

Did you know?



AWARDS CEREMONY

The 50th Space Wing 4th quarter awards ceremony will be 3 p.m. Feb. 7 at the gym. For more information, contact Staff Sgt. Michael Vass at 719-567-6311.

BASE BRIEFS

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THIS WEEK

AAFES hosting fitness sweepstakes

The Army and Air Force Exchange Service is offering military shoppers a chance to win the Fill Your Gym Bag Sweepstakes now until Feb. 18. Ten winners worldwide will each receive a \$100 Exchange gift card toward filling up their gym bag with fitness necessities, from fitness trackers to the latest sportswear to name-brand shoes and accessories, all of which can be found in Exchange stores or online at ShopMyExchange.com. The second sweepstakes will award five winners a Schwinn 830 treadmill.

Authorized Exchange shoppers 18 years and older can visit ShopMyExchange.com/sweepstakes to enter. Honorably discharged veterans who have determined their eligibility to shop at ShopMyExchange.com can enter as well. No purchase is necessary to win, and the sweepstakes are each limited to one entry per person. Winners will be notified around the end of February. For more information, contact Michael Casserly at 719-576-6174.

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Schriever remembers 50th SW activation



From left to right: Lt. Gen. Thomas Moorman, then Air Force Space Command commander; then Col. (later Lt. Gen.) Roger DeKok, then 50th Space Wing commander; Col. (later Maj. Gen.) George Norwood, the last 50th Tactical Fighter Wing commander; and Chief Master Sgt. Albrey Forte, the last 2nd Space Wing Senior Enlisted Advisor and first 50th Space Wing SEA, stand during the 50th SW activation ceremony, Jan. 30, 1992. The 50th SW named Building 210, the headquarters building, in honor of DeKok in 2004.



Shown is a front page image of Falcon Air Force Base, Colorado's newspaper, the Falcon Feedback, printed Feb. 7, 1992, a week after the activation of the 50th Space Wing. The 50th SW is responsible for the operation and support of 185 Department of Defense satellites and installation support to 20 mission partners with a workforce of more than 8,000 personnel.

567-HELP offers counseling, resources to Airmen

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

SCHRIEVER AIR FORCE BASE, Colo. — Airmen feeling down, depressed or just needing someone to listen have 24/7 access to base resources by calling 719-567-HELP.

The hotline is a one-stop shop for 10 different agencies including the National Suicide Prevention Helpline, Mental Health, Military and Family Life Counselor and more.

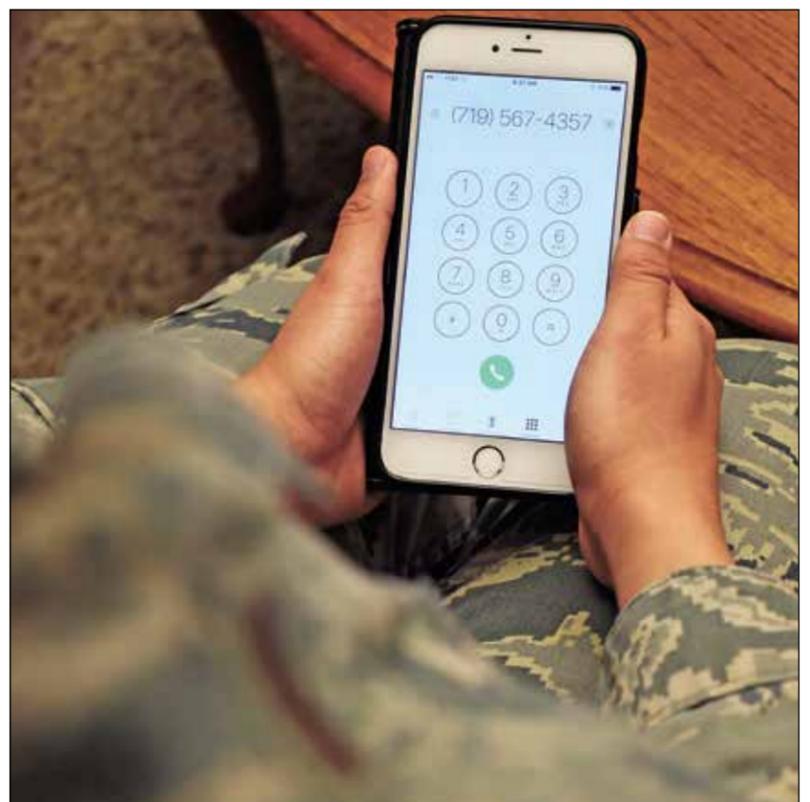
"It is a single point of contact for all important numbers, even after hours options in case of an emergency," said Capt. Louis Pagano, 21st Medical Squadron mental health element chief. "It's hard, especially in the moment, to remember right away several different phone numbers. This number makes it convenient."

According to Ken Robinson, 50th Space Wing Specialist for the Primary Prevention of Violence, it's important Airmen know they have 24/7 access to care.

"During normal hours it's easier to figure out where to call or who to turn to, but what about in the middle of the night or on a weekend? The nice thing is you can call this number at any time, to include normal hours and someone will help you with whatever your concern may be."

Pagano advised all Airmen do the little things to help keep themselves mentally healthy.

"It's not just about eating right, sleeping well and exercising," he said. "It's also about making good decisions



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

Airmen may dial 719-567-HELP to contact a one stop shop for those needing to access helping agencies to assist with life's challenges.

See Counseling page 10

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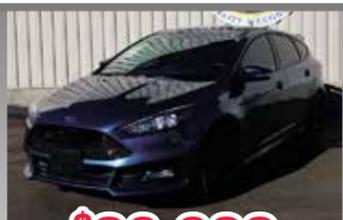
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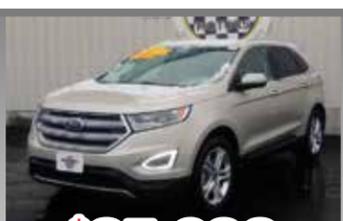
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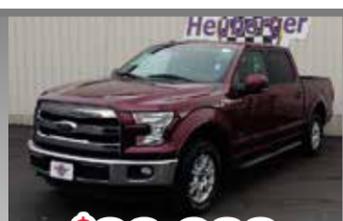
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LEADERSHIP PERSPECTIVES: 50th SW IG

SCHRIEVER AIR FORCE BASE,
COLO. —

1. How would you describe your leadership style?

My leadership style is very transparent and in your face. I don't make decisions without consulting with my team of experts, knowing the final decision is in my hands.

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

My motivation for joining the Air Force was I wanted to make a difference in people's lives. I started my career as a Mailman at Moody Air Force Base, Georgia.

3. What do you feel your strengths and weaknesses are?

I'm a very hard worker and look forward to change. I don't stress and don't wear my feeling on my sleeves. I'm very down to earth.

My weakness is I'm a very passionate leader, so I have to be careful and not make decisions based on emotions.

4. Who is a leader that stands out to you and why?

Colin Powell. He was a great leader that decided to put his family above all, even when it meant he shouldn't run for President of the United States. He



Lt. Col. Rickie Banister
50th SW Inspector General

seem to always do things the right way and wasn't afraid of making mistakes or taking chances.

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

I'm a bowler. Every day you bowl you never know the outcome. You can be up and down all in one day, and it reminds me of life. Never get too high or too low because it could all change in the matter of seconds.

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

Followership. To be a great leader you must understand it isn't always your way or your decision. Everyone has someone they answer to. Your leadership will be based on how well you follow. If the members who work for you see you be a good follower they won't hesitate to follow you.

7. How do you handle stress or challenges?

I live every day like it is a lifetime. I always tell myself, "this too shall pass." No matter what we are going through there is always tomorrow. Again, it goes back to the previous statement. Don't get too high or low. Challenges make us stronger and teach us who we really are. Stress is a state of mind.

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

I allow the Airmen under my leadership to make mistakes and to always be a part of the decision making process. They always know I want their honest opinion. I tell them anyone can be in a leadership position but a good leader is one who understand he/she doesn't know everything and isn't always right. Don't

See Leadership page 7

"To be a great leader you must understand it isn't always your way or your decision."

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U.S. Air Force photo by Dennis Rogers

Senior Airman Magdalena Kocheva, 50th Civil Engineering Squadron commander support staff, briefs Tech. Sgt. Brandon Pingle, 50th CES structures journeyman at Schriever Air Force Base, Colorado, Jan. 28, 2019. Kocheva's Schriever AFB career started in the Military Personnel Flight, and six months later she joined the 50th CES.

I Am Schriever: Serving waffles leads to AF career

By Halle Thornton
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Senior Airman Magdalena Kocheva, 50th Civil Engineering Squadron commander support staff, lived an ordinary childhood in Plovdiv, Bulgaria, playing music and going to movies with her older brother, Dimitar.

Little did she know she would leave her hometown and begin her journey with the Air Force.

"I first came into the United States as a working travel student," she said. "I was in college in Bulgaria, and my brother Dimitar was the one who told me about going to the states. He would go for a couple of summers and loved the lifestyle."

Kocheva followed her brother's footsteps and began traveling to the U.S. through the working travel program, which provides foreign students with an

opportunity to live and work in the U.S. during the summers.

"I happened to be working in a Waffle House which was right by Tyndall Air Force Base in Florida," she said. "Most of my customers were Air Force, but I didn't really know what they did or what the mission was."

After speaking with her customers, Kocheva soon became interested in what the Air Force had to offer.

"They all seemed to really enjoy it and talked about traveling all over the world, which I was really interested in," she said.

Kocheva's first real taste of the military was visiting with an Army recruiter at a military open house.

"I really cared about finishing my education and I asked the recruiter what they offered regarding education," she said. "I just wanted to finish school and travel."

After exploring other branches, Kocheva stumbled upon the Air Force.

"I walked straight in and didn't have an appointment," she said. "The recruiter was by himself, versus the Army where it was a bit overwhelming with all of the people."

When Kocheva discovered the Air Force recruiter was in school himself, she felt like she found her path.

Kocheva's family was unsure about her decision to join the Air Force, as they were not familiar with the culture.

"Their idea of military was what they saw in the movies," she laughed. "They thought I was going to go and be on the battlefield for most of the time."

However, because of Kocheva's driven personality,

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Stay informed to counter scams

By Senior Airman
William Tracy

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Scams have been around since the dawn of civilization, and thanks to technology, they have grown in sophistication.

Staff Sgt. Kyle Maldonado, 50th Security Forces Squadron investigation section, warns that military members may be targeted as he's seen an uptick recently.

"Military members are targeted for a variety of reasons," Maldonado said. "For one thing, we have a steady paycheck which is lucrative to scammers. Additionally, we are trusted members of society, are always moving and may be unfamiliar with an area."

Among the oldest scamming techniques are false phone calls.

Staff Sgt. Robert Cook, 50th Space Wing safety office occupational safety noncommissioned officer in charge, said callers pretending to offer gifts and prizes, or money of any sort are to be considered suspicious.

"If it seems odd, be very cautious," Cook said. "If you can determine if the caller is a scammer, forward it to your local police department."

Cook said the proactive approach towards preventing scam calls is to pay attention to the number of the person calling. Business numbers that start with "1-800" or area codes not from the United States or from a state one has no contacts in can often clue the caller is a potential scammer.

Additionally, Cook recommends call blocking software to stem the tide of potential scam callers.

The rise of online dating has led to military-centric scams that mislead others into thinking they are a real military member or civilian to try to solicit money, often referred to as lonely hearts schemes — schemes which use emotion and romance to lure victims.

According to the FBI, between 2012 and 2016 alone, online romance scams have tripled in frequency. The Federal Trade Commission's official website warned in an article that "scammers might claim to be service members who can't get into their accounts overseas or who need money fast. The first sign of a scam is an online love interest who asks for money."

Cook said to investigate the supposed individual to see



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

An example of a phishing email arrives in an Airman's inbox at Schriever Air Force Base, Colorado, Jan. 21, 2019. Phishing is a scamming technique in which a scammer tries to lure a user through email into following a link or submitting their personally identifiable information and/or money. It is one of many techniques scammers use to exploit individuals for profit.

if they are who they claim to be.

"These scams are big, especially among younger Airmen," he said. "It's important to do your research."

Maldonado said false emails are another scam to watch out for. Often, email scams ask for one's personal information and come from unfamiliar addresses. They often try to lure a user into following a link or submitting their information.

He said this technique, known as phishing, has become a prominent threat in recent years.

"Phishing is just another way for cyber criminals to make a profit," Maldonado said. "Often, they start with the lines 'dear customer.' They try to be a legitimate source but they're not — think before you click and check the email's security certificates. If it is a suspicious email, send it to your unit's security manager."

Other scams include Ponzi schemes, stolen valor, fake charities, faulty investments and more.

Despite how many scams exist, Maldonado said they all focus on one core technique — exploitation.

"They are all looking to use you — and they will almost always ask for money and or personally identifiable information," he said.

"If it's too good to be true, it probably is," Cook added. Maldonado said general guidelines to follow are to be cautious giving out credit card information, research before spending or investing and always take monetary opportunities with a grain of salt.

"Bottom line — be financially educated and self-reliant," he said. "Use your head and be conservative with your money."

Cook said although scams aren't going away anytime soon, Airmen can always take the proactive approach and gain the upper hand over scammers.

"Be smart, take the right measures and if you are unsure, ask somebody," he said. "If you do find yourself in a scam consult your leadership. It's not OK what these people do and they need to be caught. The best way to do that is to protect yourself."

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U.S. Air Force photo by Dennis Rogers

Senior Airman Magdalena Kocheva, 50th Civil Engineering Squadron commander support staff, shows a fellow Airman how to operate a saw at Schriever Air Force Base, Colorado, Jan. 28, 2019. Kocheva grew up in Plovdiv, Bulgaria, and began her Air Force journey after participating in the working travel program where she worked in the United States.

Career

From page 4

her family was not surprised this was something she wanted to pursue.

"My family is used to me going for whatever I want to do," she said. "I try things and see for myself."

Dimitar was supportive of Kocheva, and immediately asked her if she would be shooting guns for a living.

"He (Dimitar) was mad," she laughed. "He said, 'my friends are going to make fun of me because you're going to be more in shape than me!'"

A few months later, Kocheva headed to basic training at Lackland Air Force Base, Texas.

"I was in shock when I first arrived," she said. "It was totally different from my normal every day routine. It also didn't help that I was one of the oldest in my flight, 27 at the time, and not into the

high school type drama."

Upon completion of BMT, Kocheva arrived at Schriever Air Force Base, Colorado in May of 2017, where she was assigned to customer service in the Military Personnel Flight.

"I loved it because it gave me an opportunity to meet so many people from the base," she said. "I was new and didn't know anyone in Colorado."

After six months of working in customer service, Kocheva transferred to the 50th CES as a member of the commander support staff and has enjoyed it ever since.

"I get to do a lot more volunteering with the CES," she said. "This is second commander I've worked for, and it's a lot more challenging and there are more responsibilities."

Kocheva's favorite part about Schriever AFB are the people.

"I meet people from all over the world," she said. "For a small base, it feels pretty crowded."

Senior Master Sgt. Malcolm Summers,

50th CES superintendent, said "Koch" had some big shoes to fill from her predecessor.

"I knew we were getting a less experienced Airman and I hoped she could catch up," he said. "I was surely wrong. From day one she has been a great asset to our unit."

Summers appreciates Kocheva's energy, enthusiasm and positive attitude she brings to work daily.

"Every day she comes in smiling ready to tackle the day's challenges," he said. "She inspires and motivates so many of us here."

Summers said Kocheva is a go-to Airman behind the scenes for the 50th CES personnel.

"I've been so impressed with the job knowledge she has as a young Airman," he said. "If she doesn't have the answer, she stops at nothing to find it. You add that knowledge with her tireless work ethic and drive and it's great."

"While Koch is a great Airman, she is an even better person," he said. "She

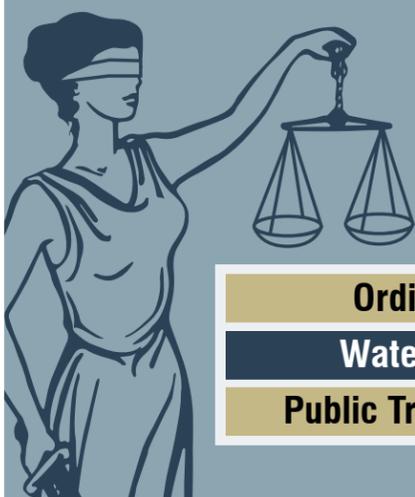
brings smiles to faces of so many in the squadron and I'm so proud of her. It's been a privilege to watch her grow over the last year we have worked together."

Kocheva said working directly with her superintendent is challenging but very rewarding.

"If it wasn't for him challenging me and asking me to get out of my comfort zone every day, I would be doing the same thing over and over," she said. "Every day is so different. I go to work and I don't know what the day is going to look like. It's awesome."

Kocheva recently returned to Bulgaria to visit her family, and now they understand her reasons for joining the Air Force.

"My family thinks I'm pretty cool and are super supportive now," she laughed. "My brother asked me, 'do you get to shoot guns every day now?' and I said, 'Yes, I get to shoot keys on the keyboard!'"



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Leadership

From page 3

be afraid to take chances, admit you were wrong and never give up on yourself or the people who work for you.

9. What's some advice that you've received that's stuck with you?

The best advice I have ever received was don't wear your feelings on your sleeves and always smile even if you feel you can't. Always be loyal to whoever you work for and you can learn from good and bad leaders.

10. What is an action or routine

that you need to do every day?

I come to work and say good morning to everyone and read my devotional.

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

They can admit when they are wrong and they never stop trying to be great every day.

12. Is there anything else you would like to add about leadership?

Leadership is a gift. Sometimes you love the gift you received and sometimes you don't. But always remember every gift is what you make of it. It was given to you by someone who wanted you to have it, thought you needed it and felt you knew exactly what to do with it.

PSC Club unites spouses across bases

21st Space Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — Alley Kendall knew she wanted to get involved in the community when she and her husband, Senior Airman Jesse Kendall, arrived at Schriever Air Force Base, Colo., in 2015.

Kendall found that opportunity in the Peterson, Schriever, Cheyenne Mountain Spouses Club. She is now president of the nonprofit organization, which aims to connect military spouses with each other, with base resources and with opportunities to give back to the Colorado Springs, Colo. community.

"It's a place to find quality people and get involved," Kendall said.

Whether they are serving lunch at the Springs Rescue Mission, passing out essential items to homeless residents downtown, or spreading holiday cheer to Airmen during their Cookies for the Troops event each November, the club's 40 members aim to reciprocate the goodwill they receive from the people of Colorado Springs.

"Often times, we're only assigned to a base for a short period of time, and we end up receiving so much from the community," said Alicia Pepper, wife of Col. Devin Pepper, 21st Operations Group commander.

"Over the years, we as a whole have directed more toward what we can give back to the community."

The earliest iteration of the PSC Club began in the late 1970s on Peterson AFB, Colo., as the Peterson AFB Officers' Wives Club, Kendall said.

As membership extended to spouses of enlisted members, it also eventually stretched beyond the gates of Peterson AFB to neighboring Schriever AFB and Cheyenne Mountain Air Force Station, Colo.

"It opens up a bigger community," Kendall said. "I love what the club has done for me and the friends I've made."

In addition to community outreach,

the club provides ample opportunities for spouses to bond, Kendall said. Members meet twice a month inside the Tierra Vista Community Center on Peterson AFB to chat over coffee while their children play together. The final Wednesday of each month is reserved for the Lunch Bunch, held at The Club on Peterson AFB.

"We try and have a good variety of events so everyone can find what they're missing," Kendall said.

Club members oversee the RePete Thrift Shop, located at 105 Selfridge St., Building 1525, on Peterson AFB. Proceeds from the shop go toward annual scholarships for military spouses and high school seniors who are dependents of active-duty or retired Department of Defense employees, said Pepper, PSC Spouses Club scholarship chair.

The club generally gives anywhere from \$10,000 to \$15,000 in scholarships annually, Pepper said.

Children of active duty military members usually move at least once before graduating high school, Pepper said. They often want to return to their previous home for college, but out-of-state tuition makes that a struggle, she said.

"Scholarships need to be available for them as much as we can figure out a way to help them," Pepper said.

The most recent round of applications opened Jan. 15, 2019, and will run through March 15, 2019. Applications include a traditional rubric as well as an essay question, Pepper said.

"We want to know who we're giving them to," she said. "What makes the individual? What is your story?"

Anyone interested in joining the PSC can do so online at www.pscspousesclub.org.

"I have a whole network of friends everywhere, and it's because of this club," Kendall said. "At our core we're about making friends, having fun and giving back."



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Airman 1st Class Malorie Pivato, 50th Operations Support Squadron student, bowls during the 2019 Schriever Airmen's Social in the Peterson Bowling Alley at Peterson Air Force Base, Colorado, Jan. 23, 2019. Airmen competed for both team based and individual awards, such as most strikes overall.

Social unites Airmen

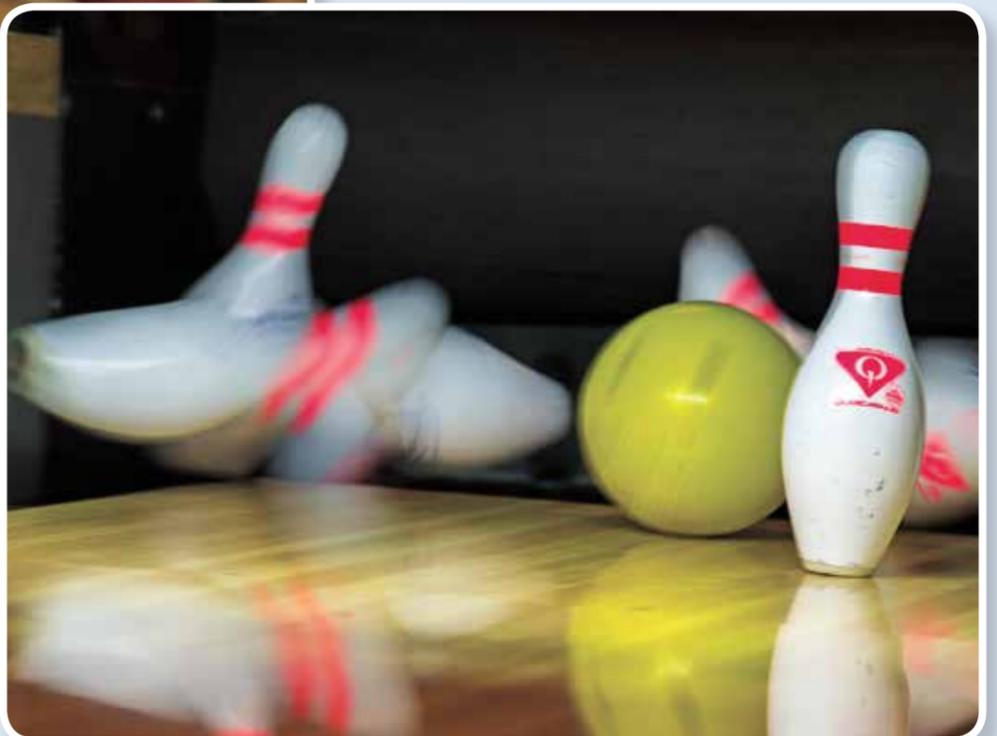


Airman 1st Class Caleb Cole, left, and Airman 1st Class Eric Hernandez, both 50th Operations Support Squadron students, give a thumbs up during the 2019 Schriever Airmen's Social in the Peterson Bowling Alley at Peterson Air Force Base, Colorado, Jan. 23, 2019. More than 50 Airmen spent the afternoon bowling and socializing during the event.



A DJ mixes songs during the 2019 Schriever Airmen's Social in the Peterson Bowling Alley at Peterson Air Force Base, Colorado, Jan. 23, 2019. The DJ provided a music backdrop which included the latest contemporary hits to enhance the festivities.

A bowling ball crashes into pins during the 2019 Schriever Airmen's Social in the Peterson Bowling Alley at Peterson Air Force Base, Colorado, Jan. 23, 2019. In addition to bowling, Airmen enjoyed free pizza and beverages courtesy of the event's organizers and first sergeants.



Chaplain's retreat strengthens family relationships



(Above) Schriever Airmen and their families listen to 1st Lt. Lauren Hughes, 50th Space Wing chaplain, discuss benefits of play during the Chaplain's Family Retreat at Great Wolf Lodge in Colorado Springs, Colorado, Jan. 25, 2019. The retreat's theme was "A family that PLAYS together, stays together." Hughes defined play and highlighted the physical, emotional and intellectual benefits of incorporating play into quality family time.

(Right) Senior Master Sgt. Michael Rozneck, 50th Operations Support Squadron superintendent, and his family participate in a karate activity during the Chaplain's Family Retreat at the Great Wolf Lodge in Colorado Springs, Colorado, Jan. 25, 2019. The weekend-long retreat allowed Airmen and their families the opportunity to build stronger relationships through chaplain led activities and discussions.



U.S. Air Force courtesy photos by 1st Lt. Lauren Hughes

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For **ON BASE EMERGENCIES**
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Counseling

From page 1

and surrounding yourself with people that care for you. Your social support system is just as important. A healthy balance of each area in your life will help you stay on the right track.”

Robinson pointed to Comprehensive Airmen Fitness and the pillars of wellness as areas Airmen must maintain to stay healthy.

“While you have access to 24/7 care it’s important you take care of yourself so hopefully you don’t need it,” he said. “All of the helping agencies you can reach at that number directly impact CAF one way or another. The Airman and Family Readiness Centers offers many classes aimed at helping build resilience and bolster our pillars of wellness.”

Pagano said in managing one’s mental health, it’s important to know the difference between sadness and depression.

“Being sad is a temporary response to

an event which you know will get better,” he said. “Sadness is often normal and adaptive. Being depressed is a longer-term maladaptive collection of symptoms lasting several weeks or months often accompanied by depressed mood, hopelessness, changes in appetite and energy level. If you see no end to the sadness, please reach out and talk to someone.”

As a human relationships specialist, Robinson said reaching out is the most important thing someone can do when feeling down.

“After a child is born, what is one of the first physical things they attempt to do,” he asked. “They reach out. That never really changes in us. Isolation is not good, we are simply not designed for it. We need communication and companionship.”

Pagano said Airmen shouldn’t wait until it’s an emergency to talk to someone.

“Often times we just need someone to talk to or to give us advice about what’s going on in our lives,” he said. “Mental health is a great place to start, but if you’re uncertain, you can start with friends or family. However, if you are having thoughts of harming yourself or ending your life, you

should call 911 or the mental health clinic.”

While some Airmen may think reporting to mental health might impact their career, Pagano indicated not reporting can often be more detrimental.

“Your career may only be impacted if you ignore your issues and allow them to interfere with your ability to do your job or take care of yourself,” he said. “Even then, most people recover from mental health concerns with the right interventions. You can’t fully meet the mission if you’re not capable of taking care of yourself. So reach out, take advantage of the tools you have.”

According to Robinson, connecting with others is a key preventative tool for mental resiliency.

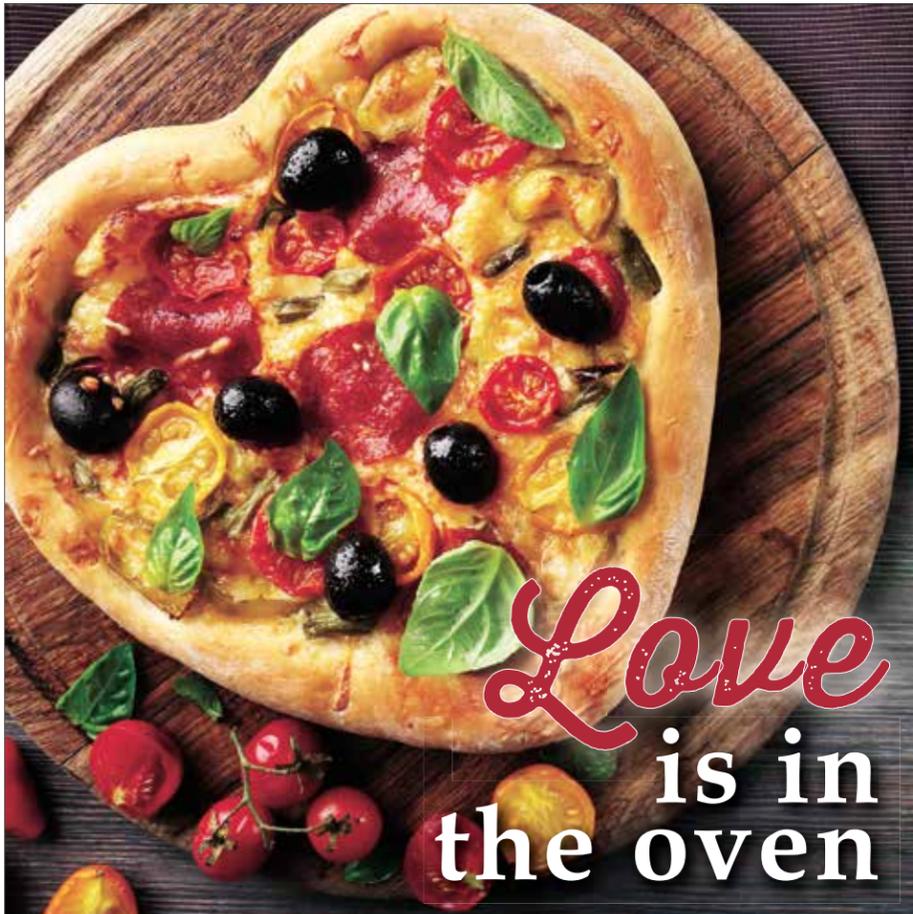
“Resiliency has multiple dimensions,” he said. “There’s the side where you need to do things for you, but the other side is connection and attachment. If you’re starting to feel down, tell somebody. Your wingman is a good starting place.”

Robinson had a final thought to leave with Airmen who may be feeling down.

“Never feel silly or weak for asking for help,” he said. “We are all stronger when we reach out.”

The following agencies may be reached by calling 567-HELP:

- National Suicide Prevention Hotline
- Schriever Law Enforcement Desk
- Mental Health Clinic
- Chaplain’s Office
- Sexual Assault Response Coordinator
- Family Advocacy Program
- Domestic Abuse Victim Advocate
- Military and Family Life Counselor
- Airman and Family Readiness Center
- Schriever Airman Against Drunk Driving



Love is in the oven

DISH features recipes from local chefs on how to impress a date by cooking at home for Valentine’s Day or any day!

Pick up the February 13 issue of the *Independent* or check out csindy.com for this food lovers’ recipe guide.



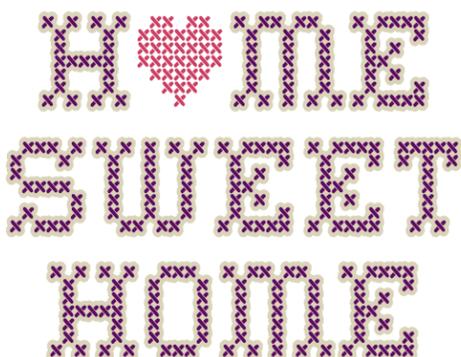
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in our Welcome Home section on page 19

BASE BRIEFS

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

Health Promotion Activities

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

Today Noon — Lunch and Learn on healthy snacking
Feb. 5 Noon — Lunch and Learn on MRT
Feb. 7 2 p.m. — Sleep class

Call Carol Carr at 719-567-4292 to register.

Note: Bodpod walk in hours are Monday and Wednesday 3:30-4:45 p.m. and Tuesday and Friday 7:15-8:30 a.m.

ON BASE

Clinic announces closures

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

Feb. 14	11 a.m. — 4:30 p.m.	Training Day
Feb. 15	Noon — 4:30 p.m.	Family Day
Feb. 18	All Day	Holiday
Mar. 14	11 a.m. — 4:30 p.m.	Training Day
Apr. 11	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 719-524-CARE.

Claims against the estate

With deepest regret to the family of Staff Sgt. Aaron M. Wilson, 4th Space Operations Squadron, if anyone has claims against or indebtedness to the estate of Wilson, please contact 1st Lt. Travis Duley, at 719-567-4614.

Legal Office Weekly Briefings

The 50th Space Wing Legal Office provides the following briefings on Fridays:

Article 137 Re-enlistment Briefing — 8 a.m.
Deployment Briefings — 9 a.m.
For further information, call 719-567-5050.

50th SW Violence Prevention Program recruiting course trainers

The 50th Space Wing violence prevention program staff is currently recruiting volunteer course trainers for the 2019 sexual assault/suicide prevention bystander training program. For more information, contact Ken Robinson at 719-567-2647 or Staff Sgt. Shelby Parry at 719-567-4880.

A&FRC center events

The Airman and Family Readiness center will host the following events this month:

Now until Friday 7:30 a.m. — 4 p.m. Transition GPS

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 North Powers and Old Ranch Road and departs at 6:35 a.m. arriving at Schriever Air Force Base, Colorado, at 7:30 a.m. The vanpool departs Schriever AFB at 4:30 p.m. Monday-Friday. For more information, contact Joe Colunga at 719-567-3350.

Logistics planner retraining opportunities

The Air Force Logistics Plans specialty career field is continually seeking enlisted personnel to retrain as logistics planners (2G0X1). For more information, contact Ed Smith at 719-567-3082.

KMC to provide training

The Knowledge Management Center is providing reoccurring training/classes for the Knowledge Management programs. Classes are held in Building 301, Room 119, every first Thursday of the month. Records Management is held noon — 1:30 p.m. and Freedom of Information-Privacy Act is held 1:45 — 3:15 p.m. Publications and Forms class is provided 1 — 3 p.m. every third Thursday of the month. For more information, contact 50th Space Wing Knowledge Management Center at 719-567-6001.

To enroll/register, visit <https://eis2.afspc.af.mil/sites/50sw/wsa/kmc/tn/SitePages/Home.aspx>.

OFF-BASE

2019 Father Daughter Dance seeks participants

The 2019 Father Daughter Dance will be held 6 p.m. Feb. 13 in The Club ballroom at Peterson Air Force Base, Colorado. To sign up, contact Juan Rodriguez 719-556-4361.

Vanpool openings for Falcon to/from Schriever

There is a Schriever Air Force Base vanpool service Monday-Friday, departing from Falcon Walmart 6:25 a.m. and conducting several drop-offs at Schriever AFB 7 a.m. Pick-up times at Schriever AFB are between 4:30 -4:45 p.m. and arrives at Falcon Walmart around 5:10 p.m. There is no out of pocket expense for Department of Defense vanpool participants. Contractors may also participate, but are not government subsidized. For more information, contact Mike Walker at 719-567-7014, Kim Elster at 719-567-3025, or Jay Carroll at 719-721-0739.

2019 AFCEA Cyberspace Symposium seeks volunteers

The 2019 Armed Forces Communications and Electronics Association Cyberspace Symposium is seeking volunteers to assist with session running, registration and security Feb. 5 — 7 at the Broadmoor in Colorado Springs. For more information, contact Wanda Williams at 719-231-0082.

TAPS seeks volunteers

The Tragedy Assistance Program is seeking volunteers for the 2019 Mountain State Regional Good Grief Camp being held March 29 — 31. Please register at www.taps.org/militarymentors.

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 the last Wednesday of the month, 10:30 a.m. at The Club at Peterson Air Force Base, Colorado. Call 719-331-6689 or 719-260-8172 for more information.

Military Retirees Activities Office

The Military Retiree Activities Office holds monthly council meetings the second Thursday of each month at 11:30 a.m. at The Club at Peterson Air Force Base, Colorado. The meeting is followed by lunch at 12:45 p.m. To sign up or for more information, call the Retiree Assistance Office at 719-556-7153.

Spouses are invited to events marked with 

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What happens when I contact the Tip Line? When you contact the Tip Line you will always communicate with a live operator. Once you submit your tip you will be given a unique tip number. You will never be asked your name or personal information. Do NOT share the tip number with anyone.

What do I do if I get more information? If you have more information at a later time re-contact the Tip Line anytime, and provide an update to your original tip.

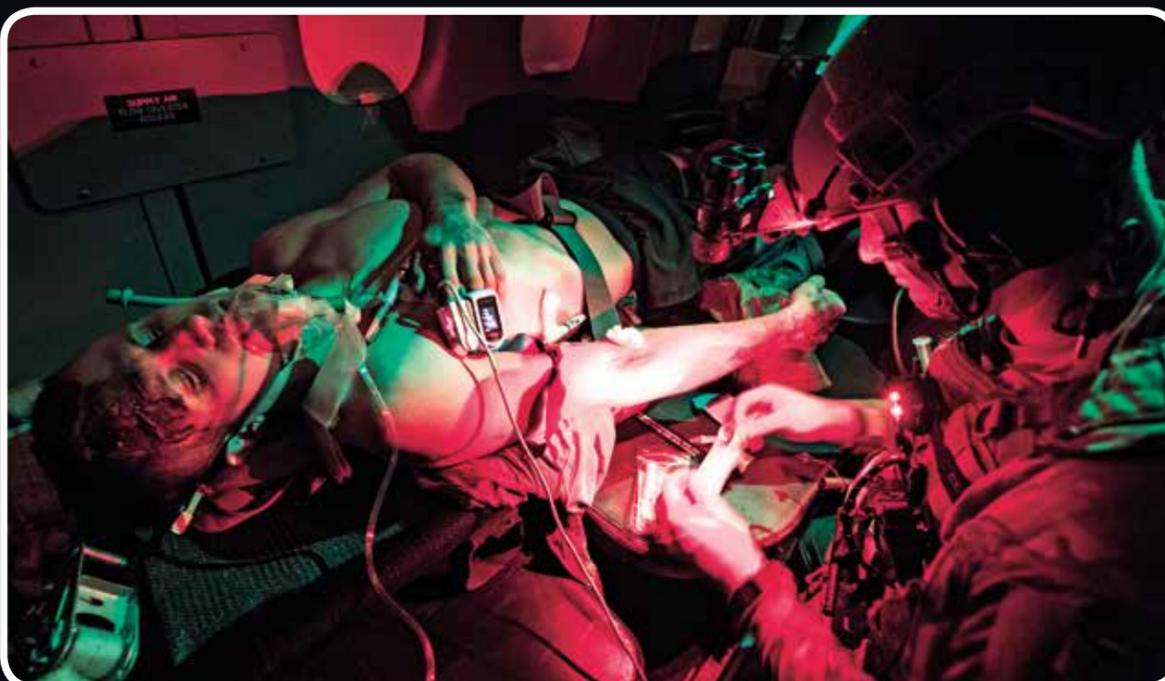
AF Week in Photos



U.S. Air Force photo by Staff Sgt. Luke Kitterman
 Cannon Air Force Base's Special Operations Forces medical element works in conjunction with Clovis Police Department's SWAT team for an active-shooter exercise at the fairgrounds in Clovis, New Mexico, Jan. 16, 2019.



Maj. John Richardson, right, 27th Special Operations Force, is seen with a simulated patient during exercise Emerald Warrior/Trident on Jan. 16, 2019. Emerald Warrior/Trident is the largest special operations training exercise the Special Operations Command forces train to respond to various scenarios.



U.S. Air Force photo by Tech. Sgt. Gregory Brook
 A U.S. Air Force special operations force medical element works with Royal Danish Air Force medical personnel to treat simulated patients aboard a C-146 Dornier aircraft at Hurlburt Field, Florida, during flight operations for casualty evacuation and critical care training as part of exercise Emerald Warrior 19, Jan. 17, 2019. Emerald Warrior provides annual realistic and relevant pre-deployment training encompassing multiple joint operating areas to prepare special operations forces, conventional force enablers, partner nations and interagency elements to integrate with and execute full-spectrum special operations in a complex and uncertain irregular warfare security environment using all aspects of live, virtual and constructive training assets.



An F-35A Lightning II taxis down the flightline before a check-out by different aircraft maintenance units from Luke AFB during a technical proficiency, safety procedures and overall time



U.S. Air National Guard photo by Senior Airman Kiara N. Spann
 An Apache AH-64 helicopter fires rounds during a close air support training mission during the Southern Strike Training Exercise at Camp Shelby, Mississippi, Jan. 18, 2019. Southern Strike 19 is a total force, multi-service training exercise hosted by the Mississippi Air National Guard's Combat Readiness Training Center in Gulfport, Mississippi, and Camp Shelby Joint Forces Training Center near Hattiesburg, Mississippi, Jan. 15 - 30, 2019. The exercise emphasizes air-to-air, air-to-ground and special operations forces training opportunities.



U.S. Air Force photo by Staff Sgt. Erin Piazza

Operations Support Squadron physician, practices medical care on a Warrior/Trident at Naval Air Station North Island, California, January 2019. This is the largest joint special operations exercise where U.S. Special Operations forces address threats across the spectrum of conflict.



U.S. Air Force photo by Senior Airman Caleb Worpel

A quarterly load crew competition at Luke Air Force Base, Arizona, Jan. 10, 2019. Six teams competed in the 56th Fighter Wing Quarterly Load Crew Competition which evaluates the ability to load munitions onto respective aircraft.



U.S. Air Force photo by Bill Evans

Kaelin Immel, U.S. Air Force Academy basketball team guard, looks for an open teammate for an inbounds play during the Mountain West Conference contest at the U.S. Air Force Academy, Colorado Springs, Colorado, Jan. 19, 2019. Air Force defeated Nevada 79-74 in overtime.



U.S. Air National Guard photo by Senior Master Sgt. Ralph Branson

Col. Mark Auer, 121st Air Refueling Wing commander, hugs his wife, Nancy, after his final flight, or fini-flight, Jan. 3, 2019, at Rickenbacker Air National Guard Base, Ohio. Auer, whose flying career spanned more than 31 years and included flying F-111 Aardvarks in Iraq during Operation Desert Storm, is relinquishing command of the 121st ARW Jan. 6, 2019, and taking a position with the Ohio National Guard.

January's Super Blood Wolf Moon full moon slides into Earth's shadow during a total lunar eclipse, Jan. 20, 2019 at Travis Air Force Base, California. The eclipse coincides with a supermoon, a full moon that occurs when the natural satellite is at or near its closest point to Earth during its elliptical orbit. Supermoons appear slightly bigger and brighter in the sky than normal full moons.

U.S. Air Force photo by Heide Couch

THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

Brought to you by the Colorado Springs Independent

ART EVENTS

Core Culture Guided Walking Tours, introducing the historic buildings, significant founders and contemporary artwork of downtown Colorado Springs. Price includes a beverage. First Saturday of every month, 10-11 a.m. \$10. Wild Goose Meeting House, 401 N. Tejon St., 886-0088, laur@downtowncs.com, downtowncs.com/tours.

First Friday Art Walk — Pueblo, monthly art celebrations encompassing multiple locations in and around Pueblo's Creative Corridor. First Friday of every month, 5-8 p.m. Union Avenue, Pueblo, 719/242-6652, Susan@PuebloArts.org, PuebloArts.org.

First Friday ArtWalk, a visual monthly walking tour featuring exciting exhibits, accomplished artists and new trends in 14 art galleries along Colorado Avenue between 23rd and 27th Streets. First Friday of every month, 5-8 p.m. Free. Old Colorado City, 520-9494, facebook.com/ArtWalkOCC.

First Friday Downtown, featuring gallery openings, meet-the-artist events, performances and cultural activities throughout the area. Free artist- or curator-led walking tours available. First Friday of every month, 5-8 p.m. Downtown, various venues, 886-0088, claire@downtowncs.com, downtowncs.com/firstfriday.

Letterpress Workshop with Anne Luben, including printing on Line-O-Scribe sign presses with antique wood and metal type, and learning to embellish prints with stitching. No experience necessary. Registration required. Materials included. Sat., Feb. 2, 10 a.m. to 4 p.m. \$50. Ent Center for the Arts, 5225 N. Nevada Ave., 255-3232, gallery@uccs.edu, uccspresents.org.

Tao of Metal Art Show, original, vintage and industrial art. First Friday of every month, 6 p.m. Tao of Metal, 220 S. Sierra Madre St., 229-6841, taoofmetal@gmail.com, taoofmetal.com.

ART EXHIBITS

Academy Art and Frame Company, 7560 N. Academy Blvd., 265-6694, academyframe@gmail.com.



COMEDY & IMPROV

Comedy Open Mic, an opportunity to get some stage time, sharing jokes in front of a supportive group. Tuesdays, 7:30 p.m. Free. Playing Field Sports Bar, 3958 N. Academy Blvd., #112, 210-1316, theplayingfieldsportsbar.com.

com, academyframesco.com. Andre Eddens, featuring this talented artist working in many media, from spray paint to drawing to copper, exploring all realms of art. Through Feb. 7. 11th Annual High School Student Ceiling Tiles, featuring work designed by area high school students. This is a competition, so come in and vote on your favorite. Through Feb. 14.

Blo Back Gallery, 131 Spring St., Pueblo, 970/749-1211, blobackgallery@gmail.com, blobackgallery.com. *Three Six Five*: Photography by Kevin Malella, featuring one photograph for every day of the year. Part of the proceeds will go to the Southern Colorado Spay and Neuter Clinic. Opening reception, Feb. 1, 6-9 p.m.; Closing re-

ception, Feb. 22. On display through Feb. 25.

Boulder Street Gallery Artists, 206 N. Tejon St., 636-9358, boulderstgalleries@gmail.com, boulderstreetgallery.com. February Featured Artists, featuring watercolorist Marsha Markwalder and landscape/cityscape artist Don Van Horn, with guest artist, June Heimsoth. Opening reception, Feb. 1, 5-8 p.m. Through Feb. 28.

The Bridge Gallery, 218 W. Colorado Ave., 269-7055, thebridgegallery@gmail.com, thebridgeartgallery.com. Jean Gumpper and Jeanne Steiner, showcasing two local artists whose works are represented in national and international art collections. Steiner, a weaver, creates two-

three-dimensional art. Gumpper creates reduction woodcut prints. Opening reception, Feb. 1, 5-8 p.m. Through Feb. 23.

Colorado Springs Fine Arts Center at Colorado College, 30 W. Dale St., 634-5581, fac@coloradocollege.edu, csfineartscenter.org. *Art of the Southwest: 1840s to Present*, a highlight of some of the most celebrated work by indigenous and Latina/o artists. Explores individual stylistic movements, artists, and topics such as art markets and creative innovations. Through July 29. Jaune Quick-to-See Smith: *In the Footsteps of My Ancestors*, artwork examining themes that perennially recur in Smith's work, including conflict, compassion, peace, the cycle of life, irony and identity. Through Feb. 10. *O Beautiful!*: Shifting Landscapes of the Pikes Peak Region, celebrating the ingenuity of artists and patrons over the last 100 years who have depicted the Pikes Peak Region and helped to build the legacy of the Colorado Springs Fine Arts Center. Through Dec. 29. *P.S. I Love You: A Portrait of Miss Elsie Palmer*, an exhibition that represents Elsie's domestic life and surroundings. Capture a rare glimpse of what life may have been like for the Palmer family during the late 19th and early 20th centuries. Through March 17. *Scenes from Life: Drawings by Bernard Arnest*, a series of 51 large drawings that encapsulated this artist's reactions to a world that he decided was essentially tragic. Through June 2. *Amos Kennedy and The Press*, the work of this Detroit-based letterpress printer, whose work explores the different ways that hand-printed posters can be a means of public expression. Feb. 2 to April 7. *Fluid Expressions: The Prints of Helen Frankenthaler*, an exhibit highlighting this artist's often-overlooked, yet highly original, whimsical and powerfully evocative print production. Includes more than 25 prints. Feb. 2 to June 2. \$10, \$5 military/senior, free for members, students and teachers.

Commonwheel Artists Co-op, 102 Cañon Ave., Manitou Springs, 685-1008, marketing@commonwheel.com, commonwheel.com. *Water in the High Desert*, a juried show of water-related art ranging from photography, sculpture, paintings, jewelry and fiber, and representing different

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STAGE

Come and Go: A Dramaticule, a performance of Beckett's classic play about three women "who sit on a bench and remember ... what exactly?" Feb. 2-3, 8 p.m. Free. CC's Tutt Science Center, 1112 N. Nevada Ave.

styles of work and different types of water. Opening reception, Feb. 1, 5-8 p.m. Through Feb. 25.

COPPER (Cultural Office of the Pikes Peak Region), 121 S. Tejon St., #111, 634-2204, info@cultural-office.org, peakradar.com. *LIMINALITY*: Works by Claire Swinford, 2015-2018, a solo show of artwork by this local artist. These works are united by their exploration of the concept of "liminality," defined as a transitional period when an idea or identity is in flux. Through March 29.

Coquette's Bistro and Bakery, 616 S. Tejon St., 520-1899, liaison@cottonwoodcenterforthearts.com, coquettesbistro.com. *Art of Gary Snyder*, a Colorado based artist who works in oils and acrylics, depicting animals, landscapes and cityscapes in a charming and haunting impressionistic style. Through April 2.

Cottonwood Center for the Arts, 427 E. Colorado Ave., 520-1899, liaison@cottonwoodcenterforthearts.com, cottonwoodcenterforthearts.com. *Faces: Portraiture*, a juried show composed of artists of all mediums who display their best depictions of traditional and experimental portraiture. Through Feb. 5. *Home*, a display of photographs by Frances Huntington depicting life after Hurricane Michael in Apalachicola, Florida. Through March 5. *Word Art: Art Inspired by Text*, a juried show comprised of artists of all mediums, coming from within Cottonwood and from across the region, presenting best depictions of visual art inspired and based around depictions of words and text. Opening reception, Feb. 1, 5-8 p.m. Through Feb. 26.

El Pueblo History Museum, 301 N. Union Ave., Pueblo, 719/583-0453, zach.werkowitch@state.co.us, historycolorado.org. *Without Borders: Art Sin Fronteras*, a display of work of artists from southern Colorado, northern New Mexico and beyond in a variety of mediums which explore the concept of borderlands and what homelands are today. Through March 1.

G44 Gallery, 1785 S. Eighth St., Suite A, 720/951-0573, galleryg44.com. Carol Dickerson, displaying her recent artwork: images that are beautiful or compelling without reference to real objects, using layers of opaque and transparent acrylic paints with other mediums. Through Feb. 16.

Gallery 113, 125 1/2 N. Tejon St., 634-5299, karenstandridge2001@yahoo.com, gallery113cos.com. February Featured Artists, showcasing the artwork of Gayle Gross as well as new member artists Irv Middlemist, Denise Nelson and Justin Spurlin. Opening reception, Feb. 1, 5-8 p.m. Through Feb. 28.

The Gallery Below, 718B N. Weber St., 347/961-4789, jonb@thegallerybelow.com, facebook.com/thegallerybelow. *Black Art Matters*, a collaboration with Colorado Black Voices Matter Open Mic for Black History month. Celebrate black excellence, not only on the mic, but through the space and art itself. Opening reception, Feb. 1, 6-10 p.m. Through Feb. 28.

GOCA 121, 121 S. Tejon St., #100, 255-3232, gallery@uccs.edu, uccspresents.org. *Gadzook!* An exhibit honoring the centuries-old practice of letterpress printing, which has been invigorated by regional, national and international artists. Exhibition includes a collaboration with The Press at Colorado College, artist talks and workshops. Through March 2.

The Machine Shop, 4 S. Wahsatch Ave., #120, 359-6966, work@jointhemachine.com, jointhemachine.com. *Recall: An Art Installation* By Su Kaiden Cho, delving into issues of ethnic liminality by means of quality of ambiguity or disorientation of identity. Opening reception, Feb. 1, 6-9 p.m. Through Feb. 22.

Manitou Art Center, 513 Manitou Ave., Manitou Springs, 685-1861, director@manitouartcenter.org, manitouartcenter.org. *Path to Presence*, work by Chelsea Beach: contemporary interpretations and traditional paubha paintings, the visual presentation of Buddhist and Hindu philosophy and transcendental meditation practices. Through Feb. 6. *1st Amendment Gallery*, including works that promote free speech through artistic expression. Ongoing.

Pikes Perk Coffee & Tea House, 5965 N. Academy Blvd., 522-1432. *Hedy & Reville*, an exhibit of the artwork Hedy DuCharme and Reville Kennedy. Opening reception, Feb. 1, 6:30-8:30 p.m., with live music by Beatitudes. Through Feb. 28.

Plaza of the Rockies, 121 S. Tejon St., 520-1899, liaison@cottonwoodcenterforthearts.com, norwoodinteractive.com/plaza. *The Art of Al B Johnson*, displaying the work of this latter-day expressionist. Working with heavy texture and bold composition, his work historically has been object-oriented. Through April 2.

Pueblo West Library, 298 S. Joe Martinez Blvd., Pueblo, 562-5600, mofolkart@yahoo.com, facebook.moremoart. *Just Animals*, an art show of animal-themed works, presented in Vectra Gallery. Through March 31. *Sit. Stay. Read.*, an exhibit with a variety of scenes: western, vintage, beach, street, animals, still life and landscapes. Feb. 4-26.

Sangre de Cristo Arts Center, 210 N. Santa Fe Ave., Pueblo, 719/295-7200, mail@sdc-arts.org, sdc-arts.org. *Icons of the Plains*, the resulting exhibition of more than a decade of photographing the grain elevators that are ubiquitous to the communities of America's heartland. Through May 19. *The Color of Light*, a National Pastel Exhibition, featuring original pastel paintings from Pikes Peak Pastel Society members and pastel artists nationally. Through May 5. *Goodnight Invitational Art Show*, this invitational benefits the Charles Goodnight barn restoration with western-themed and Americana artworks. Through March 10. *Southwest Immersions of Gene Kloss*, exploring how such topics as religion, architecture, darkness and American Indian ceremonies fit into this artist's larger view of the American Southwest in the 20th century. Through May 12. *Representing the West: A New Frontier*, featuring artwork in a variety of mediums which considers through non-traditional subject matter and materials, the changing culture and myths of the American West. Feb. 1 to May 26.

Steel City Art Works, 216 S. Union Ave., Pueblo, 542-6838, steelcityartworks@gmail.com, steelcityartworks.com. *Steel My Heart*, featuring welders and sculptors Tom Ossner and Aaron Williams. All artists will provide a variety of small but unique Valentine's Day gifts as well. Opening reception, Feb. 1, 5-8 p.m., music by Sunday Strings. Through Feb. 28.

CSBJ Events

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ERIK WALLACE
February 21

Erik Wallace heads up the Springs branch of the University of Colorado Medical School. Learn about how he approaches leadership — from his first role as president of his medical school class to leading an entire campus of future doctors. Find out about the new campus and what the future looks like for him and the campus.



The Colorado Springs **BUSINESS JOURNAL**

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PAM KELLER
March 14

Following 35 years in business, Pam Keller, CEO of Keller Homes, said there are some lessons learned that have gotten the company this far: Ask questions, build a team that puts integrity above all else, and remember that creating community is more than merely constructing a home.



COLORADO SPRINGS BUSINESS JOURNAL

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THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

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The Modbo, 17C E. Bijou St., 633-4240, themodbo@gmail.com, themodbo.com. *Birth Day Suit*, a whimsical, vibrant, retro-kitsch show of artist Kelly Gilleran's latest work. "You've never seen sexier cake than the cake in this show, believe us." Opening reception, Feb. 1, 5 p.m. to midnight. Through Feb. 22.

Tri-Lakes Center for the Arts, 304 Hwy. 105, Palmer Lake, 481-0475, seagml@compdsn.com, palmerlakeartgroup.com. Winter Art Show, one of the Palmer Lake Art Group's flagship shows. A gallery full of color brightens the winter and signals the coming of spring. Opening reception, Feb. 1, 6-8 p.m. Through Feb. 22.

Zeezo's, 112 N. Tejon St., 633-2571, spicastolfus@gmail.com, zeezos.com. *14 Fantasies*, local artist Spica's final show at Zeezo's; a showcase of stencil prints featuring characters from popular films ranging from the worlds of *Harry Potter* to *Lord of the Rings*. Through Feb. 27.

BUSINESS & TECH

Developing and Optimizing Your Business' Website, including an overview of some popular website platform options and a discussion addressing common issues and tips on creating the most effective website for your business. Tri-Lakes Chamber of Commerce, 166 Second St., Monument. Tues., Feb. 5, 11:30 a.m. to 1 p.m. Free. 667-3803, sbdc@elpaso.com, pikespeaksbdc.org/workshops.

Edward Jones Coffee Club, an opportunity to discuss current events, the economy and investing in a relaxed, informal setting. Decadent Dessert and Coffee Bar, 13375 Voyager Pkwy., #110. First Friday of every month, 10-11 a.m. 593-8500, jenna.nielsen@edwardjones.com.

Free Computer Basics Classes, meant to help users get more comfortable with Windows and internet basics, including how to manage files and how to browse the internet with various browsers. Please call if you plan to come. Joe Mullally, Emergency Computer Service, 2640 W. Colorado Ave. Saturdays, 9-10:15 a.m. Free. 667-1663, joe@eccolorado.com.

Pikes Peak Computer Application Society, a PC user group, including presentations by computer professionals. All skill and knowledge levels are welcome. First Saturday of every month, 11 a.m.-noon. Springs Community Church, 7290 Lexington Ave., 590-1705, ppcompas.apcug.org.

CONCERTS

Colin Howland: Organ Concert, featuring the director of music from Tenth Presbyterian Church in Philadelphia, who has performed internationally with numerous symphonies. Fri., Feb. 1, 7 p.m. Free. Village Seven Presbyterian Church, 4050 Nonchalant Circle S., 574-6700, v7pc.org.

Early Music Concert: Nature's Glories, a musical program inspired by nature. Featuring works by Vivaldi, Guido, Schmelzer, Biber and more, and including guest artists Mary Harrison and Jeffrey Smith on baroque violin and baroque viola. Sat., Feb. 2, 7:30-9 p.m. \$5-\$20. First Lutheran Church, 1515 N. Cascade Ave. Sun., Feb. 3, 2:30-4 p.m. \$5-\$20. First Christian Church, 16 E. Platte Ave., 377-0057, phbaroque@gmail.com, parish-housebaroque.org.

Night Music with Trio Vivante, an exploration of night-inspired music, both deep and uplifting, by Romantic and contemporary composers from around the world. Fri., Feb. 1, 7-8:15 p.m. \$10, free for students. St. Andrew's Episcopal Church, 800 Manitou Ave., Manitou Springs, 685-9259, standrewsmanitou@gmail.com, standrewsmanitousprings.org.

Rossini's Stabat Mater, a piece of music portraying Mary's suffering during the crucifixion of Jesus, sung by soprano Jenn Candib and mezzo-soprano Zoe Buxton, accompanied by Carol Wilson on the organ. Sun., Feb. 3, 11:45 a.m. to 12:30 p.m. Donations accepted. First Christian Church, 16 E. Platte Ave., 633-8888, fcc@firstchristiancos.org, firstchristiancos.org.

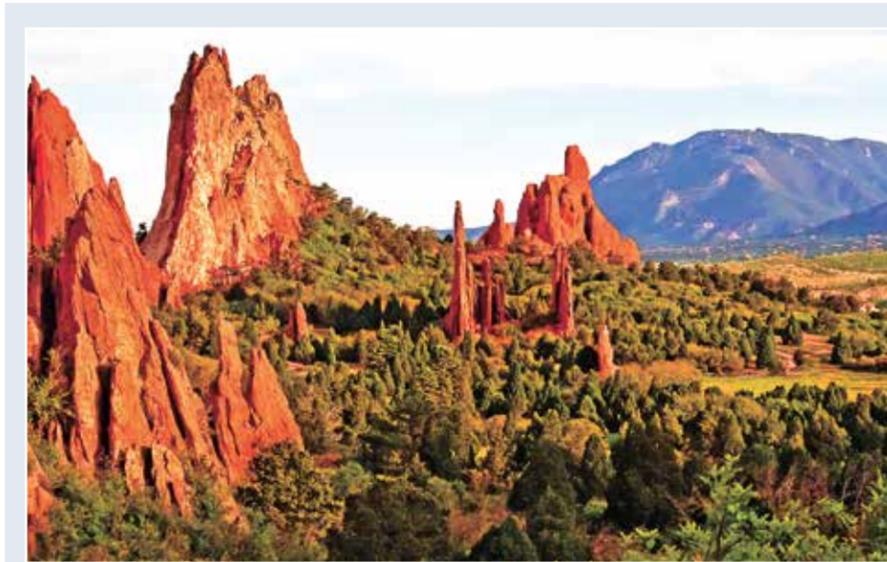
A Voice Among the Reeds, a concert by Linda Cummings, soprano, and Dan Brink, piano, performing selections by Spohr, Williams and Handel. Sun., Feb. 3, 3 p.m. Free. CC's Packard Hall, 5 W. Cache la Poudre St., 389-6607, coloradocollege.edu.

DANCE

Andante Blues Dance, partnered dancing to blues music. Come alone or with a friend. A beginner lesson is available. First Friday of every month, 9 p.m. \$5. Movement Arts Community Studio, 525 E. Fountain Blvd., #150, 963-1809, kkschmidt@lettucebrain.com, andanteb Blues.com.

CommuniDance, a free-form dance group. Saturdays, 9-10 a.m. and Wednesdays, 6-7 p.m. By donation. Movement Arts Community Studio, 525 E. Fountain Blvd., #150, movementartscs.com.

Dancing with Live Bands, weekly dancing to a va-



RECREATION & OUTDOORS

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

riety of music, including Big Band, Swing, Country, Latin and more. Free dance classes every Saturday from 5:45-6:45 p.m. \$10. International Dance Club, 2422 Busch Ave., 633-0195, internationaldanceclub.org.

Tango Mondays, beginners welcome. Mondays, 6 p.m. \$5-\$10. Cucuru Gallery Café, 2332 W. Colorado Ave., 520-9900, cucurugallerycafe.com.

FILM

Fargo, a Coen brothers cult classic on the large screen. Full bar and fresh popcorn available. Mon., Feb. 4, 7-9 p.m. Free. Ivywild School, 1604 S. Cascade Ave., 368-6100, socialmedia@ifsoc.org, facebook.com/IFSOC.

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.

Fly Fishing Film Tour 2019, an annual benefit for Project Healing Waters. See all of the year's best fly fishing films, participate in the live guide auction and get lucky with massive giveaways. Sat., Feb. 2, 6:30 p.m. \$20. Stargazers, 10 S. Parkside Drive, 476-2200, stargazers2525@aol.com, stargazerstheatre.com.

HEALTH & WELLNESS

CPR classes from American Heart Association,

get certified by the American Heart Association in adult, child, infant CPR, AED and first aid. Get your card in one week. Pre-registration required. Tuesdays-Thursdays, 9 a.m. to 2 p.m., Saturdays, 11 a.m. to 2 p.m. and Mondays, 6-9 p.m.; through Dec. 14. \$60, includes a book. Simple Therapeutics, 3100 N. Academy Blvd., #115, 229-5504, jdcleveland78@gmail.com, simpletherapeutics.massagetherapy.co.

Essential Oils 101: Toxin-free Living, an opportunity to learn how to kick toxic chemicals out of your home and vastly improve your health, using Young Living Essential Oils' products. Saturdays, 10:30 a.m.-noon. Free. San Miguel Wellness Center, 3939 East San Miguel, 351-8005, oilevangelist@gmail.com, facebook.com/OilEvangelist.

Gentle Stretching, with instructor Bill Currington, bringing three decades of yoga, dance and martial arts experience to this gentle stretching class, suitable for all ages and people with limited mobility. Tuesdays, 6-7 p.m. \$10. Movement Arts Community Studio, 525 E. Fountain Blvd., #150, 358-1816, bill.currington@jppso-cos.af.mil, movementartscs.com.

NAMI Basics: Southern Colorado Springs, a six-week course for parents and other caregivers of children and adolescents showing signs of mental illness. Meets once weekly. Registration required. Tues., Feb. 5, 6-8:30 p.m. Free. NAMI Office, 510 E. Willamette Ave., 473-8477, info@namicos.org, namicoloradosprings.org.

Touch Therapy for Cancer, "soothe, energize, support and expedite your radiation/chemotherapy recovery time with a volunteer touch therapy practitioner." Available weekly to anyone with a cancer diagnosis. Ongoing. Donations accepted. lifesparknow.org.

Wellness at Cottonwood, a free community event that brings together local holistic professionals to educate the community about living a healthier lifestyle. First Monday of every month, 5:30-8 p.m.; through March 2. Free. Cottonwood Center for the Arts, 427 E. Colorado Ave., 210-2065, essentialwellnesssociety@gmail.com, facebook.com/essentialwellnesssocietycos.

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.

Baby Time, Stories and activities for babies and their families. Thursdays, 10 and 11 a.m. Library 21c, 1175 Chapel Hills Drive. Stories and activities for babies and their families. Tuesdays, Thursdays, 10:30 a.m. Fountain Branch Library, 230 S. Main St., Fountain.

Fun With Air, an opportunity to try some experiments together and make some observations. You'll even get to make a helicopter to test out some of the things you have learned. Sat., Feb. 2, 1-3 p.m. Free with museum admission. Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, 686-1820, custserv@rmdrc.com, rmdrc.com.

Music and Movement, for children ages 2 and 3 to dance and play with friends and parents. Mondays, 10 a.m. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000. Tuesdays, 10:30 a.m. Cheyenne Mountain Library, 1785 S. Eighth St., #100, 633-6278, ppld.org. Wednesdays, 9:30 and 11 a.m. Library 21c, 1175 Chapel Hills Drive.

Play and Learn, with toys, games, music and puzzles to help children younger than 5 learn to read. Fridays, 10:30 a.m. Cheyenne Mountain Library, 1785 S. Eighth St., #100, 633-6278, ppld.org.

Snuggle-Up Story Time, for ages 3 and older. Wear pajamas and bring a toy. Wednesdays, 7 p.m. East Library, 5550 N. Union Blvd., ppld.library-market.com.

Storytime, introducing children ages 3 through 7 to picture books, flannel board stories, finger plays, music, art, poetry, film and puppetry. Fridays, 10:30-11:15 a.m.; through May 31. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000, ppld.library-market.com.

LECTURES & LEARNING

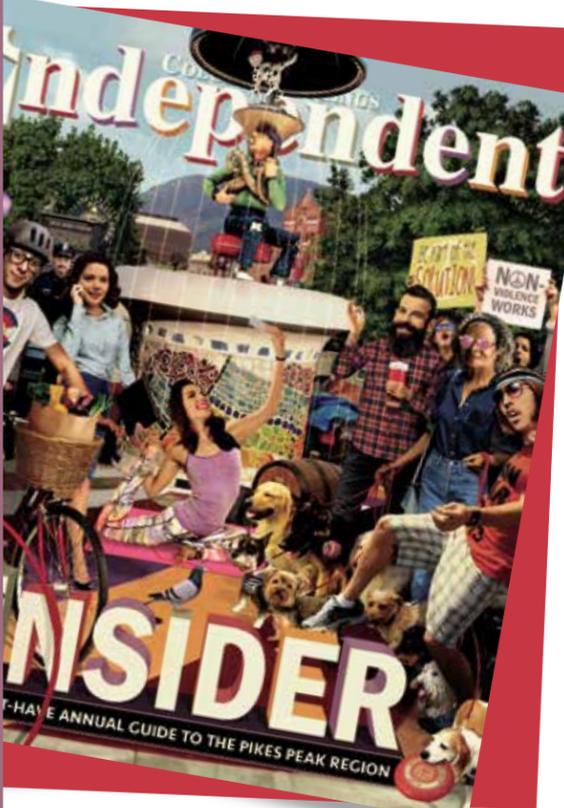
Coffee with COPPeR: Arts Patron Data Analysis, an event to share the results of a special data analysis project that was designed to learn more about arts consumers and arts patrons in El Paso and Teller counties. RSVP requested. Tues., Feb. 5, 8:30-10 a.m. Free. Millibo Art Theatre, 1626 S. Tejon St., 634-2204, info@culturaloffice.org, facebook.com/artsculturefun.

Cornerstone Arts Week Keynote: Roxane Gay, featuring this prolific and celebrated author whose works have appeared in multiple antholo-



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THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

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FOOD & DRINK

Guided Chocolate Tastings, guided by a chocolate expert. You can enjoy several bite sized pieces of barks and candy bars. Tastings usually last between 10-20 minutes. Fridays, Saturdays, 7-10:30 p.m. Free. Cacao Chemistry, 109 N. Tejon St., 633-3686, sales@cacaochemistry.com, cacaochemistry.com.

gies, and who wrote *World of Wakanda* for Marvel. Fri., Feb. 1, 7 p.m. Tickets required. Kathryn Mohrman Theatre in CC's Armstrong Hall, 14 E. Cache la Poudre St., 389-6000, coloradocollege.edu.

Maker In Residence: Knit A Flat Striped Scarf, learn how to get started with common stitches and read a scarf pattern so you can practice your new skill with yarn and needles to take home. Registration required. Tues., Feb. 5, 5:30-7 p.m. Free. High Prairie Library, 7035 Old Meridian Road, 260-3650, hi@ppld.org, ppld.librarymarket.com.

LITERARY EVENTS

DD Adair's Golden Age Series Book Launch, an event including hors d'oeuvres, discounts and book signings set amidst enchanting local art. Author readings at 2 p.m. and 4 p.m. Sat., Feb. 2, 1-6 p.m. Free. Manitou Art Center, 513 Manitou Ave., Manitou Springs, 685-1861, tinyurl.com/DDAdairBookLaunch.

First Saturday Open Mic, a great place to share poetry and meet with other creatives in Colorado Springs. Come share your voice. Hosted by Hear Here Poetry. First Saturday of every month, 7-10 p.m. Free. Penrose Library, 20 N. Cascade Ave., 531-6333, hearherepoetry@outlook.com, facebook.com/hearherepoetry.

First Tuesday Poetry, an open mic that gives voice to everyone who needs to be heard, and community to people who need to be seen. No experience required. First Tuesday of every month, 6:30-9 p.m.; through April 2. Free. Spice Island Grill, 10 N. Sierra Madre St., 203-9178, spiceislandgrill.com.

Off the Record, a local storytelling event, with stories ranging from comedy to serious tear-jerkers. Last Thursday of every month, 7 p.m. \$5 suggested donation. The Gallery Below, 718B N. Weber St., 347/961-4789, thegallerybelow.com.

Open Critique, open to anyone who needs a second set of eyes on a few pages of their work. Bring eight copies of eight manuscript pages for critique. Email to reserve a space in advance. Host is Robert Spiller. Tues., Feb. 5, 6-8:30 p.m. Free. Colorado Springs Police Department Falcon Station, 7850 Goddard St., 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.

RECREATION & OUTDOORS

Legends Running Club, a group run along the Sand Creek Trail every Wednesday. Drink discounts for runners. Wednesdays, 6-8 p.m. Legends Rock Bar, 2790 Hancock Expressway, 390-0423, legendsrockscoco.com.

MetroDemic Scavenger Hunt, an outdoor game to stop the massive epidemic that has hit Colorado Springs. Use your brains and smartphones in this

irreverent scavenger hunt. First Saturday of every month. \$35 for a team of two to four people. Colorado Springs Pioneers Museum, 215 S. Tejon St., 347/850-7609, metrodemic@kuriocitygames.com, metrodemic.com.

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

Women's Mountain Bike Ride, welcoming all levels of riders, but a mountain bike (not cross or hybrid) is required. Location changes every week and will be updated on Facebook. Fridays, 9 a.m.-noon; through April 26. Free. Various locations, Colorado Springs, 661-2967, mtbwithstacy@gmail.com, facebook.com/mtbwithstacy.

SPECIAL EVENTS

Colorado Springs Gun and Knife Show, including tables full of new and used guns and ammo. There will be archery supplies as well as hundreds of knives to choose from. Sat., Feb. 2, 9 a.m. to 5 p.m. and Sun., Feb. 3, 10 a.m. to 4 p.m. Adults \$10, youth 16 and under are free. Colorado Springs Event Center, 3960 Palmer Park Blvd., 816/676-1200, erics@rjpromotions.com, rjpromotions.com.

Pikes Peak Community College Kick-off to Black History Month, a celebration for students, faculty, staff, alumni and the local community. Explore exhibits, join a tour and learn more about the history and contributions of African Americans in the Pikes Peak region. Includes a cookie and punch reception. RSVP required. Fri., Feb. 1, 3-5 p.m. Free. Colorado Springs Pioneers Museum, 215 S. Tejon St., 385-5990, COSMuseum@springsgov.com, cspm.org.

SPIRITUALITY

Close-up Yoruba religion, introducing members of the community to the Nigerian religion, Yoruba, with special offers on products and services. Botanica Laboni, 3775 E. La Salle St. Mondays-Fridays, 10:30 a.m. to 5:30 p.m.; through March 29.

Sun Mountain Sangha, a Buddhist community which practices in the tradition of Thich Nhat Hanh. Each session includes meditation and Dharma discussion. Vegetarian potluck to follow the session on third Sundays. Sundays, 4-5:30 p.m. Donations accepted. Tai Chi Association of Colorado Springs, 219 W. Colorado Ave., #310, 473-7059, barryjf@q.com, taichicolorado-springs.com.

Zen Meditation, meditation sessions from Springs Mountain Sangha, "a Zen community in the koan tradition." Mondays, 6-8 p.m. Free, donations gratefully accepted. CC's Shove Memorial Chapel, 1010 N. Nevada Ave., 659-3608, elizabeth.cramer51@gmail.com, smszen.org.

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Military spouses have one of the highest unemployment rates in the country. At this event, local spouses from five military bases will have the chance to meet local business leaders, discuss job opportunities, have professional photos taken for LinkedIn and get tips about how to land their next positions. Childcare will be available.

Save the date: May 16, 2019



FAMILY MOVIE NIGHT EVENT



The family who plays together, stays together.

Join the Colorado Springs Military Newspaper Group for a night at the park, complete with a family friendly movie, food trucks and local marketing booths. Support military families through this fun event.

Save the date: Aug. 9, 2019





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WHEN YOU'RE SERIOUS ABOUT REAL ESTATE

Land Lots – Sandcreek Preserve - \$39,500 each



12 lots 2.5 to 5.3 acres. Sandcreek Preserve is a rural feeling subdivision on over 300 acres with 26 building sites & only 12 left. Each lot ranges from 2.5 to 5.3 acres with mountain views, horses allowed, paved county maintained roads, central water, & no HOA dues. Fire department, elementary school, & church are inside subdivision. 20 minute drive on I-25 to either Colorado Springs or Pueblo. No mobile homes or HUDs but IBC modular are fine.

7566 Indian Village Heights – Sandcreek Preserve - \$299,900



Brand new upscale IRC rancher on 3.7 acres. Open concept 1860 sq. ft. 3 bed, 2 bath 1-level rancher on 3.7 acres zoned for horses. Stainless steel & hickory island kitchen. Gas log fireplace. Central air. 22x22 attached garage with opener & 8' door. Crown molding & paneled doors throughout. Located approximately 20 minutes to both Colorado Springs or Pueblo. Beautiful unobstructed mountain views. Paved county maintained roads. Elementary school, church, & fire department within subdivision. No HOA dues. MLS# 5344670

14395 Westchester Drive – Gleneagle - \$455,000



2-story backing to open space. Immaculate 4019 sq. ft. 3 bed, 2 1/2 bath 2-story backing to 97 acre open space with trail system. Most beautiful landscaping in Gleneagle. Island kitchen. Central air. 32x16 master bed with 5-piece master bath. Vinyl windows. Hardwood floors. Office. 2 1/2-car finished garage. 600 sq. ft. 2-tiered deck. Perennials, pines, mature trees & scrubs, walking paths, pergola, & potting shed. Gardeners dream. Room in 80% finished basement for 2 more beds & 4th bath. MLS# 4881185

6 Las Piedras Escondidas – Garden of the Gods – \$1,275,000



Horse property backing to the Garden of the Gods. Remodeled all brick rambling rancher with 5050 sq. ft. on 1.77 acre private lot backing directly to the Garden of the Gods. Sweeping unobstructed mountain & Pikes Peak views. 3 beds, 3 1/2 baths, & an indoor pool. No HOA or covenants. 4-stall pole barn. Additional 1.85 acre lot available also. Wonderful traditional custom home in the same family since 1964 when it was originally built. MLS# 1016190

MORE GREAT LISTINGS

14655 Irwin Drive
Park Ridge • \$44,000
Land

1710 Aldrin Place
Park Ridge • \$45,000
Land

124 Neeper Valley Road
Crystal Park • \$48,000
Land

0 Upper Sun Valley Road
Crystal Park • \$50,000
Land

14705 Irwin Drive
Park Ridge • \$55,000
Land

1655 Aldrin Place
Park Ridge • \$65,000
Land

1715 Aldrin Place
Park Ridge • \$65,000
Land

1740 Aldrin Place
Park Ridge • \$65,000
Land

6055 Big Horn Road
Crystal Park • \$70,000
Land

0000 Waterfall Loop
Crystal Park • \$75,000
Land

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

Forest Road
Manitou Springs • \$85,000
Land/Under Contract

Steep Road
Crystal Park • \$105,000
Land

3816 Smoke Tree Drive
Briargate • \$159,900
Town Home/Under Contract

1535 Monterey Road #230
Spring Creek • \$185,000
Condo

1535 Monterey Road #200
Spring Creek • \$189,900
Condo/Under Contract

350 Longhorn Cattle Drive
Ellicott • \$199,900
Commercial

710 Hathaway Drive
Powers • \$225,000
Commercial Land

1303 Server Drive
Pikes Peak Park • \$235,900
Under Contract

5373 Prominence Point
Stetson Hills • \$252,900
Town Home

225 Turf Trail Place
Fountain • \$255,000
Under Contract

606 Leta Drive
Security • \$279,500

2106 Wold Avenue
Northglenn Heights • \$284,900
Under Contract

8614 Indian Village Heights
Sandcreek Reserve • \$295,000
Under Contract

7566 Indian Village Heights
Sandcreek Preserve • \$299,900

7304 Evening Moon Court
Sandcreek Preserve • \$299,900
Under Contract

14420 Club Villa Drive #D
Gleneagle • \$329,900
Town Home

7039 Honeycomb Drive
Falcon Highlands • \$340,000
Under Contract

3230 Excelsior Drive
Briargate • \$435,000
Patio Home

10216 Antler Creek Drive
Meridian Ranch • \$450,000

14395 Westchester Dr
Gleneagle • \$455,000

15590 Castlegate Court
Kingswood • \$609,900

8470 Aspenglow Lane
Cascade • \$799,900

2515 Constellation
Skyway • \$885,000

6 Las Piedras Escondidas
Garden of the Gods • \$1,275,000

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

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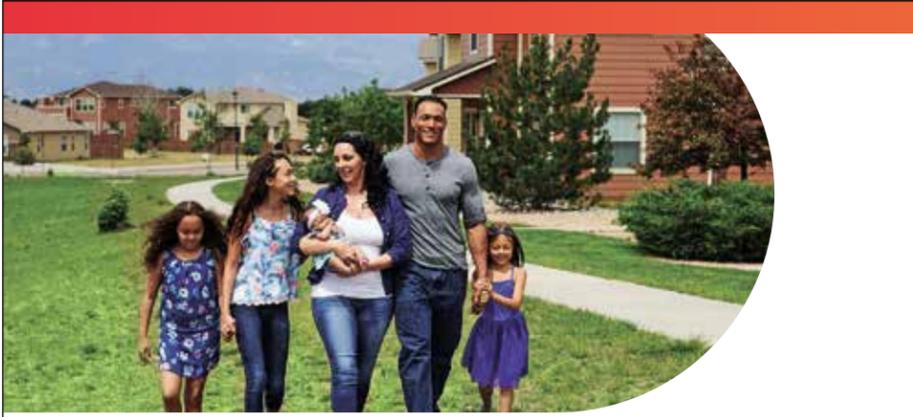


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By Wren Schultz



OPPOSITE SIDES

ACROSS

- 1 Club rule
- 6 Hendrix at Woodstock
- 10 "Who knew!"
- 14 Walled Spanish city
- 15 Biblical source of free fruit
- 16 Garfield's sidekick
- 17 Oman neighbor
- 18 "The ___ of the Rings"
- 19 "Damn Yankees" woman
- 20 Enjoy gravy to the max?
- 23 "Told ya!"
- 24 Win on Weight Watchers?
- 25 Tree ring statistic
- 28 Nickelodeon explorer
- 31 Break a promise
- 35 Man cave, perhaps?
- 38 Protest gently
- 39 Annan once of the U.N.
- 40 (I'm mad!)
- 41 Bridle strap
- 42 Readies for publication
- 44 Moral police?
- 47 Rose in price
- 49 Thought-provoking
- 50 "Are we there ___?"
- 51 World Cup cheers
- 53 Like sashimi
- 55 Bag groceries as a pair?
- 62 Beneficial berry
- 63 Minute opening
- 64 Demanding standard
- 66 "___ be a pleasure!"
- 67 Constant
- 68 Wear away
- 69 Herb added to havarti
- 70 Musical silence
- 71 County near London

DOWN

- 1 Howl at the moon
- 2 Fashion's Saint Laurent
- 3 Stretch ___ (long ride)
- 4 A, in the Torah
- 5 Classified rectangles
- 6 Become cohesive
- 7 Teen favorite
- 8 Strep of "The Post"
- 9 Like some tennis courts
- 10 Best period, period!
- 11 Stench
- 12 Grain tower
- 13 Bucket of bolts
- 21 Its "P" stands for "pancakes"
- 22 Broken in
- 25 Out of kilter
- 26 Sparkling rock
- 27 Keebler-esque?
- 29 Tattered attire
- 30 Sharp-smelling
- 32 Mani-pedi board
- 33 Sherpa's job
- 34 Dadaist Max
- 36 Elaborately dressed up
- 37 Marine eagle
- 43 Takei's "Star Trek" role
- 45 Richard of "Chicago"
- 46 In hot water
- 48 Black shaker filler
- 52 Kitchen range
- 54 Rotates with a buzz
- 55 "Because I ___ so!"
- 56 Intermission preceder, maybe
- 57 Not just text
- 58 Minerals in veins
- 59 Polite guy
- 60 Boosts may inflate them
- 61 Took a tram
- 65 Tyrannosaurus ___

ANSWERS CAN BE FOUND IN THE CLASSIFIEDS

1	2	3	4		5	6	7	8	9	10		11	12	13	
14					15								16		
17					18								19		
20						21						22			
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33						34			35	36				37	
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	46							47			48	49			
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54	55					56			57		58		59	60	61
62						63				64					
65						66							67		
68						69							70		

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02/02



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