



JAN. 4, 2023

FRONT RANGE NEWS

Cheyenne Mountain SFS · Peterson SFB · Schriever SFB

NEWS AFFECTING YOU



New year new bod...pod

As the new year approaches, the Body Composition Machine, or Bod Pod, is a tool that can be utilized to begin a new fitness journey or validate results from an on-going one. Located in the Health Promotions office at the Peterson gym, the Bod Pod gauges body composition more accurately than just a scale. The entire process only takes about 10 minutes.

[Click here to read the full story.](#)



Operation Warm Heart – A chance at hope

For those who have begun to recognize signs of despair, don't wait until the last minute if you need assistance. Help is available through many resources on base. You might be surprised by the people who offer a helping hand when you need it the most.

[Click here to read the full story.](#)



Chief's Corner: Retired CMSgt Tim Omdal

"Around the New Year, many of us reflect on the past 12 months and prepare to face the future with a commitment to grow. Have you ever thought, "What is my purpose in the Air and Space Force?" Is this just a job or are you committed to a profession of investing in the people and mission?"

[Click here to read the full story.](#)



TOP THINGS YOU NEED TO KNOW

DELTA UNO GRAND OPENING AND RIBBON CUTTING

Delta Uno Grand Opening and Ribbon Cutting - Jan. 12 @ 10:30 a.m. Delta Uno is your new favorite burrito bistro located at the old golf course café (1054 Glasgow Ave) offering burritos, bowls, salads, nachos, and quesadillas. These entrees come with a choice of proteins prepared fresh daily to include: brisket, pork, chicken, ground beef, or beyond meat. Open for lunch from 10:30 a.m. - 1:30 p.m. Mon-Fri except Holidays and Family Days. Come out for our Grand Opening and be entered to win your next Delta Uno meal on us. Multiple winners will be selected, must purchase a meal to enter.

CHPS JANUARY CLASSES AND SCREENINGS

CHPS has over 70 health education classes to choose from. Come participate in one of our scheduled classes in person or virtual, otherwise you can schedule a private class. Open to all DOD card holders. We also offer wellness screenings and we will come to you! Contact Krista Brown at krista.brown.3.ctr@spaceforce.mil (719)556-4092

SCHRIEVER GREATEST LOSER COMPETITION

Jan. 9 - March 31: Greatest Loser Competition

During this 12-week weight loss challenge, participants will earn points for attending healthy-lifestyle classes, competing in fitness events, undergoing biometric screening (bod-pod), losing weight, etc.

Participants will be required to weigh-in at the start (Jan. 9 at 7 or 11 a.m.) and end (March 31 at 7 or 11 a.m.) of this competition at the Schriever Fitness Center. Must register by noon on Jan. 6. Sign-up today by emailing kristina.l.holubar.civ@health.mil or 50FSS.FSVS.50FSSFitness@us.af.mil to start your journey towards a healthier and happier 2023!

[CLICK HERE TO VIEW OTHER ANNOUNCEMENTS ON THE BULLETIN](#)



PA Support

[Click here to request video/photo support, marquee requests, or submit a story idea.](#)

Each request is considered based on availability of Airmen and depth of support. Please allow two working days for a support approval response.

Editor's Note

The FRN is sent out each Wednesday afternoon. Submissions are pulled from the SBD 1 Bulletin at the discretion of Public Affairs.

[Click here to submit an announcement in the SBD 1 Bulletin](#)

Community Resources

A centralized hub of helping agencies, resources and more.



**Ask the SBD 1
commander a
question**

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TO THE SBD 1 COMMANDER, PLEASE EMAIL:

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