




Sling shots
4-6 Inf. in South Korea ■ 3A

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Thursday, January 31, 2019

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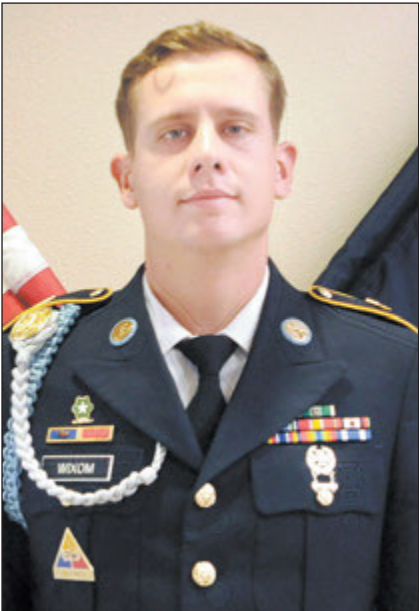
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>> SHAPING SECURITY

Sgt. Alon Humphrey / 3rd ABCT, 1st AD Public Affairs

Sgt. James Ballestrini, cannon crewmember with 4th Battalion, 1st Field Artillery Regiment, 3rd Armored Brigade Combat Team, 1st Armored Division positions himself in the prone position to qualify on M240/249 Montana Range in South Korea Friday. “We’re honored to have this opportunity and the Bulldog brigade will continue to serve to make this world freer and safer every day,” said Col. Marc Cloutier, the 3rd ABCT, 1st AD commander, Oct. 22, 2018. The Bulldog brigade is providing the 2nd Infantry Division/ROK-U.S. Combined Division with a fully trained unit in the ready phase of the force generation process during their time in South Korea. Soldiers from Bulldog brigade are also working with their ROK Army counterparts to help shape the Korean security environment and increase interoperability.



U.S. Army photos

Cpl. Cole Trevor Wixom, a native of Bloomington, Mich., served as an infantry Soldier. He joined the U.S. Army in August 2016 and arrived at Fort Bliss in December 2016.



Pfc. Jamie R. Riley, a native of Fair Haven, N.J. served as a cavalry scout. He joined the U.S. Army in January 2018.

Beaumont breakthrough

WBAMC makes medical mark with ‘game changer’ CBD procedure

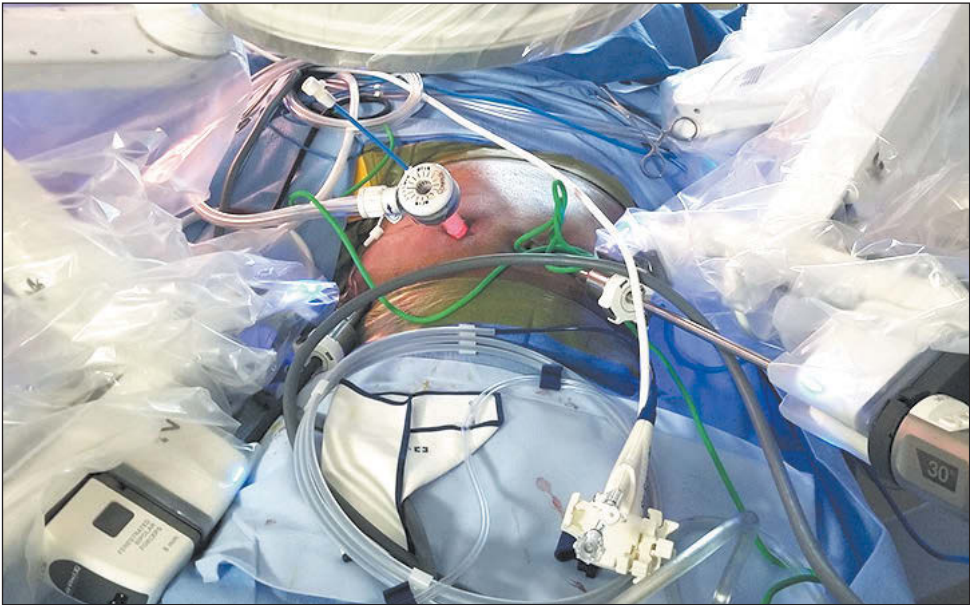
By Marcy Sanchez | WBAMC Public Affairs

A first-of-its-kind procedure at William Beaumont Army Medical Center may make it possible for some patients to minimize operations when dealing with Common Bile Duct (CBD) exploration, thanks to an innovative surgical team employing a recently approved Food and Drug Administration device to CBD exploration.

The device, an advanced digital endoscope which allows for three-dimensional visualization, was paired with a robotic-assisted minimally invasive surgical system to conduct the procedure, a first in medicine, according to the device manufacturer. This eliminated the need for multiple surgeries for a patient who had previously undergone gastric bypass surgery.

During a regular checkup, 52-year-old Milton Johnson discovered his bilirubin test results were elevated, an indication of conditions such as jaundice, anemia or liver disease. After undergoing an ultrasound and an MRI, Johnson discovered his CBD was dilated and a polyp on his gallbladder which would need to be removed.

“(Johnson) had a gastric bypass several



U.S. Army photo

The first-ever Common Bile Duct exploration using a robotic-assisted minimally-invasive surgical system and a recently-approved Food and Drug Administration device for CBD exploration was recently performed at William Beaumont Army Medical Center. The procedure, the first of its kind according to the one-of-a-kind device manufacturer, will minimize surgical procedures and recovery time for patients undergoing a CBD exploration and similar procedures.

years ago, now presented with blockage of the CBD,” said Lt. Col. Eric Ahnfeldt, General Surgery Residency Program director and chief of Bariatric Surgery. “Usually that is evaluated with a scope (through) the stomach which

then enters the intestines. Because he had a gastric bypass, that route was not available.”

According to Ahnfeldt, a stricture (blockage) of the CBD, the small tube in the gastro-

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Two Fort Bliss Soldiers killed during training incident

By 1st Armored Division Public Affairs Office

Two Soldiers assigned to the Headquarters and Headquarters Company, 1st Battalion, 36th Infantry Regiment, 1st Stryker Brigade Combat Team, 1st Armored Division died Jan. 22, following a training incident at McGregor Range, N.M.

Cpl. Cole Trevor Wixom, 24, and Pfc. Jamie R. Riley, 21, died as a result of injuries sustained following a collision between two Stryker vehicles.

“It is with an incredibly heavy heart that we announce the unfortunate loss of two of our Ready First Soldiers and injuries to several others in a tragic event that occurred Tuesday evening,” said Col. Michael J. Trotter, commander of the 1st SBCT, 1st AD. “We honor them by remembering their selfless service to the U.S. Army and the nation. Our sincere condolences go to the families of Cpl. Wixom, Pfc. Riley and their Ready First teammates.”

Wixom, a native of Bloomington, Michigan, served as an infantry Soldier. He joined the U.S. Army in August 2016 and arrived at Fort Bliss in December 2016. He deployed to Afghanistan from January through September 2017. His awards and decorations include the Army

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FORT BLISS

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‘Renaissance’ budget to boost modernization says Army Secretary

By **Devon L. Suits** | U.S. Army

WASHINGTON – In anticipation of a future “high-intensity conflict” against a strategic competitor like Russia or China, the Army plans “big changes” in its fiscal year 2020 budget, said Secretary of the Army Dr. Mark T. Esper.

In the coming months, Esper said he will outline how the Army will consolidate and eliminate some legacy programs, reinvesting more than \$25 billion toward modernization over the next five years.

“A renaissance is underway in the United States Army,” Esper said, adding change “requires bold, decisive action if we’re going to be victorious in 2028 and beyond.”

He said the National Defense Strategy is affecting everything the Army is doing – from manning and training, to equipping and organizing the force.

The secretary shared his thoughts on the Army’s budget and other changes during a media roundtable in the Pentagon Jan. 24.

Full budget review

The Army recently completed a comprehensive review of its entire budget, planning to conduct similar reviews in the future. Notably, the Army reviewed more than 500 “equipping programs” and plans to make some fundamental changes, according to Esper.

“We found things that we were probably buying more than we needed. We were probably buying upgrades that we didn’t necessarily need,” the secretary said.

Moving forward, a bulk of the proposed re-investment will support the Army’s six modernization priorities under the purview of Army Futures Command, Esper said. The reinvested money will be “back loaded” over the next five years to support future acquisition efforts.

Additionally, the proposed request is “not just funding equipment upgrades; it’s also fund-

ing extended basic training. It is funding the Army Combat Fitness Test ... [and] the standup of the irregular warfare office,” Esper added.

However, requesting or changing appropriations from Congress can, at times, be difficult, he said. Especially when it means cutting back or eliminating legacy systems.

“Many of the programs that we had to either cancel or reduce had merit, but I have to get to the next-generation combat vehicle. I have to build long-range precision fires – and something has to give,” Esper said. “We can take that approach where I can go ask Congress for [an additional] \$4 to 5 billion a year. I don’t think I’m going to get that.”

The Army’s six modernization priorities haven’t changed in 18 months and won’t change in the foreseeable future, Esper emphasized. Additionally, changes to legacy systems will create “billions of dollars a year in opportunity,” for companies willing to support.

“We’re trying to give industry clear indication of where we’re going,” Esper said. “I’ve spoken to industry, and I’ve been very clear to them: ‘We are leaving legacy behind. Don’t fight the past. Go with us into the future,’” Esper said.

Budget change to improve basic training

In line with the changes to the budget, the Army is moving forward with changes to infantry one-station unit training, officially extending the course from 14 to 22 weeks, Esper announced.

Infantry Soldiers that participated in the pilot back in November 2018 showed improved physical fitness scores when compared to the traditional program. Moreover, attrition rates were cut in half, while the trainees “overall technical performance” improved, Esper said.

This fall, the Army is slated to pilot an extended OSUT program for armor and cavalry



Staff Sgt. Nicole Mejia / U.S. Army

Secretary of the Army Dr. Mark T. Esper visits Picatinny Arsenal, N.J., to view the Armament Research, Development, and Engineering Center's Soldier lethality and modernization efforts Oct. 25, 2018.

units, leveraging upon the success seen during the extended infantry training.

If the new pilot program is successful, it could be implemented Army-wide and could spur changes to basic training for other branches, he added.

Talent management reform

In addition to readiness and modernization, Esper intends to make the Army’s talent management a top priority in 2019.

Not long ago, Esper engaged with the Army’s talent management task force to express his views on the program. The task force was created to support the Army’s ability to man, train, employ, and retain high-quality personnel.

“We need to tell the force what we expect,” Esper said. “My view is we’re going to move away from an ‘up or out.’ My shorthand ... is

‘perform or out.’

After meeting with the task force, the secretary requested several program deliverables slated for released in the coming months. One of those deliverables is the implementation of the Integrated Personnel and Pay System-Army or IPPS-A. Currently, the Pennsylvania National Guard is testing the new system.

“The system design vision is going to be a market-based system, where talent is managed at echelon. And, in my view, it will centrally manage the top [and bottom] 10 to 15 percent,” Esper said. “We need to make that the standard throughout the Army and create the marketplace.”

FROM THE CHIEF

Illegally-parked recreational vehicles

By **Chief Mike Barnes** | Fort Bliss Police PSD/DES

As we enter the New Year it is time to remove some of the “ornaments” that have gathered over our installation during the past year. The ornaments that I am referring to are the numerous trailers, campers, ATVs, etc., that have cluttered our installation.

I am asking that if you have a recreation vehicle, watercraft, ATV, or utility trailer to please place it in an authorized storage location prior to March 1. It is the Garrison’s policy not to have these type of vehicles stored on the installation. The policy states, ‘A vehicle (recreational vehicle, watercraft, ATV or utility trailer) is considered to be parked in an unauthorized manner and able to be impounded under the following conditions...

- The vehicle is parked or operated in such a manner as to cause interference with daily operations on the installation.

This includes the long term storage of cars, trailers, boats, ATVs and RVs in areas that are not specifically designated for long-term storage.

As we prepare to remove these vehicles that are in violation of the policy, it is possible that they could be legally towed, auctioned and sold to another owner. The Provost Marshal’s Office has partnered with the Directorate, Morale, Welfare, and Recreation to support this requirement.

Bliss FMWR has recently opened another storage facility at 5815 Abernethy Road that provides long-term storage of automobiles and recreation vehicles for \$30 a month.

Further information can be ascertained through the FMWR Auto Craft Center at 568-7280 or www.bliss.army.mil. The Auto Craft Center is located at 820 Marshall Road on West Fort Bliss.

A copy of the police letter can be picked up at the Military Police desk. Please feel free to contact me if there are any questions regarding the removal of vehicles at 744-9363.

BEAUMONT *Continued from Page 1A*

intestinal tract connecting the liver, gallbladder and pancreas to the small intestine, could possibly signify cancer or choledocholithiasis, a condition where gallstones obstruct the CBD.

Normally, CBD exploration is performed by a gastroenterologist trained in a procedure known as endoscopic retrograde cholangiopancreatography (ERCP), which routes an endoscope through the digestive tract leading to the CBD. Johnson’s gastric bypass made normal ERCP procedures difficult due to the restructured anatomy.

While other options exist for patients seeking CBD exploration with a gastric bypass, a multidisciplinary team of specially-trained physicians would be required to complete such an operation. Due to limited resources, WBAMC surgeons opted to use the device, already designed to explore the CBD, along with the robotic-assisted minimally invasive surgical system, to gain access to Johnson’s CBD, without having to coordinate efforts with the multiple specialists traditionally required.

“You can do (ERCP), with patients who have had gastric bypass by doing a laparoscopy-assisted surgery, (but we had) a dilemma. (WBAMC) has no ERCP-trained physicians, but we do have (laparoscopy) physicians,” said Ahnfeldt. “To perform the procedure you need very stable hands, there are a lot of structures we are dealing with which can cause a lot of damage. So we elected to use robotic-assisted technology, a very stable platform.”

In one operation, the surgical team paired the advanced digital endoscope with the robotic surgical system, along with a fluorescent dye specially designed for use with the robotic surgical system, to perform the

exploration while removing Johnson’s gallbladder.

“We made four small incisions to take out the gallbladder, identify any areas of concern, and make a small incision on the cystic duct to pass the (advanced digital device) into the common bile duct,” said Ahnfeldt, who led the pioneering procedure.

The device, with a diameter slightly larger than three millimeters, made it possible to travel to the CBD and visualize the stricture in three dimensions, something not possible through traditional procedures which may only produce two-dimensional imagery. Furthermore, the one-time use device minimizes the risk of infection due to poorly sterilized tools, improving patient safety during the procedure.

“This is a real game changer for general surgeons across the country,” said Ahnfeldt. “For general surgeons to be able to rely on this technology is really going to change how the algorithm works for patients with choledocholithiasis.”

For Johnson, a retired Army first sergeant who now teaches in El Paso, a biopsy taken through the innovative procedure proved the stricture was benign. Using the same device, surgeons were able to deploy a balloon catheter in the CBD to reopen the CBD.

“(The procedure) simplified the healing process for me and was one shot,” said Johnson. “Now I’m back to work and that’s huge for me.”

“The application of this will extend beyond just this particular operation which was a benign stricture of the common bile duct, to patients that come in with stones in their CBD that need gallbladder removed,” said Ahnfeldt. “(WBAMC) is no longer reliant on (an ERCP-trained) gastroenterologist. Just within the surgical department we can manage this whole entire process.

“It’s better for the patient because they only get one anesthetic, surgeons themselves are able to take care of the problem right then and there, and it gives you more information through visualization,” added Ahnfeldt.

Johnson credits the surgical team with keeping him informed and at ease about the new procedure throughout the process, while also relieving the stress on his family through open communication.

“The medical team here went the extra mile,” said Johnson. “It’s a great team here, the bariatric team has been wonderful, all of them.”

“It was exciting to use that technology to help one of our beneficiaries,” said Ahnfeldt. “To be able to be the first ever to perform that procedure with a robot really speaks to the quality of care at WBAMC and the quality of care we provide our beneficiaries. I was honored to be a part of that.”

INCIDENT *Continued from Page 1A*

Commendation Medal with C device, Joint Service Achievement Medal, National Defense Service Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Medal, Army Service Ribbon, NATO Medal and the German Armed Forces Badge for Military Proficiency.

Riley, a native of Fair Haven, New Jersey, served as a cavalry scout. He joined the U.S. Army in January 2018 and arrived at Fort Bliss in June 2018. His awards and decorations include the National Defense Service Medal, Global War on Terrorism Service Medal, Army Service Ribbon and Air Assault badge.

Seven Soldiers were also injured as a result of this incident. The cause of this incident is currently under investigation.

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UNIT NEWS

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



Fight and win
SFAB using lessons learned at JRTC ■ 8A

Unit Briefs

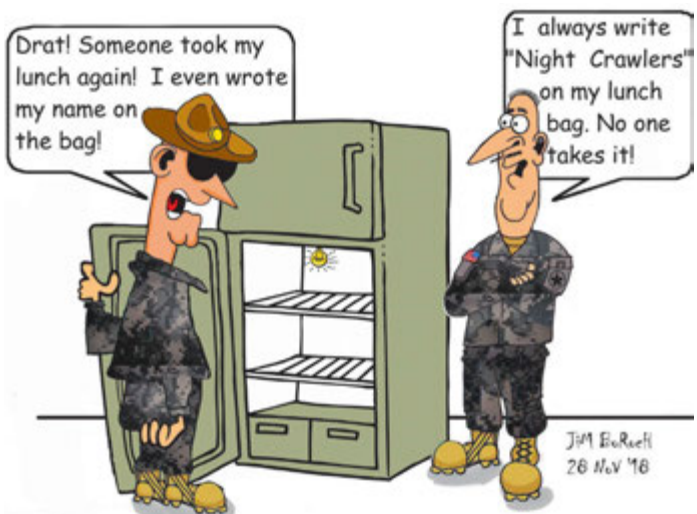
Tax Center open: The Fort Bliss Tax Center is open Monday through Friday 9 a.m.-7 p.m. and Saturdays and training holidays from 10 a.m. to 3 p.m. 2910 Cassidy Road. 568-1040

Center Chapel 1 closed, services moved: Due to necessary construction/repair, the Traditional worship service at Center Chapel 1 (no change in time) is now being held at neighboring Sage Hall until May 1. 568-1519

Fort Bliss traffic advisory: The intersection of Torch Street and Rifleman Tank Trail will be under construction until Feb. 2 to replace concrete. The intersection will remain open. Traffic will be reduced one lane each direction. The lanes will shift after the completion of each side. For official information, contact USACE at 568-9713.

Date night: CYS provides once-a-month Saturday child care at Milam CDC. February's day will be this Saturday 1-11 p.m. Reservations needed. 744-7879

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



Sgt. Jacob Rudd, a Soldier from the 123rd Brigade Support Battalion, 3rd Brigade Combat Team, 1st Armored Division, attaches a nylon rope to a CH-47 Chinook helicopter during sling load operations training Jan. 7 at Camp Humphreys, South Korea.

Sling shots

4-6 Inf., 123rd BSB sling load into action in South Korea

By Pfc. Edwin Petzke | 20th Public Affairs Detachment

CAMP HUMPHREYS, REPUBLIC OF KOREA — Soldiers assigned to the 4th Battalion, 6th Infantry Regiment, 3rd Armored Brigade Combat Team, 1st Armored Division, and the 123rd Brigade Support Battalion, 3rd ABCT, 1st AD, conducted a combined training event where 4-6 INF Soldiers began an Air Assault mission and troops from the 123rd BSB performed sling load operations Jan. 7, on Camp Humphreys, South Korea.

Soldiers from the 123rd BSB sling loaded an armored High Mobility Multipurpose Wheeled Vehicle and three connexes during their sling load operations. The importance



A CH-47 Chinook helicopter prepares to lift an armored High Mobility Multipurpose Wheeled Vehicle after Soldiers from the 123rd Brigade Support Battalion, 3rd Brigade Combat Team, 1st Armored Division, completed hookup procedures Jan. 7 at Camp Humphreys, South Korea.

of sling load operations is to resupply units in a more-efficient manner, rather than utilizing ground units, said Staff Sgt. Deshawn Tisdale, the Brigade Aviation Element non-commissioned officer in charge for 3rd ABCT.

Before the mission began, 1st Lt. Brett Harris, platoon leader, Transportation, Fuel and Water, 123rd BSB, 3rd ABCT, checked the equipment and vehicles for safety compliance. Once the Chinooks came into sight, the Soldiers moved tactically into position and stood by, ready to execute the mission.

The 123rd BSB troops positioned nylon ropes on the equipment in advance of the CH-47 Chinook helicopters' arriving. Two

pieces of equipment were sling loaded at a time to maximize time and efficiency. This allowed the Soldiers to safely and efficiently achieve mission success.

Four Chinooks were used during the sling load operations. They hovered over the vehicles and equipment while a group of five Soldiers attached nylon ropes to the front and back of the helicopter.

After achieving a secure hook up with the nylon ropes, the Soldiers would tactically move to the next piece of equipment to be loaded, and repeated the process. Training with both equipment and vehicles allowed Soldiers to hone their skills necessary for

any mission ahead.

Once the Chinooks finished sling loading, they flew off to next landing zone where the equipment and vehicles were unloaded.

The combined training that happened between the 4-6 Inf. and the 123rd BSB created better unit cohesion that will help achieve mission success for future training exercises.

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123rd BSB Soldier remembers family at Seoul re-enlistment

By Sgt. Alon Humphrey | 3rd ABCT, 1st AD Public Affairs

CAMP HUMPHREYS, Republic of Korea — The 123rd Brigade Support Battalion, 3rd Armored Brigade Combat Team, 1st Armored Division (Rotational), paid homage to a fellow Soldier who raised his right hand to continue serving the nation. Sgt. Steven Kwun, combat medic specialist, Company C., 123rd BSB, 3rd ABCT, 1st AD re-enlisted for an additional term of service, Dec. 21, 2018.

Traditionally, service members have the option to choose their re-enlistment location. Kwun's humble request was to reenlist in front of the War Memorial of Korea in Seoul.

"It was a memorable moment for Kwun," said Master Sgt. Nicholas Thompson, senior career counselor, 3rd ABCT, 1st AD. "He was able to extend his service and share his commitment to our nation with his team."

Kwun's only personnel request during the re-enlistment process was that he wants to be stationed with his loved ones for his next as-

signment.

"My family stayed in Fort Carson (Colorado) when I left my previous duty station," said Kwun. "I would like to go back."

The Colorado Springs native spoke with his career counselor in hopes that he could secure a position in his hometown. In an effort to honor Soldiers' requests, the Army allows the Army Retention Management Branch to place well-performing Soldiers at locations of their choosing when possible.

To Kwun's good fortune, his career counselor was able to align his request with Army need. He will return to Fort Carson to rejoin his wife, who is expecting their first child in the coming year.

"Without question, service in the Armed Forces is a sacrifice. [Army family members] are asked to join the ranks and offer their commitment," said Thompson. "They are challenged ... trained, and in the end ... Soldiers."



>> ENGAGED TARGETS

1st Stryker Brigade Combat Team Public Affairs / U.S. Army

Sgt. 1st Class Robert Shoup, an instructor assigned to the Army Marksmanship Unit at Fort Benning, Ga., closely watches as 1st Stryker Brigade Combat Team, 1st Armored Division Soldiers engage targets using the Squad Designated Marksman Rifle (SDM-R), Jan. 25. The SDM-R is a new weapon still in the testing phase of development. Shoup will use the data he collects from 1st SBCT infantry Soldiers to make future improvements on the SDM-R weapon and the ammunition used for the rifle.



>> GALLIVAN'S SERVICE

Photos by Sgt. 1st Class Gregory Sanders / 1st AD Public Affairs
Brig. Gen. James Gallivan, the 1st Armored Division deputy commanding general for Operations, provides remarks during a retreat ceremony Jan 24, at the 1st Armored Division headquarters on East Fort Bliss. Iron Soldiers held the ceremony to mark the formal end of the duty day and commemorate Gallivan's service to the division as the general prepares for his next assignment.



The 1st AD color guard stands ready prior to the start of a retreat ceremony Jan. 24 at 1st AD headquarters on East Fort Bliss. The ceremony marked the departure of Brig. Gen. James Gallivan, the outgoing deputy commanding general for Operations for the 1st AD.

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Wyoming NG ‘Cowboy Dustoff’ troops don 1st AD patch, join TF Iron Dragons for deployment

By Sgt. 1st Class James McGuire | Wyoming National Guard

Wyoming Army National Guard aviators, from the state’s most deployed unit, have always mobilized with the nickname “Cowboy Dustoff,” but those days have come to a temporary end following a patch ceremony at Fort Bliss, Texas, where the soldiers gave up their horse and rider patch for a 1st Armored Division patch Jan. 15.

Along with Army National Guard aviators from Mississippi, New York and New Jersey, the Wyoming guard Soldiers from Company G, 2nd Battalion, 211th Aviation Regiment will spend approximately one year as members of Task Force Iron Dragons.

It was the second name change for the Wyoming guard Soldiers since arriving at Fort Bliss for pre-mobilization training earlier this month. While at Bliss, they fell under the New York Army National Guard command initially, and for a short time were members of Company C, 1st battalion, 171st Aviation Regiment.

Change has been the name of the game for “Cowboy Dustoff” flyers while in the Lone Star State, and while training hard to expand their skills for the deployment, it’s been different working within new crews.

Staff Sgt. Daniel Zabriskie, a flight operations noncommissioned officer, said he’s impressed with how troops from the four states are coming together.

“Everything is by regulation, but everyone has their own twists,” Zabriskie explained.

“It’s really cool seeing everyone working together on phraseology and creating a standard.”

“There is some difference in how guys talk in the back of the aircraft,” said Sgt. Gabriel Rivera, a flight instructor. “The accents are really different. We’ve got one guy from Mississippi and one guy from New Jersey, so it will take a little time and training together.”

After training together, the Wyoming-based Soldiers said seeing their home state teammates scattered across the task force will provide for more challenges.

“We brought 29 studs down here, and it’s not easy to let them go, and say ‘See you in nine months,’” said platoon leader 1st Lt. Logan Koerwitz of his team. “I know they will all do really well with their new platoons, but I can’t say it doesn’t suck. There is a lot to learn. We’ve got active duty regulations and local regs and SOPs we have to know. It’s a lot to digest.”

Chief Warrant Officer 2 Paul Buettner, a Wyoming National Guard Black Hawk pilot, said despite the new challenges, flying conditions in the Borderland have been ideal.

“The flying here is fantastic,” he said. “It’s a very large training area with all kinds of terrain and deep dust. It’s very challenging.”

On the ground, Sgt. Andrea Geringer is in charge of a maintenance platoon, and said she’s very proud of the job her Soldiers are doing and have done prior to arriving in Texas.



Sgt. 1st Class James McGuire / Wyoming National Guard
Sgt. 1st Class Andy Monnin, crew chief and platoon leader, receives Old Ironsides patches for his Soldiers, who now part of Task Force Iron Dragons at a patch ceremony Jan. 15. Wyoming Army National Guard UH-60 Black Hawk crews are conducting pre-mobilization training at Fort Bliss, Texas, before deploying to Afghanistan to serve with 1st AD Combat Aviation Brigade Soldiers and others for Operation Freedom’s Sentinel duty.

“They have been doing a great job, and working well with the other states,” Geringer said.

Lt. Col. Dan Artino, the Task Force Iron Dragons commander, addressed the 250 Army Soldiers and aviators assembled in a 1st AD Combat Aviation Brigade maintenance hangar for the patch ceremony on East Fort Bliss.

“You are joining a task force of talent hailing from all 50 states and four territories,” the

commander said. “The Soldiers to your left and your right represent the very best this nation has to offer. And while our diversity is our strength, there is common thread between each of us. Look to your left and right. These are your brothers and sisters—your family. Take care of each other and protect the team.”

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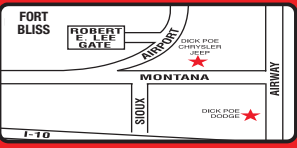
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Photos by Spc. Andrew McNeil / U.S. Army
U.S. advisors from the 2nd Security Force Assistance Brigade based out of Fort Bragg, N.C., gather as they prepare to be briefed on vehicle movement and evacuation procedures at the Joint Readiness Training Center at Fort Polk, La., Jan. 17. “They came here ready to go,” said Capt. Nathan Rogowski, the assistant operations officer for the JRTC Operations Group Plans/ Exercise Maneuver Team, of the 2nd SFAB. “They take it very seriously and understand the difficulty of the mission set they’re facing in theater so this is one of the final chances to highlight and fix any friction points they have before they get there.”

Afghanistan-bound 2nd SFAB using lessons learned at JRTC

By Staff Sgt. Jessica Nassirian | 22nd MPAD

FORT POLK, La. – As the Soldiers, known as advisors, from the 2nd Security Force Assistance Brigade plan, prepare and execute their mission set under evaluation at the Joint Readiness Training Center (JRTC), one thing is very clear – this unit is ready to fight and win.

“Readiness is #1 and there is no other #1,” Chief of Staff of the Army Gen. Mark A. Milley wrote in his Initial Message to the Army.

Readiness is the core focus of the JRTC and the foundation for the mission of the 2nd SFAB, which is conducting a rotation at the JRTC to be evaluated in preparation for an upcoming deployment.

“We took input from the 1st SFAB to craft this scenario to reflect the real-world challenges [1st SFAB] faced during deployment,” said Capt. Nathan Rogowski, the assistant operations officer for the JRTC Operations Group Plans/ Exercise Maneuver Team. “We adjust the training to make sure this specific type of unit is ready to go and that we can give them the best training possible while they’re here.”

Unlike a conventional unit, being ready as an SFAB doesn’t just mean being equipped and organized internally, it means transferring those skills to ensure that allied and partner nations are also prepared to fight and win.

Training and advising allied and partner nations requires technical expertise, cultural competence and flexibility to adjust to multiple training environment variables. For the



U.S. advisors from the 2nd Security Force Assistance Brigade, based out of Fort Bragg, N.C., conduct advising training at Fort Polk, La., Jan. 19. The 2nd SFAB is conducting pre-deployment training at the Joint Readiness Training Center as they prepare to deploy to Afghanistan in the spring to provide training and advising assistance to Afghan National Security Forces.

“When I look at where we were just a week ago to where we’ve come now, I’m confident that we could go forward and be successful.”

>> Lt. Col. Chad Roehrman

advisors of the 2nd SFAB this is nothing new – it was why they were selected to be in the unit in the first place.

“When a Soldier volunteers for the SFAB they go through a selection process where their readiness and skills are tested, so if they’re not ready they won’t be selected,” said Maj. Justin Patton, troop commander of 1st Squadron, 2nd SFAB. “Readiness is a continuous process...it’s the contributions of each member that make us ready.”

Used to being tested and continuously challenged, the subject matter experts that compose the 2nd SFAB are facing the challenges thrown at them at JRTC head-on.

“They came here ready to go,” said Rogowski. “They take it very seriously and understand the difficulty of the mission set they’re facing in theater so this is one of the final chances to highlight and fix any friction points they have before they get there.”

“When I look at where we were just a week ago to where we’ve come now, I’m confident that we could go forward and be successful,” said Lt. Col. Chad Roehrman, squadron commander for 3rd Squadron, 2nd SFAB. “We’re definitely excited for the second half of our rotation here [at JRTC] to see how much further we can go to make sure we’re better prepared for our deployment.”

From performing weapons drills to conducting initial assessments of a counterpart’s training needs, 2nd SFAB advisors live out readiness and expertise in everything that they do.

“You have to be ready for any task handed to you. Failure to do that can be catastrophic on many levels, so that’s why we train to try to be ready for anything that’s thrown our way,” said Sgt. Robert White, an operations advisor assigned to 3rd Team, 3rd Squadron, 2nd SFAB. “I absolutely, one hundred percent think we’re ready to fight and win.”

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Soldier on: Army Reserve Soldier faces rehab with resolve after spinal cord injury

By Maj. Thomas Piernicky | 4th Sust. Cmd. (Expeditionary)

Wearing shorts and a tank top, a lone figure is putting herself through a punishing workout routine during a lunch break at the Colorado Springs Army Reserve center on a Thursday afternoon. She rotates between a variety of exercises all designed to strengthen her core muscles. The exercises challenge her to push through pain and tense muscles to maintain her fitness.

This is 1st Lt. Gennifer Thompson, a military intelligence officer and Army Reserve Soldier with the 90th Sustainment Brigade based in Little Rock, Arkansas. Thompson is getting in a quick workout while on temporary duty to attend suicide prevention training. Two years ago, Thompson would not have been able to do these exercises after suffering a debilitating spinal injury during an ROTC ruck march.

Despite the crippling injury, Thompson has demonstrated mental and physical resilience while working hard to recovery from a spinal disc replacement surgery. To understand how bad her situation was, you must go back to October 2014 where it all started.

“I was on a Ranger Challenge team through ROTC,” said Thompson. “The fall of my junior year, we were at the Ranger Challenge competition and there was some mess up with land nav and the ruck was extremely long.

“A lot of teams quit, but we finished,” said Thompson. “I remember bracing my hips for the last half of the ruck and when I finished, I just dropped my pack and laid on the ground. Tears just started falling. Something was definitely wrong.”

Thompson laid on the ground for a while and was soon released to go home by the ROTC leadership. Although she didn’t know it at the time, Thompson had ruptured the

disc in her spine between the L4-L5 vertebrae. Such injuries can be extremely painful and typical symptoms include sharp pain down the back and weakness in the legs. Before long, Thompson’s injury began to complicate everyday life.

“The injury took over my life,” said Thompson. “It was a long road to find out what was the matter and a long road to get help and a long road to recovery.”

Her injury complicated her military career by delaying training until her injury was fully addressed. Although she got her commission in 2015, she was unable to attend her Basic Officer Leadership Course for Military Intelligence until the fall of 2018.

To make matters worse, her ability to function during daily life was limited. She had to cut out roughly 75 percent of her gym routine as her condition deteriorated rapidly.

“I couldn’t even sit or travel in a vehicle,” said Thompson. “I remember travelling to drill, being in so much pain all weekend and travelling home and having to get out of the car and lay on the side of the highway multiple times before getting home. I would wake up screaming in the middle of the night if I twisted wrong and it would just scare everyone in my family.”

Another episode of crippling pain sent Thompson to the emergency room while she waited for the authorization for surgery to be performed. In May of 2017, Thompson was finally authorized to get the spinal replacement surgery and she and her mother drove from Georgia to San Antonio.

“The surgery was supposed to be four hours, it took a little over seven,” said Thompson. “I had done so much rehab and strengthening around my core and lower back to protect my spine that going thru muscle is very difficult and delicate so were



Maj. Thomas Piernicky / 4th Sustainment Command (Expeditionary)

First Lt. Gennifer Thompson, an Army Reserve soldier with the 90th Sustainment Brigade, 4th Sustainment Command (Expeditionary) does hanging leg lifts Jan. 17 at Colorado Springs, Colo. Challenging workouts have allowed Thompson to recovery from an injury sustained during ROTC training. First Lt. Thompson’s dedication to fitness and recovery demonstrates that America’s Army Reserve units are trained to deploy bringing capable, combat-ready, and lethal firepower in support of the Army and our joint partners anywhere in the world.

taking their time having to cut through so much muscle.”

Thompson’s command offered her a chance to be medically discharged but she declined. She was determined to make a recovery, even if the process would be slow. Common, every day activities were a personal challenge.

“I wasn’t allowed to do anything for 30 days,” said Thompson. “The first 30 days I had trouble putting on my shoes and my own clothes. I didn’t have the mobility to put my sock on and it was scary.”

After three months Thompson was allowed to start physical therapy consisting of isometric training. Thompson said her first session focused on planks and wall sits, which she found very hard to do. At four months post operation, Thompson started running. Her first mile took 14 minutes to complete and caused her resolve to falter.

“I definitely had some discouraging, eye-opening things, like that first run,” said Thompson. “That was almost 15 minutes for

a mile, and I was just like, I’m going to give up. I can’t come back from this.”

A year and a half later, Thompson has made a near full recovery.

“Now I feel like I am about 90 percent,” said Thompson. “The doctors say I’m good to go.”

Thompson’s typical workouts now include deadlifting over 200 pounds, squatting close to 200 pounds and working on regaining her speed.

“I can ruck, and I can do pretty much everything I want to do, but my mindset is different now,” said Thompson. “I’m a lot more careful of what I do. I make sure what I do is very balanced. I would like people to know that it is really important for you to take care of yourself and to advocate for your health. Rely on the family support systems that you have because when you come down to it, those are the most important things in life. Your family and life.”

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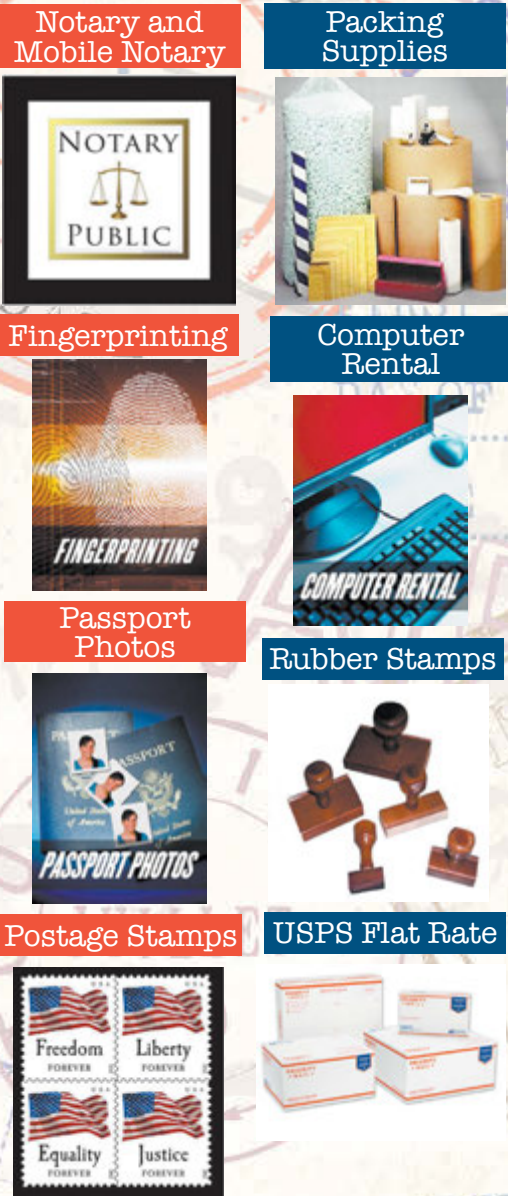
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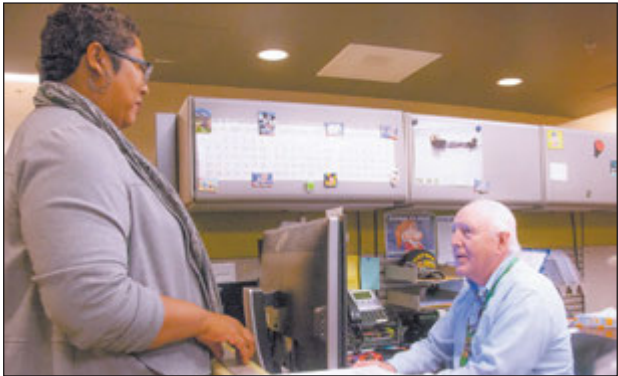
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Things to Do:

Family Fun Fridays at Art and Hobby shop: Are you ready to have some family fun? Join the Art & Hobby Shop for Family Fun Fridays, this Friday and Feb. 15 from 5:30-7:30 p.m. and decorate a ceramic piece, all while watching a family-friendly movie. You're welcome to bring your own snacks to enjoy. \$15 per person, discount for groups of 3+.

*Please be considerate of allergies. Open to DOD ID cardholders and their family members. Children must be accompanied by an adult. 568-5563

Date night: CYS provides once-a-month Saturday child care at Milam CDC. February's day will be this Saturday 1-11 p.m. Reservations needed. 744-7879

NFL championship watch party this Sunday: Enjoy the big game in the comfort of the Monti Warrior Zone Sunday. There will be free snacks, prizes and food and drink specials all night! 741-3000

Hiring Fair: Looking for a job? If so, make sure to stop by the hiring fair, Feb. 7 from 9 a.m. to 1 p.m. at the Centennial Banquet and Conference Center. Remember to dress to impress and bring plenty of resumes. The fair is open to DOD ID cardholders. 569-5838

EPCC Tejanos baseball season opener: The Tejanos of El Paso Community College open their home season against Pima Community College Friday and Saturday at the Valle Verde Campus Baseball Field, off Hunter. Games begin at 11 a.m. Free. 831-2275 or epcc.edu/athletics

Pat Garrett Western Heritage Festival: Explore the life, controversies, and legacy of Pat Garrett, the Wild West's most famous lawman, with live musical presentations, movie screenings, reenactments and more starting at 12 p.m. Saturday at the Rio Grande Theatre, 211 N. Main in Las Cruces, N.M. Free. (575) 523-6403 or RioGrandeTheatre.com for more details.

Sunset Yoga at EP Museum of History: Start off the new year with a relaxing yoga class. As the sun sets, why not unwind from your daily routine and take some time to find yourself. Within the Museum galleries, take some time to expand and evolve your mind and body. This is the perfect event for your family, bring your kids, parents and anyone who could use some yoga in their life. All skill levels are welcome. We love beginners. Free. Sign up at freetheyoga.com/elpaso.

String Art, Texas Love: Come check out the MakerSpace and make some String Art, Ya'll! We're showing Texas some love with our Texas-shaped plaques, Saturday from 10:30 a.m. to 12:30 p.m. \$5 will cover all supplies and instruction. Space is limited to 5 participants. Open to DoD ID card holders 18+. MakerSpace is located inside the Mickelsen Community Library. 568-6156

Donate your old military boots to SOS: Survivor Outreach Services is in need of 200 military boots. The organization will use the boots for a commemorative display at the Run for the Fallen in April. Take donations to SOS at 241 Sheridan Rd., West Fort Bliss. 568-5970

\$10 Tuesdays at the Art & Hobby Shop: Join the Art & Hobby Shop this Tuesday and every Tuesday in February and March from 6-7 p.m. for a cutting system class and learn how to use your Cricut or Silhouette Cutting Machine to their full advantage. Bring your own machine to practice with, or see what ours has to offer. \$10, includes instruction. Open to DOD ID card holders and family members 15+. 568-5563

Harry Potter Book Night: Are you ready to find out what "house" you will be sorted into? Join the Mickelsen Community Library for Harry Potter Book Night, Feb. 7 from 5:30 to 7:30 p.m. This year's theme will be "Hogwarts School of Witchcraft." Free. Open to DOD ID card holders of all ages. 568-6156

El Paso Pro-Musica Chamber Music Festival: The El Paso Pro-Musica Chamber Music Festival concludes this week. The rock cello ensemble "Break the Reality" will perform at 7:30 p.m. Friday at the Rio Grande Theatre in Las Cruces, N.M. and Saturday, at Fox Fine Arts Recital Hall at the University of Texas at El Paso. \$25; \$20 seniors, military; \$5 youth. 747-8163 or eppm.org

Auditions for Verdi Requiem: Do you love to sing? Audition to join the El Paso Choral Society on the Abraham Chavez Theatre stage for the Verdi Requiem March 23, with professional orchestra and soloists. Rehearsals are Mondays 7-9:30 p.m. 833-0263 or www.epchoralsociety.org



Photos by Sgt. LaShawna Custom / 32nd AAMDC

Gen. Clement S. Coward, Jr., the commanding general for 32nd Army Air and Missile Defense Command, and Command Sergeant Major Jerry E. Jacobitz, the 32nd AAMDC command sergeant major, at the Dr. Martin Luther King Jr. holiday observance Jan. 16 at the Centennial Banquet and Conference Center on East Fort Bliss.

32nd AAMDC CG lauds equality, character at Bliss MLK observance

By Capt. Clark Tucker | 32nd Army Air and Missile Defense Command

The 11th Air Defense Artillery "Imperial" Brigade hosted the annual 2019 Dr. Martin Luther King, Jr. holiday observance at the Fort Bliss Centennial Banquet and Conference Center, celebrating the legend of the American Civil Rights Movement, Jan. 16.

Men and women of all backgrounds celebrated in unison as the Imperial Voices Choir performed the national anthem, invocation, the reading of the Letter From Birmingham Jail, "Lift Every Voice," the benediction and the Army Song.

As a forbearer of justice and equality, King organized nonviolent protests and plights of civil disobedience, resulting in passage of both the 1964 Civil Rights Act and the 1965 Voting Rights Act. He also orchestrated systematic campaigns against poverty and international conflict. The legendary torch-carrier of the American Civil Rights Movement became the youngest person to receive the Nobel Peace Prize in history.

Brig Gen. Clement S. Coward, the 32nd Army Air and Missile Defense Command commanding general, delivered the keynote speech and said he hasn't lost sight on how the struggles and the successes of the movement have led to a better Army.

"At the 32nd AAMDC, we have the pictures of all the former commanding generals and command sergeants major on the wall in the front office," Coward said. "As I walked past it the other day, I took a moment to reflect on the experience and hard work these men and their Soldiers have given to our country. I also realized that I am the first commander of color to lead such a storied organization."

"Sharing some of Dr. King's and the Montgomery boycotters' struggles, my parents, along



The Imperial Voices Choir at the annual 2019 Dr. Martin Luther King, Jr. holiday observance at the Fort Bliss Centennial Banquet and Conference Center, celebrating the legend of the American Civil Rights Movement, Jan. 16.

with some joining us here today, and others in our communities lived through these turbulent times and can remember," he said. "The opportunities I've been fortunate to have, along with the support and interest others have taken in me along the way, were made possible by Rosa Parks and Dr. King's refusal to accept injustice."

Despite progress, Coward said King's lessons on equality, and the value of diversity remain invaluable to today's ranks.

"The Army strives to embody Dr. King's dream by defining diversity as the different attributes, experiences and backgrounds of our Soldiers, civilians and family members that further enhance our global capabilities and contribute to an adaptive and culturally-astute Army," Gen. Clement S. Coward, Jr., the commanding general for 32nd Army Air and Missile Defense Command, said. "His infamous 'dream' and more importantly his actions, are at the foundation of what it means to be an American. We must celebrate our diversity and channel all our skills, resources and talents into shaping our country for the generations to come."

importantly his actions, are at the foundation of what it means to be an American. We must celebrate our diversity and channel all our skills, resources and talents into shaping our country for the generations to come."



Service with a smile

New WBAMC program to encourage JOES patient survey, incentivize exceptional service

By Marcy Sanchez | WBAMC Public Affairs

For approximately ten years Douglas Preston and Sheri Small have greeted a multitude of patients around Fort Bliss, always welcoming and present to their concerns, which is why the duo of medical support assistants (MSA) were recognized recently for their continued service to patients with Beaumont Bucks, a monetary incentive, along with other MSAs from William Beaumont Army Medical Center.

The recognition comes in efforts to emphasize the value of superb customer service at WBAMC primary, specialty and ancillary clinics, through the WBAMC Commander's MSA Award, a program designed to commend those who promote a patient-friendly environment and improve the patient experience.

In messages to employees, WBAMC's Patient Experience Office encouraged MSAs to provide superior customer service to patients as the "face" of WBAMC and the first impression patients have of an area.

"We need to exceed our patients' expectations for every encounter...every day," read part of the message.

The commander's MSA Award depends on individuals receiving a score of 100 percent for questions 18 and 19 on the Joint

Outpatient Experience Survey (JOES), questions which rates patients' interactions with MSAs.

For Preston, who has been attached to the Soldier Family Care Clinic at Spc. Hugo V. Mendoza Care Center, at Fort Bliss, ensuring patients are happy with their visits comes down to good business ethics.

"We provide a service and they (patients) are our customers," said Preston, a native of San Joaquin Valley, California. "Every provider (at Family Care Clinic) has 1,100 patients. A couple of hundred of them you'll never see them, and a couple of hundred are here all the time."

Small attributes the recognition in part to their vigilant efforts to promote JOES, a survey that collects patients' feedback, with recent outpatient visits, experiences and care through random mailers.

"We always promote the JOES

survey, each and every patient we tell them about getting it in the mail. And, we just provide awesome customer service," added Small, also an MSA at WBAMC's Family Care Clinic. "I feel like we go above and beyond a lot of times."

Both Small and Preston attribute their performance to leaders who instilled good values and work ethics at their clinic.

"Sometimes people come in upset and you

"Sometimes people come in upset and you just have to realize that they are here for a reason, whether they are sick or need medication, and we should be just trying to help them."

>> Sheri Small



Marcy Sanchez / WBAMC Public Affairs

Douglas Preston, Medical Support Assistant, Family Care Clinic, Spc. Hugo V. Mendoza Soldier Family Care Center, Fort Bliss, Texas, discusses appointment information with a patient during a routine check up at the Family Care Clinic, Jan. 11. Recently, WBAMC introduced the Commander's MSA Award to recognize and incentivize excellent front desk customer service.

just have to realize that they are here for a reason, whether they are sick or need medication, and we should be just trying to help them," said Small, a native of New Britain, Connecticut. "The more you help people, the better perception they'll have of you, and the better they'll feel about the clinic, so just be kind."


Question 18 on the JOES questionnaire is monitored by the Office of the Surgeon General and the expectation is that at least 90 percent of patients rate their interactions as very good or excellent, out of five options rating from poor to excellent. For clinics that get 100 percent for question 18 during months the hospital receives an Integrated Resourcing & Incentive System (IRIS) incentive, which monetizes excellence in patient care, each MSA on the clinic's team will receive Beaumont Bucks.

While there are restrictions as to whom

may receive the incentive, employees must not be pending adverse action or subject of disciplinary actions, the award not only demonstrates individual performance but is a reflection of the clinical experience as a whole.

"Encouraging our patients to complete JOES will gain recognition for excellent service provided and highlight opportunities to improve," added the Patient Experience Office.

"Just treat people like you want to be treated, if you're kind to them, they'll be kind to you," said Small. "Patients who come in a lot, I tend to remember their names, so I greet them with names, and they like that, puts a smile on their face even if they are not feeling great."



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What is love?

By Chaplain (Capt.) Bryan Kimble | 1-37 AR battalion chaplain

As we close out the first month of the New Year of 2019, some people may have their minds set on resolutions. For those of us who have not yet given up on setting or achieving them, may I suggest we turn our hearts toward having a greater capacity to love?



Chaplain (Capt.) Bryan Kimble

But what is love? Is it the sappy, sugary feelings we see in Disney/Hallmark movies or that we listen to in popular music? Is it just a physical desire? Perhaps, we can turn to some of the different religious sources for a clearer definition of love.

In the Bible we read, “Greater love has no one than this: to lay down one’s life for one’s friends,” (John 15:13, NIV). This is the standard for “love” within the Christian faith - a sacrificial love for another person – for your “battle buddy,” so to speak.

It means that you are seeking their best interests, no matter how you feel about that specific person. We see this in the Army’s NCO Creed, “I know my Soldiers and I will always place their needs above my own.”

The Greek word used in this passage in John is “agapē”, meaning “affection, benevolence, good will, or unconditional love.” This is love in action (doing things for, or serving another) and not mere feelings for them. This is why benevolent non-profit organizations were given this as a title.

The closest equivalent in Judaism is “hesed”, which is a covenant love. It means “union, fidelity, and commitment” such as that found in the context of the marriage covenant. When used between persons or nations, it expresses the covenant bond of loyalty to one’s family, community, or nation - or that of a treaty obligation. This means a person would be loyal and committed despite how they may feel at that particular moment.

In Islam, the Arabic word for agapē is



“mahubba”, which quite literally means “in love.” It can describe either love among people or love for the Divine, and is used in both cases most commonly in a spiritual context.

Within the Buddhist equivalent of the Greek word agapē is “mettā” or “maitrī” which means “benevolence, loving-kindness, friendliness, amity, good will, and active interest in others.”

Now, take these same definitions on love and see how close they are in describing you. Does it describe you accurately? Does it fit? If not, why not? If not, you know where you need to grow. You know what you need to do to become more charitable and display greater love towards others.

God himself is a God of love. In 1 John 4:8, 16 we read, “Whoever does not love does not know God, because God is love... And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.”

What a great promise and challenge for each of us to seek! For if we strive to love others, we can have God’s love in us. So, resolve to love more in 2019. It is a wonderful New Year’s resolution if you still need one, but it is also a great personal trait for a Soldier to have every day, month, and year of his or her service - for love of Neighbor and Nation encompasses all the Army Values.

May we love more is my hope and prayer for each of us.

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

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

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

WBAMC Protestant Community
(5005 N Piedras Dr.)
Protestant Service 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 9-11:30 a.m.

Protestant Youth Group
(11275 Biggs St. 568-4334)

Sundays Free Dinner (6:30-7 p.m.)
5:30-6:30 p.m. Middle School
7-8 p.m. High School

Post-wide Bible Study (Bldg. 449)
Wednesdays 6-8 p.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 a.m. odd days

OTHER RELIGIOUS SERVICES

Jewish Chapel (Bldg. 1441)
Friday Shabbat Service 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, Religious Activities Center)
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The Big Game and ‘the big one’

By Lisa Smith Molinari | www.themeatandpotatoesoflife.com

It’s February. As always, panic has set in. Soon, folks everywhere will be mobbing the grocery stores for necessary supplies and stockpiling items in their cabinets, pantries and refrigerators. Is another Herculean Arctic superstorm headed our way? Is a typhoon spinning its way eastward across the Pacific? Is a deadly combination of high and low-pressure systems colliding in an apocalyptic whirlwind over our nation?

Well, no. But since Super Bowl Sunday is the second largest day for food consumption in the U.S., after Thanksgiving, there is a perfectly good reason why people are shoving old ladies out of the way to grab the last jar of queso dip. After all, a Bowl Day without the traditional football-watching foods would be downright catastrophic.

So, as the mother of an Eagle Scout, I feel obligated to warn everyone to “Be Prepared.” You only have a day or two to ready yourself for the mandatory feast that will take place Sunday in homes across the United States. Consider yourself warned.

Before you take on the pre-Bowl crowds at the grocery stores, be sure to ready the homefront.

Clear the refrigerator of useless items such as milk, eggs, fruits and vegetables. Other than a few sticks of celery to accompany the wings, toss any unprocessed foodstuffs that are taking up precious space needed for Bowl Day essentials.

Once the kitchen has been purged of all healthy, vitamin-fortified, unprocessed, fiber-rich foods, it’s time to mentally prepare for what you might encounter at the grocery stores.

Like a Roman gladiator ascending the

catacombs of the Coliseum, like Muhammad Ali entering the ring to take on Joe Frazier, like the Greek soldiers climbing out of the wooden horse inside the gates of Troy, like the Duke of Wellington about to face Napoleon’s army at Waterloo, like The Real Housewives of New Jersey sitting down to dinner – you must be ready to wage a battle of epic proportions.

As you jot down the arsenal of foods needed for Super Bowl sustenance, breathe deeply and meditate on the past. Gone are the archaic Bowl days of yesteryear, when football fans survived on outdated

canned meat party sandwiches, pimento cheese spreads, and gelatin salads. Thanks to modern advances in processed cheese technology, the invention of Buffalo wings (the origins of which are “hotly” debated), and the mass production of tortilla chips in 1994, we are fortunate to have a proliferation of delicious modern Bowl Day snack foods at our disposal.

Presuming you can find an available shopping cart without committing aggravated assault, enter the grocery store with a strategy. Don’t just join the stream shoppers like some kind of amusement park pony, strike out on your own and hunt down your targets.

Unlike every other grocery store trip, it is actually a good idea to bring the kids. As your secret weapons, they will enable you to divide and conquer. Send each child on a mission, e.g., “Lilly, you’re going in for three jars of salsa. Anna, you’re in charge of peanuts. Hayden, you’re a young man now, so I’m trusting you to find those little smoked sausages for pigs in a blanket. Read more at www.themeatandpotatoesoflife.com



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Photos by Staff Sgt. Ryan Meaux / U.S. Army

Thousands apply to join new Army esports team

The team, he said, shares a similar concept to that of other Army competitive teams that continually train, such as the Golden



“For a lot of Soldiers, to include myself, it’s like a dream come true,” Jones said. “This is just one of those ways we can start the conversation.”



A few Soldiers competed at PAX South in San Antonio as a way to introduce Army esports to the greater gamer community Jan. 18-20. The esports team is currently searching for members to join the team, which was created to boost recruiting efforts in the gaming community.

Reduce, Re-use, Recycle!



Marcy Sanchez / WBAMC Public Affairs
Pfc. Jovany Castillo, a WBAMC Practical Nurse Course student, is presented an Army Achievement Medal by Col. Erik Rude, the WBAMC commander Dec. 19, 2018, for his actions leading to the successful resuscitation of an infant while performing regular training at a local hospital.

Action: Soldiers in training save choking infant

By Marcy Sanchez | WBAMC Public Affairs

It was another assignment for Pfc. Marco Garcia and Jovany Castillo, two Soldiers inching toward completing the second phase of the Army’s Practical Nurse Course at William Beaumont Army Medical Center. The basic task of measuring vital signs of patients at a local Borderland hospital was the assignment, an important, yet mundane task for health care professionals.

Little did they know, their training would be tested in an unforeseen way.

Castillo and Garcia had been together throughout their Army journeys since enlisting in October 2017. Together they had endured Army basic training at Fort Sill, Oklahoma; went on to Advanced Individual Training for the first phase of the Practical Nurse Course at Fort Sam Houston, Texas and ended up at Fort Bliss, Texas for the final phase of the course, hosted by WBAMC, before arriving to their first permanent assignment.

Working alongside each other, the two Soldiers made their rounds through patients, mostly children, checking temperatures, blood pressure and pulses.

“We were going around the department, and went into one room where a (toddler) was sitting up in a chair, watching TV – eating cereal,” explained Castillo, 25, and a native of Huntington Beach, California. “Mom was right behind her on her phone, so we asked if it was alright to get the (patient’s) vitals.”

After consenting, the two began recording the patient’s vitals as they had practiced dozens of times before.

“One thing we’re taught is to interact with the patient, even if it’s an infant,” said Garcia, 26 and native of Spring, Texas. “(The patient) was placing a lot of cereal in their mouth, so we let the mom know but said (the toddler) was okay.”

Moments later, while the two Soldiers were still checking the patient, the child began to gasp for air, as the excess cereal had apparently obstructed her airway, springing the two Soldiers to action.

“For a second I thought ‘Is this really happening?’ but right away I went to the baby, while (Garcia) went to go get help,” said Castillo. “I was in shock a little, but got over it right away.”

“We looked at each other and (Castillo) went over to help,” said Garcia. “Since he was helping, I went to get a nurse. I trusted him, I knew he was going to do what he needed to do.”

According to Castillo, the patient’s mother had picked up the patient and began tapping the back of the patient in a manner that would have further lodged the obstruction into the trachea, so he instructed her on proper infant choking procedures while assisting the child.

“(The mother) had the baby, I just adjusted her hands and showed her the correct position, then I started tapping the baby’s back,” said Castillo. “Honestly, those were the lon-

“Since he was helping, I went to get a nurse. I trusted him, I knew he was going to do what he needed to do.”

>> Pfc. Marco Garcia

gest three or four seconds of my life because I was so scared for the little baby. I kept on (patting her back) until I finally heard her take a breath and that’s when I was relieved.”

“When I got back the baby was crying the nurses checked on the baby and made sure everything was okay,” said Garcia.

“It was quick thinking on (the Soldiers’) part,” said Robyn Gerbitz, a registered nurse and one of the Practical Nurse Course instructors at WBAMC. “They took the initiative immediately, we could have had a very bad (outcome).”

One of Gerbitz’ lessons for new Soldiers includes introducing them to the mantra, “respiratory leads to cardiac,” defining the link between pulmonary and cardiac arrests due to buildup of carbonic acid and lowered oxygen levels in the bloodstream.

“We do a lot of hands-on work in clinical rotations,” said Gerbitz. “These guys are quick thinkers, I’m very proud of them.”

Whether Garcia and Castillo’s quick reaction was a reflection of their medical training kicking in is not certain, since the two Soldiers are still weeks away from completing the rigorous 58-week curriculum.

“Instructors make sure we understand and are well equipped to deal with such situations,” said Castillo. “For me, it kind of just happened and I’m happy the way things turned out, it was a rush.”

Before joining the Army, Castillo was going to college while working at a fast food restaurant and Garcia worked with produce at a grocery store. Neither Soldier ever thought they would be saving someone’s life just a year into their military service.

“It’s definitely something I joined to do, to help people,” said Garcia. “You learn something new every day. This is a stepping stone for sure.”

After ensuring the baby was stable, the pair just went about their duties and continued checking other patients’ vitals.

“I had just walked in and the nurses told me about the situation,” said Gerbitz. “The director (of the local hospital) recognized the Soldiers right then and there. They reacted humbly, went about their duties. I believe wherever they go, they’re going to make good nurses.”

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SPORTS

PRT is an integral part of a Soldier's day.

Sports Briefs

NFL championship watch party this Sunday: Enjoy the big game in the comfort of the Monti Warrior Zone Sunday. There will be free snacks, prizes and food and drink specials all night! 741-3000

Snowshoeing in N.M. with Outdoor Rec: Join Outdoor Recreation for snowshoeing Trip at Lincoln National Forest, N.M. Feb. 9. Cost: \$20 for Soldiers, \$30 for civilians. Snowshoes and transportation provided. 14+. 744-1532

UFC 234: Don't miss out on the UFC 234 - the middleweight champion and Australian resident Robert Whittaker makes his return as he takes on the current No. 4-ranked contender Kelvin Gastelum. Watch the fight live on pay-per-view for free and enjoy food and 21+ drink specials, Feb. 9, 6-11 p.m. at the Monti Warrior Zone. 18+. 741-3000

El Paso 'Commit to be Healthy' memorial walk: The City of El Paso Parks and Recreation Department will celebrate American Heart Association month with a community walk and health fair at Memorial Serve Park. Services provided will include heart health, screenings, diabetes information, and more 9-12 p.m. Feb. 9. 3100 Copper Street. 562-7071 or bellnm@elpasotexas.gov

'Top Rope Belay' certification with Outdoor Rec: Join Fort Bliss Outdoor Recreation and climb to new heights with the Top Rope Belay certification Feb. 12. Taught by certified climbing wall instructors from the American Mountain Guide Association. Climbers will learn proper knots for tying in, safety checks, and top rope belay techniques for top rope climbing at the Robert Loeza SAC. No experience required. \$8. 12+ 744-1532

March's St. Paddy's Day 1/2 K Race: Register now, then head over to the Monti Warrior Zone March 16 from 3-9 p.m. for a one of a kind 0.5k race. Choose from two entry fee packages: \$25 gets you two adult or other beverages, a t-shirt, a finisher's medal, a snack at the quarter-mile mark, a sticker and entry to the prize drawings. \$50 gets you the VIP treatment - everything plus transportation to the finish line and extras for your effort! Additional sporting events will follow on that day. Register online at raceroster.com or at Stout, Milam and Soto PFCs through March 14. 741-3000 or 744-5785

Family Day at the wall: How's the view from the top? Find out during Family Day at the Wall. The Soldier Activity Center is normally open to guests ages 18 and older, but on Family Day, the wall is open to all climbers age 6 and older. Climbing is available from noon-6 p.m. every Thursday, Saturday-Sunday. The SAC is located at 20732 Constitution Ave. 744-1532

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

Group tennis class for beginners: Group tennis class for beginners will be held from 8:30-10 a.m. every Monday and Wednesday at Bldg. 262 on Club Road. It is a very social and fun class to participate in. Tennis rackets will be provided. 569-5448

POUND®: Are you guys ready to Sweat, Sculpt and Rock with POUND®? Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Cost:\$3 per class or \$35 for unlimited monthly pass. Classes are held at Soto PFC. 744-5800

Indoor Cycling: Get back on the bike and push your endurance at Indoor Cycling. Classes are held at Soto and Stout PFC. Cost: \$3 or \$35 unlimited monthly pass. Group Fitness classes between 6:30 to 7:30 a.m. are free for active-duty Soldiers in PT uniform. 744-5800

Iron Divas: This well-rounded class is designed to improve muscular strength and endurance. This class will leave you sweating glitter like the Diva that you are! Classes are held at Soto and Stout PFC. Cost: \$3 or \$35 unlimited monthly pass. 744-5800

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

Deep Water: Get ready for Group Fitness' newest class, Deep Water! Using a flotation belt, deep water exercisers will jog, sprint in intervals, wall walk or do a variety of multidimensional movements, including cross country skiing, long-levered kicks, twists and jumping jacks. Classes are 6:30 to 7:30 p.m. Wednesdays at the Aquatic Training Center. The cost is \$3 per class or \$35 for unlimited monthly pass. 744-5800

Aquaflow: Aquaflow is changing is location to Replica Aquatic Center for Mondays class from 5:15 to 6:15 p.m. Don't worry there will still be classes at the Aquatics Training Center Thursdays from 9 to 9:30 a.m. Classes take place atop a floating exercise mat, prepare for your core to be firing the duration of this one hour class that focuses on HIIT training as well as increasing flexibility while introducing elements of balancing with Yoga and Pilates inspired movements. 744-5800

Texas Basic Hunters Education Class: Head over to the Rod and Gun Club on the second Saturday of every month from 9 a.m.-3 p.m. for the Texas Basic Hunters Course. Cost: \$15. Registration required. Open to the public. 594-0159



Photos by David Burge / Special to the Bugle

A group of businesses, led by HB Construction, donated labor, material and equipment for the new playground at the Armed Services YMCA in El Paso.

Score! Generosity from many brings new playground gear to local ASYMCA

By David Burge | Special to the Bugle

The El Paso Armed Services YMCA has a new playground for its kids --- thanks to a team effort from companies who do business in the Borderland.

The ASYMCA -- located at 7060 Comington St. -- conducted a ribbon-cutting and dedication ceremony Jan. 24 for its new \$90,000 playground facility for its child development center.

The event marked the completion of the nearly year-long community project -- that was spearheaded by HB Construction and several other partner businesses.

The new playground replaces one that was more than two decades old and was considered unsafe.

The participating companies donated labor, equipment and materials -- making the new playground possible at little cost to the ASYMCA.

"We can't be more pleased," said Joe Pritchard, the executive director for the ASYMCA and a retired command sergeant major.

"Sometimes, you are left without words about how much it means," Pritchard continued. "It's not just me, but what it means for the parents whose children are here and the teachers and staff."

"What HB Construction and all these volunteers have done is reinvigorate our organization," Pritchard said. "They brought even more life to it."

The project includes entirely new playground equipment, tricycles, other toys for the kids to play with and a spongy synthetic turf surface instead of sand.

The playground area also got new paint for its existing canopies, including pads for the metal poles that support those shade covers and new landscaping.

Travis Coker, regional vice president for HB Construction for the El Paso market, said giving back to the community is one of the company's core values.

"Everywhere we work -- whether it is Texas, New Mexico or Colorado -- we push all our teams to identify opportunities to improve the community," Coker said.

HB Construction had just finished a major renovation project at the Texas National Guard Readiness Center on Hondo Pass, when he hap-



The audience at the playground opening at the Armed Services YMCA of El Paso Jan. 24. The event marked the completion of the nearly year-long community project that was spearheaded by HB Construction and several other partner businesses. "Everywhere we work -- whether it is Texas, New Mexico or Colorado -- we push all our teams to identify opportunities to improve the community," Travis Coker, regional vice president for HB Construction for the El Paso market, said.

pened to meet Pritchard at an El Paso Chamber of Commerce event and started talking.

Coker went on a tour of the ASYMCA and saw the need for a new playground. HB then brought in a group of other companies it regularly works with to help with the project.

"We encourage all our project teams and everyone at every level in the company to donate time and make a difference in the community," Coker said. "It is something we consider very important."

Jobe Materials donated the concrete, Vertex Contractors provided concrete workers and finishers and Frank's Supply Co. provided a large amount of material for the project, among others.

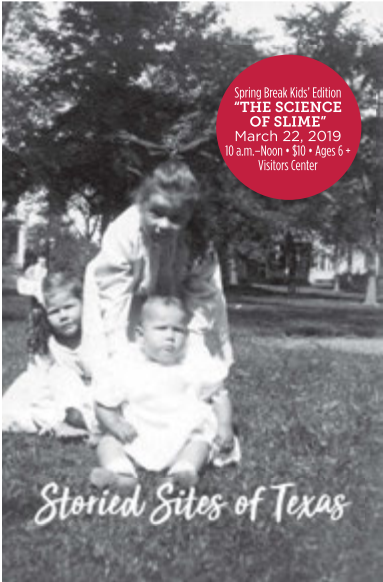
"They were very enthusiastic about helping the community and helping us," Coker said.

John Bailly, the president of the ASYMCA's Board of Managers, said the new playground is a huge benefit for the Fort Bliss community.

"It really gives the kids a very safe environment so when our Soldiers drop their kids off, they know they are safe ... that they can come out and play, move and be active in a very safe environment," Bailly said.



Officials dedicate the new playground at the El Paso Armed Services YMCA Jan. 24.



MAGOFFIN HOME

— STATE HISTORIC SITE —

- FEBRUARY EVENTS:**
- FEBRUARY 2 | Cooking Class: Creole Gumbo and New Orleans Pudding 10 a.m. Family Friendly 1 p.m. Adults • \$5
- FEBRUARY 13 | FREE Brain Trust Bag Lunch Noon Guest Speaker: Sharon Cowell
- FEBRUARY 15 | FREE Cocoa Crawl • 4-6 p.m.
- FEBRUARY 16 | FREE Victorian Sci-Fi Book Club Refreshments Provided • 2 p.m.
- FEBRUARY 21 | Make-A-Thing: Duct Tape Bag 10 a.m. • \$10

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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

Hiring Fair: Looking for a job? If so, make sure to stop by the hiring fair, Feb. 7 from 9 a.m. to 1 p.m. at the Centennial Banquet and Conference Center. Remember to dress to impress and bring plenty of resumes. The fair is open to DOD ID cardholders. 569-5838

Tax Center open: The Fort Bliss Tax Center is open Monday through Friday 9 a.m.-7 p.m. and Saturdays and training holidays from 10 a.m. to 3 p.m. 2910 Cassidy Road. 568-1040

Center Chapel 1 closed, services moved: Due to necessary construction/repair, the Traditional worship service at Center Chapel 1 (no change in time) is now being held at neighboring Sage Hall until May 1. 568-1519

Fort Bliss traffic advisory: The intersection of Torch Street and Rifleman Tank Trail will be under construction until Feb. 2 to replace concrete. The intersection will remain open. Traffic will be reduced one lane each direction. The lanes will shift after the completion of each side. For official information, contact USACE at 568-9713.

WSMR Bataan March discounts end: Register for the 2019 Bataan Memorial Death March before the registration rates change to last-minute rates Feb. 12. Event registration ends March 3. \$110, \$500. <http://bataanmarch.com>

McGregor/FBIX ammo point closings: The McGregor Range/FBIX Ammunition Supply point will be closed March 18-22; June 17-21; and Sept. 16-20. Issue documents can be submitted through TAMIS during the closures. 569-9528

Attention new command spouses: The Spouse Leadership Development Course (SLDC) is a new 40-hour course run by the Noncommissioned Officer Leadership Center of Excellence (NCO-L CoE) and United States Army Sergeants Major Academy (USASMA). It will offer an introduction to a number of extremely important topics for those spouses who are entering into a command team at the battalion level. Lessons cover a wide range of topics from protocol and etiquette, Red Cross, Army Emergency Relief and public speaking. The first class will start in April. Contact Michelle Mebane at 744-1201.

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.

ANNOUNCEMENT

Debt collection notices:

This is a debt collection notice for **Sgt. 1st Class Christopher Bray**. All services under Bray's name should be put on hold. All those with debts to be collected under the name of Bray or for this information regarding collections, call 2nd Lt. Wesley Ferguson at (614) 849-8302

This is a debt collection notice for **Cpl. Cole T. Wixom**. All services under Wixom's name should be put on hold. All those with debts to be collected under the name of Wixom or for information regarding collections, call Lt. Tamas Gyalay at (805) 358-3521

Find it online at https://ice.disa.mil/index.cfm?fa=site&site_id=435.

FMWR

Date night: CYS provides once-a-month Saturday child care at Milam CDC. February's day will be this Saturday 1-11 p.m. Reservations needed. 744-7879

In-home Saturday childcare from CYS: Family Child Care (FCC) 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. \$5 per hour with \$10 deposit. Reservations required. 744-7879

NFL championship watch party: Enjoy the big game in the comfort of the Monti Warrior Zone Sunday. There will be free snacks, prizes and food and drink specials all night! 741-3000

Family Fun Fridays: Are you ready to have some family fun? Join the Art & Hobby Shop for Family Fun Fridays, this Friday and Feb. 15 from 5:30-7:30 p.m. and decorate a ceramic piece, all while watching a family-friendly movie. You're welcome to bring your own snacks to enjoy. \$15 per person, discount for groups of 3+. *Please be considerate of allergies. Open to DOD ID cardholders and their family members. Children must be accompanied by an adult. 568-5563

True West: Come out for an evening of the arts starting at 7 p.m., Feb. 8 at the Centennial Banquet and Conference Center. A group of talented-actors, from Arts in the Armed Forces, will be telling the story of True West. It is a play by Sam Shepard, it's a character study that examines the relationship between Austin, a screenwriter, and his older brother Lee. AITAF brings high-quality arts programming to active duty service members, veterans, military support staff and their families around the world. AITAF was founded by Adam Driver, an American actor, best known for his role as Kylo Ren in Star Wars: The Last Jedi and The Force Awakens. Other film credits include Lucky Logan, While We're Young, This is Where I Leave You, Tracks and more. This is a free, ticketed event. Tickets are available at the Leisure Travel Services (LTS) location at Freedom Crossing. DOD ID card holders. 588-8247

String Art, Texas Love: Come check out the MakerSpace and make some String Art. They're showing Texas some love with Texas-shaped plaques, Saturday from 10:30 a.m.-12:30 p.m. Cost: \$5 will cover all supplies and instruction. Space is limited to 5 participants. Open to DoD ID card holders 18+. MakerSpace is located inside the Mickelsen Community Library. 568-6156

\$10 Tuesdays: Join the Art & Hobby Shop this Tuesday and every Tuesday in February and March from 6-7 p.m. for a cutting system class and learn how to use your Cricut or Silhouette Cutting Machine to their full advantage. Bring your own machine to practice with, or see what ours has to offer. \$10, includes instruction. Open to DOD ID card holders and family members 15+. 568-5563

Paint N' Pour: Valentine's Edition: The Library After Hours presents: Paint N' Pour, a social painting class. Get together for the Couple's Edition of Paint N' Pour. This month's theme is: Country Couple. The Mickelsen Library will provide appetizers, tapas, cheese/meat plate, desserts and champagne (one glass per person). Wear clothing you don't mind getting paint on. The event will be from 6 to 8 p.m., Feb. 8. \$50 per couple. Must register as couple. Space is limited to 10 couples. No children please and no refunds for missed sessions. 568-1902

UFC 234: Don't miss out on the UFC 234 - the middleweight champion and Australian resident Robert Whittaker makes his return as he takes on the current No. 4-ranked contender Kelvin Gastelum. Come watch the fight live on pay-per-view for free and enjoy food and 21+ drink specials, Feb. 9, 6-11 p.m. at the Monti Warrior Zone. 18+. 741-3000

Couples Pottery: Are you ready for a fun filled day with your significant other? Register today for the Art & Hobby Shop's Couples Pottery. The event will be Feb. 9 from 10 a.m. to 3 p.m. at the Art & Hobby Shop. You will create a usable decorative serving platter to enjoy for years to come!

GOTTA CRAVIN FOR WINGS, NACHOS, BURGERS, OR JUST WANT TO WET YOUR WHISTLE? COME ON BY...

Stop in for one of our weekly lunch specials

1330 Robert E. Lee
915.779.2170
www.trackoneelpaso.com
Hours: Sun-Thurs 11am-midnight | Fri-Sat 11am-2am

ROBOTICS CLUB

Replica Youth Center Robotics Club

Date: Jan 31 2019, 5 p.m. - 6 p.m.
Youth Programs - 5037 Sheridan Road West Fort Bliss [Google Map](#)

Replica Youth Center offers Robotics Club for youth interested in learning robot construction and coding.

This program allows students to learn critical thinking, project management, and eal-world problem solving skills.

This programs runs every **Tuesday, from 5 PM-6PM** throughout the school year.

For more information, call 915-568-3523.

\$40 per couple. Materials and instruction included. Open to DOD ID cardholders. 568-5563

Snowshoeing in N.M. with Outdoor Rec: Join Outdoor Recreation for snowshoeing Trip at Lincoln National Forest, N.M. Feb. 9. \$20 for Soldiers, \$30 for civilians. Snowshoes and transportation provided. 14+ 744-1532

Cupid's Cantina: Don't let Valentine's Day bring you down this year, come out for loads of fun! Cupid's Cantina will have you off your seat mingling with new people, listening to music, enjoying food and drink specials, Feb. 14 from 6 to 9 p.m. at the Sam Adams Pub on East Fort Bliss. Free and open to the public, ages 21+. 479-0103

'Top Rope Belay' certification: Join Fort Bliss Outdoor Recreation and climb to new heights with the Top Rope Belay certification Feb. 12. Taught by certified climbing wall instructors from the American Mountain Guide Association. Climbers will learn proper knots for tying in, safety checks, and top rope belay techniques for top rope climbing at the Robert Loeza Soldier Activity Center. No experience required. \$8. 12+ 744-1532

March's St. Paddy's Day 1/2 K Race: Register now, then head over to the Monti Warrior Zone March 16 from 3 to 9 p.m. for a one of a kind 0.5k race. Choose from two entry fee packages: \$25 - gets you two adult or other beverages, a t-shirt, a finisher's medal, a snack at the quarter-mile mark, a sticker & entry to our prize drawings. \$50 - gets you the VIP treatment - everything plus transportation to the finish line (no sneakers required) & extras for your (lack of) effort! Additional sporting events will follow on that day. Register online at racerooster.com or at Stout, Milam & Soto PFCs through March 14. Late registration is March 16 starting at 2 p.m. with a \$10 late fee incurred. 741-3000 or 744-5785

Unit Book Kits: Are you part of a unit who is going into the field or deploying soon? If so, stop by the Mickelsen Community Library and pick up book kits for free. The book kits contain a selection of popular fiction and non-fiction paperback items. 568-1902

Pershing Pub: The Pershing Pub is a great place to gather at the end of a long week. Open every Friday at 4 p.m. (except training holidays). Come enjoy weekly drink specials and free snacks. 568-6272

Auto Crafts Safety Orientation: Auto Craft Center offers safety orientation classes Wednesdays and Thursdays at 6 p.m. This is a manda-

tory safety orientation for use of the facility for automotive do-it-yourself projects. It is open to DoD ID cardholders only. 568-7280

Kick it at the Monti Warrior Zone: The Monti Warrior Zone is open Mondays through Thursdays from 10 a.m. to 10 p.m.; Fridays from 10 a.m. to midnight; Saturdays from 12 p.m. to midnight and Sundays from 12 p.m. to 10 p.m. There's lots to do with a fully stocked bar and snack bar, six pool tables, two mini-bowling lanes, Alienware, Playstation/Xbox gaming center, outdoor basketball, sand volleyball and more! It's open to the public, ages 18 and older only. 741-3000

Go Youth

Harry Potter Book Night: Are you ready to find out what "house" you will be sorted into? Join the Mickelsen Community Library for Harry Potter Book Night, Feb. 7 from 5:30 to 7:30 p.m. This year's theme will be "Hogwarts School of Witchcraft." Get sorted into your house, sign up for a game of Quidditch on the front lawn, and enjoy the Gryffindor common room and much more! The event is free and open to DOD ID card holders of all ages. 568-6156

Social art class "Love Birds:" Join the Mickelsen Community Library for their social art class Feb. 9 2-3:30 p.m. Come and try your hand at acrylic painting with a theme. Each month the Brushstrokes Club will meet in the community Room to complete a unique work of art. Wear clothing you don't mind getting paint on. Open to DOD ID card holders 8+ (with guardian). 568-6156

SKIESUnlimited: SkiesUnlimited offers a variety of fun and educational programs geared for children of all ages and talent levels. Music classes like piano, voice, guitar and drums are available. SKIES also has a variety of art, sports, driver's training and babysitting courses. Call our team today at 568-5544. All students must be currently enrolled with CYS Services Parent Central. Call 568-4374 to set up an appointment. Class registration opens from the 20th of the month prior to the 7th of the month you are enrolling for. www.bliss.armymwr.com

Story Time: It's Story Time! Stop by the Mickelsen Library every Tuesday from 10:15 to 11 a.m. or 11 to 11:45 a.m. as children ages two to five listen to stories read aloud. There will also be crafts, activities and refreshments available. Start children on the road to literacy. 568-6156

Folklorico Dance: Join SKIESUnlimited for

SHARE YOUR LIFE WITH A LITTLE ANGEL



Female
Clementine
Domestic short hair mix




Male
Cory
Domestic short hair mix




Female
Fluffy
Domestic medium & long hair mix



Male
COSMO
Terrier & Boxer mix



Female
Daisy
Chihuahua mix



Female
Dutchess
Weimaraner & Vizsla mix



Male
Franky
Domestic short hair & Tuxedo mix



Male
Freckles
Australian Cattle dog mix




Male
Louie
Smooth Fox Terrier mix



Female
Mary Lou
Chihuahua mix



Female
Naomi
Terrier & Boxer mix



Female
Paloma
Chihuahua




Female
Poquita
Pug & Chihuahua mix



Female
STELLA
German Shepherd & Boxer mix



Female
SUMMER
Terrier mix



Female
Tippy
Norfolk Terrier mix



Female
Tracy
Terrier & Boxer mix



Female
Trixie
Tortoiseshell mix



Female
Natalie
Siamese & Short Hair mix



Female
NUGGET
Tortoiseshell mix



Female
Razzy
Domestic short hair mix

PET GUARDIAN ANGEL

14911 McCracken at O'Shea (far east off Montana Ave.)
www.petfinder.com enter 79938
\$125 adoption fee cash or credit cards • Some purebreds available!
598-0411

their Folklorico Dance Class open for ages 6-18 years old. Students participating in this course will learn a variety of traditional Latin American dances, as well as dances and culture of various regions of Mexico. \$40 per month, Saturdays 12:15-2 p.m. 568-5544

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. Activities and projects are completed at home, returned and shared at subsequent meetings. Occasional refreshments are provided as well. 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. All children MUST be accompanied by a parent or guardian. It is open to the public. 568-5426

Babysitting Course: Do you have a teen who wants to earn some extra money? Then, make sure they take advantage of the SKIESUnlimited Babysitting Course. This babysitting 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. They will learn about child development, nutrition and the business of babysitting. Students will get ideas about how to entertain children and some tools of the trade. The course is open to children ages 12 and older and costs \$10. Registration is required and can be done at SKIESUnlimited. You must be registered with Parent Central. Registration for classes opens from the 20th of the month prior to the seventh day of the month the class begins. 568-5544

Teen Basic Automotive Maintenance Class: SKIESUnlimited will be hosting this event 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 the class is completed, students will receive a safety card to work at Auto Crafts. The cost is \$25 per student, registration is required and can be done at SKIESUnlimited. All students, ages 15 and older, must be enrolled with Child Youth Services (CYS) before registering for any SKIESUnlimited class. 568-5544

You Made the Grade: Fort Bliss students who excel in the classroom have a chance to receive \$5 Exchange gift cards every grading period during the 2018-19 school year and can enter a worldwide sweepstakes for a chance to win a \$2,000, \$1,500 or \$500 Exchange gift card. Students can send completed forms to: You Made the Grade, P.O. Box 227398, Dallas, TX 75222-7398.

Community

Sun City 'Commit to be Healthy' memorial walk: The City of El Paso Parks and Recreation Department will celebrate American Heart Association month with a community walk and health fair at Memorial Serve Park. Services provided will include heart health, screenings, diabetes information, and many more 9-12 p.m. Feb. 9. 3100 Copper Street. 562-7071 or bell-nm@elpasotexas.gov

El Paso Coin Show: Sponsored by the International Coin Club of El Paso, Inc. 50+ Vendor / Dealer Tables. Coin Exhibits to view. 2019 Medals available honoring "Engine 3420, an El Paso Locomotive" Feb. 15 1-6 p.m. Feb. 16 9 am - 6 p.m. Feb. 17 9 a.m. - 4 p.m. Auction for Kids at 2 p.m. Feb. 16. Free. El Maida Shrine 6331 Alabama (915) 241-6977

City of El Paso Black History Month Celebration: The City of El Paso Parks and Recreation Department invites you to join us at Mary Webb Park for the city's first Black History Month celebration. Activities for all ages, entertainment presentations, guest speakers, informational booths, games and jumping balloons. Food trucks will be on site, along with arts & crafts vendors displaying original works for sale to the public. Feb. 16 9:30 a.m. - 1:30 p.m. 3401 E. Missouri. 562-7071

Auditions being held for Verdi Requiem: Do you love to sing? Audition to join the El Paso Choral Society on the Abraham Chavez Theatre stage for the Verdi Requiem March 23, with pro-

fessional orchestra and soloists. Rehearsals are on Mondays 7-9:30 p.m. 833-0263 or www.epchoralsociety.org.

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

Purple Heart recipients sought: The Military Order of the Purple Heart El Paso Chapter 393 meets the first Saturday of every month at 1 p.m. at the 82nd Airborne Memorabilia Museum, 2608 Fort Blvd. Transitioning from the battlefield to the home front has never been more difficult, and volunteers make a difference in the lives of our men and women in uniform, yesterday, today and tomorrow. Stand with the MOPH Chapter 393 and honor the sacrifice of American veterans by continued commitment. Facebook @ MOPHChapter393

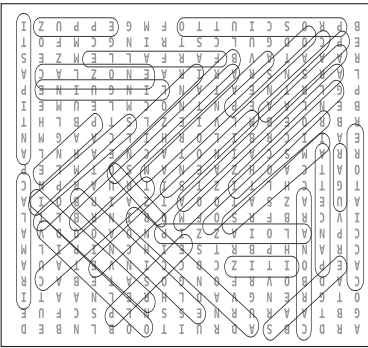
January is National Blood Donor Month: Vitalant, the nation's second-largest community blood service provider, encourages you to save a life this month. They have two donation centers in El Paso and one in Las Cruces, N.M. vitalant.org, 877-258-4825

Exchange Protection Plan: Exchange Protection plans protect against the most common risks, such as accidental damage, power surges and wear and tear and are available for electronics, gaming items, jewelry, appliances, sporting goods and more.

Exchange offers free in-store pickup for shoppers: Shoppers with in-store privileges—active-duty service members, their families and retirees—can now buy items at ShopMyExchange.com and pick them up at the Fort Bliss Exchange—for free.

Verdi Requiem opera: Experience the drama of the Verdi Requiem, an opera in disguise of an orchestral and choral masterpiece March 23. Performed by a 150-voice choir, professional orchestra, and professional soloists. Directed by Prentice Loftin. Tickets available through Ticketmaster.com, the Plaza Theater Box Office, and the El Paso Choral Society. \$10-40

Exchange holiday shopping return policy ends today: To make this holiday season less stressful for military shoppers, the Fort Bliss Exchange is extending its return policy for items purchased between Nov. 1 and Dec. 24. The Fort Bliss Exchange's standard policy allows returns from 15 to 90 days after purchase with a sales receipt or online order confirmation depending on the item. Veterans who have registered to shop online at ShopMyExchange.com can use the extended holiday return policy. They can return ShopMyExchange.com merchandise purchased between Nov. 1 and Dec. 24 by mail or by calling 1-800-527-2345 for assistance through today.



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2	3	7	5	4	6	8	1	9
4	1	8	3	9	7	6	5	2
6	8	5	2	7	3	9	4	1
3	7	6	4	1	8	2	6	5
1	4	2	6	9	5	3	7	8



○ ☞ ⊕ ⊗ ⊙ ⊛ ⊠ ⊡ ⊢ ⊣ ⊤ ⊥ ⊦ ⊧ ⊨ ⊩ ⊪ ⊫ ⊬ ⊭ ⊮ ⊯ ⊰ ⊱ ⊲ ⊳ ⊴ ⊵ ⊶ ⊷ ⊸ ⊹ ⊺ ⊻ ⊼ ⊽ ⊾ ⊿ ⊿

CRYPTO FUN

⊖ ⊔ Ω ✱ ♂ ≡ ~ ★ +

Determine the code to reveal the answer!

Solve the code to discover words related to Italian foods.
Each number corresponds to a letter.

(Hint: 16 = a)

A.	12 16 19 16 3 15 16
	<i>Clue: Layered pasta</i>
B.	19 8 16 3 21 20 23 23 11
	<i>Clue: Long noodles</i>
C.	25 16 15 15 6 12 11
	<i>Clue: Cream-filled dessert</i>
D.	18 11 25 6 23 23 16
	<i>Clue: Soft cheese</i>

Answer: Pasta

Answer: Elijah Wood

ANTIPASTI
ARANCINI
ARRABBIATA
BRACIOLE
BRANZINO
BRUSCHETTA
CACCIAIORE
CALZADARI
CALZONE
CANNELLONI
CAPONATA
CARBONARA
FARFALLE
GNOCCHI
LINGUINE
MARINARA
MINESTRONE
MOZZARELLA
ORZO
PANCETTA
PANE
PASTA
PESCE
PIZZO
PIZZATOLA
PROSCIUTTO
RAGU
RAVIOLI
RISOTTO
SALAMI
SARDE
SCOPPI
TORTELLONI
VITELLO
ZITI
ZUPPE

		3	5		6			
		6	3					9
		9	7				1	4
				4				2
	3	7			8			
	6						2	
	2			8	1	3		
		1					9	



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12640 Tierra Tigre	\$1050
12230 Saint Mark	\$1050
3436 Edgerock	\$1075
2220 Azure Point	\$1125
10616 Lakewood	\$1150
11804 Deer Grass	\$1200
10017 Album	\$1200
11517 Cree	\$1200
14189 Strata Rock	\$1200
1750 Castle Gate	\$1225
12883 Hidden Grove	\$1250
14440 Lacota Point	\$1300
4856 Ruben Soto	\$1325
14304 Owl Point	\$1325
14451 Coyote Trail	\$1450
<u>HORIZON</u>	
828 Nazareno	\$875

14328 Desert Cactus	\$1125
474 Coldridge Valley	\$1275
<u>CENTRAL</u>	
3526 Nation 1/2	\$475
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3231 Richmond	\$950
<u>NORTHEAST</u>	
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10156 Racoon	\$850
5601 Wadsworth	\$850

9752 Blue Wing	\$895
10441 Omega	\$950
10121 Kirwood	\$995
5719 Ty Cobb	\$1000
11048 Middledale	\$1050
7125 Falling Leaf	\$1150
7354 Jamocha Way	\$1200
12008 Copper Hill	\$1295
10043 Paloma	\$1300
5453 Rick Husband	\$1300
7465 Umbria	\$1350

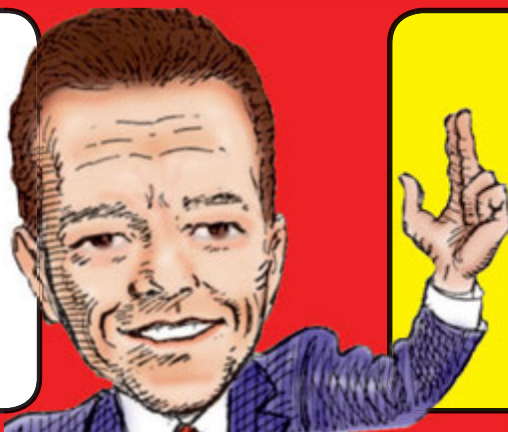
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2018 CHRYSLER 300 STK# P1710  \$21,995 TWO TO CHOOSE FROM	2017 CHEVY COLORADO STK# P1543  \$20,995 TWO TO CHOOSE FROM	2017 DODGE CHARGER STK# T28286A  \$21,995 WON'T LAST	2016 RAM 1500 STK# C8243A  \$21,995 WON'T LAST
2018 NISSAN FRONTIER STK# P1476  \$22,995 NICE TRUCK	2016 HONDA CR-V STK# T28386A  \$25,995 NICE SUV	2018 FORD EDGE STK# P1505  \$28,995 LIKE NEW	2015 NISSAN ARMADA STK# C8305A  \$28,995 WON'T LAST
2018 MERCEDES BENZ GLA 250 STK# P1502  \$28,995 LIKE NEW	2018 MERCEDES BENZ C300 STK# P1489  \$29,995 LUXURY	2018 FORD F150 STK# P1506  \$30,995 VERY CLEAN	2018 CHEVY SILVERADO STK# P1485  \$34,995 NICE TRUCK

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2017 HYUNDAI VELOSTER P1639A	\$13,995	2017 INFINITI Q60 SP P1686	\$38,995
2013 DODGE JOURNEY P1639A	\$13,995	2019 TOYOTA TUNDRA P1686	\$39,995

2015 NISSAN PATHFINDER SL STK# 25725A  \$17,995 LUXURY SUV	2017 DODGE CHARGER SXT STK# A15349  \$19,995 WAY TOO CHEAP	2017 NISSAN TITAN SV STK# A15385  \$24,995 WHY BUY NEW	
2006 NISSAN PATHFINDER LE STK# 25652A  \$8,995 SUPER CLEAN	2013 KIA SOUL STK# A15470A  \$9,995 WAY TOO CHEAP	2014 CHEVY SONIC LT STK# 26009A  \$9,995 HONEY OF A DEAL	2014 NISSAN ROGUE SELECT STK# A15602A  \$10,995 WHAT A STEAL
2015 TOYOTA COROLLA L STK# 25787A  \$11,995 GAS SAVER	2017 HYUNDAI ACCENT STK# A15617  \$11,995 WHY BUY NEW	2016 FORD FIESTA SE STK# A15592  \$11,995 GAS SAVER	2017 NISSAN VERSA SV STK# A15642  \$12,995 GAS SAVER
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2017 TOYOTA COROLLA LE 25754A	\$15,995	2017 CHEVY COLORADO LT A15491	\$20,995
2017 HYUNDAI VELOSTER A15624	\$16,995	2017 FORD FLEX LIMITED A15482, 15 PASSENGER	\$21,995
2017 NISSAN ALTIMA SV A15608	\$16,995	2017 CHEVY EXPRESS G3500 VAN A15537A	\$21,995
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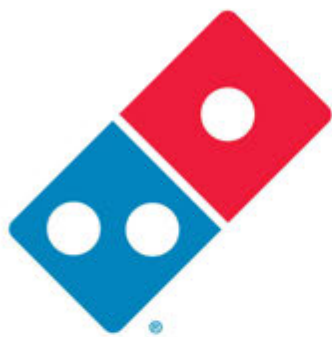


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