

NEWS

A3

MSB Soldiers receive Army Commendation Medal

LIVING

B1

Museum bubbles over with history, fun

As commander in chief, Trump says he will defend our country A7

411th MP Co triumphs, shines as 2024’s best MP company in Army



Photo provided by 1st Sgt. Jonathan Petrich, 89th MP Bde.

Soldiers from the 411th Military Police Company, 720th MP Battalion, 89th MP Brigade, and the Republic of Korea army work together during a wet-gap crossing for Operation Freedom Shield in March 2024 at Camp Humphrey, South Korea.

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

The 411th Military Police Company, 720th MP Battalion, 89th MP Brigade, has achieved a remarkable milestone by earning the prestigious Maj. Gen. Harry H. Bandholtz Award. Named after the “Father of the Military Police Corps,” the Bandholtz award recognizes the best military police company in the Army

for exemplifying the professionalism, discipline and excellence Bandholtz championed. Col. Jeremy Kerfoot, commander of 89th MP Bde., expressed his immense pride and gratitude for the Soldiers of 411th MP Co., highlighting their diligence and remarkable achievements. “It is a tremendous honor to lead and serve alongside the exceptional men and women of the 411th MP Co.,” Kerfoot said. “Their recognition as the best active-duty military

police company in the United States Army is a testament to their unwavering dedication, discipline and commitment to excellence. This achievement is the result of teamwork, resilience and a shared commitment to uphold the highest standards of integrity and service, both at home and abroad.” In 1918, Bandholtz became the provost marshal general of the American

See **Best MP**, A6

NEWS BRIEFS

Fort Cavazos hosts town hall
Fort Cavazos leaders invite area ranchers, landowners, community leaders and neighbors to participate in a town hall and community outreach meeting from 1 to 3 p.m. today at the San Saba Civic Center at San Saba, Texas. The event is an opportunity for attendees to ask questions and discuss concerns regarding Fort Cavazos helicopter training in the Western Training Area with installation leaders and pilots. The civic center is located at 1190 S. Thomas Stewart Dr., San Saba, Texas. For more information about the town hall, call the Fort Cavazos Public Affairs office at 254-286-5139 or 254-288-7625.

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

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

Legends Way temporarily closes
Legends Way between 72nd Street and Pleiku Drive will close 9:55-11 a.m. Feb. 13. Please plan accordingly.

Veterans ride free in CenTex
The Central Texas Vet-Ride Program offers veterans, their spouses and dependents free transportation through The HOP for uses including medical appointments, government offices, grocery stores, school and shopping. For more information, visit ctadvrc.org/programs/veterans/central-texas-vet-ride-program.

Housing inspections begin Feb 3, appointment scheduler open now

BY HEATHER ASHLEY
Sentinel Assistant Editor

Every family housing unit on Fort Cavazos will undergo an interior and exterior inspection beginning next month, and housing officials are encouraging residents to schedule their appointments now. Congress has mandated all family housing on Army installations be inspected by an independent, third-party contractor retained by the Department of the Army. Inspections on Fort Cavazos begin Feb. 3 and will continue until all Cavalry Family Housing units have been inspected, likely mid-March. “It’s going to be a very busy month-and-a-half here, but we welcome it,” said Luis Miranda,

chief, Army Housing Division within the Directorate of Public Works. “I welcome this third set of eyes. These are exciting times. I hope residents are as excited as I am.” These inspections are being conducted by RER Solutions and Jones Lang Lasalle, a third-party, contracted company not affiliated with the Army. Housing personnel have been working diligently to spread the word about the inspections. They have hung almost 5,500 door hangers and placed 60 signs throughout the Cavalry Family Housing areas to ensure all residents have the QR code giving access to the appointment scheduler. The appointment scheduler is open now, and 40% of residents at Fort Cavazos

See **Housing Inspections**, A6

Serving Soldiers: Fort Cavazos RSO leads initiatives, pilot program for food security for warfighters



Photo by Teresa Parris, Fort Cavazos Garrison Chaplains Office

A Soldier receives Defense Commissary Agency gift cards from Michael Miles, Food Security program specialist, at the Main Post Chapel at Fort Cavazos. In a pilot initiative that began Jan. 6, \$2.5 million was donated to be distributed to families in need through DeCA gift cards.

See **Food Security**, B4

Former SECARMY bids farewell to Soldiers, civilians, their families

BY CHRISTINE E. WORMUTH
Former Secretary of the Army

Dear Soldiers, civilians and families of our Army team,
Serving as your 25th Secretary of the Army has been the greatest honor of my professional life.

I will carry with me cherished memories: Soldiers persevering through basic training, the pride of their families at graduations, the professionalism of our Soldiers in training and exercises around the world, their spirit of innovation and the dedication of our recruiters. I will also remember the solemn dignity of transfer ceremonies at Dover Air Force Base, Delaware, and the pain of the families, though I know they find some solace in the Army's unwavering support.

I am deeply grateful for everything our Army civilians do to ensure our Soldiers and their families have the support they need to protect and defend our great nation. I will remember their extraordinary contributions working in our depots, labs and locations around the world.

Thanks to the extraordinary efforts of our combined military and civilian team, I will depart as secretary filled with pride in all we have accomplished.



Christine E. Wormuth

Together, we achieved the most substantial modernization of our offensive and defensive systems in the last 40 years, effectively using resources and new authorities to equip our Soldiers with vital warfighting capabilities. We envisioned and are now implementing significant changes to our force structure, ensuring the Army is prepared for large-scale combat against advanced adversaries.

Together, we improved quality of life for our Soldiers and families by constructing new barracks and daycare centers, piloting new dining options and providing more time for new parents. We navigated a profound recruiting crisis, transformed our recruiting enterprise and set the Army on a path to rebuild its end strength.

My time as secretary has affirmed for me people are what sets the Army apart and makes us the best Army in the world. I will miss the responsibility that comes with being in the arena, but I will miss the Army and our people so much more.

It has been a privilege and adventure to serve with you, working to make our Army better, stronger and more lethal. You have my enormous gratitude for all that you do, and I wish you Godspeed.

Christine E. Wormuth

GREAT PEOPLE AT THE GREAT PLACE



Photos by Sgt. Asher Atkinson, III Armored Corps Public Affairs

Staff Sgt. Darius Harris, Headquarters and Headquarters Company, 11th Corps Signal Brigade, participates in the Army Combat Fitness Test Nov. 14, 2024, at Fort Cavazos. Harris won the Best Paralegal of the Year Competition.

BY SGT. ASHER ATKINSON
III Armored Corps Public Affairs

The winner of the 2024 III Armored Corps Best Paralegal of the Year competition is Staff Sgt. Darius Harris, 11th Corps Signal Brigade. Originally from Atlanta, Harris joined the Army to become a paralegal in 2013 right

after graduating high school. He intends on serving for 20 years in the military.

Best Paralegal of the Year is a competition for paralegals from every unit under the III Armored Corps from Fort Bliss, Texas; Fort Carson, Colorado; Fort Riley, Kansas; Fort Sill, Oklahoma; and Fort Cavazos, Texas, to compete in a series of mental and physical challenges to determine who the best paralegal is.

The first day of the competition consisted of the Army Combat Fitness Test, situational training exercise lanes where Soldiers performed a series of hands-on evaluations including weapons, 9-Line medical evacuation and map reading, an obstacle course located at Sadowski Field, a written exam on their overall paralegal knowledge and drill and ceremony where Soldiers inspect and march squads.

Soldiers conducted a 6-mile road march and a basic marksmanship test at the Fort Cavazos Engagement Skills Trainer the following day. In the afternoon, Soldiers had to successfully navigate from one point to another.

"I don't think I was ever nervous about participating, but they don't tell you the scores throughout the competition," Harris said. "So, I was definitely anxious about where I placed in the rankings of the competition."

After the competition, Soldiers attended a dinner where the winners were announced.

Harris was surprised and happy to hear he won. He received a coin from each of the sergeants major from all divisions under III Armored Corps, a plaque, a \$25 gift card and an Army Commendation Medal.

Harris reflected on his time during the competition when asked to give advice for future participants.

"Just go for it," Harris said. "You never know how far you could get until you participate. They start off with the quarter, then you go for the year. I never would've thought I'd win the quarter."

This is Harris' first time participating in Best Paralegal of the Year.

He decided to volunteer because one of his Soldiers was competing.

They prepared by doing a lot of physical training and studying about their tasks and job as a paralegal.

"I would like to thank my office for supporting me," Harris said. "I was out the office the whole week, and even before that, just with training and studying, I was out the office a lot. If they weren't such rock stars at their jobs, I wouldn't have been able to take the time to focus on this. Shout out to you guys."



Staff Sgt. Darius Harris, Headquarters and Headquarters Company, 11th Corps Signal Brigade, works on an assignment Nov. 14, 2024, at Fort Cavazos.



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EDITORIAL STAFF

Editor
AYUMI DAVIS
editor@cavazosentinel.com
254-287-9495

Assistant Editor
HEATHER ASHLEY
heather.ashley@cavazosentinel.com
254-288-5689

News Editor
BLAIR DUPRE
blair.dupre@cavazosentinel.com
254-287-2436

Design Editor
DANIELLA THACKER
daniella.thacker@cavazosentinel.com
254-287-0101

BUSINESS STAFF

General Manager
SCOT MORRISSEY

Publication Manager
ARMANDO GUTIERREZ
armando.gutierrez@cavazosentinel.com
254-634-6666

Advertising Sales Associate
LINDSAY DILLON
lindsay.dillon@cavazosentinel.com
254-634-6666

Distribution Manager
PATRICIA WOLFF
patricia.wolff@cavazosentinel.com
254-634-6666

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Awarding excellence: MSB Soldiers receive Army Commendation Medal



Photos by Maj. Brian Hare, MSB Public Affairs

LEFT, Admiral shakes hands with Spc. Dashon Anderson, MSB, before presenting him with the Army Commendation Medal during the III Armored Corps Phantom Lethal Excellence Ceremony Jan. 10. at III Armored Corps Headquarters at Fort Cavazos. **MIDDLE**, Admiral poses for a photo with Sgt. Heydi Flores-Williams, MSB, after presenting her the Army Commendation Medal during the III Armored Corps Phantom Lethal Excellence Ceremony Jan. 10. **RIGHT**, Admiral presents the Army Commendation Medal to Sgt. Daniel Laurentino, Mobilization Support Brigade, during the III Armored Corps Phantom Lethal Excellence Ceremony Jan. 10.

BY MAJ. BRIAN HARE
MSB Public Affairs

Lt. Gen. Kevin D. Admiral, commanding general of III Armored Corps and Fort Cavazos, presented Army Commendation Medals to three Soldiers from the Mobilization Support Brigade during the corps’ monthly Phantom Lethal Excellence Ceremony Jan. 10 at III Armored Corps Headquarters.

Sgt. Heydi Flores-Williams, Sgt. Daniel Laurentino and Spc. Dashon Anderson were each recognized during the ceremony for their exemplary job performance and dedication to duty as Soldiers and leaders.

Maj. Francisco Ramos, MSB logistics staff officer in charge, commented on the accomplishments of Flores-Williams during the ceremony.

“Sergeant Flores has been a tremendous asset to the S-4 team,” Ramos said. “Her efforts in assisting deploying units and coordinating with her counterparts have been crucial in guaranteeing Soldiers receive the support they need, and she is proactive in ensuring a smooth process for demobilizing units so that Soldiers can return home and be with their friends and families.”

Flores-Williams said her long-term goals include graduating in 2026 with a bachelor’s degree and commissioning as a second lieutenant through the University of Georgia Reserve Office Training Corps program.

“I’m passionate about growing as a leader, taking on new challenges and making a meaningful impact in the Army,” Flores-Williams said. “I want to serve not just for my own development, but to contribute to something much larger than myself.”

One of the enduring priorities of III Armored Corps is developing leaders, and in the MSB, this could not be accomplished without the hard work and expertise of Laurentino, who serves as the training and schools noncommissioned officer.

In addition to scheduling professional military education and troop schools for MSB Soldiers, Laurentino also coordinates promotion ceremonies for the unit and often serves as NCO in charge for unit physical fitness events, such as the recent Norwegian foot march conducted by MSB in December 2024.

“Sergeant Laurentino operates at a high competency level and functions well under stress,” said 1st Sgt. Roderick Bryant, MSB first sergeant. “I’m proud to have him as an NCO in my unit.”

Anderson serves as the facility management NCO for the MSB by scheduling a multitude of work orders and

“

I’m passionate about growing as a leader, taking on new challenges and making a meaningful impact in the Army.

– Sgt. Heydi Flores-Williams, Mobilization Support Brigade

”

maintenance requests and coordinating with various adjacent partner units and entities to ensure building projects mitigate disruption of mission as much as possible.

Anderson also serves as the driver for the MSB command team and as the brigade intramural sports coordinator.

“Specialist Anderson shows great work ethic, motivation and promise as a junior leader and an astute attention to detail and protocol well beyond his rank,” said Capt. William Keeton, MSB Headquarters and Headquarters Company commander. “He will always be an asset to any mission.”

Along with the three MSB Soldiers, 16 Soldiers from across III Armored Corps were awarded the Army Commendation Medal and six civilians were presented with the Army Civilian Service Commendation Medal during the ceremony, which recognize III Armored Corps Soldiers and civilians who have demonstrated exceptional dedication and leadership significantly benefiting their units and the Army as a whole.



Col. Gregory J. Geiger, Mobilization Support Brigade commander, and Command Sgt. Maj. Craig E. Anderson Sr., MSB command sergeant major, pose for a photo with Sgt. Heydi Flores-Williams, Sgt. Daniel Laurentino and Spc. Dashon Anderson, also assigned to MSB, after the Soldiers received the Army Commendation Medal during the III Armored Corps Phantom Lethal Excellence Ceremony Jan. 10 at III Armored Corps Headquarters at Fort Cavazos.



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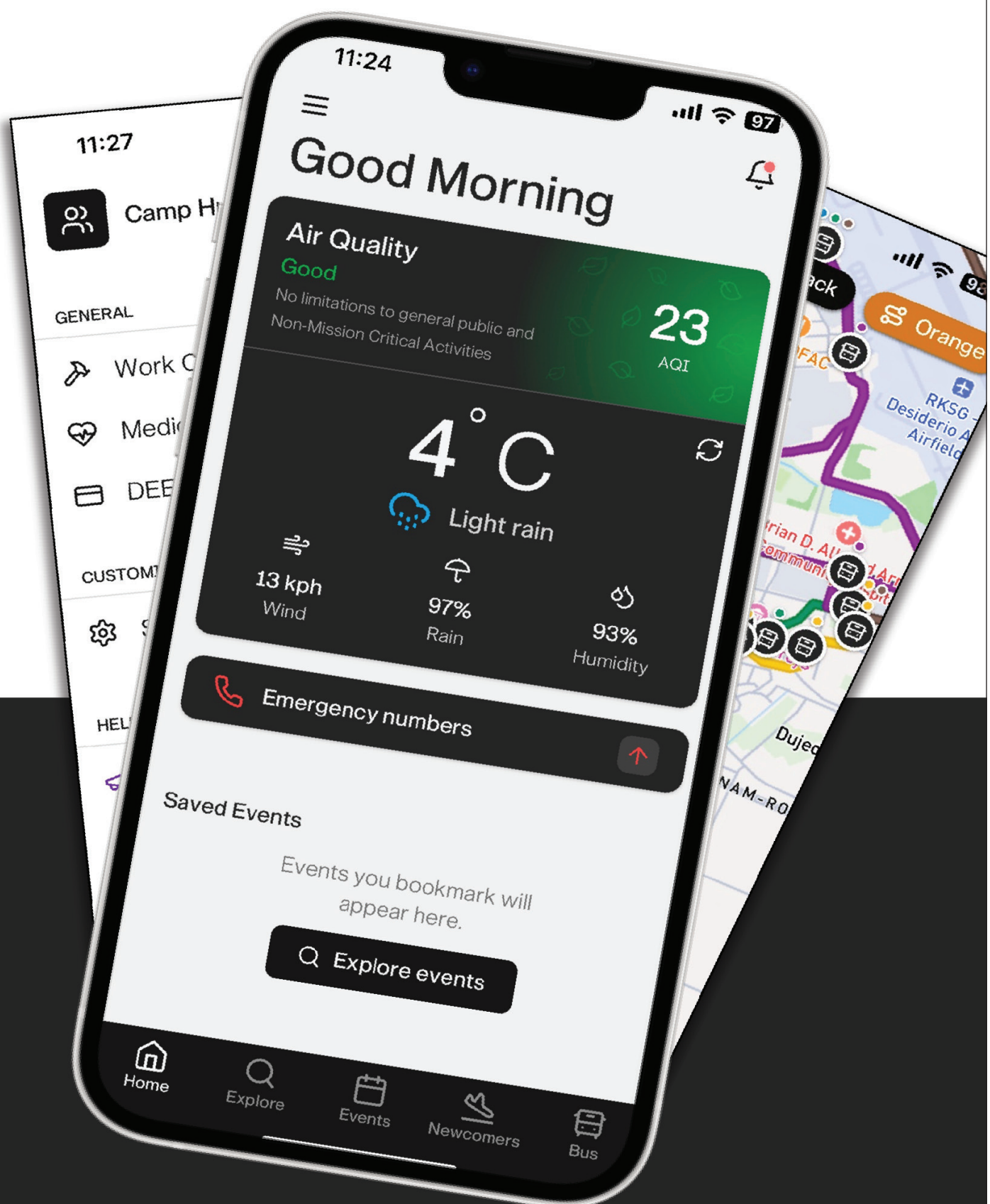
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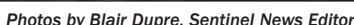


BY BLAIR DUPRE
Sentinel News Editor

Nearly 200 deployment opportunities are currently available across a wide range of specialties in areas including Germany, Poland, the Netherlands, Kuwait, Iraq, Jordan and Honduras.

All of those who deploy must go through pre-deployment training and preparation, both at their home station and at Camp Atterbury, Indiana. This preparation process includes medical and dental screenings, online and classroom training and

For more information, email Carr at christian.j.carr.civ@army.mil.

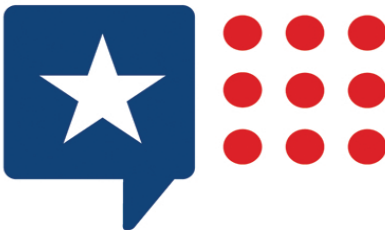


Rick Tillotson, program manager for the Army Expeditionary Civilian Workforce program, speaks to attendees during a recruiting event Jan. 8 at the Copeland Soldier Service Center at Fort Cavazos.




More than 60 attendees listen intently as Rick Tillotson, program manager for the Army Expeditionary Civilian Workforce program, gives information on the AECW program during a recruiting event Jan. 8 at the Copeland Soldier Service Center at Fort Cavazos.

Veterans Crisis Line



1-800-273-8255
PRESS 1



Dining Facility Operations Schedule

Jan. 2025


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

OPEN (Breakfast, Lunch & Dinner)

OPEN (Brunch & Supper)

CLOSED


HOLIDAY


Phantom Centralized HUB
 Building #41018
 Old Ironside & 77th St.

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Breakfast: 7:30-9 a.m. Monday-Friday
 Lunch: 11:30 a.m.-1 p.m. Monday-Friday
 Dinner: 5-6:30 p.m. Monday-Friday
 WR Manager: SFC Philpott: 954-654-1083


(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.

Closed due to renovation.
Tentatively scheduled for completion in May.

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 |
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Breakfast: 7:30-9 a.m. Monday-Friday
 Lunch: 11:30 a.m.-1 p.m. Monday-Friday
 Dinner: 5-6:30 p.m. Monday-Friday
 Manager: SFC Moore: 254-618-8914

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


CULINARY OUTPOST KIOSK
 BLDG 56063
 Tedesco Way

| SUN | MON | TUES | WEDS | THUR | FRI | SAT |
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BRK, LUN, DIN: 8 a.m.-7 p.m. Monday-Friday
 (WNK): 9 a.m.-5 p.m.
 Jan. 9 will operate on weekend hours.
 69th ADA Food Advisor: 254-368-9214


PATRIOT INN
 Building #12007
 Old Ironside & 33rd St.

Closed for conversion to a bistro.
Tentatively scheduled for completion in summer.

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.


ALWAYS READY
 Building #91226
 HQ Ave., West Fort Cavazos

| SUN | MON | TUES | WEDS | THUR | FRI | SAT |
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Breakfast: 7:30-9 a.m. Monday-Friday
 Lunch: 11:30-1 p.m. Monday-Friday
 Dinner: 5-6:30 p.m. Monday-Friday
 Manager: 254-288-9538


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


NORTH FORT CAVAZOS
 Building #56320
 Garand St.

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


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


THEODORE ROOSEVELT
 Building #9205
 Battalion & 21st St.

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

(BRUNCH/SUPPER): 9:30 a.m.-1 p.m.
 (BRUNCH/SUPPER): 5-6:50 p.m.
 HOLIDAY: 11 a.m.-3 p.m.


CULINARY OUTPOST FOOD KIOSK
 Old Ironsides and
 Pyongyang Drive

| SUN | MON | TUES | WEDS | THUR | FRI | SAT |
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Readiness, teamwork lead to prestigious Army Bandholtz Award for 411th MP Co

Best MP: *Continued from A1*

Expeditionary Force and reorganized the Provost Department, incorporated standards, increased pay and transformed policing in the military by establishing the Division of Criminal Investigations. His efforts paved the way to the eventual establishment of the Military Police Corps in 1941. The 411th MP Co.'s achievement underscores its dedication to upholding the legacy and distinction of Bandholtz.

For a MP company to be eligible for the award, they are required to submit a packet that evaluates their organization on several criteria — cohesiveness, fitness and discipline; readiness and deployability; MP focus and innovation; MP history; and telling the company's and Army's story.

The 411th MP Co. has made readiness a top priority. By focusing on continuous training, maintaining equipment and fostering a culture of readiness at all levels, the company ensures its Soldiers are always ready to answer the nation's call.

"In terms of readiness, we were evaluated on how well we were performing in the ACFTs (Army Combat Fitness Test), our weapon qualifications, our vehicle readiness and how many vehicles in our fleet are fully mission capable to execute," said Capt. Taylor Weinberg, 411th MP Co. commander. "Throughout the fiscal year, our team exceeded in every area and were always ready to do the difficult tasks when necessary."

To sustain readiness and complete missions in a more effective manner, professional development is also a contributing factor to the success of the Soldiers within 411th MP Co.

"We place a strong emphasis on professional development, with the goal of empowering Soldiers to progress in their careers, enhancing their effectiveness and achieving missions to an elevated standard," Weinberg said. "We focused on advancing careers through schools, such as BLC (Basic

Leader Course) and ALC (Advanced Leader Course), that lead to promotions. We competed in many NCO-of-the-month (noncommissioned officer) boards as well as a best squad competition in South Korea when we were under the 2nd Infantry Division, leading to awards and recognition for our Soldiers."

Weinberg and the Soldiers assigned to 411th MP Co. conducted a nine-month rotation to South Korea, which gave them many opportunities for missions, training and competitions that highlighted their fortitude and expertise.

"Prior to leaving Fort Cavazos, we worked hand-in-hand with the 36th Engineer Brigade during Remagen Ready 24-01, where we supported a wet-gap crossing of 700 vehicles conveying over a lake in a training area," Weinberg said. "Three days after we arrived in (South) Korea, we were called to support Operation Freedom Shield, a two-week exercise that included simulated noncombatant evacuation operations alongside the 3rd Cavalry Regiment and wet-gap crossings with the 11th Engineer Battalion and soldiers from the Republic of Korea.

"We also assisted the 94th MP Battalion with their installation law enforcement at Camp Humphrey," he continued. "Our outstanding Soldiers even conducted a spur ride to earn their spurs with the 3rd Cavalry Regiment. Our company has done so much this year, and our Soldiers have worked so hard to earn this award, and I couldn't be more proud of the Soldiers in our company."

Through training and missions, 411th MP Co. became a tight-knit group of Soldiers who relied on one another, including those who were new to both the unit and the U.S. Army. This also contributed to the 411th MP Co. winning the Bandholtz award.

"This company is actually like a family, and they all take such good care of each other," said 1st Sgt. Jonathan Petrich, 411th MP Co. first sergeant. "Before going to South Korea, we received a large influx of new Soldiers, many of them who were straight out of One Station Unit Training who assumed team-leader roles. It was very impressive our Soldiers were able to deploy, build a team and go from zero to where they are now."

During their deployment, 411th MP Co. has also fostered a strong esprit de corps through their active participation in a variety of sports and team building activities. Soldiers were part of a powerlifting club and engaged in many sports, including basketball, soccer and flag football, through the Directorate of Family and Morale, Welfare and Recreation program.

As 411th MP Co. reflects on receiving this award, Weinberg expressed heartfelt gratitude to both the Soldiers and leaders for their unwavering discipline, dedication and consistent perseverance. He also looks ahead to the legacy he would like to leave behind before he leaves the company in March.

"I can't emphasize enough how proud I am of the Soldiers and leaders of this company for staying resilient and creating a legacy that will last forever," Weinberg said. "The legacy I want to leave behind is a culture of excellence. When you come to the 411th MP Co., you are coming to an organization that knows how to succeed and go beyond a set standard. Knowing that our company is etched into history with this award will hopefully excite and rejuvenate a lot of Soldiers who come into this unit in the future."



Photos provided by 1st Sgt. Jonathan Petrich, 89th MP Bde.

CUTOUT, A Soldier from 411th Military Police Company, 720th MP Battalion, 89th MP Brigade, runs with a football during a flag football game hosted by the Directorate of Family and Morale, Welfare and Recreation program Sept. 26, 2024, at Camp Humphrey, South Korea. **ABOVE,** Soldiers from the 411th Military Police Company, 720th MP Battalion, 89th MP Brigade, pose together during training Oct. 6, 2023, at Fort Cavazos.

Inspections to cover all interior, exterior systems of homes

Housing Inspections: *Continued from A1*

have already scheduled their inspections, Miranda said, adding 100% participation is required.

Appointments for inspections are available Monday through Friday by using the QR code on the door hangers left at each residence or by visiting assetcalc.net/?redirect=army and following the instructions. If a resident is unable to locate their address, they should contact the housing office for assistance.

Miranda noted some of the newest housing addresses are not listed on the site, but every housing unit must be inspected.

There are five time slots each day from which residents can choose to schedule their inspection — 8 a.m., 10 a.m., noon, 2 p.m. and 4 p.m. The bulk of appointments will be scheduled Tuesdays, Wednesdays and Thursdays so Mondays and Fridays can be reserved to inspect vacant and escorted areas in family housing.

Housing staff are recommending residents book their inspection appointment as soon as possible.

"You can get on the schedule when you want, when it is convenient for you," Miranda said.

Someone over 18 and on the lease will need to be at the unit during the inspection, added Amanda Johnson, general engineer, Fort Cavazos DPW Housing Division.

Residents are asked to secure their pets

during the inspection.

Fort Cavazos' housing units have been divided into five neighborhoods for the inspections. Comanche 1 and 2 units are scheduled for inspections Feb. 4-13.

Comanche 3 will be inspected Feb. 10-20, but no appointments will be scheduled on Feb. 17 during the Presidents Day holiday.

Venable and Pershing Villages are slated for inspection Feb. 24-March 6.

Kouma and Montague will schedule inspections Feb. 24-March 13. Patton Park, McNair Village, Wainwright Heights and Heritage Heights also will have the Feb. 24-March 13 inspection window.

Once a resident signs up they should receive an email confirmation.

"They need to make sure they receive that email," Miranda said.

The inspection process is meant to be as seamless as possible. The contracted inspectors have already completed over 50,000 inspections in military housing, Miranda said.

Inspectors will arrive at each housing unit with a Soldier escort. The escorts are required for homes that were not scheduled for an inspection. However, every inspector will have an escort as an extra measure of safety for everyone.

Each inspection will include a visual survey of the unit's exterior, heating, ventilation and air conditioning system; plumbing and electrical system; and other elements easily visible and accessible. No furniture or appliances will be moved. The

exterior of each home's drainage, landscaping and other facets will also be inspected.

"All systems inside and outside the residence will be inspected — every room, every system," Miranda said.

Inspectors are expected to be inside each home approximately one hour, possibly two hours, but the time is an estimate. Inspectors could be onsite longer to ensure there is a comprehensive and quality review of the premises.

Education about the inspections is critical to the process. Housing personnel have been talking to units, working with community life noncommissioned officers and meeting as a team to mitigate any wrinkles in the process and ensure residents are educated about the inspections.

"The more information you can provide, the better educated the residents are," Miranda said. "Education is key to everything we do."

Miranda is confident there will not be major issues found during the inspections, but he is cognizant of the aging housing units on the installation.



Signs and door hangers with a QR code that direct residents to the housing inspections scheduler have been placed throughout housing areas across Fort Cavazos.

"We're not anticipating any surprises with the inspections, but, hopefully, they will identify any issues," he said.

Johnson said one issue inspectors have identified during their time at other installations has been corded blinds. Corded blinds are not permitted in on-post housing units.

If major issues are found, Fort Cavazos Garrison housing staff and Cavalry Family Housing will be notified immediately of any required repairs necessary to correct life, health and safety concerns.

Miranda will receive daily reports on the inspectors' findings during the inspection period. Those results will be shared with Fort Cavazos Garrison command, Cavalry Family Housing and the Department of the Army.

He is looking forward to seeing the feedback and the positive results of the inspections.

"I truly believe this is a win-win because we have some of the oldest housing inventory," Miranda said. "These inspections will provide families some peace of mind that they are in the best housing."

Questions about scheduling an inspection can be directed to the RER Solutions and Jones Lang Lasalle Help Desk at army@housinginspections.info.



Photos by Heather Ashley, Sentinel Assistant Editor

Homes at Heritage Heights are among the nearly 5,500 on-post family housing units that will be inspected throughout February and March during a Congress-mandated independent interior and exterior inspection of all military housing.

As commander in chief, Trump says he will defend our country

BY DAVID VERGUN
DOD News

WASHINGTON — “As commander in chief, I have no higher responsibility than to defend our country from threats and invasions, and that is exactly what I am going to do,” said President Donald J. Trump during his inauguration address Monday as the nation’s 47th president, alongside Vice President JD Vance.

“America will soon be greater, stronger and far more exceptional than ever before,” he said. “I return to the presidency confident and optimistic that we are at the start of a thrilling new era of national success. A tide of change is sweeping the country. Sunlight is pouring over the entire world, and America has the chance to seize this opportunity like never before.

“We will measure our success not only by the battles we win, but also by the wars that we end, and perhaps most importantly, the wars we never get into,” Trump said.

“My proudest legacy will be that of a peacemaker and unifier,” he added.

The 60th inaugural swearing-in ceremony took place at noon inside the Capitol Rotunda, with Supreme Court Chief Justice John Roberts administering the oath of office to the new president and Supreme Court Justice Brett Kavanaugh swearing in the vice president.

In the audience were former Presidents Joe Biden, Barack Obama, George W. Bush and Bill Clinton, former Vice President Kamala Harris, members of Congress, all nine Supreme Court justices and family members of Trump and Vance.

Trump thanked Black and Latino voters for helping him get elected and added on this observance of Martin Luther King Jr.’s birthday, “we will strive together to make his dream a reality. We will make his dream come true.”

Trump said he’ll declare “a national emergency at our southern border,” with troops ordered there. Trump also said he’ll reinstate service members who were let go because they objected to COVID-19 mandates, and they will receive full

back pay.

Carrie Underwood performed “America the Beautiful,” and Christopher Macchio sang “Oh, America!” and the national anthem during the inaugural ceremony. The U.S. Naval Academy Glee Club sang “The Battle Hymn of the Republic.”

The theme of this year’s ceremonies is “Our Enduring

Democracy: A Constitutional Promise.”

In addition to the swearing-in ceremony and the inaugural luncheon at the Capitol, the president and vice president reviewed the military parade, which took place inside Capital One Arena due to frigid weather.

Sunday, Trump and Vance placed wreaths at the Tomb of the Unknown Soldier in Arlington National Cemetery, Virginia.



Photo by Sgt. Samantha Cate, 3rd Infantry Regt.

President-elect Donald J. Trump places a wreath at the Tomb of the Unknown Soldier Sunday at Arlington National Cemetery at Arlington, Virginia.

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Photos by Blair Dupre, Sentinel News Editor

My best friend Jessica Rodriguez and I take a picture of the drinks we received from the Dr Pepper Museum at Waco, Texas, in front of one of the photo op spots outside of the building.

Fizz-tastic beginnings: Museum bubbles over with history, fun

BY BLAIR DUPRE
Sentinel News Editor

WACO, Texas — Dr Pepper had a humble beginning just an hour north of The Great Place, and the Dr Pepper Museum showcases the story of how it grew to be a world-wide favorite.

My best friend Jessica Rodriguez and I had visited the Dr Pepper Museum once before, and we were excited to go again and see if anything has changed. We were not disappointed.

The beginning of the museum features a history of how carbonated drinks came to be before diving specifically into Dr Pepper, which was created by pharmacist Charles Alderton.

The museum features a recreated old corner

drugstore where visitors can learn more about how the drink was created.

Visitors then move onto a room that showcases manufacturing equipment, as well as stories of former employees. One of the most interesting things in this room is a well that provided water in the early years of Dr Pepper bottling. The last time Jessica and I visited we had to look down the well through a mirror positioned above it, but now visitors can stand right above it, as it is covered with a clear covering on the floor. It is over 27 feet deep and, sometimes, water can still be seen at the bottom depending on the weather.

The museum also features different cans and bottles, showing how the packaging of the drink changed over decades of being produced. One of the most

interesting exhibits showed Dr Pepper around the world, where Dr Pepper products and even advertising could be viewed. I was most surprised to see international commercials for the drink.

In another building, visitors can view other fun displays including 7-Up going through a bottling machine, an Iron Man soda machine and more. Visitors also receive a complimentary drink with their ticket purchase, but can get a float or flavor add-ins for an additional cost. Jessica and I kept it simple choosing Big Red and Dr Pepper, respectively.

I highly recommend giving this museum a visit if you want to tap into the bubbly history of a Texas staple and one of the world’s favorite soft drinks.

For more information on the Dr Pepper Museum, visit drpeppermuseum.com.



ABOVE, A wall displaying vintage artwork and advertising for Dr Pepper can be seen on display at the Dr Pepper Museum. Some of the artwork was created at the original bottling company, the same building the museum is housed in now at Waco, Texas.



ABOVE, A vintage delivery truck is one of the most popular photo op spots at the Dr Pepper Museum at Waco, Texas. **RIGHT,** Dr Pepper cans from Poland sit on display at the Dr Pepper Museum.





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

“Cross” reboot streams to rave reviews

BY JANECEZ WRIGHT
Fort Cavazos Public Affairs

What started as a literary series by acclaimed author James Patterson, has turned into a cult film sensation.

It has been over 30 years since Patterson’s Alex Cross anthology introduced readers to Alex Cross, a seasoned detective with a background in psychology, a keen eye and a knack for solving the most complex crimes.

Patterson, one of the most recognized authors known for his stand-alone thrillers, nonfiction and romance novels, has propelled his career from literary to film, thanks in part to the overwhelming success of the Alex Cross series.

Notable actors, such as Morgan Freeman, who played Cross opposite his nemesis Gary Soneji (Michael Wincott) in the 2001 thriller “Along Came a Spider,” and Tyler Perry, who played the savvy detective in “Alex Cross” in 2012, opposite a cunning and sadistic Picasso, played by Matthew Fox, propelled the series from the pages of his celebrated fictional thriller, to blockbuster status on the big screen.

Fast-forward 12 years, Cross switches from film to series featuring an equally action-packed plot and a cast of up-and-coming fresh faces, including heartthrob Aldis Hodge, who navigates the role of Cross with the precision of a surgeon.

As with its predecessors, “Cross” opens with the detective confronted by tragedy and set on a prolific

journey to find justice.

Amid the upheaval of his personal life, Cross is determined not to let the harsh reality of his job affect the family dynamic at home, but the two often overlap, testing his self-control and ability to uphold his professional oath.

Even with his impressive acumen, Cross can’t take on the task of putting away the bad guys alone. His partner on the force and childhood friend of 30 years John “Two-John” Sampson (Isaiah Mustafa), is there through thick and thin

to pick up the slack and keep Cross grounded.

As the series unfolds, viewers watch as Cross, a family man and pillar of the community, traverses insurmountable loss, grief, vengeance and romance.

He is challenged in ways he never expects and forced to face some hard truths.

Each of the eight episodes peels back a different layer of Cross’ mentality and exposes just enough to keep viewers engaged and anticipating what happens next.

I enjoy the “cat-and-mouse” dynamic between Cross and his antagonists. There is something oddly intriguing about the criminals that have portrayed the foils to Cross’ hero persona in the series.

As with many other viewers, I get a certain satisfaction from analyzing the clues and the characters to unravel the plot. And I am always impressed with the creativity and complexity used to guide viewers through the stories and keep them guessing.

As a fan of James Patterson and

crime thrillers in general, I enjoyed the series, and I am eagerly anticipating the next season.

The aforementioned films provide background on the series, but “Cross” does a great job of bringing viewers up to speed on its own.

Movies that make the leap from book to film can be hit or miss, but in my opinion, this series is the former.

Binge watch season one of “Cross” on Prime. Series contains violence, profanity and adult content. Viewer discretion is advised.



Graphic courtesy of Prime Video

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| Kitty Sapphire 2-yr-old, pit bull mix, white & gray, female. | Precious Age unknown, Boston terrier mix, brown & white, female. | Carolina 1-yr-old, Carolina dog mix, white & brown, female. | Mac 8-yr-old, German shepherd/Siberian husky, cream & tan, male. | Elsa 2-yr-old, black mouth cur mix, brown, female. | Tilly 4-yr-old, pit bull mix, tan & white, female. |
| <div>ADOPTED</div>  | <div>ADOPTED</div>  | <div>ADOPTED</div>  | <div>ADOPTED</div>  | <div>ADOPTED</div>  | <div>ADOPTED</div>  |
| Valentine 2-yr-old, domestic short-haired calico, tricolor, female. | Richard 3-yr-old, domestic short-haired tabby, brown, male. | Velma 9-mo-old, border collie/pit bull, black & white, female. | Brownie 1-yr-old, border collie mix, brown, female. | George 14-yr-old, domestic medium-haired tabby, brown & orange, male. | Cookie 6-mo-old, pit bull, brown brindle & white, female. |

New culinary outposts open at The Great Place



Photo by Staff Sgt. Christopher Neu, 69th ADA Public Affairs

Pvt. Stefan John, 69th Air Defense Artillery Brigade, explores snack and meal options Jan. 6 at the newly opened Culinary Outpost Kiosk at Fort Cavazos. Two new culinary outposts have opened at Fort Cavazos: the Always Ready Kiosk at HQ Avenue, West Fort Cavazos, and the Culinary Outpost Kiosk at bldg. 56063, Tedesco Way.



Photo by Staff Sgt. Christopher Neu, 69th ADA Public Affairs

From left, Chief Warrant Officer 2 Rodney Harrison, 69th Air Defense Artillery Brigade, and Command Sgt. Maj. Henry Scott, command sergeant major of 69th ADA, peruse refrigerated food and drinks Jan. 6 at the newly opened Culinary Outpost Kiosk at Fort Cavazos.



Photo by Sgt. Tanner Dibble, 13th ACSC Public Affairs

From left, Sgt. Maj. Nicole Shields, senior enlisted advisor of 61st Quartermaster Battalion, 13th Armored Corps Sustainment Command; Sgt. 1st Class Patrick Nunnally, 13th ACSC; and Col. Sean Kelly, commander of 13th ACSC, cut a ribbon during the grand opening of the Always Ready culinary outpost kiosk Jan. 6 at Fort Cavazos.

Houses of Worship

FORT CAVAZOS CHAPEL SERVICES



CATHOLIC

Sunday Mass, 9 a.m., Main Chapel, [facebook.com/FrCavazosRomanCatholic](#)
Noon Mass, Monday through Friday, Main Chapel
Confession after Mass or by appointment, call 254-286-6749, Main Chapel

PROTESTANT

St. George Parish (Anglican, Lutheran, Episcopal), Sunday, 9 a.m., Old Post Chapel, [facebook.com/SaintGeorgeFortCavazos](#)

SPANISH PROTESTANT

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

GOSPEL CONGREGATION

Gospel Service, Sunday, 11 a.m., Memorial Chapel, [facebook.com/ComancheHappeningsNow](#)

TRADITIONS

Traditions Service, Sunday, 10 a.m., Ironhorse Chapel, [facebook.com/groups/fhtps/](#)

CHAPEL NEXT

Contemporary Service, Sunday, 11:15 a.m., Main Chapel, [facebook.com/FortCavazosChapelNext](#)

OPEN TABLE

All-Inclusive Christian Chapel, [facebook.com/OpenTableChapel](#)

WFC PROTESTANT

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

JEWISH

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

MUSLIM

Friday Jumma 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, 10:00 a.m., Rugged Spirit Chapel, Contact Chap. Guan Zhen, 213-281-1927

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, [facebook.com/FortCavazosPWOC](#)
Mothering Bluebonnets, [facebook.com/FortCavazosMotheringBluebonnets](#)
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 Fuavai, 254-287-0241

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

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



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Resources provide food security

Food pantry, Fresh Foods for Families, gift card program fight food insecurity

BY BLAIR DUPRE
Sentinel News Editor

The Fort Cavazos Garrison Religious Support Office heads up several food security initiatives to assist Soldiers and their families at the Great Place.

Fort Cavazos Food Pantry

The Fort Cavazos Food Pantry is a food resource for families at The Great Place. Housed in the Main Post Chapel, the food pantry has many shelf staples and families can use the pantry once a month.

“We started in one room, and it’s just grown immensely,” said Teresa Parris, administrative support specialist, Fort Cavazos Garrison Chaplains Office. “At first, I would (estimate) we were feeding 15 to 20 families. Now we (serve) well over 50 families (per month on average).”

Parris highlighted the importance of year-round donations, as they are required to keep the pantry stocked.

“Although we are grateful for the holiday food drives, and we will never turn away a donation, families eat every single day of the year,” she said, adding the need increases during the summer when children are at home instead of at school.

Parris also encouraged those who donate to think of the children as they select items to give to the food pantry.

“We’re feeding children,” she emphasized. “It’s easy to say, ‘Well, they’ll have to eat what you give them.’ We all know kids don’t just eat what you give them. If we give them ravioli, or we give them a Snack Pack of pudding, we know they’re going to eat it.”

Since the food pantry cannot currently hold perishable items they connect families with food pantries in the area, ranging from Lampasas to Lorena, Texas, that do carry the perishable items they may need.

Parris said in the past, units and different directorates have organized food drives of their own on the installation and turned it into a fun competition to see who can gather the most food items or volunteer the most.

“There are lots of people out there doing great things for the Soldiers,” she said.

Chaplain (Capt.) Eugene Savarimuthu, chaplain resource manager, Fort Cavazos RSO, said the food pantry also receives donations from different congregations on the installation, anonymous donors and the commissaries through the Feds Feeds Families program.

Donors also give gift cards that allow volunteers to



Sentinel file photo by Blair Dupre, Sentinel News Editor

Pfc. Leonardo Fyffe, a nutrition care specialist, 190th Medical Detachment, 32nd Hospital Center, 1st Medical Brigade, smiles as he and other volunteers sort fresh produce items into bags Sept. 5, 2024, during the Fresh Foods for Families event at Phantom Warrior Stadium at Fort Cavazos.

purchase food for the pantry.

Parris praised the food pantry’s volunteers, and Savarimuthu noted one volunteer once used the pantry themselves.

“She turned around and has helped (the food pantry) for almost two years,” he said. “

The food pantry’s hours of operation are 1-4 p.m. Monday, Tuesday and Thursday; 10-11 a.m. and 1-4 p.m. Wednesday; and 9:30-11 a.m. and 1-2 p.m. Friday. It is closed on weekends, holidays and training holidays.

Department of Defense ID cardholders, including retirees, DOD civilians and dependents and veterans, are eligible to use the food pantry. Those who use it must be prepared to show their ID.

For more information, contact Teresa Parris at 254-288-6545 or Michael Miles, Food Security Program specialist, at 254-286-5884.

Fresh Foods for Families

Fresh Foods for Families is a monthly event where the RSO, in partnership with the Central Texas Food Bank, distributes thousands of pounds of food to Fort Cavazos families.

Savarimuthu said the soft launch of Fresh Foods for Families in June 2024 served 250 families with only 13 volunteers. Since then the initiative has grown to serve over 400 families with 24,000 pounds of food being distributed at the Sept. 5, 2024, grand opening.






“It’s not only just a distribution of food — it’s a pride and joy and community service,” he said. “Even some of the brand new Soldiers (volunteers), privates, and there are others that I witnessed, they were in tears. They said, ‘Sir,

See **Food Security**, B5

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Pilot program distributes DeCA gift cards



Chaplain (Capt.) Eugene Savarimuthu, Chaplain resource manager, places baby food on a shelf in the food pantry Aug. 19, 2022, at the Main Post Chapel at Fort Cavazos.

Food Security: *Continued from B4*

this is the first time, ever, I gave something to someone.”

Cars line the Phantom Warrior Stadium parking lot and receive their food items in a drive-thru manner. The goal is for each family to receive around 40 pounds of food consisting of a variety of items including fresh produce, grains and protein.

Savarimuthu touched on the long-standing partnership between Fort Cavazos and the CTFB.

“The partnership was not just created through Fresh Foods for Families,” he said. “They have already built a partnership that goes back almost 10 years, providing over 600 turkeys and produce every Thanksgiving. (Fresh Foods for Families) is an extension of what they’ve been doing to support our Soldiers and families.”

Fresh Foods for Families takes place 9-11 a.m. on the first Thursday of each month at Phantom Warrior Stadium. The next Fresh Foods for Families event is scheduled for Feb. 6. Those who attend must enter the parking lot from Tank Destroyer Boulevard and Comanche Avenue at the traffic light.

Those who wish to volunteer during the event simply need to arrive at the stadium parking lot between 7:30 and 8 a.m.

DeCA gift cards

In a pilot initiative that began Jan. 6, \$2.5 million was donated to be distributed

to families in need through Defense Commissary Agency gift cards. There is no other initiative like it in the Army currently.

“The Department of Defense developed a strategy to tackle service members’ food insecurity,” said Chaplain (Maj.) John Lee, operations chaplain, Fort Cavazos RSO. “They chose Fort Cavazos to run a pilot program to address Soldier’s food insecurity. They gave (the funds) to our garrison to distribute DeCA, or commissary, cards to Soldiers who are struggling with their monthly food costs.”

With the unit leader’s referral, Soldiers ranked private through staff sergeant can receive a DeCA card.

“The only requirement for the first issuance of the card is just a referral,” Lee said. “We also developed a very nice food cost calculation based on FDSCA (Federal Defense Support of Civil Authorities) guidance. Based on the age and number of family members, the program we developed (calculates) the DeCA card amount.”

Lee went on to explain if more support is needed after the issuance of the first DeCA card, the recipient must attend a financial readiness class hosted by Army Community

Service. Once they complete the class, a finance counselor with ACS will provide budget guidance for the family.

“As long as they prove they are following the guidance, they can get issued a second or third card,” Lee said. “The amount

(of funds) is recommended by the finance counselor starting with the second issuance. After the first issuance there is no requirement except for their leader’s referral.”

Lee said in figuring out how to calculate what funds families need for food they discovered some Soldiers were spending a remarkable amount of their salary on groceries.

“Some ranks spend more than 33% of their salary just to buy their monthly groceries,” he said. “We were very surprised to see that, and I think the program will help our Soldiers that are struggling with their food costs every month a lot. And because of this program, we are encouraging Soldiers to learn how they can manage their finances responsibly in conjunction with ACS.”

Cards are issued 1-3 p.m. Monday through Wednesday at RSO. The financial readiness class takes place from 1:30-2:30 p.m. every Tuesday at the Main Post Chapel.

Impact

The impact of these resources has been nothing but positive, and RSO vows to continue serving those in need.

“We think we are supporting others,” Lee said. “By supporting others, we are also supporting (ourselves) spiritually. We feel grateful because of our service to others. This is reciprocal.”

Savarimuthu agreed.

“I believe that Jesus Christ fed people with food and then God’s Kingdom,” he said. “And the Religious Support Office’s mission is to provide spiritual wellbeing, and help people (for the) greater glory of God. Whether you belong to a congregation, or you have faith in God or believe in a higher power or not, it feels good doing something for someone.”

Parris agreed, adding that the privacy of those who need assistance is of the utmost importance.

“Any time they come here for food assistance it’s all very confidential,” she said. “Nobody gets this information from us. It’s already hard enough to ask for help. I’ve worn those shoes, and I know how it makes you feel.”

The RSO Facebook page, [facebook.com/FortCavazosRSO](https://www.facebook.com/FortCavazosRSO), will post updates should any changes be made to any of the resources mentioned above.



By supporting others we are also supporting (ourselves) spiritually. We feel grateful because of our service to others. This is reciprocal.

– Chap. (Maj.) John Lee
Operations Chaplain, RSO



Sentinel file photo by Blair Dupre, Sentinel News Editor



Sentinel file photo by Blair Dupre, Sentinel News Editor

TOP, Pfc. Leonardo Fyffe, a nutrition care specialist, 190th Medical Detachment, 32nd Hospital Center, 1st Medical Brigade, loads food into a vehicle Sept. 5, 2024, during the Fresh Foods for Families event at Fort Cavazos. **ABOVE,** Volunteers prepare and load food into vehicles during the Fresh Foods for Families event Sept. 5, 2024, at Phantom Warrior Stadium at Fort Cavazos.

SPORTS

Bounce into fitness
in Bounce Bootcamp



Photos by Blair Dupre, Sentinel News Editor

Bounce Bootcamp participants warm up at the beginning of the group fitness class Jan. 15 at the Applied Functional Fitness Center at Fort Cavazos.

BY BLAIR DUPRE
Sentinel News Editor

For many, the new year means better, healthier habits that usually include creating a workout regime. Luckily, for the Fort Cavazos community, the Directorate of Family and Morale, Welfare and Recreation works hard to provide a plethora of workout opportunities.

“We currently offer 26 classes on our weekly group fitness schedule in a range of modalities,” said Emily Cox, fitness program specialist, DFMWR Athletics, Fitness and Aquatics. “We also offer multiple progressive small group training opportunities, certified personal and partner training, unit PT (physical training), nutrition coaching and have just launched massage therapy services as well.

“Offering a wide range of modalities and focusing on different areas of fitness ensures holistic development, improves motivation and consistency and helps participants progress at their own pace,” she continued. “We want to be as diverse as our Fort Cavazos community and provide opportunities that appeal to everyone. Whether you’re a beginner or an experienced athlete, diversity in fitness opportunities can make all the difference in achieving sustainable, long-term goals.”

The newest of opportunities in group fitness is Bounce Bootcamp, a high-intensity, low-impact workout that uses trampolines.

“We are so excited to introduce Bounce Bootcamp, highlighting trampoline fitness, to Fort Cavazos,” Cox said. “Incorporating trampolines offers a unique, fun and effective modality that provides a diverse, low-impact and enjoyable fitness option that caters to various skill levels and interests.”

While bouncing on the trampolines is a great

cardio workout, Bounce Bootcamp instructor Camelia Hall ensures the class also improves participants’ strength by incorporating resistance bands and weights into the workout.

“Being a boot camp, we incorporate other types of equipment,” she said. “We work out the whole body, not just the lower body.”

Hall said the workout can be adjusted to accommodate a range of fitness levels, ensuring everyone has fun and a great workout.

“You can always ... modify,” she said. “(The class) works for all fitness levels.”

Cox encourages anyone who is interested in any of the fitness opportunities offered by DFMWR to simply try it.

“Whether it’s something you’ve always been curious about or a workout you’ve never thought to explore, trying a new class or way to train can unlock a new experience that can help you discover new strengths, abilities, passions and challenge you in exciting ways,” she said. “Trying something new isn’t just about physical benefits either. It’s also a great way to refresh your routine, meet new people and build a community. You might surprise yourself by how much fun you have or how much more you’re capable of than you thought. Remember, you don’t have to be perfect or an expert; just show up with an open mind and a willingness to try. Our fitness community, instructors and coaches are all awesome and so welcoming.

“Take that first step — whether it’s yoga, cycling, trampoline, functional fitness or anything else that piques your interest,” Cox concluded. “It’s all about discovering what feels great for you and embracing the journey of becoming a stronger, healthier version of yourself.”

For more information on Bounce Bootcamp and other fitness opportunities, visit cavazos.armymwr.com/programs/group-fitness-classes.



Camelia Hall, instructor for Bounce Bootcamp, shows attendees the proper form for an exercise incorporating resistance bands Jan. 15 at the Applied Functional Fitness Center at Fort Cavazos.



Bounce Bootcamp participants use resistance bands during the class Jan. 15 at the Applied Functional Fitness Center at Fort Cavazos. The Directorate of Family and Morale, Welfare and Recreation offers a plethora of fitness opportunities for those in the Fort Cavazos community.

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CHAT 988lifeline.org/chat

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LAST WEEK'S CROSSWORD ANSWERS

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | N | E | S | S | L | A | N | W | E | S | H | E | L | E | T | I | N | O |
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| Y | V | O | I | A | O | N | E | H | L | O | I | D | E | W | | | | |
| J | E | W | L | I | N | E | L | N | E | T | T | E | O | N | E | W | | |
| R | E | D | O | L | L | E | V | H | O | O | N | E | V | I | D | N | O | |
| V | D | S | E | A | V | E | O | T | I | L | L | O | N | | | | | |
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| A | N | T | E | R | S | O | S | O | R | E | A | T | E | | | | | |

AUTOMOTIVE

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

FOR SALE: Frankoma Pottery, Mooy Pottery, Avon collection, Hotwheels. Collectibles: sports cards, albums, toys, pottery, racing magazines. Miscellaneous: tools,

weights equipment. More collectibles: Elvis, Princess Diana, Beanie Babies, and Star Wars. Please TEXT ONLY 254.479.8471.

FOR SALE: 18ft Suntracker Pontoon Boat- 75 hp \$18,500 254-295-6886.

WANTED: Senior Lady in Need of honest, mature, dependable, responsible person to help with light household cleaning, Covid Tested 2x a month @ \$50.00 for four hours service. (254) 213-1830.

FOR SALE: House for Sale- 5 Bedroom 5 Bath, 3 Car garage 4500 sq. ft. Patriots Bluff Temple, Tx 254-295-6886.

TX 76542; First Month's Rent free. \$1,900 a month after. (757) 805-4611.

FOR RENT: Quiet country setting, 2 miles to Belton Walmart, High school or College. 2 story 3 bedrooms, 2 baths on 2nd floor. 2 living areas & fireplaces. Kitchen and Pantry built into hill create your own storm shelter. Electronic gate controls privacy. Available January 15, \$2500 per mo. 3004 Oaklawn Dr. Belton Tx Call: 254-760-9820 or Email: bgnurse.1946@gmail.com.

REAL ESTATE

FOR RENT: Single family residence, 410 Ali Dr. Killeen, 6886.

WORD SHIPS

SLEUTH AHOY

ARPNPIHSDROLLJH
ECAYPIHSNIKWPP
TNEMPPIHSNWOTII
PREPPPIHSGNIKHHH
VITRAPHSDNLSSS
KIHGEHCSRRWBYRN
ZXWSUSSREOAPDAR
OMLJNIGPLCWHATE
EDBAYAXLIWAULST
TSQOWNERSHIPPON
NLKJHFGDFDSCSBI

unlisted clue: LORDSHIP

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
Tuesday's unlisted clue hint: HER LADYSHIP'S SPOUSE

Deanship

Fellowship

Hardship

Internship

Kingship

Kinship

Ladyship

Ownership

Shipment

Shipper

Shipsape

Spaceship

Starship

Township

Worship

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JUMBLE

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

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

GAAED
SYIDA
GUEOHN
AAMRCE

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

“ ”

Answer: When they went hiking on the Mendenhall Glacier, everyone --

Jumbles: ADAGE DAISY ENOUGH CAMERA

After your pictures, I'll take you to Nugget Falls. It's created by the melt off. I'm so glad we did this!

Smile! I can't believe how old this is.

WHEN THEY WENT HIKING ON THE MENDENHALL GLACIER, EVERYONE ---

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SCAN HERE

PREMIER CROSSWORD/ By Frank A. Longo

RIDE 'EM

ACROSS

1 Convergence points

5 Virgo follower

10 Hard puzzles

16 House pest

19 QED's "E"

20 2002 scandal company

21 Glossy paint

22 123-Down org. of the U.S.

23 Earner of 21 merit badges [Tonto]

25 Sophocles tragedy [Sergeant Preston]

27 AT&T or Sprint, e.g.

28 Guides

30 Sharon of Israel

31 Bawl

32 Slugger Mel

34 Biol., e.g.

35 It follows chi

37 Condé —

39 Eye part

41 Red Scare org.

44 Easily set off, as a temper [Roy Rogers]

47 Whirlwind of flame [Zorro]

50 Drinking spot

51 Itsy-bitsy

52 Now, in a way

53 Defendant's plea, in brief

54 Cornmeal with ground mesquite beans and spices

56 Irrefutable world title holder [Gene Autry]

63 Slangy sleuth

66 German "a"

67 "SOS" group

68 NYC hrs.

69 Armory stuff

70 In back, asea

72 Eight-armed mollusk

74 Cuba or Java

76 "Tomb raider"

77 Make a goof

79 Tent part

80 Actress Ortiz

81 Prefix with gender

82 Alternative to yogurt [Dale Evans]

87 Like farming that doesn't disturb the soil

88 Bluesman

89 Italian motor scooter

93 Stevenson of old politics

97 "It's — -brainer"

98 #1 hit song [Hopalong Cassidy]

100 Peak in the San Francisco Bay Area [The Cisco Kid]

103 Burn the surface of

104 Ballet skirt

105 Italian river

106 Pipe bend

107 Strep treater

109 Louise egg

111 Assembled

112 Army doc

114 "Finito"

117 Deputy of a bishop

119 Statistician who predicts election results [The Lone Ranger]

122 What you need to understand this puzzle's theme?

125 Ottawa loc.

126 Think up

127 Burst forth

128 School on the Thames

129 No. on a map

130 Hunting dog

131 TV awards

132 VIPs in D.C.

DOWN

1 Service cost

2 Handel work

3 Pet canary, e.g.

4 "— never fly"

5 Maseru's country

6 Kin of Ltd.

7 Frat dudes

8 Beat badly

9 Costs to play

10 City in Illinois

11 Tip jar bills

12 Melancholy

13 Former U.K. record co.

14 Mend

15 Bit of slander

16 Extent in area

17 Actor Leslie

18 Put a levy on

24 Prefix with friendly

26 Burn the surface of

29 Tunnel effect

31 Put through a strainer

33 Go to bed

35 Walked springly

36 Pabst beer

38 Attempt

40 Former NFL great Junior

42 Portuguese for "years"

43 Turk's large, black cap

45 "In the same place," in footnotes

46 Newsy bit

48 Jazzman

49 Uncertain

54 Certain legume garden

55 "Amo, amas, amat" class

57 Cash, slangily

58 Fastening rod with a crosspiece

59 Chum

60 Apple option

61 Upscale

62 Tacit assents

63 Barber's stuff

64 Jacob's twin

65 PC key

71 Partake of

72 Like "third" as opposed to "three"

73 Verdi works

75 Loud military welcome

78 Counterpart of wholesale

80 "The Joy Luck Club" novelist

83 Army division

84 Hunk of gunk

85 Seldom seen

86 Held on to

90 Asti — (wine)

91 Running back

92 In — (stuck)

93 "I — Rock" (1966 hit song)

94 Inactive, as a volcano

95 Crescent moon's form

96 Battery part

98 Pine product

99 Stands for hot pots

101 Opt

102 Tom of novelty songs

108 Giggly laugh

110 "— a pity ..."

113 Osiris' wife

114 Head, in Haiti

115 Usual thing

116 Bongo, e.g.

118 "Meh" grades

119 Neither fish — fowl

120 Authorize to

121 Big tank

123 Secret agent

124 Nav. officer

SLYLOCK FOX

BY BOB WEBER JR.

Count Weirdly claims he is inflating a balloon with as much helium as it will hold without bursting. Attached to the balloon are cameras intended to spy from six miles above Forestville. Why does Slylock Fox believe the count's plan will fail?

HOW TO DRAW a firefighter

YOUR DRAWING Today's terrific artist is Reva, age 11

Which one of the following planets has the largest ocean in the solar system?
a) Mars
b) Earth
c) Jupiter

Spot six differences between these panels.

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

GARLYN SHELTON

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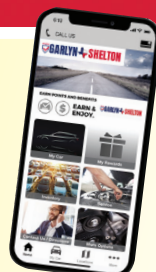


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2015 AUDI Q5
QUATTRO 2.0T PREMIUM PLUS
STK#31248B
Sale Price \$11,699

2016 HYUNDAI VELOSTER
3DR CPE AUTO TURBO
STK#31630A
Sale Price \$11,999

2018 HYUNDAI
SANTA FE SPORT 2.4L AUTO
STK#Z20133A
Sale Price \$11,999

2020 FORD
FUSION S FWD
STK#31298A
Sale Price \$12,999

2018 VOLKSWAGEN
TIGUAN 2.0T SEL PREMIUM
STK#61400A
Sale Price \$14,995

2019 HYUNDAI VELOSTER
TURBO R-SPEC MANUAL
STK#31494A
Sale Price \$16,499

2020 MAZDA
MAZDA6 TOURING AUTO
STK#30975A
Sale Price \$16,499

2020 FORD
FUSION SEL FWD
STK#C10020
Sale Price \$16,999

2018 JEEP
GRAND CHEROKEE LTD 4X2
STK#13273B
Sale Price \$17,199

2016 HONDA
CIVIC SEDAN EX-L CVT
STK#70299A
Sale Price \$17,995

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2022 HYUNDAI
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2024 MITSUBISHI
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STK#Z20169
Sale Price \$24,900

CERTIFIED 2025 VOLKSWAGEN
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STK#61288A
Sale Price \$24,995

2022 HYUNDAI
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Sale Price \$24,999

2021 FORD BRONCO
SPORT BIG BEND 4X4
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Sale Price \$25,500

2021 MAZDA
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STK#31218A
Sale Price \$25,699

2023 KIA
K5 GT-LINE AUTO FWD
STK#61050A
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Sale Price \$26,495

2022 NISSAN
ROGUE SPORT AWD SV
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2022 CHEVROLET
BLAZER FWD 4DR LT
STK#Z20166
Sale Price \$27,800

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2020 JEEP GRAND CHEROKEE
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STK#61315A
Sale Price \$29,149

2023 MAZDA MX-5 MIATA
GRAND TOURING AUTO
STK#31574A
Sale Price \$29,499

2024 MAZDA MX-5 MIATA
GRAND TOURING AUTO
STK#Z20160
Sale Price \$30,700

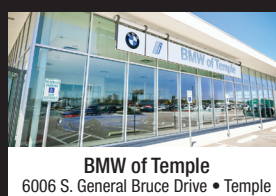
2016 LEXUS
GX 460 4WD 4DR
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2024 MAZDA CX-5
2.5 TURBO PREMIUM PKG AWD
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CERTIFIED 2023 VOLKSWAGEN
ATLAS 3.6L V6 SE FWD
STK#61329A
Sale Price \$34,999

2022 DODGE
CHALLENGER R/T RWD
STK#Z20170
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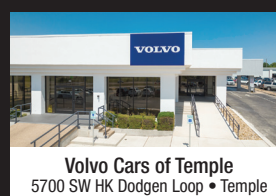
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