

SCIENCE IS COOL

Cadets participate in local science exhibition. **Page 3**

BE PREPARED

Officials outline lockdown procedures. **Page 6**

NEW ORBIT

Space takes center ice at hockey game. **Page 11**

ACADEMY SPIRIT



Assembly addresses international issues



RAYMOND MCCOY

Cadet 1st Class Andrew Davenport, Cadet Squadron 33, participates in a roundtable discussion during the 53rd annual Academy Assembly Oct. 18-21. The Academy Assembly provides cadets the opportunity to meet with other undergraduate students in a forum designed to provide meaningful assessment of major international and national issues, including a consensus-building exercise. This year's theme is "Power and Influence: Global Dynamics in the 21st Century," and was chosen to reflect the dilemma of defining the nature of power in the coming decades. See next week's Academy Spirit for complete coverage of the Academy Assembly.

Cadet squadron hosts 15th Wing

By Cadet 3rd Class Lauren Linscott
Cadet Squadron 04

Like any good Socratic education system, questions abound at the Academy. Two of the most common questions burning in cadet minds, though, are "What's for lunch?" and "What's it like in the 'real' Air Force?" Responses to the first invariably involve some kind of chicken, but answers to the second are slightly more diverse.

Cadets in Cadet Squadron 04 are learning about life in the Air Force through a partnership with the 15th Wing at Hickam Air Force Base, Hawaii.

Thirty active-duty members from the 15th Wing visited the Academy Oct. 11-14 and provided insight into what Air Force life is like outside the Academy's gates. During the visit, 15th Wing representatives offered both operational experience as well

as personal perspective on specific Air Force specialties.

Learning, as most instructors will agree, is a two-way street, and three Airmen from the 15th Wing had the opportunity to learn about life at the Academy firsthand. The Airmen are seeking appointments to the Air Force Academy through the Leaders Encouraging Airmen Development program, and the visit gave them the chance to speak to current cadets, attend classes, exercise and even march with cadets to get a feel for Academy life. They also met with an Academy admissions counselor and received detailed instructions on how to make their dreams a reality.

The Airmen were extremely grateful to CS 04's leadership for the unique opportunity to visit the Academy and learn about life as a cadet, said Airman 1st Class Raymart de Asis, an Air Force Academy hopeful currently

See Partnership Page 4



SENIOR AIRMAN LAUREN MAIN

Col. Sam Barrett, (right) 15th Wing commander, and Col. Joe Dague, (left) 15th Wing vice commander, look over Sam Barrett Jr's shoulder as he examines the controls of a 306th Flying Training Group glider Oct. 12. As the sponsor wing for Cadet Squadron 04, 15th Wing representatives visited the Academy and shared with cadets their operational experience as well as personal perspective on specific Air Force specialties.

Changing the energy culture

By Gen. Donald Hoffman
Air Force Materiel Command commander

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — The absolute lifeblood of the modern military is energy. It allows us to be expeditionary and go anywhere on the globe. For true energy assurance as an Air Force, we need to be able to find energy solutions and strategies anywhere, even in hostile nations. At the most basic level, that assurance starts with reducing demand, diversifying supply and changing the culture.

It can seem overwhelming to think about energy in terms of the entire military, so I want to emphasize saving energy at the point of consumption -- it all begins at the lowest levels. Indeed, I believe that conserving resources, and using them judiciously, is a personal responsibility as well as an organizational responsibility. Whether at home or in our professional lives, being good stewards of energy is simply a matter of changing the culture of how individuals and organizations view and use energy.

To initiate this change in culture, some Air Force Materiel Command bases are participating in contests that pit organizations, and even buildings, in a competition against one another to see which has contributed the most to energy savings. This might translate simply as flipping off light switches and turning off monitors at the end of the day -- essentially treating the Air Force's energy consumption as we would our own residences.

As an example of how seemingly small changes can make a big difference, a simple project to detect water leaks has saved Kirtland Air Force Base, N.M., approxi-

mately 179,000,000 gallons of water annually. On a more strategic scale, all of our bases are working toward being better stewards of energy through space optimization and facility condition assessments, as well as by forging partnerships with industry to understand how companies organize, prioritize and sustain their facilities.

There is a reason "protect, conserve and consume resources under your control as if they were your own" is one of my leadership principles. I'm proud of the work AFMC members have done to reduce demand, diversify supply and change the culture, thereby helping the Air Force secure a proactive energy mindset. The one energy source that I think we can expend freely, as it is 100 percent renewable, is the energy I see daily in the workforce

"I believe that conserving resources, and using them judiciously, is a personal responsibility as well as an organizational responsibility.

Gen. Donald Hoffman



as you collectively and individually think of new and innovative ways to address this challenge. Thank you for your continued dedication to changing the energy culture.

USAFA FY 10 Facility Energy Cost Data

Electricity	97,425 megawatt-hours	\$ 5.3 M
Natural Gas	639,916 million British thermal units	\$ 4.0 M
Propane	117,094 gallons	\$ 0.1 M
Potable Water	473 million gallons	\$ 1.6 M
Non-potable Water	220 million gallons	\$ 0.2 M
Total Costs FY 10		\$ 11.2 M

Integrating energy conservation into daily activities is an integral part of the culture change that Air Force leaders are trying to bring to the Air Force.

This change isn't an Academy initiative," said Russ Hume, the Academy's energy program manager. "It's one of the three pillars of the Air Force Energy Strategic Plan."

"Since 2005, the Air Force has committed to reducing energy consumption by three percent each year," said Russ Hume, the Academy's energy program manager. "Each year we fail to reduce energy consumption by

three percent costs the Academy \$300,000. We must learn how to make energy a consideration in all we do if we are to succeed in managing the cost of energy.

Hume encourages everyone to look around work centers for unnecessary "energy gremlins."

Items like personal refrigerators, coffee pots, fans, space heaters, excess monitors and printers unnecessarily eat up electricity every day.

"Consolidate or eliminate," Hume said. "Show your commitment to making energy a consideration by removing unneeded electrical loads."

ACADEMY SPIRIT

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

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Don Branum — Staff Writer

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

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AF professors, STEM club cadets reach out to kids at science carnival

The Air Force Academy's Science, Technology, Engineering and Mathematics club demonstrated technology related to aeronautics and astronautics career fields at the University of Colorado - Colorado Springs Saturday at the annual Cool Science Festival Hands-on Science Carnival.

STEM exhibits included models of FalconSAT and future aircraft, a solid rocket demonstration and a hands-on paper airplane construction activity.

Cadet 2nd Class Victor Lopez, the STEM Club president and vice president of the Academy's chapter of the American Institute of Aeronautics and Astronautics, thanked the volunteers, many of whom took part in the entire seven-hour event. Lopez is assigned to Cadet Squadron 18.

Also at the event were Chemistry Department Professor Dr.

Ron Furstenau and Physics Department Professor Dr. Gabriel Font. Colorado Springs resident Evelyn Hess, who attended the festival with two of her children, wrote to the Gazette to share her thoughts on their shows.

Furstenau "repeatedly called for children from the audience to help him perform experiments," Hess wrote. "In the room filled to capacity, there was a sea of hands of children eager to participate." Font likewise had a large audience participating in experiments that "either exploded, spun or sparked with electricity."

"If you missed the carnival, plan on attending next year and watch your children become fascinated by science," Hess wrote.

(Information compiled from the Aeronautics Department, the Gazette and staff reports.)



U.S. AIR FORCE PHOTO

Cadets with the Air Force Academy's Science, Technology, Engineering and Mathematics club help children make paper airplanes at an aeronautics booth during the Cool Science Festival Hands-on Science Carnival Oct. 15 at the University of Colorado - Colorado Springs. Other Academy STEM booths featured models of future aircraft and a solid rocket demonstration.

FESTIVAL VOLUNTEERS

Dr. Thomas Cunningham, Aeronautics Department
2nd Lt. Kathryn Kirkman, Astronautics Department
Cadet 1st Class Chad Hennig, CS 19
Cadet 1st Class Rachel Mittelman, CS 40
Cadet 1st Class Tate Montgomery, CS 19
Cadet 2nd Class Ryan Nelson, CS 17
Cadet 2nd Class Suzann Nordquist, CS 18
Cadet 2nd Class Maria Phillips, CS 18

Cadet 2nd Class Rachel Roberts, CS 32
Cadet 2nd Class Jessica Wong, CS 18
Cadet 4th Class Amanda Beranek, CS 18
Cadet 4th Class Jonathan Kim, CS 18
Cadet 4th Class Paige Saxton-Getty, CS 18
Cadet 4th Class John Suttorp, CS 18
Cadet 4th Class Patrick Yoo, CS 18

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COURTESY PHOTO

Afghan National Civil Order Police teams approach an Afghan air force Mi-17 during Operation Sand Hill Crane in Kandahar.

US, Afghan airmen perform 1st joint operational air-assault mission

By Capt. Jamie Humphries
438th Air Expeditionary Wing Public Affairs

KABUL, Afghanistan (AFNS) — Members of the Kandahar Air Wing and U.S. Army Task Force Thunder conducted their first joint air-assault mission, "Operation Sand Hill Crane," together recently.

Officials explained the goal of Sand Hill Crane was to insert specialized teams into strategic locations where reintegration leaflets would target Taliban fighters making their way out of Kandahar province. The mission was supported by Task Force Thunder OH-58D Kiowa Warriors and AH-64 Apaches as well as two UH-60 Blackhawks and an Afghan air force Mi-17.

To carry out the mission, OH-58Ds and AH-64s were used for over watch and security while UH-60Ms and Mi-17s flew a three-ship formation enabling U.S. Army Pathfinders and the Afghan National Civil Order Police to infiltrate multiple locations around Kandahar Air Field.

The first day was designed to conduct the leaflet drop and for police units to hand out literature to the people in villages in hopes they would contact Taliban members and work reintegration efforts. This was a two-day operation where the specialized teams and Afghan air force crews carried out multiple insertions and extractions to accomplish their mission.

"This is the first air-assault mission conducted with TF Thunder and the Kandahar Air Wing," said Lt. Col. Fred Koegler, from the 441st Air Expeditionary Advisory Squadron. "The mission was absolutely successful."

Planning for the two-day mission began with teams from TF Thunder, the 441st AES and Afghan air force participating.

Two teams of Afghan air force instructor pilots, flying air crew chiefs and one engineer prepared for the mission with help from their coalition counterparts in the 441st AES.

According to officials, the teams routinely train in an effort to increase their capabilities and interoperability in the unit before conducting any operational mission.

Special tactics Airmen march to honor fallen comrades

By Maj. Kristi Beckman
Air Force Special Operations Command Public Affairs

Columbus, Texas (AFNS) — A team of 18 special tactics Airmen have one objective in mind: honor the fallen.

The team recently began an 812-mile march from Medina Annex, Lackland Air Force Base, Texas to Hurlburt Field, Fla., to commemorate 17 fallen comrades.

As they marched out at 5 a.m., carrying 50-pound rucksacks and a baton with a fallen Airman's name, the only sound heard was the footsteps of the marchers. Major Travis Woodworth, the Special Tactics Training Squadron commander, said the meaning of the memorial march is to show that the fallen Airmen didn't die in vain.

"Every day I walk into the squadron and see their faces on our memorial wall," Woodworth said. "This march will ensure new operators and young Airmen don't ever forget the cost of freedom."

In 2009, Master Sgt. Ken Huhman and Capt. Sam Schindler, who were both assigned to the 342nd Training Squadron at Medina Annex, founded the Tim Davis Memorial March as a way to remember the fallen special tactics Airmen and honor their families.

So far, the march has taken place each year since, although it's not an annual event, officials said. It only goes on if a special tactics Airman dies in combat. The timeline extends one year from October. The 2011 march planning began after three special tactics Airmen died Aug. 6 in a CH-47 crash in Afghanistan.

Retired Chief Master Sgt. Steven Haggett and Capt. Daniel Breiding, an STTS student, organized the 2011 march, officials said. It originated at Medina Annex, where pipeline training begins for special tactics Airmen, and it concludes at Hurlburt Field, Fla., where they complete their training with Air Force Special Operations Command.

Haggett and Breiding said they hope the march will educate the public about Air Force specialties like combat control and pararescue, which have very unique missions.

One of those combat controllers participating in the march is Senior Airman John Hansard, assigned to the 22nd Special Tactics Squadron at McChord Air Force Base, Wash. He said he feels the march is a very worthwhile way to remember the fallen and represent the

22nd STS, which has members with very close ties to the fallen.

"I knew Mark Forester and Danny Sanchez, but one of my friends at the squadron was best friends with Forester," Hansard said. "He is deployed and asked me to march in his place to honor Forester."

Hansard did not know what to expect along the way but said he was surprised when they marched through a local town and about 25 people were standing on the side of the road cheering them on and waving American flags. He said a Vietnam veteran came out to shake their hands.

"I hope everyone not only keeps in mind the 17 men we are honoring but also remembers our comrades overseas doing their job," Hansard said. "We've been at war for 10 years now, and people tend to forget our daily sacrifices."

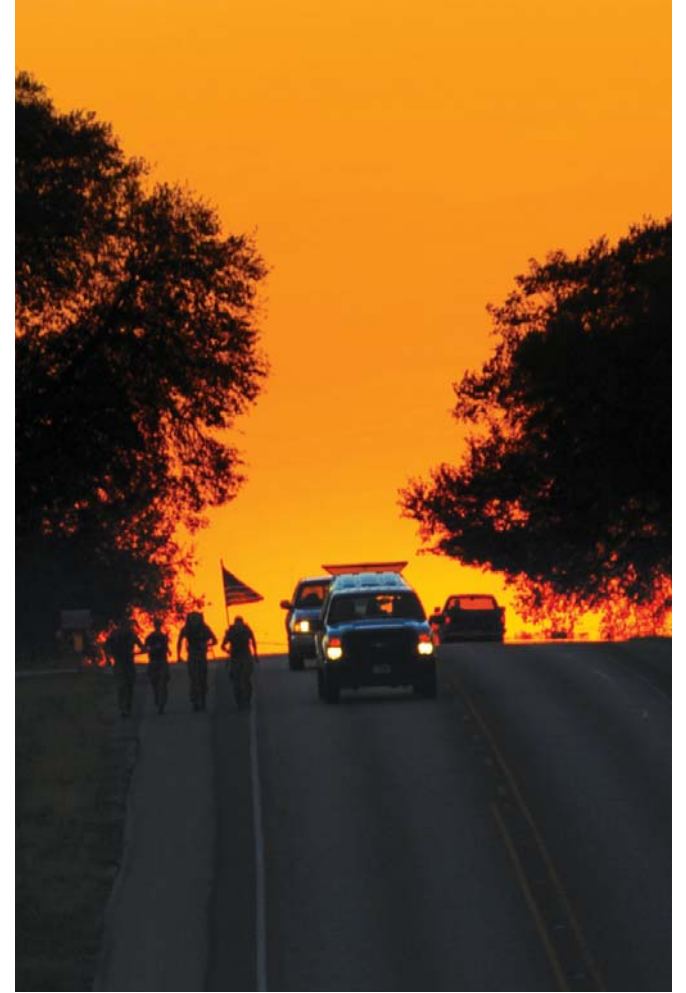
As of Oct. 18, the team marched approximately 160 miles, traveling through Texas towns such as Seguin, Columbus and Sealy. Despite the blisters, sunburns and aches, they said they're determined to keep going.

Woodworth said when the men start feeling pain, they remember the guys they lost suffered so much more. There is no room to complain.

"The physical pain the men go through on this march doesn't hold a candle to the emotional pain of the kids who lost their dads -- of the families who continue to mourn for their loved one," he said.

Senior Airman Tyler Knaub, pararescueman assigned to the 58th Rescue Squadron at Nellis Air Force Base, Nev., said the march has turned out to be much bigger than he expected.

"It is extremely motivating, and I'm fortunate to be a part of it," Knaub said. "In San Antonio, there were groups of bicycle riders who knew



STAFF SGT. SHARIDA JACKSON

Members of Team 5 pass through Schulenburg, Texas, during the Tim Davis Memorial March Oct. 17. The march, which began in San Antonio, honors fallen Special Tactics Airmen and consists of six three-man teams relaying 24 hours a day.

who we were and yelled, 'hooyah, PJs!'

He said despite their pain and exhaustion, they stood up straighter and could not help but smile when people high-fived or thanked them.

"The motivation from our peoples' pride fueled us that extra limit," he said. "My best experience, hands down, was when a little girl of about seven or eight years old hung out the window of her parents' vehicle and waved to us, yelling 'thank you!'"

Negron said the marchers are here to remember and to let the mothers, fathers, wives and children know we have not forgotten what their loved one did for the Air Force, the U.S. military and United States.

"Special tactics Airmen risk their lives every day on the battlefield to save others," Breiding said. "These 17 fallen paid the ultimate price to defend our freedom, and this march is just one way to show these men and their families they are never forgotten."

Partnership

From Page 1

assigned to Hickam's 647th Civil Engineer Squadron.

Outstanding performers from the 15th Wing received the VIP treatment during their visit to the Academy: a tour of a local brewery, an insider's look at the Academy, a trip to the Olympic Training Center, a football showdown between the Air Force Falcons and San Diego State at Falcon Stadium and a cozy going-away party at Colorado Mountain Brewery.

"The cadets of the Fightin' Fourth learned a lot from their sponsors and are hoping to revisit Hickam in March to experience firsthand the operational functions and strategic importance of Pacific Air Forces," said Cadet 3rd Class Laura Squire of CS 04.

While the Socratic teaching styles at the Academy might be ideal for learning, the educational experience of a firsthand visit gives cadets a unique perspective on active-duty life. Hopefully, any questions about what it's like in the "real" Air Force were not only answered but experienced.



SENIOR AIRMAN LAUREN MAIN

Col. Sam Barrett, 15th Wing commander, speaks to cadets from Cadet Squadron 04 about active-duty Air Force life and gave insight to the many career fields the Air Force has to offer.

Class of 2014 names its exemplar

By Don Branum
Academy Spirit staff writer

The Air Force Academy's Class of 2014 selected as its exemplar a Medal of Honor recipient and former B-17 pilot.

Now-deceased Lt. Col. Jay Zeamer Jr. and most of his crew survived an attack by more than 20 Japanese aircraft during a reconnaissance mission June 16, 1943, over the Japanese-held island of Buka.

Cadet 3rd Class Christian Brechbuhl, who sits on the Cadet Exemplar Committee, officially welcomed Zeamer into the Academy's exemplar program, which began in 2000 and sought to provide a

connection among the aviation leaders of the past and those of tomorrow.

"You really do need (someone) to look up to," explained Lt. Col. Jason Zimmerman, an instructor with the Academy's History Department. "Heroes are important: no less for 20-year-old cadets as for six- and seven-year-old kids."

Zeamer, who suffered serious wounds during the mission, embodies the value and importance of teamwork, said Cadet 3rd Class Christopher Keranen, the Class of 2014 president.

"Teamwork is how you get things done, and that's how things got done here today," said Keranen, who first joined the Air Force as an enlisted Airman

before applying to the Academy through the Leaders Encouraging Airmen Development program. "I only had my hand barely in this program; there's a lot of other people working together getting it done. I learned that through ammo, through having a crew chief telling a group of people to do a job and working as a team to get it done."

According to his Medal of Honor citation, Zeamer, who had volunteered for the recon mission, maneuvered the damaged B-17 "so skillfully that his gunners (fought) off the enemy during a running fight (that) lasted 40 minutes." The crew accounted for five confirmed kills -- including one by Zeamer, who refused medical aid until the Japanese had broken off.

One crew member, 2nd Lt. Joseph Sarnoski, was killed during the fight. Five other crew members were injured, but Zeamer's co-pilot brought the plane down safely at an Allied airstrip in New Guinea. Zeamer, the last surviving Medal of Honor recipient from the Army Air Forces, died in 2007 at age 88.

(Jon Zanone from the Academy's video production office contributed to this report.)

Barbara Zeamer, widow of the Class of 2014 Exemplar, Lt Col Jay Zeamer, Jr., accepts a gift from artist Rick Broome. Also pictured is Cadet 3rd Class Christopher Keranen, Class of 2014 President.



Lt. Col. Jay Zeamer Jr



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What happens when we go into lockdown

By Paul Ceciliani
Air Force Academy antiterrorism officer

With recent active shooter incidents like the shooting incident at Congresswoman Gabriel Giffords' open meeting in Tucson, Ariz., in which six people died, the Deer Creek Middle School shooting in Denver and the 2009 Fort Hood, Texas, shooting, active shooter and lockdown awareness continues to be an important topic of discussion.

As these incidents illustrate, active shooter/lockdown situations are certainly not limited to military installations, and everyone should know how to properly respond.

The term "lockdown" is the national standard response when referring to an active shooter in a facility or area, and is defined as people moving quickly to a safe location or a secured area away from the threat.

The Air Force Academy has had an effective active shooter/lockdown plan since May 2007, following the active shooter incident at Virginia Tech that left 33 people dead and 15 injured. It was the most violent school shooting in our nation's history.

Active shooter/lockdown exercises are conducted at many schools, colleges and universities to test plans and to determine the effectiveness of training programs, and the Academy is doing its best to ensure people are adequately prepared.

"Exercises are central in the preparedness stage of crisis planning," said Chuck Newcomb, Exercise Division chief for the 10th Air Base Wing Plans and Programs office. "Active shooter/lockdown exercises are no exception. When faced with an emergency situation, people respond as they have trained."

The Academy has devised a simple model to cover the actions to take during an active shooter/lockdown situation, whether on or off base, that is easy to remember: Evacuate/Cover, Communicate, and Mitigate (see graphic illustration).

"USAFA will test the response to an active shooter scenario within the next few weeks," Newcomb said. "You should already know the procedures, but now is a good time to review and ensure you understand what is expected."

"Air Force Academy leadership wants to ensure all personnel that work, visit, and play on this one-of-a-kind installation have a safe and secure experience," Newcomb continued. "You are our number one priority, and we will do everything

within our power to keep you safe."

Active shooter/lockdown situation actions:

INSTALLATION:

- All installation gates will be closed immediately, and nobody will be allowed to exit or enter the Academy except for first responders
- Listen for information or updates from the installation mass communication system, or tune in to KAFM 97.7 FM.

- Once the threat has been neutralized, security sweeps will be conducted at all buildings, either by Security Forces or unit security teams, before the official "all clear" is given and personnel are allowed to leave or enter the installation. Note: Fort Hood was in lockdown for more than five hours.

- Historically, phone lines were jammed on the installation or campus for the duration of the incident, severely limiting all landline and cellular communication.

FAMILY MEMBERS/RETIREES/VISITORS:

Individuals visiting customer service facilities or Academy events should take the following actions:

- If inside during lockdown, follow the directions of the staff—they will guide you to a safe location.

- If outside, you will see a sign posted on doors stating "Lockdown In-Progress." Follow the directions on the sign and return to your vehicle, stay alert, and tune in to radio station 97.7 FM for updates

- If driving on USAFA and installation lockdown has been declared, stay away from facilities, park along the side of the road, stay alert, and tune your radio in to 97.7 FM for updates.

DISTRICT 20 SCHOOLS:

- All students and staff at Air Academy High School and Douglass Valley Elementary School will follow Colorado Springs School District 20 lockdown procedures.

LOCKDOWN PROCEDURES

EVACUATE/COVER,

Quickly move away from the threat and Lockdown in a room/area or evacuate the area, away from the threat.



COMMUNICATE,

Once in a safe location, call 911 if you have pertinent information about the shooter. (location, number of shooters, injuries, weapons, etc.)

AND MITIGATE.

If the opportunity presents itself (and as a last resort), take action to overpower the shooter to protect further loss of life. (Examples: Gunman reloading, back turned, etc.) This is a Department of Homeland Security approved tactic.



- Emergency response by Academy emergency response personnel will be provided if incident is at either school.

HOUSING RESIDENTS:

- Notification of a lockdown situation will be made by the installation mass communication system.

- Lock all exterior doors and first floor windows, close curtains, turn off lights, secure family members in an interior lockable room, and tune in to 97.7 FM for updates and information.

- Stay in Lockdown until the situation has terminated.

ASSIGNED PERSONNEL:

- Active Shooter training, to include prevention strategies, is an annual requirement for Academy personnel—contact your unit Antiterrorism Representative immediately if you have not received this mandatory training, or contact the Antiterrorism Office at 333-6820/6825. • Although this is an annual requirement, all personnel should continuously review active shooter procedures to stay current and be familiar with designated locations to secure personnel.

Academy officers promoted to next grade

By Eric M. Grill
Air Force Personnel, Service and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Thirteen Air Force Academy 1st lieutenants, captains, and majors were recently selected for promotion.

The Air Force Judge Advocate General Corps, Chaplains Corps and Biomedical Service Corps Central Selection Boards selected 35 lieutenant colonels, 80 majors and 213 captains for promotion to the next higher rank.

The results of the captain central selection board for active-duty line of the Air Force first lieutenants who competed for promotion to captain was also released Wednesday.

More than 3,000 first lieutenants were selected by the board for promotion to captain.

Promotion opportunities for first lieutenants to captains were reduced from 100-percent to 95-percent in July and fall in line with changes to the Line of the Air Force (LAF) promotion opportunity to major, which went from 95-percent opportunity to 90-percent opportunity in December 2010, Air Force officials said. The Air Force last held a LAF captain promotion board in 2002.

Senior Air Force leaders said leaders at all levels must ensure we are focused on retaining the proper balance of highly qualified and skilled Airmen.

"The selection for promotion to the next higher rank is competitive, and promotions become increas-

ingly competitive with each higher grade," said Col. Leslie Formolo, Air Force Personnel Center's Personnel Services director.

Officers are encouraged to review their personnel records for accuracy at least annually, Formolo said.

"Lieutenants are competing for fewer captain opportunities, resulting in a more highly competitive selection process for officers preparing to enter the Air Force's field grade ranks, which typically demand much greater responsibility," she said.

The Air Force continues to hone its force development plans and select officers to fill positions at the higher grade, the service will remain committed to selecting the best qualified officers for promotion at every level, the colonel said.

Promotions

TO CAPTAIN:

Noah Garguile, Admissions Department
Sean Barber, Physical Education Department
Robert Hanks, Academy Preparatory School
Megan Maskus, Preparatory School
Kara Thoreson, Behavioral Science Department
Jason Plosch, Academy Band

TO MAJOR:

Dominic Angiollo, Law Department
Hanna Yang, Law Department
Earl Banning, Commandant of Cadets staff
Bradley Hoffman, 10th Medical Support Squadron
Thomas McNab, Law Department

TO LIEUTENANT COLONEL:

Keith Blount, Biology Department
Amy Carpenter, Biology Department

Helene's Story

A true account of one woman's survival of domestic abuse

By Kristin Larkey
USAFA Family Advocacy Program

The Academy's Family Advocacy Program is working to raise awareness and help put a stop to domestic violence.

The following is a true survivor story written by Melissa Garnanelli taken with permission from The Times website, www.mywebtimes.com.

Helene Whitebank recalls the day a light bulb went off in her head that she should leave her emotionally and physically abusive marriage. But even then, it was years before she was actually able to do so. Helene's tale began during her college years when she met Roger as a sophomore. He was "charismatic, charming, articulate and humorous," she said.

During the dating relationship, abusive episodes were few, though Helene said that they should have served as warning signs. During an argument, Roger hit her lip, causing it to swell.

"That should have been a huge warning sign, but I ignored it. You might wonder why I stayed, why I didn't see the warning signs, but he was not abusive all the time. Not even most of the time. Ninety-five percent of the time, he was great, and I decided the five percent when he was abusive emotionally or occasionally physically I could forgive him. I thought he would get it eventually," she said.

According to national statistics, it takes a woman seven to nine tries to leave successfully. The most dangerous time for a victim of domestic violence is the period right before and after she or he leaves the offender.

The abuse during their marriage became cyclical in nature, with long periods of calm — "honeymoon pe-

riods" — punctuated by episodes of physical and emotional abuse. Four times Helene filed for divorce before actually going through with it. Each of the first three times, Roger would agree to counseling and promise it would never happen again.

But the final bump she needed to leave the relationship was when a friend noticed a bruise, the shape of a thumb print, on Helene's arm.

Most experts agree the cycle of domestic violence is unlikely to be broken without outside intervention and recommend that those affected by it seek help from law enforcement, social workers or healthcare providers.

Her friend told her she was ready to listen when Helene wanted to talk.

"The flood gates opened," she said. Helene implemented the safe exit plan she had developed, even leaving the state for a month to prevent Roger from contacting her or hurting her during divorce proceedings.

Today, divorced after more than 33 years of marriage, she works as a women's advocate and facilitates a support group for battered women. She hopes that by sharing her story will change attitudes about domestic violence, and cautions her audience not to be judgmental when a friend in an abusive relationship goes back.

Helene's story is not that unusual. Despite the education and services offered through the military healthcare system, our military community is far from exempt from domestic violence.

In the Air Force, there are two different reporting options for adult victims of domestic violence, restricted and unrestricted reporting. Restricted reporting allows the victim to disclose the details of his or her abuse, receive medical treatment and victim advoca-

cy services without notifying law enforcement or the victim or offender's commander. Unrestricted reporting is for victims who want to pursue an official investigation of an incident through chain of command, Family Advocacy Program and law enforcement.

Leaving a physically or emotionally abusive relationship takes planning and time. It's common for the victim to have intense fear associated with leaving the abuser. It's important for the victim to have a safety plan outlining how to escape safely from the home, how to protect the children, and phone numbers for local shelters and support.

There are many resources available to help someone involved in a violent relationship. One of these resources is the Academy's Family Advocacy Program. Services are available at no cost and include parenting classes, anger and stress management, couples' communication classes, marital counseling and the New Parent Support Program.

If couples seek help before an incident of violence has occurred, it's considered to be a prevention service and is not documented in the patient's medical record.

TESSA is another agency that is available for victims of domestic violence. TESSA is located off base and offers a safehouse for women and children who have become homeless due to domestic violence, as well as a 24-hour crisis line, confidential counseling and several support groups for victims.

If you know someone who is being abused, please don't ignore it. You can help by letting the victim know



that domestic violence is a crime and that assistance is available. If you or someone you know is being abused, please contact the Academy's Family Advocacy office at 333-5270.

WARNING SIGNS OF AN ABUSIVE RELATIONSHIP:

- Rough treatment
- Frightening temper
- Extreme jealousy
- Alcohol or drug abuse
- Cutting off your support system
- Controlling behavior
- Constant criticism
- Humiliation
- Intimidation
- Mood swings

WHERE TO GO FOR HELP

USAFA Family Advocacy Program	333-5270
Chaplain's Service	333-3300
TESSA's Domestic Violence Crisis Line	633-3819
National Domestic Violence Hotline	1-800-799-SAFE
Sexual Assault Response Coordinator	333-7272
Security Forces.....	333-2000

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International week brings visitors from 20 countries

Foreign cadets take in the Academy, American life

By David Edwards
Academy Spirit Staff Writer

Academy cadets don't need a Disney song to tell them it's a small world. They see that every day.

And this week they're getting a double dose as the foreign cadets they share the Academy with are joined by visitors from 20 countries for International Week.

"The overall purpose (of the program) is to offer these cadets a brief exposure to life at the Academy and American life in general," said Col. Ron Machoian, director of international programs. "In return, our cadets are exposed, ever so briefly, to the cultures of the other countries that reciprocate. Both parties take away some lasting affinity (for) or interest in their counterparts."

The 20 countries represented by contingents at the Academy this week are as follows: Algeria, Argentina, Brazil, Chile, Colombia, the Dominican Republic, Ecuador, El Salvador, France, Greece, Guatemala, Honduras, India, Mexico, the Netherlands, Nicaragua, Paraguay, Peru, Sri Lanka, Turkey, the United Kingdom and Uruguay.

This year's International Week has a heavy Latin American flavor as a result of the Air Force's LatAm engagement effort,

Machoian said.

The visiting cadets are staying in the Academy dorms with their colleagues, while the foreign officers are being put up in a hotel near base. Their escorts to the various functions are Academy cadets.

Later this year, many of the countries that have sent contingents will reciprocate, returning the favor and giving American cadets a chance at similar experiences.

Joining the visitors are the foreign students enrolled full-time at the Academy. This year, there are 51 of them representing 29 countries on every inhabited continent. A sampling includes Belize, Ghana, Lebanon, Lithuania, Madagascar, Serbia and Slovenia.

"I got to know about the academy through a Sri Lankan newspaper advertisement," said Cadet 3rd Class Waruna Ambanpola, who hails from the island country south of India. "Then I applied for the academy with many other Sri Lankan guys and girls and got selected through the Sri Lankan Air Force."

One thing that most of the foreign cadets at the Academy share is the fact that they did not grow up in an English-speaking society. So taking classes in such a rigorous academic environment is doubly difficult for them.

"Considering English is not my native language, it has obviously been a little bit of a challenge," said Cadet 3rd Class Malkhaz Geldiashvili, from the country of Georgia. "However, I don't feel like it is a big deal - I've learned the language quite fast. Getting accustomed to the culture has been more of a challenge. People act very differently here

compared to Georgia."

Language is not the only hurdle, either. Cultural references, way of life, educational processes and such things that American youngsters pick up by osmosis tend to be lacking in cadets from abroad.

They often need those hidden references explained to them. Fortunately, their classmates are willing to help them fill in the gaps.

"Living here makes me feel awkward sometimes since it is not only for the English environment but the culture that mixes in the language," said Cadet 2nd Class Kraison Kingthong, a native of Thailand. "Sometimes I would need to have my friends explaining things to me even though I have been here for two years. Reading is hard enough, but reading American novels and trying to interpret them was brutal."

The payoff will come after they graduate and return to their home countries with a toolbox for handling the difficulties of being an officer, and the benefits of having a perspective that comes only from being in a different cultural milieu.

And the learning environment is pretty good, too.

"I think the quality of education and how prestigious this institution is considered will have the greatest value to me when I go back," Geldiashvili said. "I love economics, and that is what I'm going to be studying for the rest of my time here. The level of education I will be receiving would be impossible to get in Georgia."



MIKE KAPLAN

Cadet 4th Class Fiona Akoth, of Cadet Squadron 08, visits the Greek booth during the International Fair, Wednesday.



RAYMOND MCCOY



RAYMOND MCCOY

FAR LEFT: Cadets from 20 different countries participated in International Week Tuesday through today.

LEFT: Retired Army Maj. Gen. Bruce Scott, president and CEO of the Olmsted Foundation, speaks to attendees at the International Week reception Tuesday.

International cadets present mementos to Brig. Gen. Dana Born, dean of the faculty, during the International Week reception Tuesday.



RAYMOND MCCOY

Aztecs topple Falcons, 41-27

By John Van Winkle
Air Force Academy Public Affairs

An Air Force defense weakened by injuries, including its entire starting defensive line, surrendered two touchdowns to one of the top running backs in the nation, falling 41-27 to San Diego State University on Oct. 14.

San Diego State running back Ronnie Hillman, who came into the game as the fifth-leading rusher in the nation with 132.2 yards per game, made the bulk of the carries for the Aztecs, rushing 27 times for 172 yards and two touchdowns.

He faced a Falcons defense with several players sidelined with injuries, including the entire defensive line that started the season.

The two teams spent the first half slugging it out to a 17-17 tie and were still stalemated at 20-all late into the third quarter until Aztec nose tackle Jerome Long forced a fumble from Falcon running back Mike DeWitt. The Aztecs recovered the loose ball in a pile of bodies and took possession at the Falcons' 28-yard line.

On the next play, Aztec senior quarterback Ryan Lindley found wide receiver Colin Lockett open on the left edge and hit him for the go-ahead score. Placekicker Abelardo Perez added the extra point to put San Diego State up 27-20.

Then it became the Ronnie Hillman show. Behind his experienced offensive line, Hillman showed both the agility to avoid tacklers and the power to blast through the line, scoring twice in the fourth quarter on runs of 22 and 57 yards to kill the clock and put San Diego State up 41-20.

Tim Jefferson hit Jonathan Warzeka for an 18-yard pass up the middle to add one more score and finish the game 41-27.

"We played a pretty good football team tonight," said Air Force head coach Troy Calhoun. "I thought we'd have to play exceptionally well. There were stretches where we did play well, but not nearly the way that you have to for a full 60 minutes."

Some of those stretches started with turnovers. The Falcons only had one interception and one fumble, but those were key turning points, Calhoun said.

"There's no doubt the turnovers were key plays. Fundamentally, there's some work that certainly has to be done," he said.

Jefferson passed for a career-high 36 times for 22 completions, two touchdowns and 224 yards. Warzeka had a career-high 96 yards receiving on seven catches.

But even these weren't enough to overcome the knowledge of San Diego State head coach Rocky Long. He might be in his first year as the Aztecs' head coach, but he's no stranger to Air Force or how to tackle the triple-option rushing attack. He was the Aztecs' defensive coordinator last season, was head coach for the New Mexico Lobos from 1998-2008 and is the second winningest coach in conference history.

"I believe it was a great win tonight, and I believe it was a total team effort," Long said. I thought the defense played extremely, well especially considering how explosive Air Force is on offense."

But despite his in-depth knowledge of how to play against the Air Force Academy, Long has always been quick to give the credit to his players.

"I don't know if Air Force's defense was quite up to its standard, but I think our offensive line was able to hold them and capitalize on mistakes made," said Long.

With the loss, the Air Force Academy's record falls to 3-3. But the Falcons are midway through the toughest stretch of their 2011 schedule, which is almost the entire month of October.



Air Force defensive back Josh Hall leads a tackle during the Falcons' match against San Diego State at Falcon Stadium Oct. 13. Hall had eight tackles, including five solo tackles, in the Falcons' 41-27 defeat.

BILL EVANS

"We've run through a pretty good stretch of pretty sturdy opponents," said Coach Calhoun. "What we've got to do as a team - the biggest thing is, you've got to pull together. We've got ... a group of players and a group of coaches that will do that well. To play against talented squads, we're going to have to be really precise. I think when you play teams that have good size, that are extremely athletic, that's the way you have to play."

The need for precision and error-free football is magnified with the Falcons' next game. Air Force goes back on the road next to face new Mountain West

Conference member Boise State Saturday. This will be the first matchup of the two teams, and Boise State is rolling undefeated this season at 5-0. The Broncos are ranked fifth in the nation in the Associated Press Top 25 and sixth in the USA Today Poll.

Kickoff for the game is 1:30 p.m. Mountain Time. The game will be televised on Versus Network and aired on KVOR 740 AM in Colorado Springs and KCKK 1510 AM in Denver. Falcon fans can also follow their team online by going to www.goairforcefalcons.com and clicking on "Gameday Central."

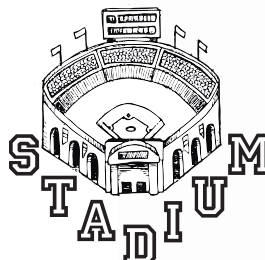
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MIKE KAPLAN

The Air Force Falcons, led by head coach Troy Calhoun, burst onto the field at Falcon Stadium Oct. 13.



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3	6	2	5	7	8	4	9	1

Academy sets aside time, space for new arrivals

Satellites dedicated; Falcons skate to 4-2 victory over Robert Morris

By David Edwards
Academy Spirit staff writer

The Air Force Academy has filled a void in its machinery collection with two space-age additions.

Sunday was Space Night, and a pair of satellites hanging in the Falcon Ice Arena were dedicated after the first period of the Falcons' hockey game against Robert Morris University.

Dignitaries from Boeing and Lockheed Martin accepted plaques from Col. Tamra Rank, the Academy vice superintendent. Boeing donated a communications satellite and Lockheed a GPS satellite.

Ambassador Roger Harrison, the director of the Eisenhower Center for Space and Defense Policy, was on hand to see the ultimate payoff of his work.

"The satellite display was originally my suggestion," he said. "It occurred to me that after the missile was removed from in front of the field house, there was no static display on the Academy grounds commemorating the role of the Air Force in space."

That realization led him to approach Dr. Hans Mueh, the athletic director at the Academy, to pitch his idea. Mueh gave an enthusiastic OK.

Harrison also spoke with Jo Ann Maguire, CEO of Lockheed Martin's space division, who is among the senior advisers of the Eisenhower Center. She agreed to provide a model of a Lockheed Martin GPS Generation 111 satellite.

Boeing later agreed to provide a satellite model as well, and the two worked in close cooperation to ensure success of the project.

Lockheed representative Jason Danieli staffed a pictorial display beneath the satellite and happily answered questions from fans who stopped to check out the display or have their picture taken in front of the satellite with The Bird.

The GPS III Pathfinder is built primarily in Philadelphia, although the final stages of production occur in Colorado after the units are shipped to Denver.

"Together with the Air Force, we continue to meet major program milestones on or ahead of schedule," Keoki Jackson, Lockheed's GPS III program director, told the Philadelphia Business Journal. "Our progress is already saving the Air Force money, eliminating risk early and providing highly reliable mission assurance."

Once the satellites are sent up, they fall under the purview of the 50th Space Wing at Schriever Air Force Base, which directs the GPS program in the United States. A Schriever representative



PHOTOS BY MIKE KAPLAN

Col. Tamra Rank, the vice superintendent of the Air Force Academy, presents a plaque to Lockheed Martin's Mark Valerio at the Air Force hockey game Sunday. Satellites donated by Lockheed and Boeing were dedicated as the Academy sponsored Space Night to recognize the importance of space to the Air Force mission. The GPS satellite donated by Lockheed can be seen in the background behind Valerio.

dropped the ceremonial first puck on Space Night.

In preparing for the event, Harrison also received some much-appreciated help outside the athletic department and corporate world.

"The other key player was Col. Marty France and his staff, who did the hard work arranging for installation and organizing the gala and very successful Space Night," Harrison said. "In short, it was a team effort brought to a very swift and successful conclusion."

There was more success to speak of, however. On the ice, the Falcons gave the raucous crowd plenty to cheer about in a 4-2 win over the Colonials.

The win capped a fruitful homestand for the Falcons, who improved their conference record to 2-0 with Sunday's victory.



Falcon defenseman Mike Walsh handles the puck Sunday against Robert Morris University. The Air Force Academy celebrated Space Night, dedicating two donated satellites after the first period. The Falcons won the game 4-2 and capped off the homestand by advancing to 2-0 in conference play.

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Sophomore Haley Holcombe competes in the Breast Stroke during the swim team competition against Nebraska Omaha Saturday.



SARAH CHAMBERS

Air Force women's swimming & diving dominates

The Air Force women's swimming and diving team opened the newly refurbished Cadet Natatorium with a 189-86 win over Nebraska Omaha Saturday. The Falcons improved to 1-1 on the season by taking first in 15 of the 16 events.

Sophomore Hannah Cesare and freshmen Kim Davis and Clara Heffernan led the way for the Falcons with two individual wins and one relay win. In addition, sophomore Sa-

mantha Laughlin won the 100 back in addition to two relays.

The Falcons opened the meet by winning the 200 medley relay. The group of Laughlin, Kim Davis, Haley Holcombe and Hannah Cesare clocked a winning time of 1:49.47.

The Falcons swam well in the sprint-free events as Cassie Fletcher won the 50 free (24.54) and Cesare won both the 100 (53.61) and 200 free (1:54.73) events. Heffernan dominated the dis-

tance-free events, winning both the 500 (5:20.85) and 1,000 free (11:12.43).

Kim Davis won both breaststroke events, placing first in the 100 (1:06.87) and 200 breast (2:22.26). Laughlin won the 100 backstroke with a time of 58.48 and classman Erin Bleyl won the 200 back with a time of 2:10.89.

Sophomore Gabby Aranda won the 100 fly (58.58), while senior Katharine Ernst won the 200 fly (2:12.66). In the diving events, sophomore Moranda

Hern won the 1m springboard with 221.34 points and freshman Lainie Long won the 3m springboard with 214.96 points.

The Falcons closed out the meet by winning the 400 m. The group of Heffernan, Laughlin, Sara Brooks and Fletcher clocked a winning time of 3:40.16.

Air Force hosts Northern Colorado today at 5 p.m. in the Cadet Natatorium.

CLUES ACROSS

- 1. Posttraumatic stress disorder
- 5. Brewed beverage
- 9. Where wine ferments, abbr.
- 12. "Rule, Britannia" composer
- 13. Used to stop a vehicle
- 14. Macaws
- 15. Days (Spanish)
- 16. Liquid food dressings
- 17. A male ferret
- 18. Davenport

- 19. Hyperbolic cosecant
- 20. Accepted practice
- 22. A salt of sulphuric acid
- 24. Bombax ceiba
- 25. Rock
- 26. ___berry: bog fruit
- 27. Overdose
- 28. Madames

- 31. Marked by complexity of detail
- 33. Catbrier genus
- 34. 1/1000 of an ampere
- 35. A country in SE Asia
- 36. Satisfies fully
- 39. Dimension
- 40. Bet
- 42. NW German seaport

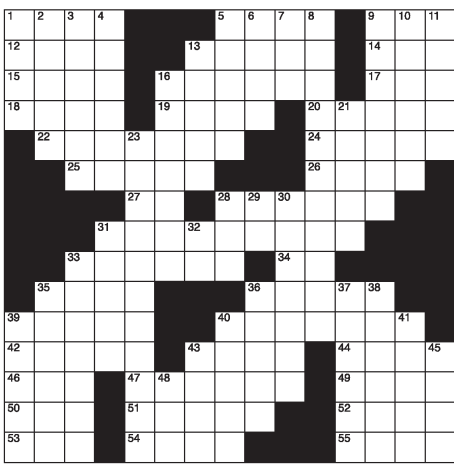
- 43. An academic gown
- 44. Sour to the taste
- 46. Monkey
- 47. Comes to the same value
- 49. Dry (esp. of vegetation)
- 50. Vietnam Veterans Memorial artist
- 51. Napped leather
- 52. Mild yellow Dutch cheese
- 53. Tooth caregiver
- 54. Impertinence
- 55. Art ____, 1920's design

CLUES DOWN

- 1. A lily's floating leaves
- 2. IIIs
- 3. Goofs
- 4. Remove salt
- 5. ___ Lee, kung fu actor
- 6. Every one considered individually
- 7. Supplement with difficulty
- 8. A way to bring back
- 9. Nassau is the capital
- 10. Heavy work shoe
- 11. A descriptive marker

- 13. Sew temporarily
- 16. A disgraceful event
- 21. "Yes -- Bob" - absolutely
- 23. The trait of acting stupidly

- 28. Smoked salmon
- 29. Atomic #18
- 30. Restitution
- 31. Give expression on stage
- 32. College degree
- 33. Makes unhappy
- 35. Clear or transparent
- 36. Hair used for artist's brushes
- 37. Removed pencil marks
- 38. Withdraw from a union
- 39. Wooded district (Br.)
- 40. Isatis tinctorias
- 41. Physicist Paul Adrien Maurice
- 43. Feels regret
- 45. Exhibit usage
- 48. By virtue of being



SUDOKU

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Solution on page 10

Level: Intermediate

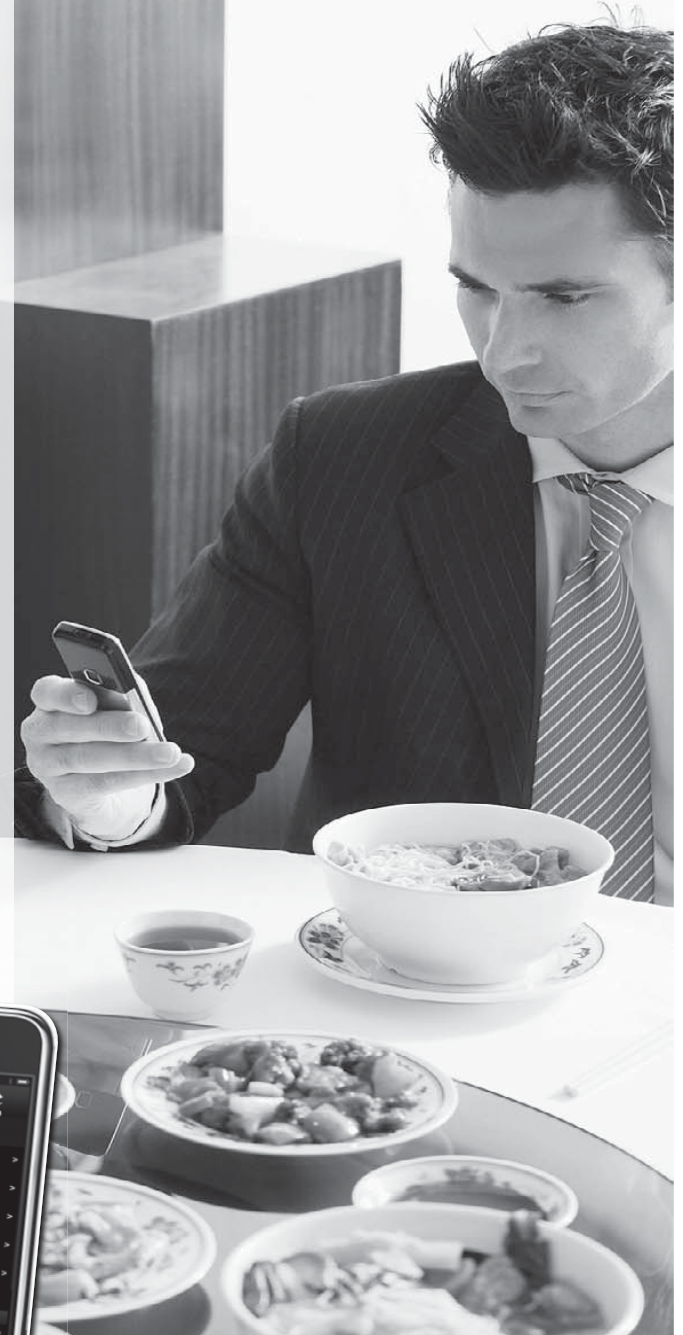
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Air Force falls to Loyola Marymount

Stedman tallies five points to lead Falcons in 10-7 loss

Despite a team-best five points from sophomore Josh Stedman, the No. 17 Air Force water polo team dropped a 10-7 contest to 13th-ranked conference rival Loyola Marymount Oct. 14 at the Cadet Natatorium. With the loss, the Falcons fall to 5-10 overall on the season and 3-5 in the Western Water Polo Association, while the Lions move to 10-6 overall and 7-1 in the WWP.

The Falcons are back in action this weekend when they take part in The Rodeo, hosted by WWP rival Santa Clara.



Junior Dillon Fisher attempts a pass during the game with conference rival Loyola Marymount Friday.

BILL EVANS

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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

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.

JAPANESE



Fujiyama
630-1167
22 S. Tejon Street
gofujiyama.sushi.com

Mon-Fri Lunch 11:00 - 2:30pm. Mon-Sat Dinner 5:00-10:00pm. Sat 11-6 Sushi Bar Happy Hour. Sun 5-9 Sushi Bar Happy Hour. 50% off Sushi & Rolls. Monday Madness Happy Hour Special 5-6pm everything half price. Tues, Thurs & Friday Happy Hour Special 5-6:30pm, 50% off Sake and Beer, 20% off Sushi and Rolls. Wednesday Night 5-6:30pm 20% off Sushi and Rolls, 2 for 1 drinks. **Voted Best Sushi 2011.**

CARIBBEAN



Rasta Pasta
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.

MEXICAN



Salsa Brava Fresh Mexican Grill
Rockrimmon -
802 Village Center Dr.
719-266-9244
Briargate -
9420 Briar Village PT.
719-955-6650
SalsaBravaonline.com

Voted Best Mexican Restaurant in Colorado Springs - 2011. Salsa Brava serves traditional Mexican dishes with a twist, made with the freshest of ingredients. Monday - \$5 Margaritas. Tuesday - Briargate 5K Run Club. Wednesday - \$5 Martinis & Rockrimmon 5K Run Club. Happy Hour daily from 4-7 p.m. Full-service catering for groups up to 3,000.

FINE DINING



The Margarita at Pine Creek
7350 Pine Creek Rd.
Colorado Springs, CO 80919
598-8667
www.margaritaatpinecreek.com

Hours: **Lunch:** Tuesday-Friday 11:30a.m.-2:00p.m. **Dinner:** Tuesday-Saturday 5:30p.m.-8:30p.m. **Brunch on Sunday:** 10:30a.m.-2:00p.m. Serving award winning, contemporary, seasonal cuisine with a casual attitude for 37 years. Upstairs: fine dining (accompanied by our harpsichord on Saturday evenings). In the downstairs lounge: local music (from jazz to bluegrass) Wed-Fri. Enjoy appetizers to full course meals! Always affordable dining with a special occasion feel. Join us for lunch, dinner and Sunday brunch. Relax and take in the Colorado scenery on the patios soon! Perfect for private parties, rehearsal dinners, weddings and other events.

STEAKHOUSE



The Famous
719-227-7333
31 N. Tejon Street
www.thefamoussteakhouse.net

Lunch Mon.-Fri * Dinner Nightly. Think that late night Chicago Steakhouse: polished booths that enclose years of secrets, big slabs of aromatic prime rib, sparkly cocktail glasses clinking at every table... **Best Steak 2011, Best Fine Dining 2011, Best Martini 2011, The Gazette.**
facebook.com/FamousSteakHouse

ICE CREAM & GELATO



Pikes Peak Ice Cream & Gelato
481 Highway 105, unit 208
(west of Rosie's Diner)
Monument, CO 80132
719-313-9484
Our Booth at the AFA Stadium,
south end

Pikes Peak Ice Cream & Gelato is the only locally owned dessert lounge that produces our own gelato-style ice in the store. We source clean, local dairy and imported Italian ingredients allowing us to support local community businesses and ensure that our gelato-style ice cream is 14,100' above the competition. Military Monday: 15% discount with military ID.



Zanes Steak House
719-260-6555
5905 Corporate Drive & I-25
Exit 148 N. Nevada

SERVING LUNCH AND DINNER FROM 11:00A.M. DAILY It's been told that a cowboy cook named Zane may have settled in these parts, leaving his legendary recipes to carry on the name; Zane. Join us for a foot stompin time with hand cut, specially seasoned steaks, tender & meaty ribs and ranch style fixins. Bend an elbow in the trailblazer saloon or pony up on the patio. Let us host your private shindig or roundup in the old west way...The legend lives on at Zanes.

Around the Academy



Take an outdoor adventure

For information on program offerings, contact Outdoor Adventure at 333-2940 or visit their website at usafaservices.com.

Hiking on the Academy: Women's casual-paced hiking is held Tuesdays at 9 a.m., with co-ed quick-paced hiking held Thursdays at 4:30 p.m. The hikes are free, but registration is required. Contact Outdoor Adventure for more information.

Honor Guard candidates

The Air Force Academy Honor Guard wants volunteers who can help pay final honors to those interred at the Air Force's only active cemetery.

Airmen must have 12 months of retainability on base and be able to support at least two details per month for one year.

Training is every other Wednesday from 1 to 4 p.m. Benefits of Honor Guard membership include consideration for a medal upon completion of the 12-month commitment and free attendance to some major sporting events.

Schedule of Worship



Cadet Chapel

BUDDHIST
Sundays, 10 a.m.

PROTESTANT WORSHIP
Combined Worship Service:
Sundays, 9 a.m.

CATHOLIC WORSHIP
Mass: Sundays, 10 a.m.

JEWISH WORSHIP
High Holiday Schedule
Yom Kippur: Today, 4:45 p.m. service, dinner to follow at 5 p.m.; Kol Nidrei, 5:45 p.m. Saturday, 10 a.m. Mussaf service, includes Yizkor; 5 p.m. service; 6 p.m. Neila service; fast ends, 7:12 p.m. We will break the fast as a community after services.

Normal schedule
Fridays: 7 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.
Wednesday Night Live: For ages 3 to adult. Begins with a meal. Wednesdays, 6-7:30 p.m.

For more information, call Master Sgt. Lissy Slezak at 333-9309 or Staff Sgt. Hugo Reinor at 333-5621.

Clinic offers shingles vaccine

Shingles vaccinations are now available at the Academy Allergy and Immunization Clinic. The vaccine is recommended for people age 60 and older. Anyone 50 to 59 years old must have a prescription.

The clinic's hours of operations are: Mondays, Wednesdays, Thursdays and Fridays, 8 a.m. to noon and 1 to 4 p.m.; Tuesday, 9 a.m. to noon and 1 to 4 p.m.

On the first Thursday of the month, the clinic closes at 11:30 a.m. for training. Patients are advised to call ahead because mission requirements can cause closures on short notice. The number is 333-5080.

Mixed bowling league

Organizers are looking for teams to bowl in a mixed league (two men, two women) Tuesday nights at 7 p.m. at Academy Lanes Bowling Center on the Air Force Academy.

For more information, call Mike at 694-4401 or Terri at 290-1894 or sign up at the bowling alley.

Get your recyclables ready

To commemorate America Recycles Day, the 10th Civil Engineer Squadron will hold its annual electronics recycling event from November through January.

Each Wednesday and Thursday beginning in November, electronic items can be taken to Civil Engineers' Complex (Building 8125) from 8 a.m. to 3 p.m. for recycling.

Recycling is free. Recyclable items include personal computers and components, televisions, DVD or CD players, stereos, speakers and VHS players. Over the past five years, the Academy has recycled more than 40,000 pounds of electronics.

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

Preppies need sponsor families

Sponsor families are needed for cadet candidates attending the U.S. Air Force Academy Preparatory School for the 2011-12 school year.

The Prep School is designed to prepare students for admission and success at the Air Force Academy.

Eligible sponsors are: active/retired GS-05, E-6, O-3 and above. Academy graduates and professors may also apply.

If you would like to sponsor one or more of these students, or if you have any questions, please call Mark Winter at 333-2583.

AFSA to brief retirements

Air Force Sergeants' Association Vice Chairman for International Legislative Affairs James Lokovic will brief the newly proposed retirement program, education benefits, marriage law act, and other topics relevant to both the enlisted and officer corps. There will be three sessions, all of which will take place Monday. Times and places are as follows: 8-9 a.m., Community Center Theater;

10:30-11:30 a.m., Fairchild Hall, L6 Lectinar; 3-4 p.m., Community Center Theater.

For more info, call Master Sgt. Mark Schwartze at 333-8075.

Community center activities

Madden tournament - Sunday, 2 p.m. sponsored by Community Activities. Open to Academy patrons 18 and older. Snacks and beverages will be on sale. Call 333-2928 to register.

Free double-feature movie night - Community Center Auditorium, Oct. 28. The first movie, "Cowboys and Aliens," rated PG-13, starts at 6 p.m. and the second movie, "The Change Up," rated R, starts at 8 p.m. Halloween costumes are welcome. Sodas and popcorn will be on sale.

Combat arts workshop - Oct. 29 at 3 pm, in the Milazzo Center Ballroom. Workshop, conducted by Dave Durnil, covers safety, basics and mixed martial arts positions. Event is free.

UFC fight watch - Oct. 29 at the Milazzo Center Sports Area. Fight starts at 7 p.m.; Milazzo Center will open at 6 p.m. Snacks and both alcoholic and nonalcoholic beverages will be for sale.

Sign up to stay at SnoFest

SnoFest 2012 lodging now on sale! Call 800-258-0437 to book and provide Group Code GC8PRB and base affiliation.

Toastmasters meeting details

The Toastmasters Academy Orators club meets Wednesdays 12:05-1 p.m. in the contracting department

conference room, 8110 Industrial Drive.

The group provides leadership growth through confidence-building exercises and artful, purposeful communication. For more information, call Irene Noble at 333-5133.

Entry decal discontinued

In accordance with recent guidance from the Department of the Army, Fort Carson has eliminated the use of the Department of Defense vehicle decals (DD Form 2220) for access to the installation.

Personnel requiring access to Fort Carson will be required to present their DoD-issued ID card (Common Access Card, retiree ID, or family member ID) or have an extended pass (FC Form 1606) and a state-issued photo ID.

The Air Force eliminated vehicle decal requirements in 2006. However, the 10th Security Forces Squadron continued to issue them as a convenience for personnel who routinely visited Fort Carson.

Because Fort Carson no longer requires vehicle decals, the 10 SFS has eliminated this process as well.

Effective immediately, the DD Form 2220, vehicle decal, is no longer available at the Pass And Registration Center. The PRC will now issue Cadet Area stickers from Monday through Friday, 7:30 a.m.-4:30 p.m.

Please ensure the attached memo is completed and brought with you

The PRC will also continue to issue Colonel to General stickers upon request. Any questions can be referred to Brad Wilson, 10 SFS/S5, at 333-8420.

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Breast
Boneless,
Skinless

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Fryers
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7-Up 2 Liters, Arizona Tea 42 oz., SunnyD Punch 64 oz., Gatorade Sports Drink 32 oz., Prime 4 oz. or Recover 16.9 oz. Select Varieties

\$1

Albertsons Large Eggs 12 ct. Grade AA

\$1

Albertsons Sandwich Bread 24 oz. Select Varieties

\$1

Hormel Chili with Beans 15 oz., Hunt's Spaghetti Sauce 26-26.5 oz., Rice-A-Roni or Pasta Roni 3.8-7.2 oz. Select Varieties

\$1

Kens Salad Dressing 16 oz., Rosarita Beans 16 oz. or Daisy Sour Cream 8 oz. Select Varieties

\$1

Culinary Circle Pizza 14.2-33.5 oz. Select Varieties

3⁹⁹

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