

LIVING

NEWS

Create lifetime memories with more than 500 species



www.CavazosSentinel.com

Army begins operational deployment pay A7

Thursday, October 31, 2024

Soldiers for life:

82nd Year, Issue 44

Fort Cavazos hosts 49th Retiree Appreciation Days

BY AYUMI DAVIS

Sentinel Editor

Fort Cavazos held its 49th annual Retiree Appreciation Days Friday and Saturday, providing retirees with socials,

resources and services.

The Retirement Services Office worked with the Command Sgt. Maj. Elijah King, Jr. Retiree Council and other organizations on post to host the two-day event, which featured a golf scramble, evening social, county fair, 1st Cavalry Division Horse Cavalry Detachment demonstration, and health, legal and ID card services.

"It's an honor to stand here today," said Lt. Gen. Kevin D. Admiral, commanding general of III Armored Corps and Fort Cavazos, at the opening ceremony at Carl R. Darnall Army Medical Center. "I want to extend my gratitude for your brave service. You defended freedom and carried forth the values of loyalty, duty and selfless service. The dedication that shaped your lives is also the strength of our Army today.

"The Army would not be what it is today without those of you who served first, who paved the way for us to better serve and protect our nation," he added. "Therefore, it is the least we can do to provide these events and resources to assist you all in your lives and honor you for your service."

Retirees from not only the Army, but other branches of the military were in attendance, as well as Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander; Maria Bentinck, director of Army Retirement Services; city of Killeen Mayor Debbie Nash-King; and the Command Sgt. Maj. Elijah King, Jr. Retiree Council.

During the ceremony, retired Master Sgt. Lori Spencer was recognized as the Fort Cavazos Retiree of the Year, while the retiree council's previous chairman, retired Brig. Gen.





Photos by Ayumi Davis, Sentinel Edito

TOP, Retired Master Sgt. Lori Spencer, veterans outreach program specialist at the Killeen Heights Vet Center at Killeen, Texas, receives a certificate of appreciation and plaque after being named the Fort Cavazos Retiree of the Year, and poses for a picture with Killeen and local retiree leadership during the opening ceremony for the 49th Annual Retiree Appreciations Days Saturday at Carl R. Darnall Army Medical Center at Fort Cavazos. **ABOVE**, Spencer, left, retired Sgt. 1st Class Virginia Calderon, and retired Sgt. 1st Class Roberta Clark pose for a picture during the Friday Night Bingo Social at the 49th Annual Retiree Appreciations Days Friday at the Phantom Warrior Center at Fort Cavazos.

Oscar R. Anderson, and vice chairman, retired Sgt. Maj. Jerry Hernandez, who is also a transition services specialist for the Fort Cavazos

Transition Assistance Program, were recognized for their contributions.

The ceremony was followed by the County Fair at

CRDAMC, which featured resources for veterans.

Additionally, the ID Card

See Retiree, A6

NEWS BRIEFS

Post trick-or-treating occurs today

Post-wide trick-or-treating is from 6-8 p.m. today. Children under 12 years old are asked to cross streets with an adult. Drivers are asked to slow down and remain alert, especially when driving in residential neighborhoods.

DFMWR hosts '28th Anniversary Bingo'

There will be a "28th Anniversary Bingo" event at 2:30 p.m. Sunday at the Community Events and Bingo Center. Doors will open 11 a.m., and festivities will include a catered meal, door prizes and cash prizes, including a grand prize of \$10,000. Only those 18 years and older can participate. Tickets cost \$100 for Department of Defense ID cardholders and \$120 for sponsored guests. Tickets must be purchased in person with a DOD ID.

The center is open 5-8:30 p.m. Wednesday-Saturday and 12-5 p.m. Sunday. For more information, call 254-532-9253.

Daylight saving time begins Sunday

Daylight saving time will begin at 2:00 a.m. Sunday. Remember to set all clocks back one hour.

RSO hosts Fresh Food for Families

The Fort Cavazos Religious Support Office, in partnership with the Central Texas Food Bank, will conduct Fresh Food for Families 9-11 a.m. Nov. 7 at the Phantom Warrior Stadium Parking Lot. Military families can receive fresh produce, meat and more. Families must enter from Tank Destroyer Blvd. and Comanche Ave. at the traffic light. Fresh Food for Families occurs the first Thursday of every month. For more information, call 254-288-6545.

Spouses' Club hosts Holiday Bazaar

The Fort Cavazos Spouses' Club will hold its 43rd annual Holiday Bazaar Nov. 9-10 at the Killeen Civic Center at Killee, Texas. It will be open 9 a.m.-5 p.m. Nov. 9 and 10 a.m.-4 p.m. Nov. 10. The event will feature over 100 local and regional vendors and food trucks, pictures with Santa Claus, over 50 raffle prizes and a coffee and cocoa cart. People may donate new and unused winter hats, gloves, scarves, socks and underwear to receive five extra raffle tickets.

Tickets are \$10 and can be purchased at the door or online. Children 16 and under are free. Ticket sales will be used to fund grants through the Spouses' Club's Community Outreach Program. For advance tickets or more information, visit fortcavazosspousesclub.org.

Two DFMWR facilities close next month

The Recreation Equipment Checkout and Sportsman's Center Snack Bar and Pro Shop will permanently close Nov. 15 due to budgetary constraints. The Sportsman's Center trap and skeet range will remain open. However, there may be minor disruptions during its transition to the Directorate of Family and Morale, Welfare and Recreation's recreation programs.

Citizen scientists tag, learn about monarch butterflies

BY CHRISTINE LUCIANO
DPW Environmental

Tall spikes of deep purple liatris blooms sway in the breeze of a training area. Among the flowers, volunteers clad in bright safety vests are scattered, their eyes sharp and movements quick. Each armed with a mesh net, focused on the fluttering monarch butterflies that dart from bloom to bloom. Spotting their vibrant orange and black wings, Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, and her 10-year-old son, Gregory Stokes III, quietly approach a monarch before using the up-and-over capture technique.

"Engaging our youth, families and the warfighters in environmental stewardship is invaluable and creates lasting impacts locally and across the Department of Defense," Stokes said. "My family was one of many today who were able to add a unique layer to the Army's involvement in scientific data and research. This collaborative approach not only strengthens our community, but also reinforces a shared commitment to sustainability."

Fort Cavazos biologists with the Adaptive and Integrative Management Team hosted the fourth annual monarch-tagging event for 32 Soldiers, civilians and their families Oct. 19 at Fort Cavazos. The event provided them a unique chance to contribute to scientific research as citizen scientists. It also demonstrated how military lands serve dual purposes — supporting the warfighter's mission readiness and biodiversity for wildlife species.

Brad Burden, research and monitoring coordinator for the AIM Team, and his crew lead a caravan of vehicles out to training areas 8 and 35. The group of citizen scientists gathered around a canopy, and the event kicked off with educational talks highlighting the monarch's life cycle, nectar sources and migration.

"The AIM Team works with mission-sensitive species like the monarch butterfly that, if listed under the Endangered Species Act, would affect military mission readiness in the training areas," Burden said. "Through conservation measures and proactive management of birds, pollinators and grassland habitats, we can do our part to support the warfighter."

Volunteers learned how every year, monarchs undertake a remarkable multigenerational migration across North America, traveling to overwintering sites in

See Monarchs, A6



Photo by Christine Luciano, DPW Environmenta

Brad Burden, research and monitoring coordinator for the Adaptive and Integrative Management Team, displays the alpha-numeric code of the Monarch Watch tag on a monarch butterfly Oct. 19 at a training area at Fort Cavazos. The tiny sticker is placed on the hind wing of a monarch butterfly so not to inhibit its flight.

October 31, 2024 EDITORIAL www.CavazosSentinel.com

Have safe, spooky Halloween

BY GARRISON SAFETY OFFICE

According to the National Highway Traffic Safety Administration, the number of child pedestrian fatalities more than doubles on Halloween compared to other days of the year. Children 12 to 15 years of age are at the highest risk, most likely due to the fact they are unsupervised by adults while trick-or-treating. The riskiest hour is between 6-7 p.m., when sunset and increasing darkness overlap with many children being out on the street.

Motorists can help keep kids safe by being extra vigilant while driving. Slow down, especially in neighborhoods, and be ready for kids to run out into the street behind or between parked cars. Never text while driving or do anything that distracts from keeping attention on the road and never drive while intoxicated.

Young children should be accompanied by an adult while trick-or-treating and older children reminded to use sidewalks, looking both ways before crossing streets. Ensure costumes do not obscure vision; opt for face paint rather than masks whenever possible. Trim long-flowing costumes to no longer than ankle length to prevent tripping and make children are visible to motorists with bright costumes, reflective tape, belts or vests and other means, such as having them carry flashlights or attach glowsticks or LED lights on costumes.

It's fun to decorate homes and yards for Halloween, but make sure paths to front doors are clear of tripping hazards and well lit. Illuminate pumpkins on doorsteps with LED tea lights instead of candles, which pose a fire hazard. Halloween is meant to be spooky but should always be safe. Don't let safety spook you!



Graphic courtesy of Garrison Safety Office

October ceremony applauds recent retirees



Photo by Shawn Davis Fort Cavazos Public Affairs

Sgt. Maj. Tiffany M. Alexis, Col. Michael F. Hammond, Lt. Col. Arthur L. McGrue III, Staff Sgt. Jario A. Arvizu and honorary retiree retired Master Sgt. Lori S. Spencer pose for a photo at a retirement ceremony Friday at the Lonestar Conference Center at Fort Cavazos.

GREAT PEOPLE AT THE GREAT PLACE

BY DERIKA UPSHAW

Fort Cavazos Public Affairs

Switching an entire parts procurement system while maintaining readiness is extremely challenging. It requires those who support this effort to be motivated, efficient and technically sound. Johnathan Gilbert, the branch chief of the Air Traffic Control Maintenance Branch, Directorate of Aviation Operations, has been instrumental in the switch to the Global Command and Control System-Army, or GCSS-Army, for the procurement of air traffic control repair parts.

Gilbert is responsible for the maintenance of all navigation aids and radios used by both military and civil aircraft within a 60-nautical-mile, or 69-mile (111 km), radius of Fort Cavazos.

"I take care of anything that air traffic controllers use," he said. "We have communication systems, radar systems, landing systems, anything that the air traffic controllers use to talk with aircraft, land aircraft — we take care of it. We have systems across Fort Cavazos that we maintain.

"We're also part of the national airspace," he continued. "So not only do we assist with the local army units and their helicopters, but we also support commercial aircraft."

Gilbert contributed to the development of a process to utilize GCSS-Army for air traffic control repair parts procurement by providing data and parts listings for all systems and radios used by air traffic control personnel. He ensured all components had service tags, serial numbers and submitted work orders to ensure parts listings were accurate in GCSS-Army. He said initial signs indicated the efficiency of the procurement process has become more timely and efficient since the implementation of the new procurement system, calling it a "vast improvement."

timely and efficient since the implementation of the new procurement system, calling it a "vast improvement." Gilbert explained the change to the new GCSS-Army system took a tremendous amount of planning. That is the way

to success, he said.

"You must have a plan, but you also have to put your plan into action," he expressed. "There are those who talk about doing things, but never actually take action and execute. I look at adversity and challenge as good things, because the things you work the hardest for come with the most reward."

Gilbert has been successful throughout his military and civilian career; he explained he left the Army and was hired as a civilian performing the same duties. He now has nearly 25 years of federal service in a career field

Gilbert emphasized this project was truly a group effort between the Air Traffic Control Maintenance Branch, the DAO supply officer and the Logistics Management team from Army Field Support Battalion-Cavazos, and that effort continues today with everybody helping to keep the program on track while still learning the finer details of the GCSS-Army system.

His message to other civilians is to value teamwork, initiative and motivation.

we're able to accomplish some pretty big things," he said.

"If each of us are willing to do our part and contribute in some manner,

When Gilbert is not leading the Air Traffic Control Maintenance Branch, he enjoys hunting, spending time outdoors and spending time with his girlfriend and children.



Photo by Derika Upshaw, Fort Cavazos Public Affairs

Johnathan Gilbert, chief, Air Traffic Control Maintenance Branch, Directorate of Aviation Operations, checks the air traffic systems Sept. 24 at Robert Gray Army Airfield at Fort Cavazos.



Recycled material is used in the making of our newsprint

DO YOU HAVE SOMETHING TO SAY?

WRITE TO THE EDITOR

The Sentinel welcomes letters to the editor. Letters must be under 450 words and include your name, address and telephone number. To submit a letter, visit www.cavazossentinel.com/contact or email it directly to:

editor@cavazossentinel.com

FIND NEWS ONLINE

Find today's top news, living features and links to the electronic version of the paper at www.cavazossentinel.com.



COMMAND STAFF

Commanding General
LT. GEN. KEVIN D. ADMIRAL

Garrison Commander

III Armored Corps Public Affairs Officer COL. KAMIL SZTALKOPER

Fort Cavazos Public Affairs Director CHRIS HAUG

Command Information Chief SAMANTHA HARMS

III Armored Corps Public Affairs Sergeant Major SGT. MAJ. ADORA SANDOVAL

EDITORIAL STAFF

Editor AYLIMI

AYUMI DAVIS editor@cavazossentinel.com 254-287-9495

News Editor BLAIR DUPRE

blair.dupre@cavazossentinel.com 254-287-2436

Living Editor JANECZE WRIGHT 254-287-5964

Design Editor
DANIELLA THACKER
daniella.thacker@cavazossentinel.com
254-287-0101

BUSINESS STAFF

General Manager

Publication Manager

ARMANDO GUTIERREZ armando.gutierrez@cavazossentinel.com 254-634-6666

Advertising Sales Associate

LINDSAY DILLON lindsay.dillon@cavazossentinel.com 254-634-6666

Distribution Manage

PATRICIA WOLFF patricia.wolff@cavazossentinel.com 254-634-6666

ADVERTISING

To place an ad or for information regarding Fort Cavazos' classified section, call 254-634-6666 between 8 a.m. – 5 p.m. weekdays.

The Fort Cavazos Sentinel is an authorized publication for members of the U.S. Army with a circulation of 12,500. Contents of the Fort Cavazos Sentinel are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or U.S. Army Garrison-Fort Cavazos. It is published every Thursday by the U.S. Army Garrison-Fort Cavazos Public Affairs Office.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, martial status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If violation or rejection of this opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. All editorial content of the Fort Cavazos Sentinel is prepared, edited, provided and approved by the U.S. Army Garrison-Fort Cavazos Public Affairs Office.

The Fort Cavazos Sentinel is printed by the Temple Daily Telegram, a private firm in no way connected with the Department of the Army, under exclusive written contract with U.S. Army Garrison-Fort Cavazos. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or the Temple Daily Telegram of the products or services advertised.

ADDRESS

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

Welcome home: 3CR returns from first deployment to South Korea

BY SPC. JOSEFINA GARCIA

7th MPAD

After a nine-month deployment to the South Korea, families and friends welcomed the 3rd Cavalry Regiment home during a ceremony Monday at Cooper Field.

The uncasing ceremony symbolizes the unit's return to their home station and their

"Thanks to all of these families so much for their strong support," said Col. Jeffrey Barta, the 3rd Cav. Regt. commander. "It's so good to be back."

During the deployment, the regiment served as the Korea Rotational Force, enhancing readiness and interoperability with allies and partners in the region. It marked a significant milestone as it was the first time the "Brave Rifles," the regiment's nickname, deployed to South Korea.

"Our regiment is 178 years old, and, amazingly, we had never taken a turn serving in (South) Korea before, so all these troopers got to write the next chapter," Barta said. "I know everybody was super proud and super excited to work with their allies."

The ceremony not only honored the service and sacrifices of the regiment, but also celebrated the resilience and support of their families and community.

"There are so many amazing groups out here in Texas that came together," Barta said. "The families put together about 2,000 welcome bags, and a lot of the Good Neighbors from Fort Cavazos made donations to really make it special for a trooper to come back to the barracks here. We're really thankful for that. I'm so grateful."

The ceremony concluded with closing remarks from Lt. Gen. Kevin Admiral, commanding general of III Armored Corps and Fort Cavazos, praising the unit for their hard work and dedication to the mission.

"Brave Rifles, welcome home," he said. "I'm super proud of what you've done on the Korean Peninsula. You wrote a fantastic new chapter in your history, and we're proud of you. Again, welcome home!"





TOP RIGHT, Col. Jeffrey Barta, commander of 3rd Cavalry Regiment, and his family reunite during an uncasing ceremony Oct. 28 at Cooper Field at Fort Cavazos. ABOVE, Col. Jeffrey Barta, commander of 3rd Cavalry Regiment, unfurls the unit colors during an uncasing ceremony Oct. 28 at Cooper Field at Fort Cavazos. Friends and families gathered to welcome their loved ones after a nine-month deployment to South Korea.





THE ADELPHIA

Escape to Paradise at this Hill Country Gem.

Whether you're planning a wedding, family gathering, or simply seeking a relaxing weekend retreat, this historic Lampasas venue offers the perfect setting for any event. Book a free tour with us today!



(512)-540-6739

≤ sales@theadelphia1875.com

www.theadelphia1875.com







www.CavazosSentinel.com

WOUNDED WARRIORS IN ACTION MISSION POSSIBI







NEWS







SCAN QR CODE



SUPPORT OUR HEROES



SEE YOUR CONTRIBUTION IN ACTION!







X@WWIAF

Learn More

a strong, supportive community

IS WITHIN REACH.

Fort Cavazos spouses apply to participate in an 8-week peer-support group research study.

The University of Texas at Austin Institute for Military and Veteran Family Wellness
Dell Medical School & Steve Hicks School of Social Work

This research study is run by the Institute for Military & Veteran Family Wellness at The University of Texas at Austin

imvfw.utexas.edu/research/reach



ALL AMERICAN CHEVROLET

\$75 per person (20 Team Max) Includes Lunch **Four Person Scramble**

Hole Sponsorship \$500 Hole Sponsorship with Team \$725 18 Holes

Carts & Green Fees (Included)



Lampasas Roofing (254) 939-0343 **DISTRICT 10**



Regina Wesson **John Sanders**

entinel

The FRENCH Family

Refresh Spa

Copperas Cove

Home Place Floors









Print without boundaries explore the extraordinary. DEVINE SIGNS & PRINTING

CEDAR 🤲 CREST **Family**



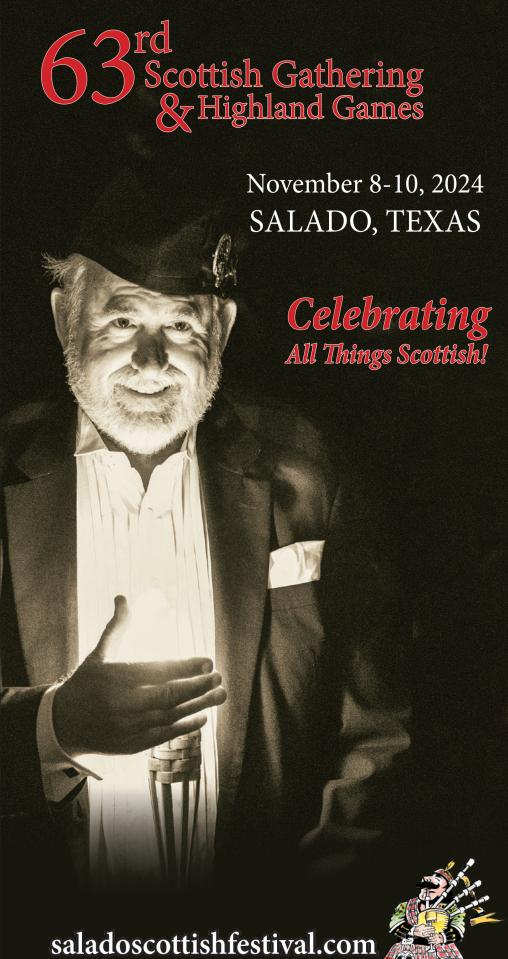
VETERANS OF FOREIGN WARS.

Post 9191

For information, sponsorship and pre-registration, contact: Ms. Timmons (214) 676-8871 | timmons88@aol.com | SG-VHV.org

For additional information, contact

Hills of Cove Golf Course (254) 547-2605



254-947-5232

1CD participates in E3B qualifications in Poland

BY PFC. HECTOR BLANCO

1st Cav. Div. Public Affairs

DRAWSKO POMORSKIE, Poland — Dawn breaks the cold morning as Soldiers run to the finish line of a 12-mile ruck march. As the sun beams down, among the expert field medical badge candidates, Pfc. Eric Garcia, a combat medic specialist, 2nd Battalion, 5th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, finishes the ruck march and completes a weapons function check to close out his assessment.

From Oct. 6-18 the 4th Infantry Division hosted the Expert Infantry, Soldier and Field Medical Badge, or E3B, qualifications near Drawsko Pomorskie Combat Training Center. Active-duty, reserve and national guard components of all backgrounds were invited alongside Polish army soldiers. The U.S. Army consolidated the previous individual qualifications into one mass event in 2021, and its primary focus is to test Soldiers' knowledge and expertise of skill level 10, or entry level, tasks.

"I chose to sign up for this competition," Garcia said. "It's just not an opportunity a lot of medics have, especially (with) how hard it is to get to school."

Garcia is from Pico Rivera, California, and, like many others, this is his first time participating in an E3B qualifications

event as a candidate. Meanwhile, the other contestants have attempted to achieve their respective expert badge previously, such as Staff Sgt. Franklin Walker, a Bradley crewman with 1st Squadron, 7th Cavalry Regiment, 1st Air Cavalry Brigade.

"I chose to come to separate myself from my other counterparts," Walker said, "but also just to inspire and to lead my Soldiers (to show them) that anything is possible."

The testing portion takes one week to complete, with an official familiarization, or trainup, portion the week prior. The tasks include some very perishable skills one must use throughout their career, said 1st Sgt. Bobby Delaporte, the primary instructor for adjust and direct fire, Alpha Troop, 1st Sqdn., 7th Cav. Regt., 1st Air Cav. Bde.

"This is a competition to award what many of us would see as an invaluable badge to these young Soldiers and leaders," Delaporte said. "We are building subject-matter experts here. These folks we award these badges to will become graders probably as soon as next spring."

Badge-holding instructors test the candidates' expertise through various medical and weapons lanes to move on to the final event of qualification, the 12-mile ruck march and weapons lane. Each candidate, regardless of their respective badge category, must complete the forced march within three hours. After the ruck, Soldiers must successfully assemble and disassemble an M4A1 carbine in a timed event to earn their badges.

Out of approximately 485 candidates invited to participate, only 118 qualified. Sixty-one candidates received the Expert Infantryman Badge, 35 candidates received the Expert Soldier Badge and 22 candidates received Expert Field Medical Badge.

Garcia is the youngest candidate who

participated in testing and the only candidate to earn the EFMB from 1st Sqdn., 7th Cav. Regt., 1st ABCT, while Walker was the only candidate from 1st Squadron, 7th Cav. Regt.,

1st Air Cav. Bde., to receive the ESB. "My old platoon sergeant would tell me, 'Keep your head in the clouds and your feet on the ground," Walker said. "No matter

what, keep pushing. You got it."





TOP, Col. Christopher Dempsey, right, commander of the 1st Armored Brigade Combat Team, 1st Cavalry Division, talks with the troopers after completing Expert Infantry, Soldier, and Field Medical Badge qualifications Oct. 18 near Drawsko Pomorskie Combat Training Center at Drawsko Pomorskie, Poland. ABOVE, Staff Sgt. Franklin Walker, a Bradley Fighting Vehicle crewman, 1st Squadron, 7th Cavalry Regiment, 1st Air Cavalry Brigade, completes a 12-mile ruck march during E3B testing Oct. 18 near Drawsko Pomorskie Combat Training Center at Drawsko Pomorskie, Poland.



Photos by Pfc. Hector Blanco, 1st Cav. Div. Public Affairs

Installation Food Service: 287-6595

Soldiers of the 1st Cavalry Division and 4th Infantry Division continue a 12-mile ruck march during Expert Infantry, Soldier and Field Medical Badge, or E3B, testing Oct. 18 near Drawsko Pomorskie Combat Training Center at Drawsko Pomorskie, Poland. The E3B testing combined Expert Infantry, Expert Soldier and Expert Field Medical Badges assessments into one mass event in 2021, and this was the first time testing has been held in Poland since its revision.







15 10 13 14 16 12 13 14 12 15 18 18 23 17 19 20 22 23 19 20 21 22 21 27 30 26 27 29 30 29 Breakfast: 7:30-9 a.m. Monday-Friday Lunch: 11:30a.m.-1 p.m. Monday-Friday (WNK): 8 a.m.-6 p.m. BRK, LUN, DIN: 8 a.m.-8 p.m. Monday-Friday NCOIC: SSG Lopez: 787-414-1259 Food Advisor: CW2 Rogers: 931-378-2957 CULINARY OUTPOST FOOD TRUCK 2 1-44/4-5 ADA BN area parking Lot Building #12007 PATRIOT INN **TUES WEDS THUR** FRI SAT **Closed due to renovation. Tentatively 15** 12 13 16 scheduled to reopen Nov. 30 30 27 29 Breakfast: 7:30-9 a.m. Monday-Friday Breakfast: 7:30-9 a.m. Monday-Friday (BRUNCH/SUPPER): 9:30 a.m.-1 p (BRUNCH/SUPPER): 5-6:30 p.m. Food Advisor: W<mark>01 Greene: 843-901-026</mark>0 Food Advisor: W01 Greene: 843-901-0260 Culinary Outpost Food Truck 3 has the same hours of operation as Food Trucks 1 & 2, operating on a rotation

III Armored Corps Food Service: 287-0573

Division Food Service: 287-3134

www.CavazosSentinel.com **NEWS** October 31, 2024



Attendees play bingo during the Friday Night Bingo Social at the 49th Annual Retiree Appreciations Days Friday at the Phantom Warrior Center at Fort Cavazos.

Photos by Ayumi Davis, Sentinel Editor

Retirees find resources, fun, camaraderie



Lt. Gen. Kevin D. Admiral, commanding general of III Armored Corps and Fort Cavazos, gives remarks at the opening ceremony for the 49th Annual Retiree Appreciations Days Saturday at Carl R. Darnall Army Medical Center at Fort Cavazos.

Retiree: Continued from A1

ees and their family members Friday and Saturday. For the Legal Assistance Office, retirees could create estate-planning documents for themselves and receive legal advice. "We're drafting wills for retir-

ees, along with medical powers of attorney, advanced directives and statutory durable powers of ters Battalion, III Armored Corps.

While they are still continuing to count the total, Martinez said the office drafted over 700 legal documents on Friday alone, as of Monday.

"Out in the civilian sector, documents like this that we draft can cost north of \$1,000, right?" she

attorney, as well as agent of explained. "And we're doing it for disposition of remains," said Capt. them for free. It's 20 attorneys at Facility and Legal Assistance Office Kiara Martinez, chief of client ser- a minimum and 20 paralegals at opened their facilities solely to retir-vices, Headquarters and Headquar- a minimum that volunteer their time Friday and Saturday. And I can tell, just Friday alone, this entire building was just about at complete capacity."

While the wait was long for some people, all of the retirees seeking assistance were grateful they had time to speak with an attorney, Martinez said.

"Having that dedicated time where they can just walk in with no appointment, and they're going to speak to someone live, I think, is very imperative," she expressed, "and it's important to give back to that particular community.

"My office and I look forward to this weekend, especially myself," she added. "I was raised in Killeen ... and this is my only year that I will be in this role, so I was very excited, personally, to put on a good event for the retirees as best as we could."

While there were medical and administrative resources for the retirees to use, there were also social events, like the Friday evening social to provide retirees an opportunity to interact with others.

"There's some people who many not actually live right here at Fort Cavazos, and if they come here, they get to meet friends of theirs that they've been around before," said retired Brig. Gen. Michael A. Ryan, chairman of the Command Sgt. Maj. Elijah King, Jr. Retiree Council. "That's why we restarted this bingo evening, and the dinner and everything else is for old friends to get together, meet new ones that, maybe, they haven't seen since the last time that they were here."

Retired Air Force Master Sgt. Paul Homes agreed, having driven almost three hours with his wife Gina to attend the festivities.

"We like coming here because there's people just like us," he expressed. "Military retirees — it doesn't make a difference what service, but we all did the same stuff. So it's just an enjoyable time ... It gets us back in familiar spaces. Even though we weren't Army, a base is a base is a base."

The Friday evening social featured food, door prizes, raffle prizes and bingo for those who came out.

For Soldiers who volunteered for the weekend to help facilitate the event, like Pfc. Naomi Itinga, 104th Engineer Construction Company, 62nd Engineer Battalion, 36th Engineer Brigade, interacting with the retirees affirmed their choice

"You get to ask veterans questions about their experience, whether it's the Army or Air Force or whatever branch they were able to serve in," Itinga said," and it gives you a sense of purpose to know that you're fighting the same fight they were fighting, and the only difference is that it's different times, different experience, but we all have the same purpose."

Itinga noted she had never seen so many women veterans before and it was inspiring since many had held senior leadership roles.

"(These were) roles that people might think because they're a woman that they might not be able to reach," she said, "but it's very inspiring to see that there are people who've done the same thing before me and any other females, and they've also shared, 'Hey, you can do it. If we did it, you can do

Retired Command Sgt. Maj. Ron Cowan, vice chairman of the retiree council, said this was his first time at the Retiree Appreciation Days and thought it was a great opportunity, speaking of the community in and around the installation.

"It's an awesome community," he said. "I'm part of the Veteran's Association, too. I chair the 82nd Airborne Association that's here and getting to know the circle of friends - no matter where they were stationed at, they all come together here. It's just amazing the camaraderie that I've seen. We don't really have to ask for help in the committee. I think (the Retiree Appreciation Days) are awesome for the state of Texas and Fort Cavazos."

Monarch tagging serves readiness, sustainability

Monarchs: Continued from A1

Mexico. Along their journey monarchs pass through Fort Cavazos where the training areas are home to native, nectar-rich plants essential for their survival.

Laney Rather-Weymouth, a pollinator biologist for the AIM Team, explained how queen, viceroy and soldier butterflies closely mimic monarchs, sharing similar colorings

and markings, to deter predators. "Queens do not have the dark black veins;

their white spots do not touch any black, and they have an orange abdomen," Rather-Weymouth said. "As caterpillars, they also look extremely similar. Monarchs only have two sets of tentacles, while queens have three sets, and the extra set is in the middle of their body."

With an understanding of how to differentiate between the queen and monarch, which is commonly seen on Fort Cavazos during the fall migration, volunteers suited up with their safety vests and nets in hand ready to scout the training area for monarchs. After each monarch was captured, an AIM biologist assisted with removing the monarch from the net and carefully placing it into a glassine envelope.

At the conclusion of the catching session, volunteers gathered to see the next steps of data collection and tagging for Monarch Watch, a nonprofit based at the University of Kansas at Lawrence, Kansas, that studies monarch migration.

After documenting the tag code, tag date, gender, geographic location, mass, wing measurements, wear and tear, and an Ophryocystis elektroscirrha sample of each of the monarchs captured, a tiny sticker with a tag code is gently placed onto the monarch's hind wing. Each sticker has an alpha-numeric code unique to that individual monarch. The monarch is

then released with the hopes it will be recovered by researchers and citizen scientists, at the end of its migration, to reveal the butterfly's path.

The 21 monarchs from the tagging event added to the AIM Team's total of 11,673 monarchs captured, tagged and released since the inception of the Fort Cavazos tagging program in 2017.

"This citizen-science experience not only nurtures awareness of monarchs and the work of our biologists, but also gives our warfighter a glimpse of how our training lands are multipurpose — serving both mission readiness and environmental sustainability," Stokes said. "By connecting with our community and nature, we build resilience and create lasting ties that strengthen both our mission and our spirit."

To learn more about citizen-science opportunities at Fort Cavazos, like and follow Facebook.com/Fort.Cavazos.AIM.Team.



ABOVE, Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, captures a moment of her 10-year-old son, Gregory Stokes III, holding a monarch he captured as Dr. Amber Dankert, supervisor of Wildlife Management Team, Directorate of Public Works, helps him Oct. 19 at a training area at Fort Cavazos. RIGHT, Laney Rather-Weymouth, pollinator biologist for the Adaptive and Integrative Management Team, hosts an educational talk about the monarch's life cycle and butterflies that mimic the monarch Oct. 19 at Fort Cavazos.





Photo by Eric Franklin, Fort Cavazos Public Affairs

Soldiers from 3rd Cavalry Regiment return to Fort Cavazos after a rotation in South Korea, disembarking from a Korean Air flight.

Army begins operational deployment pay

BY JONATHAN AUSTIN

Army News Service

WASHINGTON — Soldiers on approved operational deployments will soon receive \$240 per month under the recently approved operational deployment pay, or ODP, program.

"This initiative underscores our unwavering commitment to honoring the daily sacrifices made by Soldiers and their families," said Dr. Robert Steinrauf, Plans and Resources director, deputy chief of staff, G-1.

The change became effective Oct. 1 and authorizes E-1 to O-6 Soldiers to receive special duty pay in recognition of the greater than normal rigors of operational deployments. "The Army is dedicated to ensuring that the sacrifices made

by our Soldiers and their families are appropriately rewarded," said Dr. Agnes Gereben Schaefer, assistant secretary of the Army for manpower and reserve affairs. "Operational deployment pay represents a significant advancement in this effort." The pay is earned on a prorated basis and its conditions

are outlined in Department of Defense Instruction 1340.26 (Assignment and Special Duty Pay). ODP is not retroactive to before Oct. 1. Soldiers who were

on an approved operational deployment on Oct. 1 will receive ODP for the remainder of their deployment. Army Reserve and National Guard Soldiers are also

eligible when they participate in operational deployments. Soldiers in combat-zone tax-exclusion status pay no tax on the ODP, but it is taxable for Soldiers serving outside such

locations, Steinrauf said. To view a memorandum on the ODP, visit armypubs.army. mil/PRODUCTMAPS/PUBFORM/POGPROPONENT.ASPX.



Soldiers, assigned to the 13th Armored Corps Sustainment Command, march to their redeployment ceremony May 6 at the People First



A holiday market with a mission!

Shop over 75 local artists and artisans!

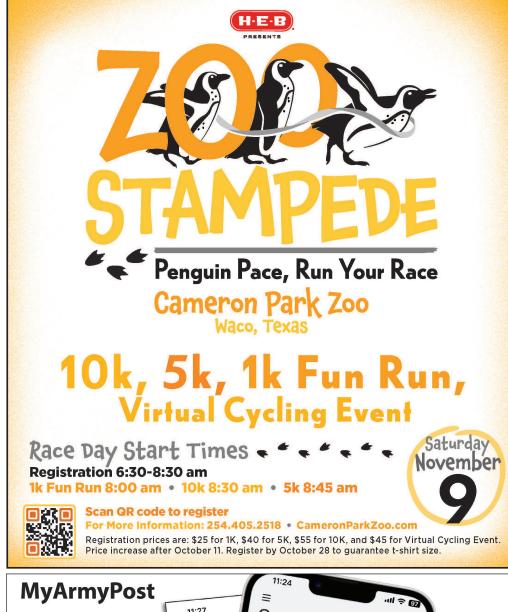
November 1 & 2 | 9-4

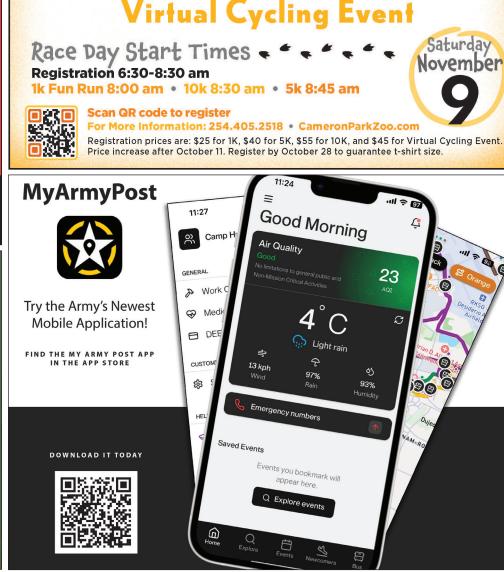
300 N. Main, Downtown Temple

FREE ADMISSION

Santa will be here!

Bring a camera for photos.







Tor those who wish to run an ad honoring our Veterans

SPECIAL VETERANS DAY EDITION 🖈 Thursday, November 7, 2024



254-634-6666 www.cavazossentinel.com









LOCAL, STATE, NATIONAL & INTERNATIONAL EMPLOYERS!

*** November 6, 2024 **10 a.m - 3 p.m.**

Lone Star Conference Center on Fort Cavazos



254-634-6666

ww.cavazossentinel.com





SECTION B

October movies are surprising hit, miss..B2

Graduation ceremony celebrates cap-tivating

Cavazos DPW employees volunteer



www.CavazosSentinel.com







Photo by Samantha Harms, Command Information Chief



Photo by Samantha Harms, Command Information Chief

TOP LEFT, An employee at the zoo holds Simon, a 7-year-old albino Burmese python, as I give him a pet. The Burmese python is among the largest snakes on Earth and are capable of reaching nearly 20 feet long and can weigh over 200 pounds. TOP MIDDLE, Four tortoises munch on lettuce at the Animal World and Snake Farm Zoo, located at New Braunfels, Texas. Tortoises are just one of the many creatures visitors can see

at the zoo. TOP RIGHT, Children view reptiles inside the main facility at the zoo. The zoo houses more than 500 animal species and subspecies on a four-acre lot. ABOVE, Capt. Christopher Lamoureux, then commander of Headquarters and Headquarters Company, U.S. Army Garrison-Fort Cavazos, pets a baby capybara while feeding it let-

Create lifetime memories with more than 500 animal species, subspecies

BY SAMANTHA HARMS

Command Information Chief

NEW BRAUNFELS, Texas — Leopards, crocodiles and snakes - oh my! I couldn't believe my eyes just about the entire time I was at the Animal World and Snake Farm Zoo.

The accredited zoo, located just a little more than two hours away from Fort Cavazos, offers all things furry, feathery, hairy and scaly.

This was my first time visiting, and it felt like around every corner was another animal I wasn't expecting to see or learn about. The property houses more than 500 species and subspecies, and is about four acres right now, giving a more intimate feeling to the zoo. I felt that brought a wonderful charm to the whole experience, especially since they have chickens and peacocks running about.

The zoo itself has been in operation since 1967 and has undergone some major renovations in the last few years — as I have learned from the staff and



Photo by Samantha Harms, Command Information Chief A mini cow peers up, hoping to receive some food from visitors. This animal is one of many located in the petting zoo at the Animal World and Snake Farm Zoo at New

Braunfels, Texas. some of the members of my party, who kept remarking about how wonderful

to continue renovating and expanding. Part of the zoo's mission is really focused on conservation and, as such, offers a show every 30 minutes to either

all the changes were — and has plans

feed every creature and/or to provide informative talks about various animals there. During my visit, I had the opportunity to watch the staff feed different creatures, from wolves to crocodiles, while enjoying informative talks. I was able to pet Simon, a 7-year-old albino Burmese python, which is among the largest snakes on Earth, to feed lots of deer and, for the main attraction, feed and hold a capybara. For those who may not know what that is, a capybara is the largest living rodent, native to South America.

The zoo recently acquired baby capybaras, so, visitors can pay a little extra to feed them lettuce and, if you stay extra still, even pet or hold one. They are the sweetest animals, and I loved every second of my experience. It is something I won't ever forget and will continue to tell people forever it is something they

need to do too. While the zoo may have started off as a roadside attraction, it offers a plethora of information and an opportunity to create memories that will last a lifetime. I couldn't recommend the Animal World and Snake Farm Zoo more, and already am planning my own trip back there — of course, to feed the capybara again!

For more information about hours and ticket prices, visit awsfzoo.com.



Photo by Samantha Harms, Command Information Chief A green tree python peers out at visitors from inside its enclosure in the main building of the Animal World and Snake Farm Zoo.

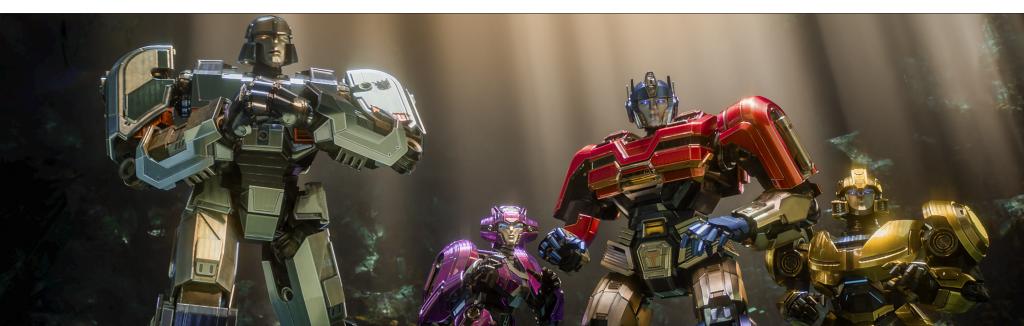


Photo by Samantha Harms, Command Information Chief

Animal World and Snake Farm Zoo is located at New Braunfels, Texas, directly off Interstate Highway 35, making it easy to find.

ENTERTAINMEN





October movies are surprising hit, miss

BY BLAIR DUPRE Sentinel News Editor

This month I watched a suprising success and a highly anticipated film that turned out to be a flop.

'Transformers One'

In this animated film, audiences are able to learn how friends and miners Orion Pax (Chris Hemsworth) and D-16 (Brian Tyree Henry) became Transformers Optimus Prime and Megatron mortal enemies.

On Rotten Tomatoes, critics gave this film a solid 89% rating while audiences gave it a raving 98%. I took this into consideration when choosing to review this film because my choices were this or "Megalopolis," which has gotten horrible reviews. I knew I'd be seeing "Joker: Folie à Deux," which had a similar reception by audiences and critics to that of "Megalopolis." So, just in case, I decided to watch a film I might enjoy, and I am so glad I chose to see "Transformers One."

I'm not even a fan of the Transformers franchise, but "Transformers One" has me curious about the rest of the films. I enjoyed the animation style and the voice acting, particularly from Keegan-Michael Key who voices B-127, or Bumblebee.

My only complaint is the shift in behavior for a certain character happens too quickly, but, to be fair, this film is around an hour-and-a-half long, and it can be hard to show a drastic shift in character in that amount of time. I would have happily sat in the theater for another 30 minutes for this film, but I understand this was made for a younger audience with a, most likely, shorter attention span.

I saw this film in the last of its theatrical run, but if you happen upon a theater still showing it, I highly recommend giving it



Courtesy of Warner Bros. Pictures

'Joker: Folie à Deux'

In this sequel to the 2019 film "Joker," "Joker: Folie à Deux" follows Arthur Fleck (Joaquin Phoenix) as he is facing the consequences of his actions from the first film and is preparing for the subsequent trial. While in Arkham Asylum, he develops an interest in another patient, Harleen Quinzel (Lady Gaga), who has a proclivity for music, the dramatic and Fleck. Throughout the film audiences watch the pair's descent into further madness to the

tune of their own soundtrack.

To be honest, "Joker: Folie à Deux" wasn't as bad as critics and audiences made it out to be. Do I think there was a bit too much singing? Do I think the film was very slow in many places? Do I think bad choices were made when creating this film? Yes, absolutely. However, I don't believe the film needs to be sitting at 32% for both critics and audiences on Rotten Tomatoes.

Unlike the first film, "Joker: Folie

à Deux" only really takes place in two places, Arkham Asylum and the courtroom, which can cause a movie to seem to move slower, at least for me. There were times I felt the musical numbers were a great way to portray Fleck and Quinzel's desire to be the center of attention, and there were other times where I thought, "Please stop singing." Some of the songs definitely took away from the

seriousness of the moment. The most engaging part of the movie, for me, happens between Fleck and another character in the courtroom, which I won't go into

because of spoilers. Though it wasn't as bad as it was made out to be, it was still a miss in my opinion. I am disappointed to say I can't, wholeheartedly, recommend this film. But, if you do happen to go to a screening, just don't

expect a film like the first. This film touches on several sensitive topics, so I recommend doing

your research before watching.

Fort Cavazos al Facility/Adoption

Open 9a.m.-8p.m. everyday

4902 Engineer Dr., Fort Cavazos, TX 76544, 254-287-4675



Bates

2-yr-old, border collie/ mix, black & white, male.



Sketch

3-yr-old, pit bull, brown & white, male.



Coraline

1-yr-old, border collie/ mix, black & white, female.

ADOPTED



Lily Pawtter

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

ADOPTED



Candy Apple

1-yr, 5-mo-old, Chihuahua, tan & white, female.

ADOPTED



Bluey

9-mo-old, domestic short-hair, black &



Whiskey

2-yr-old, black mouth cur, brown & white, male.



Toby

5-yr-old, blue lacy mix, black & white, male.

Bebe

2-yr-old, Labrador retriever mix, black & white, female.



Igor

4-yr-old, domestic mixed hair, gray & white, male.

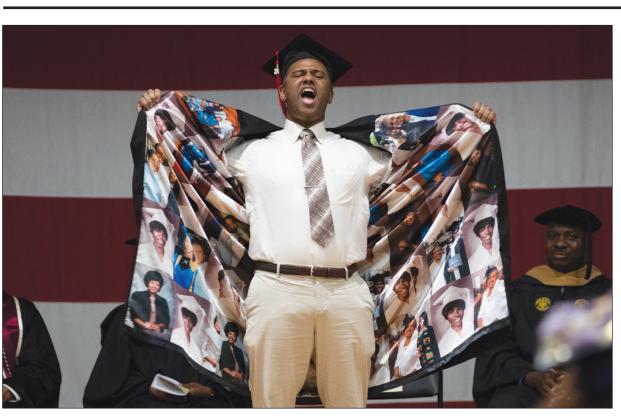
Faith

1-yr-old, domestic short-haired tortoiseshell, tricolor, female.



Blair

1-yr, 2-mo-old, domestic short hair, black, female.





LEFT, Joel Robinson, who received an Associate of Arts in business administration and management, opens his gown as he crosses the stage, revealing photos of his mom, during the 27th Annual Consolidated Graduate Recognition Ceremony Oct. 24 at Howze Auditorium at Fort Cavazos. ABOVE, Graduates turn to face the audience before moving their tassels during the 27th Annual Consolidated Graduate Recognition Ceremony Oct. 24 at Howze Auditorium at Fort Cavazos.

Graduation ceremony celebrates cap-tivating successes

be able to attend the graduation

ceremony at the school they received

LIVING

BY BLAIR DUPRE

Sentinel News Editor

More than 80 graduates walked the stage in their caps and gowns and accepted their diplomas during

the 27th Annual Consolidated Graduate Recognition Ceremony Oct. 24 at Howze Auditorium at Fort Cavazos.

The ceremony allows Soldiers and family members who may not

their diploma from an opportunity to celebrate their accomplishment surrounded by their friends, family and peers. Collectively, the graduates received their degrees from over 20 colleges across the country. "We congratulate (the graduates) for their achievements, recognize their hard work and the

services officer, Fort Cavazos Education Center. Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, served as the commencement speaker during the ceremony, and she took the opportunity to praise them

for their efforts.

years it took to complete their

goal," said Sheri' Buono, education

"Today, we gather to celebrate a momentous milestone in your lives," she said. "Graduation is not just a ceremony; it's a powerful acknowledgment of your hard work, perseverance and commitment to your dreams. It is also a day of celebration and pride.

"Take a moment to reflect on the journey that has brought you to this day," she continued. "Each of you has faced challenges — late nights of studying and, perhaps, moments of doubt, but

you persevered. For that, you should be incredibly proud."

Capt. Serena Taylor, 48th Chemical Brigade, who is receiving a Master of Arts in clinical mental health counseling, delivered the student address. She shared her 10-year story in earning her degree, hoping to encourage others to pursue their education.

"Receiving this degree has been surreal," she said during her speech. "I have watched so many others complete their degrees 'on time,' and often felt like a failure because I wasn't able to do the same. I was reminded by my amazing support system that I was right where I needed to be and what was for me was for me. That is what kept me going on this journey. "Some advice I would give to my

peers, but, more importantly, to the junior Soldiers who asked, 'Ma'am is it doable?' I would say to them, 'It will not be easy. At times, you may want to quit. Your leadership may not support it. There will never be enough hours in a day. There will always be another priority, but all of that will be a distant memory when you're standing in your cap and gown receiving a degree that no one will ever be able to take away from you."

Sgt. 1st Class Johnny Vargas, 1st Battalion, 62nd Air Defense Artillery Regiment, 69th Air Defense Artillery Brigade, graduating from the University of Maryland Global Campus with a Bachelor of Arts in psychology, participated in the ceremony and expressed his gratitude.

"This ceremony means a whole lot more to me than I thought it would originally, seeing the joy on everyone's faces and sharing the accomplishment that everyone got to be involved in today," he said. "I'm super appreciative of Fort Cavazos and the education center because I didn't get to go to either of my graduations, and that's the case for many Soldiers and family members. Either they're deployed, they're in the field, they're training, they're too busy or they just can't afford to go from state to state to different colleges. So, I'm cherishing today."

At the conclusion of the event, Buono said it is rewarding to be a

"It's not about us," she said. "It's about the smiles. It's about the hugs. It's about the congratulations. It's just so heartwarming — the little kids in the audience saying, 'I love you, daddy.' You just can't beat that. My heart is full."



Capt. Serena Taylor, 48th Chemical Brigade, smiles as she delivers the student address during the 27th Annual Consolidated Graduate Recognition Ceremony Oct. 24 at Howze Auditorium at Fort Cavazos.

The common

FORT CAVAZOS CHAPEL SERVICES



CATHOLIC

Sunday Mass, 9 a.m., Main Chapel, www.https:// www.facebook.com/FtCavazosRomanCatholic Noon Mass, Monday through Friday, Main

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/ Comamche Happenings Now

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

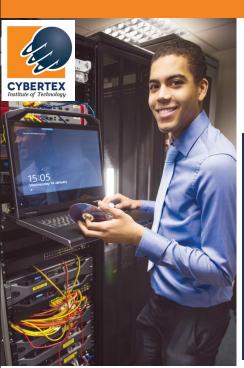
* Holiday hours and events are posted on the Garrison Chaplain's Facebook page, facebook.com/ FortCavazosChaplain*

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



Julian Barrientos (254) 449-0090 | thebarrientosgroup.com

Do Your Part. Be Cyber Smart. **CYBERSECURITY** Awareness Month



JOIN THE TEXAS IT BOOM

Become a
NETWORK ENGINEER
in Under A Year
@CyberTex

CALL US NOW!

254-822-4200

WWW.CYBERTEX.EDU

YOUR LOCAL GEICO AGENT MAKES BUNDLING SIMPLE. RENTERS + AUTO = EASY







GEICO, LOCAL OFFICE

Randy Hardin | 254-526-6696 ¡Hablamos Español!

Limitations apply. See geico.com for more details. GEICO & affiliates. Washington, DC 20076. GEICO

GI Bill[®] & VA Benefits

accepted

Financial Aid

available to who qualify

BUAY: ALL-NEW MENU ALL-NEW WAY TO ORDER

Buy 1 regular footlong, Get 1 regular footlong

FREE

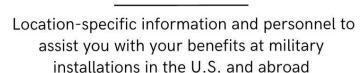
with purchase of a drink

Coupon cannot be combined with any other coupons or discount offers.

Not affiliated with the Fort Cavazos Location & May Not Be Redeemed at the Fort Cavazos Location.

Good at Killeen, Copperas Cove and Harker Heights locations.

LOOKING FOR ARMY RESOURCES?





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



3 Great Holiday Editions You Don't Want To Miss!

Deeply Discounted Ad spaces available!!

DEADLINE: NOVEMBER 21 • PUBLICATION: NOVEMBER 28
DEADLINE: NOVEMBER 28 • PUBLICATION: DECEMBER 5
DEADLINE: DECEMBER 5 • PUBLICATION: DECEMBER 12



Call 254-634-6666

cavazossentinel.com
"Fort Cavazos only authorized newspaper"

www.CavazosSentinel.com

LIVING

HEALTH Discover how inner ear disorders impact careers, health, well-being

BY KEN CORNWELL

MHS Communications

FALLS CHURCH, Va. — Issues with dizziness and balance are some of the most common reasons patients visit their primary care provider, according to clinical practice guidelines from the Department of Defense and Department of Veterans Affairs.

Often, the cause of balance problems stems from an issue happening within the inner ear.

"The inner ear is comprised of the auditory system and vestibular system," said Robin Pinto, an audiologist with the Walter Reed National Military Medical Center, or WRNMMC. "The vestibular system controls balance.

"You have two structures, the organs of hearing and organs of balance, connected and housed inside a bony labyrinth," she continued. "They share the same inner ear fluids comprised of sodium and potassium, they receive their blood supply from the same artery and send sensory information to the brain through the same cranial nerve. Any disruption to those fluids and the vascular supply, or an interruption to the signal the organs are sending to the brain, could cause a chain reaction of problems."

These signals from the balance organ are sent to many places throughout the body.

"Information goes to our spinal reflex," Pinto said. "It goes to our eyes or our vision. It goes to our spatial orientation system. This information even plays a role in blood pressure regulation. Our brain uses this to know when you're lying flat or standing up to help regulate blood pressure."

According to the National Institute on Deafness and Other Communications Disorders, interruptions to information delivery can be caused by infection, virus, head trauma or stroke.

Other causes include a buildup of fluid in the inner ear, called Ménière's disease, migraine headaches and certain antibiotics and medications. These interruptions can result in symptoms such as:

- Vertigo and dizziness
- Imbalance and spatial disorientation
- Blurred vision
- Hearing loss
- Nausea and disorientation
- "These symptoms can be disheartening

to the patient," said Holly Burrows, chief of audiology at WRNMMC. "They may not be feeling well or may even become incapacitated."

Pinto agreed, noting the obvious impact this could have on a person's career when they need those functions to perform.

"In addition, these disorders could just be transient and brief, such as a migraine causing a hearing or balance disruption, but some could be more long term," Pinto said.

Burrows said the duration of the disorder is sometimes dependent on its cause and if it's affecting both hearing and balance.

"But it also can be determined by how those problems are evaluated and managed," she said. "Initiating management of these disorders in a timely fashion might mitigate some of those long-term impacts."

Balance issues in the military

While balance disorders can affect almost anyone, service members are at greater risk for certain types of inner ear damage because of the unique circumstances they may face, noted U.S. Army Lt. Col. Kara Cave, chief of the Fort Liberty Hearing Program and an audiology consultant for the Office of the U.S. Army Surgeon General.

"Notably, blast overpressure can impinge on immediate functioning of both hearing and balance systems," she said.

Balance issues can pose a serious threat to

"A balance problem could be more immediately detrimental than a hearing one," Cave said. "If you cannot maintain balance, especially in a darker environment, you become an immediate threat to the mission."

Testing, diagnosis and treatment

"When you have sudden, acute changes, we want you to go to the ER," Pinto said. "However, if your symptoms are less severe, you're likely to start with primary care, and we rely on our primary care assessments to drive referrals."

Pinto recommends getting patients to the audiologist quickly, as they are best equipped to identify vestibular disorders occurring in the ear.

"Providers often refer patients to an ear, nose, and throat doctor, but we recommend starting with an audiologist," she said. "The ENT likely needs audiology results before

they can make a diagnosis. The assessments we provide help get to the diagnosis and treatment faster."

Audiologists use a variety of methods to identify the problem, Pinto continued.

"We start by listening to the patient's story ... what are their symptoms?" she said. "What are their triggers?"

They continue the evaluation process with several different tests.

"There are tests that can identify, for example, if you're having positional dizziness," Pinto said. "We'll test different positions and see what triggers your dizziness. But the most common test, called videostagmography, involves tracking the pattern of your eye movements. This can tell us if your vestibular system has an appropriate ocular response."

Ultimately, treating balance disorders quickly leads to better outcomes for patients.

"Dizziness can have a simple solution, but it can also be very complex," Burrows said. "Furthermore, whether it's an acute problem or a chronic problem, it can be scary for the patient ... the sooner we can get them to the right people for evaluation, the better the possibility we can help manage the issue and put the patient at ease."

To learn more about the assessment and treatment of vestibular disorders, the Defense Health Agency Hearing Center of Excellence, or HCE, offers additional resources including clinical practice guidelines,

Rehabilitation training videos, vestibular home exercise reference videos and diagnostic and coding guidance.

October 31, 2024

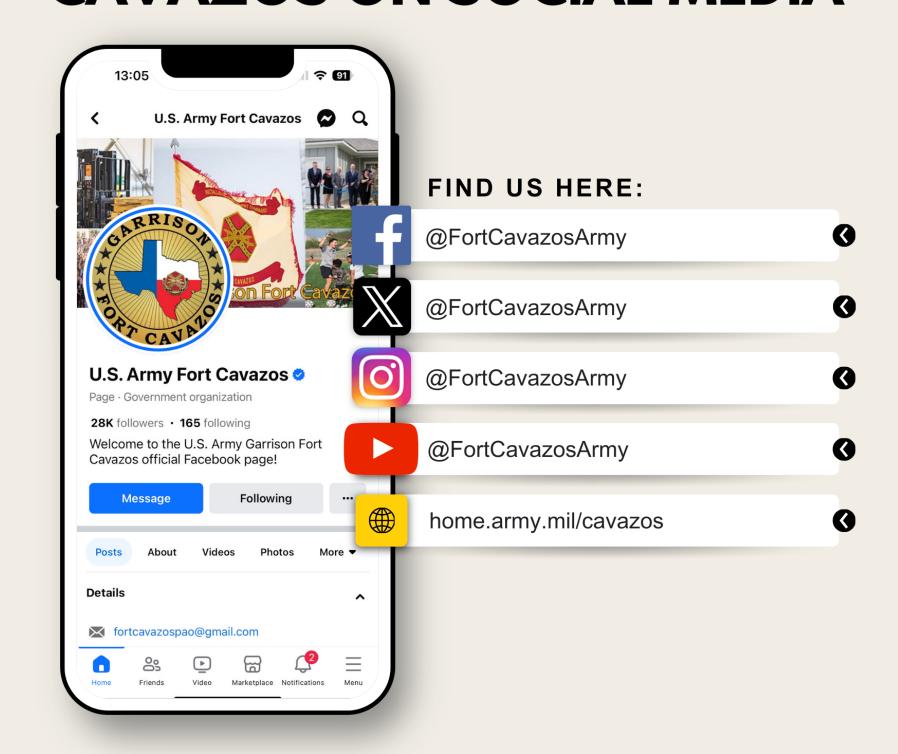
Visit https://hearing.health.mil/ for more.



Photo by Pfc. Jonathan Reyes, FORSCOM Public Affairs

Photo by Pfc. Jonathan Reyes, FORSCOM Public Affairs Sgt. 1st Class Allison Grover, a chemical, biological, radiological, and nuclear specialist assigned to the 20th Chemical, Biological, Radiological, Nuclear, Explosives Command, traverses a balance beam on an obstacle course for the U.S. Army Forces Command Best Squad Competition Aug. 14 at Fort Carson, Colorado.

FOLLOW U.S. ARMY FORT CAVAZOS ON SOCIAL MEDIA



DPW employees volunteer 350 hours

BY CHRISTINE LUCIANO
DPW Environmental

SALADO, Texas — Outside of their profession in wildlife and engineering for the Fort Cavazos Directorate of Public Works, Dr. Amber Dankert, supervisor of team wildlife management team with DPW Environmental Division, and Michelle Lenis, branch chief of the Management and Outside Oversight Team with DPW Engineering Division, are making a ripple effect through their volunteer efforts, enriching their community and encouraging others to get involved.

As part of a four-person team of volunteers who make up Legacy CTX Inc., a nonprofit organization, Dankert and Lenis are mothers who were inspired by their children to provide an all-abilities playground that encourages friendships and spreads joy and inclusion to all children.

"We both believe in the mission of Legacy and Sirena Fest activities ... needing an all-abilities playground hit close to home for both of us," Dankert said. "We have big hearts for our community because we both live here in Salado."

Lenis echoed her passion to provide a space where children feel welcomed and included.

"An all-abilities playground allows my son to create friendships and not be seen as different from anyone," she said. "Children of all abilities have a safe environment where they can gain confidence and know they are accepted."

Since 2021, Dankert, Lenis and their volunteer peers with Legacy CTX have helped to fundraise \$57,963 for the playground's construction and helped to establish the Little Food Pantry at two sites within their community. This year, Legacy CTX set out to host a mermaid-themed, childrencentered event called the "Sirena Fest Kids Extravaganza" Oct. 5 at Pace Park

Dankert and Lenis collectively volunteered 350 hours to organize and host an event that not only celebrated the legacy of Sirena in Salado, but also aimed to educate children about habitat conservation while fostering creativity and curiosity.

Rebecca Diaz-Lopez, an attendee, travelled down from north Texas, with her six- and three-year-old daughters to attend the extravaganza.

"As a homeschool parent, I look for events that bring learning through hands-on activities," Diaz-Lopez said. "The recycling and biologists were exceptional booths at the event. It was informative, and my daughters got to see things we have learned at home in action."

The Fort Cavazos Adaptive and Integrative Management Team and Fort Cavazos Recycle led educational and interactive sessions, covering topics including monarch butterfly migration and tagging, pollinators and recycling.

"By spreading word of the AIM Team and collaborating with neighbors outside of Fort Cavazos, we can help form a connection that will inspire youth to become active participants in protecting natural resources," said Brad Burden, research and monitoring coordinator for the AIM Team.

By the end of the day, the mermaid-themed event attracted over 750 participants, with many dressed as mermaids, mermen and pirates, from Fort Cavazos, Salado, neighboring communities and as far north as Aubrey. The fest featured a young entrepreneurs' market, inflatable bounce houses,



Photos by Christine Luciano, DPW Environmental

www.CavazosSentinel.com

Michelle Lenis and Dr. Amber Dankert, with the Fort Cavazos Directorate of Public Works, pose with Tiffany Garcia for the "Sirena Fest Kids Extravaganza" Oct. 5 at Pace Park in Salado, Texas. Lenis and Dankert collectively volunteered 350 hours to help host the event.

face painting, a petting zoo and activities hosted by local high schools and organizations.

"The support from organizations and schools like the Fort Cavazos AIM Team, Fort Cavazos Recycle, Belton New Tech @Waskow, Salado High School and many others were instrumental in this year's Sirena Fest," Dankert said. "We depend on people from our community to get involved and without our area youth volunteers and organizations, we couldn't do this."

Tammi Lloyd, sponsor for the Dragon Council at Belton New Tech @Waskow, explained the council of young student leaders hosted a bracelet-making activity to connect with kids and the Salado community. As a Purple Heart and project-based learning school, Lloyd added there is push at Belton New Tech @Waskow for projects to have an authentic audience with real-world application.

"You could go to any classroom and see that drive for real world, and oftentimes that leads us out into the community," Llyod said. "It's rewarding to give time and energy to others and it helps our students learn about different perspectives and needs with our community."

To learn how to volunteer at Fort Cavazos, call the Army Volunteer Corps at 254-287-8657 or visit *cavazos.armymwr.com/programs/army-volunteer-corps*.



Hazel Diaz-Lopez, 6, races against her 3-year-old sister, Lavendar Diaz-Lopez, in an obstacle course at the "Sirena Fest Kids Extravaganza" Oct. 5 at Pace Park at Salado, Texas.





nel CLASSIII (20 S 254-634-

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

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

THESE THREE DIGITS COULD SAVE A LIFE CALL 988 and Press 1 to reach the Military Crisis Line

CHAT 988lifeline.org/chat

TEXT 838255

LIFELINE

LIS. ARMY

Monaghan Apartments, LLC Quiet 1 bedroom

\$470-\$520

Electric, gas & water paid

1702 N. 2nd - Killeen 254-526-4445

Pleasant View MHC 3 Bedroom \$799.00

305 S Amv Ln **Harker Heights** 254.699.8093 www.plndv.com

Notice of Public Sale Lockerfox.com

In accordance with the Texas property code, Chapter 59, RightSpace Storage - Killeen, 4601 E Rancier Ave, Killeen, TX, 76543, will conduct a public auction to satisfy a landlord's lien. Units will be sold to the highest bidder online at Lockerfox. com. A \$100 credit card clean up deposit is required. Seller reserves the right to withdraw any unit or not accept any bid at time of sale. Sale will be held online at Lockerfox com starting on or before Wednesday November 06, 2024 at 10:00 am and bidding will close on or after Wednesday November 13, 2024 at 10:00 am. General description of content: general household/personal goods/other contents. Names of tenants as they appear on the lease: Nessie Dutton, Melinda Hernandez, Savannah Knight, Christopher Brown, Crystal Wood, Patrick Johnson, Bettie McLaurin Anomaly Properties, Aimee Harris, Keyona Burke, Jakayla Mcknight, Kijuana Mcdaniel, Michael Dorn, Roshonda Young, Jose Jimenez, Dlance Fuller, Shannon Phillips Tenants may redeem their goods for full payment with a money order or cashier's check only up to time of auction. Call RightSpace Storage - Killeen at (254) 699-5464.

Published October 24, 2024 and October 31, 2024

Public Storage Notice Lockerfox.com

In accordance with the Texas property code, Chapter 59, RightSpace Storage - Killeen 2, 5400 E Central Texas Expy Ext 200, Killeen, TX, 76543, will conduct a public auction to satisfy a landlord's lien. Units will be sold to the highest bidder online at Lockerfox.com. A \$100 credit card clean up deposit is required. Seller reserves the right to withdraw any unit or not accept any bid at time of sale. Sale will be held online at Lockerfox.com starting on or fore Wednesday November 6, 2024 at 10:00 am and bidding will close on or after Wednesday November 13. 2024 at 10:00 am. General description of contents: general household/personal goods/other contents. Names of

Scott Harryman, Kareem Richards, Florentino Guzman, Angela Wright, Ronald Hendrickson, Lashuntavia Smith

Tenants may redeem their goods for full payment with a money order or cashier's check only up to time of auction. Call RightSpace Storage - Killeen 2 at (254) 833-5040 Publishing dates

October 24, 2024 & October 31, 2024

LAST WEEK'S CROSSWORD ANSWERS



AUTOMOTIVE

FOR SALE: 1929 Ford roadmission radiator chromed toys, pottery, racing maga- 213-1830. accessories etc for sale/inter- zines. Miscellaneous: tools, esting trades or will trade weights equipment. More coldown for Harley panhead. lectibles: Elvis, Princess mark Call (254) 370 7973

local car near post Cavazos Diana, Beanie Babies, and call for appointment to view- Star Wars. Please TEXT ONLY 254.479.8471.

MISCELLANEOUS **EMPLOYMENT**

FOR SALE: Used machine WANTED: Senior Lady in shop anvil \$400. George- Need of honest, mature, Claudia Nunez for a free contown, 512-970-0003.

FOR SALE: Frankoma Pot- person to help with light tery, Mcoy Pottery, Avon col- household cleaning, Covid lection, Hotwheels. Collect- Tested 2x a month @ \$50.00 ster hot rod new motor/trans- ibles: sports cards, albums, for four hours service. (254)

REAL ESTATE

HOME: Estate Sale Experts for Military Moves! Let Casa Chic Estate Services handle your PCS with ease. We manage everything from organizing to the final sale. Contact

dependable. responsible sultation at 254-677-8377

O V S Q N K H E B Y W T R O L

J G E B Y W L U G Y R P N K I

G D B(G A L V A N I Z E D)Y Z X V S Q A Q G N I H S I N I F

MKIWGEECFARNAYW

USYQYPDPONELHSJ

HRFETCAAOPGYTSX

D V U H S S Q P R N N X O A N MKGJUHFUEBICORB

ZIYYRNOSAMFPTBX

EOTNIFFOCVUTRQP

unlisted clue: BRASS

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Friday's unlisted clue hint: COPPER AND ZINC ALLOY

Eightpenny Galvanized Finger Brad Masonry Toe

Finishing Coffin Pin Tooth and Drywall Fourpenny Roofing

©2024 King Features, Inc.

him scare

you. Nice to

Now arrange the circled letters

to form the surprise answer, as

meet you

give you swim

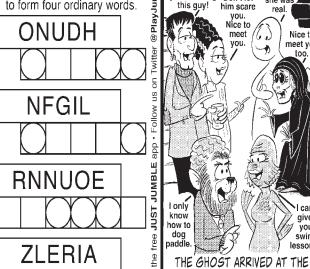
98

103

122

#2,218

THAT SCRAMBLED WORD GAME By David L. Hoyt and Jeff Knurek Unscramble these Jumbles, I can't believe one letter to each square, you're dating Don't let she was



HALLOWEEN PARTY WITH HIS ---

©2024 Tribune Content Agency, LLC All Rights Reserved

suggested by the above cartoon.

Pis - "GHOUL"-FRIEND Answer: The ghost arrived at the Halloween party with NEURON FLING Jumbles: HOUND

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 indulgement; gentleman clubs; pawn shops, who do not fully disclose their terms; payday lending companies; tobacco ads of any kind; political ads; ads considered offensive or inappropriate for readers.

anticipates

57 Favored ones

26-Across

maker of

La —

64 Adaptable

65 Christ, in

67 Oldham

Tater Tots

University

city in France

truck, in brief

Cremona

fashions

clothes?

70 Cheer shouts

74 Court org. 76 "Look at Me"

novelist

Jennifer

77 Bunk

Bugs Bunny?

catching

60 "Hence ...



43 Evening

45 People who

46 Rock layers

51 Song for one

young **56** Pigeon perch,

whom Yale

bothered by

cargo from

66 Remove the

is named

59 "I swear --!

63 Capitol fig.

64 No longer

68 Hazard

69 Motions

"ves"

71 "Equus"

actress

Jenny

72 Time in a

73 "Rescue us!"

75 Road curve

80 Farr or Foxx

81 Fighting for

change

78 "The Lady"

Jacuzzi, e.g.

star Michelle

48 — Moines

49 Perfectly

54 Hazy stuff

55 Not as

58 Yale for

are hoofing it

eats

ODD

DUCKS 84 Write hastily

85 City in Iraq

(no idler) 89 Climbing

roses

blame?" 93 Refusals

94 Cuts off

95 Pink Floyd's

97 Evening hrs.

published

papers

106 Surprise win 107 Tennis

legend Chris 108 Park seat

110 Threshold

111 Counter-

114 "— bad

bov!"

115 Slugging

club

brand

weapon

118 College org.

of sisters

116 Razor

117 Israeli

113 Rio

tenor

carmaker

many math

Barrett

101 Add while

proofing 104 Paul who

92 "Am -

87 Go-

PREMIER CROSSWORD/ By Frank A. Longo 2 Writer Anaïs 42 Skilled sorts 54 Elmer greatly 96 "C'mon,

98 "İt's all clear

99 Lightning

source,

informally 100 TV "Science

Guy" Bill

102 Put in a juicer

105 Billy steps off

his ship?

109 Plow inventor

111 Swiss mounts 112 "— had it!"

bounces the

basketball?

117 Kitchen tools

122 Architect

waiter) 124 Cubic -

(fake

diamond)

125 De Mille the

dancer

126 Less than

retail

Jones

123 - d' (head-

John

113 Jason

pair of sense organs 104 Cultural spirit

103 One of a

footwear item 9 Triaging concern 15 "Rope- -(Ali ring tactic) 20 Study of

61 With forces 62 Philadelphia's acting on mechanisms 21 Twinkled 22 Adversary 63 WWII battle

23 Brief seconds 24 Diane plays her role flawlessly? **26** See 61-Across 27 Dandy dudes 28 On guard

29 Foxx amuses his audience? 34 Flock babies 37 Droop 39 Phone button abbr.

40 Special span 41 Granola snack option 43 Flood preventer 44 Muscles

serious film?
50 Military pupils 52 One of a pair of sense

organs 53 Expiators

79 Gunk 80 "ATM" rapper 83 Small warbler 84 Wynonna puts out her first album?

called "guns"
47 Paul acts in a **86** Orchestrate 88 Miracle-90 Brown

91 Roger describes a news event?

DOWN

127 How this 33 Slip up 34 Piece of mail: puzzle's nine longest Abbr. 35 Court ora answers are 36 Mothers, viewed?

informally 38 Undercoat for

1 Do the slopes

105

Average time of solution: 67 minutes

an oil painting

3 Carry- — (flight totes)

4 Sweaty, say

7 Scale's span

8 Road curve

opening for

a bolt 10 Elated bliss

11 Gives help 12 German link

13 Rx request

14 Suffix with

lime or Gator 15 Seed casings

16 Belly flop, say 17 Unusually big

18 People eating

meals, e.g.

25 Maze-running

27 Mrs., in Berlin

19 High trains

rodent

29 Burglarize

30 Gourmet

31 Tenths of

32 "Judge -

film)

centuries

(Stallone

5 Straitlaced

6 Indian

tongue

9 Certain

pizza, say 83 Like Cardiff natives

82 Called for a 119 Suffix with opal 120 Tell fibs 121 Mournful

18 19

100

BY BOB WEBER JR.

HENRY BOLTINOFF







Slylock Fox overheard

SLYLOCK FOX

Reeky Rat say to a friend that he had set up a distraction that would soon give him the chance to steal a pair of gloves unnoticed. Slylock figured out what Reekv's distraction would be.

Can you? кееb uis tocus on нееку. shove the gloves into his pocket. Slylock, however, will ignore the alarms and will ignore the alarms and Solution -- Reeky set several alarm clocks to go off in five minutes. As the salarm sounds distract the sales clerk, Reeky plans to show the clores into his

© 2024 Bob Weber Jr., Distributed by King Features



Todav's terrific

YOUR DRAWING



mass of the solar svstem. How manv Earths can fit inside it? a) 3,000 (IF IT WERE

b) 20,000 (SMARTY PANTS **c)** 750,000 **d)** 1,300,000

The sun accounts for

Spot six differences between these panels.







ALL ELIGIBLE VEHICLES COME WITH



PLUS MUCH MUCH MORE AT NO CHARGE TO YOU!

Advantage Benefits Include: Loaner Vehicle, Shuttle Service,

Lifetime Multi-Point and Safety Check, Roadside Service, Car Wash and Much, Much More

DOWNLOAD OUR APP:

- Schedule Service
- Search Inventory
- Track History
- View Rewards & More
- iOS & Android













































STK#Z20132











































































