

**ENLISTED CALL**

Servicemembers are reminded of their role in the Academy's mission. **Page 3**

**ABOVE AND BEYOND**

Academy's first female fire station captain receives service award. **Page 4**

**SUICIDE PREVENTION**

Warning signs discussed, avenues for assistance given. **Page 7**

# ACADEMY SPIRIT



## Parents get a closer look



Cadet 4th Class Mark Adams and his parents, Steve and Jennifer Adams, visit with one another during Parents' Weekend. Seen in the Language Learning Center, his parents participated in one of the cadet's classroom lessons as they listened to Arabic and learned proper pronunciation. Parents' Weekend gave thousands of family members an opportunity to experience life at the Academy, with a firsthand look at the programs and facilities offered by the Air Force.

MIKE KAPLAN

## Officials to get tough on personal devices on network

By Don Branum  
Academy Spirit staff writer

The 10th Communications Squadron will clamp down on restrictions against connecting privately-owned devices to the Academy's computer networks beginning Oct. 1, 10th Mission Support Group officials announced Aug. 30.

Even connecting a personal device to a computer to charge it "poses a tremendous threat to the security" of the Academy's computer networks, according to guidance approved by 10th MSG Commander Col. Michael Addison Jr.

Individuals who attach devices such as personal computers, tablets, cell phones, music players or gaming systems will immediately lose their network access, according to official Academy policy. They will have to complete additional information assurance training, and their commanders or directors must request reinstatement of their network privileges. Officially approved cadet-owned computers are authorized on USAFA's networks.



Individuals who violate the policy may also have their devices seized or erased and may face either disciplinary action under the Uniform Code of Military Justice or adverse civilian disciplinary action.

Cadets may use non-flash removable media such as external hard drives with their approved, personal-

ly owned computers, but must ensure their antivirus software is up-to-date and must scan all removable media prior to use.

Flash drives may not be used on government systems unless they meet stringent requirements set by U.S. Cyber Command. Information on the requirements is listed in Academy Guidance Memorandum 33-02, "USAFA Information Technology Enterprise Use," available online at <http://1.usa.gov/R3yTBq>.

Government-owned external hard drives are acceptable for use on the Academy's computer networks, but other devices such as digital cameras must be preapproved by the Academy's Designated Approval Authority. For more information contact your unit information assurance officer, the 10th Air Base Wing IA office at 333-9880, or by calling the Communications Focal Point at 333-4357.

# Airmen have standards

By Tech. Sgt. Vann Miller  
Air Force Academy Public Affairs

I listened to the words of Brig. Gen. Lengyel, the commandant of cadets, during the most recent enlisted call. He reminded the audience that what he needed most from us was to be role models. His sincere words gave us standards to follow and reminded us that our mission here at the Academy was to help a select few young volunteers learn these standards and become second lieutenants.

As his thoughtful words and direction hit me, I could not help but reflect on my time here at this institution. In so many ways, this base is unlike anything I've ever experienced before: Cadets running on white marble strips, sporting events that bring base traffic to an incredible crawl and base visitors asking to pose with me in front of the base chapel. Even the majestic landscape serves as a daily reminder of how in this environment we are looked at with such great scrutiny. But I have to admit, it has been an honor.

The cadets here are expected to excel at some amazingly remarkable feats. Whether, it's working hand-in-hand with NASA to test an experimental satellite's operation, jumping from an airplane as part of a parachute demonstration team for Parents' Weekend, or submitting footage of the dance and cheer team for a Sunday Night Football

“The reason the cadets are able to accomplish so much in the four years is not because they are made up of some magical components. The reason is simply about choice. They choose to excel.”

promotion — each of which happened in the past few weeks — these cadets personify excellence.

The reason the cadets are able to accomplish so much in the four years is not because they are made up of some magical components. The reason is simply about choice. They choose to excel.

I'm glad I went to the enlisted call. Hearing the general's request to be a role model made it fresh in my mind that the standards are important. Those standards make us proud to be part of an institution that produces some truly remarkable people. While I come up on my one year anniversary of being assigned to the Academy, I look forward to the challenge of making my next year even more spectacular than the previous one. And because we all embrace standards, I know my fellow Airmen share this goal.

## Donations spark interest in space

The Academy's Astronautics Department continues to generate enthusiasm for careers in Science, Technology, Engineering and Math, or STEM, by donating four surplus spacecraft models to the Discovery Canyon Campus Aug. 30.

The department was cleaning up its laboratory and, rather than putting the unused items back into storage or disposing of them, they decided to donate them to a local school, according to Col. Marty France, the Astronautics Department head.

“With our department being almost 55 years old, we've accumulated a lot of great models and donations from Air Force organizations and industry — many that are historically significant,” France said. “But we just don't have room for all of them anymore. One of our lab technicians, Tech. Sgt. Chris Smith, suggested that we donate them to Discovery Canyon to help motivate the kids there. We thought it was a great idea but waited until the school year started so that we could make sure it was done right and kids could participate.”

The department routinely hosts student groups to tour their satellite facilities in Fairchild Hall and learn about the cadet-built FalconSAT program and other aspects of space, but this was the first time the Academy donated actual space hardware to a local school.

The department donated quarter-scale models of a Defense Support Program satellite, a Defense Satellite Communications System satellite



Discovery Canyon students admire the 1/6 scale model of the Mercury Capsule donated by the Academy's Astronautics Department Aug. 30. The model is a replica of the capsule that John Glenn flew in to become the first American to orbit the Earth.

SARAH CHAMBERS

and a 1/6 scale model of the Mercury Capsule that John Glenn flew in to become the first American to orbit the Earth. They also donated an actual Explorer 20 satellite, that was the backup for the Explorer 20 satellite that was launched on August 25, 1964 and its mission was to measure the top side of the ionosphere.

“In the early days of the Space Era it was common to build two models of spacecraft in case anything went wrong in final testing before launch, or if a launch failed,” France said. “We were very fortunate to have Explorer 20 donated to us and now feel honored that it's found a home at Discovery Canyon.”

The Academy's Research Office helped clear the donations through minor legal obstacles and arranged for local media and representatives from District 20 to attend, including District 20 Superintendent Dr. Mark Hatcell and Col. Neal Barlow, head of the Aeronautics Department and the Academy's liaison to the District 20 School Board. The Academy's

long-time relationship with District 20 also made this a natural connection — something both Hatchell and Barlow praised.

Discovery Canyon Principal Christina Serola said receiving the gift was an honor. She intends to place one model in each of the four campuses at Discovery Canyon so that all of the children at the K-12 school can see them on a daily basis.

“We want to do anything we can to motivate kids to study math and science, but there's more to space than just math and science,” France said. “Space can motivate kids to be creative writers, to study history, and to better understand geography, too.”

Barlow, France and Hatchell challenged the students to use the models as daily motivation to achieve their goals. They were tasked to challenge their teachers, too, by asking more questions about the spacecraft: how they get to space, how they stay in space once placed there, what missions they perform, and how those missions affect our daily lives.

## ACADEMY SPIRIT

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

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# Commandant, command chief ask enlisted to act as role models for cadets

By Amber Baillie  
Academy Spirit staff writer

The Academy's commandant of cadets, command chief master sergeant and two Airmen spoke to enlisted members on wingmanship, communication and how to be a role model here Sept. 4 during an enlisted call in Arnold Hall Theater.

Commandant of Cadets Brig. Gen. Gregory Lengyel opened the presentation and told Airmen they should act as role models to cadets by helping them understand the Air Force core values: Integrity First, Service Before Self and Excellence in All We Do.

"Any chance you have to work with these cadets, please recognize they are college students who we are trying to turn into Air Force officers," Lengyel said. "They are very capable, bright, dedicated and need your help."

Airmen need to practice the core values in order to make a difference to prospective lieutenants, Lengyel said.

"Every cadet is a volunteer just like every one of you in this audience," Lengyel said. "They have joined us and need to understand because they're joining our organization. We expect them to adapt to our standards. We're not going to change our core values as an organization to accommodate



Chief Master Sgt. Stephen Ludwig

not an Academy graduate but said his 27 years in the service have made him successful.

"What I have discovered in 27 years is that the units who have the highest standards, maintain good order and discipline are the best performing units and have the highest morale," Lengyel said. "The reason for that is because people are proud to be associated with them and proud to be a part of them."

Airmen should be proud of the Academy's program and respect the rigorous standards cadets must follow, Lengyel said.

"It is a very strict code," Lengyel said. "There are few college students in the United States who are held to the same level of scrutiny as cadets here. They sacrifice a lot of their free-

doms other college students around this nation enjoy."

Lengyel added that no form of discrimination should be tolerated here or anywhere else in the Air Force.

"The sexual assault case that happened at Lackland Air Force Base took place for the same reason it could happen here," Lengyel said. "In an environment where there is a hierarchy with a superior and subordinate, there is always potential to misuse power. We won't tolerate it and as role models you should never tolerate it or do it yourselves."

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Chief Master Sgt. Stephen Ludwig said Airmen must understand Air Force standards in order to communicate accurately with other service members and through social media.

"Messaging is important, such as when you have young airmen show up at your organization you can teach them the right way, right from the start and take good care of them," Ludwig said.

Ludwig said Airmen can always talk to their command chief.

"My door is always open, and my phone is always on," Ludwig said. "If you have an issue you would like to talk to me about, come and see me because I am here to make sure we're taking care of business the right way. There shouldn't be any break that

eliminates communication at any step of the enlisted corps."

Airmen 1st Class Casey Nation and Christen Neel spoke on the importance of wingmanship in the Air Force.

Nation said combat control school was where he first learned the significance of having a wingman.

"Working as a team is the greatest thing that has ever happened to me," Nation said. "My teammates helped me get through the school. It's about helping each other every step of the way because if you're going to tough it out, you should tough it out together so your wingmen are right next to you physically or mentally. No matter where I go, the wingman concept still stays the same."

Neel said it was her supervisor Staff Sgt. Terrell Powell, a surgical technician at the 10th Medical Group, who taught her about commitment and her role as a wingman.

Neel said Powell went out of his way to make sure she arrived safely to the Academy and made her feel extremely welcome.

"His multiple acts of hospitality are something I will carry over when I become a noncommissioned officer because I know firsthand how much it means to have a wingman the first day of arrival," Neel said.

# AFA solar array saves taxpayers \$802K in 1st year

By Amber Baillie  
Academy Spirit staff writer

After a year of operation, the data is in. The Academy has received roughly seven and half percent more power than anticipated from the 6-megawatt solar array project that began production last summer.

Eighteen thousand eight hundred and eighty-eight solar panels were installed along 41 acres on the Academy's southeast corner and began operation for renewable energy on July 1, 2011. Since then the project has provided the Academy 12.5 million kilowatt hours in power when it was originally estimated to provide only 11.6 million kilowatt hours in power.

"The project is finished and now we're reaping the benefits from it," said Russell Hume, a mechanical engineer with the Academy's Directorate of Installations. "We're making sure it produces within a reasonable measure of what we anticipated and we're above what we predicted, so that's good news."

The \$18.3 million project was awarded to Colorado Springs Utilities who subcontracted to SunPower Corp. in August 2009 through funds from the American Recovery and Reinvestment Act. Also in 2009, the Academy was chosen as the net zero installation for the Air Force, and this project is one way the Academy has strived to meet the energy goals of the Defense Department's Net Zero Energy Installation initiative.

"The panels have produced 12 percent of the Academy's overall electricity needs," Hume said. "As we target net zero, electrical energy is relatively easy to produce, but thermal energy is much more of a challenge.

Our thermal load is currently met by natural gas and a renewable replacement fuel source for natural gas is very difficult to find."

In the first year of operation, the Academy has saved \$802,000 in avoided power purchases, Hume said.

"We estimated we would only save \$550,000 in direct power savings, so the \$802,000 is great news," Hume said.

The array uses Sunpower Corp.'s T0 tracker technology. The panels don't tilt to the south, like many fixed-axis arrays across the country, but rather remain flat and track the sun as it moves from east to west.

"The panels sit on top of long square tubes connected to motors that draw power directly from the panels and rotate the panels throughout the day. The degree of rotation is based on the normal weather cycle and where the sun should be based on astronomy."

Hume said the main driver of the project has been to save money and allow the Academy to refocus the money spent on utilities toward the direct mission, instead of mission support.

"In these fiscally austere times, we need to focus our resources on the



COURTESY PHOTO

The Academy's solar array is situated on 41 acres of land on the southeast corner adjacent to Interstate 25. Four thousand seven hundred and eighty-three posts and 18,888 panels were installed to provide renewable energy.

mission. So being green is great, but saving money is equally important" Hume said. "The great thing with energy, and projects like the array, is that it crosses operational and educational boundaries. I have been able to work closely with the Dean of Faculty and other staff to get cadets involved by showing them the solar array site. We want to expose cadets to solar energy so they can take it forward in their Air Force careers and apply it where necessary."

Hume said the Academy continues to take steps in the net zero initiative to meet the Air Force's desire to save on energy costs and meet legislative

mandates.

"Executive Order 13514 requires that all new federal buildings must be designed to achieve zero net energy by 2030 and after 2030, every building we create is supposed to be net zero," Hume said. "Also, beginning in 2025 the National Defense Authorization Act of 2010 requires us to either produce or purchase renewable energy totaling 25 percent of our total energy per year."

The economic life of the array is 30 years, Hume said.

"We're one down and have 29 more to go," Hume said. "At this point, everything is looking good."

# Academy firefighter to receive national award

By Don Branum  
Academy Spirit staff writer

An Air Force Academy firefighter will receive the National Image, Inc., Meritorious Service Award during a presentation in Los Angeles Thursday.

Elaine Perkins, a Honolulu native and captain of Fire Station 3, won the award for numerous achievements, including a 15-percent improvement in emergency response time and actions that saved at least one person's life during a vehicle accident on Interstate 25.

Perkins, the Academy's first female station captain, joined the Academy Fire Department in January 1998 after serving four years on active duty at Eglin Air Force Base, Fla., and two months of civil service with the Army in Atlanta.

"I love working here," she said. "They've been very good to me, and I want to pay them back for everything. I am very loyal."

Ken Helgerson, the Academy's deputy fire chief, said Perkins' loyalty and performance made her a perfect choice for the award.

"Elaine Perkins has always been a top performer and is a role model for our military firefighters," Helgerson said. "I thought this award was a great way to highlight her efforts, and I am certainly glad she was selected."

Because the award nomination was submitted earlier in the year, it did not include Perkins' contributions to the Waldo Canyon fire. She was among the firefighters who responded June 23 to the Cedar Heights subdivision of Colorado Springs to try and protect the city's southwestern borders. She also helped protect the Peregrine subdivision and the Air Force Academy's southwestern border June 26-29.

"It was like a once-in-a-lifetime fire," Perkins said, searching for words to adequately describe it. "It made you feel ... you wanted to help, but you knew you were too small to help, but you were trying to do your part."

Perkins said she experienced a whirlwind of emotions as she watched and fought the fire.

"You're excited, you're scared, you're curious ... and then you're also ... at one point, I felt helpless," she said. "I thought, 'Oh, my God, this could be devastating.' We were lucky that we were able to stop it from touching any structures on the Air Force Academy because ... if it had gone past the

Air Force Academy, the last stand would have been at Mount Herman, and that's in Palmer Lake.

"It could have destroyed a lot of historical buildings on the Air Force Academy. If it had gotten past us ... 343 houses in Mountain Shadows would have been just a drop in the bucket," she added. "I was scared that if (a fire started) in Black Forest, the Springs would be trapped in-between, and that would be ... I don't know. We were just eager to help. Luckily, we held it here, on our southern boundary."

Most of a station captain's duties are supervisory, involving time cards and facility management, but that doesn't stop Perkins from hopping into an engine.

"It always depends on staffing: I could ride the engine one day or a rescue truck depending on what's needed," she said. "I try to keep versatile, to fill in positions. ... Nowadays we work more with less, so you get thrown into positions wherever you're needed."

Most of the responses from Perkins' station involve in-flight emergencies at the airfield or structural emergencies for the buildings along the airfield. However, Station 3 also responds to



“Elaine Perkins has always been a top performer and is a role model for our military firefighters ...”

- Ken Helgerson, Academy deputy fire chief

incidents along a seven-mile stretch of Interstate 25, from Mile Markers 151 to 157.

"Part of that strip is Air Force property, so we get to run on the interstate," she said. "It keeps us busy, especially in the winter. It gives us some experience and a chance to use our skills. So we don't tend to only military; the civilian population gets to see us every

once in a while."

In one vehicle accident, Perkins served as the lead medic, saving the life of a victim with life-threatening injuries, according to the award citation.

However, not every emergency is easily accessible. A number of Perkins' responses involved injured hikers or bicyclists along the Academy's mountainous west side and the rugged Falcon Trail.

Perkins also holds part of a world record in the Firefighter Combat Challenge. She and four other firefighters -- Andrea Caraway and Senior Airman Jessica Condon from the Academy Fire Department and Stacey Billapando and Lisa Smith from the Colorado Springs Fire Department -- set the record for fastest women's relay in 2009 with a time of 1:44.49. The record still stands today.

"Our team is retired now," Perkins said. "(Condon) left the Air Force and became a college student. Now she's in school to be a nurse. It just wouldn't be the same without her and the five of us."

Perkins' competitive streak extends to her Station 3 firefighting team and helps explain the 15-percent turnout and travel time. The crews would

"race" one another to see who could prepare for a response in the shortest time. She said she'd rib her teammates with statements like, "You can't let this old lady beat you!"

"In 60 seconds, we have to be bunkered out (in full personal protective equipment), in the truck and ready to go," Perkins explained. "It's one of those things -- it's a crew thing. We're just pushing each other and making sure we're taking care of each other and watching out."

"It doesn't hurt to make it fun, either. There's always this competitive air, especially with men. If a girl's on the truck, they can't let a girl beat them," Perkins added with a laugh. It's a friendly rivalry she's comfortable with, having grown up in a home with four younger brothers. She's similarly outnumbered at home, with her husband, Travis, and their twin boys, who turned 9 on Aug. 31.

"We were telephone interviewed ... about a second apart," Perkins recalled. "They called and interviewed me, and then they called him to get an interview, too. That's why I say I'm very indebted to this department, because they hired both of us."

Balancing work and home life took effort. For several years, Perkins said, she and Travis were essentially single parents: Each took a different 24-hour shift so one parent could be home with the twins.

"When the boys were born, we couldn't afford a nanny, so we were both on different shifts for three years. We'd come and visit each other for dinner, but ... the boys either saw me, or they saw him," she said. "But now I'm really lucky because my mother-in-law watches them while we're at work, so we're able to be on the same shift now."

Items on Perkins' "bucket list" include planting 100 trees, donating 100 inches of hair and giving 100 gallons of blood before she retires. She's taken strides toward the latter goal, having donated a lifetime total of 8 gallons of blood.

"Even though in movies and shows like 'True Blood' where they create synthetic blood, there's no way you can create synthetic blood," said Perkins, who donates platelets every few weeks. "So I just feel a need to give blood, to help out, because it helps save a life."

"I'm just sad because once you hit 5 gallons, they (the Red Cross) invite you to dinner, and when we went to the annual dinner, all I saw was a sea of white hair," she continued. "The younger generation isn't doing it. I need to find out a way to get more people my age to donate, because it's in high demand."

Perkins thanked the Fire Department for the award, saying she was honored and humbled.

"It makes me happy that they think of me this way," she said. "I never want to disappoint them, because they have taken good care of me here."

Elaine Perkins, right, takes the baton from Stacey Billapando during the 2011 Firefighter Combat Challenge world finals. Perkins and Billapando are two of the founders of the Fire Fembots team, an all-woman firefighter team that has won three world titles in the firefighter combat challenge, with the latest world title earned in 2011.



# Academy clinic ready for flu season

The 10th Medical Group's Immunization Clinic will begin offering the influenza vaccine for ages 2 years and older on Tuesday.

The flu shot does not guarantee prevention of influenza, but it does decrease risk of infection as well as minimize duration of symptoms should infection occur, according to immunization clinic officials.

This year's flu vaccine contains H1N1 as well as other common flu strains.

People of all ages are encouraged to get the flu vaccine, but certain patients are at higher risk and are highly encouraged to get the vaccine. Higher risk patients include: All children 6 months to 18 years old, Adults 50 and over, pregnant women, nursing homes/chronic care facility residents and adults with chronic medical conditions (such as lung disease and asthma, heart problems, metabolic diseases including diabetes, kidney



ELIZABETH ANDREWS

Staff Sgt. Melissa Baxter, an immunization technician with the 10th Aerospace Medicine Squadron, administers a flu shot to 10th Air Base Wing Commander Col. Tim Gibson Tuesday. Flu shots are now available at the clinic.

## INFLUENZA VACCINATIONS

- 10th MDG's Main Clinic Lobby
- 1-3 p.m. on weekdays
- 8 a.m. to noon weekdays Tuesday through Sept. 21

disease, immune system suppression, blood disorders and neurological conditions.) In addition, anyone who

lives with or cares for people in the high-risk category should receive the influenza vaccine annually. This also includes contact with children under 6 months.

Flu vaccines will be given on a walk-in basis (no appointment necessary) at the 10th MDG's Main Clinic Lobby (next to the Pharmacy). Hours of operation are: 1-3 p.m. on weekdays, and from 8 a.m. to noon on weekdays

Tuesday through Sept. 21.

Customers will be treated on a first-come, first-served basis.

The clinic will close in order to support Cadet Immunizations, which are tentatively scheduled for Oct. 1-5 or Oct. 8-12. Those dates are subject to change, so please call the Immunizations clinic front desk at 333-5080, to verify, or if you have additional questions.

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# Zero Gravity



PHOTOS BY ROBERT MARKOWITZ / NASA-JOHNSON SPACE CENTER

Cadet 1st Class Heather Nelson, left, 2nd Lt. Samantha Latch, right and physics instructor Trey Quiller, center, watch the deployment of the FalconSAT-7 payload while in zero gravity. The FalconSAT-7 payload is a photon sieve, a membrane with billions of holes that duplicates the function of a traditional lens, but folds into a smaller space. The payload deploys within two seconds.

## Physics researchers enter zero-g environment for FalconSAT

By John Van Winkle  
Air Force Academy Public Affairs

Academy researchers went into zero gravity aboard a NASA aircraft Aug. 26 to test a new patented optical telescope that can expand the capabilities of space-based imagery.

Cadet 1st Class Heather Nelson, 2nd Lt. Samantha Latch, Trey Quiller, Dr. Michael Dearborn and Dr. Geoff McHarg from the Academy went weightless to test payload deployment of the Academy's FalconSAT-7 satellite.

The zero-gravity test experience came courtesy of the NASA Reduced Gravity Research Program and the contract Boeing 727 it uses for research and astronaut training. The aircraft lifted off from Houston. Once over its test area, it flew a series of parabolic arcs that produce periods of weightlessness at the top of the flight arc for 20 seconds at a time, and stronger gravity at the bottom of the airborne roller coaster ride.

This was the first time the payload and Academy researchers have performed tests in less than full gravity.

"The zero-g experience is unlike anything you can possibly describe to someone who has only ever experienced a 1g environment," said Cadet 1st Class Heather Nelson, an astronautical engineering major from Cadet Squadron 16.

"For the first parabolas, they have you lay back on your back so your inner ear has a better chance to adjust. When you hit the 1.8g pullouts you feel like you are being pushed into the floor of the plane — but not like you are being pressed, more like you sink in farther because you weigh more. When you hit the 0g portions you just float off the floor. It's sort of like doing a deadman's float in a pool," she added.

"At first we didn't work in the 1.8g portions because your limbs become very heavy and it is somewhat difficult to move, but as we got more used to the gravity changes we started to work when the gravity was about 1.6g. I'm not sure it can meet or fail to meet

expectations because you really have no idea what to expect," said Nelson. "It was as amazing as I had hoped it would be. I literally couldn't stop smiling."

Her fellow researchers agreed that the zero-gravity adventure was a once-in-a-lifetime experience.

"The very first parabola was watching everyone have wide-eyed excitement," said Trey Quiller, a mechanical engineer with the Academy's Space Physics and Atmospheric Research Center. "Getting used to the new environment took three or four zero-gravity portions to figure out how to move and not run into other people on the aircraft. After that, it was quite easy to maneuver because it took very little work and force to do anything."

"The experience was nothing like anything I expected at all. I expected the flight to be very similar to riding a roller coaster, and I don't like roller coasters; but it was nothing like that," he added. "You go from feeling very heavy and having a hard time moving at 1.8g, loading straight into the feeling of nothing. There was no falling sensation or anything in the pit of my stomach — just nothing."

Each of the Physics Department researchers can claim to be the first Academy research team to hit zero



Cadet 1st Class Heather Nelson, left, flips a Physics Department coin in zero gravity, while 2nd Lt. Samantha Latch, Class of 2012, does her own zero acrobatics.

gravity while at the Academy. That's especially true for Nelson, who is now the first Academy cadet to go into zero-g.

"Everyone I've been telling is super jealous and tells me that I got the coolest research project," she added. "I can't help but agree with them. I have had the amazing opportunity to work with a great team on a cutting edge program and for that I am very thankful!"

That research project was the Academy's latest satellite, FalconSAT-7, and its sole payload is a new optical telescope known as a photon sieve.

"We designed the test to deploy the photon sieve from the satellite," said Latch. "We have a fairly complicated delivery system for the payload. It starts off in a box. Once it's in orbit, we'll ping the satellite to make sure it's alive, and then issue the command to deploy the payload."

Latch, a 2012 Academy graduate, worked on this project while a cadet and physics major last year. Previous research on membrane folding for other projects and her later work with the satellite and payload brought her back to the Academy on temporary duty. She will now help process test data and return to her regular duties at the 80th Operations Support Squadron at Sheppard AFB, Texas, while awaiting her start date for pilot training.

But she'll add her zero-gravity experience to her latest list of accomplishments and follow the progress of the FalconSAT-7 project.

Once deployed, the photo sieve will take images of the sun.

"If we can demonstrate that this works, it opens up the possibility of putting larger telescopes on small satellites," said McHarg, SPARC's director. "This is critical for both NASA and the Defense Department because the resolution of a telescope is dictated by the size of the primary optic. Traditional space-based telescope optics are limited to the size of the host spacecraft. For instance, the Hubble Space Telescope is the size it is because it had to fit inside the Space Shuttle.

NASA would have made a larger Hubble if they had a larger spacecraft to launch it."

The reason FalconSAT-7 can deploy a proportionately large telescope is that instead of traditional optics, it is using a new type of optic called a photon sieve. The photon sieve was created and patented by Dr. Geoff Andersen, a researcher at the Air Force Academy's Laser and Optics Research Center.

"The photon sieve is a thin membrane with of billions of tiny holes, each of which causes diffraction," said McHarg. "The holes are cleverly arranged to add up correctly to make an image. The photon sieve is made from a very thin membrane material — much like plastic wrap used in a kitchen — that can be rolled into a small space, and stowed into our little spacecraft."

FalconSAT-7 is indeed small, measuring 30 centimeters in depth and 10 centimeters in both length and width. Once in orbit, the satellite will open to release three arms that stretch the photon sieve's metal membrane in only two seconds, deploying a 10-inch diameter telescope. This will become the world's first space-based membrane telescope.

"The microgravity flights made possible by the Space Test Program and the NASA Reduced Gravity Office were vitally important to our FalconSAT-7 program because it demonstrated that the basic deployment mechanism we have will work in a reduced gravity environment, and does not become fouled in the process," said McHarg. "On the technical side we found that our packing scheme does work, and that when the telescope deploys — pops out like a jack in the box — it does not make the spacecraft tumble."

FalconSAT-7 is a collaboration between the National Reconnaissance Office, Defense Advanced Projects Research Agency, Air Force Office of Scientific Research, Air Force Institute of Technology, NASA, MMA Design and the Air Force Research Laboratory, and is slated for launch in 2014.

Participants in the 2009 Southeast Colorado Susan G. Komen Race for the Cure pose during race day activities. More than 100 cadets will volunteer for the 2012 race, scheduled for Sept. 8-9 at Garden of the Gods Park in Colorado Springs.



STAFF SGT. ERIC BOLT

## Cadets, staff to volunteer at 'Race for the Cure'

By Don Branum  
Academy Spirit staff writer

More than 100 Air Force Academy cadets and staff members will take part as volunteers and runners for Susan G. Komen Race for the Cure events Saturday and Sunday at Garden of the Gods Park in western Colorado Springs.

Academy volunteers, organized primarily through Cadet Squadron 11, comprise roughly one third of the total volunteer numbers for this year's event, said Sharon Owen, the Race for the Cure chairwoman.

"These cadets work so hard, Saturday and Sunday," said Owen, a 1986 Academy graduate. "They're so professional, so nice. Everyone loves to have cadets on their volunteer teams."

Cadet 1st Class Kelsey Garcia and Cadet 2nd Class Loyd Bradley are the cadets in charge for the Academy's volunteer efforts. Bradley manages the project, with Garcia working in an advisory role.

Bradley said he became involved after researching the Southeast Colorado Susan G. Komen affiliate.

"I read about what it stood for and where the money went. I told Kelsey I'd definitely be interested if she was willing to work with me," said Bradley, a native of Arlington, Texas.

Garcia managed the volunteer effort in 2011, helping to raise more than

\$168,000 for the local affiliate's key-stone fund-raising event.

"I was involved with Relay For Life in high school," said Garcia, who is originally from Key Largo, Fla. "It's a similar organization. A few of our family friends were affected, and that's how we got involved."

Cadets will work at this year's race from 9 a.m.-4 p.m. on Saturday and from 4:30 a.m.-2 p.m. on Sunday.

The Race for the Cure consists of three events. Registering for any of the three allows donors to participate in the races on Sunday.

The first event, held in Rock Ledge Ranch Saturday at 2 p.m., is "Pooches in Pink." Sue Christensen, the special plans and events specialist for the Academy's Plans, Programs and Institutional Events Directorate, is the chairwoman for that event.

"This is an event for people who don't want to get up early for the 5k run or who would just like to enjoy a leisurely walk with their pets," Christensen said. "It's a chance to bring other sociable dogs out."

Dogs from the National Mill Dog Rescue in Peyton, Colo., will participate in a canine fashion show, Christensen said.

"It's a nice event in that it supports Susan G. Komen and also gets rescue dogs adopted," she said.

A "Sleep-in for the Cure" allows donors to participate in the fund-raising

portion of the event without having to get out of bed early for the race.

The 5k race begins Sunday at 8 a.m., with a 5k walk starting at 8:20 a.m. and a 1k family walk at 8:45 a.m. All races will be self-timed. Race officials will present awards to the top male, top female and top survivor finishers in the 5k run. Sunday events will also include a breakfast and a tribute to breast cancer survivors.

Registration starts at \$30 per adult, \$15 per child ages 5-15 and \$10 per dog for the Pooches in Pink event. Those who wish to participate may register online at <http://www.komensecolorado.org/register> or in person at Garden of the Gods on race day beginning at 5:30 a.m. Other registration locations include Citadel Mall and Chapel Hills Mall in Colorado Springs, the Robert Hoag Rawlings Public Library in Pueblo and the City Market in Woodland Park.

The Southeast Colorado Komen affiliate raised about \$400,000 in all last year, \$300,000 of which went to organizations in El Paso, Teller and Pueblo counties that are devoted to preventing, fighting and educating people about breast cancer. The remaining \$100,000 contributed to national-level breast cancer research, Owen said. The list of current grant recipients is available online at <http://www.komensecolorado.org/grants/current-grant-recipients>.

## FROM THE LEGAL FILES:



### Unsolicited Goods and Colorado Law

Have you ever received items that you did not order? Colorado has an "unsolicited goods" statute. Under the statute, an unsolicited good means a "contractual obligations or other tangible or intangible property or services delivered to a person who has not ordered, solicited or agreed to purchase them, but shall not include tangible or intangible goods or services which are misdirected, misdelivered or offered in good faith in substitution for goods solicited by the recipient."

If you receive an unsolicited good, you have the right to refuse to accept delivery of the goods and you are not bound to return such goods to the sender. If they are addressed to you, such an unsolicited good shall be deemed a gift to you, and you may use it or dispose of it in any manner you see fit without any obligation to the sender. It is illegal for the sender of an unsolicited good to attempt to bill you or collect for that unsolicited good.

Please do not hesitate to contact the Academy's legal office at 333-3940 for assistance.

## Suicide: 'Not on my watch'

By Capt. Alicia Dudley  
Suicide Prevention Program Manager

Suicides continue to be a problem in the general society, as well as the military. From Jan. 1, 2011, to Aug. 8, 2012, there have been 534 active duty suicides. The numbers have increased in 2012. Continuous efforts have been made to address this problem; however, there is still more to be done.

September is Suicide Prevention Month. The goal of the medical providers here is to increase awareness and advocacy about suicide prevention, according to one official.

"One of the greatest tools for suicide intervention and prevention is for people to know the warning signs," said Capt. Sarah Robbins, psychiatric nurse practitioner from the 10th Medical Group Mental Health Clinic.

Robbins added that people should know what to do in an emergency.

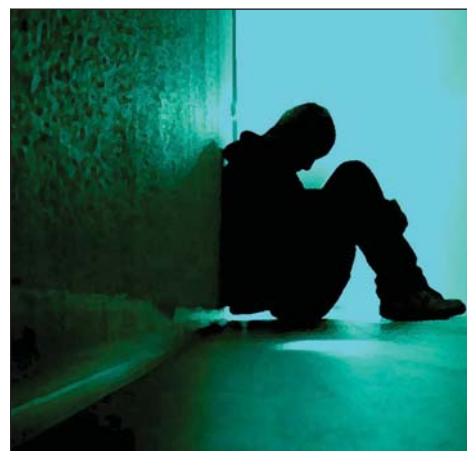
"Co-workers, family and friends are in the best position to recognize behavioral changes," said Robbins.

By discussing these changes with the individual they can help provide

care and support. Changes may be exhibited in one or more of the following: mood, concentration, sleep, energy level or appetite. Other areas of concern include, but are not limited to: increased substance use, impulse control, reduced capacity for enjoyment, a sense of helplessness or hopelessness or becoming withdrawn or more argumentative. Work performance, military bearing, personal hygiene and grooming as well as signs of ineffective problem-solving can also be warning signs.

If you have noticed some of these changes and are concerned about someone, use the acronym ACE to help discuss suicide.

- **Ask:** Ask directly about thoughts of suicide without being judgmental, such as, "Have you had any thoughts of hurting or killing yourself?" Never promise to keep thoughts of suicide a secret or criticize someone's thoughts or feelings. Always take indicators of suicide risk seriously. Accept distressed thoughts or feelings as an indication of the person's distress and need for help.



- **Care:** Express care and concern for the distress the person is feeling, along with a desire to help. Accept his thoughts and feelings without being judgmental, express your desire to get him help and support him through a difficult time.

- **Escort:** Escort the person to help. Don't leave him alone; get him to a medical facility, chaplain, commander or other authority who can help. Don't ignore the problem or expect the situation to improve; act immediately to get them to help.

If you or someone you know is having suicidal thoughts, get unit leaders or Security Forces involved as necessary to protect the person from harm-

ing himself or herself. The person may be so intent on suicide that they become dangerous to those attempting to help them. Furthermore, if possible, remove all potential means of self-harm such as firearms, pills, knives, rope and machinery from the area.

There are several agencies that offer care. On base there are Mental Health Clinic personnel, chaplains, Employee Assistance Program personnel and Military and Family Life Consultants available for treatment. Off-base therapists are available through Tricare, support groups and Military One Source.

For immediate assistance, call the national crisis hotline: 1-800-273-TALK (8255) or, on base, during duty hours 7:30 a.m. to 4:30 p.m., call or visit the Academy Mental Health Clinic, 333-517. In an emergency or after duty-hours, go to the nearest emergency room or call 911.

"If you are concerned for someone you know, please seek appropriate help," said Robbins. "Be proactive in the care of yourself and your wingman."

For more information, visit <http://www.wingmanonline.org/Home> or call 333-5177.







## Blood Drive

The Academy will host its annual Armed Services Blood Program blood drive Sept. 10-12 from 10 a.m. to 7 p.m. each day in Arnold Hall.

The blood will be donated to ill or injured service members, veterans and their families worldwide.

Donors must weigh at least 110 pounds, be 17 years of age, have a state or federal form of photo identification and be healthy to participate.

To find out more information or schedule an appointment, please visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

## 10th MDG Closure

The 10th Medical Group will close at 2:30 p.m. Sept. 10 for a commander's call.

Access to the on-call Primary Care Provider is available through the Patient Access Service at 524-Care (2273) Normal Operations will resume at 7:30 a.m. on Sept. 11.

## Bears prepping for hibernation

The 10th Civil Engineer Squadron wants base residents to secure their trash to prevent foraging black bears from posing a danger.

As the bears prepare for hibernation, they will eat up to 20,000 calories per day and will return to sites where they have previously found food.

Housing residents should check the

doors to their bear-proof dumpsters or trash receptacles. Residents without bear-proof receptacles must store their trash in their garage until their scheduled trash collection day.

For an immediate bear problem or threat, call the 10th Security Forces Squadron at 333-2000. For non-threatening bear sightings, call the 10th CES Natural Resources office at 333-3308.

To report a bear-proof container needing repair in base housing areas, call Forest City maintenance at 867-9675. To report containers needing repair outside base housing areas, call 10th CES Contract Services at 333-3053.

## Recycling Center Moves

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

A temporary location was created due to construction of the BX and Commissary parking lots that began on Aug. 20.

## Pottery studio available

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

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

For more information call 333-4579.

## Child support services

The El Paso County Child Support Services will now be at the Academy the last Thursday of every month from 1-3 p.m. at the Airman and Family Readiness Center.

They will help establish, modify and assist child support orders, establish paternity, assist with visitation issues, provide a connection to other community resources and assist family members of active duty members stationed at another base.

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

## Bowling Leagues

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

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

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

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

## Horsemanship classes

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

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

## Softball Tournament

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

## Flea Market

A flea market will be held Sept. 22 at

8 a.m. at the Community Center.

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

For more information call 333-4522.

## Golf Tournament

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

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

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

## Hispanic Heritage Month

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

The event is titled, "Diversity United, Building America's Future Today" and will include guest speaker Brig. Gen. Abel Barrientes and entertainment by Mariachi Aguila.

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

## AFSA meetings

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

## A&FRC events

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

**DAV Medical Records Review:** Monday and Sept. 21, by appointment. Individuals within 180 days

of retirement or separation may have the Disabled American Veterans review their medical records for submission to the Veterans Administration.

**Smooth Move:** Tuesday, 9 a.m. This "one-stop shop" for relocation assistance provides information on service members' next base, finance and allowances, household goods shipment and claims, a "plan my move checklist" and more.

**Heartlink:** Wednesday, 9 a.m.-2 p.m. This class for new military spouses covers Air Force customs and military life.

**Troops to Teachers:** Wednesday, 11:30 a.m.-1 p.m. This workshop provides information for service members interested in beginning a second career in public education.

**Civil Service:** Thursday, 8 a.m.-noon. This class provides information about federal employment applications, searching for positions, reading position descriptions, hiring preferences and authority, eligibility categories and more.

## Ice skating lessons

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

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

## VA Stand Down Day

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

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

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



## Cadet Chapel

### BUDDHIST

Sundays, 10 a.m.; Thursdays, 6:20 p.m.

### PROTESTANT

**Traditional:** Sundays, 9 a.m.

**Contemporary:** Sundays, 11 a.m.

### CATHOLIC

#### Mass:

Sundays, 10 a.m.

Monday, 6-6:20 p.m.

Tuesday, 6:45-7:15 a.m.

Wednesday, 6:30-7 p.m.

Thursday, 6:15-6:45 a.m.

### JEWISH

**Shabbat:** Fridays, 7 p.m.

### MUSLIM

**Jum'ah:** Fridays, 12:30-2 p.m.

## Community Center Chapel

### CATHOLIC WORSHIP

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

9 a.m.; Tuesday-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.

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The City of Manitou Springs is hiring for the position of Police Officer/Reserve Officer. Go to <http://www.manitousprings-co.gov> for more information. Send applications to Donna Kast, City Clerk, City of Manitou Springs, 606 Manitou Avenue, Manitou Springs, CO 80829 by Sept 21st, 2012. The City of Manitou Springs is an EOE/AA/ADA employer.

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Come join our  
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Apply in person at 7550 Assisi Heights, CS CO 80919 or Fax resume to 719-955-7029

**BANKING**  
**Mortgage Loan Originators**  
Herring Bank is seeking Experienced Mortgage Loan Originators. Closing turn time less than 30 days. Competitive rates. Top Compensation package.  
Email resume to [cbrown@herringbank.com](mailto:cbrown@herringbank.com)  
or Contact Cheryl Brown at 719-302-0712 x 2620

**BANKING**  
**MULTIPLE OPENINGS:**  
Established mortgage banking office in Colorado Springs. Looking for an EXPERIENCED, motivated, hard-working professional to fill the following positions: Loan Closer with min 3-5 years exp. Loan Setup, min 1 yr exp. Loan Processor, min 3-5 yrs exp.  
Send resume and cover letter to [pboyd@linloan.com](mailto:pboyd@linloan.com)  
EOE

**CLERICAL**  
**Media Assistant**  
P/T 20 hrs wk.  
Knowledge of CORE helpful. Pay depends on Exp.  
Send Resume to [pat@gracecmecmedia.com](mailto:pat@gracecmecmedia.com)

**CLERICAL**  
**Receptionist COS Campus**  
H. S. Diploma/GED PLUS 1 year clerical and customer service. Monday - Thursday:7:30am to 4:30pm with a 30 min lunch.

Friday: 8am to 5pm with/ hour lunch  
Resumes ON or BEFORE 5:00pm, MON. 9-3 to:  
[talesch@intellitec.edu](mailto:talesch@intellitec.edu)

**HEALTHCARE**  
**INTELLITEC COLLEGES-COS**  
**Biomedical Equipment Technician**  
Program Supervisor

REQUIRES 3 years in med equip. repair; Assoc. Degree in Bio. Equip or related.  
Prefer teaching exp. 45K to 55K Send letter & resume [dscott@intellitec.edu](mailto:dscott@intellitec.edu)

**CONSTRUCTION**  
**FRAMERS**  
Wanted for custom homes. 4 yrs min., Valid DL Call & leave message. 499-6243

**EDUCATION**  
**Montessori Teaching Assistant**  
For 3-6 year olds P/T hours about 2:30-5:30  
lv. msg. (719)646-4384

**TECHNICAL**  
**IT Support Specialist**  
Goal Academy is currently hiring an IT Support Specialist. Visit: [GoalAC.org](http://GoalAC.org) for details.

**GENERAL**  
**LINCARE**  
leading national respiratory company, seeks caring:  
**SERVICE REPRESENTATIVE**  
Service patients in their home for oxygen and equipment needs. Warm personalities, age 21+ who can lift up to 120 lbs should apply. CDL with Hazmat a plus or obtainable. Drug-free work place. Please apply at: **921 E. Fillmore St.** to complete an application EOE

**HEALTHCARE**  
**Medical Assistant Program Instructor**  
IntelliTec Colleges- Pueblo Campus

A minimum of Associate's Degree in Allied Health PLUS three (3) years full time experience in front/back med clinic. **Mon-Thurs. 9a-2p/6p-11p**  
Send resume and cover to:  
[csandoval@intellitec.edu](mailto:csandoval@intellitec.edu)

**HEALTHCARE**  
**Community Health Educator**  
Join a team of dedicated professionals making a difference in the community. El Paso County Public Health is hiring a FT Community Health Educator for our Tobacco Education and Prevention Program. This position will assess community needs and develop educational approaches to address public health issues. Bachelor's degree in health education or related field plus 2 yrs related experience. Apply online [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org) deadline 4pm 9/10/12 EOE

**HEALTHCARE**  
**Lead Program Assistant**  
Join a team of dedicated professionals making a difference in the community. El Paso County Public Health is hiring a FT Lead Program Assistant. This position will provide administrative and customer service support for the Environmental Health Division and oversee the activities of other EH program assistants. HS Diploma or equal plus 3 yrs administrative experience. Apply online [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org) deadline 4pm 9/10/12 EOE

**HEALTHCARE**  
**Nursing Opportunities**  
PCM is hiring RN's and LPN's for in-home care in the Colorado Springs. Min 1+ years exp. RN-\$32/hr, LPN-\$25/hr, plus shift dif. Flex scheduling/ varied shifts. Apply online at:  
[www.procesmanagement.com](http://www.procesmanagement.com)  
or call recruiting at 866-902-7187. EOE

**HEALTHCARE**  
Small Medical office needs Exp organized & friendly **front desk person.** 8am-3pm Mon-Thur. Bilingual a plus.  
Send resumes  
Attn: Dr. Rodriguez  
**1428 N. Circle Dr. #2 C/S, CO 80909**  
Fax: 719-471-1323

**SALES**  
**LINCARE**  
Leading National Respiratory Company, Seeks Results Driven:  
**SALES REPRESENTATIVE**  
Create working relationships with MD's nurses, social workers and articulate our excellent patient care with attentive listening skills. Competitive Base + uncapped commission. Drug free workplace.  
Please apply within  
**@ 3330 Adobe Court**  
**Colorado Spgs, CO.**

**CONSTRUCTION**  
**TREE TRIMMER**  
5 or more years exp. DL req'd. Must pass drug test. Call to apply: (719) 287-8733.

**LEGAL**  
**Paralegal**  
Plaintiff PI firm. Seeking FT pre-litigation/litigation paralegal to assist w PI cases. Min 2+ yr law firm exp. Pay DOE. Beny's FAX resume and cover letter to McCormick & Murphy PC 719-389-1600

**MAINTENANCE**  
**ACADEMY DIST 20 NOW HIRING**  
Welder/Locksmith  
Utility Workers  
and Groundskeepers  
For more information and to apply online, access our website at [www.asd20.org](http://www.asd20.org)  
EOE

**GENERAL**

**Mining/Quarry**

- \* Open Pit Operations
- \* P&H Elect Shovel
- \* Blast Hole Rotary Drill
- \* Electricians & Millwrights
- \* Heavy Equip./Diesel Mechanics

60+ hrs/wk + Per Diem  
Out of State/Travel Req.

Fax: 952-544-2451  
Email: Recruiter@stromengineer.com

**MANUFACTURING**

**PRODUCTION WORKERS**

Will train. Lifting involved. Forklift exp. a+. Full benefits. Located in Monument.

Fax Resume to 719-481-1298 or email resume to ron@summitcontainer.com

**WAREHOUSE**

**ASSEMBLER/WHS WORKER**

FT Temp. assembler/warehouse poss. expected to last 4 wks. Hard working individual who can work in fast paced environment with the ability to lift 35 lbs consistently, be on your feet for long periods of time, & have reliable transportation. \$9/hr. Mon-Thru, 8AM to 5PM. Immediate fill.

Email resume to cortnie.wyatt@touchmath.com

**Real Estate & Rentals**

**PALMER LAKE** Colorado Home For Sale. Small town living near Colorado Springs. 4 bedrooms, 3 bathrooms. Fantastic Views. Excellent condition. Ready to move in. Must see! 719-290-1312 or 109Boundary@gmail.com

**Swint Realty Co., LLC**

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Colorado Springs, CO 80918

Bus: (719) 592-9700  
Cell: (719) 964-5612  
FAX: (719) 592-9952  
swintdo@aol.com  
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**New Today!**

**SAN LUIS DRIVE** All Brick Rancher near Country Club of Colorado. 4 bdrm, 3 bath, finished bsmt, 2400 sq. ft. 2 car garage, hardwood floors, sprlkr system. \$289,000. (719)314-8259

**New Today!**

**RIDGE VIEW AT STETSON HILLS** 3 bdr, 2 fbaths, eat in kitchen, living/dining room Immaculate, fenced backyard, no smoking, landscaped, oversized garage, great open floor plan, quiet neighborhood. (719)464-7505

**New Today!**

**33RD AND BIJOU** 550 sq ft. Quiet neighborhood, 1 dedicated parking, close to old Colorado. shared laundry \$545.00 mnth +Electric. pets OK. James(719)216-1949 (719)382-7469

**STETSON HILLS:** 3 Bdrms 2 Full bathrooms, basement, laundry room, 2 car garage. Fenced yard. Security system, internet, outdoor & lawn maintenance included. Rent price negotiable.  
Call 719-229-5011 for more info

**Transportation**

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

**New Today!**

**DAKOTA 1997** King Cab, 4WD, auto. Good work truck. \$1600. 719-964-9584

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



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

**New Today!**

**C240 4 MATIC 2003** - Only 61K miles, new brakes, 1 owner, desert silver, java leather, premium sound, tele aid, C2 + C4 pkgs., \$12,500. Orig. MSRP \$37,410 (719)651-8177

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

**FORESTER 2.5X 2009** - Gold 4 door SUV w/Premium, 4-Spd automatic w/Overdrive & SportShift, all weather package, panoramic sun roof with air deflector, fog lights, front hood protector, Outstanding condition, 55,600 miles, \$17,500. (719)339-1423

**New Today!**

**OUTBACK 2.5i 2009** - Dark Grey, 25300 miles, 4-cylinder, automatic. Excellent condition, \$17100.00 (719)574-6142

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

**LIKE NEW!**

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

**CLUES ACROSS**

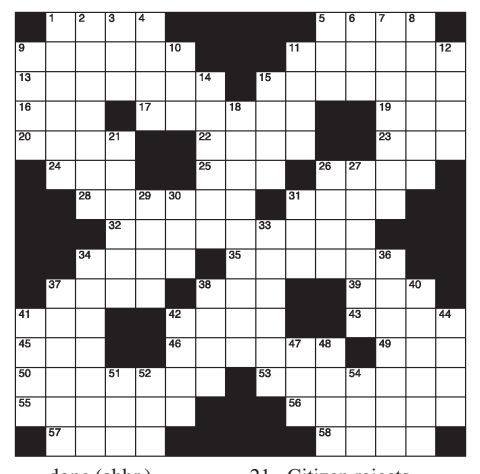
- Essential floral oil
- Boast
- A way to travel on skis
- Austrian capital
- Sensationalist journalism
- Taxidriviers
- Atomic mass unit
- A rock-boring tool
- Actress Farrow
- The trunk of a tree
- Satisfy to excess

**CLUES DOWN**

- N.M. National Lab: Los \_\_\_\_\_
- In columns
- Inclusive
- Underground plant part
- Top part of an apron
- Confederate soldier
- Make lively
- Metamorphic rock type
- Thrust with a weapon
- Russian space station
- Rotates showing wind direction
- As fast as can be

**CLUES DOWN**

- Citizen rejects
- Missing soldiers
- Cantankerous
- German river
- done (abbr.)
- Desalinate
- Marcus Porcius
- Perching bird order
- Parrot nostril membrane
- Moves into action
- Back talk
- A pointed end
- British Air Aces
- 1st weekday
- Sound in mind
- Hypothetical original matter
- Head covering
- Classical musical dramas
- God of war & sky (Germanic)
- Beginnings
- Coarse fabric used for bags
- High legislative assembly
- What a ghost does
- Pats gently
- Ceases to live
- Fed
- Large Australian flightless bird
- Lasso users
- Spanish saloon
- Common cracker
- Glided high
- Draws from
- Deceptive tactics
- Unit of loudness
- Steins
- Express pleasure
- A large amount
- Talk
- Belonging to a thing
- Language spoken by the Khonds



**SUDOKU**

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

Level: Advanced

**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 shapen 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 8

09-07-12

# Peak Dining

**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.

**FINE DINING**

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

**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.

**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

**CHINESE**

**Bamboo Court Restaurant**  
719-599-7383  
4935 Centennial Blvd., Suite G

Mon-Fri Lunch: 11:00-3:00pm, Mon-Sat Dinner: 3:00-9:00pm, Sat Lunch: 12:00-3:00pm, Sun Dinner: 4:00-9:00pm Our single combination Dinner Specials come with any entree from the dinner entrees menu and soup of the day, fried or steamed rice, egg roll & crab ragoon. At Bamboo Court, our only goal is to make your expectations a reality!

**RESTAURANT/CATERING**

**Faerie Tales Bakehouse and Catering**  
1015 West Colorado Ave  
Colorado Springs Co. 80904  
719-375-5651

Tuesday-Saturday and Sunday Brunch. Enjoy Colorado dining in our restaurant, bar and patio. Featuring Colorado beers and wines. Premier catering services for all occasions from large parties to private dinners. We also do: Cadet "Care" packages, Sunday Brunch, cakes, cupcakes and the best bakehouse goods in town! 10% restaurant discount for Military with this ad and ID.  
www.faerietalesbakehouseandcatering.com

**DELI**

**Wooglin's Deli & Cafe**  
719-578-9443  
823 N. Tejon Street

Mon. - Sat. 7am - 9pm, Closed Sun. A locally owned restaurant celebrating 24 years of award-winning sandwiches, soups, salads, burgers, and the best quiche in town. Full breakfast menu served with locally roasted coffees. Housebaked desserts, Bristol beers, and neighborhood art make Wooglin's an authentic and funky downtown getaway.

**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



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for these signs  
that point the way to savings

**LOW PRICES ON THE ITEMS YOU BUY MOST EVERY DAY...**



**U.S.D.A. CHOICE STEAKHOUSE CHOICE PREMIUM BEEF**

USDA CHOICE Boneless Petite Sirloin  
Reg. Retail \$8.99 lb.

**Buy 1, Get 2 FREE**  
With In-Store Coupon  
Limit 1 Reward Per Transaction



**Fresh**

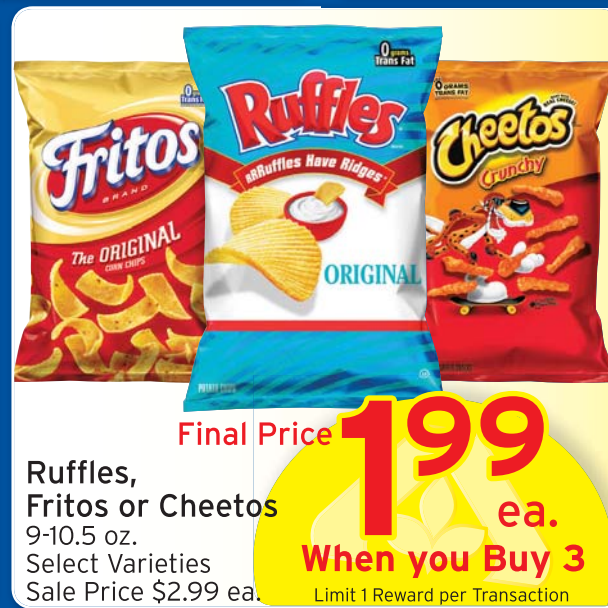
Whole Body Chicken or Jumbo Pack Leg Quarters  
Limit 3

**77¢ lb.**



Russet Potatoes  
10 lb. Bag

**1.99 ea.**



**Final Price 1.99 ea.**  
When you Buy 3  
Limit 1 Reward per Transaction

Ruffles, Fritos or Cheetos  
9-10.5 oz.  
Select Varieties  
Sale Price \$2.99 ea.



Albertsons Gallon Milk  
Select Varieties  
Limit 2

**1.97**

**MIX & MATCH BUY ANY 8 PARTICIPATING ITEMS SAVE \$4 INSTANTLY AT THE REGISTER**

\*Save 50¢ on each item instantly at the register. Items must be purchased in a single shopping trip. Limit 2 Rewards per Transaction for a maximum savings of \$8.



General Mills Cereal  
8.9-12 oz. or  
Fiber One Bars 5 ct.  
Select Varieties

Sale Price \$2.49  
-.50

**1.99**  
When You Buy Any 8 Participating Items  
MIX & MATCH



Oroweat Wide Pan Bread  
24 oz. or  
Thomas' Bagels 6 ct.  
Select Varieties

Sale Price \$2.99  
-.50

**2.49**  
When You Buy Any 8 Participating Items  
MIX & MATCH



Breyers Products 48 oz.,  
Ben & Jerry's Ice Cream 16 oz.,  
Klondike 6 ct. or  
Popsicle Novelties 18-24 ct.  
Select Varieties

Sale Price \$2.99  
-.50

**2.49**  
When You Buy Any 8 Participating Items  
MIX & MATCH

**Military Discount COUPON** Albertsons market  
All Active, Reserve or Retired Military Personnel!

**\$10 OFF** COUPON GOOD 9/7/12-9/11/12  
Your purchase of \$100 or more

LIMIT 1 COUPON PER CUSTOMER. This coupon cannot be used unless the purchase is \$100 or more after deducting all manufacturer coupons and store coupons, and without including money orders, lottery tickets, gift cards, alcohol, tobacco, prescriptions, stamps and other products prohibited at law. Cannot be doubled, tripled, quadrupled or exchanged for cash. Not valid toward previous purchase. Void if copied or transferred in the event of return, coupon savings may be deducted from refund. May not be used in combination with any other offer. One coupon per customer, per transaction.

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\*Some Restrictions Apply, Military ID Required.




Kleenex Cottonelle Bath Tissue  
12 Double Rolls or  
Viva Paper Towels 6 Rolls  
Select Varieties

Sale Price \$6.49  
-.50

**5.99**  
When You Buy Any 8 Participating Items  
MIX & MATCH



Clif Crunch Bars  
10 ct., 5/2 Bar Pouches  
Select Varieties

Sale Price \$2.50  
-.50

**2.00**  
When You Buy Any 8 Participating Items  
MIX & MATCH

Prices Effective 9/7-9/11/12

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