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This Friday is Frist Friday from 2:30 — 4:30 p.m. The event will feature live performance from the 4th ID band. For more information, contact 50th FSS Marketing at 567-5362.

BASE BRIEFS

Spouses are invited to events marked with 

THIS WEEK

UTA weekend food truck hours

Unit Training Assembly Weekend is Saturday — Sunday. Food truck hours will be 11 a.m. — noon. Dunkin' will be open 7 — 11 a.m. throughout the weekend.

TVC to host open house

The Tierra Vista Community Center will be hosting an open house 4 — 6 p.m. Friday. The event will include free food, giveaways, handouts, educational videos and other activities for the whole family. The Schriever Air Force Base Fire Department will have fire trucks and equipment on display and will be available for questions. They will also have the interactive fire safety trailer set-up for residents to learn about fire hazards, kitchen fires and emergency escape procedures for family members.

ON-BASE

Legal office court requirement

Before appearing and/or testifying in court in their unofficial capacity, all Air Force members are required to meet with the legal office. For more information, call 567-5050.

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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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Schriever Airmen, NCOA host Gold Star families



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

Gold Star family members and friends gather for a photo with The Bird, the Air Force Falcons' mascot, during the Noncommissioned Officers Association's Air Academy Chapter 300 Gold Star family meet and greet outside Falcon Stadium at the United States Air Force Academy, Colorado, Oct. 6, 2018. The event gave Gold Star family members a chance to enjoy free food and a football game.

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

COLORADO SPRINGS, Colo. — Schriever Airmen and volunteers from the Noncommissioned Officer's Association Air Academy Chapter 300 hosted a meet and greet cookout for Gold Star families outside Falcon Stadium at the United States Air Force Academy, Colorado Springs, Colorado, Oct. 6.

Gen. Jay Raymond, Air Force Space Command, commander, greeted families before a free meal and visit from The Bird, the Air Force Falcons' mascot. Additionally,

the Gold Star families met real live falcons and watched the football game.

The event was part of the NCOA AA Chapter 300's effort to provide morale boosting support to Gold Star families, localizing a national NCOA incentive.

A Gold Star family is one that has lost a loved one in military service. It derives from World War I when a gold star was placed over a service flag's blue star when a service member was killed in combat.

"Even though it's chilly, I give this event a ten-star rating," said Gabriel Ribeiro, 10, Gold Star child.

He said he was excited to meet the live

falcons and go to his first football game.

"I love football. I always watch it on the television, now I can watch the game in real life," Ribeiro said.

Aracelys and Yarelys Martinez, 16, twin sisters and Gold Star children, said the free food and warm reception countered the day's cold weather.

"I feel really supported, they are so kind to us," Yarelys said.

"It's like a little community up here, the people are really showing they care," Aracelys added.

See Families page 9

HPC emphasizes supplement safety

By Tech. Sgt. Wes Wright
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — The health promotions coordinator at Schriever Air Force Base, Colorado, is emphasizing caution for Airmen taking or considering taking dietary supplements.

According to Carol Carr, HPC with the 21st Medical Squadron, serious health complications and even deaths can occur from uninformed or misuse of dietary supplements.

"Just because it's sold in a place legal for you to purchase, doesn't mean it's a safe or effective product," she said. "This is particularly concerning for our Airmen because in addition to health concerns, they could be at risk for legal trouble by taking a banned substance."

Master Sgt. Jason Kieffer, acting first sergeant for the 50th Mission Support Group, said dietary supplements can impact Airmen's readiness as well as their legal status.

"Hospitalization due to adverse reactions can impact your ability and ultimately your unit's ability to accomplish the mission," he said. "Additionally, as a military member, you are responsible for what you put into your body and failure to understand that does not prevent legal consequences."

Carr's cautionary efforts are part of a larger effort called Operation Supplement Safety, a

See Supplements page 6



U.S. Air Force photo illustration by Staff Sgt. Alexandre Montes

The health promotions coordinator at Schriever Air Force Base, Colorado, is emphasizing the importance of making wise choices with dietary supplements as use or misuse can result in serious illness or even death. The HPC's efforts are part of Operation Supplement Safety, a Department of Defense educational campaign to inform people about potential health risks and what steps to take before deciding to use dietary supplements.

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Published by Colorado Springs Military Newspaper Group, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Schriever Air Force Base and the 50th Space Wing. This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the Schriever Sentinel are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD) or the Department of the Air Force. The appearance of advertising in this publication including inserts and supplements does not constitute endorsement by the DoD, the Department of the Air Force, or the Colorado Springs Military Newspaper Group of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. Editorial content is obtained from the Schriever AFB public website and based on news releases, features, editorials and reports prepared by the DoD and Air Force newsgathering agencies and the Schriever AFB Public Affairs Office.

LEADERSHIP PERSPECTIVES: 50th Force Support Squadron commander

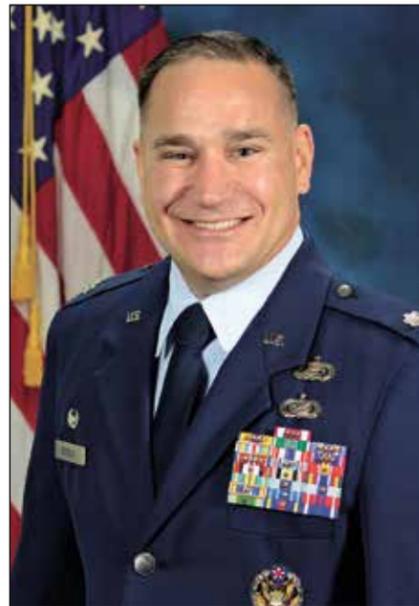
SCHRIEVER AIR FORCE BASE, Colo. —

1. How would you describe your leadership style?

I try to have a direct, transparent, common-sense based, forward-thinking and customer-focused leadership style. I lead with the mindset every officer should have; try to take on traits from awesome commanders, supervisors and other leaders you cross paths with over the years, and at the same time be aware of the negative traits you want to avoid. Being mission support for most of my career, my leadership style needs to balance the support we provide to the warfighter, while balancing the support I provide to my personnel providing that support. At the end of the day, a leadership style is only effective if you turn around and see people are still willing to follow you.

2. What was your motivation for joining the Air Force and where did you start your career?

I had several family members who served in the military, including my father serving one term in the Air Force. After numerous conversations with them, I enlisted in the Air Force just three months after graduation. I was looking for something bigger than my options in Rhode Island. I enlisted in September 1989, and started my



Lt. Col. Mark Cipolla
50th Force Support Squadron commander

career as a Security Forces Airman Basic (law enforcement back then) at Royal Air Force Chicksands, United Kingdom, in January, 1990. Operation Desert Shield/Desert Storm kicked-off later that year and matured a sheltered New England 19 year old pretty quickly.

3. Who is a leader who stands out to you and why?

Recently retired Lt. Gen. Gina Grosso was my wing commander when I was a flight commander, and I worked for her again at the Pentagon. Since I first worked for her, she has always held a critical position and yet understood the balance she needed to have between job responsibilities and family. More importantly, she knew the balance that was important for the people who worked for her. A simple statement at the end of the day when what needed to be accomplished was completed; “Mark, go home, Kathy has made dinner and the boys want to play with you.” That showed me all I need to see; the job is important, but you have other responsibilities that need your attention.

4. What are your hobbies, past times or skills you might have and what draws you to them?

Over the last 21 years, my hobbies have revolved around family. Whether it has been coaching sports that my boys played, or going to their school. Anything we could do together outside; hiking, going to zoos, parks and aquariums, going to the beach, touring the Washington D.C. area around

See Leadership page 4

“At the end of the day, a leadership style is only effective if you turn around and see people are still willing to follow you.”

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Leadership

From page 3

all the monuments and museums for three years. I was drawn to anything the four of us wanted to do. Now as new empty-nesters with both of them in college, and stationed west of the Mississippi for the first time in nearly 28 years, the two of us are going to travel these big, square states a bit and enjoy the mountains. Maybe the New England kid who grew up skiing, will teach his Ohio gal to ski.

5. What aspects of leadership are the most important to nurture?

Mentorship — the training and development accomplished through mentorship is critical to ensure we are using our experiences and knowledge to better prepare our replacements (the future of the Air Force). To me, this is the best aspect of leadership to nurture ... just ask an FSS member, I love to mentor through

“talking” about my experiences; every once in a while I listen also.

6. How do you prepare junior Airmen for leadership roles?

Every role is an opportunity to display leadership, but until they complete Airman Leadership School and start supervising, opportunities could include physical training leader duty (seeing them lead higher ranking personnel through a session; how they motivate), briefing leadership on work procedures, getting them out of their comfort zone and watch them rise to the challenge. Most importantly, spending time with them in mentorship to help them understand the affect their current role has at the strategic and operational levels.

7. What is an action or routine that needs to be done every day?

The routine I have always tried to keep since I have commissioned is MBWA — Management By Walking Around; getting out of my office and away from the phone and emails. Now as a commander, that is even more critical. I can manage and answer emails later in the afternoon and into the evening, but I cannot

always get around to the FSS facilities and witness all the great things my people are accomplishing when they are supporting Schriever employees and their family members. Making sure they are taken care of both professionally and personally; making sure they have the resources needed to accomplish their daily mission.

8. What common trait do you think all successful leaders have?

Passion — successful leaders, both in the military and in the civilian sector, always display a passion that drives them to make something better; to come up with innovative ideas to make something more effective.

This passion also shows those who work around you or for you that you care about what program you are working; in the FSS, it is not just simply working 45 sponsor RIPs; it is taking care of 45 Airmen who may not know anything about Schriever and need to have someone stationed here to ask critical family-related questions; or at the child development center, it is not just watching children or babysitting; it is providing an educational program for children whose parents need to concentrate on the Schriever mission.



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U.S. Air Force photo by Dennis Rogers

Tech. Sgt. Carmen Mena-Flores, noncommissioned officer in charge of commander's support staff with the National Reconnaissance Office Operations Squadron, stands outside her place of work at Schriever Air Force Base, Colorado, Aug. 15, 2018. Mena-Flores was diagnosed with stage three breast cancer in 2015, and is now in remission.

Breast Cancer Awareness Month saves lives

By Halle Thornton

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — October is National Breast Cancer Awareness Month, raising awareness about the importance of detecting breast cancer early.

One in eight women in the United States will be diagnosed with breast cancer in their lifetime, and is the most commonly diagnosed cancer in women.

Although breast cancer in men is rare, an estimated 2,470 men will be diagnosed this year.

Though statistics are high, the survival rate is high, with over 3.3 million breast cancer survivors in the United States today.

Tech. Sgt. Carmen Mena-Flores, noncommissioned officer in charge of commander's support staff with the National Reconnaissance Office Operations Squadron, was diagnosed with stage three breast cancer in 2015.

"My daughter was two at the time, and all I could think about was being there for her and watching her grow," she said. "My end goal was to survive. I'm the type of person that goes big or goes home. This was not going to beat me."

After six, six-hour chemotherapy sessions, three separate surgeries and 25 radiation treatments, Mena-Flores overcame her diagnosis and is now in remission.

During her battle with cancer, Mena-Flores took college courses with the help



U.S. Air Force courtesy photo

October is National Breast Cancer Awareness Month, raising awareness about the importance of detecting breast cancer early. One in eight women in the United States will be diagnosed with breast cancer in their lifetime, and is the most commonly diagnosed cancer in women.

of a full Wounded Warrior Scholarship from Colorado Technical University, because if she was not able to return to duty, she wanted to have a secure plan for her future.

"I'm a very hopeful person and have faith, but if I do survive this and don't

get to return to duty, I want to make sure my backup plan is ready to go," she said.

According to the Centers for Disease Control and Prevention and the World Health Organization, breast cancer occurs when malignant tumors develop in the breast.

The cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body.

When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

If a mother, sister, father or child has been diagnosed with breast or ovarian cancer, one has a higher risk of being diagnosed with breast cancer in the future.

Additionally, the risk increases if a relative was diagnosed before the age of 50.

By performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam and scheduling routine screening mammograms, breast cancer can be detected and treated early, with a large possibility of full remission.

According to the National Breast Cancer Foundation, although one cannot ensure they will not get breast cancer, there are some healthy habits Airmen can utilize to reduce their risk:

1. Maintain a healthy weight.
2. Stay physically active.
3. Eat fruits and vegetables.
4. Avoid smoking.
5. Limit alcohol consumption.

"Here I am, I'm a survivor, and I couldn't have done it without support from leadership, squadron, family and local friends," Mena-Flores said. "It truly makes all the difference."



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50th Space Wing
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U.S. Air Force graphic by Halle Thornton

The 50th Space Wing Safety Office strives to keep Team Schriever safe by providing information about traffic safety rules.

Supplements

From page 1

Department of Defense educational campaign to inform leaders, providers, warfighters, and their families about potential health risks and what steps to take before deciding to use dietary supplements.

According to the DoD's Human Performance Resource Center, by law, dietary supplement manufacturers are responsible for ensuring their products are safe before they are marketed.

Unlike drug products, there are no provisions in the law for the Food and Drug Administration to "approve" dietary supplements for safety or effectiveness before they are offered to the consumer. Once a product is marketed, FDA must show that a dietary supplement is "unsafe" before it can take action to restrict a product's use or remove it from the marketplace.

"Unlike drug products, there are no provisions in the law for the Food and Drug Administration to "approve" dietary supplements for safety or effectiveness before they are offered to the consumer."

Because of this, Carr said suspicious practices may happen as manufactures sometimes put effectiveness or the appearance of effectiveness over safety.

"This is not to say every manufacturer out there is intentionally doing wrong and you shouldn't ever take dietary supplements," Carr said. "However, everyone should do their research to ensure what they're taking isn't banned and actually complements their health."

The OPSS program website, www.opss.org, offers a myriad of tools for Airmen. In addition to the most current list of banned substances, Airmen can also find a list of "high risk supplements." Not all supplements on the list are illegal or banned, but all pose potential health risks.

Additionally, anyone with a .mil email address has free access to the Natural Medicines Comprehensive Database, where people can make informed decisions and get ratings on dietary supplements and natural products, as well as information about product ingredients.

These tools are also linked to a dietary supplement risk matrix which gives a number score to ingredients to help people evaluate risk versus reward.

While these resources contain an exhaustive list of ingredients, one is of particular concern to Carr.

"Caffeine is a drug that is pervasive throughout our culture because there are benefits, but it can also cause serious health problems," she said. "Typically, about 200 milligrams is the peak number where you get the most benefit for the dosage, but higher doses than that can start to do more damage than good."

Since many energy drinks and pre-workout powders have well in excess of 200 milligrams, Carr said everyone, but particularly people with heart conditions should pay attention to their caffeine intake.

"Pre-workouts can be especially dangerous because manufacturers will sometimes conceal the dosage behind the term 'proprietary blend,'" Carr said.

The HPC said it's a good idea for Airmen to buy dietary supplements that have been independently verified by a third party lab.

"The OPSS has a list of third party verifiers on their website, so you can educate yourself on what seals to look for," Carr said.

While dietary supplements have their place, Carr said people should address their lifestyle choices as the first step in making improvements to their health.

"The best approach is getting your nutrition from a well-balanced diet," she said. "Slow and steady consistency is the best approach to weight loss and healthy living. It doesn't mean you can't have a cheat meal or splurge once in a while; it's about finding a healthy balance and having a mindset of not automatically throwing a bunch of supplements at your fitness goals."

Schriever kicks off CFC

By Airman 1st Class
William Tracy

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Schriever kicked off the 2018 Combined Federal Campaign with a training opportunity in the event center at Schriever Air Force Base, Colorado, Oct. 3.

The CFC is the world's largest annual workplace charity campaign, with Schriever AFB being one of 200 campaign drives held throughout the country. Donations are collected for more than 8,000 charities nationwide, each charity approved and verified for authenticity.

"This is an important campaign — there are a lot of organizations that need our help so they can help others," said Staff Sgt. Brandon Council, contract administrator with the 50th Contracting Squadron and alternate installation project officer.

The event featured informational booths from organizations such as the Care and Share Food Bank of Southern Colorado and the Springs Rescue Mission, whose members shared their mission, as well as a general briefing by Barbara Barfield, CFC zone manager, on the CFC rules and regulations for the attendees who will be CFC leads in their squadrons.

"This event was very informative for me," said Senior Airman Tammy Nguyen, mobile training technician with the 4th Space Operations Squadron and CFC lead. "I plan on educating my squadron about the local charities and how we can impact them through either a donation or with volunteer hours."

According to the U.S. Office of Personal Management's website, "the mission of the



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

Barbara Barfield, Combined Federal Campaign zone manager, answers a question during the CFC kick off training in the event center at Schriever Air Force Base, Colorado, Oct. 3, 2018. Barfield advised Airmen on the CFC's rules and regulations. Attendees will go on to be key campaign representatives in their respective units.

CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all."

Master Sgt. Kenneth Dallies, special mission systems flight chief with the 50th Space Communications Squadron and installation project officer, highlighted this year's campaign goals.

"We want 100 percent contact, 100 percent awareness," Dallies said. "We want to make sure everyone gets to talk face-to-face with a key representative, not just an impersonal email. That way you can share your stories with them and make for a bigger impact."

The campaign season runs now until Dec. 15, with the official solicitation period running until Jan. 11, 2019. A mid-campaign

CFC Charity Fair in the fitness center, featuring more charity representatives and information booths, is scheduled for Nov. 14.

Anyone may donate to the campaign. Donations can be made by filling out a pledge form on paper and online. Additionally, one may request automatic payroll deduction online on mountainstatescfc.org

Donators can choose the charity or charities they wish to donate to through the website. The OPM's online donation system has been updated with the consolidated amount of participating organizations for convenience.

As an added incentive, Schriever AFB will have a Geocaching campaign Oct. 17 through Nov. 14, in which GPS coordinates will be broadcast via the Schriever AFB Facebook page each business day. The first person to follow the coordinates will find a CFC related prize and will be entered to win a grand prize the CFC Charity Fair Nov. 14. All others who come after can sign a logbook and be entered as well.

Dallies said one can also donate through volunteer work with the various CFC organizations.

"Your help is always welcome," he said. "By volunteering your time, it shows your dedication."

Council said the CFC is a chance for Schriever Airmen to strengthen bonds and give back to the communities which support them.

"This shows all of us at Schriever AFB cares for all they do," he said. "Keep an open mind, there's a lot of organizations you can help out not just through donating money but getting out there volunteering."



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#IamSCHRIEVER Portraits

Tech. Sgt. Joseph Vazquez

Flight chief of operations support with
the 3rd Space Experimentation Squadron

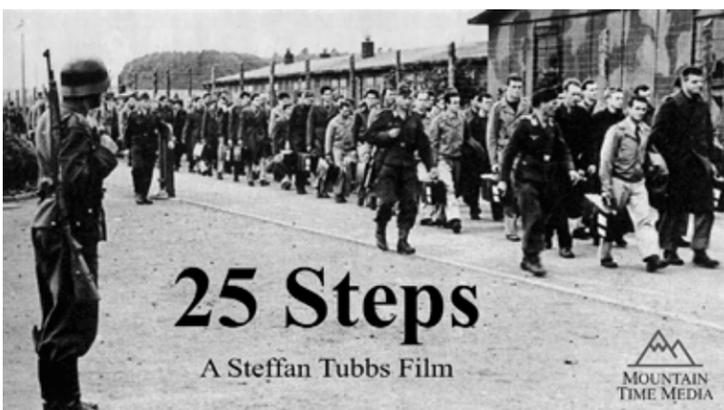
"In middle school, I moved to Puerto Rico. Getting the opportunity to live and see where my parents grew up was an amazing experience. My parents both served in the U.S. Army. My mom joined the military straight out of Puerto Rico knowing zero English. Despite facing many challenges, she kept her motivation. Hearing about her struggles has motivated me in my Air Force career. Many values my parents instilled in me growing up were a solid foundation for my military career."

(Hometown: Bayamón, Puerto Rico)



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Join us for the exclusive screening of
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Screening of WWII POW documentary 25 Steps

Saturday, November 10, 7:00 - 8:00pm

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Only Colorado Springs Screening of WWII POW Documentary 25 Steps



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

Aracelys Martinez, Gold Star child, 16, talks with family between plays of the Air Force Falcons versus Navy Midshipmen football game after the Noncommissioned Officers Association's Air Academy Chapter 300 Gold Star family meet and greet outside Falcon Stadium at the United States Air Force Academy, Colorado, Oct. 6, 2018. Aracelys attended the game for free courtesy of NCOA's AA Chapter 300.



Joshua Blackwell, Gold Star child, 11, celebrates the Air Force Falcons' drive during the Air Force Falcons versus Navy Midshipmen football game after the Noncommissioned Officers Association's Air Academy Chapter 300 Gold Star family meet and greet outside Falcon Stadium at the United States Air Force Academy, Colorado, Oct. 6, 2018. The Air Force Falcons would go on to sink the Navy Midshipmen with a score of 35-7. Blackwell attended the football game for free as part of the NCOA's AA Chapter 300 support to Gold Star families.

Families

From page 1

After the meet, the families attended part of the Air Force Falcons versus Navy Midshipmen football game, ending in a 35 — 7 Air Force Falcons' win.

Master Sgt. Carl White, squadron superintendent with the 22nd Space Operations Squadron, who helped organize the event, said he was honored to host the families.

"Each chapter under the national NCOA branch tries to do their own thing to support Gold Star families; we do a day at a sporting event," White said. "This gives the Gold Star families a day out where they don't have to worry about anything other than showing up. We take it from there and provide them with a fun experience."

Ribeiro said the event made him happy and gave him a chance to unwind.

"This helps me feel better and it's really fun to see everyone," he said.

The Martinez twins echoed gratitude for the opportunity.

"We are definitely grateful to be able to get out here and watch this game and meet the hawks — that was really cool," Aracelys said.

"Knowing we have a support system out there for us, it's a good feeling," Yarelys added.

White said he hopes to host more events for Gold Star families in the future, continuing to strengthen the bonds between Schriever AFB, Gold Star families and the Colorado Springs military community.

"We plan on continuing these successful events," he said. "They are set up to allow families to pick and choose what they want to attend. Hopefully, we will have even more families next time."



Gabriel Ribeiro, Gold Star child, 10, pets a falcon during the Noncommissioned Officers Association's Air Academy Chapter 300 Gold Star family meet and greet outside Falcon Stadium at the United States Air Force Academy, Colorado, Oct. 6, 2018. United States Air Force Academy falconers showed Gold Star family members three different falcons of various size and breeds.

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AF designates G01 hypersonic flight research vehicle as X-60A

88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force has designated the G01 hypersonic flight research vehicle as X-60A. The vehicle is being developed by Generation Orbit Launch Services, Inc. under contract to the Air Force Research Laboratory, Aerospace Systems Directorate, High Speed Systems Division.

It is an air-dropped liquid rocket, specifically designed for hypersonic flight research to mature technologies including scramjet propulsion, high temperature materials and autonomous control.

“The X-60A is like a flying wind tunnel to capture data that complements our current ground test capability,” said Col. Colin Tucker, Military Deputy, office of the deputy assistant secretary of the Air Force for science, technology and engineering. “We’ve long needed this type of test vehicle to better understand how materials and other technologies behave while flying at more than 5 times the speed of sound. It enables faster development of both our current hypersonic weapon rapid prototypes and evolving future systems.”

AFRL’s motivation for the X-60A program is to increase the frequency of flight testing while lowering the cost of maturing hypersonic technologies in relevant flight conditions. While hypersonic ground test facilities are vital in technology development, those technologies must also be tested with actual hypersonic flight conditions.

Utilizing new space commercial development, licensing and operations practices, X-60A is envisioned to provide the Air Force, other U.S. Government agencies, and industry with a platform to more rapidly mature technologies.

The X-60A rocket vehicle propulsion system is the Hadley liquid rocket engine, which utilizes liquid oxygen and kerosene propellants. The system is designed to provide affordable and regular access to high dynamic pressure flight conditions between Mach 5 and Mach 8.

This is the first Air Force Small Business Innovative Research program to receive an experimental “X” designation.



An artist's sketch of an X-60A launch.

U.S. Air Force courtesy illustration

Paid by U.S. Department of Labor funds

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Schriever Airman earns STEP promotion



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

Tech. Sgt. Taylor Kerkhoff, executive assistant to the 50th Space Wing command chief, celebrates with base leadership and wing staff after earning a Stripes for Exceptional Performers promotion at Schriever Air Force Base, Colorado, Oct. 1, 2018. Kerkhoff was selected for promotion based on her exceptional organizational skills, leadership and professionalism.

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U.S. Air Force photo by Airman 1st Class Brandon Esau

Airman 1st Class Nicholas Terry, 100th Security Forces Squadron armorer, inspects an M-4 carbine rifle at RAF Mildenhall, Great Britain, Sept. 25, 2018. After each shift, weapons must be cleared by security forces Airmen and then turned into the armory for security until the individual needs it again for duty.



U.S. Air Force photo by Ilka Cole

Members of the Eglin Honor Guard perform missing man table honors during the POW/MIA ceremony at the Air Force Armament Museum located near Eglin Air Force Base, Florida, Sept. 21, 2018. The ceremony was held in remembrance of America's prisoners of war, those still missing in action and their families.



U.S. Air Force photo by Staff Sgt. Micaiah Anthony

Air Force Staff Sgt. Amann Davis, Okinawa Joint Experience Red Team student, carries Marine Corps Sgt. Thomas Warren, OJE Red Team student, during the Okinawa Joint Fitness Challenge at Kadena Air Base, Japan, Sept. 26, 2018. The OJFC was designed to mimic obstacles and challenges faced in the battlefield such as sprinting, running ammunition cans, transporting wounded personnel to safety and tossing simulated grenades.

AF Week



Participants climb up an obstacle during a mud run event as part of the third annual Cup is a two-day, olympic-style event that tests Airmen's physical and mental read

(Right) Airmen assigned to the Idaho Air National Guard's 124th Air Support Operations Squadron and 190th Fighter Squadron, train during a night close air support training mission at the Saylor Creek Range near Bruneau, Idaho, Sept. 25, 2018. The training provided essential training to both the pilots and ASOS tactical air control party Airmen.

(Bottom) The Cadet Wing honors graduates who passed during this last year during a Homecoming Memorial Ceremony at the U.S. Air Force Academy in Colorado Springs, Colorado, September 28, 2018, Cadets recognize fallen alumni by calling out their name and rendering a final salute.



in Photos



U.S. Air Force photo by Senior Airman Alexander Cook

Thunderbolt Cup at Luke Air Force Base, Arizona, Sept. 27, 2018. The Thunderbolt fitness.



U.S. Air Force photo by Staff Sgt. Keith James

An Air Force F-16 Fighting Falcon, assigned to the 157th Expeditionary Fighter Squadron, receives in-flight fuel from a KC-135 Stratotanker during a mission in support of Operation Inherent Resolve over Iraq, Sept. 21, 2018. U.S. and Coalition aircraft provide unmatched combat capability in support of U.S. Central Command military objectives.



U.S. Air National Guard photo by Master Sgt. Joshua C. Allmaras



U.S. Air Force photo by Kathryn Calvert

Airmen run with the POW/MIA flag in the early morning hours during a 24-hour run at Schriever Air Force Base, Colorado, Sept. 19, 2018. Airmen from various squadrons continuously ran with the POW/MIA flag in 30 minute intervals, with more than 70 participants carrying the flag for a total of 120 miles.



U.S. Air Force photo by Darcie L. Ibdapo



U.S. Air Force photo by Staff Sgt. Ashley Corkins

The U.S. Air Force Air Demonstration Squadron Thunderbirds fly near the Pacific Coast, while returning to Nellis Air Force Base, Nevada, Oct. 1, 2018. Since 1953, the Thunderbirds have served as America's premier air demonstration squadron.

BASE BRIEFS

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

Health Promotion activities

The Health Promotion office will host several events during the next few weeks:

Oct. 19	Noon	Smart Snacking Lunch and Learn
Oct. 23	3:30 p.m.	Weight Management Class
Oct. 25	1:30 p.m.	Exercise Physiologist

For more information, call Carol Carr at 567-4292.

Clinic announces closures

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

Today	11 a.m. — 4:30 p.m.	Training day
Nov. 8	11 a.m. — 4:30 p.m.	Training day
Nov. 9	All day	Wing function
Nov. 12	All day	Holiday
Nov. 22	All day	Holiday
Nov. 23	All day	Family day
Dec. 13	11 a.m. — 4:30 p.m.	Training day
Dec. 24	All day	Family day
Dec. 25	All day	Holiday
Dec. 31	All day	Family day
Jan. 1	All day	Holiday
Jan. 10	11 a.m. — 4:30 p.m.	Training 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.

MetroRides Vanpool provides openings

MetroRides Vanpool is a government subsidized program for all Department of Defense Civil Service employees and active duty military. There is no out of pocket expense for DoD vanpool participants. Contractors may also participate. The route starts at the Safeway shopping center parking lot in Fountain, Colorado, departing at 6:05 a.m. and arriving at Schriever Air Force Base, Colorado, at 6:30 a.m. The vanpool departs Schriever AFB at 4 p.m. and arrives back at Safeway at 4:30 p.m. Monday-Friday. For more information, contact Steve Cooper at 567-5668.

KMC to provide training

The Knowledge Management Center is providing reoccurring training/classes for the Knowledge Management programs. Classes will be held in Building 301, Room 119, every first and third Thursday of the month. Records Management will be held noon — 1 p.m. and Freedom of Information-Privacy Act will be held 1:45 — 3:15 p.m. Publications and Forms class will be held 1 — 3 p.m. every third Thursday of the month. For more information, contact 50th SW Knowledge Management Center at 567-6001.

OFF-BASE

FAP to host Mock Central Registry Boards

The Family Advocacy Program will host two Mock Central Registry Boards Oct. 25 and Nov. 1 at Peterson Air Force Base, Colorado. They will be held in the Building 845 wing conference room from 10 a.m. — noon. This is a great opportunity for commanders and first sergeants to observe a CRB and be able to ask questions. The training will also serve as the annual FAP training for the year. For more information, contact FAP at 556-8943.

FAP to host the 1st annual "Strike Out" Domestic Violence bowling event

The Family Advocacy Program will host the 1st annual "Strike Out" Domestic Violence bowling event Nov. 6 at the Peterson Air Force Base, Colorado, bowling alley. The event will take place 10 a.m. — noon. and 1 — 3 p.m. The cost for one person is \$5 for two hours of bowling. Shoes will be included. Units can call 556-8943 to sign up or register their team.

Air Force Academy looking for volunteer families

The U.S. Air Force Academy Preparatory School is looking for volunteer sponsor families to build a professional mentoring relationship and provide a home-away-from-home

for the cadet candidates. Sponsoring provides our students with a local family support system, adult role models and an avenue for community involvement that would ultimately continue for the duration of their time beginning here at the Prep School, into their journey to the Air Force Academy, and beyond. Send an email request for a sponsor packet at prepinfo@usafa.edu or call 333-3164.

Military Child of the Year open for nominations

Operation Homefront, the national nonprofit that builds strong, stable and secure military families, is now accepting nominations for the 2019 Military Child of the Year Awards, as well as applications for the 2019 Military Child of the Year Award for Innovation. Military Child of the Year is the nation's premier celebration of the achievements of military children. Nominations are open through Dec. 5, and all awards will be presented at a recognition gala April 18, 2019, in the nation's capital. To nominate a child for the award, visit www.militarychildoftheyear.org and click the nominations tab.

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 at Peterson Air Force Base, Colorado. Call 331-6689 or 260-8172 for more information.

Military Retirees Activities Office

The Military Retiree Activities Office holds its monthly council meeting the second Thursday of each month at 11:30 a.m. at The Club at Peterson Air Force Base, Colorado. The meeting will be followed by lunch at 12:45 p.m. To sign up or for more information, call the Retiree Assistance Office at 556-7153.

Spouses are invited to events marked with 

Improving the Unit:



.4 Data Driven Decisions

.4.2.1 Does the unit have an effective data-review process (error checking)?

.4.2.2 Does the organization analyze data?

.4.2.3 Are critical performance measurements analyzed for trends?

To obtain a copy of the handbook and view the full list of questions, units can contact their self-assessment program managers.

Questions like these will be part of the base's Unit Effectiveness Inspection in February.

U.S. Air Force graphic by Halle Thornton



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THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

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ART EVENTS

Art Gallery Grand Opening, celebrating Febra's fine art gallery expansion, The SideDoor, which will feature oil paintings, acrylics, photography, furniture, jewelry and more by more than 40 local and regional artists. Reception on Oct. 12 includes door prizes and refreshments. Open house continues the next two days. Fri., Oct. 12, 5-7 p.m. and Oct. 13-14, 11 a.m. to 5 p.m. Febra's, 2532 W. Colorado Ave., 635-4466, dave@shop-febras.com, shopfebras.com.

ArtPOP: Mini Sculpture Building, an opportunity to join local artist Mitchell Dillman as he facilitates the creation of wood and metal art pieces. Great for children ages 5 and older, and adults. Tues., Oct. 16, noon to 1 p.m. Free. Acacia Park, 115 E. Platte Ave., meredith.smarr@gmail.com, pikespeakartscouncil.org.

Book Making with Kim Hetherington, learn to create a simple but elegant stab-binding book that will be suitable for photographs or used as a drawing or writing journal. Ages 13+. Registration required. Sat., Oct. 13, 1-3 p.m. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000, pppld.librarymarket.com.

Community Sculpture, an opportunity to work on a piece of art. Weld a piece on the 9-foot tall warrior and it will be there forever. Visit a working studio and play on the "Song Wall." Michael James Theisen Studio, 1355 Pecan St. Fridays-Sundays, noon to 8 p.m. Free admission, \$5 per piece welded. 213-4483, michael@michael-jamestheisen.com.

Free Day, a chance to visit the arts center and Buell Children's Museum for free. Second Sunday of every month. Sangre de Cristo Arts Center, 210 N. Santa Fe Ave., Pueblo, 719/295-7200, sdc-arts.org.

How to Get Color Harmony in Your Paintings, taught by June Heimsoth. Includes experimenting with complements, monochromatic colors, color proportion, dominance, sub-dominance, accents and discords, and how to use these to your advantage. Thursdays, 9 a.m. to noon; through Oct. 25. \$100. First Presbyterian Church, 219 E. Bijou St., 925/785-1354, sheppardartsinstitute96@gmail.com, sheppardartsinstitute.org.

LaRad Nilles: Vapor Trails, a musical, interactive drawing performance. The drawings are ultra-sensitive, lightning-fast, and respond to the music being played similar to a conductor/band interaction. Manitou Springs Memorial Hall, 606 Manitou Ave. Fri., Oct. 12, 6-8 p.m. Free. meredith.smarr@gmail.com, pikespeakartscouncil.org.

Mixed Media Collage, taught by Kathi Bubeck, meant to help you expand your creativity and technique through combining conventional art forms and painting with unconventional, alternative ingredients. Mondays, 1-4 p.m.; through Oct. 29. \$100 plus \$25 for materials. First Presbyterian Church, 219 E. Bijou St., 925/785-1354, sheppardartsinstitute96@gmail.com, sheppardartsinstitute.org.

Museum Free Day, providing access to the FAC's general admission offerings to the widest possible audiences in the Pikes Peak region. Second Saturday of every month, 10 a.m. and third Friday of every month, 10 a.m.; through Dec. 21. Free. Colorado Springs Fine Arts Center at Colorado

College, 30 W. Dale St., 634-5581, fac@colorado-college.edu, coloradocollege.edu/fac.

Quilt Show and Sale, including new and antique quilts, quilted table runners, wall hangings and decorative pillows. All proceeds from the sale will benefit mission outreach projects. Oct. 12-13, 10 a.m. to 3 p.m. and Sun., Oct. 14, 9 a.m. to noon. Free. First Christian Church, 16 E. Platte Ave., 633-8888, kim@firstchristiancos.org, firstchristiancos.org.

ArtPOP: Taiko Society, a heart-pounding show that will constantly have you moving as up to 16 drummers perform the Japanese style of Taiko drumming. Sat., Oct. 13, 2-3 p.m. Free. Seven Falls, 2850 S. Cheyenne Cañon Road, 632-0752, meredith.smarr@gmail.com, pikespeakartscouncil.org/ArtPOP.

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

CLUBS & ORGANIZATIONS

Pikes Peak Herb Association, offering study groups, educational opportunities, walks, culinary information and more about herbs. 533-0707, herbalist@HerbAssociation.com.

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

Sons of Norway meetings, with cultural presentations. Second Wednesday of every month, 7-9 p.m. Viking Hall, 1045 Ford St., 351-3554, sons-of-norwaycs.com.

COMEDY & IMPROV

Murder Mysteries, a scrumptious dinner, spectacular scenery, and a hilarious, fully interactive murder mystery. Only a 45-minute drive from Colorado Springs. Saturdays, 6-9 p.m.; through Oct. 27. \$134. Royal Gorge Route Railroad, Santa Fe Depot, 401 Water St., Cañon City, 276-4000, redherringproductions.com, royalgorgeroute.com.

ROFL Stand-Up Open Mic, including joke challenges, prizes, drink specials and gig offers. Sign up starts an hour before the performance. Thursdays, 9:30 p.m. to 1 a.m.; through Oct. 22. Free. Underground, 110 N. Nevada Ave., 680-0151, LaughterCrafter2109@gmail.com.

CONCERTS

Animal Instincts, a community orchestra concert performed by the Pikes Peak Philharmonic, featuring works by Borodin, Goossens, Strauss, Sibelius and Mussorgsky. A pre-concert lecture by the conductor will begin at 2:15 p.m. Sun., Oct. 14, 3 p.m. \$5-\$10. First United Methodist Church, 420 N. Nevada Ave., 471-8522, office@pikespeakphil.org, pikespeakphil.org.

ArtPOP: Stacy Plays Piano, an outdoor piano concert for healing. Through her music, Stacy Gery

Continued on page 19

PAID ADVERTISEMENT



TODAY WE CELEBRATE

Military Spouse Candace Gross



Candace is an experienced professional with a master's degree in non-profit management and 12 years' experience working with non-profit agencies. She is enrolled in Mt. Carmel's MilSpouse Career Program, and is excited for the future. "My passion is connecting good people to good work," said Candace. "What I learned through Mt. Carmel has made me better prepared for my next step." A long-time resident of Colorado Springs, Candace encountered a workforce challenge that some military spouses face, "We never moved out of the area while we were an active-duty family, but there was always an expectation from employers that we would." Today, Candace credits Mt. Carmel for assistance provided to her husband who achieved a 50 percent salary increase in a new position after attending PrepConnect 360, a five-day advanced jobseeker's course offered through Mt. Carmel, motivating Candace herself to attend the course as well. "There is an attitude that services in the community are only for current military spouses, but Mt. Carmel reaches the entire veteran community - of all eras." Candace is a certified volunteer administrator, highly-interested in employment opportunities allowing her to train, coach or mentor within the workforce.

LEARN MORE ABOUT CANDACE:

<https://www.linkedin.com/in/candace-gross-cva-a2707a2/>

EVENTS CALENDAR

13 Oct: Therapeutic Tai Chi for veterans to reduce post-traumatic stress, Saturdays, 10-11 am at Mt. Carmel

14 Oct: Warrior 1st Car Show, benefitting veterans, 9am-3 pm at Mt. Carmel, Car owners/vendors call: (720) 725-4619

15 Oct: Pastor Sherry, prayer and counseling, Mondays, 10 am-2 pm at Mt. Carmel

16 Oct: Chaplain Rahill, Spiritual Connection Group and counseling, Tuesdays, noon-5pm at Mt. Carmel

16 Oct: Construction & Trades Job Fair, multiple employers/open positions, 10 am-2 pm at Mt. Carmel

16 & 18 Oct: Medicare Mentors. Free counseling for veteran community concerns with Medicare, VA Healthcare, Tricare & Medicaid and open enrollment changes, Tuesdays & Thursdays, 10am-2pm, walk-ins & appointments (719) 772-7000 at Mt. Carmel

16 Oct: Therapeutic Yoga for veterans to reduce post-traumatic stress, Tuesdays, 5-6 pm at Mt. Carmel

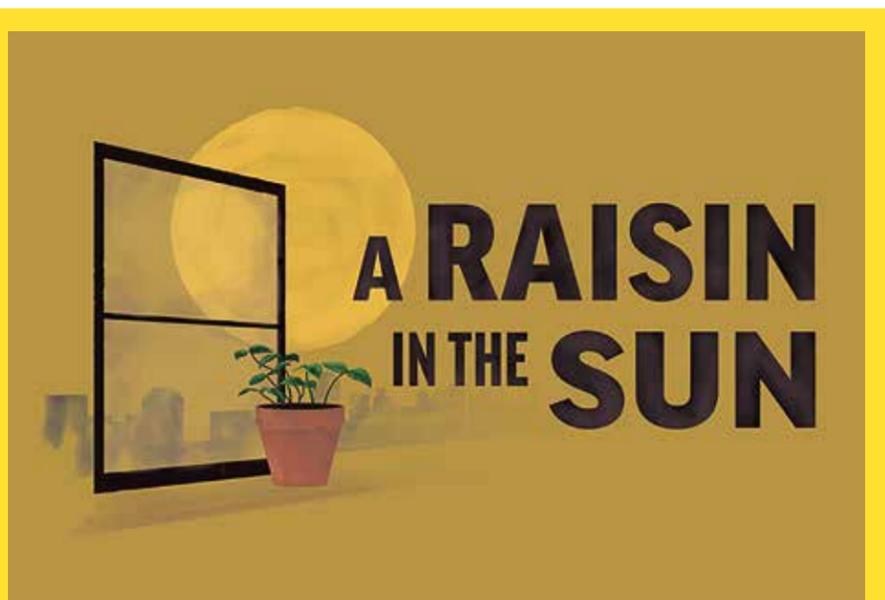
18 Oct: PTSD Support Group, led by a mental health professional, Call (719) 309-4773, Thursdays, 10-11 am at Mt. Carmel

Help Us Help Ours:

Mt. Carmel Veterans Service provides vital career and transition assistance, behavioral health and wellness, supportive services, connection to community resources, and safe event space for veterans, military members and their families. Our non-profit has directly impacted clients in over 18,000 visits since 2016. You can play an important role and have direct impact on thousands of Veterans in our community.

Learn more at

veteranscenter.org



STAGE

A Raisin in the Sun, a story about a family in a small tenement on Chicago's South Side who is awaiting a check that will make all their dreams come true. Thursdays-Saturdays, 7:30 p.m., Sundays, 4 p.m. and Saturdays, 2 p.m.; through Oct. 20. \$38.50, free for UCCS students. Ent Center for the Arts, 5225 N. Nevada Ave., 255-3232, tickets@uccspresents.org, uccspresents.org.

THEATRE & FILM

WEEK 2



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- ▶ **Bill T. Jones/Arnie Zane Dance Company** October 16
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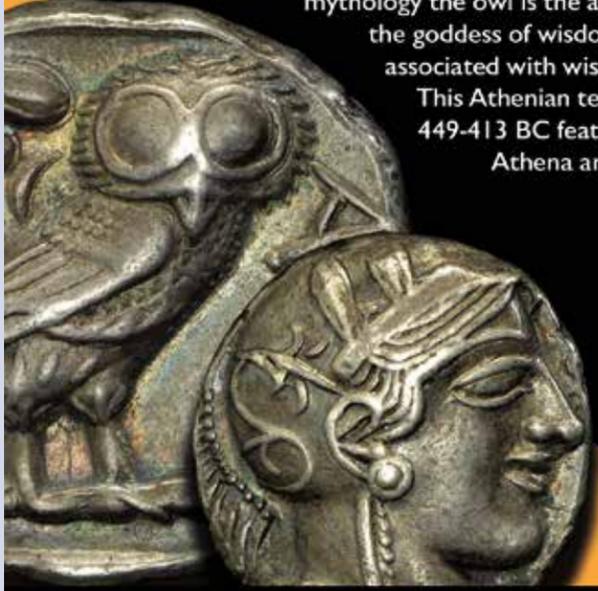
In the 1960s, local sculptor Michael Garman lived in the wine district of San Francisco. He joined the San Francisco Theater Group and worked 18-hour days learning set design. Arriving in Colorado Springs in 1971, he took what he'd learned and began work on Magic Town - a 3,000 square foot sculptural theater at 1:6 scale you can visit now in Old Colorado City. Mention this story and receive a Buy One, Get One Free Entry!
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THEATRE & FILM



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THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

independent

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shares her journey of recovering from a brain injury. Sun., Oct. 14, 4-6 p.m. Free. Acacia Park, 115 E. Platte Ave., meredith.smarr@gmail.com, pikespeakartscouncil.org.

Sybarite5, a string quintet with an eclectic repertoire from Bowie to Radiohead and Akiho to Assad, combined with a commanding performance style. Sat., Oct. 13, 7:30-9:30 p.m. \$30-\$24. Sangre de Cristo Arts Center, 210 N. Santa Fe Ave., Pueblo, 719/295-7200, mail@sdcs-arts.org, sdc-arts.org.

Sybarite5: Outliers, a string quintet with a diverse and unique sound, presenting their favorite commissioned works. Fri., Oct. 12, 7 p.m. Tickets start at \$27.50. Ent Center for the Arts, 5225 N. Nevada Ave., 255-3232, tickets@uccspresents.org, uccspresents.org.

Taylor Memorial Concert: We Will Remember Them, a concert of choral music influenced by the first World War, interspersed with poetry from the conflict's great poets. Sun., Oct. 14, 3-4 p.m. Free. Grace and St. Stephen's Episcopal Church, 601 N. Tejon St., 328-1125, gssepiscopal.org.

DANCE

Bill T. Jones/Arnie Zane Dance Company: A Letter to My Nephew, a dramatic work that is an evocative and moving composition of imagery, movement and sound. Shockley-Zalabak Theater. Tues., Oct. 16, 7 p.m. \$27.50. Ent Center for the Arts, 5225 N. Nevada Ave., 255-3232, tickets@uccspresents.org, uccspresents.org.

Drag Show, enjoy amazing queens, have a great time and see some art. Fri., Oct. 12, 8-10 p.m., Fri., Nov. 9, 8-10 p.m. and Fri., Dec. 14, 8-10 p.m. \$5. The Gallery Below, 718B N. Weber St., 347/961-4789, jonbataille@gmail.com, facebook.com/thegallerybelow.

Ecstatic Kirtan with Spiritwell, combining the joy of movement, playfulness, self-exploration, friendship and celebration of ecstatic dance with the traditional chants of kirtan. All ages, voices and dance levels welcome. Sat., Oct. 13, 7:30-9:30 p.m. Donations accepted. Cambio Yoga, 3326 Austin Bluffs Pkwy., #100, 291-1798, allseasonsyoga@gmail.com, cambioyoga.com.

Hex Fusion Dance, an opportunity to explore and blend different styles of music and dance. No partner required. Second Saturday of every month, 8 p.m. \$10. Yoga Studio Satya, 1581 York Road, kkschmidt@hexdance.com, hexdance.com.

Swing Dancing, no partner needed. Attend the first half-hour for a free beginner lesson. Occasional live bands. Wednesdays, 7:30 p.m. \$8 online, \$10 at the door. The Loft, 2506 W. Colorado Ave., 445-9278, info@loftmusicvenue.com, loftmusicvenue.com.

FILM

Film of the Absurd, an ongoing series of curated independent films, featuring a wide range of filmmakers from all over the world. Thursdays, 8 p.m. Free. Urban Steam Coffee Bar, 1025 S. Sierra Madre St., 473-7832, facebook.com/urbansteam.

GET INVOLVED

5k Survivors Run, a space for survivors of domestic and sexual violence to run — or walk — together in solidarity, alongside their family, friends and a community of supporters. Sat., Oct. 13. \$10/person. America the Beautiful Park, 126 Cimino Drive, 633-1462, tessacs.org.

Cascade Volunteer Fire Department Chili Supper, featuring free firehouse chili and corn dogs, a raffle, kids' activities, a silent auction and more. Sat., Oct. 13, 5-8 p.m. Cascade Fire Station, 8010 Severy Ave., Cascade.

Citizens Climate Lobby: Colorado Springs October Meeting, discussing the upcoming holiday party, new Climate Solutions Caucus numbers and committee formation. The meeting also will include watching a *Years of Living Dangerously* video. Sat., Oct. 13, noon to 2 p.m. Penrose Library, 20 N. Cascade Ave., 237-5677, rosewebb73@msn.com, ppld.org.

National Mill Dog Rescue Gala 2018, an opportunity to celebrate the joy of bringing more than 13,000 dogs to freedom. Hear from Theresa Strader, enjoy a five-star dinner and participate in exciting live and silent auctions. Sat., Oct. 13, 5:30-9 p.m. \$125. The Broadmoor, 1 Lake Ave., 634-7711, jennyw@nmdr.org, aesbid.org.

New Volunteer Orientation, seeking volunteers to assist in Pikes Peak Therapeutic Riding Center's Equine Therapy Classes. Volunteers do not need to be horse savvy. Second Saturday of every month, 9-11 a.m. Free. Pikes Peak Therapeutic Riding Center, 13620 Halleluiah Trail, Elbert, 495-3908, mersman@pptrc.org, pptrc.org/volunteers.html.

Rockrimmon Friends of the Library, is seeking members to donate their time to our local library,



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.

ies, whether through running bookstores in each library, or working on the organization's bi-annual book sale. Third Tuesday of every month, 1-3 p.m.; through Nov. 24. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 531-6333 ext. 1008, ppld.org/friends.

HEALTH & WELLNESS

HeART of the Lotus: Healing Art Therapy Program for Chronic Pelvic Pain, an opportunity to use art to explore ways of expressing your chronic pelvic pain experience. Presented by Bridge for Pelvic Pain. Second Saturday of every month, 2:30-3:30

p.m. \$25/Class. Manitou Art Center, 513 Manitou Ave., Manitou Springs, 505-6477, info@bridgeforpelvicpain.org, manitouartcenter.org.

NAMI Basics, a six-week course for parents and other caregivers of children and adolescents showing signs of mental illness. Registration required. Exact location information provided upon registration. Sat., Oct. 13, 10 a.m. to 12:30 p.m. Free. NAMI Office, 510 E. Willamette Ave., 473-8477, info@namicos.org, namicoloradosprings.org.

Teepa Snow's GEMS® versus Stages, hosted by Jackson Creek Senior Living. Teepa Snow is a

leading dementia educator and occupational therapist. Presentation by Paul Levy, executive director of the adult day program DayBreak. Sat., Oct. 13, 10-11:30 a.m. Free. Woodmoor Pines Country Club, 18945 Pebble Beach Way, Monument, 725-6060, afritts@jcseniorliving.com, woodmoorpinescc.com.

KIDS & FAMILY

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

Chess for All Ages, all experience levels welcome. Thursdays, 3 p.m. Fountain Branch Library, 230 S. Main St., Fountain.

National Fossil Day Celebration, with story time, crafts, a scavenger hunt and more. Earn a Junior Paleontologist badge by completing the Junior Paleontologist activity book. Sun., Oct. 14, 10 a.m. Florissant Fossil Beds National Monument, 15807 Teller County Road 1, Florissant, 719/748-3253, nps.gov/flfo.

Overcoming Obstacles FUNdraiser, including games and obstacle courses for everyone, meant to honor loved ones with health challenges and support them in overcoming obstacles. Springs Trampoline Park, 2512 Airport Road. Sat., Oct. 13, 5-9 p.m. \$10 suggested donation. 347-5400 ext. 100, Chris@theroc.us, theroc.us.

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.librarymarket.com.

LITERARY EVENTS

How Movies Make Us Cry: Emotion in Writing and Screenwriting, a presentation to discuss the importance of character development and structure for writing novels by using a screenwriting focus and discussing popular and classic movies. Mon., Oct. 15, 6:15-8:15 p.m. Free. Library 21c, 1175 Chapel Hills Drive, 244-6220, workshops@pikespeakwriters.com, facebook.com/PikesPeakWriters.

Open Mic, Spoken Word, Poetry Night, an open mic for all young performers of any talent, including music, comedy, poetry and dance. Tuesdays, 8 p.m.-midnight. Free. Royal Castle Lounge & Grill, 2355 Platte Place, 375-1886, daniel@royalcastlelounge.com, royalcastlelounge.com.

Red Ink: Essential Self-Editing Strategies, a workshop focusing on practical tips to ensure you are putting your best work forward whether you are submitting to agents or preparing to self-publish. Sat., Oct. 13, 1-5 p.m. \$25. East Library, 5550 N. Union Blvd., 244-6220, workshops@pikespeakwriters.com, pikespeakwriters.com.

RECREATION & OUTDOORS

Elk Hikes, a reservation-only evening hike to listen to the magical sounds of elk bugling. These 1- to 2-mile, off-trail hikes can be in rugged terrain at times. Ages 10+. Through Oct. 14, 4:45-7:15 p.m. \$7, all NPS passes accepted. Florissant Fossil Beds National Monument, 15807 Teller County Road 1, Florissant, 748-3253 ext. 202, nps.gov/flfo.

Night Sky Program, with park staff and members of the Colorado Springs Astronomical Society, who will help you search for planets, galaxies, nebulas and more. Fri., Oct. 12, 7:30-10 p.m. Florissant Fossil Beds National Monument, 15807 Teller County Road 1, Florissant, 719/748-3253, nps.gov/flfo.

Rainbow Falls Geology Walk, an educational outing with Mark Izold, Pikes Peak Community College professor of geology. Rainbow Falls Historic Site, Hwy. 24, Cascade. Sat., Oct. 13, 10 a.m. to noon. 520-6977, elpasoco.com.

Stetson Hills to Sand Creek Trail Walk, including 6- and 11-kilometer routes on city sidewalks and maintained trails. Strollers and wheelchairs should be able to complete the courses. Leashed pets only. Registration requested. Sat., Oct. 13, 8 a.m. to 3 p.m. Free. Stetson Hills Police Substation, 4110 Tutt Blvd., 591-8193, walking@falconwanderers.org, falconwanderers.org.

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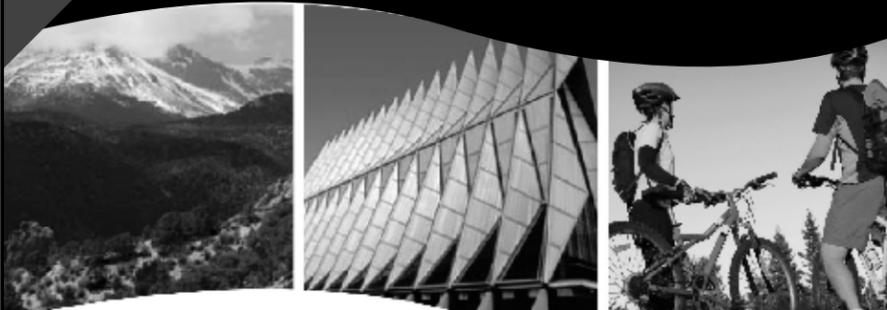
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ACROSS

- 1 Guiding maxim
- 6 Way-thin pancake (var.)
- 11 Pronoun for ships
- 14 Martin's old TV sidekick
- 15 Polished off
- 16 Veterans Day mo.
- 17 When oddities are in class
- 19 Avis output
- 20 Launch forces
- 21 Seen, as on TV
- 23 Babbles away
- 27 Put out of commission
- 28 On the train
- 29 Casual eatery
- 30 Sixteen on a board
- 31 ___ of transportation
- 32 Brief commercials?
- 35 BWI postings
- 36 Prom staples
- 37 Big reptile, cut
- 38 Football-watching room, often
- 39 Military trainee
- 40 Ruffles part
- 41 Attic window
- 43 Shiny fabric
- 44 Droopy-eared dog
- 46 Not all the same
- 47 Chocolate substitutes
- 48 So-o-o in love
- 49 IRS mo.
- 50 It can be gutterbound
- 56 Performing couple
- 57 Net receipt?
- 58 Roof projections
- 59 Toothy tool
- 60 Hat type
- 61 Feeling of foreboding

DOWN

- 1 Mr. complement
- 2 Sound of wonder
- 3 56-Across number
- 4 Shooting marble
- 5 Donkey relatives in Asia
- 6 Hands over, as territory
- 7 Charlie Brown says it
- 8 Had a helping
- 9 Swivelers on humans
- 10 Becomes a Marine
- 11 One flipping out on slopes?
- 12 Unenviable home
- 13 Beat around the bush
- 18 Unlikely prom king
- 22 Ring bearer?
- 23 Made fun of playfully
- 24 Make less intense
- 25 Archery needs
- 26 Outlaws
- 27 "I ___ see that coming!"
- 29 Leafy retreat
- 31 It can be glued together
- 33 Old Venetian magistrates
- 34 Part of a film
- 36 Sportive or merry
- 37 Quote or ticket
- 39 Pilfered
- 40 Wreaked havoc upon
- 42 Artist Yoko
- 43 Write one's name on
- 44 Many or lots
- 45 ___ New Guinea
- 46 When many get their news?
- 48 Smooth-talking
- 51 It once caused a draft
- 52 Tavern
- 53 Monopoly abbr.
- 54 Bucolic field
- 55 Trippy drug

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8470 Aspenglow Lane - Pikes Peak Mountain Estates - \$799,900



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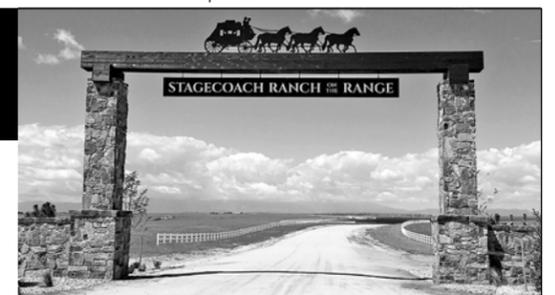
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Colorado Springs Fire Department

Kristy Milligan

Westside CARES

Abigail Ortega

Colorado Springs Utilities

Rosana Ramponi

Prontocom

Patricia Randle

Army Community Services, Fort Carson

Leah Davis Witherow

Pioneers Museum

Kristina Wright

Pens and Needles/The Social/The Gallery Below

Legacy Award Honoree

Susan Edmondson, Downtown Partnership



Keynote Dianne Reed

Dianne Reed, an American living overseas, is living proof that peace can win out over violence. After surviving an al Qaeda attack in Saudi Arabia, Reed will talk about making peace with the past and discuss her life in the Middle East.

Celebrate with the CSBJ and Legacy Bank as we honor 13 Women of Influence and recognize this year's Legacy Award winner for her ongoing accomplishments. We'll also acknowledge women artists and performers throughout the evening. So, get dressed up, sip champagne and celebrate exceptional women who help make southern Colorado a vibrant, exciting and successful place to work and live.

November 15 • 5:30-7:30 p.m. • Ent Center for the Performing Arts

Tickets:

CSBJ Subscribers: **\$50/person** (watch your email for discount code)

Non-subscribers: **\$60/person**

For more information, visit **CSBJ.com/Events**

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