

Did you know?



The 2018 Team Schriever Annual Awards Ceremony is March 8, 2019 from 6 p.m. to 10 p.m., at the Antlers Hotel in Colorado Springs, Colorado. See page 9 for more information.

BASE BRIEFS

Spouses are invited to events marked with



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Health Promotion Activities

The Health Promotion office is hosting several special activities during the next few weeks:

March 5 at Noon — Lunch and Learn

March 7 at 2 p.m. — Sleep and Stress Management 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.

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

Staff and Family Tour

Schriever Air Force Base, Colorado, personnel and their family members are invited on a Staff and Family Tour from 8:45 a.m. — 12:45 p.m. March 8. Space is limited, first come, first served. Children are welcome, however, most of the tour may be too technical to keep the attention of small children, and the tour will include stairs and standing, so strollers cannot be accommodated. The deadline to sign up is March 1. If interested, RSVP to 50SWPA.WORKFLOW@us.af.mil (Subject: Staff and Family Tour) or call the 50th Space Wing Public Affairs office at 719-567-5040.

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Schriever senior enlisted leadership gather for champion focus



U.S. Air Force photo by Jennifer Thibault

Rod Schwald, Recovery Care Coordinator serving Peterson and Schriever Air Force Bases, Cheyenne Mountain Air Force Station and Fort Carson, briefed approximately 30 50th Space Wing enlisted leaders during the summit at the Mitre building, Colorado Springs, Colorado, Feb. 12, 2019. Chief Master Sgt. Boston Alexander, 50th SW command chief, hosted the summit to focus on "champion business" and help wing leaders better take care of Airmen and their families.

By Jennifer Thibault
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — There is no single playbook for leading a champion team. However, one key attribute is collective focus and effort toward a common goal, in this case, the mission and those who execute it.

The 50th Space Wing held a senior enlisted leadership summit Feb. 12 to conduct "champion business" and focus on the wing's most valued resource: its people.

"The most lethal weapon we have in our

arsenal is the human spirit ignited," said Chief Master Sgt. Boston Alexander, 50th SW command chief. "We are about the business of building the warrior mindset and delivering a mission ready force."

During this summit, we are focused on building creative and critical thinkers because warfare has always been brain on brain."

The summit included approximately 30 chiefs, superintendents and first sergeants from across the wing.

"The most successful warriors win then go

to war, while other warriors go to war then seek to win. Preparation is key to winning," said Alexander. "Winners see victory before they ever step on the battlefield. We are doing the same thing here, collectively seeing our victory and determining what actions we can take to ensure if it comes to it we are ready and we will win."

The wing's most senior leader made time to compound the message and champion focus.

"We are busy at the wing and we don't

See **Leadership** page 4

CDC children learn more about space through NDIA program

By Cheri Dragos-Pritchard
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — The Child Development Center at Schriever Air Force Base, Colorado, partnered with the National Defense Industrial Association to bring science, technology, engineering and mathematics to the elementary-age children, providing space-related studies at an earlier age.

The NDIA provides a platform where government, industry and academia can work together to train young children, so as to advance national security and the nation's defense.

Tom Taylor, NDIA Rocky Mountain Chapter vice president of workforce development, visited the CDC for the second time Feb. 15, 2019, discussing an upcoming experiment with the children, who ranged in age from six to 10 years old.

"The future depends on the early education of children. We can't wait to introduce them to the importance of science, technology, engineering and math curriculums when they're in high school," Taylor said. "We need to put more focus on elementary and middle-school STEM courses."

See **Curriculum** page 11



U.S. Air Force photo by Kathryn Calvert

Representatives from the National Defense Industrial Association help students of the School Age Care Program assemble and decorate their "Egg Satellites" during their presentation at Schriever Air Force Base, Colorado, Feb. 15, 2019. The Child Development Center hosted the NDIA, which provides a platform where government, industry and academia can work together to train young children, so as to advance national security and the nation's defense.

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5/6 Council supports junior Airmen, community



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

Staff Sgt. Oceana Goodsell, area supervisor with the 50th Security Forces Squadron and 5/6 Council president, gathers donated purses and materials during a 5/6 Council donation drive at Schriever Air Force Base, Colorado, June 25, 2018. As Goodsell’s term as council president comes to an end, she took time to share some of the experiences and lessons learned with her fellow Airmen.

Commentary by Staff Sgt. Oceana Goodsell

50th Security Forces Squadron

SCHRIEVER AIR FORCE BASE, Colo.

— My time as president of the 5/6 Council has come to an end, it has been a wonderful year of learning, growing and becoming a better leader, follower and most importantly, Airman.

I am taking this opportunity to share with you, the Airmen of the 50th Space Wing, some of my experiences and lessons learned during the past 12 months.

First and foremost, the 5/6 Council is dedicated to the personal and professional development of the Junior Enlisted Airman Tier. We are committed to ensuring our Airmen are receiving only the best from

our supervisors. After you have become proficient in your trade, it is important to seek out private organizations such as the 5/6 or Airmen’s Council to expand your skillset and professional network. They can generate resources and contacts to help you problem solve, advance as a leader and

See **Community** page 8

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U.S. Air Force photo by Jennifer Thibault

Col. Jennifer Grant, 50th Space Wing commander, engaged approximately 30 enlisted leaders during a leadership summit at the Mitre building, Colorado Springs, Colorado, Feb. 12, 2019. During the session, she thanked attendees for all they do to take of Airmen every day saying, “You’re making a significant impact on our population.”

Leadership

From page 1

get enough time to do this,” said Col. Jennifer Grant, 50th SW commander. “Thank you for what you’re doing. You are making a significant impact on our population.”

Recognizing the hard work, Grant encouraged attendees to be sure to take care of each other too.

“The business of leading people is hard work. It can be messy and can be draining sometimes,” she said. “Look to your left and right and recognize your support network is here. Continue to support each other, lock arms, lend a listening ear and offer some advice from your experience.”

Additionally, she reiterated the relationship between commanders and their senior enlisted is critically important.

“We are one team. There should be

no seams, no light of day between you,” Grant said. “You should speak with one voice and handle issues together.”

The summit followed other professional development opportunities afforded to the wing, demonstrating a consistent focus on the wing’s third priority, “taking care of Airmen and their families always.”

“Investment in the enlisted corps is part of building a strong, championship team,” Grant said.

Other Front Range leaders joined the summit, including Chief Master Sgt. Heather Moody, Air Force Space Command’s personnel chief enlisted manager and a regional Air Force Wounded Warrior representative.

“People are our business,” she said. “Our personnel are personal for us.”

Moody highlighted some of the current updates impacting personnel, including base of preference process changes, the omission of SNCO testing requirement, commander support staff

functions, upcoming diversity training and GI Bill transfer requirement changes.

Rod Schwald, Recovery Care Coordinator serving Peterson and Schriever Air Force Bases, Cheyenne Mountain Air Force Station and Fort Carson, followed and explained how the AFW2 program supports taking care of Airmen during times of serious illness or injury.

The wing’s three group chiefs then provided updates on their organizations covering successes and challenges before the wing’s first sergeants summarized the trends they’re seeing and how to better care of Airmen.

“We talk a lot about intrusive leadership, you have to get in their chili to know them and see how they’re doing,” said Master Sgt. Michael Veale, 50th Security Forces Squadron first sergeant. “We need to also be intrusive wingmen. We have to be willing to dig a little deeper to truly understand one another so

we can better support each other.”

For Airmen who may not be meeting standards, first sergeants offered advice.

“Don’t give me an opportunity to doubt your professionalism,” said Master Sgt. Benjamin Davis, 4th Space Operations Squadron acting first sergeant. “It’s like integrity, it’s not taken—it’s given away.”

Another encouraged folks to take advantages of the opportunities all around them.

“Never walk by an opportunity to lead,” said Senior Master Sgt. Miranda Gomez, 50th Space Communications Squadron superintendent.

The summit wrapped up with encouragement and ideas for strengthening leaders’ skillset and the consensus that all wanted to continue to have similar collaborations in the future.

“Our future summits will have a wider scope,” Alexander said. “We will get our mission partners involved ... One Team.”



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Geek Lunch transforms into Lunch Box Games

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

SCHRIEVER AIR FORCE BASE, Colo. — The 50th Space Wing Chaplain’s office hosted Geek Lunch is changing to Lunch Box Games, beginning 11 a.m. Tuesday in the Building 300 auditorium.

During this event, Airmen have the opportunity to enjoy refreshments and music while playing video, board, card and party games.

For 1st Lt. Lauren Hughes, 50th SW chaplain, the event is a venue for the chaplain corps to connect with the community and build camaraderie among participants.

“Lunch Box Games will be an opportunity during lunch time where Airmen can relax and get their gaming for the week while they are still at work,” she said. “It gives them an opportunity to connect with each other.”

Previously known as Geek Lunch, the concept was originated by former chaplain Capt. Portmann Werner in the summer of 2016. A gamer himself, he sought to create a space for Airmen to network and share their love of gaming.

The event has been renamed in an effort to be more inclusive.

“The name change came from wanting more Airmen to be able to participate and be comfortable,” Hughes said. “This is not just for geeks or gamers, the Lunch Box Games allows any Airman who has some downtime during lunch to come and build some camaraderie with others.”

Additionally, the integration of new modern consoles and a variety of games brings new possibilities to the event.

“Having party games, old school gaming and Nintendo Switch consoles allows for all personalities and generations to potentially connect in a competitive and fun environment,” Hughes said.

The Schriever Geek Squad (no association with any branded business) will launch along with the Lunch Box Games. This is a new concept to give Airmen the chance to volunteer as subject matter experts in all things gaming. Among other duties, the volunteers serve as consultants to the chaplain by sharing ideas about what games are better suited for each event.

For Senior Airman Trevor Colt, 50th Space



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

Staff Sgt. Jeffery Davis, 4th Space Operations Squadron supervisor of protected satellite communication maintenance, Capt. Portmann Werner, former 50th Space Wing Chaplain, and Airman 1st Class Charles Langdon, 50th Operations Support Squadron student, play a card game during Geek Lunch at Schriever Air Force Base, Colorado, July 12, 2016. Starting Tuesday, Lunch Box Games will replace Geek Lunch, bringing new games and consoles.

Communications Squadron cyber systems operator, it’s a great opportunity to give back to the community by helping fellow Airmen enjoy gaming in all forms.

“Our duties as a geek squad are to help people enjoy the activities we’re providing and foster a competitive and friendly atmosphere,” he said. “My main reason for joining the geek squad is to help people who like playing board or tabletop games find the next game they will enjoy playing. We also help facilitate a fun environment where newer players can see how fun the tabletop gaming world can be.”

Being a gamer himself, Colt has his favorites among different gaming genres.

“I enjoy playing tabletop and board games primarily, games such as Settlers of Catan or Cards Against Humanity to more obscure games like Dead of Winter, Dominion, Epic Spell Wars and many others,” he said.

Staff Sgt. Joshua Jones, 50th Space Wing Chaplain’s Office religious affairs non-commissioned officer, believes events like these help raise Airmen morale in multiple ways.

“I think anytime you can bring something to the Airmen that speaks to their personality, it helps raise morale,” he said. “Some jobs, just by their nature, are more stressful or they have harder waters to navigate as far as camaraderie goes. These events hosted by the chapel give Airmen, of all ranks, the

opportunity to come together in a manner that is fun, but also professional.”

Hughes highlighted resiliency as another aspect of the whole Airman concept the event instills.

“So we are all here about resiliency, right? It’s making sure Airmen have an opportunity to not only relax, but to be able to have their spiritual match stricken, as well. A lot of times, rest, fun and camaraderie add to a person’s resiliency,” she said.

Future Lunch Box Games will be held in the same location and time, every other Tuesday. For more information about the Lunch Box Games, contact the chaplain’s office at 719-567-3705.

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First Things First: Resting Heart Rate

Your resting heart rate is the number of times your heart beats per minute when you’re at rest. A good time to check it is in the morning after you’ve had a good night’s sleep, before you get out of bed or grab that first cup of java!

For most of us, between 60 and 100 beats per minute (bpm) is normal. The rate can be affected by factors like stress, anxiety, hormones, medication, and how physically active you are. When it comes to resting heart rate, lower is better. It usually means your heart muscle is in better condition and doesn’t have to work as hard to maintain a steady beat. Studies have found that a higher resting heart rate is linked with lower physical fitness and higher blood pressure and body weight.

Know Your Numbers: Maximum and Target Heart Rate

This table shows target heart rate zones for different ages. Your maximum heart rate is about 220 minus your age. Target heart rate during moderate intensity activities is about 50-70% of maximum heart rate, while during vigorous physical activity it’s about 70-85% of maximum.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

So what’s in a number?

If your heart rate is too high, you’re straining. If it’s too low, and the intensity feels “light” to “moderate,” you may want to push yourself to exercise a little harder, especially if you’re trying to lose weight.

Know Your Target Heart Rates for Exercise, Losing Weight and Health. Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>



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- **Boost your mood.** Aerobic exercise may ease the gloominess of depression, reduce the tension associated with anxiety and promote relaxation. It can also improve your sleep.

Aerobic exercise: Top 10 reasons to get physical. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/aerobic->

FIND YOUR
DREAM
HOME!

in our Welcome Home
section on page 21



SECAF, CSAF order housing review

By Charlie Pope

Secretary of the Air Force Public Affairs

ARLINGTON, Va. — Responding to reports of poorly maintained and unsafe housing across several installations, Air Force Secretary Heather Wilson and Chief of Staff Gen. David L. Goldfein on Feb. 19 directed commanders at every base worldwide to conduct a “100 percent review” of the condition and safety of all military housing by March 1.

Asserting that the housing conditions reported Feb. 13 during a Senate Armed Services Committee and in media reports “are not acceptable,” the Air Force’s two leading officials took steps to ensure that senior military commanders are personally aware of the conditions that exist in military housing at their bases.

The effort, which begins immediately, will be the housing equivalent of a safety stand down. The goal over the next 10 days is to conduct a 100 percent in-person health and safety check of all 74,500 family housing units in the Air Force.

The results will give senior civilian and military leaders a more thorough understanding of the extent and severity of the problems and help inform responsive solutions.

In addition to walk-throughs with residents that “will document any health or safety risks,” the directive requires command teams to “solicit feedback from their Airmen about any health or safety issues in the housing they occupy.”

While witnesses at the Feb. 13 hearing told senators of appalling conditions that went unaddressed, Wilson and Goldfein also directly confronted comments about instances where the on-site management responsible for the housing ignored valid complaints.

“Most troubling was the concern some families had that, if they reported a problem, they would face retaliation for speaking up,” Wilson and Goldfein wrote in their message to wing commanders.

“The health and safety of our Airmen and their families is commander business,” Wilson and Goldfein bluntly wrote, adding that a “standard checklist” will be used to ensure consistency across the Air Force’s sprawling

operation and to provide a blueprint for addressing the problems.

“Our Airmen and their families should have military housing that will not adversely impact their health and safety,” Wilson and Goldfein wrote. “More importantly, they should have confidence that they can identify problems without retaliation or fear of reprisal. This is about taking care of our people.”

The directive also said senior Air Force leaders will be responsible for identifying and helping resolve a host of problems in housing where Airmen and their families live. As described during the Senate hearing, those problems include the presence of black mold, rodent infestation, flooding, radon and faulty wiring.

In addition to in-person reviews, Wilson directed the Air Force Inspector General to review how the Air Force responds to complaints about conditions at base housing. The Air Force is also conducting policy review to identify any directives that impede commanders from appropriately responding.

If you are having an

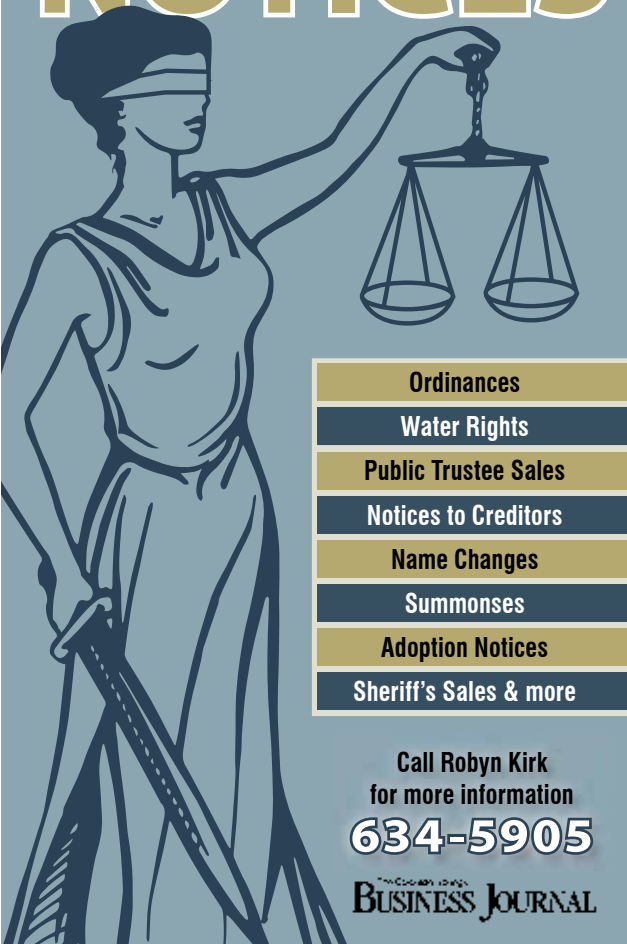


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\$23,198

eurocars

Collision Center



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730 N. Circle Drive Colorado Springs, CO 80909



CAMPER CLASSES

First class: 8 a.m. March 1 in Building 805 (Outdoor Recreation Warehouse).

WHY?

The Outdoor Recreation office will provide knowledge for renters, particularly first timers, address safety items and answer questions.



WHAT'S INCLUDED?



- Basic camper operation info such as water, air conditioning/heating, propane and electrical systems.
- Do's and don'ts.
- Set-up and teardown.
- Proper driving habits.
- Rental contract and responsibilities.

WHO CAN ATTEND?

Anyone with base access.



DO I NEED TO PREPARE?



- If you took a class last year, or at a different base, you are still required to take this class to rent a camper.
- Bring a copy of current registration and insurance for tow vehicle.

FOR MORE INFORMATION OR TO SIGN UP, CALL JOSIAH HOWARD AT 567-1347.

U.S. Air Force graphic by Halle Thornton

The Outdoor Recreation office will provide knowledge for renters, particularly first timers, address safety items and answer quesitons. For more information or to sign up, call Josiah Howard at 567-1347.

Community

From page 3

make your installation a better place to work and live. I have enjoyed interacting and learning from fellow non-commissioned officers outside of my career field and mentoring Airmen who show initiative and promise.

The 5/6 Council gets involved in a variety of ways. Some of the activities we did as an organization included holding a drive to collect hygiene products and purses and donated them to local shelters and missions for women in need. We also held a coat drive prior to the holiday season and winter weather. We volunteered to deliver meals to the less fortunate on Thanksgiving and Christmas.

To advance our collective professional development, we held a class on decoration writing, investing and retirement planning.

First and foremost, the 5/6 Council is dedicated to the personal and professional development of the Junior Enlisted Airman Tier.

Finally, we hosted the technical sergeant and staff sergeant release parties to share in the recognition of our fellow Airmen’s achievements.

During the last year, I have learned a great deal, but the two biggest take-aways for me were motivation and consistency. Motivating is a tricky thing, because every individual is motivated differently. There is an old saying that goes, “You can lead a horse to water, but you can’t make him drink,” which is interpreted as everyone is passionate about something different. Giving your members a platform to share what they are passionate about enables a more diverse and well-rounded perspective and ultimately product. The second is consistency. To a certain point, we are all creatures of habit, having consistency throughout your organization makes for easier and more effective communication. Consistency means staying on message about your mission and vision, maintaining high standards and never deviating from set procedures.

Being involved with the 5/6 Council has given me a more big picture mindset and it has enabled me to better show Airmen their role in the mission and how the day-to-day operations they are performing now affect the long-term goals of the 50th SW and the United States.

I ran for office to challenge myself on a level I had yet to. It was a little overwhelming at first, but it has been extremely rewarding to serve as the 5/6 Council president and to serve the men and women of the 50th SW.

The 5/6 Council held its new elections earlier this month and I’m pleased to introduce the new board. Tech. Sgt. Alayna Dehererra is the new president, Staff Sgt. Joseph Cella is the vice president, Staff Sgt. Keshia Robinson is the secretary and Staff Sgt. Lee Rimell is the treasurer. Airmen can get involved by getting on the distro list when they in-process or they can contact Cella to be added.



For On Base Emergencies When Not At A Work Station Call

719-567-3911



Schriever set for annual awards



The Master of Space
presents

An Evening with the Stars

THE 2018
TEAM SCHRIEVER ANNUAL AWARDS

1800–2200 • MARCH 8, 2019
THE ANTLERS HOTEL
POCs: SMSGT CORY SHIPP & SMSGT MIRANDA GOMEZ

TICKET PRICES

O4+/E9/GS–12+/CONTRACTORS • \$40.00
O1–O3/GS7–GS11/NAF III–NAF IV • \$40.00
E7–E8 • \$40.00 E5–E6 • \$30.00
E1–E4/GS1–GS6/NAF I–NAF II • \$20.00

The 2018 Team Schriever Annual Awards Ceremony is March 8, 2019 from 6 p.m. to 10 p.m., at the Antlers Hotel in Colorado Springs, Colorado. The deadline to register is March 1, 2019. To sign up for the event, visit <https://einventions.afit.edu/inv/anim.cfm?i=436886&k=066244017351>. Courtesy graphic

EVERY VOICE MATTERS: WHAT I WISH YOU KNEW

*A panel discussion for adults presented by
Deep Roots the Teen Board at Pikes Peak Suicide Prevention*



Friday, March 1, 6-7:30 p.m.
R.P. Lee Youth Center, 100 Selfridge St.
Bldg 1555, Peterson AFB

Why: Do you wonder what is going on in your teenager's mind? Do you ever question if what you are doing is wrong and ask yourself what you can do to have a better relationship with your child? Are you afraid to ask your teenager about hard issues such as suicide, relationships, and social media?

What: The Teen Board will present the results of the Teen Think Tank study conducted by Pikes Peak Suicide Prevention, share personal stories, and create a dialog for adults to ask them about anything in order to better understand their own teen.

Topics: Emotional support, mental health, loss, self injury, bullying, stress and expectations, verbal and emotional abuse, suicide, drugs and alcohol, social media, generational differences

Violence Prevention Office

Schriever AFB

Ph: 719.560.2647

Email: 50SW.SPPV.ViolencePrevention@us.af.mil



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U.S. Air Force photos by Kathryn Calvert

Students of the School Age Care Program assemble and decorate their “Egg Satellites” during an activity provided by the National Defense Industrial Association at Schriever Air Force Base, Colorado, Feb. 15, 2019. Each “Egg Sat” contains a variety of seeds which will be launched using a balloon, and will be exposed to space before descending back to the ground for studying.

Curriculum

From page 1

Schriever officials saw the importance of partnering with an outside organization that could benefit the children who are enrolled in the CDC’s school-age care program.

“STEM is a required curriculum within our program,” explained Mary Barkley, 50th Force Support Squadron Child and Youth Services flight chief. “We researched outside resources and liked what the NDIA had to offer. Children respond better to hands-on activities when introducing new skills, and Tom’s program fit right into what we were looking for.”

During the first visit, Taylor introduced the youngsters to space, letting the children put on a small astronaut uniform. During the most recent visit, they talked about the effects zero gravity may have on objects, such as seeds.

“We really like teaching these young children about space,” Taylor explained. “I’m retired Air Force, and was stationed here at Schriever, so I understand the importance of educating our future generations to meet the need for space operators.”

In March, the children will participate in an experiment, sending seeds 100,000 feet into the atmosphere, tied to a weather balloon, inside of a specially-made container equipped with GPS, a camera and a small computer to collect data. The experiment will determine if the seeds sent to space will still grow the same as the seeds that stayed on earth.

“The goal is to get the children thinking about future options, jobs that include space,” Taylor said. “Through these experiments and experiences, they can learn how

important space is to our future.”

After the children watched a video of a previous experiment, they placed many seeds from four different types of plants into plastic eggs, which Taylor referred to as “Egg Sats” or “egg satellites” and saved the rest to stay on Earth.

Nine-year-old Emma carefully placed her seeds inside her egg, and wrote her corresponding number on the egg.

“I’m excited,” Emma said. “I hope we get to see when the balloon explodes. That would be neat. But I think our space seeds will still grow the same as the other seeds when they bring them back.”

Barkley explained the ultimate goal is to get the word out so more children will take part in the program, and hopefully it will spark an early interest in something the military can benefit from in the future.

“Tom does a great job with the children,” Barkley said. “There is a lot of enthusiasm about the lessons from the children even after Tom leaves. We want to spread the word to let more parents know we offer this type of forward-thinking program for their children, and hopefully they’ll let their children get involved. It’s also perfect timing and fits in great with the new youth center coming later this year.”

The NDIA team plans to come to the CDC at least once a month, on Fridays, when the local school is out to teach the children about various elements of space.

“It takes years of investment for a child’s technical capacity to mature,” said Taylor. “So we’ll keep visiting here, hopefully securing the workforce of the future by promoting disciplines of science, technology, engineering and math, that will create well-trained Americans for the jobs of tomorrow.”

For more information about the CDC’s programs, please contact them at 719-567-4742.



Norm Black, National Defense Industrial Association representative, answers questions from students of the School Age Care Program during a presentation at Schriever Air Force Base, Colorado, Feb. 15, 2019. The students teamed up and worked together to create “Egg Satellites” containing seeds, which will eventually be flown up with a balloon. The Child Development Center partnered with the NDIA to bring science, technology, engineering and mathematics to the elementary-age children, providing space-related studies at an earlier age.



Mt. Carmel and its Partners are Here to Serve Military, Veterans and their Families

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- Behavioral Health & Wellness
- Supportive Services

Mt. Carmel’s **MilSpouse Career Program** offers military spouses access to career counseling services, skills training, career readiness workshops and employer events.

“I’m a certified Cyber Security Analyst and have worked as a Business Analyst on multiple projects requiring strong problem solving, communication skills and adherence to deadlines. I have a Bachelor of Science in Human Relation and Business Administration. Mt. Carmel has helped with my job search through networking, resume development, connection to community resources and more. Currently, I’m looking for an entry level business analyst, office administration or IT recruiter opportunity in the Front Range region.”

- Shristi Pokharel, Military Spouse



Help Us Support Ours:

Mt. Carmel Veterans Service Center provides vital career and transition assistance, behavioral health and wellness, supportive services, connection to community resources, and safe event space for veterans, military members and their families. Our non-profit has directly impacted more than 5,000 unique clients in the Pikes Peak region through more than 20,000 client visits since 2016. Your support can play an important role and have direct impact on thousands of Veterans in our community.

Learn more at
VeteransCenter.org
719-772-7000



Visit us at

530 Communication Circle, Colo Springs & SFL-TAP, 7366 Mekong St, Fort Carson

AF Week



U.S. Air Force photo by Airman 1st Class Jeremy Wentworth
A KC-46A Pegasus flies over the flightline of the 97th Air Mobility Wing at Altus Air Force Base, Oklahoma, Feb. 8, 2019. The KC-46A is the newest Air Force aircraft and will be the third active aircraft assigned to the 97th AMW.



Capt. Ryan Arsenault, 7th Airlift Squadron pilot, documents training from a KC-46A Pegasus, Jan. 30, 2019, at Joint Base Lewis-McChesney. The mission aims to modernize and revitalize the Air Force tanker fleet with more than 170 aircraft.



U.S. Air Force photo by Kemberly Groue
The U.S. Air Force Honor Guard Drill Team debuts their 2019 routine in front of base leadership and 81st Training Group Airmen on the Levittow Training Support Facility drill pad at Keesler Air Force Base, Mississippi, Feb. 8, 2019. The nation's most elite honor guard, serves the President, the Air Force's senior leaders and performs nationwide for the American public. The team visits Keesler every year for five weeks to develop a new routine they will use throughout the year.



U.S. Air Force photo by Airman 1st Class Caleb House
Lt. Col. Beau Diers, 555th Fighter Squadron commander, gives a hand signal during a preflight walkaround at Aviano Air Base, Italy, Feb. 12, 2019. Diers has commanded the 55th FS since June 2018.



A F-22 Raptor is parked on the flightline at Joint Base Langley-Eustis during a routine night flying training mission.

in Photos



U.S. Air Force photo by Airman 1st Class Sara Hoerichs
Training while Maj. Gene Ballou, 313th AS pilot, prepares to refuel
McChord, Washington. The Air Force plans to replace aging tank-
ers with KC-46s.



U.S. Air National Guard photo by Senior Airman Bryan Myhr
Eustis, Virginia, Feb. 11, 2019. The jets were staged as part of a



U.S. Air Force photo by Trevor Cokley
Air Force basketball team forward, Lavelle Scottie drives through Colorado State University's Logan Ryan and Kendle Moore Feb. 2, 2019, during a matchup at Clune Arena, Air Force Academy, Colorado. Colorado State defeated Air Force 85-53.



U.S. Air Force photo by Linda LaBonte Britt
Senior Airman Christopher Allen, 66th Security Forces Squadron Military Working Dog handler, watches as his working dog, Qquail, leaps through an obstacle toward Staff Sgt. Mark Devine, 66th SFS MWD trainer, during an outdoor training session at Hanscom Air Force Base, Massachusetts, Jan. 24, 2019. Military canines provide SFS personnel with drug and explosive detection as well as specialized missions for the Department of Defense and other government agencies.



U.S. Air Force photo by Airman 1st Class Erick Requaft
Airmen from the 71st Rescue Squadron return from a deployment in Southwest Asia, Feb. 11, 2019, at Moody Air Force Base, Georgia. Reintegration events like these are especially important to Moody's Airmen and their families as Moody AFB is the most deployed base in Air Combat Command.

Leadership Pikes Peak visits Schriever



U.S. Air Force photos by Katie Calvert

(Above) Leadership Pikes Peak, noted as the oldest Community Leadership Program in Colorado, visited Schriever Air Force Base, Colorado, Feb. 14, 2019, to learn about the 50th Space Wing's mission and gain a better understanding of how the wing contributes to the local economy. The curriculum is designed to ensure all major sectors of the economy are explored while engaging citizens to gain a more thorough understanding of the Pikes Peak region.

(Right) Leadership Pikes Peak's toured the 50th Space Wing at Schriever Air Force Base, Colorado, Feb. 14, 2019, to learn about the wing's mission and how it contributes to the local economy. The 10-month program is for managers and executive-level leaders, and is designed to engage citizens to gain a more thorough understanding of the Pikes Peak region from the experts.



Customs and Courtesies

Hand Salutes

- A salute is initiated by the junior ranking individual accompanied with an appropriate verbal greeting.
- When a salute is rendered to an officer in a vehicle, the salute will be held until acknowledged or the vehicle passes.
- When an officer approaches a group, the first person to notice will call the group to attention and everyone will salute.

Saluting the Flag

- When outside in uniform, face the flag or direction of the music being played (when flag is not visible) stand at attention and render salute upon the first note and hold until the last note.
- If in a vehicle during reveille or retreat, pull car to the side of the road and stop.

Protocol

- Juniors will stand at attention:
 - When addressed by an officer.
 - When an officer enters a room or space.
- Juniors will show deference to seniors at all times by employing a courteous, respectful bearing and greeting.
- Juniors will walk or ride to the left of seniors whom they are accompanying.

For a list of complete customs and courtesies, reference Air Force Instructon 34-1201.

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

Airmen are reminded of the importance of adhering to customs and courtesies at all times, as enumerated in Air Force instruction 34-1201. With the impending Unit Effectiveness Inspection, it is doubly important 50th Space Wing Airmen observe the rules and traditions that underpin the Air Force Core Values.



Want some help getting it off the ground?

The Colorado Springs Business Journal, the Colorado Springs Independent and the Southeast Express – along with their partners – want to help.

Tell us your idea:
Back-of-the-napkin or in-depth business plan, we just want to know what you want to do. And we'll provide winners with a startup package that includes cash and advice from the city's top professionals: accounting, legal, real estate, banking, loans, classes – everything you need for your first year in business.

The catch?
Your business MUST be located in Southeast Colorado Springs.

The winner will receive a cash prize and in-kind donations from the following companies:

- AT Public Relations
- Picnic Basket
- Firma IT Solutions
- Sparks Willson Borges Brandt & Johnson, PC
- Hispanic Business Concilio
- Women’s Chamber of Southern Colorado
- Colorado Springs Black Chamber of Commerce
- Springs Hosting
- Picnic Basket Catering
- Amanda Miller Luciano, Trent Properties
- A Shift Happens
- Tiffany Cox Designs
- REN Creativ

Submit your best ideas to [CSBJ.COM/NOMINATE](https://www.csbj.com/nominate) before March 15

For advertising or sponsorship opportunities call 634-5905

BASE BRIEFS

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

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.

Clinic announces closures

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

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.

AAFES continues Free Friday giveaways

The Army and Air Force Exchange Service is continuing its Free Friday giveaways in 2019, offering Schriever Airmen and their families a chance to win riding lawn mowers, furniture, grills, blenders, espresso makers and more, conducted online at facebook.com/shopmyexchange.

To enter the contests, authorized shoppers post a comment answering the question posed on each Free Friday post at facebook.com/shopmyexchange. In addition to active-duty, National Guard, Reserve and retired shoppers and military families, honorably discharged veterans who have verified their eligibility to shop at ShopMyExchange.com can enter the weekly drawings.

Entries made by 11:59 p.m. central standard time on the day of the posting will be entered into a drawing. Drawings are held on the Monday after each Free Friday giveaway.

For more information, contact Michael Casserly at 719-576-6174.

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 pro-

gram. 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.

OFF-BASE

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.

Orbital Warfare Speaker Series

The Orbital Warfare Speaker Series brings influential space 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.

2018 Team Schriever Annual Awards — An Evening with the Stars

The 2018 Team Schriever Annual Awards Ceremony is March 8, 2019 from 6 p.m. — 10 p.m., at the Antlers Hotel in Colorado Springs, Colorado. The deadline to register is March 1, 2019. POC's: Senior Master Sgt. Cory Shipp and Senior Master Sgt. Miranda Gómez. Ticket prices are as follows:

- O4+/E9/GS-12+/Contractors — \$40
- O1-O3/GS7-GS11/NAF III — NAF IV — \$40
- E7-E8 — \$40
- E5-E6 — \$30
- E1-E4/GS1-GS6/NAF I — NAF II — \$20

To sign up for the event, visit: <https://einvitations.afit.edu/inv/anim.cfm?i=436886&k=066244017351>

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

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.

Spouses are invited to events marked with

Air Force Fire Chief visits Schriever



Allen Perry, Schriever Fire Department deputy fire chief, Jeffrey Wagner, Air Force fire chief, and James Giddens, SFD assistant fire chief, gather at the fire station at Schriever Air Force Base, Colorado, Feb. 18, 2019. Wagner was on hand for a tour of the base in an effort to get to know the 50th Space Wing's mission and Airmen.



Jeffrey Wagner, Air Force fire chief, and Spencer Obenchain, Schriever Fire Department firefighter, tour the fire station at Schriever Air Force Base, Colorado, Feb. 18, 2019. Wagner spent time with various organizations on base, concluding with a stop at the 2nd Space Operations Squadron as part of a familiarization tour.

U.S. Air Force photos by Mark Captain



The **Transcript** can publish your **NOTICES OF GUARDIANSHIP**
For more info call **634-5905**

Calling all golfers



JOINT BASE SAN ANTONIO-LACKLAND, Texas — Active-duty, Guard and Reserve Airmen interested in participating in the 2019 Golf Trial Camp, and ultimately Armed Forces Golf Championship, have until March 22 to submit their applications to compete.

The camp is May 8-14 at Luke Air Force Base, Arizona. The Armed Forces Golf Championship, also at Luke AFB, follows May 15-19. Coaches have until March 15 and athletes until March 22 to apply via the APPTAC system.

For more on the Air Force Sports program, managed by Air Force Services Activity, go to <http://www.myairforcelife.com/Sports/>.

U.S. Air Force graphic

2019

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COLORADO SPRINGS BUSINESS JOURNAL

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MARCH 28

5:30-7:30 PM

STARGAZERS THEATRE

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EVENTS

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AISHA AHMAD-POST
ALEX BELDING
TERRELL BROWN
MICKI COCKRILLE
LIZ DENSON
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JASON FELD
CHELSEA GAYLORD
CLAY GUILLORY
MATTIE GULLIXSON
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Our new look expresses what KRCC does best, celebrates our longstanding history in this region, and positions us for a robust future.

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- 89.1** La Junta
- 89.5** Woodland Park
- 89.9** Limon
- 90.1** Manitou Springs
- 91.5** Colorado Springs / Pueblo
- 91.7** Starkville / Trinidad / Raton, NM
- 94.1** Walsenburg
- 95.5** Lake George
- 95.7** Buena Vista / Salida
- 105.7** Cañon City



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Continued on next page

CSBJ Events

The Colorado Springs
BUSINESS JOURNAL

SOUTHEAST
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Independent
COLORADO SPRINGS

**Southeast
business plan
competition**

Have an idea for a new business?
Want some help getting it off the ground?
Submit your best ideas by March 15 and WIN!
CSBJ.COM/NOMINATE

**COS
CEO**

2019 LEADERSHIP LESSONS

4:30-6 pm • \$25/person
The Warehouse (25 W. Cimarron St.)

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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.



Northwestern Mutual

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COLORADO SPRINGS BUSINESS JOURNAL

**RISING
STARS**

MARCH 28 5:30-7:30 PM
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**COS
CEO**

2019 LEADERSHIP LESSONS

4:30-6 pm • \$25/person
The Warehouse (25 W. Cimarron St.)

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VENKAT REDDY

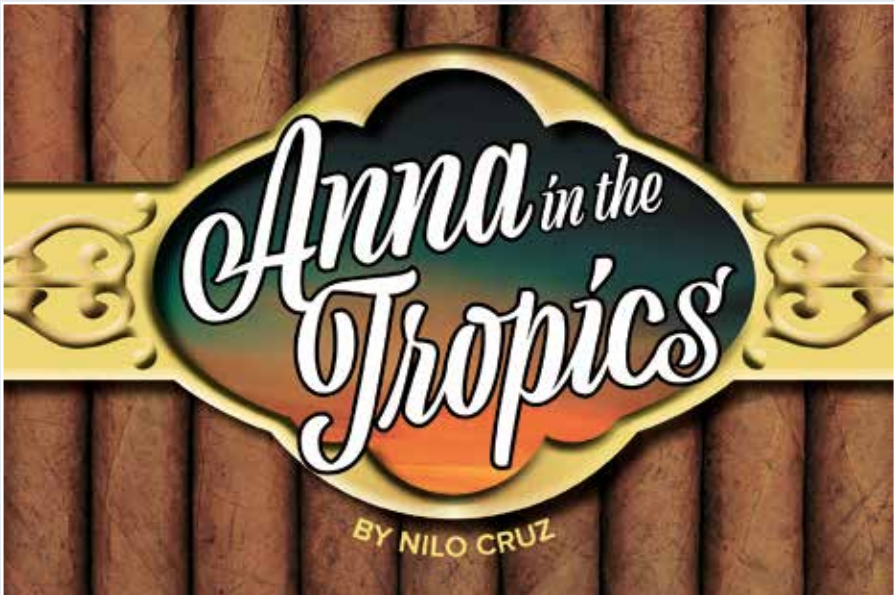
April 11

Ever wonder what it's like leading one of the fastest-growing university campuses in the state? Dr. Venkat Reddy knows. Reddy has been a part of the UCCS community for more than a quarter century. He currently serves as the chancellor and professor of finance at UCCS, charged with creating and executing the vision for the system's Springs campus.



THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

Brought to you by the Colorado Springs Independent



STAGE

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.

LITERARY EVENTS

Native American Tales, oral, spoken-word storytelling by Rose Red Elk accompanied by music. All ages welcome. Registration required. Sat., Feb. 23, 10:30-11:30 a.m. Free. High Prairie Library, 7035 Old Meridian Road, 260-3650, hi@ppld.org, ppld.librarymarket.com.

Visiting Writers Series: Maureen McHugh, the author of four novels and two collections of short fiction, winner of the Shirley Jackson Award and one of Publishers Weekly's 10 Best Books of 2011. Mon., Feb. 25, 7 p.m. Free. CC's McHugh Student Commons, 1090 N. Cascade Ave.

Write Your Heart Out 2019, a half-day preview event wherein six authors from the Pikes Peak Writers Conference faculty will present an afternoon filled with fun and learning centered around the craft and business of writing. RSVP required. Sat., Feb. 23, 1-5 p.m. Free. Marriott, 5580 Tech Center Drive, 244-6220, workshops@pikespeakwriters.com, facebook.com/PikesPeakWriters.

Writer's Night, an event where attendees set the agenda and the host keeps it organized. You'll get to share your accomplishments and maybe meet some new authors to stay in touch with. Please note the new location. Mon., Feb. 25, 6:30-8:30 p.m. and Mon., March 25, 6:30-8:30 p.m. Free. Tap Traders, 3104 N. Nevada Ave., #100, 244-6220, workshops@pikespeakwriters.com, facebook.com/PikesPeakWriters.

Village, 9420 Briar Village Point, 955-6650, salsabravaonline.com. Wednesdays, 6 p.m. Free. Salsa Brava Fresh Mexican Grill - Village Center, 802 Village Center Drive, 266-9244, salsabravaonline.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

Teacher's Workshop: The New Project Wild, including a new book with modern activities and topics including STEM, inquiry, new species and much more. Award winning conservation education materials for K-12. At the Visitor Center. Registration requested. Sat., Feb. 23, 8:30 a.m. to 4:30 p.m. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, linda.groat@state.co.us, cpw.state.co.us.

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.

Lifetree Café, enjoy stories, fascinating people and lively conversation. Share your thoughts about compelling topics and hear the thoughts of others. Snacks and beverages available. See online for weekly topics. MacKenzie Place, 1605 Elm Creek View. Mondays, 6:30-7:30 p.m. Free. lifetreecafe.com.

Psychic Readings, for questions regarding life purpose, relationships and careers. Performed by Judith Light. By appointment only. Ongoing. 475-0469, judith1light@gmail.com, judithlightintuitive.com.

RECREATION & 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.

Colorado Springs Sportsman and Boat Expo, an event with screaming deals on pontoons and fishing boats, plus 10,000 square feet of RVs. Fri., Feb. 22, 2-7 p.m.; Sat., Feb. 23, 10 a.m. to 6 p.m. and Sun., Feb. 24, 11 a.m. to 4 p.m. Adults \$7.50, youth 16 and under are free. Colorado Springs Event Center, 3960 Palmer Park Blvd., 816/676-1200, jennifert@rjpromotions.com, rjpromotions.com.

Hike: Rock Pond Trail, a 5-mile moderate to difficult trail to Rock Pond and Canyon. Dress for the weather, in layers, and bring water and snacks. Snowshoes, spikes and poles recommended. Meet at the Visitor Center parking lot. Sun., Feb. 24, 9:30 a.m. to 2 p.m. Free with park pass. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, linda.groat@state.co.us, cpw.state.co.us.

Salsa Brava Nacho Ordinary Run Club, a 5K run through the neighborhood with drink specials and menu items just for club members. Freebies include a free T-shirt, drink, menu item and more following a certain amount of runs. Tuesdays, 6 p.m. Free. Salsa Brava Fresh Mexican Grill - Briar

STAGE

Fond Farewell Murder Mystery Theater, a play that begins with a solemn memorial service commemorating a wealthy and famous bachelor. It then immediately catapults into hilarious chaos. An entertaining and engaging evening of comedy and murder mystery theater. Fridays, Saturdays, 6:30 p.m. and Sat., March 2, 2 and 6:30 p.m.; through March 1. \$9. Fountain Community Theater, 326 W. Alabama Ave., 233-5192, fountaintheater.org.

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17 Pucker-inducing
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20 Buffett's Nebraska home
22 Texter's "Eww, stop!"
23 Not missing a trick
24 *Ali's boxing technique
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28 '70s Earth orbiter
30 Focus problem, for short
33 "Anyone home?"
37 Altar words
38 As well
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40 Tasseled topper
41 Apropos
42 Make a claim
43 Nil
44 Supply's counterpart
46 "Little piggy"
48 One may celebrate Pi Day
49 *Plunging shirt feature
55 Ctrl+V, on a PC
56 Shakespearean curse
57 ___ of industry
58 *Stock tips, e.g., or a hint to the starred answers' synonyms and their placement in the grid
61 Saga
62 High cards in bridge
63 Within the rules
64 Honeycomb home
65 Oktober suffix
66 Torch output
67 "Calvin and Hobbes" transport

DOWN

1 Florida collegian
2 Texas siege site
3 Sandal part
4 Baseball cap "hairstyle"
5 ___ Vegas
6 Invite for
7 Real head-scratcher, informally?
8 Choosing rhyme start
9 Scam target: Abbr.
10 Musical hodgepodge
11 Martians, e.g.
12 Word-of-mouth communication pro?
13 Trial
19 Tug sharply at
21 "That's the spot!"
25 Slightly stale, say
28 South African rebellion site
29 Dolt
30 Not much
31 Atone
32 Their lives are chaos
34 Bird such as Woody
35 Laudatory poem
36 Take most of
39 Came back to Earth
43 High points
45 One making a scene?
47 Select
49 Sales pitch
50 Line that draws people in
51 Anti-poverty group
52 Amazon's domain
53 Have a cow?
54 Hit with a leg joint
55 "La Vie en Rose" singer Edith
59 Winter toy maker
60 Cry for a toreador

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