NEWS Innovation driving force for Fort Cavazos in 2024



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2024 year full of **Tex-ellent travels**

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Thursday, January 09, 2025

YEAR IN REVIEW EDITION



President Joe Biden presents the Medal of Honor to Laura E. Blevins on behalf of her father, former Gen. Richard E. Cavazos, during a Medal of Honor ceremony Friday at the White House at Washington D.C.

Gen Cavazos, six others receive Medal of Honor

Editor's note: This is an abridged version of the article. To read the full story, visit www. defense.gov/News/News-Stories/Article/Article/4021420/7-soldiers-from-korean-vietnam-warsreceive-medals-of-honor.

BY C. TODD LOPEZ

WASHINGTON — At a White House ceremony Friday, President Joe Biden presented Medals of Honor to seven Soldiers who served in either the Korean War or the Vietnam War.

Among the Soldiers honored were Pvt. Bruno R. Orig, Pfc. Wataru Nakamura, Cpl. Fred B. McGee, Pfc. Charles R. Johnson and Gen. Richard E. Cavazos. All served in the Korean War and received the medal posthumously. Family members accepted the decoration on their behalf. From the Vietnam War, both Capt. Hugh R. Nelson Jr. and Pfc. Kenneth J. David were deco-

rated. Nelson received the medal posthumously, while David, the only living recipient, accepted the medal in person.

Gen. Richard E. Cavazos

83rd Year, Issue 01

Born in Kingsville, Texas, in 1929, Cavazos earned his commission in 1951, after having

served in the Reserve Officer Training Corps at Texas Tech University.

"Richard led his men through a difficult and deadly mission in enemy territory," Biden said. Eventually, he was ordered to retreat, but he stayed. He stayed rescuing wounded Soldiers, one by one, until every one of them was evacuated. Richard went on to serve for three decades in the Army, becoming ... the country's first Hispanic four-star general."

At the time of the combat action which earned him the Medal of Honor, Cavazos was a first lieutenant serving as the company commander of Echo Company, 2nd Battalion, 65th Infantry Regiment, 3rd Infantry Division, in the vicinity of Sagimak, South Korea.

On the night of June 14, 1953, Cavazos led his company in a raid on an entrenched enemy outpost with the mission of destroying the personnel and installation there. During the initial attack, he led his men through enemy mortar and artillery fire. Upon entering the trenches, close combat ensued during which Cavazos directed heavy fire on the enemy and their positions.

When an enemy mortar and artillery barrage hit his position, Cavazos withdrew the company and regrouped his men. Twice more he led his men through intense enemy fire in assaults on the enemy position, destroying vital enemy fortifications and personnel.

When ordered to withdraw his company, Cavazos complied but remained alone on the enemy outpost to search for missing men. Although exposed to enemy fire, he located five battle casualties and evacuated each, one by one, to a point on the reverse slope of a nearby hill where they could be safely recovered by friendly forces.

After, he returned to the battlefield where he found a small group of men who had become separated from the main assaulting force and personally led them to safety. When informed there were still men missing, Cavazos again returned to the scene of the battle. There, he located and led another small group of men to safety. He then made two more unassisted trips to the battlefield searching for missing Soldiers.

It wasn't until he was satisfied the battlefield was cleared on the morning of June 15, that he allowed treatment of his own combat wounds.



Photo courtesy of the Cavazos family

Cavazos retired from the Army in 1984, after attaining the rank of general. At the time of his combat action, he was 24 years old. He died in 2017, at San Antonio, Texas.

As Biden closes out his term as commander in chief, he said it's been the greatest honor of his life to lead the world's greatest military.

"They're the finest military in the history of the world," he said. "Today we award these individuals a Medal of Honor. We can't stop here. Together as a nation, it's up to us to give this medal meaning, to keep fighting, to keep fighting for one another, for each other, to keep defending everything these heroes fought for and many of them died for: the ideals of America, the freedom we cherish, the democracy that has made our progress possible."

The United States, Biden said, was built on an idea, rather than on geography, ethnicity

"We are the only nation based on an idea," he said. "The idea is that we hold these truths to be self-evident, all men and women are created equal (and) deserve to be treated equally throughout their entire lives. We haven't always lived up to it, but we've never, ever, ever walked away from it. Today we must say clearly, we never, ever, ever will."

NEWS BRIEFS

Mayborn Gate closes

Mayborn Gate, located at Tank **Destroyer Boulevard and Fort Hood** Street, will close 5 a.m.-9 p.m. Tuesday and Wednesday to support gate repairs. The adjacent Guillen Gate, located at Rancier Avenue and Fort Hood Street, will be open to facilitate entry and exit to the

Please adjust accordingly.

Fort Cavazos hosts town hall

discuss concerns regarding Fort

Fort Cavazos leaders invite area ranchers, landowners, community leaders and neighbors to participate in a town hall and community outreach meeting from 1 to 3 p.m. Jan. 23 at the San Saba Civic Center at San Saba, Texas. The event is an opportunity for attendees to ask questions and

Cavazos helicopter training in the Western Training Area with installation leaders and pilots. The civic center is located at 1190 S. Thomas Stewart Dr., San Saba, Texas. Go to einvitations.afit.edu/inv/index. cfm?i=972075&k=0B6640097C52 to RSVP.

For more information, call the Fort Cavazos Public Affairs office at 254-286-5139 or 254-288-7625.

TAP hosts Mega Career Fair

The Transition Assistance Program will hold a Mega Career Fair 10 a.m.-3 p.m. Jan. 28 at the Lone Star Conference Center. Jobseekers can meet with local, state, national and international employers at this event. It is open to everyone. Those without a Department of Defense ID will need to acquire a visitor's pass. For more information, call TAP at 254288-2227 or 254-288-5627.

Scholarship applications open

The Fort Cavazos Family Scholarship Fund application period is open through Feb. 17. High school students and military spouses seeking undergraduate and/or graduate degrees are eligible to apply. Visit fortcavazosscholarship.org for more information.

www.CavazosSentinel.com **EDITORIAL** January 9, 2025



Volunteering Soldiers and members of the Central Texas Food Bank package assorted goods including fresh produce, prepackaged foods and beverages to give to families attending Fresh Food for Families Aug. 1, 2024, at the Phantom Warrior Stadium parking lot at Fort Cavazos.

Great Place reflections, resolutions:

Installation goes to new heights

BY COL. LAKICIA STOKES

USAG-Fort Cavazos Commander

As we close the chapter on 2024 and look out across the potential of 2025, it is with immense pride I reflect on the exceptional year marked by innovation, resilience and achievement. The dedication of Soldiers, civilians and families has propelled The Great Place to new heights, earning recognition and laying a foundation for continued success in 2025.

Installation excellence

Fort Cavazos earned the Commander-in-Chief's Annual Award for Installation Excellence, in addition to being named the Best Garrison by U.S. Army Installation Management Command, celebrating our outstanding mission support, environmental stewardship and qualityof-life initiatives. Some of our notable achievements included cost-saving intergovernmental agreements and high marks in service culture. The Directorate of Public Works was highlighted for its environmental conservation and resilience efforts, while the Directorate of Emergency Services received accolades for award-winning community partnerships with the Killeen Fire Department and the Emergency Management Working Group.

The Directorate of Human Resources played a vital role, fostering programs for workforce health and development, while Child and Youth Services received exceptional scores in the Army Higher Headquarters inspection, showcasing the installation's commitment to military families. These collective efforts underscore Fort Cavazos' comprehensive approach to excellence.

Enhancing quality of life

At The Great Place, ensuring quality of life is not just a priority but a cornerstone of mission success. In 2024, significant strides were made in improving living and working recreational environments.

Housing improvements:

- Constructed 217 new homes in Heritage Heights for junior-enlisted Soldiers, with 409 more planned by 2027.
- Demolished 314 old homes in Chaffee Village, clearing the way for modern housing developments.
- Completed roof replacements on 3,036 homes and conducted interior renovations on 803 of the 1,347 planned homes.
- Barrack 100 was unveiled for the 69th Air Defense Artillery Brigade.
- Progress is underway on the construction of Barrack 101 for 69th ADA and 102 for 1st Cavalry Division, with work advancing steadily. These new facilities promise stateof-the-art accommodations for our single Soldiers.
- Completed five barracks renovations for 3rd Cavalry Regiment and 1st Cavalry Division Artillery. We currently have 11 in renovation. Renovations leave no detail untouched, ensuring a modern and comfortable living environment for our Soldiers.

Workplace enhancements:

• Renovation of two motor pools is underway, with completion expected by spring. Design work for Motor Pool #70 is complete. Five tactical vehicle maintenance shelters were completed. These upgrades address critical functionality gaps, ensuring facilities meet Army standards.

- Renovation of Hangar 6940 is underway, with completion expected by summer. This modernization will enhance mission readiness and support.
- · Construction of a new battalion headquarters for 1st Air Cavalry Brigade at Yoakum-DeFrenn Army Heliport is in progress, with expected completion by spring. Installed the cutting-edge microgrid on West
- Fort Cavazos to enhance energy resilience, reduce dependency on external power sources, and integrate renewable energy solutions. Installed hard targets in the live-fire area of
- our training ranges and is in the process of purchasing new moving armored targets. • Completed the construction of the Robert
- Gray Army Airfield Fuel Facility. • Completed the construction of the 69th ADA Supply Support Activity.

Dining enhancements:

Campus-style dining debuted in 2024, transforming meal services with flexibility and variety. Highlights include:

- 254 Blend coffee services launched at the Operation Iraqi Freedom Dining Facility, offering accessible and quality coffee.
- Phantom Centralized HUB at Ironhorse Dining Facility opened, offering grab-andgo options, culinary outpost food trucks and meal prep services.
- Action stations at both the Operation Iraqi Freedom and Theodore Roosevelt DFACs feature a food court-style setup with diverse options for Soldiers.
- Additional dining options, including the opening of Lucky's Café, Panera Bread and Sbarro, with more on the horizon.
- Partnered with the Central Texas Food Bank to launch one of our newest monthly initiatives, Fresh Food for Families.
- Partnered with Military Family Advisory Network to provide Permanent Change-of-Station Pantry Restock Box for incoming families.

Expanding transportation

The Cavazos Connector mass transit system, launched in March 2024, has revolutionized transportation on post. Serving over 188,000 riders since its inception, this free, app-based service provides convenient mobility for all Department of Defense common access card holders. With a user-friendly experience akin to ride-sharing apps, the Cavazos Connector exemplifies innovation in public transit.

Modernizing recreation

- The Heritage Heights Playground and Dog Park opened in September, becoming a central hub for family-friendly activities.
- Four fitness centers have been transitioned into Soldier Performance Readiness Centers, supporting holistic health through targeted physical fitness, nutrition and mental resilience programs.
- 24/7 manned fitness center: Warrior Way Fitness Center hours changed to a 24/7 manned fitness center. We continue to work toward a combination of manned and 24/7 unmanned capability for Warrior Way, Abrams, Airfield and North Fort Cavazos Fitness Centers.

Looking ahead

The upcoming year holds immense promise as we continue to build on our successes. Key initiatives for 2025 include:

- · Accelerating housing and barracks renovations to provide modern, high-quality
- Modernizing training ranges with advanced target systems to enhance mission readiness.
- Expanding recreational facilities, including the completion of the Abrams Outdoor Sport Court Fitness Park. The one-ofa-kind park broke ground in October and is set to open this summer. It will include diverse fitness spaces and a playground to promote wellness for Soldiers and families alike.
- Strengthening affordable housing initiatives through the Military Value Program and Rental Partnership Program. These programs ensure Soldiers and families have access to stable, affordable housing options off-post.

Bright future together

As we reflect on 2024, we celebrate the achievements that have solidified Fort Cavazos as a beacon of excellence. Yet, our journey continues. With your unwavering support and partnership, we are poised to reach new heights in 2025 and beyond. Together, we will ensure Fort Cavazos remains a great place to serve, live and grow, setting the standard for installations across the Army.



Construction workers install new roofs for homes in the Heritage Heights neighborhood, housing for junior-enlisted Soldiers, July 9, 2024, at Fort Cavazos.



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www.CavazosSentinel.com January 9, 2025

GROWTH Innovation, modernization driving forces for Fort Cavazos in 2024



Sentinel file photo by Blair Dupre, Sentinel News Editor Pfc. Leonardo Fyffe, a nutrition care specialist, 190th Medical Detachment, 32nd Hospital Center, 1st Medical Brigade, smiles as he and other volunteers sort fresh produce items into bags



Sentinel file photo by Eric Franklin, Fort Cavazos Public Affairs

Staff Sgt. Viktoria Moore, a culinary specialist with the 1st Cavalry Division, showcases her cooking skills during a demonstration July 15, 2024, at the Phantom Centralized HUB at Ironhorse Dining Facility at Fort Cavazos. Phantom Fresh offers Soldiers a quick way to grab fresh meals on the go, akin to an airport kiosk.



Sentinel file photo by Blair Dupre, Sentinel News Editor Lt. Gen. Kevin D. Admiral, incoming commander of III Armored Corps and Fort Cavazos, accepts the unit guidon from Gen. Andrew P. Poppas, U.S. Army Forces Command commander, during a change of command ceremony Aug. 7, 2024, at III Armored Corps Headquarters at Fort Cavazos.

BY AYUMI DAVIS

Sentinel Editor

Throughout 2024, Fort Cavazos welcomed new leadership as it continued its modernization through several initiatives and projects, working to improve quality of life, readiness and operations across the installation.

III Armored Corps welcomes new commander

Fort Cavazos and III Armored Corps welcomed Lt. Gen. Kevin D. Admiral as the new commanding general and bid farewell to Lt. Gen. Sean C. Bernabe Aug. 7, 2024, during a ceremony at III Armored Corps Headquarters.

Admiral previously commanded 1st Cavalry Division and had been heading U.S. Army Task Force Pegasus in Europe when he changed commands.

"To my teammates across III Armored Corps, you can count on me giving 100% effort and carrying out my duties as we work together to uphold the high standards our nation and the Army expect and deserve,"

Partnership drives food donation

The Religious Support Office began a new initiative in

June with the Central Texas Food Bank, running a monthly grocery drive-thru food drive for families on-post.

The drive-thru was officiated with a ceremony Sept. 5, to more than a thousand families, giving away fresh produce, meats and packaged goods.

"This effort goes beyond just providing food," said Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, during the ceremony at the event. "It's about ensuring our Soldiers and their families are cared for and have the resources they need to thrive. As we move forward, I'm confident that this program will continue to grow and positively impact the lives of our military families."

Since July, the RSO and CTFB have distributed over 130,000 pounds of foods to over 2,000 families.

1st Cav. Div. new commander

1st Cav. Div. welcomed their new commanding general, Maj. Gen. Thomas M. Feltey, in a change of command ceremony Aug. 2, 2024, at Bolesławiec, Poland.

"I stand here this morning, excited and humbled to lead the legendary First Team, especially as it continues its mission in assuring our allies and deterring our enemies," Feltey said in

his opening speech during the ceremony. "To the leaders and troopers of the mighty 1st Cavalry Division, I am honored to be your commander, and I will do my very best to serve you, 2024, giving away over 24,000 pounds of foods to 332 fami- our families and our mission. I look forward to getting to lies. Three pilot events prior to the ceremony distributed food know everyone over the months ahead and seeing our troopers

in action.' Along with taking command of 1st Cav. Div., Feltey took command of U.S. Army Task Force Pegasus, operating across Poland and the Baltic States.

Cavazos Connector launch The Cavazos Connector launched back in March and has given more than 188,000 rides, as of Monday. The free service

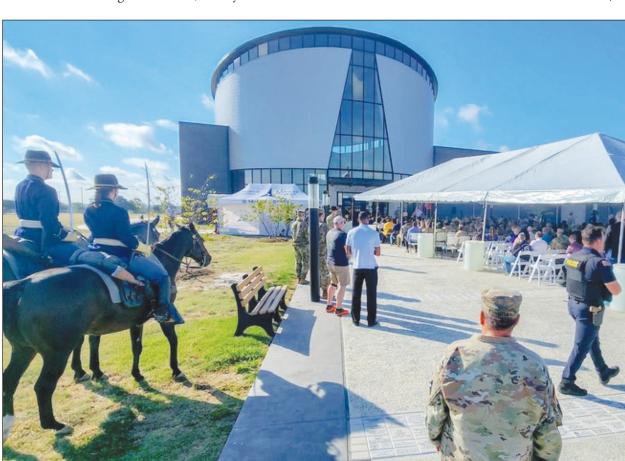
averages approximately 580 riders per day, servicing five zones. Since its inception, the ride has modified weekday hours to 6 a.m. to 8 p.m. and routes to better serve its riders, modifying the micro-transit zone to include the Mission Training Complex and replacing fixed route service from Copperas Cove to Temple, Texas.

"It's the first micro-transit system in the country for a military base, and it's been highly successful," said Darrell Burtner, assistant general manager of the Hill Country Transit

See Growth, A6



Sentinel file photo by Blair Dupre, Sentinel News Editor



Sentinel file photo by Col. Kamil Sztalkoper, III Armored Corps Public Affairs

LEFT, Pfc. Sieria Harris, 215th Brigade Support Battalion, 3rd Armored Brigade Combat Team, 1st Cavalry Division, poses with her steak, mashed potatoes, broccoli and roll she picked from the Headquarters Department of the Army Go for Green Action Station Oct. 9, 2024, at the Operation Iraqi Freedom Dining Facility at Fort Cavazos. ABOVE, Soldiers, veterans, Army civilians, Fort Cavazos Good Neighbors and the city of Killeen gather to show support at the National Mounted Warrior Museum grand opening ceremony Sept. 18, 2024, at Fort Cavazos. The National Mounted Warrior Museum currently offers more than 12,000 square feet of permanent gallery space, situated on 17 acres near the Bernie Beck gate.

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Fort Cavazos Sentinel!

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IFWS



Photo by Rodney Jackson, CRDAMC Public Affairs

Proud parents 1st Lt. Brady Smith, air defense artillery officer, 69th Air Defense Artillery Brigade, and Danielle Smith pose with their newborn son Greyson, the first baby of 2025 to be delivered at the Carl R. Darnall Army Medical Center, Jan. 1 at CRDAMC at Fort Cavazos.

CRDAMC rings in 2025 with first baby of year

BY RODNEY JACKSON

CRDAMC Public Affairs

Carl R. Darnall Army Medical Center welcomed Greyson Holbrooke Smith, the first baby of the year born at the hospital at Fort Cavazos.

Proud parents 1st Lt. Brady Smith, an air defense artillery officer, 69th Air Defense Artillery Brigade, and Danielle Smith welcomed baby Greyson at 3:04 a.m. Greyson arrived weighing 8 pounds, 2 ounces and measuring 20 3/4 inches.

The couple are both from Rancho Cucamonga, California, and are looking forward to spending time

together with family during the beginning of the new year.

Greyson is their second child and older sister Margo, 2, was excited about coming to see her new baby brother.

"As soon as we get moved over to the Mother - Baby Unit, Grandma is going to bring Margo over," Brady said about the siblings' upcoming introduction

This was a great experience and less scary than the first time, he laughed.

The family has only lived in the Central Texas area for a little over a year and are enjoying it.

69th ADA Food Advisor: 254-368-9214

Breakfast: 7:30-9 a.m. Monday-Friday

Food Advisor: WO1 Greene: 843-901-0260

Installation Food Service: 287-6595

PATRIOT INN

Closed for conversion to a bistro.

Tentatively scheduled for

completion in summer.

Post observes National Day of Mourning

Editor's note: Due to potentially severe winter weather, please call services prior to going or visit fortcavazosmediacenter.com for the most up-to-date information.

BY FORT CAVAZOS PUBLIC AFFAIRS

III Armored Corps and Fort Cavazos will render appropriate honors today in remembrance of former President James Earl Carter Jr., who died Dec. 29, 2024. Most III Armored Corps and Fort Cavazos offices will be closed in honor of the National Day of Mourning for the 39th president.

These honors are in compliance with Army Regulation 600-25 (Salutes, Honors and Visits of Courtesy) and Presidential Executive Order 11528 issued Friday.

- The Clear Creek Exchange will be open from 10 a.m. until 6 p.m.
- Clear Creek Commissary and Warrior Way Commissary will be open.
- Carl R. Darnall Army Medical Center will provide limited services today. Emergency services, inpatient care and labor and delivery services will not be affected and remain open. Patients who have scheduled outpatient appointments will be contacted by clinic personnel to reschedule appointments. If beneficiaries are unsure about the status of an existing appointment, they should contact their care team by phone, through the MHS GENESIS Patient Portal at patientportal.mhsgenesis.health.mil or by calling the Patient Appointment Service at 254-288-8888.
- The Directorate of Emergency Services essential police and fire services will continue. All access control points normally closed on a federal holiday will be closed. The police records office is closed.
- All Directorate of Family and Morale, Welfare and Recreation facilities will be closed except for Abrams Physical Fitness Center, Warrior Way Physical Fitness Center, Airfield Physical Fitness Center and MOB Physical Fitness Center, which will be operating under federal holiday hours.
- All Directorate of Public Works offices will be closed; however, they will respond to emergency facility repairs or other issues as required. Their 24/7 service order desk will be available at 254-287-2113. Units should call the service order desk to report facility and infrastructure issues. Normal service contracts will continue as well custodial, refuse, etc.
- All other nonemergency services Fort Cavazos Garrison offices will
- Killeen Independent School District schools will be open on post. For more information, call KISD public affairs at 254-336-6810.
- The Fort Cavazos USO center will be open.

For more information, call the Fort Cavazos Public Affairs Office at 254-287-9993.





Building #12007

(BRUNCH/SUPPER): 9:30 a.m.-1 p. (BRUNCH/SUPPER): 5-6:30 p.m. Food Advisor: SFC Moore: 254-618-8914

MON

20

BRK, LUN, DIN: 2-7 p.m. Monday-Friday

WR Manager: 254-288-9538

SUN

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Culinary Outpost Food Truck 1, 2 and 3 are undergoing services and maintenance.

III Armored Corps Food Service: 287-0573

ALWAYS READY KIOSK

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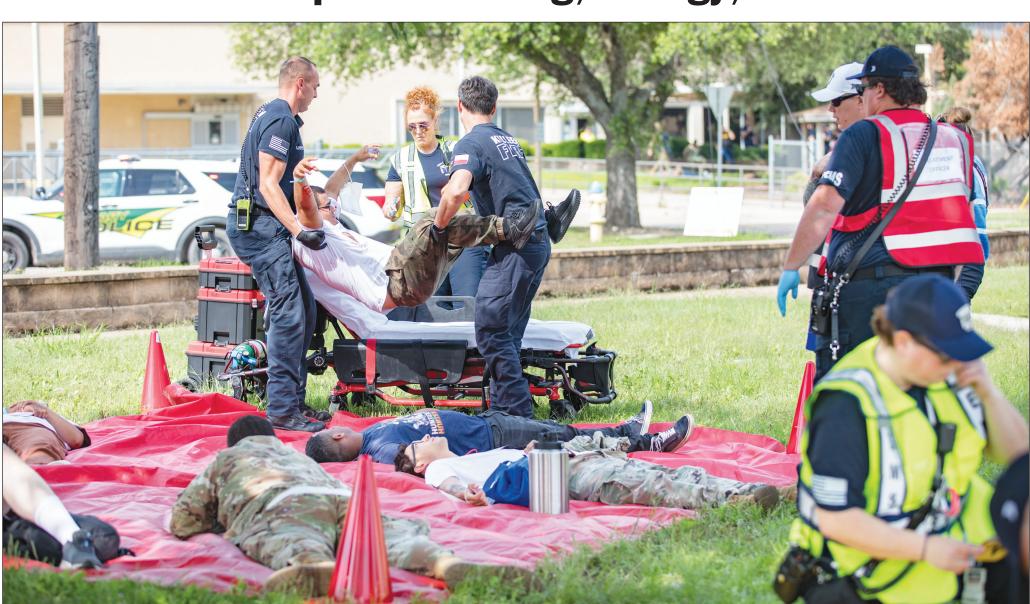
31

Division Food Service: 287-3134



www.CavazosSentinel.com **NEWS** January 9, 2025

Fort Cavazos improves dining, energy, more in 2024



Multiple medical agencies work together to transport volunteers portraying wounded gunshot victims to different medical facilities May 7, 2024, during the full-scale exercise at Fort Cavazos.

Growth: Continued from A3

District. "We expect it to continue to grow and be more successful. We are getting phone calls from other military bases wanting us to answer questions for them as to how we did it. It's very unique in that it was micro-transit and not fixed-route service and it's also very unique in how we are connecting the base to the region and allowing Soldiers and their families on base to integrate into the community a lot more."

National Mounted Warrior Museum

People visiting Fort Cavazos can now look at the history of the mounted warrior and cavalry Soldiers after the opening of the National Mounted Warrior Museum in September

The free museum features more than 12,000 square feet of permanent gallery space, over 1,000 square feet or temporary exhibit space and a 4,900-square foot rotunda.

"Our tradition of excellence in mounted warfare is Fort Cavazos' proudest legacy and one that we work to inculcate in every Soldier who is assigned to armored units at our installation," said Brig. Gen. Geoff Van Epps, III Armored Corps deputy commanding general of maneuver, key speaker for the museum's ribbon-cutting ceremony.

Since opening, the museum has had nearly 8,000 visitors, as of Dec. 26, 2024.

Installation Excellence Award

Fort Cavazos received not one, but two, awards in 2024 for the installation in July. U.S. Army Installation Management Command named U.S. Army Garrison-Fort Cavazos the best garrison, and the Department of Defense awarded the post the Commander-in-Chief's Annual Award for Installation Excellence.

Installations are judged on 13 categories including mission support, environment, real property asset management, real property stewardship, quality of life, and safety and health. Highlights included environmental research and conservation efforts from the Directorate of Public Works Environmental Division, an award-winning partnership between the Directorate of Emergency Services and Killeen Fire Department and the Emergency Management Working Group, and events to improve the quality of life on the installation, such as

Nature in Lights and Cowboys-4-Heroes/Bumpers and BBQ, from the Directorate of Family and Morale, Welfare and Recreation.

"This award recognizes the incredible work our garrison team does day in and day out to ensure that Fort Cavazos Soldiers and their families are well cared for while they serve our country," said Lt. Gen. Sean C. Bernabe, then-commanding general of III Armored Corps and Fort Cavazos. "We could not do what we do here at The Great Place without the dozens of Soldiers and over 4,000 Department of the Army civilians who comprise the garrison team."

Full-scale exercise

Fort Cavazos conducted a full-scale exercise of an active-shooter scenario

response.

Working with off-post agencies as well, such as Killeen Police and Fire Departments, the post conducted the exercise's incident at Shoemaker Center.

"Training on complex incident response scenarios increases our proficiency and interoperability," said Bob Adams, DES deputy director. "This training helps to ensure that when an incident does occur, we will be ready to effectively respond and protect our communities."

Microgrid completion

In February, Fort Cavazos officially completed a microgrid, which can provide a minimum of 14 days of operational capability for 43 installation facilities at West Fort Cavazos, even in the instance of loss of power. The microgrid also provides more than \$125,000 in energy savings per day during any Electric Reliability Council of Texas peak demand period.

The microgrid, an intelligent energy grid sustainability and restoration tool, is also



Sentinel file photo by Blair Dupre, Sentinel News Editor

Fort Cavazos leadership cut a ribbon during a ribbon-cutting ceremony commemorating the completion of Barrack 100 March 28, 2024, at the barrack at Fort Cavazos.

May 7-8, 2024, assessing the installation's vital to the operations at the air traffic and programs, along with interacting with control facilities, impacting both military

> and civilian aircraft. "The power redundancy will ensure air traffic control facility operations continue their missions without interruptions and ensure aircraft operations are conducted safely at Robert Gray Army Airfield, Killeen Regional Airport and seven additional military and civilian encompassing 11 counties in Central Texas," explained Mark Vick, Directorate of Aviation Operations air traffic control chief. "Fort Cavazos, our local communities and the state of Texas have been great partners and projects such as the microgrid are shining examples of this fact. This project will ensure an everlasting impact on the air traffic control mission here at Fort Cavazos."

Barrack 100

Fort Cavazos improved quality of life for Soldiers living in barracks, such as the reopening of Phantom Village in November, but most notable was the opening of Barrack 100

The first barrack to be constructed at the

installation since 2012, the furnished housing for 69th Air Defense Artillery Brigade Soldiers provides them individual bedrooms to allow for more privacy, walkin closets and a larger, shared kitchenette space.

"We couldn't do anything without our Soldiers," said Brian Dosa, director of DPW. "We have great equipment, we have great leaders, but we need Soldiers. We want to provide a quality, safe, healthy place for them to live that will be commensurate with their service."

Currently, as of Monday, 11 barracks are undergoing renovations, Dosa said.

SECARMY visit Secretary of the Army Christine Wormuth visited Fort Cavazos Jan. 30, 2024, exploring the installation's

quality-of-life initiatives

Soldiers, their families and Department of the

Army civilians. In addition to touring the People First Center, Wormuth observed training, attended a sensing session with Soldiers, visited 1st Cav. Div.'s Pegasus Troop and went to the Family

Advocacy Program. "It's been a while since I have come back to Fort Cavazos," she shared during a press conference Jan. 31, 2024, "and I wanted to really come out and see how we are doing here at Fort Cavazos and the III Armored Corps to build combat power, to make sure that we're building up our readiness and see some of the work that we're doing to kind of pivot from our focus on counterinsurgency and counterterrorism to large-scale combat operations. And then, I also really wanted to look at a lot of the quality-of life-issues that are so impor-

tant to our Soldiers and our families. "I would say there is a lot of work being done here across the board to take care of Sol-

DFAC initiatives

diers and families," she added.

Fort Cavazos innovated food programs for Soldiers with the Phantom Centralized HUB and the Headquarters, Department of the Army Go for Green Action Menu and Station initiative which began Oct. 9, 2024.

The Phantom Centralized HUB offers alternatives to Soldiers, providing meals on the go or to prep at home with Phantom Fresh, a grab-and-go service, and Phantom Prep, a meal prep program. The action station, located at Operation Iraqi Freedom Dining Facility, offers a campus-style food course with customizable meal options.

"Fort Cavazos is at the forefront of food service modernization, pioneering innovative concepts to enhance support for Soldiers," said Chontrelle Sturdivant, installation food program manager for Army Field Support Battalion-Cavazos, in an interview Dec. 10, 2024. "These efforts reflect our mission to promote health, fitness and readiness.

"Our action stations feature customerpreferred selections comparable to the commercial food industry," Sturdivant added. "Phantom Fresh and Phantom Prep provide convenient, nutritious options tailored to our Soldiers' needs. We aim to enhance each dining experience and foster a sense of connection and care."



Honorable Christine Wormuth, United States secretary of the Army, climbs into the new M2A4 Bradley infantry fighting vehicle Jan. 30, 2024, at Fort Cavazos.

www.CavazosSentinel.com NATION lanuary 9, 2025 A7



Newly built single-family homes line the streets of Heritage Heights, a neighborhood at Fort Cavazos for junior-enlisted Soldiers and their families, June 16, 2023, at Fort Cavazos.

BY DOD

WASHINGTON — The Department of Defense released the 2025 Basic Allowance for Housing, or BAH, rates. BAH rates increased an average of 5.4%, with the new rates having taken effect Jan. 1. An estimated \$29.2 billion will be paid to approximately 1 million service members. While average BAH rates increased, different rental markets experienced different market trends, and the 2025 BAH rates reflect those geographic market condition differences.

The DOD collects rental housing-cost data annually for 299 military housing areas in the United States, including Alaska and Hawaii. The BAH rate-setting process relies on a wide variety of data sources (e.g., U.S. Census Bureau survey data, Bureau of Labor Statistics Consumer Price Index, commercial subscription rental cost databases, industry-leading online rental listing websites and input from the armed services and local mili-

DOD releases 2025 BAH rates

tary installation housing offices, among other sources) to obtain high-quality, accurate, current-year housing-cost data.

Median market rents and average utilities (including electricity, heat and water/sewer) comprise the total housing cost for each military housing area and are included in the BAH computation. Total housing costs are determined for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. BAH rates are then calculated for each pay grade, both with and without dependents, based on the housing choices of civilians with

comparable incomes to each service member pay-grade grouping.

The 2025 BAH rates, as part of a robust military compensation package, continue the member cost-sharing element at 5% of the national average housing cost by pay grade. These amounts vary by grade and dependency status and range from \$90 to \$202 monthly for the 2025 rates. Even with this cost-sharing element, the overall military pay and benefits package remains competitive and healthy.

An integral part of the BAH program is the provision of individual-rate protection to all

members. No matter what happens to measured housing costs — including the out-of-pocket expense adjustment — an individual member who maintains uninterrupted BAH eligibility in a given location will not see his/her BAH rate decrease. This ensures members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs decrease.

The DOD is committed to the preservation of a compensation and benefit structure that provides members with an adequate standard of living to sustain a trained, experienced and ready force now and in the future.

For more information on BAH, including the 2025 BAH rates and 2025 BAH rate-component breakdown, visit travel.dod. mil/Allowances/Basic-Allowance-for-Housing. Service members can calculate their BAH payment by using the BAH calculator at travel.dod.mil/Allowances/Basic-Allowance-for-Housing/BAH-Rate-Lookup.

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SECTION B

Monty's Sports Corner: Holiday season is over, now what?.....B2

From fireworks to fitness: 2024 was blast at Fort CavazosB6





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2024 year full of Tex-ellent travels

BY SENTINEL STAFF

In 2024, the Sentinel Staff traveled far and wide to bring information to the Fort Cavazos community of fun places to visit and fun activities to do in the Lone Star State.

SeaWorld - Derika

In August, Derika Upshaw, Fort Cavazos Public Affairs, visited Sea-World in San Antonio with her family as a way to wrap up the summer before her kids went back to school.

"Going in August was great because it was less crowded, making our wait times for rides about 15 to 20 minutes on average," she wrote. "But the shorter wait came with the challenge of the Texas heat. Luckily, SeaWorld allows guests to bring their own water bottles and refill them throughout the day. I would also suggest bringing hats and sunscreen."

She shared their favorite experiences while at the park including the Orca Encounter.

"Our favorite presentation was the Orca Encounter," Upshaw wrote. "The whales were amazing, and as SeaWorld says, they are the perfect ambassadors for the ocean. We learned interesting facts about the many whale species at SeaWorld and saw how the they played and interacted with their handlers and the audience. Those who sat in the splash zone received a wet surprise from the playful mammals and a fun way to keep cool."

Wonderspaces Austin - Blair

In August, Sentinel News Editor Blair Dupre visited Wonderspaces Austin, Texas, for the third time with her best friend Jessica Rodriguez and her brother Blake Dupre.

The interactive art exhibit invites visitors to "experience extraordinary art," and Blair wrote the thought-provoking and inspiring exhibits is what keeps her coming back.

"My favorite exhibit, as always, is "Submergence" by Squidsoup," she wrote. "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.

"Killing Time' is a kinetic hourglass sculpture with a skull at its center," she continued. "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."

Mayborn Museum Complex - Blair

In June, Blair visited the Mayborn Museum Complex at Waco, Texas, where curiosity is unleashed.

The museum provides fun learning opportunities for visitors of all ages through their static and interactive displays that talk about history, science

"There are many rooms throughout the museum where visitors can learn about different artifacts, animals both prehistoric and native to Texas, the settlement of Texas and more," Blair wrote. "There is even a historic village outside where visitors can walk through historic houses."

She shared her favorite area is the second floor where many of the interactive exhibits are housed. Blair especially loved the Light and Sound room.

"As a photographer, my favorite part of the second floor is the light area in the Light and Sound room," she wrote. "Since a photograph captures how light reflects off of an object, this room is right up my alley. There are lights and mirrors throughout the area where visitors can experiment with reflection and color. If you visit the museum, I highly recommend checking this area out."

Rage Room - Sam

In April, Command Information Chief Samantha Harms visited the Wreck Center at Temple, Texas.

She wrote she geared up in protective clothing, eye wear and gloves, and was given 50 breakables to smash.

"At first, I felt a little silly," Harms wrote. "Breaking good dishes felt like I was going against everything society had ever taught me. But, after the third piece, I stopped caring about the 'rules' of society. It just started to come

"For the most part, I chose to use a smaller sledge hammer," she continued. "It was the perfect item to break things easily and kept me grounded through each item. But, patrons can also use the provided baseball bats and even a crowbar."

Museum of Illusions - Janecze

In May, Janecze Wright, Fort Cavazos Public Affairs, experienced the Museum of Illusions at Charlotte, North Carolina, with family members.

"The word 'illusion' conjures many definitions," she wrote. "A deceptive appearance or impression, a false idea or belief, or something wrongly perceived or interpreted by the senses. The museum utilizes these concepts to create exhibits that distort and challenge the understanding of space, geometry and perception — and we were there for it."

Wright shared many of the exhibits were interactive and spurred visitors to get creative and think outside the box.

"We were most intrigued by and, I must admit, had the most fun with, the Building Illusion exhibit," she wrote. "The exhibit consists of a structure holding mirrors reflecting the image at a 45-degree angle. On the floor, the objects create a part of the building's façade. The incline creates an



Photo by Janecze Wright, Fort Cavazos Public Affairs

Janecze Wright's, Fort Cavazos Public Affairs, favorite exhibit at the Museum of Illusions was the Building Illusion. A mirror tilted at a 45-degree angle gives the illusion visitors are hanging on the face of a building, even though they are lying on the floor.

illusion that gravity has changed direction 90 degrees."

Though she visited the Charlotte location, another Museum of Illusions can be found at Austin, Texas, an hour away from The Great Place.

"We left the museum with a newfound respect for what can be achieved with a bit of ingenuity, geometrical savvy and pure creativity that left us wanting and pondering more," Wright concluded.

Robinson Family Farm - Blair

In October, Blair along with best

friend Rodriguez and her brother Blake visited the Robinson Family Farm at

Temple, Texas, during their Fall Fest. Blair wrote visiting the farm has become a fall tradition for her and her party as they enjoy the many photo opportunities and fun memories to be made there.

"One of the most popular things to do at the Robinson Family Farm is capture memories at many of the photo-op set ups throughout the farm," she wrote. "The most popular spot is arguably the giant, swinging bench near the back of the property. Many people will pile onto it at a time, so we made sure to stop there first during our visit to ensure we had it all to ourselves.

"We visited the petting zoo and fed some of the animals," she continued. "The goats were incredibly eager to be fed, sometimes headbutting others out of the way for their chance at some food. Our favorite animals to feed were two baby cows named Red and Annie."

Drive - In - Ayumi

In August, Sentinel Editor Ayumi Davis and her mother visited The Last Drive-In Picture Show at Gatesville, Texas, for some classic, American fun.

She said the screen was decentlysized, and people were able to bring chairs and blankets to get comfy in their cars or trunks to watch the movie. There were also plenty of snacks to choose from.

"(The snack bar) offered quite the selection and cheap prices," Davis wrote. "It had all the classic movie-watching treats as well as



Photo by Blair Dupre, Sentinel News Editor

Holiday season is over, now what?

BY MONTY CAMPBELL Fort Cavazos Public Affairs

All the presents have been opened, and the New Year's parties are over. There is absolutely nothing to do until the Super Bowl, right?

Like ESPN college football commentor Lee Corso would say, "Not so fast, my friend!" There is a college football tournament this month everyone has been excited to watch, and I can't wait to see how this all plays out.

Let's start with how the College Football Playoffs have entertained us thus far. Prognosticators far and wide could not wait until this year's expanded field would get to play in the playoffs and they were spot-on with their calls of parity in college football.

In this first year of the expanded 12-team College Football Playoff, none of the teams that earned a first-round bye advanced to the national semifinals. Oregon, Georgia, Boise State and Arizona State lost their first playoff game to get knocked out of the tournament.

The University of Oregon Ducks, who coasted through the regular season and eventual Big Ten Conference Championship game, came back to Earth and learned, maybe, their new conference isn't as easy as they thought

The Ohio State University Buckeyes routed the previously unbeaten Oregon Ducks, 41-21, in one of the CFP quarterfinal games. Everything came up roses for the scarlet and grey at the Rose Bowl, in the rematch of a closely contested loss in Week 6 of the regular season in Eugene, 32-31.

Notre Dame hasn't let an early-season slip up at home against the unranked Northern Illinois University Huskies, 16-14, slow them down. The Fighting Irish went into the Caesars Superdome and knocked off perennial powerhouse Georgia, 23-10, in the Sugar Bowl.

The Fighting Irish now face another Big Ten school (which I think was the best conference in football this year and, no, not because I graduated from the University of Illinois) in the semifinals — the Penn State University Nittany Lions.



Photo by Gene Gallin, Unsplash

Penn State has proven itself all season, only losing to the Oregon Ducks and Ohio State — both by one score. Going into this semifinal today, I think Penn State will advance over Notre Dame in a game that will keep everyone on the edge of their seats at the Capital One Orange Bowl at Miami, Florida.

In the other semifinal, which will be played Friday at the Goodyear Cotton Bowl Classic at Dallas, Texas, the University of Texas Longhorns and starting quarterback Quinn Ewers face the Ohio State Buckeyes.

Before we discuss this other semifinal, what does Ewers have to do to be loved by the

Longhorn faithful? They're still clamoring for the nephew of the famed Mannings, Arch Manning, to be the team's signal caller.

I am definitely not part of Longhorn nation, but all the junior quarterback (Ewers) has done with UT is win. Last season, he led the Longhorns to another national semifinal appearance, eventually falling to the University of Washington, 37-31.

Despite Ewers' propensity to get the Longhorns to the national semifinals, that's where the "Buck" will stop again this year, as I believe that the Buckeyes are going to send Texas reeling into the offseason with a

blowout victory. So, the Ohio State University Buckeyes and the Penn State Nittany Lions will meet in the College Football Playoff National Championship game at Jan. 20 Mercedes-Benz Stadium

at Atlanta, Georgia. Two Big Ten schools battling it out for a national championship. Once again, I believe the Buckeyes have too much momentum and talent to be stopped and will reign supreme this year. But the biggest winner will be the fans with all the excitement leading up to the championship.

As always, be safe!

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Chunk

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



Star

2-yr-old, domestic short-haired tabby, brown, female.

Texas travels create memories, facilitate fun

Tex-ellent: Continued from B1

Southern favorites, including candies, pickles, popcorn, hot dogs, sweet tea, lemonade and pizza. I got a medium popcorn for \$3, and that was plenty."

Her mother enjoyed the fact the two could talk without worry of bothering anyone, Davis added.

"There's something about the atmosphere of a drive-in that makes movie-watching more memorable for me, and The Last Drive-In Picture Show did not disappoint," she wrote.

Schlitterbahn - Brandy

In July, Brandy Gill, Fort Cavazos Public Affairs, beat the Texas summer heat with her family at Schlitterbahn at New Braunfels, Texas.

She wrote the hardest decision to make was what to do first, as the park has 45 rides spanning over 70 acres of land that cater to a variety of thrill levels.

"As I dipped my toes into the frigid waters on my first ride, I knew the raging summer heat didn't stand a chance against the brisk chill of Schlitterbahn's water rides,"

she wrote. "Our sons, Caleb, 17, and Benjamin, 15, liked the White Water Rapids tube ride with its swift currents and dramatic drops. Our daughter, Rebecca, 9, enjoyed the more mellow vibe of The Falls, which is touted as the world's longest water park ride."

Gill wrote her family also were able to enjoy making a staple summer snack at Schlitterbahn.

"By the end of the first day, our crew was totally relaxed," she wrote. "The resort offered nightly s'mores over an open fire, and we took full advantage while watching an outdoor movie with other guests."

She and her family had a great time and offered some tips to those who may visit in the future, Gill wrote.

"For those who choose to make the trip, here are a few recommendations," she wrote. "Wear SPF 50-plus sunblock and a hat. The middle of the week is the best time to visit. Take pictures. This is a trip you'll want to remember."

The Sentinel Staff enjoyed their travels in 2024 and look to 2025 with just as much excitement to explore the Lone Star State.



Photo by Blair Dupre, Sentinel News Editor

Jessica Rodriguez feeds Red and Annie in the petting zoo at the Robinson Family Farm at Temple, Texas.



Photo by Brandy Gill, Fort Cavazos Public Affairs The Master Blaster is one of the 45 rides at Schlitterbahn Waterpark and Resort at New Braunfels, Texas. The two-man tube ride travels uphill in spots and is a favorite of many patrons.

ORT CAVAZOS CHAPEL SERVICES



CATHOLIC

Sunday Mass, 9 a.m., Main Chapel, 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, Episcopalian), Sunday, 9 a.m., Old Post Chapel, facebook.com/SaintGeorgeFortCavazos

SPANISH PROTESTANT

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

GOSPEL CONGREGATION

Gospel Service, Sunday, 11 a.m., Memorial Chapel, facebook.com/ComamcheHappeningsNow

TRADITIONS

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

CHAPEL NEXT

Contemporary Service, Sunday, 11:15 a.m., Main Chapel, facebook.com/ Fort Cavazos Chapel Next

OPEN TABLE

All-Inclusive Christian Chapel, facebook.com/ Open Table Chapel

WFC PROTESTANT

Non-Denominational Protestant, Sunday, 11:00 a.m., West Fort Cavazos Chapel

JEWISH

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

MUSLIM

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

OPEN CIRCLE

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

BUDDHIST Soku Gakkai International (SGI) Nichiren, Online, contact Martin Bonner, 254-258-0844 Theraveda, Thursday, 10:00 a.m., Rugged Spirit Chapel, Contact Chap. Guan Zhen, 213-281-1927

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FortCavazosPWOC Mothering Bluebonnets, facebook.com/

Fort Cavazos Mothering Blue bonnets

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

Club Beyond-Middle School, Contact Frank

Ayala, fayala@clubbeyond.org

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

FortCavazosChaplain*

Catholic Women of the Chapel (CWOC),

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Contact Maria Fuavia, 573-842-8181

Fuavai, 254-287-0241

Thursday 5-7 p.m., Main Chapel. Facebook: Fort

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Catholic Youth Ministry-Crusaders, 8-12 grades,

Catholic Religious Education-CCE, Wednesday,

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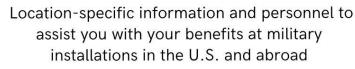
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From fireworks to fitness:

2024 was blast at Fort Cavazos

BY BLAIR DUPRE Sentinel News Editor

There were many opportunities for the Fort Cavazos community to come together for fun and camaraderie in 2024.

Rock for the Brave

Thousands of Soldiers and family members gathered Sept. 28, 2024, at Phantom Warrior Stadium for "Rock for the Brave," an event aimed to celebrate Soldiers and their families.

The event was made possible by Fort Cavazos; Directorate of Family and Morale, Welfare and Recreation; Defense Commissary Agency; Army and Air Force Exchange Service; Procter and Gamble and partners.

"It's a culmination of about 18 months of work ... to put on what I consider to be an iconic show of support to military families," said Marc Knowles, global military team leader for Procter and Gamble. "I learned a long time ago that it's critically important for the community surrounding the military community to support them (the military)."

There were many activities for families to participate in, including rock climbing, ladder ball and cornhole while event volunteers showered them with free items provided by sponsors. Entertainment included a BMX show, dog show, magic show by illusionist Kid Ace, stand-up comedy performance by Adam Yenser and a concert by country artist Cole Swindell concluded the event. Appearances were made by other public fig-

ures including Chip Gaines of "Fixer Upper," Duff Goldman of "Ace of Cakes" and former professional football player Rob Gronkowski who held a meet and greet at the beginning

Amber Pafford, marketing and advertising manager for DFMWR, said it was heartwarming to see families having fun together during

"It highlighted the sense of community and support that exists among military families at Fort Cavazos," she said. "The laughter, joy and shared experiences created a vibrant atmosphere, reminding everyone of the



Sentinel file photos by Blair Dupre, Sentinel News Editor

Wild West Night guests participate in the line dancing portion of the night's events March 1, 2024, at the Lone Star Conference Center at Fort Cavazos.

strength that comes from these connections."

Freedom Fest

To celebrate Independence Day, the Fort Cavazos DFMWR hosted Freedom Fest June 28, 2024, at Phantom Warrior Stadium at

Thousands of community members attended the beloved annual tradition to enjoy great food, fun, entertainment and fireworks.

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."

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

service members)," said Matt Thomas, Parmalee lead singer. "Every show we've ever done for service members has been awesome." DeGraw said he was proud to be perform-

ing 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.'

Wild West Night

The Fort Cavazos Spouse's Club hosted their Wild West Night March 1, 2024, at the Lone Star Conference Center at Fort Cavazos, where they raised more than \$40,000.

Wild West Night is one of the FCSC's fundraising events that allows them to award grants to charitable organizations in the community at their annual grant luncheon.

The theme was '90s country and the more than 350 guests showed up in their best western attire to line dance, ride a mechanical bull, enjoy casino-style games and participate in both a silent and a live auction.

"It was a night of high-energy, nostalgic '90s country throwbacks and dazzling cowboy and cowgirl attire," said Karissa Dolan, Wild West Night co-chair. "Throughout the entire evening, every time I looked around the room attendees were laughing, enjoying the company of others, and engaged in a variety

Central Texas nonprofits made all the coordination of the night worth it," she added. "Our goal was to create an event atmosphere that kept attendees engaged — the energy and excitement in the room was amazing! It was a fantastic way to round out our year of raising funds for community grants."

Housing area add-ons

Not only has Cavalry Family Housing and Lendlease opened up new housing on the installation, but many new amenities came to housing areas on the installation in 2024.

In January, a pickleball court was opened in the Comanche II family housing area. Life Scout Claire Kerfoot, who was 15 at the time, daughter of Col. Jeremy Kerfoot, 89th Military Police Brigade commander, and volunteers built a gaga ball pit near the pickleball court Comanche II Village playground in August. In September, the ribbon cutting for a new state-of-the-art dog park took place in the Heritage Heights subdivision.

Eagle Scout Ewan Choy, who was 17 at the time, Eagle Scout Troop 229, set up flag disposal boxes at the five community centers on post in October, and many Fort Cavazos residents had Level 2 Electric Vehicle chargers installed at their homes thanks to the partnership between TRO Energy Solutions, Lendlease and Cavalry Family Housing.

Ben Hogan Classic

Hundreds of Soldiers gathered April 26, 2024, at the Courses of Clear Creek at Fort Cavazos to participate in the annual Ben



January 9, 2025 LIVING www.CavazosSentinel.com



Sentinel file photo by Blair Dupre, Sentinel News Editor

Fort Cavazos leadership, and representatives from the Directorate of Family and Morale, Welfare and Recreation, and Kompan, a company that designs and constructs playground and fitness sites, participate in a ground-breaking ceremony for the new Abrams Outdoor Fitness Park Oct. 16, 2024, behind Abrams Physical Fitness Center at Fort Cavazos.

2024: Events, fitness park offer respite opportunities

2024: Continued from B5

active-duty Soldiers typically line up on registration day and fill the 200 spots within an hour.

Throughout the event, participants were treated to food, drinks, swag bags and unusual activities at some of the holes including cornhole and using a hand-held cannon to make their first shot at one of the holes instead of using their driver.

Sgt. 1st Class Miguel Melo, III Armored Corps Inspector General's Office, was especially excited to be participating in the Ben Hogan Classic for the second year in a row.

He said the event is a huge morale boost for Soldiers at The Great Place, providing a break from their fast-paced workdays.

"When you're afforded the opportunity to come out here ... take it," Melo said. "Soldiers that do have the opportunity ... to come play at the Ben Hogan, come and get your swing on."

Maj. Gen. Thomas Feltey, then-III Armored Corps deputy commanding general of maneuver, now commander of 1st Cavalry Division, made some brief opening remarks before the golfers were sent onto the course.

"Thank you to the Ben Hogan Foundation for putting this awesome event on ... and all of the volunteers that are out here in order to make this happen," he said. "Also a big shoutout to all of our Garrison staff that makes everything happen at the installation behind the scenes. We know you're the ones

that make this happen. As we reflect on

tom Warrior Stadium at Fort Cavazos



Sentinel file photo by Ayumi Davis, Sentinel Editor John "Jax" Larson, 12, tightens a bolt while Tommy Yagalla, 11, holds a nut at the end in place Aug. 2, 2024, at Fort

Cavazos. The two, along with other children and adults, assisted Claire Kerfoot, 15, in constructing a gaga pit.

together ... this is what makes this place The Great Place."

Cowboys 4 Heroes/Bumpers and BBQ

Attendees came out in droves to get a taste of authentic chuck wagon barbecue, shop at local vendor booths, enjoy a pumpkin patch, vote on their favorite modern or classic car and more at the Cowboys 4 Heroes/Bumpers and BBQ event Oct. 19, 2024, at the Phantom Warrior Center at Fort Cavazos.

"Cowboys 4 Heroes comes out to honor the veterans and the active-duty — the first responders," said Norma Hernandez, Fort Cavazos DFMWR community activities coordinator. "It's their way of giving back to them and honoring them today."

The Houston-based organization was founded in 2009 to assist combat veterans with the transition from active duty to civilian life.

Since their inception, Cowboys 4 Heroes donors and volunteers have provided more than 1.5 million meals and nutritional support to active-duty military, veterans, their families and first responders. This is in addition to providing more than \$350,000 in educational support to Future Farmers of America and 4-H youth who raise the steer, which are locally processed and provided to the program partners to assist veterans and their families.

"When we first started doing this, the youth of Texas and then service members, it became such an easy group to serve," said Greg Liles, founder of Cowboys 4 Heroes. "It doesn't matter who you are, what side of the ledger you're on politically, male or female, young

or old, it doesn't matter. It's such an easy group to serve, and they're underserved in a lot of ways."

New outdoor park

In October, the Fort Cavazos DFMWR, along with representatives of Kompan, a company that designs and constructs playground and fitness sites, and Fort Cavazos leadership conducted a ground-breaking ceremony for the new Abrams Outdoor Fitness Park.

The new facility funded by U.S. Army Installation Management Command will feature workout stations with equipment for different types of workouts, a multi-use court, walking/running track, play areas for children and more.

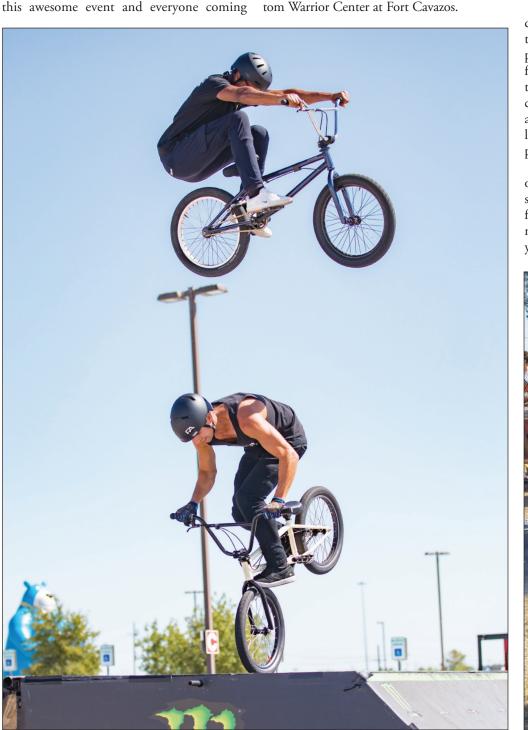
There is no other like it in the Army, and the aim of the \$2-million facility is to give families a place where adults can focus on their physical fitness while still being near their children.

"(This facility) symbolizes not only our commitment to fitness but our dedication to innovation, readiness and community wellbeing," said Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos

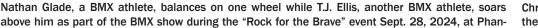
commander, during the ceremony. "Physical fitness has always been a cornerstone of military readiness and building resilient units, Soldiers, families and communities. We recognize that the way we train must evolve to meet the challenges of tomorrow—this park represents that evolution."

Summer Inwood, chief of Sports Fitness and Aquatics for DFMWR, said the ground-breaking event marked the culmination of four years of planning, and the facility will be a great place for families to gather.

"Army regulations really prevent children from accompanying the parents, spouses or active duty, into the fitness facilities, so we really have to be creative and look for outdoor spaces where we can accommodate the need," she said. "This will be that. We will be able to provide a really great training modality, several modalities in fact. Whether it be group fitness or function fitness, CrossFit style, whether it be weight training, all of this will be encompassed by the ability to be able to bring your child into a safe environment



Sentinel file photo by Blair Dupre, Sentinel News Editor





Sentinel file photo by Samantha Harms, Command Information Chief

Chris Joplin, volunteer with Cowboys 4 Heroes, brings hot coals from a fire to sit on a pot; inside the part are homemade biscuits. Biscuits were just one of the many items served during Cowboys 4 Heroes Bumpers and BBQ event Oct. 19, 2024, at the Phantom Warrior Center at Fort Cavazos.

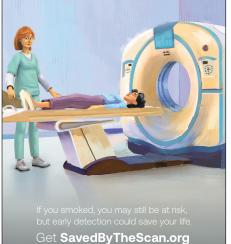


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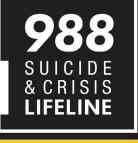


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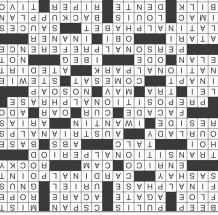
CALL 988 and Press 1 to reach the Military Crisis Line

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CHAT 988lifeline.org/chat

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LAST WEEK'S CROSSWORD ANSWERS



AUTOMOTIVE

FOR SALE: 1929 Ford roadster hot rod new motor/transmission radiator chromed accessories etc for sale/inter-FOR SALE: 18ft Suntracker Walmart, High school or Colesting trades or will trade Pontoon Boat- 75 hp \$18,500 lege. 2 story 3 bedrooms, 2 down for Harley panhead.. 254-295-6886 local car near post Cavazos call for appointment to view-

mark, Call (254) 370 7973.

MISCELLANEOUS

FOR SALE: Used machine shop anvil \$400. Georgetown. 512-970-0003.

FOR SALE: Frankoma Pot- 213-1830. tery, Mcoy Pottery, Avon collection, Hotwheels. Collectibles: sports cards, albums,

weights equipment. More col- TX 76542; First Month's Rent Diana, Beanie Babies, and (757) 805-4611. Star Wars. Please TEXT

ONLY 254.479.8471.

EMPLOYMENT

WANTED: Senior Lady in Need of honest, mature, dependable, responsible person to help with light household cleaning, Covid Tested 2x a month @ \$50.00 9820 for four hours service. (254)

REAL ESTATE

zines. Miscellaneous: tools, residence, 410 Ali Dr. Killeen, 6886.

lectibles: Elvis, Princess free. \$1,900 a month after.

FOR RENT: Quiet country baths on 2nd floor. 2 living areas & fireplaces. Kitchen and Pantry built into hill create vour own storm shelter.

Electronic gate controls privacy. Available January 15, \$2500 per mo. 3004 Oaklawn Dr. Belton Tx Call: 254-760or Email: bgnurse.1946@gmail.com.

FOR SALE: House for Sale- 5 Bedroom 5 Bath, 3 Car

garage 4500 sq. ft. Patriots toys, pottery, racing maga- FOR RENT: Single family Bluff Temple, Tx 254-295-

CITIES IN ICELAND

YWTROLJGIEBRYW

U(A)R P N K I S R G D B E Z X K I N N E S Y S Q O M Y K I RIECOEAYKTWKUS Q|A|A V F T P D N I L L J J H NL L A U G A R V O G A R E E E L O D A L Y I H X V V U

RINFAHKIJEYHKFE

JF N E H N V Q N K P I N M

CBZOYXVKRREUTRQ POMHSENRAGROBLK

unlisted clue: REYKJAVIK

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Tuesday's unlisted clue hint: CAPITAL CITY

Akranes Grenivík Höfn Grindavík Hólar Borgarnes Dalvík Hafnir Innes

Unscramble these Jumbles.

one letter to each square.

to form four ordinary words.

CNHOC

NUMOD

ZAABE

UEYABI

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Hella

Flateyri

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

Laugar

Reykholt

Selfoss

Vogar



WHEN THEY GOT TOGETHER MIDDAY AT THE DELI, IT WAS A -Now arrange the circled letters

to form the surprise answer, as

All Rights Reserved. suggested by the above cartoon.

LUNCH-N-"MEET" Answer: When they got together midday at the deli, it Jumples: CONCH **ABLAZE** MOUND YTUA38

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business or money making ventures that are not personal property; group, organization, unit, or division garage sales, other than "Village-Wide" garage sales. We DO NOT ACCEPT the following advertising

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



CONTINGENCY

STRATEGY

85 Suffix with

87 Here-there

88 Commercial

spots 89 Onetime big

name in

93 "Great" part

of Europe

poetically

well against

97 German "a'

98 Pitches

99 Belittles

102 Scythe a

crop

104 Court

105 Indian

103 Ejects lava

excuse

106 In any way 110 "White Mile"

111 "Stay" singer

Lisa

112 Runtish

language

co-star Alan

101 Make certain

100 Ad- —

94 Nightfall,

camera film

novel

linkup

49 Gas choice in

Canada

52 Accept after

furnishing

a while

53 Style of

55 Expose

56 Bowl over

57 Albania's

capital 58 Tell a tale

60 Tyrant Amin

61 Floor-soaking

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64 Butterfield

Game"

67 Tons

71 "Today

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74 Queue

80 Queen

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73 Mimicked

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11 Penny-pinch

12 Aspirin target

age)

13 Environs

Carter

15 Hershey's

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17 Vivacity

18 Peevish

30 Ace

32 - - bitty

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33 Clandestine

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37 Debauched

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36 Thunder deity

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16 Charged, as

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14 Actress

PREMIER CROSSWORD/ By Frank A. Longo ACROSS 54 Tyrolean 114 Marinara and 7 When 48 Digging tool

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120 Contingency

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123 Bamboozle

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125 More mellow

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1 Closest pals,

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126 DVR brand

127 Afflictions

128 Yawning

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129 How

130 Spurt

DOWN

119 Designer

1 Horn sound peaks 5 Long-haired 59 Dwell 60 "Make me a sheepdogs 10 Channel part of this showing deal!" 62 Sills solos hearings 15 Fine shower

63 Building front 19 Arctic chunk 65 Mean dog 20 Striped gem 66 Rowing need 21 Without - in 68 Hurry-scurry 69 "In the way" 22 Tug-of-war or "by the

80 Rushes to

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89 Groveled,

90 Vivacity

95 "Hardly!"

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91 Lyrical verse

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28 North, south 82 "Family Guy" east or west 31 Tenor 86 Yellowstone Caruso

27 Glide like a

model

the world

35 Full of stones 36 Lame duck's time in office, e.g. 43 — polloi

34 Auto engine

wheel

44 Barber's powder 45 Sit-ups work them

46 Military post 50 One title of the Virgin Mary

107 Kabuki sash **108** More senseless 109 English

96 Cup of tea, so to speak 104 Classic name in arcades

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128

2 Kazan of film 3 Vast time 4 Certain

5 Aquatic Nile valley

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38 Shows on TV

39 March Madness org. 40 Bring home 41 Slugger's stat 42 "That - lie!"

played by 81 Cut, as class 83 — -Dixie

113 Spanish river 115 Scissor cut chain)

116 Icicle locale 117 Stuff to ski on 121 EMT's skill

122 Lock opener

115 116 117

130

47 Phony name writing uses it 6 "Yecch!" **84** '80s Camaro 32 54 55 52 93 99 101 102 103 98

113

129

Average time of solution: 67 minutes

121 122

Spot six differences between these panels.

SLYLOCK FOX

BY BOB WEBER JR.

118

123

127

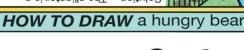
#2,228

A bandit wearing a clown mask and costume snatched a purse from a bus passenger this evening. Witnesses report seeing the thief on this fire escape. The alligator insists he's innocent and claims he has been sick in bed with a fever all evening. But Slylock Fox isn't buying the gator's alibi. Why not?

colobiooded repline sind can it generated repline sind can it generated between like mammals do. They rely entirely on external heat sources, such as sunlight, warm water or heated surfaces, to regulate their body temperature. Solution -- The alligator is a coldblooded reptile and can't

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YOUR DRAWING

age Submit your drawing to www.slylockfox.com

Lolong, the largest crocodile accurately measured and recorded? a) 12 feet 9 inches b) 17 feet 5 inches

What was the length of

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

c) 20 feet 3 inches

Answer -- c) Lolong, a saltwater crocodile caught in the Philippines, was measured in 2013.





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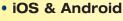
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