

EL MORRO

SENTINEL
OF THE CARIBBEAN



SPECIAL HURRICANE 2022 ISSUE
WITH A PULL OUT CENTERFOLD



Fort Buchanan endures nature's fury: In the aftermath of Maria, a category five hurricane, crews from Fort Buchanan's Directorate of Public Works immediately worked around the installation clearing roads to provide access to emergency vehicles for potential mission assignments, taken September 20, 2017. Photo by Maria (Angie) López, former Director of Public Works.



EDITORIAL
INFORMATION

Garrison Commander
Col. Tomika M. Seaberry

Garrison Command Sergeant Major
Command Sgt. Maj. José A. Banks

Deputy Garrison Commander
Lt. Col. Brian M. Mandock

Deputy to the Garrison Commander
Yvette L. Castro

Public Affairs Officer
Grissel Rosa

Command Information
Rosie Irizarry

Mailing address-
Public Affairs Office
ATTN: IMSE-BUC-PA
390 Double Eagle Ave., Suite 311
Fort Buchanan,
Puerto Rico 00934-4616

Story Submissions-
Email to: rosario.irizarry.civ@army.mil
Telephone numbers
(787) 707-4013/4486

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Col. Tomika M. Seaberry Garrison Commander

Celebrating the legacy of our Soldiers and our Nation

June solidifies the goodness of who we are as a nation and why we are great. We have so much to celebrate and be grateful for as a nation and as individuals. As a global leader, the United States accepted numerous leading roles, which led to groundbreaking initiatives. Proof resonated when our former leaders established the United States Army. Let's celebrate our legacy of Army Soldiers, let's continue to appreciate our diversity, and bask in the freedom for all.

Our history sheds light on the resiliency, dedication and commitment we have running throughout our veins. Our founding forefathers had the vision and the intestinal fortitude to understand protecting people and the nation's interests exceptionally early. They established the United States Army 247 years ago, on June 14, 1775, to protect the people and secure prosperity for its 13 colonies.

The U.S. Army has played a vital role in the growth and development of the nation. Our nation and military continue to evolve as the world grows, cries, and redefines itself. Regardless of the situation, when called upon, our brave military men and women remain the constant protectors and front-line fighters for freedom. There are numerous reasons one may take the oath to serve, and for 247 years, it's apparent the Army has found its strength in its people. Our Soldiers stand ready to meet that challenge with a more robust and more profound commitment to the Army as the profession of arms.

One of the main ingredients of our nation is the strength of the men and women who imagined making the impossible possible. At the same time, our nation's leaders understand the contributions of our diverse nation. In May 2019, the Secretary of the Army approved Army Directive 2019-20, implementing Army Heritage Month into the Army's equal opportunity program. The directive was effective immediately and applied to the active Army, National Guard and Reserve, establishing June as Army Heritage Month centered around the Army's birthday June 14.

June also marks the celebration of the United States' newest federal holiday, Juneteenth, signed into law by President Joseph Biden in 2021. June 19 (Juneteenth) is

a significant part of our history because it is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Although President Abraham Lincoln signed and issued the Emancipation Proclamation on January 1, 1863, due to the wording, it only freed enslaved people in states that had seceded from the United States or others with minor details.

Roughly two years later, On June 19, 1865, Union Army Major General Gordon Granger rode into Galveston, Texas, and informed the enslaved people of their emancipation. Union Soldiers immediately freed all remaining enslaved people in Texas. As a nation, we cannot forget our history. Regardless of the shame or pain of our history, we must be willing to correct and have the personal courage to make changes for the betterment of our nation. Change is not easy; however, doing the right thing will have an overwhelming impact for a lifetime.

Reflect on your contribution to your community and how it impacts the world. Remember to be kind to one another, and let's appreciate our cultural differences. Let's celebrate our goodness. Join me by wishing our finest Soldiers a Happy 247th Birthday. We salute the United States Army. Happy Juneteenth (Freedom Day) and Happy Fathers' Day to millions of fathers worldwide. God bless you, your family, and our nation.



Command Sgt. Maj. José A. Banks Garrison Command Sergeant Major

Honored to be your Garrison
Command Sergeant Major



Dear Fort Buchanan Community,

This is my last article as your Garrison Command Sergeant Major. My assignment ends June 29, 2022. Before I depart, I wanted to share some thoughts with you.

We have endured many challenges together since my arrival on July 14, 2020. I am extremely proud of the progress and accomplishments we made thus far. The success of Garrison Command Sergeants Major lies on their ability to build strong relationships and partnerships. Your support made a significant impact in my success, I wouldn't have done it without you. I am very grateful for the support received from our Garrison directorates, mission partners, Service Members, Civilians and their Families, and our community of Veterans and Retirees.

During my tenure, I had the opportunity to work with amazing professionals whose support and mentorship made a positive impact in my life. Mission partner professionals such as Col. Samuel Agosto – PR Army National Guard; Command Sgt. Maj. Thomas Dennis – 81st Readiness Division; Sgt. Maj. Reynaldo Soto – PR Army National Guard; Sgt. Maj. Julio Linares – 1st Mission Support Command, and 1Sgt. Jaime Alvarez – US Marine Corps. They were an amazing network of support and mentorship to me, I will truly miss working with them.

There is so much I would like to say and people to thank that I could write a book. But as my departure date continues to approach, I will make the time to see you around and show my appreciation for the support and love you have given me and my family.

I thank God for allowing me to serve with an amazing leader and mentor such as our Garrison Commander, Col. Tomika M. Seaberry. She has made a significant positive impact in my life and in our community. Everything we have accomplished as a Command Team could not be possible without the support of our Command Group, Special Staff, Directors, and the workforce. They kept us "On Point" every step of the way. They are our dream team. Together with our team, I was motivated to work

hard every day. Your passion and dedication inspired me to give you my very best. I only hope that I met your expectations.

As Carolina and I get ready to transition to our next assignment in the Fort Belvoir, Virginia area, we realized how much we will miss the Fort Buchanan community. Our kids Jayden, Aiden and Joseph are also leaving behind wonderful friends and mentors who made a significant impact in their lives. I want you to know that this will be the toughest transition in my 26 years career because of the love and support we received from all of you during our time here.

I would like to have the opportunity to see you and thank you for the support, from the highest supervisory levels to the lowest levels. All Garrison Directorates, Tenants and partners, service members and their families, and our Veterans and Retirees; everyone one of you had an impact in my life. I have no words to describe how much

I will miss you.

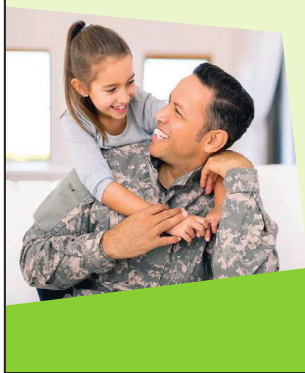
I will be having a farewell event June 24, at the Community Club Patio, 4:30 p.m. – 6:30 p.m. The event is open for everyone in the community who would like to attend. My wife Carolina and I will be there to spend time with the community and say goodbye before our departure from Puerto Rico. We look forward to seeing you there. Thank you for all the love and support. My Change of Responsibility will be June 29, 2022.

It's been a great honor to be your Garrison Command Sergeant Major. Carolina and I are grateful for the opportunity to serve you. Thank you for embracing us as family.

God bless Puerto Rico and our Fort Buchanan community. Sentinels... On Point!

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Assistant Chief of the Army Reserve visits USAG Fort Buchanan as part of an Installation Resiliency Tour

Story and photos by Grissel Rosa
Public Affairs Officer

The Assistant Chief of the Army Reserve (ACAR), Stephen Austin, visited USAG Fort Buchanan June 7-8, 2022 as part of an Installation Resiliency Tour. The primary advisor to the Chief of Army Reserve within Headquarters, Department of the Army, Austin also represents the Army Reserve in the formulation and synchronization of policy and strategy at the National, Departmental, and Service levels. He provides oversight to the Chief of Army Reserve's staff and directs the development of policy, resourcing, and plans for generating, sustaining, and integrating Army Reserve force capabilities in support of the nation.

The visit kicked off with a meeting with garrison leaders, directors, special staff and tenants June 7 at the Gen. Buchanan Conference Room where he emphasized the Chief of the Army Reserve and Commanding General, U.S. Army Reserve Command, Lt. Gen. Jody J. Daniels' priority – "taking care of people."

Austin added, "You are part of the Army Reserve family. Your character is your reputation. Character and family is what drives me. Fort Buchanan has a good character



and reputation for all you do to support our Veterans, Retirees, Soldiers and Families. It's the Army's family."

The Installation Resiliency Tour started June 8 with a Hurricane Preparedness brief by the Directorate of Plans, Training, Mobilization and Security (DPTMS) team at the Installation Operations Center. Followed by an overview of various energy efficient and sustainability initiatives such as the solar panel canopies, wind turbines, the ground water well located at the installation's golf course, and Las Casas Lake that supports Reverse

Osmosis Water Purification Unit (ROWPU) operations, as well as water purification and a training area for the troops. The lake also supports recreational initiatives, for example, catch and release fishing.

The ACAR also participated in a ceremony accompanied by the Logistics Readiness Center Director, Onel Colón and the Directorate of Public Works Acting Director, Luis E. Torres to unveil the sign that identifies the facilities of the Subsistence Supply Management Office (SSMO). In synch with the Army's priority, the SSMO is of strategic importance in support of our Soldiers. Austin thanked everybody "for what you do, taking care of people."

As part of the Installation Resiliency Tour, Austin visited the construction site at Coconut Grove where he was briefed on the future housing project by US Army Corps of Engineers. The tour concluded with a visit to the new Reserve Center facilities and a discussion of the plans for the "mogote" [a steep-sided residual hill composed of either limestone, marble or dolomite, surrounded by nearly flat alluvial plains] area.



USAG Fort Buchanan supports Memorial Day at the Puerto Rico National Cemetery

Story and photos by Grissel Rosa
Public Affairs Officer



Members of Veterans' Organizations joined the dozens of families who attended the Memorial Day Ceremony at the PR National Cemetery.



Government representatives and military leaders paid lasting tribute our heroes.



(L to R) PR National Guard Adjutant General, Maj. Gen. José J. Reyes; 1st Mission Support Command, Commanding Officer, Col. Carlos M. Cáceres and his spouse Sonia Cáceres; Civilian Aide to the Secretary of the Army, Luis A. Soto and Fort Buchanan Garrison Commander, Col. Tomika M. Seaberry.

During Memorial Day, May 30, 2022, at the Puerto Rico National Cemetery described by its director, Juan Nieves, as the “national sanctuary,” government representatives, directors of federal agencies and military leaders joined retirees, Veterans and family members to honor and pay lasting tribute to the men and women who paid the ultimate sacrifice serving our nation.

Fort Buchanan Garrison Commander Col. Tomika M. Seaberry, and Garrison Command Sgt. Maj. José A. Banks were among the leaders who attended this significant event, including the PR Resident Commissioner, Hon. Jennifer A. González; PR Governor, Hon. Pedro R. Pierluisi; the President of the PR House of Representatives, Hon. Rafael “Tatito” Hernández; PR National Guard (PRNG) Adjutant General, Maj. Gen. José J. Reyes; 1st Mission Support Command, Commanding Officer, Col. Carlos M. Cáceres; the Director of Veterans Affairs (VA) Caribbean Healthcare System, Carlos R. Escobar and Executive Director of the San Juan VA Regional Office and keynote speaker for the event, Leanne Weldin.

Hon. Jennifer González highlighted that “the theme for this celebration is to honor the sacrifice and eternal legacy of our veterans, a legacy we must not forget. The rights we have today are thanks to those who lie here.”

Governor Pierluisi emphasized that “our Soldiers have honored the uniform of the US military services during war, peace and national emergencies. Today, we remember those who are not with us. The noblest sacrifice is to give your life for others.” He recognized



Puerto Rico's Governor, Hon. Pedro R. Pierluisi, indicated that participation in this event is the way to pay tribute, making sure that their legacy endures.



PR Resident Commissioner, Hon. Jennifer A. González highlighted that the sacrifices of our fallen heroes will never be forgotten.

those veterans attending the ceremony “who also served with the men and women we honor today.”

According to Leanne Weldin, “Memorial Day is a day to honor those killed in action and POWs (Prisoners of War)” and added “I saw death and sorrow closely in Iraq where I was deployed in 2003. [Therefore] Every death matters and every sacrifice must be honored.”

The Memorial Day Ceremony concluded with the presentation of floral wreaths with “Amazing Grace” played by a bagpiper, and the Battery Gun Salute and Taps presented by the PRNG.

Disaster Recovery Tips

From the Fort Buchanan Installation Legal Office

Story by William G. Latimer, ILO General Attorney. Photos by Grissel Rosa, Public Affairs Officer



As the hurricane touched ground, the winds and heavy rain made visibility impossible and the devastation unimaginable.

1. Immediately after a disaster the first thing is to protect human life. Do whatever you can possibly do to help those in need and to ensure the safety of your family.



Fort Buchanan Fort Buchanan residents joined as a recovery force helping one another, making sure that families were safe as well as the housing area.



Hurricane Maria flooded various areas within the installation, including the main entrance to garrison headquarters.

2. Establish communications. Hopefully, you have a disaster recovery plan (if not, preparing and adopting a plan should go on your priority list now). Follow the plan, which should include multiple communication options—via e-mail, text, phone calls or a website. Someone should be responsible for tracking information about those who have reported they are safe and reporting those who have not. Consider designating someone that lives in CONUS as designated point of contact where everyone can call in and report. Everyone should be reminded of their roles in the disaster recovery.

3. Hopefully, you have your data stored in the cloud.

One of the advantages of cloud-based data management solutions is that you should be able to access your data in the cloud once you have an Internet connection. Needless to say, your “cloud” solution should not be storing your data in your immediate geographic area unless you have a secondary cloud which is well out of harm’s way. Make sure your passwords are stored (encrypted) in the cloud or other safe place—you may need them as part of the recovery.

4. If the disaster lasts for some time, how will you pay for your needs while systems are restored?

Whatever your payment plan, implement it. If your cash flow allows, have cash-on-hand to cover basic life sustaining needs for at least one week.

5. Post-disaster looting and destruction is a fact of life. Secure your perimeter as soon as possible after the disaster is over.

When it is safe, take photos or videos of all damage for insurance purposes. Consider a waterproof and fireproof safe to hold all your critical documents—which are hopefully replicated and encrypted in the cloud.

6. Accept assistance gratefully. We all like to think of ourselves as independent. But there’s no shame in receiving aid. Ask neighbors if you are in need. The Government will be activating resources to assist you, but it will take time. Accept that bottle of water or a free meal if you need it. Disasters bring out the best in people.

7. Take care of yourself. Recovery from a disaster is a marathon, not a sprint. We tend to “overwork” ourselves out of difficult situations. Rest and good nutrition are more important now than ever. Disaster brings an enormous amount of stress to you and everyone in the affected community. Be kind and generous. Forgive the inappropriate behavior of others. Hug your family members.

Resources:

<https://www.ready.gov/hurricane-toolkit>

<https://www.togetherpuertorico.com/preparing-for-a-hurricane/>



DeCA – What’s Your Plan for Bad Weather

Story and graphic by Kevin L. Robinson,
Public Affairs Specialist

Since 2020, the sheer number of severe storms exhausted the list of designated names. According to meteorologists, the outlook for 2022 is more of the same. Before the next hurricane or other severe storm occurs, the Defense Commissary Agency (DeCA) advises its patrons to be prepared and use their benefit to save money on their emergency supplies, said Marine Sgt. Maj. Michael R. Saucedo, DeCA's senior enlisted advisor to the director.

“As service members we are taught to always be prepared for the worst-case scenario,” Saucedo said. “When it comes to your home, an ounce of prevention is way better than looking for a grocery store after the storm hits. Create a disaster plan and use your commissary to help you save 20-25 percent on your emergency supplies.”

From April through Oct. 31, DeCA's severe weather promotional package includes discounts on the following items: beef jerky and other assorted meat snacks, soup and chili mixes, canned goods, powdered milk, cereals, batteries, airtight bags, weather-ready flashlights, tape (all-weather, heavy-duty shipping and duct), first aid kits, lighters, matches, lanterns, candles, hand sanitizer and anti-bacterial wipes. Specific items may vary from store to store.

The North Atlantic hurricane season is June 1 to Nov. 30 and covers the North Atlantic Ocean, the Caribbean Sea and the Gulf of Mexico. The Accuweather forecast for 2022 calls for 16-20 named storms, six to eight of which will be hurricanes, with three to five of the hurricanes potentially being category 3 or higher (winds exceeding 111 mph).

Whether it's Mother Nature or a manmade crisis, emergency preparedness officials encourage prior planning with a disaster supply kit that includes the following items:

- **Water** – at least one gallon per person/per day (three-day supply for evacuation, two-week supply for home)
- **Nonperishable foods** – canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)
- **Paper goods** – writing paper, paper plates, paper towels and toilet paper
- **Writing utensils** – pens, pencils (manual pencil sharpeners), markers
- **Cooking items** – pots, pans, baking sheets, cooking utensils, charcoal, a grill and a manual can opener
- **First-aid kit** – including bandages, medicines and prescription medications
- **Cleaning materials** – bleach, sanitizing spray, and hand and laundry soap
- **Toiletries** – personal hygiene items and moist wipes
- **Pet care items** – food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags
- **Lighting accessories** – flashlights, batteries, candles and matches
- **Battery-powered or hand-crank radio** (NOAA Weather Radio, if possible)
- **Duct tape, scissors, Multipurpose tool**
- **Copies of personal documents** (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies)
- **Cell phone with chargers**
- **Family and emergency contact information**
- **Extra cash**
- **Maps of the area**
- **Emergency Blankets or sleeping bags**

For more information about disaster preparedness, go to the DeCA website for lists of resources



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7 days / 24 hours

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VA San Juan and
VA Clinics
Private Travel

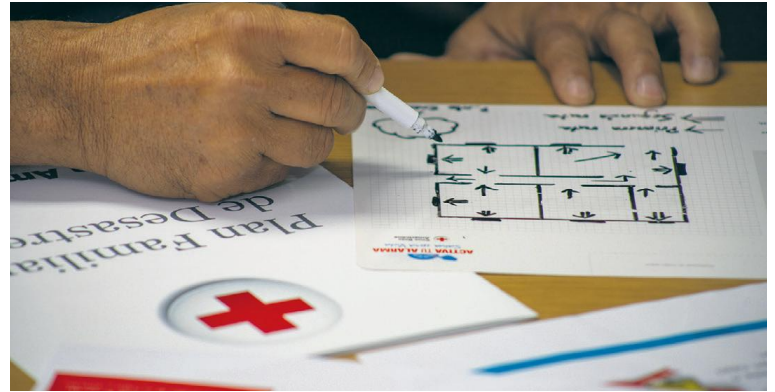


787-712-2030
Monday to Friday 7:00am a 7:00pm
Saturday and Sunday 8:00am a 5:00pm

We are in  **Autocita**

Prepare for this Hurricane Season with the Red Cross

Story by Rosemarie Valdéz, Regional Communications Director, Red Cross PR



Shatter the myths associated with disaster preparedness and get the true facts on how to prepare. With the increasing risk of climate disasters and as forecasters predict another active hurricane season, it's more important than ever to prepare. There are a lot of myths associated with hurricane preparedness. To help shatter those myths and provide true facts on disaster preparedness, the American Red Cross Puerto Rico Chapter offers guidance on how to keep your family safe. Prepare now to protect yourself, your loved ones and your home.

Organize supplies into a Go-Kit and a Stay-at-Home Kit.

- Go-Kit: at least three days of supplies that you can carry with you.
- Stay-at-Home Kit: at least two weeks of supplies.

At a minimum, you should have the basic supplies listed below.

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Masks (for everyone ages 2 and above)
- Family first aid kit
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
- Multi-purpose tool
- Sanitation and personal hygiene items like soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies). Keep personal, financial and medical records safe and easy to access (hard copies or securely backed up).

- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Also, consider the needs of all family members and add supplies to your kit:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Resources available:

- **Red Cross Emergency App** - Download the free Red Cross Emergency app for more safety information, including real-time weather alerts and preparedness information, by searching "American Red Cross" in your app store or visiting redcross.org/apps.
- **Hurricane Safety** - Learn how to keep your home and family safe during a hurricane or typhoon. Visit the Online store for emergency supplies you may need.
- **Armed Forces Contact Service at Fort Buchanan**: For assistance with any inquiry, new or current emergency communication cases or referrals, the installation American Red Cross office is located at Bldg. 514 South Depot Road Red Cross staff and volunteers are available, Tuesday and Thursday from 9 am to 4 pm and Wednesday from 10 am to 3 pm or call: (787) 707-2158.
- **cruzrojapr.net**: The Red Cross has a special section in Spanish, dedicated to preparedness, share these safety tips with your family and friends.



**American
Red Cross**

Basic Disaster-Supplies Kit (Cont.)

CONTACTS—List of doctors, friends and relatives who should be notified if you are injured or evacuated.

MONEY—Cash, coins, and credit cards.

TRANSPORTATION—Fill you car's gas tank, check oil, water, and tires and secure an extra set of car keys.

ENTERTAINMENT—Board games, cards, arts and crafts, crayons, and other games for children.

DOCUMENTS—Important papers secured in water-proof containers, (identification cards, Social Security cards, birth certificates, diplomas, titles, deeds to property, copies of credit cards and special photos.

EMERGENCY ITEMS—Tools and supplies including: battery-powered radio or TV, flashlight, mosquito repellent, sunscreen, batteries, charged cell phone with charger (inverter or solar) whistle, matches and waterproof containers.

ANY other items to meet your family's unique needs.

Use this list as a reference when purchasing your supplies at the grocery/department or hardware store.

CONTACT INFORMATION

Army Community Service	(787) 707-3804
Family Advocacy Program	(787) 707-3709
Installation Operations Center	(787) 707-3838
Public Affairs Office	(787) 707-4013
Welcome Center	(787) 707-3333
American Red Cross	(787) 707-2158
Rodriguez Army Health Clinic	(787) 707-2555
Fire Department	(787) 707-3410
Police Station	(787) 707-3337

WEBSITES WITH MORE INFORMATION

Weather.gov
<https://www.ready.gov>
 Fema.gov/mobile-app
redcross.org/military

USAG Fort Buchanan
<https://home.army.mil/buchanan>

USAG Fort Buchanan Facebook
<https://www.facebook.com/US-Army-Garrison-Fort-Buchanan>



**US ARMY GARRISON
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EMERGENCY PREPAREDNESS

PREPARE NOW. LEARN HOW.

CREATE A KIT OF NECESSITIES



food, water, and
medicines



info card for
emergency
responders



batteries and
chargers

***Be Prepared,
Not Scared***

**Directorate of Plans, Training,
Mobilization and Security
Emergency Management Office**

Know what disasters and hazards affect your area, how to get alerts, where you would go if you and your family need to evacuate. Make sure your family has a plan and practices it often.

PREPARE NOW

Hurricane Season (1 June– 30 November)

Sahara Desert dust can cause respiratory problems.

Earthquakes are a low threat but increase in recent frequency.

Tsunamis are also low threat but geological activity.



Having a plan will help you avoid mistakes during an emergency and ensure everyone in your home is prepared.

- Have a list of essential contacts including outside the potential impact area.
- Keep your important documents together for quick access.
- Review and practice your plan with your family and friends.



STRENGTHEN YOUR HOME

There is a lot you can do around your home to help protect it from hurricane winds.

Before hurricane season:

- Trim trees on your property.
- Get approved window coverings.

Ahead of the storm:

- Collect loose outdoor items.
- Secure doors on your property.
- Find a safe location for your vehicle.

DEVELOP AN EVACUATION PLAN

Find out today if you live in a hurricane/tsunami evacuation zone and identify trusted sources for receiving evacuation orders. Plan for multiple options on where to go and how to get there. Have a go bag for supplies and a plan for your pets. Be prepared to leave immediately if ordered to evacuate.



EARTHQUAKE RESPONSE ACTIONS

DROP down onto your hands and knees. This way the earthquake cannot know you over.

COVER your head and neck. This is one of the most important safety measures to be taken during an earthquake.

HOLD ON to your shelter. If you have anything sturdy near your safe spot, hold on to it tight until the shaking stops.



If you are inside, stay inside.

DO NOT stand in a doorway. You are safer under a table.

If you are in a high-rise building, drop, cover, and hold on.

If you are inside a crowded place, drop, cover, and hold on.

If you are outside, stay outside.

If you are in a moving vehicle, stop as quickly and safely as possible.

If you are in a stadium or theater, stay in your seat. Protect your head and neck with your arms or any way possible.

If you are near the shore, drop, cover, and hold on until the shaking stops.

If you cannot drop to the ground, try to sit or remain seated so you are not knocked down.

Basic Disaster-Supplies Kit

☐ **FOOD**—At least 3-day supply of non-perishable food, manual can opener and cooking utensils.

☐ **WATER**—A 7-day supply of water (one gallon per person, per day) for drinking and sanitation.

☐ **HYGIENE**—Sanitation/hygiene items (moist wipes, toilet paper, garbage bags for waste disposal)

☐ **FIRST AID**—A first aid kit with non-prescription drugs, antibiotic and burn ointment, thermometer, bandages, etc.)

☐ **SPECIAL POPULATION**—Items for infants/elderly/disabled family members

☐ **SPECIAL NEEDS**—Prescription medications, oxygen, eye glasses, contact lens solutions, and hearing-aid batteries.

☐ **PETS**—Ensure pets have proper ID, carrier and leash, vaccines and updated Vet records and supplies (food/meds)

☐ **COMFORT**—At least one change of clothing, footwear and one blanket or sleeping bag per person.

Use this list as a reference when purchasing your supplies at the grocery/department or hardware store.

KIT DE SUMINISTROS BÁSICOS (CONT.)

CONTACTOS—Listado de doctores, amigos y familiares quien deben ser contactados en caso de accidentes o requiere desalojo.

DINERO—Efectivo, monedas, y tarjetas de crédito

TRANSPORTACION—Llena el tanque de tu auto, verifica el aceite, agua, gomas, y ten llaves adicionales.

ENTRETENIMIENTO—Juegos de mesa, cartas, manualidades, y otros juegos de niños.

DOCUMENTOS—Mantén documentos importantes en empaques a prueba de agua, (identificaciones, seguro social, certificado de nacimiento, diplomas, títulos, tarjetas de crédito).

ARTÍCULOS DE EMERGENCIA—Herramientas, radio o TV de baterías, linterna, repelente de mosquitos, protector solar, baterías, celular con cargador (inverter or solar), silbato, fósforos, y contenedores a prueba de agua.

Cualquier otro artículo necesario.

Usa esta lista como referencia al momento de comprar tus artículos de suministros para la emergencia.

INFORMACION DE CONTACTOS

Servicios Comunitarios del Ejército	(787) 707-3804
Asuntos de la Familia	(787) 707-3709
Operaciones	(787) 707-3838
Asuntos Públicos	(787) 707-4013
Centro de Bienvenida	(787) 707-3333
Cruz Roja Americana	(787) 707-2158
Clínica de Salud Rodríguez	(787) 707-2555
Bomberos	(787) 707-3410
Policia	(787) 707-3337

PAGINAS DE INTERNET INFORMATIVAS

Weather.gov

<https://www.ready.gov>

Fema.gov/mobile-app
redcross.org/military

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GUARNICIÓN DEL EJÉRCITO DE LOS ESTADOS UNIDOS FUERTE BUCHANAN

PREPARACIÓN PARA EMERGENCIAS

Prepárese para una emergencia



Elabore un plan



Tenga provisiones



Manténgase al tanto

***Estar Preparado,
No Asustado***

Directorado de Planificación,
Adiestramiento, Movilización, y Seguridad
Oficina de Manejo de Emergencias

Conoce los peligros públicos a los que estas expuesto en tu zona. Conoce como recibir alertas de emergencia. Establece un lugar a donde ir en caso de tener que evacuar. Asegúrate de tener un plan de emergencia y practicarlo a menudo con tu familia.

PREPARATE AHORA

Temporada de Huracanes (1 junio – 30 noviembre)

Polvo del Desierto del Sahara puede causar problemas respiratorios

Los movimientos telúricos representan un peligro bajo, pero su frecuencia a aumentado.

Los tsunamis representan un peligro bajo, pero existe actividad geológica



TEN UN PLAN

Tener un plan te ayudará a poder responder de inmediato y proteger tu familia:

- Ten un listado de contactos e incluye personas fuera de tu área.
- Mantén juntos tus documentos importantes.
- Revisa y practica tu plan con tu familia frecuentemente.



REFUERZA TU RESIDENCIA

Son muchas las cosas que puedes hacer para proteger tu casa..

Antes de la temporada de huracanes:

- Poda los arboles en tu propiedad.
- Obtén tormenteras aprobadas.

Antes del huracán:

- Recoge objetos sueltos.
- Asegura puertas y ventanas.
- Ubica tu vehículo en un lugar seguro.

DESARROLLA UN PLAN DE DESALOJO

Identifica si vives en un área de tsunamis y conoce de quien recibirás alertas. Planifica múltiples opciones de a donde ir en caso de desalojo. Ten listo un bulto de huida y considera tu mascota. Este preparado para desalojar de inmediato de ser necesario.



GUIA DE ACCION ANTE TERREMOTO

AGACHESE al suelo, busque como **CUBRIRSE** buscando refugio debajo de mesas sólidas u otro mueble; **SUJETESE** ahí hasta que el temblor se haya detenido. Si no puede encontrar una mesa o mueble donde refugiarse cerca de usted, cubra su cara y cabeza con sus brazos y agáchese de frente a una esquina del edificio.



Manténgase lejos de ventanas, espejos, marcos de pinturas o retratos que tengan cristal.

Si está en la cama, manténgase ahí.

Manténgase dentro de la edificación hasta que los temblores (movimientos sísmicos) se detengan, y sea seguro (safe) salir.

Este consciente de que el suministro de energía eléctrica quede interrumpido o el sistema de supresión de incendios (sprinkler system) o las alarmas de emergencia se activen.

No utilice nunca los ascensores (elevadores) durante o después de un terremoto intenso. Espere a que sean evaluados como seguros (safe).

KIT DE SUMINISTROS BASICOS

COMIDA—No perecedera para al menos tres días, abridor manual, y utensilios para cocinar.

AGUA—Suplido para siete días (1 galón por persona por día) para beber y sanitar.

HIGIENE—Artículos de higiene (toallitas húmedas, papel sanitario, bolsas para basura).

PRIMEROS AUXILIOS—Un kit con medicamentos no controlados, antibióticos, crema para quemaduras, termómetro, y curitas.

POBLACION ESPECIAL—Artículos para infantes, ancianos, y personas incapacitadas.

NECESIDADES ESPECIALES—Medicamentos recetados, oxígeno, espejuelos, equipo auditivo.

MASCOTAS—Asegúrate de que las mascotas tienen comida, agua, identificación, collar, record medico, y vacunas al día.

COMODIDADES—Ten al menos un cambio de ropa, zapatos, frisas, y bolsa para dormir.

Usa esta lista como referencia al momento de comprar tus artículos de suministros para la emergencia.



Chaplain's Corner

The Unexpected Blessings

Column by Garrison Command Chaplain
Maj. David S. Keller – "Serving with You!"

If you are like me, you may have many unscheduled meetings, unforeseen outings to the pharmacy, or trips back to the house because you forgot something. These unexpected events can cause quite a bit of stress as well as infringe upon time and things that were planned. Last week, I planned to be at the circus with the entire family. The lights, the actors, and the big tent were all prepared and ready for a show. However, my youngest daughter was scared, and the two of us ended up at Starbucks. It wasn't that anyone did anything wrong, it was just that she wasn't ready for the loud noises and lights. It ended up being an unexpected blessing.

The unforeseen change of plans could have been a problem, or at the very least a distraction. I have learned that when God changes your plans, look around for the better way. It requires an emphasis on positive thinking and belief. And that is up to you.

A positive attitude propels flexibility to adapt to life's events, and to the needs of loved ones around you. The unexpected is always right around the corner.

We know that hurricane season is upon us again to bring unexpected complications. We check our roofs and windows, stock up on food and water, and pray that Puerto Rico will not be impacted by a major storm. These things are good to do. As we do them, I would also suggest that we remain flexible and calm. Gasoline and food prices are higher, but we have family and friends

around us to help. Don't be afraid to help someone in need when an unanticipated event comes.

And that brings us back to an unexpected blessing. Helping someone in need is both an honorable thing to do as well as a faith journey. When you share with a neighbor, or even with a stranger, don't expect anything back. Do it because our Father in heaven has already given us so much. Believe me, you will be blessed in return.

My unexpected blessing in lieu of the circus? It was a date with my youngest daughter helping her overcome her fears. And I wouldn't trade that for a trip to Barnum & Bailey's big top extravaganza.

If you'd like to experience God's unexpected blessings this weekend, please join us for our Protestant and Catholic chapel services at the post chapel on Sundays:

Protestant Service: 9:30 a.m.
Catholic Mass: 11:30 a.m.

For more information, Fort Buchanan St. Francis of Assisi Catholic Community: <https://www.facebook.com/Fort-Buchanan-St-Francis-of-Assisi-Catholic-Community-115141189921692/> or the Fort Buchanan Chapel Protestant Service: <https://www.facebook.com/Ft-Buchanan-Chapel-Protestant-Service-101189707958782> which continues to be live streamed every Sunday.



From your Safety Officer...

Hurricane Preparedness - Part 2 of 2

Column by Garrison Safety Officer
Carlos J. Alvarado

Build a kit

Emergencies happen at any time. You could be at work or stuck in traffic for hours. Other potential scenario is that you must leave your home to seek shelter somewhere else. Having a Go-kit at home, your vehicle or at the office saves you time and improve your ability to deal with the situation. Packing a Go-Kit does take an investment of time, energy and a little bit of money but the payoff is worth it to have that peace of mind. Recommended items are:



Food and water - A Go-kit should have enough food and water (1 gallon per person, per day) for at least three days; remember to pack enough for your pets, too.

Personal essentials - Purchase travel-sized toiletries, clothing and a first aid kit.

Medications - Call your pharmacy and request an extra medication refill. Pack a list of your medications and the phone numbers for your pharmacy and physicians.

Electronics - Pack in extra phone chargers, hand-crank portable radios, and a flashlight and batteries.

Paperwork - Make photocopies of essential documents. Make sure to store these in a waterproof bag.

Cash - There is a chance you may not be able to use your debit or credit cards to make purchases, so add cash to your go-kit.

Keep your go bag in an accessible location, such as a front hall closet or garage, where it is easy to grab on your way out the door. Having an emergency bag in the car and at work is good practice in case you need to shelter in place.

For more information on emergency preparedness, you can access the following links:

» Centers for Disease Control and Prevention - <https://www.cdc.gov/disasters/index.html>

» U.S. Department of Homeland Security - <https://www.ready.gov/>

» Ready Army - <https://ready.army.mil/>

» Negociado Para El Manejo de Emergencias y Administración de Desastres (NMEAD) <https://manejodeemergencias.pr.gov/>

Fort Buchanan Safety Officer supports VA Full Scale Exercise “Tropical Journey 22” Hurricane preparedness

Story and photos by Carlos J. Alvarado, Installation Safety Officer

Veterans Affairs (VA) Caribbean Healthcare System in partnership with local, state and federal agencies; 35 Hospitals and Healthcare Coalitions, and Non-Government Agencies, such as American Red Cross, Salvation Army, etc.), conducted a Full Scale Exercise (FSE) to validate the National Disaster Medical System (NDMS) in preparation of the upcoming Hurricane season.

FSE “Tropical Journey 22” was a three day event starting May 24 at the Rafael Hernandez Colon Airport at Aguadilla; May 25th a table top exercise was conducted at the San Juan VA Hospital and culminated May 26th at the Luis Muñoz Marín International Airport in San Juan. The scenario of this FSE was a Category 5 Hurricane named Alex, with the hurricane pushing a 15 foot storm surge inland.

The exercise objectives were to 1) establish and maintain a National Disaster Medical System (NDMS) Command Center within 24 hours of activation, 2) activate and sustain procedures to receive, triage, stage, transport and track patients and 3) allow NDMS facilities to exercise plans in regard medical surge and influx of patients.

Medical evacuation included air and ground assets from the US Coast Guard, AEROMED (air transportation to a medical facility) and, public and private ground ambulances.

The Army Reserve, 1st Mission Support Command (1st MSC) participated in the exercise providing logistical assistance during a possible DSCA (Defense Support of Civil Authorities) Mission Assignment.

At the request of VA Caribbean Healthcare System Area Emergency Manager, Cosme C. Torres Sabater, USAG Fort Buchanan Safety Officer Carlos J. Alvarado, successfully oversaw exercise safety for over 300 participants.



Veterans Affairs Caribbean Healthcare System, Deputy Health Administration Services Eric Bermudez was Incident Planning Officer leading an operations briefing.



Garrison Installation Safety Officer, Carlos Alvarado, conducted a safety briefing prior to start the exercise at Aguadilla Airport.



Air medical evacuation.



Ground medical evacuation.

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Sabado y Domingo 8:00am a 5:00pm

Fort Buchanan conducts TTX in preparation for 2022 Hurricane Season

Story and photos by Rosie Irizarry, Public Affairs Specialist



and interagency partners; review roles and responsibilities; establish command, control, communications and information requirements and identify low density resources that may become overly taxed during recovery.

The Hurricane TTX was conducted by the Fort Buchanan Directorate of Plans, Training, Mobilization and Security (DPTMS), Plans and Operations Division led by José R. Boria Cruz and Installation Emergency Manager, Félix J. Otero with team members Joel Ramos, Jaime Cruz-Arce, Victor M. López, Luis E. Pabón and Stephanie Acosta, who manned the Microsoft Teams Conference attendees by reporting their responses, and questions in the chat.

The scenario, was a Category 5 Hurricane named Declat with potential to cause catastrophic damage was presented and assessed by Otero. He also presented Decision Points at each phase and guided the discussion with the subject matter experts.

“When we leave here we should leave here ready to execute. I look forward to having all of our partners here help us have a solid plan in place,” said Garrison Commander Col. Tomika M. Seaberry in her opening remarks. Deputy Garrison Commander, Lt. Col. Brian M. Mandock; Deputy to the Garrison Commander, Yvette L. Castro; Garrison Command Sgt. Maj. José A. Banks and DPTMS Director, Héctor Morán took an active part in the conference during the exercise, reviewing decisions and actions and responsibilities.



“If a hurricane does come, I feel confident with this team,” said Col. Seaberry.

US Army Garrison Fort Buchanan conducted a Table Top Exercise (TTX) in preparation for the 2022 Hurricane Season, May 12, 2022 at the Puerto Rico National Guard Training Facility in Fort Buchanan, to train the garrison staff, tenant organizations, federal agencies and local government partners to synchronize Emergency Management plans and assess the capability to respond to a Hurricane. The exercise, with an attendance of over 50 participants is directed towards laying the groundwork for the upcoming hurricane season which begins June 1st.

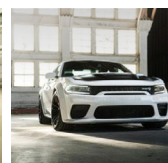
The key tasks of the Hurricane TTX was to: Focus on setting the conditions within the Fort Buchanan Community during the preparation phase; validate the Hurricane Conditions (HURCON) Execution Checklist; identify installation support functions in order to return to normal operations and focus on first 24 to 96 hours after landfall, initial recovery.

The exercise served to identify major gaps and seams in pre-positioning, response and recovery capabilities requiring external resources; Prioritize and track resources; Coordinate with tenants/ partners, state and federal government,



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US Army Garrison 3 X 5 Awards bestowed to DPTMS personnel for support to Hurricane TTX

Story and photos by Rosie Irizarry, Public Affairs Specialist

Three members from the Fort Buchanan Directorate of Plans, Training, Mobilization and Security (DTPMS) were awarded US Army Garrison 3 X 5 Bronze Medals for outstanding work and support to the installation's 2022 Hurricane Table Top Exercise (TTX) conducted on post in May 2022 at the Puerto Rico National Guard Training Center. The awards were presented at Emergency Operations Center (EOC) May 19, 2022.

The Bronze 3 X 5 medals were presented by Deputy Garrison Commander, Lt. Col. Brian Mandock and Garrison Command Sgt. Maj. José A. Banks to DPTMS Administrative Assistant Stephanie Acosta; from the DPTMS Training Division, Training Instructor Victor

M. López and Inventory Management Specialist Luis E. Pabón Coca. Present for the ceremony were DPTMS Director, Héctor M. Morán; Training Division Chief, Jaime Morales Pereira and Emergency Management Specialist Félix J. Otero.

During the TTX Acosta maintained communication with over 30 participants on Teams and presented their question, comments and concerns at the TTX site. López and Pabón Coca installed and provided sound support throughout the entire exercise.

"Their exceptional efforts contributed to the successful execution of the exercise," said Lt. Col. Mandock.



Deputy Garrison Commander initiates demolition paving the way for new housing on Fort Buchanan

Story by Rosie Irizarry, Public Affairs Specialist
Photos by DPW Supervisor Civil Engineer and BOID Quality Assurance, José L. Capre

Fort Buchanan Deputy Garrison Commander Lieutenant Colonel Brian Mandock picked up a sledgehammer and pounded a housing structure designated for demolition in the Coconut Grove housing area, paving the way for new Army Housing May 6, 2022.

The demolition is ongoing and is projected to be finished by mid-June 2022. Present for the demolition ceremony from Fort Buchanan Directorate of Public Works Supervisor Civil Engineer and Business and Operations Integration Division (BOID) Quality Assurance, José L. Capre and from the US Army Corps of Engineer (USACE), Jacksonville District: Capt. Ricardo A. Herrero, Deputy District Engineer Maj. Jesus M. Soto and from USACE, Antilles Area Office, Jacksonville District, Project Engineer Johann M. Sasso and Public Affair Specialist Luis A. Deya. Also present was contractor representative from Design Build, LLC.

The next phase is earthwork which is scheduled to begin by June 2022.



Fort Buchanan Religious Affairs Noncommissioned Officer promoted to Staff Sergeant

Story and photos by Rosie Irizarry, Public Affairs Specialist



Fort Buchanan Garrison Religious Support Office hosted a promotion ceremony in recognition of its Religious Affairs Noncommissioned Officer, Sergeant Juan Merced Jaipersad at the post Chapel, June 3, 2022 before family and comrades in arms.

Newly promoted Staff Sgt. Merced Jaipersad is an Active Guard and Reserve (AGR) Soldier with seven years of service. "I am very happy to be here, happy that my family and comrades are sharing this moment with me," said Staff Sgt. Merced.

Chap. (Maj.) Keller officiated the ceremony and said in speaking of Staff Sgt. Merced, "Every day starts with Juan walking into the office saying 'Today's a great day

to be in the Army, Hooah!' . . . because he's proud, and he's excited to be in the Army, and it makes me proud and excited to be in the Army too, because it's contagious. His sense of optimism, duty, and professionalism is contagious." Keller gave him some advice, "first take care of your family, because at one point we are going to take this uniform off. Second, build trust, NCO's are the backbone of the Army, they get things done, and you need that trust. Third, have a solid, impeccable reputation. Fourth learn from your mistakes, don't make the same mistake twice-strive for that. And finally, don't forget where you came from. You are still a son, a brother, a husband, with a great Puerto Rican heritage," said Keller.

As Master of Ceremony, Army Spc. Lorraine M. Piña read the promotion orders, Sgt. Merced Jaipersad received his Staff Sergeant ranks from his family: spouse Julyannie Santiago; mother, Deena Jaipersad and his father Juan Merced. Installation Legal Office, Senior Paralegal NCO Sgt. 1st Class Megan C. Kelly administered the NCO Charge to Staff Sgt. Merced, completing the promotion ceremony.

"I am very proud of my son. He loves what he does. He always gives a little more than the necessary or required. He always wants to be perfect. He is a good son, good son-in-law, good brother and husband," said his mother. "He is a separate class of person. He's always motivating people even persons of older generations. He is a good example for all to see," said proudly his father Juan



Merced. His wife, Julyannie Santiago said "He works very hard for everything he has, he deserves it all. He really loves what he does."

Merced thanked God, his family and all present, for being part of his achievement, "thank you all for the inspiration, guidance and support that you give me. I will continue to work hard to reach the next step my military career, trusting God as my compass," said Merced in conclusion.

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- Localización de Equipaje retrasado o extraviado
- Indemnización por perdida definitiva de Equipaje

- Localización de Equipaje retrasado o extraviado
- Compensación por Equipaje no localizado (en 72 horas o más)
- Regreso por fallecimiento de un familiar
- Regreso por un siniestro en su domicilio
- Pérdida de Conexión Aérea
- Pérdida de Pasaporte



Fort Buchanan Exchange gives over \$9 million to FMWR

Story and photos by Rosie Irizarry, Public Affairs Specialist

The oversized check was symbolic but it represents real money which will go into programs and construction for Soldiers and their families. Fort Buchanan Army and Air Force Exchange Service (Exchange) General Manager, Thea Sarver; Exchange South East Region Vice President, Tony Pares and Exchange Senior Enlisted Advisor, Air Force Chief Kevin Osby presented to Garrison Commander Col. Tomika M. Seaberry and Garrison Command Sgt. Maj. José A. Banks a check for \$9,006,176 from the Fort Buchanan Exchange earned in 2021, for Family and Morale, Welfare and Recreation (FMWR) June 1, 2022 at the Exchange main store lobby.

“We at the Exchange in Puerto Rico contribute more than many Exchanges out there,” said Sarver.

“I humbly accept this check for \$9,006,176 and no change. No only Fort Buchanan benefits from this contribution but we also supply main land installations with resources from this money. This contributes to all of you, to our Army, and the Soldiers, who get up every day to fight the Nation’s wars and defend our freedom, something you cannot taste, see or hear but you know



it’s there. To the members of the Exchange, thank you in for believing in us, thank you for everything you have done, especially in this COVID environment. You come to work every day with smiles on your faces. You make my job so easy. Thank you all,” said Col. Seaberry.

Congress determines the amount exchanges return to the installations, it is a percentage of the sales revenue from each exchange and contributes to FMWR programs for Service Members and their families in Puerto Rico and main land USA.

Col. Seaberry and Command Sgt. Maj. Banks presented Sarver with a plaque and the Garrison Coin of Excellence, in appreciation for her support and service to the Fort Buchanan community during her time at the installation, as she moves on to another assignment. The Garrison Commander and Command Sgt. Maj. also presented

Pares and Chief Osby with Garrison Coins of Excellence for their support to the installation.

Col. Seaberry and Command Sgt. Maj. Banks joined the Exchange in recognizing Nydia Colón for 40 years of service. Colón was presented with a certificate of recognition for service, coins, a cake and other special items. The Garrison Commander, Command Sgt. Maj., Exchange Manager, Pares and Chief Osby did a walk-through the store where Store Manager Rochelle Tollentino highlighted improvements and sales emphasizing that the Fort Buchanan Exchange is number one among the Eastern Army Air Force Exchanges.



Garrison Command joins Antilles High School students celebrating "Pirate Fun Day"

Story by Rosie Irizarry, Public Affairs Specialist
Photos by Antilles High School Staff and Rosie Irizarry

For the past two years the COVID – 19 pandemic has forced us all to change how things are done and limiting activities. The Department of Defense Education Activity (DODEA) Antilles High School (AHS) is no exception, students have had to put on hold many activities and this year they once again held their "Pirate Fun Day" on the school grounds May 13, 2022.



Garrison Commander Col. Tomika M. Seaberry runs to first base in the "Ultimate" Kick Ball game.



Hula Hoop competition in the shade.



The Color Run and Pep Rally.

This year they invited Garrison Commander Col. Tomika M. Seaberry; Deputy to the Garrison Commander Lt. Col. Brian Mandock and Deputy to the Garrison Commander Yvette L. Castro to join them in the fun filled events.

Freshmen to seniors, under the instruction and guidance of coaches, counselors and teachers took part in over five stations. The events included: Puerto Rico National Guard Obstacle Course at the football field; Basketball and Volleyball inside the high school gymnasium; Hula Hoops and Jump Rope on the grass outside the gym; Corn Hole; "Ultimate" Kick Ball at the Softball Field; a STEM (science, technology, engineering and math) Station in the Library; Academic Trivia Game in the auditorium and culminating with a Pep Rally and Colorful Pirate run held on from the Soccer Field to Running Track to AHS Road. All the high school grades rotated from event to event, competing with one another for the final trophy.

Deputy Garrison Commander Lt. Col. Mandock and Deputy to the Garrison Commander Castro participated in the Colorful Pirate run and presented the Pirate Trophy, which is a Ship's

Wheel with a golden bell to this year's winning team, the Senior Class.

The fun filled events were organized by the AHS Student Council and, School Librarian and Student Government Sponsor, Amarilys Díaz. "The kids have had a rough year and this event has been a tradition. School spirit was low, this helps promote sportsmanship and competition between grades. It motivates them to get out of the dungeon COVID has put us all in. this brings school culture back," said Díaz.

"This is a great day, because the activity adds a positive climate. Friendly competition is always a good," said Physical Education Teacher and Coach Brant Tyron.



Deputy to the Garrison Commander, Yvette L. Castro and Deputy Garrison Commander, Lt. Col. Brian Mandock presented to AHS Senior Class the Ship's Wheel Trophy, for being this year's winners of the Pirate Fun Day.

DEA's Community Outreach section provides Fort Buchanan DODEA teens with information on the consequences of illicit drug use

Story and photos by Rosie Irizarry

Enforcement Administration (DEA) Caribbean Division Task Force Officer, Rafael Oxios provided approximately 20 Fort Buchanan Department of Defense Education Activity (DODEA) Antilles Middle School (AMS) students with some essential information about the harmful effects of illicit drug use at the AMS gymnasium May 11, 2022.

Present were Middle School Teen (MST) Center, Supervisory Program Specialist, Iralis Rios; Chikd Youth Center Nurse, Joana Echevarria and MST Assistant Director.

"The photographs in this presentation are from Puerto Rico. They are not intended to frighten you but to show you substance abuse reality experienced today," said DEA Officer Oxios. During his presentation the officer explained that the legal drug most consumed by youths today is alcohol. Oxios explained the health and safety risk factors, showing them how people have been negatively affected by their use. He further described in detail, various types of drugs, such as Over The Counter (OTC) medications like Fentanyl, Xanax, OxyContin; synthetic



marijuana and by what means these are mixed with other drugs and chemicals, and how to tell them apart. DEA's primary mission and responsibility as a law enforcement agency is to enforce the Nation's federal drug laws.

The students actively participated in the question and answer section, and were quizzed on their knowledge of OTC and controlled substances. Ortiz provided a brief about Fort Buchanan ASAP and gave the students bags with informational materials on the program.



Fort Buchanan's Army Substance Abuse Program (ASAP) Specialist Maria N. Ortiz and Drug

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