



Did you know?

★★★★★★★★★★  
**ST. PATRICK'S  
DAY RUN**  
★★★★★★★★★★

The St. Patrick's Day run is re-scheduled to March 29 at 3 p.m. Participants will meet at least 15 minutes prior to the race behind the batting cage. Free T-shirts will be given to the first one hundred finishers. Free green snacks and green adult beverages will be provided after the race.

For more information, call the fitness center at 567-6628.

BASE BRIEFS

Spouses are invited to events marked with



THIS WEEK

Health Promotion Activities

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

- March 26 7 — 9 a.m. — Heart Healthy Fair
  - March 26 3:30 — 4:30 p.m. — Weight Management class
  - March 27 11 a.m. — 1 p.m. — Healthy Recipe Swap Contest
- Call Carol Carr at 567-4292 to register.

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

ON BASE

Logistics planner retraining opportunities

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

More Briefs page 14

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



INSIDE

- Leave it better than you found it.....3
- Schriever AFB kicks off AFAF.....5
- Lazyman record broken.....8



Team Schriever braves bomb cyclone



U.S. Air Force courtesy photo by Tony Padilla

A tree uprooted by wind gusts lies on top of a vehicle during a blizzard in Colorado Springs, Colorado, March 13, 2019. Schriever Airmen worked around the clock to ensure their wingmen were as safe as possible.

By Halle Thornton

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Airman rallied after a bombogenesis, or “bomb cyclone,” hit Schriever Air Force Base, Colorado, March 13-14.

Bombogenesis, or “bomb cyclone,” refers to a rapidly intensifying area of low pressure. The central pressure of an area must drop

at least 24 millibars in 24 hours to qualify. In other words, one would expect to see intense wind gusts or large amounts of snow. Schriever AFB saw both list conditions, including reduced visibility for 48 hours, four to six foot snow drifts in some areas and hurricane strength wind gusts. Tech. Sgt. John Dodd, 50th Civil Engineer Squadron noncommissioned officer in charge

of payment and equipment, was tasked with snow removal on and around Schriever AFB during the storm. “The biggest issue during the blizzard was severely reduced visibility that had us held up in the shop until we could safely get out and begin snow removal operations,” he said. “We

See Cyclone page 10

50th SFS Training Flight:  
Keeping defenders fighting

By Staff Sgt. Matthew Coleman-Foster

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — The 50th Security Forces Squadron training flight advanced Air Force leadership’s “Year of the Defender” campaign by honing their skills to produce more lethal and professional Airmen.

The 50th SFS training flight makes sure defenders who protect those protecting the nation are as ready as the tools utilized in their mission.

“Year of the Defender means taking a long hard look at accomplishments our career field has made and recognizing what is ahead and giving us what we need to take care of what the future holds,” said Master Sgt. Jeff Tomkiewicz, 50th SFS noncommissioned officer in charge of training.

“Our flight is charged with providing 216 hours of training annu-

See Defenders page 4



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

Tech. Sgt. Jerald Harris, 50th Security Forces Squadron flight chief, challenges his motor skills by playing Jenga while using night vision goggles during a training session at the 50th SFS training facility at Schriever Air Force Base, Colorado, March 16, 2019. The 50th SFS training flight incorporated games as a way to increase training engagement and boost morale while meeting requirements.

See the first part of the series on page 8





Tech. Sgt. Jerald Harris, 50th Security Forces Squadron flight chief, checks under the hood of a vehicle during a training session at the 50th SFS training facility at Schriever Air Force Base, Colorado, March 16, 2019. The 50th SFS training flight conducts 216 hours of training are conducted annually for the base's defenders.



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

Staff Sgt. Jeremiah Williams, 50th Security Forces Squadron investigator, discovers contraband during a vehicle search training scenario at the 50th SFS training facility at Schriever Air Force Base, Colorado, March 16, 2019. The training flight uses a “crawl, walk, run” method for training sessions, a philosophical and practical approach to training used not only in the field, but classrooms as well.

# Defenders

From page 1

ally, mandated by the Security Forces Center,” he said.

Tomkiewicz said his flight goes beyond just meeting the standard, and seeks to exceed it.

The flight conducts courses such as use of force, shoot-no shoot scenarios and active shooter exercise. The trainers use a “crawl, walk, run” method; a philosophical and practical approach to training used not only in the field, but in classrooms as well.

“Some courses like active shooter are longer than others,” said Staff Sgt. Preston Morgan, 50th SFS lead trainer. “Through this process, we make sure our defenders are confident in what they are doing and actually get the tactics.”

Morgan said the benefit of the “crawl, walk, run” method is seen when defenders return for additional training.

“In the most recent course you saw who had been through the course and who had not,” he said. “Experienced defenders flowed through the course smoothly, were more on point and had less mistakes than our first timers.”

In addition to operations training, the training flight ensures defenders are prepared professionally.

“Our unit training manager, Staff Sgt. Michael Puckett, schedules formal training for our Airmen such as acts and investigations, seven level and more.” Tomkiewicz said. “We also have in-house courses we provide our defenders, such as resume writing and a College Level Examination Program preparation course, setting them up for success.”

Additionally, the 50th SFS training flight initiates educational pursuits. Tomkiewicz said new Airmen are coming in with more college experience than ever before.

“We have some of our trainers, Senior Airmen Ayanna Winters and Tyler Prine, making sure our incoming Airmen get their transcripts transferred over to the Community College of the Air Force,” he said. “A lot of them typically have a CCAF degree right off the bat because of their college experience prior to the Air Force,” said Tomkiewicz.

The training flight’s daily operations are filled with many challenges and expectations, in addition to preparing monthly training classes.

“Some days we prepare new members to conduct the mission here at Schriever,” Morgan said. “Other days we are running additional training courses or go out to defenders post and conduct training to prevent them from coming in on their time off as much as possible.”

In support of the 50th Space Wing’s priorities, the flight is constantly looking to innovate training, keeping members engaged, helping them learn.

“In order to guarantee our defenders are prepared for tomorrow’s engagements, we provide them with the right tactics, tools and warrior ethos mindset to overcome challenges and uncertainty they may face,” Tomkiewicz said.

Morgan said there’s much more to Security Forces than just checking ID’s and restricted area badges.

“We are here to serve and protect all those on Schriever Air Force Base, and the assets assisting those deployed worldwide conducting missions to protect and preserve our way of life,” he said.

*This article is the second part of a series highlighting the 50th Security Forces Squadron flights. See future issues of the Schriever Sentinel.*

Murray Security

Hanchey



# Schriever AFB kicks off AFAF

By Halle Thornton  
50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — Schriever Air Force Base kicked off its Air Force Assistance Fund campaign March 18, which will continue until April 26.

The AFAF campaign is an annual, on-the-job fundraiser conducted by Airmen for the benefit of Airmen, providing financial support to four AFAF affiliates, including the Air Force Aid Society, the Air Force Village Charitable Foundation, the Air Force Enlisted Village and the General Curtis E. LeMay Foundation.

“These charities consistently care for Airmen and their families during times of deployment, financial stress, natural disasters and individual and family emergencies,” said Chief Master Sgt. of the Air Force Kaleth O. Wright. “No other campaign is strictly for Airmen, by Airmen.”

Although the overall goal of the campaign is to raise \$5.6 million, Master Sgt. John Sperling, 4th Space Operations Squadron flight chief and AFAF campaign manager, said the suggested goal for Team Schriever is \$29,962.

“We’d like to focus on 100 percent contact and education of what the AFAF is and what it does for us,” he said. “The AFAF is unlike any other charity as it focuses on us, active duty members and retirees. It’s ‘by us, for us.’”

The Air Force Aid Society has three major missions: emergency financial assistance to Airmen and their families, educational support and community enhancement programs.

For more than 75 years, the AFAS has provided Airmen financial relief during emergencies, and helped fund college tuition for spouses and dependent children through scholarship programs.

“AFAS community enhancement programs vary from base to base, but at Schriever they include Bundles for Babies, Give Parents a Break, Childcare for PCS and Volunteers, Heartlink and Car Care because We Care,” Sperling said.

Wright said Air Force families’ needs spiked in 2018 following natural disasters like Hurricane Michael.

“The need is real and impacts our readiness,” he said. “After the hurricane hit Tyndall AFB, many of our Airmen were left without a home and in great financial need.”

Wright explained the AFAS provided Airmen and families



Col. Jennifer Grant, 50th Space Wing commander, and Chief Master Sgt. Boston Alexander, 50th SW command chief, donate to the Air Force Assistance Fund at Schriever Air Force Base, Colorado, March 18, 2019. The campaign runs from March 18 - April 26 and accepts contributions that will lend critical support to fellow Airmen and their families.

with more than \$6 million in assistance in the first three weeks following Hurricane Michael.

The Air Force Village Charitable Foundation provides financial support for surviving spouses of Officers.

Donations support Blue Skies of Texas, a full-spectrum care campus offering independent living homes, assisted living facilities and memory and nursing care.

“The AFVCF takes care of their residents like family and is conveniently located near Joint Base San Antonio Lackland,”

Sperling said. “Their mission is “to provide a home,” and like the AFVCF for surviving spouses of officers, the Air Force Enlisted Village will make sure nobody is ever turned away due to an inability to pay to live at the village.”

In 2018 alone, the Enlisted Village provided \$755,000 in financial support through the AFEV’s Benevolence Program to surviving spouses in need.

See **Campaign** page 9

D Soft

Drive Smart

HOUSE

# 50th SFS Training Flight: Keeping defenders fighting

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

SCHRIEVER AIR FORCE BASE, Colo. — The 50th Security Forces Squadron at Schriever Air Force Base, Colorado, responsible for the protection of assets vital to national security cannot undertake the task without the support of the logistics flight.

Working behind the scenes their mission is crucial to supporting Schriever’s defenders.

“Everything our defenders use to protect this base and its resources we have here, we not only equip them with, but also maintain to ensure mission success,” said Senior Airman Austin Hopper, 50th SFS resource and logistics.

The logistics flight operations does not only consist of in garrison support, but also supports preparation for contingencies abroad.

“We support mobility and readiness requirements for 50th SFS,” said Staff Sgt. Garrett Brew, 50th SFS combat arms noncommissioned officer in charge. “We supply everything from the ballistic vest you see our defenders wearing to the patrol vehicles they drive.”

The day-to-day operations for Airmen in the logistics flight is ever changing. According to Hopper, although there are typical administrative tasks involved, there is more to logistics than meets the eye.

“Some days we are maintaining vehicles, running them into town, making supply runs to Peterson Air Force Base, picking up items from the mail room, getting our all-terrain vehicles worked on and purchasing anything needed for the unit,” Hopper said. “We also work with our unit deployment and handle the safety program conducting spot inspections on defenders at their post.”

For combat arms, their day-to-day operations primarily consist of conducting training.

“We train our augmentees, ensure our defender’s sustainment and deployment requirements are met, take care of our weapons inventory and conduct proficiency requirements for instructors and Air Force Office of Special Investigation agents,” Brew said.

Hopper said even though their mission carries a serious tone, it is still fun and rewarding.

“I would say one of my favorite things is the variety in the mission here at logistics flight,” Hopper said. “We face different challenges and needs every day. You are not always sitting at your desk, you are constantly out and about.”

Hopper went on to add the people he works with every day helps him to enjoy the mission

“People make the mission, we have one of the best sections here,” he said. “We have fun over here, but we also know how to get the job done. Any challenge we face we can typically look at each other, laugh it off and press forward, it is definitely a fun section.”

For combat arms, Brew said they get to use firearms more often than any other career field in the Air Force and enjoys the opportunity.

“Being able to become proficient with different types of weapons, having the opportunity to go to various armorys and shooting schools and being able to vocalize better training for the individuals we teach makes us not only better instructors but also better Airmen,” he said.

The logistics flight is always on the lookout for the newest technology, researching new equipment.

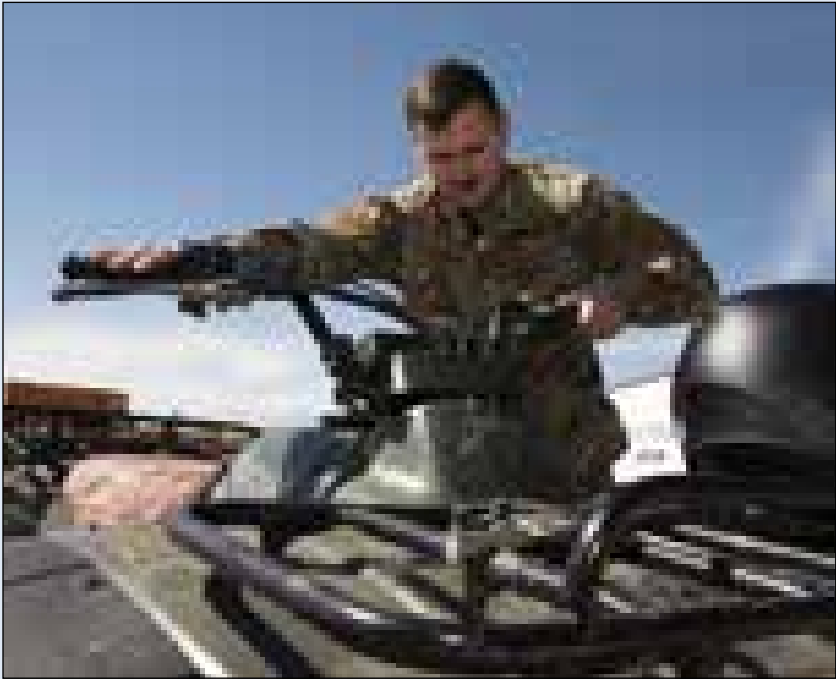
See **Training** page 7



Senior Airman Austin Hopper, 50th Security Force Squadron resource and logistics, conducts a line of fire as Senior Airman Spencer Thorpe, 50th Security Forces Squadron combat arms instructor, provides coaching as range master at the 50th Security Forces shooting range at Schriever Air Force Base, Colorado, March 8, 2019. The combat arms instruction team at Schriever is responsible for ensuring members of the 50th SFS are proficient in the various weapons systems they can uses in their everyday duties.



Senior Airman Hopper, 50th Security Force Squadron resource and logistics (left) and Senior Airman Spencer Thorpe, 50th Security Forces Squadron combat arms instructor, walk to inspect the target after Hopper’s line of fire at the 50th Security Forces shooting range at Schriever Air Force Base, Colorado, March 8, 2019. Hopper’s proficiency was being conducted in advance of an upcoming training event.



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

Senior Airman Austin Hopper, 50th Security Force Squadron resource and logistics, conducts a maintenance check on one of the 50th SFS perimeter all-terrain vehicles at the 50th Security Forces logistics facility at Schriever Air Force Base, Colorado, March 11, 2019. The logistics flight is responsible for providing and maintaining all vehicle assets belonging to the 50th SFS.



Senior Airman Spencer Thorpe, 50th Security Forces Squadron combat arms instructor, provides coaching to Senior Airman Austin Hopper, 50th Security Force Squadron resource and logistics, after conducting a line of fire at the 50th Security Forces shooting range at Schriever Air Force Base, Colorado, March 8, 2019. Combat arms instructors like Thorpe train augmentees, ensure sustainment and deployment requirements are met, maintain weapons inventory and conduct proficiency requirements for instructors and Air Force Office of Special Investigation agents.

# Training

From page 6

“Whether it is a new form of communication, something we can update in the vehicles, or something our defenders carry in their load out, if it will help us carry out the mission, we are going to find the item and get it into our defenders hands,” Hopper said.

According to Brew, the Air Force Security Forces Center is changing qualification courses to fall in line with in garrison and deployment readiness.

“The M9 Beretta has been used for decades and now we are migrating toward the M18 Sig Sauer Pistol,” he said. “The look and feel of the firearm is now modernized to reflect how defenders train. Everything is becoming more tailored to catering to today’s tactics and all the training we conduct as a unit.”

Brew said he applauds the Air Force for recognizing security forces this year.

“Defenders are the first people you see at the gate,” he said. “This year of the defender gives a better understanding to other career fields as a whole. Most see us at the gate or in our patrol cars, but diving behind the scenes, you have commanders support staff, training, logistics, physical resources and much more. Being able to portray what the career field is rather than what’s seen is a great step.”

Hopper said the base cannot be defended with rocks. The base defense starts with logistics.

“We put the weapons in their hands, make sure the patrol vehicles run and stay running and our defenders have the gear to carry out their mission. Logistics plays a huge role in a defenders day to day operations,” he said.

*This article is the first part of a series highlighting the 50th Security Forces Squadron flights. See future issues of the Schriever Sentinel.*



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

Staff Sgt. Garrett Brew, 50th Security Forces Squadron combat arms instructor, loads a shipment of rifle barrels into a truck as Senior Airman Austin Hopper, 50th Security Force Squadron resource and logistics, looks on at the 50th Security Forces logistics facility at Schriever Air Force Base, Colorado, March 11, 2019. The logistics flight is responsible for acquiring the equipment defenders need for carrying out their mission every day.

## Phil Long



U.S. Air Force photo by Dennis Rogers

Peter Aronson, 19th Space Operations Squadron, runs alone with the prisoners of war and missing in action flag during the POW/MIA run at Schriever Air Force Base, Colorado, Thursday, Sept. 15, 2016. The flag was continuously carried for a full 24-hour period, even during the late night and early morning hours, symbolizing Schriever's dedication to honoring POW/MIA service members.

# Schriever competitor breaks last year's Lazyman record

By 2nd Lt. Idali Beltre-Acevedo

50th Space Wing public affairs

SCHRIEVER AIR FORCE BASE, Colo. — Master Sgt. Pete Aronson, 14th Test Squadron superintendent, was the first Airman to complete the 2019 Lazyman Triathlon, which ended Feb. 28.

More than 200 hundred Airmen signed up for the event, with 117 finishing the challenge. Competitors had the month of February to complete a 2.4 mile swim, 112 mile bicycle ride and 26.2 mile run.

Aronson broke last year's record completing his first Lazyman in 17 hours and 20 minutes (his past year's record was 19 hours and 45 minutes.) To test his own limits, he completed two more Lazymans before the event's end date.

An experienced marathon and ultramarathon runner, Aronson reminisced about last year's accomplishments and how he planned to break his own record for this year's competition.

"I completed my first ever Lazyman Triathlon event last year," he said. "I learned the Schriever record was actually three days, so I challenged myself to complete it in just one."

"My goal was 24 hours, but finished in much less with a few breaks," he continued.

Aronson explained his approach based on his strengths.

"Running is my thing, I don't own a bike and I don't swim very much, so those two events are my weaknesses," Aronson said. "Traditionally the swim is first, so I'll get my painful event out of the way early. I'm OK with the 112 mile bike ride and thankfully, the running is last and I have no problem running on tired legs."

For Aronson, the Lazyman Triathlon was a training ground for improving his endurance for future events.

"The Lazyman gives me the opportunity to start training seriously for the upcoming five to six races I

have planned for 2019," he said. "If all goes well with no injuries, I'll finish up the year with what I call the Mega-Ultramarathon, or the 'Tahoe 200,' a 205 mile point-to-point race around Lake Tahoe with a time limit of 100 hours."

**Aronson broke last year's record completing his first Lazyman in 17 hours and 20 minutes (his past year's record was 19 hours and 45 minutes.)**

Seth Cannello, 50th Force Support Squadron fitness center director, highlighted how Aronson's commitment motivated other Airmen to participate in the event.

"Master Sergeant Aronson is always encouraging his wingmen to participate in the Lazyman," he said. "Seven Airmen from the 14th Test Squadron registered directly because of him. He is an ultra-endurance guy and always volunteers to run our POW/MIA events. He typically runs 24 straight hours or fills in the hours that nobody wants, for example, 1 a.m. — 4 a.m."

Aronson shared insight on how to triumph in an event like this.

"Eat lean and hydrate early and often, especially for the swim. You will sweat in the water and not even realize how much. I lost four pounds of water weight in less than four hours," Aronson said.

"Once you start an endurance event like this you will need to stay ahead of the power curve to avoid getting sick or losing energy."

He explained how he mentally goes beyond where his training gets him.

"Over time, I've developed a never give up mentality," Aronson said. "Most endurance runners will agree that training will only take you so far. You will eventually hit the wall and want to quit. You will need to find a way to push through that barrier and keep going until you finish what you intended to do."

"I've failed enough to know what works for me," he continued. "I've learned pain is temporary but quitting is permanent. I try to incorporate that theme everywhere in my life."

As a reminder, those finishing the event have the option to continue throughout July, repeating the Lazyman each month plus "add-on challenges." Each month will get progressively harder as extra challenges add up and carry on to the next month. Here is a breakdown of each month's additional challenges:

- March adds 26.2 miles on an elliptical.
- April will have participants completing all of March events (Lazyman Triathlon plus 26.2 miles on the elliptical) along with 2,000 floors on a stair mill.
- May adds 50,000 meters on the rower to all the events completed in April.
- June adds 23,035 feet on the Jacob's ladder to all the events done in May.
- For the finale, July adds the completion of the Murph challenge to all the events done in June. The Murph consists of a 1 mile run, 300 body squats, 200 push-ups, 100 pull-ups and a final 1 mile run. Competitors will schedule the Murph with the gym staff only after completing the rest of the events and will be given one hour to finish it.

50th FSS's next event is the St. Paddy's Day Run, March 15. For more information, call the fitness center at 567-6658.



# Campaign

From page 5

“The AFEV set up a collection point, gathered household and food items and cash donations valued at three hundred and sixty seven thousand to aid local Airmen and retirees,” Wright said. “This support demonstrates how the Air Force Assistance Fund charities care for the entire Air Force family and exemplifies the campaign’s motto for Airmen, by Airmen.”

Both charities provide surviving spouses a home with like-minded Air Force family members located near military medical facilities and benefits like the commissary and base exchange.

Since 1987, the LeMay Foundation has helped more than 1,000 Air Force Retirees’ widows and widowers pay for one-time emergency expenses as well as recurring expenses like minor home repairs, dental and medical needs.

The foundation provides assistance through monetary grants that don’t need

to be paid back. “The LeMay Foundation is here so our surviving spouses can remain living in their own home with the dignity they deserve after standing with us all those years while we were in the Air Force,” Sperling said. “Most of their donations come from us active duty Airmen.”

Sperling said the charities are about Airmen taking care of Airmen, which falls in line with the 50th Space Wing priority, “Take care of our Airmen and families always.”

“This is something we’ve done our whole careers,” he said. “When a tragedy hits, we have a natural feeling to help, but may feel powerless due to the magnitude. This is a way for us to rally behind our Airmen in need and do something about it.”

To learn more about the Air Force Assistance Fund charities, visit [AFAssistanceFund.org](http://AFAssistanceFund.org).

“As you consider where you will send your donation dollars in 2019, we ask you to continue our long Air Force tradition of taking care of our own by considering giving to the campaign,” Wright said.

# Accomplish

From page 3

to expand through self-improvement, education and experiences. View every challenge as an opportunity and seize on it, that’s what great leaders do. Most importantly, leave your people better than you found them by caring, enforcing standards, offering constructive feedback and providing them with developmental

opportunities, education, training and the right resources. The most lasting impact you can make is to mentor and develop people who will continue to serve and lead, even after you are no longer part of the organization.

There is always more work to be done, but strive to leave behind a place, organization and personnel more capable of executing the mission than before. If you try to make a difference every day, I guarantee you’re leaving it better than you found it.

# house ad

PAID ADVERTISEMENT



## TRANSITION SPOTLIGHT Tiffany Carlson



Mt. Carmel celebrates transitioning Soldier Tiffany Carlson! The Army Captain serves as a plans & logistics officer supporting 1,200 soldiers with varied global deployment responsibilities. We first helped Tiffany last Spring when she visited our Transition and Employment team on the recommendation of her supervisor. “At the time, I was pursuing medical school and personal interviews were a crucial part of the admissions process,” said Tiffany. “I was lacking in my interview skills at the time, and Mt. Carmel had a great reputation in this area.” Team member Jessica Griser helped prepare Tiffany through mock interviews in panel & individual formats. “In uniform, we use rehearsals to ensure we’re ready,” said Tiffany. “Through mock interviews & feedback from Jessica, I was prepared to shine during my medical school interviews.” Ultimately, Tiffany was granted interviews with four medical schools, accepting an August 2019 enrollment with Midwestern University/ Chicago College of Osteopathic Medicine. As she continues her transition, we caught up with her this week in Mt. Carmel’s partnered 5-day Advanced Transition and Jobseeker Course, Prep Connect 360. “This class helps transitioning veterans bridge the gap into the workforce in such a powerful way; It helped me, and so many of my classmates, with our self-awareness as we look to what will make us happy and satisfied as we consider second careers,” said Tiffany. “I think service members need to plan their exit strategy. Mt. Carmel is that one-stop shop -- they take care of all veterans, and veterans at every stage of life,” said Tiffany. “For me, they provided a peer navigator to help me succeed. For others who are long past their initial separation from the service, they offer help and are a reminder that veterans and their families are not alone. Our veterans, our transitioning service members and our families are lucky to have Mt. Carmel as a resource.”

## EVENTS CALENDAR

- Mar 22:** Free website assistance for entrepreneurs, 9 am-3 pm

**Mar 23:** PTS/Trauma relief-focus Tai Chi, 10-11am

**Mar 25:** Spiritual Coverage, meet with a chaplain, 10 am-2pm

**Mar 25:** Meet with a Chaplain, 10 am-2 pm

**Mar 25:** One Family Parenting Class, 6-9pm

**Mar 26:** Spiritual Connection Group, non-denominational discussion of spirituality, Noon-1 pm
- Mar 26:** Veteran-X PTS-focused group, 4:30-6:30pm

**Mar 26:** Yoga, PT/trauma relief-focus, 5-6pm

**Mar 27:** Free tax-preparation/electronic filing for all, 10am-4pm

**Mar 27:** Warriors First, support group for justice-involved veterans, 4-5 pm

**Mar 27:** Art Therapy promoting stress relief and self-healing, 5-7 pm

**Mar 27:** Pointman Ministries, 6-8pm

**Mar 28:** PTSD Support Group, 10-11am

**Mar 28:** Free tax-preparation/electronic filing for all, 11am-4:30pm

## Help Us Support Ours:

Mt. Carmel Veterans Service provides vital career and transition assistance, behavioral health and wellness, supportive services, connection to community resources, and safe event space for veterans, military members and their families. Our non-profit has directly impacted 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**



Visit us at

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



# Cyclone

From page 1

were also getting calls to assist emergency services and plowing the roads in front of their vehicles to help them get to housing residents that were having medical emergencies during the heaviest parts of the blizzard.”

Dodd said he also helped transport personnel from Irwin gate and provided them safe passage to their houses on base.

“I have encountered heavy snows when I was stationed at Kunsan Air Base, South Korea in 2014,” he said. “They had low visibility and the most snow we saw at one time was a 46 inch accumulation during the course of four hours. The blizzard here didn’t drop as much snow, but the high winds with reduced visibility made the roads more hazardous to traverse than I have ever seen before.”

Dodd said the most rewarding part about working during the blizzard was the gratitude everyone showed to the crew.

“Most people don’t see the work we perform during these events,” he said. “They just see it as a snow day. But to the people who have actually been stuck out in the elements we face during these weather events, they actually see what we are doing to help not only the base, but the people who live and work here.

“It gives you a sense of accomplishment just hearing people say thank you for braving the elements to help those in need,” Dodd continued.

Dodd added although he lives on base, he stayed in the shop overnight to help out.

“Everyone had families that they wanted to go home to, but if they couldn’t leave, neither could I,” he said.

Dodd praised his leadership and their support for Team Schriever.

“These Airmen were out there with us operating equipment during the entire snow removal operations,” he said. “I have truly seen what leadership is and have the utmost respect for those that will brave the elements to help their own.”

Master Sgt. Aaron Miller, 50th Security Forces Squadron flight chief on duty, conducted road checks before, during and after the storm and communicated real time information on the status of the weather conditions through his chain of command.

“Additionally, we switched the 24/7 gate to the West gate due to the closure of Highway 94 in order for emergency personnel to continue to perform emergency evacuation and rescue operations for both the local community and Schriever AFB personnel along Curtis Road, Bradley Road, and Highway 94,” he said.

During two excursions, Schriever members scoured approximately 5 miles of roadway around the installation’s perimeter. They encountered more than 50 stranded vehicles, to include an 18-wheeler, 36 on Curtis Road alone. Three rescued drivers were brought to the Visitor Control Center to take shelter until the following day when weather allowed them to return to their vehicles. Three military members volunteered to stay with the drivers for approximately 10 hours.

Miller said the 50th SFS faced many challenges, including driving in limited visibility (anywhere between 2-15 feet) to continued security operations, fighting the high winds while closing the North gate, opening the West gate and maintaining command and control with outside agencies.

“The most rewarding parts of the entire ordeal were just hearing some of the stories along with seeing all of us coming together to get Schriever back up and running,” he said. “I want to thank ev-

eryone who helped ensure the safety of drivers and to the ‘Dirt Boyz’ for working around the clock.”

Emily Rangel, 50th Force Support Squadron recreation assistant and key spouse, hosted five Airmen from the 50th SFS.

“We set up our guest bed and air mattress and we had our couch set up as well,” she said. “My husband and I helped them because I’m a key spouse, they are Airman in my husband’s flight and they weren’t allowed to leave the base. We knew they needed a place to sleep.”

Rangel said the most rewarding part of helping out during the blizzard was actively being able to take care of defenders who work long hours to protect the base, its assets and the families who live here.

“These are hardworking men and women and they were in a tough spot,” she said. “I was more than willing to make room in our home for them. I would do it all over again if the occasion called for it.”

Col. Jennifer Grant, 50th Space Wing commander, thanked Schriever for all their hard work.

This is literally a “One Team” effort across the board,” she said.

Thank you to the following Airmen who helped keep Schriever AFB safe:

**50th Mission Support Group**  
Col. Brian Kehl

**50th Contracting Squadron**  
Staff Sgt. Brandon Council

**50th Civil Engineer Squadron**  
Lt. Col. Christopher Teke  
Staff Sgt. Scott Norfleet  
Staff Sgt. Jeremiah Wilkins  
Staff Sgt. Brandon Pingle  
Senior Airman Richard Florey  
Senior Airman Cody Sumrall  
Firefighter Edward Vasquez

**Spouses**  
Amber Kadisak  
Bailey Hopper  
Kira Delgado  
Elizabeth Vombaur  
Jordan Lira  
Jennifer Alvarez

**50th Security Forces Squadron**  
Day Flight: were required to stay on base for 36-48 hours, sleeping on couches and floors in order to maintain security requirements throughout the inclement weather.

Tech. Sgt. Derek Halverson  
Staff Sgt. Nathaniel Propst  
Staff Sgt. Justin Osinga  
Staff Sgt. Jeremy Brown  
Staff Sgt. Kevin Cruz  
Senior Airman Eliezer Mercado  
Senior Airman Riley Vombaur  
Senior Airman Tara Gardner  
Officer Joshua Nieves  
Officer Alejandro Garcia  
Officer Daris Hennen

Mid Flight: all were on-base residents who were called in from other schedules and shifts to maintain security requirements throughout the inclement weather.

Tech. Sgt. Jason Kadisak  
Staff Sgt. Matthew Collins  
Staff Sgt. Joshua Ward  
Staff Sgt. Xavier Cordova  
Senior Airman Edgar Amador-Casas  
Senior Airman Marlon Delgado  
Senior Airman Austin Hopper  
Senior Airman Connor Cox

Additionally, more than 100 Airmen from the 50th Operations Group and the 50th Mission Support Group and the 50th Network Operations Group helped keep the base safe.

Thank you to all others who braved the storm.



U.S. Air Force courtesy photo by Joelle Wright

Snow falls on a bicycle during the blizzard in Colorado Springs, Colorado, March 13, 2019. The snowstorm lasted two days, and winds reached hurricane level barometric pressure.



U.S. Air Force courtesy photo by Staff Sgt. Lee Rimell

High wind gusts knock down patio furniture during a blizzard in Colorado Springs, Colorado, March 13, 2019. Schriever Air Force Base, Colorado saw conditions including reduced visibility for 48 hours, four to six foot snow drifts in some areas and hurricane strength wind gusts.

# United Launch Alliance successfully launches WGS-10 satellite

## SMC Public Affairs

LOS ANGELES AIR FORCE BASE, Calif. — The Air Force successfully launched the 10th Boeing-built Wideband Global SATCOM satellite aboard a United Launch Alliance Delta IV Evolved Expendable Launch Vehicle for the U.S. from Space Launch Complex 37B, Cape Canaveral Air Force Station, Florida at 8:26 p.m. EDT, March 15.

This mission demonstrates the U.S. Air Force’s continued commitment to deliver secure and reliable satellite communications around the globe to U.S. and Allied forces.

“Today’s launch is a momentous achievement for the joint warfighter as we launch the tenth WGS satellite,” said Tom Becht, acting director of Space and Missile Systems Center’s Military Satellite Communications Systems Directorate. “This accomplishment is the result of the remarkable relationship with our partners at SMC’s Launch Enterprise Systems Directorate, the 45th Space Wing, 50th Space Wing, and industry and epitomizes the traits of our transformative SMC 2.0 initiative.”

“The tenacity and dedication to mission assurance ensures we continue to maintain a robust satellite constellation with modernized, more resilient MILSATCOM capabilities,” Becht continued. “Thanks to the astounding teamwork, commitment, and mission focus, we successfully launched the next satellite in the WGS satellite constellation.”

Over the next few months, Boeing will begin on-orbit testing of WGS-10 to verify performance and prepare the satellite for operational use. Ultimately, WGS-10 will be controlled by the U.S. Air Force’s 4th Space Operations Squadron at Schriever Air Force Base, Colo. The WGS-10 satellite is scheduled to enter operations in October 2019.



Photo courtesy of United Launch Alliance

An ULA Delta IV rocket carrying the WGS-10 mission for the U.S. Air Force lifts off from Space Launch Complex-37 at 8:26 p.m. ET. March 15.

## 50th Space Communications Squadron hosts tech expo



(Above) A vendor explains information to Airman 1st Class Dominick Cuervo, director of and Airman 1st Class Andrew Zmarlak, both 50th Space Communications Squadron mission defense team, during the Tech Expo at Schriever Air Force Base, Colorado, March 19, 2019. The expo gives Airmen the opportunity to see the latest in emerging technologies, network and industry experts.



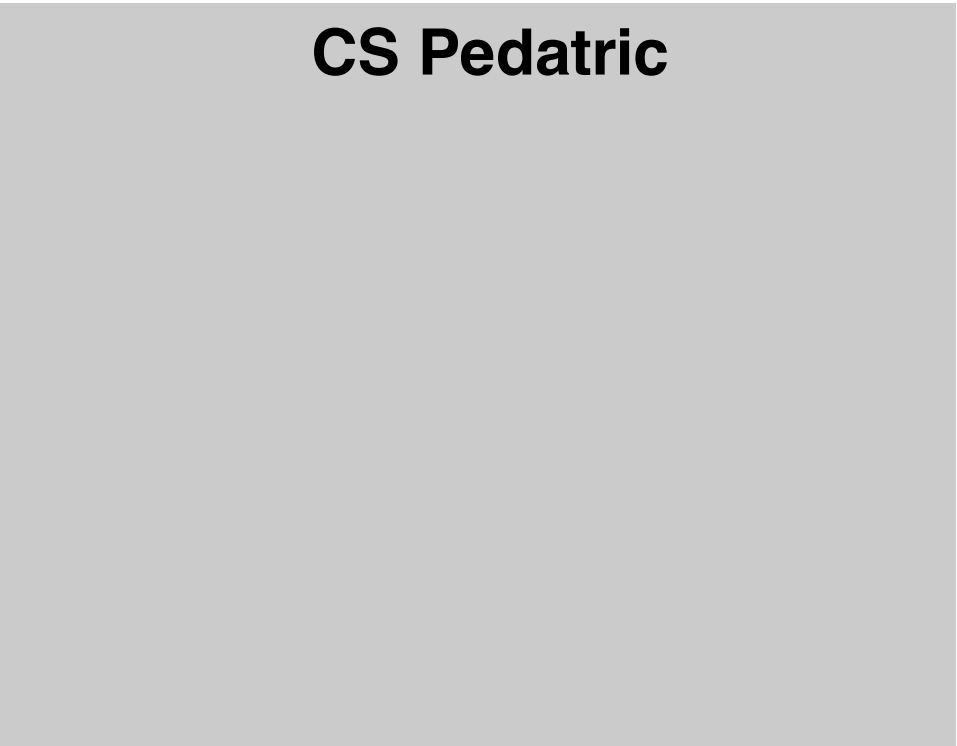
(Right) Col. Hewett Wells, 50th Network Operations Group commander, reads promotional information material during the Tech Expo at Schriever Air Force Base, Colorado, March 19, 2019. The 50th Space Communications Squadron hosted the event that featured technology fields such as information security, cyber security, access control, secure storage solutions, data transfer solutions, security devices, mobile communication devices and more.

U.S. Air Force photos by Kathryn Calvert

## CSMNG HOUSE 3



## CS Pedatric



# AF Week



U.S. Air Force photo by Airman 1st Class Taylor Walker

Members of the 124th Air Support Operations Squadron, Gowen Field, Idaho, participate in avalanche training at Tamarack Mountain Resort, March 9, 2019. The training ensures Airmen from the Idaho National Guard have skills necessary to assist civilians and support teams with search and rescue operations during a state emergency.



U.S. Air Force photo by Senior Airman Jarrod Vickers

F-16C Fighting Falcons with the 13th Fighter Squadron, assigned to Misawa Air Base, Japan, sit on the south ramp at Andersen Air Force Base, Guam, Feb. 28, 2019. Misawa AB's F-16s were among the nearly 100 aircraft participating in this year's COPE North exercise in Guam.



U.S. Air Force photo by Kimberly Groue

Members of the 335th Training Squadron freestyle drill team perform during the 81st Training Group drill down on the Levitow Training Support Facility drill pad at Keesler Air Force Base, Mississippi, March 8, 2019. Airmen from the 81st TRG competed in a quarterly open ranks inspection, regulation drill routine and freestyle drill routine. Keesler AFB trains more than 30,000 students each year. While in training, Airmen are given the opportunity to volunteer to learn and execute drill down routines.



A formation of A-10 Thunderbolt IIs attached to the 442nd Airlift Wing, 1st Air Force, refuels a KC-135 Stratotanker after receiving fuel over Kansas. The 185th Air Refueling Wing at Sioux City, Iowa, and the 442nd Airlift Wing at Fairford Air Base, England, participated in the exercise.



# in Photos



U.S. Air Force photo by Senior Airman Jarrod Vickers

F-16C Fighting Falcons with the 13th Fighter Squadron, assigned to Misawa Air Base, Japan, sit on the south ramp at Andersen Air Force Base, Guam, Feb. 28, 2019. Misawa AB's F-16s were among the nearly 100 aircraft participating in this year's COPE North exercise in Guam.



U.S. Air Force photo by Staff Sgt. Ramon A. Adelan

Diego, a 51st Security Forces Squadron military working dog, jumps over a training course obstacle at Osan Air Base, South Korea, March 12, 2019. On March 13, 2019, military working dogs were celebrated for National K9 Veterans Day. Additionally, the U.S. Army established the War Dog Program, or K-9 Corps, on this day in 1942.



U.S. Air National Guard photo by Tech. Sgt. Daniel Ter Haar

13th Fighter Wing at Whiteman Air Force Base, Missouri, departs on March 6, 2019. The KC-135 is attached to the Air National Guard and is regularly scheduled to refuel A-10s for training purposes.



U.S. Air Force photo by Senior Airman Cody R. Miller

An Airman performs the final set of checks during Transportation Isolation System, or TIS, training while practicing patient care in a containment unit at Joint Base Charleston, South Carolina, March 5, 2019. Engineered and implemented after the Ebola virus outbreak in 2014, the TIS is an enclosure the Department of Defense can use to safely transport patients with highly contagious diseases.



U.S. Airmen unload cargo from a C-130J Hercules assigned to the 75th Expeditionary Airlift Squadron (75th EAS) in East Africa, March 4, 2019. The 75th EAS supports Combined Joint Task Force - Horn of Africa (CJTF-HOA) with medical evacuations, disaster relief, humanitarian and airdrop operations.

U.S. Air Force Photo by Tech. Sgt. Chris Hibben

# BASE BRIEFS

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

## NH-1102-03 Contract Specialist Term Vacancies

The 50th Contracting Squadron is seeking qualified candidates to fill two modified term appointment NH-1102-03 contract specialist positions. These positions fall under the DoD's Civilian Acquisition Workforce Demonstration Project compensation and appraisal system and are considered GS 12-13 equivalent positions. These modified term positions are funded for two years and may be extended up to five years with a one year, local approved extension for a total of six years.

The primary purpose for these positions are to serve as experienced contract specialists for all phases of pre-award acquisition and post-award contract administration on service and commodity contracts. Positions will be filled using Direct Hiring Authority. Relocation costs are not authorized.

Employees hired under the modified term appointment may be eligible for conversion to career or career conditional appointments in the competitive service provided they:

1. Have an announcement specifically stating that the individual(s) selected for the term position may be eligible for conversion to career conditional or career appointments at a later date.
2. Have served two years of continuous service in the term position.
3. Have been considered to have adequate contributions and a fully successful performance rating for two assessment cycles (including the current assessment cycle) immediately preceding conversion. Service under a modified term appointment immediately prior to a permanent appointment shall count toward the probationary period requirements described in 10 U.S.C. Section 1599e.

- NH-1102-03 desired qualifications and experience includes:
- Wide-ranging knowledge of various contracting approaches and methods
  - Preparation and coordination of acquisition documents for pre-solicitation/award
  - Contract administration (post award)
  - Prefer warranted Contracting Officer experience
  - APDP Contracting Level II Certification

Interested candidates must send a current resume, copies of transcripts and a copy of your Department of Defense Form 214 (if applicable) to kristin.heikkila@us.af.mil — Subject Line: NH-1102-03 Contract Specialist Term Vacancy, no later than March 31.

Your resume should include breadth/depth of experience, and qualifications which make you the best qualified candidate for these positions. Candidates will be assessed to ensure they have the skills, education, training and behavioral attributes that provide for successful job performance. For more information, contact Kristi Heikkila at 567-7332.

## Clinic announces closures

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

March 22	All Day	Wing Down Day
April 11	11 a.m. — 4:30 p.m.	Training Day
May 9	11 a.m.— 4:30 p.m.	Training Day
May 24	12 p.m. — 4:30 p.m.	Family Day
May 27	All Day	Holiday
June 13	11 a.m. — 4:30 p.m.	Training Day
July 4	All Day	Holiday
July 5	12 p.m. — 4:30 p.m.	Family Day
July 11	11 a.m. — 4:30 p.m.	Training Day
August 8	11 a.m. — 4:30 p.m.	Training Day

Note: Walk-in services end at 3:30 p.m. Normal clinic hours are 7:30 a.m. — 4:30 p.m., Monday — Friday. For emergencies, call 911. For appointments, call 524-CARE.

## Multi-Domain Warfighter Integration Council

The 310th Space Wing will host the Multi-Domain Warfighter Integration Council April 1 — 5, at the U.S. Air Force Warfare Center, Detachment 1. The event's purpose is to develop solutions to multi-domain challenges faced by the United States Armed Forces at the tactical and operational levels and identify specific space effects and support that increase combat effectiveness in these problem sets.

For more information, contact Maj. Megan Tovado at 567-6834.

## Civilian Developmental Education accepting nomination packages

Nomination packages for Career Developmental Education opportunities are accepted through May 1. Applicants can apply for up to four programs.

The majority of the courses require a continued service agreement in accordance with Air Force Instruction 36-401, Employee Training and Development. Applicants may incur up to a five year commitment upon completion of the training. This commitment begins when the students complete the program and is transferable to another federal agency if the employee leaves the Air Force.

For up to date CDE information, visit the Civilian Force Development page on myPers from a Common Access Card enabled computer, or select "Civilian Employee" from the myPers dropdown menu and search "developmental education." Required documents, application instructions, a list of CDE opportunities and other criteria are available on the page.

For more information visit: <https://www.afpc.af.mil/Force-Development/Civilian-Developmental-Education/>.

## AAFES continues Free Friday giveaways

The Army and Air Force Exchange Service continues 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.

Veterans can visit <http://bit.ly/VetForLife> for more information. 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 576-6174.

## Legal Office Weekly Briefings

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

- Article 137 re-enlistment briefing — 8 a.m.
- Deployment briefings — 9 a.m.
- Legal office court requirement: Before appearing and/or testifying in court in their unofficial capacity, all Air Force members are required to meet with the legal office.
- For more information, call 567-5050.

## 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 to Friday. For more information, contact Joe Colunga at 567-3350.

Additionally, there is a Schriever Air Force Base vanpool service Monday to 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 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 567-7014, Kim Elster at 567-3025, or Jay Carroll at 721-0739.

Briefs continued on page 16

# See Something Wrong Do Something Right – Report It.



**Insider Threat, Fraud,  
Theft, Drugs, Murder,  
CI Indicators,  
Burglary, Rape,  
Domestic Violence,  
Environmental Crimes,  
Espionage...**

Happen in our community and workplace. You might have the information that would help solve these cases and keep us safe.



**IF IT IS SUSPICIOUS OR WRONG, REPORT IT!**  
**50th SFS BDOC: 567-5642 • AFOSI 8 FIS Duty Agent: 330-5835**

**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.

# rising stars house ad

15 | P a g e



# BASE BRIEFS

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

## 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 12 — 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 567-6001.

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

## Recreation camper, trailer spots available

Approximately 30 spots are available for rent in the Outdoor Recreation Vehicle lot. Most are 30 feet long. The RV lot can be accessed 24/7 through the North Gate. The gate to the RV lot is secured and can be accessed with an individual code.

For more information or to reserve space, call Outdoor Recreation at 567-6050.

## OFF-BASE

Saint Patrick’s Big Green Celebration

The Peterson’s Air Force Base Chapel in coordination with Airmen Against Drunk Driving will host the Saint Patrick’s Big Green Celebration from 5 — 8 p.m. March 20 at the Eclipse Cyber Café in Discovery Hall on Peterson Air Force Base, Colorado. This free event will feature green food and drinks, video game tournaments, music, food eating contests and special prizes!

For more information, contact Airman First Class Emily Rivera at 567-3628.

## AAFES hosts You Made the Grade

The Army and Air Force Exchange Service is hosting a You Made The Grade special for first through 12th-graders, including homeschooled students, who maintain a “B” average or higher throughout the school year. Qualified students will earn a \$5 Exchange gift card every grading period during the 2018-19 school year. Students must present a valid military I.D. and proof of qualifying grades during any grading period at the Peterson Air

Force Base, Colorado Exchange customer service area to earn their card.

For more information, contact Michael Casserly at 567-6174.

## Vietnam Vet Pinning

The Army and Air Force Exchange Service is partnering with the United States of America Vietnam War Commemoration to honor Vietnam Veterans for their service and sacrifice, National Vietnam War Veterans Day, March 29.

All Veterans who served in the Armed Forces from Nov. 1, 1955 to May 15, 1975 are encouraged to visit their Colorado Springs Main Exchanges March 29 to receive a memorial lapel pin during ceremonies to recognize Vietnam Veterans’ service. The pins are provided in partnership with the United States of America Vietnam War Commemoration.

For more information on the times of the ceremonies at Fort Carson, Peterson Air Force Base and United States Air Force Academy Main Exchanges, Vietnam Veterans can visit [shopmyexchange.com/community](http://shopmyexchange.com/community).

Veterans who are unable to come to an Exchange for a lapel pin March 29 can visit <http://www.vietnam-war50th.com/events/> to find an upcoming event or find a Commemorative Partner in their area at [http://www.vietnamwar50th.com/partners/partner\\_map/](http://www.vietnamwar50th.com/partners/partner_map/).

Veterans who still need assistance locating an opportunity to receive a lapel pin on behalf of a grateful nation can contact the commemoration office at 877-387-9951 or [whs.vnwar50th@mail.mil](mailto:whs.vnwar50th@mail.mil).

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

## TAPS seeks volunteers

The Tragedy Assistance Program is seeking volunteers for the 2019 Mountain State Regional Good Grief Camp being held March 29 — 31. Please register at [www.taps.org/militarymentors](http://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 331-6689 or 260-8172 for more information.

## Military Retirees Activities Office

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

## The Retired Enlisted Association celebrates grand re-opening ceremony

The grand-opening ceremony for the TREA — The Enlisted Association Chapter 1, will take place May 4 from 1 — 4 p.m. at 3035B South Academy Street in Colorado Springs. This is a free family friendly event with food, drinks, community service projects and kids activities.

For more information, email Ashley Perry at [ashleyperry1210@gmail.com](mailto:ashleyperry1210@gmail.com).

## Registration for the 2019 FA40 Training Forum is open

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command’s Army Space Personnel Development Office is hosting the 2019 Annual FA40 Training Forum Aug. 13 — 16 at Peterson Air Force Base, Colorado.

This year’s forum will take place in the main conference room of Building 920 where TS-SCI briefings are scheduled.

Registration is open to all members of the Army Space Cadre.

The registration process is not complete without submission of a TS-SCI Visit Access Request, by the member’s organizational special security officer unless he/she possesses a current PAFB/SMDC green badge. VAR information is located on the registration page.

For more information or to register, go to (when prompted, select your Common Access Card email certificate to access the site): [https://army.deps.mil/army/sites/ASKMS/FA40\\_2019/SitePages/Home.aspx](https://army.deps.mil/army/sites/ASKMS/FA40_2019/SitePages/Home.aspx).

For more information contact, Bob Kyniston at 554-0459 or [robert.a.kyniston.civ@mail.mil](mailto:robert.a.kyniston.civ@mail.mil).

Spouses are invited to events marked with

# CSMNG HOUSE 1

southeast house ad

SOUTHEAST HOUSE

THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

Independent

Brought to you by the Colorado Springs Independent

ART EVENTS

**Arty Party and Closing Show**, with art supplies, cool music, dope performers and the artist of fun times. This month includes Josephine The Singer, belly dancing, comedy by Sara B Sirius, poetry and more. Fri., March 22, 7-9 p.m. \$15. The Gallery Below, 718B N. Weber St., 347/961-4789, [jonb@thegallerybelow.com](mailto:jonb@thegallerybelow.com), [facebook.com/thegallerybelow](https://www.facebook.com/thegallerybelow).

**Canvas & Cannabis**, pot, paint and positive vibes; 420-friendly painting events downtown. Time varies. Every other Thursday-Sunday. \$35. Studio A64, 332 E. Colorado Ave., 424-5736, [CannavisART@gmail.com](mailto:CannavisART@gmail.com), [canvasandcannabis.weebly.com](https://www.canvasandcannabis.weebly.com).

**Intermediate Book Folding Workshop**, an opportunity to take your book-folding to the next level. Students will join instructor Teresa Huester as she guides the class in folding recycled books to create their own altered artwork. Registration required. Ages 12 and older. Sat., March 23, 10 a.m. to noon. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000, [ppld.librarymarket.com](https://www.ppld.librarymarket.com).

**ART EXHIBITS**

**Academy Art and Frame Company**, 7560 N. Academy Blvd., 265-6694, [academyframe@gmail.com](mailto:academyframe@gmail.com), [academyframesco.com](https://www.academyframesco.com). Colorado Photography Learning Group Annual Exhibit, featuring fine art photography by amateur and professional photographers. Through March 30.

**Boulder Street Gallery Artists**, 206 N. Tejon St., 636-9358, [boulderstgallery@gmail.com](mailto:boulderstgallery@gmail.com), [boulderstreetgallery.com](https://www.boulderstreetgallery.com). March Featured Artists, showcasing watercolorist Cindy Welch and oil painter David Barber, with a guest artist: abstract watercolorist Rob Grishow. Through March 30.

**The Bridge Gallery**, 218 W. Colorado Ave., 269-7055, [thebridgegallery@gmail.com](mailto:thebridgegallery@gmail.com), [thebridgegallery.com](https://www.thebridgegallery.com). *Eclectic*, an exhibit in various media which highlights the artists’ personal methods of using metal, light, cement, paint, fiber, ink, pastels, graphite or wood. This exhibit is an exploration of unrelated ideas and individual styles. Through March 30.

**City Hall**, 107 N. Nevada Ave., 428-9797, [creativeincolorado@yahoo.com](mailto:creativeincolorado@yahoo.com), [springsgov.com](https://www.springsgov.com). *What Comes Naturally*, an exhibit by Colorado native Rhonda S. Van Pelt, focusing on flora, fauna and mountain landscapes. Rhonda loves celebrating the state’s beauty through her photographs. Through March 29.

**Colorado Springs Fine Arts Center at Colorado College**, 30 W. Dale St., 634-5581, [fac@colorado-college.edu](mailto:fac@colorado-college.edu), [csfineartscenter.org](https://www.csfineartscenter.org). *Scenes from Life: Drawings by Bernard Arnest*, a series of 51 large drawings that encapsulated this artist’s reactions to a world that he decided was essentially tragic. Through June 2. *Amos Kennedy and The Press*, the work of this Detroit-based letterpress printer, as well as zines and other prints made by his students at The Press at Colorado College. Through April 7. Rob Watt, showcasing his unique embroidery. Through March 31.

**Commonwheel Artists Co-op**, 102 Cañon Ave., Manitou Springs, 685-1008, [marketing@commonwheel.com](mailto:marketing@commonwheel.com), [commonwheel.com](https://www.commonwheel.com). *Eclectic Expressions*, featuring two painters, Frances Dodd and Mariya Zvonkovich; a glass artist, Kay Hall; and a potter, Josie Quick. Through April 1.

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

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

**Cottonwood Center for the Arts**, 427 E. Colorado Ave., 520-1899, [cottonwoodcenterforthearts.com](https://www.cottonwoodcenterforthearts.com). *Writing is Art*, a joint exhibition of writing by members of Pikes Peak Writers, displayed alongside the Cottonwood artwork that inspired each piece. Through March 30. *Drip, Dribble, Splash*, a juried show composed of artists of all mediums, coming from within Cottonwood and from across the region. These artists have brought their best depictions of visual art in the style of abstraction. Through April 2.

**Dale J. Miller Center for Guitar Studies**, 3617 Betty Drive, suites D & E, 573-0575, [JillM-SpearFineArts@aol.com](mailto:JillM-SpearFineArts@aol.com), [DaleJMiller.com](https://www.DaleJMiller.com). *Visions of Nature*, featuring regional artists Jill M. Spear, Irene Braun and Laura “Gates” Brown exploring themes of nature. Through March 30.

**Downtown Studio Gallery at Pikes Peak Commu-**



**RECREATION & OUTDOORS**

**Hike: Mini Mash-up**, a loop trail headed down Homestead Trail, past Geer Pond, then back up Outlook Ridge Trail. Moderate 4-mile hike. Always hike with a map, water and weather protection. Meet at Outlook Ridge Trailhead. Sat., March 23, 9:15 a.m. to 1:15 p.m. Free with park pass. Mueller State Park, 21045 State Hwy. 67, Divide, 687-2366, [linda.groat@state.co.us](mailto:linda.groat@state.co.us), [cpw.state.co.us](https://www.cpw.state.co.us).

**nity College**, 100 W. Pikes Peak Ave., 502-4040, [pgcc.edu](https://www.pgcc.edu). *ESPÍRITOS DA SOLIDÃO*, featuring the work of local painter Sparky LeBold and ceramic sculptor Maggie Quinn. LeBold captures the secluded cliffsides and beaches on the Portuguese ocean. Quinn’s ceramics give form to the spirits that might inhabit those landscapes. March 25 to April 19. Opening reception, March 22, 5-8 p.m. Free.

**Ent Center for the Arts**, 5225 N. Nevada Ave., 255-3232, [gallery@uccs.edu](mailto:gallery@uccs.edu), [uccspresents.org](https://www.uccspresents.org). *Time*: Biannual UCCS Visual Art Faculty Exhibition, investigating work of contemporary artists serving as educators at UCCS. Works span a broad range of media and concepts including painting, drawing, sculpture, sound installation, kinetic works

and more. Through May 12.

**First Presbyterian Church**, 219 E. Bijou St., 884-6200, [mail@firstprescos.org](mailto:mail@firstprescos.org), [first-pres.org](https://www.first-pres.org). *The Cross of Christ: A Lenten Experience*, a multi-sensory experience of the events of the last week of Jesus’ life. This temporary exhibit features American and European art from the late 19th/early 20th century, including several impressive works by Cleveland Woodward. Through April 11.

**G44 Gallery**, 1785 S. Eighth St., Suite A, 720/951-0573, [g44gallery@gmail.com](mailto:g44gallery@gmail.com), [galleryg44.com](https://www.galleryg44.com). Phil Lear Exhibit, the work of this narrative figurative painter, whose mission is to create work that embodies a classical ideal while capturing the imagination of his viewers and making a personal

Indy Trade ad

connection. This series of work is done entirely with palette knife. Through March 30.

**Gallery 113**, 125 1/2 N. Tejon St., 634-5299, [gallery113cos.com](https://www.gallery113cos.com). featuring 20+ local, juried artists, presenting two- and three-dimensional pieces including paintings, photography, silk, wood, pottery, sculpture and jewelry. Stop by seven days a week to see the ever-changing artists’ work, meet the artist on duty and enjoy the delightful space. Gallery 113 participates in First Friday art walks. Ongoing.

**The Gallery Below**, 718B N. Weber St., 347/961-4789, [jonb@thegallerybelow.com](mailto:jonb@thegallerybelow.com), [facebook.com/thegallerybelow](https://www.facebook.com/thegallerybelow). Womxn’s Art Show and Showcase, a beautiful gallery of paintings, sculptures, poetry, music and more. Support womxn artists. Through March 31.

**InfoZone Theater at Rawlings Public Library**, 100 E. Abriendo Ave., Pueblo, 562-5600, [socolophoto@gmail.com](mailto:socolophoto@gmail.com), [facebook.com/southerncoloradophotographysociety](https://www.facebook.com/southerncoloradophotographysociety). 2019 Southern Colorado Photography Society Show, an annual photo show judged this year by John Johnson. Through March 31.

**Laura Reilly Fine Art Gallery**, 2522A W. Colorado Ave., 650-1427, [laura@laurareilly.com](mailto:laura@laurareilly.com), [facebook.com/laurareillyfineart](https://www.facebook.com/laurareillyfineart). *Stolen Moments*, sharing Laura Reilly’s luminous view of the city at night with intense, vivid color. Her intimate paintings are impressionistic snapshots that capture the hidden energy and motion that Old Colorado City only reveals after dark. Through March 30.

**The Machine Shop**, 4 S. Wahsatch Ave., #120, 359-6966, [work@jointhemachine.com](mailto:work@jointhemachine.com), [jointhemachine.com](https://www.jointhemachine.com). *Design As Art*, celebrating the art and skill in graphic design and showcasing the talent of the local design community. Through March 31.

**Pikes Perk Coffee & Tea House**, 5965 N. Academy Blvd., 522-1432. The art of Marlene Kort, sharing her pastel and oil artwork, which seeks to communicate a positive energy. Through March 31.

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

**Rawlings Library**, 100 Abriendo Ave., Pueblo, [remoart@gmail.com](mailto:remoart@gmail.com), [pueblolibrary.org](https://www.pueblolibrary.org). *Woman. Art. Animals. and Sit. Stay. Read.*, celebrating Women’s History Month with the art of Mo Keenan-Mason; celebrating the library with art by Steve Mason. Through March 28.

**Sangre de Cristo Arts Center**, 210 N. Santa Fe Ave., Pueblo, 719/295-7200, [mail@sdcs-arts.org](mailto:mail@sdcs-arts.org), [sdcs-arts.org](https://www.sdc-arts.org). *The Color of Light*, a National Pastel Exhibition, featuring original pastel paintings from Pikes Peak Pastel Society members and pastel artists nationally. Through May 5. *Southwest Immersions of Gene Kloss*, exploring how such topics as religion, architecture, darkness and American Indian ceremonies fit into this artist’s larger view of the American Southwest in the 20th century. Through May 12. Ron Johnson: *Once Upon A Time In The West*, black and white fine art images, primarily landscape and elements found in the landscape. After working for 37 years as an architectural photographer, Ron returned to what first brought him to photography. March 23 to May 5.

**Steel City Art Works**, 216 S. Union Ave., Pueblo, 542-6838, [steelcityartworks@gmail.com](mailto:steelcityartworks@gmail.com), [steelcityartworks.com](https://www.steelcityartworks.com). *Think Green*, St. Patrick’s Day-themed art, plus upcycled/recycled (green) art. Through March 31.

**Tap Traders**, 3104 N. Nevada Ave., #100, 434-2954, [taptraders@gmail.com](mailto:taptraders@gmail.com), [facebook.com/taptraders](https://www.facebook.com/taptraders). *Textiles As Art*, featuring artists Rhonda Denney, Laura Reilly, Tracy Cook Wein and Sharon Stephenson. Through March 30.

**The Modbo**, 17C E. Bijou St., 633-4240, [themodbo@gmail.com](mailto:themodbo@gmail.com), [themodbo.com](https://www.themodbo.com). *Floating Through the West*, a show of Patrick Kochanasz’s lovely, homey pastel landscapes. Immaculately rendered and with a very interesting compositional and edge treatment, these works are sure to resonate with anyone who loves the west. Through March 29.

**Tri-Lakes Center for the Arts**, 304 Hwy. 105, Palmer Lake, 481-0475, [info@trilakesarts.org](mailto:info@trilakesarts.org), [trilakesarts.org](https://www.trilakesarts.org). *Visions of Light* Photography Exhibition, aiming to challenge photographers to go beyond producing a technically correct photographic image, and demonstrate their use and control of light to help define the subject. Through March 31.

**COMEDY & IMPROV**

**The Illusionists**, a touring magic production, featuring a rotating cast of five to eight magicians who all specialize in specific branches of magic from stage illusions to mind reading to escap-



THE

List

OF THINGS TO DO AROUND  
COLORADO SPRINGS

Brought to you by the Colorado Springs Independent

ology and comedic magic. March 26-27, 7:30-9:30 p.m. \$49.25-\$70. Pikes Peak Center, 190 S. Cascade Ave., 477-2100, verlee@broadmoor-worldarena.com, pikespeakcenter.com.

CONCERTS

**USAFA Chamber Recital Series**, featuring Bernstein’s *Westside Story*, selected brass features performed by Stellar Brass and friends. Tues., March 26, 7:30 p.m. Free. CC’s Packard Hall, 5 W. Cache la Poudre St., 389-6607, coloradocollege.edu.

FILM

**7th Annual Achieve with Us Colorado Film Festival: “Reel” Life Growing Together**, powerful short films including *Surreality*, portraying the sense of validation and loneliness that come with receiving an Aspergers diagnosis at age 57, and *Hannah*, a film that explores the playful ambition of a young dancer and athlete with a disability. Fri., March 22, 2-3:15 and 7:45-9 p.m. Free. Star-gazers, 10 S. Parkside Drive, 471-4800, emily@thearcppr.org, thearcppr.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.

FOOD & DRINK

**A Brain Freeze Food Truck Community Gathering**, including ice cream, frozen drinks, soup and sandwiches along with live music from Brandon Henderson. Fri., March 22, 5-8 p.m. Free admission, regular-priced menu items. SCP Hotel Colorado Springs, 2850 S. Circle Drive, 430-5400, info@scphotel.com, scphotel.com.

**Delicious Downtown Food Tour**, a food tour of downtown Colorado Springs including five diverse restaurants. Tours limited to 14 guests. Saturdays, 2-5 p.m. Continues through March 30. Sundays, 2-5 p.m. Continues through March 31. Downtown Colorado Springs, 1 N. Tejon St., 800/656-0713, info@rockymountainfoodtours.com, rockymountainfoodtours.com/tour/delicious-downtown-food-tour.

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

GET INVOLVED

**Bingo by the Ute Pass Kiwanis**, with dinner and drink specials available for purchase. Proceeds to benefit the children of Teller County. First and third Thursday of every month, 6-9 p.m. \$20/10 games, six cards each. Shining Mountain Golf Club, 100 Shining Mountain Lane, Woodland Park, 687-7587, marketing.smgc@gmail.com, shiningmountaingolf.com/upcomingevents.

**Discover CBD Trail Cleanup Initiative**, a trail cleanup of Palmer Park to give back to the community. Trash bags provided as well as a free gift for showing up. Meet at the Maizeland Entrance parking lot. Sat., March 23, noon to 4 p.m. Free. Palmer Park, 3650 Maizeland Road, 666-7219, Don@DiscoverCBD.com, facebook.com/discovercbd.

**Foster Care Orientation**, learn more about becoming a foster parent and get help starting the process. Lutheran Family Services, 108 E. St. Vrain St., #20. Third Thursday of every month, 3-6 p.m. Free. 227-7571, april.allison@lfsrm.org, lfsrm.org.

**Get Help With Applying For Social Security Benefits Event**, a collaboration between the Springs Rescue Mission and Another Life Foundation. Tues., March 26, 9-11:30 a.m. Free. Springs Rescue Mission, 5 W. Las Vegas St., 216-7238, anotherlife-foundation@hotmail.com, anotherlife-foundation.com.

**Pikes Peak Environmental Forum**, luncheons to learn things of environmental import to the Pikes Peak Region. This month: “Fungi, the Forgotten Kingdom,” presented by Mike Esom. Lunch available for purchase. Fourth Friday of every month, noon to 2 p.m.; through April 26. Free. Margarita at Pine Creek, 7350 Pine Creek Road, 231-6265, michele@cultivatehealthcolorado.com, facebook.com/PikesPeakEnvironmentalForum.

**Robson Arena Community Meeting #3**, focusing on the site plan, parking, architecture, landscape and community input, as well as the parking strategy. This is a meeting date change from what was previously promoted. Sat., March 23, 10:30 a.m. to noon. Kathryn Mohrman Theatre in CC’s Armstrong Hall, 14 E. Cache la Poudre St., 389-6000, RobsonArenaDesign@coloradocollege.edu, coloradocollege.edu.

**Sustainability In Progress**, an opportunity to learn about sustainability in the Pikes Peak region. RSVP not required. Coffee and pastries provided. Third Wednesday of every month, 7:30-9 a.m.; through Nov. 30. Free. Ivywild School, 1604 S. Cascade Ave., 382-8991, facebook.com/peakallianceforasustainablefuture.

HEALTH & WELLNESS

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

**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 Care-free Circle North, #360, 440-4800, support@hotonyoga.com, hotonyoga.com.

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

KIDS & FAMILY

**Behind The Scenes Tour**, an opportunity to explore the magic behind Michael Garman’s famed Magic Town. Discover how the illusions come to life. The tour continues down into the production facility where you will see how all of the handmade sculptures are reproduced. Tues., March 26, 1-3 p.m. \$20, \$15 for kids 6-12. Michael Garman Museum, 2418 W. Colorado Ave., 471-9391, customerservice@michaelgarman.com, facebook.com/MichaelGarmanMuseum.

**Ben and the Magic Paintbrush**, an enchanting story from olden times comes to life in this modern-day fairy tale. Recommended for ages 6 and up. Fridays-Sundays. Through April 7. \$10-\$20. Colorado Springs Fine Arts Center at Colorado College, 30 W. Dale St., 634-5583, fac@colorado-college.edu, csfineartscenter.org.

**Disney on Ice**, including four of your favorite Disney stories. See Lightning McQueen, Mater, Ariel and more. March 22-23, 7 p.m. and March 23-24, 11 a.m. and 3 p.m. \$23-\$73. Broadmoor World Arena, 3185 Venetucci Blvd., 477-2100, verlee@broadmoorworldarena.com, broadmoor-worldarena.com.

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

**Toddler Time**, an introduction to the delights of rhyme, rhythm and a few stories as a first step to reading. Wednesdays, 9:30-9:50 and 10-10:20 a.m. Free. Pikes Peak Library District, Rockrimmon Branch, 832 Village Center Drive, 593-8000, ppld.librarymarket.com.

LECTURES & LEARNING

**Pikes Peak Workforce Center Workshops**, a variety of classes designed to help job-seekers identify and use their resources while looking for employment. Includes interview preparation, resume creation and more. Ongoing. Pikes Peak Workforce Center, Citizens Service Center, 1675 Garden of the Gods Road, #1107, 667-3700, ppwfc.org.

**Senior Resource Development Agency Classes**, registering now for classes and sessions including line dancing, computer skills, art, sewing, knitting and more. See the online calendar for current events. Senior Resource Development Agency, 230 N. Union Ave., Pueblo, 719/545-8900, srda.org.

LITERARY EVENTS

**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@royal-castlelounge.com, royalcastlelounge.com.

**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., March 25, 6:30-8:30 p.m. Free. Tap Traders, 3104 N. Nevada Ave., #100, 244-6220, workshops@pikespeakwriters.com, facebook.com/PikesPeakWriters.

RECREATION & OUTDOORS

**Achilles Pikes Peak Weekly Workout**, an all-in-

CSMNG HOUSE 4

THE *List* OF THINGS TO DO AROUND COLORADO SPRINGS

Independent

Brought to you by the Colorado Springs Independent

clusive 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.

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

**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. to noon; through April 26. Free. various locations, Colorado Springs, 661-2967, mtbwithstacy@gmail.com, facebook.com/mtbwithstacy.

SPECIAL EVENTS

**Silent Film Soiree: *Miss Lulu Bett***, a classic film in honor of Women’s History Month, accompanied live by the Mont Alto Motion Picture Orchestra. Includes roaring ‘20s-themed costume party. Fri., March 22, 6:45-9:30 p.m. \$30-\$35. Colorado Springs Pioneers Museum, 215 S. Tejon St., 385-5990, COSMuseum@springsgov.com, cspm.org.

**Spring Sustainability Expo 2019**, a celebration of the arrival of spring. Includes a wealth of fun, activities, shopping, seminars, food and pet appreciation for individuals and families. March 23-24, 9 a.m. to 4 p.m. Free. Mitchell High School, 1205 Potter Drive, 305/333-3186, wolfpirateprop@aol.com, gardenofthecats.com.

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.

**Chanku Luta Inipi**, a monthly traditional Lakota Sweat Lodge to join in prayer and gratitude



COMEDY & IMPROV

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

for Unci Maka/Grandmother Earth. Exact date changes each month. RSVP requested. 1230 Pathfinder Road, Florissant. Sun., March 24, 11:30 a.m. 641-1334, 282-1010, wacanta14@yahoo.com, meetup.com/Florissant-Chanku-Luta-Inipi-Red-Road-Sweat-Lodge.

**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.

**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, cscls.org/a-course-in-miracles-acim.

Nevada Ave., 659-3608, elizabeth.cramer51@gmail.com, smszen.org.

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

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

STAGE

**Aesop**, a marionette reimagining of some of Aesop’s fables. An escaped hunchbacked slave slowly gains a unique four-footed perspective on the foibles of humankind. Fridays, 5:30 p.m. and Saturdays, Sundays, 2:30 p.m.; through March 31. \$19-\$22. Simpich Showcase, 2413 W. Colorado Ave., 465-2492, simpichconsignment@gmail.com, simpich.com.

**The Brothers Grimm Spectaculathon**, a fast-paced, rollicking ride as two narrators and several actors attempt to combine all 209 Brothers Grimm stories ranging from classics like Snow White to more bizarre, obscure stories like The Devil’s Grandmother. A wild, free-form comedy with lots of audience participation and madcap fun. Thursdays-Saturdays, 7:30 p.m.; through March 30. \$15-\$19. Funky Little Theater Company, 1367 Pecan St., 471-4462, chris@funkylittletheater.org, funkylittletheater.org.

**Cinderella**, a recreation of this Rogers and Hammerstein musical with a cast of more than 40 talented singers/actors and a full orchestra. March 21-22, 7-9 p.m. and March 23-24, 3-5 p.m. \$8-\$15. Sunrise Church, 2655 Briargate Blvd., 322-4039, bandj4350@hotmail.com, sunriseplayers.com.

**The Little Prince**, adapted from the story by French author Antoine De Saint-Exupéry. Tuesdays-Fridays, 10-11:45 a.m. and Sundays, 1-2:45 p.m.; through April 28. \$10 Children, \$12 Adults. Mizel Arts and Culture Center, 350 S. Dahlia St., Denver, 303/316-6360, jccdenver.org/arts-culture/denver-childrens-theatre.

FIND MORE LISTINGS  
ONLINE AT  
CSINDY.COM

CSMNG HOUSE 5