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Join us 10:30 a.m. Friday in the Building 300 Auditorium for the Team Schriever Fall CCAF Graduation Ceremony. For more information, contact Master Sgt. Benjamin Davis at 567-5260.

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### THIS WEEK

#### 50th SW/PMD has free furniture

The 50th Space Wing Program Management Directorate has the following available to the base:

Wooden desk, wood chair with material seats, multiple white boards.

The PMD is located in Building 210, Room 366. For more information, contact Nancy Anderson at 567-3083.

### ON-BASE

#### Green Dot classes in final two weeks

Green Dot refresher classes are in their final stretch. They are conducted 2 — 3 p.m. Tuesdays and 8 — 9 a.m. Fridays in the Building 300 auditorium. Register at <https://eis2.afspc.af.mil/sites/50sw/wsa/50swsppv/greendot/Pages/default.aspx>.

#### 21ST MDS to host flu line

There will be a flu line 6 a.m. - 4 p.m. at the Peterson Air Force Base youth center gym Oct. 18. Vaccines will be provided to Department of Defense beneficiaries aged 3 or older. The 21st Medical Squadron will host an Influenza vaccination line 8 a.m. — noon Oct. 26 in the physical therapy building next to the fitness center. All vaccines are injectable as Flumist is not available this year. For more information, contact Tech. Sgt. Joshua Vigil at 567-3842.

More Briefs page 16

Sign up for weekly Schriever announcements, news and more. Visit [www.schriever.af.mil](http://www.schriever.af.mil) and click "Public Affairs" under featured links.



### INSIDE

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# 50th SW/CCC: Awaken the champion



U.S. Air Force photo by Kathryn Calvert

Chief Master Sgt. Boston Alexander, 50th Space Wing command chief, addresses the crowd during an enlisted and Company Grade Officer call at Schriever Air Force Base, Colorado, Oct. 10, 2018. Alexander advocates Airmen adopt the champion's mentality of PUSH: Perform, Uncompromising, Selfless and Humble, to succeed in their careers and further the mission.

#### By Senior Airman William Tracy

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Chief Master Sgt. Boston Alexander, 50th Space Wing command chief, hosted an enlisted and Company Grade Officer call advocating Airmen adopt a champion's mentality at Schriever Air Force Base, Colorado, Oct. 10.

He explained this mentality can be achieved through PUSH.

"Champions PUSH — they perform above

expectation, are uncompromising in their approach, preparation and execution, they are selfless for the mission and they are humble at what they do," Alexander said. "Ask yourself, what is your charge? What is your lane? Are you giving it your all? Remember this — your microphone is always on, and people are always watching what you do."

He used retired general and former Secretary of State Colin Powell's career as an example.

"He was once a C student who joined the

army, went into combat and lost his weapon but later somehow made it to brigadier general," Alexander said. "When he was a brigadier general, he received a bad performance report — he thought his career was over. But he kept performing, giving his all, and sure enough someone was watching, and he made his next star."

"He would go on to serve as the chairman of the Joint Chiefs of Staff and Secretary of

See **Champion** page 4

# Defenders hold Controlled F.O.R.C.E. training

#### By Staff Report

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Defenders hosted a two week Controlled First Official Response in Critical Environments training for approximately 25 Front Range security forces and local law enforcement participants at various locations on Schriever Air Force Base, Colorado, Oct. 1-12.

The 50th Security Forces Squadron led the training event for the Front Range to ensure personal and team proficiency in close quarter combat, small team tactics and weapons proficiency training in close quarter situations.

Nicholas Cassiano, lead instructor, conducted the training and encouraged participants to fully engage.

"Don't be nervous," he said. "They go through a lot of reps, a lot of drills. They take you through it step by step, it's progressive training."

Training ran Monday through Friday, typically from 8 a.m. — 5 p.m., with a new group of students starting the following Monday.

Participants appreciated the training opportunity, feeling it enhanced their skillset.

"It was not so much something different but it was an add on to training we previously had," said Staff Sgt. Nicholas Burdick, 50th SFS evaluator.

Instructors enjoyed the training as well.

"We went over difference aspects of train-



U.S. Air Force photo by Kathryn Calvert

Airman 1st Class Anthony Bustamante, 21st Security Forces Squadron entry controller, practices drawing his weapon during the Controlled First Official Response and Critical Environments close quarter tactics and weapons training course at Schriever Air Force Base, Colorado, Oct. 9, 2018. Bustamante and other military and civilian law enforcement members spent the afternoon training in fundamental techniques such as proper firearms stance and suspect detainment.

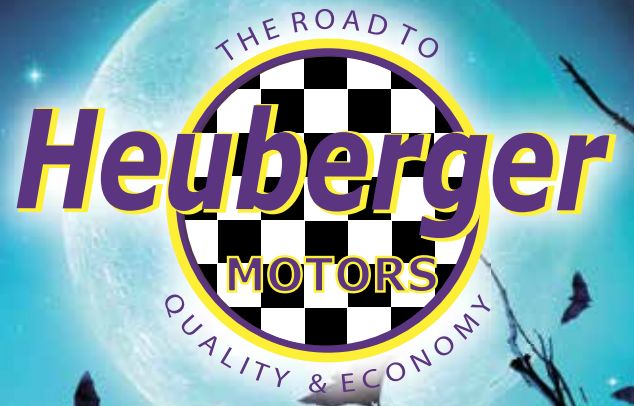
ing and just seeing them evolve from questioning stuff to actually enjoying it by the end," Cassiano said.

"We went through a lot of muscle memory movements and then it kicked in almost immediately, and I was able to neutralize the situation faster than if I had not had training such as this," Burdick said.

"I enjoy training," Cassiano said. "I enjoy showing these skill sets to people that will save their lives and others at the same time."

This is just one example of local law enforcement partnering to better support community members. Security forces has mutual aid agreements in place to respond to incidents near the base upon request.

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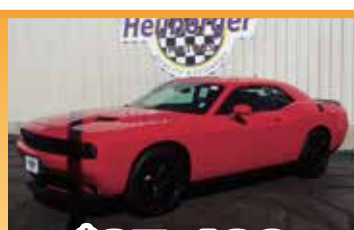
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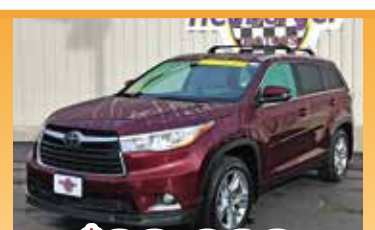
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**A LEADER'S PERSPECTIVE**

**Choose to serve, buy in and lead**

**Commentary by Col. Hewett Wells**

50th Network Operations Group commander  
SCHRIEVER AIR FORCE BASE, Colo. — One of the U.S. Air Force's strengths is the diversity of our personnel. We come from many places with varying backgrounds and experiences. We joined the Air Force for various reasons; perhaps the opportunity to travel, to get an education, or to be a pilot, to serve.

But did we know what it meant to serve when we joined?

I didn't. But I chose to serve, I bought into the Air Force culture, and I've taken opportunities to lead.

I didn't have a grand plan for life after high school. I knew I wanted to continue playing sports and pursued college football.

Growing up in Nebraska, it was all about the Cornhuskers; the glory days of Tom Osborne. But I knew I didn't have the size, speed, or talent for Division I football. Instead, I walked on at the University of South Dakota; Division II, North Central Conference. My buddy's brother had played at USD and it was far enough from home, but not too far. I completed my years of eligibility, but didn't have a plan following college.

Fortunately, I was on track to graduate with a bachelor's degree in Computer Science and a math minor. I visited an Air Force recruiter while in my last semester of college and applied for Officer Training



**Col. Hewett Wells**

50th Network Operations Group commander

School; I had played sports, often a team captain, had done well in school, probably not as well as I could have and had some work experience. It took me a year to get down to Air Force weight standards and to be accepted for OTS.

I was off to Maxwell AFB, Alabama. I didn't know what I was headed into but I had a solid foundation to build on. But why did I choose to join? Choose to serve? I wanted to be part of something that was

bigger than myself; that's what others had said. I spoke the words, but did I really know what that meant? Probably not. But I bought into the Air Force culture pretty quickly.

I learned a lot at OTS and I changed a lot in those first three months. It came pretty natural to me and built on the solid foundation I had. Once commissioned, I was off to my first duty assignment and soon after Basic Communications Officer Training. Then my second assignment; flight commander and promotion to Captain. More education at Squadron Officer's School and I started pursuing a Master's degree at night and on weekends.

I bought into the institution, learning along the way; formal training, on the job and on my own. I did the best I could at my job and I took on opportunities to volunteer, to learn, to take on additional duties and to lead. More challenging assignments followed as did many more opportunities; U.S. Air Forces Europe staff, more professional military education, the Pentagon and squadron command. I was often challenged to stretch beyond my current capabilities. With each opportunity my perspective changed, my understanding grew and what it meant to serve evolved. Through it all, I continued to study and learn what it meant to lead.

See Perspective page 7

***"For me, leadership is based on fundamental characteristics an individual embodies. Serving with integrity; an absolute must."***

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Col. Jennifer Grant, 50th Space Wing commander, presents Senior Airman Boone Helm, 4th Space Operations Squadron communications systems and terminal operator, with the Distinguished Graduate award during the Airman Leadership School class 18-7 graduation at Peterson Air Force Base, Colorado, Oct. 10, 2018. The graduation was the first one hosted by the 50th SW on a rotation that now includes all Front Range Air Force installations.



U.S. Air Force photos by Dennis Rogers

Senior Master Sgt. Justin Halterman, 50th Operations Group first sergeant, speaks to Airmen during an Airman Leadership School graduation at Peterson Air Force Base, Colorado, Oct. 10, 2018. Twelve Schriever senior Airmen graduated from class 18-7 ready to take on the challenges of performing as noncommissioned officers.

# 50th SW hosts ALS graduation

By Tech. Sgt. Wes Wright

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — The 50th Space Wing hosted an Airman Leadership School graduation for the first time at Peterson Air Force Base, Colorado, Oct. 10.

Twelve senior airmen from Schriever Air Force Base, Colorado, were among the 48 graduates in class 18-7. Previously, the 21st Space Wing hosted all Front Range ALS graduations, as the schoolhouse is located at Peterson AFB.

ALS is a five week Air Force program designed to develop Airmen into effective front-line supervisors. It focuses on developing leadership abilities as well as effective communication.

“We do extend the opportunity to the other Front Range wings to preside over the graduation ceremonies on a rotating basis,” said Master Sgt. Christopher Waldrip, Peterson Air Force Base ALS commandant.

While Col. Jennifer Grant, 50th Space Wing commander, was the host for this class, Waldrip said one thing that did not change is the quality of the Airmen in attendance.

“Class 18-7 was composed of 48 highly-driven, extremely professional Airmen,” he said. “They have attacked every task and assignment with motivation to excel, and have persevered through the academic rigor, all while maintaining outstanding positive attitudes.”

Grant was impressed with the Airmen as well.

“As a senior leader, there is no better event to host than an ALS graduation,” she said. “The seeds that were planted not just tonight, but over the past five weeks, are growing leaders who are now graduates — we have great hope for you and great expectations.”

Senior Master Sgt. Justin Halterman, 50th Operations Group first sergeant, was the guest speaker at the event.

“Every one of these graduates will walk out of here tonight as an Airman leader,” he said. “Each of you has earned the privilege to lead the most important resource the Air Force has — its Airmen.”

Senior Airman Boone Helm, 4th Space Operations

Squadron communications systems and terminal operator and Distinguished Graduate award winner, reflected on the last five weeks.

“ALS was a great experience,” he said. “They weren’t lying to us when they said this was a challenging course with a lot of expectations. What I found most interesting and learned a lot from was hearing the stories and experiences of other Airmen in our class. In this course, we learned about how other people lead differently from you, how it may work or not work and apply that knowledge to your career going forward.”

Waldrip said it gives him and the rest of the ALS staff great joy to shape the future leaders of the Air Force.

“I most looked forward to seeing the pride and joy on the Airmen’s faces as their names were called to receive their ALS diploma from Colonel Grant,” Waldrip said. “We take pride in knowing when an Airman graduates from Peterson AFB ALS, they are prepared to go back to their units and perform as noncommissioned officers ready for whatever new leadership opportunities their commanders have for them.”

Even though the ALS experience was challenging, Helm said it provided him with strong leadership skills and knowledge as he advances in his career.

“In ALS, we were expected to conduct ourselves the way an NCO would conduct himself or herself,” he said. “The ALS staff does a great job of holding us to a high standard. I am a little apprehensive, but I am excited to take on new Airmen. Being the person they go to and setting them up for success is what I am most looking forward to when I go back to my squadron.”

Grant had a charge for the newly minted ALS graduates.

“Class 18-7, I encourage you as you go forward to remember what you have learned, what you have experienced and remember how you felt as you were growing into the leaders you have become today on your graduation day,” she said. “We need you to encourage other Airmen to learn, to think and to feel because that’s how we get stronger and continue to make our Air Force better.”

## Congratulations to all the 50th SW Airmen who graduated ALS Oct. 10:

**Senior Airman Darion Badillo,**  
50th Operations Support Squadron

**Senior Airman Julius Debias,**  
4th Space Operations Squadron

**Senior Airman Tyler Cockrum,**  
50th OSS

**Senior Airman Cameron Crabtree,**  
50th OSS

**Senior Airman Boone Helm,**  
4th SOPS

**Senior Airman Steven Jones,**  
50th OSS

**Senior Airman McKinney Malory,**  
50th Space Communications Squadron

**Senior Airman Essence McClinton,**  
4th SOPS

**Senior Airman Steven Miller,**  
50th Security Forces Squadron

**Senior Airman Tyler Partlow,**  
4th SOPS

**Senior Airman Brandon Pingle,**  
50th Civil Engineer Squadron

**Senior Airman Torin Williamson,**  
50th SCS

## Champion

From page 1

State and be one of the greatest soldiers of all time,” he concluded.

Alexander shared stories of champions he had growing up, including his grandfather, a childhood mentor he nicknamed “the garbage man” because of his occupation.

“He would say ‘So you want to get to the top huh? Want to achieve great things? You better go get it, no one is going to hand it to you,’” Alexander said. “He said, ‘No one should care about your career more than you do, if the sick don’t care

why should the doctor care? He with the raw meat must seek the fire.”

“The garbage man was my greatest mentor, I spent many of my early days with him,” he continued. “By the time I entered the Air Force, he had masterfully shaped my perspective and I realized I had two choices — make it or make it.”

With this year’s increased focus on the ever-evolving space and cyberspace warfighting realms, Alexander emphasized the importance of Schriever AFB’s mission.

“Today, our Air Force provides precise and reliable global vigilance reach and power for the nation — breaking news, space underpins all of that,” he said. “Bottom line, it’s not going down

without Schriever Air Force Base.”

Other enlisted leaders, including Chief Master Sgt. Coy Crowe, superintendent with the 50th Operations Group, provided input.

“The first word in the 50th Space Wing mission is evolve,” Crowe said. “We are always looking to evolve in space and cyberspace to remain dominant. Looking toward things like automation, squadron consolidation and how to best utilize our warfighters keeps us on top.”

The last half of the call was open to attendee’s questions.

Crowe was asked what leadership would do about potential manning issues. He and other enlisted leaders cited the base wide iWAR, Innovative Warfighters

Advancing Readiness, as a way to propose solutions and create new champions.

“We strive to make our warfighters the best performers possible,” Crowe said. “However, I challenge you to propose your ideas through the iWAR initiative, so we can find other ways to better align an operator to his or her particular skillsets.”

Alexander ended the call saying all Schriever Airmen are champions dominating our adversaries.

“Remember, you’re a champion, I’m a champion, we are all champions on this champion team,” he said. “We strive for peace, but rest assured we are ready for war. Victory is our only option.”

# Halloween night: Avoid the real scares

**By Senior Airman William Tracy**  
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — While Halloween is the holiday of scares and good natured trickery, safety personnel from Schriever Air Force Base, Colorado, advise Airmen to pay attention to its unique safety considerations to prevent the holiday from becoming a real nightmare.

“There are going to be a lot of people walking around at dark, in dark clothes, not using cross walks and darting out into the street,” said Staff Sgt. Robert Cook, 50th Space Wing Safety Office noncommissioned officer in charge of occupational safety. “Be extra vigilant on Halloween night, especially in residential areas.”

With Halloween comes trick-or-treating, and while it provides a chance for children and adults to dress up, Cook emphasized increased awareness for pedestrians.

“Parents should inform their children to always stay on sidewalks when they are available and avoid walking in the roadways,” he said. “They should also stress the importance of not going off with strangers and to not enter a stranger’s home.”

Staff Sgt. Benjamin Lara, 50th Security Forces Squadron noncommissioned officer in charge of police services, shared this sentiment. Lara is an organizer of the squadron’s Pumpkin Patrol, an initiative where 50th SFS increases security and ground/vehicle patrols in the Tierra Vista Communities for trick-or-treaters.

“There will be additional patrols, as well as Airmen walking around in reflective vests and guarding intersections,” Lara said. “It’s going to increase the overall safety, and we’ll have people nearby to respond on scene.”

While his squadron’s focus is on protecting residents on base, Lara said safety applies everywhere.

“Wear reflective clothes, bring a flashlight, stop at intersections — always keep safety in mind,” he said.

Both Cook and Lara advocate for children to wear bright, weather appropriate costumes and stay in well-lit areas. Costumes should not limit sight, breathing or maneuverability.

Additionally, parents and children should make certain a person is who they say they are, as masks conceal identity and many wear similar costumes. Predators may approach a child making false claims their parent said they should go with them, or solicit a child with candy.



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

Patrolling the streets as Pumpkin Patrol, 50th Security Forces Squadron Airmen keep trick-or-treaters safe on Halloween night in the Tierra Vista Communities at Schriever Air Force Base, Colorado, Oct. 31, 2017. The Pumpkin Patrol will return to TVC this year, providing increased safety measures such as more ground/vehicle patrols, guards at intersections and security posts. For those off base, 50th SFS personnel recommend planning trick-or-treating routes in safer neighborhoods.

To prevent this, it’s recommended parents plan a route for their children to follow in safer neighborhoods, ensure their children have cell phones and stay in close proximity to them.

Cook said drivers should heed caution as well.

“Low visibility costumes make can it hard for a vehicle operator to see the child,” he said. “Be very aware in residential neighborhoods; take it slow. There is no need to rush. Come to complete stops at stop signs, and look both ways for people crossing.”

When it comes to candy, Cook said parents should watch for evidence of tampering.

“Parents should inspect all candy before their children go diving into it,” he said. “Look for signs, such as already opened candy — if it doesn’t look right don’t eat it.”

In safer neighborhoods, like with the Pumpkin Patrol at Schriever AFB, there will be increased police presence. Lara said anyone acting suspicious or handing out suspicious candy should be reported to a law enforcement official.

Despite these real scares, he said parents and their children should strive to have a fun, treat-filled, safe night.

“Go out and be safe,” Lara said. “Remember, your safety is imperative and foremost.”

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U.S. Air Force photos by Dennis Rogers

Runners take off from the starting line during the thirteenth annual half marathon at Schriever Air Force Base, Colorado, Oct. 12, 2018. Despite the cold weather, 47 Airmen participated in the 13.1 mile race.



Matthew Cork with the 3rd Space Experimentation Squadron, runs through a crowd during the conclusion of the thirteenth annual half marathon at Schriever Air Force Base, Colorado, Oct. 12, 2018. Cork finished with a time of 2:07:31.

# Airmen brave cold weather during half marathon

By Halle Thornton  
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Forty-seven Schriever Airmen braved the cold weather during the thirteenth annual half marathon at Schriever Air Force Base, Colorado, Oct. 12.

Jason Brosseau with the 26th Space Aggressors Squadron, took first place for the males with a time of 1:20:32.

Vanessa Matlock with the Missile Defense Agency placed first among the females with a time of 2:22:02.

Matlock said she has only run a handful of half marathons due to normally registering for full marathons.

“I felt well the morning of this race but was unsure how I would do as it had been a while since I last ran a half,” she said.

Matlock said the most difficult part of the race was the difference in elevation change, as she moved from Scott Air Force Base, Illinois three weeks ago.

Because Matlock is new to Schriever AFB, the altitude and terrain tested her endurance.

“I hate to say it, but the back-to-back rolling hills made for great resistance training,” she said.

Matlock thanked the fitness center staff for the opportunity to attend a well-organized race and meet other Airmen.

“When you attend an event like this, especially if you are new to the community, you are able to see the base up close and personal and meet new people,” she said.

Seth Cannello, 50th Force Support Squadron fitness center director, said the top two males battled the entire race, with Brosseau finishing just 15 seconds in front of Brett Kubiak with the 50th Security Forces Squadron.

“It came down to the last mile,” he said.

“Although it’s always a great feeling winning a race, without a doubt, my biggest highlight from Friday’s race was discovering another runner who has tremendous running talent on base,” Brosseau added.

Cannello was worried the poor weather prior to the marathon was going to have a negative impact on the race.

“I thought the route would be really muddy with lots of puddles, making it difficult for the participants,” he said.

The day of the marathon was brisk, but Cannello reassured Airmen the cool temperature would serve them better in the long run.

“Usually when the weather is bad, it scares off our reg-

istrants, but nearly everyone that registered for the race showed up,” he said.

Cannello was impressed with the turnout, especially the participants who travelled from Greeley and Denver.

“It’s always nice to see people travel to our events,” he added.

The next fitness center event is the two and a half mile Turkey Trot 3 p.m. Nov. 16.

Pre-registration is not required. The race will start near the batting cages and participants should arrive no later than 2:45 p.m. to sign-in and for pre-race instructions.

For more information about upcoming fitness center events, contact the fitness center at 567-6628.

### Current Commander’s Cup standings:

**First place** — 50th Operations Support Squadron, 1820 points

**Second place** — 4th Space Operations Squadron, 1500 points

**Third place** — 50th Space Communication Squadron, 1045 points

**Fourth place** — 1st Space Operations Squadron, 790 points

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## IRT warms up for winter

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

Staff Sgt. James Guardiano, 50th Civil Engineer Squadron operations management, readies for a push up inside the Indoor Running Track at Schriever Air Force Base, Colorado, Oct. 11, 2018. The IRT features newly installed heating socks which retain heat and warms the overall temperature of the facility for indoor fitness assessments.

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# Awareness is key to preventing depression

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

SCHRIEVER AIR FORCE BASE, Colo. — October is National Depression Awareness Month, which aims to highlight one of the top public health problems, affecting 300 million people nationwide.

According to Capt. Louis Pagano, 21st Medical Squadron mental health element chief, major depressive disorder and persistent depressive disorder are the most common forms of depression.

According to a 2014 study in the Journal of the American Medical Association of Psychiatry, nearly one in four active duty members show signs of a mental health condition.

People with depression report feelings of sadness and hopelessness, they often have little to no energy or motivation to do things they used to find enjoyable.

“Although getting active has been shown to help people with depression, it is often very hard for them to ‘get over the hump’, Pagano said. “As a result, they tend to withdraw by cancelling plans and avoiding important activities. While this avoidance and withdrawal brings relief in the short term, research has shown this behavior tends to increase symptoms of depression in the long run.”

For active duty services members, the prevalence rates for depressive disorders ranged from 2.7 percent to 4.0 percent between 2005 and 2016, and 1.7 percent and 3.1 percent for the guard, respectively.

The root of depression is multidimensional and includes cognitive, behavioral, somatic and biochemical changes in the body.

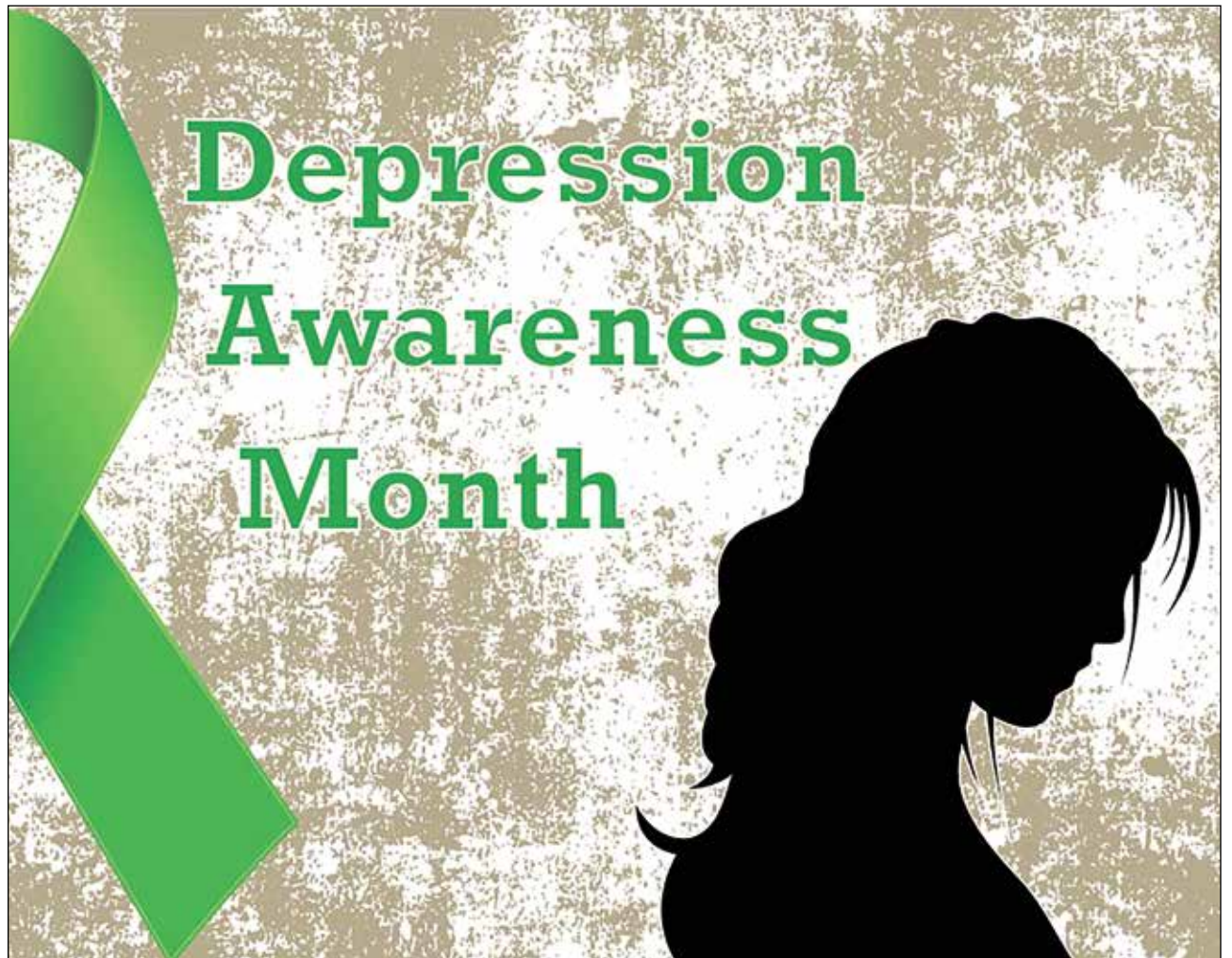
Tech. Sgt. Jennie Hackett, 21st MDS mental health element noncommissioned officer in charge, said having depression awareness is more about having self-awareness.

“If we are not aware of our behavioral changes or changes in thought, there is the chance of spiraling into negative situations, causing what could have been an easily solved issue to be exacerbated, making it difficult to recover from whatever is causing the depression,” she said.

Each person experiences depression in different ways. The exact mechanism of change remains a target for ongoing research and investigation.

Pagano said symptoms for depression can range from changes in sleep pattern, appetite, energy level, concentration, daily behavior or self-esteem and can be associated with thoughts of suicide.

The Air Force and the Department of Defense are actively combating depression in the military with two forms of treatment.



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

October is National Depression Awareness Month. Depression is one of the top public health problems, affecting 300 million people nationwide. According to a 2014 study in the Journal of the American Medical Association of Psychiatry, nearly one in four active duty members shows signs of a mental health condition. The earlier people get help, the better the prognosis.

“The two most robust forms of treatment for depression generally speaking are psychotropic medications and Cognitive Behavior Therapies,” Pagano said. “CBTs are types of treatment that are based firmly on research findings. These approaches aid people in achieving specific changes or goals to improve symptoms of depression and quality of life.”

There are several agencies to reach out to for help in a trying time. Military OneSource, the Base Chaplain, Military

Family and Life Counselor and the Base Mental Health Clinic and Primary Care Providers.

“Depression is very treatable for most people, most of the time,” Pagano said. “There are multiple forms of treatment and support available for members. Please ask for help if you or anyone else is experiencing these symptoms. The earlier one gets help, the better the prognosis.”

For more information, contact the Schriever Air Force Base Mental Health Clinic at 567-4619.

## Perspective

From page 3

Leadership at every level is a concept introduced by my wing commander at Kunsan Air Base, South Korea; home of the Wolfpack. This concept resonated with me and has been one I try to live by and one I've shared with others.

The DoD is a large bureaucracy, built on hierarchy and rank; it needs to be. But leadership goes beyond a duty title, a rank, or a block on an organization chart. We can all be leaders; we must be leaders; leaders at whatever level we're assigned. But what does that mean?

For me, leadership is based on fundamental characteristics an individual embodies. Serving with integrity; an absolute must. Taking pride and ownership in

whatever you're given to do. Being responsible. Taking the initiative and making improvements. Holding yourself to a high standard (excellence in all we do). Being accountable. Holding others accountable to those same high standards. Knowing it's not about you; it's about the mission and the people; the greatest Airmen in the world. Service before self. Fundamental characteristics we all can embody and live by. Words that have deep meaning to me

and have grown in meaning the longer I serve. I'm still learning, still growing and still working to be the best Airman I can be.

I recommend you occasionally pause and reflect on why you serve. I encourage you to continue to learn, grow and develop; to be the best Airman you can be. I challenge you to be a leader at whatever you're doing. The Air Force needs leaders at every level.

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# October is Cybersecurity Awareness Month

By Tech. Sgt. Wes Wright

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — October is National Cybersecurity Awareness Month, which raises awareness about the vital role cybersecurity plays in the personal and professional lives of American citizens.

NCSAM is a collaborative effort between the Department of Homeland Security and its public and private partners, including the National Cyber Security Alliance.

“On some level, everyone has something to protect or a need to keep something private,” said Tech. Sgt. Bradley Pike, 50th Space Communication Squadron section chief of network operations. “No one wants their personal information to be hijacked by some would-be impersonator.”

According to the Center for Strategic and International Studies, cybercrime is estimated to have cost the world almost \$600 billion in losses, with nearly two-thirds of online users having had their personal data stolen or compromised.

Pike said there are often far-reaching personal and professional consequences when privacy is breached.

“No organization wants their research and development data or their special/unique recipe to be leaked,” he said. “The cost to an organization could cripple them overnight. The cost to a person, both emotionally and physically, is often incalculable. We all innately hide things that are important to us, and this month cyber professionals can give back to the community and offer those tools and tricks that allow us to be safer on the web.”

According to Pike, cybersecurity is particularly important at Schriever Air Force Base.

“We have both people and mission to protect,” he said. “We need to protect our Airmen and families so we can continue to fight for America. We need to protect Schriever’s assets, techniques, tactics and procedures that give us those cutting edge capabilities our enemies fear. Each of us needs to do just a little more to continue to deter our adversaries whether they’re in air, space, or cyberspace.”

According to Tech. Sgt. Jonathan Lee, 50th Space Wing cybersecurity office noncommissioned officer in charge, there are things people can do to bolster their cyber security, such as changing default usernames and passwords to personal devices.

Another way is to create a passphrase, he said. The traditional thinking was making a password 15 digits long with



U.S. Air Force courtesy graphic

October is National Cybersecurity Awareness Month, which raises awareness about the vital role cybersecurity plays in American citizen’s personal and professional lives. Airmen are reminded to perform their due diligence when setting passwords on personal and government devices, as well as staying current on their annual cyber security awareness training.

a combination of letters, numbers and specials characters would make it strong. Unfortunately, that only made passwords difficult to remember.

“If your favorite book is Harry Potter, you might throw a phrase together like HarryHermioneRonPotterGrangerWeasley,” he added. “That phrase is 36 characters long, which is easy to remember, yet hard to crack due to its length.”

Airmen are required to take an annual cyber awareness challenge course on the Advanced Distributed Learning System in order maintain access to the Air Force network.

“The training highlights some very important aspects of being cyber aware,” Lee said. “The unfortunate part about entities being hacked is the majority of hacks happen because of people on the inside. All it takes is one employee to click on the link from a phishing email they received, and now your entire system is potentially compromised.”

Lee added it is critical people take the training seriously and apply the lessons learned in the course.

“Unless people take the training serious and really pay attention, we will always be the biggest security risk to a system,” he said. “That’s why it is imperative individuals don’t just click through the training, but pay attention and learn how to protect not only their own personal network, but our networks as well.”

Lee concluded by emphasizing the importance of cybersecurity in the sustainment of Schriever AFB’s critical missions.

“With our adversaries everywhere trying to deny, degrade and disrupt our critical missions, there has never been a better time to increase our cyber awareness,” he said. “From the highest echelon to the lowest, it is imperative that we do everything that we can to make certain that our networks stay secure.”



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# Schriever FD teaches children fire safety



Brad Truver, Schriever Fire Department assistant chief of fire prevention, engages children during a Schriever FD demonstration at the conclusion of Fire Prevention Week in the Child Development Center at Schriever Air Force Base, Colorado, Oct. 12, 2018. Children wore mock firefighting hats and learned about firefighters as part of the demonstration.



U.S. Air Force photos by Dennis Rogers

(Top) Brad Truver, Schriever Fire Department assistant chief of fire prevention, shows what happens when an oven catches fire and what to do in response during a Schriever FD demonstration at the conclusion of Fire Prevention Week at Schriever Air Force Base, Colorado, Oct. 12, 2018. The demonstration took place inside an interactive fire safety trailer which featured a realistic kitchen set up to simulate what happens during a fire, complete with window escapes and other learning tools so children are better prepared to deal with the scenario.

(Right) Jessica Rider, 4, enjoys a Schriever Fire Department presentation at the conclusion of Fire Prevention Week in the Child Development Center at Schriever Air Force Base, Colorado, Oct. 12, 2018. Children learned proper fire safety procedures such as what number to call in an emergency and how to stop, drop and roll.



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# Conserve energy, use smart energy choices

By Abdelwahab Irshid

50th Civil Engineer Squadron

SCHRIEVER AIR FORCE BASE, Colo. — October is Energy Action Month.

The goal of Energy Action Month is to increase awareness about energy consumption and to encourage energy-saving actions for Airmen, civilians and their families.

This year's Air Force Energy Action Month theme is "Protect the Power."

It serves as a call to action for members of our Air Force community to practice energy efficient habits in their daily lives. Achieving the goal involves the hard work and innovation of all Schriever Airmen. Protect the Power starts at the individual level and ends with installation resilience.

Schriever AFB Energy Program works in protecting the power by improving resilience, optimizing demand and assuring supply and implementing a second power cogeneration source.

Power is vital since every mission, Airman and military capability depends on energy. Energy efficient actions highlighted during Energy Action Month should lead to good habits, increased mission assurance and reduced costs.

Energy Action Month is a time to show Airmen even the smallest effort to save energy can reduce cost drastically. Schriever AFB is making progress toward meeting energy and water reduction by implementing energy and water management projects throughout the wing. Whether these projects are implemented base wide or in individual facilities, every action taken by Schriever AFB Airmen contributes toward strengthening the security and resiliency of the base and Air Force utility infrastructure.

Energy Action Month makes optimizing facility energy use as easy as 1-2-3:

1. Use the right light for the job.
2. At the end of the day, power down your space.
3. Inform maintenance if you notice air leaks or Heating,

Ventilation and Air Conditioning issues.

During Energy Action Month and throughout the year, the Schriever AFB Energy Team recommends using these steps and resources to raise awareness of energy- and water-saving possibilities. Doing so helps the team take action and protect the power by implementing the following:

1. **Appliance reduction** — Remove or consolidate personal appliances (fridges, etc).
2. **Computer log off** — Energy-savings sleep mode, could save Air Force \$10,000 a year.
3. **Temperature control** — Set temperatures to 66-76 degrees — dress seasonally, avoid heaters.
4. **Inform your facility manager** about temperature problems, leaks, blocked vents, etc.
5. **Outdoor conservation** — call 567-2300 for broken sprinklers, lights left on during the day, etc.
6. **No waste** — Turn it off and report it.

## Air Force, Hollywood partner during making of 'First Man'

By Staff Sgt. Victoria H. Taylor

Secretary of the Air Force public Affairs

ARLINGTON, Va. — Since the inception of the Air Force in 1947, film makers, novelists and even creators of video games have wanted to tell the tales of Airmen. The Air Force Public Affairs Entertainment Liaison office works to project and protect the image of the U.S. Air Force within the global entertainment environment.

From the storyboard to the big screen, at no cost to the government, these Airmen assist with entertainment productions with an airpower tie. The office recently participated in the filming of the recent major motion picture "First Man," starring Ryan Gosling as Neil Armstrong. Gosling's portrayal depicts Armstrong's

personal struggles as an X-15 test pilot stationed at Edwards Air Force Base, California, in 1961, through the moon landing in 1969. To capture the era correctly, filmmakers worked with Airmen to provide value and accuracy on location at the Rosamond Dry Lake Bed.

The Air Force's involvement ensures projects highlighting Airmen and the mission are plausible and realistic.

"This movie celebrates a lot of great Air Force heroes, like Ed White," said Josh Singer, screenwriter of "First Man." "It was important to all of us who worked on the film that we get it right and remember them and their sacrifices."

In support of the film, production staff borrowed and restored a period-correct

firetruck from the Air Force Flight Test Museum. The Air Force also delivered unclassified technological specifications, coordinated research trips and allowed the film's art and visual effects team access to legacy X-15 aircraft models so they could meticulously and accurately render an exact replica.

"Our team was really integrated (with Airmen) on set due to some of the explosives we used," said J.D. Schwalm, "First Man" special effects supervisor. "Anytime that we can work with the U.S. military is amazing and the help makes our vision that much easier to achieve."

According to the entertainment office, the relationship between the Air Force and Hollywood remains strong by pro-

viding script review, location scout visits, costume and research assistance on hundreds of films and television programs such as "Sully," "Bridge of Spies," "Man of Steel," "Lone Survivor," as well as multiple "Transformers" and "Iron Man" films.

"Being involved in these productions provides the Air Force the opportunity to communicate our capabilities and values to a segment of society we may not be able to reach otherwise," said Lt. Col. Nathan Broshear, Entertainment Liaison Office director. "If we can inspire the next generation of pilots, astronauts, innovators, explorers and Airmen, then our goal of educating and informing American audiences will have been achieved."

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# Healthy relationships: From cradle to grave

**By Halle Thornton**  
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — October is Domestic Violence Awareness Month, working to end violence against women and children.

The month evolved from the Day of Unity held in October 1981, the intent being to connect advocates across the nation.

The Day of Unity eventually became an entire week devoted to a range of activities conducted at the local, state and national level and has continued to evolve.

In October 1987, the first Domestic Violence Awareness Month was observed and marked the initiation of the first national domestic violence toll-free hotline.

In 1989, the U.S. Congress passed Public Law 101-112, designating October of that year as National Domestic Violence Awareness Month, and legislation has passed every year since with National Coalition Against Domestic Violence providing key leadership in this effort.

In line with the 50th Space Wing priority “Take care of our Airmen and families always,” Ken Robinson, 50th Space Wing violence prevention integrator, said any healthy relationship begins with being attuned, available and responsive.

“Whether it’s marriage, family, or with your wingman in a work center,” he said. “You need to be attuned to the people you supervise, especially if they’re struggling. Sometimes in the workplace, Airmen and civilians don’t feel connected to each other or their leadership, and this causes distress and influences the motivation to work.”

Robinson added humans crave human contact. “We’re not designed to be loners,” he said. “We’re dependent on others in a healthy sense, and we have an innate desire to bond with someone else. We need people around us and in our lives to be successful.”

First Lt. Lauren Hughes, 50th Space Wing chaplain, believes healthy relationships consist of both parties showing respect, communicating openly and trusting each other.

“I think this is true in a parent to child, romantic or collegial relationship,” she said. “If one believes their child, spouse or fellow Airmen’s life holds intrinsic value, then respect can be placed as the foundation of their relationship.”

Robinson explained there are two major types of domestic violence: intimate terrorism and situational couple violence, intimate terrorism being about power, control and coercion.

“One person is trying to gain control of another person,



U.S. Air Force courtesy graphic

October is Domestic Violence Awareness Month, evolved from the Day of Unity held in October 1981. In line with the 50th Space Wing priority “Take care of our Airmen and families always,” Ken Robinson, 50th Space Wing violence prevention integrator, said any healthy relationship begins with being attuned, available and responsive.

psychologically, emotionally or physically,” he said. “They often lack the ability to mentalize and the ability to understand and express empathy under certain circumstances.”

Situational couple violence is common for some, with no history of power control or sociopathic behavior.

“Under distress, couples don’t understand what’s happening to them and they may react in a harmful way to mitigate the distress,” he said. “They fear the relationship may be dissolving or ending and in turn they try and repair it negatively.”

Hughes added it’s important for Airmen to have healthy

relationships with each other because it will affect their readiness.

“Take the Golden State Warriors; their team seems to be healthy because they respect, communicate, and trust each other on the court to do each job,” she said. “As a result, they’ve won three championships in the last four years. In the same light, if Airmen have healthy relationships with each other, then it’s easier to work with each other and complete the mission.”

See **Relationships** page 14

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# AF Week in Photos



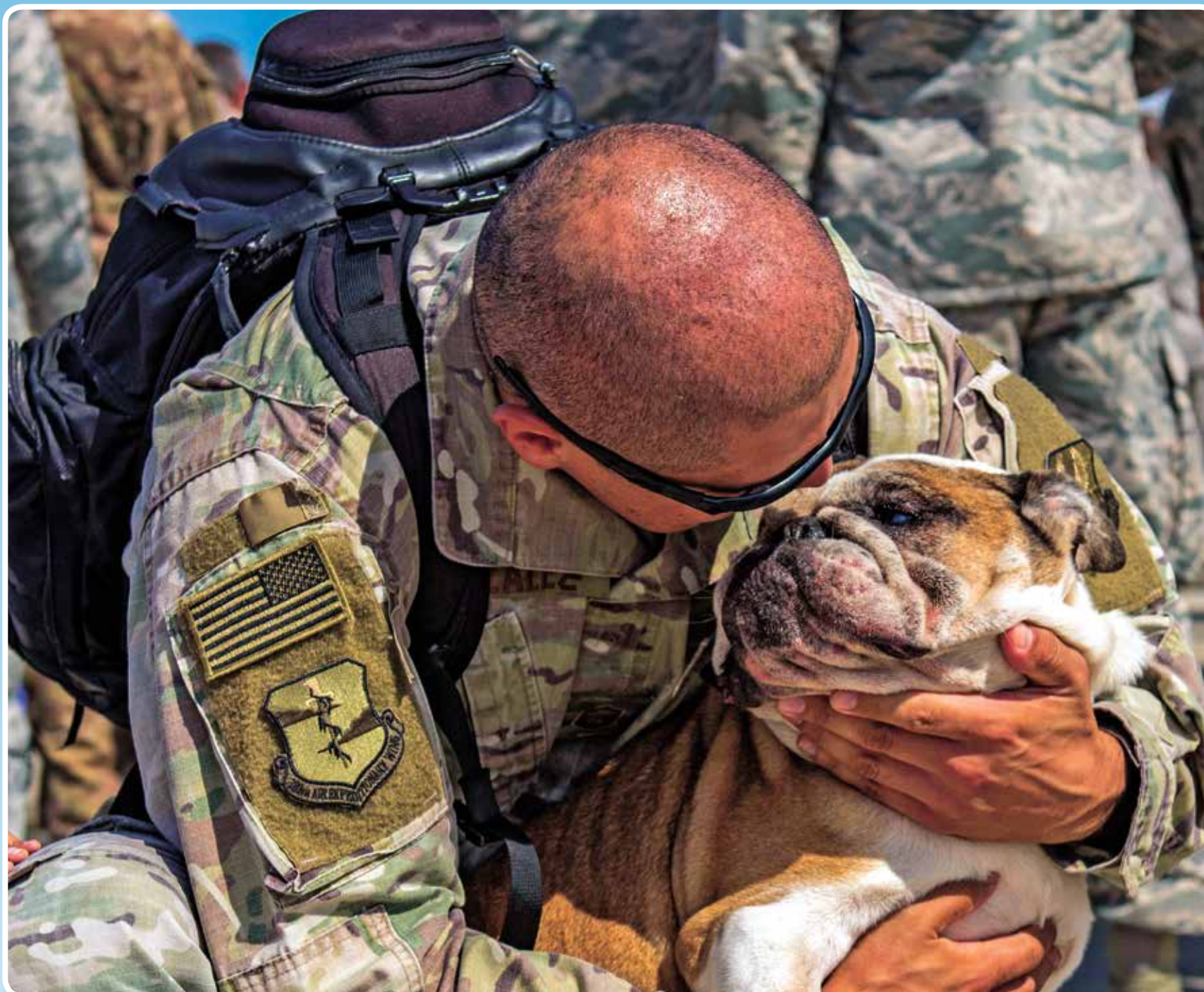
U.S. Air Force photo by Tech. Sgt. Emerson Nufiez

A U.S. Air Force F-15C Eagle assigned to Royal Air Force Lakenheath, United Kingdom, takes on fuel from a U.S. Air Force KC-135 Stratotanker assigned to RAF Mildenhall, U.K., off the coast of England, Oct. 11, 2018. RAF Lakenheath hosted a large forces exercise that included F-22 Raptors from Joint Base Langley-Eustis, Virginia, F-15E Strike Eagles from RAF Lakenheath and F/A-18 Super Hornets from the Carrier Air Wing from USS Harry S. Truman.



U.S. Air Force photo by Master Sgt. Mark C. Olsen

Tech. Sgt. John P. Casey, 514th Aircraft Maintenance Squadron flying crew chief, cleans the cockpit windows of a C-17 Globemaster III at Barbers Point, Hawaii, prior to the return trip to Joint Base McGuire-Dix-Lakehurst, New Jersey, Oct. 7, 2018, after a joint training mission with the 514th Aeromedical Evacuation Squadron, 45th AES and the 439th AES at Barbers Point.



U.S. Air Force photo by Airman 1st Class Monica Roybal

Master Sgt. David Gonzalez, 1st Maintenance Squadron production superintendent, hugs his dog, Roxy, at Joint Base Langley-Eustis, Virginia, Oct. 9, 2018. The 94th Expeditionary Fighter Squadron flew defensive counter air missions to protect coalition ground forces operating within Syria.



U.S. Air Force photo by Master Sgt. Mark C. Olsen

Staff Sgt. Belinda S. Son, right, 514th Aeromedical Evacuation Squadron aeromedical evacuation technician, and Senior Airman Stephanie Lezczano, 45th AES aeromedical evacuation technician, strap down equipment prior to a joint training mission with the 514th AES, 45th AES and the 439th AES at Joint Base McGuire-Dix-Lakehurst, New Jersey, Oct. 5, 2018.



U.S. Air Force photo by Airman 1st Class Michael S. Murphy

Senior Airmen Aaron Legardye, left, and Anthony Poindexter, 11th Security Forces Squadron response force members, participate in a land navigation exercise during the 11th SFS Defender's Challenge on Joint Base Andrews, Maryland, Oct. 3, 2018. The challenge tested the defenders physically, as well as, mentally, in weapons knowledge, urban tactics, land navigation, self-aid buddy care and response to attacks.



U.S. Air Force photo by Senior Airman Malcolm Mayfield

An F-15C Eagle assigned to the 493rd Fighter Squadron banks prior to landing at Royal Air Force Lakenheath, United Kingdom, Oct. 11, 2018. The aircraft is training with fifth generation aircraft as a demonstration of U.S. commitment to European regional security.



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

A 23rd Maintenance Group A-10C Thunderbolt II crew chief prepares an aircraft for relocation in anticipation of Hurricane Michael, at Moody Air Force Base, Georgia, Oct. 9, 2018. To safeguard flying assets, Moody AFB is repositioning some aircraft to avoid the predicted tropical storm-force winds in the Southeast region.



U.S. Air National Guard photo by Airman 1st Class Tiffany A. Emery

A KC-135 Stratotanker with the 121st Air Refueling Wing, Ohio, refuels a C-5 Galaxy with the 436th Airlift Wing at Dover Air Force Base, Delaware, in the sky over the southeastern United States, Oct. 3, 2018.

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## TODAY WE CELEBRATE



### Army Veteran Jon-Richard Akin

Jon-Richard is an IT professional nearing completion of advanced certifications valued by industry. He has over 10 years of experience in technical, customer service, and supervisory IT roles. With assistance of his Mt. Carmel Peer Navigator, he is receiving assistance with his LinkedIn, resume, mock interview, and receiving a stream of job leads. "I've been very appreciative of the support and assistance from Mt. Carmel and their partners," said Jon-Richard. "Some Veterans believe they can transition on their own; with the amazing resources in this community, I highly recommend Mt. Carmel as a valued resource." While pursuing education towards his project management certification, Jon-Richard is immediately pursuing an opportunity as an IT technician in government or with a regional contractor. He has a wide range of experience in networking, server administration, system administration, database management, information assurance, satellite transmission systems and much more. "I pride myself on being an honest, hard worker," said Jon-Richard. "I'm a self-starter with a passion to grow professionally. I'm very excited about my transition into the regional IT workforce."

LEARN MORE ABOUT JON-RICHARD AT:  
<https://www.linkedin.com/in/jonrichardsakin/>

## EVENTS CALENDAR

**20 Oct:** Therapeutic Tai Chi for veterans to reduce post-traumatic stress, Saturdays, 10-11 am

**22 Oct:** Pastor Sherry, prayer and counseling, Mondays, 10 am-2 pm

**23 & 25 Oct:** Medicare Mentors - Free support with Medicare, VA Healthcare, Tricare & Medicaid open enrollment questions, Tuesdays & Thursdays, 10 am-2 pm, walk-ins & appointments (719) 772-7000

**23 Oct:** Chaplain Rahill, Spiritual Connection Group and counseling, Tuesdays, noon-5 pm

**23 Oct:** Spiritual Connection Group - non-denominational discussion of spirituality, noon-1 pm

**23 Oct:** Veteran X Scenario-based class to reduce post-traumatic stress, Tuesdays, 4:30-6:30 pm

**24 Oct:** GenXe Health Screening, determine risk for hereditary cancer (covered by insurance), 1-4 pm

**24 Oct:** Community & Veterans Job Fair, 190 employers, Chapel Hills Mall Event Center, 11 am-3 pm

**24 Oct:** Faith Night, non-denominational service, 5:30-6:30pm

**24 Oct:** Dave Ramsay Military Financial Peace University, ongoing 9-week class, 6:30-8:30 pm

**25 Oct:** PTSD Support Group, led by a mental health professional, Call (719) 309-4773, Thursdays, 10-11 am

### 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](http://veteranscenter.org)



## Relationships

From page 11

Robinson said Airmen at times reach out to their leadership to connect when they feel distress, and leadership may not always see this bid for connection and know how to help in an effective way.

"If leaders are secure, over time, they will model security to Airmen and can be a safe haven model for them," he said. "When this happens, a secure base workspace will be established, anxiety will decrease, and in turn, there will be a positive impact for the people they supervise."

Hughes said many unhealthy relationships stem from miscommunication or misunderstandings.

"With training, Airmen can help develop their communication skills, leading to healthier personal and work relationships," she said. "Usually, if people feel respected and understood, it can be easier to build trust. I believe those qualities will attribute to healthy relationships."

Robinson explained the major types of attachment styles, secure, avoidant and anxious, with anxious and avoidant being a common couple dynamic.

"One is pursuing, trying to alleviate perceived disconnection, and one is withdrawing, the other avoiding because of feeling overwhelmed," he said.

Robinson explained in the military, couples who have a securely attached or "safe haven" relationship at home often thrive during deployments.

"After deployments, during reintegration, there is an initial 'honeymoon period'" he said. "After that, real life sets in, and couples have to learn to be together and rebond again."

"If you are separated from loved ones, tap into technology," Hughes added.

Robinson's goal is to teach couples about the various attachment styles and how distress activates attachment alarms and how to bond deeply, supporting strong relationships with not only spouses, but fellow Airmen as well.

"I teach everyone how to be engaged and responsive to each other," he said. "When there's been disconnection and hurt, I teach people how to repair the bond. Everyone struggles to some degree, whether it's marriage, family or with your coworkers."

Robinson said healthy relationships, when it comes to parenting, starts before the baby is even born.

"The bonding process takes place the few months before birth and particularly in the first year," he said. "There is an attachment and attunement dynamic that happens between a parent and a child, both verbal and nonverbal."

Robinson added the bonds between parents and their children at an early age are how we develop individual attachment styles.

"If the parents are attuned, available and responsive, kids will have a secure attachment style as adults," he said. "The need for securely attached relationships are from cradle to grave."

Hughes stressed whatever relationships Airmen are in, they should be intentional about putting effort into them.

"Giving people your time is a huge gift because it is one of your most valuable resources," she said. "Saying hello seems small, but it can have a large impact. Many friendships and marriages begin with a hello."

Hughes said it is crucial to celebrate differences and embrace change.

"Our Air Force is more diverse than it has ever been and with such vastly different experiences, evolution and innovation are bound to happen," she said. "Healthy relationships can happen when you celebrate differences and embrace change."

Hughes added always be open to learning more about your fellow Airmen.

"Curiosity can be a beautiful thing," she said. "When seeking to understand someone seemingly different, you will find many similarities. When you are seeking ways to embrace change, innovation is conceived. This is applicable in and out of the work place. The fear of the unknown diminishes as you lean into gain new knowledge."


Hughes emphasized the need to speak up if something does not feel right in a relationship.

"Your spouse and children are not mind readers, and your wingmen may have personal things going on," she said. "I don't know if we can completely prevent unhealthy relationships. However, if we can identify them, then we have a choice of staying in the unhealthy relationship, trying to improve it or walking away from it."

For more information about healthy relationships, contact Robinson at 567-2647.

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**BUSINESS JOURNAL**

# USSTRATCOM expands SSA data on Space-Track.org

## By United States Strategic Command Public Affairs

OFFUTT AIR FORCE BASE, Neb. — Gen. John E. Hyten, Commander, U.S. Strategic Command, directed the expansion of Space Situational Awareness data sharing on www.Space-Track.org, USSTRATCOM's primary SSA data sharing web platform.

Registered Users on www.Space-Track.org will begin to receive additional data about some space objects that was not previously available. This action is being taken to enhance SSA data sharing, transparency, spaceflight safety, based on guidance in Space

Policy Directive-3 to support the Department of Commerce's transition as the lead U.S. authority for Space Traffic Management, and in support of our Space Partnership and Coordination Initiative.

Changes to www.Space-Track.org are ongoing as USSTRATCOM is always evaluating opportunities to share more information in order to support spaceflight planning, coordination, and on-orbit deconfliction to enhance the safety, stability and sustainability of operations in the space environment.

"U.S. Strategic Command, through the Joint Force Space Component Command, is

working with partner nations, intergovernmental organizations and commercial entities to identify and share more information to enhance all nations' ability to safely operate in space," Hyten said. "We fully support new national space traffic management policies and objectives; and this improvement is part of a continuous, on-going process to lay the framework for a safe, stable, and operationally sustainable space domain."

Satellite owners and operators are encouraged to contact USSTRATCOM at stratcom.offutt.j5l.mbx.j513@mail.mil for more information on SSA data sharing agreements

and how to become a formal partner with USSTRATCOM to support spaceflight safety. For additional questions related to availability of orbital data, refer to the Frequently Asked Questions on www.Space-Track.org.

JFSCC screens all known objects daily and notifies satellite operators when an object is predicted to approach another object. JFSCC provides this service free-of-charge to www.Space-Track.org registrants to promote the responsible, peaceful, and safe use of space.

For more information, contact the USSTRATCOM Public Affairs Office at 402-294-4130.

# AF leaders: Increased funding improves readiness

## Secretary of the Air Force Public Affairs

WASHINGTON — Secretary of the Air Force Heather Wilson and Chief of Staff of the Air Force Gen. David L. Goldfein thanked Congress for providing the resources necessary to restore the service's readiness while testifying before the Senate Armed Services Committee's Subcommittee on Readiness and Management Support Oct. 10.

During her testimony, Wilson praised Congress for passing an appropriations bill on time for the first time in nearly a decade.

"With your help, we have made great strides in a short period of time," she said. "We are more ready today than we were two years ago."

After decades of readiness decline, the Air Force is working to accelerate its recovery, ensuring the service is prepared to combat rapidly evolving threats.

Today more than 75 percent of the Air Force's core fighting units are combat ready with their lead forces packages. The service's goal is for 80 percent of those units to have the right number of properly trained and equipped Airmen by the end of 2020 — six years faster than projected before the Air Force developed a recovery plan.

"Restoring the readiness of the force is our top priority," Goldfein said. "And the budget Congress recently passed

will have a significant impact for Airmen across our active, guard, and reserve components."

To do this the Air Force is focusing on three key areas: people, training and cost-effective maintenance and logistics.

### People

For the Air Force, readiness is first and foremost about people. In fiscal year 2018, Congress provided funding to allow the Air Force to address a serious shortage of maintainers. In September 2016, the service was short 4,000 active duty maintainers, but by December 2018 that number is expected to reach zero.

"Actions by Congress over the last few years has been tremendously helpful," Wilson said. "Now we must get these Airmen the experience needed to become craftsman at their work."

In addition to maintainers, the Air Force have placed an emphasis on addressing the national aircrew shortage, first by addressing quality of service and quality of life issues, and also increasing financial incentives and providing more control over assignments and career paths.

The Air Force is increasing the number of pilots it trains from 1,160 a year in FY 2017 to 1,311 in FY 2019, building to 1,500 by FY 2022 and steady state, thereafter.

### Training

As part of the readiness recovery, the Air Force is focused on providing relevant and realistic training to maintain an advantage over increasingly capable adversaries. To meet this need the service is investing in operational training infrastructure — ranges and airspace — and simulation.

The Air Force is also improving infrastructure, simulators, threat emulators and training ranges to enhance realism and enable Airmen to train locally for a high-end, multi-domain fight.

### Cost-effective maintenance and logistics

The third element of restoring the readiness of the force is weapons system sustainment — the parts, supply and equipment — to make sure our aircraft are ready to go when needed.

"There are a thousand fingerprints on every aircraft that takes off. From air traffic control to crew chiefs to weapons loaders to avionics technicians — it is a total team effort," Goldfein said. "When the plane is twice the age of the team, it makes it harder. So we are looking at new methods across the board for how we are maintaining an older fleet with a younger workforce."

The Air Force is already seeing improvements in its depots, increasing depot production by 20 percent, completing 75 aircraft per year.

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## BASE BRIEFS

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

### 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.

### AFPC to host briefing

The Air Force Personnel Center functional manager for IC3/IC5/IC6 career fields will host a Spread the Word briefing outlining the enlistment assignment system and other aspects of the assignment process 8:30 a.m. Tuesday in the Building 300 auditorium. For more information, contact Master Sgt. Julie Valenzuela at 567-6281.

### Health Promotion activities

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

|          |           |                                   |
|----------|-----------|-----------------------------------|
| Friday   | Noon      | Smart Snacking Lunch and Learn    |
| Tuesday  | 3:30 p.m. | Weight Management Class           |
| Thursday | 1:30 p.m. | Exercise Physiologist             |
| Nov. 1   | 2 p.m.    | Sleep and Stress Management Class |

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

### RA shuttle service to be limited

The Restricted Area shuttle bus service will be limited from Thursday through Oct. 26 due to extensive 21st Logistics Readiness Squadron Vehicle Operations Section mission support requirements. Normal service will resume Oct. 29.

For more information, contact David Collins, 50th LRF director, at 567-3365.

### TVCC to host fall festival, Trunk or Treat

The Tierra Vista Community Center will host its annual Fall Festival for housing residents 2 — 4 p.m. Oct. 27. There will be a pumpkin patch, face painting, bounce houses, petting zoo, hay rides and other activities. There will also be a Trunk or Treat at the TVC softball field parking lot 4:15 p.m. The planning committee is in need of volunteers to support the events. To volunteer for the Fall Festival, go to [www.signupgenius.com/go/20F0C49A9AF29A6F94-calling2](http://www.signupgenius.com/go/20F0C49A9AF29A6F94-calling2). To volunteer for the Trunk or Treat, go to [www.signupgenius.com/go/20F0C49A9AF29A6F94-trunk](http://www.signupgenius.com/go/20F0C49A9AF29A6F94-trunk).

### 5/6 Council to host Thanksgiving drive

The 5/6 Council is holding a Thanksgiving drive Oct. 29 — Nov. 19 in the following locations: the Building 210 atrium, the North Entry Control Portals, Shoppette and Building 24. The drive will benefit Colorado Springs local community outreach groups such as the Women's Resource Center, Salvation Army and the Colorado Springs Mission. They are asking for non-perishable items such as canned vegetables, canned sweet potatoes/yams, canned gravy, cranberry sauce, instant mashed potatoes, stove top stuffing, biscuits or rolls, mac and cheese, roasting pans, cake/brownie mix or any other nonperishable food items. For more information, contact Staff Sgt. Joseph Cella at 567-0553.

### 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 Space Wing Knowledge Management Center at 567-6001.

### Clinic announces closures

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

|         |                     |               |
|---------|---------------------|---------------|
| 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.

### Logistics planner retraining opportunities

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

### OFF-BASE

#### FAP to host Mock Central Registry Boards

The Family Advocacy Program will host two Mock Central Registry Boards Thursday 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 seeks 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](mailto: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](http://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 

# Executing the Mission:

## .1 Primary Mission(s)

**.1.1.1 Is the warfighter or Air Force commander satisfied with the unit's primary mission(s) execution?**

**.1.2.1 Does the unit's primary mission(s) execution produce the right quality of output?**

**.1.3.1 Does the unit's primary mission produce the right quantity of output?**

**.1.4.1 Does the unit's primary mission execution meet appropriate time constraints?**

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

# Airmen celebrate for First Friday



A member of the Fort Carson Mile High band sings to a crowd of Schriever Airmen during the October First Friday event at the event center at Schriever Air Force Base, Colorado, Oct. 12, 2018. The 50th Force Support Squadron worked with the USO to provide free food, games and entertainment for Schriever Airmen.



(Top) Senior Airman Monique Pucci, 50th Operations Squadron commander's support staff, tosses a bean bag during a game of corn hole during the October First Friday event at the event center at Schriever Air Force Base, Colorado, Oct. 12, 2018. Airmen played games, ate free food and enjoyed a live band during the monthly morale-building event.



(Left) Senior Airman Lance Baertlein, 4th Space Operations Squadron communications support terminal operator, lines a shot during the October First Friday event at the event center at Schriever Air Force Base, Colorado, Oct. 12, 2018. First Fridays are designed to improve morale and boost resiliency.

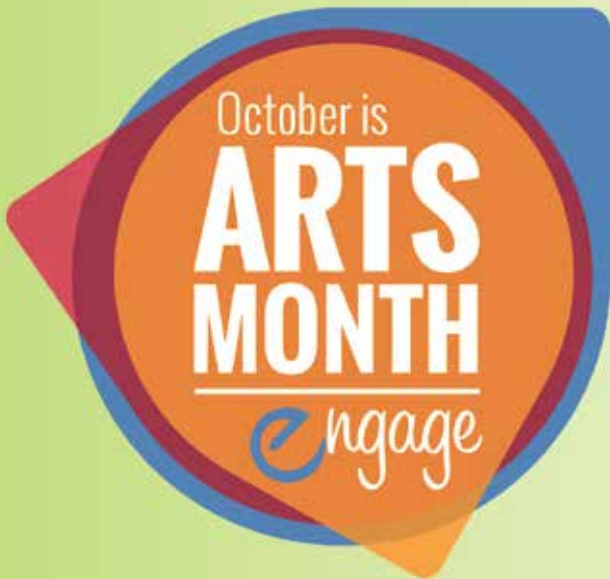


The Fort Carson Mile High band plays for Schriever Airmen during the October First Friday event at the event center at Schriever Air Force Base, Colorado, Oct. 12, 2018. The event was designated as an alternate duty location for Airmen to get to know each other and build camaraderie.

U.S. Air Force photos by Dennis Rogers

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15590 Castlegate Court – Kingswood - \$609,900



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- 14705 Irwin Drive**  
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Land
- 6055 Big Horn Road**  
Crystal Park • \$70,000  
Land
- 1625 N. Murray Boulevard #241**  
Five Fountains • \$79,900  
Condo
- 1708 Sawyer Way #165**  
Five Fountains • \$79,900  
Condo
- 0000 Waterfall Loop**  
Crystal Park • \$83,900  
Land
- 3510 Parkmoor Village Drive #G**  
Sierra Pointe • \$84,900  
Condo
- 545 Sunrise Peak Drive**  
Crystal Park • \$85,000  
Land
- Forest Road**  
Manitou Springs • \$95,000  
Land
- Steep Road**  
Crystal Park • \$105,000  
Land
- 422 Highlands Drive**  
Canon City • \$149,900  
Land
- 1535 Monterey Road #230**  
Spring Creek • \$185,000  
Condo
- 5689 Tomiche Drive**  
Ridgewood • \$215,000  
Under Contract
- 928 S. Harmony Drive**  
Pueblo West • \$234,900  
New Construction
- 1825 N. Keymar Drive**  
Pueblo West • \$234,900  
New Construction/Under Contract
- 606 Leta Drive**  
Security • \$282,000
- 4745 Michael Place**  
Garden Ranch Estates • \$310,000  
7039 Honeycomb Drive  
Falcon Highlands • \$340,000  
4920 Ellery Lane  
Mountain Shadows • \$360,000  
Under Contract
- 9706 Fleece Flower Way**  
Meridian Ranch • \$365,000  
Under Contract
- 1415 Oak Hills Drive**  
Oak Hills • \$425,000
- 15590 Castlegate Court**  
Kingswood • \$609,900
- 8470 Aspenglow Lane**  
Cascade • \$799,900

This Week's Puzzle Answer

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

If you are having an...

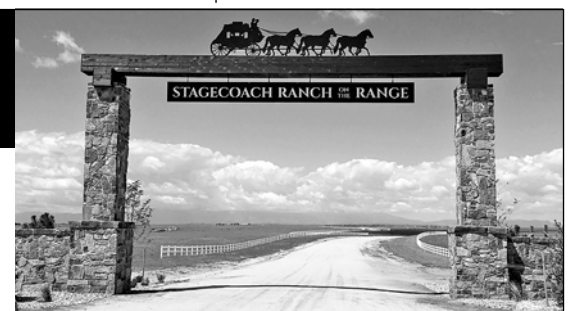
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## SETTLE DOWN

### UNIVERSAL CROSSWORD

By Timothy E. Parker



|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  |    | 6  | 7  | 8  | 9  |    | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    |    | 15 |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    |    | 18 |    |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    |    |    | 21 |    |    |    |    | 22 |    |    |
|    |    |    | 23 |    |    | 24 |    |    | 25 |    | 26 |    |    |    |
| 27 | 28 | 29 |    | 30 |    |    |    | 31 |    |    |    |    |    |    |
| 32 |    |    | 33 |    | 34 |    | 35 |    |    | 36 |    | 37 | 38 | 39 |
| 40 |    |    |    | 41 |    |    |    |    |    | 42 |    |    |    |    |
| 43 |    |    |    |    |    | 44 |    |    |    |    | 45 |    |    |    |
|    |    |    | 46 |    | 47 |    |    | 48 |    | 49 |    | 50 |    |    |
| 51 | 52 | 53 |    |    |    |    | 54 |    |    |    | 55 |    |    |    |
| 56 |    |    |    | 57 |    | 58 |    |    | 59 |    |    | 60 | 61 | 62 |
| 63 |    |    | 64 |    |    |    |    |    |    | 65 |    |    |    |    |
| 66 |    |    |    |    | 67 |    |    |    |    |    | 68 |    |    |    |
| 69 |    |    |    |    | 70 |    |    |    |    |    | 71 |    |    |    |

ANSWERS CAN BE FOUND IN THE WELCOME HOME SECTION

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**ACROSS**

- Has deficiencies
- Switch positions
- "Curses!" kin
- Alaskan native
- Lemminglike rodent
- Sign promoting savings
- Creator of far-out 36-Across
- Recognize a general
- Happen \_\_\_ (discover)
- Yacht pronoun
- Type of iron or book
- Say again
- "Right, horse"
- That bloke
- Food in the woods?
- Many trees
- Casual no
- Mental sparks
- Prove to be allergic
- Short-tailed lemur
- Hubble builder
- Cookie brand
- Buzzing pest
- "Cool" relative
- Went to waste
- Does 80 in a 65
- Legitimate
- "\_\_\_ the ramparts we ..."
- Bottleneck wedge?
- Draw parallels
- Irrational juvenile
- Bird with a forked tail
- Rocks in pockets
- Upper-crust group
- Fruit for flavoring gin
- Passe TV dial abbr.
- Mortise connection

**DOWN**

- Police want you to follow them?
- "Et \_\_\_" (and others)
- Conned place?
- Some African antelopes
- It saves nine if in time
- Eggs, fancified
- Get misty, as windshields
- Gymnastic maneuver
- Spanish Mrs.
- Cause of a one-hr. shift
- Paycheck booster
- An American greeting
- Fundamental belief
- Sheep brand
- Deficient blood condition
- Thing on a check
- Director Almodovar
- Major desert
- Acquire through merit
- \_\_\_ out (scraped together)
- Kimono sporter
- "Beetle Bailey" character
- School adjunct
- Things to shuck
- Floating on the Indian
- Bar snort
- Super benevolent
- Stuck, as a landing
- "I, Robot" writer
- 32-card 31-Across
- Shoe complements
- Great danger
- A Muse
- Irritating one
- Consisting of two
- Muck go with
- Like (with "to")
- Jackson 5 guitarist
- Heaven on Earth, once
- Last letter
- Maximizing suffix





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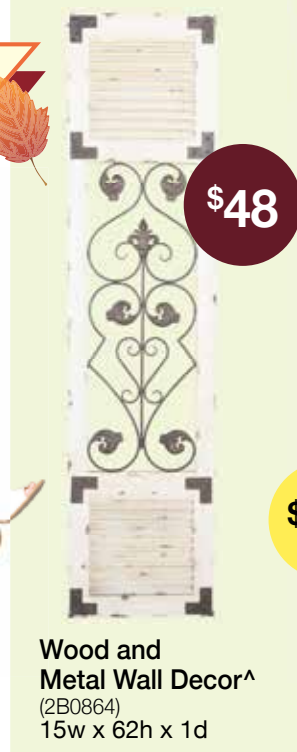
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