A Journey of Service, Sacrifice, and New Beginnings

David Cox's military journey began in 2005, when he joined the U.S. Army shortly after graduating high school. After completing basic training at Fort Benning, Georgia, and nearly six months of specialized training at Fort Gordon, he reported to his first permanent duty station at Fort Hood, Texas. He was assigned to the 3rd Armored Cavalry Regiment (3rd ACR), where preparations for deployment to Iraq began almost immediately. "Looking back, that year was a whirlwind," David says. "I was still trying to figure out what life after high school was supposed to look like, except now I was doing it in the Army, preparing to go to war."

In 2006, he met his future wife, who was also serving in the Army. They married and soon discovered they were expecting their first child.

Their son arrived earlier than expected, born nearly two months premature. After spending nearly four weeks in the neonatal intensive care unit (NICU), he was finally able to come home. "I got to spend approximately two weeks at home with my newborn son before I was put on a bus and shipped off to Iraq," says David.

Serving in Iraq

David deployed to Iraq in October 2007 and remained overseas until 2009, serving nearly 17 months. During his deployment, he wore many hats, including serving on a Downed Vehicle and Aircraft Recovery Team (DVART), helping manage a detention facility and serving near the Syrian border.

His wife deployed shortly after him, and the two spent approximately 15 months serving together in an active war zone. "Together we were fighting a war, fighting the sand that seemed to get into absolutely everything, and dealing with experiences that aren't always easy to explain."

David transitioned into the Army Reserve, where he served another four years before receiving an honorable discharge in 2013. Today, he is recognized by the Department of Veterans Affairs as a disabled combat veteran. His wife continued serving until 2015, when she was medically retired.

From Georgia to Wisconsin

After their military careers, the family returned to Georgia, where he began working in corrections. During that time, he developed a 12-week Veterans Reentry Program to help incarcerated veterans reconnect with VA resources, understand their benefits, and prepare for life after incarceration. The program also focused on practical life skills, including anger management, conflict resolution, financial management, and relationship building.

His dedication and leadership quickly earned him a promotion to Sergeant within his first year. He was also invited to join the Georgia state tactical squad and took on additional work at a correctional facility. "It was a demanding job, with a tremendous amount of responsibility," says David.

In early 2018, military friends working at Foremost Farms introduced him to opportunities in Wisconsin. After comparing wages and the cost of living, he and his family decided to make the move north. David joined Foremost Farms as a Cooker Operator. About a year and a half later, he was approached about becoming a supervisor.

Looking back, David's journey has taken him from an 18-year-old fresh out of high school to serving in Iraq, raising a family, helping fellow veterans rebuild their lives, working in corrections, and eventually finding himself making cheese in Wisconsin.

David says his military service shaped the person and leader he is today, teaching him the importance of responsibility, adaptability, perseverance, and looking out for those around him. Those lessons continue to influence how he approaches his work and the people he leads.



