

DOD reimburses for breast milk shipping expenses **A7**

Freedom Fest: red, white, booming success



Fireworks light up the night sky to close out Freedom Fest Friday at Phantom Warrior Stadium at Fort Cavazos.



Photos by Blair Dupre, Sentinel News Editor

Gordon Goss, 3, focuses intently on painting a ceramic giraffe at the arts and crafts tent Friday during Freedom Fest at Phantom Warrior Stadium at Fort Cavazos. There were other activities as well, including face painting and rock climbing.

BY BLAIR DUPRE
 Sentinel News Editor

Thousands from Fort Cavazos and the Central Texas area gathered Friday at Phantom Warrior Stadium to celebrate the nation's independence during the Directorate of Family and Morale, Welfare and Recreation's Freedom Fest.

Fort Cavazos' annual Independence Day celebration has been a beloved tradition of the community for more than a decade that features food, fun and a 30-minute fireworks display sponsored by Fort Cavazos Recycle.

Lance Pooler, deputy director of DFMWR, said preparing for the event is a demanding task that always provides great reward for the DFMWR team.

"Once we ... start seeing the local community and the Soldiers and their families start to pour

into the stadium, it's basically just gratification for us," he said. "This gives us the enthusiasm to continue to do what we do, which is provide these types of things for our Soldiers and their families."

Freedom Fest is made possible by the many Department of the Army civilians, volunteers and Soldiers that work during the event. Pooler said holding Freedom Fest before Independence Day allows them to spend time with their families on the actual holiday and keeps the installation from competing with other Independence Day celebrations in the area.

"Simply because Fort Cavazos is one of the largest military installations in the world ... it takes a very large detail to help us put all this on," he explained. "It's actually benefited the local community by doing that

See **Freedom Fest, A6**

NEWS BRIEFS

Download My Army PCS App

The My Army PCS App is a customizable app that helps users prepared for their permanent change of station before, during and after their PCS report date. It is a knowledge-based information tool, including topics such as entitlements, move types, resources and claims. Additionally, users can talk to a live agent at the Army Personal Property Call Center during your move. Download the My Army PCS App at the Apple App Store at <https://apps.apple.com/us/app/my-army-pcs/id1623381230> or the Google Play Store at <https://play.google.com/store/apps/details?id=com.tradocmobile.MyPCS>.

Road closes July 9

Legends Way between 27th and 24th Streets will be closed between 8:55-10 a.m. Tuesday. Taking an alternate route is recommended. Please plan appropriately.

Road closes July 10

Legends Way between 72nd and Pleiku Drives will be closed between 11:30 a.m.-12:30 p.m. Wednesday. Taking an alternate route is recommended. Please plan appropriately.

Road closes July 12

Legends Way between 72nd and Pleiku Drives will be closed between 10:25-11:30 a.m. July 12. Taking an alternate route is recommended. Please plan appropriately.

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 Aug. 16 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.

Children school garrison team in triple-play CYS Sports Day

BY BLAIR DUPRE
 Sentinel News Editor

Bronco Youth Center buzzed with excitement as youth took on the garrison team in three different sports during the Child and Youth Services Sports Day Monday.

Multiple garrison representatives, including U.S. Army Garrison-Fort Cavazos Commander Col. Lakicia Stokes, competed against the children in basketball, volleyball and dodgeball during the event.

Sheila Curtis, chief of CYS, said CYS Sports Day is a great opportunity for the youth of Fort Cavazos to interact with the garrison command team on a whole different level.

"It's about really having fun and enjoying each other and then seeing people from a different perspective," she said.

See **Sports, A6**



Photo by Blair Dupre, Sentinel News Editor

Sheila Curtis, Child and Youth Services chief, accepts the CYS Sports Day trophy from Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, at the conclusion of the event Monday at Bronco Youth Center at Fort Cavazos. Youth competed against the garrison team in three different sports during the event — basketball, volleyball and dodgeball.

Fest features fun, music, patriotic pyrotechnics

Freedom Fest: *Continued from A1*

because ... in the last couple of years they've been doing their own fireworks. Also, an added benefit is it gives the Soldiers the opportunity to experience the local community without having to compete against here versus there."

The festivities kicked off with a "Salute to the Nation" ceremony. The ceremony

consisted of Soldiers carrying the flag of each state in the order they joined the union. The sound of cannon fire echoed across the stadium as each state was announced.

"I can't think of a better reason to come out and party and celebrate ... than rallying around our great United States," said Brig. Gen. Thomas M. Feltey, III Armored Corps deputy commanding general - maneuver, to the crowd at the conclusion of the ceremony.

Veteran James Beeson Sr. and his wife Cassandra attended Freedom Fest with their children and said they looked forward to everything Freedom Fest had to offer.

"Family, community, seeing my brothers-in-arms," James said. "I just love being here. The kids can see culture ... and they love it."

Cassandra agreed. "It's a connection," she said of the event.

A new element of Freedom Fest this year was the two stages with talented performers, eager to entertain guests. The new stage, located in the parking lot of the stadium, featured the 1st Cavalary Division band and artists YSA and Matias, who entertained the

guests perusing the many food trucks, while the main stage inside Phantom Warrior Stadium featured up-and-coming artist Alto Moon, country group Parmalee and pop artist Gavin DeGraw.

Parmalee lead singer, Matt Thomas, said the group has performed for service members many times over the course of their career, and it's always special for them.

"It's great to come and provide entertainment (for service members)," he said. "Every show we've ever done for service members has been awesome."

DeGraw said he was proud to be performing at the Great Place for the Fourth of July celebration.

"This is the lifeline of the country right here," he said. "This is our fighting men and women. I'm proud to be an American, so I'm in the right place. Anything to celebrate our independence is up my alley."



Photos by Blair Dupre, Sentinel News Editor

RIGHT, Gavin DeGraw performs on the main stage Friday during Freedom Fest at Phantom Warrior Stadium at Fort Cavazos. **ABOVE,** Barry Knox, bass player for country group Parmalee, performs Friday during Freedom Fest on the main stage at Phantom Warrior Stadium. **TOP RIGHT,** Lauren Hodges, Directorate of Family and Morale, Welfare and Recreation volunteer, dances to the music Friday during Freedom Fest.

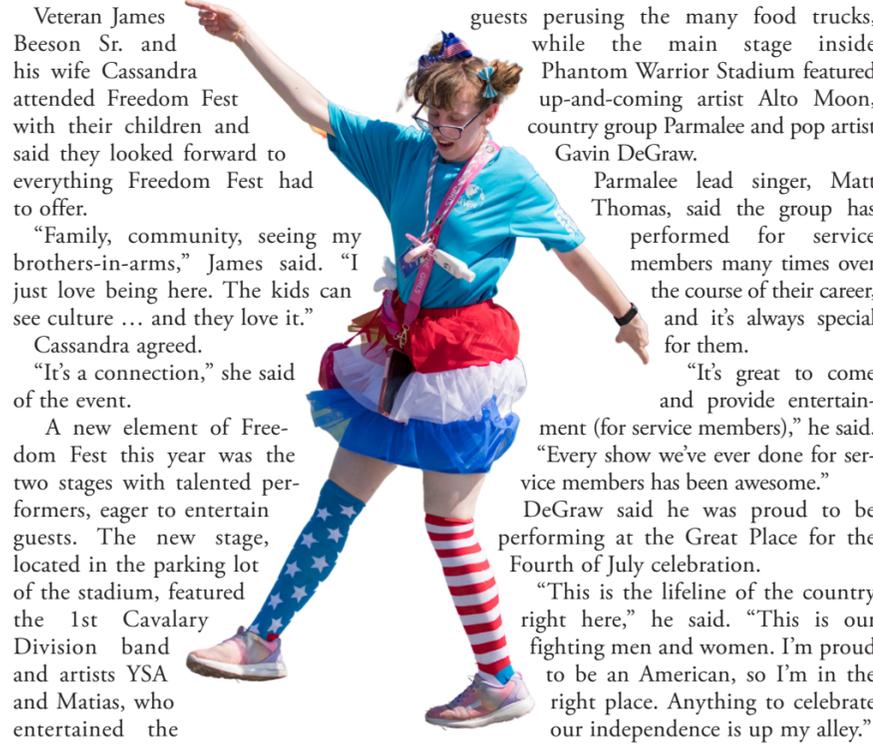


Photo by Ayumi Davis, Sentinel Editor

Event provides youth, adults chance to be social, compete



Photos by Blair Dupre, Sentinel News Editor

Col. Laticia Stokes, U.S. Army Garrison-Fort Cavazos commander, shoots in the garrison versus Child and Youth Services basketball game during CYS Sports Day Monday at Fort Cavazos.

Sports: *Continued from A1*

"At the end of the day, we're all about what the future looks like for the military."

She said the young athletes of CYS were incredibly excited about Sports Day.

"They wanted to show our command team that ... the young people of CYS are very competitive," Curtis said. "They were looking forward to this day, as you could see, with the excitement that came forth with our young people. It's our staff and coaches that have prepared them in this process."

Prepared they were. CYS had a clean sweep, defeating the garrison team 71-53 in the basketball game, 2-0 in volleyball and 2-0 in

dodgeball. In between sports some children made sure to entertain the crowd with prepared dance routines.

During the trophy presentation where Stokes presented a trophy to Curtis, she praised the dedication and support from the youth and staff.

"It's all about having fun and also working together as a team," Stokes said. "This was great. We really enjoyed our time here, and hopefully, we get an invite for the next one."

Vickie Jackson, Youth Sports and Fitness director, said she wasn't surprised by the children's athletic prowess, but by their enthusiasm.

"I was surprised that so many wanted to participate, which is

awesome for them to want to get a chance to interact with the garrison command," she said. "I don't think a lot of them know who the garrison command is, so it's a great opportunity for them to interact with the garrison commander, know who she is and know the people that work with her."

Curtis said the event helped the children develop social skills through their interactions with the professionals here at the Great Place.

"It's about planting seeds," Curtis said, "and hopefully, one day, they can look back on this experience as a very memorable experience, and they can use the skills that they learned today in their life as well as in the future."



Alyssa Goings Smith, 8, Cavazos commander, shoots in the garrison versus Child and Youth Services basketball game during CYS Sports Day Monday at Fort Cavazos.

Phantom Warrior Command Team: III AC honors Independence Day

Teammates, family and friends, On this day, in 1776, the Continental Congress approved the Declaration of Independence and formally separated our 13 original colonies from the rule of Great Britain. This Independence Day, our nation celebrates 248 years of history. As we commemorate this holiday, we remember the bravery of our Citizen-Soldiers who answered the young of our nation's call and defended freedom and democracy. The dedication and commitment demonstrated at that time continues today in the III Armored Corps. We will continue the Citizen-Soldiers'

mission to defend the rights of the American people and to fight against any adversary that threatens our nation. Across our formations, we still stand ready to answer our nation's call to fight and defend our most sacred principles, anywhere in the world. We are the III Armored Corps — the most lethal fighting force in the world. We can only achieve this lethality through the strength and unity of our most valuable assets, our people — the Soldiers, Department of the Army civilians and their families who make our organization great.

From the first Independence Day until today, we are indebted to those across our nation who have served and sacrificed. As you enjoy your well-earned time off with family and friends, be thoughtful of those deployed service members who cannot celebrate with their own family and friends this year. Be safe and vigilant, and enjoy celebrating our nation's 248th birthday. Happy Independence Day!


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


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



John McDwyer Sean Bernabe

Rugged Brigade wishes happy Fourth of July

BY COL. AARON L.B. COX
36th Eng. Bde. Commander

Every year on the 4th of July, our community comes together in celebration of American independence. Americans across our nation mark this holiday with cookouts, family gatherings and fireworks in remembrance of the freedom our ancestors fought for over 200 years ago. No matter how we choose to celebrate, it is important to remember the sacrifice many have made to continue to preserve our nation's freedom. The price of freedom is a heavy one, and many have paid it with their lives. Families of service members also make great sacrifices in supporting their loved ones who do serve. Our families often must endure the sometimes-unpredictable nature of a military lifestyle. This frequently means families must suddenly move their lives across the country or be separated from their loved ones



Aaron L.B. Cox

for extended periods of time. These sacrifices are never easy, but they are what allow the Soldiers of the 36th Engineer Brigade and the rest of the military to serve. We are grateful for all those who serve regardless of branch of service including civilians. This 4th of July, the 36th Eng. Bde. would like to recognize all service members and their families who make daily sacrifices to protect our American way of life. While we enjoy this long weekend with our loved ones, let us not forget what some have given up for our freedom. We have the privilege of living in the greatest country in the world. This privilege was only earned through self-sacrifice and the service of others. We must never take that for granted. Thank you to all of our service members and their families. What you give to our country is invaluable. Happy 4th of July from the 36th Eng. Bde. Stay Rugged!



Photo by Blair Dupre, Sentinel News Editor
Fireworks fill the sky during Freedom Fest Friday at Phantom Warrior Stadium at the Great Place.

Tips to stay safe during Independence Day

BY HQDA SAFETY AND OCCUPATIONAL HEALTH OFFICE

The celebration of our nation's independence is synonymous with grilling with the family, relaxing with friends and participating in fireworks displays. As the office continues with its 101 Critical Days of Summer safety campaign, here are the following safety tips for your 4th of July holiday celebrations and vacation travel.

- Fireworks:**
- If fireworks are not legal in your area, do not use them.
 - Keep a supply of water close-by as a precaution.
 - Never give fireworks to small children.
 - Always follow the instructions on the packaging.
 - Never relight fireworks that have not fully functioned.
 - Light one firework at a time.
 - Make sure the person lighting fireworks always wears eye protection.
 - Store fireworks in a cool, dry place away from children and pets.
 - Never throw or point a firework towards people, animals, vehicles, structures or flammable materials.
 - Where possible, attend public fireworks shows presented by professionals.
 - Stay at least 500 feet away from professional firework displays.

- Sparklers:**
- Always use sparklers under adult supervision. Sparklers burn at temperatures of approximately 2,000 degrees (hot enough to burn some metals).
 - Never hold a child while using sparklers.
 - Always stand at least six feet from another individual using a sparkler.
 - Never throw sparklers.
 - Always place used sparklers in a bucket of water. Sparkler wire remains hot well after the flame is out.
- Beach safety:**
- Monitor local weather conditions and pay attention to warning signs or flags that are posted.
 - Watch young children and inexperienced swimmers and ensure that they wear approved life jackets when swimming.
 - If caught in a rip current, swim parallel to the shore until out of the current.
 - Wear sunscreen with at least SPF 15 and reapply frequently.
 - Wear sunglasses to protect your eyes.
 - Adhere to lifeguard instructions at all times.
 - Never swim alone.
- Grilling safety:**
- Use long handled tools made specifically for grilling.
 - Supervise the grill whenever it is in use.
 - Keep the grill out in the open and away from the house,

- tree branches or anything that could ignite.
 - Never grill indoors.
 - Never add charcoal fluid to charcoal that has already been ignited.
 - Keep children and pets away from the grill.
- Driving safety:**
- Make sure all passengers wear seat belts at all times.
 - Prepare your vehicle for long-distance travel. Check your wipers and fluids. Have your radiator and cooling system serviced.
 - Make sure the driver is well rested before a long trip and takes frequent breaks throughout the trip.
 - Plan ahead. Before you get on a highway, know your exit by name and number, and watch the signs as you near the off-ramp. Drivers making unexpected lane changes to exit often cause accidents.
 - Avoid distractions such as cell phones and never text and drive.
 - Do not cut in front of large trucks. Trucks are heavier and take longer to make a complete stop.
 - Be aware of trucks' blind spots. If you can't see the truck driver in their mirrors, then the truck driver can't see you.
 - Never drink and drive.
 - Designate a nondrinking driver or plan for alternative transportation, such as a taxi, if you plan to drink.
- Boating safety:**
- Take advantage of a free vessel

- safety check from the U.S. Coast Guard to check your boat.
 - Educate and familiarize yourself with the boating safety rules of operation, and be prepared for every circumstance that might arise.
 - Learn how to swim if you will be in and around the water. Local organizations, such as the American Red Cross and others, offer training for all ages and abilities. Check to see what classes are offered in your area.
 - Practice boating safety at all times by saving the alcohol for later. The probability of being involved in a boating accident doubles when alcohol is involved.
 - Whether you choose to inform a family member or staff at your local marina, always be sure to let someone else who is not joining you know your float plan.
 - Make proper use of lifejackets. A majority of drowning victims are the result of boaters not wearing their lifejackets.
 - Always check local weather conditions before departure; TV and radio forecasts can be a good source of information. If you notice darkening clouds, volatile and rough changing winds or sudden drops in temperature, play it safe by getting off the water.
 - Make sure more than one person on board is familiar with all aspects of your boat's handling, operations and general boating safety.
- Have a safe and happy holiday!



Photos courtesy of Unsplash



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504th MI Bde welcomes new commander

BY CPT. JASON A. GARRISON
504th MI Bde. Public Affairs

The 504th Expeditionary Military Intelligence Brigade hosted a change of command ceremony June 26 at Sadowski Field to welcome the new commander, Col. Benjamin C. Pry and bid farewell to outgoing commander, Col. David F. Bowers.

The ceremony was officiated by Maj. Gen. Ben Cattermole, deputy commanding general for support (U.K.), III Armored Corps, who commended Bowers for his admirable leadership.

“DB, you epitomize the very best of the United States Army,” Cattermole said. “The brigade, the Corps, the Army and your allies are better for your exemplary leadership in the ‘Ready Brigade.’”

Bowers commanded the Ready Brigade for two years, leading

them through an unprecedented rotation to the U.S. European Command’s area of operation. The unit made history becoming the first expeditionary military intelligence brigade to deploy in support of V Corps, United States Army Europe and Africa and NATO allies.

“As one of the premiere intelligence collection units in the Army, we considered it an honor to take part in such an important mission,” Bowers said.

As a third-generation military officer, Bowers brought a unique background as well as a wealth of experience to the brigade and the Military Intelligence Corps. Bowers assumed command of the 504th MI Bde. on July 7, 2022, effectually leading the charge and taking the brigade to new and unparalleled heights.

Bowers attributes the unit’s

success to the Soldiers of the brigade.

“Soldiers are the core of this unit, and nothing could be achieved without their sacrifices and dedication to the mission,” Bowers said.

Bowers will be working Department of the Army intelligence, or G-2, initiatives with the 504th MI Bde. He is succeeded by fellow Texas native Pry.

Pry most recently served as the director of intelligence for Special Operations Command South. Pry expressed his elation to join the Ready Brigade and looks forward to working with the team.

“I’m truly honored and excited to be joining your formation today,” Pry said. “You have a stellar reputation and a bright future. I will do everything I can to empower, support, protect you and lead effectively.”



Col. Benjamin C. Pry, incoming commander of the 504th Expeditionary Military Intelligence Brigade, gives his incoming remarks to the troops and guest during the change of command ceremony June 26 at Fort Cavazos.



Photos by Derika Upshaw, Fort Cavazos Public Affairs

Col. Benjamin C. Pry, incoming commander of 504th Expeditionary Military Intelligence Brigade, passes the unit's colors to Command Sgt. Maj. Apryl Williams, command sergeant major of the 504th MI Bde., during the change of command ceremony June 26 at Fort Cavazos.



Col. David F. Bowers, outgoing commander of the 504th Expeditionary Military Intelligence Brigade; Maj. Gen. Ben Cattermole, deputy commanding general for support (U.K.), III Armored Corps; and Col. Benjamin C. Pry, incoming commander of the 504th MI Bde., walk after passing the guidon in the change of command ceremony June 26 at Fort Cavazos.

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407th welcomes new commander

BY BLAIR DUPRE
Sentinel News Editor

The 407th Army Field Support Brigade bid farewell to Col. Jennifer S. Karim, outgoing 407th AFSB commander, and welcomed Col. Stacy L. Moore-Callaway, incoming 407th AFSB commander, during a change of command ceremony June 25 at Hildner Field at Fort Cavazos.

The change of command ceremony is one of the military's time-honored traditions where a unit's guidon is passed from outgoing leadership to incoming leadership, symbolizing the handing off of responsibility.

"Change of command ceremonies mark a time in the life of a unit when we celebrate the accomplishments of the outgoing commander, Colonel Jennifer Karim, and look with great anticipation of the adventures that await the incoming commander,

Colonel Stacy Moore-Callaway," said Maj. Gen. David Wilson, U.S. Army Sustainment Command commander and reviewing officer for the event.

After praising the event coordinators Wilson quoted President Harry Truman.

"Men make history and not the other way around," he quoted. "Periods where there is no leadership, society stands still. But progress occurs when courageous, skillful leaders seize the opportunity to change things for the better. ... I can say under the skillful leadership of Colonel Jennifer Karim, the 407th Army Field Support Brigade is better than she found it."

Wilson listed improvements made during Karim's tenure, including supporting 12 combat training center rotations.

"Jennifer, your optimistic can-do style of leadership has paid dividends in the form of mission accomplishment in every endeavor that we've thrown at you as an Army and as Army Sustainment Command and Army Materiel Command," Wilson said. "Thank you for what you have poured into this unit. The organization is better because of your efforts."

Then, Wilson welcomed Moore-Callaway who came to the Great Place from the Army War College.

"She has all of the skills and knowledge and the attributes to successfully command this brigade, and there is no doubt that she will command it with distinction and take it to the next level," he said. "Stacy, just remember, when in doubt take care of your people — that's your Soldiers, civilians and their families, and they, in turn, will no doubt take care of you."

"Stacy, this outstanding unit in now in your very capable hands," he continued. "And as I told you on the field, passing the colors —



Photos by Blair Dupre, Sentinel News Editor

Col. Stacy L. Moore-Callaway, 407th Army Field Support Brigade incoming commander, receives the guidon from Maj. Gen. David Wilson, U.S. Army Sustainment Command commander, during the 407th AFSB change of command ceremony June 25 at Hildner Field at Fort Cavazos.



Col. Jennifer S. Karim, 407th Army Field Support Brigade outgoing commander, makes her farewell remarks during the 407th AFSB change of command ceremony June 25 at Hildner Field at Fort Cavazos.

they are counting on you to set the tone. You must make sure they are ready for any mission anywhere and they are postured to operate as a team."

Karim, who will move on to serve as the G-4 (logistics) of III Armored Corps, began her farewell remarks by thanking her family and all of those who have supported her during her time with the 407th AFSB. She then thanked III Armored Corp leadership and Wilson for trusting her with the responsibility of leading the unit.

"It has indeed been a blessing and an honor to be afforded such a great opportunity," she said. "Two years ago I assumed this command with honor, great enthusiasm and an even greater humility. I conclude my time in command today with the same mindset."

"Twenty-four months ago, when I embarked upon this journey, I knew then I was blessed with a superb organization," she continued. "The mighty 407th has proven to be extraordinary and exceeded all of my expectations, which has made my two years in

command seem to have gone by like a blink of an eye."

Karim went on to highlight the accomplishments of the unit during her time in command, making sure to note the success was due to collaborative teamwork within the unit as well as with their partners including the 13th Armored Corps Sustainment Command and the Tank and Automotive Command. She concluded her remarks by welcoming Moore-Callaway.

"I know the brigade is in good hands with you and will continue to make a difference in the III Armored and every assigned installation," Karim said.

To conclude the event, Moore-Callaway took the podium to make her first statements as the 407th AFSB commander.

"I am absolutely honored to command the mighty 407th Army Field Support Brigade," she said. "This organization has an enormous impact on our Soldiers and families across the Army every day, and I'm going to work hard to maintain the legacy of excellence."

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

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

Veterans Crisis Line

1-800-273-8255

PRESS 1

Fest features fun, music, patriotic pyrotechnics

Freedom Fest: *Continued from A1*

because ... in the last couple of years they've been doing their own fireworks. Also, an added benefit is it gives the Soldiers the opportunity to experience the local community without having to compete against here versus there."

The festivities kicked off with a "Salute to the Nation" ceremony. The ceremony

consisted of Soldiers carrying the flag of each state in the order they joined the union. The sound of cannon fire echoed across the stadium as each state was announced.

"I can't think of a better reason to come out and party and celebrate ... than rallying around our great United States," said Brig. Gen. Thomas M. Feltey, III Armored Corps deputy commanding general - maneuver, to the crowd at the conclusion of the ceremony.

Veteran James Beeson Sr. and his wife Cassandra attended Freedom Fest with their children and said they looked forward to everything Freedom Fest had to offer.

"Family, community, seeing my brothers-in-arms," James said. "I just love being here. The kids can see culture ... and they love it."

Cassandra agreed. "It's a connection," she said of the event.

A new element of Freedom Fest this year was the two stages with talented performers, eager to entertain guests. The new stage, located in the parking lot of the stadium, featured the 1st Cavalary Division band and artists YSA and Matias, who entertained the

guests perusing the many food trucks, while the main stage inside Phantom Warrior Stadium featured up-and-coming artist Alto Moon, country group Parmalee and pop artist Gavin DeGraw.

Parmalee lead singer, Matt Thomas, said the group has performed for service members many times over the course of their career, and it's always special for them.

"It's great to come and provide entertainment (for service members)," he said. "Every show we've ever done for service members has been awesome."

DeGraw said he was proud to be performing at the Great Place for the Fourth of July celebration.

"This is the lifeline of the country right here," he said. "This is our fighting men and women. I'm proud to be an American, so I'm in the right place. Anything to celebrate our independence is up my alley."



Photos by Blair Dupre, Sentinel News Editor

RIGHT, Gavin DeGraw performs on the main stage Friday during Freedom Fest at Phantom Warrior Stadium at Fort Cavazos. **ABOVE,** Barry Knox, bass player for country group Parmalee, performs Friday during Freedom Fest on the main stage at Phantom Warrior Stadium. **TOP RIGHT,** Lauren Hodges, Directorate of Family and Morale, Welfare and Recreation volunteer, dances to the music Friday during Freedom Fest.

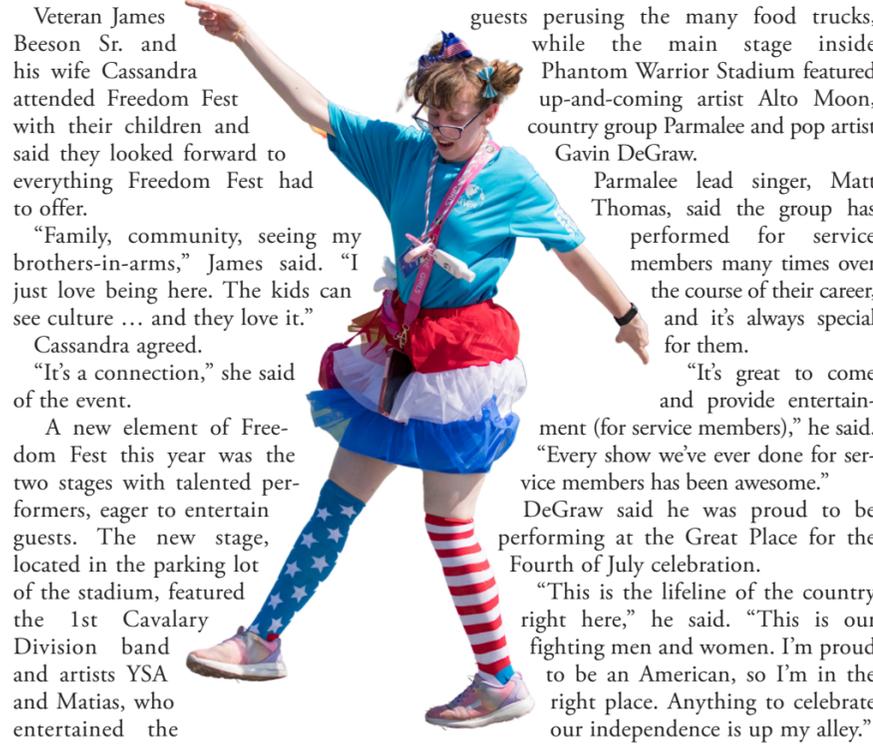


Photo by Ayumi Davis, Sentinel Editor

Event provides youth, adults chance to be social, compete



Photos by Blair Dupre, Sentinel News Editor

Col. Laticia Stokes, U.S. Army Garrison-Fort Cavazos commander, shoots in the garrison versus Child and Youth Services basketball game during CYS Sports Day Monday at Fort Cavazos.

Sports: *Continued from A1*

"At the end of the day, we're all about what the future looks like for the military."

She said the young athletes of CYS were incredibly excited about Sports Day.

"They wanted to show our command team that ... the young people of CYS are very competitive," Curtis said. "They were looking forward to this day, as you could see, with the excitement that came forth with our young people. It's our staff and coaches that have prepared them in this process."

Prepared they were. CYS had a clean sweep, defeating the garrison team 71-53 in the basketball game, 2-0 in volleyball and 2-0 in

dodgeball. In between sports some children made sure to entertain the crowd with prepared dance routines.

During the trophy presentation where Stokes presented a trophy to Curtis, she praised the dedication and support from the youth and staff.

"It's all about having fun and also working together as a team," Stokes said. "This was great. We really enjoyed our time here, and hopefully, we get an invite for the next one."

Vickie Jackson, Youth Sports and Fitness director, said she wasn't surprised by the children's athletic prowess, but by their enthusiasm.

"I was surprised that so many wanted to participate, which is

awesome for them to want to get a chance to interact with the garrison command," she said. "I don't think a lot of them know who the garrison command is, so it's a great opportunity for them to interact with the garrison commander, know who she is and know the people that work with her."

Curtis said the event helped the children develop social skills through their interactions with the professionals here at the Great Place.

"It's about planting seeds," Curtis said, "and hopefully, one day, they can look back on this experience as a very memorable experience, and they can use the skills that they learned today in their life as well as in the future."



Alyssa Goings Smith, 8, cavazos her all in the cheerleader performance Monday during the Child and Youth Services Sports Day at Bronco Youth Center at Fort Cavazos.



Photo by Senior Master Sgt. Beth Holliker, 180th Fighter Wing

A mother and her newborn daughter snuggle following an evaluation of the infant July 18, 2023, at the U.S. Naval Hospital in Okinawa, Japan.

DOD reimburses for breast milk shipping expenses

BY JOSEPH CLARK
DOD News

WASHINGTON — The Department of Defense issued a new policy in June to cover costs associated with the shipment of breast milk during permanent-change-of-station moves.

Under the new policy, which was published in the Joint Travel Regulations, the department will reimburse up to \$1,000 of expenses for service members who are breastfeeding children up to 12 months old.

Christopher Woods, the policy branch chief for the Defense Travel Management Office, said the new allowance is aimed at covering common costs military families with young children previously paid out of pocket.

Oftentimes, service members and their families travel separately during station-to-station moves to set up households or meet mission requirements, such as training, while en route to their duty stations, Woods said.

During those periods, breastfeeding parents may be separated from their children.

"This allowance enables the breastfeeding service member to ship that milk back to the previous permanent duty station where the

dependents still are," Woods said.

Even when not separated during moves, military families often pay a hefty price to appropriately pack and store breast milk for long car rides or international flights.

"The fact is that this milk must be kept in a cold environment, requiring service members to purchase ice or dry ice to keep the milk frozen or cool," Woods said, adding those costs can quickly add up.

The allowance covers a range of expenses associated with transporting breast milk, such as dry ice, commercial shipping and excess baggage fees. Federal law prohibits reimbursement for packaging and container expenses.

Service members seeking reimbursement must obtain authorization included on their PCS orders prior to any expenses being incurred.

The expenses must be claimed on the PCS voucher once the move is complete. All receipts associated with the claimed expenses, regardless of amount, must be submitted along with the claim.

Woods said the policy change aligns with a recent change in federal law, which requires employers to create accommodations for

breastfeeding parents.

The policy also reflects Secretary of Defense Lloyd J. Austin III's priority of strengthening support for DOD personnel and family members under his "Taking Care of Our Service Members and Families" campaign.

Those efforts include key initiatives to improve the lives of service members and their families through access to quality and affordable child care and easing the burdens of relocation for military families, among other things.

"We've made taking care of people one of our major initiatives," Woods said. "This policy change supports two objectives under 'Taking Care of Our Service Members and Families' — making moves easier and supporting families."

He said once the issue of shipping breast milk was raised by the services, the travel policy office quickly coordinated with stakeholders across the DOD to craft a solution.

"And we're proud to do this to support families and service members that are undertaking challenging moves," Woods said.

Recurring moves are a unique part of military life. According to Military

OneSource, more than 400,000 service members change duty stations each year.

Woods said the department is constantly looking at ways to improve the experiences of service members and their families through key changes to policy governing PCS moves.

Last year, for example, the department approved a new policy to cover travel expenses associated with transporting pets during PCS moves, such as pet shipping or quarantine fees.

As of January, service members moving within the continental U.S. can be reimbursed up to \$550 for a household pet and up to \$2,000 for moves to or from duty stations outside of the continental U.S.

"The department's travel policy, the Joint Travel Regulations, is always evolving," Woods said. "We're adapting to challenges and different circumstances in order to better support our workforce."

He added any change that can improve the lives of service members while meeting federal guidelines can be considered.

"We're putting everything on the table," Woods said. "We're looking to make positive changes in all of these areas that benefit our service members."

Fort Cavazos Child & Youth Services

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CYS REGISTRATION IS YOUR FIRST STEP!

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cavazos.armymwr.com

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Do you enjoy working with children?

If you answered **YES** to both of these questions, please contact **SYLVIA FONTENOT**, Family Child Care Director, at **254-288-3190**. Must live on Fort Cavazos installation to qualify.

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Kids on Site
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Youth Sports & Fitness
sports and camps

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quality in-home care

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after school, Saturdays, trips

Instructional Programs
fun instructional classes







**EASY
TO DRINK**

EASY TO ENJOY





Food, fiesta at Gringo's

BY AYUMI DAVIS
Sentinel Editor

COLLEGE STATION, Texas — During a weekend visiting my sister at her school, Texas A&M University, my family and I decided grab a meal at Gringo's Mexican Kitchen, aka Gringo's Tex-Mex.

When first arriving, the first thing to grab my attention was the Las Vegas-esque sign for the restaurant name, along with the fun, colorful outdoor seating. The color only continues to explode as you walk in with beautiful patterned tiles on the floor, hanging rattan lampshades with multicolored tassels and bright neon signs, vintage posters and pictures covering the walls. There was also, of course, bits of homage to Texas A&M within the decoration, the most prominent being a black and white photo of a group of Yell Leaders, who lead Aggies and their fans in cheers, or "yells," during events.

The centerpiece of the restaurant is the bar, with TVs lining the light fixtures, and bottles of liquor and hanging glasses not far below them. As big as the bar was, so was the drink menu — which my sister and parents indulged in, each of them getting a different margarita. As the designated driver, I drank water, but I did steal a couple of sips, and found my sister's classic margarita to be the best, with a great balance between tart and sweet and not overpowering on the tequila.

Once seated, we received house chips and salsas, one red and one a creamy green. The chips, as they are in most places, were great and the salsas were nice. The red one was sweet with a slight kick, and the green was bright

and creamy with a heavy cilantro note.

Our waiter wore a shirt that read, "Free ice cream if you speak Spanish," and my mom busted out some pretty great Spanish ordering her mangonada. Our waiter, who was great throughout our meal, applauded my mother but told us ice cream is free for everybody, which was a nice surprise.

Putting the free ice cream on hold, I ordered ribeye tacos, my dad a taco salad, my mom a marisco, or seafood, bowl and my sister some chicken enchiladas. Everyone enjoyed their food, and from the bites I stole, their dishes were quite delicious. However, my tacos were definitely the star for me.

Topped with cheese, diced onions and served in corn tortillas, the ribeye tacos were savory and tasty. The meat on its own was well-seasoned but with accoutrements, it was the bite of the night. While the tacos came with red salsa, I asked for their tomatillo salsa, as I am 100 percent a green salsa person, and it added that lovely brightness to round out the tacos.

Another highlight of the meal was the elote my parents ordered for the table. With the sweetness of the corn, creaminess of the sauce, along with the smokiness and bite of the seasonings all topped off with a squeeze of lime juice, my family tore through the elote quickly, the dish gone well before our main dishes came out.

With dinner checked off, the free ice cream was the perfect way to end the meal. The restaurant had an ice cream machine near the entrance, with cake cones for you to pull.

The choice was between vanilla, chocolate or swirl.



Photos by Ayumi Davis, Sentinel Editor

ABOVE, Vintage posters hangs all over the walls at Gringo's Mexican Kitchen at College Station, Texas. **RIGHT**, I ordered ribeye tacos topped with onions and cheese. Combined with a squeeze of lime and tomatillo salsa, it was a meal to remember.



Being the reasonable person I am, I went for the swirl and was, of course, satisfied with the sweet treat. It's ice cream! And free! What's not to love?

Overall, Gringo's Mexican Kitchen should definitely be a stop for anyone coming to College Station to cheer on the Aggies or otherwise with its atmosphere, large menu and delicious food.

For more information on Gringo's Mexican Kitchen and its menu, go to <https://www.gringostextmex.com/>.



My mother ordered a mangonada, which was sweet and tangy with tajin.



ABOVE LEFT, My sister ordered enchiladas, which came with three drenched in sauce and cheese, accompanied by a side of rice and beans. **ABOVE RIGHT**, My mother ordered a marisco, or seafood, bowl. With shrimp, crawfish, rice and cheese as its main ingredients, it was hard not to like. **TOP**, Neon light signs, like this one that reads, "Every Juan loves tacos," are scattered throughout the restaurant, giving a fun atmosphere to Gringo's Mexican Kitchen.



The elote dip was a highlight of the meal, with its sweet, smoky creaminess.

MONTY'S SPORTS CORNER

Team USA: On, off, back again

BY MONTY CAMPBELL
Fort Cavazos Public Affairs

Yes, the time has come for all sports fans to rejoice! No, Super Bowl LIX is not later this month but, rather, the ultimate goal of many athletes around the globe — The Games of the XXXIII Olympiad in Paris, set to begin later this month.

And, as fans, we look forward to every four years when we can celebrate our national pride and cheer on our favorite athletes in the games, not to mention the pageantry of the opening ceremony. I remember in 1992 when I watched Ervin "Magic" Johnson steal the show at the opening ceremony of the Barcelona summer games.

We all know the names of the most prolific athletes that made Team USA for these Paris 2024 Olympic Games such as Steph Curry, LeBron James, Simone Biles and Sara Hughes, but why weren't two of the most decorated and/or famous female athletes, Caitlin Clark or Alex Morgan, included on Team USA?

Clark not only is the all-time NCAA Division 1 leading scorer in basketball, men or women, but she was also selected by the Indiana Fever with the No. 1 draft pick in the WNBA Draft. However, Clark was left off of the Team USA women's basketball team in favor of more "mature" and "seasoned" players.

I just don't understand the rationale by the selection committee in this aspect. Clark is one of the most exciting young players in any sport today and, arguably, is helping keep the WNBA afloat with record crowds attending Indiana Fever basketball games.

While they clearly play two different positions, Brittney Griner, who has only played six games this season and didn't play in 2022 because she was incarcerated in Russia, was selected for the team while Clark wasn't.

Griner averages 19 points, 7 rebounds and 1.8 assists per game this season. Clark averages 16.2 points, 5.5 rebounds and 6.6 assists per game this season, playing in all

19 of Indiana's games. Numbers don't lie ... you make the call on who should have been included based off production.

Morgan has appeared in more matches (224) and scored more goals (123) than any other active U.S. Women's Soccer player, ranking ninth currently and fifth all-time, respectively, in current history.

Personal statistics aside, Morgan has been a mainstay of the perennial world power through its glory days of winning back-to-back Women's World Cups in 2015 and 2019, sharing the cover of the United States version of FIFA 16 with soccer megastar, Lionel Messi, and mentoring the younger generation of soccer players that have been starring for the U.S. women's team.

While all of Morgan's accolades are simply stunning, I believe the committee actually got this one right. Morgan is a generational talent; however, that generation has left her. The younger talent on the squad is faster, stronger and makes quicker decisions than the 35-year-old striker.

So, we have athletes that are on Team USA, athletes that should have been on Team USA and athletes whose time on Team USA have finally passed them by, but do you remember one of the athletes from the past that vanished for two years and now has returned to claim a spot on Team USA as a swimmer?

Caleb Dressel won five gold medals for Team USA at the postponed 2020 Tokyo Olympics, on top of the swimming world

at just 25 years old. He seemed destined for extreme celebrity status, dominating the sport.

Fast forward only a year later at the world championships in Budapest, and Dressel was dominating again, winning four more gold medals. Then, after winning his preliminary heat in the 100m freestyle, he inexplicably withdrew from the meet and nearly went two years without competing in the sport.

He has since resumed his winning ways and regained a spot on Team USA for the Paris 2024 Olympics. He will be competing in the 50m freestyle and 4x100 freestyle relay. I will be cheering for a triumphant return on the Olympic stage for Dressel and Team USA!

As always, be safe!



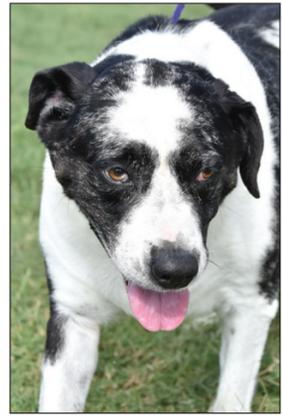
Photo by Staff Sgt. Nathan Baker, USASOC Europe Public Affairs

A man passes the Paris 2024 Olympic Flame in the town square May 31 in Sainte-Mère-Église, Normandy, France, as part of Relais de La Flamme, or Olympic torch relay.

Fort Cavazos
Stray Animal Facility/Adoptions
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Teja
10-mo-old, Anatolian shepherd mix, tan & black, male.



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



Scout
2-yr-old, pitbull, fawn & white, female.



Kerga
1-yr-old, Labrador retriever, yellow, male.



Delilah
4-yr-old, domestic short-haired tabby, tricolor, female.



Bella
2-yr-old, domestic short-haired tortoiseshell, white, female.



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



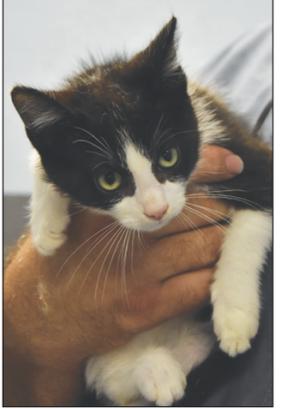
Sebastian
10-yr-old, domestic short-haired tabby, brown & white, male.



Mis Behaving
age unk., calico, tri-color, female.



CAT WITH A HAT
age unk., domestic short hair, white & black, female.



Rabblrouser
age unk., domestic short hair, black & white, male.



Stinky Stinker
age unk., domestic short hair, black & white, male.

Family enrichment workshop makes virtual debut worldwide

BY ERIC SCHULTZ

Redstone Arsenal Public Affairs

REDSTONE ARSENAL, Ala. — Tim Rolfe is looking sharp in a blue suit as he stands in front of the room and welcomes students from all over the world to the first day of class at Redstone Arsenal.

The students weren't packed into Rolfe's Army Community Service office next to the Java Cafe; these students were on Army installations all over the world.

"We are coming to you live from Huntsville, Alabama, at Redstone Arsenal," said Rolfe, Redstone Arsenal family advocacy program manager.

The class, offered on Microsoft Teams, will be on the first Wednesday of the month for seven months. It will address family violence in the Army.

"I see Pine Bluff, I see Wiesbaden, Fort Liberty and people from all over the place," Rolfe said during his introduction of the Thriving Family Series, a series helping Army families persevere and manage stress in

their everyday lives..

"It's designed to provide installation-wide prevention of family violence," he said prior to the presentation. The program provides an evidence-based curriculum, according to Rolfe.

"If we haven't been directly affected by family violence," he said, "then we probably know someone who has."

Rolfe said he hopes the content and curriculum reaches families that may be trying to navigate their personal and professional lives.

Rolfe didn't just create the Thriving Families Workshop to help military personnel on Redstone Arsenal; he wanted to reach out to Army communities which might not have the resources of an installation like Redstone Arsenal.

"We've spread this far and wide, and they have sent it out to the entire Army footprint," he said. "These are universal topics we are talking about."

"Also, a lot of Army installations just don't have the resources to provide a robust prevention curriculum," Rolfe said, recalling an Army post he had worked at previously which just didn't have resources to deal with family violence issues.

"They may have one person within Army Community Service as a whole covering down on multiple programs," he explained. "They just don't have the capacity to provide these types of services."

"My intent is to help those smaller installations specifically who may not have the resources to provide such robust curriculum," Rolfe continued. "But the community can still benefit from this type of curriculum."

During the program, Rolfe will have help from Carolyn White, an employee assistance program coordinator and counselor who works with Rolfe at the Redstone office.

"Technoference" was the first Wednesday class, and the other class topics are "Cooperative Parenting: controlling the Controllables;" "Creating Healthy Connections;" "Recognition of Attention Deficit Hyperactivity Disorder; Building Healthy Relationships;" "Five Love Languages;" "The Art of Managing Anger Well;" "Scream-Free Parenting;" and "Elephants, Couples and Finance."

The classes are free and open to the Redstone Arsenal community on MS Teams at <https://tinyurl.com/y5tb54b8>.

"No preregistration," Rolfe said. "No cost. Just show up."

New Army policy expands reimbursement for spouse business costs

BY ARMY PUBLIC AFFAIRS

WASHINGTON — The U.S. Army is expanding its financial support for military spouses by enhancing the reimbursement program for business costs and relicensing fees.

The new directive permits reimbursement of up to \$1,000 for business-related expenses, in addition to the already authorized \$1,000 for relicensing fees resulting from a relocation.

"Army spouses face unique challenges, especially during a relocation," said Lt. Gen. Kevin Vereen, deputy chief of staff for installation. "We owe it to them to provide any opportunity to not just have a job but build a fulfilling career."

Spouses often face logistical and financial challenges in transferring licenses or businesses to new jurisdictions. This new directive aims to alleviate these barriers, ensure continuity in their careers and enhance the well-being and readiness of Army families.

The new policy, which builds upon previous efforts initiated in 2018, aligns with the Fiscal Year 2023 National Defense Authorization Act Public Law 117-263, which authorized expanded reimbursements, and FY 2024 NDAA Public Law 118-31, which adjusted eligibility criteria to include those moving from active duty to the reserve component. It also includes those authorized a final move or placed on the temporary disability retired list.

Qualified relicensing costs cover exam fees, continuing education, certifications, business licenses, permits and registrations. For business owners, reimbursement is available for equipment relocation, new technology purchases, IT services and inspection fees.

Details on qualifying expenses and how to apply for reimbursement are available on the Military One-Source portal at <https://myseco.militaryonesource.mil/portal/article/licensure-reimbursement-pcs-moves>.

Workshops starting June 2024 From 11am - 12pm CST

These evidence-based family enrichment workshops are designed to strengthen couples and parents as they navigate the complexities of work and family life balance with resilience.

June 5 Technoference	October 16 Five Love Languages
July 3 Cooperative Parenting: Controlling the Controllables	October 30 The Art of Managing Anger Well
August 7 Creating Healthy Connections	November 6 ScreamFree Parenting
September 4 In recognition of Attention Deficit Hyperactivity Disorder (ADHD) Month	December 4 Elephants, Couples, and Finance
October 2 Building Healthy Relationships	

Free MS Teams
<https://tinyurl.com/y5tb54b8>

Open to the Redstone Arsenal Community

256-842-8706

Courtesy photo

The Thriving Family Series is a series of workshops helping Army families navigate the stresses of their personal and professional lives. The next one is from 11 a.m.-noon Aug. 7 on Microsoft Teams.



Photo Courtesy of Adobe Stock

Houses of Worship

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CATHOLIC
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Noon Mass, Monday through Friday, Main Chapel
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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

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

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

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

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

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

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

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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
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Show you care: protect yourself, others from STIs

BY V. HAUSCHILD

MPH, DHA Public Health

FALL CHURCH, Va. — More than 20 years ago, military public health scientists warned service members had higher rates of certain sexually transmitted diseases, known as STDs, than U.S. civilians. The military's higher risk of STDs was reportedly due to aspects of military life that led to frequent partner turnover, multiple partners and negative attitudes toward condom use. Despite available resources, stigma and a lack of leadership emphasis led to individuals' unwillingness to talk to their partners or health care providers.

Today, military health care providers worry not much has changed. The Centers for Disease Control and Prevention reports STDs, now referred to as sexually transmitted infections, or STIs, are an ongoing epidemic experienced by millions of people in the U.S. every year.

This STI epidemic includes about one out of every five service members, who are considered a particular high-risk group.

Statistics by the Department of Defense between 2014 and 2022 shows STIs have been steadily increasing among U.S. active-duty service members, mirroring the rising rate of STIs in the U.S. population generally.

"Chlamydia, as well as gonorrhea, syphilis and viral STIs caused by the human papilloma virus, known as HPV, are frequently reported among military personnel," said U.S. Army Lt. Col. Scott H. Robinson, a preventive medicine doctor working for the Defense Health Agency Public Health Directorate.

Chlamydia is the most commonly reported STI in the military. Though sometimes thought of as a women's disease, the chlamydia bacterial infection is carried by both men and women.

"While chlamydia can cause a burning sensation during urination, like other STIs, it often shows no symptoms at all, so people can have an infection but not know it," Robinson said.

The military follows the recommendation of the U.S. Preventive Services Task Force for annual screening of chlamydia in asymptomatic young women, Robinson said.

"While chlamydia can affect the health of both men and women, the USPSTF emphasizes concerns about potential serious effects to the health of a pregnant mother or her unborn child, even in asymptomatic cases," Robinson said.

Robinson explained since several STIs can have serious effects during pregnancy, the DOD includes screening tests for chlamydia, as well as for gonorrhea, syphilis and hepatitis B and C, as part of the military's annual women's wellness visits for female service members up to 26 years of age.

"Young men are not similarly recommended for annual screening by the USPSTF, so the Department of Defense does not require annual STI screening for men," he said. "However, DOD encourages all men, as well as women over

The CDC recommends getting tested whenever someone has a new partner and more often if not in an exclusive relationship.

"Knowing a positive test result can, in more ways than one, be half the battle," Robinson said. "Bacterial infections like chlamydia, gonorrhea and syphilis are curable with antibiotics. While viral infections like HPV, HIV and herpes are not, you can take precautions to prevent further spreading of these infections to others."

Robinson provided additional answers to common questions about STIs:

What is the difference between an STD and STI?

A sexually transmitted disease, or STD, develops because of an STI. The term "STD" implies the infection has led to some symptom of disease. People sometimes use the terms interchangeably, but the CDC recommends the term "STI" since the primary goal of public health is to prevent and treat infections before they develop into disease.

Who is at greatest risk?

Anyone who is sexually active is at risk, but evidence shows those who have unprotected sex, participate in sex or intimate acts with multiple partners, one-night stands or unknown partners, and men who have sex with other men have higher risk of STIs.

To avoid unintended pregnancy, I won't have vaginal sex without a condom. Doesn't this protect me from STIs, too?

Not necessarily. Condoms are very effective to reduce risk of STIs (as well as un-intended pregnancies). However, they cannot prevent all STIs — neither can abstaining from vaginal intercourse. Remember STIs pass from one person to another through oral and anal sex as well as vaginal sex.

If I only have one partner, and neither of us has symptoms, aren't we safe?

Not necessarily. Individuals may have been infected weeks or months before they meet someone, and many infected people may never show symptoms. Both partners should get tested. In the meantime, get vaccinated for HPV and wear condoms.

If I didn't get the HPV vaccine when I was a child, is it too late now?

No. HPV vaccine is authorized for up to age 45. HPV is a common STI virus that can lead to certain types of cancers later in life among women and men even decades after exposure. The HPV vaccination can prevent over 90% of cancers caused by HPV. Ideally, children will get fully vaccinated when younger, such as 11–12 years of age. However, per CDC guidelines, if not fully vaccinated as a child, men and women up to 26 years of age should get the HPV vaccine. Even if someone is 27–45 years old, they may also benefit from the vaccine — but they should discuss it with their health care provider first.

What should I know about testing?

One important thing to know is some tests are site-specific. The commonly used urine test for chlamydia and gonorrhea only checks for the presence of infection within the genitourinary tract, despite the fact that one in seven infected persons have infections of the throat or rectum. It is important to self-advocate and ask providers for the "triple screen," and potentially other tests, by fully informing providers of sexual practices so they can understand what tests are needed.

Do personnel in the military get the human immunodeficiency virus, HIV?

Some do. Every day, a service member is diagnosed with HIV. People can lower the risk of HIV infection by using condoms, getting tested for STIs and talking to their provider about whether they would benefit from the daily HIV pre-exposure prophylaxis pill, or "PrEP." One of the benefits of military service is health care is covered, and PrEP to prevent HIV is included.

Service members have access to free resources: condoms, testing and health care.

"If you haven't in the past, practice safe sex in the future," Robinson said. "If you are sexually active or have been — make sure you get tested. Talk to your health care provider about what tests are appropriate and how frequently you should get tested. If you test positive, get any treatment that is appropriate — and talk to your partner(s)."



Knowing a positive test result can, in more ways than one, be half the battle.

— Lt. Col. Scott H. Robinson,
Preventive medicine doctor



26 years of age, to speak to their health care provider about benefits of STI screening when symptoms or exposure risks warrant."

The biggest concern is those with a symptomless infection may not know to get tested, and then may unknowingly transmit an infection to other partners.

"The only STI testing that is required for all military service members throughout their military career is HIV testing, which is required every two years," Robinson said. "However, any service member can be tested for multiple STIs for free — they just need to ask their health care provider. Getting tested, referred to as a 'confidence check,' is a good idea for anyone who is sexually active, but who the test only detects past exposures," Robinson said.



SPECIAL DELIVERIES

MAY 17, 2024

A son, **Aiden**, to Alex Agyei-Boahen and Raina Bary, 3rd Cav. Regt.

MAY 20, 2024

A daughter, **Sage Elaine**, to Jory Henderson and Isabelle Marchione, 3rd ABCT.

MAY 21, 2024

A daughter, **Penelope Quinn**, to Tyler and Samantha Rozelle, 1st ABCT.

MAY 22, 2024

A son, **Royal Braylen**, to Maurice Jr. and Simone McDonald.

A son, **Atlas Justin Allen**, to Eric Landreth and Briann Ramos, 89th MP Bde.

MAY 23, 2024

A son, **Kaysyn Dashaun**, to Nastalious Wactor and Katayah Small-Wactor.

MAY 24, 2024

A daughter, **Riley Jane**, to Christian and Kaylynn Schonewitz, 1st Med. Bde.

A son, **Luca Henry**, to Allen and Karen Laws, 1st Air Cav. Bde.

MAY 25, 2024

A daughter, **Sofia Amalia**, to Steven Jr. and Daisy Gaitan.

A son, **Leiv**, to Artem Shumkov and Tanya Boklach.

A son, **Samuel Robert**, to Rommel and Aira Agatep.

MAY 27, 2024

A son, **Lynx Sinclair**, to Trevell and Jessica Holgate.

A son, **Matthias Navarra**, to Rafael and Sarah Rivera, 2nd ABCT.

MAY 28, 2024

A daughter, **Yuri Reine**, to Rahim Sumbler and Kenyal Mcwhorter.

MAY 29, 2024

A daughter, **Hannah Michele**, to Warner and Heather Thomas, 36th Eng. Bde.

MAY 31, 2024

A daughter, **Ny'lah Amira**, to Rontez and Alcia Williams, 2nd ABCT.

A daughter, **Natalie Cristyne**, to Timothy and Nadia Ross, 2nd ABCT.

JUNE 1, 2024

A daughter, **Lailah Cheree**, to Jackson and Mariah Wilkinson, 1st Air Cav. Bde.

SHOW THAT YOU CARE



PROTECT YOURSELF FROM STIs

DHA Public Health

SPORTS | Soldiers slide into 2024 intramural softball season

BY BLAIR DUPRE
Sentinel News Editor

The 2024 intramural softball season has begun with the first games being played June 24 at the RJ Evans Softball Complex at Fort Cavazos.

This year, 25 teams of Soldiers representing different units across the Great Place are vying for the title of intramural softball champions and the 50 Commander's Cup points that come along with it.

In one of the first match-ups, the 1st Cavalry Division Horse Detachment defeated the 4th Battalion, 5th Defense Artillery Regiment 20 to 5.

"It's always nice to win the first one," said pitcher Spc. Donavin Allen, 1st Cav. Div. Horse Det. "We've just got to keep winning more and more so we can hopefully bring the championship home."

Allen said it's become a tradition for the unit to participate in intramural softball, as they have played for the past three years, and he said it's always great to come out and play.

Second baseman Staff Sgt. Micheal Rivas, 1st Cav. Div. Horse Det., agreed, saying their everyday jobs have prepared them for the season.

"We definitely have that camaraderie; we

have that teamwork," he said. "We work every day together in the hot sun. We don't complain. We love our job. Being out here is kind of a bonus for us so we're just going to keep doing our best."

Right fielder Cpl. Aaron Crowe, 1st Cav. Div. Horse Det., also agreed.

"We're a tighter knit community," he said. "We work closely together on a daily basis so I think that helps out a lot. We know each other pretty well."

They all said intramural sports are vital for Soldiers' morale and unit cohesion.

"It really just brings a little bit more of home back to the Army life because you can do softball all throughout everywhere in the United States," Allen said.

Crowe agreed.

"I think it's just another thing to help keep us active and help the morale," he said. "You have something competitive to do as a team."

Rivas added having fun is what matters at the end of the day.

"Kind of makes our commander's job easier, too, with the esprit de corps thing, being out here, competing and having fun," he said. "It gets tiring. People get hurt. In the end, we're all having fun. I mean, that's the big thing."



Staff Sgt. Michael Rivas, 1st Cavalry Division Horse Detachment, steps on home plate during the unit's first game of the intramural softball season June 24 at the RJ Evans Softball Complex.



ABOVE, Spc. Donavin Allen, 1st Cavalry Division Horse Detachment, makes a pitch during one of the first games of the intramural softball season June 24 at Fort Cavazos. LEFT, Cpl. Aaron Crowe, 1st Cav. Div. Horse Det., takes a swing June 24 at the RJ Evans Softball Complex.

Back to School

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Our Back 2 School Guide is another fantastic opportunity to connect with readers of all ages and interests as they prepare for the upcoming school year. Reach this Valuable audience during back-to-school time.

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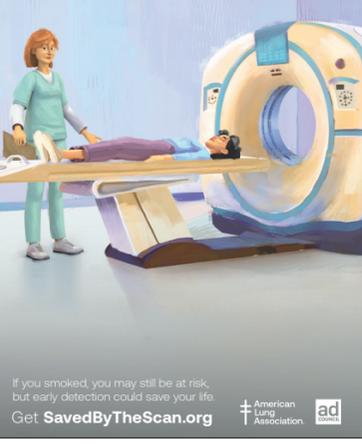
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EVENT: VFW Post 3892 in Harker Heights presents Tejano Night on July 6th and 27th with a Tejano DJ from Vasquez Productions. On July 20th, enjoy Joe Arias and Starlights at 8pm, also by Vasquez Productions. Join us

WANTED: Senior Lady in Need of honest, dependable, responsible person to take care of a small yard. Must have your own equipment & lawn mower w/ a bag. \$45.00 every other week. (254) 213-1830

MISCELLANEOUS

FOR SALE: Bose Lifestyle V10 Home Theater 5.1 System. 2008 model. 5 cube speakers and 1 subwoofer with original cables. Wall/ceiling mounts for cube speakers included. Original manual and RF remote included. 2 HDMI inputs and 1 HDMI output to TV. RCA inputs and outputs. Optical audio inputs. Works perfectly, no issues. (254) 294-7769

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

VIRGINIA: unlisted clue

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally. Friday's unlisted clue hint: **The Only State Starting With West**

Africa	Coast	Palm Beach	Sussex
Bank	Covina	Point	Texas
Bend	Germany	Sacramento	Yorkshire
Berlin	Indies	Side Story	

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JUMBLE THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

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

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OFODL
SUUERP
VSIAHL

Ans. here:

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PREMIER CROSSWORD/ By Frank A. Longo GONE GUY

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125																		
128																		

#2,201 Average time of solution: 67 minutes

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Pointer is shorter. 2. Mistake is smaller. 3. Man's head is turned. 4. Ear is different. 5. Line on chart is different. 6. Mouth is open.

SLYLOCK FOX

An informant told Slylock Fox that one of the paintings in the Forestville Museum's "still life" exhibit had been stolen and replaced with a Kopypy Kat forgery. Which painting does Slylock Fox suspect is the fake?

Answers: a) SAND B) WAVES c) SEAWEED d) DRIFTWOOD e) SEAWEED

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BY BOB WEBER JR.

Spot six differences between these panels.

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