

Strikes against Iran-backed militias has 'good effects' A7

PaYS program win-win for Army, city



Photo by Janecz Wright, Sentinel Living Editor

Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, and Debbie Nash-King, city of Killeen mayor, pose holding a commemorative plaque after signing a partnership agreement for the Army's Partnership for Your Success program Jan. 30 at Killeen City Hall.

**BY JANECEZ WRIGHT**  
Sentinel Living Editor

**KILLEEN, Texas** — Spirits were high as military leaders, city of Killeen officials and distinguished guests gathered Jan. 30 at Killeen City Hall to sign a partnership agreement for the Army's Partnership for Your Success program.

PaYS is a strategic partnership between the Army and a cross section of corporations, companies and public sector agencies to provide Soldiers with an opportunity to serve their country while they prepare for their future. The program guarantees Soldiers and cadets five job interviews and possible employment after their service in the Army.

Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, Debbie Nash-King, city of Killeen mayor, and Edgar Fuentes, civilian aide to the secretary of the Army for Central Texas, were on hand to talk about the impact of the program and sign the memorandum of agreement

between the Army and the city of Killeen.

"It's a special day for the city," Nash-King expressed as she addressed the audience. "The city of Killeen has a history of wanting to service those who have served for us."

She noted that 27% of the city's 1,300 employees are veterans, and that partnering with the PaYS program is a "win-win opportunity for everyone involved."

The Army website states that the PaYS

See **PaYS**, A6

NEWS BRIEFS

Cavazos Connector beta test ongoing for February

The new micro-transit service at Fort Cavazos launched its beta test Monday. This test will allow users to utilize the circulator route, download the app, see where the buses are at and even call for a ride from one of the micro-transit zones, Barracks Zone #1. All five zones will be fully operational at the grand opening March 2. The fare-free system offers curb-to-curb service within and between designated zones. The circulator route, featuring clockwise and counterclockwise routes around key points of interest, ensures efficient, timely connections. Operating hours are 7 a.m. to 9 p.m. weekdays and 11 a.m. to 10 p.m. weekends. For more information, follow U.S. Army Fort Cavazos on Facebook.

DFMWR hosts NAF vehicle auction

The Fort Cavazos Directorate of Family and Morale, Welfare and Recreation's annual NAF Vehicle Auction's bidding began Monday and runs through Feb. 19. Vehicle viewing will be Saturdays and Sundays during the auction. For more information, call 254-423-8498 or visit cavazos.armymwr.com.

Scholarship applications to close

The Fort Cavazos Family Scholarship Fund is accepting applications for the 2023-2024 scholarship season. Scholarships are available to high school seniors and military spouses. For all eligibility requirements and to apply online, visit [fortcavazosccscholarship.org/apply](https://fortcavazosccscholarship.org/apply). The deadline is Feb. 16.

Stay in regulation with new store on post

Top's Dress Blues Set-Ups opened Jan. 30 at the Fort Cavazos Exchange Military Clothing store. The store gives Soldiers at Fort Cavazos additional guidance and support with uniform inspections and setups. Top's is located in the Exchange Military Clothing store and is open 10 a.m. to 6 p.m. weekdays and 10 a.m. to 3 p.m. on Saturdays. For more information, shoppers can call 254-349-6721.

DA announces upcoming deployment of 1st CAV units

**BY 1ST CAVALRY DIVISION**

The Department of the Army announced Jan. 31 the upcoming spring deployment rotation of the 1st Cavalry Division and subordinate units to Europe.

The 1st Cav. Div. Headquarters will replace the 3rd Infantry Division Headquarters in command of a regular rotation of forces to support the United States' commitment to NATO allies and partners. Also deploying as part of the rotation are the First Team's 1st Armored Brigade Combat Team "Ironhorse," the 1st Cav. Div. Artillery "Red Team," the 1st Combat Aviation Brigade "Air Cav" and the 1st Cav. Div. Sustainment Brigade

"Wagonmasters," who will replace the 2nd Armored Brigade Combat Team, 3rd Infantry Division, 3rd Infantry Division Artillery, the 1st Infantry Division Combat Aviation Brigade and the 3rd Infantry Division Sustainment Brigade, respectively.

See **Deployment**, A6



Photo by Staff Sgt. Darrell Stenbridge, 1st Cav. Div. Public Affairs

Troopers from 1st Armored Brigade Combat Team, 1st Cavalry Division, and 1st Squadron, 7th Cavalry Regiment, conduct their last live-fire exercise during their rotation in July 2023 at the National Training Center at Fort Irwin, California. Troopers spent 14 days in large-scale maneuver operations in a remote area at NTC known as "the box," an expansive desert area that encompasses simulated towns, gunnery ranges and large-scale maneuver engagement areas.



Photo by Samantha Harms, Command Information Chief

Honorable Christine E. Wormuth, secretary of the Army, speaks with Sgt. Maj. Kressassidy McKinney, III Armored Corps chief culinary management sergeant major, about the options available at the Culinary Outpost Food Kiosk.

SECARMY assesses quality of life initiatives, progress

*Editor's note: Readers can find an article about the first day of Honorable Christine E. Wormuth's visit in last week's edition of the Fort Cavazos Sentinel, or online at [cavazosentinel.com](https://cavazosentinel.com).*

**BY SAMANTHA HARMS**  
Command Information Chief

Last week, the Honorable Christine E. Wormuth, secretary of the Army, visited Fort Cavazos to witness training on the installation, discuss the progress that has been made when it comes to quality of life and learn about new programs/services.

This was Wormuth's second visit to the installation, with her first trip in June 2021.

"It's been a while since I have come back to Fort Cavazos," she shared during a press conference Jan. 31, "and I wanted to really come out and see how we are doing here at Fort Cavazos and the III Armored Corps to build combat power, to make sure that we're building up our readiness and see some of the the work that we're doing to kind of pivot from our focus on counterinsurgency and counterterrorism to

See **SECARMY**, A6



# Opportunities abundant at CRDAMC

BY COL. GARRICK CRAMER.  
CRDAMC commander

Fort Cavazos Soldiers, families and retirees, this month we celebrate Black History Month to honor and recognize the sacrifices of so many Americans who advanced the rights for millions in our great nation.

Also, in February the Army Nurse Corps celebrates its 123rd Birthday. Since the corps was established in 1901, more than 100,000 Americans have served in the Army Nurse Corps, saving lives on the battlefield to aiding our wounded heroes recovery at home.

In the last month, we have advanced services to enhance access. Soldiers can receive optometry care at Thomas Moore, Bennett Health Clinic and Russell Collier Health Clinic. Also, the Sleep Medicine Clinic relocated from the Shoemaker Center to the main

hospital on the second floor. We recently updated the obstetrics team with more capacity. If you would like more information on our services, visit us at [darnall.tricare.mil](mailto:darnall.tricare.mil).

In December, the TRICARE open season enrollment closed. If you changed your TRICARE plan, the effective date was Jan. 1. You may be eligible to change your plan outside of the open season window if you have a qualifying life event, such as a marriage or retirement. For more information, visit [www.tricare.millifevents](http://www.tricare.millifevents). I encourage you to contact our Beneficiary Services Office if you have any questions. The Beneficiary Services Office is located in the Shoemaker Center, Building 36000 Shoe-

maker Lane or call at 254-288-8155.

We are hiring. If you are a current healthcare worker or are looking to enter the healthcare field, we have great opportunities. We offer competitive pay, paid time off, medical and dental insurance, retirement plans and have a fantastic team.

We are currently hiring social workers, registered nurses, licensed practical nurses, medical support assistant (receptionists), call center agents and more. Go to [USAjobs.gov](https://www.usajobs.gov)—search “DHA” in the keyword box and “Fort Cavazos” in location. Care and concern!



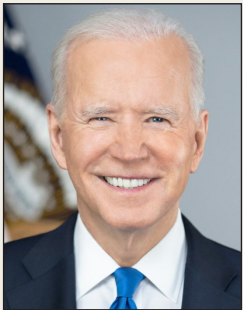
Garrick Cramer

# February is National Black History Month

BY JOSEPH BIDEN JR.  
President of the United States

This National Black History Month, we celebrate the vast contributions of Black Americans to our country and recognize that Black history is American history and that Black culture, stories and triumphs are at the core of who we are as a nation.

The soul of America is what makes us unique among all nations. We are the only country in the world founded on an idea. It is the idea that we are all created equal and deserve to be treated with equal dignity throughout our lives. While we still grapple today with the moral stain and vestiges of slavery — our country’s original sin — we have never walked away from the fight to fully realize the promise of America for all Americans. Throughout our history, Black Americans have never given up on the promise of America. Unbowed by the forces of hate and undaunted as they fought for centuries against slavery, segregation and injustice, Black Americans have held a mirror up to our nation, allowing our country to confront hard truths about who we are and pushing us to live up to our founding ideals. They have helped redeem the soul of our nation, ensuring the promises in our founding documents were not just words on a page, but a lived reality for all people. In the process, the vibrancy of Black history and culture has enriched every aspect of American life.



Joseph Biden

Since taking office, the vice president and I have worked to continue this legacy of progress and lay down a foundation for a stronger, more equitable nation. On my first day as president, I signed a historic executive order on Advancing Racial Equity and Support for Underserved Communities Through the Federal Government. In February 2023, I signed an additional executive order to acknowledge the unbearable human costs of systemic racism and to direct the entire federal government to advance equity for those who have been historically underserved, marginalized and adversely affected by persistent discrimination, poverty

and inequality, including the Black community. That includes building an economy that grows from the middle out and bottom up, not the top down. So far, we have created more than 14 million jobs and in 2023, the Black unemployment rate was lower than in any other year on record.

We are addressing historic health inequities for Black Americans by making systemic changes to our health care systems that increase healthcare access while lowering costs. Today, more Black Americans have health insurance than at any previous time in American history. We are working to address the Black maternal health crisis — ensuring dignity, safety and support for Black moms. The vice president has helped elevate this critical issue to a national priority by calling on states to extend Medicaid postpartum coverage from two months to one year.

My administration is also working to close racial gaps in education and economic opportunity. To that end, we have delivered more than \$7 billion in funding for historically Black colleges and universities and are working to expand access to home-ownership — a major source of generational wealth for families — while aggressively combating racial discrimination in housing. Our update to the Thrifty Food Plan is keeping 400,000 Black kids out of poverty every month and making sure millions more have enough food to eat. By 2025, we are working to ensure that 15% of federal contracting dollars goes to small disadvantaged businesses, including Black-owned small businesses. We are also replacing poisonous lead pipes so every American can turn on a faucet at home or school and drink clean water.

To deliver equal justice under the law, we are appointing judges to the federal bench who reflect all of America, including Supreme Court Justice Ketanji Brown Jackson and more Black women to the federal circuit courts than all previous administrations combined. I also signed a historic executive order that implemented key elements of the George Floyd Justice in Policing Act: banning chokeholds

and restricting no knock warrants by federal law enforcement, creating a national database of officer misconduct and promoting effective and accountable community policing that advances public trust and safety. I also signed the first major gun safety legislation in nearly 30 years as well as a long-overdue law to make lynching a federal hate crime in Emmett Till’s name. My administration continues to call on the Congress to pass the John Lewis Voting Rights Advancement Act and the Freedom to Vote Act to secure the right to vote for every American.

Today, I am reminded of something Amelia Boynton said when reflecting on her march across the Edmund Pettus Bridge on what would be known as Bloody Sunday: “You can never know where you’re going unless you know where you’ve been.” America is a great nation because we choose to learn the good, the bad and the full truth of the history of our country — histories and truths that we must preserve and protect for the next generation. This National Black History Month, as we remember where we have been, may we also recognize that our only way forward is by marching together.

Now, therefore, I, Joseph R. Biden Jr., president of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2024 as National Black History Month. I call upon public officials, educators, librarians and all the people of the United States to observe this month with relevant programs, ceremonies and activities.

In witness whereof, I have hereunto set my hand this thirty-first day of January, in the year of our Lord two thousand twenty-four, and of the Independence of the United States of America the two hundred and forty-eighth.

# President acknowledges American Heart Month

BY JOSEPH BIDEN JR.  
President of the United States

This American Heart Month, we recommit to promoting heart-healthy lifestyles, expanding access to quality health care and breaking new bounds in heart disease research and treatment.

Each year, heart disease takes the lives of nearly 700,000 Americans. It is the leading cause of death in our country. Too many of us are familiar with the pain of losing a loved one to a heart attack, stroke or coronary heart disease. There is still hope, however: With the adoption of a healthy lifestyle and access to good health care, these conditions can often be prevented and lives can be saved.

That is why my administration is committed to giving families the tools they need to stay healthy. In 2022, we hosted the first White House Conference on Hunger, Nutrition, and Health in more than 50 years and released a national strategy to end hunger and reduce diet-related diseases by 2030. Our strategy includes improving food access and affordability by providing free, healthy meals to millions of students, expanding incentives for fruits and vegetables in the Supplemental Nutrition Assistance Program, and expanding Medicaid and Medicare coverage to provide nutrition and obesity counseling.

I have often said that health care should be a right, not a privilege. Every American deserves access to the health care and treatment they need. In 2022, I was proud to sign the Inflation Reduction Act, which, once in effect, will cap the total out-of-pocket drug costs for seniors and others with Medicare at \$2,000 per year, saving nearly 19 million families an average of \$400 per year. I have

also improved access to dental services for people with Medicare who need certain cardiac procedures. These measures ensure that people on Medicare who have heart disease will be better able to access the preventative services and treatments they need.

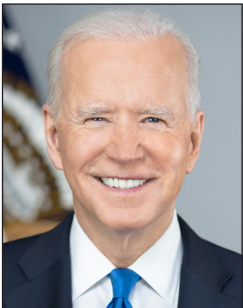
Additionally, we are working to advance new breakthroughs on a range of diseases. Our Advanced Research Projects Agency for Health is working to accelerate major biomedical innovations in preventing, detecting and treating life-threatening conditions like Alzheimer’s, diabetes and cancer. This is the kind of progress that can lead to new advancements for cardiovascular diseases.

It is also important for every American to be aware of individual actions we can take to keep our hearts healthy: Exercising regularly, eating well, managing weight and avoiding smoking or vaping are proven to reduce the risk of cardiovascular disease. Experts also recommend that everyone should learn the warning signs of a heart attack and stroke and that they should consult a doctor if they experience risk factors or symptoms.

During American Heart Month, may we remember the lives of all those who have been lost to heart conditions and all the people who live with these conditions each day. My administration will continue working to put a heart-healthy lifestyle within the reach of every American.

To learn more about heart health, please talk to your health care provider or visit [CDC.gov/heartdisease](https://www.cdc.gov/heartdisease).

In acknowledgement of the importance



Joseph Biden

of the ongoing fight against cardiovascular disease, the Congress, by Joint Resolution approved December 30, 1963, as amended (36 U.S.C. 101), has requested that the President issue an annual proclamation designating February as “American Heart Month.”

Now, therefore, I, Joseph R. Biden Jr., president of the United States of America, do hereby proclaim February 2024 as American Heart Month. I and invite the governors of the States, the Commonwealth of Puerto Rico, officials of other areas subject to the jurisdiction of the United States and the American people to join me in recognizing and reaffirming our commitment to fighting cardiovascular disease and extending the promise of a long and healthy life across this country.

In witness whereof, I have hereunto set my hand this thirty-first day of January, in the year of our Lord two thousand twenty-four, and of the Independence of the United States of America the two hundred and forty-eighth.



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# Speakers discuss sustainment during symposium

BY BLAIR DUPRE

Sentinel News Editor

Soldiers and civilians alike met Jan. 30 at the Mission Training Complex for the Sustainment Symposium.

The event provided attendees with an overview of sustainment efforts at Fort Cavazos, as well as open the floor for discussion.

The symposium featured three guest speakers, Maj. Gen. Davis Wilson, Army Sustainment Command commander, Dan Reilly, deputy to the Army Sustainment Command commander, and retired Maj. Gen. Aundre Piggee, former deputy



Photos by Blair Dupre, Sentinel News Editor

Maj. Gen. Davis Wilson, Army Sustainment Command commander, speaks to the Sustainment Symposium attendees Jan. 30 at the Mission Training Complex.

chief of staff of the Army for logistics, who discussed many topics including ASC lines of efforts and division sustainment synchronization.

Wilson highlighted what the ASC does — installation logistics support, enterprise logistic support and APS management — before explaining what sustainment units are for.

“We are for building and preserving readiness, to set the tactical, operational and strategic level for our United States Army,” he said. “How do we do that? By integrating, synchronizing and delivering these capabilities during joint all-domain operations. At the end of the day, all of you, that’s our credentials. The partnership that you establish across our Army and across the enterprise in the joint force.

“That’s how we ensure that our supporting commanders’ operations are never constrained because of logistics and sustainment,” Wilson added. “At the end of the day, we’ve got to be able to sustain the Army, joint and multi-national force to adaptive logistics.”

Reilly spoke on the topics of Army prepositioned stocks, remote maintenance and distribution cell — Ukraine, rapid removal of excess and he gave an overview of installation logistics baseline services.

“I asked if I could talk about some specific missions that we do, that nobody else does,” he said. “It’s always good to get together and go, ‘I know what you may have heard, but here’s what’s going on.’ There’s only one ASC.”

Soldiers expressed their thoughts and asked Reilly questions throughout his presentation.

When Piggee took the podium, he spoke about ways to streamline sustainment processes, using technological advances to the benefit of readiness and the Trans Arabian Network among other topics including recruitment and retention.

“It’s developing relationships with our young men and women,” he said when asked about what sustainment Soldiers can do for retention. “Today’s young Soldiers are different from when most of us came into the military. We have to be more understanding and better understand what makes them tick, what their priorities are and what’s important to them. If we’re going to be able to retain the best and the brightest we have to understand them.”

Piggee went on to speak about the importance of readiness within the realm of sustainment operations and how it can affect the Army, both present and future.

“One of the things that stays constant in our business ... continues to be building readiness,” he said. “It was number one 110 years ago, 20 years ago ... and continues to be the number one priority as we continue to work to protect and sustain an expeditionary Army. Our Army must continue to focus on finding new ways to set the global theaters to improve force projection so we can engage more quickly.

“It’s our responsibility to improve the battlefield for those that come after us,” he added, “so we must stand shoulder to shoulder in every phase of operational planning to ensure our warfighters take good ... consideration of sustainment capabilities that must be in theater.”



Dan Reilly, deputy to the Army Sustainment Command commander, answers a question during the Sustainment Symposium Jan. 30 at the Mission Training Complex.

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# BOSS recognizes unit representative of quarter



Photos courtesy of Cpl. Kandice Pritchard-Harmon, BOSS president

**ABOVE LEFT**, Sgt. Miguel Pinto-Colon, 3rd Cavalry Regiment team leader; Spc. Bode Wooley, Better Opportunities for Single Soldiers vice president; Pfc. Brandon Teso, Steel Squadron, 3rd Cav. Regt., unit BOSS representative; Cpl. Kandice Pritchard-Harmon, BOSS president; 1st Lt. Landry Songer, 3rd Cav. Regt. squadron leader; and Sgt. Miguel Zubiri, 3rd Cav. Regt. team leader; pose together after Teso was recognized as BOSS unit representative of the quarter Jan. 25 at BOSS Headquarters. He was the BOSS representative who had the most single Soldier participants in BOSS events for the quarter. Teso's unit single Soldiers will receive a free pizza party hosted at BOSS Headquarters, complete with food, drinks and games to celebrate. "I just want to thank the Fort Cavazos BOSS Program for their ongoing support to not just 3CR, but to Fort Cavazos in general," Teso said. "It means a lot to know that I can help my fellow Soldiers have a home away from home through this program." **ABOVE RIGHT**, Pfc. Brandon Teso, BOSS representative for Steel Squadron, 3rd Cavalry Regiment, volunteers with the program Sept. 23, 2023, gathering trash in the downtown Killeen area. "Private First Class Teso has shown true motivation, dedication and contributions in exceeding in his duties as a unit BOSS rep, as well as being the president of the Fort Cavazos BOSS Poker Club, giving him a road to leadership for all four pillars of our program," said Cpl. Kandice Pritchard-Harmon, BOSS president. **BELOW**, Pfc. Brandon Teso, BOSS representative for Steel Squadron, 3rd Cavalry Regiment, leads Poker Club Night Jan. 19 at BOSS Headquarters.



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# From battlefield to big screen: Vincent Vargas discusses service, transition, triumph in ‘Borderline’ Book Tour

BY ERIC FRANKLIN

Fort Cavazos Public Affairs

During his recent visit to the Great Place, veteran and former U.S. Customs and Border Protection agent turned actor, Vincent Vargas, brought more than just the glitz and glamour of Hollywood. Promoting his new book “Borderline: Defending the Home Front,” Vargas seized the chance to reconnect with his military roots, engaging in heartfelt discussions with Soldiers at the Noncommissioned Officer Academy at Fort Cavazos and later signing copies of his book at the Fort Cavazos Main Exchange.

Vargas’ visit to the Great Place was about more than just promoting his book. It was also a testament to his lasting commitment to service, relentless pursuit of personal growth and enduring connection with the military community he once served.

In a setting where his military past and current celebrity status merged, Vargas openly shared the details of his journey — from his intense days in the military to his challenging role in the Border Patrol and, finally, his leap into the

entertainment industry.

Reflecting on his time at the NCO Academy, Vargas mentioned how impactful it was to interact with active-duty Soldiers.

“It was cool to see some of the things I said resonate with some of the Soldiers,” he commented, emphasizing the continued relevance and respect for military service today.

Transitioning from a life of structured service to the unpredictable world of civilian careers is often a complex process.

Speaking frankly about his journey, Vargas shared, “I don’t know if it’s a successful transition... I think I’m still transitioning.”

He credited the invaluable lessons and skills gained from his military experience for much of his success in film and television.

In “Borderline: Defending the Home Front,” Vargas explores the intricate and often misunderstood world of the Border Patrol, illuminating the complexity of the daily roles and decisions that agents face. “The average person doesn’t really understand what the Border Patrol is, as well as it’s

duties and what it’s expected to do,” he explained, aiming to narrow the gap between public perception and the stark realities of border security.

Addressing the critical issue of mental health, particularly prevalent in military and law enforcement careers, Vargas stressed the importance of prioritizing wellness and actively seeking support. Drawing from his journey towards healing and resilience, he encouraged others to develop a personalized toolkit for navigating life’s challenges.

“The pursuit of wellness is valuable for everyone,” Vargas stated, acknowledging his own struggles in overcoming the cultural stigma against seeking help, a sentiment often intensified in the military community.

During discussions about his diverse career and personal growth, Torres Espinosa provided a heartfelt endorsement, reflecting on her time under Vargas’ leadership during the book signing.

“He was my platoon sergeant, one of the greatest I had,” said Sgt. Jennifer Torres Espinosa, 1st Cavalry Division. “(He’s) an amazing person, a great leader, very knowledgeable. He has a great heart.”



Photos by Eric Franklin, Fort Cavazos Public Affairs

U.S. Army veteran and former U.S. Customs and Border Protection agent turned actor Vincent Vargas, speaks with a group of Soldiers at the Noncommissioned Officer Academy.



Sgt. Jennifer Torres Espinosa, 1st Cavalry Division, stands with Vincent Vargas, her former platoon sergeant and former U.S. Customs and Border Protection agent turned actor, during a book signing event Jan. 25 at the Fort Cavazos Main Exchange.

LLUEVA O TRUENE, MIS MEDICINAS NO SE AGOTARÁN.

1

ANTICIPA TUS NECESIDADES

2

HAZ UN PLAN

3

HABLA CON TUS CONOCIDOS

Quando se habla de desastres y emergencias, no se trata de qué pueda pasar, sino cuándo. Hay que estar preparado para tener una mejor historia que contar.

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# Dining Facility Operations Schedule

Feb. 2024

For the most updated schedule, visit [home.army.mil/cavazos](https://home.army.mil/cavazos)

OPEN (Breakfast, Lunch & Dinner)

OPEN (Brunch & Supper)

CLOSED

HOLIDAY

**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		

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.

**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		

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.

**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		

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.

**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		

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 May 1.

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.

**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		

Breakfast: 7:30-9 a.m. Monday-Friday  
Lunch: 11:30 a.m.-1:30 p.m. Monday-Friday  
Dinner: 5-6:30 p.m. Monday-Friday  
Food Advisor: WO1 Greene: 843-901-0280

(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		

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 only for overflow.  
(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		

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

The Outpost Food Truck will support dinner Jan. 26-29 in the parking lot.  
(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	28	29		

BRK, LUN, DIN: 8 a.m.-8 p.m. Monday-Friday  
WR Manager: SFC Smith: 254-288-3681

(WNL): 8 a.m.-6 p.m.

**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		

Breakfast: 7:30-9 a.m. Monday-Friday  
Lunch: 11:30-1 p.m. Monday-Friday  
Dinner: Closed  
Food Advisor: WO1 Greene: 843-901-0280

Installation Food Service: 287-6595

III Armored Corps Food Service: 287-0573

Division Food Service: 287-3134

Veterans Crisis Line

1-800-273-8255

PRESS 1



# Deployment provides opportunity to showcase readiness



Photo by Staff Sgt. Darrell Stembridge, 1st Cav. Div. Public Affairs

Troopers from 1st Armored Brigade Combat Team, 1st Cavalry Division, train on holding defensive positions during their rotation in July 2023 at the National Training Center at Fort Irwin, California.

**Deployment:** *Continued from A1*

“This is a great opportunity to demonstrate the First Team’s readiness and clearly highlights and reinforces America’s military commitment, which I know every trooper will embrace with professionalism and dedication,” said Maj. Gen. Kevin D. Admiral, commanding general of the 1st Cav. Div. “The 1st Cavalry Division is set and focused on strengthening bonds with our NATO allies through tough, realistic training.”

Approximately 5,500 1st Cav. Div. troops and more than 2,000 pieces of equipment will travel halfway around the globe to take part in joint and multinational training while supporting NATO allies and partners in the region.

All units are part of a planned rotation of forces to support the United States’ commitment to NATO allies and partners.

# Program helps veterans transition into civilian workforce



Photo by Janecze Wright, Sentinel Living Editor

Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, and city of Killeen Mayor Debbie Nash-King collaboratively cut a celebratory cake at the conclusion of the ceremony Jan. 30 at Killeen City Hall to sign a partnership agreement for the U.S. Army Partnership for Your Success program.

**PaYS:** *Continued from A1*

partnership with the Army is designed to assist military recruiting efforts and “connect America with its Army.”

Stokes shared that as a former professor of military science, she understands the importance of the PaYS program to cadets and stressed the importance of the initiative for veterans.

“This program helps veterans leverage their skills, training and discipline gained through their military service,” she explained. “Programs that help veterans identify, leverage and articulate their skills assists both veterans and employers in recognizing the value veterans bring to various industries.”

“We know the city of Killeen will continue to help veterans successfully navigate the transition from boots and camo to civilian workforce wardrobe,” Stokes continued. “And, we’re excited about how this program will strengthen the bond between our military installation and the city of Killeen.”

Fuentes began his speech by expressing his gratitude for a program that aligns with the Army mission and cultivates

lasting relationships.

“Today, I’m honored to discuss a program that not only supports the Army recruitment efforts, but also fosters strong connections between our Soldiers and the civilian workforce,” he said. “The Partnership for Your Success program exemplifies the Army’s unwavering commitment to its personnel in our community.”

As he closed, Fuentes reaffirmed the sentiments conveyed by Nash-King.

“PaYS is a win-win opportunity for everyone involved,” he reiterated. “As we leave this gathering, let us take with us the conviction that our actions today contribute to a legacy of performance and opportunity. By championing programs like PaYS, we are not just investing in the future of Soldiers; we are shaping and investing in our community as a whole.”

Nash-King and Stokes signed the agreement, cementing the partnership between the city of Killeen and the Army. Nash-King excitedly hoisted a commemorative plaque above her head in celebration of the event.

The ceremony concluded with refreshments as Nash-King and Stokes used a saber to cut a celebratory cake.

# SECARMY vists People First Center, Pegasus Troop

**SECARMY:** *Continued from A1*

large scale combat operations.

“And then, I also really wanted to look at a lot of the quality of life issues that are so important to our Soldiers and our families,” Wormuth continued. “There’s obviously been a lot of work done, not just here at Fort Cavazos in the wake of the Fort Hood Independent Review Commission, but frankly, all across the Army at our installations all across the country and around the world.”

Her visit initially began meeting with Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general, and III Armored Corps and garrison staff to discuss quality of life items, such as the changes surrounding the Newcomers Orientation and the beta testing for both the new MyArmy Post app and the Cavazos Connector.

During this time, Fort Cavazos leadership highlighted the importance of these initiatives and their impact on Soldiers and their families.

Wormuth then dedicated the entirety of her second day to focusing on quality of life.

She began with a visit to the People First Center, where she toured the facility and engaged with leaders, Soldiers and civilians involved in its programs. Wormuth watched a suicide prevention performance, which underscored the center’s commitment to holistic support, offering unit transformation, empathetic leader training and equal opportunity and sexual harassment/assault prevention training.

“(The People First Center) has had more than 10,000 Soldiers go through (the training),” she said. “The cadre, the teachers, the instructors, the facilitators were incredibly impressive. And I think that’s a really, really important piece that’s been put in place here in Fort Cavazos.”

The day continued with visits to the Culinary Outpost Food Kiosk and the Black Jack Dining Facility, providing Wormuth

with insights into the dining experiences of Soldiers. During lunch, she engaged in a sensing session with Soldiers to better understand their perspectives and concerns.

The first 90 days of a Soldier who has in-processed at Fort Cavazos is currently a large focus for Fort Cavazos leadership; changes in the process itself have been implemented throughout the last year, along with requirement for every Soldier to attend the Fort Cavazos Newcomers Orientation.

The newcomer’s brief was revamped to ensure Soldiers and family members receive all the information they need for life at the Great Place.

These changes could also be felt during Wormuth’s visit to Pegasus Troop, 1st Cavalry Division.

Pegasus Troop was created in November 2021 in an effort to integrate and welcome Soldiers and their families to the 1st Cav. Div. The reception company serves as a way to minimize issues that Soldiers often have during a permanent change of station; this is conducted through an eight-day integration program.

“One of the things that made the biggest impression on me is the work that III Armored Corps is doing to receive new Soldiers and families and get them ready before they go into the unit, make sure they have things like bank accounts, make sure that they have sorted out their pay situation set up, make sure that people know what resources are available in terms of daycare for their children, in terms of getting enrolled in schools,” Wormuth stated. “The 1st Cavalry Division actually has a program called the Pegasus Integration Program that’s an eight-day program to receive new Soldiers coming into 1st Cav. and get them all set before they ever go to the unit. And, I think that really rigorous reception approach is going to set us up for success.”

During those eight days, Soldiers complete any administrative actions they need, participate in the Army Combat Fitness Test, a Leaders Reaction Course, Sexual Assault/Harassment Response and Pre-

vention Program and Equal Opportunity, among other online training and events, to ensure everything is done before reporting to their units.

Impressed by the rigorous reception approach and success stories like the Pegasus Integration Program and the People First Center, Wormuth highlighted the importance of identifying the best practices for replication across the Army.

“One of the things I try to do is find best practice,” she shared. “And if something is really working well, like the Pegasus integration reception here or the People First Center, we can look at how can we replicate that in other places across the Army.”

Last in the day, Wormuth visited the Family Advocacy Program and the Fort Cavazos Criminal Investigation Division.

“I would say there is a lot of work being done here across the board to take care of Soldiers and families,” she concluded.

Army Software Factory, with Army Futures Command in Austin, Texas, is requesting that Soldiers and families stationed at Fort Cavazos download the MyArmy Post app from their phone’s app store to share thoughts and suggestions. All input helps enhance services and support for the Great Place community.

Additionally, everyone at Fort Cavazos can now take advantage of the Cavazos Connector, now in its initial operating phase. Barracks Zone 1 and the circulator route are currently available to all Department of Defense ID card holders. Visit [facebook.com/fortcavazosarmy](https://facebook.com/fortcavazosarmy) for more details on routes and schedules.



Photo by Sgt. David Resnick, Office of the Secretary of the Army

Secretary of the Army Honorable Christine E. Wormuth presents a challenge coin to Rhonda Shabazz, Victim Advocate Program manager with Army Community Service, Family Advocacy Program, Jan. 31.



**BY JIM GARAMORE**  
DOD News

“Although we continue to evaluate, we currently assess that we had good effects and the strikes destroyed or functionally damaged more than 80 targets at the seven facilities,” he said. “The number of casualties is still being assessed.”

Coalition forces targeted 13 locations, striking 36 Houthi targets. These included buried weapons storage facilities, missile systems and launchers, air defense systems and radars. These are capabilities the Houthis use to attack international merchant and naval vessels in the region, Ryder said.

“(The Houthis) live in the same physical plane that we do,” he said. “And they have a finite amount of capability. The question is: How much of that capability they want to sacrifice to a doomed cause? Because we’ll continue to diminish and disrupt that capability in the sake of working with international allies and partners to ensure that mariners can safely transit.”



A Navy ship launches missiles Saturday in the Red Sea. On Saturday, U.S. forces along with forces from the United Kingdom, Australia, Bahrain, Canada, Denmark, the Netherlands and New Zealand hit targets in Houthi-controlled areas of Yemen.

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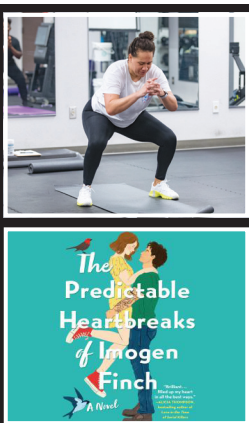


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Photos by Janecze Wright, Sentinel Living Editor

The unassuming entrance of BeeMaRosa, Belton’s newest winery and vineyard, belies the spacious vineyard in the back of the venue.

# Belton winery promises to ‘Bee’ new favorite

BY JANECEZ WRIGHT  
Sentinel Living Editor

**BELTON, Texas** — On my drive home from a visit to Waco, Texas, I was surprised to see a banner advertising a new winery in Belton, Texas, of all places.

My curiosity, but more so my love of wine and good wineries, along with its proximity, prompted me to pay BeeMaRosa Vineyard and Winery a visit.

Located at exit 292 on IH-35, across from the Bell County Expo Center, BeeMaRosa is a much shorter drive than traveling to Fredericksburg, Texas, known as the Texas Wine Country, for its variety of vineyards and wineries.

As my friend Sasha and I pulled up to the unassuming building, we were struck by how much it resembled a regular home. But upon entering, we were greeted by a cozy interior, a small bar displaying many of the available wines and Manager Chris Joyce who provided some background on Central Texas’ newest winery.

As he gave us a guided tour, he explained that the building was a rented office space when owners Madhavar “Reddy” Beeram, a pediatrician, and his wife Sharon, a retired nurse, decided to re-invent the building and the plot of land into their vision of a vineyard.

“They consulted with Texas A&M back in 2021 to see if they could grow grapes here on the property and Texas A&M said, ‘yes, you can, this land is conducive for it, go for it,’” Joyce recounted.

The five-and-a-half-acre vineyard and winery has been a labor of love ever since, and after a laborious growing season, the vineyard produced more than 1,200 bottles of wine in 2022 to share



A “Winery” embossed flower box sits at the center of the garden at BeeMaRosa Vineyard and Winery, with Adirondack chairs that face the tidy vineyard.

with the public during BeeMaRosa’s grand opening in March 2023.

The inside of the venue features a welcoming seating area and a couple of large rooms that can be used for gatherings and celebrations, or a nice quiet place to enjoy your wine of choice.

Before we made our way outside, we asked about the unique name of the establishment and Joyce explained that it was derived from the couple’s last

name. I thought that was a nice, personal touch.

The outside area was surprisingly spacious with picnic style tables on a stone paved patio that led to a sprawling lawn dotted with flowers, garden décor and chairs.

Just beyond the patio is a quaint little bridge that leads to a small vineyard with tidy rows of 1,200 plants harvested to create robust reds such as

Pinot Noir, Cabernet Franc, Malbec and Cabernet Sauvignon and crisp whites like Pinot Grigio, Chardonnay, Reisling and Moscato.

The vineyard currently grows four varieties of grapes used to create their wines: Tempranillo and Cabernet Sauvignon, which were chosen because of their success in Central Texas, Petite Sirah and Tannat.

The venue also features a detached garage converted into a comfortable wine lounge, complete with a big screen TV, chairs and a fireplace.

After sampling of few of the offerings, my friend and I opted to share a bottle of Moscato, a slightly sweet white wine, and a charcuterie platter with an assortment of fresh and dried fruit, cheeses, olives, crackers and chocolates, in the wine lounge while watching a football game.

The venue offers much more than an assortment of wines guests can sample from a tasting menu or enjoy by the glass or bottle.

From weddings in front of the picturesque grape vines and dinner served al fresco on the patio or in the wine lounge to intimate celebrations inside or boisterous festivities outside, the ambiance at BeeMaRosa is the perfect backdrop to commemorate any special occasion.

The establishment is open from noon to 8 p.m. Monday through Saturday and noon to 7 p.m. on Sundays.

Visit [beemarosa.com](http://beemarosa.com) for more information, contact them at 254-913-6856 or drop by for a visit.

The wine was delicious, but knowing its backstory makes BeeMaRosa even more appealing, and I plan to visit again soon.



BeeMaRosa Manager Chris Joyce presents my friend Sasha White with a bottle of the winery’s Moscato. We decided to share a bottle during our visit.



A spacious patio provides just enough shade to enjoy wine al fresco and take in the views at BeeMaRosa Vineyard and Winery, Belton’s newest winery.



# Fort Cavazos Chaplain Family Life Training Center: Organization pioneers comprehensive support for Soldiers, families

BY ERIC FRANKLIN  
Fort Cavazos Public Affairs

The Chaplain Family Life Training Center at Fort Cavazos has become pivotal for the mental health and spiritual welfare of military personnel.

Renowned for its innovative pastoral counseling and mental health support, the center is redefining chaplaincy within the U.S. Army.

The Chaplain Family Life Training Center is more than a training facility; it is a testament to the Army's commitment to its service members and their families. It offers a sanctuary where Soldiers and their families can receive counseling and nurture spiritual resilience. The center's chaplains are skilled in navigating the multifaceted challenges of

military life, providing comprehensive mental, emotional and spiritual support.

Key figures, such as Deputy Garrison Chaplain (Maj.) George Tiger, Chaplain (Maj.) Timothy Won, the deputy director for the Chaplain Family Life Training Center, and Chaplain (Maj.) Dan Bowen, the family life chaplain for the garrison, are revolutionizing support for Soldiers and their families. Their efforts were highlighted in the "Great Big Podcast," which showcased the center's significant impact on the military community.

Tiger's transition from civilian ministry to military service underscores his adaptability and commitment, reflecting a deep connection to military life. He served in the Army from 1985 to 1989, and then returned, in 2007, as a chaplain after taking a small hiatus.

"I found myself drawn back to the military because of my personality style and love of being outdoors and active," he said. "I had the skill set and the calling to serve in the United States Army far more than I had to serve in civilian ministry."

During the podcast, Won emphasized his team of chaplains' distinctive approach to supporting and enhancing marriage relationships. Understanding the complex dynamics of couples' interactions, these chaplains are spiritual guides and trained therapists.

"Our chaplains have specialized training in emotionally focused therapy," Won explained. "They also use Eye Movement Desensitization and Reprocessing to address trauma."

This comprehensive training prepares them to tackle the various challenges that couples

may encounter. Won shared the effectiveness of these techniques with pride.

Now serving as a family life chaplain for the Fort Cavazos Garrison and having benefited from the center's rigorous training, Bowen offered his perspective on the chaplains' transformative journey.

"We join a community of mental health providers," he remarked. "I feel privileged to have received this training, which enables me to assist a Soldier or family member."

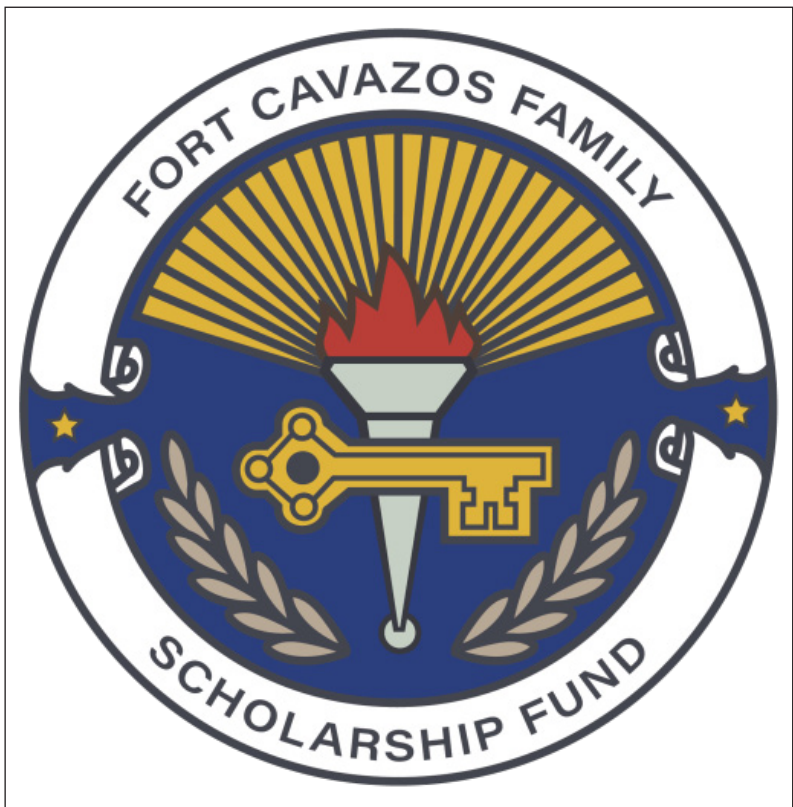
Bowen's statement reflects the center's holistic approach, where spiritual guidance meets professional mental health support, cultivating a resilient and supportive military community.

Listen to the full interview by visiting [thegreatbigpodcast.com](https://thegreatbigpodcast.com) or wherever you listen to podcasts.



Chaplain (Maj.) Timothy Won, deputy director for the Chaplain Family Life Training Center, speaks with Sgt. 1st Class Kendra Brandon at the Fort Cavazos Religious Support Office.

## Scholarship deadline approaches



Jessica Vitale receives a \$5,000 scholarship from the Fort Cavazos Family Scholarship Fund in May 2023. Those who receive a scholarship will be notified in mid-April and will find out the dollar amount of the scholarship at the award ceremony in May when it is presented to them..

BY BLAIR DUPRE  
Sentinel News Editor

The deadline to apply for a scholarship from the Fort Cavazos Family Scholarship Fund is just around the corner on Feb. 16.

The Fort Cavazos Family Scholarship Fund is a nonprofit organization that provides a scholarship opportunity for high school seniors in the Fort Cavazos community that are pursuing their first undergraduate degree. The applicants must be military affiliated in order to qualify for a scholarship.

Angel Eagen, president of the FCFSE, is eagerly awaiting for the influx of applications that the organization typically sees within a week of the deadline.

"The majority of our applications are submitted in the last week, before the due date," she said. "We

are anticipating a high flux of applicants the week of Feb. 12."

This year's 500 to 750-word essay topic challenges applicants to choose a quote that inspires or speaks to them or to who they are, then explain why they chose it and how it relates to them.

Eagen wants applicants to remember to allow time to take the military affiliation verification step, as it is different from previous years, and she shared a tip given by the previous selection committee.

"Starting this year, we are now verifying military affiliation through Sheer ID; this is an additional step to be completed separate from the application," she explained. "A recommendation from our previous selection committee suggests having a friend, parent or another adult proofread the essay to ensure the thought flows from paragraph

to paragraph."

She said it has been great, for the organization, seeing a few early applications roll in since they opened applications in November 2023.

"It brings each board member so much joy every time we receive an application," Eagen said. "I love serving on this board knowing how much it helps others to pursue academic goals."

Last year, the organization awarded 50 scholarships totalling \$83,500, the most money awarded in the organization's history. Eagen said the FCFSE would not be able to do what they do without the generosity of donors.

"We could not make such an impact without the support of our generous donors," she said. "We are accepting donations for this academic year until May 1. Together we can open doors that lead to an improved quality of life, career advancement and personal development."

Eagen said that completing scholarship applications and writing essays may seem daunting when there is so much going on, but it can be manageable and well worth the effort.

"My suggestion would be to set realistic goals," she said. "An example would be to complete or submit one application a week or break it down into smaller steps to accomplish your goal. Once you are approved for a scholarship and on the stage receiving the

award, you will be so proud that you took the time to complete it.

"Education is not just a means to acquire knowledge; it is a powerful tool that empowers individuals to become better versions of themselves," she added.

Eagen said applicants will be notified in mid-April if they received a scholarship, but will find out the dollar amount at the award ceremony in May. She added that it can be difficult for military children and spouses to receive scholarships, but the FCFSE is here to help.

"The Fort Cavazos Family Scholarship Fund is a tangible way to show our military families that their future is important and their sacrifice does not go unnoticed," Eagen stated. "Our scholarships play a pivotal role to make it possible to achieve higher education and enhance the overall well-being of our military families within the demands of this challenging lifestyle."

To apply for a scholarship, visit <https://www.fortcavazosscholarship.org/apply/apply-now/>.

Donations are tax-deductible and may be made online at [www.fortcavazosscholarship.org/sponsors/donate](https://www.fortcavazosscholarship.org/sponsors/donate).

If you are interested in sponsorship opportunities to support the FCFSE and to make a significant impact on the lives of military families, please contact Eagen at [president@fortcavazosscholarship.org](mailto:president@fortcavazosscholarship.org).

“Education is not just a means to acquire knowledge. It is a powerful too that empowers individuals to become better versions of themselves.”

– Angel Eagen, president of the Fort Cavazos Family Scholarship Fund

”



# Hybrid Training provides full body workout

**BY BLAIR DUPRE**  
Sentinel News Editor

Even more fitness classes, including Hybrid Training, continue to be added to the roster to give fitness enthusiasts at Fort Cavazos plenty of ways to meet their fitness goals.

Maryann Bickford has been teaching group fitness classes since 2015 and loves teaching people, no matter if it's their hundredth workout or their first.

"It's a passion (of mine) to see somebody get better and make that change in their lifestyle," she said. "Not just being fit, but healthy inside and out."

Bickford has left a lasting, positive impact on her students including Tiera Reid and Christina Elder, who both participate in the Hybrid Training class.

"Personally, I like it because it helps with my cardio," Reid said. "It's helped me perform better on runs. It, all around, works out everything."

Elder agreed.

"The variety of workouts keep you going and keeps it fun and keeps you motivated," she added. "Being able to test your physical

capabilities over and over again is what's really exciting about it."

Bickford said the class challenges the participant's endurance and she hopes to incorporate weights in the future.

Elder agreed the class does challenge your endurance, but she is looking forward to the challenge that using weights will present.

"I think there is a myth that women don't like to lift heavy, but that is absolutely not true," she stated.

Reid said the encouragement from Bickford and other participants makes the challenges a little easier and is a huge motivator to keep improving.

"No matter what level you're on, everybody just motivates each other to keep going higher," she shared. "It's awesome."

Bickford encourages those who are interested to come to her class and give it a try.

"Don't be scared," she reassured. "The hardest part is making that first step into the door. Once you do, that's why I'm here — to push and motivate you."

Reid and Elder agreed that taking the first step through the door is the most challenging, but it is very much so worth it.

"Once you start ... you're going to enjoy it," Reid said. "It's going to keep you motivated to keep going and keep coming back. (Bickford) is a great instructor."

The Hybrid Training Class takes place from 5:30 to 6:30 p.m. Mondays and from 9 to 10

a.m. Tuesdays at Starker Functional Fitness Center.

For the full list of fitness classes being offered at Fort Cavazos and their schedules visit <https://cavazos.armymwr.com/programs/group-fitness-classes>.



Photos by Blair Dupre, Sentinel News Editor

Maryann Bickford, Hybrid Training instructor, leads a condensed version of Hybrid training for fitness enthusiasts during Demo Day Jan. 27 at Starker Functional Fitness Center.



Maryann Bickford, Hybrid Training instructor, leads a group through her class on Jan. 23 at Starker Functional Fitness Center.



## FORT CAVAZOS CHAPEL SERVICES



**CATHOLIC**  
Sunday Mass, 9 a.m., Main Chapel, [www.facebook.com/FtHoodRomanCatholic/](http://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](http://www.facebook.com/Ft-Hood-Liturgical-Chapel-Service)

**SPANISH PROTESTANT**  
Alcance, Sunday, 1:30 p.m., Veterans OIF Chapel, [www.facebook.com/AlcanceFortHoodTX](http://www.facebook.com/AlcanceFortHoodTX)

**GOSPEL CONGREGATION**  
Gospel Service, Sunday, 11 a.m., Comanche Chapel, [www.facebook.com/ComancheChapel](http://www.facebook.com/ComancheChapel)

**TRADITIONS**  
Traditions Service, Sunday, 10 a.m., Ironhorse Chapel, [www.facebook.com/groups/fhtpus/](http://www.facebook.com/groups/fhtpus/)

**CHAPEL NEXT**  
Contemporary Service, Sunday, 11:15 a.m., Main Chapel, [www.facebook.com/ChapelNextFortHood](http://www.facebook.com/ChapelNextFortHood)

**OPEN TABLE**  
All-Inclusive Christian Chapel, [www.facebook.com/OpenTableChapel](http://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](http://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](mailto:vodiseklinn@gmail.com)

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

**NORTH FORT CAVAZOS**  
Call 254-286-5223 for service schedule and Bible Study

**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](http://www.facebook.com/FortHoodPWOC)  
Mothers of Preschoolers (MOPS), [www.facebook.com/FortHoodMOPS](http://www.facebook.com/FortHoodMOPS)  
Club Beyond-High School, Contact Frank Ayala, [fayala@clubbeyond.org](mailto:fayala@clubbeyond.org)  
Club Beyond-Middle School, Contact Frank Ayala, [fayala@clubbeyond.org](mailto: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](http://facebook.com/FortCavazosChaplain)\***

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

## WESTSIDE Baptist Church

### 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

Rev. Hallie Tolbert, Jr, Pastor

711 Stagecoach Rd, Killeen, TX 76542 • (254) 628-1004

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1-800-273-8255  
PRESS 1



# Parents have life-changing resources



Photos by Sgt. Alexander Chatoff, 89th Military Police Brigade Public Affairs

A Soldier and his spouse play with their children at the Bronco Youth Center as part of a New Parent Support Program event Jan. 17. The New Parent Support Program offers classes including a commonsense parenting class, a shaken baby syndrome prevention class, an infant care class and additional classes. However, their most sought-after asset is their home visitation resource.

**BY SGT. ALEXANDER CHATOFF**

89th Military Police Brigade Public Affairs

Having to balance the demands of the Army and establish a new routine with a new child at home makes raising children more difficult. New parents in the armed forces face a unique set of obstacles as they attempt to balance the demands of parenthood with their military obligations. In an effort to lessen the stress and strain that come with becoming a new parent, Fort Cavazos provides a wide range of resources, such as the Women, Infants and Children program, the Centering Pregnancy program and the New Parent Support Program, to Soldiers who are new or soon-to-be parents.

The New Parent Support Program offers classes including a commonsense parenting class, a shaken baby syndrome prevention class and an infant care class. However, their most sought-after asset is their home visitation.

“Our bread and butter is the home visitation we offer,” said Julie Rapp, a registered nurse for the New Parent Support Program. “If there is a pregnant service member or a spouse who has young children and needs extra guidance, support and education, that’s where we step in. We generally visit their home every other week to help on a myriad of issues, including education, breast feeding help through a lactation consultant and just communicating to the parents that they are doing a good job.”

A range of workshops are available to help new parents feel more at ease if they are uncomfortable with house visits. The infant care class is designed to teach expectant or newlywed parents the fundamental skills needed to meet their baby’s needs. Parents who attend classes taught by registered nurses get practical experience. The course covers diaper change, bathing, umbilical cord care, burping, infant feeding routines and methods for calming a crying baby.

New mom Spc. Megan Saucedo, Headquarters and Headquarters Company, 89th Military Police Brigade, explained the usefulness of the New Parent Support Program and her personal experience.

“While I was pregnant, my husband and I attended the infant care class that is offered by the New Parent Support Program,” Saucedo said. “The infant care class specifically was very useful for my husband and me. They had actual dolls, so we could practice the skills we needed to learn to

care for our kiddo. We learned things we need to expect, like how to teach our child sign language or behaviors babies do that help us understand what they want or need.”

The New Parent Support Program also offers a bootcamp for new or expecting fathers that aims to help dads understand their parental roles and responsibilities. It is an interactive class that gives hands-on experience on how to adapt to and cope with an infant. The class teaches fathers an introduction to pregnancy and lifestyle changes, effective strategies for helping mom and the baby, basic baby care and bonding for dads, shaken baby prevention education and coping strategies for crying babies.

“In our program, we also touch on the role of fatherhood and the impact of fathers through a boot camp class for dads,” Rapp said. “We understand that sometimes fathers can feel left out in the discussion of taking care of a new child, so we created resources for them as well.”

The New Parent Support Program provides care and information that should not be overlooked. The program is available for expecting parents or new parents with a child who is 0-3 years old.

“Being a parent can be very challenging, especially for those who are part of the armed forces,” Rapp said. “However, just because there are struggles that come with being a parent in the military, that does not mean you have to do it alone. Use the resources that are available to you and come visit the New Parent Support Program. We can help you in your expedition through parenthood.”

Fort Cavazos also offers the WIC nutritional program based on the income of service members. The program offers a payment card that goes towards a set amount of food based off the age of the child and the needs they have nutritionally. The WIC program offers classes for children who are struggling to eat as well.

“Each of our offices has a nutritionist for those basic nutrition questions for parents that are having issues getting their kids to eat,” said Megan Smith, the cite leader and nutritionist of the Fort Cavazos WIC program. “We also offer online nutritional classes that anyone can take, even if they do not receive WIC care.”

Classes are available to mothers or expecting mothers on the benefits of breast feeding. The classes are either in person or online and discuss things such as breastfeeding positions,



Expecting families have a group discussion on topics including baby names, epidurals and delivering their baby as part of the Centering Pregnancy program Jan. 29. The program is an evidence-based practice where a mother is placed in a group of eight to 12 expecting mothers who are due to deliver their child around the same time.

feeding patterns and baby cues for when they are hungry. The WIC program also offers classes for mothers who are actively breastfeeding, pumping and scheduling times to pump. The resources provided by the WIC program deserve careful consideration and utilization by all eligible families with children aged 0-5.

The Centering Pregnancy prenatal care program is meant for expecting mothers and fathers who want to be part of a community while being educated about pregnancy and postpartum. There are 10 sessions total, with each session lasting two hours. The mothers participate in activities and discussions about pregnancy, birth and new babies and have time to share experiences with other participants in the group. The program is an evidence-based practice where a mother is placed in a group of eight to 12 expecting mothers who are due to deliver their child around the same time.

“By having this group dynamic and by doing your prenatal care in this manner, research done by the Centering Pregnancy program over the last 30 years proves that it decreases preterm deliveries by 30–50%,” said Molly Hunter, the Fort Cavazos Centering Pregnancy coordinator and a registered nurse.

This program also offers the opportunity for guest speakers to provide valuable insights and expertise. These speakers include professionals such as nutritionists, physical therapists, anesthesiologists, pediatricians and dentists.

Throughout pregnancy, having a supportive network of family and friends can significantly ease the challenges that come with this journey.

“The key to the Centering Pregnancy program is that group connection and the support system,” Hunter said. “It is hard to have a baby, and it is especially hard in the military community. Whether you’re a Soldier and pregnant or a spouse and pregnant, you are welcome to join a circle of people in the same spot in life as you. And that does so much for an expecting pregnant person.”

The Centering Pregnancy program fosters a nurturing community environment that not only offers medical support but also cultivates a sense of belonging and camaraderie among expecting mothers. This program creates a space where women can share experiences, offer encouragement and receive support from peers and healthcare professionals, ultimately promoting emotional well-being and a sense of solidarity during this transformative time.

Managing the demands of the Army while pregnant or having a new child at home is a very common responsibility for those in the armed forces. Through the difficulties that come with being a parent in the Army, Fort Cavazos offers ever-expanding and accessible programs for families to take advantage of. The New Parent Support Program, the WIC program and the Centering Pregnancy program are here free of charge for all military families who are starting the new part of life, parenthood.



**Whether you’re a Soldier and pregnant or a spouse and pregnant, you are welcome to join a circle of people in the same spot in life as you.**

– Molly Hunter,

Fort Cavazos Centering Pregnancy coordinator and a nurse



# Guest speaker inspires action for 20th Eng. Bn.

**BY STAFF SGT. MARISOL SALCEDO**

20th Engineer Battalion, 36th Engineer Brigade

What was expected to be a routine safety briefing Dec. 18, 2023, became an unforgettable experience when an unexpected guest speaker arrived at Palmer Theater.

The 20th Engineer Battalion held an assembly, expecting to receive a safety brief, before the holiday leave period. Instead, the command team of the battalion had a guest speaker, retired Staff Sgt. Earl Granville, attend to speak with the Soldiers.

In October 2023, Command Sgt. Maj. Jason E. Malek, 20th Eng. Bn. command sergeant major, heard Granville’s speech at the Robertson Blood Center Appreciation Ceremony and was both motivated and inspired by his story.

Malek asked Granville to come speak to his

Soldiers about his experiences while deployed, how he overcame various difficulties and how he became the man he is today.

Granville shared the story of losing his leg and two of his battle buddies, Maj. Scott Hagerty and Spc. Derek Holland, in a roadside bomb incident. Granville also spoke of losing his twin brother, Staff Sgt. Joseph Granville, to suicide.

He imparted what he learned at Walter Reed Army Medical Center during rehabilitation after losing his leg. He called this the “Power of the three ‘P’s: Purpose, Passion and Part of Something.”

He explained that finding something behind the three “P”s is what pushed him forward to recovery.

Granville told the Soldiers that he is “... extremely grateful to have the use of an artificial leg but there is no such thing as

artificial blood.”

He went on to explain that giving to someone you may never meet by donating blood allows a Soldier to accomplish being a “Part of Something.”

Shortly after sharing his message with the Soldiers, he was presented an award from the 20th En. Bn. command team for his time and words before being given a tour of the 20th En. Bn. Headquarters, getting a firsthand look at the history of the “Lumberjack Soldiers” by the battalion commander, Lt. Col. Karl A. Davis Jr., along with Malek.

The message and motivation didn’t end there. Malek and Granville decided to be “Part of Something,” by doing something. So, the 20th En. Bn. sponsored an Armed Services Blood Program blood drive, hosted by Robertson Blood Center, the ASBP center at Fort Cavazos.

Granville was happy to have been able to donate blood for the first time in more than a decade at that drive.

The stories that Granville shared with the unit, are some of the many that are heard throughout the military community. Taking the time to donate a pint of blood is made quick and simple thanks to the folks with the Robertson Blood Center.

The center is located at 2250 W 761st Tank Battalion Ave. The blood donor center is open from 7:30 a.m. to 3:30 p.m. weekdays. They accept both blood and plasma donations. Blood donations can be given on a walk-in basis or scheduled in advance, and plasma donations are by appointment only. Prospective donors are welcome to call Robertson Blood Center at 254-285-5808 to schedule an appointment, or you can go to [militarydonor.com](http://militarydonor.com) to schedule an appointment directly.



Photos by Ian Wilson, Robertson Blood Center Public Affairs

**ABOVE,** Members of the 20th Engineer Battalion pose with retired Staff Sgt. Earl Granville after he shared some of his experiences while serving Dec. 18, 2023, at Palmer Theater. **RIGHT,** Command Sgt. Maj. Jason Malek, 20th En. Bn. command sergeant major, and retired Staff Sgt. Earl Granville donate blood Dec. 18, 2023, at Robertson Blood Center.







## SPECIAL DELIVERIES

DEC. 17, 2023

A son, **Marcellus Blaise**, to Kevin and Lativia Elliot, 3rd Cav. Regt.

DEC. 19, 2023

A son, **Jameson Westley**, to Tyler and Haven Knight.  
A daughter, **Adelynn Wren**, to Mathew Elmore and Kassie Ohl, 3rd ABCT.

DEC. 20, 2023

A daughter, **Lyla Fatima**, to Victor Zavala Jr. and Laura Garcia, 120th Quarter Master.  
A son, **Elias Luis**, to Christian Muniz-Vazquez and Jezel Diaram-Muniz, 1st Med. Bde.

DEC. 22, 2023

A son, **Amadeus**, to Pedro De La Cruz and Krysta Azua, 1st Cav. Div.  
A daughter, **Azariah**, to Emanuel and Jazmaen Cruz, 3rd ABCT.

DEC. 24, 2023

A son, **Theodore Parker**, to Alexander Kim and Kalani Parker, 1st Med. Bde. & CRDAMC.

DEC. 29, 2023

A daughter, **Blair Ariana**, to Gregory Jr. and Paizley Cauty, 1st ABCT.  
A son, **Aziel Zachery**, to Amoy Brown and Tiyana Orane, 13th ACSC.

DEC. 31, 2023

A daughter, **Zoey Eliza**, to Kobe Williams and Aaliyah Woods-Williams, 3rd Cav. Regt.  
A daughter, **Lily Grace**, to Seth and Gabriela Porter, 1st Cav. Div.  
A daughter, **Riley Alaya**, to Lamartrie Robinson Jr. and Kanai Mitchell, 2nd ABCT.  
A daughter, **Olivia Noelle**, to Nicholas Schreiner and Rodneka Seamster, AMC.

JAN. 1, 2024

A son, **Chance Lee**, to Douglas IV and Alexa Davis.  
A son, **Matthew Castro III**, to Matthew Mundo Jr. and Martina McDaniel.  
A son, **Alejandro Rafael**, to Caleb Arambula and Jacqueline Hernandez 1st ABCT & 36th Eng.



Photos by Rodney Jackson, CRDAMC Public Affairs

Service members receive a commissioning briefing to learn about the Interservice Physician Assistant Program, or IPAP, and the application process Jan. 25 at the Soldier Development Center.

# IPAP now open to all MOSs

BY RODNEY JACKSON  
CRDAMC Public Affairs

Service members received a commissioning briefing to learn about the Interservice Physician Assistant Program, or IPAP, and the application process Jan. 25 at the Soldier Development Center.

Different from many Army programs, IPAP allows participants to become Army officers, be on an accelerated first promotion and earn a master's degree in 29 months.

"All Army active, Reserve and National Guard enlisted, warrant officers and officers can become a physician assistant through the program," said Maj. Jason Sharp, physician assistant program director, U.S. Army Recruiting Command. "Any of those are eligible to apply, and less than half of the people who are selected each year actually have a medical background."

That was part of Sharp's opening remarks for the briefing, with the goal of making personnel aware that the program is not just for medical personnel and that it even exists.

"There are many people who are active PAs right now who had no medical background whatsoever until they went to PA school, and it also allows service members to continue to serve, is not only a great military career, but civilian as well," he added.

Sharp told the attendees that the program is tough and being selected by the board for the program is even tougher.

During phase one of the program, students spend 16 months completing didactic requirements and earning a Bachelor of Science degree. Phase one consists of 101 written exams and several examinations that test students' ability to interview a patient, form a differential diagnosis and develop a treatment plan for any given medical scenario.

Before phase two graduation, students are required to complete more than 1,200 patient encounters, 180 clinical procedures and 280 hours of patient care in the emergency room.

With an associates degree in health sciences and being in the medical field prior to coming into the Army, Sgt. Max Valenzuela, combat medic, 3rd Security Force

Assistance Brigade, attended the briefing to learn exactly what was needed to join the program.

"I've always been in some kind of medical field," Valenzuela said. "I've only been in the Army for five years, and before that I was an EMT (Emergency Medical Technician) paramedic, worked in personal training and psychiatric health as well and always been health-conscious kind of person."

"I've gotten the idea that I'm really good at trauma medicine, especially with being a combat medic, so if I can get better at it, this is the next step I think," he added.

Capt. Desiree Clayton, financial manager, 89th Military Police Brigade, attended the briefing looking for a new career field to continue serving.

"PAs are really important and very scarce," said Clayton. "I feel that's an area where the Army has a need and I want to fulfill that."

Personnel interested in applying for the upcoming IPAP selection can visit the website at <http://ipap.liaisoncas.com> to register prior to the registration deadline on March 1.



Maj. Jason Sharp, physician assistant program director, U.S. Army Recruiting Command, gives service members an overview of the Interservice Physician Assistant Program, or IPAP, and the application process Jan. 25 at the Soldier Development Center.

# Brandon Act streamlines access to mental health care

BY C.TODD LOPEZ  
DOD News

Last year, the undersecretary of defense for personnel and readiness signed policy implementing within the Department of Defense and across the military services the requirements laid out under the Brandon Act.

Within the DOD and military services, the Brandon Act allows service members to request a mental health evaluation just by making the request to their supervisor.

Dr. Lester Martinez-Lopez, the assistant secretary of defense for health affairs, said the Brandon Act is now accomplishing two things within the DOD and military services.

First, he said, the act ensures that when a service member feels they need a mental health evaluation, they need only ask their supervisor for that. Such a request can be made at any time and in any location. They also don't need to explain why they think they need a mental health evaluation. Their supervisor, in turn, will ensure that a mental health evaluation takes place as soon as possible and without any roadblocks.

"If you're in garrison and mental health care is readily available, then it might just be a few hours," Martinez-Lopez said. "If you're on a ship in the middle of nowhere and you need mental health care, it might take a day or two and happen by telemedicine or some other way. But it doesn't matter where you are. All you need to do is raise your hand and tell your supervisor and they will take care of that as soon as possible."

Privacy is also a key aspect of the Brandon Act, Martinez-Lopez said.

"The second part is to make it easy and make it confidential, to keep that infor-

mation — just like we keep any other medical information — confidential," he said. "The intent of that is to lower the shield from the standpoint of stigma. There are a lot of issues around the stigma of seeking mental health care. But like the secretary of defense says, mental health is health."

Already there are a variety of avenues by which a service member can seek out mental health treatment, Martinez-Lopez said. But the Brandon Act has greatly simplified and sped up the process of helping service members get the treatment they need.

Implementation of the requirements under the Brandon Act, in part, requires new training for the force, Martinez-Lopez said. All members of the armed forces, for instance, will need to understand that there is a new venue through which they can seek mental health care. That kind of training provides awareness of what's available under the Brandon Act.

For supervisors who must respond to requests from their subordinates and follow through in ensuring that mental health care is made available, there will also need to be training.

"The supervisors need to know what their responsibilities are under the act," he said. "They need to take this very seriously and know they are not done until that service member is taken care of for their mental health concern."

Setting up and executing training so that service members and leaders know how to use and implement the Brandon Act has been delegated to the individual services and is underway now.

If DOD is successful in implementing the Brandon Act, one effect will be that the stigma of seeking mental health assis-

tance is diminished, Martinez-Lopez said.

"People will realize that if they think they need mental health treatment, they can just get it," he said. "From the standpoint of leadership, this is a critical part of leadership. Taking care of your people is part of leadership. And mental health is part of taking care of people. So if you're a leader, this is not just a medical issue. This is a leadership issue and a leader needs to take ownership."

Also, a sign of success under the Brandon Act will be better mental health outcomes, he said.

"From the mental health standpoint, people will be dealing with their issues, they will be fully functional, they will be ready," he said. "And then as a by-product of that, there'll be fewer suicides. That's what we're aiming for."

The Brandon Act is named after Petty Officer 3rd Class Brandon Caserta who died by suicide in 2018. Caserta's inability

ty to get the mental health care he needed was a big motivating factor in the passing of the Brandon Act legislation.

"He asked for help and the help was not forthcoming," Martinez-Lopez said.

Caserta's parents, Martinez-Lopez said, wanted to ensure that their son's death was not for nothing. They embarked on an effort to ensure better access to mental health care in the armed forces, which they hoped would mean fewer suicides. Their efforts spurred creation of the Brandon Act, which was signed into law by President Joe Biden on Dec. 27, 2021, as part of the National Defense Authorization Act for Fiscal Year 2022.

"They could have easily grieved their son's death, but done nothing," Martinez-Lopez said. "They're really champions and I applaud them for their grit. It's not easy to navigate the waters in Washington, D.C., and keep pushing for an agenda like this. They're passionate people."



## THE BRANDON ACT

Health.mil/BrandonAct

Graphic courtesy of DHS



# Sam's (Book) Club

## Realistic rom com offers second chance at love, reflection

**BY SAMANTHA HARMS**  
Command Information Chief

February is always deemed the month of love – Valentine’s Day is right around the corner for those unprepared. With that, it only seemed fitting that I read a romance novel, and the Casey Memorial Library had put quite a few on their display shelves.

### ‘The Predictable Heartbreaks of Imogen Finch’

Imagine a world in which you have just muddled through breakup number 17. Despite knowing that it was bound to happen, this is the world that Imogen Finch currently lives in. All of her exes have left her for other women, yet again confirming her clairvoyant mother’s prediction that Imogen would never come first at anything or to anyone.

After all the unsuccessful effort that Imogen has put in to try and prove her mother wrong, she is ready to give up trying altogether. But then, Eliot Swift, her secret high school crush, returns home to their small coastal town, promising Imogen that he believes she can break the curse, if she just keeps trying.

They set out to try anything to find Imogen a win, but it proves much harder than Eliot anticipated. It doesn’t help that Eliot’s deep-seeded wanderlust comes creeping back in, sending him back across the world and returning Imogen’s fear of remaining second forever.

Yet, as the book description states, “Fortunately for them both, sometimes magic lingers in the most unexpected places. And love is far from predictable.”

This is Jacqueline Firkins’ fourth novel, which came out in October 2023. Firkins has also written “Marlowe Banks, Redesign,” “Hearts, Strings, and Other Breakable Things” and “How Not to Fall in Love.”

I thoroughly enjoyed every aspect of this novel. It was an easy read, that I finished in just a few days. I picked it up initially because I had never seen a premise like this one before, and I can confidently say that I am interested in picking up other novels by Firkins.

The love that Imogen has for everyone she surrounds herself with, and for the city that she grew up in, is so beautiful. Too often, a storyline focuses on people fleeing their hometown and begrudgingly returning, with complaints all along the way. Characters are forced to give up their careers, or have never quite figured out what they want to do, so they work a job that gives them the jump that they will eventually need. Instead, Imogen works six part time jobs to make ends meet and loves that she is in a community that she calls home.

This, plus so much more, makes this novel feel so realistic. It feels almost like a friend telling me a story over cocktails and trivia.

There were a few times that I wasn’t necessarily thrilled with the pacing of the novel while I was actually reading it; some things just felt rushed. But, looking back, the pacing ends up feeling realistic.

Additionally, I absolutely loved the amount of self-reflection that is done throughout the novel. Imogen and Eliot end up really being mirrors for each other, helping each other to see where they could work to grow stronger individually. This is something that is often lacking in romance novels, or just feels forced. Firkins did a wonderful job letting the characters naturally grow.

And while I would love to spoil the ending for you, just know that I felt that too was incredibly realistic.

As a note of caution, there are a few steamy portions that may be too adult for young readers.

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



Jacqueline Firkins

“Brilliant... filled up my heart in all the best ways.”  
—ALICIA THOMPSON,  
bestselling author of  
*Love in the Time of Serial Killers*

**Jacqueline Firkins**

# 2024 Home & Garden SHOW

Temple Area Builders Assoc.

<b>Friday</b> <b>February 23rd</b> 6pm - 9pm	<b>Saturday</b> <b>February 24th</b> 10am - 6pm	<b>Sunday</b> <b>February 25th</b> 11am - 4pm
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**Cadence Bank Center**  
Adults \$5 online, \$7 at the door - Children Under 5 FREE  
[www.TAHB.ORG/home-garden-show](http://www.TAHB.ORG/home-garden-show)

**KIDS ZONE**

**CENTRALTEXASTICKETS.COM**  
Powered by Frank Mayborn Enterprises

Sponsored by

**LENGEFELD LUMBER CO.** EST. 1951  
**TEMPLE DAILY TELEGRAM**

# Fall into New Talent!

Advertise Your Career Opportunities in the Sentinel this Recruitment Season.

We understand that the hiring market is highly competitive, and we want to offer you the opportunity to connect directly with transitioning soldiers and veterans, and military personnel looking for employment. We have some amazing recruitment advertising opportunities to fit any budget; available in both Print and Digital advertisements.

As the authorized newspaper for Fort Cavazos, the Sentinel distributes 12,500 copies to Fort Cavazos and neighboring communities totaling 400 locations.

**Call for details: 254-634-6666**

**254-634-6666**

1805 Florence Rd., Suite 1, Killeen, TX  
Fax: 254-634-9000  
[www.cavazossentinel.com](http://www.cavazossentinel.com)

# Veterans: Find Out How You Can Benefit

VA.gov



For Classified display advertising, call 254-634-6666  
www.CavazosSentinel.com

All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on color, race, religion, or national origin, or an intention to make such preference, limitation or discrimination. The Cavazos Sentinel will not knowingly accept any advertisement for real estate which is a violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

AUTOMOTIVE

FOR SALE: 2017 Toyota Tacoma red truck with only 43,000 actual miles. New tires and battery. Has a bed liner with cover. Asking price is only \$26,000. Must see to appreciate. Take it for a test drive today. Owner must give up driving.

FOR SALE: 2019 PTRB 579 DS - Red, around 335,000 miles \$98,000.00 also have a 2012 UTIL TRL SE refer \$45,000 OBO (254)-290-4687

FOR SALE: Semi Truck for sale w. refrigerated trailer \$225,000 (serious inquiries only) For more information call: 254-290-4687

EMPLOYMENT

SEEKING: 60 year old male, ranch and farm hand experience. wild life management, handyman, property caretaker. Call 940.257.1087

EMPLOYMENT: Job employment you would be paid between \$200-\$300 for every

WANTED: Compact stackable washer dryer combo, text 254-289-1702

ASSESSMNET: Certified SYMBIS (Saving Your Marriage Before It Starts) Assessment Facilitator, that teaches practical skills to improve the quality of marriages and relationships. FREE Contact: 512-761-8315

WANTED: Caregiver for elderly or disabled person. I am experienced, dependable and an honest woman seeking to provide day to day care for a needed elderly or disabled person. Daily hygiene, transportation, lite household chores, shopping, cooking etc. Call 254-258-8834

WANTED: Empty pistol/rifle Brass 40 sw,308, 30-06,223. Call 512-540-6179

WANTED: German Shepherd Puppies. They are vaccinated, registered, dewormed, vet check, microchip and 100% healthy. bradleywingsman@gmail.com

THESE THREE DIGITS COULD SAVE A LIFE

988 SUICIDE & CRISIS LIFELINE

CALL 988 and Press 1 to reach the Military Crisis Line

TEXT 838255

CHAT 988lifeline.org/chat

U.S. ARMY

FREE Classified ads to Fort Cavazos personnel and retirees

Fort Cavazos

Sentinel

Since 1942

Classifieds ADVERTISING FORM

LIMIT: Three ads per person per week. Each ad will only run once.

DUTY/WORK phone number will not be printed in advertisement.

DEADLINE: Mondays at 5 P.M. before publication date.

If you are retired military or retired DA civilian, include current employer and work phone number on the application.

For more information, call 254-634-6666.

The following advertising classification or categories DO NOT QUALIFY AS FREE CLASSIFIED ADS: residential or commercial real estate listed for sale or lease with a broker or agent; self-employment, such as childcare providers, food, jewelry, personal services, and messages; commercial business or money making ventures that are not personal property; group, organization, unit, or division garage sales, other than "Village-Wide" garage sales.

We DO NOT ACCEPT the following advertising classification or categories: gambling, alcohol ads that promote over indulgement; gentleman clubs; pawn shops, who do not fully disclose their terms; payday lending companies; tobacco ads of any kind; political ads; ads considered offensive or inappropriate for readers.

SCAN HERE

Quitting smoking was hard. Screening for lung cancer is easy.

If you smoked, you may still be at risk, but early detection could save your life. Get SavedByTheScan.org

American Lung Association

Monaghan Apartments, LLC

Quiet 1 bedroom

\$470-\$520

Electric, gas & water paid

1702 N. 2nd - Killeen

254-526-4445

LOOKING FOR ARMY RESOURCES?

Location-specific information and personnel to assist you with your benefits at military installations in the U.S. and abroad

https://myarmybenefits.us.army.mil/Benefit-Library/Resource-Locator

LAST WEEK'S CROSSWORD ANSWERS

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112	S	E	V	S	A	T												



# GARLYN 50<sup>TH</sup> SHELTON

## ANNIVERSARY



2018 NISSAN TITAN 4X4  
XD DIESEL CREW CAB PRO-4X  
**Now Only \$30,500**

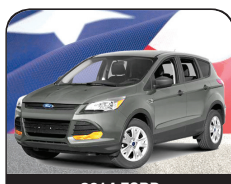


2017 RAM 1500  
4WD CREW CAB LONE STAR TRUCK  
**Now Only \$21,995**

## Presidents' Day SALES EVENT



2015 NISSAN  
VERSA CVT S PLUS 4DR  
STK#42120C  
**Sale Price \$8,995**



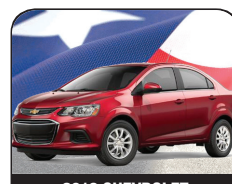
2014 FORD  
ESCAPE S FWD SUV  
STK#54242A  
**Sale Price \$9,995**



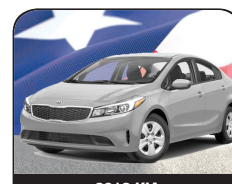
2015 MITSUBISHI  
OUTLANDER ES 2WD SUV  
STK#P10459C  
**Sale Price \$10,995**



2015 LINCOLN  
MKC FWD SEDAN  
STK#31106A  
**Sale Price \$11,500**



2018 CHEVROLET  
SONIC LT AUTO SEDAN  
STK#31191B  
**Sale Price \$12,258**



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FORTE LX AUTO SEDAN  
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**Now Only \$12,495**



2017 NISSAN  
ROGUE SV FWD SUV  
STK# P50202A  
**Sale Price \$12,995**



2016 KIA  
FORTES HATCHBACK AUTO LX  
STK#4217A  
**Sale Price \$12,995**



2009 CADILLAC  
CTS 3.6L RWD SEDAN  
STK#11737A  
**Sale Price \$12,999**



2013 MERCEDES-BENZ  
C-CLASS C250 SPORT 4DR  
STK#70194A  
**Sale Price \$13,495**



2018 HYUNDAI  
IONIQ HYBRID LIMITED  
STK#31128A  
**Now Only \$13,990**



2014 CHEVROLET  
SUBURBAN 1500 LT 2WD SUV  
STK#12516B  
**Sale Price \$14,500**



2022 MITSUBISHI  
MIRAGE G4 LE CVT  
STK# Z20059  
**Sale Price \$14,999**



2016 HONDA  
CR-V SE 2WD SUV  
STK# 61009B  
**Sale Price \$15,500**



2017 GMC  
TERRAIN SLE-1 FWD SUV  
STK#60986A  
**Sale Price \$15,695**



2014 RAM 1500  
CREW CAB LONE STAR 2WD  
STK#11915C  
**Sale Price \$15,995**



2020 FORD  
ECOSPORT SE FWD SUV  
STK#12596A  
**Sale Price \$15,995**



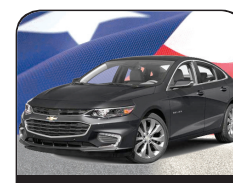
2014 FORD F-150  
SUPERCREW XL 2WD TRUCK  
STK#42238B  
**Now Only \$15,995**



2017 SUBARU  
OUTBACK 2.5I LIMITED  
STK# 70171B  
**Sale Price \$17,500**



2021 NISSAN  
KICKS S FWD  
STK#Z50002  
**Now Only \$17,995**



2018 CHEVROLET  
MALIBU PREMIER SEDAN  
STK#31283A  
**Now Only \$18,995**



2020 HYUNDAI  
ELANTRA SPORT DTC 4DR  
STK#42269A  
**Now Only \$18,995**



2018 HYUNDAI  
SANTA FE LIMITED ULTIMATE  
STK#41516C  
**Sale Price \$19,695**



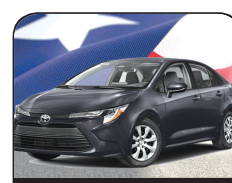
2018 MAZDA  
CX-3 SPORT SUV FWD  
STK#Z10018  
**Now Only \$19,888**



2019 HONDA  
CR-V EX-L 2WD SUV  
STK#Z20064A  
**Sale Price \$19,888**



2015 CHEVROLET  
TAHOE 2WD LT SUV  
STK#31251A  
**Sale Price \$19,995**



2023 TOYOTA  
COROLLA LE CVT SEDAN  
STK#P60151  
**Now Only \$20,195**



2021 HYUNDAI  
KONA SE AUTO FWD  
STK#Z20074  
**Now Only \$20,500**



2018 AUDI  
Q5 TFSI PREMIUM SEDAN  
STK#421025A  
**Sale Price \$21,695**



2019 KIA  
SPORTAGE SX TURBO FWD  
STK# Z20029  
**Sale Price \$21,954**



2020 HYUNDAI  
TUCSON ULTIMATE FWD SUV  
STK#11812B  
**Now Only \$21,995**



2017 NISSAN  
MURANO SL FWD SUV  
STK#S4273A  
**Sale Price \$21,995**



2019 MAZDA  
CX-5 TOURING SUV  
STK#31202A  
**Now Only \$21,995**



2021 NISSAN  
MAXIMA SV 3.5L SEDAN  
STK#P60163  
**Sale Price \$22,396**



2021 DODGE  
CHARGER SXT RWD SEDAN  
STK#P60167  
**Now Only \$22,493**



2018 HONDA  
ACCORD TOURING SEDAN CVT  
STK#42136B  
**Sale Price \$22,495**



2015 RAM 1500  
CREW CAB OUTDOORSMAN 2WD  
STK#P60175A  
**Sale Price \$22,500**



2020 GMC  
TERRAIN SLE FWD SUV  
STK# 12537A  
**Sale Price \$22,750**



2021 DODGE  
CHALLENGER SXT RWD 2DR  
STK#P60161  
**Now Only \$22,849**



2018 HONDA  
HR-V EX AWD CVT  
STK#Z20011  
**Sale Price \$22,888**



2019 HYUNDAI  
TUCSON SEL AWD SUV  
STK#Z10022  
**Sale Price \$22,988**



2017 FORD  
EXPEDITION KING RANCH 4X4  
STK#12397B  
**Sale Price \$22,995**



2022 MINI COOPER  
COUNTRYMAN 4DR  
STK#P60168  
**Now Only \$23,095**



2017 FIAT  
124 SPIDER LUSSO CONV. 2DR  
STK#11987B  
**Sale Price \$23,450**



2020 TOYOTA  
CAMRY XLE AUTO SEDAN  
STK#54377A  
**Sale Price \$23,995**



2021 NISSAN  
FRONTIER CREW CAB SV 4X2  
STK#P70086  
**Now Only \$25,116**



2021 SUBARU  
FORESTER PREMIUM CVT  
STK#31035A  
**Sale Price \$25,788**



2017 CHEVROLET  
TAHOE 2WD PREMIER SUV  
STK#31088A  
**Sale Price \$25,995**



2016 TOYOTA  
4RUNNER SR5 V6 RWD SUV  
STK#53471B  
**Now Only \$26,588**



2019 TOYOTA  
RAV4 LIMITED FWD  
STK#70037B  
**Sale Price \$26,788**



2021 SUBARU  
CROSSTREK SPORT CVT  
STK# Z20079  
**Sale Price \$27,997**



2019 RAM 1500 LONE STAR  
BIG HORN 4X2 CREW CAB  
STK#11527B  
**Sale Price \$29,888**



2021 TOYOTA TACOMA  
2WD SR5 DOUBLE CAB V6 AT  
STK#P60132  
**Now Only \$31,995**



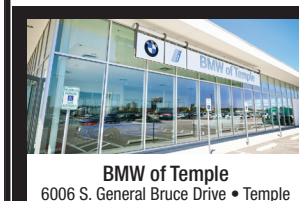
2021 JEEP WRANGLER  
UNLIMITED SPORT 4X4  
STK#30966A  
**Sale Price \$33,888**



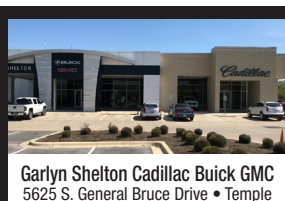
2022 KIA AWD  
SORENTO X-LINE SX PRESTIGE  
STK#53912A  
**Sale Price \$35,599**



2020 RAM 1500  
LIMITED CREW CAB 4X2  
STK#11932C  
**Sale Price \$37,988**



BMW of Temple  
6006 S. General Bruce Drive • Temple



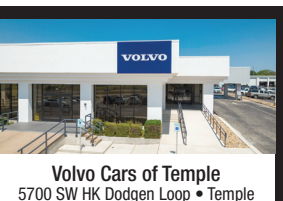
Garlyn Shelton Cadillac Buick GMC  
5625 S. General Bruce Drive • Temple



Garlyn Shelton Mazda  
5420 Midway Drive • Temple



Garlyn Shelton Nissan  
5620 S. General Bruce Drive • Temple



Volvo Cars of Temple  
5700 SW HK Dodgen Loop • Temple



Garlyn Shelton Volkswagen  
5700 SW HK Dodgen Loop • Temple



Garlyn Shelton Signature Pre-Owned  
5508 S. General Bruce Drive • Temple

# GARLYN 50<sup>TH</sup> SHELTON

## ANNIVERSARY



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GarlynShelton.com



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