



Did you know?

THE DISH 28-day cyclic menu

Did you know the DISH is implementing a new 28-day cyclic menu? The new menu will include new menu items, providing more variety for customers. New options include: jerk roast turkey, Cajun chicken, Parmesan fish, sweet and spicy orange salmon, turkey noodle, Dijon pork chop and spaghetti with turkey meat sauce.

BASE BRIEFS

Spouses are invited to events marked with



THIS WEEK

AAFES changes hours

The Schriever Air Force Base Express will be open 5 a.m. — 10 p.m. every day. The new hours will last for a 60-day trial period, which will end April 11.

Building 300 auditorium closure

The Building 300 auditorium will not be available until March 16 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.

Physical Therapist clinic opens

Schriever Air Force Base's physical therapist clinic is now open. Clinic hours are 7:30 — 11 a.m. Monday, Wednesday and Friday. In order to be seen by the clinic, you must have a referral from your primary care manager. For more information, contact the Peterson Air Force Base physical therapy clinic at 556-1075.

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



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50th SW Annual Awards brings gold, glory



Col. Jennifer Grant, center left, commander of the 50th Space Wing, and Chief Master Sgt. Jason Tiek, center right, command chief of the 50th SW, stand with 2017 Annual Awards Banquet winners at The Club, Peterson Air Force Base, Colorado, Feb. 9, 2018. This year's theme for the banquet was centered around the Academy Awards.

By 2nd Lt. Scarlett Rodriguez

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — The 50th Space Wing's stars of 2017, their families, friends and supervisors all gathered to honor to successes of the year passed through food, fun and a little bit of fame at The Club, Peterson Air Force Base, Colorado, Feb.9.

"This year's vision, like all Annual Awards banquets, was to celebrate all of the nominees and make it the best event that we possibly could for them," said Master Sgt. Ryan Klemcke, first sergeant for the 50th Mission Support Group and Wing Staff Agencies as well as awards banquet coordinator. "To that end, early in the year it was decided that there

See Awards page 12



U.S. Air Force photos by Christopher DeWitt

Capt. Portman Werner, chaplain for the 50th Space Wing, busts a move on the "red carpet" during the 50th SW Annual Awards Banquet at The Club, Peterson Air Force Base, Colorado, Feb. 9, 2018. Werner won 50th SW Company Grade Officer of the Year.

Marriage workshop strengthens Front Range couples' bonds

By Senior Airman Arielle Vasquez

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Six military couples attended a Healthy Marriage Workshop to enrich relationships at the Schriever Air Force Base Event Center Feb. 8.

The workshop's curriculum was led by relationship education facilitators from The Center for Relationship Education.

"Our mission is to equip individuals of all ages with skills for developing healthy relationships," said Cassie Rothermich, programs and events director, The Center for Relationship Education. "This workshop was activity-based and designed to give couples tangible skills they can learn and take home to continue enhancing and building on their relationship. Even though we have partnered with Schriever Air Force Base before, this was the first time we conducted an on-site visit to the base."

The 50th Space Wing Chaplain's Office hosted the event and plans to host more marriage and family events throughout the year.

"Couples can get so busy in their day-to-day lives and sometimes their relationships may go on the back burner," said Tech. Sgt. Jacquelyn Rider, non-commissioned officer

See Workshop page 7



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

Capt. Eshawn Rawlley, chief of military justice, 50th Space Wing Judge Advocate office, and his fiancée, Christina Deveaney, participate in a 'knee to knee' activity at Schriever Air Force Base, Colorado, Feb. 8, 2018. This involved couples facing each other, while taking turns making a statement and paraphrasing what the other said.

BASE BRIEFS

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

Tricare beneficiaries

Tricare beneficiaries: if you had a referral/authorization for service prior to Jan. 1 that dropped off or Health Net (the new Tricare regional contractor) is not seeing, you can visit https://www.mytricare.com/internet/tric/tri/mtc_wbene.nsf to retrieve your authorization. This website will expire June 30.

ON-BASE

Schriever choir Orbital Harmony auditions

The Schriever Air Force Base choir performance group, Orbital Harmony, will be conducting auditions to fill vacant spots for the spring and summer 2018 performance season. All positions are currently open (soprano, alto, tenor and bass). Any experience level is welcome. Auditions will be conducted by appointment at Building T135, west of the fitness center. Participation in Orbital Harmony can be used towards qualification for the United States Air Force Volunteer Ribbon. For more details or to schedule an audition, contact A. Neal Vickrey at 721-9280.

2018 Green Dot Program implementation team recruitment

The 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.

Clinic announces closures

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

Monday	All Day	Holiday
March 8	Noon-4:30 p.m.	Training day
Apr. 12	Noon-4:30 p.m.	Training day
May 10	Noon-4:30 p.m.	Training day
May 25	All day	Family day
May 28	All day	Holiday
June 14	Noon-4:30 p.m.	Training day
July 4	All day	Holiday
July 5	All day	Family day

Note: Walk-in services end at 3:30 p.m. Normal clinic hours are 7:30 a.m. — 4:30 p.m. Monday — Friday. For emergencies, call 911. For appointments, call 524-CARE.

Pharmacy OTC medication program

The 21st Medical and Dental Squadron pharmacy has 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.

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 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.

Logistics Planner Retraining Opportunities

The Air Force Logistics Plans specialty is continually seeking enlisted personnel to retrain as logistics planners (2G0X1). Interested personnel should contact Ed Smith at 567-3082.

OFF-BASE

AFCEA Cyberspace Symposium seeks volunteers

Volunteers are needed for the 2018 Air Forces

Communications and Electronics Association Cyberspace Symposium March 5 — 8 at the Broadmoor. Multiple shifts are needed for March 6 — 8. For more information, contact Mimi Langenderfer at 722-4444 or Master Sgt. Patrick Nichols at 940-232-8631.

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 Club, Peterson Air Force Base, Colorado. Call 597-0492 or 591-9523 for more information.

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 March 8 will be Mike Bobbitt with an overview of the Honor Flight of Southern Colorado. Call 556-7153 for more information.

Cub Scout troops seeks recruits

The local Cub Scout Pack 808 is recruiting ages 7-10. Weekly meetings at the 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 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.

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EDITOR & COO

Amy Sweet.....Amy.Sweet@csbj.com

STAFF WRITER

Halle Thorntonhalle.thornton.ctr@us.af.mil

ADVERTISING

Advertising Director

Jeff Moore.....Jeff.Moore@csbj.com

Account Executives

Tammy Fogall Tammy.Fogall@csmng.com

Monty Hatch..... Monty.Hatch@csbj.com

Vanessa Nagel Vanessa.Nagel@csbj.com

ART DEPARTMENT

Art Director.....Melissa Edwards

Digital Marketing & IT Manager.....Ryan Hannigan

Graphic Designer.....Rowdy Tompkins

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Chairman of the BoardJohn Weiss

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A LEADER’S PERSPECTIVE

Building community

Commentary by Maj. Clay McGillivray

Detachment 3 commander,
23rd Space Operations Squadron

SCHRIEVER AIR FORCE BASE, Colo. — “My shift is coming to an end and now I can finally go home.”

I can’t begin to count how many times I have thought this after a long day. I suspect I am not alone in my thinking.

Airmen around the world work hard on duty and then head to their relaxation place to recover for the next day. Maybe that place is with family or friends, with pets or even by yourself.

How each Airman prepares for the next day is unique to him or her, yet crucial for the renewed drive and energy the Air Force demands. My place is at home either dancing with my wife or wrestling with my boys.

Recently, I have recognized my off duty time rarely involves the people I work with, and it should.

My off duty time should include spending time with the other Airmen from my unit, group and base. Over time, engaging with others will result in the creation of a community. Building a community will form relationships, bonds and allow everyone to be included. I am fortunate to currently be in a location where the Air Force community is strong. The base is literally locked in by frozen seas and glaciers, so the people here are all we’ve got. I get to work, eat, exercise and hangout with the same people on and off duty.

Some might assume being around the same people all the time would be a negative, but so far I have appreciated it all. That isn’t to say I



Maj. Clay McGillivray
Detachment 3 commander,
23rd Space Operations Squadron

am friends with everyone and everything is sunshine and roses. Through good times and bad, I relate this community to that of a large family which remains together through it all.

Within a family, you may have a protective mom, loyal brother, political dad, wise old grandmother and a crazy uncle, or two, or three. We are intimately familiar with who they are and what they add to the family. I would not necessarily ask my grandmother to watch a mixed martial arts fight; but go to dinner, yes.

My community is similar in that I understand how people are doing and what they do in their down time. The ones who love fitness outpace me in the gym and others will talk with me about the new “Walking Dead” episode.

While these interactions help me grow physically and mentally, they also allow us to connect to each other. It has helped me from a work aspect multiple times when I needed something quickly from another unit.

More importantly, the community enables me to know other people’s well-being. It has become remarkably easy to see changes in a person’s behavior. We all want to be good wingmen and there is no better way to see when someone has changed than by being involved.

The situation here is fairly unique in the Air Force, though I do want the community-feel regardless of my location. The same sentiment has been told to me by others who have had similar experiences while deployed or stationed at remote locations. Upon returning to stateside assignments, their connection to the community is not always as strong.

A former commander of mine understood the importance of community within our unit and he encouraged us to get together outside of work for the mentorship, companionship and establishment of those crucial bonds. After this assignment, I can value why he emphasized those get-togethers.

Now, my challenge is to have more than just work associates and do my part to strengthen our Air Force community no matter the assigned location.



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Cecilia Smith, victim advocate from the 50th Space Wing Sexual Assault Response program, provides instruction to students during a Teen Dating Violence Seminar, held at Ellicott High School, Feb. 7, 2018. February is Teen Dating Violence Month and several agencies banded together to reach out to locals schools to bring awareness to teen violence.



Paula Krause, program manager from 50th Space Wing Sexual Assault Response program, responds to an answer provided by a student at a Teen Dating Violence Seminar, held at Ellicott High School, Feb. 7, 2018. Schriever's SAPR and the Airman and Family Readiness Center partnered with Peterson Air Force Base's Family Advocacy Program to hold a teen dating seminar at the school.

Schriever helping agencies educate teens on dating violence

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

ELLICOTT, Colo. — Schriever's Sexual Assault Response Coordinators and Airman and Family Readiness Center partnered with Peterson Air Force Base's Family Advocacy Program to hold a teen dating seminar at Ellicott High School, Feb. 7.

February is National Teen Dating Violence Awareness Month and the agencies banded together to reach out to locals schools to bring awareness to teen violence.

Monica Ibarra, Family Advocacy Intervention Specialist, 21st Medical Group, had the idea and asked Schriever SAPR and AFRC to participate.

"Teen dating violence is a community concern, and teens are somewhat reluctant to talk about it," she said. "We wanted to bring the message to the Ellicott schools in an open, positive and interactive manner that would raise students' awareness to the subject. It's so important to have someone willing to start the conversation."

According to the team, violent behavior often begins between the ages of 12-18. In addition, the severity of partner violence is worse when the pattern of abuse began in adolescence.

"Teen dating violence, unfortunately, does happen," Ibarra said. "However, if we bring the conversation to the forefront, teach youth about healthy versus unhealthy relationships,

we can provide them with resources of people and/or agencies that they can talk to or turn to for help."

The team's hope is to make a positive impact by empowering youth to improve their safety and overall health and well-being.

"It is important that young people are educated about what a healthy relationship looks like as well as signs of abuse and/or an unhealthy relationship," said Paula Krause, program manager with the 50th Space Wing Sexual Assault Response program.

The coalition reached approximately 200 students at Ellicott High School with their interactive "Jeopardy" themed training which took place during the seminar.

"They were amazing," Krause said. "The

high school counselor was very helpful and the administration was more than willing to allow us to come and present to the students. We have a presentation with the middle schoolers next week."

"The students were definitely an interactive audience; it was apparent that our questions generated thought-provoking opportunities for them and we were able to get the conversation going," Ibarra said. "It was fantastic to see such great participation from the students and them discussing an uncomfortable subject so openly."

The team will conduct their next session with the Ellicott middle schoolers Feb. 22. They hope to make this an annual event with Ellicott School District.

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I am Schriever: Safety NCO leaves on a high note

By Halle Thornton
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Staff Sgt. Morris Thomas, occupational safety officer with the 50th Space Wing Safety Office, recently won 2017’s Air Force Space Command Safety Career Professional of the Year award.

The award recognizes an individual in the safety career field for outstanding contributions to the Air Force safety program, and considers factors such as duty performance level above the nominee’s grade, innovations the nominee developed that reduced mishaps, increased program effectiveness or enhanced the career field and participation in safety activities of agencies outside the Air Force.

Lieutenant Col. Scott Hermann, chief of safety with the 50th SW SO, nominated Thomas because of his many accomplishments and passion for the career field.

“I have worked with Thomas for almost a year,” he said. “If I had to characterize him in one word, it would be ‘huge.’ He was previously a high-performing wrestler at the Junior Olympic level and was on the Air Force team.”

Thomas has lead more than 100 unit safety representatives, founding a safety coalition by partnering with Drive Smart Colorado, an organization that aims to keep new drivers safe on the roads and shaped the development of new safety professionals at an Air Force-wide level, in addition to completing three fourths of his bachelor’s degree credits.

“To me, they could have put up no one,” Morris said. “They could have said, ‘we don’t have anyone,’ so for my chief of safety to say ‘I have a guy that I would put up against anyone else.’ It made all of the work I’ve done over time seem like I’m making a difference. The award lets me know the work I’ve been doing has been positive and recognized,” he said. “It gives me the boost that I need motivation-wise to pursue it on the outside.”

Thomas, who separates from the Air Force in March, did not begin his career in safety, having previously served in security forces from February 2008 to August 2012.

“I did like some aspects of it, like firing the heavy weapons, being in the field and the deployments, but I had a different idea when it came to law enforcement,” he said. “I wanted to find a way to keep people safe in a more personable way.”

Thomas retrained into the safety field in 2012, and has loved it ever since.



U.S. Air Force photo by Halle Thornton

Staff Sgt. Morris Thomas, occupational safety officer, with the 50th Space Wing Safety Office, stands with his 2017 Air Force Space Command Safety Career Professional of the Year award at Schriever Air Force Base, Colorado, Feb. 12, 2018. Thomas was recognized for his outstanding contributions to the Air Force safety program and passion for the career field.

“You have an ability to speak and talk on a spiritual and personal level,” he said.

Thomas faced challenges understanding the knowledge in multiple career fields, understanding the regulatory guidance and how to enforce laws and rules. However, because of his vested interest in learning all he could about the safety career field, he was able to successfully execute what was asked of him.

“When I first entered the career field, I was overwhelmed,” he said. “But as the time passed, I became a student of my job, and started to take an interest in learning everything I could about rules and regulations, even outside of the Air Force.”

He said he loves getting to meet everyone in the unit and educating them about safety in the workplace.

Hermann acknowledges Thomas’ ability to communicate on a personal level about topics that may not be easy to grasp.

“He (Thomas) has a huge personality and spirit when it comes to safety,” he said. “Thomas is a great communicator and very skilled at building strong relationships.”

Thomas expressed his door is always open to Schriever Airmen, even if only for a short time.

“I’m here to help you,” he added. “I’m always asking myself ‘what can I do better, what can we do better as a unit to mitigate hazards?’ I want to get people to internalize safety, to make it something they do because they want to, as opposed to just doing it because they have to.”

Soon, Thomas, his wife and three children will make the journey to Missouri to be closer to family. However, Thomas has appreciated the privilege of having great leadership and coworkers, and has made a lot of friends and lifelong connections.

“They (Schriever members) go out of their way to learn their job for the people,” Thomas said. “I’ve had the honor and privilege to work with the best and brightest. Before them, I got to stand on the shoulders of giants and see the improvements that were made before and then take some of those improvements and make them better.”

Thomas hopes the 50th’s safety department continues to be successful in the future.

“I’ve met quite a few safety professionals during my time here and they’re some of the best the Air Force has to offer,” he said.

Hermann expressed his gratitude working with Thomas, and will miss him as both a worker and a friend.

“There will be a huge void in the office when he’s gone,” he said. “We will truly miss his enthusiasm, intelligence and humor.”

Although Thomas has not served on various Air Force Bases, he will miss Schriever the most.

“When I think about my career, Schriever is going to pop up first,” he said. “When I think about my time, my first thought is going to be my time at Schriever.”

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Improving the unit is a major graded area of the Commander's Inspection Program, designed to help Air Force units identify weaknesses and recommend solutions. The 50th Space Wing Inspector General office will be conducting individual unit inspections throughout year leading to the wing's unit effectiveness inspection in December.

CCIP: Improving the unit

By Tech. Sgt. Wes Wright

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — "If you don't practice, you don't deserve to win."

The inspirational words of retired tennis ace Andre Agassi ring true in many contexts, perhaps none more so than the Commander's Inspection Program.

In August 2013, the Air Force established the Air Force Inspection System which is an integrated, synchronized system of inspections conducted on behalf of the Secretary of the Air Force, the Chief of Staff of the Air Force and commanders at all levels.

“Continuous process improvement is the cornerstone of any highly successful organization,” said Lou Fischer, director of inspections for the 50th Space Wing Inspector General office. “Units must constantly look for opportunities to improve. As a wing, we address this through the Commander’s Inspection Program. By conducting inspections, exercises and self-assessments, we are able to focus on our processes and how they support mission accomplishment.”

Four major graded areas make up these inspections. One of them is "Improving the Unit."

"There are four main tenants of improving the unit: strategic alignment, process operations, CCIP and data driven decisions," said Capt. Joseph Villalpando, exercise program manager for the 50th SW IG.

Strategic alignment:

“This involves critically thinking through

your unit's processes and making sure what you're doing still aligns with your mission and how those things fit in with the wing's mission, vision and priorities," Villalpando said.

"It's great if you're improving your processes, but if those processes aren't supporting the mission, then you're spinning your wheels and not getting anywhere," he continued.

Villalpando said Airmen at all levels are encouraged to critically think through their processes and if something doesn't seem to align properly, to bring it to their leadership's attention.

"It's always best to fix things in-house," he said. "A lot of times, people may simply not know if something is out of alignment."

Process operations:

Tech. Sgt. Martin Howard, exercises section chief for the 50th SW IG, compared process operations to the National Football League's New England Patriots.

"Sure, they lost the Super Bowl this year, but they are a contender every single year," he said. "They're constantly improving their game. Every year they get better and better because they're improving their processes. They're constantly identifying their weaknesses and fixing them."

According to Howard, identifying processes that need improvement isn't something people should wait until inspections to fix.

"The theme for the CCIP is 'stay ready in the off-season,'" Howard said. "If you

try and sweep something under the rug during practice, that weakness is going to come out during the game. Just because you don't have a game coming up doesn't mean you don't have to improve during practice."

CCIP:

"A big part of this is allowing commanders to gauge the risk they're going to be taking," Villalpando said. "Because we are humans, we err. As such, there is risk to everything. The CCIP helps commanders define risk so they can make the smartest decisions of where to allocate the manning and resources to fix the most imminent weaknesses."

Fischer agreed.

“By identifying what is broken, deficient, or causing bottle-necks in our day-to-day activities, commanders can assess the root-cause of these issues and take necessary actions to mitigate risk and make necessary improvements to mission accomplishment,” he said.

Howard pointed out that Airmen should look at inspections as positive events designed to help them improve, not punish them.

"Most of the time, if people are doing something wrong, it's because they don't know," he said. "We get that, and commanders get that. We don't come into your unit looking for people to get in trouble. We come to identify and fix problems."

Data-driven decisions:

While constant improvement is some-

"If you don't practice, you don't deserve to win."

– Andre Agassi

- Strategic Alignment
- Process Operations
- CC's Inspection Program
- Data-Driven Decisions





Front Range couples attend a Healthy Marriage Workshop at Schriever Air Force Base, Colorado, Feb. 8, 2018. The workshop's curriculum was led by relationship education facilitators from The Center for Relationship Education.

Workshop

From page 1

in charge for chapel operations, 50th SW. “I think this provided a great opportunity for couples to come together. The saying ‘it takes a village to raise a kid’ can apply here too. Sometimes, it’s good to bounce ideas off other couples. There is a good chance they may have gone through the same issues and any advice can help in the long run.”

The day-long class featured communication exercises, conflict resolution methods and various activities.

Throughout the workshop, there were

many opportunities for couples to participate in a ‘knee to knee’ activity. This involved couple facing each other, while taking turns making a statement and paraphrasing what the other said, which reinforced speaker-listener skills.

The couples in attendance provided diverse perspectives and marital experiences. Married for nearly over two years, 2nd Lt. Rachel Rivera, WGS engineer, with the 4th Space Operations Squadron and 2nd Lt. Isaac Rivera, satellite vehicle operator, with the 2nd Space Operations Squadron, shared their experience.

“We found out about this workshop through the base bulletin,” Rachel said. “We usually take advantage of these types of events so we can learn more about each

other. We both come from broken families, which is why marriage is so important to us. We want to get all the tools and skills we can possibly get.”

Isaac concurred. “It’s hard to resolve conflict if you never had an example growing up — these types of workshops help us to gain that knowledge,” he added. “I’m glad we had this time together to communicate and grow even more as a couple.”

Another activity couples took part in was personality profiles. Each person took a personality test which ranked everybody according to color category. Everybody of the same color would group up at different tables. This allowed the couples to find out more about each other’s strengths and

weaknesses to gain more of an understanding about their partner.

Rothermich expressed why she finds these events to be so beneficial for the couples.

“My favorite part about these events is seeing the couples connect,” she said. “Sometimes, they don’t know what to expect, but by the end they have their arms around each other and are very engaged. It can be difficult at times for couples to maintain a connection, which is why giving them skills to do so is so important. I encourage couples to attend these workshops in the future.”

The Chaplain’s Office will be hosting a marriage retreat in June. For more information, call their office at 567-3705.

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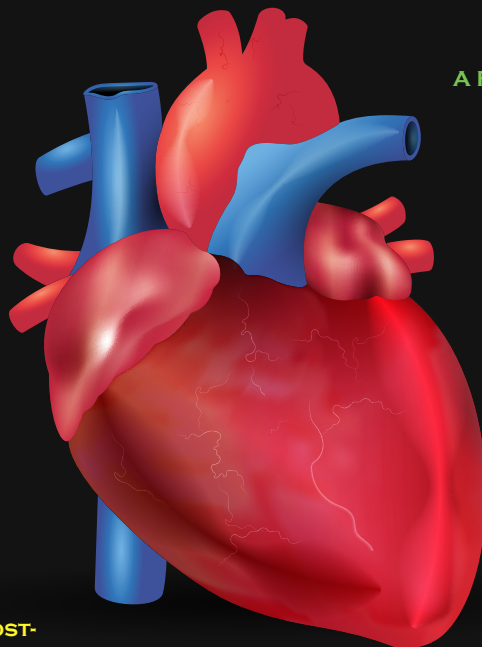
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February is Heart Health Month



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SMOKING INCREASES...

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- DECREASES EXERCISE TOLERANCE
- THE TENDENCY FOR BLOOD TO CLOT
- A RISK IN CARDIOVASCULAR DISEASE FOR THOSE UNDER THE AGE OF 50

OBSESITY INCREASES...

- CHANCE OF CADIOVASULAR DISEASE
- A STRAIN ON THE CARDIO VASCULAR SYSTEM
- YOUR CHANCES OF CARDIOVASULAR DISEASE WHEN OLDER

GENDER IS A FACTOR...

- MEN HAVE A HIGHER INCIDENCE OF HEART DISEASE AT YOUNGER AGE
- MORE WOMEN DIE OF HEART DISEASE IN THE POST-MENOPAUSAL AGE THAN MEN IN THE SAME AGE RANGE
- AFTER THE AGE OF 65 THE RISK IS THE SAME FOR BOTH SEXES

DRINKING CAN...

- INCREASE YOUR HEART RATE AND BLOOD PRESSURE
- LEAD TO WEAK HEART MUSCLES IF DONE HEAVILY
- LEAD TO A HEART ATTACK OR STROKE IF DONE HEAVILY

A FAMILY HISTORY OF HEART DISEASE...

- COULD MEAN YOU ARE AT RISK

BE PROACTIVE BY...

- GETTING EXAMINED AFTER TURNING 18.
- MAINTAINING A HEALTHY LIFESTYLE OF EATING RIGHT AND WORKING OUT OFTEN.

DIABETES CAN LEAD TO...

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- MANAGING YOUR BLOOD PRESSURE

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- EAT LESS OF THE POOR NUTRIENT FOODS
- KNOW HOW MANY CALORIES YOU SHOULD EAT AND DRINK TO MAINTAIN A HEALTHY BALANCE







#IamSCHRIEVER Portraits



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

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

Take us with you!



EAP supports government civilians

By Senior Airman Arielle Vasquez
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Any number of personal problems can interfere with one’s work performance, health and overall happiness.

Fortunately, there is a program in place to offer assistance to employees of authorized federal agencies to resolve any issues they may be facing.

“The Employee Assistance Program is a newer program with the purpose of providing support to government civilians and their family members,” said Jessica Schroeder, community support coordinator for the 50th Space Wing. “We all have life stressors; they can be very different for each of us, but when they are present, it makes work-life balance difficult.”

The program took effect Air Force-wide October 2017.

“Through this program, government civilians can make a phone call to EAP and then be directed to a licensed EAP counselor, depending on the issue,” Schroeder said. “Once they have been connected to the right source, they have the option of meeting with a counselor in their local community for further assistance.”

Similar to the Airmen’s Military One Source, EAP provides financial, legal and counseling services, health and wellness orientations, supervisor and

risk management consultations and crisis responses. According to Federal Occupational Health, if clients disclose life threatening situations, counselors are required by law to report these statements.

More specifically, EAP consultants are available to assist with stress management, life changes and transitions, budgeting, college savings, retirement planning and tax preparation.

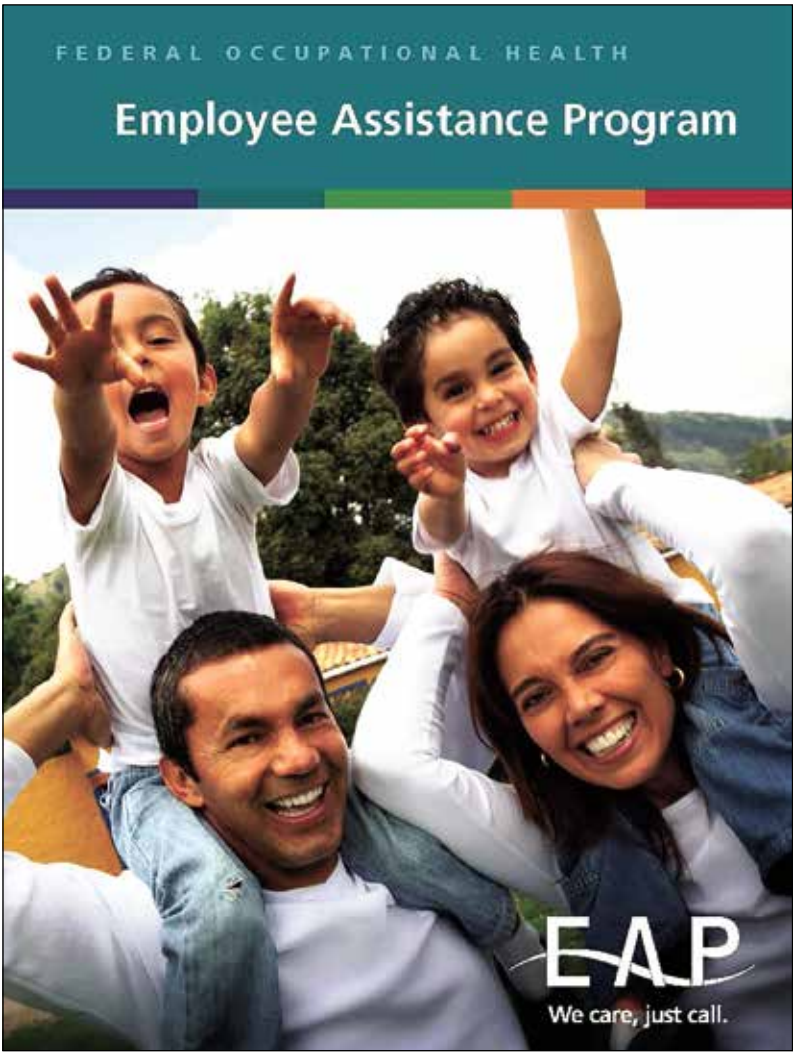
Military and civilian supervisors of employees may also call to discuss issues and gain mentorship skills.

“While this program serves government civilians, it’s important for military supervisors to be familiar with it as well so they can recommend these incredible resources to them,” Schroeder said. “If a supervisor doesn’t know where to start, but they have concerns, EAP is a short phone call away and they can tap into their expertise.”

In addition to speaking with EAP consultants, employees or units may also request face-to-face seminars and webinars, which can be requested through Schroeder.

The program also provides educational kits, in-person elder care assessments, facility reviews, post-hospitalization assessments and care plans to employees.

Services are confidential and available 24 hours a day, seven days a week. For more information call 1-800-222-0364 or visit FOH4You.com.



The Air Force Space Command Employee Assistance Program is a voluntary program to help civilians work through various life challenges. EAP services are available and confidential to all civilian employees and their family members.

Competition

From page 9

Space Superiority

Wilson and Goldfein explained the FY19 budget represents a 33 percent increase in the research, development, test, and experimentation budget for Air Force Space, a substantial increase to meet the threat from China and Russia.

“The nation expects us to own the ultimate high ground,” Goldfein said. “Our space capabilities must be resilient and defensible. This budget moves us forward as space becomes more contested in the future.”

Foregoing the continued buy of today’s Space Based Infrared System satellites 7 and 8, the Air Force is transitioning to rapidly developing the next-generation Overhead Persistent Infrared System, which will detect and report on current, emerging, and anticipated threats, and will be designed for survivability.

Additionally, the space budget focuses on building more jam-resistant GPS satellites, improving missile warning, improving space situational awareness and increasing the nation’s ability to defend its most vital assets on orbit. It adds additional resilience features and user protection to existing satellite communication systems.

“We are taking advantage of Congressional authorities to return program decision authorities back to the Air Force, including 14 of the 19 Major Defense Acquisition Programs within the space portfolio,” Wilson said. “Using tools such as the Defense Acquisition Workforce Development Fund, we are investing in our people, ensuring they have the right skills and training to succeed.”

Multi-Domain Command and Control

The Air Force FY19 budget request reflects the need to address how technological advances are changing the character of warfare.

The FY19 budget proposes the modernization of seven E-3 Airborne Warning Command and Control aircraft and keeps the current E-8C Joint Surveillance Target Attack Radar Systems operational through the mid-2020s as the service develops and transitions to an advanced battle management system.

“This approach will integrate space, air, and ground based sensors on manned and unmanned platforms and satellites to meet more combatant commander requirements in both contested and non-contested environments,” Goldfein said.

Air Superiority

Central to the Air Force’s lethality is the ability to gain and maintain air superiority when and where needed against potential adversaries in 2030 and beyond.

Wilson highlighted that over the next five years the Air Force will develop an integrated family of systems that can establish and maintain air superiority in a contested environment. The FY19 budget includes \$11 billion as part of a \$63.8 billion effort over the current five-year plan. She emphasized this will be a multi-domain effort with a renewed emphasis on electronic warfare, networked capabilities, and control of the electromagnetic spectrum.

Light Attack

Retaining irregular warfare as a core competency at a lower cost and strengthening alliances is a key element of the National Defense Strategy. The Air Force proposes to continue the FY18 light attack experiment

by developing concepts of operation and further defining requirements for fielding a force of U.S. light attack aircraft across the five-year budget plan.

Goldfein said the service is focusing on rapid procurement and fielding strategies for the light attack experiment that leverage existing capabilities with little or no development. He said it is designed to be coalition at the core, affording the Air Force a chance to invite and lead allies and partners to train in the U.S., buy common equipment for their own affordable light attack squadrons, and build those international squadrons on a network that shares.

Strengthening Alliances

Also aligned with the National Defense Strategy’s emphasis on fostering mutually beneficial alliances and partnerships, the FY19 budget request reinforces the Air Force’s commitment to our allies and international partners through programs such as the European Deterrence Initiative and Indo-Pacific security initiatives.

Science and Technology

The budget proposal increases emphasis on basic and applied research to drive long-term dominance in air and space power. Focus areas will be further refined following the review of the Air Force’s science and technology strategy later this year. The budget continues to invest in game-changing technologies that, when fielded, will increase lethality and provide the joint force a technological advantage.

Wilson pointed out sustaining the efforts laid out in FY17, FY18 and FY19 requires predictable, sufficient and flexible budgets.

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Awards

From page 1

would be a ‘Night at the Oscar’s’ theme and we’d try to model it a bit after the Academy Awards.”

The theme was executed through several glamorous decorations, such as large-scale trophies and a red-carpet runway, as well as a spotlight used to shine on the night’s nominees and winners.

Nominees started their night of fame with a medallion ceremony, which lead into a social hour before the official banquet.

Once guests were seated and prepared to cheer for their coworkers, the masters of ceremonies ran through the sequence of events, which included announcing all nominees as they entered the banquet hall through a saber arch.

“One of the best parts is watching the event unfold like you planned,” Klemcke said. “All of the brainpower the team had to put in and all of the practice that we had to execute is really worth it when you see the event coming together on the night of the ceremony.”

Awards attendees then enjoyed dinner, with a regular up-roar of chatter and laughter breaking the hum of conversation.

An addition to the conversations which typically fill the room were a slew of shout-outs to friends, family, geographically separated units, their nominees and more who were able to look-in on the event through Facebook Live. Leadership from Col. Jennifer Grant, commander of the 50th Space Wing, to first-line supervisors were able to sing praises of not only their nominees but their units for the world to see.

As dinner closed-out and awards announcements began, groups and squadrons regularly overwhelmed the room with shouting and applause, among the loudest were the 50th Network Operations Group.

“I was exhilarated each time to know that NOG performance and performers were being recognized,” said Col. William Angerman, commander of the 50th NOG. “I was (and am) very proud of my group — both the award winners for what they’ve done in 2017 and the team that readied award packages: supervisors, squadron leadership and my group staff.”

Angerman went on stage to collect four awards on behalf of his group’s geographically separated unit winners, with two more given to his people in-person.

“I’m so proud of my group and the professionalism the men and women of the NOG display every day,” he said.



U.S. Air Force photo by Christopher DeWitt

“Oscar” nominee trophies sit on display during the 50th Space Wing Annual Awards Banquet at The Club, Peterson Air Force Base, Colorado, Feb. 9, 2018. Each nominee received one as they were announced at the banquet.

“From AFSCN mission support to cyber defense to Schriever communications to GSU worldwide operations, 2017 was a very busy year.

“I’m very pleased with the teamwork demonstrated within the group, with our wing and with our mission partners,” he continued. “To the NOG — thank you for your service and sacrifice. Congratulations for a year well done.”

Having taken note of the NOG’s success, as Col. Grant took the stage, she poked some fun to keeping the energy going.

“Somebody needs to bring a U-Haul trailer because I think Col. Angerman took half the hardware here,” she laughed. “On a serious note, the energy in this room tonight is fantastic. I hope that each of you enjoyed the opportunity to

get together like a family. That’s what this is: a family event to recognize our family members, for doing what we do best and being successful and just crushing it.”

Grant went on to thank all the volunteers who made the night possible as well as the families and supervisors for their hand in allowing the banquet to go on.

“This network of people, if you look to your left, look to your right and you look across the table, this is it. It doesn’t get much better than this- and as you listen to all the accomplishments and as you cheered on the nominees and then raged for the winners up here, this is what we do, this is who we are and it’s awesome,” Grant said. “What you do is awesome every single day.”

The 2017 50th SW Annual Award winners		
Airman	Senior Airman Alex Reza Jr.	50th Security Forces Squadron
Non-commissioned officer	Tech. Sgt. Bradley H. Pike II	50th Space Communications Squadron
Senior NCO	Senior Master Sgt. Philip E. Peters	50th Space Communications Squadron
First sergeant	Senior Master Sgt. Allen C. Le Vie	50th Operations Group
Company Grade Officer	Capt. Portmann J. K. Werner	50th Space Wing Chaplain’s Office
Field Grade Officer	Maj Scott A. Roberts II	50th Operations Support Squadron
Civilian Category I	Mr. Anthony R. Flowers	50th Civil Engineer Squadron
Civilian Category II	Mr. Nathaniel A. Bernardo	21st Space Operations Squadron
Civilian Supervisor Category I	Mr. LeeRoy H. Wymer	21st Space Operations Squadron
Civilian Supervisor Category II	Mr. Bryan R. Henderson	23rd Space Operations Squadron
Key Spouse	Mrs. Natalie S. McCoy	50th Security Forces Squadron
Detachment of the Year	Detachment 3, 21st SOPS	50th Network Operations Group
Innovator of the Year	Capt. Daniel B. Brunski	3rd Space Experimentation Squadron
Honor Guard Airman of the Year	Senior Airman Seth E. Leslie	4th Space Operations Squadron
Honor Guard NCO of the Year	Staff Sgt. Matthew A. Coleman-Foster	50th Space Wing Public Affairs

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Happenings is what’s happening in the 50th Force Support Squadron in the next two weeks. Be sure to check back on the first and third Thursdays of the month for an up-to-date list.

AAFES Express new hours

For a 60 day trial period, the Army and Air Force Exchange Service Express will be open 5 a.m. — 10 p.m., seven days a week

AAFES Dunkin’ Donuts Sweet Heart Deal

For the month of February, Dunkin’ Donuts is offering a “sweet heart deal” to show appreciation to Schriever Patrons and celebrate a great first year. Stop by Dunkin’ Donuts in Building 210 and ask for the “sweet heart deal” which entails:

- Buy a donut, get a small hot or iced coffee for free.
- Buy a sandwich, get a medium hot or iced coffee for free.

Or stop by between 10 a.m. and 2 p.m., during our Latte Break, and buy a medium latte for \$2. For questions regarding these specials, call 567-5282

Newcomers Orientation – Right Start new location: Thursday

An introduction of the installation and local community resources to newly arrived personnel. Briefers include: 50th Space Wing commander, Sexual Response Prevention and Response, family advocacy, medical, legal, 50th Force Support Squadron marketing and more. Orientation is 8 a.m. - 4 p.m. in Building 210, room 310.

Intramural Volleyball Coaches Meeting: Thursday

The 2018 Intramural Volleyball Coaches Meeting will be held 12 p.m. Thursday at the fitness center. It is mandatory for a representative (coach or player) from each team to be present. Letters of Intent are due no later than the end of the coaches meeting. Failure to turn in the letter of intent on time or not having a representative at the meeting, will result in not being allowed to join the league. The tentative season start date is March 6. For more information, please contact the fitness center at 567-6628.

VA 1 and 2 Benefits Briefing: Friday

This is a mandatory briefing that will be held at the Airmen and Family Readiness Center from 7:30 a.m. - 4 p.m. Feb. 16. Topics discussed include separating or retiring from service. A Veterans Administration representative will provide comprehensive information about benefits available. To RSVP, call the A&FRC at 567-3920.

FSS at the Movies: Saturday

Join us on Saturday for a double feature at the Tierra Vista Community Center. This event is open to all Schriever community members. Snacks are not provided, however, patrons are encouraged to bring their own snacks.

- Frozen (PG) – 3 p.m.
- Thor: Ragnarok (PG-13) – 5 p.m.

Fun Volunteer Opportunity

We are looking for volunteers to help run movies at Tierra Vista Community Center. For more information

or to sign up, contact 1st Lt. Frank Fickling at 567-5808.

Pre-Separation Briefing: Feb. 20

Join the Airman and Family Readiness Center for the Pre-Separation Counseling Briefing 2 – 3:30 p.m. Feb. 20. Active duty members are required to attend this briefing more than 90 days from separation or retirement. Attending this briefing does not obligate you to separate or retire, however, it is required prior to attending the Tuition Assistance Program seminar. Spouses are welcome to attend.

Accessing Higher Education: Feb. 21 – 22

This two-day seminar is geared towards educating transitioning service members and their spouses on how to maximize their GI Bill, along with assistance in selecting institutions and programs. Learn what resources are available to you. To reserve a seat, call 567-3920.

Military Saves Week event: Feb. 26 – March 2

Airman and Family Readiness Center is hosting their annual Military Saves Week which provides a wide variety of financial workshops and learning activities. To register for any of these classes, please call 567-3920.

- Feb. 26: Kickoff Event (Money Info Fair Outside Dining Hall), 11 a.m. – 1 p.m.
- Feb. 27: Homebuying, 9 – 11 a.m.
- Feb. 28: Matri-Money, 1 – 3 p.m.
- March 1: How to Make the Most of Your Tax Refund, 9 – 11 a.m.
- March 2: School Age Program – Money Activity, 9 – 11 a.m.

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What happens when I contact the Tip Line? When you contact the Tip Line you will always communicate with a live operator. Once you submit your tip you will be given a unique tip number. You will never be asked your name or personal information. Do NOT share the tip number with anyone.
What do I do if I get more information? If you have more information at a later time re-contact the Tip Line anytime, and provide an update to your original tip.

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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.

Make ‘em Laugh Open Mic Night, an open mic for comedians of all sorts. Mondays, 8-10 p.m. Free. Playing Field Sports Bar, 3958 N. Academy Blvd., #112, 210-1316, theplayingfieldsportsbar.com.

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 April 20. \$7-\$10. Lon Chaney Theatre, 221 E. Kiowa St., 387-9911, info@thestickhorses.com, thestickhorses.com/show-schedule.

FOOD & DRINK

Colorado Farm and Art Market, an indoor winter market with local grassfed and pasture raised meat, organic produce, artisanal baked goods and foods, and unique art and household goods. Third Sunday of every month, through May 20. Free. Cottonwood Center for the Arts, 427 E. Colorado Ave., 640-6154, farmandartmarket@gmail.com, farmandartmarket.com.

Delicious Downtown Food Tour, a food tour of downtown Colorado Springs including five diverse restaurants. Tours limited to 14 guests. Saturdays, 2-5 p.m. Continues through Aug. 25. Sundays, 1-4 p.m. Continues through Aug. 26. Downtown Colorado Springs, 1 N. Tejon St., 800/656-0713, info@rockymountainfoodtours.com, rockymountainfoodtours.com/tour/delicious-downtown-food-tour.

GET INVOLVED

CASA of the Pikes Peak Region, seeks volunteers to advocate for victims of child abuse and neglect. Training provided. CASA of the Pikes Peak Region, 418 S. Weber St., 447-9898, ext. 1033, casappr.org.

Free Public Recycling Drop Off, for business and individuals, transforming recyclable materials into meals benefiting Care and Share Food Bank of Southern Colorado. Goal Zero Recycling, 2265 Waynoka Road. Mondays-Saturdays, 8 a.m. to 4 p.m. Free. 434-5728, info@goalzerorecycling.com, goalzerorecycling.com.

Peterson Air and Space Museum, is seeking volunteer tour guides. Any civilians, active duty members, retirees or family members 18 and older are welcome. Fridays, Saturdays. Peterson Air and Space Museum, 150 E. Ent Ave., 556-4916, 21sw.mu@us.af.mil.

Rocky Mountain Field Institute, seeks volunteers age 16 and up for several restoration projects around the Pikes Peak region, including Garden of the Gods, the burn areas of Black Forest, the Incline connector trail and others. 471-7736, rmfi.org.

Tim Gill Center for Public Media, seeks volunteers to staff the Welcome Desk during weekdays, answer phones, assist with special projects and interface with guest organizations using the facility. Call or email to sign up. Tim Gill Center for Public Media, 315 E. Costilla St., 418-5851, elysejones@rmpbs.org, rmpbs.org.

Voter Mobilization: NAACP Branch 4001 General Membership Meeting, to help you learn how to get involved. Find out how you can register others to vote and how to increase voter participation around the city. Sat., Feb. 17, 2-3:30 p.m. Free. NAACP Office, 1613 S. Murray Blvd., 433-3135, rogerbutts80905@gmail.com, naacpstateconference.org.

HEALTH & WELLNESS

Breastfeeding Basics, learn about important actions to take before, during, and after the birth of your baby to set yourself up for breastfeeding success. Registration required. Tues., Feb. 20, 6-8 p.m. \$40. Enso Prenatal, 10 S 25th St., 660-5687, ensomama@gmail.com, ensomama.com/breastfeeding.html.

Introduction to Elimination Communication (EC), aka “Infant Potty Training.” This course will teach you to know when your baby needs to pee, how to position and cue a baby to potty, and the benefits of “EC’ing” your 0-18 month old. Sun., Feb. 18, 1-2 p.m. \$22.50. Enso Prenatal, 10 S 25th St., 660-5687, ensomama@gmail.com, ensomama.com.



CLUBS & ORGANIZATIONS

Pikes Peak Camera Club, welcoming photographers at all levels with their own cameras. Second Wednesday of every month, 7-9 p.m. Living Hope Church, 640 Manitou Blvd., 651-1534, elizabethstokes09@gmail.com, pikespeakcameraclub.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.

Touch Therapy for Cancer, “soothe, energize,

support and expedite your radiation/chemotherapy recovery time with a volunteer touch therapy practitioner.” Available weekly to anyone with a cancer diagnosis. Ongoing. Donations accepted. lifesparknow.org.

KIDS & FAMILY

Baby Time, Stories and activities for babies and their families. Tuesdays, Thursdays, 10:30 a.m.

Fountain Branch Library, 230 S. Main St., Fountain. Stories and activities for babies and their families. Thursdays, 10 and 11 a.m. Library 21c, 1175 Chapel Hills Drive.

Family Fun: Balloon Science with Cool Science, exploring science with balloons. Come watch Cool Science squish, pop, and play. No registration required. Sat., Feb. 17, 2-3 p.m. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000, ppld.org/kids/programs/rockrimmon-library.

Reading Tutoring, one-on-one tutoring sessions for children struggling with reading. Call to check eligibility of your child. Ongoing. Free. The Children’s Literacy Center, 2928 Straus Lane, 471-8672, sierra@childrensliteracycenter.org, peakreader.org.

Toddler Time, an introduction to the delights of rhyme, rhythm and a few stories as a first step to reading. Wednesdays, 9:30-10 and 10-10:30 a.m. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000, ppld.org.

You Are Loved: Celebrating Black Children, with the Empowerment Solidarity Network and the Sand Creek Library. Includes snacks, fun activities, story corner, and free books to take home. Sat., Feb. 17, 11 a.m. to 1 p.m. Free. Sand Creek Branch Library, 1821 S. Academy Blvd., 597-7070, empowermentsolidaritynetwork@gmail.com, ppld.org.

LECTURES & LEARNING

Photography Workshop: Exploring and Engaging the Foundations of Photography, a series of workshops for novices to explore using your camera and improving your photos. Topics for each class will vary and include: shooting modes, camera settings, composition basics and more. First Tuesday of every month, 4-6 p.m. and third Tuesday of every month, 4-6 p.m.; through March 20. \$10/class, first class is free. Academy Art and Frame Company, 7560 N. Academy Blvd., 650-6366, photo@project7.us, academyframesco.com.

Spanish Meetings and Free Classes, a series of free introductory classes and Spanish-speaking meetings for Spanish-learners of all ages. Call for times. Wednesdays-Saturdays. Free. KOMTOC International Information Services, LLC, 108 E. Cheyenne Road, # 201, 597-0063, 290-9343.

RECREATION & OUTDOORS

Great Backyard Bird Count, an opportunity to help scientists count birds. Meet at visitor center. Families can also participate in a scavenger hunt or make a bird feeder. Sat., Feb. 17, 9 a.m. to 3 p.m. \$7/adult, free/child. Florissant Fossil Beds National Monument, 15807 Teller County Road 1, Florissant, 748-3253, nps.gov/flfo.

Night Sky Program, with park staff and members of the Colorado Springs Astronomical Society, gazing at planets, galaxies, nebulae, and more. Meet at visitor center. Fri., Feb. 16, 7-9:30 p.m. \$7/adult, free/child. Florissant Fossil Beds National Monument, 15807 Teller County Road 1, Florissant, 748-3253, nps.gov/flfo.

Salsa Brava Nacho Ordinary Run Club, a 5K run through the neighborhood with drink specials and menu items just for club members. Freebies include a free T-shirt, drink, menu item and more following a certain amount of runs. Tuesdays, 6 p.m. Free. Salsa Brava Fresh Mexican Grill - Briar Village, 9420 Briar Village Point, 955-6650, salsabravaonline.com. Wednesdays, 6 p.m. Free. Salsa Brava Fresh Mexican Grill - Village Center, 802 Village Center Drive, 266-9244, salsabravaonline.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.

SPECIAL EVENTS

Brazilian Carnival, with costuming, live percussion and dance, plus workshops and catered food. Tues., Feb. 20, 5 p.m. Free. CC’s Cornerstone Arts Center, 825 N. Cascade Ave., coloradocollege.edu.

Monte Carlo Masquerade, a night of music,

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miles, leather, hard top, winch. Must
see!! Stock# 180387A



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Stagecoach Ranch on the Range - Eastern Plains - \$150,000-167,000



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928 S. Harmony Drive - Pueblo West - \$240,000



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13716 Gilbert Drive - 4 Way Ranch - \$542,550



To be built by Charter Craft Homes. Beautiful 4009 sq. ft. 4 bedroom, 4 bath stucco rancher on 3.02 acres. Open great room floor plan. Gourmet slab granite island kitchen with double oven plus microwave, walk-in pantry, bayed eating nook, & LTV flooring. Slab granite 5-piece master bath. 4-car garage. Gas log fireplace. A/C. Covered 26x10 deck. 10' ceilings on main level & 9' ceilings in garden level basement. Call Stephanie 719-210-0480 or Bobbi 719-499-9451 for more info. MLS# 1253603

This Week's Puzzle Answer

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



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Land

1680 Aldrin Place
Park Ridge • \$41,000
Land

1710 Aldrin Place
Park Ridge • \$41,000
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

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

0000 Waterfall Loop
Crystal Park • \$83,900
Land

5655 Founders Place
Crystal Park • \$85,000
Land

565 Sunrise Peak Drive
Crystal Park • \$85,000
Land/Under Contract

545 Sunrise Peak Drive
Crystal Park • \$85,000
Land

Forest Road
Manitou Springs • \$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

Steep Road
Crystal Park • \$105,000
Land

4571 Gray Fox Heights
Chateau at Antelope ridge • \$129,900
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

18311 Good Life View
Eastern Plains • \$156,000
Land/Under Contract

19270 Good Life View
Eastern Plains • \$156,000
Land/Under Contract

19271 Good Life View
Eastern Plains • \$156,000
Land/Under Contract

19751 Good Life View
Eastern Plains • \$156,000
Land/Under Contract

17946 Prairie Coach View
Eastern Plains • \$159,000
Land/Under Contract

18165 Prairie Coach View
Eastern Plains • \$167,000
Land/Under Contract

18166 Prairie Coach View
Eastern Plains • \$167,000
Land

2210 W. Pikes Peak Avenue
Old Colorado City • \$229,900
Under Contract

1430 Commachero Drive
Cimarron Hills • \$234,900
Under Contract

1825 N. Keymar Drive
Pueblo West • \$240,000
New Construction

7854 Pinfeather Drive
Mesa Ridge • \$364,500
New Construction

7804 Pinfeather Drive
Mesa Ridge • \$372,500
New Construction/Under Contract

11145 Indian Echo Terrace
Falcon Highlands • \$381,000
Under Contract

7864 Pinfeather Drive
Mesa Ridge • \$387,000
New Construction/Under Contract

13911 Banderero Drive
4 Way Ranch • \$419,900
New Construction/Under Contract

1425 Sutherland Creek Road
Crystal Park • \$429,900

6073 Cerjan Circle
Wolf Ranch • \$602,675
New Construction/Under Contract

531 Lucky Lady Drive
Woodland Park • \$995,000

230 Crystal Park Road
Crystal Park • \$995,000
Under Contract

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Going Inside

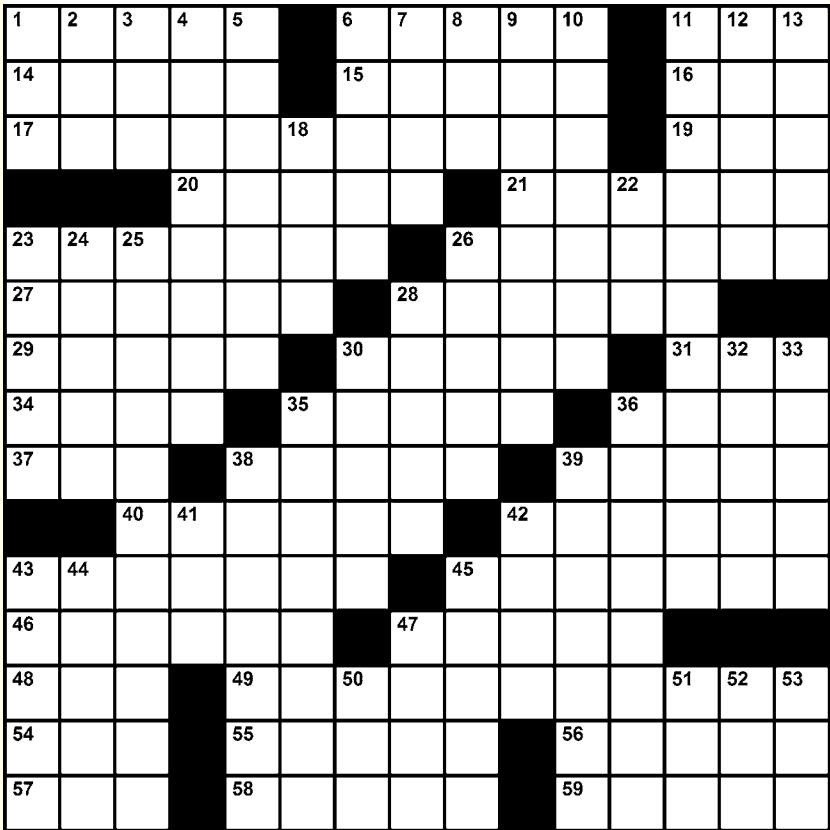
By Timothy E. Parker

Universal Crossword

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ANSWERS CAN BE FOUND IN THE WELCOME HOME SECTION



02/18

ACROSS

- 1 Fancy-free?
- 6 Please a photographer
- 11 Clever
- 14 "Subsequently..."
- 15 Powerful industrialist
- 16 Do knotty things?
- 17 Part of a cat's terror training?
- 19 Avis products
- 20 Corsican hero
- 21 Who to win one for
- 23 Powerful drug
- 26 Slanders
- 27 Diviner
- 28 Pass up (var.)
- 29 Executive benefits
- 30 Common illnesses
- 31 Like a fire
- 34 Inexpensive cleaners
- 35 Some college attendees
- 36 One of Columbus' trio
- 37 "... without further ____"
- 38 Wishy go-with
- 39 Zodiac ingredients
- 40 Continue dredging

- 42 It has good scents
- 43 Paint type
- 45 Engineering topic
- 46 Prayer provider
- 47 Steakhouse option
- 48 Prayer leader, briefly
- 49 Gees a horse?
- 54 Keats work
- 55 Music lesson piece
- 56 Follow logically
- 57 "... hide ____ hair"
- 58 Be magnetic?
- 59 Campus VIPs

DOWN

- 1 Moo ____ shrimp
- 2 "Top" ranking
- 3 Linking word
- 4 Aids for swellings
- 5 Gets off track?
- 6 More than borrowed
- 7 Skirt over the knee
- 8 "Who am ____ say?"
- 9 Procrastinators
- 10 Stores on a farm
- 11 Overhead traffic director?
- 12 Add pep to (with "up")
- 13 What many days turn into
- 18 Departed
- 22 "Animal Farm" critter
- 23 Dried coconut meat
- 24 Mountain nymph
- 25 Moving van operator?
- 26 Like way-old bread
- 28 Alpine wind
- 30 Sine's reciprocal
- 32 Type of tube
- 33 Delicious
- 35 Forming a head
- 36 Stuff in cigarettes
- 38 Bookie's problem
- 39 Stabbed cavalry-style
- 41 Sight seer?
- 42 Sing alone
- 43 Cook's cover
- 44 Formula of belief
- 45 Star in Orion
- 47 Slowly vanish
- 50 Enjoy a repast
- 51 Government procurement org.
- 52 Attila, for one
- 53 Some NFLlinemen

A black and white photograph of a young woman with short dark hair, smiling and looking towards the camera. She is holding a newspaper open in front of her. On the left side of the image, there is a large, bold, black letter 'S'. The newspaper she is holding has several headlines visible, including 'Senators', 'Gov's progress bills to police', 'Highly sought-after attorneys', and 'Sen. Blumenthal on the Senate floor'. The background is plain white.

[illegible]

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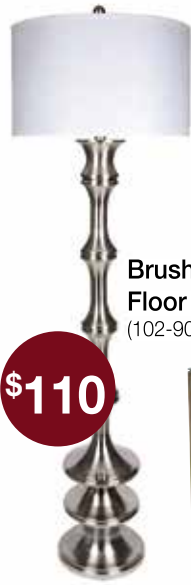
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Tufted Sofa \$648 (1A-329S) • Loveseat \$518 • Chair \$368 • Ottoman \$148
Set of 2 Geometric Accent Tables \$69 (6B1436N) • Hexagon End Table \$148 (27912) • Console Table \$268 (27916)
8' x 10' Area Rug \$199 (164-ANIVYN3-81) • Brushed Nickle Floor Lamp \$110 (102-90079) • 29" Table Lamp \$69 (109-90661)
39" x 39" Wall Art \$39 (121-11597)



\$110

Brushed Nickle
Floor Lamp \$110
(102-90079)



\$148

Hexagon End
Table \$148
(27912)



\$268

Console Table \$268
(27916)



\$188

Evelyn Script
Armchair (1H-564)



Tufted Sofa
\$598

Tufted Sofa with Nailheads \$598 (1B-225S) • (Not Pictured: Loveseat \$498)
Chair \$348 • White/Gold Metal Leg Bench \$78 Each (L170121) • Set of 2 Geometric Accent Tables \$69 (6B1436N)
Gold Hall Table \$88 (6B4220) • Gold Bar Cart \$48 (4B1706)

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10 x 10 x 23



\$54

**4-Drawer 4-Basket
Storage** (FZ1501)
21w x 21h x 12d



\$78

**Faux Marble Top
Storage Chest** (162005)
22w x 28h x 12d

\$89

**59" Mirrored
Jewelry Cabinet**
(A4014)



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