

Army adopts new measures to combat against suicide A7

Soldiers have ‘BOSS-tastic’ time at Single Soldier Fest

BY BLAIR DUPRE
Sentinel News Editor

Phantom Warrior Stadium was full of music, fun and Soldiers during the 15th annual Better Opportunities for Single Soldiers Single Soldier Fest Friday. The BOSS program helps to support the overall quality of life of single and unaccompanied Soldiers and single-parent Soldiers, and events like Single Soldier Fest

contribute to that effort. “We’re celebrating our single Soldier’s assistance with the success of the Army’s mission,” said Cpl. Kandice Pritchard-Harmon, BOSS president. During the event, attendees were encouraged to visit sponsor tents where they could learn about some of the off- and on-post resources available to them. There were plenty of team-building activities, such as badminton, volleyball, table

tennis and relay races. The fest also had a gaming truck, food trucks and door-prize giveaways, which included TVs and kitchen appliances. “(The activities) are things for Soldiers to be able to get out and connect with everyone,” Pritchard-Harmon said. “They get to come, see old friends and make new friends.”

See Single Soldier Fest, A6



Photo by Blair Dupre, Sentinel News Editor

Spc. Truly Wright, 151st Medical Augmentation Detachment, 11th Field Hospital, 1st Medical Brigade, participates in a bicycle race during Single Soldier Fest Friday at Phantom Warrior Stadium at Fort Cavazos. The event promotes camaraderie and socialization among Soldiers.

Fort Cavazos ready to rock

BY BLAIR DUPRE
Sentinel News Editor

Fort Cavazos; Directorate of Family and Morale, Welfare and Recreation; Defense Commissary Agency; Army and Air Force Exchange Services; Procter and Gamble and partners are celebrating Soldiers and their families with the “Military Family Fest: Rock for the Brave” Saturday at Phantom Warrior Stadium at

Fort Cavazos. Amber Pafford, marketing and advertising manager for Fort Cavazos DFMWR, said the installation was chosen to host the event because DFMWR has a reputation for hosting enjoyable, quality events for Soldiers and families at The Great Place. “Fort Cavazos DFMWR is thrilled to provide an

See Rock for the Brave, A6

AMC DCG takes dive into Fort Cavazos initiatives

BY AYUMI DAVIS
Sentinel Editor

Lt. Gen. Christopher O. Mohan, deputy commanding general and acting commander of U.S. Army Materiel Command, visited Fort Cavazos Sept. 17, observing the programs and innovations the installation had to offer.

Cavazos Connector

Mohan began the morning with a briefing on current operations at

See AMC, A6



Photo by Ayumi Davis, Sentinel Editor

Lt. Gen. Christopher O. Mohan, deputy commanding general and acting commander of U.S. Army Materiel Command, speaks to Fort Cavazos leaders Sept. 17 at the Ironhorse Dining Facility at Fort Cavazos.

NEWS

A3

Avenger Triad 24 brings Polish, US allies together



LIVING

B1

Gambit Social House: Date night done right



NEWS BRIEFS

Gospel service changes location

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

Participate in health assessment

The Fort Cavazos Department of Public Health is conducting a comprehensive Community Strengths and Themes Assessment now through Monday. CSTA is an assessment of military communities for health risk factors and needs. It is open to all who interact at Fort Cavazos — including, but not limited to, service members, retirees, family members, Department of Defense beneficiaries, DOD civilians and contractors. Responses are confidential and private.

To participate, visit <https://phpubapps.health.mil/Survey/se/2511374548575240>.

TMP shuttle ends service

The Transportation Motor Pool shuttle will sunset on Monday after 15 years of serving the Fort Cavazos community. Riders can use the Cavazos Connector for post-wide transportation for no break in service. Request a ride through The Hop app, available on the Apple App Store or Google Play, or by calling 254-933-3700.

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. Oct. 5 at the medical center.

The expo is open to all DOD ID card-holders 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.

Post celebrates graduation ceremony

Fort Cavazos community members who have completed a degree or certificate, or will be within nine semester-hours of completion by Oct. 24, may be recognized for their achievements at the 27th annual Consolidated Graduate Recognition Ceremony at 1 p.m. Oct. 24 at Howze Auditorium.

To reserve a spot, RSVP no later than Sept. 27 at usarmy.cavazos.id-readiness.mbx.dhr-esd-special-events@army.mil. For more information, call the Education Services Division at 254-287-9674.

Fort Cavazos Special Event Clear Bag Policy

CLEAR OR MESH APPROVED BAGS

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BAGS THAT DO NOT HAVE TO BE CLEAR/MESH:

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ALL BAGS SUBJECT TO INSPECTION UPON ENTRY AND DURING EVENT BY MILITARY LAW ENFORCEMENT

PROHIBITED BAGS

- Backpacks that are NOT clear
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- Briefcases
- Computer Bags
- Hard Sided Coolers
- Luggage
- Diaper Bags
- Seat cushions with pockets and/or zippers

An exception will be made for medically necessary items after proper inspection upon entry



@FortCavazosMWR

Graphic courtesy of DFMWR

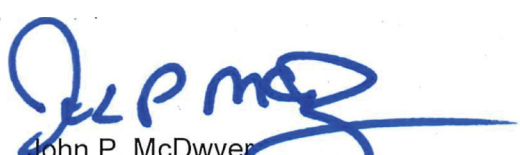
Those who plan to attend “Military Family Fest: Rock for the Brave,” must adhere to the Fort Cavazos special-event clear-bag policy.


Phantom Warrior Command Team: IIIAC marks Gold Star Families Day

To our Gold Star mothers and families,
On Sunday, we pay tribute to the Gold Star mothers and families for the ultimate sacrifice their Soldiers made to protect our freedom. This is a day our nation dedicates to honoring the surviving mothers and families of fallen service members.
Soldiers and their families are the strength of our Army. No Soldier serves alone, and the Army is indebted to the support that you provided to your service member.
Your Soldier answered the call to defend our

great nation and served honorably to make positive changes in this world. We vow to never forget their selfless service and dedication to our country. This great nation owes you and your Soldier a debt of gratitude, but we recognize that no words or condolences can relieve the grief and loss of your loved ones.
Let us honor them by cherishing their memories and achievements, preserving their legacy and celebrating the difference they made through their service. The sacrifices made by your loved ones were instrumental in preserving

the values and freedoms that we as Americans hold dear.
On behalf of III Armored Corps, it is a great honor to recognize you as part of our family. You not only carry the legacy of our fallen heroes, but you serve as a daily reminder of the true strength, commitment and resilience of our nation.
Phantom lethal!


John P. McDwyer
Command Sergeant Major, U.S. Army
III Armored Corps and Fort Cavazos


Kevin D. Admiral
Lieutenant General, U.S. Army
Commanding General



Fort Cavazos adventures for Texas Archaeology Month

BY SCOTT SUMMERS
DPW NCRMB

Texas has a lot of cultural history. A lot happened long before it became a state in 1845. There were Native Americans, European settlement and more. In October, Texas will celebrate archeology with a plethora of events found online at www.thc.texas.gov/preserve/projects-and-programs/texas-archeology-month.
There is a lot of cultural history to learn about here at The Great Place. Every October I visit Fort Cavazos Directorate of Public Works' Cultural Resources/Archeology Laboratory for the October Texas Archeology Month open house. They have displays and artifacts from the Cold War, World War II, European settlement and Native Americans.
This year, my interest in going to the lab is the Cold War. When I was a young boy, my grandfather worked at West Fort Cavazos during the Cold War, retiring by the time I was in first grade.
Though it is now named West Fort Cavazos, the region is mapped as the southwestern part of the installation (south of Interstate 14). Part of this region was named "Killeen Base" in the 1950s, and it was important because it supported the emerging Cold War. At that time, the installation supplied services, equipment and materials to Killeen Base, Gray Air Force Base and over 150 satellite activities within a 375-mile radius.
When I grew a little older, I only sort of knew what my grandfather did because he never really explained things. I had a vague idea he did something secret. He never discussed much detail other than where he worked, which he called "Baker," or Killeen Base. His vague discussions continued into my adulthood, and I figured it dealt with secret

weapons. He passed away with his personal secrets in 1995.
After visiting the archaeology lab and reviewing some installation historical literature, I learned the civilian agency he worked for was trained not to talk. The intent of the training at Killeen Base was to elevate preparedness for fighting an atomic war. Indeed, the Cuban Missile Crisis occurred then and kept many Americans on edge as our capabilities were almost tested, though a nuclear war never materialized.
The Air Force turned Killeen Base and West Fort Cavazos over to the Army in 1968, and by the 1970s these capabilities transformed and transitioned to another out-of-state facility.
Two Cold War-era tunnel networks remain and are used for civilian and active-duty training today. Remnant pill boxes (sniper lookout stations) are still present and situated outside the tunnels which are dug into Seven Mile Mountain, a heavily wooded mesa that stretches from Copperas Cove to Ivy Gap. The tunnel networks are in what was then known as the "Q Area" and remain restricted today. However, a history summary of the site and its purpose is archived in the lab in Building 1938. To me, the whole area is akin to a scene from a 007 James Bond movie.
So, go visit the archeology lab this month because there are more World War II and Cold War facts, European history and pre-historic artifacts awaiting you. The lab is located off Rod and Gun Club Loop inside Bldg. 1938. It is open 8 a.m. to 4 p.m. Monday through Friday, except Oct. 14. For more information, call the Cultural Resources office/archeology lab at 254-287-2633.
As a reminder, it is illegal to dig for, remove or deface Fort Cavazos cultural historic sites, artifacts and fossils. Fines can cost thousands



Photo courtesy of NCRMB

Two Cold War-era tunnel networks remain in Seven Mile Mountain, a heavily wooded mesa stretching from Copperas Cove to Ivy Gap.

of dollars per violation and may result in a felony. If you know of any violations, contact the Directorate of Emergency Services' Police desk at 254-287-4001.

GREAT PEOPLE AT THE GREAT PLACE

BY SGT. KYLE YODER
III Armored Corps Public Affairs

OKLAHOMA CITY — The All-Army men's softball team holds their hands to their chests as the opening national anthem plays throughout the stadium before the start of the 2024 Armed Forces Softball Tournament. Standing with the team is a member who won't be hitting the field but will be helping the U.S. Army win the entire tournament, the team's athletic trainer, Staff Sgt. Jennifer Simmonds.
A healthcare specialist assigned to Carl R. Darnall Army Medical Center, Simmonds joined the U.S. Army when she was 29 years old.
"I was making a lot of money being a waitress in the Virgin Islands," Simmonds said, "but I wanted financial stability for me and my kids that I just couldn't get."
Her brother-in-law happened to be the island's U.S. Army recruiter, and they decided that while she was qualified for almost any enlisted job, being a 68W, or healthcare specialist, was the right fit for her.
After joining, she was stationed at Camp Casey, South Korea. She saw the U.S. Army had post-wide sports leagues and decided to go back to playing first base in the sport she had been playing her whole life — softball. She made it on the roster for the All-Army women's softball team for the 2018-2019 season.
"The softball world is small," Simmonds said. "Soon, I became



Photo by Sgt. Kyle Yoder, III Armored Corps Public Affairs

Staff Sgt. Jennifer Simmonds, healthcare specialist assigned to Carl R. Darnall Army Medical Center, poses for a photo while at work Sept. 17 at the Thomas Moore Clinic at Fort Cavazos. Simmonds enlisted as a healthcare specialist and is also the head athletic trainer for the All-Army men's softball team, which won the 2024 Armed Forces Softball Tournament.

pretty well known in that world."
This is how she was selected as the 2024 All-Army men's softball team athletic trainer.
"One of the All-Army men's softball coaches saw me coaching the CRDAMC softball team," Simmonds said. "He saw how I interacted with my team, knew I was a 68W and asked me to be their trainer."
All-Army sports teams use healthcare specialists as their athletic trainers because of their knowledge and experience with treating all kinds of injuries in the military and how that easily carries over into athletic sports care.
"When a team goes to a

tournament, they are out there playing for 12 hours a day," Simmonds explained. "Leg injuries, shoulder injuries, heat exhaustion — these are not uncommon. It's a hot day, and a player seems more tired than he should, another player winces when he throws, another limps slightly when he walks. I always notice."
The athletic trainer's goal isn't to keep their players on the bench, but to mitigate their injuries so they can keep playing without anything getting worse.
"A lot of things that happen to them, I was specifically trained to treat and have seen a ton of at my job," Simmonds said. "Some

things I went out of my way to learn myself so that I could better take care of them."
Sports taping for multiple types of injury prevention, sports-specific strength and conditioning and proper stretching before play are all things that fall under an athletic trainer's responsibilities in order to take care of their players.
"It means everything for me to be a part of this team," Simmonds said. "I am passionate about my job, and I have always been passionate about softball, and while I now leave playing to the Soldiers in their twenties, being the All-Army softball team's athletic trainer is a perfect fit for me."



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Photos by Staff Sgt. Jasmine McCarthy, 1st Cav. Div. Public Affairs

Maj. Ryan Hamilton, a field artillery officer with 1st Cavalry Division Artillery, and Polish army Col. Ryszard Różycki, chief of artillery, 11th Armored Cavalry Division, pose for a photo together during Avenger Triad 24, Sept. 11 at Bolesławiec, Poland. Avenger Triad 24 is a U.S. Army Europe and Africa command-post exercise with U.S. Army, NATO and multinational organizations that occurred Sept. 9-19 in multiple locations in Europe. Incorporating lessons learned from Austere Challenge 24, this exercise implements operational concepts, doctrine and procedures to increase readiness, enhance interoperability, employ new concepts and inform regional planning.

Avenger Triad 24 brings Polish, US allies together

BY STAFF SGT. JASMINE MCCARTHY
1st Cav. Div. Public Affairs

BOLESŁAWIEC, POLAND — A team of planners and staff representatives huddle closely around a map under tan-colored tents in southern Poland. Since earlier this year, the 1st Cavalry Division has been focusing on incorporating lessons learned from Austere Challenge 24, a previous exercise which occurred in March. In September, they faced the challenging task of executing Avenger Triad 24. The command-post exercise hosted by U.S. Army Europe and Africa had representatives from NATO and more than 10 other participating countries, including Estonia, France, Germany, Great Britain, Italy, Latvia, Lithuania, Netherlands, Poland and Spain.

Maj. Ryan Hamilton, a division field artillery planner with 1st Cavalry Division Artillery, arrived at Forward Operating Site Bolesławiec before the exercise to coordinate fire support between the 1st Cav. Div. and the Polish 23rd Field Artillery Regiment of the Polish army.

Hamilton, a New York native from Saratoga Springs, commissioned in June 2010 from Rochester Institute of Technology with a Bachelor of Science in Business Administration and Leadership. He deployed on multiple occasions from 2010 to 2014, working as a combat advisor for the Afghan Army.



Maj. Ryan Hamilton, a field artillery officer with 1st Cavalry Division Artillery, talks with Polish officers over a map during Avenger Triad 24 Sept. 12 at Bolesławiec, Poland.

However, Avenger Triad 24 was the first time Hamilton worked with Polish counterparts during an exercise. He believes the universal language of combat overcomes certain barriers.

“It’s about working through the language differences and some of the finer details, techniques and procedural differences,” Hamilton said. “There’s only one way you

can really make the laws of ballistics and achieving effects on enemy forces work.”

Coordinating with Hamilton is Polish Army Col. Ryszard Różycki, chief of artillery, 11th Armoured Cavalry Division. His current role for Avenger Triad 24 is to serve as the acting commander of the 23rd Field Artillery Regiment. Różycki has worked with U.S. forces on a couple of occasions

over the years, but this exercise served as a new opportunity for him to work closely with a U.S. counterpart of the same branch.

“My counterpart is a brilliant officer, who helps me understand these procedures utilized within a division to plan, organize and provide fire support to division maneuver forces conducting operations,” Różycki said. “I especially like the way the targeting process is planned, executed and used within a division to plan and create lethal and nonlethal effects. I would like to introduce some of these products in the division where I serve.”

Aside from sharing best practices and knowledge with his counterpart, Różycki reaffirmed his belief in the importance of building interoperability through partnered training with allies.

“I have learned that Poland has a great ally, who we can trust and always count on,” Różycki said. “The ally supports us in keeping the enemy far away from our boundaries.”

As a cold front arrives on the steps of Eastern Europe, Hamilton reflects on his experience with Avenger Triad 24 and, if called upon, the 1st Cav. Div.’s role in a large-scale combat operation.

“We must know how each other works and be able to understand the differences,” Hamilton said. “Through this, we can help speed up communications in any sort of future requirement, to ensure the defense of Europe and the rest of the world.”

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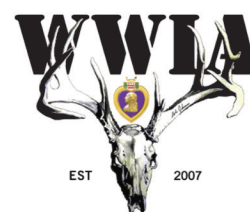
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III Armored Corps tackles traffic safety



Joel Leaver, right, motorcycle safety instructor, goes over the controls for a motorcycle with his students Sept. 3 during the Fort Cavazos Basic Rider Course. The course focuses on basic riding skills, combing practical instruction with pattern recognition and attention-to-detail skills necessary to mitigate risks associated with motorcycle operation.

BY SHAWN DAVIS
Fort Cavazos Public Affairs

III Armored Corps has established a Private Motor Vehicle Working Group to develop and update policies aimed at reducing vehicle-related accidents.

The pilot program will push to reduce the rate of off-duty fatalities across the III Armored Corps, the majority of which have been attributed to privately-owned vehicle accidents involving Soldiers, according to the III Armored Corps Safety Office.

The PMVWG will focus on identifying and implementing initiatives to reduce Soldier-related vehicle fatalities and mishaps occurring in and around the Fort Cavazos area, with the purpose of developing policies that can be duplicated across III Armored Corps units, including those at other installations.

“I think it’s a great effort,” said Philip Coe, security guard chief for the Directorate of Emergency Services. “It will bring awareness to the Soldiers and ... bring a sense of responsibility to them.

“This will bring on a focus to where safety is security,” he continued. “It does make a difference. You really need to go through this training (and) should not be riding a motor vehicle or motorcycle without being trained because stuff happens.”

The PMVWG will begin the first phase of its program by collecting data on motorcyclist trends on post, determining the effectiveness of existing protocols in promoting safe riding habits — including wearing proper personal protective equipment and adhering to the Army safety policy regarding licensing and training requirements for motorcyclists.

Current Army regulation dictates Soldiers under the age of 26 are required to attend mandatory driver and rider safety courses under the Army Traffic Safety Training Program. The Basic and Advanced Rider courses allow instructors to connect with Soldiers, providing mentorship and safety instruction to minimize risks and familiarize riders with the rigorous attention to detail necessary to partake in the hobby safely.

“We definitely had a couple accidents within our unit (over) the past five years, so it’s been a been a big thing that

we were able to do this,” said Sgt. Jonathan Herrera, 553rd Division Sustainment Support Battalion, 1st Cavalry Division Sustainment Brigade, while attending one of the motorcycle courses on Fort Cavazos. “My master driver and my company are pretty on point with it and so is my motorcycle mentor. They were pretty solid with everything — they got me within the class the day that I asked them to.”

Herrera agreed safety training should be a priority for leadership, making sure junior Soldiers get the resources they need for traffic safety.

In addition to addressing motorcycle safety, the PMVWG will assess existing Army automobile safety programs and collect additional data to determine where current protocol can be improved. They will also determine the ratio of Soldiers following Army regulations regarding traffic safety requirements, such as training mandates and compliance with licensing and registration laws, as well as reasons for noncompliance.

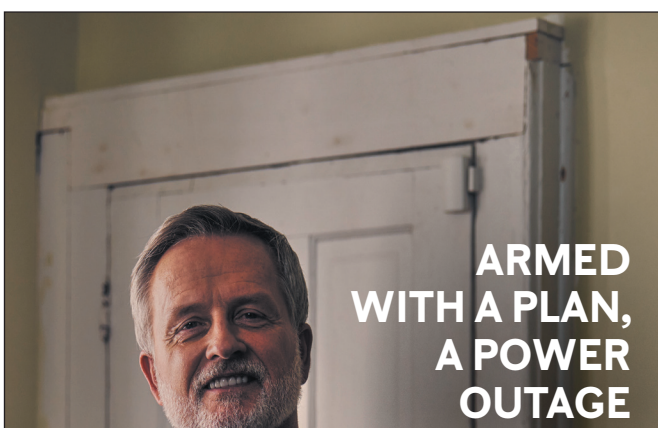
“We’re also trying as part of this working group (where) we’re going to try to educate unit leadership,” said Shawn Bodkin, Safety and Occupational Health specialist with the Fort Cavazos Garrison Safety Office.

A common reason why Soldiers have been unable to complete courses, according to Bodkin, is because their supervisors would summon them out of the course for nonemergency matters. To mitigate this, courses in the Army Traffic Safety Training Program require supervisors to sign a memorandum that states they will not pull a Soldier from the course unless there is an emergency.

As the PMVWG progresses past data collection, they will begin developing and implementing initiatives to reduce Soldier fatalities and injuries related to traffic accidents, as part of their overall goal to promote the safety and well-being of service members in the III Armored Corps.

“The guy that decides, ‘Yeah, I want to go down 195 or 190, pop a wheelie at 90-miles-an-hour,’ — that’s the guy we’re trying to fix,” Bodkin said.

For more information on the Garrison Safety Office, Army Traffic Safety Training Program and/or instructions on how to sign up for courses on Fort Cavazos, visit home.army.mil/cavazos/units-tenants/Garrison/safety-office/atstp, or call 254-287-3323 Soldiers must follow their unit training policies for enrollment in the courses.



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Sept.
2024

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OPEN (Breakfast, Lunch & Dinner)

OPEN (Brunch & Supper)

CLOSED

HOLIDAY



IRONHORSE Building #41018
Old Ironside & 77th St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
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.



OPERATION IRAQI FREEDOM Building #21020
Battalion & 58th St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
COR: Richard Johnson: 254-535-6845

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



BLACK JACK Building #34002
Old Ironsides Ave. & Pyongyang Dr.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: CW2 Rogers: 931-378-2957

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



CULINARY OUTPOST FOOD TRUCK 1 The Lonestar
Conference Center

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: Closed
NCOIC: SSG Lopez: 787-414-1259



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

Closed due to renovation.

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: WO1 Greene: 843-901-0260

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



ALWAYS READY Building #91226
HQ Ave., West Fort Cavazos

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1:30 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Manager: 254-288-9538

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



NORTH FORT CAVAZOS Building #56320

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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.



THEODORE ROOSEVELT Building #9205
Battalion & 21st St.

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
COR: Richard Johnson: 254-535-6845

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



CULINARY OUTPOST FOOD KIOSK Old Ironsides and
Pyongyang Drive

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

BRK, LUN, DIN: 8 a.m.-8 p.m. Monday-Friday
(WNNK): 8 a.m.-6 p.m.



CULINARY OUTPOST FOOD TRUCK 2 1-44/4-5 ADA BN
area parking Lot

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: Closed
Food Advisor: WO1 Greene: 843-901-0260

Installation Food Service: 287-6595

III Armored Corps Food Service: 287-0573

Division Food Service: 287-3134

Soldiers celebrate together

Single Soldier Fest: Continued from A1

Spc. Lacy Welbes and Sgt. Nilofer Schultz, 15th Military Intelligence Battalion, 504th Military Intelligence Brigade, participated in a game of badminton. Schultz echoed Pritchard-Harmon’s sentiments, saying Single Soldier Fest provides Soldiers with a way to meet their peers.

“It’s the single Soldiers that need the most help (meeting others),” she said. “This gives them the ability for all the single Soldiers to come together and meet each other.”

Welbes agreed, adding it’s helpful for new Soldiers to also educate themselves on resources.

“When I first got here, I was lost in the sauce,” she said. “But these kinds of events educate you. So, I think they’re really great, educational and helpful for single Soldiers.

“I’ve met tons of really cool people already,” she continued. “I got so much good information from the last NCO (noncommissioned officer) that was (at the badminton station) an hour-and-a-half ago. I never would have met him or met anyone else outside my unit had I not come here.”

Pritchard-Harmon’s time as BOSS president is coming to an end, but she said Single Soldier Fest is a reminder the mission of the BOSS program will endure.

“Soldiers come and go, leadership comes and goes, but the mission remains the same, and the BOSS program will always be there for those who should need it,” Pritchard-Harmon said. “This is just one way of us celebrating and highlighting that.”

For more information on the Fort Cavazos BOSS program, call 254-287-6116, or visit cavazos.armymwr.com/programs/boss or www.facebook.com/FortCavazos-BOSSProgram.



Photos by Blair Dupre, Sentinel News Editor
Cpl. Kandice Pritchard-Harmon, Fort Cavazos Better Opportunities for Single Soldiers president, tries her hand at ladder ball during Single Soldier Fest Friday at Phantom Warrior Stadium at Fort Cavazos.



Single Soldier Fest attendees participate in a game of ladder ball, where the goal is to throw two balls connected by a string and have them hang on one of the rungs of the ladder, Friday at Phantom Warrior Stadium at Fort Cavazos.

Event promises entertainment

Rock for the Brave: Continued from A1

event that the entire family can enjoy,” she said. “From comedian Adam Yenser, dog shows and BMX demonstrations, there is something for everyone. Fort Cavazos DFMWR truly is where the fun begins.”

Many activities will be available for attendees to enjoy including rock climbing, face painting and a PlayStation gaming lounge.

A pre-festivities meet and greet with Rob Gronkowski, a former professional football player, will be held at 11:30 a.m. at the Community Events and Bingo Center.

Comedian Adam Yenser will take the main stage at 6 p.m., followed by country singer Cole Swindell at 7 p.m.

Chip Gaines of “Fixer Upper,” Duff Goldman of “Ace of Cakes,” magician Kid Ace and MMA fighter Cowboy Cerrone will also make appearances.

Here are some things those who plan to attend need to know:

There will be no parking at Phantom Warrior Stadium. Parking will be available at Clothing and Sales and the Commissary. DFMWR courtesy carts and the Belton Lake Outdoor Recreation Area Train will be available to ferry patrons to the stadium and back to the parking areas.

Attendees must adhere to the Fort Cavazos special-event clear-bag policy. Attendees are allowed to bring clear or mesh totes and backpacks no larger than 15 inches tall, 22.5 inches long and 9 inches wide. Attendees are also allowed to bring one-gallon resealable storage bags. Each family is allowed one small soft-sided cooler no larger than 15.5 inches wide, 10 inches deep and 14.5 inches tall.

Bags that are prohibited include: backpacks that are not clear, camera cases, briefcases, computer bags, hard-sided coolers, luggage, diaper bags and seat cushions with pockets and/or zippers. Exceptions will be made for medically necessary items after proper inspection upon entry.

Other prohibited items are as follows:

- Glass containers, except baby bottles
- Firearms, ammunition, knives, etc., or items resembling weapons
- Pets, with the exception of service animals
- Fireworks, as well as any combustible, flammable items
- Smoking or vaping except in designated areas
- Alcoholic beverages or illegal substances
- Large objects or camping equipment, such as umbrellas, banners, large signs, canopy/tents, RV’s, grills and hard-sided coolers
- Recording devices, cameras or video equipment (Cell phones are permitted.)
- Outside food and drink (Exceptions are food/water for infants/toddlers and clear, unopened nonalcoholic beverages)
- Explosives to include items resembling explosive devices

For more information about Rock for the Brave, visit cavazos.armymwr.com/happenings/rock-brave.

AMC DCG salutes The Great Place for progress

AMC: Continued from A1

13th Armored Corps Sustainment Command, along with a briefing on the Cavazos Connector.

Currently, the transportation service has averages of over 600 riders a day. In total, the Connector has transported over 125,000 riders and is currently on track to have over 240,000 in its first year of operating.

“The Cavazos Connector is one of many quality-of-life initiatives we’ve (AMC) implemented at Fort Cavazos and provides Soldiers with ease of access and timely transportation connections to and from work, or to the DFAC (Dining facility), the Exchange and other areas on post,” Mohan said. “It helps alleviate any burden and stress Soldiers might feel with getting to, from and around the installation and allows them to focus more on readiness.”

Pfc. Darreon Brooks, security manager, 215th Brigade Support Battalion, 3rd Armored Brigade Combat Team, 1st Cavalry Division, said he uses the Connector once or twice a week and enjoys its efficiency.

“For the most part, it’s pretty fast,” he said. “If it’s busy during the day, it’s not taking an hour to get to where I need to be. It’s about 15 minutes, and I’m where I need to be.”

“I haven’t personally called, but the app that I use for it, it’s pretty simple,” Brooks continued. “It’s about the equivalent of just calling an Uber. You plug in where you want to go, where you want it to pick you up, (and) it’ll tell you when it will be there, and it’s pretty on time.”

Phantom Centralized HUB

After the briefings, Mohan received a tour of the Phantom Centralized HUB located in the Ironhorse Dining Facility. It opened this past summer and is an alternative dining facility for on-the-go meals, featuring Phantom Fresh, Culinary Outpost Food Trucks, an installation meal preparation service, remote site feeding and the Culinary Arts Readiness Center.

Chontrelle Sturdivant, installation food program manager and culinary specialist working at the hub, explained to Mohan the different aspects of the dining facility, including the menu, how to order through the meal prep service, training and a demonstration of packaging a power plate.

“We are taking an in-depth look across the Army at how we currently feed our Soldiers and how we can modernize and revolutionize the Army Food Program to improve not just the quality, but also access to a variety of nutritious food options,” Mohan said. “From grab-and-go kiosks to upgrading DFACs and offering localized cuisine, our goal is to meet Soldiers where they’re at and provide them with convenient, healthy, accessible and affordable food options.

Spc. Kevin Rudd, culinary specialist, 1st Cavalry Division Sustainment Brigade, said he’s been “faithfully” using the meal prep service and is probably its biggest fan.

“I get results from cutting down weight for weight loss,” he said. “I really enjoy it because when I meal prep, sometimes, it’s probably over ... but the meal prep service helps me to set up and implement the starches and the vegetables and all the protein that I need.”

Rudd explained there’s variety with multiple protein, vegetables, starch and dessert options, along with the ability



Photo by Ayumi Davis, Sentinel Editor
Lt. Gen. Christopher O. Mohan, center, deputy commanding general and acting commander of U.S. Army Materiel Command, asks questions about the equipment inspection process while Soldiers from the 13th Armored Corps Sustainment Command demonstrate a mock inspection on a generator while Col. Sean P. Kelly, right, commander of 13th ACSC, listens Sept. 17 at the rapid removal excess, or R2E, site at Fort Cavazos.

to mix and match the four. There is also a plethora of sauces to choose from.

“It’s very tasty; it’s very flavorful,” he added.

R2E

Mohan also visited the rapid repair excess, or R2E, site, also known as the Call Forward Area, to see how the R2E program was being implemented. The program was created by AMC and U.S. Army Forces Command after Gen. Randy A. George, chief of staff of the Army, charged the two commands to help relieve Soldiers of the burden of managing excess equipment they were unable to turn in previously.

The program allows units to receive immediate property accountability relief by turning in equipment as-is, thus enabling them to focus more on new fielding. At the R2E sites, Soldiers inspect and check equipment being turned in. After, units will take the equipment to the modernization displacement and repair site to officially turn in the equipment.

“After only one year of R2E, we’ve seen hundreds of thousands of pieces of equipment removed from the property books of our units across the Army,” Mohan said. “This makes room for units to receive modernized equipment and means Soldiers can now spend more time training and focusing on improving readiness instead of doing maintenance and inventory of obsolete or excess equipment that they no longer need. We’re also seeing good equipment, like tactical vehicles, being turned in and capable of being transferred to other active units or the National Guard or Reserve, which saves the Army time and money while enhancing overall readiness.”

The Call Forward Area has processed roughly 380 proposed sourcing decisions and 2,611 pieces of equipment turned into MDRS and the Defense Logistics Agency since the implementation of R2E at Fort Cavazos.

Following the visit to the R2E site, Mohan ended his day visiting the Rail Operations Center, receiving an update on its current procedures.

Mohan recognized several Soldiers and civilians throughout the day for their contributions to The Great Place and its quality-of-life initiative, presenting them with coins and thanking them for the work they do for the Army. AMC plans to use the efforts the installation spearheaded to drive progress Army-wide.

“Phantom Fresh and the Cavazos Connector have been exciting pilots to address specific quality-of-life concerns at Fort Cavazos, and we will use feedback and lessons learned to better understand and serve Soldiers at other Army installations globally,” Mohan said. “The Centralized Food Hub is one of many pilot initiatives we are testing across the Army to improve quality and access to food for our Soldiers, and I look forward to finding out what our service members think of it. We want Soldiers to provide their honest feedback to their units about how these opportunities can positively impact their lives, and what more we can do to help.”

To schedule a ride on the Cavazos Connector, download The HOP app from the Apple App Store or Google Play, or call 254-933-3700. For more information, visit www.takethehop.com.

For more information on the Phantom Centralized HUB and its menus, visit home.army.mil/cavazos/my-fort/all-services/dining-facilities/phantom-centralized-hub.

Army adopts new measures to combat against suicide

BY JOE LACDAN
Army News Service

WASHINGTON — In the past year, the Army bolstered its approach toward addressing suicide in its ranks by publishing an updated suicide prevention program policy. Revised messaging stresses fostering healthy community and unit environments for Soldiers, family members and Army civilians.

As a result, the Army has transitioned from simply reacting to incidents of self-harm to adopting a community-based, public-health framework systems approach to prevention, said Col. Kevin Goke, chief of the Ready, Resilient, Training and Integration Division at the Pentagon's Deputy Chief of Staff G-9 Directorate of Prevention, Resilience and Readiness. DPRR is the Army's lead for prevention and quality-of-life programs.

"We as an Army are a community, and we are focused on the community public health approach to suicide prevention," Goke said.

To provide Soldiers with greater access to behavioral health service and medical care, the service partnered with the Defense Health Agency to match Soldiers' health needs with the correct resources.

Earlier this year the Army launched its "More To Be Done" and "We Are Stronger Together" campaigns to build a culture of trust and resilience and bring more

attention to the prevention of suicide and harmful behaviors.

The Army recently updated its Ask, Care, Escort, or ACE, program. The initiative promotes new suicide prevention strategies for Army leaders to use to train Soldiers on how to intervene during crisis situations and assist troops with suicidal ideations.

"Warfighters never fight alone and shouldn't fight alone," Sgt. Maj. of the Army Michael R. Weimer said. "Whether it's a physical or mental fight, we must take care of our teammates and ourselves. Suicide prevention is a team effort."

The program includes four modules of interactive suicide awareness training. The Army upgraded training to include a lethal means safety and security module and the Circle of Support for Family Members. The directorate encourages all Soldiers to take the training, particularly first-line leaders, civilian supervisors and Soldier and family readiness group leaders.

Reducing suicide continues to be an ongoing challenge for the Army and Department of Defense. Young male Soldiers between ages of 21-29 in the ranks of private first class to staff sergeant remain at the highest risk for death by suicide. Soldiers in combat arms, married Soldiers, Soldiers with one or no deployments also could be vulnerable, according to the report.

Soldiers who experience financial setbacks, relationship problems, substance abuse or legal troubles could be more at risk for suicidal ideations or self-harm behaviors, according to the directorate.

Soldiers in a state of transition, which could range from a permanent-change-of-station move to transitioning out of the hospital, are at an elevated risk, Goke said.

To help commanders identify risk factors and deliver resources to Soldiers, the Army established the Commander's Risk Reduction Toolkit, which compiles a list of up to 50 high-risk factors related to legal affairs, health, substance abuse and other demographics.

"(The tool) helps the command put that entire picture together," Goke said. "Because typically one singular risk factor is not what stresses folks out to the point it results in deaths; it's a compilation of risk factors."

Additionally, the Army has assigned behavioral health specialists and behavioral health officers to each command to advise commanders on directing Soldiers to the appropriate resources.

In the tragic instance of a loss, Army installation leaders now complete the Commander Suspected Suicide Event Report, a document that identifies and tracks potential stressors that could contribute to suicide. The report uses a standardized approach that lists a Soldier's background, previous

incidents where they've attempted self-harm, suicide prevention training and behavior health counseling history. This data is compiled in order to improve community-based trends to assist in the use of targeted interventions and resources.

Contrary to assumptions, Goke said DOD estimates show no correlation between deployments and suicides. However, Goke acknowledged Soldiers are very busy with taskings, trainings and rotational deployments across the globe.

"It is part of the challenging part of military life," Goke said. "I know it personally; I've had it for 23 years."

Goke said death by firearm remains the top method of suicide. To help Soldiers create time and space between thoughts of suicide and access to lethal means like firearms, the Army published the Lethal Means Safety Toolkit in August 2023.

Also, the Army has partnered with the Department of Veterans Affairs to provide free gunlocks to Soldiers who legally own licensed firearms. Some installations have worked with off-post rod and gun clubs to develop solutions for storage of weapons outside of the home.

After introducing Army Regulation 600-92, the service's first stand-alone policy for the program in September 2023, the DOD announced suicide numbers dropped from 2021 to 2022. Although multiple factors contributed to the decline, Goke said fluctuations in suicide rates can't be used as a measurement for success or failure, rather the Army approaches success as "saving one life at a time."

"We have a safety-net system that is in place for Soldiers, family members, and Army civilians," Goke said. "You're part of this Army community. And it creates social connectedness. If you're connected to somebody, you're willing to ask them if they're struggling day to day."

Soldiers who are considering suicide or experiencing a mental health crisis can call the military crisis line by dialing 988 and pressing 1. The resilience directorate published suicide ideation battle drills to help identify suicidal thoughts and how to address them.

Soldiers, families and Army civilians who want to know more about these resources and programs can visit the directorate's Suicide Prevention website at www.armyresilience.army.mil/suicide-prevention/index.html.

Editor's note: The Army Directorate of Prevention, Resilience and Readiness contributed to this report.



Maj. Jennifer Nevers, a behavioral health officer with the Indiana Army National Guard, introduces instructors from the Walter Reed Institute of Research prior to the two-day-long suicide prevention pilot program Feb. 24 at Johnson County Armory, Indiana.



PRESENTS



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Penguin Pace, Run Your Race

Cameron Park Zoo
Waco, Texas

10k, 5k, 1k Fun Run, Virtual Cycling Event

Race Day Start Times

Registration 6:30-8:30 am

1k Fun Run 8:00 am • 10k 8:30 am • 5k 8:45 am



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For More Information: 254.405.2518 • CameronParkZoo.com

Registration prices are: \$25 for 1K, \$40 for 5K, \$55 for 10K, and \$45 for Virtual Cycling Event. Price increase after October 11. Register by October 28 to guarantee t-shirt size.

Saturday November 9



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Gambit Social House: Date night done right



Photos by Derika Upshaw, Fort Cavazos Public Affairs

Patrons enjoy the dining room and axe throwing attraction within Gambit Social House in Harker Heights, Texas. The Gambit Social House is a restaurant and event center designed to promote social interaction among guests.

BY DERIKA UPSHAW
Fort Cavazos Public Affairs

HARKER HEIGHTS, Texas — Usually, we are down for a family night out. However, sometimes, a date night is necessary. Thus, my husband and I dropped the kids off at the babysitter's house and headed to Gambit Social House, a veteran, family-owned business. It is kid friendly, but more so for 10-year-olds and up since that is how old you must be for most of the activities. However, after 9 p.m., the establishment becomes an 18-and-over location.

As you walk in you are greeted by an inviting atmosphere with an industrial design. To the left, there is a sitting area with velvety seats arranged for group conversations. It seems like a great area to play the board games offered or just sit back, relax with friends and have engaging conversations. In the dining area, there are about 16 TVs mostly playing sports channels.

First, we decided to have drinks and eat dinner. According to Gambit, the menu was created by Brian Duffy of Bar Rescue. The signature cocktail menu was very original to us. I had the Steam Queen, made with strawberry-and-cucumber-infused tequila, lime and rose; it had an actual rose in it, which was great for the presentation. My spouse had the Samurai's Secret, made of Japanese whisky, citrus and mint. The drinks were light and refreshing, giving us new takes on our favorite liquors.

For food, we both had the Swiss mushroom burger, but my spouse had the chips as a side, and I chose the thick-cut fries. The food came out hot



LEFT, The Samurai's Secret, a signature cocktail at Gambit Social House in Harker Heights, Texas, is made with Japanese whisky, citrus and mint. **RIGHT**, The Steam Queen is made with strawberry-and-cucumber-infused tequila, lime and rose. Gambit Social House has a fully stocked bar capable of making a wide variety of drinks.

and fresh, even with Gambit having two big parties at the time we ordered.

Gambit also offered a self-serve beer wall with different Texas and hyperlocal craft beers. From what we saw, most of the beers were between 40 cents and \$1.10 per ounce. You must get a card in order to get the beer, which allows you to try up to 32 ounces. I'm not a beer drinker, but my spouse found it interesting for next time.

After dinner, we decided to do some axe throwing. They have four axe sections with two short lanes and two long lanes. We have done axe throwing before, but not like this. We were able to play different games with it projected on the board. We played tic-tac-toe,

duck hunting and a word-find game kind of like Jeopardy. Let's say a healthy competition was had that night. It cost \$25 to use for 30 minutes, which was more than enough time for us.

Other activities include darts, board games, a large Connect 4 and cornhole. Some of the activities are free while others come with a price.

The most expensive experience is the Escapology, which costs between \$35 to \$40 per person for an hour.

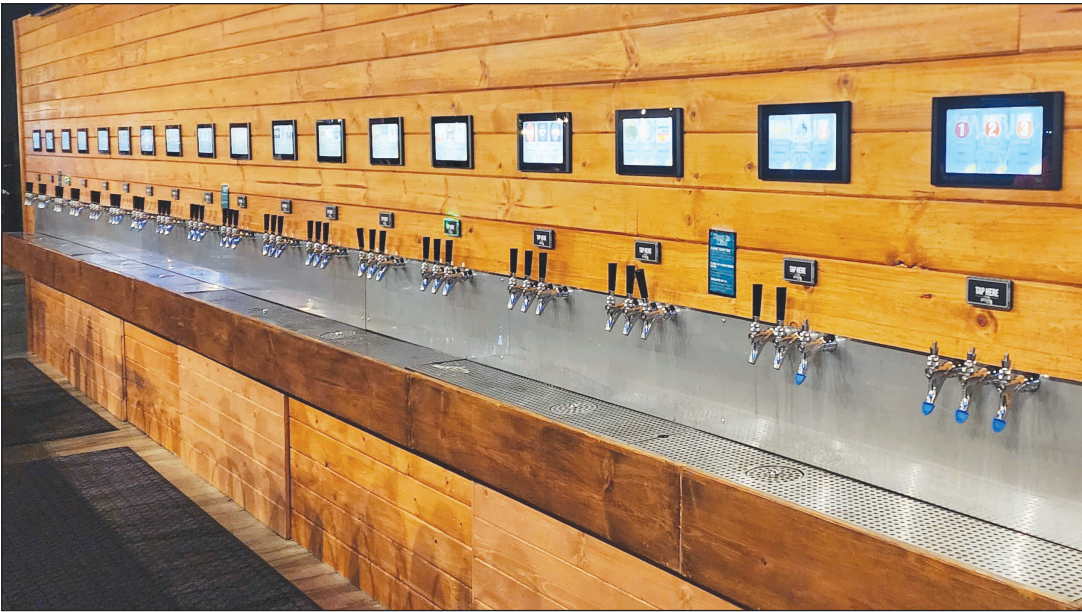
Escapology features escape rooms, with seven themes to choose from. We really wanted to realx that night, so we decided to do the escape room on our next visit because, as much as we love them, it definitely takes brain power we

didn't want to use.

After the axe throwing, we chose to relax on their outside patio since it was a nice night. It was covered and offered plenty of seating, arranged in a way that promoted socialization, showing Gambit's attention to detail.

Overall, we enjoyed the laid-back atmosphere of Gambit Social House. The customer service was great, not just from our waiter, but from all of the staff who came over to check on us. This was a great date-night place for us, and we will definitely be back again.

For more information on Gambit's activities, food, drinks and more, call 254-449-7909 or visit www.gambitsocialhouse.com.



LEFT, A "Jeopardy!"-type game on the axe throwing lane at Gambit Social House challenges players to throw the axe at a letter to solve the riddle. **RIGHT**, Gambit Social House provides a self-serve beer wall, featuring brews from Texas-based breweries, including Austin Amber, Convict Oatmeal and Stash IPA from Independence Brewing Company.



ENTERTAINMENT

PLAY

BLAIR'S BOX OFFICE REVIEWS

September's movies fall flat on fright

BY BLAIR DUPRE
Sentinel News Editor

Spooky season is upon us, so, naturally, I viewed two horror films. But, were this month's movies able to deliver the fall frights we all expect?



Courtesy of Warner Bros. Entertainment

'Alien: Romulus'
In this film, audiences follow Rain (Cailee Spaeny) and her brother Andy (David Jonsson) as they agree to join other space colonizers on a mission to scavenge a defunct space station where, unknown to them, lies a threat

they couldn't ever have imagined. To be completely honest, this film wasn't frightening to me. The original "Alien," release in 1979, didn't really scare me either, and it's No. 49 on IMDB's list of the 100 scariest movies of all time. Why, you ask? Well, I have never been a big alien person, making it very hard for me to even imagine the scenarios presented in a movie like "Alien: Romulus" to be close to anything remotely believable. My feelings on aliens in general have made it hard for me to become invested in other popular sci-fi franchises including "Star Wars" and "Star Trek." So, consider me biased if you like.

There was one jumpscare moment that genuinely made my heart skip a beat, but I lost no sleep over this film. However, there were things I could definitely appreciate about it.

Audiences will be able to tell much effort was put into using as many practical effects as possible

instead of computer-generated imagery. I think it shows how much care was put into making the film great for fans. There are also plenty of Easter eggs, both big and small, for fans of the "Alien" franchise to catch, and I enjoyed the acting of Spaeny and Jonsson.

Unfortunately, "Alien: Romulus" didn't sway my opinion of alien films or alien-related things, but I believe fans of the "Alien" franchise will find it to be very entertaining and a good addition to the line-up of films.

"Alien: Romulus" is very gory, earning its R rating. Please do your research before watching.

'Beetlejuice Beetlejuice'

Three decades later, the green-haired, stripe-wearing "bio-exorcist" (Michael Keaton) is back in "Beetlejuice Beetlejuice."

Following the death of her father, Lydia Deetz (Winona Ryder), her

rebellious daughter Astrid (Jenna Ortega) and stepmother Delia (Catherine O'Hara) come together at the "Ghost House," and many spiritual shenanigans ensue.

This horror-comedy falls in line with the crazy vibe of the original with plenty of callbacks and many crazy special and practical effects.

Like "Alien: Romulus," "Beetlejuice Beetlejuice" didn't really frighten me, but I enjoyed the growth of Ryder's and Ortega's characters throughout. The huge standout, for me, was O'Hara. She delivered a great comedic relief as the over-the-top Delia Deetz, and I found myself smiling each time she was on screen.

If I had to pick one movie or the other to watch again, I would choose "Beetlejuice Beetlejuice."

This film is rated PG-13, but I feel it pushes the boundaries of the rating. I recommend you do your research if you plan to watch the film with younger children.



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Daisy
1-yr-old, short-haired Chihuahua mix, chocolate & white, female.



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



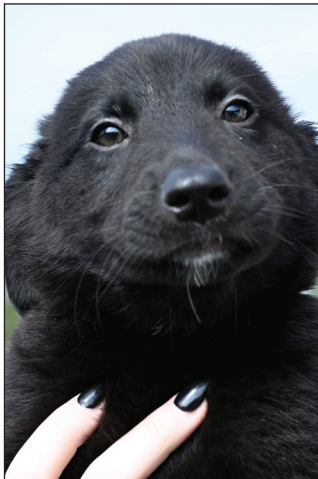
Kernel
8-wk-old, German shepherd mix, tan & tricolor, male.



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



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



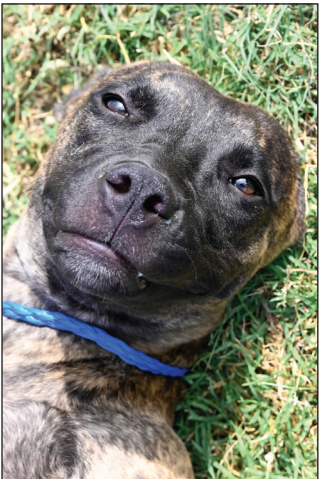
Maize
8-wk-old, German shepherd mix, black & white, female.



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



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Gordo
3-yr-old, domestic short-haired tabby, cream, male.



Melvin
2-yr-old, shih tzu mix, tan, male.

Oktoberfest celebrates fun, tradition

BY JANECEZ WRIGHT
Sentinel Living Editor

Excitement bubbled over and good times flowed as Soldiers, family members, civilians and veterans turned out for this year's Oktoberfest celebration Saturday at The Great Place.

Patterned after the world's largest Volksfest, a German event that usually combines beer, food and rides and draws millions of enthusiasts, Oktoberfest pays homage to German culture and its long-standing traditions.

The event brings a taste of German tradition and culture to The Great Place, "without the need for a passport," said Norma Hernandez, communities activities coordinator with the Fort Cavazos Directorate of Family and Morale, Welfare and Recreation.

"People like to see a fall event like Oktoberfest," she added. "It brings the families together, and I love seeing when this place is packed with people. We've created somewhere people can come and enjoy themselves. It's just the place to be."

While the festivities at the Phantom Warrior Center were on a slightly smaller scale than the traditional Volksfest, hosting about upwards of 2,500 attendees, the activities were equally as spirited.

The 1st Cavalry Division Band kept the mood jovial with festive music as guests enjoyed activities, including free train rides on the BLORA, or Belton Lake Outdoor Recreation Area, Express, a bungee station, inflatable axe throwing and basketball, rock climbing and arts and crafts.

Sponsors such as H-E-B, USAA, Smile Doctors, Allied Marketing Group, Primerica and Fort Cavazos Recycle collaborated to make the event a success.

A patch stocked with pint-sized pumpkins donated by H-E-B was a popular attraction for visitors.

Spc. Abdriel Reyes, 1st Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry



Photos by Janecze Wright, Sentinel Living Editor

TOP LEFT, Brig. Gen. Geoff R. Van Epps, III Armored Corps deputy commanding general of maneuver, taps the ceremonial keg with the assistance of Dr. Peter Craig, director of the Directorate of Family and Morale, Welfare and Recreation during the Oktoberfest event Saturday at the Phantom Warrior Center at Fort Cavazos. **TOP RIGHT**, Spc. Shyanne Ramos, Headquarters and Headquarters Company, 11th Field Hospital, 9th Hospital Center, 1st Medical Brigade, and her husband Sgt. Kevin Ramos, 151st Medical Augmentation Detachment, 11th Field Hospital, 1st Med. Bde., celebrate after their children Adonis, 4, and Harmony, 2, have their faces painted Saturday during the Oktoberfest event at Fort Cavazos. **ABOVE**, The BLORA, or Belton Lake Outdoor Recreation Area, Express provides free rides around the venue Saturday at the Oktoberfest event at Fort Cavazos.

Division, and his family watched as patrons snapped selfies and rooted through the tiny pumpkins.

"I feel like I can enjoy myself and not always think about work," he said of the event.

In addition to family activities, there were also opportunities for guests to test their strength and stamina in events, like keg squatting, where an individual has a minute to complete as many squats as possible holding a 30-pound metal keg.

As the event swelled with visitors, Brig. Gen. Geoff R. Van Epps, III Armored Corps deputy commanding general of maneuver,

and Dr. Peter Craig, director of DFMWR, prepared to perform the tapping of the ceremonial keg.

The tradition of tapping the first keg at Oktoberfest in Munich, Germany, began over 70 years ago when then Mayor Thomas Wimmer tapped the keg and called out "O'zapft is," Bavarian for, "It is tapped."

After a couple of practice blows, the keg gushed with a stream of beer as cheers erupted from onlookers.

"This is an opportunity for Soldiers and family members to come out and enjoy a tradition that's rich with history as our Army has close

ties after having had a presence in Germany since the second World War," Van Epps explained. "It's a tradition that we brought back here to Central Texas, and we celebrate every year."

"Soldiers and their families can let their hair down, enjoy a fun tradition and blow off some steam in a way that is safe and helps build the community," he added.

Spc. Shyanne Ramos, Headquarters and Headquarters Company, 11th Field Hospital, 9th Hospital Center, 1st Medical Brigade, and her husband Sgt. Kevin Ramos, 151st Medical Augmentation Detachment, 11th Field Hospital,

1st Med. Bde., conveyed she and her husband intended to do just that with their children Adonis, 4, and Harmony, 2.

"It makes me feel good that the base actually cares about their Soldiers," she said of the event. "Sometimes you see bad press and bad news about Fort Cavazos, but they don't see also the goodness that Fort Cavazos does for families and Soldiers as well."

Events such as the Oktoberfest celebration happen routinely at Fort Cavazos.

For more information about Fort Cavazos MWR events, visit cavazos.armymwr.com.



FORT CAVAZOS CHAPEL SERVICES



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Sunday Mass, 9 a.m., Main Chapel, www.facebook.com/FtCavazosRomanCatholic

Noon Mass, Monday through Friday, Main Chapel

Confession after Mass or by appointment, call 254-286-6749, Main Chapel

PROTESTANT

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

SPANISH PROTESTANT

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

GOSPEL CONGREGATION

Gospel Service, Sunday, 11 a.m., Memorial Chapel, <https://www.facebook.com/ComancheHappeningsNow>

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

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

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

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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*

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AFAP marks 41 years of improving Army life

BY DIANE WILLIAMS AND SALLIE DAVIS
ACS

The Army Family Action Plan is celebrating 41 years of successfully enhancing the quality of life for Soldiers, their families and Army civilians. Since its inception in 1983, AFAP has addressed over 761 issues, resulting in 130 legislative changes, 202 policy updates and 227 program and service improvements. These efforts have been instrumental in improving Army life, strengthening readiness and supporting retention.

AFAP is a grassroots initiative that gathers input from members of the Army community to address significant quality-of-life concerns. Issues are initially raised at local Army installations, where most are resolved. Those with broader Army-wide impact are elevated to Headquarters Department of the Army, where they are either resolved or deemed unattainable.

How AFAP works

The success of AFAP lies in the participation of the Army's global community — active-duty service members, retirees, Department of the Army civilians, National Guard and Reserve members, surviving spouses and family members. These individuals submit concerns that impact their well-being, along with proposed solutions.

Notable AFAP successes include the creation of Tricare for Life (1995-2001), dislocation allowances for first-time permanent-change-of-station moves (1995-2002) and the increase in Servicemembers' Group Life Insurance coverage from \$50,000 to \$500,000 (1991-2023). Other successes include the establishment of the Thrift Savings Plan (1997-2001) and the ability to transfer Montgomery GI Bill benefits to dependents (2002-2010).

AFAP also helped secure overseas PCS pet entitlements in January this year, which allow military members to be reimbursed for the cost of transporting one pet, either a cat or dog.

Fort Cavazos contributions

Several AFAP issues from Fort Cavazos are currently being reviewed at the Department-of-the-Army level, including the push for increased Family Service Group Life Insurance and improved access to remote behavioral health care for Soldiers and their families.

Locally, Fort Cavazos has resolved several issues for fiscal years 2023 and 2024:

- Single Parent Family Care Plans: The Better Opportunities for Single Soldiers program now hosts quarterly brunches to support single parents in developing FCPs. Child care is provided during events, and a dedicated BOSS Facebook group has been created for single parents to network.
- Sidewalk at Lucky's: A sidewalk was completed near the local eatery on Dec. 14, 2023, improving pedestrian safety.
- Cleaning services for Army Community Service: Shoemaker Center's cleaning services were increased in September 2023 to maintain cleanliness and hygiene in the ACS area.
- Speeding on Shoemaker Lane: Crosswalks received enhanced striping, speed limits were reduced to 10 miles per hour, and pedestrian-safety signage was installed to ensure the safety of those crossing the street in January 2024.
- Food insecurity: The garrison chaplain has made information about the on-post food pantry and local

food banks more accessible. Nonperishable food is available on post, and newcomers are briefed weekly about off-post food resources.

AFAP is important, not only for the Army but for the entire Department of Defense.

"AFAP is a vital quality-of-life community program, and leadership hears your voices," said Marie DeCindio, employment and volunteer program manager, ACS,

Directorate of Family and Morale, Welfare and Recreation. "I would like to personally thank all the AFAP changemakers for submitting their issues last year, and we look forward to working on new issues in FY (fiscal year) 25."

For more information about AFAP or to submit an issue, visit ims.armyfamilywebportal.com/submit, or contact AFAP Program Coordinator Sallie Davis at 254-287-1127 or sallie.davis5.civ@army.mil.



Photo by Pfc. Kristel Cordeo, 139th MPAD
Pfc. Natalie Lopez, animal specialist, Fort Cavazos Veterinary Center, poses for a photo with her dog July 23 at Fort Cavazos. In January 2024, Army Family Action Plan helped secure overseas permanent-change-of-station pet entitlements for military members moving either a dog or a cat. This is just one of many quality-of-life improvements they've spearheaded for Soldiers.

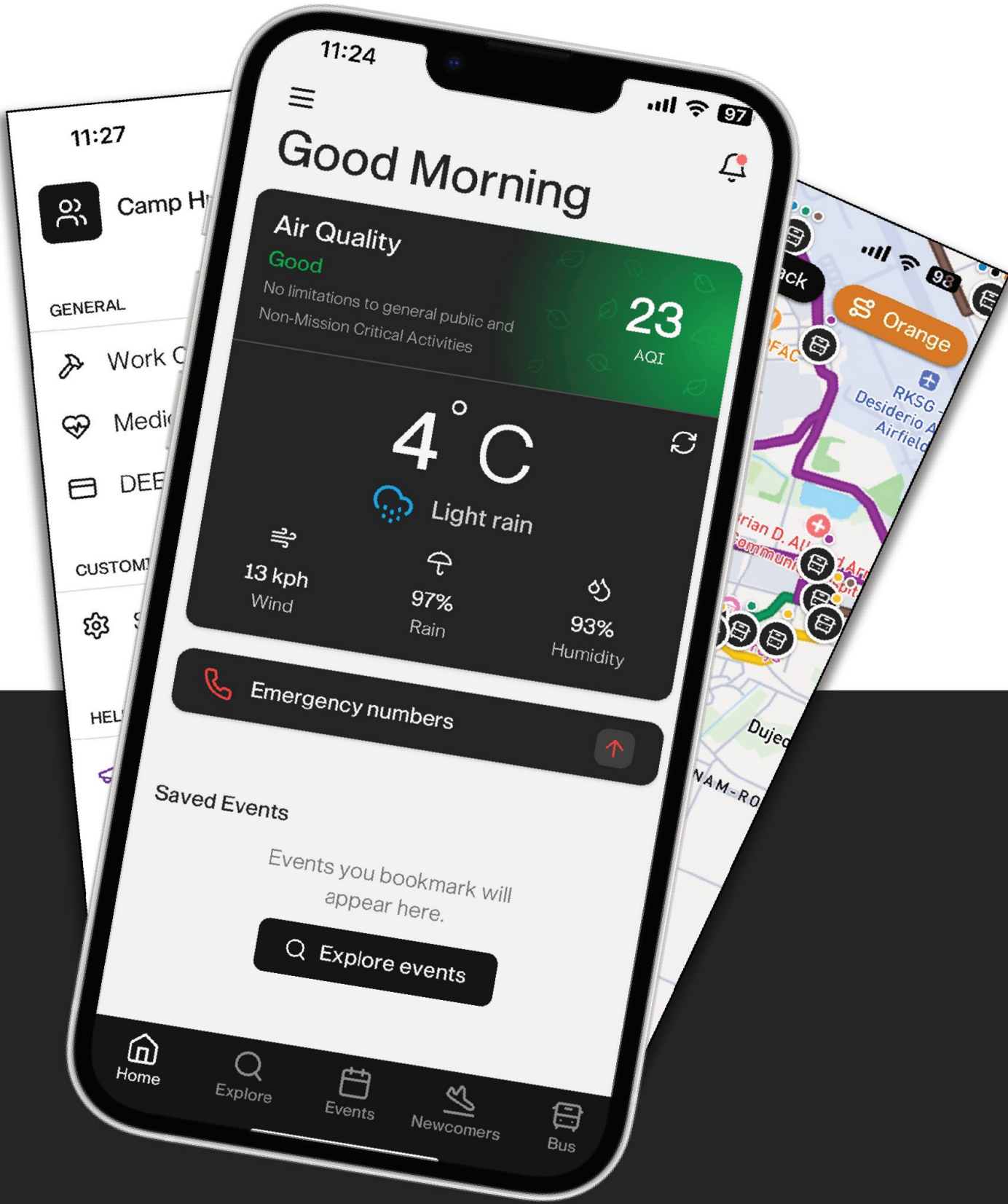
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HEALTH

Rethink ways to cope for suicide prevention

Editor's note: If you or someone you know is in crisis, contact the Veteran/Military Crisis Line for immediate assistance. Dial 988, then press 1; or text 838255.

BY LT. COL. MELISSA BOYD
DHA-PH

Suicide is seldom attributed to a single circumstance or event. Instead, death by suicide tends to result from a combination of individual, interpersonal, community and societal factors. According to the Centers for Disease Control and Prevention, suicide rates for the U.S. population increased approximately 36% from 2000 to 2022, with one death occurring approximately every 11 minutes.

According to the CDC, in 2020 suicide was the 12th leading cause of death in the United States of all ages, and it is also the second leading cause of death among service members.

According to the “U.S. Army Mortality Surveillance in Active Duty Soldiers, 2014–2019” published in the May 2024 Medical Surveillance Monthly Report, a peer-reviewed journal of Defense Health Agency-Public Health’s Armed Forces Health Surveillance Division, self-inflicted gunshot wounds are the most common method of suicide death among Soldiers and the U.S. civilian population. The report consistently found 50–70% of suicide deaths were due to firearms.

Suicide prevention

Suicide prevention involves the collective effort of local and national organizations, health care professionals, individuals and support systems, including family, friends, unit leaders and peers.

“A large part of supporting someone who is in crisis is providing practical strategies and solutions for managing difficulties,” said Kimberly Buckingham, a licensed clinical psychologist at DHA-PH in Aberdeen, Maryland. “Suicide is often about escaping the pain rather than about dying. Offering someone hope that they can change their situation is an integral part of support.”

The 2022 Annual Report on Suicide in the Military describes suicide as multifaceted and indicates relationship problems, workplace difficulties, administrative/legal concerns and financial difficulties are among the top stressors for service members. Building coping skills to manage the stressors that contribute to suicidal thoughts, and preventing harmful thoughts from resulting in harmful behaviors, are essential to preventing suicide.

Building positive coping skills

Building healthy coping skills that enhance abilities to adapt positively to expected and unexpected life challenges play a critical role in suicide prevention and reducing self-directed harmful behaviors. Equipping service members with stress management, time management and decision making strategies, including the ability to problem-solve, destress and adapt to change can help foster health and readiness.

Skill-based programs that teach effective relationship, communication and parenting skills have been shown to reduce suicide risk and can help both the service member and their family. Strong unit cohesiveness fostered by engaged leadership has also been shown to promote protective factors and reduce suicide risk. The U.S. Army’s Readiness and Resilience, or R2, Performance Centers are an example of a customized performance and resilience training and education program provided to service members to help build readiness, resilience, performance and unit cohesion.

“The courses offered through the R2 Performance Centers effectively cover both doctrine and psychological performance

tools related to leadership development, values-based communication and building commitment and trust within teams,” said Lt. Col. Virgil Rivera, a board-certified, licensed clinical social worker with the DHA-PH health education and application division.

Effective coping strategies

According to a 2016 study by the U.S. Army Research Program Office, the most frequently used coping strategies by service members and veterans included acceptance, positive reframing, active coping, planning and religion. Here is how each is defined from the study:

- Acceptance: Acknowledging that some things are out of one’s control
- Positive reframing: Thinking about a challenging situation in a positive way
- Active coping: Actions a person directly takes to manage a stressor
- Planning: Thinking about the methods and steps to improve the situation
- Religion: Involvement with one’s religious faith

How can this be practically applied? Here is how someone might use “active coping” to manage stress:

- Engaging in consistent physical activity like walking, running or exercise
- Maintaining adequate nutrition, including getting a daily dose of fresh fruits, vegetables and proteins
- Getting at least six to eight hours of sleep each day.
- Volunteering, mentoring and involvement in community improvement projects to build self-esteem and a sense of purpose

“A healthy lifestyle enhances overall well-being and improves resilience, mindset and coping skills,” said Col. Michael Cohen, command surgeon for U.S. Africa Command. “Sleep is essential for cognitive function and proper response to stress. Physical activity releases endorphins that improve mood and reduce stress. A balanced diet fuels the body and brain and contributes to emotional stability. Prioritizing adequate sleep, regular exercise and a healthy diet enables the mind and body to respond to mental and physical challenges properly.”

Here are some additional healthy coping strategies:

- Connect with others — spend time with family, friends and unit members
- Talk to trusted people
- Ask for support
- Journal to reframe unhelpful thoughts and causes of stress
- Practice positive affirmations and self-talk
- Connect with a faith-based community and/or pray
- Write down personal goals and values
- Engage in hobbies
- Spend time outdoors
- Prioritize tasks; use a timer, organizer and/or schedule system to manage time
- Discover a healthy method for release and express emotion:
 - Creating art
 - Journaling
 - Crafting
 - Playing an instrument
 - Photography
- Making a gratitude list/sending an encouraging email

- Relax:
 - Deep breathing
 - Muscle relaxation
 - Guided imagery
 - Yoga/stretching
- Engage the mind:
 - Read
 - Do puzzles
 - Listen to music

“What most people don’t know is that over 99.9% of people who experience suicidal thoughts do not go on to die by suicide,” said Dr. Craig Bryan, a board-certified clinical psychologist and the Trott Gebhardt Philips Professor of Psychiatry and Behavioral Health at The Ohio State University. “In most cases, people can make it through the challenges and stress they face even though it can feel hard to do. Most of us can do this by doing things we enjoy, doing things that keep us busy or spending time with other people.”

How leadership addresses suicide

Leadership engagement at all levels is key for reducing the stigma of asking for help and for improving overall well-being of the military family. Leaders are encouraged to create environments that establish group interaction, the personification of military service values and support service members’ sense of purpose. Additionally, leaders who utilize tools and resources to safely and effectively communicate about suicide and harmful behaviors with service members, units and military communities can influence attitudes and behaviors and positively shape the way service members and their families view seeking help.

Recommendations

Here are some tips to enhance suicide prevention and build an environment that promotes healthy techniques for managing stress, seeking help with life challenges, addressing health problems and implementing safety measures against the common methods of suicide.

- Promote stories of resilience, help-seeking behaviors and positive coping skills. These are powerful prevention approaches, especially when they come from trusted leaders and individuals such as family, friends, peers in the military and other sources of support.
- Advocate help-seeking behavior by offering information and resources about crisis and noncrisis services.
- Integrate wellness and resilience topics and strategies into a unit’s training calendar, such as classes on developing healthy interpersonal relationships, anger management, relaxation exercises and the operational environment (like the use of master resiliency trainers).
- Enforce the availability of gun safes, locks and other safety devices for service members to store their personal firearms.
- Employ targeted marketing campaigns and strategies to increase awareness of healthy and unhealthy coping skills as well as lethal means safety.

Some resources for service members include [defense.gov/Spotlights/Suicide-Prevention_militaryonesource.mil](https://www.defense.gov/Spotlights/Suicide-Prevention_militaryonesource.mil) and armyresilience.army.mil/suicide-prevention/index.html.



SPECIAL DELIVERIES

AUG. 17

A daughter, **Leyah Faith**, to Deleiza and Amah Djekouri, III Armored Corps.
A son, **Kingsley Lavez**, to Taylor Beckham, 3rd Cav. Regt.

AUG. 19

A daughter, **Kaylah Makeda** to Gerrard Konan and Amenan Koffi.

AUG. 20

A son, **Yoshi Aurelio Bayonle**, to Juan Gonzalez-Esteban and Jana Sexton, 3rd Cav. Regt.

AUG. 22

A daughter, **Catalina Rose**, to Richard III and Mayra Money, 13th ACSC.

AUG. 23

A daughter, **Dynver Rayne**, to Jarvis and Sherrice Hopes, 1st ABCT.
A daughter, **Mia Monet Brezzetta**, to Carl-tace Leggett and Tierra Marshman, 1st ABCT.

AUG. 24

A son, **Bentley Alexander**, to Dylan and Keyla Barke, 13th ACSC.

AUG. 27

A daughter, **Adamari Genisis**, to Rushon Harris and Jackeline Vera, 53rd QM.

AUG. 28

A son, **Avery Cole**, to Marquez and Jessica Rosebure, 69th ADA.

AUG. 30

A son, **Daniel Jackson**, to Grant and Anna Norman, 91st BEB.
A son, **Huxley Taylor**, to Jeffery and Cameron Gunn, 1st Air Cav. Bde.

SEPT. 1

A daughter, **Jasmine Mazikeen**, to Justin, 36th Eng. Bde., and Cushla Phillips, 3rd BEB.

SEPT. 4

A daughter, **Emmeline Jade**, to Justin and Heather Alexander, 3rd SFAB.

SEPT. 5

A son, **Carson Kade Garrett**, to Mason and Carrie Dodge, 504th MI Bde.

SEPT. 6

A son, **Reiner Leon**, to Robert and Heather Tieman CRDAMC.
A son, **Kienan William Thomas**, to Trent and Kassidy Keeler, 1st Cav. Div.

SEPT. 7

A son, **Winter Nash**, to Jamos White and Kimberly Giron, 3rd Cav. Regt.

SEPT. 8

A son, **Leopold Richard**, to Bradley and Sarah Vanderzanden, 1st ABCT.

SEPT. 9

A son, **Jonah**, to Daniel Greene and Alondra Estrada, 3rd ABCT.
A son, **Brantley Clyde**, to Nathan Tivnan Jr. and Meghan Holliday, 2nd ABCT.

SEPT. 11

A son, **Ares Josiah**, to Lawrence and Gissela Boucher.

SEPT. 13


A daughter, **Lucy Harper**, to Zachary and Sharon Bramble, 3rd ABCT.

SEPT. 14

A son, **Daylon Messia**, to D’Aaron Marshall and Taylor Daniels, 2nd ABCT.

SEPT. 16

A daughter, **Xochitl Teresa**, to Alejandro Beltran Jr. and Brenda Jimenez, 13th ACSC.



HEALTHY COPING STRATEGIES

- Connect with others
- Find a healthy method of emotional expression
- Relax
- Engage your mind

CONNECT to PROTECT

DHA-PH graphic illustration by Rachel Stershic

Service members are known for their strength, dedication and resilience. Building healthy coping skills that enhance abilities to adapt positively to expected and unexpected life challenges plays a critical role in suicide prevention and reducing self-directed harmful behaviors.

School Liaison Office hosts Schools Council Meeting

BY DERIKA UPSHAW
Fort Cavazos Public Affairs

The Fort Cavazos School Liaison Office hosted their annual Schools Council Meeting Sept. 18 at the Community Events and Bingo Center at Fort Cavazos.

The event brings surrounding school districts and community partners together. Representatives from Jarrell, Killeen, Temple, Salado, Belton, Florence, Lampasas and Copperas Cove Independent School Districts attended.

“The Schools Council Meeting is an opportunity for our partners from the school districts, as well as community partners and command teams on the installation, to join together to collaborate and discuss any issues that may be brought forward concerning school situations or issues that parents may be having with things,” said Terri Jones, a school liaison officer with Child and Youth Services.

Jones mentioned it was also an opportunity for school districts to share the programs, the events and changes that have taken place since the previous school year.

Community partner agencies that joined included representatives from Gratitude Initiative, a program that provides free, comprehensive college and career prep for military students in grades 8 to 12; SpedTex, a website provides information and resources for families and educators of students with disabilities; the Scholarship Lady of Central Texas, a program that provides resources to help students make informed decisions about careers and post-secondary education; and the Military Interstate Children’s Compact Commission, or MIC3, which deals with the educational challenges of military children transitioning from one school to another.

Each district presented a slideshow or video that displayed their demographics, initiatives already in place and what they have coming up soon. The hope is parents can make informed decisions about their students’ education, conveyed Jimmy Shucks, assistant superintendent of Copperas Cove Independent School District.

“It’s important for each of these districts that are around here supporting Fort Cavazos to be able to come back out in this forum and be able to share, ‘Hey, here’s all the things that we’re doing, and here’s all the things we’re offering,’ so that families can then come back and make

an informed decision,” he said.

The surrounding districts have many programs to offer to students. Some offer industry-based certifications to help high school students start a career when they graduate, such as a butcher license or a licensed vocational nurse certification. Others offer dual-language programs where all students will learn Spanish and English at the same time.

The districts also went over their safety initiatives and extracurricular opportunities at all levels. With the growing population for the area, many of the districts plan to build new schools, from elementary to high school.

Parents and others who were unable to attend still have access to all the information presented.

“The slides that we used in the presentations today will be available on our website on the school liaison page, as well as calling our office and reaching out to get the support from the School Liaison Office for their family or students,” Jones said.

The school liaison website can be found at cavazos.armymwr.com/programs/school-liaison-officer or visit the office in room 101 at the Shoemaker Center, Bldg. 36000. It is open 7:30a.m. to 4:30 p.m. Monday through Friday.




Photos by Derika Upshaw, Fort Cavazos Public Affairs

LEFT, Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, opens the forum to discuss issues and other topics of conversation during the Schools Council Meeting Sept. 18 at the Community Events and Bingo Center at Fort Cavazos. Post leadership learned what school districts in the installation’s surrounding areas had to offer its military students and changes that might affect them. **RIGHT**, Dr. Jo Ann Fey, superintendent of Killeen Independent School District, gives her presentation on demographics and initiatives within KISD during the Schools Council Meeting Sept. 18 at the Community Events and Bingo Center at Fort Cavazos.

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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 October 02, 2024 at 10:00 am** and bidding will close on or after **Wednesday October 09, 2024 at 10:00 am**. General description of content: general household/personal goods/ other contents. Names of tenants as they appear on the lease: **Eric Gray, Abdelkebir (Abe) Kardoudi, Paul Johnson, Amber Coleman, Davida Varner, Holly Hale, Pamela Kyles, Shoreline Mccoy, Marlon Riley, Ashley Yates, Willette Freeman, Paul Peters, Karla Kirkpatrick, Michelle Brewer, Xavier Wallace.** 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 September 19, 2024 and September 26, 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 before **Wednesday October 02, 2024 at 10:00 am** and bidding will close on or after **Wednesday October 09, 2024 at 10:00 am**. General description of contents: general household/personal goods/other contents. Names of tenants as they appear on the lease:

Krystal Williams, Heather Turner, Jordan Cina, Avis Carter.

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:
September 19, 2024 & September 26, 2024

LAST WEEK'S CROSSWORD ANSWERS

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

AUTOMOTIVE

FOR SALE: 95,400 miles; One owner with clear title and very clean Tacoma 4x2 white 6-foot bed. Fluid changes and all tune-ups below were done by Toyota. Transmission filled drained and flushed and filled 93,000; Rear end drained and filled 58,000; 2 tune ups in 14 years; Radiator drained and flushed 75,000 miles; 4 new 60,000-mile tires with 8,000 miles on them and air and cabin filter changed 93,000 miles. Engine oil changes every 2,000-3000 miles with full synthetic since 2011. Comes with Diamondback cover. Garaged 95% of the past 14 years, AC works great, No accidents, Located in Round Rock, Texas (50 miles of Fort Cavazos) 2010 Toyota Tacoma 4x2 Pre Runner \$18,500. (713) 454-9684

FOR SALE: 1929 Ford roadster hot rod new motor/transmission radiator chromed accessories etc for sale/interesting trades or will trade down for Harley panhead. local car near post Cavazos call for appointment to viewmark,

MISCELLANEOUS

FOR SALE: Collectibles: sports cards, albums, toys, pottery, racing magazines. Miscellaneous: tools, weights equipment. More collectibles: Elvis, Princess Diana, Beanie Babies, and Star Wars. Please TEXT 254.479.8471.

FOR SALE: 2011 Bison 3 Horse Slant Trailer: This all-aluminum, warmblood model features a 7'7" interior height for extra tall horses. It includes a large, carpeted dressing room with ample storage and 11 bridle hooks. The horse compartment has drop-down windows with aluminum bars, bus windows, and 3 roof vents. The rear tack room offers a 3-tier saddle rack, 4 bridle hooks, and can be collapsed to haul an ATV or golf cart. Additional features include interior and exterior load lights, a water-proof hay pod, 16" tires, and aluminum wheels. Recently polished and detailed, this 15' long, 3400 lb trailer can be easily towed by a half-ton or SUV. (561) 938-4618

FOR SALE: 2 AKC Regis-

EMPLOYMENT

WANTED: Senior Lady in Need of an honest, dependable person to take care of a small yard. Must have your own equipment & lawn mower w/ a bag. \$45.00 every other week. (254) 213-1830.

WANTED: Senior Lady in Need of honest, mature, dependable, responsible person to help with light household cleaning, Covid Tested 2x a month @ \$50.00 each visit. (254) 213-1830.

REALESTATE

FOR RENT: Available now, Single family home -conversion garage which is perfect for a family room. Included: washer and dryer hook up shed in the backyard. Lot size is 0.28 acres. Location is in nice quiet neighborhood, family friendly area with a park in walking distance. 2004 Phylis dr cooperas cove. 1700sqf. Deposit: \$1300 Rent:1300 (254)-289-0873-call.

SPORTS SLEUTH • WOMEN'S PRO SPORTS TEAM NAMES

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

unlisted clue: DREAM

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally. Thursday's unlisted clue hint: THOUGHTS WHILE SLEEPING

Amazons	Gladiatrix	Red Stars	Supernovas
Courage	Gray Wolves	Sky	Thrill
Current	Liberty	Storm	Valkyries
Fever	Pride	Sun	

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JUMBLE

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

NW GUS
REYNT
VEDUTO
ETAE OG

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Get the free JUST JUMBLE app - Follow us on Twitter @PlayJumble

I want you to come up with cheers that your classmates will really enjoy.

I've got some ideas!

Me too!

THE HIGH SCHOOL CHEERLEADERS WERE GOING TO LEARN SOME ---

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

Jumbles: SWUNG ENTRY DEVOUT GOATEE

learn some --- NEW "ROOT-TEENS"

Answer: The high school cheerleaders were going to

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.



SCAN HERE

PREMIER CROSSWORD/ By Frank A. Longo

ACROSS	62 Flanders on "The Simpsons"	99 Kind of salute performed at military funerals	6 Post-workout feeling	46 "Mama" Cass	83 Headliner
1 Streisand of "Nuts"	63 Quick, sharp punches	101 Cherubs, e.g.	7 Multivolume Brit. lexicon	48 Orang cousin	84 "Ciao 4 now"
7 President after Bush	65 Cocktail of bourbon, lemon and mint	105 Smartphone buy	8 Matzo — (Passover breakfast option)	49 Figure skater Lipinski	86 Beat others in claiming something
12 Japanese soup	19 Fanatic	107 Emulate	9 In — (stuck)	50 Epochs	88 Dojo surface
16 Beaker locale	20 Boo-boo	108 Mag bigwigs	10 Soft shoes, for short	51 Plate	89 Old verb suffix
19 Fanatic	21 State of mind	109 Heroic fighter pilot of the 1940s	11 Locations	53 Key near Q	90 Remade musicals, e.g.
21 State of mind	23 "Can this be?!"	114 Sinister	12 Actress Marlee	54 Brewery kiln	91 "Showdown" rock gp.
23 "Can this be?!"	25 Color close to aqua	117 Studios with easels	13 Agenda unit	55 Actor Sahay who played Lester Patel on "Chuck"	93 "Easy-peasy" (mouth the words)
25 Color close to aqua	26 Leave shore	71 It might consist of a dictionary, thesaurus and atlas	14 Slick around to see	60 Lip- — (mouth the words)	97 Polish capital
26 Leave shore	27 "I'm to blame for everything"	76 Pouches	15 Rig accidents	63 Pantry container	98 Start for Pen or dermis
27 "I'm to blame for everything"	29 Mil. address	78 Tic — -toe	16 Doozies	64 Got older	100 Barely earns, with "out"
29 Mil. address	32 Nada	81 "You wish!"	17 Fully grown	65 Alternative to Mazola or Crisco	101 Informed (of)
32 Nada	34 "— see!" ("Evidently!")	82 They may break ground	18 Borscht loaf	66 Charlemagne ruled it: Abbr.	102 Still in bed
34 "— see!" ("Evidently!")	35 Events that break ground	83 Dad on "Rugrats"	24 Yalies	67 Bro's sibling	103 Garbo of old movies
35 Events that break ground	36 Like K-Cup coffee pods	84 For takeout	28 Mauna —	68 Suit well	104 Singer Fitzgerald
36 Like K-Cup coffee pods	42 Two-word conjunction	85 Fail to remain calm	29 Waste barrel	69 Orch. section with timpani, cymbals, etc.	106 Gyro wraps
42 Two-word conjunction	44 Sol's Greek counterpart	87 Annual mailing to the IRS	30 Capital of South Dakota	71 Performs like Drake	110 Ship of myth
44 Sol's Greek counterpart	45 Bangor locale	92 Baskers' goals, often	31 Mounted to a backing for decoration	72 Jacob's twin	111 Sleet, in brief
45 Bangor locale	47 Built	94 Birth-related	33 Big-eyed primates	73 Twain's Huck	112 "Fast Money" network
47 Built	52 2011 Steve Carell film	95 Home for French presidents	37 Egyptian city with pyramids	74 Clamor	115 A party to
52 2011 Steve Carell film	56 Puppeteer Lewis	96 Lerner's musical collaborator	38 Myrna of old movies	75 Hoodwink	116 Constellation next to Hercules
56 Puppeteer Lewis	57 Opera song		39 Spellbound	76 Gets trite	119 Oahu, e.g.: Abbr.
57 Opera song	58 Gallery work		40 Roman 7	78 Muss, as hair	120 Atop, in odes
58 Gallery work	59 Fox hangouts		41 Finale	79 "I concur"	121 Scot's dissent
59 Fox hangouts	61 Nest eggs for srs.		43 Plow pioneer John	80 Chili dogs	122 Raised trains

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19						20					21				22				
23						24					25								
26						27				28									
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117										118				119			120	121	122
123										124					125				
126										128					129				

#2,213 Average time of solution: 67 minutes

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Foot is moved. 2. Blinds are higher. 3. Back of chair is different. 4. Diploma is moved. 5. Chair leg is moved. 6. Lapel is missing.

SLYLOCK FOX

Rachel Rabbit says that earlier today, at twelve noon, Kackles the hyena stomped through her garden and crushed her flowers. However, Kackles claims he was sitting in the cool shade on this rock reading at that time and has not moved since. Why does Slylock Kackles' alibi?

Kackles on the rock.
Solution -- The sun was cast a long shadow over the tree world not have high in the sky at noon.

HOW TO DRAW a basketball player

9-22

YOUR DRAWING Today's terrific artist is Ryann, age 12

Submit your drawing to www.slylockfox.com

Spot six differences between these panels.

Answer -- Seagull, sword, flag, coin and bubble.

Have fun solving a new comic puzzle every day at www.slylockfox.com

GARLYN 50TH SHELTON



FINAL DAYS of
SUMMER
SALES EVENT



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ALL ELIGIBLE VEHICLES COME WITH



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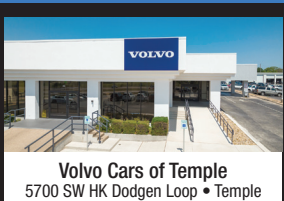
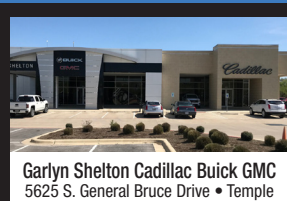
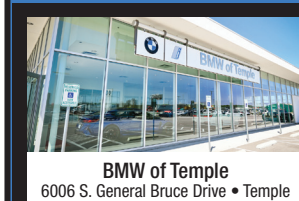


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