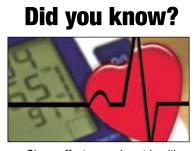


Thursday, February 14, 2019

2nd SOPS develops Army smart books



Sleep affects your heart health. See page 4 for more details on the health fair Feb. 19.

BASE BRIEFS

Spouses are invited to events marked with

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.

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.

More Briefs page 15

By Halle Thornton 50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — The 2nd Space Operations Squadron exemplified the 50th Space Wing's mission, "evolve space and cyberspace warfighting superiority through integrated and innovative operations" recently when the GPS Warfighter Collaboration Cell collaborated with USA Space and Missile Defense Command's Army Space Training Integration to build training smart books for Army Brigade Combat Teams prior to deployment.

The members met with an FA-40, the Army space career field designator from USASMDC to build a smart book with standardized GWCC products to include spike charts, jamming plots, which will be provided to the Army's three Combat Training Centers to be used in the preparation for deployment to combat zones.

"These products will provide a standardized model for the Army to integrate the GWCC into their initial training of troops headed to locations with potentially denied GPS environments," said Lt. Col. Stephen Toth, 2nd Space Operations Squadron commander.

The training will teach up to 140,000 soldiers on an annual basis and represents the most significant effort to this point to integrate space and PNT knowledge and programs into USA training.

First Lt. Savanna Whitaker, 2nd SOPS GWCC deputy director, one of the lead mission analysts for the GWCC, formerly known as the GPS Operations Center, participated in the initial discussion for this collaboration.

"Our team met with the CTC Integration OIC with the Army Space Training Integration Branch, United States Army Space and Missile Defense Command to discuss the support we could provide as well as to determine the way forward to best meet their needs," she said.

See **Collaboration** page 10



U.S. Air Force courtesy graphic

Three members of the 2nd Space Operations Squadron GPS Warfighter Collaboration Cell collaborated with USASMDC's Army Space Training Integration last month to build training smart books for Army Brigade Combat Teams prior to deployment. The 2nd SOPS operates the largest Department of Defense spacecraft constellation via the Master Control Station and a worldwide network of monitor stations and ground antennas.

1, 2, 3, Go for Green launches at DISH



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INSIDE

Speed mentoring opportunity......5 COOL program for Airmen...... 11



The Go for Green 2.0 program employs a color-coded labelling system for easier identification of high, medium and low performance foods according to nutritional value, additionally identifying high, moderate or low sodium levels. The change also brings a new selection of healthier menu items and prices.

By 2nd Lt. Idalí Beltré Acevedo 50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — The satellite DISH dining facility at Schriever Air Force Base, Colorado, launched the rebranded Go for Green 2.0 program Feb. 11. The Go for Green 2.0 initiative is a Department of Defense program encour-

aging conscious eating by improving the nutritional environment in military dining facilities. The latest nutrition science, input from Department of Defense experts and best practices in community health promotion form the basis for this newly revised G4G program.

"Go for Green is a labelling system to help

Airmen make better food choices," said Carol Carr, 21st Medical Squadron health promotion coordinator. "Green will be high performance foods and reds are lower performance foods or things you want to eat less frequently."

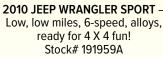
See Performance page 9

U.S. Air Force photo by 2nd I t. Idalí Beltré Acevedo













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A LEADER'S PERSPECTIVE

Rapidly evolving satellite command, control requires unique, adaptive leadership

Commentary by Lt. Col. Stephen Toth 2nd Space Operations Squadron commander SCHRIEVER AIR FORCE BASE, Colo. As we continue to evolve from operating in a benign environment to one that requires us to operate as warfighters in a contested, degraded, and operationally limited environment, we must think, lead and operate differently. According to Air Force Doctrine Document 1, Air Force Basic Doctrine, Organization, and Command, "Execution should be decentralized within a command and control architecture that exploits the ability of front-line decision makers ... to make on-scene decisions during complex, rapidly unfolding operations." In essence, we must empower individuals at all levels to exercise good judgment throughout the execution of mission objectives.

In order to enable this, the operating conditions must allow for individual empowerment. The means to the ends of individual empowerment within an organization are linked to three key attributes: understanding, clear intent and trust within an organization.

Understanding enables the making of well-informed decisions. Understanding



Lt. Col. Stephen Toth 2nd Space Operations Squadron commander

entails knowing yourself, the enemy, the environment, the terrain and the mission. In warfare, all of these are necessary components to effective decision making, risk management and consideration of potential second and third order effects of that decision. The determining factor of how effective the decision will be is based upon how well informed the decision was at the time of execution. We must all continue to seek information, ask questions and create a culture where there are no secrets by ensuring information consistently reaches every level throughout the command.

Clear intent enables and sets the foundation for the end-state; where we are going or where we want to be. Intent fused with understanding enables tactical-level commanders to fight through an evolving landscape, in real time, as the plans require modification due to environmental shifts or changes in enemy tactics. As such, clear intent executed with unambiguous understanding during the tactical phase of mission execution enables the commander to adapt and find alternative viable approaches, achieving the same desired end state.

Trust is the bedrock, and without it, the ability to execute orders and operations in a CDO environment is not possible. Trust however, is also the most challenging of the attributes to attain. Trust must be developed over time; it cannot be taught or given, and at times it is revocable. Trust also functions as the enabler and the instrument of empowerment within an operational relationship by instilling within the chain of

See Leadership page 9

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Wellness Tips To Better Your Life

Sleep Optimization

$\sqrt{2}$ HEART HEALTH



How Does Sleep Affect Your Heart Health?

Feeling tired? Can't stop yawning? You may not be getting enough sleep. Getting good sleep isn't just important for your energy levels—it is critical for your heart health, too. Sleep helps your body repair itself.

What health conditions are linked to a lack of sleep?

High blood pressure. During normal sleep, your blood pressure goes down. Having sleep problems means your blood pressure stays higher for a longer amount of time. High blood pressure is one of the leading risks for heart disease and stroke. About 75 million Americans—one in three adults—have high blood pressure.

Type 2 diabetes. Diabetes is a disease that causes sugar to build up in your blood, a condition that can damage your blood vessels. Some studies show that getting enough good sleep may help people improve blood sugar control.

Obesity. Lack of sleep can lead to unhealthy weight gain. This is especially true for children and adolescents, who need more sleep than adults. Not getting enough sleep may affect a part of the brain that controls hunger.

What sleep conditions can hurt my heart health?

Sleep apnea happens when your airway gets blocked repeatedly during sleep, causing you to stop breathing for short amounts of time. Sleep apnea can be caused by certain health problems, such as obesity and heart failure. Sleep apnea affects how much oxygen your body gets while you sleep and increases the risk for many health problems, including high blood pressure, heart attack, and stroke.

Insomnia is trouble falling sleep, staying asleep, or both. As many as one in two adults experiences short-term insomnia at some point, and 1 in 10 may have long-lasting insomnia. Insomnia is linked to high blood pressure and heart disease. Over time, poor sleep can also lead to unhealthy habits that can hurt your heart, including higher stress levels, less motivation to be physically active, and unhealthy food choices.

How Does Sleep Affect Your Heart Health? Retrieved from https://www.cdc.gov/features/sleep-heart-health/index.html

Think about all the factors that can interfere with a good night's sleep. You can adopt habits that encourage better sleep. Start with these simple tips.

- Go to bed and get up at the same time every day.
- If you don't fall asleep within about 20 minutes, leave your bedroom and do something relaxing.
- Pay attention to what you eat and drink. Don't go to bed hungry or stuffed.
- Create a restful environment
- Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.
- Limit daytime naps. Long daytime naps can interfere with nighttime sleep.
- Include physical activity in your daily routine. Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however.
- Manage worries. Stress management might help.
- Nearly everyone has an occasional sleepless night but if you often have trouble sleeping, contact your doctor.

Sleep tips: 6 steps to better sleep. Retrieved from https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379

February 28th is National Public Sleeping Day. Are you tired? If you are, go ahead and take a nap. It is a day for anyone and everyone to take a nap on a blanket at the beach, at the park, in the movie theater, on a bus, train, or subway or any other public place that may work for you. Studies have shown certain types of naps fuel the brain and recharge our batteries. Naps can improve productivity, decrease health risks and improve morale.



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FIND YOUR DREAM HOME! in our Welcome Home section on page 20

Speed mentoring opportunity offered to Airmen

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

SCHRIEVER AIR FORCE BASE, Colo. — Airmen at Schriever Air Force Base, Colorado, have the opportunity to participate in a speed mentoring event which includes senior 50th Space Wing leadership in Building 210, Room 310 Feb. 26.

Col. Jennifer Grant, 50th SW commander, and Chief Master Sgt. Boston Alexander, 50th SW command chief, headline a list of base leaders providing a unique opportunity for Airmen to receive candid, one-on-one advice.

"Speed mentoring is a fantastic opportunity for Airmen to receive feedback and gain insight from senior leaders who hail from a variety of backgrounds and experiences," Grant said. "Each mentor can provide a unique perspective and lens through which Airmen can glean insight on everything from advantageous career decisions to Air Force processes to life in general."

According to Master Sgt. Janelle Amador, 50th Force Support Squadron career assistance advisor, the event is a result of feedback from Airmen requesting it.

"We created this course in order to provide the same mentorship to the base populace that the company grade officers get during their CGO Professional Education Course," she said. "I have had enlisted and wing leadership say it would be great to give all Airmen the same opportunity."

To ensure quality time and attention, the event is limited to the first 18 Airmen who sign up. (Link provided at the end of this article.) Commanders and chiefs will serve as mentors with one of each at all tables. Airmen should bring prepared questions ranging from Air Force mission issues to professional development. After 12 minutes, a chime will sound and Airmen will rotate tables, repeating until the end of the session.

Airmen are reminded if they have any



U.S. Air Force photo by Dennis Roger

Chief Master Sgt. Heather Moody, Air Force Space Command A1 chief enlisted manager, gives career advice to Airmen during a speed mentoring session at the event center at Schriever Air Force Base, Colorado, March 2, 2018. Airmen have the opportunity to attend a similar mentoring session that includes senior 50th Space Wing leaders in Building 210, Room 310, Feb. 26, 2019.

questions or concerns specific to a particular unit or its processes, it is proper protocol to have first given their leadership an opportunity to address them.

"This is a candid mentorship session where different leaders will give you different perspectives of today's interests," Amador said. "They will also give you advice on career progression and share what worked for them. To be able to hear so many different stories and perspectives helps set our Airmen up for success."

While senior leaders continually make themselves available to Airmen, Amador said an opportunity to receive mentorship from so many at the same time and place is unique.

"It is very rare to get an opportunity like this," she said. "It's is a great opportunity for our Airmen because this mentorship session provides one-on-one mentorship opportunities with commanders and chiefs from around the installation in one place. As a young Airman, this is an opportunity I never had and strongly encourage anyone interested to take advantage of it."

Although the event's goal is to provide Airmen the value of learning from senior leaders, those leaders are also looking forward to learning from the sessions. "Mentoring allows leaders the opportunity to take the pulse of the force in terms of what questions and concerns Airmen have to help us better align information and educational efforts with current needs," Grant said. "Airmen who participate in this event will benefit from the knowledge of people who have been in the business of Airmanship for some time."

The next speed mentoring session is tentatively scheduled for May 23 and will be shared with 50th SW Airmen via email through their chain of command.

To register for the event, visit: https://cs2. eis.af.mil/sites/12936/default.aspx.

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1st SOPS: Tip of spear for space

By Halle Thornton

50th Space Wing Public Affairs SCHRIEVER AIR FORCE BASE, Colo. — If you're not first, you're last.

The 1st Space Operations Squadron's motto might seem misplaced, but this level of confidence is required when working on a championship team.

The squadron, activated Feb. 14, 1961, is Air Force Space Command's premier organization for space-based situational awareness to assure access to space by commanding satellites to collect and disseminate decisionquality information and provide SSA throughout the spectrum of conflict.

Orbital analysts, mission planners and program engineers provide program-specific knowledge and support to those crews while operators perform all pre-contact planning, real time contact and post-contact actions.

1st SOPS is known as the tip of the spear for space. Maj. Andrew Nemeth, 1st SOPS director of mission assurance, said a typical day involves maintaining the capabilities 1st SOPS provides, and planning for the successful integration of new systems and capabilities.

"Day-to-day operations at 1st SOPS are dynamic," he said. "It takes a lot of solid teamwork to deliver over 75 percent of all the daily Space Surveillance Network's deep space observations.

"We optimize our plans to provide timely collection for our customers' decision-making needs," Nemeth continued. "Some of the best feedback I have heard from our customers has been '1st SOPS saw it first' and '1st SOPS saw it best.' We are hearing that kind of feedback more often."

Nemeth said the best part about working in 1st SOPS is the people.

"No matter how you got here, whether you support as a contractor or civilian, regular Air Force or Reserve, we are all on the same team," he said. "We look for ways to improve and pursue innovation relentlessly. We know our mission is absolutely essential for success across the spectrum of conflict, as everything starts with solid SSA. The mix of experience and dedication in the unit is fantastic."

See Satellites page 7

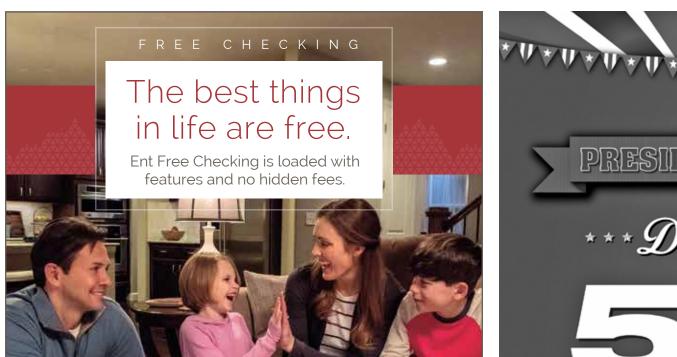


(Above) 1st Space Operations Squadron Geosynchronous Space Situational Awareness and Space Based Space Surveillance crews operate satellite vehicles on the combined operations floor at Schriever Air Force Base, Colorado, Friday, April 28, 2017. This marked the first time space situational awareness operations were brought together into one ops floor, named Mod 9.

(Right) The 1st Space Operations Squadron is Air Force Space Command's premier organization for space-based situational awareness to assure access to space by commanding satellites to collect and disseminate decision-quality information and provide SSA throughout the spectrum of conflict. 1st SOPS was activated Feb. 14, 1961 and since then has undergone name changes, mission changes and the opportunity to work on multiple satellite programs.



U.S. Air Force courtesy graphic







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Satellites

From page 6

Nemeth joined 7th SOPS, the reserve unit associated with 1st SOPS, mid-October and shortly thereafter received orders to support 1st SOPS full-time as an operational engineer.

"A short time later, I was asked to be the engineering flight commander," he said. "Now I am proud to serve on the 1st SOPS leadership team as the director of mission assurance."

Capt. Krystal Jenkins, 1st SOPS mission planner, came in as a satellite vehicle operator in 2016, and has experienced different aspects of working in the squadron.

"It was really different," she said. "From the SVO perspective, you're the one running the tasks."

As a mission planner, Jenkins gets to plan commands, keep contacts of the sites and times and manages collision avoidance.

"You get to see a deeper part of the planning piece," she said. "On the low orbit side, you are profiling SSA to the

SSN, tracking objects in space, cataloging, tracking foreign objects and tracking foreign launches as well.

"It's a pretty straightforward job," Jenkins continued. "You're tasked with a job and then execute."

Nemeth said every space system 1st SOPS operates is delivered to execute missions in timely and efficient ways.

"We have this constant opportunity to recognize synergies, to make the total 1st SOPS capability more than the sum of its parts," he said. "As a consumer of SSA data, 1st SOPS has an internal demand for timely and very accurate SSA data. As such, we have identified methods to leverage the different look geometries of our platforms to significantly reduce the error in the orbits of objects we are interested in.

"The result is more flexibility for our own mission planning needs," he continued. "We are cultivating a culture of innovation and more often are asking 'What if?' and 'Why not?' We take challenges and turn them into opportunities."

Jenkins' favorite part about working in 1st SOPS is the deeper knowledge from the system level.

"I like getting to understand the planning aspect of everything and seeing how that plays out in the operational piece," she said. "When I was an SVO, you just sat there and clicked buttons to send up commands, not really knowing the effects of what you're doing. For the mission planning piece, you get to see those effects."

Tech. Sgt. Charles Osbourne, 1st SOPS flight chief of mission assurance operations, maintains 14 communication networks for 1st SOPS.

"In a sense, we're kind of like an imbedded communication squadron inside of 1st SOPS," he said. "Normally communication is kind of a thankless job, they don't really know who or what we are until something doesn't work. It's not that way with 1st SOPS.'

Osbourne has worked in base communications squadrons a lot during his career, but he said in 1st SOPS, they make the realization that they can't do what they do unless his team executes their mission.

"In (my) 15 years, it's probably been my favorite assignment," he said.

As a flight chief, Osbourne troubleshoots the hardware and computers themselves, works with servers, data storages and cyber.

"It's unique but very fun," he said. "The hardest part is keeping up with the ops tempo. 1st SOPS is a very fast-paced unit, and there's a lot going on. We are the tip of the spear for space domain awareness."

Osbourne enjoys working in 1st SOPS because of the family aspect, falling in line with the 50th Space Wing's priority of "take care of our Airmen and families always."

"We're always there for each other day or night," he said. "Everyone knows they have their own job to fill and they do it well. It's a great job and a great assignment. I wish I could stay longer."

Although Jenkins' did not predict she would be working with space, she is grateful she found 1st SOPS.

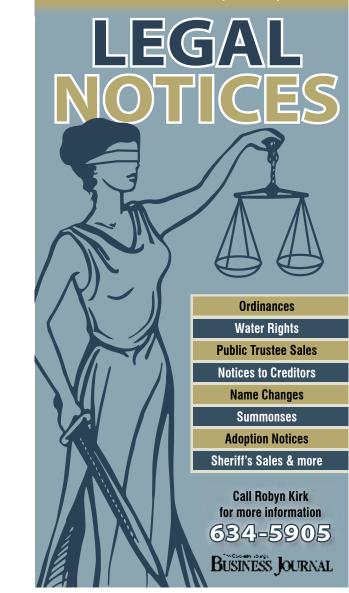
"I never thought I would be a space person," she laughed. "It's a lot more than what you think. It's ever changing and completely dynamic. There are a lot of different pathways you can go; you don't have to just be an operator."

Nemeth agreed with this sentiment.

"We see our squadron as a key enabler of spaceflight safety for planet Earth and for battlespace awareness for our nation," he said. "There is a lot of opportunity to find new ways of using the systems we already have, as well as the ones on the way, to greater effect. We aren't waiting."



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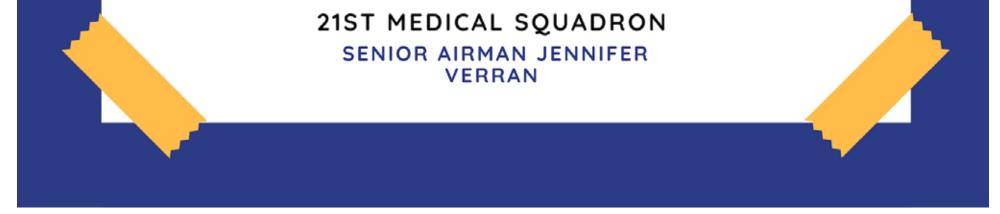
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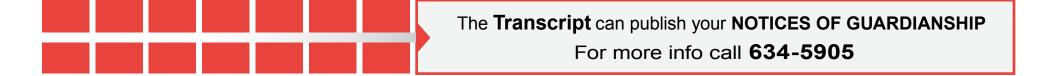
50TH SPACE COMMUNICATIONS SQUADRON

SENIOR AIRMAN KEVIN MILLER SENIOR AIRMAN SABRINA JIMENEZ



U.S. Air Force graphic by Halle Thornton

Schriever Airmen graduated from Class 19-2 Airman Leadership School Feb. 6, 2019. The ALS course is 24 academic days, consisting of 192 hours of academic instruction.



Performance

From page 1

The program also aligns with Total Force Fitness and aims to help Airmen make more health-conscious food selections.

"It is something to help our Airmen get better ideas of what appropriate foods look like and what might be healthier food choices for them," Carr said. "It doesn't necessarily mean if you are trying to lose weight that you can never eat a red food, it's just kind of a general guideline to give you some idea of how nutritional that food is."

For a more balanced and healthy diet, Carr recommends filling your plate with more green-labeled items, keeping the selection of yellow and red items to a minimum.

"I would make at least half of your plate green items, maybe about a quarter yellow items and try to eat those reds rarely, maybe a few times a week versus every single day," she said.

Additionally, the program introduces the Pure Food strategy to the menu.

"A component of this initiative is the implementation of Pure Food, a strategy to introduce more fruits, vegetables, protein-rich pulses and ancient grains in the Dining Facility's menu pattern," said Jeff McClure, 50th Force Support Squadron sustainment and community services flight chief. "New to the menu will be the Pure Food Breakfast Bar, Pure Food Burrito Breakfast, Pure Food Breakfast Grain Bowl and the Pure Food Salad Bar."

McClure explained the new additions in more detail.

"For breakfast, we will feature a new grain bowl and Pure Food Burrito option and will include servings of whole grain, muesli, oatmeal, or other whole grain cereal, plus turkey sausage and eggs for a filling breakfast that is still green," he said. "The line will include breakfast bowls, made to order breakfast burritos with legumes and whole grains, and hot cereals with toppings.

"The salad bar now becomes the Pure Bar," he continued. "In addition to traditional salad ingredients, a rotating daily selection of whole grains, plant-based protein items and other flavorful, healthy and satisfying items will be offered. These items will reflect the pure and natural offerings."

McClure highlighted the quality of these new items and explained the changes in some prices and who will be impacted.

"With the addition of seeds, nuts and dried fruits, along with select vegetables, ancient grains and wholesome protein sources, the prices of select items will increase marginally for cash-paying customers. However, mealcard holders will not be impacted," he said.

Here is an example of a few new ingredients and menu options. Patrons may notice price changes that reflect the healthier food choices:

Pure Food Breakfast Burrito: \$1.65

(Surcharge not included in price)

- roasted tofu
- roasted sweet potato
- roasted cauliflower
- roasted broccoli
- barley
- quinoa
- shredded cheddar cheese
- scrambled eggs
- wheat tortilla

Pure Grain Bowl: \$1.65

(Surcharge not included in price)

Select any/all of the following items to be sautéed on the grill and served in bowl topped with your choice of eggs, any style.

Proteins:

- seasoned chicken
- roasted tofu

Roasted vegetables and grains:

- barley
- quinoa
- broccoli
- cauliflower
- sweet potato
- shredded cheddar cheese

Small Pure Bar Breakfast — \$1.25 Large Pure Bar Breakfast — \$2.50

(Surcharge not included in price)

Pure Bar Breakfast includes six fresh fruits, low-fat cottage cheese, plain non-fat yogurt, Swiss Bircher Muesli Cereal, cinnamon granola cereal, pecans, almonds, dried cranberries and honey.

Please note: Any items taken from the Pure Bar will result in the customer being charged for a Pure Bar Breakfast. Exception: The six fresh fruits may be purchased ala carte in four ounce servings.

Fresh fruits:

- grapes \$0.60
- watermelon \$0.55
- blueberries \$1.00
- cantaloupe \$0.25

- honeydew \$0.50
- strawberries \$0.85
- pineapple \$0.50

Small Salad Pure Bar Lunch/Dinner — \$1.50 Large Salad Pure Bar Lunch/Dinner — \$3.10 (Surcharge not included in price)

Please Note:

- Any items taken from the Pure Bar will result in the customer being charged for a Pure Bar.

- Do not add Pure Bar items to baked potatoes, wraps, sandwiches, taco bowls, etc.

- There are specific areas for Specialty Bar toppings labelled accordingly as Taco Bar and Baked Potato Bar toppings.

• This replaces the traditional salad bar. It will have a salad/lettuce bowl mixture of fresh romaine, kale, spinach and the following items:

- cherry tomato
- carrots
- cucumbers
- blanched broccoli
- marinated beets
- red onion
- celery
- black olives
- black beans
- roasted cauliflower
- sweet potato
- mushrooms
- tofu
- sunflower seeds
- almonds
- pecans
- croutons
- crackers
- dried cranberries
- tuna salad • feta cheese
- shredded cheddar cheese
- egg

Along with these are three specialty salads:

- California vegetable slaw
- tabbouleh w/quinoa
- toasted barley and vegetable salad

Menus rotate every 28 days and they are subject to change at any time.

To access the next two week's menu visit the information kiosks located either in the lobby of building 210 or at the fitness center, call the menu line at 719-567-3333.

Leadership

From page 3

command the certainty each individual will attempt to carry out their task and mission as directed to the best of their ability. As Gen. Colin Powell stated, the essence of leadership comes down to one thing, "creating conditions of trust within an organization."

Considering the increasingly complex, multi-domain environments in which we will fight future wars, leaders will be well served by instilling the key principles of understanding, clear intent and trust within their command environment. Practical ways of instilling this within your environment are: encouraging iterative dialogue up and down the chain of command, commander's calls, flight or team tag-ups, training sessions, mentor sessions, feedback and the intelligent use of email. This takes time, it must be deliberate, and it takes everyone operating as one team.

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money or the best weapons; it's because we have more talented men and women serving in our nation's military than any other. It's because of you we continue to maintain our warfighting superiority; it's because of you we continue to be the masters of space and cyberspace, and it's because of you we are ready to execute today's operations and are postured to win in tomorrow's engagements.

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April 8-12, 2019 April 15-19, 2019	Certified Block Chain Professional (C BP) Security +
May 6-10, 2019	Certified Chief Information Security Officer (C CISO)
May 20-24, 2019	Certified Information Systems Security Professional (CISSP)

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TRANSITION SPOTLIGHT



Mt. Carmel is proud to celebrate Veteran and client Thomas Buettner! Thomas marked his career transition from the Army in January and now starts his dream job in emergency services at a regional hospital.

"I knew military service was a temporary part of my life and I've been actively preparing to transition for years," said Thomas. "I completed college, earned relevant certifications, developed a network, and wrote civilian resumes early on - and all of that came into play."

In early January, Thomas interviewed for a variety of opportunities and

signed up for Prep Connect 360, an advanced jobseeker course for veterans, transitioning service members and military spouses conducted in partnership with Mt. Carmel and The Pikes Peak Workforce Center.

"That was an amazing course, and it made me wish I had visited Mt. Carmel six-months earlier. A good resume may get you an interview; but to land a job you need to nail the interview. The training related to behavioral interview questions was invaluable. The course gave me confidence to effectively prepare for, and crush, any future interview," said Thomas. "And the Workforce Center was incredible -I actually visited them again to discuss additional opportunities and assistance they offer; they provide a great service to veterans."

As Thomas begins his next chapter, he is reflective about his career transition, "I'm ready and excited for this new opportunity in our community; I'm also thankful for the support and advice from members of my personal and professional network who have helped me to reach this point."

EVENTS CALENDAR

Feb 16: PTS/Trauma relief-focus Tai-Chi, 10-11 am

Feb 18: Vocational Rehab & Employment Counselor (Dept of VA), 8 am-3 pm

Feb 18: Spiritual Coverage, meet with a chaplain, 10 am-2 pm

Feb 18: Parenting from the Tree of Life Parenting Class, 6-9 pm

Feb 19: Spiritual Connection Group - non-denominational discussion of spirituality, noon-4 pm

Feb 19: Veteran-X PTS-focused group, 4:30-6:30 pm

Feb 19: Yoga, PTS/trauma relieffocus, 5-6 pm

Feb 20: LoanDepot – Learn about your VA Home Loan Benefits, 9 am-1 pm

Feb 20: Warriors First, support group

Feb 20: Art Therapy promoting stress relief and self-healing, 5-7 pm

Feb 20 & Feb 21: AARP Free Tax Preparation for ALL, 11 am-3:30 pm, by appointment: 772-7000

Feb 21: PTSD Support Group, 10-11 am

Feb 21: Brown Bag & Bible Study, 1-2:30 pm

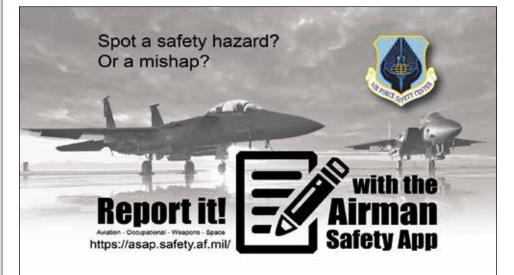
Feb 21: El Paso County Dept of Human Services, 8 am-Noon

Feb 21-Apr 18: Dave Ramsey Financial Peace University, Thursdays, 6:30-8:30 pm, pre-pay \$25/pre-register: 719-772-7000

Feb 22: Life Coach, by appointment only, 719-772-7000, 9 am-2 pm

Feb 22: Break the Silence Against Domestic Violence Grand Opening join and meet our new partner,

AF launches safety app



U.S. Air Force illustration by Keith Wright

The Airman Safety App is a simple web-based tool providing a streamlined process for all Airmen, their families and anyone accessing the base to report safety issues as they encounter them. To download the app visit https://asap.safety.af.mil.

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

SCHRIEVER AIR FORCE BASE, Colo. - The Air Force Safety Center recently launched an application for Airmen and their families streamlining procedures for reporting safety issues as they happen.

This Airman Safety App provides a simple touch-point for reporting a hazardous condition or event.

Senior Master Sgt. Kevin Armstrong, 50th Space Wing occupational and weapons safety manager, said the application is an electronic means for Airmen to communicate directly with the installation safety staff regarding hazards.

"The application has basic options which drill down specific pages where the user can describe the event, hazard or mishap," he said.

From the application, users can also retrieve popular, top-level safety data and access tools and information to help increase the safety in your workplace.

The Air Force Safety Center's vision in creating the application was to have a way to facilitate communication between Airmen and installation safety staff, but in a more modern and accessible way.

"The new app was designed to circumvent a lengthy, archaic process for a more streamlined approach," Armstrong said.

Users report through their devices versus trying to figure out who to talk to, what to

Collaboration

From page 1

fill out and how to contact the safety office. Armstrong said because the safety office's staffing is small and their area of responsibility is vast, additional eyes help.

"Additional eyes detecting hazards will likely result in decreased hazards, saving each installation immeasurable mishap and facility costs," he said.

Senior Airman Kyle Hackett, 50th Space Wing command section, used the application and said it is a efficient way to report.

"The application is super easy to navigate through and use," he said.

Hackett added he would recommend Airmen to download and use the app due to the convenience of a using a mobile device.

"An Airman can be anywhere in the world or in any situation and still be able to use the app right away and report a safety incident," he said.

Through innovation and technological advances, the Air Force is finding ways to reach Airmen and meet their needs.

"Everything nowadays is used through apps," Hackett said. "The Air Force Safety App is a smart and innovative way for the Air Force to transition some of their systems over in a way its members can use and have access at their fingertips."

The application also features information on safety data, safety news and links for further resources.

The app can be found through the Apple Store or the Google Play Store by typing in Airman Safety App.

undertake the collaboration efforts.

"Not only do we get to work within the GWCC to make our support better and/or find new ways to adapt to meet the requestor's needs, but we also get to learn more about the training of the BCTs and better understand the needs of those we are supporting," she said. "We also are gaining invaluable experience working with other services and learning how to communicate effectively across a range of backgrounds." Although the mission continues to be successful, Whitaker said it did not come without its challenges. "One of the challenges we've experienced is working in the joint environment," she said. "The Army and the Air Force have different knowledge bases, so we've been working hard to ensure we are communicating effectively and providing the support they require." The 2nd SOPS will continue developing a relationship between 2nd SOPS GWCC and USASMDC to provide training and capability updates as they occur.

for justice-involved veterans, 4-5 pm

5-9:30 pm

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Whitaker explained the ASTI supports the training and readiness of Army Brigade Combat Teams in the PNT, GPS line of effort prior to real world deployments/contingency operations.

"The products we will be creating will be used to expose the BCTs to the products available from the GWCC so they can learn how to request, interpret and use these products in their future engagements," she said. "The GWCC can provide a variety of products and tactics to support warfighters; however, many are not aware of what we can provide. By providing these products for use in training the BCTs, we hope to make more warfighters aware of the support we can provide and the avenues to request our support."

Whitaker said it was a great experience to be on the team that gets to

AFICA partnership delivers COOL program for Airmen

By Debbie Aragon AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas — In partnership with Air University and The Barnes Center for Enlisted Education, the Air Force Installation Contracting Agency recently delivered a follow-on contract to help enlisted Airmen get civilian-recognized credentials for their post-Air Force careers.

The Air Force Credentialing Opportunities On-Line program was created as an alternative option for Air Force members to earn civilian industry recognized credentials and licenses. The program's part of the Air Force Virtual Education Center.

Prior to AF COOL, Airmen could use credentialing programs through the GI Bill, as well as a program that had little to no restraints, said Russell Gray, AF COOL director.

"The problem with the latter program is that there was little to no return on investment for our military members or the military," Gray said, since Airmen were getting licensures for things like real estate and small engine mechanics that they couldn't use in support of their Air Force jobs.

Additionally, many only thought to get the credentialing at the end of their careers.

"AF COOL has created a paradigm shift," Gray said. "Helping our enlisted Airmen obtain certifications earlier in their careers and exercise those credentials and licensures to show industry representatives that our military members have the proficiencies to support their needs in the civilian sector."

According to the AF COOL website, credentialing "continues to professionalize the enlisted force by providing up-to-date industry-recognized credentials" in an Airman's Air Force job and it "provides a way for Airmen to prepare for civilian life by ensuring that they are ready for work in the civilian sector."

"Through industry recognized professional certificates and licenses, civilian employers can immediately recognize the skill sets that veterans bring to our communities nationwide," said Lt. Col. Matthew Fahrner, AFICA's 42nd Contracting Squadron commander. "I'm excited that our Airmen have access to this important transition program."

Through AF COOL, Airmen can get background information about credentialing and licensing to include eligibility requirements and resources to prepare for exams and identify licenses and certifications for their specific Air Force specialty codes. Airmen will also find information on how



U.S. Air Force photo by Kevin Gaddie

Russell Gray, Air Force Credentialing Opportunities online director, explains the AF COOL program to an Airman following a briefing at Eglin Air Force Base, Florida. The Air Force Installation Contracting Agency recently partnered with Air University and The Barnes Center for Enlisted Education to deliver a follow-on contract for AF COOL.

to fill gaps between their Air Force training and experience, civilian requirements and find resources to help them gain civilian job credentials.

Although Airmen can only receive tuition assistance on approved credentials, they can view specialties they may be interested in for future planning, the AF COOL website noted.

Since the launch of AF COOL in March of 2015, the program has grown more than 300 percent and garnered the attention of senior Air Force and industry leaders, Gray said.

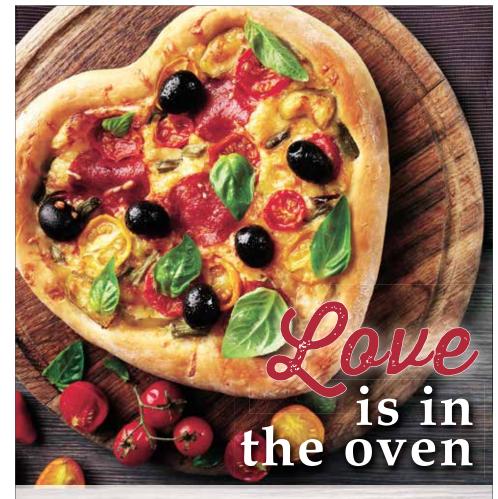
More than 9,000 Airmen have used AF COOL since its inception, saving them more than \$15 million in individual

costs associated with credentialing and licensing.

"The ability to provide the world's best Airmen with the world's best academic resources is key to the ability of the U.S. Air Force to continue our core values of being able to fly, fight and win," Gray said.

According to Gray, the AF COOL program wouldn't be operational today if not for the support and dedication of the Maxwell AFB, Alabama, AFICA team.

"From senior leaders to Airmen working in the back office, the contracting team here, as a whole, became a lifeline for the more than 280,000 enlisted Airmen and the benefits that are provided to them through AF COOL," Gray said.



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Airmen from the 15th Airlift Squadron board a C-17 Globemaster III at Joint Base Charleston, South Carolina, Jan. 10, 2019. JB Charleston is home to the largest fleet of C-17s in the world.



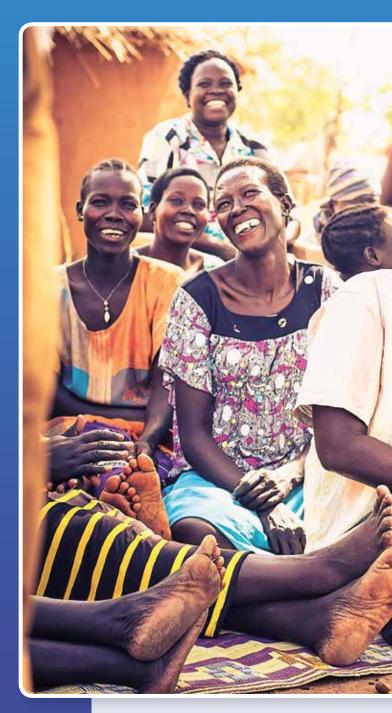
An F-16 Fighting Falcon flies over the coast of Florida during a training sortie during a deployment at Patrick Air Force Base, Feb. 4, 2019. The Patrick AFB training provides the strategic agility needed to fight against a formidable and aggressive adversary in a continually strained fiscal environment.



AF Week



A KC-135 Stratotanker from the 506th Expeditionary Aerial Refueling S Alaska, Feb. 5, 2019. The Stratotankers refueled a B-52 Stratofortress deployed from Minot Air Force Base, North Dakota, in support of U.S. recent mission is consistent with international law and United States' la



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

Maintainers assigned to the 60th Air Mobility Wing work to lower the nose landing gear on a C-5M Super Galaxy aircraft at Travis Air Force Base, California, Feb. 1, 2019. The C-5M landed with its nose landing gear up after experiencing an in-flight emergency.

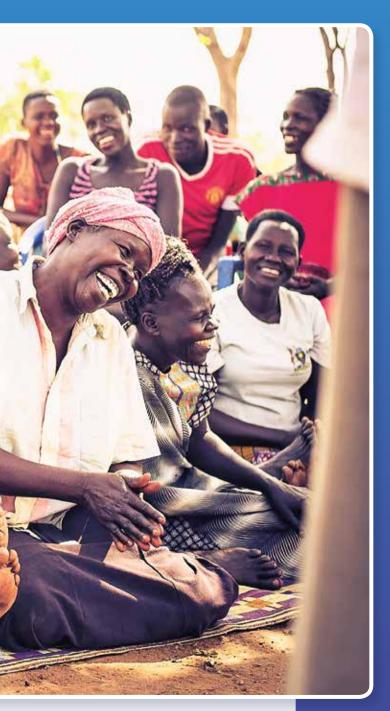
Refugees from Tutapona, an organization that provides trau Adjumani, Uganda. Capt. Benajmin Quintanilla, a 28th Bomb January 2019.

in Photos



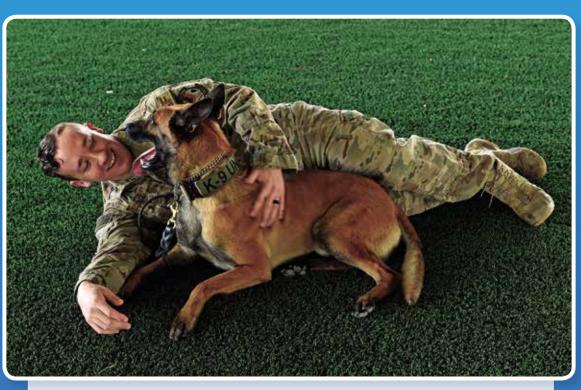
U.S. Air Force photo by Staff Sgt. James Richardson

quadron is de-iced before a refueling mission at Eielson Air Force Base, bomber from the 23rd Expeditionary Bomb Squadron which is currently ndo-Pacific Command's Continuous Bomber Presence operations. This ong-standing commitment to a free and open Indo-Pacific.





An F-15E Strike Eagle painted in the heritage colors of its P-47 Thunderbolt predecessor takes off from Royal Air Force Lakenheath, England, Feb. 6, 2019. The 48th Fighter Wing officially unveiled the aircraft publicly during a ceremony Jan. 31, 2019.



U.S. Air Force photo by Senior Airman Ashley Maldonado

Senior Airman James Terry, 20th Security Forces Squadron military working dog handler, and Tank, 20th SFS MWD, relax after practicing basic obedience commands at Shaw Air Force Base, South Carolina, Feb. 4, 2019. The K-9 Unit's mission is to protect personnel and property as well as support the United States secret service and local agencies.



Courtesy photo by Candice Lassey

ma rehabilitation, participate in a community discussion in Wing chaplain, visited Adjumani to work alongside Tutapona A C-17 Globemaster III takes off from an airfield in an undisclosed location in Southwest Asia, Jan. 31, 2019. The 386th Expeditionary Medical Group facilitates transfers of ill personnel from across the area of responsibility back to the United States or other locations to receive required care.

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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:

Tuesday 7-9 a.m. — Heart Health Fair in the fitness center Tuesday 7:15-8:30 a.m. — No Bod Pod

Feb. 20 Noon — Lunch and Learn on Exercise Fueling 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.

Note: The Health Promotion office will be closed Feb. 27-March 1.

<u>on base</u>

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 Staff Sgt. Shelby Parry at 719-567-4880.

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.

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.

Clinic announces closures

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

0		
Today	11 a.m. — 4:30 p.m.	Training Day
Friday	Noon — 4:30 p.m.	Family Day
Monday	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
May 9	11 a.m. — 4:30 p.m.	Training Day
May 24	Noon — 4:30 p.m.	Family Day
May 27	All Day	Holiday
June 13	Noon — 4:30 p.m.	Training Day
July 4	All Day	Holiday
July 5	Noon — 4:30 p.m.	Family Day
July 11	Noon — 4:30 p.m.	Training Day
Aug. 8	Noon — 4:30 p.m.	Training Day
Note Wa	lk-in services end at 3	·30 n m Normal cli

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.

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.

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.

OFF-BASE

Orbital Warfare Speaker Series

The Orbital Warfare Speaker Series brings influential space

Spouses are invited to events marked with O

operators and thinkers into conversation with Spacecrew to discuss the ideas and events that have shaped the nature of space operations and space warfighting. This series is meant to develop a culture of tough, competent and quick-thinking warfighting space professionals prepared to dominate future conflicts that extend into space.

Lecture 1 will be 11 a.m. — 1 p.m. Feb. 21 at the Aerospace Building, Room 1500, 7250 Getting Heights, 80916. Seating is limited. Send full names and social security numbers of attendees to Capt. James Millar at James.millar.1@us.af.mil, or call 719-375-6735.

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.

TAPS seeks volunteers

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

Society of Military Widows holds meeting (1)

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.

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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.



ART EVENTS

Acoustic Friday, a pottery painting event with live local music. Meet at Color Me Mine in the Chapel Hills Mall. Third Friday of every month, 8-10 p.m. \$1, plus the price of item you select to paint. Chapel Hills Mall, 1710 Briargate Blvd., 265-1737, coloradosprings@colormemine.com, coloradosprings.colormemine.com.

COMEDY & IMPROV

Comedy Below, "the art of a good time." The gallery brings you a great lineup including: Manny Crispen, Ben Verbeck, John Bueno, JT and Something Werid. Hosted by Andrew Ingram. Third Friday of every month, 8-10 p.m. \$10. The Gallery Below, 718B N. Weber St., 347/961-4789, jonb@thegallerybelow.com, facebook.com/thegallerybelow.

Comedy Night with Adrianne Chalepah, an American Indian (Kiowa/Apache) entertainer from Anadarko, Oklahoma. In 2010, her comedy career took off when she teamed up with the popular comedy troupe "49 Laughs Comedy." Tues., Feb. 19, 7 p.m. Free. Colorado Springs Fine Arts Center at Colorado College, 30 W. Dale St., 634-5583, fac@coloradocollege.edu, csfineartscenter.org.

Saturday Night Improv Comedy, a family-friendly improv comedy night. Laugh out loud. Bring your kids. Performance is based on your suggestions. No two shows are the same. Sat., Feb. 16, 7:30-9 p.m. \$10-\$8. West End Center, 755 Hwy. 105, Palmer lake, 445-9510, fun@improvcolorado. com, improvcolorado.com.

DANCE

Dancing with Live Bands, weekly dancing to a variety 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

Pikes Peak Traditional Dance, contra dancing with live music. No experience, partner or special dress required. Refreshments served. All About Dance, 2336 Vickers Drive. Sat., Feb. 16, 7-10 p.m. \$9,\$4 students, children under 13 free. 578-8979, pptd.contra.com.



Anna in the Tropics, a poignant and poetic play set in 1929 Florida in a Cuban-American cigar factory, where cigars are still rolled by hand and "lectors" are employed to educate and entertain the workers. Wednesdays-Sundays. Through Feb. 24. Tickets start at \$20. Colorado Springs Fine Arts Center at Colorado College, 30 W. Dale St., 634-5583 fac@coloradocollege.edu, csfineartscenter.org.

FILM

Faubourg Treme: The Untold Story of Black New Orleans, a screening in honor of Black History Month. This film reveals the story of Treme, a district of New Orleans which has been a center of African-American culture for centuries. Rocky Mountain Women's Film Institute, 2727 N. Cascade Ave., #140. Tues., Feb. 19, 7-8:30 p.m. rmwfilminstitute.org.

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.

TVTV: Video Revolutionaries, a new documentary about Top Value Television, a band of merry video makers who from 1972 to 1977 took the then brand-new portable video camera and journeved out to document the world. Full bar and fresh popcorn available. Mon., Feb. 18, 7-9 p.m. Free. Ivywild School, 1604 S. Cascade Ave., 368-6100, socialmedia@ifsoc.org, facebook.com/IFSOC.

FOOD & DRINK

Cereal Bar, for the kids and adults that always wanted to mix their cereals but mom wasn't having it. Includes 23 different brands of cereals and other breakfast goods. Sat., Feb. 16, 11 a.m. to 3

p.m. \$2-\$4. Art 111 Gallery & Art Supply, 111 E. Bijou St., 492-8841, onlytev@gmail.com, tinyurl. com/Art111CerealBar.

Mexican Dired Chiles Cooking Class, one of Cocina Corazón's 2019 featured classes. Shop in a Mexican market, choose the right chiles and then learn how to use them for different preparations. Cocina Corazón, Ridgecrest Drive. Tues., Feb. 19, 1-5 p.m. \$65. 661-3030, info@cocinacorazon. com, cocinacorazon.com.

HEALTH & WELLNESS

Mindful Resilience Yoga Therapy, a class designed for combat veterans with PTSD, taught by a veteran. "Students learn the tools of mindful resilience to help cope with the symptoms of their trauma." Saturdays, 12:30-1:30 p.m. Free for veterans and active duty personnel. Hot on Yoga, 5740 Carefree Circle North, #360, 440-4800, support@hotonyoga.com, hotonyoga.com.

NAMI Family-to-Family, a 12-week course for family members and friends of individuals with severe mental illnesses. Registration required. This class will meet in southeastern Colorado Springs. Mon., Feb. 18, 6-8:30 p.m. Free. NAMI Office, 510 E. Willamette Ave., 473-8477, info@namicos.org, namicoloradosprings.org.

Old North End Neighborhood Walk, including 5and 10-kilometer routes on city streets and sidewalks. Strollers and wheelchairs can complete the course with difficulty. Leashed pets only. Sat., Feb. 16, 9 a.m. to 3 p.m. Free. First Lutheran Church, 1515 N. Cascade Ave., 591-8193, cdconverse@aol.com, falconwanderers.org.

Senior Wellness. a health and wellness class for seniors Tuesdays, 12:45 p.m. Senior Resource Development Agency, 230 N. Union Ave., Pueblo, 719/545-8900, srda.org.

Yoga for Special Needs, Tuesdays, 12-1:30 p.m. Yoga Journeys Studio, 709 N. Nevada Ave., #201, 471-7424.

KIDS & FAMILY

Countdown to Apollo: Pikes Peak Library Storytime, an opportunity to learn about the Apollo Continued on page 18



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The Warehouse (25 W. Cimarron St.)

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.





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COMEDY & IMPROV Adam Cayton Holland and Geoff Tice, featuring this national touring headliner who was named

one of 25 "Comics to Watch" by *Esquire* magazine and one of "10 Comics to Watch" by *Variety*. Sat., Feb. 16, 9 p.m. \$13. The Side Door, 1645 S. Tejon St., facebook.com/sidedoormusic.

program. Read Apollo stories and create a moon craft. All ages welcome. Fri., Feb. 15, 10:30-11:15 a.m. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 576-8000, mcory@spacefoundation.org, discoverspace.org.

The EMU Family Fun Vendors Market, including family health professionals, a green screen photo booth, art and personal care vendors, food, demonstrations, educational resources and more. Third Saturday of every month, 10 a.m. to 3 p.m. Free with \$2.50 museum admission. Colorado Springs Children's Museum, 2860 S. Circle Drive, Suite 160, 228-9035, inquire@infoemu. com, facebook.com/emufamilyfunvendorsmarketscoloradosprings.

Kid Confidence: Karate Demos, with free demonstrations by Jon Thom Seehafer. Third Saturday of every month, 1-3 p.m. Free. Colorado Springs Children's Museum, 2860 S. Circle Drive, Suite 160, 228-9035, ops@lifeprime.net, expandingmindsedu.com.

LITERARY EVENTS

American Association of University Women Branch Meeting: "What Is a Book," with cura-tor Jessy Randall showing materials from Special Collections at Colorado College. Attendees will have the opportunity to see and handle many library items as well as tour the state-of-the-art Tutt Library. Sat., Feb. 16, 1-3 p.m. Free. CC's Tutt Library, 14 E. Cache la Poudre St., 405-880-1277, kgriego007@gmail.com, coloradocollege.edu.

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 &

Tuesdays, 8 a.m. Senior Resource Development Agency, 230 N. Union Ave., Pueblo, 719/545-8900, srda.org.

SPIRITUALITY

- A Bi-Weekly Meditation Group, exploring different types of meditation techniques while "experiencing the healing energy of others." Tuesdays, Thursdays, 7-7:30 p.m. Free. Pranava Yoga Center, 802 N. Weber St., 444-8463, info@pranavayogacenter.com, pranavayogacenter.com.
- A Course in Miracles (ACIM), a discussion class based on A Course in Miracles, a prominent spiritual text. Beginners and long-time students welcome. Saturdays, 9-10:30 a.m. Free. Center for Spiritual Living, 5075 Flintridge Drive, 720/205-3126, leeza@Impellerin.com, cslcs. org/a-course-in-miracles-acim.
- Psychic Reading and Healing, one-on-one psychic sessions with Clairvoyant Gwendolyn, a reader and healer trained through the Church of Infinite Spirit's Inner Connection Institute in Denver, Call or text to schedule an appointment. Tuesdays, 10 a.m. to 8 p.m. \$25. 337-1106, gwenpsychic@ gmail.com, clairvoyantgwendolyn.com.

STAGE

- Great Expectations, a full cast of hand-carved marionettes bringing to life the colorful array of characters from Charles Dickens' 1861 literary masterpiece. Fridays, 5:30 p.m. and Saturdays, Sundays, 2:30 p.m.; through Feb. 17. \$19-\$22. Simpich Showcase, 2413 W. Colorado Ave., 465-2492, simpichconsignment@gmail.com, simpich.com
- The Man Who Shot Liberty Valance, a Western classic by Jethro Compton. The story of Ransome Foster, a New Yorker who, after defending an African American man, finds himself the of the West's notorious

COLORADO SPRINGS BUSINESS JOURNAL CSBJ 5:30_7: Stargazers TICKETS AVAILABLE AT CSBJ.COM/EVENTS **CSBJ.com/Events**

OUTDOORS

Achilles Pikes Peak Weekly Workout, an all-inclusive running/walking/wheeling/handcycling/ moving group that welcomes all people with disabilities to participate. The event divides participants into groups based on pace and distance "and this means no one is left behind." Mondays, 6:15-7:30 p.m. Free. Colorado Running Company - N. Nevada, 2562 N. Nevada Ave. #140, 760/470-3947, achillespikespeak.org

Great Backyard Bird Count, a great way for people of all ages and backgrounds to connect with nature and make a difference for birds, with opportunities to join a scientist and help count birds. Other family activities in the afternoon. Sat., Feb. 16, 9:15, 10:15, 11:15 a.m. and 1 p.m. Florissant Fossil Beds National Monument, 15807 Teller County Road 1, Florissant, 719/748-3253, nps.gov/flfo.

Hike: Outlook Ridge and Lost Pond, a 3-mile moderate hike. Drop into the back country, down into a valley and see Lost Pond and Geer Pond. then back up to Outlook Ridge. Meet at Outlook Ridge Trailhead. Sat., Feb. 16, 8:30 a.m.-noon. Free with park pass. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, linda.groat@state. co.us, cpw.state.co.us.

Tuesday Walkers, a walking group for seniors.

Valance. Thursdays-Saturdays, 7:30 p.m. and Sundays, 2 p.m.; through March 3. \$15. Springs Ensemble Theatre, 1903 E. Cache La Poudre St., 357-3080, springsensembletheatre.org.

Murder of the Heart, a murder mystery with an audience full of suspects and two of the best local funnywomen, Birgitta DePree and Hannah Rockey, playing all the roles. Thursdays-Saturdays, 7:30 p.m. and Sundays, 2 p.m.; through Feb. 23. \$18-\$25. Millibo Art Theatre, 1626 S. Tejon St., 465-6321, themat.org.

One Bad Apple...or...As The Worm Turns, a hilarious, classic melodrama written by local actor and playwright, Sallie Walker. Followed by a sing-along intermission and a Grand Old Opry, Vaudeville-style musical revue. Fridays, Saturdays, 6-10 p.m.; through Aug. 10. \$10-\$35. Iron Springs Chateau, 444 Ruxton Ave., Manitou Springs, 685-5572, info@ironspringschateau. com, ironspringschateau.com.

> Find more listings online at CSINDY.COM

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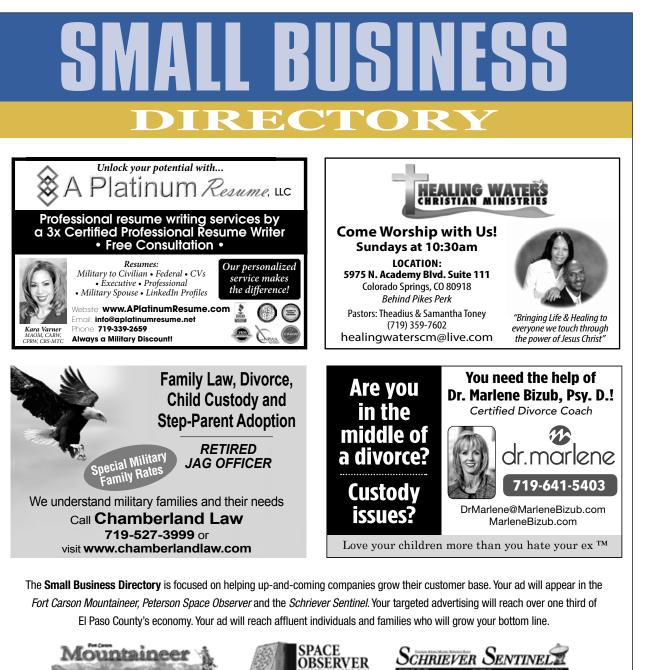
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1 "I'll do that for you" 2 Cosmetic adjustment

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- Place for a thermos 17
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- Eight: Prefix 20
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- "Party in the back" hairstyle 28
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