

Secretary of defense recovering, making progress after surgery complications A7

Junior enlisted housing construction project continues



Photo by Shawn Davis, Fort Cavazos Public Affairs

Contractors from Lendlease observe the demolition of old housing in the formerly known as Chaffee Village neighborhood at Fort Cavazos.

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

Fort Cavazos has entered the second phase of its housing development project to improve living conditions for junior enlisted Soldiers and their families. Lendlease’s subsidiary, Cavalry Family Housing, demolished 1950s-era homes in the Heritage Heights neighborhood (formerly Chaffee Village) Dec. 21, 2023. This marks the second of several sections slated for new construction, with nearly 600 state-of-the-art homes planned in the next three years.

“Starting this next phase is a culmination of hard work,” said Cavalry Family Housing

Project Director Chris Albus. “It’s more than just demolition; it’s about making room for modern, high-quality living spaces for our Soldiers.”

The new three-bedroom, two-bath homes will feature open floor plans, gathering spaces, modern finishes and increased storage. The Heritage Heights neighborhood will also include walking paths, community gardens and a dog park to foster a vibrant and connected community.

“The military community is buzzing with anticipation and excitement,” Albus explained. “The feedback from families who have already moved into the newly constructed homes has been overwhelmingly

positive. We are building not just houses, but homes that will fortify the foundation of our military community.”

Brian Dosa, Fort Cavazos Directorate of Public Works director, acknowledged the challenges of relocating families before demolition.

“The biggest challenge is ensuring we care for the families living in the homes,” Dosa said. “We had to move many families to new homes in other villages, including the brand-new homes in Heritage Heights. In fact, families required to move from Chaffee homes were given top priority for

See Housing, A6

Fall clean-up collects more than 100,000 lbs of trash

BY CHRISTINE LUCIANO
DPW Environmental

Fort Cavazos units, the Directorate of Public Works, Directorate of Plans, Training, Mobilization and Security, Directorate of Emergency Ser-

vices and the Defense Logistics Agency came together to support the installation-wide fall clean-up Dec. 4-8, 2023.

The biannual clean-up event takes place every spring and fall and is an opportunity to remove litter and debris with-

in cantonment and training areas.

“This fall, we had more than 200 points of illegal dumping sites throughout the 50 training areas,” Jim

See Clean-up, A6



Photo by Christine Luciano, DPW Environmental

Soldiers throw trash found in their footprint into one of the trash dumpsters at the drop off site, during the installation-wide fall clean-up Dec. 6, 2023.

NEWS

A3

AFSBn receives award for maintaining safety



LIVING

B1

Dive deep into history, reflect on meaning of words



NEWS BRIEFS

Attend Community Connections today

The 2024 launch of Community Connections is at 5 p.m. today at the Fort Cavazos Main Post Chapel. Community Connections is a religious education program that provides individuals and families the opportunity to dine, dialogue and develop their faith together. Free dinner is provided to attendees, and free childcare is available for children six weeks to four years old. For more information, call 254-288-6545.

Take advantage of hourly care

Meadows Child Development now offers hourly care from 7 a.m. to 6 p.m. weekdays. The cost for care \$8 per hour for up to 15 hours per week. Reservations are required and children must be registered with Child & Youth Services. For registration information or to schedule a registration appointment, parents should contact Parent Central Services at 254-287-8029, Bldg. 36000 Shoemaker Lane. Parents are required to complete an online hourly care orientation before making their first reservation. A two hour-no show fee will be assessed for patrons who fail to show or fail to cancel their reservation at least 24 hours in advance of the reservation.

New year, new fitness classes

Fort Cavazos Directorate of Family and Morale, Welfare and Recreation is now offering several new fitness classes. Available classes are core rehab, spin, yoga, power hour, glute camp, applied functional fitness, Move'N'Groove and HIIT: Strong. For more information on cost, hours and location, visit cavazos.armymwr.com.

CYS Sports registration ends soon

Registration for youth flag football and youth soccer with Child and Youth Services ends Jan. 19. Flag football's season is from Feb. 5 to March 21 and soccer's season is from Feb. 5 to March 23. For more information on ages, cost, requirements or to register, contact the Youth Sports and Fitness office at 254-288-2214 or 254-288-3770.

HOP hiring part-time drivers

The Hill Country Transit Service is hiring approximately 50 part-time drivers for the upcoming micro-transit services on post. The position is \$18 an hour and will start in February. No commercial driver's license is required for this position. To apply, visit takethehop.com.

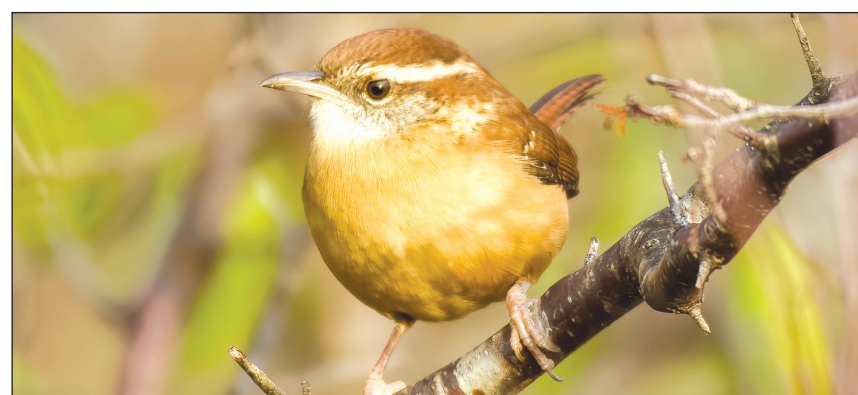


Photo by Charlie Plimpton, AIM program

A Carolina Wren sits in a tree during the official count of the Fort Cavazos Christmas Bird Count on Dec. 14, 2023.

Bird Count tallies 11,996 individual birds

BY CHRISTINE LUCIANO
DPW Environmental

Armed with binoculars, community volunteers, biologists and Wild Birds Unlimited-Temple combed the training areas of west and east range for a birding adventure to count as many birds as possible in a single day.

Annually, around mid-December, the Fort Cavazos Adaptive and Integrative Management program participates in the annual Audubon Christmas Bird Count. Fort Cavazos’ 8th annual CBC focused on a community outreach event on Dec. 12, 2023 followed by an official event on Dec. 14.

“Locally, we will be able to use the data collected to gain insights to our

avian population trends and how they change from year to year, and eventually over the course of many years on Fort Cavazos,” Charlie Plimpton, avian biologist, AIM program, said. “The CBC is also a great way to engage the public and encourage people to learn more about birding and the abundance of wildlife that is available for them to enjoy.”

Sgt. Rodneka Seamster, Headquarters and Headquarters Company, U.S. Army Garrison-Fort Cavazos, and her husband Staff Sgt. Nick Shriner, 91st Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Cavalry Division, were surprised by

See Birds, A6

Phantom Warrior Command Team: MLK's legacy continues today

Teammates, families and friends,
On April 3, 1968, Martin Luther King Jr. stood at the front of Bishop Charles Mason Temple in Memphis, Tennessee, to deliver what would be his final speech before his assassination the following day. In his speech, titled "I've Been to the Mountaintop," King told his audience to, " ... develop a kind of dangerous unselfishness."
That spirit of unselfishness, the willingness to give of yourself for the betterment of those around you, is why the Martin Luther King Jr. federal holiday is one of only two each year recognized as a day of service. Each year, Americans are encouraged to mark the day as "A Day On, Not a Day Off."
For Soldiers, this spirit of unselfishness should immediately remind us of the Army value of selfless service. Our formations are made stronger every day when we all commit to putting the welfare of the nation, the Army and our teammates above our

own. Giving of ourselves selflessly honors our values as an Army and the legacy of Dr. King.
On this Martin Luther King Jr. Day, we encourage you to honor him by seeking out ways to volunteer in our community. Whether you help clean up litter at a park or serve meals to those in need, volunteering allows each of us to make our community a better place. Find volunteer opportunities near you by visiting www.MLKDay.gov.
In the spirit of Dr. King's "unselfishness," we serve a cause bigger than ourselves. Our shared value of selfless service provides a strong foundation that enables us to remain ready to answer our nation's call.
Phantom Lethal!



John P. McDwyer
Command Sergeant Major, U.S. Army
III Armored Corps and Fort Cavazos



Sean C. Bernabe
Lieutenant General, U.S. Army
Commanding General

Honor memory, contribute to MLK's dream

BY COL. JAMES SULLIVAN
11th Corps Signal Brigade
Commander

Martin Luther King Jr., an emblematic figure of the Civil Rights Movement, left an indelible mark on American history through his fervent advocacy for equality and justice. His "I Have a Dream" speech remains a beacon of hope and a clarion call for societal change. King's legacy, deeply interwoven with the fabric of American society, extends to all corners of the nation, including its armed forces and institutions like Fort Cavazos.
Born on Jan. 15, 1929, in Atlanta, King grew up in a society deeply scarred by segregation and racism. His upbringing in the Baptist Church, where his father and grandfather were ministers, instilled in him the values of love and justice. He excelled in his studies, attending Morehouse College, Atlanta; Crozer Theological Seminary, Upland, Pennsylvania; and earning his doctorate from Boston University, Boston. Influenced by the nonviolent teachings of Mahat-



James Sullivan

ma Gandhi, King adopted a philosophy of peaceful protest that would become the hallmark of his activism.
King's rise to prominence began with the Montgomery Bus Boycott in 1955, a year-long nonviolent protest that ended with the Supreme Court ruling segregation on public buses unconstitutional. This victory was a pivotal moment for the Civil Rights Movement, demonstrating the power of peaceful resistance. King's role in organizing and leading this boycott brought him national attention, establishing him as a key figure in the fight for civil rights.
His leadership in subsequent events like the Birmingham Campaign in 1963, where his famous "Letter from Birmingham Jail" articulated the moral basis for civil rights activism, and the Selma to Montgomery marches in 1965, which were crucial in the passage of the Voting Rights Act, cemented his status as a transformative leader.
The "I Have a Dream" speech, delivered on Aug. 28, 1963, at

the Lincoln Memorial, was a momentous event. There, King spoke not only of the struggles faced by African Americans but of a future filled with hope and equality. This speech transcended the boundaries of race and geography, resonating with people across the nation, including those in military institutions.
The relevance of King's dream in the context of the U.S. Army is profound. The Army, reflecting the values of the society it serves, has undergone significant changes in its approach to diversity and inclusion, a journey parallel to the societal shifts championed by King. Fort Cavazos, named in honor of General Richard E. Cavazos, the first Hispanic four-star general, stands as a testament to these advancements.
King's assassination on April 4, 1968, in Memphis, Tennessee, was a tragic end to his life but not to his influence. His vision continued to inspire change, with landmark legislation like the Civil Rights Act of 1964 and the Voting Rights Act of 1965 being seen as direct results of his and his fellow activists' efforts. His legacy is not only commemorated on Martin Luther King Jr. Day, but is also a constant presence in the

ongoing struggle for civil rights.
As we honor King, we are reminded that his dream is still relevant and requires our active participation. King's commitment to equality, justice and nonviolence inspires us to engage in our communities and institutions, including the military, to uphold and further these ideals. The transformation of places like Fort Cavazos reflects the ongoing work that still needs to be done.
We are called upon to not only remember King's words but to embody them in our daily lives. This means advocating for justice, standing up against inequality and contributing positively to our communities. Each action, no matter how small, contributes to the larger tapestry of change King envisioned.
Martin Luther King Jr.'s legacy is a continuous call to action for each of us. It urges us to participate in the ongoing work of building a more equitable and just world, echoing in the halls of institutions like Fort Cavazos and beyond.
By living the values King championed, we honor his memory and contribute to the realization of his dream.

January prime time for holiday home fires

NFPA RELEASE

More than one-third of U.S. home fires involving Christmas trees occur in January. With this post-holiday fire hazard in mind, the National Fire Protection Association, also known as NFPA, strongly encourages everyone to keep the festive memories and remove the hazards by disposing of Christmas trees promptly after the holiday season.
"As much as we all enjoy the look and feel of Christmas trees in our homes, they're large combustible items that have the potential to result in serious fires," said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. "The longer Christmas trees remain in homes, the longer they present a risk."
Carli notes that fresh Christmas trees, which continue to dry out and become more flammable over time, are involved in a much larger share of reported Christmas tree fires than artificial trees.
According to the latest statistics from NFPA, there was an estimated annual average of 150 home structure fires that began with Christmas trees, resulting in one civilian death, 10 civilian injuries and \$14 million in direct property damage between 2017 and 2021. Overall, fires that begin with Christmas trees represent a

very small but notable part of the U.S. fire problem, considering that they are generally in use for a short time each year.
To safely dispose of a Christmas tree, NFPA recommends using the local community's recycling program, if possible; trees should not be put in the garage or left outside. NFPA also offers these tips for safely removing lighting and decorations to ensure that they remain in good condition:

- Use the gripping area on the plug when unplugging electrical decorations. Never pull the cord to unplug any device from an electrical outlet, as this can harm the wire and insulation of the cord, increasing the risk for shock or electrical fire.
- As you pack up light strings, inspect each line for damage, throwing out any sets that have loose connections, broken sockets or cracked or bare wires.
- Wrap each set of lights and put them in individual plastic bags or wrap them around a piece of cardboard.
- Store electrical decorations in a dry place away from children and pets where they will not be damaged by water or dampness.

For more information on home fire safety all winter long, visit nfpa.org/education-and-research/home-fire-safety/put-a-freeze-on-winter-fires.



Courtesy photo

More than one-third of U.S. home fires involving Christmas trees occur in January. Watering your tree can be very important, along with safely disposing of the tree after the holidays.



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WRITE TO THE EDITOR

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OSHA recognizes AFSBn-Cavazos again for maintaining excellence in worker safety

BY SAMANTHA HARMS
Command Information Chief

Safety officers and leadership from across the Army Field Support Battalion-Cavazos came together Dec. 15, 2023, to celebrate being recertified as a Star participant in the Occupational Safety and Health Administration, known as OSHA, Voluntary Protection Program, or VPP.

Safety officers from across AFSBn-Cavazos celebrated their recertification with cake, ice cream and a celebration speaker who reminded them that while they have worked hard to earn the recertification, the process never stops.

“You guys are kind of a rare bird in the fact that you’ve been certified and recertified,” shared Paul Savage, the principal safety professional with Department of Defense Safety Management Center of Excellence and guest speaker for the celebration. “And there’s a natural tendency to go, ‘Are we done yet with this stuff?’ ... It’s something you have to continue to be proficient in. You don’t want to rest on your horse.”

VPP encourages and promotes private industry and federal agencies to prevent workplace injuries and illnesses through hazard prevention and control, worksite analysis, training and cooperation between workers and management; all of this is implemented through supervisors and employees.

It requires a recertification every three to five years through an OSHA extensive audit.

As described by Eric Harin, the regional administrator for OSHA, in the recertification notification, “VPP participants serve as models for other employers, workers and unions by operating excellent safety and health management

programs. Achieving a level of worker protection that goes beyond compliance with government regulations is commendable.

“Congratulations on your dedication,” he added, “and the involvement of workers in the prevention of injuries and illnesses.”

To be a Star participant, the worksite must achieve and maintain injury/illness rates below the national industrial average for similar work sites.

In the last five years, AFSBn-Cavazos has maintained an average rate of 84.4% below the national industrial average.

AFSBn-Cavazos Logistics Readiness Center is the only Army Field Support Battalion LRC VPP Star site.

“All of this is possible because of you,” Lt. Col. Richard Martinez, commander of the Army Field Support Battalion-Cavazos, shared with the crowd. “Everything we do, every day, every operation that we do, every day has to do with safety. And your initiative, your energy, your performances, this is the reason why we are a VPP site, because of you.

“You guys make that happen,” he added. “You make it happen every single day.”

While leadership was happy to share in the celebration, an emphasis was placed on the employees who take pride in what they do every day to ensure safety remains a number one priority.

“When we started doing the VPP, when we started putting it out there for the employees, they were really resistant about it, because there’s a lot of change,” Diana Torres, chief of Transportation Division with AFSBn-Cavazos, shared. “Folks are resistant to change. But we had a few that bought into it. And then

it was contagious, it spread.

“Throughout the years, it’s just amazing watching it grow,” she continued. “We have so many buy-ins, and the truth is, it’s meant a lot for us, because we’ve come a long way ... to where we are today.”

Torres was in the maintenance division when the program initially started with OSHA.

“I was just telling some of the employees, ‘I’m so proud of you,’ because one of the (current maintenance division) supervisors was the guy that bought into us doing what we wanted to do, starting at the maintenance bays, and they would go to different locations, different sites to get ideas,” Torres said. “We’ve come a long way.”



Photos by Samantha Harms, Command Information Chief

Jerry Stephens, Army Field Support Battalion-Cavazos deputy director, helps Paul Savage, the principal safety professional with Department of Defense Safety Management Center of Excellence, open a gift that the AFSBn-Cavazos team gifted to Savage.



Lt. Col. Richard Martinez, commander of the Army Field Support Battalion-Cavazos, poses for a photo with Paul Savage, the principal safety professional with Department of Defense Safety Management Center of Excellence, after presenting Savage a certification of appreciation.

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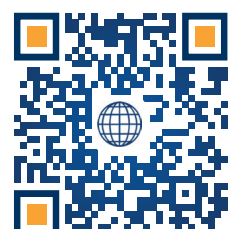
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Performing a door breach at the 36th Engineer Brigade's Rugged Best Sapper Competition Dec. 7, 2023, at Fort Leonard Wood, Missouri. is 2nd Lt. Steven Rega and 1st Lt. Monica Eckford. 62nd Engineer Battalion at Fort Cavazos.

Rugged Best Sapper competitors Staff Sgt. Brandon Burnett and Sgt. 1st Class Rafael Agosto, 20th Engineer Battalion compete in the sprint, drag, carry portion of the x-mile run event Dec. 7, 2023.

BY MELISSA BUCKLEY

Fort Leonard Wood Public Affairs Office

Fort Leonard Wood, Mo. — Each year, the 36th Engineer Brigade holds what they call a Rugged Best Sapper Competition, intended to emulate the regimental-level Lt. Gen. Robert B. Flowers Best Sapper Competition — hosted here each year by the U.S. Army Engineer School — and find teams to represent the brigade at the USAES competition.

Last year, Fort Leonard Wood's U.S. Army Forces Command battalion, the 5th Engineer Battalion, hosted the event, which took place from Dec. 5 to 7, at locations across the installation. The winners were Capt. Robert Skinker, a 5th Engineers assistant planning officer, and 1st Lt. Luke Orsay, executive officer for the 515th Combat Engineer Company Armored, based at Fort Riley, Kansas.

According to Lt. Col. Terry Riesel Jr., 5th En. Bn. commander, the competition is all about finding the Soldiers in the brigade — which has units all over the country — most ready to compete at the regimental level.

“We are looking for the team most ready to represent the brigade in the regimental Best Sapper Competition,” Riesel said. “We want to find the Soldiers that have the grit to dominate in the very challenging and rigorous competition. It is also designed to find the Soldiers with the cognitive abilities to perform the technical Sapper compo-

nents under pressure.”

The three-day competition started with a nonstandard physical fitness test, or NSPFT, Riesel said.

"I enjoyed watching the NSPFT. It was their first event. They were fresh, energized and motivated. It was great," Riesel added.

The 20 Soldiers, competing in 10 teams of two — the same format as the regimental competition — then went on to compete in events testing their skills, such as medical knowledge, night land navigation, poncho raft construction and demolition range proficiency; the competition also included events commonly seen at the regimental competition, including a 12-mile ruck march and what's called an x-mile run, which forces the Soldiers to exert their energies without knowing how far they will have to go, or how much they will have to do.

Riesel said sub-freezing temperatures added an element to the competition as well.

“Sappers endured a 12-mile ruck march over night with temperatures dipping down to the mid-20s,” Riesel said. “It was so cold.”

Orsay agreed, "the weather was miserable."

The x-mile event began early on Dec. 7, with a running of the physical endurance course. Following the PEC, competitors raced around Fort Leonard Wood, stopping

at stations to perform pull-ups, deadlifts, gravel hook throwing and a low crawl. The race ended at Gerlach Field by testing their physical endurance and mental fortitude with more events, such as a sprint-drag-carry, picket pounding, sled drag and then a door breach to the finish line.

“The cold was the hardest for me. It wears on your body. The x-mile run was brutal. We were racing team three, the second-place team,” Skinker said.

He said the stress shoot was his team's favorite event.

"We had a lot of fun. I really enjoyed the weapons event. The stress shoot was the most fun. We had to do physical training before we hit the lane we were firing in. Our heart rates were up, our hands weren't so steady, then we had to run out to engage targets while reloading magazines and move to new positions," Skinker said. "It was great."

Skinker said the duo is going to look at their calendars for the next few months and see if they can fit preparation for the regimental competition — scheduled to occur April 19 to 22 Fort Leonard Wood — into

their schedules.

Handing out awards to the first, second and third place teams was Col. Aaron Cox, 36th En. Bde. commander, who addressed the crowd gathered on Gerlach Field.

"I love this competition. It is the pursuit of excellence. This competition was very well done. The 5th Engineer Battalion did a great job," Cox said.

The team taking second place was Capt. Raaqim Rispress and Capt. Alaimoana Paunga from the 20th Engineer Battalion in Fort Cavazos. In third place, was 1st Lt. Zachary Schaefer and Sgt. 1st Class Jacob Knepley from the 4th Engineer Battalion in Fort Carson, Colorado.

Cox said he was proud of all the competitors and watching them compete motivated him.

“Watching you impressed me and inspired me to be my best as well.”

Cox said. "Thank you for volunteering to be elite. Thank you for all the miles you put on your feet this week."

Registration is open through Feb. 16 for the 17th Lt. Gen. Robert B. Flowers Best Sapper Competition.

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OPEN (Brunch & Supper)

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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: 5-6:30 p.m. Monday-Friday
Food Advisor: WO1 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.


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Building #91226
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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: 11:30-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: WO1 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: 11:30-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: WO1 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.


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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
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
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.


CULINARY OUTPOST FOOD TRUCK 1

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

Building #12007
Old Ironside & 33rd St.


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
	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

Bi-annual event saves environment, sustains military readiness

Clean-up: *Continued from A1*

Imhoff, engineering technician, DPW Operations and Maintenance Division, said. “Soldiers collected everything from swimming pools, couches, refrigerators and animal carcasses to concertina wire and roof shingles. Garrison leadership spearheaded the clean-up process with more than 250 Soldiers tasked, predetermining the sites from the spring clean-up and observations from the game wardens and Range Operations personnel. Each unit was tasked with a specific area and once their footprint was cleaned up, units would extend their assistance to others. “It’s a collective effort to make the fall clean-up a success,” Imhoff said. “We each have a role in being good stewards of the environment, and helping to sustain military readiness for safe unit training.”

Throughout the day, vehicles headed to the drop off site to unload items into collection containers for trash, metal and concertina wire and designated areas for hazardous materials and items for the Defense Logistics Agency. By the end of the week, Soldiers collected 84,580 pounds of trash, 23,300 pounds of scrap metal, 7,800 pounds of concertina wire and 335 tires. Citations for criminal trespassing and illegal dumping or theft of services can easily add up to a monetary fine and lead to the possibility of an arrest. If you observe an individual illegal dumping, get a description of the individual, what items or materials were dumped, location of the incident and a description of the vehicle and license plate number, and report the situation to DES at 254-288-1062.



Photo by Christine Luciano, DPW Environmental
Soldiers from 4th Squadron, 3rd Cavalry Regiment, unload scrap metal at Fort Cavazos Recycle during the installation-wide fall clean-up Dec. 6, 2023.

Demolitions continue to clear space for new junior enlisted housing

Housing: *Continued from A1*

the new units.” Dosa also emphasized the importance of safety and minimal disruption during the demolition and construction phases. “Our contractor has vast experience and safety is our top priority,” Dosa assured. “We’ve taken steps to mitigate all hazards, including disconnecting utilities before starting work.” The long-term vision for Heritage Heights is to create a thriving community that caters to the needs of military families. As part of Lendlease’s \$420 million housing improvement program, the new development will offer a significant upgrade from the aging infrastructure of the past. “These demolitions are required to clear space for new homes in the eastern half of Chaffee Village,” Dosa explained. “The neighborhood will be renamed Heritage Heights after completion, includ-

ing a playground, dog park and other family-friendly amenities.” With modern amenities and improvements, Cavalry Family Housing unveiled in June 2023 the first completed section of its privatized military housing community with brand-new homes in the newly named Heritage Heights neighborhood. These homes mark the initial construction at the installation since 2018 and play a crucial role in the five-year development plan for Cavalry Family Housing, in line with the Army’s 2030 vision. As the Heritage Heights project continues to evolve, its primary aim is to improve the quality of life for service members, bolster their preparedness and showcase the nation’s enduring commitment to its military personnel. The project’s progress not only highlights the dedication of Fort Cavazos leaders but also highlights a promising future for those currently stationed at the Great Place.



Photo by Shawn Davis, Fort Cavazos Public Affairs
A contractor from Lendlease hoses down debris from demolished housing in former Chaffee Village neighborhood to control dust on Fort Cavazos.



Photo by Charlie Plimpton, AIM Program

ABOVE, A Green-tailed Towhee perched in a tree was a first-time report in the eight years the Fort Cavazos Christmas Bird Count has been hosted. **RIGHT,** Community volunteers, biologists and Wild Birds Unlimited-Temple scan the skies to count and identify birds near Engineer Lake on Dec. 12, 2023.

Research effort brings together avian experts, avian hobbyists

Birds: *Continued from A1*

the enjoyment of their bird watching experience. “It’s nice to be able to get out and learn about the different names and characteristics of birds that I have never seen or heard of,” Seamster said. “It makes for a special experience, when you can do it with your other half.” Seamster and Shriner both echoed the importance the outdoors brings to Soldiers and families. “As it pertains to your mental, spiritual and physical health, it’s good to come out and connect with nature,” Seamster said. “It allows you to be able to have a reset and enjoy the finer things in life. Shriner agreed. “As Soldiers, typically, when we are outdoors, it is from the mission perspective but to have this opportunity to be a part of our community and pay attention to the details of nature is memorable,” Shriner added. Each count aims to identify and record every individual bird encountered within a defined 15-mile circle, and count birds that can be seen or heard. It allowed for Plimpton to share his knowledge and educate novice birders on a number of avian species. “I am impressed with Charlie’s knowledge and the details he shared with each bird species. Charlie and his team are experts in their craft, and being able to tell a bird by its flight and song is pretty cool,” Shriner said. “When

we were at the lake, he saw a bird in flight and knew exactly what it was. All I could tell you is that it was a small bird.” Seamster and Shriner’s efforts during the community event helped to tally 71 species and 1,011 individual birds. Then, during the official event, Fort Cavazos biologists and expert birders observed 129 species and 11,996 individual birds. Plimpton explained that anyone can participate in the count, since volunteers are teamed with avian experts. “This citizen science event gives volunteers the opportunity to learn about bird identification and conservation,” he said. “I hope Fort Cavazos’s CBC sparks more people to take an interest in birding, as I have in my own personal life. Birding gives me great joy and being out in nature has many health benefits for mental well-being as well.” Volunteers interested in birding and contributing to bird data will have another opportunity next month as part of the Great Backyard Bird Count set for Feb. 16-19. To participate, decide where you will watch birds; watch birds for 15 minutes or more, at least once during the four days; count all the birds you see or hear within your planned time/location and use the best tool for sharing your bird sightings such as Merlin Bird ID app or *eBird.org*. For more information about the National Audubon Society’s Christmas Bird Count, visit audubon.org/join-christmas-bird-count. For more information on the 2024 Great Backyard Bird Count, visit www.birdcount.org.



Photo by Christine Luciano, DPW Environmental

Defense secretary recovering, making progress after surgery complications

BY C. TODD LOPEZ
DOD News

WASHINGTON — The Pentagon announced Tuesday that Secretary of Defense Lloyd J. Austin III remains at Walter Reed National Military Medical Center, Bethesda, Maryland, while he recovers from complications related to a mid-December surgery to treat prostate cancer.

According to doctors at Walter Reed, Austin underwent surgery Dec. 22, 2023, to treat prostate cancer, which had been detected earlier in the month following a regular screening.

Dr. John Maddox, director of trauma medical, and Dr. Gregory Chesnut, director of the Center for Prostate Disease Research of the Murtha Cancer Center, both at Walter Reed, released a statement Tuesday regarding Austin's response to that surgery.

"Secretary Austin recovered uneventfully from his surgery and returned home the next morning," they wrote. "His prostate cancer was detected early, and his prognosis is excellent."

On Jan. 1, Austin's doctors said, the secretary was admitted to Walter Reed with complications related to that earlier surgery. Those complications included nausea, along with abdominal, hip and leg pain. In response to those complications, Austin underwent additional treatment at Walter Reed, and he remains there recovering from those additional procedures.

"He has progressed steadily throughout his stay," Maddox and Chesnut wrote in their statement. "His infection has cleared. He continues to make progress and we anticipate a full recovery, although this can be a slow process."

As of Tuesday afternoon, Austin remains at Walter Reed and continues to perform his duties as the secretary of defense.

"Secretary Austin continues to recover well and remains in good spirits," Pentagon Press Secretary Air Force Maj. Gen. Pat Ryder said during a briefing today. "He's in contact with his senior staff and has full access to required secure communications capabilities and continues to monitor DOD's (Department of Defense) day-to-day operations worldwide. At this time I do not have any information to provide in terms of when he might be released from the hospital."

The department will continue to release daily status updates of Austin's condition, Ryder said.

"We in the Department of Defense, of course, wish him a speedy recovery," Ryder said.

DOD transparency

After Austin's admission to Walter Reed last week, the Defense Department failed to properly notify appropriate parties, including President Joe Biden, about the secretary's condition. Ryder said the department is now looking into

that breakdown in communications so that it will not happen again.

"The department recognizes the understandable concerns expressed by the public, Congress and the news media in terms of notification timelines and DOD transparency," Ryder said. "I want to underscore again that Secretary Austin has taken responsibility for the issues with transparency and the department is taking immediate steps to improve our notification procedures."

Ryder said Austin's chief of staff directed the DOD's director of administration and management to conduct a 30-day review of the department's notification process for assumption of functions and duties of the secretary of defense.

"While the review is underway and effective immediately, the chief of staff also directed several actions to ensure increased situational awareness about any transfer of authorities from the secretary of defense," Ryder said.

Part of that, he said, includes ensuring that the DOD's general counsel, the chairman and vice chairman of the Joint Chiefs of Staff, combatant commanders, service secretaries, service chiefs of staff, the White House and senior staff of the secretary and deputy secretary of defense are all notified if the secretary is unable to perform his duties, and that related notification for transfer of authorities includes an explanation of the reason.

"Nothing is more important to the secretary of defense and the Department of Defense than the trust and confidence of the American people and the public we serve and we'll continue to work hard every day to earn and deserve that trust," Ryder said.



Secretary of Defense Lloyd J. Austin III visits with Sailors Dec. 20, 2023, onboard the USS Gerald R. Ford (CVN 78) underway in the Eastern Mediterranean.



Secretary of Defense Lloyd J. Austin III addresses the crew Dec. 20, 2023, of the USS Gerald R. Ford (CVN 78) on the ships 1MC.



Pentagon Press Secretary Air Force Maj. Gen. Pat Ryder conducts a press briefing Tuesday at the Pentagon.

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- Paula Kay Hubbard, Chief of Human resources for the McLane Company
- Christine Parks, Chief of Communications and Community Relations with Temple ISD.

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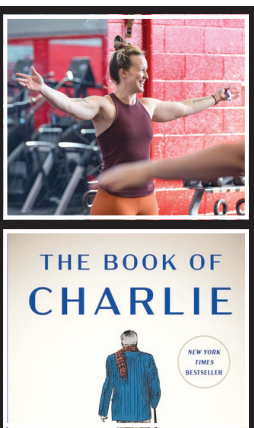
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SECTION B

Build fitness foundation in Core Rehab..... B3

CRDAMC GME matches with new doctors B5

Sam's Book Club: Self-help reflections B6



Photos by Samantha Harms, Command Information Chief

The George W. Bush Presidential Center is located on the Southern Methodist University campus in Dallas. The center is set amidst native Texas trees, grasses and wildflowers. Parking for the visitors of the center is located directly across the street, allowing patrons to take in the full view of the center.

Dive deep into history, reflect on meaning of words

BY SAMANTHA HARMS
Command Information Chief

DALLAS — On a recent trip to the city of Dallas for a cornhole tournament, I decided to spend some time outside of the convention center that the tournament was held in. After a quick search on the Internet, I found a presidential library, which I have always loved visiting.

The next day, I made my way through the campus of Southern Methodist University to then find the George W. Bush Presidential Center set amidst native Texas trees, grasses and wildflowers.

The center, which is comprised of the George W. Bush Presidential Museum, the George W. Bush Presidential Library and the George W. Bush Institute, a nonpartisan policy organization which focuses on democracy, policy solutions and public engagement, invites visitors in to learn about who President George W. Bush is and his presidency.

Plus, it doesn't hurt that the center itself is absolutely beautiful.

The center is overflowing with artifacts, documents and exhibitions that really pull visitors into the

history. While I grew up when Bush was president, it was so interesting reading about the person he truly was during his presidency.

Right away, you'll be met with interesting facts, including the fact that Bush only won the presidency by 537 votes out of nearly 6 million cast.

Three of my favorite sections were a moving exhibit on Sept. 11, 2001, the "Decision Points" interactive experience and a replica of Bush's oval office.

"Decision Points" requires the visitors to sit down and face the same real-world challenges that the Bush administration faced. There are five different scenarios that the computers ran through, each of which require you to hear about the different experts and then to ultimately make a decision on what action to take.

The Oval Office allows visitors to step back into time and to see how Bush decorated the office during his presidency. Also while in the Oval Office, you can have your photo taken sitting behind the desk.

For those interested in purchasing their photo, it costs \$35 for the set of printed and digital copies.

In addition to the regular exhibits, while I was there, the center also offered a special exhibit called

"Freedom Matters." The exhibit was created to share the ongoing pursuit of liberty through rare artifacts and historical documents, interactive activities and personal perspectives to examine the concept of freedom. Each section of the exhibit talks about where freedom comes from, what it means, what free societies look like and the role of the individual in protecting and spreading freedom around the world.

Visitors can see items like the Magna Carta — printed in 1305, and widely viewed as one of the most important legal documents in the history of democracy — which is one of 200 ever printed, and only one of five that have survived throughout the years.

They also have a 1831 copy of the Declaration of Independence, which was created using a hand-crafted copper plating to get the script font.

The "Freedom Matters" special exhibit will be at the center until Dec. 31.

There wasn't a moment that I wasn't learning something while I visited, and I highly recommend the presidential center to anyone visiting Dallas.

To learn more or to purchase tickets in advance, visit bushcenter.org.



A large piece of metal sits in the middle of the exhibit on Sept. 11, 2001. This piece of metal came from the destruction of the terrorist attacks on the Twin Towers.



The George W. Bush Presidential Center displays different documents which help to tell the story of Bush's presidency and the issues he tackled during his time. Visitors can learn a lot about his stance on different policies.



The Oval Office was replicated to show how George W. Bush decorated it during his presidency.



President George W. Bush is an avid painter, and visitors can see some of his painting at the George W. Bush Presidential Center, including this one.

Small gesture has huge impact during holidays

BY JANECE WRIGHT
Sentinel Living Editor

Fort Cavazos Cavalry Family Housing resident Rudina Pool never thought her idea to take an old Christmas tree that had given so much joy to her family and use it to give the same happiness to others would resonate with so many, but she was wrong.

Instead of trashing her beloved six-year-old Christmas tree, along with some old toys her daughters had outgrown, Pool opted to give the cherished keepsakes new life as a staple to inspire giving to others during the holidays.

"I was going to toss a lot of my kids' toys and the tree, but instead, I figured I'd turn it into something positive," she said.

After placing the tree in her front yard, along with the gently used toys, stuffed animals and some new additions she purchased, Pool's would be trash is now a neighborhood treasure affectionately named "The Giving Tree," which provides free toys for kids and embodies what the spirit of the holidays is truly about.

Pool wasn't sure how others would feel about her gesture. Thankfully, her generosity was well received. So much so, that others were inspired to follow suit.

"I put it on the community page, and everyone was ecstatic," she said. "But what

made it that much more magical was so many people donated. I really didn't expect such a positive outpour with the tree."

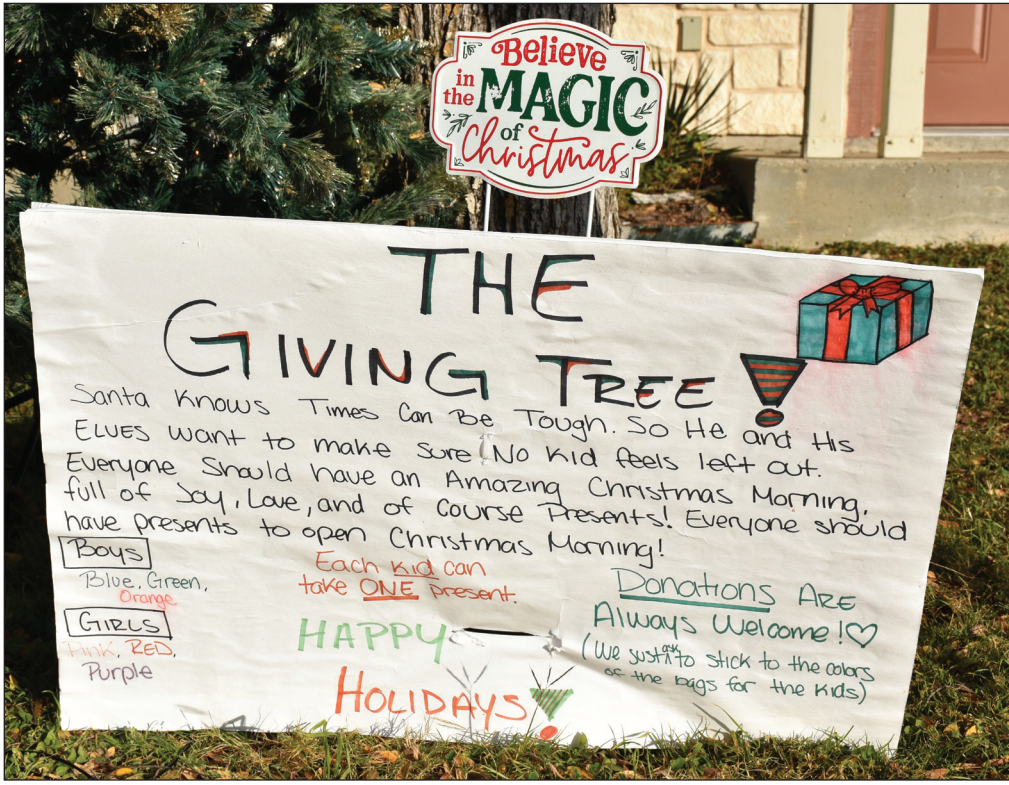
Pool said it was wonderful to see, both figuratively and literally, as her doorbell camera allows her to view parents and children who came to drop off donations.

She became emotional as she described the hardships that resonate with parents and military families every day, which inspired her to help in any way she could.

"I've been in the shoes where holidays come around and things get tough," she recalled. "I've seen families who need help with gas or to get to and from because they don't have a car. So, it's difficult for parents to choose, and I've been in this position where it's like do I get my kids toys, or do I get myself gas, do I get toys or do I get food?"

"I think it's just important the fact that the community is coming together," she continued. "And it's showing so many families that they're not alone. That if they reach their hand out, someone is going to be there to help in any way they can."

Pool noted that her husband, Staff Sgt. Trevor Pool, is deployed in the Republic of Korea and as a busy mom of three young girls with a spouse who is often away from home, she appreciates how the community comes together to help and support one another.



Photos by By Janecz Wright, Sentinel Living Editor

The sign in front of Cavalry Family Housing resident Rudina Pool's "Giving Tree" relays what the holiday season is truly about.

Pool conveyed that the smallest gesture could have the biggest impact.

"Sometimes, it's not exactly going to be the biggest help, but for me, I feel like the smallest thing can be the biggest sometimes and I've seen how small gestures go such a long way," she said.

She added that she hopes her efforts create a legacy of change and motivates others to be the change they want to see in the world.

"I believe that if you want to fix something, it starts from you to make a change, it starts with you," she expressed. "Even if no one ever remembers my name, it

doesn't matter to me. I know my kids are going to grow up one day and I don't want them to be basically in the same world we are in at the moment. The main thing I'm hoping from this is that it gets passed down. That the next person does something even bigger.

"I just want a domino effect," she continued. "I just want it to slowly blossom into something even bigger and even more beautiful. So that's my hope with this and even if it doesn't, that's okay. At least I know that it put a huge smile on a lot of people's faces, including mine."



Cavalry Family Housing resident Rudina Pool opted to give her old Christmas tree new life as "The Giving Tree" and help others during the holiday season.



Rudina Pool and her daughters pose in front of "The Giving Tree" in December 2023. Pool set up the festive display in her front yard at Fort Cavazos to inspire giving during the holiday season and year-around.



Photo by Janecz Wright, Sentinel Living Editor

Ladina Piekert, self-help coordinator for Fort Cavazos Cavalry Family Housing Lawn and Garden Center, poses with some of the plush stuffed animals created and donated by her 80-year-old her mother-in-law Irene Piekert.

Handmade toys brighten holiday spirits

BY JANECE WRIGHT
Sentinel Living Editor

Soldiers and family members received an unexpected surprise at the Fort Cavazos Cavalry Family Housing Lawn and Garden Center just in time for the holidays last year.

A colorful assortment of handmade toys decorated the interior of the center and greeted patrons who came in to rent equipment and stock up on various supplies.

Ladina Peikert, self-help coordinator for Cavalry Family Housing Lawn and Garden Center, explained that the toys were made by her 80-year-old mother-in-law Irene Piekert.

The matriarch hand crafted and donated more than 100 of the plush bears and balls to Soldiers and families at Fort Cavazos and other noteworthy organizations, creating an

annual tradition of giving that puts smiles on many faces during the holiday season.

Ladina said she has known her mother-in-law for more than 40 years and she has always sewn, crocheted and quilted.

"She sewed for the grandkids, the kids, the great-grandkids, and this year she decided she wanted to do something smaller that she could just sit in her chair, watch TV and do," explained Ladina. "Her and dad, dad is 86, they both are retired, they don't go anywhere too much, but she loves this. This is what she does."

Using multicolored scraps of material and plenty of stuffing, Irene began making her endearing creations in 2022.

Ladina said her husband John Piekert, Irene's son, came up with the idea to donate some of the pieces to children

for the Easter holiday and the concept snowballed into creating a large batch of toys and dividing them amongst various organizations to include the Tri-County Toy Run of Central Texas, Baylor Scott and White McLane Children's Medical Center and Fort Cavazos.

Spc. Natasha Sablan, 3rd Cavalry Regiment, was accompanied by her father when she came into the center for a mower. She was thrilled to see the vibrant stuffed animals that lined the counter. Encouraged to pick any she liked, Sablan selected red and purple stuffed bears for her two daughters and conveyed her appreciation for the gifts.

"It just means a lot, especially coming from people I don't know. We don't really make that much money, so it was really great for this," she said.

There were just shy of 70 bears and balls in varying hues waiting to make their way to new homes. Ladina hoped to gift them to as many military families as possible and encouraged patrons to spread the word.

She said her in-laws are retired and have the time to do just about whatever they like, so her mother-in-law is busy working on this year's batch of toys. She has already completed 100 toys and is looking forward to sharing them with the community.

Ladina was emotional as she reflected on service members and how important it is to let them know they are valued. She became teary-eyed as she explained why her family goes out of their way to do something so special for service members, their families and the community each year.

"This is just my way of letting them know that we all care. We do, we care."

Build fitness foundation in Core Rehab

BY BLAIR DUPRE
Sentinel News Editor

A new year means new year’s resolutions, and for many improving their fitness is at the top of the list. Luckily, for those in the Fort Cavazos community who have this goal, Core Rehab is now offered at Applied Functional Fitness Center.

Core Rehab is a 10-class program that spans five weeks and focuses on increasing participants’ core strength.

“I specialize in rebuilding the core,” said Julie Denny, Core Rehab instructor. “It stemmed from working with pregnancy and postpartum and then from there, it grew into more than just pregnancy and postpartum. People use a lot of their lower back and (have) a lot of lower back issues. That stems from not being able to properly work your core, whether that’s your abdominals or your glutes and your hips.”

She said building core strength can help many things, including chronic back and hip pain and pelvic floor issues, as well as build a strong foundation for one’s body to better handle other workouts or sporting activities.

“This is more of an accessory work that’s going to help you build on the strength that you build in the gym,” Denny said.

Denny has been an instructor for six years. She became interested specifically in core fitness after experiencing core

and pelvic floor issues after giving birth to her second daughter. Her doctor recommended that she stop working out, but being a life-long athlete, she could not give up her love of fitness.

“Being in the gym and working out is my therapy,” she shared. “That’s when I started doing my own research and then I found my certifications, continued my schooling and now I specialize in this.”

Emily Cox, Fitness Program specialist with the Directorate of Family and Morale, Welfare and Recreation, said in her opinion, this class is much needed not only for pregnant and postpartum mothers, but Soldiers as well.

“Every installation you go to has people with back injuries and people who have a lot of room to get better and prevent injuries,” she said.

Cox shared that fitness enthusiasts can participate in fitness bingo where they can fill spaces by attending some of the other fitness classes offered.

“Fitness should be fun and it’s one of those things where it’s a fun way to experience everything we have to offer,” she said.

Core Rehab runs from 10:30 to 11:30 a.m. on Tuesdays and Thursdays at Applied Functional Fitness Center.

For more updates on Core Rehab and other available fitness opportunities, visit cavazos.armymwr.com/programs/group-fitness-classes.



Julie Denny, Core Rehab instructor, smiles at the beginning of the first Core Rehab class Tuesday at Applied Functional Fitness Center.



TOP, Julie Denny, Core Rehab instructor, leads the participants in stretching Tuesday at Applied Functional Fitness Center. ABOVE, Fort Cavazos fitness enthusiasts will have a chance to participate in fitness bingo where they are encouraged to attend other fitness classes and use other fitness resources to fill the spaces.

Houses of Worship

FORT CAVAZOS CHAPEL SERVICES



CATHOLIC

Sunday Mass, 9 a.m., Main Chapel, www.facebook.com/FtHoodRomanCatholic/
Noon Mass, Monday through Friday, 12 p.m., Main Chapel
Confession after Mass or by appointment, call 286-6749, Main Chapel

PROTESTANT

St. George Parish (Anglican, Lutheran, Episcopalian), Sunday, 9 a.m., Old Post Chapel, www.facebook.com/Ft-Hood-Liturgical-Chapel-Service

SPANISH PROTESTANT

Alcance, Sunday, 1:30 p.m., Veterans OIF Chapel, www.facebook.com/AlcanceFortHoodTX

GOSPEL CONGREGATION

Gospel Service, Sunday, 11 a.m., Comanche Chapel, www.facebook.com/ComancheChapel

TRADITIONS

Traditions Service, Sunday, 10 a.m., Ironhorse Chapel, www.facebook.com/groups/fhtps/

CHAPEL NEXT

Contemporary Service, Sunday, 11:15 a.m., Main Chapel, www.facebook.com/ChapelNextFortHood

OPEN TABLE

All-Inclusive Christian Chapel, www.facebook.com/OpenTableChapel

WFH PROTESTANT

Non-Denominational Protestant, Sunday, 10:30 a.m., West Fort Cavazos Chapel, www.facebook.com/West-Fort-Hood-Chapel

JEWISH

Shabbat Service, Friday, 6 p.m., Lucky 16 Chapel

MUSLIM

Friday Jummah Prayers at 1:30 p.m., 25th Street Chapel

OPEN CIRCLE

Camp Finlayson, contact Linn Vodisek, vodiseklinn@gmail.com

BUDDHIST

Soku Gakkai International (SGI) Nichiren, Online, contact Martin Bonner, 254-258-0844
Theravada, Thursday, 11:45 a.m., Memorial Chapel

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ADDITIONAL SERVICES/STUDY

Children in the Middle, call 254-288-1913 to reserve, Family Life Chaplain Training Center
Men of Honor, Contact Ken Wooten, 254-466-6254
Protestant Women of the Chapel (PWOC), Tuesday, 9 to 11:30 a.m., Main Chapel, www.facebook.com/FortHoodPWOC
Mothers of Preschoolers (MOPS), www.facebook.com/FortHoodMOPS
Club Beyond-High School, Contact Frank Ayala, fayala@clubbeyond.org
Club Beyond-Middle School, Contact Frank Ayala, fayala@clubbeyond.org
Catholic Women of the Chapel (CWOC),

Tuesdays from 9:30-11:30 a.m., bi-monthly Thursday 5 to 7 p.m., Main Chapel. Facebook: Fort Cavazos CWOC (Catholic Women of the Chapel)
Catholic Youth Ministry-Crusaders, 8-12 grades, Contact Maria Fuavia, 573-842-8181
Catholic Religious Education-CCE, Wednesday, 5:30 - 7:30 p.m., Main Chapel, Contact Maria Fuavia, 254-287-0241
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***

If you have any questions or concerns, please contact our Religious Support Operations office at 254-288-6545.

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Rev. Hallie Tolbert, Jr., Pastor

SCHEDULE OF SERVICE

Sunday School	9:45AM
Worship Service	8:00AM & 11:00AM
Evening Service	6:00PM
Tuesday Prayer	10:00AM
Tuesday Bible Study	6:00PM
Wednesday Bible Study	6:00PM
Thursday Choir Practice	6:00PM
Saturday Morning Prayers	5:00AM

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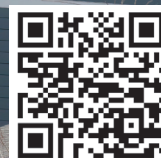


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CRDAMC GME matches with new doctors

BY RODNEY JACKSON
CRDAMC Public Affairs

The Carl R. Darnall Army Medical Center Graduate Medical Education Programs, emergency medicine, family medicine, psychiatry residencies, and emergency ultrasound and family medicine obstetrics fellowship programs, “matched” 24 doctors who will start their training at the hospital later this year.

The “GME match” is the annual Joint Graduate Medical Education Selection Board that happens every December, and it selects Medical Corps officers (physicians) to train in residency and fellowship programs across the Department of Defense.

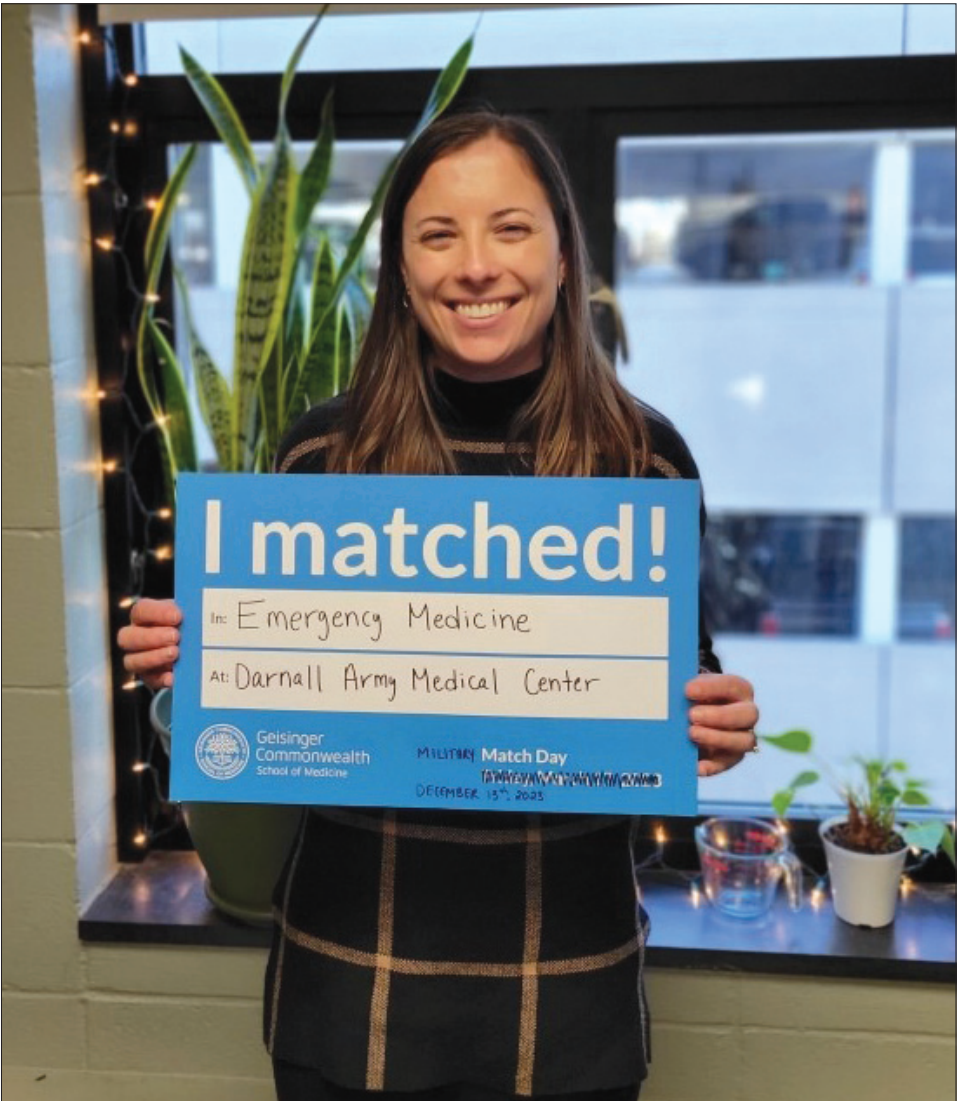
“The incoming intern class in Summer 2024 is full of exceptionally talented and diverse soon-to-be physicians who will be great additions to our program as they will challenge us to up our teaching game,” said Lt. Col. Chris Mitchell, director, emergency medicine residency program, CRDAMC. “In the next academic year, we will be fully implementing a competency-based curriculum in reading EKGs and performing procedures such as central lines, chest tube thoracostomies, intubations and ultrasound exams.”

Officers who match into residency programs are mostly those graduating medical school this year, with some general medical officers currently serving in U.S. Army Forces Command units also being selected.

“Those who match into our fellowship programs are either senior residents graduating residency in 2024 or active-duty board-certified physicians currently serving or seeking additional training in their field,” said Col. Drew Baird, director, medical education, CRDAMC.

CRDAMC had a successful 2023 GME match with each program filling its yearly complement. It had 10 in emergency medicine, six for family medicine and seven (two Air Force) in the psychiatry residencies and two for family medicine, OB-GYN and one in the emergency medicine, ultrasound fellowships.

“I chose CRDAMC because I was impressed with the faculty and pedagogy in the emergency medicine ultrasound fellowship,” said Capt. Maya Alexandri. “Doctors Dan Brillhart and Vanessa Sieg impressed me with their leadership, focus on the practical application of ultrasound in operational environments and go hearted collegiality.”



Courtesy photo

Second Lt. Abbey Burke holds a sign to show she matched with Carl R. Darnall Army Medical Center's emergency medicine program during the annual Joint Graduate Medical Education Selection Board.

Alexandri is currently finishing an emergency medicine residency at the Medical College of Georgia-Augusta at the Augusta University Medical Center in Augusta, Georgia, and added that she is looking forward to improving her technical ultrasound image acquisition and interpretation skills at CRDAMC.

Another match, 2nd Lt. Abbey Burke chose to train in emergency medicine at CRDAMC because of the unparalleled sense of community among its residents and faculty.

“On my audition rotation, I immediately felt at home and knew I wanted to complete my residency training at CRDAMC,” Burke said. “I am most looking forward to working with my amazing co-residents and building foundational knowledge in emergency medicine.

“CRDAMC emergency medicine has an incredible staff, and I am very excited to

learn from their unique backgrounds and experiences,” she added.

CRDAMC also had six physicians selected to join other facilities for fellowship training during the selection board. Maj. Sammy Taha will attend a civilian sponsored fellowship in toxicology. Maj. Vanessa Rivera matched to the Leadership and Faculty Development Fellowship at Madigan Army Medical Center, Joint Base Lewis-McChord, Washington. Capt. Paige Williams will remain at CRDAMC to attend the Family Medicine Obstetrics Fellowship. Maj. Roberto Candelaria-Santiago will attend a civilian sponsored fellowship in forensic pathology. Maj. Aaron Burch matched to Sleep Medicine Fellowship at San Antonio Military Medical Center, Fort Sam Houston. Lastly, Capt. Reggie Taylor matched to the Sports Medicine Fellowship at Walter Reed National Military Medical Center, Bethesda, Maryland.



SPECIAL DELIVERIES

OCT. 30, 2023

A son, **Mar’Tayvious Zaleek**, to Maurice McMiller and Sofia Nicholson.

OCT. 31, 2023

A daughter, **Nova’Rae Loreena**, to Mason Coleman and Ferilyne Canlobo.

NOV. 2, 2023

A daughter, **Leslie Shanailah**, to Enrie and Louise Beltran.

NOV. 3, 2023

A daughter, **Donaele Harmony**, to Donald and Nefthaelle Louijeune.

A son, **Lincoln Elliott**, to Otis Walker Jr. and Kelsey Crews, 1st Air Cav. Bde.

A son, **Raanyu Mimbonyu**, to Linwe Ntunyi and Sylvia Mangoh.

NOV. 4, 2023

A son, **Vashawn Malik**, to Gregory Walker and Victoria Keys, 1st Cav. Div.

NOV. 6, 2023

A son, **Roman Rudy**, to Orlando and MonaMarie Avalos, 3rd SFAB.

NOV. 7, 2023

A son, **Tristian Montrez**, to Tarrodd and Samaria Collier.

NOV. 10, 2023

A daughter, **Mila Kalise**, to Michael Jr. and Kiara McDuffie.

A son, **Jason Alan**, to Justin and Quirina Serfass, 3rd ABCT.

NOV. 11, 2023

A daughter, **Eleanor Grace**, to Philip and Elizabeth Halliburton, 1st Air Cav. Bde.

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Sam's (Book) Club

New year equals new direction:

Self-help books can either help you or annoy you

BY SAMANTHA HARMS
Command Information Chief

The start of a new year always brings about resolutions for people — it is a time to start fresh and to have a new perspective on the year. With that, it seems fitting to bring about a new perspective to my book column.

This year, I'll focus (mostly) on books that are featured on the "Newly Arrived" shelf at the Casey Memorial Library. I feel that this will help force me to read books that are out of the norm for me, widening my book horizons.

Of course, there will be themes — a romantic novel for February, a thriller for October and a travel novel for May to start the summer season. So, to start off the year, I had to focus on books that fall into the self-help realm.

I love a good self-help book. They can help readers to reflect on their own habits, both good and bad, and to perhaps hear some tough love advice you may desperately need. Sometimes though, it's mostly about rehashing information you already know.

However, through self-reflection and due to a podcast that I listen to, I've come to the realization that most self-help books follow the same patterns: they share far too many anecdotes, often are trying to apply a piece of advice to a story that doesn't quite match up or the novel rambles on to fill pages.

To see if my (and the podcast hosts) theory held up, I read two books for this month.

For one book, this theory really held up. The other truly invited me in and encouraged me to be reflective on what a

meaningful life means.

'The Art of Clear Thinking: A Stealth Fighter Pilot's Timeless Rules for Making Tough Decisions'

Hasard Lee, a U.S. Air Force combat pilot, instructor and the author of this novel, uses his experience of being a fighter pilot to teach readers "how to learn better and faster, cultivating mental toughness and to develop the skills to quickly assess, choose and execute," according to the book description.

Lee shares countless stories of his experience flying an F-16. Some of the stories are incredible and for those interested in flying or military aviation, this novel is definitely for you. I walked away with a newfound respect for pilots.

Yet, there were several times that Lee chose to share stories that just didn't match the vibe of a book about a fighter pilot, such as choosing to share business anecdotes. There were also times where his math problems didn't, quite literally, add up or he didn't give readers enough context for a problem to make an informed decision.

I walked away from this novel interested in flying, but not having learned anything that I didn't already know about making decisions.

Two out of five stars. Available at major booksellers and the Casey Memorial Library.

'The Book of Charlie: Wisdom from the Remarkable American Life of a 109-Year-Old Man'

This novel shares the story of Charlie White from the perspective of David von Drehle, the author and a veteran

Washington journalist.

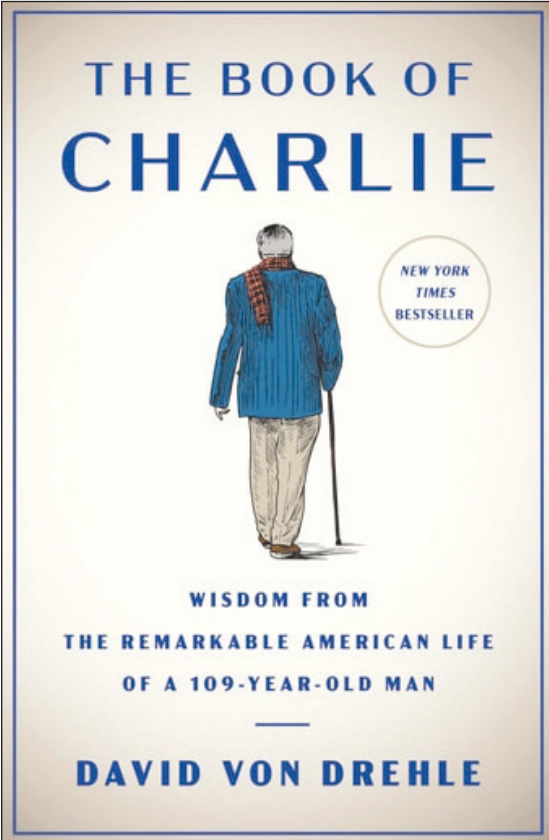
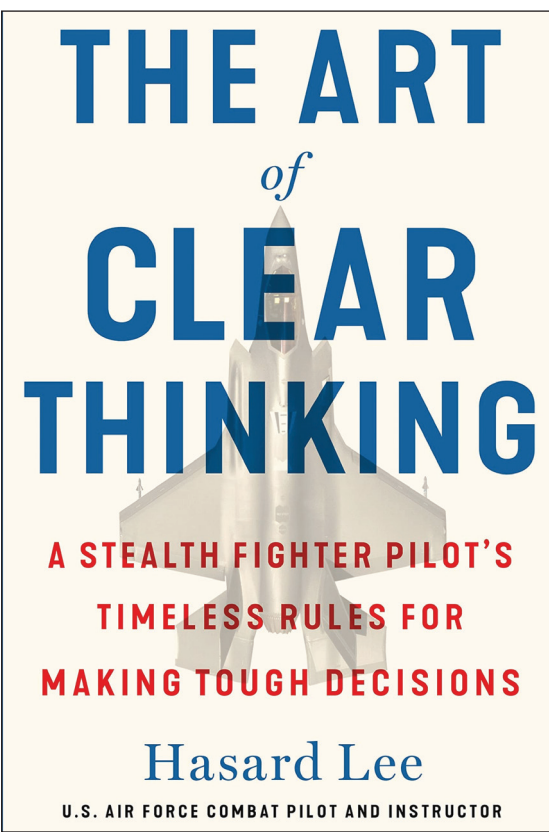
Von Drehle moves to Kansas City and upon moving, meets and becomes friends with his neighbor, White, who was a little more than a century old at the time.

White has lived the most incredible life — born before radio, yet lived long enough to use a smartphone, crosses the country in a Ford Model T while sneaking onto trains to make his way home to Kansas City, racing on ambulances to treat Depression-era gangsters, improvising techniques for early open-heart surgery and seeing the medical field advance in countless ways, to deeply understanding love and loss. There is so much that White lived through, and von Drehle shares that in this novel in an impactful and meaningful way.

As the book description shares, "the Book of Charlie is a gospel of grit — the inspiring story of one man's journey through a century of upheaval. The history that unfolds through Charlie's story reminds you that the United States has always been a divided nation, a questing nation, an inventive nation — a nation of Charlies in the rollercoaster pursuit of a good and meaningful life."

I absolutely adored this novel in every aspect. I learned quite a bit of history about Kansas City, train travel, the invention of radio and the medical field as a whole. Plus, I was also able to walk away feeling touched by the soul of another person without ever meeting them. I will carry White's story with me as I make my own decisions about being brave and persevering.

Five out of five stars. Available at major booksellers and the Casey Memorial Library.



WORLD

OUT OF THIS

23 | 24 SEASON

Extraordinary Feats
Thursday, January 18, 2024 // 7:30 p.m.
Experience an evening of extraordinary feats as the 30,000 notes in Rachmaninov's Piano Concerto No. 3 challenge the virtuosity of Cliburn Silver Medal-winning pianist Anna Geniushene. Alongside Beethoven's iconic Symphony No. 7, this concert culminates in a genre-defying world premiere by Ben Johansen, promising a captivating and emotionally immersive musical journey.

Exploring the Great Unknown
Thursday, March 21, 2024 // 7:30 p.m.
Featuring the Grammy Award-winning string trio Time for Three performing Kevin Putz's Contact. Then, experience the WSO performing Dvořák's New World Symphony as never before, paired with the film Cosmos - An HD Odyssey showcasing various astronomical wonders, bringing distant and unknown ideas close to home.

Sci-Fi Spectacular: Sun, Moon, & Superstars
Sunday, April 7, 2024 // 3:00 p.m.
An out-of-this-world concert with music from beloved sci-fi films Star Wars to Interstellar, hosted by Emmy Award-winning journalist Gary Cogill, with insights into the magic behind the music, on the day prior to the great American eclipse.

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I AM an American Soldier.



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WARRIOR ETHOS

I AM an American Soldier.

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SPORTS SLEUTH • "ING" SPORTS

Z R P M J G D A S X V S Q N K

I F D A X G V T Q U W O M J H

F C A Y N G W G G G R U R P N

R O W I N G N N N L E F J H F

D B X I N I I I Z X S V I G G

T O K I B C E L M R T Q N N O

B I V M N O M C K M L I I I G

H I I E N **K A Y A K I N G** C I

D L F A H F D C B K N W Z N Y

C W C V T R Q O S U G N S A L

K I G N I T F A R H F D C D A

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
Thursday's unlisted clue hint: PUGILISM

Canoeing Diving Rafting Surfing
Climbing Fencing Rowing Swimming
Cycling Hiking Running Wrestling
Dancing Kayaking Skiing

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JUMBLE

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

EMACO

WONOS

BLLAGO

SVINIO

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THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

I don't think we even need these sticks.

I've never seen a deposit like this!

THE SIZE OF THE NEW VEIN OF GOLD UNCOVERED BY USING DYNAMITE WAS ---

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.

Jumbles: EVOKE CIVIC STENCH THIRST

PREMIER CROSSWORD/ By Frank A. Longo

E-CONTENT

ACROSS

1 Soft & — (deodorant)

4 GPS display

7 GPS display: Abbr.

10 Farming sci.

13 Musical record

18 "The Entertainer" musical style

20 Title maiden of a Civil War song

22 Twice twenty

23 Assessment to see if two things are the same?

25 Opera solos

26 Guitarist — Eddy

27 College in Cedar Rapids

28 Materialize properly?

30 Mil. bigwig

31 Sister of Eva and Zsa Zsa

33 Approaching

34 Person snatching an African antelope?

39 Aerie babies

45 "Je t—" (Gigi's "I love you")

46 Some Siouan speakers

49 Earth, in Spanish

50 Taters

53 Sovereign rule that wears subjects down?

56 "Love" author Morrison

57 Go out with

59 Twosome

60 Fed. meat inspector

61 Tournament finals held at a manor?

68 "Says —?"

69 PC key

70 Pierre's "yes"

71 With

85-Across, facial spa treatment

72 Subside

75 Situation when an exhaust system is completely contained?

81 — with faint praise

84 Clodhopper

85 See

71-Across

86 Presley's middle name

87 Sellers of stolen goods fixing typos?

93 Univ. VIPs

94 Like Loyola University

95 Council of ecclesiastics

96 Largest city in Norway

98 Most pallid

100 Crossword themed to the Greek god of darkness?

106 Cager O'Neal

109 Rigidly old-fashioned

110 Atop, to a poet

111 "Les Misérables" author giving somebody the boot?

118 Always, to a poet

119 Pacific island kingdom

121 Hesitate in doubt

122 Ailment caused by mood swings?

125 Furning mad

126 Chip away at

127 Inner circle

128 IRS demands

129 HST follower

130 Stats for Ali

131 Royal Navy initials.

132 Rd. crossers

DOWN

1 Seafloor-scooping machine

2 Actress Welch

3 Large lizard

4 1,760 yards

5 French buddy

6 Tending to Spot or Fluffy

7 Like highly speculative bonds

8 Natl. voting day

9 Irish Gaelic language

10 Uranian, e.g.

11 Music style

12 Bob Marley's 11-Down

13 Not nearby

14 Greiner of "Shark Tank"

15 Jail on a ship

16 Provo locale

17 Hit 1990s PC game

19 Light brown

21 \$\$\$ holder

24 Discipline with asanas

29 Bard's Muse

31 "Lili" studio

32 "Peek-!"

35 Comaneci of gymnastics

36 Insult, informally

37 Takeoff stat

38 Caviar eggs

40 Sling liquor

41 Ease off

42 Muffs up

43 Stepped (on)

44 Spanish for "room"

47 Prefix with spore

48 Stupely

50 Ragout, e.g.

51 Swanky

52 "Woe — you!"

53 Verb suffix in the Bible

54 1992 Oscar nominee

55 Universe

57 Sub seller

58 Heeds, as advice

62 Tartan cap

63 Barnyard sound

64 Word-wit bit

65 Sundial's 3

66 Shucking waste

67 TSA requests

72 Spanish river

73 Voting faction

74 Stiller and Affleck

75 The blahs

76 Slumps

77 Doubtful

78 French "Mrs."

79 Fathers

80 Film wizard's declaration

81 — vu

82 Iowa city

83 Fit together

88 Stop working

89 "— Easy" (1977 hit)

90 Ending for ethyl

91 Negative conjunction

92 B-G link

93 — ray Disc

96 Emu relative

97 Operative

99 Having length, width and depth, for short

101 — Aires

102 Employs

103 Some urban planners

104 Walks fast, slangily

105 De-chalks

107 Ex-Viking Rashad

108 Cite

111 Clean up text

112 Actress Farmiga

113 Huge-screen film format

114 Fetching

115 Uno plus dos

116 Volkswagen hatchback

117 Barnyard sound

119 B'way booth letters

120 A single

123 Ear: Prefix

124 URL ending

#2,176 Average time of solution: 67 minutes

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Arm is longer; 2. Fingers are not seen on steering wheel; 3. Dollar sign is moved to other bag; 4. Cap is larger; 5. Windshield is smaller; 6. Stone is missing from front of bank.

SLYLOCK FOX

An informant told Slylock Fox that Count Weirdly tested his new airborne sleeping potion earlier in the evening. As Slylock approached the castle, Weirdly hastily hid a tiny sealed vial of the potion in this room. Where did Slylock find it?

Solution: -- The sleeping potion is concealed within the TV remote. Slylock observed that one of the remote's batteries was removed, making just enough space for the small vial.

HOW TO DRAW a goldfish

12-10

YOUR DRAWING

Today's terrific artist is Buddy, age 8

Submit your drawing to www.slylockfox.com

Which fish is commonly regarded as the fastest fish in the world?

a) Great white shark
b) Swordfish
c) Sailfish
d) Barracuda

Answer -- (c) Sailfish can reach a speed of nearly 70 miles per hour.

Spot six differences between these panels.

Answer -- Bush, chicken, hoof, fringe, eyes and hat.

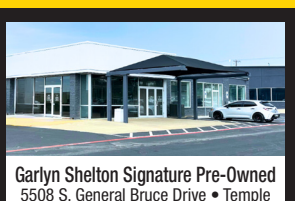
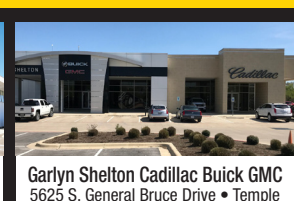
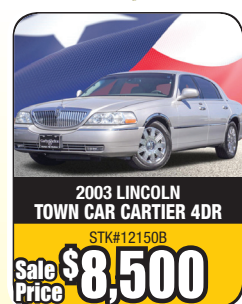
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