

Army exceeds FY 2024 active duty recruiting goals A7

Military families rock day away



Cole Swindell and his band perform at the "Rock for the Brave" concert Saturday at Phantom Warrior Stadium at Fort Cavazos.

BY BLAIR DUPRE Sentinel News Editor

housands of Soldiers and family members gathered at Phantom Warrior Stadium for the "Military

Family Fest: Rock for the Brave"

event Saturday at Fort Cavazos.

The event, made possible by Fort Cavazos; Directorate of Family and Morale, Welfare and Recreation; Defense Commissary Agency; Army and Air Force Exchange Service; Procter and Gamble and partners, was a celebration of

Soldiers and their families.

"It's a culmination of about 18 months of work ... to put on what I consider to be an iconic show of support to military families," said Marc Knowles, global military team leader for Procter and Gamble. "I learned a long time ago that it's critically important for the community surrounding the military community to support them (the military)."

Attendees participated in many activities, including rock climbing, ladder ball, cornhole and face painting while event volunteers showered them with free items provided by sponsors. Attendees were able to choose from a plethora of food trucks, as well as watch a BMX show, a dog show, a magic show by illusionist Kid Ace and a stand-up comedy performance by Adam Yenser. Rob Gronkowski, Chip Gaines, Duff Goldman and Cowboy Cerone also made appearances to meet and speak with Soldiers and their families. Riley Berens, 12, niece of 1st Lt. Russell Shirley-Jones, III Armored Corps Public Affairs, said



Photo by Sgt. Myenn LaMotta, 7th MPAD

Col. Gregory J. Geiger, incoming commander of the Mobilization Support Brigade, provides his remarks during a transfer of authority ceremony Sept. 24 at Sadowski Field at Fort Cavazos. The transfer of authority is a tradition that represents a formal transfer of responsibilities from the outgoing unit to the incoming unit. The 646th Regional Support Group will transfer the duties of MSB to the 207th Regional Support Group of mobilizing and demobilizing Army Reserve and Army National Guard Soldiers.

MSB changes hands

BY MAJ. BRIAN HARE MSB Public Affairs

After mobilizing and demobilizing almost 20,000 Army Reserve and Army National Guard troops at Fort Cavazos over the past 12 months, the 646th Regional Support Group from Madison, Wisconsin, cased their unit's colors and passed on the colors of the Mobilization Support Brigade to the command team of the 207th Regional Support Group from Fort Jackson, South Carolina, during a ceremony Sept. 24 at Sadowski Field at Fort Cavazos

MSB provides sustainment support to mobilizing Army Reserve and Army National Guard Soldiers at The Great Place.

Col. Robert Hegland, commander of the 646th RSG, joined with Command Sgt. Maj. Darren Dwyer, command sergeant major of 646th RSG, to case their unit colors and pass on the mobilization mission to the 207th RSG.

Col. Gregory Geiger, 207th RSG commander, and Command Sgt. Maj. Craig E. Anderson, Sr., 207th RSG command sergeant major,



Photo by Avumi Davis, Sentinel Editor Finn Collins, 8, lifts a fake barbell above his head for a picture at the "Rock for the Brave" event Saturday at Phantom Warrior Stadium at Fort Cavazos.

See Rock, A6

Fort Cavazos hosts National Night Out



Photo by Blair Dupre, Sentinel News Editor

Families participate in carnival-style games during National Night Out Tuesday at Phantom Warrior Stadium at Fort Cavazos. The nationwide, annual event brings communities together in an effort to heighten crime prevention awareness and reinforce neighborhood spirit and police-community partnerships. To read more about this event pick up next week's edition of the Sentinel.

See MSB, A6

NEWS BRIEFS

RSO hosts Fresh Food for Families event

The Fort Cavazos Religious Support Office, in partnership with the Central Texas Food Bank, will conduct Fresh Food for Families from 9 a.m. to 11 a.m. today 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.

Register for CYS winter sports

Military families can register their children for basketball, wrestling and cheer with Child and Youth Services' Youth Sports and Fitness through Oct. 11. Participants must be registered with CYS and have a valid sports physical on file. For more information, call 254-288-2214 or 254-288-3770, or enroll online at webtrac. mwr.army.mil/webtrac103/cavazoscyms.html.

Road closes Oct. 18

Fort Cavazos' Tedesco Way within the 69th Air Defense Artillery Brigade Lightning Ranch area will be closed 6:25-7:30 a.m. Oct. 18. Please plan accordingly.

Gospel service moves location

Fort Cavazos' gospel service has moved to Memorial Chapel, located at 1651 Legends Way due to construction. Service begins at 11 a.m.

Save while shopping with **Commissary CLICK2G0**

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CLICK2GO customers can get \$15 off their first \$75 pickup or delivery purchase at Fort Cavazos now through Oct. 27. Commissary CLICK2GO is the Defense Commissary Agency's online ordering, payment and curbside delivery service.

Patrons can sign up online at https://corp.commissaries.com/ sign-up or at demonstrations tables at the Clear Creek and Warrior Way Commissaries.

CRDAMC hosts Baby Expo

Carl R. Darnall Army Medical Center's Department of Maternal Child Health will host the 9th annual Baby Expo from 10 a.m. to 2 p.m. Saturday at the medical center. The expo is open to all DOD ID cardholders and will provide information and resources about early pregnancy to 1-year-old babies, as well as prenatal and postpartum resources at CRDAMC.

The department will also provide tours of the Women's Health Clinic and Labor & Delivery unit to orient new families.

Fort Cavazos holds Cowboys 4 **Heroes Bumpers, BBQ**

Fort Cavazos; the Directorate of Family and Morale, Welfare and Recreation; and Cowboys 4 Heroes, a nonprofit organization, will hold the Cowboys 4 Heroes Bumpers and BBQ event from 10:30 a.m.-2 p.m. Oct. 19 at Phantom Warrior Center.

The event is free to all and will feature free chuckwagon BBQ, arts and crafts, a pumpkin patch and a car show.

For more information, visit cavazos.armymwr.com/calendar/ event/cowboys-4-heroes-bumpersand-bbq/6585896/93024.

'Greywolf' Bde recognizes national Domestic Violence Awareness Month

Editor's note: For those seeking help from domestic violence, call the 24-hour National Domestic Violence Hotline at 800-799-7233.

BY COL EDWARD L. ARNTSON III 3rd ABCT Commander

Domestic Violence Awareness Month, observed every October, is a critical time for the Army and 1st Cavalry Division. It is imperative for us as a team to reaffirm the commitment to supporting Soldiers and families affected by the silent epidemic amongst our ranks. While domestic violence is a societal issue, the Fort Cavazos community faces unique challenges that make this month of awareness and action particularly important.

The Army context: As an Army and First Team, we are faced with several challenges every day. The rigor Soldiers face at work can occasionally bleed into their home life. When it does, those realities for troopers in relationships can lead to severe misconduct. As a result, there is a regularly overlooked evil impacting our team: domestic violence. The statistics are unacceptable. Recent data for the U.S. indicates nearly 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner. The numbers unfortunately only scratch the surface, as domestic violence encompasses not only physical harm, but emotional, psychological and financial abuse. A by-product of this issue directly impacts our unit's readiness, cohesion and morale. There are direct corollaries with domestic violence and the stresses associated with Army life.



Edward L. Arntson III

These include, but are not limited to, frequent relocations, long deployments, exhaustive field exercises and the everyday demands of service. These prerequisites lead to unintended tensions within families. Moreover, the close-knit nature of Army communities means the ripple effects of domestic violence extend beyond the immediate family, affecting fellow Soldiers and the broader community.

> **Effective communication**: Domestic Violence Awareness Month serves as a powerful reminder silence and stigma must be replaced by open dialogue and education. In the Army, where the values of duty, respect and selfless service are paramount, it is essential to foster an environment where Soldiers and their families feel safe to speak out about domestic vio-

lence without fear of retribution or shame. This month provides an opportunity to reinforce the message domestic violence is incompatible with military service and the values it upholds.

Resources and support: The Army offers various resources to support those affected by domestic violence, including the Family Advocacy Program, which provides prevention, education and intervention services. However, awareness of these resources is crucial. Domestic Violence Awareness Month helps highlight these programs, ensuring Soldiers and their families know where to turn for help. By promoting these resources, the Army can help prevent violence before it starts and provide a lifeline to those in need. For more information on Fort Cavazos FAP, call 254-286-6774.

Leadership responsibility: Leaders setting the standard at all levels plays a crucial role in combating domestic violence within the ranks. Commanders and senior leaders must set the standard by taking a firm stance against domestic violence, ensuring cases are addressed promptly and appropriately. Prevention is equally critical. This involves promoting healthy relationships, fostering respect and equality and teaching conflict resolution skills from a young age. During Domestic Violence Awareness Month, leaders have a unique opportunity to lead by example, demonstrating domestic violence will not be tolerated, and the Army is committed to protecting its people.

The broader impact: Addressing domestic violence in the Army is not just about responding to incidents; it's about building a culture of dignity and respect. By actively participating in Domestic Violence Awareness Month, the Army can help shift attitudes, making respect for others a cornerstone of military life. This cultural shift is essential not only for the well-being of Soldiers and their families, but also for the overall effectiveness and integrity of the force.

A call to action: Domestic Violence Awareness Month is more than just a time for reflection; it is a call to action. For the Army, this means continuing to prioritize safety and taking care of its Soldiers and their families. It means educating the force, promoting available resources and ensuring domestic violence is treated with the seriousness it deserves. By doing so, the Army not only upholds its values but also strengthens the bonds of trust and respect essential to its mission.

Sept retirement ceremony recognizes retirees





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Advarticing Salas Acconista

Photo by Janecze Wright, Sentinel Living Editor

III Armored Corps and Fort Cavazos recognized seven military retirees during the September 2024 Retirement Ceremony Friday at the Lone Star Conference Center. Retirees included Maj. Michael O. Okeowo, Maj. Toby D. Neal, 1st Sgt. Adwana Blocker, Sgt. 1st Class Jose O. Carreras, Sgt. 1st Class Ramiro A. Carlos, Sgt. 1st Class Paul A. Lammers and Staff Sgt. Adam C. Moy.

GREAT PEOPLE AT THE GREAT PLACE

DERIKA UPSHAW

Fort Cavazos Public Affairs

There are many Army systems that help with day-to-day work. Having a teammate who understands the intricacies of those systems and strives to improve them can be a critical asset.

Jason Bauerkemper, logistics management specialist with the 407th Army Field Support Battalion, U.S. Army Garrison-Fort Cavazos, was able to be such a teammate, improving productivity of the air traffic control team's maintenance supply program.

Bauerkemper serves as the supply element for the garrison as part of 407th AFSBN.

"I ensure that the command, supply and



Photo by Derika Upshaw, Fort Cavazos Public Affairs Jason Bauerkemper, logistics management specialist for 407th Army Field Support Battalion, works on his computer Sept. 12 at Fort Cavazos. Bauerkemper is recognized for his work with helping the air traffic control team update their ordering and tracking systems.

maintenance discipline programs are adhered to, and I'm there to support and help the garrison with anything related to supply, logistics and maintenance," Bauerkemper said.

According to Bauerkemper, he was brought in to complete an evaluation on how well the air traffic control team conducted their maintenance supply programs. He came back with some areas he thought could be improved to increase the efficiency and accountability of parts and equipment orders. This included revamping the system used to coordinate orders, tracking and forecasting of these essential items.

"So, what I did was I introduced them to what the Army had already put in place for them and exposed them to that and guid-

ed them to what the Army is asking them to do," he said. "In turn it has already improved. We've cut out a lot of extra time that it takes to get stuff and pretty much made the process more efficient in some areas. They were very happy when we had those discussions. We did some test beds, and we've had positive results with some of those experiments."

Bauerkemper estimated the organization's efficiency increased by 60% by cutting out unnecessary steps while maintaining the required processes and intent of the unit's leadership.

Helping people, like the

air traffic control team, is what motivates Bauerkemper to do his job.

"I've always just been one to take care of people and the mission," Bauerkemper said. "Teaching people is a motivating factor to me. If there's a problem, and I see I can do something about it, I get excited about trying to see if I can help them or educate them to do something better."

Bauerkemper said his intent is to always improve his foxhole, always seeking to selfimprove during day-to-day operations and prevent complacency from impacting operations. He not only wants to improve himself, but the organizations he serves. It is this work ethic that has contributed to his successful career.

"Being a team player and trying to help the organization and my teammates the best that I can — it kind of just pays for itself," Bauerkemper expressed. "When people see you do that, it's a little bit infectious, and people appreciate that. It fosters positivity, and I think that's been the basis of my success."

Bauerkemper encourages others to express their ideas that could potentially have positive impacts on the organizations they are a part of.

"Don't be so concerned with the way things have always been done," he said. "If you feel there can be improvement, voice your opinion, and see where it goes. You can always improve, but if you stay quiet and you don't ever share your opinions, or share your thoughts, somebody could be losing out on a better situation."

In his free time, Bauerkemper enjoys wakeboarding and other sports activities and spending time with his wife and six children. Advertising Sales Associate LINDSAY DILLON lindsay.dillon@cavazossentinel.com 254-634-6666

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Crosby High School JROTC visits 89th MP Bde





Photos by Sgt. Alexander Chatoff, 89th MP Bde. Public Affairs TOP, JROTC students from Crosby High School listen as Sgt. 1st Class Victoria Bain, 410th Military Police Company, 720th MP Bn., 89th MP Bde., shares information on MP vehicles during an installation visit Sept. 20 at Fort Cavazos. ABOVE, Military Working Dog Leon bites Spc. Jorge Ayla, 226th Military Working Dog Detachment, 720th Military Police Battalion, 89th Military Police Brigade, during a MWD demonstration for Junior Reserve Officers' Training Corps students from Crosby High School during an installation visit Sept. 20 at Fort Cavazos.



TOP, Sgt. 1st Class Victoria Bain, 410th Military Police Company, 720th Military Police Battalion, 89th Military Police Brigade, talks about MP officers' radios, modular scalable vests and advanced combat helmet to Junior Reserve Officers' Training Corps students from Crosby High School during an installation visit Sept. 20 at Fort Cavazos. ABOVE, JROTC students from Crosby High School pose with Soldiers from the 226th Military Police Detachment and 410th MP Co., 720th MP Bn., 89th MP Bde., during an installation visit Sept. 20 at Fort Cavazos.

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UNIVERSITY OF MARYLAND **GLOBAL CAMPUS** AT YOUR SERVICE SINCE 1947 **Crew experiences first gunnery**

BY SGT. NICHOLAS GOODMAN

7th MPAD

Clouds of dust swirl and dissipate into the heat, casting a haze over the rugged terrain where thunderous booms echo for miles from 72-ton beasts of metal — the M1A2 SEP V3 Abrams as a crew in 2nd Platoon, Battle Company, 3rd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, qualify for gunnery in their new tanker roles.

Spc. Ezequiel Ibarrondo from Trujillo Alto, Puerto Rico, serves as the new 2-2's Abrams main gun system operator for this first-time qualifying crew. Enlisted as an infantryman, or 11B, he transferred from the regiment's Chaos Company to Battle Company to assume this role.

"I was a driver for a Bradley during my first gunnery," Ibarrondo said. "Now I'm a gunner for a tank. Not only have I been figuring out a new weapons system, but learning a new MOS (military occupational specialty), role and tables has impacted my perspective."

Under the current integrated weapons strategy, crews must be certified in six gunnery tables: Table I — gunnery skills test; Table II — simulations; Table III — proficiency to train with live rounds; Table IV — basic skills of the platform; Table V — practice; and Table VI — qualification for crews to participate in live-fire exercises.

"We are still just learning our roles," Ibarrondo said, with a new driver and loader fresh from their One Station Unit Training at Fort Moore, Georgia. "Only our tank commander has any experience with operating tanks, and it's even his first time in this position. However, it's been obvious to all of us that communication and knowledge has skyrocketed since we have been out here engaging in our duties in this field environment."

Accompanying Ibarrondo on the 2-2 crew is his tank commander, Sgt. Harry Katz; loader, Pvt. Nicholas Langston; and driver, Pvt. Leon Houston. Katz, who happens to be the only one of the four with actual gunnery experience, has a positive outlook on the growth he witnessed from his crew through the recent gunnery tables.

"Table I was rough; with the two new guys we got from OSUT (one station unit training), the GST (gunnery skills test) was tough," Katz said. "When we moved to Table II, AGTS (advanced gunnery training system), it was Ibarrondo's first time behind the gun and my first time as a TC.

"We spent four hours just struggling — what else would you expect — but when we started Table III as a crew, we had a few hiccups — nothing we wouldn't learn from," katz continued. "We just finished Table IV yesterday (Sept. 19), and it's night and day with our improvements."

As the 2-2 crew rides off to take on their Table V qualifications, they are eager to use what they have learned, as well as continue their growth of knowledge to prepare for the upcoming Table VI final qualifications.

"I have no doubt that as we prepare for Table V, and with Table VI in a few days, we are going to absolutely crush it and, hopefully, score as the top tank," Katz said.



Spc. Ezequiel Ibarrondo, a new tank gunner in 3rd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, poses for a photo in the staging area between two M1A2 SEP V3 Abrams Sept. 20 at Blackwell Range at Fort Cavazos. Ibarrondo and his team train together to become proficient on the system, prepare and grow unit cohesion and readiness.

DPW fosters culture of safety, awareness, preparedness

Editor's note: To read more about National Night Out, read next week's edition of the Sentinel.

BY CHRISTINE LUCIANO

DPW Environmental

As Fort Cavazos celebrated National Night Out this week, the event not only highlighted community partnerships and camaraderie for a safer environment but also presented a valuable opportunity for individuals to focus on their own emergency preparedness. By preparing for potential emergencies whether through evacuation plans, safety drills or hazard identification — organizations can reduce risks and minimize the impact of unexpected events.

Jason Dumas, unit safety officer for the Directorate of Public Works Business Operations and Integration Division, explained understanding and practicing an emergency action plan can help ensure individuals are ready to act effectively in a multitude of emergency situations.

"The development and implementation of an emergency action plan places focus on meticulous details to ensure preparedness during emergencies," Dumas said. "Practicing the emergency action plan benefits everyone because it outlines what works and what can be implemented to better the plan."

Last month, DPW coordinated with the Fort Cavazos Fire Department to simulate a realistic scenario involving a fire and victim. The cross-organization collaboration provided both an opportunity to observe successes and areas needing improvement.

"Exercising a no-notice drill captures real data. It provides greater results for an afteraction review, which in return adds new content for training," Dumas said. "No matter how much we think we are prepared for a real-time emergency, it will never go as planned, but the more we train the closer it will."

Allen Baldwin, battalion chief for the Fort Cavazos Fire Department, expressed how engaging with DPW is an opportunity to enhance safety and operational effectiveness.

"For our firefighters, familiarization with buildings within and out of their districts and



Photo by Christine Luciano, DPW Environmental

Fort Cavazos firefighters recover a simulated victim from Bldg. 4612, during a realistic exercise to evaluate the Directorate of Public Works' emergency action plan and the fire department's response Sept. 5 at Fort Cavazos.

an understanding of possible hazards is critical for effective emergency response," Baldwin said. "This drill is a training opportunity to help both parties understand their preparedness and improve their capabilities."

DPW Operations and Maintenance Division's safety stand-down is another example of how the directorate makes it a priority to take the time to pause and reflect on safety practices. Last month, Adam Alexander, chief of DPW OMD, led a division-wide stand-down for more than 150 team members.

The event provided an open forum for discussion, allowing attendees to openly share their experiences, concerns and ideas related to workplace safety. This interactive approach not only encouraged engagement but also fostered a sense of responsibility and collaboration among team members. During the stand-down, Israel Santiago, an electronics worker for DPW OMD, shared his personal experiences with safety and expressed how safety was not a priority in his previous workplace as a contractor for 22 years.

"It seems to me that Adam really does care about the workforce," Santiago said. "He has concerns about our safety and is making sure that we not only have the resources, but the training and the encouragement to work safely, while also completing those jobs safely too."

With safety as a top priority, the goal for the stand-down was to reinforce that reporting/investigating mishaps, hazards and near misses is a must; hazard identification is critical to being safe, at work and at home; safety trumps production; everyone is responsible for safety; leaders prove commitment through their actions; and everyone works toward continuous improvement.

With a slide regarding safety culture and featuring a moving scale that highlights the statuses of complies, wants to comply, can't comply and won't comply, Alexander concluded the stand-down with three takeaways for the division.

"Where are you in your safety culture when you are interacting with the world, not just here at work — the world?" Alexander said. "Slow down, look around and i360 your workspace and home ... think about the choice you're about to make and how it interacts with this scale. The reason we are doing this today is because I really do care. You are highly respected and highly appreciated individuals and teams ... we are not going to accept the risk of your safety."

41st IBCT trains for upcoming NATO-led mission

SGT. GRACE WAJLER 153rd PAD

The 41st Infantry Brigade Combat Team, Oregon Army National Guard, and supporting National Guard units from across the U.S., completed a culminating training event on Sept. 15 at Fort Cavazos, giving them the green light to move on to the next stage of their mobilization training process in Hohenfels, Germany.

For this mission, the brigade, consisting of units from the Oregon Army National Guard, Idaho Army National Guard, Tennessee Army National Guard, and West Virginia Army National Guard will serve as the Kosovo Forces Regional Command-East headquarters. Each unit brings specific specialties and capabilities, which will ultimately allow the 41st to be successful throughout their nearly year-long mission in Kosovo.

"As a regional command, the 41st needs additional capacity to conduct the full spectrum of peacekeeping and stability operations," said U.S. Army Col. Peter Helzer, 41st IBCT commander. "By incorporating additional units and capabilities, we are best postured to respond to any contingency that may threaten a safe and secure environment for all people in Kosovo."

The 41st IBCT is currently undergoing post-mobilization training to prepare for their deployment to Kosovo as part of the 34th NATO-led multinational peacekeeping mission known as the Kosovo Force, or KFOR.

The culminating training event was a weeklong exercise Sept. 10-15 that consisted of job-specific training for each staff section and subordinate command falling under the 41st IBCT. Every day brought a new challenge for the Soldiers in the brigade.

"The Soldiers around me have put in thousands of hours of work in some of the toughest environments on Earth in preparation for this mission," said Command Sgt. Maj. Tyson Bumgardner, 2nd Battalion,

162nd Infantry Regiment. "The CTE here in Texas is significant because it represents a final chance to test our standard operating procedures and develop new ones while still being supported by our active-duty support teams. I think the Soldiers are excited to exercise their hard-earned skills in support of the national effort."

Each section of the brigade was accompanied by observer, coach/ trainer teams from First Army Division West. This training ensures the deploying Soldiers are ready for their upcoming peacekeeping mission in the Balkans.

The final validation process will occur when they arrive at their next stop, the Joint Multinational Readiness Center in Hohenfels, Germany.

At JMRC, the Soldiers will be put to the test once again and be evaluated on their ability to perform their duties in potential realworld scenarios. This training area will also bring together multiple nations into a realistic and complex environment, introducing the teamwork it will take to achieve the common goal of creating a stable and peaceful Kosovo.

"It's a very important peacekeep-

ing mission," said U.S. Army Maj. Zantionyo Goodwin, a training coordinator with First Army. "After all, every person deserves to live in peace."

Upon completion of the validation process, the 41st IBCT will assume the KFOR Regional Command-East mission. They will be the 34th rotation of multinational commands to serve as an extra layer of security for all citizens of Kosovo.

KFOR, led by NATO, has been a peace-keeping mission since 1999 with the goal of maintaining a safe and secure environment and freedom of movement in Kosovo in a firm, fair and impartial manner.

The 41st IBCT will partner with Kosovo Police and the European Union Rule of Law Mission to eliminate threats.

"The KFOR mission is significantly different than the missions that we as infantry Soldiers traditionally train for," said U.S. Army 2nd Lt. Benjamin Hyslop, a platoon leader with the Oregon Army National Guard's 2nd Battalion, 162nd Infantry Regiment, a subordinate unit of the 41st IBCT. "The training we (received) in Texas and (will receive

in) Germany will prepare us to support a safe and secure environment in Kosovo. KFOR 34 represents an excellent mission, with an extremely valuable objective, worthy of mine and my platoon's best efforts."

The 41st IBCT stands ready to take on this unique mission, supporting civil authorities and ensuring freedom of movement for all citizens of Kosovo.

"This mission is an opportunity to demonstrate our core values of connectedness, competence, and commitment," Helzer said. "We will be connected to each other and our mission, competent in our duties and committed to service both at home and abroad."



Photo by Sgt. Cheryl Madolev, 153rd PAD

Soldiers of the 2nd Battalion, 162nd Infantry Regiment, Oregon Army National Guard, cordon an area during a simulated riot during a culminating training exercise Sept. 14 at Fort Cavazos. The Soldiers established a perimeter as a part of the training for an upcoming deployment to Kosovo.



Photo by 1st Lt. Bailey Breving, 41st IBCI

Oregon Army National Guard Soldiers with the 41st Infantry Brigade Combat Team practice a defensive posture during the final day of their culminating training exercise Sept. 14 at Fort Cavazos. The role players simulate a riot scenario by throwing objects, wielding signs and loudly protesting. The 41st IBCT is training for real-world scenarios in preparation for their upcoming deployment in support of Kosovo Forces as part of Operation Joint Guardian.



ENUN APAGÓN, UN **BUEN PLAN** ILUMINARA **NUESTRO** ÁNIMO.

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Lunch: 11:30 a.m.-1 p.m. Monday-Friday Dinner: 5-6:30 p.m. Monday-Friday WR Manager: SFC Philpott

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

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

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

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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 nch: 11:30 a.m.-1 p.m. Mond ner: 5-6:30 p.m. Monday-Fri Food Advisor: WO1 Greene: 843-901-0260

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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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Dunner: 5-6:30 p.m. Monday-Friday Dinner: 5-6:30 p.m. Monday-Friday COR: Richard Johnson: 254-535-6845

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

Food Advisor: CW2 Rogers: 931-378-2957

8	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

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 an installation rotation

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Division Food Service: 287-3134

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ANTICIPA TUS





Photos by Ayumi Davis, Sentinel Editor

ABOVE, Lt. Gen. Kevin D. Admiral, commanding general of III Armored Corps and Fort Cavazos, gives remarks at the "Rock for the Brave" event Saturday at Phantom Warrior Stadium at Fort Cavazos. **LEFT,** Cole Swindell and his band perform at the "Rock for the Brave" concert Saturday at Phantom Warrior Stadium.

Event features family fun, music, comedy



Rock: Continued from A1

she was ecstatic about the range of activities.

"There's a ton of fun games and activities to do, and it's really fun to go out and have a good time with your family," she said.

Berens also expressed pride in her uncle.

"I know that my uncle is amazing, and he's brave to be in the military, fighting for our country," she shared. "It's amazing, and I'm really proud to call him my uncle."

Amber Pafford, marketing and advertising manager for DFMWR, said it was heartwarming to see families having fun together during the event.

"It highlighted the sense of community and support that exists among military families at Fort Cavazos," she said. "The laughter, joy and shared experiences created a vibrant atmosphere, reminding everyone of the strength that comes from these connections." Air Force Chief Master Sgt. Richard Martinez, AAFES headquarters senior enlisted advisor, said events like "Rock for the Brave" take care of military families, which aligns with AAFES' purpose.

"Events like this show appreciation," he said. "(AAFES) being here shows that we appreciate our customers, our stakeholders, the people that rely on us to be able to generate funds to be able to provide for MWR programs. To have a free event like this where people can ... feel appreciated is awesome."

He stressed the partnership between the event sponsors is a crucial element of keeping military communities together.

"I tell folks, 'We recruit an individual, but we retain families,'" he said. "We retain families based on the benefits that we provide. Having a great Exchange, having a great MWR program, having a great CDC (child development center) — those are all things that when we partner and do it right, the families want to stay a part of our community."

The festivities concluded with a performance by country artist Cole Swindell on the main stage, after a few words from Lance Pooler, deputy director for DFMWR, and Lt. Gen. Kevin D. Admiral, III Armored Corps and Fort Cavazos commander.

"(On behalf of sponsors and organizers) I want to thank you for all you do for our country every single day," Pooler said to the crowd gathered at the main stage. "The sacrifices that you and your families make are noted right here."

Admiral echoed Pooler's sentiments as he addressed the audience.

"I hope you enjoy tonight," he began. "Command Sgt. Maj. (John) McDwyer (III Armored Corps and Fort Cavazos command sergeant major) and I really appreciate all the work that our Soldiers and civilians do here as a part of III Armored Corps and Fort Cavazos."



Photo by Blair Dupre, Sentinel News Editor

Nathan Glade, a BMX athlete, balances on one wheel while T.J. Ellis, another BMX athlete, soars above him as part of the BMX show during the "Rock for the Brave" event Saturday at Phantom Warrior Stadium at Fort Cavazos.

Photo by Ayumi Davis, Sentinel Editor

Carmen Jesmain, 4, sits while having her face painted at the "Rock for the Brave" event Saturday at Phantom Warrior Stadium at Fort Cavazos.

207th MSB ready, willing to take on new responsibility

MSB: Continued from A1

uncased their unit colors during the ceremony, signifying the transfer of the mission of MSB.

Maj. Gen. Benjamin Cattermole, III Armored Corps deputy commanding general of support, served as the reviewing officer for the ceremony. He praised the accomplishments of the 646th RSG during his remarks.

"We're here today to mark the transfer of authority as the Mobilization Support Brigade between the 646th and the 207th, and in doing so, I'm going to spend more time talking about the outstanding contributions made by the 646th," Cattermole said. "Those of you in the 207th, see this more as a challenge, a challenge to surpass the brilliance of those who have gone before, as they did to those they took over from a year ago."

Cattermole emphasized the importance of the mission of the MSB and how it relates to the overall mission of the Army.

"The mission of our Army is to fight and win America's wars, and that could not be accomplished without trusting in the readiness and deployability of the Army Reserve," Cattermole said. "And the mission of the MSB, the primary mission, the no-fail mission, is to help ensure that deployability."

Hegland recognized the efforts of the 646th RSG during his remarks, which include supporting over 350 units and nearly 20,000 Soldiers during the mobilization and demobilization process.

"In doing all that work, our teams drove over 75,000 accidentfree miles in a year," Hegland said.

Hegland pointed out his unit promoted over 40 Soldiers during their time at Fort Cavazos, as well as obtained bus driver licenses for 49 Soldiers and developed processes and procedures for other regional support groups to train units on MSB missions. He concluded his remarks with a comment on service and the motto of the 646th RSG.

"Commitment to serve something bigger than ourselves and commitment to serve our nation starts with each person's willingness to raise their hands," Hegland said. "For the 646th we say, 'Commitment to service — it starts with us.'"

During his remarks, Geiger of the mission and we are excited expressed the enthusiasm of the for the challenge," Geiger said.

207th RSG Soldiers as they take on their new mission as MSB.

"The 207th is ready and willing to take on the responsibility of the mission and we are excited for the challenge," Geiger said. "I've always looked upon service as service to our community, our families, our military and our nation."

The 207th RSG is slated to serve as MSB for about a year.



Photo by Sgt. Myenn LaMotta, 7th MPAD

Command teams representing the outgoing and incoming units in the transfer of authority ceremony for the Mobilization Support Brigade present arms for the playing of the national anthem Sept. 24 at Sadowski Field at Fort Cavazos.

Army exceeds FY 2024 active duty recruiting goals

BY U.S. ARMY PUBLIC AFFAIRS

WASHINGTON — The U.S. Army announced today it has exceeded fiscal year 2024 recruiting goals for the active component. The Army will achieve at least 55,300 total accessions for fiscal year 2024 and will place approximately 11,000 Soldiers in the Delayed Entry Program for fiscal year 2025. By comparison, the Army achieved 50,181 accessions in fiscal year 2023 and added 4,661 in the Delayed Entry Program.

"The U.S. Army's recruiting force achieved our 55,000 accessions goal more than a month ahead of schedule, and we are on track to have more than 11,000 in our delayed entry program by the end of the month," said Secretary of the Army Christine Wormuth. "This is more than double the goal we set for our delayed entry program and will allow our recruiting efforts for next year to start strong right out of the gate."

In October 2023, Wormuth and Gen. Randy George, chief of staff of the Army, unveiled a series of sweeping changes to the Army's recruiting enterprise, including an expanded focus on a larger share of the labor market and the creation of a specialized talent acquisition workforce.

"We are committed to continue to transform Army recruiting to enable our great recruiters to excel," George said. "The Army is a great place to serve, we need to make it easier for potential recruits to join."

The Army took tangible steps during fiscal year 2024 to implement the recruiting enterprise transformation. U.S. Army Recruiting Command graduated its initial class of talent acquisition technician warrant officers earlier this year. In August 2024, the command also announced 25 noncommissioned officers from the first cohort of talent acquisition specialists will embark on a four-month Training with Industry program to learn specialized techniques from industry partners. Even as this new model is implemented, the Army overhauled the curriculum for its current recruiters and provided them with better training and outreach tools.

The Army also surged medical providers to military entrance processing stations across the country to help make the enlistment process more efficient. In January and February, the Army provided 62 medical providers — including doctors, nurse practitioners and physician assistants — and 46 medical technicians to 33 processing stations across the country. Surge personnel enabled USAREC to yield approximately 300 more enlistments per week compared to the same period last year.

Throughout fiscal year 2024, the Army Enterprise Marketing Office built upon the "Be All You Can Be" branding campaign while also leveraging innovative new

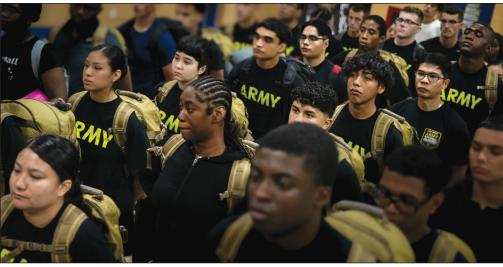


Photo by Spc. Seth Cohen, NJ NG Recruiting and Retention Bn.

Recruits assigned to the New Jersey National Guard's Recruit Sustainment Program, Recruiting and Retention Battalion, New Jersey Army National Guard, conduct the "RSP" drill weekend July 14 at the National Guard Training Center at Sea Girt, New Jersey.

technologies to reach expanded audiences and help identify candidates interested in military service.

In addition to new recruiting initiatives, the Army also expanded its successful Future Soldier Preparatory Course, which helps potential recruits overcome academic and physical fitness barriers to service, while not sacrificing quality for quantity. Earlier this year, the FSPC added two additional companies at Fort Jackson, South Carolina, and two more at Fort Moore, Georgia. For fiscal year 2024, as of mid-September, 13,206 trainees in the active component completed the FSPC and entered Basic Training.

"This year, we introduced new initiatives to attract qualified candidates and make the enlistment process more efficient, while our recruiters continued to connect with the communities they serve, share their Army stories and inspire others to serve as well," said Maj. Gen. Johnny Davis, commanding general of USAREC. "I'm incredibly proud of their hard work and dedication."



Trainees march to the Dining Facilities Administration Center for the first time on the third day of Basic Combat Training June 14, 2017, at Fort Jackson, South Carolina.

Photo by Spc. Darius Davis, 982nd Sig. Co.



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SECTION B

NFL season begins with surprises galore B2

Santa's Workshop gears up for holiday season......B3

13th ACSC holds tournament......B6



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Photos by Ayumi Davis, Sentinel Editor

ABOVE, One of the dishes my family and I ordered was pork adobo with pancit bihon and rice, and it was sweet, savory and fall-off-the-bone tender. **LEFT,** For dessert, I ordered an ube biko, a sticky rice cake. It was subly sweet and would pair perfectly with a scoop of vanilla ice cream.

Sarah's Kitchen transports you to Philippines

BY AYUMI DAVIS Sentinel Editor

KILLEEN, Texas — Nestled in northern Killeen sits Sarah's Kitchen, a modest Filipino restaurant that boasts a variety of Filipino staples perfect for those wanting to venture outside the usual Texas fare.

I had been craving some good Asian food and stumbled across Sarah's Kitchen while scrolling through Google, and I was so glad I went.

It took a minute to get the food, but it was only because of the constant flow of people in and out of the restaurant. Watching all the people increased my anticipation for the food, and I waited eagerly. Going with some family, we ordered a whole spread to try. We got pork adobo, lechon kawali and fried pompano, all with sides of rice and pancit bihon. I tried the pork adobo, a dish with meat cooked in a vinegar pepper sauce, first, and it was a very great starting point. The adobo was sweet and tender, the flavor soaking through every bite. I mixed the sauce with the rice, and along with the pork, it was delicious. There were also potatoes in the adobo, which were so tender, it was, basically, like eating mashed potatoes. You could tell it'd been cooking in the sauce for so long, as the potatoes held their flavor through every bite.

The pancit bihon, a stir fried noodle dish, was subtly flavorful, savory with a good balance of texture between the chew of the noodles and the crunch from the carrots, cabbage and onions cooked with it. A slight dusting of chicharron coated the top of the noodles, adding a flavorpacked, crunchy bite.

The lumpia, a fried spring roll with a veggie-meat filling, was a good, solid classic. Fried to perfection with a wonderful mix of flavors on the inside, it makes me wonder how anyone could like normal egg rolls over its Filipino brethren. They're quite dangerous, being so easy to eat, and there would be no surprise to find yourself eating 10 of these addictive rolls.

While the other dishes packed a lot of seasoning, the fried pompano had the fish speaking for itself. It was soft, tender and subtle compared to other dishes, but no less tasty.

Divine is the best word I could find in the English dictionary for the lechon kawali, deep-fried pork belly. The fat's crunchy exterior was a perfect pair with the melty interior that held an insane amount of flavor. Paired with bright, pickled carrots and daikon and an accompanying sauce, this was the best bite of the meal.

Having enjoyed solid dish after solid dish, I was raring to try a dessert. I ordered the ube biko, a rice cake. It was sticky, sweet and delicious. The staff was so nice and heated it up for me, and I couldn't thank them enough for that, as it only enhanced the dish. I saved some of the warm, sticky sweetness to pair perfectly with a very healthy scoop of ice-cold, vanilla ice cream at home. For those wanting to try other things, the restaurant also had some snacks and other packaged food for sale. Sarah's Kitchen also offers various boba drinks, from slushes to teas. I will definitely be going back to work my way through the menu, and most certainly dream of that lechon kawali on hard days. Sarah's Kitchen is open 11 a.m. to 8 p.m. Tuesday-Saturday and 11 a.m. to 5 p.m. Sunday. For more information, visit www.facebook.com/Sarahskitchen.philippinefood2020.

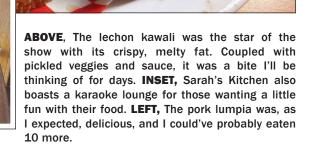


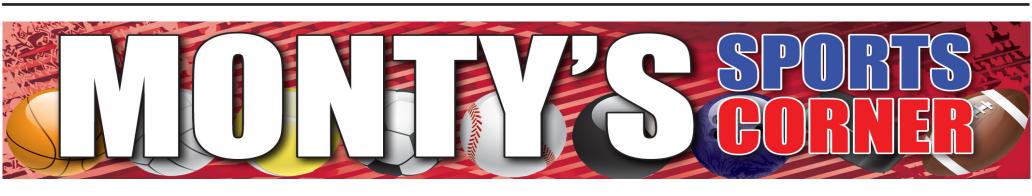


One of my family members ordered fried pompano with pancit bihon and rice. The fish was nice, soft and savory.

Sarah's Kitchen is located at 829 W Rancier Ave. in Killeen, Texas, and features Filipino cuisine.







NFL season begins with surprises galore

BY MONTY CAMPBELL

Fort Cavazos Public Affairs

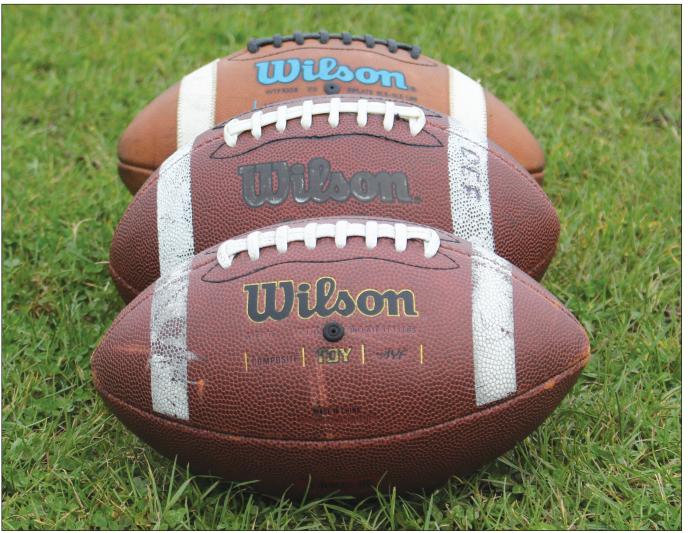
I'm back! Well, for those that didn't realize I had left for 10 weeks of training at Fort Meade, Maryland, this means nothing, but for those that realize the NFL has returned to a plethora of early season surprises — it's golden.

The NFL has been entertaining fans since 1920, and this season didn't disappoint with a near-miss comeback win in the opening game of the season by Isaiah Likely of the Baltimore Ravens over the Kansas City Chiefs.

Had it not been for the tip of his toe touching the endline, the Ravens would have been able to score a last-second touchdown and, perhaps, send the Sept. 5 opener into overtime or attempt a game-winning two-point conversion. As it stands, the two-time defending Super Bowl champions edged out the Week 1 victory and have looked every bit the favorite to actually three-peat in Super Bowl LIX at the Caesars Superdome in New Orleans Feb. 9, 2025.

There have been numerous other surprises early this season, but is it too early to claim this is how bizarre the season will be? Let's start with the insane number of injuries to the star players around the league.

Christian McCaffrey has missed the first four games, and it now appears he may miss more significant time with his injury. As if having their star running back out of the lineup isn't bad enough for the San Francisco 49ers, Deebo Samuel Sr. is out for the foreseeable future with a calf injury while



star defensive end, Nick Bosa, is struggling with a lingering rib injury.

Is it too early to rule the Niners out of a chance to return to the Super Bowl? At this point, I'd have to say, absolutely. San Francisco is still a solid team and with the return to health from all their star players, they have the ability to return to form and be one of the stronger teams in the National Football Conference.

Which leads me to my favorite team — the Los Angeles Rams. Why? OK, Puka's (Nacua) knee injury took him out in the first game but at least we have Cooper (Kupp) ... er, we did have Kupp until he came down with an ankle injury in the second game of the season.

Despite those injuries to the Rams' two top receivers, the team recovered with a hard-fought victory over the ailing 49ers Sept. 22 and may have found the running game in the process.

Will the ground game help keep the Rams in playoff contention in the ultra-competitive NFC West until the two receivers come back in Week 7 after a much-needed bye? It is way too early to answer this question. Let's see what transpires in the next three games before we can make that call.

Another surprise that has had me scratching my head — is Caleb Williams truly gifted and should he be considered the Chicago Bears savior the top draft pick should be, or is he the over-hyped player that floundered his senior year at the University of Southern California as the Heisman Trophy favorite?

After three games, it appears Caleb Williams is all hype and last year was not a fluke, as he struggled all year at USC, and never was involved in any serious Heisman hype. I believe we have seen enough to think he will go the route of a Tim Tebow and be out of the NFL in a few years without any success.

Success? Dak Prescott! Did he earn his record contract. worth \$60 million per year, he signed just before the start of the season, or will he be the same old quarterback Dallas Cowboys fans hope lives up to his paycheck?

I think we have all seen enough of his ability and know that while Prescott puts up solid numbers, he alone will not lead the Cowboys to the promised land of a world championship. For that reason, I believe Prescott is not worth the money and can't wait until the next record contract is negotiated and signed.

Finally, I leave you with this ... Jayden Daniels will lead the Washington Commanders to more playoff victories than Dak Prescott will lead the Dallas Cowboys to. We are four weeks into the season. Too soon to comment? As always, be safe!

Photo courtesy of Unsplash

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Hazelnut

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ADOPTED



Lola

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

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Marshmallow

7-yr-old, long-haired Chihuahua mix, white, female.

ADOPTED



Kernel

8-wk-old, German shepherd mix, tan & tricolor, male.



Espresso

8-wk-old, German shepherd mix, black & white, female.



Apple

8-wk-old, German shepherd mix, black & white, female.

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Maize

8-wk-old, German shepherd mix, black & white, female. LIVING

B3



Photos by Janecze Wright, Sentinel Living Editor

Capt. Brian Coleman, Echo Forward Support Company, 8th Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Cavalry Division, wanders down an aisle full of toys during a tour of the nonprofit Santa's Workshop at The Great Place's facility Sept. 25 at Fort Cavazos.

Santa's Workshop gears up for holiday season

BY JANECZE WRIGHT Sentinel Living Editor

Employees and volunteers at Santa's Workshop at The Great Place are busy preparing for yet another bustling holiday season and the opportunity to bring joy to military families at Fort Cavazos.

Santa's Workshop is a nonprofit organization that assists military families in need by providing toys and gifts for military children ages 6 months to 12 years.

The crew of the Great Big Podcast sat down with Kismet Canady, president of Santa's Workshop at The Great Place, and Stephanie Barksdale, applications manager for Santa's Workshop at Fort Cavazos, to discuss the program and its significance to military families.

Canady conveyed how the program make the holiday season memorable.

"(The workshop) helps relieve some of that stress during the holiday season," she said.

The organization held its annual open house Sept. 25 for unit command teams to learn more about the workshop and how it serves Soldiers and their families.

"Every year we have command teams switching out, so (the open house) is to help them better understand what it is that we do here in the workshop and to help understand the process," Canady explained. "(Commanders) can explain it to their Soldiers and be able to answer questions and help push the information."

Capt. Brian Coleman, Echo Forward Support Company, 8th Brigade Engineer Battalion, 2nd Armored Brigade Combat Team, 1st Cavalry Division, said Soldiers aren't familiar with the program.

"We have Soldiers and families that probably don't even know about the program or don't know about the additional resources they have," he said. "So, it's important to come out, as a command team, to see what options are available for Soldiers and family members."

Warrant Officer Brandon

Sessions, 2nd ABCT, 1st Cav. Div., couldn't agree more.

"We don't know what families are going through, especially during the holiday season," he said. "So, it's important to inform Soldiers about the programs and the resources we have available to them and their families."

Canady said volunteers and donors are vital to maintaining the surplus of toys and gifts the workshop donates each year.

"We're 100% volunteer led, and we have some extremely generous donors that provide so many good toys to these children," she said. "We wouldn't be here if wasn't for the volunteers and the donors."

Canady noted the application period is currently open until Oct. 15 and stressed the importance of applying regardless of rank.

"Even if you feel like you may not qualify for this program, put in an application," she said. "We have so many toys that we have to give out, and we want to bless as many families as possible."

To apply for Santa's Workshop

at The Great Place, visit www. santasworkshopgp.org/applications, and click the "Apply Now" button at the bottom of the page. Be sure to read over the eligibility requirements and what to do if selected.

Additionally, to donate toys or monetary gifts, visit www.santasworkshopgp.org.

To volunteer to be one of "Santa's elves," email volunteer@santasworkshopgp.org.



Stephanie Barksdale, applications manager for Santa's Workshop at The Great Place, shows Warrant Officer 1 Brandon Sessions, 2nd Armored Brigade Combat Team, 1st Cavalry Division, some of the bicycles available at Santa's Workshop during an open house for commanders Sept. 25 at Fort Cavazos.





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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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HEALTH paramedic, EMT of year

BY RODNEY JACKSON CRDAMC Public Affairs

The Fort Cavazos Emergency Medical Services team presented two Army civilians with the Paramedic and Emergency Medical Technician, or EMT, of the Year Awards Sept. 17 in a ceremony.

Anna Mezera, paramedic, and John Valdez, emergency medical technician, both with Fort Cavazos EMS, received the awards at EMS headquarters.

Fort Cavazos EMS personnel work 24-hour shifts with 72 hours in between each shift, responding to over 4,000 emergency calls per year, on post and throughout the cities of Killeen, Copperas Cove and Gatesville, Texas. That is an area of more than 340 square miles with additional wildlife search and rescue, and rehabilitation and joint training with the Fort Cavazos Fire Department.

"For what you do for this installation, thank you," said Lt. Col. Jamie Culbreath, commander, Medical Readiness Battalion, Carl R. Darnall Army Medical Center, during the ceremony to the EMS team. "When we get called and told you (the Soldiers) have to go to Iraq, Afghanistan, etc., the only thing that we as Soldiers ask for is that our families are taken care of.

"It's a big weight to carry on your shoulders and the whole team appreciates what you are doing each and every day," he added.

EMTs perform lifesaving skills, like stopping bleeding, helping with breathing and giving certain medications, while paramedics perform the same skills with the addition of advanced cardiology skills, administering breathing tubes and next-level medications.

A typical day for the team begins at 6:30 a.m., making sure ambulances are stocked with equipment. Afterward, it's onto preparing to take calls or going out on calls, vehicle maintenance, training throughout the day, eating with the team and into the night with the shift ending the next day at 6:30 a.m. Valdez and Mezera are both field training officers, and a lot of their days are spent training students on ambulance operation and patient care.

"Every day is different, which is why we both like this job because it's not the same thing over again," Mezera said, having worked with Fort Cavazos EMS for two years. "A day can be super chill where we are kind of just hanging out or it can be call to call to call with both medical and trauma, but I enjoy it."

Valdez has worked for the organization for nine years and loves going on emergency calls that may seem monotonous to care for patients. He is also the fleet maintenance coordinator.

"The only big difference with my day-to-day is that I take care of all of the fleet maintenance for our department, so I'm sitting in trucks to get worked on or tires changed, and making sure everything is up to date," Valdez said. "I love that even though (an emergency) can be toned out as the same call — trouble breathing — every patient is different, so it's a different way to work through what their problem is."

The department began the award two years ago in an effort to recognize outstanding personnel who work with Fort Cavazos EMS.

Both Mezera and Valdez appreciated being recognized by their peers.

"For me, I feel like it's a big honor, especially since it's nominated by peers," Mezera said. "Personally, I love what I do, and like one of my colleagues said earlier, I love the fact that I can be here taking care of the Soldiers that are taking care of me.

"When they're off protecting us, I can help protect their family members," she added.

The team of almost 30 personnel voted for Mezera and Valdez to receive the awards, not only because of their specialty, but for their above-and-beyond work ethic.

"I feel like it's good to have your peers that you work around say that you were the best for the year," Valdez said. "Going back to the Army, after I served six years, I'm still taking care of all the brothers and sisters out there."

Richard Neagle, chief of Fort Cavazos EMS, emphasized the importance of their contributions to the department, highlighting their commitment.

"People like John and Anna go above and beyond, by helping with collateral duties outside of their jobs, volunteering on their time off, fixing equipment, training new employees and assisting management without being asked," Neagle said. "Anna has had three CPR saves this year. She's phenomenal and very smart, and Valdez handles all of our vehicle fleet maintenance and trains all of the new EMTs ... these two people go way above, and we're proud to have employees like that."

Additionally, awards were presented to Neagle for outstanding achievement, and ertificates of appreciation were given to EMS Capts. Christopher Lee and Nicholas Myers, both shift supervisors.

The ceremony not only recognized individual excellence but also reinforced the spirit of teamwork that drives the Fort Cavazos EMS community.



Photo by Rodney Jackson, CRDAMC Public Affairs

Richard Neagle, center, chief, Fort Cavazos Emergency Medical Services, poses with Anna Mezera, paramedic, and John Valdez, emergency medical technician, both with Fort Cavazos EMS, Sept 17 at Fort Cavazos. Mezera and Valdez both received the Paramedic and Emergency Medical Technician of the Year Awards in a ceremony.





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B6

13th ACSC holds tournament for 59th birthday



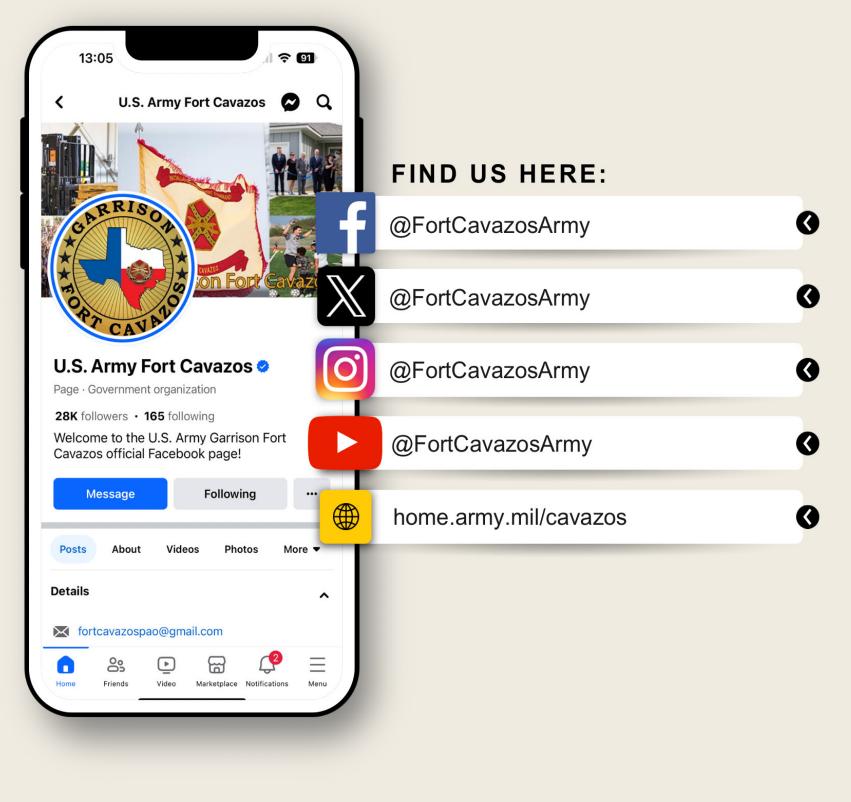
Spc. Eric Davis, 49th Transportation Battalion, 13th Armored Corps Sustainment Command, scores a touchdown during a flag football tournament to win the commander's cup for 13th ACSC's birthday celebration Sept. 18 at Fort Cavazos.





LEFT, Soldiers assigned to the 49th Transportation Battalion, 13th Armored Corps Sustainment Command, compete in a tug-of-war tournament for 13th ACSC's birthday celebration Sept. 18 at Fort Cavazos. **RIGHT**, Sgt. Terrance Batson, 15th Finance Battalion, and Spc. Eric Craig, 96th Transportation Company, both assigned to the 13th ACSC, compete in a flag football tournament for the 13th ACSC's birthday celebration Sept. 18.

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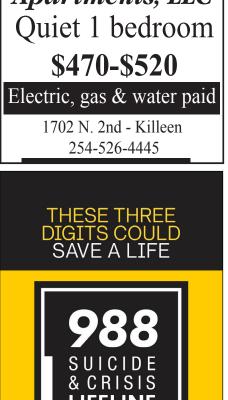
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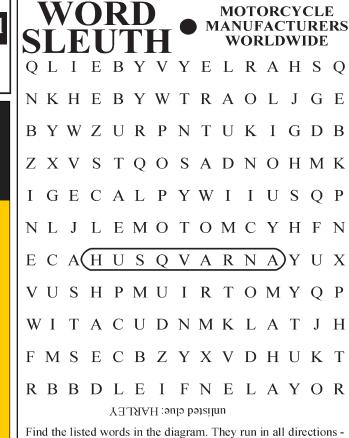
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Triumph Voltz

Differences: I. Water spout is higher. 2. Water cup is added. 3. Hand is moved. 4. Hair is different. 5. Button is missing.

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B8

