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Building 300 auditorium closure

The Building 300 auditorium will not be available until Feb. 2 due to equipment installation. To reserve other conference rooms, call Multimedia customer service at 567-5090.

Legal Office changes operating hours

The 50th Space Wing Legal Office is closed daily from 11:45 a.m. — 12:45 p.m. If you have a deployment-related issue or need to contact a member of the staff, call 567-5050 for assistance.

Claims against the estate

With deepest regret to the family of Senior Airman Neill T. West III, if anyone has claims against the estate of West, please contact 2nd Lt. Rachel Rivera at 567-2686.

ON-BASE

Marriage workshop for military couples

Invest in your relationship by attending a healthy marriage workshop and discover the essentials for creating a thriving marriage. The workshop will take place 8:30 a.m. — 4:30 p.m. Feb. 8 at the Schriever event center. Lunch will be provided for all participants. To register, visit, myrelationshipcenter.org or call 720-488-8888.

More Briefs page 14

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



INSIDE

- Class helps expecting parents..... 2
- Legal members serve Schriever..... 4
- Triathlon to encourage exercise..... 5



50th SW holds first 2018 commander's call



U.S. Air Force photo by Dennis Rogers

Col. Jennifer Grant, 50th Space Wing commander, answers questions during an all-call at Schriever Air Force Base, Colorado, Jan. 10, 2018. Grant provided the opportunity for a question and answer segment, which encouraged Schriever members to speak up about matters important to them.

By Senior Airman Arielle Vasquez 50th Space Wing Public Affairs

The 50th Space Wing commander shared insight about the wing's direction during the first commander's call of the year in the Building 300 auditorium Jan. 10.

"It helps when we come into the New Year to reconsider why we are here and what we do," said Col. Jennifer Grant, 50th SW commander. "We need to know the direction we're going and how we fit into the picture."

During the all-call, Grant reviewed the 50th SW mission, vision and priorities with Schriever Airmen.

50th SW mission: Evolve space and cyberspace warfighting superiority through integrated and innovative operations.

"We need to look on the horizon and see what our adversaries are doing and what to anticipate," Grant said. "We need to constantly look for new ways to do things and maintain the edge we have."

50th SW vision: One team ... mastering

space and cyberspace operations ... now and into the future.

"We are the Master of Space and we have to stay that way," Grant said. "This means that we as one team need to be in sync and know the value of every organization in this wing."

50th SW priorities: Successfully and innovatively execute today's operations, plan and posture for tomorrow's engagements and take care of our Airmen and families always.

See **Commander** page 6

Take advantage of Breckenridge, other ITT opportunities

By Senior Airman William Nash 50th Comptroller Squadron

As Airmen, we have the opportunity to be based anywhere from the deep south to the northern reaches of Alaska, small atolls in the middle of the Pacific Ocean and to the leafy English countryside. With such a plethora of locations, it's easy to forget how breathtaking Colorado is, and how lucky we are to live here.

Colorado is full of vast vistas, great sand dunes, endless trails, raging rapids and mountains laden with powder, giving us year-round opportunities to be an explorer.

The Air Force encourages Airmen to embrace local cultures and environments, becoming more productive and dynamic warfighters.

One exploration avenue is the 50th Force Support Squadron's Outdoor Recreation Information Tickets and Tours office, located in Building 300, Room 133.

The ODR/ITT offers a multitude of discounted tickets and trips to places such as Cape Canaveral, Florida, and Colorado's world-renowned ski resorts.

"The ODR/ITT is not exclusive to providing tickets, but to also provide information on local and national deals that you couldn't necessarily find online," said Juliana Yim, 50th FSS ODR director.

One such ski resort town is Breckenridge,

See **Opportunities** page 11



U.S. Air Force photo by Senior Airman William Nash

Snowcapped Rocky Mountains can be seen from Breckenridge Ski Resort, Breckenridge, Colorado, Dec. 17, 2017. Breckenridge offers a variety of activities for both skiers and tourists alike, such as snowmobile tours, snowshoeing and tubing.

Bundles for Babies class helps expecting parents

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

The Airman and Family Readiness Center provided an opportunity for expecting parents to learn important child care methods and receive expert advice during a free Bundles for Babies class Jan. 10.

A handful of Airmen attended the class, which covered everything from proper use of car seats to financial preparation.

“The class is a great source for new parents,” said Liz Archuleta, 50th Force Support Squadron community readiness consultant. “It details the many resources available for them and what to expect.”

The start of the class gave participants a chance to introduce themselves; most were first-time parents.

They spent the evening learning from several childcare experts, such as Staff Sgt. Ashley Green, Advanced Space Operations School non-commissioned officer in-charge of executive services and command section, who shared the importance of making sure parents use child car seats properly — citing her own personal experience.

“Seven years ago, I was a first time parent. I thought strapping a child into a car seat was as simple as just placing them in the chair and buckling up. I left the straps loose, put the seat front facing, and I did everything wrong,” she said. “Luckily, my ex-husband knew how to do it properly. On Feb. 25, 2014, my ex-husband and I were on the way to the hospital as I was going into labor. He ran a red light and we crashed.”

Her daughter survived thanks to being properly secured in her car seat.

Since then, Green said she dedicated part of her life to raising awareness of proper car seat use, sharing how parents should always strap their children in securely, but not too tight, rear facing and with the chest clip at armpit level.

Other briefings included a presentation



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

Cheryl Jensen, Airman and Family Readiness Center community readiness consultant, hands a gift bag to an attendee during the A&FRC’s “Bundles for Babies” class at Schriever Air Force Base, Colorado, Jan. 10, 2018. Participants received free gift bundles after completing the class, each containing various helpful items for new parents, such as a \$50 Army and Air Force Exchange Services gift card.

from a Military Family Life Counselor explaining MFLAC services, a Family Advocacy nurse who shared her advice about breastfeeding and Archuleta’s personal financial readiness class, which highlighted the financial costs of rearing a child and ways to manage income.

“New parents tend to buy everything up front, investing in everything right away

when they should spread it out as the child grows,” Archuleta said. “Becoming a parent is forever, and can be a challenge. Raising a child from one-year-old to 18 costs, on average \$200,000 — 250,000. The benefit of being a military member is you have things like Tricare and family advocacy to cut costs.”

The “bundles” in step with the classes’ namesake, was a bag which featured a \$50

Army and Air Force Exchange service gift card and other goods to help new parents, such as toys, clothes and educational pamphlets. Participants also had a choice of a hand-knitted baby hat.

First time parents Capt. Robert Allen, 3rd Space Experimentation Squadron eagle

See Parents page 9

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Editorial content is obtained from the Schriever AFB public website and based on news releases, features, editorials and reports prepared by the DoD and Air Force newsgathering agencies and the Schriever AFB Public Affairs Office.

TRIRIGA to replace outdated CES legacy system



U.S. Air Force photo by Halle Thornton

Contractors test the new civil engineering information technology system, TRIRIGA, at Schriever Air Force Base, Colorado, Jan. 12, 2018. The system will replace the 1980s legacy system previously used, and will enhance user-capability and accessibility.

By Halle Thornton

50th Space Wing Public Affairs

An Air Force-wide civil engineering information technology system was tested at Schriever Air Force Base, Jan. 8-12.

The new system is a commercial, off-the-shelf maintenance software called TRIRIGA Real Property, and was first tested at Andrews AFB in 2014.

The 50th Civil Engineering System is currently in the process of replacing the legacy system from the 1980s.

The software provides an integrated asset management structure for 50th CES.

Master Sgt. Michael Watrous, 50th CES superintendent of operations and engineering, explained contractors update TRIRIGA quarterly, but in the past they haven't had

access to the AF network, so they tested it on their contracted network.

"With the Air Force network, everything doesn't always work the way it's supposed to, so they (contractors) are at Schriever making sure all the updates are working across the network," he said.

See **Software** page 7

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Legal members serve Team Schriever

By Senior Airman Arielle Vasquez
50th Space Wing Public Affairs

If you ever had landlord issues, need a power of attorney or even a last will and testament, the 50th Space Wing Staff Judge Advocate's office has you covered.

The 50th SW JA office is here to assist Team Schriever by providing services to ensure members have their personal and legal affairs in order.

"We're here to serve the base and members from other branches," said Capt. Eshawn Rawlley, chief of military justice. "We provide legal advice and guidance to commanders and service members to help them overcome any obstacles."

The 50th SW JA office is comprised of several sections to include civil law, operations law and military justice.

An important function Rawlley manages is military justice. "My chief role is to give advice to commanders when there is Uniform Code of Military Justice action to be taken," he said. "I ensure cases are timely and adjudicated with the goal of preserving good order and discipline."

Another component of the JA office is civil law. "In civil law, my focus is mainly reviewing government contracts and government ethics," said Jason Templin, 50th SW JA civilian attorney. "I also do environmental reviews. Even though we do not generate a lot of environmental work at Schriever, we do have geographically separated units we're responsible for."

The JA office also provides legal assistance to service members, retirees and dependents, covering anything from debt collector issues, landlord-tenant disputes and wills.

"The biggest part of legal assistance is wills and powers of attorney especially for people who are deploying," Templin said. "It's not required, but strongly encouraged. A lot of people don't think about it, but it's important."

Rawlley concurred. "Any Airman who comes in for legal assistance, is assigned to an attorney to help overcome any obstacles they may be facing," he said. "One thing members should know is they are entitled to confidentiality."

To make it even easier to receive legal assistance, Airmen



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

50th Space Wing Staff Judge Advocate's office members gather in the court room at Schriever Air Force Base, Colorado, Jan. 16, 2018. The 50th SW JA office is comprised of several sections to include civil law, operations law and military justice.

See **Justice** page 7


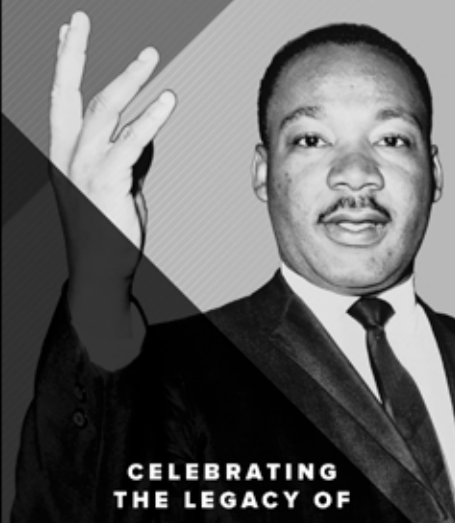


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8—10 a.m.
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"Living the Legacy: A Call to Action"
El Pomar Sports Center, Reid Arena
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Tickets are \$7 and only at the Worner Campus Center information desk. Tickets will not be sold at the door and are available January 8—14. Tickets are free for CC students. Limited seating available. Doors open at 7:30 a.m.

10 a.m.—Noon
"We are the Legacy"
A Community Rally & March
Worner Campus Center
902 N. Cascade Ave.
The march will conclude at Acacia Park. Free and open to the public. No tickets required.

7 p.m.
Cleo Parker Robinson Dance Ensemble
Armstrong Hall, Kathryn Mohrman Theatre
14 E. Cache La Poudre St.
Special Guests: Gospel Music Workshop of America — Colorado Springs Chapter Choir
Reception follows. Free and open to the public. No tickets required. Doors open at 6:30 p.m.

MONDAY, JAN. 22, 2018
11:15 a.m.—12:15 p.m.
First Mondays
Armstrong Hall, Kathryn Mohrman Theatre
14 E. Cache La Poudre St.
Speaker: Nikole Hannah-Jones, award-winning investigative reporter for the *New York Times Magazine*.
Free and open to the public. No tickets required.

Lazyman triathlon to encourage exercise, vary workouts

By Halle Thornton
50th Space Wing Public Affairs

Twenty-eight Schriever Airmen have signed up for the annual Lazyman Triathlon beginning Feb. 1.

This is the 16th consecutive year the Schriever Air Force Base Fitness Center has hosted this competition.

Participants must run 26.2 miles, swim 2.4 miles and ride a distance of 112 miles on a bicycle during the month of February, in no particular order.

The triathlon's process is based on the honor system, and the fitness center provides a tracker that allows competitors to see how many miles or laps they have completed.

Due to the winter weather, participants are able to run or bicycle inside at the fitness center or their own gyms.

Seth Cannello, 50th Force Support Squadron fitness center director, said the event is difficult, and most registrants do not realize how hard it is until mid-month.

"At that time, a majority of the participants panic and either quit or buckle down," he said. "Then they are forced to work out extremely hard the last couple weeks of the month. It's imperative to plan out your month to ensure you're giving yourself enough time. If you don't, you'll never finish."

Registration ends Feb. 7, and you must turn in your tracking sheet before noon March 2.

If a participant completes the event, five Commander's Cup points will be rewarded to their respective squadron.

If you do not finish or turn in your cal-

culator by the deadline, five points will be deducted.

Participants earn T-shirts for competing. Autumn Gray, 50th Contracting Squadron contract specialist, has participated in the triathlon since a coworker originally encouraged her five years ago.

"I also like the time of year they have it," she said. "It's a good mid-winter motivation and sets you up for the spring. It's nice if you have time to fit it into your work day. You can do a little bit each day."

Although she has never participated in a traditional Iron Man triathlon, she has competed in marathons and half-marathons, and enjoys the running portion the most.

"I also enjoy the swimming because on my own I feel like I don't do that enough," she added. "It's such a good workout, and you realize you should be incorporating that into your weekly workouts."

Cannello's goal in offering this variation on a traditional Iron Man is to increase how often people are exercising and to show people they can vary their workouts by adding activities like swimming.

Gray appreciates the flexibility of the competition and said it works out for most people and their different work schedules.

"I enjoy talking to other people who are doing it too because of the tracking," she added. "The accountability piece is really nice, and you get a T-shirt at the end."

For more information or to sign up for the Lazyman Triathlon, contact the fitness center at 567-6628.



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

Athletes participating in the Lazyman Triathlon are given the entire month of February to complete the events of a traditional triathlon. Participants must run 26.2 miles, swim 2.4 miles and ride 112 miles on a bicycle.

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Green Dot program seeks volunteers

By Airman 1st Class William Tracy

50th Space Wing Public Affairs

Now in its third year of implementation, Schriever Green Dot program organizers are seeking volunteers to continue preventing power-based personnel violence and suicide in 2018.

"Now that people are more comfortable with Green Dot terminology and the program, we are able to build upon the first two years," said Dr. Ken Robinson, 50th Space Wing violence prevention integrator. "I think the discussions will be richer in the class because people know what Green Dot is now."

This year's focus will be on culture change and proactive behavior that will strengthen protective factors and relationships. The structure of the classes will remain the same, divided between 60-minute refresher classes for those who have already received prior Green Dot training, and 90-minute initial training for those who haven't.

The four-hour "peer influencer training" will also continue and be offered quarterly.

Robinson said he strives to reach 100 percent wing compliance earlier than last year's date of Oct. 30. To do this, he explained he needs to build the Schriever Green Dot team.

Anyone seeking to volunteer must schedule an interview with Robinson by Feb. 9.

"We are looking for people who are into teaching, have teaching experience, but also have a passion for reducing interpersonal and self-directed violence," Robinson said.

Once approved, volunteers will be asked to attend the Green Dot Front Range training workshop at Peterson Air



U.S. Air Force graphic by James Hodges

Now in its third year, Schriever's Green Dot program leaders rely on the program's familiarity to move it forward and continue its success in the future.

Force Base, Colorado, Feb. 22, to learn this year's curriculum.

Robinson said once volunteers are fully trained, the program is scheduled to kick-off early April.

Staff Sgt. Jordan Tubbs, 50th Civil Engineering Squadron non-commissioned officer in-charge of water and fuel sys-

tems maintenance and Green Dot coordinator, explained the benefits of volunteering.

"You get to enjoy getting out in the wing and teaching the curriculum to people," he said. "It's a good product to teach, and the instructors are great."

While most of the information is being withheld for the workshop, Robinson highlighted changes already being made across the Air Force, such as initial Green Dot training being mandatory for all trainees at Basic Military Training.

"It's beneficial because it starts them thinking about prevention being part of your military life," he said. "The earlier the better, it gives them an idea they have to take care of each other and to look out for signs."

Additionally, Green Dot "action events" will now be called "community mobilizing initiatives."

Despite these changes, the core goals of the program remain the same — to prevent power-based personnel violence and suicide as well as increase awareness in ways to prevent such violence in the Schriever community.

"Training the base and our people to step in when they see something going on that shouldn't be is more important than anything," Tubbs said.

He added he looks forward to a new year of Schriever prospering under the Green Dot program.

"Since we delivered a good product last year, we are going to have less hesitance," Tubbs said. "We are planning to deliver a more powerful product this year. Not only is the audience is more familiar with it — our instructors and coordinators are as well. I think we are going to get all-around more involvement and interaction."

To schedule an interview, call Robinson at 567-2647.



Col. Jennifer Grant, 50th Space Wing commander, speaks to Airmen during an all-call at Schriever Air Force Base, Colorado, Jan. 10, 2018. Grant provided an overview of Schriever's mission, vision and priorities and the future of the base.



U.S. Air Force photo by Dennis Rogers

Chief Master Sgt. Jason Tiek, 50th Space Wing command chief, speaks to Airmen during an all-call at Schriever Air Force Base, Colorado, Jan. 10, 2018. Tiek discussed the significance of serving in the Air Force.

Commander

From page 1

"We always need to be ready, as one team," she said. "Taking care of each other and families is the foundation of being able to do what we do as well as we do it. We can't do the mission without each other's support."

Grant gave an overview of Maj. Gen. Stephen Whiting, Fourteenth Air Force commander's strategic intent and discussed his must-do's and no-fail areas such as treat personnel with dignity and respect, support the Joint Force Space Component Command standup, revitalize the squadron and boost cyber defense of the space mission enterprise.

"Knowing the commander's intent and the 50th SW mission, vision and priorities is our opportunity to get resynched and make sure we have those committed to

memory," Grant said. "I need you all to remember and internalize this. The point is having a conversation about this is the best way to build a team and get everybody on the same page."

She provided the opportunity for a question and answer portion of the all-call, and encouraged Schriever members to speak up about matters important to them.

"I thought the all-call was great in terms of providing the base with direction," said Staff Sgt. Jared Long, 50th Operations Support Squadron computer systems application programmer. "It's important the 50th SW mission, vision and priorities are reinforced because many people may not remember it word for word. If people are unsure of what it states, it's difficult to see where you fit into the overall mission. Once we do know it, we can internalize it and have a deeper sense of its meaning."

Chief Master Sgt. Jason Tiek, 50th SW command chief, also shared some words with the audience about serving and how to become more effective communicators.

"When I think about why I serve, I start reflecting

back to the mission, vision and priorities of this wing," Tiek said. "I think about my weapon system that I'm responsible for, and that is you all. There are three things I want us to all keep in mind so I can better serve you and to better serve each other. That is to effectively communicate, look for opportunities within the region to professionally develop Airmen and to leave Schriever better than we found it. We need to think of how we can make this base better for all the Airmen who will come behind us."

The all-call concluded with Grant assuring there would be one thing not changing — Schriever's warfighter ethos.

"We are done with the shift to a warfighter mentality," she said. "We are no longer in transition; we are already there. The fight is engaging in space. The expectation is to figure out what we can do better, faster, more efficiently and who we need to collaborate with to make that happen. You all are doing a fantastic job. Remember, you all are a part of the history of space."

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Justice

From page 4

can visit the Air Force Legal Assistance Web site, which is accessible from government and personal computers. Walk-in legal assistance is offered at the 50th SW JA office 1 — 3 p.m. every Tuesday.

“Our legal assistance is free and we encourage them to take advantage of this service,” Templin said.

JA members expressed how helping Schriever members is the most rewarding aspect of the job.

“For me, to be of service to Schriever members makes me feel valuable every day,” Rawley said. “Knowing you can accomplish something just by using your words is a very rewarding feeling. We are all about getting Airmen back to the mission.”

The 50th SW JA office hours are Monday — Friday 8 a.m. — 4 p.m. for notary and power of attorney; Wednesday 1— 3 p.m. for wills by appointment only; and Tuesday 1 — 3 p.m. for all other legal assistance matters. For more information, call 567-5050.



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

Capt. Eshawn Rawley, 50th Space Wing Staff Judge Advocate's chief of military justice, and Master Sgt. Lee Davidson, 50th SW JA law office superintendent, assists D. Vicky Schumacher, 50th Force Support Squadron human resources chief, with her will at Schriever Air Force Base, Colorado, Jan. 16, 2018. Walk-in legal assistance is offered at the 50th SW JA office 1 — 3 p.m. every Tuesday.

Software

From page 3

50th CES also worked with contractors to trouble shoot the software and work through the communication focal point to get the software working and properly installed.

The new system will be more cyber secure and user-friendly.

Customers on base will be able to track their work requests, and will not have to call 50th CES customer service to find out the status of the work order.

“The system provides increased visibility,” Watrous said. “I’m excited about the changes because a lot of them are long overdue and they will bring us into current times. The old system works, but policies have changed so it’ll be good to get this new system out.”

Contractors will visit the U.S. Air Force Academy next to ensure the system works at not only Schriever but other locations as well.

Sean White, configuration manager supporting the

Air Force Civil Engineering Center, was impressed with the support 50th CES provided for the testing.

“They not only secured and set up the testing lab, but resolved numerous technical issues to enable us to have a successful event,” he said. “Watrous provided the best support in our testing that we’ve ever received.”

50th CES plans to reveal the system later this year, and will update the base with more information as a set date is established.

“Everything we do in 50th CES is going to dramatically change once we go to this new system,” Watrous said.

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U.S. Air Force graphic by Jacob Mosoff

Socially acceptable: Know what to post, what not to share

By Cheri Dragos-Pritchard
50th Space Wing Public Affairs

While social media is great for telling the Air Force story, keeping personnel informed and staying in touch with family and friends, it is especially important for Airmen and their families to limit personal and certain work information when posting things online.

Criminals and foreign adversaries can learn a lot about people based on what is posted on social media, whether it's comments, photos or memes. Cyber criminals can steal somebody's identity, target military members to gain inside information and use geotags from photos to locate military or family members.

In January 2017, the Air Force Office of Special Investigations produced a special publication highlighting how to safeguard an online presence. The publication states military members are targeted online for two major purposes: fraud and elicitation of sensitive information.

"The safest practice for Airmen (military or civilian) is to decline friend requests or requests to follow from anyone they do not know," said Ryan Cobb, AFOSI, Detachment 807 special agent. "If they do recognize the person, but are already 'friends' with or follow them, then they should reach out to that person by phone or email to ensure it is in-fact a legitimate request, before accepting."

Criminals and foreign adversaries can learn a lot about people based on what is posted on social media, whether it's comments, photos or memes.

The AFOSI publication explains online fraud against Airmen has persisted for many years and can take on multiple forms, including romance scams, identity theft, extortion, or a multitude of other scams. It further confirms that elicitation of Air Force personnel by criminals and foreign adversaries is a growing concern, especially as Air Force members continue to expand their presence on social networking sites.

"There are a lot of scammers out there pretending to be people they are not," Cobb said. "They look for military ties. Therefore, members should keep their security settings on private or friends only. By doing this, they can keep these questionable people from gathering information and potentially using it for nefarious purposes."

In Air Force Instruction 35-107, Public Web and Social Media Communication, chapter five states, "All Airmen (military and civilian) have limitations of free speech. In addition to specific ethics and Hatch Act limitations, civilians are prohibited from discussing the intricacies of the Air Force and the Department of Defense. Active duty members, as members of the Air Force, must abide by certain restrictions to ensure good order and discipline."

The AFI also states all (military) Airmen are on duty 24 hours a day, 365 days a year, and their actions on and off duty are subject to the Uniform Code of Military Justice.

"Airmen are solely responsible for what they post on the internet, social media platforms or otherwise," said Capt. Casey Randall, 50th Space Wing Legal Office chief of civil law. "Before posting, they should consider Operational Security or posting anything that may reflect negatively on the Air Force."

Not only is OPSEC important, but Airmen can benefit from learning about copyright and trademark laws, too.

"It's also important that we are aware copyright and trademark laws also apply to online posting," Randall said. "Airmen should avoid using any copyright or trademark product unless they have specific permission from the owner. Breaking these laws or making classified or secret information public is punishable under the UCMJ, and the consequences can ruin careers or lives."



OPERATION DESERT STORM: Our timeline, influence, people.

50TH TFW

THE 50TH TACTICAL FIGHTER WING

DEC. 29, 1990

Pilots take off from Hahn Air Base, Germany to Al Djafra, United Arab Emirates, initiating support in Operation Desert Storm.



10th Tactical Fighting Squadron crews flew their first combat sorties in Baghdad Jan. 17, 1991.

FEB. 25, 1991

Ground war begins, crews flying combat air patrols in support.

FEB. 27, 1991

Capt. Bill "Psycho" Andrews shot down and captured.



Andrews' capture was one day before the end of the Gulf War; however, his release and repatriation was soon after.

CIRCA MAY, 1991

After months of enforcing ceasefire accords, majority of 10th TFS forces returned to Hahn AB, some not to return until preparing for 50th FTW inactivation Sept. 30, 1991.

WARFIGHTERS,
THEN AND NOW.

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

The 50th Tactical Fighter Wing played its warfighter role during this moment in history, the 50th Space Wing continues to fight the fight now and into the future.

Martin Luther King, Black History

By Senior Airman Keshia Corpuz

21st Force Support Squadron

PETERSON AIR FORCE BASE, Colo. — The year is 1963. Thousands of people are marching together in Washington, D.C. to participate in the nationwide struggle for civil rights and equality. Police officials and national guardsman stood alongside the march to mitigate the potential violence.

Prior to this organized march, there were instances of segregation and inequality throughout the states. People of color were viewed as inferior to the white population, and lived segregated, with separate seats, water fountains, and dining areas. Thus, it was time to end the era of separation.

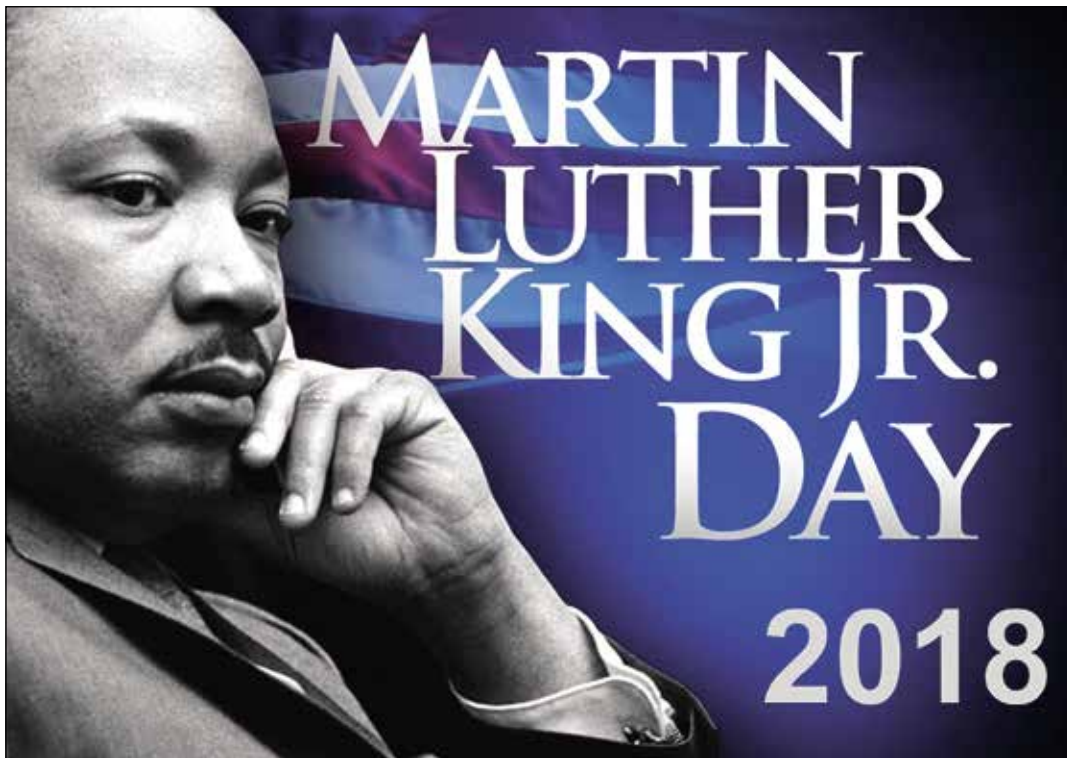
During the march, Martin Luther King Jr. stood on the Lincoln Memorial, and delivered the speech that changed the view of segregation. In his well-known "I Have a Dream" speech, he states, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character." This single leader

had a vision that affected the movement in unity, justice, and equality for years to come.

Martin Luther King Jr. became a prominent leader during the civil rights movement and was assassinated in 1968. In 1983, President Ronald Reagan officially signed MLK day as a national holiday. It wasn't observed until 1986, and now it's celebrated every third Monday in January.

The day celebrates his achievements and accomplishments during a time of injustice and inequality. It also acknowledges him as an influential leader and played a pivotal role in the civil rights movement. Each year, most states hold events that commemorates his birthday with a parade or marches, special MLK weekend events, and various school activities. Some places participate in community services projects that helps address issues within the community and some have taken MLK tours of his birthplace and assassination.

MLK Day has become more than just a government closure or national holiday, it's a day to celebrate his empowerment.



Courtesy graphic

Martin Luther King Jr. is honored the third Monday in January, each year, around the world. President Ronald Reagan officially signed MLK day as a national holiday in 1983 but wasn't officially observed until 1986.

Parents

From page 2

flight commander, and his wife Tiffany, said the advice and information they learned from the course will help them in their parenthood journey.

"The class was really helpful," Tiffany said. "I learned a lot and really appreciated the information."

Her husband concurred.

"It (the class) was really informative, allowing us to get a better idea of what to expect as new parents," he said. "I think everyone should try to take it."

Archuleta, herself a mother of three children, says she enjoys teaching the class and helping parents with their future adventure.

"I wish I had a class like this when I was expecting my first child," Archuleta said. "This class is one of my favorites to teach. It has more of a baby shower feeling and we can have a lot of fun with it."

The Bundles for Babies class is held quarterly, the next class will be announced in April.

The A&FRC provides year-round classes and advice for dealing with a variety of life's stressors, including those associated with childcare. To find out more about their services and upcoming classes, call 567-3920.



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

An attendee chooses a free hand-knitted baby hat from a basket during the Airman and Family Readiness Center's "Bundles for Babies" class at Schriever Air Force Base, Colorado, Jan. 10, 2018. A handful of Airmen attended the free class, which covered everything from proper use of car seats to financial preparation. The next class will be announced in April.

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Maj. Stephanie Proellochs carefully inspects her leg and prosthesis after a round of physical therapy exercises at Walter Reed National Military Medical Center, Nov. 15, 2017. Proellochs underwent an amputation as a result of a malignant tumor that spread.



Physical Therapist Kyla Dunlavy, guides Maj. Stephanie Proellochs' leg into her new prosthesis at Walter Reed National Military Medical Center, Nov. 15, 2017. Dunlavy has been a physical therapist for over 14 years and has worked with many amputee service members.

Embracing uncharted life as an amputee – An Airman's story of resiliency

By Shireen Bedi

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. — (This is part two of a series following an Airman through her cancer treatment and amputation.)

Maj. Stephanie Proellochs, U.S. Air Force Medical Service Corps Officer, a recent amputee, gazes up at the rock climbing wall at Walter Reed National Military Medical Center's physical therapy center in Bethesda, Maryland. She recalled the time she witnessed a service member who had lost his arm effortlessly climb his way to the top.

"Yeah, I'm climbing that wall soon. Just watch," Proellochs said.

On the surface, this physical therapy center looks like a normal gym with its energetic music, exercise equipment, and rock-climbing wall, all surrounded by a running track. Look closer, and you see service members recovering from amputations, overcoming challenges, and making remarkable progress as they return to duty.

Proellochs is one of those patients taking her first steps with her prosthesis on the road to recovery.

Proellochs spent months receiving treatment for a cancer diagnosis that culminated in the amputation of her left foot in September 2017. Now learning to walk with her prosthesis, Proellochs shows a resilience that has been with her throughout all the phases of her diagnosis, treatment, and beginning of her recovery journey. Equipped with a daring sense of humor and support from her family, she demonstrates internal strength and resilience that are so critical to recovery.

That attitude was on full display right before she took her first steps. Proellochs and her husband, John, decided to spend Halloween at Walter Reed with other patients, physicians, and physical therapists.

"Halloween here is on another level," Proellochs said. "Former patients even come back because everyone gets really excited about it and takes the costume contest seriously!"

Proellochs was no exception. She won the costume contest with her amputation creatively dressed up as the iconic alien from the film "E.T." and her wheelchair fashioned to look like the familiar bicycle with a basket over the handlebars.

"Stephanie manages to make me laugh at every appointment," said Kyla Dunlavy,



U.S. Air Force photos by Karina Luis

Maj. Stephanie Proellochs, a recent amputee, takes some of her first steps in her new prosthesis, Nov. 15, 2017. During her physical therapy appointments, Proellochs engages in various exercises to ensure her comfort and safety with walking in a prosthesis.

physical therapist working with amputee patients at Walter Reed. "Her 'E.T.' costume is just one example of her humor. It was the best I had seen in my 14 years here."

Proellochs embraced all these challenges with a smile. Her attitude and appreciation for the support she has received helped her build meaningful relationships with her physical therapists and other patients. These connections have helped her cope and prepare for what to expect when taking these crucial first steps in a prosthesis.

"I was told that it's the little things that you don't think of that you take for granted," Proellochs said. "For example, you can't feel the ground so you need to rethink about foot placement. Some other amputees have said that no matter how well you think you've got it down, you will never pick your foot up high enough."

Despite a minor setback that delayed her from receiving her prosthesis sooner, Proellochs was ready to take her first steps Nov. 10, 2017.

"The moment I stood up I felt total elation. I can't begin to describe it but it was a very emotional moment," Proellochs said. "My husband and I were both brought to tears and we could not even look at each other when I first stood up."

That total elation is plain to anyone who sees Proellochs walking on her new prosthesis. It is easy to see how eager she is to move to the next steps in her recovery.

"I know this might sound corny but this is my first step in my new life. There are all these things I want to start doing now," Proellochs exclaimed. "I know that it will take time for me to get comfortable with my new leg before I start running, but I am excited."

Proellochs' determination has pushed her to be diligent in every exercise that will help her walk on her own. Despite still relying on a single crutch, she has been able to outpace her therapist while walking around the track in the physical therapy area.

"I am excited, but this new leg definitely

takes some getting used to," Proellochs said. "If it rubs or gets unbearably uncomfortable, then I work with the physical therapist to make sure that my gait is correct and physically doing what I am supposed to be doing."

Proellochs takes advantage of every moment with her prosthesis. As soon as her physical therapist helps her stand, she is ready to tackle that day's exercises. She eagerly races around the track to the parallel bars for her next exercise. She fearlessly transitions from her one crutch to walking on her own, minimally relying on the bars for support. Her smile and confidence make it look like she has done this a million times before. It can be easy to forget that she has only recently received her prosthesis.

Her healthcare team is a significant factor for her safely walking in her prosthesis and back to her active lifestyle. The team-based approach between her oncologist, surgeons, therapists, and her prosthetists has been vital to her recovery. They work together to ensure she is receiving the best care, a classic example of Air Force Medical Service Trusted Care principles.

"My entire healthcare team is aware of and invested in every step of this journey," Proellochs said. "My therapist takes note of any discomfort I have during each session and the prosthetist actually takes my leg to make adjustments."

"I often see the surgeon who did my amputation come here to check in on his patients and speak with the therapists here. They really work together as a team and make me feel supported and engaged in my care."

Proellochs jokingly admits she sometimes struggles saying the word "prosthetists," but she has never had trouble facing new challenges. Talking with her healthcare team and other amputees recovering at Walter Reed, she is able to put her journey in perspective while finding solace through every step of her journey.

"People might not understand this, but it was liberating seeing the world from a wheelchair," Proellochs said. "I have gained a new perspective and appreciation to just be able to stand and walk again."

The next part of her recovery touches on how her role as a Medical Service Corps officer and how her amazing support system has prepared her for the unknown and ever-changing journey with cancer.

Continue following her journey next week on the AFMS website.



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Increases to TRICARE pharmacy co-payments coming

Courtesy article

Tricare.mil

Copayments for prescription drugs at TRICARE Pharmacy Home Delivery and retail pharmacies will increase Feb. 1. These changes are required by law and affect TRICARE beneficiaries who are not active duty service members.

While retail pharmacy and home delivery copayments will increase, prescriptions filled at military pharmacies remain available at no cost. You can save the most money by filling your prescriptions at military pharmacies.

“Military pharmacies and TRICARE Pharmacy Home Delivery will remain the lowest cost pharmacy option for TRICARE beneficiaries,” said U.S. Air Force Lt. Col. Ann McManis, Pharmacy Operations Division at the Defense Health Agency.

Using home delivery, the copayments for a 90-day supply of generic formulary drugs will increase from \$0 to \$7. For brand-name formulary drugs, copayments will increase from \$20 to \$24, and copayments for non-formulary drugs without a medical necessity will increase from \$49 to \$53.

At a retail network pharmacy, copayments for a 30-day supply of generic formulary drugs will increase from \$10 to \$11 and from \$24 to \$28 for brand-name formulary drugs.

In some cases, survivors of active duty service members may be eligible for lower cost-sharing amounts.

TRICARE groups pharmacy drugs into three categories: generic formulary, brand name formulary and non-formulary. You pay the least for generic formulary drugs and the most for non-formulary drugs, regardless of whether you get them from home delivery or a retail pharmacy.

Opportunities

From page 1

Colorado. It is North America’s highest altitude ski resort, with a bustling historic village at the base and ribbons of some of the finest ski and snowboard runs on the planet. It also has other family activities such as snowmobile tours, snowshoeing, cross-country skiing and tubing.

Breckenridge is nestled in the heart of the Rocky Mountains, just over two hours away from Colorado Springs. The majority of those two hours are spent along one of the most scenic highways in America, U.S. Route 24.

“On the drive to Breck, everyone should stop at the summit of Wilkerson Pass to take in one of the coolest views in Colorado,” said Senior Airman Nathan Saelens,

50th Comptroller Squadron Financial Management Flight technician.

Arriving at Breckenridge is akin to jumping into a postcard. The town is framed by five towering snowcapped peaks, making it impossible to miss.

Free parking can be found in the Airport Road lot with a free shuttle ferrying you to the BreckConnect gondola and village every 15 minutes. There is additional paid parking and street parking throughout the village, but be wary of meter times, as sometimes cars get towed.

Once you are parked, hop onto the free gondola to be taken above the clouds. The ride itself can be fun for children, dogs are welcome and if you’re lucky, you may spot a moose. You can choose to get off at peaks seven or eight. You don’t have to ski to ride the gondola.

Peak 7 is home to the Grand Lodge, with a host of indulgences and spa packages that are perfect for a romantic getaway. The

Independence Super Chair is within a one minute walk from the BreckConnect gondola waiting to whisk you up to the ski area above.

Peak 8 sits at 9,600 feet and is the main gateway to the ski territory. The T-Bar offers American and Mexican eats along with sports and music; it is also a welcome refuge if the weather turns arctic.

The Rocky Mountain and Colorado Super Chairs will take you seamlessly into ski terrain for all levels.

“My favorite bowl to ski at Breck is the Empire Bowl, accessed by the T-Bar, it does not get icy and always has good powder after a snow storm,” Saelens said. “It was also my first double black diamond run.”

If you’re feeling extra adventurous, there’s an abundance of leg burning moguls, tight tree runs and titanic powder filled bowls. However, be cognizant of your skill level, as you don’t want to be caught in an area you are unable to traverse out from.

Once the ski lifts close at 4 p.m., the fun

continues in the town of Breckenridge, with a bounty of restaurants and shops to keep you busy. The run meanders all the way into town, or you can hop back onto the BreckConnect gondola.

A recreational ski package can be rented through the Peterson Air Force Base Outdoor Recreational Center for as little as \$15 for one day and \$30 for a weekend. Snowshoes can be rented starting at \$6 per day. Day passes for military adults (13- years-of-age or older) are \$111.82 from ITT compared to \$169.00 at the window and \$73.15 for children (5-12-years-old) from ITT compared to \$110.00 at the window in Breckinridge.

Breckenridge is one of the many amazing places you have the opportunity to take, whether or not you have skied before. It caters to all ages and skill levels. It is close enough for a day trip, but far enough away to feel like you have escaped to a winter wonderland.

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U.S. Air Force photo by Senior Airman Richard Westra

Airmen from the Air Force Technical Applications Center, at Patrick Air Force Base, Florida, walk on a frozen lake in Antarctica after a full day of performing maintenance on the center's seismic equipment near Bull Pass. The photo, taken at about 10 p.m., illustrates the 24-hour daylight cycle at Earth's southernmost point. Pictured from left to right: Staff Sgt. Jeremy Hannah, Senior Airman Andrew Pouncy and Staff Sgt. Justin Sherman.

Airmen travel to Earth's southernmost point for annual maintenance

By Susan A. Romano

Air Force Technical Applications Center Public Affairs

PATRICK AIR FORCE BASE, Fla. — With 24 hours of daily sunlight in their favor, a team of seismic technicians traveled to the southernmost point on Earth to conduct annual maintenance of the equipment they use to monitor global nuclear treaties.

Six members of the Air Force Technical Applications Center made the trek from their home base at Patrick Air Force Base, Florida, to Antarctica to troubleshoot and replace seismometers that contribute to the International Monitoring System.

The team also conducted full inventories at the sites and replaced generator starter batteries used to power the stations. The seismic equipment is used to detect activity caused by naturally-occurring events such as earthquakes, volcanic eruptions or lightning strikes, as well as man-made events such as mining activity or nuclear explosions.

Staff Sgt. Jeremy Hannah, geophysical maintenance supervisor, served as the team lead during the five weeks the team was deployed. He and his fellow seismic maintainers flew from the United States to New Zealand, then on to McMurdo Station in Antarctica, a 14-plus hour trek from one hemisphere to another, including flights aboard an Air Force C-17 and a Bell 212 helicopter.

McMurdo Station is the logistics and research hub of the U.S. Antarctic Program and is managed by the National Science Foundation. As part of its global nuclear treaty monitoring mission, AFTAC analyzes seismic data collected from the station and provides it to the U.S. National Data Center.

The Antarctica site, located 1,200 miles north of the South Pole in the McMurdo Dry Valleys near Lake Vanda, supports the International Monitoring System as part of the Comprehensive Test Ban Treaty Organization, and is one of thousands of sensors within AFTAC's global network, the largest in the U.S. Air Force.

A typical duty day for the team consisted of an early rise, breakfast, field work, lunch, preventive maintenance requirements, dinner, then a few hours of enjoying the beauty of the landscape. When the team is at the station, they sleep in hardened facilities; in the field, they're in sleeping bags on the floor of the hybrid power station at Bull Pass or Mt. Newell.

Staying properly nourished in sub-zero temperatures is critical to team safety and wellness. When they're at McMurdo, they enjoy their meals at the station's cafeteria. When they're in the field, however, they cook their meals using a camping stove and crockpot. And while most would think

the frigid temperatures and austere conditions are the most challenging aspect of their mission, one team member said his biggest hurdle was sunlight.

"Personally for me, having no real track or sense of time was difficult to get used to," said Senior Airman Richard Westra, geophysical maintenance supervisor. "Twenty-four hours of sunlight was a blessing because we could accomplish so much work without worrying about darkness, but it was also somewhat disconcerting not knowing if it was 10 a.m. or 10 p.m."

"After a full day of work though, it's great to be able to take a hike or walk around to see a place very few people in the world get to experience," Westra said. "Every morning I'd get up and just look outside for several minutes, taking it all in. It's absolutely breathtaking and the views blow your mind each day."

Of the six Airmen who made the journey, four had never visited the site before. Travel to AFTAC's site, located 1,200 miles north of the South Pole, requires airlift via helicopter, which was one team member's favorite part of the journey.

"It was so cool to fly over a partially-frozen sea, see penguins and orcas and witness the scenery below in a helicopter no less," said Senior Airman Andrew Pouncy, one of the first-time visitors. "It was an opportunity of a lifetime, and I hope I'll be able to make the trip again."

In addition to providing seismic information to senior U.S. decision makers, the data from these sensors also help scientific and academic communities-at-large.

"We closely coordinate with the NSF and the U.S. Antarctic Program not only when we are deployed to the southern hemisphere, but also when we are back home in Florida," Hannah said. "This trip, we also worked with the Berg Field Center, the place that outfits both ground and helo teams that work near and around McMurdo. They are an invaluable resource for us."

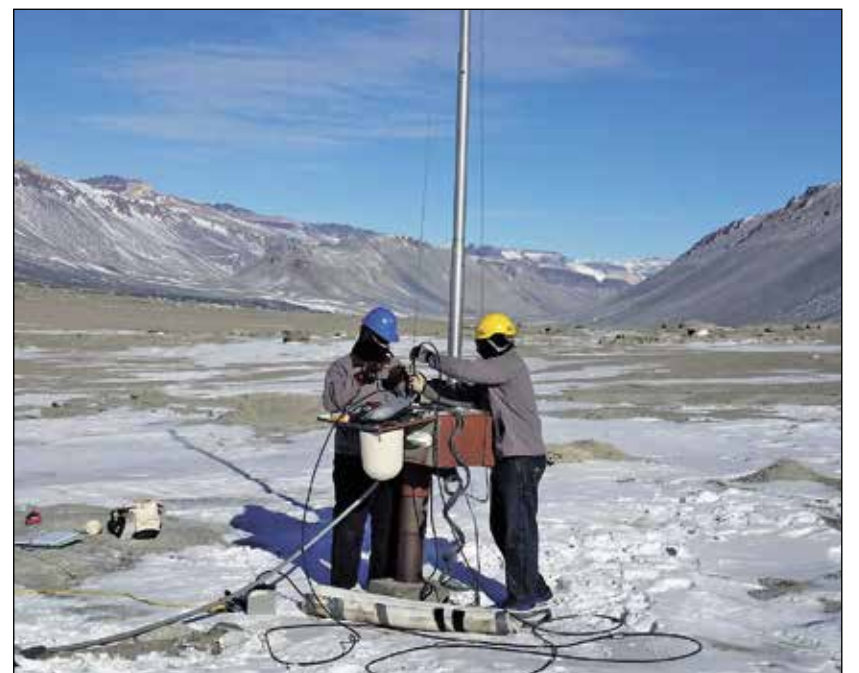
The team also serviced AFTAC's solar generators and wind turbines, better known as hybrid power stations.

"Maintaining our seismic equipment at Vanda is critical to our treaty monitoring mission," Hannah said. "Because of the weather and rugged terrain, we have a small window of opportunity to perform the necessary troubleshooting to ensure the data is transmitted to the NDC in support of the International Monitoring System as part of the Comprehensive Test Ban Treaty Organization. I'm really proud of the team and what they were able to accomplish on this trip."

The Airmen are now authorized to wear the Antarctica Service Medal on their uniform.



Battling high winds and frigid temperatures, seismic maintainers from the Air Force Technical Applications Center, at Patrick Air Force Base, Florida, receive fuel resupply via helicopter from the National Science Foundation at AFTAC's repeater site at Mt. Newell, Antarctica. The Airmen use the fuel to power the batteries that are the energy source for their seismic data collection equipment, radios and other communications functions. Pictured from left to right: Senior Airman Richard Westra, Raymond Richards, Staff Sgt. Jeremy Hannah and Senior Airman Andrew Pouncy.



U.S. Air Force photos by Brian Fox

Staff Sgt. Jeremy Hannah and Senior Airman Richard Westra, geophysical maintainers with the Air Force Technical Applications Center, at Patrick Air Force Base, Florida, reinstall a short-period seismometer at their site in Bull Pass, Antarctica. The duo was part of a six-man team that traveled to Earth's southernmost point to conduct annual maintenance. The snow seen on the ground was an unusual sight as this area is considered part of Antarctica's dry valley.

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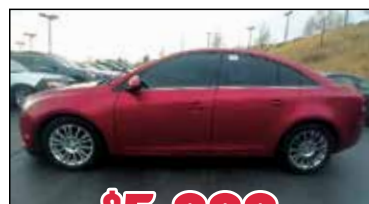
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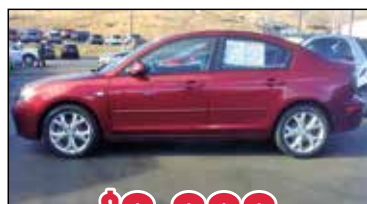
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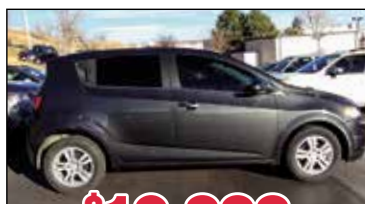
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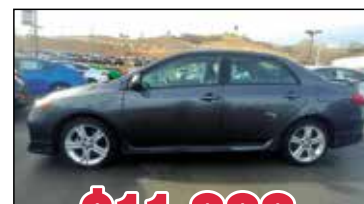
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Auto, A/C, AM/FM/CD, alloys, fully loaded. Great M.P.G.!
Stock# 180192A



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2017 KIA RIO
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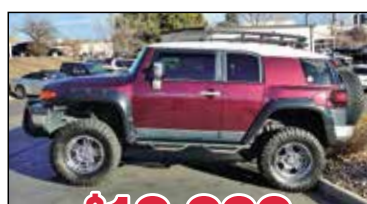
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2017 KIA OPTIMA
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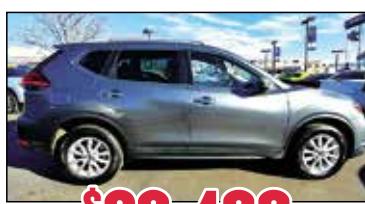
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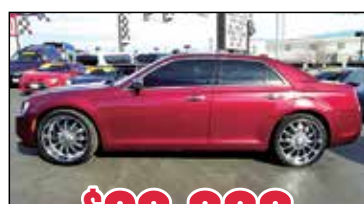
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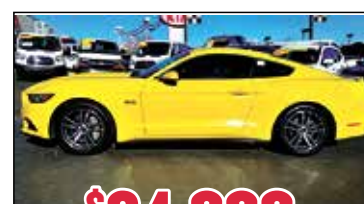
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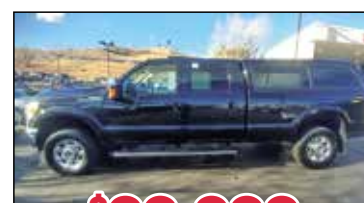
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Fitness Center gets new showers, renovations continue

By Staff Sgt.
Matthew Coleman-Foster
50th Space Wing Public Affairs

The Schriever Air Force Base Fitness Center completed one of its renovations, improving the quality of service available to Schriever members.

The locker rooms, under renovation since September 5, 2017, were completed Jan. 12, 2018 two weeks ahead of schedule. During this time, the fitness center offered trailer showers for patrons.

"I know for a lot of people it was inconvenient to go outside, especially when it was cold and they had to use the outdoor showers. So, I know everyone is happy they are open again," said Staff Sgt. Brandon Council, 50th Contracting Squadron contract administrator.

Seth Cannello, 50th Force Support Squadron fitness center director, said the renovations were needed for a while.

"I've made numerous requests to get the showers done, because we have not had any improvements or renovations to that area of the building since we opened in 2001," he said. "It was discovered when the renovation started behind the walls, there was corrosion and rot. It was time."

It took several agencies to make these changes happen.

"Typically, when we make a request, we have to put in a work order to 50th Civil Engineer Squadron, who will then determine initial cost and what needs to be done," Cannello said. "Sometimes, we have to draw up a performance work statement. We work with 50th CES and contracting to finalize all the information in the document."

Once the process of renovation starts, it is not necessarily smooth sailing. According to Cannello, there were challenges that come along the way.

"It's always difficult to shut an area

down when your customers expect it to be open," he said. "I feel this changed the volume of people here at the gym. It was a bit rough there for a while, because it was uncomfortable and unfamiliar. I think the base did a good job of providing a similar service, but it definitely was not the same. Toward the end when it got cold, the pipes were freezing. It was definitely a big hurdle."

Even though the base has had to be flexible with the renovations, Cannello says Schriever will be better off in the long run.

"It has been frustrating for the customers and staff who work here, but we now have better showers, we'll have a better gymnasium and the indoor running track will be a more comfortable place to work out in, so it's all worth it," he said.

The gymnasium floor is still under renovation to replace the polyurethane floor scheduled to open Feb. 2. The IRT is currently open. Two heating socks have been added to the facility, and contractors are currently working through the challenges of getting them operational.

"The IRT is basically done, there are two socks, running the length of the IRT," Cannello said. "We are having issues with the gas line running from the main building to the IRT. So, we need to a meter in the IRT, which the contractor can't install. An energy company has to come out to set the meter up."

Overall, the fitness center is constantly looking for ways to improve the facility for customers.

"We have big plans to modify the building, we want to take the wallpaper down, have the building repainted and have another addition," Cannello said. "It's just a matter of when the money is going to drop, and which project will actually take place. It may be an addition, it may be a total renovation. It just depends on those factors."



U.S. Air Force photo by Staff Sgt. Matthew Coleman-Foster

The Schriever Air Force Base Fitness Center locker room shower renovations completed Jan. 12, 2018. The showers have been under renovation since September 5, 2017. The fitness center offered trailer showers for patrons during the project.

BASE BRIEFS

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

2018 Green Dot Program implementation team recruitment

The Team Schriever Green Dot team is seeking individuals to implement the 2018 Green Dot program. Individuals should have experience teaching and have a passion for reducing interpersonal violence and suicide. Recruitment is open to Schriever Airmen including civilian employees, reserve and tenant units. For more information, contact Dr. Ken Robinson at 567-2647 or Staff Sgt. Shelby Parry at 567-4880.

Pharmacy OTC medication program

The 21st Medical and Dental Squadron pharmacy started an over-the-counter medication program available to all active duty, dependents and retirees enrolled at Schriever and Peterson Air Force Bases. This does not include personnel who are on flying status, Personnel Reliability Program status, arming and use of force, pregnant, breastfeeding or tasked for deployment. Eligible beneficiaries are able to visit the pharmacy without an appointment and may select up to three OTC medications from a preselected list. Pharmacy hours are 7:30 a.m. — 3:30 p.m. Monday, Wednesday, Friday and 7:30 a.m. — 4:30 p.m. Tuesday and Thursday. For more information, contact Capt. Kyle Smith at 567-4423.

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

Tuition assistance briefing followed by education counseling is now offered the 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.

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.

OFF-BASE

50th Space Wing's Annual Awards Banquet seeking volunteers

The annual awards banquet committee is looking for two motivated individuals to be the master of ceremonies for the 50th Space Wing's Annual Awards Banquet 5 — 10 p.m. Feb. 9 at the Peterson Air Force Base Club. Dress code required for emcees on the night of the event will be mess dress uniform. Meals will be provided free of charge. For more information, contact Tech. Sgt. Ana Shockey at 567-5661.

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 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.

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. Call 556-7153 for more information.


Fort Carson DLA announces services

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

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

TAPS looking for service members

The Tragedy Assistance Program will host 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.

Spouses are invited to events marked with 

THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS **Independent**

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ART EVENTS

Informal Open Studio, a chance to learn new techniques and grow at your own pace. All levels and styles of art welcome. Reservations required. Tuesdays, 4-8 p.m. and Saturdays, Sundays, 9 a.m.-noon. \$10/hour. Second Floor Studios, 2418 W. Colorado Ave., 660-1923, lunastudioscos@gmail.com, lunastudioscos.com.

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

One-Day \$100 and Under, featuring top notch art work for \$100 or less. "Adding to, or starting your art collection is even more fun at this annual buying event." Sat., Jan. 20, 10 a.m. to 5 p.m. Hunter-Wolff Gallery, 2510 W. Colorado Ave., 520-9494, staff@hunterwolffgallery.com, hunterwolffgallery.com.

CLUBS & ORGANIZATIONS

50+ Network Group, a networking opportunity for job seekers older than 50. Thursdays, 10 a.m.-noon. Pikes Peak Workforce Center, Citizens Service Center, 1675 Garden of the Gods Road, #1107, 667-3700, ppwfc.org.

Colorado Springs Chess Club, a casual gathering of chess players of all skill levels. Meet in the building's ballroom. Tuesdays, 6 p.m. Acacia Park Apartments Building, 104 E. Platte Ave., 685-1984, cschess.webs.com.

Colorado Springs Vegan and Vegetarian Group, open to anyone interested in a vegetarian or vegan dietary lifestyle. Visit veganlifecolorado.org or [veganlifecolorado.org](https://www.meetup.com/534) for more. coloradospringsveg@yahoo.com.

Dice Masters D&D Draft, in which players will be able to collect a party of heroes or a horde of monsters to pit against their oppo-

nents. Sat., Jan. 20, 1 p.m. \$10. Petrie's Family Games, 7681 N. Union Blvd., 522-1099, petriesmarketing@gmail.com, petriesgames.com/ccg.

No-Nuts Moms Group of Colorado Springs, a peanut- and tree-nut-free playgroup for all ages, who can participate in indoor and outdoor play dates. Contact the group or visit the Facebook page for specific times and dates. nonnutsmomsgroup.weebly.com/index.html.

Photography Classes and Group, offering photography and Photoshop classes at various locations around town. Visit 3peaksphoto.com/classes.html for a schedule. A photography group is also open to new members of all skill levels. 260-6637, [meetup.com/cplg_cos](https://www.meetup.com/cplg_cos).

Pikes Peak Triathlon Club, welcoming members of all abilities, from those who have never done a triathlon to professionals and Ironman veterans. Third Thursday of every month, 6:30 p.m. various locations, Colorado Springs, info@pikespeaktriathlonclub.com, pikespeaktriathlonclub.com.

Sno Jets Ski and Social Club, a club for ski enthusiasts. Meets October through mid-April. Thursdays, 6:30 p.m. Patty Jewett Golf Course, 900 E. Española St., 265-8820, snojets.org.

COMEDY & IMPROV

Dinner Detective Murder Mystery Show, weekly shows that feature challenging mysteries, with "no cheesy costumes, no campy dialogue and no hokey song and dance." With prizes for those who solve the crime. Go online to reserve seats. Saturdays, 6-9 p.m. \$49.95. Antlers Hotel, 4 S. Cascade Ave., 866/496-0535, info@thedinnerdetective.com, thedinnerdetective.com/colorado-springs.

Stick Horses in Pants Improv Comedy, an improvised comedy show, different each night and "entertaining for all." First Friday of every month, 8 p.m. and third Friday of every month, 8 p.m.; through May 18. \$7-\$10. Lon

Chaney Theatre, 221 E. Kiowa St., 387-9911, info@thestickhorses.com, thestickhorses.com/show-schedule.

KIDS & FAMILY

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

Celebrate National School Choice Week, a complementary dinner, parenting presentation, and celebration for adults, offering tips on family relationships, positive behavior in children, and general problem-solving skills for family members. Tues., Jan. 23, 5:45-7:45 p.m. Free with RSVP. Southeast YMCA, 2190 Jet Wing Drive, 306-8557, info@parentschallenge.org, ppymca.org/southeast-family-center.

Cool Science Kids' Mini Fruitcake Toss, a kid-friendly version of Manitou Springs' original Great Fruitcake Toss, for kindergarten through 8th grade. Build one of Cool Science's mini catapults or bring your own, and compete for prizes. Sat., Jan. 20, 9 a.m. to 3 p.m. Free. Imagination Celebration, 750 Citadel Drive East, Citadel Mall, 597-3344, info@coolscience.org, goo.gl/ozQ9rq.

Imagination Celebration presents: How I Became a Pirate, a swashbuckling musical excursion performed by the renowned Dallas Children's Theater. Milk and cookies be served after the performance. Tues., Jan. 23, 6 p.m. \$10-\$20. Ent Center for the Arts, 5225 N. Nevada Ave., 255-3134, info@imagination-celebration.org, imaginationcelebration.org.

Library Programs, including free classes, activities, crafts and presentations, for babies to teens and their families, at all Pikes Peak Library District locations. Ongoing. 531-6333, ppld.org.

Music and Movement, for children ages 2 and 3 to dance and play with friends and parents. Mondays, 10 a.m. Pikes Peak Library

District, Rockrimmon Branch, 832 Village Center Drive, 593-8000. Tuesdays, 10:30 a.m. Cheyenne Mountain Library, 1785 S. Eighth St., #100, 633-6278, ppld.org. Wednesdays, 9:30 and 11 a.m. Library 21c, 1175 Chapel Hills Drive.

Tesla's Toolbox: Brushbots, an opportunity to make a gyrating robot out of a toothbrush and simple vibration motor, plus a course for your robot to follow, compete or dance in. Sat., Jan. 20, 10 a.m.-noon. A small materials fee applies. Space Foundation, 4425 Arrow-swest Drive, 576-8000, media@spacefoundation.org, discoverspace.org.

RECREATION & OUTDOORS

Gallop in the Garden, a year-round, 5k run for all ages, with five routes through Garden of the Gods Park and Rock Ledge Ranch, ranging in difficulty. Thursdays, 4-6 p.m. Garden of the Gods Visitor & Nature Center, 1805 N. 30th St., 219-0108, gardenofgods.com.

University Village Colorado Running Club, with trails and routes ranging from one mile to six. Meet at Kineo Fit Group Training Studio to check in. Mondays, 5:30 p.m. Free. University Village Colorado, 5230 N. Nevada Ave., 632-5000, uvcrunningclub.com.

Winter Track Detectives!, a guided hike to discover clues left behind by local wildlife. Dress in layers and meet at the visitor center. Sat., Jan. 20, 11 a.m. to 12:30 p.m. Florissant Fossil Beds National Monument, 15807 Teller County Road 1, Florissant, 719/748-3253, nps.gov/flfo.

STAGE

The Bigot, a play about a bigoted, curmudgeonly old man who lives next to a lesbian couple. Part of Funky Little Theater Company's "Season of the Female Playwright." Thursdays-Saturdays, 7 p.m.; through Feb. 3. \$15-\$19. Funky Little Theater Company, 2109 Templeton Gap Road, 425-9509, chris@funky-littletheater.org, funkylittletheater.org.

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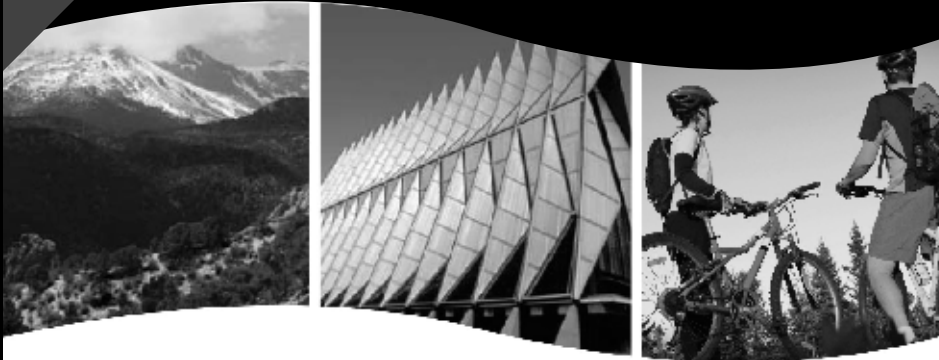
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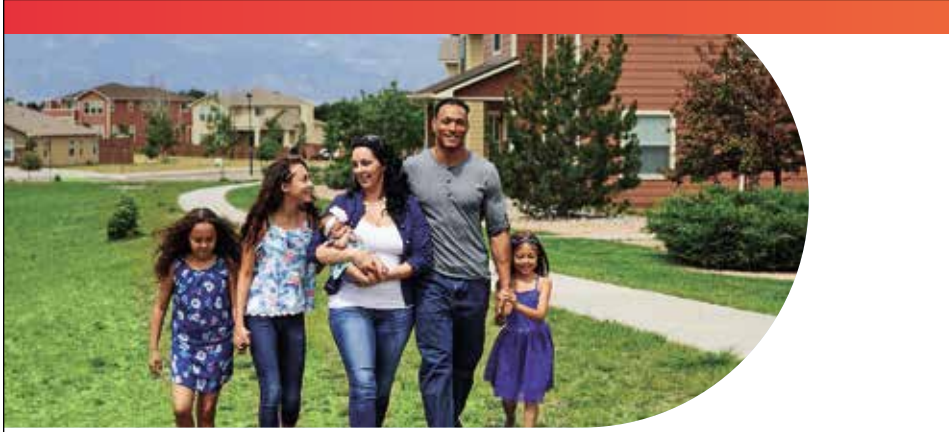
This Week's Puzzle Answer

P	U	F	F	S		E	R	A	T	O		B	I	G		
S	H	E	L	L		C	U	R	E	R		O	N	E		
I	F	Y	O	U	D	O	N	T	N	E	E	D	T	O		
			U	R	A	L		S	T	O	C	K	E	R		
S	T	A	R	S	H	I	P				S	L	I	N	G	
H	O	L	Y				A	B	A			A	N	T	E	
A	D	O			M	A	R	I	A	C	H	I				
G	O	T	O	A	F	I	S	H	M	A	R	K	E	T		
				C	R	E	M	A	T	E	D		O	R	E	
S	A	L	T		W	E	N					G	O	N	E	
A	R	E	A	S			O	A	T	C	A	K	E	S		
G	R	A	V	E	S	T		S	E	E	M					
G	O	F	O	R	T	H	E	H	A	L	I	B	U	T		
E	Y	E			G	A	U	G	E			L	E	A	S	E
D	O	D			E	G	G	O	N			O	R	G	A	N

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If you have affordable real estate listings, then your home needs to be featured in Welcome Home!

UNIVERSAL CROSSWORD

By Timothy E. Parker



PUN INTENDED

ACROSS

- 1 Tokes
- 6 Muse of love poetry
- 11 Large
- 14 Big name at the pumps
- 15 Healer
- 16 Super Bowl wins for Joe Flacco
- 17 Cast your net? (Part 1)
- 20 Russian range
- 21 Grocery store employee
- 22 U.S.S. Enterprise, e.g.
- 26 Injured arm supporter
- 27 Kind of water or smokes?
- 28 Grp. with many objectors?
- 31 Thing to up in poker
- 32 Flurry of activity
- 33 Mexican band member
- 37 Cast your net? (Part 2)
- 42 Burned to ashes
- 43 Good rock to pick
- 44 Winter road treatment
- 47 Harmless cyst
- 48 Long departed
- 49 Particular regions
- 51 Bran muffin relatives
- 55 Most serious and somber
- 58 Appear
- 59 Cast your net? (Part 3)
- 64 Seeing - dog link
- 65 Form an estimate of
- 66 Contract for a tenant
- 67 Pentagon div.
- 68 Incite a layer?
- 69 Instrument to hymn to?

DOWN

- 1 Tire inflation meas.
- 2 "Weird Al" Yankovic movie
- 3 Tina of "30 Rock"
- 4 Like prepped pizza dough
- 5 Pronounces as if drunk
- 6 Meaty bacteria?
- 7 Enter a marathon
- 8 Word with "fine" and "liberal"
- 9 Pup or dome
- 10 Layered cookies
- 11 Old-style dagger
- 12 Desired outcome
- 13 Beatle Harrison
- 18 Morse bit
- 19 Bakery offering
- 22 Catch, as lazy flies
- 23 List heading
- 24 Heaps
- 25 Friend or chum
- 29 Bangkok bill
- 30 Summit
- 33 Blemish, as a surface
- 34 Less than many
- 35 Frost coating
- 36 Came down with
- 38 Book page size
- 39 Off-the-wall nut
- 40 Sea eagle
- 41 They're crossed when completed
- 44 Drooped
- 45 Desert creek
- 46 Looked through, as pages
- 48 Stronger-smelling, as meat
- 50 Twilled suit material
- 52 Grayish in the face
- 53 Brewed drink
- 54 String quartet instrument
- 56 Doe's beau
- 57 Member of a goon squad
- 60 Vanity case?
- 61 Satchel
- 62 Where many things are made
- 63 Digital number?

ANSWERS CAN BE FOUND IN THE WELCOME HOME SECTION

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15						16		
17					18						19		
			20					21					
22	23	24					25			26			
27							28	29	30		31		
32				33	34	35				36			
37			38								39	40	41
			42									43	
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49				50			51	52	53	54			
55					56	57		58					
59							60				61	62	63
64				65						66			
67				68						69			



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Element

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