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Thursday, July 25, 2024

# Youth go pro

82nd Year, Issue 30





Photos by Ayumi Davis, Sentinel Editor

**TOP**, George Gordon, 10, practices running around an opponent in a drill at the NFL football camp July 18 at Phantom Warrior Stadium field at Fort Cavazos. Youth were separated into groups by ages and ran through various drills of throwing, catching and evading opponents, followed by scrimmages. **ABOVE**, Daniel Wise, a defensive tackle for the United Football League team the Michigan Panthers, interacts with youth at the NFL football camp July 18.

# Children take on challenges, foster friendships at NFL football camp

BY AYUMI DAVIS

Sentinel Editor

ootballs snapping, feet pounding, hands clamping around footballs and shouts and laughter are just a few of the sounds that filled the air as children covered the swath of Phantom Warrior Stadium field July 18-19, in a two-day NFL football camp.

The Fort Cavazos Army and Air Force Exchange and Defense Commissary Agency worked with Pro-Camps, an event management and sports marketing company, to coordinate the camp, hosted by Proctor & Gamble Co. Fort Cavazos won the free camp after producing

one of the highest sales of P&G products at the post's commissaries and exchanges. Youth centers on the installation, III Armored Corps, and Youth Sports and Fitness also assisted with the event.

"A lot of stuff is done behind the scenes," said Reatha Stockton, AAFES sales and merchandise manager, "but when you get out here to the stage you don't see any flaws. ... It takes a lot of work but we try not to show it."

With volunteer coaches, children were separated into groups by age and went through various drills of throwing, catching and evading blocks.

Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander,

observed some of the drills and imparted a few words to the children and parents at the camp.

dren and parents at the camp.

"(The) youth football camp has been made possible by the generous partnership with our local exchange and DeCA partners here and the exchanges and commissaries are vital in creating a sense of community for our military families who often face the challenges of multiple deployments," she said. "So today's football camp exemplifies how these agencies, our partners, come together to offer additional benefits to our military families.

"This is a two-day camp which

"This is a two-day camp, which is aimed to teach our kids here

See Camp, A6

# Civilians learn, grow, lead at CES Intermediate Course



Photo by Shawn Davis, Fort Cavazos Public Affair

Students attending the Civilian Education System Intermediate Course sit in during a lecture by Jacob Hayes, a facilitator for the Army Management Staff College July 17 at the Soldier Development Center at Fort Cavazos. The course prepares current and aspiring Army civilian leaders within the GS 10-12 grades and aims to instill Army values.

#### BY SHAWN DAVIS

Fort Cavazos Public Affairs

ried spaghetti, tape and marshmallows are assembled by steady hands with near surgical precision, despite the occasional giggle and groan, as supervisors in the Army civilian workforce attend the Intermediate Course for the Civilian Education System, or CES, July 17 at the Soldier Development Center.

Building the structure is but one of the many student-led exercises in the CES Intermediate Course. CES is a comprehensive training program that supports every Army civilian in their career path, following them with each position change and instilling Army values every step of the way.

The primary courses they take are designated according to their General Schedule grade, falling under the categories of Foundation, Basic, Intermedi-

ate and Advanced.

CES also includes additional development courses for more specified roles in the civilian workforce and professional seminars for inspiration and insight, all with the goal of making better leaders out of Army civilian employees.

"I think (CES) is paramount," said John Kloeker, facilitator for the Army Management Staff College. "For the Army profession, even on a uniform side, Army values are absolutely that foundation for everything we

"From there, we start to build on what everybody does day to day in their duties," he continued. "For civilian leadership ... there's a foundation that you start out with — that common, shared understanding. From there we want to start to build teams ... the same doctrine that we use for leadership for the uniformed side is

See CES, A6

#### **NEWS BRIEFS**

#### Participate in Community Strengths & Themes Assessment

The Fort Cavazos Department of Public Health is conducting a comprehensive Community Strengths and Themes Assessment now through Sept. 30. CSTA is an assessment of military communities for health risk factors and needs. It is open to all who interact at Fort Cavazos — including, but not limited to, service members, retirees, family members, Department of Defense beneficiaries, DOD civilians and contractors. Reponses to this survey are private and confidential. To participate, visit https://phpubapps.health.mil/Survey/se/2511374548575240.

#### CRDAMC to offer school, sports physicals at Kidz Fest

The Carl R. Darnall Army Medical Center will offer school and sports physicals during its Kidz Fest from 9 a.m.-3 p.m Aug. 3 in the hospital atrium. It will offer games, arts and crafts, prizes and a backpack raffle. Family members enrolled at any CRDAMC clinic can get their child's physicals at the Pediatric or Family Medicine Residency Clinics at the main hospital during the event. The FMRC will be open for walk-ins only from 8 a.m.-2 p.m. The Pediatric Clinic will be open for children ages 4 and up by appointment only from 8 a.m.-3:40 p.m. Beneficiaries can skip the line by calling 254-288-8888 or use the MHS Genesis Patient Portal at https://patientportal.mhsgenesis.health.mil/ to book appointments.

#### Road closures Friday

Legends Way between 72nd Street and Pleiku Drive will be closed from 10:30-11:30 a.m. Friday. Taking an alternate route is recommended. Please plan appropriately.

#### Spouses Club to hold sign-up

The Fort Cavazos Spouses Club will hold a "Super Sign-up" 11 a.m.-2 p.m. August 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.

#### Copperas Cove Medical Home temporarily closes

Copperas Cove Medical Home is temporarily closed. All CCMH patient care will relocate to Russell Collier Health Clinic, located at 2515 South Clark Rd., Bldg. 94043. Carl R. Darnall Army Medical Center will notify all CCMH patients who have a scheduled appointment with further instructions. For more information, please call Patient Appointing Services at 254-288-8888 or the RCHC front desk at 254-553-3146 or 254-553-3147.

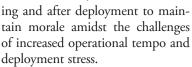
# **BOSS** improves quality of life

BY CAPT. MIKE CHRISTY

1st Cavalry Division

The mission of the Better Opportunities for Single Soldiers, or BOSS, program at Fort Cavazos is to enhance the morale

and welfare of single Soldiers, boost retention and sustain combat readiness. Acting as the collective voice of single Soldiers, BOSS serves as a tool for commanders to assess and improve the quality of life for these Soldiers. It also sponsors a variety of activities before, dur-



#### Core components of BOSS

BOSS operates through three core components designed to maintain a balanced life for

#### Leisure and recreation

BOSS at Fort Cavazos provides Soldiers the opportunity to plan and execute recreational activities. These activities are tailored to the

> interests of single Soldiers and help foster a sense of camaraderie and relaxation. Events range from sports tournaments and outdoor adventures to social gatherings and cultural trips, all designed to offer Soldiers a break from their demanding rou-



Mike Christy

#### **Community service**

BOSS encourages Soldiers to engage in community service projects, providing valuable experience, skills and a sense of community pride. Soldiers volunteer in various local initiatives, from helping at food banks to participating

efits the local community but also enriches the Soldiers' lives, fostering a deeper connection to the area around Fort Cavazos.

#### **Quality of life**

BOSS addresses issues that impact Soldiers' morale, living environment and personal growth. Concerns raised during BOSS meetings are directed to the appropriate command or staff agency for resolution. This peerto-peer leadership helps tackle tough issues, such as suicide prevention and sexual assault and harassment, ensuring a safer and more supportive environment for all Soldiers.

#### **Leadership and structure**

At Fort Cavazos, the BOSS program is managed by a senior enlisted advisor, Morale, Welfare and Recreation advisor, and BOSS president. It serves the single Soldier community, including active, guard and reserve Soldiers who are single parents or geographthe Department of Defense and foreign service.

### **BOSS** communities and initia-

BOSS supports initiatives like the Year of the NCO, or noncommissioned officer, focusing on fitness, leadership, and pride in service to enhance the development of NCOs. With 74 BOSS communities Army-wide, the program is a crucial element in fostering a positive and productive environment for single Soldiers.

#### Impact on the community

The BOSS program at Fort Cavazos plays a significant role in the local community, bridging the gap between Soldiers and civilians. Through various projects and activities, BOSS not only improves the lives of Soldiers but also positively impacts the surrounding community, making Fort Cavazos a better place for everyone.

For more information on BOSS, call 254-287-6116 or 254-245-4040, or visit https://cavazos.armymwr.com/programs/boss.



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Photo by Cpl. Kandice Pritchard-Harmon, Better Opportunities for Single Soldiers

Soldiers with Better Opportunities for Single Soldiers pose for a photo with City of Waco fire department at the "Sound the Alarm" event March 16 in Waco,

# Avoid summer heat with these tips

BY SAVANNAH BAIRD

Fort Knox Public Affairs

FORT KNOX, Ky. — I was 15 years old on a family vacation to St. Augustine, Florida. At some point on the tour of Castillo de San Marcos, I became very thirsty but saw nowhere to buy water and decided not to mention it to anyone. I was relieved when I finally stopped sweating, but didn't know at the time that was a bad sign. As we walked out of the monument, I was again relieved when my dad suggested resting in the shade. The next thing I knew, I was opening my eyes to a crowd of people huddled around me, whom I had never met, attempting to bring me back from a heatstroke.

Fast forward to 2022 — I was a first-time U.S. Army Cadet Command public affairs intern during Cadet Summer Training. One of the perks of that experience was participating in a lot of the same training as the cadets. We were advised to eat breakfast and drink plenty of water before tackling the more strenuous activities, but my body doesn't handle early morning eating well, so I opted to skip breakfast the morning of the high ropes course. I drank water, but not enough. Twenty-five feet in the air, tethered to a wire, I felt a familiar danger creeping in after only a few hours in the heat. This time, I didn't hesitate to ask for water. I took a rest period, completed the course and was ushered straight to an arm immersion cooling station

and shaded area to cool down. "Adults always say, 'I'm going to finish up this project and then I'll get something," said Dr. James Stephens, chief of preventative medicine, Ireland Army Health Clinic. "When you're talking about heat injuries, that's a huge no-no. Your body tries to tell you that you're in trouble, and if your body is starting to strain, it's time to sit down and rest."

Trying to drink the average recommended amount of water everyday has always been an issue for me, even in the thick of the summer heat. And with so many various recommendations, how do we really

Your body tries

to tell you that

you're in trouble,

and if your body

strain, it's time to

sit down and rest.

Dr. James Stephens,

Medicine, Ireland Army

Chief of Preventative

**Health Clinic** 

is starting to

know what to follow? Too little water is bad, too much water is bad, coffee, tea and alcohol can be bad; so, what does one do exactly?

I find that diluting tea or lemonade with water helps me live the best of both worlds. Sugary drinks lead to increased urination and little water ends up actually being retained by the body, according to Stephens, and by diluting them, you can input a little extra water to help balance out that process while making the drink something more desirable.

Another good way to hydrate without overconsuming water is to eat fruits and vegetables. Stephens said it is better to mix some fruits and vegetables in with your summer snack bag because not only do they contain a ton of natural water, they can also replenish electrolytes. As a bonus, they also taste good.

Proper hydration is a balance between water and electrolytes, according to Stephens, and people often either don't know this or think they can cheat the system by chugging sugary sports drinks back to back. Don't worry, I used to be guilty of this, too.

Stephens recommends opting for an electrolyte water. You can get elec-

trolyte-infused water from just about anywhere these days. Just add some flavor and you're off to the races. Additionally, remember

when hydrating to treat your beverage temperature like Goldilocks — not too hot and not too cold; just right. An ice-cold beverage can be more dangerous than drinking a warm one when it's hot outside due to the drastic change in core body temperature.

"I can't tell you how many times I've watched somebody drink an icecold, almost frozen, drink and pass out because (of)

the shock of the cold as

they were swallowing," Stephens said. "(It) actually slows the heart rate down."

Ice baths fall into a similar category. Stephens

said a lot of people will jump straight out of the sun and into a tub of ice to combat the heat, but that method is meant only for those already suffering from a heat injury. The shock to the system can bring a person suffering heat injury back out of that state, but someone who is not in such a state might do more damage to themselves.

There are other ways to reduce your core body temperature without icing

Stephens said shade is a good starting point to stop heat injuries, but shade alone is often not enough.

"Think about how heat is dissipated ... shade alone doesn't cool you down quickly enough or well enough," Stephens said. "So, think of multiple ways to cool yourself down."

Personally, I carry a small hand fan with me almost everywhere in the summer months. They come in handy quite often in a pinch

when there's no natural breeze, and they can be purchased for next to nothing.

Sometimes, though, it is simply better to change the rotation of your schedule if you can. Instead of sleeping in and getting a later start on yardwork, for instance, you might wake up early and take care of it during the cooler morning hours. Maybe instead of an outdoor game of tag, take the kids to a local indoor activity center to keep them from overheating in the sun. Instead of gardening at noon, do it right before dark. There are always things we can do to try and

reduce heat injury risks, but the best thing you can do for yourself is to know your activity and your limit. Listen to your body when it tells you to rest, and stay inside when you need to; you'll thank yourself later. If you begin feeling symptoms of heat stroke

or any heat-related injury, immediately tell someone around you, look for a shaded area and hydrate. Once you have fallen victim to one heat injury, you are more susceptible to heat injuries in the future.

Signs and symptoms of heatstroke include dizziness, nausea or vomiting, headache, muscle cramps or weakness, flushed/red skin, increased breathing or heart rate, delirium and decreased sweating.

Photo by Timothy Raymond, U.S. Army Cadet Command Public Affairs Savannah Baird, multimedia reporter, Fort Knox News, experiencing a heat injury as a U.S. Army Cadet Command Public Affairs intern in July 2022.

# City of Copperas Cove dinner celebrates relationship with First Team, Fort Cavazos

BY ERICK RODRIGUEZ Fort Cavazos Public Affairs

COPPERAS COVE, Texas — Beautiful sunny skies, steaks and community, key ingredients to any amazing summer, were abundant at the Copperas Cove Chamber of Commerce's quarterly Military Affairs Dinner July 18 at the Copperas Cove Civic Center.

The quarterly gathering was held for a crowd of nearly 80 people and was a chance for the Chamber's Military Affairs Committee, and the community of Copperas Cove as a whole, to show their appreciation to the Soldiers and leaders of

Following a welcome from Emily

We are so

proud to be your

neighbor in the

**Central Texas** 

region. There

like our Army,

no place like

**Fort Cavazos** 

happily here

with tonight.

and, dare I say,

no one like the

good folks we're

-Dr. Joe Burns, CCISD

superintendent

is no branch

Urquidez, chair of the Military Affairs Committee, Diane Campbell, a committee member, gave the invocation.

The more than six-decade partnership between Fort Cavazos and the city of Copperas Cove was highlighted on the pages of the event program for the evening. Traditionally, the quarterly dinner event provides community members of Copperas Cove and senior military leaders an opportunity to interact with each other in a relaxed environment.

Brig. Gen. Robert G. Born, the 1st Cavalry Division deputy commanding general-support and guest of honor for the evening, offered an

update on the division's activities.

"Currently we have the 3rd Cavalry Regiment in the east supporting our allies in the great Republic of Korea deterring North Korean aggression while also bolstering our relationship that began in the 1950s," Born said. "Our First Team's division headquarters, our air cavalry brigade, Ironhorse Brigade, 'Red Team' (division artillery), and our sustainment brigade are currently in Europe from the Baltic Sea in the north to the Black Sea in support of Operation Atlantic Resolve where they stand alongside our allies to deter Russian aggression in the region."

Without forgetting the significance of the gathering, Born emphasized what the dinner was really

"I really want to extend our deep-

est gratitude to the citizens and the community of Copperas Cove," Born expressed, "for their unwavering support of the 1st Cavalry Division and the Fort Cavazos community. Your dedication and patriotism have always been a cornerstone of our success, and tonight, we celebrate a special bond that we share.

"As members of the 1st Cavalry Division we understand the importance of strong communities," he continued. "Our mission is not only to fight and win our nation's battles, but also to nurture the relationship with our communities in which we live and serve. Copperas

Cove is more than

just where we live and work, it is a vital component to our team and Army family. I want to emphasize



Photos by Sgt. Alex Romey, 1st Cavalry Division Public Affairs

Dr. Joe Burns, Copperas Cove Independent School District superintendent, cracks a few light-hearted jokes as he offers appreciative words to Brig. Gen. Robert G. Born, 1st Cavalry Division deputy commanding general-support, 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, during the Copperas Cove Military Affairs Dinner July 18 at the Copperas Cove Civic Center at Copperas Cove, Texas.

the importance of care for our Soldiers and their families. They are the heart and soul of not only our division, but of Fort Cavazos."

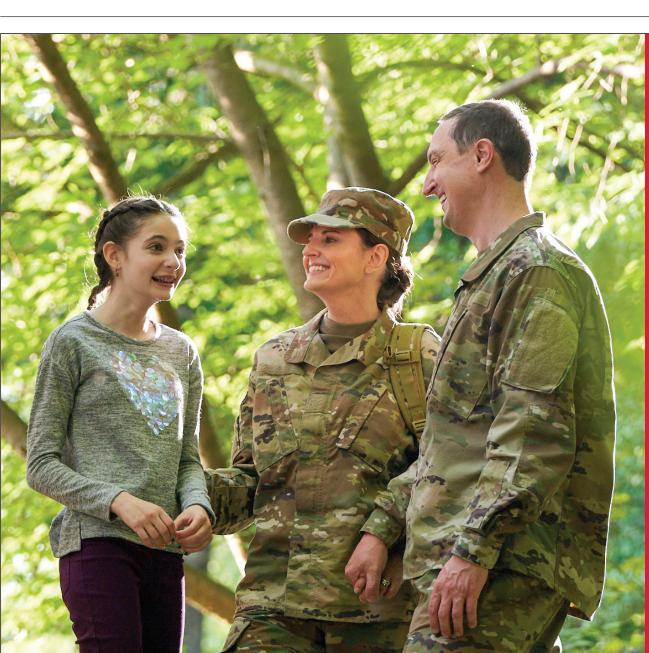
The city of Copperas Cove also presented tokens of appreciation, including rounds of golf, and recognized Born, Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander; and Command Sgt. Maj. Calvin Hall, U.S. Army Garrison-Fort Cavazos command sergeant major, as honorary Copperas Cove Bulldawgs with baseball caps emblazoned with the Copperas Cove High School Bulldawg logo.

Dr. Joe Burns, Copperas Cove Independent School District superintendent, offered a few closing words in observance of the evening and honored guests.

"We are so proud to be your neighbor in the Central Texas region," Burns said. "It is always our honor and always our privilege to work alongside and live and serve with our military and families. There is no branch like our Army, no place like Fort Cavazos and, dare I say, no one like the good folks we're happily here with tonight."



Brig. Gen. Robert G. Born, 1st Cavalry Division deputy commanding generalsupport, gives a quick update on the current missions of the 1st Cav. Div. and offers his appreciation of the relationship between the city of Copperas Cove and Fort Cavazos during the Copperas Cove Military Affairs Dinner July 18 at the Copperas Cove Civic Center.



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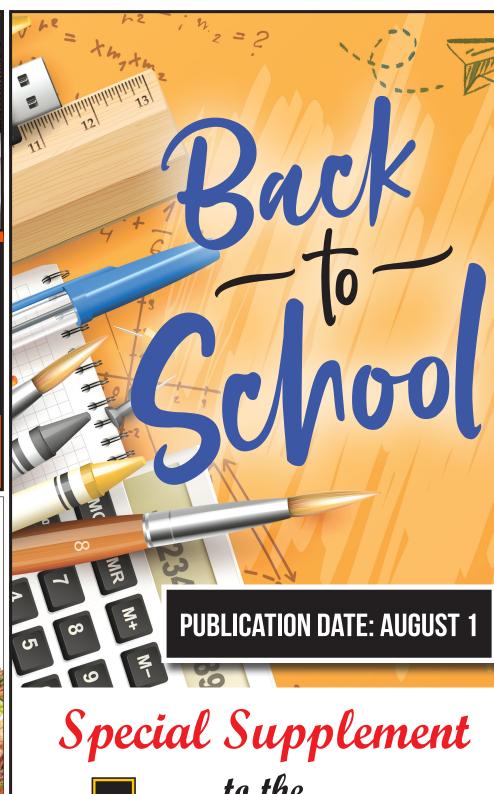
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# AIM team focuses on environmental goals



**BY THOMAS GILLIGAN** 

**USAEC** 

uilding on conservation activity dating back a century and bolstered by a specialized Adaptive and Integrative Management team that helps bring innovations to the focus on environmental goals, Fort Cavazos in Central Texas is making a big impact on its environment and helping lead ongoing conservation efforts.

In 2023, the AIM team hosted the eighth annual Christmas Bird Count at Fort Cavazos in collaboration with the local Audubon Society and volunteers compiled data on every individual bird and bird species in a 15-milewide circle featuring grassland, wetland and woodland habitats.

"The Christmas Bird Count is a vast citizen science network that stretches back more than 100 years," said Dr. Amber Dankert, program member for wildlife management, Directorate of Public Works. "At Fort Cavazos, the community event helped to tally 71 species and 1,011 individual birds, and during the official event, biologists and expert birders observed 129 species and 11,996 individual birds. We are very proud that our Bird Count Circle encompasses the largest amount of Department of Defense lands."

The Christmas Bird Count at Fort Cavazos, to date, has produced more than 60,900 individual avian observations that included more than 145 different species, including rare and undocumented species for the area. In addition to the valuable data that is used to

drive conservation planning programs, the annual event also helps to engage the com-

Cassie Bray, a military spouse who, with her daughter, joined in the 2022 event said, "It was really exciting to try something different and I wasn't sure what to expect. It was nice to get out and get into nature.

"The (Fort Cavazos) Christmas Bird Count is a great opportunity to get life skills and do our part to see what we can do to help to grow our experiences and knowledge in birds and nature," she continued. "My takeaway is get on the bird apps and for my daughter and I to start learning and growing in our understand-

Sgt. Rodneka Seamster, Headquarters and Headquarters Company, U.S. Army Garrison-Fort Cavazos, who was surprised by the enjoyment of the 2023 bird watching experience, said, "It's nice to be able to get out and learn about the different names and characteristics of birds that I have never seen or heard of. It makes for a special experience, when you can do it with your other half. As it pertains to your mental, spiritual and physical health, it's good to come out and connect with nature. It allows you to be able to have a reset and enjoy the finer things in life."

The AIM team also had notable success in creating innovative programs to deal with the specific conservation needs at the installation. In the last decade, overall populations of the monarch butterfly have experienced a dramatic decline and have been designated as a candidate species under the Endangered

As part of their remarkable 3,000-mile annual migration, monarch butterflies pass through the 218,823-acre Fort Cavazos, which falls in the Texas central flyway for the fall and spring migrations. AIM staff, as part of the Monarch Watch research program based at the University of Kansas, tag the butterflies as they migrate across the installation in the fall. The data collected each year from the tags help determine the pathways taken during the migration, the influence of weather on these patterns and the survival rate of the monarchs.

Data collected during the tagging process include tag code, sex, forewing/hindwing measurements, wing condition and damage scores, Ophryocystis elektroscirrha, or OE, parasite sampling and behavior observations. Comparing this data over the course of several years will provide valuable insight into species trends. The data also provides insight on preferred monarch nectar sources and what areas of the installation are utilized by monarchs during their fall migration.

Fort Cavazos was recognized for its monarch tagging program in the National Geographic magazine and behind-the-scenes series in January 2024.

National Geographic photographer and explorer Jaime Rojo said of the Fort Cavazos effort, "You have this amazing group of people that are trained and work very well as a team. All that energy, discipline and training — you funnel that into a conservation effort. What I see here at (Fort Cavazos) is a great example of a case study that could be replicated in many other places in the U.S. and abroad. What I like of this effort is the potential partners between the civilians and military to do something great for the planet and the monarchs."

As a sign of the post's leadership in monarch conservation, then U.S. Army Garrison-Fort Cavazos Commander Col. Chad R. Foster, now III Armored Corps chief of staff, signed the National Wildlife Federation's Mayors' Monarch Pledge, making Fort Cavazos the first Department of Defense installation to

"This is a priceless moment to engage youth and inspire lifelong environmental stewardship," said U.S. Army Garrison-Fort Cavazos Command Sgt. Maj. Calvin Hall of the efforts on the installation to protect the monarch population. "It's a meaningful experience knowing that you are doing your part to help with the research and survival of species, while also connecting with military families and the

The AIM team has also launched a study to collect data on nocturnal owls and nightjars on the installation, based on concerns that nightjars are anticipated to be a missionsensitive species in upcoming years as their numbers continue to decline and their range

overlaps with many military installations. The team is also conducting avian surveys on the Northern Bobwhite, a game bird that has seen population declines as well. AIM staff believe that Fort Cavazos acts as a stronghold for this species thanks to an abundance of appropriate habitat.

"Our team is absolutely dedicated to collecting the data we need to make the right decisions and take the right actions to preserve and protect the environment, while ensuring our vital training mission can continue," Dankert said. "A big part of that is ensuring our community is both aware and involved in these activities. We leverage multiple platforms including local newspapers, social media, podcasts, an electronic newsletter, briefings, and school and community events to inform and engage stakeholders."

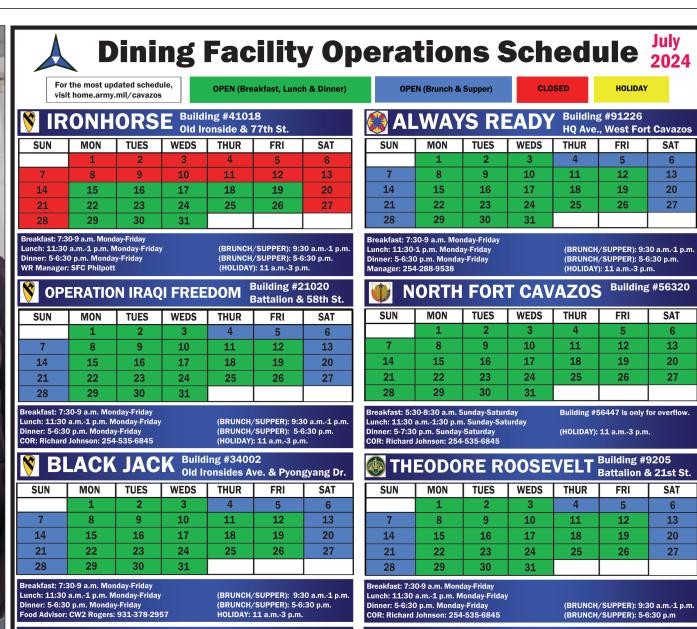


TOP LEFT, Cassie Bray and her 7-year-old daughter, Briley Bray, were excited about the second opportunity to participate in the Christmas Bird Count after helping Fort Cavazos biologists with a monarch tagging event in the fall of 2023. ABOVE, U.S. Army Garrison-Fort Cavazos Command Sgt. Maj. Calvin Hall releases a monarch butterfly while helping biologists catch and tag monarchs during their migration, Oct. 15, 2022. Since 2017, the Fort Cavazos Adaptive and Integrative Management team has submitted data for 10,561 monarch butterflies to the Monarch Watch research program based at the University of Kansas.





PRESS





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scheduled to open Aug. 15. Breakfast: 7:30-9 a.m. Monday-Friday ınch: 11:30 a.m.-1 p.m. Monday-Friday (BRUNCH/SUPPER): 9:30 a.m.-1 p.m. Dinner: 5-6:30 p.m. Monday-Friday Food Advisor: WO1 Greene: 843-901-0260 (BRUNCH/SUPPER): 5-6:30 p.m.

MON SAT 11 12 13 14 19 20 15 16 22 23 24 25 26 27 29 30 31 Breakfast: 7:30-9 a.m. Monday-Friday Lunch: 11:30 a.m.-1 p.m. Monday-Friday inner: Closed

CULINARY OUTPOST FOOD KIOSK

**WEDS** 

10

17

24

31

CULINARY OUTPOST FOOD TRUCK 2 area parking Lot

**THUR** 

18

25

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

**Division Food Service: 287-3134** 

TUES

16

23

MON

15

22

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

ood Advisor: CW2 Rogers: 931-378-2957

14

21

**Pyongyang Drive** 

SAT

13

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1-44/4-5 ADA BN

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26

Installation Food Service: 287-6595 III Armored Corps Food Service: 287-0573

# Youth meet professional football player at camp

Camp: Continued from A1

the fundamentals of football and also instilling the values of hard work and dedication," she continued. "And also what's even more important is that it provides them with the opportunity to meet new friends."

ith the opportunity to meet new friends."

After running through drills, the children





Photos by Ayumi Davis, Sentinel Edit

**TOP**, Antonio Thompson, 8, practices his quarterback skills during the NFL football camp July 18 at Phantom Warrior Stadium field at Fort Cavazos. **ABOVE**, Daniel Wise, defensive tackle for the United Football League team the Michigan Panthers, poses with campers and their parents for a photo at the NFL football camp July 18. The parents were recognized for winning a social media contest ProCamps put on during the event. **RIGHT**, Jaylen Simmons, 13, catches a football in the air for a touchdown during a scrimmage at the NFL football camp July 18.

scrimmaged against one another in their groups.

"It was so fun," said Leshawn Petite, 6, of the scrimmages, who was the "first pick of the day," earning himself a T-shirt presented by Stokes.

Mason Mann, 8, favored the interaction he had with his peers.

"The most that I enjoyed was my teammates being positive, and they're working hard," he said.

At the conclusion of the first day, some children were recognized for their efforts throughout the camp.

Amy Cantu, an Army spouse, said the

son and other children to meet, play and have fun.

"I love it when they get together and they're just learning different fundamentals, different techniques and to fur-

ther see if, maybe, football is their

thing and they can grow with it,"

football camp was a great

opportunity for her

Cantu said.

Craig James, camp director for Pro-Camps, said the camps are one of the best things the company does.

"It's for the kids, and it's a way for them just to come out and interact with each other," he said. "They may not play football, but just being able to come out, be physical, be active, meet friends, just have fun. I mean, that's what we're all about at ProCamps."

"This is kind of my summer job,

but just being able to have kids understand that if they work hard, if they are the best version of themselves that they possible can be, there's no reason they can't be the next athlete or the next person that has a whole lot of success with whatever they do," he added.

Along with the camp, attendees were also able to meet Daniel Wise, a defensive tackle

for the United Football League team the Michigan Panthers and former player with the Washington Commanders.

Being able to meet a professional athlete and get to hear about his experience and advice was a plus for Kendrick Loukouma-

> "It helps me in the long run and helps younger kids play football," Kendrick said.

Wise talked about the importance of having football camps for the youth, mentioning the qualities it can instill.

"It reminds you to get

"It reminds you to get active, reminds you to get out there, stay healthy and, most importantly, teamwork, which is what the military is all about," he said.

Wise is also a military brat. His mother is an Army veteran and even served at Fort Cavazos, then Fort Hood, during her career.

"Being a military kid, it has its up and downs - mainly its ups, I say, because you get to travel," Wise explained to the children at the camp. "You get to see different places; you get to meet new friends. It taught me a lot about life, taught me about growth at a young age about just never getting complacent, never getting comfortable, just always being able to adjust on the fly. That's one thing being a military kid taught

He left some words of advice for the youth from his own experience.

"Stay encouraged and continue to have fun through life," he said. "Continue to lean on the ones around you: your friends and family."

Editor's note: Eric Franklin, Fort Cavazos Public Affairs, contributed to this article.

# CES Intermediate provides building blocks of leadership

**CES:** Continued from A1

what we use for the Army civilian professional development."

Kloeker explained the training doctrine used to teach Army leaders remains consistent across its entire workforce, whether in uniformed or civilian service.

"It's absolutely imperative to have those values as leaders go up and develop and lead and manage organizations and get the mission done — whatever that mission may be, wherever the tasks are in the garrison or within the organizations and what they do," Kloeker explained.

Anna-Kay Edgar, a human resources specialist attending the course, agreed with the importance of CES to professionally develop Army civilians like her-

"I'm taking this CES Intermediate course, and through my job, I'm learning so much value," she said. "I learned (things) about my personality that I wasn't fully aware of, and I'm going to use this not only in my career, but also my personal life."

The course involves traditional lectures on leadership and organizational structure while challenging students to lead activities



Photos by Shawn Davis, Fort Cavazos Public Affairs
Students undergoing the Civilian Education System Intermediate Course assemble a structure with dried spaghetti and tape to hoist a marshmallow on the tallest structure possible July 17 at the Soldier Development Center at Fort Cavazos.

of their own among their peers. The spaghetti-building exercise was one of those activities, where students were challenged by their peers to create the tallest dry spaghetti structure that could support a marshmallow to measure their abilities to organize and

implement a building operation

with limited resources.

"I love the projects we do,"
Edgar said. "I love the group
that we're in — I was talking to
my team members today, and
when we first started out, we
went through that form and that

sustainment portion, and I felt like we were in an enrichment stage, but now we're sustained.

We trust each other.

"We were all committed," she continued. "We take accountability for everything that we're doing as a group and then

when we have to work with the other team members as well. We're all professionals within our classroom, so it's a lot of added value that I'm getting from this

course."
Greta M. Buccellato, deputy to the U.S. Army Garrison-Fort Cavazos commander and the highest-ranking civilian employee at the garrison, emphasized the significance of CES and civilian service in the U.S. Army.

"Serving the Army as a civilian is an honor and a privilege," she said. "It's about passion for the mission, a sense of purpose in contributing to our nation's strength and readiness and a commitment to the people we

serve alongside."

Buccellato emphasized the importance of building strong relationships between military

and civilian leaders.

"It fosters mutual respect, understanding and collaboration," she said. "To work effectively with new military leaders, it's important to be open, communicative and adaptable. We stand always ready to support and guide them as they navigate their roles. Together, we achieve great things for our Army and our country."







LEFT, Students attending the Civilian Education System Intermediate Course at Fort Cavazos lead an activity among their peers that will challenge two groups within the class to compete against one another to assemble a structure that can hold a marshmallow with dried spaghetti and tape July 17. The purpose of the activity is to highlight organizational challenges and roles in a simple building activity. MIDDLE, Jacob Hayes, facilitator for the Army Management Staff College, delivers a lecture in the CES Intermediate Course at Fort Cavazos on managing strengths and weaknesses within organizational structures. The curriculum for the course aims to prepare Army civilian leaders at the GS 10-12 grades for supervisory roles in the workforce. RIGHT, Students in the CES Intermediate Course at Fort Cavazos share a laugh as they become stumped by the student-led activity of building a structure out of dried spaghetti and tape to hold a marshmallow at the tallest height possible. This is one of the many student-led activities that takes place over the three-week course aiming to instill Army values in civilian supervisors.

www.CavazosSentinel.com **NATION** July 25, 2024



Photo by Staff Sgt. Brian Darling

U.S. Army Green Berets with 19th Special Forces Group (Airborne) drive snowmobiles Feb. 27 in Kotzebue, Alaska. The Green Berets must travel under austere conditions to and from their training site during Arctic Edge 24.

# announces publication of 2024 Arctic Strategy

**DOD RELEASE** 

**WASHINGTON** — Tuesday, the Department of Defense released its 2024 DOD Arctic Strategy. This is the first update to the DOD's approach to the region since 2019.

"The Arctic region of the United States is critical to the defense of our homeland, the protection of U.S. national sovereignty and the preservation of our defense treaty commitments," said Deputy Secretary of Defense Kathleen Hicks. "Our Arctic strategy will guide the department's efforts to ensure that the Arctic remains a secure and stable region."

The 2024 DOD Arctic Strategy lays out steps the DOD will take, working alongside allies and partners, to preserve the Arctic as a secure and stable region in which the U.S. homeland is defended and our vital national interests are safeguarded. It builds upon guidance laid out in the 2022 National Security Strategy and 2022 National Defense Strategy and is part of the DOD's effort to implement the 2022 National Strategy for the Arctic Region.

"This strategy is very action oriented, which distinguishes it



Photo by Navy Petty Officer 2nd Class Trey Hutcheson, Naval Special Warfare Group TWO

The USS Pasadena breaks through the ice in the Beufort Sea, March 12, 2022, during Ice Exercise, an exercise that allows the Navy to assess operation readiness in the Arctic.

from previous Arctic Strategies," said Deputy Assistant Secretary for Arctic & Global Resilience Iris Ferguson. "We unpack where we need to sustain our investments, especially in critical capabilities. What do we have to see? How do we communicate? Do we have the right equipment to operate in the region? My office exists to champion these capabilities, which are vital to the successful implementation of our strategy."

The Arctic region is undergoing rapid change, both strategically and physically. The People's Republic of China, or PRC, which remains the DOD's pacing challenge, seeks increasing access and influence in the Arctic, while Russia remains an acute threat in the region, despite its losses in Ukraine. Increasingly, these two competitors are collaborating in the Arctic with implications for the security of the

U.S. and its allies and partners. At the same time, Finland and Sweden's historic decision to join NATO brings all like-minded Arctic states into the NATO alliance and presents new opportunities for collaboration and cooperation. All of this is underscored by the impact of climate change on the Arctic, which is warming at least three times faster than the rest of the world and increasingly opening to more human activity.

To address this dynamic security environment, the DOD will adopt a "monitor-and-respond" approach to the Arctic, supported by robust domain awareness cooperation with its highly capable allies and partners, and underpinned by the deterrent value of the DOD's ability to deploy the Joint Force globally at the time and place of its choosing. The ways the DOD will execute this approach are grouped into three main lines of effort:

• The DOD will enhance its capabilities to campaign in the Arctic especially its domain awareness, communications, intelligence, surveillance and reconnaissance capabilities.

• The DOD will engage with allies and partners to uphold defense and deterrence in the Arctic, build interoperability and increase its understanding of how to operate in the region.

• The DOD will exercise calibrated presence in the Arctic by regularly training in the region and conducting routine operations critical to upholding deterrence and homeland defense.

To read the full strategy, visit https://media.defense.gov/2024/ Jul/22/2003507411/-1/-1/0/DOD-ARCTIC-STRATEGY-2024.PDF.



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**SECTION B** 

Film leaves audiences spinning for more.... B2

**HBI hosts 'Bring a Kid** to Work Day' ..... B4

WAQ team ready to respond .....B6





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Photo by Benjamin Gill, Sentinel Contributor

Photo by Brandy Gill, Fort Cavazos Public Affairs

LEFT, The Master Blaster is one of 45 rides at Schlitterbahn Waterpark and Resort in New Braunfels, Texas. The two-man tube ride travels uphill in spots and is a favorite of many patrons. MIDDLE, Schlitterbahn Waterpark and Resort has been a regular summertime destination for Texans since it first opened in 1966. RIGHT, My daughter, Rebecca Gill, 9, tackles Schlitterbahn's Boogiebahn at the Schlitterbahn Waterpark and Resort. The park has a little something for everyone.

# **Beat Texas heat at Schlitterbahn**

**BY BRANDY GILL** 

Fort Cavazos Public Affairs

**NEW BRAUNFELS, Texas** — As temperatures soar to surface-of-the-sun levels in Central Texas, it's time to find ways to stay cool. One option is a little treasure called Schlitterbahn Waterpark and Resort in New Braunfels.

Voted the best waterpark in the world for 25 years running, Schlitterbahn has options for any budget including daily or multi-day tickets, group deals, season passes and military discounts.

My husband Josh and I booked a two-day, two-night reservation for our motley crew of five since it is only about two-and-a-half hours south of The Great Place.

Bracing for Interstate Highway 35 traffic, we loaded up the family and headed out for the long weekend.

Navigating Austin during lunchtime traffic wasn't fun, but we arrived without incident, quickly got checked in and were ready to hit the rides.

The hardest decision we had to make all weekend was choosing where to begin.

With 45 rides spanning 70 acres there was a little something for everyone including body slides, tube rides, lazy rivers and swimming pools galore. There were also splash pad areas for younger children and swim-up bars for adults.

As I dipped my toes into the frigid waters on my first ride, I knew the raging summer heat didn't stand a chance against the brisk chill of Schlitterbahn's water rides.

Our sons, Caleb, 17, and Benjamin, 15, liked the White Water Rapids tube ride with its swift currents and dramatic drops. Our daughter, Rebecca, 9, enjoyed the more mellow vibe of The Falls, which is touted as the world's longest waterpark ride.

We all loved the Master Blaster ride, a fast-paced tube excursion offering heart-pounding drops, intense inclines, dark whirling tunnels and a splash finish. It left us all dizzy and laughing.

By the end of the first day our crew was totally relaxed. The resort offered nightly s'mores over an open fire, and we took full advantage while watching an outdoor movie with other guests.

We got an early start the next morning because our pack was ready to hit the park again. As resort guests, we had early access to the park before the regular crowds.

The vibe was a little different since it how to maneuver with the board. was officially the weekend. There were a lot more people and lines for the rides were longer, but Schlitterbahn offers a "fast pass" option.

Caleb, Benjamin and Rebecca tried the Boogiebahn surfing ride. It was harder than they anticipated, but it was a lot of fun watching them learn

By the end of the second day, we were utterly exhausted and ready to collapse after partaking in more

My motley crew had a great time. Schlitterbahn Waterpark and Resort delivered on the thrills, chills and epic family memories.

For those who choose to make the trip, here are a few recommendations. Wear SPF 50-plus sunblock and a hat. The middle of the week is the best time to visit. Take pictures. This is a trip you'll want to remember.

For more information on Schlitterbahn Waterpark and Resort, visit schlitterbahn.com.



Photo by Benjamin Gill, Sentinel Contributor

Resort guests make s'mores over an open fire after a long day of play at the Schlitterbahn Waterpark and Resort in New Braunfels, Texas. They also enjoyed an outdoor movie and exclusive access to a private after-hours swimming pool.



# Film leaves audiences spinning for more

**BY BLAIR DUPRE** Sentinel News Editor

Unfortunately, due to COVID-19 I was only able to see one movie this month. However, it was arguably one of the most anticipated movies

In this sequel to the 1996 "Twister," audiences follow Kate Carter (Daisy Edgar-Jones), a meteorologist with a natural instinct for predicting weather, when she is brought back into the world of storm chasing by her

friend Javi (Anthony Ramos) as they gather data from "the tornado outbreak of a generation."

The only person who thwarts their plans is "Tornado Wrangler" Tyler Owens (Glen Powell) and his unique (also described as crazy and/or reckless) storm-chasing methods. To learn if both teams will get

what they need or if the storms prove too much, you'll have to go watch the film for yourself. "Twister" was often played in the

Dupre household as I was growing up and when I was younger I wanted to be a storm chaser. No, I don't know what I was thinking, either. I obviously chose a different career

path, but I am still fascinated by tornadoes and how little we know about them.

These two factors had me anticipating "Twisters" since it was announced, and it did not disap-

I loved this film. I loved the characters. I loved the banter between Kate and Tyler specifically. I loved the action. I loved the tornadoes. And, most of all, I loved Tyler's truck. If I can own a truck like that one day I will die a happy woman.

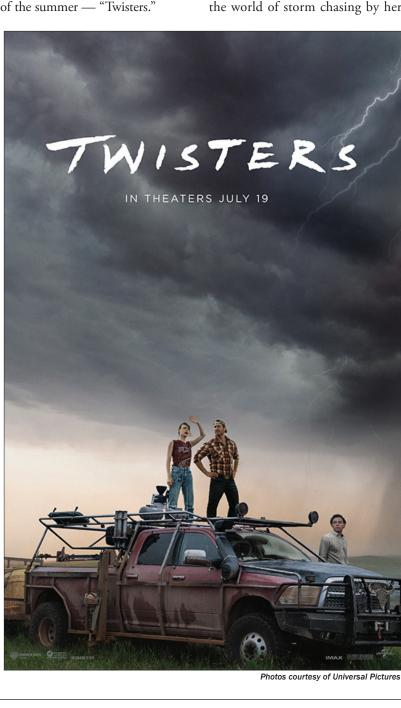
The one bad thing I have to say is one of the tornadoes comes out of absolutely nowhere. I'm not a meteorologist, but I think most

people would have had a bit more of a warning in that part of the film.

Other than that, I loved every second of it, and I really hope we get a sequel with the same characters.

Another unexpected joy I received from this film is seeing the videos on social media of people watching the film in 4D, which means they get shaken around and sprayed with water in correlation with what's happening the film. Personally, that's not my cup of tea, but I've enjoyed living through the people who suffered through a 4D showing.

Please, don't walk — run, or drive as fast as Tyler Owens (not really; please obey the law), to the theater and watch "Twisters."





# **Fort Cavazos** Stray Animal Facility/Adoptions

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**Ripcord** 

3-yr-old, pit bull, tan, male.



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# Lily

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4-mo-old, Bernese Mountain Dog, black, brown, white, female.



# **Jack**

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**Janet** 

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herd mix, tan & white,

Duggy

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**ADOPTED** 



### **Gracie**

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



### Bella

8-yr-old, Labrador retriever mix, blue merle, female.

**ADOPTED** 



### **Scout**

2-yr-old, pit bull, fawn & white, female.



male.

Loki 2-yr, 3-mo-old, Labrador retriever, white,



2-yr-old, pit bull, white & blue, female.



4-yr-old, short-haired Chihuahua/Pekingese,

white & tan, male.

**ADOPTED** 

Hazel

4-mo-old, Great Dane mix, brown brindle & white, female.

5-mo-old, boxer, brown & white, male.



### **Sirius**

**ADOPTED** 

# **Kirby**

3-yr-old, domestic short-haired tabby, orange, male.

# SOS keeps families strong, resilient in spirit

**BY SHAWN DAVIS** 

Fort Cavazos Public Affairs

The Survivor Outreach Services, a branch of the Army Community Service, keeps its mission going at Fort Cavazos even during wartime and times of relative peace.

In World War I, families of service members would fly the Service Flag, which included blue stars to note each immediate family member serving in the armed forces of the United States during a time of war or hostilities. Should a loved one pass away in the line of duty, their blue star would turn gold to honor their sacrifice and call attention to the sacrifices made by their family. This eventually led to the creation of the Gold Star Family.

But a golden star on a cloth banner is not enough; the fresh memory of those lost give way to the low murmurs of inheritance, benefits and the path ahead for their survivors. Doubt, worry and grief swirl in the minds of those recuperating from their loss as they now face an empty seat at the table.

The U.S. Army, after the 2007 troop surge in Iraq, launched SOS in 2008 as another crucial component of providing care to the Army community. The program was launched to provide long-term support to families of fallen Soldiers and is there to support and reassure survivors they are part of the Army family for as long as they

Speaking on the SOS contribution to the casualty notification process, James Elzie, branch manager, Army Community Service, spoke with the Great Big Podcast at Fort Cavazos.

"It's phases," said Elzie. "In the notification phase, they're coming from the Casualty Assistance Center that serves them the notification of their family member."

"Once that person is finished ... then the casualty assistance officer comes in," Elzie continued.



Photos by Ayumi Davis, Sentinel Editor

intertwine," Depan said. "As far as

the experiences with our children,

my kids personally have not met a

lot of other children that are like

them or been through the same

"To me, these events are very

important to integrate everyone

and let these kids get to meet other

kids that have been through things

and the same for the moms and

the dads that have lost spouses,"

she continued. "It's very impor-

tant for us to be able to bounce

stuff off of each other because,

situations as them.

ABOVE, Gold Star Spouses and Survivor Outreach Services staff pose for a photo at an event for Gold Star Spouses Day April 5 at the SOS office inside the Shoemaker Center. LEFT, Gold Star Spouses grab lunch April 5 at the Survivor Outreach Services office inside the Shoemaker Center as part of an SOS event for Gold Star Spouses Day.

"He or she would have that family member for up to six months possibly and show them benefits and entitlements — apply for the funeral and all those types of things. And once that (casualty assistance officer) is finished with that portion of theirs, then they bring them over to us, and we're there for longterm case management."

SOS then answer any questions for survivors, aids them as they navigate through the Army's family support infrastructure and foster a community spirit with Gold Star

The Gold Star Family is honored on Fort Cavazos in a variety of ways, such as the exclusive Gold Star Family parking spots in front of Army and Air Force Exchange Service locations and commissaries and annual, all-expense-paid vacations to Walt Disney World provided by the Snowball Express

program in collaboration with the Gary Sinise Foundation, a charity that serves service members, veterans, first responders, their families and those in need.

"This is one of those things you have to take day by day," said Courtney Depan, surviving spouse of Staff Sgt. Louis Depan, 1st Battalion, 227th Aviation Regiment, 1st Cavalry Division, who passed away Sept. 14, 2021. "I think this is something that we've all had to adjust a day at a time, and everyone has been there when we've needed them, or if we wanted them to back off, they'd let us have our space until we were ready."

Depan attended a multi-family bowling event hosted by SOS with her children, Brecklyn, 15, and Jackson, 7, last month at the Phantom Warrior Lanes. "I think (SOS) is very important

for families to get together and

together for that." For more information on SOS and its services, call at 254-553-

2464 or visit the SOS office at

room 1101 on the first floor of

Shoemaker Center.

honestly, when someone hasn't lost a spouse, they don't know what anyone else is going through, so I'm glad (SOS) is here to join us

# Houses of Worship

#### **CATHOLIC**

Sunday Mass, 9 a.m., Main Chapel, www. facebook.com/FtHoodRomanCatholic/ 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, www.facebook.com/Ft-Hood-Liturgical-Chapel-

#### SPANISH PROTESTANT

Alcance, Sunday, 1:30 p.m., Veterans OIF Chapel, www.facebook.com/AlcanceFortHoodTX

#### **GOSPEL CONGREGATION**

Gospel Service, Sunday, 11 a.m., Comanche Chapel, www.facebook.com/ComancheChapel

#### **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, www.facebook.com/ ChapelNextFortHood

### **OPEN TABLE**

All-Inclusive Christian Chapel, www.facebook. com/OpenTableChapel

### **WFC PROTESTANT**

Non-Denominational Protestant, Sunday, 10:30 a.m., West Fort Cavazos Chapel, www. facebook.com/West-Fort-Hood-Chapel

### **JEWISH**

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

#### **MUSLIM**

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

#### **OPEN CIRCLE**

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

Let ME help YOU!

#### **BUDDHIST**

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

### **NORTH FORT CAVAZOS**

Call 254-286-5223 for service schedule and Bible study

#### ADDITIONAL SERVICES/STUDY

Children in the Middle, call 254-288-1913 to reserve, Family Life Chaplain Training Center Men of Honor, Contact Ken Wooten, 254-466-

Protestant Women of the Chapel (PWOC), Tuesday, 9-11:30 a.m., Main Chapel, www.

facebook.com/FortHoodPWOC Mothers of Preschoolers (MOPS), www.

Facebook.com/FortHoodMOPS Club Beyond-High School, Contact Frank

Ayala, fayala@clubbeyond.org Club Beyond-Middle School, Contact Frank

Ayala, fayala@clubbeyond.org Catholic Women of the Chapel (CWOC), Tuesdays from 9:30-11:30 a.m., bimonthly Thursday 5-7 p.m., Main Chapel. Facebook: Fort Cavazos CWOC (Catholic Women of the

Chapel) Catholic Youth Ministry-Crusaders, 8-12 grades, Contact Maria Fuavia, 573-842-8181 Catholic Religious Education-CCE, Wednesday, 5:30-7:30 p.m., Main Chapel,

Contact Maria Fuavai, 254-287-0241 Church of Jesus Christ of Latter Day Saints, Institute of Religion Classes, Tuesday from 7:30-8:30 p.m. at 13th ACSC Chapel, Contact Chap. Seth Porter, 281-235-7841

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

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



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Photos by Shawn Davis. Fort Cavazos Public Affa

Murray Neal, left, carpentry instructor for the Home Builders Institute, goes over the "Bring a Kid to Work Day" assembly kits with his students before their children are brought into the conference room. The event is a way for service members to spend time with their children and to share the woodworking skills they've been developing in a child-friendly environment.

# HBI hosts 'Bring a Kid to Work Day'

BY SHAWN DAVIS

Fort Cavazos Public Affairs

KILLEEN, Texas — Paint brushes clash against miniaturized construction wood from prepared kits for assembly as children chose between building their own battleship or tank with their parents July 18 at the Killeen chapter of the Home Builders Institute.

The event aimed to bring the passion of carpentry to the children of attending service members for the HBI's military program, an educational program for service members transitioning out, which dots across the southern half of the United States.

"We offer them the opportunity to see what (it) is like in the trades of carpentry," said Murray Neal, the carpentry instructor for the local HBI. "If someone transitioned out and they wanted to stay somewhere in the trades, they could come here — take carpentry, take electrical, then if they wanted to get plumbing and HVAC ... all those four courses are free — they pay nothing; all they got to do is show up."

Neal said the program hosts opportunities like the children's event, and another tailored for women to promote carpentry to everyone.

The HBI is a member of the Department of Defense Skillbridge Program, where transitioning service members may participate in the free 12-week program with the approval of their chain of command.

"A lot of them come in — they've never used a screwdriver, hammer ... so we'll take them from zero all the way through that," Neal said. "All of the tools it takes — hand-power tools, all the electrical tools, all the saws — everything that you would use in construction."

Neal added HBI does more than just vocational training. He mentioned HBI also facilitates and assists students in securing jobs after their transition out of the military and upon graduating from the program. Employers typically give four months of room to negotiate through the transition, but Neal has seen some give up to six months. The Killeen chapter boasts a 92% placement rate for graduating students.

"This is hands-on — it's hands-on from someone who's been doing it for 27 years," Neal said. "I know the codes ... my uncle ran a building department. My grandfather and my father and my uncle are in construction. As a little guy, I picked it up from there and moved forward and had three or four businesses of my own (in) construction and manufacturing of windows and things like that for the military too.

"I've done high-rise work up to 53 stories," he continued. "I've done all types of work — so this is my safe space, right? Anything that I build with, this is what I teach. We teach residential here."

Neal goes on to say the fundamental training taught at the program makes candidates far more attractive to prospective employers in an industry hurting from being understaffed.

It was for these reasons that Sgt. Shartim Robinson, 1st Cavalry Division, chose to attend the course HBI offered.

"As long as you're 180 days out, you can sign up for (the Army) Career Skills Program," Robinson said. "It listed all these programs and I've seen that this is carpentry and electrician based. That's something that I'm really passionate about — building and working with my hands, so I was like 'oh, this is per-

Robinson said he's been appreciating the nuances of construction in everyday life since attending the course. Having recently bought a duplex, he's been eyeing his own property in a dif-

ferent light after building walls of his own in the course. He plans to eventually work his way to Austin after transitioning out of the military, taking advantage of the uptick in construction opportunities around the area.

"The main thing that I didn't

know is, doing this program as you're learning, they're actually having employees come out and they're giving their skills," Robinson said. "I didn't know they were even doing that. I was just joining ... just for the skills and abilities I would learn out of this course.

"The fact that I'm not having to worry about looking for employers or which company is good ... They're actually coming to us," he added.

For more information on the HBI, contact the Transition Assistance Program at 254-288-2227.



A stocked tool shed stands ready for use at the Killeen Chapter of the Home Builders Institute. The program aims to teach service members residential construction fundamentals in order to make them attractive candidates to pro-



Austin and Caroline Neher, 2, assemble a wooden tank together during the Killeen chapter of the Home Builders Institute's "Bring a Kid to Work Day" event. The environment was abuzz with excitement as children got to spend time with their parents in a family friendly environment.



spective employers within the trades industry



**LEFT**, Guaba and Louis Lupe, 4, paint their wooden tank pieces orange before assembly during the Killeen chapter of the Home Builders Institute's "Bring a Kid to Work Day." The event highlights the effort both the HBI and U.S. Army effects to assure a smooth transition for outgoing service members at the end of their service. **RIGHT**, Jeremy and Berkley Ellis, 8, paint pieces of a wooden tank together during the HBI "Bring a Kid to Work Day." Service members attend the program free of charge and have a networking resource that connect them with potential employers and a fundamental understanding of residential construction.

# HEALTH ROTC nursing cadets join CRDAMC's team

BY RODNEY JACKSON

**CRDAMC Public Affairs** 

The Carl R. Darnall Army Medical Center welcomed five U.S. Army Reserve Officer Training Corps nursing cadets to its halls for a 28-day nursing program. Cadets sat down with the hospital commander, senior staff members and the U.S. Army Cadet Command chief nurse July 18.

Cadets Carl Llona and Trisha Patawaran, University of San Francisco; Camila Swiatlowsk, Washington University; Zoe Swope, Texas A&M University; and Katelynn Lands, Bradley University, began the program at the facility July 15.

Most medical treatment facilities throughout the U.S., and some overseas, participate in the summer nursing program. There are nearly 200 nursing cadets participating in the program this year.

The summer program sees mostly college juniors and seniors at the medical treatment facilities because cadets are required to complete their medical surgery college track prior to participating in the summer nursing training.

Cadet Zoe Swope, Texas A&M University, waited an entire year to participate because of the completion stipulation.

"I'm kind of glad that I waited until this year because now that I'm done with all of my clinicals at school, I've kind of gone through all of the rotations, so I was able to know what sort of unit I'm interested in working for," Swope said.

The students rotate between different clinics at school and in the facilities, and Swope is currently in the mother baby unit at CRDAMC.

"Coming here and rotating through the units again is helping me solidify even more that I may want to do critical care nursing," Swope added. "Being here and being in the mother baby unit, makes me love it (nursing) even more."

The people and the nurses here, specifically, are very willing to teach and help cadets learn, she added.

"The atmosphere was the biggest thing that I told my parents about," Swope said. "Everyone loves being here. Everyone loves what they do, and I think that's the most important thing of a hospital."

Students who would like to participate in the program can contact their colleges' medical departments to sign up or visit the ROTC website at https://armyrotc.army.mil.

"We are appreciative of CRDAMC and all of or other MTFs (military treatment facilities) for supporting the summer training program," said Col. LaKisha Wright, chief nurse, U.S. Army Cadet Command.

Brenda Ploof, cadets and hospital education coordinator, had similar sentiments about coordination for the program and the opportunity to participate.

The coordination of airport pickup and relocation; requirements to participate in the different departments like labor and delivery, mother baby unit and the operating rooms; and finding preceptors

already charged was challenging, according to Ploof.

"We are essentially motivated to ensure the organization fulfills the needs of our future officers' success and the summer nursing program," she said.

For Cadet Katelynn Lands, Bradley University, the training helps her to envision her life in the Army.

"I think it's amazing, because I didn't really know what the future as a second lieutenant and how my workday would go before I came here, but now I'm able to talk and interact with people who know exactly what I'm going to do in the future, and they can give me advice, so it's been really good to be on the floor," she said.

Lands added being a cadet and a nursing student at the same time is very challenging because the workload is increased by double that of a regular cadet.

"As long as you have a PMS (professor of military science) that's super understanding of that and understands that you have a lot more going on than the other cadets, then you're going to do well," she said.

While the program is not currently mandatory for the Army, it could be in the future.

"The nurse summer training program is really helpful because most of the nursing students don't get a lot of clinical experience," Wright said. "They get a lot of simulation, so them coming here for these 28 days gives them more clinical experience than they will ever get in nursing school."



Photos by Rodney Jackson, CRDAMC Public Affairs

LEFT, U.S. Army Reserve Officer Training Corps nursing cadets Carl Llona, Trisha Patawaran, Camila Swiatlowski, Zoe Swope and Katelynn Lands began a 28-day nursing program July 15 at Carl R. Darnall Army Medical Center. RIGHT, Col. Garrick Cramer, CRDAMC commander, and Command Sgt. Maj. Anthony Forker Jr., CRDAMC command sergeant major, sit down with U.S. Army Reserve Officer Training Corps nursing cadets during a 28-day nursing program July 18 at Carl R. Darnall Army Medical Center at Fort Cavazos.



#### **JULY 3**

Twin daughters, Mackenzie Brynn and Autumn Bree, to Thomas Price and Daisy Botello, 1st Cav. Div.

#### **JULY 5**

A daughter, Mary June, to Nicholas and Brittany Ocegueda, 1st Cav. Div.

#### **JULY 6**

A daughter, Elliana Jaime, to Lawren and Aaliyah Mabute.

#### **JULY 7**

A son, Achraf Fatawu, to Sarifatou Quedraogo and Issaka Guiattin, 1st Cav. Div.

### **JULY 8**

A son, Juan Miguel, to Maria Palencia, 1st

#### **JULY 9**

A daughter, **Temari Samira**, to Thomas Jr. and Rhodrikia Mcintosh, 1st Cav. Div.

A son, **Theodore George Geoffory**, to Terry Trakes and Emilee Schaefer, 1st Cav. Div.

A son, Jonah Andre, to Dominick Hurn and Simone Poshne.

#### **JUNE 11**

Twins, Rodrigo and Rogelio, to Maidelle Flores, 1st Med. Bde.

#### **JULY 12**

A son, Matthieu Tyler, to Drew and Jade Lambert, 1st Cav. Div.

#### **JULY 14**

A daughter, Elizabeth Ann, to Walter Jr. and Jenna Prater, 89th MP Bde.



# SPORTS

It's important to

our program is -

Soldiers and how

deeply our team

we care about

cares about what we

do and how deeply

Soldiers. That can

be reflected in our

actions on that day.

- Emily Caramanian, WAQ/

**Adventure Programming** 

coordinator

what it does for

note how important

# WAQ team responds to paintball predicament

BY BLAIR DUPRE
Sentinel News Editor

Much like the Soldiers at Fort Cavazos, the Department of the Army civilians at The Great Place are always ready to step up when a need arises — as demonstrated by the Warrior Adventure Quest team while

they were facilitating a paintball activity for a unit in May at the Belton Lake Outdoor Recreation Area paintball courses.

WAQ is a free program, strictly for Soldiers to use once a year, designed to mitigate bad behaviors, increase adrenaline and provide opportunities to strengthen unity and cohesion amongst Soldiers through different activities — one of them being paintball.

Ironically, just as the players were beginning the second round of a game called Medic, where paintballers are tasked with shooting the opposing team's "medic," a player slipped in a muddy area and fractured his leg.

With the Soldiers were Samantha "SJ" Schellhorn and Jeffery Davis, recreation assistants with WAQ.

"I ran on top of the situation, noticed that his ankle obviously snapped and that he was lying in water,"

Schellhorn explained.

Davis said the accident happened just

seconds after the paintball game began.
"I turned around to look at SJ, and she

"She took off flying through the air — I don't know, but it was pretty fast. I stopped the match. I was a little confused. I didn't know what had happened. All I knew was SJ took off running and someone was on the ground."

Davis quickly ran over to Schellhorn who asked him to call their coworker Emily

Caramanian, WAQ/ Adventure Programming coordinator, so she could alert emergency services. Unfortunately, Davis had no cell service and couldn't reach Caramanian, so one of the Soldiers ran at least a quarter-of-a-mile to inform her of the situation.

Caramanian called 911 and when she arrived at the scene Schellhorn had already informed the WAQ team's leadership of the situation and Karl Washko, administrative manager at BLORA, was directed to guide the EMS to the paintball courses.

Schellhorn said she and some of the Soldiers carefully moved the injured paint-baller from the water to avoid further injury and so she could assess if the player had sustained an open or closed fracture.

"My main concern was, if it was open, of him getting bacteria and stuff in that wound,"

Caramanian relayed important information to the EMS who were on their way.

While waiting for the ambulance to arrive, Schellhorn noticed the injured player

started shaking because he was holding up his injured leg with the other in an attempt to keep weight off of the his injury. Once again, she took action.

"I asked his permission to sit underneath him and take that weight off of his legs to make him feel more comfortable and he granted me that," she said. "So I sat with him until the emergency services arrived."

However, the series of unfortunate events still hadn't completely ended — the ambulance became stuck on its way to the scene due to the muddy conditions. The Soldiers helped to unstick the ambulance while Washko used a work truck to transport the injured Soldier to the ambulance.

Looking back, Schellhorn said her instincts just took over, as she has had training from Fort Riley, Kansas, where she was previously stationed.

"I've dealt with similar situations, medicalwise, so my previous training had kicked in," she said. "Instinct kicks in and you know what you have to do in the moment."

Throughout the duration of the accident

the WAQ team made sure to remain calm and also did their best to help keep the Soldiers calm as well.

"I think when they saw that the staff was calm and that (the injured Soldier) was doing OK that it kind of helped to keep them and the mood light," Schellhorn said. "We made sure to crack jokes with them and stuff like that to make it easier for them because I'm sure it was hard on them seeing their fellow Soldier hurt. Emily did make sure to ask the gentleman, to make sure that he still filled out the WAQ survey before he left — cracking a joke."

Their calm and professional response to the accident received a positive ICE comment that earned praise from garrison leadership.

"It's important to note how important our program is — what it does for Soldiers and how deeply our team cares about what we do and how deeply we care about Soldiers," Caramanian said. "That can be reflected in our actions on that day."

Schellhorn agreed, adding, "I'm definitely dedicated, and I love my job."



Warrior Adventure Quest team Samantha "SJ" Schellhorn, recreation assistant, Emily Caramanian, WAQ/Adventure Programming coordinator, and Jeffery Davis, recreation assistant, pose together at the Belton Lake Outdoor Recreation Area Office.





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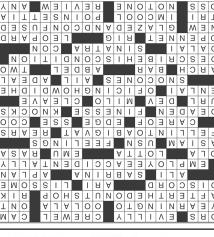
CALL 988 and Press 1 to reach the Military Crisis Line

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🛣 U.S. ARMY





Find at least six differences in details between panels.

5. Bow is moved. 6. Picture is moved.

different pattern. 3. Finger is moved. 4. Boy's collar is missing.

Differences: 1. Stripe is missing from sleeve. 2. Pants have a

HENRY BOLTINOFF

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TV. RCA inputs and outputs. EVENT: VFW Post 3892 in Optical audio inputs. Works Harker Heights presents Teja-FOR SALE: 2015 Harley perfectly, no issues. (254) no Night on July 6th and 27th 294-7769

clear Texas title. \$3200 OBO. mattress slightly used Starlights at 8pm, also by OBO,

Brass

chester

mower. 512-540-6179 Lampa- week. (254) 213-1830

speakers and 1 subwoofer FOR SALE: Once Fired Need of honest, mature, with original cables. Wall/ceil- Brass 40 s&w, 357 sig, 30-08, dependable, responsible pering mounts for cube speakers 30-06, also for sale 1oz 999 son to help with light houseincluded. Original manual and pure gold coin will sell at hold cleaning, Covid Tested RF remote included. 2 HDMI \$100.00 undercurrent spot 2x a month @ \$50.00 each

with a Tejano DJ from Vasquez Productions. On July Passed inspection, registered, FOR SALE: Queen size seals 20th, enjoy Joe Arias and Call Vasquez Productions. Join us for great music, great people, and great drink specials!

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WANTED: Senior Lady in Need of an honest, dependcall for appointment to view WANTED: Small engine able person to take care of a mechanic to repair 2 riding small yard. Must have your lawn mowers, also well pur- own equipment & lawn mower chase a working riding lawn w/ a bag. \$45.00 every other

WANTED: Senior Lady in

# V K S I G D B Z X V S W Q O M

GREENGRASSYEKIL

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AUYWULXDSSIDIGE Q S E P N O F U U P L O G O B

J T A H F F O K A M E O L O A

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TEYTONAVUISAFGA

Q L P D P E N M K J H H E O E SLIANDRAHFETCLL

BZEYXYADNIALPDC

unlisted clue: GREEN GRASS

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Friday's unlisted clue hint: A COLOR LIKE THE LAWN

Big life Clear a bell Clear mud Do you say

TNNHI

RWDOL

NALCEC

GJROEG

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Easy pie Good gold Good new Hard nails

Just well Neat a pin Not yet

Plain day

THAT SCRAMBLED WORD GAME

Right rain Sly a fox Thick flies

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By David L. Hoyt and Jeff Knurek Unscramble these Jumbles, one letter to each square, to form four ordinary words. THE WEEDS THAT WERE SPREADING IN THEIR GARDEN WERE BECOMING A

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

were becoming a – **GROWING CONCERN** Answer: The weeds that were spreading in their garden HTMIM :seldmuL CANCEL MOBLD

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**SCAN HERE** 

sitcomdom

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72 Ripens

75 Pummel

77 Xerox

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**TRAPPED** 

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#### PREMIER CROSSWORD/ By Frank A. Longo 47 Dropped a bit 120 That woman 10 Implore 55 Carter of

1 Spot's foot 4 Motorcycle maker 10 ATM output 60 Insulated

19 Driving hazard 20 Region in Spain 21 Actress Falco

22 Country singer Tucker 23 Kiting, e.g. 25 Is discovered doing a misdeed

28 Bungle 29 Kind of pear 30 U.S. Shakers founder 31 Driving

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136 "Will do,

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70 Clean air org. 73 Loyalty program
78 Duet number 27 Roomy auto 79 Rover's rope 82 Hugs, in texts 138 Direct at, as

83 "Carte" start

86 "Super work!" **89** 1985 Kentucky Derby winner 95 Like some questions 96 Bug's feeler

98 "- found it!" straight out 99 Jananese 35 Attacked boxer-style fish dish 100 Door fixture 103 Overindulges

43 French down, as a

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DOWN 1 Photos

106 Director's cry 107 — Fridays banjo pioneer

3 Yard eyesore

9 Plus

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6 She-horse

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Average time of solution: 67 minutes

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29 "The View"

26 Gondola path

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32 Comic's joke

33 Certain PC

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34 Paid spots

35 Horn honk

36 "Be silent!"

38 Sci-fi writer

Frederik

**39** "E pluribus

40 Cosmic cloud

37 Escalate

15 Tease

**87** "Deck 45 Fun activities, in brief the Halls' 46 White wine syllables 88 Winter aperitif illness

48 Lacks being 49 "I call that as 90 Dastardly mine!"

91 Ensnares 92 Maritime rescue gp 93 Drink quickly

131 Lead-in to cycle 132 Cochlea site

133 "See ya!"

106

137

BY BOB WEBER JR.

120

LAST WEEK'S CROSSWORD ANSWERS

# SLYLOCK FOX

#### HE HAD Slylock Fox begins EIGHT LIVES each detective class with a riddle. Today, Slylock posed the following LEFT ? brainteaser to his students: A small

plane was having engine trouble. The pilot, who was not wearing a parachute, jumped out of the airplane. He landed on hard ground, yet he survived. How is this possible?

Solution: The plane was still on the runway.



HOW TO DRAW a squirre



world? c) Perth to London

www.slylockfox.com

nonstop commercial passenger flight in the a) Dallas to Sydney b) New York to Singapore

d) Tokyo to Toronto Answer -- b) About 18 hours, 50 minutes (about 9,537 miles).



Spot six differences between these panels.



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





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