. Can’t make the game? You can view it on CBS Sports or listen on Radio 740 KVOR. Take a look at these historical statistics from [http://www.winsipedia.com/navy/vs/air-force](http://www.winsipedia.com/navy/vs/air-force)
Enjoy this USAFA month. You’ve got to love autumn. 

Leadership with Lin
By Dr. Lin Bothwell

These first columns are going to be about leaders (not leadership); the person, not the actions. **What is a Leader?**

There are as many definitions as there are books on leadership, which are many. In *The Art of Leadership* I give a simple but obvious answer to this question: “A leader is ‘one who has followers!’” Participants in my leadership training would say, “I do all of ‘those leadership things’ you talked about, but I just can’t get anyone to follow me!” So, you may have the title of supervisor, or coach, or Air Officer Commanding, but if others won’t follow you, you cannot define yourself as a leader. Starting with this column and going forward I will share with you things you can do to attract and develop followers.

**Where do Leaders come from?** Shakespeare said, “Some are born to greatness, some achieve greatness, and some have greatness thrust upon them.” Let’s take that profound insight and apply it to the question. “Some have born/nurtured leader qualities; some achieve and acquire leadership attributes and skills; and some are thrust into situations requiring immediate leader-led action, and rise to the occasion.” I cannot help you with the first, you are already pre-programmed...or not. I cannot and would not put you in a crisis situation just to see how you perform. But I can and will, through these columns, provide you with processes for acquiring leadership attributes and leadership skills that can be taken on, practiced and perfected.

We will conclude this column with the question, **How do you recognize a Great Leader?** The answer surprisingly comes to us from over 2,600 years ago, from the recorded wisdom of an ancient Chinese scholar. From Wikipedia: “Laozi; also Lao-Tzu or Lao-Tze (literally “Old Master”) was an ancient Chinese philosopher and writer. He is the reputed author of the *Tao Te Ching*, and the founder of Taoism.” Here is his answer against which you can measure those around you, and yourself: “The worst leaders the people fear and despise; the next they serve out of duty; the next they honor and praise. ‘But as for the best leaders, people barely know they exist. When the work is done, the task accomplished, the people will say: ‘We did it ourselves.’”

Take some time to ponder and maybe practice what you have learned today. In the next column, I am going to share with you some significant insights about the important leader attribute: **integrity**. You will learn why honor, and honesty and trustworthiness are parts of integrity—but they are not the same.

Ahh the Poles! We know them and love them so let’s celebrate them! October is Polish American Heritage Month. Did you know that Polish Americans make up 3% of the US Population? When I think of Polish Americans, one infamous Pole comes to mind, Casimir Pulaski.

You say you’ve never heard of Casimir Pulaski? There are hundreds of memorials and monuments in his honor. There are cities and streets named after him—in America! He has been called “The Father of the American Cavalry.” There is so little room to talk about his many achievements, so here are a few highlights:

Casimir Pulaski was born 4 March 1745 in Warsaw. He died in at the age of 34 on 11 October 1779 in Savannah, Georgia, where he is buried.

Pulaski was a leading military commander for the Polish-Lithuanian Commonwealth fighting against Russian domination. He was forced into exile after losing his uprising. He moved to France where he met Benjamin Franklin who recommended he immigrate to America and help fight in the Revolutionary War. Here is a colorful excerpt from www.badassoftheweek.com:

Casimir Pulaski continued to prove himself in battle against the loyalists time and time again. His last ride came in 1778, during his defense of the British attack on Savannah. Despite being heavily outnumbered by a ridiculously-huge force of redcoats, Pulaski knew his only options were to surrender or launch a Butch and Sundance blaze of glory death charge. So, without thinking twice, the former Overall Commander of American Cavalry Forces launched a psycho assault straight into the teeth of the enemy, hoping that his attack would rally the morale of his troops to fight even harder and hold the city. He was blasted with grapeshot at extreme close range and died of his wounds.

Still, there are some historians who claim he was worthless as a military commander. He didn't win his revolution, most of his heroic attacks were cavalry charges launched in battles that had already been lost and while he sided with America in the revolution he never quite understood why liberty, equality and democracy were so important. (He was partial to aristocratic societies.) Nonetheless, If he was so terrible, they probably wouldn't have honored him by naming ten American cities, a county in Illinois, a half-dozen bridges, two highways, a skyway, a fort, a Polish warship, four American warships, don his face on a U.S. postage stamp, have a Star Trek: The Next Generation character named after him and he definitely wouldn't have had his name on the side of the Cold War American nuclear ballistic missile submarine, the USS Pulaski. Oh, and he was made an honorary U.S. citizen.

He may be controversial, but he was definitely one badass.

60th ACADEMY ASSEMBLY
16-17 October 2018
by Frances K. Scott

The United States Air Force Academy (USAFA) is accredited through the Higher Learning Commission (HLC) and is currently under the Open Pathway for Accreditation. The Open Pathway follows a 10-year cycle with a comprehensive review in Year 10, which for USAFA is in April 2019. During the comprehensive review, USAFA will be evaluated against 5 criteria based on 1) an evidence document prepared by the institution, and 2) an on-site visit that will include meetings with multiple stakeholders. The reviewers will be provided with student survey responses collected by the HLC. Federal Compliance requirements will also be reviewed in this process. The HLC will seek comments about USAFA from third-party constituencies such as graduates and the Air Force writ large, prior to the team visit. The institution is required to communicate with these constituencies about the Team Visit or facilitate access to the reviewers during the visit. More specifically, USAFA is required to:

- Determine the most appropriate media to reach each constituency (i.e. Website, social media, email blasts, local media, alumni magazines, etc.)
- Publish the notice at a time when it is most likely to reach the institution’s key constituencies; the notice should:
  - Be published NLT two months prior to the visit (NLT 29 Feb 19)
  - Invite constituencies to send comments to the HLC and provide HLC’s contact information
  - Include purpose and dates of the visit and the institution’s accreditation status with HLC
  - Specify that comments must be submitted no later than four weeks before the start of the visit (NLT 29 March 19)
  - Submit copies of notices to HLC as part of its Federal Compliance Filing as Appendix Y

The HLC will compile comments and send them to the evaluation team and the institution three weeks prior to the visit.

29-30 April 2019 – Peer Evaluation Team Visit

Stay tuned for more information.
Xenophobe’s® guide to the POLES

As a lover of foreign travel, I was delighted to discover McDermott’s 27-volume collection of the Xenophobe’s® Guides ranging from the Austrians to the Welsh. In honor of this month’s Polish theme I thoroughly enjoyed my sojourn through the Xenophobe’s® guide to the POLES. As the blurb on the back cover asserts these guides are: “an irreverent look at the beliefs and foibles of nations, almost guaranteed to cure xenophobia.” As you take the journey getting to know the Poles, you will laugh out loud. Take this bit of humor:

Priest: “Children, what must we do before the priest can absolve us of our sins?”

Little Jaisu: “Commit them, Father?”

From what I gathered, Poles are a merry lot who love not only copious amounts of food and drink, but joking as well as lamenting in equal measure. They revere the Madonna and much of their social life revolves around the church. Vodka in a variety of alarming strengths and hues is the drink of choice for both men and women. Grandmothers are known to not only spoil their own children but the neighbors’ children as well. A problem child is one who doesn’t eat enormous quantities of the food that is set before him. By the end of the book you will understand the meaning of philoxenia (φιλοξένια): a warm welcome given to foreigners. As the Poles say: “A guest in the home. God in the home.” Most Poles consider being an excellent host a sacred obligation.

Often feeling like a foreigner (ξένη) in my own country, I can’t wait to dig into the Xenophobe’s® guide to the Americans!

2018 is the Year of the Dog
Two Polish Dawgs

**Scottism #1**

"It is OK to let people think you are stupid; do NOT prove it to them!"
GERMANY

Germany is known for so much more than Oktoberfest! Here are some of her contributions.

Science and WWII

https://www.britannica.com/place/Ulm

Ulm, in Baden-Württemberg, Land (state), is the birthplace of Albert Einstein, father of the Theory of Relativity, or \( e = mc^2 \). Einstein was a pacifist, and gave speeches about racism in America. Playing chamber music gave him joy, and he loved Mozart’s violin concert.

During Einstein’s third visiting professorship at California Institute of Technology in 1933, my father caddied for him. Einstein said, “During the golf swing, you can’t think of two things at the same time.” Adolf Hitler also came to power at that time. He did not return to Germany; he and his wife Elsa turned in their passports to the German consulate in Antwerp, Belgium. Being a refugee himself, he helped other German-Jewish scientists find places to work in other nations. He eventually took a position at Institute for Advanced Study in Princeton, NJ and became an American citizen. His only regret was that he signed a letter to President Roosevelt recommending that the United States start researching atom bombs, knowing that the Germans would make them if he didn’t.

Many German citizens were part of the German underground during Hitler’s government. Our own Ruth Kindreich’s Opa was one such member. He was a Baptist minister in Hamburg who helped not only Jews escape Germany after Crystal Night (November 9-10, 1938, when all the Jews were to be out of Germany voluntarily), but also political dissidents and other Hitler undesirables. After several years of getting people out of the country, the Gestapo showed up at the family house and took him away. Even though he was considered a little fish in the whole scheme of things, he was able to do a lot of good.

Sports


On the more fun side, Germany has a passion for sports, as one might expect from the country which has taken the World Cup of Football (soccer) four times. Watching tennis as one might expect from the country which has taken the World Cup of Football (soccer) four times. Watching tennis and Boris Becker. Bernhard Langer is one of the most amazing golfers the country has produced, and is one of the “Famous 5” who teamed together to break the U.S. streak and win the Ryder Cup for Europe in 1985, and again in 1987, and tied with the U.S. in 1989. Try to catch a repeat of the Golf Channel’s “Famous 5” to learn more. Langer is infamous for climbing a tree to hit a ball at the Fulford Golf Club in England after it had become lodged between two branches! Believe it or not, he bogeyed!

To be continued…

Check out these websites for fall festivals and activities in the local region.

https://www.denver.org/things-to-do/fall-winter/denver-fall-festivals/

https://coloradosprings.citymomsblog.com/mom/guide-to-fall-festivals-in-colorado-springs-

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>October</th>
<th>Heritage Months: Hispanic-Latino, Italian-American, and Polish-American Bullying Prevention Month</th>
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<tbody>
<tr>
<td>7 October</td>
<td>Columbus Day Holiday/Library closed</td>
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<tr>
<td>8 October</td>
<td>Library Hours: 1400-2230</td>
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<tr>
<td>11 October</td>
<td>Library Hours: 0700-1700</td>
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<tr>
<td>11 October (1984)</td>
<td>Kathryn Sullivan-first American woman to walk in space (Space Shuttle Challenger)</td>
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<tr>
<td>12 October</td>
<td>Training Day—No classes</td>
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<tr>
<td>13 October</td>
<td>Navy’s Birthday</td>
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<tr>
<td>15 October (1951)</td>
<td>“I Love Lucy” Premiered on TV</td>
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<tr>
<td>16 October (1962)</td>
<td>Cuban Missile Crisis Begins</td>
</tr>
<tr>
<td>19 October (1781)</td>
<td>Revolutionary War ended</td>
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<tr>
<td>24 October</td>
<td>United Nations Day</td>
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<tr>
<td>28 October (1886)</td>
<td>France presents U.S. with the Statue of Liberty</td>
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<tr>
<td>29 October (1929)</td>
<td>Stock Market crashes on “Black Tuesday” starting the Great Depression</td>
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TWO CHOICES. An individual's mental health status is typically evaluated in two ways: psychological testing and neuropsychological assessment. The first tool provides a structured way to measure the abilities, beliefs, feelings, and traits of a person that can collectively indicate the existence of or lead to mental health-related problems. The second technique is based on the fact that the brain is the key player in the nervous system of the body. The focus of this well-accepted method entails measuring how well the brain is functioning via one or more scanning techniques (e.g., computerized tomography, magnetic resonance imaging, electroencephalogram).

IGNOMINIOUS STIGMA. Misunderstanding, misconception, and misapprehension attendant to poor mental health are relatively widespread. As such, the existence of a mental health problem often is perceived by some individuals as a sign of weakness.

DON'T MESS WITH STRESS. On occasion, when individuals are under an undue level of stress, they may not handle it in an appropriate manner. For example, they may internalize their stress. Ultimately, they can become overwhelmed. Given that the effects of stress tend to build up, the continued strain on the body from such stress can lead to serious health problems—both physical and mental.

NOT A FACTOR. Mental illness affects individuals at all ages—young and old alike. With regard to older adults, one misplaced assumption commonly suggests that mental health problems are a normal aspect of aging. They are not. Most older people do not develop mental health problems, and if they do, they can be helped. As for mental health issues and much younger people, researchers have discovered that changes in the body leading to illness actually may start relatively early in life.

The voluminous amount of information that exists on mental health suggests that one of the most effective things a person can do to achieve mental wellness is to invest in self-care. Live for the moment. Be happy. Interact with others. Make sound lifestyle choices. Embrace life!

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Meet the Press

Publisher: Jill L. Ponti, Lead Library Technician
Jill grew up in Enon, Ohio. She started her civil service career at Wright-Patterson Air Force Base, OH when she was a wee lass of 19. She worked at the F-16 SPO in the Foreign Military Sales Program Office where she traveled the globe and wrangled her husband, Mark. They have two children, Zach and Faith. They are also cadet sponsors. Jill has worked in the Library from 2009-11 and 2013-present.

Managing Editor: Tracey S. Roman, Copy Cataloger
Tracey grew up in Key Largo, Florida, where she met Brian who was stationed at Homestead AFB, Florida, they married in 1987. They have lived all over, raised two beautiful daughters, Kayla and Alexandra and have two gorgeous grandsons Luke and Owen. Tracey has worked at the U.S. Air Force Academy for thirteen years and has enjoyed every minute of it. GO FALCONS!

Columnist: Shane’s Healthy Workplace: by Shane A. Spahr, Library Technician
Shane grew up in the small town of Hillsdale, MI. After graduating from Hillsdale College, he enlisted in the U.S. Air Force and worked in the Bioenvironmental Engineering career field. He later went to work for the Air Force as an Exercise Physiologist/Fitness Program Manager at the Health and Wellness Center (HAWC). Shane is married to Jenny and they have two children, Shannon and Garrett. Shane has worked at the library since December 2017.

Columnist: Book Review by Constance A. Leonard, Assistant Professor
Constance has been teaching English for Academic Purposes, Reading Enhancement and Study Skills courses for international students at the U.S. Air Force Academy for the past eight years. She has lived and worked in the United Arab Emirates, Egypt, Yemen, Greece, and Cambodia. Connie has a wonderful son, Vassili and loves her friends in McDermott Library!

Columnist: Leadership by Lin by Dr. Lin Bothwell
Lin Bothwell was born and raised in Ogden, Utah. He is a retired professor of business; a published author; management consultant, public speaker; and ESL teacher. He and his wife Susan have traveled all over the United States and Europe, and lived in China and Fiji. They are the grandparents of 32 grandchildren. Sue is a master of genealogy and family history research. She is from San Diego, California.

Columnist: Catherine’s Culture Column by Catherine A. Nary, Librarian
Catherine considers Chula Vista, a suburb of San Diego, CA, to be home where she still has family and good friends. She has always loved to learn, earning her: BA in Mathematics; TESL certification; courses in Mandarin and Chinese Culture; MA, Multicultural Education; and her MLIS – all from California universities. She has traveled to 14 different countries in Europe (including East and West Germany); China to present on intercultural communication during the United Nations’ 4th World Conference on Women in Beijing; and was Chula Vista’s Sister City Essay Contest winner to Irapuato, Mexico and Mexico City. She’s fluent in Spanish; speaks Mandarin and French. She has served the Navy, Marine Corps, NOAA; now Air Force. She’s even taught algebra and GED for the Bureau of Indian Education. She looks forward to exploring more of Colorado’s culture, yet yearns for the Pacific Ocean.

Columnist: Library Databases by Charlotte V. Bonham, Librarian
Charlotte is a second generation Colorado Springs native. She married Lyle in 1976 and traveled with him to various Army posts until coming back home in 2006. They have two daughters, Diane and Sharon. Sharon is married to Elvis, who is a great “son-in-love.” Charlotte obtained her MLS at The Catholic University in Washington, D.C. She worked at Peterson Air Force Base Library before coming to USAFA.