

Researchers set out to tackle voting challenges

A7

NEWS BRIEFS

Scholarship applications end Friday

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 Friday.

NAF vehicle auction ends Monday

The Fort Cavazos Directorate of Family and Morale, Welfare and Recreation's annual NAF Vehicle Auction's bidding ends Monday. Vehicle viewing will be Saturdays and Sundays during the auction. For more information, call 254-423-8498 or visit [cavazos.armymwr.com](https://cavazos.armymwr.com).

Cavazos Connector test continues

The new micro-transit service at Fort Cavazos has officially launched its beta test. This test will allow users to utilize the circulator route, download the app and 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 or visit [home.army.mil/cavazos/my-fort/all-services/cavazos-connector](https://home.army.mil/cavazos/my-fort/all-services/cavazos-connector).

Workplace fire extinguishers exchange begins

If you have fire extinguishers in your workplace that are no longer serviceable and need to be replaced or turned in, the Base Supply Center, recently renamed Vibrant Works, now offers a program for fire extinguisher turn-in, exchange and demilitarization. Facility managers and their government purchase card cardholders can bring unserviceable extinguishers to Vibrant Works for turn-in, exchange and demilitarization to include completion of required paperwork such as property receipts. Vibrant Works staff can also come to your workplace and inspect your extinguishers for serviceability. Email [cavazosfe@vibrantworks.org](mailto:cavazosfe@vibrantworks.org) for more information.

III Armored Corps, Texas A&M

host Meet Your Army Day



Photo by Sgt. Anthony Sanchez, 7th Mobile Public Affairs Detachment

1st Lt. Michael Patrino, platoon leader with the 410th Military Police Company, 720th Military Police Battalion, 89th Military Police Brigade, shows an Reserve Officer Training Corps cadet the inside of a mine-resistant, ambush protected, all-terrain vehicle during the Texas A&M Meet Your Army Day Event Feb. 7 in College Station, Texas.

BY SGT. ANTHONY SANCHEZ  
7th Mobile Public Affairs Detachment

COLLEGE STATION, Texas — III Armored Corps and Fort Cavazos Soldiers visited Feb. 7 and Thursday Texas A&M University in College Station, Texas, to participate in the university's Meet Your Army Day event.

Multiple units from across Fort Cavazos, including the 89th Military Police Brigade and 1st Cavalry Division, brought personnel, vehicles and weapons systems to provide the community with an opportunity to learn

all about the different officer branches that are available to those who choose to commission with the Army.

The event was open to multiple Reserve Officer Training Corps from different colleges across Texas, Junior Reserve Officer Training Corps from multiple high schools, as well as Texas A&M students and faculty.

For more than 2,000 cadets in the Texas A&M Corps, the event allowed them a unique opportunity to see what the future may hold, if they were to commission.

"We are currently one of the largest ROTC programs in the country," said Capt.

Michael Fung, an assistant professor of military science of the Texas A&M ROTC Battalion. "By bringing down Soldiers from Fort Cavazos, it allows our cadets to get a good understanding of careers they can do in the Army."

For cadets like Steven Petracca, the battalion commander of the Texas A&M ROTC Battalion, being able to have hands on with the M1A2 Abrams Main Battle Tank, provided by the 1st Cav. Div., meant everything.

See **Army Day**, A6

Fort Cavazos program makes dressing to impress easier

BY DARREN CINATL  
Fort Cavazos Public Affairs

Finding affordable formal wear these days can be a challenge; however, Operation Deploy Your Dress' annual "Love Is In The Air" event enabled those seeking formal wear to do so without a heavy financial burden.

The event, sponsored by

H-E-B, had more than 23 shoppers browse the current inventory to find the right dress or suit to wear on Valentine's Day, upcoming weddings and other fast approaching formal events.

More than just love was in the air as festive music echoed through the storefront. A lounge area stocked with snacks and drinks welcomed prospective shoppers prior to their visit to the dress and suit shop. There, a staff of more than 12 volunteers helped shoppers find just the right piece of formal wear before making their final decisions.

"Everyone here is friendly and it is a refreshing experience every time I visit," said Jessica Ledford, who is a repeat customer at ODYD. "It makes us feel included."

ODYD is a program that was founded in 2015 at Fort Bliss, Texas, as an internal "dress swapping" exchange amongst military spouses to defer some of the costs of attending unit functions. Almost 10 years later the organization has grown to

Potential dresses are positioned on racks to help shoppers find the right piece during the "Love Is In The Air" event hosted by Operation Deploy Your Dress Saturday.

Photo by Darren Cinatl, Fort Cavazos Public Affairs

See **ODYD**, A6

Photos by Darren Cinatl, Fort Cavazos Public Affairs

A Fort Cavazos Soldier boards the Cavazos Connector Feb. 5 at the Theodore Roosevelt Dining Facility for a ride back to the barracks.

Cavazos Connector hits road with beta testing

BY DARREN CINATL  
Fort Cavazos Public Affairs

Fort Cavazos, in partnership with the Hill Country Transit District, has launched the Cavazos Connector, a comprehensive transit system designed to enhance the quality of life for Soldiers, civilians and their families. This fare-free service initiated its beta testing phase on Feb. 5, which will run through March 1. During this phase, micro-transit zone and the circulator routes will be tested along with the curb-to-curb service within and between these

See **Connector**, A6



# OTC provides tips to be financially ready

*Editor's note: Emily Sheridan is an Army civilian supervisory management analyst who oversees U.S. Army Operational Test Command's Manpower and Payroll Division. She manages workload tracking and payroll processing, assists in shaping force development and aids fellow leaders to understand the impact of the Army's ever-diminishing resource constrained environment on the unit's available manpower funding and authorizations.*

**BY EMILY SHERIDAN**  
U.S. Army Operational Test Command

Personal financial readiness (or being financially responsible) is one of those not-so-fun topics we all dance around until, suddenly, it's a problem. A recent statistic from the Wall Street Journal stated 61% of Americans are living paycheck to paycheck — a statistic the Army community is unfortunately not immune to. Between inflation, high interest rates and the current cost of living, being economically educated is more important than ever. With these tips, you can start to live a healthier, fiscally accountable life.

- If you expect you will be needing assistance with making ends meet, have a one-on-one discussion with your company commander or your unit financial readiness representative regarding finances early in advance. The commanding officer can assist with your budgeting and approving quick assist Army Emergency Relief loans. You may also be eligible for food stamps. If not, there are plenty of local food banks willing to assist.
- Budgeting: An unfortunate necessary evil. MilitaryOne Source has lots of resources to aid in achieving your financial goals. Ensure that you're including a budget to save for known, occasional expenses (vet visits, school supplies, new tires on the vehicle, etc.) as well as expenses you may not know you will need to save for (car maintenance, house closing costs, etc.).
- Reduce debt: Pay off debt as soon as

possible and try to avoid it when able. As an active-duty service member, you are protected under the Servicemembers Civil Relief Act and can have your interest rate reduced to a maximum of 6% per year if the loan was taken prior to military service. The Military Lending Act states creditors cannot charge you a penalty if you pay back part (or all) of a loan early. Some debt, like a car loan or a mortgage are not necessarily bad debt if you're paying it off every month (and the interest rate isn't too high). In fact, those kinds of debt can assist your credit score. The MLA limits interest rates to no more than 36%. If you are in credit card debt do not let a company charge you at a higher rate.

- Shop around: Being a loyal customer is a thing of the past. Get quotes for a new car insurance every few months/once a year. A different company may be offering a lower rate for the same coverage. Same goes for internet, cell phones and other contract services.
- Emergency fund: Always try to maintain at least three to six months of expenses for an emergency. You never know when your car's starter will break, or your water heater stops working. If this sounds oddly specific that's because both happened to me within the last six months. No one is immune from emergency situations, and having emergency savings will surely reduce your stress when they arise.
- High-Yield Savings Accounts: Utilize a High-Yield Savings Account for your savings that you need access to. This is a great way to earn money and try to keep up with inflation while still having access to your emergency money.
- Certificate Deposit: A safer option for investing. You agree to give a certain dollar amount to the financial institution for a certain length of time with the promise that you will receive a certain percentage in return. Only for use when you have the extra money



Emily Sheridan

to spare, and you will not need access to for that agreed upon length of time. Do not put emergency money in here.

- Thrift Savings Plan: Assign 5% of your income to the TSP to maximize what the government matches. It is managed at a very low cost to you and will aid in your retirement planning. You can pull money out of TSP as early as age 55.
- Roth IRAs: Speaking of retirement, try to maximize your Roth IRA contribution at \$6,500 a year. Because the money is taxed prior to entering your IRA account, the money will not be taxed when you pull it out at age 59 ½.
- Meal prep: cooking one time on the weekend for the entire week aids in not over-buying food at the store and is a time-saver. Plus, when you have a meal already prepared, the odds of you eating out are less (if you can stand the same meal every day).
- Live within your means — or better yet live below your means: I know purchasing a Toyota Corolla isn't nearly as fun as buying that Dodge Charger, however it's economical and serves the same purpose of getting you from A to B. Save and invest that money now and you may just be able to afford that Lamborghini in the future. Take that, Dodge!
- Credit cards: Only use if you can pay it off every month. Credit cards are a great tool with several benefits, however, never buy more than you can afford. If you spend wisely, these will help with your credit score and that can help you buy a car or house in the future.

If you put in the proper, preparatory work, you'll be well-postured to mitigate future financial problems. The hard-earned reward will come when you and your family are equipped for life's unexpected events and you are prepared for a long, fulfilling retirement. Best of luck in your financial readiness journey!

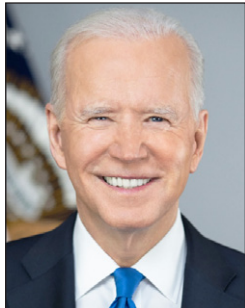
# Recognizing National Teen Dating Violence Awareness

**BY JOSEPH BIDEN JR.**  
President of the United States

During National Teen Dating Violence Awareness and Prevention Month, we commit to building a future where our Nation's young people can live free from violence, fear, and abuse.

About 1 in 12 high school students in the United States have experienced physical or sexual dating violence. Violence, intimidation and fear — whether perpetrated in person or online — can upend the lives of young people during some of their most formative years and have lifelong consequences. Survivors of teen dating violence are more likely to suffer from symptoms of depression, anxiety and trauma. Experiencing an unhealthy or abusive relationship as a teen can increase a young person's risk of facing violence in intimate relationships throughout their lives.

Throughout my career, I have fought against abuses of power. Preventing and responding to gender-based violence wherever it occurs and in all of its forms is a cause I care about deeply, and it has remained a cornerstone of my career in public service.



Joseph Biden

That is why, last year, my administration released the first-ever National Plan to End Gender-Based Violence, which includes resources to prevent teen dating violence, promote healthier relationships and equip survivors with the resources and care they deserve.

In addition, the White House Task Force to Address Online Harassment and Abuse is working to help teens stay safe online and prevent the misuse of technology as tools of abuse, harassment and exploitation.

The Centers for Disease Control and Prevention is providing tools and training for educators, families and community members to teach young people how to form healthy relationships and safely leave abusive ones. Learn more at [Vet-oViolence.CDC.gov](https://www.cdc.gov/ViolencePrevention).

If you or someone you know is involved in an abusive relationship of any kind, immediate and confidential support is available through the National Domestic Violence Hotline's project focused on supporting young people by visiting [loveisrespect.org](https://loveisrespect.org), calling 1-866-331-9474 (TTY: 1-800-787-3224) or texting "LOVEIS" to 22522.

This month, may we come together to end

teen dating violence and ensure our teens feel safe, protected and empowered to live lives free from violence and full of dignity and respect.

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 Teen Dating Violence Awareness and Prevention Month. I call upon everyone to educate themselves and others about teen dating violence so that together we can stop it.

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.

  
Joe Biden



FEBRUARY IS NATIONAL  
TEEN DATING VIOLENCE  
AWARENESS MONTH



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# Brave Rifles case colors before upcoming rotation

BY CAPT. ZEMAS ANDARGACHEW  
1st Cav. Div. Public Affairs

The 3rd Cavalry Regiment, 1st Cavalry Division, “Brave Rifles” held a casing of colors ceremony Feb. 1 on Cooper Field at Fort Cavazos in preparation for its upcoming rotation to the Republic of Korea.

The Brave Rifles will replace 2nd Brigade Combat Team, 4th Infantry Division, from Fort Carson, Colorado.

The casing ceremony is a time-honored Army tradition that symbolizes a unit transitioning from a garrison to rolling-up the unit colors and casing it in preparation for deployment. Once a unit has arrived at its deployed area of responsibility and is prepared to assume its mission, it will hold an official uncasing ceremony.

“Brave Rifle troopers are tough, have moral courage, a lethal attitude and they’re great teammates,” said Col. Jeffrey J. Barta, the commander of the 3rd Cav. Regt. “Our mission is to deter aggression and, if deterrence fails, be ready to ‘fight tonight!’”

This is the first time the 3rd Cav. Regt. has been sent to the Korean peninsula. This deployment supports the United States’

commitment to deter aggression and build on the strong alliance with the Republic of Korea. Coincidentally, this is also the first time that Barta and his command sergeant major, Command Sgt. Maj. Mikeal A. McInroy, have deployed to the Korean Peninsula in their careers.

“We’ve added a new phrase to our vocabulary, borrowed from Korean,” Barta remarked, “‘katchi kapshida,’ meaning ‘we go together.’”

Approximately 4,000 Brave Rifle troopers and about 1,500 pieces of equipment will travel halfway around the globe and take part in joint and multinational training exercises.

“In the Indo-Pacific region, North Korea continues to threaten our allies and partners,” said Maj. Gen. Kevin D. Admiral, the commanding general of the 1st Cav. Div. “Now more than ever it is critical that we reassure our allies in the region.”

The 1st Cav. Div. provides scalable combat-ready forces up to an expeditionary division or joint task force headquarters, capable of conducting unified land operations anywhere in the world on short notice to support diverse and fluid mission requirements.



Photos by Sgt. Brayton Daniel, 1st Cav. Div. Public Affairs

Col. Jeffrey Barta, 3rd Cavalry Regiment commanding officer, and Command Sgt. Maj. Mikeal A. McInroy, 3rd Cav. Regt. command sergeant major, case the regiment’s colors Feb. 1 at Fort Cavazos. The casing ceremony is a time-honored Army tradition that symbolizes a unit transitioning from a garrison to a deployed environment.



The 1st Cavalry Division Band performs during 3rd Cavalry Regiment’s casing of the colors ceremony Feb. 1 on Cooper Field.

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# Lithuanian Ambassador visits 1st Cav Soldiers

BY SGT. ALEX ROMEY  
1st Cav. Div. Public Affairs

Troopers from the 2nd Armored Brigade Combat Team “Black Jack,” 1st Cavalry Division, received Audra Plepytė, the Lithuanian ambassador to the United States and Mexico, as she showed her appreciation for their service within her nation during their rotation in support of the United States European Command. Plepytė visited troopers assigned to 1st Battalion, 8th Cavalry Regiment, and 3rd Battalion, 16th Field Artillery Regiment, Feb. 6 at Fort Cavazos.

“The troopers told me that their stay in Lithuania during the rotation was beneficial for them,” Plepytė said. “I know how important it is for our Soldiers and our military to cooperate with U.S. professional Soldiers.”

Black Jack troopers returned last year from supporting

NATO allies across Europe. The Republic of Lithuania was a key nation involving 1st Cav. Div. units. Plepytė met with leaders and troopers who had demonstrated their expertise in their specializations throughout the nine-month rotation, training alongside partners in the Lithuanian Land Forces.

Troopers are able to discover new cultures when on deployment to Europe, experiencing new cuisine, music, cinema and ways of life. While away from home, troopers have the opportunity to train alongside professionals from partner nations, enforcing the idea that every 1st Cav. Div. trooper is a part of something larger than themselves.

“It’s so important for the Lithuanian people to have American troops on our ground; it just gives us a sense of security and defense — having your Soldiers working with ours, shoulder to shoulder,” Plepytė said.

She was presented with a display put together by Black

Jack leaders to show their appreciation to her nation, which included battalion symbols and flags.

“The Lithuanians were just amazing allies and friends to us, and in every opportunity, they would say, ‘Thank you,’” said Lt. Col. Jay Ireland, commander of 1st Bn., 8th Cav. Regt. “I would get pulled aside, even by the highest-ranking members of the Lithuanian government, and they would say, ‘Jay, do you need anything? Do your Soldiers need anything?’ It was just an incredible opportunity.”

Plepytė was previously the permanent representative of Lithuania to the United Nations from 2017-2021 and also served as the Lithuanian ambassador to Spain from 2010-2014. 1st Cav. Div. Headquarters and subordinate units will be deployed across Europe this spring to support our NATO allies, including the Republic of Lithuania.



Photos by Sgt. Alex Romey, 1st Cav. Div. Public Affairs

Audra Plepytė, the Lithuanian ambassador to the United States and Mexico, views memorabilia from unit history while visiting 2nd Armored Brigade Combat Team, 1st Cavalry Division troops, Feb. 6 at Fort Cavazos.

“

It’s so important for the Lithuanian people to have American troops on our ground; it just gives us a sense of security and defense — having your Soldiers working with ours, shoulder to shoulder.

– Audra Plepytė  
Lithuanian ambassador to the United States and Mexico

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Audra Plepytė, the Lithuanian ambassador to the United States and Mexico, is all smiles engaging with troops from 2nd Armored Brigade Combat Team, 1st Cavalry Division, Feb. 6 at Fort Cavazos.



Audra Plepytė, the Lithuanian ambassador to the United States and Mexico, talks with troops from 2nd Armored Brigade Combat Team, 1st Cavalry Division, Feb. 6 at Fort Cavazos. Troopers spent nine months on rotation to Europe, training alongside NATO allies.

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# Cavazos leaders make big impact in summit

BY JANECEZ WRIGHT  
Sentinel Living Editor

More than 100 educators, administrators, military leaders, community members and esteemed guests gathered Friday at the Lone Star Conference Center for this year's Education Summit.

The annual event is an opportunity for Fort Cavazos and local independent school districts to strengthen their partnership, weigh in on issues impacting education, share ideas and resources and make necessary updates and improvements.

The event featured guest speakers from a variety of organizations, but the Great Place's senior leaders also took the opportunity to discuss the importance of the summit, education programs that impact the community and what is needed to continue to provide students with the most comprehensive education experience possible.

"Today we'll build partnerships, share information and collaborate and share experiences and resources to ensure military connected families have access to quality education and the most current initiatives during their time here at the Great Place," Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, began. "Our military connected children bring us together as part of the initiative to improve education and increase academic opportunities. This group effort has increased dialogue among all partners to education and allows for

continued growth and development to benefit the students here at Fort Cavazos and the surrounding communities."

Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general, focused on a few key issues as he spoke to the audience.

"One of my most important responsibilities is to make sure that the 35,000 Soldiers assigned to Fort Cavazos, and their 48,000 family members have a great place to live, to work and to serve," he said. "And so, today's summit is really all about that. Making sure that this installation meets their requirements.

"So, one of the goals for this education summit is for this diverse team assembled here in the room to renew our collective commitment to ensuring our schools continue to live up to the expectations of our Soldiers and their families," he continued.

Bernabe shared his personal experiences acclimating to new schools and cities growing up as an "Army brat," stating that he understands what military families endure with each permanent change of station.

"My stories are not anomalies. Military connected kids are arriving to this community this week. And they're walking into classrooms for the first time this week or next week, and going through that same challenge I that I went through as a kid," he said.

He noted that the Purple Star School Program makes it easier for military families

to select a school tailored to their specific needs.

Purple Star campus designation recognizes Texas district and charter schools that show their support and commitment to meeting the unique needs of military-connected students and their families, the website states.

Though there are 11 local campuses that are Purple Star designated, Bernabe encouraged the group to work towards increasing that number to include all schools.

"I challenge us all," he said. "Let us all work until we get to the point where we can say a hundred percent of the schools in the Fort Cavazos area are Purple Star schools. It's important."

Bernabe also stressed the importance of continuing the Adopt-a-School Program, noting that it provides volunteers, tutors and is a huge benefit to Soldiers who participate.

"When our Soldiers go to visit a school and become a part of an event or help tutor some kids, they learn to feel good about themselves," he said. "So, commanders, leaders, continue to put your time, your energy, all your other resources into the Adopt-a-School program, because again, it is a win-win."

Lastly, Bernabe talked about the importance of recruitment.

"We want our Soldiers and the recruiters out there throughout the community to tell the Army story to the younger generation who might be interested and might really benefit from serving our country. Help them

understand that the Army is in fact the springboard for success in life."

Guest speaker Brad Buckley, state representative, Texas House District 54, and graduate of Ellison High School, currently serves as the chairman of the House Committee on Public Education and chairman of the House Select Committee on Educational Opportunity and Enrichment.

He discussed new funding for local school districts, important education legislation such as the Crown Act, which provides protection against discrimination based on natural hairstyles, and the Beckley Wilson Act, which improves special education services for students with dyslexia and related disorders.

Buckley also discussed educational instruction requirements that mandates each public school to annually provide research-based instruction related to fentanyl abuse prevention and drug poisoning awareness, and legislation to further support military families and students by allowing a military parent or guardian to transfer a student to the school district and campus of their choice, and improving school safety with trained and qualified security officers on patrol during school hours.

"I think it serves us well to understand that the important work we do for military kids goes way beyond that," he said. "And so, that's why my goal is to put in place good policy, and when we leave here today, let's all have a commitment to do the same."



Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general, focused on the Purple Star School program, the Adopt-a-School program and recruitment, among other topics as he addressed the audience during this year's Education Summit Friday at the Lone Star Conference Center.



Photos by Janecze Wright, Sentinel Living Editor

Command Sgt. Maj. John McDwyer, III Armored Corps and Fort Cavazos command sergeant major; Lt. Gen. Sean Bernabe, III Armored Corps and Fort Cavazos commanding general; his wife Jayne Bernabe; and Maj. Gen. Thomas Felty, III Armored Corps deputy commanding general maneuver; listen during this year's Education Summit Friday at the Lone Star Conference Center. During his address, Bernabe shared some of his personal experience growing up as an "Army brat" moving to different schools.



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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: 843-784-7561

(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: 11:30-1 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 (WNR): 8 a.m.-6 p.m.  
WR Manager: SFC Smith: 254-288-3681



### CULINARY OUTPOST FOOD TRUCK 2

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

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



# Connector promises to reshape transportation

**Connector:** *Continued from A1*

designated zones.

The Cavazos Connector is made up of two systems. The micro-transit system consists of five zones, which function similarly to popular rideshare applications. The circulator route makes 28 stops consisting of medical facilities, gyms, dining facilities, Exchange locations and more to help all those with access to the installation to go places with ease. These two systems put ease of access and timely connections at the fingertips of those who call the Great Place home.

“The program provides accessibility and convenience to Soldiers, their families ... to get you to various aspects, not only on the base but off base, through our five cities that we serve, from Copperas Cove, Harker Heights, Killeen, Belton and Temple,” said Raymond Suarez, general manager of the Hill Country Transit District.

This service will connect the Fort Cavazos community at no cost. Not only will it bring riders to various key points of interest on the installation, when it launches fully on March 2, it will also provide a low-cost option for those on post to travel off the installation via a stop at the Fort Cavazos Visitors Center. The

service will comprise of several micro-transit vehicles on the installation, along with two vehicles dedicated to circulator route that will operate in 20 to 30 minute windows across the installation.

The program is not just for the Soldiers and other military personnel stationed on Fort Cavazos, but to all those who have a DOD ID card. This will greatly assist all those who either live or work at the Great Place.

When asked about how the program has assisted those who used the transportation service, many Cavazos Connector riders focused on the service’s ability to provide flexibility and convenience to them and their families.

“It is extremely vital to me, given my family only has one vehicle in our household,” said Pfc. Jeremiah Davenport, 49th Transportation Battalion. “This is an extremely helpful service for the junior enlisted Soldiers on base... It is amazing.”

The Cavazos Connector promises to reshape the daily experiences of the entire Fort Cavazos community. For more information on the program, up to date routes and other critical information, continue to follow U.S. Army Fort Cavazos social media and visit <https://home.army.mil/cavazos/my-fort/all-services/cavazos-connector>.



Photo by Darren Cinatl, Fort Cavazos Public Affairs

The new Dodge Promaster fleet vehicle departs Feb. 5 from the Copeland Center along the micro-transit route during the Cavazos Connector beta testing.

# Event brings Army to community, provides insight

**Army Day:** *Continued from A1*

“My father, my grandfather and my uncles were all armor officers,” Petracca said. “My dream is about to come true in a couple months. I’m going to get out there and meet all these wonderful Soldiers, and I’m going to lead the best that I can.”

The excitement of the day wasn’t

shared amongst only college students, as a group of JROTC cadets from Killeen High School in Killeen, Texas, also got a chance to meet with Soldiers and learn about a potential career.

“I’m here to see all the different branches that the Army has to offer,” said Cdt. Natalie Gomez, the executive officer of Killeen High Schools Corps of Cadets. “I

want to commission as an officer. I’m excited about traveling to all these different places and working with good people.”

Gomez expressed how important opportunities like this are for herself and her fellow cadets.

“Having this opportunity for me, and the student body, lets us get a broader view of what the Army has to offer,” she said. “I

get to meet with officers from different branches and talk to them about their experiences and how they feel about their job. It’s such a good thing because we can get an idea of how it’s going to be.”

The Meet Your Army event

brought the Army to the community and provided an opportunity for Soldiers, cadets and students to speak with each other about what the Army can do for them, as well how they can be all they can be.



Photos by Sgt. Anthony Sanchez, 7th Mobile Public Affairs Detachment

1st Lt. Leah Foodman, an armor officer assigned to the U.S. Army Armor School, briefs two ROTC cadets on the duties of an officer in the armor branch during the Texas A&M Meet Your Army Day Event Thursday in College Station, Texas.



Capt. Thomas Lee, career program manager with the 11th Signal Corps, briefs an ROTC cadet on the opportunities and duties of a signal corps officer during the Texas A&M Meet Your Army Day event Thursday in College Station, Texas.

# Organization strives to make visitors feel beautiful, confident

**ODYD:** *Continued from A1*

13 brick-and-mortar store fronts at installations around the world. The current goal is to improve the quality of life of military families by offsetting the high cost of attending formal military functions, especially for junior service members. ODYD is hosted here by the Fort Cavazos Spouse’s Club, which supports numerous events to help military spouses feel welcome at the Great Place.

“It is the instant gratification of watching our volunteers impacting our community, and

instantly make someone feel good, beautiful and confident,” said Niki Strong, president of the Fort Cavazos ODYD.

Prospective shoppers at ODYD have the option to pick two items of formal wear in a calendar year, with one item selected per visit based off inventory availability. Additionally, shoppers can pick one accessory such as shoes, purses and other items per calendar year.

The Love Is In The Air event was unique as it did not count against the two-item limit per year, affording those in need another opportunity to dress to impress at their next

formal event.

“We do sidewalk sales, luncheons and other events annually that do not count against the two dress a year limit,” said Courtney Flohr, president of the Fort Cavazos Spouse’s Club. “ODYD really helps offset the impact to our community for attending formal events as the costs really do add up quickly.”

Although the selection was expansive at one of the largest ODYD storefronts, the team of volunteers that staffed the event encouraged others to donate their lightly used formal wear to the help others in need.

“Because we are a donation-based organization, we are always encouraging people to donate,” Strong said. “We had roughly 93 dresses come in during January, with 98 going out,” she continued.

To donate to ODYD, you can visit the general opening events, or make donations at the drop boxes at the beauty salon in the Fort Cavazos Main Exchange or at the Great Place Gift Shop.

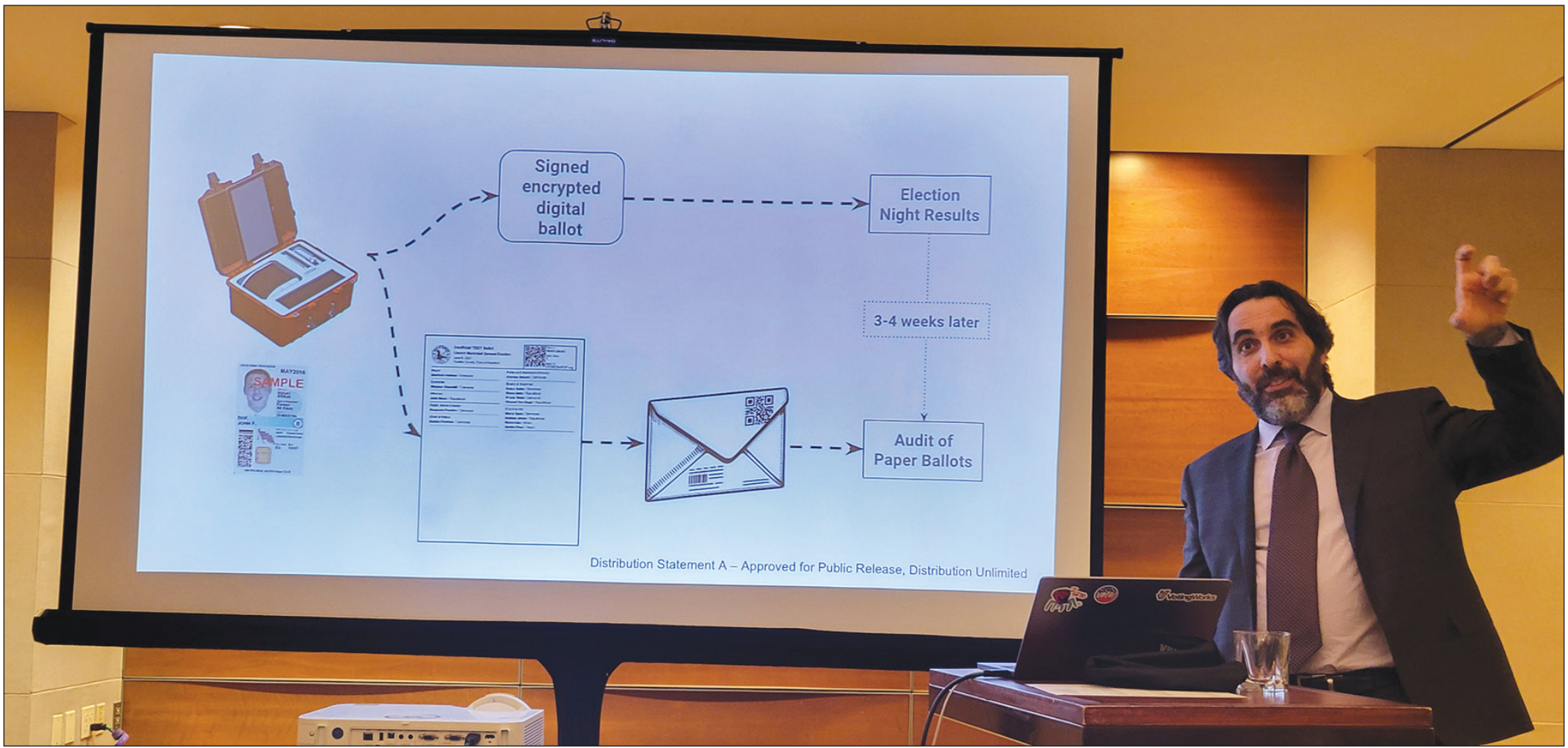
For more information on how you can help the program or volunteer at the next event, visit [fortcavazosspousesclub.org/odyd](http://fortcavazosspousesclub.org/odyd).



Photo by Darren Cinatl, Fort Cavazos Public Affairs

Shoppers look for just the right dress during the Operation Deploy Your Dress “Love Is In The Air” event Saturday.





Ben Adida, executive director of nonprofit voting technology company VotingWorks, provides a presentation on an early-stage prototype of voting technology aimed at improving the experience of military absentee voters at the National Association of State Election Directors Conference Feb. 7 in Washington, D.C.

# Researchers set out to tackle voting challenges

BY JOSEPH CLARK  
DOD News

WASHINGTON — Researchers from the nonprofit election technology company VotingWorks showcased an early-stage prototype of technology aimed at improving the experience of military absentee voters Feb. 7.

The prototype was presented during the National Association of Secretaries of State and the National Association of State Election Directors conferences in Washington, D.C., last week. It was unveiled midway into a two-year, research project funded by the Defense Advanced Research Projects Agency to explore methods to ease burdens for service members stationed away from their home voting districts.

“We want military voters to be first-class voters and have the same abilities as other voters,” said Ben Adida, the executive director of VotingWorks and the technical lead on the project.

In describing their specific goals for the project, the research team said military voters should have the ability to cast a privacy-protected ballot through election day, receive a paper ballot for verifiability and confirm that their vote was counted.

The research team also wants those ballots to be counted as part of election night results, or soon thereafter, similar to the in-person ballots cast at a service member’s regular polling center.

“We want them to be a part of that because that’s an important part of being and feeling enfranchised during the voting process,” Adida said.

While the majority of service members, 75%, are eligible to vote absentee because they are stationed away from their home voting precincts, doing so is often more complicated according to analysis conducted by the Federal Voting

Assistance Program.

Service members must explicitly request absentee ballots and follow their state’s specific rules about how their ballot can be sent and received. Military absentee voters often send their ballots to be counted via an ad hoc mix of fax, email and mail that could potentially compromise the security of their ballots.

In some cases, state absentee voting measures require access to technology not readily available while deployed, and often require military voters to vote earlier than their civilian counterparts due to long mailing timelines.

Those challenges, in part, translate to lower turnout by military members when compared with civilian voters, according to FVAP figures.

The FVAP found that in 2020, military voter turnout was 27 percentage points lower than civilian voters with similar characteristics.

That year, turnout among civilian voters with similar demographics to military voters was 74%, the highest since 1900. Military turnout in 2020 was 47%, comparable to 46% in 2016, the FVAP found.

The early-stage solution presented by the research team last week is a deployable terminal that would allow military voters to transmit a signed, encrypted digital ballot to their home precinct on election day using their common access card.

Common access cards, which are issued to every member of the military, include strong authentication capabilities and digital signatures key to ensuring the authenticity of the digitally transmitted ballots.

The terminal would also print paper ballot along with a mailing label to be sent to the service member’s home state for audits — which usually occur up to four weeks after Election Day.

Adida said separation between when the digital vote is counted and when the audit of paper ballots is performed is

the key observation underlying the solution.

“Our work is about figuring out what we can do with that extra time,” he said. “Because the audit that requires a paper ballot, doesn’t need to happen for a bunch of days after the election results.”

Essentially, by capitalizing on the extra time, service members would no longer have to mail in a paper ballot — used for both the initial vote count and in the audit — in advance.

Adida said the prototype reflects the critical importance to producing that paper ballot that can be verified by the voter and subsequently audited by election officials.

He emphasized that the scope of the project is to produce a solution specifically for military absentee voters that meets the same standards required by civilian voters.

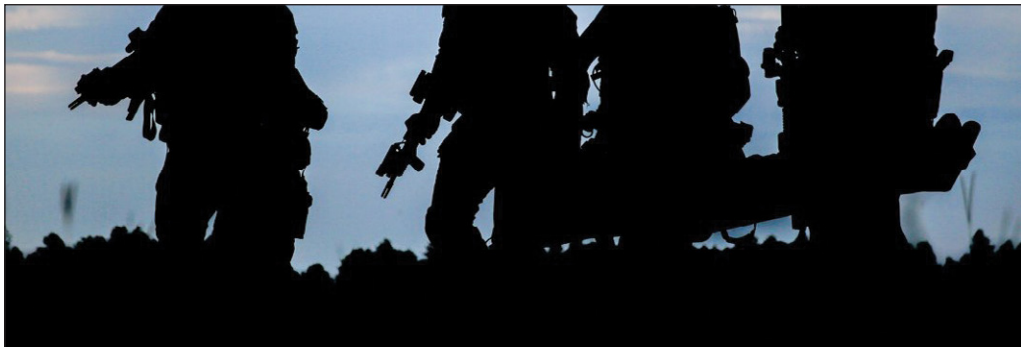
“We are well aware that whenever you tackle military voting, the first thing that comes to mind is internet voting,” Adida said. “We are holding a hard line that voters should have a voter-verified paper ballot that’s part of an audit when all is said and done.”

The research team emphasized that they are still in the early stages of prototype development, but say they are hoping to pilot a prototype in 2025.


“We recognize we’re not going to solve this problem overnight,” said Steve Trout, VotingWork’s head of government partnerships. “We’re still not going to solve this problem for every military voter with this first version, and I’ve just accepted that at least for now, we’re not going to get ballots transmitted from submarines.”

He said the project will still be a success if the team is able to provide a solution that eases the voting process for most military voters.

“Logistically, some things are just going to be impossible to do,” Trout said. “But we don’t want that to discourage us if we can help increase voter turnout by 20%. That’s a huge win.”



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SECTION B

BOSS hosts Super Bowl watch party ..... B2

Strong-bell XPRESS provides challenging workout ..... B3

Belton Rodeo celebrates military ..... B4



www.CavazosSentinel.com



Photos by Blair Dupre, Sentinel News Editor

There are many things to learn about life on the railroad at the Temple Railroad and Heritage Museum, including things on the operational side. In this exhibit, visitors can learn about the Advanced Train Control System and how it has evolved throughout time.

## Temple Railroad, Heritage Museum: All aboard education express

BY BLAIR DUPRE  
Sentinel News Editor

TEMPLE, Texas — Calling all train enthusiasts and history buffs, I know of a place that'll toot your train horn!

Simply make the 30-minute drive to Temple and you can visit the Temple Railroad and Heritage Museum, located in the historic Santa Fe Depot.

Here, visitors can learn about all things trains, some of Temple's history and interact with exhibits. There are also rotating exhibits, including Elliot Erwit: Dog Dogs.

I loved this photo exhibit because all of the photos contained at least one dog. The photos are quite creative and show a variety of dogs in a variety of situations. Many of them brought a smile to my face.

There were also drawings of dogs made by children strung onto the wall next to the children's table.

There is also the Temple room, which is filled with rotating exhibits. There were some Red Cross uniforms from the mid 1900s on display as well as other exhibits about local and state history.

Most of the museum is dedicated to the history of trains and how the activity from the railroad helped develop our community into what it is today. Visitors may recognize the names Scott and White because they are on many medical centers in the area. Well, you can learn the history about Dr. Arthur Carroll Scott Sr. and Dr. Raleigh R. White in the museum. I enjoyed learning about a partnership that began so long ago, but is still leaving an impact today.

You can also learn about the tools used to make repairs as well as the different types of train cars and what all can be transported on trains — including people, animals, food and goods.

My favorite part was the interactive exhibits because I love doing hands-on activities and there are plenty here for visitors to do.

You can practice your Morse code skills, use a typewriter, dial a number on a rotary phone and learn how to signal trains using a lantern.

There is so much to see and learn at the Temple Railroad and Heritage Museum and I recommend giving them a visit. For more information on museum hours and ticket costs, visit [templeparks.com/facilities\\_\\_rentals/temple\\_railroad\\_\\_heritage\\_museum/](http://templeparks.com/facilities__rentals/temple_railroad__heritage_museum/).



TOP, Red Cross uniforms are on display in the Temple Room at the Temple Railroad and Heritage Museum. ABOVE, My roommate, Jessica, tests her Morse code skills at the Temple Railroad and Heritage Museum.



A sign sits on display outside of the Temple Railroad and Heritage Museum in Temple, Texas. The museum provides visitors with information on all things trains as well as local and state history.

My roommate, Jessica, interacts with a telephone switch-board at the Temple Railroad and Heritage Museum.





Roughly 200 Soldiers enjoy a Super Bowl watch party organized by Better Opportunity for Single Soldiers and the Directorate of Family and Morale, Welfare and Recreation Sunday at the Samuel Adams Brew House. The reigning Super Bowl champions, the Kansas City Chiefs, battled the San Francisco 49ers in Super Bowl LVIII.

# BOSS hosts Super Bowl watch party

BY JANECEZ WRIGHT  
Sentinel Living Editor

Approximately 200 Soldiers avoided the expensive trip to Vegas and enjoyed the big game right here at a watch party provided by the Fort Cavazos Better Opportunities for Single Soldiers program, in partnership with the Directorate of Family and Morale, Welfare and Recreation Sunday at Samuel Adams Brewhouse.

Patrons enjoyed an assortment of football fare, drinks and games as the reigning Super Bowl champions, the Kansas City Chiefs, battled the San Francisco 49ers for this year's title.

Cpl. Kandice Pritchard-Harmon, Fort Cavazos BOSS president, explained that the importance of the event was to

provide an opportunity for Soldiers to socialize and to concentrate on maintaining the quality of life the Great Place is known for.

"A lot of Soldiers, they don't have friends when they start out here," she said. "And this is an opportunity, especially for new coming Soldiers to make friends as well as boost their morale, have a good time and have a place to watch the Super Bowl."

Pritchard-Harmon said the event was a collaboration with military sponsor USAA, which provided prizes and keepsakes for attendees.

The game got off to a slow start in the first half, but attendees had plenty of fun activities to keep them entertained until the much-anticipated half-time show, featuring award-winning artist Usher.

Soldiers were given tickets after

signing in to win door prizes during each quarter of the game and were eligible to compete in a pool tournament and a pong tournament to win gift cards and other NFL merchandise, such as autographed jerseys, autographed footballs, hats, lanyards and authentic Super Bowl LVIII programs.

"It's always fun when big events like the Super Bowl can be brought to us," said Sgt. Peter Benincasa, 1st Cavalry Division Artillery.

Benincasa expressed that he appreciated the break from the norm and enjoyed watching the game with friends.

"Rather than being cooped up in the barracks and just going from work back to the room. It breaks the work norm and gives (Soldiers) that needed break," he said. "It just makes being in the military just a

little bit more fun."

Mark Cook, military affairs representative for USAA and retired sergeant major, said he can relate to the Soldiers attending the event.

"Having been a Soldier myself, I know that those little things really matter in our service ... to have the opportunity to come together and enjoy the game with friends," he said.

Cook explained that USAA is a proud sponsor of DFMWR, the BOSS program and the military service. He added that USAA also a partners with the NFL to provide a variety of authentic memorabilia to give to deserving service members.

"Everywhere USAA can sponsor BOSS we do because it's one of the main programs where we can take care of our Soldiers. But the best

part is BOSS is Soldiers taking care of themselves, whether it's on base or in the community volunteering. BOSS takes care of themselves and other people."

Sgt. James Young, 6th Battalion, 56th Air Defense Artillery Regiment, agreed that BOSS and DFMWR are vital to the quality of life here at the Great Place.

"The BOSS reps in my unit are great. The BOSS reps here are great. They make sure that we have all these amenities that we wouldn't have if it wasn't for them," Young said. "BOSS and MWR are very important to Fort Cavazos. They boost morale and they bring single Soldiers together. And it really creates a cohesion between not just units, but across the base. It creates morale that really rises the Army."



ABOVE, Sgt. James Young and Spc. Tanner Tribeck, both from 6th Battalion, 56th Air Defense Artillery Regiment, and Sgt. Peter Benincasa, 1st Cavalry Division Artillery, enjoy the festivities during the Super Bowl watch party. LEFT, Soldiers enjoy shooting pool at the Super Bowl watch party Sunday at Samuel Adams Brew House at Fort Cavazos.

# Spouses' Club provides sense of community

BY BLAIR DUPRE  
Sentinel News Editor

The Fort Cavazos Spouses' Club is one of many organizations on post, with the goal to better the Fort Cavazos community.

The nonprofit organization is volunteer-led and supports the community through outreach, awarding charitable organizations with grants. The events they host promote welfare and boost morale for Fort Cavazos spouses through organized activities, luncheons and community service.

"We strive to make the most of our experience at Fort Cavazos," said Courtney Flohr, Fort Cavazos Spouses' Club president.

Many spouses feel a sense of community by being a part of the Fort Cavazos Spouses' Club and enjoy being part of something that gives back, including Karissa Dolan.

"Being a part of a community of others who understand the unique circumstances of military lifestyle is very important," she said. "When you meet other military spouses, you feel less isolated and enjoy the outcome of supporting and learning from one another. Giving back has always been a passion of mine. And being a part of supporting organizations who give back to our military community is a worthy cause.

"I reflect on my own family's integration into this community," she continued. "My daughter has found connection and purpose through two local nonprofits, Hoofbeats for Heroes (equine lessons and therapy) and Club Beyond (youth ministries). Funding grant opportunities to aid nonprofits like these ensure these resources and opportunities are available to our military families. As a

parent, I am extremely grateful and appreciative of these organizations that have allowed my daughter to thrive while uprooting during her teen years."

The organization hosts many fundraising events that are loved by the community including the Spouses' Club Holiday Bazaar and the upcoming Wild West Night.

Dolan and Marisa Wells are Wild West Night co-chairs and they are excited to host everyone on March 1.

"The energy of the evening," Wells said when asked what she is looking most forward to on the night of the event. "Seeing our community and military coming together for a great cause, and to know that many nonprofits will be blessed by proceeds of this event."

Dolan agreed and thanked the sponsors that are helping Wild West Night come to fruition.

"This event isn't possible without our sponsors, and the community support through donations for the live and silent auction, as well as other evening festivities," she said. "Organizing an event like this is an undertaking. Yet, as the planning process has unfolded, we have seen the pride our Central Texas Community has for Fort Cavazos and the military families stationed here. Dominion Energy jumped on board right away as a generous \$5,000 sponsor. Dennis Eakin Kia, First Heroes National Bank, Big Hoss BBQ and Smile Doctors are each \$1,000 sponsors."

Wells said the Wild West team has been hard at work, planning an event that incorporates new elements while keeping event traditions.

"Attendees can take part in casino-style games, ride the mechanical bull or be amused by those who do, line dancing, live and silent

auctions and be entertained by a military volunteer singing 90s country covers," she shared. "Heavy hors d'oeuvre and a cash bar will also be available. Our theme this year is 90s country, so dress in your favorite 90s country attire."

The Spouses' Club fundraising events, like Wild West Night, allow the Spouses Club to not only contribute to the community through fun activities, but also through their grants.

"The outreach by the Spouses' Club at Fort Cavazos is crucial because it drives philanthropic efforts that directly benefit both the military and our local communities," Flohr said. "Through fundraising and volunteerism, the club supports charitable causes and provides assistance where it's most needed. For example, the \$10,000 grant the Food Care Center received last year provided 1,000

military families with Thanksgiving meal baskets, and 650 military holiday meal baskets.

"Additionally, these community-building activities foster a strong sense of unity and belonging among military families, helping them establish supportive networks and feel at home in their environment," she added. "This blend of philanthropy and community building enriches the lives of all involved and strengthens the bond between the military base and surrounding communities."

Membership for the Fort Cavazos Spouses' Club is currently half off. For more information on pricing or to join, visit [fortcavazosspousesclub.org/membership-to-fsc](http://fortcavazosspousesclub.org/membership-to-fsc).

For more information on Wild West Night, scheduled to begin at 6:30 p.m. on March 1 at the Lone Star Conference Center, visit [fortcavazosspousesclub.org/events/wild-west-night-2024](http://fortcavazosspousesclub.org/events/wild-west-night-2024).



Photo by Lauren Ziegelhofer, Fort Cavazos Spouses' Club

Members of the Fort Cavazos Spouses' Club, along with Santa Claus, kick off their 42nd annual Holiday Bazaar with a ribbon cutting Nov. 11, 2023, at the Killeen Civic Center.



Photo by Eric Franklin, Fort Cavazos Public Affairs

The Fort Cavazos Spouses' Club hosts their 37th annual Wild West Night March 4, 2023, to raise funds for community outreach.





Photos by Blair Dupre, Sentinel News Editor  
**ABOVE,** Camelia Williams ensures that Spc. Tyler Maki, 4th Battalion, 5th Air Defense, 69th Air Defense Artillery Brigade, uses the proper form during Strong-bell XPRESS Feb. 6 at Starker Functional Fitness Center. **RIGHT,** Camelia Williams lifts a kettlebell after performing a push-up during the Strong-bell XPRESS fitness class Feb. 6.



# Strong-bell XPRESS provides challenging workout

**BY BLAIR DUPRE**  
Sentinel News Editor

A unique fitness opportunity has made it's way to the Great Place — Strong-bell XPRESS.

Strong-bell XPRESS is a challenging workout that utilizes movements with kettlebells to increase cardiovascular endurance and physical strength throughout the entire body.

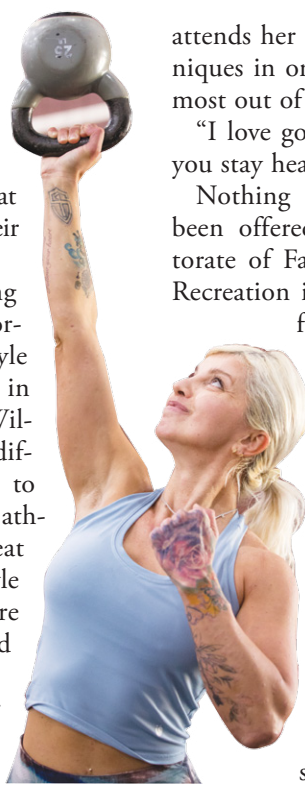
"It's a hardstyle kettlebell, so there's a lot of technique involved," said Camelia Williams, Strong-bell XPRESS instructor. "You build while you burn. With a little piece of equipment, you can workout anytime, anywhere in a short amount of time. If you want to run better, have more power, flexibility and mobility, use the kettlebell."

Williams has more than a decade of experience teaching fitness classes and has earned many certifications. She spent nine years of her career teaching at Caserma

Ederle near Vicenza, Italy. Now, she is excited to share her passion for kettlebell workouts with the Fort Cavazos community and provide community members with a great workout that won't use up too much of their time.

"I look forward to helping people understand how important it is to live a healthy lifestyle and how much you can do in a short amount of time," Williams said. "Everybody has different goals, but if you want to look better and improve your athleticism, (kettlebell) is a great tool. I love to teach this style and I want more and more people to know about how good it is."

Her motto is "quality over quantity," and she takes time to ensure that everyone who



attends her classes is using the proper techniques in order to avoid injury and get the most out of their workout.

"I love good technique," she said. "Then you stay healthy and injury free."

Nothing like Strong-bell XPRESS has been offered by the Fort Cavazos Directorate of Family and Morale, Welfare and Recreation in recent years and Emily Cox, fitness program specialist, said she is excited to provide this unique fitness opportunity at Fort Cavazos.

"Fitness is not one modality and I wanted to bring another opportunity for our patrons to experience that really harnesses the mechanics and technical work behind functional equipment," she said. "This is a class for everyone, from beginners to experienced athletes, and it is amazing to see how much each attendee

learns and progresses after just one hour with Camelia."

Williams said the workout is used by special forces and can be very helpful to Soldiers who are looking to improve on the Army Combat Fitness Test.

Williams encourages those who are interested to give Strong-bell XPRESS a try.

"I promise they'll fall in love with the kettlebell," she said. "They will carry it with them forever. The strength and conditioning that can be done with one little piece of equipment is amazing."

Strong-bell XPRESS takes place at 11:45 a.m. to 12:15 p.m. Monday through Thursday at Starker Functional Fitness Center.

Williams also teaches a class called Kettlebell and Barbell from 6:30 to 7:30 a.m. Monday and Wednesday at Applied Functional Fitness Center.

For a full list of the fitness opportunities at Fort Cavazos and their schedules, visit [cavazos.armymwr.com/programs/group-fitness-classes](http://cavazos.armymwr.com/programs/group-fitness-classes).



## 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/fhtpws/](http://www.facebook.com/groups/fhtpws/)

### 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  
**Theraveda**, 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.**

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

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# Soldiers, families celebrate during Bell County Rodeo

BY ERIC FRANKLIN

Fort Cavazos Public Affairs

**BELTON, Texas** — Soldiers and their family members from Fort Cavazos attended the Bell County Professional Rodeo Cowboys Association Military Appreciation Night on Friday at the Cadence Bank Center, previously known as the Bell County Expo Center.

The audience roared excitedly as horses threw their riders, the rodeo clown delivered punchlines and the young mutton busters clung on to sheep with determination. Military Appreciation Night served as a moment for Belton and the broader Central Texas community to offer heartfelt thanks to ser-

vice members, and in turn, for those in uniform to show their fondness for the rodeo tradition.

Jay Taggart, leader of the Belton Chamber of Commerce’s military relations committee, spoke to VIPs from Fort Cavazos during a catered dinner before the night’s events. He highlighted the importance of the gathering in contributing to scholarship funds for local youth.

“I want to thank you and welcome the folks of Fort Cavazos,” Taggart said. “This is a family affair and an opportunity for us at the Rodeo to extend our gratitude to you, Fort Cavazos, our community partner, for your service and dedication to our country.”

Taggart further emphasized the event’s importance, noting the impact goes beyond a single evening of entertainment and fellowship. By directing proceeds toward scholarships, the event supports Bell County’s ambitious young men and women, nurturing the area’s tradition of community and service.

“This event is significant as it raises scholarship funds for the young men and women of Bell County,” he said.

Highlighting the shared values between the military and rodeo community, Brig. Gen. Chad C. Chalfont, the deputy commanding general of maneuver for the 1st Cavalry Division, spoke at the event attended by senior leaders from Fort Cavazos. Chalfont drew parallels between the attributes honored at the rodeo and those revered in military service.

“The qualities that bring these young men and women success — such as grit, work

ethic and character — are the same ones we look for in our Soldiers,” Chalfont said.

He also shared his enthusiasm for the evening’s festivities and expressed his gratitude for the hospitality extended to the military personnel.

“I’m excited for the rodeo tonight and grateful for the warm welcome. It’s going to be a great event, so thank you,” Chalfont said.

In a heartfelt tribute that brought the night’s festivities to a reflective pause, T.C. Long, known as the Voice of Rodeo, delivered a stirring message from his unique vantage point on horseback.

“Freedom truly doesn’t come free,” Long stated, offering gratitude to the servicemen and women for their enduring sacrifices. “The red stripes on our flag stand for the bloodshed by our forefathers, so we might live in prosperity.”



Photos by Eric Franklin, Fort Cavazos Public Affairs

A cowboy rides a bronco during the 2024 Bell County PRCA Rodeo’s Military Appreciation Night.



A young cowboy clings with all his strength to a sheep during the Mutton Busting portion of the 2024 Bell County PRCA Rodeo’s military appreciation night Friday.



Photos by Maj. Brandon Fambro, 646th Regional Support Group

**ABOVE,** Sgt. Kyra Cure, Spc. Derek Johnson and Sgt. Caitlyn Smith, all assigned to the 646th Regional Support Group and mobilized to Fort Cavazos in support of the Mobilization Support Mission, pose for a photo following the Basic Leadership Course Class 03-24 graduation ceremony Jan. 31 at Fort Cavazos. **LEFT,** Command Sgt. Maj. Alexis Figueroa Moran, 8th Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, addresses BLC Class 03-24 during their graduation ceremony, Jan. 31 at Fort Cavazos.

## MSB Soldiers recognized for graduating Basic Leader Course

BY MAJ. BRANDON FAMBRO

646th Regional Support Group

Three Army Reserve Soldiers assigned to the 646th Regional Support Group, and mobilized to Fort Cavazos in support of the Mobilization Support Brigade mission, graduated from the Army’s Basic Leader Course Jan. 31 at the III Armored Corps and Fort Cavazos Noncommissioned Officer Academy.

Sgt. Kyra Cure, Deployment Readiness Center DD214 Human Resources NCO, Sgt. Caitlyn Smith, DRC Mobilization Operations NCO, and Spc. Derek Johnson, Mobilization Support Brigade Arrival/Departure Airfield Control Group Human Resources NCO, were among the 261 BLC graduates.

BLC, formerly the Primary Leadership Development Course and Warrior Leader Course, is the first noncommissioned officer course available to Army Soldiers. The course

prepares specialists, corporals and sergeants for leadership roles as noncommissioned officers with emphasis on core competencies such as readiness, leadership, training management, communication, operations and program management. Graduates are well-prepared to lead team-sized units, equipped with the skills and knowledge needed to thrive as successful noncommissioned officers. The comprehensive training ensures a strong foundation for effective leadership within the military.

Command Sgt. Maj. Alexis Figueroa Moran, 8th Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, served as the guest speaker and encouraged graduates to use lessons learned during the three weeks of training to help them be better leaders.

“As you embark upon your journey as an NCO, you will play a key part in the development of Soldiers,” Figueroa Moran said. “You’re at the very front where Soldiers start

to ask questions because you are an NCO. Just remember you are not going to know everything, but that’s okay, just ask.”

Figueroa Moran emboldened the graduates to use available resources whenever they may be unsure about a particular question or subject matter.

“You have many leaders around who can help you out. The best trait that we bring as NCO’s is our experience,” he said. “You will not learn experience in school, you got to live it.”

Following the presentation of the graduates, current and former NCOs, along with the graduates, stood to recite the Noncommissioned Officer’s Creed, which details what NCOs will and must do as leaders.

Command Sgt. Maj. Darren Dwyer, 646th Regional Support Group, MSB, attended the graduation and shared his thoughts on what it means to be an Army NCO.

“An NCO’s dependability and discipline, especially under stress is what makes our Army the most lethal fighting force in the world,” Dwyer said. “Being accountable, humble and reliable are other traits that NCOs live by and exemplify. The NCO Corps makes things happen and is the backbone of the Army.”

The III Armored Corps and Fort Cavazos Noncommissioned Officer Academy is an active-duty training institution, and in most cases, is not an option for Army Reserve Soldiers. Opportunities may be present if deployed to a theater where an active-duty school is available or mobilized stateside to an active-duty post.

Spc. Derek Johnson, MSB, enjoyed the opportunity to attend BLC at Fort Cavazos.

“Working with active-duty counterparts during BLC was a good time,” Johnson said. “I believe, we as classmates, had many things to learn from one another. I believe it made a much better environment for classroom discussions.”

Sergeant Maj. Laura Schneider, 646th Regional Support Group, MSB, logistics sergeant major, was thrilled the MSB Soldiers had the opportunity to attend BLC while mobilized.

“Being here at Fort Cavazos, the Great Place has allowed for some of our Troop Program Unit or Army Reserve Soldiers to take advantage of active-duty opportunities while balancing our primary mission,” Schneider said. “I am very pleased that we have been able to get some of the junior enlisted and newly promoted NCOs enrolled in BLC during our mobilization rotation in support of contingency operations. I am grateful for this last opportunity to serve as part of this mission and to be able to coach and mentor Soldiers.”

Sgt. Caitlyn Smith, 646th Regional Support Group, expressed similar sentiments about attending active-duty BLC.

“I feel that being in a course intermixed with active-duty Soldiers set me up for success,” Smith said. “They were more proficient with things from the start and were easily willing to step in and help me.”

Smith and Johnson provided insight on how completing BLC impacts them and their careers.

“Graduating BLC will impact my career greatly,” Smith said. “I took the first big step in becoming an NCO, only allowing myself to build on that path in the future.”


Johnson agreed.

“Graduating BLC will allow me to have more upward mobility in my career,” he added, “and increase my ability to perform duties in my MOS, as well as duties that may come from broadening assignments.”



The Creed of the Noncommissioned Officer is recited during the Basic Leadership Course Class 03-24 graduation ceremony Jan. 31 at Fort Cavazos.





SPECIAL DELIVERIES

JAN. 2, 2024

A daughter, **Olivia Kathleen**, to Brandon and Rachel Kluna, 1st Cav. Div.  
A son, **Romyn Christopher**, to Alexander Leon and Faith Hubbard, 3rd ABCT.

JAN. 4, 2024

A daughter, **Telana Lykos**, to Tyler and Elora Fenner.  
A daughter, **Oaklynn Alayn**, to Jacob Hallex and Anastasia Pflavm, 1st ACB.

JAN. 6, 2024

A daughter, **Rainy Blossom**, to Andrew and Stephanie Gonzalez, 3rd ABCT.

JAN. 7, 2024

A son, **Cooper Lawrence**, to Nathan Gilden and Holly Payne-Gilden, 3rd SFAB & CRDAMC.

JAN. 8, 2024

A son, **Memphis Charles-Jervon**, to Christopher and Melissa Hill.

JAN. 9, 2024

A daughter, **Morgan Kay**, to Michael II and Jessica Gilman, 3rd ABCT.  
A son, **William Ryder**, to Paul and McKenna Garcia, 1st Air Cav.

JAN. 10, 2024

Twin sons, **Ezekiel Joseph** and **Jayden Elias**, to Armando Gotay and Genesis Gama, 1st ACB.  
A daughter, **Mariam Kaira**, to Hamidou and Mahorogbe Fofana.

JAN. 12, 2024

A son, **Liam Alonso**, to Fabian and Lorena Barrientos.

JAN. 14, 2024

A son, **Alexander Alfredo**, to Alfredo and Barbara Martinez-Romero, MEDCOM.

# CRDAMC sheds light on STIs

BY JANECEZ WRIGHT  
Sentinel Living Editor

Discussing sexually transmitted infections, or STIs, can be uncomfortable and embarrassing.

However, health professionals at Carl R. Darnall Medical Center assert that it's imperative to have an open and honest dialogue about STIs and remove the inherent shame of an issue that plagues society and is currently on the rise.

The crew of the Fort Cavazos Great Big Podcast sat down with a panel of Army Public Health Nursing representatives, consisting of Chief of Army Public Health Nursing Maj. Theresa Suggs, along with Glenna Tucker, RN supervisor and nurse Shemaka Hairston, in early January to have a candid discussion about STIs. They discussed who is at risk, symptoms, methods of protection and resources available for service members and the community.

STIs are spread mainly by sexual contact and caused by bacteria, viruses or parasites. They may be passed from person to person through various bodily fluids. Sometimes STIs can spread to infants during pregnancy or childbirth. They can also spread through blood transfusions or shared needles.

Some of the most common infections include syphilis, herpes, gonorrhea, chlamydia and human immunodeficiency virus HIV.

"We see the highest prevalence in younger people, around ages 17 to 24, but anyone is at risk for contracting an STI if you are sexually active," Suggs said.

The Centers for Disease Control and Prevention reported that there is a surge of STIs with no signs of slowing down and the panel agreed. Hairston noted the infections they see here most often.

"I feel like in our community, the things that's most prevalent are chlamydia and gonorrhea, that's what we see a lot of. Not to say that the others aren't as prevalent, but we definitely see people who come back higher for chlamydia and gonorrhea," she said.

Symptoms of an STI vary and can include drainage, bleeding and pain with urination, or no physical indicators at all.

"While there are multiple symptoms that could occur, some people don't have any symptoms," Haston explained. "So, it's very important if you know you're sexually active, especially if you're not having protected sex, it's important to get tested frequently."

Lack of testing is a contributing factor to the increase of STIs, the CDC noted. Consequently, the panel stressed the importance of getting tested and the need for patients

to feel secure in doing so.

"There's no judgment," Hairston expressed. "We encourage them ... if you know you've been in a situation that put you at high risk ... it's important that you say, 'I do want to get tested' and just feel comfortable coming in to get tested. We simply want to test you so we can stop any community spread that could happen."

Suggs agreed.

"Our goal is not to point fingers or to judge people as to how they ended up contracting an STI, it's to educate and empower them so that they can protect themselves," Suggs added.

She explained that the testing process is straightforward and may require a blood draw, urine specimen or rectal swabs and can take up to seven days to yield results.

While there are treatments to cure most STIs, an HIV diagnosis is permanent and can be devastating to receive.

The CDC reports that although HIV infections are on the decline, "prevention efforts must go further and progress must be faster."

Suggs said the focus is on prevention, adding that with testing, she hopes to see a decrease in the number of HIV positive Soldiers.

"Though there are many things that the Army has put in place to support Soldiers and family members who have HIV positive diagnosis, I think the better option is that you never get diagnosed," she said.

APHN provides a questionnaire that helps to assess risk factors. Based on the information provided, patients may also request a referral for HIV prep or different medications that help to reduce the risk of contracting HIV prior to exposure.

She went on to explain that Fort Cavazos is diligent in providing services and resources for HIV positive Soldiers and family members.

She noted that CRDAMC provides case management and counseling to HIV positive Soldiers, retirees and dependents. Health professionals ensure they receive the appropriate lab tests, medications and help them maintain medical appointments.

Tucker explained that an HIV diagnosis can affect a Soldier's deployability, but military regulations are constantly changing, and Soldiers can still enjoy a full career.

Suggs added that the goal is early detection, so the body has the best chance to fight off the virus and remain healthy as long as possible.

"What we want to see, and what our goal is hopefully with testing, is that we will definitely see a decrease in our number of positive HIV Soldiers," Suggs said.

APHN has implemented a walk-in clinic to make STI testing more accessible to service members, family members, veterans and retirees.

In addition to CRDAMC's efforts to tackle the negative stigma of STIs, Suggs reiterated the need for open and honest discussion.

"Having sex and connecting with people is just a human response, something that we all crave in our lives, it is very natural, so there's no shame in that," she said. "But when you reach that level in your life where you're ready to engage in that kind of relationship with another individual, you also have to be ready to have adult conversations."

For more information, contact Army Public Health Nursing, located on the first floor of building 36065, at 254-286-7893. Patients can also contact Bell County Public Health at 254-526-8371 or visit [bellcountyhealth.org/](http://bellcountyhealth.org/).

Listen to the entire episode at [buzzsprout.com/761486/14330596](http://buzzsprout.com/761486/14330596) or search "STIs: Let's Talk About It" wherever you listen to podcasts.



Photo by Shawn Davis, Fort Cavazos Public Affairs

Professionals from the Army Public Health Nursing program at CRDAMC had an open and honest dialogue about STIs during an appearance on the Great Big Podcast Jan. 5. The panel encouraged others to dispel the negative stigma and foster open discussion as well.

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A review of some of the most popular series streaming on a variety of platforms

# ‘Harlem’ pays homage to iconic 90s show

BY JANECE WRIGHT  
Sentinel Living Editor

Shows like “Living Single,” featuring four fabulous friends living different, but equally remarkable lifestyles, always intrigue me.

I always thought Khadijah (Queen Latifah) was a woman after my own heart: level-headed, beautiful, a journalist and magazine owner, who was as devoted to her work as she was to her friends.

I often find myself living vicariously through the characters of the iconic 90s series, identifying with different aspects of each of their seemingly too good to be true lives.

So, when I was encouraged to check out “Harlem,” a series with a “Living Single” vibe, featuring a group of four beautiful and ambitious professionals and friends, living in the city that never sleeps, I was intrigued.

Though the characters in each series lead similar lives with some of the same issues, I identify with the distinctive identities, goals, professions and outlooks on life of the characters in “Harlem,” as I see a little bit of myself play out in each episode.

Camille (Meagan Good) is a professor at Columbia University who teaches an anthropology course. She is grappling with trying to advance her career, while navigating a burgeoning love life. She is also consumed with memories of her ex and thoughts of what could

have been. Quinn (Grace Byers) is an entrepreneur from a wealthy family trying to make her mark in the world, on her own dime. But after a failed same-sex relationship, a canceled wedding and a missed opportunity most can only dream of, she is left reeling from the multiple disappointments in her life and begins to lose her way and question her self-worth.

Like Quinn, Tye (Jerrie Johnson) is a successful and rich entrepreneur. With a dating app, a tech company, a revolving door of paramours and a boss attitude to compliment her success, one would think she has it all. But not everything is as it seems and sometimes, the past can threaten the future.

Angie (Shoniqua Shandai) is bubbly, sarcastic, loud and sexually emboldened, with a voice that could rival any professional singer. Her “tell it like it is” personality, while abrasive at times, ensures her friends always know where she stands. But bouncing from job to job and couch to couch, mainly Quinn’s, in search of her big break is getting old, and she may have to make some hard decisions about her future.

I really enjoy how each character brings something different to the table while still complimenting one another.

Each episode is a depiction of how the characters’ worlds meld and collide, while keeping their

bond intact. Though the ladies don’t always agree, the way they show up for one another, celebrating each other’s highs and supporting one another through each low, is what true friendship is all about.

The women are all fashion forward and beautiful in their own way with their own unique sense of style, and it’s nice to see such vibrant diversity play out in the series.

One of the things I really enjoyed was the method of using Camille’s anthropology lessons to introduce and explain the plot of each episode.

This creative technique was not only informative, but it was humorous at times and quite entertaining.

In addition to professional and dating drama, this series also touches on other relatable topics such as divorce, gentrification, sexuality and the LGBTQ+ lifestyle.

Can the ladies coexist while being the best and worst versions of themselves?

Will they find true love and fulfillment?

You’ll have to watch to find out. “Harlem” is definitely binge worthy. Catch up on seasons one and two on Prime and be on the lookout for season three coming soon.

This series contains adult content, sexuality, nudity and profanity. Parental discretion is advised.



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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: used UNIDEN R4

Extreme Long-Range Laser/ Radar Detector, Built-in GPS w/AUTO Mute Memory, Voice Alerts, Red Light & Speed Camera Alerts, Multi-Color OLED Display. Comes with 12V cigarette adaptor with mute key and USB port, single and double suction mounts and carrying case Asking \$200. 1.5 years old, only reason I'm selling it going to up grade. Works just fine, nothing wrong with it. (254) 392-3062

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

EMPLOYMENT: Job employment you would be paid between \$200-\$300 for every duty you carry out, and bonus on your transportation allowance, and funds would be given to you if you have to dine as part of the duty. (kenw9588@gmail.com)

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

## MISCELLANEOUS

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

SEEKING: 60 year old male, ranch and farm hand experience. Wild life management, handyman,

property caretaker. Call 940.257.1087

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

## REAL ESTATE

WANTED: Brand new town home, for single person to rent rooms. \$600-\$1,000. All utility paid, excellent location. Call (254) 458-6102

## PETS

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



## WORD SLEUTH • WOODEN —

B N K I F C Z W U R P M J N H  
E C Z S X U S Q N L J G E I C  
Z X V T T R P N L J H K S C E  
C A Y A R W V A S H O E S K T  
R P N I L K L N I E L G E E C  
B Z A R X U O W U G L S R L D  
P H O C T O H C N E B B M L J  
C O I A P G E I R L M D A B A  
Y R P S X W H R U O T S Q T P  
O S R E T S A O C R E L L O R  
T E K C U B N L K J H G F D C

Today's unlisted clue: NICKEL

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.  
Friday's unlisted clue hint: A FIVE-CENT PIECE

Barrel Comb Roller coaster Spoons  
Bench Desk Shingles Staircase  
Bucket Horse Shoes Table  
Chair Leg Spatula

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## JUMBLE

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

SOGSR

HPAYP

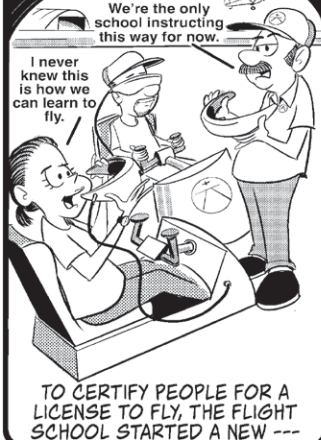
MRFLOA

PLRIET

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## THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



TO CERTIFY PEOPLE FOR A LICENSE TO FLY, THE FLIGHT SCHOOL STARTED A NEW ---

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

Jumbles: GROSS HAPPY  
Answer: To certify people for a license to fly, the flight school started a new ---

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## FREE Classified ads

to Fort Cavazos personnel and retirees



## 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 indulgence; 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

## PREMIER CROSSWORD/ By Frank A. Longo

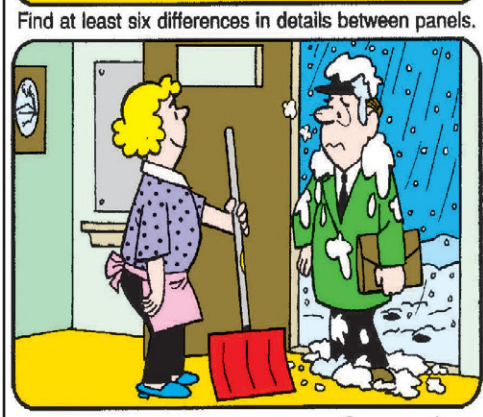
ACROSS																	
1	Has a snooze	53	Bird bill	101	Cable TV channel for buying goods	9	Very muscular, in modern lingo	48	Former Royals manager Ned	89	Expert						
5	Workout unit	55	Booting out	103	Flee to wed	10	Year, to Nero	49	"Mamma Mia" group	92	Actor Lorne						
8	Anti-DUI ad, maybe	56	Cleans up, as code	107	"I solved it!"	11	Like	50	In-favor votes	95	Like a slingshot or a wishbone						
11	"The Maltese Falcon" hero	60	Hit PC game of the 1990s	108	Type of needle-free syringe	12	"Weekend Update" reports	51	Chick's home	96	Schmooze						
19	Conical-bore woodwind	62	Director Premiering	111	ThinkPad power source, e.g.	13	"Alas and —"	53	Indian religion founder	97	Singer DiFranco						
20	Log chopper	63	Heater along the bottom of a wall	118	Cl- or Na-	14	Lee of Marvel	54	White heron	98	Pampering, for short						
21	Possess	67	Houston ballplayer	119	Gold, to Luisa	15	Component	57	Talks big	101	Cowboy doing a roundup, say						
22	Former airline to Rome	68	Ending for Gator	120	Zesty potato chip go-with	16	Et — (plus others)	59	Ticked off	102	Eye affliction						
23	Composer of the 1938 ballet "The Incredible Flutist"	69	CIO partner	121	Where nine key words in this puzzle can be found	17	Rinky, —	61	Crimean resort port	104	Peter of "Becket"						
26	Squirrel-sized monkeys	75	Bracing wear for a body-builder	124	Word after poet or Nobel	18	Relieve	64	Curtis, e.g.	105	Spongellike						
27	Super-cold	81	Dog in "The Thin Man"	125	LA-to-MI dir.	24	Person for whom a thing is named	65	How often the sun rises	106	Wears away the sun rises						
28	Podded plant	85	"Little actress Rae	126	Tea vessel	25	Kilt wearer	66	Fix, as a fight	108	Actress Eilman						
29	What a dieter may reduce	86	Mrs. with a famous cow	127	Swing about	30	Butter-and-flour mixture	71	Osaka sash	109	Hot rod fuel						
31	Pressure-reducing elastic stockings	87	"500" auto race	128	Evaluated	32	Crosswalk user, for short	72	Festival shelter	110	Long — (winter undies)						
34	Mork's home planet	88	Hone	129	Lobed thing	33	Coop female	73	Actor Alan	111	Singer Falana						
35	German city	90	William of "Hopalong Cassidy"	131	Actress Harper	37	Tree of Illinois	74	River of myth	112	Santa — (hot winds)						
36	Ordinal suffix	91	Its cap. is Buenos Aires	DOWN	1 Not at all, quaintly	38	Largest dwarf planet	77	Lacks entity	113	Name of 12 popes						
37	Yvette's "yes"	93	Levy	2 Ancient calculator	2	Aware of	39	— and hers	78	Impend, as a deadline	114	Ripped for later yrs.					
38	"Gremlins" actress Cates	94	Video surveillance device, briefly	3	Corals, e.g.	40	Revised text	79	Investments for later yrs.	115	Small balls						
44	Folk great Bob	97	Of — (somewhat)	4	Workout unit	41	Crooked	80	Songwriter Laura	116	Sidewalk smooches, e.g., for short						
47	Edison's phonograph medium	99	Bit of skin art	5	Less ordinary	42	Therefore	81	Helper: Abbr.	117	Melody						
49	Writer Rand	100	Timid	6	Brit living in America, e.g.	43	Venice beach resort	82	Old New York ballpark	122	Leg it						
52	Prefix with treat or trust	101	Timid	7	Architect I.M.	46	Totally lost	83	Diplomacy	123	Prez after FDR						
				8	Soil-enriching compound	47	"That — close call!"										

#2,181

Average time of solution: 67 minutes

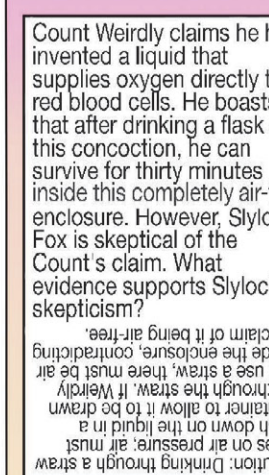
## HOCUS-FOCUS

BY HENRY BOLTINOFF

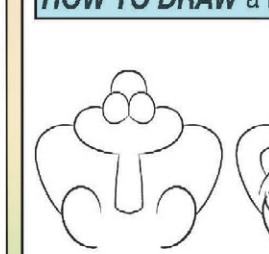


## SLYLOCK FOX

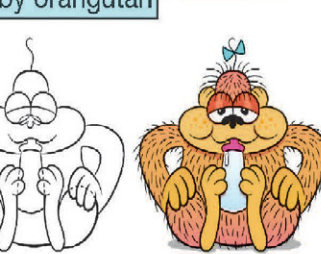
Count Weirdly claims he has invented a liquid that supplies oxygen directly to red blood cells. He boasts that after drinking a flask of this concoction, he can survive for thirty minutes inside this completely air-free enclosure. However, Slylock Fox is skeptical of the Count's claim. What evidence supports Slylock's skepticism?



## HOW TO DRAW a baby orangutan



## YOUR DRAWING



The most abundant gas in Earth's atmosphere is ...

- Carbon Dioxide
- Oxygen
- Nitrogen
- Methane

Submit your drawing to [www.slylockfox.com](http://www.slylockfox.com)

## Spot six differences between these panels.





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

ANNIVERSARY



2020 JEEP GLADIATOR  
RUBICON 4X4

Now Only  
**\$36,788**



2017 RAM 1500  
4WD CREW CAB LONE STAR TRUCK

Now Only  
**\$21,995**



2013 NISSAN  
ALTIMA 4DR SDN I4 2.5 SL  
STK#53633C

Sale Price  
**\$9,995**



2015 MITSUBISHI  
OUTLANDER ES 2WD SUV  
STK#P10459C

Sale Price  
**\$10,995**



2017 NISSAN  
VERSA SEDAN S MANUAL  
STK#54284A

Sale Price  
**\$10,995**



2013 BUICK  
VERANO 4DR SEDAN  
STK#12625A

Sale Price  
**\$11,995**



2016 KIA  
FORTE5 HATCHBACK AUTO LX  
STK#54217A

Sale Price  
**\$12,995**



2009 CADILLAC  
CTS 3.6L RWD SEDAN  
STK#11737A

Sale Price  
**\$12,999**



2013 VOLKSWAGEN  
BEETLE COUPE DSG 2.0T TURBO  
STK#42339D

Sale Price  
**\$13,095**



2011 GMC  
SIERRA 1500 EXT CAB  
STK#70171C

Sale Price  
**\$13,995**



2013 KIA  
OPTIMA 4DR SEDAN SX  
STK#P60152A

Now Only  
**\$14,500**



2012 CADILLAC  
CTS COUPE 3.6L V6 RWD  
STK#42285C

Sale Price  
**\$14,995**



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**



2019 JEEP  
COMPASS UPLAND 4X4  
STK# 54426B

Now Only  
**\$15,995**



2014 FORD F-150  
SUPERCREW XL SELECT TRUCK  
STK#42238B

Now Only  
**\$15,995**



2019 VOLKSWAGEN  
JETTA S AUTO W/LEV  
STK#12527A

Sale Price  
**\$16,450**



2015 NISSAN  
ROGUE FWD 4DR SL  
STK# 54378A

Sale Price  
**\$16,995**



2013 TOYOTA  
AVALON 4DR SDN XLE  
STK#P70091A

Sale Price  
**\$17,295**



2016 ACURA  
RDX FWD W/ADVANCE PKG  
STK# C10004

Sale Price  
**\$17,865**



2021 NISSAN  
KICKS S FWD  
STK#Z50002

Now Only  
**\$17,995**



2019 NISSAN  
ROGUE SPORT FWD S  
STK#54541A

Sale Price  
**\$17,995**



2020 BUICK  
ENCORE GX SELECT FWD  
STK#Z4143A

Now Only  
**\$17,999**



2019 MAZDA  
CX-5 TOURING FWD  
STK#12542A

Now Only  
**\$18,995**



2015 BUICK  
LACROSSE FWD LEATHER  
STK#61005C

Sale Price  
**\$19,495**



2018 HYUNDAI  
SANTA FE LIMITED ULTIMATE  
STK#70239A

Sale Price  
**\$19,500**



2019 JEEP  
CHEROKEE LATITUDE FWD  
STK#12151B

Sale Price  
**\$19,945**



2018 CHEVROLET  
EQUINOX FWD PREMIER  
STK#11720A

Now Only  
**\$19,995**



2021 HYUNDAI  
KONA SE AUTO FWD  
STK#Z20074

Now Only  
**\$20,588**



2018 MAZDA  
CX-3 SPORT SUV FWD  
STK#Z10018

Now Only  
**\$21,500**



2018 AUDI  
Q5 TFSI PREMIUM SEDAN  
STK#11252A

Sale Price  
**\$21,595**



2020 HYUNDAI  
TUCSON ULTIMATE FWD SUV  
STK#11812B

Now Only  
**\$21,995**



2017 NISSAN  
MURANO SL FWD SUV  
STK#54273A

Sale Price  
**\$21,995**



2021 FORD  
ESCAPE SE FWD  
STK#54298A

Now Only  
**\$21,995**



2021 DODGE  
CHARGER SXT RWD SEDAN  
STK#P60167

Now Only  
**\$21,998**



2021 NISSAN  
MAXIMA SV 3.5L SEDAN  
STK#P200163

Sale Price  
**\$22,599**



2018 HONDA  
HR-V EX AWD CVT  
STK#Z20011

Sale Price  
**\$22,888**



2021 DODGE  
CHALLENGER SXT RWD 2DR  
STK#P60161

Now Only  
**\$22,963**



CERTIFIED 2021 NISSAN  
ROGUE FWD S  
STK#53914A

Sale Price  
**\$22,995**



2021 KIA  
SOUL TURBO DCT  
STK#12145B

Sale Price  
**\$22,995**



2022 MINI COOPER  
COUNTRYMAN 4DR  
STK#P60168

Now Only  
**\$23,343**



2019 KIA  
SPORTAGE SX TURBO FWD  
STK# Z20029

Sale Price  
**\$23,599**



2017 CHEVROLET  
CAMARO CONVERTIBLE 1LT  
STK#61040B

Sale Price  
**\$23,795**



2019 HYUNDAI  
TUCSON SEL AWD SUV  
STK#Z10022

Sale Price  
**\$23,988**



2020 TOYOTA  
CAMRY XLE AUTO SEDAN  
STK#53477A

Sale Price  
**\$23,995**



2019 BMW  
530i SEDAN  
STK#42418A

Sale Price  
**\$23,995**



2019 VOLKSWAGEN  
ATLAS 3.6L V6 SE FWD  
STK#12472A

Now Only  
**\$24,750**



2019 BMW  
X3 XDRIVE30i SAV  
STK#54240A

Sale Price  
**\$24,888**



2020 NISSAN  
MURANO AWD SV  
STK#P50137

Sale Price  
**\$24,997**



2021 SUBARU  
FORESTER PREMIUM CVT  
STK#31035A

Sale Price  
**\$26,550**



2019 INFINITI  
QX80 LUXE RWD  
STK#70241A

Sale Price  
**\$27,295**



2016 TOYOTA  
4RUNNER SR5 V6 RWD SUV  
STK#53471B

Now Only  
**\$27,588**



2021 SUBARU  
CROSSTREK SPORT CVT  
STK# Z20079

Sale Price  
**\$28,997**



2021 NISSAN  
MAXIMA PLATINUM 3.5L  
STK#54145A

Sale Price  
**\$29,995**



2020 FORD  
EDGE ST AWD  
STK#P10354

Now Only  
**\$32,388**



2021 JEEP WRANGLER  
UNLIMITED SPORT 4X4  
STK#30966A

Sale Price  
**\$35,888**



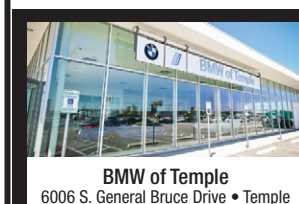
2022 KIA AWD  
SORENTO X-LINE SX PRESTIGE  
STK#53912A

Sale Price  
**\$36,599**

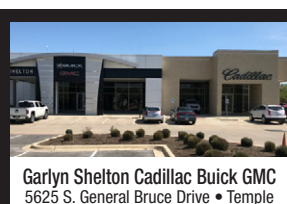


2020 RAM 1500  
LIMITED CREW CAB 4X2  
STK#11932C

Sale Price  
**\$40,500**



BMW of Temple  
6006 S. General Bruce Drive • Temple



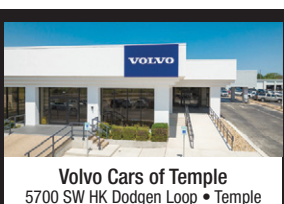
Garlyn Shelton Cadillac Buick GMC  
5625 S. General Bruce Drive • Temple



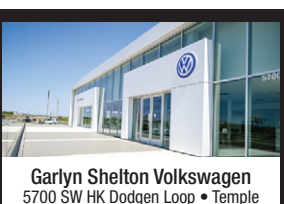
Garlyn Shelton Mazda  
5420 Midway Drive • Temple



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



## 254-771-0128

GarlynShelton.com



ALL PRICES PLUS TT&L. TT&L DUE AT SIGNING. VEHICLES SUBJECT TO PRIOR SALE. SEE DEALER FOR DETAILS.