

HUMANITARIANISM

Academy engineers launch The Mango Tree Project in Rwanda. **Page 3**

BLUE STEEL

Air Force Academy's rock group rocks the house. **Page 4**

100'S NIGHT

Cadets get their duty stations and have fun doing it. **Pages 8 and 9**

ACADEMY SPIRIT

WOMEN'S BASKETBALL

Falcons lose to the Cowgirls at home. **Page 10**



MIKE KAPLAN

Giunta enthusiastically drops in

Army Staff Sgt Salvatore Giunta, Medal of Honor Recipient, visits the Academy Wednesday for an orientation flight with the 94th Flying Training Squadron and a tandem skydive by the 98th FTS and Wings of Blue. He is a speaker at the Academy for the 18th Annual National Character and Leadership Symposium that began Thursday.

Grads lead Discovery shuttle mission

The final flight for the Space Shuttle Discovery took off Thursday afternoon

John Van Winkle
Air Force Academy Public Affairs

Three Air Force Academy graduates are leading the Space Shuttle Discovery on its last mission into space.

Discovery launched Thursday at 2:53 p.m. Mountain Standard Time, from Cape Canaveral for NASA's STS-133 mission.

Half of the STS-133 mission crew are Air Force Academy graduates: Retired Col. Steven Lindsey is

mission commander, while Col. Eric Boe is the pilot and retired Col. Alvin Drew is one of four mission specialists. The crew is rounded out by Navy Capt. Stephen Bowen, Michael Barratt and Nicole Stott.

Colonel Lindsey is a 1982 graduate of the Air Force Academy, who majored in engineering sciences at the Academy. He is Discovery's commander for this mission. He has 6,500 flying hours in more than 50 aircraft. A veteran of four spaceflights, he has logged more than 1,203 hours in space.

Colonel Boe is a 1987 graduate of the Air Force Academy, and majored

See **NASA Page 5**

New lessons for a new era

By **Leslie Finstein**
Air Force Academy Public Affairs

What matters more, the power of the Minuteman missile system or the Airmen who sit at the controls? Would the United States have won the space race with the Soviet Union if Sputnik never happened? Would the current level of airport security exist if it wasn't for the attacks of September 11?

These are a few of the questions facing the modern military, the modern day Air Force, and for cadets first class in a new Air Force Academy course, Military and Strategic Studies 416, Contemporary Joint Operations: Strategy and Technology.

According to Lt. Col. Steven Pomeroy, the director of curriculum integration for the department of military and strategic studies, this course was brought about to bridge the gap between the old definition of the military and that of the future.

Throughout the semester, the class will study models of military reform and innovation with an eye toward shaping the military to the security challenges of the contemporary and future strategic and operating environments.

This course asks cadets to realize, "behind every piece of technology is a whole range of human faces, intellects and emotions," Lt. Colonel Pomeroy said.

Prior to this year, the only course that fulfilled the core requirement for first year cadets was MSS -400. Now with the addition of MSS-416 and MSS-415, the cadets have more options. MSS-415 is a similar course but instead focuses on military strategy from a global, regional perspective.

According to a few cadets, the MSS-416 course offers a more modern approach to the topics of technology, strategy, and warfare than other offerings in the department. It also offers a challenge that they seem to enjoy so far.

"I'm a fuzzy major, management, so it's good to be in this course and discuss technology," said Cadet 1st Class Kayla Raisor, Cadet Squadron 37.

"I like taking MSS classes because I think it is important to have a good understanding of the outside world we are going in to," said Cadet 1st Class Patrick Livingstone, Cadet Squadron 16

"This course is more modernized, giving us a better idea of what we are going into then the history does. It's challenging though because of how much information has changed over the years," concluded Cadet Livingstone.

The overall course themes and one lesson in particular became all the more relevant on Jan. 25 during President Barack Obama's State of the Union address.

"Half a century ago, when the Soviets beat us into space with the launch of a satellite called Sputnik, we had no idea how we would beat them to the moon," said President Obama. "The science wasn't even there yet. NASA didn't exist. But after investing in better research and education, we didn't just surpass the Soviets; we unleashed a wave of innovation that created new industries and millions of new jobs. This is our generation's Sputnik moment."

"We were quite excited when President Obama made that statement, we think our course fits well ... with what he said," said Colonel Pomeroy.

Colonel Pomeroy and the other instructors of MSS416 hope that this course will make cadets better prepared to make decisions in an increasingly technology driven world.

Think about the fundamental principles of mentorship

Commentary by Col. James Miner
Air Force Force Development Office

WASHINGTON (AFNS) — Think back to when you were young and struggling to get accustomed to your new high school, and along comes the dreaded “finals week.” Facing four or five major tests in a row, you broke out into a cold sweat.

But then you talked to an older sibling or friend who helped guide you through your study preparation and gave you some test-taking words of wisdom. Next thing you knew, you’d successfully gotten over that hurdle, and the next year, you were the one providing the sage advice. Simply put, you succeeded, and in turn, helped others succeed, thanks to mentorship.

This interactive process happens all the time -- advice about how to buy a new car, how to write a good paper or how to cope with personal challenges -- we all rely on mentorship to help us through life’s ups and downs. We rely on mentorship to help us succeed.

For this reason, mentorship is a fundamental responsibility of Air Force leaders. Mentors ensure all individuals under their leadership are personally and professionally developed so they can achieve their personal and organizational goals and ultimately strengthen the overall mission of the Air Force. By sharing knowledge, experience, and wisdom, both formally and informally, mentors become a force multiplier and an integral part of developing our Airmen.

To help you get started, Air Force officials established a web-based mentor network in My Development Plan on the Air Force Portal. This easy to navigate network allows you, as a “mentee,” to manage your career development and invite mentors to share in your individual mentorship experience. Your supervisor should be your

primary mentor, but you can select additional mentors, as well.

Initiating the mentoring process is easy. A great tool is the Mentoring Plan found on the Air Force Portal in the Mentoring section of MyDP, located under the Education/Training/Force Development heading on the left-hand side of the page (MyDP > Mentoring > Related Documents > Mentoring Plan).

Schedule a meeting with your mentor, come with your mentoring plan filled in and use it to stimulate discussion. By covering mentoring expectations, career goals and indicators, competency proficiencies and measurable benchmarks, you’ll find that much of the uncertainty about the road ahead, just like finals week, will not seem so looming.

But this is only the first step. Mentorship is not a one-time deal. Both sides of the mentoring relationship need to stay engaged with each other, sharing experiences and changes that will inevitably influence goals and milestones. In this manner, an enduring and trusting relationship can be built. A guiding principal here is open and honest dialogue, especially when discussing expectations and developing roadmaps to success. Mentors must challenge you, and not just tell you what to do.

Likewise, you must challenge your mentor to provide you with informed and factual information, as well as sage advice. Ultimately, successful mentoring makes both of you better Airmen and provides you with tools that will transcend specific issues and allow you to extend the learning to new situations.

Being able to adapt and cope with new stresses and situations is one of the foundations of being a resilient Airman. Since we’ve all achieved various levels of success and overcome many obstacles, what better way to help your wingman than to be a mentor.

ACADEMY SPIRIT

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

Lt. Gen. Mike Gould —
Academy Superintendent
Lt. Col. John Bryan —
Director of Public Affairs
Staff Sgt. Raymond Hoy —
NCO in Charge, Internal Information
Gino Mattorano —
Editor
David Edwards — Staff Writer
Carol Lawrence — Graphic Designer

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

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

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

SUBMISSIONS

Send submissions to: usafa.pai@usafa.af.mil. Deadline for free classified ads on a space-available basis is noon every Tuesday for that week’s publication date. Paid classified publishing is accepted by the publisher at 719-444-7355. The number to call for display advertising is 636-0306.

Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-8823.

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

“I Care ...”



Maj. Todd Yackley
Headquarters Section Commander

National Suicide Prevention Lifeline

800-273-8255

Mental Health - Active Duty, Dependents

719-333-5177

Peak Performance Center - Cadet Mental Health

719-333-2107

Employee Assistance Program - DOD Civilians

719-333-4364

Chaplains

Cadets 719-333-2636

Non-cadet 719-333-3300

Military One Source - Military and families

800-342-9647

Military Family Life Consultant

719-358-1468 or 719-333-3444

YouTube

Check out the latest videos from your Air Force Academy!

Youtube.com/USAFOfficial

What is your fondest memory of 40 days (before Recognition)?

“When I was a freshman, we stole a skeleton from the bio lab, and put the cadet wing commander’s uniform on it with a sign that said ‘greet me.’”

Cadet 1st Class Peter Horban,
Cadet Squadron 10



“It’s the ultimate countdown. The best part is just knowing that it’s almost over.”

Cadet 3rd Class Alex Tobe,
CS 10



“After it was over, we decided to go out and celebrate in Denver. We went to our buddy’s house, but we sat down on the couch and fell asleep instead.”

Cadet 2nd Class Bradley Kusel,
CS 21



It was a lot of fun to just get to it, and actually do it.”

Cadet 2nd Class
Alec Williams,
CS 17



Engineering without borders

By David Edwards
Academy Spirit Staff Writer

Of all the things engineering leaders at the Air Force Academy hope their students will build someday, relationships in the developing world are among the most important.

That sense of humanitarianism has given rise to a new class introduced to cadets this semester. Nine of them are taking part in the maiden voyage of Engr 495, taught by Maj. John Christ.

"The goal is for students to recognize the influence of local society and cultural relevance, to include their own cultural bias, in their selection of engineering remedies," Major Christ said. "By recognizing the importance of culture and society on engineering solutions, they're less likely to impose a Western solution at a location where that solution is unsustainable."

For that reason, the course is part sustainable engineering and part international relations. For example, cadets study topics such as electricity without carbon, the downstream ecological effects of dams and principles of green engineering.

But after that, they will be introduced to things like foreign aid, economic development and nongovernmental organizations, as well as engineering needs specific to the developing world, such as wastewater treatment and electrical power.

This innovative course was derived

TO LEARN MORE:

The Mango Tree Project:
www.mangotreeproject.org
Agahozo-Shalom Youth Village:
www.asyv.org/home.html

primarily from the overseas experiences of two Academy engineers, Major Christ and 2nd Lt. David Pool. Major Christ said the idea for the course came to him after a brief deployment to the National Military Academy of Afghanistan. While there, he saw "a need to focus on engineering solutions in developing nations."

That vision dovetailed perfectly with the work of Lieutenant Pool, a 2010 Academy graduate who was president of the Academy's Engineers Without Borders chapter. Based on an independent study by another former cadet, Joe Kallevig, Lieutenant Pool helped write the curriculum for the interdisciplinary class that is being debuted this semester.

During his years as a cadet, he traveled extensively and saw firsthand the development gap in countries around the globe. The highlight, though, was his involvement in the Mango Tree Project, a collaboration of five students from various American universities on behalf of the Agahozo-Shalom Youth Village in Rwanda.

The Mango Tree Project was hatched at the 2009 Academy Assembly, when



THE MANGO PROJECT

Second Lt. David Pool poses with members of the Agahozo-Shalom Youth Village in Rwanda.

Lieutenant Pool met Tufts University student Cody Valdes. The collaboration blossomed into a concerted effort to help the youth village, which takes in children orphaned by the infamous Rwandan genocide.

Lieutenant Pool became the head civil engineer for the project, and during winter break his senior year, he joined his four colleagues in the endeavor on a trip to Rwanda.

"I know how blessed I am because I know how much others don't have," he said. "There's no excuse for me to ignore the inequalities I have seen when I have the ability to work for equality of opportunity around the world."

So in the course he helped design, he wanted to confront other cadets with those same unfathomable disparities. To young people who have grown up surrounded by the comforts of Western life, basic necessities are taken for granted.

Overcoming the complacency and replacing it with a cultural awareness attuned to each situation is one of

the primary lessons Lieutenant Pool sought to impart.

"A good sustainable engineering solution is an engineering solution to a social problem," he said. "So you must take into account all externalities, such as public perception, culture, religion, society, education, etc., and (the) general desire (and) ability to appreciate and maintain a solution."

The combination of cultural awareness and engineering acumen is intended to enrich the lives of the cadets. But the course is also geared toward their future as well. Any number of them may at some point be deployed in a developing country, and they will have to adjust to their surroundings.

This course will allow students to consider alternative sustainable solutions," Major Christ said. "My goal is that this course will help those that take it perform just a little better in the deployed environment."

And that's some social engineering the Air Force Academy can proudly deliver to the ends of the Earth.

www.woodmennissan.com

Bring Your Military ID For Great Discounts and Promotions!

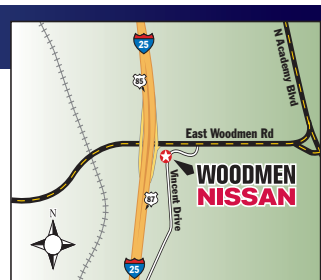


WOODMEN
NISSAN
I-25 & Woodmen Road

SE HABLA ESPAÑOL!

1-888-9NEW-NISSAN

Sales: Monday-Saturday 8:30 AM - 8:00 PM
Service: Monday-Friday 7:00 AM - 6:00 PM • Saturday 8:00 AM - 3:00 PM



Blue Steel

reaches out
to America's
youth through
music

By Gino Mattorano
Academy Spirit Writer

The Air Force Academy Band's Blue Steel Rock Group hosted a youth concert Sunday at Arnold Hall, featuring the Cadet Orchestra and two youth symphony orchestras.

While combining a rock band with a symphony orchestra may seem like an unusual pairing, Blue Steel has been successfully working to reach out to America's youth through music, and so far, the venture seems to be a hit.

"Combining Rock and Roll bands with orchestras is very popular right now, so this program gives us the opportunity to perform for and with the students," said Blue Steel's Master Sgt. Jeremy Laukhus.

"As part of our education outreach mission, we've been performing with youth symphonies," he continued. "This was our seventh concert like this, but the first time we brought together three different youth symphony orchestras.

Sergeant Laukhus is the noncommissioned officer in charge of Blue Steel, and was the architect of Sunday's concert, which included members of the Academy's Cadet Orchestra, the Colorado Springs Youth Symphony Orchestra, and the Pasadena Youth Symphony Orchestra, from California.

"The education outreach doesn't begin and end with the concert," Sergeant Laukhus said. "We also have several rehearsals and dinners before and after the concerts that

give us the opportunity interact more with the kids. It's especially important for us to reach kids at a young age, because the Academy has very high standards. If we can reach the kids at an early age and impress upon them the importance of keeping their grades up, it gives them a goal to reach and makes their high school experience that much better."

Including members of the Academy's Cadet Orchestra gave the middle-school-aged musicians the chance to interact directly with cadets.

"This gives the other students the opportunity to ask cadets questions about life at the Academy, the majors available and helps them to see that even though the person sitting next to them is wearing a military uniform, he's also a violin player just like they are," concluded Sergeant Laukhus.

Sarah Biagini, a member of the Pasadena Youth Orchestra, thoroughly enjoyed participating in the event.

"This has been an amazing experience," she said. "We get to meet other people who have the same goals and love music just as much as we do. Working with the rock band is very different, but they're all amazing people and musicians, and it's been great to get to know them and learn from them."

Blue Steel is a five-piece pop-rock group, made up of members of the Air Force Academy Band, a 50 member organization, whose mission includes troop morale, community relations and education outreach.



ABOVE: Technical Sgt. Julie Bradley, a Blue Steel vocalist, belts out a tune during a concert Sunday at Arnold Hall.



ABOVE RIGHT: Cellists from the Pasadena Youth Orchestra participate in the event hosted by the Air Force Academy Band, a 50-member organization, whose mission includes troop morale, community relations and education outreach.

RIGHT: A percussionist helps keep the rest of the Orchestra on beat during Sunday's Youth Orchestra concert.



PHOTOS BY
MEGAN DAVIS

NASA

from Page 1

in Astronautical Engineering at the Academy. He is Discovery's pilot for this mission. Colonel Boe has more than 4,000 flying hours in more than 45 different aircraft, and was last in space as pilot for the STS-126 mission in November of 2008.

Colonel Drew is a 1984 graduate, who majored in Astronautical Engineering and Physics at the Academy. He is one of Discovery's mission specialists for this mission, and one of two mission specialists who will participate in extra-vehicular activity for this mission. He has more than 3,500 flying hours in more than 30 different types of aircraft and logged 305 hours in space as a crewmember of the STS-118 mission. For the STS-133 mission, he will spend 13 hours performing spacewalks outside the station on flight days five and seven.

STS-133 is slated to be the final mission for the Space Shuttle Discovery. This is scheduled to be an 11-day mission, to deliver and install the Permanent Multipurpose Module, the Express Logistics Carrier 4 and provide critical spare components to the International Space Station. This will be the 35th shuttle mission to the station.

The Air Force Academy will also have a role in the next space shuttle mission, STS-134. The Space Shuttle Endeavour is slated for an April Launch, piloted by retired Col. Gregory H. Johnson, a 1984 Air Force Academy graduate. Among the payloads on Endeavour will be a

scientific experiment headed to the International Space Station, developed by the Air Force Academy's Space Physics and Atmospheric Research Program, in cooperation with the Air Force's Space Test Program.

That experiment is called Canary, which investigates the interaction of approaching spacecraft with the background plasma environment around the International Space Station, and the perturbations in the ionosphere caused by space vehicles.

This instrument is derived from the WISPERS instrument flying on the Academy's FalconSAT-5. WISPERS is an electrostatic analyzer capable of detecting ions over the range zero to 1,500 electronvolts. An onboard processor and data storage can record up to one gigabyte of data for later retrieval by the Academy.

The Canary instrument allows one small miniaturized sensor suite to perform an array of plasma monitoring tasks simultaneously. By incorporating a plasma spectrometer, one can investigate spacecraft surface charging, characterize the interaction of spacecraft and the ambient environment, and detect and map significant natural events in the ambient environment. Six of Canary's seven sensors can detect ambient plasma in Low Earth Orbit, and all seven sensors can detect higher energy ions in the auroral oval, given an appropriate pitch angle.

The latest information on the progress of the Discovery mission is available online at:

http://www.nasa.gov/mision_pages/shuttle/shuttlemissions/sts133/index.html



ABOVE: NASA astronaut Eric Boe, STS-133 pilot, participates in a post insertion/de-orbit training session in the crew compartment trainer.

LEFT: NASA astronaut Steven Lindsey, STS-133 commander, occupies the commander's station during a simulation exercise in the motion-base shuttle mission simulator.

BELOW: NASA astronaut Alvin Drew, STS-133 mission specialist, participates in an Extravehicular Mobility Unit (EMU) spacesuit fit check in the Crew Systems Laboratory at NASA's Johnson Space Center.

PHOTOS COURTESY OF NASA



LivingLife I feel such a sense of empowerment.

Decorating my own apartment and freedom to do what I enjoy, gives me complete independence. And for the times I need a helping hand, I know that it is not far away

at Liberty Heights

WE OFFER INDEPENDENT LIVING, ASSISTED LIVING AND SKILLED NURSING.

LIBERTY Heights
A Senior Lifestyle Community

Independent Living | Assisted Living | Skilled Nursing

12105 Ambassador Drive
Colorado Springs, CO 80921
(719) 481-5009
www.seniorlifestyle.com

The #1 Provider of Damon and Damon Clear Braces in Southern Colorado

DAMON CLEAR
#rangewoodorthodontics
Creating Spectacular Smiles For All Ages

www.rangewoodorthodontics.com

DR. CHAD M. WATTS, DMD
Board Certified Orthodontist

- Complimentary Initial Exam
- Most Insurances accepted - financial plans for every budget

719-596-3113

- Achieve an extraordinary smile, in less time, with our advanced technology
- Faster treatment time, fewer office visits
- No tooth extractions, headgear or palatal expanders in most cases
- Military Discounts Available!

Briargate Blvd | East Baptist | Glengate
Woodmen | Jessie

7560 Rangewood Dr. Suite 200 | 15435 Glengate Dr. Suite 200

invisalign teen American Association of Orthodontists

GETTING READY TO PASS YOU ON A SNOWY SLOPE!

2011 Lexus IS250 AWD

Lease for \$369 per month

604 Auto Heights | 719-385-0111
KuniLexusOfColoradoSprings.com

2011 IS250 All Wheel Drive. \$369 per month 36 month lease, \$3,499 due at signing, \$0 Security Deposit, 10k/year, \$.25/mile over 30k total miles plus damage beyond normal wear and tear, WAC. MSRP \$37,821 #C7B009

Sporting dental disasters

Energy drinks can cause as much tooth decay as soft drinks; water is always the best way to hydrate

By Christine M. Swanberg
10th Dental Squadron Preventive Dentistry Director

Most people know soft drinks can be bad for their teeth, but many don't realize that a steady diet of sports and energy drinks can also be a leading cause of tooth decay. The sugar combines with the bacteria in your mouth to form acid which attacks your teeth. Each acid attack lasts for about 20 minutes and each sip will start the acid attack all over again.

Saliva plays a significant role in maintaining oral health and is the body's natural cavity defense. The worst time to ingest sugary drinks is when you are very thirsty or dehydrated since saliva levels are low during this time. Saliva helps to neutralize acids from these drinks and return the lost minerals to our teeth. However, it takes around two hours to return the level where further damage doesn't occur.

Consumers often consider soft drinks to be harmless, believing that the only concern is sugar content. Most choose to consume "diet" drinks to alleviate this concern. However, both contain phosphoric acid and/or citric acid and still cause dental erosion. There are no nutritionally

beneficial components in soft drinks since they mostly consist of filtered water and refined sugars. Yet the average American drinks about 57 gallons of soft drinks each year.

Always read the nutrition labels – not only for the sugar amount, but the number of servings as well. Just like soft drinks, many sports and energy drinks contain more than one serving, although people often consume them as one. Multiply the sugar amount by the number of servings. Most servings are in grams. Four grams is equal to one teaspoon of sugar.

The 10th Dental Squadron highly recommends you cut back on the amount of sugar filled drinks you consume and drink water instead. If you do choose to drink sugared drinks, swish water around after you have consumed them. Reduce any other sugar or simple carbohydrates you may be eating like candy, crackers, pretzels and chips, or better yet, consider healthier alternatives.

Every time you snack or sip on sports, energy or soft drinks you are feeding not only yourself but the bacteria in your mouth. Carbonation, sugar and acids in energy, sports and soft drinks weaken tooth enamel



SENIOR AIRMAN BENJAMIN WILSON

Nutrition labels on drinks show not only the sugar amount, but the number of servings as well. Most soft, sport and energy drinks contain more than one serving. To determine the amount of sugar in the entire drink, multiply the sugar amount by the number of servings. Most servings are in grams. Four grams is equal to a teaspoon of sugar.

and encourage bacterial growth that contributes to tooth decay and erosion. Tooth decay is a very significant problem affecting millions of people

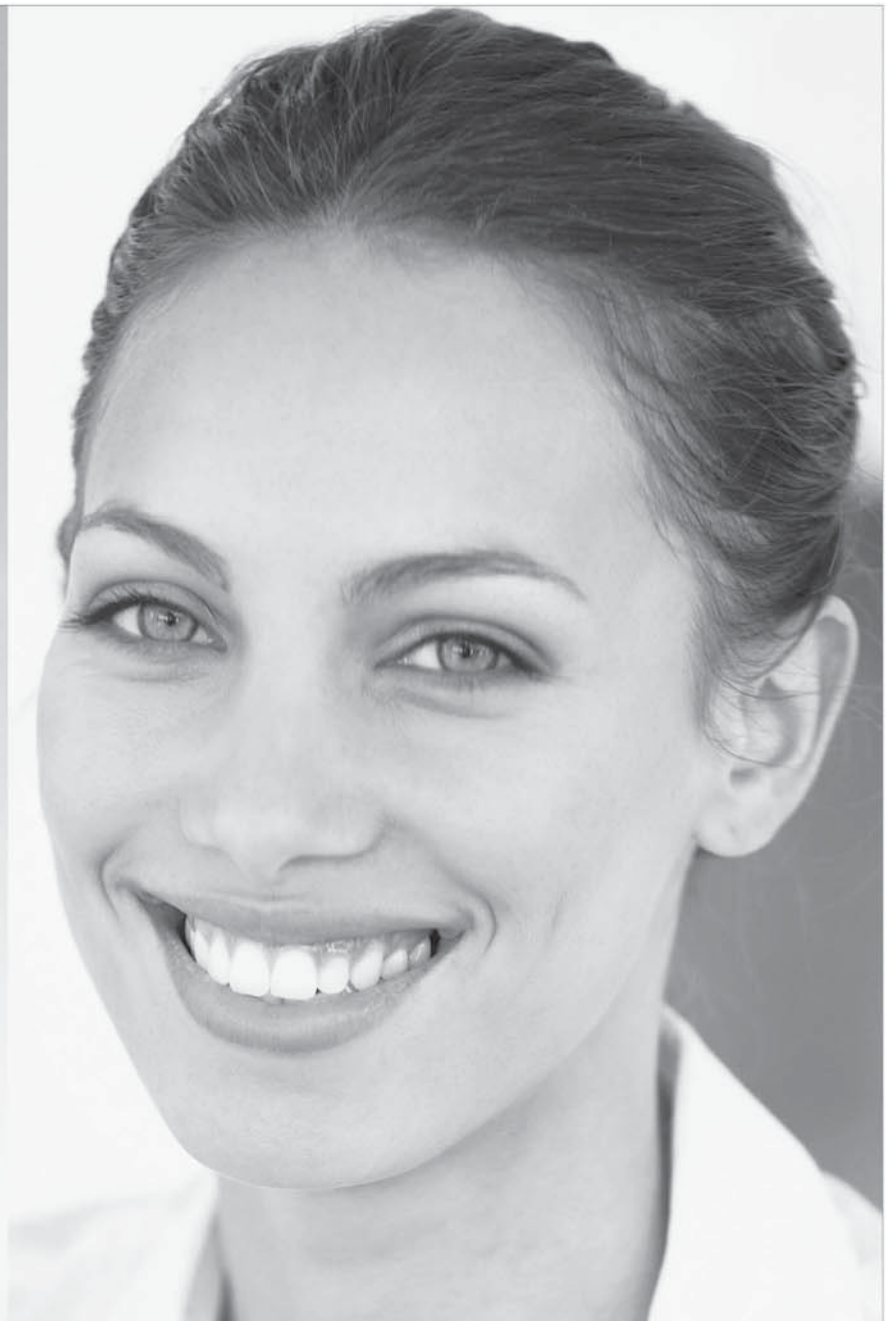
worldwide and it remains a global problem even though it is one of the most common and preventable diet-related illnesses.

NEW CAR? OR KITCHEN UPGRADE?
SHE FINANCED BOTH AT NAVY FEDERAL.

Whether it's a "want" or a "need," you can finance it at Navy Federal. Get a great-rate loan for just about anything, along with a variety of terms to keep your budget manageable. Apply today at navyfederal.org or by calling 1-888-842-6328.

Proudly serving all branches of the military. Join today!
1139 Space Center Drive, Colorado Springs, CO

NAVY 
FEDERAL
Credit Union



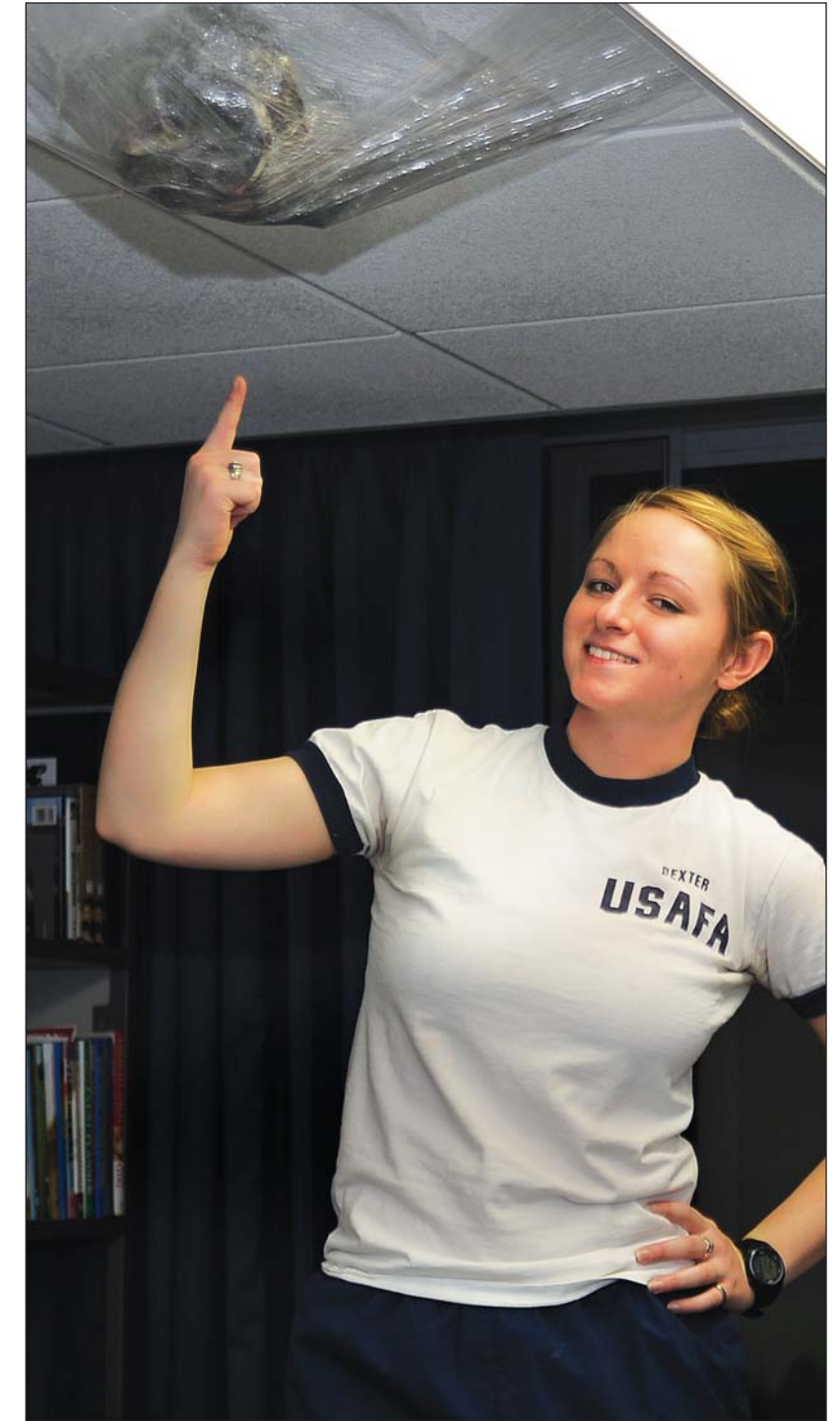
ARMY, MARINE CORPS, NAVY, AIR FORCE, DoD—YOU ARE ELIGIBLE!

Federally insured by NCUA. © 2010 Navy Federal NFCU 11594-COL (12-10)

RIGHT: Seniors celebrate after finding out their first duty station.

CENTER: Many seniors had to put puzzles together to find out what their assignments were during the dining-in at Mitchell Hall.

FAR RIGHT: Cadet 4th Class Mercedes Dexter shows off her handy work during 100's Night weekend when the freshmen decorate the seniors' rooms while they are gone celebrating their assignments and 100 days until graduation.



PHOTOS BY
MEGAN DAVIS

Cadets call it 'all in good fun'

The Class of 2011 has fun and hijinx finding out where they'll be stationed after graduation during 100's Night weekend

By David Edwards
Academy Spirit Staff Writer

While the members of the Air Force Academy's Class of 2011 were spending their 100's Night finding out where they'll call home after graduation, their campus "homes" were being lovingly trashed by four-degrees.

If afterward the seniors' dorm rooms looked like they had been the scene of a tornado followed by an all-night bender, well, that was generally considered desirable.

"We had one firstie actually who said, 'If I have to go to school on Tuesday, I'm going to be mad,' because he wants his room to be that destroyed," said Cadet 4th Class Lindsay Johnson of Cadet Squadron 2. "But we've been told that if the room that we

do is destroyed, that we have to help them clean it up. Which, in all honesty, I don't care; it's worth it."

The things young folks will do in the name of tradition! But considering the stress level cadets endure during their four years, officially sanctioned party time is welcome any day of the week and twice on Sundays.

Cadet Johnson and her squadron mates planned to carry out their dirty deed by means of balloons. Inside the balloons would be cat litter, glitter and other mess-making contents suitable for the occasion. One senior, who had the habit of referring to mistakes in Basic Cadet Training as "sandbagging," was destined to have his room turned into a flood zone — minus the water.

The four-degrees' mantra was that the level of destruction reflected on how well-liked the room's occupant is by the freshmen. Cadet Johnson was intimately familiar with her squadron's plans.

"Our main goal is to have this whole room probably up to my shoulders in balloons so when they walk in and open the door, all the balloons fall out," she said. "We're also planning on cinder-blocking the front of their door so they honestly don't even know where their door is. That's another challenge for them."

Images from 100's Night are available for viewing at an Academy Facebook page near you. As an added bonus, they don't cost \$19.95 plus shipping and handling.



ABOVE: Cadet 1st Class Samantha Stibick of Cadet Squadron 33 attempts to break in to "Mitch's Mountain" during the 100's Night dining-in.

LEFT: A freshmen cadet starts decorating a senior's room during 100's Night weekend in Sijan Hall.

Women's basketball drops home contest to Wyoming

RIGHT: Katie Hilbig gets a shot at the basket Wednesday night during the game against the Wyoming Cowgirls. The Falcons lost 81-57, falling to a 8-18 overall record.

BELOW: Falcon Dymond James goes for the block against Cowgirl Jade Kennedy. James led the Falcons with 15 points and 7 rebounds.

PHOTOS BY
BILL EVANS



Despite keeping it close in the first half, the Air Force women's basketball team couldn't get past Wyoming, dropping an 81-57 decision Wednesday in Clune Arena. With the loss, the Falcons fall to 8-18 overall on the season (3-10 in the MWC), while the Cowgirls improve to 20-6 overall, 10-3 in the league.

Sophomore Dymond James led the Falcons with 15 points and seven rebounds, while Alicia Leipprandt added 14 points. Meanwhile, four players scored in double figures for Wyoming, led by seniors Hillary Carlson and Aubrey Vandiver with 23 points each.

The two teams traded baskets throughout the opening period, leading to four ties and 12 lead changes. However, Wyoming pulled away late in the first half as Ashley Sickles knocked down three-pointers on three consecutive possessions, as the Cowgirls went into the intermission with a 32-28 advantage.

Wyoming, the top shooting team in the Mountain West Conference, extended its lead in the second half, scoring in the paint and beyond the arc. The Cowgirls, who outrebounded the Falcons 23-11 in the final stanza, led by as many as 28 points before taking the 24-point victory.

The Falcons are on the road for their next two games, beginning with a contest at Colorado State Saturday, Feb. 26.

ASHFORD UNIVERSITY SERVES AIR FORCE STUDENTS ANYWHERE IN THE WORLD
★★★★★

EARN YOUR ASSOCIATE'S, BACHELOR'S, OR MASTER'S DEGREE ONLINE

- Your Ashford Military Tuition Grant covers all required course materials and you pay only \$250 a credit for undergraduate courses.
- Your military training counts. Transfer up to 99 previously earned credits from prior college/work experiences.
- There is no fee to apply and the Technology Services Fee is waived by your Ashford Military Tuition Grant, a \$1,290 savings.
- 5-6 week courses are taken one at a time so you can earn your degree without disrupting your life.



CALL TOLL FREE
888.373.4018
VISIT US ONLINE
MILITARY.ASHFORD.EDU/SPRIT

REGIONALLY ACCREDITED BY THE HIGHER LEARNING COMMISSION (NCAHLC.ORG)

Benefits apply to all Active Duty, National Guard, Reservists and spouses, dependents utilizing VA education benefits, plus civilian DOD employees, Coast Guard employees & separated vets/retirees using VA education benefits.

16491857 • AG-0368

Ashford University • 400 North Bluff Blvd • Clinton, Iowa 52732

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

CALL FOR APPOINTMENT!
719-574-7631

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



Colorado Springs

In the Top Three
Best Cities
for Housing Recovery

AUGUST 13, 2009 • BY FORBES.COM

TAKE ADVANTAGE OF SOME GOOD NEWS.

springshouses.com

Air Force boxers advance 13 to wing open finals

With a spot in the Wing Open Championship finals on the line, 26 members of the Air Force boxing team brought their best effort to the Cadet Gym Wednesday during semifinal action of the 53rd annual tournament. Junior Casey Habluetzel was named the Academy's Boxer of the Week for the second consecutive week.

Facing Patrick Ryan in the only 165-pound bout of the night, Habluetzel used his reach advantage and excellent movement to keep his shorter opponent away.

Senior Joe Silvio advanced to his fourth Wing Open finals at 156 pounds after defeating sophomore Mike Leland by unanimous decision. Silvio used good ring generalship and controlled all three rounds, en route to the decision. Silvio will face junior Tyrus Korecki in a rematch of last year's finals. Korecki easily won his 156-pound bout with James

Livingstone when the referee stopped the contest in the first round.

Three freshmen advanced to the Wing Open finals. Andrew Munoz won his 132-pound bout with Danny Acero, when the referee stopped their contest in the second round. Denis Vorobyov decisioned Derek Demyanek at 175 pounds, while Zak Spranger won his 195-pound bout with Marcus Hill.

"All three of them looked great in their victories," assistant coach Capt. Blake Baldi said. "They were tough and earned their spot in the finals."

Senior Michael Mizes and sophomore Will Petersen won their respective bouts to guarantee a rematch from last year's Wing Open at 132 pounds. Mizes forced the referee to stop his bout with David Leeds in the third round, while Petersen earned the judges' decision in his bout with Julian Gluck.

Sophomore Glenn Miltenberg and junior Craig Spranger advanced to the finals of the 147-pound weight class. Miltenberg won a referee-stopped (second round) contest over Sean Cork, while Spranger took a decision from John Alora.

Junior Rainer Caparas decisioned Vincente Vasquez in the 125-pound bout, while senior Reggie Howard advanced to his second Wing Open finals with a decision over Cooper Zielinski at 185 pounds. Senior Matt Coates closed out the night with a 195-pound win over Zach Vaughn, when the referee stopped their bout in the second round.

The victors from Wednesday's action advance to the main ring, under the lights of Clune Arena for the championship round of the Wing Open Tournament. The finals will be Thursday, at 7 p.m., and admission is free.



Bout Results

125-lbs.: Rainer Caparas (CS-21) dec. Vincente Vasquez (CS-05)
132-lbs.: Michael Mizes (CS-32) rsc-3 David Leeds (CS-23)
32-lbs.: Will Petersen (CS-02) dec. Julian Gluck (CS-09)
32-lbs.: Andrew Munoz (CS-02) rsc-2 Danny Acero (CS-31)
47-lbs.: Glenn Miltenberg (CS-27) rsc-2 Sean Cork (CS-18)
147-lbs.: Craig Spranger (CS-18) dec. John Alora (CS-29)
156-lbs.: Joe Silvio (CS-21) dec. Mike Leland (CS-21)
156-lbs.: Tyrus Korecki (CS-24) rsc-1 James Livingstone (CS-18)
65-lbs.: Casey Habluetzel (CS-32) dec. Patrick Ryan (CS-05)
175-lbs.: Denis Vorobyov (CS-06) dec. Derek Demyanek (CS-24)
185-lbs.: Reggie Howard (CS-12) dec. Cooper Zielinski (CS-19)
95-lbs.: Matt Coates (CS-14) rsc-2 Zach Vaughn (CS-09)
195-lbs.: Zak Spranger (CS-02) dec. Marcus Hill (CS-37)

The winners advance to the main ring of Clune Arena for the championship round of the Wing Open Tournament. The finals will be Thursday at 7 p.m.

BILL EVANS

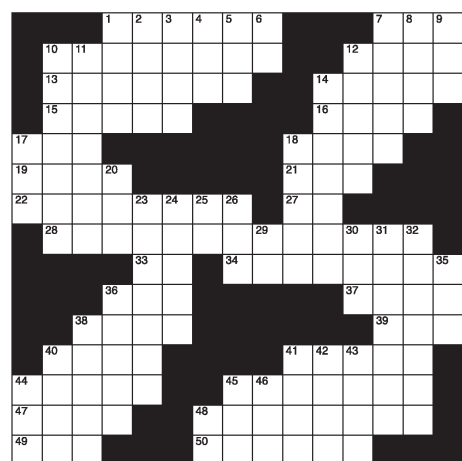
CLUES ACROSS

- Has more guipure
- Tiny round mark
- Went before
- Radioactivity units
- A complex
- Impressario Sol
- 18th Hebrew letter (var.)
- Used as a culture medium

CLUES DOWN

- Queen of Sparta
- Sour
- Center for Energy Policy & Economics
- Actress Lupino
- Snakelike fish
- Rural delivery
- Elastance unit
- Aroma
- Expression of disappointment
- Plant used for food or seasoning
- Remainders
- Stomach lining folds
- Dander
- Beginning military rank

- 21st Greek letter
- Canadian flyers
- Government agents
- Supplement with difficulty
- Holy war warrior
- Thallium
- Graduation sermon
- A public promotion
- Visual perception of a region
- Fiddler crabs
- 87571 NM
- Obeahs
- Former coin in Austria (abbr.)
- Yucatan Indian
- Shinto temple



- Reminiscent fashion
- Salem MA college
- Shittah trees
- Mamas partners
- Chicago railway
- Quick light knock
- Ancient Sumerian city
- Exactly suitable

- gateway
- Chances
- Make believe
- SW English spa city
- Trained horse maneuvers
- Goddess of the dawn
- Nasal divider

- Playful harassment
- Ruin environment
- Thyrotropin
- Extinct Caucasian language
- Hop kilns
- Hmong
- Examination
- Southern Honshu city
- Enlarge hole
- Relative biological effectiveness (abbr.)
- Pakistani rupee
- Sales
- Buttons & Bows singer's initials

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Solution on page 6

02-25-11

Colorado Christian UNIVERSITY

College of Adult and Graduate Studies

WITH SO MANY CHOICES TO COMPLETE YOUR DEGREE,
WHY CHOOSE CCU?

CCU is a Yellow Ribbon School!
Use your Post-9/11 GI Bill benefits at CCU:

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

SHERRY FERRIMAN | SFERRIMAN@CCU.EDU | 719.867.5800 | WWW.CCU.EDU/MILITARY

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

Air Force wrestlers defeat Northern Colorado, 24-14

In its final dual meet of the season, the Air Force wrestling team captured a 24-14 win over Western Wrestling Conference rival Northern Colorado Friday night at Clune Arena. With the victory, the Falcons closed out the regular season with a 12-5 overall record and 3-3 mark in the WWC. Meanwhile, the Bears dropped to 2-12 overall, 1-5 in the conference.

The Bears won the first two matches of the meet, earning decisions at 125 and 133 pounds to take a 6-0 advantage in the team scoring. A forfeit victory for 11th-ranked Cole VonOhlen (So., Jackson, Minn.) at 141 pounds put the Falcons on the board, but Northern Colorado's Justin Gaethje, ranked 19th in the country, won a 20-6 major decision at 149 pounds to push the Bears back ahead, 10-6.

At 157 pounds, junior Alec Williams, (Jr., Fultondale, Ala.) trailed 6-2 after two periods, but took control in the final period, earning a 9-7 decision over Tanner Weiks. Sophomore Clayton Gable (Dallastown, Pa.) made it two wins in a row for the Falcons, capturing a 6-2 win against Brandon Kammerzell in the 165-pound match, while captain Joseph Stafford

(Sr., Loomis, Calif.) took the mat for the Falcons at 174 pounds, notching a 5-3 decision over Cody McAninch to give Air Force a 15-10 advantage.

While Northern Colorado scored a decision at 184 pounds to get back within two points in the team scoring, Neil Delaney (Sr., Grand Rapids, Mich.) followed up with a win over Nick Bayer at 197 pounds. The score was tied at 1-1 at the end of regulation before Delaney scored the only takedown of the match 39 seconds into the sudden victory period.

With Air Force leading by five points going into the final match, heavyweight Jared Erickson (So., Newton, Utah) helped the Falcons cement their Senior Night win. Leading 4-3 in the third period against Konner Knudtson, Erickson recorded his seventh fall of the season in a time of 6:30 to bring the final team score to 24-14.

The Falcons now prepare to host the 2011 NCAA West Regional, which will be held March 6 in Clune Arena. Air Force and the six other schools in the Western Wrestling Conference will compete to earn bids to this year's NCAA Championships.



MEGAN DAVIS

Senior Andrew Zwirlein wrestles against Northern Colorado's Sam Bauer in Clune Arena Friday. Bauer won in a 7-5 decision.

\$1 Home delivery 7 days a week For a year!

Special offer for active duty military!

SIGN UP TODAY! Go to gazette.com/ActiveMil
NEW SUBSCRIBERS ONLY PLEASE.

Thank you for your service!

\$300 Active Duty & Adult Family Member Discount

Bentele
INNER SMILES
Orthodontics

MARK J. BENTELE, DDS, MS, PC
(COL, USAF, RET)

ORTHODONTICS FOR ADULTS AND CHILDREN
Saturday and after-school appointments available.

2575 Montebello Dr W, Ste 101
between Union & Academy

UNITED CONCORDIA/payment plans available. No charge evaluations.
719-268-7138 • www.inner-smiles.com

FREE games...

...for the entire family!

Check us out on the web at:
www.gazette.com/sections/games/

002



Patients wanted

The 10th Dental Squadron is seeking patients to be treated in their residency training program. If you are an eligible TriCare beneficiary and have been told you have gum disease or that you need gum surgery or a root canal, call 333-5490 for a screening appointment.

CCAF graduation

The Education Office will hold a Community College of the Air Force graduation and reception May 5 at the Falcon Club for the October 2010 and April 2011 graduating classes. For more information, contact the Education Office at 333-4821.

A&FRC offerings

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

Bundles for Babies - Wednesday, 8 a.m. to 12:30 p.m.: Learn about nutri-

tion, developmental play, basic parenting skills and how to budget for a baby. This class is open only to active-duty families who are expecting a child. Eligible attendees will receive a bundle of gifts provided by the Air Force Aid Society.

DAV Medical Records Review - March 7 and 25, 8 a.m. to 4 p.m.: Individuals within 180 days of retirement or separation can have the Disable American Veterans review their medical records. You must pre-register. Call for an individual appointment.

Smooth Move PCS - This one-stop shop offers information about your next base, allowances, Plan My Move, household goods shipments, claims and more.

Resume Writing Workshop - March 9, 9 a.m. to noon: Learn how to write an effective résumé that will open the door to your next career opportunity. This class offers information on different résumé formats, how to best highlight your qualifications and experience, how to target your résumé to specific jobs and more.

Civil Service Class - March 10, 8 a.m. to noon: Learn what you need

to know about federal employment applications, searching for positions, reading position descriptions, hiring preferences and authority, eligibility categories and more.

Military Family Life Class - March 10, noon to 1 p.m.: Each month's class offers a different family life topic for presentation and discussion.

Volunteer call

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

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

Award nominees sought

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

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

Community Activity programs

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

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

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

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



Cadet Chapel

BUDDHIST

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

PROTESTANT WORSHIP

Traditional: Sundays, 9 a.m.
Contemporary: Sundays, 11 a.m.

CATHOLIC WORSHIP

Mass: Sundays, 10-11 a.m.;
Mondays, 5:45-6:15 a.m.;
Tuesdays-Thursdays, 7-7:30 p.m.
Confession and Adoration:
Wednesdays, 6-7 p.m.
Holy Days of Obligation: 7 p.m.

JEWISH WORSHIP

Shabbath: Fridays, 7 p.m.

OPEN FOR TOURS

Monday-Saturday: 9 a.m.-5 p.m.
Sunday: 1-5 p.m.

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

Community Center Chapel

CATHOLIC WORSHIP

Mass: Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesdays-Fridays, 11:30 a.m.
Reconciliation: Saturdays, 3:30 p.m.
Religious formation: Sunday, 10:15 a.m. September-May

PROTESTANT WORSHIP

Wednesday Night Live: 6 p.m.
Dinner followed by Religious Education September-May
Evangelical: Sunday, 10:15 a.m.
Gospel: Sunday, 11:30 a.m.

We're **BLASTING** Off to Moab!

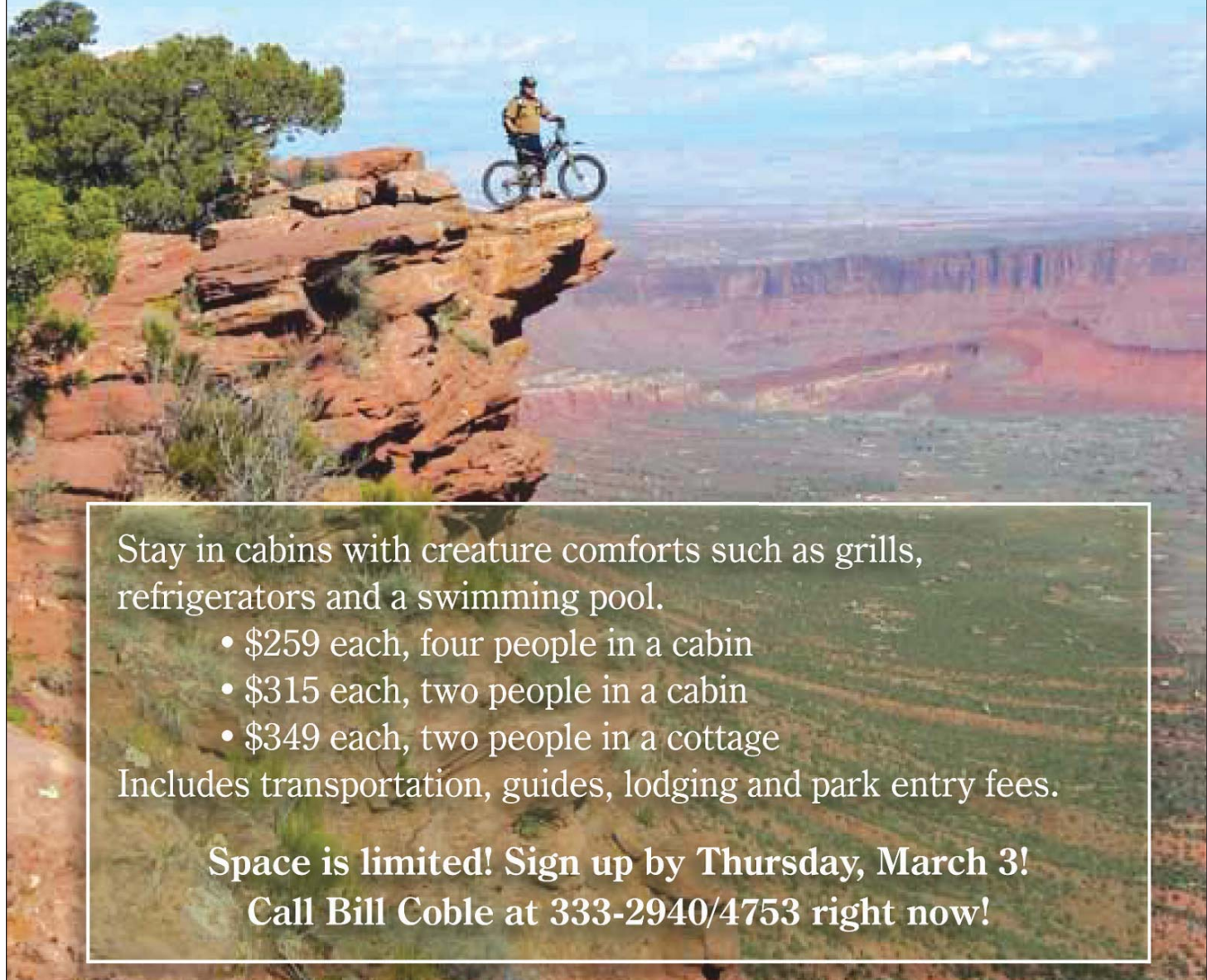
Spend spring break biking and hiking one of the most incredible landscapes that draws visitors from around the world. Explore the famous Gemini Bridges, Arches National Park, Slick Rock bike trail and more.

You can participate in the activities we have planned, or you can do your own thing like rent an SUV and go four-wheeling. Hiking and biking is for intermediate and advanced skill levels.

Sunday-Thursday, March 20-24

Pre-trip meeting, Monday, March 14, 5:30 p.m.

at the Outdoor Recreation Center.



Stay in cabins with creature comforts such as grills, refrigerators and a swimming pool.

- \$259 each, four people in a cabin
- \$315 each, two people in a cabin
- \$349 each, two people in a cottage

Includes transportation, guides, lodging and park entry fees.

Space is limited! Sign up by Thursday, March 3!

Call Bill Coble at 333-2940/4753 right now!

IT



Information Technology Services Director
Join a team of dedicated professionals making a difference in the community. El Paso County Public Health is recruiting for an innovative and highly motivated individual to serve as IT Services Director. This position will develop, coordinate and implement strategic IT direction for the agency. Serves as a member of the Executive Leadership Team. Bachelor's Degree in Computer Science, IT or related field, current valid driver's licence and ins. Competitive Benefit package. Tobacco free campus. EOE. Apply online at www.elpasocountyhealth.org

Real Estate & Rentals

Buying or Selling a Home?
Call Linda. She has been helping Military Families with their real estate needs since 1996.



Linda Lafferty
CRS, MRE, CNE, ABR, GRI, Broker,
Member of Co Spgs Elite 25
719.955.8590
www.lindalafferty.com
linda@lindalafferty.com
THE PLATINUM GROUP, REALTORS®

It's music to your career.
springsjobs.com

NE
5bedrooms, 4baths, golf course, 3 miles off base, 760-475-1846

MONUMENT 3bd/1.5ba, 2 car garage, washer/dryer with mountain & lake views, call 719-229-4040

Transportation

Mercedes-Benz OF COLORADO SPRINGS
MDX 2007-
AWD! Loaded up!
\$21,977 #B21190A
1-866-667-8556

LIKE NEW!
DEVILLE 2005
silver, 75K mi, exc cond, \$8900. 495-3170

WANTED FIBERGLASS Camper Shell for 1995 Silverado 2500, 3/4 ton ext cab, 4x4. 8ft x 62" bed, white or forest green. FOUND! FOUND!

New Today!
EXPLORER 1999 - Limited Edition, Exc. Cond, green, 126K mi \$6,500/obo Call (719)328-9700

Mercedes-Benz OF COLORADO SPRINGS
CIVIC LX 2008- Cheap Transportation!
\$12,997 #B21450A
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
SONATA 2010- Only 17k Miles.
\$14,977 #B21400A
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
G35X 2007- AWD Sedan! Hot Stuff!
\$21,977 #P20496
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
MXK 2007- AWD! The "Ultimate"
\$28,977 #B211051J
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
MIATA LS 2004- Only 31k Miles.
\$12,977 #B21435A
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
C280 4MATIC '07-100k Warranty, Loaded.
\$24,977 #B21448
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
CLK350 CONV 2008- Loaded! 6K Mi!
\$44,977 #B21512
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
E350 4MATIC 2008- WOW! 100k Wnty!
\$36,977 #B21482
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
GL450 4Matic 2008- 26k Mi, 100k Wnty. \$51,977 #B21501
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
GLK350 2010- WOW! Wnty to 100K!
\$34,977 #B21307
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
ML350 4MATIC 2006- Loaded! 100k Wnty.
\$28,977 #B21101A
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
ML350 4MATIC 2008- 28k Mi! 100k Wnty!
\$39,977 #B21524
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
SLK350 2008- Only 15K Mi! \$39,977 #B21511
1-866-667-8556

Mercedes-Benz OF COLORADO SPRINGS
GRAND PRIX 2004- GTP. One of a kind!
\$12,977 #B21481A
1-866-667-8556

SUBARU 1987 SW runs and looks great, dependable, \$2000 obo. 719-217-1894

Mercedes-Benz OF COLORADO SPRINGS
BEEBLE CONV 2008- It's Purdy!!
\$16,977 #P20495
1-866-667-8556

MUST SEE!
KAWASAKI ZX10R NINJA 2005
Green, 4500 mi. Custom Exhst. \$4900 obo Call 719-651-0040

PACE 2002 AMERICAN JOURNEY
6 x 10 ENCLOSED CARGO TRAILER. White, single-axle, double rear-door, side door. In good shape. \$1750. (719)488-2900

FREE games...



...for the entire family!

Check us out on the web at:
www.gazette.com/sections/games/

Aloha Solitaire, Text Express 2, Super Collapse! Puzzle Gallery 3, and Hotel Mahjong are trademarks or registered trademarks of RealNetworks, Inc. and its wholly owned subsidiaries. All rights reserved.

AMERICAN



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

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

IRISH



Jack Quinn's
385-0766
21 S. Tejon Street
Open for Lunch & Dinner daily;
Sunday Brunch served 12 pm-3 pm;
Happy Hour 3-6 pm; & late night Sunday.

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

BAR & LOUNGE



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


UFC Fight Sat. 26th \$1.00 off all drafts till 9pm 40 cent wings during the fight. All Star DJ's spinning right after the fights. Come early to get your favorite seat. Monday - Karaoke, Tuesday - Free Poker, Wednesday - Beer Pong, Thursday - DJ or Live Entertainment, Friday & Saturday - DJ Entertainment with NO cover charge starting at 9pm!! Sunday: Draft Specials & 40c Wings! Come watch NASCAR on one of our 11 Big Screen TVs.

MEXICAN



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

BILLIARDS



Antique Billiard Museum
3628 Citadel Dr N Colorado Springs,
CO 80909 / 719-597-9809 or
Diamond Billiards
3780 E Boulder St Colorado Springs,
CO 80909 / 719-596-9516

Two great Billiard Rooms. Best equipment, pricing and pro shop. Over 68 playing pool tables including regulation, snooker billiards and diamond bar tables, 50 cents.

PIZZA



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

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

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.

STEAKHOUSE



SteakSmith
719-596-9300
3802 Maizeland Rd.

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

Albertsons®

It means a great deal.™



LOOK
for these signs
that point the way to savings

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



Fresh

1.99 lb.

Chicken Breast Boneless Skinless



Fresh

BUY one GET one FREE

Assorted Pork Loin Chops Bone-in Reg. Retail \$2.99 lb. Equal or Lesser Value



USDA CHOICE BEEF
T-Bone Steak Family Pack

5.88 lb.



Sunkist

Navel Oranges 3 lb. Bag

99¢ ea.



7-Up
12 pk., 12 oz. or 6 pk. 16.9 oz. Select Varieties Limit 4

4 for \$10



great DEAL

BUD LIGHT or **Budweiser**

18 Pack Bottles

14.99



Arizona Tea 42 oz. or 7-Up or Pepsi 2 Liters Select Varieties

\$1



SunnyD 64 oz. or Albertsons Sandwich Bread 24 oz. Select Varieties

\$1



Betty Crocker Hamburger Helper 4.4-7.5 oz. or Progresso Vegetable Classics Soup 18-19 oz. Select Varieties

\$1



Banquet Value Meals 5-10.25 oz. Select Varieties

Breyers 16 oz. Ben & Jerry's Ice Cream 3.6 oz. Cups or Banquet Value Meals 5-10.25 oz. Select Varieties

\$1



Bar's Jumbo Meat or Cheese Franks 16 oz. Bar's Bologna 12 oz. Select Varieties

\$1



Albertsons Gallon Milk Select Varieties Limit 2

1.98

Military Discount COUPON **Albertsons** It means a great deal.™
All Active, Reserve or Retired Military Personnel*

\$10 OFF COUPON GOOD 2/25/11-3/1/11
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.

Some Restrictions Apply. Military ID Required.

No Purchase necessary. See store for complete rules and odds. Play from February 9th thru May 24, 2011 or until all game tickets have been distributed. The MONOPOLY name and logo, the distinctive design of the gameboard, the four corner squares, the MR. MONOPOLY name and character, as well as each of the distinctive elements of the board and playing pieces are trademarks of Hasbro for its property trading game and game equipment. © 1935, 2011 Hasbro. All rights reserved.

Prices Effective 2/25-3/1/11

Visit www.albertsonsmarket.com

RAIN CHECK: We strive to have on hand sufficient stock of advertised merchandise. If for any reason we are out of stock, a Rain Check will be issued enabling you to buy the item at the advertised price as soon as it becomes available. Savings may vary. Check price tag for details. We reserve the right to limit quantities. Please, No Sales to Dealers. AVAILABILITY: Each of these advertised items is required to be readily available for sale at or below the advertised price in each Albertsons store except where specifically noted in this ad. © 2011 Albertsons, L.L.C., Albertsons, the Albertsons logo, the Savon Pharmacy logo and the 10 for \$10 logo are trademarks of New Albertsons, Inc or its subsidiaries and is used under license. We reserve the right to correct printed errors.

022511_R0P_CS_M