



Steppe Eagle 19
participants showed progress 9A

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BUGLE

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A veteran's weight loss
success story 1B

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>> BEWARE
OF THE OPFOR

Capt. Lindsay Roman / 2nd ABCT, 1st AD PA

Pfc. Jenissa Saiz, a combat medic specialist assigned to the Headquarters and Headquarters Company, 1st Battalion, 37th Armored Regiment, 2nd Armored Brigade Combat Team, 1st Armored Division, waits in the mock-up town of Zamania in southern New Mexico as she plays a role on the opposition force during exercise Iron Focus 2019 last month. Iron Focus 19.1 was a multifaceted training exercise designed to prepare the 2nd ABCT for their upcoming rotation to the National Training Center at Fort Irwin, Calif. Iron Focus is one of the largest exercises conducted on Fort Bliss and is part of the 1st AD Commander's Combat Training Center Certification program.

Did you know that the 1st AD is on Twitter? Follow America's Tank Division at @1stArmoredDiv.



Sgt. Kevin Roy / U.S. Army
Former Staff Sgt. David Bellavia receives the Medal of Honor from President Donald Trump in a White House ceremony June 25.

First living Iraq war recipient receives Medal of Honor

By Joe Lacdan | Army News Service

WASHINGTON – One by one, 12 members of Third Platoon made their way to the podium in the White House's East Room June 25, to join the Soldier who repeatedly risked his life on a fall night in Fallujah 15 years ago.

Each platoon member, including former squad leader retired Sgt. 1st Class Colin Fitts and former platoon leader Maj. Joaquin Meno, shook hands with President Donald Trump and joined former Staff Sgt. David Bellavia after he accepted the Medal of Honor, as several more members of the 1st Infantry Division followed.

"It means a lot to me and it means a lot more so as a unit," Meno said. "[Bellavia] and the guys displayed so much professionalism and tenacity that everything complemented each other...the Soldiers on the ground, the team leaders, and the platoon sergeant. It really created a great brotherhood amongst us."

The first living recipient to earn the Medal of Honor for his bravery in the Iraq war, Bellavia was praised by Trump for placing his unit members' lives before his own. And Bellavia lauded the efforts of his fellow platoon members who each contributed to the fight that autumn night and during the vicious battles that followed.

"I served with some of the greatest men I've ever met in my entire life," Bellavia said after the ceremony.

The night of Nov. 10, 2004, during the onset of the second battle of Fallujah, Bellavia and his unit had been tasked to clear 12 houses of insurgents in an abandoned section of the Iraqi city. When they reached the 10th house, insurgents hiding behind barricades ambushed Bellavia's men. Several men suffered injuries to their faces as enemy rounds ripped through the walls as bricks and plaster flew through the air.

Without hesitation, Bellavia charged toward the enemy rounds, spraying bullets at the insurgents, allowing his wounded teammates to evacuate the house.

"The wall was ripped to shreds. David knew they had to get out," Trump said. "He just took over. He leapt into the torrent of bullets without even thinking. He provided suppressive fire, while his men evacuated, rescuing his entire squad at the risk of his own life. Only when his men were all out did David exit the building."

Bellavia wasn't done as the staff sergeant once again placed himself in harm's

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LIGHT THE NIGHT

FMWR, Team Bliss ready for Pop Goes the Fort festivities Thursday

By David Burge | Special to the Fort Bliss Bugle

Fort Bliss is hosting a huge party to celebrate America's 243rd birthday, and the entire El Paso and Borderland community is invited.

The ninth annual Pop Goes the Fort celebration will be held on the Fourth of July Thursday at Biggs Park.

The free event will feature plenty of music, headlined by the El Paso Symphony Orchestra, and a professional fireworks display.

"Fort Bliss is a military installation, and Independence Day is a great opportunity for us – MWR – to host a massive free event for both military families and our friends outside in the city to gather and celebrate our independence with a fireworks spectacular," said Michele Wiernicki, marketing manager for Fort Bliss Family and Morale, Welfare and Recreation.

"It is just a great night," Wiernicki added. Gates will open at 4:30 p.m. Entertainment will start at 5:30 with the Salute to the Union, featuring a cannon volley being fired off for every state. This is always one of the high-lights of the event each year.



David Poe / USAG Fort Bliss PA

"Fort Bliss is a military installation, and Independence Day is a great opportunity for us – MWR – to host a massive free event for both military families and our friends outside in the city to gather and celebrate our independence with a fireworks spectacular," said Michele Wiernicki, marketing manager for Fort Bliss Family and Morale, Welfare and Recreation. Fort Bliss will host Pop Goes the Fort, the installation's annual Independence Day celebration, Thursday.

Music will follow with the 1st Armored Division Band, the Arsenal Drum Corps, and the Sun City Brass Quintet.

The El Paso Symphony Orchestra will take

the stage at 7:30 and will play a selection of patriotic music.

As they finish up with "The 1812 Over-

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combine to test Apache upgrades 6A

Failure to upload BAH
eligibility documents can ruin careers 4B

597 out of 600
Soldier posts highest ACFT score yet 7B

FORT BLISS

Thursday

Friday

Saturday

Sunday

Sunny, hot
Hi 100, Lo 76

Sunny, hot
Hi 101, Lo 76

Mostly sunny
Hi 99, Lo 75

Cloudy, cooler
Hi 93, Lo 72

Unit News	3A
Community	1B
Sports	7B
Off Duty	9B
Army Classifieds	10B
Commercial Classifieds...	10B
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Robotic combat vehicles could change way Army looks, fights

By Sean Kimmons | Army News Service

AUSTIN, Texas – Similar to how a boxer with a longer reach finds it easier to hit an opponent, the Army is looking to punch through the standoff defenses of near-peer adversaries.

The Army Futures Command is behind many of the Army’s efforts to achieve that overmatch, which include over 30 projects within its Cross-Functional Teams that are responsible for tackling modernization priorities.

While speaking at the International Armored Vehicles USA conference June 25, Gen. John Murray, the AFC commander, noted robotic combat vehicles as one endeavor that could help Soldiers knock out defenses.

During a Joint Warfighting Assessment in May, Murray observed Soldiers and marines conducting defensive and attack maneuvers using breacher vehicles with robotic capabilities at Yakima Training Center in Washington.

By fiscal year 2023, he said he expects “critical decisions” to be made on robotic combat vehicles after years of experimentation.

“If there’s one single thing I think that will change fundamentally the way we look and the way we fight,” he said, “is the possibility of deploying robotic combat vehicles in the future, either completely autonomous or semi-autonomous as ‘wingmen.’”

This fall, proposals are also due from industry partners on their ideas for the Optionally Manned Fighting Vehicle, which will replace Bradley Fighting Vehicles starting in 2026.

AFC officially stood up last year, he said, after the Army missed a generation of modernization while fighting for years in coun-



Spc. Daneille Hendrix / U.S. Army

A remote-controlled concept assault breacher vehicle prepares to breach an obstacle during field testing at the Joint Warfighting Assessment 19 at Yakima, Washington, in May. Gen. John Murray, head of the Army Futures Command, said robotic combat vehicles will change the way Army formations look and fight.

terinsurgency campaigns.

Representing the most significant Army reorganization effort since 1973, the command was created to prepare for the ongoing waves of changes in warfare.

“The Army fundamentally woke up and realized that we have missed the wave,” he said. “They were crashing on the shore and we were about chest deep in water.”

China and Russia, he said, took note of how the Army waged war and developed anti-access/area denial capabilities to separate Army units and their partners on the battlefield.

“Where we have been is no longer good enough,” said Maj. Gen. Gary Brito, head of the Army Maneuver Center of Excellence. “The operational environment, threat and technology are driving us to change.”

Today’s potential adversaries, Brito said, have expanded the battlefield in four ways: time, domains, geography, and nontraditional actors.

While less kinetic, the space, electronic warfare and cyber activities that they use are still effective, he said.

The Army’s new multi-domain operations concept, which leaders said could start becoming doctrine in the next year or two, is

finding ways to defeat those capabilities.

“Multi-domain operations is here to stay,” Brito said. “We cannot put our heads in the dirt.”

Whether autonomous or not, he added next-generation combat vehicles will need to be innovative, agile, flexible and adaptive in order to succeed in a more chaotic and dispersed battlefield.

Senior Army leaders, including Murray, realigned nearly \$30 billion over the next five years to modernization programs, such as combat vehicles.

“If we don’t do it now, we’ll probably be in [M1 Abrams tanks], Bradleys and [M113 armored personnel carriers] in 2035,” he said. “We just knew we couldn’t do that. We were behind.”

The character of war is changing, he explained, which is compounded by the proliferation of technology that is also available to adversaries.

“The rate of technological innovation will continue to increase at an ever-accelerating pace,” he said. “We’re not going to be able to slow it down. We’re going to have to figure out how to adapt to that rate of innovation.”

MEDAL *Continued from Page 1A*

way. As insurgents from the rooftop continued firing, a Bradley Fighting Vehicle could only force the enemy back into the house.

The New York native decided then to summon his courage and re-enter the house to drive out the enemies to his waiting gunners. He first cut down an insurgent who had a rocket-propelled grenade launcher, and then he killed two more assailants hiding in the house.

Bellavia defeated a fourth after engaging in hand-to-hand combat; eventually stabbing the insurgent in the neck. Finally, he mortally wounded a fifth attacker, who fell from the rooftop and attacked him on the balcony.

“Knowing that he would face almost certain death, David decided to go inside the house and make sure not a single terrorist escaped alive,” Trump said.

After placing the Medal on Bellavia’s shoulders, Trump honored the fallen members of the unit. Sgt. Maj. Steven Faulkenburg died from small arms fire. Bellavia’s company commander, Capt. Sean Sims, and 1st Lt. Ed Iwan would succumb to enemy fire in the days after the Nov. 10 battle. Late platoon members Sgt. J.C. Matteson and Sgt. Scott Lawson, who were in the house when Bellavia re-entered, also received recognition.

“Our entire nation expresses our love, loyalty, and everlasting gratitude,” Trump said to the families of the late Soldiers who sat in attendance.

Retired Sgt. 1st Class Gustavo Reina, who recruited Bellavia into the Army, said he saw Bellavia’s potential as a leader when he joined the service in 1999.

“I was incredibly proud of his actions because he helped save American lives,” Reina said. “He became the man that he knew and I knew he could become.”

Bellavia served as a recruiter alongside Reina at the Buffalo recruiting station during a special duty assignment.

Reina praised Bellavia for his continued work with veterans. After leaving the Army, Bellavia founded Vets for Freedom, a political advocacy group that consists of former Iraq and Afghan war veterans.

“I want to thank my Army for giving me purpose and meaning and direction,” said Bellavia to the media following the ceremony. “It’s an absolute honor to serve in the U.S. military and serve with those fine men that you saw on that stage today.”

SMA: Academic credentialing program could boost Soldier retention

By Joe Lacdan | Army News Service

WASHINGTON – The Army could add to its record retention numbers by providing more incentive for Soldiers to stay on duty, the service’s top enlisted leader said June 26.

The Army has been testing a pilot program for academic credentialing at Fort Hood, and plans to extend the program to several major installations by the end of 2019, said Sgt. Maj. of the Army Daniel Dailey. The Army plans to spread the program to all installations in fiscal year 2020.

Last week the Army provided 110 bachelor’s degrees to senior NCOs who attended the Sergeant Major Academy at Fort Bliss. Dailey said the Army will be providing Soldiers with some college credit or professional credentialing for each level of NCO training.

“The expectation is we give something back for that service,” Dailey said at an Association of the Army breakfast in Washington, D.C. “Not just be able to say that you served and sacrificed, but (getting) tangible results. That’s what we owe to the American people; is a better product, to be more productive in their hometowns.”

Dailey said the Army has still been working out the finer points of the program to ensure higher quality training for service members and decide how agencies will receive payment. The program will also be available to National Guard and Army Reserve members.

Dailey said the Army has been working with each of the military centers of excellence to provide technical skill training equitable to academic skills.

“We thought we need to build on that more, because 60 percent of the Army is Combat Arms, so what tangible technical skills do they leave with?” he said.

Dailey cited that 80 percent of American jobs require skilled labor and that Soldiers can become productive members of the workforce after leaving the Army.

“There is a great opportunity for many of our Soldiers to fulfill the ranks of those skilled labor requirements in our hometowns of America, and they have the tangible skills,” Dailey said. “We just need to make it official.

“We saw the opportunity to be able to capitalize on the great skills our Soldiers have now and translate those to civilian-sector skills which we had not done.”

Last year, with the help of Congress and the Army Continuing Education System, the Army created the credentialing assistance fund which gave the service the authority to finance credentialing assistance for Soldiers. The program gives Soldiers the opportunity to earn professional civilian licenses and technical credentials.

Dailey said the Army has already exceeded its retention goals for 2019 and could come close to its record numbers of last year. Additionally, Dailey said the Army remains on track to meet its fiscal 2019 recruiting goal of 68,000 active-duty Soldiers, along with 15,600 for the Reserve and 39,000 for the National Guard.

Dailey said the retention and recruiting successes can be credited



Luc Dunn / AUSA

Sgt. Maj. of the Army Daniel Dailey speaks about retention and academic credentialing at the AUSA Institute of Land Warfare breakfast in Arlington, Va., June 26.

to the Soldier for Life program, which the Army will continue to support. The Army reviewed surveys of junior Soldiers that showed a higher trust in Army leadership. And finally, Soldiers cited greater career advancement opportunities as reasons for reenlisting.

The recently updated promotion board system will also help retain Soldiers, Dailey said. For decades, Soldiers earned promotions based more on time in rank and length of service. The changes focus promotions strictly on merit, potential and individual achievement.

“Most importantly, there’s opportunity for upward mobility,” Dailey said, “which we found is the critical key to retaining our good Soldiers.”

Finally, the Integrated Personnel and Pay System-Army will integrate Soldier pay and personnel management into one system to help better manage Soldiers’ careers, Dailey said.

The Pennsylvania National Guard has been testing the system, and Vice Chief of Staff of the Army Gen. James McConville met with Guard leadership to discuss fielding it. The system will eventually be fielded throughout the Army.

Dailey said the service has plans to keep NCOs at the same duty location longer, but would have to examine each Soldier’s career model and their professional development. The service recently announced plans to extend overseas duty assignments in Japan and Europe by a year for unaccompanied Soldiers in order to increase readiness.

“Our goal is to try to suppress some of the movement that we have around the Army,” Dailey said.

He said much of the movement in the Army is driven by requirements to strengthen the force in South Korea, add more drill sergeants to train increasing numbers of new Soldiers and to add recruiters to meet the Army’s recruiting goals

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UNIT NEWS

Training is the oil that keeps the engine of our Army running



Battle Group Poland
strengthens interoperability during Puma 19 ■ 8A



Army retention hits goal
five months early ■ 10A



Stronger together

The NCOL CoE inducts six into the international Hall of Fame

By Danielle O'Donnell | NCOL CoE

The NCO Leadership Center of Excellence and the United States Army Sergeants Major Academy held a ceremony to induct six international military students into the International Student Hall of Fame at Fort Bliss June 20.

Command Sgt. Maj. Jimmy Sellers, the commandant of the NCOL CoE, hosted the event. Also attending were several special guests, who included Sgt. Maj. of the Army Daniel Dailey; Tom Thomas, civilian aide to the Secretary of the Army, and international military leaders British Warrant Officer 1 Glenn Haughton, the senior enlisted adviser to his country's Chiefs of Staff Committee; New Zealand Warrant Officer Class One Clive Douglas; New Zealand Sergeant Maj. of the Army; and Australian Regimental Sgt. Maj. of the Army Dave Ashley.

"Just like we do every year, since the inception of the hall of fame in 2009, we are recognizing the contributions of our great international partners," Sellers said.

The event began with the history behind the establishment of the hall of fame, starting with the first international military student to attend the Sergeants Major Course during Class 6 in 1975. The Hall of Fame opened in June 2009 to recognize international student graduates who have gone on to assume senior roles for their nations, and



Sgt. Maj. of the Army Daniel A. Dailey, left, and Command Sgt. Maj. Jimmy Sellers, right, the commandant of the NCO Leadership Center of Excellence; stand with the latest honorees who were inducted into the International Student Hall of Fame at the NCOL CoE Kenneth W. Cooper lecture center June 20. Pictured from left are Dailey, Command Sgt. Maj. Remigijus Katinas, Command Sergeant Major of the Lithuanian Land Forces; Sgt. Maj. Daniel Kovac, Slovenia Armed Forces Command Senior Enlisted Leader; Sgt. Maj. Roberto Pop, Force Sergeant Major of the Belize Defense Force; Warrant Officer Class One Joeli Nayaca Rabuli, Command Sergeant Major of the Republic of the Fiji Military; Command Sgt. Maj. Andreas Rebane, Command Sergeant Major of P1 Infantry Brigade of the Estonia Defense Forces, and Warrant Officer Class One William Richmond, Sergeant Major of the Guyana Defense Force; and Sellers.

have made lasting contributions to the leadership development and education of their NCO Corps.

To date, there have been 46 inductees from 33 different countries inducted into the hall of fame, adding six more international senior-enlisted advisers recently.

Inducted were Command Sgt. Maj. Remigijus Katinas, Command Sergeant Major of the Lithuanian Land Forces; Sgt. Maj. Daniel Kovac, Slovenia Armed Forces Command Senior Enlisted Leader; Sgt. Maj. Roberto Pop, Force Sergeant Major of the Belize Defense Force; Warrant Officer Class One Joeli Nayaca Rabuli, Command Sergeant Major of the Republic of the Fiji Military; Command Sgt. Maj. Andreas Rebane, Command Sergeant Major of P1 Infantry Brigade of the Estonia Defense Forces, and Warrant Officer Class One William

Richmond, Sergeant Major of the Guyana Defense Force.

Each of the inductees was met on the stage by Sellers to unveil their plaques that will hang on the walls of the Hall of Fame.

"One of the best parts about attending the Sergeants Major Course is having the opportunity to learn from our international partners and sister services," Sellers said. "It's important because those relationships and networks established here, extend far beyond the classroom. They extend to wherever we may find ourselves in the near future."

The Army optimizes interoperability with our allies and partners to strengthen alliances, attract new partners, and deliver more effective coalition operations.

"Working and learning alongside our international partners is not a new concept,"

Sellers said. "We have been doing it since the American Revolution. Today, we fight alongside numerous partner nations to achieve a common goal. Simply put, we cannot do it alone, we need our partners in order to win."

Through reciprocal agreements in both foreign and domestic courses, the NCOL CoE is able to share and receive lessons and practices of our allies and partners.

"The reciprocal agreements we have to participate in each other's courses are not only important, but vital," said Sellers. "This is where relationships are forged and as a result we learn about each other and from each other."

For more information on the NCOL CoE International Student Hall of Fame visit <https://ncolcoe.armylive.dodlive.mil>.

NIGHT Continued from Page 1A

ture," fireworks will begin.

Concertgoers are can bring ice chests and food, but no outside alcoholic beverages or glass containers are allowed. Pets are prohibited too.

There will be about 20 food trucks where you can purchase food and beverages, including alcohol.

The event will also feature inflatable games for the kids, making it a fun time for the entire family.

Two ATMs will be brought into the park for the event.

For FMWR, Pop Goes the Fort is a way to bring the military and civilian communities together each year and celebrate America's independence in a special way, Wiernicki said.

Canopies and umbrellas are restricted to designated areas within Biggs Park to keep from obstructing the view of other concertgoers. If you plan to bring a canopy or umbrella, you need to arrive early. Space is on a first-come, first-served basis. If you arrive after the area is full, you will have to take your canopy back to your car.

Patrons are also urged to bring plenty of water.

Attendees will also have the first opportunity to purchase tickets for the annual beer and wine festival, Tap And Cork, which will be held Aug. 2-3 at the Centennial Club, and for the Fort Bliss Oktoberfest, Sept. 20-22, also at Biggs Park.

MAKE PLANS ...

- **What:** Ninth Annual Pop Goes the Fort.
- **When, where:** Thursday, July 4 at Biggs Park. Gates open at 4 p.m. Entertainment starts at 5:30. El Paso Symphony Orchestra is scheduled to start playing at 7:30 p.m.
- **Cost:** Free
- **Who can attend:** Event is open to the public.
- **Special gate access:** People coming from off post can enter through the Sergeant Major and Global Reach gates off Spur 601 with just a driver's license from 3-7 p.m.
- **Rules:** No glass containers, outside alcohol or pets. Canopies and umbrellas allowed in designated areas on a first-come, first-served basis. Ice chests, lawn chairs, and blankets are allowed.
- **Information:** 588-8247



A partygoer shows off some of her bubble fire power during the Pop Goes the Fort celebration at Biggs Park in 2018. Fort Bliss FMWR brings in a variety of vendors for East Bliss fireworks watchers at family-friendly prices for the annual event.

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STK#8239, LT PKG

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10K & UNDER

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2011 KIA FORTE COUPE
STK#70834D

\$5,999 + TTL

2011 NISSAN SENTRA
STK#5170A

\$8,996 + TTL

2012 CHEVY CRUZE
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\$8,999 + TTL

2017 SONIC
STK#90459A

\$9,588 + TTL

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2018 JEEP WRANGLER
STK #80949A, ONLY 8K MILES

\$30,807 + TTL

2018 JEEP WRANGLER
STK #81448, SPORT ONLY 3K MILES

\$34,826 + TTL

AMERICAN MUSCLE

2016 FORD MUSTANG
STK#81348A, GT

\$22,988 + TTL

2017 DODGE CHALLENGER
STK#81801A, R/T 392, 1 OWNER

\$31,786 + TTL

2017 DODGE CHARGER
STK#72343A, R/T, DAYTONA, ONLY 26K MILES

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A German Leopard 2A6 tank is shown in a wooded area. The tank is olive green and features a long-barreled main gun. A soldier in camouflage is visible on top of the turret. The tank is equipped with various sensors and communication equipment. The background consists of dense green trees and foliage.

The Aviation Test Directorate at Fort Hood plans and conducts operational tests and reports on manned and unmanned aviation-related equipment to include attack, reconnaissance, cargo and lift helicopters, fixed-wing aircraft, tactical trainers, ground support equipment, and aviation countermeasure systems.

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Pentagon inducts first living Iraq war vet into Hall of Heroes

By Thomas Brading | Army News Service

WASHINGTON – Former Staff Sgt. David Bellavia took his place June 26 alongside more than 3,460 Medal of Honor recipients currently listed in the Pentagon’s most sacred place: the Hall of Heroes.

A day after he received the Medal of Honor from President Donald J. Trump, his name was enshrined forever in the Hall of Heroes.

Bellavia displayed great bravery while serving as a squad leader in support of Operation Phantom Fury during the second battle of Fallujah, Nov. 10, 2004, according to a White House statement.

Sharing honor

Defense officials, including David Norquist, acting deputy secretary of defense; Ryan McCarthy, senior defense official performing duties of the secretary of the Army; Gen. James McConville, vice chief of staff of the Army, and Sgt. Maj. of the Army Daniel A. Dailey, participated in the dedication ceremony.

Bellavia joins a select group, McCarthy said, for demonstrating the willingness to go above and beyond the call of duty.

“We are humbled to have Soldiers of this stature among our ranks,” McCarthy said.

The Hall of Heroes is intended to celebrate the nation’s most honored service members with dignity and respect, Norquist said, adding Bellavia’s rightful place is among them.

“Today we reflect on the true meaning of courage, service, and selflessness,” Norquist said, and “honor a rare person who embodies them all.”

However, Bellavia insisted the honor wasn’t just his. On multiple

“We defend, we avenge, we sacrifice, we bleed, and we are willing to die for this unique creation, the United States of America.”

>> Former Staff Sgt. David Bellavia

occasions, he dedicated his Medal of Honor to his fellow Soldiers.

“It’s for them,” he said.

Actions under fire

While serving as a squad leader in Fallujah, Bellavia exposed himself to a storm of enemy bullets to save his platoon after they became pinned down by heavy machine gun fire.

“The Soldiers took casualties,” and others were trapped inside, McConville said, adding Bellavia “recognized the danger and took immediate action.”

Bellavia, then with Company A, 2nd Battalion, 2nd Infantry Regiment, provided suppressive fire so his Soldiers had a chance to slip out of the house. Although he and his Soldiers escaped, the insurgents continued firing a barrage of gunfire.

During the second part of the battle, Bellavia called in a Bradley Fighting Vehicle for support, but its 25 mm caliber rounds were unable to penetrate the enemy-controlled building.

“Not knowing how many insur-



From left: David Norquist, acting deputy secretary of defense; Ryan McCarthy, senior defense official performing duties of the Secretary of the Army; former Staff Sgt. David Bellavia, Medal of Honor recipient; Gen. James McConville, vice chief of staff of the Army, and Sgt. Maj. of the Army Daniel A. Dailey unveil Bellavia’s place among the Pentagon’s Hall of Heroes, June 26.

gents were still alive, David reacted with his M16,” McConville said.

After assessing the situation, he reentered the darkened building. He knew he had to “destroy the enemy to protect his Soldiers,” McConville said. “And that’s exactly what he did.”

The room was pitch black when he initially killed one insurgent as they were reloading their RPG launcher. Then shortly after, he shot and wounded a second insurgent as they fired at him from the kitchen.

Bellavia acted on “determination and instincts,” McConville

said. He killed multiple other enemy insurgents in close-combat.

He is credited for saving American Soldiers’ lives and clearing an insurgent stronghold that night, above and beyond the call of duty. He is the first living service member from the war in Iraq to receive the nation’s highest honor.

His own words

“We defend, we avenge, we sacrifice, we bleed, and we are willing to die for this unique creation, the United States of America,” Bellavia said, addressing the audience.

With his Medal of Honor on his chest, he continued to honor his

fallen brothers during his speech.

“They gave their lives for me, for you, and for the countless citizens who will never know them.”

As he concluded his address, he reminded the audience why “we fight.”

“We fight so that anyone out there thinking about raising arms against our citizens or our allies realize the futility of attrition against a disciplined, professional, and lethal force built to withstand anything you can dream of throwing at us,” he said.

Americans want this kind of country, he said, and stand ready to defend it.

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Natural disasters motivate Kansas Guard Soldiers to reenlist

By 105th Mobile Public Affairs Detachment

TOPEKA, Kansas – No one wants bad things to happen, especially in their own communities. However, for two Kansas National Guard Soldiers, the devastation of recent floods was a resolving experience.

Torrential rains and thunderstorms hit Kansas in late May and flooding became an imminent danger for several communities downstream from levees and dams that were close to overflowing. With the addition of a destructive tornado that hit Douglas and Leavenworth counties, the emergency situation in Kansas escalated to disastrous proportions.

The State Emergency Operations Center in Topeka was activated to provide support to local authorities responding to the events and the Kansas Division of Emergency Management called on Soldiers and airmen of the Kansas National Guard to lend a helping hand to their fellow Kansans.

One of those Guard troops was Staff Sgt. Michael Eicher of the 891st Forward Support Company, who said he had no problem volunteering.

“That’s why I signed up to be in the National Guard,” Eicher said, “to help people.”

Prior to volunteering, Eicher had already made up his mind it was time to call it quits to his military career after giving nearly 20 years of service. Although not a Kansas native, his active-duty service led him to the state when he was stationed to Fort Riley in 1993. It was not long after he met his wife and, at that time, decided to leave the military to raise a family.

“Then 9/11 happened,” said Eicher. “My wife looked at me one day and said, ‘You miss it, don’t you?’ I said ‘Yeah, big time,’ and she said ‘You do what you got to do.’”

Eicher restarted his military career by enlisting into the Kansas National Guard. However, as he closed in on completing 20 years of service, Eicher had it in his mind to finally retire from military life.

To get to his 20 years, Eicher would have

to extend his enlistment another year. His fellow Soldiers were trying to convince him to sign up for another six, so Eicher kidded with his wife that he would do it. She gave him a response that he wasn’t expecting: “At least you finally made up your mind.”

Later that month, the flooding began and Eicher was called to state active duty, where he immediately began running missions to deliver supplies to multiple communities in southeast Kansas, including Augusta and Eureka. The missions included dropping off pallets of water and other supplies for water rescue.

Finishing those missions, he and his team went back to home base in Iola, where they received their next mission to deliver 18 pallets of water to Coffeyville, a town that was preparing for the inevitable flooding if the Verdigris River levee holding should break.

“When we were done with the water, it was about five or six in the afternoon and we got the word to go and start helping with the sandbags and we did that well into the night,” explained Eicher.

After finally getting some rest when other Soldiers came to relieve them at around 3 a.m., Eicher and the rest of the Guard Soldiers finished helping the community members with the sandbagging late that next afternoon.

The whole experience reminded Eicher that this what he joined the National Guard for and he began to reconsider his decision to retire. After completing his final mission to Valley Falls, he told his commander he would stay in.

“I’d been thinking about it for a while, but just helping others was what made me decide,” Eicher explained. “I was there in the fire station in Valley Falls and something clicked in my mind that said, ‘Hey, what are you doing? You love this! Why are you getting out?’”

Eicher was not the only one who felt that way. Lawrence resident Spc. Russell O’Neill, from the 891st FSC, also realized it

was not quite time to let it go.

O’Neill was coming to the end of his first enlistment and had already decided to conclude his service at the end of his contract.

“The first year in the Guard I was liking it,” said O’Neill. “But then, after that, it got tedious and I started feeling like I had to go to drill.”

O’Neill felt like he was doing less and less of the job he signed up to meet many of the other mandatory requirements.

“It continued like that for a while,” said O’Neill, “but then, all of a sudden, we had more hands-on and more ‘out in the field’ and ‘out in the shop’ type things. So things started getting better here and there, and then it started becoming more and more enjoyable.”

With three children, O’Neill was really weighing his options on whether it was worth staying in. Then he got a call to go on state active duty to help with the flooding. He wanted to go but was in the middle of moving into a new apartment.

“I said ‘I am definitely game if I can do it on Tuesday,’” explained O’Neill. “That would be the best time for me because I was still unpacking.”

They said they would call back, but the call never came. Then disaster struck south of Lawrence when a tornado plowed through on its way towards Kansas City.

O’Neill, who works for a landscaping company in Lawrence, said several of the houses he had worked on in the south of town were damaged. Several of O’Neill’s family and friends who lived in the vicinity of Linwood, Kansas, were affected and had damage to their homes.

That next weekend, O’Neill would get a chance to help. One of the vehicles used to deliver supplies broke down while his unit was drilling. His more than five years of experience working on those trucks made him the go-to guy to send out and fix the vehicle.

“We had to run to the Alma/Wamego exit off I-70 to the DOT (Department of Trans-



Courtesy photo
Maj. Drew Polen, left, executive officer of the 891st Engineer Battalion, gives the reenlistment oath to Spc. Russell O’Neill, assigned to 891st Forward Support Company, June 2, while serving communities in Kansas devastated by flooding in May.

portation) station to repair an LMTV (Light Medium Tactical Vehicle) that had a bad cable to the alternator,” said O’Neill.

While the events were not the only reasons O’Neill decided to stay in, they helped him confirm he needed to continue his service. He also realized the benefits he would get for his children would outweigh the little time he would be away. The biggest reason, however, was the realization he didn’t want to let go of the camaraderie.

“I feel that, with my fellow Soldiers, it is a brotherhood that I haven’t had since high school,” said O’Neill. “The weekend drills, I get to go be around a bunch of guys that I enjoy being around, and I’ve had a lot of them call me throughout my hardships and ask how I’m doing.”

By the end of the June drill, Eicher and O’Neill had reenlisted.

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Photos by Sgt. Timothy Massey / U.S. Army

U.S. Troops prepare for the live-fire exercise during PUMA 19.

Battle Group Poland strengthens interoperability during exercise Puma 19

By 1st Lt. Kealy Moriarty | U.S. Army

BEMOWO PISKIE, Poland – Battle Group Poland participated in the week-long, multinational exercise PUMA 19, alongside Polish and Czech Republic units, at the Bemowo Piskie Training Area June 21.

PUMA 19 provided the battle group an opportunity to further develop and enhance interoperability between Allies and the host nation. The U.S. provided an armor company and mission command support, the Croatian Blaze Battery provided fire support, Royal Scots Dragoon Guard provided a reconnaissance platoon, and the Romanian Blue Scorpions provided air defense artillery support.

“As the Battle Group Poland Task Force, we’re assisting with the training event by running the Tactical Operations Center,” said operations Sgt. Maj. Jeffery Empey. “We bring in information, process it, and then send it to higher – 15th MIB.”

With the support from Battle Group Poland, this exercise was designed to showcase the Polish 15th Mechanized Infantry Brigade mobilization readiness.

“We’re helping facilitate the training for 15th MIB in getting them ready for real-life situations.”

This exercise was divided into four phases, which began with an alert that led to unit mobilization. The units then conducted anti-hybrid events, which tested interoperability between multinational Soldiers in situations such as rescuing personnel, handling IEDs, cooperation with local authorities, and patrolling. The exercise then concluded with a joint live-fire event.

“This was a great opportunity for interoperability for the troops as well as the battle group as a whole,” stated K Troop commander Capt. Marc Speciale.



PUMA 19 Battle Captain Capt. Greg Martz looks over operations and plans with a Polish liaison.

mander Capt. Marc Speciale.

The culminating event focused on offensive and defensive operations and incorporated a live-fire exercise alongside the battle group and 15th MIB. U.S. M1 Abrams coordinated and fired alongside Polish BPMs during the night fire portions. The live fire tested the U.S. and Polish abilities to work alongside one another to conduct operations and one solid unit.

“The battle group’s success was due in large part to the ‘comm-o’ Soldiers and liaison teams who worked hard to ensure interoperability by putting the communication jigsaw puzzle together,” said operations Maj. Justin Cassidy.

Battle Group Poland is comprised of U.S., Croatian, Romanian, and U.K. Soldiers and works alongside the host nation’s 15th Mechanized Brigade as a deterrence force in northeast Poland.

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Steppe Eagle 19 participants showed progress, interoperability

By Maj. Kevin Sandell | U.S. Army Central PA

CHILIKEMER TRAINING AREA, Kazakhstan – At the combined battalion headquarters for Exercise Steppe Eagle 19, a multinational staff of American, Kazakhstani, Tajikistani, Kyrgyzstani, and British soldiers sit side-by-side manning the intelligence, operations, logistics, and communication sections. Analog maps, updated tracking spreadsheets, and radios line the walls as hourly reports are received by each company command post.

The progressive training is promising, as eight days prior, many of the exercise’s participants learned key staff principles like the Army’s six warfighting functions: movement and maneuver, intelligence, fires, sustainment, mission command, and protection. With Steppe Eagle 19 concluding June 27, the exercise’s planners and training officers said they are confident in the participating nations’ growing capabilities.

“...The energy and the enthusiasm that [these countries] bring is just so much different,” said Capt. Kevin O’Brien, lead planner from the Minnesota Army National Guard’s 34th Infantry Division for exercise Steppe Eagle 19. “The Kazakhstanis are asking questions. They’re learning, and they’re very proactive.”

Along with the nearly 100 U.S. Army participants, the United Kingdom, Tajikistan, Kyrgyzstan, and Kazakhstan sent participants for the two-week peacekeeping exercise. India, Turkey, and Uzbekistan also sent observers. Steppe Eagle 19 is an annual U.S. Army Central-led exercise that enhances coalition interoperability and operational readiness, promotes regional access and security, and improves military cooperation in the central and south Asia region.

The exercise started with a week-long academics phase when participants learned trauma care, convoy operations, how to counter improvised explosive devices, and civil-military operations that included tasks such as public order, vehicle checkpoints, and cordon and search operations. In the second week, the five participating nations divided into company-sized elements comprised of three Kazakhstani platoons, a Tajikistani platoon augmented by a British squad, and an American platoon, to apply lessons learned in a field training scenario. An American company commander took charge of the Americans, Tajikistanis, and British squad, and a Kazakhstani company commander directed all Kazakhstani forces.

O’Brien said the training built on basic military skills necessary for future missions. He emphasized that it was not

specifically designed as pre-deployment training for any real world mission. The training also fostered interoperability between the participating nations.

British Army Sgt. Rob Walisko, lead instructor for the public order training at exercise Steppe Eagle 19, said that international peace and security hinges on the partnership among cooperating nations.

“We try to work under an international rules-based system, but to make that work, the troops on the ground have to be able to mesh together,” Walisko, a member of the 3rd Battalion of the Princess of Wales’ Royal Regiment, said. “We share a common bond to make the world a better place.”

The British Army taught the public order training, an unfamiliar and often intimidating topic to many participants. However, as the week continued, the trainees’ progression and confidence were noticeable. Walisko said at the training’s onset, for example, a command to the Kazakhstani soldiers to draw batons and face the crowd was met by a hesitant Kazakhstani platoon commander’s, “Are you sure?” Just days later, that same Kazakhstani officer led his platoon on the last iteration and arrived en masse with greater confidence in his understanding of higher-level commands and instructions from other countries.

“I had to physically bring the crowd closer because they wanted to leave, but we had to keep the serial going as long as necessary. That crowd of soldiers was not scared of anything at that point,” Walisko said.

Sgt. Walisko added that the Kazakhstani soldiers started to decentralize their mission command procedures, which enabled lower-enlisted soldiers to gain leadership experience and accomplish a mission in accordance with the commander’s intent.

Team leaders and corporals were taking “a grip of their own men outside of the control of their officer to achieve their aim, and you can see that in these troops,” Walisko said.

For Capt. Brandon Teskey, exercise Steppe Eagle 19 developed his Soldiers’ professional knowledge of international military cooperation and ensured that troop leading procedures were applied across the formation. The company commander of Company D, 1st Battalion 158th Infantry Regiment, Arizona Army National Guard, deployed with 55 Soldiers and directed the Tajikistani platoon and British infantry squad during the exercise.

“I learned a lot about the culture in general, such as obstacles with multinational forces that have language barriers



Staff Sgt. Adrian Borunda / U.S. Army

A team of Kazakhstani soldiers stand guard at an entry control point at Chilikemer Training Area, near Almaty, Kazakhstan, June 25, as part of Exercise Steppe Eagle 19.

and working with interpreters; I’ve never done that before,” Teskey said. “I learned a lot about how the cultures differ and how we’re alike.”

Teskey emphasized his satisfaction with the company and said he was encouraged by the junior-enlisted soldiers learning a lot while their noncommissioned officers led the way.

“I think my company performed very well, and it was good seeing the enlisted [Soldiers] learn a lot and seeing the NCOs do an awesome job,” Teskey said. “There’s a reason they’re the backbone of the military.”

The exercise planners and training coordinators reiterated the commitment of the U.S., UK, and partner nations in central Asia to work collaboratively to improve regional stability and increase interoperability amongst all participating nations. They said that Kazakhstan continues to be a significant regional contributor to security and a recognized member of the international community, and all participating nations are proud partners that welcome opportunities like the Steppe Eagle exercise to achieve standardization in the performance of stabilization and peacekeeping to enforce an international rules-based order.









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Army retention hits goal five months early

By Thomas Brading | Army News Service

FORT MEADE, Md. – For the fourth year in a row, the regular Army’s retention rate is more than 80 percent after it recently hit its targeted goal five months early this year.

At least 82 percent of eligible Soldiers have already reenlisted in fiscal year 2019, as historical highs among reenlistments continue, according to the senior Army career counselor.

“Retention rates being so high tells us many things, mainly that Soldiers are happy with their jobs and serving their country,” said Sgt. Maj. Mark Thompson. “We understand that Soldiers ‘talk with their feet.’ If they’re happy, they stay. If they’re unhappy, they leave. The great news is, Soldiers are choosing to stay in record numbers.”

The regular Army’s fiscal 2019 retention mission was 50,515 Soldiers, but now at least 50,910 Soldiers of the assigned mission have been retained. Thompson believes it is the fastest the Army has made its retention mission.

In fiscal 2018, the Army accomplished the highest reenlistment rate in its history by achieving a 92 percent rate without lowering any standard.

The momentum is attributed to a variety of factors. Career counselors and leadership engagement has continued from last fiscal year to the current one, allowing the Army to achieve its mission ahead of schedule. In addition, the Army has offered a variety of incentives and bonuses for Soldiers eligible for reenlistment, he said.

The Army has also expanded assignment options by increasing stabilization and stations of choice for Soldiers. These options have assisted with the increased retention rates, along with an emphasis on the quality of life for Soldiers and their families. In addition to location options, educational benefits are another big factor.

“Families are taken care of through a variety of options such as transferring the GI Bill to qualifying dependents, which equates



Col. Michelle M.T. Letcher, commander of the 16th Sustainment Brigade, administers the oath of reenlistment to 53 Soldiers during a mass reenlistment ceremony in Kusel, Germany. More than 80 percent of eligible Soldiers have already reenlisted in fiscal year 2019, surpassing the Army’s targeted goal five months early.

to four years of college,” Thompson said. “These benefits can also be split between children. For example, two years of benefits can be split between two children. That is a significant amount of money depending on where the child or spouse goes to school.”

To transfer benefits, Soldiers must have completed at least six years of qualifying service and agree to serve four more years.

More than 15,000 regular Army Soldiers take advantage of this incentive on a yearly basis.

“Retention bonuses are also a big perk, with many bonuses ranging from a thousand to \$72,000 depending on the career field,” he said. “The financial gap is broken down based off the Soldier’s [military occupational specialty], but also skill and grade.

“Basically, whatever their job is, or the job they’re going to reclassify or retrain into, all factors into their retention bonus.”

The bonuses are also based on the needs of the Army, with mid-to-senior grade non-commissioned officers often more vital due to experience and knowledge. However, depending on MOS, initial-level Soldiers may be offered a larger bonus.

Some of the highest bonuses are in the intelligence career field, where they can range from \$17,000 for a private first class to \$72,000 for a staff sergeant or sergeant first class. Special Forces and cyber operations also offer large bonuses.

“Cyber operations specialist has become increasingly vital to the Army mission,” Thompson said. “We know certain skills can

“Cyber operations specialist has become increasingly vital to the Army mission.”

>> Sgt. Maj. Mark Thompson

transfer to the civilian marketplace, so we offer them incentives to stay in the Army. Like any company, we must remain competitive to ensure we keep the most talented Soldier serving in the right job, in the right place.”

Retention numbers are based on Soldiers who are eligible to reenlist, which requires passing physical training scores and not being flagged for adverse actions.

On any given year, he said, roughly 70 percent of Soldiers within a reenlistment window meet these criteria.

“We have maintained a high standard for our Soldiers,” he said. “But, we wouldn’t have been able to close the retention gap early without our high-quality career counselors at all levels working with Soldiers every day.

“Career counselors have their ‘finger to the pulse’ of the organizations they represent by knowing what the Soldier’s needs are, and how to educate them on the Army’s benefits.”

Counselors help Soldiers see the value of the Army and their service within it, he said, adding they also counsel them to determine their eligibility as well as future career options.

“Hitting goals five months early is indicative of the hard work by career counselors,” he said, “and how they listen to Soldiers and help them understand the benefits of continued service.”

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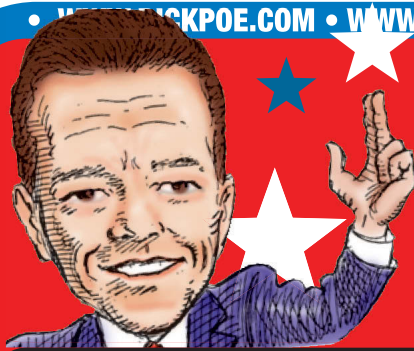
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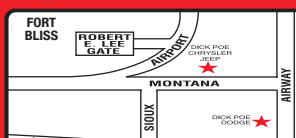
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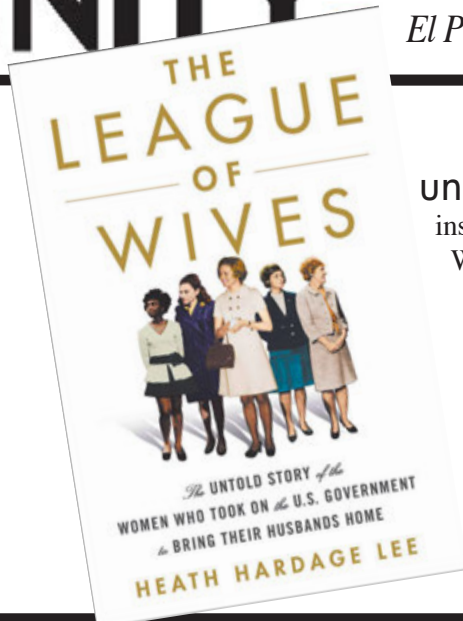
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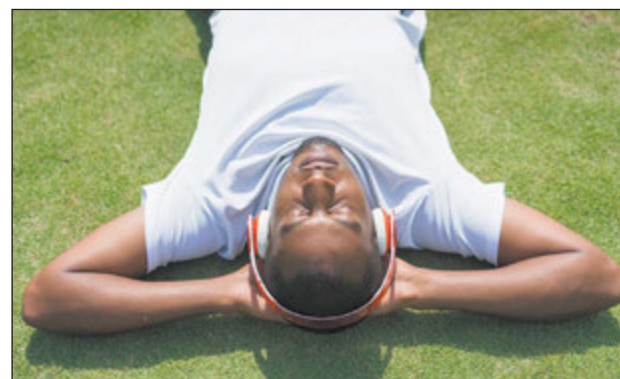


First responder serves
in more ways ... continued from last week ■ 5B



Fort Bliss is El Paso and El Paso is Fort Bliss.

An
unexpectedly
inspiring Vietnam
War story ■ 6B



Experts say sleep banking
improves stamina for Soldiers, runners ■ 8B

Things to do:

Pop Goes the Fort: Celebrate July 4 at Biggs Park! There will be food trucks, beverage stations and inflatables for the whole family to enjoy. Gates open at 4 p.m., there will be a cannon Salute to the Union at 5:30 p.m. At 6 p.m., experience performances from 1st Armored Division band, the Sun City Quintet, Arsenal Drum Corps., and the El Paso Symphony Orchestra, immediately followed by a fireworks display. Guests are welcome to bring picnic baskets, blankets, coolers and lawn chairs. Outside alcoholic beverages, glass containers and pets are not allowed at the park. Free. 588-8247

Summer Film Fest: Come out to Mickelsen Community Library this summer and watch movies on the lawn. Bring your blankets and friendly pups to watch "School of Rock" July 13 8:30-10:15 p.m. (depending on the sunlight). The library will sell popcorn and drinks for \$1 each. Free. DOD ID cardholders only. 568-6156

Viva! El Paso: El Paso Community Foundation and El Paso Live present the 42nd season of Viva! El Paso, the summertime outdoor musical extravaganza with performances at 8 p.m. Fridays and Saturdays, through July 27, at McKelligon Canyon Amphitheatre, directed by Keith W. Townsend. Tickets are \$24 (\$16 ages 2-12, seniors 65 and older and military with valid ID). ElPasoLive.com

Alfresco! Fridays: The 17th season of Alfresco! Fridays, the free outdoor summer concerts are 6 p.m. Fridays, Convention Center Plaza. Presented by ElPasoLive. No outside food or beverages, or pets allowed. 534-0600, alfrescofridays.com

Downtown Artist/Farmers Market: The City of El Paso Museums and Cultural Affairs Department's market for area artists and regionally grown agricultural products is 9 a.m.-1 p.m. Saturdays in the Union Plaza District along Anthony Street. 212-1780 or elpasosartsandculture.org

Alamo Drafthouse Kids Camp: Low-cost screenings for kids age 3-12 and their parents run noon, most Monday-Thursdays through Aug. 15. July 1-4: Wallace & Gromit: Curse of the Were-Rabbit; July 8-11: Kung Fu Panda; July 15-18: The Neverending Story; July 22-25: The Great Muppet Caper; July 29-Aug. 1: Casper; Aug. 5-8: The Lego Movie; Aug. 12-15: Teen Titans Go to the Movies. Cost: \$1, \$3 or \$5. 845-7469, drafthouse.com/el-paso

Cool Canyon Nights: The 9th annual Cool Canyon Nights series of free outdoor summer concerts are 6-9 p.m. Thursdays at McKelligon Canyon, Amphitheatre. Patio performance begins at 6 p.m. with headliner at 7 p.m. on the main stage. Free. elpasolive.com

Upper Valley Artists/Farmers Market: The artist and farmers market is 11 a.m.-1 p.m. Sundays at the Substation on Doniphan at Sunset. Free.

Mission Trail Art Market: Area artisans and craftspeople display their fine arts and crafts at the Mission Trail Art Market, 11 a.m.-6 p.m. on the third Sunday of the month March-November in the historic Veterans Memorial Plaza in San Elizario. There are arts and crafts, music, reenactments, food and more. Pets welcome. 851-0093 or missiontrailartmarket.com

Monthly art/movie night: The Bliss Art and Hobby Shop will host "Art and a Movie" night July 12. The movie will be "The Goonies" with a pirate-themed ceramics craft. Open to all DoD ID cardholders. Cost: \$15. 820 Marshall Rd., West Fort Bliss. 568-5563

Free concerts in the parks: The City of El Paso Parks and Recreation invites you to their free concerts in the parks in locations across the Sun City this summer. See Hypnosis and Dream Merchants at 4 p.m. July 4. Other concerts include La Magiztral Sonora Band at Pavo Real Park July 7 and Borderline Band at Argal Park July 14. Free212-0092 or www.elpasotexas.gov/parks

Music Under the Stars: The 36th summer concert series Music Under the Stars is 7:30-9:30 p.m. Sundays, 800 S. San Marcial. Free. elpasolive.com

Upper Valley Artists/Farmers Market: The artist and farmers market is 11 a.m.-1 p.m. Sundays at the Substation on Doniphan at Sunset. Free.

On the MOVE

A veteran's weight loss success story through bariatric surgery

By Amabilia Payen | William Beaumont Army Medical Center

In 2014, the U.S. Department of Veterans Affairs estimated that 78 percent of veterans are overweight or obese. Marine veteran David Nevarez realized this statistic described his situation when he found himself in the emergency room at Las Palmas Medical Center in El Paso in August 2017. He was diagnosed with diabetes and was nearly dying from it.

Before the ER visit, however, Nevarez had other medical problems, including two knee replacement surgeries, due to his constant running days while serving in the Marine Corps. Nevarez said he could no longer run like he used to, and developed what psychologists call emotional eating. That day in the ER, like many veterans, Nevarez was prescribed diabetic medications. He was also being treated for hypertension and high cholesterol.

For Nevarez, it was a lot to absorb, along with the constant pain in his knees. The Desert Storm veteran had a stable job as a plumber, working for El Paso Water Utilities. However, because of his pain and physical ailments, he realized he couldn't work any longer.

In September 2017, during a follow-up with his Veterans Affairs clinical provider, David learned he was then categorized as morbidly obese at 380 pounds. Nevarez decided he had to do something about his condition.

"I saw where I was heading," said Nevarez. "The doctor showed me my blood work and I saw where my health was going down and my medications were going up." The first thing he did was join the VA MOVE! program with the El Paso Veterans Health Clinic, where he attended classes on exercise and nutrition.

VA MOVE! programs throughout the nation are managed by the VA's National Center for Health Promotion and Disease Prevention and help veterans develop weight management skills through 12 weeks of vigorous training and education for a healthier lifestyle.

Nevarez set a goal of reducing his daily 8,000 calorie intake down to 1,200. He stuck to eating proteins and vegetables. He also began to exercise by walking.

"I used to run nine miles a day in the Marine Corps," said Nevarez. "I think the last few years



Courtesy graphic

David Nevarez has lost almost 200 pounds after doing the MOVE! program with the Department of Veterans Affairs and also receiving bariatric surgery at William Beaumont Army Medical Center.

of my service is when I started to feel the deterioration in my knees."

First, it was short walks with his wife, Sandra. By October 2017, he decided to challenge himself and walk up McKelligon Canyon Road, which El Paso residents use to drive towards the amphitheater nestled in the Franklin Mountains. The road takes drivers uphill, climbing 669 feet over a stretch of five miles, eventually reaching 4,200 feet above sea level.

"I told her, we are going to walk McKelligon," David remembers. "You should've seen the look of surprise on her face."

When he finished MOVE! in the middle of December 2017, he was referred to William Beaumont Army Medical Center's bariatric

clinic, to see if he qualified for bariatric surgery.

The Bariatric Surgery Service at WBAMC received a Center of Excellence designation in July of 2017 by the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery. Patients who decide to get bariatric surgery have their stomachs reduced in size with a gastric band or removing a portion of the stomach. Bariatric patients can also have their small intestine resected and re-routed to a small stomach pouch.

At the time, WBAMC was the only hospital across the entire Department of Defense to receive this Center of Excellence award for bar-

See **MOVE** Page 2B

NCOL CoE inducts two more individuals into Hall of Honor

By Danielle O'Donnell | NCO Leadership Center of Excellence

The NCO Leadership Center of Excellence and the United States Army Sergeants Major Academy held a ceremony for two individuals who were inducted NCOL CoE Hall of Honor June 20.

Command Sgt. Maj. Jimmy Sellers, the commandant of the NCOL CoE, hosted the event. Also attending were several special guests, who included Sgt. Maj. of the Army Daniel Dailey, and Tom Thomas, civilian aide to the Secretary of the Army. The honorees for this year's inductions were retired Command Sgts. Maj. Diane Williams and Dennis Defreese.

Since May 2006, the Hall of Honor has recognized individuals who have significantly contributed to the NCOL CoE or to the NCO Professional Development System.

To date, there have been 34 individuals inducted into the Hall of Honor who have all served meritoriously in positions of great responsibility, and have made significant contributions to the education of Soldiers and the NCO Corps.

June 20 was no different as the NCOL CoE

inducted two more individuals into the hall of honor to join the ranks of those who provided distinguished service before them.

"Today, gives me great pleasure to induct two of our finest NCOs into the prestigious hall," said Sellers. "First we have Diane Williams, the first female command sergeant major to serve as an aviation brigade CSM. Next, Dennis Defreese, who is my predecessor and the 3rd enlisted commandant of the NCOL CoE."

Sellers provided the audience with short introductions for each of the inductees and highlighted the accomplishments which enabled them to be selected into the hall of honor.

After the brief introductions, both Sellers and each of the inductees unveiled their induction plaques which will be displayed at the NCOL CoE with the rest of the Hall of Honor inductees.

The first to be inducted was Williams.

"Diane's vision and her individual efforts helped us realize the importance of improving the writing capabilities of enlisted Soldiers," Sellers said.

Williams was selected by the NCOL CoE to

re-organize and develop additional materials for the English writing and American Psychological Association lesson plans. She was responsible for reshaping the Command and General Staff College curriculum into the Sergeants Major Course as it is known today.

"When I came into the military my first mentor told me, 'Do not follow where the path may lead. Go instead where there is no path and leave a trail. Do not be afraid to lead, but more importantly learn how to follow,'" said Williams.

The next inductee was Defreese.

"During his tenure as the commandant one of his most notable achievements was his work to develop the USASMA Fellowship program, which I call the foundation of the Bachelor of Arts degree in Leadership and Workforce Development," said Sellers.

The fellowship was created by Defreese to recruit, train, educate and turn sergeants major into facilitators of adult education. Through his prompting, a partnership with the Pennsylvania

See **HONOR** Page 2B

MOVE *Continued from Page 1B*

iatric surgery. The hospital was seeing about 3,000 bariatric patients, some from other installations.

To receive the designation, WBAMC had to demonstrate a high level of care for their patients, including follow-up visits. The WBAMC Bariatric Surgery Service performs extensive follow-up care with bariatric patients. This intrigued David. Once he learned he was going to have the surgery, he began researching, reading and watching videos on the internet to immerse himself in the subject.

“What I liked about Beaumont was that I truly believed it was the bariatric center of excellence because of the support group meetings,” said David. “They have them twice a month and have six dedicated surgeons that help you and attend the meetings. Folks who showed up shared their experiences and we supported each other.”

David had gastric bypass surgery in March 2018. During the surgery, the doctor played David’s favorite song, “It’s my life” by Bon

Jovi, to help him relax and settle into a positive mindset.

After surgery, he didn’t have much pain, David remembers, but only because he was so used to the pain in his knees. Food intake was his first challenge. David had two weeks of a liquid diet, then two weeks of pureed food, then eventually, two weeks of soft food.

“It’s like a newborn infant,” said David. “You meet with a nutritionist and then you try foods. You have to work up to (regular) foods all over again.”

His first meal was six ounces of salmon and eight ounces of steamed vegetables. David took one bite of the salmon and one bite of the veggies and he was then full. It was the first time he felt truly full in 10 years.

Three days after surgery, David resumed his walking routine. Slowly once more, walking in his neighborhood, then the park, then weeks later, back up the road in the mountains.

By the time David had his follow-up appointment, he had lost another 35 pounds.

Be sure to pick up next week’s Fort Bliss Bugle for the conclusion.



Amabilia Payen / WBAMC
Marine Corps veteran David Nevarez walks up McKelligon Canyon Road in El Paso, April 5, to train for the next year’s Bataan Memorial Death March. Nevarez has lost almost 200 pounds after doing the MOVE! program with the Department of Veterans Affairs and also receiving bariatric surgery at William Beaumont Army Medical Center.

HONOR *Continued from Page 1B*

State University has given 20 select sergeants major a year the opportunity to earn a Master in Adult Education degree, as a fellow, followed by a 24-36 month commitment to the USASMA as an instructor.

“As you can see the program has done much more than that,” Sellers said. “It’s alive and well and will continue to pay huge dividends for our NCO Corps into the distant future.”

The fellowship program was a key element in setting the groundwork for the USASMA moving towards accrediting the SMC to award a bachelor’s degree.

For more information on the NCOL CoE Hall of Honor visit <https://ncolcoe.armylive.dodlive.mil/hall-of-honor>.

Retired Command Sgts. Maj. Diane Williams and Dennis Defreese, honorees for this year’s NCO Leadership Center of Excellence Hall of Honor, shake hands June 20 after they unveiled their plaques, which are displayed inside the Kenneth W. Cooper lecture center at the NCOL CoE on East Fort Bliss.



Danielle ODonnell / NCO Leadership Center of Excellence

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The fight for ‘internal freedom’

By Chaplain (Capt.) Christopher Mohr | USAG Fort Bliss

We often think of freedom in terms of victory over external oppression, in defeating those who hold one under their thumb. I’d like to reflect on a different kind of freedom, one that is both more important and typically ignored: internal freedom, or the freedom arising from one’s efforts to rise above ourselves.



Chaplain (Capt.) Christopher Mohr

We don’t become free just because a politician or leader says so. We truly become free when we have gained that victory over ourselves and our lesser, self-centered tendencies. When we can get over ourselves, we can see what it means to be really united – as part of a whole, putting the benefit and welfare of that whole above one’s own base desires, wants, and wishes. The Buddha taught, “Though a man conquer a thousand men in battle a thousand times, he who conquers himself is the greatest warrior. The conquest of oneself is better than the conquest of all others. Neither gods nor demons can turn this victory into a defeat.” (Dhammapada 103-105).

As we ponder our freedom this Fourth of July, and the battles that were fought to give us that freedom, we must remember that these external battles and the resulting victories and losses pave the way and serve as the foundation for the deeper freedom that comes from conquering ourselves. The real victory comes not from defeating one’s enemies, opponents, or oppressors: the real victory comes from what we do with that freedom we have gained. We must remember the deeper struggle to free ourselves from our pride and replace it with humility, transcend our arrogance and replace it with compassion and kindness, and struggle against and eventually transcend our political viewpoints and echo chambers on all sides to replace them

with understanding. Because our freedom is not just a political slogan, it is something we must live and embody in our actions. The fact that we can live that freedom, that we can embody it for others is something worth defending. The opportunity to rise above ourselves, and come together for the common good is not something many other nations have.

This Fourth of July, I’d like to bring to your attention the need not only for independence, but for interdependence. There would be no way to recognize the individual outside of the context of others, just as light doesn’t exist without darkness to contrast it against. There is no way to recognize freedom without implicitly acknowledging the existence of oppression. Knowing that oppression is out there – and within us as well (that is part of what we must conquer) – we can understand that our freedom is something we have to guard because it could be taken away.

From within, the easy bondage (and oppression) of self-centered gain sneaks in like a thief in the night, and tempts us to hinder the freedoms of others. From without...well, there are certainly forces and nations out there who would love nothing better than to bring us under their thumb and stop us from living our way of life. Like wary travelers who watch over each other at least part of the night, we all have to be watchful – together – to ensure that such oppression doesn’t creep in. Why? Because freedom – real freedom – gives us the opportunity to decide for ourselves how we will live, but it also obligates us to uphold that ability for others.

We can’t allow that to be taken away on a whim, it is too precious and too valuable to lose. It allows us to choose if and how we live a life of faith or don’t – that freedom is guaranteed as well – what kind of job we’ll do, where we call home. And our way of life gives us the opportunity to define what that means by ourselves, but it requires that as

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Liturgical Service Sunday 10 a.m.

Hope Chapel
(2498 Ricker Road)
Crossroad Service Sunday 9 a.m.
Samoa Service Sunday 11:15 a.m.

1st Armored Division
(11272 Biggs St.)
Gospel Service Sunday 8:45 a.m.
Chapel Next Sunday 11:30 a.m.
Latter Day Saints Service Sunday 1:30 p.m.

USASMA Memorial Chapel
(11275 Biggs St.)
Traditional Service Sunday 10 a.m.

much as we have that for ourselves, we must defend that right for everyone else as well.

As the Buddha instructed, “You yourself must make the effort, the wise only show you the way.” (Dhammapada 276). In this country, unlike some, we CAN make those efforts, we can listen to the wise ones of our

WBAMC Protestant Community
(5005 N Piedras Dr.)
Protestant Service Sunday 10 a.m.

RELIGIOUS ACTIVITIES

Catholic Women of the Chapel
(Bldg. 2498 Hope Chapel)
Friday 8:45-11 a.m.

Protestant Women of the Chapel
(Bldg. 11272 1st AD Chapel)
Thursday 9:00-11:30 a.m.

CATHOLIC WORSHIP SERVICES

St. Michael’s Catholic Community
(1542 Sheridan Road)
Weekday Mass 11:35 a.m.
Wednesday Confession 10:35 a.m.
Saturday Confession 4 p.m.
Saturday Mass 5 p.m.
Sunday Mass 8 a.m.
Sunday Mass 11 a.m.
1st Friday of the Month - Adoration 1 p.m.

WBAMC Hospital Chapel
(5005 N. Piedras Dr.)
Weekday Mass 12:05 p.m.
Saturday Mass 5 p.m.
Sunday Mass 8 and 11:30 a.m.

German Chapel
(5312 Buffalo Soldier)
Sunday Mass 10 odd days

OTHER RELIGIOUS SERVICES

Jewish Chapel
(Bldg. 1441)
Friday Oneg Shabbat 7 p.m.

Islamic Service
(Bldg. 442)
Friday Jummuh 1:30 p.m.
Sunday Ta’Aleem 12:30-2 p.m.

Buddhist Service
(Bldg. 449 Pershing Road)
Thursday 6:00 p.m.
Intro to Nichiren Buddhism
2nd Tuesday 5 p.m.

choice without coercion. But we aren’t doing that if we only think of us, if we only apply that to ourselves. We all have to do our part and we all have a duty to ensure that freedom to make that choice for ourselves isn’t denied to us, or to those around us. Freedom does not come without responsibility.



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Once a Soldier is “titled”, a unit S-1 may flag the Soldier in accordance with AR 600-8-2 and have their security clearance suspended in accordance with AR 380-67. Furthermore, “titling” means that a Soldier’s personally identifiable information will be stored in the Department of Defense Clearance and Investigations Index and the

Army Crime Records Center (CRC) database, which are searchable and accessible for 40 years, regardless of the outcome of the investigation. The ramifications of such actions on a titled Soldier are the following: prevention of serving in positions of trust and authority, blocked promotions and assignments, unfavorable security clearance determinations, and hindrance of employment opportunities on the civilian side.

Any Soldier receiving a BAH with-dependent allowance without properly uploading documentation through their S-1 will receive a notification through email stating that they have 60 days to correct the deficiency. Failure to upload the appropriate documents within the 60-day window will result in an automatic reversion to the BAH-without dependent rate. The Soldier then has 90 days to upload the appropriate documentation along with a DA Form 5960 signed by their company commander to receive BAH with-dependent if is appropriate. If the appropriate action has not occurred within 90 days, a unit S-1 may refer the Soldier to Army Criminal Investigation Command under suspicion of BAH fraud. Most junior enlisted Soldiers do not check their emails on a daily basis, so it is incumbent upon leaders to ensure that their Soldiers review LES information and visit the S-1 for a check or update on at least an annual basis.

Anyone receiving BAH at the with-dependent rate must ensure that their supporting documents are uploaded through their S-1. Any Soldier seeking legal advice on this or any other subject should make an appointment with the Fort Bliss Legal Assistance by calling 568-7141 or visiting the first floor of Building 113 on Pershing Road.

Military families can get free eLearning courses for Special Education

By Fort Bliss EFMP

Have you attended an Admission, Review and Dismissal committee, also known as Individual Education Plan, meeting at your child's school and felt like you would have been more prepared if you were more educated on the laws that oversee Special Education programs?

Without question, parents and educators both play a vital role in the success of the education students with disabilities receive in the classroom. Navigating the complexities of special education laws and procedures can be challenging for all involved.

It is important that both parents and educators have a clear understanding of laws that govern Special Education, such as the Individual with Disabilities Education Act (IDEA 2004) and the Every Child Succeeds Act of 2015, so that they can effectively advocate for the child. Advocating and becoming knowledgeable of the Special Education laws is essential and plays an integral part in the students' success.

To help assist with this, the Army Installation Management Command Exceptional Family Member Program has teamed up with LRP Publications to provide free cours-

es through Special Ed Connection.

Special Ed Connection is a web-based program that provides free, at your own pace, high-quality training to all Army, parents, and Military/DoD personnel assigned to Army installations and K-12 educators serving military children.

The program provides courses that explain legal requirements and best practices on behavior management, autism, IDEA eligibility, ARD/IEPs, and so much more. Parents can use this program to gain a clear understanding of Special Education requirements, services and how they work by engaging in learning through quizzes and activities. The program is designed so that participants can choose only what courses will be more beneficial based on individual training interest and needs. After each course is completed, participants will receive a certificate of completion.

In order to get access to these courses, please contact Dena Edmondson the EFMP Program Coordinator at 568-8210. Once granted access, you will be able to self-register for your courses on <http://armyefmp-ds.lrp.com>.

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‘... My duty to pay it forward’

First responder serves in more ways than one

By Sgt. Sidnie Smith | U.S. Army

Continued from last week’s Fort Bliss Bugle

FORT CARSON, Colo. -- While she lay there recovering from the brutal attack, Rivera decided that helping others in the way the first responders had helped her was something she was called to do.

“I see the difference it makes on the community,” she said. “I felt like it was my duty to pay it forward.”

When she left the military in 2017, Rivera returned to Orlando and enrolled in a fire academy. The training was local, but Rivera applied to fire departments around the country. She applied and was offered a position with the Fort Carson Fire Department.

Milar, a 13-year veteran with the Fort Carson Fire Department, knows that a new firefighter comes with many challenges. Being a part of a new team with an established work flow and rapport can be intimidating, he said.

“She’s building trust and developing relationships,” Milar said. “Everyone comments on her great attitude.”

Many of Rivera’s traits and actions are left over from her days in the Army. Her attention is evident when she makes sure computer keyboards are wiped down and small overlooked items are cleaned. They are things that may seem insignificant but are noticed by those around her, Milar said.

A typical day on shift for Rivera working for the FCFD has a routine: she comes in, gets her gear ready, receives a shift change brief, replaces medical supplies used by the previous shift, finds out what equipment needs cleaning, conducts training, runs errands, and goes to the gym.

In the evenings, the firefighters make dinner together and

eat like a family, she said. She then works on online courses or reads books or medical-related articles to help her increase her knowledge.

On her own time, she practices drills with her mask to help with her muscle memory.

“She’s quiet, but has a lot of humility,” Milar said.

The high standards of other both the Army and the Department of Emergency Services were what Rivera expected, and her drive and motivation make her strive to exceed those high standards.

“I feel more confident in myself and my team that if things ‘go south,’ I am way better off with the training I’ve received here at Fort Carson,” she said.

As a former Soldier, Rivera can relate to the community she serves. She knows that being in the Army and being deployed is hard on both Soldiers and families. She recalled going to a call for a woman whose husband was deployed. She had three small children, and one was sick with a high fever.

“You could tell she had her hands full and was stressed out and just didn’t know what to do,” she said.

Rivera and the others on the crew not only did their job of helping the sick child, but helped get the other children dressed in coats and shoes to help the woman.

“You really notice the impact that you are having, and you really see the Families you are serving,” Rivera said. “The Soldiers are serving, and we are serving the Families. It’s just one big circle.”

Rivera’s favorite part of being in the Army was how honorable it made her feel knowing she represented something bigger than herself. She said she now feels that same pride as



Sgt. Sidnie Smith / U.S. Army

Christina Rivera, a firefighter with the Fort Carson Fire Department, served in the active-duty Army for four years before realizing her dream of saving lives as a first responder. The jacket Rivera wears is just a piece of the almost 50 pounds of fire gear she normally wears during operations.

she wears her uniform for the Fort Carson Fire Department.

“I always knew I was meant to be in uniform,” she said. “It started in high school with the wrestling team, then with the Army, and now with the fire department.”

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The League of Wives: An unexpectedly inspiring Vietnam War story

By Lisa Smith Molinari | www.themeatandpotatoesoflife.com

Unlike the sorrowful portrayals that dominate Vietnam War history books, movies and documentaries, Heath Lee's new book, *The League of Wives: The Untold Story of the Women Who Took On the U.S. Government to Bring Their Husbands Home from Vietnam*, offers an unexpectedly uplifting account from a previously overlooked perspective. This is the fascinating saga of a group of military spouses who, after being informed that their husbands were being held by the North Vietnamese as prisoners of war or were missing in action, fought those in power for truth and diplomacy, and against all odds, won. Though the Vietnam War would be dubbed "a lost cause," the battle waged by the brave wives was undoubtedly an inspiring success.

What began with a gathering of 13 grief-stricken Navy wives around Sybil Stockade's Coronado, California, dining room table in 1966, grew into "The National League of Families," with a membership that included thousands of determined POW/MIA wives, with an official headquarters at 1 Constitution Avenue in Washington, D.C., and a direct telephone link to the White House.

In order to muster the chutzpah to take on government officials and top military brass who had told them to "keep quiet," the wives had to shed strict military spouse protocol and 1960s cultural norms. These reluctant feminists became brave warriors — relentlessly demanding meetings with U.S. presidents and diplomats, working with Naval Intelligence to exchange coded letters with their POW husbands in Hanoi, publicizing the truth about the use of extreme torture by North Vietnamese captors, holding press conferences to criticize the U.S.'s weak diplomacy efforts, and showing up at embassies in Paris and Stockholm successfully demanding to speak with North Vietnamese representatives.

Interestingly, the National League of Families formed unexpected alliances to accomplish their objectives. Disgusted with the cover-ups of the Johnson administra-

tion, the POW/MIA wives embraced Richard Nixon as president. Unlike LBJ who refused to meet with them, Nixon listened to and worked with the women, encouraging national security adviser Henry Kissinger to meet with them bimonthly. However, the League also found itself trapped in an uneasy relationship with communist-supporting peace groups, because the sympathizers had the ear of the North Vietnamese and could exchange the wives' letters, packages, and sometimes, prisoners themselves. The wives even forged a friendship with Texas oil tycoon Ross Perot, who supplied them with his own piloted jumbo jet to fly them to Sweden and south Asia to demand meetings with North Vietnamese officials.

In the end, the diplomatic efforts of the U.S. government, as heavily influenced by the powerful League of Families, led to Kissinger negotiating with the North Vietnamese for the POWs' release. They came home, battered but not broken, on February 12, 1973. During the eight years that the North Vietnamese held U.S. prisoners of war, their wives organized and advocated fervently for their rescue, all while grieving, managing households, raising children, struggling financially, experiencing crushing loneliness and mental health issues, and even battling cancer.

Heath Lee deftly tells this well-researched, extraordinary tale by weaving military, political, and cultural history with fascinating personal diary entries and quotes from "key influencers" such as Sybil Stockdale, Jane Denton, Andrea Rander, Louise Mulligan, Phyllis Galanti, and Helene Knapp, as well as Kissinger, Nixon and naval intelligence officer Bob Borroughs, who the women dubbed "Uncle Bob." Lee makes sense of the complicated historical timeline so that we, the readers, suffer the tragedies and celebrate the successes with the women — from ominous military officials knocking on their doors with devastating news, to their awkward but heartfelt reunions with their husbands so many years later.

As a Navy wife myself, I found Lee's *League of Wives* to be incredibly fascinating, but also, the book left me welling with pride, not only in the brave U.S. prisoners of war and missing in action, but in the enduring resilience of military spouses who face challenges alone with courage, strength and honor.



Lisa Smith Molinari

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Stationed in El Paso? Get to know what this fun city has to offer!

By: Livia Sappington



If you are a fan of old movies, there is nothing better than the upcoming Plaza Classic Film Festival extravaganza organized by the Plaza Theater in El Paso in its 12th year from August 1 to 11. Originally built in 1930, this historic institution has gone through several reincarnations over the past 50 years. The most recent renovation to bring back the theater to its old glory was completed in

2006 at the cost of nearly \$38 million. It is the start of a new season for classic movies; a tradition that began in 2008. This annual spectacular averages attendance of 40,000 per year making it the world's largest film festival. The event includes outdoor movies and concerts at San Jacinto Plaza, programs and exhibits at the El Paso Public Library, El Paso Museum of Art, and the El Paso Museum of History.

There are Drive-in/Walk-up movie events nine stories up atop the Mills Plaza Parking Garage and also an art exhibit at the Roderick Artspace Lofts.

In addition to the classics, the festival also features short films and documentaries.

One such event debuting is *Now or Never: A Tony Romo Story* by El Paso filmmaker Chris Hanna. This 90-minute film will be shown on Sunday, August 4th at 3:30 p.m. in the Philanthropy Theatre inside the Plaza Theater Performing Arts Centre annex.

Don't miss this fun event creating a lasting memory of your time here in El Paso!



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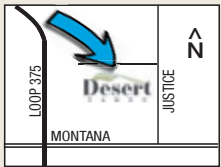
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Sports Briefs

UFC Fight Night: Catch UFC Fight 239 for free at 6 p.m. Saturday at Monti Warrior Zone! 741-3000

Lucha Libre wrestling: It will be a Night of Champions 6 p.m., July 19 at Stout PFC. The RWA Cruiserweight Championship Triple Threat will have Flamaron vs. Skydee vs. Crazy Star. There will be high-flying action from Black Fish, Rey Arturo, Yuri Star, Silver Hawk, Titanik and La Gata. Free. Open to the public. 588-8247

El Paso Chihuahuas: The city's AAA baseball team plays the Fresno Grizzlies tonight at 7:05 p.m. Home games at Southwest University Park on Santa Fe Street in Downtown El Paso. Sunday games are at 6:05 p.m. All other games are at 7:05 p.m. Cost: \$11-\$30. 533-BASE or EPChihuahuas.com

Family Day at the Wall: The SAC holds "Family Day at the Wall" every Thursday, Friday-Saturday 12-6 p.m. Climbing is available on a first-come, first-served basis. 20732 Constitution Ave. 744-1532

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

Kids Golf for \$5: Join Underwood Golf Complex as children get to play golf for \$5 Monday through Friday. Children ages 12 and younger must be accompanied by an adult. It's open to children 16 and younger. 568-1059

Hook a Soldier on Golf clinic: Underwood Golf Complex will have their Hook a Soldier on Golf Clinic every first Saturday of the month now until September. The clinic is from 10-11 a.m. Range balls and clubs provided. 568-1059

Hook a Spouse on Golf clinic: Underwood Golf Complex will have their Hook a Spouse on Golf Clinic every second Wednesday of the month now until September. All spouses of active-duty Soldiers or retired military are welcome to learn the fundamentals of golf for free by PGA certified instructors. The clinic is from 9-10 a.m. Range balls and clubs provided. 568-1059

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

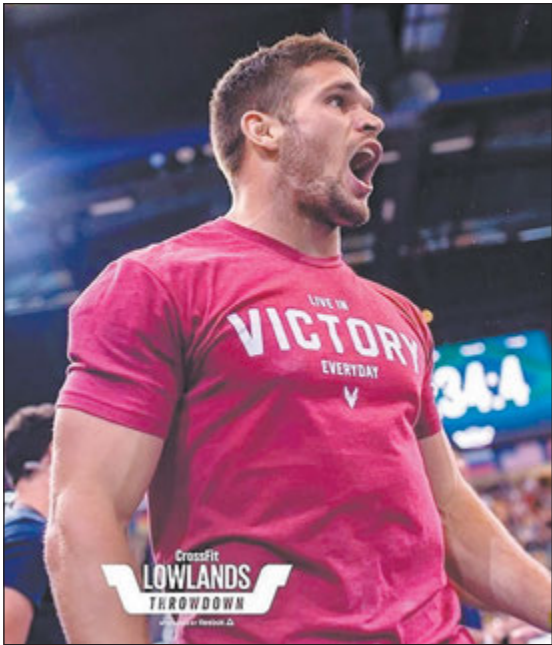
Indoor cycling: Get back on the bike and push your endurance at Indoor Cycling. Classes are held at Soto and Stout PFCs. Free for active-duty Soldiers in PT uniform. 744-5800

Texas Basic Hunters Education class: Head over to Rod and Gun Club on the second Saturday of every month from 9 a.m.-3 p.m. This Texas Basic Hunter Education Course is a six hour classroom taught by a Texas Parks & Wildlife-certified instructor. It will cover hunting rules and regulations, ethics and responsibility, wildlife management, conservation, safe firearms handling, cleaning and storage, outdoor skills, survival and First Aid, field exercises and more. Cost: \$15. Registration required. Open to the public. 594-0159

Texas Concealed Handgun License classes: The Fort Bliss Rod and Gun Club offers Texas license to carry classes from 8 a.m.-5 p.m. the first and third Saturday of every month. This course fulfills the legal requirements for training to carry a handgun either openly or concealed for self-defense. Cost: \$45-\$80 depending upon membership status (Note: active-duty military license fees are free). Gun rentals for classes are \$10. Open to the public. bliss.armymwr.com or 861-4789

597 OUT OF 600

Kentucky Guard Soldier posts highest ACFT score yet



Courtesy photos

Spc. Ryan Sowder, a Soldier from the 2112th Transportation Company, based in Burlington, Ky., recently scored a 597 out of 600 points on the new Army Combat Fitness Test, which is the highest score to date across the force. Sowder also qualified this year for the 2019 Reebok Crossfit Games in Madison, Wis.



Spc. Ryan Sowder is an 88M truck driver for the 2112th Trans. Co. based in Burlington, Ky. Sowder recently scored a 597 out of 600 points on the new Army Combat Fitness Test, which is the highest score to date across the force.

By Maj. Stephen Martin | Kentucky National Guard

FRANKFORT, Ky. – The U.S. Army is transitioning to a new physical fitness test, the Army Combat Fitness Test, to better prepare Soldiers in readiness and lethality. To date, no Soldier yet has achieved a perfect score.

On June 18, Spc. Ryan Sowder, from the 2112th Transportation Company out of Burlington, Kentucky, scored 597 out of a possible 600 points. This is the highest score recorded in all of the U.S. Army so far; active, Guard or Reserve.

"I didn't think I would do as well (on the ACFT) as I did that day. I'd been sleeping on a cot and was out of my normal training routine for our unit's summer training, but I just knew I was going to give it everything I had," remarked Sowder. "The idea of giving all I have to something, particularly fitness, is really gratifying and I hope everyone can experience what it feels like to give 100 percent to something."

Col. Joe Gardner, G3 Chief of Operations for the Kentucky National Guard, was surprised to hear that he took the ACFT after being in the field for two weeks with his unit.

"The accomplishments of this young man cannot be overstated," said Gardner. "Specialist Sowder's score on the new Army Combat Fitness Test is impressive, to say the least, especially after participating in his unit's annual training leading up to the test."

The ACFT is comprised of six events over the course of an hour to measure the muscular strength and endurance of a Soldier. The events include the deadlift, the standing power throw, the hand-release push-up, the sprint-drag-carry, the leg tuck, and a 2-mile run.

According to Command Sergeant Major of the Army National Guard John Sampa, the new program better prepares a Soldier's readiness for the demands of the modern battlefield.

"Specialist. Sowder represents the thousands of quality Soldiers that are in today's entire Army National Guard and the steadfast strength the Guard brings to the Army's total force in protecting the United States of America," said Sampa. "He represents full and part-time Soldiers that are physically-and-mentally prepared for combat operations and homeland responses at any given moment. America is secure because it has citizen Soldiers such

"I didn't think I would do as well (on the ACFT) as I did that day."

>> Spc. Ryan Sowder

as this one who is always ready and is always there."

Sowder has taken the ACFT twice now, once at the schoolhouse in Fort Eustis, Virginia, when he was training to be a level II grader for the ACFT, and the second time with his unit at Camp Atterbury, Indiana. The first time he scored a 592, which at the time was the highest recorded score in the Army. This second time around, he bested his own score and missed the mark for 600 points by only five hand-release push-ups.

"I grew up playing sports year-round and have always been incredibly competitive. I realized early on that I could be really good (at athletics) if I put in the work," commented Sowder. "I was fortunate to play football at Georgetown College while going to school and when that season began coming to a close, I realized I wanted to continue competing."

"My brother, who is two years older than me, also played football for Georgetown College, and after graduation started intensive muscular strength and power development in order to compete outside of football," he continued. "I knew when he made that jump that I would be following him."

Sowder credits his physical accomplishments to his tenacity and drive to succeed. This year, he has qualified for the 2019 Reebok Crossfit Games, taking place Aug 1-4 in Madison, Wisconsin.

That tenacity has paid off with his efforts in the military as well, allowing him to perform well on the ACFT. The Army's new test will be the program of record in October of 2020.

Gardner is excited to see what's next for Sowder and expects him to improve upon his performance going forward.

"I look forward to seeing him achieve a perfect score," said Gardner, "and I challenge the rest of us in the state to beat him to it."

Save your ZZZZZs

Experts say sleep banking improves stamina for Soldiers, runners

By Douglas Holl | USAPHC

ABERDEEN PROVING GROUND, Md. – Training for a demanding race like the Army 10-miler requires focus, determination and solid nine to 10 hours of sleep every night, according to sleep experts at Walter Reed Army Institute of Research and the Army Office of the Surgeon General. Sleep is one of the three pillars of the Performance Triad, which also includes nutrition and activity.

“Sleep allows our bodies to focus on recovery and restores both our mind and muscles,” said Lt. Col. T. Scott Burch, the Army System for Health Performance Triad sleep lead, OSTG. “Following a particularly strenuous training day, our body may need more time to recover and the good news is that our body will often give us signs that we need additional sleep, so plan to go to bed a little earlier following high-intensity workouts or post-race.”

Sleep is good recovery for the brain, said Dr. Tom Balkin, a sleep expert and senior scientist at the Walter Reed Army Institute of Research.

“Aim for as much sleep as you can possibly squeeze in,” said Balkin. “Seven to eight hours of sleep is average, but more is even better.”

Both Balkin and Burch recommend using sleep banking as a strategy to reach peak performance before a strenuous event. Sleeping an extra one to two hours leading up to the race will “bank” extra energy, stamina and focus.

“Consider this part of your training,” said Balkin. “It’s not something you would do every day in your normal life, but the week before you run a marathon, get all the sleep you can. Think of it like money. The more you get, it doesn’t matter when the money shows up in your bank account. The next day, the money is still in your account.”

It’s the goal of the Performance Triad to enable leaders to set conditions for Soldiers to optimize their sleep, activity, and nutrition to improve the overall readiness of the Army, said Col. Hope Williamson-Younce, the director of the Army System for Health and deputy chief of staff for public health as part of the Army Office of the Surgeon General.

Failing to optimize sleep can lead to significant reductions in physical and cognitive performance.

“The Army has improved significantly in recognizing that sleep is a key component of a healthy lifestyle and healthy culture,” said Burch. “If your duties are precluding you from optimal sleep, talk with your chain of

command, encourage them talk to local subject matter experts at Army Wellness Centers and see how they cannot just improve your ability to obtain optimal sleep but how they improve the physical performance of the entire unit, while also reducing injuries and having a higher percentage of Soldiers medically ready and prepared for battle.”

At Fort Riley, Kansas, sleep banking was put into practice by an armored brigade combat unit, said Williamson-Younce. Prior to a weeklong FTX for gunnery tables, Soldiers attended a sleep education session and participated in a “reverse PT schedule,” during which the Soldiers arrived at 9 a.m. and conducted physical training at 4 p.m. This led to dramatic improvements in their gunnery table results. They went from an average score of 756 (qualified) without banking to an average score of 919 (distinguished) with sleep banking.

For people who have difficulty falling asleep, Burch recommends refining basic routines. Have a routine bedtime schedule, wind down the night in a calm manner by a warm shower, reading and meditation. Turn off all “screens” at least an hour before bedtime and ensure the bedroom is a cool, relaxing sanctuary for a good night’s rest.

“There’s a great saying, make time for wellness, or you will be forced to make time for illness,” said Burch. “Sleep is a critical component of our wellness. Often individuals try to manage with reduced sleep; however it comes at the detriment of your physical and cognitive performance.”

The Performance Triad Website, <https://p3.amedd.army.mil>, has great resources for individuals, said Burch. He also encourages any Soldier, Soldier for Life or family member to contact their local Army Wellness Center, which has excellent personnel and resources for sleep, stress management, nutrition, and physical conditioning to help everyone perform their best and reduce the risk for musculoskeletal injuries.

For AWC tips and strategies go to: <https://phc.amedd.army.mil/topics/healthyliving/all/Pages/ArmyWellnessCenters.aspx>.

The Army Public Health Center focuses on promoting healthy people, communities, animals, and workplaces through the prevention of disease, injury and disability of Soldiers, military retirees, their families, veterans, Army civilian employees, and animals through studies, surveys and technical consultations.

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JULY EVENTS:

- JULY 6 | Cooking Class: Bread Pudding
10 a.m. Family Friendly 1 p.m. Adults • \$5
- JULY 10 | FREE Brain Trust Bag Lunch
Noon "Mayoral Election of 1897"
- JULY 13, 27 | FREE Yoga • 10 a.m.
- JULY 18 | Make-A-Thing Thursday:
Bud Vases
10 a.m. • \$10
- JULY 20 | FREE Victorian Sci-Fi Book Club
2 p.m. Tea and pastries provided

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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

LRC Fort Bliss August closure: LRC-Fort Bliss SSA SLOG AY11 will be closed Aug. 5-9 from for a 100 percent Wall-to-Wall inventory. Direct all questions to the AY11 Warehouse Supervisor and/or Assistant Supervisor or 412-7401 or 412-7423.

Bliss museum closed Saturdays: The Fort Bliss and Old Ironsides Museum will be closed Saturdays through July. The museum, located at 1735 Marshall Rd., is open Wednesday-Friday, 8:30 a.m.-4 p.m. 568-5412

Eye exams: Optometry services at Mendoza and SFMC clinics are open for routine eye exams for dependents and retirees enrolled in TRICARE Prime and Tricare For Life. If you have had a routine eye exam on the economy through TRICARE or other health insurance in the past year, do not book an appointment until it is time for your next exam. To schedule an eye exam, call the Mendoza Optometry Clinic at 742-2229 or SFMC at 742-2390.

Lower Beaumont traffic disruptions: Trucks may cause traffic disruptions in Lower Beaumont until late November, according to the Fort Bliss Department of Public Works. It is part of a cleanup project to haul debris from former WBAMC Lower Beaumont buildings, incinerator, arroyo, and WBAMC landfill areas to an off-site, licensed landfill. Road closures are not expected, but the work could include noise and dust. The work will be scheduled Mondays-Saturdays, 6:30 a.m.-6:30 p.m.

TARP training: Fort Bliss offers Threat Awareness Reporting Program training at two locations monthly. Get your learn on at the SAC on East Fort Bliss on the second Tuesday of the month, or at Statton Theater on West Fort Bliss on every third Thursday of the month. This training will be offered through September. 568-4604

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

Bible study: Fort Bliss post-wide Bible study takes place every Wednesday from 6-7 p.m. at Bldg. 449-451, Pershing Road. Free dinner from 5:30 p.m. Childcare provided. 568-4334

ICE comments: Make your voice heard. Tell us exactly how we are doing. Good or bad: Bring it on. You may remain anonymous, if you choose to do so. Listing your contact information allows us to provide direct feedback. Fort Bliss has an outlet available, the Interactive Customer Evaluation program, fully functional again to all customers. https://ice.disa.mil/index.cfm?fa=site&site_id=435

FMWR

Independence Day golf tourney: Enjoy the Fourth of July on the golf course, Thursday from 8 a.m.-1 p.m., at Underwood Golf Complex. Cost: \$40 which includes green fees, cart fees, lunch and prizes. Registration required and can be done at the Pro Shop, deadline is July 3. 568-9979

Lucha Libre wrestling: It will be a Night of Champions 6 p.m., July 19 at Stout PFC. The RWA Cruiserweight Championship Triple Threat will have Flamaron vs. Skydee vs. Crazy Star. There will be high-flying action from Black Fish, Rey Arturo, Yuri Star, Silver Hawk, Titanik and La Gata. Free. Open to the public. 588-8247

Monthly art/movie night: The Art and Hobby Shop will host "Art and a movie" night July 12. The movie will be "The Goonies" with a pirate-themed ceramics craft. Open to all DoD ID card holders. \$15. 820 Marshall Rd. 568-5563

Wilderness First Aid: Join Outdoor Recreation July 20-21 for Wilderness First Aid certification class starting at 8 a.m. at the SAC. You will learn specialized desert climate response and early warning signs. This class is ideal for any avid hiker or climber. This class is also a requirement for anyone looking to be a commercial guide at Hueco Tanks State Park. Cost: \$250 for the Wilderness First Aid portion. The class does require you to have CPR certificate and there will be a class July 19, for those who do not have one. Cost: \$299 with the CPR and AED portion along with Wilderness First Aid class. Open to the public. Registration required, deadline July 12. 744-1532

Summer Film Fest: Come out to Mickelsen Community Library this summer and watch movies on the lawn. Bring your blankets and friendly pups to watch "School of Rock" July 13, 8:30-10:15 p.m.. The library will sell popcorn and drinks for \$1 each. Free. Open to DOD ID cardholders. 568-6156

Sand volleyball tourney: Come out Saturday from 6-10 p.m. for a Sand Volleyball Tournament at Monti Warrior Zone! Bring your friends and play against other competitors for this tournament. Cost: \$15 which includes a t-shirt. Open to the public, ages 18 and older. 741-3000

Go Youth

Family Day at the Wall: The SAC holds "Family Day at the Wall" every Thursday, Friday and Saturday 12-6 p.m. On Family Day, the wall is open to all climbers age 6 and older. 20732 Constitution Ave. 744-1532

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. Cost: \$5/hr. with \$10 deposit. Reservations required. 744-7879

School Age Book Club: The School Age Book Club is designated for children ages 7-12. A staff member will read for part of the time and the children will read aloud as well from 4-5 p.m. every Wednesday at Mickelsen Library. 568-6156

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

Child Range Orientation class: This is a one-hour child firearm safety course required for children ages 6-17 to accompany parents or guardians at Rod and Gun Club live fire ranges. Children must be accompanied by a parent or guardian. Open to the public. 568-5426

Teen Basic Automotive Maintenance class: SKIESUnlimited will be hosting a Teen Basic Automotive Maintenance class every second Saturday of the month. Students with their driver's licenses or permits will learn basics such as changing the oil to replacing a tire and more. When completed, students will receive a safety card to work at Auto Crafts. Cost: \$25. Registration required at SKIESUnlimited. 568-5544

Kids golf for \$5: Join Underwood Golf Complex as children get to play golf for \$5 Monday-Friday. Children ages 12-younger must be accompanied by an adult. Open to children 16-younger. 568-1059

Babysitting Course: The SKIESUnlimited offers a Babysitting Course. The curriculum is designed to help middle school and teenage youth learn what it takes to be a responsible, caring, trustworthy and competent babysitter. Students will receive first aid and CPR training on a Saturday. Open to children ages 12-older. Cost: \$10. Registration required at SKIESUnlimited. 568-5544

Kids Golf for \$5: Join Underwood Golf Complex as children get to play golf for \$5 Monday through Friday. Children ages 12 and younger must be accompanied by an adult. It's open to children 16 and younger, they must walk, can only ride in a cart with a paying adult. 568-1059

Community

Free concerts in the park: The City of El Paso Parks and Recreation invites you to their free concerts in the parks in locations across the city this summer. See Hypnosis and Dream Merchants at 4 p.m. July 4. Other concerts include La Magistral Sonora Band at Pavo Real Park July 7 and Borderline Band at Argal Park July 14. Free. www.elpasotexas.gov/parks, 212-0092

Hampton University Alumni Round Up: The El Paso Alumni Chapter has monthly meetings held at noon in various locations close to Fort Bliss. Contact Warren E. Brown at 241-4672.

El Paso public library book club: The City

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fielyverdaderoelpaso@outlook.com

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

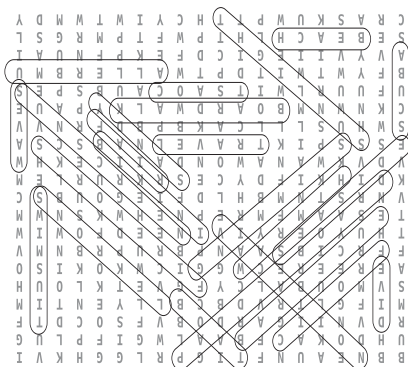
2ID Vets group seeks members: The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time. 2idahq@comcast.net

Cook Canyon Nights: The 9th annual series of free outdoor summer concerts are 6-9 p.m. Thursdays at McKelligon Canyon, Amphitheatre. Patio performance begins at 6 p.m. with headlin-

Be a mentor in the Sea Cadets: Calling adult volunteers to lead in the newly forming Navy Sea Cadets program, El Paso Unit. Must be a U.S. citizen or legal permanent resident, free of felony convictions, possess good moral character, a sound mind, and be capable of communicating USNSCC values to our cadets. No military background is required and you will be allowed to wear the Navy Sea Cadet uniform. For more information look up "El Paso Navy Sea Cadets" on Facebook, or e-mail epnavyseacadets@outlook.com

Home in Santa Teresa for rent. 5769 Butte. 3 bdrms/1.5 ba, living room with fireplace, formal dining/ office, double garage. Refrigerated air, laminate floors. Freshly painted. Covered patio. Dog run. Ready to move in. \$895/mo \$ 800 dep. Text if interested. 740 4983

July 6-7: Pristine Broyhill complete solid cherry wood living room set/sofa, loveseat, Queen Anne wing chair, coffee table, two end tables, all with fold-down sides and arm covers, \$1500 each; Lg. 28" by 48" framed mirror with accessories; several elementary school teacher supplies; porcelain dolls; tools/multi-sec.ladder; two sp. floor fan 23" by 24"; misc. NE. 10363 Pasadena Cr. 821-0622; 7-12 noon.



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 []

"All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise 'any preference, limitation or discrimination based on race, color, religion or national origin, or any intention to make such preference, limitation or discrimination. The Bugle will not accept any advertisement for real estate which is in violation of the law. All dwellings advertised in this newspaper are available on an equal opportunity basis."

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

HORIZON

14700 Horizon View ...\$875
308 Jim Hoffer\$1250
13836 Hollywood\$1600

LOWER VALLEY

315 Val Verde A.....\$750
7328 Wilcox.....\$950

CENTRAL

9312 Betel\$1050
9045 Coventry.....\$1175

NORTHEAST

3526 Nation 1/2\$475
1206 Selden\$675

WEST

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

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EMPLOYMENT
OPPORTUNITY

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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.



RED, WHITE & BREW Festival

Saturday, July 6
4:00 p.m. - 11:00 p.m.

Free Admission
Bring your own lawn chair

Local Craft Beer Testing

Waterslides

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Hours: Daily 6 am-7 pm thepetbarracks.com





WARNING

Leaving Dogs in a Hot Car KILLS!

70° outside | can = 120° inside

Never leave a dog unattended in a vehicle! Heatstroke and death can occur within minutes.

Humane Society

★ — PUZZLE time — ★

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to summer recreation. Each number corresponds to a letter. (Hint: 14 = e)

A. 11 4 24 11 6 18 24 14
Clue: Warm rays

B. 5 23 23 8
Clue: Swimming area

C. 23 13 14 3 24
Clue: Salt water

D. 3 15 4 11 14 15 14 24 21
Clue: For fun

Answers: A. sunshine B. pool C. ocean D. amusement

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to summer.

RSFURE

□ □ □ □ □ □

Answer: Surfer

Guess Who?

I am an actor, screenwriter and director born in New York on July 6, 1946. I spent the early part of my acting career on the brink of homelessness. However, that all changed when I shot to fame in 1976 playing an Italian boxer from the streets.

Answer: Sylvester Stallone

SUMMERTIME WORD SEARCH

B	B	N	E	A	U	N	F	T	I	G	P	R	L	G	G	H	K	V	I
U	H	D	O	K	A	C	F	B	A	A	L	W	G	I	F	P	L	U	G
R	D	V	N	I	I	G	A	R	D	O	B	V	F	S	O	C	D	T	F
M	I	F	G	L	T	R	V	D	B	C	B	L	L	Y	E	N	T	I	M
S	V	M	O	U	B	A	L	C	Y	F	G	V	E	T	K	L	O	U	H
A	E	R	E	E	R	E	C	W	G	G	I	C	W	K	O	K	I	S	O
F	F	R	C	I	B	S	A	A	N	P	B	R	U	P	R	B	N	M	V
T	H	U	Y	O	E	R	Y	I	V	I	N	E	E	D	F	O	W	I	W
T	E	S	A	A	M	F	M	R	E	P	N	E	H	W	K	S	N	W	M
V	N	R	S	T	N	M	B	H	L	D	F	I	E	G	O	U	B	S	C
K	D	I	H	K	I	F	D	Y	C	E	S	R	K	R	U	R	L	E	M
V	D	V	K	W	A	N	A	W	O	N	D	A	I	I	C	E	K	H	W
E	S	S	S	P	I	K	T	R	A	V	E	L	N	A	B	S	C	S	A
S	W	H	U	S	L	L	L	C	A	K	B	P	B	D	F	R	N	V	V
C	K	N	W	N	M	B	O	A	R	D	W	A	L	K	Y	P	A	U	E
U	F	U	U	R	L	W	I	T	S	A	O	C	A	U	B	S	P	E	S
B	F	Y	W	T	W	I	T	D	P	T	W	A	L	L	E	R	B	M	U
A	V	Y	V	I	I	E	G	I	C	D	F	E	K	P	F	N	U	A	I
S	E	B	E	A	C	H	L	H	T	P	W	F	T	P	M	R	G	S	L
C	R	A	S	K	U	W	P	T	T	H	C	Y	I	W	T	W	M	D	Y

WORDS

BARBECUE	FAIR	SNORKEL	VACATION
BEACH	FIREWORKS	SUNLIGHT	WARMTH
BIKINI	FROLIC	SUNSCREEN	WAVES
BOARDWALK	PADDLEBOARD	SWIMMING	
BOAT	SANDY	SWIMSUIT	
COAST	SCUBA	TRAVEL	
DIVE	SEASIDE	UMBRELLA	

See answers on page 10B



WHAT'S HAPPENING!

A PROGRAM OF **PAVE**
FOLLOW US: [Twitter] [Facebook]

Free 2 Day STOMP Workshop Fort Bliss, TX

WHEN: July 18 & 19, 2019

TIME: 8:30 a.m.- 3:30 p.m. both days*

***RSVP by day or topic of interest**

WHERE: Army Community Service (ACS)
2494 Ricker Road
Fort Bliss, TX 79916

Why Attend A STOMP Workshop?

- ✓ Learn your educational rights as a parent of a child with a disability
- ✓ Financial planning for your child: Special Needs Trusts and Supplemental Security Income
- ✓ TRICARE, ECHO, & ABA: What services can you receive from your benefits?
- ✓ Network with parents and professionals while learning about local and community resources

Attend for just the topics of interest, or part or all day – it's up to you!

Register online:
<https://stomp-bliss.eventbrite.com>

All STOMP Instructors are military affiliated with family members in the EFMP!

The STOMP workshop can include interactive breakouts on:

- IFSP/IEP (bring a copy of your child's IEP and learn how they can best be supported)
- Transition
- Student Led IEP
- Conflict Resolution

Scan the QR code below with your smartphone or tablet to access the agenda



For more information contact:
EFMP:
915-568-8210

ABOUT PAVE

PAVE provides support, training, information and resources to empower and give voice to individuals, youth and families impacted by disabilities. To learn more visit us online at wapave.org.



<p>2018 DODGE GRAND CARAVAN SXT STK# A15929</p>  <p>\$17,995 VACATION SPECIAL</p>	<p>2019 MINI COOPER S CONVERTIBLE, STK # A15921</p>  <p>\$21,995 SUMMER FUN</p>	<p>2019 JEEP COMPASS LTD STK# A15837</p>  <p>\$22,995 BLUE BEAUTY</p>	<p>2018 RAM PROMASTER 2500, STK# A15882</p>  <p>\$22,995 WHY BUY NEW</p>
<p>2019 DODGE CHALLENGER SXT, STK# A15943</p>  <p>\$25,995 WON'T LAST LONG</p>	<p>2019 TOYOTA TUNDRA CREWMAX, 4X4</p>  <p>\$36,995 FOUR TO CHOOSE FROM</p>		<p>2018 DODGE CHARGER RT</p>  <p>\$25,995 TWO TO CHOOSE FROM</p>
<p>2018 FORD EDGE TITANIUM, STK# A15958</p>  <p>\$25,995 WHY BUY NEW</p>			<p>2018 NISSAN FRONTIER PRO-4, 4X4, STK# A15941</p>  <p>\$26,995 4X4 FUN</p>
<p>2017 CHRYSLER 300S STK# A15901</p>  <p>\$26,995 NOT A MISTAKE</p>	<p>2018 INFINITI Q70 LUXURY, STK# A15893</p>  <p>\$27,995 EXECUTIVE CONDITION</p>	<p>2019 BMW X3 3.0I XDRIVE, STK# A15928</p>  <p>\$36,995 A DREAM SUV</p>	<p>2017 PORSCHE BOXSTER CONVERTIBLE, STK# A15947</p>  <p>\$50,995 SAVE THOUSANDS</p>

A15933	2017 NISSAN VERSA S	\$8,995	26365A	2012 NISSAN FRONTIER SV CREWCAB	\$14,995
26112A				FIVE TO CHOOSE FROM	
2015 NISSAN SENTRA SV	\$9,995			2017 NISSAN SENTRA SV	\$14,995
26179A			26289A		
2008 MAZDA MX-5 MIATA	\$9,995		2015 JEEP RENEGADE LATITUDE	\$14,995	
25968A			A16085		
2014 JEEP PATRIOT	\$10,995		2016 FIAT 500L TREKKING	\$15,995	
A15935			A15581A		
2017 MITSUBISHI MIRAGE ES	\$10,995		2016 JEEP COMPASS SPORT	\$15,995	
A15802A			A15568		
2016 NISSAN SENTRA SV	\$11,995		2015 NISSAN ALTIMA SV	\$15,995	
A15783			A15738		
2017 NISSAN VERSA SV	\$11,995		2019 TOYOTA COROLLA LE	\$15,995	
A15902A			A15778B		
2015 JEEP PATRIOT	\$11,995		2014 CHRYSLER 300	\$15,995	
26164B			A15624		
2011 FORD EDGE SEL	\$11,995		2017 NISSAN ALTIMA SV	\$16,995	
A15802A			A15608		
2016 NISSAN SENTRA SV	\$11,995		2017 JEEP CHEROKEE SPORT	\$16,995	
2015 CHRYSLER 200 LTD	\$12,995		A15654		
A16002A			2017 CHEVY MALIBU LT	\$16,995	
2016 NISSAN ALTIMA S	\$12,995		A15601		
A16089			2017 FORD FUSION SE HYBRID	\$17,995	
2012 CHEVY MALIBU LT	\$12,995		A15565		
26275A			2017 DODGE JOURNEY SE	\$17,995	
2013 CHEVY CAMARO LS	\$12,995		A15386A		
25923C			2018 FORD FUSION SE	\$18,995	
2014 CHEVY MALIBU 2LT	\$12,995		A15598		
26013A			2018 TOYOTA COROLLA SE	\$18,995	
2015 CHRYSLER T&C	\$12,995		A15735		
26260A			2019 JEEP CHEROKEE LATITUDE	\$19,995	
2016 HYUNDAI SONATA SPORT	\$13,995		26085A		
A15570			2015 JEEP WRANGLER SPORT UNLIMITED	\$21,995	
2017 CHEVY CRUZE LT	\$13,995		26034A		
26069A			2015 JEEP GRAND CHEROKEE	\$22,995	
2013 HYUNDAI SANTA FE	\$13,995		A15723		
26260A			2017 SUBARU OUTBACK	\$24,995	
A15844A			A15791		
2015 HONDA CIVIC SE	\$13,995		2019 FORD MUSTANG CONVERTIBLE	\$26,995	
25957A			A15901		
2015 JEEP CHEROKEE SPORT	\$14,995		2019 CHRYSLER 300S	\$26,995	
			A15429		
			2017 RAM 1500 LONESTAR	\$27,995	

<p>2018 NISSAN VERSA SV</p>  <p>\$12,995 FIVE TO CHOOSE FROM</p>	<p>2017 LAND ROVER RANGE ROVER, STK# 26252A</p>  <p>\$57,995 PURE LUXURY</p>	<p>2018 BMW X2 XDRIVE 28i</p>  <p>\$29,995 TWO TO CHOOSE FROM</p>
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