Things to Do:

The Prado in Las Cruces: Come to Las Cruces, M.L. King Jr. Day 2018, to see a traveling exhibit of paintings from Spain’s Museum Nacional del Prado. The event starts on Thursday. Hours are 10 a.m. to 4 p.m. (570) 541-2250.

Jazz at Sunset: The El Paso Community College will host their outdoor jazz show at 5 p.m. Friday at the Viva Verde Campus’ Americano Language Village, 919 Huron with performances by saxophonist Doug Webel from Los Angeles, Billy Townes, Giselle’s Foot and El Paso Jazz Project. Bring a blanket or lawn chair. 915-227-0280 or opjazz.com.

“Bless Me, Utopia”: The NEA Big Read Event Series continues 5:30 p.m. Jan. 18 at Cafe Magoffin, 2000 Basin Ave., El Paso. Join us for a talk about “Bless Me, Utopia” by Rudolfo Anaya. Also, take your chance to win free tickets to the UTTEP Department of Theater and Dance’s production of “Bless Me, Utopia,” as well as get free books courtesy of NEA Big Read, 747-5321

Chihuahua City Heart Spirt Catholic Church Festival is at 4 p.m. Friday, Saturday and Sunday at the church, 4120 Molino Ave., Horizon City. Will include family fun, games, food, drinks, entertainment and live music.

Borderland Roller Derby: The Ogawa vs. Maxaza event is 6 p.m. Saturday at the El Paso County Coliseum’s Coliseum Bar, 4100 El Paso Lakes Blvd. (87) with military $10, $10 for ages 8-10 and youth, or $8 each for pack of six at brownsportsports.com. Information: borderlandrollerderby.com or on Facebook.

Flower Market & Stretch with Rachelle Hendricks at the Magoffin House Historic Site Visitor Center at 10 a.m. Saturday, 1117 Magoffin Ave., El Paso. 523-5147 or www.visitingelpassohome.com

Cooking Class: Learn how to make a pecan cake at 11 a.m. Saturday at the Magoffin House Historic Site Visitor Center, 1117 Magoffin Ave. El Paso. Class fee is $10 per participant. 533-5257 or www.las-cruces-.org

9/11 Memorial Stair Climb: The 9/11 Memorial Stair Climb allows participants to vote tributes by climbing the equivalent of the 110 stories of the World Trade Center. Participants will use Salt Physical Fitness Center’s stationary stair climbers. All participants will receive a 9/11/2001 remembrance and energy bar. For each step in a cap at 175 participants. The event will be Tuesday, Sept. 11, and will have a wave of five people per 25-minutes. The first wave starts at 5:15 a.m. The memorial ceremony will take place at 9:35 a.m. and 1:35 p.m. or 12:18 p.m. Cost: $10 for non-sponsorship and $15 for sponsorship. No registration. Visit www.911memorialstairclimb.com or on Facebook.

Luminary Festival: The Horizon City Holy Spirit Catholic Church Festival is at 4 p.m. Friday, Saturday and Sunday at the church, 4120 Molino Ave., Horizon City. Will include family fun, games, food, drinks, entertainment and live music.

Lympho Fest 2018: The Horizon City Holy Spirit Catholic Church Festival is at 4 p.m. Friday, Saturday and Sunday at the church, 4120 Molino Ave., Horizon City. Will include family fun, games, food, drinks, entertainment and live music.

Team RWB: Team RWB of El Paso invites you to join them and volunteer at the 11th Annual Veterans Memorial Park 5K for the Make the Call resiliency fair outside the Fort Bliss Commissary Friday. 523-5147 or www.TeamRWB.org.

“Bless Me, Utopia” at the NEA Big Read Event Series continues 5:30 p.m. Jan. 18 at Cafe Magoffin in Las Cruces.

Make the call: Resiliency fair raises awareness of crisis prevention programs

September is national suicide prevention month and the Make the Call resiliency fair was held Friday at the Fort Bliss Commissary parking lot on West Fort Bliss to raise awareness of behavioral crisis prevention programs in the area.

“We’re trying to get people to ‘make the call’ to different organizations to mitigate high-risk behaviors associated with suicide,” said Mark Mancini, Fort Bliss suicide prevention program manager. “This is for everyday, but we’re really trying to target family members, so that they know the signs, the symptoms, the high risk behaviors, as well as veterans and retirees.”

Many base and area programs participated, including the Department of Veterans Affairs, El Paso, the USO and others. It was a concentration effort to engage and meet the Fort Bliss community with plenty of information and giveaways readily available.

“A lot of soldiers don’t know the resources that are available for a plethora of things,” Mancini said. “So this is an initiative to get that out there and educate them and their family on what’s available.”

“We’re partnering with VA, a clientele psychologist and the suicide prevention coordinator, to get out there and teaming themselves a day (on average),” Mancini said. “We’re reaching out to the providers in the community and making them aware of resources available.”

Wazlavek said the growing relationship between the VA and Fort Bliss services is important to help improve how service members cope with issues that might arise from transitioning out of the service.

“For the past year we’ve been reaching out to the providers in the community and making them aware of resources available,” Wazlavek said.

Wazlavek said the growing relationship between the VA and Fort Bliss services is important to help improve how service members cope with issues that might arise from transitioning out of the service.

“From the VA’s standpoint and Fort Bliss’ standpoint it’s really important to make sure that there’s a strong network out there for veterans,” Wazlavek said.

“Part of that is when they leave the service that they have a strong support system that they can turn to,” Wazlavek said.

We can help them navigate their emotions and provide coping skills so they can be effective at work and interacting with their family members,” Reynoso said. “Reaching out to us early before it’s too late is the key.”

Kimberly Cook, McDaniel, sexual assault response coordinator for Fort Bliss’ Sexual Harassment / Response and Prevention (SHARP) program said a fair Friday is important because it makes it easier to attain up-to-date information.

“VA’s goal is to understand that people get information from different sources and may not really understand sexual harassment or what sexual assault is,” McDaniel said. “The more that we educate people – the more information we put out there – they’ll know what to look for or in most cases they come for services because they realize how they’ve been impacted.”

Mancini said he was thankful for the all the organizations that participated on Friday, adding that bridging the gap between the base and the area is important to helping soldiers in crisis.

“The great thing about the Army is if there’s a problem, the Army’s got a solution for it,” Mancini said. “All we have to do is educate the Soldiers on where to go in order to get the assistance.”

For more information on the Fort Bliss Suicide Prevention Program call 744-2335. For more information on Fort Bliss Behavioral Health clinics call 742-9226 and the VA’s Veterans Crisis Line number is 1-800-273-8255 (press 1).
The 6:
Finger pointing with Caitlin Roop, Bliss FMWR Recreation Aide, Army spouse

By David Poe
Fort Bliss Garrison Public Affairs

Fort Bliss has some of the best fitness facilities in the Army, and to serve the Army is an army of Family and Morale, Welfare and Recreation assistants who cover all of the little details that make the big details excellent. They are the front desk clerks … the maintenance specialists … retail experts … and the list goes on for the responsibilities recreation aides cover behind the scenes with professionalism and little fanfare.

At Stout Physical Fitness Center on West Fort Bliss is recreation aide and northern Alabama native Caitlin Roop. As the first 6 interview for the Fort Bliss Bugle, we learned that taking care of troops comes naturally for her – she is married to one.

1. Where'd you meet him?
We were going to be in a wedding together and six or seven months before the wedding, they introduced us. We talked a bit – he was deployed at the time – and we met when he came back. By the time the wedding came, we had been dating for six months.

2. What's the worst thing about your job?
Picking up weights. Some people see us picking up after them and they seem to catch on, but others keep leaving them. Picking up weights is definitely it.

3. Your husband is an EOD Soldier. If you had the same training, could you do what he does?
I wouldn't want his job (laughs). I feel like there's so much pressure with it because it's either 'you're good' or 'you're not good.' As much as I like a challenge, with all of the pressure, I wouldn't want it.

4. What do you like about your job?
We get a lot of Soldiers who may come here on their first day, so you kind of have to help them out with showing them around. I lead "a finger pointing tour." (laugh)

5. What would you tell a young couple who have orders to Fort Bliss and have never been here before?
Don't believe everything that you hear. I know Fort Bliss gets a bad rap for where it's at – it's in the desert – but every place that you go is what you make of it. We lived in Washington for five years and I knew people who absolutely hated it, and I loved it. Make Fort Bliss your own – get out and do stuff.

6. As the first 6 interviewee, Caitlin, who's also a dog mom of two and a Family Readiness Group leader, asks: "If money was no object, what would you be doing right now?"

Check out the next installment of the 6 for the next interviewee's answer to her question. See you next time. And please re-rack your weights :)
NEAR COCHITI, N.M. — Before I decided on visiting Kasha-Katuwe Tent Rocks National Monument, I had no idea where I was going. I was sitting in an Albuquerque coffee shop eavesdropping on a conversation between two lovely older women sitting at the table across from me. They mentioned the Tent Rocks several times between sips of coffee, prodding me to Google the area while I mulling the dozens of attractions that New Mexico offers. The photos of the unique rock formations pointing at the sun amidst the dry southern New Mexico vegetation didn’t completely sell me on the extra hour-and-a-half drive, but they were enough to persuade me once I thought about instead wasting such a beautiful desert morning indoors at a museum or at a movie.

The trailhead offered a glimpse of what I had seen on Google Images. I’ll admit, I shrugged at the entire experience initially, but around 10 minutes into the trek I was completely astounded at the sights and canyons that I had hiked into.

Seven million years ago, layers of volcanic sediment, deposited by pyroclastic flows and stacked like cake layers, created the formations. The narrow canyons provided shade for a good majority of the hike. Nearing the end point of the hike cañons and the local flora perimeter the trail, but the hike mostly consisted of soft sands and broken rock.

The hike can be completed by most in less than an hour and a half. There was a fair share of children on the trail, so it definitely should fall into the “easy” category amongst the hiking community. The only serious incline is the last 650 feet descent from the top.

There is no potable water in the area, so if you attempt the adventure ensure you have sufficient water and snacks. The heat really picks up in the afternoon so if you can, start early. I was surprised how small the crowd on the trail was. The national monument is in a remote area, so it makes sense that it doesn’t have the popularity and is overshadowed by national parks closer to urban areas.

The monument is a unit of the Bureau of Land Management and 40 miles southwest of Santa Fe. It is closest to the Cochiti Pueblo and ranges anywhere from 5,700 to 6,400 feet above sea level. It is closed to pets and it is very easy to navigate along the trail — there are only two routes, and both are clearly defined.

I absolutely recommend exploring this area, despite the four-and-a-half hour drive from the Fort Bliss and El Paso area. While a museum in Albuquerque would have provided for a wonderful afternoon, I was absolutely astounded by the wild country that is Kasha-Katuwe Tent Rocks National Monument.
Military OneSource is now available to veterans for a year after separating from the military for a year after separating from the military.

Department of Defense

The Department of Defense has announced it will extend eligibility for Military OneSource benefits from the current 180 days to 365 days after separation or retirement from military service to ensure all service members and families have access to comprehensive support as they transition to civilian life. This change is in effect now in accordance with the John S. McCain National Defense Authorization Act for fiscal year 2019.

Military OneSource provides information, resources and support for active-duty, National Guard and Reserve service members, their families and survivors. Provided at no cost, Military OneSource gives exclusive access to programs, tools and benefits designed to help ensure service members and their families are mission-ready and able to thrive in both their military and post-military lives.

“Each person is unique, and so is each military-to-civilian transition,” said A.T. Johnston, deputy assistant secretary of defense for military community and family policy. “We want all of Military OneSource’s resources to be there when someone needs them — whether it is a day, a week or many months after their transition to civilian life.”

As a DOD program, Military OneSource offers a wide range of services designed exclusively for the military community. Services include help with relocation, tax support, financial planning, health and wellness coaching, as well as confidential nonmedical counseling and specialty consultations for spouse employment, education, adoption, elder care, special needs and much more.

“Military OneSource is powered by people with extensive knowledge and training in meeting the needs of our military community, many of whom have also served or lived in military families,” explained Lee Kelley, program director of the Non-medical Counseling Program Office within military community and family policy. “We’re dedicated to providing expert, proven and practical support and information to our service members and their families to help them achieve their goals and live their best military life.

Military OneSource services are accessible 24/7, and service members and family members can call Military OneSource at 800-342-9647 or go to www.militaryonesource.mil. To explore additional benefits that may be available through the Department of Veterans Affairs, go to https://explore.va.gov/.

WBAMC Hospital Chapel (5005 N Piedras Dr.)

Traditional Service 10 a.m.

USASMA Memorial Chapel

Latter Day Saints Service 1 p.m.

Gospel Service 8:45 a.m.

(11272 Biggs St.)

Samoan Service 11:15 a.m.

Crossroad Service 9 a.m.

(2498 Ricker Road)

Hope Chapel (2498 Ricker Road)

Sunday Mass 8:30 and 11:30 a.m.

Saturday Mass 5 p.m.

Weekday Mass noon

(11272 Biggs St.)

German Chapel

(S312 Buffalo Soldier)

Sunday Mass 10 a.m.

odd days

FORT BLISS RECYCLES

448 PEERSING ROAD
FORT BLISS, TEXAS
568-1519

ON-CALL DUTY CHAPLAIN
637-4265

FAMILY LIFE CHAPLAIN (808) 277-6011
• Grief counseling
• Marriage counseling
• Family counseling
• Individual counseling
• Pre-Marital counseling

OTHER RELIGIOUS SERVICES

Jewish Chapel (Bldg. 1441)

Friday Shabbat Service 7 p.m.

Islamic Service (Bldg. 442)

Friday Jummuh 12:30 MST, 1:30 p.m.

DST

Saturday Ta’Aalim 12:30-2 p.m.

Friday Jummuh 12:30 MST, 1:30 p.m.

Islamic Service (Bldg. 442)

Friday Shabbat Service 7 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.

RECENT SERVICES

Jewish Chapel (Bldg. 1441)

Rosh Hashanah 9:00 a.m.

ROSH HANOSAH

Catholic Women of the Chapel (Bldg. 11272)

Friday 5:30 p.m.

PROTESTANT WORSHIP SERVICES

Center Chapel (215 Parshing Road)

Unghtual Service 10 a.m.

Hope Chapel (2498 Ricker Road)

Crossroad Service 9 a.m.

Samecon Service 11:15 a.m.

1st Armored Division (11272 Biggs St.)

Soulful 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.

CATHOLIC WORSHIP SERVICES

Chapel Two (1542 Sheridan Road)

Weekday Mass 11:35 a.m.

Saturday Confession 4 p.m.

Saturday Mass 5 p.m.

Sunday Mass 8 a.m.

Sunday Mass 11 a.m.

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Sunday Mass 11 a.m.

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New study aims to help military families grieve

By Lisa Smith-Hulsey

www.TheMotheringItselfLife.com

It’s so easy to be indifferent. I tend to become absorbed in my own daily minutia. Flossing my teeth, walking the dog, checking emails, paying bills, planning vacations, watching my latest shows — I often forget that there are thousands of families in our military community who are grieving.

According to an Aug. 28 update of Department of Defense casualty statistics, nearly 7,000 active duty military members have died while serving in U.S. overseas military contin- gency operations since Sept. 11, 2001.

But war-related casualties only account for about a quarter of all active duty military deaths since that fateful day. Military service, whether associated with an ongoing American war or not, is dangerous. Many more active duty service personnel — about 920 every year — die in circumstances not directly related to war.

Of the 15,851 active duty military deaths since 2006, 4,550 were war-related, but 7,857 were caused by accidents or were self-inflic- ted, according to the Congressional Research Service. Another 2,650 deaths were attributed to illnesses or injuries, and 248 were under- mined.

Of course, most military service personnel who die have families — parents, siblings, spouses and children. So regardless of the cause of death, the potential wake of grief left behind is exponential. Worse yet, bereave- ment for military families tends to become prolonged and complicated because deceased service persons are likely to be young and their deaths are often violent and unexpected. Stud- ies have shown that military families can de- velop chronic, severe grief symptoms that last for years, including “persistent yearning and longing,” preoccupation with the deceased or circumstances of the death, difficulty accepting the death, bitterness and anger related to the loss, avoidance of reminders of the deceased or the death, and feeling life is meaningless without the deceased,” according to the Inter- national Society for Traumatic Stress Studies.

A new study is attempting to help. The De- partment of Defense and the Congressionally-Directed Medical Research Program awarded Uni- formed Services University and Columbia University’s Center for Complicated Grief a $3 million, four-year grant to develop and test a mobile and web application to help military families cope with loss of a service member.

The study, “Stepping Forward in Grief,” is a follow-on to the National Military Family Re- buement Study, the first large scientific study on the impact of U.S. military deaths after 9/11 on surviving families. Results of the NMFSB indicated that family members experience grief differently than their civilian counterparts.

“Equipping military families with resources that address the unique circumstance of their loss is an important part of honoring their ser- vice and sacrifice,” said retired Army Col. (Dr.) Stephen J. Cozza, co-principal investigator on the study and professor of Psychiatry at USU.

Cozza and fellow co-principal investigator M. Katherine Shear, M.D., professor of psy- chiatry at the Columbia University School of Social Work, spent the first two years of the study developing two digital applications, GriefSteps and WellnessSteps — which can be accessed through mobile devices and computers. GriefSteps offers users informa- tion and activities based on the Complicated Grief Therapy Model, designed to reduce grief symptoms and risk for long-term problems. WellnessSteps provides users activities and information related to stress management and health maintenance to reduce overall stress.

Now that the apps have been launched, re- searchers are now recruiting subjects to partic- ipate in testing the applications. Over 200 par- ticipants have enrolled in the study so far, said Cozza. Eligible participants include spouses, ex-spouses, adult partners, children, siblings, or parents (biological, step, or foster) of service members who died while on active duty on or after Sept 11, 2001. Interested participants are asked to complete an eligibility survey, the link to which can be found on the study’s home page, www.steppingforwardstudy.org.

Since many like me have that tendency to be distracted by daily routines and forget those who suffer silently around us, I’m impressed that the U.S. government has acknowledged the unique problems facing these families and has financially supported research aimed to help them. With any hope, the “Stepping For- ward in Grief” study will find a way for those stuck in despair to break through and find peace.

Calling all volunteers: Night of Non-profits to be held Thursday

By Miguel De Santiago
Special to the Fort Bliss Bugle

Those looking to put in volunteer time should attend the Night of Non-Profits Thursday, Sept. 13, at the Family Resilience Center on 250 Club Road. More than 25 nonprofit organizations from the Fort Bliss and El Paso communities will be at the event to inform attendees about their causes and volunteer opportunities. Participating organizations will include Big Brothers and Big Sisters, City of El Paso Animal Services and the USO.

“I really want others to know about the great opportunities that these organizations have for the betterment of themselves and to give back to the community,” said Stephanie Hopper, Fort Bliss Army Volunteer Corps manager. “Soldiers and family members love to give back and it’s beneficial. It helps to fight depression, it helps to add to your resume.”

Other than it being beneficial to one’s well-being and resume, Hopper said active duty personnel can also be formally recognized for their volunteering service.

“It’s definitely looked positively on,” Hopper said. “It really does help our community.”

Hopper added that the event is also a great way to strengthen the bond between Fort Bliss and El Paso nonprofit organizations and volunteers.

“It’s like a partnership,” Hopper said. “We’re giving back to one another.”

The event will start at 5 p.m. and is open to the public. Food will be available, as well as games, door prizes and entertainment provided by the 1st Armored Division Band’s jazz group.

“I would love for the Fort Bliss community to take advantage of this opportunity,” Hopper said.

For more information call 569-5500.
**Sports Briefs**

**G Groove and Glow 5K:** The 4th annual Groove and Glow 5K is Sept. 22 at the Headquarters of Providence Transmountain campus, 2000 Transmountain Road. The entire event and course will incorporate dancing, running and walking through glow-in-the-dark, neon-and-glitter stations bonning with music from the 1970s, 80s, and current hits, and will end with a Get Down & Glow party at the finish line. Register online at www.grooveandglow.com.

**German-American Night Run:** The 25th annual German-American Oktoberfest Night Run’s 5K run & 5K fun walk is at 6 p.m., Sept. 15, at Freedom Crossing. Corporate Military Team also host. Grand prize drawing for a $1,000 travel voucher. Registration: $25 in advance, $30 on-site. Pre-race activities begin at 4 p.m. with German coffee, German pastries and cake and soft drinks. Entertainment 4-8:30 p.m. Post-race events begin at 8 p.m. Live music by the 1st AD Band, Inforadence, vocals, German coffee and pastries. Spectator admission free. Early registration by mail through Sept. 9 to 2018 Installation Morale Welfare and Recreation P.O. Box 95090 Fort Bliss, Texas, 79909; or in person by 8 p.m. Sept. 17 at Stout Physical Fitness Center or at Joshua W. Soto Fitness Center (East Bliss, Bldg. 20170); or at 10 a.m. Monday through Friday, Sept. 15-16, at Freedom Crossing. Packet pickup is 10 a.m. to 3 p.m. Thursday and Friday, Sept. 13-14, at Freedom Crossing. Late registration and packet pick up is 3-5:30 p.m. race day; $35. No registration after 5:30 p.m. Information at 744-5785, 201-5939 or bliss.armymwr.com. Registration at ganightrun.com.

**Oktoberfest Night Run’s 8K run and 5K fun run/walk is at 6 p.m., Sept. 15, at East Bliss Parkway, 8010 E. Paisanos. Limited seats available by invitation only. Proceeds benefi t El Paso community gardens and 1-mile fun walk is 8 a.m. Sept. 16 at the McKelligon Canyon Amphitheater. Proceeds benefi t El Paso on the Move’s 5K run/walk and 1-mile fun walk is 8 a.m. Sept. 16, at the McKelligon Canyon Amphitheater. Proceeds benefi t El Paso community gardens and activities that promote health. Registration: $20 through Sept. 10; $25 military and team; $20 ages 12 and younger. Late registration $30. No race day registration: $35 (no race day registration for teams). Packet pickup is 11 a.m. to 6 p.m. Sept. 14-15 at Central El Paso, 901 W. Montana, 744-5814 or rasso@beventssanantonio.com. Information at 744-5785.


**N Namaste in the midday:**

**Aquafl oat:** is from 5:15-6:15 p.m. Mondays at the Republic of the Philippines Aquatic Center and from 9-9:30 a.m. Thursdays at the Aquatics Training Center. Classes are held at Soto Physical Fitness Center from 6:30-7:30 a.m. Monday through Thursday, 8-9 a.m. and 6:30-7:15 p.m. Mondays; 6:15-7:15 p.m. Wednesdays; 8-9 a.m. and 6:30-7:15 p.m. Fridays. From 9-9:30 a.m. Saturdays. Classes are held at Stout Physical Fitness Center from 6:30-7:30 a.m. Monday through Thursday; 6:30-7:30 a.m. and 6:15-7:15 a.m. Wednesdays; Monday through Friday; 6:30-7:30 a.m. Saturdays; 6:30-7:30 a.m. Sundays. Classes are held at Stout Physical Fitness Center. Cost: $5, or $35 unlimited monthly pass. Group Fitness classes between 6:30-7:30 a.m. are free for active-duty Soldiers. Phone: 744-5800.

**Iron Dives:** This well-rounded class is designed to improve muscular strength and endurance. With no choreography to learn, you can focus on strength and cardio splits effectively. This class will leave you sweating glitter like the diva that you are. Classes are held at Soto Physical Fitness Center from 9-10 a.m. Fridays at the Stout Physical Fitness Center. Cost: $5, or $35 unlimited monthly pass. 744-5790.

**Pound:** Are you ready to sweat, sculpt and rock with POUND? Los Angeles, lightly weighted drumsticks engineered specifically for exercising. POUND transforms drumming into an incredibly effective way of working out in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Cost: $3 per class or $25 for unlimited monthly pass. Classes are Mondays from 10:15-11:15 a.m. at the Joshua W. Soto Physical Fitness Center. 744-5800.

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**STEP Incorporated:** Get ready to count your steps at Step Incorpor- rated from 9-10 a.m. Fridays at the Stout Physical Fitness Center. This step aerobics class consists of choreographed step patterns. You challenge your mind and body as you burn calories. This speed, travel and execution of your movements will determine the intensity of your workout. Core training using weights with Pilates and yoga movements are all incorporated into this fun energetic class. 744-5800.

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Local veteran wins multiple medals at Senior Games

By Miguel De Santiago
Special to the Fort Bliss Bugle

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Special to the Fort Bliss Bugle

El Pasoan and Navy veteran Cathy Soto placed in multiple events at the National Veterans Golden Age Games in Albuquerque, New Mexico, Aug. 3-8, and hopes to inspire more older veterans to compete.

“For the first couple years, I was always last place in everything, but it’s not about where you place. It’s about your personal wellness,” Soto said about her achievement and her zeal for staying physically active.

This was Soto’s first attempt at nationals. She competed in many events and earned first place in discus throw and shot put, second place in basketball free throw and power walk, fifth place in javelin throw and medaled in various swimming events as well. She won her division (women 65-69) in medals and placed third overall in medal count among all women, in all age groups, who participated.

“I keep my personal record and I’m shocked at the national games because I had not realized I’ve finally practiced enough to be up there,” Soto said. “I was surprised because you just go to do your best and in my case it was pretty good.”

The National Veterans Golden Age Games began in 1985 in Albany, Georgia, and is held annually in a different locale. It is the largest sports and recreation event for veterans 55 and older. Eligible veterans must be eligible for services with the VA and can compete in three categories: ambulatory, blind and wheelchair.

“It gives you a real wide range of athletes,” Soto said. “There was almost 1,000 athletes there.” Soto said she was the sole El Pasoan at this year’s games and hopes to change that by next year’s games and urges local veterans to sign up and start practicing.

“I’ve been doing this five years and I wish to continue and bring others with me through awareness,” Soto said.

Soto is a retired El Paso Community College medical professor. She coauthored three pharmacology books and authored a book on the essentials of electrocardiography. She was in the Navy from 1973 to 1977 and served as a hospital corpsman and an otolaryngology technician.

Soto said the El Paso Parks and Recreation Department’s Senior Games is what got her on the path to fitness and wellness. “Senior Games are so much different than competitions, much to her enjoyment.

“You don’t just go to a national competition – you start locally,” Soto said.

She said the local Senior Games are for people 50 and older, participation is inexpensive and is a great way to meet other people. “Senior Games are so much different than when you’re young,” Soto said. “Because when you’re young, you’re more competitive, and when you’re older, you have a tendency to wish the person in the next lane to do their best.”

Soto added she’s learned that exercise is key, exercising up to 18 hours per week. Before she was 50 pounds heavier.

“Exercise up to 18 hours per week. Before she was 50 pounds heavier. She also said that the dosages in her medication have been reduced.

“I never ever did anything until the age of 61, when I was already retired,” Soto said. “I started because of my health and I’m still continuing.”

Soto also regularly competes in senior games competitions in states across the country. She’s competed in Arizona, Arkansas, Colorado, Indiana, Kansas, Mississippi, Nebraska, New Mexico, Ohio, Wyoming and Texas. In Texas she competes in the local and San Antonio games and said she practices every day.

“I hope that this will bring awareness to other people – what’s ‘golden’ about these ages is you have the time, now make the energy,” Soto said. “When I first started I was really sluggish, but now I’m doing OK.”

Soto’s golden years have led her to staying fit, advocating for senior wellness and traveling to competitions, much to her enjoyment.

“You win or lose, it’s fun,” Soto said.

For more information on the National Veterans Golden Age Games visit https://www. blogs.va.gov/inside/national-veterans-golden-age-games/ and for more information on local senior games and recreation call 212-0993 or visit https://www.elpasotexas.gov/parks-and-recreation/senior-centers/senior-games.
MILITARY PARENTS: PARENTING PATTERNED LEGAL ADVICE

Military and family law attorneys and representatives from the Attorney General’s Office will discuss common questions and concerns, but cannot represent you or give legal advice.

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When: Tuesday, Oct. 8

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• Dallas Midland & Western Railway: The 60th Annual El Paso Southern Railroad Association Gala Dinner Train is scheduled for Sept. 29, 10 a.m. to 4 p.m. at the downtown Hotel Republicans. Tickets are pricing varies, reductions of 12 years old are free. Tickets can be purchased at the El Paso Southern Railroad Association Website (www.eprra.org). For more information, call 915-533-1111 or visit Railroadpark.com.

• 16th of September mini-bazaar and dance at El Dorado Elementary School. Includes: Safe homes, children’s activities, entertainment. Free admission. All donations are welcome. For more information, call 956-872-3091.

• The Retired Officers’ Wives’ Club (ROWC) lunch: 10 a.m. to 1 p.m. Sept. 19 at the El Paseo Country Club. Authentic Mexican lunch and “Adalid” costumes, but this is not required. Cost $24. Reservations available by check drawn payable to ROWC. Checks should be sent to: ROCO, 867 Tulia Drive, El Paso, TX 79912 by 9/3. 858-6351 or 851-9090.

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Children’s Items

• The 60th Anniversary of the El Paso Southern Railroad Association Gala Dinner Train is scheduled for Sept. 29, 10 a.m. to 4 p.m. at the downtown El Paso Southern Railroad Association. Tickets pricing varies, reductions of 12 years old are free. Tickets can be purchased at the El Paso Southern Railroad Association Website (www.eprra.org). For more information, call 915-533-1111 or visit Railroadpark.com.

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