

Political activity: Federal law, DOD rules dictate employee do’s, don’ts A7

Phantom Centralized HUB modernizes meal delivery at Fort Cavazos



Photos by Eric Franklin, Fort Cavazos Public Affairs

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

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

Soldiers at Fort Cavazos can now enjoy modern meal options with the introduction of the Phantom Centralized HUB, an alternative dining facility for those who wish to have their meals on the go or in their own homes. Located in the Ironhorse Dining Facility at 41018 Legends Way, this HUB features Phantom Fresh, Culinary Outpost Food Trucks, and an installation meal preparation service. Phantom Fresh offers Soldiers a quick way to grab fresh meals on the go, like an airport kiosk. Two outpost food trucks are already making a difference, serving meals to ensure Soldiers have access to delicious, healthy food options. Another great feature is the meal preparation program, which lets Soldiers order meals online. These

meals are made fresh at the HUB and delivered to the nearest dining facility for easy pickup. Pre-prepared meals provided through the Phantom Centralized HUB are offered with a variety of three macronutrient levels tailored to Soldier training needs. The options include:

- Light: 60-100g of carbohydrates, 25-35g of protein
- Moderate: 105-145g of carbohydrates, 25-35g of protein
- Heavy: 125-145g of carbohydrates, 25-35g of protein

Vegetarian options are available every week, ensuring that all dietary needs are met. Sgt. Wade Writesel, who has worked at the Phantom Centralized HUB for the last 90 days, shared his appreciation for the leadership’s involvement.

See **HUB**, A6



Leaders from Fort Cavazos cut the ribbon at the grand opening of the Phantom Centralized HUB, a modern dining facility that includes Phantom Fresh, Culinary Outpost Food Trucks, and an installation meal preparation service. The HUB aims to provide soldiers with healthy and convenient meal options.



Photo by Eric Franklin, Fort Cavazos Public Affairs

Lt. Gen. Sean C. Bernabe, commanding general of III Armored Corps and Fort Cavazos, places the colored patch on the left shoulder of Brig. Gen. Geoff R. Van Epps, deputy commanding general of III Armored Corps, during the patching ceremony July 12 in front of III Armored Corps headquarters.

BY ERIC FRANKLIN
Fort Cavazos Public Affairs

Soldiers, families and community leaders gathered Friday to welcome Brig. Gen. Geoff R. Van Epps as the new deputy commanding general of III Armored Corps. Lt. Gen. Sean C. Bernabe, commanding general of III Armored Corps and Fort Cavazos, presided over the event.

III AC welcomes new deputy commanding general in ceremony

“Thanks for joining us this morning,” Bernabe said. “Let me start as I often do with a special thanks to all the folks that made today’s ceremony possible. If you take a look at this big blue tent, I get a chance to watch them put this up for these events, and it is a heck of a functional fitness workout every time.” During the patching ceremony, Bernabe honored the outgoing deputy commanding general – maneuver, Maj. Gen. Thomas M. Feltey. He highlighted Feltey’s contributions and positive attitude. “Tom performed all his tasks exceptionally well,” Bernabe said. “He performed all those tasks cheerfully. He always had a huge smile on his face and genuine joy in his heart.” Feltey’s tenure as deputy

commanding general - maneuver of III Armored Corps was marked by numerous accomplishments, Bernabe explained. His impact at The Great Place will continue as he moves on to lead the 1st Cavalry Division as the commanding general. As Feltey transitions out of his role, Van Epps steps in as the incoming deputy commanding general. Bernabe expressed his confidence in Van Epps, citing his previous roles as the commander of the U.S. Army Corps of Engineers, Northwestern Division, and as the director of the Office of the Chief of Engineers on the Army staff. “He’s a warrior scholar,” Bernabe said. “And I tell you this as an experienced professional engineer, that makes him a professional problem solver. And I think that’s really the business we’re in.” With nearly 100,000 Soldiers, over 700 main battle tanks and more than 1,000 Bradley Fighting Vehicles across four divisions, III Armored Corps represents over 40% of the U.S. Army’s combat power. Van Epps expressed his enthusiasm

See **Deputy**, A6

NEWS BRIEFS

Participate in CSTA

The Fort Cavazos Department of Public Health is conducting a comprehensive Community Strengths and Themes Assessment now through Sept. 30. CSTA is an assessment of military communities for health risk factors and needs. It is open to all who interact at Fort Cavazos — including, but not limited to, service members, retirees, family members, Department of Defense beneficiaries, DOD civilians and contractors. Responses to this survey are private and confidential. To participate, go to <https://phpubapps.health.mil/Survey/se/2511374548575240>.

CRDAMC to offer school, sports physicals

The Carl R. Darnall Army Medical Center will offer school and sports physicals during its Kidz Fest from 9 a.m.-3 p.m Aug. 3 in the hospital atrium. It will offer games, arts and crafts, prizes and a backpack raffle. Family members enrolled at any CRDAMC clinic can get their child’s physicals at the Pediatric or the Family Medicine Residency Clinics at the main hospital during the clinic. The FMRC will be open for walk-ins only from 8 a.m.-2 p.m. The Pediatric Clinic will be open for children ages 4 and up by appointment only from 8 a.m.-3:40 p.m. Beneficiaries can skip the line by calling 254-288-8888 or use the MHS Genesis Patient Portal at <https://patientportal.mhsgenesis.health.mil/> to book appointments.

Road closures on post

Legends Way between 72nd Street and Pleiku Drive will be closed from 8:55-10 a.m. today, Tuesday and July 25; from 10:25-11:30 a.m. Friday; and 10:30-11:30 a.m. July 26. 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.

Remembering the Army’s history, Soldiers’ sacrifice



ABOVE, The National Mounted Warrior Museum is the newest museum on Fort Cavazos. **BELOW,** More than 7,700 boots fill Sadowski Field on May 23, 2023, during the eighth annual Memorial Day Remembrance Display.

COL. BENJAMIN C. PRY
504th MI Bde. Commander

From selfless acts of service to valiant feats of bravery, many of the most notable displays of honor have been preserved through the auspices of history. Though history is oftentimes conveyed through a variety of methods, some of the most tangible and effective displays are seen in the form of museums and memorials. Fort Cavazos hosts a plethora of memorials, such as the Global War on Terrorism Memorial, World War II Memorial, Persian Gulf War Memorial, POW/MIA Memorial, Vietnam Veterans Memorial, Fort Hood November 5 Memorial and the Remembrance Memorial Display. The Remembrance Memorial Display is unique among the others in that it is constructed

annually, as opposed to the stand-alone structures which remain in place year-round. Every year, more than 7,700 boots align to create a display at Sadowski Field, each boot representing a service member who paid the ultimate price in the defense of freedom. In addition to a tangible representation of honor and respect, these memorials also serve as a catalyst to recruitment and retention. According to a survey conducted in 2023 by the Association of the United States Army, three of the most prominent reasons Americans recommend military service include patriotism, service and honor. When Soldiers, current and future, are apprised with visual depictions of sacrifice and honor, a sense of pride and a foundation of courage is established. Fort Cavazos currently hosts one museum: the new, highly-anticipated National Mounted

Warrior Museum. It sits on 17 acres of land, adjacent to the 1st Cavalry Division’s Horse Cavalry Detachment. The mission of the museum is to honor the legacy of service members through the preservation, conservation and education of its representative artifacts and heritage material. In the museum, visitors will be able to recount the history of Fort Cavazos and its units, the

Mounted Soldier’s perspective and the evolution of mounted warfare from the inception of the United States to present day. The museum, along with the Fort Cavazos memorials, are physical reminders of the bravery and dedication of those who have fought for freedom. Preserving and honoring the memories of those who’ve served will ensure their sacrifices are never forgotten.



Col. Benjamin Pry



Photo by Blair Dupre, Sentinel News Editor

Sharpening skills at CES Intermediate course

BY DENISE CASKEY
JBM-HH Public Affairs

JOINT BASE MYER-HENDERSON HALL, VA. — Whether they are a Soldier on the battlefield or a civilian in an office, the Army likes people who can take a group of diverse personalities and lead them toward a common goal. Simply put, the Army likes leaders. To that end, there are many opportunities open for both Soldiers and Army civilians to grow into the leaders the Army believes they can be. I recently took part in one such opportunity where I did the intermediate level Civilian Education System training at Army Management Staff College in Fort Leavenworth, Kansas. The CES course was a mix of self-guided online pre-course work and an intense three-week residency in Kansas. From the day we walked into the classroom to the day we walked out with our certificates, we were inundated with information on topics such as self-awareness, the Army Leadership Model, critical and creative thinking, team building, the military decision-making process, creating a learning environment, mission command and system thinking. It wasn’t difficult, but it was a lot. Each day was filled with discussion, individual and group activities, knowledge and assessments and more discussion. In the evenings, when we were back at the hotel, we had reading to do, journal entries to write and projects to work on. At times, it seemed like the work was never ending, but perhaps that was on purpose. Being a leader isn’t a 9 to 5 job. As a leader, you are expected to be on point 24 hours a day, seven days a week. You can’t just stop being a leader when you punch out at the end of the day. Instructions for classroom activities and projects were almost always broad and ambiguous. I concluded this was by design,

not only because of the diversity of the students and their situations — a one-size-fits-all approach wouldn’t work for everyone and would be pointless in a class where we’re supposed to be able to think for ourselves and figure out a solution — but also because the real-world situations people face don’t always have a clear-cut path to the desired outcome. The process was more important than the answer. The process was where we gained the technical competence to be an effective leader. On the last day, the instructors asked us what we would tell people when they asked us what we got out of the course. Having so much thrown at us over the course of three weeks, I don’t think anyone could go into detail about any of the classes individually. However, as a cumulative whole, attending the course showed me I am already a leader, and I can work with diverse personalities, including those I don’t get along with, to solve a problem. All the things CES taught me are just additional tools to add to my leadership toolbox. If you haven’t already taken the CES courses through

AMSC, you should check it out. There is a Foundations course that everyone takes, a Basic course for civilians up to GS-9, an Intermediate course for GS-11-12 civilians and an Advanced course for GS-13 and higher. Course information and schedules can be found by visiting <https://armyuniversity.edu/amsc/Home>.



Photo by Susan LeRoy, JBM-HH Public Affairs

Joint Base Myer-Henderson Hall Public Affairs Specialist Denise Caskey poses outside the joint base headquarters at Fort Myers, Virginia, with the certificate she earned from Army Management Staff College for completion of the Civilian Education System intermediate level leadership course. The course is offered to all GS11 and GS12 Department of Defense civilian employees.

NEWSPAPER

Recycled material is used in the making of our newsprint

DO YOU HAVE SOMETHING TO SAY?
WRITE TO THE EDITOR
The *Sentinel* welcomes letters to the editor. Letters must be under 450 words and include your name, address and telephone number. To submit a letter, visit www.cavazossentinel.com/contact or email it directly to: editor@cavazossentinel.com

FIND NEWS ONLINE
Find today’s top news, living features and links to the electronic version of the paper at www.cavazossentinel.com.



- COMMAND STAFF**
- Commanding General**
LT. GEN. SEAN C. BERNABE
- Garrison Commander**
COL. LAKICIA STOKES
- III Armored Corps Public Affairs Officer**
COL. KAMIL SZTALKOPER
- Fort Cavazos Public Affairs Director**
CHRIS HAUG
- Command Information Chief**
SAMANTHA HARMS
- III Armored Corps Public Affairs Sergeant Major**
SGT. MAJ. ADORA SANDOVAL

- EDITORIAL STAFF**
- Editor**
AYUMI DAVIS
editor@cavazossentinel.com
254-287-9495
- News Editor**
BLAIR DUPRE
blair.dupre@cavazossentinel.com
254-287-2436
- Living Editor**
JANECZE WRIGHT
254-287-5964
- Design Editor**
DANIELLA THACKER
daniella.thacker@cavazossentinel.com
254-287-0101

- BUSINESS STAFF**
- General Manager**
DAVE HEDGE
dhedge@tdtnews.com
254-774-5203
- Publication Manager**
ARMANDO GUTIERREZ
armando.gutierrez@cavazossentinel.com
(254) 634-6666
- Advertising Associate/Office Manager**
KALLIE JONES
kallie.jones@cavazossentinel.com
254-634-6666
- Advertising Sales Associate**
LINDSAY DILLON
lindsay.dillon@cavazossentinel.com
254-634-6666
- Distribution Manager**
PATRICIA WOLFF
patricia.wolff@cavazossentinel.com
254-634-6666

ADVERTISING

To place an ad or for information regarding Fort Cavazos’ classified section, call 254-634-6666 between 8 a.m. – 5 p.m. weekdays.

The *Fort Cavazos Sentinel* is an authorized publication for members of the U.S. Army with a circulation of 12,500. Contents of the *Fort Cavazos Sentinel* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or U.S. Army Garrison-Fort Cavazos. It is published every Thursday by the U.S. Army Garrison-Fort Cavazos Public Affairs Office. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If violation or rejection of this opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. All editorial content of the *Fort Cavazos Sentinel* is prepared, edited, provided and approved by the U.S. Army Garrison-Fort Cavazos Public Affairs Office. The *Fort Cavazos Sentinel* is printed by the *Temple Daily Telegram*, a private firm in no way connected with the Department of the Army, under exclusive written contract with U.S. Army Garrison-Fort Cavazos. The civilian printer is responsible for commercial advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or the *Temple Daily Telegram* of the products or services advertised.

ADDRESS

The Editorial office is located in U.S. Army Garrison Public Affairs Office, Fort Cavazos, Texas, 76544. The Advertising office is located at 1805 Florence Rd., Herald Plaza, Ste. 1, Killeen, Texas, 76541.

1st ACB assumes authority from 1st CAB



Photos by Pfc. Julian Winston, 1st Cav. Div. Public Affairs

From right to left, Col. John R. Gunter, 1st Air Cavalry Brigade commander; Command Sgt. Maj. Cass D. Long, 1st Air Cavalry Brigade command sergeant major; and Chief Warrant Officer Tobias B. Long, 1st Air Cavalry Brigade command chief warrant officer, uncasing their colors during a transfer of authority ceremony July 10 between the 1st Air Cavalry Brigade, 1st Cavalry Division, and the 1st Combat Aviation Brigade, 1st Infantry Division, for its mission in Eastern Europe on Forward Operating Site Powidz, Poland. Uncasing a unit's colors during a transfer of authority ceremony symbolizes the official commencement of the unit's responsibility and presence in the new operational area, signifying Task Force Pegasus' readiness and commitment to the mission ahead.



Task Force Pegasus Troopers stand in formation during a transfer of authority ceremony between the 1st Air Cavalry Brigade, 1st Cavalry Division, and the 1st Combat Aviation Brigade, 1st Infantry Division, July 10 for its mission in Eastern Europe on Forward Operating Site Powidz, Poland.



Maj. Gen. Kevin D. Admiral, 1st Cavalry Division commanding general, speaks during a transfer of authority ceremony between the 1st Air Cavalry Brigade, 1st Cav. Div., and the 1st Combat Aviation Brigade, 1st Infantry Division, July 10 for its mission in Eastern Europe on Forward Operating Site Powidz, Poland. The 1st Cav. Div. mission is to engage in multinational training and exercises across the continent, strengthening interoperability with NATO allies and regional security partners which provides competent and ready forces to V Corps, America's forward-deployed corps in Europe.

MyArmyPost



Try the Army's Newest Mobile Application!

FIND THE MY ARMY POST APP IN THE APP STORE

DOWNLOAD IT TODAY





Family Child Care

work from home!

\$4,620/month starting pay*
\$10,000/month once accredited*
*for 6 children



Love Children? Want to work from home?
BECOME A FAMILY CHILD CARE PROVIDER!
Contact the Family Child Care office for an application

On post residents only



Bldg. 36000 Shoemaker Lane, 254-288-3190



Get the Sentinel in your inbox.

FREE!

Stay up to date with the latest news
and information from Fort Cavazos.



Subscribe to the email edition
of the Fort Cavazos Sentinel,
the only official publication
of the Great Place.

Each week, you will receive
2 emails that feature the
latest headlines and the
e-edition of the Sentinel.

Sign up **HERE!**
FREE from the
Fort Cavazos Sentinel!



New commander takes charge at OTC

BY MICHAEL NOVOGRADAC
OTC Public Affairs

At a ceremony July 1 at U.S. Army Operational Test Command headquarters, Brig. Gen. Shannon-Mikal Lucas assumed command of OTC.

As the commander of OTC, Lucas is charged with testing all new and modernized Army equipment systems. He said he is honored to serve Soldiers.

“OTC will continue to provide realistic operational testing to enable our Soldiers – our nation’s most prized possession – to win decisively on the battlefield,” Lucas said.

Lucas joins OTC after serving as the deputy provost marshal general for the Office of the Provost Marshal General at the Pentagon.

The outgoing OTC commander, Brig. Gen. George “Chris” Hackler, heads off to serve as deputy commanding general, Combat Capabilities Development Command/Senior Commander, Natick Soldier Systems Center, U.S. Army Futures Command in Natick, Massachusetts. He served as the OTC commander since June 30, 2022.

Lucas thanked everyone attending for their warm welcomes and then presented a leadership philosophy he learned during his early Army years.

“I was once told by a wise old command sergeant major that every Soldier has a sergeant,” he said. “At this command, I am grateful to have Command Sergeant Major (Joe E.) Johnson, and I am blessed to serve along with him and call

him my sergeant and look forward to the two years ahead.”

Johnson has served as OTC’s top enlisted leader since May 25, 2023.

Hosting the ceremony, Maj. Gen. James J. Gallivan, commander of U.S. Army Test and Evaluation Command at Aberdeen Proving Ground, Maryland, praised both generals.

“Both of these leaders — Chris and Shannon — and their loved ones define families of service,” he said. “They both have relatives that have served, and they both have adult children that are serving as we speak.”

Hackler’s son, George, is a specialist and infantryman assigned to the 101st Airborne Division at Fort Campbell, Kentucky.

Lucas’ son, Tristan-Mikal Lucas, is a private attending advanced individual training at the Army’s Military Police School at

Fort Leonard Wood, Missouri.

“The whole family serves,” Gallivan continued. “The strength of the service member is that support structure that surrounds them and allows them to focus on the Constitution and the ‘This We’ll Defend,’ and that’s what the people here represent.

“Both of these Army families have terrific reputations across the Army,” Gallivan added. “This is vital.”

Gallivan went on to talk about OTC’s mission.

“As Army senior leaders talk about warfighting, delivering combat ready formations, executing continuous transformation and strengthening the profession, the United States Army’s Operational Test Command is integral to all four of these focus areas,” he said. “Chris, you have set the conditions in all four of these

areas, and Shannon, you and the team are postured to exploit opportunities for our beloved Army. OTC is right in the middle of all four of those areas. OTC is helping the Army to realize newer and better capabilities that’s centered on the American Soldier.”

When Hackler took to the speaker’s podium, he said he is filled with gratitude and reflection.

“I am humbled to serve as your commander for the past two years,” he said to the Soldier and Army civilian workforce.

“Thank you for unwavering dedication and professionalism,” he added. “Your hard work and expertise are crucial to our success. Each of you have played a crucial role in ensuring that we have fulfilled our duties to the U.S. Soldier with integrity and excellence, so our Soldiers and formations are more lethal.”



Photos by Mark Scovell, OTC Public Affairs

During a change of command ceremony July 1, the official party of the U.S. Army Operational Test Command change of command ceremony stand ready to pass the guidon between leaders. From left to right are Brig. Gen. George “Chris” Hackler, the outgoing OTC commander; Maj. Gen. James J. Gallivan; commander of the U.S. Army Test and Evaluation Command at Aberdeen Proving Ground, Maryland; and Brig. Gen. Shannon-Mikal Lucas, the 32nd incoming OTC commander.



Brig. Gen. Shannon-Mikal Lucas, left, incoming U.S. Army Operational Test Command commander, receives the OTC unit colors from Maj. Gen. James J. Gallivan, commander of U.S. Army Test and Evaluation Command, during a change of command ceremony July 1 at Fort Cavazos.



ARMED
WITH A PLAN,
A POWER
OUTAGE
WON'T DIM
OUR SPIRITS.

BEFORE A DISASTER STRIKES, TAKE CONTROL.

1 ASSESS YOUR NEEDS

2 MAKE A PLAN

3 ENGAGE YOUR SUPPORT NETWORK


When it comes to disasters and emergencies, it's not a matter of if, but when. Let's prepare so we all have a better story to tell.



Get started at [Ready.gov/OlderAdults](https://ready.gov/OlderAdults)




Veterans Crisis Line



1-800-273-8255

PRESS 1



Dining Facility Operations Schedule


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

OPEN (Breakfast, Lunch & Dinner)

OPEN (Brunch & Supper)

CLOSED

HOLIDAY




IRONHORSE

Building #41018
Old Ironside & 77th St.

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

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

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




ALWAYS READY

Building #91226
HQ Ave., West Fort Cavazos

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1:30 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Manager: 254-288-9536

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




OPERATION IRAQI FREEDOM

Building #21020
Battalion & 58th St.

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

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

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




BLACK JACK

Building #34002
Old Ironsides Ave. & Pyongyang Dr.

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: 5-6:30 p.m. Monday-Friday
Food Advisor: CW2 Rogers: 931-378-2957

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




THEODORE ROOSEVELT

Building #9205
Battalion & 21st St.

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

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

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




CULINARY OUTPOST FOOD TRUCK 1

The Lonestar Conference Center

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

Breakfast: 7:30-9 a.m. Monday-Friday
Lunch: 11:30 a.m.-1 p.m. Monday-Friday
Dinner: Closed
WCOR: SSG Lopez: 787-414-1289




PATRIOT INN

Building #12007
Old Ironside & 33rd St.

Closed due to renovation. Tentatively scheduled to open Aug. 15.

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

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



CULINARY OUTPOST FOOD TRUCK 2

1-41/45 ADA BN area parking lot

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

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

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

Alternative dining facility offers on-the-go meals for Soldiers



HUB: Continued from A1

“There’s a lot of genuine care from our higher-ups, which many junior enlisted Soldiers might not realize,” Writesel said. “Having our sergeant(s) major and master sergeants with us daily, guiding us on how to run this operation, has been incredibly helpful.”

Command Sgt. Maj. John P. McDwyer, III Armored Corps and Fort Cavazos command sergeant major, emphasized the extensive efforts behind these food programs. He explained how the post is open to piloting various initiatives to find the best solutions.

“We put a lot of effort into our food service programs and are piloting various initiatives,” McDwyer said. “We’ve opened ourselves up to the big Army to find out what’s best so we can implement it here. We’re a large, diverse installation.”

As part of the Holistic Health and Fitness program, nutrition is a key component to Army and Soldier readiness. With the ongoing transformation of food service across all Army installations, leaders are developing new ways to offer healthy meals, modernize payment methods and diversify food options outside of brick-and-mortar facilities.

The Army is also working on a strategy to offer more healthy eating options to boost the overall health and readiness of our troops, focusing on continuous, customer-driven improvements.

Sgt. Maj. Kresassidy McKinney, III Armored Corps chief culinary management sergeant major, noted the importance of modernization in their food service and the shift towards healthier eating habits reflected in the new meal options.

“The Soldiers now are more educated on how to take care of their bodies when it comes to nutrition,” McKinney said. “Normally, you would come in, get a short order like a hamburger or hot dog, and be ready to go. Now, they want healthier options.”

McKinney also discussed the planning process and the collaborative effort, involved in setting up the hub.

“To get this all together, we started talking about it in October (2023) when the Food Service Tiger Team came down and did an assessment to align some of the feeding gaps we had here on installation,” McKinney said. “Our strategy led us to create this centralized hub, which will handle meal prep, food truck operations, remote site feeding, and also Phantom Fresh. We offer healthy, high-protein, build-your-own salads and sandwiches.”

The Food Service Tiger Team is a specialized



Photos by Sgt. Ty Baggerly, III Armored Corps Public Affairs

TOP, Col. Lakicia Stokes, U.S. Army Garrison-Fort Cavazos commander, explores the healthy meal options available at Phantom Fresh, part of the newly inaugurated Phantom Centralized HUB. The HUB features modernized dining services, including Phantom Fresh kiosks, Culinary Outpost Food Trucks, and an installation meal preparation service, providing soldiers with nutritious and convenient meal choices. **ABOVE**, A fresh array of meal options are displayed at the Phantom Centralized HUB at Fort Cavazos, offering Soldiers nutritious choices as part of the modernized food service program. The HUB features the Phantom Fresh kiosk, Culinary Outpost Food Trucks and an installation meal preparation service to enhance the dining experience for military personnel.

cross-functional team of culinary specialists from across the Army that is brought together to solve or investigate a specific problem or critical issue.

Modern feeding methods have also allowed Soldiers to enhance their culinary skills. McKinney elaborated on how this modernization provides new learning and skill

development opportunities.

“As we started modernizing, Soldiers now have more opportunities to learn about nutrition and how to prepare healthier meals,” McKinney added. “We’ve moved from large-quantity cooking to small-quantity cooking with a focus on quality and variety.”

New III AC deputy commanding general ready to serve Soldiers



Photos by Eric Franklin, Fort Cavazos Public Affairs

Lt. Gen. Sean C. Bernabe, commanding general of III Armored Corps, speaks about the many accomplishments of outgoing Deputy Commanding General - Maneuver, Maj. Gen. Thomas M. Feltey, and outlines the path forward for Brig. Gen. Geoff R. Van Epps, the incoming deputy commanding general - maneuver, during the patching ceremony July 12 in front of the III Armored Corps headquarters.

Deputy: Continued from A1

for joining the unit.

“I couldn’t be more excited,” he said. “I mean, this is a great unit with a long and storied history. To join the more than 90,000 Soldiers that provide a lot of the Army’s punch (combat power) — it is a tremendous honor.”

Van Epps emphasized the vital role of the local community in the success and operational readiness of Fort Cavazos,

underscoring his commitment to both the installation and its surrounding areas. He expressed his dedication to ensuring Fort Cavazos continues to thrive and fulfill its mission.

“I want the community to understand how integral they are to the success of the team here at Fort Cavazos,” he said. “They play a huge role in supporting the Soldiers, the families, the training environment and making sure that this is a place that we’re able to maintain our readiness.”



Brig. Gen. Geoff R. Van Epps, deputy commanding general of III Armored Corps, and his wife, Erica, listen to Lt. Gen. Sean C. Bernabe, commanding general of III Armored Corps, during the patching ceremony July 12.

Political activity: Federal law, DOD rules dictate employee do's, don'ts

BY BETH REECE
DLA Public Affairs

FORT BELVOIR, Va. — Displaying a political bumper sticker or banner in one's workspace is a violation of federal law, but that doesn't mean federal employees are barred from all political activities, the Defense Logistics Agency's ethics program manager said.

"There's actually a lot that people can do, although there are some restrictions on what's acceptable and where those things can take place," Associate General Counsel Maria Delimata said.

The bumper sticker not allowed in federal workspaces, for example, can be displayed on a personal vehicle parked in a government parking lot — with a caveat: Only one sticker is allowed per vehicle.

Political activities by federal employees are regulated by the Hatch Act, which breaks the workforce into two categories: less restricted and further restricted.

Political activities include any action directed toward the success or failure of a political party, partisan political group or candidate for partisan political office. The Hatch Act doesn't pertain to voting, however, which Delimata said all employees can and should do.

"Everybody, regardless of which category they're in, can give money to a political party or candidate, go to rallies, sign nominating petitions and do things like follow political social media pages using personal accounts," Delimata said. "But the main takeaway here is that they can't do these things on government time or in government space."

While employees may "like" a political ad while on their lunch break if they're working from home, they can't if having lunch in a government building, whether they're in a workspace or a location such as a break room, gym or cafeteria.

Some acceptable activities for less restricted employees while off duty and away from a government facility include:

- Volunteering to work on the campaign of a candidate running for political office.
- Serving as an election judge for a city or county.
- Working or standing at the polls for a candidate on Election Day.

- Wearing clothing or accessories bearing political slogans or statements.
- Writing a letter to an editor or presenting a speech, in a personal capacity that endorses a candidate running for office.

The main differences for further restricted employees include not being permitted to work on political campaigns, or work or stand at the polls for a candidate on Election Day.

Violations should be reported to ethics counselors. Cases are sent to the U.S. Office of Special Counsel for investigation.

"Nine times out of 10, it's not a violation," Delimata said.

The Hatch Act was created in 1939 to

protect federal employees from political coercion in the workplace, to ensure employees are advanced based on merit rather than political affiliation and to ensure activities of the federal government are carried out in a nonpartisan fashion.

Service members

Guidelines for military members are outlined in Department of Defense Directive 1344.10, "Political Activities by Members of the Armed Forces on Active Duty." Most restrictions for further restricted employees also apply to service members, who must avoid appearances that their political activities imply DOD sponsorship, approval

or endorsement of a political candidate, campaign or cause.

Military members are also barred from giving political speeches or serving in any official capacity of political groups. All federal employees and service members are also prohibited from soliciting, accepting or receiving contributions.

Consequences of violating federal and DOD laws on political activities range from a 30-day suspension without pay to removal from federal service. Military members are subject to disciplinary action.

More information on the do's and don'ts of political activity is available at <https://osc.gov/Services/Pages/HatchAct-Federal.aspx>.



A gavel cracks down in the 56th Fighter Wing Staff Judge Advocate court room, Oct. 11, 2018, at Luke Air Force Base, Arizona.



Does your event need catering?
We got you.

CATERING
(254) 226-6728

510 West Rancier Ave, Killeen
pettysonline.com • (254) 432-7388



YOUR LOCAL GEICO AGENT
MAKES BUNDLING SIMPLE.
RENTERS + AUTO = EASY



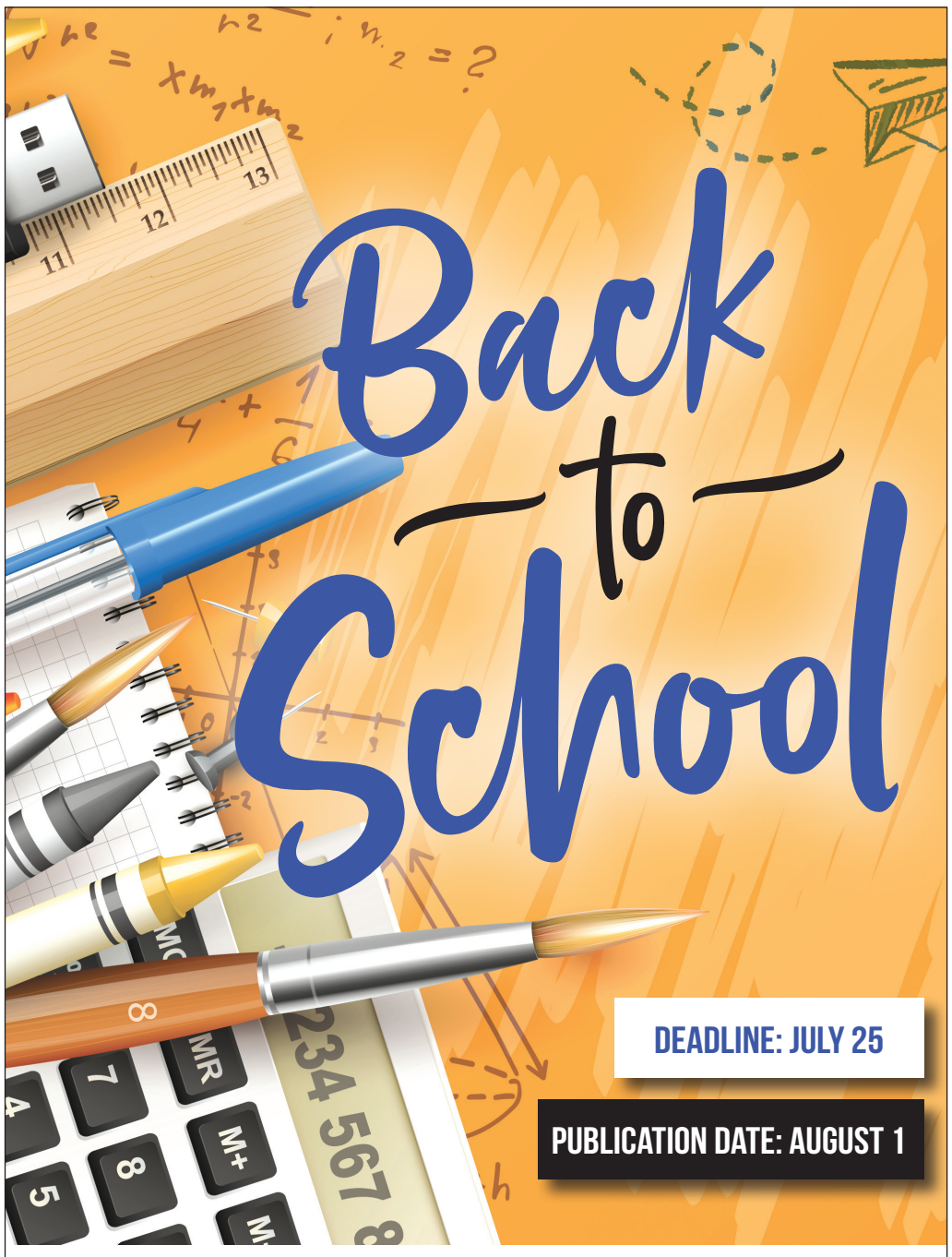


START
YOUR QUOTE!



GEICO | LOCAL OFFICE
Randy Hardin | 254-526-6696
¡Hablamos Español!

Limitations apply. See geico.com for more details. GEICO & affiliates. Washington, DC 20076. GEICO Gecko image © 1999-2024. ©2024 GEICO




Back to School

DEADLINE: JULY 25

PUBLICATION DATE: AUGUST 1

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.



Fort Cavazos Sentinel
Since 1942
Call 254-634-6666



BUD LIGHT



BUD LIGHT



BUD LIGHT



EASY
TO DRINK

EASY TO ENJOY





Photos by Blair Dupre, Sentinel News Editor

LEFT, The display case in the Silos Baking Co. allows visitors to have a sneak peak of the many treats available at the bakery, which is one of the most popular spots at Magnolia Market, so plan for the possibility of a longer wait time. **MIDDLE**, There are items other than home decor available for purchase at Magnolia Market including these magnets. **RIGHT**, I took the opportunity to stock up on cupcakes during my visit to Magnolia Market.

Magnolia Market provides home, sweet-tooth fix

BY BLAIR DUPRE
Sentinel News Editor

WACO, Texas — Looking for home decor, good food or just a good time? Look no further than Magnolia Market at the Silos in Waco.

For those who are unfamiliar, Chip and Joanna Gaines became famous on their renovation show “Fixer Upper” for their banter and their ability to fix up houses in their signature modern-farmhouse aesthetic.

The show first aired in 2013 and since then the Gaines have grown their brand in many ways including Magnolia Market at the Silos, more commonly known as Magnolia Market, in 2015.

The market encompasses two city

blocks in downtown Waco. Its centerpiece are two 120-foot high silos that were constructed in the 1950s as part of the Brazos Valley Cotton Oil Company. Visitors often take photos or play cornhole on a large turf lawn out in front of the silos.

Nearby, there are food trucks that serve a plethora of food, including burgers and pizza. When I visited, in the summer heat, the most popular food truck served large cups of lemonade.

Another popular area was the baseball field where families can partake in a game if they wish.

From coffee to gardening tools to merchandise and home decor, Magnolia Market has it all. From the structure of the buildings to the colors to the

way products are placed in the shops, everything at Magnolia Market is cohesive and aesthetically pleasing. I could really appreciate the attention to detail even though I don't think I'll be doing any decorating any time soon.

If you've read my previous articles about Magnolia Market, you'll know I can never leave without some cupcakes from the Silo Baking Co.

Situated on the corner of the property, the bakery features a variety of baked goods, including cupcakes, cookies and muffins. My favorite is, and will always

remain, the strawberries and cream cupcake, but there are some fun seasonal options at the moment including a strawberry lemonade cupcake and an orange cream cupcake.

Much like the houses they repair, the Gaines have taken the area and transformed it into the Magnolia Market we know today while also keeping in touch with the history.

If you're looking for a good place to take some photos, shop or if you have a sweet tooth like myself, don't hesitate to visit Magnolia Market at the Silos.



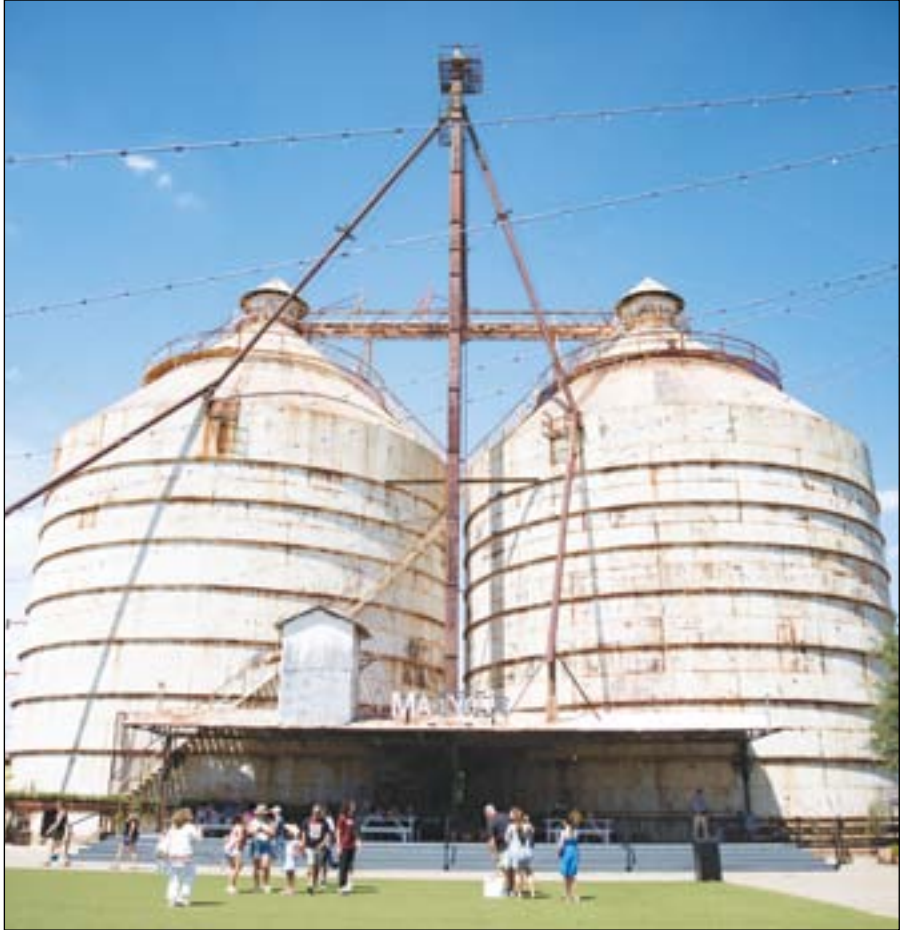
A grassy area in front of a small, former church provides visitors an opportunity to relax at Magnolia Market at the Silos in Waco, Texas.



TOP, The kitchenware area was built to look just like a kitchen, helping visitors envision how the products will look in their own homes. **ABOVE**, Magnolia Market features both indoor and outdoor home decor as well as gardening supplies.



A large building with “Magnolia” above its entrance invites guests in to see all of the home decor they can imagine.



The silos, built in the 1950s, serve as a backdrop to the hustle and bustle of visitors at Magnolia Market in Waco, Texas.



BINGE or GRINGE

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

‘Griselda:’ watered-down depiction of original

BY JANECEZ WRIGHT
Sentinel Living Editor

I always find series that depict the lives of infamous and notorious characters interesting, but I was hard pressed to get into Netflix’s watered-down depiction of the life and death of Griselda Blanco Restrepo, one of history’s most ill-reputed drug lords.

I think one of the major contributions to my disappointment was the attempt to condense the life of such a recognized figure into such a short series. Just six episodes were aired to accurately depict the life of a woman who is synonymous with the drug underworld that dominated the 1970s through the early 2000s.

In the series, Griselda is played by Columbian and American actress and TV personality Sofia Vergara. Vergara and Blanco’s backgrounds and maybe even their appearances are similar, so I understand the choice to cast Vergara, and I commend

her on her performance.

She has a natural feistiness, fiery attitude and demeanor that complimented the role. She also portrayed emotion that resonated with me, and I could feel the stress and pressure of the life Blanco chose to live.

The series begins with Blanco leaving her relationship and fleeing Medellín, Colombia, for Miami with her three sons in tow. It would have been nice to have a little more background and insight into her childhood, but I digress.

What follows is a depiction of how far she would venture to make a life for herself and her children as one of history’s deadliest and most ruthless drug lords.

It goes without saying she had to take risks, especially in a male-dominated game where the players didn’t exactly welcome her with open arms, and I respect her tenacity.

With a little ingenuity and grit, she was able to ascend in the ranks. But her rise to the top was not without pain, loss

and tragedy.

While I can appreciate the story, it glossed over the grittiness of the real Blanco’s narrative.

The flashbacks used to fill in the gaps were a little confusing and I wish some of the plot was more thoroughly fleshed out.

Additionally, some of the scenes seemed a bit over the top, though I don’t doubt they may have occurred in some form or another.

I will say I love when a show can take me back in time with scenery and wardrobe and the series did a good job of depicting each decade.

While I think Blanco’s story is worth exploring, I don’t think this series did it justice.

In my opinion, the series made me cringe, but you can judge for yourself and stream it on Netflix.

The series contains adult content, violence and profanity. Parental discretion is advised.



Fort Cavazos

Stray Animal Facility/Adoptions

Open 9a.m.-8p.m. everyday

4902 Engineer Dr., Fort Cavazos, TX 76544, 254-287-4675



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



Scout
2-yr-old, pit bull, fawn & white, female.



Loki
2-yr, 3-mo-old, Labrador retriever, white, male.



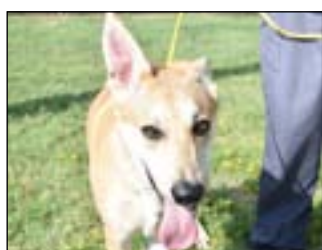
Scooter
3-yr-old, short-haired Chihuahua, brown & white, male.



Goggles
2-yr-old, pit bull, white & blue, female.



Jenkins
4-yr-old, short-haired Chihuahua/Pekingese, white & tan, male.



Ripcord
3-yr-old, German shepherd mix, tan & white, male.



Sage
4-mo-old, Great Dane mix, tan & white, female.



Lily
4-mo-old, Great Dane mix, tan & white, female.



Hazel
4-mo-old, Great Dane mix, brown brindle & white, female.



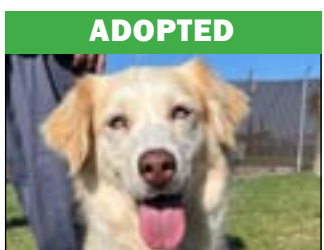
Sirius
5-mo-old, boxer, brown & white, male.



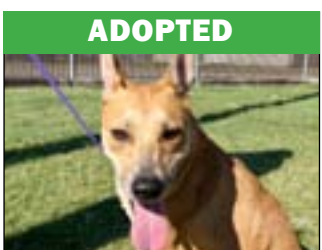
Kirby
3-yr-old, domestic short-haired tabby, orange, male.



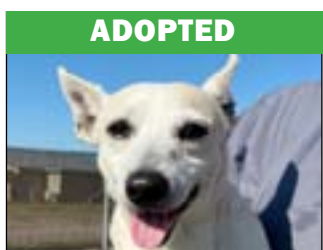
Sebastian
10-yr-old, domestic short-haired tabby, brown & white, male.



Angel
2-yr, 1-mo-old, Alaskan husky mix, white & cream, female.



Frigga
age unk., Labrador retriever, red, female.



Simon
4-yr-old, short-haired Chihuahua mix, white, male.



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



Cat with a Hat
age unk., domestic short hair, white & black, female.

Full speed ahead for construction, renovations at Fort Cavazos

BY JANECEZ WRIGHT
Sentinel Living Editor

Three years after Lendlease, Fort Cavazos Cavalry Family Housing's parent company, announced an initiative for construction of new junior enlisted homes, roof replacements and renovations, plans to improve quality of life for residents at the Great Place continue to be at the forefront.

Having completed construction and renovations on thousands of homes, Lendlease and Cavalry Family Housing continue to build upon the momentum they started three years ago.

In 2021, Lendlease announced a \$420 million five-year investment to modernize Fort Cavazos housing.

Approximately \$90 million of the funds were earmarked to renovate more than 1,340 units in the Comanche II, Comanche III and Montague Villages.

Replacement of 3,000 roofs, road and curb work and a large amount of tree work in several different communities was completed, said Chris Albus, Cavalry Family Housing project director. He added there was also significant progress in painting over 800 homes and more than 80 new junior enlisted homes had been completed since June 2023.

Lendlease announced the completion of nine homes located in the new Heritage Heights neighborhood and commemorated the occasion with a ribbon-cutting ceremony in June 2023.



A new playground in Montague Village featuring a built-in shade assembly replaced an outdated structure and will be completed at the end of the month.

To date, more than 130 homes have been built in Heritage Heights. Approximately 430 are still slated for construction, with the goal of erecting 12-15 homes monthly and completing the project by 2026, said Tyrus Stephens, asset manager for Cavalry Family Housing.

Stephens added older homes built more than 75 years ago are being demolished to make way for new homes that feature updated amenities like granite countertops, stainless steel appliances and open concept designs.

"Fort Cavazos has some of the oldest homes in the Army," he explained. "McNair (Village) homes were built in 1948. Chaffee (Village) homes were built in 1955, so we definitely need to start demolishing those older homes and making them more modern for Soldiers and their families."

Stephens estimated more than 200 homes have been demolished in Chaffee Village, with nearly 80 left to clear by the end of the year. He said McNair Village homes are slated to be demolished thereafter.

The outdated neighborhoods will become part of the new Heritage Heights community.

Upgrades and improvements are also being made to outdoor common areas.

A new playground in Montague Village featuring a built-in shade structure will be completed at the end of the month.

A state-of-the-art, destination playground and dog park in Heritage Heights, complete with self-

cleaning astro turf, separate sections for small and large dogs and animal-friendly obstacle courses, is also taking shape.

Stephens noted the construction, renovations and upgrades are needed to maintain the quality of life the Great Place takes pride in offering Soldiers and their families.

"You have to have great homes in order to have a Great Place, and that's what we're striving for."

On-post housing available to civilians, veterans, more



Construction workers install new roofs for homes in the Heritage Heights community.

BY JANECEZ WRIGHT
Sentinel Living Editor

With the recent development of new and renovated housing, Lendlease and Fort Cavazos Cavalry Family Housing are extending the opportunity for others in the military community to reside at the Great Place.

"Our mission is to house and support military service members and their families," said Chris Albus, Cavalry Family Housing project director. "Active-duty service members remain our priority. However, as always, we are also proud to serve military retirees, DOD (Department of Defense) employees, contractors, non-active guard, reserve members and civilians as we have available homes."

Military families enjoy residing in homes with a variety of updated features on post and now the extended military community, contractors and civilians can enjoy the same amenities.

A variety of spacious two-, three-, four-, and even five-bedroom single-family homes, duplexes and townhomes located on and right off the installation are available, providing convenience to and from work.

Residents enjoy a plethora of community amenities, including

fitness centers, a swimming pool, splash parks, community playgrounds, great walking trails and youth and community centers, which provide access to fun and recreation right next door.

There is immediate availability, utilities are included with rent, residents have access to 24/7 on-site maintenance and new tenants may qualify for incentives like free move-in with waived prorated rent and a \$500 discount for moving from an off-post residence with a copy of a current lease.

Soldiers leaving active service can apply to stay with Cavalry Family Housing for stability during their transition. They may even qualify to remain in their current home.

Active-duty service members never pay application fees or security deposits, and the communities prioritize providing a secure, convenient and affordable on-post living experience.

These are limited-time specials, and some restrictions apply. Speak with a leasing consultant to find out more or apply by contacting the Fort Cavazos Cavalry Family Housing leasing office at 254-220-4799, and visit www.cavalryfh.com to learn more about the various neighborhoods and view floor plans.

Houses of Worship

FORT CAVAZOS CHAPEL SERVICES



CATHOLIC
Sunday Mass, 9 a.m., Main Chapel, www.facebook.com/FtHoodRomanCatholic/
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, 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

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

ADDITIONAL SERVICES/STUDY
Children in the Middle, call 254-288-1913 to reserve, Family Life Chaplain Training Center
Men of Honor, Contact Ken Wooten, 254-466-6254
Protestant Women of the Chapel (PWOC), Tuesday, 9-11:30 a.m., Main Chapel, www.facebook.com/FortHoodPWOC
Mothers of Preschoolers (MOPS), www.facebook.com/FortHoodMOPS
Club Beyond-High School, Contact Frank Ayala, fayala@clubbeyond.org
Club Beyond-Middle School, Contact Frank Ayala, fayala@clubbeyond.org
Catholic Women of the Chapel (CWOC),

Tuesdays from 9:30-11:30 a.m., bimonthly Thursday 5-7 p.m., Main Chapel. Facebook: Fort Cavazos CWOC (Catholic Women of the Chapel)

Catholic Youth Ministry-Crusaders, 8-12 grades, Contact Maria Fuavia, 573-842-8181
Catholic Religious Education-CCE, Wednesday, 5:30-7:30 p.m., Main Chapel, Contact Maria Fuavia, 254-287-0241
Church of Jesus Christ of Latter Day Saints, Institute of Religion Classes, Tuesday from 7:30-8:30 p.m. at 13th ACSC Chapel, Contact Chap. Seth Porter, 281-235-7841

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

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

No Minimum Credit Score for VA Home Buyers!

Let ME help YOU!

Julian Barrientos (254) 449-0090 | thebarrientosgroup.com

TALK TO AN EXPERIENCED LEGAL TEAM TODAY!

The Law Offices of Gregory K. Simmons
Texas Criminal Defense • Family Law • Business Law
Federal Law • Juvenile Law • Probate

Proudly Serving Veterans!
Call 254-616-2529

2109 Clear Creek Road, Killeen, TX
700 E. Main St. Gatesville, TX
simmonsclaw@gmail.com

www.gksimmonslaw.com

Great Big Podcast

NEW EPISODES NOW
EVERY MONDAY

LISTEN NOW



www.thegreatbigpodcast.com
or wherever you listen to podcasts



FOLLOW FORT CAVAZOS ON SOCIAL MEDIA



FIND US HERE:



@FortCavazosArmy



@FortCavazosArmy



@FortCavazosArmy



@FortCavazosArmy



home.army.mil/cavazos



HEALTH

TRICARE tips for diabetes, oral health

TRICARE COMMUNICATIONS

FALLS CHURCH, Va. — Diabetes is a common condition in the United States. According to the Centers for Disease Control and Prevention, more than 38 million American adults currently have diabetes.

“Even though diabetes is common, many people don’t know about its connection to oral health,” said Douglas Elssesser, a program analyst with the Dental Program Section of the TRICARE Health Plan. “Uncontrolled diabetes can negatively affect your oral health in many ways.”

If someone has diabetes, it’s important to keep it under control. Here are some examples of how diabetes can affect oral health:

- Reduced saliva production. Saliva helps clean bacteria and neutralize acids that cause tooth decay. Having less saliva increases risk for cavities.
- Rapid bacteria growth. High blood sugar levels allow bacteria in the mouth to multiply quickly. Oral bacteria causes gum disease and other infections.
- Increased plaque buildup. Plaque is a film of bacteria that sticks to teeth. Unchecked diabetes increases plaque buildup. This increases risk for gum disease.
- Decreased ability to fight infections. People with diabetes are more prone to gingivitis and advanced gum disease. These infections can destroy gum tissue and bone, leading to tooth loss.

Poor oral health also makes diabetes harder to manage. Gum disease causes inflammation, which can spike blood sugar levels, which is a concern for people with diabetes.

To properly care for your oral health, these are some practices:

- Brush teeth twice a day and floss daily.
- Seek treatment right away if there are any signs of gum

disease. Early signs of gum disease include swollen gums, gums that bleed easily and bad breath that won’t go away.

- Coordinate treatment with the dentist and physician.
- Quit smoking and using tobacco.
- Limit the amount of sugar eaten and drank.
- Chew sugar-free gum to increase saliva flow.

Wondering how TRICARE covers dental care? Dental coverage is separate from TRICARE’s health plan coverage. Dental coverage options are dependent on the person:

- Active duty service members get their dental care at military dental clinics or through <https://tricare.mil/CoveredServices/Dental/ADDental>.
- Other beneficiary types may be eligible for dental coverage through the TRICARE Dental Program at <https://www.tricare.mil/TDP> or the Federal Employees Dental and Vision Insurance Program at <https://www.benefeds.com/>. Enrollment in these

programs is voluntary, as noted in the TRICARE Dental Options Fact Sheet at https://www.tricare.mil/Publications/Fact-Sheets/dental_options.

If you’re enrolled in the TDP, you may be eligible for the TDP Wellness Program. The TDP Wellness Program offers expanded coverage at no additional cost to people with diabetes and certain other health conditions. This coverage includes additional cleanings, fluoride treatments, and certain gum surgery procedures. If you have diabetes, be sure to enroll in the TDP Wellness Program through the TDP contractor, United Concordia. To enroll, go to the <https://www.uccitdp.com/dtwdws/member/landing.xhtml> and log in to My Account.

No matter what other health conditions you live with, it’s important to take good care of your oral health. Check out the TRICARE Dental Program Health Matters newsletter at https://tricare.mil/Publications/Newsletters/dental_newsletter for more oral health tips.



Photo by Sgt. 1st Class Brian Hamilton, 108th Training Command-IET

A Soldier in Basic Combat Training with C Company, 1st Battalion, 61st Infantry Regiment, brushes his teeth after eating a meal, ready-to-eat, or MRE, on a bitter cold morning at the Victory Forge field training exercise Feb. 10, 2016, on Fort Jackson, South Carolina.



SPECIAL DELIVERIES

JUNE 2

A daughter, **Isla Mae**, to Tyler and Morgan Newton.

JUNE 5

A daughter, **Nyx Evangeline**, to Caleb and Destiny Chartier, 1st ACB.

A daughter, **Bellalove Faye**, to Justin Armstrong and Lashae Perryman, 69th ADA.

A daughter, **Laurel Rayne**, to Matthew and Mikayla Kenney, CRDMAC.

JUNE 6,

A son, **Ka’Mari Ammon**, to Dominique Sweeps, 1st Med. Bde.

JUNE 10

A son, **Zion Sparrow**, to Zack and Ivettelixa Razafinjatovo, 15th Sig. Bde.

JUNE 26

A daughter, **Kaleyah Ann**, to Montrell and Trinity Wilson, 69th ADA.

JUNE 28

A daughter, **Esaías Jones**, to Ivan Martinez and Alondra Pitre.

JUNE 29

A son, **Azian Alexander**, to William Robles III and Aysha Garcia, 13th ACSC.

JUNE 30

A daughter, **Xari Nicole**, to Xavier and Jermeicia White, III Armored Corps

JULY 1

A son, **Ethan John**, to Raymond and Laura Stapleton, First Army Div. West.

LOOKING FOR ARMY RESOURCES?



Location-specific information and personnel to assist you with your benefits at military installations in the U.S. and abroad



<https://myarmybenefits.us.army.mil/Benefit-Library/Resource-Locator>

'Sweat 'n Stroll' classes in session at Fort Cavazos



Photos by Shawn Davis, Fort Cavazos Public Affairs



TOP, Shannon Younkun performs "stroller lunges" with her son Landon under the watchful eye of Amber Williams, fitness instructor for the "Sweat 'n Stroll" course Monday at Keischnick Physical Fitness Center at Fort Cavazos. The course helps make use of strollers and involves their passengers to promote a space where children can complement their parents' fitness. **ABOVE**, Shannon Younkun performs resistance band rows with the instruction of Amber Williams, fitness instructor, all under the supervision of Shannon's son Landon Younkun at the "Sweat 'n Stroll" course.

BY SHAWN DAVIS
Fort Cavazos Public Affairs

Parents and fitness enthusiasts alike can partake in the communion of fitness and parenthood 9-10:30 a.m. every Monday and Wednesday at the Keischnick Physical Fitness Center.

The "Sweat 'n Stroll" group fitness activity is provided by the Fort Cavazos Directorate of Family and Morale, Welfare and Recreation and is managed by Emily Cox, the fitness program specialist for Fort Cavazos.

"We started our group fitness program last September," Cox said, "so we're still relatively new, and it has been super, super important since day one

that we start a class or a program that we can have spouses or parents — anybody who has a child at home — that want to workout are able to come work out.

"It's for everybody," Cox continued, "but this is particularly giving an opportunity for everyone to get a good workout. The kids are not involved — they're just there, but to see an active parent is really important as well."

Exercises included a mix of calisthenics as well as "stroller lunges" and other pram-integrated workouts, much to the delight of stroller-passenger Landon Younkun, 17-month-old child of Shannon Younkun, who attended the course Monday.

"I think it's awesome that they're starting a program like this because you don't see them very often — especially with workout classes," Shannon said. "It allows more moms, especially stay-at-home moms, to get out of the house and do something active because I know, sometimes, it's really hard.

"I know, sometimes, it's hard for me to get out of the house and go to a workout and figure out where I'm dropping Landon off," she continued. "So knowing that I have a space that I can bring him and he's welcome, it just makes me keep wanting to come back."

The course aims for a full-body workout, focusing on compound exercises that stimulate the heart, making the most out of the three hours it uses every week.

"I need to make sure you're burning calories and building muscle as well," said Amber Williams, fitness instructor. In addition to her on-the-spot fitness training, she also discusses diet and health with her students.

"I talked to them about it," Williams said, "because this is just getting physical to help your heart stay active so they're able to keep up with their kids in a sense, but diet is where it's at when you want to lose weight.

"We know that nutrition is key, so I always want to put that in their heads when we're talking about working out," she added.

The "Sweat 'n Stroll" program is set to continue and joins a suite of other fitness services and activities provided by DFMWR. Children with parents must be in a stroller, car seat, pack and play or otherwise contained for the class. The first class is free. An additional nine classes can be purchased for \$45 with the "Specialty Fitness Pass." Details for the program can be found at cavazos.armymwr.com/programs/group-fitness-classes.



ALL-NEW MENU
ALL-NEW WAY TO ORDER

Buy 1 regular footlong,
Get 1 regular footlong

FREE

with purchase of a drink



Coupon cannot be combined with any other coupons or discount offers.

Not affiliated with the Fort Cavazos Location & May Not Be Redeemed at the Fort Cavazos Location.

Good at Killeen, Copperas Cove and Harker Heights locations.

ATTENTION

**EMPLOYERS
& RECRUITERS**



Fall into New Talent!

Advertise Your Career Opportunities in the Sentinel this Recruitment Season.



Fort Cavazos
Sentinel
Since 1942

We understand that the hiring market is highly competitive, and we want to offer you the opportunity to connect directly with transitioning soldiers and veterans, and military personnel looking for employment. We have some amazing recruitment advertising opportunities to fit any budget; available in both Print and Digital advertisements.

As the authorized newspaper for Fort Cavazos, the Sentinel distributes 12,500 copies to Fort Cavazos and neighboring communities totaling 400 locations.

Call for details: 254-634-6666

254-634-6666

1805 Florence Rd., Suite 1, Killeen, TX
Fax:254-634-9000
www.cavazossentinel.com



PRIDE IN ALL WHO SERVE

**U.S. ARMY**

For Classified display advertising, call 254-634-6666
www.CavazosSentinel.com

All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on color, race, religion, or national origin, or an intention to make such preference, limitation or discrimination. The Cavazos Sentinel will not knowingly accept any advertisement for real estate which is a violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

Quitting smoking was hard. Screening for lung cancer is easy.

If you smoked, you may still be at risk, but early detection could save your life. Get SavedByTheScan.org

BE ALL YOU CAN BE.

THESE THREE DIGITS COULD SAVE A LIFE

988

SUICIDE & CRISIS LIFELINE

CALL 988 and Press 1 to reach the Military Crisis Line

TEXT 838255

CHAT 988lifeline.org/chat

Veterans: Find Out How You Can Benefit

VA.gov

LAST WEEK'S CROSSWORD ANSWERS

AUTOMOTIVE

FOR SALE: 1997 Suburban, 140000 miles, great condition, a must see. \$8900. Call (254) 547-8300.

FOR SALE: 2015 Harley Davidson 500, 3500 miles, great starter or town cruiser. Passed inspection, registered, clear Texas title. \$3200 OBO. Must sell, no room in garage. Senior owner. Call/text for pics. Runs great, several new parts. CALL 813.512.07398

FOR SALE: 1929 Ford roadster hot rod new motor/transmission radiator chromed accessories etc for sale/interesting trades or will trade down for harley panhead.. local car near post cavazos call for appointment to view mark, CALL 254 370 7973

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

FOR SALE: Queen size seals mattress slightly used \$300.00 OBO, Call 956.566.0966

WANTED: Empty 30 30 Winchester Brass Call 512.540.6179

WANTED: Small engine mechanic to repair 2 riding lawn mowers, also well purchase a working riding lawn mower. 512-540-6179 Lampasas.

FOR SALE: Once Fired Brass 40 s&w, 357 sig, 30-08, 30-06, also for sale 1oz 999 pure gold coin will sell at \$100.00 undercurrent spot price. Call 512-540-6179.

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

for great music, great people, and great drink specials!

FOR SALE: 1 elk permit for bow hunting at Taos, New Mexico during two weeks of September 2024. Price includes cabin with cooking stove on private fenced 1,280 acre ranch in Unit 50. Call 713-454-9684 . Elk permit is for either sex at \$1,100.00 and there are NO livestock year round and has two 500 gallon water containers.

WANTED: Empty pistol/rifle Brass 40 sw,308, 30-06,223. Call 512-540-6179

EMPLOYMENT

WANTED: Senior Lady in Need of an honest, dependable 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

WANTED: Senior Lady in Need of honest, mature, dependable, responsible person to help with light house-keeping, Covid Tested 2x a month @ \$50.00 each visit. (254) 213-1830

WORD SLEUTH • WINGS

CL J H F D B Y X V D I R P B

OM K I G N I W I S E L W G A I

BL E E A I O W I N G S I G G

K D G N I W P A L N N W N N N

B C Z X W U R I E R I I I I I

Q O A N I E J W I N W G W W

F D C B D A I Y G X E N W I I

V T S W G H R D A K U P O L I

S P I G N I W A T L E D U E

N N I K N I T I E B G F G I

G E R S O N I W N E K C I H C

NEW JULY 2024 EDITION

Find the listed words in the diagram. They can be all directions - forward, backward, up, down and diagonally. Friday is marked the day of the week of the puzzle.

Balwing

Blue-winged

Buffalo wings

Chicken wings

Dotawing

Gullwing

Lapwing

Left wing

Redwing

Right wing

Take wing

Waxwing

Wing-tips

Wingback

Wingding

© 2024 King Features, Inc.

JUMBLE

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

NABDL

SEQTU

GREEME

LEGVAR

After accepting an offer on the R home for \$50,000 over the listed price, I say...

Now change the letters to form the subject of the answer as suggested by the phrase on the left.

FREE Classified ads to Fort Cavazos personnel and retirees

Fort Cavazos

Sentinel

Since 1942

Classifieds

ADVERTISING FORM

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

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

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

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

For more information, call 254-634-6666.

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

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

SCAN HERE

PREMIER CROSSWORD/ By Frank A. Longo

AN UNEXPECTED FROST

ACROSS

1 Rx writers

4 In a wicked manner

10 Kind of embroidery work

16 GoPro, e.g.

19 Really wishing that one could

21 "Fa-a-ancy!"

22 Toronto's prov.

23 Start of a riddle

25 Comedian Mayall

26 Lack of harmony

27 Singer Grande, to fans

28 Nimble

30 "Thrilla in Manila" boxer

31 Teenage witch of TV

35 "Sounds like —I" (Let's go for it!)

36 Riddle, part 2

41 Ending for Motor or Rock

42 Bunch of, informally

43 Flightless bird

44 Tabula —

45 Without expecting me to change

48 Sailors' mil. branch

49 Emotions

53 Riddle, part 3

56 Back parts

60 Via, on an envelope

61 Advantage

62 Eerie-to-Durham dir.

64 Pigeon noise

65 Make numb

67 Diplomat's skill

70 Raps on a door

72 Web address

73 "Slumdog Millionaire" star Patel

75 Venus de —

76 Split, as freewood

78 Communist Zhou —

80 Riddle, part 4

85 Cold carnival snacks

87 Be unwell

88 "I thought we had —!"

89 Brow curve

92 Place to do shots

93 Egypt's Gamael —

95 Value of snake eyes

96 End of the riddle

103 — Lama

104 "Pal Joey" co-star Frank

105 Bamboozle

106 Situation when the goalie is away

109 18-wheeler

110 Spotted African cat

114 Part of NYC

115 Riddle's answer

120 Prefix with cycle or angle

121 "Everything's good on my end"

122 Popular Christmas houseplant

123 CIA's predecessor

124 Zilch

125 Evaluation

126 Whichever

DOWN

1 Couple

2 APR-lowering option

3 Precollege exams

4 Register, as for a class

5 Cruel, bitter criticism

6 With a very sharp picture, briefly

7 Size above med.

8 English "Inc." 9 "—- hoo!"

10 Journalist Katie

11 Spiral pasta

12 Lofty trains

13 "WiseGuy" star Ken

14 Beautiful race of people in "The Time Machine"

15 Washes against, as the shore

16 Longtime Toyota model

17 A 116-Down is full of them

18 Second-highest peak in Afr.

20 Summary

24 Drug bust officer

29 Uncrowded

31 Triggers

32 Giant in life insurance

33 Ewe's cry

34 Writer — Rogers St. Johns

36 Otherwise

37 Distribution of letters to soldiers

38 "That's easy for — say!"

39 Radiates

40 Woman in a convent

41 Clumsy ox

46 "When I was —"

47 Entangled by

49 "Semper —" (Marines' motto)

50 Goats

51 Anticipatory nights

52 Country in the Windward Islands

54 Hawaii's state bird

55 "No mean behavior!"

57 Comply with

58 Soldier of Seoul

59 Maritime plea

63 Depict biasedly

65 Expected in

66 West end?

68 "Sign me up!"

69 Spry antler

71 "Amores" poet

74 Words of a language, for short

77 Chuckled at something funny, in telexpeak

79 Trash barrel

81 Golfers' warring cries

82 Entertainer Zsa Zsa or Eva

83 Goldie of "Shampoo" rock gp.

86 Kobe sash

89 Expand

90 Harvesters

91 Writer who created Namia

93 Behave

94 Driving need

97 Herald with celebration

98 Join the staff

99 Disengaged, as an engine

100 "Roots," e.g.

101 A shortage of

102 Enter via a keyboard

107 "Tickle Me" Muppet

108 Diplomat's skill

110 "Stroker Aol" actress Anderson

111 "The Thin Man" dog

112 Bride strap

113 WWII attack time

116 Menagerie

117 "World Cafe" broadcaster

118 Buck's mate

119 ACLU part: Abbr.

42,203 Average time of solution: 67 minutes

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

added to sidebar.

Discover: 1. A tree is moved. 2. A rock is moved. 3. A tree is moved. 4. A tree is moved. 5. A tree is moved. 6. A tree is moved. 7. A tree is moved. 8. A tree is moved. 9. A tree is moved. 10. A tree is moved. 11. A tree is moved. 12. A tree is moved. 13. A tree is moved. 14. A tree is moved. 15. A tree is moved. 16. A tree is moved. 17. A tree is moved. 18. A tree is moved. 19. A tree is moved. 20. A tree is moved. 21. A tree is moved. 22. A tree is moved. 23. A tree is moved. 24. A tree is moved. 25. A tree is moved. 26. A tree is moved. 27. A tree is moved. 28. A tree is moved. 29. A tree is moved. 30. A tree is moved. 31. A tree is moved. 32. A tree is moved. 33. A tree is moved. 34. A tree is moved. 35. A tree is moved. 36. A tree is moved. 37. A tree is moved. 38. A tree is moved. 39. A tree is moved. 40. A tree is moved. 41. A tree is moved. 42. A tree is moved. 43. A tree is moved. 44. A tree is moved. 45. A tree is moved. 46. A tree is moved. 47. A tree is moved. 48. A tree is moved. 49. A tree is moved. 50. A tree is moved. 51. A tree is moved. 52. A tree is moved. 53. A tree is moved. 54. A tree is moved. 55. A tree is moved. 56. A tree is moved. 57. A tree is moved. 58. A tree is moved. 59. A tree is moved. 60. A tree is moved. 61. A tree is moved. 62. A tree is moved. 63. A tree is moved. 64. A tree is moved. 65. A tree is moved. 66. A tree is moved. 67. A tree is moved. 68. A tree is moved. 69. A tree is moved. 70. A tree is moved. 71. A tree is moved. 72. A tree is moved. 73. A tree is moved. 74. A tree is moved. 75. A tree is moved. 76. A tree is moved. 77. A tree is moved. 78. A tree is moved. 79. A tree is moved. 80. A tree is moved. 81. A tree is moved. 82. A tree is moved. 83. A tree is moved. 84. A tree is moved. 85. A tree is moved. 86. A tree is moved. 87. A tree is moved. 88. A tree is moved. 89. A tree is moved. 90. A tree is moved. 91. A tree is moved. 92. A tree is moved. 93. A tree is moved. 94. A tree is moved. 95. A tree is moved. 96. A tree is moved. 97. A tree is moved. 98. A tree is moved. 99. A tree is moved. 100. A tree is moved. 101. A tree is moved. 102. A tree is moved. 103. A tree is moved. 104. A tree is moved. 105. A tree is moved. 106. A tree is moved. 107. A tree is moved. 108. A tree is moved. 109. A tree is moved. 110. A tree is moved. 111. A tree is moved. 112. A tree is moved. 113. A tree is moved. 114. A tree is moved. 115. A tree is moved. 116. A tree is moved. 117. A tree is moved. 118. A tree is moved. 119. A tree is moved. 120. A tree is moved. 121. A tree is moved. 122. A tree is moved. 123. A tree is moved. 124. A tree is moved. 125. A tree is moved. 126. A tree is moved. 127. A tree is moved. 128. A tree is moved. 129. A tree is moved. 130. A tree is moved. 131. A tree is moved. 132. A tree is moved. 133. A tree is moved. 134. A tree is moved. 135. A tree is moved. 136. A tree is moved. 137. A tree is moved. 138. A tree is moved. 139. A tree is moved. 140. A tree is moved. 141. A tree is moved. 142. A tree is moved. 143. A tree is moved. 144. A tree is moved. 145. A tree is moved. 146. A tree is moved. 147. A tree is moved. 148. A tree is moved. 149. A tree is moved. 150. A tree is moved. 151. A tree is moved. 152. A tree is moved. 153. A tree is moved. 154. A tree is moved. 155. A tree is moved. 156. A tree is moved. 157. A tree is moved. 158. A tree is moved. 159. A tree is moved. 160. A tree is moved. 161. A tree is moved. 162. A tree is moved. 163. A tree is moved. 164. A tree is moved. 165. A tree is moved. 166. A tree is moved. 167. A tree is moved. 168. A tree is moved. 169. A tree is moved. 170. A tree is moved. 171. A tree is moved. 172. A tree is moved. 173. A tree is moved. 174. A tree is moved. 175. A tree is moved. 176. A tree is moved. 177. A tree is moved. 178. A tree is moved. 179. A tree is moved. 180. A tree is moved. 181. A tree is moved. 182. A tree is moved. 183. A tree is moved. 184. A tree is moved. 185. A tree is moved. 186. A tree is moved. 187. A tree is moved. 188. A tree is moved. 189. A tree is moved. 190. A tree is moved. 191. A tree is moved. 192. A tree is moved. 193. A tree is moved. 194. A tree is moved. 195. A tree is moved. 196. A tree is moved. 197. A tree is moved. 198. A tree is moved. 199. A tree is moved. 200. A tree is moved. 201. A tree is moved. 202. A tree is moved. 203. A tree is moved. 204. A tree is moved. 205. A tree is moved. 206. A tree is moved. 207. A tree is moved. 208. A tree is moved. 209. A tree is moved. 210. A tree is moved. 211. A tree is moved. 212. A tree is moved. 213. A tree is moved. 214. A tree is moved. 215. A tree is moved. 216. A tree is moved. 217. A tree is moved. 218. A tree is moved. 219. A tree is moved. 220. A tree is moved. 221. A tree is moved. 222. A tree is moved. 223. A tree is moved. 224. A tree is moved. 225. A tree is moved. 226. A tree is moved. 227. A tree is moved. 228. A tree is moved. 229. A tree is moved. 230. A tree is moved. 231. A tree is moved. 232. A tree is moved. 233. A tree is moved. 234. A tree is moved. 235. A tree is moved. 236. A tree is moved. 237. A tree is moved. 238. A tree is moved. 239. A tree is moved. 240. A tree is moved. 241. A tree is moved. 242. A tree is moved. 243. A tree is moved. 244. A tree is moved. 245. A tree is moved. 246. A tree is moved. 247. A tree is moved. 248. A tree is moved. 249. A tree is moved. 250. A tree is moved. 251. A tree is moved. 252. A tree is moved. 253. A tree is moved. 254. A tree is moved. 255. A tree is moved. 256. A tree is moved. 257. A tree is moved. 258. A tree is moved. 259. A tree is moved. 260. A tree is moved. 261. A tree is moved. 262. A tree is moved. 263. A tree is moved. 264. A tree is moved. 265. A tree is moved. 266. A tree is moved. 267. A tree is moved. 268. A tree is moved. 269. A tree is moved. 270. A tree is moved. 271. A tree is moved. 272. A tree is moved. 273. A tree is moved. 274. A tree is moved. 275. A tree is moved. 276. A tree is moved. 277. A tree is moved. 278. A tree is moved. 279. A tree is moved. 280. A tree is moved. 281. A tree is moved. 282. A tree is moved. 283. A tree is moved. 284. A tree is moved. 285. A tree is moved. 286. A tree is moved. 287. A tree is moved. 288. A tree is moved. 289. A tree is moved. 290. A tree is moved. 291. A tree is moved. 292. A tree is moved. 293. A tree is moved. 294. A tree is moved. 295. A tree is moved. 296. A tree is moved. 297. A tree is moved. 298. A tree is moved. 299. A tree is moved. 300. A tree is moved. 301. A tree is moved. 302. A tree is moved. 303. A tree is moved. 304. A tree is moved. 305. A tree is moved. 306. A tree is moved. 307. A tree is moved. 308. A tree is moved. 309. A tree is moved. 310. A tree is moved. 311. A tree is moved. 312. A tree is moved. 313. A tree is moved. 314. A tree is moved. 315. A tree is moved. 316. A tree is moved. 317. A tree is moved. 318. A tree is moved. 319. A tree is moved. 320. A tree is moved. 321. A tree is moved. 322. A tree is moved. 323. A tree is moved. 324. A tree is moved. 325. A tree is moved. 326. A tree is moved. 327. A tree is moved. 328. A tree is moved. 329. A tree is moved. 330. A tree is moved. 331. A tree is moved. 332. A tree is moved. 333. A tree is moved. 334. A tree is moved. 335. A tree is moved. 336. A tree is moved. 337. A tree is moved. 338. A tree is moved. 339. A tree is moved. 340. A tree is moved. 341. A tree is moved. 342. A tree is moved. 343. A tree is moved. 344. A tree is moved. 345. A tree is moved. 346. A tree is moved. 347. A tree is moved. 348. A tree is moved. 349. A tree is moved. 350. A tree is moved. 351. A tree is moved. 352. A tree is moved. 353. A tree is moved. 354. A tree is moved. 355. A tree is moved. 356. A tree is moved. 357. A tree is moved. 358. A tree is moved. 359. A tree is moved. 360. A tree is moved. 361. A tree is moved. 362. A tree is moved. 363. A tree is moved. 364. A tree is moved. 365. A tree is moved. 366. A tree is moved. 367. A tree is moved. 368. A tree is moved. 369. A tree is moved. 370. A tree is moved. 371. A tree is moved. 372. A tree is moved. 373. A tree is moved. 374. A tree is moved. 375. A tree is moved. 376. A tree is moved. 377. A tree is moved. 378. A tree is moved. 379. A tree is moved. 380. A tree is moved. 381. A tree is moved. 382. A tree is moved. 383. A tree is moved. 384. A tree is moved. 385. A tree is moved. 386. A tree is moved. 387. A tree is moved. 388. A tree is moved. 389. A tree is moved. 390. A tree is moved. 391. A tree is moved. 392. A tree is moved. 393. A tree is moved. 394. A tree is moved. 395. A tree is moved. 396. A tree is moved. 397. A tree is moved. 398. A tree is moved. 399. A tree is moved. 400. A tree is moved. 401. A tree is moved. 402. A tree is moved. 403. A tree is moved. 404. A tree is moved. 405. A tree is moved. 406. A tree is moved. 407. A tree is moved. 408. A tree is moved. 409. A tree is moved. 410. A tree is moved. 411. A tree is moved. 412. A tree is moved. 413. A tree is moved. 414. A tree is moved. 415. A tree is moved. 416. A tree is moved. 417. A tree is moved. 418. A tree is moved. 419. A tree is moved. 420. A tree is moved. 421. A tree is moved. 422. A tree is moved. 423. A tree is moved. 424. A tree is moved. 425. A tree is moved. 426. A tree is moved. 427. A tree is moved. 428. A tree is moved. 429. A tree is moved. 430. A tree is moved. 431. A tree is moved. 432. A tree is moved. 433. A tree is moved. 434. A tree is moved. 435. A tree is moved. 436. A tree is moved. 437. A tree is moved. 438. A tree is moved. 439. A tree is moved. 440. A tree is moved. 441. A tree is moved. 442. A tree is moved. 443. A tree is moved. 444. A tree is moved. 445. A tree is moved. 446. A tree is moved. 447. A tree is moved. 448. A tree is moved. 449. A tree is moved. 450. A tree is moved. 451. A tree is moved. 452. A tree is moved. 453. A tree is moved. 454. A tree is moved. 455. A tree is moved. 456. A tree is moved. 457. A tree is moved. 458. A tree is moved. 459. A tree is moved. 460. A tree is moved. 461. A tree is moved. 462. A tree is moved. 463. A tree is moved. 464. A tree is moved. 465. A tree is moved. 466. A tree is moved. 467. A tree is moved. 468. A tree is moved. 469. A tree is moved. 470. A tree is moved. 471. A tree is moved. 472. A tree is moved. 473. A tree is moved. 474. A tree is moved. 475. A tree is moved. 476. A tree is moved. 477. A tree is moved. 478. A tree is moved. 479. A tree is moved. 480. A tree is moved. 481. A tree is moved. 482. A tree is moved. 483. A tree is moved. 484. A tree is moved. 485. A tree is moved. 486. A tree is moved. 487. A tree is moved. 488. A tree is moved. 489. A tree is moved. 490. A tree is moved. 491. A tree is moved. 492. A tree is moved. 493. A tree is moved. 494. A tree is moved. 495. A tree is moved. 496. A tree is moved. 497. A tree is moved. 498. A tree is moved. 499. A tree is moved. 500. A tree is moved. 501. A tree is moved. 502. A tree is moved. 503. A tree is moved. 504. A tree is moved. 505. A tree is moved. 506. A tree is moved. 507. A tree is moved. 508. A tree is moved. 509. A tree is moved. 510. A tree is moved. 511. A tree is moved. 512. A tree is moved. 513. A tree is moved. 514. A tree is moved. 515. A tree is moved. 516. A tree is moved. 517. A tree is moved. 518. A tree is moved. 519. A tree is moved. 520. A tree is moved. 521. A tree is moved. 522. A tree is moved. 523. A tree is moved. 524. A tree is moved. 525. A tree is moved. 526. A tree is moved. 527. A tree is moved. 528. A tree is moved. 529. A tree is moved. 530. A tree is moved. 531. A tree is moved. 532. A tree is moved. 533. A tree is moved. 534. A tree is moved. 535. A tree is moved. 536. A tree is moved. 537. A tree is moved. 538. A tree is moved. 539. A tree is moved. 540. A tree is moved. 541. A tree is moved. 542. A tree is moved. 543. A tree is moved. 544. A tree is moved. 545. A tree is moved. 546. A tree is moved. 547. A tree is moved. 548. A tree is moved. 549. A tree is moved. 550. A tree is moved. 551. A tree is moved. 552. A tree is moved. 553. A tree is moved. 554. A tree is moved. 555. A tree is moved. 556. A tree is moved. 557. A tree is moved. 558. A tree is moved. 559. A tree is moved. 560. A tree is moved. 561. A tree is moved. 562. A tree is moved. 563. A tree is moved. 564. A tree is moved. 565. A tree is moved. 566. A tree is moved. 567. A tree is moved. 568. A tree is moved. 569. A tree is moved. 570. A tree is moved. 571. A tree is moved. 572. A tree is moved. 573. A tree is moved. 574. A tree is moved. 575. A tree is moved. 576. A tree is moved. 577. A tree is moved. 578. A tree is moved. 579. A tree is moved. 580. A tree is moved. 581. A tree is moved. 582. A tree is moved. 583. A tree is moved. 584. A tree is moved. 585. A tree is moved. 586. A tree is moved. 587. A tree is moved. 588. A tree is moved. 589. A tree is moved. 590. A tree is moved. 591. A tree is moved. 592. A tree is moved. 593. A tree is moved. 594. A tree is moved. 595. A tree is moved. 596. A tree is moved. 597. A tree is moved. 598. A tree is moved. 599. A tree is moved. 600. A tree is moved. 601. A tree is moved. 602. A tree is moved. 603. A tree is moved. 604. A tree is moved. 605. A tree is moved. 606. A tree is moved. 607. A tree is moved. 608. A tree is moved. 609. A tree is moved. 610. A tree is moved. 611. A tree is moved. 612. A tree is moved. 613. A tree is moved. 614. A tree is moved. 615. A tree is moved. 616. A tree is moved. 617. A tree is moved. 618. A tree is moved. 619. A tree is moved. 620. A tree is moved. 621. A tree is moved. 622. A tree is moved. 623. A tree is moved. 624. A tree is moved. 625. A tree is moved. 626. A tree is moved. 627. A tree is moved. 628. A tree is moved. 629. A tree is moved. 630. A tree is moved. 631. A tree is moved. 632. A tree is moved. 633. A tree is moved. 634. A tree is moved. 635. A tree is moved. 636. A tree is moved. 637. A tree is moved. 638. A tree is moved. 639. A tree is moved. 640. A tree is moved. 641. A tree is moved. 642. A tree is moved. 643. A tree is moved. 644. A tree is moved. 645. A tree is moved. 646. A tree is moved. 647. A tree is moved. 648. A tree is moved. 649. A tree is moved. 650. A tree is moved. 651. A tree is moved. 652. A tree is moved. 653. A tree is moved. 654. A tree is moved. 655. A tree is moved. 656. A tree is moved. 657. A tree is moved. 658. A tree is moved. 659. A tree is moved. 660. A tree is moved. 661. A tree is moved. 662. A tree is moved. 663. A tree is moved. 664. A tree is moved. 665. A tree is moved. 666. A tree is moved. 667. A tree is moved. 668. A tree is moved. 669. A tree is moved. 670. A tree is moved. 671. A tree is moved. 672. A tree is moved. 673. A tree is moved. 674. A tree is moved. 675. A tree is moved. 676. A tree is moved. 677. A tree is moved. 678. A tree is moved. 679. A tree is moved. 680. A tree is moved. 681. A tree is moved. 682. A tree is moved. 683. A tree is moved. 684. A tree is moved. 685. A tree is moved. 686. A tree is moved. 687. A tree is moved. 688. A tree is moved. 689. A tree is moved. 690. A tree is moved. 691. A tree is moved. 692. A tree is moved. 693. A tree is moved. 694. A tree is moved. 695. A tree is moved. 696. A tree is moved. 697. A tree is moved. 698. A tree is moved. 699. A tree is moved. 700. A tree is moved. 701. A tree is moved. 702. A tree is moved. 703. A tree is moved. 704. A tree is moved. 705. A tree is moved. 706. A tree is moved. 707. A tree is moved. 708. A tree is moved. 709. A tree is moved. 710. A tree is moved. 711. A tree is moved. 712. A tree is moved. 713. A tree is moved. 714. A tree is moved. 715. A tree is moved. 716. A tree is moved. 717. A tree is moved. 718. A tree is moved. 719. A tree is moved. 720. A tree is moved. 721. A tree is moved. 722. A tree is moved. 723. A tree is moved. 724. A tree is moved. 725. A tree is moved. 726. A tree is moved. 727. A tree is moved. 728. A tree is moved. 729. A tree is moved. 730. A tree is moved. 731. A tree is moved. 732. A tree is moved. 733. A tree is moved. 734. A tree is moved. 735. A tree is moved. 736. A tree is moved. 737. A tree is moved. 738. A tree is moved. 739. A tree is moved. 740. A tree is moved. 741. A tree is moved. 742. A tree is moved. 743. A tree is moved. 744. A tree is moved. 745. A tree is moved. 746. A tree is moved. 747. A tree is moved. 748. A tree is moved. 749. A tree is moved. 750. A tree is moved. 751. A tree is moved. 752. A tree is moved. 753. A tree is moved. 754. A tree is moved. 755. A tree is moved. 756. A tree is moved. 757. A tree is moved. 758. A tree is moved. 759. A tree is moved. 760. A tree is moved. 761. A tree is moved. 762. A tree is moved. 763. A tree is moved. 764. A tree is moved. 765. A tree is moved. 766. A tree is moved. 767. A tree is moved. 768. A tree is moved. 769. A tree is moved. 770. A tree is moved. 771. A tree is moved. 772. A tree is moved. 773. A tree is moved. 774. A tree is moved. 775. A tree is moved. 776. A tree is moved. 777. A tree is moved. 778. A tree is moved. 779. A tree is moved. 780. A tree is moved. 781. A tree is moved. 782. A tree is moved

GARLYN 50TH SHELTON



Now Only
2022 RAM 1500 LONE STAR
4X2 QUAD CAB 6'4" BOX **\$29,995**

4TH OF JULY

FREEDOM
and **FIREWORKS**
SALES EVENT



Now Only
2014 CHEVROLET SILVERADO
2500 HD CREW 4WD LTZ **\$29,999**

ALL ELIGIBLE VEHICLES COME WITH



LIFETIME POWERTRAIN PROTECTION

PLUS MUCH MUCH MORE
AT NO CHARGE TO YOU!

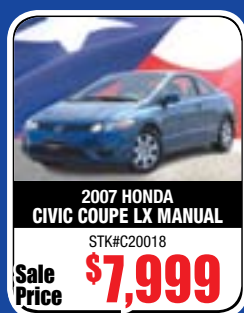


Advantage Benefits Include:

Loaner Vehicle, Shuttle Service,
Lifetime Multi-Point and Safety Check,
Roadside Service, Car Wash and Much, Much More

DOWNLOAD OUR APP:

- Schedule Service
- Search Inventory
- Track History
- View Rewards & More
- iOS & Android



2007 HONDA
CIVIC COUPE LX MANUAL
STK#C20018
Sale Price \$7,999



2014 CHEVROLET
EQUINOX FWD LT
STK#13061A
Sale Price \$8,995



2014 MAZDA
MAZDA6 GRAND TOURING
STK#31418A
Sale Price \$9,532



2014 JEEP
CHEROKEE FWD LIMITED
STK#61262A
Sale Price \$11,500



2014 AUDI Q7
QUATTRO 3.0L TDI PREMIUM 4
STK#C50008
Sale Price \$11,995



2011 GMC
YUKON XL 2WD 1500 SLE
STK#12957A
Sale Price \$12,321



2013 MAZDA
CX-5 FWD 4DR TOURING
STK#31386A
Sale Price \$12,971



2018 HYUNDAI
SANTA FE SPORT 2.4L AUTO
STK#61175A
Sale Price \$13,895



2017 VOLKSWAGEN PASSAT
R-LINE w/COMFORT PKG
STK#61232A
Sale Price \$14,500



2013 HONDA
CR-V LX 2WD
STK#55011A
Sale Price \$14,995



2018 MAZDA
CX-5 TOURING FWD
STK#12581A
Sale Price \$15,999



2017 INFINITI
QX50 RWD
STK#42682A
Sale Price \$16,995



2019 NISSAN
ALTIMA 2.0 PLATINUM SEDAN
STK#54773A
Sale Price \$16,998



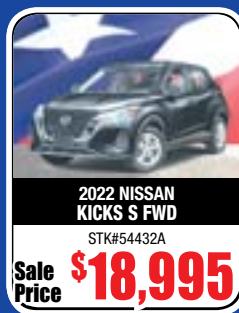
2017 HYUNDAI
TUCSON SE FWD
STK#61111B
Sale Price \$16,999



2015 CHEVROLET
TAHOE 2WD LT
STK#12556C
Sale Price \$17,790



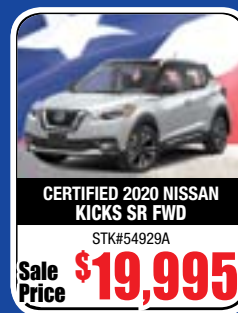
2021 HYUNDAI
KONA SEL AUTO FWD
STK#54746B
Sale Price \$17,999



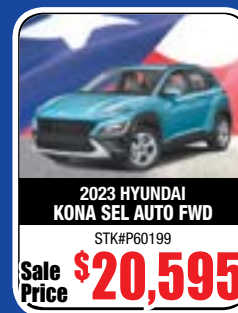
2013 NISSAN
KICKS S FWD
STK#54432A
Sale Price \$18,995



2022 NISSAN
ALTIMA 2.5 S SEDAN
STK#P60196
Sale Price \$19,595



CERTIFIED 2020 NISSAN
KICKS SR FWD
STK#54929A
Sale Price \$19,995



2023 HYUNDAI
KONA SEL AUTO FWD
STK#P60199
Sale Price \$20,595



2019 LINCOLN
MKT 3.5L AWD
STK#54960A
Sale Price \$21,995



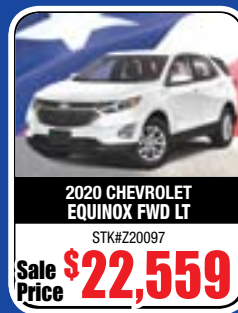
2018 HONDA
ACCORD TOURING 1.5T CVT
STK#31307A
Sale Price \$22,499



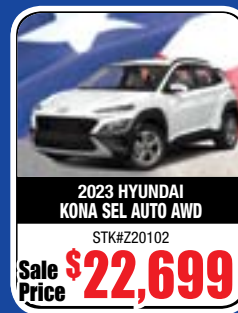
2017 JEEP
WRANGLER SPORT 4X4
STK#54973A
Sale Price \$22,495



2017 INFINITI
Q60 3.0T PREMIUM RWD
STK#31307A
Sale Price \$22,499



2020 CHEVROLET
EQUINOX FWD LT
STK#Z20097
Sale Price \$22,559



2023 HYUNDAI
KONA SEL AUTO AWD
STK#Z20102
Sale Price \$22,699



2019 NISSAN
MURANO FWD SL
STK#42527A
Sale Price \$22,995



2022 CHRYSLER
VOYAGER LX FWD
STK#P60202
Sale Price \$23,785



2018 MERCEDES-BENZ
GLC 300 SUV
STK#61188A
Sale Price \$23,925



2020 NISSAN
ROGUE FWD SL
STK#54898A
Sale Price \$23,995



2024 KIA
FORTE GT DCT
STK#12733A
Sale Price \$23,995



2017 JEEP WRANGLER
UNLIMITED SAHARA 4X4
STK#31303A
Sale Price \$23,999



2020 CADILLAC
XT4 FWD 4DR SPORT
STK#31367A
Sale Price \$24,475



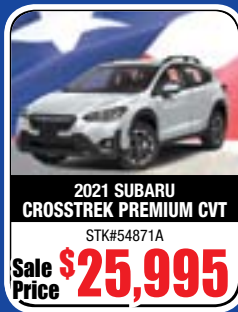
2022 VOLKSWAGEN
TIGUAN 2.0T SE FWD
STK#C60005
Sale Price \$24,969



2017 CHEVROLET SILVERADO
1500 CREW HIGH COUNTRY
STK#12539B
Sale Price \$24,995



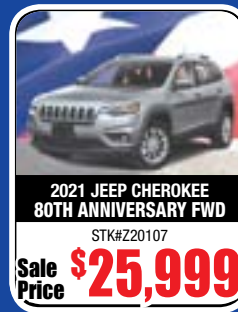
2020 FORD
EDGE TITANIUM AWD
STK#Z2634A
Sale Price \$24,995



2021 SUBARU
CROSSTREK PREMIUM CVT
STK#54871A
Sale Price \$25,995



2020 NISSAN
FRONTIER CREW CAB 4X2 SV
STK#54983A
Sale Price \$25,995



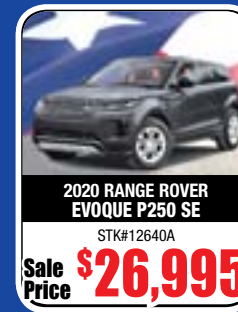
2021 JEEP CHEROKEE
80TH ANNIVERSARY FWD
STK#Z20107
Sale Price \$25,999



2017 AUDI S5 COUPE
3.0 TFSI S TRONIC
STK#12787A
Sale Price \$26,073



2021 SUBARU
CROSSTREK SPORT CVT
STK#Z20079
Sale Price \$26,799



2020 RANGE ROVER
EVOQUE P250 SE
STK#12640A
Sale Price \$26,995



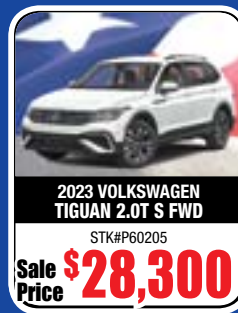
2023 AUDI
A3 PREMIUM 40 TFSI
STK#Z20103
Sale Price \$26,999



2021 KIA
SORENTO EX AWD
STK#61142B
Sale Price \$27,777



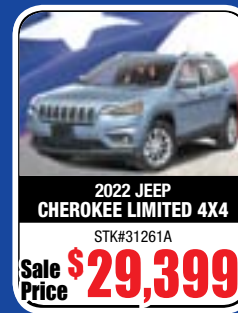
2018 GMC
SIERRA 1500 CREW CAB SLT
STK#P10459D
Sale Price \$27,995



2023 VOLKSWAGEN
TIGUAN 2.0T S FWD
STK#P60205
Sale Price \$28,300



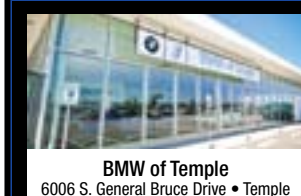
2020 CHEVROLET
CAMARO CONVERTIBLE 2LT
STK#Z10027
Sale Price \$28,350



2022 JEEP
CHEROKEE LIMITED 4X4
STK#31261A
Sale Price \$29,399



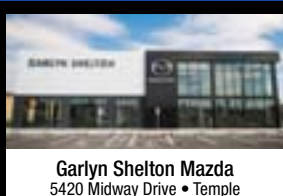
2023 MAZDA CX-30
2.5 TURBO PREMIUM PLUS
STK#31189A
Sale Price \$29,999



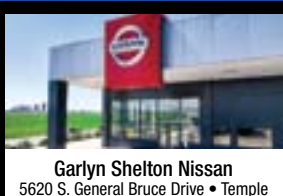
BMW of Temple
6006 S. General Bruce Drive • Temple



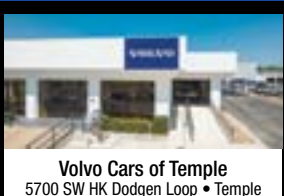
Garlyn Shelton Cadillac Buick GMC
5625 S. General Bruce Drive • Temple



Garlyn Shelton Mazda
5420 Midway Drive • Temple



Garlyn Shelton Nissan
5620 S. General Bruce Drive • Temple



Volvo Cars of Temple
5700 SW HK Dodgen Loop • Temple



Garlyn Shelton Volkswagen
5700 SW HK Dodgen Loop • Temple



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

GARLYN 50TH SHELTON



254-771-0128

GarlynShelton.com



ALL PRICES PLUS TT&L. TT&L DUE AT SIGNING. VEHICLES SUBJECT TO PRIOR SALE. SEE DEALER FOR DETAIL. † EXCLUSIONS MAY APPLY. SEE DEALER FOR COMPLETE DETAILS.