

## Cyber workforce development: DOD lowers time-to-hire for civilians A7

## **NEWS BRIEFS**

#### **DFMWR hosts Nature in Lights**

Fort Cavazos Directorate of Family and Morale, Welfare and Recreation will host Nature in Lights Friday through Dec. 31 at Belton Lake Outdoor Recreation Area. It will be open 5:30-11 p.m. and costs \$20 for a car, minivan or pickup truck; \$35 for limousines, 15-passenger vans or recreational vehicles, aka RVs; \$55 for a 24-passenger van; and \$80 for a 47-pluspassenger van or larger bus.

People can also visit Santa's Village at Live Oak Pavilion, Santa's Depot near the marina and pony rides at BLORA Ranch, all 5:30-11 p.m. Nov. 28-Dec. 8 and Dec. 15-24. For more information, visit cavazos.armymwr.com/view-event/naturelights/6600704/93405.

#### **Blood center closes**

The Robertson Blood Center is temporarily closed through Dec. 6 due to renovations. The center will be moving across the street during the renovations. For more information, call 254-285-5808.

#### **Program offers veterans free transport**

The Central Texas Vet-Ride Program offers veterans, their spouses and dependents free transportation through The HOP for uses including medical appointments, government offices, grocery stores, school and shopping.

For more information on how to obtain a free monthly pass, visit ctadvrc.org/ programs/veterans/central-texas-vet-rideprogram.

### **DFMWR facilities close**

The Recreation Equipment Checkout and Sportsmen's Center Snack Bar and Pro Shop permanently closes Friday due to budgetary constraints. The Sportsmen's Center trap and skeet range will remain open. However, there may be minor disruptions during its transition to the DFMWR's recreation programs.

### Submit Impact Aid survey for KISD

Anyone working on Fort Cavazos in any capacity that has children attending school in a local school district should fill out an Impact Aid survey.Impact Aid helps to fund instructional materials, salaries and



Photo by Blair Dupre, Sentinel News Editor

Tricia Witte, local resident, tries a sample of German spiced tea from a vendor at the Fort Cavazos Spouses' Club Holiday Bazaar Saturday at the Killeen Civic and Conference Center at Killeen, Texas.

# Merry market: **FCSC Holiday Bazaar begins** holiday season with joy, fun

## **BY BLAIR DUPRE** Sentinel News Editor

KILLEEN, Texas — Hundreds of shoppers were prepared to shop until they dropped at the 43rd annual Fort Cavazos Spouses' Club Holiday Bazaar Saturday and Sunday at the Killeen Civic and Conference Center.

said Niki Strong, president of FCSC. "All the proceeds from this event go back to the community through our grants program."

Angela Melcher, vendor coordinator with the FCSC, explained what kind of organizations benefit from the grants.

"These grants are often directed toward initiatives that enhance the quality of life for to win during the event. Santa himself even service members and their families, whether it be through educational scholarships, emergency assistance or support for local events and programs that benefit the broader military and civilian communities," she said. After a ribbon-cutting ceremony to open the event, shoppers were invited to make their way around the venue where more than 100 vendors were selling a variety

of items, including food, holiday wreaths, self-care products and jewelry. As they browsed, attendees were treated to hot cocoa and coffee served from a cart by FCSC volunteers.

Attendees also looked over the 91 raffle prizes available for them to enter a drawing

enrichment programs for schools, and the amount of funds received is dependent on the number of surveys received. To fill out the survey or for more information, call the School Liaison Office at 254-288-7946.

#### **Road closes Friday**

Legends Way between 72nd Street and Pleiku Drive will close 10:25-11:30 a.m. Friday. Please plan accordingly.

The fundraising event supports the FCSC's mission of supporting the community through outreach and awarding grants to charitable organizations, while also supporting the welfare and morale of military spouses through organized activities, luncheons and community service.

"We put on two big fundraisers throughout the year; the Holiday Bazaar is one of them,"

stopped by to take photos with attendees.

"This fundraiser is an excellent one to be a part of because it directly supports organizations that are making a real difference in the community," Strong said. "By participating, you're not only helping raise funds for these deserving causes, but

See Bazaar, A6



Photos by Blair Dupre, Sentinel News Editor

Jadyn Moore, spouse of Pfc. Jerrod Moore, 1st Cavalry Division, networks during the Hiring Red, White and You! Career Fair Nov. 6 at the Lone Star Conference Center at Fort Cavazos

## Job fair marches in opportunities

#### **BY BLAIR DUPRE**

Sentinel News Editor

Hundreds of job seekers and employers came together for the Texas Workforce Commission's Hiring Red, White and You! Career Fair Nov. 6 at the Lone Star Conference Center at Fort Cavazos.

The career fair has provided an opportunity for veterans, transitioning military members and military spouses at Fort Cavazos to connect with potential employers in a range of fields, including law enforcement, education and technology on a scale of mom-and-pop shop to Tesla.

"(Employers) are so excited to meet with military veterans, military spouses, transitioning service members," said Amber Winter, communications and

marketing manager for the Workforce Solutions of Central Texas. "They're so excited because it's such a unique set of talent. These people have such a unique set of skills that is needed — especially in Texas with the growing economy."

Hiring Red, White and You! is a statewide event hosted in 28 locations across the state, but hosting it on a military installation was made possible by the collaboration between the Workforce Solutions of Central Texas and the Fort Cavazos Transition Assistance Program.

"We've been partnering with them for three years," said Jerry Hernandez, marketing manager for TAP, adding he hoped 3,500 to 5,000 job seekers

#### See Career Fair, A6



Job seekers speak to representatives of different companies and organizations during the Hiring Red, White and You! Career Fair Nov. 6 at the Lone Star Conference Center at Fort Cavazos.

# **Warrior Care Month:** Focus on resilience, recovery, community

## **BY COMMAND SGT. MAJ. BRIAN CAMPBELL**

69th ADA Bde. Command Sergeant Major

During November, the Department of Defense highlights Warrior Care Month to honor the resilience of our wounded warriors, recognize those injured in service and thank the medical professionals who assist with recovery, so Soldiers can return to duty or transition to civilian life.

Warrior Care Month reinforces that our injured Soldiers are not isolated; they are still part of our team and our family. It is a chance to celebrate the journey of rehabilitation, as well as highlight how wounded Soldiers and veterans continue to inspire within our communities.

One of the chief messages of Warrior Care Month is the importance of Soldiers seeking help. Seeking help ensures your injuries

are looked after so care can continue seamlessly, whether through military or civilian providers, both now and in the future. Getting the help you need is crucial for long-term recovery and can help Soldiers return to everyday life with the necessary support and proper care to



**Brian Campbell** 

continue with their lives.

Soldiers who have suffered severe injuries, such as losing an extremity, may feel apprehensive about reintegration. Don't be your own worst critic because of how you look and how you perceive others may look at you. You're still a human being, you still can contribute to society and you can still be just as effective.

It's natural for injured Soldiers to feel others

may look at them differently, but overcoming those mental barriers is part of the journey. Every Soldier still has the capacity to contribute to the team and society. Recovery isn't just physical; it's about reclaiming one's identity and place within the community.

For the 69th Air Defense Artillery, we pride ourselves as "The Team of Winners;" Warrior Care Month is an opportunity to ensure every Soldier knows they

are valued and capable. The environment leaders create is critical by shaping an atmosphere that emphasizes inclusion and support. We send a powerful message to our Soldiers - no matter the obstacle, we remain one team, committed to mission readiness and the

well-being of every member.

Our commitment from our leaders, caregivers, families and Soldiers is a powerful reminder of the strength that comes from unity and resilience.

For young leaders, inspiring wounded Soldiers involves encouraging adherence to their rehabilitation plans. Leaders need to help Soldiers stick to the recovery program that the medical professionals design specifically for each Soldier. Leaders, you are instrumental in maintaining a supportive, inclusive environment that allows wounded warriors to feel they remain integral team members.

For the Soldiers, keep in mind your injuries and the required recovery time frames. You must stay committed to your recovery, which is essential, even when progress feels slow.

It all goes back to the team concept. Soldiers are warfighters and no matter the injury, they continue to be part of the team. Regardless of the level of adversity an injured Soldier may face, they must always remember the team is with them, and they are not alone in their fight.

When Soldiers return from injury, we must welcome them back and foster a team mentality that reassures them of their value and role within our community.







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Photos by Ayumi Davis, Sentinel Editor

Hector Nuñez, an environmental protection specialist, Environmental Compliance Assessment Team, Directorate of Public Works Environmental Division, poses for a picture in front of a military vehicle Sept. 27 at the 1st Cavalry Division Sustainment Brigade motor pool at Fort Cavazos.

#### **BY AYUMI DAVIS**

Sentinel Editor

ector Nuñez, an environmental protection specialist, knows motor pools like the back of his hand.

He works with the Directorate of Public Works Environmental Division's Environmental Compliance Assessment Team to assess motor pools for 1st Cavalry Division's 1st, 2nd and 3rd Armored Brigade Combat Teams, 1st Cavalry Division Artillery, 1st Air Cavalry Brigade, 1st Cavalry Division Sustainment Brigade and General Dynamics Land System Team Armor Partnership, or TAP, Warehouse for compliance with Fort Cavazos, state and federal environmental regulations.

"When I come out, we even provide (the units), the checklist, the whole nine of what we're expecting, what the standard is in order to just keep them in compliance," Nuñez said. "After I do my formal assessment, any discrepancies that were identified with specific units, I will come back in a timely manner after they've replied by memorandum and ensure that we're fixing — abating — the discrepancy."

Checking if there are drip pans under vehicles, making sure substances

are properly disposed of and ensuring substances are stored correctly are just some of the things Nuñez looks for during assessments. He will also conduct informal courtesy assessments for units at least 30 days outs from a formal assessment to assist units.

"I did a courtesy about a monthand-half ago (from Sept. 27)," Nuñez said. "We did the formal (Sept. 26), and there was such an improvement across the board with that specific unit. So it made me feel good that I'm making an impact, along with the efforts that they made, of course."

Interfacing with Soldiers is Nuñez's favorite part of the job, he said.

"I've enjoyed the interactions and the communication I'm having with them because I'm seeing, with the courtesy assessment versus the formal, the improvements that unit made with their environmental program," Nuñez said.

Nuñez has been with DPW since 2008, having started with Fort Cavazos Recycle as a material handler and sorter. In 2018, he moved to DPW Environmental Division as part of Pollution Prevention Services until moving into his current position in June of this year.

"With the experience I have with Pollution Prevention Services, I had a basic foundation, a basic idea, because at pollution prevention, I was responsible for the vacuum operators and the person that deals with the parts washers, and so I interface a lot with the personnel in the motor pools already," Nuñez explained. "I was very familiar with the challenges because my team was the ones extracting product or servicing the old water separators, conducting defuels. There's basic foundation, basic idea, but now doing it through these eyes, it's a completely different experience."

Pride is his biggest motivator in being successful in his career, as Nuñez is a military brat himself and is a spouse of an Army veteran, he said.

"I take pride in serving those who serve," Nuñez expressed. "I didn't have the privilege to serve, but I do take pride in serving those who do serve. So, therefore I get up every morning to come make an impact. My objective is to ensure that this installation will always have a place for our guys to train for the Soldiers here, to train in order to go fight and win."



Hector Nuñez, an environmental protection specialist, Environmental Compliance Assessment Team, Directorate of Public Works Environmental Division, conducts an informal inspection of 1st Cavalry Division Sustainment Brigade's motor pool Sept. 27 at Fort Cavazos.

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The Editorial office is located in U.S. Army Garrison Public Affairs Office, Fort Cavazos, Texas, 76544, The Advertising office is located at 1805 Florence Rd., Herald Plaza, Ste. 1, Killeen, Texas, 76541.

## **Local law enforcement joins III Armored Corps leadership for safe driving campaign**

## **BY ERIC FRANKLIN**

Fort Cavazos Public Affairs

Leaders of III Armored Corps and Fort Cavazos gathered alongside local law enforcement, including Police Chief Pedro Lopez Jr., Killeen Police Department, at III Armored Corps headquarters to launch the "Tie One On for Safety" campaign Nov. 1.

This national initiative, organized to raise awareness about the dangers of impaired driving, encourages drivers to display red ribbons on their vehicles as a symbol of their commitment to safe, responsible

choices during the holiday season.

Lt. Gen. Kevin D. Admiral, commanding general of III Armored Corps and Fort Cavazos, and Command Sgt. Maj. John P. McDwyer, command sergeant major of III Armored Corps and Fort Cavazos, led the event by signing a pledge to reinforce the corps' commitment to road safety. After signing, leaders and law enforcement officials moved outside to tie red ribbons on their vehicles, symbolizing their promise to make safe choices on the road.

"This campaign holds a powerful message," Admiral said. "We can all

make a difference, when it comes to preventing impaired driving through small actions, thoughtful choices and collective responsibility. We have the power to protect lives and make our roads safer for everyone."

Admiral emphasized the red ribbon is more than just a decoration.

"It represents a promise," he said. "A promise to ourselves, to our families and to our communities that we will make responsible choices."

Lopez, who has witnessed the consequences of impaired driving firsthand, echoed this sentiment.

"Supporting this initiative reflects my strong commitment to safeguarding the well-being of the community and taking proactive steps to prevent road tragedies," Lopez said. "Having seen the devastating impact impaired driving can have on families, I feel a deep obligation to promote safety programs that save lives."

Both Lopez and Admiral highlighted the shared responsibility of keeping roads safe, especially during the holiday season.

"Every passenger, pedestrian and driver deserves to make it home safely," Admiral said. "Whether it's by designating a sober driver, calling for a ride or reminding a friend not to drive impaired, these actions save lives. We all have a role to play."

Lopez added the campaign reinforces KPD's proactive approach to safety.

fies important safety messages and encourages responsible behavior that can prevent tragic incidents on the road," he said. "This proactive approach not only deters impaired driving but also strengthens the connection between law enforcement and the community, making Killeen a safer place for everyone."

Admiral closed the event by thanking the campaign's partners, volunteers and law enforcement officers who support the initiative.

"As we leave here today and step into the holiday season, let us carry the message of this campaign with us," he said. "Let's make responsible decisions, encourage others to do the same and never underestimate the impact of our actions.

"Together, we can ensure that the joy of the season isn't overshadowed by tragedy," Admiral continued. "Thank you all for being here and for your commitment to safety. Let's continue to spread awareness, promote responsibility and work toward a future where everyone can



Lt. Gen. Kevin D. Admiral, commanding general of III Armored Corps and Fort Cavazos, and Command Sgt. Maj. John P. McDwyer, command sergeant major of III Armored Corps and Fort Cavazos, sign a pledge supporting the "Tie One On for Safety" campaign Nov. 1 at III Armored Corps headquarters at Fort Cavazos.

Florist





Photos by Eric Franklin, Fort Cavazos Public Affairs

Command Sgt. Maj. Loyd A. Rhoades, U.S. Army Garrison-Fort Cavazos command sergeant major, ties a red ribbon to his vehicle as part of the "Tie One On for Safety" campaign Nov. 1 outside of III Armored Corps headquarters at Fort Cavazos. This initiative promotes safe driving choices during the holiday season, encouraging drivers to display red ribbons as a symbol of their commitment to prevent impaired driving.

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## Building Army of 2040: 89th MP Bde commander works to transform unit



Photos by Sgt. Alexander Chatoff, 89th MP Bde. Public Affairs **ABOVE**, Col. Jeremy Kerfoot, 89th Military Police Brigade commander, speaks to retirees at the beginning of a III Armored Corps retirement ceremony Sept. 27 at Fort Cavazos. **BELOW RIGHT**, Cpl. Raekwon Dunn, 401st Military Police Company, 720th Military Police Battalion, 89th Military Police Brigade, instructs Spc. Alyssa Mitchell, Headquarters and Headquarters Company, 720th MP Bn., 89th MP Bde., on how to conduct a function check on a M2 heavy machine gun during a 720th MP Bn. Leader's Time Training event Oct. 17 at Fort Cavazos.

### **BY CAPT. JASON GARRISON**

7th MPAD

he success of the Army's law enforcement, security and protection activities rests within the Military Police Corps. They provide a myriad of functions, including stability operations, detentions operations and maneuver and mobility support. The MP Corps leads the way in securing the Army's readiness at home and abroad.

At Fort Cavazos, the safety and protection of the installation is overseen by the 89th Military Police Brigade. This formation is commanded by Col. Jeremy E. Kerfoot, a career MP officer, and a graduate of the FBI National Academy at Stafford, Virginia. Currently, the brigade is spread across five installations, with battalions at Fort Bliss, Texas; Fort Carson, Colorado; Fort Riley, Kansas; and Fort Cavazos, as well as a military working dog detachment at Fort Leonard Wood, Missouri. With such a large and distributed force, Kerfoot relies heavily on dispersed mission command to enable his leaders and Soldiers to use disciplined initiative to accomplish their mission.

"I have to empower commanders and leaders at echelon to do what they need to do to be a leader," Kerfoot said.

The ability to exercise mission command with his subordinate, dispersed battalions helps to ensure all missions, law enforcement or combat support, are accomplished and Soldiers are supported.

Throughout the year, Kerfoot conducts quarterly in-person visits to the battalions assigned to the brigade and weekly touchpoints with his team online. Whenever he visits the formations, he works to have an open dialogue with every Soldier he encounters. Kerfoot wants those assigned within the brigade to express their honest opinions and views about issues they are facing, which helps him gain a greater understanding of the mission from their vantage point.

"From my particular seat in the 89th, having to work with multiple commands and agencies to get support to Soldiers, I have a healthy dialogue with Soldiers and several different garrison and division leaderships to make sure that our Soldiers are supported to do the main functions that they do — whether it's law enforcement or combat support," Kerfoot said.

One of the unique capabilities of the 89th MP Bde. is their ability to operate at the squad level. This requires detailed training plans and execution and a continual refinement of core competencies. Kerfoot desires to create better proficiency in the combat support roles of his MP formations by extending the training and development time for assigned personnel in their respective area of expertise. With the ongoing transformation of the MP Corps, this is driving the battalions to enable larger combat formations on an extended battlefield.

The squad-level structure of the MP Corps aids in executing missions in a contested environment, which allows them to engage in all elements of the human domain.

This could be as simple as meeting with local law enforcement to build relationships or as complex as protecting a brigade-sized element in a large, urban area. MP units possess the unique capability of creating security flexibility, while also producing operational reach for a commander by protecting and preserving a unit's organic combat power.

"Anything we do from here on out is a focus on how we can get better at law enforcement competencies," Kerfoot said. "Take an MP officer doing law enforcement and put him on station for two to

For the most updated schedule

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OPEN (Breakfast, Lunch & Dinner)

OPEN (Brunch & Supper)

**Dining Facility Operations Schedule** 

HOLIDAY

Nov.

2024

Activity commander, Headquarters and Headquarters Battalion, III Armored Corps, and 1st Sgt. Devon Robinson, first sergeant of Fort Cavazos LEA, uncase the guidon during the activation ceremony of Fort Cavazos Law Enforcement Activity at the III Armored Corps Headquarters Sept. 27 at Fort Cavazos.

Photo by Sgt. Sally Armstrong, 7th MPAD

November 14, 2024

three years at a time — creating a more professional Soldier that's not torn between jumping from law enforcement to combat support and back."

Capt. Sabrina Mortell, Fort Cavazos Law Enforcement

The desired endstate is to alleviate the divergence of switching between the two roles of law enforcement and combat support. If this is achieved, Kerfoot believes this is a step in the right direction toward the enhancement of law enforcement training and police professionalism at installations, as well as increasing support to maneuver and operational effectiveness.

"We're going to see higher levels of police training opportunities, whether it's MP Investigations, additional assets to get after traffic management, crime reduction and prevention ... all of these protection and policing skills will be added to the repertoire by having more permanence in the law enforcement mission for each Soldier that joins our law enforcement companies at installations," Kerfoot explained.

Recently, like other formations across the Army, the 89th MP Bde. activated a Law Enforcement Activity into the Headquarters and Headquarters Battalion, III Armored Corps. The LEA's task and purpose is to assist, protect and defend

> the community at Fort Cavazos. This unit will partner with the Department of the Army civilian police, Directorate of Emergency Services and other first responders to serve the community and installation.

The 89th MP Bde., under the leadership of Kerfoot, is changing to meet the operational needs denoted in the "Army of 2040" initiative, which is meant to transform Army formations while in contact.

NEWS



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## CULINARY OUTPOST FOOD TRUCK 1 The Lonestar Conference Ce

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NCOIC: SSG Lopez: 787-414-1259

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

## Closed due to renovation. Tentatively scheduled to reopen Nov. 30

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

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

ALWAYS READY Building #91226 HQ Ave., West Fort Ca							
SUN	MON	TUES	WEDS	THUR	FRI	SAT	
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Breakfast: 7:30-9 a.m. Monday-Friday Lunch: 11:30-1 p.m. Monday-Friday Dinner: 5-6:30 p.m. Monday-Friday Manager: 254-288-9538

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

<b>NORTH FORT CAVAZOS</b> Building #56320								
SUN	MON	TUES	WEDS	THUR	FRI	SAT		
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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 COR: Richard Johnson: 254-535-6845

Building #56447 is only for overflow

(HOLIDAY): 11 a.m.-3 p.m.

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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 COR: Richard Johnson: 254-535-6845

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m. (BRUNCH/SUPPER): 5-6:50 p.m. HOLIDAY): 11 a.m.-3 p.m.

## CULINARY OUTPOST FOOD KIOSK Old Ironsides and Pyongyang Drive

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BRK, LUN, DIN: 8 a.m.-8 p.m. Monday-Friday

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

#### Food Advisor: SFC Moore: 254-618-8914

CULINARY OUTPOST FOOD TRUCK 2 1-44/4-5 ADA BN area parking Lot								
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Breakfast: 7:30-9 a.m. Monday-Friday Lunch: 11:30 a.m.-1 p.m. Monday-Friday Dinner: Closed

NCOIC: 254-288-9538

Culinary Outpost Food Truck 3 has the same hours of operation as Food Trucks 1 & 2, operating on a rotation

A6 November 14, 2024

## NEWS



Shoppers browse through the vendors' booths at the Fort Cavazos Spouses' Club Holiday Bazaar Saturday at the Killeen Civic and Conference Center at Killeen, Texas.

# **Event raises funds for charitable organizations**



## Bazaar: Continued from A1

you're also contributing to the legacy of the club as this was the 43rd annual bazaar hosted by the FCSC. This event offers a chance to engage with the community, shop and have fun, all while supporting a meaningful cause. It's a win-win for everyone involved."

Melcher agreed.

"Being able to be part of a holiday bazaar can really make a difference in supporting the community, especially when the proceeds are going to charity," she said. "It's a great way to give back, connect with others and bring people together during the holiday season."

Over the years, the FCSC Holiday Bazaar has become a treasured tradition for many in the community, including Tricia Witte, a local resident who said the event kicks off the Christmas season.

"This is one of our annual events that we look forward to every year," she said, adding the upbeat atmosphere and shopping opportunities keeps her coming back each year. "We got all kinds of goodies, and we're not done yet. We usually buy our sweatshirts and fun shirts and Christmas stocking stuffers."

The FCSC spends months in preparation for the Holiday Bazaar, and Melcher said it was great to see the culmination of all their hard work and effort.

"It's so rewarding when everything comes together after all the effort and planning," she said. "The Holiday Bazaar takes a lot of coordination, time and energy. I am so grateful to be a part of an amazing organization and group of spouses."

Strong agreed.

"It is truly impressive to see this event open its doors after months of preparation, from coordinating all the vendors and sponsorships to arranging the decor and handling the advertising, and then to watch as shoppers pour in ready to shop," she said. "What really amazes me is that it's all organized and run by volunteers who are dedicated to making a difference in their community. Everyone involved should feel incredibly proud to be part of something so impactful.

"We hope to see you next year at our 44th annual Holiday Bazaar," Strong added.

For more information on the FCSC and its upcoming events, visit *fortcavazosspousesclub.org*.



**ABOVE**, Camilla Genthner, 2, poses for a photo with Santa during the 43rd annual Fort Cavazos Spouses' Club Holiday Bazaar Saturday at the Killeen Civic and Conference Center at Killeen, Texas. **RIGHT**, Jessica Manriquez, center, and her mom, Josie Van Ruden, smile as they speak with George Sheldon, 1210 designs, a vendor, during the Fort Cavazos Spouses' Club Holiday Bazaar Saturday at the Killeen Civic and Conference Center.

## Career fair connects community with job opportunities

#### Career Fair: Continued from A1

#### would attend.

Fort Cavazos TAP assists 800 Soldiers monthly, on average, in the transition from military to civilian life, and Hernandez said the program does the best it can to relieve as much stress as possible during that transition.

"We like to relieve that stress of finding your new job," Hernandez said.

Jadyn Moore, spouse of Pfc. Jerrod Moore, 1st Cavalry Division, said she and her husband arrived at Fort Cavazos two days before the job fair and she was eager to get involved.

"I am not a wife that can just sit around — I can't be still," she said. "We're fresh off the road, so I came in with the mindset, with the job fair, that it was going to be some type of opportunity here. Whether it's me going back to teaching or me finding a new career, I just wanted to give it a shot because it seemed like there were so many jobs and resources available for spouses. So I was, like, 'Why not?" Moore expressed she was initially nervous, coming in as a new resident, but realized she didn't need to worry.

"I've talked to a lot of people," she said. "It's very welcoming and definitely very inviting."

Owen Alexander, TAP liaison officer, said events like Hiring Red, White and You!! connect the community with employers.

"The event is not only open to Soldiers," he said. "It's open to veterans. It's open to spouses. It's open to family members and, additionally, it's open to the community. Anyone in the community who has access to the installation can participate in the event and get exposed to the different opportunities that are available. Having events like this is important to keep transitioning Soldiers, veterans and other job seekers abreast with current positions and opportunities that are available."

For more information on the Fort Cavazos TAP, visit *facebook.com/FortCavazosTransition-AssistanceProgram.* 





Photos by Blair Dupre, Sentinel News Editor

**LEFT**, Job seekers visit different companies and organizations tables during the Hiring Red, White and You! Career Fair Nov. 6 at the Lone Star Conference Center at Fort Cavazos. **ABOVE**, Soldiers and civilians speak to company and organization representatives during the Hiring Red, White and You! Career Fair Nov. 6 at the Lone Star Conference Center at Fort Cavazos.

## NATION

## Cyber workforce development: DOD lowers time-to-hire for civilians

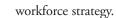
BY C. TODD LOPEZ

**WASHINGTON** — The time it takes to bring on a new civilian employee within the Department of Defense's cyber workforce has dropped below 80 days, which bodes well for the department's effort to better develop its cyber workforce.

"We have 79 days average timeto-hire in our civilian workforce," said Mark Gorak, principal director for resources and analysis within the DOD's Office of the Chief Information Officer, during a discussion with media earlier this week. "If we include our special hiring authorities under Cyber Excepted Service, which is a Title 10 authority, that comes down to about 73 days' time-to-hire, which beats the requirements of Office of Management and Budget, and

that's well below the DOD average. So, we're doing much better in our hiring, reducing that time."

The DOD requires a strong, educated and stable cyber workforce capable of executing its complex and varied cyber missions. In early 2023, the department published its Cyber Workforce Strategy to spell out its goals for that cyber workforce. Later in 2023, the department released a plan for implementing its cyber



Gorak, along with Chimia Carr-Nelson, branch chief for strategy implementation within the DOD's CIO, shared some of the successes the department has had this year in executing the Cyber Workforce Strategy Implementation Plan.

Reduction of the time-to-hire was just one success, Gorak said. Another has been growth of the cyber talent exchange program.

"We have exchange programs within the DOD," Gorak said. "We have it with industry, and we have it with our federal ... partners. We have expanded that program with some of our industry partners, including seven additional new industry partners."

Among those new partners are small and large technologybased organizations.

In 2024, vacancies in the DOD cyber workforce have gone down by 4.8%, Gorak said, demonstrating retention of cyber talent.

"The civilian vacancy rate is now down to 16.2%; that is a 4.8% decrease from last year," Gorak said, adding the drop was better than they had predicted. "In order to get there, believe it or not, we had to hire about 14,000 additional civilians."

Gorak also said while the department lost some 10,000 civilian and military cyber personnel, the net gain from the new hires into the DOD cyber workforce meant the vacancy rate went down. And those personnel who left, he said, still benefit the nation by supporting other cyber efforts in industry and other places in the federal government.

In 2024, Gorak said, the department also established the Cyber Academic Engagement Office which serves as the consolidated focal point for cyber-related activities carried out between the DOD and academia stakeholders. Gorak himself runs that office.

The DOD Cyber Workforce Strategy, signed by Deputy Defense Secretary Kathleen Hicks, was published in March 2023. That strategy provides a roadmap for the advancement and unified management of the cyber workforce, which includes about 225,000 highly trained civilians, military and contractor personnel.

In August 2023, the DOD followed up with the DOD Cyber Workforce Strategy Implementation Plan. At the time, Gorak said the implementation plan was designed to set the foundation for how the department would execute the 22 objectives and 38 initiatives tied to the four goals in the Cyber Workforce Strategy.

The four goals within the Cyber Workforce Strategy are:

- Executing consistent capability assessment and analysis processes to stay ahead of force needs.
- Establishing an enterprisewide talent management program to better align force capabilities with current and future requirements.
- Facilitating a cultural shift to optimize department-wide personnel management activities.
- Fostering collaboration and partnerships to enhance capability development, operational effectiveness and career broadening experiences.

Carr-Nelson said the Cyber Workforce Strategy Implementation Plan remains an ongoing effort that has already been successful in helping the department achieve its goals with its cyber workforce.

"Our offices of primary responsibility are working very diligently each fiscal year addressing the targets that they have identified with regards to the cyber workforce needs," Carr-Nelson said. "We do expect to see positive impact addressed with each of the initiatives to address whatever goal that is aligned to that initiative. So, we're working very hard, and you should definitely see more impact and more change with the cyber workforce within DOD in the coming years."

Photo by Staff Sgt. Renee Seruntine, 102nd PAD

An Airman with the 175th Cyber Operations, Maryland National Guard, stands during training at Exercise Southern Strike April 21, 2023, at Camp Shelby, Mississippi.





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For more information regarding available positions, please scan the provided QR code below and visit us at the Career Fair!





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



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Trail of lights seen only via train. \$5 Adults, \$3 Child (11 and Under) \*lap children ride free



## **SECTION B**

**1CD celebrates** Veterans Day......B3

AUSA awards Fort Cavazos EMS staff...B5

1CD spends Halloween, Dia de los Muertos with Polish students......B6



www.CavazosSentinel.com



The sleek and modern glass exterior allowed glimpses of the sophisticated interior, and we eagerly anticipated seeing more.

A bright red bike next to the valet stand caught my attention, and I was informed that a one-hour bike rental

as we waited to ascend to our floor.

Our accommodations were comfy and chic, and the fluffy robes and slippers were a classy touch.

We heard there would be live music in the second-floor lounge, so we made our way there.

Floor-to-ceiling windows filled the space, and Spencer Finch's contemporary light sculpture "Asteroid" provided an elegant glow.

The lounge houses a bar and restaurant with a cozy outdoor patio perfect for al fresco dining.

Venturing outdoors, I discovered James Welling and Stephen Miotto's collaboration of photography and glass mosaic aptly titled "Untitled." The combination was a stunning backdrop for the patio space.

I was wowed by William Cannings' "Cubed II," a structure made of steel that looked as if you could pop it like a balloon.

I discovered additional works of art that adorned the walls and filled the alcoves of the lounge area.

Photos by Janecze Wright, Sentinel Living Editor

William Cannings' "Cubed II," a structure made of steel that looked as fragile as a balloon, challenged my perception during my visit to artistic HALL Arts Hotel in Dallas.

# HALL Arts Hotel combines art, artistry



**TOP**, Performer Maya Piata's renditions of oldies and current tunes were the perfect accompaniment to the lounge atmosphere at HALL Arts Hotel in Dallas. **TOP MIDDLE**, The sleek and modern glass exterior of HALL Arts Hotel in Dallas allowed glimpses of the sophisticated interior, and I eagerly anticipated seeing more. **ABOVE**, The second level of HALL Arts Hotel in Dallas features a lounge area with floor to ceiling windows and Spencer Finch's contemporary light sculpture "Asteroid," provides an elegant glow to the space.



and in-house car service was included with our stay.

After the concierge unloaded our bags and parked our vehicle, he ushered us through the tall glass doors and into a contemporary-style lobby with striking art pieces hanging from the ceilings and the walls and a grand staircase leading to the second floor.

I was enthralled by a colorful display of tambourines hanging from the ceiling titled "Resistance Reverb: Movements 1" by Lava Thomas.

Perched right above the front desk was "Bird's Nest," a light-filled fusion of amber and golden glass tubes, by Linda Šormová Melichová.

We discovered that several eclectic and inspirational works of art from diverse artists, emerging and established artists, local photographers and commissioned pieces are featured.

A swirl of handblown crystal glasses called "Indian Summer," by Jana Ružicková led the way to the elevator, and Najla El Zein's "6302 Spoons," a stainless-steel structure made of thousands of metal spoons, intrigued us 0

Stretched across an entire wall, Kristin Baker's "Spangled Ramparts," appealed to my love of color, and Ben Skinner's "No Future Plans," spoke to my spontaneity.

Performer Maya Piata's angelic voice beckoned me back to my seat, and we were thrilled when she asked for requests and invited us to sing along.

It was the perfect atmosphere to sip a latte and enjoy the evening.

Before turning in, we roamed the grounds, discovering more hidden artistic gems like a beautiful black-andwhite, woven tapestry by Paul Morrison titled "Nachtfeld" and the art-deco inspired "All That is Possible is Real" by Alicia Eggert.

There were so many more works of art to see, but we had so little time. Consequently, a second visit is warranted.

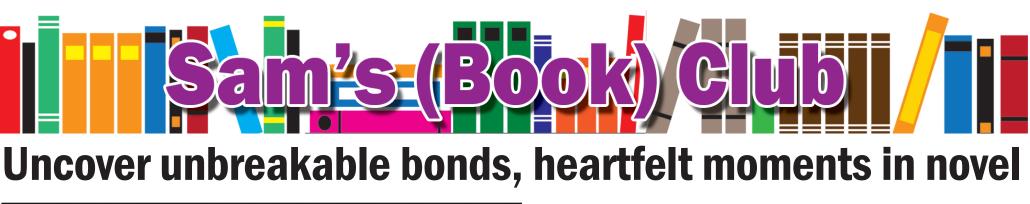
HALL Arts Hotel blurs the line between hotel and art gallery in the best way possible. My only complaint is we didn't stay longer.

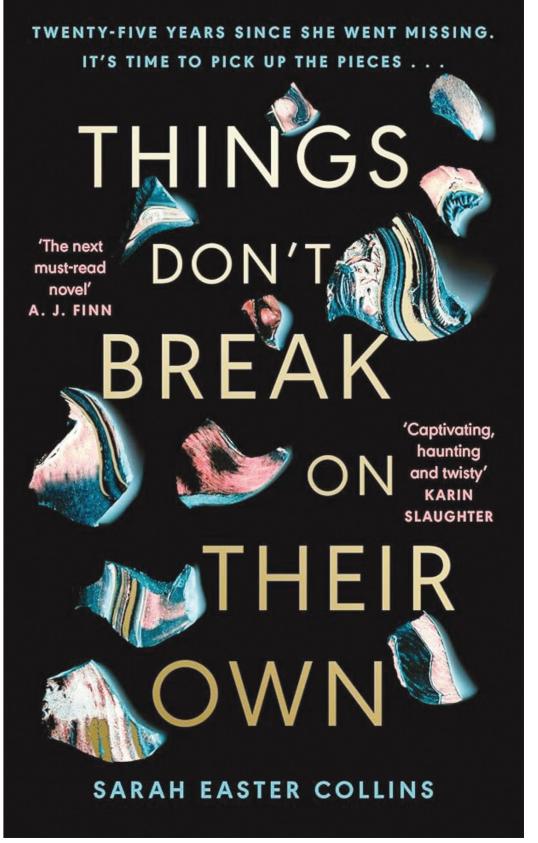
For a truly artistic experience, visit HALL Arts Hotel in Dallas. For more information, visit *hallartshotel.com*.





**FAR LEFT**, I love the pop of color in Kristin Baker's "Spangled Ramparts," which spans an entire wall on the second floor of HALL Arts Hotel in Dallas. **LEFT**, A vibrant display of tambourines hangs from the ceiling in the lobby titled "Resistance Reverb: Movements 1," by Lava Thomas, immediately catching my attention at HALL Arts Hotel in Dallas. **ABOVE**, A cozy outdoor patio, just outside the lounge, at HALL Arts Hotel in Dallas features James Welling and Stephen Miotto's collaboration of photography and glass mosaic aptly titled "Untitled."





BY SAMANTHA HARMS Command Information Chief

As readers of this column may know, I read mystery and thriller novels like no other. They bring a certain level of joy into my life I don't ever want to give up. And despite Halloween ending and feeling like it is time now to settle in with a cozy, wholesome book, I found myself reaching, yet again, for a mystery. Although, while I may have not realized it when I picked up this novel, I did end up reading something that warmed my heart and reminded me of the importance of family, both blood and chosen.

## 'Things Don't Break on Their Own' by Sarah Easter Collins

Her sister's disappearance, from 25 years ago, has defined Willa's life in countless ways. She sees fragments of Laika everywhere — on the train, in school, if

someone turns their head just right. It is impossible to not see her. Willa even drops everything to fly halfway across the world because of a woman in a photo who bears her resemblance.

Everyone in Willa's life believes Laika is dead, but Willa feels she isn't. "Because there are some things only sisters know about each other — and some bonds only sisters can break," according to the book description.

There must be more than meets the eye to Laika's disappearance, or even possible abduction. She loves her sister more than anything, of which Willa is confident. And yet, Willa tries to come to terms with it all, knowing she'll spend the rest of her life exploring any possible leads, all while the sneaking suspicion everyone else may be right creeps in.

Despite an almost predictable ending, I devoured this novel in a matter of three days. It is Sarah Easter Collins' first novel, published July 16. Collins is an excellent writer, with the ability to bring the readers into the novel through her descriptions and has crafted a clever structure and strong characters.

The novel itself is told through different points of view and flashbacks, circling mainly between Willa and Robyn, Willa's boarding school roommate and prescribed friend. I instantly fell in love with them both, feeling a strong joy at the inclusion of queer characters, as they explored their sexuality, learned to comfort each other and simply grew as people.

I felt Collins did a wonderful job at switching points of view, really focusing on who was the telling the story based on what the reader needed to know. Robyn is such a lovely person, who grew up in a warm, loving and chaotic environment I think anyone would be jealous of. Having Willa tell her side of the story allowed for me to become deeply invested, as she spoke of witnessing domestic and child abuse, never one to receive it herself as the "Golden Girl."

This truly is a story of heartbreak, loss

and rebirth. Yet, it is by no means a true thriller. Sure, while there are plenty of moments of plot-driven stories and heightened feelings, it doesn't quite have that same feel to it. And as I have already stated, the ending is almost predictable.

Additionally, there are some moments the multiple points of view don't particularly work, the biggest being the main star of the book, the dinner party. I read through

Sarah Easter Collins

three different accounts of the evening, where the dialogue remains the same, naturally, and by the third account, I became a little bored and quickly skimmed through so I could move on.

Despite it all, this novel was well written and offers readers a chance to reflect on family, both chosen and blood, and to appreciate a well-meaning hug and the power of love in times of despair.

Readers should note there is a focus on abuse throughout the entire novel, which may not be suitable for everyone.

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

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## Candy Apple

1-yr, 5-mo-old, Chihuahua, tan & white, female. 5-yr-old, Labrador retriever mix, brown, female.

Luv

## OFF POST ONLY



Sophie

1-yr, 1-mo-old, pit bull mix, black & white, female.



Armani

5-mo-old, pit bull mix, tan & white, female.



Orion

3-yr-old, Great Pyrenees mix, white, male.



## **Snow Boy**

2-yr, 10-mo-old, Labrador retriever mix, cream, male.

## **OFF POST ONLY**



## Bruno

3-mo-old, Rottweiler mix, black & brown, male.



## Juno

3-mo-old, Rottweiler mix, black & brown, female.



## Chanel

1-yr-old, domestic short-hair, gray & white, female.



Cheddar

3-yr-old, domestic short-hair, orange tabby & white, male.



## Chess

2-yr-old, domestic shorthair, black, female.



**Lily Pawtter** 5-yr-old, pit bull, black & white, female.

# **1CD** participates in Veterans Day Parades





Photo by Sgt. Lyca Williams, 1st Cav. Div. Public Affairs

Troopers assigned to the 3rd Armored Brigade Combat Team, 1st Cavalry Division, march in the Veterans Day Parade Monday at Killeen, Texas. The city of Killeen hosted the parade to honor and give thanks to those who have served in the United States military.



Photo by Sgt. Lyca Williams, 1st Cav. Div. Public Affairs Troopers assigned to the Horse Cavalry Detachment, 1st Cavalry Division, participate in the Veterans Day Parade

Photo by Sgt. Nathaniel Johnson, 7th MPAD Troopers of the 1st Cavalry Division Band march underneath the American flag during the Texas Veterans Day Parade Monday at Arlington, Texas.



Photo by Sgt. Nathaniel Johnson, 7th MPAD Troopers of the 1st Cavalry Division Band lead parade attendees in a cavalry charge during the Texas Veterans Day Parade Monday at Arlington, Texas. The band was invited to share their music in the first-ever Texas Veterans Day Parade where over 100 different groups participated to honor the brave men and women who served in the United States armed forces.



Monday at Killeen, Texas.



## CATHOLIC

Sunday Mass, 9 a.m., Main Chapel, www.https:// www.facebook.com/FtCavazosRomanCatholic Noon Mass, Monday through Friday, Main Chapel **Confession after Mass or by appointment**, call 254-286-6749, Main Chapel

## PROTESTANT

St. George Parish (Anglican, Lutheran, Episcopalian), Sunday, 9 a.m., Old Post Chapel, https://www.facebook.com/SaintGeorgeFortCavazos

## SPANISH PROTESTANT

Alcance, Sunday, 1:30 p.m., Veterans OIF Chapel.

## **GOSPEL CONGREGATION**

Gospel Service, Sunday, 11 a.m., Memorial Chapel, https://www.facebook.com/ *ComamcheHappeningsNow* 

## **TRADITIONS**

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

## **CHAPEL NEXT**

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

## **OPEN TABLE**

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

## WFC PROTESTANT

Non-Denominational Protestant, Sunday, 10:30 a.m., West Fort Cavazos Chapel, https://www. facebook.com/profile.php?id=100064944031364

## **JEWISH**

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

## MUSLIM

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

## **OPEN CIRCLE**

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

## **BUDDHIST**

Soku Gakkai International (SGI) Nichiren, Online, contact Martin Bonner, 254-258-0844 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, 9-11:30 a.m., Main Chapel, www. facebook.com/FortHoodPWOC Mothers of Preschoolers (MOPS), www.Facebook. com/FortHoodMOPS

Club Beyond-High School, Contact Frank Ayala, fayala@clubbeyond.org Club Beyond-Middle School, Contact Frank Ayala, fayala@clubbeyond.org Catholic Women of the Chapel (CWOC),

Tuesdays from 9:30-11:30 a.m., bimonthly Thursday 5-7 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 Fuavai, 254-287-0241

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

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

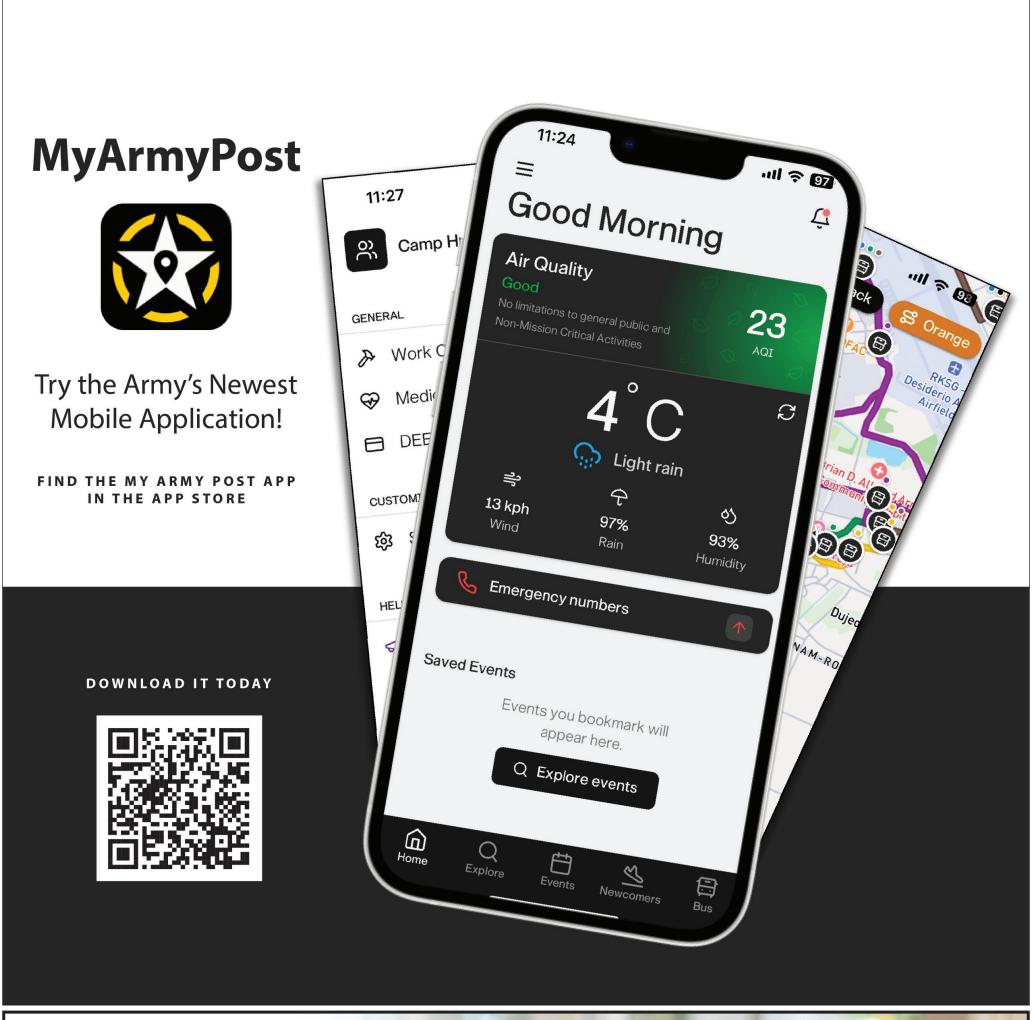
If you have any questions or concerns, please contact our Religious Support Operations office at 254-288-6545.





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LIVING

**B**5

## **HEALTH** AUSA awards Fort Cavazos EMS staff



Photo by Eric Franklin, Fort Cavazos Public Affairs

Anna Mesera and Alan "John" Valdez, both with Fort Cavazos Emergency Medical Services, or EMS, pose with their awards from the Association of the United States Army Central Texas Chapter Tuesday at EMS Headquarters at Fort Cavazos.

### **BY ERIC FRANKLIN**

Fort Cavazos Public Affairs

Anna Mesera and Alan "John" Valdez, both with Fort Cavazos Emergency Medical Services, or EMS, stood before a room filled with their peers, family members and friends as they received awards from the Association of the United States Army, or AUSA, Central Texas Chapter, recognizing their exceptional contributions to the Fort Cavazos community, Tuesday at EMS headquarters at Fort Cavazos.

Valdez, honored as the Fort Cavazos EMT, or emergency

medical technician, of the Year, has responded to 263 emergency calls this year, balancing his role as a field training officer and fleet manager while completing a paramedic program set to conclude in February 2025. Mesera, named Fort Cavazos Paramedic of the Year, has responded to 281 calls and plays a key role in training new EMS staff and managing emergency medical resources on post. Both Valdez and Mesera were presented with plaques and commemorative coins from AUSA, acknowledging their life-saving service and dedication to the soldiers, families and veterans they protect each day.



## SPECIAL @ DELIVERIES

## **OCT. 16**

A son, **Ar'Dai Jai'or**, to Lamont Jr. and Jasmine-Faith Jackson, III Armored Corps.

## **OCT. 21**

A son, **Colter Ellis-Edwin**, to Derek and Tabitha Hedgers.

## **OCT. 23**

A daughter, **Savannah Michele**, to Anthony and Jennifer Lopez, CRDAMC.

## **OCT. 24**

A son, **Ares Joel**, to Matthew Lynch and Ashley Villarreal, 1st Air Cav. Bde.

## **OCT. 27**

A son, **Leo Rory**, to Nicklos and Latroya Lopez, 1st Cav. Div.

## **OCT. 29**

A son, **Julian Andres**, to Brandon Aguillon and Estefani Aguillon-Ramirez, 1st ABCT. A daughter, **Chison Maria**, to Bright and Aryana Madukwe, 36th Eng. Bde.

## **OCT. 30**

A daughter, **Maiya Ameri**, to Kyire and Makima Hogan, 13th ACSC.

A son, **Andres Mathew**, to Mathew Lopez and Nancy Alarcon, 13th ACSC.

## Stay healthy this season: Vaccinate against flu, RSV, COVID-19

### **BY ROBERT HAMMER**

MHS Communications

**FALLS CHURCH, Va.** — Even though respiratory illnesses can happen at any time of the year, they may be more prevalent during the fall and winter months.

The Defense Health Agency reminds beneficiaries to take the necessary precautions to minimize the effects of seasonal respiratory illnesses, like influenza, COVID-19 and respiratory syncytial virus — the three most



common in the U.S.

According to the Centers for Disease Control and Prevention, these diseases are highly contagious and serious, causing hundreds of thousands of hospitalizations and thousands of deaths each year. Respiratory viruses can share similar symptoms and risk factors so it's important to take steps to prevent them from spreading.

Experts at the DHA and CDC promote staying up to date on vaccines, which is the most common method of defense for respiratory illnesses.

#### **Respiratory virus symptoms**

Respiratory viruses may cause upper and lower respiratory tract symptoms. Some viruses also affect the nose, throat and lungs, and can lead to serious lung infections such as pneumonia.

Respiratory virus symptoms include:

- Fever
- Chills
- Fatigue (tiredness)
- Cough
- Runny or stuffy nose
- Decrease in appetite



Photo by Staff Sgt. Wynndermere Shaw, 182nd Airlift Wing Public Affairs

Air Force Master Sgt. Kevin Real, medical service specialist, 169th Air Support Operations Squadron, Illinois Air National Guard, prepares a vaccination during drill weekend Nov. 2 at the 182nd Airlift Wing at Peoria, Illinois.

- Sore throat
- Vomiting
- New loss of taste or smell
- Headache, muscle or body aches
- Diarrhea
- Weakness

## Vaccines vital to health and immunity

Immunizations help the body defend itself from viruses by strengthening the body's defense system, according to the CDC. An immunized person is far less likely to die or become seriously ill than those whose immune system is unprepared to fight an infection.

Experts say flu vaccinations reduce the risk of hospitalization and severe complications

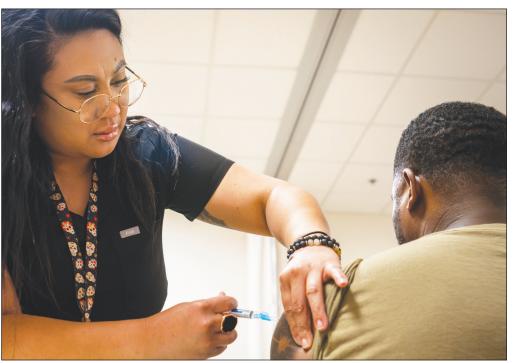


Photo by Senior Airman Lauren Cobin, 6th Air Refueling Wing Public Affairs

Jenny Lee Llave, 6th Medical Group disease nurse manger, administers a flu vaccination to a service member Nov. 4 at MacDill Air Force Base, Florida.

for those at higher risk and can reduce the risk of the flu between 40% and 60%.

Vaccines can also help prevent against the potency of new emerging variants of endemic viruses, like the flu and COVID-19.

The recent emergence of new COVID-19 variants emphasizes the importance of vaccinations and increasing vaccination efforts to provide sufficient protection — especially with a possible upcoming wave of new variants.

With emerging variants of influenza and COVID-19 each year, it is important to get the most recent vaccination available for each to ensure maximum protection.

RSV immunizations are important, but infants and older adults are more likely to develop severe RSV, which could lead to hospitalization.

According to the CDC, over 95% of adults hospitalized in 2023-2024 due to COVID-19 had no record of receiving the latest vaccine.

RSV immunizations are recommended for the following populations:

- All infants younger than 8 months
- Infants and children ages 8 to 19 months at increased risk for developing severe RSV
- Adults aged 60 and older
- Pregnant people during weeks 32 through 36 of pregnancy

## Tips to stay healthy

Experts agree vaccines provide the most effective protection against viruses, but other precautions are just as important.

Consider adopting these habits to avoid getting ill or spreading a virus:

• Avoid people who are sick.

- Cover coughs or sneezes.
- Wash hands (or use an alcohol-based hand sanitizer if washing with soap and water is not possible).
- Avoid making contact with the nose, eyes or mouth.
- Stay home when experiencing flu-like symptoms.
- Wear a mask.
- Stay in well-ventilated spaces.

## Where can I get vaccinated?

Military Health System beneficiaries can make a vaccination appointment at their military hospital or clinic or at a TRICARE retail network pharmacy at no cost.

TRICARE covers these vaccines based on CDC recommendations.

There are three ways to get these vaccines:

- Go to a military hospital or clinic. To find the nearest one, visit *tricare.mil/Get-tingCare/FindDoctor/mtf*.
- Go to a TRICARE retail network pharmacy. Make sure the person who administers the vaccine is a pharmacist. If another type of provider gives a vaccine at a retail pharmacy, there may be out-ofpocket costs. To find the nearest in-network pharmacy for TRICARE, visit *militaryrx.express-scripts.com/find-pharmacy*.
- See a TRICARE-authorized civilian provider. However, if a beneficiary receives other services at the same time, they may have to pay copayments or cost-shares. These costs vary based on the beneficiary's health plan. To find a provider, visit *tricare.mil/GettingCare/FindDoctor*.

If a beneficiary live overseas, they can get their vaccines at military hospitals or clinics or TRICARE-authorized civilian providers.

Before getting a flu shot, call ahead to check if an appointment is required and if the vaccine is available.

## **1CD celebrates Halloween, Dia de los Muertos in Poland**







Photos by Spc. Julian Winston, 1st Cav. Div.

TOP LEFT, Sgt. Giancarlo Carretero, a network communication systems specialist with 207th Signal Company, Division Special Troops Battalion, 1st Cavalry Division Sustainment Brigade, carves pumpkins with Polish students while visiting a school Oct. 31 in Witkowo, Poland. The 1st Cav. Div. and Task Force Pegasus recognize the importance of connecting with local communities throughout Europe. Through community engagements, they continue to strengthen the bonds between local communities, assisting NATO allies with partnership and cooperation. TOP, Spc. Jose I. Garcia, an information technology specialist with 207th Sig. Co., Division Special Troops Bn., 1st Cav. Div. Sustainment Bde., cooks holiday food with Polish students, in celebration of Dia de los Muertos, while visiting a school Oct. 31 in Witkowo, Poland. Dia de los Muertos is a multiday Hispanic holiday that involves paying respects to deceased friends and family members. LEFT, Spc. Ricky Perez, an information technology specialist assigned to Headquarters and Headquarters Company, Division Special Troops Bn., 1st Cav. Div. Sustainment Bde., carves pumpkins with Polish students while visiting a school Oct. 31 in Witkowo, Poland. ABOVE, A Task Force Pegasus trooper carves pumpkins with Polish students while visiting a school Oct. 31 at Witkowo, Poland.

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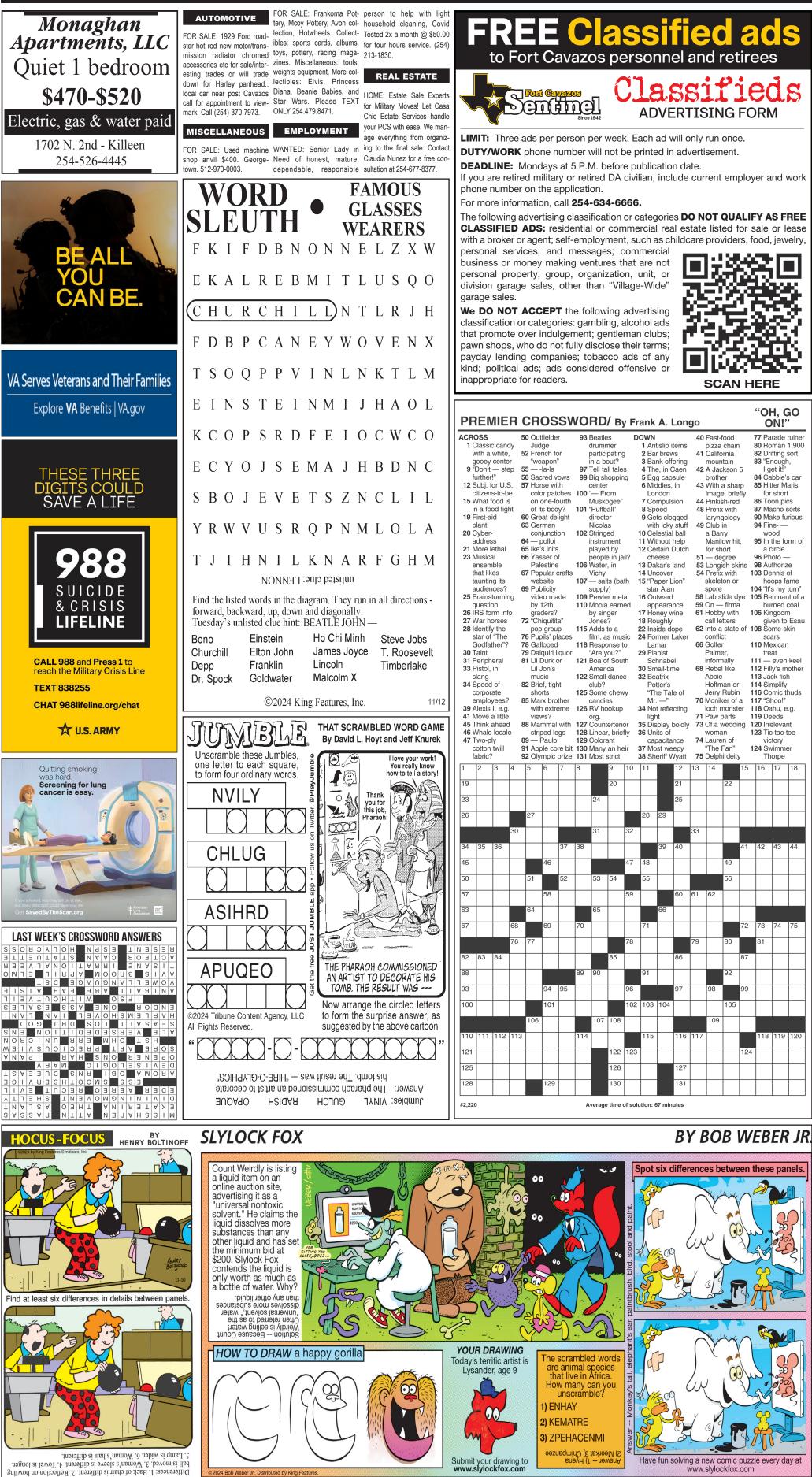
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If you are retired military or retired DA civilian, include current employer and work



PREMIER	CROSSV	VORD/ By	Frank A. Long	Jo	"OH, GO ON!"
ACROSS	50 Outfielder	93 Beatles	DOWN	40 Fast-food	77 Parade ruiner
<ol> <li>Classic candy</li> </ol>	Judge	drummer	<ol> <li>Antislip items</li> </ol>	pizza chain	80 Roman 1,900
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9 "Don't — step	<b>55</b> — -la-la	97 Tell tall tales	4 The, in Caen	42 A Jackson 5	I get it!"
further!"	56 Sacred vows	99 Big shopping	5 Egg capsule	brother	84 Cabbie's car
12 Subj. for U.S.	57 Horse with	center	6 Middles, in	43 With a sharp	85 Hitter Maris,
citizens-to-be	color patches	100 "— From	London	image, briefly	for short
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19 First-aid	60 Great delight	director	9 Gets clogged	laryngology	90 Make furious
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