



Exercise encourages
Soldiers to take on new roles ■ 4A



King's teachings inspire
general to be better person ■ 3B

Thursday, January 24, 2019

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>> SUPER FLY

Lt. Col. Eric Carlson / 3-501st Assault Helicopter Battalion

A formation of 1st Armored Division Combat Aviation Brigade Black Hawks in route to Fort Campbell, Ky., last week. Soldiers from the 1st AD CAB conducted several flights to safely transfer aircraft in preparation for their upcoming deployment in support of Operation Freedom's Sentinel. To learn more about this unit, visit www.bliss.army.mil/CombatAviationBrigade.

1st AD CAB cases colors

Iron Eagles will join coalition allies for Op Freedom's Sentinel

By Sgt. Ashton Hofmeister / 1st AD CAB

Soldiers and families gathered Jan. 17 to witness the 1st Armored Division Combat Aviation Brigade command team case their colors in preparation for the coming deployment to Afghanistan.

Col. Jay Hopkins, the brigade commander, along with Command Sgt. Maj. George Ackerman and Chief Warrant Officer 5 Steve Donahue Jr. joined together to retire the colors and symbolically push the brigade forward in Operation Freedom's Sentinel.

The brigade's colors casing signaled a milestone for many Soldiers in the brigade in preparation for deployment and Hopkins noted his team's readiness in his remarks.

"Standing before you are some of our best and most well-trained Soldiers in the division," Hopkins said. "We call them 'Iron Soldiers,' and more specifically, we call them 'Iron Eagles.'"

Brig. Gen. Scott Naumann, the 1st Armored Division and Fort Bliss deputy commanding general - support, spoke of the readiness and diligence of the 1st AD CAB.

"This brigade in particular has worked really hard," Naumann said. "They're known



Sgt. Ashton Hofmeister / 1st AD CAB

Col. Jay Hopkins, the 1st Armored Division Combat Aviation Brigade commander, Command Sgt. Maj. George Ackerman and Chief Warrant Officer 5 Steve Donahue Jr. case their brigade's colors at Fort Bliss Jan. 17.

throughout all of (U.S. Army) Forces Command for being a hardworking brigade. They've (earned that reputation) over numerous home station training opportunities, over intensive gunnery densities, during numerous rotations to the Nation Training Center, and also during our most recent Division 'warfighter' exercise."

With the colors cased and the brigade lead-

ership's confidence in their unit's readiness, Hopkins left his troops with final words of wisdom as they make their final preparations for Operation Freedom's Sentinel duty.

"You are ready for this journey and now I ask you to focus on a new saying," Hopkins said. "'Be disciplined.' Trust your instincts and your training for they will serve as an-

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John Snyder / U.S. Army

Lt. Col. Joseph Nova, left, listens to a question from Dr. Bruce Jette, assistant secretary of the Army, during Jette's tour of Watervliet Arsenal, N.Y., May 8, 2018.

AI could be game-changer for combat, says acquisition chief

By Joe Lacdan | Army News Service

WASHINGTON -- The Army is looking at artificial intelligence to increase lethality, and a senior Army official said the key to A.I. is keeping a proper level of decision-making in the hands of Soldiers.

Dr. Bruce Jette, assistant secretary of the Army for Acquisition, Logistics and Technology, spoke about artificial intelligence, modernization and acquisition reform Jan. 10 at a Defense Writers Group breakfast.

Jette said response times against enemy fire could be a crucial element in determining the outcome of a battle, and A.I. could definitely assist with that.

"A.I. is critically important," he said. "You'll hear a theme inside of ASA(ALT), 'time is a weapon.' That's one of the aspects that we're looking at with respect to A.I."

Army Under Secretary Ryan McCarthy has been very active in positioning the Army so that it can pick up such critical new technology, Jette said.

Artificial intelligence technology will play a crucial role in the service's modernization efforts, Jette said, and should incrementally increase response times.

"Let's say you fire a bunch of artillery at me and I can shoot those rounds down and you require a man in the loop for every one of the shots," Jette said. "There's not enough men to put in the loop to get them done fast enough," but he added A.I. could be the answer.

He said the service must weigh how to create a command and control system that will judiciously take advantage of the crucial speed that technology provides.

A.I. research and development is being boosted by creation of the Army Futures Command, Jette said.

Smoother process

One year after the Army revamped itself under the guidance of Secretary Mark T. Esper and Chief of Staff Gen. Mark A. Milley, the service has seen significant improvements in the acquisition process, Jette said.

The Army identified six modernization priorities and created new cross-functional teams under Futures Command to help speed acquisition of critical systems.

One change involves senior leaders meeting each Monday afternoon to assess and evaluate a different modernization priority. Jette said those meetings have resulted in a singular focus on modernization programs.

"There's much more of an integrated, collegial, cooperative approach to things," Jette said.

The service took a hard look at the requirements process for the Army's integrated systems. This enabled the Army to

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Across the force: In the heart of the jungle, Army helps thwart illegal trafficking networks

By Destinee Sweeney | U.S. Army

DARIEN PROVINCE, Republic of Panama – Deep in the jungles of Panama, National Border Service agents, also known as SENAFRONT, await in a clearing, anticipating construction supplies that will help them, as they prepare to take down illicit drug and human trafficking networks that span the Americas.

The dense wilderness surrounding the agents seems alive- the breeze rustles the trees making them dance, the mountains stand tall in the distance guarding over the valley below, and the air is filled with the sounds of nature.

A whirring noise appears in the distance, seeming at first to be a trick of the senses. Gradually, the whisper evolves into a roar, overtaking the area as a CH-47 Chinook peeks over the jungle canopy and the clearing erupts into chaos as the strength of the aircraft blades whips up the dust and debris that previously lay stagnant.

“Bravo Company of the 1st (Battalion) 228th Aviation (Regiment) assigned to Joint Task Force-Bravo is part of a broader U.S. effort to assist the Panamanian government and their national border police with setting up a remote operating base out in the Darien jungle,” said Capt. Jennifer West, 1-228th Avn. Regt Bravo company commander and Chinook pilot.

The 1-228th Avn. Regt Chinook crews provided air transportation assistance from Jan. 4-12 for the first phase of the operation, named “Darien Lift.”

“A SENAFRONT installation is under construction and a lot of equipment must be moved to build it,” said Juan Carlos Varela, President of the Republic of Panama. “We do not have the equipment to transfer that amount of cargo in order to install this new SENAFRONT station, they are cooperating in that.”

Due to the outpost being located far past where the road ends, JTF-Bravo’s maneuverable rotary wing-assets can carry more weight in a faster manner than the alternative, which is to either backpack the nearly 2 million pounds of needed supplies, such as concrete and cinder blocks, or to navigate them through the jungle waterways via boats.

West described the mission as one that would be extremely challenging without the airlift support and considers it “satisfying to know we’re actually making an impact and helping the Panamanians establish a security presence in the Darien, where there’s really nothing out there but jungle.”

She explained the presence will help SENAFRONT combat narco-drug traffickers and prevent their smuggled contraband from getting onto the Pan-American Highway, the transcontinental road exploited by well-fi-



Photos by Destinee Sweeney / U.S. Army
A Republic of Panama National Border Service agent takes cover while a CH-47 Chinook lifts supplies off a runway to carry to the Darien Province, Jan 11. The National Border Service is building outposts in the province to stop drug trafficking in the region.



A U.S. Army CH-47 Chinook carries supplies to the Darien Province in the Republic of Panama, Jan. 9, 2019. The supplies were for the National Border Service who are building a new outpost in the jungle to stop drug trafficking networks.

nanced and heavily-armed transnational criminal groups who fuel insecurity and instability as they continue their trafficking operations towards countries north of Panama.

Last year alone, the Panamanian Security Services confiscated more than 72 metric tons of narcotics, keeping them off the streets of the Americas.

“With this being a binational issue that also has regional effects, the U.S. government has kindly offered to support us in this effort,” said Jonattan Del Rosario, Public Security Minister of Panama. “It is closely related to the binational posts that we are building in collaboration with Colombia, mainly because of the phenomenon of drug trafficking, although the irregular flow of migrants is also monitored from these centers. That is why we have developed an important effort to also pursue human trafficking networks in this administration, resulting in the effective dismantling of 22 of these networks.”

JTF-Bravo operates out of Soto Cano Air Base, Honduras, supporting its Central American neighbors as the partner of choice and helping allies to develop capabilities and improve regional security. This year will mark the fourth Darien Lift the U.S. Army has supported. So far, the crews have been able to transport 305,000 pounds of materials and are scheduled to return to continue the operation.

The Chinook is a multi-role helicopter used in a variety of situations from carrying Soldiers to their destinations to aiding combat missions. Aside from supporting this operation, the CH-47 was also used to combat Darien wildfires in 2016.

“The relationship between Panama and the United States is certainly a strong one, (us) being the partner of choice,” said West. “When the Panamanians request help from the United States government I think it hits home that we are here to help.”

Dunford meets with NATO Defense chiefs

By Jim Garamone | DoD News

The chairman of the Joint Chiefs of Staff was in Brussels to attend a meeting of the NATO Military Committee, the alliance’s highest military authority, last week.

Marine Corps Gen. Joe Dunford joined with 28 other alliance chiefs of defense for the meeting. While there, he also held meetings with individual nation’s defense chiefs, including Turkey.

Defense officials said the chiefs examined all the operations in which alliance forces are participating, including those in Afghanistan, Iraq and Kosovo. They discussed alliance assurance and deterrence missions aimed at demonstrating alliance unity in the face of Russian adventurism, officials added.

“We, as an alliance, have troops deployed all over the globe, serving away from home and in difficult and arduous conditions to provide

security, peace and stability to over one billion citizens of our world,” said British Royal Air Force Air Chief Marshal Stuart Peach, the chairman of the alliance’s Military Committee.

Defense officials said the chiefs discussed strategic developments and then will discuss the forthcoming NATO military strategy. They also discussed progress in alliance command structure changes and the NATO readiness initiative.

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apply a holistic approach in order to develop the diverse range of capabilities necessary to maintain overmatch against peer adversaries, Jette said. One result is, the Army will deliver new air defense systems by next December, he said.

“I don’t deliver you a Patriot battery anymore,” Jette said. “I deliver you missile systems. I deliver you radars. I deliver you a command and control architecture.”

Now, any of the command and control components will be able to fire missiles against peer adversaries and can also leverage any of the sensor systems to employ an effector against a threat, he said.

“We’re looking at the overall threat environment,” Jette said. “Threats have become much more complicated. It’s not just tactical ballistic missiles, or jets or helicopters. Now we’ve got UAVs (unmanned aerial vehicles), I’ve got swarms. I’ve got cruise missiles, rockets, artillery, and mortars. I’ve got to find a way to integrate all this.”

A retired Army colonel, reporting directly to Esper, Jette provides oversight for the development and acquisition of Army weapons systems. He said that his role in the modernization efforts is to find a way to align procurement with improved requirements development processes.

Editor’s note: The editor retracts the item “2-3 FA Soldier saves man’s life with hoodie, ink pen,” from the Jan. 10, 2019, edition of the Fort Bliss Bugle as an investigation into the incident that was reported on continues.

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chors when times get tough and the challenges seem insurmountable. Trust your fellow Soldiers for they are ready too, and they will be there with you for every mission that is put before us. Iron Soldiers – Iron Eagles.”

1st Armored Division Combat Aviation Brigade “Iron Eagle” Soldiers get hands-on familiarization time with the M249 machine gun during a Soldier of the Year competition on their East Fort Bliss compound Oct. 17. The unit will join coalition forces for Operation Freedom’s Sentinel Duty in Afghanistan later this year.



David Poe / Fort Bliss Garrison Public Affairs



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UNIT NEWS

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



D-2 conducts first THAAD
missile redistribution exercise in Korea ■ 5A

Unit Briefs

McGregor/FBTX ammo point closings: The McGregor Range/FBTX 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 (US-ASMA). 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.

WSMR Bataan March discounts end Feb. 12: 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>



Command Sgt. Maj. Michael Conaty, incoming 2nd Theater Signal Brigade senior enlisted leader, listens to remarks during a brigade change of responsibility ceremony Jan. 16 in Wiesbaden, Germany.

Lightning 7

Former 86th ESB
CSM assumes
responsibility of 2nd
TSB at Wiesbaden

By William King | 2nd Theater Signal Brigade

WIESBADEN, Germany – The 2nd Theater Signal Brigade welcomed a new senior enlisted leader and said farewell to another at a brigade change of responsibility ceremony Jan. 16, in Wiesbaden, Germany.

Command Sgt. Maj. Gregory Rowland passed responsibility of the “Brigade of Excellence” to Command Sgt. Maj. Michael Conaty at a ceremony in the Clay Kaserne Fitness Center gymnasium.

During his remarks, Col. Neil Khatod, commander of 2nd TSB, described the role of the command sergeant major as that of standard bearer, mentor and advisor.

“Command Sgt. Maj. Greg Rowland has been all of these things and more, to me and



Col. Neil Khatod, the 2nd Theater Signal Brigade commander, passes the unit colors to Command Sgt. Maj. Michael Conaty, incoming senior enlisted leader, during a brigade change of responsibility ceremony Jan. 16 in Wiesbaden, Germany.

to this unit, the CSM has been a leader, a problem solver and a friend,” Khatod said.

Rowland in his remarks thanked the Soldiers, Civilians, local national employees, and battalions for their hard work and dedication during his 31 months as the brigade command sergeant major.

“This has been a great ride and I can sincerely say that I loved every minute of it. Thank you from the bottom of my heart,” Rowland said. “The adaptability and determination of the organization is a constant reminder why the individuals in the (2nd TSB) are varsity communicators.”

Rowland will retire later this year after more than 30 years of service in the Army and multiple assignments within the brigade,

including as a company first sergeant assigned to the 39th Strategic Signal Battalion in Chièvres, Belgium, from 2004-2007; battalion senior enlisted leader assigned to the 509th Strategic Signal Battalion in Vicenza, Italy, from 2014-2016; and from 2016 to 2019 as the senior enlisted leader assigned to 2nd TSB in Wiesbaden.

Conaty comes to the brigade from Fort Bliss, Texas, where he served as the senior enlisted leader assigned to the 86th Expeditionary Signal Battalion, 11th Theater Tactical Signal Brigade, and as the G-3 sergeant major assigned to the 1st Armored Division.

“He is a warrior, scholar, husband and father, and we are lucky to have him as the newest member of the Brigade of Excel-

lence,” Khatod said of Conaty.

During his remarks, Conaty addressed the 2nd TSB Soldiers standing in formation, and civilians, local national employees and family members in the audience, saying it is an honor and privilege it is to now serve as their command sergeant major.

“I vow to do my best every day to inspire, inform, innovate and influence. I look forward to serving you and serving with you, as we as a team continue to accomplish our assigned missions and prepare for whatever is next,” Conaty said.

“Lightning 7 on the net.”

Race against Cancer: 210th RSG holds memorial walk, run

By Sgt. Christopher Hernandez | 210th Regional Support Group / Mobilization and Deployment Brigade

During a cool, brisk Saturday morning, a group of Army Reserve Soldiers from the 210th Regional Support Group, Mobilization and Deployment Brigade, out of Aguadilla, Puerto Rico, and Tatitlek civilians stood by the finish line in eager anticipation during the Race against Cancer memorial walk and run event at Fort Bliss Jan. 12.

Suddenly, the crowd erupted in cheer as Lt. Col. Angel Vega, deputy commander of the 210th RSG and MaD Bde., and his son Angel Jr. ran in unison toward the finish line. When the pair came to a halt, both gasped in astonishment at the sight of the commemorative banner displayed before them. Sgt. Kristina Larson, noncommissioned officer in charge of the tactical operations center for the 210th RSG and MaD Bde., and another Soldier held this banner that depicted Vega and his late wife Irma walking alongside each other.

Almost immediately, Angel Jr. reached out and caught Larson in an emotional embrace, grateful for her and everyone else’s contribu-

tions and participation in the event.

“Honestly, the best moment of this whole thing was when we were standing at the finish line, waiting for him and his son to come across and their reaction was they realized what was on the banner that we were holding,” Larson said. “Vega and his son both thanked me about a hundred times over for everything that I put into the event. At the end of it, I just came out of it feeling really glad that they didn’t feel like that they were alone. You know, that kind of feel-good stuff was unmatched, and it gave me a sense that I was finally able to give back to somebody, and just show support in a bit of an unconventional way to help bring people together and lift him up specifically.”

Since early November, Larson planned and orchestrated the memorial event with other

210th RSG Soldiers as a way to showcase the unit’s solidarity and cohesion for their deputy commander and also, a fellow comrade.

“This event (coincided) with the three-month anniversary of my wife’s death,” Vega said. When I talked to my son about it, he told me that he wanted to go (to Fort Bliss) to be with other Soldiers. My son has always been around Soldiers, and he understands that Soldiers are a part of our family. He came here and he was very proud, as he saw a lot of people going to this event. You can imagine how much he and I have supported that.”

Larson said that he talked with Vega after his return from Puerto Rico, noting his distressed anguish from the tragedy.

“I had a conversation with Vega right after

he got back from emergency leave when his wife passed away,” Larson said. “He shared with me some of the obstacles he faced, and the logistics of everything that he dealt with... and it just tugged on my heart strings. So it was really cool that day when he sat down and talked with me, as he was vulnerable, open and really honest. He thanked me later on for being willing to listen to him, because he really needed that at that point.”

Drawing upon her own personal experiences with loss, Larson proposed the idea for Irma’s dedicatory event to Vega.

“Sometimes, I do not know what to say or do when dealing with loss and death, even though I’ve dealt with it myself,” Larson said. “So I figured that everybody can put on a T-shirt and do a five-kilometer walk and run, because that’s my way [of] coping with that kind of stuff and honoring people since I’ve done a lot of that in the past. I had a lot of support within the unit, and people encouraged me to just do this for Irma – for Vega and his family.”





Multinational exercise encourage Soldiers to take on new roles, challenges

By Sgt. Marcel Pugh | U.S. Army

HOHENFELS, Germany – Soldiers of 3rd Platoon, Alpha Company, 2nd Battalion, 12th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division along with more than 5,500 service members from 16 nations participated in the first phase of Combined Resolve XI at the Joint Multinational Training Center in Hohenfels, Germany, in late 2018.

This training exercise allowed Soldiers of 3rd Platoon to fill new roles and step out of their comfort zones because they were the only unit from their battalion who actively participated. They represented the main U.S. element in their area while coordinating with Lithuanian and Ukrainian forces, a task usually reserved for bigger elements.

“I was kind of filling the role of company commander because it was just my platoon out there,” said 1st Lt. Bryan Wolak the platoon leader of 3rd Platoon, Alpha Company, 2nd Battalion, 12th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division. “It’s a lot of responsibility to take it all in but it felt really good to go into those company commander meetings, and suddenly being given this responsibility of seeing how things work at the higher tiers.”

Although the Soldiers operated efficiently on their own, they encountered difficulties obtaining fuel and various classes of supply, something normally provided by supporting units.

NATO forces had to work together to solve problems.

“Luckily the Lithuanians were very responsive to any kind of needs we had, so we overcame that disadvantage as well,” Wolak said.

Although NATO partners are continents away they still have similar ways of preparing for a mission.

“The Lithuanian army and the Ukrainian army were very strategic,” said Pfc. Joshua Beeney, an M1 tank loader assigned to 3rd Platoon. “Honestly they were just



Spc. Patrick Peltier, lower right, assigned to 1st Battalion, 7th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, 1st Cavalry Division communicates with the commander of an M2A3 Bradley Fighting Vehicle to determine opposition forces fighting positions, during Combined Resolve XI, Hohenfels, Germany, Dec. 4, 2018. Combined Resolve XI at the Joint Multinational Readiness Center is the final exercise in 1-1 CD’s rotation in support of Atlantic Resolve in Europe, which evaluates the interoperability of U.S. Forces with their NATO allies and partners.

as prepared as we were.”

Tactics were an important aspect that was discussed before going on movements between U.S. and Lithuanian soldiers.

“I knew I could count on them,” Beeney said.

There are a lot of things to prepare for during an exercise but the one area that can be improved upon was the lack of radios to effectively communicate between partner nations, said Wolak.

To overcome limitations in communications, Lithuanian vehicles with good comms stayed near the American forces to push messages. This improved the overall effec-

tiveness on the battlefield.

CbRXI has not only strengthened interoperability on the battlefield but has also cemented strong bonds with Soldiers on a personal level.

“We’ve been fighting together, going through the mud and the rain together,” said Wolak. “I have much stronger bonds and connection to these allies and if anything goes down in Europe, I feel a lot more willing to jump overseas and help out our friends over here.”

After Beeney spent 11 days in a single room with his unit from different walks of life, he was able to connect better with his fellow Sol-

diers.

“I think we became closer as a team and honestly as a family,” said Beeney.

Sgt. Tyler Lutz, a team leader assigned to Alpha Co., 2nd Bn., 5th Cav. Regt., 1st ABCT, 1st Cav. Div., leads a tactical formation on a ridge line during Combined Resolve XI, Hohenfels, Germany, Dec. 4, 2018. Combined Resolve XI at the Joint Multinational Readiness Center is the final exercise in 1-1 CD’s rotation in support of Atlantic Resolve in Europe, which evaluates the interoperability of U.S. forces with their NATO allies and partners.



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D-2 conducts first THAAD missile redistribution exercise on Korean Peninsula

By 1st Lt. Taylor John-Morton | U.S. Army

Delta Battery, 2nd Air Defense Regiment (D-2 (Terminal High Altitude Area Defense)), Combined Task Force Defender, 35th Air Defense Artillery Brigade, continued to demonstrate its commitment to mission readiness by recently executing the constitution of numerous THAAD interceptors, the first such training exercise conducted in the Republic of Korea.

D-2 (THAAD) Battery's Patriot system counterparts of 2-1 ADA Battalion conduct bi-annual Storage Combat Load (SCL) retrieval exercises in order to practice war-time procedures and convoy operations between their prescribed ammunition depot and tactical locations. The Patriot units have rehearsed the battalion's N-Hour sequence and built rapport with supporting ordnance units over the years; and therefore, the novice "Defenders" THAAD Battery committed themselves to completing missile redistribution exercises in similar fashion to their Patriot system peers. The battery employed missile reconstitution and de-constitution procedures of the missile round pallets (MRPs), September 18, 2018.

The intricate reconstitution and de-constitution mission encompassed three days of meticulous execution. Ten "Defenders" Soldiers, Quality Assurance Specialist Ammunition Surveillance/Ammunition Civilians personnel of 52nd

Ordnance Company, 6th Ordnance Battalion, and subject-matter-expert contractors, ensured mission success. The unit deployed its small element consisting of two THAAD launchers and guard up-armored HWMMVs to an ammo depot, executing a flawless convoy on the winding Korean highways to achieve another successful benchmark for the unit.

Mr. Donald Young, the Chief of Surveillance for 52nd Ordnance Company, equipped the "Defenders" with additional equipment to include a 16K forklift and a crane to safely remove the THAAD interceptors from storage. Over three days, the Soldiers dedicated themselves to reconstituting the live THAAD interceptors to configure the MRPs. The "Defenders" crew worked seamlessly as a team.

After removing the interceptors from the bunker, the Soldiers secured the live ammunition to the crane, communicated with the crane operator and "tags" to maintain stability of the interceptor, and then safely fastened each interceptor to the pallet. The Soldiers committed themselves to building the MRPs, refining their launcher crew drills and providing feedback on all future constitution missions. The "Defender" NCOs and Soldiers conducting the mission eagerly accepted the task and felt proud to continue paving the way forward for D-2 (THAAD) Battery's permanent footprint within



Missile Defense Agency

Two THAAD interceptors launch in the vicinity of the U.S. Army Kwajalein Atoll/ Reagan Test Site and surrounding areas in the western Pacific in 2016.

the Korean peninsula.

Having completed the re-constitution operation, and redeployment to Camp Carroll, South Korea, the D-2 (THAAD) Battery had

gained a greater appreciation for the importance of rehearsals in order to sustain their "Fight Tonight" readiness. "Defenders" Leaders and Soldiers, coordinated future

reconstitution rehearsals with 52nd Ordnance Company. Their commitment to defending the Korean peninsula continues to remain exemplary across the formation.

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01 Photo by 1st ABCT / 1st AD
Senior leaders from across the 1st Armored Brigade Combat Team, 1st Armored Division conducted the new Army Combat Fitness Test (ACFT) at the Ready First field at Fort Bliss recently. By October 2020, the new ACFT, will replace the Army Physical Fitness Test (APFT). The ACFT events will include the strength deadlift, leg tuck, standing power throw, hand-release pushups, sprint/drag/carry, and a two-mile run.

02 Photo by 1-501st ARB
Sgt. 1st Class Teddy Lopez is presented the Army Achievement Medal by Lt. Col. Daniel Artino, the 1st Battalion, 501st Aviation Regiment commander, at Fort Bliss, Jan. 17. Lopez was recognized for actions becoming of a noncommissioned officer while the "Iron Dragons" were on block leave in December.

03 Photo by 11th ADA Bde., / 32nd AAMDC
Last week, members of the Fort Bliss community took part in a commemorative march to remember the those who took part in the historic 54-mile march in 1965 from Selma to Montgomery, Alabama, a symbolic event of the American Civil Rights Movement. Soldiers from the 11th Air Defense Artillery Brigade, 32nd Army Air and Missile Defense Command hosted the walk and a complete program as part of the installation's Dr. Martin Luther King, Jr., holiday observance.

04 Photos 4 & 5 by 1-77 AR
Pvt. Theodosius Vogt (left), a Soldier from Company A, 1st Battalion, 77th Armor Regiment, awaits an impromptu formation in his honor at Camp Casey, South Korea, Jan. 17. Vogt received a visit from Col. Marc Cloutier and Command Sgt Maj. Michael Oliver II, Vogt's command team at 3rd Armored Brigade Combat Team, 1st Armored Division, and a command challenge coin in recognition of his exemplary professionalism "in and out of uniform," as well as being a valued Soldier and mentor to his peers.

05 Pvt. Theodosius Vogt (right), a Soldier from Company A, 1st Battalion, 77th Armor Regiment, receives a challenge coin from Col. Marc Cloutier, the 3rd Armored Brigade Combat Team, 1st Armored Division commander at Camp Casey, South Korea, Jan. 17. Vogt received a visit from Cloutier and Command Sgt Maj. Michael Oliver II, his brigade command sergeant major, in thanks for his exemplary professionalism "in and out of uniform," as well as being a valued Soldier and mentor to his peers while on deployment.

06 Photo by Fort Bliss FMWR
Donated combat boots pile up for the April 2019 Fort Bliss Survivor Outreach Services Run for the Fallen. The boots will be displayed as part of a commemorative area to remember fallen troops and the Gold Star Families who survive them. Donated boots can be taken to 241 Sheridan Rd. on West Fort Bliss. SOS hopes to collect 200 pairs by April.



Courtesy photo

Former Army Spc. Matt Holben, the Capital Beltway Warriors assistant team captain and defensive player, hits the puck up ice during a holiday exhibition game with a Congressional Hockey Challenge team at MedStar Capitals Iceplex in Virginia, Dec. 16, 2018

‘Therapy on ice’ helps vets heal, give back to community

By Gary Sheftick | Army News Service

WASHINGTON -- The buzz of the crowd had Sgt. 1st Class Michael Vaccaro on edge. Then a loud bang made him look around nervously.

He knew the noise came from a Zamboni machine, yet its exhaust made him think of the aftermath of a roadside bomb.

All his stress melted away immediately, however, as soon as he stepped out onto the ice.

“When I’m on the ice, no matter what happened before, everything dissipates,” he said. “It’s like a fresh start.”

Vaccaro is one of the co-founders of the Capital Beltway Warriors, a hockey team of veterans with disabilities founded two years ago.

Veterans on the team open up to each other and talk about how they cope with injuries, stress and other issues, said retired Maj. David Dixon, another co-founder of the team.

“It’s like a giant support group,” he said, “or therapy on ice, as we like to call it.”

Many of the players have some level of post-traumatic stress disorder from service in Iraq, Afghanistan or other hot spots, Dixon said. He personally survived four deployments to Iraq, where he was shot in the back and shaken up by three different improvised explosive devices.

Giving back

Dixon and a number of the other veterans also coach youth hockey teams and a few of them help with a local blind hockey team, the Washington Wheelers.

“Giving back to the community often gives them a sense of purpose,” Dixon said of the veterans, adding that it helps minimize depression and PTSD.

Dixon puts in more than 20 volunteer hours a week managing the Capital Beltway Warriors as president and executive director of the team. He helps solicit sponsors, run meetings, apply for grants, recruit players and schedule games.

His time on the ice as a player-coach is extra.

“In a sick kind of way, I enjoy all the hard work,” he said. “You go from commanding troops to working in a cubicle,” he said about retiring from the Army and beginning a civilian job.

He explained that managing the hockey team gives him a renewed sense of purpose.

“You find that niche in life that gives

you purpose and whether it has a monetary award or not, that’s what you’re supposed to do,” he said.

He helps make the games special for the warriors with lights, music, an announcer and filling the stands with veterans. Local chapters of the Veterans of Foreign Wars and American Legion in northern Virginia help bring veterans from retirement homes to the games, Dixon said.

Vaccaro also spends several hours per week helping the Capital Beltway Warriors and other veteran hockey teams. He spends a week every year helping run the USA Hockey camp in Buffalo, New York, where they select the national sled hockey team.

He serves as a referee for blind hockey and sled hockey. He helps stand up other Warrior division hockey teams. In November, he spent a few days in Philadelphia helping the Flyers start a warrior team.

“This is my therapy,” he said of the volunteer work. “This is what keeps me going.”

Spreading the word

Just over two years ago, Vaccaro met up with Dixon who was interested in starting a Warrior hockey team in Virginia.

They met in the Pentagon food court in December 2016. “We sat down and started sketching stuff out on napkins,” Dixon said.

They laid out plans for a team that would play in rinks across Northern Virginia and Southern Maryland.

They found players by word of mouth. They showed up at “stick and shoot” sessions and asked if anyone was a military veteran with a disability rating.

Now they have 76 veterans with disabilities on the team and they play other warrior clubs. A game in Ashburn Dec. 22 pitted the USA Warriors from Maryland against the Capital Beltway Warriors. The teams also play in annual tournaments.

There are now 16 warrior teams across the United States. The minimum requirement to play on one of the teams is a 10 percent VA disability. Some of the players are 100 percent disabled and play with prosthetics.

Some of the veterans, like Vaccaro, have been playing hockey since they were 3 years old. Dixon, however, did not pick up the sport until he was 40.

Ramadi RPG

In 2006 and 2007, Vaccaro was an advi-

See **HOCKEY** Page 14A

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5-113th FA commences premobilization drills at FBTC

By Sgt. Christopher Hernandez | 210th RSG

OROGRANDE RANGE COMPLEX, N.M. – Staging their M142 High Mobility Artillery Rocket Systems (HIMARS) onto an oft-beaten desert trail, National Guard Soldiers of Alpha Battery, 5th Battalion, 113th Field Artillery Regiment, of the North Carolina Army National Guard prepared to execute their live-fire exercises in Orogrande Range Complex, New Mexico, Jan. 17.

According to Capt. Earle Pope, battery commander of A Btry., 5th Bn., 113th Regt., the unit has been extensively training as part of their mobilization validations.

“What we’re doing out here today is preparing for a mission readiness exercise,” said Pope.

“Currently, we’re conducting a familiarization exercise with the M28A1 Reduced Range Practice Rocket...and what we’re doing is making sure that we stretch our launchers, rehearse our crew drills, and make sure that we stay proficient on our basic tasks as artillerymen.”

Although the HIMARS can load and fire munition types similar to their M270 Multiple Launch Rocket System (MLRS) counterparts, there are some key differences between the two platforms.

“The M270 MLRS was originally developed back in the ’80s, while the M142 HIMARS was a more recent development,” Pope said. “(Since) it’s a newer and younger system, the M142 trimmed down the fat, maintained a healthy dose of lethality, and massively increased the mobility by being able to be loaded onto a C130 Hercules and land on an unimproved landing strip, back off, chute, roll back on and be gone. So we have much greater flexibility on how we’re employed.”

The HIMARS’ only disadvantage is that

it holds only six rockets at a time, whereas the MLRS boasts a 12-round capacity, Pope said.

Despite its reduced payload, the HIMARS is nevertheless a tour de force on the battlefield.

“The HIMARS itself is just scary,” said Cpl. John Eason, HIMARS crewmember for A Btry., 5th Bn., 113th Regt. “This piece of equipment can really put warheads on warheads, and we can take out whole grid squares. Anything on the receiving end of a HIMARS is going to have a real bad day.”

In addition to the HIMARS crew members, operational success is dependent on other members of the unit with their disparate skill sets.

“We got the mechanics that have been working since we’ve sat down here, getting our GPS up and making sure that the launchers are ready to put rockets downrange,” Eason said. “The RSV (Re-Supply Vehicle) itself is also a huge piece of equipment as far as our job is concerned, because it gets munitions from point A to point B. The launcher can’t pick it up if we don’t have the RSVs out here with live pods dropped on the ground, ready to be picked up.”

Moreover, the Soldiers that run the Platoon Operation Center (POC) and Fire Direction Center (FDC) play another pivotal role in HIMARS combat operations.

“So in our POC, when a fire mission comes down from higher, we process it, send it down to our launchers, and effectively hit the target,” said Sgt. Charles Smith, fire control specialist for A Btry., 5th Bn., 113th Regt. “Also in an FDC, we effectively control all of our launchers. We build our communication networks through our AFATDS (Advanced Field Artillery Tactical Data Sys-



Photos by Sgt. Christopher Hernandez / 210th RSG

Sgt. Matthew Duke, a High Mobility Artillery Rocket System (HIMARS) crew member for Alpha Battery, 5th Battalion, 113th Field Artillery Regiment, North Carolina Army National Guard, interfaces with an onboard computer for a M142 HIMARS prior to the unit’s familiarization exercise at Orogrande Range Complex, New Mexico, Jan. 17.

tem), and we send our missions down either digitally or by voice. Depending on which type of mission it is, we plug it into our system and then hit the target.”

In the meantime, the unit maintains their dedication and vigilance in their premobilization training regimen.

“My goal out here is to shake down and smooth off any rough edges,” Pope said. “My Soldiers have more or less have been on orders since (last year), and we had them almost continuously working and preparing for mobilization. So this is our culminating event.”

For Eason, he and his peers have been eagerly anticipating their flight into their overseas tour of duty.

“We’re ready to go downrange and do our job,” Eason said.



A M142 High Mobility Artillery Rocket System (HIMARS) vehicle for Alpha Btry., 5th Bn., 113th FA Regt., North Carolina ANG, prepares to move out to a firing point prior to the unit’s familiarization exercise performed at Orogrande Range Complex, New Mexico, Jan. 17.

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Total DWIs			
Unit	% of Bliss Population	% of Total DWI	DWIs
JMC	0%	0.00%	
32ND AAMDC	1%	0.00%	
11TH ADA BDE	10%	8.57%	3
JTF North	0%	0.00%	
1/1 AD	15%	22.86%	8
2/1 AD	14%	31.43%	11
3/1 AD	15%	5.71%	2
1AD CAB	9%	17.14%	6
1AD DIVARTY	1%	2.86%	1
1AD SUST BDE	5%	5.71%	2
5th AR BDE/402ND	1%	0.00%	
31ST CSH	1%	0.00%	
93D MP	3%	2.86%	1
204th MI	1%	0.00%	
86th ESB	2%	0.00%	
80th CA	1%	0.00%	
HHBN 1AD	3%	0.00%	
Garrison	0%	0.00%	
WBAMC	4%	2.86%	1
USASMA	2%	0.00%	
TOTALS			35

Drug Statistics for FY19

Total Drugs Offenses						
Unit	% of Bliss Population	% of Total Drugs	Drugs (UA)	Drug Poss	Drug Distro	Total Drug Incidents
JMC	0%	0.00%				0
32ND AAMDC	1%	0.00%				0
11TH ADA BDE	10%	22.22%	6			6
JTF North	0%	0.00%				0
1/1 AD	15%	11.11%	2	1		3
2/1 AD	14%	14.81%	4			4
3/1 AD	15%	14.81%	3	1		4
1AD CAB	9%	7.41%	1	1		2
1AD DIVARTY	1%	22.22%	5	1		6
1AD SUST BDE	5%	7.41%		1	1	2
5th AR BDE/402ND	1%	0.00%				0
31ST CSH	1%	0.00%				0
93D MP	3%	0.00%				0
204th MI	1%	0.00%				0
86th ESB	2%	0.00%				0
80th CA	1%	0.00%				0
HHBN 1AD	3%	0.00%				0
Garrison	0%	0.00%				0
WBAMC	4%	0.00%				0
USASMA	2%	0.00%				0
TOTALS			21	5	1	27

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January 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

BDE Food Service 741-1591
DFAC 741-1180/1168

BRK		LUN		DIN	
M-F	0800-0930	1130-1300	1700-1830		
WKND	BRN 0930-1300		SUP 1700-1830		
HOL					



Area 2
(East Bliss)
Bldg. 20226
Eagle St.

January 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

BDE Food Service 744-4300
DFAC 744-1674/3976/3977/3979

BRK		LUN		DIN	
M-F	0730-0900	1130-1300	1700-1830		
WKND	BRN 0930-1300		SUP 1700-1830		
HOL					


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(Dependents E4 & below) Brunch \$4.70 Supper \$5.75 Holiday \$6.80

CLOSED	OPEN (HOL/WKND)	OPEN (BRK & LUN ONLY) CLOSED DINNER	DIVISION FOOD SERVICE 744-8027/7952	INSTALLATION FOOD SERVICE 568-0435/0436
OPEN (GRAB AND GO BRK, LUN & DIN)				

Dining Facility Operations Schedule January 2019




Area 3
(East Bliss)
Bldg. 11316
SSG Sims St.

January 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

BDE Food Service 744-4300
DFAC 741-3411/3413

BRK		LUN		DIN	
M-F	0730-0900	1130-1300	1700-1830		
WKND	BRN 0930-1300		SUP 1700-1830		
HOL					




Area 1 (West Bliss)
Bldg. 906
Chaffee Rd.

January 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

COR 568-0435
DFAC 568-9672/9719

BRK		LUN		DIN	
M-T	0500-0830	1130-1300	1700-1830		
W-F	0500-0830	1130-1300	1700-1830		
THU	0500-0830	1130-1300	1700-1830		
WKND	BRK 0700-0830 LUN 1130-1300		DIN 1600-1730		
HOL					



McGregor
Bldg. 9436
Vulcan Rd.

January 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

COR 568-0435
DFAC 569-9445/9446

BRK		LUN		DIN	
M-T	0600-0730	1130-1300	1700-1830		
W-F	0600-0730	1130-1300	1700-1830		
THU	0600-0730	1130-1300	1700-1830		
WKND	BRK 0600-0730 LUN 1130-1300		DIN 1700-1830		
HOL					

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HOCKEY *Continued from Page 10A*

sor to an Iraqi Army unit in Ramadi. He and two Marines were on patrol when they were pinned down by machine-gun fire. Then an insurgent fired a rocket-propelled grenade.

"It hit the wall in front of me and knocked me back. Next thing I remember, I heard this really loud ringing in my ears and there was a Marine dragging me back into the courtyard. They were calling for air support.

"We finished the patrol," Vaccaro said, explaining aerial medical evacuation was not available. A doctor patched him up, and a couple of days later, he was back out on patrol.

After his tour in Iraq, he came back to Virginia, where he had been a reservist with the 80th Training Division. But he had PTSD issues. He decided to go to Liberia in western Africa as a contractor to help put about 2,000 Liberian soldiers through basic training.

"I thought that would help, but I just ended up coming back with the same issues," he said. "That's another thing: You can't hide from this.

"Everybody handles PTSD in a different way. I tried the group therapy stuff and it just didn't work."

He received treatment and medication from Veterans Affairs, but the issues persisted. When he smelled fresh bread, for instance, it reminded him of the flatbread Iraqi soldiers baked every morning.

"That's a good smell," he said. But then his mind would continue to remember until he imagined the smell of an IED.

"You've got to face your fears. You've got to face your issues," he said. "I was trying to hide from it and hockey has helped me open up and talk about it."

About 10 years ago, he became involved in the first-of-its-kind USA Warrior hockey team stood up by a patient at Walter Reed Army Medical Center in Maryland.

"When I'm on the ice, things slow down; things are different," Vaccaro said.

Both he and his family noticed the difference in him after playing hockey.

"It really helped me," he said. "The first thing I said to myself when I started realizing that is, 'I've got to get other veterans involved in this.'"

So he became the national representative for USA Hockey in its Warrior division to help stand up teams. He does that in his spare time when he is not working as a civilian employee for the Army Corps of Engineers or on duty as an Army Reserve NCO.

Natural coach

Dixon was coaching little league baseball when he was approached by his son's hockey coach, Bobby Hill.

"He said he really liked the way I worked with the kids and he could use my help on the ice coaching," Dixon recalled.

Dixon told him he did not skate, but Hill said he could take care of that. He got Dixon out on the ice and taught him the basics of hockey.

Dixon went to adult learn-to-play sessions Wednesday evenings at Ashburn Ice House. He participated in adult pick-up games after helping coach his son's youth team.

He eventually took over as head coach of the Ashburn "Honey Badgers" peeewee hockey team.

In the meantime, however, he heard of the USA Warriors hockey team and the effects it was having on disabled veterans in Maryland. He thought it would be great to

bring the same benefits to veterans in northern Virginia.

Three pillars

The warrior hockey program aims to provide purpose, education and camaraderie that veterans miss after they separate from the service, Dixon said.

The team creates an environment that in some ways simulates being back around a military unit, said Matt Holben, alternate team captain for the Capital Beltway Warriors.

"It feels good, because you're back with

the guys, you're back with the unit," he said.

"We've got members with both physical and mental disability," he added. "It's hard for them to share their story, but when you talk to them, it's just that little bit of relief they get when they're in the locker room and on the team."

"We're helping each other," Vaccaro said. "And half of the guys don't even realize we're helping each other, but that's what we're doing."

The help is not limited to the rink either, Dixon said.

There is another part to the program that informs veterans of benefits available to them and helps with issues.

Anything from service dogs to getting help building a house, to loans, and more is available, Dixon said.

"We don't do it all ourselves. We reach out to other veteran service organizations to get the help and education these guys need," he said. "We have a whole network of VSOs that we can tap into."

Vaccaro summed it up: "It's veterans helping veterans."

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Get hoops crazy: Join your UTEP Miners men's basketball team as they take on Old Dominion University tonight at 7 p.m. and Saturday night at 7 p.m. against the University of Charlotte. The Miners' home games are at the Don Haskins Center. \$8-\$28. 747-5234 or utepathletics.com.

El Paso Spring Home Show: The El Paso Association of Builders presents the annual event Friday through Sunday at the El Paso Convention Center. The show will feature exhibits, demonstrations, and prizes. Special guest is Joanie Sprague from Trading Spaces, who will host seminars during the event. Happening 1-7 p.m. Friday, 10 a.m.-7 p.m. Saturday and 11 a.m.-4 p.m. Sunday. Cost: Free (military w/ID) others \$7.75 (free for ages 16 and younger). 800-756-4788, ext. 46 or HomeShowElPaso.com

'Jersey Boys': The true story tells how four blue-collar kids (Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi) wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30. Recommended for ages 12 and older; contains authentic, "profane Jersey language." 7:30 p.m. Tuesday-Wednesday at the Plaza Theatre. Cost: \$30-\$70. 231-1111 or visitelpaso.com/broadway.

Songs of Hope: Singing Out Las Cruces is a mixed voice, LGBTQIA non-profit organization that performs choral works for the appreciation, inspiration, and education of the members and their audiences will present their winter concert 7 p.m. Saturday and 3 p.m. Sunday, at Peace Lutheran Church, 1702 Missouri, Las Cruces, N.M. Cost: \$10; free for ages 12 and younger. (608) 772-1262 or singingoutlas-cruces.org

Pianist Robin Spielberg: The celebrated pianist Robin Spielberg performs at 7 p.m. Friday at the Flickinger Center in Alamogordo, N.M., celebrating the thrill of romance, or familiar holiday songs. Cost: \$9, \$15 and \$20. (575) 437-2202 or flickinger-center.com

Donate your old boots: 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

Antique Treasures Show: The New Mexico Farm & Ranch Heritage Museum hosts the 14th annual Antique Treasures Show featuring antique and collectible vendors 9 a.m.-5 p.m. Saturday and 10 a.m.-4 p.m. Sunday. Informal appraisals, silent auction, and information on how to preserve personal treasures. Bring an object to "Stump the Curator." Museum admission: \$5 for adults, \$4 seniors 60 and older; \$3 children age 4-17; free for museum members, veterans and children 3 and younger. 4100 Dripping Springs in Las Cruces, N.M. (575) 522-4100 or nmfarmandranchmuseum.org

EPSYO's Winter Concert: The El Paso Symphony Youth Orchestras, directed by James O. Welsch, will present its winter concert 3 p.m. Sunday at the Plaza Theatre. 525-8978 or epsyos.org

Acrylic Painting Master Class: Want to learn how to paint in acrylics? During this three-month journey, you'll learn techniques and many tips of acrylic painting from some of El Paso's finest artists. Join the class now through March 23 from 10 a.m.-3 p.m. at Art & Hobby Shop. Cost: \$25 per person, per class, it includes instruction and materials. It's DOD ID cardholders. 568-5563

Las Cruces Bridal Showcase: Helping Hands Event Planning hosts its bridal and special event show. The annual event brings together products and services for weddings and other special events and more. Attendees can enjoy samples from area caterers, get planning ideas, meet DJs, and take in a fashion show for the latest in prom, quinceañera and wedding couture and hair styling. 11 a.m.-4 p.m. Sunday at Las Cruces Convention Center, 680 E. University Ave. in Las Cruces, N.M. Cost: \$5 in advance; \$7 at door. (575) 522-1232 or lascrucesbridalshowcase.com

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 will be on Mondays 7-9:30 p.m., starting this Monday. 833-0263 or www.ep-choralsociety.org

Mid-day buffet

FMWR's Centennial BCC serves great lunch, so much more

By Miguel De Santiago | Special to the Fort Bliss Bugle

For buffets, brews and bingo, the Centennial Banquet and Conference Center has got you covered. The spacious facility, located on 11199 Sgt. E. Churchill St., is also host to conferences, ceremonies and trainings throughout the year and can also be booked for special occasions.

"We're the largest in the Army, stateside, and in the city we're second largest," said Tabitha Bohn, business manager of the conference center.

The center's lunch program runs Monday through Friday from 11 a.m. to 1 p.m. and features a different buffet daily – Monday is Asian favorites, Tuesday features tacos and fajitas, Wednesday is Bavarian favorites, Thursday is BBQ and Friday is Southern cooking.

The buffet includes the "hot food" line, salad bar, drink and ice cream bar plus dessert of the day, while the a la carte menu consists of different sandwiches. Once patrons pick out their meal they can sit in the center's giant circular and sunny dining room.

Bohn said the center typically sees around 200 people daily during lunch. She also said large groups looking to have a working lunch or lunch celebration have access to large private spaces during lunch hours.

The Centennial is also home to a Samuel Adams Pub, which is open Wednesday through Friday starting at 4:30 p.m. and its kitchen is open until 9 p.m. The menu items are all inspired by Samuel Adams brews and the pub also features an outdoor bar and three fire pits.

Bingo is held twice a week, Wednesday and Saturday, in the center's downstairs space called The Metro. The venue opens at 4:30 and the game usually starts around 6 p.m. patrons who participate and buy in can play paper or electronic versions of the game and can win cash prizes. The event features an abridged food and snack menu and is open to DOD card holders only but they may bring guests.



Miguel De Santiago / Special to the Fort Bliss Bugle

Patrons enjoying the Centennial's Bavarian Buffet Wednesday. That particular buffet menu featured schnitzel, egg noodles home style fries, vegetables, rolls, soup, salad and drink.

There's even the occasional yappy hour hosted by the center and FMWR in which patrons can bring their dogs and enjoy drinks on the spacious Samuel Adams Pub outdoor patio bar. The center and MWR also host the Tap and Cork: Craft Beer and Wine Fest, a two-day beer and wine festival in which patrons can sample product from local breweries and wineries and is held annually in August.

"I think most people are shocked to see that the space is so big and that we do more than just lunch or a military ball," Bohn said. "Once they come here and they see what we have to offer, I think they're excited and we're well received."

The center offers over 10 different spaces for large events or special occasions, and easily adapts to an event's needs and anticipated

amount of guests.

"We provide the best customer service so when Soldiers have to have their ball or are planning an event they want to come here," Bohn said. "We try to keep our standards up; our chef comes up with new menus so that you're not seeing the same food served at all the events."

The main ballroom can break down into eight spaces, the Samuel Adams Pub can be rented out as well as the downstairs space where bingo is held. A/V support and guest passes for easy access onto Fort Bliss are just some of the things the center offers to help a client's event run smoothly.

For more information or to book an event call 744-8427. Cost of daily buffet is \$10.25.

Holloman Airman finds strength in 'Social Fitness'

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

HOLLOMAN AIR FORCE BASE, N.M. – Every year, thousands of new Airmen depart Basic Military Training at Lackland Air Force Base, Texas, to begin the next phase of their careers.

Like BMT, technical school is structured to a specific schedule that eventually becomes routine.

Amidst the marching, reporting statements and hours spent in classrooms, new Airmen do not always process how their new careers affect their personal lives at technical school, especially when it comes to making friends.

For Airman 1st Class Femke Vargas, 49th Comptroller Squadron financial operations technician, it was not until arriving to her first duty assignment at Holloman that she began to feel her social fitness deteriorating.

Vargas arrived at Holloman in February 2017, determined to involve herself in the base and local community.

But, as soon as she was settled into her new dorm, her enthusiasm began to fade.

"I never realized how hard it would be to meet new people," said Vargas. "I had so many friends back home, so I never considered myself to be an introvert until I came to Holloman. For months, I was holding myself captive. I did not want to go out of my way to meet anyone or go anywhere – I was even bringing my food back to my room."

While Vargas struggled to make friends and adapt to her new lifestyle, an opportunity surfaced that would fill the void she was feeling.

Looking for a place to belong outside of work, Vargas began volunteering at the Refuel Café and Airman Ministry Center three months after arriving to Holloman.

Joe Brinegar, Refuel Café coordinator, and his wife, Ann Brinegar, Refuel Café volunteer, have been a part of the program since its conception in 2011.

The Refuel Café is a Chapel-run outreach program that facilitates a safe, alcohol-free environment for first-term Airmen in the dorms to volunteer, develop friendships and socialize.

After 48 years of marriage, including five tours in Vietnam, the Brinegars are passionate about their involvement with the Refuel Café and the morale it provides to Airmen.

"It truly is a ministry for us," said Joe.

Vargas was welcomed with hospitality and open arms by the Brinegars, as well as other Airmen who knew how it felt to be away from family for the first time.

"As a new Airman, it can be overwhelming to arrive to your first duty assignment," said Lt. Col. Travis Yelton, 49th Wing Chaplain. "But, the fear and anxiety they experience is more common than they realize. The Refuel Café brings Airmen from different backgrounds together, who are all experiencing a similar journey."

"Airmen," who do not affiliate with "reli-

gion," may feel hesitant about volunteering with a Chapel-run program.

However, the Refuel Café is not a religious sanctuary.

"The beautiful thing about the Refuel is that you belong before you believe, as opposed to believing in something before you belong," said Yelton.

One of the core values of the Chaplain Corps is to inspire readiness, not only spiritual readiness, but all pillars of Comprehensive Airman Fitness.

Social fitness and resiliency are not black and white, but are several shades of grey.

Whether it is playing a board game, updating social media with group pictures, conversing over a cup of coffee or playing the newest video game, the Refuel Café can facilitate a fun and safe environment for everyone.

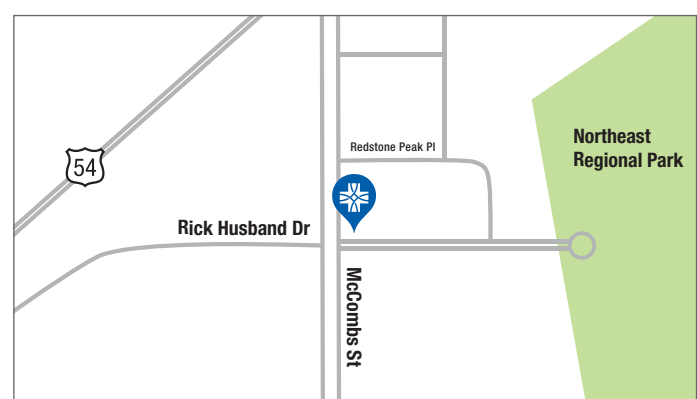
"I have learned that embracing who I am inspires others to do the same," said Vargas. "Everybody has something special that makes them unique and the Refuel Café has introduced me to so many genuine people."

Through making handcrafted beverages at her new home away from home, Vargas found her stride, improving the morale of other Airmen and developing leadership skills.

When Vargas is not working, volunteering or maintaining strong communication with her friends and family from back home, she enjoys hiking and exploring the local area with the friends she has met through the Refuel Café.

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King’s teachings inspire general to be a better leader, person

By Sean Kimmons | Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. – Growing up in the segregated south, Lt. Gen. Aundre Piggee recalled his first experience with racism many African-American children faced at the time.

While he would go on to encounter other acts of discrimination, this one hurt the most, he said.

Humble beginnings

He grew up in Stamps, a small town in southern Arkansas with a population of about 1,200.

While his father was principal of the local school, which had previously been an all-black school, his mother worked at the Lone Star Army Ammunition Plant in nearby Texarkana – and a young Piggee became the first African-American child to integrate into his little league baseball team.

“Things went well the whole season,” Piggee said Thursday after he spoke at a ceremony here in honor of Dr. Martin Luther King Jr. “We integrated well and we had no issues.”

When the baseball season ended, the team held a celebration at a local Boy Scout hut. Piggee begged his parents to go since he wanted to party with his friends.

But when they walked up to the front door, he was denied entry. Some parents of the other players even worked as teachers under his father, but they still would not allow him in.

“They didn’t let me come to the party because I was black,” he remembered.

While racism had likely been around him before, he said it was the first time he personally noticed it. The incident also made him think deeply about his own character.

“It was a humbling experience,” he said. “But what it taught me was that I didn’t ever want to treat anybody else the way I had been treated.”

A young Piggee was held to a higher standard by his parents. The general’s biography



Sean Kimmons / Army News Service

Lt. Gen. Aundre Piggee, the Army deputy chief of staff for logistics, speaks during a ceremony in honor of Dr. Martin Luther King Jr. at Joint Base Myer-Henderson Hall, Va., Jan. 17. Piggee shared his own experiences of dealing with racism while growing up in the segregated south and how his parents taught him to live by King’s example.

says whenever he got into trouble during school, he would get lectured and punished by his father twice – in the principal’s office and at home.

“It was a lesson that served him well in life,” his bio reads.

On April 3, 1968, King traveled to Memphis, Tennessee, to deliver a speech in support of black workers being paid significantly lower wages than white workers.

His flight to Memphis was initially delayed due to a bomb threat, but he made it to the city in time for his speech. The next

day, while outside his motel, King was assassinated.

On Tuesday, the civil rights leader would have turned 90 years old.

King’s leadership values were passed down to Piggee by his parents who strove to live by the message he left behind.

“My parents gave us examples of King’s life and what right looked like,” he said. “And I still remember those to this day.”

A life of service

In almost 40 years of service, Piggee has

held the title of commander five times. He now oversees policies and procedures used by all Army logisticians and manages an \$11 billion portfolio.

Last October, he was inducted into the Arkansas Black Hall of Fame for his dedication.

Fellow Stamps native Maya Angelou, a poet laureate, was among the first inductees in 1993.

Piggee’s childhood home was a block from a general store, which was owned by Angelou’s grandmother. “I used to walk there almost every day,” he recalled. “For a nickel, I could get two cookies and some candy.”

Angelou worked for King as a civil rights activist and later wrote a poem for the dedication of his monument on the National Mall.

Leading by example

Also inspired by King, the general often shares with Soldiers his three leadership traits – competence, commitment and high character.

In his speech, the general noted that King had a strong vision to change the country.

“Competence is what we need of our Soldiers,” he said. “If I can challenge Soldiers to improve every day, to be more competent, to be readier to do the mission our nation asks of us, I have had a good day.”

King, he added, was also committed to his cause.

“That should be a model for our professional Soldiers,” Piggee said. “Putting on this uniform is a noble cause, but doing the missions the Army asks of you is not always easy.”

The most important trait, he said, is high character – a tough lesson he once learned as a child.

“Dr. King’s dream was to judge people by the content of their character, not the color of their skin,” he said.



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DoD medical force cuts hurt military families

By **Lisa Smith Molinari** | [themeatandpotatoesoflife.com](#)
“Sorry, but you can’t be seen at the military clinic for that anymore,” a health care provider told me last week when she prescribed physical therapy for my back pain. She explained that the clinic was drawing down staff, especially many of its specialists which will soon only treat active duty uniformed personnel.

One reason my husband and I decided to stay in Rhode Island after he transitioned out of the Navy two years ago was because we could keep our Tricare Prime insurance and use the military clinic for most of our healthcare. We bought a house a few miles from base, where we could see the base across the bay, be at the commissary in less than eight minutes, and hear the national anthem across the water each morning. We believed that having base services close by would help us transition into civilian life after being active duty for 28 years.

But the writing is on the wall. Literally. The wall outside the clinic’s family practice desk displays nameplates of the practitioners who can see patients. The list was long when we got stationed here five years ago. Now, there are only a few names left. And active-duty patients take priority, as they should.

From the drawdown of services at our medical clinic, one might think our military base must have less need. To the contrary, Naval Station Newport went through a major expansion as a result of the 2005 Base Realignment and Closure recommendations. But our rapidly shrinking medical clinic sits surrounded by the long-abandoned, crumbling buildings that once housed a thriving full-blown military hospital.

What gives?
In the past few years, both military and civilian contract doctor shortages were reported at military treatment facilities, prompting military hospitals and clinics to reduce services, refer patients to civilian doctors who are also in shortage, and send veterans to VA facilities for treatment.
However, the Pentagon, in its infinite wisdom, has recently declared that there are too many military doctors. Huh? So, they are planning to cut the total number of the com-

bined military medical force by 13 percent. About 17,000 uniformed military billets will be converted to war fighting or combat billets, and the work will be heaped on the remaining military healthcare providers.
How does this make any sense? It doesn’t, but unnamed DoD officials claim that reducing the medical force and increasing the workload of the remaining military staff will make them “more suited for battlefield care.” DoD officials are asking us to take a leap across an empty abyss of reason and believe that, less doctors will improve quality of care and readiness.

Although senior Defense officials claim that the cuts have nothing to do with the billions of dollars that will be saved from the defense budget, it admits that the decision will force more families to turn to civilian healthcare providers who are also in short supply.
History may be repeating itself, as evidenced by two Association of the United States Army editorials from 1979. One titled “The Military Doctor Shortage: Is It Real or Just a Management Problem” states, “active duty military people, military retirees and their families have watched a succession of hospitals being downgraded to clinics or have been turned away from military treatment facilities to seek care from civilian sources.”

Another, “The Military Doctor Shortage — The Department of Defense Is Intent On Making It Worse,” could have been written today: “This ill-advised, peremptory action can only make a bad situation worse. The net result over the long run will be fewer doctors in uniform. more hospitals closed and more military families forced to seek medical care in expensive and crowded civilian facilities.”
“We’re short staffed,” my health care provider confided after examining my back, and we both shook our heads at the sad state of military healthcare today.
“What will the families stationed here with sick kids, or the flu, or depression do if you can’t see them,” I asked her, wanting to hear that the military will somehow take care of its dependent families.
“They’ll go to urgent care,” she said, “or they simply won’t get care at all.”



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One team, one fight

By Chaplain (Lt. Col.) Christopher Degn

I remember the day I first arrived at the Arrival/Departure Airfield Control Group of my forward operating base in Iraq in 2006. As we newly deployed Soldiers stepped off the C-130 and exited the tarmac, we came under some camouflage netting above the front door of the terminal. Under the shade of



Chaplain (Lt. Col.) Christopher Degn

the netting, travelers could observe painted on the edge of the tarmac near the door of the words, “One Team, One Fight.” I saw those words several times during that deployment at a joint air base where members of all the US Armed Forces passed through in the execution of their OIF mission. All Warriors worked together on that base in a common cause - whether Soldiers, Airmen, Sailors, Marines, Coast Guardsmen, civilian contractors, OGA representatives, etc. We also worked closely with our Iraqi counterparts, which I appreciated as I worked with mine, an Iraqi Army chaplain whose brigade served alongside my brigade’s military transition team. It took a lot of people with a lot of different skill sets to get the job done.

“One Team, One Fight.” What do those words mean for you? Do those words signify the putting aside of the petty or superficial differences of what we see on the outside (the clothing or uniform we wear, the color of our skin, etc.) Or, do those words place emphasis rather on what is on the inside of our teammates (our humanity, our values, our shared mission, etc.?) Those words were more than words – and the shared experience of the mission proved it to me. When you are standing in the base aid station watching USAF medical professionals save the life of one of your Army buddies one day, and talking in a base chapel with a Marine or Civilian church brother who’s struggling with tough personal issues the next day, “One Team, One Fight” really means something. External things like uniform camouflage

patterns, rank, skin color, accent, hometown, etc. seem to have no real significance anymore.

“We may have all come on different ships, but we’re in the same boat now.” - Rev. Dr. Martin Luther King, Jr.

Dr. King used these words to refer to how we - or our ancestors - came over to America, but we can certainly apply his words to our current context. Each one of us came into the Army on a “different ship,” so to speak (i.e., different backgrounds, different reasons, etc.), but now we are all in the “same boat.” And now that we are in that same boat, how do we band together as a team? I ask us to consider the symbolism of parachute cord – the cord that makes up the strands of a parachute that attach the billowy canopy above to the parachute harness of a paratrooper dangling below.

As a former paratrooper, I am impressed with simple parachute cord and how tough it is - being able to securely carry the weight of a Soldier and all his or her gear in the air like it does. Now, if you have ever taken a strand of parachute cord apart and examined it, you find it quite impressive how it is woven - seven white strands inside a woven green casing - and each of the seven strands is itself comprised of three separate smaller interwoven strands. Teamwork or “banding together” within the construction of the cord shows how true strength is achieved. That banding together also happens when Army brothers and sisters work hard, but work *together* balancing, as the old saying goes, “Mission First with Soldiers Always.” They reinforce each other, putting their arms around each other, complementing each other to achieve a synchronicity that produces true success.

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow...though an enemy might prevail against one who is alone, two will withstand him – and a threefold cord is not quickly broken.” - Ecclesiastes 4:9-12

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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.

As we ponder Dr. King and his contribution to the cause of civil rights that we celebrated over this past MLK weekend, may we see the togetherness he encouraged us to embrace. Yes, his eyes saw the difference and division of his era, but the greater vision of his heart and mind saw the similarity and

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)
Friday 5 p.m.
Meditation, Mon.-Fri. 11:30 a.m.

Introduction to Nichiren Buddhism
(Bldg. 449, Religious Activities Center)
Friday, 6 p.m.

synchronicity of a better future. The US Army – and Team Bliss – share Dr. King’s greater vision.

Let us each do our part to row that same boat together toward a shore of greater opportunity and productivity.

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Fort Drum WTU
Spc. Alexander Madera (left) and Sgt. 1st Class Michael Stone (right) strum away stress and anxiety while learning a new song in their guitar group at Fort Drum, N.Y., Jan. 15.

Wounded Warriors use music, camaraderie to heal

By Mary Therese Griffin | Warrior Care and Transition

FORT DRUM, N.Y. – Author Bryce Anderson once said, “I’ve found that no matter what life throws at me, music softens the blow.” Soldiers at the Warrior Transition Unit (WTU), Fort Drum, New York have had their share of challenges and are using music to help them on their road to recovery.

Soldiers at the WTU have started a weekly guitar group that provides them with many positive aides to their recovery.

“[Music] helps with stress, plus the adjustment of being around other Soldiers in a more social environment. Playing guitar shows them that they can accomplish anything if they put some time and effort into the goal,” says Sgt. 1st Class Michael Stone.

The 10th Mountain Division Spectrum Manager came to the WTU after being diagnosed in 2017 with a genetic-based form of cardiomyopathy, a disease of the heart muscle that makes it harder for your heart to pump blood to the rest of your body. Stone now has a defibrillator implanted into his side, but that doesn’t stop him from using music to work with his fellow wounded warriors.

“I think it can certainly help with anxiety about starting something new, or starting over; especially Soldiers of a more advanced age. You are never too old to start something new,” said Stone.

According to recreational therapist Annalise Doyle, no experience is required to join the weekly guitar club, just determination to make music and heal.

“The guitar group is a chance for Soldiers to learn a new skill in a welcoming environment,” Doyle said. “Our guitar group combines people who have been playing for years with people who have attempted to play over the years or have never picked up

“I think it can certainly help with anxiety about starting something new, or starting over; especially Soldiers of a more advanced age. You are never too old to start something new.”

>> Sgt. 1st Class Michael Stone

a guitar before.”

Song ideas are welcome and all music genres are explored by the guitar group. Stone also encourages Soldiers attending the group to bring their patience and a sense of humor.

“Occasionally someone will drop a [guitar] pick into the body of the guitar, which is funny because we bring it up on a regular basis when it happens, and it happens to everyone. It is particularly funny watching someone try to retrieve it,” Stone said. “It can get frustrating though, but the environment is always supportive and almost everyone who plays has experienced it at least once. This actually happened to me this last week and I’ve been playing for almost 30 years,” he added.

The group meets every Tuesday at the Soldier and Family Assistance Center at Fort Drum and uses guitars donated by Soldiers who are leaving the group or they share one. Of course, there is always the option to bring your own.

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The ABCs of the ACFT

10 answers Soldiers want to know about the new ACFT

By U.S. Army Center for Initial Military Training

FORT EUSTIS, Va. – On July 9, the U.S. Army announced a new physical fitness test -- the Army Combat Fitness Test, or ACFT. The test is designed to replace the APFT with a gender- and age-neutral assessment that will more closely align with the physical demands Soldiers will face in combat. Field tests for the ACFT started in October 2018, and by October 2020, all Regular Army, Army National Guard, and U.S. Army Reserve Soldiers will be required to take the test.

Here, the U.S. Army Center for Initial Military Training answers some of the most common questions that Soldiers, veterans, and civilians had about the ACFT following the announcement.

1. Why does the Army need a new PT test (ACFT)?

To better measure Soldier fitness. Since 1980, the Army has used the current 3-event test. The APFT has provided an adequate assessment of two areas, muscular endurance and aerobic endurance. Although these two components of fitness are important for Soldiers, they are not the only important areas of fitness relative to combat readiness. To perform well across the full spectrum of operations in a complex and unknown battlefield, Soldiers must possess significant physical capacity in all areas of fitness including strength, power, speed, and agility. The APFT does not measure these components of fitness. The U.S. Army believes the ACFT will measure these areas and be able to significantly enhance combat readiness, while reducing injury and attrition by establishing a comprehensive assessment of combat fitness.

2. How long does it take to administer the ACFT?

With 15 lanes of equipment, the ACFT can be administered to a group of 60 Soldiers in about 1 hour. The average testing time per Soldier is about 50 minutes. A trained company of 120 Soldiers can be tested in 2 hours. The Army will provide the equipment.

3. How will the ACFT be graded? Are there tiers based on military occupational specialty?

The grading remains to be determined, but there will be a minimum baseline standard, which aligns with the general physical

fitness required for a Soldier to perform high physical demand, common Soldier tasks. Grading by MOS or by unit type are questions that will best be answered after the Field Test has gathered more data. Any policy decisions will be made after field testing results and scientific analysis are presented to senior leaders.

4. What about Soldiers who don't live on a base, like recruiters, National Guard and Army Reserve?

As part of the Field Test the Army specifically selected USAR, ARNG, USAREC, USACC and other unique dispersed units. This will allow the Army to determine the right locations and methods for remote/dispersed units. Implementation of the ACFT may require modifications in unit training schedules to allow testing to be conducted during higher level training periods (i.e. Annual Training) or may require additional funding (increased training days). However, the current ACFT does not take a significantly larger amount of time to test than the current PT test.

5. Who came up with this test?

This test is a result of over 20 years of research and studies of fitness and health, and the research in the last six years was specifically focused on just this new test. The Army researched the baseline physical readiness requirements of high physical demand tasks Soldiers perform in combat. The Army asked experts from the Army, combat veterans, active and reserve Soldiers, NCOs and officers, from all branches and backgrounds, for their knowledge and expertise on what it takes to be a Soldier. In addition to our own studies, we met with military fitness leaders from the United Kingdom, Canada, Australia, France, the Netherlands and many other fitness experts from civilian universities and centers to discuss U.S. Army Soldier fitness. We talked with our sister services, Air Force, Marine Corps, Navy and Coast Guard. We also consulted with the Department of Physical Education (West Point); U.S. Army Research Institute of Environmental Medicine and U.S. Army Public Health Center (MEDCOM) and the Army Physical Fitness School (USACIMT).



David Poe / Fort Bliss Garrison Public Affairs

Spc. Mali Collins, a Headquarters and Headquarters Company, 1st Armored Division Combat Aviation Brigade Soldier, pulls a weighted sled during a mock Army Combat Fitness Test on East Fort Bliss in 2018. The ACFT is expected to replace the current Army PT test by fiscal year 2020.

6. How much does the ACFT equipment cost?

Final costs will be worked out as part of the field testing phase. However, cost was a factor in considering the equipment needed to complete a balanced fitness assessment. The equipment is standard fitness equipment, available from many retail and wholesale locations. Since it is not "specialized," there is an added advantage in that the equipment can also be used for everyday physical readiness training.

7. Why the 2-mile run?

The simplest and most effective way to measure aerobic endurance with large groups of Soldiers is with a distance run. We measure and train aerobic endurance to allow Soldiers to safely and effectively conduct occupationally-specific training and tasks performance, including moving long distances under load. A Soldier needs to run for a minimum of 12 minutes to get an accurate assessment of aerobic fitness. A 2-mile run ensures most Soldiers will need 12 minutes or more.

8. Why the Three Repetition Maximum Deadlift?

Conventional wisdom in regards to strength lifts is that reduced load + increased repetitions + proper rest = reduced injuries. A 3RM deadlift will produce significantly fewer injuries than a 1RM deadlift. Trap (Hex) bars are significantly easier (lower injury risk) for untrained Soldiers to learn and execute lifts. Trap bars put the Soldier in a more controlled biomechanical posture to promote adherence to precision during the lift. The trap bar lift exerts less

spinal loading due to an upright torso than the regular deadlift. To date we've tested more than 500 untrained Soldiers with zero reported injuries. Improvements in grip, core and lower body strength will significantly improve combat performance while reducing load-carriage injuries.

9. Are there alternate events for the ACFT that Soldiers can take? If not, why?

The final policy for alternate events or alternate test is still to be determined. The Army is studying alternate fitness tests for Soldiers on temporary and/or permanent profiles. These tests would help determine if you can heal and rehabilitate or if you need to be medically boarded for continued service. We hope Soldiers will be able to heal and pass the ACFT.

10. Won't Soldiers hurt themselves training for the test?

The Army is committed to a certification and training program for all graders and specifically for Master Fitness Trainers. MFTs are a force enabler who are trained in all the events and training requirements for the ACFT. Using the train the trainer method, teams from the Army Physical Fitness School will certify master instructors for the ACFT. It is not expected that trained Soldiers, properly supervised by their leadership and MFTs, will have any unusual risk of injury taking or training for the ACFT. The renewed emphasis on fitness and the additional resources being provided, along with solid training, minimizes any risk to Soldiers.

Sports Briefs

Fort Bliss Half Marathon: Fort Bliss Half Marathon: Participate in the Half Marathon and 5K run at Fort Bliss at 7:30 a.m. Saturday. Children, ages 10-15, who want to participate must have parent or guardian sign a waiver form. Children ages 9 and younger can participate with a participating parent/guardian. Late registration and packet pick-up will be at Soto PFC Friday from 11 a.m. to 1 p.m. and 4:30 to 6:30 p.m., also on Saturday from 6 to 7 a.m. There will be an additional \$10 late fee for Half Marathon and 5K late registration. This event is open to all. \$15 for Active Duty/Retirees, \$40 for all others. 5K is \$15 for everyone. 744-5785

St. Paddy's Day 1/2K Race: Register now for the St. Paddy's Day 1/2K Race, 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 or \$50. Additional sporting events will follow on that day. Register online at racerooster.com or at Stout, Milam or Soto PFCs through March 14. 741-3000 or 744-5785

Get hoops crazy: Join your UTEP Miners men's basketball team as they take on Old Dominion University tonight at 7 p.m. and Saturday night at 7 p.m. against the University of Charlotte. The Miners' home games are at the Don Haskins Center. \$8-\$28. 747-5234 or utepathletics.com

UTEP Women's B-ball: Lace 'em up with the University of Texas at El Paso Miners as women's hoops defends the Don Haskins Center against the Thundering Herd of Marshall University Jan. 31 at 7 p.m. \$5 general admission. 747-5234 or utepathletics.com

Family Day at the wall: Stop by for Family Day at the Wall. The SAC is normally open to guests ages 18 and older, but on Family Day, the wall is open to all climbers age 6 and older. Hours are from noon-6 p.m. every Thursday, Saturday and Sunday. 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 Building 262 on Club Road. 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. Cost: \$3 per class or \$35 for unlimited monthly pass. 744-5800

Indoor cycling: Get back on the bike and push your endurance at Indoor Cycling. Classes are held at Soto and Stout PFC. 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. 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. Classes 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 held Wednesdays at the Aquatic Training Center. Cost: \$3 per class or \$35 for unlimited monthly pass. 744-5800



U.S. Army
Staff Sgt. Crystal Pittman, noncommissioned officer in charge of Aviano Veterinary Treatment Facility, during the Italian open.

Army Strong: Soldier-lifter faces strong competition, takes second place

By Michelle Thum | Regional Health Command Europe

AVIANO, Italy – Staff Sgt. Crystal Pittman, noncommissioned officer in charge of the Aviano Veterinary Treatment Facility, Aviano, Italy, recently competed in the Italian Open National Weightlifting Championship and took home the second place title.

Pittman recorded snatches of 183 and 213 pounds to help her team, which placed third for males and second for females. A snatch involves lifting a barbell from the ground to overhead in one continuous motion.

Pittman, who joined the Army because she felt like she needed to do more with her life, said that being in the Army has shown her that she can push herself through difficult tasks. Her newly-discovered strength during physical training tests led her to pursue Olympic-style lifting.

“My hobby has given me the physical ability to be a good role model for my Soldiers and others outside of my organization,” Pittman said. “Along with the physical ability, it has also given me the confidence and resilience to do anything I put my mind to. Lifting has taught me that failure happens, but you learn and grow from it and that is what makes you a great leader.”

As an Army animal care specialist, Pittman provides medical support for military working dogs, as well as privately-owned animals in Aviano. Pittman also supervises six civilian employees and manages the day-to-day operations at the veterinary clinic. She says the job can be challenging from time-to-time, but it is also rewarding.

She enjoys having a positive impact on the animals she cares for as well as humans she meets and works with.

Pittman says her days can easily become overwhelming and stressful when juggling appointments and ensuring tasks are complete, much like challenges of weight training.

“Olympic lifting is not just a physical sport, but a mental one too,” she said. “You have good days and bad days – just like in your day-to-day life. But my hobby has helped me tremendously by giving me the mental toughness and confidence to take on whatever comes at me.”

Pittman said she often uses the strategies she learned through weightlifting in her work life too.

“Taking a deep breath and using mental agility to figure out what needs to be done first helps,” she said. “The mental toughness helps me stay focused and prioritize to make sure the mission gets accomplished.”

Pittman said her biggest motivation to push through and work harder is knowing she is getting stronger.

“I love feeling strong. As a little kid, I would watch Buffy the Vampire Slayer and wish that I was strong like her.”

She inspires her Soldiers by showing them that they can do anything they set their mind to.

“Don’t underestimate yourself. You can achieve the goals you set for yourself if you work hard” Pittman said.

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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. 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 for repairs, 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. Contact USACE at 568-9713.

WSMR Bataan March discounts end Feb. 12: 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://bataan-march.com>

McGregor/FBTX ammo point closings: The McGregor Range/FBTX 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. Find it online at https://ice.disa.mil/index.cfm?fa=site&site_id=435.

FMWR

Ski Apache N.M. with FMWR: Want to go skiing this winter? Let Outdoor Recreation help

make it easy by taking a trip to Ski Apache, N.M., Saturday! Cost: \$95 for Soldiers and \$110 for Civilians, includes lift tickets and transportation. Open to the public, must be 14 years and older. 744-1532

NFL championship watch party: Enjoy the big game in the comfort of the Monti Warrior Zone, Feb. 3. There will be free snacks, prizes and food and drink specials all night! 741-3000
'Cook the book' at Mickelsen: Do you love browsing through cookbooks and trying new recipes? Do you enjoy sampling and sharing new dishes? Then grab your apron and sign up for this book club! DOD ID card holder. Registration required (at Mickelsen). 568-1902

Acrylic Painting Master Class: Want to learn how to paint in acrylics? This is your chance! During this three-month journey, you'll learn techniques and many tips of acrylic painting from some of El Paso's finest artists. Join the class now through March 23 from 10 a.m. to 3 p.m. at Art & Hobby Shop. Cost: \$25 per person, per class, includes instruction and materials. DOD ID cardholders. 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. Free. Tickets are available at the Leisure Travel Services location at Freedom Crossing. DOD ID card holders. 588-8247

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 6-8 p.m., Feb. 8. Cost: \$50 per couple. Must register as couple. 568-1902

Outdoor Recreation Snowshoeing Trip: Join Outdoor Recreation for Snowshoeing trip at Lincoln National Forest, N.M. Feb. 9. \$20 for Soldiers, \$30 for civilians. Snowshoes and transportation will be provided. Must be 14 or older. 744-1532

Art & Hobby Shop: 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! \$40 per couple. Materials and instruction included. DOD ID cardholders. 568-5563

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

Right Arm Night at Pershing Pub: Right Arm Night is a great way to unwind after a long week with free appetizers, drink specials and giveaways! Come join the fun Friday from 4-9 p.m. at the Pershing Pub. 915-781-6809

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 Do-It-Yourself Safety Orientation: Auto Craft Center offers safety orientation classes Wednesdays and Thursdays at 6 p.m. This is a mandatory safety orientation for use of the facility for automotive do-it-yourself projects. 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

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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! 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! Free. DOD ID card holders of all ages. 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. Class registration opens from the 20th of the month prior to the 7th of the month you are enrolling for. www.bliss.armymwr.com or 568-5544

Story Time: It's Story Time! Stop by the Mickelsen Library every Tuesday from 10:15-11 a.m. or 11-1:45 a.m. as children ages two to five listen to stories read aloud. There will also be crafts, activities and refreshments available. 568-6156

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. 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. 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. The course is open to children ages 12 and older and costs \$10. 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. Cost: \$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

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, 241-6977

Bliss Boy Scout Troop open house: If you have a girl in your family between the ages of 11-17 who might be interested in joining Scouts BSA, join the Bliss Boy Scout Troop at Building 452 Tuesday at 6:30 p.m. for an open house. As of Feb. 1, the National Office of the Boy Scouts of America is changing its name to Scouts BSA and will begin welcoming girls between the ages of 11-17 into the organization. 472-6790

El Paso Choral Society performance: The El Paso Choral Society will present a heart-warming one-act opera with costumes, set, choir, dancers, and soloists at the First Baptist Church, 805 Montana, Saturday, at 7:30 p.m. Amahl, a shepherd boy, attempts to tell his mother about an unusual star that he has seen outside. Through his generosity and selflessness, all become witness to a miracle. \$25, \$10. 259-4999 or www.el-paso-choral-society.org

epchoralsociety.org, epchoirs@gmail.com

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 professional orchestra and soloists. Rehearsals will be on Mondays 7 to 9:30 pm beginning this Monday. 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. 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

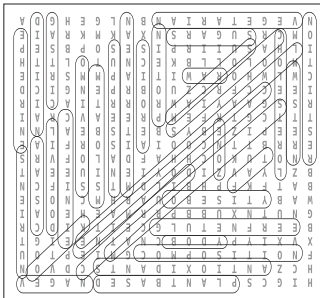
Verdi Requiem opera: Experience the drama of the Verdi Requiem, an opera in disguise of an orchestral and choral masterpiece March 23. Performed by a 150-voice choir, professional orchestra, and professional soloists. Directed by Prentice Loflin. Tickets available through Ticketmaster.com, the Plaza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

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 noon Feb. 2, at the Rio Grande Theatre, 211 N. Main in Las Cruces. Best remembered for killing Billy the Kid, Garrett lived in Doña Ana County for 12 years, served as county sheriff for four years, and was killed there on Feb. 28, 1908. Free. An opening of images from the early days of movie theatres in Las Cruces is 5 p.m. Feb. 1, in

the theatre gallery. A History of Movie Theaters in Las Cruces & Billy The Kid screening is 7:30 p.m., Feb. 2. Admission: \$5. (575) 523-6403 or RioGrandeTheatre.com

The Barstool Open: Miller Lite and Topgolf hosts a miniature golf tournament and bar hop with nine miniature golf holes in nine different bars throughout Downtown El Paso from 11 a.m.-3 p.m. Saturday. Starting location and participating bars to be announced. Cost: \$80 per team. Age 21 and older only. Teams will go from bar to bar to play each hole until all 9 holes have been played. Prizes will be given for Best Team Outfits/Costumes, Best Team Name, Low Team Score, Low Individual Score, Holes in One, and more. Check-in is 10 a.m.-noon and awards ceremony is 4 p.m. raceadventuresunlimited.com m

El Paso Rhinos: El Paso's Junior League ice hockey team opens its home season hosting the Ontario Avalanche at 7 p.m. Friday and Saturday, and 4:30 p.m. Sunday, at El Paso County Coliseum Events Center, next to the Coliseum, 4100 E. Paisano. Free admission to active military with ID. 479-PUCK (7825) or elpasorhinos.com



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

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Answer: Weight

Guess Who?

I am a singer and songwriter born in New York on January 24, 1941. During my final year at NYU, I was offered a job writing music for a publishing company. It would help me become a prolific songwriter and a successful artist.

Answer: Neil Diamond

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DIET PLAN WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

AEROBICS
ANTIOXIDANTS
BODY
CAFFEINE
CALORIES
CASARA
CATECHOLAMINE
CHOLESTEROL
COMPOSITION
DIETICIAN
DIURETIC
EPHEDRINE
FAT
GASTRIC
GLUTEN-FREE
KETO
LIVE-FOOD
LOW-CARBOHYDRATE
MACROBIOTICS
MACROS
MEDITERRANEAN
METABOLISM
NUTRIENTS
OBESITY
OMNIVOROUS
PLANT-BASED
PROTEIN
RAW
RESTRICTION
SUGARS
SUPPRESSANT
VEGAN
VEGETARIAN
WESTERN
ZONE

SUDOKU

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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



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12230 Saint Mark	\$1050
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11804 Deer Grass	\$1200
10017 Album	\$1200

11517 Cree

\$1200

14189 Strata Rock

\$1200

1750 Castle Gate

\$1225

12883 Hidden Grove

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\$1300

4856 Ruben Soto

\$1325

14304 Owl Point

\$1325

14451 Coyote Trail

\$1450

828 Nazareno

\$875

14328 Desert Cactus

\$1125

474 Coldridge Valley

\$1275

CENTRAL

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\$475

3618 Truman

\$875

3231 Richmond

\$950

NORTHEAST

5218 Wally

\$825

10465 Omega

\$895

10156 Racoon

\$850

5601 Wadsworth

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10441 Omega

\$950

10121 Kirwood

\$995

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\$1000

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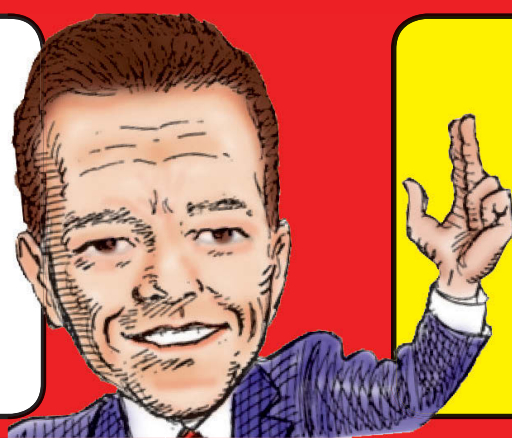
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Z5821A			A15386A		
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Z5729A			A15598		
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A15615			A15545		
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A15581A			Z5922A		
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A15570			Z6038A		
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Z5754A			A15491		
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A15624			A15482, 15 PASSENGER		
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A15475			Z5932A		
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A15411			A15385		
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A15654			Z5897A		
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A15528			A15429		
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