

NATO exercise highlights international operability **A7**



Photos by Janecze Wright, Sentinel Living Editor

Sgt. Jasmine Austin, Headquarters and Headquarters Company, 91st Brigade Engineer Battalion, 1st Armored Brigade Combat Team, 1st Cavalry Division, and her son Cairo Knight, 3, give a thumbs up after his first day of school Wednesday at Meadows Elementary School at Fort Cavazos.

TBGA honors Fort Cavazos hunter, landowner

BY SCOTT SUMMERS
DPW-NCRMB

SAN ANTONIO — Fort Cavazos produced another giant public land buck last deer season, which was recognized during the annual Texas Big Game Awards Saturday at the Natural Bridge Caverns.

The deer, a buck, finished second in its award category for Region 4, Edwards Plateau (low fence, non-typical), according to Texas officials. It carried 162 7/8 gross and 158 2/8 net inches of antler and was harvested by Tony Love, who was hunting at Fort Cavazos last fall. He was recognized at the annual Texas Big Game Awards deer hunter and landowner recognition banquet.

“It’s the cheapest deer lease in Texas,” Love said jokingly, referring to Fort Cavazos, which is not a deer lease, but rather an affordable public land hunting ground. “My son and I were hunting in same training area (different temporary setups) that morning, and a doe showed up and I did not get a shot because she kept moving.”

Love climbed out of his ladder tripod after the doe had left. That’s when he heard the buck, who crashed through the brush, trailing after the doe, Love said. Bucks trail with their keen sense of smell and have adapted to smell the fresh tracks of another. The buck went to where the doe had held her head down, he said.

“I resituated, and he came out in the same place she was at last,” Love recalled. “It happened so fast. I shot, and then he ran, but I kept

See Game, A6

The Great Place
welcomes students back
New school year kicks off for local schools

BY JANECEZ WRIGHT
Sentinel Living Editor

As the 2024-2025 school year commences, it means the end of long, lazy days and carefree summertime activities, but also the beginning of renewed energy and optimism only a new school year can bring about.

The Killeen Independent School District welcomed approximately 44,000 students back to 53 schools, 31 of which teach elementary. Of these KISD schools, eight reside on the installation.

Fifth-grader Garret Nutt, 10, expressed the most exciting thing about the first day of school is “meeting new people and meeting new teachers.”

Fellow fifth-grade student Rowan Thompson, 10, was also eager to connect with his peers, noting his favorite thing about the day was “getting to make new friends” and “getting to see old friends.”

For the staff at Montague Village Elementary School at Fort Cavazos, the first day of school signifies much more than advancing to the next grade.

It means yet another opportunity to provide guidance, impart knowledge and instill confidence, preparing today’s youth to become tomorrow’s leaders.

“I always tell (students) that



Sgt. Gilbert De La Rosa, Headquarters and Headquarters Company, 11th Corps Signal Brigade, walks his son Gael, 5, home after his first day as a kindergartner Wednesday at Meadows Elementary School at Fort Cavazos.

you just have to be who you are,” said MVES Principal Natalie Cue. “It’s important that you be your authentic self.”

It’s a mantra that has helped her to positively influence each of the nearly 600 students under her supervision and collaborate

with dedicated educators and parents to ensure youngsters are “future ready.”

“It started with educators who did that for me and became that for me,” Cue shared. “Just giving

See School, A6

NEWS BRIEFS

ACS updates operating hours

The Fort Cavazos Army Community Service is updating their operating hours, effective Friday. The offices at the Shoemaker Center and the Soldier and Family Assistance Center will be open 7:30 a.m.-4:30 p.m. Monday-Wednesday, 11:00 a.m.-4:30 p.m., 7:30 a.m.-4:30 p.m. Friday. For more information about the updated hours, call the Shoemaker Center office at 254-287-4227 and the Soldier and Family Assistance Center officer at 254-286-5768. For more information about services, call 254-553-1593 or 254-286-3663.

Dental assistant program opens

Fort Cavazos American Red Cross is accepting applications for the dental assistant program, where Red Cross volunteers are trained in the basic skills needed to work as a dental assistant. The program runs Oct. 21 to May 9, 2025. Individuals must submit their application no later than Friday and are required to have a valid military ID card, be enrolled in TRICARE, be a U.S. citizen, be 18 years or older, have a high school or GED diploma, and be in the Fort Cavazos/Killeen area for one year. For more information, please email fort.cavazos@redcross.org, or call 254-287-0403.

Join ESD Education Fair

The Education Services Division will be holding a Back to School Education Fair 11 a.m.-1:30 p.m. Aug. 22 at the Soldier Development Center. There will be numerous resources and opportunities featured including Green to Gold, on-post colleges, education counselors and transition counselors. Hots dogs, chips and drinks will be free for attendees, along with a chance to win a backpack, school supplies and a tablet. For more information, call ESD at 254-287-9674.

Spouses Club to hold sign-up

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

Save big with Commissary CLICK2GO

Eligible first-time Commissary CLICK2GO customers can get \$15 off their first \$75 pickup or delivery purchase at Fort Cavazos now through Oct. 27. Commissary CLICK2GO is the Defense Commissary Agency’s online ordering, payment and curbside delivery service. Patrons can sign up online at https://corp.commissaries.com/sign-up or at demonstrations tables at the Clear Creek and Warrior Way Commissaries.

Fort Cavazos USO turns 23, celebrates with week-long bash

BY JANECEZ WRIGHT
Sentinel Living Editor

The United Service Organizations Fort Cavazos celebrated its 23rd birthday with the Fort Cavazos community with a week chocked full of events and activities.

“We decided that we wanted to celebrate the entire week and have everybody come in each day to experience what the USO is all about,” said Patti Reece, center operations specialist for the Fort Cavazos USO.

The celebration kicked off Aug. 5 with games and playtime activities for the young, and young at heart, and free snow cones to beat the Texas heat.

Attendees were given punch cards to record each activity completed and turn in at the week’s end for prizes.

Robin Mikel, who came out for the start of the week’s activities with her sons Darren Cabrera, 7, and Dean Cabrera, 2, explained the USO provides a place to connect.

She stressed the importance of bonding with other military spouses, especially now that her spouse, Cpl. Michael Cabrera, 615th Aviation Support Battalion, 1st Air Cavalry Brigade, 1st Cavalry Division, is deployed.

“It helps you connect and get to know other military spouses,” Mikel said. “You get to know what other families are going through. So, you’re not so isolated and alone.

“It helps with my mental health,” she added. “(My children) forget (my husband’s) gone if they’re busy and it helps time go by faster.

Fellow spouse Grace Fuchs, who shared this is her family’s first duty station, agreed.

Her spouse, Staff Sgt. Jacob Fuchs, 2nd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cav. Div., is also deployed, and she is grateful for the support the USO provides.

“I’ve also made friends,” Grace said. “Just having

See Bash, A6



Photo by Janecze Wright, Sentinel Living Editor

Robin Mikel, an Army spouse; her son Dean Cabrera, 7; and Alaric Fuchs, 8, have fun with a giant 4-in-a-Row game Aug. 5 during the Fort Cavazos United Service Organizations’ week-long birthday celebration Aug. 5 at the organization’s building.

Tips for returning to school safely

BY COL MICHAEL KOVACEVIC
3rd SFAB Commander

Even though the temperature outside doesn't seem to be decreasing, summer is drawing to a close, and with it comes the start of another new school year. For many, this is will be a return to friends and a familiar place, while for others it is a step into a brand new environment.

Whether our children will be going back to school on Fort Cavazos or to one of the many schools in the great communities around us, we all play a role in the safe return to the classroom. As a father of two boys who have attended multiple schools throughout our time in the Army, we always relied on our greater Army family to help with the transition to ensure a safe and positive start of a new year.

As we prepare for the start of the school year, our team put together a few reminders, not only for students, but also for those who will be on the roads coming and going from physical training and work.

For children walking or biking:

- Always use sidewalks! If there isn't one, walk on the left side of the street facing

oncoming traffic.

- Only cross at marked crosswalks or intersections. Please do not dart across the street or run between vehicles.
- Always look to both the left and right and make eye contact with drivers before crossing. Always obey crossing guards.
- When riding a bicycle always wear a helmet. Stay off phones when walking or cycling! Stay alert and don't get distracted by electronic devices!

For drivers:

The Texas Department of Transportation reminds us to:

- Pay attention. Traffic patterns in school zones may have changed from last year.
- Stay off your phones when driving! It's against the law in Texas to use a handheld device in an active school zone.
- Make sure you stop and yield at crosswalks.
- Stop for buses, and pay attention to children at bus stops.
- Pick up and drop off children in designated areas only.
- Do not speed in school zones! Please



Michael Kovacevic

obey posted speed limits. Traffic fines are significantly higher in school zones.

- Stay alert. Young children may cross the street unexpectedly.

Many of us also have children who will be heading off to college as well. It's worth reminding them of campus safety tips and to trust their instincts in situations that are unfamiliar or potentially unsafe.

For young adults attending college:

- Always be mindful of your surroundings.
- Always lock your doors.
- Know your campus safety personnel.
- Always have your emergency contacts saved in your phone.

We all have a role in ensuring the safe return to school. Every start of a new school year is a milestone in our lives, and we owe it to our children and community to set the conditions for our children's success.

Stay aware and vigilant, and we will all have a safe start to another exciting school year.

Understanding PTSD, getting effective treatment

BY LT. COL. MELISSA BOYD
DHA Public Health

Post-traumatic stress disorder, known as PTSD, is a mental health disorder that may develop following a traumatic event in which a person is exposed to actual or threatened death, serious injury or sexual violence. PTSD can be treated, and symptoms can be reduced. The military's use of its updated 2023 PTSD treatment guidelines will further improve the outlook of PTSD patients.

While it is normal to experience fear during a traumatic event, people diagnosed with PTSD continue to experience disturbing feelings long after events and relive the experience through flashbacks or nightmares. Many people who have PTSD recover, especially when aided by effective treatments.

Who can get PTSD?

Anyone can develop PTSD. This includes service members and civilians who have experienced or witnessed a traumatic event, such as a physical or sexual assault, abuse, disaster, terror attack, an accident or other serious events. According to the National Institute for Mental Health, not everyone with PTSD has direct exposure to the event — for example, learning a friend or family member experienced trauma can also cause PTSD.

Though the NIH and the Department of Veterans Affairs National Center for PTSD indicate that most people who experience a traumatic event will not develop PTSD, some factors may increase the likelihood of PTSD. For example, the VA indicates women are twice as likely to develop PTSD as men, in part due to the types of traumatic events that women are more likely to experience — such as sexual assault. Veterans are more likely to have PTSD than civilians. Veterans who deployed to a war zone are also more likely to have PTSD than those who did not deploy.

PTSD is also a concern among active-duty service members. According to the Defense Centers for Public Health-Aberdeen's 2022 Health of the Force report, PTSD was the fourth-leading reason for a temporary behavioral health profile, affecting 2,096 soldiers with an average of 51 days on profile.

What are symptoms of PTSD?

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, to meet the criteria for PTSD, a person must have symptoms for longer than one month, and the symptoms must be severe enough to interfere with aspects of daily life, such as relationships or work. The current medical diagnosis for PTSD has the following four symptom clusters:

- Reexperiencing
 - Unwanted upsetting memories
 - Nightmares
 - Flashbacks
 - Emotional distress after exposure to traumatic reminders
- Avoidance/numbing
 - Trauma-related thoughts or feelings
 - Trauma-related reminders
- Negative cognitions and mood
 - Inability to recall the trauma's key features
 - Overly negative thoughts and assumptions about oneself or the world
 - Exaggerated blame of self or others for causing the trauma
- Negative affect
 - Decreased interest in activities
 - Feeling isolated
 - Difficulty experiencing happy feelings

Hyperarousal

- Irritability or aggression
- Risky or destructive behavior
- Hypervigilance
- Heightened startle reaction
- Difficulty concentrating
- Difficulty sleeping

How can I reduce the impact of PTSD?

Finding a support network or professional behavioral care immediately after a traumatic event can help you process your emotions which may reduce your chance of developing PTSD. However, there are no proven actions to prevent PTSD. If you do develop PTSD, the best way to minimize the impact on your life and work is to ensure you get rapid and effective treatment. Some people diagnosed with PTSD can recover within six months, while others have symptoms that last for one year or possibly much longer. Fortunately, there are effective treatments for PTSD.

What are effective treatments for PTSD?

Based on current PTSD research, the 2023 VA and Department of Defense evidence-based PTSD medical procedures, referred to as clinical practice guidelines, or CPGs, recommends treating PTSD using trauma-focused psychotherapies over medications. Trauma-focused psychotherapy uses cognitive, emotional or behavioral techniques to help a service member process a traumatic event. There are three specific trauma-focused psychotherapies recommended by the DOD and VA to treat PTSD:

- Prolonged exposure, or PE: PE, sometimes referred to as exposure therapy, teaches patients to gradually approach their trauma-related memories, feelings and situations to learn trauma-related memories and cues are not dangerous and do not need to be avoided. PE includes both imagined and real-life exposure to safe situations a patient has avoided because they elicit traumatic reminders. For example, people may think or write about the trauma or visit the place where it happened. The PE therapy is typically provided over about three months with weekly individual sessions, resulting in eight to 15 sessions overall.
- Cognitive processing therapy, or CPT: Sometimes, people remember an event differently from how it happened. They may feel guilt or shame about something that is not their fault. CPT, a form of cognitive behavioral therapy, focuses on challenging and changing unhelpful thoughts and beliefs about a traumatic event. In doing so, the

patient creates a new understanding of the traumatic event, thereby reducing ongoing negative effects on their current life. CPT has been effective in reducing symptoms of PTSD across a variety of populations, including veterans, sexual assault victims and refugees. CPT is generally delivered over 12 sessions.

- Eye movement desensitization and reprocessing, or EMDR:

During a typical EMDR therapy session, a patient will briefly focus on a traumatic memory while simultaneously performing eye movements with both eyes. The eye movement activity reduces the vividness and emotion associated with the traumatic memories. EMDR is an individual therapy typically delivered one to two times per week for a total of six to 12 sessions, although some people benefit from fewer sessions. Sessions can be conducted on consecutive days.

According to the Veterans Health Administration Office for Mental Health, these three recommended psychotherapies are equally effective; therefore, selecting a treatment often depends on aspects of the treatment, provider training and the specific needs of the individual. In addition, people with PTSD often have co-occurring conditions, such as depression, substance use or other anxiety disorders — so treatments for these conditions may also be advised.

Learn more or find help:

- Department of Veterans Administration:
 - National Center for PTSD: To learn more about veterans' PTSD risks, often related to war zone deployment, training accidents and military sexual trauma, visit https://www.ptsd.va.gov/understand/common/common_veterans.asp.
 - U.S. Department of Veterans Affairs Mobile Applications: To check out mobile apps for self-help, education and support for people affected by PTSD and related concerns, visit <https://www.ptsd.va.gov/appvid/mobile/index.asp>.
- Military OneSource: To learn about confidential, nonmedical counseling, resources and support for service members and their families to address a variety of life's challenges, visit <https://www.militaryonesource.mil/health-wellness/mental-health/>.
- Military and Family Life Counselors: To talk to licensed mental health professionals who provide free counseling to service members and their families, visit <https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/>.



Graphic illustration by Andrew Leitzer. DHA Public Health

Post-traumatic stress disorder, known as PTSD, is a mental health disorder that may develop following a frightening traumatic event in which a person is exposed to actual or threatened death, serious injury or sexual violence. Defense Health Agency Public Health experts say finding a support network or professional behavioral care immediately after a traumatic event can help individuals process their emotions and may reduce the chance of developing PTSD.



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Retention supports Army careers

BY SGT. ALEXANDER CHATOFF
89th MP Bde. Public Affairs

Retention plays a pivotal role in the career trajectories of Soldiers, offering essential guidance and support as service members navigate their journey in the Army.

Career counselors, officially titled 79S, provide Soldiers with valuable options for their future, focusing on keeping talented individuals in the ranks. Their expertise ensures Soldiers have the tools and knowledge needed to make the best decisions for their careers, ultimately enhancing job satisfaction and career longevity within the Army.

Whether a Soldier wishes to continue their path as a military police officer or explore new opportunities within the armed forces, retention is equipped to help them make informed decisions that align with their personal and professional goals. As structure within the Army changes, certain military occupational specialties become a priority for growth and can come with incentives, including promotions and bonuses.

"The Army identifies certain MOSs (Military Occupational Specialty) for growth," said Master Sgt. Ayla Papp, 89th Military Police Brigade senior career counselor. "These MOSs are the jobs that the Army wants Soldiers to focus on reclassifying into that can come with the benefit of promotion to the next grade. These promotions can sometimes be automatic promotions upon graduation of the advanced individual training, as well as up to \$90,000 in bonuses."

Meeting retention goals is challenging, however, Papp is here to provide Soldiers opportunities and offer solutions to further the careers for individuals seeking help.

"My ultimate goal is to ensure that I can align the wants, needs and desires of the Soldier with the needs of the Army," Papp said. "We have too many opportunities within the Army for someone to be dissatisfied with their career or situation in their life. There are over 200 jobs that we can look into together and find a good fit for a Soldier to continue their

Army career."

For those hesitant about searching and beginning a new job in the Army, Papp also brings reassurance in the form of job training for the Soldier to see a new MOS firsthand.

"If a Soldier is interested in seeing the day-to-day events of a new MOS, we have the opportunity to coordinate with units that share that MOS," Papp said. "We want Soldiers to get immersed in the MOS they are interested in and see if they enjoy it before pursuing the administrative process to reclass."

With the help of retention, Cpl. Dalton Lee, 410th Military Police Company, 720th Military Police Battalion, 89th MP Bde., was able to find a job that fits perfectly for him: counterintelligence. After spending two years as a military police officer, Lee was ready to find a new job as his Army career continues.

"After serving at the U.S. and Mexican border for seven months, I knew I wanted to find a job that was humanitarian focused," Lee said. "I was interested in a job that would teach me skill sets to work towards humanitarian efforts, such as human trafficking or terrorism."

Lee took advantage of retention and knew he wanted to learn more about becoming a 35L, or counterintelligence agent.

"I visited retention with counterintelligence in mind, and, luckily, the job was available," Lee said. "I was pointed in the right direction, given the website to apply and received outstanding encouragement and direction through the process of building my packet. Retention was also able to get me a bonus when I reenlisted for four more years."

Papp gave some words of advice for Soldiers looking to transition careers in the Army, recommending them to seek help with retention.

"Adjustment can be intimidating," Papp said. "However, if you are looking for a new job, we can give you access to so many different jobs in other fields. I encourage those who need help to come to retention and discover all the opportunities that could spark a fire for a successful and fulfilling Army career."



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

2nd Lt. Gunnar Hatfield, 410th Military Police Company, 720th Military Police Battalion, 89th Military Police Brigade, issues the oath of enlistment with Cpl. Dalton Lee, 410th MP Co., 720th MP Bn., 89th MP Bde., July 25 at Fort Cavazos.



2nd Lt. Gunnar Hatfield, 410th Military Police Company, 720th Military Police Battalion, 89th Military Police Brigade, smiles with Cpl. Dalton Lee, 410th MP Co., 720th MP Bn., 89th MP Bde., after Lee reenlisted for four more years July 25 at Fort Cavazos. Lee will be transitioning to counterintelligence after receiving assistance from retention.



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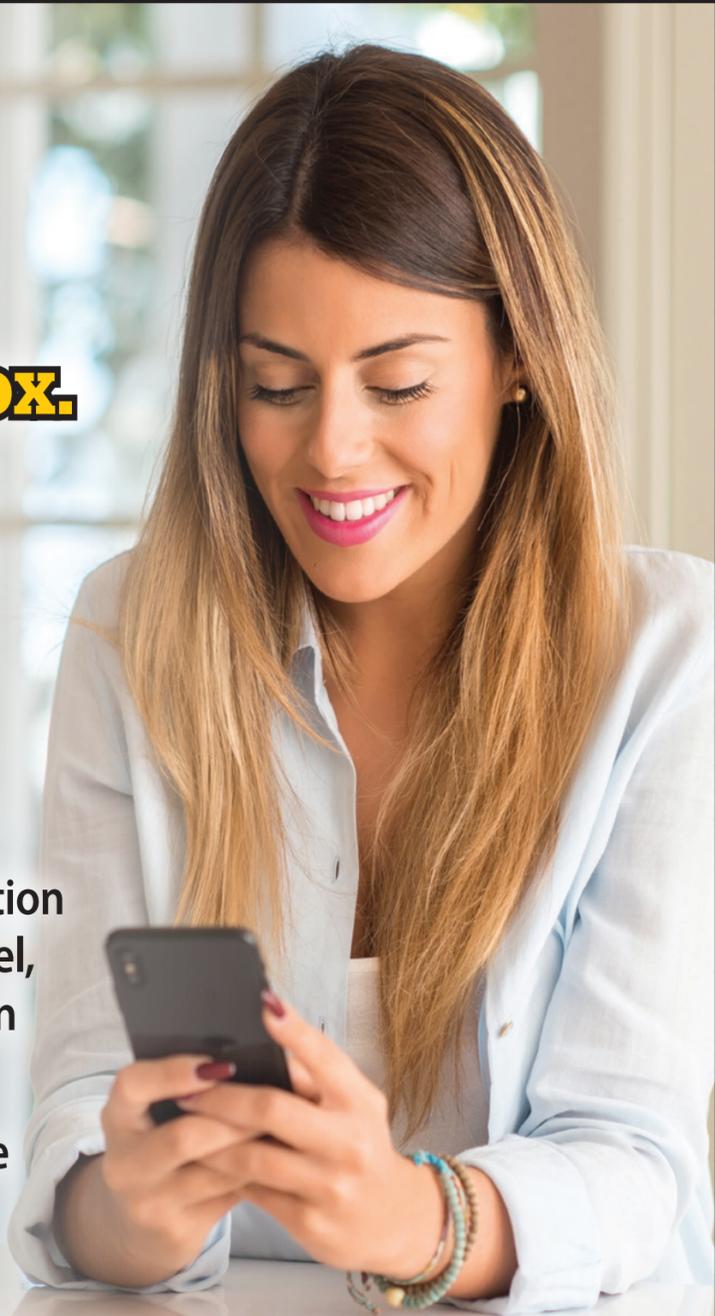
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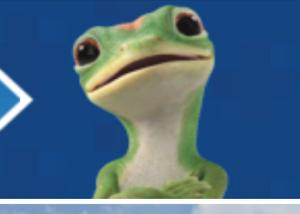


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418th CSB welcomes new commander



Photos by Blair Dupre, Sentinel News Editor

Col. Jessie K. Griffith III, outgoing commander of the 418th Contracting Support Brigade, makes his departing remarks during a change of command ceremony Aug. 8 at the Phantom Warrior Center at Fort Cavazos.

BY BLAIR DUPRE
Sentinel News Editor

The 418th Contracting Support Brigade welcomed new commander Col. Kizzy M. Danser, while bidding a fond farewell to outgoing commander Col. Jessie K. Griffith III in a change of command ceremony Aug. 8 at the Phantom Warrior Center.

The change of command ceremony is a tradition in which the unit's colors are relinquished by the outgoing commander and given to the incoming commander to symbolize the passing off of responsibility.

"Today marks a significant moment in the history of the 418th Contracting Support Brigade, as we bid farewell to an outstanding leader and welcome a new commander who will continue to guide this exceptional organization," said Maj. Gen. Douglas S. Lowrey, U.S. Army Contracting Command's commanding general. "Colonel Griffith's focus on the development of personnel and operationalizing the 418th's approach continues to deliver results and will continue to deliver results for years to come. Kizzy has big shoes to fill here at the 418th, but we are lucky to keep you as a member of the ACC family as you high-five between the ACC chief of staff position and the 418th commander.

"Kizzy, welcome back," he continued. "You come with a wealth of experience, and you have my complete trust. Kizzy, you are the right person to move this organization forward. I know you will live by these three words and don't need the reminder, but I'm going to give you my final piece of advice: win every day."

Following Lowrey, Griffith made his departing remarks.

"It is impossible to sum up three years of command in a few pages," he said. "I can talk at length about the 21 deployments to CENTCOM (U.S. Central Command) and EUCOM (U.S. European Command), the 24 combat training center rotations and the seven operational and special missions that the 418th has supported over the last three years. I can also talk about the over \$1 billion dollars in annual obligations to support readiness, modernization, testing and evaluation to enable our supported units and mission partners to achieve their transformation goals within the Army of 2040 concept — but I won't. I won't because none of those numbers mean anything without the people behind them."

After Griffith thanked those he credited for making his time as commander a success, he addressed Danser.

"Kizzy, I could not have picked a better person to pass the colors to," he said. "You



Col. Kizzy M. Danser, incoming commander of the 418th Contracting Support Brigade, receives the guidon from Maj. Gen. Douglas S. Lowrey, U.S. Army Contracting Command commander, during a change of command ceremony Aug. 8 at the Phantom Warrior Center at Fort Cavazos.

know Fort Cavazos, and you know the tremendous mission of the 418th CSB. I know that you will continue to lead with the heart of a servant leader as you always have. I'm extremely excited to see the new trails you and the entire team will forge in the future.

"As I leave, I will take some great memories with me," he concluded. "The greatest and most lasting memory will be the amazing people that I served with in the 418th Contracting Support Brigade. Remember the actions you take and accomplishments you achieve are fleeting, but the legacy we all leave are the people that we lead and work with everyday."

To conclude the ceremony, Danser stood at the podium and made her first remarks as commander of the 418th CSB.

"Today is truly a dream realized," she began. "Almost exactly three years ago, I relinquished

my command as battalion commander here at The Great Place. Today, I stand before you as the brigade commander of the most professional contracting brigade in the Army. I am deeply grateful to God for this opportunity, and I pray for his blessings and protection over our formation.

"418th CSB Soldiers and civilians, I am honored to lead such an exceptional team of rockstars," she concluded. "Your reputation for excellence precedes you. The grit and determination that have defined this unit's past missions are present in the Soldiers and civilians today. I eagerly anticipate being a part of your dynamic team. As Simon Sinek wisely said, 'Leadership is not about being in charge. It is about taking care of those in your charge.' I am committed to embodying this principle everyday as we strive for excellence together."

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Dining Facility Operations Schedule Aug. 2024

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

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

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

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

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

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Manager: 254-288-9538

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

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
COR: Richard Johnson: 254-535-6845

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

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

Breakfast: 5:30-8:30 a.m. Sunday-Saturday
Lunch: 11:30 a.m.-1:30 p.m. Sunday-Saturday
Dinner: 5-7:30 p.m. Sunday-Saturday
COR: Richard Johnson: 254-535-6845

Building #56447 is only for overflow.
(HOLIDAY): 11 a.m.-3 p.m.

BLACK JACK Building #34002 Old Ironsides Ave. & Pyongyang Dr.							
SUN	MON	TUES	WEDS	THUR	FRI	SAT	
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11	12	13	14	15	16	17	
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Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: CW2 Rogers: 931-378-2957

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

THEODORE ROOSEVELT Building #9205 Battalion & 21st St.							
SUN	MON	TUES	WEDS	THUR	FRI	SAT	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
COR: Richard Johnson: 254-535-6845

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

CULINARY OUTPOST FOOD TRUCK 1 The Lonestar Conference Center							
SUN	MON	TUES	WEDS	THUR	FRI	SAT	
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Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: Closed
NCOIC: SSG Lopez: 787-414-1259

CULINARY OUTPOST FOOD KIOSK Old Ironsides and Pyongyang Drive							
SUN	MON	TUES	WEDS	THUR	FRI	SAT	
				1	2	3	
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BRK, LUN, DIN: 8 a.m.-8 p.m. Monday-Friday (WNK): 8 a.m.-6 p.m.

Food Advisor: CW2 Rogers: 931-378-2957

Patriot Inn Building #12007 Old Ironside & 33rd St.							
SUN	MON	TUES	WEDS	THUR	FRI	SAT	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: WO1 Greene: 843-901-0260

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

CULINARY OUTPOST FOOD TRUCK 2 1-44/4-5 ADA BN area parking Lot							
SUN	MON	TUES	WEDS	THUR	FRI	SAT	
				1	2	3	
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11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: Closed
Food Advisor: WO1 Greene: 843-901-0260

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

Veterans Crisis Line

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PRESS 1

Teachers look forward to school year

School: Continued from A1

me that example and giving me someone to look up to. It was like being what they were for me for someone else.

"I always had that as a student growing up, and I wanted to be that for kids," she continued. "That's what inspired me to do the work that I do."

Inspiring others keeps her coming back year after year.

"In order to stay with it, you have to continue to find what's inspiring you to do the work," she explained. "This work is hard, and you have to find something that keeps you going."

Cue noted educators must know their "why," to which fifth grade teacher Hasina Rogers agreed.

"My why was always ... I can do more for (students)," she explained. "Provide extra support that they might not receive at home or through any other type of resources. So, for me, that was my ... 'this is where I'm supposed to be. These kids need me.'"

Rogers said as an aide in 2011 but desired to do more.

"Once I started getting more hands on and seeing the difference that it really made, it just lit a fire in me," she said. "I could do so much more in education."

Rogers reminds herself and her students that to know better is always to do better and encourages them to learn from mistakes.

"We don't ever give up," she said. "We always put our best foot forward to push through. We're going to have obstacles, we're going



Photo by Janecze Wright, Sentinel Living Editor

A crossing guard escorts students and parents across the street after the first day of classes Wednesday at Meadows Elementary School at Fort Cavazos.

to make mistakes, but we're not going to let it take us down. We're going to keep persevering and try to see the good of it and what we can do to make it a success."

Educators realize that making mistakes is part of maturing, but a little grace makes it easier to accept shortcomings, conveyed kindergarten teacher Sarah Baez.

"Something that I try to come into each school year with is that

just as much as I need to be graceful and give grace to my students, I also need grace," she expressed. "We're going to be working through all the new things together, so extending grace to teachers from the administration team and from parents and the community is needed."

Baez shared she came from a family of teachers, and though she resisted the notion of upholding

the tradition, she "stopped fighting the journey in 2019."

"I truly believe that it is a calling, and that the role of a teacher is not something that just anybody can do," she said. "You have to have the heart for it."

Teaching wasn't the first choice for first grade teacher Jessica Butler.

"If you had told one of my teachers when I was in high school that I would be a teacher, they

would have laughed," she recalled. "I was never going to be that kid who wanted to be at school."

A military spouse with an autistic son was inspired to switch careers from human resources to education upon seeing the effect dedicated teachers had on her son.

"You don't realize what an impact teachers who are passionate can have on a student," she expressed. "I got to watch it with my own child, and I saw what an impact could have."

"Never stop growing, never stop learning" is a mantra Butler lives by and infuses into her classroom.

"Being a teacher is one of those experiences where every year is different ... so, we never really stop growing," she said. "It's not just like I'm adding and growing, but I'm watching our students learn and grow in all these different ways, and it's pretty powerful."

Akin to a delicious recipe, with each ingredient contributing a flavorsome note to the dish, the educators at Montague Village Elementary School work in harmony to serve up success.

"We all came into this profession for different reasons, and I think that we have to recognize and remember our why, and whatever that looks like and that it's going to look different for everyone," Cue said. "Every year has its twists and turns, but we have a great staff, we have a great community and our kids are excited to come back."

USO gives backpacks, food, more at 23rd birthday bash

Bash: Continued from A1

someone to talk to is important. And it's always nice to know the USO is here.

"I miss him a lot, they miss him a lot, so this helps keep their spirits up," she said of her sons Alaric Fuchs, 8, and Wolfric Fuchs, 6, about Jacob.

Reece noted that it's the last week before school starts, and she wanted youngsters to come in and enjoy themselves before embarking upon a new year.

Freedom Mortgage provided 60 backpacks, full of school supplies, just in time for the new school year Aug. 6 during the "Rucksacks to Backpacks" event.

The festivities continued midweek with free hotdogs, story time and a watch party.

Soldiers enjoyed a friendly competition at the end of the week with the Soldier Showdown Night pool tournament Aug. 8.

More than a dozen Soldiers competed in the tournament while enjoying pizza, drinks and snacks.

Spc. Sydney Cavanagh, Fort Cavazos Soldier Recovery Unit, shared he and a fellow SRU Soldier thought the pool tournament would be a good way to get out and do something they enjoy.

He shared he was injured while deployed and has been convalescing at the SRU.

"You get down on yourself, so it's a good way to joke around and meet new people," Cavanagh expressed.

Cavanagh noted he was an experienced pool player and was excited to show off his skills.

He praised the USO for lifting his spirits and wished the beloved organization many more trips around the sun. "Happy Birthday USO," Cavanagh exclaimed. "I appreciate you!"

Staff Sgt. Pasang Sherpa, 15th Brigade Support Battalion, 2nd Armored Brigade Combat Team, 1st Cav. Div., didn't come to compete, but he welcomed the opportunity to connect with a few new four-legged friends.

Kiara, Leela and Eros from the GO TEAM Therapy Dogs made a special appearance at the event, much to the delight of visitors and USO staff.

Hailing from Nepal, Sherpa shared the USO provides the opportunity to meet others from across the globe.

"It's a great place to hang out and meet people from every part of the world," he said. "It's nice to meet other single Soldiers like (yourself), have fun and hang out, get to know each other and share experiences. Happy Birthday, USO."

The week-long festivities ended Friday with free cupcakes and prizes for those who turned in their punch cards.

For more information on USO Fort Cavazos events, visit fortcavazos.uso.org/events.



Photo by Janecze Wright, Sentinel Living Editor

Spc. Sydney Cavanagh, Fort Cavazos Soldier Recovery Unit, flexes his skill during the Soldier Showdown pool tournament Aug. 8 at the Fort Cavazos United Service Organizations. The event was part of the week-long birthday celebration for the USO on post.

Recognition highlights hunting opportunities at Fort Cavazos

Game: Continued from A1

him in my scope until he stopped and fell over. When I went up to him, I called my son and told him I may have shot the biggest deer of my life."

Turns out, he did.

Nathan Grigsby, a biologist with the Directorate of Public Works-Natural and Cultural Resources Management Branch's Wildlife Management Team, attended to accept the landowner award on behalf of Fort Cavazos.

"It's great to be able to recognize this quality harvest and highlight the excellent

hunting opportunities offered at Fort Cavazos," Grigsby said.

The Wildlife Management Team at Fort Cavazos helps maintain landscape health by ensuring healthy numbers of game animals. Deer management is a big part of this effort.

Fort Cavazos biologists run the public deer hunting program by maintaining annual deer population estimates, establishing deer harvest limits, executing the recreation program through i-Sportsman (online tool) and staffing the game check station for harvest reporting.

"Collecting the biological data from each deer harvested provides some

individual health indicators and the age structure of the herd, as well as simultaneously tracking and ensuring the harvest limits are not exceeded," said Kevin Cagle, DPW-NCRMB senior game biologist.

Cagle is a veteran NCRMB biologist, having served as the installation's coordinator for deer management since 2002.

"In our situation, consistent harvest over time of larger-antlered, older-aged bucks may be a better indicator of a balanced population structure with adequate nutrition and habitat," Cagle said. He added appropriately limiting the harvest of a population can allow some bucks to reach older age classes, when large antlers are more likely to develop.

Though Fort Cavazos typically has a few bucks that meet the TBGA minimum antler standards each year, a top three Regional TBGA finish is an achievement not usually realized.

Like all the TBGA honored bucks, this one's size was measured in the antler growth. Love's buck antlers were scored 162 7/8 gross and 158 2/8 net inches in the measuring formula which took into account several factors including length, width and circumference.

Each year TBGA honors all that score over 130 net antler inches, which they deem large, often a reflection of good wildlife management, in Region 4.

In addition to large bucks that score the minimum antler inches, the TBGA also recognizes and encourages first-time hunter harvests and youth hunter harvests.

Both Love and Grigsby proudly received

their certificates of achievement. The event also featured a banquet meal, raffle prizes and a trophy wall showcasing all the biggest deer submitted from Region 4 and Region 8, South Texas. The event ended with a conservation documentary shown inside the Natural Bridge Caverns cave amphitheater.

TBGA is a partnership between the Texas Wildlife Association, a statewide landowner advocacy group, and the Texas Parks and Wildlife Department, regulatory law agency.

TBGA encourages landowners to manage properties for both quality wildlife and habitat because it helps ensure all species remain an enduring part of native ecosystems for generations to come. TBGA values reflect Fort Cavazos' because an Army training landscape with healthy ecosystem is a NCRMB priority.

NCRMB programs were developed with consideration for the interrelationships between the individual components of the ecosystem including deer, requirements of the military mission and other land-use activities. The focus is on maintaining structure, diversity and integrity of biological communities, while recognizing Soldiers and military missions are vital components to this landscape. This strategy helps preserve and enhance natural resources, while providing optimum environmental conditions required to sustain military missions and realistic training conditions at Fort Cavazos.

For opportunities for outdoor recreation at Fort Cavazos, visit cavazos.isportsman.net.



Photo courtesy of DPW-NCRMB

Nathan Grigsby, a biologist with the Directorate of Public Works-Natural and Cultural Resources Management Branch's Wildlife Management Team and hunter Tony Love pose for a photo after receiving recognition certificates at the annual Texas Region 4 Big Game Awards banquet Saturday at the Natural Bridge Caverns at San Antonio.



Photos by Spc. Trey Gonzales, 105th MPAD

LEFT, U.S. Army Staff Sgt. Isaac Cantu, a CH-47 Chinook crew chief, 2nd General Support Aviation Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, looks out of the helicopter during exercise Paladin Strike Aug. 7 at Camp Adazi Training Area, Latvia. **RIGHT**, A U.S. Army M3 Bradley Cavalry Fighting Vehicle assigned to 2nd Battalion, 12th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cav. Div., moves up a steep hill during exercise Paladin Strike Aug. 8 at Camp Adazi Training Area, Latvia.

NATO exercise highlights international operability

BY SPC. TREY GONZALES
105th MPAD

ADAZI MILITARY CAMP, Latvia — NATO soldiers from Canada, Latvia, Romania, Spain, the U.S. and the U.K. gathered to conduct field exercise Paladin Strike Aug. 5-8 at the Adazi Military Camp Training Area, Latvia.

NATO countries conducted the exercise to familiarize themselves with each other's land combat tactics and capabilities, ensuring they can work together and communicate effectively.

During Paladin Strike, U.S. Army Soldiers from the 2nd Battalion, 12th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, worked alongside British troops to act as opposing forces while Canadian, Latvian, Romanian

and Spanish soldiers played the role of a unified NATO force.

"The purpose of Paladin Strike is for the NATO forward land force battle groups to be able to exercise their command and control nodes and their communications with their allied partners attached to the battle group itself," explained Capt. Nicholas Olivares, chief communications officer of the exercise, assigned to 2nd Bn., 12th Cav. Regt., 1st ABCT, 1st Cav. Div.

NATO partners were able to familiarize themselves with different tactics, equipment and vehicles. Many partner-nation soldiers had their first chance to see a U.S. M3 Bradley Cavalry Fighting Vehicle up close. The versatile tracked armored reconnaissance vehicle is a member of a family of Bradley Fighting Vehicles the U.S. military has used for several decades with several modifications

and improvements during their service.

The 2nd Bn., 12th Cav. Regt. Bradley crews had the opportunity to share with NATO partners how the M3 CFV is used by U.S. armored cavalry units to perform armed reconnaissance and to transport Soldiers on the battlefield.

As collaboration continued, U.S. Army CH-47 Chinooks took to the sky as they transported Canadian troops into the field.

Task Force Lobos Soldiers of 2nd General Support Aviation Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cav. Div. conducted air mobility operations with Canadian army troops.

Lobos rapidly transported Canadian infantry soldiers to different locations on the battlefield during Paladin Strike.

The collaboration gave the Canadian troops a realistic training experience and

afforded Lobos crews the opportunity to hone their skills while gaining valuable NATO interoperability exposure from the training event.

Training opportunities presented themselves to all troops involved, including the medics. Medics from all forces worked together to provide medical support to any troops that needed it.

The multinational clinic was able to provide an X-ray and have the physician assistant read the scans within 15 minutes in the field, according to Staff Sgt. Jarrett Rivera, a combat medic assigned to 2nd Bn., 12th Cav. Regt., 1st ABCT, 1st Cav. Div.

"The whole multinational forces have been so accommodating," Rivera said. "Whenever you have a partner force that says they will support you, this is the best we could have asked for."

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Photos by Blair Dupre, Sentinel News Editor

The artwork "The Last Word" by Illegal Art consists of thousands of pieces of paper guests are invited to write on. If the red side is out that means the paper has been written on. White side out means it is blank, though some participants forget to place it in the correct way after leaving their message.

Wonderspaces creates wonder through interaction

BY BLAIR DUPRE
Sentinel News Editor

AUSTIN, Texas — Just an hour away from Fort Cavazos lies Wonderspaces Austin, an interactive art exhibit where guests are invited to "experience extraordinary art."

Wonderspaces is an interactive art exhibit that is thought provoking and inspiring, which is exactly why I've gone back three years in a row.

My favorite exhibit, as always, is "Submergence" by Squidsoup. The art piece is composed of more than 8,000 individual lights that change color in sequence to music. Visitors are invited to walk among the lights, creating a great photo opportunity.

However, there are so many more exhibits me and my friends enjoyed, including "Body Paint" by Memo Akten, "The Last Word" by Illegal Art and "Killing Time" by Mesplé.

In the exhibit "Body Paint," movement creates the art. By moving in front of a projector, visitors can make bright, changing colors splash across a screen. This was incredibly fun for me and my party as we experimented

with different methods of movement. Flipping my hair worked best for me.

"The Last Word" is composed of thousands of rolled pieces of paper. Visitors are invited to take one that is white-side out and write something they've left unsaid. Visitors are also invited to grab a paper that is red-side out to read what someone else before them has written. It was interesting to see what other people had written and also funny, as some take it more seriously than others. Also, for those of you with little ones, some of the previously written statements can contain adult content.

"Killing Time" is a kinetic hourglass sculpture with a skull at its center. The piece will detect when a viewer is near and trigger a release of a black liquid called ferrofluid, creating a breathing motion from and into the skull. It is an introspective piece about the limited amount of time we all have. Those with pacemakers are warned not to get near the piece, as it could interfere with the pacemaker's functions.

As I've said before, I can't recommend Wonderspaces Austin enough.

For more information, visit austin.wonderspaces.com.



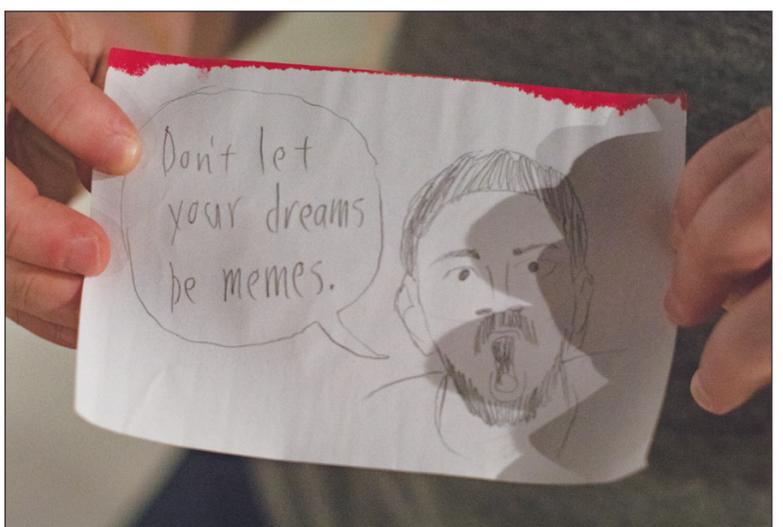
My roommate, Jessica Rodriguez, and my brother, Blake Dupre, walk through "Submergence" by Squidsoup — one of our favorite artworks at Wonderspaces Austin. The piece consists of more than 8,000 lights that change color and brightness in sequence to sound.



The artwork "Killing Time" by Mesplé consists of a skull at the center of an hourglass filled with a black liquid called ferrofluid. When visitors stand near it the skull begins to "breathe" the dark liquid.



TOP, "Body Paint" by Memo Akten, allows visitors to use their movements to create art. This piece was very popular with adults, as well as children, as everyone tried various methods of motion to trigger the paint splatters on the projected image. **ABOVE**, "Rules" by Paola Ibarra Llano asks visitors to place tape on a canvas while following a few rules, including not allowing your piece of tape to touch another. This becomes much more difficult as more and more people add tape to the piece.



My brother took an unserious approach to the interactive artwork "The Last Word" by Illegal Art, where guests can write something they've left unsaid or leave a message.



A review of some of the most popular series streaming on a variety of platforms

'Found' finds primetime success with unorthodox plot

BY JANECE WRIGHT

Sentinel Living Editor

Imagine turning the most terrifying event of your life into a lifelong mission that has now become your job.

That's what Gabi Mosely (Shanola Hampton) does in the suspense thriller "Found" ... sort of.

Mosely, a recovery specialist, works with a team to find missing people who have fallen through the cracks of the system.

Be it skirting the lines of justice or crossing them altogether, the team is united in their quest and bonded by personal experience, prompting them to employ whatever tactics necessary to bring the missing home to their families.

At the center of Mosely's determination is Hugh Evans (Mark-Paul Gosselaar), one of Mosely's high school teachers, and the cause of the life-altering events that occurred 20 years earlier.

Noting her seemingly ravenous appetite for literature and books, Evans lured a then-teenage Mosely to his home under the pretense of sharing his vast collection of rare first editions.

As the mood shifts from innocent to sinister, Mosely finds herself unable to leave the off-the-grid property. Informed the location would be where she would complete her education, she has no choice but to oblige, and must refer to him as "Sir."

Since I dare not spoil the suspense with details of her ordeal, I will just say that Mosely has strategized an unorthodox and, as she soon finds out, dangerous method of bringing her captor to justice while helping others who suffered similar fates.

What I enjoy most about this series is the creativity of the plot. It's surprising and unlike anything I have ever watched.

Taking personal tragedy and turning it into something positive and uplifting is not



Photos courtesy of Warner Bros. Television

uncommon, however, this series turns the tables on that notion and takes it further than one may expect.

I also have a great appreciation for bringing attention to such worthy causes such as mission and exploited children.

According to the National Missing and Unidentified Persons database, a national clearinghouse and resource center for missing, unidentified and unclaimed persons, more than 600,000 people go missing every year.

The statistics are staggering. Though the series spotlights these issues in fictional terms, the attention is still warranted for very real concerns.

The concept of the series intrigued me, but the cast made me want to tune in.

Hampton brings an authenticity to the character that viewers can resonate with, and



it's refreshing to see Gosselaar play a character so far removed from his iconic role of Zack Morris in the late '80s show "Saved by the Bell."

The series is definitely binge-worthy, and, apparently, critics agree, as the saga will con-

tinue in the upcoming second season.

Stream season one on NBC, YouTube TV, Peacock and Hulu, among other platforms, and tune in for season two Oct. 3.

The series contains violence and sensitive subject matter. Viewer discretion is advised.

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Salem

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



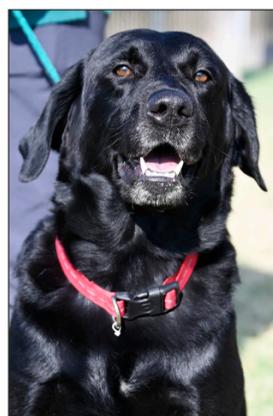
Felicia

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



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



Elio

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



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



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



Gracie

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



Big Bertha

age unk., domestic short hair, black & white, female.



Gandalf

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



Jeeves

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



Blondie

2-yr-old, short-haired Chihuahua, tan & white, female.



Winston

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

KISD dives into new school year's initiatives, insight on podcast



Screenshot by Samantha Harms, Command Information Chief

Dr. Jo Ann Fey, Killeen Independent School District's superintendent, sits with Samantha Harms, command information chief for the U.S. Army Garrison-Fort Cavazos Public Affairs Office, as they speak about the upcoming school year Aug. 2 at the public affairs office at Fort Cavazos.

BY SAMANTHA HARMS
Command Information Chief

The first day of school occurred Wednesday across the Fort Cavazos community, with thousands of students walking into the doors of Killeen Independent School District schools.

This is an annual rite of passage, with anticipation and nerves filling the air for the students, but it isn't just the students who look forward to this day.

"I always say when the teachers come back, it's like this sense of relief," said Dr. Jo Ann Fey, KISD's superintendent. "But when the students come back into our classrooms, it's like all the work that we did all summer long, all of our planning and all of the leaders at the campuses and all their planning, ... it's the start button.

"And then to see the journey of the year and how the things that we plan will go is always fascinating," she continued. "And I just always look forward to seeing the kids."

Fey shared her excitement about the first day of school with the crew of the Great Big Podcast, where she also took the opportunity to highlight changes across the district and to share reminders about the upcoming school year.

"The biggest thing that we're launching this year is a program called 'Capturing Kids' Hearts,'" Fey said. "It's a program that is designed to build relational capacity, not

only in the system but across the system. In particular, how are we going to build relationships with our students.

"And an unintended piece that comes out of that is, how do we build relational capacity with each other," she added. "And I think when adults can learn how to do that, and demonstrate and model that for kids is super awesome."

The program is district-wide, with specific training occurring at every level from bus drivers to principals.

For teachers, they will receive a two-day training on how to set up a classroom, how to encourage students to have a voice in their learning, etc.

"We serve kids, and we serve them academically so that they can have a quality of life when they leave us," Fey explained. "And all of that starts with relationships, and it always has and it always will."

While some things are changing within the district, the safety reminders stay the same.

"First thing is there are school zones," Fey said when asked about what people should remember about the safety of children going to school. "Slow down. We can do everything in our power to make sure that kids are in the right place, but there's always going to be someone that gets out of place. And around specifically with traffic, slow down.

"I would say in the first couple of weeks, provide some grace for the district," she continued. "We're learning

new routes, our buses are learning new routes, kids don't know when they're supposed to get off. ... So, we want some grace and we will hopefully get it right and things will settle down in a couple of weeks."

Additionally, Fey said people should be mindful of children going on and off buses, as well as pay attention to stop signs and flashing lights.

When asked what Fey would have to say to the children who just started school, she shared she's thought a lot about that question, wondering what she would want to know if she were a child again. When it came down to

it, she realized she wants every child to know that education matters, and they should take every advantage they can while in school.

"Come to school every day, come ready to learn — even on the bad days," Fey said. "We all have them, but we still want you here even on your bad days. And we want you to enjoy your school experience. That's my hope for the kids."

To listen to the full audio podcast episode, visit greatbigpodcast.buzzsprout.com.

To watch the full episode on Fort Cavazos' YouTube channel, visit youtube.com/@fort-cavazosarmy.



Screenshot by Darren Cinatl, Fort Cavazos Public Affairs

Parents and school buses wait for students to be dismissed on the first day of the new school year Wednesday at Meadows Elementary School at Fort Cavazos

Houses of Worship

FORT CAVAZOS CHAPEL SERVICES



CATHOLIC
Sunday Mass, 9 a.m., Main Chapel, www.facebook.com/FtCavazosRomanCatholic
Noon Mass, Monday through Friday, Main Chapel
Confession after Mass or by appointment, call 254-286-6749, Main Chapel

PROTESTANT
St. George Parish (Anglican, Lutheran, Episcopal), Sunday, 9 a.m., Old Post Chapel, <https://www.facebook.com/SaintGeorgeFortCavazos>

SPANISH PROTESTANT
Alcance, Sunday, 1:30 p.m., Veterans OIF Chapel.

GOSPEL CONGREGATION
Gospel Service, Sunday, 11 a.m., Comanche Chapel, <https://www.facebook.com/ComancheHappeningsNow>

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

CHAPEL NEXT
Contemporary Service, Sunday, 11:15 a.m., Main Chapel, <https://www.facebook.com/FortCavazosChapelNext>

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

WFC PROTESTANT
Non-Denominational Protestant, Sunday, 10:30 a.m., West Fort Cavazos Chapel, <https://www.facebook.com/profile.php?id=100064944031364>

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

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

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

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

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

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

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

Mothers of Preschoolers (MOPS), www.Facebook.com/FortHoodMOPS

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

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

Catholic Women of the Chapel (CWOC),

Tuesdays from 9:30-11:30 a.m., bimonthly
 Thursday 5-7 p.m., Main Chapel. Facebook: Fort Cavazos CWOC (Catholic Women of the Chapel)
Catholic Youth Ministry-Crusaders, 8-12 grades, Contact Maria Fuavia, 573-842-8181
Catholic Religious Education-CCE, Wednesday, 5:30-7:30 p.m., Main Chapel, Contact Maria Fuavia, 254-287-0241

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

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

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



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Killeen commemorates Purple Heart Day

BY SHAWN DAVIS

Fort Cavazos Public Affairs

KILLEEN, Texas — The room fell to a deafening silence as Janelle Ford, executive director of communications and marketing for the City of Killeen, stood at the podium and began the commemorative ceremony for Purple Heart Day Aug. 7 at Killeen City Hall.

“(The Purple Heart) is truly a military medal that is by the people and of the people,” she said. “That’s because it’s one of the first awards in military history that could be given to enlisted Soldiers, as well as noncommissioned officers, for their outstanding service.”

The original namesake of the Purple Heart was the Badge of Military Merit. It was a military decoration designed on Aug. 7, 1782, by the commander-in-chief of the Continental Army, George Washington, to be a figure of a purple heart-shaped fabric inlaid with lace or binding to display the word “merit” across the heart.

In the general order written by Washington, he determined the purpose of the award was to “cherish virtuous ambition in his Soldiers” and to “foster and encourage every species of military merit” by awarding it in “instances of unusual gallantry” and “extraordinary fidelity and essential service in any way.”

The Badge of Military Merit was awarded during the Revolutionary War, but fell into obsolescence until Feb. 22, 1932, when General Order No. 3, created by then-chief of staff of the Army, Gen. Douglas MacArthur, authorized the U.S. War Department to modernize the award, which led to the creation of the Purple Heart on the 200th anniversary of Washington’s birth.

The award sought to honor those who were wounded or killed by the enemy and those who served in defending the country as far back as World War I — including



Photos by Shawn Davis, Fort Cavazos Public Affairs

LEFT, Retired Staff Sgt. John Footman, Military Order of the Purple Heart Central Texas Chapter 1876, joins past recipients of the Purple Heart and their family members as he details the history of the military decoration during the Purple Heart Day ceremony Aug. 7 at Killeen City Hall. The city of Killeen boasts a large military community and has been designated a “Purple Heart City” by proclamation since 2014. **RIGHT**, Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, speaks during the Purple Heart Day ceremony Aug. 7 at Killeen City Hall. The city joined Fort Cavazos in honoring those who were wounded or killed in service to the nation and celebrated the history of the Purple Heart.



Participants attending the Purple Heart Day ceremony in the city of Killeen pose for a group photo in front of the newly unveiled Purple Heart City signage Aug. 7 at Killeen City Hall. The signs can be found dotted across the city and highlight the city’s support for service members currently and formerly residing in the city.

its first recipient, MacArthur — were eligible.

Killeen’s ceremony was attended by representatives of the Military Order of the Purple Heart Central

Texas Chapter 1876, various veterans’ organizations and locals who themselves earned the distinction or had a family member receive the award. Col. Lakicia Stokes,

U.S. Army Garrison-Fort Cavazos commander, represented the installation during the ceremony.

“Today we gather to honor the value, the sacrifice and resilience

of our Purple Heart recipients,” Stokes said. “The Purple Heart is more than a medal — it is a symbol of courage, a testament to the strength of those who have faced the most formidable challenges and have emerged with unwavering spirit.

“Our Purple Heart recipients have borne the wounds of battle, and their sacrifices remind us of the true cost of freedom,” she continued.

Killeen has remained a “Purple Heart City” since 2014, a title proclaimed by then-mayor of the city, Daniel A. Corbin, which highlights the city’s dedication to honoring veterans and their family members for their service.

In the spirit of the proclamation, City of Killeen Mayor Debbie Nash-King announced an additional proclamation in support of its military community to the Military Order of the Purple Heart Central Texas Chapter 1876, and included members of the Veterans of Foreign Wars, Disabled American Veterans and various other community organizations in the honor.

The city of Killeen also unveiled the commemorative signage that designates Killeen as a Purple Heart City. The signs can be found throughout the city and were sourced and placed by the Killeen Department of Public Works with the assistance of the Killeen Department of Transportation.

“We owe them a debt,” Stokes said, “a gratitude that can never be fully repaid, but we can strive to honor their legacy through our actions and our words to all the Purple Heart recipients here today and to those who could not join us.

“We thank you for your service, your sacrifices, your bravery and your unwavering dedication to our nation,” she concluded.

To learn more about Killeen’s designation as a Purple Heart City, visit killeentexas.gov/purpleheart.

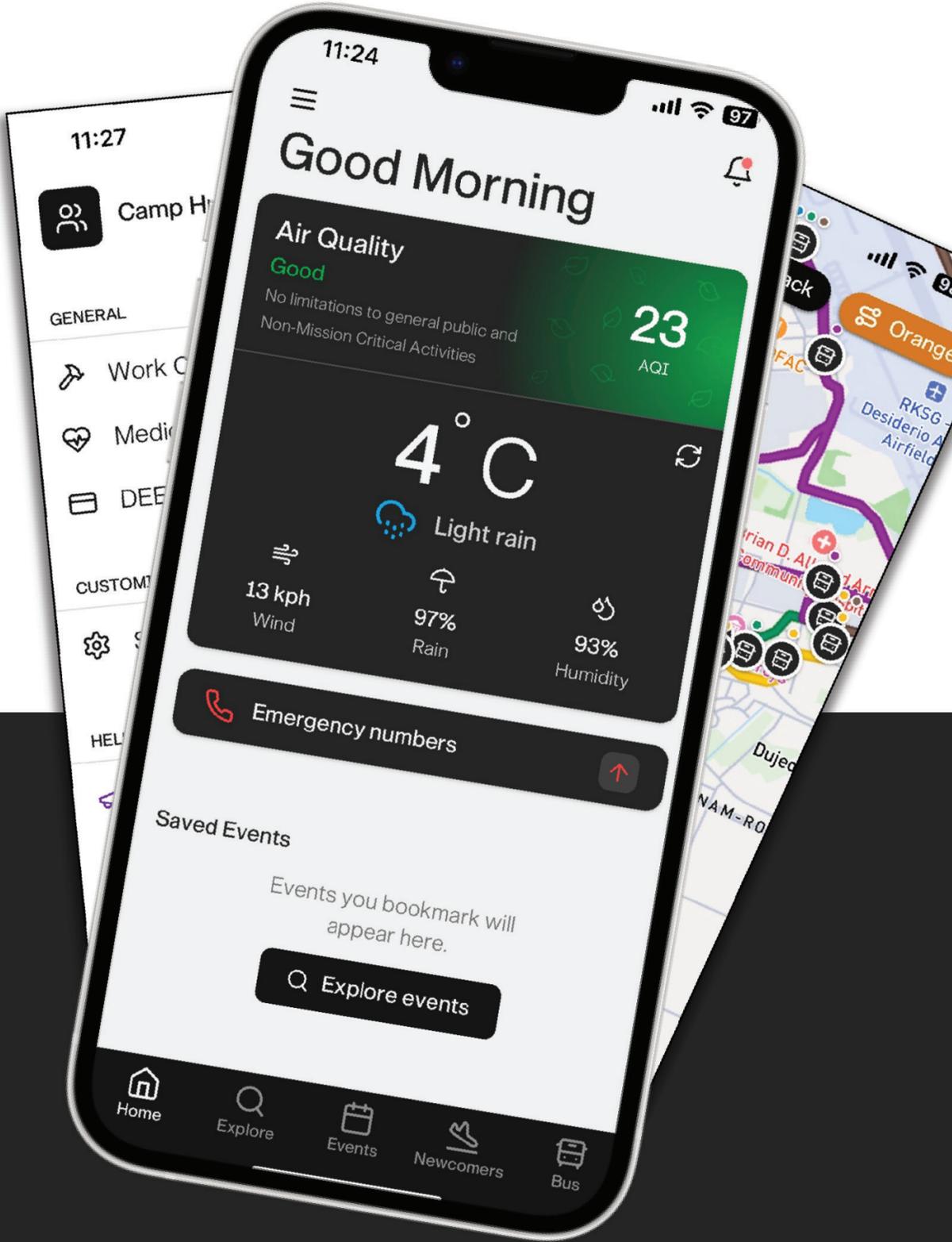
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Chaplains become certified pastoral counselors

BY DERIKA UPSHAW
Fort Cavazos Public Affairs

The Army community gained three licensed pastoral counselors trained in faith-informed, evidenced-based counseling, whose mission is to improve the counseling capabilities of the Chaplain Corps, Friday at the Chaplain Family Life Training Center.

Chaplain (Maj.) Rob Jackson, Chaplain (Maj.) Jungu Lee and Chaplain (Maj.) Karl Redelsheimer graduated from the Family Life Chaplain Qualification Course.

“The Chaplain Family Life Qualification Course is a training program for (chaplains who are majors),” said Chaplain (Lt. Col.) Sang Jun “Tim” Won, director of the Chaplain Family Life Training Center, U.S. Army Institute for Religious Leadership, Office of the Chief of Chaplains. “It is an 18-month program, and we partner with Texas A&M University-Central Texas, and through the program our chaplains receive a master’s in counseling.”

During the program, the chaplains were required to complete 450 hours of counseling, 100 hours of supervised counseling and 100 hours of theological integration.

According to Won, to be accepted into the program a chaplain must be a major and be accepted into the master’s program at either Texas A&M-Central Texas or Liberty University. The chaplains graduate with their license in marriage and family counseling. They will be able to counsel Soldiers and their families like any other therapist.

“The difference between regular therapists versus chaplain pastoral counselors is because of that theological integration that we try to embed,” Won said. “We not only pay attention to the physical (and) emotional health of our Soldiers, but then the spiritual. Some of those topics that may pop up by clients like prayer, scripture, confession, forgiveness and things like that.”

Though they are licensed therapists now, it does not change the fact they are, first and foremost, chaplains.

“We are doing some theological integration where we take these things that we’re taught and we apply our own pastoral care by using these models,” Jackson said. “We don’t stop being chaplains. At the same time, we’re able to take these evidence-based practices and use them in giving pastoral care.”

As the chaplains continue forward, they



Photo by Derika Upshaw, Fort Cavazos Public Affairs

Chaplain (Maj.) Karl Redelsheimer, left center, receives his certificate for completing his master’s degree in counseling from Chaplain (Col.) David Jones, left, program director for the School of Spiritual Counseling; Chaplain (Col.) John Manuel, director of the U.S. Army Reserve Component Family Life Training Program; and Chaplain (Lt. Col.) Sang Jun “Tim” Won, director of the Chaplain Family Life Training Center, U.S. Army Institute for Religious Leadership, at the graduation ceremony for the Family Life Chaplain Qualification Course Aug. 9 at the Chaplain Family Life Training Center at Fort Cavazos. Redelsheimer’s next assignment is with the 36th Engineer Brigade on post, serving as the brigade chaplain.

are going to be charged with the mission of not only counseling Soldiers and their families, but to also formally train unit and battalion chaplains in techniques and procedures when giving pastoral care to their service members using therapy models and evidence-based practices.

“They become a mentor or instructor for our captain and younger battalion chaplains who do not have that full understanding of counseling,” Won said. “They go out and train them and then provide tools for them.

The most popular one is called a solution-focused, brief therapy.”

After graduation, the graduates will move on to their next duty station. Redelsheimer, who will join the 36th Engineer Brigade here at Fort Cavazos, said he gained more out of the program than practical knowledge.

“It’s helped me develop as a person, as a pastor, as a chaplain, as a husband and as a father,” he said. “And not only that, it has helped my own spiritual development, as

well. And it really has enabled me to care for and lead in the Army in a way that wouldn’t be possible in another program.”

The next Chaplain Family Qualification Course graduation is set for December where there will be six graduates.

To find more information on this program and how to apply, contact the Fort Cavazos Chaplain Family Life Training Center at 254-553-9136 or visit <https://usairl.tradoc.army.millgsaccpd-school-for-spiritual-counseling-family-life>.

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 N E T H E R L A N D S B R 8 V
 U I S R Q O U A E T R O M 5 N

Unlisted clue: BELGIUM

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
 Thursday's unlisted clue hint: **Country Just North of France**

1 time trial	588 miles	France	Rotterdam
2 mountain	8 stages	Liège	The Hague
22 teams	Bastogne	Morteau	Women's tour
3 flat	Dordrecht	Netherlands	

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PREMIER CROSSWORD/ By Frank A. Longo

ACROSS	DOWN
1 PlayStation 3 competitor	2 Suffering, figuratively
4 Prefix for "bird"	3 --Kit (police face-maker)
7 Man-to-man term of endearment	4 Part of ACLU: Abbr.
13 Luau skirt	5 -- voce
19 Native (to)	6 "High Rollers" rapper
21 Modern way to shop	7 See
22 Neckwear clasp	8 With the wish (of)
23 Noteworthy septet of piers?	9 Actress
25 Spanish fleet	10 Encircled with a band
26 Worship	11 Not suitable
27 Publicly revealing Edison's secret?	12 Like many simple questions
29 Bottom-row PC key	13 TDs or RBI
30 Recipe qty.	14 Loud warning device
32 Overly	15 Eliminator
33 Eggs' shapes	16 Former first lady Michelle
34 Successfully trap a moray?	17 Rafael of tennis
41 Shrek is one	18 Lawn surface
43 "There oughta be --!"	20 Suffix of nationalities
44 Dozing	24 Amsterdam is its cap.
47 Spellbound	28 Sticky gunk
51 "This works like a charm!"	31 Island setting
55 Up-to-the-minute	35 Appellation
57 Director Ang	36 Dressed
	37 Bible book before Zechariah
	DOWN
	1 Floor cleaner for liquid spills, in brief

#2,207 Average time of solution: 67 minutes

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LAST WEEK'S CROSSWORD ANSWERS

JUMBLE

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

ONPDU
 CRWKE
 TACELT
 NIVIDE

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THE CHEF HAD A SECRET TECHNIQUE WHEN USING HER PRESSURE COOKER, BUT SHE ---

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

Answer: POUND WRECK CATTLE DIVINE
 Jumbles: POUND WRECK CATTLE DIVINE

HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

Differences: 1. Leg is moved. 2. Stripe is missing. 3. Woman's arm is thinner. 4. Window is missing. 5. Pool design is different. 6. Boy is thinner.

SLYLOCK FOX

Slick Smitty has been sneaking into beachfront homes to snatch food and drinks. Smitty wore gloves to avoid leaving fingerprints, but Slylock Fox found prints that match Slick Smitty's in all the burgled homes. How is that possible?

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 c) 1826
 d) 1812

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BY BOB WEBER JR.

Spot six differences between these panels.

Answer -- Whiskers, railing, squirrel, keyhole, eye and fly.

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<p>2009 HYUNDAI ELANTRA SDN MAN GLS STK#61164A Sale Price \$7,669</p>	<p>2017 VOLKSWAGEN PASSAT 1.8T S AUTO STK#C60006 Sale Price \$11,500</p>	<p>2017 CHEVROLET EQUINOX FWD LT STK#61192A Sale Price \$12,095</p>	<p>2012 TOYOTA HIGHLANDER FWD 4DR I4 STK#42527B Sale Price \$12,995</p>	<p>2018 HYUNDAI SANTA FE SPORT 2.4L AUTO STK#61175A Sale Price \$13,500</p>	<p>2018 TOYOTA COROLLA LE CVT STK#61250A Sale Price \$15,895</p>	<p>2018 CHEVROLET TRAX FWD 4DR LT STK#55093A Sale Price \$15,995</p>
<p>2019 MAZDA CX-5 TOURING FWD STK#31434A Sale Price \$16,137</p>	<p>2019 NISSAN ALTIMA 2.0 PLATINUM SEDAN STK#54773A Sale Price \$16,998</p>	<p>2018 DISCOVERY SPORT SE 4WD STK#31454A Sale Price \$17,136</p>	<p>2021 FORD ECOSPORT SE FWD STK#55095B Sale Price \$17,999</p>	<p>2018 HONDA CIVIC SEDAN EX CVT STK#70314A Sale Price \$18,500</p>	<p>2019 INFINITI Q50 3.0T SPORT RWD STK#42772A Sale Price \$19,495</p>	<p>2023 HYUNDAI KONA SEL AUTO FWD STK#P60199 Sale Price \$19,869</p>
<p>2016 FORD F-150 2WD SUPERCREW XL STK#42645C Sale Price \$19,995</p>	<p>2020 CHEVROLET EQUINOX FWD LS STK#55133A Sale Price \$19,995</p>	<p>2020 TOYOTA CAMRY SE AUTO STK#12698A Sale Price \$19,999</p>	<p>2020 GMC TERRAIN FWD SLT STK#42762A Sale Price \$19,999</p>	<p>2021 NISSAN SENTRA SR CVT STK#12529B Sale Price \$20,499</p>	<p>2018 MERCEDES-BENZ GLE 350 SUV STK#42635A Sale Price \$20,888</p>	<p>2019 LINCOLN MKT 3.5L AWD STK#54960A Sale Price \$20,988</p>
<p>2020 FORD FUSION SE FWD STK#220092 Sale Price \$20,999</p>	<p>2020 CHEVROLET EQUINOX FWD LT STK#220097 Sale Price \$20,999</p>	<p>2023 HYUNDAI KONA SEL AUTO AWD STK#Z20102 Sale Price \$21,699</p>	<p>2023 VOLKSWAGEN JETTA S AUTO STK#55039A Sale Price \$21,995</p>	<p>2017 HONDA ODYSSEY EX-L STK#23121A Sale Price \$22,499</p>	<p>2022 BUICK ENCORE GX SELECT FWD STK#12940A Sale Price \$22,500</p>	<p>2017 CHEVROLET SILVERADO 1500 CREW HIGH COUNTRY STK#12539B Sale Price \$22,899</p>
<p>2021 NISSAN MURANO FWD S STK#54752A Sale Price \$22,995</p>	<p>2024 VOLKSWAGEN JETTA SPORT MANUAL STK#61276A Sale Price \$23,095</p>	<p>2020 CADILLAC XT4 FWD 4DR SPORT STK#31367A Sale Price \$23,475</p>	<p>2022 MINI COOPER COUNTRYMAN COOPER STK#P60210 Sale Price \$24,195</p>	<p>2021 SUBARU CROSSTREK PREMIUM CVT STK#54871A Sale Price \$24,280</p>	<p>2024 VOLKSWAGEN JETTA S AUTO STK#P60204 Sale Price \$24,695</p>	<p>2019 HONDA CR-V TOURING 2WD STK#42608D Sale Price \$24,995</p>
<p>2022 JEEP COMPASS LATITUDE 4X4 STK#42770A Sale Price \$24,995</p>	<p>2023 VOLKSWAGEN TIGUAN 2.0T S FWD STK#P60205 Sale Price \$25,495</p>	<p>2022 TOYOTA CAMRY SE NIGHTSHADE STK#61178B Sale Price \$25,895</p>	<p>2021 NISSAN ROGUE FWD SL STK#55094A Sale Price \$25,995</p>	<p>2021 NISSAN FRONTIER CREW 4X4 SV STK#55104A Sale Price \$25,995</p>	<p>2017 AUDI S5 COUPE 3.0 TFSI S TRONIC STK#12787A Sale Price \$26,073</p>	<p>2018 JEEP WRANGLER UNLIMITED SPORT S 4X4 STK#54703B Sale Price \$26,288</p>
<p>2022 HONDA ACCORD SEDAN FWD STK#54290B Sale Price \$26,888</p>	<p>CERTIFIED 2021 NISSAN ROGUE FWD PLATINUM STK#54901A Sale Price \$27,995</p>	<p>2024 MAZDA CX-5 2.5 S PREFERRED PKG STK#P30080 Sale Price \$27,999</p>	<p>2018 CADILLAC CT6 3.6L PLATINUM AWD STK#12899A Sale Price \$28,999</p>	<p>2023 MAZDA CX-30 2.5 TURBO PREMIUM PLUS STK#31189A Sale Price \$28,999</p>	<p>2023 TOYOTA CAMRY XSE STK#42720A Sale Price \$31,888</p>	<p>2024 NISSAN MURANO FWD SL STK#54615A Sale Price \$35,995</p>



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