Trade Warrior
Program equips
Soldiers for careers



LIVING

NEWS

Baguette Bistro satisfies munchies



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Army begins cognitive testing at IET A7

Thursday, September 5, 2024

Spouses' Club hosts annual Super Sign-Up



Photo by Derika Upshaw, Fort Cavazos Public Affairs

Members of the Fort Cavazos Spouses' Club interact with spouses interested in joining their organization during the Super Sign-Up event Aug. 29 at Samuel Adams Brewhouse at Fort Cavazos. President Nikki Strong said the purpose of the event was to give interested attendees a feel for the organization.

BY DERIKA UPSHAW

Fort Cavazos Public Affairs

Coming to a new duty station or joining the military community while leaving a previous tribe of family and friends can be daunting for a spouse. Fortunately, the Fort Cavazos Spouses' Club gives spouses an opportunity to make new friends while giving back to the community.

The Spouses' Club hosted their annual Super Sign-Up event Aug. 29 at Samuel Adams Brewhouse to kick off the start of their year. It is their huge push for membership in the organization.

"We kind of do a lot of things for the community and within the community," said Nikki Strong, president of the Spouses' Club. "This is just to make sure that everybody in the community has a friend, has something to do and just can kind of continue to build support and camaraderie.

"We wanted (the Super Sign-Up event) to set the tone for the year," she continued. "We wanted it to be fun. We wanted to be informative. We want people to come in and kind of feel the vibe of the club and learn about all the things we do, so that you know how you want to be involved."

Many spouses in attendance were there to join the Fort Cavazos Spouses" Club for the first time. Some said they had been a part of spouses' clubs at other installations and loved joining for the camaraderie.

"So, I actually work out with a lot of the women that are on the board," said Shannon Younkin, an Army spouse. "They all talk very highly of the Spouses' Club, and they're very involved.

"And so that's kind of what I've been wanting to do since we came back here, because this is our second time being stationed here," she continued. "I really wanted to try to meet new people and get more involved."

Many spouses also were wanting to be part of the organization to give back to the community. The club hosts three big fundraisers a year: the Holiday Bazaar in November, Wild West Night in March and the new holiday social in December. The group also does event rentals and organizes Operation Deploy Your Dress, which provides formal wear for women and men for military functions. All their

See Spouse, A6

Fort Cavazos provides in-home child care

BY DERIKA UPSHAW

82nd Year, Issue 36

Fort Cavazos Public Affairs

Permanent-change-of-station season for the Army is still here, which means military members and their families are moving into the area. Many incoming families wonder about the job market and child care facilities, but the Child and Youth Services at Fort Cavazos has an answer for both questions.

"Family Child Care is a branch under the Child and Youth Services where family members care for children in their home," said Sadie Collins, the child development services administrator with Child and Youth Services. "It's a more intimate, smaller environment of child care that is an option for service members to have child care."

There are six child development centers on post and with the influx of families, they have a waitlist. The eight FCC providers with four more in-processing help alleviate some of the wait and give more flexibility for families.

"The goal is just having on

"The goal is just having an additional option for service members to have child care," Collins said. "FCC provides a lot of flexibility, whereas the FCC provider is an independent contractor, so they can state that they're going to have extended hours,

whereas in the CDC — we're open from 0530 to 1800 (5:30 a.m. to 6 p.m.)."

FCC providers can also help service members who may have extended duty, charge of quarters or other duty obligations outside of the normal schedule.

Additionally, children do not lose any social or developmental aspects they would receive at the child development centers. The providers can care for up to six children in their home depending on the ages, which creates a personalized, intimate environment. Collins said each child's plan is

individualized based on where they are and the goals set between provider and parent.

Erin Jamieson, Army spouse of Sgt. Jeffrey Jamieson, 87th Combat Engineer Company Armored, 20th Engineer Battalion, 36th Engineer Brigade, enrolled her son Arthur, 3, in a FCC home. She said the transition was not easy for her son since he was used to one-on-one interactions staying at home, but now it has become a lot better.

"He knows his colors, his

See Child Care, A6



Photo by Derika Upshaw, Fort Cavazos Public Affairs
Arthur Jamieson, 3, and Emerald Fuentes, certified family child care
provider, have a mid-morning snack Aug. 29 at Fuentes' home at Fort
Cavazos. Fuentes provides four to five meals a day for her program.

NEWS BRIEFS

Legends Way closes Friday Legends Way between 72nd

Legends Way between 72nd Street and Pleiku Drive is closed from 9:55-11 a.m. Friday. Please plan appropriately.

79th Street Gate to close

The 79th Street Gate will close Sunday through Sept. 27 in support of repairs to the railroad crossing at that location. Commuters can utilize the Clear Creek Gate, Santa Fe Gate or Bernie Beck Gate during this period to access the installation.

Apply for Santa's Workshop

Applications for Santa's Workshop at The Great Place are now open through Oct. 15. Active-duty, active Guard and Reserve service members stationed at Fort Cavazos with dependent children aged 6 months to 12 years old as of Dec. 25 are eligible to apply. Applicants must be present on station during the application period. For more information, visit www.santasworkshopgp.org/applications.

Attend 'Rock for the Brave' fest

There will be a "Rock for the Brave" military family fest from 2-11 p.m. Sept. 28 at Phantom Warrior Stadium. This event is free and open to all Department of Defense ID cardholders. There will be food, drinks, games, activities, prizes and more. The event will feature Chip Gaines, star of the HGTV show "Fixer Upper;" Duff Goldman, star of Food Network's "Ace of

Cakes;" Adam Yenser, a comedian and Emmy Award-winning writer; Kid Ace, a magician and illusionist; and Cole Swindell, a country music singer-songwriter. There will also be a pre-festivities meet and greet with four-time Super Bowl champion Rob Gronkowski. For more information, visit cavazos.armymwr. com/happenings/rock-brave.

Fort Cavazos hosts Retiree Appreciation Days

Fort Cavazos will hold its 49th annual Retiree Appreciation Days Oct. 25-26. This will feature a gold tournament for retirees at 9 a.m. Oct. 25 at the Courses of Clear Creek. limited to the first 144 entries received from retired personnel, their family members and survivors. The entry fee is \$60. Email the entry form to charles.e.mcphinoly.naf@army. mil or mail the form to DFMWR-**Business Division, The Course of** Clear Creek Bldg. 194, 37th St., Fort Cavazos 76444 no later than Oct. 15. For more information, call 254-287-4130.

Additionally, there will be a Bingo Social at 5.30 p.m. Oct. 26 at the Phantom Warrior Center. To RSVP, email tlstmm02@yahoo.com no later than Oct. 4.

There will also be legal assistance with the Fort Cavazos Legal Assistance Office from 9 a.m.-4 p.m. Oct. 25 and 10 a.m.-4 p.m. Oct. 26, and the ID Cards Facility will be open for walk-ins for retirees and their family members from 10 a.m.-4 p.m. Oct. 26.

Phantom Warrior Command Team:

III Armored Corps recognizes Suicide Prevention Month

Teammates, families and friends,

The loss of a single life to suicide is a tragedy. This is a serious problem across the Army, and within our organization. Suicide is a nationwide public health issue that affects communities everywhere. It is complex and multifactored. This September, in support of Suicide Prevention Month, we call upon Soldiers and family members across the III Armored Corps to help us combat this issue.

Everyone has a role to play in preventing suicide. Step one is engaged and empathetic leadership. We must ensure our teams have the resources, awareness and skills needed to build resilience, identify warning signs, risks and intervene to prevent suicides. There is no surer test of engaged, empathetic leadership than how leaders respond to their Soldiers who are in distress or fighting invisible battles.

Every leader in the III Armored Corps is expected to actively check on their Soldiers and to be aware of changing situations in their personal lives. Leaders must be empathetic

Command Sergeant Major, U.S. Army

III Armored Corps and Fort Cavazos

John P. McDwyer

enough to notice when Soldiers are having a tough time, ready to lend a hand or take action

Additionally, we are tackling "lethal means safety" — the idea of putting distance between a Soldier in crisis and the most lethal tools they might use to take their own life. Over the last year, most firearm deaths of service members were the result of suicide, as compared to combat, homicide or accidental death. If a battle buddy is struggling with mental health, have the conversation with them about making a plan for their firearms. It has the potential to

You do not have to experience mental health challenges alone. Talking with someone is always an option and is a sign of courage and strength. All Soldiers and families at Fort Cavazos have access to 24/7 helplines, and behavioral health care through embedded behavioral health teams, military and family life counselors, chaplains, Military OneSource non-medical counseling, as well as services in

Lieutenant General, U.S. Army

Commanding General

the Army's Substance Abuse Program, Family Advocacy Program and Department of Veterans Affairs mental health resources.

If you or someone you know needs help, support is always available — we care about you! You may call Military OneSource at 1-800-342-9647, or chat online for non-crisis concerns, such as relationship, family or financial challenges. Service members, veterans and their loved ones can also call the Military Crisis Line/Veterans Crisis Line at 988 and then press 1, chat at veteranscrisisline.net or text to 838255. This free, confidential lifeline provides individuals in emotional crisis with support and connection to any necessary services.

This is an Army-wide problem. But if we work as a team, we can make a change here on Fort Cavazos and across the III Armored Corps. Phantom lethal!





John McDwyer



"Connect To Protect" is the Department of Defense's theme for this year's Suicide Prevention Month.

Graphic courtesy of Army Resilience

September brings National Preparedness Month

BY DR. EDWARD J. REPETSKI

The arrival of fall brings change to many families in our area. Children have started school or are heading off to college or moving

out of dormitories after their freshman year. These often drive change to plans about what to do in the case of an emergency.

September is recognized as National Preparedness Month.

The Federal Emergency Management Administration, or FEMA, runs this annual event to remind all of us to take a moment to consider our personal and family preparedness for whatever may happen in

We usually mark this end of summer with the Labor Day Weekend. Please consider a moment of serious discussion — while we are relaxed and safe — to make plans for a time when challenges to health and safety may arise.

Now is a great time to either update your plan

or to put one in place.

Edward J. Repetski

FEMA's website, www.ready.gov is a great resource for planning.

The first step is to consider what disasters may occur in your area. My family focused on what we deemed the most likely in our area:

> power outages, winter storms and thunderstorms, to include hail and

Your family may choose to focus on others based on what you deem most likely or most dangerous for your situation. You need to think through how these events will impact you and your entire family, to include people and pets that depend on your presence and care.

From there, FEMA recommends

a framework for planning: 1. How will I get emergency warnings? Where do I tune in for news about an event? How do I gain and maintain contact with that information with and without power at hand?

2. What is our shelter plan? Where and how will we shelter in place? What do we do

in the house during a tornado? During a power outage?

3. What is our evacuation plan? In every emergency, should we stay or should we go is an important decision. What do we take? Where do we go? Where else can we go if we can't go to our preferred location?

4. What is our communications plan? With cell phones, many of us no longer commit family phone numbers to memory. Who do we call away from this area to "check in" so that others can find out where we are and what our status is? Having a written list of numbers can remove a lot of stress in a crisis.

5. Do I need to make or update my emergency preparedness kit? Having a "go bag" is great but only if it has what you need. Consider a checklist to remind you to grab those items that are often not in that bag like prescription medicine or phone chargers.

Take a moment with your loved ones to have this critical discussion during September, then take the necessary steps to be ready.

Too many folks have these discussions and begin actions once a disaster is upon them.

New farm-to-table restaurant opens on installation



Photo by Eric Franklin, Fort Cavazos Public Affairs

The newly renovated Lucky's restaurant, a fresh addition to the dining options available on post, opened Sept. 3 at Fort Cavazos. The bright, inviting exterior contrasts with the cloudy sky, signaling a new beginning for the building that previously housed Chili's. Lucky's, known for its all-day dining, including popular breakfast options, opened its doors following months of anticipation and has already garnered attention for its modern renovations and expanded menu, which caters to Soldiers and their families. It is open 6 a.m.-8 p.m. every day.



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BY BLAIR DUPRE Sentinel News Editor

KILLEEN, Texas — Through the Trade Warrior Program, an eight-week-long heating, ventalation and air conditioning, or HVAC, training program made possible by Trane Technologies, Soldiers who plan to transition out of the Army earn industry-recognized HVAC certifications while receiving hands-on experience, networking opportunities, mentorship and career guidance.

"At Trane Technologies, we believe in the power of investing in people and communities," said Dottie Johnson, Trade Warriors Program leader at Trane Technologies.

"Training Soldiers through the Trade Warriors Program is important to us because it aligns with our commitment to social responsibility and sustainability.

"Veterans bring a unique set of skills, discipline and leadership qualities that are invaluable in the workforce," she continued. "By providing them with specialized training and certifications, we not only help them transition smoothly into civilian careers but also enrich our talent pool with highly skilled and dedicated professionals."

John Hoffman, vice president of strategy and growth initiatives at Trane Technologies, said the company is deeply committed to fostering innovation and empowering Soldiers and veterans through the Trade Warriors Program.

"By equipping them with cutting-edge skills and certifications, we not only honor their service but also address the critical HVAC technician shortage, driving growth and excellence within our industry," he said.

Sgt. Thomas Ashworth, 2nd Battalion, 7th Cavalry Regiment, 3rd Armored Brigade Combat Team, 1st Cavalry Division, attended college and found he wasn't interested in the career options before joining the Army. Now that he plans to transition out, he knew the Trade Warrior Program was a perfect fit.

"I'm really enjoying the classes," he said, adding he researched the program and learned the hiring rate after completion was very high. "The whole idea of ... here's a certification, here's a job, and you're on your way makes a smooth transition. So, as a soon-to-be veteran, I couldn't sell that better."

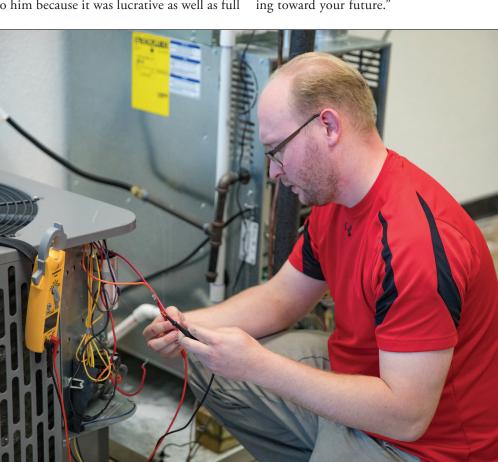
Blake Dierking, veteran and senior instructor for RightTek, the company contracted by Trane Technologies to conduct the training, said the HVAC field appealed to him because it was lucrative as well as full of different career opportunities.

"If you don't like residential (HVAC work), don't give up on HVAC because ... the field is so good," he said. "Just go another route. With industrial (HVAC jobs) you can make more hourly, while in commercial you could make

more at the end of the year." Ashworth urges other Soldiers to plan for their futures, as it will be here sooner than

"Start building a plan, explore multiple options in case you don't get into the first thing that pops up into your mind," he said. "I had no idea what I was talking about with HVAC a month or two ago. But now, starting this program, I'm finding I have an interest and competency in something I've never really touched on before in my life.

"Definitely have an open mind," he continued. "Have a plan going as soon as possible. Try to prepare your mind and your life your family, your finances. Build up that buffer space so when you get out you have that time to not just transition literally out of the Army, but also transition mentally. Start looking toward your future."



Sgt. Thomas Ashworth, 2nd Battalion, 7th Cavalry Regiment, 3rd Armored Brigade Combat Team, 1st Cavalry Division, practices during one of the hands-on sessions of the Trade Warrior Program Aug. 22 in Killeen, Texas.

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\$10,000/month once accredited*

*for 6 children

Family



Photos by Blair Dupre, Sentinel News Editor

Participants of the Trade Warrior Program learn while doing hands-on work Aug. 22 in Killeen, Texas.







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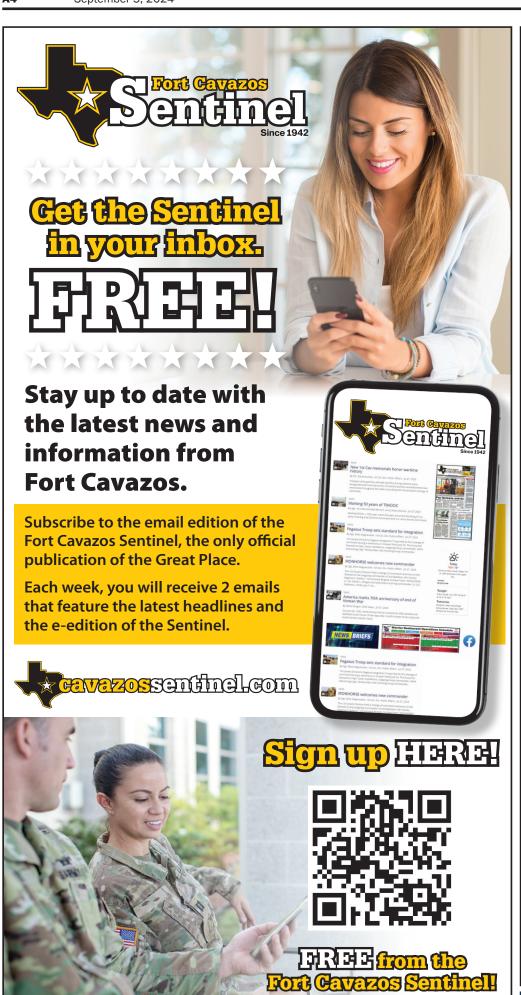








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1st CDSB celebrates 67th birthday

BY CAPT. ZEMAS ANDARGACHEW

1st Cav. Div. Public Affairs

FORWARD OPERATING SITE POWIDZ,

Poland — For 67 years, the 1st Cavalry Division Sustainment Brigade has exemplified sustained excellence, whether it's at home station Fort Cavazos, Texas, or its current location on NATO's eastern flank.

The brigade provides the 1st Cav. Div. with essential supplies, maintenance, transportation and field service. Despite multiple organizational changes and rebranding over the years, 1st CDSB, also known as "Task Force Wagonmaster," or "TF Wagonmaster," continues to be a crucial divisional asset more than two-thirds of a century after its inception.

The unit's history dates back to the aftermath of the Korean War, when Headquarters and Headquarters Detachment, 1st Cavalry Division Trains, was constituted on Aug. 22, 1957. Although the concept of "Trains" under a controlling headquarters was new to the division at the time, it had been successfully employed by armor units during World War II to provide troopers in the field with essential supplies, including food, clothing, ammunition and transportation. Today, the brigade continues this proud tradition. To celebrate its founding, the current troopers of 1st CDSB hosted a full day of events at Forward Operating Site Powidz. The day included a physical readiness training event, a sports tournament, a Soldier recognition and awards ceremony and, as tradition demands, a cake-cutting ceremony with a ceremonial military saber.

"We ask you as teams to compete together .. because that's how we win," said Col. Christopher Jones, 1st CDSB commander, during his opening remarks. "We win as teams, not as individuals."

The celebration began early in the morning with Soldiers forming up by their respective battalions and companies. Dressed in Army combat uniforms and carrying 35-pound rucksacks, they were divided into groups to tackle a series of challenging physical training events themed around the number 67, marking the brigade's years of service.

"I'm not asking you to have been born strong or born tough, but I'm asking you to have grit because grit is what's going to take you through everything in life," Jones said to his troopers before they started the physical training event.

The PT course included seven stations,



Task Force Pegasus troopers pose for a group photo with Col. Christopher Jones, commander of the 1st Cavalry Division Sustainment Brigade, and Command Sgt. Maj. Paul Gomez, command sergeant major of the 1st Cavalry Division Special Troops Battalion, 1st CDSB, after a sports tournament in commemoration of the 1st CDSB's 67th birthday Aug. 15 at Forward Operating Site Powidz, Poland.





LEFT, Pfc. Alexa Crane, right, the youngest trooper in 1st Cavalry Division Sustainment Brigade; Col. Christopher Jones, commander of the 1st CDSB; and Sgt. 1st Class Pietz L. Pearson, the oldest trooper in the brigade, cuts a cake in commemoration of the 1st CDSB's 67th birthday Aug. 15 at Forward Operating Site Powidz, Poland. The brigade was officially activated Aug. 22, 1957. Current troopers honor the brigade's storied past by upholding their mission to provide field services, supply, maintenance and transportation operations in support of the 1st Cav. Div. RIGHT, Task Force Pegasus troopers play a game of basketball during a sports tournament in commemoration of the 1st CDSB's 67th birthday Aug. 15 at Forward Operating Site Powidz, Poland.

with each event following the "67" theme, whether it was through repetitions or seconds. At the first station, Soldiers completed 67 hand-release "T" push-ups as a team. They then ran to the second station, where they worked together to push gym weight plates across a sports field, alternating between the bear crawl position and carrying the plates on

At the next station, the Soldiers completed 67 "ruck squats," using their rucksacks as quasi-medicine balls. Station four required them to hold a plank position for 67

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

Breakfast: 7:30-9 a.m. Monday-Friday

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Dinner: 5-6:30 p.m. Monday-Friday Food Advisor: WO1 Greene: 843-901-0260

Installation Food Service: 287-6595

PATRIOT INN

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Closed due to renovation.

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Building #12007

Old Ironside & 33rd St

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

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

28

seconds. At station five, they conducted rucksack presses. The penultimate station featured 67 eight-count push-ups, and the final station had them complete 67 repetitions on a rowing machine before returning to their starting point.

After the PT event, Jones recognized and awarded the group that finished first.

"It pays to be a winner," Jones said as he presented each group member with a brigade coin.

The day's festivities continued with a cakecutting ceremony. Jones recognized additional Soldiers for outstanding service before inviting the brigade's youngest and oldest Soldiers to join him in cutting the cake observing the time-honored Army tradition.

After celebrating their organization's birthday, the Soldiers and leaders of the brigade soon set their focus on conducting platoon live fire exercises, continuing its mission as the deployed rotational sustainment brigade. Throughout its history, Soldiers of Task Force Wagonmaster have served honorably and will continue to provide the sustainment needs of the 1st Cav. Div., at home or abroad.







15

SUN

Dinne<u>r: Closed</u>

III Armored Corps Food Service: 287-0573

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

ood Advisor: CW2 Rogers: 931-378-2957

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

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CULINARY OUTPOST FOOD TRUCK 2 area parking Lot

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

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Division Food Service: 287-3134

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1-44/4-5 ADA BN

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Spouses' Club offers more than meets eye



Aleida Flores, right, an Army spouse; Chris Robbins, chairperson of Operation Deploy Your Dress; and Cathy Kitson, another Army spouse, host the table for ODYD Aug. 29 at the Spouses' Club Super Sign-Up at Samuel Adams Brewhouse at Fort Cavazos. ODYD is one of the Spouses' Club's organizations.

of spouses' clubs for nearly nine years. She never felt it mattered what her husband's

"Every club is very different wherever you go," she said. "I was just at Fort Knox (Kentucky), and it is not an enlisted base. There's a lot of enlisted there, but there's a vast amount of officers there. So just by demographics of the base, you're going to have more officer spouses than enlisted spouses. So due to that, I was, I believe, the only enlisted spouse for sure on the executive board, and maybe the two or three in the governing board.

"The entire time I was there it did not matter one bit my husband's rank or anything like that," she continued. "What matters is us showing up to the organization,



Members of the Fort Cavazos Spouses' Club help interested attendees through the sign-up process during their Super Sign-Up event Aug. 29 at Samuel Adams Brewhouse at Fort Cavazos. Spouses of service members of any rank or branch, active or retired, can participate.

raising money so we can give it away to spouses, to dependents, to local community charities — that's all that matters."

Phillips went on to express she never felt

it mattered when they were at Fort Cavazos

previously. The Fort Cavazos Spouses' Club made every effort to be very inclusive to spouses of all ranks. Another great benefit of the organization

was the option to choose the level of involvement, without the pressure to participate in all the activities, conveyed Amanda Bifulco, a new member of the Spouses' Club. "With kids and working as well, and then

trying to be involved as my husband's spouse and give back to that unit, it's really a capacity thing," Bifulco said. "So, if timing works out and I can be involved in book club, great. If timing works out and I can be involved with run club, great. It'll be more of where it fits into our already packed lifestyle."

If all a spouse wants to do is join the book club or attend a luncheon once a month, participate in all the planning of fundraisers or attend every volunteer activity, it is up to them. Spouses can be involved in the club as little or much as they

want, Strong explained. This was the only event for in-person sign up, but Strong said filling out the membership application is easy.

"You can go on our website, fortcavazosspousesclub.org, and you will see the sign-up link right when you log in or right when you go on the website," she instructed. "And that's it, just filling out the mem-

FCC offers employment opportunity for spouses on post

Child Care: Continued from A1

Spouse: Continued from A1

scholarship program.

proceeds go toward their grant pro-

grams, giving back to the community and

The Spouses' Club offers sub-clubs mem-

bers can be part of, including the Bunco

club, book club and the wine and spirits

club. But the No. 1 detail the Spouses' Club

wants people to know is the club is open

to any spouse, from active duty to Depart-

ment of Defense civilians, international mil-

itary, National Guard, reservists, retired and

unmarried Gold Star Spouses' with valid

DOD ID cards working or living in the Fort

Angie Phillips, an Army spouse who is

currently in-processing here, has been part

numbers and his shapes," Erin said. "He's almost fully potty trained, which is amazing.

Since he's been here, Emerald (Fuentes, certified FCC provider) has helped him understand that he needs to speak up and use his mental for us to open the home." words," Erin continued. "He's saying full sentences. He's asking for the things he needs, such as water, if he's hungry or if he needs to go potty. He's standing up for himself."

The FCC program is only administered in on-post housing. FCC providers are signed up as contractors. FCC Director Sylvia Fontenot said it is a simple process to start that can take about one to one-and-a-half months, depending on background checks.

"They must come into our office and pick up a background check for any (household) member that is 12

years and up," Fontenot said. "The provider must be at least 18 years and up (and) able to read and write English well. We do start training once the background check is cleared here with CYS. We also do the inspections in the home, which is fire safety, health and environ-

Fontenot noted the providers go through the same training given to those who work at the CDC, such as special needs, fire and safety, communicable diseases and food nutrition.

It is free for a provider to start their in-home daycare with the FCC program, Fontenot said. The training is free, and a lending closet is available to providers until they have their own equipment. Food

costs are also reimbursed. Fuentes, became a provider in 2015. She discovered the program through referral from another FCC provider, and it gave her many reasons to try it out.

"I would say No. 1: I can be home," Fuentes said. "No. 2: I got pregnant with my son, and it was the greatest because I could keep my son in my care.

"My favorite part is that I'm in my home," she continued. "Whatever I have to do with the children, it's all on me. So, I'm in control of everything."

Though it is not a traditional daycare, Fuentes still runs her daycare with set schedules and routines for the kids. She prepares daily meals, sometimes even dinner for those who need to stay late. She creates activities, she takes them outside and ensures they have

Fuentes said the FCC program supported her in receiving additional training to earn the Child Development Associate Credential. The FCC network on Fort Cavazos feels like a family, she conveyed.

"We text each other almost every day," Fuentes said. "So, we really come together. We're close, and we're trying to get the new providers into it too."

Fontenot said the providers have their own support group among themselves. The group helps each other with ideas on handling a child, understanding paperwork



Arthur Jamieson, 3, eats his mid-morning snack while examining a watermel-

on toy he loves Aug. 29 while at daycare at Fort Cavazos.

and other day-to-day activities.

"They do functions together as families," she said. "They go out to dinner, to movies or they invite each other over for birthdays.

"They go to training together and even have the families come too," she added. "They are not out there by themselves."

Fuentes had advice for new spouses wanting to become provid-

"No. 1: you need to love children," she said. "Don't just do it for the money because your mind, your body, must be fully committed to this job.

"It's not an easy job because we are on our own," she continued. "If you want to do it, do it because you

really want to work with children." For more information on enrolling in a FCC home or to become a FCC provider, reach out to the Parent Central Services in Room 101 on the first floor of the Shoemaker Center, Bldg. 36000, Shoemaker Lane; call Parent Central Services at 254-287-8029; or go to militarychildcare.com.



Photos by Derika Upshaw, Fort Cavazos Public Affairs

Arthur Jamieson, 3, slides during outside play time Aug. 29 at a Pershing Park play area at Fort Cavazos. Emerald Fuentes, certified family childcare provider, utilizes neighborhood resources to provide outdoor activities for her students.



Emerald Fuentes, certified family child care provider, uses half of her living room to provide a play area for her daycare program. The children are provided with different age-appropriate learning toys similar to what one would see in a traditional daycare.

Army begins cognitive testing at IET

BY JONATHAN AUSTIN

Army News Service

WASHINGTON — The Army has begun baseline cognitive assessments during Initial Entry Training, and all services will follow in the coming months, officials say.

The Army is taking a multipronged approach to reduce brain health risks, including improved awareness through a Force Health Protection Information Campaign; expanded brain health monitoring; identification of blast overpressure protective measures; tracking and monitoring blast exposure; and developing a comprehensive strategy to enhance and

advance the science and medical care for brain injuries, said Col. Jama Vanhorne-Sealy, who oversees the Occupational Health Directive, Force Health Protection in the Office of the

Surgeon General. Fort Sill, Oklahoma, home of the U.S. Army Field Artillery School, was the first Army Initial Entry Training location to establish permanent cognitive testing, with all services scheduled to roll out the testing at all entry training locations by the

In addition, Army personnel will be evaluated at least every three years after initial screening, which can help identify any unusual cognitive change, Vanhorne-Sealy said. Early detection allows for early intervention to restore or enhance cognition, should it be necessary, she said.

A long-standing cognitive assessment program that began in 2007 has shifted from a pre-deployment and injurycentric model to a regular cognitive monitoring program, which means military health authorities can better help Soldiers throughout their career, said the chief of neurocognitive assessment in the Office of the Army Surgeon General, Dr. Steven J. Porter.

The Cognitive Monitoring Program, much like the Army's ongoing hearing testing, is a screening tool to assess for cognitive change in Soldiers.

Cognitive assessment means documenting the way an individual thinks, reasons and remembers.

"Without ongoing testing, changes to a Soldier's thought processes may not be evident until an event that could put both the service member or their unit in jeopardy," Porter said.

Since June 2007, more than 3.4 million assessments have been collected, processed and stored at the Neurocognitive Assessment Branch Data Repository at Joint Base San Antonio, Texas, to aid in treatment and track recovery after a concussive or suspected concussive event, Porter said. The testing identifies cognitive changes to help inform a Soldiers need for medical care, rest and recovery. Early identification can help avert further potential injury.

Vanhorne-Sealy said over time, advancements in understanding of brain functionality have led to improved testing, expanding the program to better evaluate areas of the brain potentially impacted by blast overpressure.

Blast overpressure is the sharp rise in atmospheric pressure from an explosive or firing of a weapon causing shockwave, traveling faster than the speed of sound. Blast overpressure exposure occurs when someone is close enough to physically feel the shockwave.

In a report by the House Committee on Appropriations regarding the Department of Defense Appropriation Bill of 2021, the committee asked the DOD to develop a cost analysis plan for conducting traumatic brain injury baseline testing for all new recruits.

Currently, a medical provider may request a Soldier's cognitive baseline from the repository if needed for treatment planning and tracking recovery. CMP authorities are working to develop a system to directly upload the test data to the Soldier's medical record.

The CMP assessment tool is a Food and Drug Administration-approved medical device, and all test records are privileged information.





Photos by Patrick Albright, Fort Moore Public Affairs

TOP, Trainees with Alpha Company, 2nd Battalion, 58th Infantry Regiment, 198th Infantry Brigade, experience the first day of One Station Unit Training, March 29 on Sand Hill at Fort Moore, Georgia. After completion of the "First 100 Yards," trainees meet their drill sergeants and are assigned a bunk, locker and other essentials. ABOVE, Trainees with Alpha Company, 2nd Bn., 58th In. Regt., 198th In. Bde., and drill sergeants tug together on a rope during the first day of One Station Unit Training March 29 on Sand Hill at Fort Moore, Georgia.







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SECTION B

K-Drama brings action, family togetherB2

'Connect to Protect' for Suicide Prevention MonthB3

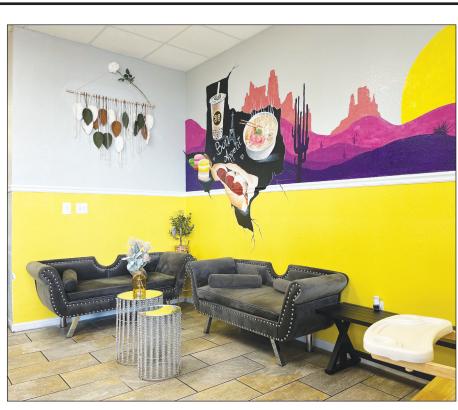
Army wins Armed Forces rugbyB6



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The storefront of Baguette Bistro in Killeen, Texas, is clean with fun, swoopy letters. The restaurant offers Vietnamese cuisine and boba.



The interior of Baguette Bistro is bright and inviting, with small murals of the food offered and the logo.

Baguette Bistro satisfies munchies with Vietnamese cuisine, boba

BY AYUMI DAVIS

Sentinel Editor

KILLEEN, Texas — One evening after work, I was craving a good sandwich but didn't want the classic fare. So, there I was, scrolling through Google Maps when

I came across Baguette Bistro and decided to give it a shot.

Baguette Bistro is a Vietnamese restaurant with a variety of foods to select, from bánh mìs, pho, to fluffy soufflé pancakes and even boba. The restaurant itself is cute, bright and inviting, with little murals of food items and the restaurant's logo.

I ordered the bistro signature bánh mì, stacked with char siu, sliced pork, jalapeños, cucumbers, a savory paste and pickled carrots and daikon. I also ordered the Sweet Dream Taro/Matcha Latte. For both, I paid about \$15, which I was felt was reasonable, as the drink was a fair amount, and the sandwich very filling.

I started off with the drink, which was deliciously refreshing. It was sweet but not too sweet to be overpowering. The matcha helped to cut through the sweetness of the sugar and taro, giving it a nice balance.

While I didn't choose extras to include in my drink, including boba, popping boba, pudding and jelly, I'll be sure to add some boba next time. I'll also try a new drink, as the bistro offers shaved ice, slushes, sodas, lemonades, teas, yogurt and coffee as well.

As for the sandwich, I was sure I made the right choice for dinner as soon as I bit into it. The sandwich was sizable — about as long as my forearm — and the flavor was awesome. The savoriness of the two styles of pork meshed and the sweetness of the paste melded well with the acidity of the pickled veggies and the spice of the jalapeños, ensuring the dish didn't feel heavy on the stomach. Combine that with the crunch of the veggies and bread, and I couldn't finish the sandwich fast enough.



The menu is digital, with some screens constantly changing to show you the myriad of options Baguette Bistro provides. And for those craving something faster, there is also a selection of Asian snacks in front of the counter.



I ordered a Sweet Dream Taro/Matcha Latte. Baguette Bistro offers many drinks, including boba, teas, lemonades, coffees and slushes.

The website says the baguettes are baked fresh in-house daily, and that fact could not be clearer to me by how crisp the crust of the bread was and softness of the inside. It soaked up the paste and with the pork char siu, it almost felt like I had bites of a char siu bun, as well, while eating the bánh mì.



My sandwich was the bistro signature bánh mì, which included char siu, sliced pork, jalapeños, cucumbers, a savory paste and pickled carrots and daikon.

If I had any more room, I would have definitely tried for some desserts. They had four different kinds of "fluffy cakes," which looked to be soufflé pancakes, along with slices of cheesecake, red velvet cake, tiramisu and panna cotta.

With such an extensive menu and a

memorable meal, it would be a travesty if I could never go back to Baguette Bistro. I recommend it to anyone looking for some good foods and a twist on your regular, ole sandwich.

For more information on Baguette Bistro and to see the menu, visit baguettebistro.net.



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

K-drama brings action, family together in tense, heartwarming series

BY AYUMI DAVIS

Sentinel Editor

Much like my list of books to read, I have a never-ending list of Korean dramas I want to watch but haven't got around to yet. I finally knocked off "Moving," and my biggest complaint was I didn't watch it

Three families work to put their children through their senior year of high school when their past comes crashing back into their lives. The parents work to keep their children safe and keep their secrets even safer — their superpowers.

While there are several main characters for this show, the show focuses on Kim Bong-seok (Lee Jung-ha), who inherited his father's ability to fly and his mother's heightened senses. His mother, Lee Mi-hyun (Han Hyo-joo), owns a tonkatsu restaurant and constantly lives in worry her son will reveal his flying ability, making him eat tons of food, putting weights in his backpack, making him wear ankle weights and even giving him a giant water bottle to carry every day.

Bong-seok becomes friends with the new transfer student Jang Heesoo (Go Youn-jung), who eventually find out each other's abilities, Heesoo's being healing. Another student in the class, Lee Kang-hoon (Kim Do-hoon), has extremely heightened strength, yet unknown to the other students.

While we have the idyllic scenes of youth from the younger characters, from the parents we get tension, action and passionate love that threatens to leave your heart bleeding.

The show moves back and forth, jumping from character to character both in present day and in the past. However, while there is a lot of jumping, it doesn't feel jumbled or confusing, but rather, as if facts and secrets are being divulged to watchers at the right time for those gasp-out-loud moments and

My favorite part about this show is while it has main characters (quite a lot, in fact), there are also several supporting characters

grim confirmations.

that receive spotlights of their own, giving their stories in a condensed time in a way that makes me empathize with them just as much, if not more, than the main characters.

There is plenty of romance to go around for those, like me, who sometimes need the tension of action and political secrecy intermixed with something softer for a perfect balance. There are multiple relationships watchers see bloom on the screen that are light, heartwarming and makes you envy just how much love people are able to give and what they are able to give Tied in with that is the bond

of families. Watching this series make you truly believe there is quite literally nothing a parent can't or won't do for the sake of their children.

I pumped my hands in the air, gasped at secrets and deaths, gushed over swoony scenes, was in awe of the choreography of the

action, intrigued by the political maze of superpowers and am now desperate for a continuation.

There is no season two confirmed yet, but I will be at the edge of my seat, ardently wishing it into existence until the news hits.

This show is most definitely binge-worthy. "Moving" is on Hulu and Disney+.

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



Photo courtesy of Hulu

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ADOPTED

Salem



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Jeckle

7-mo-old, Labrador retriever/border collie, black & white, male.

ADOPTED



Loki

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Thor

4-mo-old, German shepherd mix, brown & black, male.

Brutus

5-yr, Bulldog mix, brindle & white, male.

Alvin

1-yr, 6-mo-old, Alaskan husky mix, tan & black, male.

Figs

5-yr-old, domestic mixed hair, orange & white, female.

Gracie 1-yr-old, domestic short-haired tabby, gray, female.



Big Bertha

age unk., domestic short hair, black & white, female.

'Connect to Protect' for Suicide Prevention Month

BY JANECZE WRIGHT

Sentinel Living Editor

September not only ushers in a change of seasons, but also highlights the importance of suicide prevention worldwide.

Suicide Prevention Month serves as a reminder of the impact of suicide, champions the organizations and resources at the forefront of the fight and remembers the many

The crew of the Great Big Podcast sat down with Summer Dixon, lead suicide prevention program coordinator for the Fort Cavazos Integrated Prevention Advisory Group, or IPAG, to discuss how The Great Place supports the cause.

"Every September, we run a campaign to get everyone in the Army family involved in fighting this fight," Dixon said.

This year's Suicide Prevention Month theme for the Department of Defense is "Connect to Protect."

The Army's theme is "We Are Stronger Together." The two themes underscore the importance of working together to educate and save lives, Dixon conveyed.

"Our overall core objective is to really reduce incidents," she said. "We have to ensure our warfighters are ready to meet the mission — that they're not impacted by anything that is going to keep them from meeting the mission."

Dixon explained her team conducts training for leaders, civilians, service members and family members. She emphasized the importance of early identification and recognizing the early warning signs to intervene early. "It just really takes all of us col-

lectively as a community to just pay attention," she said. "To be able to recognize those signs and again, intervene early on."

Fighting stigma is one major challenge within the military community due to concerns of impacting career advancement, Dixon shared.

"With our military demographic, some of the challenges they face like the up-tempo, intense training schedules, may be a little bit different from the civilian side, so it's more of an emphasis of fighting that stigma," she added.

Another challenge Dixon noted her team faces is flexibility.

"We have to tailor our training, education ... we tailor that to the specific needs of the unit or the individual depending on what's going on," she explained, adding IPAG bases their training on risk behaviors commanders say are prevalent within their units.

Dixon said some signs and symptoms of suicidal ideations are more prevalent than others, and historically, service members will use dark humor, joke about death and suicide, give away personal belongings or pets and write comments and posts on

Referencing the proverb "It takes a village to raise a child," Dixon explained the importance of a collaborated effort to recognize these behaviors and mitigate the risk of suicide.

"All the agencies will partner together to tackle whatever issue may be at hand," she said, expressing that is why she appreciates her team.

"They help piece us together to tackle these things so we are addressing all the needs at one time," Dixon added.

She added family plays a tremendous role in the team effort to prevent suicide.

"Spouses, part of that role is to be their support, be an active listener," Dixon explained. "The family members at home may be the first ones to observe any behaviors or comments made in relation to suicidal behaviors and ideations."

Dixon acknowledges efforts to prevent suicide can be overwhelming, and family members and friends are often unsure of

She encourages calling or texting 988 to reach the Suicide and Crisis Lifeline for assistance 24/7. In times of uncertainty, putting the counselor on speaker phone with the individual can be helpful, Dixon said.

"Sometimes just sitting beside them or sitting in the same room, just being present may be enough," she expressed. "We may not be in a good spot to offer assistance, so we just have to at least know the resources that are there to pick up the pieces."

Dixon listed additional resources and organizations, including Behavioral Health and Outpatient Behavioral Health and the Employee Assistance Program, Family Advocacy Program, military and family life counselors and the Religious Support Office for service members, family members and civilians.

She added the Ask, Care, Escort, or ACE, training, which make Soldiers more aware of steps to prevent suicide and encourage open dialogue, remains the go-to technique and strategy of the DOD.

"We stick to the Ask, Care, Escort model because it takes individuals step by step on how to offer that intervention," Dixon explained.

"Fort Cavazos has a program for every challenge or issue a service member or civilian or a family member may have," Dixon said. "There's a program here to meet every need."

To underscore the importance of suicide prevention and help end the stigma of mental illness, the installation will host the 1 Degree of Separation comedy show Sept. 12-13 at the People First Center.

To watch the podcast, visit youtu. bela_ZgDfRqLkw?feature=shared.

For more information on suicide prevention resources at Fort Cavazos, visit https://home.army. mil/cavazos/units-tenants/Garrison-1/ suicide-prevention.



Summer Dixon, lead suicide prevention program coordinator for the Fort Cavazos Integrated Prevention Advisory Group, sits down with Janecze Wright, Sentinel living editor, to discuss Suicide Prevention Month and the services and resources available at The Great Place during an episode of the Great Big Podcast Aug. 22 at Fort Cavazos.

The second

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

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

PROTESTANT

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

SPANISH PROTESTANT

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

GOSPEL CONGREGATION

Gospel Service, Sunday, 11 a.m., Comanche Chapel, https://www.facebook.com/ Comamche Happenings Now

TRADITIONS

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

CHAPEL NEXT

Contemporary Service, Sunday, 11:15 a.m., Main Chapel, https://www.facebook.com/ Fort Cavazos Chapel Next

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

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

MUSLIM

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

OPEN CIRCLE

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

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NORTH FORT CAVAZOS

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ADDITIONAL SERVICES/STUDY

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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),

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

Tuesdays from 9:30-11:30 a.m., bimonthly

Contact Maria Fuavia, 573-842-8181

Fuavai, 254-287-0241

Thursday 5-7 p.m., Main Chapel. Facebook: Fort

Cavazos CWOC (Catholic Women of the Chapel)

Catholic Youth Ministry-Crusaders, 8-12 grades,

Catholic Religious Education-CCE, Wednesday,

5:30-7:30 p.m., Main Chapel, Contact Maria

Church of Jesus Christ of Latter Day Saints,

8:30 p.m. at 13th ACSC Chapel, Contact

Chap. Seth Porter, 281-235-7841

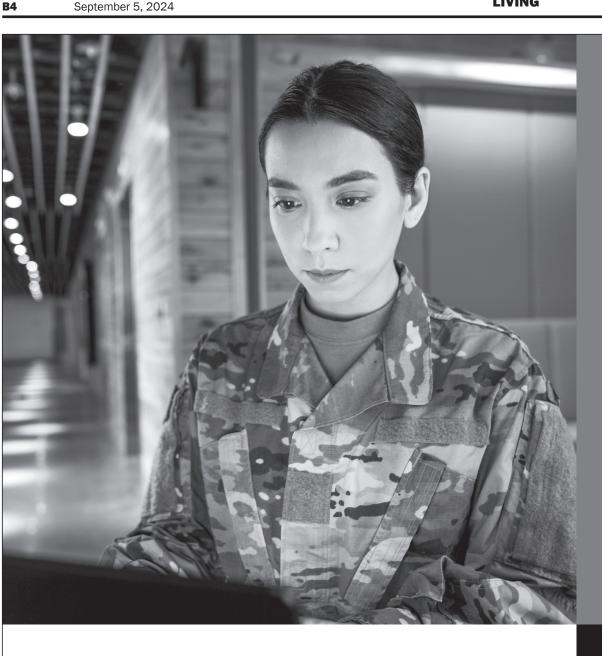
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BY AYUMI DAVIS

Sentinel Editor

In 2022, Sgt. Dalia Javiel Kesterson signed up for bone marrow donor registry through Salute to Life online, not thinking much of it. Over time, it was promptly forgotten until April, when Kesterson finally got the call, saying she was a match.

To her, the choice was simple.

"I said, 'Yeah, I'll do it,'" said Kesterson, deputy master of ceremonies, Secretary of the General Staff, III Armored Corps. "When I found I matched, I was like, 'Well, I already signed up.' They (the family) already got told that they got a match so why not? What's two weeks in bed going to do to me?"

Her match was an infant girl less than a year old, Kesterson said, and she needed bone marrow quick.

"I have a daughter the same age," Kesterson expressed. "She's not a year old; she's only 10 months right now. And in my head, I thought, 'There's somebody out there holding their little girl, hoping somebody donates, and that if it was my daughter, I would want it. I would want somebody to donate."

The chance of a registered potential donor actually donating is one in 430, according to Salute to Life, a bone marrow donor center for service members and those affiliated with the Department of Defense. Even if matched, 50% of people are unable or unwilling to donate. For those in need of bone marrow, donors are crucial, as 70% of patients are unable to find a matching donor within their family.

For Kesterson, there had actually been another donor that had been contacted before her. So, she waited a few months until she received another call late July, saying the first donor fell through, and she was needed.

There are approximately 17,000 individuals diagnosed with life-threatening blood cancers or diseases each year, according to Salute to Life. Around 500 of those alone are DOD personnel.

Salute to Life has had more than 9,000 donations since its inception 1991. The process to donating is just three simple steps, said Chad Ballance, a senior recruiter for Salute to Life.

"The first step is to register," he explained, "and so a Soldier can register by simply doing two swabs of their cheek and filling out some information about themselves, consenting to be a part. That's what 1.3 million (DOD personnel) have done.

"The second step is a blood draw, and it's basically a preliminary test to confirm whether or not you are a genetic match," he continued. "So 100,000 have done that test — that blood draw. Then from that, that third and final step of our program is the donation process, which is what 9,300 people have actually done."

There are two ways to donate — a bone marrow or peripheral blood stem cell donation.

"Soldiers, Sailors, etc., would go and receive a shot 9 o' clock in the morning for five days consecutively," Ballance said. "That shot of a drug called filgrastim is going to increase their already existing peripheral blood stem cells. And then on day five, that Soldier presents at the same time, and then that's where they hook them up to the apheresis machine.

"They circulate the blood, and then they extract those surplus peripheral blood stem cells that we create more of, and we take those surplus and give those to the patient, returning the other whole blood product back through the body, right to the body," he continued.

He noted most donors will experience mild, flu-like symptoms, including achiness and fatigue, as they go through the donation process, but they are short in duration.

Dalia donated the traditional way, giving bone marrow.

For this process, a donor is put under general anesthesia. A surgical syringe is inserted into the hip bones, where no more than 5% of the donor's bone marrow will be extracted, Ballance said.

"The marrow regenerates within a one- to two-week period," he explained. "During that time period, as the regeneration is occurring, the Soldier can expect to have soreness in their hip in general, fatigue as the marrow regenerates."

Dalia recalled being nervous, but was put at ease by the hospital staff assisting her.

"It's still a surgical procedure that's scary, but they (doctors, nurses and staff) made me feel so comfortable," she said. "Everyone kept telling me, 'This is a good thing you're doing.' I was like, I don't want to think about needles going into my back, but the harvesting team was really, very nice to me. They answered any and all questions that I had."

For the actual donation, Dalia was able to bring her husband, 1st Sgt. Justin Kesterson, battery first sergeant for 1st Battalion, 62nd Air Defense Artillery Regiment, 69th Air Defense Artillery Brigade, and her daughter

Samira. Donors are provided or reimbursed for flights, lodging and food costs, as well as child care and pet care, according to Ballance. Service members also receive permissive temporary duty for any time away from work for the donation process.

Justin was proud of his wife.

"I thought it was a great thing for her to do," he said. "Because I think, in my opinion, we live in a very selfish world. So for her to be unselfish like that, knowing it was going to put her in pain and she had a recovery time and she still wanted to do it, I found that very noble.

"We both feel like if we got something to offer, then we'd love to help people," he continued.

Dalia reflected on the experience, grateful

to be able to help someone.

It was great," Dalia said. "It was a little scary knowing that you're going into surgery, but I think it was like an honor to be able to help somebody, especially like a little girl that age."

that age."

Dalia donated the bone marrow Aug. 8.

The last update Dalia received was the day after the donation, where someone from Salute to Life informed her the baby had

received the bone marrow.

"I hope it worked out for them," she expressed. "I hope they get to enjoy their baby for the holidays because she should be turning a year old soon."

For more information on Salute to Life and to register as a donor, visit www.salute-tolife.org.



Photo courtesy of Set. Dalia laviel Kesterson, III Armored Con

Photo courtesy of Sgt. Dalia Javiel Kesterson, Ill Armored Corps Sgt. Dalia Javiel Kesterson, deputy master of ceremonies, Secretary of the General Staff, Ill Armored Corps, and 1st Sgt. Justin Kesterson, battery first sergeant for 1st Battalion, 62nd Air Defense Artillery Regiment, 69th Air Defense Artillery Brigade, kiss their daughter Samira for a photo at Ill Armored Corps headquarters at Fort Cavazos.



www.CavazosSentinel.com **LIVING** September 5, 2024

SPORTS Forces men's rugby **Army sweeps Armed**

BY DAVID VERGUN DOD News

GLENDALE, Colo. — The 2024 Armed Forces Men's Rugby 7s Championship ended with Army dominating and clinching gold. Air Force was a close contender, taking silver.

The match among Army, Navy, Air Force, Coast Guard and Marine Corps took place Aug. 23-25 at Infinity Park here.

It was Army's 10th consecutive championship win in the annual tournament.

Army ruled the first half of the match, with 1st Lt. Patrick Blair from Joint Base Lewis-McChord, Washington, making the first try.

The second try was from 2nd Lt. Faleniko Spino, U.S. Army Garrison, Hawaii.

Air Force came on strong in the second half, with 2nd Lt. Eric Wills, Tyndall Air Force Base, Florida, making the try. Air Force was the only team to make the conversion.

Both teams put on a stellar performance, and at times, it looked like the match could go either way.

However, Army held Air Force back from the try zone in the closing minutes, and the final score was 10-7 with Army claiming the gold.

Army head coach Capt. Jacob Lachina, Fort

Carson, Colorado, said he had a lot of respect for the other teams. He attributed the victory to solid core skills, good strategy and the ability to keep emotions in check while having "humble

Lachina also credited the win to "developing the man:" having a strong culture and a strong system with rigorous training and high-level competitors.

The coach also said he gives frequent pep talks to the players. The Air Force really challenged the Soldiers, he said, remarking "it's good to be challenged." Air Force head coach Lt. Col. Saleem Rasvi, Dyess

Air Force Base, Texas, credited his team's strong finish with a solid defensive line. The players, he said, are dedicated on and off the field.

Their motto, he said is BOS: brotherhood, ownership and service.

Both coaches said their teams could improve by having a good recruiting program to find the

At the conclusion of the Armed Forces Championship Awards Ceremony, service members lined up for the annual wreath-laying ceremony to commemorate fallen rugby players, or ruggers.

With bagpipes playing in the background, team captains from each team laid rugby balls in front of wreaths.

Glendale Mayor Mike Dunafon took to the field to congratulate both teams and honor them and other service members for defending freedom.

The Air Force Wings of Blue parachute team dropped into the stadium, with each jumper carrying a different service flag. The Armed Forces Rugby 7s was established

in 2012 after it was announced it would be an Olympic sport beginning at the 2016 Olympics in Rio de Janeiro.

Rugby 7s, also known as Rugby Sevens, fields seven players on each team, playing for two 7-minute halves.

Besides rugby, Armed Forces Sports hosts 23 other sporting events, including basketball, judo, marathon, shooting, soccer, track and field and wrestling.

These sporting events support Secretary of Defense Lloyd J. Austin III's priorities of resilience and taking care of people. Rugby, as with other sports, requires leadership, teamwork, mental acuity, physical fitness and perseverance all traits valued in military members.



Army 2nd Lt. Gannon Conrad breaks away on a scoring run during the 2024 Armed Forces Men's Rugby Championship hosted Aug. 23 at Infinity Park at Glendale, Colorado.



Army Capt. Jonathan Kim participates in the final match of the Armed Forces Men's Rugby Championship at Infinity Park at Aug. 24 at Glendale, Colorado. Army won 10-7 against Air Force.

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V N O S K C A J V C N G U S Q

D R O F T R A H P H T H N R M DKAUGUSTAMAJHEF

E C B(F R A N K F O R T) Z V

XVUYNABLANOTSOB

TRQPONOSIDAMMDL

unlisted clue: LANSING

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Wednesday's unlisted clue hint: CAPITAL OF MICHIGAN

Albany Atlanta Augusta

Columbia Concord Dover Frankfort

Hartford Jackson Madison Nashville Raleigh Richmond Trenton

By David L. Hoyt and Jeff Knurek Unscramble these Jumbles, one letter to each square, one letter to each square, to form four ordinary words. SUPAE But I need the RETXE **GBOLEG** LIHAEW THE DARK MADE THEIR SON A -Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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SCAN HERE

PREMIER CROSSWORD/ By Frank A. Longo

BEHOLD!" 84 Galleria 85 2004 Chevy 41 Pizza cooker

"LO AND

86 Football Hall

of Famer

91 Military units

94 Mine railway

95 Tennis star

97 Untold eras

Vegas dir.

Suns matchup, e.g.

101 Witch's spell

103 Gore and

104 Heat-vs.-

105 Wall plaster

server

107 Cry from a

108 Sunlight ray

restaurant

town crier

106 Drive-in

Arthur

98 Voted in

100 Boise-to-

Junior

93 Mexican

89 Rescue me this 1 Spring mo 2 Got ready 4 Celtics, on 47 Fountain in fuel additives 3 Native of 92 This, in Lima scoreboards Belmopan 7 Like messy 48 Spoil 96 "Golly! 4 Officer 99 Dog tether **49** Writer patrolling 13 Beard go-Ferber 102 Maligns an area 50 Visualize 105 Girls' shirts 5 Condition with, for short 19 French **52** "—, vidi, vici" worn as part with rituals 54 Sheriff of a class

room dress

code?

west of Sask 111 "Nope"

112 — kwon do

opera

performed

correctly in

border river

117 Europe-Asia

119 Tree yielding

chocolate

123 Zodiac feline

124 Actress Teri

125 Repainting all

your yuletide

ornaments

black and

131 Prairie canine

132 Taken illicitly

134 Unfurled, e.g.

136 That girl 137 Hurly-burly

135 Trunks

to luggage

133 ID attached

white?

every detail?

113 Born as

114 Strauss

Taylor's son

less energetic

at the disco?

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87 Big inits. in fashion

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79 Wanted-

80 "Let -

58 Dol. units **61** Becoming

department head 21 Got ready, with "up' 22 Epithets 23 Refreshing a web page 66 Barbie's little that has 69 "I won't -

detailed contract wording? 26 Half a quart 27 Meadowland 28 Navigate

29 It might make you red in the face 30 Annual bebop music festival in Sri Lanka's capital?

34 Discontinue 36 That girl 37 It might make you red in the face 38 Unbroken 39 Basketball

stuffing pros

taking part in

a zigzag ski race?

88

112

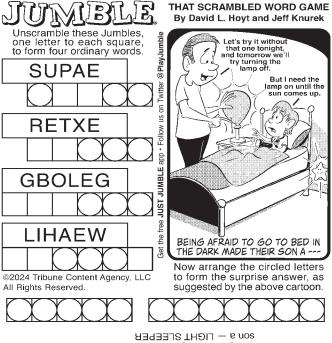
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134

#2,210

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Answer: Being afraid to go to bed in the dark made their Jumbles: PAUSE **AWHILE** BOGGLE **TA3X3** SLYLOCK FOX

ACROSS 44 "C'mon, do 88 Watering aid DOWN 1 Police dept 42 Verv valuable

43 Ray of McDonald's 45 Vanzetti's old partner in crime 46 Actress Thompson in brief 51 Israeli airline

11 Masterful

14 Gratuity

Marilu

cool guy, with "the"

30 Agree (with)

31 Yoko of art

32 Deli classic

33 Rowing

10

100 101

114

Average time of solution: 67 minutes

32

blade

35 Genetic ID 40 — Strauss

12 Falco of TV

13 Breastbone

6 Ben and **53** "— happy to!" 55 Second-Jerry of comedy century pope 56 Map extra 7 "Roots" actress **57** "By Jove!" Leslie 59 Kind of wave 8 After-tax **60** Japanese 9 — -jongg 10 War god

watch brand 62 Olive of old comics 63 "Which Up?" (1977 comedy film)

15 Razor option 64 Orderly 16 Trite phrase lineup 17 "Taxi" actress 65 "- ordo seclorum' (phrase on a 18 Acid-alcohol dollar bill) compounds 20 "Happy Days" 66 Break to bits 67 Verizon, e.g.,

in brief 24 Natal lead-in 68 Pseudonym 73 Salary limits 74 Depot: Abbr. 25 Requirement 75 Trendy Aussie boots 76 Bards 77 Did nothing 83 Toy brick

53

02

23

110

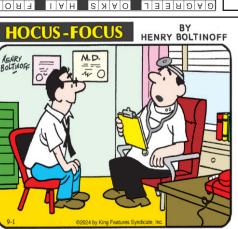
brand

109 Hair parlors 115 Cartoon pic 116 Tardy 118 Jungle cat 120 Put in a role 121 Regarding 122 Stench 126 Holy Mlle. 127 Raised rails

128 Co. bigwig

129 Cheering cry 130 Many an intl. charity

BY BOB WEBER JR.



TDIDTHEGUYW

Find at least six differences in details between panels.

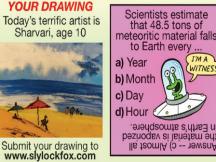


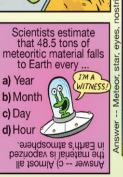
6. Glasses are missing. Mouth is open. 4. Certificate is higher. 5. Tie is different. Differences: I. Arm of chair is different. 2. Chair leg is moved.

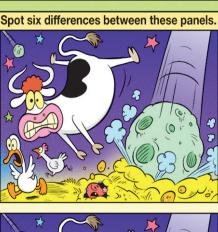


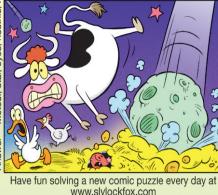


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