

U.S., partners launch additional strikes against Houthi military targets **A7**

Cavazos Connector will revolutionize transportation for Cavazos community



Photo by Eric Franklin, Fort Cavazos Public Affairs

Staff Sgt. Matthew Johnson, 11th Signal Brigade, proudly displays the winning logo for the Cavazos Connector project Jan. 10. His design, which will adorn the fleet of buses, reflects the innovative spirit of the transportation initiative at Fort Cavazos.

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

Staff Sgt. Matthew Johnson, 11th Signal Brigade, was the creative mind behind the winning logo design for the Cavazos Connector buses and was recognized in a ceremony Jan. 10.

He expressed his enthusiasm and honor. "I feel a deep sense of pride and responsibility, knowing that the logo associated with my time here will be linked to the Cavazos Connector long after my permanent change of station," Johnson explained. "It's a symbol of continuity and the enduring spirit of service and commitment that we all strive to uphold."

He emphasized the fundamental impor-

ance of accessible transportation for Soldiers and their families.

"It goes beyond mere convenience," Johnson said, "enabling Soldiers to fulfill their duties effectively and helping families stay connected."

Fort Cavazos is on the brink of a transportation revolution with the upcoming launch of the Cavazos Connector, a comprehensive transit system designed to enhance the quality of life for Soldiers, civilians and their families. This fare-free service, set to roll out in phases starting Feb. 5, promises to reshape the daily experiences of the Fort Cavazos community.

Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, emphasized the project's significance.

"With many single Soldiers arriving without a vehicle and families often sharing a single car, the Cavazos Connector is a vital step in improving accessibility to recreational and essential services without the financial burden of private transportation," Stokes said.

The Cavazos Connector comprises the micro-transit system and the circulator route. The system, launching its first zone in February, 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.

Jerry Stephens, deputy of the Army Field

See **Connector**, A6

NEWS BRIEFS

Become a physician assistant

The Army offers officers, warrant officers and enlisted Soldiers an educational opportunity to become a physician assistant through the Interservice Physician Assistant Program. IPAP is dedicated to the education of students who strive to become competent and caring providers of primary health care services under the supervision of a licensed physician. Attend the in-person brief at 9 a.m. and 2 p.m. today at the Soldier Development Center for more information about the program and the application process.

Vehicle auction starts Feb. 5

The Fort Cavazos Directorate of Family and Morale, Welfare and Recreation's annual NAF Vehicle Auction's bidding goes live Feb. 5 through 19. Vehicle viewing will be Saturdays and Sundays during auction. For more information, call 254-423-8498 or visit cavazos.armymwr.com.

Pour paint, relax through art

The Apache Arts and Crafts center is hosting a drop-in paint pouring class from 11 a.m. to noon Saturday at the center. This event is open to all, and the first canvas is free. For more information, visit cavazos.armymwr.com.

Learn to swim with DFMWR

Fort Cavazos' Directorate of Family and Morale, Welfare and Recreation now has swim lessons available for children ages six months to 13 years old, and beginner adult lessons for 14 years and up. The cost is \$55 per participant; there is limited availability. For more information, visit cavazos.armymwr.com.

HOP hiring part-time drivers

The Hill Country Transit Service is hiring approximately 50 part-time drivers for the upcoming micro-transit services on post. The position is \$18 an hour and will start in February. No commercial driver's license is required for this position. To apply, visit takethehop.com.

Scholarship applications open

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 fortcavozoscholarship.org/ apply. The deadline is Feb. 16.

Comanche joins Hoofbeats for Heroes, BLORA as newest horse

BY BLAIR DUPRE
Sentinel News Editor

A new horse named Comanche joined the roster of horses Jan. 5 at the Belton Lake Outdoor Recreation Area Ranch as part of Hoofbeats for

Heroes, which provides hope and healing through equine therapy.

Comanche previously served as part of the 11th Armored Cavalry Regiment Horse Detachment at Fort Irwin, California, and was looking for

a new home after being retired.

Retired Maj. Arpinee Sarkisian, Hoofbeats for Heroes volunteer, said her husband was once the commander of the 11th ACR Horse Det. and she met Comanche three years ago.

"Comanche was one of everyone's favorites because he's just gorgeous," she shared. "I got to know him out there."

After Sarkisian and her husband were given permanent change of station orders to move to Fort Cavazos, she heard from a friend that Comanche was up for adoption. After sending his information to Tiffany Zeitouni, the Hoofbeats for Heroes founder, they decided that Comanche would be a great fit for the program.

"I reached out and emailed the current horse detachment commander, explained to him where Comanche would be coming and what he would



Photos by Blair Dupre, Sentinel News Editor

Tiffany Zeitouni, Hoofbeats for Heroes founder, lets Comanche take some food from her hand Jan. 9 at Belton Lake Outdoor Recreation Area Ranch.

See **Comanche**, A6



Photo by Maj. Calvin Whitaker, 1st Cavalry Division Public Affairs

Soldiers of the 3rd Cavalry Regiment explore a variety of support services Thursday at the deployment fair. Representatives from Army Community Service and the Veterans of Foreign Wars were available to assist with the transition ahead of the regiment's historic deployment to South Korea.

3rd CR prepares for first South Korea deployment

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

Soldiers from the 3rd Cavalry Regiment and their families attended a deployment fair Thursday at the Lone Star Conference Center to prepare for a nine-month rotation to South Korea.

At the fair, the support network was evident with participation from the chambers of commerce of Salado, Harker Heights and Copperas Cove, in addition to various Army agencies and the Veterans of Foreign Wars.

Col. Jeffrey Barta, who leads the regiment as its 80th colonel, took the opportunity to thank these groups for their pivotal role in providing

support systems for the families who will stay behind in Texas during the regiment's time abroad.

"We have 18 different agencies and the local chambers of commerce coming together to present a robust network of resources for the families stationed at Fort Cavazos and throughout Central Texas," Barta said. "We thank them for coming out and showing support to us."

Barta's remarks reaffirmed the community's commitment to providing comprehensive support, ensuring that all families are well-supported in the regiment's absence.

Command Sgt. Maj. Mikeal

See **Deployment**, A6

Integrating "Phantom Six" into leadership

BY COL. JEREMY E. KERFOOT
89th Military Police Brigade Commander

There are three areas of emphasis that should be prioritized by command teams throughout Fort Cavazos to ensure the III Armored Corps remains a dominant fighting force in the face of an evolving battlefield: people, readiness and modernization.

The success of any military operation will be substantially increased when units build and maintain competent, cohesive and lethal teams ready to fight, sustain and win in multidomain operations anywhere in the world.

Through a deliberate focus on incorporating training that fosters inclusivity, resiliency and proficiency within crews, staffs and teams, we not only strengthen lethality but inherently fortify a shared dedication and commitment to mutual support and trust through all echelons of an organization.

To reinforce organizational support and trust, leaders, at all levels, must be agile in

their leadership style and should incorporate the III Armored Corps' "The Phantom Six," principles which are: caring for Soldiers, Department of the Army civilians and their families; developing leaders who are proficient, engaged and empathetic; building teams that are cohesive, inclusive and disciplined; mastering the fundamentals; training crews, staffs and units to be proficient and lethal; and being ready to their daily processes.

These six principles articulate that Fort Cavazos and III Armored Corps are notably communicating through the commander's intent, combining all facets of mission readiness and modernizing capabilities through meticulous planning, innovative resourcing and comprehensive training.

Not only do these principles place an emphasis on "America's Hammer's" ability to conduct a full range of military operations,

but they also stress to our leaders the importance of equipping our Soldiers and their families with the support, knowledge and resources to successfully navigate the professional and personal challenges of today and tomorrow.

Organizations that generate highly trained, disciplined and efficient tactical units while prioritizing a people-first philosophy have the potential to achieve remarkable mission success. By fostering a culture that promotes diversity, resiliency and proficiency, these organizations empower Soldiers to be stewards of their profession.

This approach not only enhances tactical capabilities but also cultivates a supportive and thriving environment where Soldiers and units can excel. It's truly inspiring to see the positive impact of a holistic "The Phantom Six," philosophy in action!



Jeremy Kerfoot

January recognized as National Human Trafficking Prevention Month by president

BY JOSEPH BIDEN JR.
President of the United States

More than 27 million people around the world endure the abhorrent abuse of human trafficking and forced labor, including thousands of people right here in the United States. It is a threat to global security, public safety and human dignity. During National Human Trafficking Prevention Month, we reaffirm our commitment to ending these predatory crimes at home and across the globe.



Joseph Biden

In 2021, I signed an updated National Action Plan to Combat Human Trafficking, outlining my administration's efforts to prevent trafficking, prosecute perpetrators and protect survivors. The plan reflects our commitment to standing up for the most vulnerable among us, and it is a foundation for our work to ensure safe, orderly and humane migration. Federal agencies are today working closely with governments and organizations around the world to address the

root causes of trafficking, bring traffickers to justice and support survivors as they recover and rebuild their lives.

The plan also reflects our commitment to workers' rights and ending forced labor in global supply chains. Two years ago, I signed the bipartisan Uyghur Forced Labor Prevention Act, and we will continue working with global leaders to make sure that American imports are produced without forced labor and that the global economic system offers traffickers no safe harbor. More recently, I issued a first-ever presidential memorandum elevating and integrating workers' rights and high labor standards into our nation's foreign policy priorities, including preventing forced labor and other abuses.

The vast majority of human trafficking victims are women and girls. In 2022, we reauthorized the Violence Against Women Act, which I first wrote as a United States senator some 30 years ago — this

time expanding the jurisdiction of tribal courts to prosecute non-Native American sex traffickers. The American Rescue Plan also provided tens of thousands of housing vouchers to help people fleeing domestic violence or human trafficking find a safe home and reclaim their lives. As we work to help people disproportionately affected by human trafficking, including members of racial and ethnic minorities, women and girls, the LGBTQI+ community and migrants, we remain committed to learning from and partnering with survivors to support their recoveries and to recruit their help in better spotting and preventing these too often overlooked crimes.

There is no greater sin than the abuse of power, and human trafficking is among the worst abuses that exist. We must each play a role in ending it; we cannot turn away. This month, we urge every American to learn how to identify the signs of trafficking and to share the National Human Trafficking hotline (888-373-7888) — an important resource to report a tip or to ask for help. Together, we must make sure every human being is free to live a life full of dignity

and respect.

Now, therefore, I, Joseph R. Biden Jr., president of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim January 2024 as National Human Trafficking Prevention Month. I call upon businesses, civil society organizations, communities of faith, families and all Americans to recognize the vital role we play in combating human trafficking and to observe this month with appropriate programs and activities aimed at preventing all forms of human trafficking.

In witness whereof, I have hereunto set my hand this twenty-ninth day of December, in the year of our Lord two thousand twenty-three, and of the Independence of the United States of America the two hundred and forty-eighth.

Joe Biden

Biden recognizes National Mentoring Month

BY JOSEPH BIDEN JR.
President of the United States

During National Mentoring Month, we celebrate the millions of mentors across the country who step up and give their time, care and hearts to make sure every young person in our nation has a fair shot at the American dream.

For most young people, a bond or even a conversation with someone who believes in them can make a tremendous difference in their lives, exposing them to new goals, new ideas and new ways of doing things. Since day one, my administration has been working to support those kinds of relationships — in schools, in communities and in the workforce. Through the American Rescue Plan, we secured a historic \$130 billion for America's K-12 schools, which helped put more teachers in classrooms and more counselors, social workers and supportive staff in our schools. States and districts have also used these investments to provide high-quality tutoring



Joseph Biden

and summer and after-school programs for students. Further, it boosted funding for AmeriCorps to expand its service options and hire new mentors to volunteer in our communities. My administration also launched the National Partnership for Student Success last year, with a goal of recruiting 250,000 adults by the summer of 2025 to encourage, tutor and coach young people as they chart a path forward. At the same time, working with labor unions, we have made historic investments in pre-apprenticeship and registered apprenticeship programs that provide guidance and skills to help young people build meaningful careers. In addition, we created the American Climate Corps — a workforce training and service initiative that will put more than 20,000 Americans to work in clean energy, conservation and climate resilience jobs.

These programs give young people a chance to connect with others — to discover who they are, what they care about and how to achieve

their dreams. Any one of us can have a positive impact on a young person's life if we take the time to let them know that someone is on their side. Doing so, often has a tremendously powerful impact on a mentor's life as well. During National Mentoring Month, I urge Americans of all ages — friends, neighbors, college students, coaches, employers, community and faith leaders, and everyday people just looking to make a difference — to visit americorps.gov/serve and partnershipstudentsuccess.org to learn more about becoming a mentor or tutor.

The greatness of a nation is measured in part by how it prepares its next generation to succeed. Ours is a great nation, and together, as mentors, we can each change a young person's life for the better — and with it, help guarantee our country a future of unlimited possibilities.

Now, therefore, I, Joseph R. Biden Jr., president of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim January 2024 as National Mentoring Month. I call upon Americans across the country to observe this month with mentoring, appropriate ceremonies, activities and programs.

In witness whereof, I have hereunto set my hand this twenty-ninth day of December, in the year of our Lord two thousand twenty-three, and of the Independence of the United States of America the two hundred and forty-eighth.

Joe Biden



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U.S. Army, Fort Cavazos medics prepare testing of new female trauma manikin

BY SHAWN DAVIS
Fort Cavazos Public Affairs

Prosthetic body parts of a medical manikin are unpackaged from large trunk cases and assembled on a stretcher on the morning of Jan. 9 in the Fort Cavazos Medical Simulation Training Center, as combat medics from III Armored Corps and the U.S. Army Medical Test and Evaluation Activity agency familiarize themselves with the new female manikins to be used for training female combat casualty care in the Army.

The new equipment training will give Soldiers a planned three days to learn the capabilities and functions of the first female manikin made for the U.S. Army before fielding them for operational testing starting April 2 at Fort Cavazos.

The female manikins are built to scale and are based on anatomical data of the average female Soldier. Assembled with plug and play functionality, they use components such as artificial blood pumps and high fidelity animatronics that simulate living responses to pain and trauma. Their specialized sensors can measure care as delicate as inserting an intravenous line under battlefield conditions and feedback is provided by the connected software that measure a combat medic's actions by the second, where any hesitation in care can be catastrophic for the casualty.

It's a crucial component for maintaining Army readiness and has the attention of Army-wide MSTC manager Col. Gustav Mareno, Directorate of Simulation.

"Our sisters in arms go to war with us and they run the same risk as any other Soldier on the battlefield," Mareno said. "We have to be ready to give the best medical care possible to all Soldiers."

"I've been in the medical field for many, many years and it takes time to break your mental barriers when it comes to exposing a female to do trauma stabilization, because our training focuses on exposing the entire body to look at these injuries so we don't miss anything," he added. "There's a little hesitancy at the beginning when you don't have the experience or if the environment isn't private enough, and these are the hurdles that we have to get past so that we can give the best medical care possible to our sisters in arms."

Hesitancy and slower performance by male medics when performing Tactical Combat Casualty Care, or TC3, for wounded female Soldiers is a well-documented phenomenon, and it isn't the only challenge being addressed by the four immediate agencies involved with this training. Soldiers are learning to adapt standard issue equipment often fitted for the male anatomy to their physically smaller female sisters in arms. It's a refreshing change in approach to former Army combat medic and lead instructor operator, Crystal Kepler.

"This manikin is the most realistic that we've encountered for female anatomy," Kepler said. "Currently, we're working on chest tubes — some of our instructors are saying that the intercostal space, the space between the ribs, is too small. She (the manikin) is built comparatively to my size as a female."

"I think we get complacent with larger manikins," she added. "For older female manikins, they placed the female genitalia on top of a male sized manikin — breasts, genitalia, things of that nature and it gives you a false sense of security when performing interventions on male sized manikins versus one based off the median female size."

The manikin serves not only as a way for Soldiers to train to provide more accurate care for female casualties, but as a wider push by the U.S. Army to advance TC3 training to incorporate real world data from ongoing conflicts across the world.

"In future wars, we may not have air superiority, so we hone in on our medics having the ability to sustain a casualty, keep them alive and treat them for a longer period of time," Kepler said. "Previously, our medics would train for about a 30 minute assessment, get them out of combat, treat and sustain them and then pass to a tactical evacuation platform."

Now, she continued, the Army is training combat medics to sustain casualties for longer periods of time with the equipment commonly found in combat vehicles and kit. The manikin, with its capability to work in both simulated combat environments and clinical settings with advanced sensors and ruggedness, provides a more efficient and immersive approach to training, disembarking from the prior method of using different manikins based on their level sophistication and cor-



Photo by Shawn Davis, Fort Cavazos Public Affairs

Spc. Andrew Amm, 89th Military Police Brigade, performs a simulated intravenous line insertion on the first female medical manikin developed for the U.S. Army.

responding fragility across different training environments.

While developmental testing has happened at other Army installations, operational testing will be exclusive to Fort Cavazos. The operational testing will occur April 2-5 and will be the final step before the accreditation of the series to be implemented Army wide.

Fort Cavazos and III Armored Corps are well positioned to host the first wide scale operational test for the female manikin, said Dr. Jerry Higman, deputy product manager of Medical Simulation, as it holds the largest MSTC and the support structure of combat medics, instructor operators and environment necessary to facilitate a productive operational test of the new models.

Higman represents the Program Executive Office Simulation, Training and Instrumentation and is joined by members of MTEAC, U.S. Army Training and Doctrine Command Proponent Office – Virtual & Gaming and the Directorate of Simulation. Their goal is to

address the disproportionate rates of preventable battlefield deaths for female casualties in combat.

"We've discovered that the lack of the training with the female physiology can explain why females are dying on the battlefield at a higher per capita rate than males," Higman said.

The rates of female service member deaths compared to male service member have been measured by the National Institute of Health at 2.5% higher in Operation Iraqi Freedom and 18.9% higher in Operation Enduring Freedom.

"This is why we're doing what we're trying to do with the female manikins," Higman said, "We want to do it right, we want to make sure that we're giving the Soldier the right training solution with all the issues understood prior to doing any fielding. At this point in time across the Army, there have been no female manikins fielded, only males, so this is huge."



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DOD releases 2024 basic allowance for housing rates

BY DAVID VERGUN
DOD News

Basic allowance for housing, or BAH, rates for 2024 will increase by an average of 5.4%. The new rates, which are paid to all U.S.-based active-duty members of the uniformed services when government quarters are unavailable, took effect Jan. 1.

“The proposed 5.2% basic pay increase plus the 5.4% increase in the basic allowance for housing build upon DOD’s (Department of Defense) support of military members and their families,” said Jeri Busch, DOD’s director of military compensation policy. “These increases ensure the military compensation package remains strong and competitive with the private sector and supports the economic security of our service members and their families.”

BAH is a valuable component of the overall pay package and is designed to help offset the rental housing expenses service members may face when living off base in local communities. BAH rates are aligned with the housing costs of civilians with comparable incomes to each pay grade (with and without dependents) to ensure the military community can afford to rent adequate, suitable and available homes in safe neighborhoods, wherever and whenever they may be assigned, shared Kevin Scott, a housing economist within DOD’s Military Compensation

Policy Directorate.

“The department pays about \$27.9 billion in BAH disbursements to over 1 million service members each year,” he said.

“Considering the large footprint and wide-ranging impact of BAH on the well-being of military families, the department is committed to ensuring BAH data collection and housing estimation processes are driven by industry-leading data sources, innovative methodologies and proven quality techniques,” Scott continued.

The 2024 BAH rates were determined directly from verified local housing listings collected in about 300 housing markets, including densely populated metropolises, suburban and rural duty stations, he added.

The BAH rate-setting process relies on a wide variety of data sources that include:

- U.S. Census Bureau survey data
- Bureau of Labor Statistics Consumer Price Index
- Industry-leading commercial subscription rental cost databases
- Trusted online rental listing websites with verified listings
- Local market expertise from the services and local military installation housing offices

Housing data include median market rents for a variety of housing sizes. Electricity, heat and water/sewer are also averaged in the computation.

BAH rates are then calculated

for each pay grade, both with and without family members, based on the cost of adequate housing for civilians with incomes comparable to each service member pay grade grouping.

The goal is to obtain high-quality, accurate, current-year housing cost data.

An integral part of the BAH program is the provision of individual rate protection to all members. No matter what happens to measured housing costs — including the out-of-pocket expense adjustment — an individual member who maintains uninterrupted BAH eligibility in each location will not experience a BAH rate decrease unless the member receives a reduction in paygrade or change in dependency status. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area’s housing costs decrease, according to the Allowance Division.

The actual impact of this year’s BAH rate change will vary depending on a member’s housing choices. Members who rent a median-priced property may have to pay a small amount above their BAH rate (because of the out-of-pocket rate adjustment). Members who choose to economize in their housing choices may have all their housing expenses covered by BAH.

BAH rates not only reflect geographic market variances between duty stations, but because BAH rates are re-evaluated each year,

BAH is also responsive to recent market changes, Scott said.

“As housing markets nationwide soared in 2022, BAH rates kept pace, increasing by a historic 12% between 2022 to 2023 rates. This year, housing markets cooled from their unprecedented growth and reset to strong, but more typical, growth. As such, BAH rates followed these trends in lockstep, increasing by an average of just over 5% between 2023-2024. Viewed from a wider lens, BAH rates have maintained a robust average annual growth rate of 7% over the past three years, compared to typical average annual changes of 3 to 4%,” Scott explained.

For more information on BAH, visit travel.dod.mil/Allowances/Basic-Allowance-for-Housing/. Service

members can calculate their BAH payment by using the BAH calculator at: travel.dod.mil/Allowances/Basic-Allowance-for-Housing/BAH-Rate-Lookup/.

For more information about the BAH payment determination process, please see media.defense.gov/2022/Jun/23/2003023204/-1/-1/0/BAH-PRIMER.PDF

Members with housing needs overseas receive a separate allowance called the overseas housing allowance. While both allowances compensate members for housing costs, the policies of the two programs are different, requiring different data collection and rate determination techniques.

More information can be found on travel.dod.mil/Allowances/Overseas-Housing-Allowance/.

“These increases ensure the military compensation package remains strong and competitive with the private sector and supports the economic security of our service members and their families.”

– Jeri Busch, Department of Defense’s director of military compensation policy



Photo by Samantha Harms, Sentinel Editor

Cavalry Family Housing completed building nine new homes in June 2023 in Heritage Heights at Fort Cavazos. The homes are the first to be built on the installation since 2018.

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Pickleball court serves up fun times

BY JANECEZ WRIGHT
Sentinel Living Editor

Sports are an integral part of military life at Fort Cavazos. So, it was only a matter of time until pickleball, an up-and-coming sport currently trending all throughout the nation, made its way to the Great Place.

The Cavalry Family Housing Resident Advisory Board decided to re-purpose an old tennis court in the Comanche II area of family housing and introduce the popular sport to residents and pickleball enthusiasts.

“Pickleball is the fastest growing sport in America,” said Chris Albus, Cavalry Family Housing project director. “Our Resident Advisory Board recommended putting the pickleball court in to replace one of these old tennis courts in order to keep up with the modern Army family. We hope it’s going to take off.”

Pickleball is a paddle sport involving two or four players. Players hit a perforated, hollow plastic ball back and forth over a net, competing for the most points.

While it resembles tennis, there are many differences in how each sport is played.

- Pickleball paddles are smaller than tennis racquets. Unlike textured tennis racquets with strings, pickleball paddles are either completely smooth or have air holes.

- Pickleball uses a small plastic ball, which means it doesn’t bounce as high as a tennis ball. It’s similar in appearance to a whiffle ball.

- While tennis requires an overhand serve, pickleball serves must be underhand.

- Picklers serve diagonally to the opposite side of the court.

- Pickleball utilizes a two-bounce rule. After a serve, the returning team must allow one bounce before hitting the ball, then the serving team follows suit. This is the rule at the start of every point.

- The no-volley zone known by picklers as “the kitchen” is a seven-foot area located at the front of the court on each side of the net. The serve must clear this area. Players can’t enter “the kitchen” when the ball is in the air, only after it bounces. “The kitchen” is a safety feature that prevents spikes from hitting players that are close to the net.

Enthusiasts eager to join the pickleball craze should know a few key things about how to play the sport, and love has nothing to do with it.

The first player or team to get to 11 points within a 2-point margin (having at least 2 points more than the other side) is the winner and the game uses side-out scoring, meaning only the serving side can score.

The score is called aloud before each

serve, the server starts on the right side and switches to the left as they continue to score. Right side denotes even numbers, and the left indicates odd numbers. Knowing which side to serve from helps to remember the count.

Pickleball is beginner-friendly and suitable for players of all ages. Residents can sign out equipment at the Comanche II Community Center or bring their own.

Fostering healthy competition and encouraging unity within the community is what it’s all about, RAB President Leslie Cromer conveyed.

“We want to bring the community together any way we can and pickleball seems to be the way to do it.”

Cromer added that it’s important to accommodate the needs of Fort Cavazos residents and encouraged those interested in joining the RAB to weigh in on decisions that affect the community.

Joining RAB “helps you be the voice of your community,” she said. “We definitely recommend anyone to come and join and bring new ideas to the board.”

Visit <https://cavalryfb.com> for more information about the RAB.



Photos by Janecze Wright, Sentinel Living Editor

Cavalry Family Housing officials and Resident Advisory Board members pose in front of the new pickleball court Dec. 11, 2023, in the Comanche II family housing area. The court is located across from the Clear Creek Commissary, near the water tower.



Cavalry Family Housing officials and RAB members have an impromptu ribbon cutting ceremony to open the new pickleball court Dec. 11, 2023, in the Comanche II family housing area. Residents can sign out equipment at the Comanche II Community Center or bring their own.

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Dining Facility Operations Schedule Jan. 2024

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

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

IRONHORSE Building #41018 Old Ironside & 77th St.						
SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: W01 Blair: 513-317-5014

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

ALWAYS READY Building #91226 HQ Ave., West Fort Cavazos						
SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1:30 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: W01 Greene: 843-901-0260

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

OPERATION IRAQI FREEDOM Building #21020 Battalion & 58th St.						
SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: W01 Greene: 843-764-7561

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

NORTH FORT CAVAZOS Building #56320						
SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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 open Jan. 1 and 2. Open 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	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Manager: SFC Smith: 254-288-3681

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5-6:30 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	30	31			

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food 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): 5-6:30 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	30	31			

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	30	31			

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.						
SUN	MON	TUES	WEDS	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Closed due to renovation. Tentatively scheduled to open March 1, 2024.

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
WR Manager: SFC Moore: 210-612-9378

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
(BRUNCH/SUPPER): 5-6:30 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	30	31			

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

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PRESS 1

South Korea deployment will make history for 3rd CR

Deployment: *Continued from A1*

A. McInroy spoke of the event's significance in connecting Soldiers with support agencies.

"We're bringing the agencies in, and also, we're going to be doing a town hall this evening," McInroy explained.

He reflected on the significant personal and collective growth the deployment represents. He recounted his own motivations for joining the military and being able to travel the world.

"I wanted to do something bigger. I wanted to get away from where I was," McInroy said. "I went to the recruiter, and here I am 26 years later and getting ready to go to South Korea for the first time."

He anticipates the deployment to South Korea as a chance for the regiment's personnel to expand their horizons and strengthen ties with global partners, emphasizing the collaborative nature of modern military endeavors.

Barta saw the South Korea deployment as

a historic chance for the regiment's Soldiers to enhance their understanding of global affairs and maintain international military partnerships that started more than 70 years ago, stating it was a significant moment to make history for the regiment.

"We are going to get a potentially once-in-a-lifetime experience while on this deployment," Barta explained. "We will help write the next chapter of this regiment's history."

The deployment fair was more than just an informational gathering; it served as a communal space where military families could familiarize themselves with the support systems during their loved one's absence.

Maj. Alex W. Bridgeforth, the regiment's communications and information officer, found the event particularly beneficial for his family.

"It was an amazing chance for my wife and boys to meet many of the different services from across post," Bridgeforth said. "We got to see all the opportunities that they can participate in and utilize while I'm deployed."



Service members and their families gather Thursday at the Lone Star Conference Center for a comprehensive deployment fair, with the Chamber of Commerce for Copperas Cove, Texas, prominently offering resources and support for the upcoming nine-month South Korea deployment of the 3rd Cavalry Regiment.

Momentum picking up in preparation for launch



One of the HOP buses parks on the installation during the Thanksgiving Holiday HOP. The new buses will operate solely on the installation and will have Staff Sgt. Matthew Johnson's design wrapped on them.

Connector: *Continued from A1*

Support Battalion, reports that the project is progressing smoothly.

"We're collaborating closely with the Hill Country Transit District," Stephens explained, "utilizing advanced software for seamless trip booking and real-time tracking."

The upcoming phase involves an initial operational test focusing on the Soldier barracks area, intending to fine-tune the system before its grand unveiling on March 2. This period will include rigorous testing of the software, route planning and user education through various media, including a comprehensive app similar to Uber or Lyft.

"Our goal is to significantly enhance the mobility of our Soldiers and their families, reduce traffic congestion and contribute positively to environmental sustainability," Stokes remarked.

The Cavazos Connector also represents a significant stride in

addressing quality-of-life issues at the Army level. Stokes highlighted the crucial role of Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general, in championing this initiative.

"Lieutenant General Bernabe's advocacy at the highest levels of Army leadership has been pivotal in securing support and funding for this pilot test," Stokes stated. "This is more than just a transit system; it's a message to the Army leadership about the necessity and impact of such programs."

With an impressive rise in ridership during its test runs and the expected increase upon its full operational launch, the Cavazos Connector hopes to set the benchmark for military base transportation nationwide.

For information on the grand opening and the finalized version of the Cavazos Connector map, follow U.S. Army Fort Cavazos on Facebook.

Program honored to receive, care for retired Army horse

Comanche: *Continued from A1*

be doing and if that was amenable to them as his next possible life, (I asked) if they would pass us an application," Sarkisian said.

And then, they were accepted.

Next came the challenge of transporting Comanche more than 1,000 miles from California to Texas.

Hoofbeats for Heroes was prepared to make the trip, but as luck would have it, the 1st Cavalry Division Horse Detachment was able to provide transportation.

"It worked out that, that (11th ACR) Horse Detachment was going to go down to Pasadena for the Rose Parade and our (1st Cav. Div.) Horse Detachment was also going to be in Pasadena (for the parade)," Sarkisian said. "We got that cleared through legal and they handed Comanche off. (1st Cavalry Division) brought him back to their horse detachment and (Jan. 5) we loaded him and brought him out here as a fully retired military working horse."

In his retirement, Comanche is joining the other 20 horses, including two miniature horses and a donkey, at BLORA Ranch as part of the Hoofbeats for Heroes program.

The non-profit program's mission is to serve and bring together the civilian and military community at Fort Cavazos through their hands of service.

"We're all here with the horses, but at the same time that has

brought us together to where we're working hand in hand, serving a higher calling," Zeitouni said. "That has been the joy in my heart — being able to see people come here and learn about themselves while they're here."

"We've created a place where people can live and have a place where they feel at home," Zeitouni added. "That's a beautiful thing because all of us have come from different duty stations or some have stayed here who have decided to make this their home."

The program has partnered with Warrior Adventure Quest to bring in more Soldiers to experience the organization and learn "equine taught life skills." Once they learn how to properly put on a horse's harness, they will be challenged to catch their horse, after which they will learn the horse's name and story.

"When they go out, we don't tell them what horse to catch, God does that," Zeitouni said. "He allows them to be aligned with whatever horse they need that day. Comanche is going to allow a lot of military (members) that come through here to relate to him. He's been able to serve, obviously not in the same job,

but he understands."

Emilee Brown, volunteer with Hoofbeats for Heroes, said the horses are a great tool for present self-reflection.

"When you're approaching a horse, they hold you accountable to regulate your nervous system and they can also help regulate your nervous system," she explained. "Working with the horses in that manner has been amazing."

One volunteer shared that they struggled after losing their emotional support dog who was their best friend. The volunteer was checked into an inpatient care facility for a week, but was still struggling with the loss.

At that time, they began volunteering with Hoofbeats for Heroes where they were able to find that emotional connection again through working with the horses.

"People tell us that this has saved their life," Zeitouni said. "It's something that means so much to all of us because there are things that a lot of us don't share in life, but if a horse is able to save someone's life, then we're doing the right things. We're giving someone purpose."

She went on to explain that the horses have many different backgrounds.

Some were race horses, show horses and even barrel racers. They are as diverse in their experiences as the humans that interact with them and that's what makes them so relatable. Comanche's experiences will have just as much of an impact.

"I'm a misfit," she expressed. "There are things that happen to us in life that make us different. The horses that come here (are the same way). We're all misfits together. Knowing that (Comanche) is being retired from the Army allows him to have purpose here with a whole other



Emily Caramanian, Arpinee Sarkisian, Tiffany Zeitouni, Emilee Brown and Mike Gaboury pose with Comanche Jan. 9 at BLORA Ranch.

herd of horses that have different things about them that brought them here. That makes us all a family."

Emily Caramanian, Hoofbeats for Heroes volunteer and Warrior Adventure Quest coordinator, said Soldiers have benefited greatly from their experiences with the Hoofbeats for Heroes program.

"We have Soldiers that have communicated back to us, in house, and said how thankful they are that they had the opportunity to come out here," she shared. "At the end ... we'll take them over and do a leader-lead action debrief, which is like a military AAR (after-action review), but we only focus on the positives. Some of the questions we ask are, 'What was the relationship like with your horse?' And, 'How can you use what you've learned today and bring that back into the workplace?'"

Mike Gaboury, volunteer with Hoofbeats for Heroes, said he and his wife loved horses. So much so that his wife offered to buy him one, but he had a better deal volunteering with Hoofbeats

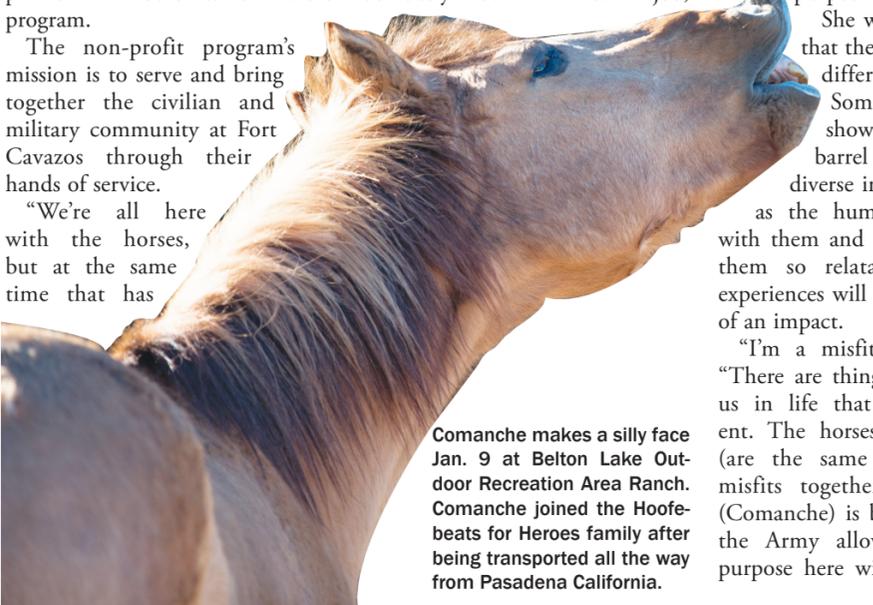
for Heroes.

"Once I started volunteering here, ... I said 'I've got 20,'" he shared. "The horses are all different and they have their own personalities and I can associate with most of them. I have a great bond with these horses that I wouldn't have with a single horse."

Zeitouni shared that the "horse angels" are like her children and that caring for them gives her purpose. She expressed her heartfelt thanks to the 1st Cav. Div. Horse Det. for helping with Comanche's transportation and the 11th ACR for allowing Hoofbeats for Heroes to care for Comanche for the rest of his life.

"I am truly honored that they chose our program to allow Comanche to come and spend the rest of his life here," she said. "It means so much to me that they said that there were a lot of qualified candidates, but they felt like this is where he needed to be. I know he's going to make a huge impact."

For more information, visit <https://hoofbeatsforheroes.org/>.



Comanche makes a silly face Jan. 9 at Belton Lake Outdoor Recreation Area Ranch. Comanche joined the Hoofbeats for Heroes family after being transported all the way from Pasadena California.

U.S., partners launch additional strikes against Houthi military targets

Editor's note: Since the writing of this story, U.S. also conducted strikes Wednesday in Iraq against the Iranian-backed militia group Kataib Hezbollah. That strike was in response to attacks made by the group this past weekend, including at al-Asad Airbase in western Iraq. According to U.S. Central Command, the strikes were against three facilities used by the Iranian-backed Kataib Hezbollah militia group and other Iran-affiliated groups in Iraq. For the most recent information, visit defense.gov.

BY JOSEPH CLARK
DOD News

U.S. and partner forces launched additional defensive strikes against military targets in Houthi-controlled parts of Yemen Monday aimed at further diminishing the terrorist group's capabilities.

The joint strikes were the second round of precision strikes to be carried out by the U.S. and United Kingdom with support from Australia, Bahrain, Canada and the Netherlands in response to a series of attacks launched by the Iran-backed group against commercial ships operating in the Red Sea.

The latest round of U.S.-led strikes included eight Houthi targets, including an underground storage site and locations associated with the rebel group's missile and air surveillance capabilities.

They follow similar joint strikes on Jan. 11 by the U.S.-led coalition targeting command and control nodes, munitions depots, launching systems, production facilities and air defense radar systems used by the Houthis to carry out attacks against vessels operating in international waters.

"These precision strikes are intended to disrupt and degrade the capabilities that the Houthis use to threaten global trade and the lives of innocent mariners, and are in response to a series of illegal, dangerous and destabilizing Houthi actions since our coalition strikes on January 11, including anti-ship ballistic missile and unmanned aerial system attacks that struck two U.S.-owned merchant vessels," the partner nations said in a joint statement following the strikes.

The U.S. has also launched several unilateral strikes against Houthi capabilities posing imminent threats to vessels operating in the region following the Jan. 11 joint strikes.



Photos by Petty Officer 3rd Class Alice Husted, U.S. Navy
Navy Chief Petty Officers Juan Torres and Jason Jimenez review water tank status Dec. 22, 2023, aboard the Arleigh Burke-class guided-missile destroyer USS Laboon while the ship operates in support of Operation Prosperity Guardian in the Red Sea.

In a briefing to reporters following Monday's joint strikes, U.S. defense officials said that while battle damage assessments were ongoing, they assess that the latest strikes were successful in further degrading Houthi capabilities.

The officials further underscored the importance of securing peace and stability in the Red Sea.

"These assaults, notably the unprecedented use of (anti-ship ballistic missiles), have significantly disrupted the free flow of commerce and navigational rights in one of the globe's most critical waterways," an official said.

The official added that the Houthi attacks have led to more than 14 shipping companies ceasing operations in the Red Sea, severely impacting global commerce and regional economies.

"We stand ready to take further actions

to neutralize threats or respond to attacks, ensuring the stability and security of the Red Sea region and international trade routes," the official said.

Since mid-November the Iran-backed group has launched attacks against at least 33 commercial vessels. U.S. military and merchant vessels have also come under persistent threat from Houthi attacks.

The rebel group has employed a variety of weapons including anti-ship ballistic missiles, land-attack cruise missiles, uncrewed surface vessels and unmanned surface vehicles, officials said.

Those attacks have been met with broad international condemnation.

In their statement following Monday's strikes, the U.S. and its partners affirmed that they aim "to de-escalate tensions and restore stability in the Red Sea," but warned Houthi leaders: "we will not hesitate to

defend lives and the free flow of commerce in one of the world's most critical waterways in the face of continued threats."

In December, Secretary of Defense Lloyd J. Austin III launched Operation Prosperity Guardian, an international maritime task force designed to defend against the attacks.

The defensive strikes launched against the rebel stronghold in Yemen were not associated with, and are separate from, Operation Prosperity Guardian.

Operation Prosperity Guardian brings together forces from more than 20 nations to address the challenges in the region and ensure freedom of navigation in the Red Sea and Gulf of Aden.

The forces operate under the umbrella of the Combined Maritime Forces and the leadership of Task Force 153, a U.S. Navy-led initiative focused on maritime security in the Red Sea.

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Five area leaders will take the stage at the 20th Annual Day for Women.

On January 27th, during the luncheon catered by La Luncheonette and Nothin Bundt Cakes, you will hear from five women from diverse backgrounds.

- Brynn Myers, City Manager of Temple
- Dr. Zoë Grant, Temple City Council, founder of Zoë's Wings Foundation and recent NAACP Temple Branch President
- Tresa McNeal, Executive Vice-Chair for Clinical Operations with Baylor Scott & White Health – Temple
- Paula Kay Hubbard, Chief of Human resources for the McLane Company
- Christine Parks, Chief of Communications and Community Relations with Temple IS

Five women with five unique views you won't want to miss!



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SECTION B

Cavazos Soldier plays with Team USA..... B3

Summit encourages Silver Knights leadership change....B5

Box office reviews..... B6



Photos by Eric Franklin, Fort Cavazos Public Affairs

Visitors gather under oversized, cherry-shaped lights at the Museum of Ice Cream in Austin, next to walls with decorative Ice cream sprinkle art installations.

Sweet escape: Museum of Ice Cream in Austin melds art, fun, flavor

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

AUSTIN, Texas — Imagine a giant pink building so whimsical that it makes the Barbie Dreamhouse look understated. That's the Museum of Ice Cream in Austin's trendy Domain area — where calories don't count, and adulting is optional.

Stepping into this ice cream wonderland, I couldn't help but feel like I'd been transported to a world where Willy Wonka ditched chocolate for ice cream. The lobby, a kaleidoscope of pastels and playful designs, was my first clue that this was no ordinary museum. It was like stepping into a Salvador Dali painting if Dali had a serious sweet tooth. Dalí was a Spanish surrealist painter and printmaker who is known for his exploration of subconscious artwork.

The museum isn't just about ogling at ice cream-themed art; it's an interactive playground where even the grumpiest adult reverts to a wide-eyed kid. Each room offers a new surprise, like a scoop of mystery flavor at your local ice cream shop. I found myself diving into a pool of plastic sprinkles — and let me tell you, it's harder to swim in sprinkles than you'd think!

Every corner of this place is a selfie goldmine. I mean, there's a room with bananas hanging from the ceiling. It's bananas, literally. And just when I thought I'd seen it all, I wandered into a room

where giant ice cream scoops seemed to defy gravity. I half-expected to bump into a grinning Cheshire Cat in this topsy-turvy world.

But this museum isn't just a feast for the eyes. The range of ice cream flavors on offer is a culinary adventure, and did I mention all you can eat? From the reassuring hug of classic vanilla to the zing of flavors I can't even pronounce, each spoonful was a revelation. It's not just about eating ice cream; it's about experiencing it. When was the last time your dessert told a story?

There's something deeply human and heartwarming about this place. Amidst all the zany fun and Instagram-worthy moments, the Museum of Ice Cream creates a space to connect, laugh and share stories. I talked to about ten random people in there who were just as shocked as I was about some of the ice cream facts. It's a reminder that there's still room for simple joys and sticky fingers in our high-speed, high-tech world.

The Museum of Ice Cream, located a stone's throw from Fort Cavazos, offers a whimsical escape for locals and visitors any time of the year. It's the perfect antidote for those moments when you feel too grown-up or serious. Here, you can unleash your inner child with a delightful scoop of ice cream, including non-dairy options for everyone. This technicolor dreamland serves as a sweet escape from reality, reminding us all that life, like ice cream, is best enjoyed with friends and a dash of humor.



TOP, As I walked through a colorful tunnel adorned with hundreds of hanging bananas, I felt like I was was a part of an immersive piece of art. **ABOVE**, Museum-goers got a chance to interact with an ice cream-themed exhibit, complete with a "Scoop Scoop" booth and oversized ice cream props.



Inside the Museum of Ice Cream, children and adults alike revel in a room filled with pink hues and a sprinkle-filled pool, creating an interactive, sweet-themed playground.



The exterior of the Museum of Ice Cream in Austin is bright pink and visible from the expressway, boldly announcing its presence.

Walk closes out annual holiday tradition



Isabella Beck, four years old, calls back to her parents, asking them to hurry along so they can all enjoy Sole Night together Jan. 6 at Belton Lake Outdoor Recreation Area.

BY SAMANTHA HARMS
Command Information Chief

Nature in Lights is an annual holiday tradition at the Great Place. It is five and a half miles of Holiday lights, located at the Belton Lake Outdoor Recreation Area, that visitors can typically see from Thanksgiving to New Years Eve. Hundreds of people take the time out of their busy holiday schedules to enjoy the light show, provided by the Fort Cavazos Directorate of Family and Morale, Welfare and Recreation.

However prior to packing the lights up till next holiday season, DFMWR allows visitors to see them one last time at Sole Night. This year's Sole Night took place Jan. 6 and visitors walked through roughly two miles of the light show. "We usually do (Nature in Lights) starting Thanksgiving in the car," Paulina Beck shared. "(Sole Night though) is a way to close down the season." Her husband agreed. "For us, getting to go and walk through the lights, it becomes that much more immersive after having (visited) in the car," explained Dan-

iel Beck, who got out of the Army in 2022, but is still a member of the Individual Ready Reserve. As the Beck family made their way through the event, they took the time to point out some of their favorite lights, including the Texas-themed lights. The event itself encourages people to visit BLORA, see the lights for one last time till November and it's family friendly. It was also especially significant to the Beck family to be in attendance, as the last time they attended a walk hosted by DFMWR, Paulina was only nine weeks out from a surgery. "Going to the walk) was my way of being outside again," she shared. "It was a big deal that I could do it." Paulina and Daniel both agreed that events like this one are important for the community, both on and off post. "The kids get to do something," Paulina said, "(and) we get to share something." For more information about events that DFMWR hosts, visit cavazos.armymwr.com.



ABOVE, The start of the Sole Night walk was marked by a large inflatable sign. **LEFT,** Alex Beck, six years old, pauses for a moment before taking off again down the road on his scooter to enjoy the holiday lights during the annual Sole Night event Jan. 6 at Belton Lake Outdoor Recreation Area.



The University of Mary Hardin-Baylor men's basketball team and staff pose for a photo in front of a UH-60 Blackhawk helicopter Dec. 14, 2023, at Yoakum-Defrenn Army Heliport.

UMHB men's basketball visit is slam dunk

BY MAJ. BRIAN HARRIS
III Armored Corps Public Affairs

As curious Soldiers looked on Dec. 12, 2023, the sounds of shoes squeaking and coaches yelling instructions filled Abrams Physical Fitness Center as the University of Mary Hardin-Baylor men's basket-

ball team practiced hard for more than two hours.

The practice was part of a busy day for the team as they learned about Fort Cavazos and the Army. Planning for the visit started when one of the team's assistant coaches wanted to introduce the team to his prior career in the Army.

"I served 20 years on active duty, and Fort Cavazos was my last duty station," said Assistant Men's Basketball Coach Uriah Hunter. "We brought the team to Fort Cavazos to give our student-athletes an opportunity to get out of their comfort zone. I knew that having them on a military installation

would be a unique experience for all of them."

Before their afternoon practice, the team learned about aircraft from 1st Air Cavalry Brigade at Yoakum-Defrenn Army Heliport and had lunch at Ironhorse Dining Facility.

"I was hoping to provide our student athletes a unique and humbling experience," said Head Coach Clif Carroll. "Prior to the visit, the young men had no idea what they were walking into. During and after this event they couldn't stop talking about the aircraft, tanks, having an opportunity to eat in a dining facility and practice on a military installation."

During practice, senior guard Josiah Johnson, a three-time National Association of Basketball All American and UMHB's all-time leading scorer, showed his knowledge of basketball. Off the court, he knew very little about the military before the visit.

"Before coming to Fort Cavazos, I knew that we had the largest base here in Texas and that the military provided some of the best health benefits for our service members," Johnson said. "My favorite part of the visit was seeing the tanks and having an opportunity to talk to

the crew on the ground. I learned that each tank has a gunner, a loader and a commander."

Sophomore guard Trey Seigle came into the visit with more understanding of the military with his family's history of service and as a cadet in UMHB's Reserve Officer Training Corps.

"I knew a good bit about the Army due to the fact my grandfathers were both retired colonels," Seigle said. "My favorite part of the visit had to be going on the Apache, Blackhawk and tanks. One thing I learned is that these Soldiers are really good at what they do. They are really intelligent, know their craft and perform their job to the best of their ability."

As the visit drew to an end, the team met with Abrams main battle tank crew members to learn about one of the Army's most powerful weapons. The coaching staff stood nearby smiling and discussing plans for future visits to the Great Place.

"It's not every day you get an opportunity to interact with our nation's finest," Carroll said, "and this was a great opportunity for our student-athletes to learn about those who sacrifice so much for our freedom."



University of Mary Hardin-Baylor senior guard Josiah Johnson attempts a shot over teammates during practice at Abrams Physical Fitness Center on Dec. 14, 2023.



Photos courtesy of Spc. Malayasia McHenry

Team USA poses with the German women's team at the conclusion of the championship game of the SHAPE International Basketball Tournament Dec. 1, 2023, in Chièvres, Belgium.



Spc. Malayasia McHenry, 62nd Engineer Battalion, 36th Engineer Brigade, competes with Team USA in the SHAPE International Basketball Tournament.

Cavazos Soldier competes on Team USA

BY BLAIR DUPRE
Sentinel News Editor

Spc. Malayasia McHenry, 62nd Engineer Battalion, 36th Engineer Brigade, began playing basketball in middle school and it has continued to take her places she never imagined she would go, even as a Soldier.

McHenry shared that basketball was her outlet growing up and it helped her get through high school and eventually play in college.

"That's why I continue to play because it helps me go places," she said.

As a Soldier, she's been on the All Army women's team twice, meaning she has been considered one of the best of the best female basketball players in the Army. She said after competing on the team for the first time in 2022, it was a goal for her to make it on the team again.

"It is something I look forward to because it gives me time off from work and helps me get back into that zone of playing basketball," she said. "Being able to play with other people who are as good as me

in the Army, but also going against the other armed forces is really fun. It helps with connections outside of the military. It helped me connect with a lot of people who I didn't know I would connect with."

Then McHenry was selected, out of all the military athletes from all branches, to compete with Team USA in the 2023 SHAPE (Supreme Headquarters Allied Powers Europe) International Basketball Tournament from Nov. 26 to Dec. 1, 2023, in Chièvres, Belgium. The SHAPE International Basketball Tournament brought together 15 international military teams to compete.

She said she found out she made the cut for Team USA after the Army had lost to the Air Force in the Armed Forces tournament, so the feeling was bitter sweet.

"I was happy, but I was upset because we had just lost," McHenry expressed. "It was something I was working towards. I really wanted to make Team USA so when I heard ... it was a sense of relief. God really answered my prayers."

During the SHAPE International

Basketball Tournament McHenry said team USA was beating teams by many, many points, but in the championship game against Germany, they won by only five points - 85-80. They took home

the first place trophy.

She said going for and accomplishing her basketball goals while in the military has helped her be a better Soldier.

"It helped me really keep that

team mindset - knowing that we are all working toward one goal," McHenry said. "It also helped me with my leadership skills - they allowed me to be team captain (on the All Army Team)."



Spc. Malayasia McHenry, 62nd Engineer Battalion, 36th Engineer Brigade, competes in the SHAPE International Basketball Tournament with Team USA against Team France in Chièvres, Belgium.

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/fhtps/

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 Jumma 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.

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An Ounce 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

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PRESS 1

WARRIOR ETHOS

I WILL never accept defeat.

With dignity, care: Look inside bringing overseas fallen home

BY KATIE LANGE
DOD News

When a U.S. service member dies while on duty overseas, a massive endeavor begins to get that person home with dignity and respect. Regardless of the fallen service member's branch, that effort is coordinated by Air Force Mortuary Affairs Operations based at Dover Air Force Base, Delaware.

The dignified transfer of people, as it's called, is a serious mission that involves a lot of teams, from licensed mortuary specialists and deployed service members to military chaplains and liaisons who support the families of the fallen.

While many people have seen crews carrying flag-draped transfer cases off an aircraft to an awaiting vehicle, that's only a very small part of the work that goes into bringing home a fallen service member.

With Respect and Care

The effort naturally begins overseas, where the service member died. Once his or her remains are recovered, mortuary technicians work to get them to an evacuation point to fly them to Dover. Members of AFMAO's Command, Control and Communications Center, known as C3, track those flights and start the process of contacting others within the chain of command.

"We call the (service) branch liaison, and we call over to the armed forces medical examiners to make sure everybody is tracking and that the remains are being directed to the port mortuary," said Lucas Rigdon, a C3 mortuary control center specialist.

When the aircraft lands, the remains are taken off the aircraft by trained military carry teams — the service members you've likely seen carrying the flag-draped transfer case. And while that part might appear simple enough, it's actually very technical, with precise and distinctive movements that are done in unison by the seven personnel assigned to the team.

"It is perfection because this is the one time that the family members will see their loved ones getting carried off that plane," said Air Force Master Sgt. Christopher Gangloff, the section chief of the AFMAO Operations Support Division. He helps train the teams. "It is crucial that everything is done with extreme precision and extreme grace."

This movement is called a dignified transfer and is carried out by highly trained carry teams at any time of day, in any weather. The teams train for various environments and contingencies and learn to keep their own emotions in check.

"Sometimes — oftentimes really — you come face to face with grieving family members," Gangloff said.

The carry teams pass the remains to the medical experts of the Armed Forces Medical Examiner System, which occupies a large building right beside AFMAO. These personnel perform autopsies on fallen service members and investigate their cause of death. When their work is complete, the remains are released back to the AFMAO port mortuary.

AFMAO: The only stateside port mortuary

When the port mortuary at Travis Air Force Base, California, closed in 2001, the Dover location became the sole port mortuary in the United States. Port mortuary specialists are licensed funeral directors who embalm, dress and restore the appearance of fallen service members.

"For us as embalmers, our goal is to preserve the fallen, restore them and send them home to their (families). We do that with the most dignity, honor and respect," said Port Mortuary Branch Chief Danielle Wilk, one of three licensed mortuary specialists in that section.

Most people generally understand the broad details of the embalming process. When it comes to the intricacies, however, many might not want to know them. Still, families must make these important decisions, and mortuary specialists must do what they can to prepare the family's loved one accordingly, so parts of the process are worth noting.

One point of interest pertains to the strength of formaldehyde solutions used in embalming. Wilk said funeral industry standards use formaldehyde with a 2.5% concentration strength. AFMAO uses a higher concentration, between 5-10%, to help preserve the body longer because there are sometimes delays in interment.

"We don't know when they receive remains or how long



A Marine Corps carry team transfers the remains of Marine Cpl. Elwin A. Ramirez of Lodi, California, Dec. 22, 2022, at Dover Air Force Base, Delaware. Ramirez was assigned to Marine Corps Embassy Security Group, Abuja, Nigeria.

Photo by Jason Minto, U.S. Air Force

before the final interment," Wilk said. "There are circumstances where an individual might be going overseas, or possibly to Arlington (National Cemetery)," where, according to the cemetery's website, interments can take weeks or months to schedule and conduct.

Wilk also explained the four levels of viewability recommended to family members, meaning what they would suggest when it comes to what should be shown at a viewing. Service members who pass away with no visible injuries are considered "viewable." Those who've needed slight work from restoration experts are considered "viewable for identification," since they may not look exactly the way family members remember them. Head wraps are recommended for service members who have suffered injuries to the head or neck, while full body wraps are recommended when the service member suffered serious trauma and is considered unviewable.

"That full body wrap is then placed inside of the casket that the family has selected," Wilk said. "Then we will drape the service member's uniform with all the awards and decorations on top of that full body wrap, which allows the family to still have an open casket for nonviewable remains."

However, despite their expert recommendations, it's still up to the family to make the final decision.

"Even with a full body wrap, if a family elects to view their loved one, no matter their condition, they have every right to do so," Wilk said.

Liaisons help family members decide what casket to choose. Metal and wooden caskets are available for burial, while wooden ones are also offered for cremation. After a family has made their selection, mortuary specialists and deployed Airmen do several casket inspections to make sure there are no discrepancies or damage.

As an Army veteran, Wilk said it's not the easiest job, but she takes great pride in it.

"Sometimes it's a challenge to not think about the circumstances behind the sacrifice that's been made. But for me, being strong and resilient and having a great team really is an important factor in getting by day to day," she said. "It is a great honor and privilege to be able to still serve my country in this capacity."

Preparing the uniforms, final presentation

At AFMAO, service members, including Airmen deployed on six-month rotations to Dover, help with many aspects of the preparation, except for embalming and restoration of the body. Some of them have roles in the uniforms section, a room filled with a variety of military dress uniforms, where they work with branch-specific liaisons to replicate the service member's most up-to-date uniform.

"We prepare the uniforms, get them to the tailor shops, create the ribbon racks, steam, iron and put all that together," explained Navy Senior Chief Petty Officer Jessica Zugzda, the sole Navy liaison at AFMAO. "We ensure that it's completely ready to go and assist with the dressing and casketing of our service members."

Much like at a post exchange, new badges, pins and other accoutrements line the uniform section's walls, ready for use. Anything that isn't directly on hand can be ordered and will



For us as embalmers, our goal is to preserve the fallen, restore them and send them home to their (families). We do that with the most dignity, honor and respect.

— Danielle Wilk,
port mortuary branch chief



Photo by Jason Minto, U.S. Air Force

Air Force Staff Sgt. Lakeya Spruill, an Air Force Mortuary Affairs Operations noncommissioned officer in charge of uniforms, closes the doors of a transfer vehicle during nighttime dignified transfer training March 30, 2021, at Dover Air Force Base, Delaware. Training events help carry teams prepare to honor fallen service members when they return to the U.S. through Dover.

arrive within 48 hours. An engraving station for dog tags, nametags, Purple Hearts and urns sits in the room's corner, and a tailor shop on base can make alterations to the uniforms within a few hours, expediting the whole process.

The uniforms section also has the flag press, an important part of the preparation process.

"They (flags) come in boxes, and there's a lot of wrinkles on those flags. So, to get them in pristine condition and as wrinkle-free as possible, this is where we start," said Air Force Tech. Sgt. Patience Templeton, who's on a six-month deployment to AFMAO.

The flags, which will eventually be draped over the caskets, are put through the press several times before getting a fine-tuning on a large table that doubles as an ironing board, where handheld irons get out any stubborn wrinkles.

Speaking of flags, AFMAO also has an honor guard program that trains other installations on how to do funeral honors, which are different than the presentation of colors at sporting events and other occasions. The program also coordinates flyovers and works directly with funeral homes to schedule honors for veterans and active-duty service members.

When the fallen service member is ready, an escort — typically from the service member's unit — will be briefed on their role for the final leg of the journey.

If the service member is being buried at Arlington National Cemetery or within 350 miles of Dover, ground transportation will take them to their designated funeral home. Otherwise, the remains are generally flown in a chartered aircraft to an airport close to their destination. An honor guard will transfer the remains from the aircraft to a hearse — a process called a dignified arrival — before continuing to the chosen funeral home for the burial process.

Training the trainers

All this work is done at Dover for service members who die in overseas operations, but deaths that occur on installations across the U.S. need to be supported locally. AFMAO trains those mortuary affairs Airmen.

"We're essentially the funeral director that's reaching out to the installations to assist them," said Matt Metschke, AFMAO's case management branch chief. "We're responsible for how they deliver to the family. That's a direct reflection on our program here."

Mortuary officer and technician courses for active-duty airmen are held at Maxwell Air Force Base, Alabama, the home of Air Education and Training Command. These officers and technicians are trained on how to inspect remains, do the necessary paperwork and, of course, support the families. They're not considered funeral directors, though, because that takes years of higher education.

"They are the ones that are running the mortuary offices at their installation. So, when a death occurs, we are the ones that are training them in how to answer those calls and how to meet the families," Metschke said.

In these classes, trainees practice explaining the entitlements to actors role-playing as family members and learn to work with the person authorized to make decisions regarding the remains.

"These actors are really giving it to them. Like, you may be in front of a family that's really upset at the Air Force, or you might have a family that's just non-communicative," Metschke said. "So, they're actually getting the best training that you could probably get because, traditionally speaking, you will face some of these kinds of situations."

Trainees also learn how to set up a search and recovery site surrounding a death.

"They're going to be the ones providing direct communication to a wing or a command post," Metschke said. "Those folks are going to be reaching out to the mortuary officer to find out what's going on ... and then (they're) working with us and the installation to provide the support, like, are they going to Dover, or are they going to remain in place?"

Trainees will also learn how to inspect funeral homes assigned to each installation to make sure they're maintaining DOD standards.

"There is a difference for what we do in preparation to what a civilian funeral home might do, and that's what the mortuary officer and technician do — provide that ground training to the funeral homes," Metschke said.

Mortuary officers generally receive updated training every five years via a virtual course. National Guardsmen receive similar training at Dover.

Metschke said their goal is to provide comfort and care to the families as best as they can.

"It's hard to pick up the phone and know what to say to some of those folks right away, but at the end of the day, what's nice for them is they know that there's someone here on the other side that cares," he said. "They're getting the person that is directing everything for their family member. ... We're going to go above and beyond every time."

For the families of the fallen, the entire process is one that no one would ever elect to go through. It's necessary, however, to get their loved one home to their final resting place. Thanks to AFMAO's caring personnel, those services are provided with the utmost dignity, respect and love.



SPECIAL DELIVERIES

NOV. 20, 2023

A daughter, **Aaliyah Florence Atalani**, to Alaimoana and Sarah Paunga, 36th Eng. Bde.

NOV. 23, 2023

A son, **Lorenzo Ismael**, to Christopher and Stacy Flowers.

A daughter, **Delilah Lynn**, to Joshua and Hailey Strand.

Twin daughters, **Charlotte Elizabeth** and **Villette Eden Holly**, to Joshua and Jacelyn Judd.

NOV. 24, 2023

A son, **Maverick Ray**, to Brandon and Mariah Baker, CRDAMC.

A son, **Blake Elliot**, to Boyce III and Jacklyn Farrar.

A son, **Joseph Stetson Santiago**, to Jeffrey and Beverly Johnson, 48th Chem. Bde.

A son, **Maximiliano Riviere**, to John and Yarayza Bermudez, 16th Sustainment Bde.

NOV. 25, 2023

A daughter, **Kaycee Jo**, to Jonathan and Ryan Hood.

A daughter, **Noah Elisabeth**, to Michael and Jordan, 36th Engineer Brigade.

NOV. 26, 2023

A son, **Daniel Josiah**, to Luisito and Jaime Brooks, III Armored Corps.

A son, **Jamal Thomas**, to Orlando and Atashiana Frasier.

NOV. 27, 2023

A daughter, **Luzmaria**, to Devon Fluellen and Dennise Gonzalez.

NOV. 28, 2023

A daughter, **Rya Leigh**, to Demetre Sr. and Kayleigh Cook.

DEC. 1, 2023

A son, **Robert Lee III**, to Wyatt and Meagan Masterson, 89th MP Bde.

First Coast Guardsmen graduate CRDAMC IPAP

BY RODNEY JACKSON
CRDAMC Public Affairs

Coast Guardsmen Lt. Mary Leon and officer candidate cadet Ethan Etlinger will be the first to graduate the Carl R. Darnall Army Medical Center Interservice Physician Assistant Program in early February here at Fort Cavazos.

“Without question, CRDAMC is a premier location for the IPAP clinical experience,” Leon said. “As a medical facility with almost 100,000 Tricare Prime beneficiaries within a 40-mile radius, the support and opportunities to excel while learning the ropes of being a well-rounded provider are infinite.”

Leon added that she chose to become a PA because she aspired to continue serving the people of the nation, while optimizing her passion for healthcare.

PAs are the tip of the spear in operational medicine and have kept the fighting force ready for any mission and their motto is, “From the line, for the line!”

“Becoming a PA is a goal I worked towards the past 10 years,” said Etlinger, a prior Coast Guard Corpsman. “I am grateful for the rigors of IPAP that provided me with a study foundation of knowledge so that I may do well by my patients and guide the Corpsman I work alongside with the necessary medical training to succeed.”

The students go through a rigorous course of clinical experience, getting them in shape for their first assignment as military PAs. As they go through each department, they gain vast knowledge from each patient encounter, preparing them to be exceptional healthcare providers. Some of the rotations the students are evaluated on, include the emergency department, general surgery, OB/GYN, ear, nose, and throat, pediatrics, family medicine and orthopedics. They are expected to manage patients by interpreting labs, imaging and clinically correlating all subjective and objective findings to create an appropriate treatment plan for each patient. They are empowered by preceptors to use clinical judgment to make medically appropriate decisions to provide high-quality healthcare for the many beneficiaries here at CRDAMC.

After graduation, PAs can integrate their prior experience and knowledge to maintain medical readiness, optimize deployability and improve overall Soldier health.

IPAP trains PA students to function at different echelons of healthcare, as well as how to maneuver around unique circumstances that are custom to being in the military, such as medical and casualty evacuation.

IPAP students arrive at their respective Phase II site after completing Phase I of

IPAP, located at the Army Medical Center of Excellence at Joint Base San Antonio, San Antonio, Texas. They spend 16 months completing their didactic requirements and earning a Bachelor of Science. Phase I consists of 101 written exams and several Objective Structured Clinical Examinations, which tests students’ ability to interview a simulated patient, form a differential diagnosis and develop a treatment plan for any given medical scenario. Students learn physical exams, procedures and other medical interventions throughout the didactic phase.

Before Phase II graduation, students must meet all IPAP requirements of more than 1,200 patient encounters, 180 clinical procedures and 280 hours of patient care in the emergency room. Students are also mentally prepared to anticipate the unique administrative and military requirements that will be expected of them as part of a special staff member in any given unit.

IPAP is the largest PA program in the world and ranks amongst the top 15 programs in the nation. It was first established in 1996 when the Army, Navy and Air Force combined their various PA programs to form IPAP. Today, all branches, including Coast Guard, can apply for this intense 28-month program exclusive to military personnel.

The application consists of a multitude of requirements, including pre-requisite courses, letters of recommendation and a commissioning physical. Upon graduation from the course, students earn a Master of Physician Assistant Studies degree from the University of Nebraska Medical Center, Omaha, Nebraska, and must pass the Physician Assistant National Certifying Exam. The PANCE consists of 300 questions; students are allotted 5 hours to complete the exam. Enlisted students must also attend Basic Officer Leader Course to mark their transition to becoming a commissioned officer.

Prospective students who are interested in applying can visit the IPAP website at <https://recruiting.army.mil/armypal/>. They can also reference AR 601-20 for full application details. A military personnel message for the program is updated every summer and should be referenced in conjunction with the regulation. Upon submitting the application, students should expect to hear from a representative about their packet before board selection. Board selection historically occurs in June, with the official selection list coming out in July. Applicants can submit applications for the following fiscal year after Oct. 1 every year and are encouraged to improve packets and continue applying if they are not accepted into IPAP the first time.



Coast Guardsmen Lt. Mary Leon and Lt. j.g. Ethan Etlinger will be the first to graduate the Carl R. Darnall Army Medical Center Interservice Physician Assistant Program in early February.

Summit encourages Silver Knights leadership to lead change

BY MAJ. CHRISTOPHER WELCH
1st Medical Brigade

Nearly 150 leaders from the 1st Medical Brigade gathered Dec. 4-7, 2023, at Fort Cavazos to discuss challenges and approaches to providing Army health system support across the III Armored Corps during large-scale combat operations. Theme of the summit was “Save as many as you can, delivering ready medical forces.”

During the summit, leaders heard from a wide range of speakers, including Lt. Gen. Telita Crosland, director

of the Defense Health Agency, who spoke to the group on DHA’s efforts to stabilize and modernize the military healthcare system. In addition, Maj. Gen. Ben Cattermole, III Armored Corps deputy commanding general for support (U.K.), also addressed the group on day one and emphasized the importance of medical leadership and our medical capabilities as a deterrent to conflict. Col. Chad Chalfont, 1st Cavalry Division deputy commanding officer of maneuver, challenged summit leaders to ask themselves, “How do we triage for mission accomplishment?”

Col. Tracy Michael, 1st Medical Brigade commander,

emphasized the importance of the brigade’s mission.

“Anything significant that will happen in the Army will involve the 1st Medical Brigade, because it will involve the III Armored Corps.”

During the summit, leaders benefited from the mentorship of retired Maj. Gen. David Rubenstein, a former deputy surgeon general of the Army and chief of the Medical Service Corps. Rubenstein discussed the need for Army medical department leaders to continually learn and adapt to change:

“It’s not about managing change, it’s about leading change,” he said.



Retired Maj. Gen. David Rubenstein speaks to leaders of the 1st Medical Brigade at the Silver Knight Leader Summit, offering insights and guidance based on his extensive experience.



ENTERTAINMENT



BLAIR'S BOX OFFICE REVIEWS

'Migration' great for families;

Regina George can sing in 'Mean Girls'

BY BLAIR DUPRE
Sentinel News Editor

It's a new year for us movie-goers and I was excited to check out Illumination's family flick "Migration" and "Mean Girls."

Migration

"Migration" follows a family of ducks as they venture away from the safe home they've created and attempt to migrate to Jamaica.

Naturally they take a few wrong turns on their journey, including one wrong turn that puts them in the path of a chef who'd like to put them on the menu. With all these detours, will they make it to their intended destination?

If you want a good film to take your young or older children to see, this is the film for you. It has a great story, good character development and humor for anyone of any age. Not to mention

stellar performances by the entire cast, including Elizabeth Banks and Kumail Nanjiani. The stand out for me was Tresi Gazal as Gwen Mallard, the youngest of the family.

This film had me smiling as I left the theater and I can't recommend it enough.

Mean Girls (2024)

Twenty years after the release of the original "Mean Girls" film a remake has hit theaters, and to some audience members' surprise ... it's a musical.

Yes, a musical. For those who don't know, a production of "Mean Girls" hit Broadway in 2018, so it was only a matter of time before it was adapted for film. However, I'd say that the previews for "Mean Girls" didn't really go out of their way to show that this film was a musical.

Yeah, there's a musical note in

one of the letters of the title and in the trailer Regina George introduces herself in song, but that's really all that alluded to the film being a musical. Some angry audience members left the screening of "Mean Girls" once the characters broke out into song.

However, I knew of the musical and caught onto the small hints and expected this to be a musical from the beginning and the singing didn't really bother me that much, though some creative liberties were taken and I found out some songs were sung differently (and better) in the stage version.

There are several easter eggs for fans of the original to spot during the film and even some of the original cast, including Tina Fey (Ms. Norbury) and Tim Meadows (Principal Duvall).

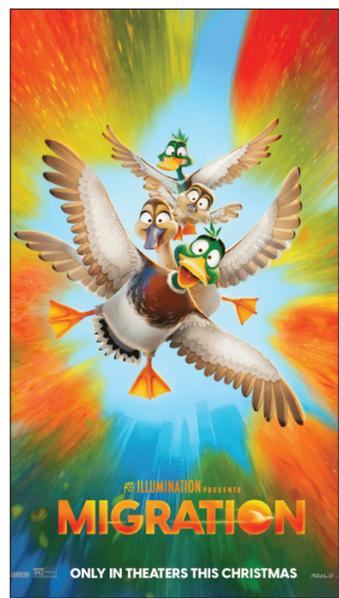
Reneé Rapp (Regina George) also played Regina in the Broadway production of the musical from 2019

- 2020 and was the best part of the musical element of this film. She is an amazing singer.

Other standouts were Avantika Vandanapu as Karen Shetty and Jaquel Spivey as Damien.

I personally felt like some of the old jokes that resurfaced didn't land as well as in the original film. Maybe it's because I knew they were coming or if they just weren't delivered as well. They also introduced how technology would impact the story, which I'm not too sure that I liked. Perhaps it's the millennial in me that is rebelling against the changes made for the film to appeal to a Gen Z audience, but I digress.

If you are a fan of the original or are a fan of musicals, you may enjoy this new adaptation of Mean Girls, but I'd say the original is still the most "fetch."



Courtesy of Universal Studios



Courtesy of Universal Studios



Courtesy of Paramount Pictures

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CAZXWAVUSRQONMK

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Ants	Cicades	Locust	Silk worm
Bee larvae	Crickets	Mealworm	Wasps
Beetles	Fly pupa	Pillbugs	Wood lice
Centipedes	June bug	Ragworm	

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PREMIER CROSSWORD/ By Frank A. Longo "NO SURRENDER!"

1 Covered decoratively, as walls	52 "Yes, that's what I said"	94 In — (in its original place)	2 "— Wiedersehen"	37 Newark's county	78 Fed. bond
8 Info to input	57 Boston basketballer	95 Summer, in Soissons	3 PalmPilot, e.g., in brief	40 Lawn bowling variety	79 Sailing
12 Bygone rival	59 Beginner, in slang	97 Set in motion	4 Channel for college sports	45 Soft mineral	80 Partner of Sturm
15 Widespread	60 Jazz wailer	102 Kyo of "Star Wars" self-control"	5 Split to bits	47 Indiana river	81 Iraq neighbor
19 More foam-filled	61 "Maintain self-control"	103 Atmosphere	6 Wiggly fishes	49 Fills totally	86 Appearing gradually, as a film scene
20 "My turn now"	66 "The Mary Tyler Moore Show" actress	104 2008 novel by John L. Parker Jr.	7 Soft & —	50 Gawk	87 Sixth Greek letters
21 Wrestler Flair	67 Georgia natives	107 Helsinki natives	8 Singers Ross and Krall	51 Fathered	88 Arab chief
22 English prep school	68 1924 Edna Ferber novel	109 Sounds	9 Attack from hiding	53 Linking word in Leipzig	89 Flee fast
23 "Assuming this is relevant ..."	72 Become a queen, as a princess	110 Head, in Nice	10 City south of Topeka, KS	54 "Hath — sister?": Shakespeare	90 Flee fast
25 Very angry	79 Commercials	111 Hairstyles	11 Gibbon, e.g.	55 "That's icky!"	93 Torn clothes
27 "Illmatic" rapper	82 Kingdom in Genesis	112 Camps in the wild, e.g.	12 Old TV tube	58 Detailed evaluations, in brief	97 "True indeed"
28 Large burden	83 "The Mary Tyler Moore Show" character	123 Plane pilot	13 Beneficial to both sides	59 Gawk	98 More prying
29 Farthest down	84 German city on der Rhein	124 Boatloads	14 Entry	62 Affix with paste	99 Cold brew, informally
30 Chop to bits	85 Test the suitability of	125 Singer Rita	15 Patronize	63 Bidirectional, as a door	100 "But wait, — more!"
33 Far enough not to be in danger	89 Advice that may calm someone	126 Covert "Hey!"	16 TGIF's "I"	64 Tartrate, e.g.	101 Really vexes
38 Unlock, in verse	91 Clingy wrap section	92 Pro at CPR	17 Enemy	65 Thom of Radiohead	105 Japanese dance-drama
39 Rocket interceptor,			18 Terminate	69 Using logical operators	106 "No kidding!"
41 Truncates			24 Military bed	70 Using Nero's language	108 Violinist
42 Corp. VIPs			26 Virginia hrs.	71 Kids of boomers	109 Horn of plenty
43 Covert org.			29 Terminate	73 Nav. officer	110 "Whip It" rock band
44 Easy victory			30 Trust (in)	74 Bus. firms	111 "Whip It" rock band
46 Beer barrel			31 20th Greek letter	75 Bygone U.K. record label	112 TV brand
47 Heats a little			32 Splitting	76 Old Hollywood's — Code	113 Granola tidbit
48 Pricy plane			33 Magic charm	77 Whole	114 Party card game
49 Clingy wrap section			34 Glenn of the Eagles		115 Mushy food
			35 Quiz whizzes, perhaps		116 Ryder vehicle
			36 Key next to a period		117 To the — degree
			37 Newark's county		118 Iowa college
			38 Unlocked, in verse		119 Trauma ctrs.

JUMBLE

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

KKAIH
AGENB
PIRSTC
KOIREO

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THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

This is going in the wrong direction.

The first game was a warm-up.

That's more like it!

AFTER LOSING THE FIRST GAME, THE BOWLING TEAM WAS NOW ---

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

Jumbles: EVOKE CIVIC STENCH THIRST
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.

Differences: 1. Arm is moved. 2. Window is not as wide. 3. Lamp has more light. 4. Boy's hair is different. 5. Thumb is moved. 6. Doctor is taller.

SLYLOCK FOX

BY BOB WEBER JR.

Slylock Fox and Max Mouse are delivering survival supplies to someone marooned on a small island. Max is poised to drop the sack of supplies when they fly directly over the island. But Slylock Fox says that is a bad idea. Why?

Solution: If Max drops the sack while they're directly overhead, it will paralyze the island due to inertia. Slylock suggests releasing the supplies just before they reach the island, compensating for the forward motion.

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Spot six differences between these panels.

Answer: a) Japan b) Great Britain c) Greenland d) Borneo

Answer -- (c) Greenland. Australia is much larger than Greenland, but it is considered a continent rather than an island.

Answer -- Sun, boy's hat, bird, snowman's mouth, eye and tail.

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

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