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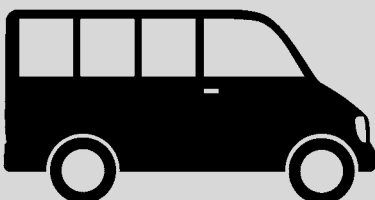


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Departing Schriever AFB, Building 210: 4:35 p.m.

Arriving to the Aragon Dining Facility at Peterson AFB: 5:05 p.m.

Ask leadership for guidance regarding delayed reporting, base closures and early releases.

Road work to occur on Marksheffel

Construction will occur every Monday - Friday, 7 a.m. - 7 p.m. No road closures are anticipated, however, lane closures are expected. Please plan accordingly.

More Briefs page 16

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TEDxSchriever 2017 to talk value



U.S. Air Force graphic by 2nd Lt. Scarlett Rodriguez

TEDxSchriever is scheduled to begin 9:30 a.m. at the Schriever Air Force Base event center, Oct. 20, 2017. There will be three speakers from the Colorado Springs/Schriever community to spark thought and discussion surrounding value.

By 2nd Lt. Scarlett Rodriguez
 50th Space Wing Public Affairs

In years past, TEDxSchriever has served as a platform for speakers within the Schriever family, and the local community, to volunteer and share ideas with on base and online viewers.

While speakers' topics varied through the years, they had one thing in common; their topics encompassed their personal values,

things of worth in their lives, to share with the Schriever community.

Establishing, evaluating and disputing audience perception of value is the aim of the 2017 iteration of TEDxSchriever, which will return for its fourth year Oct. 20.

"I want our community to be challenged, to take a look at what they value; time, education, money, family, friends, work, whatever," said James Hodges, 50th Space Wing

Public Affairs community relations chief and TEDxSchriever organizer. "Sometimes you can think, I know what I value, and then someone challenges you. You may realize your priorities are not matching your values."

According to TED, the organization's mission is to spread ideas through discussion, opening avenues and minds to the possibili-

See Value page 7

I am Schriever: running toward dreams

By Senior Airman Arielle Vasquez
 50th Space Wing Public Affairs

A young boy from across the world never anticipated traveling thousands of miles to the U.S. on an athletic scholarship, nor the many opportunities it opened for him.

Now at Schriever, this Airman reminisced on his humble beginnings, growing up in a small town in Kenya with his parents and four siblings.

"Where I'm from, we lived on farm land and kids ran to school every day," said Staff Sgt. Jackson Langat, 6th Space Operations Squadron satellite system operator. "In all, I covered about 20 miles a day. Growing up, I never had a pair of running shoes but it was something I grew accustomed to and eventually, I developed a love for the sport."

The running Langat had done throughout his childhood prepared him for track and field in high school.

"In 1996, I realized I could run competitively," Langat said. "I never planned on that path, but others noticed that I had what it took."

His coach saw potential in him, helping him earn a National Collegiate Athletic Association scholarship to Texas Christian University.

"It is rare to find people like my coach from Kenya," Langat said. "He changed my life and put me in the right position. All those changes led me to where I am today and that is something I am proud of."

In 2002, Langat began his Bachelors of Economics degree, while balancing his time as an NCAA track and field athlete. During his senior year, he was crowned the 2006 NCAA indoor champion in the 800 meter run.

After graduating from TCU in 2006, Langat made his way back to Kenya, but shortly realized how much he missed life back in the U.S.

During that time, he also decided to enlist in the

See Dreams page 13



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

Staff Sgt. Jackson Langat, 6th Space Operations Squadron satellite system operator, stands at the entrance of 6th SOPS Sept. 26, 2017. Langat spoke of his journey from Kenya to the United States, citizenship and ultimately life in the Air Force.

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A LEADER'S PERSPECTIVE

Service before self: It's a balance

Commentary by Col. Jacob Middleton

50th Space Wing vice commander

I think we all have a good understanding of the Air Force Core Value, "service before self." This core value seems self-explanatory, but how much service is enough? Where should we draw the line?

In 2010, I was selected to attend the School of Advanced Air and Space Studies. SAASS is known as the book-a-day club because students are required to read approximately 300 pages per day. There is a common Air Force adage that says, "it's only a lot of reading if you do it." For me, there was no other option than reading the assigned 300 pages per day. How could there be an option? Why would the Air Force assign 300 pages to read if the expectation wasn't to read them all? Compared to the sacrifices deployed Air Force members are asked to make every day, reading 300 pages a day seemed quite trivial.

It took me a few months to figure out how to read 300 pages a day, but I figured it out; to the point where I could read, understand, and retain 300 pages of information after about 10 hours of study. Things were going well, right up until the oral exam.

At the time, SAASS required all students to take an oral exam with three Ph.D. professors presiding. These professors could ask you any question, about any book assigned to you



Col. Jacob Middleton

50th Space Wing vice commander

during the last 11 months. I studied for four days. To be clear, I studied and didn't sleep for four days, sustaining myself on a diet of Ritz crackers and energy drinks.

On day four, I started feeling dizzy, sweating profusely with heart palpitations, and was transported to the emergency room. The

doctor initially thought I was having a heart attack, but as it turned out I had just gone without sleep for too long. It wasn't just the last four days; over the course of that year, I'd consistently go without sleep for days. I got an "A" on my oral exam, but I almost died.

Now, before you pass judgment, allow me to elaborate a little more. During my year at SAASS, I couldn't care less about getting an "A" in every course or on every paper. In fact, it became clear after the first 30 days I was not going to graduate in the top 50 percent of the class.

You may be asking yourself, "If he wasn't going to graduate at the top of the class, why would he push so hard?" There are two answers to this question: I always strive to give 100 percent, and I had no sense of balance.

There should never be a question about your effort. We should always strive to give 100 percent effort, every day, in everything we do. It does not matter whether this results in praise, a distinguished graduate honor or some other recognition. The only thing that matters is you did the best that you can do, because if you give 100 percent what more can you give at that particular time?

After giving 100 percent effort, the only thing left to do is to learn how to be more efficient in the future. This is where balance

See Balance page 7

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Fight depression - search for signs

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

Depression is a broad term, sometimes misused for someone who may just be naturally reacting to life's stressors, but knowing the difference between someone who may have a depressive disorder, as opposed to someone having a bad day, makes a difference.

National Depression Education and Awareness Month knows this importance, advocating for individuals to pay attention to signs symptomatic of depressive disorders.

"Depressive disorders are some of the most common mental health issues facing adults today," said Marnie Herbert, 21st Medical Squadron mental health technician. "Currently, depression is the number one reason Airmen reach out to the Schriever mental health clinic."

According to The Anxiety and Depression Association of America website, the most commonly diagnosed form of depression is "Major Depressive Disorder," a mental disorder that affects more than six percent of adults in the U.S.

Other diagnosable depressive disorders include Persistent Depressive Disorder, characterized by a persistent, sad mood present for most of the day on most days for at least two years; Seasonal Affective Disorder, when one becomes depressed during a specific time of year; Premenstrual Dysphoric Disorder, Adjustment Disorder with Depressed Mood.

Additionally, the website noted that depressive disorders are often co-diagnosed with certain medical conditions - known as "depressive



U.S. Air Force photo by Airman 1st Class Devin Boyer

October is National Depression Education and Awareness Month. Airmen who may be suffering from depression have many resources available, such as Military OneSource, the Airmen and Family Readiness center and Military Family Life counselors.

See Depression page 6

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50th CES superintendent makes a difference

By Airman 1st Class William Tracy

50th Space Wing Public Affairs

Senior Master Sgt. Malcolm Summers may be new to his role as the 50th Civil Engineering Squadron superintendent, but the impact he has made so far, through the support of the Airmen and leadership in his squadron, has already brought positive change.

As one of only 12 CE senior master sergeant operations managers in the Air Force, and in a vectored position, Summers embraces his new role.

"I was truly excited (when I received the orders) for the opportunity to join Team Schriever and serve as a squadron superintendent," Summers said. "That's normally a chief's position. For me, as a senior master sergeant, to have this opportunity is amazing, and I don't take it lightly."

Summers is accustomed to leading Airmen.

An accomplished Military Training Leader, Summers earned awards and recognition for his leadership, including selection as the 2014 U.S. Air Force Military Training Leader of the Year and Air Education and Training Command Outstanding Airman.

Summers was also recently invited by the MTL career field manager to take part in the MTL School Groundbreaking Ceremony "Prior MTL workshop" panel.

The focus of the panel — MTLs who have returned to their career fields after their special duty and had success in reintegrating. A topic that is relevant to Summers, who credits his experience in AETC as one of the main influences of his leadership style.

"What really has helped in my success was my time as a MTL," Summers said. "It taught me leadership, communication skills and how important it is to set the example as the leader. Because of my experience as an MTL, it ingrained in me to motivate, inspire and build positive relationships within my organization and base."

Summers also cited the impression leader's made on him throughout his career since joining the Air Force in 1998. He hopes to convey similar impressions to 50th CES Airmen.

"It's important to me I'm setting the example; every day I come in with my hard hat on and try to make a difference," he said. "How I got to where I'm at today was by hard work, dedication and supporting our leaders. The best part about this job is being able to influence positive change and help team members grow."

Summers' MTL-infused leadership style has his subordinates taking notice.

"He has really brought us back to the roots of the military, getting back to the roots of our jobs," said Staff Sgt. Jordan Tubbs, 50th CES water and fuels system maintenance craftsman, who has been with the squadron for more than two years. "He is more of a leader than a boss — he won't ask you for anything he won't do himself."

Since his first day, Summers made a task list lined neatly on the whiteboard of his office, defining his goals for his new role.

One of these tasks was working on the squadron's deployment training program, where he provides hands-on training to the various facets of CE, helping ready them for when they go down range, and ensuring other required training is accomplished and Airmen are informed of things like the new Blended Retirement System.

50th CES leadership has taken notice of his prowess, and anticipate a bright future with Summers.

"His performance has been outstanding," said Lt. Col. Andrew DeRosa, 50th CES commander. "My first impression of Senior Master Sgt. Summers is yes, he is an effective leader, but more so a motivator. He's very adept at reminding people why they wear the uniform, and how we're different because of it, as well as what's expected as a result of wearing the uniform."

Summers expressed thanks to 50th CES leadership and Airmen who have helped him in his new role at Schriever, serving as a foundation for his leadership.

"Lt. Col. DeRosa has been an amazing commander, giving me the keys to the squadron to make a difference; there are a lot of great men and women in this squadron," he said. "A motto I try to live by is mission first, people always."



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

Senior Master Sgt. Malcolm Summers, 50th Civil Engineering Squadron superintendent, marks his task list on the whiteboard of his office at Schriever Air Force Base, Colorado, Oct. 3, 2017. Summers is new to the unit, but has already made a positive impact according to his superiors and subordinates.



Various items line the shelves of a cabinet in Senior Master Sgt. Malcolm Summers' office at Schriever Air Force Base, Colorado, Oct. 3, 2017. Serving as the 50th Civil Engineering Squadron's superintendent, Summers hopes to use his experience as a Military Training Leader to serve the squadron.

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Alpha Warrior strengthens AF bonds

By Halle Thornton
50th Space Wing Public Affairs

Schriever members participated in the Regional Alpha Warrior event at Peterson Air Force Base, Colorado, Friday. First Lt. Skyler Awisus, 50th Operations Support Squadron simulator and project manager, finished with a time of 1:06.94.

He said his experience was positive from start to finish. "It was nice to build some camaraderie with Air Force personnel from all over the state while still maintaining a competitive attitude and a desire to win," Awisus said.

He added the competition was like no other because the obstacles are not usually what one trains for normally.

"I used to be a competitive gymnast, so the odd bodyweight exercises were right up my alley, but the speed aspect was still a major challenge," Awisus said. "The best part was everyone sharing tips and tricks as we learned the ropes of the course. Plus, it's never a bad day when you can get away from your desk to swing on some monkey bars."

Capt. Alexander Ortiona, 25th Space Range Squadron

assistant director of operations, said it was not the strongest or lightest individuals who outperformed everyone, but those who practiced frequently.

"Strength-to-weight ratio played an important part, but it was those who became comfortable with the arena that rocked it," he said. "Comfort could have been achieved through a combination of general athleticism and practice on the course, or achieved through rock climbing experience.

"Familiarization with holding yourself up and getting through it, and maybe even sharing tips and tricks with your friends, seemed to pave the way to success."

Awisus appreciated the support of fellow Airmen and squadron members.

Capt. Jessica Norrington, 50th SS staff instructor, also enjoyed camaraderie during the competition.

"All the competitors from every base were there cheering each other on," she said. "There was friendly competition but everyone really wanted to see people succeed.

"They were excited when someone made it past any obstacle or had a really good save," she added. "You really saw

each base come together as well, and Schriever's members represented the competition well."

Capt. Thomas Taylor, 1st Space Operations Squadron director of operations, also competed in the event, and felt he did well overall.

"I executed the game plan I had made before and it worked great for me," Taylor said. "I'm glad I was able to go out and represent Schriever, and I think we had three out of the seven qualifying times which was awesome. It was a fun event and I look forward to adding more obstacles and competing in the future."

Ortiona said the course meant to focus on Comprehensive Airman Fitness.

"In both Comprehensive Airman Fitness and the Alpha Warrior arenas, I believe it comes down to situational awareness, preparation, practice and flexible execution," he said. "And in both arenas, a team approach is best."

The obstacle course is available to Airmen for training during normal fitness center hours at Peterson. For more information, call the fitness center at 556-4462.

Depression

From page 4

disorder due to another medical condition," adding perspective to the scope of depression.

Despite the variations, there are consistent symptoms with each disorder, such as prolonged periods of sadness (versus just having a "bad day"), anxiety and problems sleeping. Airmen who are suffering from a diagnosable depressive disorder may also be markedly under-performing in their home or workplace, may appear to be constantly fatigued or have a loss of interest in their favorite hobbies.

Herbert shared advice on how to help an Airman who may be suffering from a form of depression.

"Start a conversation with someone if you are worried about them," she said. "Invite them to a space where they are free to talk and tell them what is causing you to worry. Encourage them to seek help from one of the many helping agencies at Schriever."

Depression is often associated with other serious mental health issues, including frequent suicidal thoughts.

Herbert added Airmen should follow the A.C.E. formula when approaching such situations.

Ask — Ask a wingman directly if they are thinking about hurting themselves or have thoughts of suicide.

Care — Listen to their concerns. Do not try to problem solve, just be there for them. Make sure both the inquirer and the Airman of concern is safe. Remove any means of harm to the Airman, and never leave him/her alone. If one feels unsafe or threatened, call 911 (or 567-3911 if you are on base, to be directly connected with Schriever emergency services.)

Escort — Escort a wingman to a higher level of care, such as the closest mental health clinic, emergency room, chaplain's office or first sergeant's office.

Looking out for Airmen, not only if they appear to be depressed, but also to check up and see how they



U.S. Air Force photo by Airman 1st Class Joshua Magbanua

Staff Sgt. Srun Sookmeewiriya, 313th Expeditionary Operations Support Squadron noncommissioned officer in charge of reports, stares out the window unenthusiastically, exhibiting symptoms of Seasonal Affective Disorder, when one becomes depressed during a specific time of year, at Ramstein Air Base, Germany, February 16, 2017. October is National Depression Education and Awareness Month, highlighting the importance of individuals to pay attention to signs symptomatic of clinical depression, including increased fatigue, diminished appetite and loss of interest in favorite hobbies.

are feeling in general, is in line with the Air Force Core Values, and helps maintain the most important resource the Air Force has — Airmen.

"There are many resources available to help Airmen who are struggling with depression," Herbert said.

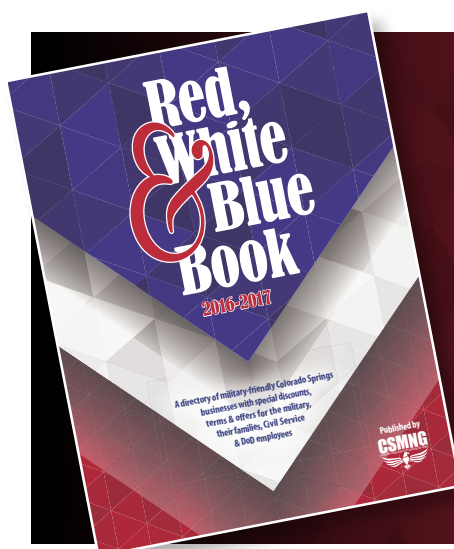
"You do not need a referral to be seen in the mental health clinic. Airmen can call 567-4619 to set up an ap-

pointment to see a mental health provider. Additional resources available include Military OneSource, 50th Space Wing Chaplains, Airmen and Family Readiness and Military Family Life counselors. If you are unsure of where to start, call any of the helping agencies at Schriever and we can assist you in finding the most appropriate agency."

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Value

From page 1

ties that come from free knowledge; a mission inspiring Hodges strives to support each year through TEDxSchriever.

"I find value in the discussion everyone brings to the event. Of course not everyone is going to agree with everything that is brought forth, but that's not the point. The point is to exchange ideas and inspire thought and discussion," Hodges said.

Talks this year are aimed to appeal to all demographics within the Schriever community; however, the large group of young Airmen beginning their adult lives within Schriever may have the most to gain by learning how to prioritize values earlier than some of their predecessors.

"If you don't think there is value in some-

thing you're just going to check the box, squander the opportunity and waste time," Hodges said. "In today's world we are moving so fast sometimes we don't take the time to realize what the value of something truly is, we just check the box and move on.

"We work hard for our money, are we spending it in a place that has the same values we work to defend?" he asked. "We work hard to provide for our families, but what's the value of that time spent away from them?"

The event will feature three presenters who will share topics and initiatives they value to potentially elicit questions and thought surrounding Schriever members' own priorities and values.

Keeping in step with the TED format, speakers will have 18 minutes or less to inspire the audience.

The talks will be recorded and hosted on the TEDx YouTube channel and shared via the Schriever Air Force Base Facebook page.

"I love the idea they took," said Stacy

Burns, Better Business Bureau vice president of business innovation. "Being able to bring ideas forward, it's not a sales pitch, it's not an opportunity to get on your soapbox necessarily, but just to share an idea and talk about it and the TEDx being the local version of that is what makes this so cool.

"If someone sitting in the audience thinks of something just a little bit differently because of what I presented to them, or the other folks presenting shared with them, then you had impact," she continued. "You can create more conversations around that. I think that makes our world better."

The event will be held 9:30 — 11:30 a.m. in the event center with breaks between speakers and at the end for discussion. For more information, contact Hodges at 567-5040.

The scheduled speakers include:

Kelley Pomis, Teach for America Colorado

Spring managing director, <https://colorado.teachforamerica.org/>

Stacy Burns, Better Business Bureau vice president of business innovation, <https://www.bbb.org/southern-colorado/>

Lt. Col. Lewis Sorvillo, 22nd Space Operations Squadron commander, Father/Husband/Leader

About TEDx, x = independently organized event. In the spirit of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TED Talks video and live speakers combine to spark deep discussion and connection. These local, self-organized events are branded TEDx, where x = independently organized TED event. The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organized (Subject to certain rules and regulations).

Balance

From page 3

comes into play. Without balance, a task becomes all-consuming. This is the definition of 100 percent effort, but is detrimental to other areas of life we hold dear. I think we can all agree there is more to life than successful task completion.

Each of us needs to pause and take time to figure out what is important to us. For me, it is family, military duties, exercising and relaxing, but for you it can be anything that is moral, ethical and legal.

The important thing is when I am spending time with my family, I am 100 percent present, involved

and committed. The same goes for the other things that are important to me. At the end of the day, I feel good about myself because I've given 100 percent effort in everything that is important to me.

This means there are days when I spend 50 percent of my time with my family, or only 10 percent on military duties.

Balance is about dividing the time available on any particular day. It is not about the amount of effort one gives. However, when any of us decide to give less than 100 percent of our time to anything, we should be prepared to accept less success, less recognition and less satisfaction, and this is ok. Giving 100 percent of your time to anything can be bad for your health.

Because family is important to me, there are many days when I am prepared to accept less with lower priority items to spend time with my family.

I learned a lot at SAASS, and although none of the books I read provided me a good understanding of work/life balance, my experience at SAASS did.

What did I learn?

I learned the Air Force's most important weapon system is our Airmen, and while we should always give 100 percent effort, we must divide our time among the things that are important to us. Balance is different from one person to another, because what is important to some, is not important to others.

Nevertheless, it is important for all of us to be balanced.

In the end, service should always come before self, but never forget to take care of yourself and your fellow Airmen.

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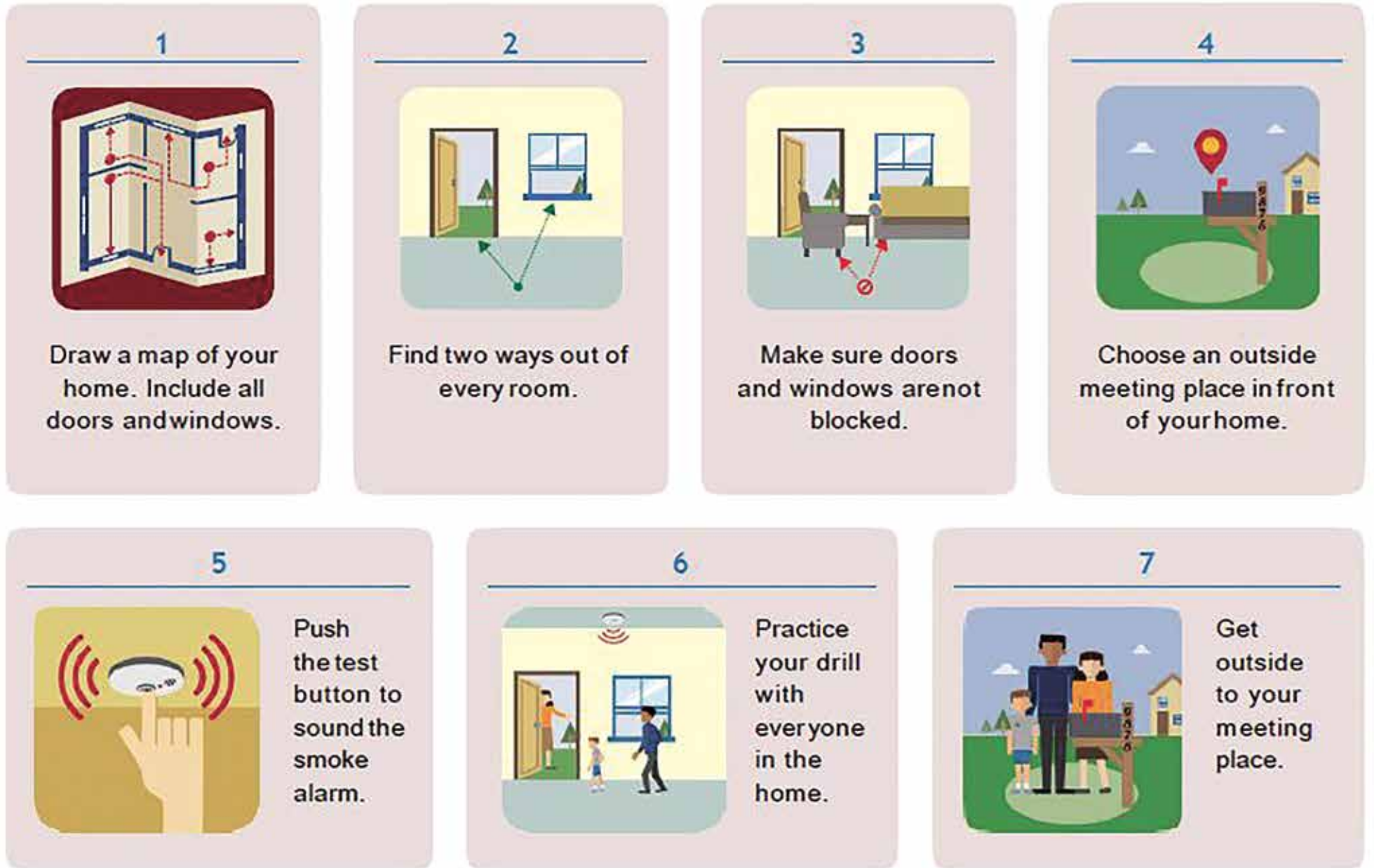
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FIRE SAFETY WEEK

Consider this scenario



Courtesy graphic

The National Fire Protection Agency's campaign "Every second counts: Plan 2 ways out" works to prepare families for emergencies by stressing the tight timeline partnered with the dangers of home fires.

Schriever Fire Department

It's 2 a.m., you and your family are fast asleep when you wake to the smell of smoke and sounding alarm. What do you do?

If you or your family don't have a plan in place, it could jeopardize everyone's safety and prove deadly.

In a typical home fire, one may have as little as one, to two, minutes to escape safely from the time the smoke alarm sounds. That's why home escape planning is critical in a fire situation. It ensures everyone in the household knows how to use a small window of time wisely.

"Developing and practicing a home escape plan is like building muscle memory," said Brad Truver, Schriever Air Force Base Fire Department assistant chief. "Pre-planning is what everyone will draw upon to snap into action and escape as quickly as possible in the event of a fire."

Fire Prevention Week is Oct. 8-14. This year's theme is "Every second counts: Plan 2 ways out." It works to better educate the public about the critical importance of developing a home escape plan and practicing it. Schriever FD is working in coordination with the National Fire Protection Association, the official sponsor of the Fire Prevention Week for more than 90 years, to reinforce those potentially life-saving messages.

"Home escape planning is one of the most basic, but fundamental, elements of home fire safety, and can truly make the difference between life and death in a fire situation," said Lorraine Carli, NFPA Outreach and Advocacy vice president.

In support of Fire Prevention Week, Truver encourages all Schriever members and surrounding-area households to develop a plan together and put it into practice.

A home escape plan includes preparing working smoke alarms for every level of the home, in every bedroom and near all sleeping areas. It goes on to include two ways out of every room, usually a door or window, with a clear path to a safe-distance meeting place, like a tree, light pole or mailbox, outside of the home.

NFPA and the Schriever FD offer these additional tips and recommendations for developing and practicing a home escape plan:

- Draw a map of your home with all members of your



Courtesy graphic

The National Fire Protection Agency has crafted an example for families to use when preparing their escape routes in the case of a fire.

household, marking two exits from each room and a path to the outside from each exit.

- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave to slow the spread of smoke, heat and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

The Schriever FD will be putting on events to promote Fire Prevention Week efforts with an auto extraction demonstration Oct. 11, beginning 11:30 a.m., and an open house at the Tierra Vista Community Center Oct. 13 from 4 — 6 p.m. For more information, call the Schriever FD at 567-3370.

To evaluate your home's safety, fill out this form (<http://www.schriever.af.mil/Portals/17/documents/nfpafiresafetysurvey.pdf?ver=2017-10-02-173247-587>) and prepare for the chance of an incident.

To learn more about this year's Fire Prevention Week campaign, "Every second counts: Plan 2 ways out" and home escape planning, visit www.firepreventionweek.org.

Schriever Airman represents in women's rugby tournament

By Halle Thornton

50th Space Wing Public Affairs

Capt. Adekunbi Adewunmi, 50th Operations Group standardizations branch chief, made the Women's All-Armed Forces Rugby team and placed fourth in the Lupus Intus Elite Women's 7s Tournament in Hanover, New Hampshire, Sept. 2-3.

After enduring an application process, her group commander notified her of her acceptance to an Armed Forces trial camp and subsequently to represent the Air Force 7s team.

"It was such an honor to be selected to play rugby with a group of ladies with such incredible talent, and for a coach of the caliber and experience of Andrew Locke," she said. "I was so proud to be able to represent the Air Force and the military to players and coaches of top rugby academies across the country."

Andrew Locke, coach of the Armed-Forces team, said he was "immensely impressed" with her during training.

"While she may come across as a little more on the shy and quiet side, once she takes the field and the game starts, she is fierce," Locke said. "She was pound-for-pound one of our toughest players, and made countless tackles that prevented opponents from scoring."

Locke added Adewunmi was flexible, regularly playing different positions.

"She stepped up big time and went beyond my expectations," he said. "It was a pleasure to watch her fly across the field on defense to cut down opposing runners from the sweeper position. I can say she is an awesome team player and very supportive of her teammates."

Adewunmi said the rugby community is like a family to her, something she has never experienced playing any other sport.

"I played recreational, high school, club and a little college soccer, but the closeness I feel with my rugby teammates is unmatched," she said. "No matter where I move to in the U.S. or abroad, I know I will have that same community as well. It really is an amazing thing and I hope to be involved in



Courtesy photos

Capt. Adekunbi Adewunmi, 50th Operations Group standardizations branch chief, picks up the ball from a ruck and attempts to stay on her feet against the Glendale Marlins at the Infinity Park Turf Field, in Glendale, Colorado, April 22, 2017. Adewunmi looks to give her teammate an offload, or ball that is passed after the ball carrier goes into contact.

playing or coaching for a long time to help pass that on."

John Warner, Adewunmi's coach for the Denver Black Ice Rugby Football team for two years, said rugby is not only physical, but mental.

"Kunbi has a sharp mind," Warner said. "In the short time she's been playing, I've seen her absorb the strategies and complexities of the game as quickly as anyone I've coached."

Warner added not only does Adewunmi have mental toughness, she has the physicality to be successful in the sport.

"She plays like she's twice her size, and tackles fearlessly," he said. "Typically playing

at the fullback position, she's the last line of defense, with the unenviable job of making saving tackles on players with a full head of steam. She absolutely lays her body on the line, and is one of the best tacklers on the team, despite being one of the smallest."

Adewunmi serves as a member of the board as the secretary and one of the captains for Black Ice.

"She doesn't say much, but when she speaks, her teammates listen," Warner said. "She's a leader in the best, most effective way possible, by example."

Adewunmi stressed the importance of having an open mind and positive attitude.

"We have women of all experience levels

playing together and playing under a structure that is different from most teams, so it is important to embrace change, learn and help others learn too," she said.

Adewunmi's favorite part of rugby is being part of a different kind of family.

"No matter how hard the tackles, or how devastating the stiff arms, you'll see smiles and hugs before, after and sometimes during the games," she said. "I've never felt as close with an athletics team as I have with my rugby teams, and it is heartening for me as I approach an assignment change. I know the connections I've made through playing rugby reach out all throughout the country, and it will never feel like I'm starting over."



Capt. Adekunbi Adewunmi, 50th Operations Group standardizations branch chief, gathers with her Black Ice teammates at the Kino Sports Complex in Tucson, Arizona, for the U.S. Rugby Club National Playoffs, May 2016. Adewunmi has been a member of the Black Ice board, serving as secretary, and has served as one of the team captains.

6th SOPS: Reserve space legacy continues



Courtesy photo

Current and legacy members of the 6th Space Operations Squadron came together for a photo during Chief Master Sgt. Paul Rayman's retirement ceremony at the Peterson Air Force Base Air and Space Museum, Saturday, Sept. 9, 2017. General John E. Hyten, Commander, United States Strategic Command, took time out to pay respects to his former troop by officiating his retirement ceremony.

By Senior Airman Samantha Krivanek

310th Space Wing Public Affairs

During a recent visit to Peterson Air Force Base, General John E. Hyten, commander of United States Strategic Command, took time out to pay respects to his former troop, Chief Master Sgt. Paul Rayman, by officiating his retirement ceremony. During the ceremony, Hyten spoke very highly of Rayman and their time together at the 6th Space Operations Squadron, an Air Force Reserve unit at Schriever Air Force Base, Colorado. Laughter from stories told by Hyten about his first command, and Rayman as a young Airman, filled the air as the crowd was reminded of the legacy both were a part of.

In 1996, then Lt. Col. Hyten commanded 6th SOPS at Offutt AFB, Nebraska, operating the Defense Meteorological Satellite Program. He was the last 6th SOPS commander, during its time as an active duty unit, to operate one of the longest-serving satellite programs in Department of Defense history.

Knowledge of the DMSP, initially known as Program 35 at the time of its first launch in 1959, was limited to "need to know" personnel only. Early DMSP operations provided cloud-cover imagery used to plan U.S. photographic reconnaissance and surveillance missions. A film return system would eject film canisters that were retrieved mid-air by a JC-130 and NC-130 Hercules aircraft. Newer DMSP satellites replaced film canisters with solid state recorders.

Today, they still deliver cloud cover imagery in addition to information on thermal microwave radiation, sea surface winds, and ice coverage. Measurements of the magnetic field near the space vehicle enable accurate predictions of space weather conditions. The satellites operate in a sun-synchronous orbit with periods of 101 minutes, orbiting the earth 14.3 times in 24 hours at about 28,000 kilometers per hour. As written on the wall of the 6th SOPS operations floor, "We fly 'em fast and low, not high and slow." During a typical satellite support, the operators have between seven and fourteen minutes to complete all of their mission objectives and solve any unanticipated anomalies.

DMSP is currently operated jointly by National Oceanic and Atmospheric Administration operators in Suitland, Maryland, and 6th SOPS. Highly skilled operators rely on extensive knowledge of DMSP subsystems, data retrieval,



U.S. Air Force photo by Senior Airman Laura Turner

Chief Master Sgt. Paul Rayman and Gen. John E. Hyten, Commander, United States Strategic Command, pose for a photo during Rayman's retirement ceremony at the Peterson Air Force Base Air and Space Museum, Saturday, Sept. 9, 2017. Gen. Hyten took time out during a visit to Peterson AFB to pay respects to his former troop by officiating his retirement ceremony.

and contingency operations. Under guidance of a crew commander, system and vehicle operators work as a team during contingency situations to ensure all of their data gets to their customers in a time constrained environment. Their unofficial slogan is "Get Data or Die", so there is very rarely a time that their users miss out on their data.

Running for over 58 years, DMSP is the oldest continuously operated satellite program in the history of space

operations. Through all of those years there have been countless members, contributors, and supporters of the constellation. On Sep. 10, 2017, some of those legacy operators were able to join current operators for a photo with Hyten and Rayman. 6th SOPS will continue to fly DMSP proudly and represent all of the hard work and dedication that has been placed into the weather satellite program for years to come.

Teaching Schriever to “Protect the Power”

By 2nd Lt. Scarlett Rodriguez
50th Space Wing Public Affairs

Each year in October, the Air Force participates in Energy Action Month; a national campaign focusing on energy and water-saving activities.

This year's theme is “Protecting the Power,” and for the second year of the three-year-program the Air Force has prioritized protecting resources, including its largest user, Airmen.

The Air Force “Protect the Power” campaign serves as a call to action for Schriever Airmen to protect the resources at hand, so the force can sustain power projection.

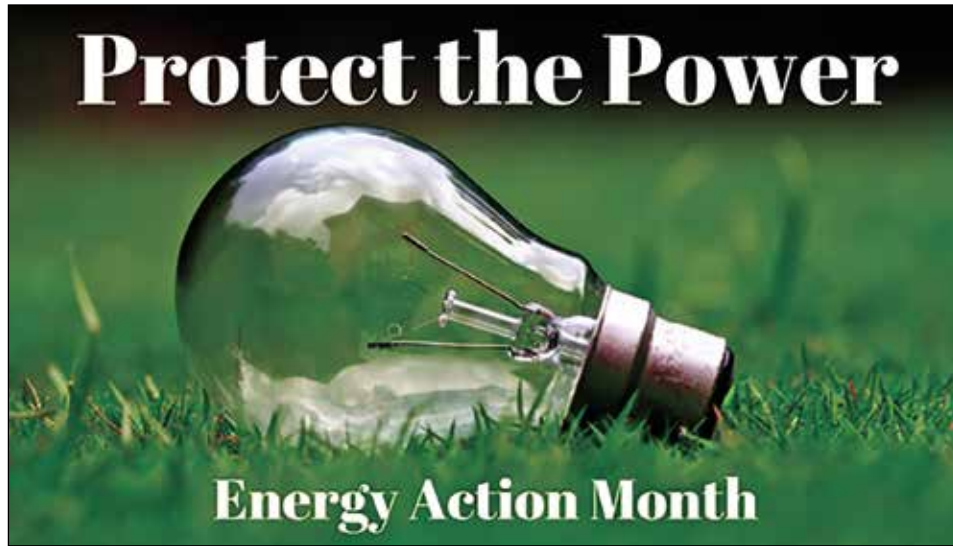
“When Team Schriever saves on energy and water, the cost decreases,” said Abe Irshid, 50th Civil Engineering Squadron energy manager. “When all Air Force bases do the same, then that savings combined will be invested in innovation and infrastructure.”

The Air Force can evolve into a more sustainable force by building a stronger foundation of energy operational awareness.

The road to a stronger foundation, defined by the Air Force's four primary energy goals are: reduced demand, increased supply, fostering a culture of awareness and improved resiliency.

Achieving all or one of these goals, can be as simple as being aware when energy savings can occur, and when there is no demand, cutting off unnecessary use.

“For energy and water waste, I look for things like lights being left on in areas where natural light is a suitable substitute, allowing me to shut the overhead lights off in common areas during the day,” said Stephen Cooper, 50th Contracting Squadron quality assurance manager, and Building 210 facility manager. “I check our restrooms for leaking faucets, urinals and commodes. I also look for manually operated faucets that haven't



U.S. Air Force graphic by 2nd Lt. Scarlett Rodriguez

October is Energy Action Month, a national campaign the Air Force participates in to focus on energy savings and promote Airmen to be innovative and aware for the sake of positive energy stewardship.

been shut off completely in an effort to reduce water waste.”

Increasing supply is accomplished by developing renewable and alternative energy sources, a task which requires innovation, while developing an energy-conscious culture stems from consistent training and expectation management.

However, Irshid explained how despite the four primary goals, in the current fiscal climate, any energy savings the Air Force can realize is crucial to the nation and its security.

“Schriever needs energy and water to power mission-critical facilities despite bad planning, bad guys and bad weather,” he said. “Improved resiliency means the ability for Schriever to identify vulnerabilities, such as physical and cyber attacks, or natural disasters; taking steps to address them allows Schriever to anticipate, prepare for and

adapt to changing conditions and withstand, respond to and recover rapidly from any energy disruption in the event of a grid outage, natural disaster, or attack.”

These operations and savings only happen when Air Force members are aware of how they consume energy, and take action to use it wisely. Members can contribute by providing suggestions and by accounting for their personal and their organizations' use of resources.

Irshid highlighted the need for everyone to look past the paradigm of how things have operated in the past and create new opportunities to save resources; referencing how Schriever spent more than \$7 million last year to power its facilities alone.

“Although October is the official Energy Action Month for the Air Force, our goal is for every Schriever employee, Airman, ci-

vilian or contractor, to incorporate energy awareness into his or her daily activities and adopt energy saving habits and work practices that will enable Schriever Air Force Base and the entire Air Force to continue to reduce energy and water consumption,” Irshid said.

All base employees have a role in ensuring the Air Force meets its energy goals in order to fly, fight, and win in air, space and cyberspace. While efforts to save energy may appear small, when combined with the whole of the base populace, it can make a large impact throughout the Air Force and Department of Defense.

Everything Airmen do requires energy to sustain; the paper printed or written on, the computers utilized, any increased efficiencies that can be realized can ultimately make an impact.

“Be mindful of your work area, turn lights off when leaving for the day, ensure you turn off faucets after using them and please report any leaks you observe to your facility manager so that individual can either correct the issue, or open a work request for 50 CES to do so,” Cooper said. “Not all things can be viewed as an infinite quantity resource these days, and waste most definitely equates to higher cost for all.”

Over the coming weeks, Irshid advised Airmen to keep an eye out for emails and around base for easy energy-saving tips and tricks everyone can apply to both work and home environments. For example: Did you know the to-go boxes from the Dining Facility can be recycled?

As Airmen, the energy team challenges everyone to make energy a consideration in all they do.

If you have any questions, suggestions or comments, contact the Energy Team at 50sw.energy@us.af.mil.



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Schriever families strengthen bonds, resiliency

By Senior Airman Arielle Vasquez
50th Space Wing Public Affairs

The 50th Space Wing Chaplains Office hosted a retreat to bring Schriever families together at Great Wolf Lodge in Colorado Springs, Colorado, Sept. 29-30.

More than 25 Airmen and their families participated in recreational activities to include a water park, an adventure park, climbing wall, rope course, arcade and dance party.

Chaplain (Capt.) Portmann Werner, 50th SW chaplain, was pleased with the large turnout of Airmen from a variety of squadrons across the base.

"I heard about Great Wolf Lodge, and thought it would be a good idea to call them up and see what we could arrange," he said. "After spending the weekend there, it looked like a nice event and it's something we definitely plan on doing multiple times throughout the year."

The event was designed to bring families together for a fun time and a break from their everyday routines.

"The retreat was a blast," said Staff Sgt. Jason Newbold, 25th Space Range Squadron intelligence analyst. "My family and I have never been to Great Wolf Lodge before. The accommodations and environment were nice. I have two boys — at first I was concerned there wouldn't be much for my four-year-old to do, but it was definitely kid-friendly. It surpassed my expectations."

Werner said this was the first time they have arranged a family retreat at this location, which took three months to plan.

"I was very impressed during our time there," Werner said. "It felt like they rolled out the red carpet for all of us and everyone seemed very pleased. Families were able to get out and bond in a way they have never done before. Especially for those people who work nightshifts, this was important to spend quality time with their families."

The families were provided with free lodging, waterpark access and other activities at the resort.

"I signed up for this retreat a month ago,"



Courtesy photos

Chaplain (Capt.) Portmann Werner, 50th Space Wing chaplain, addresses Airmen and their families during a 50th Space Wing Chaplains Office retreat at Great Wolf Lodge, Colorado Springs, Colorado, Sept. 30, 2017. Airmen from a variety of squadrons attended the retreat, which focused on bringing families together for a fun time and to provide a break from the everyday routine.

said Tech. Sgt. Karla Chapman, 50th Force Support Squadron noncommissioned officer in charge of career development. "I tried to keep it a surprise from my kids. Once we got to the parking lot and they saw where we were, they were so excited. They said I was the best mom in the world."

"Throughout our time there, we kept forgetting we were home, because it felt like a vacation," she continued. "My favorite part about it was that my kids and I had a wonderful opportunity to bond even more."

Additionally, Werner led a class that covered resiliency, optimism and emotional intelligence.

"I took away a lot from his seminar," Newbold said. "He spoke about setting up kids for success. Both of my kids are involved in sports, especially wrestling. My older son was having issues with how to manage a loss;

the seminar gave us pointers on how to better approach this situation, because sometimes it can be difficult to know what to say when it comes to sports and even school grades. This was definitely worthwhile to be a part of that."

The retreat proved to be valuable to many Airmen who attended. This was one of many retreats the Chaplain office hosted in the past year, the last being a Single Airmen Retreat in Vail, Colorado, last month. Each retreat, whether for couples, families or single Airmen, focused on fostering more in-depth relationships with fellow participants and growing together.

"This was the first family retreat I have attended," Newbold said. "I am grateful the Chaplains office put this together. My family and I will be stationed in Florida in about a month, so this was our last horrah before

we leave. I would say it was an extreme success overall."

The Chapel staff hope there will continue to be large turnouts in the retreats to come.

"I thought it was a great chance to get families out and see big 'A' Airmen enjoy themselves with their families and also discuss information that will save them a lot of stress in the long term," Werner said. "This was our goal for the retreat and that's what we got. From what I saw, I am also really proud of our parents. I was impressed with their patience and the attentive parenting. We all had a wonderful time and I can see it continuing to be a success."

The next family retreat is scheduled to take place at Great Wolf Lodge in January.

For more information about future retreats and Chapel events, contact the 50th SW Chaplains Office at 567-3705.



Schriever youth play games while their parents attend a seminar during a 50th Space Wing Chaplains Office retreat at Great Wolf Lodge in Colorado Springs, Colorado, Sept. 30, 2017. Chaplain personnel organized classes and group activities to help families strengthen their connections during the weekend retreat.

Wanted: The Air Force's best entertainer

By Carole Chiles Fuller
AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force Services Activity is rolling three talent contests into one mega competition with a total of \$20,000 in prize money.

The 2017 Entertainer of the Year Talent Competition is open to active-duty Airmen, Air National Guardsmen, Air Force Reserve members and their immediate family. This year's competition combines Operation Talent Search, the Air Force Worldwide Talent Contest and #Vocal Upload.

"The Air Force is overflowing with talented Airmen and families," said Jeri White, AFSVA entertainment program manager. "The talents are as diverse as our Airmen, and this is our opportunity to share those talents across the Air Force."

White added that talent takes many forms. A semifinalist in one of last year's contests performed a hula-hoop routine. Others have competed with roller skating, break dancing, juggling, comedy and magic acts.

The contest is all virtual. Competitors enter by creating a video, then either uploading it or copying it to a DVD and mailing it to AFSVA. They can contact their installation force support squadron for assistance with videotaping or uploading the video.

"One advantage of an all-virtual contest over having contestants qualify at installation talent show, is deployed Airmen can participate. They can use technology to do creative things, even enter a family act via Skype or FaceTime," said Tom Edwards, chief of Air Force Entertainment. "We know installations



The U.S. Air Force 2017 Entertainer of the Year Talent Competition, sponsored by the Air Force Services Activity, is open Sept. 27-Oct. 27.

downrange conduct weekly talent contests and that many Airmen take musical instruments with them on deployments. It's a way to pass the time and have fun while they're away from home."

Each video will be judged by a panel of five entertainment industry professionals who will consider the performers' technical excellence and showmanship, as well as their treatment and interpretation of the material.

There are three contest groups, each with four categories:

- Group I, Non-Vocal Arts — instrumen-

tal, musical variety, non-musical variety and dance.

- Group II, Vocalist — solo, solo self-accompanied, rap and vocal group.

- Group III, Family — preteen, teen, spouse and family act.

The winner in each category wins \$1,000; the acts coming in second place win \$500. The category winners then compete for Best in Show for their respective group. The three Best of Show winners go on to compete for Entertainer of the Year and its \$3,000 prize.

There will also be a \$1,000 prize for the video judged most creative based on how the videography enhances the performance. "It could be through the use of props, light-

ing, the location or how it sets the mood of the performance," White said.

White has some helpful tips for competitors:

- Review the video before submission to ensure the audio level is correct and the judges can clearly see and hear what is being presented.

- Be balanced and strong in the performance. "A singer/instrumentalist needs to be equally adept at singing and playing. A group of dancers will be judged on its weakest member," she explained.

All contestants must download and complete an entertainer application. Competitors 18 or younger must also complete a participation authorization release form. The forms are available on <http://MyAirForceLife.com/Entertainer>.

To enter online, upload the video to YouTube and copy/paste the YouTube video link into the application form. Email the completed application, with the video link, to AFSVA.SVP.AFEntertainment@us.af.mil/EOY.

Submit by mail to AFSVA/SVPCE, 2261 Hughes Ave., Suite 156, JBSA-Lackland, TX 78236; if sending a DVD via UPS or FedEx, send to AFSVA/SVPCE, Building 1, 3515 S. Gen. McMullen Drive, San Antonio, TX, 78226.

The contest opens at midnight Sept. 27 and closes at midnight Central Daylight Time on Oct. 27.

Complete rules and details about each category are on <http://MyAirForceLife.com/Entertainer>.

Dreams

From page 1

U.S. Army through the Military Accessions Vital to the National Interest recruitment program.

"The Army was looking for people who speak Swahili, and that happens to be my first language," he said. "I wanted to join on my own accord, but having my family's support in my decision to enlist boosted my confidence as well."

Another goal he was running toward was gaining his U.S. citizenship.

"In 2010, I became a citizen," Langat said. "It happened at the airport after basic training, and it was one of my proudest moments. My visa changed to citizen; I didn't even have to get a Green Card — you can't get a better deal than that."

Apart from being a linguist at Fort Carson, Langat was also in the World Class Athlete Program.

"Through that program, I traveled a lot," he said. "I tried out for the 2012 London Olympics in Oregon. I was very close, but didn't qualify. At that point, I felt like I was satisfied with what I had done, and didn't mind slowing down. However, running is still a huge part of my life. I participate in half marathons and usually run about 40 miles a week."

After serving four years on active duty orders in the Army, Langat joined the U.S. Air Force Reserves and currently serves with 6th SOPS.

"I've always wanted to be in the Air Force," he said. "I joined in 2014 and love serving. My unit is a place where I can learn and grow and they have given me all the answers I need. I am thankful for what they have done and want to stay in as long as possible. For me, this is a family and a home."

His fellow 6th SOPS Airman, Capt. Cuyler Gembol, instructor and satellite system operator, has only been a part of the squadron for a few months, but has already built a strong bond with Langat.

"From day one his attitude has impressed me," Gembol said. "His story is one of the most unique ones I've heard. It is inspiring to see an individual who wants to grow and

has worked hard to have more opportunities. It makes you want to go out and do more."

Looking back at all the experiences and opportunities, Langat expressed how fortunate he feels to make it to this point in his journey.

"I can sum it up and say I'm blessed," he said. "Many people out there would want to be in this position. None of this happened by accident. The military, especially the Air Force, is a place where people care and know how to lead, and I have made many connections here."

Throughout it all, he has not forgotten his Kenyan roots and has even brought his journey full circle.

"The coolest thing about Langat is he doesn't want credit for anything and always has an open heart," Gembol said. "He extends a helping hand because he loves people and he believes it's the right thing to do. An example of this is he collects and cleans donated shoes and takes about two full suitcases whenever he travels back to Kenya. He hands them out to kids who want to run and tells them that opportunities are out there and there is a path. I think it's amazing he was the first to do something like that from his hometown, and others have followed in his footsteps."

Langat said that his coach from Kenya visits him in the U.S. from time to time.

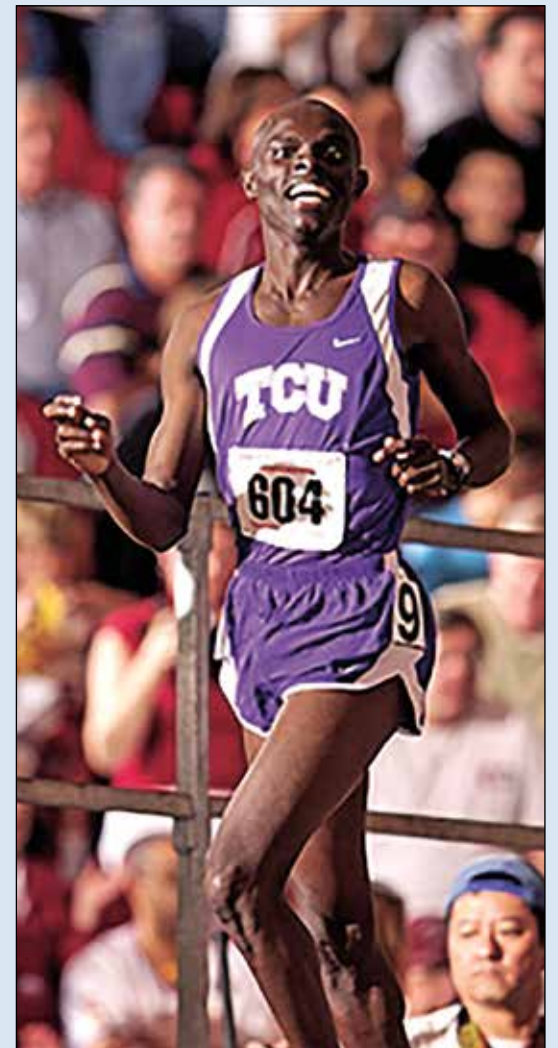
"My coach has always been a role model in my life," he said. "When somebody gives you something so life changing, it is a mark nobody can take away. He had an option to help others, but I have to ask myself, 'why me?' That's why I do whatever I can to help others whenever possible. It's something I love to do."

Currently, Langat and his wife, Vasily, also a Kenya native, are preparing for the arrival of their first child in February.

"I am looking forward to the day I become a dad," he said with a huge smile. "I have always been a family oriented person, so this is something very exciting for us."

For Langat, he lives by his motto "no matter what is coming today, I am ready for tomorrow."

"Nothing was given to us growing up," he said. "We grew up with the mindset that if we want something, we have to go out to get it. I'm happy I grew up thinking that way. Throughout life's challenges, no matter how difficult, I have learned to accept things for what they are and strive to make moments count. That is something I will make sure to teach my future children."



Courtesy photo

Staff Sgt. Jackson Langat, Texas Christian University graduate, celebrates his victory in the 800 meter run at the 2006 National Collegiate Athletic Association Division I National Indoor Track and Field Championships at the Randel Tyson Track Complex in Fayetteville, Arkansas. Langat finished with a time of 1:47:02. He would go on to become a U.S. citizen in 2010 and join the U.S. Air Force in 2014.

NRO swimmers make world-wide splash

By Tom Knowles

National Reconnaissance Office of Public Affairs

Following successful runs as student-athletes, Sara and Mary Holman entered the Air Force as officers, and continued to train with local U.S. Masters swimming teams during their off-duty time. Thereafter, the two discovered the International Swimming Federation World Masters Swimming Championships and jumped at the chance to compete on the international stage. Three International championship tournaments later, they continue to be among the world's top swimmers.

The sisters recently returned from competing at FINA's World championships in Budapest, Hungary. There, they garnered multiple top-ten finishes in their age group, including a silver medal, won by Sara in the 3-kilometer open-water swim. The two also competed in the 800 and 400-meter freestyle, 400-meter individual medley relay, 200-meter backstroke and 200-meter freestyle events.

"It was cool to be there, swimming against international competitors and have that dynamic of a big hyped-up competition," said Mary Holman, NRO Operations Squadron mission director. "The excitement of being in a different country and experiencing the championships along with the other competitors — it's a lot of fun."

The duo made their international swimming debut in 2014 at FINA's world championships in Montreal, followed by Kazan, Russia in 2015.

Held every two years at different locations around the world, the competition is one of the largest of its kind, drawing thousands of athletes from around the world.

"The World Masters Championship is the biggest FINA event there is," Mary said. "They said at the closing ceremony there were 6,500 participants across the aquatic disciplines (diving, water polo, synchronized swimming, open water swimming and pool swimming)."

Earning a spot to compete on the international stage is no easy task. Beyond achieving minimum qualifying times during the qualifying period, the months leading up to the competition required exceptional discipline and hard work. In addition to their regimented strength training, to build upper body and core strength, the two logged thousands of meters in the pool on a daily basis to physically and mentally prepare for the event.

"Several months before the competition, my training is typically 1.5-2 hours and 4,500-6,500 meters per practice, six days per week," said Sara Holman, NRO Aerospace Data Facility — Southwest mission director.

When they're not preparing to compete on the international stage, the twins serve as highly skilled space operations officers, supporting intelligence satellite programs and operations for the NRO.

Despite the competing demands of a 24/7 military operations schedule, their shared enjoyment of swimming and fitness keeps them committed to the sport. Both have



Courtesy photo

Capt. Sara Holman, National Reconnaissance Office Aerospace Data Facility-Southwest mission director, and Capt. Mary Holman, NRO Operations Squadron mission director, share a smile during the FINA World Masters Swimming Championships at Budapest, Hungary, Aug. 20, 2017. The sisters have been swimming competitively since their high school years, and plan to continue competing in the sport.

BUDAPEST 2017 RESULTS

EVENT	NAME/RANK
3-Kilometer Open Water	Sara/2nd, Mary/8th
800-Meter Freestyle	Sara/4th, Mary 8th
400-Meter Freestyle	Sara/8th, Mary/14th
400-Meter Individual Medley	Sara/12th, Mary/18th
200-Meter Backstroke	Sara/13th, Mary/23rd
200-Meter Freestyle	Sara/14th, Mary/21st

swam competitively since high school, followed by collegiate swimming careers with the University of South Dakota, U.S. Masters swimming meets, and most recently, FINA's international competitions.

"It's always exciting traveling to a different country and meeting other swimmers from around the world while representing the United States," Sara said. "There's fierce competition since everyone has trained very hard to get to that level, but it's also a big social event that brings people

together through their shared love of the sport."

Their enthusiasm for the sport will not wane anytime soon; with Budapest behind them, the two already have their sights set on the next major competition.

"Sara and I are hoping to compete in the 2019 World Championships in Gwangju, Korea," Mary said. "This coming summer we can look forward to the Pan American Masters Championships in Orlando."



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DOMESTIC VIOLENCE AWARENESS MONTH: Will you stand up?

By Dave Smith

21st Space Wing Public Affairs staff writer

PETERSON AIR FORCE BASE, Colo. — October is Domestic Violence Awareness Month, designed to increase awareness and understanding of a topic not often brought into the open. This year is the 30th year the campaign has taken place.

“It’s important that we recognize this month because it’s an issue that keeps growing in our society,” said Shirley Crow, 21st Medical Group, domestic violence victim advocate at Peterson Air Force Base, Colorado. “Not that it’s new, but it is very hidden and (kept) behind closed doors.”

DVAM got its start in 1981, evolving from the National Coalition Against Domestic Violence’s Day of Unity for the purpose of connecting advocates across the nation who were doing similar work attempting to end violence against women and children. The day grew into a week of activities taking place at the national, state and local levels.

According to information from the NCADV some common themes developed as awareness efforts advanced. Three prevalent themes emerged: mourning those who died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence. The initial DVAM was held October, 1987 and the first national domestic violence hotline was established that year.

On September 14, 2016, 38 of 45 identified domestic violence programs in Colorado participated in the National Census of Domestic Violence Services. During the 24-hour snapshot participating agencies in the state reported:

- 919 victims were served.
- 476 victims took refuge in emergency shelters or transitional housing.
- 443 adults and children received non-residential assistance and services.
- 338 hotline calls were answered.
- 253 requests for services went unmet due to lack of resources. Nearly 70 percent were for housing.

“Hopefully the campaign reaches people so they know there is help,” said Kisa Corcoran, 21st MDG domestic violence victim advocate. “We hope to destigmatize domestic violence over time. After victims are safe, it allows the survivors to talk about it and people to know they are not alone.”

“We want people to understand domestic violence more and understand how devastating it is,” Crow said. “We want them to see it is increasing in numbers and severity, for both the military and civilians.”

Up until recently the statistics stated that one of every four women had been victims of physical violence by an intimate partner in their lifetime. Now CCADV data shows the number has dropped to one in three.

Crow and her cohorts work to make sure victims of domestic violence know their rights in the military and civilian worlds. They also provide resources to help victims and their families in both settings.

“Our job is to support the victim,” said Crow. “Our job is to help them with safety planning. We can help them make a decision to leave (the violent situation) and then how to stay safe, or to know what resources are available if they decide to stay.”

Both women stated it is important for victims to know visits to their office are strictly confidential. They do not have to report to anyone else on the matter.

Local needs mirror the data from the NCDVS survey. The most frequent services sought through her office are legal support and help, Crow said. Following that are requests for

DVAM
Domestic Violence Awareness Month


1 in 3
Women have been victims of physical violence by an intimate partner in their lifetime

3
Women are killed each day by current or former intimate partners

1 in 7
Violent crimes are between intimate partners

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH
WILL YOU STAND UP WITH US?

Will you
Stand Up?

 #DVAM2017
www.ccadv.org

Courtesy graphic

alternative housing. For housing needs advocates contact local non-profit organization TESSA.

“They have grants for this and are trying to expand those services,” Crow explained.

Because there are no resources for children victims on PAFB those needs are also referred to TESSA. The organization has resources to help children deal with being victims or witnesses to domestic violence, and understand what is happening.

There are a few events taking place on PAFB connected to DVAM. There will be training offered on Wingman Day, Oct. 27 and Crow will make a presentation titled “Why She Stands” on that day. Silent witness cutouts will be located in the Mission Support Group building and messages will be placed on the marquees at base entrance gates.

For more information Crow can be reached at (719) 556-8571.



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BASE BRIEFS

Don't forget to check out facebook.com/SchrieverAirForceBase for more events.

HPP has limited services

The Health Promotion Office will have limited services now until Oct. 26. For assistance or any questions, call 567-3948 to speak in reference to classes or body fat analysis. Dietician appointments will still be conducted. Contact Tiffany Brunton at 556-5787 or 556-4292 to schedule an appointment. For all other questions, contact 567-1835.

ON-BASE

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. Below are safety tips from the Fire Prevention office.

1. Make a home escape plan: draw a map of your home with all the doors and windows.
2. Know at least two ways out of every room. Make sure all the doors and windows open easily.
3. Have an outside meeting place a safe distance from the home where everyone should meet.
4. Practice your fire drill during the day and at night twice each year. Practice using different ways out.
5. Teach children how to escape on their own in case you can't reach them.

Auto extrication demonstration

There will be an auto extrication demonstration in the parking lot between Building 210 and Ent Credit Union at 11:30 a.m. Oct. 11. Watch the Schriever Fire Department in action to remove a vehicle around a victim using the "jaws of life" and other specialized rescue tools to safely remove the patient. There are 6.2 million auto accidents each year. In the U.S., 2.4 million are injured, 35,000 are killed and 96 people die every day in vehicle crashes. It is important to use a seat belt in every seat and on every trip. Drive without distractions; do not use a cell phone or text while driving. For more information, contact the Fire Prevention Office at 567-3370.

50th CPTS closure

The 50th Comptroller Squadron will be closed for an official function Oct. 12. For any questions, contact your first sergeant or 237-5863 for emergencies.

Legal Office closure

The Legal Office will be closed Oct. 12 for a DV visit. We will reopen 7:30 a.m. Oct. 13.

AF Community feedback requests extended

Military members and civilian employees received an email and spouses received a postcard in the mail requesting participation in a survey. This survey will help Schriever

leadership better understand the needs of Air Force members and families and the gaps that exist in the quality of life at Schriever. Before Friday, go to: www.rand.org/af-feedback and select "Take the Survey." Access codes are being sent to the official Air Force email addresses of U.S. active duty, guard and reserve Airmen and civilian employees. If you are missing the survey access code, contact Maj. Mark Oliver at usaf.jbsa.afmoa.mbx.af-community-feedback-tool@mail.mil.

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 building's duty day. For any questions or concerns, contact Robert Matthias at 567-3480.

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

Tuition assistance briefing followed by education counseling 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.

OFF-BASE

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, Colorado. The guest speaker for Oct. 12 will be Sterling Chase with an overview of Martial Arts for Seniors. Call 556-7153 for more information.

Pikes Peak Comic Con

Pikes Peak Comic Con will take place 9 a.m. - 4 p.m. Oct. 14 at Pikes Peak Community College. The event is free for Department of Defense card holders, first responders and PPCC Students. General admission is \$12. For more information, contact David Raines at 567-3554.

CCAF Fall Graduation Ceremony

Please join us for the Community College of the Air Force Fall Graduation Ceremony at 2 p.m. Oct. 17 at Peterson Air Force Base, Colorado. Help us celebrate the achievements of the military men and women of the Air Force Space

Command. To RSVP for the ceremony, visit <https://invitations.afit.edu/inv/anim.cfm?i=364984&k=016746007353>.

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 the 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.

Cub Scout troops seeks recruits

The local Cub Scout Pack 808 is recruiting ages 7-10. 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.

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.

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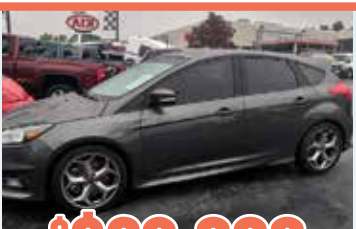
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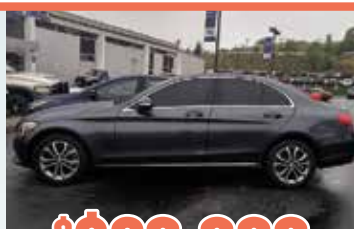
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DANCE THEATRE
COME CELEBRATE ARTS MONTH 2017 at

★ **Swingin' with the Stars** ★
A Ballroom Dancing Event

Enjoy a stellar evening night of cocktails, appetizers, and championship ballroom dancing featuring some of Colorado's finest professionals. Social dancing to follow.

Sunday, October 8th, 2017
from 4:00pm—8:00pm

Stargazers Theatre
10 S. Parkside Drive, 80910

Advance tickets: \$35 single, \$60 per couple
At-the-door tickets: \$40 single, \$70 per couple

Purchase tickets at csdance.org



★ Stargazers ★ STAR BANK ★ ARTS MONTH ★ give! ★ KIRKPATRICK FAMILY FUND ★ THE INDEPENDENCE CENTER

October is **ARTS MONTH** engage.

ENJOY THE ARTS ALL OCTOBER AT **THE OPEN-MINDED GOLD ROOM**

PROUD TO PARTNER WITH THESE FELLOW ARTS ORGANIZATIONS:

THIS WEEK'S SCHEDULE:

OCTOBER 4	KCOS DIGITAL MEDIA PRESENTS: THE BEAT GOES ON featuring COSMIK BLUES APOTHECARY FREE!	KCOS
OCTOBER 5	PEAKS AND PASTIES CHAMPAGNE CABARET BURLESQUE VARIETY SHOW Featuring <i>Feminist Pirate Chanty</i> \$10 GA \$15 VIP	PEAKS
OCTOBER 6	PEAKS AND PASTIES CHAMPAGNE CABARET "NEW YORK, NEW YORK" FEATURING LIL MISS LIXX from New York City \$15 GA \$25 VIP	PEAKS

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THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS



Content provided by the Colorado Springs Military Newspaper Group

CLUBS & ORGANIZATIONS

Pikes Peak Music Teachers Association General Meeting and Program Presentation, providing members with opportunities for professional growth through informative workshops, performance opportunities for students as well as teachers, and social activities. Second Tuesday of every month, 9-11 a.m.; through May 8. Free. Graner Music - Barnes, 4460 Barnes Road, 231-9272, skmarten@hotmail.com, ppmta.org/meetings-programs1.html.

Pikes Peak Rose Society Monthly Meeting, educational meetings about the growth and use of roses. Please call to confirm dates and times, as they may vary. Fire Station 8, 3737 Airport Road. Second Monday of every month, 6-8:30 p.m.; through Oct. 9. Free. 322-8608, patploegsma@hotmail.com, pikespeakrosesociety.org.

Pikes Peak Woodturners Meet, a chance to learn about making art and useful objects on a woodturner's lathe with woodturners of all ages and experience levels. First Friday of every month, 5:30 p.m. Free. Bemis School of Art at the Fine Arts Center at Colorado College, 818 Pelham Place, 466-1557, KKLiggett@gmail.com, ppwoodturners.org.

The ReEntry BootCamp: An Orientation for Success, learn about the services, opportunities and strategies that can help a person previously incarcerated go from "ex-offender" to contributing community member. First Friday of every month, 10 a.m. to noon. Free. Positive Impact Colorado, 2210 E. LaSalle St., #114, 634-7813, ReEntry@positiveimpactco.org, positiveimpactco.org.

Yarn-tastic!, a meetup for adult handicrafters aged 18 and older. Bring your own project, share ideas and learn new skills. Light refreshments served. First and third Friday of every month, 1-3 p.m. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000, ppdl.org.

COMEDY & IMPROV

Locals Till Last Call, hosted by comedian Melody Klema. Locals Till Last Call showcases a local comedian and band every First Saturday of the month then ends with an Open Mic and Improv. First Saturday of every month, 8 p.m.-midnight. Free. Gold Camp Brewing Company, 1007 S. Tejon St., 695-0344, LocalsTillLastCall@gmail.com, facebook.com/LocalsTillLastCall.

Scenic Train Ride & Murder Mystery Dinner: Murder Hunts a Ghost, a delicious dinner, spectacular scenery, and a hilarious, interactive murder mystery on the breathtaking Royal Gorge Route Railroad. Sat., Oct. 7, 6 p.m. Royal Gorge Route Railroad, Santa Fe Depot, 401 Water St., Cañon City, 276-4000, redherringproductions.com.

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

Colorado Springs Dance Theatre Presents: Swingin' with the Stars, kicking off Arts Months with an evening of ballroom dancing at Stargazers. Sun., Oct. 8, 7 p.m. \$35-\$40/person, \$60-\$70/couple. Stargazers, 10 S. Parkside Drive, 476-2200, stargazers2525@aol.com, csdance.org.

CommuniDance, a free-form dance group. Saturdays, 9-10 a.m. and Wednesdays, 6-7 p.m. By donation. Movement Arts Community Studio, 525 E. Fountain Blvd., #150, 963-1809, communidance.com.

World Dance Festival, traditional cultural dances from around the world including Odissi Temple, Bollywood, Tribal and Egyptian Belly Dance, Ballroom and fusion, plus African drumming. Sat., Oct. 7, 7-9 p.m. \$8-\$15. Lon Chaney Theatre, 221 E. Kiowa St., 425-7596, tejasdancershakti@gmail.com, shaktidance-troupe.com.

GET INVOLVED

13th Annual Coats & Cans Community Drive, collecting new or gently used clothing, coats, gloves, blankets and non-perishable food items. Donations benefit local charities. Hosted by Harris Group Realty. Mondays-Fridays, 8:30 a.m. to 4:30 p.m.; through Nov. 13. Harris Group Realty, Inc., 7011 Campus



COMEDY & IMPROV

Comedy Open Mic, open to comedians of all levels of experience. Sign-up begins at 8 p.m., open mic at 8:30 p.m. Tuesdays. Free. The Theater on Pecan, 1367 Pecan St., 377-2147.

Drive, Suite 210, 227-9900, barbara@barbaraharristeam.com, HarrisGroupRealtyInc.com.

4th Annual Fountain Creek Week Cleanup, a volunteer effort to clean up the Fountain Creek Watershed. Individuals and groups are invited to form a creek crew to visit one of 30 sites. Registration required. Through Oct. 8, 8 a.m. to 5 p.m. Free. 668-4686, creekweek-soco@gmail.com, fountaincreekweek.com.

Creek Week Clean Up: Sand Creek Trail, an opportunity to clean a section of Sand Creek Trail from S. Academy to Fountain as part of the 4th annual Creek Week. All ages, all group sizes welcome. Registration requested. Sat., Oct. 7, 9:30 a.m. to noon. Free. Southeast YMCA, 2190 Jet Wing Drive, 329-7233, jslivka@ppymca.org, facebook.com/SoutheastSprings.

National MS Society Volunteer Open House, learn how you, your group, or your company can support the National MS Society through volunteering. Refreshments will be served. RSVP requested. HeathSouth Rehabilitation Hospital, 325 S. Parkside Drive. Tues., Oct. 10, 5:30-7 p.m. 303/698-5446, nicole.odell@nmss.org.

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.

HEALTH & WELLNESS

Essential Oils "101 Class", learn how to replace your home's toxic chemicals with Young Living Essential Oils products. Sample a variety of "the best essential oils on the planet." Gift back included. Sat., Oct. 7, 1-2:30 p.m. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 237-4717, diane.mary0508@gmail.com.

Mindful Resilience Yoga Therapy, a class designed for combat veterans with PTSD, taught by a veteran. "Students learn the tools of mindful resilience to help cope with the symptoms of their trauma." Saturdays, 12:30-1:30 p.m. Free for veterans and active duty personnel. Hot on Yoga, 5740 Carefree Circle North, #360, 440-4800, support@hotonyoga.com, hotonyoga.com.

NAMI Basics, a six-week class for parents or caregivers of a school-age child who is experiencing symptoms of a mental illness or has already been diagnosed. Registration required. Mondays, 11:30 a.m. to 2 p.m. and Wednesdays, 6-8:30 p.m.; through Nov. 15. Free. Downtown, various venues, 473-8477, volunteer@namicos.org, namicoloradosprings.org.

Wellness Wednesday: Meditation and Yoga, a 20-minute meditation session, followed by a one-hour yoga session. Registration requested. Wednesdays, 11:30 a.m. to 1 p.m.; through Dec. 6. Free. GOCA 1420 at UCCS, 1420 Austin Bluffs Pkwy., 255-3504, gallery@uccs.edu, uccs.edu/goca.

Yoga Wall Training, learn how to use this tool that cultivates a deeper awareness and un-

derstanding of alignment. Discover the principles of this prop-based, therapeutic yoga practice. Oct. 6-8, 9 a.m. \$395. Yoga Studio Satya, 1581 York Road, 203-4525, yogastudiosatya@gmail.com, yogastudiosatya.com.

MUSEUMS & ATTRACTIONS

Michael Garman Museum, 2418 W. Colorado Ave., 471-9391, customerservice@michaelgarman.com, michaelgarman.com/magic-town. Spooky Magic Town, peruse Michael Garman's 3,000-square-foot cityscape, which got a spooky makeover for Halloween with an optional scavenger hunt and holographic appearances by local actors and Garman himself. Through Oct. 31, noon to 5 p.m. \$3-\$5.

The Money Museum, 818 N. Cascade Ave., 632-2646, money.org. *Trenches to Treaties: World War I in Remembrance*, featuring coins and more from World War I, including rare military decorations, personal items carried by soldiers in the field, dog tags and more. Through Nov. 1.

Space Foundation, 4425 Arrowswest Drive, 576-8000, media@spacefoundation.org, discoverspace.org. Space Foundation Discovery Center Birthday Celebration, celebrating its 5th birthday with Science On a Sphere® Tours of the solar system, Mars robotic rover driving and space-themed arts and crafts. Sat., Oct. 7, 10 a.m. to 4 p.m. Free.

Western Museum of Mining and Industry, 225 Northgate Blvd., 488-0880, info@wmmi.org, wmmi.org. *The Disappearing Mining Landscape of Grant County, New Mexico*, an exhibit utilizing photography, geological samples and information to document all the districts of the historical mining landscape of Grant County, New Mexico. Through Dec. 9.

RECREATION & OUTDOORS

Agritourism Workshop, bringing together experts to discuss what agritourism means, ways to find out what visitors want to see, resources to launch an agritourism business and how to understand and manage risk in the industry. Fri., Oct. 6, 8:30 a.m. to 12:45 p.m. and 8:30 a.m. to 3 p.m. \$25/workshop; \$35/workshop and tour. Colorado State University Extension Office, 17 N. Spruce St., 520-7690, micheleritchie@elpasoco.com, el-paso.extension.colostate.edu.

Elk Bugling Hike, an opportunity to witness bull elk seeking out and competing for females along a guided, three-mile hike. Sign-up required. Ages 10 and older. Sat., Oct. 7, 5:30-7:30 p.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

Farish Family Walk, a walk with The Falcon Wanderers and USAFA Farish Outdoor Recreation. The routes are rated 3B. Brats, hot dogs, chips and drinks available for purchase. Sat., Oct. 7, 8 a.m. to noon. Free. Farish Recreation Area, Loy Creek Road (follow the signs), Woodland Park, 333-4475, walking@falconwanderers.org, usafasupport.com/outdoor-recreation.html.

Hike: Lost and Geer Ponds, an invigorating, guided, five-mile hike through dense forest, open meadows and by two ponds. Meet at Homestead Trailhead. Sat., Oct. 7, 1-3 p.m. Park pass required. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, cpw.state.co.us/placestogo/Parks/Mueller.

SPECIAL EVENTS

5th Annual Goodnight Barn Chuck Wagon Dinner/Fandango & Fundraiser, a dinner and entertainment to "honor the Vaquero," who taught the American cowboys everything they needed to know. Features storyteller Angel Vigil, music by Charros del Alazon, western exhibits and more. Sun., Oct. 8, 2-6 p.m. \$50. Union Depot, 132 W. B St., Pueblo, 719/542-4458, laurelcampbell@comcast.net, goodnightbarnpueblo.org.

8th Annual First & Main First Saturdays Car Show, featuring a different host club each month, which will provide a number of cars both old and new to peruse. There will also be vendor booths. First Saturday of every month, 8-10 a.m.; through Oct. 7. Free. First & Main Town Center, 3350 New Center Point, 955-6060, info@nor-wood.com, firststandmain-towncenter.com.

First Saturday Pawtluck with Catorado Springs, a social day outside for cats and their owners. Bring some of your cat's favorite treats to share, or bring human snacks. Catorado Springs will be providing MiceCream (kitty-friendly ice cream). Fountain Park, 901 E. Fountain Blvd. Sat., Oct. 7, 1-3 p.m. Free. facebook.com/catoradosprings.

Pancake Breakfast in the Sukkah, with live violin featuring Disney tunes and Klezmer music. Enjoy pancakes cooked by Rabbi Jay Sherwood and his wife Lisa. Sun., Oct. 8, 9-10 a.m. Free. Temple Shalom, 1523 E. Monument St., 634-5311, janjones@live.com, templeshalom.com.

Starting Over: A Relationship Recovery Workshop, combining a practical, hopeful message with group interaction. "Walk away with hope, new supportive relationships and practical guidelines." Mondays, 6:30-8:30 p.m.; through Oct. 16. \$55. Woodmen Valley Chapel, 290 E. Woodmen Road, 388-5000, mark@startingoverworkshops.com, startingoverworkshops.com/workshops.

Stories at the Strong, featuring tall tales of mining history, demonstrations of hard rock mining equipment and techniques, and a chance to see the surface plant and hoist house of the Strong Mine. Sat., Oct. 7, 11 a.m. to 3 p.m. \$10. The Strong Mine, Diamond Ave., Victor, 689-5509, museum@victorcolorado.com, victorcolorado.com.

VGBC Craft Fair, with more than 50 vendors selling home decor, homemade bath and body products, crocheted items, handmade jewelry, jam, bows, scarves, blankets, quilts and more. Sat., Oct. 7, 8 a.m. to 3 p.m. Free. Vista Grande Baptist Church, 5680 Stetson Hills Drive, vgbccraftfair@gmail.com.

STAGE

Baskerville: A Sherlock Holmes Mystery, featuring these classic, intrepid investigators trying to escape a dizzying web of clues, silly accents, disguises and deceit as five actors deftly portray more than 40 characters. Wednesdays-Sundays, through Oct. 29. Tickets start at \$20. Colorado Springs Fine Arts Center at Colorado College, 30 W. Dale St., 634-5583, fac@coloradocollege.edu, cs-fineartscenter.org.

Dragonfly Aerial Fall Performance, a student performance of folks from Dragonfly Aerial Company, which provides aerial acrobatic instruction and fitness bootcamps for beginners through professional level. Sun., Oct. 8, 4 p.m. \$10. Millibo Art Theatre, 1626 S. Tejon St., 818/470-5408, dragonflyaerialco@gmail.com, dragonflyaerialco.com.

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@iron-springschateau.com, ironspringschateau.com.

The Toxic Avenger Musical, a comedic and romantic Halloween musical, based on Lloyd Kaufman's 1984 cult classic film. Fridays, Saturdays, 7 p.m. and Wednesdays-Sundays, 1 p.m.; through Oct. 28. Butte Theater, 139 E. Bennett Ave., Cripple Creek, buttetheater.com.

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7834 Pinfeather Drive - Fountain Mesa - \$378,500



Under construction classy 3274 sq. ft. (2267 sq. ft. finished) 2-story with 4 bedrooms, den, 3 1/2 baths, & 5-car tandem garage. Gas log fireplace. Island kitchen with stainless steel appliances (including refrigerator & wine refrigerator), slab granite counters, & 42" cabinets with crown molding. Luxury vinyl tile flooring (LTV) & upgraded carpet & tile. 5-piece master bath. Slab granite throughout. Open great room floor plan. Walkout unfinished basement. HTV quality throughout. Close to Fort Carson & Peterson AFB. Easy access. Ready end of December. MLS# 3812099

13911 Bandanero Drive - 4 Way Ranch - \$424,000



To be built 2051 sq. ft. 3 bedroom, 2 bath stucco rancher on 4.1 acres. Upscale neighborhood 5 minutes to Falcon Town Center. 3-car garage. Open great room floor plan full of light & sunshine. Hardwood & wood laminate flooring. Large kitchen with birch cabinets, black appliances, & crown molding. Gas log fireplace. No HOA, but there are covenants. MLS# 1424861

5910 Treelendge Drive - Vista Mesa - \$479,000



Classy 4401 sq. ft. 6 bedroom, 4 bath 2-story with 3-car garage on a beautifully landscaped 0.47 acre cul de sac lot backing to open space & trail system. Hardwood flooring. New carpet & paint. 5-piece master bath. Glass block accents in 3 baths. See-through gas log fireplace. Covered front porch. Island kitchen with stainless steel appliances. Large composite deck. Garden level basement with home theatre room. MLS# 6864150

9561 Pomeroy Court - 4 Way Ranch - \$513,525



New home on 3.43 acres under construction. Spec home by Chartercraft Homes on acreage less than 10 minutes to Falcon Town Center. 4088 sq. ft. open concept floor plan with 6 bedrooms, 3 baths, & 4-car garage. Slab granite gourmet kitchen with walk-in pantry, eating bar, & sunny bayed eating nook. Double ovens & microwave. Formal dining with arched entries. Slab granite 5-piece master bath. 10' ceilings on main level. Full length covered rear patio. 2x6 construction. Stucco exterior. Paved driveway. MLS# 1662583

MORE GREAT LISTINGS

- 14655 Irwin Drive Park Ridge • \$39,000 Land
- 14385 Park Canyon Road Park Ridge • \$41,000 Land
- 1650 Aldrin Place Park Ridge • \$41,000 Land
- 1680 Aldrin Place Park Ridge • \$41,000 Land
- 1710 Aldrin Place Park Ridge • \$41,000 Land
- 22 Audubon Drive Southeast • \$49,500 Land
- 14705 Irwin Drive Park Ridge • \$51,000 Land
- Sunrise Peak Drive Crystal Park • \$55,000 Land
- 1655 Aldrin Place Park Ridge • \$59,000 Land
- 1715 Aldrin Place Park Ridge • \$59,000 Land
- 1740 Aldrin Place Park Ridge • \$65,000 Land
- 5050 Nepper Valley Road Crystal Park • \$70,000 Land
- 5195 Crystal Park Road Crystal Park • \$70,000 Land
- 6055 Big Horn Road Crystal Park • \$70,000 Land
- 331 Panther Court Woodland Park • \$74,900 Land
- 1352 Sun Valley Lane Crystal Park • \$78,000 Land
- 6860 Eagle Mountain Road Crystal Park • \$78,000 Land
- 5655 Founders Place Crystal Park • \$85,000 Land
- 565 Sunrise Peak Drive Crystal Park • \$85,000 Land
- 545 Sunrise Peak Drive Crystal Park • \$85,000 Land
- Forest Road Manitou Springs • \$95,000 Land
- 0000 Waterfall Loop Crystal Park • \$95,000 Land
- 1521 Monterey Road Spring Creek Traditional • \$99,900 Land/Under Contract
- 1661 Monterey Road Spring Creek Traditional • \$99,900 Land/Under Contract
- 1647 Monterey Road Spring Creek Traditional • \$99,900 Land/Under Contract
- 454 Palmer Trail Crystal Park • \$145,000 Land
- 422 Highlands Drive Canon City • \$149,900 Land
- 18310 Good Life View Eastern Plains • \$150,000 Land
- 19270 Good Life View Eastern Plains • \$156,000 Land
- 19511 Good Life View Eastern Plains • \$156,000 Land/Under Contract
- 18165 Prairie Coach View Eastern Plains • \$167,000 Land
- 18166 Prairie Coach View Eastern Plains • \$167,000 Land
- 3790 Strawberry Field Grove #A Southwest • \$185,000 Condo/Under Contract
- 37480 Highway 94 Yoder • \$280,000 Under Contract
- 8147 Cooper River Drive Briargate • \$325,000 Under Contract
- 8476 Cypress Wood Drive Banning Lewis Ranch • \$339,000 New Construction/Under Contract
- 6627 Cottonwood Tree Drive Banning Lewis Ranch • \$359,900 New Construction
- 5465 Wilson Road Mountain Shadows • \$420,000
- 5949 Rowdy Drive Wolf Ranch • \$438,500 New Construction/Under Contract
- 4409 Argyll Circle Bridlewood • \$450,000
- 9237 Kathi Creek Drive Wolf Ranch • \$453,525 New Construction/Under Contract
- 6020 Cabbage Drive Wolf Ranch • \$503,500 New Construction/Under Contract
- 13716 Gilbert Drive 4 Way Ranch • \$507,700 New Construction
- 6073 Cerjan Circle Wolf Ranch • \$602,675 New Construction/Under Contract
- 17475 W. Cherry Stage Drive Cherry Creek Crossing • \$675,000 New Construction
- 5255 Chimney Gulch Way Cordera • \$675,000
- 531 Lucky Lady Drive Woodland Park • \$995,000
- 230 Crystal Park Road Crystal Park • \$995,000

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This Week's Puzzle Answer

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UNIVERSAL CROSSWORD

By Timothy E. Parker



JUST SAY COO

ACROSS

- 1 Shower alternative
- 5 Spaniard's black
- 10 Strikeout letters
- 14 Healing succulent plant
- 15 Enjoyed and how
- 16 Sword with a bell guard
- 17 I'm no silly goose (Part 1)
- 20 Layers
- 21 Dotted
- 22 Bird's home
- 24 Drunk
- 25 Cunning threesome?
- 26 Bit of casual wear
- 29 Sir's counterpart
- 31 Tough thing to crack
- 33 Opera feature
- 35 Singer Kristofferson
- 37 Horse checkers
- 41 I'm no silly goose (Part 2)
- 44 With more schemes
- 45 Knitter's material
- 46 Faction
- 47 Chairman of China, once
- 49 Droops
- 51 Stitch
- 52 Donkey
- 55 I'm no silly goose (Part 3)
- 57 Boisterous laughs
- 59 Some bank transactions
- 62 Certainly isn't truthful with
- 66 I'm no silly goose (Part 4)
- 68 Untarnished
- 69 Ineffectual
- 70 "Must have been something ___" (Burp!)
- 71 Prom attendee
- 72 Stiff hairs or bristles, such as on caterpillars
- 73 Burrows and Lincoln

DOWN

- 1 Howls like a hound
- 2 "... look ___ like Christmas"
- 3 Go sightseeing
- 4 Defender of Castle Grayskull
- 5 Japanese port
- 6 Verb suffix in the Bible
- 7 Receives
- 8 Becomes corroded
- 9 Choice
- 10 Dole's running mate of 1996
- 11 Common fruit
- 12 Neighbor of Saudi Arabia
- 13 Does a spring job on the farm
- 18 Thing on an agenda
- 19 Favorable trend on Wall Street
- 23 Loiter
- 26 Crow sounds
- 27 Seed case
- 28 Feel sorrow for
- 30 Mythical greedy king
- 32 She's quite the Hardy lass
- 34 "Pardon me there, buddy ..."
- 36 Utilize a garden hose
- 38 Nile wading birds
- 39 Like a streaker
- 40 Ratatouille, for one
- 42 One way to cook beef
- 43 With hooves
- 48 Inflammation of the ear
- 50 Material for a birthday suit?
- 52 Acclimate
- 53 Transition
- 54 Extra
- 56 Material for many statues
- 58 Tone of old photos
- 60 Sign of things to come
- 61 Beef fat
- 63 Hunk
- 64 London's national art gallery
- 65 Cries from court officers
- 67 Tax expert (Abbr.)

ANSWERS CAN BE FOUND IN THE SMALL BUSINESS DIRECTORY

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*2018 Subaru Forester not as pictured



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