



Did you know?

70th Air Force Birthday

REVEILLE AND RETREAT

Did you know in honor of the 70th Air Force Birthday, Monday, Sept. 18, the 50th Space Wing will hold reveille and retreat? A traditional cake cutting will follow retreat in the Building 210 atrium. Attendance is not mandatory but all are welcome to join, uniform is UOD.

BASE BRIEFS

Spouses are invited to events marked with



THIS WEEK

EAP Orientation briefing

There will be an online Employee Assistance Program Orientation briefing in the Wing Conference Room 11 a.m. - 12 p.m. today. For more information on EAP, visit the civilian personnel sharepoint site and click on Employee Assistance Program on the left side. For more information, contact Maggie Wander at 567-4351.

Military Retirees Activities Office

The Military Retiree Activities office holds its monthly council meeting the second Thursday of each month at 2:30 p.m. in Building 350, Room 1206, at Peterson Air Force Base. The guest speaker for today will be Jorge Estrada with an overview of a military funeral service. For more information, call 556-7153.

Ellicott holds volunteer opportunity

There will be a volunteer opportunity at Ellicott's Second Annual District STEM Night today at 6 - 9 p.m. at Ellicott Middle School. Volunteers need to be at the school at 5:30 p.m. If you would like to volunteer, please contact Karin Pacot at 683-2700.

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Sign up for weekly Schriever announcements, news and more. Visit www.schriever.af.mil and click "Public Affairs" under featured links.



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Front Range remembers at Schriever 9/11 ceremony

By Airman 1st Class William Tracy
50th Space Wing Public Affairs

Front Range community members gathered at Schriever to honor the victims of 9/11 during the Pikes Peak 9/11 commemoration ceremony 'A Community Remembers' Sept. 11.

This year Schriever hosted the ceremony, which rotates among different locations across the Front Range.

Service members across all branches and prominent local community members, including Colorado Springs Police Department and Colorado Springs and Cimarron Hill's Fire Department personnel — as well as state and municipal government leaders, attended the event.

"When you look at the number of civic leaders who came out, when you look at the military members who came from other bases outside of Schriever, it really shows what a strong military community we have," said Lt. Col. Nate Harris, 50th Space Wing director of staff and event organizer. "They all showed that support joining us in remembering September 11th."

The Orbital Harmony choir opened the ceremony with a singing of the National Anthem followed by remarks from Col. Jennifer Grant, 50th Space Wing commander.

"This year marks the 16th anniversary of these attacks on our nation," Grant said. "This ceremony is a reminder to each of us as to why so many service members and first responders serve this nation and our communities — placing their lives on the line every day."

The ceremony's guest speaker, retired Lieutenant General Larry James, served as the 50 SW commander when the attacks occurred, shared his experience during that day.

"There was something going on that we did not expect," James said. "We didn't know exactly why, and we didn't know exactly who did this. But, I will tell you that despite the unknowns, despite the confusion, the men and women of this base and every base in our nation and around the world, and the first responders that are represented here, responded magnificently."

At the conclusion of his speech, Schriever firefighters performed the ceremonial ringing of the bell, known as "striking the four fives," paying tribute to those who have fallen, and TAPS.

Grant and Don Addy, chairman of the

See **Ceremony** page 12



U.S. Air Force photo/Dennis Rogers

A wreath sits on display in front of a monument, crafted from a steel beam salvaged from the World Trade Center attacks, during the Pikes Peak Area 9/11 commemoration ceremony 'A Community Remembers' at Schriever Air Force Base, Colorado, Monday, Sept. 11, 2017. The wreath laying focused on the somber memories of that day, never to be forgotten. Don Addy, chairman of the Colorado Thirty Group, secured the steel beam for the monument during his tenure as the National Homeland Defense Foundation president.

FAP ensures well-being of Airmen, families

By Senior Airman Arielle Vasquez
50th Space Wing Public Affairs

The 21st Medical Group Family Advocacy Program enhances Air Force readiness by promoting community health and resilience.

Through a number of programs and services FAP provides, they aim to enhance the base population's knowledge of building and maintaining Airmen and family wellness.

These services include outreach and prevention activities, New Parent Support Program, victim advocacy and maltreatment referrals.

"Mission readiness is our primary goal. When problems are happening in the home, it creates tremendous stress

and it takes away from a person's ability to focus," said Kim Vehige, FAP officer. "It's hard being a military member and stressors both at work and in the home can become overwhelming. We want to be able to support families by educating them with information, being aware of resources offered and skill building."

The family advocacy program's staff members assist families who are in need of such services. The staff includes clinical social workers, a nurse, domestic abuse victim advocates and administrative support members.

FAP's goal is to prevent incidents of family maltreatment, domestic violence and child abuse and neglect. Additional classes and programs offered include emo-

tion management, couples communication and parenting classes.

The New Parent Support program provides early education and support for expecting parents continuing until the child is three years of age. Even if there has been no maltreatment in the home, FAP can provide at-risk couples counseling through the Family Advocacy Strength Training Program. This service provides short-term counseling aimed to help couples identify and effectively address relationship concerns.

Responsible for over half of Air Force Space Command's FAP cases, the 21 MDG FAP staff works around the clock to take care of families.

See **Well-being** page 9



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A LEADER'S PERSPECTIVE**Thank you for your service****Commentary by
Lt. Col. Kenneth Holmes**

23rd Space Operations Squadron commander

I recently assumed command of the 23rd Space Operations Squadron located at New Boston Air Force Station in New Hampshire.

The installation covers roughly 2,900 acres, consisting of only about 50 acres of developed land for operational facilities. The land was originally purchased by the United States government in 1941, to be used as a training range for pilots, and it was utilized for bombing and strafing strikes until 1956.

While processing into the squadron, I learned there was a preserved crash of a P-51 Mustang on-site; you can still hike up to the location and see the debris, including a mostly intact wing. My father is a big history fan and he was in town for the change of command. I thought this would be a great opportunity to take my family for a walk in the woods to find the crash site.

We were able to locate the starting point without much trouble, there are yellow markers placed on trees along the route to guide you. I have three children, ages 9, 7 and 4, and they thought this was incredibly fun, tromping around the woods looking for the next yellow marker to continue on our journey.

When we made it to the crash site, there was a feeling of accomplishment and joy from making it to this historic location. My daughter's fear of being lost in the woods subsided



Lt. Col. Kenneth Holmes
23rd Space Operations Squadron commander

and my boys scoured the ground for any piece of metal they could find. There were a lot of pictures taken, and I was happy to be able to share this moment with my family. However, the reality of what happened at this site over 60 years ago soon began to sink in.

Jan. 14, 1949, a flight of five P-51 Mustangs took off from Grenier Air Field to conduct a

dive bombing training mission over the New Boston range. The flight lead was Capt. Elmer Kramer, and while making a dry run over the range his left wing suddenly tore loose, causing his plane to crash, killing him instantly. Ultimately, Kramer paid the ultimate price in defense of the nation.

All of us who wear the U.S. Air Force uniform have pledged to serve our country, with the potential to pay the ultimate sacrifice for the sake of our great nation. This is an increasingly rare quality and I applaud the decision to serve you all have made.

According to the Defense Manpower Data Center, only approximately 0.4 percent of the American population currently serve in the military. That is 1 out of every 250 people.

Whether you are aware of it or not, you may be the only link to the military your friends, family and casual acquaintances have. You should feel proud when a stranger thanks you for your service or when you hear reports of the military being one of the most trusted professions.

Of the limited interaction the public has with service members, we must continue to earn the gratitude and trust bestowed on us and live our core values in and out of uniform. You must take "integrity, service before self, and excellence in all you do" to heart. We owe it to those who have gone before us, like Kramer, to be the example to everyone of what it means to be a U.S. Airman.



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Alpha Warrior promotes functional fitness, camaraderie

By Halle Thornton
50th Space Wing Public Affairs

Peterson Air Force Base, Colorado, will host a regional Alpha Warrior Competition Sept. 29.

Each base in the regional area will bring 10 male and 10 female representatives to compete in the regional competition and at least one local athlete will represent the region in a worldwide competition held at Retama Park, San Antonio, Nov. 11.

Peterson AFB received a Battle Rig in May, and is the host for the Rocky Mountain region this year.

Alpha Warrior designs Battle Rigs and Stations, which are multi-station devices that enhance functional fitness training in individuals and teams. Battle Rigs may include ladders, pull-up bars and a series of parallel legs.

The Alpha Warrior program incorporates the four pillars of Comprehensive Airmen Fitness, mental, social, physical and spiritual, to achieve resiliency at home and down range.

The Alpha Warrior regional event is comprised of three components: Battle Rig Tour and Meet and Greet, Competition and Functional Fitness.

The winner in each regional competition will move on to the national competition.

Capt. Thomas Taylor, 1st Space Operations Squadron mission commander, said this will be his first time competing in the event.

"In fact, it was my first time hearing about this event," he said. "I am a big fan of American Ninja Warrior and have always liked gymnastics

style workouts and obstacles, so when I heard about this event I thought I would give it a try."

Taylor has been working on body weight gymnastics to prepare for the event, using bars and rings to build up his grip strength.

A group of competitors from Schriever are hoping to train at Peterson AFB and practice in the coming weeks to get an idea of what to expect.

"I am no stranger to competition," Taylor said. "I've been a Military World Champion Bull Rider three times, I played football in college and I love to compete. I am just excited to go out there and see where I match up; see if I really could have been a ninja in another life."

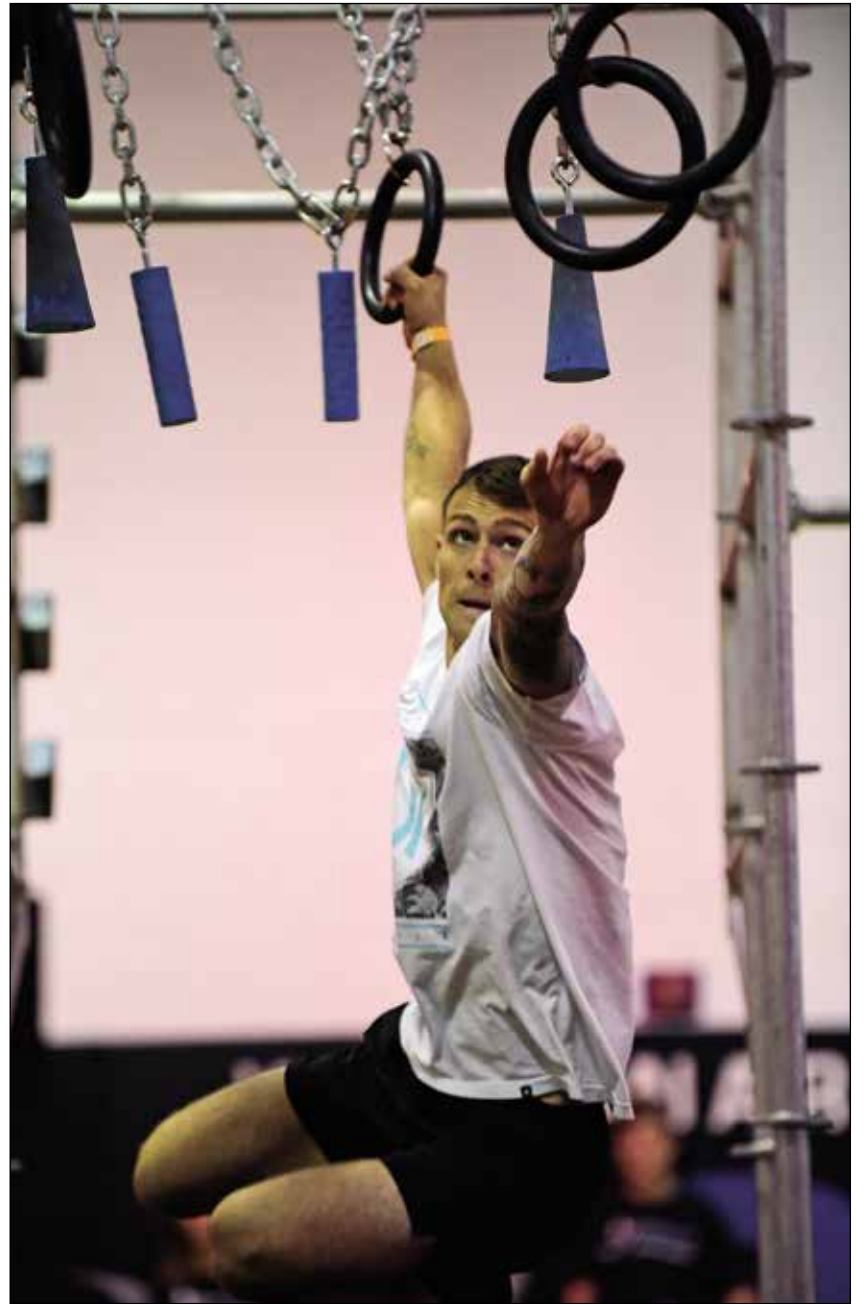
"My parents will happen to be in town that weekend and that will give me a little extra motivation to do well. I like to challenge myself to new things and try to be competitive in all aspects of life."

According to Seth Cannello, 50th Force Support Squadron fitness center director, Schriever has set up several practice sessions, and he is confident in the ability of all competitors who have signed up.

"They are giving each other tips and talking strategy," he said. "I'm looking forward to watching the event and I'm confident Team 5-0 will represent the base well."

Capt. Jessica Norrington, 50th Operations Support Squadron staff instructor, is also competing in the event for the first time.

See **Camaraderie** page 8



U.S. Air force photo/Senior Airman Danielle Quilla

Senior Airman Kevin Brodbeck, a competitor from the 509th Maintenance Squadron, reaches for a ring during the Alpha Warrior Challenge at Whiteman Air Force Base, Monday, July 22, 2017. The challenge is an Air Force-level event where competitors face eight obstacles testing their physical and mental limits.

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7 SOPS Citizen Airman nominated for Lance P. Sijan Award

By Senior Airman Laura Turner
310th Space Wing Public Affairs

Staff Sgt. Michael E. Myers II, 7th Space Operations Squadron, was nominated by Air Force Reserve Command for the 2017 Lance P. Sijan award, Junior Enlisted Category, on Aug. 29. The award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and conduct of their personal lives.

"The entire squadron is excited, but not surprised, that Staff Sgt. Myers was nominated for such a prestigious award," said Maj. Adam Beccue, Myers' supervisor. "Since the day he joined 7 SOPS, he has exuded professionalism and a tenacity for accomplishing the mission."

Staying professional is paramount to setting an example as a leader, explained Myers.

"The first impression that someone will have of you sets the bar for future interactions. Making sure that your uniform is sharp, as well as having a clean shave and haircut, will go a long way," said Myers. "Following that, customs and courtesies should never be abandoned."

A few leaders have stood out to Myers throughout his career, but one in particular set the bar for the rest.

"Every day, Senior Master Sgt. Darren Williams (retired) came into work looking sharp and expected the same from everyone else," said Myers. "It didn't matter the rank, if someone was not following perfect dress and appearance he would pull them aside and respectfully let them know. His leadership didn't stop with AFI's either, he took Airmen under him and molded each of them to be leaders in turn. This has always stuck out to me and shaped the way I see leadership."

Myers continues to set high goals for himself in his Air Force career. He is currently in the process of applying for the Senior Leader Enlisted Commissioning Program Active Duty Scholarship.

"If I am not accepted into that program, I plan on completing my Biochemistry degree by 2020 and applying for the Deserving Airman Commissioning Program," said Myers.

He encourages other Citizen Airmen to go far in their career and personal lives as well by stepping up and taking the jobs that no one else wants.

"Ask your supervisor what work you can take off their hands," said Myers. "And never ask someone to do something that you wouldn't do yourself. Being a leader is more than just giving orders, it is working alongside your fellow Airmen and making sure their morale is up."



U.S. Air Force photo/Christopher DeWitt

Staff Sgt. Michael Myers, 7th Space Operations Squadron, was nominated by Air Force Reserve Command for the 2017 Lance P. Sijan award, Junior Enlisted Category, on Aug. 29th, 2017. The award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and conduct of their personal lives.

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Wildfire Smoke: Health Tips



U.S. Air Force photo illustration /Tech. Sgt. Jason Bailey

By Capt. Mossaab Benhammou

92nd Medical Group

FAIRCHILD AIR FORCE BASE, Wash. — Wildfires impact health in many ways. Below are a few FAQs about staying healthy.

Q: What is wildfire smoke and can it make me sick?

A: Wildfire smoke is a mix of gases and fine particles from burning vegetation. These particles can get into your eyes and lungs where they can cause health problems. Even someone who is healthy can get sick if there is enough smoke in the air.

Q: What health problems does smoke cause?

A: Eye, nose, and throat irritation (burning eyes and runny nose), wheezing, coughing, shortness of breath, and headaches, aggravation of existing lung, heart and circulatory conditions, including asthma and angina

Q: Who is especially sensitive to smoke?

A: Inhaling smoke is not good for anyone, even healthy people.

People most likely to have health problems from breathing smoke include people with lung diseases such as asthma or chronic obstructive pulmonary disease, including bronchitis and emphysema, respiratory infections, such as cold or flu, existing heart or circulatory problems, such as congestive heart failure, coronary artery disease, and angina, a prior history of heart attack or stroke, infants and children because their lungs and airways are still developing and they breathe more air per pound of body weight than adults, older adults over age 65 (adults age 65 and older may have unrecognized heart or lung disease), smokers and diabetics.

Q: What can I do to protect myself and my family from outdoor smoke?

A: Check local air quality reports and listen to news or health warnings for your community.

Avoid physical exertion outdoors if smoke is in the air. If you have asthma or other lung diseases, make sure you follow your doctor's directions about taking your medicines and follow your asthma management plan.

Call your health care provider if your symptoms worsen. Stay indoors and keep indoor air as clean as possible.

Take the following steps when indoors:

Keep windows and doors closed. If there is no air condi-

tioning and it is too hot to keep windows and doors closed, consider leaving the area.

Run an air conditioner (if you have one), set it to re-circulate and close the fresh-air intake. Make sure to change the filter regularly. Use a high-efficiency particulate air filter to reduce indoor air pollution. A HEPA filter may reduce the number of irritating fine particles in indoor air. A HEPA filter with charcoal will help remove some of the gases from the smoke.

Don't add to indoor pollution by using candles, fireplaces, or gas stoves. Don't vacuum, because vacuuming stirs up particles already inside your home. Don't smoke, because smoking puts even more pollution into the air.

Q: Should I use a face mask when there is outdoor smoke?

A: If you cannot leave the smoky area or find other ways to reduce your exposure, certain types of face masks can provide some protection. Respirator masks labeled N95 or N100 filter out fine particles but not hazardous gases (such as carbon monoxide). These masks can be found at many hardware and home repair stores and pharmacies. Face masks will not work for everyone.

Masks do not work on people with beards or small children because they do not seal well enough to provide protection.

Anyone with lung disease, heart disease, or who is chronically ill should consult a health care provider before using a mask. Wearing a mask makes it more difficult to breathe, which may worsen existing medical conditions.

Q: Should I exercise outdoors when it's smoky?

A: Avoid outdoor exercise when air quality is in the "Unhealthy, Very Unhealthy, or Hazardous" categories. If you are sensitive to smoke, you should limit your outdoor activities when air quality is in the "Unhealthy for Sensitive Groups" category. People with asthma and lung and heart conditions may be very sensitive to poor air quality and may start to have symptoms when air quality is in the "Moderate" category.

Q: What do I do if I am experiencing symptoms?

A: For medical appointment, please call the appointment line at 556-1060. For emergencies, call 911 for immediate and urgent assistance.

Five things to know about TRICARE while traveling

TRICARE Communications

FALLS CHURCH, Va. — It's never fun when things go wrong on summer getaways or family vacations. If you or a family member on vacation picks up a nasty cold or steps on a jellyfish, remember that TRICARE travels with you. Before you pack up and head out, learn how to receive care when traveling.

The rules for receiving care while traveling depend on your plan and location. Visit Getting Care When Traveling for specific guidelines.

1. When you're having a medical emergency in the U.S.: If you're stateside, dial 911 or go to the nearest emergency room. But you also need to notify your primary care manager or regional contractor within 24 hours or by the next business day.

2. When you're having a medical emergency overseas: If you're overseas, go to the nearest emergency care facility or call the medical assistance number for your location. But if you're admitted into the hospital, you'll also need to call your PCM or Regional Call Center before checking out. This step helps to coordinate authorization, continued care and payment.

3. When you don't know if you should to see to a

doctor: If you're stateside and you aren't sure whether you need care or what level of care you need, you can call the Nurse Advice Line 24/7 to talk to a registered nurse. If you're near a military hospital or clinic, the nurse can schedule a same or next-day appointment, if necessary and available.

4. When you need urgent care: For urgent care, you can go to an urgent care facility. The Urgent Care Pilot Program allows most TRICARE Prime beneficiaries to get two urgent care visits per fiscal year without a referral from your PCM. Learn more at <https://tricare.mil/Plans/SpecialPrograms/UrgentCarePilot>. Whether you are a TRICARE Prime or TRICARE Standard beneficiary you should always see a TRICARE-authorized provider. Keep in mind that choosing to see a non-network provider may mean you pay up front for care. Save your receipts and then file your own claim for reimbursement when you return home.

5. When you live overseas, but you're traveling in the U.S.: If you live overseas but are traveling stateside, you don't need a referral from your PCM to go to urgent care. You must get your care from a TRICARE-authorized provider. If you have questions, contact your Regional Call Center.

Remember, TRICARE travels with you wherever you go this summer.

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Camaraderie

From page 4

"I'm nervous about the competition because there are a few obstacles that we (Schriever competitors) can't figure out, but we hope to by the time we compete," she said. "It's nerve-wracking, and we are hoping the training time we have put in helps us, but if not it's still a fun workout that makes you want to work together."

Cannello added, Capt. Danielle Caudill, 21st Force Support Squadron sustainment services flight commander, has been very helpful with organizing the event.

"I appreciate her leadership and willingness to answer all of our questions," he said. "I'm sure it's not easy taking charge of this for the first time."

All Air Force active duty and reserve personnel assigned to an Air force installation are eligible to compete in the regional event.

Registration is still open for females as the male representatives have been selected.

Anyone interested in representing Schriever should contact Cannello at 567-6658.



U.S. Air Force photo/2nd Lt. Nikita Thorpe

An Air Force Alpha Warrior Battle Rig is stationed in the center of Independence Hall Fitness Center at F.E. Warren Air Force Base, Wyoming, July 8, 2017. The Alpha Warrior Program is an Air Force-wide fitness initiative to incorporate a functional fitness approach in every Airman's mindset and a way to tackle the four pillars of Comprehensive Airmen Fitness.

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Well-being

From page 1

“We are a small, but mighty team,” Vehige said. “We take our jobs seriously and everyone here has an amazing passion to work with Air Force families.”

The FAP staff continued to express what it means to serve in their roles.

“Growing up in Colorado Springs my entire life, I have always been around the military community,” said Angela Lenn, FAP assistant. “I wanted to continue to be a part of that and being involved is how you can support military members and their families. There is no better return on investment when something changes for the better.”

In spite of prevention efforts, maltreatment can still occur. When this happens, FAP will provide counseling and safety planning for the affected families. FAP works to ensure the safety of victims, help military families overcome the effects of violence and attempt to change destructive behavior patterns.

“At the end of the day, we just want to get people to a safe place and provide necessary treatment,” Vehige said. “For folks who are concerned about coming to us, I would tell them most people who come here have expressed that the program has been helpful. My hope is they are leaving on a positive note after we work through issues with them.”

For more information about the services and programs provided, contact the FAP at 556-8943.



U.S. Air Force photo/Senior Airman Arielle Vasquez

The 21st Medical Group Family Advocacy Program staff speak on the services they provide to Peterson Air Force Base, Schriever Air Force Base and Cheyenne Mountain Air Force Station members Tuesday, Sept. 5, 2017. The purpose of FAP is to offer prevention programs, communication classes, conflict resolution and counseling to ensure the safety and overall well-being of military families.

Thank You!

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Patriot Fest 2017: Tribute to those serving America

By Robb Lingley

21st Space Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — Linkin Bridge, Thompson Square and 3 Doors Down performed at Patriot Fest 2017 on Peterson Air Force Base, Colorado, Sept. 9. Patriot Fest is a celebration and tribute to all those, military and civilian, who live their lives in service to America.

The sunny and warm afternoon allowed for a festival village with bubbles, bounce houses, kayaking, magic shows, pony rides, mechanical bull, a maze, water gun fights and food trucks.

The opening act, Linkin Bridge, appeared on Season 11 of America's Got Talent and advanced to the Judge's Cuts before being eliminated in 2016.

Thompson Square, a country music duo composed of husband and wife Keifer and Shawna Thompson, have released two albums with six top ten music chart singles of which two have reached number one.

"Both of our dads were in the military and we've been touring bases for years," said Keifer Thompson, Thompson Square front man. "Base concerts are something we've always wanted to do."

"It's our way of serving people who serve us," said Thompson.

Gen. Jay Raymond, Commander of Air Force Space Command, made a guest appearance with Thompson Square playing drums on their hit song "Are You Gonna Kiss Me or Not."

The crowd braved a short rainstorm to watch 3 Doors Down, a rock band from Escatawpa, Mississippi. Formed in 1996 the band rose to international fame with their first single, Kryptonite, which charted in the top three on Billboard's Hot 100 chart.

"We've been doing military concerts since 2000," said Chris Henderson, 3 Doors Down rhythm guitarist. "I can trace my family back to being involved in every military conflict ever."

"It's nice to be able to do something for the Department of Defense and their families," said Henderson. "Most servicemen have to be away from home and go live other places to work and a lot of times they have to uproot their families to do it so it's cool to come out and spend some time with them."

Approximately 7,500 service members and their families from Peterson AFB, U.S. Air Force Academy, Schriever AFB, and Fort Carson attended Patriot Fest 2017.



U.S. Air Force photos/Airman 1st Class William Tracy

(Top) "Linkin Bridge" — former "America's Got Talent" finalists — perform during Patriot Fest 2017 at Peterson Air Force Base, Colorado, Saturday, Sept. 9, 2017. The Front Range were invited for the free concert with food and beverages available during the event.



(Right) Brad Arnold, lead singer of the band "3 Doors Down," sings onstage during Patriot Fest 2017 at Peterson Air Force Base, Colorado, Saturday, Sept. 9, 2017. The band performed many of their hits during the show, including "Kryptonite" and "It's Not My Time."



Gen. John Raymond, commander, Air Force Space Command, readies to play the drums during Patriot Fest 2017 at Peterson Air Force Base, Colorado, Saturday, Sept. 9, 2017. Raymond played a set alongside the country band "Thompson Square".



Airman 1st Class Dyllan Rankins, 2nd Space Operations Squadron, watches performers onstage during Patriot Fest 2017 at Peterson Air Force Base, Colorado, Saturday, Sept. 9, 2017. Attendees enjoyed a free concert with food and beverages during the event.

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The U.S. flag wavers in the morning wind during the Pikes Peak Area 9/11 commemoration ceremony 'A Community Remembers' at Schriever Air Force Base, Colorado, Monday, Sept. 11, 2017. Colorado Springs Fire Department and Cimarron Hills FD personnel assisted with the ceremony, and paid tribute to fallen firefighters.

Ceremony

From page 1

Colorado Thirty Group, laid a wreath during a separate ceremony shortly afterwards. The wreath, donated by the Colorado Thirty Group, was dedicated to remembering the victims and those who serve to protect and defend.

It was placed in front of a monument crafted from a steel beam salvaged from the World Trade Center attacks –secured by Addy during his tenure as the National Homeland Defense Foundation president.

The beam, as well as the plaza that surrounds it,

was designed as a tribute to all three sites affected by the events of 9/11, as well as provide a somber place for reflection. The plaza is a replica of the East Coast, with the blue pavement representing the ocean and the tan, the land. Each site is identified by a yellow circle, with the outline of the states evident. The path leading up to the site signifies the flight path of the airplanes. The beam mounted upright as a symbol of the nation's resolve against the war on terrorism.

CsFD and CHFD personnel hoisted a large U.S. flag from their firetruck ladders directly behind the steel beam, symbolizing the nation's resolve in the face of its adversaries.

"Today we remember not only the tragedy of this date, but the strength and unity that resulted from it, as

more than 71,000 personnel representing our military service members, emergency responders, community leaders, local business owners and many others came together to offer assistance," Grant said.

Nearly 3,000 men, women and children died during the attacks on Sept. 11, and thousands of service members have given their lives since.

"A lot of people who are now joining the military don't have a living memory of those days," Harris said. "For those of us who were in uniform at the time, or were old enough to know what's going on, it still remains a very significant event that for a lot of folks changed their world. Being able to share experiences of what that day was like for those who were around at the time is very important."



Col. Jennifer Grant, 50th Space Wing commander, and Don Addy, chairman of the Colorado Thirty Group, pause for a moment of silence in front of a memorial wreath donated by Addy and the Thirty Group and dedicated to remembering the 9/11 attacks during the Pikes Peak Area 9/11 commemoration ceremony 'A Community Remembers' at Schriever Air Force Base, Colorado, Monday, Sept. 11, 2017. The wreath laying focused on the somber memories of that day, never to be forgotten. Addy also secured the steel beam for the monument at the location of the wreath laying.



U.S. Air Force photos/Dennis Rogers
Retired Master Sgt. James D. Crosby, Orbital Harmony choir, performs TAPS during the Pikes Peak Area 9/11 commemoration ceremony 'A Community Remembers' at Schriever Air Force Base, Colorado, Monday, Sept. 11, 2017. TAPS and a ceremonial bell ringing ceremony known as "striking the four fives," paid tribute to the fallen firefighters, police officers and emergency medical providers who gave their lives during the attacks.



The Pikes Peak Regional Air Show will be held at the Colorado Springs airport Sept. 23-24, 2017. The 21st Space Wing is asking for volunteers to help with this event.

Courtesy graphic

Colorado Springs Air Show seeks volunteers

21st Space Wing

PETERSON AIR FORCE BASE, Colo. — The Pikes Peak Regional Air Show will be held at the Colorado Springs Airport and the 21st Space Wing is looking for volunteers for the Sept. 23-24, 2017 event.

The Wings of Blue parachute team from the U.S. Air Force Academy will skydive from a vintage World War II B-17 aircraft. Additionally, performances by the Air Force Thunderbirds and Warbirds will be featured both days of the event. There also will be static displays from the 21st Space Wing and Air Force Space Command.

“A Kid Zone learning area will offer activities for kids of all ages,” said MSgt. Nathan Langford, 21st Operations Support Squadron deputy airfield manager. “They can get in a 1930s-era N3N biplane and get a simulated flying lesson, build their own paper airplanes and fly them, or draw and color airplanes. There will also be educational exhibits for the older kids.”

“The Pikes Peak Regional Air Show is a two day event at the Colorado Springs Airport,” said Langford. “Volunteers would be greatly appreciated.”

The target for volunteers was set at 350 and the airport currently has 351, 50 of them Airmen from Peterson AFB.

Volunteers will assist with ticket sales, food service, information, setup and breakdown, parking lot attendees, and security. With the positive response additional volunteers are still be accepted.

Volunteer days are broken down into setup (9/21-22), air show (9/23-24) and cleanup (9/25). Hours of operation are from 6:30 a.m. to 5 p.m.

Some of the proceeds from the air show will benefit the Air and Space Museum at Peterson Air Force Base, Colorado. To volunteer go to pprairshow.org or [Facebook.com/pprairshow](https://www.facebook.com/pprairshow), or contact Joshua Ward at 749-8618.

#IamSCHRIEVER Portraits

Colorado's a lot different from where I'm from in Alabama. There's a lot of nice sights - it's pretty cool waking up and seeing the mountains everyday - the only thing we need here is a little bit more air.

Airman 1st Class Jordan Haynes
50th Force Support Squadron

#IamSCHRIEVER
Portraits



U.S. Air Force photo illustration/Airman 1st Class William Tracy

“IamSCHRIEVER Portraits” feature photos and interviews of Team Schriever members and aim to engage community members and share their stories and experiences with all of Team Schriever. The intent is to increase awareness, appreciation and engagement of diversity within the force and enable more open, honest and respectful communication throughout base. If you are interested in sharing your stories, call the 50th Space Wing Public Affairs office at 567-5040.

Motorcycles, mentors embark on end-of-season ride



U.S. Air Force photos/Senior Airman Arielle Vasquez



(Top) Schriever Motorcycle Mentorship Program members take off at Schriever Air Force Base, Colorado, Friday, Sept. 8, 2017. Schriever motorcyclists took part in the end-of-season ride to fulfill the requirements all riders need after completing basic and intermediate training.

Schriever motorcyclists gather for a safety briefing before embarking on a motorcycle mentorship ride at Schriever Air Force Base, Colorado, Friday, Sept. 8, 2017. They covered proper riding measures such as merging techniques, what to do around large vehicles like semi-trucks, hand signals and how to ride in a group formation.



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BASE BRIEFS

Don't forget to check out [facebook.com/SchrieverAirForceBase](https://www.facebook.com/SchrieverAirForceBase) for more events.

Clinic announces closures

The Schriever Clinic will be closed the following dates/times:

Thursday: Noon - 4:30 p.m. Training day

Note: Normal clinic hours: 7:30 a.m. - 4:30 p.m. Monday - Friday. Walk in services end at 3:30 p.m. The pharmacy and lab close at 3:30 p.m. Monday, Wednesday and Friday. For emergencies, call 911. For appointments, call 524-CARE.

ON-BASE

Shred Truck comes back

The shred truck will be in front of Building 210 9 - 11 a.m. Sept. 22. All are welcome to bring items from home to be shredded.

Lactation rooms available

New moms, there are dedicated lactation rooms inside the Restricted Area, Buildings 24, 210, 300, 400 and 730. These rooms provide dedicated space for lactation and will assist with successful breastfeeding while serving at Schriever.

Building 24: Room 1003

Building 210: Room 204

Building 300: Room 210

Building 400: Room 203

Building 730: Room B19A

These rooms are available for the duration of the buildings' duty day. For any questions or concerns, contact Robert Matthias at 567-3480.

Dietician at Schriever HPP

A registered dietician is available at the Schriever Health Promotions Program Thursday afternoons. She has three appointments available per week to discuss nutritional concerns and can see most TriCare beneficiaries. The dietician will be in Building 500 across from the Security Forces Squadron building. To schedule an appointment, call the HPP at 567-4292.

HPP bod pod available

The bod pod located in the Schriever Health Promotions Program in Building 500 is available. The bod pod is a computerized, egg-shaped chamber that measures a person's mass and volume, from which their whole-body density is determined. Using this data, body fat and lean muscle mass can then be calculated. To set up your appointment, and/or arrange restricted area access, call 567-4292.

HPP hosts classes

Health Promotions is now offering the following classes in Building 500:

"Healthy Sleep Tips" every second and fourth Monday of the month at 1 p.m.

"Basic Nutrition" every first and third Wednesday of the month at 9 a.m.

To sign up for the above classes, call HPP at 567-4292.

HPP assesses RMR

The Schriever Health Promotions Program is now offering Resting Metabolic Rate assessments at Building T-135 on Fridays from 7:30 - 8:30 a.m. RMR represents the minimum energy (or calories) a body needs to support oneself. Participants should have an empty stomach and have consumed no caffeine prior to the assessment. Call Peggy Diaz de Leon at 567-4292 to schedule an appointment.

TA mass briefing, one-on-one education counseling available

Tuition assistance briefing followed by education coun-

seling is now offered every last Wednesday of the month in Building 210, Room 310. Mass TA Counseling is held 8 - 9:30 a.m. and one-on-one education counseling at 9:30 a.m. Appointments are preferred but walk-ins are welcome. To sign up, call Master Sgt. Janelle Amador at 567-5927 or Vicki Brautigam at 567-5903.

Sign up for SAI

Single Airmen Initiative events are free for both officers and enlisted personnel. If you are single and would like more information on the events available or would like to register, contact Seth Cannello at 567-6658.

Fitness center holds aerobics class

The fitness center staff will be teaching the following classes:

Spin class: 4 - 5 p.m. Mondays

Step aerobics/low impact: 4 - 5 p.m. Wednesdays

Yoga/pilates: 12 - 1 p.m. Fridays

All classes will be held in the aerobics room; however, space is limited. Classes are free and open to all Schriever members. You must sign-in at the front counter before taking the class.

For more information, visit the fitness center or call 567-6628.

Open Season Health Fair

Open Season for federal employee health and benefits and dental/vision insurance will run from Nov. 13 - Dec. 11. In preparation, Schriever will host the Open Season Health Fair 12:30 - 1:30 p.m. Oct. 30 in the Building 210 atrium. There will be representatives from different insurance companies available to answer questions and provide forms and pamphlets to all civilian employees on Schriever. For additional information, contact Maggie Wander at 567-4351.

Fire Prevention week safety tips

Fire Prevention week is Oct. 8 - 14. Here are some safety tips to keep in mind:

- Install Smoke Alarms on each level of your home, outside each sleeping area and inside each bedroom.
- Install carbon monoxide alarms on each level of your home and outside sleeping areas.
- Post emergency numbers for fire, police, poison control, and utilities such as water, gas and electric.
- Know where your emergency shut-offs are for gas, water and electric)
- Have a multipurpose fire extinguisher inside your home; keep a safe distance from your stove for access.
- Have an escape plan: have two ways out and a meeting point.

For more information, contact Fire Prevention at 567-3370.

OFF-BASE

Road work to occur on Marksheffel

Construction is anticipated to begin Sept. 25, every Monday - Friday 7 a.m. - 7 p.m. No road closures are anticipated, however, lane closures are expected. Please plan accordingly.

Pikes Peak Regional Air Show Volunteer Request

The Pikes Peak Regional Air Show will be held Sept. 23-24. Volunteers are needed for admissions, support, information, facilities and security. Set-up will be Sept. 21-22 and clean-up will be Sept. 25. For more information, contact Joshua Ward at 749-8618.

Military Retirees Activities Office

The Military Retiree Activities office holds its monthly council meeting the second Thursday of each month at 2:30 p.m. in Building 350, Room 1206, at Peterson Air Force Base. The guest speaker for Sept. 14 will be Jorge Estrada with an overview of a military funeral service. For more information, call 556-7153.

Cub Scout troops seeks recruits

The local Cub Scout Pack 808 is recruiting. Eligibility is 7-10 years old. Weekly meetings at Ellicott Middle School Library are Thursdays from 6 - 7 p.m. They are also seeking adult leaders/volunteers to facilitate character development. For more information, contact Capt. Archie Johnson at 850-420-7358.

Junior Diabetes Research Foundation "One Walk"

We are looking for volunteers for the Junior Diabetes Research Foundation "One Walk." The walk is Oct. 14 at the Rock Ledge Ranch near Garden of the Gods. Volunteers are needed at 7 a.m. Information can be found on our website: http://www2.jdrf.org/site/TR/Walk/RockyMountainChapter4072?fr_id=7017&pg=entry

For more information, contact Joanna Moore at 963-9693.

Society of Military Widows holds meeting

The Society of Military Widows is open to widows of any branch of military service, regardless of the spouse's rank. The Pikes Peak Chapter 15 of the Society of Military Widows meets on the last Wednesday of the month at 10:30 a.m. at the Peterson Air Force Base Club. Call 597-0492 or 591-9523 for more information.

Fort Carson DLA announces services

Disposition Services Colorado Springs, located in Building 324, 1475 Wickersham Boulevard, Fort Carson, conducts orientations by appointment. The orientations discuss disposition services/processes to include turning in excess property, reutilizing government property, available web-based tools, special handling of property and environmental needs.

- To schedule an orientation training, contact 352-4186
- For receiving/turning in questions, contact 526-9689
- Environmental questions, contact 526-0289
- Reutilization/Transfer/Donation, contact 466-7002

TAPS looking for service members

The Tragedy Assistance Program is hosting a survivor seminar and is in need of active duty service members to pair with a child during their journey of grief, helping them gain coping skills in a supportive environment. For more information and how to register, visit the program's website at www.taps.org or call Melissa Hermosillo at (915) 780-3344.

Academy cadet sponsor program looking for volunteers

The U.S. Air Force Academy is looking for volunteer sponsor families to build a professional mentoring relationship and provide a home-away-from-home for cadets. The program needs about 180 families to sponsor cadets. Sponsors must be at least O-3 for officers, E-6 for enlisted and GS-05 for civilian. The program is designed to provide new cadets mentorship, offering active-duty and retired military personnel and civilians in the community an opportunity to mentor cadets on a permanent basis for their time at the Academy. Email cadet.sponsor@usafa.edu or usafa.cwtmsponsor@usafa.edu or call 333-2727 for more information.

Hispanic Heritage Month: Sept. 15 through Oct. 15

By Tech. Sgt. Luz V. Rodriguez
Hispanic Heritage Month Committee

HANSCOM AIR FORCE BASE, Mass. — Hispanic Heritage Month will take place Sept. 15 through Oct. 15 to recognize the contributions of Hispanic and Latino Americans.

The observance is during this time based on significant events for various Hispanic communities that fall within the observance period.

Hispanics have had a profound and positive influence on our country through a strong commitment to family, faith, hard work and service. Hispanic and Latino Americans have enhanced and shaped our

national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

Hispanic and Latino Facts

U.S. Population

The U.S. Hispanic population now stands at 57 million, making Hispanics the nation's second-fastest-growing racial or ethnic group after Asians.

According to the Pew Research Center, Hispanics make up 18 percent of the U.S. population, up from 5 percent in 1970.

Spanish Language

Forty million U.S. residents age 5 and older spoke Spanish at home in 2015. This is a 131.2 percent increase since 1990, when it was 17.3 million.

According to the decennial census, those who spoke Spanish at home constituted 13.3 percent of U.S. residents age 5 and older. More than half, 59 percent of all Spanish speakers and 57.4 percent of Hispanic Spanish speakers, spoke English "very well."

Serving our Country

According to an American Community Survey in 2015, there are 1.2 million Hispanic or Latino veterans of the armed forces.

45 SW launches 5th OTV mission

By 45th Space Wing Public Affairs

CAPE CANAVERAL AIR FORCE STATION, Fla. — The 45th Space Wing successfully launched a SpaceX Falcon 9 launch vehicle from Kennedy Space Center’s Launch Complex 39A at 10 a.m. Sept. 7.

Approximately eight minutes after the launch, SpaceX successfully landed the Falcon 9 first-stage booster at Landing Zone 1 on Cape Canaveral Air Force Station.

The Falcon 9 rocket carried into orbit an X-37B Orbital Test Vehicle (OTV), marking the fifth space flight for the X-37B program and its first onboard a Falcon 9.

Brig. Gen. Wayne Monteith, 45th Space Wing commander, thanked the entire OTV-5 mission team for their efforts in ensuring a successful launch.

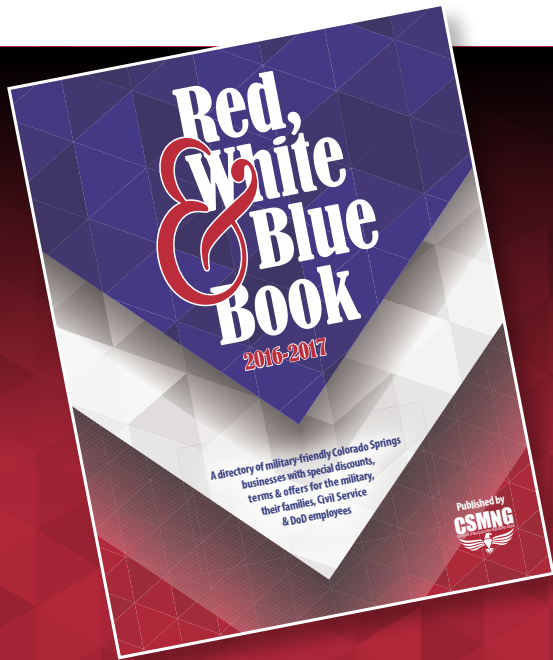
“I’m incredibly proud of the 45th Space Wing’s contributions to the X-37B program,” Monteith said. “This marks the fifth successful launch of the OTV and its first onboard a Falcon 9. A strong relationship with our mission partners, such as the Air Force Rapid Capabilities Office, is vital toward maintaining the Eastern Range as the World’s Premiere Gateway to Space.”

The X-37B Orbital Test Vehicle is led by the Air Force Rapid Capabilities Office with its operations overseen by Air Force Space Command’s 3rd Space Experimentation Squadron. The OTV is designed to demonstrate reusable spacecraft technologies for America’s future in space and operate experiments, which can be returned to and examined on Earth.



Courtesy photo/Boeing

The X-37B Orbital Test Vehicle is being staged in preparation for its successful launch, which took place Sept. 7, 2017. The X-37B Orbital Test Vehicle is led by the Air Force Rapid Capabilities Office with its operations overseen by Schriever’s 3rd Space Experimentation Squadron.



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Pikes Peak Regional  AIRSHOW

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Sept. 23 & 24...Colorado Springs

PPRAirShow.org


COLORADO SPRINGS AIRPORT

THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS



Content provided by the Colorado Springs Military Newspaper Group

ART EVENTS

After School Art Club, focusing mostly on drawing and painting with basic supplies included. Ages 7 and older. Wednesdays, 3:15-4:45 p.m. \$20/class. Alvarez Art School, 2418 W. Colorado Ave., Studio J, 337-2863, alvarezschool.com.

MACnificent 2017: Stand Up for Art, a celebration of art and fundraiser for the Manitou Art Center, with hors d'oeuvres by Adam's Mountain Cafe, desserts by Create Cafe, music, entertainment and a silent auction of local art. Sat., Sept. 16, 5:30-10 p.m. \$75. Manitou Art Center, 513 Manitou Ave., Manitou Springs, 685-1861, director@manitouartcenter.org, manitouartcenter.org/macnificent-2017.html.

Manitou Springs Art Attack, including exhibit openings, live music and special events hosted by Manitou Springs galleries and businesses. Third Friday of every month, 5-8 p.m. facebook.com/3rdfridayartwalkmanitou.

Oil Paintings Program, a class on oil painting that will teach students to approach various genres by focusing on fundamental skills. Thursdays, 9 a.m. Drop in \$30, 5 class punch pass \$125. Alvarez Art School, 2418 W. Colorado Ave., Studio J, 337-2863, chrisalvarezpaintings@gmail.com, alvarezschool.com.

Wild Poppies Paint-Along Workshop, learn the basics of creating a beautiful acrylic painting, led by artist Laura Reilly. All supplies are included. Sun., Sept. 17, 10 a.m. to 1 p.m. \$75. Westside Community Center, 1628 W. Bijou St., =650-1427, laura@laurareilly.com, laurareilly.com.

Wilde Photography Portfolio Building Night, a photography and modeling night, perfect for anyone looking to increase their experience and meet others in the field. Third Monday of every month, 7-10:30 p.m. \$10/photographer, \$1/model. Voodoo Leatherworks, 2422 Busch Ave., 244-3991, voodooleatherworks@gmail.com, voodooleatherworks.com.

COMEDY & IMPROV

Improv Comedy Night, family-friendly improv comedy, made up on-the-spot from audience suggestions. Performed by Improv Colorado. Sat., Sept. 16, 7:30-9 p.m. \$8-\$10. The Theater on Pecan, 1367 Pecan St., 455-9510, fun@improvcolorado.com, improvcolorado.com.

Interactive Murder Mystery with Scenic Train Ride: Dial C for Chocolate, a delicious dinner, spectacular scenery, and a hilarious, interactive murder mystery on the breathtaking Royal Gorge Route Railroad. Sat., Sept. 16, 6 p.m. Royal Gorge Route Railroad, Santa Fe Depot, 401 Water St., Cañon City, 276-4000, redherringproductions.com.

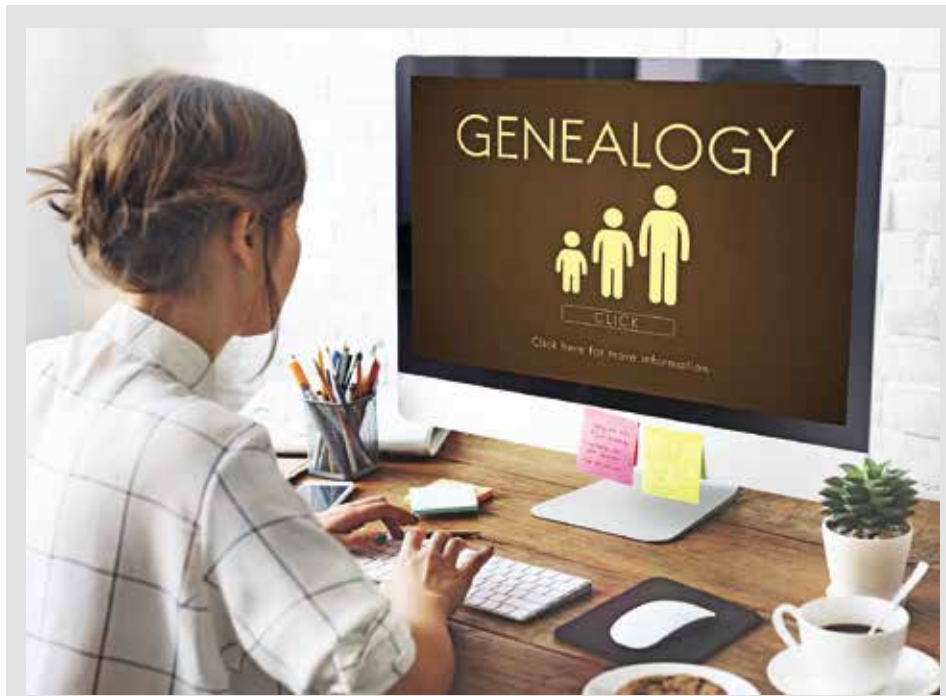
Jim Breuer, one of today's top entertainers, who "continues to win over audiences with his off-the-wall humor." Sat., Sept. 16, 7:30-9 p.m. \$36. Colorado Springs Fine Arts Center, 30 W. Dale St., 634-5581, info@comedyworks.com, csfineartscenter.org.

Stick Horses in Pants Improv Comedy, "a night of laughs, giggles, and chuckles. Every show is different and entertaining for all." First Friday of every month, 8-10 p.m. and third Friday of every month, 8-10 p.m.; through Dec. 16. \$5-10. Lon Chaney Theatre, 221 E. Kiowa St., 387-9911, info@thestickhorses.com, thestickhorses.com/show-schedule.

DANCE

'50s Sock Hop, a dance with the Carlos Crull Band, with music from the '50s and '60s. Poodle skirts, bobby socks and rolled up jeans welcome. Free root beer floats. Sat., Sept. 16, 7-10 p.m. \$10. International Dance Club, 2422 Busch Ave., 633-0195, internationaldanceclub.org.

Broadmoor Waltz Club, Teaching 12 patterned Waltzes. Classes for beginners start at 6:30 p.m., advanced at 7:30 p.m. Tuesdays, 6:30-8:30 p.m. Free. Austin Bluffs Community Church, 5090 Austin Bluffs Pkwy., 598-2885, kujonel@msn.com, abcchurch.com. Thursdays, 5:30-6:30 p.m. \$5/couple. Colorado Springs Senior Center, 1514 N. Hancock Ave., 592-1418.



CLUBS & ORGANIZATIONS

Pikes Peak Genealogical Society, a group devoted to researching family history, with workshops, programs and other activities. Second Wednesday of every month, 7 p.m. Penrose Library, 20 N. Cascade Ave., 531-6333 ext. 2252, ppgs.org.

Dancing with Live Bands, weekly dancing to a variety of music, including Big Band, Swing, Country, Latin and more. Free dance classes are held first, third and fifth Thursdays. \$10. International Dance Club, 2422 Busch Ave., 633-0195, internationaldanceclub.org.

Magnificent Obsession, a dance concert hosted by The Village Arts of Colorado Springs, featuring performances by local and regional praise dance companies. Sat., Sept. 16, 2-3:30 p.m. Free. Village Seven Presbyterian Church, 4050 Nonchalant Circle S., 574-6700, contact@villageartscs.org, villageartscs.org.

GET INVOLVED

Be Ovary Aware 5k Run/3k Walk, benefiting the Sue DiNapoli Ovarian Cancer Society, which helps local gynecological cancer patients pay medical and household expenses. Sun., Sept. 17, 8:30 a.m. \$25-\$42. America the Beautiful Park, 126 Cimino Drive, 229-4114, beovaryaware.org.

Epilepsy Foundation of Colorado: Strides for Epilepsy 5K Walk/Run, raising awareness and critical funds that support programs vital to those affected by epilepsy in our community. Sun., Sept. 17, 9 a.m. to 1 p.m. Memorial Park, 1605 E. Pikes Peak Ave., strides@epilepsycolorado.org, epilepsycolorado.org.

Fallen Heroes Tattooathon, raising money for the Sue DiNapoli Ovarian Cancer Society. \$40 from each tattoo will benefit the organization. Sat., Sept. 16, 10 a.m. \$60/tattoo. Fallen Heroes Tattoo, 524 W. Colorado Ave., 332-2975, fallenheroestatoo.com.

STS Foundation, seeks host families for international students spending a year in America. 800/522-4678, stsfoundation.org.

YFU-USA, is seeking families to host exchange students for the upcoming school year. 866/493-8872, yfu-usa.org.

KIDS & FAMILY

Active Adventurers Group, a weekly indoor group for parents/caregivers and their children. Activities will include toy time, a craft, socializing, a group activity and clean up. Mondays, 9:30 a.m. Hillside Community Center, 925 S. Institute St., 520-9463, springsgov.com.

Family Fun: Fundipulous Fun with Beth Epley, an action-packed adventure with improvisational games, silly songs and crazy characterizations. Sat., Sept. 16, 2-3 p.m. Free. Pikes Peak Library District, Rockrimmon

Branch, 832 Village Center Drive, 593-8000, ppld.org/kids/programs/rockrimmon-library.

Meet the Author, featuring local new children's author Ingrid Bruske. Ingrid will be introducing her new book, *Sophie's Stutter*. Includes a fun activity. Sat., Sept. 16, 2-5 p.m. Free. The Bookman, 3163 W. Colorado Ave., 636-0055, bookmanpeople@gmail.com.

Military Appreciation Week, with discount admission offered to all active-duty, veteran and retired military personnel and their dependents living in the same household. Through Sept. 17, 9 a.m. to 5 p.m. \$10.25 - \$12.75 with valid ID. Cheyenne Mountain Zoo, 4250 Cheyenne Mountain Zoo Road, 633-9925, info@cmzoo.org, cmzoo.org/military.

Parenting Class: Parenting the Love and Logic Way, a six-session program designed to give you practical skills to be used in parenting, including how to set limits, avoid power struggles and stay calm in upsetting situations. Tues., Sept. 19, 6:30-9 p.m. \$80/family. Colorado College, 14 E. Cache La Poudre St., 650-8863, jodogboy@gmail.com, coloradocollege.edu/index.asp.

Story Time: Moose, a fun story about the largest member of the deer family. Aimed for ages 5-10, but all are welcome. Meet at the Visitor Center. Sat., Sept. 16, 10-11 a.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

Tesla's Toolbox: Rube Goldberg Machine, an opportunity to use recycled materials to create a Rube Goldberg Machine, also known as a chain reaction machine. Sat., Sept. 16, 10 a.m. to noon. \$5-\$10. Space Foundation, 4425 Arrowswest Drive, 576-8000, media@spacefoundation.org, discoverspace.org.

RECREATION & OUTDOORS

Achilles Pikes Peak Weekly Workout, an all-inclusive running/walking/wheeling/handcycling/moving group that welcomes all people with disabilities to participate. The event divides participants into groups based on pace and distance "and this means no one is left behind." Mondays, 6:15-7:30 p.m. Free. Colorado Running Company - N. Nevada, 2562 N. Nevada Ave. #140, 760/470-3947, achillespikespeak.org.

Fall Challenge Hike, an opportunity to hike all the trails at Mueller in four weeks and 12 sessions. Complete more than 60 miles and receive a prize to commemorate your effort. Meet at the Visitor Center. Tues., Sept. 19,

8-10 a.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

Hike: Aspen Leaves, a guided, moderate, two-mile hike through fall aspens. Meet at Elk Meadow Trailhead. Sat., Sept. 16, 9-11 a.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

Hike: Bird Watching, an early morning hike with a park naturalist, looking for birds that live at Mueller. Meet at Elk Meadow Trailhead. Tues., Sept. 19, 8:30-10:30 a.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

Hike: Preacher's Hollow Trail, exploring the beauty of Mueller State Park on a guided, two-mile hike. Meet at Preachers' Hollow Trailhead. Sat., Sept. 16, 1:30-3:30 p.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

Star Party, with telescopes provided by The Colorado Springs Astronomical Society, so everyone may view the stars and planets of the night sky. Meet at the Visitor Center. Sat., Sept. 16, 7:30-9:30 p.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

SPECIAL EVENTS

20th Annual Rocky Mountain Oktoberfest-PLUS, with live entertainment, great food, a variety of vendors, kids' games and much more. Sept. 16-17, 11 a.m. to 6 p.m. \$5-\$6. Ute Pass Cultural Center, 210 E. Midland Ave., Woodland Park, 687-9885, woodland-parkchamber.com.

75th Anniversary Heritage Celebration Community Carnival, including carnival-style games, yard games, food trucks and more. Some activities require tickets, but most of the fun is free. Sat., Sept. 16, 1-4 p.m. Family Life Services, 1880 S. Cascade Ave., 632-4661, victoriawgriggs@gmail.com, flscs.org.

Shangri-la Aerial Arts Grand Opening, showcasing students and staff, performing original choreography and aerial acrobatic performances. All proceeds support the aerial arts program. Sun., Sept. 17, 6 p.m. \$5 suggested donation. Shangri-la Aerial Arts, 3536 Hartsel Drive, 337-9312, shangri-la-aerialarts.com.

STAGE

Jenny Jones - Spy Catcher!, a 1940s newspaper office melodrama wherein evil foreign spies are trying to steal government secrets and achieve world domination. Can reporter Jenny Jones foil their plot? Tuesdays-Saturdays, 8-10 p.m.; through Oct. 14. \$16-\$33. Iron Springs Chateau, 444 Ruxton Ave., Manitou Springs, 685-5104, reservations@ironspringschateau.com, ironspringschateau.com.

Maid to Order, a throwback to screwball comedic films of the '40s and '50s, directed by guest director Teri McClintock. Thursdays-Saturdays, 7 p.m. and Sun., Sept. 17, 4 p.m.; through Sept. 30. Season announcement and afterparty to follow the performance on Sunday, Sept. 17. Funky Little Theater Company, 2109 Templeton Gap Road, 425-9509, chris@funkylittletheater.org, funkylittletheater.org.

The Nerd, a play about a houseguest from hell, a debt to be repaid and a surprising twist. Performed by Thin Air Theatre Company. Through Sept. 23. Butte Theater, 139 E. Bennett Ave., Cripple Creek, buttetheater.com.

Parallel Lives, presenting a different take on the creation of the world, the two supreme beings that make it happen, and the ordinary people attempting to go through daily life — all played by two actresses. Fridays, Saturdays, 7:30 p.m. and Sundays, 2 p.m.; through Oct. 1. \$18-\$20. Colorado Springs Fine Arts Center, Music Room, 30 W. Dale St., 634-5583, csfineartscenter.org.

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QUITE A PAIR

ACROSS

- 1 Snatch
- 5 The four Warners
- 9 Played a part
- 14 Like barely cooked steak
- 15 Put on a scale of 1 to 5, e.g.
- 16 Puppeteer Lewis
- 17 Poems of tribute
- 18 Module
- 19 "For goodness ___!"
- 20 Servings at a soiree
- 23 Not big
- 24 Sharp mountain ridges
- 27 Initially
- 31 Baseball offic.
- 32 Colossal
- 35 Money from a bank heist
- 36 Cookbook author Rombauer
- 37 Bone breakers?
- 40 Not we or us
- 41 "The Grapes of Wrath" migrant
- 42 Give the boot
- 43 Common Mkt. letters, once
- 44 Boil ahead of time, e.g.
- 46 Earthquake's shake
- 48 Type of coronary procedure
- 53 Parents of Jesus
- 57 Deal maker
- 59 Old Italian money
- 60 Certain geometry calculation
- 61 It can put you in your place
- 62 Sir Guinness
- 63 Perjurer
- 64 More sick
- 65 Certain semiaquatic salamander
- 66 "___ words cannot express ..."

DOWN

- 1 Warning from a dog
- 2 Spokes
- 3 "___ you a cutie?"
- 4 Annoy or attack continually
- 5 Person with dark-brown hair (var.)
- 6 McNally with the maps
- 7 Relating to the ear
- 8 MacFarlane or Green
- 9 State categorically
- 10 Hunt after
- 11 Alternate during gameplay
- 12 Before
- 13 Prefix with "agreed"
- 21 Old-timey "alas" partner
- 22 Bridge positions
- 25 Ant
- 26 Some places to get massages
- 28 Corn bit in a bowl
- 29 Column type
- 30 Cowboy competition
- 32 Old anesthetic
- 33 A bit at a time
- 34 Far from cordial
- 36 Written debt acknowledgment
- 37 Proof-reader's note
- 38 Apology word
- 39 City crushed by Godzilla
- 44 Luggage lugger
- 45 Express one's disapproval
- 47 Residence for a clergyman
- 49 Biblical one of 150
- 50 Hawk's habitation
- 51 Bit of broccoli
- 52 Not be selfish
- 54 Actor Arkin
- 55 Egyptian river
- 56 Sketched
- 57 "The Greatest" of boxing
- 58 Hair application

ANSWERS CAN BE FOUND IN THE CLASSIFIEDS

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4409 Argyll Circle – Bridlewood - \$450,000



Professionally remodeled 6 bedroom, 3 ½ bath traditional 2-story. Everything is brand new to include stainless steel appliances, granite counters throughout, doors, windows, hardware, lighting, electrical panel, furnace, hot water heater, central air, & hardwood, tile, & carpeted flooring. Fully landscaped 16400 sq. ft. lot at end of tucked away cul de sac in sought after Bridlewood. 4378 sq. ft. of great family living. Hard to find a remodeled home like this in a mature older neighborhood. MLS# 2544600

17475 Cherry Stage Road – Cherry Creek Crossing - \$675,000



Under construction stucco 4207 sq. ft. 4 bedroom, 3 ½ bath rancher on 3 lightly treed acres. 4-car garage (2-car & 46' RV garage that can hold 2 more cars). 34' covered composite deck & covered patio from finished walkout basement. 9' & 10' ceilings. Slab granite throughout. Open great room floor plan. Gourmet island kitchen & formal dining room with crown molding. Custom wet bar. Central air. District 38 schools. Completion date of Nov/Dec time frame. MLS# 5400255

5255 Chimney Gulch Way – Cordera - \$799,000



Customized 2-story – nothing like it! Stunning 4472 sq. ft. Saddletree stucco 5 bedroom, 5 bath 2-story. Walkout basement. 3 ½-car garage. A/C. 2 stone faced fireplaces. Slab granite counters throughout. Gourmet island kitchen. 20' great room. Walls of windows. 2 decks & partially covered 38x35 stamped concrete patio. Surround sound inside & out. Plantation shutters throughout. Beautiful Pikes Peak view. Cul de sac. District 20 schools. MLS# 1172951

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Park Ridge • \$41,000
Land</p> <p>1680 Aldrin Place
Park Ridge • \$41,000
Land</p> <p>1710 Aldrin Place
Park Ridge • \$41,000
Land</p> <p>22 Audubon Drive
Southeast • \$49,500
Land</p> <p>14705 Irwin Drive
Park Ridge • \$51,000
Land</p> <p>Sunrise Peak Drive
Crystal Park • \$55,000
Land</p> <p>1655 Aldrin Place
Park Ridge • \$59,000
Land</p> <p>1715 Aldrin Place
Park Ridge • \$59,000
Land</p> <p>1740 Aldrin Place
Park Ridge • \$65,000
Land</p> <p>5050 Neeper Valley Road
Crystal Park • \$70,000
Land</p> <p>5195 Crystal Park Road
Crystal Park • \$70,000
Land</p> <p>6055 Big Horn Road
Crystal Park • \$70,000
Land</p> <p>331 Panther Court
Woodland Park • \$74,900
Land</p> <p>1352 Sun Valley Lane
Crystal Park • \$78,000
Land</p> <p>6860 Eagle Mountain Road
Crystal Park • \$78,000
Land</p> | <p>5655 Founders Place
Crystal Park • \$85,000
Land</p> <p>565 Sunrise Peak Drive
Crystal Park • \$85,000
Land</p> <p>545 Sunrise Peak Drive
Crystal Park • \$85,000
Land</p> <p>Forest Road
Manitou Springs • \$95,000
Land</p> <p>0000 Waterfall Loop
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Land</p> <p>1521 Monterey Road
Spring Creek Traditional • \$99,900
Land/Under Contract</p> <p>1661 Monterey Road
Spring Creek Traditional • \$99,900
Land/Under Contract</p> <p>1647 Monterey Road
Spring Creek Traditional • \$99,900
Land/Under Contract</p> <p>937 E Moreno Avenue
Cheyenne Addition • \$103,000
Under Contract</p> <p>454 Palmer Trail
Crystal Park • \$145,000
Land</p> <p>422 Highlands Drive
Canon City • \$149,900
Land</p> <p>18310 Good Life View
Eastern Plains • \$150,000
Land</p> <p>19270 Good Life View
Eastern Plains • \$156,000
Land</p> <p>18165 Prairie Coach View
Eastern Plains • \$167,000
Land</p> <p>18166 Prairie Coach View
Eastern Plains • \$167,000
Land</p> <p>3790 Strawberry Field Grove #A
Southwest • \$185,000
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Under Contract</p> | <p>2606 Hatch Circle
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New Construction/Under Contract</p> <p>9237 Kathi Creek Drive
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New Construction/Under Contract</p> <p>13716 Gilbert Drive
4 Way Ranch • \$507,700
New Construction</p> <p>9561 Pomeroy Court
4 Way Ranch • \$513,525
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Wolf Ranch • \$602,675
New Construction/Under Contract</p> <p>531 Lucky Lady Drive
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