

Three service members killed, other injured **A7**

NEWS BRIEFS

Cavazos Connector beta test launches Monday

The new micro-transit service at Fort Cavazos will launch its beta test Monday. This test will allow users to utilize the circulator route, download the app, see where the buses are at and even call for a ride from one of the micro-transit zones, Barracks Zone #1. All five zones will be fully operational at the grand opening March 2. The fare-free system offers curb-to-curb service within and between designated zones. The circulator route, featuring clockwise and counterclockwise routes around key points of interest, ensures efficient, timely connections. For more information, follow U.S. Army Fort Cavazos on Facebook.

DFMWR hands out free rodeo tickets today

The Fort Cavazos Directorate of Family and Morale, Welfare and Recreation will give away free tickets to the 2024 Bell County PRCA Rodeo at 11 a.m. today at the Phantom Warrior Center. The rodeo takes place at 7:30 p.m. Feb. 9 at the Cadence Bank Center (formerly Bell County Expo Center). For more information, visit facebook.com/fortcavazosmwr.

Bid on a NAF vehicle Monday

The Fort Cavazos Directorate of Family and Morale, Welfare and Recreation's annual NAF Vehicle Auction's bidding will be live Monday through Feb. 19. Vehicle viewing will be Saturdays and Sundays during the auction. For more information, call 254-423-8498 or visit cavazos.armymwr.com.

Scholarship applications close soon

The Fort Cavazos Family Scholarship Fund is accepting applications for the 2023-2024 scholarship season. Scholarships are available to high school seniors and military spouses. For all eligibility requirements and to apply online, visit fortcavazosccscholarship.org/apply. The deadline is Feb. 16.

Compete for 'Super Couple' title

The Fort Cavazos Directorate of Family and Morale, Welfare and Recreation is hosting a Couples Combine during February. This is competition is available to all Department of Defense ID card holders 18 years and older, and is free. Additionally, DFMWR is hosting a Sports Competition from 10 a.m. to 2 p.m. Feb. 10 at Phantom Warrior Stadium. For more details on the workouts and the competition, visit cavazos.armymwr.com.

SECARMY visits Fort Cavazos, interacts with Soldiers



Photo by Spc. Alejandro L. Carrasquel Vazquez, 7th MPAD

Honorable Christine Wormuth, United States secretary of the Army, climbs into the new M2A4 Bradley infantry fighting vehicle Tuesday at Fort Cavazos.

BY CAPT. AVERY SMITH II
 7th Mobile Public Affairs Detachment

On Tuesday and Wednesday, the Honorable Christine E. Wormuth, the 25th secretary of the Army, visited Fort Cavazos to meet with senior leaders, units and families to discuss readiness and quality of life for Soldiers, families and Department of the Army civilians.

Wormuth's first day at Fort Cavazos began at the III Armored Corps headquarters, where she met with Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general, and III Armored Corps and Garrison Staff.

III Armored Corps leaders discussed the organization's operational capabilities and how they remained a trained, committed and ready organization that is grounded on the values of dignity and respect; dedicated to working together with its partners to build, deter, engage and shape at any time, anywhere.

Other topics of discussion included III Armored Corps' ability to deliver a proven high-readiness force, trained and ready to support operations across the full spectrum

of crisis. It offers a well-manned and modern structure that is flexible, scalable and capable of meeting a wide spectrum of commitments.

"III Armored Corps is focused on warfighting with more than 10,000 Soldiers currently deployed across the globe," said Lt. Col. Jeremy Prince, chief of operations assigned to III Armored Corps headquarters. "This fiscal year, III Armored Corps will have almost 40% of our assigned Soldiers deployed in support of contingency operations, combat training center rotations, warfighter exercises or joint exercise programs. We are a busy and engaged corps. We train and we are ready."

III Armored Corps leadership also briefed the secretary of the Army on updates related to new equipment fielding, multi-domain training and long-range fire capabilities.

As an example of the type of large scale combat operations training the corps is participating in, the secretary of the Army was briefed on III Armored Corps' recent exercise, Remagen Ready. Remagen Ready was the largest training exercise conducted on the installation since 2020.

Leaders also discussed initiatives on improv-

ing quality of life for Soldiers and their families, such as the People First Center, family programs and resources and the development of a new mobile application customized to the needs of every individual user.

III Armored Corps has made numerous changes to enhance the safety, quality of life and support for service members and families, including working toward improving the integration of newcomers to Fort Cavazos with a weekly installation orientation for newly arrived Soldiers and family members. The newcomer's brief is delivered by the commanding general or a senior leader that he designates, which emphasizes III Armored Corps' commitment to ensuring Soldiers start their time at the Great Place with the information they need to thrive.

Another important topic discussed was III Armored Corps' focus on recruitment and the lessons learned as the corps strives to adopt creative community engagements in partnership with local recruiting battalions. The integration of several III Armored Corps

See **Visit**, A6

New Fort Cavazos families receive grocery vouchers

BY SENTINEL STAFF

Instacart, the leading grocery technology company in North America, and Military Family Advisory Network, a national nonprofit dedicated to supporting military and veteran families, announced on Jan. 16, a new partnership to provide free groceries and delivery to military families following relocation to a new base.

Through the initiative at Fort Cavazos, Instacart and MFAN will provide more than 100 military families with \$100 in monthly Instacart Health Fresh Funds stipends for three months upon relocation to the Great Place. Families can use the Fresh Funds stipends to purchase nutritious food and other essentials from local retailers, including ALDI. The Fresh Funds can also be used

to cover the cost of delivery to help busy military families spend more time settling into their new communities and less time traveling to the store.

Designed to help ease the transition and resettlement process for military families relocating to Fort Cavazos, the program is part of a broader pilot MFAN recently announced to support military family well being.

"MFAN believes in bringing the best partners together to meet the data-informed needs of the military families we serve. As we identify dignified, scalable and measurable solutions to support those experiencing food insecurity, there was no better solution than Instacart and the Fresh Funds stipend," said MFAN President and Executive Director Shannon Razsadin. "We know that food insecurity is a symptom of broader challenges. Through the MFAN network,



Sentinel File Photo

Pfc. Jada McCoy, a religious affairs specialist with the Garrison Chaplains Office, stacks cans of tuna onto a shelf Aug. 19, 2022, at the Fort Cavazos Food Pantry.

See **Groceries**, A6



Photo by Samantha Harms, Command Information Chief

One of the participants uses a paint bottle to drop paint onto their canvas during the Apache Arts and Crafts Center's Drop-in Paint Pouring event Saturday.

Visitors drop in, paint at Apache Arts, Crafts Center

BY SAMANTHA HARMS
 Command Information Chief

More than two dozen people were in attendance for the Drop-in Paint Pouring event Saturday held at the Fort Cavazos Apache Arts and Crafts Center.

Paint pouring is exactly what it sounds like; participants pour paint using the paint bottle or by pouring from a plastic cup onto the canvas. They could move the canvas around to push the paint around.

Benjamin Jingco, retired military, Kinga Saunders and Dominic Jingco, 12 years old, chose to attend the painting event to escape from the chilly weather outside and

the activity. "I wanted to do something different," Benjamin explained.

They had all been painting once before at Apache and thought it would be a good bonding activity.

"Doing something together is the most exciting (part) and (it's) fun to do," Saunders shared.

While the center's focus may seem to be only on traditional arts and crafts classes, it also offers the "Resilience Through Art" program to provide a quiet, safe space. Soldiers, veterans, family members and Department of Defense civilians can use the center to learn arts and crafts, which

See **Art**, A6

Phantom Warrior Command Team: MLK's legacy continues today

Diversity remains our Army's greatest strength. Since our nation's inception, African Americans have proudly and honorably served in every conflict. Across the Army's history, 94 African American Soldiers have earned the Medal of Honor for acts of outstanding heroism and bravery. As we reflect upon the contribution of African Americans to our Army, it is important to highlight some of the extraordinary Soldiers who helped shape our force. Sgt. 1st Class Alwyn Cashe was an infantryman who served two years as a squad leader at Fort Cavazos, formerly Fort Hood, before deploying to Iraq with the 3rd Infantry Division. In 2005, Cashe saved the lives of six of his fellow Soldiers after his Bradley was struck by an improvised explosive device. Cashe rescued six of his Soldiers from the troop compartment of the vehicle, despite being engulfed in flames from a ruptured fuel cell. Cashe dragged all of the incapacitated Soldiers to a safe distance, and later refused CASEVAC (Casualty Evacuations) until the Soldiers were evacuated to safety. He suffered burns over more than 70% of his body, and subsequently passed away from his injuries. For his heroic actions, he was

posthumously awarded the Medal of Honor. The most recent African American Medal of Honor recipient is Col. Paris Davis. Commissioned as an armor officer, he later served with 5th Special Forces Group near Bong Son, Vietnam. In June 1965, then-Capt. Davis' company was ambushed by Viet Cong forces. Despite being wounded in the leg, he continued to lead his company to repel the assault, directing artillery fire within 30 meters of his own position and personally braving enemy fire to rescue an immobilized Soldier. Despite being wounded twice more, Davis refused to leave the battlefield until all friendly forces were recovered or medically evacuated. In March 2023, he received the Medal of Honor for his actions that day. Today, the Phantom Corps has more than 25,000 African American Soldiers serving across

our formation. Our strength will always be the diversity of our people who are united by our shared Army values that make our Corps the most lethal organization in the world — America's Hammer! Phantom Lethal!



John McDwyer Sean Bernabe


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


Sean C. Bernabe
Lieutenant General, U.S. Army
Commanding General



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The Editorial office is located in U.S. Army Garrison Public Affairs Office, Fort Cavazos, Texas, 76544. The Advertising office is located at 1805 Florence Rd., Herald Plaza, Ste. 1, Killeen, Texas, 76541.

Fort Cavazos experts share security strategies

BY ANDREW SAMARRIPA
Fort Cavazos Directorate of Emergency Services

As the new year rolls in, the Fort Cavazos' Directorate of Emergency Services team is eager to extend a supportive hand to the community about keeping their homes safe. It's a no-brainer nowadays — a solid home security system isn't just nice to have; it's necessary. Think of it as a safety trifecta: your home's perimeter, exterior and interior. These critical zones form an integrated shield, keeping those uninvited guests at bay and providing that much-needed reassurance. Let's wade through each area, unpacking some straightforward, actionable tips to bolster the security around your home.

1. Perimeter security: visibility and lighting

The first line of defense is your home's perimeter. Maintaining clear visibility from the street is vital, involving effectively managing landscaping. Trees, shrubs and plants should be strategically placed or trimmed to avoid obstructing views. Ensure tree limbs are at least 7 feet off the ground, and shrubs near windows are cut below the windowsill, enhancing visibility and preventing hiding spots for potential intruders.

Outdoor lighting plays a crucial role in perimeter security. Bright, well-placed lights can deter burglars. LED lights are a popular choice due to their energy efficiency and brightness. Security

lighting, ideally rated at 5,000 to 5,500 kelvins, replicates daylight, increasing visibility during nighttime. However, it's important to consider local ordinances to avoid causing light pollution that could impact your neighbors.

2. Exterior security: doors and windows

Securing the exterior involves focusing on doors and windows, often burglars' first entry points. To resist forced entry, exterior doors should be constructed from solid materials like wood, steel, fiberglass or iron. Equally important is installing high-quality locks, especially single-throw deadbolts, to reinforce these entry points.

Sliding patio doors are vulnerable and should have additional security measures, such as "Charlie" bars or wooden dowels in the track, to prevent them from being forced open. It's also vital to store potential burglar tools, like ladders or heavy tools, securely and out of sight to prevent them from being used to gain access to your home.

3. Interior security: locks and safes

Once your perimeter and exterior are secured, focus on the interior. Window locks are often overlooked but are essential in preventing unauthorized entry. Secure all windows, like bathroom windows, especially those hidden from plain view. Consider adding secondary locks or security latches for added protection.

Valuable items should be stored

in fireproof or money safes. The market offers a variety of safes, catering to different needs and price points. Research is key to finding the right safe for your valuables. Marking your property with identifiable information, such as a driver's license number (avoiding Social Security numbers), using an engraver or black light pen, can also aid in the recovery of stolen items.

Effective home security is a comprehensive strategy that incorporates multiple layers of protection. By addressing your home's perimeter, exterior and interior aspects, you create a formidable defense against intrusions. This multi-layered approach not only deters potential burglars but also provides peace of mind for homeowners.

Regularly review and update your security measures, adapting

to new technologies and changing circumstances.

Remember, security is not a one-time effort but an ongoing process that requires vigilance and adaptation. With these strategies in place, you can significantly enhance the safety and security of your home, ensuring a secure and peaceful living environment for you and your family.

By embracing these comprehensive strategies and maintaining a proactive stance on home security, you're not just protecting your property but safeguarding your sanctuary and the well-being of those who reside within it.

Stay informed, remain vigilant and continually seek ways to improve your home security. In doing so, you'll be taking crucial steps toward a safer, more secure future.



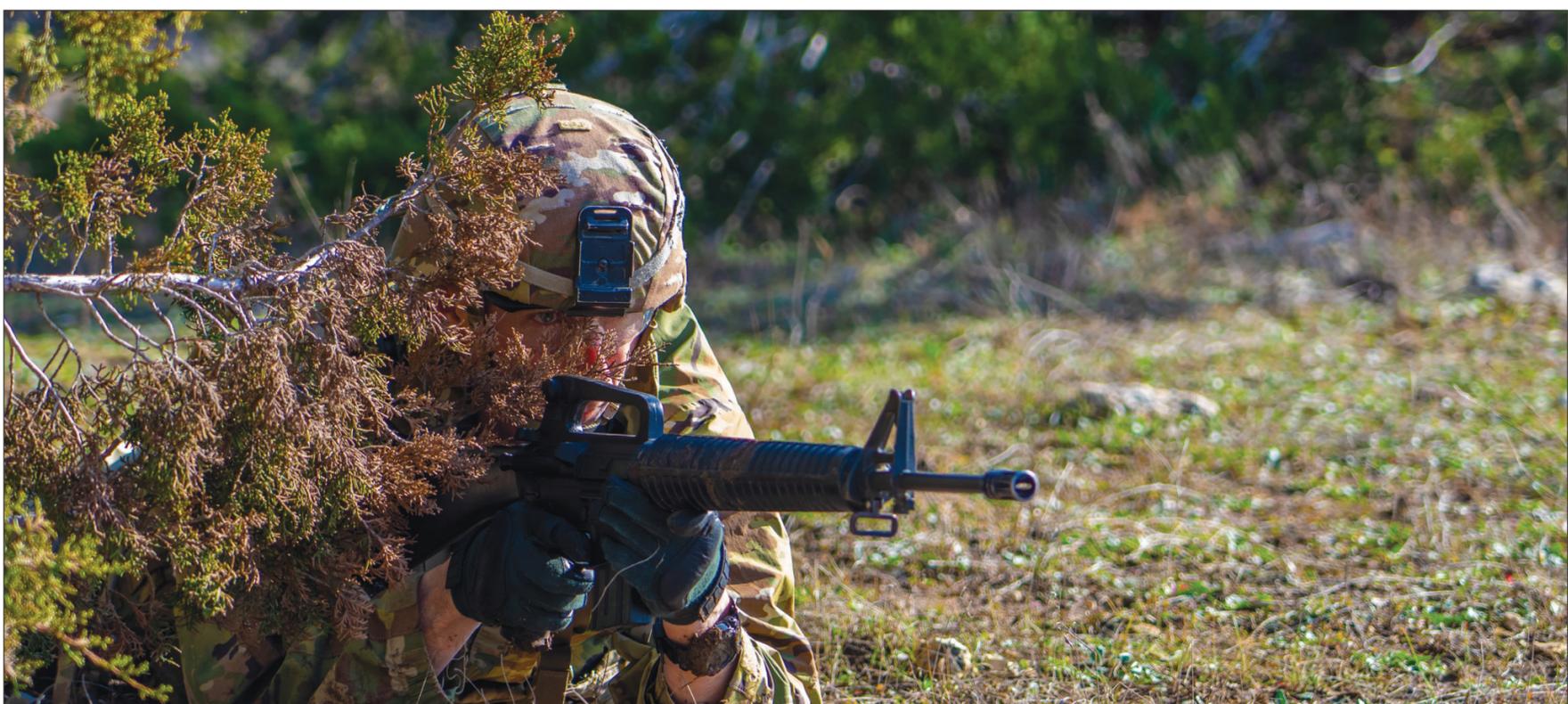
Photo by Eric Franklin, Fort Cavazos Public Affairs
Officer Andrew Samarripa shares tips for better home security.

Ceremony celebrates, recognizes January retirees



Photo by Eric Franklin, Fort Cavazos Public Affairs

Retirees were honored in a ceremony Friday at the Lone Star Conference Center. The retirees honored were: Maj. Jarrod W. Martin, Command Sgt. Maj. Brandon D. Babyak, Master Sgt. Earny D. Wilson, 1st Sgt. Ulrick R. Abram, Sgt. 1st Class Christian L. Esquivel, Sgt. 1st Class Kenyaearl L. Leach, Staff Sgt. Adrian L. Robinson and David J. Key.



Photos by Staff Sgt. Neil McLean

Staff Sgt. David Tracy, a member of the 1395th Brigade Engineer Battalion, demonstrates his reaction to contact as he undergoes testing in Warrior Task and Battle Drills during the 120th Infantry Brigade's Best OC/T competition Jan. 9 at Fort Cavazos.

Soldier triumphs in OC/T competitions

BY STAFF SGT. NEIL MCLEAN
120th In. Bde. Public Affairs

In a historic achievement, Staff Sgt. David Tracy, a combat engineer with the 1-395th Brigade Engineer Battalion, has made his family proud by securing the first place spot in the first brigade Best Observer, Coach/Trainer (OC/T) competitions hosted by the 120th Infantry Brigade at Fort Cavazos.

The competition featured 14 challenging events. Competitors had to overcome challenges that encompassed physical fitness assessments, land navigation, marksmanship, the evaluation of leadership skills in guiding Soldiers through the after-action review process and more. Competitions like these evaluate service members for the total Soldier concept, ensuring they are not only physically fit, but mentally resilient enough to face any challenges that may arise. The competitors'

scores were kept confidential, heightening the competitive spirit as participants remained unaware of their rankings.

All OC/Ts within the 120th Infantry Brigade play a pivotal role in supporting the First Army's mission of training and validating National Guard, Army Reserve and active-duty Soldiers. This mission ensures that these units are well-prepared for their upcoming deployments. With more than 9,000 service members validated each year, OC/Ts are instrumental in preparing units for deployment, making them a cornerstone of military readiness.

Being crowned the Best OC/T among numerous personnel is a testament to SSG Tracy's dedication, following in the footsteps of his father, who was a heavy equipment operator, and brother, a surveyor who joined as an engineer in defense of the United States of America. Tracy always wanted to join the

military and serve as his family did before him. If he is not out supporting the 120th In. Bde. mission, he is working out and planning in his free time.

Tracy shared his thoughts on the competition.

"I felt the competition was well-prepared, and I faced extreme challenges in my role as an OC/T," he said. "The confidential nature of our scores and the competitive nature of the other participants made it anybody's game at any time, so I just put my best foot forward."

This truly impacted his overall score in every event, especially with the 12-mile ruck where he finished in two hours and 18 minutes.

He highlighted the challenges faced during night land navigation, emphasizing the weather conditions and the demanding course terrain.

Despite initial doubts, he expressed a

commitment to improvement for future endeavors. Tracy encouraged others looking to undertake similar challenges.

"Practicing everything from marksmanship to land navigation, this will help you if you're looking to do something like this," he said.

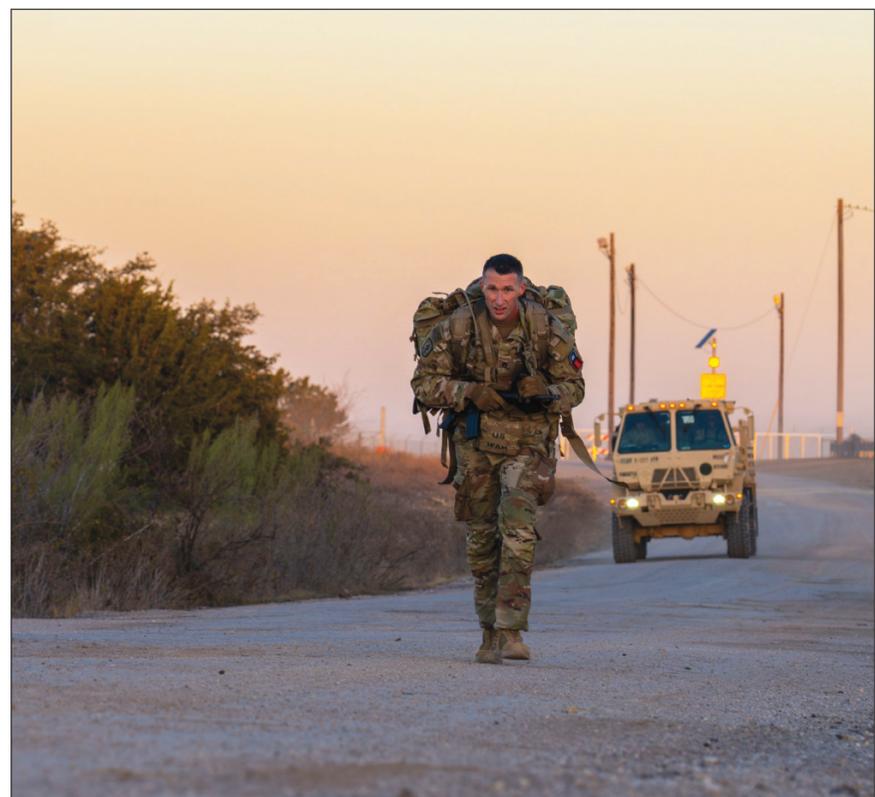
In a moment of humility, Tracy expressed his shock at winning, acknowledging the outstanding competition and the stumbling blocks faced by all participants.

"I didn't think I would win; it was anyone's game," he said. "There were stumbling blocks everywhere, but I overcame them and maintained a positive mentality."

Tracy's victory not only exemplifies his personal dedication, but also highlights the resilience and excellence within the military community at Fort Cavazos. His achievements will undoubtedly inspire and motivate others to strive for excellence in their military careers.



Staff Sgt. David Tracy, a member of the 1395th Brigade Engineer Battalion, demonstrates life-saving techniques on a mannequin as part of the 120th Infantry Brigade's Best OC/T competition Jan. 9 at Fort Cavazos.



Staff Sgt. David Tracy, 1-395th Brigade Engineer Battalion, participate in a 12-mile ruck march during 120th Infantry Brigade best OC/T competition Jan. 11 at Fort Cavazos.

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Oklahoma Guard aviation unit trains for deployment

BY SPC. DANIELLE RAYON
Oklahoma National Guard

Nearly 50 Oklahoma Army National Guard Soldiers with Charlie Company, 1st Battalion, 244th Aviation Regiment, 90th Troop Command, are undergoing mobilization training in preparation for their upcoming deployment to Kosovo in support of Operation Joint Guardian.

The deployment aims to provide mission support for the Georgia Army National Guard's 48th Infantry Brigade Combat Team and contribute to the NATO-led international peacekeeping force in Kosovo, comprised of 27 partner nations.

Equipped with UH-60M Black Hawk helicopters, 244th Assault Helicopter Battalion

Soldiers focus on job-specific training while being evaluated by members of the U.S. Army's First Army, a mobilization, readiness and training command. Once overseas, the 244th will execute various missions, including air transport and air assault operations.

"We're doing a lot of maintenance and a lot of training, so it prepares us to go overseas and do what we need to do," said Staff Sgt. Colton Scantlen, a UH-60 helicopter repairer with the 244th AHB.

The battalion is conducting various training activities to enhance their readiness, including basic Soldier skills, medical training, aircraft maintenance, sling loading and refueling.

"It's a big high-intensity mission for maintenance and training," Scantlen said. "A lot

of these new guys will get a feel for it and be able to get a lot of good quality training out of this mission, because that's what we're going to do every day."

Despite the rigorous training schedule, the Soldiers of the AHB remain positive about the challenges of the upcoming deployment.

"Everybody is very excited," said Capt. Jimmy Norvell, commander of Charlie Company, 1st Bn., 244th AHB. "They're somewhat nervous, and this is some people's first deployment, but they're looking forward to it and they're ready to get after it."

In addition to solidifying the technical skills required for the mission, this mobilization training fosters collaboration between units, emphasizing the significance of building relationships before going overseas and

fostering a sense of camaraderie and mutual support.

"It helps build that friendship and that relationship between the two units," Scantlen said. "That way when we do go overseas, we don't have to worry about anything over there. They know they can rely on us and we can rely on them."

Leaders expressed confidence in the Soldiers' abilities, highlighting the high morale and excitement among the troops as they gear up for the unique challenges of their deployment.

"I'm 100 percent confident that the Soldiers here will be able to execute their mission," Norvell said. "I'm very proud and honored to be here with those guys and couldn't have picked a better team to be here with."



Photos by Spc. Danielle Rayon, Oklahoma National Guard

Spc. Kevin Helms, a petroleum supply specialist, and Spc. Austin Campbell, a combat medic specialist, members of Echo Company, 1st Battalion (Assault Helicopter Battalion), 244th Aviation Regiment, 90th Troop Command, Oklahoma Army National Guard, refuel a UH-60 Black Hawk helicopter Jan. 10 at Fort Cavazos.



A Soldier with the 48th Infantry Brigade Combat Team, Georgia Army National Guard, conducts hot load training with a UH-60 Black Hawk helicopter Jan. 9 at Fort Cavazos.



Soldiers with the 48th Infantry Brigade Combat Team, Georgia Army National Guard and 1st Battalion, 244th Aviation Regiment, 90th Troop Command, Oklahoma Army National Guard, descend from a UH-60 Black Hawk helicopter during hot load training Jan. 9 at Fort Cavazos.

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Cavazos prioritizes solutions to installation issues

BY JANECE WRIGHT
Sentinel Living Editor

Fort Cavazos leadership and officials are committed to putting people first. As such, improvements and modernizations are mainstays to ensure a better quality of life for Soldiers, family members and the military community.

The Army Family Action Plan Steering Committee convened in September 2023 to address some of the major concerns voiced by Soldiers and the community, and to strategize effective resolutions for each.

Chaired by Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, and attended by installation leaders from several directorates, the committee highlighted five major issues, provided scenarios to emphasize the impact of each concern and collaborated to organize comprehensive and efficient solutions with the well-being of those who live and work at the Great Place in mind.

Single parents Family Care Plans

Army guidelines stipulate that Soldiers must always have a family care plan in place. Military leaders discussed the difficulties the mandate can impose and identified specific concerns for single parents with FCPs to include the costs of extended childcare, dual-military couples and caring for a spouse with a new baby.

The committee developed three solutions with one common thread. Educate commanders who can recommend resources to address service members family stressors, educate current Army programs and resources and raise awareness in the newcomer's brief and educate through the use of current installation programs.

Lt. Col. Raymond Stapleton, III

Armored Corps G-1, suggested using social media to connect single parents through "private groups that single service members can join to seek out family care support," he said.

The Better Opportunities for Single Soldiers program explained partnering with other installation programs to provide a variety of services and resources to increase accessibility within the Fort Cavazos single parent community.

In collaboration with Army Family Advocacy Program, Army Community Services, Military and Family Life Counseling, Child and Youth Services, Apache Arts and Crafts Center and Judge Advocate General, BOSS will teach quarterly classes about FCPs and what each respective program offers service members and their families.

BOSS created "Fort Cavazos BOSS," a Facebook group specifically for single parents that ensures they can share information, learn about new resources and support one another.

To promote community connections and networking, the BOSS program suggested hosting quarterly "Single Parent Brunch Meet and Greet" events that will allow single parents to meet in person, bond through shared experiences and communicate their issues.

BOSS said they will continue to partner with CYS to provide free childcare so that single Soldiers can participate in BOSS events. They noted the CYS Kids on Site program offers childcare for BOSS events as well.

BOSS will also create a class discussion on the "Remind" app solely for single parents to receive information regarding meet times, class times, important information and ongoing single parent events.

"BOSS' determination with this networking is to tackle this issue, which assists these

single parents in preparing a FCP and learning from one another when deployments or trainings arise," said Fort Cavazos BOSS Vice President Sgt. Rafael Escamilla.

The committee recommended elevating the feedback on the challenges of FCPs for single parents and dual-military couples to Army higher headquarters so they can understand some of the parenting dynamics service members face.

Sidewalk at Chili's

The Directorate of Public Works is working to make the area in front of the now closed Chili's restaurant more user-friendly with the addition of a sidewalk.

In conjunction with working on installing sidewalks for those with disabilities, DPW reported that the design for the Chili's project has been completed and will be one of the first awards on the new paving contract.

DPW broke ground in late 2023 and the project is in progress.

Cleaning services for ACS

In response to reports of a lack of adequate cleaning services for the Shoemaker Center, the committee suggested extending the cleaning contract to address the restrooms in the ACS area daily and ensure there are ample supplies available.

A contract modification was executed in August 2023 and additional areas at ACS are now being serviced five days per week to continue indefinitely.

Speeding on Shoemaker Lane

Issues concerning driving well in excess of the 15-mph speed limit on Shoemaker Lane prompted the Directorate of Emergency Services to collaborate with DPW traffic engineers to create a plan to address speeding.

DPW is planning to conduct a traffic study in the area, install flashing crossing signs and enhance striping for crosswalks.

Food insecurity

Statistics, from the Military Family Advisory Network, show that one in six military and veteran families suffer from food insecurity. Hunger remains an issue within the military community and is getting worse each year. Adding to the problem is the negative stigma surrounding hunger and seeking assistance from food banks.

The committee explored ways for Fort Cavazos to take a more proactive role in supporting military families experiencing food insecurity.

Recommendations included capturing accurate numbers of service members who suffer from food insecurity, coordinating a Military Family Action Network food distribution on post and making information on Fort Cavazos food pantries more accessible.

In response to the suggestions, the Garrison Religious Support Office will update its website to highlight Fort Cavazos' food pantry, its hours and contact information and share information about off-post food pantries. Information about food pantries will also be provided during the newcomers' orientation.

The issue will be further discussed during upcoming Community Service Counsel meetings to generate additional information and ideas to address the issue and provide support to service members and families suffering from food insecurity.

Three of the five issues have been resolved and two are ongoing. Updates on progression will be made available as they occur.



Sentinel File Photo

Food insecurity was one of five major issues discussed during the Army Family Action Plan Steering Committee meeting in September 2023. Statistics, from the Military Family Advisory Network, show that one in six military and veteran families suffer from food insecurity, prompting the committee to explore ways for Fort Cavazos to take a more proactive role in providing support and resources.

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Dining Facility Operations Schedule Feb. 2024

For the most updated schedule, visit home.army.mil/cavazos

OPEN (Breakfast, Lunch & Dinner)	OPEN (Brunch & Supper)	CLOSED	HOLIDAY
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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		

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:30 p.m. Monday-Friday
Food Advisor: W01 Blair: 513-317-5014

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1:30 p.m. Monday-Friday
Dinner: 5:30 p.m. Monday-Friday
Food Advisor: W01 Greene: 843-901-0260

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:30 p.m. Monday-Friday
Food Advisor: W01 Greene: 843-764-7561

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

NORTH FORT CAVAZOS

Building #56320

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

Breakfast: 5:30-8:30 a.m. Sunday-Saturday
Lunch: 11:30 a.m.-1:30 p.m. Sunday-Saturday
Dinner: 5-7:30 p.m. Sunday-Saturday
Manager: Ms. Pitts: 254-287-8930

Building #56447 is only for overflow.
(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		

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:30 p.m. Monday-Friday
Manager: SFC Smith: 254-288-3681

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

THEODORE ROOSEVELT

Building #9205
Battalion & 21st St.

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:30 p.m. Monday-Friday
Food Service: MSG Steward: 706-341-7462

The Outpost Food Truck will support dinner Jan. 26-29 in the parking lot.
(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5:30 p.m.

CULINARY OUTPOST FOOD TRUCK 1

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		

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

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		

BRK, LUN, DIN: 8 a.m.-8 p.m. Monday-Friday (WNK): 8 a.m.-6 p.m.
WR Manager: SFC Smith: 254-288-3681

PATRIOT INN

Building #12007
Old Ironside & 33rd St.

Closed due to renovation. Tentatively scheduled to open May 1.

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5:30 p.m. Monday-Friday
WR Manager: SFC Moore: 210-612-9378

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

CULINARY OUTPOST FOOD TRUCK 2

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		

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30-1 p.m. Monday-Friday
Dinner: Closed
Food Advisor: W01 Greene: 843-901-0260

Installation Food Service: 287-6595 III Armored Corps Food Service: 287-0573 Division Food Service: 287-3134

Veterans Crisis Line

1-800-273-8255

PRESS 1

Cavazos community bonds through creativity

Art: Continued from A1

in turn help reduce stress, increase focus and develop tools to cope with the stresses of military life.

The literary pouring event was focused on just that, offering resiliency to the art program for Soldiers and their families.

"This is an extension of that. The environment is kind of stuck sometimes, and so in order to get out of that, if you're in a tough spot, it's easier to come out and have fun and just kind of bond with everybody else in the community," explained Christine Riopelle, volunteer at the Apache Arts and Crafts Center and recreation assistant with Fort Cavazos Directorate of Family and Morale, Welfare and Recreation.

"(This program) is an unique aspect in the military community because not every duty station has an arts and crafts center, or 'Resiliency Through Art' program," she added. "It allows people to connect with art and if they have any trauma or issues they're going through, it allows them to work through it because they're working with their hands and building connections."

Louise Gonel, Army Community Service

specialist and resilience trainer, who was in attendance to help with the event, agreed.

"We're all about community connection," she shared. "This is a different way to bring people together, be connected in self-awareness and then giving that time out for themselves or for them with their family and children, and also giving them the resources and helping them not be afraid to ask for help."

"Sometimes, we give our energy to work, families, school," Gonel continued, "but we never take that time out to control that energy to be able to be mindful and be able to be open to ask for help."

When asked what people should know about the Apache Arts and Crafts Center or the resiliency program, Gonel shared she wanted to people to become involved.

"Get involved in the community, stay in the know, especially with the unit command," she said. "Make sure they're putting out this information to the service members, taking it home to the families, but then using different avenues. ... These things are happening, but people say, 'you don't know about it.' ... It's just information sharing and not being afraid to share information with each other."

Classes galore

As often described by visitors, the Apache Arts and Crafts Center is a "hidden gem." It provides a vast number of creative outlets for the Fort Cavazos community, including ceramics, pottery, painting and woodworking.

In addition to simply using the facilities, the center also offers classes on "Laser Engraving 101," "Wood Shop Machine Usage and Safety Course," "Basic Framing" and "Slip Pouring Class."

The center can also support small functions

and events, such as birthday parties or club meetings, and they are always looking for volunteers to help with events, to teach crafts or to promote the center to others. The staff are always encouraging those interested to stop by and learn more.

The Apache Arts and Crafts Center is open from noon to 7:30 p.m. Wednesday through Friday and 9 a.m. to 4:30 p.m. weekends and training holidays. For more information, call 254-532-2586 or visit cavazos.armymwr.com/programs/apache-arts-and-crafts-center.



Photo by Samantha Harms, Command Information Chief

More than two dozen people attended the Apache Arts and Crafts Center's Drop-in Paint Pouring event Saturday.

Visit highlights quality of life, modernization, critical training

Visit: Continued from A1

staff with a recruiting outreach non-commissioned officer, creates synergy and streamlines the process between recruiting battalions and III Armored Corps supporting units.

"In the last year, III Armored Corps has supported more than 370 community events that have led to more than 10,000 recruitment leads, and we have a number of partnerships throughout the Central Texas region that consistently generate community engagements for III Armored Corps and our subordinate

units," said Col. Chad R. Foster, III Armored Corps chief of staff.

To enhance the quality of life, III Armored Corps operates the People First Center, which opened May 13, 2022. The center provides an immersive leader and Soldier development experience, to prevent harmful behaviors, reinforce a healthy organizational culture and serve as an innovative home of experts in the fields of family advocacy, sexual harassment and assault prevention, equal opportunity, resiliency, substance abuse, suicide and spiritual readiness.

Wormuth was able to gain firsthand knowledge of the resources available to Soldiers at the People First Center during a tour of the facility and interaction with the leaders, Soldiers and civilians that maintain the multiple programs offered at the People First Center. Wormuth learned about some of the resources and opportunities during a brief, which provided an overview of how the center provides unit transformation, empathetic leader training, equal opportunity training and sexual harassment and sexual assault prevention training.

"The People First Center recently increased from three to four courses each week; accommodating more than 480 Soldiers," said Capt. Jenny Carlo, the commander of the People First Center. "We hear multiple stories about the positive impact this center has on the lives of Soldiers, which is made possible through our integrated prevention stakeholders, cadre and our commanding general's support. We are incredibly happy that we were able to share the successes of the People First Center with the secretary of the Army."

Wormuth also had the opportunity to visit the 1st Cavalry headquarters where she discussed service innovations with Maj. Gen. Kevin D. Admiral, the commander of the 1st Cav. Div. Afterward, she

stepped out to Cooper Field and met with troopers from the 1st Cav. Div. and presented several troopers with her coin of excellence for their dedication and commitment. She held multiple round-table discussions with Soldiers of the 1st Cav. Div., allowing the opportunity for a question-and-answer session concerning the Soldier experience and quality of life at Fort Cavazos.

Additionally, Wormuth conducted an aerial tour of Fort Cavazos, where she received an overview of critical terrain that facilitated the success of Remagen Ready. She also toured an artillery training area and received an orientation on the Maneuver Short-Range Air Defense system, a system that integrates existing anti-air guns, missiles, rockets and sensors onto a Stryker A1 vehicle. Next, she observed a live-fire exercise of an M109 Paladin. The Paladin crew is assigned to Alpha Battery, 1st Battalion, 82nd Field Artillery Regiment, and is competing in the All-Army National Best-by Competition at Fort Sill, Oklahoma, in May. The crews for both platforms received a coin of excellence from Wormuth.

Wormuth also joined a crew and fired multiple rounds from an Abrams M1A2 System Enhanced Package 3, the most modern of the U.S. Army's main battle tanks at the

Blackwell Multi-use Range. Following the live-fire exercise, Wormuth presented coins to the tank's crew from Alpha Company, 3rd Battalion, 8th Cavalry Regiment, 1st Cav. Div.

Wormuth additionally had the opportunity to visit the motorpool of 1st Battalion, 5th Cavalry Regiment, one of many motorpools on Fort Cavazos, where she focused on modernization, equipment readiness and spoke to Soldiers to gain a better understanding about preventative maintenance before ending the day with an orientation to the fielding of the Bradley M2A4 Infantry Fighting Vehicle, its gunnery skills test and corresponding Operator New Equipment Training, also known as OPNET.

"The 1st Cavalry Division team was excited to host the Honorable Secretary of the Army Christine Wormuth and showcase our Soldierization," said Maj. Lauren K. Blanton, strategic engagement chief, 1st Cav. Div. "Our First Team Soldiers were thrilled to demonstrate their expertise and training progression to the secretary. The secretary's meaningful Soldierization and mission in the 1st Cavalry Division resonated throughout the force. It was an honor to host her in our footprint."



Photo by Spc. Alejandro L. Carrasquel Vazquez, 7th MPAD

Honorable Christine Wormuth, secretary of the Army, speaks with Lt. Col. Rob Parsons, 1st Battalion, 5th Cavalry Regiment, commander, about the M2A4 Bradley infantry fighting vehicle Tuesday at Fort Cavazos.

Instacart, MFAN partnership helps PCSing military families

Groceries: Continued from A1

together alongside Instacart and our other partners, we will connect families to a network of support while simultaneously ensuring their family has immediate access to healthy food."

The program is also part of Instacart's and MFAN's continuing efforts to advance the White House's National Strategy on Hunger, Nutrition and Health. As part of that strategy to end hunger and reduce the incidence of diet-related disease, the White House challenged public and private sector organizations to work together to expand access to nutritious food for communities that have historically faced high rates of food insecurity, including the military community.

Col. Lakicia Stokes, U.S. Army Garrison - Fort Cavazos commander, said a partnership meant to provide Fort Cavazos families with essential resources and supplies during a permanent change of station will make a positive impact.

"By offering vital resources and community support services, these families will experience a smoother transition and integration into their new environment," she said. "This collaborative effort can alleviate stress and uncertainties associated with relocation, fostering a sense of belonging and support. Ultimately, the partnership enhances the overall well-being of new families, contributing to a more positive and cohesive community environment. The support from organizations dedicated to assisting our newly arrived Soldiers and their families during the PCS process is invaluable for our community."

One in six military and veteran families experience food insecurity or hunger, according to MFAN's latest research, higher than the national average (12%). Among enlisted families, that number climbs to nearly one in four families. Texas is among the states that MFAN's 2021 survey respondents reported

the highest frequencies of military and veteran family food insecurity at 26.1%.

MFAN's research also found that PCSing can cause even more strain on families, including financial stress due to moving costs and cost-of-living changes.

"Instacart is on a mission to help every family access the nutritious food they need, and that includes families who sacrifice so much for our country every single day," said Laura Anderson, director of social impact at Instacart. "With food insecurity rates rising in the military community and relocation demands contributing added stress and strain for families, we're proud to partner with MFAN and use our Instacart Health technology to help ensure members of the military and their families get a fresh — and healthy — start in their new homes at Fort Cavazos."

Stokes said the support from organizations dedicated to assisting families who have just arrived to Fort Cavazos helps to improve quality of life and supports overall readiness.

"This support through innovative methods by organizations such as these as well as the many others in this Central Texas Community, and across the nation, supplements our own ongoing efforts through our Installation Reception Company, Chaplains and Army Community Service," she stated. "These partnerships not only provide essential resources but also symbolize a commitment to assisting in symbolizing the quality of life on the Great Place. By ensuring a seamless transition through the provision of necessary supplies and information, these organizations contribute to the readiness and morale of our Soldiers. Their dedication allows our families to feel supported and empowered as they navigate the challenges of relocation, reinforcing the strength and cohesion at Fort Cavazos."

There are also year-round resources available at the Great Place including the Fort Cavazos Food Pantry, located at the Main

Post Chapel. They serve anyone with a valid ID card, veteran's ID card or Department of Defense card.

"The Fort Cavazos Food Pantry is here to help military families, veterans and retirees that may be facing food insecurity or food scarcity, whether it is a one-time occurrence or an on-going need," said Teresa Parris, administrative support specialist with the Fort Cavazos Garrison Chaplains Office. "No judgements."

The food pantry is open 9 to 11:30 a.m. on Monday - Wednesday and Friday, 1 to 4:30 p.m. on Thursday and 1 p.m. to 2:30 p.m. on Friday. They do accept donations of unopened, unexpired shelf-stable food products, unopened cleaning products and personal care items. Donations can be brought to

the Main Post Chapel during normal business hours. If a unit or office would like to organize a food drive and drop off large amounts of donations, they can call the Garrison Chaplains Office by calling 254-288-6545 or email Teresa Parris at teresa.a.parris2.civ@army.mil.

The military relocation assistance program at Fort Cavazos is part of Instacart's work under its sweeping Instacart Health initiative. Through Instacart Health, the company is using its technology, partnerships, research and advocacy to fight nutrition insecurity, inspire healthy choices and scale food as medicine programs.

Editor's note: Instacart contributed to this article.



Photo courtesy of Adobe Stock

Three service members killed, others injured

BY TODD LOPEZ
DOD News

WASHINGTON —Three U.S. Soldiers were killed Sunday in Jordan, while more than 40 other service members were injured following an uncrewed aerial system attack at a military base near the Syrian border. Those service members were in Jordan to support Operation Inherent Resolve, which is the U.S. and coalition mission to ensure the defeat of ISIS.

The three Soldiers killed are Sgt. William Jerome Rivers of Carrollton, Georgia; Spc. Kennedy Ladon Sanders of Waycross, Georgia; and Spc. Breonna Alexandria Moffett of Savannah, Georgia. All three were assigned to the 718th Engineer Company, 926th Engineer Battalion, 926th Engineer Brigade, Fort Moore, Georgia.

The attack occurred in the early morning at the logistics support base located at Tower 22 of the Jordanian Defense Network. Approximately 350 Army and Air Force personnel are deployed to the base. The three Soldiers were killed when a one-way uncrewed aerial system impacted their container housing units.

"I am outraged and deeply saddened by the deaths of three of our U.S. service members and the wounding of other American troops in an attack last night against U.S. and coalition forces, who were deployed to a site in northeastern Jordan near the Syrian border to work for the lasting defeat of ISIS," Secretary of Defense Lloyd J. Austin III said in a statement released Sunday following the attack. "These brave Americans and their families are in my prayers, and the entire Department of Defense mourns their loss."

During a briefing at the Pentagon Monday, Deputy Pentagon Press Secretary Sabrina Singh said that in addition to the three deaths, more than 40 service members were also injured in the attack. Of those, eight had to be evacuated.

"Eight personnel who received injuries required medical evacuation from Jordan to the Baghdad Diplomatic Support Center," she said. "Three of those patients are scheduled for imminent transport to Landstuhl Regional Medical Center for follow-on care. The other five have been assessed for mild TBIs and are expected to return to duty."

Singh said DOD and Centcom are working now to investigate how the attack happened.

"We are still assessing what happened

and how a one-way attack drone was able to impact the facility," Singh said. "U.S. Central Command continues to investigate this attack."

Right now, Singh said, it's still unclear who is responsible for the attack.

"In terms of attribution for the attack, we know this is an (Islamic Revolutionary Guard Corps)-backed militia," she said. "It has the footprints of Kataib Hezbollah. But not making a final assessment on that, our teams here are continuing to do the analysis. We know that Iran is behind it. And certainly as we've said before ... Iran continues to arm and equip these groups to launch these attacks, and we will certainly hold them responsible."

Over the weekend, Singh said, Austin received updates on the attack and also participated in a briefing with President Joe Biden and his national security team. Since

October, U.S. service members and U.S. and coalition facilities have been attacked more than 150 times in both Iraq and Syria. This most recent attack is the first to kill U.S. service members and is also the first attack in Jordan.

Singh reiterated that the U.S. does not seek wider conflict in the Middle East, or wider conflict or a war with Iran. She also said how the U.S. responds to this most recent attack will be decided by the president following consultation with his national security team and the secretary of defense.

"That's ultimately a decision that the president is going to make," Singh said. "He's convened his national security team ... frequently within these past few days. I'm not going to get ahead of any decisions that the president and secretary make on this together. But certainly, as our statement said yesterday, we are committed to responding

and we will do so at a time and place of our choosing."

Sgt. William J. Rivers, 46, served in the Army Reserve as an interior electrician. Among his awards and decorations are the Army Achievement Medal, the National Defense Service Medal, the Global War on Terrorism Service Medal and the Army Service Ribbon.

Spc. Kennedy L. Sanders, 24, served in the Army Reserve as a horizontal construction engineer. Her awards and decorations include the National Defense Service Medal, the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal and the Army Service Ribbon.

Spc. Breonna A. Moffett, 23, served in the Army Reserve as a horizontal construction engineer. Her awards include the National Defense Service Medal and the Army Service Ribbon.



Deputy Pentagon Press Secretary Sabrina Singh holds a news briefing Monday at the Pentagon.

Photo by Air Force Senior Airman Cesar J. Navarro, DOD

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Youth Centers
after school, Saturdays, trips

Instructional Programs
fun instructional classes



Photos by Samantha Harms, Command Information Chief

The outside of the Perot Museum of Nature and Science, located in downtown Dallas, welcomes visitors in, showing off a large glass area in the building. Visitors may not notice from the outside, but that large glass area is an escalator that brings patrons right up to a giant Tyrannosaurus rex.

Experience wonder, child-like joy in Perot Museum

BY SAMANTHA HARMS

Command Information Chief

DALLAS — Typically, when I visit a city, I will always try to visit at least two new places. In January, I wrote about a recent trip to Dallas, in which I saw the George W. Bush Presidential Center. And now in February, I am here to tell everyone about the Perot Museum of Nature and Science.

As the museum's website describes, this place offers "everything from dinosaurs to DNA to diamonds, packed into five levels of hands-on discovery and adventure. Prepare to amaze your brain." I was, in fact, unprepared.

The Perot Museum of

Nature and Science features the following permanent exhibits: the Rose Hall of Birds, T. Boone Pickens Life Then and Now Hall, Expanding Universe Hall, Tom Hunt Energy Hall, Lyda Hill Gems and Minerals Hall, The Rees-Jones Foundation Dynamic Earth Hall, Being Human Hall, Texas Instruments Engineering and Innovation Hall, Discovering Life Hall, Lamar Hunt Family Sports Hall and the Moody Family Children's Museum.

The T. rex: The Ultimate Predator exhibit, in which visitors can explore the latest research and discoveries about the tyrannosaurs, is a temporary exhibit at the museum

until Sept. 22.

From the sheer amount of halls and exhibits, the knowledge you can learn is endless. In fact, you can even learn while sitting down at one of the many benches throughout the museum. I learned that there are two golf balls sitting on the moon from one such bench.

Museum employees recommend you start at the fifth floor and make your way back down. Therefore, the first thing that visitors see is a giant Tyrannosaurus rex and a beautiful view of downtown Dallas.

I personally enjoyed learning about the different dinosaurs and seeing bones that were

found in Big Bend National Park, located in Western Texas. Plus, I thoroughly enjoyed the simulation of "Dancing Dinos," in which you become a dancing dinosaur.

There were so many hands on activities that kept everyone entertained, no matter the age. I felt like I was child again, learning everything for the first time.

It is recommended that you should spend two to three hours to fully experience the museum.

One thing to note is that I did struggle with finding the right parking lot. The museum's parking lot is located directly under Woodall Rod-

gers Freeway, which made it hard to put into the GPS and then still difficult to find. I'd recommend just putting the museum's address into your phone and to budget a few extra minutes to successfully park.

It is also recommended to get to the museum as soon as they open as the parking lot fills quickly.

Thinking back on my experience, it is hard to capture the true joy that I felt on every level, in every hall. I couldn't recommend the Perot Museum of Nature and Science enough.

For information on hours, the exhibits or to purchase tickets, visit perotmuseum.org.



TOP, Outside of the Bio Lab, visitors can see images of the human body. **ABOVE**, Both children and adults enjoy one of the many hands on activities at the Perot Museum of Nature and Science, located in downtown Dallas. I personally enjoyed becoming a dancing dino as well as reflecting in a mirror of wooden tiles.

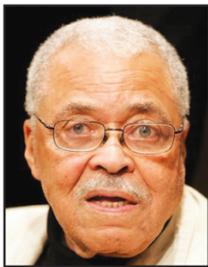


ABOVE, The T. Boone Pickens Life Then and Now Hall features dozens of skeletons and fossils. One of the skeletons on display features Tyrannosaurus leg and foot bones which were found in Big Bend National Park. **LEFT**, A Columbian mammoth skeleton sits on display at the Perot Museum of Nature and Science. The bones of this skeleton were excavated in 1965, but sat in storage for more than a decade. For people interested in paleontology, join the Dallas Paleontological Society.

Learning about famous veterans, their service

BY CHRISTOPHER HURD
Army News Service

WASHINGTON — Before James Earl Jones was making Americans remember their love of baseball or striking fear into their hearts as the voice of Darth Vader, he was an Army officer.



James Earl Jones

He commissioned in the summer of 1953 as a second lieutenant following graduation from the Reserve Officer Training Corps at the University of Michigan. After his initial training, he completed his first and only assignment by establishing a cold weather training command at the former Camp Hale near Leadville, Colorado.

Jones is just one of many Army veterans who not only served their country but also had illustrious civilian careers.

Below are a few others:

Tony Bennett

The late Tony Bennett was the son of Italian immigrants and grew up during the Great Depression in New York. Born Anthony Dominick Benedetto, he was drafted into the Army in 1944 during World War II.



Tony Bennett

As a young Soldier, he deployed to Europe with the 63rd Infantry Division, which replaced large casualties suffered during the Battle of the Bulge. His division fought its way across Germany throughout 1945 and liberated the concentration camp at Dachau.

At the end of the war, Cpl. Benedetto was sent to Mannheim, Germany, as part of an Allied occupation force. There, he started singing with the 314th Army Special Services Band under the stage name Joe Bari.

Bennett used the GI Bill to study bel canto singing at the American Theatre Wing in New York City after leaving the Army in 1946. He was discovered shortly after by Bob Hope while he was on tour with Pearl Bailey. Hope told him he needed to change his name and said they would start calling him Tony Bennett.

Bennett went on to win 20 Grammy Awards and two Emmys during his prestigious career before passing away in the summer of 2023.

Robert Duvall

Actor and filmmaker Robert Duvall grew up in a military household. He was the son of Navy Rear Adm. William Howard Duvall. Instead of following in his father's Navy footsteps, Duvall enlisted in the Army in 1953 at the end of the Korean War.



Robert Duvall

He served two years at Camp Gordon, Georgia, now Fort Eisenhower, before

being honorably discharged as a private first class.

He too used his GI Bill to take acting classes at the Neighborhood Playhouse School of the Theatre in New York City. He was classmates with Dustin Hoffman, James Caan and Gene Hackman. His big acting break came in 1962 playing Boo Radley in "To Kill a Mockingbird."

That springboarded a career that saw Duvall appear in many military theme films including "M*A*S*H," "The Great Santini," "Gods and Generals" and "Apocalypse Now."

Duvall, now 92, spends some of his spare time visiting Department of Veterans Affairs hospitals to thank injured veterans for their service.

Clint Eastwood

Another celebrity that was drafted in the 1950s was Clint Eastwood, known to many as "Dirty Harry." He became a swimming instructor at Fort Ord, California, after basic training.



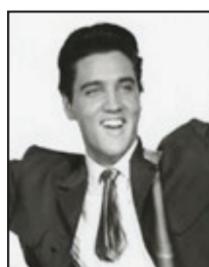
Clint Eastwood

In his spare time, he was a bouncer at bars and clubs off base, gaining recognition from some in Hollywood. After his honorable discharge in 1953, he used his GI Bill education benefit to take acting classes.

That was the start of a 70-year career in the entertainment industry as an actor, director and producer of movies and television.

Elvis Presley

The "King of Rock and Roll" went from superstar to Army private after getting drafted in 1957. Following an initial service deferment to finish filming a movie, Presley went through basic training in 1958 before being assigned to the 2nd Armored Division and then the 3rd Armored Division.



Elvis Presley

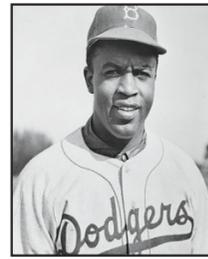
He spent two years on active duty, which included an 18-month stint in Germany where he was a truck driver. He finished his Army career as a sergeant and received an honorable discharge in 1960.

"I was in a funny position," he said during an Armed Forces Radio and Television interview before his discharge. "Actually, that's the only way it could be. People were expecting me to mess up, to goof up in one way or another. They thought I couldn't take it and so forth, and I was determined, not only to the people who were wondering, but to myself."

Jackie Robinson

The future Hall of Famer and man who broke Major League Baseball's color barrier, Jackie Roosevelt Robinson was drafted into the Army in 1942 during World War II. This was following a distinguished college career at the University of California at Los Angeles, where he became the first athlete to letter in four sports: baseball, basketball, football and track.

He was initially assigned to a segregated cavalry unit in Fort Riley, Kansas, before being commissioned as a second lieutenant in 1943. He joined the 761st "Black Panthers" Tank Battalion.



Jackie Robinson

In 1944, Robinson boarded an Army bus and was ordered to sit in the back but refused. He was taken into custody by military police and court-martialed. He was later acquitted and sent to Camp Breckinridge, Kentucky.

There, he served as an Army athletics coach until receiving an honorable discharge in 1944. The next year, Robinson began playing baseball for the Missouri's Kansas City Monarchs in the Negro leagues. He was spotted by Branch Rickey, president and general manager of the Brooklyn Dodgers.

Rickey signed Robinson and placed him with Brooklyn's minor-league club, the Montreal Royals. Robinson was called up to make his major league debut with the Dodgers in 1947 as the first African-American player in MLB history.

He went on to be a six-time All-Star, Rookie of the Year and 1955 World Series champion. He was elected to the Baseball Hall of Fame in 1962 and passed away in 1972. His number was retired by MLB in 1997.

Charles Schulz

The man we all must thank for "A Charlie Brown Christmas," Schulz is the author and illustrator of the popular "Peanuts" newspaper comic strip, which stars Charlie Brown, Snoopy and friends.



Charles Schulz

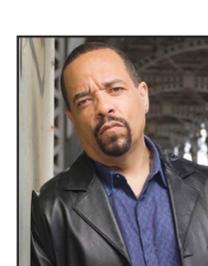
Before he created the iconic series, Schulz, who grew up near Saint Paul, Minnesota, was drafted into the Army in 1943 during World War II. He served as a staff sergeant in the 20th Armored Division.

He came back to the U.S. in 1947 and started his career as an illustrator with the publication "Li'l Folks" in the St. Paul Pioneer Press. He pitched a four-panel strip to the United Feature Syndicate, and it was accepted.

The first release of "Peanuts" was Oct. 2, 1950, and it ran until Feb. 13, 2000. He passed away in his sleep at 77 after completing the final comic strip.

Ice-T

Tracy Marrow, now known by his stage name Ice-T, grew up in Newark, New Jersey until his parents both passed away while he was young. He lived with various relatives in Los Angeles, California, during high school and became involved with gangs.



Ice-T

Struggling to support his girlfriend and

daughter after graduation, he enlisted in the Army as an infantryman. He served four years in the 25th Infantry Division. During a deployment to Hawaii, he served as a squad leader at Schofield Barracks.

After completing his enlistment, he returned home to California where he launched a successful music career winning multiple Grammy Awards. He then turned that success into a lengthy career in television and movies, playing detective Odafin Tutuola on "Law & Order: Special Victims Unit, and starring in his own reality show "Ice Loves CoCo."

Mr. T

"The A-Team" actor and professional wrestler was born Laurence Tureaud. The Chicago native was a three-time high school wrestling champion and earned a football scholarship to Texas' Prairie View A&M University.



Mr. T

He legally changed his name to Mr. T when he turned 18 because he said he wanted to be respected. He then enlisted in the Army in 1975 and joined the Military Police Corps.

After his service ended, he became a nightclub bouncer in Chicago and then a bodyguard in Los Angeles. He worked for several celebrity clients including Steve McQueen, Michael Jackson, Diana Ross and Muhammad Ali.

He caught the eye of actor and director Sylvester Stallone while appearing in the "America's Toughest Bouncer" competition in 1980. Stallone decided to cast Mr. T as boxer Clubber Lang in the 1982 movie "Rocky III."

His acting career took off and he was cast as Sgt. B.A. Baracus, an Army Special Forces veteran, in the television series "The A-Team," which ran from 1983-1987. He currently stars in the home renovation show "I Pity the Tool."

Gene Wilder

Yes, Willy Wonka was in the Army. Born Jerome Silberman, the Milwaukee native was drafted in 1956. He worked as a paramedic assigned to the Department of Psychiatry and Neurology at Valley Forge Army Hospital in Phoenixville, Pennsylvania.



Gene Wilder

During his years in service, he began taking acting classes at Herbert Berghof Studio in New York City. He was honorably discharged in 1958 and adopted the stage name Gene Wilder in 1959.

He went on to direct and star in movies, TV and commercials during the next few decades. He's known for his roles in "Blazing Saddles," "Young Frankenstein," "Willy Wonka & the Chocolate Factory" and many films starring opposite Richard Pryor.

He passed away in 2016 due to complications from Alzheimer's disease.

All of these celebrities are Army veterans who served their country. Many of them benefitted from their time in service and used the benefits they received to kick-start their careers in the entertainment industry.



Photo by Spc. Jack R. Thornell, 143th Signal Battalion, Third Armored Division, Courtesy of the National Archives

Spc. Elvis Presley, the "King of Rock and Roll," undergoes training with the 3.5 rocket launcher October 1959, in Wildflecken, Germany.



Pat Brown, spin and yoga instructor, leads a group of fitness enthusiasts in a condensed spin class during Demo Day Saturday at Starker Functional Fitness Center.



Toni Kornegay, sports specialist for the Directorate of Family and Morale, Welfare and Recreation and fitness enthusiast, jams out to a song during a condensed version of the spin class Saturday during Demo Day.

Event provides preview of fitness opportunities

BY BLAIR DUPRE
Sentinel News Editor

Fitness enthusiasts at Fort Cavazos were in for a treat Saturday as they stepped into Starker Functional Fitness Center for Demo Day.

The participants experienced condensed versions of the many fitness classes offered at the Great Place. Every 20 minutes participants would rotate to different stations in the gym and experience the different classes including spinning, yoga and glute camp.

Participants began the day with Applied Functional Fitness, an all-encompassing strength and conditioning class of constantly varied movements.

Jana Roman, one of the Applied Functional Fitness instructors, said she was excited to show the Demo Day participants that functional fitness-style workouts are for everyone.

“That’s one of the biggest things we wanted to push,” she said. “The classes we offer, anyone can do. We can scale anything to your abilities, even when it’s heavy weight. We just make sure you are doing everything safely and with good form. We have people who are young that come, all the way to 60 to 70-year-old people who have never lifted a

barbell before.

“One of the biggest things about what we try to do is build community in our program and you can see it play out when they showed up today,” Roman added. “It’s been a goal of ours to create that kind of community.”

The fun wasn’t limited to just the participants; many of the instructors had fun watching other classes, including Pat Brown, spin and yoga instructor, who enjoyed watching Maryann Beckford lead the HIIT - Hybrid Training class.

“The music and the workout Maryann did was phenomenal,” Brown expressed.

She was excited to share the great fitness opportunities at the Great Place with the community.

“(I’m) hoping to show Fort Cavazos that we offer so many classes and they don’t have to pay a membership fee (like they would) off post,” Brown said.

Participants also learned about other wellness resources available to them including the Armed Forces Wellness Center, which helps Soldiers, Department of Defense civilians and their families with their overall wellbeing, including weight and stress management.

Matthew Collins, health educator with the Armed Forces Wellness

Center, said they wanted to be at Demo Day because the wellness center is a great accompaniment for the fitness classes.

“We can assist,” he said. “They can come see us to see if progress is happening when they’re going to these group fitness classes. And when they are taking these classes, they need to be fueled properly.”

Shanelle Meza, health educator with the Armed Forces Wellness Center, agreed.

“A lot of times I feel like we start this journey of, ‘I want to go to group fitness classes’ or ‘I want to go to the gym on my own’ and then, we’ll feel like we’re making progress, but when we’re stepping on that scale, we’re not seeing that number fluctuate at all,” she said. “With the Armed Forces Wellness Center, we have testing services that’ll break down that number and let us see exactly what’s going on. It’s just a little more insight into what is actually occurring by changing those lifestyle habits.”

For more information on the fitness classes being offered, visit cavazos.armymwr.com/programs/group-fitness-classes.

For more information on the Armed Forces Wellness Center, visit facebook.com/FortHoodAWC/ or call 254-553-6196.



Photos by Blair Dupre, Sentinel News Editor

Demo Day participants follow along during a condensed yoga class Saturday at Starker Functional Fitness Center. Yoga was one of the seven condensed fitness classes participants experienced throughout the event.

Houses of Worship

FORT CAVAZOS CHAPEL SERVICES



CATHOLIC
Sunday Mass, 9 a.m., Main Chapel, www.facebook.com/FtHoodRomanCatholic/
Noon Mass, Monday through Friday, 12 p.m., Main Chapel
Confession after Mass or by appointment, call 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-Service

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/fhtpus/

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

WFH 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 Chapel

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

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

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

NORTH FORT CAVAZOS
 Call 254-286-5223 for service schedule and Bible Study

ADDITIONAL SERVICES/STUDY
Children in the Middle, call 254-288-1913 to reserve, Family Life Chaplain Training Center
Men of Honor, Contact Ken Wooten, 254-466-6254

Protestant Women of the Chapel (PWOC), Tuesday, 9 to 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., bi-monthly Thursday 5 to 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 Fuavia, 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.

WESTSIDE Baptist Church

An Omen of Light In A Darkened World

SCHEDULE OF SERVICE

Sunday School	9:45AM
Worship Service	8:00AM & 11:00AM
Evening Service	6:00PM
Tuesday Prayer	10:00AM
Tuesday Bible Study	6:00PM
Wednesday Bible Study	6:00PM
Thursday Choir Practice	6:00PM
Saturday Morning Prayers	5:00AM

Rev. Hallie Tolbert, Jr, Pastor

711 Stagecoach Rd, Killeen, TX 76542 • (254) 628-1004

Veterans Crisis Line

1-800-273-8255

PRESS 1

Veterans: Find Out How You Can Benefit

VA.gov

With dignity, honor: Analyzing process of returning fallen service members' personal effects to their families

BY KATIE LANGE
DOD News

When you walk into the Joint Personal Effects Depot at Dover Air Force Base, Delaware, the first thing you see is a row of glass cases filled with watches, lighters, jewelry, outdated cellphones and other items that are broken, cracked and even melted. All remain unclaimed after the Sept. 11, 2001, attack at the Pentagon.

The depot is neither a museum nor a scene of remembrance, per se, but a place born out of that tragedy to fulfill a larger mission.

When 9/11 happened, two Army quartermaster companies — the 54th out of Fort Lee, Virginia, and the 311th out of Ramey Base, Puerto Rico — were activated to respond to the Pentagon attacks and recover the remains and personal effects of the fallen. Initial operations were set up at Fort Myer, Virginia, but as the mission continued and more items were amassed, it was moved in 2003 to a small World War II-era warehouse at Aberdeen Proving Grounds, Maryland.

Throughout the years, JPED's mission has expanded to receive, inventory and safeguard the personal effects of fallen service members who die overseas during a named contingency operation in support of a theater of operation, as well as other casualties that the Armed Forces Medical Examiner System has directed for processing at Dover. The Aberdeen location eventually became inefficient for all of the work, so that led to the creation of the JPED at Dover, a 58,000-square-foot facility that opened in 2011. It remains the only organization of its kind in the Defense Department.

With Dignity and Honor

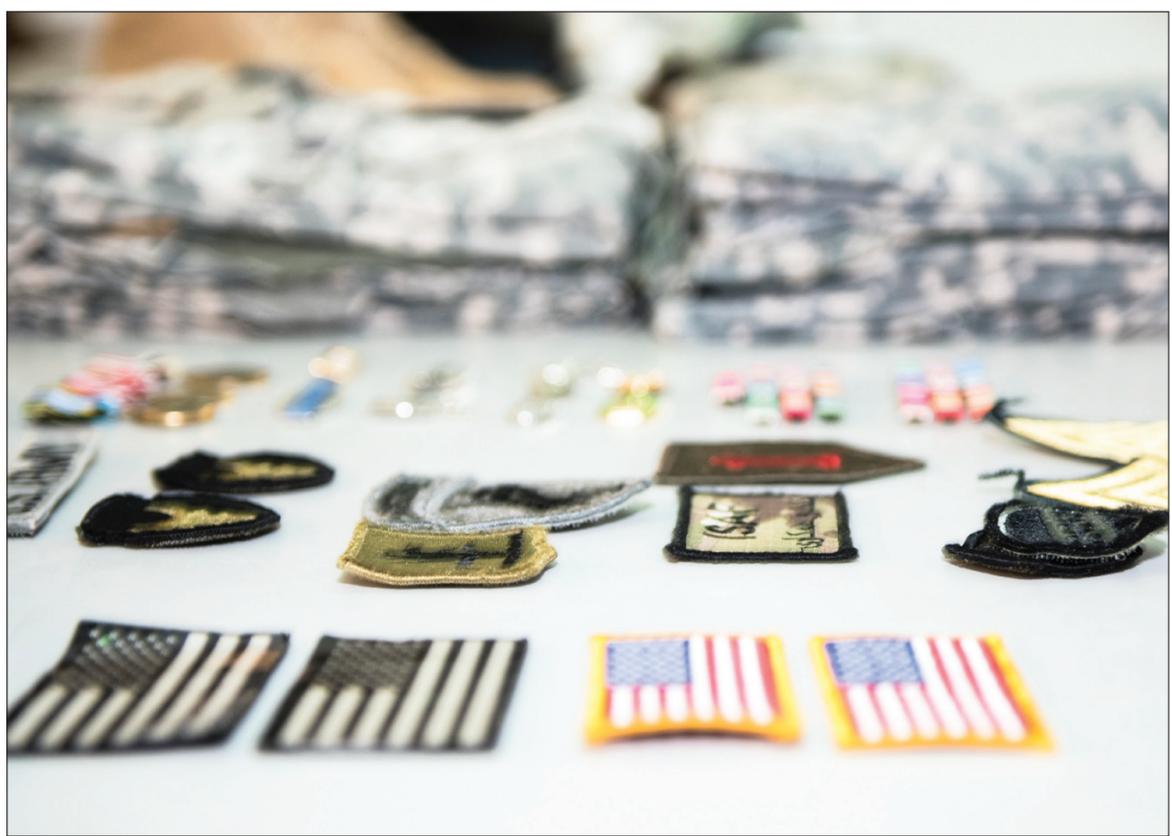
From start to finish, the entire process is carried out by civilians, contractors and Army summary court martial officers, who are assigned to the Army Human Resources Command Casualty and Mortuary Affairs Operations Division, based at Dover. Those officers are chosen for the role through an extensive interview and validation process.

Army Capt. Rajan Dulamal, who has worked at JPED for two years, is one of those officers. He said the facility's motto is to honor the fallen and care for their loved ones.

"One of my old co-workers said it best in that you don't often get an opportunity to work in a place of honor, and that is all we do here," Dulamal said. "We're supporting a family in what could potentially be one of the hardest moments of their lives. So, whatever we can do here to help them come to closure, we take pride in that."

The process itself is pretty straightforward. First, at the location where the fallen service member was last stationed, a summary court martial officer will inventory that service member's belongings. He or she then sends the items in large cardboard boxes designed for military shipments to JPED. Most of the items are clothing, gaming systems, books and other mementos.

Once the items arrive at Dover, summary court martial officers validate the box's seals to make sure chain of custody wasn't broken. They then screen the box through an X-ray machine for unexploded ordnance or other



Photos by Master Sgt. Brian Hamilton, U.S. Army

Items belonging to fallen service members are laid out individually so they can be inventoried and inspected for cleanliness and serviceability at the Joint Personal Effects Depot at Dover Air Force Base, Delaware. This image depicts training materials only.

possible hazards.

From there, the JPED folks work with a liaison from the fallen's service branch, who coordinates all messaging from Air Force Mortuary Affairs Operations, a facility that's next-door to JPED, with the family members. AFMAO is the only port mortuary in the continental U.S. and is in charge of all dignified transfers of the military fallen who die in service to our country while overseas.

These liaisons make sure the appropriate loved one is notified of the shipment and gives that family member the option of having their fallen service member's personal effects washed.

After that choice has been made, the summary court martial officers will take the personal effects into one of JPED's 16 processing units to inventory the items.

"We'll take the ... inventory that the theater summary court martial officer prepared, and we'll go line by line as we remove things from the box," Dulamal said. "This is where we'll note any discrepancies or any inaccuracies in their listings. Once we've done that, all the items that come through here and that we have inventoried, will be photographed and uploaded into our personal effects tracking system."

From there, they can wash any items the family wished to be cleaned before separating the effects into categories such as sentimental items and media devices, as well as categories that would likely be removed or destroyed, such as perishable foods and medications. They also screen out government-owned information and equipment, such as

helmets, so that only personal effects are being returned to the family.

Dulamal said the officers will also inventory and categorize what they call "transfer items," which may include items the fallen service member was wearing at the time of death. Dulamal said those items, such as glasses or watches, usually come to JPED faster and are run through the process more quickly than the rest of the items in case the fallen's family wants them for the funeral services.

There are several quality assurance checks throughout the inventory and categorization process. Once they're all validated, Dulamal said they'll start packing the personal effects into heavy-duty black-top containers, then seal them with a unique identifier to make sure the chain of custody isn't broken before the boxes get to the fallen's family.

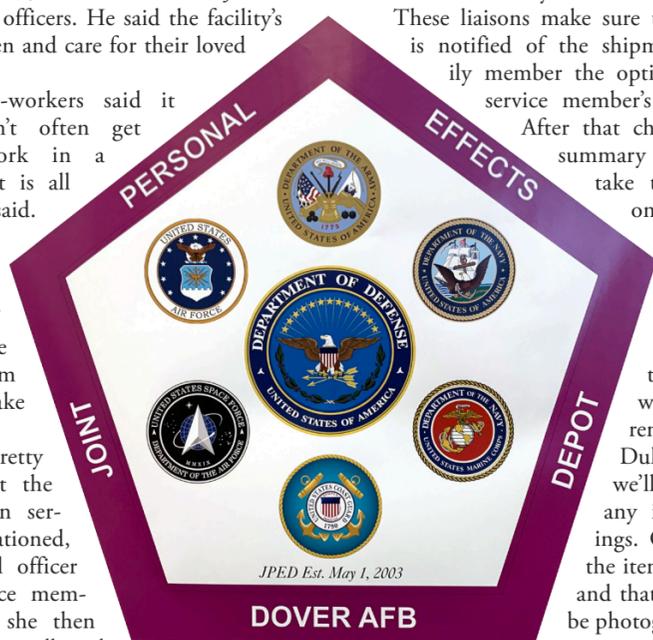
"All the boxes are packed with the utmost care, and we're very cognizant of the fact that this is a very dignified process," Dulamal said. "We want to make sure that our work represents the sacrifice that service member made for the nation."

The liaison then coordinates the shipping of the items to their final destination.

For the Army summary court martial officers who do this job, it's not one they ever take lightly. Dulamal said it's an assignment that, for him, has been a life-changing honor.

"Being able to support the families of the fallen was never in my career path until the Dover Port Mortuary reached out to me and ask me if I wanted to work here," Dulamal said. "Having lost friends overseas, this has been one of the most meaningful assignments to me."

Besides the Pentagon 9/11 artifacts, shown in the display at the entrance to the building, all personal effects that arrive at the building are eventually returned to the families of the fallen. Dulamal said only one item from the 9/11 display case has left the building since JPED was set up — a set of flight attendant wings from one of the hijacked aircraft. They were returned to American Airlines to be displayed in a museum.



Fallen service members' personal items are packaged and presented neatly by personnel at the Joint Personal Effects Depot at Dover Air Force Base, Delaware. This image depicts training materials only.



SPECIAL DELIVERIES

DEC. 1, 2023

A son, **Amari**, to Emmanuel Cudjoe and Maa Osei, CRDAMC.

A son, **Eli Jackson**, to Joshua and Angela Standifer, 1st Cav. Div.

DEC. 4, 2023

A daughter, **Maya Sofia**, to Elijah and Christine Gould.

DEC. 5, 2023

A daughter, **Laylah Caroline**, to Gregory and Tallia Certain, 13th ACSC.

A son, **Za'Carri Dreshun**, to Lacorey Marshall and Zipporah Fannin, 13th ACSC.

DEC. 6, 2023

A son, **Jonah Daley**, to Jahzarian Lampley and Natalia Matias-Lampley.

DEC. 7, 2023

A daughter, **Aria Gabriela**, to Amadao and Sylvana Wallenda, CRDAMC.

DEC. 8, 2023

A daughter, **Paisley Mae**, to Joshua and Mackenzie Burgoyne.

Twin daughters, **Isidra Anaiah** and **Isabella Amariah**, to Marvin and Marial Yadao.

DEC. 10, 2023

A son, **Colton William**, to Matthew and Lara Diekmann, 2nd ABCT.

A son, **Brantley John**, to George and Mandy Olsovsky, 13th ACSC.

A son, **Declan Grant**, to Dakota and Breanna Hunt, CRDAMC.

DEC. 11, 2023

A son, **Luka Thiago**, to Shaun and Vanessa Mundell, 1st Med. Bde.

DEC. 14, 2023

A daughter, **Emma Liova**, to Jose Jr. and Leslie Lagunes.

Red Cross is beacon for those in crisis

BY JANECE WRIGHT

Sentinel Living Editor

From providing life-saving training and disaster relief, to supporting America's military and veteran families, the American Red Cross has been a beacon for those in crisis for more than 140 years.

The crew of Fort Cavazos' Great Big Podcast sat down with Jennifer Young, executive director, American Red Cross, Heart of Texas Chapter, and Sgt. Daniel G. Guidice, Headquarters and Headquarters Battery 3rd Battalion, 16th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, a military medic and long-time Red Cross volunteer, to discuss what the organization does, how it supports military personnel and their families as well as the importance of volunteers to its mission.

Young explained that the ARC provides services to the armed forces, military families and veterans, responds to emergencies and disasters across the country 365 days a year, provides life-saving training such as CPR, first-aid and lifeguarding and collects blood to provide life-saving blood products throughout the country.

The organization's Hero Care network provides emergency communications and critical services to military members, veterans and their families all over the world anytime, year around. Young shared that some of the main ways the ARC supports the military go beyond helping military members communicate with their loved ones in times of crisis.

"We also provide a variety of resiliency workshops to military families and military service members. We support caregivers of our nation's injured military and veterans of all eras, and then we also have our 'Get to Know Us Before You Need Us' program so that you can get to know about the Red Cross before you need our services," she added.

Young explained that the collaboration between the Red Cross and military organizations is vital.

"Having those strong partnerships and being able to support this very special community is at the heart of what we do," she said. "Being there in their time of need, no matter what it is, whether it

is that emergency call that comes through the Hero Care network or whether it is helping a family navigate a deployment kind of reintegrating after their coming back from a deployment. So, I think those are critical things that

we do, and we help fill those gaps in the military community," she continued "I think really taking that human approach and just wrapping our arms around these military service members and their families really shows them that we care and we're going to be there no matter what it is."

Young noted the importance of volunteers to the mission and praised their efforts in supporting the organization.

"The incredible thing about our volunteers, they have just such big hearts. They're so unassuming and they just do it because they love

it," she expressed. "We've got amazing volunteers who are humanitarians at heart, and they really care about this community, they're passionate. You know 90% of our workforce is our volunteers just like Danny and he brings so much to what we do here, especially at Fort Cavazos."

Guidice agreed and recalled his start with the ARC in the Womack Army Medical Center at Fort Bragg, now known as Fort Liberty, North Carolina. He

explained how his role as a comfort cart volunteer, providing hygiene and other essentials for patients, inspired him to pursue a career in the medical field.

"The reason why I started doing it is because I sparked a passion for medicine," he said. "This was long before I became a medic. And that allowed me to be the boots on ground ever since. It allows me to have a boots-to-the-ground impact to the community around me."

Young recounted one of her most memorable moments providing disaster response when tornadoes touched down in Arkansas last year.

"It was very moving. I had never seen that kind of devastation other than on TV," she conveyed. "To actually see the people and get to interact with people that have been affected by that and to know that I was there to provide that comfort and get to tell them, 'It's going to be ok, we're going to help walk you through this.' To be in person and to really see what that looks like in a community is very moving."

"We really are focused on long-term recovery and what does that look like," Young added, "and we know that when a disaster hits, that it's going to take some time, people just don't bounce back within a week or two."

When asked about the future of the organization and the role of the ARC evolving in support of military personnel and their families, Young was optimistic.

"The future is strong, I would say, the future is bright," she said. "Our service to the armed forces is basically how the Red Cross started. Clara Barton was out there on the battlefields of the Civil War and we're still here today serving our military service members and we're going to continue to be there for our military community."

To listen to the interview, go to thegreatbigpodcast.com or wherever you listen to podcasts.



The future is strong, I would say, the future is bright. Our service to the armed forces is basically how the Red Cross started.

– Jennifer Young
Executive Director, American Red Cross, Heart of Texas Chapter



Photo by Shawn Davis, Fort Cavazos Public Affairs
Jennifer Young, executive director, American Red Cross, Heart of Texas Chapter, and Sgt. Daniel G. Guidice, Headquarters and Headquarters Battery, 3rd Battalion, 16th Field Artillery Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, join the crew of the Great Big Podcast to discuss what the organization does, how it supports military personnel and their families as well as the importance of volunteers to its mission.

Five tips to keep your child's smile happy, healthy

BY KEVIN BRUNSTEIN

Fort Cavazos DENTAC

February is National Children's Dental Health Month. Developing good habits early and scheduling regular dental visits help children stay healthy and ready to thrive in any environment. Here are some helpful tips to give your children an early start on a lifetime of healthy teeth and gums.

1. Teach your children the importance of brushing and flossing

Teach your children to brush their teeth two times each day for two minutes. Brushing your teeth twice a day with a soft or extra-soft bristled toothbrush helps prevent cavities, gum disease and bad breath. There are several apps and websites with toothbrush timers that make it more fun for youngsters. Children can brush their teeth on their own when they can tie their own shoes — usually around age six or seven. Before this age, little ones do not have the dexterity to brush their teeth effectively and require a parent's help. Children can develop independence by taking turns brushing, but parents must do the majority. As children get older and begin brushing their teeth, parental guidance remains essential to ensure brushing happens and with proper technique.

Many youngsters have spaces between their baby teeth — this makes them easier to clean with a toothbrush and allows extra space for the larger adult teeth.

However, as soon as your child has teeth that are touching, it's time to start flossing. Flossing cleans the areas between the teeth where the toothbrush can't fit. Pre-threaded floss picks can be a helpful tool to make flossing easier for children.

2. Use a cavity-preventing fluoride toothpaste

Fluoride toothpaste is safe and effective for preventing cavities. Before children can reliably spit out the toothpaste, use a smear of toothpaste about the size of a grain of rice. Once your child can spit, you can use an amount of toothpaste the size of a pea. When you brush before bedtime, spit out the toothpaste, but don't rinse your teeth off. This helps your teeth benefit from the toothpaste throughout the night.

3. Avoid cavity-causing foods and drinks

It has been estimated that there are as many as 20 billion bacteria in the human mouth. Cavity-causing bacteria, often called "sugar bugs," thrive on the carbohydrates and sugar in the foods and drinks we consume.

For children, common examples are candy and soda, but juice, fruit gummies and crackers can also contribute. Bacteria consume these foods and produce acid that breaks down teeth leading to cavities. This process happens during a long time, not just with one treat. To prevent cavities, limit high cavity-risk foods and choose vegetables, proteins and cheeses when possible.

Similarly, limit sugary drinks like soda, juice and chocolate milk and encourage your children to drink water. Giving a child milk or other sugary drinks in a bottle or sippy cup when they go to bed can also put them at high risk of cavities. Children should only have water on their nightstands or in bed with them.

4. Visit the dentist

Children should get a checkup and cleaning at least twice each year. For military families, these visits can sometimes get lost in the shuffle of frequent trainings, moves and deployments. Regular dental visits can help prevent cavities and catch problems before they need more invasive dental treatments.

Children should see a dentist for their first visit by age one. Most active-duty military dependents are eligible for dental coverage through the Tricare Dental Program. Sponsors must enroll dependents into the program. Check online for more information on eligibility, enrollment and benefits at www.tricare.mil.

5. Know the importance of baby teeth

A common misconception is that baby teeth don't matter because they will end up falling out anyway. On average, children don't lose their last baby tooth until they are twelve years old, so waiting for a tooth to fall out is not always going to work.

One of the important purposes of baby teeth is to hold space for the adult set of teeth. If a baby tooth is lost early, the teeth around it may drift into the space and block the adult tooth from erupting or cause it to erupt somewhere it isn't supposed to. Baby teeth also help with speech development. It can be difficult for children to learn how to make certain sounds when they're missing teeth.

As cavities progress deeper into a tooth, they can cause

pain which may affect eating, concentration and behavior. According to the American Academy of Pediatric Dentistry, acute or unplanned dental visits account for 34 million lost school hours each year in the United States. An untreated dental infection can travel to other areas of the body and even become life-threatening. Keep your child's smile happy and healthy by prioritizing dental health and establishing healthy habits from an early age.

For more tips for a healthy mouth and a healthy body, please visit www.mouthhealthy.org.

Editor's note: Eric Hu, Fort Cavazos Dentac, contributed to this article.

Healthy Habits for Healthy Smiles!

February is National Children's Dental Health Month. Visit ADA.org/NCDHM for more activity sheets.

HEALTHY SMILE TIPS

- BRUSH YOUR TEETH 2X/DAY WITH FLUORIDE TOOTHPASTE.
- CLEAN BETWEEN YOUR TEETH DAILY.
- EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.
- SEE YOUR DENTIST AT LEAST TWICE A YEAR.

ADA American Dental Association

Courtesy Graphic

MONTY'S SPORTS CORNER

They are getting back together for Super Bowl LVIII

BY MONTY CAMPBELL
Fort Cavazos Public Affairs

Here we are at the climax of the National Football League season, another Super Bowl is about to be played and once again there are so many fascinating story lines to be told.

Super Bowl LVIII is slated to be played at Allegiant Stadium in Las Vegas on Feb. 11 between two teams destined to meet once again.

The Kansas City Chiefs bested the Baltimore Ravens 17-10 and San Francisco 49ers defeated the Detroit Lions 34-31 in the American Football Conference and National Football Conference championship games, respectively.

The Kansas City Chiefs somehow resurrected their season after a disheartening loss to the Las Vegas Raiders, 20-14, on Christmas. The loss was the Chiefs third loss out of their previous four games and dropped

the team to 9-6, which dashed any hope of home field advantage throughout the AFC playoffs for the reigning Super Bowl champions.

The San Francisco 49ers dominated their first five games of the regular season, winning by an average score of 33-14. They then endured a three-game losing streak and came out of that streak by winning seven of their final nine games, securing home field advantage throughout the NFC playoffs.

The two teams have met in the Super Bowl once before, four years ago in Super Bowl LIV. That evening in Hard Rock Stadium in Miami, the Chiefs' Patrick Mahomes led his team to three touchdowns in the final 6:13 to overcome a double-digit deficit and defeat the 49ers, 31-20.

Besides the two teams reuniting for another Super Bowl clash, there is more intrigue leading into this matchup. Will the

Chiefs' good luck charm, Taylor Swift, be able to make it back into the United States and to Super Bowl LVIII, after her concert in Tokyo the day before?

T-Swizzle should be able to make it back to her beau, Chiefs' tight end Travis Kelce, in time for the game, as her concert will wrap up around 6 a.m. Saturday morning. "Swelce" has officially been recognized as a couple since the two were seen together, after the Chiefs' game against the Chicago Bears Sept. 24, 2023.

Despite their good luck charm being in attendance once again, I do not foresee another Chiefs' Super Bowl parade because this year, the 49ers talent on the field is unmatched by anyone else.

San Francisco's plethora of playmakers is a huge reason why the team is not only in the Super Bowl but has boasted the best offense all season and will gain revenge this time.

Brandon Aiyuk, Deebo Samuel and George Kittle lead a passing attack that

teams have yet to slow down. Not to mention, the 'Niners have the most explosive running back in football, Christian McCaffrey. Opposing defensive coordinators may be able to stop one of these weapons, but to slow down all four is nearly impossible.

Also, San Francisco has a mobile quarterback this time around in Brock Purdy that has already amassed a career record of 21-5, in only 26 career starts. In Super Bowl LIV, the 49ers were saddled with journeyman Jimmy Garoppolo.

I would be remiss if I didn't include the Chiefs' playmakers in this matchup — Patrick Mahomes, Travis Kelce and ... yep, that sums it up. The Chiefs just do not have the firepower to match the 49ers in this game and I truly believe that San Francisco will win this contest by double digits.

Final score prediction: San Francisco 34, Kansas City 20.

As always, be safe.



Photo courtesy of Adobe Stock



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I X A L 3 W W U T S P 4 4 Q P

O N N L K T N U O C 2 3 R A P

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
Thursday's unlisted clue hint: **HOLING YOUR TEE SHOT**

1-putt	1st down	3-pointer	9-iron
10-pins	3-2 count	4 furlongs	Love 40
100-yard dash	3-man wall	4 x 100 relay	Par 3
18 holes	3-on-3	6th man	

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PREMIER CROSSWORD/ By Frank A. Longo

ACROSS	1 Tasks	59 Aversion	108 Elliott of the New England Patriots	13 "Preach it!" co-star Diane	51 Coup d'— (rebellion)	83 "— is an Englishman" ("H.M.S. Pinafore" lyric)
11 Pinnacles	62 User's guide language	64 Celtic	112 Permit to	15 Old fast jet, for short	53 Dot of land in the ocean	86 Kind of 35mm camera
16 Inaccurate	65 Riddle, part 4	69 Je ne — quoi	113 Riddle's answer	16 Worker purifying petroleum	55 Is given the chance to chime in	88 High coil
19 Sailing	73 Incendiary felonies	74 Most frequently	118 Maui garland	17 Breath-holding reef explorers, e.g.	57 Darth Vader, as a boy	89 Furniture wood option
20 Ablaze	77 Golf legend	79 Golf legend	121 Prefix with byte or ton	18 Lose color	60 Hue	90 Bridal bio word
21 Pinnacles	81 Picnic pest	82 Lifelong pal, informally	122 Org. on a toothpaste box	24 Bowl-shaped frying pan	61 Roadwork	93 Avian mimics
22 Money for the senior yrs.	84 Tiny hairlike structures	85 Not crying	123 Pre-Soviet rulers	25 Brand of PCs and tablets	62 Took the gold	95 Rock guitarist Barrett
23 Start of a riddle	87 Currency of Latvia	89 Gives the means	124 Sneezes	29 Warship with three banks of rowers	67 Poker stake	97 Luau hellos
26 Guided	91 "— dabba doo!"	92 Lick like a cat	125 "You, over there ..."	31 Letters after els	68 Deteriorate	98 Ward for preemies
27 Redeemers	94 Riddle, part 5	96 End of the riddle		32 Hotelier Helmsley	69 Man-goat of myth	102 Decimal base
28 Tally	99 Part of ROY G. BIV	100 A stage past embryonic		33 Otherwise	70 Where aid is urgently required	103 Be too thrifty
29 Forest growth	101 Protested unpeacefully	102 Gp. checking baggage		34 Huskies, e.g.	71 While not physically attending	104 Spaghetti — bolognese
30 Comics cry	104 Actresses Jilian and Blyth	105 Gun, in slang		36 Expand on	72 Ice cream alternatives	106 Goat cheese
31 Omitted, as a syllable	105 Joan — (French saint)	106 Casual shirt		37 Swiss — (beet variety)	75 Pen tips	107 Miles away
35 Used a scull		107 Tiered temples		38 — Lama co-star	76 "Phantom Lady"	108 Jacob's twin, in the Bible
37 USN VIP		108 Pale tan		39 Math game with match-sticks	77 "Phantom Lady" co-star	109 Region
39 Riddle, part 2				40 "I'm — loss"	78 Prolonged attack	110 Nest fillers
44 Riddle, part 3				41 Resign from	79 Zapped with a stunning weapon	111 Exam for an atty.-to-be
47 "Mayday!"				42 Hearth waste	80 Camel cousin	112 Deteriorate
48 Take to the road				43 Succinct	81 "DMZ" actor Benjamin	115 Anna of fashion
49 Neighbor of Georgia				45 Just slightly	82 "DMZ" actor Benjamin	116 Non-earthings, for short
50 Aroma detector				46 Rips into	83 "— longa, vita brevis"	117 "— longa, vita brevis"
52 Stain-fighting toothpaste, e.g.						
54 "Year One" director Harold						
55 Gun, in slang						
56 Asian "way"						
58 "Three's Company" co-star Suzanne						

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LAST WEEK'S CROSSWORD ANSWERS

Across: 1. TWA, 2. DATA, 3. REPAIRED, 4. FURNITURE, 5. MIMICS, 6. AVIAN, 7. WARD, 8. PREEMIES, 9. SPAGHETTI, 10. BOLOGNESE, 11. GOAT CHEESE, 12. MILES AWAY, 13. JACOB'S TWIN, 14. IN THE BIBLE, 15. REGION, 16. NEST FILLERS, 17. EXAM FOR AN ATTY.-TO-BE, 18. VITA BREVIS, 19. DETERIORATE, 20. ANNA OF FASHION, 21. NON-EARTHING, 22. FOR SHORT, 23. LONGA, 24. VITA BREVIS.

Down: 1. TASKS, 2. USER'S GUIDE, 3. CELTIC, 4. PERMIT TO, 5. WITTY REMARK, 6. PINNACLES, 7. INACCURATE, 8. SAILING, 9. ABLAZE, 10. PINNACLES, 11. MONEY FOR THE SENIOR YRS., 12. START OF A RIDDLE, 13. GUIDED, 14. REDEEMERS, 15. TALLY, 16. FOREST GROWTH, 17. COMICS CRY, 18. OMITTED, 19. AS A SYLLABLE, 20. USED A SCULL, 21. USN VIP, 22. RIDDLE, PART 2, 23. RIDDLE, PART 3, 24. "MAYDAY!", 25. TAKE TO THE ROAD, 26. NEIGHBOR OF GEORGIA, 27. AROMA DETECTOR, 28. STAIN-FIGHTING TOOTH PASTE, 29. "YEAR ONE" DIRECTOR, 30. GUN, IN SLANG, 31. ASIAN "WAY", 32. "THREE'S COMPANY" CO-STAR, 33. AVESION, 34. USER'S GUIDE, 35. CELTIC, 36. PERMIT TO, 37. RIDDLE, PART 4, 38. JE NE — QUOI, 39. INCENDIARY FELONIES, 40. MOST FREQUENTLY, 41. GOLF LEGEND, 42. PICNIC PEST, 43. LIFELONG PAL, 44. TINY HAIRLIKE STRUCTURES, 45. NOT CRYING, 46. CURRENCY OF LATVIA, 47. GIVES THE MEANS, 48. "— DABBA DOO!", 49. LICK LIKE A CAT, 50. RIDDLE, PART 5, 51. END OF THE RIDDLE, 52. PART OF ROY G. BIV, 53. A STAGE PAST EMBRYONIC, 54. PROTESTED UNPEACEFULLY, 55. GP. CHECKING BAGGAGE, 56. ACTRESSSES, 57. JILIAN AND BLYTH, 58. JOAN — (FRENCH SAINT), 59. PALE TAN, 60. "PREACH IT!" CO-STAR, 61. DOT OF LAND IN THE OCEAN, 62. OLD FAST JET, 63. WORKER PURIFYING PETROLEUM, 64. BREATH-HOLDING REEF EXPLORERS, 65. LOSE COLOR, 66. BOWL-SHAPED FRYING PAN, 67. BRAND OF PCs AND TABLETS, 68. WARSHIP WITH THREE BANKS OF ROWERS, 69. LETTERS AFTER ELS, 70. WHILE NOT PHYSICALLY ATTENDING, 71. ICE CREAM ALTERNATIVES, 72. PEN TIPS, 73. "PHANTOM LADY", 74. MATH GAME WITH MATCH-STICKS, 75. "I'M — LOSS", 76. RESIGN FROM, 77. HEARTH WASTE, 78. SUCCINCT, 79. JUST SLIGHTLY, 80. RIPS INTO, 81. "DMZ" ACTOR, 82. "DMZ" ACTOR, 83. "— IS AN ENGLISHMAN", 84. "H.M.S. PINAFORE" LYRIC, 85. KIND OF 35MM CAMERA, 86. HIGH COIL, 87. FURNITURE WOOD OPTION, 88. BRIDAL BIO WORD, 89. AVIAN MIMICS, 90. ROCK GUITARIST, 91. LUAU HELLOS, 92. WARD FOR PREEMIES, 93. SPAGHETTI — BOLOGNESE, 94. GOAT CHEESE, 95. MILES AWAY, 96. JACOB'S TWIN, 97. IN THE BIBLE, 98. REGION, 99. NEST FILLERS, 100. EXAM FOR AN ATTY.-TO-BE, 101. DETERIORATE, 102. ANNA OF FASHION, 103. NON-EARTHING, 104. FOR SHORT, 105. LONGA, 106. VITA BREVIS.

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.

OSIPE

RWCNO

RBUADS

TADBEE

Based on their measurements, 4.5 miles per hour was the Gulf Stream's ---

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

Answer: To a petrologist, the study of granite, limestone, basalt, shale, etc. is - "ROCK-IT" SCIENCE

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Panel 1: A man in a green shirt is painting a sign that says "SALE Everything must GO!". A man in a blue suit is looking at the sign. The sign is on a wall.

Panel 2: The man in the green shirt is now holding a paintbrush and looking at the sign. The man in the blue suit is now holding a sign that says "SALE Everything must GO!". The sign is on a wall.

SLYLOCK FOX BY BOB WEBER JR.

Cassandra Cat is accused of sneaking a gold watch from the wrist of a passenger who just disembarked at gate 33. Cassandra, however, insists the watch is hers. What evidence did Slylock see that caused him to question her claim?

Answer: Cassandra's watch time, not to West Coast time, or pre-adjusted to Paris time, considering her current location, if she were truly here, it would likely be set to New York. If the watch were truly hers, it she's traveling to Paris, France, Cassandra's ticket shows time West Coast time is set to West Coast time, but the New York terminal clock shows 6:00. The terminal clock shows 6:00. The terminal clock shows 6:00.

HOW TO DRAW a bear cub

YOUR DRAWING Today's terrific artist is Jonathan, age 10

The first commercial jet service was operated by the British Overseas Aircraft Corporation in ...

a) 1934
b) 1940
c) 1952

Submit your drawing to www.slylockfox.com

Spot six differences between these panels.

Panel 1: A man is taking a shower. A dog is on the floor. A cat is on the wall. A bird is on the ceiling. A fish is in the water. A frog is on the floor.

Panel 2: A man is taking a shower. A dog is on the floor. A cat is on the wall. A bird is on the ceiling. A fish is in the water. A frog is on the floor.

Answer: 1. Water drop, puddle, shoe string, bubble, paw and towel. 2. Water drop, puddle, shoe string, bubble, paw and towel. 3. Water drop, puddle, shoe string, bubble, paw and towel. 4. Water drop, puddle, shoe string, bubble, paw and towel. 5. Water drop, puddle, shoe string, bubble, paw and towel. 6. Water drop, puddle, shoe string, bubble, paw and towel.

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Sale Price **\$37,988**

