

Spouse career pilot program enters second year A7

CSA affirms Fort Cavazos remains great during visit



Photo by Eric Franklin, Fort Cavazos Public Affairs

Gen. Randy A. George, the U.S. Army chief of staff, met with the 1st Cavalry Division to discuss the division's motor pool needs and to receive updates on the new Bradley Fighting Vehicle. His visit underscored his commitment to addressing U.S. Army personnel's operational and living conditions.

ERIC FRANKLIN
Fort Cavazos Public Affairs

The Army's chief of staff visited Fort Cavazos Feb. 20-21. The visit was part of his continued commitment to Soldiers' quality of life.

In his visit to Fort Cavazos, Gen. Randy A. George, the U.S. Army chief of staff, participated in an in-depth briefing with top officials from the III Armored Corps and the Fort Cavazos Garrison. The conversation covered a range of critical military operations topics, from pioneering recruitment strategies to the vital importance of training drills for operational readiness, as well as the challenges associated with upgrading and sustaining military equipment.

"I came to Fort Cavazos last summer right before I became the CSA," George said. "I really wanted to come down here

because there's so many things that this installation and this power projection platform is doing for our Army."

During his visit to the Black Jack Dining Facility, the chief of staff of the Army had the chance to explore the Culinary Outpost. This model stands out because it allows Soldiers to use their Basic Daily Food Allowance for purchasing individual items, mirroring a more traditional dining experience.

Sgt. Maj. Kresassidy McKinney, the chief culinary management sergeant major for III Armored Corps, emphasized the importance of this approach.

"I believe it's important to give the Soldiers healthy meal options, allowing them the ability to stay within the nutritional means and maintain a healthy body," McKinney explained. "Having that readily available and at the convenience of the Soldier is one of the highest invest-

ments that we have right."

George commended Fort Cavazos for its exceptional execution of the Department of Defense's Military Construction, or MILCON, program, which encompasses all necessary activities to create fully functional facilities, thereby establishing a benchmark for excellence in Army operations.

"This installation is leading the way on how we (Army) do MILCON," George said. "That's just one of the great examples happening right here, and I appreciate that."

The presentation also spotlighted enhancements to the quality of life for Soldiers through innovations such as the Cavazos Connector. This fare-free transit system, launching fully on March 2 here, is designed to elevate the living standards

See **CSA**, A6

NEWS BRIEFS

Cavazos Connector test continues, Grand Opening approaches quickly

The new micro-transit service at Fort Cavazos is continuing its beta test. This test will allow users to utilize the circulator route, download the app and call for a ride from one of the micro-transit zones, Barracks Zone #1. Operating hours are 7 a.m. to 9 p.m. weekdays and 11 a.m. to 10 p.m. weekends. The grand opening will takeplace at 10 a.m. March 2 at the Community Events Center. Attendees will have the opportunity to learn about the Cavazos Connector, ride on one of the buses, receive help downloading the app, see static displays and eat at food trucks. This event is open to all DOD ID card holders. For more information about the service itself or the grand opening, follow U.S. Army Fort Cavazos on Facebook or visit home.army.mil/cavazos/my-fort/all-services/cavazos-connector.

Kickoff the annual AER Campaign

The Army Emergency Relief will kickoff their annual campaign at 10 a.m. March 1 in the west atrium of the III Armored Corps Headquarters. For more than 80 years, AER has been the conduit through which Soldiers provide financial support to their fellow Soldiers. The Annual Campaign is held three months of every year, and is the only fundraising the Army may conduct Army-wide. This event is open to all DOD ID card holders.

Spring religious celebration dates available

The Fort Cavazos Garrison Chaplain's Office has announced all the dates and times for Spring religious celebrations. You can find this information on their Facebook page or on their webpage, home.army.mil/cavazos/units-tenants/Garrison/religious-support.

DFMWR needs coaches

Fort Cavazos Directorate of Family and Morale, Welfare and Recreation needs volunteer coaches for a variety of sports, including football, soccer, basketball and cheerleading. Child and Youth Services volunteer coaches have the opportunity to encourage all children to explore the world of sports, learn the fundamentals of good sportsmanship and have fun at the same time. For more information, visit Cavazos.ArmyMWR.com.

Free foster care available for pets

Cavalry Family Housing has partnered with PACTforAnimals.org to allow residents the ability to have their pets fostered and foster pets for those in need. For more details on how you can take advantage of this program, visit cavalryfh.com/resident-resources.

Culinary Vendor Showcase garners input from Soldiers

BY BLAIR DUPRE
Sentinel News Editor

Soldiers were in for a treat Feb. 13 in the Black Jack Dining Facility during the Culinary

Vendor Showcase event hosted by the Fort Cavazos Food Program Management Office.

During the event, Soldiers were encouraged to walk through the room filled with

the vendor's booths and sample the more than 100 food items.

Chontrelle Sturdivant, Installation Food Program manager, said the event's purpose was to get rapid feedback from Soldiers on what type of food options they are looking for.

"The Department of the Army is moving toward action menus, which is providing food to the front of the house as opposed to the back of the house, cooking in front of the Soldiers, healthy options, vegan options and plant-based options as well," she explained. "This is our partnering with our prime vendor to provide pre-made, readily-available and packaged items for the Soldiers of Fort Cavazos.

"We are really looking forward to changing the quality of life through the food service program for the Fort Cavazos Soldiers," Sturdivant continued. "This is our first opportunity to do so through tangible efforts that we're trying to make in the food service program.

See **Showcase**, A6



Photo by Blair Dupre, Sentinel News Editor

A vendor plates food to give Sgt. Maj. Kresassidy McKinney, III Armored Corps chief culinary sergeant major, and Col. Kevin Agness, III Armored Corps director of logistics, Feb. 13 during the Culinary Vendor Showcase at the Black Jack Dining Facility. Soldiers could sample more than 100 different food items during the event.



Photo by Janeczke Wright, Sentinel Living Editor

Yao Yao, medical laboratory technician with the Robertson Blood Drive Center, processes a blood donation Friday at the Robertson Blood Drive Center blood drive event at Kouma Community Center.

Blood drive collects life-saving donations

BY JANECKE WRIGHT
Sentinel Living Editor

The Robertson Blood Center collaborated with Fort Cavazos Cavalry Family Housing for a blood drive event Friday at Kouma Community Center.

Blood and blood products are essential to the military, specifically deployed Soldiers, so it is imperative to maintain an ample blood supply, conveyed Carolyn Meyer, community services manager for Cavalry Family Housing.

"It's always important to give blood.

Everyone that's donating is seeing how much of a need there is, so it's really eye opening," Meyer expressed.

Ian Wilson, public affairs officer for the Armed Services Blood Program, explained that the primary mission of the Robertson Blood Center is to collect blood products and send them downrange to deployed military. The secondary mission is to provide blood to the Carl R. Darnall Medical Center, the Veterans Administrations and other military treatment facilities around the country.

See **Donations**, A6

Building resilient, healthy environments

BY JOSEPH CLARK
DOD News

WASHINGTON — The Defense Department released a new strategy this week aimed at ensuring the U.S. military installations throughout the world support the quality-of-life needs of service members, military families and the civilian workforce well into the future.

The DOD Strategy for Resilient and Healthy Defense Communities sets forth the department’s commitment to fulfilling what defense leaders say is a national security imperative and moral obligation to provide the total force with healthy, safe, functional and resilient environments in which to live and work.

Brendan Owens, assistant secretary of defense for energy, installations and environment, said the key to enhancing military readiness is putting the quality of life of those who serve front and center.

“People are our most important asset. When you look at what the strategy is after, what’s at its core is making sure our readiness is enhanced by the infrastructure on our installations,” Owens said during a briefing on the strategy at the Pentagon today.

The strategy puts forward an end state focused on quality of life and readiness for the total force where:

- People living and working on DOD installations thrive as part of happy, healthy, productive and resilient communities.
- The built and natural environment around them meets operational needs and improves their quality of life.
- Installation managers and senior DOD leadership have a common operating picture of the quality of infrastructure to guide timely decisions and resource allocations.
- Installations are integrated with surrounding communities, providing public services and lifestyle-oriented features that build the readiness and resiliency of the total force.

Owens, who also serves as the Defense Department’s chief sustainability officer, said the blueprint represents a whole-of-department approach for making future investments in

installations that put people and mission first. “It’s not about how much we build, it’s about what we build and how we center people and center the mission of what those people are trying to deliver in everything that we do.”

Defense officials acknowledge that the strategy plots an ambitious course forward.

The DOD infrastructure footprint includes 538 installations throughout all 50 states and Washington D.C., two U.S. territories and 25 foreign countries.

The department maintains 667,760 total physical assets, including 250,000 homes and one million permanent and rotational beds; operational structures such as hangers, shipyards and offices; and other support facilities such as schools, hospitals, community centers and commissaries.

DOD also manages 26 million acres of land and open spaces on military installations including outdoor recreation spaces, parks, waterways and protected areas across its portfolio.

More than 79% of DOD installations were established before 1970, and nearly 33% of the department’s buildings are more than 50 years old.

“These assets reflect the needs of the time they were constructed, requiring not just regular upkeep, but potentially significant upgrades or outright replacements to meet evolving requirements and preferences,” officials note in the strategy.

Throughout the past five years, DOD has invested \$11.4 billion per year on average to build facilities, \$15.4 billion per year to maintain and repair current infrastructure.

Despite those investments, the estimated deferred maintenance backlog on the department’s infrastructure stands at \$134 billion.

Those challenges are compounded, officials note in the strategy, by an unsustainable increase in severe weather incidents such as hurricanes, floods and wildfires that require further investments for recovery.

In order to bridge the gap between the current conditions and the quality standards that service members, and their families expect and

deserve, the strategy directs DOD decision makers to:

- Adopt human-centered requirements to maximize the benefit of future investments.
- Optimize the department’s total footprint to align with future needs.
- Transform how the department manages its portfolio by adopting a strategy to improve the performance of its facilities to become more financially sustainable.

Concurrent with the release of the strategy, Owens said the department is looking for ways to ensure that repairs in existing facilities and investments in new infrastructure center on environmental quality and quality of life for service members and their families.

He said the department is also focused intently on improving unaccompanied service member housing on its installations.

“We are centering everything that we’re doing around making sure that we are understanding what the Soldiers, Sailors, Airmen, Marines and Guardians need out of their facilities in order to make sure that the version of themselves that shows up to work the next day, after spending a night in a barracks or the dorms, is the most effective, efficient and resilient they can be,” Owens said.

Secretary of Defense Lloyd J. Austin III has prioritized efforts to strengthen support for Defense Department personnel and family members as a critical component of ensuring the military recruits and retains a healthy and ready military force to meet the objectives laid out in the 2022 National Defense Strategy.

In her memo accompanying the release of this latest strategy, Deputy Secretary of Defense Kathleen Hicks emphasized that DOD installations are key to shaping service members and their families’ experience.

“Ensuring that these spaces are safe; appealing to current and prospective service members, their families and the civilian workforce; and supportive of their physical, emotional and cognitive well-being is therefore a national security imperative,” Hicks wrote. “It is also our moral obligation to the people who defend our nation.”



U.S. Navy photo by Petty Officer 1st Class Louis Lea

Jessi Behnke, installation environmental program director for Pacific Missile Range Facility, Barking Sands, in Kekaha, Hawaii, describes the PMRF’s environmental work during Kauai Mayor Derek Kawakami’s Feb. 13 visit to the installation.

Statement given on NATO Defense Ministerial

BY LLOYD J. AUSTIN
Secretary of Defense

I am pleased by the progress that the United States and its allies made at Thursday’s meeting of NATO defense ministers in Brussels. Almost two years after Putin’s unprovoked invasion of Ukraine — the most serious threat to transatlantic security in decades — NATO has grown stronger and more united than ever.

NATO is the strongest military alliance in history, and it is crucial for America’s continued security. As President (Joe) Biden has noted, “NATO is built on the fundamental principles of freedom, security and national sovereignty.” A secure America is impossible without a strong NATO.

The blunt military reality is that America’s allies are a profoundly powerful force multiplier. Those who wish America harm have long sought to rupture NATO. This mighty alliance’s continued existence is vital to meet the strategic dangers posed by Putin’s unprovoked aggression and imperial dreams.

NATO became even more capable last year when Finland joined our proud alliance. I again urge Hungary to support immediate NATO accession for Sweden, which is both a stalwart democracy and a hugely capable defense partner. The United States looks forward to welcoming Sweden as an ally to NATO’s 75th-anniversary Washington Summit in July.

At the Vilnius Summit last year, our leaders made historic decisions that will strengthen NATO’s deterrence and defense. Today, my fellow ministers of defense continued our work to fulfill our leaders’ commitments and to provide the full resources necessary for our new regional plans.

These plans will improve our ability to deter and defend against any threat, well into the future. But to do so, we need all of our allies to provide resources for the plans and allocate the necessary troops and capabilities. Allies also must continue to invest in their defense industrial bases, which is crucial to the future strength of the alliance.

I welcome what Secretary General (Jens) Stoltenberg last week called an “unprecedented rise” in defense spending across our European and Canadian allies, who have added more than \$600 billion for defense since the Defense Investment Pledge was made in 2014, including a real increase of 11% in defense spending in 2023 alone. The secretary general projects that in 2024, 18 allies will spend at least two percent of their GDP on defense — a major improvement over 2014, when only three hit that target. Any ally not spending at least two percent of GDP on defense this year should have plans to swiftly meet that target.

The allies also reaffirmed our enduring commitment to a free and sovereign Ukraine, including a productive meeting among our allies, the European Union and Ukraine in the

recently established NATO-Ukraine Council. We stand behind NATO’s continued support of Ukraine through the Comprehensive Assistance Package — NATO’s multi-year program for critical, non-lethal aid. That effort complements the more than \$87 billion in bilateral security assistance that the United States and countries around the world have committed the past two years to help Ukraine defend itself from Putin’s unprovoked aggression.

We are coming up on the two-year mark since Russia’s full-scale invasion of Ukraine. The United States and our allies and partners will stand by Ukraine for the long haul.

The United States will continue to stand with our NATO allies and to defend the sovereignty and the territory of every alliance member — every inch of it, as Biden has repeatedly made clear. Our commitment to Article Five remains ironclad.

Our allies magnify our strength and expand our security. America’s network of allies and partners worldwide—built and sustained by wise administrations of both parties in the decades since the nightmare of World War II—remains a core strategic strength that no rival can match and that none should doubt.

U.S. leadership on the world stage will not diminish, and we will continue to strengthen our bonds with our deeply valued allies as we look toward NATO’s historic 75th-anniversary summit in Washington. NATO remains the greatest alliance in history — and as Biden said at the Vilnius Summit, NATO today is stronger, more united and “more vital to our shared future” than ever.



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Spouse of CSA inspired during visit

BY JANECEZ WRIGHT
Sentinel Living Editor

Having visited installations stateside and abroad, Patty George, wife of Gen. Randy A. George, chief of staff of the U.S. Army, had never visited the Great Place.

She conveyed that the motivation for her two-day visit was to interact with and assess the needs of Soldiers, confirm consistent issues and discover process improvements and advocate for service members and their families.

“I come with the chief of staff and connect with the spouses to encourage and show them that we care. But also, to listen to their great ideas and report back to the chief of staff so they can see if there are patterns across the Army and find ways to mitigate those,” George explained. “Also, to share the chief of staff’s vision as far as having ready, strong families. Making sure that people are welcomed, making sure that they feel like there’s reliable community unit information and they know where to get it, how to get it and they’re empowered.”

As a military spouse, and former Soldier, George conveyed that it was important to learn more about how the installation maintains quality of life for Soldiers, other military spouses and families.

Accompanied by Jayne Bernabe, wife of Lt. Gen. Sean C. Bernabe, III Armored Corps and Fort Cavazos commanding general; Monica McDwyer, wife of Command Sgt. Maj. John McDwyer, III Armored Corps and Fort Cavazos command sergeant major; and Deena DeLaura, wife of Maj. Gen. Thomas Feltey, III Armored Corps and Fort Cavazos deputy commanding general; George gained valuable insight from military spouses who know Fort Cavazos best.

Spouse connection was the focus of the briefing at the Fort Cavazos United Service Organizations where George was joined by representatives from several departments and organizations to discuss the newcomers orientation, the Cavazos Connector mass transit system and the MyArmyPost phone application. These all connect Soldiers and families stationed at the Great Place with the community, installation facilities and current information. George also took the opportunity to learn about spousal employment, both on and off the installation.

Fort Cavazos has continued to make great strides to stay connected with Soldiers and families and ensure they receive hands-on support from the time they touch down at the airport, up to and beyond in-processing and signing into their new units.

Sitting down with military leaders at the Installation Reception Center, George wasted no time delving into the process of integrating newcomers, highlighting what works and assessing what methods could be improved.

She was pleased to hear about the Integrated Personnel and Pay System-Army, the Army’s top human-resources modernization effort which provides one system of record to help streamline and modernize in-processing for Soldiers and their families. She praised efforts by the center to ensure Soldiers and their families can comfortably settle into their new duty station.

“I’m really impressed with the in-processing and the welcoming of families. You can tell that everybody is excited to welcome families and Soldiers here,” she expressed. “Families can be mighty combat multipliers for our Soldiers and any way that we can help them to understand that and to see what a difference that they can make to be part of the team, I think it’s a worthy effort.”

She met with some of the Soldiers working at the IRC and learned more about their military occupational specialties and specific duties.

“What’s one thing you wish you could change, if you could wave a magic wand, what would that be,” George asked Sgt. Maritza Pena-Hernandez, Headquarters and Headquarters Battalion, III Armored Corps.

“More manning,” Pena-Hernandez replied. “Being able to have 42s (human resources specialist) on the cadre side as well, helping them with that administration side.”

Many of the programs and organizations here depend on the same aspiration of helping one another to succeed.

Santa’s Workshop at Fort

Cavazos, Operation Deploy Your Dress, Cavazos Community Thrift Shop, the Fort Cavazos Family Scholarship Fund and the Fort Cavazos Spouses Club are just some of the organizations making a big impact on post and within the community thanks to dedicated volunteers.

After seeing the abundance of toys given away to military children and the racks of designer gowns, dresses and accessories provided by ODYD, and hearing about the thousands of dollars in scholarships the Great Place provides each year, and how the thrift shop up-cycles used items and saves military families money, George shared that giving back is something she wants to encourage within the military culture

and that no amount of effort is too small.

“It just indicates that we really do consider people — our new Soldiers and their families — part of our family and that’s important,” she said. “If each of us just gave a little bit back, what a difference we could make.”

That commitment to Soldiers and families is represented in the installation’s multi-million-dollar plan to renovate thousands of outdated homes.

During her tour of a renovated home in the Heritage Heights housing area, George was able to see first-hand the Great Place’s commitment to quality of life. No detail was spared to provide families with modern and efficient homes, something George said is indicative of the Army’s dedication to family.

“It speaks to having a ready family, it helps to have ready Soldiers and it also indicates how important we think families are to the Army team,” she said.

When asked what she hoped her visit has inspired, George conveyed how the military community at Fort Cavazos has inspired her.

“The Great Place is great,” she stated. “I feel like I can go out and share some of their best practices with the rest of the installations across the Army. That’s part of why we love being in the Army because it’s a great life, but it’s not an easy life and we wouldn’t want it any other way.”



Photo by Janecz Wright, Sentinel Living Editor

Patty George, wife of Gen. Randy A. George, chief of staff of the U.S. Army, along with officials from Lendlease and Fort Cavazos Cavalry Family Housing, military leaders and military spouses, tour a renovated home in the Heritage Heights housing area during her visit Tuesday.

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DOD expands pilot program to renew USID cards online

BY C. TODD LOPEZ
DOD News

As part of an expansion of a Defense Department pilot program that kicked off in February 2023, most Uniformed Services Identification, or USID, card holders can now renew their cards online and receive them in the mail, instead of having to schedule an appointment at an ID card office.

Before this expansion, only sponsors with a common access card could request online renewals, but now most retirees and non-CAC holders are eligible.

The ongoing pilot program allows family members, retirees and others to avoid making appointments at a pass and ID card office. Instead, they can renew USID cards online via the ID Card Office online website. It's important to note that the pilot program is for renewal of the USID card only — not for the initial issue. Also, the pilot is limited to cardholders within the United States, though expansion to non-US addresses is in the works.

Mike Zarlenga, with the Defense Manpower Data Center, said that DOD currently issues about 4.5 million ID cards each year. About 2.5 million of those are USID cards, and of those, roughly one million are renewals eligible for online renewal. The pilot program, Zarlenga said, is meant to make life easier for family members and retirees.

“We think modern capabilities like renewing a driver’s license online make it easier for people to get what they need when they need it without burdening them with having to

take a trip somewhere,” Zarlenga said. “We’re excited about this, and it sounds like people see online renewal as making their lives easier, based on the feedback we’re getting.”

The pilot program also enhances the DOD mission by freeing up appointment slots at pass and ID offices for active duty military personnel and civilian government employees who need to apply for or renew a CAC.

“We want to enable the ID card sites today to better ser-

vice the CAC holders who are our mission enablers,” Zarlenga said. “We want to make sure that people visiting that office can get an appointment when they need one, and they can get their CAC and resume their mission or duties with minimal impact to them or to the department.”

More information about the online USID card renewal pilot program, including restrictions and requirements, is available on the cac.mil website.

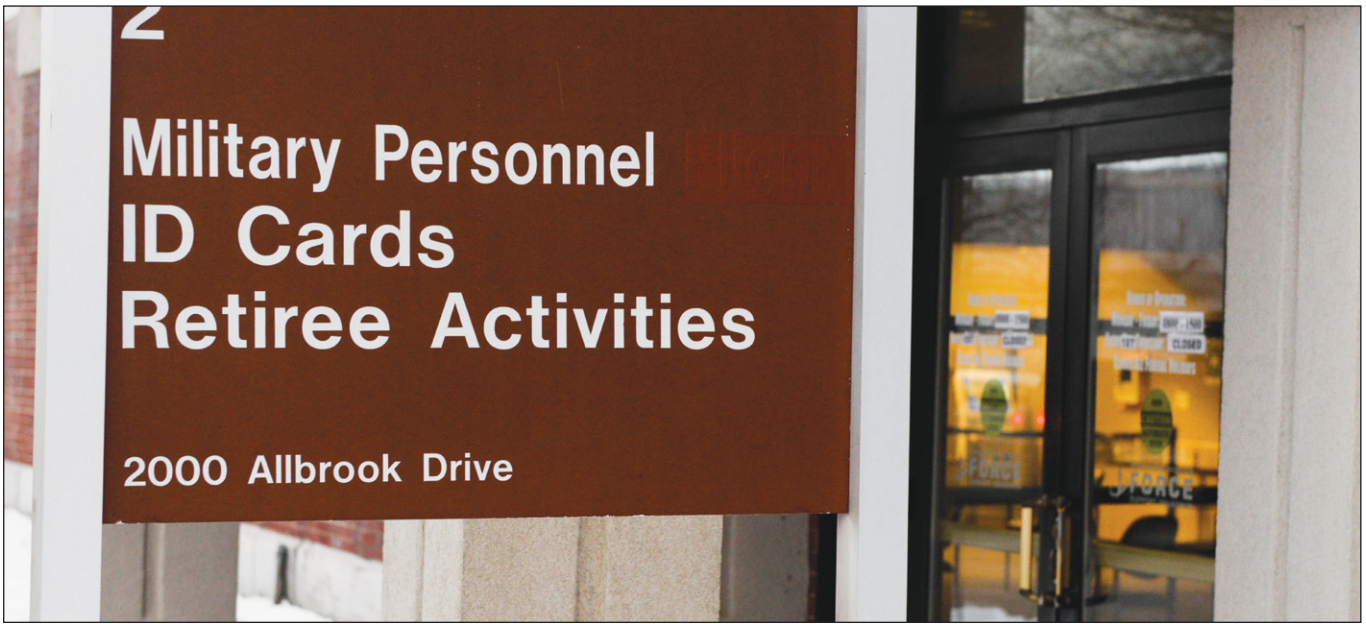


Photo by Wesley Farnsworth, Air Force



Photo by Senior Airman Timothy Moore, Air Force

ABOVE, Airman 1st Class Collin Sams, 786th Force Support Squadron ID card apprentice, helps a customer with her civilian ID card March 12, 2015, at Ramstein Air Base, Germany. **TOP,** The Military Personnel Flight which includes the ID Card section at Wright-Patterson Air Force Base, Ohio, provides a variety of services to active duty and retired military, reservists, civilian employees and families.

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Some of the upgrades featured in the Lendlease renovation project include updated kitchens with granite countertops and stainless-steel appliances. Upgraded ceiling fans, paint, baseboards and flooring are some of the features of a renovated home in the Comanche II housing area.

Fort Cavazos continues housing renovations

BY JANECEZ WRIGHT
Sentinel Living Editor

Lendlease officials and Fort Cavazos Cavalry Family Housing representatives toured a refurbished home in the Comanche II housing area here on Thursday to gauge the progress of ongoing renovations.

The four-bedroom, two and a half bath, two-story unit, which featured fresh paint, updated flooring and modern fixtures, represents the quality of life standard the Great Place strives to provide for Soldiers and military families.

Chris Albus, project manager for Cavalry Family Housing, explained that the revitalization project is part of Lendlease’s \$420 million five-year investment to modernize Fort Cavazos housing, an initiative that was announced in 2021 for demolition of outdated homes and subsequent construction of new junior enlisted homes, roof replacements on thousands of homes and renovations on thousands more.

Approximately \$90 million of the funds were ear-marked to renovate more than 1,340 units in the Comanche II, Comanche III and Montague housing areas.

“Cavalry Family Housing has already completed replacement of 3,000 roofs, road and curb work, and a large amount of tree work in several different communities,” Albus said. “We are also making significant progress in painting over 800 homes and building our new junior enlisted homes, having completed more than 80 since June of 2023. All this investment is having a

positive impact in improving the customer experience for our Army families.”

Clay Lee, Lendlease senior development manager, said the new units will feature up to 20 different floor plans and modern amenities, including new front doors and new back sliding glass doors, vinyl plank flooring, new baseboards, upgraded kitchens with granite countertops and stainless-steel appliances, new ceiling fans and light fixtures, updated bathrooms, new toilets and plumbing and most of the units will receive new HVAC units.

“I think the (renovations) are very important,” Lee stated. “The residents will tell you it’s like night and day from what the unit looked like previously,” he said of the improvements, adding that the renovations provide more than just a revamped place to live.

“The (renovations), they’ve had a great effect on morale,” Lee continued. “A wife dealing with kids and her husband’s gone ... When he comes back, he comes into a newer unit than when he left. That’s got to be a plus for their morale, not only for the Soldier, but for his family.”

Leslie Cromer, Resident Advisory Board president for

Cavalry Family Housing, and a Comanche II resident, expressed that she was amazed at the difference between her previous unit and her current renovated home.

“It was a big difference, night and day,” she said. “We just love all the upgrades, the stainless-steel appliances, they’re gorgeous! The old house felt like a rental, it didn’t feel like a home. This feels like a home.”

Lee explained that more than 820 units have already been renovated, with 520 units

currently scheduled to undergo construction.

He said renovating outdated housing at Fort Cavazos will continue to be a priority and the company has a plan to complete the work expeditiously.

Lendlease is scheduled to renovate 20 – 25 units a month, and in April, that number will increase to 35 – 40 a month, making the duration of the project close to two years to complete the more than 1,340 units.



Photos by Janecz Wright, Sentinel Living Editor

Fort Cavazos Cavalry Family Housing representatives and military leaders discuss ongoing housing renovations after a tour of an updated home Thursday in the Comanche II housing area.

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CSA visit reinforces commitment to quality of life



To better understand Soldiers' living conditions, Gen. Randy A. George, the U.S. Army chief of staff, visited a Soldier's room at the 1st Cavalry Division barracks. He heard their concerns related to room sharing and cramped spaces, seeking first-hand insights into their impact on Soldiers' well-being.

CSA: *Continued from A1*

for Soldiers, civilians and their families. It boasts a circulator route with 28 stops and a 20-minute loop at crucial facilities. It also has a micro transit system that mirrors ride-sharing services for barracks and family housing areas, with reservations accessible via The HOP app or by calling 254-933-3700.

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

Cavazos, noted an encouraging uptick in the usage of the new transit system within its initial two weeks.

"As of today, we've seen 856 riders utilizing the service," Stokes remarked.

Stokes mentioned that Fort Cavazos has the distinction as the first Army garrison to take part in the development of the new MyArmyPost app, which is tailored by and for Soldiers. This

venture highlights the critical role of accessible, current, and precise information in improving the living standards of Soldiers and their families.

"During our weekly newcomers orientation, we give new Soldiers and family members time to actually download the app," Stokes explained. "We ask them to provide in-app feedback and to complete the surveys there, which our public affairs can see."



Photos by Eric Franklin, Fort Cavazos Public Affairs

Gen. Randy A. George, the U.S. Army chief of staff, dedicated Feb. 20-21 to visiting Fort Cavazos, engaging in discussions with senior-level leaders from across the installation. His visit focused on reaffirming his ongoing commitment to enhancing the quality of life for Soldiers.

As the chief of staff of the Army concluded his Fort Cavazos visit, he reflected on the efforts of the leaders and Soldiers stationed there. Despite occasional negative reports, he affirmed that Fort Cavazos remains a great place. "It's a great community. These

are great units, great Soldiers, leaders who care and we're learning from what they're doing down here," George explained. "I wanted to tell all those leaders that because they're quiet professionals down here, just making things happen, and it's important to hear."

Blood donors ensure ample, continuous blood supply

Donations: *Continued from A1*

Wilson noted that one donation, can save multiple lives. "You can give one pint every two months, meaning you can only give a blood donation six times a year," he said. "But that blood donation you're giving can save three lives, so

it's vital."

He explained that whole blood and plasma are produced from each donation at the center.

Whole blood is used to treat patients who need all the components of blood, such as those who have sustained significant blood loss due to trauma or surgery.

Plasma is the liquid portion of blood that is used to treat burn patients, shock and bleeding disorders.

The American Red Cross states that O positive blood is the most frequently occurring blood type, accounting for 37% of the population.

The need for O negative blood is highest because it is used most often during emergencies. Only seven percent of the population is O negative, considered the universal donor because it can be used in transfusions for any blood type.

Wilson agreed. "O positive or negative is a large portion of what we do because O positive is the largest portion of the population, so we always have a big focus for it," he said.

Sgt. 1st Class Michael Copeland Jr., 615th Aviation Support Battalion, 1st Air Cavalry Brigade, and community life noncommissioned officer, felt it was important to donate because he is O positive.

"I know a couple of people that needed blood, a specific type that they just didn't have. So, me being O positive, I always think that my O positive is helping someone else in need across the state, across the country, across the nation. I just feel like it's necessary."

Kamilani Narcis, Cavalry Family Housing

resident services coordinator, agreed.

"We need to have blood available for our service members, there's definitely a lot of people who need it," she said. "I would encourage people to think about other families who might need it. You should donate not only for yourself and your family, but for others as well."

Wilson conveyed that the donors make all the difference in ensuring there is an ample and continuous blood supply.

"The most important portion of this right here is the donors," he said. "The donors are the most important thing, but the outcome of it is the blood products that they're giving for our deployed military."

"This is going to save somebody's life," Wilson continued. "Down range, there could be a Soldier in a training accident or ends up in a firefight and that blood is what's going to be needed. A quick 30 minutes out of the day ensures that he gets the remainder of his lifetime to come home."

Robertson Blood Center is located right beside Thomas Moore Clinic, across the street from the Military Police station. Visitors can donate from 7:30 a.m. to 3:30 p.m. weekdays. For more information, call 254-285-5808 and check out the Robertson Blood Center Facebook page for upcoming events.



Photo by Janecze Wright, Sentinel Living Editor

Benito Lopez, Fort Cavazos special projects technician, Kamilani Narcis, resident services coordinator for Cavalry Family Housing, and Sgt. 1st Class Michael Copeland Jr., 615th Aviation Support Battalion, 1st Air Cavalry Brigade, and community life noncommissioned officer, donate blood Friday at the Robertson Blood Drive Center blood drive event at Kouma Community Center.

Soldiers sample more than 100 different food items

Showcase: *Continued from A1*

"We have a couple of items that already seem to be grabbing the attention of some of the diners," Sturdivant said. "They have a salmon-based patty for breakfast. That is one of the alternatives when you're looking at breakfast alternatives that are non-pork. Now you're driven down the road of either providing beef or turkey bacon — well we

have more than turkey bacon We're trying to make sure that we are giving the Soldiers alternatives and different varieties when they come onto the dining facilities."

She shared that the breakfast salmon patty, a plant-based granola bar and some thickly sliced turkey bacon were some of the items that piqued her interest.

"The thickness and the portion of the bacon visually looks appealing," Sturdivant

said. "No one wants to look at a plate that doesn't have that much on it, but it's visually appealing for the plate as well."

Maj. Kresassidy McKinney, III Armored Corps chief culinary sergeant major, said the event was great in helping identify ways to implement more healthy foods in the dining facilities, as well as the grab-and-go kiosk areas that are planned to be set up around Fort Cavazos.

"I think the event will be a great way to get the Soldiers' feedback on the items that they like and what they will want to see in a facility or in our grab-and-go areas. That way we're kind of bringing the service to the Soldier. That's one thing we are big on — how we connect with the Soldiers on what they feel they like to consume, healthy options and things of that nature."

Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, attended the showcase and said she enjoyed her experience.

"I thoroughly enjoyed sampling a diverse array of fresh, high protein, plant based and vegetarian food options," she said. "The showcased offerings not only catered to a wide range of personal preferences but also aligned seamlessly with the Fort Cavazos food service strategy, emphasizing nutritional balance while also supporting the Department of the Army action menu standards. I believe the showcase was a positive step towards providing wholesome and a variety of food choices for the Fort Cavazos Community."

Sturdivant said that diners were asked to fill out comment cards at each vendor's table to rate the food items that the vendors brought. She and her team will use this input to determine which products were the most liked and then work with the Directorate of Logistics Agency to get the items added to the catalog so dining facilities can begin providing them to Soldiers.

"We're working to change the narrative of the Cavazos food program," she said. "I want to make sure we're staying abreast of the changes, what is new, refreshing and exciting out there to provide to the customers. We want to make sure the quality of life through the food service program is being increased as well. It's not just providing a service to the diners — it's providing what they want. At the end of the day it's not about food service ... it's about our Soldiers — the diners."



Photo by Blair Dupre, Sentinel News Editor

Soldiers receive plates of food from one of the vendors at the Culinary Vendor Showcase Feb. 13 at the Black Jack Dining Facility.

Spouse career pilot program enters second year

BY TODD LOPEZ
DOD News

WASHINGTON — In January 2023, the Defense Department kicked off the Military Spouse Career Accelerator Pilot program. As the program enters its second year, lessons learned from the first year will be used to make it even better going forward.

The three-year MSCAP program is designed to help military spouses find employment fellowships with participating companies. Following the conclusion of those fellowships, some military spouses may be offered full-time employment.

Eddy Mentzer, the program manager for spouse education and career opportunities in DOD's Military Community and Family Policy office, said military spouses often face a particular challenge finding employment because the military lifestyle means frequent moves that make it difficult to commit to a single employer or develop a career.

"No matter where you are, when you look at American society, the majority of families want to be dual employed — that's the same for our military families," Mentzer said. "The financial challenges that arise when a military spouse is unable to earn an income to augment a military member's income often means those families will rethink their decision to stay with the military."

As of January, Mentzer said, some 250 companies have signed up to provide employment opportunities to military spouses through the MSCAP program, and more than 490 spouses have been placed into fellowships. In the program's first year, a substantial number of those spouses were ultimately offered permanent employment.

"The biggest success we saw in the MSCAP's first year was the conversion of military spouse fellows into full-time employment," Mentzer said. "We had more than 85% of our participants that were offered full-time employment with their employer hosts, which was just an astronomical result. And we're already seeing that continue into year two of the program."

Maria Allo, the spouse of a Soldier in the Washington, D.C., area, applied to the

program in April 2023 and has found success. Through MSCAP, she got a fellowship as a customer engineer with Equinix, a company that operates data centers. She has since accepted full-time employment with the program. Originally a petroleum engineer, Allo said having her own career is important to her.

"It allows me to pursue a path that fuels my passion, challenges me intellectually and contributes something meaningful to the world," Allo said. "I enjoy providing solutions to issues, and this is what I do every day. It enables me to stay on top of the latest network trends and technologies, which will allow me to expand my knowledge."

After many months of looking for work, Allo said, her husband shared with her that DOD had the spouse education and career opportunities program that might help her with her job search. It was the Spouse Education & Career Opportunities office, with Military OneSource, she said, that pointed her toward the MSCAP program, and that is what ultimately led to her employment with Equinix.

Now, Allo said, she thinks MSCAP is a great opportunity — not just for her, but for other spouses as well.

"The MSCAP program doesn't just open doors, it blows the whole career wall down," Allo said. "Through the MSCAP, I have acquired an army of supportive, dedicated, hardworking military spouses like me, hungry to reclaim their professional identities. We have built incredible support, cheering each other on, sharing strategies and wiping away tears. I have found mentors and program managers that have been there every step of the way, pushing me and helping me strategize my job-search journey."

Courtney Clyde, an Air Force spouse at Joint Base Lewis-McChord, Washington, was once a military officer herself. But she said with the birth of their first child, the couple agreed she should leave military service.

Through the MSCAP program, she said she found a fellowship with the company Frog Street as a field marketing manager. Like Allo and many others, that fellowship turned into full-time employment. Meaningful employment is something Clyde said is important to her.

"I definitely saw the challenges that come with being a spouse with my own mom and kind of having to take a backseat to my dad's career," she said. "It's really important for me and for my daughter to see that you can still pursue your dreams, that the sacrifices you make are worth it and that you can make it happen."

At Frog Street, Clyde said she serves as a field marketing manager, and the experience there has been "absolutely incredible."

"I just walked into an amazing marketing team," she said. "They're very knowledgeable. My current boss, he was a veteran as well. He was the one that advocated for Frog Street to work with this program, and I absolutely love that. I think one of the biggest and most amazing parts of our community is veterans and spouses really helping each other."

The MSCAP program has just cleared the first year of a three-year pilot. In the next two years, Mentzer said, there are going to be changes to make the program even better, based on what has been learned so far.

"We have a lot of federal employers that are very interested in leveraging military spouse talent," he said. "How can we bring them into the fold as well as the private sector? There are definitely some challenges and some hurdles that we have to overcome within the federal sector."

Mentzer said MSCAP is working with federal employers to identify and break down

those hurdles.

"That's one of our big goals for year two ... to open up to the federal sector, as well," he said. "We know that federal employment for many military spouses is the employment choice."

So far, the program had been focused on "career-ready" military spouses, Mentzer said. Those are spouses with a level of education and previous employment experience that make them career ready. But he said in the second year of the program, they are looking to open it up to a wider range of military spouses.

"What we've done moving into year two is we've begun to open that aperture with what we're calling 'skills-based fellowships,'" he said. "These fellowships ... are designed for spouses that may be a little bit more entry level, may not have that education, may not have the experience, but are still looking to find meaningful employment."

At the end of the three-year pilot, Mentzer said he hopes MSCAP will become a full-time program.

"The goal is, right now, that we turn this into a full-time program that becomes a regular part of everything we do to support military spouses through the department, through the Spouse Education and Career Opportunities program," he said. "Year one is definitely what we would call a huge success. Year two is already on its way to being a bigger success."



The three-year Military Spouse Career Accelerator Pilot program is designed to help military spouses find employment fellowships with participating companies. Following those fellowships, some military spouses may be offered full-time employment.



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Photos by Eric Franklin, Fort Cavazos Public Affairs

ABOVE, Perched 750 feet above downtown San Antonio, the Tower of the Americas offers unrivaled views of the city. Visitors can enjoy the panorama from the revolving Chart House Restaurant, the Observation Deck or the thrilling 4D Theater Ride, making it a highlight among San Antonio Riverwalk attractions. **RIGHT,** Stunning mosaic murals adorn the city, with some covering entire buildings' sides and showcasing the city's artistic diversity.

Exploring heart of Texas: Downtown San Antonio's must-sees, from iconic River Walk to historic Alamo

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

SAN ANTONIO — My travel plans usually come together about as last-minute as a surprise party — sometimes, I pick a place to visit when I'm out the door.

From the time I was knee-high to a grasshopper, one place I've kept returning to is San Antonio. On a whim this time, I found myself back in the city where the heart of Texas beats the loudest. My adventure began at the Tower of the Americas, taking an elevator that felt like soaring up a beanstalk into the clouds. At 750 feet up, the wind doesn't just tousle your hair; it'll have you reminiscing about every piece of brisket and tamale you've ever pledged your love to.

The Observation Deck is less about observing and more about

clutching your hat — up there, the wind has a sense of humor, and your balance? That becomes the punchline.

Stepping down from the tower to the River Walk is like entering a Texan's reimagined Venice — swap out the opera for some honky-tonk, and replace those elegant gondolas with riverboats. The captains? They're comedians who could've sworn they were meant for the stand-up scene, offering a narrative as entertaining as the views.

A stone's throw from the River Walk stands the Alamo, a bastion of Texas pride. Inside, you step through the pages of history; outside, I was just another tourist squinting at his phone, taking lessons from Google Maps.

At Market Square, the fiesta at El Mercado is in eternal full

swing. Mariachi music fills the air, dueling with the crowd's laughter, while oversized piñatas make you wonder if they need their tax forms.

When my weekend was winding down, I was stuffed with incredible food and rich stories from the heart of San Antonio. My wallet was lighter, but my spirit? Richer than ever.

San Antonio is more than just a spot on a map; it's a living, breathing storybook. Each meal here starts a new chapter, and strangers are just friends you still need to share nachos with. And that last adventure of finding your car in a vast Texan parking lot? Just think of it as the final quest before home. If you ever find yourself in San Antonio, bring an appetite for more than just the food because the tales here are just as hearty.



LEFT, Market Square in San Antonio bursts with culture nearly every weekend, offering live entertainment, delicious food and family fun. Shoppers can find an array of unique multicultural merchandise in this vibrant area. **ABOVE,** Families from around the globe flock daily to the Alamo, one of the Texas' most historic sites.

Researchers dive into history of eclipses

BY NASA

Eclipses have been occurring on Earth since long before humans walked the planet. Throughout time, humans have had different interpretations of and reactions to these striking celestial events.

The oldest recorded eclipse in human history may have been on Nov. 30, 3340 B.C.E. A series of spiral-shaped and circular petroglyphs were found at the Loughcrew Megalithic Monument in County Meath, Ireland. Petroglyphs are rock carvings made by pecking into stone. Immediately in front of a carving that shows overlapping, concentric circles, archaeologists found the charred remains of nearly 50 individuals. Scholars continue to research and discuss the meaning of the petroglyphs.

Around 1200 B.C.E., scribes in Anyang, China, recorded eclipses on oxen shoulder blades and tortoise shells, called oracle bones. In these eclipse records, the scribes said, “The Sun has been eaten.” More than 3,000 years after these records were created, in the 1980s and 1990s C.E., a team of astronomers at NASA’s Jet Propulsion Laboratory studied these eclipse records to research changes in the Earth’s rotation. Determining exactly when the eclipse was seen and where the moon’s shadow fell on Earth helped them calculate the rate of Earth’s spin. The eclipses they used for this research were in 1226 B.C.E., 1198 B.C.E., 1172 B.C.E., 1163 B.C.E. and 1161 B.C.E. If Earth was rotating at the same speed it is now, these eclipses would have occurred thousands of miles from Anyang. Since we know they occurred in Anyang, the scientists concluded that Earth’s rotation had slowed by 47-thousandths of a second per day in the past 3,200 years.

Eclipses also appear in religious texts. Christian texts mention that the moon turned to blood after Jesus’ crucifixion — potentially referring to a lunar eclipse, during which the moon takes on a reddish hue. Using this textual source, scholars narrowed down a possible date of crucifixion to Friday, April 3, 33 C.E., because a lunar eclipse occurred that day. In the Quran, a solar eclipse is mentioned before the birth of Mohammed as well as on the day his son, Ibrahim, passed.

The Maya kept meticulous records of astronomical events, documented in hieroglyphs carved in stone, painted on pottery and murals and written on accordion-folded bark books called codices. The Maya astronomical record includes documentation of eclipses. In their book “Astronomy in the Maya Codices,”

Harvey and Victoria Bricker demonstrated that the Maya predicted the solar eclipse of July 1991. Knowledge of astronomy as applied to traditional agriculture, the curation of Maya calendars and ceremonial practices continues through the oral tradition in many Maya communities in Mesoamerica today.

At Chaco Canyon in New Mexico, a petroglyph carved into the rock face by early Pueblo people may represent an eclipse that occurred there on July 11, 1097. The petroglyph has a swirling loop jetting off the side — perhaps representing a coronal mass ejection from the Sun. NASA studies coronal mass ejections now using spacecraft that mimic the view seen from Earth during eclipses. There are many petroglyphs at Chaco Canyon, which provide important clues about how ancestral Puebloans studied the sun. The many Indigenous groups in North America have a variety of interpretations of eclipses, developed throughout history.

Eclipses have contributed to major advances in the history of science. Albert Einstein first proposed his theory of general relativity in 1916. However, it wasn’t until 1919 that results from an eclipse science expedition led by Sir Arthur Eddington validated the theory — and Einstein rose to fame. Einstein hypothesized that gravity is a warping of time and space, distorting the fabric of the universe. A large object — like the sun — can distort spacetime enough that its gravity could bend light. So, during the eclipse on May 29, 1919, scientists saw that some stars appeared in the wrong place — showing evidence of Einstein’s theory.

In August 2017, an eclipse crossed the United States, from Oregon to South Carolina. The path of totality crossed 14 states. This was the first total solar eclipse visible in the contiguous U.S. in 38 years and approximately two-thirds of the U.S. population lived within a day’s drive of totality.

A collection of 11 spacecraft from NASA and partner organizations — the National Oceanic and Atmospheric Administration, the Japanese Aerospace Exploration Agency and the European Space Agency — provided

observations of the sun, the moon and Earth during the eclipse. In addition, NASA provided a Gulfstream-III and two WB-57 aircraft for high-altitude observations. The International Space Station provided space-based photographs of the eclipse shadow moving across the United States. Many citizen scientists also participated in the eclipse, through programs including an eclipse ballooning project with the Montana Space Grant Consortium, the Citizen CATE telescope program and several mobile apps.

This country-wide celestial event was supported by many government agencies in addition to NASA, such as the U.S. Fish and Wildlife Service, National Park Service, NOAA and the Department of Transportation. It is estimated that around 215 million Americans viewed that eclipse: 61 million saw it electronically and 154 million stepped outside to see it with their own eyes.

People in the United States had the chance to experience an annular solar eclipse in 2023 and can view a total solar eclipse in 2024 — both of which

provide unique opportunities for science, education and exploration.

Editor’s note: Dr. Isabel Hawkins, an astronomer at the Exploratorium, and Alonso Mendez, an archaeoastronomer at the Maya Exploration Center, provided invaluable information, fact checking and edits to information about Maya and eclipses in this story.



Photo by the National Park Service

There are many petroglyphs at Chaco Canyon, New Mexico, which provide important clues about how ancestral Puebloans studied the Sun. This is an example from Chaco Culture National Historical Park.



Composite by Bill Ingals, NASA

This composite image shows the progression of a partial solar eclipse Aug. 21, 2017, over Ross Lake, in North Cascades National Park, Washington. A total solar eclipse swept across a narrow portion of the contiguous United States from Lincoln Beach, Oregon, to Charleston, South Carolina.

How to avoid scams, keep online data private

BY SHANNON COLLINS

Army News Service

WASHINGTON — Soldiers, veterans and their family members can keep their identities safe, minimize their online footprint and avoid scams by leveraging password complexity, using a password manager, separating work and personal accounts and enabling two-factor authentication.

Supervisory Special Agent Deric Palmer, Army Criminal Investigation Division, has more than 20 years of law enforcement and more than nine years focused on social media and data privacy.

Palmer said these public data brokers sell comprehensive reports on someone for as low as \$20 to obtain physical addresses, email addresses, phone numbers, social media accounts, contacts such as relatives and associates, professional licenses, court proceedings or a civil lawsuit and anything else that could be used for a social engineering scam campaign.

Scams

While the current scams are credit repair, crypto, social media account takeover, fraud and two-factor authentication scams, the ones with the biggest growth are confidence and romance scams.

“A pretty big problem for (Department of Defense) is online impersonation accounts,” he said. “It’s a multi-layered attack.”

For impersonation scams, they impersonate a general or the chief of staff of the Army. The impersonator will send a direct message via text message or social media saying, “I’m in a meeting with clients and need to get them some gift cards immediately,” or “I’m stuck in Syria and need to get \$2 billion out of Syria.”

“Will a two-star or four-star be text messaging you?” Palmer said. “Would they be using the word, ‘clients’ or asking for money? You’re dealing with a scammer. Impersonation accounts are predominant on social media. We’re starting to see them on Reddit, Quora and other sites like that.”

This scam causes reputational harm for the Soldiers who aren’t even involved in the scam.

“I’ve seen impersonation accounts of high-ranking officials as well as enlisted personnel,” Palmer said. “It causes a bit of reputational harm for those individuals, their service branch and the DOD.”

For romance scams, the scammer may target men or women older than the age of 50, trying to get them to send money. A young woman may lure a young Soldier into a relationship where inappropriate photos are exchanged. Then the scammer pretends to be a parent, telling the Soldier the woman was underage, in the possession of child pornography and extorts money.

The credit repair scam tells people it can help them increase their FICO score by 100 points or more. People concerned with their credit can raise their credit score 10 to 20 points by talking directly to creditors and the credit bureaus, he said.

Cryptocurrency scams are get-rich-fast schemes, usually citing high returns on investments, he said.

“With social media account takeover fraud, a hacker actually gets control of someone’s social media account,” he said. “They’ve hacked into the account, or they’re able to know information that showed up in a breach data site or password sale site.”

For example, a Facebook account is hacked. The password shows up in clear text and hackers purchase it off the dark web. They’ll go in and lock the individual out of the social media account. They’ll post about fake investment opportunities; share links about applications designed to do credential harvesting; gather personal details about their victim’s friends and family members; and use that to take over their account, Palmer said.

For the two-factor authentication scam, the scammers will pretend to be friends or contacts who need to get their accounts back. They ask for your phone number or email.

“If they’re your friends or family, they already have this information,” Palmer said.

Scammers will also set up fake online websites and stores. Check the website URL. For example, the URL for Bank of America is *boa.com*, not *bo.a.com*. Also, check their tab links. If there are broken links, odds are, it’s a fake page, he said.

Tips

“One of the ways you can protect yourself is password complexity,” Palmer said. “A lot of people tend to utilize the same password that’s either eight to 14 characters long across

multiple accounts.”

To increase password complexity, Palmer recommends using password manager applications such as 1Password, LastPass, Dashlane, Bitwarden and KeyPass.

“When setting up password manager for the first time, you’re going to have to create a master password. This is something only you would know. Not even these institutions will know what your master password is to your password manager,” he said. “This is where you want complexity. Use a pass phrase, space bars, replace letters with numbers, an exclamation point for a one. The password manager will give you passwords up to 30 characters, making it more difficult for hackers.”

Palmer recommends siloing out bins. What this means is use separate email addresses for social media, home life, reward programs and work.

“When you start segregating your life into these buckets or silos, we want to focus on data compromise. When companies are compromised, when you’re signing up for accounts, what information does that organization hold on you?” he said.

“If we utilize the same email address in all these different types of silos, you increase your exposure, your risk or your information getting compromised,” he added.

He said two-factor authentication isn’t 100 percent effective but develops a defense for your social media, e-mail and financial information websites.

Palmer also suggests giving false answers to security questions on accounts.

“Different platforms tend to utilize the same questions, and people tend to inadvertently post information on social media,” Palmer said. “We don’t naturally look through the lens of (operational security) on social media.”

He recommends purposely giving false answers on security questions. He also recommends using VPNs and to use all security and privacy features on social media sites.

Palmer said Soldiers, veterans and their families can never be 100% safe in the cyber domain but with these tips, they can better guard their information against scams.

“Separate siloing out your accounts, utilizing a really good password complexity, utilizing a password manager and two-factor authentication, this requires a lot more work on that hacker to go after your information,” Palmer said. “It lowers cyber risk and adds defensive layers.”

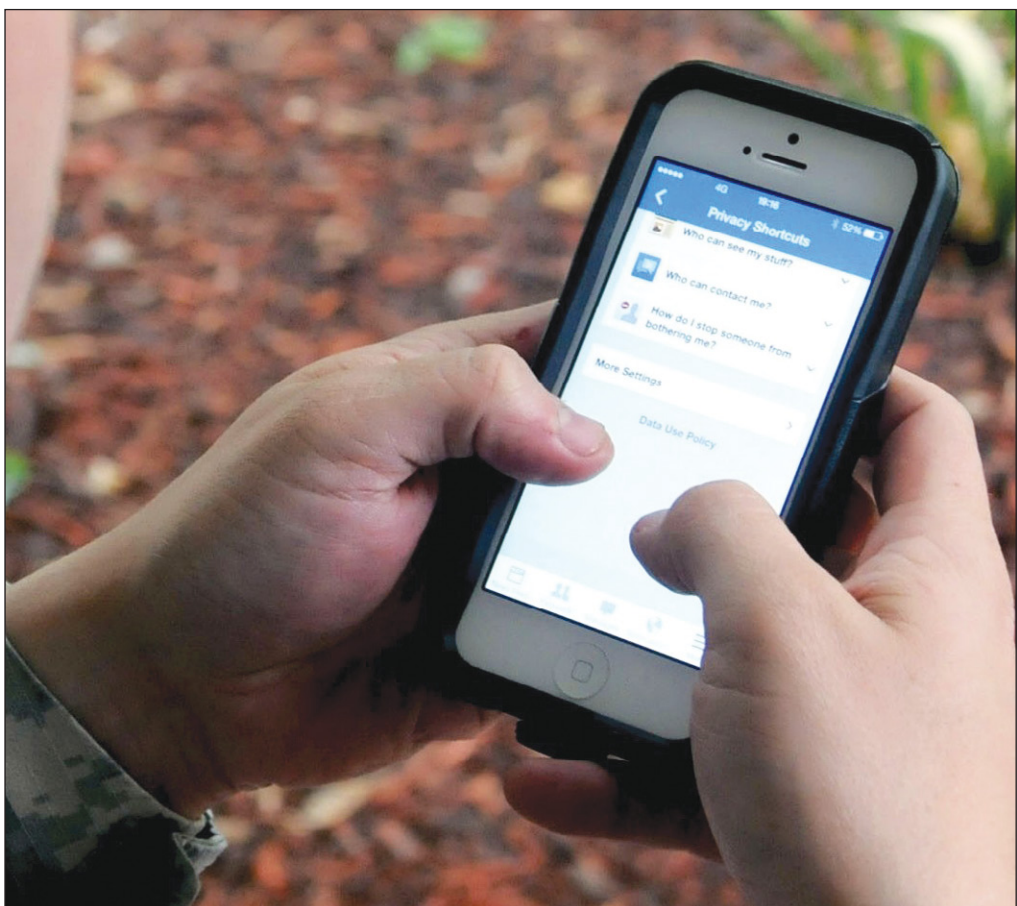


Photo by 1st Lt. Tyler Mitchell

Service members modifying their social media preferences can reduce the risk of identity theft and prevent scam artists from using private information to harm civilians.

Fitness enthusiasts head to Glute Camp

BY BLAIR DUPRE
Sentinel News Editor

Fitness enthusiasts who like big you-know-whats, can't lie about the fun they're having in one of the new fitness classes being offered at the Great Place — Glute Camp.

MaryAnn Bickford, Glute Camp instructor, has been a fitness instructor for more than five years and she came up with the idea to teach a glute-focused fitness class

at Fort Cavazos.

"If you look at society today, a lot of women want to train glutes," she said. "That's how I came up with the idea of having the glute class."

Fitness enthusiasts Tiera Reid and Christina Elder are proof that Bickford's observation was correct and they know that the work they put in at Glute Camp will help improve their strength and confidence.

"I like how it works out your whole lower half and I want to be able to build it and

look good," Reid said. "That's what (the class) does for me."

Elder agreed, adding that the support of Bickford adds to their success.

"She's helping us put in the work to get those results," she stated.

Bickford said that she hopes to incorporate weights into the class as time goes on, to which Reid and Elder added, with a laugh, that utilizing their bodyweight during the workout is enough of a challenge for now.

"It's a good pain," Elder said. "You're growing something. It lets you know that some results are about to happen."

Bickford said the most challenging part is just showing up for the first time, however, she promises that it will be worth it and participants will have fun.

"It's just like another other group fitness class — that first step you have to make on your own. That's why you have the trainers

there, as a participant, to help motivate you and keep you going. And we have fun in classes."

Reid agreed.

"It's just taking that first step," Reid said. "Once you feel, it you won't be nervous anymore because now you know what to expect."

Elder shared the same sentiment.

"It's fun. It's a good time," she added. "There's nothing like working out in a fun way."

Glute Camp takes place 9 to 10 a.m. on Monday and Wednesday and 5:30 to 6:30 p.m. on Tuesday and Thursday at Starker Functional Fitness Center.

Visit Starker Functional Fitness Center to try out the Glute Camp or check out the full list of fitness classes being offered at Fort Cavazos and their schedules at <https://cavazos.armymwr.com/programs/group-fitness-classes>.



MaryAnn Bickford, Glute Camp instructor, leads participants in warm-up stretches Jan. 23 at Starker Functional Fitness Center.



Fitness enthusiasts Tiera Reid and Christina Elder participate in Glute Camp Jan. 23 at Starker Functional Fitness Center.

Photos by Blair Dupre, Sentinel Living Editor



FORT CAVAZOS CHAPEL SERVICES



CATHOLIC

Sunday Mass, 9 a.m., Main Chapel, www.facebook.com/FtHoodRomanCatholic/
Noon Mass, Monday through Friday, 12 p.m., Main Chapel
Confession after Mass or by appointment, call 286-6749, Main Chapel

PROTESTANT

St. George Parish (Anglican, Lutheran, Episcopalian), Sunday, 9 a.m., Old Post Chapel, www.facebook.com/Ft-Hood-Liturgical-Chapel-Service

SPANISH PROTESTANT

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

GOSPEL CONGREGATION

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

TRADITIONS

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

CHAPEL NEXT

Contemporary Service, Sunday, 11:15 a.m., Main Chapel, www.facebook.com/ChapelNextFortHood

OPEN TABLE

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

WFH PROTESTANT

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

JEWISH

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

MUSLIM

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

OPEN CIRCLE

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

BUDDHIST

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

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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***

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Wednesday Bible Study	6:00PM
Thursday Choir Practice	6:00PM
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PRESS 1

Married Army JAG officers promoted together

BY STAFF SGT. SHATYRA REED-COX
U.S. Army South

FORT SAM HOUSTON, Texas — It's not every day that a courthouse is the site for a promotion ceremony. But the Fort Sam Houston Courthouse served as the perfect backdrop Feb. 9 for the advancement of two distinguished Judge Advocate General's Corps officers, marking a significant milestone in the careers of a couple who have served their nation together with distinction for two decades.

A place typically reserved for legal proceedings and military court martials, bore witness to a historic moment as Lt. Col. Jennifer Venghaus, the U.S. Army South judge advocate, and her husband, Lt. Col. Joseph Venghaus, trial judge of Fort Cavazos' Fifth Judicial Circuit, were promoted to the rank of colonel during a joint ceremony hosted by Maj. General William Thigpen, the U.S. Army South commanding general.

"It's an absolute honor for me to preside over a joint ceremony for what I would call an Army power couple," said Thigpen. "It's a great day for the Army and the JAG Corps as we get to recognize two phenomenal officers, leaders and Soldiers in front of their families and friends. You are truly looking at the best and brightest the Army has to offer."

The Fort Sam Houston Courthouse was a fitting tribute and testament to their unwavering dedication, shared accomplishments and enduring partnership.

"The courtroom is such a special place," Joseph declared with conviction. "It is more than just a building; there is something about the gravity of this place. When you hear, 'court is in session,' it sucks all the air out of the room."

For more than 20 years, they've excelled in various roles within the legal arena, emerging

as a dynamic duo within the Judge Advocate General's Corps.

"I have immense respect for Joe and Jennifer as officers, as attorneys and as great people," said Col. Jarrett Dunlap, the U.S. Forces Command staff judge advocate. "They are the best team in the JAG Corps because they balance each other out and complement each other so well."

Jennifer expressed profound gratitude for the opportunity to continue serving her country at an elevated capacity.

"I wouldn't be here without the tremendous peers, subordinates and leaders that I've had over the years," she said. "My success is a tribute to everyone who has worked with me."

She has held a multitude of positions, including legal assistance attorney, operational law attorney, command judge advocate, chief of criminal law, special victim prosecutor and personnel law attorney at the Pentagon.

"The Army not only promotes you for what you have accomplished, but your potential to serve at higher levels with more responsibilities," Thigpen said. "Jennifer's tremendous resume absolutely speaks for itself, and it is no secret that she has a great reputation."

Her steadfast commitment to upholding the rule of law and protecting the rights of Soldiers reflects the highest ideals of military service.

"The Army has benefited from her years of service," said Col. Bret Batdorff, the chief circuit judge for the Second Judicial Circuit. "It brings a smile to my face that we will continue to reap the benefits of Jennifer for years to come."

Joseph is distinguished for his judicious temperament and unwavering dedication to justice within the Fifth Judicial Circuit, embraced the responsibilities accompanying his new rank.

"I am so honored to not only be promoted,

but to be a judge. It's such a special job," he said. "I've seen so many changes in the Army for the better. I want to keep that forward momentum and keep moving things forward."

Dunlap described Joseph as not only an expert in the courtroom, but also a professional who carries justice in an appropriately balanced way.

"When I think of Joe, I think of balance in so many ways," Dunlap said. "You can see Joe is perfectly balanced on the defense side and the government side. It's no question why he is the right guy to be on the bench right now."

Joseph has provided a full range of defense legal services to Soldiers in Germany and Iraq during his tenure in trial defense service. He served as the regional defense counsel in Kaiserslautern, Germany, as well as the chief of justice for 1st Special Forces Command. Additionally, he offered advice and training to trial counsels during his time at the Trial

Counsel Assistance Program.

Their journey is characterized by a seamless passing of the baton, supporting each other through deployments, the demands of military life, relocations and the responsibilities of parenthood.

Their story resonates deeply with the challenges faced by dual-military couples, yet they have navigated these obstacles with resilience and grace, emerging stronger together.

The joint promotion of colonels symbolizes more than mere professional advancement; it underscores the strength of their shared resolve, the depth of their commitment to service, and the enduring power of partnership.

As they embark on this new chapter in their illustrious careers, they serve as beacons of inspiration to all who aspire to uphold the values of duty, honor and country.

Dunlap concluded, "I know the Army and military justice are in great hands!"



Photo by Staff Sgt. Christopher Hubenthal, DMA Pacific - Hawaii Media Bureau

Col. Jennifer Venghaus, the U.S. Army South staff judge advocate, and Col. Joseph Venghaus, trial judge, 5th Judicial Circuit, pose for a photo after their joint promotion ceremony Feb. 9 at Fort Sam Houston Courthouse, Fort Sam Houston, Texas.



Courtesy photo

A picture of Maj. Patrick Miller, a 2014 Fort Hood shooting survivor, during his recovery in 2014, in Texas. Miller is one of 16 survivors of the tragedy and today works at Tripler Army Medical Center, Hawaii.

Perseverance through pain: Officer recovers from tragedy, overcomes hurdles

BY CHRISTOPHER HURD
Defense Media Activity - Army

WASHINGTON — Nearly 10 years ago, then Maj. Patrick Miller was lying in a hospital bed at Fort Cavazos, then Fort Hood, awaiting a second emergency surgery for a gunshot wound to the stomach.

His wife, Ashley, had been praying by his side the entire time. She was on one side of the bed while Miller's brigade commander, then Col. Bertram Providence, and base commanding general, Lt. Gen. Mark Milley, were on the other.

Miller was slightly out of it, but he saw the three of them talking and wanted to reassure them he was alright. He couldn't speak because of the tube in his throat, so he motioned for a nurse to bring him a pen and paper.

He wrote, "Sir, let everyone know I'm doing OK and that we are going to get through this together as a family/team."

"In that moment, that carried the day, and it carries it now," he said thinking back on that morning. "We all get bloody noses in life, and we all stumble, but it's about what we do after, and how we can persevere through anything."

He commissioned in 2002 as a medical service corps officer, staying in the family medical profession. His first job was as a medical platoon leader with the 1st Cavalry Division at Fort Cavazos.

He showed up to the battalion as a self-described green, new, 22-year-old officer with much to learn, and within a few months, the unit deployed to Iraq.

"It made you grow up in a hurry," he said of the 13-month-long deployment. "That was my indoctrination into the Army."

Being thrown into the fire early on made him learn quickly, he said. It was a lot of making decisions, team building and finding ways to save lives on the battlefield.

"We suffered shared hardships, but we were able to bring everyone in the platoon back alive," he said. "Thinking back on (that time), it was pretty intense."

Miller pushed through the challenges of

that deployment and another 15-month Iraq deployment a few years later before deciding he was ready for a change of pace.

Between the five to six-year service mark, medical service corps officers can apply for long-term health education programs. In 2009, Miller used this program to attend the defense comptrollership program at Syracuse University. There, he earned a dual master's degree in business administration and public administration while also meeting his wife.

"That was the most fun I've had (in the Army)," he said.

After completing the program and a one-year internship, he continued down his Army medicine journey as a health services comptroller, which ultimately led him back to Fort Cavazos in 2013. He was seven months into his assignment as the comptroller of the 1st Medical Brigade when the shooting took place.

It was a spring afternoon. Miller and the rest of the staff were winding down for the day when gunshots rang out from inside the building. Miller went through the office and told everyone to get down and hide. He checked the hallway to see if anyone needed help and saw a Soldier at the other end.

Miller called out, "Dude, what are you doing? Get out of the hallway!"

The Soldier ran in his direction. Miller thought he was looking for safety, but before he knew it, the Soldier pulled out a gun, pointed it at his stomach and pulled the trigger.

As the shooter tried to reload the gun, Miller pushed him away. He closed and locked the office door. His medical training kicked in as he put pressure on the wound with one hand while dialing 911 with the other.

He saw people hiding under their cubicles and brought them to his back office where he locked the door. Fear crept into his mind while assessing the damage.

"I didn't feel an exit wound, and I thought I was going to die from internal bleeding," he recalled.

After 45 minutes, he was still conscious and



Photo by Staff Sgt. Christopher Hubenthal, DMA Pacific - Hawaii Media Bureau photo

U.S. Army Maj. Patrick Miller, Tripler Army Medical Center resource manager, poses for a photo with his wife and daughter during a Thanksgiving potluck Nov. 18, 2016, at TAMC, Hawaii. Miller is a survivor of the 2014 Fort Hood (now known as Fort Cavazos) shooting.

not coughing up blood. The fear was now replaced by hope. He thought to himself, "I'm going to live, but I need to get out of this office."

He crawled out of a nearby window and found the military police. They rushed him to the Carl R. Darnall Army Medical Center. There, he immediately went in for emergency surgery.

The bullet went through his colon, fractured a rib and got lodged in his back. It missed his heart and spleen by two inches. Miller went through three major surgeries and spent two weeks in the intensive care unit. During that time, he dealt with infections and fever while having tubes and incisions all over his body.

"It became real in a hurry," he said. "That was the hardest thing I've ever had to do in my life."

He wasn't alone in his fight. He was surrounded by family and friends and a hospital staff providing him with 24/7 care. After being bed ridden for the first week, the staff encouraged him to get up and get moving.

He could barely walk at first, but he slowly built up his strength until he was able to do laps around the ICU with the help of a wheelchair.

"I loved the care I got there," he said thinking about his time at the hospital. "Army medicine saved my life."

When he got home, Miller spent the next several weeks making incremental progress in his recovery. He started walking with his wife and built on that each day. After a month, he went back to the gym with a medical bag still attached to his side.

Throughout that difficult time, Miller's determination and commitment to the Army never wavered.

"(Leaving the Army) never crossed my

mind," he said. "I love to serve. I love to lead and build teams. I can't imagine doing anything else."

The 2014 active shooter incident saw four Soldiers lose their lives including the shooter, while 14 people were injured.

Miller moved to Fort Leavenworth, Kansas, four months after the shooting for Command and General Staff College. He continued in his recovery and started training for marathons. He enjoyed running and wanted a milestone to strive for.

"I think it was a mental challenge more than anything," he said. "It gave me clear goals to meet and an accomplishment that I could focus on."


Two months later, he ran a half marathon. He continued running at his next command as he worked his way back to a full recovery. He finished two half marathons and two full marathons while he was stationed in Hawaii.

"I don't take one day, one breath for granted," he said "And to my core, I believe in positive energy. That's how I lead, that's how I try to be as a husband, a father and a Soldier. I tell people this all the time, but I don't have bad days anymore."

Since 2017, Miller has put on a wounded warrior benefit concert in Buffalo, New York. He routinely speaks to commands about his active shooter experience to increase awareness and give a real-life perspective.

He was promoted to colonel this fall and will assume brigade command in the summer of 2025. He plans on staying in the Army as long as he can and continue to serve, inspire and educate others.

"None of this would've been possible without Army medicine," he said. "They've been there for me, not just the two weeks after the shooting, but for the last ten years of my career."



SPECIAL DELIVERIES

JAN. 30, 2024

A daughter, **Claire Eloise**, to Andrew and Sarah Crush, DENTAC.

FEB. 2, 2024

A daughter, **Julia Grace**, to Joshua and Brit-tany Salinas, 1st Cav. Div. Band.

FEB. 10, 2024

A son, **Henry Christopher**, to Jack and Abigail Steinhoff.

FEB. 14, 2024

A son, **Kai Jammal**, to Aaliyah Harvey, 3rd ABCT.

A son, **Kallen Gene**, to Brayden and Jasmine Seager, 1st ABCT.

A daughter, **Maya Le Ann Nichole**, to Se-bastian and Jasmine Winkler, 3rd Cav. Regt.

FEB. 15, 2024

A son, **Miguel Rey**, to Gabriel Salinas and Makayla Hernandez, 1st Cav. Div.

FEB. 16, 2024

A son, **Amari Josiah**, to Fredrick and Mon-ica Boazman.

A daughter, **Olive Andrea**, to Ryan and Anslie Krese, 36th Eng. Bde.

FEB. 17, 2024

A son, **Weston Owen**, to Austin and Stepha-nine Sharpe, 1st Cav. Div.

FEB. 18, 2024

A son, **Austin David**, to Samuel Reynolds and Sophie Hayhoe, 1st Aviation Cav. Bde.

A daughter, **Gemma Selene**, to Francisco Martinez and Giseel Cazares, 3rd Cav. Regt.

FEB. 19, 2024

A daughter, **Iesha Annette**, Curtis Jr. and Jahmara Broussard.

A daughter, **Jayla Joanna Azora**, to Jovanne Dunbar and Ayana Wallace, 1st Cav. Div.



Photo by Rodney Jackson, CRDAMC Public Affairs

Col. Matthew Mapes, deputy commander, Carl R. Darnall Army Medical Center, and Sgt. Maj. Anthony Forker, Jr., command sergeant major and senior enlisted advisor, CRDAMC, present Charles Henderson, medical evaluation board officer, CRDAMC, and retired sergeant first Class, a certificate for 35 years of government service in a ceremony Feb. 1 at CRDAMC.

CRDAMC veteran continues to serve after more than 30 years

BY RODNEY JACKSON
CRDAMC Public Affairs

Charles Henderson, medical evaluation board officer, Carl R. Darnell Army Medical Center, and retired sergeant first class, was awarded a certificate for 35 years of government service in a ceremony Feb. 1 at CRDAMC.

Henderson retired from the Army after serving 22 years as a track vehicle mechanic and then worked as a security specialist for the hospital for one year. He has served as a medical evaluations board officer for the past 15 years.

He enjoys helping fellow Soldiers receive support from the many different programs offered to them to make a successful transition out of the military and

into a civilian life.

Henderson chose to be a mechanic because it would be a good civilian job to transition into but wasn't aware of the tough lifestyle ahead.

"As a track vehicle mechanic, I was in the field for the first 12 years of my military career, but being from Alabama that didn't bother me, because I'm an outdoors person," Henderson said.

Throughout his career, he had his share of assignments with many combat units on military posts in the U.S. and Europe, and deployed for Desert Storm and to Afghanistan twice.

He met his wife Dawn in Hinesville, Georgia, who is also a veteran, and they were dual military until his retirement.

The day of the awards ceremony marked

a special day for them both.

"This is amazing, I got this award today on our son Christian's 27th birthday," Henderson said. "There is nothing that I could have done without Christ. Everywhere I went through, he was there and has taken me through these 35 years."

Henderson added that he enjoys still getting the chance to take care of Soldiers and helping them transition successfully out of the military to a civilian life is a joy.

He recommends all Soldiers take advantage of going through the Soldier for Life – Transition Assistance Program and all of the other workshops offered, because it will allow them to see what options are available to them and help them choose what they want to do in the civilian sector.

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Eric's Tech Talk

Virtual reality within affordable price range

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

My son, Aidan, 11, ripped open a gift that revealed Meta Quest 3 headsets this Christmas. Initially, I merely observed, captivated as he plunged into vast new virtual worlds extending right from our living room.

Launching the Quest 3 adventure felt more akin to entering a game than configuring a gadget. Aidan's enthusiastic high-fives flew as we effortlessly completed the setup, transforming what I anticipated to be a typical tech hassle into a delightful surprise.

Seeing how Meta crafted a device that resonates with kids and is straightforward for adults was impressive. Aidan marveled as we explored games and educational apps. Observing everything from my vantage point on the couch, I couldn't agree more. The future had arrived in our living room, beckoning us both to join in.

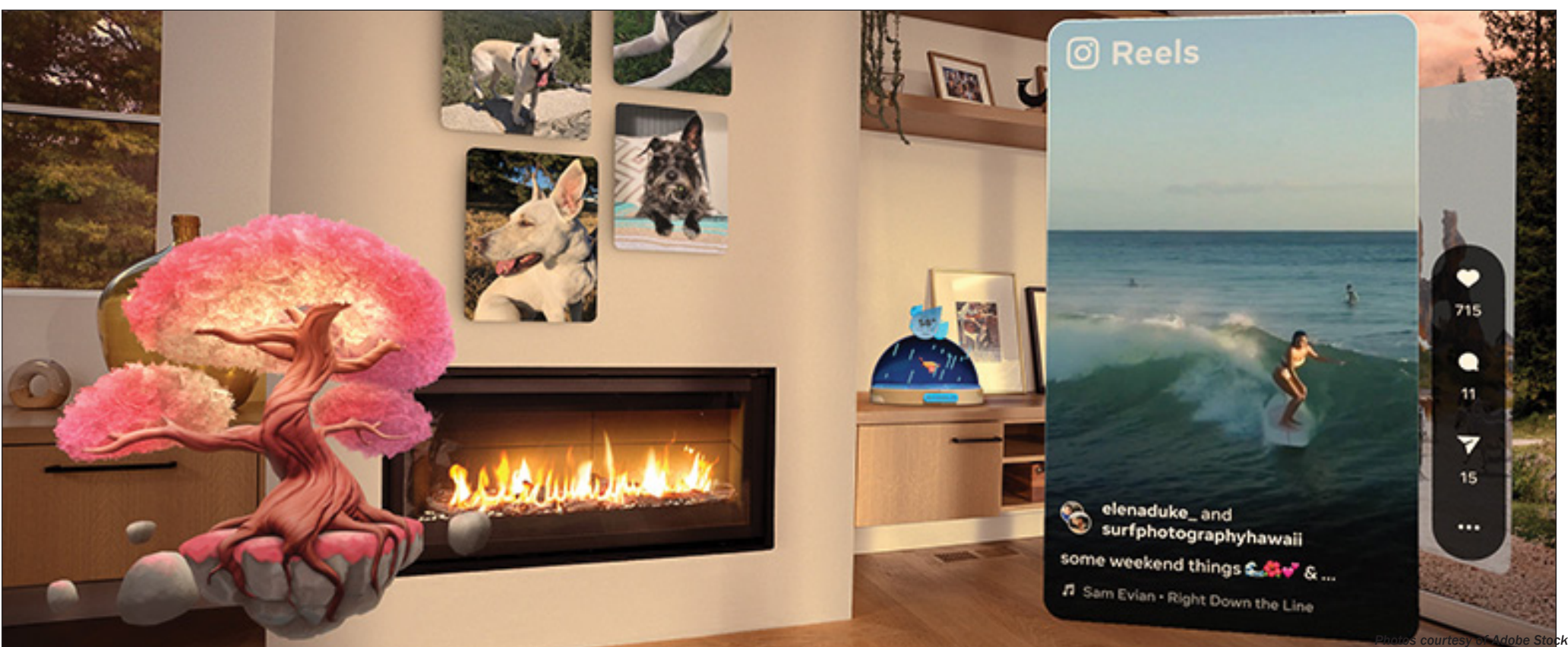
Now, about the headset – it's revolutionized the game. Forget the cumbersome, awkward virtual reality sets of the past. The Quest 3 stands apart; it's incredibly light and

comfortable, allowing Aidan to embark on lengthy quests without any discomfort. Each world we explored was vivid, smooth and utterly captivating. This leap forward isn't just an improvement; it feels like the fulfillment of what we always hoped VR could become.

Here's the best part: the Quest 3 is surprisingly affordable. Stumbling upon high-caliber VR that doesn't break the bank was like finding treasure. This value proposition nudged us toward it over the Apple Vision Pro. While the latter boasts advanced features, the Quest 3 strikes the perfect balance of quality, comfort and cost-effectiveness. It's an ideal choice for families eager to venture into VR without financial worry.

From one adventure enthusiast to another, the Meta Quest 3 is a portal to a realm filled with wonder, excitement and endless discovery. It transcends mere gaming; it's about crafting unforgettable experiences with your children, filled with joy and learning in ways previously unimaginable. While the Apple Vision Pro may allure with its features, the Quest 3 uniquely unites families. But don't just take my word for it; experience it yourself.

The future is here, and it's spectacular.



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Y R P S X W H R U O T S Q T P
O S R E T S A O C R E L L O R
T E K C U B N L K J H G F D C

Today's unlisted clue: NICKEL

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

Friday's unlisted clue hint: A FIVE-CENT PIECE

Barrel Bench Bucket Chair Comb Desk Horse Leg Roller coaster Shingles Shoes Spatula Spoons Staircase Table

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JUMBLE

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

FNITU

HOPOM

GIRNIO

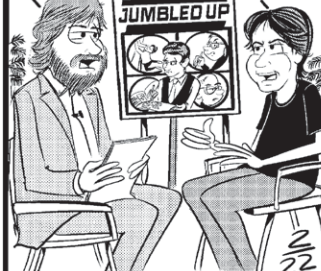
RMLEVA

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THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

You've made so many of these movies. Are you going to change your name to Ethan Hunt?



TOM CRUISE COULD MAKE SO MANY "MISSION IMPOSSIBLE" FILMS BECAUSE HE ---

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

Jumbles: UNFIT OOMPH Answer: UNFIT

Jumble: UNFIT OOMPH Answer: UNFIT

Jumble: UNFIT OOMPH Answer: UNFIT

Jumble: UNFIT OOMPH Answer: UNFIT

Jumble: UNFIT OOMPH Answer: UNFIT

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Jumble: UNFIT OOMPH Answer: UNFIT

Jumble: UNFIT OOMPH Answer: UNFIT

FREE Classified ads to Fort Cavazos personnel and retirees



Classifieds ADVERTISING FORM

LIMIT: Three ads per person per week. Each ad will only run once.

DUTY/WORK phone number will not be printed in advertisement.

DEADLINE: Mondays at 5 P.M. before publication date.

If you are retired military or retired DA civilian, include current employer and work phone number on the application.

For more information, call **254-634-6666**.

The following advertising classification or categories **DO NOT QUALIFY AS FREE CLASSIFIED ADS:** residential or commercial real estate listed for sale or lease with a broker or agent; self-employment, such as childcare providers, food, jewelry, personal services, and messages; commercial business or money making ventures that are not personal property; group, organization, unit, or division garage sales, other than "Village-Wide" garage sales.

We DO NOT ACCEPT the following advertising classification or categories: gambling, alcohol ads that promote over indulgence; gentleman clubs; pawn shops, who do not fully disclose their terms; payday lending companies; tobacco ads of any kind; political ads; ads considered offensive or inappropriate for readers.

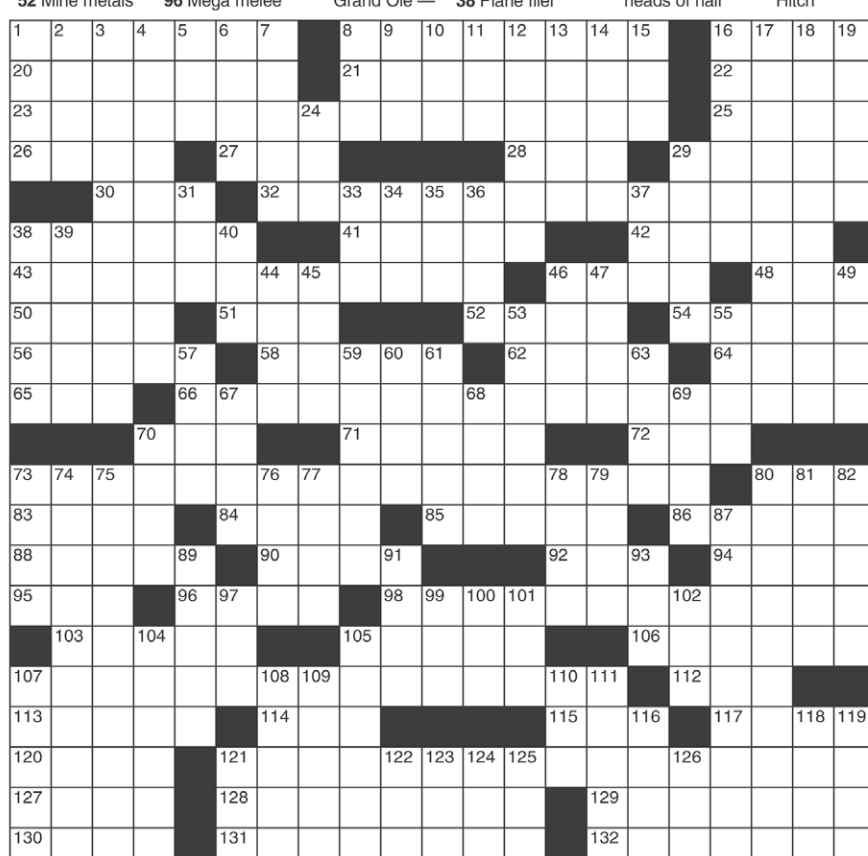


SCAN HERE

PREMIER CROSSWORD/ By Frank A. Longo

UNIVERSITY SUBSTITUTES

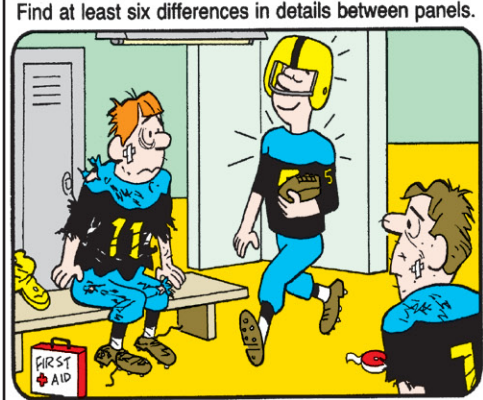
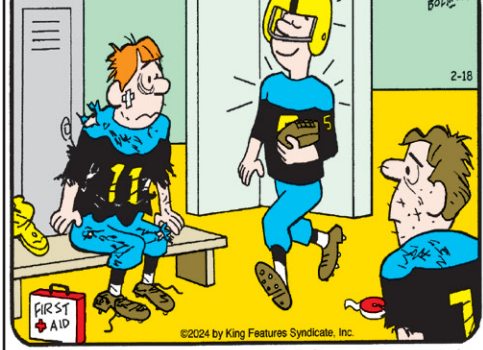
ACROSS
1 Small, sticky sheets
8 Sentimental souvenir
16 Bit of aquatic flora
20 In hitting position, in baseball
21 Haphazardly
22 Ringing thing
23 Providence university founded to educate Dracula?
25 Not phony
26 Auld lang —
27 Wed. precursor
28 Stale
29 Passover bread
30 Pixieish type
32 Nicer than a Madison university?
38 Actress Anderson
41 Jeans, e.g.
42 Ridden horse
43 Located on a Somerville university's campus?
46 Pooh or Yogi unit: Abbr.
50 Clueless
51 Cruise of film
52 Mine metals
54 Baseball Hall of Famer Tony
56 Some Siouan people
58 Shakur of hip-hop
62 LAX stats
64 Little — ("Hairspray" girl)
65 Certain till bill
66 Title of a picture album featuring an Atlanta university?
70 Paella veggie
71 Singer Abdul
72 Org. offering towels
73 Inadequate leader of a Durham university?
80 Easter meat
83 Santa — (desert winds)
84 Tart garnish
85 Italian actress Sophia
86 NFL coach Don or Mike
88 Fort Knox bar
90 — deck (cruise ship part)
92 Cup edge
94 Actress Lena
95 Loud noise
96 Mega melee
98 Unable to escape from a New York university?
103 Routine
105 Animals of a region
106 Pretenses
107 Houston university attended for four complete years?
112 Tattoo fluid
113 Make ecstatic
114 "Way cool!"
115 Tazo drink
117 "Intolerance" star Lillian
120 TV imp
121 Leave a New Haven university with no exit fee?
127 Kin of -trix
128 Able to do no wrong
129 Swiveled
130 Big name in private jets
131 Used a sieve on
132 Partner of Hutch
DOWN
1 Alehouses
2 Nashville's Grand Ole —
3 Wall builder, e.g.
4 Moist wipe
5 "Son of," in Arabic names
6 Successor of Roosevelt
7 Malt brew
8 Kit — bar
9 Biblical verb ending
10 Sooner than, in verse
11 — Man (arcade game)
12 Hair nets
13 Past puberty
14 Organizing expert Marie
15 First-aid pro
16 Chafe
17 Golf great called "The Merry Mex"
18 Like many a bored person's eyes
19 Permit
24 Early car initials.
29 Subway system
31 Winter woe
33 Mil. missions
34 Fissure
35 The Yoko of "Dear Yoko"
36 "Beetle" Bailey" dog
37 Troop gp.
38 Plane flier
39 "La, — to follow so"
40 Sternward
44 Dog in Oz
45 X-rated stuff
46 Actress Mary — Hurt
47 Actor
53 Fix channel
55 Peru's capital
57 Went swiftly
59 Burst open, as corn
60 Lab gel
61 Very mean
63 Eye carefully
67 Lug
68 In addition
69 Gobbles up
70 Cali currency
73 Installed, as carpet
74 Totally wipe out
75 Document of English liberties
76 Metric mass, in brief
77 Give forth
78 Nixing mark
79 City in Oklahoma
80 Hawaiian dancers' garments
81 Wonderland girl
82 Long, thick heads of hair
87 Wishing to receive
89 Stale
91 Royal name of Norway
93 Sow or boar
97 Figure skater
99 Arles assent
100 Wolf Blitzer's channel
101 Chiang —
102 Rapa — (Easter Island)
104 No longer ill
105 Hat for Frank Sinatra
107 Minitous sort
108 Former senator Lott
109 Slipful sort
110 Home for a 93-Down
111 Messy stacks
116 Dismounted
118 Search for
119 Lamarr of "Algiers"
121 Mil.
122 Mentalist
123 Geller
124 Certain till bill
125 Bouquets-to-order co.
126 Mendes of "Hitch"



#2,182 Average time of solution: 67 minutes

HOCUS-FOCUS

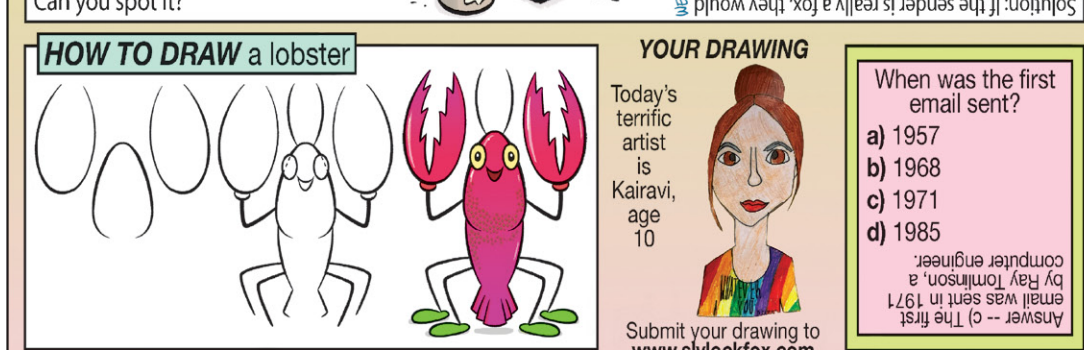
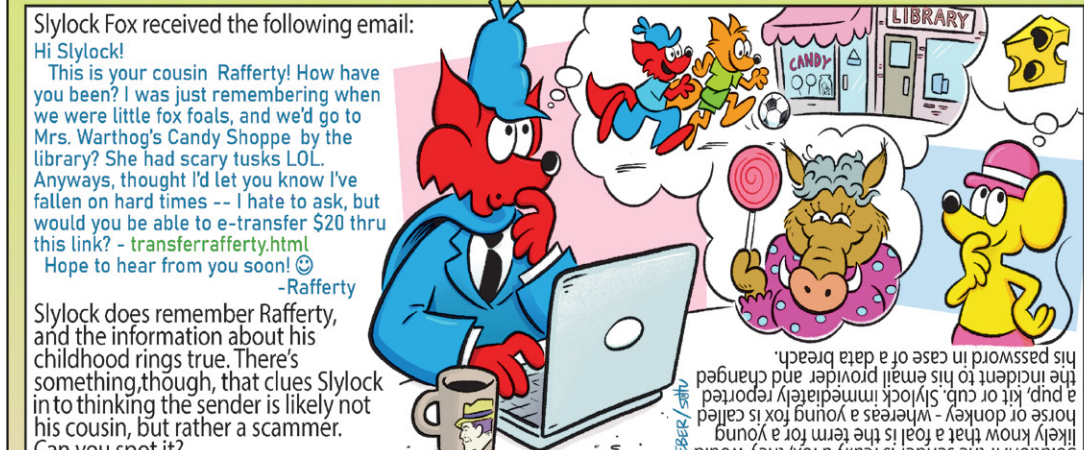
BY HENRY BOLTINOFF



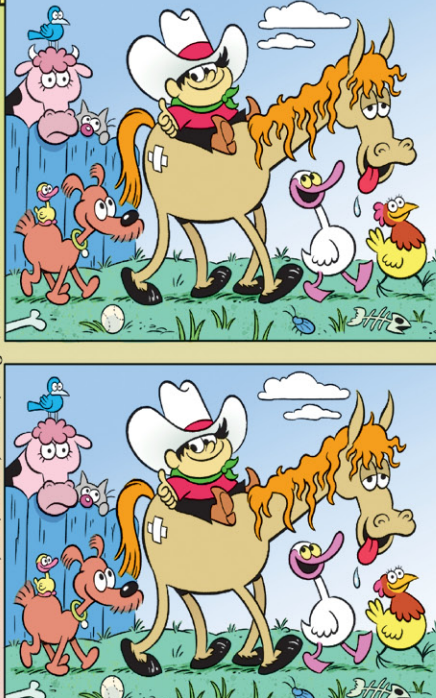
Differences: 1. Leg is longer. 2. Arm is longer. 3. Top of bench is wider. 4. Shoe lace is moved. 5. Brandy is added. 6. Wall is

SLYLOCK FOX

BY BOB WEBER JR.



Spot six differences between these panels.



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

GARLYN 50TH SHELTON

ANNIVERSARY



2020 JEEP GLADIATOR
RUBICON 4X4

Now Only
\$36,788



2021 NISSAN TITAN
4X2 CREW CAB SV

Now Only
\$32,665



2015 MITSUBISHI
OUTLANDER ES 2WD SUV

STK#P10459C
Sale Price **\$9,900**



2013 NISSAN
ALTIMA 4DR SDN I4 2.5 SL

STK#53633C
Sale Price **\$9,995**



2017 NISSAN
VERSA SEDAN S MANUAL

STK#54284A
Sale Price **\$10,995**



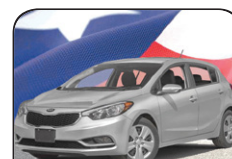
2016 FORD
FUSION 4DR SEDAN S FWD

STK#12564A
Sale Price **\$10,995**



2013 VOLKSWAGEN
BEETLE COUPE DSG 2.0T TURBO

STK#42339D
Sale Price **\$12,249**



2016 KIA
FORTE5 HATCHBACK AUTO LX

STK#154217A
Sale Price **\$12,995**



2009 CADILLAC
CTS 3.6L RWD SEDAN

STK#11737A
Sale Price **\$12,995**



2011 GMC
SIERRA 1500 EXT CAB

STK#70171C
Sale Price **\$13,795**



2013 KIA
OPTIMA 4DR SEDAN SX

STK#P60152A
Now Only **\$13,795**



2011 RAM 1500
2WD QUAD CAB BIG HORN

STK#12197C
Sale Price **\$14,990**



2020 FORD
ECOSPORT SE FWD SUV

STK#12596A
Sale Price **\$15,835**



2015 INFINITI
Q50 S 3.7

STK#12634B
Sale Price **\$15,995**



2014 FORD F-150
SUPERCREW XL 2WD TRUCK

STK#42238B
Now Only **\$15,995**



2013 TOYOTA
AVALON 4DR SDN XLE

STK#P70091A
Sale Price **\$16,695**



2015 NISSAN
ROGUE 4DR SL

STK#54378A
Sale Price **\$16,995**



2016 ACURA
RDX FWD W/ADVANCE PKG

STK# C10004
Sale Price **\$17,186**



2021 NISSAN
KICKS S FWD

STK#Z50002
Now Only **\$17,995**



2019 NISSAN
ROGUE SPORT FWD S

STK#54541A
Sale Price **\$17,995**



2020 BUICK
ENCORE GX SELECT FWD

STK#54143A
Now Only **\$17,999**



2016 LINCOLN
MKX FWD 4DR RESERVE

STK#117016A
Now Only **\$18,295**



2015 BUICK
LACROSSE 4DR LEATHER

STK#P10050C
Sale Price **\$18,695**



2019 JEEP
CHEROKEE LATITUDE FWD

STK#12151B
Sale Price **\$18,695**



2019 MAZDA
CX-5 TOURING FWD

STK#12542A
Now Only **\$18,805**



2018 NISSAN
ROGUE FWD SV

STK#54305A
Sale Price **\$18,995**



2021 NISSAN
KICKS S FWD

STK#545001
Now Only **\$18,995**



2017 NISSAN
MURANO SL FWD SUV

STK#54273A
Sale Price **\$19,710**



2018 CHEVROLET
EQUINOX FWD PREMIER

STK#11720A
Now Only **\$19,795**



2018 HYUNDAI
SANTA FE LIMITED ULTIMATE

STK#70239A
Sale Price **\$19,995**



2021 HYUNDAI
KONA SE AUTO FWD

STK#1220074
Now Only **\$20,588**



2018 MAZDA
CX-3 SPORT SUV FWD

STK#120018
Now Only **\$21,500**



2021 DODGE
CHARGER SXT RWD SEDAN

STK#P60167
Now Only **\$21,688**



2021 FORD
ESCAPE SE FWD

STK#54298A
Now Only **\$21,995**



2018 AUDI
Q5 TFSI PREMIUM SEDAN

STK#61025A
Sale Price **\$21,995**



2021 NISSAN
MAXIMA SV 3.5L SEDAN

STK#610263
Sale Price **\$22,359**



2021 KIA
SOUL TURBO DCT

STK#12145B
Sale Price **\$22,765**



2021 DODGE
CHALLENGER SXT RWD 2DR

STK#P60161
Now Only **\$22,795**



CERTIFIED 2021 NISSAN
ROGUE FWD S

STK#53914A
Sale Price **\$22,995**



2020 HYUNDAI
TUCSON ULTIMATE FWD SUV

STK#11812B
Now Only **\$22,995**



2019 BMW
530I SEDAN

STK#542418A
Sale Price **\$23,495**



2019 KIA
SPORTAGE SX TURBO FWD

STK# Z20029
Sale Price **\$23,599**



2017 CHEVROLET
CAMARO CONVERTIBLE 1LT

STK#61040B
Sale Price **\$23,795**



2018 HONDA
HR-V EX AWD CVT

STK#Z20011
Sale Price **\$23,888**



2019 HYUNDAI
TUCSON SEL AWD SUV

STK#1210022
Sale Price **\$23,988**



2020 TOYOTA
CAMRY XLE AUTO SEDAN

STK#54377A
Sale Price **\$23,995**



2019 BMW
X3 XDRIVE30I SAV

STK#42404A
Sale Price **\$24,495**



2019 VOLKSWAGEN
ATLAS 3.6L V6 SE FWD

STK#12472A
Now Only **\$24,503**



2020 NISSAN
MURANO AWD SV

STK#P50137
Sale Price **\$24,747**



2019 INFINITI
QX80 LUXE RWD

STK#70241A
Sale Price **\$26,500**



2021 SUBARU
FORESTER PREMIUM CVT

STK#31035A
Sale Price **\$26,550**



2016 TOYOTA
4RUNNER SR5 V6 RWD SUV

STK#53471B
Now Only **\$27,588**



2021 SUBARU
CROSSTREK SPORT CVT

STK# Z20079
Sale Price **\$28,997**



2021 NISSAN
MAXIMA PLATINUM 3.5L

STK#54154A
Sale Price **\$29,995**



2020 FORD
EDGE ST AWD

STK#P10354
Now Only **\$32,388**



2021 JEEP WRANGLER
UNLIMITED SPORT 4X4

STK#30966A
Sale Price **\$35,888**



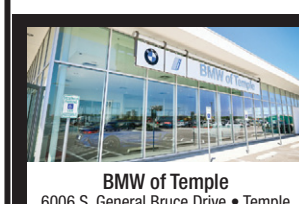
2022 KIA AWD
SORENTO X-LINE SX PRESTIGE

STK#53912A
Sale Price **\$36,233**

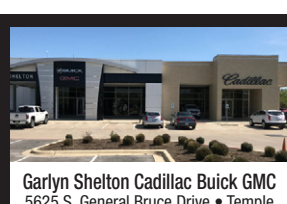


2020 RAM 1500
LIMITED CREW CAB 4X2

STK#11932C
Sale Price **\$40,500**



BMW of Temple
6006 S. General Bruce Drive • Temple



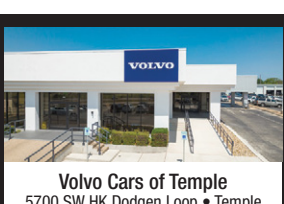
Garlyn Shelton Cadillac Buick GMC
5625 S. General Bruce Drive • Temple



Garlyn Shelton Mazda
5420 Midway Drive • Temple



Garlyn Shelton Nissan
5620 S. General Bruce Drive • Temple



Volvo Cars of Temple
5700 SW HK Dodgen Loop • Temple



Garlyn Shelton Volkswagen
5700 SW HK Dodgen Loop • Temple



Garlyn Shelton Signature Pre-Owned
5508 S. General Bruce Drive • Temple

GARLYN 50TH SHELTON

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