

CHAIN REACTION

A positive attitude can be contagious.
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2ND LT. BRANDON BACCAM

Cadets help light up holiday season

The Air Force Academy Cadet Honor Guard marches in the 2012 Parade of Lights Nov. 30 in downtown Denver. Thousands attended the annual parade which featured Academy cadets and other Colorado servicemembers. The parade commemorates the holiday season with the lighting of city and county buildings.

Cyber Team takes 4th at RWTH contest

Cadets take top place among US teams in international contest

By Dr. Martin Carlisle
Academy Computer Science Department

The Academy's Cyber Competition Team took fourth place overall and top place among U.S. teams in the RWTH Capture the Flag competition Nov. 30.

Each team administered a virtual machine running numerous services, which they had to defend while exploiting vulnerabilities in those services to capture stored flags on opposing teams' servers during the 12-hour contest.

Scores were broken down into offensive and defensive components. The Academy team, "Delusions of Grandeur," took first place in the defense category.

Competing for the Academy team were Cadets 1st Class Nathan Hart, Frank



Cadets 1st Class Frank Adkins and Michael Winstead, (front) compete in the RWTH 2012 Capture the Flag competition.

Adkins, Josh Christman, Luke Jones and Mike Winstead; Cadets 2nd Class Sam Kiekhaefer, Chase King, Keane Lucas, Chad Speer and Ryan Zacher; and Cadets 3rd Class Kevin Cooper, Ryan Good, Zach Madison, Will Parks and Evan Richter.

RWTH is the German Rheinisch-Westfaelische Technische Hochschule, a technical college in Aachen, Germany.

Editor's Note: Dr. Martin Carlisle is the Cyber Competition Team coach.

Academy named top-spending undergrad-only research institution

The Air Force Academy spent more on research than any other undergraduate-only institution in the United States, according to the National Science Foundation's Fiscal Year 2011 Higher Education Research and Development survey, released Nov. 28.

The survey reviewed more than 900 schools, ranking the Academy as No. 168 among schools with graduate and undergraduate research programs.

The Air Force Academy research program has grown considerably throughout the past dozen years, from about \$10 million in federal and non-federal funding in FY 2001 to \$58.2 million in FY 2012.

The Academy's research program model is unique to the Air Force and Defense

Department, said Col. Robert Kraus, the Academy's chief scientist and research director.

The Academy has benefited from both external and internal support, cooperative research and development agreements with private industry and technology transfer successes such as royalties and patents, Kraus said.

"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

'Bust through the blues' with a positive attitude

By Maj. Evelyn Schumer
Commander's Action Group, deputy director

At the end of each day, I ask myself: Is the universe a happier and better place because of my existence?

I'm sure we've all had an experience like the one I had last week. I was waiting in line at the grocery store behind someone who was extremely rude to the cashier. When it was finally my turn to checkout, the cashier was in a crummy mood and started taking it out on me.

I had a choice: I could allow my initial response to rule me, let the rude cashier upset me and be rude back, or I could choose to suppress my rising blood pressure, put on my best smile, and show the cashier some compassion for having to put up with rude customers.

So, I said to the cashier with the sweetest smile I could muster, "I'm sorry you have to put up with customers like that. I hope your day gets better."



AIRMAN 1ST CLASS VERONICA CRUZ

Maj. Evelyn Schumer

“When you treat people well, they will want to be around you because you bolster their happiness. When you treat someone with respect and kindness, it boosts your own happiness as well.”

With that simple statement, which took less effort than it would have to be rude back, the cashier was back to her cordial, friendly self.

In moments like these we all can make a difference and can make our environment a more positive place. As an instructor at the Academy, I saw how easily and quickly the negativity of one cynical person could spread throughout an entire classroom. It seems, from my experience, it takes less effort to merely go along with the attitude of those around you than to take responsibility for your own attitude.

If your goal is to make your environment pleasant, you will inevitably find yourself treating those around you with respect and compassion — which will set into motion a chain reaction of kindness and compliments.

When you treat people well, they will want to be around you because you reinforce their happiness. When you treat someone with respect and kindness, it boosts your own happiness as well. Try it: Give someone a genuine compliment and watch how they light up. Also, note the positive feelings you experience by being kind to someone else. The recipient of the praise feels more confident, is a bit happier, and is now more open to give someone else a compliment. The chain reaction has begun.

The compliment chain-reaction is a tool

I use to help myself bust through the blues of a rough day. Throughout my career I have seen the power of a compliment from the boss. One positive comment can do so much for a worker's confidence and attitude. The reverse is true for a negative comment, so leaders must closely guard their attitude.

Having a positive demeanor as a leader can only make you more effective. I see

proof of this everyday working in Academy Superintendent Lt. Gen. Mike Gould's office. Simply by popping his head into the office and saying, "Hey, guys, that went well," he puts huge grins on all our faces and leads to high-fives being exchanged around the office. The boost spurs us to work harder for that next compliment.

People often gravitate toward a positive attitude and shun negativity. Leaders have the opportunity and duty to be role models and strengthen the resiliency of their troops.

In my experience, I find that happiness breeds happiness, and negativity breeds negativity, if you let it.

Being happy and positive may take more effort on some days, but you can make being happy a habit. Something as small as how you interact with a complete stranger can set into motion a chain reaction of negativity or positivity.

We are masters of our own actions and emotions. We can make the universe a happier and better place.

“In my own experiences, I found that when I chose to be positive it is contagious. Happiness breeds happiness, and negativity breeds negativity, if you let it.”

ACADEMY SPIRIT

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

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Deadline for all stories is noon Friday, one week prior to the desired publication date. Refer questions to the Academy Spirit editor at 333-7657.

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Chief of Staff directs Air Force-wide inspection

WASHINGTON (AFNS) — Commanders across the Air Force will conduct health and welfare inspections starting Dec. 5 to emphasize an environment of respect, trust and professionalism in the workplace.

The health and welfare inspection is a tool routinely used by unit commanders, command chiefs, and first sergeants.

Air Force Chief of Staff Gen. Mark A. Welsh III tasked commanders during the Nov. 28 Wing Commanders Call to examine their work settings

and ensure Airmen at all levels consistently apply standards of professionalism and respect across the service.

“Over the past months, I’ve discussed with our commanders, leaders and supervisors about the importance of pride and performance,” said Welsh. “When Airmen work in a setting that is consistent with our core values of integrity, service and excellence, they perform with honor and distinction - they deserve nothing less. Anything short detracts from that pride and cripples mission effectiveness.”

The purpose of this inspection is to reinforce expectations for the workplace environment, correct deficiencies, and deter conditions that may be detrimental to good order and discipline. Commanders will look for and remove unprofessional or inappropriate items that hinder a professional working environment.

“This is about commanders being commanders,” Welsh said. “The underlying principle for the inspection is our core values, and the bottom line is that it’s the right thing to do.”



Santa makes holiday jump!

Santa and four skydiving elves free fall over the Air Force Academy Saturday. After a safe landing, they delivered holiday cheer by visiting children at the 306th Flying Training Group’s Kids Christmas Party.

MASTER SGT.
BRYAN STOKES

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Airmen can take charge of their mental fitness

By Airman 1st Class Veronica Cruz
Air Force Academy Public Affairs

Some Airmen might think that seeking help to improve their mental health will automatically lead to a discharge, but this often not the case, mental health experts said.

"If someone has a physical injury, they go to the doctor to get better," said Capt. Frances Robbins, a psychiatric nurse practitioner and Suicide Prevention program manager here. "This is where you visit to deal with emotional struggles and mental health."

Like any aspect of readiness, mental health professionals make their diagnoses on a case-by-case basis.

"The stigma comes from when people don't get help," said Capt. Alicia Dudley, a clinical social worker at the Academy's Family Advocacy office. "It starts to affect their job performance and then they come to mental health with a lot of baggage. If you come in, get help, and get better, it probably won't affect your career."

Although military members do not have full confidentiality, Air Force mental health professionals will never trick or embarrass anyone.

"If what I am told is something impactful to the mission, then I have a duty to report," said Robbins. "Cases of child abuse, risk to self and risk to others also need to be reported."

However, before a client even begins speaking, he or she is told what can and cannot be disclosed.

"We want people to feel comfortable here and have a safe place to vent," Robbins said. "We don't want anyone to be surprised."

Most often, mental health professionals will not inform an airman's change of command unless there is a potential impact to the mission or the member provides written permission.

"Some people have no problem with their first sergeant knowing everything we talk about, while others don't want anyone even knowing they were here," Robbins said. "Someone needing to come to the office during work

"We want people to feel comfortable here and have a safe place to vent."

- Capt. Frances Robbins,
mental health professional

hours doesn't have to give any other details besides it being for a scheduled doctor's appointment."

In the case of a traumatic event, the Traumatic Response Team will offer interventions, such as onsite counseling. In addition, Tricare beneficiaries are eligible for four private counseling sessions (without any documentation) in relation to the traumatic event.

"Those families displaced this summer due to the Waldo Canyon fires were offered such services," Robbins said.

The Mental Health department here offers individual therapy, medication management and also houses Family Advocacy and the Alcohol and Drug Abuse Prevention and Treatment program. It services active-duty service members, their family members and retirees enrolled at the Academy.

Mental Health, a resource often only mentioned when someone is struggling, is a great tool for anyone looking for additional proactive support. Someone specially trained in their field and with a lot of experience will be willing to help. There is always a mental health provider on call, Dudley said.

Mental fitness is demonstrated in part by good character, wise choices or actions, and helping fellow airmen.

"If something is really bothering someone they should come in and speak with us," Robbins said. "It may, if nothing else, give that person some peace of mind."

Additionally, the Family Advocacy side of mental health also offers marital therapy, parenting programs, and the New Parent Support Program, which includes a nurse who will make home visits to educate parents during pregnancy, as well as provide support after the baby is born.

Stress Management and other courses are also available at the Airman and Family Readiness Center.

Cadet held in pre-trial confinement

A cadet scheduled for an Article 32 hearing Dec. 18 was ordered into pre-trial confinement at the Teller County Detention Center Monday night on a new allegation of violating the Uniform Code of Military Justice, Air Force Academy officials said Tuesday.

Cadet 2nd Class Jamil Cooks faces charges of aggravated sexual contact and aggravated sexual assault, in violation of Article 120 of the UCMJ, as well as a charge of sodomy, in violation of Article 80 of the UCMJ.

The Air Force Office of Special Investigations is investigating the new allegation. The original allegations were preferred to an Article 32 hearing on Sept. 18.

An Article 32 hearing is the military equivalent of a grand jury proceeding. An investigating officer will preside over the hearing and submit a report with recommendations to Commandant of Cadets Brig. Gen. Greg Lengyel as the special court-martial convening authority. Lengyel will decide whether to dismiss the case, recommend it to a general court-martial or dispose of the case through other disciplinary or administrative action.

As with civilian court cases, the accused in military justice proceedings are presumed innocent until and unless found guilty by a jury.

Research

From Page 1

As part of this effort, the Academy sends nearly 200 cadets annually to Cadet Summer Research Program research projects. Examples of these projects include cooperative work with Intel Corporation on emerging technologies and innovations, the Air Force Office of Scientific Research programs and NASA projects. The partners pay 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.

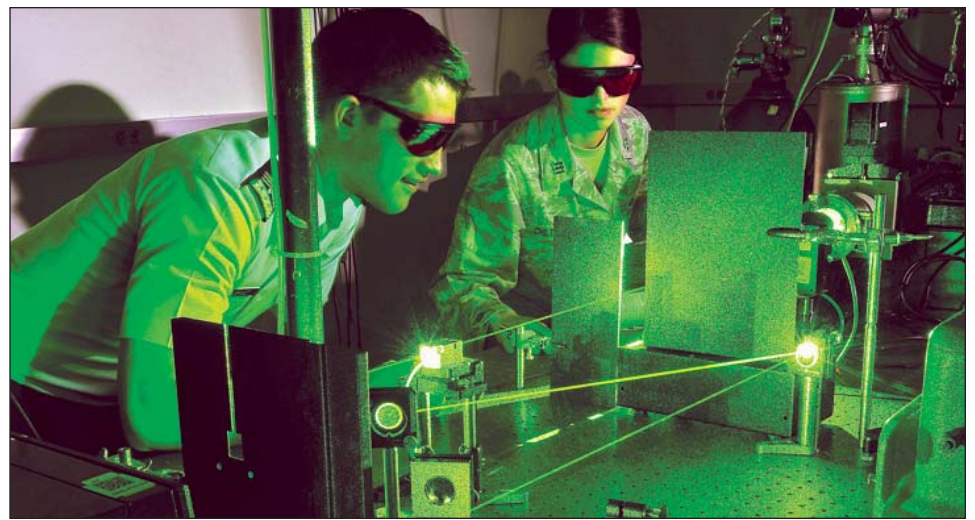
"Our research program also allows our faculty to be involved in emerging research topics and help keep them developing as scientists, researchers, and educators," Kraus said.

Newer programs like the Center for K-12 Science, Technology, Engineer-

ing and Mathematics 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.

The 2012 Air Force Academy Re-



LIZ COPAN

Cadet 1st Class Logan Brandy and now-2nd Lt. Madison Chilton conduct research in the Academy's Laser and Optics Research Center. The center, supported by 11 full-time researchers with more than \$7 million in advanced research equipment, has become a world leader in multiple areas including lasers, holographic and adoptive optics, and nano technology.

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SARAH CHAMBERS

Cadet earns Holaday Scholarship

Cadet 1st Class Zachary Esau shakes Academy Superintendent Lt. Gen. Mike Gould's hand while receiving the 2012 Holaday Scholarship Award Monday. Esau and Gould were joined by Bart Holaday and Dean of the Faculty Brig. Gen. Dana Born during the presentation at Harmon Hall at the U.S. Air Force Academy.

Military OneSource connects troops, families to resources

By Amaani Lyle
American Forces Press Service

WASHINGTON (AFPS) — The Defense Department has revitalized and consolidated the Military OneSource website to better serve military members and their families, the military community outreach online and resource operations manager at the Pentagon said in a recent interview.

Zona Lewis told the Pentagon Channel and American Forces Press Service that the Military OneSource overhaul incorporates new functionalities, enhanced social media platforms and multiple access methods. "We took this opportunity to look at industry best practices, to look at social media capabilities and to investigate making a mobile platform," Lewis said. "People are accessing information on their phones and (tablet computers) today. They're not waiting until they get home or back to the office to get that information on a computer."

The revamping, Lewis said, comes at the behest of President Barack Obama, who sought an overall reduction of government websites, prompting Defense Department officials to have Military OneSource absorb MilitaryHomefront.

"We looked for commonalities to merge the sites," Lewis explained.

"Though MilitaryHomefront had a service and family member component, it was ... geared toward leadership and service providers (seeking) family programs, policy and reports."

Officials therefore transferred the leadership and service provider information from soon-to-be retired MilitaryHomefront to the Military OneSource umbrella, Lewis said.

"We ... met the expectations we had for the site. We wanted the content to be easy to find, (with) the website easy to use," Lewis said, adding that user-driven content enables more customizable information.

"You can see what other people are looking for and see if they're (seeking) the same thing," Lewis said, adding the social media aspect of the site enables users to retweet and share mobile- and tablet-friendly information through personal networks.

Lewis noted the particular usefulness of the locator and directory widgets, which enable users to type in their installation and instantly connect to local resources and relocation assistance.

Military OneSource also provides around-the-clock consultants available worldwide to assist with family life topics ranging from moving to nonmedical counseling referral, including anger management and communication skills.

Clinic to introduce streamlined patient check-in process

By Don Branum
Academy Spirit staff writer

A new, centralized kiosk at the 10th Medical Group clinic will speed up the patient check-in process when it opens for business Monday.

The kiosk will serve patients of the Family Practice, Internal Medicine and Pediatrics clinics, said Tech. Sgt. Luis Caracosa, NCO in charge of the Family Practice Flight's White Element.

The centralized check-in idea originated with 10th MDG Commander Col. Tim Ballard, who saw the concept in practice at another Air Force Base, Caracosa said. The 10th MDG staff conducted an efficiency study to determine whether the same idea would work here and came up with encouraging results.

The 10th MDG consolidated its administrative personnel from Family Practice, Internal Medicine and Pediatrics into the White Element, Caracosa said. Some of those personnel will staff a four-person call center, while others will serve patients at the kiosk.

"When it was decentralized, medical techs were pulled away from their duties to cover administrative support,"

“Now that we have this element, I can plug in staff where I need them, and the med techs are free to perform their regular tasks.”

- Tech. Sgt. Luis Caracosa
NCO in charge, White Element

he said. "Now that we have this element, I can plug in staff where I need them, and the med techs are free to perform their regular tasks."

As a result, patients will have quicker access to check-in services, he said, as anyone at the kiosk can check them into any of the participating clinics.

"We're not going to have the lines we had previously," he said.

And because more med techs will be freed from their desks, patients will have access to care more quickly as well, he added.

The kiosk will supplement the information desk currently near the clinic entrance. The volunteers who staff the front desk will remain there to help answer questions.

The holiday of giving

Chaplain Corps staff reaches out to local communities during holidays

By Amber Baillie
Academy Spirit staff writer

Every holiday season the 10th Air Base Wing Chaplain Corps staff goes the extra mile to reach out to the Academy and Colorado Springs communities.

Whether to provide Christmas gifts for underprivileged children, supply food to families in need or bake cookies for cadet candidates at the Preparatory School, the Academy's Community Center Chapel organizes these events not simply as tradition but also to impart a sense of community here, according to Chaplain (Lt. Col.) Randy Erwin, the 10th Air Base Wing Chaplain.

"It's not just about doing these events because we've done them before, or volunteering to be acknowledged," said Erwin, the 10th Air Base Wing chaplain. "It's a matter of allowing others to use their gifts and talents to make the community stronger and that personal connection of helping another person and saying, 'You're important and I'm willing to give, in order to hopefully help.'"

This year the chapel organized various community events including a food drive that collected 3,000 servings of baby food for the local Life Support Center. The

chapel also sponsored an Angel Tree gift drive for Airmen's families and local children and collected 90 shoeboxes of Christmas gifts, in partnership with Samaritan's Purse "Operation Christmas Child."

"Last year we had 280-340 volunteers and saved the government around \$240,000," Erwin said. We have the largest number of volunteers on the installation, and there is no way we could do all the various activities without them getting involved."

Chaplain (Maj.) Thomas Gills, the Chapel's Catholic pastor, said this time of year is when the chapel offers the most opportunities to serve Airmen, the disadvantaged in the local community and those with special needs.

"The one thing everyone has is time and energy," Gills said. "Even if people are unable to make monetary contributions, the amount of time and effort they have provided is very high and has increased over the years."

Erwin said he thinks the caring attitude is the result of a combined effort between leaders and helping agencies here that reach out to the community.

"It starts with our senior leaders," Erwin said. "I know for a fact whether it's Academy Super-

intendent Lt. Gen. Mike Gould, 10th Air Base Wing Commander Col. Tim Gibson or other mission partner leaders, there is a generous attitude of love and care for others that trickles down."

Erwin said although these events recur each year, he appreciates the ideas volunteers contribute each season.

Further, there is a nice balance of civilians and military members who volunteer at the Academy, Erwin said.

"We do bring with our community, a good blend of active-duty (Airmen), retirees and civilians," Erwin said. "It's pretty phenomenal to see a variety of people coming together."

The holiday season is the time to get people involved either to donate or lend a helping hand, Erwin said.

"Starting from Thanksgiving all the way through Christmas, there is something that makes people think differently," Erwin said. "People tend to be much more loving and giving during the holidays and is an opportunity for us to help people be more generous."

Volunteerism is essential this time of year Gills said.

"It's an extension of service before self," he said. "Give selflessly for the benefit of others."



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Putting it into Perspective

By Amber Baillie
Academy Spirit staff writer

A group of cadets were more than happy to oblige an American author who asked for their perspective.

Literary nonfiction writer Ethan Casey spoke to cadets Nov. 29 at Arnold Hall and shared his cultural and political experiences during his three and a half month road trip across America.

Casey encouraged cadets to ask questions and share their thoughts on the United States for his forthcoming book "Home Free: An American Road Trip" scheduled for publication next fall.

"I'm hoping that some portion of this or some suggestion of this conversation, might find its way into my book so that other civilians will understand those in the Air Force," Casey said.

Casey, a previous foreign correspondent for the Boston Globe, The Guardian, Financial Times, Geographical Magazine and other publications, kick-started his tour Sept. 5 in Seattle. He has traveled to nearly 50 states to get a picture of contemporary America through his interactions with diverse Americans.

"I plan to write a book on America as if I am a journalist from Mars," Casey said. "As if saying, 'Hi, I'm Ethan from Mars and I'm interested in you, who you are and where you're coming from.'"

Casey grew up in a small, rural town near Milwaukee and said he wasn't exposed to another culture until age 16, when he traveled to Haiti with his father.

"It was just a shock to my system and I realized the rest of the world is not like this nice, little town I'm growing up in," Casey said. "It created in me a great urge to see more of that and experience the world as directly and as intentionally as possible."

Casey has written two books on Pakistan and one on Haiti. He lived in Bangkok throughout the 90s' and

spent a year teaching in Pakistan, an experience which led him to write his first book, "Alive and Well in Pakistan."

"I don't claim to be an expert on those countries," Casey said. "I claim to be a guy who shows up and listens with respect, then takes notes and tries to synthesize it into a narrative that will be both entertaining and edifying."

Casey told cadets the first step to understanding another country is to leave their "Americanness" at the door.

"If we really want to understand or act effectively in different parts of the world, we need to first drop the premise that other countries are only important in relation to America," Casey said. "We need to adopt humility to try to understand them and respect them in their own right."

Casey said the goal of his new book is to help him and his readers understand other societies better so if they choose to act on or judge something that happens, they can do it with an improved understanding of that society.

"Understanding the world should be a lifelong, self-directed and educational project," Casey said. "Hopefully that lifelong pro-

ject is being kick-started, enhanced and supported and will be in years to come, beginning with your experience at the Academy, which I know to be an excellent institution."

Casey shared a PowerPoint presentation with cadets consisting of personal photos, stories and perspectives to give them a glimpse into his trip.

"America is just like Pakistan and Haiti in the sense that America is much more interesting than the version we see of it on TV," Casey said. "That's why I'm making this trip."

On the tour, Casey met up with former Enron vice president Sherron Watkins, who he met at this year's National Character and Leadership Symposium in February.

"She blew the whistle on the Enron scandal in 2001," Casey said. "Thanks to the people at the Academy who organized the event, they put me in touch with her and I met with her for coffee in Houston. She is a wonderful, gracious person who gets where America is at right now."

Cadet 2nd Class Jessica Adams, a point of contact for the event, said the cadets who attended were chosen because they were interested in Casey's discussion topic and were critical thinkers.

Cadets asked thought-provoking questions on topics such as U.S. healthcare, government military spending and the meaning of the phrase, "United We Stand."

"I always learn a lot when I come to the Air Force Academy," Casey said. "I think it's a terrific institution and I love interacting with the cadets whether it's in this setting, a classroom or at the NCLS. They asked wonderful, excellent questions and I'm hoping that at least some portion will benefit my book."

Casey graduated from the University of Wisconsin-Madison in 1987. His is the author of five books and his work has also appeared in several U.S. news publications. His website is <http://ethancasey.blogspot.com>.

"I'm hoping that some portion of this or some suggestion of this conversation, might find its way into my book so that other civilians will understand those in the Air Force."





MASTER SGT. BRYAN STOKES

Representatives from the National Football Foundation, along with Scott Thomas, Dr. Hans Mueh, and Academy Superintendent Lt. Gen. Mike Gould stand on the field at halftime Nov. 16th at Falcon Stadium to recognize Thomas' selection as an NFF Hall of Fame inductee.

Former Falcon elected to College Football Hall of Fame

The historic Waldorf-Astoria Grand Ballroom in New York City witnessed an all-star cast of history's greatest football players at the 55th Annual National Football Foundation Awards Dinner Tuesday night.

With more than 75 current collegiate head coaches and 40 returning members of the College Football Hall of Fame in attendance, the fabled spectacle lived up to the historic expectations. Many well-known football luminaries were in attendance, adding to the magnitude of the much-anticipated event.

The 2012 College Football Hall of Fame class, including 11 All-Americans, one unanimous First-Team All-American, three multi-year First-Team All-Americans, and two members of national championship teams, headlined the event.

The 2012 class included **Charles Alexander** (LSU), **Otis Armstrong** (Purdue), **Steve Bartkowski** (California), **Hal Bedsole** (Southern California), **Dave Casper** (Notre Dame), **Ty Detmer** (BYU), **Tommy Kramer** (Rice), **Art Monk** (Syracuse), **Greg Myers** (Colorado State), **Jonathan Ogden** (UCLA), **Gabe Rivera** (Texas Tech), **Mark Simoneau** (Kansas State), **Scott Thomas** (Air Force), **John Wooten** (Colorado), and coaches **Phillip Fulmer** (Tennessee), **Jimmy Johnson** (Oklahoma State and Miami) and **R.C. Slocum** (Texas A&M).

The 14 players and three coaches brings the total number of players in the Hall of Fame to 914 and the number of coaches in the hall to 197. Johnson delivered the response on behalf of the class, saying it was an incredible feeling to be enshrined into the hall with a group of men that have done so much for college football.

"Everybody in this room has had



contact with football at one time in their life," said Johnson. "Everybody knows it is not easy. They know about the sacrifices that the families have had to make. They know about the gut-wrenching feeling of losing a ballgame and not being able to sleep at night and putting their heart and soul into something they truly love. To be recognized for that is truly special."

In addition to the hall of famers, the dinner had no shortage of college football star power not just on the field but in the classroom as USC quarterback Matt Barkley, Alabama offensive lineman Barrett Jones and Notre Dame linebacker Manti Te'o led a group of 15 current players vying for the coveted William V. Campbell trophy, awarded to the nation's top scholar-athlete.

The trophy was awarded to Jones, an First Team All-American who carries a 4.0 GPA. Jones said it meant a lot to him to win the scholar-athlete award and that he has been blessed throughout his entire football career.

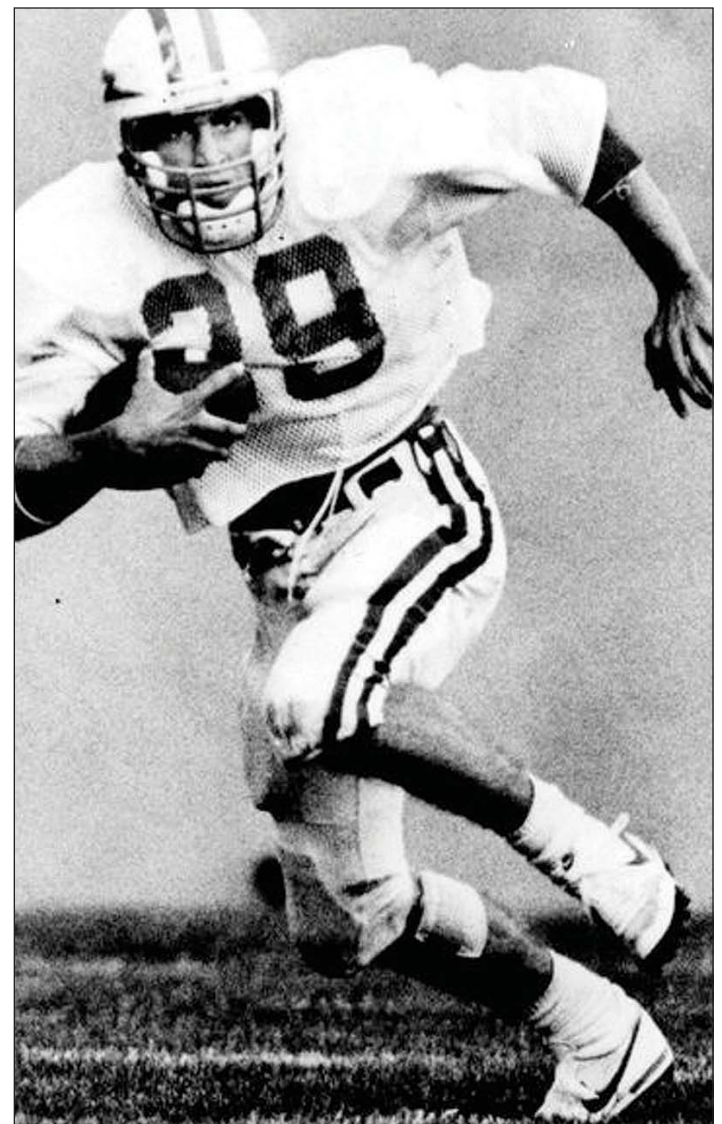
"College football is at an all-time high. The people up here have chosen to use their role-model status in a positive way," Jones said.

Other members of the 2012 class of NFF National Scholar-Athletes included **Rex Burkhead** (Nebraska),

Cody Davis (Texas Tech), **Nick Driskill** (Mount Union, Ohio), **Nick Florence** (Baylor), **Nabal Jefferson** (Northern Illinois), **Aaron Mul-lane** (West Texas A&M), **Ryan Nas-sib** (Syracuse), **Nolan Nearhoff** (Robert Morris), **Ethan Peterson** (MIT), **Sean Renfree** (Duke), **Patrick Ward** (Northwestern), and **Shane Zackery** (Saint Xavier, Ill.). Each scholar-athlete received an \$18,000 scholarship at the event, and Jones claimed a total scholarship of \$25,000.

The event hit an emotional peak when NFF Board Member and TV personality Jack Ford presented the Gold Medal Award to Dr. Roscoe Brown Jr. Brown, a Tuskegee Airman, spoke to the audience about how far the United States has come in the last 65 years since he overcame racial obstacles as pilot during World War II and the value that sports plays in our society.

"One of the things that the sport teaches us is that excellence over-comes stereotypes and obstacles,"



(NATIONAL ARCHIVES)

Scott Thomas was an All-America safety for the Air Force Academy.

Brown said. "Through sport, and particularly football, we have been able to break the barriers of gender bias and ethnic bias and tonight, we can feel very proud that as we honor the excellence on the football field, we are also honoring the excellence in our hearts and minds because we have changed this country."

Falcons suffer first home loss

Air Force loses 72-69 to Wichita State

Air Force center Taylor Broekhuis goes up for a shot in Sunday's game against Wichita State in Clune Arena. Mike Fitzgerald led the Falcons with 18 points, while Broekhuis added 17. Air Force's Michael Lyons missed a three-pointer at the buzzer that would have tied the game. The Falcons suffered their first loss at home and fell 6-2. The Falcons complete their three-game homestand on Saturday against Arkansas-Piute Bluff at Clune Arena. Tip-off is scheduled for 2 p.m.



LIZ COPAN

Falcon of the Week

No. 14 Michael Lyons
Guard



Stats

Class: 2013
Hometown: Newport News, Va.
High School: Massanutten Military Academy
Height / Weight: 6'5" / 193

2012 Season: Lyons has been the offensive leader in points and time on the court during his senior year at the Academy. He has averaged 19.6 points and 2.8 assists a game with an average of 31 minutes on the court. He also plays a defensive game averaging 5.3 rebounds a game.

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LIZ COPAN

The Falcons celebrate a goal against Mercyhurst during the Nov. 30 matchup. Mercyhurst came from behind for a 5-4 win in that game. Their overall record is 4-7-3 and a conference record of 3-4-1.

Falcons beat RIT, end losing streak

Stephen Carew scored 61 seconds into overtime as Air Force beat RIT, 3-2, in an Atlantic Hockey Association game Sunday, at the Academy's Cadet Ice Arena.

With the win, Air Force ended its four-game losing streak and improved to 4-7-3 overall and 3-4-1 in the AHA. RIT is winless in its last six games and fell to 2-8-3 overall and 1-5-2 in the league.

In overtime, Dan Weissenhofer controlled the puck in the Air Force end and sent a pass up to Mike Walsh in the neutral zone. Walsh touched it to Carew on the left side and the senior team captain skated around the net. After a collision near the far post with an RIT defenseman, Carew fired a wrister through the five-hole for his second career game-winner.

RIT opened the scoring at the 14:21 mark when Brad Shumway skated down the center of the ice and around several Falcons. Shumway dropped the puck to Andrew Miller who ripped a wrister over the pad of Jason Torf for a 1-0 lead.

Twelve seconds into the second period, Air Force went on the power play, but it was RIT that scored. Brad Reid scored short-handed from Matt Garbowsky for a 2-0 lead. Following the goal, RIT's Alexander Kuqali was called for a five-minute major for checking from behind and the Falcons had 48 seconds of 5-on-3 followed by the major. Near the end of the major, a slashing call on Nolan Descoteaux gave the Falcons two minutes of 5-on-3, but the Falcons were unable to score. Air Force got on the board with an even-strength goal by Scott Holm at 14:47 of the second period. Holm forced a turnover on the forecheck and then got the puck back from linemates Jason

"We needed to end this losing and now we can exhale a little bit. But just a little bit."

- Frank Serratore, Falcons head coach

Fabian and Ben Persian. The sophomore winger then stuffed the puck under the pads of Josh Watson to make the score

2-1. A minute later, RIT's Adam Hartley was called for a major for checking from behind and the Falcons were back on the power play. Ben Carey and Cole Gunner cycled the puck behind the net and gave it to Tony Thomas. Thomas walked out and his first shot was saved, but he poked the puck loose from Watson's pads and it trickled over the goal line at 16:44. The goal was his fourth of the season and second on the power play.

Neither team scored in the third period, setting up Carew's game-winner in overtime. It was Air Force's first overtime win of the year and first since beating Niagara at home early last season.

Neither team scored in the third period, setting up Carew's game-winner in overtime. It was Air Force's first overtime win of the year and first since beating Niagara at home early last season.

Air Force outshot RIT, 27-24, in the game. The Falcons had a 22-13 advantage in the final two periods and overtime. AFA was 1-for-9 on the power play while RIT was 0-for-2. Watson made 24 saves for the Tigers while Jason Torf made 22 for AFA. "We found a way to win an ugly game tonight," head coach Frank Serratore said. "This one was painful to watch. We still have some things to repair in our game. I want to see the enthusiasm of our team return. We needed to end this losing and now we can exhale a little bit. But just a little bit."

Air Force travels to Waltham, Mass., for a two-game Atlantic Hockey series against the Bentley Falcons, at the John A. Ryan Center.



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No. 10 Air Force finishes fourth at NCAA Championship

Water polo team finishes with 19-12 overall record

LOS ANGELES, Calif. — Converting on just two of 12 extra-man opportunities, the 10th-ranked Air Force water polo team fell to No. 11 St. Francis Brooklyn, 14-8, Sunday afternoon in the third-place game of the 2012 National Collegiate Water Polo Tournament, being held at McDonald's Swim Stadium.

St. Francis, seeded third in the tournament, started out strong, gaining a 5-1 lead after one period. The only Air Force score in the first quarter came from junior Josh Stedman, who tallied a penalty goal to put the Falcons on the board. Air Force's deficit grew to 6-1 after a St. Francis goal two minutes into the second period before Cruz Smithson found the back of the net at the 4:35 mark.

After a missed penalty opportunity by the Falcons, St. Francis increased its lead to 7-2 with a penalty shot at the other end and tacked on another goal with less than two minutes remaining in the period. However, Air Force scored the final goal of the quarter with a tally from senior captain Brad Rajchel bringing the halftime score to 8-3.

The Terriers continued to pull away in the third period, outscoring the Falcons 3-0. St. Francis added another score to open the final stanza, pushing its advantage to 12-3 before Air Force received back-to-back goals from Ben Rogers and Rajchel with under four minutes to play.

Following another St. Francis goal, Air Force tacked on three more scores in the final minute and a half, getting a pair of goals from Smithson and an-

other from Dillon Fisher. Meanwhile, the Terriers scored with four seconds on the clock to account for the final 14-8 margin.

"Obviously it didn't turn out the way that we were hoping for it to turn out," said Air Force head coach Jeff Heidmous. "We were hoping for a more competitive game. In a lot of ways, things went the way we wanted it to—posting up people, getting goals or ejections out of it and we had quite a few man ups, but it just wasn't enough. Their man-up defense was better than our man-up offense today. That was really it. Then we had a hard time making shots and I thought the guys were really pressing, trying to get things and they really weren't patient, with shots going wide of the cage. Their goalkeeper had a great game and filled the cage."



LIZ COPAN

Ben Rogers plays an earlier game this season against Fresno Pacific on Oct. 28. Rogers scored in the third period of play against St. Francis Brooklyn Sunday.

Four Air Force wrestlers earn individual titles

The Air Force wrestling team finished with eight placewinners, including four individual champions, to wrap up competition at the FHSU-Bob Smith Open on Saturday.

Earning first-place finishes for the Falcons were junior Josh Kreimier and freshmen Mitch Brown, Tyler Mergen and Konner Witt.

Kreimier, ranked 13th in the nation at 157 pounds by Intermat, saw his first action of the year after missing the first month of competition due to injury. He was dominant in his return to the mat, rolling to a 6-0 record which included three falls and

three technical falls. Kreimier ended his run with a fall in the championship bout, pinning Fort Hays State's Derek Koehn in a time of 6:35.

At 125 pounds, Brown posted a 5-0 record on Saturday to earn the title, registering a pair of major decisions and three decisions. Brown, who won the first individual championship of his career, capped off the day with a 7-6 decision over Fort Hays State's Garrett Jones.

Mergen, wrestling at 165 pounds, earned his fourth top-three finish in as many tournaments this season, along with his second individual title of the year. Mergen also posted a 6-0 record on Saturday, winning several close contests, including a 3-1 decision over Oklahoma City's Zach Skates in the final, as he improved to 20-2 overall on the season.

At 184 pounds, Witt captured his third individual

title in as many tries this year, posting a 4-0 record on Saturday. After winning by fall in his first match, Witt shut out his next two opponents, 6-0 and 7-0. However, Witt's final match of the day was a challenge, as he edged teammate Greg Isley in a 3-2 decision. With his four wins on Saturday, Witt remains undefeated on the year with a 12-0 record.

Earning runner-up finishes on Saturday for the Falcons were Isley and classmate Greg Rinker. Isley, finishing as a placewinner for the first time this season, scored four wins by decision en route to the title match versus Witt. Meanwhile, Rinker also won his first four matches of the day at 133 pounds, including a 54-second fall in his first match, before dropping the championship bout to Central Oklahoma's Casy Rowell.

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Chapel holding concerts

The Academy will hold two Christmas-themed concerts this weekend in the Cadet Chapel.

The Cadet Chorale will perform Handel's "Messiah" today at 7:30 p.m. in the Protestant chapel.

The Catholic Cadet Choir and Community Orchestra will perform their annual Christmas Concert Sunday at 2 p.m. in the Catholic chapel.

Both events are free and open to the public. Parking will be available for both events at the Visitor Center.

The concert will include choral, orchestral and acappella music. The Catholic Cadet Choir's performance will also include a special jazz segment featuring chapel staff members. For more information please call 333-7857.

Santa Trackers needed

Volunteers are needed to help with the 2012 NORAD Tracks Santa event Dec. 24-25 at the Peterson Air Force Base Leadership Development Center.

Those interested in volunteering must register by today.

Volunteers must be available to work at least two hours and be 13 years old to answer phone calls and emails.



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.

PROTESTANT RELIGIOUS EDUCATION
Sundays, 9 a.m.

Volunteers must sign up at <http://bit.ly/UhofTI>. A detailed email will be sent to each volunteer the week prior to Dec. 24 with a map and other important information regarding the event.

USAFA Endowment launches year-end campaign

The USAFA Endowment has launched its year-end drive to boost graduate support to the Academy, before Dec. 31.

The Endowment has had a historic year for support to the Academy, with its most noted success being the recent Center for Character and Leadership Development groundbreaking, a project funded by the annual military construction budget and \$12.5 million from private donors.

For more information, call the Endowment at 472-0300 or go online to www.usafa.org/push for more information.

Breakfast with Santa

The Academy will host a Breakfast with Santa Saturday from 8-11:30 a.m. at the Falcon Club.

Breakfast is free for Defense Department families accompanied by a child.

Tickets are available at the Youth Center, Airman and Family Readiness Center, Child Development Center and CDC Annex.

The event will include photos with a live reindeer, Santa and Mrs. Claus as well as crafts and prizes.

Tickets for seating are required. For more information call the Youth Center at 333-4169.

A&FRC events

The following Airman and Family Readiness Center events are scheduled for December and January.

Resume Writing Workshop:
Dec. 19, 9 a.m.-noon. Attendees will learn how to write an effective resume, different resume formats, how to best highlight their qualifications and how to target their resume to specific jobs.

Starting Your Own Business:
Jan. 10, 9 a.m.-12 p.m. The workshop is the first of the SCORE SmartSTART 6-part series. The Start Up Basics workshop is free and 5 Advanced Workshops will follow.

Bundles for Babies:
Jan. 23, 8 a.m.-12:30 p.m. The workshop is open to active-duty personnel and spouses. Attendees will learn budgeting for baby, nutrition, developmental play and basic parenting skills. Attendees will also receive a bundle of goodies from the Air Force Aid Society.

Troops for Teachers:
Jan. 23, 11:30 a.m.-1:30 p.m. The workshop will provide information for military personnel interested in beginning a second career in public education as a teacher.

Federal Resume Writing Class:
Jan. 29, 2-4 p.m. Attendees will learn how to create a federal resume formatted to USAJOBS guidelines.

Transition Assistance Program:
Jan. 14-18, 7:30 a.m.-4:30 p.m. This workshop provides information for those who are preparing to retire or separate. The workshop is open to active-duty, Reserve and Guard service members as well as Defense Department civilians and their spouses. Attendees are eligible to attend two years their from retirement date or 12

months from their separation date.

Retirement Planning:

Jan. 30, 8 a.m.-noon. Attendees will receive information on Federal Employees Retirement System benefits and financially planning for retirement. Spouse may sign up with a member.

Health Club memberships

The Academy legal office advises military members who have a contract with an off-base health club to read the fine print.

Most health club contracts may be canceled within three days of signing.

After this three-day period, a buyer may cancel a health club contract for the following reasons: the buyer dies or becomes totally physically disabled, the health club is moved to a new location, membership is transferred to a location more than five miles from where the buyer entered into the contract, or the seller discontinues operation of the health club.

Also, service members' contracts may provide options to cancel membership after one month's notice when moving out of the local area.

To file a consumer complaint, call the Colorado attorney general at 800-222-4444. For more information, call 333-3940.

Winter Sale

The Academy's Athletic Association Visitor Center Gift Shop will continue their annual winter clearance sale through Dec. 30.

All items are discounted at least 20 percent and some are discounted as much as 50 percent.

The shop is open daily from 9 a.m.-5pm. Please call 472-0102 for Falcon Shop hours.

Holiday brunch

The Academy will hold a holiday champagne brunch Dec. 16 at 10 a.m. at the Falcon Club.

Children under the age of 4 receive free admission, adults pay \$23.95, children ages 5-10 pay \$9.95.

Club members will receive a \$5 discount.

Menu items will include prime rib, smoked salmon and snow crab.

To make a reservation please call 333-4253.

Pro Shop holiday sale

The Pro Shop will hold a holiday sale today from 4-7 p.m. at the Eisenhower Golf Course.

All items in the store will be marked 10-50 percent off.

Appetizers will be offered upstairs and shoppers may pop a balloon to receive a discount.

For more information please call 333-2606.

Tops in Blue holding auditions

The Air Force all-volunteer band Tops in Blue is accepting applications through Dec. 14 to audition for its 60th-anniversary tour in 2013.

For more information on how to apply, go to www.topsinblue.com/application.html.

Applications can also be sent directly to the Air Force Services Directorate, Entertainment Branch.

Auditions will begin in February at Joint Base San Antonio. For more information, call 210-623-0509.

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CLUES ACROSS

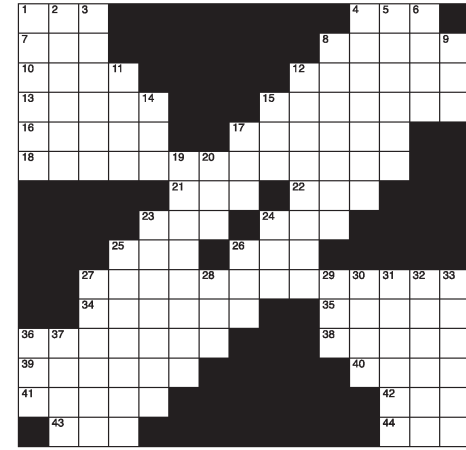
1. German rapper
4. Aries sign
7. Atmosphere
8. Send payment for
10. Digs
12. Pathetically weak
13. Give a thrashing to
15. How a witch laughed
16. Being of use or service

CLUES DOWN

1. Common detergent measure
2. Island in Venice
3. Establish by law or with authority
4. Exuding a strong odor
5. Walked leisurely
6. A unit of length equal to 1760 yards
8. Return to a useful condition
9. CNN's Turner
11. Young herring in Norway

17. Lassie's breed
18. XXX Olympic site
21. Tax collector
22. Above average in size
23. It carries genetic information
24. E. central English river
25. Baked pastry-lined dish
26. Basics
27. Manson murder book

34. Actress May
35. Dry white Italian wine from Verona
36. Easily conversed
38. Java pepper vine
39. Eagle nests
40. Irish mother of gods
41. Belongs to St. Paul's architect
42. Soak flax
43. CGS work unit
44. Tooth caregiver



12. Disengagement
14. The lion zodiac sign
15. Mt. Washington railroad
17. The brain and spinal cord (abbr.)
19. Last decade of the 20th cent.
20. A major division of geological time
23. Causes to expand
24. Ed Murrow's network

SUDOKU

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

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 7

Level: Advanced

12-07-12

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598-8667
www.margaritaatpinecreek.com

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

CARIBBEAN



Rasta Pasta
481-6888
405 N. Tejon
rastapastacs.com

USAFA Grad Owned. Creative Caribbean Pasta, Fresh & Funky Salads, Ridiculously Good Desserts. Open seven days a week for affordable lunch and dinner. Voted Best New Restaurant by Gazette readers. Happy Hour Daily 4-6. Live Reggae Music the First Friday of every month.

IRISH



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

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

CHINESE



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

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

STEAKHOUSE



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

Lunch Mon.-Fri * Dinner Nightly. Think 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 Fine Dining/Best Steakhouse/Restaurant of Carnivores-- Best of 2012 Gold, Colorado Springs Independent. Overall Restaurant/Upscale Bar/Power Lunch-- Best of 2012 Silver, Colorado Springs Independent.**

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. House baked desserts, Bristol beers, and neighborhood art make Wooglin's an authentic and funky downtown getaway.

For advertising information
call Sara at 719-636-0130



**Holiday Idea
Open House**

Saturday, Dec. 8
10AM - 6PM



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



**Boneless, Skinless
Chicken Breast**
Tray Pack, Reg. Retail
\$4.99 lb.

PORK
Loin Back Ribs
Previously Frozen
Reg. Retail \$7.99 lb.

Buy 1, Get **2**
FREE
Identical Item Only
Limit 1 Reward Per Transaction

Less Than
34¢ lb.

NEW CROP
Navel Oranges
3 lb. Bag
Limit 2

\$1 ea.



Broccoli
Crowns or
Cauliflower

88¢ lb.



7•Up
12 pk., 12 oz. or
6 pk., 16.9 oz.
Select Varieties
Sale Price 3 for \$10

Final Price
4 for \$10
When you Buy 4
Limit 1 Reward per Transaction



Lay's
10-10.5 oz. or
Tostitos Chips
9-13 oz.
Select Varieties
Sale Price \$2.99 ea.

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



Super Lean
Ground Beef
93% Lean,
3 lbs. or More

2.99 lb.

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

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

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

People featured are not actual service members.

*Some Restrictions Apply, Military ID Required.

**Buy 1,
Get 2 FREE!**

Select Varieties
You save \$8.98
Limit 1 Reward Per Transaction



BUY THIS
Breyers
Ice Cream 48 oz.
at \$5.99



GET THESE FREE
ONE Breyers Ice Cream 48 oz. AND
ONE Sara Lee Oven Fresh Pie 27-37 oz.

Prices Effective 12/7-12/11/12



Visit www.AlbertsonsMarket.com

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