

BLACK HISTORY MONTH

Recalling African American military contributions throughout history. **Page 2**

ENLISTED INSTRUCTOR

AMT provides cadets with rare look into enlisted in the classroom. **Page 5**

FIT TO FIGHT

Find out the if your favorite restaurant is the healthiest choice. **Page 7**

ACADEMY SPIRIT

FALCONS HOLD OFF REBELS

Last second shots put Lady Falcons over the edge.

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An impressive weekend of competition



Falcon Track and Field runners Blair O'Bryant (left) and Ted Artz (right) swept the top two spots during Saturday's preliminary race, finishing first and second, respectively in the finals of the 800-meter run. O'Bryant clocked a time of 1:55.45 to win the race, while Artz crossed the finish line in 1:56.16. The Falcons return to action today when they travel to Laramie, Wyo., for the annual Robert Shine Invitational. **For story and photos see Pages 8-9.**

BILL EVANS

Class of 2011's 100s Night Dining In



MIKE KAPLAN

Cadets 1st Class Andrew "Drew" Taylor, left, and Skyler Villers celebrate after they received their assignments to Columbus Air Force Base, Miss. at 100s Night Wednesday. Graduating cadets found out where they will be assigned about 100 days before they graduate. The guest speaker for the event was Air Force One pilot Col. Scott Turner.

Debate teams feature a variety of styles at Forensics Classic

Forensics is one of the oldest traditions at Air Force Academy

By David Edwards
Academy Spirit Writer

The Academy hosted debate teams from 15 universities last weekend and celebrated a strong turnout for the 48th annual USAFA Forensics Classic.

Nearly 170 debaters converged on the Air Force Academy for an event that has developed considerable prestige over four decades. Teams came from such schools as Texas Tech Uni-

versity, the University of Utah and Duquesne University.

"The tournament ran smoothly and competitors were happy to see the Academy and interact with cadet volunteers," said Dr. Gina Iberri-Shea, the Academy's director of forensics. "I received a number of positive comments about the hospitality shown by the Academy. We had competitors from California to Pennsylvania."

Academy cadets focused more on running the event and hosting the participants. However, a few of them did compete, and two of the cadet teams reached the quarterfinals in parliamentary debate.

see DEBATE Page 3

February calls to mind African American military contributions

by Randy Saunders
50th Space Wing Historian

SCHRIEVER AIR FORCE BASE—February is Black History Month and is a good time to recall the vast contributions African Americans have made throughout the nation's military history. Most are aware of the Tuskegee Airmen and their heroic contributions during World War II. Some may be familiar with the Buffalo Soldiers of the 9th and 10th Cavalry and the 38th, 39th, 40th, and 41st Infantry Regiments (later consolidated and renamed 24th and 25th Infantry) that fought during the Indian Wars and performed a primary role in America's western expansion following the Civil War.

African Americans have served in every conflict in American history. In 1689, Black militia fought against French imperialism in the American colonies. Black militia also served in Queen Anne's War, 1702-1713 and the French and Indian War, 1754-1763. Barzilai Lew fought as a member of the Massachusetts militia during this conflict and later saw action in the Battle of Bunker Hill during the American Revolution.

By 1770, African Americans were vital elements of several northern colonial militias. March 5, 1770, Crispus Attucks, a runaway slave turned sailor, and four other colonists were killed in the Boston Massacre. In Boston, Attucks was the first man killed by the British Guard as colonists protested against what was called "British crimes" for being a colonist. He became the first casualty of the American Revolution. African Americans took part in the battles of Concord and Lexington, Mass. in April 1775 and in May, African Americans helped Ethan Allen and the Green Mountain Boys capture Fort Ticonderoga in New York. More than 5,000 African Americans served in the Continental Army and nearly 5,000 more served with state militias during the Revolutionary War. African Americans also served as spies and undercover agents; several who were recognized for their bravery by Congress.

As the 18th Century drew to a close, Congress enacted legislation restricting enlistments in the militia to white male citizens. This restriction would be short-lived as African Americans continued to serve in the naval forces, War of 1812.

Following the war, restrictions on African American enlistments returned, as Congress set manpower limits on the size of the Army. Free blacks, meanwhile, seeking opportunity moved west and in the 1830s fought with Texans seeking independence from Mexico.

Despite facing many obstacles, African Americans continued to serve during the Civil War. This provided the impetus for the permanent presence of blacks in the peacetime military. Twenty-five African Americans received the Medal of Honor for their actions in combat.

In 1866, the U.S. Army established the 9th and 10th Cavalry Regiments and the 38th, 39th, 40th, and 41st Infantry Regiments and stationed them in the growing western territories. These Buffalo Soldiers provided invaluable service during the Indian Wars and the Spanish American War, 1898. During these two conflicts, twenty-four African American servicemen received the Medal of Honor.

In less than 20 years, America was again at war, fighting for the first time on European soil. As in the past, African Americans had to overcome bigotry within military leadership to participate fully. Eugene Jacques Bullard, a highly decorated African American serving with the French Air Service, summed up this issue with his famous quote, "Tout le sang qui coule rouge; all blood is red." Despite his and the accomplishments of many like him, acceptance of blacks as equals in the military was slow.

On April 6, 1917, the United States declared war on Germany. During the course of the conflict, 367,000 African American soldiers served, 1,400 of those as commissioned officers. On September 28, 1918, Corporal Freddie Stowers, 371st Infantry Regiment, led his squad to destroy a group of enemy soldiers. He was leading his troops in an attack when he fell to enemy fire. Although he was mortally wounded he continued to motivate his squad until he passed away. Stowers received the Medal of Honor for his heroism. He was the only African American to receive the country's highest military award during World War I.

On July 26, 1948, President Harry S. Truman issued Executive Order 9981 mandating the desegregation of the United States Armed Forces. Efforts to improve the treatment of African Americans and other minorities in the military services came to the forefront of personnel policy. In the second half of the 20th Century, African Americans broke barriers in all services.

Benjamin O. Davis, Sr. became the first African American flag officer when he was promoted to brigadier general, temporarily on October 25, 1940. He retired on July 31, 1941 and was recalled to active duty and promoted to brigadier general on August 1, 1941. Benjamin O. Davis, Jr. became the Air Force's first African American general officer when he was promoted to brigadier general, temporarily, October 27, 1954. Samuel L. Gravely, Jr. became the U.S. Navy's first African American to achieve flag rank when he was promoted to rear admiral in July 1971. On February 23, 1979, the United States Marine Corps promoted Frank E. Peterson to brigadier general, making him the Corps' first African American flag officer. Of America's astronauts, sixteen are African American and four African American women.

From Barzilai Lew of the Massachusetts militia to President Barack Obama, and countless thousands of others, African Americans have been instrumental to the development of and service to this nation.

ACADEMY SPIRIT

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

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

Black History Month Exhibit

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Who are you looking forward to seeing at NCLS?

"The Scary Guy and Lopez Lamong."
Cadet 4th Class
Katie Lopez,
Cadet Squadron 15



"Leo Thorsness, to hear his stories about being a POW."
Cadet 4th Class
Kelly Rapp, CS 40



"The Medal of Honor recipients' panel."
Cadet 4th Class
Bianca Torres,
CS 28



"All the athletes, especially Chad Hennings who is a graduate from here."
Cadet 1st Class Kelly Spencer,
CS 02



Debate

from Page 1

The Forensics Classic was billed as “a full-service tournament” and featured a variety of debate styles. Competitors could choose from parliamentary debate, Lincoln-Douglas debate and individual events. Novice and open divisions were offered where possible.

Lincoln-Douglas debate is a one-on-one format that traditionally emphasizes logic and values. It is named in honor of its two most famous practitioners, Abraham Lincoln and Stephen Douglas, who ran against each other for political office in the mid-1800s.

Parliamentary debate involves eight people divided into four teams of two. The style simulates a coalition by pairing two teams to argue one side of the issue and the other two teams to argue the other side.

Among the highlights of the event — besides the competition, of course — was a banquet with Brig. Gen. Dana Born, the dean of the faculty at the Academy.

Dr. Iberri-Shea said organizers went out of their way to be as accommodating as possible. She emphasized in a letter to participants that the Academy does not make money off the event, and details such as judging, awards and hospitality were a major consideration.

As the tournament heads toward its golden anniversary, organizers know they have a great thing going, and they're committed to maintaining its success and keeping 'em coming back year after year.

“This is one of the Academy's oldest ongoing traditions,” Dr. Iberri-Shea said. “The forensics team began in 1955, and the first Academy Forensics Classic was 1959. This is an opportunity to showcase the Academy to a wide academic community. The event really highlights several of the targets we have for future officers — critical thinking, oral communication, problem solving — and brings together future leaders from across the country.”



ABOVE: Cadet 4th Class Everette Richardson makes final notes in the prep room before going to his forensic debate Saturday.



Left: Cadet 3rd Class Karen Chinnery makes her opening arguments against Duquesne University in the first round of debates Saturday at Fairchild Hall. Fifteen universities competed in the debates showcasing critical thinking, oral communications and problem solving.

PHOTOS BY MEGAN DAVIS

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Academy celebrates prayer luncheon



MIKE KAPLAN

Retired Marine 1st Lt. Clebe McClary speaks at the Air Force Academy's annual National Prayer Luncheon Feb. 10. The luncheon included readings by members of the Islamic, Jewish, Christian and Buddhist religions.

By Staff Sgt. Don Branum
Air Force Academy Public Affairs

Retired Marine 1st Lt. Clebe McClary speaks in an unmistakable Southern drawl when he introduces himself as a "country boy from South Carolina." He talks about his traumatic Vietnam War experiences and his many injuries with a friendly smile. But dig a little deeper, and you'll see a man whose faith and hope have given him a strength no new arm or leg could match.

Lieutenant McClary, the guest speaker at the Air Force Academy's annual National Prayer Luncheon Feb. 10, talked about character, about his outlook on life and about faith. He followed guests who offered readings from Islamic, Jewish, Christian and Buddhist religions.

Faith, the lieutenant said, isn't an intellectual pursuit -- it's a matter of the heart.

"I never drank, I never smoked, and I'd become a good athlete just to impress people," he recalled. "I'd gone to Sunday School and Church every Sunday since nine months before I was born because that's what Mom and Dad wanted me to do. ... So many people told me I was a Christian that I thought I was. I impressed (my wife), she impressed me. God wasn't impressed. We had a lot in the head, but we had an empty hole in our hearts that only the Lord could fill."

Lieutenant McClary introduced his audience to a few acronyms they might not have heard of previously. Three examples included PRIDE: "Personal Responsibility in Daily Effort," FIDO: "Forget It and Drive On," and

PATCH: "Positive Attitude that Characterizes Hope."

"Life's tough. You know that better than I do," he said. "Are you going to get bitter, or are you going to get better? I chose to get better. You can, too. The music you listen to, the books you read ... you put good things in, you'll get good things out."

The lieutenant also challenged people to think about what they're worth.

"As I drive around the country, I see folks who have a very poor self image: they just don't think much of themselves," he said. "But what are you really worth? Would you sell your arm for a million dollars? ... Would you sell a leg for a million dollars?" Gesturing to his eye patch, he continued, "Would you sell me an eye for a million dollars?"

"As I look around, most of you have been blessed, haven't you?" he asked the audience. "Two arms, two eyes, two legs. You're worth \$6 million just for used parts. How about your heart? How about your brain? God did a tremendous job when He created each and every one of you. He's got a tremendous plan and purpose for your life."

He wrapped up by saying "thank you" to the Academy's leaders and staff.

"In this world of give and take, there are not enough people willing to give what it takes. What an honor to be here at the Air Force Academy with all of you who are preparing yourselves physically, mentally and spiritually, to give what it takes -- for faith, for flag, for family, for freedom, for the future, for the way of life that we know and enjoy," he said. "It's been an honor to be with you."

The danger of hookahs

Christine M. Swanberg
10th Dental Squadron preventive dentistry director

Water pipes, also known as hookahs, are the first new tobacco trend in the 21st century. Water pipe use continues to grow in 18 to 24 year olds becoming popular among the urban youth, young professionals and college students. Misperceptions about the safety of water pipe use are widespread.

The water pipe is used to smoke specially made tobacco by indirectly heating the tobacco with burning embers or charcoal which then filters the smoke through a bowl of water. The smoke is then drawn through a rubber hose to a mouthpiece where it is inhaled by the user.

According to the American Lung Association, existing evidence indicates that smoking through a hookah carries the same or similar health risks as cigarette smoking to include increased risk of lung, oral, stomach, esophageal and bladder cancer, as well as heart disease. Smoke from hookahs contains similar amounts of nicotine and tar as other tobacco products.

Hookah smokers use a water pipe over a much longer period of time, often 40-45 minutes, as compared to the 5 or 10 minutes it takes to smoke a cigarette.

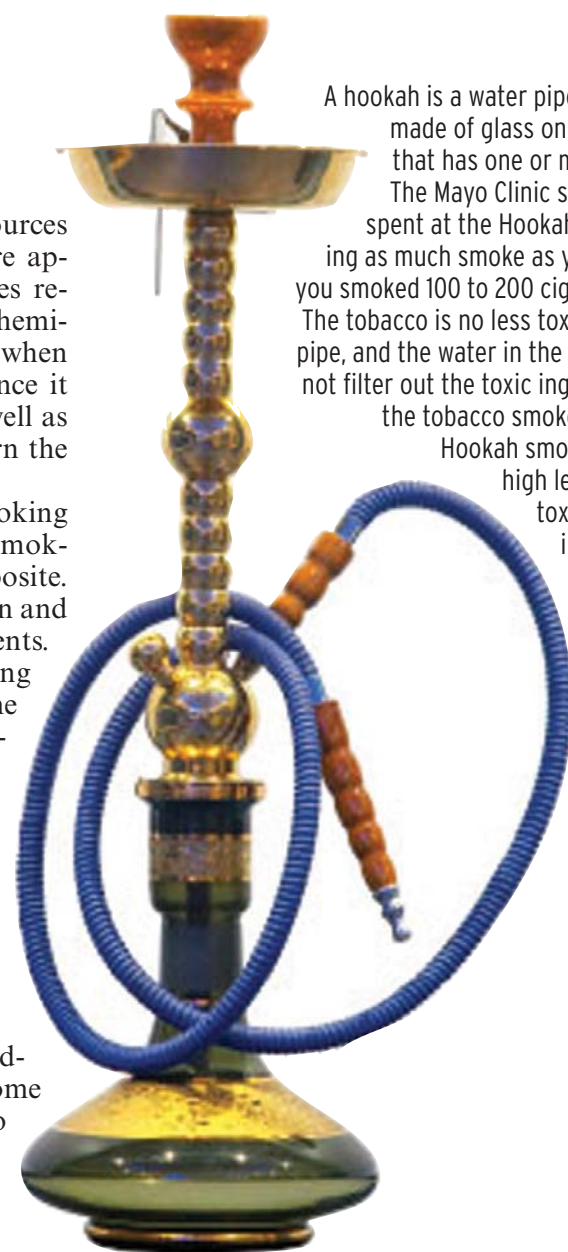
Due to this, hookah smokers could potentially inhale as much smoke in a single session as consuming 100 or more cigarettes.

Hookah smoking commonly uses heat sources such as wood cinders and charcoal that are applied to burn the tobacco. These substances release high levels of potentially dangerous chemicals including carbon monoxide and metals when burned. Therefore, it is more dangerous since it contains smoke from the tobacco itself as well as the smoke from the heat source used to burn the tobacco.

Despite the evidence that water pipe smoking has health risks at least similar to cigarette smoking, the general perception is exactly the opposite. Hookah users believe that the water-filtration and extended hose serve as filters for harmful agents. However, this is not the case. Hookah smoking is typically practiced in groups with the same mouthpiece being passed from person to person which may increase the risk of transmitting tuberculosis, viruses such as herpes or hepatitis, or other illnesses.

Babies born to women who smoked one or more water pipes during pregnancy have lower birth weights and are at an increased risk for respiratory diseases. There is also a risk of decreased fertility for men and women.

All tobacco products contain the highly addictive drug nicotine. Some people become addicted after only a few uses. All tobacco products, however they are used, put your health at serious risk.



A hookah is a water pipe, usually made of glass on the bottom, that has one or more stems. The Mayo Clinic says an hour spent at the Hookah equals inhaling as much smoke as you would if you smoked 100 to 200 cigarettes. The tobacco is no less toxic in a hookah pipe, and the water in the hookah does not filter out the toxic ingredients in the tobacco smoke.

Hookah smoke contains high levels of toxic compounds, including tar, carbon monoxide, heavy metals and cancer-causing chemicals (carcinogens).

AMT's leadership class gives cadets unique perspective and shatters stereotypes

Enlisted instructor is a rare sight at Academy

By David Edwards
Academy Spirit Writer

The Cadet Wing has rarely seen the likes of Tech. Sgt. Romney Scheirer in Fairchild Hall.

Thanks to her master's degree, she's an enlisted Airman who's serving on faculty at the Air Force Academy. That is a highly unusual combination, and Sergeant Scheirer knows it.

Cadets in her leadership class are gaining a new perspective in both learning and leadership, because they are used to taking courses taught by officers or civilians.

"They can see how we are as leaders," Sergeant Scheirer said. "They can see that we're really not that much different than an officer, especially nowadays when we're talking in regards to education. Some of us have more education than some of the officers."

She began teaching in January, and she's pulling double duty as an Academy Military Training NCO for Cadet Squadron 39. Her road as an instructor began this past summer.

Impressed by her master's degree, Maj. Aaron Bell, Cadet Squadron 39 air officer commanding, encouraged Sergeant Scheirer to apply for a teaching job.

Since January, she's been shattering a lot of stereotypes about enlisted personnel.

"Enlisted individuals have many talents ... and we really should open the doors for cadets," Sergeant Scheirer

said. "The whole idea here with cadets is a leadership laboratory, so why not show them that not just an officer is a leader but enlisted are leaders, and oftentimes leaders of more individuals, more Airmen than some officers."

She believes her combination of roles helps her relate better to cadets because she sees more than just the academic side of cadet life.

"I think that the cadets value an academic course a little bit more than they do the commissioning education," she said. "As an AMT, I know what they go through. So I think having that kind of well-rounded understanding of what they're going through allows you to mentor them even more."

She attributed her ability to play both roles to the time-management skills her Air Force career has taught her. Without those skills, it would be impossible to juggle her schedule as required, she said.

The cadets in her class receive personalized leadership training. She challenges them to envision what kind of leader they want to be. But the learning is reciprocal, and Sergeant Scheirer said her cadets have opened up a range of new vistas for her.

"I'm very humbled by having the experience to do this," she said. "Just to be a part of (cadets') world, that is the biggest thing, because they're going to be officers one day. And if (I) have a positive impact on them as an enlisted person, wow, imagine what they're going to do when they're out leading enlisted troops. And that's what I really want to do while I'm here."



JOHNNY WILSON

Tech. Sgt. Romney Scheirer teaches a leadership class and is also an Academy Military Training NCO for Cadet Squadron 39.

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The lowdown on The Art of Basketball

Former Boston Celtic and 2007 James Naismith Basketball Hall of Famer Nevil Shed shows basketball skills during a clinic for children Saturday at the Main Exchange at the Air Force Academy. Mr. Shed's clinic was part of the Academy's Black History month observance. He is former member of famed 1966 Texas Western Miners basketball team, the first all-African American NCAA Division-1 champions as told in the Disney Movie "Glory Road", based on a true story. He is a basketball clinic coach for the San Antonio Spurs.



PHOTOS BY MEGAN DAVIS

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Find a partner and choose a 10 to 14-pound medicine ball depending on your level of strength. Stand four to six feet away from your partner facing the same direction. Begin with a deep squat rotating your upper body away from your partner, and holding the medicine ball near your outside hip.



Generating momentum from your core, explode upward, rotate toward your partner and release the ball. To increase core activity, you should avoid using arm and shoulder strength to throw the ball, instead recruiting core muscles to create the movement.

As the receiving partner, stand in a wide stance with upper body turned toward the throwing partner. Engage your core muscles to absorb the force of the ball, and immediately rotate away from your partner as you catch the ball moving into a deep squat. As soon as you reach the starting position, repeat the exercise by tossing the ball back to your partner.



Did you know ...

- Well-trained athletes have a resting heart rate of 40 to 60 beats per minute.
- The stomach produces a new layer of mucus every two weeks so that it doesn't digest itself.
- A person engages 72 muscles when speaking.
- Humans are born with 300 bones. By adulthood, we only have 206, because joints often fuse together.

Healthy Foods

Everyone Should Eat



1. Eggs



2. Salmon



3. Spinach



4. Almonds



5. Sweet Potatoes



6. Apples



7. Broccoli



8. Dark Chocolate

Source: www.fitbie.msn.com

America's Healthiest & Unhealthiest Restaurants

Seafood Place:

Healthy: Red Lobster (Top Pick: Blackened Rainbow Trout with fresh broccoli & coleslaw – 610 calories)

Unhealthy: Long John Silver's (Survival Strategy: if it's fried, you don't want it. Order from the Freshside Grille menu, which pairs grilled seafood – salmon, tilapia or shrimp scampi – with rice & veggies)

Sandwich Shop:

Healthy: Subway (Top Pick: Roast Beef & Swiss on 9-Grain Wheat 6-inch – 360 calories)

Unhealthy: Quiznos (Survival Strategy: stick to Roadhouse Steak Sammies. Two equals to about 500 calories)

Chicken Chain:

Healthy: Chick-fil-A (Top Pick: Chargrilled Chicken Sandwich with a large fruit cup – 400 calories)

Unhealthy: Church's Chicken (Survival Strategy: Spicy Chicken Sandwich is ok at 456 calories for an entrée and mashed potatoes & gravy, corn on cob, Cajun rice or coleslaw as the side. The meal will hover around 600 calories minus the soda)

Italian Restaurant:

Healthy: Romano's Macaroni Grill (Top Pick: Spaghetti Bolognese – 710 calories or meatless Capellini Pomodoro – 490 calories)

Unhealthy: Olive Garden (Survival Strategy: portions are smaller at lunch; skip bread and salad. Two great options are Venetian Apricot Chicken and Linguine alla Marinara, both under 450 calories)

Pizza Parlor:

Healthy: Domino's (Top pick: Philly Cheese Steak Pizza thin crust, two slices of a large pie – 460 calories)

Unhealthy: California Pizza Kitchen (Survival Strategy: Split a pizza & a dish from Small Cravings menu or share the Four Seasons pie & Asparagus Arugula Salad – 563 calories)

Breakfast Diner:

Healthy: Bob Evans (Top Pick: Two scrambled eggs, home fries, and fruit dish – 390 calories)

Unhealthy: IHOP (Survival Strategy: Pick from "Simple & Fit" selections – under 600 calories)

Mexican Chain:

Healthy: Chipotle (Top Pick: Steak Burrito Bowl with black beans, cheese and green salsa – 425 calories)

Unhealthy: On the Border (Survival Strategy: Best formula: two soft tacos with a side of beans, vegetables or both)

Family Restaurant:

Healthy: Ruby Tuesday (Top Pick: BBQ Grilled Chicken with white cheddar mashed potatoes and fresh steamed broccoli – 550 calories)

Unhealthy: Cheesecake Factory (Survival Strategy: Small Plates and Snacks menu items are generally the leanest fare)

Chinese Restaurant:

Healthy: Panda Express (Top Pick: Broccoli Beef with Mixed Veggies, instead of rice or noodles & a chicken egg roll – 400 calories)

Unhealthy: P.F. Chang's (Survival Strategy: seafood is safest or for appetizer side, best bets are spring rolls or seared ahi tuna)

Burger Joint:

Healthy: Wendy's (Top Pick: Jr. Cheeseburger and a Small Chili – 490 calories)

Unhealthy: Dairy Queen (Survival Strategy: stick to entrees under 500 calories like the Original Cheeseburger or any regular-sized hot dog)

America's Best Burgers:

Healthiest Small Burger: Burger King's Whopper Jr. (no mayo): 260 calories

Healthiest Double Burger: McDonald's McDouble: 390 calories

Healthiest Quarter Pounder: Carl's Jr.'s Little Thick Cheeseburger: 450 calories

Men finish second, women third at Air Force Invitational

The Air Force track and field team concluded an impressive weekend of competition at the AF Invitational on Saturday at the Cadet Field House. Highlighted by a one-two Air Force sweep in the men's 800-meter run and two of the best shot put distances in Academy history, the Falcons accounted for 24 scoring finishes and four additions to the program's all-time record book.

Sophomores Blair O'Bryant and Ted Artz, who swept the top two spots during the preliminary race, finished first and second, respectively in the finals of the 800-meter distance. O'Bryant clocked a time of 1:55.45 to win the race, while Artz crossed the finish line in 1:56.16.

The shot put received multiple additions for both the men and the women. With a throw of 57'11 $\frac{1}{4}$ ", junior Kyle Schwochow improved his career distance by over two feet to vault from fifth to second on the men's program's all-time list. On the women's side, classmate Paige Blackburn bettered her personal distance to 48'5 $\frac{1}{2}$ " to finish as the meet runner-up and improve her second-best all-time standing. Freshman Teresa Loya improved her mark to 45'4 $\frac{1}{2}$ " to finish fifth in the meet with the fifth-best throw in Academy history. Junior Robert Drye also scored for the men in the shot put, as he finished ninth with a distance of 52'2 $\frac{1}{2}$ ".

Sophomore James Dills was the runner-up in the heptathlon with a career-best tally of 4,516 points. Contributing the 10th-highest heptathlon total in Academy history was a first-place mark of

40'9 $\frac{1}{2}$ " in the shot put and runner-up finishes in the 60-meter dash (7.29), 60-meter hurdles (8.96) and long jump (21'8 $\frac{1}{4}$ "). Dills also finished third in the high jump (6'0"), fourth in the pole vault (10'4") and sixth in the 1000-meter run (3:09.23).

Sophomore Anthony Delgado finished third in the 400-meter dash behind a personal-best time of 48.86, while senior Chris Severino recorded a time of 49.10 to place fifth. Delgado and Severino also ran the final two legs of the 4x440-yard relay that scored for the Falcons behind a time of 3:28.05. The pair joined senior Matt Jones and junior Bryce Bergman in the race, while Bergman also scored for Air Force in the 60-meter hurdles behind a sixth-place time of 8.19.

Air Force claimed two of the top five spots in the mile, as freshman Gavin Owens and Shawn Dubbs placed fourth (4:29.74) and fifth (4:31.13), respectively. The Falcons also gained two of the top six spots in the pole vault and high jump. Sophomore Chase Cooper finished fifth in his season debut on the pole vault, while classmate Cale Simmons took sixth with matching clearances of 16'6 $\frac{1}{4}$ ". Fellow sophomores Zach Wood and Travis Smith earned the same respective placements in the high jump, with matching clearances of 6'8 $\frac{1}{4}$ ". Sophomore Andrew Quallio rounded out the Falcons' scoring runners with a fifth-place time of 16:08.85 in the 5000-meter run.

In addition to Blackburn and Loya's scoring finishes in the

shot put, the women received scoring finishes from sophomore Melissa Fuerst, junior Katie Carroll and senior Melissa Beerse. Fuerst finished fourth in the mile with a time of 5:28.42, while Beerse and Carroll collected matching seventh-place finishes in the 800-meter run (2:22.03) and pole vault (12'7 $\frac{1}{2}$ "), respectively.

Two Cadet Field House and Air Force Invitational records were set by members of the invitational field. Unattached competitor Melinda Owen set a new pole vault standard of 14'9 $\frac{1}{2}$ ", while BYU junior Ada Robinson set an AFI record 6'4 $\frac{1}{4}$ ", which matched the Cadet Field House record originally set in 1997.

The men combined for 92 points to finish second behind meet winner BYU (106 points), who won their second consecutive Air Force Invitational title. Western State placed third with 51 points, while Wyoming (49) and Wayland Baptist (37) rounded out the top five. The women finished third with 38 points. BYU won its third straight AFI title with 116 points, while Northern Colorado (58) took second. Air Force's 38 points edged out Wyoming by one point and Wichita State by four points.

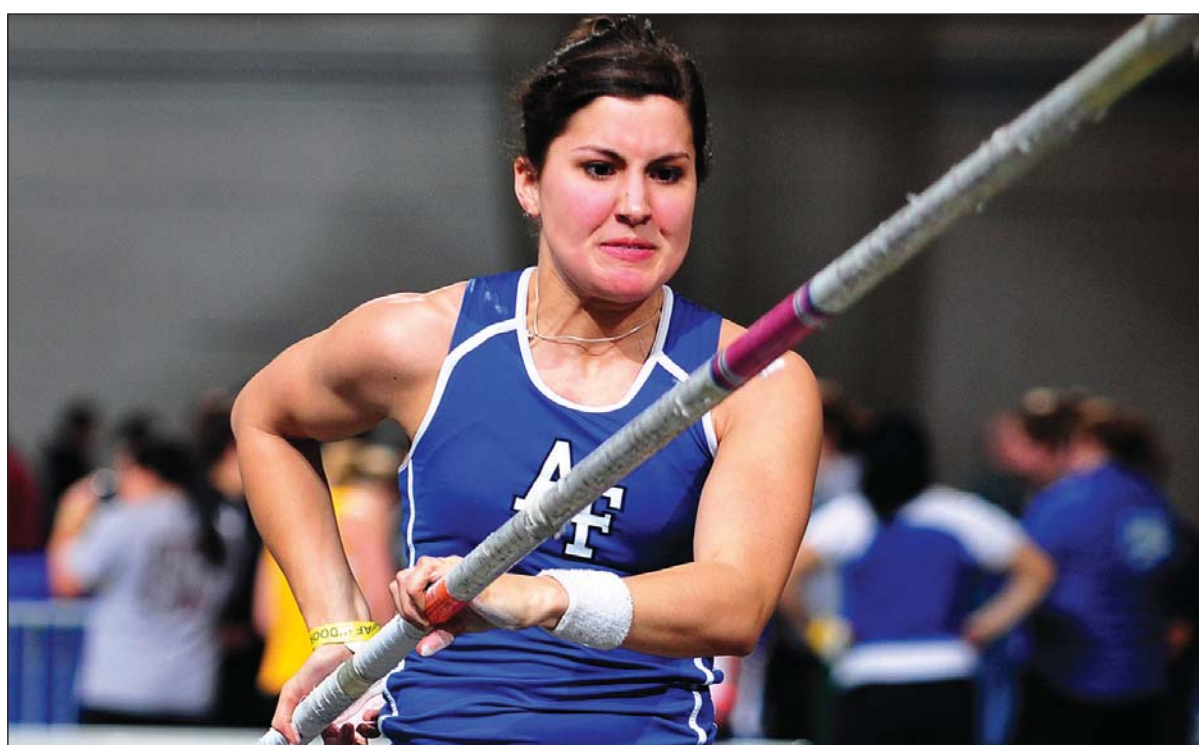
The Falcons return to action today in Laramie, Wyo., for the annual Robert Shine Invitational. The meet will serve as the final tune up before the 2011 Mountain West Conference Indoor Track and Field Championships, which will take place in Albuquerque, N.M., Feb. 24-26.



ABOVE: Sophomore Lesly Torres, center, ran in the 80 meter hurdles, coming in 10th for the Falcons. Torres is ranked fourth in the pentathlon in conference standings.

RIGHT: Falcon Pole vaulter Bizzy Mellado makes her approach Saturday. She finished fourth with a vault of 3.65m.

PHOTOS BY BILL EVANS



ABOVE: Zach Wood ties with fellow sophomore Travis Smith for Air Force's top finish in the high jump with a final clearance of 6'8 $\frac{1}{4}$ " for a fifth-place tie.

LEFT: Freshman William Kent throws the shot put during Saturday's Air Force Invitational.

Over-30 title streak ends for MDG



JOHNNY WILSON

Terrance Tyler, Medical Group, takes a shot while Oliver Johnson, Cadet Wing, tries for the block in the Over 30 intramural basketball championship Feb. 9 at the Fitness Center. The CW ended the MDG's four-year reign with a 33-23 victory.



JOHNNY WILSON

Lady Falcons celebrate their season-high overall team Saturday at the Cadet Gym.

Women's Gymnastics post season-high score

Highlighted by a career-best night on the uneven bars, the Air Force women's gymnastics team improved its overall team score to 192.400 on Saturday at the Academy's Cadet West Gym. Despite the season-high score, the Falcons dropped a narrow 0.025 victory to Bridgeport (192.425), the defending USAG national champions.

Senior Brittany Dutton's 9.825 on the uneven bars concluded a stellar night on that event for the Falcons, who earned four of the top five scores and accounted for six personal-best marks. Freshman Linnaea Hance took second with a 9.800,

while junior Samantha Jones and senior Holland Davis tied for fourth with matching marks of 9.750. Freshmen Jen Larsen (9.625) and Jessica Hanner (9.525) also improved their personal marks on that event. As a team, the Falcons scored a 48.750 - a tally just shy of the program record of 48.900.

Air Force also claimed the top spot on the balance beam, as Hance and senior Lisa Wong tied for first with matching marks of 9.725. Wong matched her career high with that score. Sophomore Tara Harris tied for second on that event with a season-high tally of 9.675.

CLUES ACROSS

- 1. Swiss river
- 4. A high mountain
- 7. Woman (French)
- 10. Bulla
- 12. Killer whales
- 14. Afrikaans
- 15. Picasso's mistress
- 16. Father (Spanish)
- 17. Covered with frost
- 18. Makes joyful
- 20. A large fleet
- 22. Cannon
- 23. An informal debt instrument

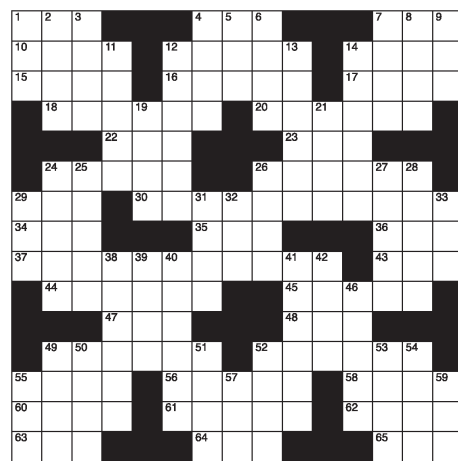
- 24. Refrain from harming
- 26. Las _____: Canary port
- 29. Dekalitre
- 30. Checkered flower
- 34. _____ Lilly, drug company
- 35. E. central English river

- 36. Rip off
- 37. Retractable keel
- 43. Mandela's party
- 44. The body's immune
- 45. Douroucoulis genus
- 47. Longest division of geological time
- 48. Extinct flightless bird of New Zealand

- 49. "Town Without Pity" singer
- 52. A salt or ester of boric acid
- 55. Dutch for Meuse
- 56. Codfish genus
- 58. Scientific workplaces
- 60. Highest point of something
- 61. 2 door Lotus model
- 62. Not what it seems
- 63. A small amount
- 64. Ethiopia
- 65. Transmits genetic information

CLUES DOWN

- 1. Defensive nuclear weapon
- 2. Winglike structures
- 3. Not fake
- 4. Macaw genus
- 5. Digital watch display
- 6. 100 = 1 yugoslavian dinar
- 7. A female domestic
- 8. Female parent
- 9. 55731 or 89301
- 11. Brazilian actress Sonia
- 12. The first event in a series
- 13. Presented in installments
- 14. Emotional shock
- 19. Surface layer of grasses
- 21. A gangster's



- 24. girlfriend
- 25. _____ the elder
- 26. Extra long staple cotton
- 27. Chilean pianist Claudio

- 28. Type of pigeons
- 29. 12th month
- 31. #1 down worldwide
- 32. Venetian nightclub
- 33. Easy as
- 38. Blood-sucking African fly

SUDOKU

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

Level: Intermediate

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 15

02-18-11

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PHOTOS BY BILL EVANS

Falcon senior captain Raimee Beck goes up for a shot during Wednesday's match against UNLV in Clune Arena. Beck shot a game-high 25 points for the Falcons. With the win, the Falcons move to 8-16 overall and 3-8 in the MWC. The Falcons will be on the road for a game against San Diego State Saturday.



Falcon's sophomore Katie Hilbig drives the court during the match up against the Lady Rebels. Hilbig put up 13 points and a career-high seven assists.

Air Force busts UNLV, 91-87

A three-pointer from sophomore Megan Muniz (Rio Rancho, N.M.) with 23.5 seconds left on the clock gave the Falcons the lead for good as the Air Force women's basketball team held on for a 91-87 win over UNLV Wednesday night in Clune Arena.

With the win, the Falcons move to 8-16 overall on the year and 3-8 in the Mountain West Conference. Meanwhile, the Lady Rebels fall to 9-17 overall, 2-10 in the league.

Air Force led by as many as seven points in the second half, before a 10-2 run by UNLV put the Lady Rebels ahead 81-80 with 3:51 left on the clock. The lead kept changing sides over the next few minutes, with UNLV taking an 87-86 lead with 50.6 seconds remaining. While Muniz knocked down the three-point shot on the Falcons' next possession to put Air Force ahead, the Lady Rebels still had an opportunity to score, getting to the free-throw line with 6.5 seconds on the clock.

After missing her first foul shot, UNLV's Kelli Thompson attempted an intentional miss of the second shot, but the Lady Rebels were called for a lane violation, giving the ball back to the Falcons. On the other end of the court, Dymond James (Brambleton, Va.) was fouled, converting both of her free throws to help Air Force hold on for its third conference win of the year.

The Falcons battled throughout the game, coming back from a nine-point deficit late in the opening half. Trail-

ing 40-31 with just over four minutes remaining, Air Force went on a 12-1 run to take a two-point advantage into the intermission.

Free throws proved to be a big factor in the game, particularly in the second half, with both teams in the double bonus with almost 10 minutes left to play. UNLV knocked down 21-of-34 free throw attempts for the game, while Air Force converted on 25 of their 32 attempts from the line.

The Falcons, scoring a season-high 91 points, shot a season-best 53.8 percent from the field, but the Lady Rebels had a huge advantage on the boards, out rebounding Air Force 44-29.

One of the stars for Air Force was senior captain Raimee Beck (Blackfoot, Idaho), who scored a game-high 25 points. Beck, who matched a career high with six assists, knocked down five three-pointers and was a perfect 10-of-10 from the free-throw line. James added a career-best 18 points to go along with her team-high eight rebounds, while Katie Hilbig (Castle Rock, Colo.) pitched in 13 points and a career-high seven assists.

The Lady Rebels finished with five players scoring in double-figures, led by Thompson with 22 points, while Markiell Styles and Sandrine Nzeukou each posted double-doubles.

The Falcons return to action on Saturday as they look to complete their season sweep against San Diego State with a road game against the Aztecs.

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Ten Things You Didn't Know About ... Cadet 2nd Class Bethany "Paige" Blackburn



Cadet 2nd Class Paige Blackburn, a native of Soldotna, Ala., is a member of the Air Force Academy Track and Field team. As a freshman, she shared the newcomer of the year award and qualified for the NCAA Regional Championships in the javelin throw, where she was an all-conference selection in that event. She set the Academy freshman class record for the javelin. She competes in javelin, shot put, discus, and the hammer throw.

- 1** When did you start track and field? Who got you started?
I started in the 7th grade at Soldotna Middle School. Mr. Minogue noticed I was tall, so he invited me out for a practice.
- 2** Favorite sports to play off-season?
Basketball, occasionally volleyball, mostly hiking and other summer fun in the sun.

3 Favorite Professional Athlete and Team?
Mia Hamm was a good role model for me as a young girl, because she was a great example of a successful female athlete during that time period. I admired Susie Powell too, because it was refreshing to be exposed to a female discus thrower who is both successful and feminine.

4 Favorite Movie/TV show?
TV: The Simpsons and Last Comic Standing. Movies: Apocalypto and Sleeping with the Enemy.

5 Favorite Food?
Home caught/cooked halibut and king crab with baked potatoes and corn.

6 Favorite subject in school?
My major, civil engineering.

7 If I were not a cadet, I would be?
Perhaps, I would be playing volleyball at the University of Alaska, studying arctic or mining engineering.

8 If my friends had to use one word to describe me, it would be ...?
Outgoing.

9 The best part of competing in track and field is ?
Being surrounded by great teammates and coaches, and being a part of a team at a school like the Academy that truly cares and facilitates individual athletic development.

10 I came to the Academy because ...?
In high school, the last thing I wanted was the mediocre state college experience. I came to the Academy because I saw it as a personal challenge. I believed that if I could be successful here, I could take on anything I would face throughout my life, particularly in terms of leadership, team and moral development. If I was a senior in high school again I would make the same college decision I did in 2008.

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Air Force Ball

Tickets are now on sale for the Air Force Ball, scheduled for Feb. 18 at the Broadmoor Hotel in Colorado Springs.

Admission prices per person are as follows:

E-1 to E-3, GS-3 to GS-4 and cadets: \$25

E-4 to E-6 and GS-5: \$35

E-7 to E-9, O-1 to O-3 and GS-6 to GS-11: \$50

O-4 to O-5 and GS-12 to GS-14: \$75

All others: \$100

Parking is an additional \$8.

To purchase tickets, contact Capt. Uriah Tobey at 333-7994.

Award nominees sought

The Academy is seeking nominations for the 2011 Air Force Academy Distinguished Service Award, which the superintendent will present to a servicemember, civilian or group whose contributions outside of their official duties had a positive

effect on the Academy.

Nominations must be submitted no later than April 1 to: HQ USAFA/CMA, 2304 Cadet Drive Suite 3200, USAF Academy, CO 80840-5002. Packages should include a single page with biographical data, including name, rank (if military), organization or company, telephone number and mailing address, and a typed narrative less than a page in length describing the nominee's accomplishments.

Community Activity programs

For information on these and other Community Center activities, contact the Community Activities director at 333-2928.

Free Family Movie Night - Today: The first movie, "Yogi Bear," starts at 6 p.m., followed by "How Do You Know" at 8 p.m. Soda and popcorn will be on sale.

UFC Fight Watch Party - Feb. 26: The Milazzo Center will open at 7 p.m., with the Ultimate Fighting Championship event starting at 8 p.m.

Ballroom Dance - Wednesdays, 5:30 p.m. Classes are ongoing every four weeks. The cost is \$28 per person or \$52 per couple.

Line Dance - Mondays, 5 p.m. Classes are ongoing every six weeks. Cost is \$35 per person.

Health fair

Thursday, 11 a.m. to 1 p.m.

The 10th Medical Group Clinic will hold a health fair to discuss diabetes, obesity, cancer, HIV/AIDS and cardiovascular and related diseases. The primary care clinics, Health and Wellness Center, Airmen and Family Readiness Flight, TriCare, Veterans Administration and Colorado Department of Public Health will be presenters.

Call the clinic at 333-5111.

Silent Auction

Today, 5-7:30 p.m.

The Douglass Valley Elementary School PTO will hold a silent auction and art show. Items up for auction will include balloon rides, rafting and rock climbing trips, gift cards and baskets. Dessert will be served during the event. For more information, contact Jessica Walker at 472-8554.

A&FRC offerings

For information on these or other classes or to register, contact the Airmen & Family Readiness Center at 333-3444. Classes are held at the A&FRC unless otherwise indicated.

Résumé Writing - Wednesday, 9 a.m. to noon: Is your résumé working for you, and are you getting results from your applications? Take advantage of this opportunity and learn the basics, or polish the résumé you already have to open up employment possibilities. Preregistration is required.

QuickSTART Step One - Thursday, 9 a.m. to noon: If you've ever thought about starting your own business but aren't sure how to start, this workshop is for you. This SCORE class gives you a five-step plan to get where you need to be to own your own business.

Military Saves Week: The A&FRC will set up an information table at the commissary Tuesday and at the Base Exchange Wednesday from 11 a.m. to

1 p.m. The financial readiness team will discuss finances and upcoming classes, and an Armed Forces Bank representative will discuss banking and saving options.

Volunteer call

Honor Guard: The Academy Honor Guard needs officer and enlisted volunteers who can support two details per month for one year and who can attend training every other Wednesday from 1 to 4 p.m.

Contact Janet Edwards at 333-3323 or Staff Sgt. Hugo Reinor at 333-5621.

Final Friday

The Falcon Club will hold its monthly Final Friday event with a Mardi Gras theme Feb. 25 starting at 4 p.m.

USAFA's Got Talent

The 10th Force Support Squadron is offering prizes, including a weekend getaway at Rocky Mountain Blue, to customers who regularly visit 10th FSS facilities here.

To enter the "USAFA's Got Talent" drawing, pick up a card at any 10th FSS facility and write your name and phone number or e-mail address on the card. Every time you visit a 10th FSS facility, have someone stamp the back of the card.

When the card is completely filled out, drop it into a drop box to enter the drawing.

In addition to the weekend getaway at Rocky Mountain Blue, other prizes include a VIP weekend stay at the

Academy, a one-night stay at the Farish Recreation Area or a family fun package comprising bowling, horseback riding and golf.

For more information, go to www.usafaservices.com and click on "USAFA's Got Talent."

Pharmacy closure

The Community Center pharmacy will modify its operations today through March 4 to remodel. The pharmacy will remain open for pickup of prescriptions filled before the closure and refills made by phone or on TriCare's website.

You may take new prescriptions to the main pharmacy.

Fitness Center events

For information on these or other events at the Fitness and Sports Center, contact Dave Castilla at 333-4522.

Intramural Volleyball League - The league is open to everyone at the Air Force Academy. Games are held weekdays at 5:30, 6:20 and 7:10 p.m.

Construction

One eastbound lane on the North Gate bridge will close periodically through May 1 while workers repair the bridge.

Blue Steel concert

The Air Force Academy Band's Blue Steel pop/rock ensemble will perform with two youth orchestras Sunday at 2:30 p.m.

Visit the band's website at www.usafacademyband.af.mil for more info.



Cadet Chapel

BUDDHIST

Sundays: 10 a.m.

Thursdays: 6:20 p.m.

PROTESTANT WORSHIP

Traditional: Sundays, 9 a.m.

Contemporary: Sundays, 11 a.m.

CATHOLIC WORSHIP

Mass: Sundays, 10-11 a.m.;

Mondays, 5:45-6:15 a.m.;

Tuesdays-Thursdays, 7-7:30 p.m.

Confession and Adoration:

Wednesdays, 6-7 p.m.

Holy Days of Obligation: 7 p.m.

JEWISH WORSHIP

Shabbath: Fridays, 7 p.m.

OPEN FOR TOURS

Monday-Saturday: 9 a.m.-5 p.m.

Sunday: 1-5 p.m.

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

Community Center Chapel

CATHOLIC WORSHIP

Mass: Saturdays, 4 p.m.; Sundays,

9 a.m.; Tuesdays-Fridays, 11:30 a.m.

Reconciliation: Saturdays, 3:30 p.m.

Religious formation: Sunday, 10:15 a.m.

September-May

PROTESTANT WORSHIP

Wednesday Night Live: 6 p.m.

Dinner followed by Religious Education

September-May

Evangelical: Sunday, 10:15 a.m.

Gospel: Sunday, 11:30 a.m.

ACADEMY AWARDS

GUEST SPEAKER:

5TH CHIEF MASTER SERGEANT OF THE AIR FORCE ROBERT D. GAYLOR

Air Force Academy Annual Awards

FEB. 26, 2011 AT 6 P.M.

FALCON CLUB

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MANUFACTURING



Evraz Rocky Mountain Steel, a manufacturer of steel products in Pueblo, Colorado, has immediate openings for the following positions:

SUPERVISOR - MECHANICAL MAINTENANCE

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- Knowledgeable of hydraulic systems
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- Train assigned crew on safe workplace practices.
- Prior experience as a mechanical maintenance supervisor in a heavy industrial work environment.
- Strong leadership and communication skills.

SUPERVISOR - ELECTRICAL MAINTENANCE

- Proficient in blue print reading and trouble shooting of electrical/electrical equipment.
- Technical experience with high voltage systems, motor control, process automation, instrumentation, and programmable logic controls.
- Implementing a preventative maintenance program.
- Strong leadership skills to train the assigned crew on safe work practices and technical excellence
- Prior experience as an electrical maintenance supervisor in a heavy industrial work environment.
- Proficient in Microsoft Word and Excel
- Two-year degree or equivalent education in electrical or electronic field.

MILL MECHANICAL TECHNICIAN

Must have completed or have the equivalence of Journeyman status as a Millwright. Preference given to multi-craft applicants. Experience in Hydraulics, Pneumatics, Gearboxes, Conveyor Systems, Piping, Bearings and Lubricants highly desired.

MILL ELECTRICAL TECHNICIAN

Must have completed or have the equivalence of an Electrical or Electronics Apprenticeship Program. Five years experience in a heavy industrial setting required. Skilled in trouble shooting, repairing, and installing electrical or electronic equipment, instrumentation and combustion control equipment.

QUALITY ASSURANCE TECHNICIAN

Verifies product conformance to industry and customer specifications. Uses measuring gauges, non-destructive equipment, prepares and analyzes test samples. Operates computer assisted equipment and records and reports results. Two years of higher education preferred with a strong mathematical aptitude. Knowledge of Microsoft Word and Excel. Able to work in a team environment.

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

Spirit Dining

AMERICAN

The Mason Jar
(NOW 2 LOCATIONS)
2925 W Colorado Ave at 30th St
719-632-4820.
5905 Corporate Dr & 1-25
(exit 148, Nevada / Corporate).
719-260-6555

American comfort food served in a casual Colorado lodge atmosphere. Famous chicken fried steak, slow roasted prime rib, seafood, plus soup, salads, sandwiches, and homemade cobblers. Full service bar. Fireplaces for those cold winter days. A Colorado tradition since 1982. Serving lunch and dinner from 11am daily. Two Banquet Rooms and Patio dining available at Corporate Dr Location. **Active Military Discount on Food and Beverage everyday.**

IRISH

Jack Quinn's
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.

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

BAR & LOUNGE

Rhino's Sports & Spirits
719-578-0608
Powers & Barnes
4307 Integrity Center Point

Come watch NASCAR on one of our 11 Big Screen TV's. Monday - Karaoke, Tuesday - Free Poker, Wednesday - Beer Pong, Thursday - DJ or Live Entertainment, Friday & Saturday - DJ Entertainment with NO cover charge starting at 9pm!!
Sunday: Draft Specials & 40c Wings!

MEXICAN

Arceo's
1605 S. Nevada Ave.
442-2626
Open 10:00am-10:00pm
Visit our new location:
1608 Rusina Road
719-266-0143.

Join us in our family owned and operated restaurant for authentic specialties from Mexico. Serving lunch and dinner, dine in our friendly atmosphere or order for take out. Winner of 2 "Best Of" awards from The Gazette and home of the unique and delicious "Huckleberry" Margarita. www.arceos.biz.

BILLIARDS

Antique Billiard Museum
3628 Citadel Dr N Colorado Springs,
CO 80909 / 719-597-9809 or
Diamond Billiards
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.

PIZZA

Nick-N-Willy's Pizza
Wal-Mart Shopping Center
16064 Jackson Creek Pkwy
Monument, CO 80132
719-487-2999
www.nicknwillys.com

Now offering Catering and Pre-Arranged delivery to the AFA (24 hr notice). Nick-N-Willy's Pizza features the highest quality ingredients and toppings. Our Dough is made Daily from scratch and baked in our **GAS-FIRED BRICK OVEN**. Email Club Specials: www.nicknwillys.com. 20% Discount for all Active Duty/Retired Military.

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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.

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Steaksmith
719-596-9300
3802 Maizeland Rd.

Steaksmith 596-9300 3802 Maizeland Rd. 15 MINUTES OR LESS FROM ANYWHERE IN THE SPRINGS CHAMPAGNE BRUNCH- Every Sunday from 10-1PM. \$22 Adults, \$10 Children. Reservations for Dinner and Brunch HIGHLY RECOMMENDED. Available 24/7 at www.steaksmith.com "Best of Springs Winner" -2007, 2008, 2009, 2010. SEE SPECIAL COUPONS WEEKLY AT www.steaksmith.com. MILITARY DISCOUNTS, CADET and CADRE SPECIALS. FOUR COURSE MEAL SPECIALS IN SEPTEMBER(\$23-\$26) CALL FOR DETAILS. YOUR DESTINATION RESTAURANT IN THE SPRINGS.



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- Boneless Skinless Tenders
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TO WIN: Complete the game play area with appropriate markers and win that prize. See complete rules and odds posted in stores.

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Select Varieties
Limit 3

3.99 FOR

great DEAL

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12-Pack Cans
Select Varieties

9.99

Grand Prize
\$1,000,000* Cash Game

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