

Army veterans find
healing in underwater memorial ■ 8A

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1st AD and Fort Bliss



Command teams gain
understanding at SHARP forum ■ 1B

Thursday, August 22, 2019

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>> LETHAL AT RANGE

Spc. Matthew Marcellus / 1st Armored Division

Sgt. John Sis, an infantry Soldier, assigned to 4th Battalion, 70th Armor Regiment, 1st Armored Brigade Combat Team, 1st Armored Division and native of Annapolis, Maryland, assumes a shooting position with his M110 semi-automatic sniper system in order to test the application of his ghillie suit, a camouflage clothing system, prior to the stalking event portion of the Iron Sniper 2019 competition at Fort Bliss, Aug. 13. The stalking event consisted of the competitors infiltrating a location under full camouflage, securing shooting positions against a target and remaining undetected from enemies. For more on this story, see page 3A.



Spc. Avery Howard
Gen. Mark A. Milley speaks to soldiers at Qayyarah Airfield West, Iraq, Dec. 22, 2017.

Milley discusses Army changes as he passes authority

By Jim Garamone | Defense.gov

WASHINGTON – The Army has experienced fundamental, generational change in the past four years under the leadership of Chief of Staff Gen. Mark A. Milley.

The general turned over the reins of America's senior service in a ceremony Aug. 9 to Gen. James C. McConville. The Senate has confirmed Milley to succeed Marine Corps Gen. Joe Dunford as chairman of the Joint Chiefs of Staff at the end of September.

Milley spoke about his term as chief of staff in a wide-ranging interview in his now empty office.

When Milley became chief of staff in 2015, the Army was suffering through readiness shortfalls. While individual units going into harm's way were well-trained, well-led and well-supplied, the combat effectiveness of the organization as a whole wasn't where it could be. "The Budget Control Act and sequestration hit training and maintenance accounts hard," Milley said.

Continuing resolutions, government shutdowns and curtailed budgets meant that services had to apportion money to those units heading to Iraq or Afghanistan. The current fight was funded, but the potential future force was not.

"I came in with a different vision, a different look, and I intended to make some fundamental changes from the very beginning," the general said. "But the bottom line is you can have all the fundamental ideas you want, but unless thousands of people buy into those ideas, they aren't going anywhere. These people have taken the ideas, operationalized them and put them in place. Without them, we aren't doing anything. This is a team of teams that make things happen."

The Army is a large organization with three components – active duty, the Army National Guard and the Army Reserve – and the Department of the Army has about 300,000 civilian employees and hundreds of thousands of family members. Retirees also are part of the service.

Changing anything in the service takes time, Milley said, and the tenure of one chief of staff is not enough time. But the changes needed to be made, he said, adding that these fundamental changes in the Army are necessary because the strategic environment itself has shifted. "The character of war has changed. Not the nature of war – the character," Milley said.

When he talks of this concept, he is talking about where the fight occurs, how the forces fight, what doctrine applies, what weapons are needed and what organization is best suited. The character

'Cup is much, much fuller'

Acting senior commander focuses on readiness, mission

By David Burge | Special to the Fort Bliss Bugle

Whether you are a senior officer or a private, you never know where the Army is going to send you next.

For Col. Matt Eichburg, his new assignment as the deputy commander for support for the 1st Armored Division and Fort Bliss is a huge positive that is sure to present many challenges in the months ahead.

Eichburg, a 48-year-old from Warren, Michigan, is also serving as the acting senior commander for the installation and the division while Maj. Gen. Patrick Matlock and elements of the division headquarters are deployed in Afghanistan.

"We didn't know where we were going next," Eichburg said of his latest assignment. "Maybe, we'll go to Fort Bliss, if we're lucky. We had heard that they have really improved the place, and we can get back with a unit. There is a lot to do here, if you are single or if you have a family."

See **COMMANDER** Page 2A



David Burge / Special to the the Fort Bliss Bugle

Col. Matt Eichburg is the new deputy commander for support for the 1st Armored Division and Fort Bliss. He is also serving as the acting senior commander for the division and installation while elements of the division headquarters are deployed in Afghanistan.

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FORT BLISS

Thursday

Friday

Saturday

Sunday

Mostly sunny

Hi 99, Lo 75

Partly cloudy

Hi 99, Lo 75

Partly cloudy

Hi 97, Lo 75

Partly cloudy

Hi 99, Lo 76

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New tool gives Soldiers easier access to training records

By Training Management Directorate

The Training Management Directorate, Combined Arms Center-Training recently added an additional training management tool, the Digital Job Book, to help first-line leaders and individual Soldiers view and manage training records without the need for a Digital Training Management System account.

The Digital Job Book opens to two separate tools – The Small Unit Leader tool and the My Job Book tool. When given the proper permissions and having the right subordinate personnel aligned to the leader by the unit’s DTMS manager, The Small Unit Leader tool provides company-level-and-below leaders the ability to easily manage and update their subordinate’s training, qualification and readiness data. The My Job Book tool allows every Soldier in the Army to view and verify their individual training data.

The Small Unit Leader tool provides first-line leaders the ability to update training data in mass or by individual Soldier. The tool includes tabs for unit course registration, record mass Army physical fitness test, record mass Army combat fitness test, record mass height and weight, record mass weapons as-



U.S. Army

The Training Management Directorate, Combined Arms Center-Training recently added an additional training management tool, the Digital Job Book, to help first line leaders and individual Soldiers view and manage training records without the need for a Digital Training Management System account.

signment, record mass weapons qualification, and record mass tasks.

Leaders can also easily export subordinate’s training and qualification information into an excel workbook, which allows users to save, filter, or print the individual’s last training data.

My Job Book is a tool that provides Soldiers the means to review and verify training and qualification data entered and saved in

DTMS. Soldiers can view their unit course registration, physical training, weapons qualification, training schedules and tasks assigned or completed information.

Three tutorials are available to address specific users’ requirements.

The Getting Started tutorial is designed for DTMS managers and provides a step-by-step demonstration on how to build subordinate organizations, align Soldiers to those

COMMANDER *Continued from Page 1A*

Being at Fort Bliss offers a unique blend of the familiar and living a new adventure for Eichburg.

Most recently, Eichburg was a senior Army fellow at Harvard University in Boston.

He is an armor officer who previously served with the 1st Armored Division from 2006-09 when it was headquartered in Germany.

But he and his family have never been permanently stationed at Fort Bliss before. He did several weeks of training here in 1994 back when the desert portion of Ranger School was held at McGregor Range.

Also, when he served as the executive officer for the commanding general of Training and Doctrine Command, Eichburg visited several times to observe the Network Integration Evaluation, a key Army modernization exercise that was held twice a year at Fort Bliss for about a half dozen years earlier this decade.

Eichburg brims with enthusiasm when talking about his new Army home.

“The installation is beautiful. The barracks and headquarters are great,” he said. “The cup is much, much fuller than it is empty. It is a beautiful installation with great ranges. The training area, you can put a brigade out there or more to train simultaneously. You can’t do that at very many places.”

Eichburg arrived at Fort Bliss in early May and officially took over his duties as deputy commander for support in early June. He assumed his role as acting senior commander for the division and installation on July 29.

His goals are pretty straightforward in leading the installation while Matlock is deployed.

First and foremost, it is crucial to maintain readiness and make sure units are ready to go out the door and do their wartime mission, Eichburg said.

“General Matlock is gone, but we still have the same responsibility and that is what we are going to do,” Eichburg said.

Besides training its own units, Fort Bliss also provides training to National Guard and Army reserve units and Soldiers before they deploy, he added.

He cited the 30th Armored Brigade Combat Team of the North Carolina National Guard, which will be training at Fort Bliss from mid-August to mid-October.

With most Army units doing more with less and seeing their operational tempo continue to quicken, it is crucial to make sure you have systems in place to make sure your vehicles are well maintained and that you are taking proper care of Soldiers and families, Eichburg said.

“I want Soldiers and units to do routine things routinely,” he explained.

And finally, Fort Bliss has a reputation for having great relationships with all the units at the installation and with El Paso and the surrounding Borderland communities.

Eichburg wants to make sure that those positive relationships continue during his time at Fort Bliss.

sub-units, and provide management permissions to leaders who are designated to use the Small Unit Leader portion of the Digital Job Book. The Small Unit Leader tool tutorial provides designated leaders instructions for entering and managing their subordinate’s training, qualification and readiness data, while the My Job Book tutorial provides instructions to individual Soldiers who choose to review and verify their training and qualification data.

The Digital Job Book is easily accessed from either the Army Training Network or Army Knowledge Online. From ATN, the Digital Job Book link is prominently located toward the bottom of the homepage. Once selected, the Digital Job Book page opens, providing a brief description of its capabilities, access to the tools, and links to associated tutorials. Links to the Digital Job Book can also be found in the ATN menu, or at <https://atn.army.mil/digital-job-book>. If using AKO, the Digital Job Book page can be accessed through the my training tab.

The TMD Help Desk is available to provide support of Digital Job Book-related questions and issues from 4 a.m.-8 p.m. MST Monday-Friday and 7 a.m.-4 p.m. MST Saturday and Sunday. Contact the TMD Help Desk at (913) 684-2700, DSN: 552-2700, or toll-free at (877) 241-0347 to enroll in one of the courses. For additional assistance; email usarmy.leavenworth.cac.mbx.dtmsd@mail.mil.

Personally, Eichburg and his family have never lived this far west before. They are enjoying exploring the Southwest and have already been to Albuquerque and Santa Fe.

Closer to home, they have been hiking in the Franklin Mountains, been to an El Paso Locomotive soccer game and are taking in all that El Paso has to offer. They plan to visit the Grand Canyon at some point.

“It’s great to be here at Fort Bliss and the 1st Armored Division,” Eichburg said. “We feel very fortunate.”

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MILLEY *Continued from Page 1A*

changes over time. Warfare changed when someone developed stirrups and it became practical for Soldiers to ride horses into battles, the general said. The development and fielding of repeating rifles, of barbed wire, of wheeled vehicles and airplanes all changed the character of war, he explained.

All militaries in the world understand this to a greater or lesser extent. “Us, the Chinese, the Russians and others are moving in directions to shape ourselves, to adapt to this world,” Milley said.

The changes are as great as the ones faced by Soldiers following the end of the Vietnam War in the mid-1970s. The introduction of precision-guided munitions, the internet, and the widespread and prolific use of computers and information technology really enabled the changes, Milley said.

Added to all this is the broad, almost ubiquitous, deployment of sensors around the world. Pretty much the whole world is “sensed” by something, the general said. New technologies such as hypersonics, robotics, artificial intelligence, supercomputing and the cloud accelerate this changing world.

Changing demographics also force the changes in the character of war. These changing demographics reach back to the dawn of the Industrial Revolution, when farm workers moved to the cities for opportunities. This process continues. The majority of people worldwide no longer live in rural areas, Milley noted. Today, about 55 percent of the people on Earth live in urban environments. The United Nations estimates that will rise to 66 percent by 2050.

“If that’s true, and the nature of war is an extension of politics, and you are trying to impose your will on your opponent, then it stands to reason that the geography of war-

“But the bottom line is you can have all the fundamental ideas you want, but unless thousands of people buy into those ideas, they aren’t going anywhere.”

>> Gen. Mark A. Milley

fare will shift toward dense urban environments,” Milley said. The U.S. Army needs to be able to operate and win on this new battlefield.

Milley’s priorities predated the National Defense Strategy. That document took many of these ideas and applied them across the services. The biggest change was the return of global competitors China and Russia. “[The Army] had to sustain and continue for as long as the country needed the counter-insurgency and counterterrorism fight, while shifting to be able to deal with rising great power competition,” he said. “So we had to do two things at once: 1, significantly improve the readiness of the current force, and 2, set the institution on a path to modernize so it would be able to fight a near-peer competitor.”

Milley said history really doesn’t repeat itself, “but it rhymes a little bit.” Army Gen. Creighton Abrams served as the chief of staff after Vietnam. He was faced with the rising challenge from Soviet Union, and he laid the groundwork for all that followed: AirLand Battle, the Big Five Army weapons

and so on, the chief said.

Milley said he needed to improve readiness of the force immediately. He also needed to begin the work of “seeing the future and modernizing the Army to meet that.”

At the same time, he was facing calls for drastically reducing the size of the service, with some experts saying the regular force should go below 320,000. Milley and the various Army secretaries he served under worked with Congress to explain the repercussions of such a drastic cut and was able to get that reversed.

The international order that has maintained peace among great powers is under intense stress from Russia, China, North Korea, Iran, and terrorists. It is under stress in the West as well, with rises in populism and nationalism, the general said. “We should operate with realism and restraint,” he said. “But fundamental to that is strength. A strong and capable U.S. military able to deploy quickly is one of the greatest guarantors of world peace.”

Milley instigated other major changes, including increasing infantry training to 22 weeks – the first major revision since World War II. He anticipates similar increases in training for other combat specialties. Other changes include:

- Establishing security force assistance brigades to professionalize Army training of partner militaries;
- Standing up Army Futures Command to ensure that the capabilities the service will need will be there;
- Prioritizing the capabilities most needed by the service and ensuring funding apportioned was based on this priority list; and
- Taking on a full slate of family issues looking at housing, credentialing, child care, exceptional family member programs and more.



‘Not in my Squad’ program changes to help prevent assault, harassment ■ 9A



87-year-old grad still enjoys marching with new cadets ■ 10A



Iron Sniper 2019

Snipers brave harsh conditions, challenges during competition

By Spc. Matthew Marcellus | 1st Armored Division

The sharp crack of an M110 semi-automatic sniper system and a faint plume of sand are the only signs of activity across the glistening sands of New Mexico, as sniper teams engaged targets with unparalleled proficiency.

Sniper teams from the 1st Armored Division competed in the Iron Sniper 2019 competition, hosted by 2nd Battalion, 37th Armor Regiment, 1st Armored Brigade Combat Team, 1st AD, Aug. 13 and 14 at Fort Bliss and Dona Ana Range Complex, New Mexico.

The competition determines the top sniper team from across the 1st AD to represent the division at the International Sniper Competition next April at Fort Benning, Georgia.

Sergeant John Sis, an infantry Soldier assigned to 4th Bn., 70th AR, 1st ABCT, 1st AD and native of Annapolis, Maryland, alongside teammate Spc. Colin Clayton, a cavalry scout assigned to 6th Squadron, 1st Cavalry Regiment, 1st ABCT and a native of Denton, Texas, won the competition, receiving an Army Commendation medal and the chance to represent 1st AD.

“This competition shows to me that we’re some of the best,” said Sis. “The next step is the International Sniper Competition, an annual event held at Fort Benning where they have people come in from all branches of the service and other countries to compete to see who the best are.”

Throughout the first day of the competition, competitors used their physical fitness and endurance as well as their mental acuity

and sniper proficiency to complete several exhausting tasks.

“They began the competition with the Army Combat Fitness Test in full kit and then proceeded to complete a written exam,” said Capt. Nicholas Hurff, the assistant operations officer for 2-37 AR. “They further completed a six-mile ruck march in the summer heat out to a stalking event, where they were completely camouflaged and attempted to infiltrate an area in order to gain shooting positions on a target. They then completed an intelligence collection lane.”

On the second day of the competition, the competitors utilized their weapons skills and proficiencies as they shot and transitioned between their M110 sniper rifle, M4 carbine and Beretta M9 pistol as they competed against each other in a series of weapons tests.

Competitors engaged targets using their M110 sniper rifle, or long gun, then quickly switched to their M4 carbine or Beretta M9 pistol to engage shorter range targets while physically moving between objectives.

“The following day involved a day and night shooting competition,” said Hurff. “These events ranged from long gun stable firing to multiple engagements while moving during short-range stress shoots.”

Instructors at the United States Army Sniper Course educate and train Soldiers who are selected to be critical and creative thinkers, instilling traits of adaptiveness and tactical excellence in their Soldiers, all of which were on full display from the competitors during the competition.



Photos by Spc. Matthew Marcellus / 1st AD

Sgt. John Sis, an infantry Soldier assigned to 4th Battalion, 70th Armor Regiment, 1st Armored Brigade Combat Team, 1st Armored Division and a native of Annapolis, Maryland, participates in the leg tuck event of the Army Combat Fitness Test as part of the Iron Sniper 2019 competition at Fort Bliss, Aug. 13.

“We’re trained to pick out the small and tiny deficiencies in the terrain that can lead us to help identify targets and engage the enemy faster,” said Sgt. Jacob Kehler, an infantry Soldier assigned to 1st Bn., 6th Inf. Regt., 2nd ABCT, a native of Williamsport, Pennsylvania, and a member of the runner-up team in the competition. “It just comes down to maintaining your proficiency as you’ve been taught it. We should be able to come out here and perform these tasks, even if they are challenging.”

Snipers play an integral role within the 1st AD and the Army as a whole, providing unique skills that are essential in providing superior combat capabilities.

“Snipers provide a dual purpose. Not only do they have the ability to be lethal at range, but they’re able to provide intelligence collection on objectives,” said Hurff. “So when you have Soldiers moving for-

ward, actually hitting the objective, you’re able to have ground personnel watching the objective where they’re collecting information such as the number of people, disposition and composition, allowing Soldiers to be more effective and lethal on the objective and therefore able to save more lives.”

Sis and Clayton have the unique opportunity to represent the 1st AD at the International Sniper Competition, providing them the opportunity to further distinguish themselves among their peers and from other divisions.

“You want the best teams to represent you at the International Sniper Competition,” said Hurff. “Representing 1st AD at these large-scale competitions reflects greatly on the Soldiers, their unit and the division.”



1 Sgt. John Sis, an infantry Soldier assigned to 4th Bn., 70th AR, 1st ABCT, 1st AD and native of Annapolis, Maryland, fires a Beretta M9 pistol at a target during the competition. The shooting portion of the competition tested the competitors’ ability to transition from a M110 semi-automatic sniper system, M4 carbine and Beretta M9 pistol under stressful conditions.

2 Sis fires an M4 carbine at a target. He was a part of the winning team, and will further go on to compete next April, representing the 1st AD at the International Sniper Competition at Fort Benning, Georgia.

3 Sis applies camouflage paint in order to conceal himself better during the stalking event portion of the competition.



Michelle L. Gordon / USAG Fort Bliss Public Affairs

The El Paso VA Health Care System is scheduled to open a standalone mental health facility on the Medical Center of the Americas campus in downtown El Paso in early 2020. The 33,000-square foot South Central VA Wellness Center will serve approximately 40,000 veterans per year. In addition, the center will free-up much needed space in the main VA facility adjacent to William Beaumont Army Medical Center.

El Paso VA to open mental health wellness center early 2020

By Michelle L. Gordon | USAG Fort Bliss Public Affairs

It is often difficult for veterans to seek assistance for mental health issues because of the perceived stigma, which is why the El Paso VA Health Care System is making the process easier with a standalone mental health facility scheduled to open early next year.

The 33,000-square foot South Central VA Wellness Center will serve approximately 40,000 veterans per year. In addition, the center will free-up much needed space in the main VA facility adjacent to William Beaumont Army Medical Center.

“I hope the fact that this facility is separate from the main VA facility will reduce reluctance some veterans feel in reaching out for mental health assistance,” said Michael Amaral, El Paso VA Health Care System director.

The wellness center will be located on the Medical Center of the Americas campus in downtown El Paso. It will include 91 private consultation rooms with floor-to-ceiling walls, to ensure privacy and reduce noise, as well as four group therapy rooms.

Emilia Campos, deputy chief of mental health with the El Paso VA Health Care System, said the building is called a wellness center, rather than a mental health center, for two reasons – because of the stigma, but also to promote recovery.

She said, “With mental health treatments, you can recover. You can live a quality life, and by calling it a wellness center, I think it captures that intent.”

Originally designed as a community-based outpatient clinic, which would include

primary care, mental health, and specialty care, the scope of the project changed shortly after Amaral took over as VA director in late 2016.

“When I can look out the window and see the site, that’s not where I need a mini clinic — I need that elsewhere [in the community],” he said. “The whole concept for doing this project was to move things out of the main facility, so we could consolidate the mental health department.”

Amaral said the conversation quickly

turned to building a specific mental health facility designed for that purpose. He said in early 2017 the project, still in its infancy, went back for a design tweak without delaying the timeline or greatly affecting the budget, to do just that.

The new wellness center concept will offer a holistic approach to mental health management for veterans, with all of the providers under one roof.

“We work in interdisciplinary teams to take care of our vets, so we can meet their

medication management needs, as well as their therapy needs,” Campos said. “We want to become a mental health center for excellence and I think this will be a big step in that direction.”

The El Paso VA Health Care System broke ground on the new building in August 2018 and mental health providers are expected to start seeing patients in the new South Central VA Wellness Center in January 2020.

Vehicle scams leaving service members feeling overheated

By Chris Ward | Army and Air Force Exchange

DALLAS – According to a recent Better Business Bureau study, service members are more susceptible to fraud than average consumers. In fact, scammers using the name “Exchange Inc.” have been attempting to fool Soldiers and Airmen into thinking they are working with the Army & Air Force Exchange Service to broker the sale of used cars, trucks, motorcycles, boats and boat engines.

“For years, scammers have used the Exchange’s trademarked logo and name without permission to purportedly sell vehicles in the United States,” said Steve Boyd, the Exchange’s loss prevention vice president. “Some military members have sent money thinking they’re dealing with the Exchange, only to receive nothing in return.”

Military exchanges do not have the authority to sell vehicles or represent private sellers in completing transactions in the continental United States. Scammers have left consumers with the impression they are doing business with the Department of Defense’s oldest and largest exchange service.

The scammers typically direct potential buyers to use multiple third-party gift cards to pay for purchases. Most recently, scammers required payment using Google Play gift cards. To verify any suspicious payment method requests, military shoppers can call Exchange customer service at 800-527-2345.

The Exchange operates solely on military installations and via



Jennifer Brofer / army.mil

Scammers have left military consumers with the impression they are doing business with the Army and Air Force Exchange Service by using the name Exchange Inc. to dupe military consumers.

ShopMyExchange.com. The Exchange does not act as a broker in private transactions and does not advertise in classified advertisement or resale websites.

Shoppers who believe that they may have been taken advantage of can file a complaint through the Internet Crime Complaint Center at www.ic3.gov.

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Army veterans find healing in new underwater memorial

By Sean Kimmons | Army News Service

FORT MEADE, Md. – As soon as Shawn Campbell saw his name on a plaque next to a statue sunken 40 feet on the seafloor, the memories of Soldiers he had once served with flooded his mind.

The life-size statue, one of a dozen concrete figures that make up the nation’s only underwater veterans memorial, depicted a Soldier wearing combat gear from the Iraq War – a war he had fought in three separate times.

“It really took my breath away,” said the former staff sergeant, now a master diver at a Florida dive shop. “It was a huge honor.”

His company made a donation to place his name at the base of the statue before the figures were recently installed about 10 miles off the coast of Clearwater, Florida.

The memorial, called Circle of Heroes, honors the entire military with statues portraying a variety of service members in what organizers hope will serve as a therapeutic dive for veterans and a unique diving experience for all.

Plans call for an additional 12 statues to be added to the memorial next year.

For Campbell, who served about a decade in

the Army as a combat medic, he said the memorial helped him remember those who never returned home and those who struggled once they did.

“I had a lot of friends who didn’t make it back,” he said Aug. 12, a week after the memorial officially opened. “And even more who did make it back, but then couldn’t win the battle with themselves after the war.”

One such friend was Staff Sgt. Victor Cota. He and Campbell had been in the same 4th Infantry Division unit that provided security for senior leaders traveling in and around Baghdad.

On May 14, 2008, Cota’s vehicle hit a roadside bomb, killing the 33-year-old Tucson, Arizona, native.

“He was a really good friend of mine,” Campbell said. “We lost him during [my] second deployment.”

In 2013, Campbell left the Army to finish his associate’s degree and then worked as a commercial deep sea diver. He now teaches courses at a dive shop in the Tampa area, where he grew up.

“I was like, well, if I survived the war, I’m going to start doing everything I want to do now,” he said.

Campbell said scuba diving is a relaxing activity that calms his post-traumatic stress and gives him time to analyze his thoughts in peace.

“It helps me deal with things,” he said. “It’s kind of hard to have a bad day when you’re underwater and you get to reflect upon yourself.”

Former Staff Sgt. Jace Badia, also a diving instructor, agreed, saying the sport gives him more freedom of movement.

Badia, an infantry Soldier who lost his left leg above the knee to a roadside bomb in Iraq, said he and others who have had amputated



Photo courtesy Circle of Heroes

Circle of Heroes is the nation’s only memorial of its kind and will eventually have 24 life-size statues depicting troops from all services. The first 12 statues can now be seen about 10 miles off the coast of Clearwater, Fla.

limbs can move however they like while floating below the surface.

He even knows a blind veteran who enjoys scuba diving.

“If you don’t have the ability to run because of prosthetics, you can get in the water with a tank and you can swim as fast as you want,” he said. “Nothing is stopping you.”

Badia, who manned a boat so other wounded veterans could dive around the memorial last week, said he is looking forward to seeing it soon in an upcoming dive.

“I can’t believe that they finally made an underwater memorial for [service members],” he said. “That’s amazing, I never even thought

that was possible.”

While memorials are typically above ground, this one can allow visitors to connect to it on a deeper level. There is even a non-profit that specifically takes wounded veterans to the site as an alternative form of therapy.

“The one thing about scuba diving is when you’re down there, even if you’re in a group, you’re still by yourself,” Campbell said. “You have no choice but to reflect on what you’re looking at.”

“It’s more of a serene experience that you never get an opportunity to experience above the water.”



Video still by Bill Mills

Shawn Campbell, a former staff sergeant and now a master diver, admires the detail of one of the statues at the Circle of Heroes underwater veterans memorial.



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‘Not in my Squad’ program changes to help prevent assault, harassment

By Antonietta Rico | SR2 Strategic Communications

WASHINGTON – Earlier this year, former Sgt. Maj. of the Army Daniel A. Dailey testified to Congress that the Army was expanding the Not In My Squad initiative in an attempt to change the problematic parts of Army culture and confront the problem of sexual assault and harassment in the military.

In the months leading up to the end of his tenure, as Command Sgt. Maj. Michael A. Grinston officially became the new SMA Aug. 9, Dailey quietly oversaw the next iteration of his legacy program, changing the focus of the initiative from identifying culture problems in squads to giving squad leaders specific tools to make immediate changes.

“NIMS is the next step in creating programs that will empower our first-line leaders to identify and solve problems,” Dailey said. “The transition to NIMS is important as we continue to learn and evolve, just as we have always done for 244 years.”

NIMS, first fielded at the start of Dailey’s term as SMA in 2015, is a bottom-up approach to changing Army culture, and focuses on squad leaders as the linchpins to mitigating negative behaviors in their units. This approach complements top-down policy changes the Army has implemented.

Originally spearheaded by the Center for the Army Profession and Ethic (now CAPL), the NIMS workshop is overseen by the Army’s SHARP, Ready and Resilient Directorate, which has the ability to provide the workshop Army-wide through its 28 R2 Performance Centers. The change includes a transition to a more robust NIMS curriculum, including emphasis on giving squad leaders an ethical filter they can use for daily decision making which will enable them to build trust within their teams.

“We want to give them something tangible they can walk away with and implement in their squad,” said Casey Olson, chief of training for SR2. “We want squad leaders to feel empowered to take these skills and utilize them in their units, to grow as squad leaders, and to help the junior leaders below them get to the next level.”

Olson said there are concrete ways to train decision-making, and as a result of NIMS, squad leaders will learn the steps to take when they face a tough decision. The workshops will be taught by Master Resilience Trainers-Performance Experts, who are professionally trained in achieving behavior change and facilitating necessary conversations.

The SR2 Directorate has been testing the new NIMS curriculum this summer with pilots in Houston; Schofield Barracks, Hawaii; and Fort Irwin, California. The pilot workshops have yielded feedback from squad leaders that has been incorporated into the curriculum. SR2 will field a final version of NIMS to Soldiers in Germany in December of this year.

After the training in Germany, SR2 will evaluate the effectiveness of the NIMS workshop at the three-month, six-month and nine-month marks to see if squad leaders have been able to effectively apply the skills learned. The evaluation will not only involve surveys of squad leaders, but also their platoon sergeants, who will be able to provide feedback on whether they have seen changes in the effectiveness and culture of their squads, Olson said.

Ideally, Soldiers will “take the tools they learn within the workshop and [when] they



Brigitte Morgan / army.mil

The Not In My Squad initiative was first fielded at the start of Dailey’s term as SMA in 2015. It is a bottom-up approach to changing Army culture, and focuses on squad leaders as the linchpins to mitigating negative behaviors in their units. This approach complements top-down policy changes the Army has implemented.

go back [to their units], apply it in relevant situations that occur on a daily basis so they can influence the culture and climate, build teamwork, make better decisions and increase motivation... to improve squad cohesion,” said Alex Rivera, a training analyst at SR2.

So far, Soldiers who have taken the pilot workshop have provided positive feedback, stating the workshop gave them the opportunity for self-reflection which is necessary to grow as leaders.

“You sit back and you look in the mirror and ask if you are doing everything that you are supposed to be doing,” said Sgt. Chad Alexander, with the 453rd Inland Cargo Transfer Company, a reserve unit from Texas. “We all agreed if we want things to be better, we can’t continue to point fingers. It all starts with self.”

Immediately after the workshop, Alexander said he implemented a regular check-in with his Soldiers for physical training, instead of just waiting to check in during their monthly drills. Now they motivate each other to reach their PT goals by staying in touch throughout the month on social media and checking in via text and WhatsApp.

Staff Sgt. Casey Mann, with the 84th Engineer Battalion out of Schofield Barracks said the workshop “helps leaders lead,” making them more competent junior NCOs.

“I learned that our self-values don’t always align with Army values, which can cause internal conflict and hinder work,” Mann said, “Giving individuals the right tools to make hard decisions helps.”

While the Army already has professional and leadership education for NCOs, NIMS acts as a supplement, leveraging specialized cognitive training SR2 MRT-PEs can deliver to make Soldiers more effective.

“I am extremely passionate about NIMS. It’s something that is very near and dear to me,” Dailey said. “Many of the Army’s large, complex strategic problems can be solved by individual first-line leaders committing to NIMS.”

To request a NIMS workshop for junior leaders in your unit, contact the R2 Performance Center closest to you or contact SR2 at usarmy.pentagon.hqda-dcs-g-1.list.resilience-training@mail.mil.

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87-year-old grad still enjoys marching with new cadets

By Brandon O'Connor | army.mil

WEST POINT, N.Y. – Through 20 years of march backs, Wallace Ward has seen it all.

In the beginning, the march was 15 miles, now 20 years later it is only 12. Over the years it has moved from taking place in the middle of the night to starting in the morning. There has been rain and thunderstorms that soaked and threatened the marchers. There was a hamstring injury that slowed him down, but couldn't stop him.

No matter the obstacle, the distance or the weather, since members of the Long Gray Line were invited to the march back 20 years ago, Wallace Ward has completed every single one.

This year, as he stepped off from Camp Buckner before dawn with India Company, Ward, who graduated from the U.S. Military Academy in the class of 1958, earned the distinction of being the oldest graduate to participate in the annual tradition.

He first joined the march back at 67 and now aged 87 he once again walked the entire way from start to finish.

"I come back to march back every year because I love to run," Ward said. "I've participated in 10 marathons and one ultramarathon that was 62 miles. I have been running and walking all my life, so, when they said they wanted people to hike back with the plebes, I thought that was a great opportunity since I love being outside running and walking."

The decision brought him full circle as it was running that first introduced Ward to West Point.

A track athlete in nearby Washingtonville, New York, Ward competed at a regional track meet at West Point as a high schooler. He entered the meet with a single goal – earning the one point he needed to secure his varsity letter for the season – and determined to do whatever it took to secure it.

With the finish line nearby and his goal within reach, Ward dove across the line. His last bit of effort earned him his letter, but it also left shrapnel in his left elbow that has served as a "reminder of West Point for the rest of my life."

It would prove to be the first of many marks West Point would leave upon him as the track meet set him upon a path that eventually allowed him to enter West Point as a prior service cadet, after he was not accepted directly from high school and enlisted in the Army in 1951.

"I'd never been to West Point," Ward said of that track meet roughly 70 years ago. "I got there and saw this great fortress over the Hudson River and said, 'Wow, this is fantastic. I'd sure like to be able to go there for school.'"

His time at West Point changed the course of his life after being abandoned along with his brothers in a Brooklyn flat by his mother. They bounced through different foster homes before finding stability and discipline after moving near Washingtonville.

West Point continued the process of instilling discipline and helped to keep him from becoming, "a kid in New York, running the streets, stealing and things like that, getting in all kinds of trouble," Ward said.

He retired from the Army as a lieutenant



Brandon O'Connor / army.mil

Retired Lt. Col. Wallace Ward, USMA Class of 1958, marches back with the class of 2023. Ward, 87, was the oldest graduate to participate in the 2019 march back. Members of the U.S. Military Academy Class of 2023 completed their final challenge of Cadet Basic Training by conducting a 12-mile road march from Camp Buckner, Aug. 12. They were joined by the cadet cadre, USMA leadership, staff, faculty and members of the Long Gray Line.

colonel in 1979 after a career as an air defense officer. Now 61 years after his graduation from West Point, Ward uses his time with the new class during march back to encourage them and teach them about the place that means so much to him.

"We spend half the time (talking), except when we are going uphill. I always tell them, 'Cut it off, wait until we get to the top of the hill. Then we can resume the conversation,'" Ward said. "When we are walking and having a conversation with the plebes we tell them it is going to be a tough year, stick it out, keep your nose clean and work hard, and things will come out alright and you will be proud of the fact that you went to West Point."

With 20 years and more than 200 miles of march backs under his belt, Ward hasn't decided if he'll be back for number 21. He said he will have to, "think about it," before lacing up his sneakers and hiking through the woods with another class seven decades his junior, even though he enjoys his time spent with the plebes and talking with them as they traverse the hills.

"I get the enthusiasm of going back to West Point every year and seeing that great fortress on the Hudson River, meeting old friends and comrades, and enjoying the atmosphere," Ward said of why he has come back for the last 20 years.

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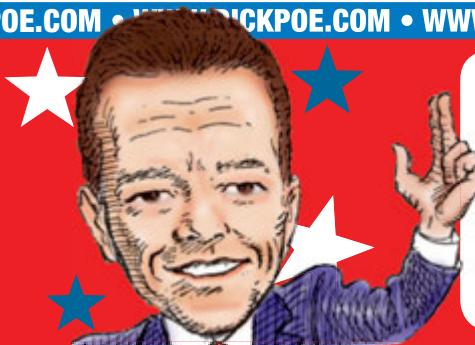
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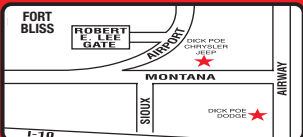
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Things to do:

El Paso Strong benefit concert: El Paso native Vikki Carr will join a lineup of Borderland artists at the CommUNITY en Acción El Paso Strong Benefit Concert this weekend. Also taking the stage will be Little Joe y la Familia, Los Rieleros del Norte, Mike Gonzalez y Mazz Tribute, Dirty River Boys, Archie Bell, Rick Trevino, Fusion 915 and Mariachi Los Toritos. Proceeds will be donated to the Paso del Norte Community Foundation's El Paso Victims Relief Fund to support the victims of the Aug. 3 tragic shooting. Sunday, 3 p.m. El Paso County Coliseum. 4100 E. Paisano. Cost: \$20, \$50. El Paso County Coliseum box office, ticketmaster.com, or 800-745-3000

'Biloxi Blues': Las Cruces Community Theatre, 313 N. Main, Las Cruces, opens its 57th season with Neil Simon comedy Biloxi Blues which is about Eugene Jerome, a young army recruit during World War II, going through basic training and learning about life and love, along with some harsher lessons, while stationed at boot camp in Biloxi, Mississippi in 1943. Friday-Saturday, 7:30 p.m. Sunday, 2 p.m. Cost: \$17 (\$14 senior, student and military; \$10 groups and children). (575) 523-1200 or lcctnm.org

Country artist Aaron Watson: The West Texas-born musician will perform this week in the Sun City Saturday, 8 p.m. at the Abraham Chavez Theatre. 1 Civic Center Plaza. Downtown El Paso. Cost: \$16.75-\$35. ticketmaster.com

EPSO presents: Listen as the El Paso Symphony Orchestra presents the music of ABBA, with rock band and vocalists Saturday, 8 p.m. Plaza Theatre, 125 W. Mills Ave. Downtown El Paso. Cost: \$30-75. epso.org, ticketmaster.com or 532-3776

'Disney's High School Musical': Kids-N-Co. closes its season with the musical based on Disney Channel's smash hit movie through Sept. 1, at First Presbyterian Church, 1340 Murchison. Shows are 7:30 p.m. Friday-Saturday, and 2:30 p.m. Sunday. Tickets: \$7 (\$5 students, seniors, military), available at the door. 274-8797

Rough Riders Turkey Run: The Rough Riders Motorcycle Club Hueco Chapter, will host its 15th annual run to fund Thanksgiving turkeys for the needy 11 a.m.-6 p.m. Sunday, from Barnett Harley Davidson to San Elizario. \$10. rough-riders-mc.com

Nelly, TLC and Flo Rida: The three old school hip-hop acts perform at 7 p.m., Tuesday, at UTEP's Don Haskins Center. Cost: \$32.75-\$72.75. Ticketmaster

UTEP Minerpalooza 2019 party: UTEP's 29th annual back-to-school bash and pep rally will roll on campus with headliner Drake Bell leading the way Aug. 30, 6-11 p.m. The family-friendly event will feature their fall sports teams, games, information booths and appearances by UTEP athletes, along with live entertainment, family activities and a beer and wine garden for 21+. UTEP campus. Free. 747-5648 or minerpalooza.com

Harvest Wine Fest: The New Mexico Wine Growers Association presents its Labor Day Weekend festival noon-6 p.m. Aug. 31-Sept. 2, at the Southern New Mexico State Fairgrounds, Las Cruces, featuring New Mexico's best wineries, food trucks, artisans, and musicians. Cost: \$30 for two people. Designated drivers and age 15-20; \$10; kids under 15. Military with valid ID and early bird general admission is \$17. Tickets at holdmyticket.com. (575) 649-8994, vivavino@nmwine.com nmwine.org

Alfresco! Fridays: At Convention Center Plaza. These free outdoor summer concerts are presented by ElPasoLive. No outside food or beverages, or pets allowed. 534-0600

Live music at Lowbrow Palace: Hip-hop artist KOTA The Friend performs Friday at 10 p.m. Cost: \$15, \$35 with meet-n-greet. Louisiana rock band The Seratones perform Saturday, 10 p.m. Cost: \$13. 1101 Texas. eventbrite.com



Photos by Spc. Matthew J. Marcellus / 1st AD

Command teams from across Fort Bliss read literature and respond during an interactive portion of a Sexual Harassment Assault Response Program command forum at Fort Bliss, Aug. 12, focusing on the effects of post-traumatic stress disorder of victims of sexual assault. The forum explored sexual assault prevention, bystander intervention and the importance in building empathy, using real-life scenarios in order to educate and inform leaders on the complexities of SHARP issues.

Command teams gain understanding through SHARP forum

By Spc. Matthew Marcellus | 1st Armored Division

Confusion, indecision and irrationality often define a sexual assault victim's reaction to trauma, traits that are crucial for command teams across the Army to recognize and understand to best support Soldiers.

Leaders from across Fort Bliss attended the 1st Armored Division and Fort Bliss Sexual Harassment Assault Response Program Command Forum Aug. 12. The event provided them an opportunity to train and strengthen their knowledge, while receiving and participating in a presentation from Dr. John Foubert, the highly-qualified expert in sexual assault prevention for the Army and native of Jackson, Tennessee.

"This forum is for command leaders so they can learn how to help prevent sexual assault and learn about bystander intervention as well as the trauma that a victim has," said Sgt. 1st Class Erica Stewart, a lead sexual assault response coordinator for the 1st AD and native of Birmingham, Alabama. "It's important for leaders so that they will see the signs and symptoms from sexual assault and direct their Soldiers to seek help."

Foubert highlighted sexual assault prevention, recognizing the effects of post-traumatic stress disorder resulting from traumatic incidents, bystander intervention, and the importance of building empathy during the forum.

"My presentation about how the brain and body react to sexual violence so that everyone here can understand better the trauma survivors' reactions," said Foubert. "I think anytime that someone has a traumatic experience, it can be difficult to understand and so as we adjudicate cases of sexual violence I think it's important that everyone understand what a typical trauma reaction is like."

A sexual assault survivor's trauma reaction can often seem confusing and illogical, which are often misunderstood aspects of trauma that Foubert addressed throughout the forum.

"Sometimes the reactions that a trauma survivor has is irrational during the incident itself, and they may do something that sounds unreasonable to the outside observer," said Foubert. "But if you understand trauma, you understand that irrationality is part of a trauma response."

Foubert used real-life scenarios to demonstrate the realities of a sexual assault victim's reaction, as well as interactive dialogue to engage the audience in order to allow for a comprehensive learning and training experience.

"I take the audience through a scenario where somebody experiences a trauma incident to

try to get them to better understand what that would feel like," said Foubert. "Sometimes, a trauma survivor doesn't report something immediately and people think 'Oh well, it didn't happen if they didn't report it immediately,' but I'm here to try to dispel that myth."

Understanding the realities that a sexual assault victim goes through is important to ensure that they are treated with empathy and that they are given the greatest care and respect possible.

"At any given point in time, a victim could possibly choose to be suicidal or homicidal, so it could help prevent that side of it, and so the victims can see that the command does support them and that they can still function," said Stewart. "Victims won't have to worry about being alone, other people have gone through it and if someone else has gone through it and survived, they can too."



Command Sgt. Maj. Jose Santiago, the senior enlisted advisor for 2nd Battalion, 37th Armored Regiment, 1st Armored Brigade Combat Team, 1st AD, picks up literature at the forum August 12.

Real-world challenges inspire CSM's arrival to Joint Modernization Command

By Jonathan Koester | Joint Modernization Command Public Affairs

Command Sgt. Maj. Christopher D. Gunn had been wanting an appointment to the U.S. Army Joint Modernization Command for a long time – even if he didn't yet know of JMC's existence.

Gunn, who recently became the senior enlisted advisor for JMC, which is headquartered on Fort Bliss, had previously served as the brigade command sergeant major for the 3rd Armored Brigade Combat Team, 4th Infantry Division as the brigade took on a regionally-aligned force mission in Europe.

As the brigade worked on solutions for facing off with a newly powerful and aggressive Russia, they worked on tank decoys to make their footprint look larger and tested methods to hide their communications. For example, a Soldier in their intelligence company built small radio signal emitters that ran on 9-volt batteries. They then placed the emitters all over the area, thinking that with enough radio signals, they could potentially hide the brigade's communications from the Russians. As the brigade worked through solutions on the fly, Gunn wondered if there was a better way.

"We were struggling with these problems," Gunn said. "And these are real-world problems that every armored brigade in the Army is going to have to deal with when they come to Europe. I told myself then – if there was just a unit out there that did this for the Army, I'd really like to know what unit this is; I'd really like to get in contact with them."

After a stint as command sergeant major of the 1st Security Forces Assistance Brigade, where he again found himself testing equipment on the fly, wondering if there was a better way, he received a call from that better way. After speaking with JMC commander Brig. Gen. Johnny Davis, Gunn couldn't wait to jump into the job.

"Once I received notification that I was going to compete for this job, I thought, 'What is Joint Modernization Command?'" Gunn said. "I didn't even know. I started doing the research, and I started getting excited. I knew this was the unit I had been looking for."

JMC plans and executes worldwide multi-echelon, joint and multinational live experiments in support of the Army's modernization strategy. These live experiments assess and ensure the Army's capability in multi-domain operations. In addition to a yearly joint warfighting assessment – the Army's premier modernization and interoperability exercise – JMC assesses potential Army equipment year-round in smaller exercises.

"When you look at what Joint Modernization Command does for the Army, we're nested within Future Concepts Center and Army Futures Command," Gunn said. "We are the exploration arm of Army Futures Command. We're the organization that takes the concepts and capabilities, and we actually put them in the dirt with Soldiers. We let the Soldier give us the feedback that we need. That's the central link. Once you give a piece of equipment to a Soldier, a Soldier is going to be brutally honest with you every time. They are going to tell you this works, or this does not work."

Gunn and Davis both have children either serving in the military currently, or who might be soon. Gunn said preparing the Army for the future is what inspires him at JMC.

"The other important role of JMC is concepts," Gunn said. "We're looking at how the Army is going to have to fight in the future, not how we fight right now. We're doing this for the future generation of our forces. That's why I take such pride in being here."

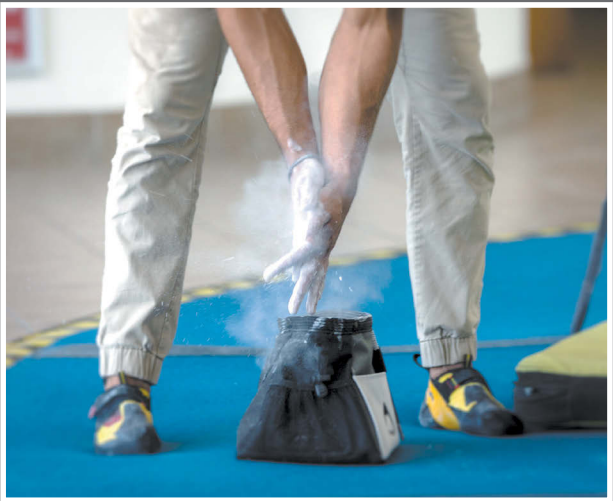


Command Sgt. Maj. Christopher D. Gunn

>> REACH NEW HEIGHTS AT INDOOR CLIMBING WALL



Andres Ibarra, a Family and Morale, Welfare, and Recreation aquatics lifeguard, takes some time away from the pool as he suits up at the Soldier Activity Center at Fort Bliss, Aug. 15. Bliss Outdoor Recreation, located in the SAC, will host the Bliss Boulder Battle, an indoor climbing competition, Sept. 14.



A climber prepares to scale the indoor climbing wall at the Soldier Activity Center at Fort Bliss, Aug. 15. The SAC was dedicated in 2012 as part of a \$6 billion investment following the 2005 Base Realignment and Closure commission decision to increase troop numbers at Bliss.



Photos by David Poe / Fort Bliss Public Affairs Office

A climber surveys the indoor rock wall at the \$8 million Staff Sgt. Roberto Loeza SAC at Fort Bliss, Aug. 15.

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USASMA students ‘Experience El Paso’

Chamber of Commerce welcomes more than 700 new senior leaders with community event

By David Crozier |
NCO Leadership Center of Excellence Command Communications

The El Paso Chamber of Commerce welcomed Sergeants Major Course Class 70 to the local community Aug. 8 with “Experience El Paso,” showcasing everything the community has to offer – services, cuisine, programs, businesses, opportunities, and more.

The annual event began with remarks by the commandant of the NCO Leadership Center of Excellence, Command Sgt. Maj. Jimmy Sellers.

“Welcome to what will probably be the best year of your military career,” he said. “Welcome to Fort Bliss, welcome to the great city of El Paso and welcome to the United States Army Sergeants Major Academy. You made it, but you haven’t arrived

just yet.” Sellers noted the recent events which brought tragedy to El Paso, and with this being his third time back in the area, how this incident hit home to him. He urged the students to use this opportunity as a process to heal.

“Help your community get better, stand side-by-side, shoulder-to-shoulder with the great city of El Paso and be ‘El Paso Strong,’” he said.

Gus Rodriguez, a member of the board of directors for the El Paso Chamber of Commerce, also welcomed Class 70 and noted the recent tragedy.

“It hasn’t been so kind to our community, but it’s really reflecting the best of what El Paso is,” he said. “In many ways it is just like the Army. When the Army goes through difficult times, the best of the Army succeeds; the spirit of the Army becomes a part of the healing process. So, we thank you for being here with us, and sharing this experience with us, and we ask you to be a part of our community as we go through and become ‘El Paso Strong.’”

Rodriguez then showed a short film that showcased many of the great things about El Paso and segued into a presentation with a bit of levity.

“The one thing you learn about El Pasoans is our time is relevant,” he said. “We work on ‘mañana time.’”

Rodriguez noted that El Paso is a city of about 835,000 people, the fifth largest city in Texas, and about 81 percent of the population is Hispanic.

“In spite of the recent challenges of last weekend, we are considered one of the safest cities in the nation for a metropolitan our size,” he said. “We are the largest border city in the world, so what a great opportunity to

Gus Rodriguez, from the El Paso Chamber of Commerce, officially welcomed Sergeants Major Course Class 70 to El Paso and urged them think of El Paso as their home Aug. 8 during “Experience El Paso.”



David Crozier / NCO CoE Command Communications

Sergeants Major Course Class 70 students and family members line up at the BBQ booth to get a taste of Texas BBQ. The city of El Paso welcomed the students and families of Class 70, Aug. 8, with “Experience El Paso,” a Chamber of Commerce event, which included more than 70 vendors, businesses, service organizations and eateries to give the students a glimpse into what the El Paso community has to offer.

experience different cultures. Think of El Paso as your home,” Rodriguez continued. “I hope that Class 70 will have a wonderful experience during your time here. Take advantage of who we are as a community, and please be a part of us,” he said. “We like to say El Paso is Fort Bliss, and Fort Bliss is El Paso.”

Following Rodriguez was retired Command Sgt. Maj. Lance Lehr, representing the Association of the United States Army as the El Paso Chapter’s past president. He spoke about community involvement and he encouraged the senior leaders to get involved with their community, both now, as well as when they leave West Texas.

“I want to say welcome, because this community is going to welcome you,” he said.

“That’s what they do.”

Lehr said when Fort Bliss had about 9,000 troops and was close to being shut down, the leaders of the El Paso community said Fort Bliss was not going anywhere. They went to Washington, D.C. and addressed the problem.

“They found a solution and today you have 30,000 troops here,” he said. “You have got to get in with the community and get involved.”

Following the formal presentation, the students and their families visited the courtyard, where they met representatives from more than 70 vendors, businesses, organizations, and services with information to help them get a feel for the community they will call home for the next 10 months.









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No day like tomorrow

By Lisa Smith Molinari | themeatandpotatoesoflife.com

My column was late again this week. A spaceship wasn't hovering over Rhode Island. Our house didn't burn down. My computer didn't seize up with "the blue screen of death." None of our kids came down with double pneumonia. I hadn't been arrested for tax fraud.

Nope, I didn't have one decent excuse for my column being late. Truth be told, I'm a hopeless procrastinator.

I'm supposed to submit my column to newspaper editors on Thursdays for publication the following week. So every Monday, I know the smart thing would be to write 200 words on Monday and Tuesday, leaving Wednesday for rewrites and editing, and Thursday for polishing and submission.

But that makes way too much sense.

"Thursday is eons away," I think to myself at the beginning of each week. "Today, I'll get laundry done, mop the floors, wash the car. Getting chores done will free me up to write more tomorrow."

But between the dog being afraid of the vacuum cleaner, the hour-long call from my mother, the search for missing socks under the kids' beds, and that riveting episode of "Flea Market Flip" I had to watch until the end, I barely manage to defrost the pork chops.

On Tuesday, I wake with a purpose. "I'm going to make some headway on that column ... as soon as I think of an idea. What will I write about this week?" I wonder optimistically. Notebook in hand, I sit on the front porch to let the dog sniff around in the yard while I search for inspiration.

"Hmmm," my inner dialogue sabotages my creative process once again, "the beds could really use a bit of weeding." Three hours later, there are bags of garden debris out by the curb, my fingernails are packed with dirt, and I'm on my way to Home Depot for grass seed, tomato cages, and annuals.

On Wednesday, I determine that, if I spend

the entire day in front of my computer, I can turn out 700 words and still have Thursday for editing. "All I need is a subject," I tell myself. I pour an oversized mug of coffee, and settle in front of the desktop. All morning, I troll the Internet looking for topics, current events, some nugget of news that might feed an idea. With a pang of hunger nagging me to stop for a snack, I decide to check Facebook real quick to see what's trending.

Big mistake.

An hour later, I've scrolled all the way down to 2015, got sucked into a comment debate over whether mustard or ketchup is better on hot dogs, and watched a string of YouTube videos of dogs with human voice overs.

I figure I'll switch out the laundry and try again after lunch, but the afternoon brings a case of the sleepys. I convince myself that a 20-minute catnap on the couch will do wonders, but you can probably guess how the day goes from there.

Thursday, I wake up stressed, which should provide adequate motivation to meet my nine-hour deadline. But by noon, I have done everything BUT my column. I organized the junk drawer, swept out the basement, clipped my toenails, put our National Geographic magazines in chronological order, and dug the fuzz out of the keyboard with a toothpick.

While standing in front of the open refrigerator, I plan to email my editors to finally let them know, I just can't do this anymore. The afternoon passes in hopeless defeat.

But on Friday, I notice that the sky did not fall. The Earth did not implode. I am still breathing. My editors probably haven't even noticed that my column is late. I realize that my fear of failure caused me to create conditions where success is impossible. With the dangerous awareness that I could play this cat and mouse game with myself every week, if I so dared, I finally sat down and tapped out this column about procrastination, submitting it the day after last week's deadline.

Every time I hit send on a column, I promise myself, "I will put an end to this self-destructive habit, and I'll do it first thing – tomorrow."



>> WBAMC HOSTS TOWN HALL TO DISCUSS TRANSITION

Amabilia G. Payen / WBAMC Public Affairs

Major Gen. Ronald J. Place, the Defense Health Agency's acting assistant director for health care administration, held a town hall Aug. 9 during a visit to William Beaumont Army Medical Center. He spoke about how the transition from Army Medicine to Defense Health Agency will impact the staff and patients. WBAMC is scheduled to transition under DHA Oct. 1.



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The Principle of the Path:

Direction, not intention, determines destination

By Chaplain (Maj.) Kevin Muncher | USAG Fort Bliss Family Life

“I should’ve seen this coming.” Sound familiar? When we look back, we see exactly how we ended up where we didn’t want to be. Why do smart people with admirable life goals often end up far from where they intended to be? Why do many people start out



Chaplain (Maj.) Kevin Muncher

with a clear mental picture of where they want to be relationally, financially, physically, spiritually and professionally, and yet, years later, find themselves far from their desired destination? Why do our expectations about our own futures often go unmet?

What if you knew the answer to those questions? What if there was one simple idea that explained why so many people get lost along the way?

There is. Author and pastor, Andy Stanley, called it, “The Principle of the Path.” Simply put, direction determines destination. Direction, not intention, determines where we end up. Good intentions are not good enough.

There’s often a disconnect between where we want to end up and the path we’re currently on.

Do you know why counselors appear to be so smart? Because people are so predictable. As a marriage and family counselor, I see couples who often come to me with problems or issues that they want to fix. After trying to solve their relational problems or each other’s problems, they find themselves lost, frustrated, and defeated. These feelings of getting nowhere are understandable. We have all felt them at some point in our relationships, lives, and professions. But here is the disheartening truth, most of our relational and personal problems cannot be fixed. We fix a car or computer. Once fixed, it is like it is new. But you and I are not machines or equipment that can be fixed. We can cope, overcome, or move on, but the past is the past. The good news is, we can learn to avoid what can be avoided, so there’s less to cope with later. The Principle of the Path is not a principle of the solution. When we are lost, we don’t pull over and ask for a solution. We ask for directions.

We get where we should be the same way we got to where we shouldn’t be. And we get there not through a solution; we get there through direction. So, we don’t need to be fixed, we need to move in a new direction. You and I know people, and perhaps ourselves, that are living in the wrong direction. When you and I change direction, things will

eventually change.

In the Gospel of Matthew, Jesus points to the Principle of the Path, but does so in the way of a parable. He says, “Therefore, everyone who hears these words of mine and puts them into practice, will be like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine, and does not put them into practice is like a foolish man who built his house on the sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.” (Matthew 7: 24-27, NIV)

Jesus doesn’t promise a fix or a solution. He invites people to live in a different direction. A wise man built – building takes time. The rock – represented the hard way, or the right direction. Wise people build their lives on solid foundations and principles. They follow directions that have been proven to endure life’s adversities. Foolish people live as if life is disconnected. They build on unstable foundations. So, when life’s adversities blow against their lives, they fall apart.

Everyone ends up somewhere in life. The way we live our lives doesn’t always line up with the type of future we have in mind. It breaks my heart listening to couples live in a direction that is not going to get them where they want to go. What’s worse is knowing that the direction they are going will lead them to a negative outcome. The direction we are moving in determines our destination. The Principle of the Path is at work in

The good news is, we can learn to avoid what can be avoided, so there’s less to cope with later.

your life every single day, and not only does it explain the disappointment and regret that characterize the lives of so many, it provides a way for you to be the exception.

I want you to identify and follow the path that leads to your desired destination and avoid life-wasting detours along the way. I want you to end up there on purpose and with a purpose.

Your destination is predictable. It is predictable to somebody. Someone who sees what you don’t or won’t see. The reason they keep bringing it up, over and over again, is because they don’t want, and I don’t want, and your Heavenly Father doesn’t want, and even you, don’t want to be disconnected with your intention and your direction. Because at the end of the day, it’s not your intention, but your direction that determines your destination. You and I can make decisions today that will lead us toward a better destination tomorrow. The path you choose makes all the difference.

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Air Force Wounded Warrior program provides care beyond duty

By Airman 1st Class Kindra Stewart | 49th Wing Public Affairs Office

HOLLOMAN AIR FORCE BASE, N.M. – The Airman’s Creed outlines expectations of service members who raise their right hand and recite the Oath of Enlistment or Oath of Office upon joining the world’s greatest Air Force, preserving the legacy of those who have gone before them.

Each line of the creed resonates an airman’s call to duty and commitment to support and defend the United States, but what about the commitment to serve as a wingman?

“I will never leave an airman behind,” speaks volumes, but is often overlooked.

Airmen all over the world suffer from both visible and invisible wounds that may not always be recognized by their wingmen, and the Air Force Wounded Warrior program is available to those who need help.

The Air Force defines a Wounded Warrior as any airman who is seriously wounded, ill or injured who may require a medical evaluation board or physical evaluation board to determine fitness for duty.

“AFW2’s mission is to take as much stress off the member and their family as we can,” said Tamara Ransom, AFW2 program recovery care coordinator on Holloman Air Force Base. “As a care coordinator, it is my responsibility to take the ball and chain off the active-duty member, making their life as simple and comfortable as possible. I am the one who reaches out to the education offices or employment agencies, fills out applica-



Airman 1st Class Kindra Stewart / 49th Wing Public Affairs Office

Tamara Ransom is the Air Force Wounded Warrior program recovery care coordinator for Holloman Air Force Base, N.M. The AFW2 program assists service members transitioning back to duty or into the civilian world by providing personalized restorative care to help manage the challenges, regardless of injury or illness.

tions, puts together resumes – essentially, I help the member with whatever they need assistance with.”

The AFW2 program assists the service member with transitioning back to duty or into the civilian world by providing personalized restorative care to help manage the

ence for everyone in a holistic environment.

To be eligible for the AFW2 program, service members must meet one of the following criteria:

- Very seriously wounded, ill or injured on the casualty report by the Department of Defense’s medical authority.
- Airmen with highly complex medical conditions (service connected or in-the-line of duty), confirmed by a medical authority.
- Airmen diagnosed with service connected or in-the-line of duty post-traumatic stress disorder, traumatic brain injury, military sexual trauma (verified by medical authority) and are under consideration or referred to medical evaluation board.
- Airmen in training status (including basic military training), separated with complex medical conditions on a case-by-case basis.
- Purple Heart recipients.

As of July 1, 2019, the AFW2 program has an active population of 3,569, made up of 875 illnesses, 1,867 psychological wounds and 827 physical wounds. Eighty-five percent of the current enrollments are non-combat related.

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SPORTS

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Sports Briefs

Danny Ray Sanchez Memorial Run: Run with El Paso for the sixth-annual 5K run and 1-mile fun walk to benefit the Danny Ray Sanchez Memorial Fund, August 31 at Montwood High School, 12000 Montwood. raceadventuresunlimited.com

Play ball with the Chihuahuas: Join El Paso's AAA baseball team as they take on the Sacramento River Cats in a series tonight through Sunday. Bring your pup Friday for Bark at the Park night. Home games are played at Southwest University Park on Santa Fe Street downtown. Non-sunday games are at 7 p.m.; Sunday games start at 6 p.m.

Family Day at the Wall: The Soldier Activity Center is usually only open to 18+, but kids 6+ can climb for three sessions a week. Thursdays-Saturdays noon to 6 p.m. SAC, 20732 Constitution Ave. 744-1532

UTEP Women's soccer: Go to war with the Miners as they start their 2019 campaign today against the University of Wyoming at 7 p.m. and versus ACU Sunday at 1 p.m. Home games are played at UTEP's University Field, 3450 Sun Bowl. 747-6150. utepathletics.com

Home Run for the Homeless: The 6th annual Home Run for the Homeless 5K and Kids Dash benefiting El Paso's Opportunity Center for the Homeless is 7:30 a.m. Sunday, at the Clock Tower at Southwest University Park on Durango Street. Kids dash begins at 8:35 a.m. Cost: \$30 run; \$35 on race day. Kids dash: \$15; \$20 on race day. raceadventuresunlimited.com. Packet and t-shirt pick up is 11 a.m.-6 p.m., Saturday, at Up and Running, 3233 N. Mesa, Suite 205, and 6:30-7 a.m. on race day.

UTEP Football: The UTEP Miners open the season against Houston Baptist at 6 p.m. August 31, at Sun Bowl Stadium. Cost: Season tickets are \$60 general admission. Family packs available for \$198. Individual tickets to be announced. 544-5234 or utepathletics.com

Tennis Scramble: The Tennis Scramble is on the last Wednesday of every month. Cost: \$5 fee for non-ID card holders and it is free for DoD ID card holders. The scrambles are held at the Tennis Club, 262 Club Road. 569-5448

Group tennis class for beginners: Group tennis class for beginners will be held from 8:30-10 a.m. every Monday and Wednesday at Building 262 on Club Road. Tennis rackets will be provided. 569-5448

Indoor cycling: Indoor Cycling classes are held at Soto and Stout PFCs. Cost: \$3 or \$35 unlimited monthly pass. 744-5800

Iron Divas: This well-rounded class is designed to improve muscular strength and endurance. With no choreography to learn, you can focus on strength and cardio splits effectively. Classes are held at Soto PFC. Cost: \$3 or \$35 unlimited monthly pass. 744-5800

Body Pump: The original Les Mills barbell class will sculpt, tone and strengthen your entire body fast. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle. Classes are held at Soto PFC. Cost: \$3 or \$35 unlimited monthly pass. 744-5790

BodyCombat®: BodyCombat is a high-energy, martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Classes are held at Soto and Stout PFCs. Cost: \$3 or \$35 for an unlimited monthly pass. 744-5800

Total Gym: Classes improve function and produce transformational results for every fitness level and for all users. Classes are held at Milam PFC. 744-5800

Insanity: Based on the home DVD program of the same name. It is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels - no equipment needed, just determination. Classes are held at Stout PFC. Cost: \$3 per class or \$35 for unlimited monthly pass. 744-5800

Yoga: A class consisting of poses and following transitions with a focus on core strength cardiovascular fitness flexibility, and an overall sense of well-being. We build upon basic yoga poses to target specific muscle groups while maintaining safe alignment to reduce the risk of injuries. Classes are at Milam PFC. 744-5800

Body Flow: During Bodyflow you'll stretch through a series of simple yoga moves and embrace elements of Tai Chi, and Pilates. You'll strengthen your entire body and leave the class feeling calm and centered. Class is held at Soto PFC. Cost: \$ or \$35 unlimited monthly pass. 744-5800

Eagle in the Sun Triathlon: El Paso's only USA Triathlon-sanctioned multi-sport race, with a 400m swim, 12-mile bike ride, and 5K run, is 7 a.m., Sept. 1, at Ascarate Pool, 6900 Delta. Participants may race as an individual or as part of a relay team. Cost: \$110 individual; \$60 per person for 2-person relay; \$55 per person for 3-person relay; \$100 for aquabike (swim-bike). raceelpaso.com/eagle-in-the-sun.

All-American Gun & Western Collectible Show: The 28th annual show is 9 a.m.-5 p.m. Aug. 31-Sept. 1, at the Ruidoso Convention Center, 111 Sierra Blanca Dr. Hundreds of guns, gun-related items, Indian artifacts, knives, cowboy gear and more will be on display. Proceeds benefit Lincoln County charities. Cost: \$6. Age 18 and younger must be accompanied by parent or guardian. (575) 257-6171 or trekwest.com/gunshow



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SCORE OF 600

New standard set by 22nd Chem. Bn. officer

By Sgt. Briaira R. Tolbert | 1st Armored Division, Sustainment Brigade Public Affairs

Major Timothy Cox, the executive officer for the 22nd Chemical Battalion, set a new standard by obtaining a 600 – the highest score ever recorded – on the Army Combat Fitness Test.

Back in December 2018, Cox took the ACFT for the first time and earned a 587, but he wasn't satisfied with that score. After the test, he wrote down 600 on a white board in his office, setting a personal goal for himself. In January he began training for the next time he would have to take the ACFT. He improved his score to 595 then 598, until finally he hit 600 in mid-July.

To train he utilized the strength coaches from the holistic health and fitness team and the training facility within the battalion. The H2F Lite is a pilot program being initiated in certain battalions across the Army. The gold standard battalions are given the full team of health professionals, which include a physical therapist, nutritionist and sports trainers to boost readiness, considering the ACFT will be implemented this upcoming fiscal year.

His training didn't stop when PT was over – in his free time he did extra training. On the weekends you could find Cox doing 400 or 600-meter repeats on a track to maintain the speed he wanted on the test and Tabata push-ups to increase his reps of hand release push up, which in his opinion, is the most difficult part of the ACFT. Exercise is only one part of being a full athlete, diet is integral.

Cox says "I do very minimal meal prep, nor do I count carbs."

He explains his diet isn't anything extreme. He rarely eats fast food or drinks containing large amounts of sugar, and most of the time he eats home-cooked meals provided by his wife, which he credits for pushing him to eat clean.

"My physical readiness has been an asset to me. [It] has helped and assisted me. I'm not oblivious to that," said Cox. "Being physically ready is a priority for me, and for us here in the Guardian Battalion, and we fully embrace it."

Cox believes that physical readiness is very important, this is the same mentality he has had his entire life.

Growing up in a small town in Kansas, his childhood was dominated by sports. The days were long and filled with hard work, which involved lifting sessions in the morning, honing basketball skills, and improving athleticism through track and field. He competed in both sports at the Division II-level when he attended McPherson College.

Cox put his physical readiness to the test a couple of times in his Army career, long before taking and maxing the ACFT, by competing in the Best Ranger Competition twice – in 2011 and 2017.

"There is going to be a culture change



Photos by Staff Sgt. Shawn Casey / 1st AD Sust. Bde

Major Timothy Cox lifts weights during physical training while the lead strength coach of 22nd Chemical Battalion, Mike Edwards, supervises him for proper form in the holistic health and fitness training facility.



Cox throws medicine balls during a morning physical training session in the 22nd Chemical Battalion holistic health and fitness training facility to practice for the Army Combat Fitness Test.

in the Army," said Cox. "I think it has been a long time coming and I am excited."

He wants Soldiers who might be worried about the new test to "embrace the change, because like it or not, it's coming." He tells Soldiers who might not know where to begin training for the ACFT to empower themselves by doing research, such as checking out training apps and conducting a self-assessment to see where they are physically to be prepared for the ACFT. Cox's focus was mainly geared toward strengthening his core, legs and grip. He encourages Soldiers to start with those three areas.

After earning a perfect score, Cox said he feels a sense of accomplishment.

"We did it," he said. "I say 'we,' because the effort wasn't just me out there

on the grind, that was only part of it, I give credit to the Soldiers, NCOs, and officers of the Guardian Battalion, because they were the ones that pushed me each and everyday during PT sessions. Also, I wanted to highlight the fact that we are one of the gold standard test battalions for the H2F Lite program. Because of this, we were provided with health and physical fitness professionals, two strength coaches, along with a physical therapist, and a certified athletic trainer."

He continued, "These individuals I want to personally thank. Due to their dedication to our program we have seen positive results in many measurable areas. We are grateful because our H2F professionals are passionate about our program and you can see a difference in performance and morale."



Photos by Brittany Nelson / IMCOM
Staff Sgt. Hillary Bor, center, after receiving his gold medal for the men's 3,000-meter steeplechase at the 2019 Track and Field Outdoor Championships.

Soldiers qualify for 2019 Track and Field World Championships

By Brittany Nelson | IMCOM

SAN ANTONIO, Texas – The U.S. Army's World Class Athlete Program has three Soldier-athletes headed to the Track and Field World Athletics Championships in Doha, Qatar, this September.

"It is always amazing and satisfying for coaches and staff to witness Soldier-athletes' hard work and perseverance pay off within the WCAP program," said Col. Sean Ryan, WCAP track and field coach.

WCAP, part of the Family and Morale, Welfare and Recreation G9 division of U.S. Army Installation Management Command, allows top-ranked Soldier-athletes to perform at the international level while also serving their nation in the military.

At the 2019 Track and Field Outdoor Championships, in Des Moines, Iowa, two Soldier-athletes earned their spots for the World Championships. Staff Sgt. Hillary Bor won gold in the men's 3,000-meter steeplechase, and Sgt. Leonard Korir won the bronze medal in the men's 10,000-meter.

"It was a really hard race, to be honest. It was really hot, and I kept telling myself to push it," said Bor.

The hot race was a small homecoming for Bor who attended college at Iowa State University before joining the Army.

"When you are a crowd favorite coming in, it is a lot of pressure. In my mind I knew the fans wanted me to win, that gives you

more adrenaline," said Bor. "I have run on this track a thousand times so it feels good to win in Des Moines."

Bor secured gold after coming in second place the past two years. He attributes the Army for the reason he continues to run.

"To win and represent the U.S. Army is everything to me," said Bor. "It is an honor to run for the Army."

Korir, a 2016 Olympian, won third place in a rainy 10,000-meter race.

"The weather conditions during the championships replicated real world conditions our brave Soldiers face every day in battle," said Ryan. "The battle, or race in this case, does not stop due to pouring rain or extreme heat, and both Bor and Korir displayed the same resiliency taught in their military schooling."

"This is my third time making the World Championships team, and I am so happy for myself," said Korir. "We are excited and ready to represent the U.S. Army and America."

Second Lt. Elkanah Kibet is also headed to the World Championships to compete on the marathon team.

"The Soldier-athletes have shown their determination and 'never quit' attitude during multiple championship races, one of the many reasons they have represented the U.S. national teams and Army internationally," said Ryan.

The Soldier-athletes are now preparing for the World Championships and the 2020 Olympic games in Tokyo.



Bor crosses the finish line to earn gold in the men's 3,000-meter steeplechase at the 2019 Track and Field Outdoor Championships.

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OFF DUTY

Off Duty is a compilation of military-affiliated information and events focused on the Soldier, their family members and veterans. Information should be 100 words or fewer and contain no editorializing. An informational brief that is not time-specific will not run for more than four weeks. Submissions are due no later than Friday for publication in the following week's paper. To learn more, call 568-4088.

Bliss Briefs

Traffic lights advisory: The traffic lights on Haan Road at the intersections of Haan and J.E.B. Stuart, Haan and Chaffee, and Haan and Carrington have switched to flashing amber for the east and westbound directions on Haan and flashing red for the north and southbound directions on the intersecting streets. The flashing hours will be 6 p.m.-5 a.m., seven days a week. Officials ask that drivers use caution at each of the noted locations.

DHR Training Holiday Labor Day: The Directorate of Human Resources will have reduced operations Aug. 30 and will be closed Sept. 2. For emergencies during closure, call 568-3093.

McGregor/FBIX ammo point closings: The McGregor Range/FBIX Ammunition Supply Point will be closed Sept. 16-20. Issue documents can be submitted through TAMIS during the closures. 569-9528

New traffic pattern at Old Ironsides gate: Bliss DES has added an additional, temporary lane to alleviate congestion during peak hours 5-9 a.m., Monday-Friday. This change is intended to increase traffic flow and decrease wait times. Be on the lookout for new signs and proceed safely as drivers adjust to the change. 744-1551

Bliss Legal office closures: The Fort Bliss Legal Assistance and Claims Offices, located on the first floor of Bldg. 113 on Pershing Road, will be closed on the afternoon of Aug. 29 for a unit function, and all-day Aug. 30 for the DONSA, and Sept. 2 for the federal holiday.

Face-to-face TARP training: Fort Bliss offers Threat Awareness Reporting Program training at two locations monthly. Get your learn on at the Soldier Activity Center on the second Tuesday of the month, or at Stayton Theater on West Fort Bliss on the third Thursday of the month. This training will be offered in these locations through September. 568-4604

Let your voice be heard: Log on to the Interactive Customer Evaluation program to provide feedback for a wide array of services at Bliss. Submitters can remain anonymous or include their contact information for follow-up. https://ice.disa.mil/index.cfm?fa=site&site_id=435

Lower Beaumont traffic disruptions expected: According to Bliss DPW, work trucks may cause disruptions at lower Beaumont, to include noise and dust, but no road closures, until late November. The work is part of a clean up project to haul debris to an off-site, licensed landfill. Work will occur Mondays-Saturdays between 6:30 a.m. and 6:30 p.m.

FMWR

Old Mesilla: Looking to break out of the barracks, but stay close to post? Register now with FMWR Outdoor Recreation and head to Las Cruces, N.M., for a day trip to one of New Mexico's oldest neighborhoods, Old Mesilla Saturday, 7:30 a.m.-5:30 p.m. Eat, shop and experience the culture of the Borderland. Transportation included. 21+. Cost: \$10. 744-1532

Doggy Swim Day: Adults 18+ will be able to bring their vaccinated pooches into the pool and there will be games and prizes to enjoy Sept. 7, 11 a.m.-2 p.m. 251 Club Rd. Kids 5 and younger will not be permitted entry to the event. Proof of current vaccinations (Rabies and Parvo/Distemper) to be shown at time of entrance. Fort Bliss Veterinary Clinic will be on-site checking these forms. If you need assistance for getting current vaccination forms and your dog(s) are registered with the Fort Bliss Veterinary Clinic, they will be able to provide copies. Free. 568-2554

Mini garden: Join your friends at the Mickelsen Community Library for mini gardening at this continuing series. This month they will be making a rock garden. Supplies are provided, but guests are welcome to bring their own as well. Open to DoD ID card holders 8+. Parents must be present with minors. Sept. 14, 11 a.m.-1 p.m. 2 Sheridan Rd. (Under NCOA). Free. 568-6156

Oktoberfest tickets: Prosit! Head over to Biggs Park for authentic German beer, food, music and dance. Music will be performed by Terry Cavanagh and the Alpine Express band, and Fort Bliss' own German Air Force Schuplatzer dancers will perform as well. 18+ only for Friday-Saturday, while Sunday will be an all-ages family day. Get tickets for Friday-Saturday evening events at eventbrite.com or Leisure Travel Services kiosks. Event will happen Sept 20-21, 6 p.m.-midnight. Sept. 22, noon-5p.m. 11388 Sgt. Maj. Blvd. Cost: \$25 (includes stein) for evening events, free Sunday. 588-8247

Crochet with the Golden Girls: Spend your lunchtime with knitting needles, friends, and Rose, Blanche, Dorothy and Sophia. The Art and Hobby shop will be watching the classic sitcom and knitting it up. Basic supplies provided, but feel free to bring your own needles. Registration is recommended and can be done at the neighboring Auto Crafts shop. Open to DoD ID card holders. Wednesdays 11:15 a.m.-12:15 p.m. 820 Marshall Rd. 568-5563

Go Youth

Story Time: It's Story Time! Stop by the Mickelsen Library every Tuesday from 10:15-11 a.m. or 11-11:45 a.m. as children ages 2 to 5 listen to stories read aloud. 568-6156

Kids golf at Underwood: Kids 16 and younger can golf for \$5 Monday-Friday. Kids 12 and younger must be accompanied by an adult. Does not include cart rental. 3200 Coe Ave. 568-1059

CYS in-home child care: Family Child Care offers in-home providers for CYS-registered kids. For care information, or to receive an updated list of FCC providers, call 568-4198 or visit the office at 3503 Story Rd. Reservations required. Cost: \$5 an hour with a \$10 deposit. 744-7879

Open your child's world: SkiesUnlimited offers a variety of fun and educational programs geared to children of all ages. Students must be enrolled with CYS Parent Central Services. 131 Doniphan Rd. West Fort Bliss. 568-4374

SKIESUnlimited babysitting class: This class will help kids 12+ learn skills including CPR, as well as the responsibility needed to be an expert babysitter. Registration at Parent Central Services and SKIESUnlimited required. Cost: \$10. 568-5544

SKIESUnlimited Open House: SKIESUnlimited is opening its doors to new and seasoned military families at Fort Bliss Saturday from 9 a.m.-3 p.m. at Bldg. 3508 and 3509 Ellerthorpe Road. There will be door prizes, face painting, free trial classes, on-site registration for CYS, day care information, youth sports and a chance to enroll your children into some of the classes. www.bliss.armymwr.com or 568-5544

SKIESUnlimited drum lessons: SKIESUnlimited offers drum lessons for students, ages 7+. They will learn how to count beats, recognize rhythm, pattern and musical expressions. Private lessons are 30-minute sessions. Group lessons are one-hour sessions. All drums lessons are held at the SKIESUnlimited Center Bldg., 3508 Ellerthorpe Ave. Cost: Private lessons \$72; Group lessons \$60. 568-5544

SKIESUnlimited judo class: Judo is a Japanese art that uses balance and leverage, it has the beginnings in Jiu Jitsu, but is taught as a sport. Classes will be held for 5-6 year olds, and a separate class for 7+. 568-5544

SKIESUnlimited teen auto maintenance class: Students with driver's licenses or permits will learn basics such as changing oil or a tire and more. Students will receive a safety card to work at the FMWR Auto Crafts shop. SKIESUnlimited registration for CYS-enrolled students 15+ required. 820 Marshall Rd. Cost: \$25. 568-5544.



Pediatric Dentistry & Orthodontics

Jim Bowden, D.D.S.

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ORTHODONTICS FOR ADOLESCENTS & ADULTS

- Same fees charged as general dentistry clinics
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Tamara Badalyan

Notable Armenian-German Organist

ALL SAINTS EPISCOPAL CHURCH
3500 McRae Blvd., El Paso
(1 block off Montana)

Sunday, August 25
3:30 p.m.

Music by Bach, Franck, Armenian composers and other Masterworks

Admission is free but contributions are encouraged in support of this outstanding concert.

Community

Great American Duck Race: The 40th annual running of the ducks is today-Sunday, in Deming, N.M. This year's theme is "Racing Through the Stars." Free. (888) 345-1125, (575) 544-0469 or demingduckrace.com

Marfa Lights Festival: The 33rd annual Marfa Lights Festival that pays tribute to Marfa's mysterious lights is Aug. 30-Sept. 1 around the Presidio County Courthouse in Marfa, Texas. Activities include food and crafts booths, a main street parade, contests, concerts and street dances in the Presidio Courthouse area. marfacc.com

Free TxDOT car seat safety checks: TxDOT Traffic Safety is partnering with Whataburger and the El Paso Police Department to offer car seat checks at specific locations in September. Bring your children and their seats for installation pointers and other car seat safety tips. Sept. 6 - Whataburger, 650 Sunland Park Dr.; Sept. 21 - Whataburger, 1300 Airway Blvd.

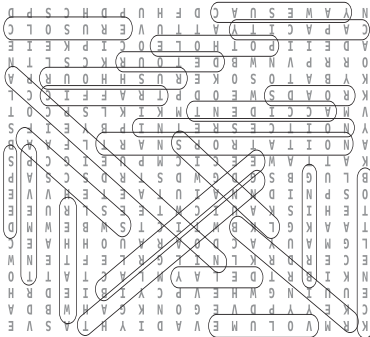
'Rolling Stones' Gem/Mineral Show: Grant County Rolling Stones Gem and Mineral Society's 36th annual show is Aug. 31-Sept. 2 at the Grant County Veterans' Memorial Conference Center, 3031 U.S. 180 East in Silver City. Free. The show features dealers from around the Southwest with mineral specimens, jewelry, and arts crafted from rock and gems. (575) 654-4424 or rollingstonesgms.blogspot.com

Hatch Chile Festival: The "chile capital of the world" holds its 48th annual celebration Aug. 31-Sept. 1, at the Hatch Airport on N.M. Hwy 26, 1 1/2 miles west of Hatch, featuring ven-

dors, carnival rides, arts and crafts, chile food and ristra tying and painting demonstrations, live music, beer garden, mud volleyball, mariachi competition, and fresh roasted Hatch green chile and contests. (575) 267-5483, hatchchilefest.com

Cloudcroft Labor Day Hoopla: The annual family party is August 31-September 1, on Burro Avenue in Cloudcroft. Street dance is 8-11 p.m. Saturday featuring CW Ayon, and family ice cream social beginning at noon Sunday, with a pie auction at 2 p.m. Free. (575) 682-2733 or 1-866-682-8777 or coolcloudcroft.com

Franciscan Festival of Fine Arts: Holy Cross Retreat Center, 600 Holy Cross Road in Mesilla Park, will showcase the works of 80-90 area artists 9 a.m.-5 p.m. Aug. 30 and 10 a.m.-4 p.m. Aug. 31-Sept. 1. The event includes an enchilada dinner, food vendors, silent auction, raffle, live music and beer garden. Free. (575) 524-3688 or franciscanfestival.org



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Dr. Glenn McReynolds

HOURS:
MON.-FRI.
8 AM-12 PM
1-5PM





BRICKTWISTED COMFORT FOODS

Bricktown has 4 New Bricktwisted™ Comfort Foods Menu Items!

Buttermilk Fried Chicken Sandwich with Salt & Pepper Honey

Chicken breast marinated in our house buttermilk blend then breaded and fried. Caramelized pineapple slices inside the sandwich. Drizzled with salt & pepper honey and served on a brioche bun. \$9.75

Beyond Burger™

Plant-based burger topped with tomatoes, leaf lettuce, bread & butter pickles and twisted burger sauce on a brioche bun. \$13.50

Pork Green Chili Enchiladas

House-roasted pork, pork green chili and cheese inside flour tortillas. Topped with queso, green chili, sour cream and cilantro. Served on a bed of rice and beans. Pico de gallo and lettuce on the side. \$14.75

Pretzel Smores

Pretzel bites tossed with Ghiradelli™ chocolate sauce, marshmallow cream and topped with crumbled graham crackers and toasted mini marshmallows. \$5.95



8889 Gateway Blvd. W
El Paso, TX 79925
258-2739

Hours: Mon-Thur 11-11
Fri-Sat 11am- midnight | Sun 11-10
The Fountains at Farah (lower level)

Did you know...

THE FORT BLISS BUGLE is at hundreds of locations around **El Paso and Fort Bliss.**

The Fort Bliss Bugle is the only official newspaper on Fort Bliss





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(an infant starter - Spanish speaking church)

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Sunday: 10 am-12:30 pm

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Our temporary chapel is located 1/2 block south of Montana Ave. off McRae Blvd. behind All Saint Episcopal Church.



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ARMY CLASSIFIEDS

fortblissbugle.com
classifieds@lavenpublishing.com

Appliances

Kenmore washer/dryer. One year old, \$850 for both. Org. cost \$1380. 346-5251, 590-2750

Maytag washer/dryer, refrigerator. Ikea furniture: full size metal bed frame, dining table, TV unit. 855-8376

Home for Sale/Rent

Master bedroom for rent with walk in closet and bathroom. Located in Northeast, on bus line. Single female only. Cat friendly. Laundry and Kitchen facilities available. Quiet Neighborhood. 256-4794. 450/mo. Available Sept 1. 256-4794

Room available for rent. East side Yarbrough/Trawood

area, kitchen privileges, utilities included, laundry, wi-fi, I have one small dog \$450/mo. \$150 security deposit. Single person only. 474-4054

Miscellaneous

Here is a Lifetime 10x8 resin shed that was sold at Sam's Club for over \$990 and has spare parts and is a double door. Moving, rather sell than take with me. \$845 firm. 383-0767

Yard Sale

August 24: 5207 Cornell off of Rushing. 7-10 a.m. Pictures, new shoes, standing clothes display, Toro gas leaf blower, TV, laptop, kitchen items and much more. Two families. No set prices. All is best offer. No low ballers. No early birds.

August 24: 7 a.m.-noon. Eastside yard sale. 11551 Caballo Lake. Women's shoes, purses, clothing. Household items.

PUZZLE time

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to traffic. Each number corresponds to a letter. (Hint: 3 = a)

A. 24 3 8 16
Clue: Motor vehicles

B. 8 18 3 10 4 3 7
Clue: Used by cars

C. 24 18 14 16 5 8 9 24 5 23 18 14
Clue: Work in progress

D. 19 8 3 15 11 16
Clue: Stops cars

Answers: A. cars B. roadway C. construction D. brakes

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to traffic.

DYESLA

Answer: Delays

Guess Who?

I am an actor born in California on August 26, 1980. I made my television debut on an episode of "ER" in 2003. I am best known for my role as "James T. Kirk" in the recent reboot of the "Star Trek" franchise.

Answer: Chris Pine

PRINT LEGIBLY - NO MORE THAN 30 WORDS

Allow one to two weeks for submission

HOME PHONE #:

Publish this advertisement in the following category (SELECT ONE ONLY):

☐ Appliances ☐ Baby Items ☐ Computers & Video Games ☐ Furniture

☐ Homes For Sale Or Rent

☐ Clothing (no military issue) ☐ Miscellaneous ☐ Photo & Electronics

☐ Sporting Goods (no weapons) ☐ Wanted ☐ Pets ☐ Vehicles ☐ Lost & Found ☐ Yard Sales (1st weekend of month only for on-post housing)

MAIL TO: PAO-Bldg. 15, Ft. Bliss, Texas 79916 or bring to Bldg. 15.

Classified Ads are LIMITED TO 30 WORDS and MUST be written on the form that is published every few weeks. Otherwise the form can be filled out at the Public Affairs Office, Building 15. It usually takes two weeks to print the ad due to the backlog since ADS RUN ON A FIRST COME, FIRST SERVED BASIS. ADS WILL ONLY BE PRINTED ONCE. The Monitor Classified Section will not publish work phone numbers, ads which are unclear or illegible or ads for business use. Ads marked with more than one category shall be placed in the Miscellaneous section. This section is a service provided free of charge for active duty service members, their families, DAC employees and retired military.

NAME SPOUSE'S RANK

SPOUSE'S UNIT

SIGNATURE DATE

I certify that this advertising is in no way connected with a commercial venture advertisement and I am:

Active Duty [] Retired [] DAC [] Military Dependent []

EMPLOYMENT

New Mexico Military Institute

EMPLOYMENT OPPORTUNITY

Troop Leadership Advisor (TLA)

New Mexico Military Institute, a four-year college preparatory High School, two-year Junior College, and military boarding school, is seeking applicants for full-time, 10-month a year position, as Troop Leadership Advisor (TLA).

NMMI's mission is to produce leaders capable of critical thinking and sound analysis who possess uncompromising character and are able to meet challenging physical demands.

Within a military structured environment, TLAs work to develop the "whole person" with emphasis on academic achievement, leadership and physical fitness. TLAs work for the Commandant of Cadets and play a crucial role mentoring cadets on a daily basis.

A Bachelor's Degree from a regionally accredited college or university is preferred, however, must be obtained within five (5) years of employment; a Master's Degree is desired. Academic emphasis or a degree in leadership, counseling, management or education is preferred. Military experience as a senior non-commissioned, warrant or commissioned officer with supervisory and instructor experience working in training or academic environment is most desired. Applicant should have 5 years of supervisory, counseling or teaching experience and be in good physical condition.

Annual 10-month salary range from \$38,500 to \$45,000 based on education and experience. Excellent benefits available.

Applications will be accepted at the NMMI Human Resources Office.

Application is available at: <https://www.nmmi.edu/human-resources/employment-opportunities/> Send the completed application and a Letter of Interest to NMMI, Attn: Human Resources Office, 101 W College Blvd. Roswell, NM 88201. NMMI is an Equal Opportunity Employer.

COMMERCIAL CLASSIFIEDS

RENTALS

RENTALS EAST

12199 El Greco.....\$875

11728 Bunky Henry.....\$950

12230 Saint Mark.....\$1050

11740 McAuliffe.....\$1100

13942 Vaquera Rock..\$1150

14344 Alma Point.....\$1225

8401 Parade.....\$1275

2416 Escape Point.....\$1295

9160 Turrentine.....\$1300

12078 Sterling Mary ..\$1350

14377 East Cave.....\$1450

LOWER VALLEY

315 Val Verde A.....\$750

7328 Wilcox.....\$950

9312 Betel.....\$1050

9045 Coventry.....\$1175

HORIZON

14700 Horizon View.....\$875

308 Jim Hoffer.....\$1250

13836 Hollywood.....\$1600

CENTRAL

3526 Nation 1/2.....\$475

1206 Selden.....\$675

NORTHEAST

3905 Flory #3.....\$425

10048 Kellogg.....\$850

5613 Wadsworth.....\$1000

11976 Mesquite lake..\$1075

10001 Goliad.....\$1095

10905 Rogers Hornsby\$1100

5132 Paris.....\$1100

12045 Copper Mine...\$1150

2605 Mountain.....\$1200

11429 Marcos Lucero \$1225

11860 Mesquite Rock \$1250

10728 Pleasant Sand..\$1275

5453 Rick Husband....\$1300

4904 Silver Ranch.....\$1400

11836 Mesquite Lake \$1350

10790 Aron.....\$1500

4312 Loma de Norte...\$1800

WEST

6262 Escondido Studio \$695

6262 Escondido.....\$1100

6937 Bruce Bissonette\$1350

7178 Royal Palm.....\$1500

DKD Associates, Inc.

PROPERTY MANAGEMENT

772-9177

RENTALS

HOME FOR LEASE

Offering a 5 bdrm/3 bath 2-car garage/4-car carport, in-ground pool and maintenance. 2800 sq. ft. Maintenance free yard. Long term lease preferred \$2200/mo. Reply to: 10300montwood@earthlink.net

Attention!

-Veterans of Foreign Wars-

Exclusively for combat veterans--McKelligon Canyon VFW Post 812, est. 1921, in Franklin Mountains State Park! Join up and enjoy one more benefit of your service to our country.

Secluded--a place like no other--to meet and enjoy your fellow, combat-zone veterans. Check out our grand ballroom overlooking El Paso for your unit party! Tel. (915)562-2161, FB pg #VFW 812 2400 Davis Seamon Rd (also the post location).

RENTALS SERVICES

Eastside Home for Rent

(Yarbrough/Edgemere/EdgemereES/ Eastwood HS, 79925) 3 bdrms, 1 3/4 ba (master bdrm shower) washer/dryer, stove, refrigerator, master cool, 6 ft wall around back yard. \$1200/mo, 1/mo dep (915) 261-8666

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WHAT YOU WANT	WHAT YOU GET	WHAT YOU WANT	WHAT YOU GET
A16097	2017 FORD FIESTA S	260378	2017 CHEVY CRUZE LT
A16216	\$8,995	26281A	\$15,995
A16208	2013 FORD FOCUS SE	A15738	2016 HYUNDAI SONATA SPORT
A16215	\$10,995	A15788	\$15,995
A15783	2011 FORD FUSION HYBRID	A15929	2019 TOYOTA COROLLA LE
A15802A	\$11,995	A15956	\$15,995
26449A	2011 FORD FUSION HYBRID ONLY 19K MILES..	A16118	2018 DODGE GRAND CARAVAN SXT
3A16102	\$11,995	A15624	\$16,995
26392A	2017 NISSAN VERSA SV	A15608	2018 FORD FUSION HYBRID
A16135	\$11,995	A15654	\$16,995
A16021A	2016 NISSAN SENTRA SV	A16109	2018 CHEVY CRUZE LT
26069A	\$12,995	A16113	\$16,995
26260A	2015 BUICK ENCORE	26441A	2017 SUBARU IMPREZA PREMIUM
16103	\$12,995	26111A	\$16,995
A16114	2016 SCION IA	A16078	2017 VW BEETLE 1.8 TURBO
A16072A	\$12,995	A15598	\$16,995
26143A	2011 CHEVY AVALANCHE LS	A15735	2015 FORD MUSTANG
A16017A	\$12,995	26034A	\$16,995
25957A	2013 FORD FUSION SE HYBRID	A15791	2016 TOYOTA COROLLA S
26159A	\$13,995	A15429	\$17,995
26383A	2016 CHEVY TRAX LS		2016 KIA CADENZA LUXURY
	\$13,995		\$17,995
	2013 HYUNDAI SANTA FE		2019 VW JETTA SE TURBO
	\$13,995		\$18,995
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	\$13,995		\$22,995
	2016 KIA RIOS		2019 FORD MUSTANG CONVERTIBLE
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