

NEWS BRIEFS

Join ESD Education Fair

The Fort Cavazos Education Services Division will hold a Back to School Education Fair 11 a.m.-1:30 p.m. today at the Soldier Development Center. There will be numerous resources and opportunities featured including Green to Gold, on-post colleges, education counselors and transition counselors. Hotdogs, chips and drinks are free for attendees, along with a chance to win a backpack, school supplies and a tablet.

For more information, call ESD at 254-287-9674.

BOSS to hold cookout

The Better Opportunities for Single Soldiers program will hold an “End of Summer Cookout” at 11 a.m. Friday at BOSS headquarters, located at Old Ironsides Avenue Bldg. 9212.

It is open to all single or unaccompanied Soldiers and will have free food, drinks, music, games and more. For more information, call 254-287-6116 or 254-245-4040.

ACS updates operating hours

Fort Cavazos Army Community Service has updated their operating hours. The offices at the Shoemaker Center and the Soldier and Family Assistance Center will be open 7:30 a.m.-4:30 p.m. Monday-Wednesday, 11 a.m.-4:30 p.m. Thursday and 7:30 a.m.-4:30 p.m. Friday.

For more information about services and updated hours, call the Shoemaker Center office at 254-287-4227 and the Soldier and Family Assistance Center office at 254-286-5768.

Spouses Club to hold sign-up

The Fort Cavazos Spouses Club will hold a “Super Sign-up” 11 a.m.-2 p.m. Aug. 29 at the Samuel Adams Brewhouse located at 5782 24th St. The sign-up is an opportunity to mingle, meet other spouses, shop and learn about the club. Membership is \$30. For more information, visit [www.fortcavazosspousesclub.org](http://www.fortcavazosspousesclub.org).

Save with Commissary CLICK2GO

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

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



Photo by Sgt. Myenn LaMotta, 7th MPAD

1st Lt. Julio Torres, a chemical, biological, radiological and nuclear officer assigned to 1st Platoon, 172nd Chemical Company, 2nd Chemical Battalion, 48th Chemical Brigade, tests the mounted M2 .50 caliber weapon system on a M1135 CBRN reconnaissance vehicle during a crew live-fire exercise Aug. 1 at Fort Cavazos.

# Battling elements:

## 2nd Chemical Bn enhances unit cohesion, readiness through intensive field training, gunnery exercises

**BY PFC. STANISLAV MITCHELL**  
7th MPAD

Amidst the relentless Texas sun, Staff Sgt. Victor Ramos, a squad leader in the 181st Chemical Company, 2nd Chemical Battalion, 48th Chemical Brigade, squinted at the horizon, the heat waves shimmering off the Stryker’s metal surface.

The 2nd Chemical Bn. was amid a pivotal field training exercise and an intensive gunnery event July 29-Aug. 7 at Fort Cavazos.

For Ramos and his team, this wasn’t just another training session; it was a crucial step toward heightened mission readiness and operational effectiveness.

The training underscored 2nd Chemical

Bn.’s commitment to readiness, engagement and discipline, ensuring it is prepared for any mission.

The FTX and gunnery event was designed to simulate real combat conditions, pushing Soldiers to apply their skills and knowledge in high-pressure environments. Such exercises involved a shift from controlled training environments to scenarios that tested the Soldiers’ preparedness in unpredictable situations.

However, the exercises had their challenges. The intense Texas heat added a layer of difficulty, testing Soldiers’ physical endurance and the equipment’s reliability. Ramos explained how transitioning from controlled environments to real-world scenarios tested

their preparedness.

“Before this FTX, we focused on training in controlled environments,” he said. “Here, we see our training in action, where everyone steps up to address challenges and ensures tasks are completed effectively.”

Ramos also emphasized the critical role of maintaining equipment readiness, underscoring its importance in successful operations.

“Equipment maintenance is crucial for effective training,” he expressed. “Being here helps us understand the importance of reliable equipment for successful operations.”

While equipment maintenance and individual preparation are vital, the

See **Training**, A6

# Working dogs support Soldiers behind scenes



Photo by Sgt. Alexander Chatoff, 89th MP Bde. Public Affairs

Spc. Gage Susino and Military Working Dog Jago from the 226th Military Working Dog Detachment undergo assessment for their certifications as a pair Feb. 6 at Fort Cavazos.

*Editor’s note: Next week, the Sentinel will explore life for military working dogs after their service, explaining the challenges and opportunities MWDs face as they transition to retirement.*

**BY ERIC FRANKLIN**  
Fort Cavazos Public Affairs

National Dog Day recognizes and celebrates the dedication of these military working dogs, the silent warriors who protect, serve and uplift those around them with unwavering loyalty. These highly trained canines go far beyond the role of companions, performing essential tasks critical to military operations. Alongside their handlers, these loyal and skilled dogs contribute significantly to security and various mission objectives.

At The Great Place, the 226th Military Police Detachment has 22 dogs assigned to the unit. These dogs are specially trained to detect explosives and narcotics and ensure Soldiers’ safety during overseas deployments, training exercises and daily security operations.

All MWDs in the Department of Defense graduate from the Military Working Dog Training Program at Joint Base San Antonio-Lackland at San Antonio before receiving their assignments across the DOD. These dogs fulfill four unique missions: three are managed by military police units, and Army engineers handle the fourth.

Military police working dogs are trained for:

- Explosive detection
- Narcotics detection
- Explosive detection – enhanced: A mission where MWDs work off leash, further from their handler, to enhance effectiveness and safety while looking for improvised explosive devices.

See **Working Dogs**, A6



# Mentorship program offers adventure

BY SCOTT SUMMERS  
DPW-NCRMB

Last year, outdoor recreation received a makeover when the new Fort Cavazos iSportsman website was launched. It became the method for purchasing outdoor recreation permits, including hunting, fishing and general recreation. This year, iSportsman is advertising a recreation mentor-mentee member list through the website. This list of mentors and mentees will be managed by iSportsman administrators. The purpose is to help connect people to the outdoors who share common interests. More specifically, it will establish a forum for people to communicate with users new and old, share advice on how to get started, share ways to help

individuals with physical limitations, provide advice on how to improve in outdoor pursuits and, in some cases, help understand how to do everything legally and ethically, which is a requirement of every recreator who holds a permit. When I grew up in the '70s and '80s, hunting and fishing were pretty simple. Get a license and landowner permission then go into the field. There were limits on what, where and how I could take game fish, birds and big game, but nothing felt as complicated as it seems today. I know the rules were simpler back then, but without having my old annuals to compare to today's, it is difficult to know for sure. You can read Fort Cavazos' and Texas Parks and Wildlife

Department's detailed and very well-written 2024 outdoor annuals. Despite their informative and thorough messaging, after you're finished reading you still might have questions, or perhaps unknowingly commit an unlawful act or a general recreational mistake. Due to the wealth of information in both annuals, Fort Cavazos recreators should consider using the new iSportsman mentor program, too. This program is still obviously in its infancy, so it is my hope many people will eventually engage and provide everyone more resources and applicable knowledge to benefit and familiarize those of us who share our passion with the wealth of opportunities that exist on the installation. If you are an experienced outdoors enthusiast with time and interest, you are especially encouraged to join the mentor contact list. Being a lifelong outdoorsman, I have a lot of experience, but I am old-fashioned and not up to date on all the latest and greatest gadgetry, software and techniques. These days I spend as much time birding and nature hiking as I do hunt and fishing. There are hunting and fishing licensing/permitting fees and documents required by Texas and Fort Cavazos, but for general recreating, all you need is the \$15 Fort Cavazos general recreation permit and your respective vehicle range pass. All the information you need to get started is found in the iSportsman website at *cavazos.sportsman.net*. Know before you go. I can't stress enough that there is a lot of information to consider, but after you learn, then comes many new opportunities for adventure and, hopefully, memories to last a lifetime! I hope it helps you this fall.



Photo by Scott Summers, DPW-NCRMB  
Two hunters familiarize one another with the capabilities of a short-range laser rangefinder and handheld GPS unit.

# ACS provides help, alleviates retirement fears

BY ROBERT THOMAS  
Fort Jackson Public Affairs

Is thinking about retirement scary for you? Does the fear of the unknown give you a double take? Do you think you've prepared enough? If you question any of these, you are not alone. I recently stopped by Army Community Service to see how prepared I was and quickly determined I was in the right place. The financial counselors there can help you start preparing whether you are on your first enlistment or in the twilight of your career. I spoke with Kim Bottema, an ACS financial counselor, who has been in civil service for 35 years and gladly helped me find out where I stand. "If I can get a client that comes in when they first start civil service, I really feel like we can make a huge difference in the retirement pension," she said. "But it's a personal issue when it comes to retirement. It's about can you afford it too."

she continued. "So, then we have to change some of our spending habits and stop some of the things now before we retire. It's a personal choice when you retire and if you can afford it." One of the most important parts of preparing for retirement is affordability. It's best to start preparing now, Bottema said. She showed me I am on the right track heading to retirement, but I can look at some areas that can boost my savings and put my retirement plans in the black. These included tweaking my Thrift Savings Plan; making sure I have adequate savings and emergency accounts; and (since I am retired military) maximizing my disability rating. One area that shocked me was life insurance. Bottema counseled me (ACS has counselors not advisors by the way) that taking a look at my life insurance can help me increase my retirement pension. As I get older, insurance will get more expensive. Will

I need all the coverage I pay for, and did I realize the premiums from the Federal Employee Group Life Insurance, or FEGLI, policy will decrease the amount of my monthly civilian retirement annuity? Not at all. It didn't even cross my mind. That is something I will need to take a look at. Will civilian term insurance beat the FEGLI and Veterans Group Life Insurance I have? Another way I could save more is by examining my TSP. There are three areas I need to look at: how much I am putting in, how that is being dispersed and if it is a Roth or Traditional Individual Retirement Account. As a government civilian, the amount I put in determines how much my agency will contribute. The government will match my contributions up to 5%. I should also look at how it's dispersed within the TSP, as some funds perform better over the past few months

than others. Finally, knowing if my TSP is a Roth or Traditional IRA will also help in my retirement according to when the contributions are taxed. With a Roth IRA, the taxes are paid up front so when I withdraw it in the future, I wouldn't pay taxes on it. However, a traditional IRA is not taxed until I withdraw it. Choosing the best IRA is a difficult choice that ACS can counsel me on, but not advise me to decide. Bottema and the other financial counselors, Esperanza Romero and Shawn Smith are ready to help active-duty service members, family members, retirees and Department of the Army civilians. "We can see you," Bottema said. "Our primary clients are our active-duty Soldiers, of course, but we absolutely see all ID card holders." Contact the Fort Cavazos ACS office at 254-287-4227 for advice on financial planning and more.



Graphic courtesy of DFMWR  
Army Community Service can help you prepare for retirement with advice on topics including money management and career opportunities.

# Cavazos Connector hits 100,000th rider milestone



Photo by Janecz Wright, Sentinel Living Editor  
Pfc. William Thompson, 3rd Brigade Engineer Battalion, 3rd Brigade, 1st Cavalry Division, poses with Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, and Command Sgt. Maj. Calvin Hall, U.S. Army Garrison-Fort Cavazos command sergeant major, as he is recognized for being the 100,000th rider on the Cavazos Connector. The ceremony took place in front of Thompson's unit Monday at the Company Operation Facility at Fort Cavazos.



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# IRC facilitates reception, integration of new Soldiers



Soldiers who completed in-processing stand in formation in front of the Installation Reception Center as they prepare to depart Friday at Fort Cavazos.

Photos by Janecze Wright, Sentinel Living Editor

**BY JANECEZ WRIGHT**  
Sentinel Living Editor

The Fort Cavazos Installation Reception Center stands ready to welcome new Soldiers and their families 24/7.

From the time Soldiers touch down at Killeen Regional Airport to the day they join their new units, the IRC provides support and guidance through the process of acclimating to their new duty station.

“The Installation Reception Center’s mission is to facilitate the reception and integration of all newly arrived service members and their families to Fort Cavazos,” said Capt. William Scott III, IRC commander.

Scott has been at The Great Place for three years but in command of the IRC for just shy of two months. He recognizes the value of the IRC in supporting service members, civilians and their families as they transition to Fort Cavazos.

“The IRC maintains 100% accountability of all newly arrived service members, guides

them through our five-duty day reception and integration process and provides them with the initial support that occurs because of a permanent change of station move,” he said.

Pfc. Jason Kindred, 6th Battalion, 56th Air Defense Artillery Regiment, arrived at the IRC from Fort Sill, Oklahoma, nearly two weeks ago.

“It’s been really easy so far,” he said of his time at the IRC. “Setting our expectations for what’s going to happen makes it easier to know what we need to do and why things are being done. Having a friendly and convenient environment when you get to a new place is important because you need just a little bit of time to adapt.”

Soldiers spend several days addressing medical, dental and financial needs and attending a series of briefings and orientations from organizations such as the Army Substance and Abuse Program, Exceptional Family Member Program and the Sexual Harassment/Assault Response and Prevention program.

With the help of the Integrated

Personnel and Pay System-Army, or IPPS-A, the IRC is well-equipped to address administrative issues for incoming service members and “rapidly provide tenant unit commanders with a ready force,” Scott shared.

Scott shared the most challenging part of his new role has been ensuring that his team of Soldiers are receiving the support they require to drive the in-processing mission.

“I have placed much of my emphasis on improving our company facilities and providing them training opportunities in-house and sending them to military courses to better themselves professionally,” he explained.

“I have also worked to give them more predictability with weekly training meetings, with unit plans at least four months out so they can plan time off with family and friends appropriately,” he added.

Scott said he has enjoyed his time commanding the IRC and he’s most proud of the relationships he has formed on the installation.

“I have had an opportunity to make a larger impact on service

members’ and their families’ lives in just a little over a month in command,” he expressed. “My greatest reward so far is building a strong network with military and civilian agencies on post.

“Knowing who to communicate with has helped improve the

efficiency of in-processing for new Soldiers,” he continued. “Through this position, I have also received a lot of mentorship from senior leaders on the installation that can help me grow into a better leader able to better support Soldiers, civilians and their families.”



Sgt. Daniel Lopez, Installation Reception Center administrative noncommissioned officer, assists Pfc. Jason Kindred, 6th Battalion, 56th Air Defense Artillery Regiment, Friday at the Installation Reception Center at Fort Cavazos.

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# High school football team visits IIIAC



Students with the St. Stephens Episcopal School football team take a group picture at the 1st Cavalry Division Horse Cavalry Detachment Aug. 13 at Fort Cavazos. The Horse Cav. Det. was the last stop in a base-wide tour given to the students, which provided them a unique experience to see what the Army has to offer.



St. Stephens Episcopal School football team members receive a training brief at the Close Combat Tactical Trainer Aug. 13 at Fort Cavazos. The CCTT offered the students the opportunity to experience different types of simulated training that Fort Cavazos Soldiers go through. These simulated experiences ranged from riding in M1A2 Abrams tanks to shooting a 30mm cannon on a M2 Bradley Fighting Vehicle.



Students with the St. Stephens Episcopal School football team smile as they interact with a horse at the 1st Cavalry Division Horse Cavalry Detachment Aug. 13 at Fort Cavazos. The students were given a tour of the Horse Cav. Det. barn to close out the day and were granted permission to respectfully interact with the animals.

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PRESS 1

Dining Facility Operations Schedule

Aug. 2024

For the most updated schedule, visit [home.army.mil/cavazos](https://home.army.mil/cavazos)

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	31

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.

**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	31

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  
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.

**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	31

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	31

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	31

Breakfast: 7:30-9 a.m. Monday-Friday  
Lunch: 11:30a.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. Tentatively scheduled to open Aug. 15.

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.

**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	31

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

Food Advisor: CW2 Rogers: 931-378-2957

**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	31

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



# Exercise prepares 2nd Chemical Bn for future

**Training:** *Continued from A1*

battalion’s true strength lies in its ability to operate as a cohesive unit.

Collaboration among the companies within the battalion became a central aspect of the training, fostering unity and teamwork. Command Sgt. Maj. Joshua Wareheime, command sergeant major for 2nd Chemical Bn., highlighted the enhanced collaboration observed among the troops throughout the training. He noted bringing together separate companies significantly strengthened their unit cohesion, allowing Soldiers to build relationships and share experiences.

“Having five separate companies across different locations come together has significantly strengthened our camaraderie,” Wareheime expressed. “It allows our Soldiers to build relationships, share experiences and unify their efforts towards common goals.”

Building solid and unified teams is crucial, but the battalion’s dedication to readiness includes more than just collaboration, encompassing one of the four Phantom mottos the III Armored Corps instills — warfighting by using a multi-echelon training approach to train a proficient and lethal team of teams.

The battalion’s commitment to readiness is cultivated through the RED acronym — ready, engaged and disciplined.

“This training aids us in achieving readiness to deploy swiftly, engage effectively and maintain discipline throughout all operations,” Wareheime said.

Transitioning from collaboration, the historical context and strategic objectives play a significant role in the battalion’s training approach. Lt. Col. Theodore DeMaria, commander of 2nd Chemical Bn., contextualized the training within the battalion’s historical legacy and strategic objectives.

“If you look at the 2nd Chemical Battalion’s contributions to the Korean War, the battalion was in continuous contact for 1,007 days,” DeMaria highlighted. “This enduring commitment underscores the importance of rigorous, combat-focused training like what



Photo by Sgt. Nicholas LaRocco, 7th MPAD

**Sgt. 1st Class Brandon Zaleski, a chemical, biological, radiological and nuclear specialist assigned to Headquarters and Headquarters Company, 2nd Chemical Battalion, 48th Chemical Brigade, checks his periscope monitors before conducting table V for Stryker gunnery qualification at Brookhaven Complex July 31 at Fort Cavazos.**

we’re conducting here. It’s about preparing for the unexpected, maintaining readiness and ensuring we can achieve our mission objectives under any circumstances.”

The strategic importance of such exercises extends beyond current readiness.

“We’re not just preparing for today; we’re preparing for potential future deployments and ensuring our readiness for any mission,” DeMaria said.

The FTX and gunnery event included training across several tables, each designed

to enhance proficiency and readiness progressively. From gunnery tables IV to VII, they involved day and night iterations of dry fires and live-fire exercises. These exercises simulated combat scenarios, allowing Soldiers to practice with their weapons systems under realistic conditions. This structured approach to training ensured each Soldier mastered their roles and contributed effectively to the battalion’s collective mission.

“Through these exercises, we ensure

that our Soldiers are proficient in their individual roles and capable of functioning seamlessly as a cohesive unit in any combat scenario,” Wareheime said.

Ramos reflected on the morale among the troops, noting that hands-on training fosters camaraderie and teamwork, essential elements for mission success.

“When things go right, morale goes up,” Ramos said. “When challenges arise, we learn from them and grow stronger as a team.”



Photo by Sgt. Nicholas LaRocco, 7th MPAD

**A gunnery crew from Headquarters and Headquarters Company, 2nd Chemical Battalion, 48th Chemical Brigade engage a target during table V qualification on the M2 .50 caliber weapon system with the Nuclear, Biological and Chemical Reconnaissance Vehicle, or NBCRV, configuration of Stryker July 31 at Brookhaven Complex at Fort Cavazos.**

# Military working dogs provide partnership, friendship

**Working Dogs:** *Continued from A1*

For the fourth mission, Army engineers utilize mine detection dogs to support maneuver units by identifying dug-in anti-personnel or anti-tank mines, protecting Soldiers during combat operations.

Staff Sgt. Sadie Vollendorf, a squad leader at the 226th MP Det., is responsible for training the handlers and the dogs.

“The relationship between handler and dog is the most important thing,” Vollendorf said. “Having that close relationship makes the job better, makes the team better, makes them more efficient and it gets us through the day, keeps us motivated to work and keeps our guys happy and ready to go.”

Vollendorf discussed the many advancements in training, including integrating Global Positioning System, or GPS, tracking and virtual reality to prepare dogs and handlers for real-world scenarios.

“We’re seeing GPS getting added into our dogs’ capabilities where they’re tracked,” Vollendorf said. “We’re also starting to get into the more technological side of virtual reality training and using that as an

added tool before the handlers get assigned a dog.”

Sgt. Samantha Wendt, a team leader and explosive dog handler with the 226th MP Det., shared similar sentiments. She spoke about the daily routine and the deep connection she’s formed with her dog, MWD Softie.

“We talk a lot about rapport building — building that bond with our dogs starts the day you meet them,” Wendt said. “You take them on walks, you train with them and when you’re on missions or deployed, you’re living with them. That bond grows over time.”

Wendt also touched on the unique connection between handlers and their dogs beyond the typical pet-owner relationship.

“There’s a different bond with these dogs,” Wendt explained. “Even if you’re not out there finding IEDs with them, they’re your partner during shifts, and sometimes they’re the only one you interact with all day. They’re what gets you through the tough days.”

Their contributions, often unseen, are invaluable to the safety and success of the Soldiers they serve alongside.

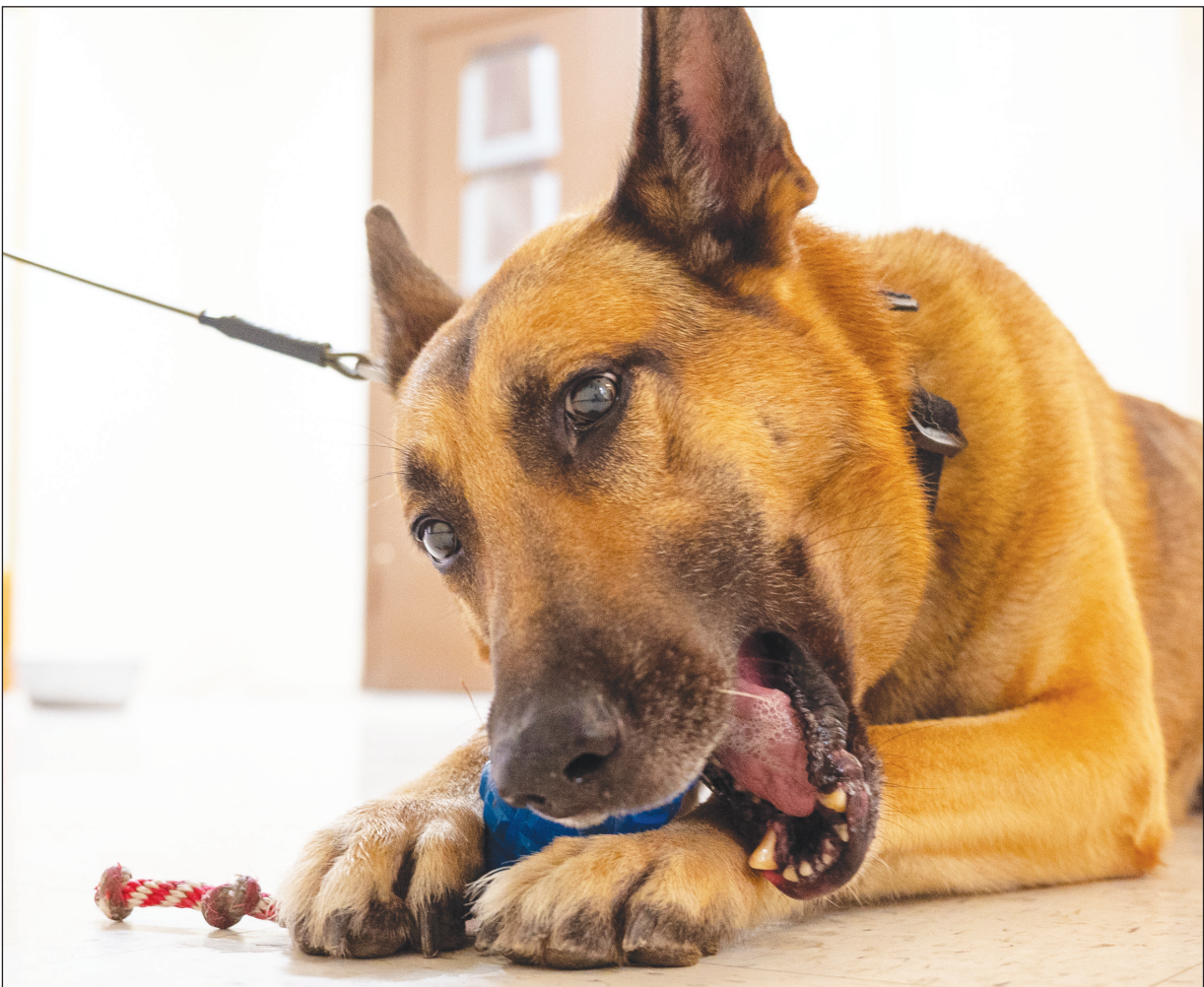


Photo by Eric Franklin, Fort Cavazos Public Affairs

**Military Working Dog Dux enjoys a chew toy while taking a break from training Aug. 15 at Fort Cavazos. These highly trained K-9s are essential to military operations, assisting in detection and security tasks.**



# DOD announces launch of online Housing Feedback System

## DOD RELEASE

WASHINGTON — The Department of Defense announced Aug. 13 the launch of the DOD Housing Feedback System, an initiative designed to enhance transparency and accountability in DOD privatized military housing. The new system allows active-duty service members and their authorized dependents to submit feedback on their current leased unit, ensuring their voices are heard and their concerns are addressed in a timely manner.

The system opens an additional, high-visibility communication channel for active-duty service members living in privatized military housing and their authorized dependents to submit public feedback related to the condition of their current housing unit and receive a response from their privatized landlord.

The DHFS is intended to augment, not replace, existing processes for submitting maintenance work order requests. Privatized military housing residents should continue to submit work order requests through their community's property manager or other regular channels to receive corrective action for maintenance issues.

The launch of this initiative is part of the department's ongoing commitment to improving the quality of life for service members and their families.

"The Department of Defense has a moral obligation to ensure that the spaces where our service members and their families live are healthy, functional and resilient," said Deborah G. Rosenblum, acting deputy under secretary of defense for acquisition and sustainment. "This new feedback system is a critical step to ensuring transparent and timely responses to occupants' concerns and aligns with Secretary (Lloyd) Austin's priority to 'take care of our people.' We are focused on putting our people's experiences at the very center of all the work we do."

The DHFS is now live and can be accessed at [www.dhfs.mil](http://www.dhfs.mil). All eligible tenants are encouraged to use this system to provide their valuable feedback and help the DOD continue to enhance the quality of military housing.

The home screen includes options to access official Office of the Secretary of Defense and



Sentinel file photo by Samantha Harms, Command Information Chief

Newly built homes sit in Heritage Heights, a neighborhood at Fort Cavazos for junior enlisted Soldiers, June 16, 2023, at Fort Cavazos. Those living in housing on post can submit feedback on their current unit through the Department of Defense's new DOD Housing Feedback system, an initiative designed to enhance transparency and accountability in DOD privatized military housing.

Military Department housing webpages that include web links where they can:

- Submit a maintenance work order for repair directly with the landlord's property management office.
- Initiate the dispute resolution process if they are unsatisfied with the work order experience.
- Find a copy of the privatized housing Tenant Bill of Rights.
- Locate contact information for the

Military Housing Office and privatized landlord or their property manager.

- Access the DOD Hotline website if there are concerns about retaliation for submitting feedback.

Directly supporting the secretary of defense's priority to take care of its people, the DOD provides approximately 250,000 homes for service members and their families. The new feedback system will help improve installation conditions and the

quality standards service members and their families deserve.

Earlier this year, the department released its Resilient and Healthy Defense Communities Strategy, which will guide the DOD's actions in the coming years to improve the built and natural environment on defense installations. This strategy also supports the secretary of defense's priority and focuses on improving the quality of life for service members, their families and the DOD civilian workforce.



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Photo courtesy of SeaWorld San Antonio

SeaWorld San Antonio features the Journey to Atlantis, a family-friendly ride that is part water and part coaster. It gives a panoramic 360-degree view before plunging riders into the lake below.



Photo by Derika Upshaw, Fort Cavazos Public Affairs

My husband, Warrant Officer Christopher Upshaw, Bravo Battery, 1st Battalion, 62nd Regiment, 69th Air Defense Artillery Brigade, and our son, Landon Upshaw, 9, ride the Tidal Surge, a new attraction that soars into the air like a swing, reaching to a height of 135 feet at its peak, at SeaWorld San Antonio.

# SeaWorld offers thrills, adventures

BY DERIKA UPSHAW  
Fort Cavazos Public Affairs

**SAN ANTONIO** — The kids are back in school now, but we decided to have a little fun to end the summer on a good note. What better way to do that than at SeaWorld?

We took advantage of SeaWorld's generous Waves of Honor program, which allows active-duty military members receive one free admission ticket per year plus three free dependent tickets. This is also a big year for SeaWorld, which is celebrating its 60th anniversary. Visitors can see this theme throughout the park.

Going in August was great because it was less crowded, making our wait times for rides about 15 to 20 minutes on average. But the shorter wait came

with the challenge of the Texas heat. Luckily, SeaWorld allows guests to bring their own water bottles and refill them throughout the day. I would also suggest bringing hats and sunscreen.

During our visit, we were more concerned with experiencing the presentations than the rides, though we thoroughly enjoyed those too.

Our favorite presentation was the Orca Encounter. The whales were amazing, and as SeaWorld says, they are the perfect ambassadors for the ocean. We learned interesting facts about the many whale species at SeaWorld and saw how they played and interacted with their handlers and the audience. Those who sat in the splash zone received a wet surprise from the playful mammals and a fun way to keep cool.

My oldest was disappointed that he

didn't get splashed in any of the splash zones, but he made up for it later. The best areas to get splashed are down front and right in the middle.

Additionally, we experienced the Flippers, Facts, & Fun: Sea Lion Experience, where we saw California sea lions, Asian otters, and Ocean Discovery: Dolphin and Beluga Whales, which was a great show. We also enjoyed ImaginOcean, a show featuring three fish friends on a journey to find treasure. We learned interesting facts about all of the sea life featured in each show. We could tell the shows weren't too rehearsed, so we still saw the mammals' personalities. I think ImaginOcean was my toddler's favorite with all the bubbles incorporated in the show.

Since we do have a toddler, we wanted to make sure we went somewhere the whole family could enjoy, and SeaWorld did not disappoint. My 2-year-old experienced his first roller coaster, the Super Grover's Box Car Derby, and had an amazing time. The Sesame Street area was full of rides that my little one enjoyed, such as Big Bird's Spinning Reef. Next time, I will remember to bring swim clothes for the splash area.

My older kids were able to have just

as much fun. Most rides had a height minimum requirement between 42 to 48 inches. Our favorites were the Tidal Surge, a new ride at SeaWorld that swings you back and forth in the air going up to 135 feet, and Journey to Atlantis, which is part water ride and part coaster. After the Journey to Atlantis, we stood by the railing to feel the spray from the ride, and my oldest was happy about finally getting splashed. There were so many rides that we couldn't experience them all, so it warrants another visit.

We were a little disappointed in the lack of dining options, but what they had was delicious. We ate burgers, chicken tenders and chicken nuggets. We paid between \$70 and \$100 for a family of five for lunch, and for snacks and drinks such as ice cream and soda, we paid between \$30 and \$40.

In all, we had a wonderful time at SeaWorld and can't wait to experience it again. If you love Halloween, they are gearing up for their Howl-O-Scream event Sept. 13 through Oct. 27. For more information about the Waves of Honor program or what SeaWorld has to offer, visit [seaworld.com/san-antonio](http://seaworld.com/san-antonio).



Photo by Derika Upshaw, Fort Cavazos Public Affairs

A seal enjoyed showing off its voice for the crowd during the Flippers, Facts & Fun: The Sea Lion Experience event at the Sea Lion Stadium at SeaWorld San Antonio. The sea lions danced and played with their trainers while trainers provided interesting facts.



Photo courtesy of SeaWorld San Antonio

My family and I enjoyed watching Beluga whales swim and interact with their trainers and the audience during the Ocean Discovery: Dolphin and Beluga Whales show at SeaWorld San Antonio.



Photo by Derika Upshaw, Fort Cavazos Public Affairs

My family and I watched the ImaginOcean show at SeaWorld San Antonio, where three fish, Tank, Bubbles and Dorsel, go on a journey to find treasure. The show is centered around music, and dancing with the ultimate theme of friendship. There were many bubbles incorporated into the show, which made it a favorite for my youngest son.



# Eric's Tech Talk

## New iPad Pro packs punch like MacBook Pro

BY ERIC FRANKLIN  
Fort Cavazos Public Affairs

Regarding tablets, the iPad Pro is in a league of its own.

My friend and I both took the plunge and while he went for the 13-inch model with nano-texture glass, I chose the more compact 11-inch model with the Ultra Retina XDR display.

Let me tell you, the difference between them is like comparing an espresso shot to a venti Frappuccino.

First off, the 11-inch model is a gem. Its Ultra Retina XDR display is vibrant, sharp and bright enough to double as a flashlight

in a power outage — yes, I tried it. The pixel density makes every image pop. It's like having a tiny 4K TV in your hands. The smaller size makes it incredibly portable. I've slipped it into bags I'd never dare shove my old MacBook Pro into. It's perfect for people on the go, and unlike the 13-inch model, it doesn't make you feel like you're carrying a cutting board around.

Now, let's talk about where size really does matter — the 13-inch model. My friend's choice may be heavier, but the nano-texture glass on the larger iPad Pro is nothing short of magical.

It reduces glare to the point where you can practically use it as

a mirror in direct sunlight, though maybe just for checking your hair. It's ideal for creative professionals who need every inch of screen real estate, but the extra size can feel a bit excessive for the average user. Adding the Apple Pencil and the Magic Keyboard makes the iPad Pro a serious contender as a laptop replacement.

With its low latency and pressure sensitivity, the pencil turns the tablet into a digital sketchbook, a note-taker's dream or a doodling device for when you're supposed to be paying attention in meetings. Meanwhile, the Magic Keyboard offers a typing experience so good you'll forget you're on a

tablet — until you remember it doesn't have a trackpad as spacious as your MacBook's.

But here's the thing — as fantastic as the 13-inch iPad Pro is, I'm not quite ready to ditch my MacBook Pro just yet. Sure, the iPad is powerful, but certain tasks — like running full-fledged desktop applications and managing complex workflows — still keep me tethered to my laptop. Plus, there's something about a dedicated notebook that feels right.

One funny quirk about the iPad Pro is how it handles multitasking. Yes, you can split the screen and have multiple apps open at once, but sometimes, in the heat of trying to do too much, you end up swiping away the wrong app or getting stuck in a maze of open windows. It's like playing a game of digital whack-a-mole where the moles are all your productivity apps.

Speaking of fun, I decided to

test the iPad Pro's speakers with a movie night. I watched "The Instigators," and I was blown away. The sound quality was so good, it felt like I had a mini home theater in my hands. The dialogue was crisp, the action scenes were immersive, and I didn't miss my usual setup. The speakers are seriously impressive — perfect for those impromptu movie nights or just blasting your favorite tunes.

In conclusion, the 11-inch iPad Pro is a beast in a compact form, offering power, portability and a display that's nothing short of breathtaking. It's perfect for those who want a powerful tablet without the bulk of the 13-inch model. But for those who need a larger screen and can appreciate the nano-texture glass, the 13-inch version is the way to go.

As for me, I'll keep both my iPad Pro and MacBook Pro because having the right tool for the job is important.



Photo courtesy of Apple Inc.



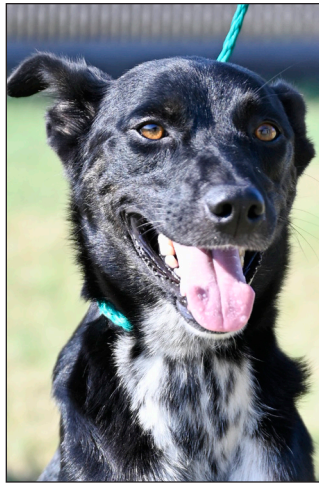
Photo by Eric Franklin, Fort Cavazos Public Affairs

Navigating through apps on the 11-inch iPad Pro with the Apple Pencil feels natural and responsive. The compact form factor paired with powerful tools like the pencil make it ideal for work and creativity on the go.

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



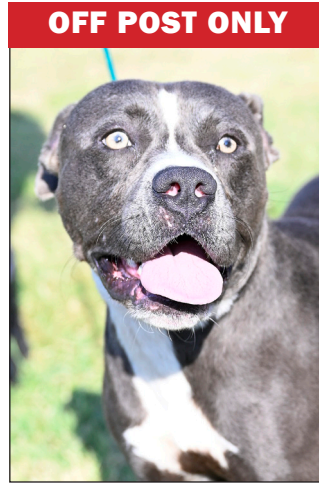
**Felicia**  
4-yr-old, Labrador retriever mix, black & white, female.



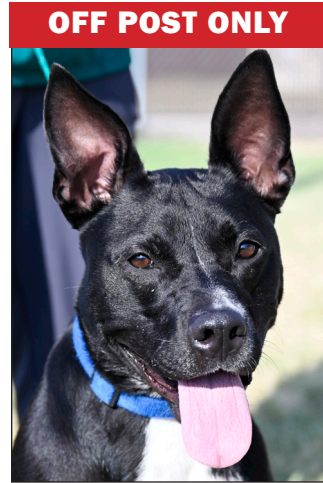
**Salem**  
2-yr, 10-mo-old, border collie, black & white, female.



**Brutus**  
5-yr, Bulldog mix, brindle & white, male



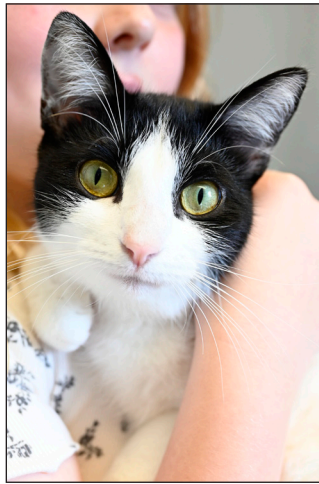
**Augustus**  
1-yr, 1-mo-old, pit bull mix, blue & white, male.



**Phoebe**  
age unk., pit bull mix, black & white, female.



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



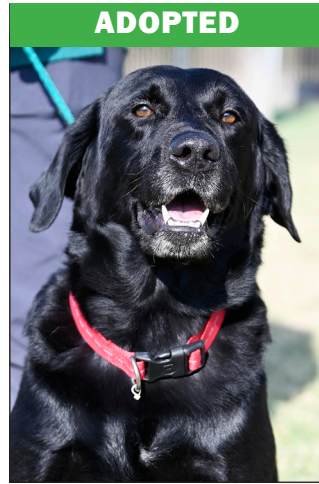
**Big Bertha**  
age unk., domestic short hair, black & white, female.



**Gandalf**  
3-yr-old, domestic short-haired tabby, gray & white, male.



**Jeeves**  
3-yr-old, domestic short hair, black & white, male.



**Elio**  
3-yr-old, Labrador retriever mix, black & white, male.



**Winston**  
age unk., miniature poodle mix, tan, male.



# Cavazos iSportsman offers recreating, mentorship opportunities

BY CHRISTINE LUCIANO  
DPW Environmental

Hunting, fishing and general recreation permits for the 2024-2025 season are now on sale. The installation offers thousands of acres for hunting deer and a variety of wild game to include pigs, quail, dove and turkey. Fort Cavazos' lakes and ponds also provide a great opportunity for Soldiers and their families, retirees, veterans, as well as civilians, to fish. Several of them are maintained regularly and stocked with channel catfish averaging

13 inches in length. Recreation on the installation is open to the public and requires interested recreators to qualify for access before purchasing permits through iSportsman. "iSportsman streamlines the process to purchase permits, shares insight to areas that are open or closed and provides real time communication and alerts, while enhancing safety," said Dr. Amber Dankert, supervisor of Fort Cavazos' Wildlife Management. The program is web-based and a one-stop shop for regulations, maps,

permits, news and the recently added Recreation Mentor Program. "The Recreation Mentor Program focuses on building support and fostering connections to help fellow recreators," Dankert said. "It is an opportunity for outdoor enthusiasts of all levels to learn from those familiar with the Fort Cavazos landscape and share their experiences on a range of situations from navigating iSportsman to general information about their recreational activity of choice." Individuals interested in the voluntary program of becoming a recreation mentor or connecting with a mentor can register on [cavazos.isportsman.net/mentorship](http://cavazos.isportsman.net/mentorship).

**2024-2025 season changes**  
For this season, permits have been simplified and standardized for all recreators. Hunting is \$75 for adults and \$20 for youth, and fishing is \$25 for adults and free for youth. There are also some changes that anyone planning to recreate on the installation should become familiar with that include:

- No recreation, including fishing, between 10 p.m. and 4 a.m. daily. The latest checkout time for all recreators is 9:59 p.m., and some activities require an earlier checkout.
- Guest observer authorization is included as part of any valid Fort Cavazos iSportsman hunting, fishing and/or general recreation permit. A separate permit is no longer necessary.
- No appeals for administrative penalties, including suspensions, 90 days or less in length.
- Recreation areas 8N and 8S now require fishermen to check in through the iSportsman system. These areas are no longer no check-in/checkout.

To purchase permits, go to [cavazos.isportsman.net](http://cavazos.isportsman.net).

**Safety and mission readiness**  
To ensure the safety of those recreating and mission readiness and training, recreators are responsible for familiarizing themselves with the installation-specific guides and regulations; registering on iSportsman; checking



Photo courtesy of DPW-NCRMB  
Dove hunters, decked out in camo, pursue mourning and white-winged doves at a Fort Cavazos training area.



iSportsman streamlines the process to purchase permits, shares insight to areas that are open or closed and provides real time communication and alerts, while enhancing safety.

– Dr. Amber Dankert,  
supervisor of Fort Cavazos' Wildlife Management.



Photo by Christine Luciano, DPW Environmental  
Annually, the Fort Cavazos Directorate of Public Works-Natural and Cultural Resources Management Branch works with the U.S. Fish and Wildlife Service's Inks Dam National Fish Hatchery to stock catfish at several lakes and ponds across Fort Cavazos.

## Houses of Worship

### FORT CAVAZOS CHAPEL SERVICES



**CATHOLIC**  
Sunday Mass, 9 a.m., Main Chapel, [www.facebook.com/FtCavazosRomanCatholic](http://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., Comanche Chapel, <https://www.facebook.com/ComancheHappeningsNow>

**TRADITIONS**  
Traditions Service, Sunday, 10 a.m., Ironhorse Chapel, [www.facebook.com/groups/fhtpws/](http://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](http://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

**OPEN CIRCLE**  
Camp Finlayson, contact Linn Vodisek, [vodiseklinn@gmail.com](mailto:vodiseklinn@gmail.com)

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

**NORTH FORT CAVAZOS**  
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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](http://www.facebook.com/FortHoodPWOC)  
Mothers of Preschoolers (MOPS), [www.Facebook.com/FortHoodMOPS](http://www.Facebook.com/FortHoodMOPS)  
Club Beyond-High School, Contact Frank Ayala, [fayala@clubbeyond.org](mailto:fayala@clubbeyond.org)  
Club Beyond-Middle School, Contact Frank Ayala, [fayala@clubbeyond.org](mailto: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](http://facebook.com/FortCavazosChaplain)\*

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# HEALTH

## Kidz Fest rings in fun, medical readiness

BY RODNEY JACKSON  
CRDAMC Public Affairs

The Carl R. Darnall Army Medical Center provided parents the opportunity to have their children’s sports and school physicals completed early in conjunction with its first Kidz Fest Aug. 3.

Family members enrolled in CRDAMC clinics made appointments at the hospital’s pediatric clinic, or walked into the Family Medicine Residency Clinic during the event.

The hospital offers school and sports physicals annually and plans to make the Kidz Fest an annual event that offers games, educational activities, prizes and a backpack raffle.

Lt. Col. Theresa Suggs, chief of Army Public Health Nursing, provided the opening remarks at this year’s Kidz Fest.

“I’d like to welcome you all to our first ever CRDAMC Kidz Fest, held in conjunction with our annual school and sports physicals,” Suggs said. “I’m happy to see you all here ... and we’re very pleased to be able to bring you all together for our military families.”

Col. Garrick Cramer, commander of CRDAMC, thanked the 30-plus vendors, the staff conducting the physicals and the event planning team for being a pivotal part of taking care of families and other event attendees.

“As you all know my child is much grown up, and I remember back in the day we PCS’ed (permanent change of station) right before school started, so there are lots of stresses on life,” Cramer said. “This kind of event is what reduces some of that stress.”

After the opening ceremony, the Kidz Fest team jumped right into the backpack raffle drawing. Hospital departments and participating vendors donated 40 backpacks, each filled with school supplies.

Lt. Col. Omar Shami, commander of the 11th Field Hospital, and his wife, Tae Jung Park, had the winning tickets for the first two backpacks. Shami commented his family had a great experience at the event.

“I tell you it was really great we found out about this,” Shami said. “We made appointments early and from the time we stepped in people greeted us, showed us where to go, checked us in very quickly and we were on time for our appointments.

“Handling three boys is always a little bit of a challenge, but they did a great job and the physicals went well, and I really couldn’t have been more happy about the process,” he added.

Some of the vendors represented Fort Cavazos Child and Youth Services and the infection and prevention branch of the hospital during the event.

“My focus is hand hygiene, promoting

it at school as well as at home, and ensuring that parents understand that it’s important for them and the children to be vaccinated,” said Juliana Luciano, branch manager for infection prevention and control at CRDAMC. “These habits promote health and help children develop strong immune systems.”

CYS provided registration packages for family members to sign up for not only child care, but its youth sports and fitness programs, which offer team and individual sports, camps and its nutrition program.

“I think the most important piece is that they are learning a little bit more about what CYS has to offer,” said Kristine Caparco, CYS school liaison officer at Fort Cavazos. “We’re here to help make that connection with not only CYS, but with the local school districts.”

Suggs expressed even if a child doesn’t need a school or sports physical, the Kidz Fest is a great event to attend.

“Our overarching goal is to increase military family resiliency, so the more resources that are available, the more resilient families will be,” Suggs said. “This is the first time that we’ve brought this many community partners together for the annual school physicals. We hope for next year to have it to continue to grow.”

For more information on CYS and how to sign up for future programs, call the Fort Cavazos CYS office at 254-287-8029.



## SPECIAL DELIVERIES

### JULY 14

A son, **Mael-Dylan Kossi Seyram**, to Komla Aklah and Akossiwa Ekpe.

### JULY 16

A daughter, **Emerson Grace**, to Zachary and Mallarie Smith, 2nd ABCT.

A daughter, **Tessa Avery**, to Craig and Cornelia New, 3rd Cav. Regt.

A daughter, **Juliana Marie**, to Nyree Smalls and Selene Torres, 1st ABCT.

### JULY 17

A son, **Bryer Wayne**, to Dalton Gibson and Heaven Bishop, 13th ACSC.

A daughter, **Margaret Louisa**, to Scott and Nicole Stark, 407th AFSB.

### JULY 18

A son, **Maverick Taylen**, to Takeshi and Channlo Berdan, 1st Cav. Div.

A son, **Archie James**, to Brandon and Maria Helmick, 3rd ABCT.

### JULY 20

A son, **Luca Beatte**, to Javier Ramirez and Kaitlyn Beatte Ramirez, 2nd ABCT.

A daughter, **Na’Lani Zamora**, to Ty’Quez and Dasia Rowles, 3rd Cav. Regt.

A son, **Gene Alexander**, to Bryan Williams and Iris Barrera-Rio.

### JULY 21

A son, **Otilio Donald**, to Daniel Davies and Catherine Mendez-Davies, 71st Ord. Grp.

A daughter, **Denise Kamdoun**, to Bienvenue and Livine Chendjou, 1st Cav. Div.

### JULY 22

A daughter, **Ella Ryan**, to Nickolas and Rachel Webb, 3rd SFAB.



Photos by Rodney Jackson, CRDAMC Public Affairs

**LEFT**, Peter Buotee, healing arts program coordinator with the Intrepid Spirit Center, and his children Taslima, 6, and Peter Jr., 2, visit the Fort Cavazos Fire Department table during the Carl R. Darnall Army Medical Center Kidz Fest Aug. 3 at Fort Cavazos. **RIGHT**, Lt. Col. Omar Shami, left center, commander of the 11th Field Hospital and his family pause for a photo with Lt. Col. Theresa Suggs, left, chief of Army Public Health Nursing, and Col. Garrick Cramer, right, CRDAMC commander, after winning backpacks in a raffle at the CRDAMC Kidz Fest Aug. 3 at CRDAMC at Fort Cavazos.

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# SPORTS

## Civilians rise to fitness challenges

BY BLAIR DUPRE  
Sentinel News Editor

The Army Wellness Program is encouraging the civilian workforce to team up and start moving with six-week-long fitness challenges.

The goals of the fitness challenges are to enhance the physical wellness and increase camaraderie among Department of the Army civilians at Fort Cavazos through healthy competition and collective motivation.

Tarisha Corey, training coordinator with the Workforce Development Program, said teams are composed of civilians from different departments and/or directorates.

"We just welcome everybody," she said. "I think the more, the merrier. We encourage everyone to participate."

The most recently completed challenge was the Triple Threat Six-Week Fitness Challenge, where participants earned points

by engaging in walking, running, swimming and maintaining a daily goal of 10,000 steps.

"The three core events were walking, running and swimming, but if you hit the 10,000 steps during that process you got 15 points," Corey said.

Participants were able to earn points for their team whether they ran for five minutes or an hour. Corey said she wanted to make sure anyone could participate no matter their skill level.

"We created (the six-week challenges) so it meets you where you start," Corey said. "My fitness level is not your fitness level, but we can still be on the same team and still make progress."

With their supervisor's approval, civilians could be granted up to three hours of administrative leave per week, up to one hour per day. Since the six-week challenge is a command-sponsored event, civilians can use the three hours to participate during the duty day.

Corey has participated in the challenges

herself and said she has been able to remain motivated because of her peers.

"If I see my coworker (Kimberly Harris) working out, I don't want to be dragging behind," she said. "I don't want to let my team down. At the end of the day, you get the health and wellness benefits, reduced stress and you get the physical improvements. It's just overall a good concept for me."

"It's very challenging, but it's so rewarding," she continued. "It's definitely worth investing in yourself. If I was stressed from the morning, just the hustle and bustle, I've got an outlet to decompress and come back. I usually have more energy, I feel good and I wish everybody would take part in it."

Each challenge concludes with a celebratory gathering where the winners from the team and individual categories are recognized.

For the Triple Threat Six-Week Fitness Challenge the "CrossChicks" came out on top in the team category with the six team members collectively scoring 380 points.

"There's nothing but positive things about the (fitness) challenge," said Renee Fulfer, Fort Cavazos Army Security Office supervisor and member of the CrossChicks.

"When you meet more people that have like mindsets about wanting to get into fitness and getting healthier ... it encourages you to do more. Having that reinforcement and encouragement from your teammates is really fun."

The next six-week fitness challenge, Fit & Fuel 2, will begin Sept. 9 and the information session will be held Sept. 4 via Microsoft Teams.

For more information, scan the QR code or email Corey at tarisha.corey.civ@army.mil.



Kimberly Harris, left, Fort Cavazos Workforce Development Program training coordinator; Renee Fulfer, Fort Cavazos Army Security Office supervisor; Janeczka Wright, Fort Cavazos Public Affairs specialist; Julie Cordova, Fort Cavazos Garrison Safety Office safety and occupational health specialist; Tarisha Corey, Fort Cavazos Workforce Development Program training coordinator; and Donna Tomsic, Fort Cavazos Plans, Analysis and Integration Office lead management analyst, known as the CrossChicks, pose with their certificates after winning first place in the team category for the Triple Threat Six-Week Fitness Challenge Aug. 2 at Fort Cavazos.



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Published August 22, 2024 and August 29, 2024

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### WORD SLEUTH

#### THINGS FOUND IN A GLOVE COMPARTMENT

L T R P N L J H F D F B Y X V

T R P O S E U S S I T T M K I

G E R E G I S T R A T I O N D

B T H G I L H S A L F R Z X W

U F R E Z I T I N A S E N T R

Q U O S W A R T S N P G A L J

I S L L I P N I A P A A P G F

D E C D S E V O L G P U K A Y

X S K C A N S W V T E G I S R

P I O L A U N A M S R E N W O

T N D R A C E C N A R U S N I

Unlisted clue: GLOVES

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally. Friday's unlisted clue hint: AN OBVIOUS ITEM

First aid kit	Napkins	Pen	Straws
Flashlight	Owner's manual	Registration	Tire gauge
Fuses	Pain pills	Sanitizer	Tissues
Insurance card	Paper	Snacks	

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### JUMBLE

#### THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

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

RUFTI

ZAAEM

CSOTEK

CIDINT

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8/22

AFTER BUTTING HEADS FOR HOURS, THE BIGHORN SHEEP WERE DEALING WITH THE ---

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

Answer: FRUIT

Jumbles: RUFTI, ZAAEM, CSOTEK, CIDINT

Answer: After butting heads for hours, the bighorn sheep were dealing with the --- RAMIFICATIONS

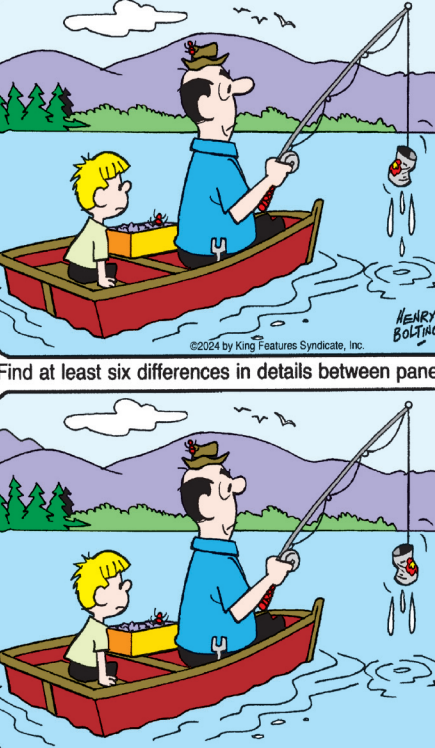
### PREMIER CROSSWORD/ By Frank A. Longo

ACROSS	DOWN
1 Illuminated like quaint old streets	1 They may be AWOL
7 "Taxi" mechanic Gravas	2 Old Glory's home
12 Shut noisily	3 Very eye-catching
16 "If u ask me ..."	4 Pick-me-up
19 Full of mischief	5 Atoll part
20 Dam on the Nile	6 E'en if
21 Very angry	7 Señora, say
23 What you may feel after doing something very bad	8 Court great
25 In a messy way	9 Little branch
26 Be worthy of	10 "Citizen" of film
27 Feudal sovereign	11 Trig measure
29 Big name in car rental	12 Cousin of a custard apple
30 Bad-mouth	13 "Casablanca" character
31 Currency in 60-Denny	14 ABA mem.
32 Hosp.	15 Med. scan
33 James of "Gunsmoke"	16 "Uncle"
35 Sly plan	17 Actress
38 Somewhat	18 Homeric epic
42 Shed for watercrafts	22 "A Bell for ---" (1944 novel)
44 In --- terms (not using technical jargon)	24 Hoppy brew
	28 Sky sphere
	30 Broadband
	31 Gossipy sort
	33 Up for debate
	34 Emu's cousin
	36 Full of feeling
	37 Bush knife
	39 Fundraisers with food
	40 Bridge beam
	41 "Wipeout" channel
	43 Et --- (and others)
	45 Descended
	47 Vowel string
	52 Color of a forest "carpet"
	54 Computer system modeled on the human brain
	55 Punctuation causing pausing
	56 Fake fat brand
	57 Wagering everything
	58 Viscid
	60 Japan's capital
	62 Come about
	63 Find new tenants for
	64 Marvel superhero
	67 That gal
	69 "Listen, pal!"
	71 Threw away
	73 Donate 10%
	78 African land
	82 Galaxy unit
	83 Supplication
	84 Hint of color
	86 Dull hurt
	88 Tablet extra
	90 Great-grandfather of Nero
	91 Certain stag or doe
	92 Intentions to do evil
	94 Phishing crime
	97 TV antennas
	98 Zagreb locale
	99 Fedora or fez
	101 --- wave
	102 --- Paulo
	104 Accumulate
	108 Raft wood
	110 Ruby-hued
	113 Hotel room service, often
	114 Helpful hints
	115 Oven output
	116 Irish money
	117 Ontario tribe
	118 Nylons, e.g.
	120 Intel org.
	121 Chili holder
	123 Urban trains
	124 Whack down

#2,208 Average time of solution: 67 minutes

### HOCUS-FOCUS

BY HENRY BOLTIKOFF



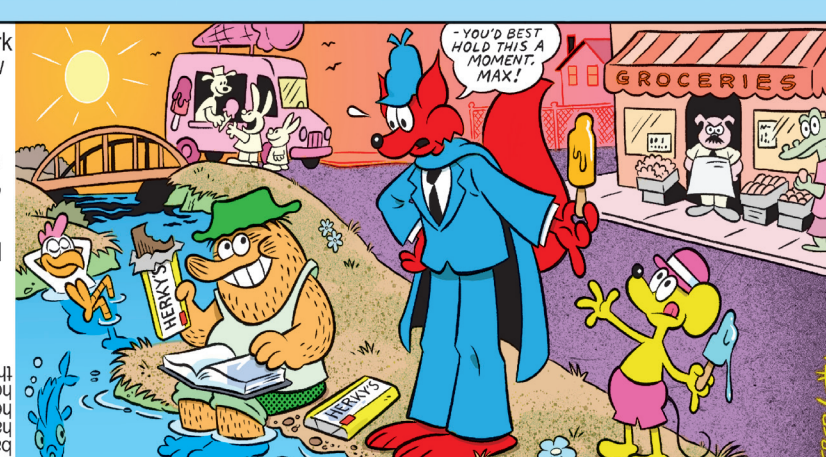
Find at least six differences in details between panels.

added.

Differences: 1. Can is reversed. 2. Tree is taller. 3. Water drop is missing. 4. Nose is smaller. 5. Sleeve is shorter. 6. Mountain is

### SLYLOCK FOX

BY BOB WEBER JR.



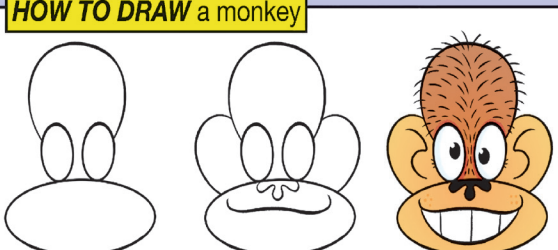
The grocery store clerk accuses Shady Shrew of shoplifting two chocolate bars just moments ago. Shady insists he brought the chocolate from home, claiming he's been beating today's heat by soaking in the cool stream for the past hour. Why does Slylock Fox doubt Shady's alibi?

Solution -- The chocolate they would have melted.

house over an hour ago.

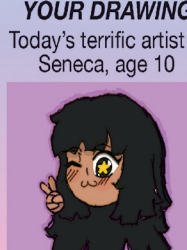
heat since Shady left his had been exposed to the bars are still hard. If they

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Submit your drawing to [www.slylockfox.com](http://www.slylockfox.com)

#### Which of the following are the world's largest monkeys?

a) Baboons  
b) Mandrills  
c) Marmosets  
d) Howler monkeys

Answer -- b) Adult male mandrills typically weigh 42-82 pounds, but some reach nearly 120 pounds.

### Spot six differences between these panels.



Answer -- Mountain, whiskers, grass, bird's eyes, cloud and bush.

Have fun solving a new comic puzzle every day at [www.slylockfox.com](http://www.slylockfox.com)



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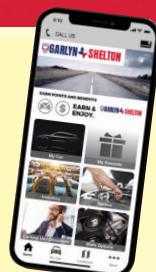


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STK#42527B  
**Sale Price \$12,995**

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STK#61192A  
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MAZDA3 SEDAN I TOURING  
STK#31389A  
**Sale Price \$13,999**

2018 VOLKSWAGEN  
PASSAT 2.0T S AUTO  
STK#55084B  
**Sale Price \$14,781**

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RAV4 FWD 4DR LIMITED  
STK#54263A  
**Sale Price \$15,995**

2018 TOYOTA  
COROLLA LE CVT  
STK#61250A  
**Sale Price \$15,999**

2019 MAZDA  
CX-5 TOURING FWD  
STK#31434A  
**Sale Price \$16,137**

2019 NISSAN  
ALTIMA 2.0 PLATINUM SEDAN  
STK#54773A  
**Sale Price \$16,998**

2018 NISSAN  
ROGUE FWD SV  
STK#P60193A  
**Sale Price \$16,999**

2021 FORD  
ECOSPORT SE FWD  
STK#55095B  
**Sale Price \$17,999**

2019 VOLKSWAGEN  
JETTA R-LINE AUTO W/LEV  
STK#61251A  
**Sale Price \$17,999**

2020 CHEVROLET  
EQUINOX FWD LS  
STK#55133A  
**Sale Price \$18,991**

2013 TOYOTA  
4RUNNER RWD V6 LTD  
STK#54742A  
**Sale Price \$19,995**

2021 NISSAN  
SENTRA SR CVT  
STK#12529B  
**Sale Price \$20,499**

2020 MAZDA  
CX-5 SPORT FWD  
STK#31461A  
**Sale Price \$20,869**

2018 MERCEDES-BENZ  
GLE 350 SUV  
STK#42635A  
**Sale Price \$20,888**

2020 FORD  
FUSION SE FWD  
STK#Z20092  
**Sale Price \$20,999**

2020 CHEVROLET  
EQUINOX FWD LT  
STK#Z20097  
**Sale Price \$20,999**

2018 TOYOTA  
RAV4 XLE FWD  
STK#42550B  
**Sale Price \$20,999**

2022 BUICK  
ENCORE GX SELECT FWD  
STK#12940A  
**Sale Price \$21,440**

2023 HYUNDAI  
KONA SEL AUTO AWD  
STK#Z20102  
**Sale Price \$21,699**

2021 SUBARU  
CROSSTREK PREMIUM CVT  
STK#54871A  
**Sale Price \$21,995**

2017 INFINITI  
Q60 3.0T PREMIUM RWD  
STK#42419B  
**Sale Price \$22,499**

2024 VOLKSWAGEN  
JETTA SPORT MANUAL  
STK#61276A  
**Sale Price \$22,695**

2017 CHEVROLET  
SILVERADO 1500 CREW HIGH COUNTRY  
STK#12539B  
**Sale Price \$22,899**

2017 NISSAN  
TITAN 4X2 CREW PLATINUM RESERVE  
STK#12428A  
**Sale Price \$22,995**

2021 NISSAN  
ROGUE FWD SL  
STK#31223A  
**Sale Price \$23,299**

2020 CADILLAC  
XT4 4DR SPORT  
STK#31367A  
**Sale Price \$23,475**

2024 VOLKSWAGEN  
JETTA S AUTO  
STK#P60204  
**Sale Price \$23,695**

2022 MINI COOPER  
COUNTRYMAN COOPER  
STK#P60210  
**Sale Price \$23,695**

2019 HONDA  
CR-V TOURING 2WD  
STK#42608D  
**Sale Price \$23,995**

2023 VOLKSWAGEN  
TIGUAN 2.0T S FWD  
STK#P60205  
**Sale Price \$24,695**

2018 HONDA  
RIDGELINE RTL 2WD  
STK#12428A  
**Sale Price \$24,981**

2022 JEEP  
COMPASS LATITUDE 4X4  
STK#42770A  
**Sale Price \$24,995**

2022 CHRYSLER  
PACIFICA TOURING L FWD  
STK#P60209  
**Sale Price \$25,895**

2021 NISSAN  
ROGUE FWD SL  
STK#55094A  
**Sale Price \$25,995**

2019 LEXUS  
IS 300 RWD  
STK#42419B  
**Sale Price \$25,995**

2017 AUDI  
S5 COUPE 3.0 TFSI S TRONIC  
STK#12787A  
**Sale Price \$26,073**

2024 SUBARU  
CROSSTREK PREMIUM AWD  
STK#31462A  
**Sale Price \$26,983**

2022 NISSAN  
FRONTIER CREW CAB 4X4 S  
STK#54837A  
**Sale Price \$27,481**

2024 MAZDA  
CX-5 2.5 S PREFERRED PKG  
STK#P30080  
**Sale Price \$27,999**

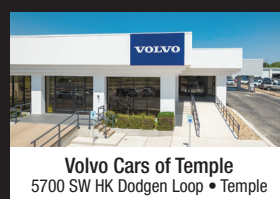
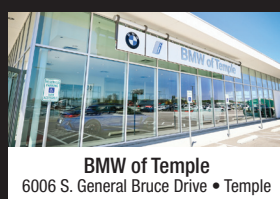
2017 FORD  
MUSTANG GT PREMIUM FASTBACK  
STK#42577C  
**Sale Price \$28,495**

2022 HONDA  
PASSPORT EX-L FWD  
STK#70188A  
**Sale Price \$29,969**

2023 TOYOTA  
CAMRY XSE  
STK#42720A  
**Sale Price \$31,888**

2024 NISSAN  
MURANO FWD SL  
STK#54615A  
**Sale Price \$33,153**

CERTIFIED 2023 VOLKSWAGEN  
ATLAS 3.6L V6 SE  
STK#61246A  
**Sale Price \$33,500**



# GARLYN 50<sup>TH</sup> SHELTON



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