

Peterson Air Force Base, Colorado

SPACE OBSERVER

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Trials and triumphs: We are all survivors

By Staff Sgt. Emily Kenney
21st Space Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — Monday was a biting Colorado day – it was the type of cold that restricts breathing; the type of cold that knocks the wind out of you.

The frigid air was made worse by piercing winds roaring out of the South. Voluminous, gloomy clouds formed on the horizon.

The date was April 21, 2008.

Kristen Christy was at her home in Colorado Springs when she heard her doorbell ring.

On her porch stood the chaplain and the coroner.

Then she received the news: her husband of 17 years, Lt. Col. Don Christy, had taken his life at Black Forest Regional Park.

The news shattered Kristen and her two sons, Ryan and Ben, who were 14 and 12 at the time.

“Life is a brutal teacher,” Kristen said. “You get the pop quiz first, then you learn the lesson.”

For years to come, Kristen, Ryan and Ben mourned the loss of Don. Eight years after his father’s death, on Ben’s 20th birth-

day, he called his mom and left her a tear-filled message.

He sobbed, “I miss dad so much. I can’t live without him – I can’t. I need him so much. I’ve been in mourning eight years of my life. I’m not OK right now. I really need help.”

Kristen’s other son, Ryan, also struggled with his father’s death. He was diagnosed with bipolar disorder and began self-medicating when he was only 16 years old.

When speaking about her late husband’s suicide, Kristen said, “The choice that he made has had rippling effects he had no idea would be caused. Our older son turns 25 in May. He was 14 when Don died. At 16 he was diagnosed with bipolar disorder. I think if he had those years to mature, life would be different for him – he would not have self-medicated with meth or heroin.”

Ryan was sober for three years before disappearing on his own accord. September 20, 2015 was the last time Kristen saw or spoke to Ryan.

At Peterson Air Force Base, Colorado’s March 30 Storyteller’s Conference, Kristen shared her stories of trial and triumph.

She mentioned a Columbia University

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(U.S. Air Force photo by Dennis Hoffman)

PETERSON AIR FORCE BASE, Colo. — Kristen Christy has faced numerous hardships throughout her life. Ten years ago her husband, Don Christy, died by suicide at Black Forest Regional Park in Colorado Springs, Colo. Her oldest son Ryan went missing Sept. 20, 2015, and has yet to be found. Despite these challenges, Christy has proved her resilience and was recognized as the Air Force Spouse of the Year for 2018.

Gen. Raymond: Turning point in space

Air Force Space Command Public Affairs



(U.S. Air Force photo by David Grimm)

COLORADO SPRINGS, Colo. — Gen. Jay Raymond, Air Force Space Command commander, delivers his featured speech at the 34th Space Symposium, April 17, 2018 in Colorado Springs, Colo. The 34th Space Symposium brings industry, federal and military space leaders together to discuss the way ahead for advances in space.

COLORADO SPRINGS, Colo. — Gen. Jay Raymond, commander of Air Force Space Command, spoke to members of the international space community, industry and media at the 34th Space Symposium, describing the past year as a turning point for national security space.

“This is one of the most critical times in our national security space history – it will be seen as a strategic inflection point,” he said, adding that the “bold steps we have taken enable us to compete, deter and win today and into the future.

“We are making a 9G turn towards space superiority, enabled by the strong leadership of the Secretary and Chief of Staff of the Air Force,” he said.

Raymond reiterated that the command is no longer discussing a warfighting construct or a space enterprise vision, because over the last year the construct has turned into a reality.

“It all boils down to warfighting,” he said.

Throughout his speech, Raymond described the Air Force’s focus on gaining and maintaining space superiority. However, he explained that space superiority is not just an Air Force responsibility.

“The need to gain and maintain space superiority is not just an Air Force requirement,” he said. “It’s a joint requirement. And in the future, the entire joint

See **Symposium** page 9

Agreements outline Air Force commitment to Colorado communities

By Shannon Carabajal

AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — The Air Force signed agreements with Fountain, Security and Widefield, Colorado, last month outlining cooperative efforts for ensuring safe drinking water for the communities.

“As a long-time member of the Front Range, we place an extremely high value on all of our community partnerships, and are pleased we can move forward with these support agreements,” said Col. Eric Dorminey, 21st Space Wing and Peterson Air Force Base, Colorado, vice commander.

“We will continue to work closely with the leadership of our local communities and ensure Peterson is doing what we can for those in the affected area,” said Dorminey, “working with the Fountain mayor, the city council, and leadership of El Paso County remains a top priority for us.”

“The City of Fountain appreciates the partnership and cooperation we have shared with the Air Force on this important matter to our community. Both myself and the Fountain City Council remain committed to working closely with the Air Force to

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21ST SPACE WING COMMANDER'S CORNER



Month of the Military Child

PETERSON AIR FORCE BASE, Colo. — April is National Keep America Beautiful month. April is also the Month of the Military Child. It could be argued that military children are what make America so beautiful. A military child has a resilient resolve that deployments, new schools, losing old friends and then having to start new relationships are taken in stride. A military child might not fully understand why there will be missed birthdays, holidays, sports and recitals, but they accept it.

Our children will find comfort in that once a day, if you're lucky, but most likely once a week video chat, or text message while you're gone. Military children confide in us through text message, email or video chat about boo-boos, being in trouble, or in my case of having daughters, boys or breakups. A military child is the embodiment of what makes America beautiful; an innocence with life experience, a singular but cultured spirit, eager for adventure, and looks at the unknown through optimistic eyes and with an open mind.

April is the month that we celebrate these resilient beacons of freedom. As an all-volunteer force, not one of us was mandated to serve, the same cannot be said for our children. A military child has accepted your dedication to this beautiful country even if they



By Master Sgt.
Scott Lauer

21st Force Support
Squadron

weren't given a say into which kind of family they were born into; they were born into a military family. The love they have for you was forged in the face of deployments, TDYs, PCSs and every professional and personal challenge that accompanies the Profession of Arms.

Across the Department of Defense, from sea to shining sea, there will be events to recognize, celebrate and pay tribute to military children. It is our dedication to this country that passively celebrates a military child and April is the month where we overtly celebrate the struggles, sacrifices and triumphs of military children. Take a moment this month to listen to the pure happiness in a child's laugh. Pause

at some point in time this month to think about what a military child has had to endure by their service to this great country.

At one point in my career, I hung my ABU top and my backpack up on the rack in our entry way between my daughters' backpacks. My backpack had been to war and witnessed the worst of what humanity has to offer, all the while wearing its mandatory reflector belt. It was flanked on one side by a sparkly backpack covered in peace symbols and on the other by a bright pink one with unmissable glittery hearts. This moment struck me as ironic but it's a perfect example of what it's all for. I wear this uniform to remember and honor those who have worn it before me. Additionally, I wear this uniform with the distinct purpose of protecting those who cannot, to protect strangers, friends, families and children.

We stand guard to protect those who cannot or will not stand. Most importantly, we wear this uniform so that my military children can enjoy a normal life, full of love and peace, like all children should, in doing so we wear this uniform to celebrate the very things that make America beautiful.

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Our customs and courtesies

By Tech. Sgt. Albert Stoner

Air Force Space Command

PETERSON AIR FORCE BASE, Colo. — As a proud Airman, nothing is more awe-inspiring than driving through base and watching children drop what they are doing to place their hand over their heart as the bugle call for Retreat begins to play. Looking at the cluster, I can't help but laugh and truly appreciate their understanding and intent at such a young age.

It also led me to recall instances when I noticed us, as Airman were unsure of what to do when Reveille, Retreat and Taps is played on the installation.

This led me to asking myself and others, "Are you familiar with the proper protocol for when Reveille, Retreat and Taps is played over the giant voice system?"

Air Force Instruction 34-1201, states, "Reveille and Retreat on their own are bugle calls only. The playing of "To the Color," the national anthem or the raising or lowering of the flag is what requires proper honors given to the flag."

Reveille is played at 7 a.m. every day to signify the beginning of the duty day and there are no courtesies required unless played as a prelude to "To the Color," which is the case on Peterson.

This means, when outside military members in uniform will face the flag or the direction of music if no flag is in view, stand at attention and salute on the first note of "To the Color." Members of the Armed Forces or veterans not in uniform, may render the salute when outdoors. All others are encouraged to stand at attention and place their right hand, with a hat if wearing one, over their heart.

On Peterson AFB, Retreat is played at 5 p.m. and signals the end of the official duty day.

Similar to Reveille, Retreat is simply a bugle call and there are no courtesies required unless it is a prelude to the national anthem. On this installation, at the first note of the Retreat bugle call, military members in uniform will face the flag, or music if no flag is visible and stand at parade rest.

When the national anthem is played, military members will go to attention and render a salute. Military members or veterans not in uniform, may render a salute and others are encouraged to place their right hand over their heart, with a hat if wearing one.

In both of the above instances, personnel on Peterson AFB, in vehicles should pull over to the side of the road, stop and sit quietly. Additionally all sporting or physical training activities will stop and proper honors will be given.

Taps began as a signal to turn off the lights and the end of the day. Most Air Force installations play Taps to signify



(U.S. Air Force file photo)

PETERSON AIR FORCE BASE, Colo. — Air Force Instruction 34-1201, states, "Reveille and Retreat on their own are bugle calls only. The playing of "To the Color," the national anthem or the raising or lowering of the flag is what requires proper honors given to the flag." Reveille and Retreat are played at 7 a.m. and 5 p.m. every day at Peterson Air Force Base, Colo.

lights out or to begin quite hours on base.

For these purposes, there is no formal protocol, you do not need to stop or pull over when driving and saluting is not required when Taps is played. However, Taps is an integral part of military funerals and memorial ceremonies and calls for different protocols.

In the instances of funerals or memorials, individuals in uniform and outdoors shall salute at the first note of Taps and maintain the position until the last note is played, if

indoors, members will stand at attention. Civilians will remove their headgear and place their hand over their heart.

As retired Gen Martin Dempsey said, "In the course of everyday life, there are very few opportunities for the people of the United States to come together, pause and reflect on the hope that is only possible with freedom and democracy..."

The first note of the bugle calls for Retreat, Reveille and Taps on Peterson AFB are prime examples of those opportunities.

Survivors

From page 1

study that concluded suicides are contagious, noting suicide rates increased 10 percent for months after actor and comedian Robin Williams' death.

Conversely, she named something else that was contagious: smiles.

"Smiles are contagious," she said. "The average person has 44 people within their sphere of influence. I want you to remember that as you make choices in your career and in your life. We have a choice of how we react. If you can help one person, you aren't just helping one person - you're helping 45. You can't solve people's problems, but if you notice and you go up to them and give them a hug, a handshake or a smile it can mean the world."

Kristen later married Tech. Sgt. Sean Lange and has since been integral in the Air Force community to Airmen who've endured tragedies.

On Feb. 23, Kristen was named Air Force Spouse of the Year for 2018.

Kristen said she is honored to represent the Air Force family and lucky to serve as a military spouse. Additionally, she said the Air Force family has helped her through many of the hardships she has withstood.

"Our Air Force is our family," she said. "They're our safety net. There are times when I need a piggyback ride. I need to put my arms around someone, and I need them to help me. Sometimes I need two people. You can either go at it alone, or you can go at it with friends. I really recommend the friend route."

Kristen explained how there are many days and months throughout the year that recognize various diseases and ailments, but there's one that's missing: survivor's day.



(Courtesy photo)

PETERSON AIR FORCE BASE, Colo. — Since April 21, 2008, when Lt. Col. Don Christy (left) died by suicide, Kristen Christy (right) has dealt with the disappearance of her oldest son, Ryan. Despite these challenges, Kristen has been a prominent figure in the Air Force community through her work with suicide awareness and resilience. On Feb. 23, she was named Air Force Spouse of the Year for 2018.

"We are all survivors of something," she said. "Lost job, broken heart, death, illness - you name it. You're a survivor."

She has been working with the local community, the city council, the county commissioner and the state of Colorado to make March 4 National Survivor's Day. She is also trying to work with the White House to make it an Executive Order.

"No matter what the obstacle, we put one foot in front of the other and 'March fourth' and conquer," she said. "But it's not just one day. I have decided that every day of my life is March 4. That has given me and my family hope."

With a smile she said, "I just have to remember when I write a check not to write March 4."



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You're just our type! Stop by the The Club Tuesday May 8 from 8:30 a.m. to 1:30 p.m. to donate blood, if eligible. To schedule an appointment email 21sw.blood.drives@us.af.mil. Bring an ID with you to give Hope. Give Life. Give Blood.

PATIENT AND FAMILY ADVISORY BOARD

In an effort to improve patient care, the 21st Medical Group is establishing a patient and family advisory board to gain better insight into what our patients need and want from medical care. If you are a patient at the clinic you are welcome to join the board! Please email Capt. Kowalski for more information emily.p.kowlaski@mail.mil.

NATIONAL PRAYER LUNCHEON

Join the Chapel and guest speaker Dave Roever for the National Prayer Luncheon May 3 at the The Club. The lunch is scheduled from 11 a.m. to 1 p.m. For more information call the Chapel at 719-556-4442.

DOD WARRIOR GAMES COMING TO USAFA JUNE 2-9.

Approximately 250 wounded, ill and injured service members and veterans will compete in the 2018 Warrior Games June 2 - 9. Athletes from the United Kingdom Armed Forces, Australian Defence Force and the Canadian Armed Forces will also compete. The 2018 Warrior Games are free and open to the public! Events will include archery, cycling, wheelchair basketball, shooting, sitting volleyball, swimming, track & field, time trial cycling, powerlifting and indoor rowing.

The ADAPTIVE SPORTS EXPO will give families, caregivers, military colleagues and the general public a chance to experience the world of adaptive sports and its role in the recovery process firsthand.

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Going to a timeshare presentation this summer with an eye toward that dream vacation property? Beware of scams and contracts that are almost impossible to get out of. Contact the JAG Office at 719-556-4871 for tips on how to be a savvy consumer!



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SPACE OBSERVER

SCHRIEVER SENTINEL

The Mountaineer

Saving past the piggy bank

By Audrey Jensen

21st Space Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — Budgeting and saving money is a piece of advice given to many people once they become an adult or start working.

But at Peterson Air Force Base, Colorado, kids can learn how to be financially smart starting this month. With the help of Sammy Rabbit, kids at the R.P. Lee Youth Center and Child Development Centers at Peterson AFB are scheduled to learn about financial literacy and be encouraged to “dream big,” April 30, 2018.

“We want to set them as early as possible on the correct path in dealing with money,” said Jim Girlando, 21st Force Support Squadron Airman and Family Readiness Center contracted personal financial counselor. “For so many folks, as they get older, money ends up controlling them. But you



(Stock photo)

have the chance to control your money. Money's not an evil thing, you have to be in control of it, not let it control you.”

Sam X. Renick, who is the author, producer and creator and co-founder of Sammy Rabbit, the Dream Big Read and Dream Big Club, travels around the globe to encourage children to save money and read.

“Sammy Rabbit would help the really small kids that can't grasp the concept. The fun part is having the rabbit,” said Girlando. “[Renick] will also end up meeting with older children that can grasp the concepts. Just like we're here to help adults with money, he's here to help children get familiar with the saving money concept.”

For more information about Renick, visit www.sammyrabbit.com, or contact Victor Villarreal, 21st FSS Airman and Family Readiness Center personal financial readiness team lead, at 719-556-6141.

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For information in the event of a Peterson Air Force Base emergency, contact the Straight Talk line at (719) 556-9154.

HOME
SWEET
HOME



FIND YOUR
DREAM
HOME!
in our Welcome Home
section on page 12

Defending a nation can be a family affair

By Robb Lingley

21st Space Wing Public Affairs

CAVALIER AIR FORCE STATION, N.D. — Emily and Scott are stationed less than 20 miles from the United States border with Canada. Winters can be rough, and the closest fast food joint is 25 miles away. Cavalier Air Force Station, North Dakota, may be the Air Force's only continental U.S. isolated installation, but that doesn't separate two U.S. Air Force Academy graduates.

1st Lt. Emily Lagarile, 10th Space Warning Squadron chief of training and Scott Lagarile, 10th SWS chief of weapons and tactics both attended the Air Force Academy but never met. They finally did meet early in their careers at the 20th Space Control Squadron at Eglin Air Force Base, Florida.

Just over two and a half years later they married while on their way to Cavalier AFS in Virginia Beach, Virginia, which is Scott's hometown.

Emily is originally from Kansas City, Kansas, and is the third generation of her family to serve, commissioning from the Air Force Academy in 2015. Scott is a second generation U.S. citizen who followed his father's legacy of military service by first enlisting in the Air Force as a special operations aircraft maintainer. He then went to the Air Force Academy and commissioned in 2013.

Scott works to build better techniques and procedures for the phased-array radar weapon system while also providing advanced training to better prepare space operators. Emily ensures new operators are well prepared to execute the missile warning and space situational awareness missions.

The Lagarile's delayed their honeymoon after marriage but finally went on it this month.

"We were excited to finally go on our honeymoon this month and traveled all over southeast Asia," said Scott.

Scott and Emily operate the Perimeter Acquisition Radar Attack Characterization System to protect our northern border from strategic missile attack providing critical missile warning capability to our nation's leaders.

In addition to providing missile warning, Scott said they also employ the PARCS weapon system's Space Situational Awareness capability and bring vital space object identification data to the intelligence community.

Since being in North Dakota, Scott and Emily have picked up on various activities like shooting, cooking, board games



(Courtesy photo)

CAVALIER AIR FORCE STATION, N.D. — Capt. Scott Lagarile, 10th Space Warning Squadron, and his wife, 1st Lt. Emily Lagarile, 10th SWS chief of training, tip their Airmen Battle Uniform caps while stationed at Cavalier Air Force Station, N.D. The Lagariles operate the Perimeter Acquisition Radar Attack Characterization System, protecting our northern border from potential missile attacks by providing critical missile warning capability to the nation's leaders.

and going to the base gym. Emily is also an avid runner and is training for a race called the Leadville Trail 100 Run held in Leadville, Colorado, in August.


"Living here is definitely different from our previous assignment in Florida," said Emily. "We're pretty isolated and a trip to the nearest big city takes an hour and a half each way. We live on base and the community up here is great. Our squadron is pretty close and spends a lot of time together because it's a remote assignment."

Whenever they have time to travel they try to take advantage of the surrounding area and frequent places like

Winnipeg, Canada and Minneapolis, Minnesota.


"The squadron has also given us the chance to truly embrace all that North Dakota has to offer like fishing, ice fishing, dog sledding and even curling," said Emily.

The Lagarile's love their jobs and think it's great that they both understand the language of space and the Air Force, and also the struggles that come with the job. Working opposite schedules can be difficult, but Emily and Scott said they are proud to serve their country together and have only grown closer through their experience.






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AF week in photos



(U.S. Air Force photo by Tech. Sgt. Gregory Brook)

A C-17 Globemaster III, assigned to the 816th Expeditionary Airlift Squadron, conducts combat airlift operations for U.S. and coalition forces in Iraq and Syria in support of Operation Inherent Resolve, April 13, 2018. The C-17 is capable of rapid strategic delivery of troops and all types of cargo to bases throughout the U.S. Central Command area of responsibility. The aircraft can be outfitted to perform tactical airlift, airdrop and aeromedical evacuation as missions require.



(U.S. Air Force photo by Samuel King Jr.)

Staff Sgt. Trey Riley, member of the 96th Aircraft Maintenance Squadron blue team, performs load checks on his F-16 Fighting Falcon April 13, 2018, at Eglin Air Force Base, Fla. The blue team battled the AMU red team for weapons loadcrew supremacy during the quarterly competition. The red team claimed victory this quarter.



(U.S. Air Force photo by Alejandro Peña)

Staff Sgt. Rodreques Boyd, and military working dog, Beni, assigned to the 673rd Security Forces Squadron, conduct aggression training at Joint Base Elmendorf-Richardson, Alaska, April 9, 2018. Boyd performed the training with Beni to maintain their skills and operational readiness.



(U.S. Air Force photo by Staff Sgt. Carlin Leslie)

A KC-135 Stratotanker from the 121st Air Refueling Wing refuels F-22 Raptors from the 94th Fighter Squadron and 27th FS over the Atlantic Ocean, April 12, 2018. The 94th FS and 27th FS are the fighter squadrons of the 1st Fighter Wing at Joint Base Langley-Eustis, Va. and the 121st ARW is from Rickenbacker Air National Guard Base, Ohio.



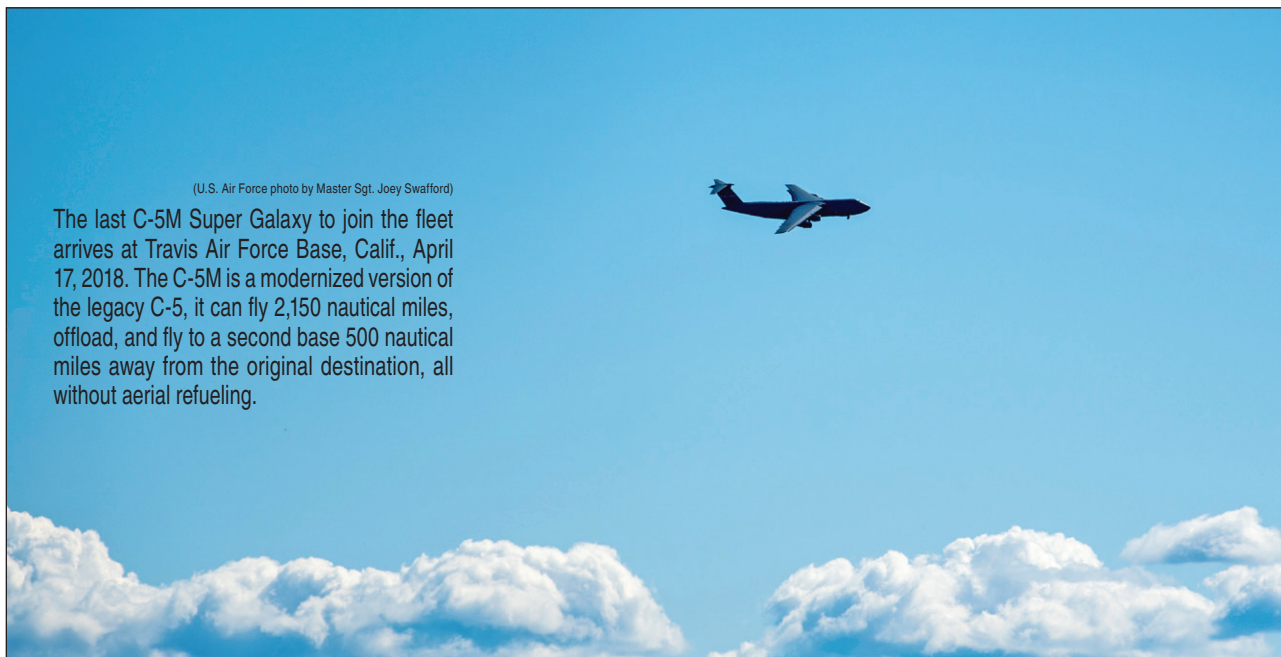
(U.S. Air Force photo by Samuel King Jr.)

Kristina Coble, Warrior Games athlete, releases her disc during a track and field session at the Air Force team's training camp at Eglin Air Force Base, Fla., April 17, 2018. The base-hosted, week-long Warrior Games training camp is the last team practice session before the yearly competition in June.



(U.S. Air Force photo by Louis Briscese)

Maj. Kemuel Bellows, chaplain, former Major League Baseball player Darryl Strawberry, and Col. Kenneth Reyes, 60th Air Mobility Wing chaplain, pray after Strawberry's presentation at Travis Air Force Base, Calif., April 11, 2018. The former Rookie of the Year and four-time World Series champion spent 17 years in the Majors. Strawberry's addiction to drugs and other vices are well chronicled and now uses those experiences to motivate others. As a pastor, he uses his testimony to instill healing through spirituality.



(U.S. Air Force photo by Master Sgt. Joey Swafford)

The last C-5M Super Galaxy to join the fleet arrives at Travis Air Force Base, Calif., April 17, 2018. The C-5M is a modernized version of the legacy C-5, it can fly 2,150 nautical miles, offload, and fly to a second base 500 nautical miles away from the original destination, all without aerial refueling.



(U.S. Air Force photo by Staff Sgt. Joshua Horton)

A B-1B Lancer aircraft from the 34th Bomb Squadron departs from Al Udeid Air Base, Qatar, April 8, 2017. This departure marks the airframe's first mission in the U.S. Air Force Central Command's area of operations in more than two years.



(U.S. Air Force photo by Airman 1st Class Codie Collins)

Staff Sgt. Michael Demik, 39th Airlift Squadron evaluator loadmaster, surveys an area during Green Flag Little Rock April 10, 2018, near Alexandria, La. Green Flag allows the Air Force to work with sister services and partners in the Mobility Air Forces to prepare mobility Airmen for real-world threats.



STORYCORPS is a national nonprofit organization whose mission is to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world.

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What phrase or word will never be the same now that you served?

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In 2018, StoryCorps will partner with local stations in selected cities to record stories of veterans and their families.

WHAT: Listening Party and Information session
WHEN: April 30th from 4-6pm
WHERE: Pikes Peak Library 21c
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HOW DO I PARTICIPATE?

To make an appointment, go to **STORYCORPS.ORG**, or call **800.850.4406**.

Visit our website to help prepare for your interview, find interview tips, and view a list of "great questions" to ask.

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Introducing Qualifying Life Events: Changes in your life may mean changes to your TRICARE options

TRICARE Communications

FALLS CHURCH, Va. — When life changes for you and your family, your TRICARE options may also change. With TRICARE, certain life events (like moving due to a permanent change of station, getting married or divorced, adopting or having a baby, becoming Medicare eligible or losing health coverage) are called Qualifying Life Events (QLEs). QLEs include military and family-related changes.

Depending on your eligibility, a QLE may allow you to enroll in a new TRICARE plan or change your coverage options. If you want to enroll in or change your plan, you must make the enrollment changes within 90 days following the QLE. No matter when you initiate this change, coverage starts the date of the QLE. You must pay any enrollment fees or premiums due during that period.

“This is similar to civilian plans, where changes outside the annual enrollment window are only allowed after certain life events,” said Ken Canestrini, acting director, TRICARE Health Plan. “This allows families to reevaluate health plan options and make any changes to have the health plan option that best meets their situation.”

If one member in a sponsor’s family experiences a QLE, all eligible family members may change their enrollment status during the QLE period.

This is one of several enrollment changes you’ll hear more about throughout the year. Learn more about upcoming TRICARE changes and take command of your health care.



(Courtesy graphic)

Communities

From page 1

ensure any citizens affected by water contamination due to (Air Force use of) PFOS/PFOA will continue to have access to clean, safe drinking water,” added Mayor Gabriel Ortega, the Mayor of Fountain, Colorado.

Outlined in two Environmental Service Agreements and two memorandums of understanding, the Air Force explains how it will work with the communities in response to drinking water contamination stemming from military activities on Peterson AFB:

- Under a memorandum of agreement with Fountain, the Air Force Civil Engineer Center (AFCEC) will ensure drinking water treatment systems the AFCEC previously procured for Fountain are operational and effective. The center will also investigate ways to procure alternate water supplies until the systems are operating effectively and will analyze other mitigation and treatment measures. In turn, the city pledges to cooperate with AFCEC and, where possible and appropriate, facilitate completion of the center’s efforts.

- An environmental service agreement with Fountain obtains city services to purchase and distribute alternate drinking water, as well as operate, maintain, and monitor the performance of the treatment systems AFCEC provided to make sure the units eliminate or reduce PFOS and PFOA

in drinking water production wells. The Air Force agrees to pay the city for its cost to purchase up to 235.89 million gallons of drinking water for a potential total cost of more than \$211,000 over the next year. The Air Force will also pay the city up to \$173,314 to operate and monitor the treatment systems.

- An ESA with the Widefield Water and Sanitation District obtains the city’s services to operate, maintain and monitor the performance of two drinking water treatment systems, ensuring the units eliminate or reduce PFOS and PFOA levels in the city’s drinking water production wells. The Air Force agrees to compensate Widefield in accordance with the agreement up to a total of \$606,340 over the next year for its services in operating and monitoring the treatment systems.

- Under a memorandum of understanding with the Security Water District Water Activity Enterprise, AFCEC will complete efforts to acquire alternate drinking water supplies for the community through an existing contract with the Army Corps of Engineers and, due to limited funding of that contract, evaluate additional ways to procure alternate water. The center will also look into providing water treatment so Security may resume using groundwater supplies as a drinking water source.

Additionally, the Air Force is finalizing an ESA with Security for the purchase of alternate water.

“We are dedicated to resolving mission impacts to drinking water supplies and safeguarding the health of our community partners in Colorado and around the country. Thanks to our strong partnership with Fountain, Security and Widefield,

these agreements will help us protect those communities as we move forward with our investigation in and around Peterson,” said Cornell Long, team lead for AFCEC’s PFOS and PFOA response team.

In 2016, Perfluorooctanesulfonic (PFOS) and Perfluorooctanoic acids (PFOA) exceeding the Environmental Protection Agency’s lifetime health advisory were detected in wells belonging to the three communities. Fountain and Security stopped using the wells and began relying on alternate water sources for the community. Widefield purchased and installed two ion exchange systems to filter out the contamination.

PFOS and PFOA are two compounds found in a firefighting agent formerly used by Air Force emergency fire response teams to combat petroleum-based fires. An investigation, led by AFCEC, into the past firefighting activities on Peterson Air Force Base, Colorado, found that those activities may have contributed to the contamination.

For more information about the Air Force’s response to PFOS/PFOA, contact the Air Force Installation and Mission Support Center at 210-925-0956 or visit www.afcec.af.mil/WhatWeDo/Environment/Perfluorinated-Compounds.

To contact the 21st Space Wing Public Affairs Office, call 719-556-5185 or email 21sw.pa@us.af.mil.

For more information on water quality in the City of Fountain, Colorado please visit https://www.fountaincolorado.org/government/city_departments___divisions/utilities/utilities_departments/water/water_quality/, or call 719-322-2010.

Symposium

From page 1

force will be called upon for its full spectrum of capabilities to not just gain benefits from space effects, but to gain and maintain space superiority.”

This focus on space superiority is aligned with the new National Security Strategy and National Defense Strategy, which states that the U.S. considers space a vital interest.

Over the last year, AFSPC has taken numerous steps to ensure the U.S. maintains freedom to operate in space. For example, in December 2017, Raymond became dual-hatted as the Joint Force Space Component Commander for U.S. Strategic Command, eliminating the Joint Force Component Command for Space position and elevating the role to a four-star position. Additionally, the National Space Defense Center progressed from experiments to full time operations in January 2018.

The command has also increased partnerships with commercial industry, the National Reconnaissance Office and allies; and advanced the development of joint and allied space warfighters through Schriever Wargames and Space Flag exercises.

During his speech, Raymond highlighted six Airmen and joint warfighters from throughout the command who have contributed to these efforts. He said he is confident the Air Force will continue to provide critical space effects to the nation and to the joint warfighters, because of the Airmen who are driving this change.

“The reason why we dominate as an Air Force is because of our Airmen,” he concluded.



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Take time to unwind

By Beverly Price

21st Space Wing Community Support Coordinator

PETERSON AIR FORCE BASE, Colo. — Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses — from headaches to stomach disorders to depression — and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The sympathetic stress response is a survival mechanism that is hardwired into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream — increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response. Unfortunately, so can work conflicts, concerns over debt, bad memories, or anxiety in general. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to

choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Be sure to carve out some time to relax and take care of yourself each day — even just 10 to 15 minutes per day can improve your ability to handle life's stressors. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

For information on personal and professional resilience skills, contact Beverly Price at 719-556-6768. Additionally, civilian Air Force employees and their family members may contact the Employee Assistance Program at 800-222-0364 or visit www.FOH4You.com.

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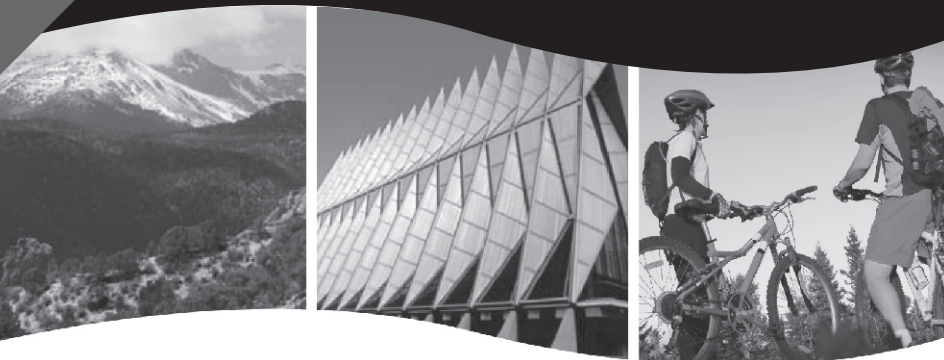
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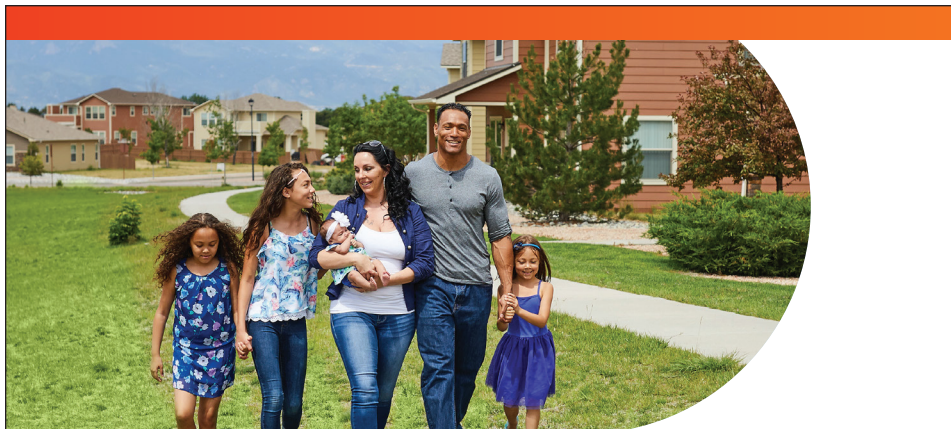
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Land/Under Contract

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

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

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

18386 Prairie Coach View
Eastern Plains • \$157,500
Land

18605 Prairie Coach View
Eastern Plains • \$159,000
Land

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

18385 Prairie Coach View
Eastern Plains • \$163,000
Land

2964 Camino Cielo Court
Scottsdale • \$199,900
Townhouse/Under Contract

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

928 S. Harmony Drive
Pueblo West • \$240,000
New Construction

231 S. Wiggins Drive
Pueblo West • \$240,000
New Construction

5705 S. Yoder Road
Yoder • \$279,900
Under Contract

610 N. 31st Street
Pleasant Valley • \$279,900
Under Contract

7854 Pinfeather Drive
Mesa Ridge • \$364,900
New Construction

9706 Fleece Flower Way
Meridian Ranch • \$375,000
7864 Pinfeather Drive
Mesa Ridge • \$387,000
New Construction/Under Contract

13716 Gilbert Drive
4 Way Ranch • \$558,550
New Construction

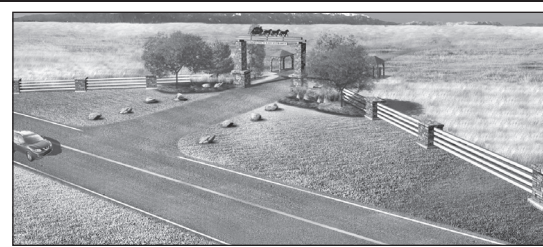
19510 Good Life View
Eastern Plains • \$781,150

531 Lucky Lady Drive
Woodland Park • \$975,000
Under Contract

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FACES IN HAND

ACROSS

- 1 Love a joke
- 6 '50s quartet "Brothers"
- 10 Library penalty
- 14 Fireplace, quaint
- 15 "Encore!"
- 16 Seed cover
- 17 Gambling venue
- 20 Nonsupportive votes
- 21 Lends a hand
- 22 Ends of many prices
- 23 Flavorful
- 25 Like an active match
- 26 Nab perps
- 29 Drumroll sound
- 33 German river
- 34 Bring praise to
- 36 Nest egg option
- 37 Many Brits stand for it
- 41 Lyrical poem
- 42 Outranking
- 43 All single condos
- 44 How those with colds speak
- 47 Big-time filmmaker
- 48 Get soft and mushy
- 49 They get into your food
- 51 Susan's Emmy role
- 54 One-word bar order
- 55 Solo relative
- 59 Opulent feast, e.g.
- 62 Highest point
- 63 Skillful
- 64 "That being the case"
- 65 It's on the rocks?
- 66 Eye inflammation
- 67 Signs of life

DOWN

- 1 Simba, for one
- 2 Siam tutor
- 3 Like a fabled duckling
- 4 Glitters
- 5 Cooped-up biddy
- 6 Sphere of influence
- 7 Like food you should toss
- 8 Historical periods
- 9 Moment
- 10 Tex-Mex snack
- 11 Qom's country
- 12 Pleasant
- 13 Grazers with antlers
- 18 Sunrise direction
- 19 Use yarn
- 24 Avoiding buoys
- 25 Load on ship
- 26 Wee bit of air
- 27 Sitcom's Morgenstern
- 28 Park scream inducers
- 29 Essen river
- 30 Promotional link
- 31 Sharp glacial ridge
- 32 Golden buttons plant
- 34 Impose, as a tax
- 35 Grubbed down
- 38 Chevy with a plug
- 39 Just give up
- 40 Cool and collected
- 45 McDonald's symbols
- 46 Bread unit
- 47 Whitetail critter
- 49 Boardwalk sweets
- 50 Be a ham actor
- 51 Dutch cheese
- 52 Puerto finisher
- 53 "Critic" suffixes
- 54 Proofer's retraction
- 56 Skate place
- 57 One of a foot's 12
- 58 Way long time
- 60 SSNs and others
- 61 "Caught in the act!"

ANSWERS CAN BE FOUND IN VETERAN OWNED BUSINESS SECTION

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 Loveseat \$458 • Cocktail Ottoman \$238 • Chair \$298 • Ottoman \$168
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 28" Table Lamp \$65 (109-2008) • Metal Flower Wall Art \$34 Each (123-R187)



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 Full Mattress \$295/Set \$395
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