

**SAVE ENERGY**

It's up to all of us.  
Page 5

**HEROIC MEASURES**

Army Major grateful to Academy medics for emergency treatment. Page 9

**SWIMMERS AND DIVERS**

Women's team dominates meet. Page 12

# ACADEMY SPIRIT



## Academy releases 2012 research report

The Air Force Academy released its 2012 research report Oct. 8, outlining the Academy's 18 research centers, two Air Force institutes and a program valued at nearly \$60 million.

The report includes features on mission-related efforts including the Center for Character and Leadership Development and community outreach efforts supporting science, technology, engineering and mathematics education initiatives.

The Academy's research program is the No. 1 federally funded undergraduate-only program in the nation, according to the National Science Foundation. The program has grown considerably throughout the last decade, from about \$10 million in federal and non-federal funding in Fiscal Year 2001 and expanded to more than \$70 million in FY 2011.

Contributions dropped to about \$60 million in FY 2012 as part of Defense Department-wide budget cuts, but that decrease in funding hasn't affected the cadet experience, said Col. Robert Kraus, the Academy's chief scientist.

Kraus said the Academy's research program model is unique to the Air Force and DOD and has been a trailblazer in leveraging external and internal support, cooperative research and development agreements with private industry and technology transfer successes such as royalties and patents.

"We provide efficient, less expensive, yet cutting-edge and scientifically reliable research results to our customers," Kraus said. "We have created a fiscally intelligent avenue for private industries and other Air Force organizations to obtain top-notch research results and solutions for real-world problems."

**See Research Page 4**



ELIZABETH ANDREWS

Cadet 2nd Class Zachary Bruhn researches algae lipid biofuels in the Life Science Research Center at the Air Force Academy.

Friends of Cadet 1st Class Devin Durden gather at the Cadet Chapel Wednesday for a memorial service. He died Oct. 4 from motorcycle accident injuries.



SARAH CHAMBERS

## Memorial service held for fallen cadet

By Don Branum  
Academy Spirit staff writer

Friends of a cadet who died Oct. 4 gathered to remember him in a memorial service here Wednesday.

Cadet 1st Class Devin Durden, 21, died from injuries he suffered in a motorcycle accident Sept. 26.

"Devin fought incredibly hard, but in the end, the in-

juries he sustained were so numerous and complex that he just could not survive," his family said in a statement Oct. 4.

Durden's air officer commanding, Maj. Jason Kirkland, recalled the first time he met the Buford, Ga., native.

"He was extremely up-front, extremely respectful," Kirkland said. "He had a passion

for being a cadet ... the passion he felt for football, the passion for his friends. He was fiercely loyal to those closest to him.

"It didn't matter if you were the most popular cadet in the squadron or a freshman. He was personable, and he'd talk your ear off," Kirkland said. "He is here with us today, and he will always be with us."



# Get your degrees in order

By Chief Master Sgt. David Brinkley  
451st Air Expeditionary Wing Public Affairs

**KANDAHAR AIRFIELD, Afghanistan (AFNS)** — In 1972 the Community College of the Air Force was established by the Air Force Chief of Staff, General John D. Ryan.

Four years later, President Gerald Ford authorized the Air Force, by law, to confer the associate degree. The CCAF was accredited in the start of 1977 and by the spring of that same year it awarded its first Associates of Applied Science degree.

This year the CCAF is expected to award the 400,000th AAS degree since the college's establishment. This is milestone stands as an impressive achievement for the college and a testament to the character of the men and women who make up our enlisted corps.

Unfortunately, some view the CCAF as a degree mill and discount the value of the degree.

Frankly, the investments toward the professional development of our own Airmen can't be matched by any corporation or any other service - it's foolish to undermine the efforts of nearly half a million Airmen.

Our enlisted corps is a highly-motivated, well-educated force, and the numbers back it up.

According to official records as of this month, within 412,000 Airmen serving in the Air Force you will find 77,343 with associate degrees, 29,487 with a bachelor's, 5,090 master's degrees, and 88 who have reached the highest academic levels and have earned a doctorate or professional degree.

As we continue to challenge our enlisted corps to chase educational goals, they will continue to reach more educational milestones; however for some the accomplishment of their AAS through the CCAF takes a backseat as they pursue their own interests. As a result, these well-meaning Airmen have their educational goals operating in reverse.

How do we keep them focused on the importance of completing their CCAF first?

From personal experience, I've reviewed countless Enlisted Performance Reports and award nominations that highlight a member's progress towards a baccalaureate degree. At first glance this looks great, balancing school and work isn't easy but upon further review many have not completed their CCAF degree.

This tells me the member is more focused on their personal goals than taking care of the Air Force's fundamental educational expectations. Some leaders offer guidance and encourage their subordinates to transfer their baccalaureate degree courses to CCAF so they get credit. But again, this is another step that reinforces the notion that the CCAF should be an afterthought and not at the forefront.

As enlisted leaders we are charged to deliberately develop our force. In the realm of education we must focus our subordinates on the importance of attaining their CCAF degree first.

This starts with properly approaching Career Development Courses with the right attitude. Upon completion of CDCs and in conjunction with on-the-job and up-grade training, members receive college credits; remind your



Airmen they are in fact completing college level courses through their CDCs.

It is customary to prohibit members in UGT or who are enrolled in CDCs to simultaneously be enrolled in off-duty civilian education. We advise our Airmen that when their CDCs and UGT are complete they can then take college courses. This guidance is misleading. We should be telling our Airmen that because of the CCAF and their CDCs they are already enrolled in college and taking college courses.

We have a tendency to reward our Airmen for CDC completion by allowing them to pursue their bachelor's degree. Instead, we should continue to mentor our Airmen and keep them focused on their AAS. Once the first part of their education (CDC, OJT/UGT) is completed we can focus them on the other approximately 16 semester hours of classes they need for completion of their CCAF degree. Typically Airmen will enroll in be a bachelor's degree plan to further their educational goals; however, the focus should be on accomplishing the CCAF degree requirements rather than pursue an advanced degree from the beginning.

An Airman would be much better served if their advancement toward a BA or BS degree would be the by-product of their pursuit toward the AAS through the CCAF not vice versa. We need to remind our Airmen why CCAF accomplishment is important.

Some will say that CCAF completion is important because without it a member hurts their promotion potential; but leaders need to look at the bigger picture.

Individuals may only participate in CCAF degree programs designed for their Air Force occupation. Why is this? The US Air Force is the best at developing its workforce for current and future leadership and technical challenges. The 64 degree programs offered through CCAF are specifically created and tailored to address technical and leadership issues a member will encounter in their specialty. Nearly every profession requires its members to complete some type of education or certification. Our profession of arms is no different.

Completion of a CCAF degree helps members progress from apprentice to journeyman and onto craftsman in their trade. Of the 64 credit hours required for the CCAF AAS, 24 are in the technical education area. These 24 hours are accomplished through Technical School, OJT, UGT and the CDCs. The Air Force views the AAS as the first important step in the development of our junior enlisted corps, a step that can't be substituted with civilian academic degrees. Once Airmen complete this first and critical obligation then we can encourage them to continue and achieve other educational goals.

Our force benefits by having a team of educated leaders, managers and Airmen.

The road to educational excellence starts with understanding the true value of the CCAF AAS degree, accepting and tackling CDC, UGT, OJT as college level courses and not treating the completion of the CCAF AAS degree as a secondary goal, but making it our primary purpose and fulfilling the Air Force's educational expectations before seeking out further educational opportunities.

ACADEMY SPIRIT

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

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Academy Superintendent  
Lt. Col. John Bryan —  
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# Fire prevention week: Saving lives through knowledge



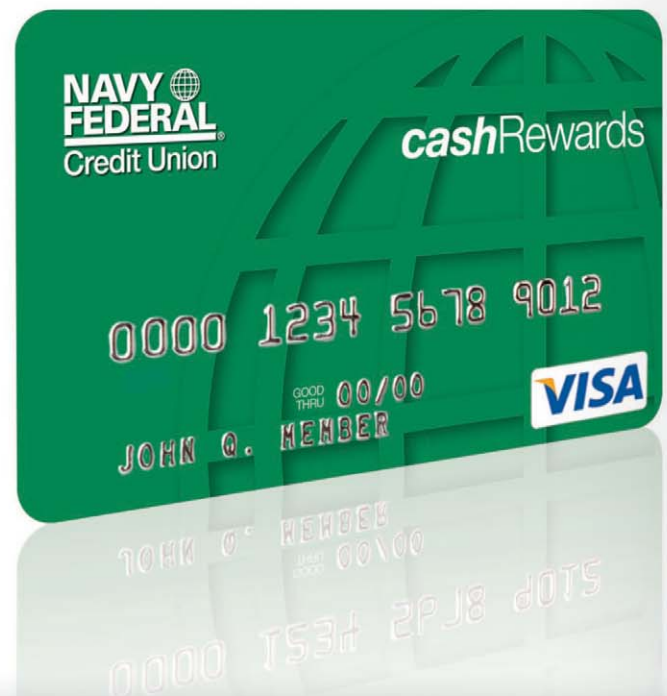
LEFT: Tyler Moran, a fire inspector and public fire education specialist speaks to children at the Academy's Child Development Center as part of Fire Prevention Week on Oct. 11. Also, present was the Academy Fire Departments 1929 REO Speedwagon fire truck and Sparky the Fire Dog.

ABOVE: Sparky the Fire Dog greets children at the Academy's Child Development Center, where he and fellow firefighters spread the message of fire safety as part of Fire Prevention Week.

PHOTOS BY LIZ COPAN

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## Research

### From Page 1

As part of this effort, the Academy sends nearly 200 cadets annually to Cadet Summer Research Program research projects. These projects range from working with Intel Corporation on emerging technologies and innovations to the Air Force Office of Scientific Research programs to NASA projects. The partners have to pay only for the cost of a temporary duty assignment for cadets for three to five weeks and many cadets continue to work for these organizations during their senior year as either capstone projects or independent studies.

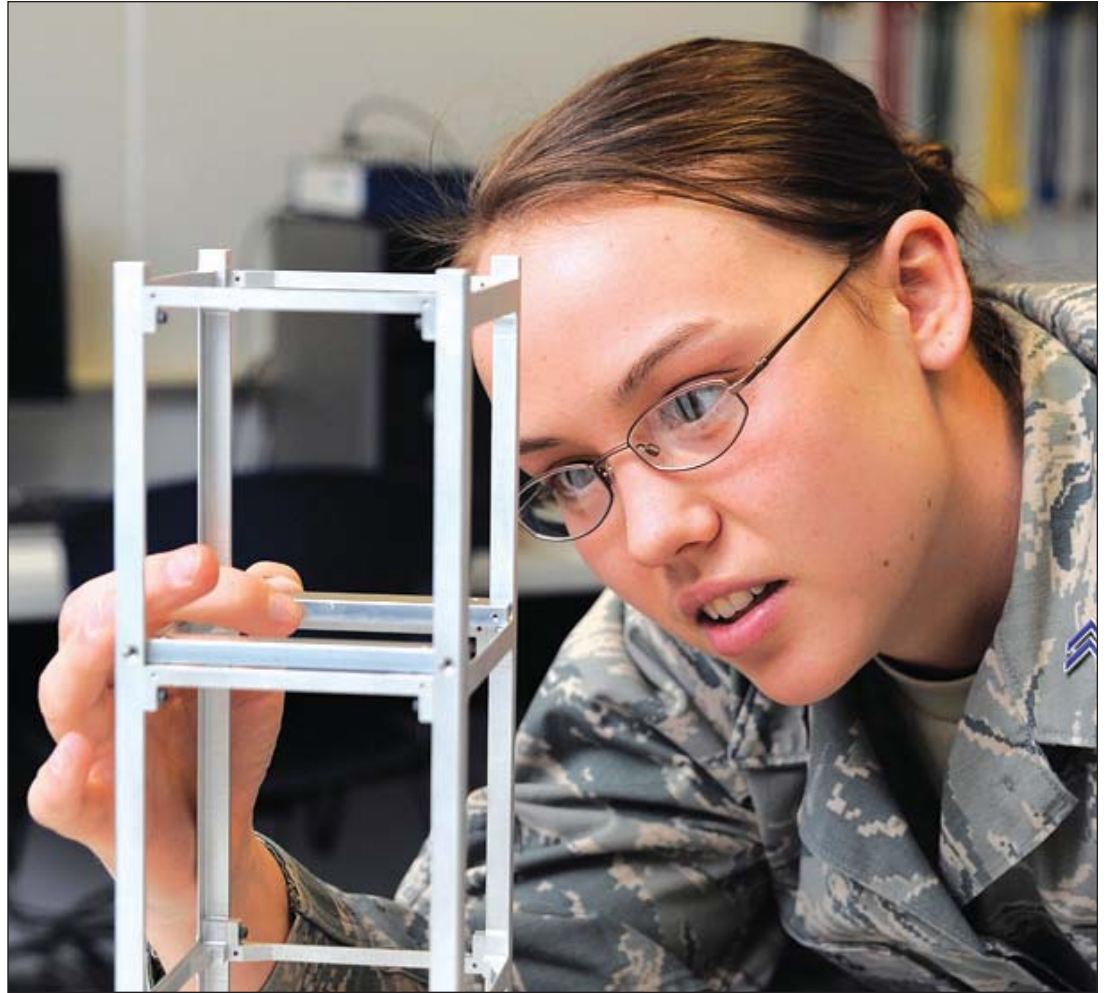
The research program also supports faculty development and research opportunities through small grant opportunities, the program's annual research awards and professional development. Through programs such as the Scholarship of Teaching and Learning, faculty can learn best practices in the classroom and to add to the scholarship on how to best teach and develop cadets and themselves as educators.

"Our research program also al-

lows our faculty to be involved in emerging research topics and help keep them developing as scientists, researchers, and educators," Kraus said.

Newer programs like the Center for K-12 STEM Outreach and Research have broad support both financially, from the National Defense Education Program, and from faculty and cadets who volunteer hundreds of hours annually to support the Academy's STEM outreach efforts. With more than \$250,000 annually invested into STEM efforts, the Academy is leading the way to fostering and leveraging the varied STEM organizations, programs and opportunities in the Pikes Peak region, Kraus said.

As the research program matures, more people are hearing about the great quality of research being produced at the Academy, and more alumni are hearing about the great research programs, Kraus said. The Academy has conducted research since its founding and anticipates a strong research program for a long time to come.



RAYMOND MCCOY

Cadet 1st Class Heather Nelson works on the FalconSat 7 project. The senior is an Astronautical engineering major at the Academy.

# International students visit USFSA

By Tech. Sgt. Vann Miller  
Academy Spirit Editor

More than 100 foreign military representatives from 32 countries arrived Sunday and have come to the Academy reciprocating the visits many U.S. Air Force Academy cadets have made to their nations.

As part of the DOD Language Transformation program, the visiting officers and cadets have toured USAFA to promote friendship, according to one of the instructors here.

Maj. Robin Cadow, International Week Coordinator, helped direct the visit for the foreign delegates and is also a member of the Office of International Programs here.

Cadow said that one of the important aspects of these visits is the fact that cadets sit across from their international counterparts and have an invaluable opportunity to build relationships.

"Many of these relationships will remain active over the course of an officer's career," said Cadow. "And, invaluable facilitate broader cooperation in humanitarian service programs, disaster relief, combating global terrorism or other operational imperatives that are yet defined."

The international visitors are from Latin America, North America, Africa, Europe, and the Middle

East, Dailey said. The activities during the tour included academic, military and athletic events, as well as cultural education.

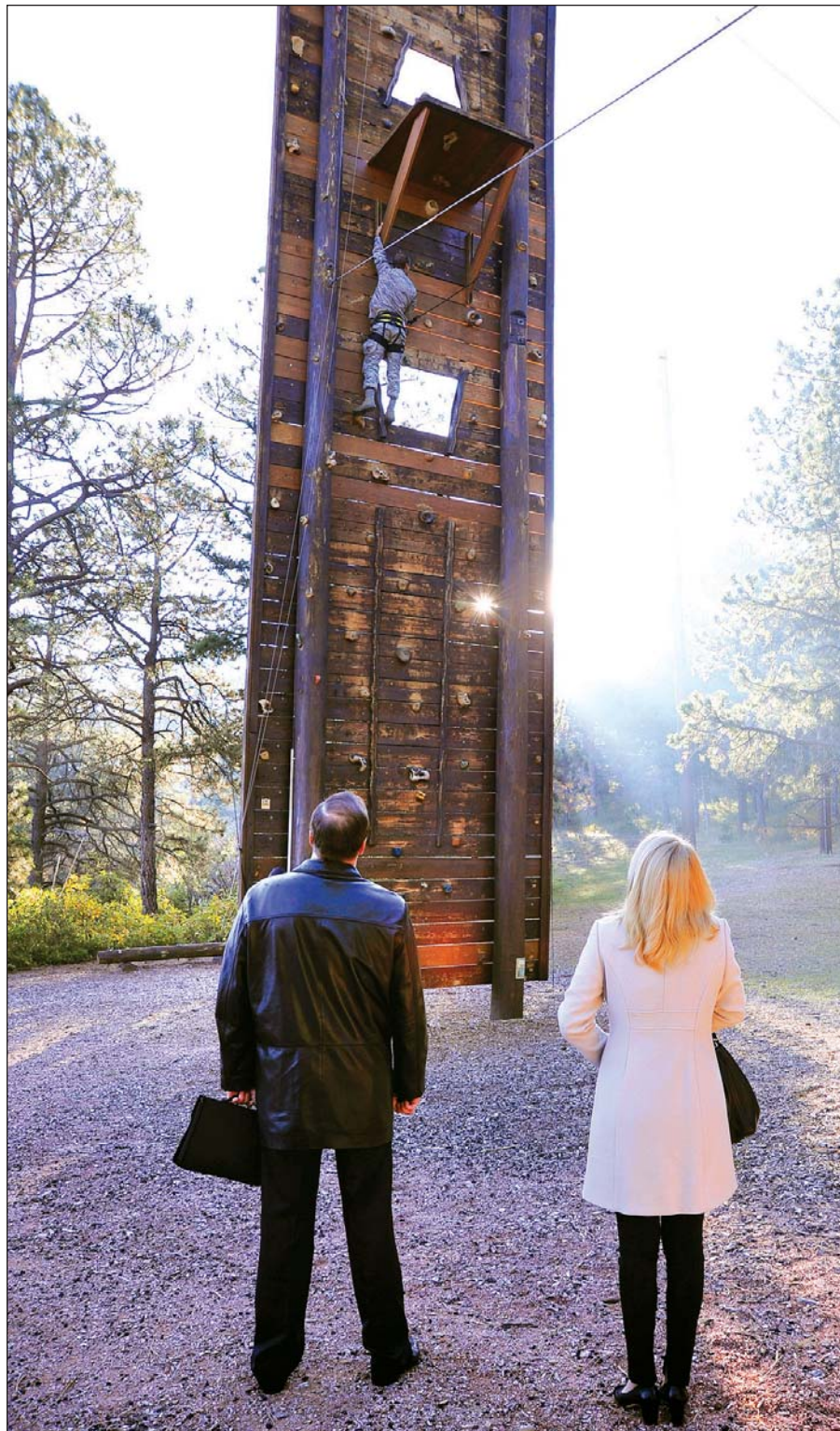
Also participating in the visit were four members of a Russian delegation led by Col. Dmitry Vereshchikov, the Faculty Chief, Voronezh Air Force Academy.

The visit with the delegates was more than a social exchange one cadet explained.

"International Week is not just about meeting other people," said Cadet 1st Class Austin Howard, Cadet-In-Charge for the Office of International Programs. "But (it's) about experiencing languages and cultures from all around the world."

Howard said that the cadets had the opportunity to understand how other militaries operate. This experience will allow them to serve effectively and communicate better as they later serve in roles outside the U.S. during their Air Force careers.

"International week has shown us not only a veritable spring of culture, language, identity, and global commitment to service before self, but it has also truly revealed the international playing field that we operate on in today's age," said Cadet 1st Class Eric Millen, Deputy Cadet-In-Charge, Office of International Programs.

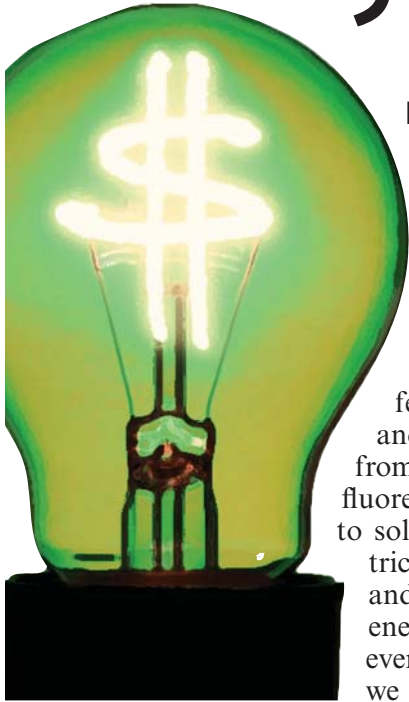


Viktor Romanov and Ekaterina Priezzheva watch Cadet 1st Class Kendrick Talamantez scale an obstacle at the Air Force Academy's Ropes Course Oct. 12. Romanov, Priezzheva and other officials with the Russian Federation Defense Ministry visited the Academy as part of International Week. Romanov is the deputy chief of the Defense Ministry's Personnel Directorate. Priezzheva is the ministry's chief of military education. Talamantez is assigned to Cadet Squadron 02.

MIKE KAPLAN



# Saving energy is everyone's job



By Russell Hume  
Academy Installations  
Directorate

The concept of Energy Action Month immediately evokes a myriad of different thoughts and visualizations, from the compact fluorescent light bulb to solar panels to electric vehicles, images and messages about energy surround us every day. At times, we heed these messages by implement-

ing changes at home to conserve energy and reduce utilities costs.

However, at work, it sometimes appears energy management is "someone else's job" and that you have little to no involvement in Air Force energy management. You are wrong: Energy management is not "someone else's job," it is everyone's responsibility.

In the Air Force, more than 80 percent of energy use is in the form of aviation fuel. At the Academy, however, facility energy dwarfs all other energies. Whether it be electrical or thermal energy, we rely on it every day.

Unfortunately, energy is not free. The annual energy cost here exceeds \$10 million per year. This is \$10 million diverted annually from our mission to

develop leaders of character. As fiscal constraints continue to mount, less money spent on mission support leads to more funds spent on direct mission.

Your daily habits are an integral part of the culture change that needs to occur within our Air Force. We must learn and relearn how to do our jobs and make energy a consideration in all we do if we are to succeed in managing the cost of energy.

Have you looked around your area to determine what energy gremlins you may have that you could do without? Items such as personal refrigerators, coffee pots, fans, space heaters, excess monitors and printers unnecessarily eat up electricity every day.

Consolidate or eliminate: Show your commitment to making energy a consideration by removing unneeded electrical loads.

What is USAFA doing? The Energy Management Steering Group developed an energy roadmap in late 2011 outlining a methodology for the Academy to attain net zero goals and become a model for energy management. The roadmap items follow the Air Force energy pillars of reducing demand, increasing supply and managing costs.

The Academy's energy roadmap items are:

- Establish and validate Net Zero Installation goals.
- Implement education and awareness plans.
- Complete a facility metering program: Expand, optimize and use an energy management control system.
- Fix top five energy-intensive facilities; examine and adjust top five energy intense missions or activities.
- Reduce excess facility and infrastructure.

- Reduce fleet fuel consumption.
- Deploy high-efficiency exterior lighting
- Emphasize energy management in facility designs
- Manage reimbursable utility customers

All of these roadmap items strive to reduce the cost of operating the Academy. Every dollar saved on energy is a dollar made available for mission requirements.

If we all work together and turn words into action, we will tame and control our energy use. One seemingly small action on your part becomes an example for others. As others follow your lead, behavioral patterns change and slowly but steadily our energy management culture changes.

So as we start the new fiscal year and National Energy Action Month, I will borrow from the Department of Energy: Turn words into actions; turn actions into results. Look through your workplace with an eye on energy and start your culture change today.

## USAFA Annual Energy Consumption 2011

Electric	91,903 MWh	\$4.5M
Natural Gas	485,065 MBtu	\$2.6M
Propane	110,664 Gal	\$0.2M
Water	398 MGal	\$1.3M
Non-Pot Water	305 MGal	
TOTAL		\$8.6M

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# Cadets introduce kids to Cool Science

By Don Branum  
Academy Spirit staff writer

Leave it to cadets to make science cool.

Cadets in three science-related clubs headed downtown Saturday and Sunday to get schoolchildren interested in what is all-too-often considered a boring or dry career path.

Cadets with the Physics and Astronomy Club and the Chemistry Club performed demonstrations inside classrooms at the University of Colorado - Colorado Springs, said Cadet 3rd Class Winston Sanks, the assistant cadet in charge of the Academy's Science, Technology, Engineering and Mathematics Club. The STEM Club had exhibits out-

side, including a guilder-building exercise and a model rocket that they launched.

"We showed off the models and talked to kids," said Sanks, a Colorado Springs native. "Some Civil Air Patrol cadets had questions about the admissions process and the freshman-year experience; we had a lot of freshmen there, and they answered those questions. The younger kids asked about the patches on our flight suits. I was wearing a FalconSat patch, so I explained a little bit about what the FalconSat program is."

The STEM Club's mission is to get

people interested in fields related to the sciences. For Sanks, that means doing something he already enjoys.

"Primarily, it's just talking with the kids and getting them excited about stuff they wouldn't have been excited about otherwise," he said.

Approximately 700 schoolchildren, split evenly between boys and girls, attended, Sanks said. The STEM

Club cadets have a busy schedule ahead of them, with a Rocky Mountain BEST robotics competition in Denver Saturday and Oct. 27, a Lego engineering camp for elementary schoolchildren at Challenger Middle School Oct. 30, a FIRST Lego League robotics competition Nov. 17 and a visit to Cesar Chavez Academy later in the year.



JULIE IMADA

Cadet 3rd Class Winston Sanks (right) helps set up a rocket demonstration at UCCS Saturday with the help of Cadet 4th Class David Emanuel (left) and Cadet 4th Class Zacchaeus Graf. Sanks is the assistant cadet in charge for the Academy's Science, Technology, Engineering and Mathematics Club.

## Increase your odds in avoiding the flu

Nine out of 10 healthy people who get a flu shot don't get the flu, according to the Centers for Disease Control and Prevention. And because it takes two weeks for the body to build immunity to a flu shot, now's the best time to get vaccinated.

Tricare covers flu shots or flu mists at no cost to military family members. Local military clinics, Tricare network providers and Tricare network pharmacies can provide vaccinations. If you visit a pharmacy, make sure the actual pharmacist dispenses the flu shot or mist to avoid out-of-pocket costs.

If you choose to get your shot at the doctor's office, be aware that some physicians may charge a small co-pay for the office visit. Additionally, it's a good idea to call your local military clinic first to find out when flu shots are available.

The CDC recommends everyone 6 months and older get vaccinated against the flu, but making the "shot experience" smooth for your children can be a challenge. TriWest Healthcare Alliance suggests leading by example. Here are some tips:

- Go for your flu shot when you take your kids for theirs.
- Ask if the clinic or pharmacy has flu mist available as an alternative to the shot. Just check with your child's

health care provider first, to see if it's a good fit.

- Offer to get your shot first. It will help to relax your kids.

• If fun or colorful bandages are available, ask to wear one alongside your children.

• Finish the flu shot appointment with a treat, such as a trip to the park or a healthy fruit smoothie.

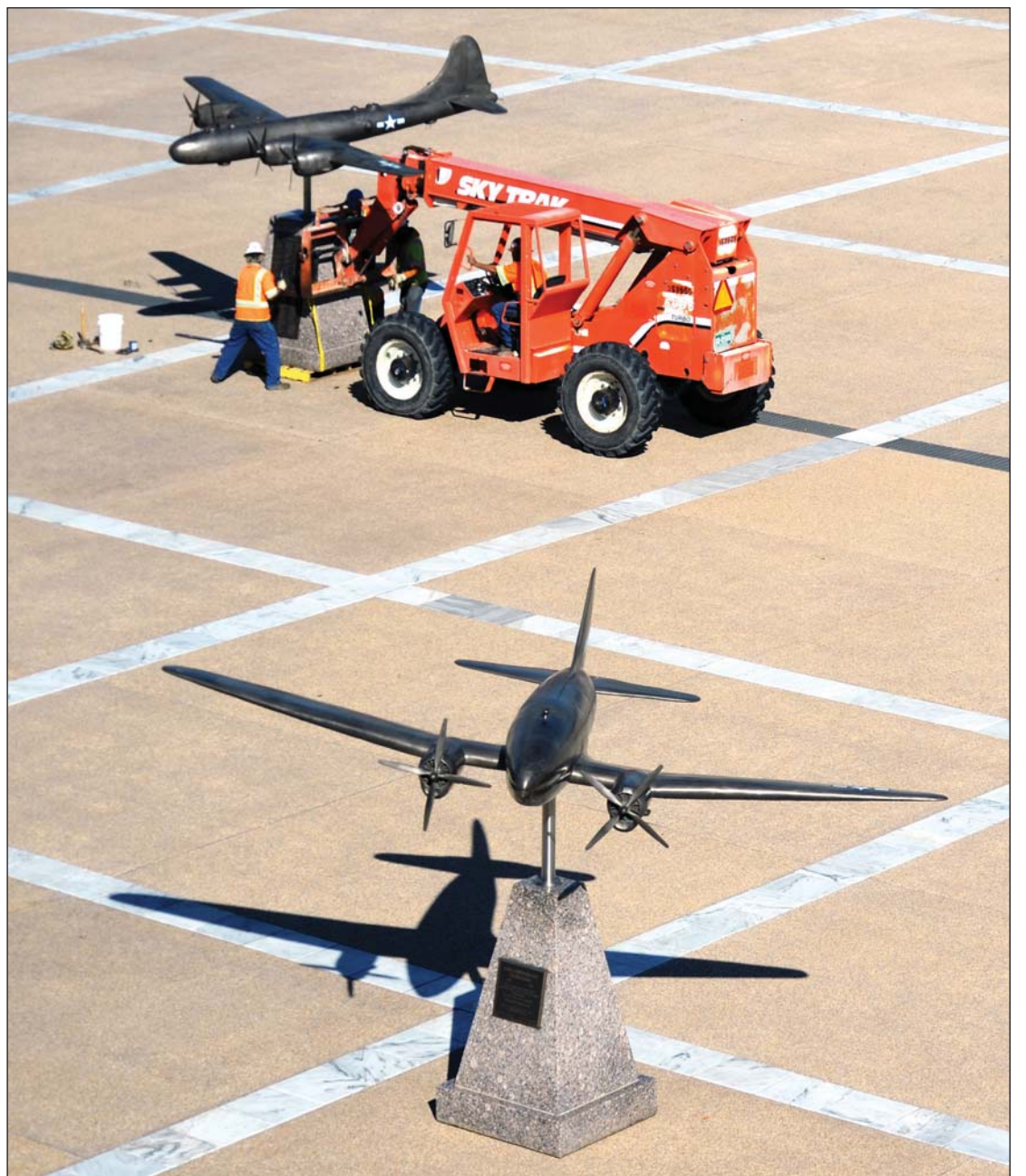
Other ways to avoid the flu involve keeping active, getting adequate sleep and eating healthy foods. Besides getting a flu shot, taking these everyday steps from the CDC can help you avoid the flu in the first place:

- Wash your hands properly. By this, we mean scrub with soap and warm water for approximately 20 seconds.

• Try to avoid touching your eyes, nose and mouth. Germs spread this way.

- Manage your stress.
- Drink plenty of fluids.
- Use a tissue to cover your nose and mouth when you sneeze, then throw away the tissue. If a tissue is not available, cover your mouth with the crease from your elbow. Never use your hands.

For more information on flu prevention tips, visit [www.triwest.com/flu](http://www.triwest.com/flu). To locate a Tricare-covered pharmacy that offers flu vaccinations, visit the Express Scripts website at [www.express-scripts.com](http://www.express-scripts.com) or call 877-363-1303.



CAROL LAWRENCE

## Rearranging the statues

Workers move a statue near Harmon Hall Oct. 10 to make way for the start of construction of the Center for Character and Leadership Development building. The ribbon cutting for the construction is today at 10 a.m.



## 10th MDG event supports breast cancer prevention

The 10th Medical Group will hold a variety of events throughout October, which is National Breast Cancer Awareness Month, in an effort to educate beneficiaries about breast cancer prevention.

The Mammography Clinic will provide information and education on breast health at the Commissary Tuesday from 11 a.m.-1 p.m.

All patients who have mammograms done in October will receive gift bags. A memory tree will allow visitors to honor family members, friends and co-workers currently fighting breast cancer as well as those who have died from the disease.

Breast cancer is the second leading cause of cancer deaths in women. One in eight women will develop invasive cancer in their lifetimes, and it kills approximately 39,000 women per year in the U.S., according to the Centers for Disease Control and Prevention, and 85 percent of women who are diagnosed with breast cancer have no family history. However, death rates have dropped steadily since 1990 due to early detection, increased awareness and improvements in treatment.

## AF legal assistance website accessible 24/7

The Air Force legal assistance website at <https://aflegalassistance.law.af.mil/> is designed for active-duty and Reserve service members, retirees and dependents to increase efficiency and track client satisfaction with the Air Force legal assistance program.

Clients may access the site's features from the comfort of their homes without a CAC card.

The site's features include:

- **Legal Topics:** Short papers on common legal assistance topics such as wills and family law issues. It also contains links to other helpful sites.

- **Legal Worksheets:** Access to online questionnaires for wills, living wills, and powers of attorney. After completing the online worksheet, the website provides each client a unique "ticket number." Data entered by clients is secure and may be accessed only after clients visit their local legal office and provide their ticket numbers to legal office personnel.

- **Online Survey:** Following a visit to the legal office, clients are encouraged to provide feedback concerning the professionalism and helpfulness of our legal professionals.

Many clients have visited a legal office to obtain a will or other legal document, only to realize after arriving that they need to gather more information or documents from home.

Sometimes a client realizes he needs to speak with his spouse about an issue.

Completing an online worksheet will help minimize these multiple visits. By filling out an online worksheet, clients will be able to consider critical issues online prior to visiting the legal office. After receiving a ticket number, a client may take his ticket number to the legal office. An attorney or paralegal will then access a client's data with the ticket number. This will reduce the amount of information the client needs to bring with him, and allow the legal office to streamline the process to some degree.

While the website increases convenience for clients, everyone should note the following:

- Information on the website is for educational and informational purposes only. The website cannot replace consultation with your local judge advocate, and Airmen should never rely solely on the website when making decisions.



- Clients cannot print a legal document such as a will or power of attorney from the website. Clients must visit the legal office and provide their ticket numbers to obtain their legal documents.

- The website is designed for client convenience, but no one is required to use the website prior to visiting the legal office.

- Please remember that the services encompass more than what is listed on the website, so if you do not find the information you are looking for on the website, we might still be able to help you.

Feel free to schedule an appointment for a legal consultation by calling the Academy's legal office at 333-3940.



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# Fall

the season  
of change



PHOTOS BY CAROL LAWRENCE

**ABOVE INSET:** Mule deer bucks lock horns by Dead Man's Lake Thursday morning. Fall is mating season for deer and males competing for female mating rights bring a dramatic increase of territorial displays. **ABOVE:** A mountain biker rides the Falcon Trail Tuesday. The 12.5 mile trail on Academy grounds is easily accessible by trailheads and roads.



Left to right: Surgical technician AIC Dominique Elliott, Civilian Recovery Room Nurse Katie Hachuela, orthopedic surgeon Maj. (Dr.) Chance Henderson, Operating Room Nurse Becky Pasienski, anesthesiologist Capt. Cara Vomhof, Operating Room Nurse Maj. Joseph Bowley, Certified Registered Nurse Anesthetist Cindy Rausobotka, surgical technician Staff Sgt Nathaniel Cook and orthopedic surgeon Lt. Col. (Dr.) Ky Kobayashi.



PHOTOS BY AMBER BAILLIE

# Academy medics make an impact on injured Army officer

By Amber Baillie  
Academy Spirit staff writer

When Army Maj. Jeremy Bell dislocated his left arm on Aug. 24 causing severe trauma to vital nerves and ligaments, orthopedic surgeon Lt. Col. (Dr.) Ky Kobayashi and his staff from the Academy's 10th Medical Group provided Bell with the kind of personal, top-notch care that he will forever be grateful for.

Bell, a '97 West Point graduate stationed at Fort Carson, had parachuted out of a helicopter during airborne training when the wind abruptly shifted him backward, causing him to crush his arm upon landing.

Bell was immediately sent to Evans Army Community Hospital where orthopedic surgeon Maj. Matt Javernick stabilized and reduced his injuries. However, Javernick transferred Bell to the Academy when the nerves in his arm began to lose function.

"Bell needed to see a hand specialist for his injuries, and Dr. Kobayashi who specializes in hand and upper extremity (treatment) was available," Javernick said. "We have a good relationship with the Air Force because of good communication. It's been a great way to navigate through hurdles in the medical field."

Bell said he received kindness the moment he arrived here on a Friday afternoon.

"The expertise resided in the Academy, with Kobayashi being a specialist, and it was comforting that he was close by," Bell said. "The staff rearranged their entire schedule to accommodate me. If surgery had waited until the weekend, it would have been detrimental."

Bell said the outpatient and nursing

staff was personable with his wife, mother and sister and kept them informed. It was their kindness, heart and humor that helped him and his family get through the night.

"They were helpful, sharing just the right amount of information at the right times and fitting me in a hospital shirt that fit over my splint," Bell said. "They were also upbeat, telling funny stories and keeping us laughing to lighten the mood."

Kobayashi and orthopedic surgeon Maj. (Dr.) Chance Henderson performed a three and half hour surgery on Bell to stabilize and reconstruct his wrist and elbow, inserting steel plates, screws and pins in his arm.

"The longer you wait on nerve injuries, sometimes the more permanent the damage can be," Kobayashi said. "He had a very unique injury pattern. There was a lot of blood built up due to compression of the nerve, which we had to relieve. It was a lot of work but we did it pretty efficiently and it's nice having extra surgeons such as Henderson to help."

Kobayashi said the Academy works closely with Fort Carson medics to take care of wounded warriors and appreciates the collegiality in the military.

"It's really about teamwork and I think that's really what delivers the best product and best care for patients," Kobayashi said. "I think the reason we were able to get his arm stabilized and the nerve decompressed quickly was from a good coordinated team effort and I'm proud of the effort that was put forth here and the ability to respond to a traumatic event."

Javernick said Fort Carson views their patients as service members, not as Air Force, Navy or Army patients.

"We want to take the best care

of them," Javernick said. "We have great resources at the Academy and want to best use them."

Academy anesthesiologist Capt. Cara Vomhof, who helped care for Bell, said most patients and families find the clinic here the best kept secret in the Air Force.

"It's obviously not a secret but this clinic is phenomenal for the size of the facility and we have a good tempo here, which makes families and patients want to come back," Vomhof said.

Bell said he wrote a thank you letter to the staff because they took interest to his case and cared for him on a personal level.

"Being a doctor, in a lot of ways, is working behind the scenes and then moving the patient on to get further

care," Bell said. "Because of that, a lot of the time you don't get the chance to thank them for their work, and that's why I sent the letter. At the Academy, they really cared and not only did they save my arm but they made an impact on a group of people they didn't know, and I appreciate it."

Kobayashi said the Academy is looking into benchmarking the clinic as a center for excellence, furthering research capabilities here and always trying to be more proactive.

"They felt like we cared," Kobayashi said. "They felt like they were in good hands, just like you would want your family member treated, and that's what we do for everybody here."



Academy Orthopedic Surgeons Maj. (Dr.) Chance Henderson (left) and Lt. Col. (Dr.) Ky Kobayashi (right) performed a three and a half hour surgery on Army Maj. Jeremy Bell on Aug. 25 to stabilize and reconstruct his left wrist and elbow.



# Air Force defeats Wyoming, 28-27

Backup quarterback Kale Pearson took just one snap but it turned out to be the biggest of his career

By John Van Winkle  
Air Force Academy Public Affairs

**LARAMIE, Wyoming** — A daring dive by backup quarterback Kale Pearson on a naked bootleg put the Falcons back in the win column, with a 28-27 victory over the Wyoming Cowboys, Oct. 13 at War Memorial Stadium.

Wyoming led for most of the game, ending half up 24-14. Coming out of halftime, the Falcons defense started to assert itself, holding Wyoming to a field goal on their opening possession of the second half, and shutting down all remaining Cowboy attempts to score.

“We had two or three guys who had the light come on defensively in the second half,” said Falcons head football coach Troy Calhoun. “I think our inside backers played extremely well tonight and they were the difference in the second half.”

The Falcons offense started firing on all cylinders after halftime as well, cutting the scoring deficit to 21-27 in the third quarter with a two-yard run by sophomore Jon Lee. On the game-winning possession, the Falcons offense took the ball at its 33-yard line and drove into the red zone to set up a critical second and goal from the 7 yard line. Senior quarterback Connor Dietz kept the ball, and maneuver through traffic between the tackles for a two yard gain. But in the process, Dietz was sandwiched between two defenders, and lost his helmet.

NCAA rules dictate that players must come out for at least one play if their helmet comes off. Dietz was slow to move and went down to one knee after emerging from the pile, forcing trainers to come out on the field. At the time, the Falcons had all three of their timeouts left, but didn't use one. They did use the break to strategize the next play while Dietz was being tended to by trainers, which is a practice for most NCAA football teams.

Meanwhile, in came the backup quarterback, Pearson facing a third and goal at the 5 yard-line. The sophomore had appeared in three previous games this season running once for five yards this year.

Pearson took the snap and rolled right on a bootleg, aiming for the pylon. He dove

for the goal line as he was being knocked out of bounds. It was ruled out at the 1 yard line, but coach Calhoun engaged the referees to have the play reviewed.

The video review found that as Pearson was being knocked out of bounds, he did stretch out enough to break the plane of the end zone with the ball and knock the orange pylon aside, but didn't touch anything out of bounds until after breaking the plane. The referees ruled the play a touchdown, and kicker Parker Herrington added the extra point to the Falcons ahead 28-27 with 6:43 left in the game.

The Falcons defense again held its ground, forcing Wyoming to turn the ball over on downs with 5:29 left. Dietz returned to lead the Falcon offense on the next series, which ran the clock out and secured the win.

With the game in the books the loss dropped Wyoming to 1-5 overall and 0-2 in the Mountain West.

With the win, the Air Force record is now 3-3 overall and 2-1 in the Mountain West.

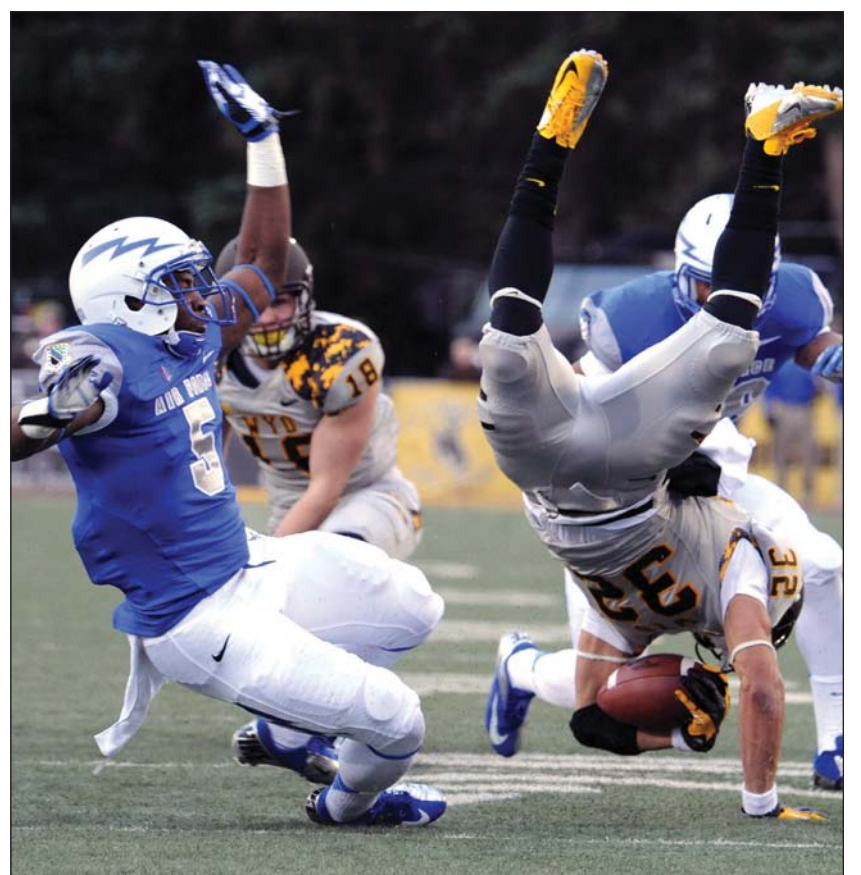
Air Force's next game is at home tomorrow against the New Mexico Lobos. The Lobos are on the rebound after winning just five games in the past three seasons. Part of that rebound was beating Mountain West newcomer Hawai'i 35-23 on Saturday to move the Lobos up to 4-3 overall and 1-1 in the Mountain West.

Kickoff for the Air Force-New Mexico game is 5 p.m. MST, and the game will be televised on Root Sports. The game can also be heard on the radio, aired in Colorado Springs on KVOR 740 AM and in Denver on The Fan 104.3 FM, and available on the web at [www.goairforcefalcons.com](http://www.goairforcefalcons.com).



PHOTOS BY JOHN VAN WINKLE

**ABOVE:** Wide receiver Dontae Strickland leaves Wyoming strong safety Luke Anderson in the dust, en route to a 41-yard touchdown reception. **BELOW:** Freshman defensive back Dexter Walker, left, ends the play for Wyoming running back D.J. May by sending him upside down and airborne in Saturday's game against Wyoming.





# Falcon of the Week No. 45 James Chambers

Linebacker



**Stats:** Class: 2013  
Hometown: Wichita Falls, TX  
High School: Rider  
Height/Weight: 5'-11"/220 lbs.

2012 Season: Chambers has played in all six games so far this season. He has 11 solo tackles and has assisted on 19 for a total of 30. He is also responsible for a number of broken passes and a forced fumble.

## NEW MEXICO AT AIR FORCE

- **Kickoff:** Saturday, 5 p.m., at Falcon Stadium, Air Force Academy
- **TV:** Root Sports
- **Radio:** KVOR AM 740 in Colorado Springs and The Fan 104.3 in Denver

### GAME FACTS:

- Air Force starts the second half of the regular season this week by hosting New Mexico. The Falcons and Lobos are meeting for the 30th time overall and 24th time as conference foes. Air Force leads the series 19-10 overall and 15-8 in conference games
- The Falcons have won four straight and seven of the last eight against New Mexico, including a 48-23 decision in 2010 the last time the two played in Falcon Stadium. AFA won last year's game, 42-0, in Albuquerque. Air Force is 22-10 under head coach Troy Calhoun in the second half of the season.
- This week is the third home game in a stretch of playing four of five games at home. Air Force closes it out next week by hosting Nevada. This week's game is the first night game at home this season and is the first of three straight home games at night. Air Force also hosts Nevada Oct. 26 at 6 p.m. and Hawai'i Nov. 16 at 7:30 p.m. Air Force and New Mexico are each coming off road wins last week, Air Force at Wyoming and New Mexico at Hawai'i.

### COACHES:

- Air Force: Troy Calhoun (Air Force, 1989) is in his sixth season. He has led the Falcons to a 44-27 career record. Calhoun is 26-16 in MWC games, 18-11 in non-conference games, 25-9 in Falcon Stadium, 16-15 in road games (12-9 in MW road games) and 2-3 in bowl games.
- New Mexico: Bob Davie (Youngstown State, 1977) is in his first season at New Mexico. He has led the Lobos to a 4-3 record. Davie has a 39-28 career record in his sixth season.

### THE SERIES:

- Air Force and New Mexico are meeting for the 30th time overall and 24th time as conference foes.
- Air Force leads the series 19-10 and has a 15-8 advantage in conference games. Air Force is 10-3 at home and 9-7 at New Mexico.

- Air Force has won five straight at home dating back to 2000. The Lobos last win in Falcon Stadium came in 2000 (29-23).
- The Falcons have won four straight and seven of the last eight meetings. Air Force defeated New Mexico, 42-0, last season in Albuquerque.

- The Falcons defeated New Mexico, 48-23, in 2010 the last time the two played in Falcon Stadium.

- The teams first played in 1957 in Colorado Springs, Colo. Air Force won the game, 31-0.

### LAST SEASON VS. NEW MEXICO:

- Air Force defeated New Mexico, 42-0, in Albuquerque. The Falcons jumped to a 14-0 first quarter lead behind an Austin Briebl fumble recovery in the end zone and the first of four Mike DeWitt touchdown runs. DeWitt added two more in the second quarter and Connor Dietz, who replaced an injured Tim Jefferson, added a 39-yard scoring run to give Air Force a 35-0 halftime lead. DeWitt added his fourth rushing TD run early in the fourth quarter to make up the final margin. The Falcons rushed for 335 yards and had threw the ball just three times, completing two for 26 yards. Dietz led the Falcons with 87 yards rushing while DeWitt added 64. The defense led the way, securing its first road shutout since beating Colorado State, 24-0, in 1997. Senior linebacker Brady Amack led the team with nine tackles.

### PLAYING BEST WHEN IT MATTERS MOST:

- Air Force is 22-10 under head coach Troy Calhoun in games during the second half of the season (last six games). The Falcons were 4-2 last season and 4-3 in 2010. Air Force was 5-1 in 2007 which is the best mark since the 1998 team was 6-0. Prior to Calhoun's arrival in 2007, the Falcons were 12-24 over the last six games of the season from 2001-06.

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**TESSA**  
A Community without Domestic and Sexual Violence





Academy freshman Jenna Tasic competes in the meet against Nebraska-Omaha Monday at the Cadet Natatorium.

ELIZABETH ANDREWS

## Women's swimming, diving coasts to win

Air Force women's swimming and diving dominated its dual meet with Nebraska-Omaha, coasting to a 203-96 win Monday night at the Cadet Natatorium. The Falcons took first in 12 of 16 events, and improved to 1-2 on the season.

Juniors Erin Bleyl and Gabbrielle Aranda and freshmen Jessica Horn and Sara Menke paced the Falcons with two individual wins each. The Falcons went 1-2-3 in both diving events, in ad-

dition to the 200 breast, 500 free and 100 fly.

The Falcons opened the meet by winning the 400 medley relay. The group of Samantha Laughlin, Kim Davis, Haley Holcombe and Hannah Cesare swam a time of 3:58.51.

The Falcons went on to win the next three events. Menke won the 100 free (11:04.18), Cesare the 200 free (1:57.98) and Bleyl the 100 back (59.38).

Aranda then won the 200 fly (2:12.88) and later,

the 100 fly (59.09). Bleyl also won the 200 back (2:12.05) and Leah Weber won the 200 breast (2:25.66). Menke later won the 500 free (5:20.10) and Kim Davis won the 200 medley (2:12.98).

The Falcons dominated the diving events, with Horn winning the 1m (233.33) and 3m diving (245.03).

Air Force returns to action today, along with the men's team, hosting Colorado College, Colorado Mesa and Colorado Mines.

## Academy yields Rocky Mtn. Soccer Tournament to Wyoming

By **Dave Castilla**  
Intramural Sports director

The Air Force Academy lost to F.E. Warren, 3-1, in the championship game of the Rocky Mountain Soccer Tournament here Saturday.

Four of the seven games played before the championship went to penalty kick shootouts to break tie scores.

The Academy, who took their first championship last year, was in the loser bracket and was down 2-0 early to Schriever AFB. USAFA came back scoring six goals, three in each half, to defeat Schriever 6-4 to set up the championship match.

F.E. Warren had earlier sent USAFA to the loser bracket by winning the penalty kicks in a tied 1-1 game. F.E. Warren won the shootout making four goals to AFA's two.

With about 12 minutes left in the first half, F.E. Warren's Adam Pfannenstein

scored off an assist from Christopher Bidwell. In the second half the Academy tied the score when Johnny Prada headed down the left side, took a shot on goal that bounced off a F.E. Warren defender. Prada fielded the rebound and kicked it again, scoring on the second try.

Midway through the second half, F.E. Warren's Kevin Galo sailed a corner kick right to Pfannenstein who headed the point through the goal. The final goal was scored by A.J. Adams off an assist from Paul Hendrickson.

Coach Hendrickson was proud of his team making the long trek from Wyoming. He felt good teamwork and effective movement of the ball was the key to the victory. Academy coach David Caulfield congratulated F.E. Warren on their performance.

The Rocky Mountain Football Tournament will be held at the Academy Nov. 3.



The Air Force Academy's Dan Garcia (left) goes after the ball with Buckley Air Force Base's Ricardo Sandoval on his heels. The Academy won this game, the second game of the tournament, 1-0.

SARAH CHAMBERS





## Claims against Patrick estate

All persons, firms and corporations with claims against the estate of deceased Cadet 1st Class Matthew Patrick must present them to Capt. Paul Stowers by Nov. 7. All must have their claims legally authenticated by the Academy's Staff Judge Advocate office for pro-rata payment, or they will be forever barred, and this notice will be pleaded in bar of their recovery.

All persons, firms or corporations indebted to this estate should make immediate payment to Stowers in care of the legal office.

For questions, contact Stowers at 333-4190.

## Claims against Durden estate

All persons, firms and corporations with claims against the estate of deceased Cadet 1st Class Devin Durden must present them to Maj. Garland Mobley by Nov. 7. All must have their claims legally authenticated by the Academy's Staff Judge Advocate office for pro-rata payment, or they will be forever barred, and this notice will be pleaded in bar of their recovery.

All persons, firms or corporations indebted to this estate should make immediate payment to Mobley in care of the legal office.

For questions, contact Mobley at 333-7103.

## Veteran's Day Parade

The Pueblo Chieftain Veterans Day Parade will be held Nov. 10 at 10 a.m. beginning on B Street & Union Avenue and end at Victoria and Greenwood.

The parade will allow community members the opportunity to honor and thank Pueblo's military veterans.

For those who would like to enter a motorized float, band or other vehicles in the parade please complete the application online at <http://www.pueblochamber.org/> by Oct. 31.

If you have any questions, please contact Ava DeHerrera at 719-542-1704 extension 10.

## Trunk or Treat

The Academy will host the second annual Trunk or Treat event Oct. 30 from 6-8 p.m. at the 10th Medical Group Parking Lot for anyone to attend.

Activities will include a bonfire, costume contest, chili cook off, crafts and pumpkin carving. Guests will also be allowed to trunk or treat, decorate the trunk or back of their vehicle for disbursement of candy.

In case of inclement weather, activities will be held inside the medical center.

For more information contact Master Sgt. Jessica Waltman at 333-5102.

## Bears prepping for hibernation

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

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

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

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

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

## Colorado R&R, Tickets, Tours

Tickets for the following events are available through the Colorado R&R office. For more information or to purchase tickets, call 333-7367.

**Batman Live:** Oct. 23-24 at the Colorado Springs World Arena. Tickets range from \$34.75 to \$85.75 per person.

**Disneyland Armed Forces Salute:** Valid through Sept. 28, 2013. Three-day park hopper tickets are available for \$123 per person, with a six-ticket limit.

This offer is available for active-duty, Reserve, activated National Guard and retired service members. Black-out dates apply.

## 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 service members stationed at another base.

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

## Recycling Event

The 10th Civil Engineer Squadron will hold its Annual Electronics Recycling event November 2012-January 2013 to commemorate America Recycles Day.

Every Wednesday and Thursday electronic items may be brought to the CE Building 8125 between 8 a.m.-3 p.m. for recycling.

Accepted recyclable items include: personal computers and components, televisions, DVD or CD players, stereos, speakers, and VHS players.

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

## A&FRC events

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

**Newcomer Orientation:** Thursday, 9 a.m.-4:30 p.m. Contact your commander's support staff to sign up.

**Smooth Move PCS:** Oct. 31, 3-4 p.m. This class provides a one-stop shop for service members preparing to move to another base. Spouses are encouraged to attend.

**Preseparation briefings:** Every Monday except during Transition Assistance Program week, 2-4 p.m. This is mandatory for all separating and retiring service members.

**Readiness Briefings:** Pre-deployment briefings are available Tues-

days at 11 a.m. and Thursdays at 2 p.m. Post-deployment briefings are available on a walk-in basis. Spouses are welcome.

**Volunteer Resource Program:** This ongoing program provides on- and off-base volunteer opportunities for service members and their families.

On-base opportunities may include the Airman's Attic, military retiree activities, the base library and equestrian center and more.

Off-base opportunities may include Cheyenne Mountain Zoo, the Colorado Care and Share, Habitat for Humanity and other special projects throughout the year.

## Prep School Halloween Bash

The Academy Preparatory School will host a halloween bash Oct. 27 from 6-8:30 p.m. at the Prep School for all ages.

The event will include trick or treating, prizes, games, music and haunts-go-lore.

For more information contact Capt. Zachary Campbell at 333-2603.

## Titanic The Musical

Academy Concerts will present Titanic the Musical on Nov. 2 at 7:30 p.m. in Arnold Hall Theater. For tickets or more information please call the Box Office at 333-4497.

## Take hold of your career

The Chief Diversity Office will sponsor a brown bag lunch discussing how to take hold of your career and professional development Oct. 22 from noon to 1:30 p.m. in the Arnold Hall banquet room.

The lunch will include a panel of military and civilian personnel who will discuss how to be competitive for future positions.

## Schedule of Worship



### Cadet Chapel

#### BUDDHIST

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

#### PROTESTANT

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

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

#### CATHOLIC

##### Mass:

Sundays, 10 a.m.

Mondays, 6-6:20 p.m.

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

Wednesdays, 6:30-7 p.m.

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

#### JEWISH

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

#### MUSLIM

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

### Community Center Chapel

#### CATHOLIC WORSHIP

**Mass:** Saturdays, 4 p.m.; Sundays, 9 a.m.; Tuesdays-Fridays, 11:30 a.m.


**Reconciliation:** Saturdays, 3:30 p.m.

**Formation Classes:** For students in grades K-8. Sundays, 10:15-11:30 a.m.

#### PROTESTANT WORSHIP

**Evangelical:** Sunday, 10:15 a.m.


**Gospel:** Sunday, 11:30 a.m.



## OCTOBER Breast Cancer Awareness Month

### THE 10TH MEDICAL GROUP INVITES YOU TO JOIN US!

**17 OCTOBER from 1000-1200**      or      **27 OCTOBER from 0900-1100**

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\*pap, mammogram, bone density, colonoscopy\*

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For Children Ages 0-4 please contact the Child Development Center at (719) 333-6679 to reserve your slot for the 17 October event only.  
All necessary forms must be completed prior to event.

There will be a Children's Education Center on site for Children Ages 5-12 for both events.

ANYONE INTERESTED IN ATTENDING THIS WOMEN'S HEALTH EVENT  
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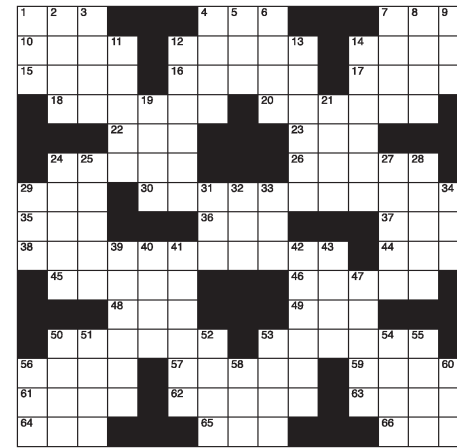
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### CLUES ACROSS

- European Common Market
- Poetic go quickly
- Parts per thousand (abbr.)
- Pigeon pea
- Sao \_\_\_\_, city in Brazil
- Longest division of geological time
- \_\_\_ Alto, California city
- Small terrestrial viper
- Coming after all others
- Penetrate with a

- sharp fork
- Still-hunt
- Chinese frying pan
- Cave-dwelling salamander
- Any thick messy substance
- About the moon
- AKA Tao
- Jet cabin requirement
- Prince Hirobumi,
- 1841-1909
- An easy return in a high arc
- Italian commune
- L. Comfort's illuminator
- Foot digit
- Minute tunicate genus
- Green regions of desert

- Direct a weapon
- \_\_\_ de Janeiro
- Equestrian animals
- Acress Tomei
- Head of the RCC
- Twines
- Scientific workplace
- Minerals
- Hypothetical original substances
- Hit with the open hand
- Political action committee
- Winged goddess of the dawn
- W. states time zone



### CLUES DOWN

- Electronic data processing
- Man or boy (Br.)
- W. African nation
- Fault's incline from vertical
- Method of birth control
- City founded by Xenophanes
- Legumes
- Beckham's spice girl
- Explosive
- 1936 Nobel winner Otto
- Greenbay teammate
- Brass that looks like gold
- School graduates
- Lively, merry play
- Make indistinct

- Egyptian mythological figure associated with floods
- Washing sponge
- Old name for nitrogen
- Impounds for lack of payment
- Radiotelegraphic signal
- MN 55731
- Sun in spanish
- Helps little firms

- Cease living
- Flames up
- Egyptian sacred bull
- To wit
- Mire
- Bring two objects together
- Filths
- Israeli dance
- Oil cartel
- A particular instance of selling
- Microelectromechanical system
- Var. of 45 across
- Goat & camel hair fabrics
- Soda
- A firm's operational head
- Seaport (abbr.)

## SUDOKU

6	1	2				5		
						9		
	9	7		4		1	2	
		8			2		9	
		1	7		6			
5						7		
			3					
3	2		9		1	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 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 11

10-19-12

# 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.margaritaatpinecreek.com](http://www.margaritaatpinecreek.com)

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

## CARIBBEAN



**Rasta Pasta**  
481-6888  
405 N. Tejon  
[rastapastacs.com](http://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](http://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!

## STEAKHOUSE



**The Famous**  
719-227-7333  
31 N. Tejon Street  
[www.thefamoussteakhouse.net](http://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](http://facebook.com/FamousSteakHouse)

## 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.

**For advertising information call Sara at 719-636-0130**



# Albertsons<sup>®</sup> market

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**STEAKHOUSE CHOICE**  
**PREMIUM BEEF**

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Round Roast or  
Pork Loin  
Roast  
Boneless  
Reg. Retail \$5.99 lb.

**BUY ONE GET ONE FREE**  
Equal or Lesser Value

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Chicken Breast  
Boneless, Skinless or  
Pork Sirloin  
Chops or Roast  
Boneless

**1.99**  
lb.

Russet  
Potatoes  
10 lb. Bag

**1.99**  
ea.

Pepsi  
12 pk., 12 oz. or  
6 pk., 24 oz.  
Select Varieties  
Sale Price \$3.99 ea.  
Limit 1 Reward  
per Transaction

**Final Price**  
**4 for \$10**  
When you Buy 4

Yoplait  
Yogurt  
4-6 oz.  
Select Varieties  
Limit 12

**3 for \$1**

Albertsons  
Large Eggs  
12 ct. Grade AA  
Limit 2

**99¢**

## Albertsons<sup>®</sup> market Exclusive Coupons

Coupons Effective 10/17/12 - 10/23/12

Albertsons<sup>®</sup> market COUPON Coupon Effective 10/17/12 - 10/23/12

Albertsons  
Sandwich  
Bread 24 oz.  
Select Varieties

**88¢** ea.  
With Coupon  
Limit 2, Additional \$1.19

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons<sup>®</sup> market COUPON Coupon Effective 10/17/12 - 10/23/12

Hot or Lean  
Pockets  
8-9 oz.  
Select Varieties

**1.49** ea.  
With Coupon  
Limit 4, Additional 5 for \$10

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

Albertsons<sup>®</sup> market COUPON Coupon Effective 10/17/12 - 10/23/12

Essential  
Everyday  
Shredded  
Cheese 7-8 oz.  
Select Varieties

**1.49** ea.  
With Coupon  
Limit 2, Additional \$1.99

Limit 1 coupon per customer per transaction. No Cash Back. May not be used in combination with any other offer. Can not be doubled, tripled or quadrupled or exchanged for cash. Valid at participating locations.

**Military Discount COUPON** Albertsons<sup>®</sup> market  
All Active, Reserve or Retired Military Personnel<sup>1</sup>

**\$10 OFF** COUPON GOOD 10/19/12-10/23/12  
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 by law. Cannot be doubled, tripled, quadrupled or exchanged for cash. Not valid toward previous purchase. Void if copied or transferred in the event of return, coupon savings may be deducted from refund. May not be used in combination with any other offer. One coupon per customer, per transaction.

People featured are not actual service members.

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Glacéau  
Vitaminwater  
20 oz.,  
Arizona  
Tea 42 oz.,  
SunnyD Punch  
64 oz. or  
Gatorade Sports  
Drink 32 oz.  
Select Varieties

RICE  
RONI  
PASTA  
RONI  
Shells & White Cheddar

Campbell's  
Soup at Hand,  
Soup Bowls or  
Condensed  
Soup  
10.5-15.4 oz.  
Select Varieties

Rice-A-Roni or  
Pasta Roni  
3.8-7.2 oz.,  
Ro•Tel Diced  
Tomatoes 10 oz.,  
Hunt's Pasta  
Sauce 24 oz. or  
Hormel Chili  
with Beans 15 oz.  
Select Varieties

**10\$10**  
FOR

Prices Effective 10/19-10/23/12

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

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