



2023 ushers in historic changes, incredible moments



Photo by Samantha Harms, Command Information Chief

ABOVE LEFT, Cavalry Family Housing staff, Lendlease management, III Armored Corps and Fort Cavazos leadership watch as Allison and Spc. Grant Boshaw, 1st Air Cavalry Brigade, 1st Cavalry Division, cut the ribbon outside their brand-new home June 16, 2023. **ABOVE RIGHT**, Soldiers participate in the hula hoop contest during Single Soldiers Fest Sept. 29, 2023, at Phantom Warrior Stadium. **BELOW**, The Cavazos family watches as the banner falls from the Bernie Beck Main Gate sign which now reads "Fort Cavazos" during the Installation Redesignation Ceremony May 9, 2023, at Fort Cavazos.



Photo by Blair Dupre, Sentinel News Editor



Photo by Blair Dupre, Sentinel News Editor

BY SAMANTHA HARMS
Command Information Chief

From receiving multiple awards across organizations and directorates to the installation redesignating, from the welcoming of new leadership to the much appreciated wage grade pay increase, 2023 was an historic one for the installation.

January

In January, the 1st Cavalry Division gained a new master gunner, Sgt. Cinthia Ramirez, the first female active-duty Soldier to graduate from the M1A2 Abrams Master Gunner Course.

III Armored Corps and then-U.S. Army Garrison-Fort Hood leadership formally recognized retired Staff Sgt. John Footman for his gallantry during the Vietnam War, presenting him the Purple Heart and the Bronze Star Medal with Valor 33 years after his retirement. "I feel really great right now," Footman said following the ceremony. "This was a great ceremony, a great event and something that I waited for longer than I thought."

In an effort to be more green, an Electric Vehicle Charging Station plan to have charging stations around the installation was created. Solar BEAM charging stations for personal vehicles were installed in the parking lot of III Armored Corps Headquarters, near the III Corps Express gas station.

Then-Hood Army Airfield Tower brought home its first Army Aviation Association of America Air Traffic Control Facility of the Year Award following a ceremony held at then-Fort Rucker, Alabama, now known as Fort Novosel.

February

The installation saw several visitors in February, including the Secretary of Veterans Affairs Denis McDonough, who visited to participate in two roundtable discussions with Veterans Benefits Administration employees, veterans and active duty Soldiers.

The then-Fort Hood Fire Department and Cpl. Ryan Hawkins were recognized as the best large fire department and military firefighter at the U.S. Army Installation Man-

agement Command level. This is the first time since 2009 that the fire department has received this recognition. Though he works as part of a team, Hawkins, 36th Engineer Brigade, received individual recognition and was awarded the title of best military firefighter at the IMCOM level.

"I got a phone call saying that they wanted to nominate me and that alone was humbling to me," he stated. "It's just our day-to-day job and to be nominated for military firefighter of the year by itself was an honor."

March

In March, the U.S. Army 2022 Community Partnership Awards were presented to Robert Gray Army Airfield and Killeen-Fort Hood Regional Airport for the joint-use agreement signed in 2001 and the intergovernmental support agreement now in place to share responsibility for the maintenance of all infrastructure at the airfield; as well as then-Fort Hood and the Central Texas Emergency Management Working Group, which high-

lighted the partnership between Bell County, Coryell County, the city of Killeen, the city of Copperas Cove, the Killeen Independent School District, the American Red Cross and the United Service Organizations for emergency management preparedness.

James Rodriguez, the U.S. Department of Labor's Assistant Secretary for Veterans' Employment and Training Service, visited and spent time with spouses of service members and the installation's Career Skills Programs operated through the Transition Assistance Program, along with Central Texas Workforce Solutions. Administrator Isabella Casillas Guzman, U.S. Small Business Administration, and Rep. Roger Williams (TX-25), chairman of the House Committee on Small Business, also visited the installation to meet with students and service members of the Boots to Business program.

"Nationwide, over 180,000 members of the armed service have gone through this incredible program," Guzman said. "Our veterans are large contributors to our economy, creating jobs as so many of our entrepreneurs out there, over two million veteran businesses around the country in all industries. We want to make sure, obviously we continue to serve them and level up and adapt to the marketplace just like they've had to in the last few years and continuously provide these programs and the capital that they need to launch, survive and thrive into the future."

April

In April, Killeen Mayor Debbie Nash-King recognized the then-Fort Hood Better Opportunity for Single Soldiers program for its commendable community service efforts, particularly in beautifying the historic Killeen downtown area in collaboration with the city.

Former BOSS President Spc. Dallas Parker expressed gratitude,

stating, "the support we get from surrounding communities is truly amazing."

Later, U.S. Army Chief of Staff Gen. James C. McConville visited the installation, praising participating units in the multinational exercise Warfighter 23-4. McConville noted, "the trust between our two nations, our two militaries and two armies is unparalleled," highlighting the collaborative efforts of the 3rd (United Kingdom) Division.

The exercise worked toward enhancing lethality, allied partnerships and interoperability, testing III Armored Corps' ability to project combat power.

May

In May, officials marked a historic occasion as Fort Hood was officially redesignated as Fort Cavazos in honor of Gen. Richard E. Cavazos, the first Hispanic American four-star general.

The ceremony, attended by more than 400 dignitaries, military leaders and community members, celebrated Cavazos' legacy of selfless service and the strong support from the community.

Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general, conveyed, "For more than eight decades, the Great Place has been the installation of choice nestled very tightly within a community of choice. Now, given the importance of this installation for our Army and for our nation, I can think of no better namesake than General Richard Cavazos."

Additionally, the month featured impactful moments, including the then-Fort Hood Military Family Member Scholarship Fund awarding a record-breaking \$83,500 in scholarships to 50 military spouses and high school seniors.

Safety Day at Fort Cavazos emphasized driving safety, with Bernabe urging leaders to prioritize



Photo by Blair Dupre, Sentinel News Editor

Brenda Lee McCullough, the then-IMCOM - Readiness director, passes the guidon to Col. Lakicia Stokes, incoming Fort Cavazos Garrison commander, during the Fort Cavazos Garrison Change of Command Ceremony July 7, 2023.



Photo by Blair Dupre, Sentinel News Editor

“Fort Cavazos is poised for an outstanding year in 2024, building upon the successes of the past year and introducing exciting initiatives aimed at elevating quality of life,” said Col. Lakicia Stokes, Garrison Commander-Fort Cavazos.

Great Place thrives in 2023, unveils exciting initiatives for 2024

BY COL. LAKICIA STOKES
Garrison Commander-Fort Cavazos

In a year marked by tremendous achievements, Fort Cavazos has demonstrated unwavering commitment to enhancing the lives of its military community. The completion of 2023 initiatives improved the infrastructure and added new dimensions to the well-being and recreational experiences of Soldiers, civilians and their families.

Reflections on 2023: Building a strong foundation

Living area

For unaccompanied housing, Fort Cavazos spearheaded the renovation of seven barracks across the installation. In addition, contracts were awarded for the design and construction of new barracks, #101 for 69th Air Defense Artillery Brigade, and #102 for 1st Cavalry Division. For family housing, 3,000 roofs were replaced on homes and 475 homes were renovated. More than 50 new homes in Heritage Heights have been built, reinforcing the commitment to supporting junior enlisted Soldiers and their families.

Work area

The construction of four Tactical Vehicle Maintenance Shelters has fortified the capability to maintain military vehicles efficiently. Range maintenance and clean-up efforts were executed, emphasizing the importance of a safe and well-maintained

training environment.

Recreation, fitness

From horseback riding to trap and skeet, paddleboarding and paintball, the Warrior Adventure Quest has transformed into a holistic program promoting physical fitness, team building, morale and resilience.

Transportation, communication

The introduction of the mass transit service, the Cavazos Connector, showcased an innovative approach to transportation, ensuring convenient travel for Soldiers, civilians and their families. Fort Cavazos was selected as a pilot site for the MyArmy Post App, enhancing communication, technology and efficiency within the community.

Reception

Adapting in-processing from four days to five days reflects a thoughtful approach, allowing Soldiers and families the time to acclimate and access necessary resources.

Looking ahead: 2024, year of elevation

Living area

Fort Cavazos is set to continue its commitment to quality living spaces. Barracks #100, built for 69th ADA Bde., is slated for completion by February, while the renovation of seven barracks is scheduled for completion this summer. More than 230 homes will be demolished in the old Chaffee Village, facilitating the building of 215 new homes in Heritage Heights. The renovation of more than 400 homes in Comanche Village is

on the horizon.

Work area

The Robert Gray Army Airfield Fuel Facility and 1st Air Cavalry Brigade Battalion Headquarters are projected for completion in May and November, respectively. The construction of 69th ADA Bde. Supply Support Activity will be completed by the end of this month. The RGAAF microgrid will also be completed this month, ensuring energy resilience for airfield operations.

Recreation, fitness

Fort Cavazos is investing in the well-being of its community with a family recreation area in Heritage Heights and the introduction of mountain biking, kayaking and canoeing to the Warrior Adventure Quest this spring. Two gyms on the main post and one at North Fort Cavazos will be accessible 24/7 this spring.

Transportation, food services

The Cavazos Connector will achieve initial operational capability in February and full operational capability in March. Exciting changes are coming to Fort Cavazos’ culinary scene. Panera Bread is set to join the 1st Cav. Div. area shoppette. Additionally, a proposal to replace Chili’s with a new restaurant supporting both sit-down and to-go dining is in the works.

Fort Cavazos is poised for an outstanding year in 2024, building upon the successes of the past year and introducing exciting initiatives aimed at elevating quality of life. Fort Cavazos remains steadfast in its commitment to providing a vibrant and supportive community for Soldiers, civilians and their families.



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Allergies or cold: know difference

BY SCOTT SUMMERS
DPW-Natural and Cultural Resources
Management Branch

It is peak cedar allergy season from late December through January at the Great Place, which overlaps with the common cold season.

Since symptoms for each health condition overlap, folks new to Fort Cavazos and the surrounding area may mistakenly believe they are sick and contagious with a cold. For those who aren’t sure, go see a doctor.

For individuals allergic to cedar pollen, like me, my recommendation is to stay indoors as often as you can and follow treatment advice per your doctors’ orders. Microscopic cedar pollen is the culprit behind pesky symptoms and becomes airborne with even slight wind. The pollen has no scent, unlike the oil resin that you smell when cedar is fresh cut or used as wood in a campfire or fireplace. The fragrant resin whether burned or not, does not induce an allergic reaction.

I suffer the cedar allergy immensely if I spend time outside on high pollen count days/nights and if I forget to take my allergy medicine as my doctor recommends.



Photos by Gil Eckrich, DPW-Natural and Cultural Resources Management Branch Volunteer
An American Robin eats cedar berries to help him survive winter.

You can monitor cedar or “mountain cedar” pollen levels by reading local weather and allergy reports shared by weather and allergy experts.

Despite some of us being allergic to it, cedar is important from an ecological perspective. It is a central Texas native officially referred to as Ashe juniper (*Juniperus ashei*) by plant scientists. This tree species is a key habitat component of the healthy natural landscape that supports our wildlife; soil and water conservation; and sustained realistic military training.

Cedars are easily identified because they are evergreen — unlike their deciduous hardwood counterparts-Texas red oak, pecan, and others. Stands of cedar-dominated woodlands can be found throughout undeveloped land, like that at Belton Lake, the hills that surround Robert Gray Army Airfield/Killeen-Fort Hood Regional Airport and within training areas.

If you carefully observe these woodlands from a distance, you can see the contrast of the dark green cedar trees against the lighter grayish-brown treetops of the associated deciduous hardwoods.

An even closer look reveals a color contrast amongst the



Pollen releasing from a cedar tree at Belton Lake Outdoor Recreation Area last year.

cedars; amber hues are seen in roughly half the trees, and the other half — darker green with scattered blueish berries. This amazing contrast is visible in all the mature tree stands in early winter and results from differences between the sexes. Males are laden with amber pollen fronds in their cones, whereas females bear dark green foliage and blueish berries which are cones too. Once released from fronds, the floating pollen attaches to the surface of the blueish cones fertilizing them.

Then birds consume the fleshy blueish berry-like cones and help in dispersing new cedars.

This species-specific color contrast develops the same time every year in part because January is a windy month and cedars are wind pollinated versus insect pollinated plants such as spring wildflowers. Instead of involving insects, wind pollinated plants tend to produce much more pollen as a reproductive strategy to cast pollen far and wide, especially on windy days. In this case, so much pollen is produced and wasted that it coats outdoor surfaces like windows and parked cars. This prompts the need for more frequent washing — even if you live miles from the nearest cedar trees.

Occasionally, the atmospheric cedar pollen count is so high, it can resemble smoke from far away.

By February, high pollen counts will have waned, but moderate-to-low counts can remain into the next couple weeks.

I’m staying indoors as much as possible in January and if you are allergic, you should too.

CRDMAC rings in New Year with first baby born

BY RODNEY JACKSON
Carl R. Darnall Army Medical Center
Public Affairs

Carl R. Darnall Army Medical Center welcomed Chance Lee Davis, the first baby of the new year.

Baby Chance arrived at 12:30 a.m. and weighed 6 pounds, 2 ounces and measured 19 inches.

Proud parents and veterans Douglas IV and Alexa Davis said they are most looking forward to companionship as a family and seeing Chance, and sister Emery almost two years old, grow up together and form the brother and sister bond.

Their hopes are for the children to take their own path and learn to be strong and independent from them.

“We want them to learn those traits as well as self-worth, stability and independence from us,” said Douglas.

Alexa agreed.

“I want them to be whoever their heart desires and not let the

world tell them who they can be or what they should (aspire to) be,” said Alexa. “I want my daughter to know that she does not have to be a stay home mom. She can do things guys do, and (Chance) can be a nurse. He doesn’t have to be in the military or that construction worker, because today everyone thinks that’s how it has to be.”

With that mindset, the couple named their newborn after both their mothers.

“We feel like it’s a strength thing,” added Alexa.

He has Douglas’ mother’s first name Chancie, just spelled differently, and Alexa’s mother’s middle name Lee.

Alexa’s mother and grandmother, Diane and Cindy, live locally in Temple and saw Chance on New Year’s Day.

Douglas’ parents, Douglas III and Chancie, will arrive Thursday. The two met and got married while serving in the Army.

Alexa, a native of West Palm Beach, Florida, was a sergeant and culinary specialist, and Douglas, a



Photos by Rodney Jackson, CRDAMC Public Affairs

Proud parents and veterans Douglas and Alexa Davis smile with baby Chance, who was the first baby of the New Year to delivery at the Carl R. Darnall Army Medical Center.



ABOVE, Brenda Ploof, hospital education coordinator, Carl C. Darnall Army Medical Center, poses for a photo with proud parents and veterans Douglas IV and Alexa Davis, who holds a crocheted blanket and teddy bear that Ploof made for baby Chance Lee, the first baby of the New Year to delivery at the Carl R. Darnall Army Medical Center. **RIGHT,** Chance Lee Davis lays in his crib. He was the first baby of the New Year born at the CRDAMC.



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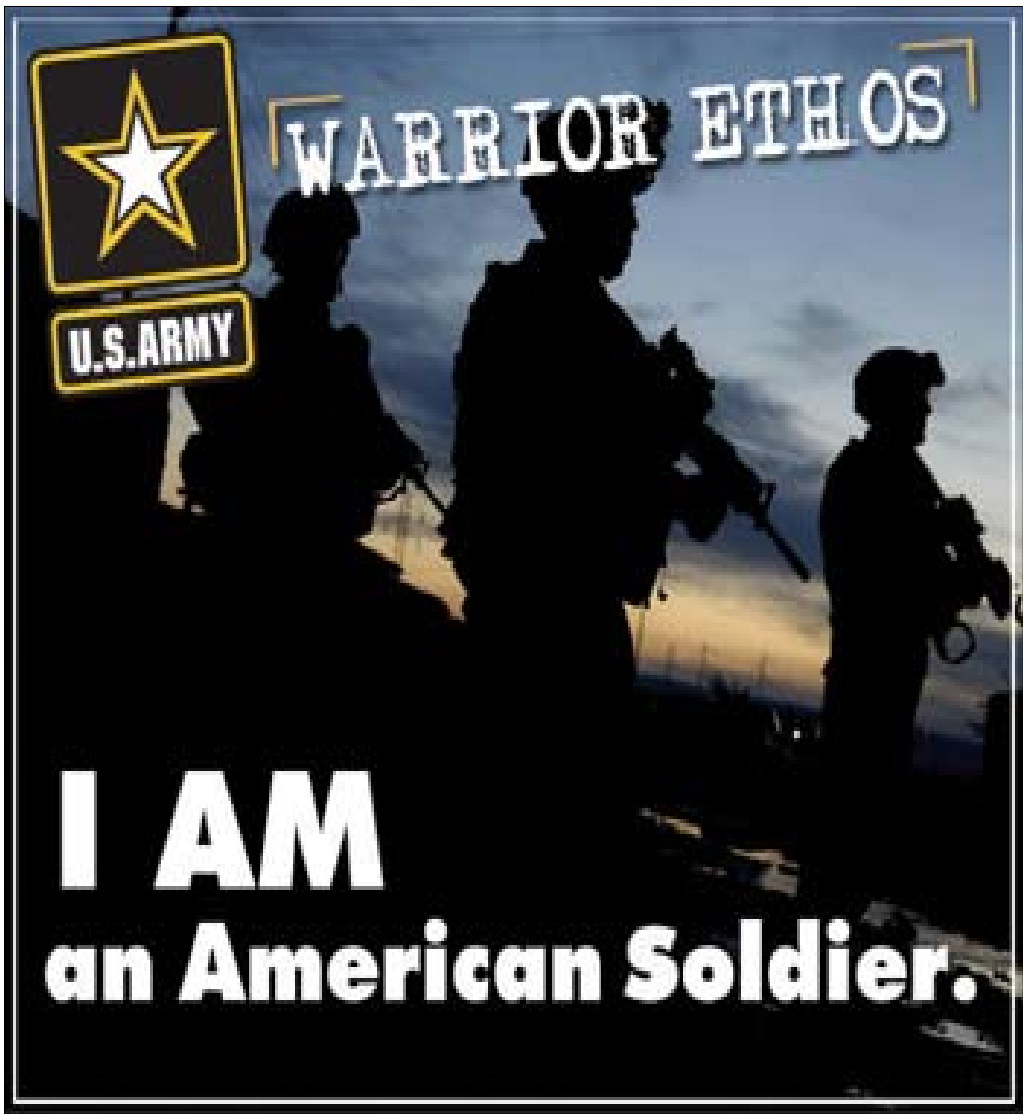
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Photos by Janecze Wright, Sentinel Living Editor

ABOVE, Eleven-year-old Logan Thom gets some affection from one of the Go Team Therapy Dogs at the Killeen-Fort Hood Regional Airport while he and other Gold Star families wait to board their flight to Walt Disney World in Orlando Florida courtesy of Snowball Express and the Gary Sinise Foundation. **RIGHT,** Many of the Christmas trees donated by Trees for Troops featured personalized messages of warm wishes and holiday greetings from the growers.



2023 is year of living, learning

BY JANECEZ WRIGHT
Sentinel Living Editor

This past year brought a myriad of changes and upgrades that improved the way Soldiers and their families lived and learned at the Great Place.

Housing

Building on the momentum of the previous year, 2023 ushered in additional modernizations to installation housing with a considerable investment surpassing more than \$400 million. The funds constructed hundreds of single-family homes, new roofs for thousands of existing homes and interior renovations of more than a thousand homes. Several barracks were also slated for construction and major upgrades.

Fort Cavazos leadership made great strides to provide much needed housing off post as well.

The lack of suitable housing for Soldiers and their families spurred former U.S. Army Garrison-Fort Cavazos Commander Col. Chad R. Foster to seek assistance from the Fort Cavazos Housing Services Office and the community, resulting in the implementation of two programs that collaborated to provide military families more options to secure affordable housing.

The Military Value Program and the Rental

Partnership Program are geared towards helping service members avoid some of the obstacles they face when securing housing.

The MVP is a contractual agreement between the Garrison commander and hotels and apartment complexes that offer temporary lodging for military families.

The RPP is an Army supported contractual agreement between the garrison commander and apartment complexes to provide long term housing for service members.

“Complex problems require community solutions,” Foster said in May 2023. “The local housing crunch was truly a complex issue that we couldn’t solve on our own. I asked for help and the Central Texas community delivered for the Soldiers and families. “Without them we wouldn’t have these programs. They made it happen. When we needed the help, they delivered.”

In line with the initiative to upgrade and modernize family housing, Lendlease, the parent company of Cavalry Family Housing, formerly Fort Hood Family Housing, implemented the upgraded Lendlease US Communities family housing app to save time and enhance communication with residents.

Cavalry Family Housing also employed a renter’s insurance requirement to protect family housing residents and their household goods.

Now U.S. Army Garrison-Fort Cavazos

Commander Col. Lakicia Stokes has continued the efforts of her predecessor, explaining that by focusing on key areas such as housing, “we are improving our environment and promoting readiness and overall well-being for our military and civilian partner communities.”

Education

The new year ushered in major changes to education benefits for Soldiers.

The Fort Cavazos Education Center updated guidelines for the Montgomery GI Bill, Tuition Assistance, Basic Skills Education Program and the Virtual Education Center to improve and enhance educational assistance for service members and their eligible family members.

Effective Jan. 5, 2023, the Veterans Administration stipulated that Soldiers must choose to either opt in or opt out of the Montgomery GI Bill election within 180 – 270 days after their basic active service date, meaning Soldiers who completed basic training any time after that date must wait a minimum of 180 days, or six months, to opt in or out, and have a maximum of 270 days to make their decision.

The Army Credentialing and Continuing Education Services for Soldiers Headquarters created historical tuition assistance requests to clear out the backlog from the previous system

and allow the Education Center to access backlogged requests from the old portal and address current requests in the new portal.

The Basic Skills Education Program implemented additional classes to accommodate Soldiers requiring varying levels of instruction and to “meet their needs where they are at,” said Dr. Denise Buissereth, former education services specialist at the Fort Cavazos Education Center.

To continue to accommodate Soldiers, the Virtual Education Center provides access to educational guidance anywhere in the world, at any time.

The Education Center also streamlined the process to request testing, mandating that Soldiers forward requests to apply for testing via email, instead of scheduling appointments over the phone or going to the center and often waiting in long lines to get applications processed.

Sheri Buono, education service officer at the Fort Cavazos Education Center, explained that the new process informs the center of which tests Soldiers want to take, furnishes steps to guide them through the process and provides templates for reference.

Buono conveyed that the changes have simplified things for everyone.

“It’s definitely making it easier for us behind

See **Living**, A6

Happy New Year!

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Dining Facility Operations Schedule Jan. 2024

For the most updated schedule, visit home.army.mil/cavazos

OPEN (Breakfast, Lunch & Dinner)	OPEN (Brunch & Supper)	CLOSED	HOLIDAY
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IRONHORSE Building #41018 Old Ironside & 77th St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:6:30 p.m. Monday-Friday
Food Advisor: W01 Blair: 513-317-5014

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5:6:30 p.m.
(HOLIDAY): 11 a.m.-3 p.m.

ALWAYS READY Building #91226 HQ Ave., West Fort Cavazos

SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:6:30 p.m. Monday-Friday
Food Advisor: W01 Greene: 843-901-0260

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5:6:30 p.m.
(HOLIDAY): 11 a.m.-3 p.m.

OPERATION IRAQI FREEDOM Building #21020 Battalion & 58th St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:6:30 p.m. Monday-Friday
Food Advisor: W01 Greene: 843-764-7561

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5:6:30 p.m.
(HOLIDAY): 11 a.m.-3 p.m.

NORTH FORT CAVAZOS Building #56320

SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 5:30-8:30 a.m. Sunday-Saturday
Lunch: 11:30 a.m.-1:30 p.m. Sunday-Saturday
Dinner: 5:7:30 p.m. Sunday-Saturday
Manager: Ms. Pitts: 254-287-8930

Building #56447 is open Jan. 1 and 2. Open only for overflow.
(HOLIDAY): 11 a.m.-3 p.m.

BLACK JACK Building #34002 Old Ironsides Ave. & Pyongyang Dr.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:6:30 p.m. Monday-Friday
Manager: SFC Smith: 254-288-3681

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5:6:30 p.m.
(HOLIDAY): 11 a.m.-3 p.m.

THEODORE ROOSEVELT Building #9205 Battalion & 21st St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
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Dinner: 5:6:30 p.m. Monday-Friday
Food Service: MSG Steward: 706-341-7462

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5:6:30 p.m.
(HOLIDAY): 11 a.m.-3 p.m.

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SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: Closed
NCOIC: SSG Lopez: 787-414-1259

PATRIOT INN Building #12007 Old Ironside & 33rd St.

Closed due to renovation. Tentatively scheduled to open March 1, 2024.

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:6:30 p.m. Monday-Friday
WR Manager: SFC Moore: 210-612-9378

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5:6:30 p.m.

CULINARY OUTPOST FOOD KIOSK Old Ironsides and Pyongyang Drive

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

BRK, LUN, DIN: 8 a.m.-8 p.m. Monday-Friday (WKN): 8 a.m.-6 p.m.

WR Manager: SFC Smith: 254-288-3681

CULINARY OUTPOST FOOD TRUCK 2

SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30-1 p.m. Monday-Friday
Dinner: Closed
Food Advisor: W01 Greene: 843-901-0260

Installation Food Service: 287-6595 III Armored Corps Food Service: 287-0573 Division Food Service: 287-3134

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Photo by Janecze Wright, Sentinel Living Editor

Soldiers are now required to submit applications for testing via email. The new process ensures that forms are checked for accuracy and Soldiers are notified by email if revisions or additional paperwork are needed before an appointment is scheduled.

Efforts continue to make Great Place even greater

Living: Continued from A5

the scenes, but we also want it to be easier for the Soldiers,” she said. “While we were meeting Soldiers’ needs before, I think we’re able to meet their needs a little bit better.”

Following the Education Center’s example, Capt. Tyshaun Carter Sr., commander of Bravo Battery, 6th Battalion, 56th Air Defense Artillery Regiment, wasted no making it easier for Soldiers to access information about education.

Carter worked with the Education Center to organize an education fair in the training room of the company barracks that made Soldiers aware of the resources available to them and did so on their time.

“The education service directorate actually brought the service to us, the fair to us, versus us going to their location,” Carter expressed in March 2023. “I couldn’t tell you how it feels to have so many resources here today, all in one room to be like a melting pot and have the Soldiers to be able to just walk around. It’s an outstanding thing that these folks were actually working between our schedules. That makes it so much easier than when I was a private back in the day.”

Efforts to improve education

extended to students at local Independent School Districts as well.

The 2023 Education Summit celebrated resiliency and provided educators, administrators and military leaders the tools to overcome obstacles, adjust to change and continue to thrive.

Regional school administrators and educators from nine school districts collaborated with installation leaders to build positive relationships and conceptualize methods to better support the education of students throughout the community.

Keynote speaker Duncan Kirkwood expressed that the Great Place’s dedication to education left an even greater impression on him.

“I think it’s beautiful that (Fort Cavazos) has this commitment to education. You don’t really see that everywhere, where especially military affiliated organizations have such a laser focus on making sure that children are getting the highest quality education,” he conveyed. “It’s just a beautiful thing to see, and as I travel the country, I’m going to use (Fort Cavazos) as really a best practice of how communities can come together around educating children.”

Killeen ISD’s first female superintendent Dr. Jo Ann Fey vowed

to maintain that commitment to students and discussed her vision for the future on Fort Cavazos’ Great Big Podcast.

“We’re a sizable organization serving numerous students. Fort Cavazos, too, has a vast reach and caters to many families. Thus, we share a common purpose,” Fey said. “Our missions might be distinct, but our community is the same.”

Fey expressed her optimism about collaborating with Fort Cavazos and said that she looks forward to strengthening the relationship.

Quality of life

The Great Place organizes various events aimed at connecting service members and their families with businesses, resources and services throughout the community and beyond.

The Mega Career Fair held at the beginning of the year saw thousands of Soldiers, family members, veterans and members of the community connect with nearly 200 employers.

The Fort Cavazos Transition Assistance Program hosted the event to bridge the gap between employer and prospective employee.

Foster encouraged employers to take a chance on some of the potential employees in attendance.

“Find a way to get to yes on someone that you’ve got a good feeling about,” Foster declared. “Find a way to get to yes on someone that’s here, putting themselves out there and looking for that hand up, as they transition to that next phase in their lives.”

“I don’t think you’re going to regret it if you do,” he added.

Continuing nearly two decades of tradition, the Great Place welcomed new Soldiers and family members at the 2023 Howdy Y’all fair. The annual fair connects service members and their families to numerous organizations and businesses from the installation and nearby communities.

The event has played a vital role in acquainting new and seasoned residents with the wealth of resources available in the Fort Cavazos area.

Stokes conveyed her excitement for the event.

“It was just amazing,” Stokes said, “getting the opportunity to get out there and talk to the agencies that take the time to come in and provide support and all the different services they provide to our Soldiers and civilians.”

As 2023 came to an end, the holiday festivities were just beginning.

Thirty-seven families arrived at Killeen-Fort Hood Regional Airport before dawn to enjoy the traditional Snowball Express send-off and connect with other families before the trip.

The annual event provides all-expense-paid vacations to Gold Star families who have lost loved ones in military service.

In partnership with the Gary Sinise Foundation, American Airlines provided 11 charter flights specifically for Snowball Express passengers and 44 total flights from as far away as Guam, to ensure the 1,800 Gold Star families, just shy of the largest number of 2,000 last year, arrived safely in Orlando, Florida.

Though he couldn’t be there to personally see the families off, Sinise made sure to let them know

how he felt in a letter.

“To all of our Snowball Express families in attendance, I send you my deepest love, appreciation and tight hugs from here,” Sinise wrote.

“Have the best time and always remember we do not forget. We do not forget your loved one or your sacrifices,” he continued. “From all of us at the Gary Sinise Foundation, we love you. I look forward to seeing you soon. Have a great trip.”

Trees for Troops helped to ensure holiday traditions continued by donating more than 600 fresh trees to Soldiers and Department of Defense ID card holders just in time for Christmas.

The annual event is sponsored by the Christmas Spirit Foundation, which provides free farm-grown trees to service members in all branches of the U.S. military and their families, and FedEx, which delivered the trees to the Great Place.

Summer Inwood, chief of sports, fitness and aquatics with Fort Cavazos Directorate of Family and Morale, Welfare and Recreation, explained why lower enlisted Soldiers had first pick of the trees.

“Their sacrifices are just the same as the officers and the upper enlisted, they just don’t get the same paycheck,” she explained. “And so, we want to make sure that they get the Christmas decorations, and their families get to experience what really the holidays are all about.”

Fort Cavazos will continue to build on the foundation established this past year and continue to focus on making the Great Place and even greater place to serve in the new year, and for years to come.



Find a way to get to yes on someone that you’ve got a good feeling about. Find a way to get to yes on someone that’s here, putting themselves out there and looking for that hand up, as they transition to that next phase in their lives.

– Col. Chad R. Foster



Photo by Eric Franklin, Fort Cavazos Public Affairs

At the 2023 Howdy Y’all fair, participants engage in activities and discussions, with the added perk of receiving goody bags filled with various items.

New faces, improvements at Great Place

News: Continued from A1

persistent safety conversations.

June

In June, Fort Cavazos saw significant leadership transitions, marking a month of change. Command Sgt. Maj. Cliff Burgoyne, known for his steady leadership, bid farewell as the outgoing senior enlisted advisor with Command Sgt. Maj. John P. McDwyer assuming responsibilities.

Brig. Gen. Thomas M. Feltey was welcomed as the new deputy commanding general-maneuver at III Armored Corps.

Amidst these transitions, other significant developments unfolded, including the introduction of self-service kiosks for obtaining visitor passes, the completion of the first of more than 550 new homes in Heritage Heights by Cavalry Family Housing and the annual Freedom Fest celebration, drawing thousands to commemorate America's independence.

July

July began by bidding farewell to Col. Chad R. Foster and welcoming the new garrison commander, Col. Lakicia Stokes.



Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general, smiles at Mariah Fletcher, 5, with Joseph Brooks, 8, looking on, after successfully lighting the tree during the annual Tree Lighting Ceremony Dec. 1, 2023.

Federal Wage System employees received a 4.75% pay increase, addressing wage disparities.

The month also featured a full-scale disaster response exercise, testing the Emergency Operations Center's capabilities.

Maj. Gen. Kevin D. Admiral assumed command of the 1st Cavalry Division, succeeding Maj. Gen. John B. Richardson IV.

August

In August, First Army Division West bid farewell to Maj. Gen. Joseph A. Edwards II, who retired after 30 years of service. Brig. Gen. William A. Ryan III assumed command, expressing dedication to the readiness of Guard and Reserve partners.

Fort Cavazos launched iSportsman, streamlining permit processes for outdoor activities.

The 13th Armored Corps Sustainment Command's chief company deployed Aug. 22 to Kuwait from Fort Cavazos for a routine training rotation with partner nations, including Kuwait.

Prior to deploying, Brig. Gen. Sean P. Davis, commander of 13th ACSC, reflected on the fact that the deployment meant they would be

away from their community partners, including Belton and Houston.

"They're like family," said Davis. "It's heart wrenching to leave your family, and it's heart wrenching to leave your community as well: your church members, your club members, your Veterans of Foreign Wars members, your American Legion members, the Chamber of Commerce. We've grown into like a family in the last year."

September

In September, the Single Soldiers Fest brought more than 3,000 Soldiers together for socializing and games, emphasizing appreciation for single Soldiers.

The Base Supply Center launched programs to enhance unit readiness, including a fire extinguisher exchange and a blocking, bracing, packaging, crating and tie down, known as BBPCT, program for deployment preparation.

Sgt. Maj. of the Army Michael R. Weimer visited Fort Cavazos, emphasizing the transformation of the installation.

Additionally, a post-wide yard sale encouraged safety and recycling by providing a centralized location for sellers, benefitting the community and the Fort Cavazos Thrift Store.

October

In October, Fort Cavazos held Retiree Appreciation Day to honor local veterans. Stokes expressed gratitude for their dedication and service, recognizing their enduring contributions.

The Historic Vehicle Rally showcased military vehicles, allowing owners to share their passion and historical items.

National Night Out fostered community unity, emphasizing Fort Cavazos' commitment to safety.

Leslie Cromer, a member of the Cavalry Family Housing Resident Advisory Board since 2022 and current president, emphasized the significance of events like National Night Out. "It's a lot of fun seeing all the communities come together,"



Department of Emergency Services and various agencies from neighboring Central Texas communities work to rescue trapped passengers in a simulated two-vehicle accident July 11, 2023, on Fort Cavazos.

Cromer said. "All the kids get to play, and folks get to come out have fun and meet new neighbors."

The Adaptive and Integrative Management team's monarch butterfly tagging event engaged volunteers in citizen science, contributing to conservation of the butterfly.

November

In November, Fort Cavazos celebrated three new Good Neighbors, recognizing Bill Kliever, Mary Kliever and John Footman for their community impact.

Bernabe expressed gratitude, stating, "You would have to look for a long time to find folks more committed to their community and Fort Cavazos than these Good Neighbors we have with us today."

Garrison support was crucial for the Remagen Ready exercise, showcasing collaboration between military and civilian entities. This joint, division-sized combined arms exercise tested a brigade's proficiency in navigating a wet gap crossing, underscoring the importance of mobility in military operations.

Thanksgiving generosity was evident as hundreds of families received meal baskets, and a heartfelt wreath-laying ceremony at the Central Texas State Veterans Cemetery honored veterans.

The Always Ready dining facility won the Thanksgiving competition, showcasing creativity.

Fort Cavazos also initiated the Holiday HOP service to boost morale and enhance holiday transportation, partnering with the Hill Country Transit District for a future mass transit system. The initiative aims to improve transportation options for Soldiers, family members and dependents both on and off the post.

December

Fort Cavazos kicked off December with a tree lighting ceremony and a holiday message from Chaplain (Col.) Luis Kruger, garrison chaplain.

"Set apart time to show kindness, forgiveness and a generous spirit of giving," he said.

Staff Sgt. Robert G. Rudd, a World War II Soldier missing for 78 years, was laid to rest at Bethel Cemetery, with the Defense POW/MIA Accounting Agency's research identifying his remains.

"This is something that I never thought would happen and I'm thankful for everyone who was involved in bringing him home. ..." Cindy Williford, a great niece of Rudd, shared. "It makes you proud to be an American."

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Instructional Programs
fun instructional classes



Photo by Samantha Harms, Command Information Chief
Samantha Harms makes her way to the ground using an auto-belay system. The initial drop always causing a moment of panic.



Photo by Blair Dupre, Sentinel News Editor
ABOVE, Blake Dupre stands in the interactive art piece “Submergence” by Squidsoup July 8, 2023, at Wonderspaces in Austin. BELOW LEFT, “Despite the stems being less than comfortable, my bestie and I, along with other wine enthusiasts, stomped, crushed and slobbered about during the Grape Stomp event at Grapetown Vineyards,” said Janeczka Wright, Sentinel Living Editor. BELOW RIGHT, The Light Portal by Tricktronix puts visitors in control of a hyperdelic-super-kaleidoscope machine at Hopscotch in San Antonio.



Photo by Janeczka Wright, Sentinel Living Editor



Photo by Blair Dupre, Sentinel News Editor

Traveling around the state in 2023

BY SENTINEL STAFF

In 2023, Sentinel staff members traveled all around the Lone Star State to showcase some of the fun activities that are in and within the reach of the Fort Cavazos community.

Hopscotch

In May, Sentinel News Editor Blair Dupre visited an interactive art exhibit called Hopscotch in San Antonio.

She said she and her roommate Jessica Rodriguez planned a trip to San Antonio to visit Rodriguez’s family for a baby shower as well as visit the gravesite of Gen. Richard Cavazos, who is the new namesake of Fort Cavazos. However, the babies decided to make their arrival a day before the San Antonio trip.

Dupre scrambled in an attempt to turn the trip into a Traveling Soldier opportunity and Hopscotch was able to provide media passes to her in less than 24-hours.

“The staff was incredibly friendly and helpful both while we were there and in accommodating our

visit, even though I contacted them at the very last minute,” she said. “It helped make our experience that much more enjoyable. I highly recommend checking out Hopscotch on your next visit to San Antonio.”

During their visit Dupre and Rodriguez enjoyed the LED ball pit the most.

“By far, our favorite part of our visit was the LED ball pit,” she shared. “The pit is filled with white plastic balls that change colors with the LED lights underneath them in the floor. We felt like kids again trying to navigate through the pit. My roommate did almost drown once, but I helped pull her out.”

Inner Space Caverns

Eric Franklin, Fort Cavazos Public Affairs, made a short venture underground at the Inner Space Caverns near Georgetown in February. Franklin explored glittering formations on guided tours, from the family-friendly Adventure to the daring Hidden Passages. He crawled, climbed and squeezed through ancient chambers and

learned about the fascinating fossils unearthed there. Wearing comfy shoes for the muddy caves, he was in awe of nature’s hidden beauty.

Boulders Climbing Center/Mud Studio

People often use their New Year’s resolutions to say that they need to participate in more hobbies. That is exactly what Samantha Harms, Command Information chief, did in 2023. She visited Mud Studio, a pottery studio in Austin, and Boulders Climbing Center, a rock-climbing location in Harker Heights, to learn two new hobbies.

“(Mud Studio) has a beautiful set up, with lots of light streaming in and the occasional open door to let in fresh air,” Harms shared. “Staff are helpful, knowledgeable and play music. Plus, the resources and services available are outstanding.”

The studio offers a variety of classes and hosts open studio hours. Classes are typically six weeks long, with a beginning and an intermediate level. Also offered are one-time classes, where participants can learn how to create just

bowls or some other beginner level object.

On the other hand, Boulders has been open, according to their website, since 2000. The facility offers 40-foot textured walls featuring top rope stations — which are a two-person requirement — and nine auto-belays — which is a solo adventure.

“Growing up, I always loved the idea of rock climbing. The adrenaline of pushing your body to reach the top; the ever-present threat that you might fall to the ground,” Harms said. “At the beginning of the summer, I decided to take a full jump into the sport and purchased a membership at Boulders Climbing Center. I haven’t looked back since.”

Grapetown Vineyards

In September, Janeczka Wright, Sentinel Living Editor, had imagined the grape stomping event at Grapetown Vineyards would be like the “I Love Lucy” episode “Lucy’s Italian Movie,” with grapes up to her knees.

However, she and her best friend LaTrice, climbed into individual wooden buckets, within a large bin, with grapes up to their ankles. Removing the stems would have made the experience more comfortable but they enjoyed feeling the grapes between their toes as they stomped, crushed and slobbered about.

Magnolia at the Silos

In April, Wright and her friend Chandra made their way to Magnolia at the Silos in Waco. The namesake of the venue had a storied history. Completed in 1950, the 120-foot-tall silos served as storage for the Brazos Valley Cotton Company. Despite an F5 tornado causing irreparable damage to the downtown area in 1953, the silos still serve as a prominent Waco landmark.

The outdoor space provided an open feel, but still offered an intimate and cozy atmosphere. Adjacent to the area was a semi-covered seating area with food trucks that lined the perimeter. Patrons could choose from an array of offerings like gourmet grilled cheese, pizza, burgers and chicken and waffles.

Wonderspaces - Austin

In July, Dupre and Rodriguez visited Wonderspaces - Austin, an interactive art exhibit. 2023 was the second year she had done a Traveling Soldier on Wonderspaces and it was the first time her brother, Blake Dupre, was able to join in.

Dupre said her favorite exhibit was “Submergence” by Squidsoup.

“The more than 8,000-light display changes color and brightness in sync with the music,” she said. “It was just as mesmerizing as I remember it to be and is still my favorite.”

Dupre also talked about two new exhibits that had been added since her visit in 2022 — “Swing” by Rejane Cantoni and “Rules” by Paola Ibarra Llano.

“‘Swing’ is composed of modular planes that are connected to each other and move around like a seesaw when visitors walk on them,” she explained. “The motion causes the reflections they cast on the wall to change. Being the control freak that I am, I wasn’t too excited about the uneven ground that changed underneath my feet as Jessica and Blake walked around the artwork, but I did enjoy seeing how their motion affected the reflection.”

“‘Rules’ is a collaborative installation that asks visitors to follow a few rules as they add strips of tape to the artwork,” she continued. “As more tape is added to the artwork, the harder the rules are to follow, however we made sure to follow them to the best of our ability.”

Dr Pepper Museum

In August, Franklin went to the heart of the source for the drink that he drinks more than water. He was craving bubbly fun so he went to Waco’s Dr Pepper Museum, where vintage ads and a secret 23-flavor blend tickled his taste buds. He sipped a free soda, indulged in a Dr Pepper float and relived the quirky “Be a Pepper” commercials. It’s a fizzy journey through America’s first soft drink!

City of Kingsville

“I have always found that small towns are where someone can find



Photo by Jessica Rodriguez, Sentinel Contributor
“I had a lot of fun in the LED ball pit at Hopscotch,” said Blair Dupre, Sentinel News Editor. “Adults and children alike were thrilled by the unique experience.”

Sentinel staff's favorite spots to visit in 2023



Photo by Blair Dupre, Sentinel News Editor

The Walls Within exhibit, at Hopscotch, by the San Antonio Street Art Initiative, rotates unique and meaningful works by renowned San Antonio street artists and muralists, as well as talented, up and coming artists from across the Lone Star State.

Traveling Soldier: *Continued from B1*

the heart and soul of the country,” Harms shared back when she visited Kingsville in May. “It is where everyone knows everyone, gossip spreads faster than you think and yet, for the most part, everyone looks out for another.

People there tend to be incredibly inviting and warm. So, I jumped at the chance to visit Kingsville when I learned that this city is where Gen. Richard Cavazos, the namesake of this installation, was born and raised.”

During her visit, Harms went to King Ranch Museum, King

Ranch, Train Depot Museum and the John E. Conner Museum. There, she learned about the history of the city, the history of the ranch and the role that the Cavazos family played at the ranch.

The city of Kingsville is 4.5 hours south from Fort Cavazos,

just an hour or so from the Gulf of Mexico. Kingsville was founded in 1904 and got its start due to Capt. Richard King, whom the city is named after. It too is a city filled with kind people and small-town charm, as described by Harms.

King Ranch today is 825,000 acres, across six counties and has four divisions. It is owned and operated by direct descendants of King himself; the family already has eighth generation babies.

The 1904 Train Depot Museum, while rather small, teaches visitors about train travel and the impact that trains have had on the city, including the economic impact a train can have.

The John E. Conner Museum features quite a diverse and unique selection of the things, including a wall of trophies from hunting trips and a small exhibit on Gen. Richard Cavazos.

San Antonio Botanical Garden

In May, Wright and her friend Chandra visited a larger-than-life display at the San Antonio Botanical Garden. Standing more than eight-feet tall, the “Story Books” were one of the six Giants of the Planet Kingdom featured in the

“Imaginary Worlds: Once Upon a Time” exhibit.

The display celebrated mosaic-culture, the horticulture art of creating giant topiary-like sculptures, and also featured the likenesses of Pegasus, a massive dragon, a peacock, a mermaid and Rip Van Winkle.

“The 18-foot-tall ‘Mermaid’ was the most difficult to find, and the most beautiful,” Wright said. Made of more than 3,000 plants, she weighed more than 6,000 pounds and took almost 70 hours to plant.

Enchanted Rock

In August, Franklin reached new heights at Enchanted Rock State Natural Area near Fredericksburg. This mesmerizing pink granite dome, towering 425 feet, offers panoramic vistas that left him breathless. He conquered the challenging summit trail, soaked in the romantic atmosphere, and shared the experience with his furry companion (Enchanted Rock is dog-friendly!). With stunning views, diverse activities and a touch of Texas magic, it’s an unforgettable adventure for the nature lover and romantic.



Photo by Samantha Harms, Command Information Chief

Downtown Kingsville offers a variety of things to do, including shopping at local boutiques and grabbing a bite to eat at Harrel’s Drug Co. The downtown area offers a quaint and relaxing place to unwind after a busy morning at King Ranch.



Photos by Blair Dupre, Sentinel Living Editor

ABOVE, 1st Lt. Christian King, Alpha Company, 615th Aviation Support Battalion, 1st Air Cavalry Brigade, leads the children through a drill at the Child and Youth Services Soccer Clinic March 23, 2023, at Phantom Warrior Stadium. **INSERT,** Move ‘N’ Groove instructor Lorrie Smith leads the class in some dance moves Oct. 24, 2023, at Starker Functional Fitness Center.

Competition at Cavazos fierce in 2023

BY BLAIR DUPRE
Sentinel News Editor

Several big events happened at the Great Place in 2023 and many of them are related to sports.

‘Three-peat’ Commander’s Cup champs

The 89th Military Police Brigade made history at the Great Place by winning the Commander’s Cup for the third consecutive year.

In fiscal year 2023 they amassed more than 600 Commander’s Cup points by making sure the 89th MPs were represented in each intramural sport offered at Fort Cavazos.

Maj. Adam Herring, 720th Military Police Battalion and Athletic and Recreation Representative for the 89th MPs, said the third win

was more satisfying than the previous two.

“Units were openly admitting that their goal was to beat the MPs,” he said. “Knowing we were the unit with a target on our backs but the other teams couldn’t come out victorious, was the best part.”

The trophy was presented to 89th MP leadership during the quarterly Phantom Awards on Nov. 1, 2023.

Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, said the Commander’s Cup competition fosters a culture of healthy competition, esprit de corps and camaraderie as well as strengthens the unit’s overall cohesiveness, physicality and connection. She congratulated the Soldiers in the 89th MP Bde. for earning the cup for the third year in a row.

“Your dedication, teamwork and unwav-

ering commitment to excellence have once again set the standard for the entire installation,” she stated. “This extraordinary accomplishment not only showcases your physical prowess but also reflects your unit’s culture of discipline, resilience and unyielding determination. As you celebrate this remarkable achievement, let it serve as a reminder of what you can accomplish together when you strive for greatness. Well done and continue to raise the bar and inspire those around you.”

All-Army Soccer hosts trial camp at Fort Cavazos, team goes on to win Armed Forces Tournament

Soldier-athletes from posts around the world were brought together in March 2023 at Phantom Warrior Stadium to participate

in the All-Army Soccer trial camp.

While they spent much of their time practicing the players and coaches set aside time to host a Youth Soccer Clinic with Child and Youth Services.

“Seeing all the smiling kids is great with beautiful Texas weather,” said 1st Lt. Joseph Karslo, 10th Mountain Division, 1st Brigade Combat Team, Fort Drum, New York, one of the team captains. “It’s awesome doing community outreach; showing the parents and the kids what the Army soccer and Army sports programs are all about. Having fun and building relations with the base, the kids and the parents is really what we want to see.”

The trial camp determined which Soldier-

Sports: *Continued from B2*

"I felt great (to win) and I was truly honored," King said. "That was by far one of the best and most balanced Armed Forces tournaments in a while, maybe even ever. We beat good teams this year to win gold. I say that humbly and respectfully; it was not easy."

Boeing, in partnership with the Dallas Stars, hosted the Boeing-Dallas Stars Hockey Clinic for Fort Cavazos youth Aug. 10, 2023, at the ball hockey court located across from

Torbjorn Sjogren, vice president and general manager of government services for Boeing, recalled Feltey's statement about military children living all around the world, saying that providing opportunities to military children is important no matter where their parent(s) are stationed.

"For these kids when they (move somewhere else) they can say, 'I can start playing with the other kids at this base because I've seen hockey before,'" he said. "It was such a

Jana Roman, one of the Applied Functional Fitness instructors, has been instructing similar classes for eight years and also enjoys the

Sports at Fort Cavazos in 2023 was full of healthy competition, winning, wellness and learning. There is no doubt that this year has room for the same opportunities and more.



Photos by Blair Dupre, Sentinel News Editor

The Dallas Stars mascot, a green alien named Victor E. Green, poses with the children before they kick off the Boeing-Dallas Stars Hockey Clinic Aug. 10, 2023, on the ball hockey court.

FORT CAVAZOS CHAPEL SERVICES



Traditions Service, Sunday, 10 a.m., Ironhorse Chapel, www.facebook.com/groups/fhtpws/
Samoan Traditional Service, 1st and last Sunday, 12 p.m., Ironhorse Chapel

Camp Finlayson, contact Staff Sgt. 'Tian Drew Nevitt, nevitt.drew@gmail.com

Thursday 5 to 7 p.m., Main Chapel. Facebook:

Church of Jesus Christ of Latter Day Saints,
Institute of Religion Classes, Tuesday from 7:30-
8:30 p.m. at 13th ACSC Chapel, Contact Chap.
Seth Porter, 281-235-7841

*** Holiday hours and events are posted on the Garrison Chaplain's Facebook page, facebook.com/FortCavazosChaplain***

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• Tresa McNeal, Executive Vice-Chair for Clinical Operations with Baylor Scott & White Health – Temple

• Paula Kay Hubbard, Chief of Human resources for the McLane Company

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CRDAMC health, wellness 2023 year in review

BY RODNEY JACKSON

Carl R. Darnall Army Medical Center
Public Affairs

The Carl R. Darnall Army Medical Center welcomed Millie Ellen Austin, weighing 8 pounds, 10 ounces and measuring 19 inches at 4:07 a.m., as the first baby of the New Year to begin 2023. Baby Austin's arrival and the long awaited return of the hospital's Baby Expo and Centering Pregnancy programs highlighted the early part of the year.

The expo was the first since 2019 due to the COVID-19 pandemic. It offered more than 20 education tables with information on birth experiences, birth and breastfeeding support, health and fitness, nutrition, postpartum care, car seat safety and there was also a daddy boot camp and new parent support table geared towards new fathers.

Fourteen expectant mothers joined the hospital's Women's Health Center staff for the first Centering Pregnancy session since 2020.

Centering pregnancy started at CRDAMC in 2008, but was officially initiated by Army Medicine in 2017.

Designed by the Centering Healthcare Institute, a non-profit organization that provides more effective prenatal care training to hospitals such as CRDAMC, Centering Pregnancy is group prenatal care that brings women out of examination rooms and into a more comfortable group setting.

Training, education, hiring and giving health information to beneficiaries remained top goals for CRDAMC as its Best Medic Competition kicked-off early in the year. The competition offered 45 Junior Reserve Officer Training Corps cadets insight into medical careers and its clinical education departments.

CRDAMC resumed a partnership with the Killeen and Copperas Cove local high school districts' healthcare programs by finalizing an affiliation agreement that allows practicum students to participate in clinical internships and shadow staff at the main hospital departments and outlying clinics. The agreement gives students experience needed for entry level certifications offered within the health care industry, to include certified nursing aides, clinical medical assistants, pharmacy, patient care, phlebotomy and EKG technicians.

The hospital's Graduate Medical Education program held its 11th annual Research Day for residents, physicians, physician



Photo by Sgt. Kenneth Rodriguez, U.S. Army Reserve

U.S. and multinational service members conduct Hot/Cold load training during Joint Emergency Medicine Exercise June 7, 2023, at Fort Cavazos. JEMX-23 is a multinational training event for partnership in medical excellence where all trainees receive professional classroom instruction along with practical training in Tactical Combat Casualty Care, damage control resuscitation/surgery, care of military working dogs, autologous fresh whole blood transfusion, burn management and Critical Care Air Transport Team capabilities.

assistant residents, dental residents and other medical professionals in the spring and graduated 15 residents, fellows and students from the program in a ceremony during the summer.

The annual Joint Emergency Medical Exercise, which trains more than 2,000 service members from 71 units, including multi-national medical personnel, and represents more than 60 medical specialties, took center stage in the summer months.

CRDAMC also played a major role in the post wide full-scale exercise. During the exercise, the hospital activated its command center and its manpower labor pool, which allows civilian and military personnel to help in the hospital where needed, as its emergency department received role playing patients and treated them or transferred them to local community partner hospitals Seton and Advent.

Throughout the year, the hospital hosted and participated in multiple health and

information fairs for beneficiaries, like the Suicide Prevention Month resource fair and peer training, the Federal Internships and Employment Fair and the Summer Safety Fair — an open house that connected area high schools, universities and professional medical organizations with the hospital and helped them understand job opportunities.

The 48th annual Retiree Health Fair offered a one-stop resource center for information on tobacco cessation, nutrition, complementary and alternative medicines, diabetes, asthma, women's health, pharmacy, physical therapy, substance abuse and behavioral health and vaccines, including the newest COVID-19 vaccine. The annual influenza event provided 285 TRICARE eligible beneficiaries their flu vaccination.

The hospital partnered with the Fort Cavazos Women, Infant and Children's clinic to celebrate National Breastfeeding Month with the grand opening of the Fort Cavazos Milk Depot. The depot is

working in conjunction with the Milk Bank of Austin that since October 2022 — when it started counting, has collected more than 19,000 ounces of milk and that amount has helped feed more than 6,000 at-risk and sick infants in the Fort Cavazos area and across the United States.

There was also an unexpected occurrence that reinforced the professionalism and training displayed by CRDAMC staff. While on a cruise stopover in Mexico, Cene Cleaton, staff nurse, inpatient behavioral health, helped administer lifesaving CPR to 84-year-old Frank McAndrew. McAndrew suffered a cardiac arrest and as a result of Cleaton's and fellow travelers Debra Davis and Garrett Brunson's first actions, he survived.

Moving into 2024, hospital officials look forward to continuing to care for service members and beneficiaries at the Great Place and in the surrounding community, and would like to wish all a healthy and happy new year!



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MONTY'S

SPORTS CORNER

Oh, what a night:

2024 College Football Playoffs

BY MONTY CAMPBELL
Fort Cavazos Public Affairs

My, oh my, what an entertaining evening of college football it was Monday night, as the two top teams in the National Collegiate Athletic Association, better known as NCAA, Division I Football Subdivision squeaked out narrow victories to advance to a showdown in the College Football Playoff National Championship game next Monday at Houston's NRG Stadium.

Before I write about an enthralling evening of football though, the College Football Playoff committee should feel quite ashamed of themselves for leaving a deserving Florida State University Seminoles team out of the four-team tournament.

The CFP committee left an undefeated, Power-5 conference champion and well-known football team out of the playoffs due to their star quarterback being injured. will not go back into my diatribe about the back-up playing well and winning every game that he started (exactly what the CFP committee asks), but Florida State University deserved the opportunity more than the other two one-loss teams that were selected.

The players, coaches, administration and government figures of both Florida State University and the state of Florida should also feel ashamed of they way they acted following the snub. The FSU faithful acted like elementary school children on the playground and took their ball and left when they were left out of the playoffs.

Lawsuits were threatened, the Florida Attorney General, Ashley Moody, announced an antitrust investigation against the CFP committee and the university itself decided to sue the Atlantic Coast Conference, in an attempt to leave the conference and secure a

more lucrative future for the university.

Despite the FSU fandom demonstrating its displeasure in several ways, the actions of the team itself was much more disappointing. Upon learning of their non-inclusion, 24 of the team's top players opted out of their Orange Bowl contest against the University of Georgia Bulldogs.

To leave your teammates, brothers and family to fend for themselves in a New Year's Six bowl game is asinine, even if you feel slighted. Not to mention, they were pitted against the defending two-time national champion Georgia Bulldogs — enough reason to want to prove your claim.

A victory, even though far-fetched considering Georgia is also feeling salty about getting left out of the playoffs, would have gone a long way to support their claim of being robbed. Georgia went on to win the Orange Bowl in demolishing fashion 63-3.

Not a good look Florida State, not a good look at all!

Back to the semifinal games themselves: the University of Michigan Wolverines dominated every aspect of the football game against the Alabama Crimson Tide in the first half of the Rose Bowl, but only led 13-10.

Legendary Crimson Tide head coach, Nick Saban, made the adjustments needed for the second half and had his team poised for another appearance in the national championship game as Will Reichard kicked a 52-yard field goal with 4:41 remaining, putting Alabama ahead 20-13, despite being outplayed.

That's when it all came together for the Wolverines and J.J. McCarthy led his charges down the field for a 75-yard, game-tying touchdown drive with a 4-yard pass to Roman Wilson with 1:34 left. Michigan continued with the momentum in overtime, scoring on a 17-yard touchdown run by star Blake Corum.

Michigan then held the Crimson Tide

out of the endzone and claimed their berth into the 2024 CFP National Championship game, winning 27-20. Michigan's defense was so dominant it limited Alabama to just 288 total yards and sacked Crimson Tide quarterback Jalen Milroe six times.

In the other semifinal, the University of Washington Huskies dominated with Heisman Trophy runner-up, quarterback Michael Penix Jr., throwing for 430 yards and two touchdowns in Washington's 37-31 victory over a stubborn University of Texas Longhorn team.

The two top-rated teams advanced to the national championship game Monday, but the committee should not be resting on its laurels because there were other teams that could have made a case for their inclusion into the playoffs. The committee can relax a bit though, until next year when 12 teams will be selected for the tournament and many more may be perplexed.

As always, be safe!



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- Visit advertiser's website

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newspaper readers who read a banking or financial ad took action after seeing the ad.

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REARSEAT

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ABNORMAL

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IFDANGLESESABHZDL

XWPEUSQLNETONEL

LESJHFYDOXODCRI

SIAEKOCRISYIWVH

RTSQAAPSLNLKLIH

FECRREBSABYLUJZ

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Thursday's unlisted clue hint: WINDOW COVERINGS

A lions nat

Island car

Risen arm

Sixth woe

Angles

July base

Roasts

Sly oar

At sign

Parties

Rose oil

Stem

Hill pies

Red gods

Sir Coke

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JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

KVOEE

IVICC

NHESTC

SRIHTT

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“ - ”

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These sediments were deposited over a time span of about 350 million years. I'm seeing siltstone, sandstone, shale, and limestone.

That comes easy to you.

TO A PETROLOGIST, THE STUDY OF GRANITE, LIMESTONE, BASALT, SHALE, ETC. IS ---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

shale, etc. is - "ROCK-IT" SCIENCE

Answer: To a petrologist, the study of granite, limestone, basalt, siltstone, sandstone, shale, and limestone.

Jumbles: EVOKE CIVIC STENCH THIRST

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SCAN HERE

PREMIER CROSSWORD/ By Frank A. Longo

ACROSS

1 Slogan

6 Like horses offered for breeding

12 "You played well!"

20 Knot on a tree branch

21 Like Lowell's "day in June"

22 Anomalous

23 Creature in the Philip-pines' capital?

25 Former British prime minister Benjamin

26 Geronimo or Cochise

27 Voting "no"

29 Final inning, usually

30 Best Picture of 2012

32 "El —" (1961 epic film)

33 Horse-drawn carriage in Angola's capital?

37 Sobieski of the screen

39 — Plaines

40 Olympic swimmer Tom

41 Skating couples in France's capital?

44 Like charged atoms

45 Pear variety

49 Melodramatic

50 Privy to

51 Massey of old movies

52 Affliction for some war vets

56 Mineo of old movies

57 Pollen-bearing organ from a flower in Iran's capital?

60 Golfer Hale

62 Insect's egg capsule

64 Boise loc.

65 "State Fair" actor Ayres

66 Ring thrown at a peg in Ecuador's

69 Public square in Bolivia's capital?

72 Abbr. on a navy vessel

73 Website ID

74 Showed up at

76 Narratives

77 Feudal lords in Greece's capital?

80 TV captain Jean- Picard

83 Big shindig

84 Has to have

85 Like a desert

86 Workforce newcomer

88 Harper of "No Country for Old Men"

89 Doughnut-shaped

91 Small parasite in South Korea's capital?

96 Primitive-based kind of diet

97 "OB-viously!"

98 Striped stinkers

99 Comedian in Lesotho's capital?

104 — Fridays (eatery chain)

106 "Fancy —!"

107 Flared dress

108 Feudal toiler

109 "Who — think it?"

111 Said "OK" to silently

115 Gym sweat-boxes in the Bahamas' capital?

119 Intimate chat

120 The second "S" of KISS

121 Prez

122 Back spot for a rider

123 Madrid's land, to its natives

124 "It's nobody — business"

DOWN

1 "Gigi" studio

2 — roll (hot)

3 Scarlet bird

4 Libyan port

5 Cantina pot

6 Popular beer from Japan

7 Not flabby

8 — Lanka

9 Mexican meat dishes

10 Ariel's planet

11 Letter before epsilon

12 Rove (about)

13 Kimono sash

14 Clip — (some ties)

15 1996 presidential hopeful Bob

16 Bit of salt

17 Modify

18 Island south of Sicily

19 Nobelist Root

24 Says "OK" to

28 Tabby not leaving the house

30 Swiss peak

31 Singer Chris

34 Part of DKNY

35 — Baba

36 Fond du —, Wisconsin

38 Kin of -ette

39 Like a desert

42 Drivers' org.

43 Brand of coolers

44 Fills the lungs

45 Deli staple

46 "So chici!"

47 Allergic outbursts

48 Hot wax may be a part of it

50 Pluralized -, often

51 Ill-suited

52 Pleasantly pungent

53 Fiduciary figure

54 Moves with a rustling sound

55 Morse click

57 Best Picture of 1997

58 Actress Long

59 Timber tool

61 They often precede verbs

63 Experienced via another person

67 String after P

68 Final: Abbr.

70 Target of the Salk vaccine

71 Petri dish site

75 Doc's Rx

78 Paper VIPs

79 Palace area for women

81 Country south of Braz.

82 Fahrenheit alternative

86 Snarky laugh

87 Deer relative

89 Letter before upsilon

90 Ending for schnozz

91 "Time to ride the waves!"

92 Beat in a mano-a-mano

93 Releases from one's grasp

94 Jamaican music genre

95 N.J. hours

96 Gussies up

97 Removes some rodents

99 Stately home

100 Solitary

101 Album's first half

102 Ewoks' forest moon

103 Detect

104 Creator of Tom Sawyer

105 Dutch cheese

110 Past due

112 Female goat

113 MSNBC anchor

114 Vietnamese holiday

116 Mud bath site

117 Lime drink

118 Method: Abbr.

#2,171

Average time of solution: 67 minutes

Which two scenes are exactly alike?

1

2

3

4

Answer -- Numbers three and four. Differences are -- Freckles and ribbon.

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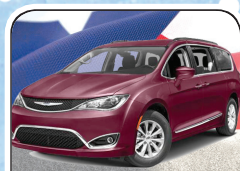
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Sale Price \$19,995



2021 HYUNDAI KONA SE AUTO FWD SUV

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2016 LEXUS NX TURBO SPORT FWD SUV

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2015 CHEVROLET TAHOE 2WD LT SUV

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2021 NISSAN FRONTIER CREW CAB SV 4X2

Sale Price \$26,998



2019 KIA SPORTAGE SX TURBO FWD

Sale Price \$29,592



2020 RAM 1500 BIG HORN 4X2 QUAD CAB

Sale Price \$29,995



2021 RAM 1500 4X2 LONE STAR QUAD CAB

Sale Price \$31,494



2023 CHEVROLET TRAVERSE FWD 1LT SUV

Sale Price \$33,997



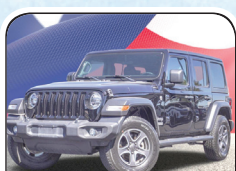
2021 JEEP WRANGLER UNLIMITED SPORT 4X4

Sale Price \$34,700



CERTIFIED 2023 NISSAN ROGUE FWD PLATINUM SUV

Sale Price \$35,995



2019 JEEP WRANGLER UNLIMITED SPORT 4X4

Sale Price \$36,500



2022 KIA SX SORENTO X-LINE SX PRESTIGE

Sale Price \$36,995



2022 RAM 1500 BIG HORN 4X2 CREW CAB

Sale Price \$37,500



2022 GMC ACADIA AWD 4A SUV

Sale Price \$38,989



2020 RAM 1500 LIMITED CREW CAB 4X2

Sale Price \$39,995



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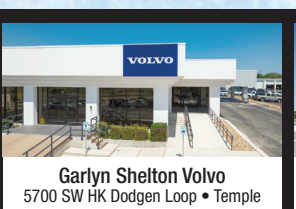
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