

Inside out

Page 2

*Commander in
chief's Memorial
Day message*

Pages 7-15

*Fleet Week,
Air & Sea Show
big hits in
South Florida*

Pages 23-26

*Family
Counseling
Center opens*

**Get the details
on pages 3-6**

Photo by Air Force
Tech. Sgt. Lee Roberts

The
Command  **Run**

Vol. 2 No. 5 ■ Miami ■ May 25, 2001



**Hurricane season
spurs heightened awareness**

'We honor the legacy of America's fallen heroes'

By Gen. Peter Pace, USMC
U.S. Southern Command Com-
mander in Chief

As we pause on this Memorial Day to remember the service men and women who gave their lives in defense of our nation, we should reflect on the importance of their actions to America in the 21st century. Their bravery, selflessness, and devotion to duty deserve our emulation and highest respect. Our wreath-laying ceremonies and prayers on this special day commemorate their courage and acknowledge the enormous debt we



owe them.

Today, the soldiers, sailors, airmen, Marines, and coast guardsmen of

U.S. Southern Command honor the legacy of America's fallen heroes by safeguarding democracy

and promoting respect for human rights throughout Latin America and the Caribbean. Your pride, professionalism, and dedicated efforts exemplify our finest military traditions and ensure the peace and prosperity we hold so dear.

Lynne and I join you in remembering and honoring the lives of U.S. service members who paid the ultimate price for the freedom we all enjoy.

Respectfully,

Peter Pace
General, U.S. Marine Corps

Command Run

is an authorized publication for members of the Department of Defense. Contents of the *Command Run* are not necessarily the official views of, or endorsed by, the U.S. Government or DoD. The editorial content is edited, prepared and provided by the U.S. Southern Command Public Affairs Office. Deadline for submissions is 5 p.m. Friday, a week before publication (the last Friday of each month). The public affairs staff reserves the right to edit all submissions to journalistic standards. All photos are official photos unless otherwise noted. Acceptance of input by the public affairs staff does not guarantee publication.

* * * * *

Marine Gen. Peter Pace.....*Commander in Chief*
Army Col. Ronald B. Williams.....*Director of Public Affairs*

Editorial Staff

Air Force Tech. Sgt. Lee Roberts.....*Editor*
Navy Petty Officer 1st Class Gabe Puello.....*Assistant editor*
Army Spc. Lucy J. Pabon.....*CINC photographer*

Hurricane season begins -- command stresses preparedness

By Tech. Sgt. Lee Roberts, USAF
Command Run Editor

MIAMI – On the eve of the 2001 hurricane season command officials are urging all personnel and their families to prepare in advance for possible evacuation, to safeguard homes, and to store emergency equipment and supplies.

According to Air Force Capt. Deeann Emery, command

meteorologist, right now is the ideal time to prepare for the storm season, which runs June 1 through Nov. 30.

“Before the hurricane season even gets going... go ahead and purchase the things you are going to need,” Emery said. People should buy and store supplies such as extra water, non-per-

See Prepare
Page 4

Prepare *from Page 3*

ishable foods, flashlights and batteries, and a national weather service radio to monitor bulletins and weather warnings before, during and after a storm, she added.

Two years ago many U.S. Southern Command members were caught off guard by Hurricane Irene, which hit the city from the west. It dumped a lot of water throughout the area, and many people tried to buy last minute supplies at local grocery stores. They found long lines, bare shelves, and a lot of very frustrated and angry people. And last year a

tropical storm, later named "Leslie," paralyzed the city by dropping 11 inches of rain. Again many families in the command were unprepared.

"Basically, we are a huge magnet for rainstorms and hurricanes here," Emery stressed. "We can get hit from all sides anytime during the year and hurricane season. The season usually starts off slow but you never know when a big one can hit. So you have to pay attention and be prepared."

Emery suggests that people slowly buy supplies now so they have them when a storm hits. She also

See Prepare
Page 5



Things to do before season begins

- Know if you are in flood or evacuation zone
- Know location of official shelters
- Make sure emergency equipment such as flashlights and battery powered radios are working
- Ensure that enough non-perishable food and water supplies are on hand
- Obtain materials necessary to properly secure your home. Keep trees and shrubbery trimmed. Clear loose and clogged rain gutters and downspouts
- Determine where to move a boat. Review insurance policies

Prepare *from Page 4*

recommends that people check now to ensure they are properly insured, know where the evacuation zones are, put up storm shutters and seek shelter before the storm hits, and remain there while the storm passes. After the storm, people should avoid senseless accidents caused by playing, swimming, walking or driving through the water.

The National Hurricane Center is predicting 10 hurri-

canes in 2001, including two major storms. The command's leaders will be monitoring the weather closely this season and will be ready to send non-essential personnel home in advance of a storm. All personnel are encouraged to update personal information on STEMS to expedite any required emergency communication.

The Meteorologist Branch has a hurricane preparedness website on the Intranet and is hop-

see **Prepare**
Page 6

Things to do before hurricane hits landfall

- Bring light-weight outdoor objects indoors
- Fuel and service family vehicles. Inspect and secure mobile home tie downs. Evacuate mobile homes. Have a supply of extra cash on hand.
- Notify neighbors and family members outside of the warned area of your evacuation plans. Put food and water out for pet if you can't take pet with you. Shelters will not allow pets and many hotels/motels will not either.
- Turn refrigerator to maximum cold and only open if necessary. Turn off propane tanks. Unplug small appliances.
- Turn off utilities if recommended by local authorities.
- Take refuge in small interior room, closet or hallway when winds become strong.
- After storm, check gas, water and electrical lines for damage. Do not drink or prepare food with tap water until sure it is not contaminated. Use telephone sparingly.

Items to take to a shelter

- First aid kit, medicine, baby food and diapers, and toiletries
- Battery powered radios including weather radio
- Flashlight for each person, extra batteries
- Blankets or sleeping bags
- Picture ID and valuable papers

Prepare

from Page 5

ing to launch a similar site on the Internet at www.southcom.mil in the near future. The site has links to the National Hurricane Center, National Weather Service, and local FEMA sites. The objective of the site and the command's hurricane preparedness programs is to put information at people's fingertips so they can get prepared for tropical storms and hurricanes, and ultimately avoid unne-

cessary accidents and casualties.

"Just make sure you are ready now before the storm actually comes," Emery said. "Be smart about things. Take care of your house. Take care of your family. Take care of yourself. Pay attention to what's around you."

(Editor's note: Call the Community Hotline at 1-888-547-4025 for updated specific hurricane information and command announcements when a storm approaches or hits south Florida.)

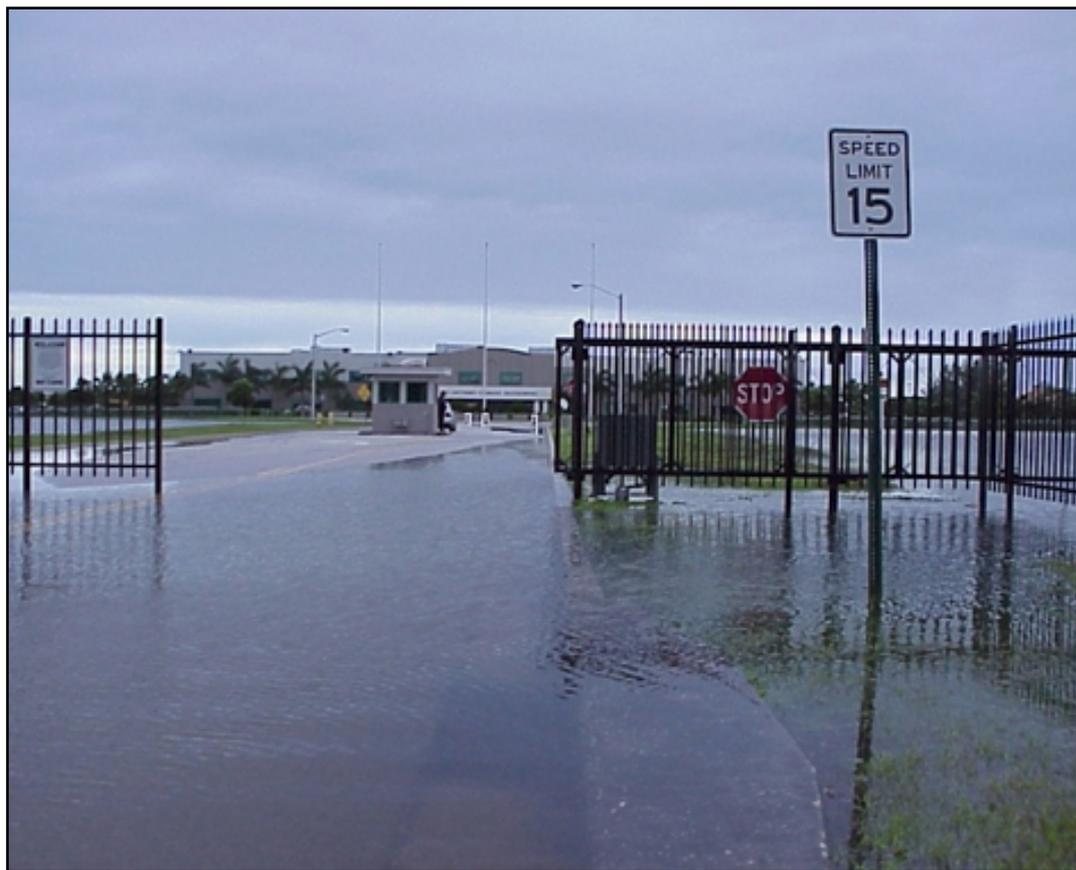


Photo by Navy Lt. Cmdr. Jane Campbell
Water surrounds the U.S. Southern Command Headquarters in the wake of Hurricane Irene in 1999. The storm hit south Florida unexpectedly from the Gulf of Mexico.

Military enjoys Fleet Week's good will, hospitality, tribute

By Petty Officer 1st Class Ray Sarracino, USNR
U.S. Southern Command Public Affairs

PORT EVERGLADES, Fla. – The U.S. Navy, U.S. Coast Guard and U.S. Southern Command enjoyed good will and hospitality from the communities of Ft. Lauderdale and Hollywood during Fleet Week 2001 – a celebration

of, and tribute to the military, which ran from April 30 until May 7.

The ships, USS Bataan (LHD5), USS Shreveport (LPD 12), USS Whidbey Island (LSD 41), USS Vella Gulf (CG72), USS Boise (SSN 764) and USCG Val-

“It’s now the biggest, greatest, grandest salute to the men and women of the U.S. military the world’s ever seen.”

Joe Millsaps
Chairman, Broward Navy Days

iant all arrived safely April 30 to a warm, albeit not-so-sunny Florida welcome to begin the week’s events. The USS Elrod (FFG



Photo by Air Force Tech. Sgt. Lee Roberts

The tugboat Manatee guides the USS Whidbey Island (LSD 41) into Port Everglades, Fla. The dock landing ship and crew arrived in South Florida April 30.

55), USS Oak Hill (LSD 51), USS Ross (DDG 71), USS Peterson (DD 969), USS Hayler (DD 997) and USS Ramage (DDG 61) arrived and replaced the first five

ships later in the week.

Fleet week events featured during the week in-

See Tribute
Page 8

Tribute

from Page 7

cluded ship visits and tours, a World War II graduation ceremony for veterans who dropped out of high school to fight in the war, and numerous public celebrations honoring the men and women of the armed forces. Events culminated May 5 and 6 with an Air and Sea Show that featured the U.S. Air Force Thunderbirds aerial demonstration team and a simulated Marine invasion of Ft. Lauderdale Beach. Many sailors also turned out for volunteer work in

See **Tribute**
Page 9



The U.S. Southern Command Color Guard performs at the Florida Marlins pre-game salute to the military May 1 at Pro Player Stadium in Miami. Hundreds of the command's personnel participated, accepting the team's invitation to see the Marlins play the St. Louis Cardinals.



Photos by Air Force Tech. Sgt. Lee Roberts

The U.S. Navy Band Jacksonville marches off the field at Pro Player Stadium after playing the National Anthem for the game. The Florida Marlins welcomed military personnel from the U.S. Navy, U.S. Coast Guard and U.S. Southern Command to the game May 1 as part of Fleet Week's tribute to the military.

Tribute
from Page 8

the community, including a Habitat for Humanity project.

Fleet Week 2001 is sponsored by several organizations, including the Navy League and the cities of Fort Lauderdale and Hollywood, Fla. According to Joe Millsaps, Chairman of Broward Navy Days, Inc., a great deal of effort went into ensuring an enjoyable event for all participants. "It's now the biggest, greatest, grandest salute to the men and

women of the U.S. military the world's ever seen," he said.

While the area's politicians, business leaders and citizens rolled out the red carpet for their visitors, the military responded in-kind by offering ship tours throughout the event, as well as the Air and Sea Show.

Navy Rear Adm. Kevin Moran, commander of Amphibious Group Two based in Norfolk, Va., told everyone gathered at the opening ceremony that the U.S.

See Tribute
Page 10



Photos by Air Force Tech. Sgt. Lee Roberts

Navy Lt. Cmdr. Bob Moore (Left) gives U.S. Southern Command personnel and family members a tour of the USS Boise (SSN 764) May 1. The nuclear-powered attack submarine was docked at Port Everglades, Fla., for Broward Navy Days Fleet Week activities.

Tribute

from Page 9

military has forged a tremendous partnership with Ft. Lauderdale, Hollywood and surrounding Florida communities through Fleet Week, and the Air & Sea Show. He said, "We understand how hard you work. I've been to four Fleet Weeks, but what makes this so special is the relationship with the community. We really want to thank you from the bottom of our hearts."

Moran wasn't the only sailor with positive things to say about Fleet Week. Petty Officer 1st Class Robert Sexton of the USS Vella Gulf (CG72) said he went



Photos by Air Force Tech. Sgt. Lee Roberts
U.S. Marines invade Ft. Lauderdale Beach May 5 during a demonstration at the Air & Sea Show.

to the Las Olas and beach receptions and has thoroughly enjoyed his visit. "The people were incred-

ibly nice and receptive," Sexton said.

This is the first year that Fleet Week and the Air



(Above) Brig. Gen. Jerry McAbee, U.S. Southern Command chief of staff, conducts an interview May 5 with ESPN 2. (Below) McAbee meets with Marines after the invasion.

& Sea Show have been in conjunction with each other. Last year Fleet Week was in October.

Admiral challenges 'best of the best' to renew commitment to excellence

By Tech. Sgt. Lee Roberts,
USAF
U.S. Southern Command Public
Affairs

HOLLYWOOD, Fla. – During a Fleet Week ceremony here honoring more than 40 of the top sailors, Coast Guardsmen and soldiers in their respective ships and commands, Navy Rear Adm. John B. Foley III challenged the “best of the best” May 1 to renew and share their commitment to excellence.

Foley, keynote speaker and commander of Naval Surface Force, U.S. Atlantic Fleet, told the audience



Photo/Tech. Sgt. Lee Roberts
Rear Adm. John B. Foley III challenges the sailors, Coast Guardsmen and soldiers being honored in Hollywood, Fla., May 1 during Fleet Week to renew their commitment to excellence.

at Georgio's Grille during the “American Airlines 2001 Sailor of the Year

Awards Presentation” that the future of the Navy is bright because of the young people being honored by the City of Hollywood.

“The best part of my job I think is visiting ships in the command and meeting thousands and thousands of highly-talented, successful, dynamic sailors,” Foley told the honorees. “And I can only commend you and say congratulations on being the best of the best.”

The admiral identified the enlisted members of the year present at the ceremony as the leaders, technicians, operators, and

mentors that the Navy, military and nation depends upon to defend democracy. He thanked them for their significant contributions and encouraged each of them to keep charging – to “infect your shipmates with that same tone, that same commitment to excellence.”

Numerous sailors from the U.S. Atlantic Fleet in Norfolk, Va., Navy Recruiting District in Miami, along with Coast Guardsmen from the Seventh Coast Guard District, and a sailor and Army NCO from the U.S. Southern Command in Miami, received award certificates from Foley and

See **Challenge**

Page 12

Challenge

from Page 11

the Mayor of Hollywood, Mara Giuliani.

Earlier in the program, Giuliani welcomed the award winners to the city of Hollywood and encouraged each of them to visit their beaches, shops, restaurants and entertainment venues. She recognized and congratulated the award recipients, thanked them for being at the ceremony, and praised them for their service to America.



Photos by Air Force Tech. Sgt. Lee Roberts

Army Sgt. Joel A. Overson (Above left, centered) and Navy Petty Officer 3rd Class Carina B. Gharthey (Above right, centered), receive certificates from Hollywood, Fla., Mayor Mara Giuliani and Rear Adm. John B. Foley III, commander of Naval Surface Force, U.S. Atlantic Fleet, during the “American Airlines 2001 Sailor of the Year Awards Presentation” May 1.

Foley also thanked and expressed his gratitude to Giuliani for hosting the luncheon and honoring the sailors

of the year. “This will be a tremendous week for sailors in particular to be in the United States Navy in Hollywood and Ft.

Lauderdale and Port Everglades, and wherever they might find themselves in association with Broward Navy Days,

Fleet Week, and the Air & Sea Show,” the admiral said. “We

See **Challenge**
Page 13

Challenge *from Page 12*

hope the people of South Florida enjoy

having us here as much as we enjoy being here year after year. And we appreciate the friendly hos-

pitality that we get here in Hollywood every year.”

The 2001 Sailor of the Year Awards

Presentation is sponsored by Hollywood. It is part of Broward Navy Days’ Fleet Week, which is an

annual tradition designed to thank the nation’s sea-going personnel for their dedicated service.



Navy Lt. Amelia Reguera, U.S. Southern Command, sings the National Anthem during the Sailor of the Year ceremony. Joe Millsaps, chairman of Broward Navy Days, pays his respect to the flag and anthem.



Hollywood, Fla., Mayor Mara Giuliani welcomes the sailors and other service members to South Florida at Georgio’s Grille in Hollywood May 1.



Photos by Air Force Tech. Sgt. Lee Roberts
The U.S. Southern Command’s enlisted members of the year also received a tour May 1 of the nuclear attack submarine USS Boise (SSN 762) at Port Everglades, Fla.



Photo by Navy Petty Officer 1st Class Gabe Puello

Several Marine Corps CH-46 Helicopters fly along Ft. Lauderdale Beach, Fla., May 4, 2001 during Kids Day, a special preview day of the Annual Air & Sea Show.

Broward County students storm the beach

By Navy Petty Officer 1st Class Gabe Puello
Command Run Assistant Editor

Ft. Lauderdale, Fla. -- The Ft. Lauderdale Air and Sea Show continued its annual tradition of entertaining thousands of Broward County middle school students May 4 with their own special preview prior to its

opening for the public.

The North Broward Hospital District Kid's Day is a chance for students to learn about technology, science, government and the military. The preview featured top military and civilian air and sea performers, along with demonstrations and flyovers of high-tech military equipment. Kids Day was created to instill such values as patriotism, team spirit, cooperation and self-respect.

See **Kids Day**

Page 15

Kids Day from Page 14

Volunteers from U.S. Southern Command headquarters served as chaperones and role models, and

were on hand to answer any of the kids' questions concerning the military.

Despite some bad weather, which hampered most of the airplane and parachute

demonstrations, the kids were nonetheless treated to a Marine amphibious landing on the beach, accompanied by helicopter gunships in support, and flyovers

from F-18 and A-10 tank killer jets.

The kids also had a chance to meet the pilots and performers and talk about some of the high-tech military equipment

used for the show.

During the past seven years, the Fort Lauderdale Air and Sea Show has become one of the world's largest two-day spectator events.



(Left) A Marine Corps landing craft comes ashore onto Ft. Lauderdale Beach, Fla., May 4, 2001 during Kids Day, a special preview day of the Annual Air & Sea Show. Sponsored by the Broward Hospital District, about 5,000 Broward County sixth-graders saw the demonstration.



Photos/Petty Officer 1st Class Gabe Puello (Above) Several Florida National Guard Apache helicopters fly down Ft. Lauderdale Beach during the Kids Day activities.



High-level visit

Gen. Peter Pace (Right), U.S. Southern Command commander in chief, hosts Donnie Marshall, director of the U.S. Drug Enforcement Agency, for a roundtable discussion at the Thurman Building May 14. Marshall also received a command overview briefing from the command's senior leaders. (Photo by Air Force Tech. Sgt. Lee Roberts)

Help coming to fill pantries for some junior-enlisted families

By Sgt. 1st Class Kathleen T. Rhem, USA

American Forces Press Service

WASHINGTON, May 1, 2001 — Help is on the way for some junior-enlisted families struggling to keep food on the table but too proud to accept food stamps.

Troops who would otherwise qualify for food stamps — and some who wouldn't — can apply for the armed forces' new Family Subsistence Supplemental Allowance as of May 1. Those who apply in time

People in Household	Maximum Gross Monthly Income Limits To Qualify For FSSA
1	\$ 905.00
2	\$1,219.00
3	\$1,533.00
4	\$1,848.00
5	\$2,162.00
6	\$2,476.00
7	\$2,790.00
8	\$3,104.00
Each additional person...	+\$315.00

Housing allowances and the value of on-base housing count toward income limits.

could receive their first non-taxable payment of up to \$500 June 1.

Congress provided for the allowance in the fiscal 2001 National Defense Authorization Act to reduce

the number of service members receiving U.S. Department of Agriculture food stamps, DoD officials said.

“It is intended to remove a household’s eligibil-

ity from the food stamp program,” said Coast Guard Cmdr. Kevin Harkins, a DoD assistant director of compensation in the Pentagon.

DoD officials estimate roughly 5,000 service members receive food stamps. Officials think perhaps 1,000 more people will be eligible for FSSA than currently use food stamps because the DoD program is available to military members serving overseas, while food stamps are not.

The two criteria used to establish FSSA eligibility are household size and total household income. The Agriculture Depart-

See Allowance

Allowance

from Page 17

ment publishes eligibility guidelines that equal 130 percent of the federal poverty level.

There are circumstances in which a service member could qualify for both the new allowance and food stamps. FSSA is limited to \$500 per month.

“If their food stamp benefit were greater than that, they could still receive the difference in food stamps,” Harkins said.

However, indi-

Defense Manpower Data Center

FSSA Login

SSN:	<input type="text" value="000000000"/>		
Date of Birth:	Month <input type="text" value="MAR"/>	Day <input type="text" value="11"/>	Year <input type="text" value="1913"/>
Last Name:	<input type="text" value="Snuffy"/>		<input type="button" value="LOGIN"/>

For use by US Armed Forces ONLY.
*Your information is secure and is NOT recorded or stored:
 To access this web site, you must first be authenticated as an authorized user. The above information is encrypted and sent to a DoD agency and matched against up-to-date personnel information.
 Click [Further Information](#) for categories of authorized users.*

Click on www.dmdc.osd.mil/fssa and then login to determine eligibility for the Family Subsistence Supplemental Allowance.

viduals receiving FSSA are required to list the payment amount as income when subsequently applying for food stamps, Harkins said.

The new pro-

gram uses USDA’s gross income limit to determine eligibility, with one major difference. Both housing allowances and the estimated value of on-base housing count as income for

the FSSA; only housing allowances are considered for food stamps, Harkins explained.

“Someone living on base may be denied FSSA, but still qualify for the USDA

food stamp program,” Harkins said.

Each service will establish certification points on installations. Harkins said personnel service centers and family service centers will be the primary pre-screening locations. He recommended interested individuals check with their chain of command to determine how and where to apply on their home installations.

For more information on the FSSA, visit the program’s home page at www.dmdc.osd.mil/fssa.



New colonel

Gen. Peter Pace (Left), U.S. Southern Command commander in chief, promotes Army Lt. Col. Lettie J. Bien, 350th Civil Affairs Command, to the rank of colonel during a promotion ceremony at the Thurman Building's Main Conference Room. Dr. David E. Schmitt, Bien's husband, assists the general with the promotion. (Photo by Tom Pattison)

Command honors Asian-Pacific Americans

By Lisa D. Luse'
Army Signal Activity

MIAMI – The U.S. Southern Command celebrated Asian-Pacific American Heritage Month here May 17 during a ceremony at the Main Conference Room. Many personnel attended the event to learn more about this diverse group of Americans and to honor and recognize their achievements and contributions to the nation.

In paying tribute, John Plifka, Command Group executive officer, narrated a slide presentation highlighting the lives of a wide range of Asian-Pacific Americans that exemplify



Photo by JO1 Gabe Puello
Command Sgt. Maj. Robert Keehu, U.S. Army South at Fort Buchanan, Puerto Rico, speaks at the event.

both determination and vision. Of those recognized, both famous and known to only a few, Plifka briefly de-

scribed their accomplishments.

Then Sgt. Maj. Jose Lopez, J-3 Operations Directorate introduced the guest speaker, Command Sgt. Maj. Robert Keehu, U.S. Army South at Ft. Buchanan, Puerto Rico.

Keehu addressed the audience with an encouraging and motivational presentation that inspired every ethnic background. He focused on the importance of “Americans Emerging Together,” this year’s theme for Asian-Pacific Americans.

“It is important that, we as Americans, understand our heritage and the contributions that our an-

cestors have made towards our society,” said Keehu. “In the United States, we have such a diverse group of people representing different nationalities that it is hard to distinguish, or as some people say, ‘label’ one’s heritage.”

Keehu continued with an analogy of two celebrities whose importance to society is characterized by their actions, not by their ethnic backgrounds. What makes a person important should not be determined by what race, color, creed, gender or national origin they are linked to, he ex-

See **Honor**
Page 21

Honor

from Page 20

plained.

“Let’s look at Tiger Woods. Is he Afro-American, Asian-American or Tai?” asked Keehu. “How about Arnold Schwarzenegger? Is he Norwegian, Austrian or just the ‘Terminator?’ I will tell you both of these men have one thing in common... they are VIPs. They are very important people, just as we are very important people and this is not based on what ethnic background we come



Photo by Navy Petty Officer 1st Class Gabe Puello
Sgt. Maj. Jose Lopez (Left), presents a token of appreciation on behalf of the U.S. Southern Command to Sgt. Maj. Robert Keehu.

from.”

When Air Force Maj. Danny O’Neil,

J-1, Manpower and Personnel Director-ate, listened to

Keehu’s comments about “Tiger and Arnold.” He said he

was reminded of a Tiger Woods interview he once saw where Tiger was asked how he felt about being the best black American golfer in the world.

“Tiger’s answer to that was he wanted to be the best golfer. He didn’t mean to become the best Afro-American, Asian-American, or whatever,” O’Neal said. “He just wanted to be the best, period. Tiger strives to be the best no matter what ethnic background he came from.”

See Honor
Page 22

Honor

from Page 21

During the ceremony, Keehu also said he believes everyone has the ability to be an exceptional role model and the ability to influence others just as ‘Tiger and Arnold’ have done in their lives and careers. “We can be a role model for one person or many people just as the theme implies, ‘Americans Emerging Together,’” he said.

Not overlooking the importance of every individual is how Keehu said he remembers his father teaching him how to be successful in life. “Its not because you are above everyone else, but you are very



Photo by Navy Petty Officer 1st Class Gabe Puello

Everyone present at the U.S. Southern Command’s celebration of Asian-Pacific Heritage Month May 17 were treated to Asian-Pacific cuisine following the ceremony at the Thurman Building.

important to everyone around you, just as everyone around you is important to you. This is how to better serve your family, country and heritage, said

Keehu.

Although Asian-American contributions have been apparent throughout American history, they have proportionately received more publicity in the last 10 years, along with the overall increase in the Asian-Pacific American population.

Keehu said Asian-Pacific Americans have and continue to positively affect all facets of American life, and as the population continues to grow, so too will their influence and contributions to America’s future.

After the presentation, refreshments were served in the reception room. Many of the attendees had a chance to meet and share their thoughts with Keehu.



Army's best

Maj. Gen. Larry Gottardi (Left), Army chief of Public Affairs, presents the Keith L. Ware Award to Scott Childress, Army Signal Activity Graphics, during an awards ceremony May 15 at the Embassy Suites in Miami, Fla. A videographer, Childress was recognized for a spot promo piece while he was assigned to 5th Corps in Germany in 2000. (Photo by Air Force Tech. Sgt. Lee Roberts)

New Family Counseling Center offers one-stop shopping

By Tech. Sgt. Lee Roberts, USAF

Command Run Editor

MIAMI – Military and family members having difficulty coping with their problems can now find relief at the Family Counseling Center, a one-stop shopping locale where the clinical psychologist, social worker, family advocacy program manager, and chaplain are available altogether to serve the U.S. Southern Command community.

At a dedication ceremony and open house May 18 for the new center located in Suite 102 at the Blue Cross/Blue Shield



Photo/Tech. Sgt. Lee Roberts
(Left to right) Col. Robert Johnson, Col. James M. Willey, Col. Maryann T. Steinmetz, and Col. Stephen Jones participate in the ribbon cutting ceremony at the dedication of the command's new Family Counseling Center May 18.

Building, officials expressed how beneficial it is

to locate the various mental health services together where customers feel comfortable expressing themselves in privacy, with confidentiality.

Col. Maryann T. Steinmetz, deputy commander of nursing at the Eisenhower Army Medical Center at Fort Gordon, Ga., spoke at the event and said simply that life itself is stressful. She said, "I think there are a lot of additional stresses in the military... increased deployments, and PCS moves all the

See **FCC**

Page 24

FCC

from Page 23

time. Children and families have a hard time being settled more than two or three years. Those are very unique stresses that our soldiers, airmen, sailors and Marines deal with on a regular basis. And not all of them have the coping skills they need to successfully deal with these and other issues that arise.”

Col. Robert Johnson, the command’s clinic director, said that the new Family Counsel-

ing Center is unique because assistance is now available under “one roof” to help people dealing with the everyday-life stresses that Steinmetz talked about.

Johnson said that people who visit the center can choose a caregiver or the staff can place them into the service area best suited for their situation. However, people should know a little bit about what services are available. He explained that the clinical psy-

See **FCC**
Page 25



Photo by Air Force Tech. Sgt. Lee Roberts

Janet H. Lenard, a regional consultant at Southeast Regional Medical Center at Fort Gordon, Ga., talks at the dedication ceremony about the hard work and effort that went into opening the command’s new Family Counseling Center.

FCC

from Page 24

chologist is the most trained person at the center and does the most intensive therapy. The social worker is more involved in family counseling and people dealing with alcohol or other substance abuse, while the chaplain is certainly available for spiritual and more routine mental health counseling.

Johnson said he strongly encourages everyone needing help to stop by the center located at 8400 NW 33rd Street or to call (305) 437-3086 to make an appointment. "We can help," Johnson stressed. "Patients can come and see



Photos/Tech. Sgt. Lee Roberts
Col. James M. Willey, U.S. Southern Command Base Operations commander, tells everyone that the goal of "confidentiality" was achieved with the creation of the Family Counseling Center at the Blue Cross/Blue Shield Building.

the mental health providers without having to go through the main clinic and without their friends and buddies necessarily know-

ing. Privacy and confidentiality are observed – the advantages of coming to the center."

Col. James M. Willey, the command's garrison commander, thanked the center's staff, the clinic, and their parent command at Fort Gordon for their hard work in creating the one-stop center. He then challenged the staff to continuously improve and to be successful with helping the people who seek help at the center.

"Confidentiality is our business, and that is what we were striving for with the new center," Willey said. "And we can now put clinical psychology, social work, chaplain and family advocacy program man-



Col. Maryann T. Steinmetz cuts the cake at the reception following the dedication.

ager in one facility with complete anonymity and confidentiality. That was

See **FCC**
 Page 26

Family Counseling Center offers variety of services

Army Substance Abuse Program

Provides services to military and dependents experiencing problems related to substance abuse issues.

Social Work Services

Provides counseling/referral services to mili-

tary and dependents experiencing problems. Also provides individual counseling for military and their dependents on a variety of coping events.

Mental Health Services

Provides evaluation, assessment, referrals, on variety of mental health

issues for command, military, and dependents who are experiencing stressors that are hindering a healthy lifestyle.

Family Advocacy Program

Provides education/intervention on domestic violence and child abuse/neglect. Also conducts a variety of early intervention classes to prevent potential life crises.

Chaplain

Provides spiritual counseling to military and their family in need of solace and comfort in times of stress.

Individual/Family Counseling, Evaluations, and Referrals for:

- Alcohol, drug problems

- Marital problems
- Parent/child issues
- Relationship problems
- Stress issues
- Spirituality issues
- Mental health related issues
- Recruiters mental status exam, and
- Command referrals or self referrals preventing or interfering with mission readiness.

Education for:

- Prevention of substance abuse
 - Prevention of spouse/child abuse/neglect
 - Suicide prevention/early intervention, and
 - Stress management.
- (Editor's note: call 305-437-3086 for more information.)

FCC

from Page 25

our goal, so congratulations.”

Lt. Col. Yvonne Tucker-Harris, the regional chief of social work services at Southeast Regional Medical Center, added that clearly patients would be pleased

with having access to the care available in the center's warm and inviting environment.

During the dedication ceremony, Col. Stephen Jones, the command surgeon, noted that the phones were already ringing, evidence that customers are already taking advantage of the center.

People of all faiths pray together during national observance

By Petty Officer 1st Class Gabe Puello, USN
Command Run Assistant Editor

MIAMI -- U.S. Southern Command members of all faiths attended the National Day of Prayer observance held in the Thurman Building's Main Conference Room May 10.

This year's theme "One Nation Under God", opened with members of the command reading prayers for the nation and its leaders, from the Moslem Koran, Hebrew scripture, and the New Testament.

The day of prayer is an annual event, established by an act of Congress, where people of all faiths set

time aside to join the entire nation in prayer.

On this 50th anniversary of the NDP a special music selection was sung by Lt. Amelia Reguera, J-2 Intelligence Directorate, followed by Brig. Gen. Jerry McAbee, U.S. Southern Command chief of staff, as the featured guest speaker.

Speaking about the power of prayer and its importance in yesterday's and today's U.S. military, McAbee recited several passages and quotes from eulogies read at the gravesites of some of this nation's bloodiest battlefields. From the battlefields of the Civil War to those in the Pacific during World War II, the spirit and the power of prayer were ever present, said McAbee.

Following the general's speech, McAbee and the crowd in attendance

See **Prayer Day**
Page 29



Photo by Navy Petty Officer Gabe Puello
Marine Brig. Gen. Jerry McAbee, U.S. Southern Command chief of staff, gives the keynote address on National Prayer Day observance May 10 at the Thurman Building.



Photos by Navy Petty Officer 1st Class Gabe Puello

U.S. Southern Command Chaplain Col. Emilio Chaviano addresses the audience gathered in the command's Main Conference Room for the National Prayer Day Observance May 10. People of all religious faiths gathered together to pray for each other, the nation and its leaders.

(Right) Everyone enjoyed socializing together following the National Day of Prayer ceremony during a reception with cake and punch.



Prayer Day *from Page 28*

listened to a benediction recited by Col. Emilio Chaviano, command chaplain, followed by a reception in the conference room foyer.

Fifty years have passed since Presi-

dent Truman signed into law a National Day of Prayer, exhorting the nation to “beseech God to grant us wisdom to know the course, which we should follow, and the strength and patience to pursue that course steadfastly,” the chaplain said.

News briefs

Separating?

If you are within 180 days of separation or within one year of retirement, there is a mandatory pre-separation briefing 2:30 to 4 p.m. June 8 and 20 at the Education Center at the Codina Building located at 8300 NW 33rd Street in Miami.

These briefings are a pre-requisite for the four-day Transition Assistance Program workshops that are held quarterly (The next one is July

16-19). For more information, call Michela Barrow at **(305) 437-2665** or **2632**.

BX shuttle

The U.S. Southern Command runs a shuttle from the Thurman Building north entrance to the Homestead Air Reserve Station BX Mart every Tuesday at 8:30 a.m. and returns when all patrons are done shopping or conducting business, which is no later than 2:30 p.m. The shuttle is for all

military and civil service personnel. Family members can also utilize the shuttle to Homestead.

Volunteers

The U.S. Southern Command is preparing to honor its volunteers at the annual recognition ceremony, which will be held in the near future. Anyone who volunteered in the community in 2000 should contact Jenny Priestly, the volunteer coordinator at the Family Support Center, at **(305) 437-**

2665 to let her know where you volunteered and how many hours of time were spent helping the community.

Navy Log

The United States Navy Memorial Foundation in Washington D.C. has established the "Navy Log" in an effort to honor all naval veterans that have served the country. The Navy Log includes Navy, Marine Corps, Coast Guard, and Merchant Mariners. The Navy Log

has thus far collected the names, service information and photographs of over a quarter of a million service personnel. All enrollments form a part of America's enduring naval heritage. For more information, go on the Internet at www.lonesailor.org. Or write U.S. Navy Memorial Foundation, Attn: Navy Log, 701 Pennsylvania Ave NW, Suite 123, Washington D.C. 20004-2608 or call **(800) 821-8892, Ext. 730**.

Michelle M. Keck



Service:
Civilian contractor
Organization:
Education Center
Duty title:
Test administrator
Time in service:
One year
Hometown: Clark Air Force
Base, Philippines
Hobbies: Running

Favorite duty station: Ft. Lewis, Wash.

Career Highlights: Graduated from college in January 1998 and the birth of my son July 4, 1995

Tech. Sgt. Lisa A. Grapes



Service: U.S. Air Force
Organization:
Base Operations
Duty title:
NCO in charge of the Or-
derly Room
Time in service:
17 years in July 2001
Hometown:
Romney, West Va.
Hobbies: Ballroom dancing,

completing educational goals

Favorite duty station: Headquarters Air Reserve Personnel Center in Denver, Colo.

Career Highlights: Working in readiness section at ARPC during Operation Desert Shield and Storm; re-writing and editing AFI 36-2807 while assigned to Headquarters Air Force; and being one class away from completing master's degree in health services administration from Central State University

Wealth of knowledge

Army Maj. Gen. Larry Gottardi, U.S. Army chief of Public Affairs, shares his insights during the U.S. Southern Command Public Affairs Symposium May 15 at the Embassy Suites in Miami. The general, formerly a public affairs officer for SOUTHCOM, shared his experiences and knowledge of the command's area of responsibility and answered various questions from the component public affairs officers during the symposium. (Photo by Air Force Tech. Sgt. Lee Roberts)

