

**CLIMATE SURVEY**

Majority of those who took survey satisfied with Academy experience. **Page 3**

**CHEERING**

Falcon cheerleaders help out community with outreach programs. **Pages 8 and 9**

**AFA HIKING TRAILS**

Plenty of choices with varying levels of difficulty. **Page 10**

# ACADEMY SPIRIT



**MEDIC AWARDED  
BRONZE STAR**



Teaching Afghan women about health. **Page 3**



RAYMOND MCCOY

Cadet 1st Class Austin Nash and Cadet 3rd Class Alexandra Lingle salute the wreath at the site of the Academy's 9/11 Memorial Tuesday. The ceremony was part of a national Sept 11th observation designed to honor those Americans lost in the Sept. 11, 2001, attacks. The memorial is made from a steel girder taken from the World Trade Center.

## Honoring victims of 9/11

## Going solo: Cadet makes history in powered flight

By Maj. Christopher Reteneller  
557th Flying Training Squadron

A senior with Cadet Squadron 40 "slipped the surly bonds of Earth" during her solo flight Sept. 7, marking the first time in Air Force Academy history that a cadet has flown a solo powered flight in the T-53A.

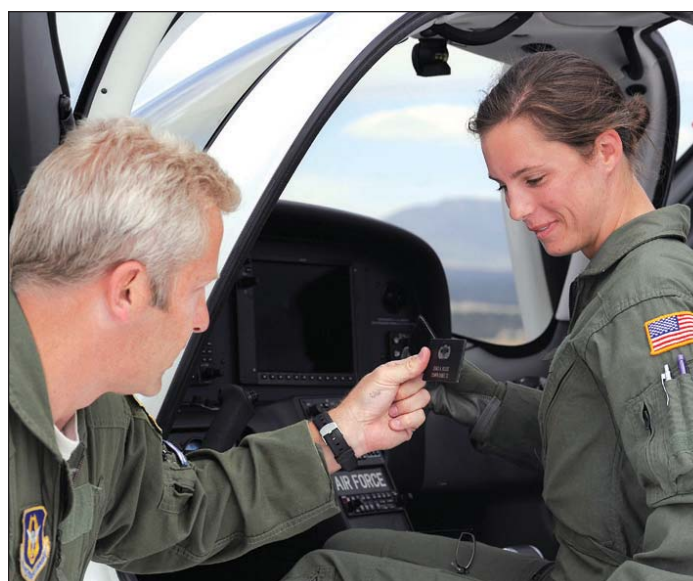
Cadet 1st Class Staci Rouse's sortie caps more than 12 months of hard work from several agencies, said Lt. Col. Bradley Oliver, the 557th Flying Training Squadron commander.

"We hope she is the first of many cadets to solo in this program," Oliver said.

Rouse, a native of Woodbridge, N.J., said she was nervous, but also excited and "extremely confident" about conducting her first solo flight.

"I had much more confidence flying the aircraft than I expected I ever would after my first flight. When I landed, I felt everything I worked for had paid off. I was overjoyed to see everyone waiting for me after the flight because they all helped me so much. I felt like all of my work made them proud, and I was very thankful for that."

Prior to the solo flight, Rouse demonstrated proficiency in patterns and landings with her instructor pilot, Lt.



Lt. Col. Scott Oskvarek presents Cadet 1st Class Staci Rouse with a name patch upon her landing to commemorate her historic flight Sept. 7. Rouse was the first cadet in Academy history to fly solo in the T-53A powered aircraft. Oskvarek is an instructor pilot with the 70th Flying Training Squadron.

MIKE KAPLAN

Col. Scott Oskvarek, a reservist with the 70th FTS.

"She was definitely ready (to) solo and well-qualified to be the first solo cadet,"

Oskvarek said. "I'm extremely proud of her accomplishment."

**See Solo Page 6**

# A letter of thanks

I wanted to express my appreciation to Dermot Coll and to the rest of the staff in the (Falcon Stadium) press box for ensuring the safe return of my camera. I had left my camera under the table during the football luncheon on Parents' Weekend and did not realize it until later that evening.

While they were understandably unable to get it back to me on Saturday, they offered to mail it back and refused to take any payment for doing so. I received it in perfect condition on Friday (Sept. 7).

My son and I were touring the Academy for the first time in preparation for

his hopeful admission to the class of 2018. We were both so very impressed. Every person we encountered both faculty and alum was friendly, helpful, encouraging, and most-importantly realistic in presenting Academy life to my son. The pride they feel was evident and we look forward to becoming part of the Academy family in two years. Thank you for

a wonderful weekend and please pass along my thanks to the staff at the press box.

Sincerely,  
Erin Smith



COURTESY PHOTO

Erin Smith (right) and her son pose for a photo near Forest Canyon Pass near Larimer, Colo., July 17. Smith thanked Academy personnel for the safe return of the camera she left at Falcon Stadium Aug. 31.

# One loss ... is one too many

By Master Sgt. Russ Devino  
Air Force Academy Safety Office

Since Oct. 1, 2011, 47 Airmen have died from on- and off-duty mishaps. A staggering 94 percent of those fatalities occurred while Airmen were participating in off-duty activities. Sadly, these deaths hit close to home, as we lost two of our Academy's finest this fiscal year, both to motor vehicle mishaps.

We all work hard to protect our way of life and earn well-deserved time off to relax and have fun. During this time, we open ourselves to increase risk acceptance, sometimes with tragic results. But a single loss to the Air Force family is one too many.

## Who is at-risk?

No one is immune from failing to apply proper risk-management decisions off duty. The simple fact is, we are only human. Over the past year, the Air Force has lost family members from the rank of airman first class to lieutenant colonel. However, the trends indicate that the most at-risk members of our family are the junior enlisted: Of the 47 fatalities in Fiscal Year 2012, 43 were below the rank of technical sergeant or were cadets.



STAFF SGT. STEPHANIE MANCHA

Members of Team Moody join together to mourn the loss of three Airmen who passed away after a single-vehicle automobile accident during a memorial service at Moody Air Force Base, Ga., Nov. 22, 2011.

## What are the most at-risk activities?

Almost any activity can present enough risk to turn fatal without the application of sound risk-management principles. However, a majority of Airmen who died off-duty lost their lives while operating their private motor vehicles. Out of 44 off-duty fatalities, 33 were PMV-related: 15 were motorcycle-related, and 14 were automobile-related, with the remainder involving bicyclists who were stuck by vehicles.

Another significant trend is the loss of personnel due to drowning. Of the 44 off-duty fatalities, five were the result of drowning during various water activities, such as kayaking, canoeing, swimming and boating.

## How do we protect ourselves?

- **Think before you drink:** Always use risk management, especially if you plan on including alcohol with your activities. Twelve of the 44 off-duty fatalities were confirmed to involve the use of alcohol, and 10 of those 12 involved drunken driving. Alcohol impairs your judgment, reasoning ability and reaction time, leading to poor decision making. Never drink and drive — always have a plan to get home!

- **Always wear personal protective equipment:** Four of the 44 off-duty fatalities involved failure to wear PPE. Three of the four mishaps involved service members not wearing personal flotation devices, and one involved a driver who failed to wear his seatbelt and was ejected from his vehicle during a rollover accident. Always wear your seatbelt, whether you are a driver or passenger. When on a motorcycle, always wear PPE. Never get on a motorcycle without a helmet approved by either Snell, the American National Standards Institute or the Department of Transportation.

- **Slow down:** Nineteen of the 33 PMV-related deaths involved a driver losing control of the vehicle for various reasons, such as speeding, driving too fast for road conditions, failing to yield the right-of-way and colliding with other vehicles or colliding with fixed objects.

- **Don't overestimate your skills:** Overconfidence can breed complacency and lead to deadly situations. Get training for high-risk activities like skydiving, scuba diving, rock climbing, base jumping, kayaking and canoeing. And live by the rule: If I have been drinking, I will not operate a vehicle, regardless of how much I have consumed.

- **Follow the wingman concept:** It really does work! There are countless examples of a wingman stepping up and doing the right thing, and in the process, possibly saving a life or career. Never be afraid to do the right thing, even if you think it could damage a friendship. The possibility of damaging a friendship because you did the right thing pales in comparison to losing a friend forever because you failed to do the right thing. Think about it: Which decision would you want to live with the rest of your life?

We are all valued members of our Air Force family. The loss of a single member not only leaves an emotional scar but also impacts our ability to accomplish the mission: to serve and protect our great country. The citizens of our nation have entrusted the highest quality corps of men and women to accomplish this mission and we owe them our best effort.

## ACADEMY SPIRIT

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

Lt. Gen. Mike Gould —  
Academy Superintendent  
Lt. Col. John Bryan —  
Director of Public Affairs  
Tech. Sgt. Vann Miller —  
Editor

Don Branum — Staff Writer  
Amber Baillie — Staff Writer  
Carol Lawrence — Graphic Designer

The Academy Spirit is published by The Gazette, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the U.S. Air Force Academy. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Academy Spirit are not necessarily the official views of, or endorsed by, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or The Gazette, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The printer reserves the right to reject any advertisements.

Editorial content is edited, prepared and provided by the U.S. Air Force Academy Directorate of Public Affairs. The editor reserves the right to edit articles to conform to Air Force policy and Associated Press style. All photos are U.S. Air Force photos unless otherwise indicated.

## SUBMISSIONS

Send submissions to: [usafa.pai@usafa.af.mil](mailto:usafa.pai@usafa.af.mil). Deadline for free classified ads on a space-available basis is noon every Tuesday for that week's publication date. Paid classified publishing is accepted by the publisher at 719-444-7355. For display advertising, please contact Marie Rush at 719-476-4818.

Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-6557.

The Academy Spirit also accepts story submissions by fax at 333-4094 or by email: [pa.newspaper@usafa.af.mil](mailto:pa.newspaper@usafa.af.mil).

Find us on

facebook.

US Air Force  
Academy  
(Official)

Like

## 'USAFA Cares...'

National Suicide Prevention Lifeline -  
800-273-8255

Mental Health - Active Duty, Dependents  
719-333-5177

Equal Opportunity -  
719-333-4258

Peak Performance Center -  
719-333-2107

Employee Assistance Program -  
719-333-4364

Chaplains -  
Cadets 719-333-2636  
Non-cadet 719-333-3300

Sexual Assault Response Coordinator -  
719-333-7272

Military Family Life Consultant -  
719-358-1468 or 719-333-3444

# 10th MDG medic receives Bronze Star

By Tech. Sgt. Vann Miller  
Academy Spirit Editor

A medic with the 10th Medical Group received a Bronze Star Medal Monday for her role in deployed operations in Afghanistan.

Lt. Col. Antoinette McNeary's experiences during her deployment in support of Operation Enduring Freedom from June through November 2011 allowed her to improve relationships and quality of care with the local nationals as well as the public health providers, according to remarks from her citation.

While serving in Afghanistan, McNeary was assigned to a Combined Joint Operations Task Force with a Marine Special Operations component.

"We pioneered this operation," McNeary said as she described the role she and her interpreter played in the Female Treatment Team.

In the regions of Afghanistan where the FTT supported this operation, the female and infant mortality rate was more than 40 percent, according to McNeary.

"For the most part, we traveled from the forward operating base to isolated locations," she said.

For the local nationals in that region, it could take hours or days for them to visit the nearest medical treatment facility.

There were habitats and villages not connected by roads in some cases, she explained.

"We traveled to many places by helicopter for the most part — (UH-60) Blackhawk or (CH-47) Chinook," McNeary said. "It was definitely a remote FOB. The base didn't even have a base exchange or post office. We lived out of a tent and had regular air-dropped supplies for food."

The FOB only had five women assigned. The mission was to talk and meet with the elders so the FTT could gain access to the females of the villages they visited.

During her deployment, the colonel began a public health initiative that led to the training of local care providers. She directly educated 28 women with some basic skill that ultimately improved conditions, according to the award citation.

"I was able to not only work in my district, but also travel to the province to provide a weeklong session to the nurses and midwives," McNeary said.

Overcoming cultural barriers, the regard that culture has for women and



COURTESY PHOTO

Lt. Col. Antoinette McNeary treats a patient while serving with a Combined Joint Operations Task Force in Afghanistan. McNeary earned a Bronze Star for her efforts to treat women and children.

the limited resource was a challenge under any condition, she explained, but knowing her contributions made a difference was what she'll cherish.

Realizing that she could only improve the situation with what she had to work with helped her exercise patience, McNeary said. However, she knew the simplest techniques implemented in that environment made all the difference.

"They see the possibilities," she said. "More or less, even showing them the baby steps and giving them tips about what they can do so they could put them into action ... they are going to have an impact."

## Academy climate survey released

The Air Force Manpower Agency recently completed an Air Force Academy climate survey for all cadets and permanent party at the Air Force Academy.

While participation numbers for this survey were lower than in years past, Academy leadership will use the results with other surveys and performance data to capture a realistic view of the Academy's climate.

The majority of those who took the survey were satisfied with their experience at the Academy, felt socially accepted and felt physically safe on Academy grounds.

The survey also identified a perception that underage drinking is an area of concern and that some cadets feel that intercollegiate athletes received preferential treatment.

"We take these survey results seriously, and will use the data to continually improve the Academy's living and working environment," said Academy Superintendent Lt. Gen. Mike Gould. "These are honest responses from our folks telling us how they feel about where they work and live. We will push these results to our commanders and supervisors to not only highlight the positive results but work on those areas of concern from this survey."

Survey results are available at <http://1.usa.gov/RUNbUj>.

# JOIN US IN A CELEBRATION FOR ... YOU!

IT'S MEMBER APPRECIATION WEEK AND WE'VE GOT SPECIAL OFFERS JUST FOR OUR MEMBERS.

Come into one of our nearby branches from **SEPTEMBER 17-23** to take advantage of exceptional limited-time offers. You can celebrate while saving big on popular products and services. You're the guest of honor, so don't miss out on this fun-filled event!



NAVY FEDERAL  
Credit Union

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
DoD

1139 Space Center Drive, Colorado Springs, CO  
The Markets at Mesa Ridge, 6916 Mesa Ridge Parkway, Fountain, CO  
[navyfederal.org](http://navyfederal.org) 1.888.842.6328

# Cadet provides gift of life

Stem cell donation gives unknown patient another chance at health

By Don Branum  
Academy Spirit staff writer

A native of Colorado Springs, Colo., in his second year at the Air Force Academy donated blood-forming stem cells in early September that may help save the life of a patient he's never met.

Cadet 3rd Class Karl Schroeder originally signed up to become a donor while enrolled at the University of Northern Colorado in Greeley.

Schroeder's swab test identified him as a potential match for a patient in need of blood-forming stem cells, which help the body create red blood cells to carry oxygen and white blood cells to strengthen the body's immune system. The cells are commonly used to help patients who have undergone chemotherapy, according to the National Cancer Institute's website at [www.cancer.gov](http://www.cancer.gov).

Schroeder received a phone call from a Colorado-based blood center asking him if he'd volunteer to undergo a series of tests that would determine how closely his human leukocyte antigen, or HLA, matched the would-be recipient's.

"After that, I just went through the rest of the phases that they have you go through: more extensive bloodwork to make sure you're an exact match," he said. "And then I matched up perfectly."

HLA types help the body's immune system identify foreign substances, so matching donor and recipient HLA types is important: A mismatch could result in the recipient's body rejecting the blood donation.

Once medical technicians determined Schroeder was a match, they set up a time for him to come in and donate.

"We actually had a date set up while I was on leave this summer, but the patient's health declined so much that they canceled the donation," Schroeder said.

The patient recovered, allowing Schroeder to go ahead with the donation after all, but "I had to go through all the bloodwork again," he said.

In the days leading up to the donation, Schroeder started injections of filgrastim, which increases the body's production of blood stem cells.

"Your body's just developing stem cells for four days to the point that it spills over into your blood," Schroeder said.

Schroeder and his father left Colorado Springs for the donation center the night before the procedure. The next day, at about 6:30 a.m., medical technicians plugged Schroeder into an apheresis machine.

"They put an IV in each arm, and they're pulling (blood) from one arm into this machine that just ... you see a bunch of wires on the wall with your blood in it. It spins the blood, takes the stem cells out and returns it to you," Schroeder explained. Aphere-



A medical technician removes an intravenous needle from Cadet 3rd Class Kyle Schroeder's arm after a blood-forming stem cell donation in early September. Schroeder is assigned to Cadet Squadron 33.

COURTESY PHOTO

sis machines are also used for blood plasma and platelet donation.

Stem cell donation is not invasive at all, in contrast to bone marrow donation, which is a surgical operation conducted under general or regional anesthesia, according to the National Marrow Donor Program's website at [www.marrow.org](http://www.marrow.org).

"It wasn't too bad. The only thing was, for six hours, you can't move your arms; you can't get up," Schroeder said. "People are feeding you, giving you drinks through straws because you can't move your hands. After about the third hour, you're feeling pretty restless ... but it's nothing compared to what it's going towards."

Schroeder's charitable spirit has impressed Master Sgt. David Devan, CS 33's Academy military training NCO.

"As a cadet here, it is so easy to get wrapped up in your own worries and responsibilities," Devan said. "To stop to take the time to worry about someone you haven't even met — that is a quality we need in cadets and future leaders. It is Service Before Self on a

whole other level, outside the realm of how we would normally think of the term."

Schroeder said he would recommend other cadets sign up for the procedure given what it can do to change a recipient's future.

"I feel like most people hesitate because when they're signing up, they're like, 'What happens if I do get called?' But when you get the phone call, I'd say it's an easy decision, because someone's life is on the line," Schroeder said. "Also, the clinic I went to only does these donations two times a month, max, so they don't have very many people. The more donors available on the list, the more people they'll be able to match up with."

Jessica Maitland, Bonfils' vice president of marketing and community operations, also thanked Schroeder for his donation.

"This young man's willingness to help someone he's never met is truly inspiring, and the fact that he's encouraging others to join in the hopes that they'll too be a match for someone is commendable," she said.

THE ULTIMATE BATTLE BEGINS

MILLA JOVOVICH  
**RESIDENT EVIL: RETRIBUTION**  
IN 3D, REAL D 3D AND IMAX 3D  
IN THEATERS SEPTEMBER 14

SCREEN GEMS DAVIS FILMS / IMPACT PICTURES (RES) INC. CONSTANTIN FILM INTERNATIONAL GmbH PRESENT  
A CONSTANTIN FILM INTERNATIONAL GmbH / DAVIS FILMS / IMPACT PICTURES (RES) INC. PRODUCTION A FILM BY PAUL W.S. ANDERSON MILLA JOVOVICH  
MICHELLE RODRIGUEZ "RESIDENT EVIL: RETRIBUTION" KEVIN DURAND SIENNA GULLORY SHAWN ROBERTS ARYANA ENGINEER COLIN SALMON  
JOHANN URB WITH BORIS KODJOE AND LI BINGBING MUSIC BY TOMANDANDY BASED UPON "RESIDENT EVIL" ASSIGNED BY HIROYUKI KOBAYASHI DIRECTOR OF PHOTOGRAPHY VICTOR HADIDA  
EXECUTIVE PRODUCERS MARTIN MOSZKOWICZ PRODUCED BY JEREMY BOLT PAUL W.S. ANDERSON DIRECTED BY PAUL W.S. ANDERSON

CONSTANTIN FILM  
IMPACT PICTURES  
RESTRICED  
UNDER 17 REQUIRES ACCOMPANYING PARENT OR ADULT GUARDIAN  
SEQUENCES OF STRONG VIOLENCE THROUGHOUT  
#RESIDENTEVIL  
SONY  
PICKUP/DOLBY DIGITAL  
2012 RELEASE

Your dedicated service—  
**REWARDED.**

Use of DoD image does not constitute or imply DoD endorsement.



Introducing the New  
**PenFed Defender  
American Express® Card**

Exclusively available to the courageous men and women of the United States military—Active, Guard, Reserve and Retired.<sup>1</sup>

- **1.5% cash back** on every purchase, every time, everywhere?<sup>2</sup>
- **NO Fees at all** — No annual fee, no foreign transaction fee, no balance transfer fee, no cash advance fee, no late fee, no over credit limit fee.
- **6.99%** introductory purchase APR for the first 60 months. After that, the APR will vary with the Prime Rate, and is currently 9.99% APR.
- **NO Penalty APR**

**APPLY TODAY!**  
[PenFed.org/DefenderAFA](http://PenFed.org/DefenderAFA)  
or call 800.732.8268



Offer is effective September 1, 2012, and is subject to change. <sup>1</sup>You must be in an active military service status, a member of the Reserves or National Guard or retired from such service to qualify for this product. No-fee cash advances carry a 9.99% APR and will vary with the market based on the Prime Rate. 4.99% APR promotional balance transfer rate for life of the balance on transfers made between September 1, 2012 and December 31, 2012. After December 31, 2012, the APR for new balance transfers will be 9.99% and will vary with the market based on the Prime Rate. Subject to credit approval. <sup>2</sup>Cash advances, credit card checks, or balance transfers are excluded from cash rewards.

This Credit Card program is issued and administered by PenFed. American Express® is a federally registered service mark of American Express and is used by PenFed pursuant to a license.



University of Phoenix®

[phoenix.edu/militarynews](http://phoenix.edu/militarynews)

# We're committed to educating our servicemembers in Colorado.

At University of Phoenix we want you to excel in the field you're passionate about. That's why we provide a wide range of online and campus programs including Business, Criminal Justice, Information Systems, Education, Health Administration and Psychology. Now you can pursue your military career while preparing for your life in the civilian world.

>> Find out how we're committed to your success at [phoenix.edu/militarynews](http://phoenix.edu/militarynews)

## Southern Colorado Campus

5725 Mark Dabling Blvd. | Colorado Springs, CO 80919 | 866.992.7258



For more information about our on-time completion rates, the median loan debt incurred by students who complete a program and other important information, please visit our website at [phoenix.edu/programs/gainful-employment.html](http://phoenix.edu/programs/gainful-employment.html)

While widely available, all programs may not be offered at all locations or in both online and on-campus formats. Please check with a University Enrollment Advisor. No Federal or Marine Corps endorsement of advertisers or sponsors is implied. University of Phoenix is accredited by the Higher Learning Commission and is a member of the North Central Association ([ncahlc.org](http://ncahlc.org)). The University's Central Administration is located at 1625 W. Fountainhead Pkwy., Tempe, AZ 85282. Online Campus: 3157 E. Elwood St., Phoenix, AZ 85034.

# Solo

From Page 1

Rouse credited her instructor pilots with helping ease her pre-flight jitters.

"I had a hard time with worrying about the things I didn't do the best on, rather than focusing on what I could do next, and some of my instructor pilots definitely helped me out

with that," Rouse said. "They were all incredible instructors."

After taking off and flying once around her pattern, Rouse touched down for a full-stop landing. A short taxi later, she shut down the engine and stepped out of the aircraft, where she met her classmates and instructors.



MIKE KAPLAN

Cadet 1st Class Staci Rouse shows her enthusiasm as she emerges from the T-53A, the Academy's newest powered-flight trainer. To become eligible to participate in this solo flight required more than one year of training for the cadet.

In following with Air Force solo tradition, her classmates submerged her in the squadron dunk tank.

Capt. Emily Kubusek, the 557th FTS Powered Flight Program flight commander, said Rouse's flight is an inspiration to both Rouse and her classmates.

"We provide every cadet with world-class training, instruction and the opportunity to solo a powered aircraft," Kubusek said. "The thrill of solo flight is amazing. It gives the cadets a tremendous amount of confidence, and it energizes the entire squadron."

*Editor's Note: "Oh! I have slipped the surly bonds of Earth..." is the first line of the poem "High Flight," by John Gillespie Magee Jr.*



TECH. SGT. VANN MILLER

## Volunteers donate at ASBP blood drive

Nancy Evans, a medical lab technician from Keesler Air Force Base, Miss., prepares Maj. Jason Kirkland for blood donation Wednesday. Kirkland, the air officer commanding for Cadet Squadron 30, was one of hundreds of donors to participate in the annual Armed Services Blood Program blood drive this week at the Academy. The ASBP travels to various military installations to ensure military members and veterans have the supply of blood needed. By Wednesday morning, the medical team collected donations from more than 430 participants. They hope to collect more than 1,000 units of blood. For more information on the program, visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

# ABBA

The Best in Sight Since 1978 *Eye Care*

**Exams • Contacts • Glasses • HD Lenses**

**Tricare Accepted  
Military Discounts**

**634-2020**  
4319 Integrity Center Point  
NW Corner of Powers & Barnes

**635-2020**  
4331 Centennial Blvd.  
Garden of the Gods & Centennial

**632-2020**  
1813 North Circle  
Circle & Constitution

**578-2020**  
1130 Lake Plaza Dr.

Just west of Lake Ave & Venetucci  
[www.abbaeyecare.com](http://www.abbaeyecare.com)

**BEST OF THE SPRINGS WINNER 2012**

Voted 'Best of'  
Two Years in a Row  
2010 & 2011

**BEST 2011**

**It's Military Appreciation Week,  
everyone wants to show their support.**

Monday, September 10 - Sunday, September 16, all active duty and retired military personnel and their families will receive \$5.25 admission per person. It's our way of saying thanks. Simply present a valid military ID at the Zoo entrance.

Liberty Toyota COLORADO SPRINGS Toyota COLORADO SPRINGS

## Optical Concessionaire

USAFA Located in Community Center

**Exams • Contacts • Glasses • HD Lenses**

**Mon-Sat 9:00-6:00 | Sun 10:00 - 6:00 | 719-574-5252**

# Academy grads share missions, kidneys

By Lt. Col. Kim Ponders  
Air Force Reserve Command Public Affairs

While total force integration has spawned many resource-sharing initiatives, two Air Force Academy graduates and wing commanders at Hill Air Force Base, Utah, have taken it to a whole new — and very personal — level.

When Air Force Reserve Col. Keith Knudson, the 419th Fighter Wing commander, was diagnosed with kidney failure last year, his active duty counterpart, 388th FW Commander Col. Scott Long, volunteered to donate a kidney of his own.

“(Long) is truly an amazing person,” Knudson said.

In early 2011, Knudson went in for his annual flight physical and wound up spending five days in the hospital where he was diagnosed with IgA nephropathy, or Berger’s disease, which occurs when too many antibodies build up in the kidneys. Worse, the Berger’s disease had led to end-stage kidney failure.

Knudson learned that he would need either dialysis or a transplant. He was put on the donor recipient list and adopted a low-salt, low-potassium diet to stabilize his kidneys while the search for a donor commenced. Several family members were tested but none met the necessary criteria.

Later that spring, Long took over the 388th FW, which shares resources with Knudson’s 419th FW under total force integration. He and Knudson had never met before, but they worked closely on ways to bring their wings together in a shared partnership.

One day about six months into Long’s assignment, he asked Knudson about his health issues. Knudson explained the situation. Long said he’d like to be tested. Knudson politely agreed to get him some information, but he didn’t expect him to follow through.

“A lot of people say that,” Knudson said. “It

seems like the right thing to say, whereas when people really peel it back, taking that step is something entirely different.”

Long kept his word, but the preliminary tests showed that Long’s kidneys were not functioning at the high level of capacity required to be a donor.

“I was tenacious,” Long said. “I figured there had to be something I could do.”

He asked Knudson for advice. Knudson said that put him in an odd position. While he knew Long could boost his kidney function by restricting his diet, he hesitated to encourage Long to take on such an ordeal on his behalf.

But Long was determined. He immediately made changes to his diet, and his next test showed his kidneys functioning perfectly. Yet that wasn’t the end. He still had to endure a lengthy and rigorous testing process, all while keeping up his responsibilities as wing commander.

Three months ago, the tests came back with spectacular results. It was as though the two were siblings. The doctors told Knudson they didn’t believe they could ever find a better match for him. Both Long and Knudson said they were overjoyed.

“It’s a no-brainer,” Long said. “He’s a friend in need. I’m extending his life, and I only need one (kidney) to lead a normal life. It’s a win-win.”

Long’s generosity is even more courageous than it sounds. Not only will he lose a kidney, but if he incurs complications from the surgery, he could face medical retirement and obstacles in receiving military benefits. On the other hand, he will buy time on Knudson’s life: Patients who undergo transplant



When Air Force Reserve Col. Keith Knudson (left) was diagnosed with kidney failure last year, his active-duty counterpart, Col. Scott Long, volunteered to donate a kidney of his own. Knudson and Long command the 419th Fighter Wing and 388th FW, respectively.

TODD CROMAR

surgery can live 10 to 15 years longer than those remaining on dialysis.

“This isn’t about me,” Long said. “There are thousands of people who have a critical need for organ donation.”

Long stressed that his leaders support his decision fully.

“They’ve given me nothing but solid encouragement,” he said.

Under total force integration, active-duty, Guard and Reserve components combine resources around a common mission to achieve maximum capability. Both colonels feel they’ve made progress, but the irony hasn’t escaped them.

“We’re taking TFI to a different level,” Long joked. “We’re talking total organ integration.”

“Think about it,” Knudson said. “We’re both Academy grads, F-16 pilots, wing commanders. We both work TFI. ... I have hair; he doesn’t. That’s the difference, I guess.”

With medication and his restricted diet, Knudson has stabilized his kidneys just above the cutoff line for surgery. This means the transplant likely won’t happen until next year.

“It’s simple for me,” Long said. “I’m excited to do it. When they call, that’s it. I’m there.”

**SMOOTH, CLEAR, WRINKLE-FREE SKIN...**

*Easier and more affordable than you may think!*

Schedule a **COMPLIMENTARY CONSULTATION** to learn what treatments are available for:

Fine lines, Wrinkles, Skin Folds, Broken Capillaries, Redness/Rosacea, Sun/Age Spots, Rough, Uneven, or Dull Complexion, Unwanted hair, and Leg Veins.

**20% Off any package or service for Military Personnel**

**LASER SKIN TIGHTENING, BOTOX, RESTYLANE, MICRODERMABRASION, LASER HAIR REMOVAL, PHOTOFACIAL, and more.**

Offer ends November 17, 2012

**Skin Savvy LASER CLINIC**

264-6205  
5919 Delmonico Dr.  
Colorado Springs, CO 80919  
Mon-Fri 9a-7p  
Sat 9a-5p

CELEBRATING OUR 12 YEAR ANNIVERSARY

**PETERSON HOMES READY FOR IMMEDIATE MOVE-IN!**

**MOVE ON BASE TODAY & Receive \$250!\***

**For All Service Members Including the Air Force Academy Don't Miss Out if You're an E1-06!**

Our New Homes have state-of-the-art, energy-efficient Appliances; Private fenced-in Yards; Laundry Room Sinks; Kitchen Islands; and so much more.

Plus, a brand new community center opens soon with a fitness center, splash park, full-service kitchen and Wi-Fi lounge, community outdoor playgrounds, dog and skateboard parks, and so much more, **Tierra Vista has something for everyone.**

Visit us at [tierra-vista.com](http://tierra-vista.com) for more information or call **(719) 597-7200.**

\*Offer does not apply to inbound/PCS families

**Amenities include:**

- No security deposit
- Basic renter's insurance is included
- Pet-friendly community with one-time \$200 fee
- 24/7 emergency maintenance
- Resident functions and events
- Lawn care service
- Short commute to work
- Safe, gated on-base community

**PREMIER LIVING**  
for today's military families

**TierraVISTA**  
A Lend Lease Community

**You can make a difference.**

Help victims of Colorado wildfires. Donate at [www.redcross.org](http://www.redcross.org).

**American Red Cross**  
Pikes Peak Chapter

# Cheering on the community

## Academy cheerleaders encourage their team, those in need

By Amber Baillie  
Academy Spirit staff writer

Cheerleaders at the Air Force Academy have got a lot more than just spirit. Like every other cadet, they also have difficult courses to pass, training to attend and military duties to perform on top of cheerleading practice every day. Yet head cheerleading coach Laura Hutcheon said her teams are truly committed to supporting Academy athletics and getting involved in the community. "We are the entertainment when there is no play going on," Hutcheon said. "My cheerleaders are the ringleaders. I tell them it's their responsibility to get the crowd involved in the game because spirit is important and can make a difference."

Hutcheon coaches the Academy's varsity and junior varsity cheerleading squads, the mascot team, and dance team and has a total of 50 cadets on her roster this year. The season runs early August through mid-March and the teams perform at all Academy football and basketball games.

Hutcheon said cheerleading is different from sports because it serves as more of a support role.

"I think my kids are incredibly athletic, but I don't think cheerleading is a sport," Hutcheon said. "Their job is to support teams the athletic department deems necessary to support. The attitude I try to instill in the squad is, what can we do for others? We provide a service, and with that mentality, I have seen the difference in how the cheerleaders are viewed here and the respect they are given."

On Aug. 21 cadets from the dance,

mascot and cheerleading teams filmed a football promo for Colorado Springs KOAA Channel 5 that was submitted to play nationwide during Sunday night football.

"I have the best of both worlds being a cheerleader," said Cadet 2nd Class Amanda Herman, a cheerleader on the varsity squad. "Not only do I get to be an athlete, but I get to meet amazing people and represent an incredible institution. We work hard to look professional on the field, but more importantly, to build relationships with others so we can help benefit the cadet wing. It's a great team to be a part of."

Hutcheon said she sees a strong need for Academy teams to serve the community and has reached out to local schools because of it.

"I contacted School Districts 11, 20 and 38 and asked them how we could help," Hutcheon said. "I sent cheerleaders, football players and basketball players to elementary schools to speak on leadership and sign autographs."

Hutcheon said the cheerleaders have been just as eager to invest in community projects and have taken initiative with ideas.

"I always get excited when an email pops up from coach for an upcoming activity to go do outreach for the community," Herman said. "Every appearance is unique in the sense, you're going to be able to interact with a person you've never had the chance to talk to before and gain new insights, while at the same time promote the Academy."

Last fall the varsity squad performed at a cancer awareness rally in Calhan, Colo. and spoke at a high school pep rally in Oregon where one of the mem-

bers on the squad attended school.

"He used it as an opportunity to tell the kids, 'This is an opportunity that anyone can do,'" Hutcheon said. "He was able to say, 'This is where I graduated and look at me, I'm hoping to be a pilot.' He let kids know that even though they're from a small town, they can go somewhere and get an education."

Last spring the cheerleading and dance teams volunteered to prepare breakfast for the homeless population at the Marian House, a soup kitchen in downtown Colorado Springs.

"I think my favorite part was preparing the food and cooking together as a team," said Cadet 3rd Class Elizabeth Kovarik, a cheerleader on the varsity squad. "It helped us bond on a non-cheer level. What makes helping out the community worthwhile is when a stranger comes up to me and thanks me for my service."

The Academy cheerleading and dance teams also participate every year in a cheer and dance clinic where they teach young girls a routine. Hutcheon said last year 230 children participated. They received T-shirts, a ticket to the Air Force vs. Colorado State football game and were able to perform during the halftime show.

"The kids are so happy to be there which makes us want to work that much harder to give them an experience they can remember and take away," Herman said. "Each kid also has a different background so it's great to be able to talk to them and learn something new about the community that we are a part of."

This year the mascot team hosted a



COURTESY PHOTO

The varsity cheerleading squad and dance team prepare a meal for the homeless community at the Marian House in downtown Colorado Springs last spring as one of the many community outreach programs they do every year.

new event called "Meet the Bird." Children were able to meet and take pictures with the Academy falcon mascot during the third quarter of the first football game. Hutcheon said the fans loved it.

"I'm always trying to think of new ways to make the Air Force more fan-friendly," Hutcheon said. "College football has such a rich tradition and I feel that with the small contribution we make, we can make someone's game experience a little better."

Hutcheon said when you give back to the community you gain more than you ever thought you would.

"I want to get across to Academy

teams what community involvement can do for them personally," Hutcheon said. "It can do so much for their attitude, morale and well-being."

Hutcheon has been here since 2005 and has coached for eight seasons. She said after being a full-time mom and coach for pre-school gymnastics, she learned a great deal of patience and prepared her to coach at the Academy.

"I've grown a lot in this position," Hutcheon said. "It's been a long road, but I love my job. At the end of the day, I still have energy to do more, such as see how my teams can serve the community. That is what is most gratifying."

Cheerleaders showcase their Air Force spirit during the Academy's win against Idaho State. Academy cheerleaders practice two hours every day to develop chants, stunts and routines for every football and basketball game.



LIZ COPAN



Male cheerleaders from the varsity squad display their Falcon pride as they run Air Force Academy flags across the field to get the crowd involved in the game.

MIKE KAPLAN



Academy cheerleaders demonstrate a difficult pyramid stunt at the first football game on Sept. 1. The varsity squad consists of six female cadets and six male cadets who perform at every Academy football game.

MIKE KAPLAN



# Take a hike: Enjoy Academy trails before cold weather arrives

By Amber Baillie  
Academy Spirit staff writer

The Academy offers a vast, scenic trail network for runners, hikers and mountain bikers who should enjoy the trails now before winter rounds the corner.

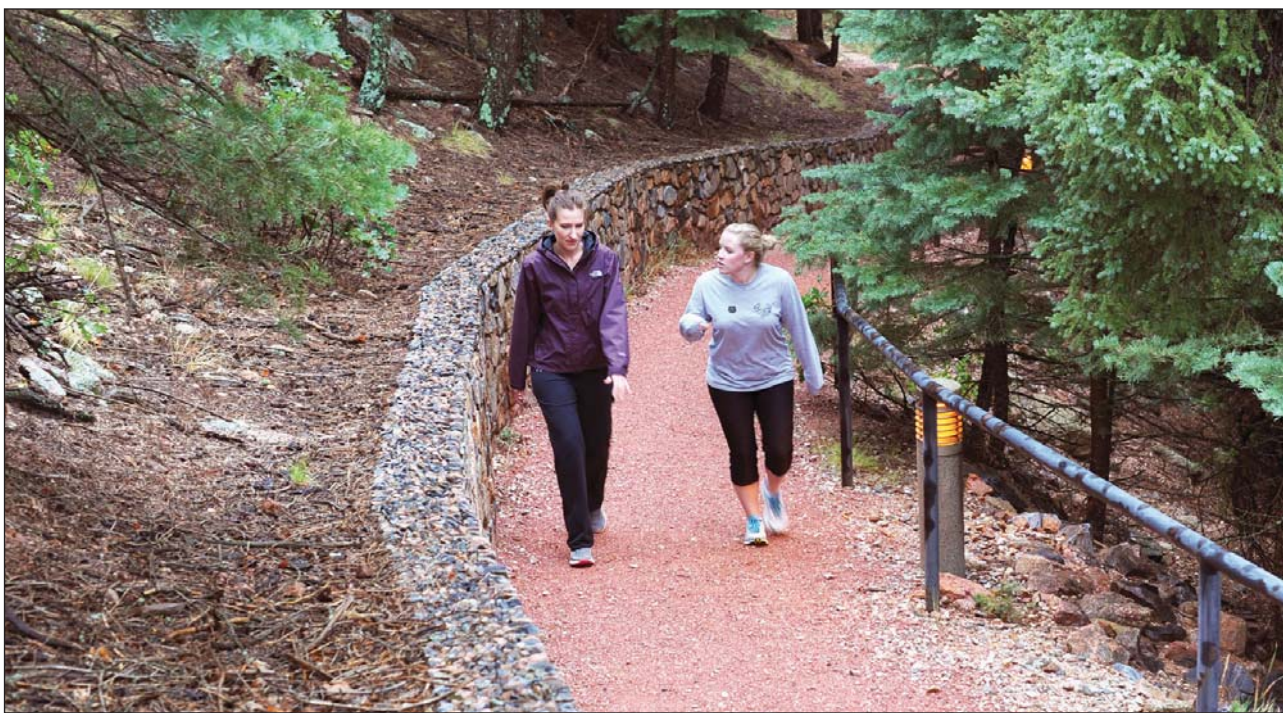
Although Forest Service Trails such as West Monument Creek, Stanley Canyon and Eagle Peak remain closed, the Falcon Trail and the New Santa Fe Trail are open and safe to use during the fall season.

"There are many things to love about the Academy's trail system," said Holly Brower, an exhibit specialist for the Academy's Civil Engineering Department and an avid hiker here. "It's usually quiet and there are both fun and challenging hikes here. It's nice because you can add on more or less of a hike depending on how you're feeling."

The Falcon Trail is a single-track, 13-mile loop around the Academy that has several access points. One of the main trailheads is located by Falcon Stadium, off Stadium Boulevard near stadium parking. Visitors can hike the trail clockwise or counterclockwise and may encounter wildlife such as deer, rabbits, coyotes, and birds. The trail offers a view of Blodgett Peak and the oldest building on the Academy, a log cabin built in 1869 by William Burgess that is now a memorial to pioneers of the region.

"The Falcon Trail is the most used trail on the Academy; that being said, if you find yourself here on a weekday, you will probably run into only a couple of cyclists," Brower said. "Anywhere you find yourself at the Academy you can access the Falcon Trail."

The New Santa Fe Trail is approximately a 14-mile linear stretch from the southern border of the Academy to Palmer Lake in northern El Paso County. Visitors can run, bike or hike the trail and



TECH. SGT. VANN MILLER

Rachel Watson (left) and 1st Lt. Lauren Gilmore walk on one of the many hiking trails on the Academy grounds. The trails offer scenic views for visitors from 8 a.m. to 6 p.m. daily.

get a clear view of Pikes Peak, Falcon Stadium and the Cadet Chapel.

"The Santa Fe Trail is a great place to ride your bike," Brower said. "I love to ride it into Monument, have lunch and then ride back."

For those who want a challenge, Brower said to hike Three Bears, a series of large, steep hills located near the power lines. Brower said the hills are nick-named, "Baby Bear," "Mama Bear" and "Papa Bear" because they progressively increase in size.

"Those are some great hills," Brower said. "I would say it's the toughest hike of the trails open."

Other popular trails at the Academy include the Chapel Overlook Trail at the Visitor's Center and Cadet Running Trail near Academy Drive.

"Which trail I hike depends on where I am on the Academy," Brower said. "The cadet area offers a lot of options, around the stables by Ice Lake, or the Community Center area with the gym trails."

Brower said she enjoys the trails here for the scenery, wildlife and exercise.

"You don't have to be on the road or in a gym," Brower said. "You're off in the trees, out in the wilderness getting your work out. It's fun to come around a corner and surprise a flock of

turkeys or a group of munching deer."

The trails are open to military ID holders from 5 a.m. until sundown every day. The trails are open to visitors during normal visiting hours of 8 a.m. to 6 p.m. every day.

Brian Mihlbachler, the Fish and Wildlife Service's natural resources manager here, said the Forest Service trails will most likely remain closed until the first snow.

"They are currently closed due to aerial reseeding and mulching operations," Mihlbachler said. "There is also a concern about hazard trees that could fall on visitors."

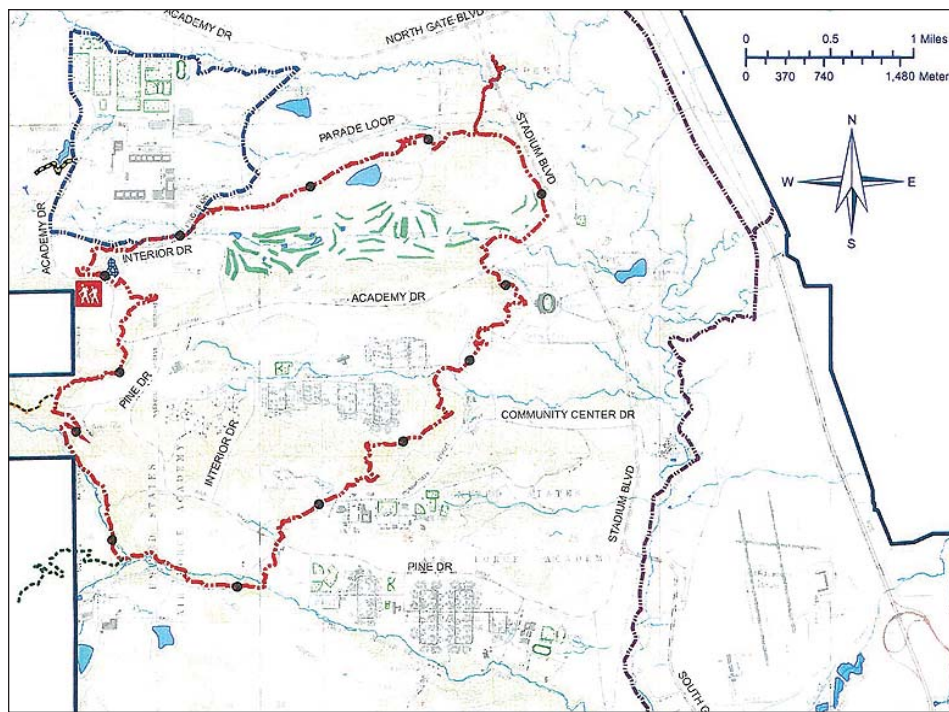


IMAGE COURTESY OF 10TH CIVIL ENGINEER SQUADRON

Shown above are three of the Academy's most popular hiking trails: The 13-mile Falcon Trail (left, in red), the New Santa Fe Trail (right, in purple) and the Cadet Running Trail (top left, in blue). Forest Service trails on the Academy's west side remain closed.

**Lady Godiva Hair Studio**  
A Paul Mitchell® Focus Salon

**\$55 Highlights  
FREE Haircut  
& Style**

Call salon for appointment.  
Mention ad for discount.  
New clients only  
Offer expires 10/6/12

4 S. Wahsatch #110 | 475-2266 | www.ladygodivahair.com

COLORADO SPRINGS

**SPARTYKA 2012**  
WOUNDED WARRIOR 5K

In support of the  
**Wounded Warrior Project**

Saturday, September 22, 2012  
Monument Valley Park, Colorado Springs

Race Day Registration begins at 7:30am

Race begins at 9:00am  
Runners, Walkers and Volunteers are welcome!

More information and pre-registration is available at  
www.spartykawoundedwarrior.com

Proud Supporter  
**WOUNDED WARRIOR PROJECT**

**TAKE A RIDE WITH LEGENDS OF RODEO.**

ONLY at the ProRodeo Hall of Fame & Museum of the American Cowboy.

**MILITARY DISCOUNT!**

Winter Hours: September - April | Wednesday - Sunday, 9am - 5pm  
101 Pro Rodeo Dr., Colorado Springs, CO • (719)528-4764  
www.prorodeohalloffame.com | Find us on Facebook!

**Chris LeDoux exhibit opens September 13, 2012!**

View memorabilia from the rodeo & country music legend only at the ProRodeo! LeDoux was inducted in 2005 in bareback riding & notables.

**PRORODEO HALL OF FAME**  
COLORADO SPRINGS • COLORADO

**GIVE AN HOUR... A DAY... OR A WEEKEND**

Everyone can do something. Find your something at  
[www.volunteerpikespeak.org](http://www.volunteerpikespeak.org)  
VOLUNTEER TODAY!

**Pikes Peak United Way Volunteer Center**  
United Way  
Pikes Peak United Way



JIM VARHEGYI

## In the spirit of service ... and spiking

Air Force Chief of Staff Gen. Mark A. Welsh III (left) receives an Air Force Academy Volleyball Team polo shirt from the team's program coordinator, 2nd Lt. Bradford Smith, during a team visit with Welsh in his office at the Pentagon on Sept. 6. The team traveled from Colorado to Washington to participate in a five-school tournament. Each of the three service academies, Denver University and the Citadel competed.

## LOOKING FOR A REWARDING CAREER YOU CAN BE PROUD OF?



**CCU WANTS TO HELP YOU EARN YOUR DEGREE IN CRIMINAL JUSTICE**

- Certificate, Associates, and Bachelors programs available
- Complete your CCAF with class one night a week at the Academy using CCU's tuition discount for Active Duty and their adult dependents or take your courses online. Either way, you can complete each course in weeks, not months.
- Accelerate your path to completion with credit for CCAF transcripts, other college courses, and life learning experiences

**Colorado Christian UNIVERSITY**  
College of Adult and Graduate Studies

**JON HARR | JOHAAR@CCU.EDU | 719-867-5802 | WWW.CCU.EDU/MILITARY**

*Colorado Christian University is accredited by the North Central Association of Colleges and Schools*

# Future looks bright for '12 Falcons

By Don Branum  
Academy Spirit staff writer

If anyone thought this was going to be a rebuilding season for Air Force, they might want to watch the tape from Saturday's game against Michigan in the Big House, where the Falcons nearly ended the Wolverines' bowl-game hopes two games into the season.

The Falcons came within three points in the fourth quarter on an eight-yard touchdown run by running back Cody Getz, followed by a two-point conversion on a pass from Connor Dietz to tight end Marcus Hendricks, but Michigan's answering field goal and fourth-quarter defense secured a hard-earned 31-25 win.

But the scoreboard would have looked a lot different if not for two breakaway runs of 79 and 58 yards by Michigan quarterback Denard Robinson. Those two plays aside, the Falcons' defense did a marvelous job containing a quarterback who will probably be NFL material in another year: defensive back Brian Lindsay and linebacker Alex Means contributed eight and seven tackles, Means broke up three pass attempts, and linebacker Josh Kusan grabbed his first career interception.

Offensively, the Falcons seem to have just as much substance as they did the last couple of years. Dietz's performance at quarterback has been solid, with a passing style that keeps the ball safely away from the opponent's defense. Getz has run the ball for more yards in each of his first two games than he did all of last season, averaging 8.1 yards per carry.

More importantly, the Falcons of 2012 are consistent. That was sometimes hard to come by in 2011: The Falcons dominated in the first half of their home opener only to struggle in the second half, winning 30-27 against Football Championship Subdivision opponent South Dakota. They owned Navy for the first three quarters of the 2011 game in Annapolis, Md., before surrendering 18 unanswered points to the Midshipmen and winning in overtime, 35-34. They gave up 14 points to Army in the first quarter before thundering back into the lead to win 24-14.

The one area that needs fine tuning is special teams. Parker Herrington missed a chip shot in the first quarter that

would have given Air Force a 3-0 lead. Three points wouldn't have changed the outcome of the game, but that probably won't be the case for games later in the season.

So where do the Falcons go from here? First and foremost, expect the Commander-in-Chief's Trophy to stay in Colorado Springs as long as the Falcons stay healthy. Army and Navy are both 0-1 after being walloped by San Diego State and Notre Dame, respectively, with Navy giving up four turnovers in its loss and Army giving up three. Air Force, in contrast, has a turnover margin of plus-2 after two games, with no turnovers surrendered on offense.

Conference wise, the Falcons should finish in at least third place. Wyoming, San Diego State and Nevada are the only teams strong enough to pose a threat, and Air Force should win one or two of these games as long as they continue to play with consistency and tenacity.

So, is Air Force "rebuilding"? Ask the Wolverines if they played a team that was "rebuilding." From here, it looks more like they're reloading.



CADET 2ND CLASS KYLE PALKO



**ABOVE:** Despite solid coverage by the Wolverines defense, Falcon Marcus Hendricks makes a catch during last week's game in Michigan. The Falcons earned 417 yards of offense and picked up 26 first downs in their 31-25 loss.

**LEFT:** Colton Huntsman leaps over the goal line for his first collegiate run and touchdown. The Falcons defeated Idaho State, 49-21, in their first game of the season, Sept. 1.

JOHN VAN WINKLE

**deal of the day**  
NEVER MISS A DEAL  
[gazette.com/dealoftheday](http://gazette.com/dealoftheday)

**Puzzle solutions for 09-14-2012**

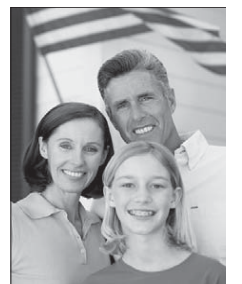
PUZZLE SOLUTION	R O A R	A R R A S	O R S	7	3	4	6	2	8	5	9	1
	A G U A	S O O T H	P U T S	5	9	8	1	4	3	2	7	6
	T A R N	S A U R Y	E B R O	1	6	2	7	5	9	8	3	4
	M A G N U M P I	S C R I M		4	5	1	8	9	6	3	2	7
	E Y A S	A R A	I C E	6	8	7	2	3	5	1	4	9
	T A B	C G	E R E C T	9	2	3	4	7	1	6	8	5
	A B C	E R R A T I C		3	7	9	5	6	2	4	1	8
	R A D S	H A N	M A A R	2	1	6	9	8	4	7	5	3
	A C R O N Y M	R Y A		8	4	5	3	1	7	9	6	2
	S A N A A	A U T E D										
A L B	R M A	A R C A										
R A B I D	J U L I A N N A											
C L A M	M A S A N	A A R E										
S O C A	P I S T E	S P A M										
M Y M	H A R E S	A S K S										

**Gentle Dental Care**  
Howard Short, D.M.D.  
Accepting  
United Concordia Insurance  
for military families!

Now Offering Botox  
and Derma filler

**CALL FOR APPOINTMENT!**  
**719-574-7631**

**5739 Constitution Ave.**  
(SW corner Constitution and Powers next to Walgreens)



Discover special deals and discounts from military-friendly businesses

**SPRINGSMILITARYLIFE.COM**





### 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.

### Recycling Center Moves

The temporary location of the Academy Recycling Center will be located West of the Community Center and on the south side of the Armed Forces Bank.

A temporary location was created

due to construction of the BX and Commissary parking lots that began on Aug. 20.

### Pottery studio available

The Arts and Crafts center offers a pottery studio available for use when a class is not in session.

The studio includes nine pottery wheels, glazes and five kilns. Clay is available for purchase.

For more information call 333-4579.

### 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 members stationed at another base.

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

### Bowling Leagues

The Academy Lanes Bowling Center's bowling leagues are in session.

Available leagues include a parent and youth league Tuesdays at 7 p.m. for \$14 per team, three-person youth leagues Thursdays at 10 a.m. for \$7 per person and four-person adult mixed leagues Thursdays at 7 p.m. for \$10 per person.

Children may receive free bowling lessons during youth league play on Thursdays.

For more information, call Academy Lanes at 333-4709.

### Horsemanship classes

The Academy Equestrian Center offers horsemanship classes, which include a one-hour trail-riding lesson plus instruction in grooming, saddling and etiquette, for \$30 per lesson.

For information, contact the Equestrian Center at 333-4607.

### Softball Tournament

The Academy will host a softball tournament Sept. 21-22. Please register by Sept. 14 and contact David Castilla at 333-4078 for more information.

### Flea Market

A flea market will be held Sept. 22 at 8 a.m. at the Community Center.

Vendors will set up at 7 a.m. and the event will take place on the west side parking lot.

For more information call 333-4522.

### Golf Tournament

The Academy Fire Department Golf Tournament will take place Sept. 27 at 12 p.m. at the Eisenhower Golf Course.

The cost ranges from \$55-98 per person and will include golf carts, range balls and a driving range.

Sign up no later than Sept. 25. Contact Mike Mater at 719-333-2051 for more information.

### Hispanic Heritage Month

A luncheon and Cadet Panel Forum will take place Sept. 27 from 12-1:30 p.m. in the Arnold Hall Ballroom for Hispanic Heritage month.

The event is titled, "Diversity United, Building America's Future Today"

and will include guest speaker Brig. Gen. Abel Barrientes and entertainment by Mariachi Aguila.

The cost is \$10 per person and must be paid by Sept. 24. Please call Dr. Sonia Esquivel at 333-8356 for more information.

### AFSA meetings

The Air Force Sergeants Association Falcon Chapter 1180 meets every third Wednesday of the month at 3:30 p.m. in the Casual Lounge at the Falcon Club.

### A&FRC events

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

**Transition Assistance Program:** Monday-Sept. 21, by reservation. This weeklong course covers resume writing tips, job interview skills, dressing for success, Veterans Administration benefits and more. Highly recommended for those retiring within two years or separating within 12 months.

**Newcomer Orientation:** Thursday, 9 a.m.-4 p.m., at the Falcon Club. This class covers a variety of briefings from on- and off-base programs to introduce newly arriving military personnel and their families. Attendance is mandatory for service members and recommended for spouses.

**DAV Medical Records Review:** Sept. 21, by appointment. Individuals within 180 days of retirement or separation may have the Disabled American Veterans review their medical records for submission to the Veterans Administration.

**Federal Resume Writing Class:** Sept. 25, 2-4 p.m. Learn what you need to know about creating a federal resume formatted to USAJobs

guidelines. This resume will allow you to submit applications for vacancies within federal agencies.

**Financial Planning for FERS Retirement:** Sept. 26, 8 a.m.-noon. Learn about Federal Employees Retirement System benefits and how to plan for retirement. Call 333-3444 to register.

### Ice skating lessons

The Cadet Ice Arena will hold weekly ice skating lessons beginning the week of Sept. 10, with six lessons and skate rental for \$50.

All ages are welcome. For more information or to sign up, call the Ice Arena at 333-0389.

### VA Stand Down Day

The local Veterans Administration office seeks active-duty volunteers for its VA Stand Down Day Oct. 18.

Volunteers will escort veterans around the stations and will help with preparation and cleanup duties.

To volunteer or for more information contact 1st Lt. James Franciere at 567-2162.

### Breast cancer awareness

The 10th Medical Group will offer a women's health event Oct. 17 from 10 a.m.-noon and Oct. 27 from 9-11 a.m. in observance of Breast Cancer Awareness Month.

The event will include health information, giveaways, "pampering stations," refreshments and more, as well as exercise and nutrition activities for children.

The Child Development Center will provide child care Oct. 17 for those who may need it. The hourly care program requires parents to complete paperwork in advance: Parents should call 333-6779 in advance to reserve a slot.

### 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.

**Air Force Birthday Ball**

**DEPARTMENT OF THE AIR FORCE**  
**UNITED STATES OF AMERICA**  
MCMXLVII

**Saturday Sept. 15 2012**

Music by Blue Steel with KAFA DJs on the Breaks

**1930-2330 FREE**  
**Arnold Hall Ballroom**

**Military: Service Dress**  
**Civilian Guests: Semi-Formal**

**Mandatory for 4 Degrees**

THE AIR FORCE SUPPORT SQUADRON



Lady seeks roommate. Nice house near Chapel Hills Mall. \$400 rent, 1/2 utilities. Optional garage space - \$15 per month. Proof of income and security deposit required. Non Smoker 719-331-3178

**Transportation**

**New Today!**  
**CAVALIER 2-DOOR 98** - 191,000 miles, automatic, \$1750 (719)573-8395

**CHEVY Silverado (2005) 1500 LS Crew Cab.** 106k miles, 4WD, 5.3L V8, cruise control, power steering/windows/locks, towing package, bed liner, running boards, CD. \$14,900 obo 719-484-0270

**Chevy Corvette 1997** C-5 super clean, 101k miles, extra roof, ext. warranty, must see! \$18,500 OBO 591-8380

**New Today!**

**MUST SEE!**  
**Dodge Pickup- Ram Sport, 2000.** 3/4 ton V8, quad cab, 4WD. 172,000 mi. \$5,700 obo 719-499-1941

Like New! 1995 LX 2 door Coupe Thunderbird. Showroom condition. 66,000 miles. Automatic transmission, V8, fully loaded. \$3,695 Call (719) 598-1081



**Navigator, 2006.** Black V8, 4wd, beige leather interior. Nav, CD, DVD, stereo. Exc cond. Existing warranty, 88k mi. \$18,999 Call 719-227-9988

**ALL Wheel Drive Rules!** 2010-1995 SUBARUS 481-9900 See Pics @ MonumentMotors.com

**New Today!**  
**Forester 2003** Silver, 84k mi, 1 owner, very good condition, no collisions, clean. \$8200. (719)648-5852

**New Today!**  
**VOLVO XC70 2004.** Perfect condition \$7400 (719) 360-8257

**LIKE NEW!**  
**Cedar Creek 5th whl 2008 34'** Loaded 3 slides, FP, flatscreen TV & DVD. Leather chairs, king bed, cent vac, heated holding tanks, 5500 Onan LP gen., etc. \$29,995 Call Jerry (719) 635-7311

**Rockwood Royale 1993.** 28' with 16' slide. Gooseneck & 5th wheel hitches. \$6,000 719-481-3434

**TIRES:** New Yokohama 17" - 2 each 255/40ZR17 and 2 each 215/45ZR17. Tires came off of a show car. New \$700.00, asking \$350.00/set of 4 (firm). Will not separate set. Call 303-660-3401.



Get local and national military news  
**SPRINGS MILITARY LIFE .COM**

**CLUES ACROSS**  
1. Lion sound  
5. Pictorial tapestry  
10. Many not ands  
13. Largest known toad species  
14. Truth  
15. Places an object  
17. Small mountain lake  
18. Scomberesocidae fish  
19. A N.E. Spanish river  
20. Selleck TV series  
22. Strong, coarse fabric  
23. Nestling hawk  
24. Macaws  
26. Decorate with frosting  
27. The bill in a restaurant  
30. Sea patrol (abbr.)  
31. Used of posture  
33. Basics  
34. Having no fixed course  
38. Radioactivity units  
40. Star Wars' Solo  
41. Water filled volcanic crater  
45. Initialism  
49. A shag rug made in Sweden  
50. Yemen capital  
52. Atomic #79  
54. CNN's Turner  
55. A priest's linen vestment  
56. Returned material authorization (abbr.)  
58. Blood clam genus

**CLUES DOWN**  
1. Tell on  
2. Medieval alphabet  
3. Surrounding radiant light  
4. Open land where livestock graze  
5. Quench  
6. Strays  
7. Chickens' cold  
8. Heart chamber  
9. Timid  
10. Oil cartel  
11. Statute heading  
12. Severely correct  
16. An amount not specified  
21. It never sleeps  
22. Indian frock  
25. Soak flax  
27. Mariner  
28. Arabian outer garment  
29. Binary coded decimal  
32. European Common Market  
35. 17th Greek letter  
36. Norse sea goddess  
37. All without specification  
39. Diego or Francisco  
42. Products of creativity  
43. Yes vote  
60. Raging & uncontrollable  
62. Actress Margulies  
66. Burrowing marine mollusk  
67. Port in SE S. Korea  
68. Swiss river  
70. Mix of soul and calypso  
71. Area for fencing bouts  
72. Canned meat  
73. Myriameter  
74. Long ear rabbits  
75. Requests  
44. Radioactivity unit  
46. Credit, post or greeting  
47. Computer memory  
48. Land or sea troops  
50. A way to travel on skis  
51. Tenure of abbot  
53. Fiddler crabs  
55. Rainbow shapes  
57. Bird genus of Platalea  
58. Having winglike extensions  
59. Squash bug genus  
61. Islamic leader  
63. Former Soviet Union  
64. Small sleeps  
65. Iranian carpet city  
67. Auto speed measurement  
69. Ambulance providers

**CLUES ACROSS**  
1. Lion sound  
5. Pictorial tapestry  
10. Many not ands  
13. Largest known toad species  
14. Truth  
15. Places an object  
17. Small mountain lake  
18. Scomberesocidae fish  
19. A N.E. Spanish river  
20. Selleck TV series  
22. Strong, coarse fabric  
23. Nestling hawk  
24. Macaws  
26. Decorate with frosting  
27. The bill in a restaurant  
30. Sea patrol (abbr.)  
31. Used of posture  
33. Basics  
34. Having no fixed course  
38. Radioactivity units  
40. Star Wars' Solo  
41. Water filled volcanic crater  
45. Initialism  
49. A shag rug made in Sweden  
50. Yemen capital  
52. Atomic #79  
54. CNN's Turner  
55. A priest's linen vestment  
56. Returned material authorization (abbr.)  
58. Blood clam genus  
60. Raging & uncontrollable  
62. Actress Margulies  
66. Burrowing marine mollusk  
67. Port in SE S. Korea  
68. Swiss river  
70. Mix of soul and calypso  
71. Area for fencing bouts  
72. Canned meat  
73. Myriameter  
74. Long ear rabbits  
75. Requests  
44. Radioactivity unit  
46. Credit, post or greeting  
47. Computer memory  
48. Land or sea troops  
50. A way to travel on skis  
51. Tenure of abbot  
53. Fiddler crabs  
55. Rainbow shapes  
57. Bird genus of Platalea  
58. Having winglike extensions  
59. Squash bug genus  
61. Islamic leader  
63. Former Soviet Union  
64. Small sleeps  
65. Iranian carpet city  
67. Auto speed measurement  
69. Ambulance providers

**SUDOKU**

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

**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 it gets to solve the puzzle!

Solution on page 12 09-14-12

**Teresa Lansford**  
REALTOR®  
Phone: (719) 337-1287  
Fax: (719) 344-9269  
Teresauragent@gmail.com  
**equity** REAL ESTATE

**Swint Realty Co., LLC**  
6189 Lehman Drive Suite 200 Colorado Springs, CO 80918  
Bus: (719) 592-9700  
Cell: (719) 964-5612  
FAX: (719) 592-9952  
swintdo@aol.com  
www.swintproperties.com  
Dave Swint Broker Professional Engineer

**Peak Dining**

<b>BILLIARDS</b>		<b>FINE DINING</b>	
	<b>Antique Billiard Museum</b> 3628 Citadel Dr N Colorado Springs, CO 80909 / 719-597-9809 or <b>Diamond Billiards</b> 3780 E Boulder St Colorado Springs, CO 80909 / 719-596-9516	Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents.	 <b>The Margarita at Pine Creek</b> 7350 Pine Creek Rd. Colorado Springs, CO 80919 598-8667 www.margaritaatpinecreek.com
<b>CARIBBEAN</b>		<b>IRISH</b>	
	<b>Rasta Pasta</b> 481-6888 405 N. Tejon rastapastacs.com	USAFA Grad Owned. Creative Caribbean Pasta, Fresh & Funky Salads, Ridiculously Good Desserts. Open seven days a week for affordable lunch and dinner. Voted Best New Restaurant by Gazette readers. Happy Hour Daily 4-6. Live Reggae Music the First Friday of every month.	 <b>Jack Quinn's</b> 385-0766 21 S. Tejon Street Open for Lunch & Dinner daily; Sunday Brunch served 12 pm-3 pm; Happy Hour 3-6 pm; & late night Sunday. <b>Owned by 4 USAFA Grads!</b> 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
<b>CHINESE</b>		<b>STEAKHOUSE</b>	
	<b>Bamboo Court Restaurant</b> 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!	 <b>The Famous</b> 719-227-7333 31 N. Tejon Street www.thefamoussteakhouse.net
<b>DELI</b>			
	<b>Wooglin's Deli &amp; Cafe</b> 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



# Albertsons<sup>®</sup> market

It means a great deal.<sup>®</sup>



Always *Fresh*  
No Sodium Based  
Solution Added

Chicken  
Breast or Thighs  
Boneless, Skinless

**1.99**  
lb.



Red, Ripe  
Strawberries  
Limit 4,  
Additional  
\$2.99 ea.

**2 for \$3**



Albertsons  
Gallon Milk  
Select Varieties  
Limit 2

**1.97**



# BASKET BUSTER



Quaker  
Cereal 12.3-16 oz.,  
Granola Bars 5-8 ct.,  
Breakfast  
Cookies 6 ct. or  
Post Honey Bunches  
of Oats 13-18 oz.  
Select Varieties

**1.99**



Albertsons  
Large Eggs  
18 ct. Grade AA  
Limit 2

**1.88**



Powerade  
Sports Drink  
32 oz.  
Select Varieties

**77¢**



Tide  
Pods 18 ct.,  
Angel Soft Bath Tissue 12-24 Rolls or  
Sparkle Paper Towels 6-8 Rolls  
Select Varieties

**4.99**



Military Discount  
COUPON  Albertsons  
market

All Active, Reserve or Retired Military Personnel\*

**\$10 OFF** COUPON GOOD  
9/14/12-9/18/12  
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.

**10 \$10 Sale** MIX & MATCH **\$1**  
Visit our store for more 10 for \$10 deals!  
Buy 1... Buy 5... Buy 10 or More! Just



Fresh Express  
Garden Salad  
12 oz.  
**\$1**  
ea.



Albertsons  
Sandwich Bread  
24 oz. or  
Chicken of the Sea  
Chunk White Tuna  
5 oz.  
Select Varieties

**\$1**

Prices Effective 9/14-9/18/12

Find us on Facebook

Follow us on Twitter

Visit [www.albertsonsmarket.com](http://www.albertsonsmarket.com)

RAIN CHECK: We strive to have on hand sufficient stock of advertised merchandise. If for any reason we are out of stock, a Rain Check will be issued enabling you to buy the item at the advertised price as soon as it becomes available. Savings may vary. Check price tag for details. We reserve the right to limit quantities. Please, No Sales to Dealers. AVAILABILITY: Each of these advertised items is required to be readily available for sale at or below the advertised price in each Albertsons store except where specifically noted in this ad. © 2012 Albertsons, L.L.C. Albertsons, the Albertsons logo, the Savon Pharmacy logo and the 10 for \$10 logo are trademarks of New Albertsons, Inc or its subsidiaries and is used under license. We reserve the right to correct printed errors.

091412\_ROP\_CS\_M