

THURSDAY
JANUARY 9, 2025



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Area hit hard by winter storm



ABOVE: Brandy Mitchell walks her dogs, Bear and Bandit, during a snowstorm Jan. 5 on Fort Leavenworth. Photo by Dan Mitchell
LEFT: Dan Mitchell prepares to ski across post to deliver a backpack full of hot cocoa to his neighbors Jan. 5 on Fort Leavenworth. Photo by Brandy Mitchell
 Community members helped document the ice storm and blizzard that hit Fort Leavenworth and surrounding areas Jan. 4-5. The extreme winter weather cancelled church, school and other events and required teleworking for much of the fort's workforce this week due to dangerous road conditions and continued frigid temperatures. For more of the community's winter weather images and information about the "once-in-a-generation" storm, see pages A4-8.

7 soldiers honored with nation's top valor award in White House ceremony

by C. Todd Lopez/Department of Defense News

WASHINGTON — At a White House ceremony on Jan. 3, President Joe Biden presented Medals of Honor to seven soldiers who served in either the Korean War or the Vietnam War.

Among the soldiers honored were Pvt. Bruno R. Orig, Pfc. Wataru Nakamura, Cpl. Fred B. McGee, Pfc. Charles R. Johnson and Gen. Richard E. Cavazos. All served in the Korean War and received the medal posthumously. Family members accepted the decoration on their behalf.

From the Vietnam War, both Capt. Hugh R. Nelson Jr. and Spc. 4th Class Kenneth J. David were decorated. Nelson received the medal posthumously, while David, the only living recipient, accepted the medal in person.

"I'm deeply privileged to honor seven American heroes," Biden said. "That's not hyperbole. These are genuine, to their core, heroes. Heroes of different ranks, different positions, and even different generations. But heroes who all went above and beyond the call of duty. Heroes who all deserve our nation's highest and oldest military recognition, the Medal of Honor."

SEE MEDAL OF HONOR A9



President Joe Biden awards the Medal of Honor to former U.S. Army Spc. 4th Class Kenneth J. David during a ceremony Jan. 3 at the White House. David — the only living recipient among the seven U.S. soldiers from the Korean and Vietnam Wars to receive the Medal of Honor during the ceremony — was recognized and honored for his acts of gallantry and intrepidity above and beyond the call of duty while serving as a radio operator with Company D, 1st Battalion, 506th Infantry Regiment, 101st Airborne Division, during combat operations on May 7, 1970, near Fire Support Base Maureen, Thua Thien province, Republic of Vietnam.

U.S. Army photo by Henry Villarama

AT A GLANCE

■ **FEDERAL OFFICES WILL BE CLOSED JAN. 9** for the funeral of 39th President of the United States Jimmy Carter. See page A2 for more information.

■ **The CHAPEL DECORATIONS RESTORATION EVENT** is at 9 a.m. Jan. 11. Call 913-684-2210 for more information.

■ **BERNSTEIN MEMORIAL POOL** in Harney Sports Complex will be closed for regular cleaning through Jan. 14.

■ Better Opportunities for Single Soldiers will host a dragon-themed Paint and Sip class from 6-8 p.m. Jan.

17 at the Arts and Crafts Center.

■ The next BOSS meeting is at 11:30 a.m. Jan. 22 in the Single Soldier Quarters common area.

■ See the **POST NOTES** (B section) for more information on upcoming events.

President issues statement on passing of President Carter

by President Joe Biden and First Lady Jill Biden

On Dec. 29, America and the world lost an extraordinary leader, statesman and humanitarian.

Over six decades, we had the honor of calling Jimmy Carter a dear friend. But, what's extraordinary about Jimmy Carter is that millions of people throughout America and the world who never met him thought of him as a dear friend as well.

With his compassion and moral clarity, he worked to eradicate disease, forge peace, advance civil rights and human rights, promote free and fair elections, house the homeless, and always advocate for the least among us. He saved,

STATEMENT FROM THE PRESIDENT

lifted and changed the lives of people all across the globe.

He was a man of great character and courage, hope and optimism. We will always cherish seeing him and Rosalynn together. The love shared between Jimmy and Rosalynn Carter is the definition of partnership, and their humble leadership is the definition of patriotism.

We will miss them both dearly, but take solace knowing they are reunited

once again and will remain forever in our hearts.

To the entire Carter family, we send our gratitude for sharing them with America and the world. To their staff — from the earliest days to the final ones — we have no doubt that you will continue to do the good works that carry on their legacy.

And to all of the young people in this nation and for anyone in search of what it means to live a life of pur-

pose and meaning — the good life — study Jimmy Carter, a man of principle, faith and humility. He showed that we are great nation because we are a good people — decent and honorable, courageous and compassionate, humble and strong.

To honor a great American, I will be ordering an official state funeral to be held in Washington, D.C., for James Earl Carter Jr., 39th president of the United States, 76th governor of Georgia, lieutenant of the United States Navy, graduate of the United States Naval Academy, and favorite son of Plains, Georgia, who gave his full life in service to God and country.

Federal offices closed Jan. 9 for Carter's funeral

Executive Order providing for the closing of executive departments and agencies of the federal government on Jan. 9, 2025, by President Joe Biden

By the authority vested in me as president by the Constitution and the laws of the United States of America, it is hereby ordered as follows:

-- All executive departments and agencies of the federal government shall be closed on Jan. 9, 2025, as a mark of respect for James Earl Carter Jr., the 39th president of the United States.

-- The heads of executive departments and agencies may determine that certain offices and installations of their organizations, or parts thereof, must remain open and that certain employees must report for duty on Jan. 9, 2025, for reasons of national security, defense or other public need.

-- Jan. 9, 2025, shall be considered as falling within the scope of Executive Order 11582 of Feb. 11, 1971, and of 5 U.S.C. 5546 and 6103(b) and other similar statutes insofar as they relate to the pay and leave of employees of the United States.

-- The director of the Office of Personnel Management shall take such actions as may be necessary to implement this order.

Roadmap to Revolution Part 1:

1775 - The Coming of War, Lexington, Concord

by Walter Napier/Combined Arms Center Deputy Command Historian

Editor's note: This will be the first article in a series about major events of the American War for Independence as part of the celebration of the United States' Semiquincentennial, which marks the 250th anniversary of the signing of the Declaration of Independence, and the 250th anniversary of the U.S. Army.

Nearly 250 years ago, in the early hours of April 19, 1775, British troops under the command of Lt. Col. Frances Smith and Maj. James Pitcairn maneuvered toward Concord, Massachusetts, in order to seize arms and munitions being collected there by colonial agitators. Before the end of that day, Paul Revere made his famous ride; the first battles of the American Revolution, Lexington and Concord, were fought; and an eight-year struggle for liberty began.

The relationship between the American colonists and the British crown had rapidly deteriorated since the end of the Seven Years/French and Indian War (1754-1763). The British crown imposed taxes on the colonies for many common use items such as sugar, tea and paper in order to provide compensation to the crown for the recent expense of defending the colonies. The colonists, who had grown accustomed to their independence, objected to these levies, especially considering they lacked formal

U.S. ARMY'S 250th ANNIVERSARY

representation in the British Parliament. The British crown was actually willing to negotiate, yet from the passage of the Sugar Act in 1764, a growing tension overtook the colonies, especially in New England.

The rising animosity resulted in a number of high-profile incidents, such as the infamous Boston Massacre in 1770, where a squad of British soldiers fired into an unruly Boston crowd killing five, and the Boston Tea Party in 1773, where the Sons of Liberty organized an opposition group to throw an entire British tea shipment into the Boston Harbor. In 1774, the British passed four acts considered by the colonists to be the "Intolerable Acts," which included altering the Massachusetts Charter, not allowing British troops to be tried in the colonies, shutting down the Boston Port, and the Quartering Act allowing British troops to be stationed in private homes. In response, the citizens of Massachusetts established an illegal governing body in Concord, and the First Continental Congress was held in Philadelphia that called for a complete boycott of British goods. In Feb-

ruary 1775, the British Parliament declared the colony of Massachusetts in rebellion and approved the use of deadly force against any violent rebels.

Early on April 19, 1775, Lt. Gen. Thomas Gage, the British commander in America, ordered Smith and Pitcairn to seize the armaments being held at Concord to try to halt the uprising before it could begin. The Americans had anticipated this, however, and that same night Paul Revere placed lanterns in the Old North Church to alert the spy network of movement by land, then he, William Dawes and Samuel Prescott made their famous midnight ride to warn of the British movements.

After being alerted, the Minutemen under Capt. John Parker assembled at Lexington Green on the road to Concord. At dawn, the British column approached, and Parker recognized his men were vastly outnumbered. He ordered his men to disperse, and although there is confusion as to who shot first, the final result was a British volley that killed eight Americans and wounded 10 others. The British troops continued their march toward Concord, but the rebels had been aware of their coming since around 2 a.m. and met the advancing British at the North Bridge of Concord.

American militiamen under Maj. John Buttrick returned fire after an initial British volley and pushed the British back. Local militiamen continued to move into Concord, and Smith, realizing the degrading situation, decided to exit Concord around noon. The British suffered three killed and eight wounded, and the Americans suffered two killed and three wounded.

As the British moved back toward Charlestown, Parker, the militia commander at Lexington, reorganized and set up a deadly ambush to harass the British on their return journey. The surprise attack caused major casualties on the British troops, and injured Smith himself. A British relief force with artillery arrived just in time to regain control of the situation and kept the entire column from being defeated. By the end of the day, the British suffered approximately 273 casualties, and the Americans suffered around 95. The "shot heard around the world" had been fired, and the War for Independence had begun.

For further reading see "The Glorious Cause: The American Revolution, 1763-1789" by Robert Middlekauff, "A Guide to the Battle of the American Revolution" by Theodore P. Savas and J. David Dameron, and "The Cause: The American Revolution and Its Discontents, 1773-1783" by Joseph J. Ellis.

National Archives launches Declaration250

by National Archives News

WASHINGTON — The National Archives launched a new website Declaration250.gov in September 2024 to help the nation join in its journey to celebrate America's 250th birthday and the signing of the Declaration of Independence.

The National Archives is planning for a two-year celebration, in coordination with the U.S. Semiquincentennial Commission, also known as America250, and other federal partners and cultural heritage organizations.

As the home of the Declaration of Independence, the National

Archives is planning to play a central role in the nation's celebration. Under its Declaration250 branding, the National Archives will be celebrating the ideals of equality and liberty enshrined in the Declaration of Independence and commemorating 250 years of United States resilience and the pursuit of happiness. (See <https://www.archives.gov/milestone-documents/declaration-of-independence>.)

"Declaration250 is our nationwide celebration, and we invite all Americans to celebrate with us," said Archivist of the United States Dr. Colleen Shogan. "From the Road to Revolution to the Spirit

of Independence, we're going to spend the next two years hosting events, discussions and activities that will salute how far we've come as a nation and explore how we can continue to work together to build a more perfect union."

The new website will serve as an anchor to all the agency's Declaration250-related activities over the next two years. Currently the site features signature programming and a countdown to July 4, 2026.

It also points to a wide range of related National Archives resources, including an America's Founding Documents page on the Declaration of Independence and

a calendar of events. Relevant exhibits will also be shared from the website, such as Road to Revolution, which is currently on display in West Rotunda at the National Archives Building. For upcoming events, visit <https://www.declaration250.gov/events>.

"For the next two years, the National Archives will commemorate and celebrate the Declaration of Independence in the nation's capital, at locations around the country and online," Shogan said. "I invite you to help carry out that spirited charge and



join our national celebration. Learn more at Declaration250.gov about our plans for America's biggest birthday yet."

Visit <https://www.declaration250.gov/> to learn more and to sign up for the newsletter to receive Declaration250 materials and updates.

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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U.S. Army photo by Staff Sgt. Antony J. Martinez

Soldiers from the Commander-In-Chief's Guard and the Fife and Drum Corps march ahead of the 2025 Army Rose Parade float Jan. 1 in Pasadena, California. CinC and FDC took part in the 136th Rose Parade along with other Army units that were hand picked to help tell the Army's story of the last 250 years during the New Year's Day parade.

Army kicks off 250th birthday celebration at Rose Parade

by Department of Defense News

PASADENA, Calif. — The Army kicked off its 250th birthday celebration Jan. 1 at the 136th Tournament of Roses Parade, where its "This We'll Defend: 250 Years of Service" float highlighting various eras of Army history rolled through Pasadena, California.

The parade's theme of "Best Day Ever!" provided a fitting backdrop for the float, which featured artistic figures representing Army icons.

Artistic figures on the float included Gen. George Washington; Mary Ludwig Hays, better known by her nickname of Molly Pitcher; Col. Robert Shaw; Maj. Walter Reed; Pfc. Joseph Oklahombi; Charles "Chief" Anderson; and Lt. Col. Harold Moore Jr.

Ushering in the modern era of the Army and riding on the float were Staff Sgt. Joseph Murtaugh and Staff Sgt. Daisy Balbuena, as well as several of the Army's soldier athletes, including Capt. Sammy Sullivan.

Other soldiers walking alongside the float wore historic uniforms, including soldiers assigned to the 3rd U.S. Infantry Regiment, known as "The Old Guard." The Old Guard Fife and Drum Corps played traditional march music, and a custom musical piece, arranged by Sgt. 1st Class Sara Corry and recorded by The U.S. Army Band, known as "Pershing's Own," accompanied the float during the parade, capturing the spirit of the Army from the Revolutionary War to present day.

The parade also featured troopers assigned to the Horse Cavalry Detachment, 1st Cavalry Division, commemorating the era when horse-mounted soldiers were vital to Army operations through World War II. Being the oldest horse unit in the United States, the Horse Cavalry Detachment has participated in the Tournament of the Roses almost every year since 1996.



U.S. Army photo by Staff Sgt. Antony J. Martinez

Soldiers march alongside the Army's "This We'll Defend: 250 Years of Service" float during the Tournament of Roses Parade Jan. 1 in Pasadena, California.



U.S. Army photo by Staff Sgt. Antony J. Martinez

Capt. Sammy Sullivan, who helped the U.S. women's rugby sevens win its first Olympic medal, waves from the Army float during the Tournament of Roses Parade Jan. 1 in Pasadena, California.



Army troopers assigned to the Horse Cavalry Detachment, 1st Cavalry Division participate in the Rose Parade Jan. 1 in Pasadena, California.

U.S. Army photo by Sgt. Lyca Williams

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Fort Leavenworth community experiences epic snowstorm

'Once-in-a-generation' winter storm hits post

by Prudence Siebert/Editor

An ice storm Jan. 4, followed by a blizzard most of the day Jan. 5, hit Fort Leavenworth and the surrounding area, cancelling church, school and other events and requiring much of the post's workforce to telework for several days the next week. "This was, in fact, a once-in-a-generation type of storm. The snowfall notwithstanding, we also had a legitimate ice storm that preceded the snowstorm, so really a historical storm. We haven't seen double-digit snowfall in one day since the early '90s," said Fort Leavenworth Emergency Manager Zac Lay. "Since the National Weather Service began monitoring the snowfall amounts in 1880, this was the fourth-most snow that we have received in one day."

Lay said Fort Leavenworth received 11.5 inches of snow, half an inch more than was reported at Kansas City International Airport, amounts that will be verified by NWS for official historical reporting.

Employees from the Directorate of Pub-

lic Works, Michaels Military Housing and Wallace Landscaping have been helping clear snow and ice from public and housing areas.

"I cannot say enough about the good work that units, stakeholders and tenants have put into preparing for and working through the challenges of the dangerous weather from this last week," Lay said. "Likewise, the Directorate of Public works has been working around the clock to clear snow from lots, sidewalks and streets for days on end. MMH and Wallace Landscaping are also working alongside our DPW crews doing great work in the residential areas, trying to get the post safe and cleared for the entire community. Our installation owes a debt of gratitude to those folks. Additionally, we rely so heavily on our off-post partners — Leavenworth County, Platte County and Leavenworth City — to ensure the safety of our community."

Lay said the post's Winter Weather Working Group (W3G) works to address and mitigate hazards to ensure the Fort Leavenworth mission is uninterrupted.



Photo by LaRay Garibay

Todd Lamphier, Network Infrastructure Division chief at the Network Enterprise Center, clears snow outside the NEC Jan. 6 on Biddle Boulevard.



Photo by Kat Simmons

Staff Sgt. Dominic Mahoney, Headquarters and Headquarters Company, Midwest Joint Regional Correctional Facility Battalion (Corrections), watches Great Dane Thor play in the snow with Sgt. Ian Simmons, B Company, U.S. Disciplinary Barracks Battalion (Corrections), and Jacoby Simmons Jan. 6 in Ottawa Village.



Photos by Sarah Crabtree

ABOVE: Fifteen-year-old Makayla Crabtree, left, and 18-year-old Cayden Crabtree, right, document the heavy snowfall with an artistic portrait with their mother, Sarah Crabtree, center, Jan. 6 in Main Post.

BELOW: Eighteen-year-old Cayden Crabtree and his sister 15-year-old Makayla Crabtree crawl through piles of snow, which drifted during the blizzard that hit post Jan. 4-5 and had been shoveled off sidewalks and cleared from the street, Jan. 6 in Main Post. Schools and businesses closed because of the winter storm, and much of post's workforce teleworked this week due to dangerous road conditions in Kansas and Missouri.



Photo by Melissa Punio

ABOVE: Melissa Punio documented the snow piling up on her back deck, pushing the storm door, just before midnight Jan. 5 in Pottawatomie Village.



Photo by LaRay Garibay

RIGHT: Doug Sage, plans and operations chief at the Network Enterprise Center, shovels snow outside the NEC Jan. 6 on Biddle Boulevard.



Snowstorm (continued from Page A4)



LEFT: Sally Chavous and Lt. Col. Jon Chavous, instructor at the School for Command Preparation, take a photo by the Buffalo Soldier Monument as they snowshoe across post Jan. 5. Sally said they were introduced to snowshoeing when they were stationed at Fort Drum, New York, from 2020-2022, and they were excited for the opportunity to break out their snowshoes over the weekend.
BELOW: Leif Chavous makes a snow angel Jan. 5 on Fort Leavenworth.

Photos by Sally Chavous



Photo by Jennifer Clifton

Twelve-year-old Sam Clifton plays in the big hole he created in his family's front yard Jan. 5 in Iowa Village. Sam's mom, Jennifer Clifton, said he burrowed down into it and said it was super warm.



Photo by Julia Hong

Eight-year-old Sophie Hong "conquers" the snow after helping shovel her family's driveway, with the hope of returning to school the next day, Jan. 6 on Fort Leavenworth. School was cancelled Jan. 6-8 due to the weather.



Photo by Walter Sprengeler

Jethro, Jedediah and Walter III Sprengeler bundle up and grab their sleds to go sledding in the nearly foot of snow that fell the day before Jan. 6 on Fort Leavenworth.



Photos by Stephanie Douglass

Stephanie, Evan, and Josie Douglass, ABOVE, and Evan again, LEFT, play in the snow Jan. 5 after the storm that dropped about a foot of snow on post over the weekend.

Snowstorm (continued from Page A5)



Photo by Samantha Davis

After record snowfall over the weekend, Penelope Davis takes advantage of the foot of snow and day off from school to sled down her front yard Jan. 7 on post.

RIGHT: Monica Bassett shovels snow to build a snow mountain for her 5-year-old daughter, Amelia, **BELOW,** Jan. 6 in Pottawatomie Village. Monica said her daughter sat on the snow mountain, watched from her perch, ate some snow, and made a slide down the side of the snow heap while her big sister, 10-year-old Sofia, was elsewhere on post playing with friends.



Photos by Monica Bassett



Photos by Natalie Gibbs



ABOVE, LEFT and BELOW: The Gibbs children — 7-year-old Gannon, 9-year-old Gage and 12-year-old Georgiana — play in the snow, using a hill for sledding by Hunt Road, Jan. 6 in Pottawatomie Village.

Julia Horgan and her dog, Czege, play in the snow Jan. 6 on Fort Leavenworth.

Photo by Julia Horgan



Snowstorm (continued from Page A6)

Pooches play in powder on post



Photo by James Untiedt

ABOVE: Remi, a dog staying at the Fort Leavenworth Stray Facility while the Rod and Gun Club Kennels are closed due to the weather, plays in the snow Jan. 6. Volunteers continued to care for pets at the Fort Leavenworth Stray Facility throughout to storm to make sure the animals were safe, fed/watered and otherwise cared for. **RIGHT:** Staff Sgt. Teresa Herring's husky/German shepherd/terrier mix dog Ginnie romps in the snow Jan. 6 on post.

Photo by Staff Sgt. Teresa Herring

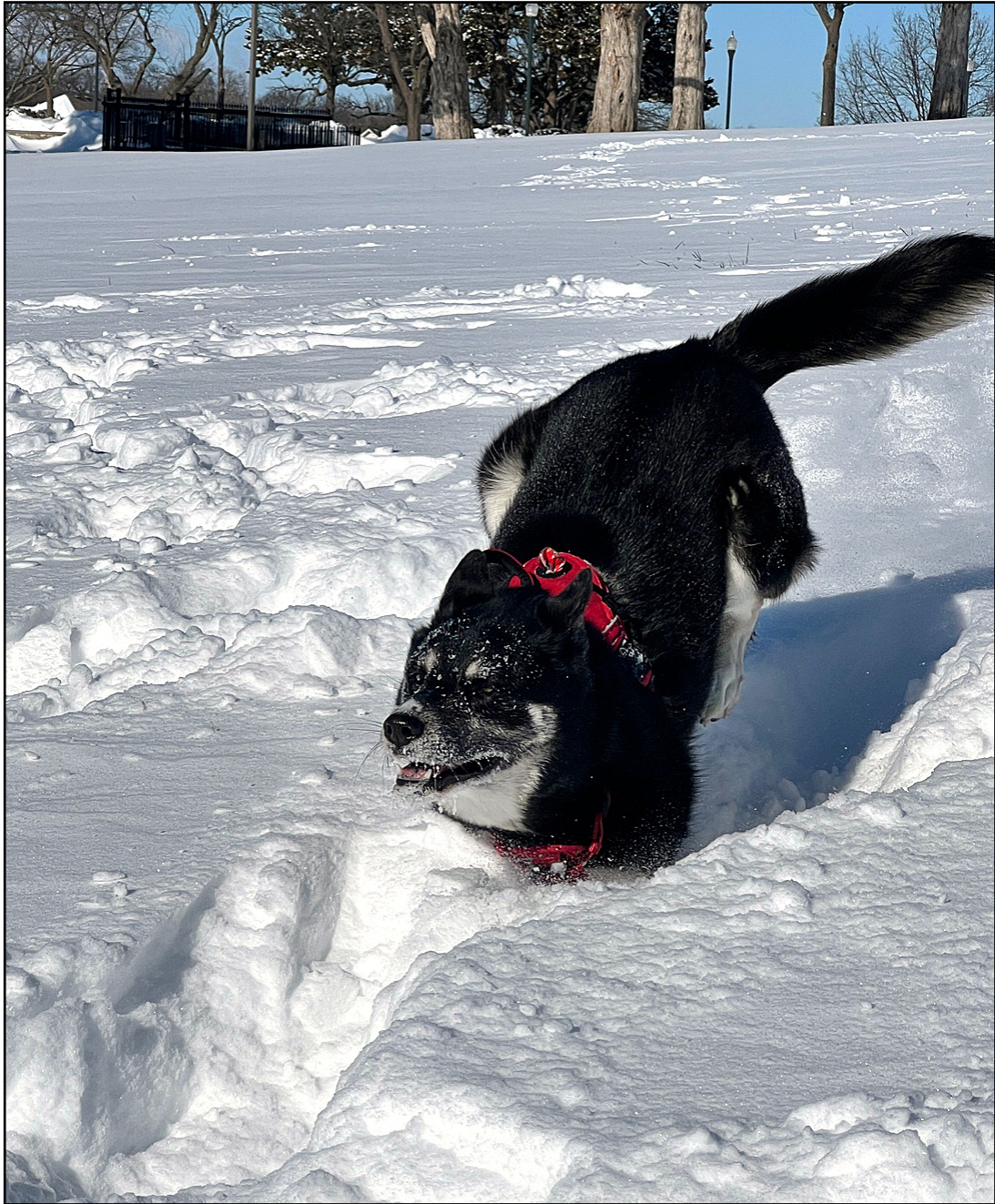


Photo by Stephanie Douglass

The Douglass family's dog Maja brings a little snow inside with her after a jaunt in the winter wonderland Jan. 5 on post.



Photo by Staff Sgt. Teresa Herring

ABOVE: Staff Sgt. Teresa Herring's chocolate Labrador retriever Athena and Sarah Crabtree's mixed-breed dog Meech, **RIGHT,** enjoy some time outside in the snow Jan. 6 on Fort Leavenworth.

Photo by Sarah Crabtree



Photo by Julia Horgan

Julia Horgan's dog, Czege, plays in the snow Jan. 6 on Fort Leavenworth.

Snowstorm

(continued from Page A7)

Fort Leavenworth Hunt foxhounds 3-year-old, Huey and 6-year-old Barrage hop up on a wood spool while playing in the snow Jan. 7 at the FLH kennels on post. Caretaker Jessica Kudzia said the foxhounds love playing in the snow and hunting for treats tossed in the snowy yard, hence the snow on their noses. "Their kennel is heated and they have beds made of wood shavings and hay to keep them dry and warm," Kudzia said. "They seemed to sense the storm was coming and began howling more than usual a few days before the storm hit. Otherwise, they never seem to be bothered by the weather, and they are ready to go hunt once the weather is safe for their human and equine companions."

Photo by Jessica Kudzia



Photos by Mindy Young

ABOVE: Twelve-year-old Aubrey Young crawls into her igloo Jan. 7 in Iowa Village. Aubrey's mom, Mindy Young, said her daughter spent two days constructing the igloo, equipping it with a built-in snowcone holder and building add-ons, including a car and a stool. **RIGHT:** Aubrey Young plays in the snow with former foster boxer mix puppy, Dottie, Jan. 7 in Iowa Village. The Youngs fostered Dottie through Pawsitive Tails Rescue in Olathe, Kansas, and are now petsitting the puppy through the storm while her new owners are away.



Photo by Kionna Huewitt

ABOVE: Ten-year-old Joseph Huewitt poses with his snowman creation Jan. 7 in Cheyenne Village.

LEFT: Two-year-old Annabelle Schoffstall experiences her first big snowfall Jan. 7 in Main Post. Annabelle helped her dad, Maj. Adam Schoffstall, shovel snow (by climbing the snow hills), and they went sledding on the hill by Frontier Chapel.

Photo by Maj. Adam Schoffstall

Medal of Honor

(continued from Page A1)

Pvt. Bruno R. Orig



Born in Honolulu, Hawaii, in 1930, Orig enlisted in the Army in 1950. On Feb. 15, 1951, while serving with Company G, 23rd Infantry Regiment, 2nd Infantry Division in the vicinity of Chipyeong-ni, Korea, Orig returned from a mission to find many of his fellow soldiers wounded in an ongoing enemy attack. Orig administered first aid to his fellow soldiers and remained exposed to enemy fire. With the assistance of other soldiers, Orig removed the wounded to a place of safety.

When Orig noticed that all but one of a machine-gun crew had been wounded, he volunteered to man the weapon. Orig was so effective on the machine gun that a withdrawing friendly platoon was able to move back without a single casualty. Orig continued to inflict heavy casualties on the enemy until the company positions were overrun. Later, when the lost ground was recaptured, Orig was found dead beside his weapon, though the area in front of his gun was littered with enemy dead. He was 20 years old at the time.

"Bruno saw his fellow soldiers were wounded and stranded under enemy fire," Biden said. "Without hesitation, he ran out to rescue them, giving his own life to save the lives of his brothers in arms. That's valor. That's the definition of valor."

Pfc. Wataru Nakamura



Nakamura was born in Los Angeles, California, in 1921.

"After an attack on Pearl Harbor, he was forced to live in an internment camp, like so many other Japanese Americans," Biden said. "But still, he signed up to serve our nation during World War II and the Korean War. During his last mission in May of 1951, single handedly he defended his unit from enemy attack, fighting until he was killed by a grenade."

While serving with Company I, 38th Infantry Regiment, 2nd Infantry Division in the vicinity of P'ungch'on-ni, Korea on May 18, 1951, Nakamura volunteered to check and repair a communications line between his platoon and the command post. During that mission, he came under fire by an enemy force which had surrounded friendly positions and were threatening to break the company defense lines.

Without waiting for help, Nakamura rushed the enemy with his bayonet engaged. He singlehandedly attacked and destroyed a hostile machine-gun nest and drove the enemy from several of the bunkers they had captured. When his ammunition was depleted, he withdrew while under enemy fire. Nakamura then met an ammunition party ascending the hill. After briefing the officer in charge, Nakamura rearmed himself and, covered by the fire of the officer and two fellow soldiers, returned to the attack. He killed three of the enemy in one bunker and killed and seriously wounded another in the last enemy-held bunker. Continuing to press the attack, he fell mortally wounded by an enemy grenade. He was 29 years old at the time.

Cpl. Fred B. McGee



McGee was born in Steubenville, Ohio, in 1930. He enlisted in the Army in 1951 and served in Korea from January to November 1952.

"(He was) a Midwesterner, a steel worker and a gunner in one of the first integrated army units of the Korean War," Biden said. "Fred embodied the very best of our country. In June 1952, his unit was attacked. They took casualties. They were ordered to fall back. But Fred refused to leave until he helped every wounded soldier evacuate."

While serving near Tang-Wan-Ni, Korea on June 16, 1952, as a gunner on a light machine gun in a weapons squad, McGee delivered a heavy volume of supporting fire from an exposed position despite intense enemy machine-gun and mortar fire directly on his location. Though forced to

move his gun several times, McGee continued to support the assault and give covering fire to the assault elements of his platoon. When his squad leader was wounded, together with several other members of his squad, McGee assumed command and moved the squad even farther forward to a more exposed position in order to deliver fire on an enemy machine gun. When his own machine gunner was mortally wounded, McGee again took over the gun. He directed his squad to withdraw and voluntarily remained behind to help evacuate the wounded and dead.

Though wounded in the face, McGee exposed himself to danger by standing straight up in enemy machine-gun and mortar fire while attempting to evacuate the body of the company runner. Forced to abandon the body, he aided a wounded man to be moved to the rear and safety through a huge volume of enemy mortar and artillery fire.

At the time of his combat action, McGee was 22 years old. After the Korean War, McGee worked in the steel industry for more than four decades. He died in 2020, in Pittsburgh, Pennsylvania.

Pfc. Charles R. Johnson



Johnson was born in Sharon, Connecticut, in 1932, and enlisted in the Army in 1952.

"Growing up, in the words of Charlie's high school classmates, he was a heck of a football player," Biden said. "Well, back in 1952, Charlie signed up to serve in Korea, trading his jersey for a uniform. During one battle, he gave his life to defend a bunker full of his wounded soldiers. His valor saved 10 men, including an old high school classmate."

When Chinese forces attacked his unit at Outpost Harry in Korea, June 11-12, 1953, Johnson was serving as a rifleman with Company B, 15th Infantry Regiment, 3rd Infantry Division. During the battle, an overwhelming number of Chinese troops assaulted the trenches and bunkers that were defended by Johnson and his squad.

Johnson was wounded from a direct artillery hit on his bunker and subsequently from a hand grenade thrown inside the bunker. Even though he was injured, he administered first aid to those more seriously injured than himself. Johnson dragged a wounded soldier to the safety of a secure bunker while stopping intermittently to aid injured soldiers and kill several enemy troops in hand-to-hand combat. After departing the safety of the second bunker, he conducted a search for weapons and ammunition, then returned to rearm everyone. After acknowledging the untenable situation he and his fellow soldiers found themselves in, Johnson exited the bunker and placed himself between the enemy and his injured comrades. He told them he'd hold off the enemy forces as best as he could. He was killed by enemy forces while fighting to defend his position and to protect his wounded comrades.

At the time of his combat action, Johnson was 19 years old.

Gen. Richard E. Cavazos



Born in Kingsville, Texas, in 1929, Cavazos earned his commission in 1951, after having served in the Reserve Officer Training Corps at Texas Tech University.

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

At the time of the combat action that earned him the Medal of Honor, Cavazos was a first lieutenant serving as the company commander of Company E, 2nd Battalion, 65th Infantry Regiment, 3rd Infantry Division in the vicinity of Sagimak, Korea. On the night of June 14, 1953, Cavazos led his company in a raid on an entrenched enemy outpost with the mission of destroying the personnel and installation there. During the initial attack, he led his men through enemy mortar and artillery fire. Upon entering the trenches, close combat

ensued during which Cavazos directed heavy fire on the enemy and their positions.

When an enemy mortar and artillery barrage hit his position, Cavazos withdrew the company and regrouped his men. Twice more he led his men through intense enemy fire in assaults on the enemy position, destroying vital enemy fortifications and personnel. When ordered to withdraw his company, Cavazos complied but remained alone on the enemy outpost to search for missing men. Although exposed to enemy fire, he located five battle casualties and evacuated each, one by one, to a point on the reverse slope of a nearby hill where they could be safely recovered by friendly forces. After, he returned to the battlefield where he found a small group of men who had become separated from the main assaulting force and personally led them to safety. When informed that there were still men missing, Cavazos again returned to the scene of the battle. There, he located and led another small group of men to safety. He then made two more unassisted trips to the battlefield searching for missing soldiers. It wasn't until he was satisfied that the battlefield was cleared on the morning of June 15 that he allowed treatment of his own combat wounds. At the time of his combat action, he was 24 years old.

Cavazos retired from the Army in 1984, after attaining the rank of general. He died in 2017, in San Antonio, Texas.

Capt. Hugh R. Nelson, Jr.



Born in 1937, in Charlotte, North Carolina, Nelson entered the Army in 1963.

"He was just 28 years old when he and his crew were shot down in Vietnam," Biden said. "Hugh freed his men who were trapped in the wreckage. Then, as the enemy began to attack, he used his body as a shield to protect them. It cost him dearly. It cost him his life. Hugh's commanding officer called it the ultimate act of self-sacrifice, which it was."

While serving with the 114th Aviation Company (Airmobile Light) on June 5, 1966, near Moc Hoa, Republic of Vietnam, Nelson was the acting aircraft commander of an armed UH-1 Iroquois helicopter on a search-and-destroy reconnaissance mission when it was struck by enemy fire that rendered the aircraft virtually uncontrollable. The pilot and Nelson were able to crash land the aircraft without lateral controls. At some point after the crash, Nelson exited the aircraft and went to the aid of his wounded comrades. Proceeding to the other side of the aircraft, Nelson found his dazed and wounded crew chief still trapped inside. After removing the specialist and placing him on the ground, he climbed into the severely damaged helicopter to assist the door gunner who was still strapped inside and unable to move.

While Nelson tried to free his comrade, the insurgents engaged the aircraft with automatic rifle and small arms fire. Despite the enemy fire and being hit, he was able to free the trapped door gunner. Upon removing the wounded door gunner from the aircraft, he forced the specialist to the ground and used his own body as a shield to cover his comrade from the enemy fire. While shielding the door gunner, Nelson was hit several times by enemy fire and was killed in action while saving the life of his comrade. His sacrifice allowed the wounded door gunner to use a smoke grenade to signal for supporting aircraft. When those aircraft responded, they were able to prevent the insurgents from advancing on the downed aircraft. They also were able to rescue the three wounded crew members. At the time of his combat action, Nelson was 28 years old.

Spc. 4th Class Kenneth J. David



Born in 1950, David entered the Army in 1969. On May 7, 1970, David was serving as a radio-telephone operator with Company D, 1st Battalion, 506th Infantry, 101st Airborne Division, near Fire Support Base Maureen, Thua Thien Province, Republic of Vietnam. At that time, David's company came under an intense attack from a large hostile force. The enemy's initial assault mortally wounded the company's platoon leader and resulted in numerous other casualties. Upon the initial assault, David

handed his radio to his platoon sergeant and moved forward to the defensive perimeter, where he unleashed a barrage of automatic weapons fire on the enemy. From this location, David resisted all enemy efforts to overrun his position. Realizing the impact of the enemy assault on the wounded who were being brought to the center of the perimeter, he moved to a position outside of the perimeter while continuing to engage the enemy.

Each time the enemy attempted to concentrate its fire on the wounded inside the perimeter, David would jump from his position and yell to draw the enemy fire away from his injured comrades and back to himself. Refusing to withdraw in the face of the concentrated enemy fire now directed toward him, David continued to engage the enemy. Although wounded by an exploding satchel charge and running low on ammunition, he tossed hand grenades toward the attackers to counter their fire. The unit's medic, realizing that David had been injured, moved to his position to provide aid, but David assured him that he was okay and continued to fight on. David's actions continued to draw the enemy fire away from the incoming medevac helicopters, which allowed the wounded to be safely evacuated. After allied reinforcements fought their way to his company's position, David carried a wounded comrade to a sheltered position. He then returned to the contact area and continued to engage the enemy and provide covering fire for the wounded until the enemy broke contact and fled, at which point he, too, was medically evacuated. At the time of his combat actions, David was 20 years old.

"(Ken) couldn't and wouldn't give up," Biden said. "Instead, he shouted and fired his weapon to attract attention to him, away from others and away from the wounded men. Imagine that courage. 'Come get me. Come get me. Don't get those folks.' That's selflessness. Ken, I want to say to you, and I wish I could say to every man we're honoring today: you're a hero, a genuine hero, a flat out, straight-up American hero. And we owe you. The families owe you."

Since concluding his service in Vietnam, David has spent 39 years working for Disabled American Veterans in Ohio, where he now serves as the adjutant treasurer.

"(At) our chapter back here, we just spent \$3,000 in food for homeless veterans and veterans in need for the Christmas holidays," David said. "We get used scooters and wheelchairs donated to us, and we, in turn, give them out, no charge, (to) whoever needs them. We do what we have to do to help the veterans in our community ... because we have to help our brothers."

David said he frequently remembers the men he knew who didn't come home alive from Vietnam, saying he thinks of them as friends. He said he keeps biographies of those men in a book in his truck.

"That's my way of coping with my stress," he said. "They were my friends; a lot of times I call them kids, because we were all kids at that time. But we knew the way they walked, we knew the way they talked, their heartbeat, and we would do anything for each other in any situation."

David is already the recipient of the Distinguished Service Cross, which he received in 1971 for his service in Vietnam. But he said the Medal of Honor will help him be a better advocate for the needs of veterans like himself.

"With the cross I was able to use the award to help more veterans, because people listen to me," he said. "Now that I'm receiving the Medal of Honor, I will have more power to help more veterans, in my opinion, because I think people will listen to me more because of the award."

Serving veterans, he said, continues to be his duty.

"I will never forget my friends and my veterans in my county up here," he said. "That's my goal for the rest of my life now."

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

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

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

Army provides soldiers, families variety of mind, body resources

by Shannon Collins/Army News Service

WASHINGTON — As the new year begins, soldiers, their families and Army civilians have a variety of tools and programs available to support their overall well-being.

From holistic health and fitness initiatives to spiritual readiness resources, free counseling, sleep assistance and family support programs, the Army is committed to fostering resilience and balance.

These resources ensure a comprehensive approach to strengthening mind and body for the challenges ahead.

Holistic Health and Fitness

The Army's Holistic Health and Fitness, or H2F system, provides training and education to improve and maintain the readiness, resilience and performance of the total Army.

The H2F Performance Team is comprised of military professionals from the medical, dietary and religious support fields within the Army. The teams implement an interdisciplinary, holistic approach to the management of the physical and mental health of soldiers, while also monitoring their well-being, and performance. The effort seeks to optimize physical and non-physical performance, reduce injury rates and improve rehabilitation after injury, ultimately increasing the overall readiness of the total Army.

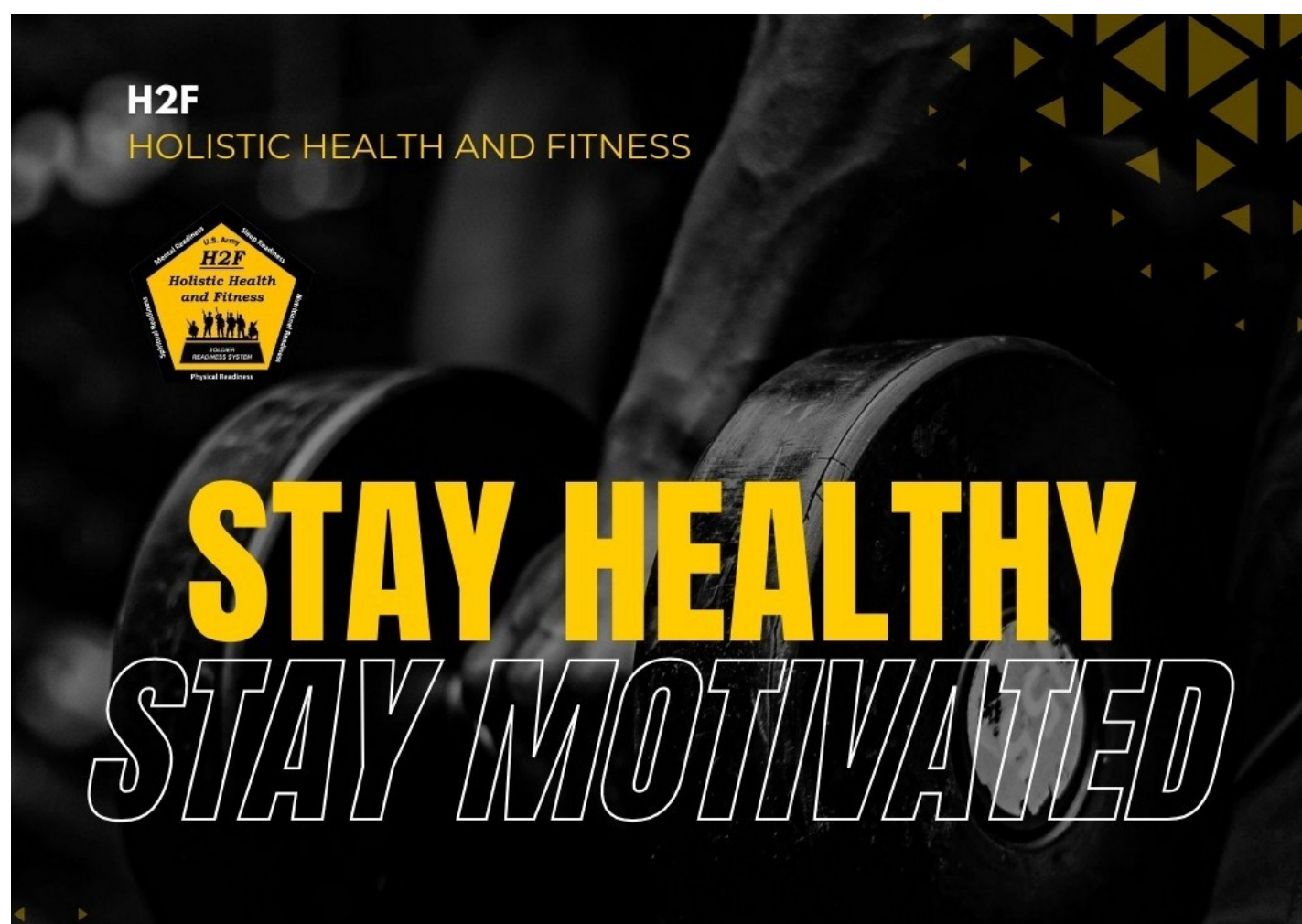
Spiritual readiness is one component of the approach. This includes the development of personal qualities needed to sustain a person in times of stress, hardship or tragedy, according to the H2F Handbook. Spiritual readiness is not just about religion, although religion could play a key role for some. Spiritual readiness is about finding your purpose, believing in something, connecting with others, forgiving yourself and moving on from mistakes, getting along with those around you, living your values and serving selflessly.

Chaplains and religious affairs specialists provide various types of counseling and training for the command stemming from religious, spiritual, relational and general life training. They can provide various resources to connect people with their spiritual core to build the human spirit, body and mind.

Download the Holistic Health and Fitness Handbook at <https://api.army.mil/e2/c/downloads/2023/06/05/25e44ff1/23-06-784-holistic-health-and-fitness-handbook-jun-23-public-release-1.pdf>

Military family life consultants

The Military and Family Life Counseling Program provides free, confidential non-medical counseling to service mem-



U.S. Army graphic by James Jones

The holistic health and fitness system is the Army's primary investment in soldier readiness and lethality. It seeks to optimize physical and non-physical performance, reduce injury rates, and improve rehabilitation after injury, ultimately increasing the overall readiness of the total Army.

bers, their families and survivors on or near installations. Trained to work with the military community, military and family life counselors deliver valuable counseling services, briefings and presentations to the military community.

Counselors can help with improving relationships at home and work, stress management, adjustment difficulties, parenting and grief or loss. Adult and child and youth behavioral counselors are assigned to units, schools, child development centers and other locations worldwide.

For more information, visit <https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/>.

Health.mil

Health.mil is the official website of the Military Health System. The Military Health System has many resources available to help service members, families or veterans who are struggling with mental health challenges.

Military families' lives have unique challenges. Service members may be subject to frequent relocations, deployments, and stressful experiences due to combat and

time away from their families. Families cope with additional stressors when their loved ones are deployed, managing family life on the home front. Traumatic events such as combat, assault or disasters can have long-lasting negative effects like trouble sleeping, increased anger, nightmares, anxiety and alcohol and drug abuse. This website offers tips and resources to help.

For more information, visit <https://www.health.mil/Military-Health-Topics/Mental-Health>.

Military OneSource

Military OneSource provides links to transition assistance advisors to assist Army National Guardsmen and Reservists who are transitioning out of the military. It also provides links to VA benefits and counselors to Army veterans. The support on this site provides employment assistance, relocation assistance, education and training, physical and mental health well-being, health and life insurance, finances, disabled veteran benefits, legal assistance and federal benefits available to them. There is free chat support on the site 24/7.

For more information, visit <https://www.militaryonesource.mil/all-the-ways/>.

Armed Forces Wellness Center

There are currently 35 Armed Forces Wellness Centers located at Army installations, offering programs and services to soldiers, family members, retirees and Department of Army civilians. AWCs are known for being innovative in the use of testing technology for health, wellness and physical performance. They provide fitness testing, health education classes, metabolic testing, stress management, exercise prescription, body composition testing, classes and health coaching.

Clients set their own goals in these programs, with AFWC staff creating individualized programs to help meet the goals. The AFWC approach to service is holistic. AFWC staff members take into account all of an individual's physical, psychological and social circumstances when providing services.

Contact the Fort Leavenworth Armed Forces Wellness Center at 913-758-3403 or visit <https://ph.health.mil/organization/hpw/Pages/ArmyWellnessCenters.aspx> for more information.

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leavenworth.ku.edu



Who Wore It Best? **Winners!**

Adoptable pets model holiday fashion



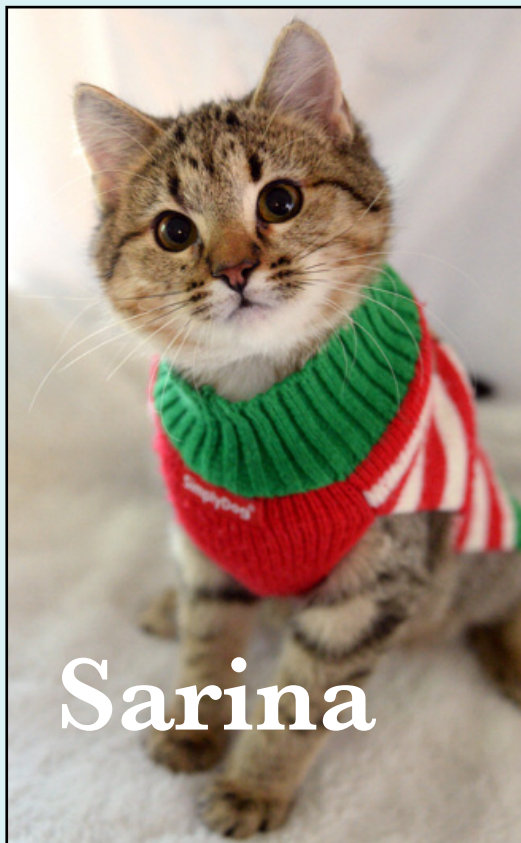
Gracie



Pretzel



Ritz Bits



Sarina

Photos by Prudence Siebert/Fort Leavenworth Lamp

Winners of the "Who Wore It Best?" matchups include 2-year-old Belgian Malinois mix Gracie, adopted kitten Sarina, and adopted littermates Pretzel and Ritz Bits. Gracie is still available for adoption. Readers voted each week in December 2024 for which pets they thought wore holiday attire best at <https://www.facebook.com/FortLeavenworthStrayFacility/> and <https://www.instagram.com/fortleavenworthstrays/?igsh=MTA2ajdzdzV4a2Rhag%3D%3D>.

Visit www.FLSF.petfinder.com for adoptable pet profiles, e-mail fortleavenworthstrayfacility@gmail.com for an adoption application, and call 913-684-4939 for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is currently closed due to weather, but is normally open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. Hours may vary, so call to be sure someone is at the facility when you would like to visit.

Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed. To apply to volunteer with the Fort Leavenworth Stray Facility, enter ZIP code 66027, then search for "stray animal facility" at <https://vmis.armyfamily-webportal.com/>.



Fort Leavenworth Stray Facility
510 Organ Ave // (913) 684-4939

Adoptions • Volunteer Opportunities

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frontierccu.org (913) 651-6575



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THURSDAY
JANUARY 9, 2025



LAMP

Post Notes

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Online: <https://home.army.mil/leavenworth/about/news>

B1



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YOU!

Let us know how we're doing.
Our goal is to make what's good for you...better.

TAKE THE SURVEY TODAY!



Or visit ArmyMWR.com/survey



VACATION SWEEPSTAKES!

You could win a trip to an Armed Forces
Recreation Center for taking the survey!



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
A major subordinate command of Army Materiel Command

ArmyMWR.com/survey

Take a break from the norm and show the community who is BOSS! Can you win the top prize??

TALENT SHOW

JANUARY 25th @1200, 1500, &1800

Brave the Stage

3 mini shows!!
Perform in all or just 1.

Show time with largest acts will have the announcement of "Volunteer of the Quarter"

Singing, dancing, magic, instrumental, the possibilities are endless.
Rehearsals and talent approval through MWR BOSS Advisor

Sign up with QR code



Leavenworth High School Jrotc
First Annual
★ **CORNHOLE TOURNAMENT** ★

SOLO
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PAIRED WITH A
RANDOM
PERSON

TEAM
REGISTRATION
IS \$50



Jan 18th
2025

Music
Food
And
Drinks

Event check in: 0900-0945
Bags fly: 1000
Lunch: 1200
Lunch ends play resumes- 1245
Last round is played-UTC
At 2012 10th ave, Leavenworth, KS
(kenneth.scillieri@lupioneers.org)



"LIGHT UP THE HOLIDAY" CONTEST WINNERS



**GRAND PRIZE WINNER
109 HUNT RD.**



**1ST RUNNER UP
175 DRAGOON DR.**



**2ND RUNNER UP
823 IOWA AVE.**

KIDS AGES 6-12


SLIME WORKSHOP




4:30-5:30 JANUARY 16
FHC COMMUNITY ROOM

Join us for a fun and creative slime making workshop! We will begin at 4:30pm. Please RSVP to fhc@tmo.com by January 13 to secure your spot. See you there!


5 P's OF COLD WEATHER PREPAREDNESS




PROTECT PETS
Bring outdoors pets inside or provide them with a warm shelter.




PROTECT PEOPLE
Dress in warm layers, wear a hat, and gloves. Check on your neighbors and those in need.





PROTECT PIPES
Insulate pipes & allow faucets to drip slowly to prevent them from freezing & bursting.



PROTECT PLANTS
Cover cold-sensitive plants to protect them from dangerous temperatures.



PRACTICE FIRE SAFETY
Use safe heating sources indoors. Keep combustibles away from heat sources. Test smoke & carbon monoxide alarms.


TACO TUESDAY

COME ANYTIME BETWEEN 4:30-5:30PM JANUARY 28

FREE FOOD FOR THE FAMILY

Join us for Taco Night! Bring the family and enjoy a delicious meal on us. RSVP by Friday, January 24, to secure one of the 30 spots. Email fhc@tmo.com to confirm your attendance.



Fort Leavenworth BOSS Meeting!

Better Opportunities for Single Soldiers

- WHO: BOSS Community/ Leadership
- WHAT: BOSS Monthly Meeting
- WHERE: SSQ BOSS Room (located inside the SSQ Common Area)
401 Cody Rd
Fort Leavenworth, 66027
- WHEN: 22 January @ 1130-1300
- WHY: BOSS Monthly Meetings allow us to go over BOSS future events as well as give us an idea for what Soldiers are wanting to see from us!
 - BOSS's Mission is to enhance the Morale and Welfare of Single Soldiers, Single Parents, and Gedachelors by being the collective voice of Single Soldiers through the Chain of Command.
 - BOSS's events and meetings are primarily to support the following Four Pillars, which create the BOSS Core Components:
 - Quality of Life
 - Recreation and Leisure
 - Community Service
 - Life Skills

POC: BOSS President: SGT Ward, Angelique
Angelique.m.ward.mil@army.mil
913-684-4849

BOSS MWR Advisor: Mrs. Thula
thula.c.stenerson.naf@army.mil
913-684-2736



2025 FRONTIER HERITAGE CALENDAR

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEARS DAY	2 TRASH DAY	3	4
5	6	7	8 TRASH DAY	9	10	11 DONATION PICKUP DAY
12	13	14	15 TRASH DAY	16 SLIME WORKSHOP	17	18
19	20	21	22 TRASH DAY	23	24	25
26	27 TACO TUESDAY	28 TRASH DAY	29	30	31	

January 1 - New Years Day (office closed)
January 2 - Delayed Trash Day
January 8 - Trash Day
January 11 - Donation Pickup Day
January 15 - Trash Day


January 16 - Slime Workshop
January 22 - Trash Day
January 28 - Taco Tuesday Fiesta
January 29 - Trash Day

KNOW YOUR WORLD PRESENTATIONS 2025



	POLAND	18 SEPTEMBER 2024
	FIJI	30 OCTOBER 2024
	PAKISTAN	29 JANUARY 2025
	ECUADOR	19 FEBRUARY 2025
	ANGOLA	26 MARCH 2025

Presentations Start at 1545 in Eisenhower Auditorium and Streamed Live on the CGSC Facebook Page Open to the Public [ALL ARE WELCOME] to Attend or View Online All IMS WILL Attend/Presenting IMS' Section Expected to Attend

FORT LEAVENWORTH NEW CDC DETOUR ROUTE

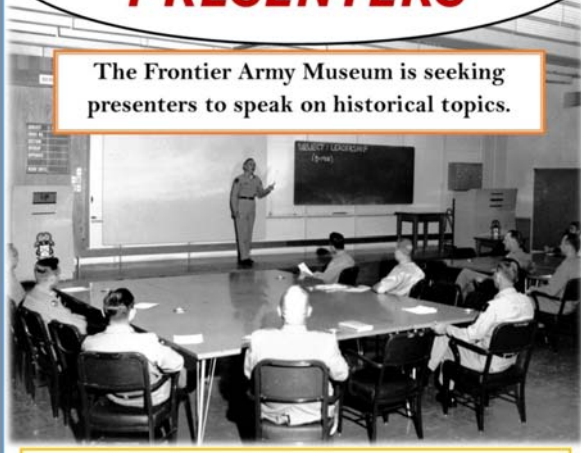


The previous CDC construction detour, from Iowa to Kansas Ave, has been modified to reroute traffic away from densely populated areas. The new detour (yellow trace), will route traffic northwest to 5th Artillery Rd and toward the cemetery and golf course.

CALL FOR PRESENTERS

The Frontier Army Museum is seeking presenters to speak on historical topics.



Interested in sharing your passion and knowledge of history with others?

Contact Megan Hunter for details and scheduling:
[\(913\)684-3190](tel:9136843190) / megan.m.hunter4.civ@army.mil

CALL FOR VOLUNTEERS

The Frontier Army Museum is looking for a consistent, longterm volunteer to work in the collections.



Role: Assisting with inventory, minor artifact cleaning, mount making, and other collections related tasks.

Age Requirement: Must be 16 and older.

Interested? Please contact Megan Hunter
megan.m.hunter4.civ@army.mil



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*Conditions apply

Jewish service conducted on post



Photo submitted by Chaplain (Maj.) Christopher W. Weinrich/Religious Support Office

Rabbi Jaques Cukierkorn and members from the Temple Israel in Overland Park, Kansas, lead a Jewish Service for the Fort Leavenworth Community Dec. 20 at Pioneer Chapel.

Catholic Women of the Chapel

CWOC meets Thursdays at 9:00am in the Pioneer Chapel Activity Room

NEW

CWOC Evening Meeting
Thursdays, 6:00-8:00pm at Pioneer Chapel, Room 142

LEARN MORE >>

Find our complete calendar on Facebook 'CWOC Fort Leavenworth'

Join us monthly

DATE NIGHT

6-10 PM @ Frontier Chapel

Meals & Childcare provided

Sponsored by Fort Leavenworth Chapel Community

Supported by

Invest in your marriage this year!

05 SEP, 03 OCT, 07 NOV, 05 DEC, 09 JAN, 06 FEB, 06 MAR, 03 APR, 01 MAY

Each Date Night begins with a faith-based marriage enrichment presentation. Then couples are released to go out on a date and further discuss the topic together. Children will remain safely supervised by childcare professionals at Frontier Chapel (6-10 pm or pick up kids earlier)!

For more information and to register scan the QR code or call 913-680-7336

Fort Leavenworth Multicultural Families FRIDAY FUN DAY

Fridays @ The Resiliency Center Room 106
9:30am - 11:00am

Friday Fun Days are all about exchanging ideas and customs, learning about US Military lingo and traditions, navigating life in the Midwest, and making connections with each month's themed activity!

2024 - 2025 FRIDAY FUN DAY CALENDAR

September 13 Munson Walk-thru	January 2025 No meet up! Enjoy your Holidays!	May 9 Farewell
October 11 Pumpkin Carving	February 7 Valentine's Day Traditions 5 Love Languages Class	June 27 Potluck
November 8 Thanksgiving Potluck	March 7 Spring Weather in Kansas Moving With Kids	July 18 Education Fair
December 13 White Elephant Gift Exchange Holiday Traditions	April 4 Easter Traditions	

Friday Fun Day is FREE! Registration is not required. Call 913-684-2830 for more information. leavenworth.armymwr.com

Fort Leavenworth Stray Facility

Second Saturday is Back!

Every second Saturday of the month

We're back to being open every 2nd Saturday of the month for visitation and adoption/fostering of the animals at the facility!

You can find all of our adoptable pets at: www.petfinder.com Fort Leavenworth

fortleavenworthstrayfacility@gmail.com

913-684-4939

510 Organ Ave
Fort Leavenworth, KS 66027

Volunteer! Help Shelter Pets!

*They need your help for walks and general care!
They enjoy the love, attention, and affections, too!*

Several shifts to choose from

Want to know how to join our team?
Register at <https://vmis.armyfamilywebportal.com/>
Once registered, we will contact you and have you come in for a training with a team member.
After you train, you shadow two shifts. Then you are ready to help shelter pets!
Watch the Fort Leavenworth Stray Facility Facebook page for training events!
Once you register, train, and shadow, you can sign up for any shift you can cover.
Children under 18 can help, but they must be accompanied by an adult the entire shift.

Work with either our cats or dogs or both!

Fort Leavenworth Stray Facility
510 Organ Avenue
Fort Leavenworth, KS 66027

Veterans Crisis Line

DIAL 988 then PRESS 1

Ft. Leavenworth International Loan Closet


Hours Vary, Check FB Page

Donations & Volunteers Welcome

Located in the alley off McClellan & Kearny

The CARL Newsletter

<https://carliscgsc.libguides.com/home>



LIBRARY CLOSURES

January 1
January 20

RESOURCES

Public computers: Login procedures for the 1st floor computers have changed. Please go to the Circulation Desk to get a computer login.

Interlibrary loans: Request materials from other libraries. Fill out an ILL form [here](#).

Book displays: Know Your World: January will feature books and information on Pakistan in front of Reference Office.

Kansas Day will be featured in the Atrium Glass Display; come see memorabilia from the Wizard of Oz.

HOLIDAY HOURS

0900 - 1630
January 2 - 3

Regular hours resume January 4

ACADEMIC NEWS

Chief of Staff Army Recommended Articles can be accessed [here](#).

Bases Clusters: Displace, Disperse, Defend to Survive. By Capt. Jonathan P. Davis
The article discusses the development and implementation of base cluster operations by the 325th Brigade Support Battalion to enhance survivability and operational effectiveness in contested environments...



Need research or archives assistance? Use our "Ask a Librarian" form or speak to a first-floor Reference Librarian.

Mon-Thurs: 0700 - 1900
Fri: 0700 - 1630
Sat: 0900 - 1630
Sun: Closed
Closed All Federal Holidays

(913) 758 - 3001
Follow us on Facebook for updates

Ike Skelton Combined Arms Research Library January 2025

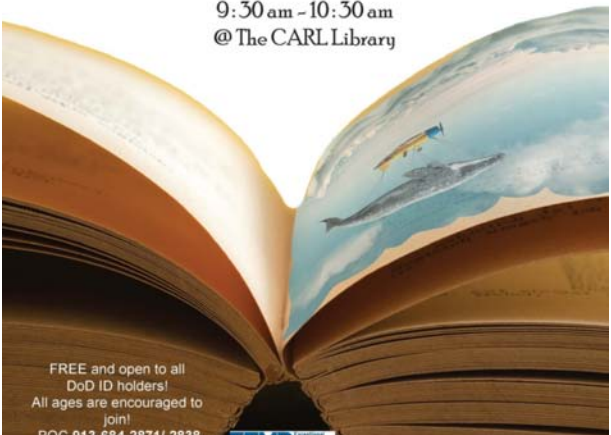
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Library Closed	Library Closed	Library Closed	1 Happy New Year Special Event: Regular hours resume	2 Special hours: 0900 - 1630	3 Special hours: 0900 - 1630	4 Regular Saturday hours resume 0900-1630
5 Library Closed	6 Regular hours resume (0700-1900)	7 Library Closed	8 Library Closed	9 Library Closed	10 Library Closed	11 Library Closed
12 Library Closed	13 Library Closed	14 Library Closed	15 Library Closed	16 Library Closed	17 Library Closed	18 Library Closed
19 Library Closed	20 Martin Luther King Jr. Day Special Event: Regular hours resume (0700-1900)	21 Library Closed	22 Library Closed	23 Library Closed	24 Library Closed	25 Library Closed
26 Library Closed	27 Library Closed	28 Library Closed	29 Library Closed	30 Library Closed	31 Library Closed	Library Closed

EFMP presents:

SENSORY STORY TIME

Every 3rd Tuesday of the month
9:30 am - 10:30 am
@ The CARL Library



FREE and open to all DoD ID holders!
All ages are encouraged to join!
POC 913-684-2871 / 2838

STORYTIME @ THE LIBRARY

Join us!

- Held in the Children's Room
- Every Tuesday @9:30a.m.
- Family Storytime (Open to all ages)
- Storytime with stay & play after

CARL LIBRARY



Need to talk?
We're here to help.

safehelpline.org

January



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Closed	2	3	4
5	6	7	8 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	9	10	11
12	13	14	15 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	16	17	18
19	20	21	22 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	23	24	25
26	27	28	29 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	30	31	

Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities




Free Monthly Diaper Distribution

Email: contact@strongholdfoodpantry.org






More than a food pantry.

Hunger Buster Pack

POWERED BY: FTLV THRIFT STORE

Do you have a school aged child that could use a pack filled with breakfast, lunch, and snack goods to help them sustain a healthy active lifestyle over school break?

Bring your pack back for a REFILL or register online to pick up your pack.

More than a food pantry.

FAMILY ADVOCACY PROGRAM



Mon- Fri 8:00 a.m.–4:00 p.m. with limited hours Thur 1–4:00 p.m. | 913-684-HELP (4357) / 2800

DECEMBER Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

ACS WILL BE CLOSED JAN 1 & JAN 20

NEW PARENT SUPPORT PROGRAM
There will be **no NPSP events** Jan 1-2

**Call 913-297-3212/ 9704 to register for all NPSP classes & events.

Toddler Time Wednesdays, 9:00am Resiliency Center Playroom

Story Time Wednesdays, 10:00am Resiliency Center, Room 157

Play Morning Thursdays, 9:00-10:00 am & 10:00-11:00 am Resiliency Center, Playroom

Childbirth Class Jan. 6, 13 & 27, 5:00-7:00pm Resiliency Center, Room 157

Dad's Night Out Jan. 22, 6:00-8:00pm Restaurant TBD

Mom's Night Out Jan 29, 6:00-8:00pm Restaurant TBD



Goodbye 2024 hello 2025

FAMILY ADVOCACY PROGRAM

**Registration Required for all FAP events. Classes at Resiliency Center, Room 145

Co-Parenting Workshop Jan. 6, 13 & 27 12:00 - 1:00pm **virtual options available**

Anger Management 8 Week Session Jan. 9, 16, 23 & 30 1:30 - 3:00pm

5 Love Languages (Couples) Jan. 29, 1:00 - 2:30pm

Positive Parenting Series Jan. 10, 17, 24 & 31, 1:30-3:00pm **via Microsoft Teams**

Stress Management Class Jan. 16, 11:30am - 1:00pm

Crocheting Club Jan. 31, 1:00-3:00pm



CALL ACS TO REGISTER FOR CLASSES TODAY! ALL EVENTS LISTED ARE FREE!

<https://leavenworth.armymwr.com/>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

<https://home.army.mil/leavenworth/>



UPCOMING CLASSES January 2024

- COPARENTING WORKSHOP - 4 WK WORKSHOP
- ANGER MANAGEMENT - 8 WK SESSION
- POSITIVE PARENTING SERIES
- STRESS MANAGEMENT CLASS
- 5 LOVE LANGUAGES (COUPLES)

Jan. 6, 13 & 27
1200 - 1300 *virtual options available

Jan. 9, 16, 23 & 30
1330 - 1500

Jan 10, 17, 24 & 31
1330 - 1500 **via Micosoft TEAMS**

Jan. 16
1130 - 1300

Jan. 29
1300 - 1430

Registration: Required at least 24 hours before the first day of training
Sign up on our FB Event page or call (913)684-2800

January ACS Events 2025

Happy New Year

- New Parent Support Program**
Toddler Time Wednesdays, 9am
Story Time Wednesdays, 10am
Play Mornings, Thursdays 9-10am & 10 - 11am
Childbirth Class Jan. 6, 13 & 27, 5 - 7pm
Dad's Night Out Jan. 24, 6 - 8pm
Mom's Night Out Jan. 31, 6 - 8pm
- Financial Readiness Program**
Debt Management Workshop Jan. 14, 3 - 4pm
Thrift Savings Plan Workshop Jan. 28, 3 - 4pm
- Exceptional Family Member Program**
EFMP Recreational Bowling Jan. 4, 12:00-2:00pm @ Strike Zone Bowling Center
EFMP Sensory Story Time Jan. 21, 9:30-10:30am @ CARL Library
- Relocation Readiness Program**
In-processing Brief Tuesdays, 9 - 10am
OCONUS Levy Brief Tuesdays, 10 - 11am
Hearts Apart/Waiting Families Bowling Jan. 4, 12:00 - 2:00pm
- Employment Readiness Program**
Federal Employment Jan. 15, 12 - 2pm
Interview Skills & Professionalism Jan. 22, 12 - 2pm
- Army Volunteer Corps**
Volunteer Basics Jan. 17, 12 - 1pm

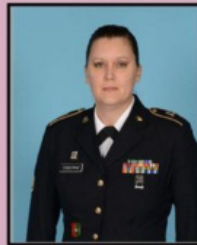


UNITED STATES ARMY COMBINED ARMS CENTER AND FORT LEAVENWORTH SEXUAL HARASSMENT AND SEXUAL ASSAULT RESPONSE WORKFORCE



Ms. Amanda Bonseigneur
Lead SARC
Amanda.bonseigneur.civ@army.mil
Office: 913-684-2810
Cell: 913-704-9620
Bldg 197, 632 McClellan Ave

For Assistance contact
LTC Craig Arnold
Hiring Underway
Supervisory SARC



SFC Jerri Osborne
Team 1 SARC
jerri.l.osborne.mil@army.mil
Office: 913-684-1698
Cell: 913-565-0741
Bldg 77, Room J209,
290 Grant Ave



LTC Craig Arnold
Interim Supervisory SARC
Team 2 SARC
craig.d.arnold.mil@army.mil
Office: 913-684-2818
Teams: 520-692-8849
Cell: 913-704-9604
Bldg 197, 632 McClellan Ave



SFC Jacob Roach
Team 3 SARC
jacob.w.roach.mil@army.mil
Office: 913-684-0956
Cell: 913-547-5075
835 Sabalu Rd



Mr. Josh Belle
Team 4 SARC
joshua.p.belle.civ@army.mil
Office: 913-684-5230
Cell: 913-680-5699
Bldg 58, 614 Custer Rd



Ft Leavenworth SHARP Resource Center
Building 197, 632 McClellan Ave
Fort Leavenworth, KS 66027

Contact the team at usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

For Assistance contact the
SHARP Hotline
Hiring Underway
Victim Advocate



Ms. Nicole Hernandez
Victim Advocate
Maureennicole.n.hernandez.civ@army.mil
Office: 913-684-5230
Cell: 913-544-9243
Bldg 58, 614 Custer Rd

For Assistance contact the
SHARP Hotline
Hiring Underway
Victim Advocate

For Assistance contact the
SHARP Hotline
Hiring Underway
Victim Advocate

We Have Realigned Under a New Installation Model

- Team 1** AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA, DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMD, USD 207, and US STAG CMD.
- Team 2** CAC HQ, CAC-T HQ, MCTP, NSC, STB, TMD, 505th CCW and 500th/67th MP
- Team 3** ACB, MWJRCF, USDB
- Team 4** Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel

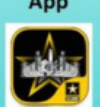
Fort Leavenworth 24/7 SHARP Hotline
913-683-1443
DoD Safe Help Line
877-955-5247

Sexual Harassment Complaint Reporting Option
Formal | Informal | Anonymous
Sexual Assault Reporting Option
Restricted | Unrestricted
Retaliation Reporting Options
Command | IG | SARC | DoD Safe Helpline

Find us on Facebook



WeCare App



GET IT ON Google Play



#NotInOurArmy
Current as of 17 November 2024

ARMY COMMUNITY SERVICE



Mon- Fri 8:00 a.m.-4:00 p.m. with limited hours Thur 1-4:00 p.m. | 913-684-HELP (4357) / 2800

DECEMBER

Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

ACS WILL BE CLOSED JAN 1 & JAN 20



RELOCATION READINESS PROGRAM

In-Processing Brief
Tuesdays, 9:00-10:00am

OCONUS Levy Brief
Tuesdays, 10:00-11:00am

Hearts Apart Bowling for Families of Deployed Service Members
Jan. 4, 12:00-2:00pm
Strike Zone Bowling Center
**Registration Required*

Lending Closet
Are you In/Out-Processing and need essentials? ACS has short-term basic items to help you get by.

- kitchenware
- cookware
- small appliances



<https://leavenworth.armymwr.com/>

EMPLOYMENT READINESS PROGRAM

Federal Employment
Jan. 15, 12:00-2:00pm

Interview Skills & Professionalism
Jan. 22, 12:00-2:00pm

Visit us on FB @Fort Leavenworth ERP for job postings.

ARMY VOLUNTEER CORPS

Volunteer Basics
Jan. 17, 12:00 - 1:00pm

Visit <https://vmis.armyfamilywebportal.com> to register for an account and find opportunities to volunteer in the community.

facebook.com/FortLeavenworthACS

FINANCIAL READINESS PROGRAM

Debt Management Workshop
Jan. 14, 3 - 4pm

Thrift Savings Plan Workshop
Jan. 28, 3 - 4pm

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**Registration Required for EFMP events*

EFMP Recreational Bowling for EFMP Families
Jan 4, 12:00-2:00pm
Strike Zone Bowling Center

EFMP Sensory Story Time
Jan 21, 9:30-10:30am
CARL Library

facebook.com/FortLeavenworthFMWR

ARMY EMERGENCY RELIEF (AER) provides emergency assistance to active duty service members, their families, and retired service members.

For emergency financial assistance during normal duty hours, call the ACS main line, and after hours, weekend or holiday, call the American Red Cross Call Center at 1-877-272- 7337.

Command & Troop training is also available upon request.



SURVIVOR OUTREACH SERVICES provides long-term support to surviving Families of fallen Soldiers. Our goal is to reassure survivors that they remain valued members of the Army Family. Follow us @ <https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/>

<https://home.army.mil/leavenworth/>

ACS Employment Readiness Program Menu of Services

One-on-one appointments and workshops to assist with:

- Career exploration and planning
- Skills and personality assessments
- Education and skills attainment
- Civilian and Federal resume assistance
- Employer referral and job search assistance
- Interview skills and professionalism

For more information, contact the ACS Employment Readiness Program Specialist
913-684-2835/2800

ACS AND FAP PRESENTS: POSITIVE PARENTING VIA MICROSOFT TEAMS • 1:30PM - 3PM

ROUND 1: OCTOBER 18, OCT 25, NOV 1, AND NOV 8
ROUND 2: NOV 22, DEC 6, DEC 13, AND DEC 20
ROUND 3: JAN 10, JAN 17, JAN 24, JAN 31
ROUND 4: FEB 7, FEB 14, FEB 21, FEB 28
ROUND 5: MAR 7, MAR 14, MAR 21, MAR 28

THIS FOUR-WEEK COURSE IS DESIGNED TO HELP PARENTS DEVELOP NON-PHYSICAL DISCIPLINE STRATEGIES, BUILD STRONG RELATIONSHIPS, AND MEET THE NEEDS OF CHILDREN OF ALL AGES.

FREE AND OPEN TO DOD ID CARD HOLDERS 18+.

REGISTRATION IS REQUIRED AND MUST BE DONE THE DAY BEFORE THE FIRST DAY OF TRAINING.

PARTICIPANTS MUST ATTEND EACH DATE IN THE ROUND OF THEIR CHOICE.

INFO AND REGISTRATION: (913) 684-2808/2822

Financial Readiness Milestone Training

Are you financially prepared for what life throws your way? Let us help! We offer free Financial Readiness Training on a variety of subjects.

Some of the topics we will discuss:

- Pre-Deployment
- Post-Deployment
- PCS
- Marriage
- Divorce
- Vesting in TSP
- Promotion
- First Child
- Continuation Pay
- Disabling sickness/injury/condition

Held monthly every 2nd & 4th Thursday @ 0900am - 1100am. Bldg 198 Room 157

INFO: 913-684-2835 / 2800

Anger Management Course

The Resiliency Center Room 145

Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings.

Each week will have real world scenarios, instant feedback, and an opportunity to apply each newly acquired skill in a group setting.

Feeling lost in the storm? We can help.

Round 1:	Round 2:
1:30pm - 3:00pm	1:30pm - 3:00pm
October 3, 10, 17, 24	January 9, 16, 23, 30
November 7, 14, 21	February 6, 13, 20, 27
December 5	

FREE and open to all DOD ID card holders 18+. Deadline to register is the day before the first day of training. Participants must attend each day in the round. Virtual Attendance is available through TEAMS. Call 913-684-2808 / 2822 for more info.

ACS FAP Presents:

5 Love Languages for Couples

January 10 • July 10 • October 9 // 1:00PM-2:30PM
ACS Classroom 145

The 5 love languages couples focuses on the strengthening the connections while learning the core patterns when speaking or giving love to others, and how love is received. Learn how to stay connected, translate love languages and improve relationships.

Deadline to register is day before each class.

FREE and open to DoD ID card holders 18+.

For more info: (913) 684-2811/2808

Scan the QR Code for more info about FAP.

Don't let another day go by without planning for your future!

Join ACS for the **THRIFT SAVINGS PLAN WORKSHOP**

Learn how to grow your retirement! **FREE**

Jan 28 3pm - 4pm ACS classroom

What is a TSP?

The Thrift Savings Plan (TSP) is a Service Member's retirement investment account and an excellent way to make your money work for you!

Our workshop will discuss the benefits of the TSP, and investment options for long-term financial security and success!

For more info call: 913-684-2800
No registration required

BE PREPARED FOR **WINTER TRAVEL**

- Fill gas tank and check vehicle fluids, battery, tires, wiper blades, etc.
- Pack a winter emergency kit for your vehicle: blankets, first aid kit, shovel/ice scraper, jumper cables, tow rope, bottled water, non-perishable snacks, etc.
- Stay weather aware and share your travel plans with others.
- Check KanDrive.gov and download the app for current weather and road conditions.

Kansas Department of Transportation KanDrive

ARMY COMMUNITY SERVICE **ACS** Real-Life Solutions for Successful Army Living

Victim Advocate Hotline: (913) 684-2537
Child Abuse Hotline: (913) 684-2111
SHARP Hotline: (913) 683-1443
Chaplain: (913) 683-1443
AER Assistance After Hours:
American Red Cross at (877) 272-7337

MISS CHRIS
HEALTH & NUTRITION COACH

ABOUT ME
Hi, I'm Miss Chris. I am a retired Army Veteran who has worked in the medical field as a Physician Associate (PA) since 2008. I am a mountain climber, world traveler, dog mom, and wife. I am passionate about health and fitness and provide nutrition coaching for those who struggle to balance health and wellness and living life to the fullest.

PRICE LIST
1 month: \$185
Includes initial consult at Gruber Fitness Center, weekly check-in and access to tracking app.
3 month: \$495 (\$165 per month)
Includes initial consult at Gruber Fitness Center, weekly check-in and access to tracking app.
Consult: \$50
Includes 30 minute nutrition discussion.

CONTACT INFO
913-297-9407

VOLUNTEER NOW to become a Youth Basketball Head Coach!

SWOOSH!

Winter Basketball
Jan 8 - March 1

Practices are Wednesdays or Thursdays* with Games on Saturdays
*Coaches pick their evening one hour practice time

Age Groups : Kinder, 1st and 2nd grade, 3rd and 4th grade

When you volunteer with Youth Sports and Fitness, it's nothing but net!
Required Volunteer Background Check
Required Volunteer Coaches Training
Call for more info: 913-684-7625 or 913-684-7626

ADULT SPORTS
Basketball League

Coaches Meeting
Wednesday, Nov 13
@5:30pm
Gruber Fitness Center

League play begins
Thursday, Dec 5
End TBD

Games:
Tuesdays & Thursdays
6:30pm - 8:30pm
Harney Sports Complex

League awards given for regular season champions, tournament runner-ups, and tournament champions. Open to all Active Duty, DoD Civilians, Retirees, Dependents, and Contractors working at Fort Leavenworth ages 18 and older.

For more info call 913-684-3224 / 684-5136

Discover Fort Leavenworth's Fitness Facilities

Harney Sports Complex and Aquatics Center
185 Fourth St
913-684-2190
M-F 0500-1800
Sat-Sun 0800-1700

Gruber Fitness Center
200 Reynolds Ave
913-684-5120
M-F 0500-1800
Sat-Sun 0800-1700

YOU'RE JUST A CLICK AWAY FROM A HEALTHIER YOU!

Adult Sports & Fitness
Scan Here for current information about adult intramural sports, pool hours, eligibility, how to register for 24/7 access, and special programs!

Group Fitness
Scan Here for current fitness classes, schedules, fees, and eligibility. FREE for Active Duty!

WE OFFER 24/7 Gym Access (After registration)

LET'S GO!

DECIDE TO COMMIT TO SUCCESS

913 WEIGHTLIFTING

FUNCTIONAL FITNESS CLASSES

CLASSES
Monday - Friday
9:00-10:15am
Harney Gym
185 Fourth Street
Fort Leavenworth, KS

ABOUT
Classes are designed to increase strength, power, speed, agility, and aerobic capacity by Olympic lifting, weight lifting, gymnastics, and plyometrics. This class is ideal for beginners and elite. Get healthier, get stronger, live longer. Enjoy professional programming in a supportive, encouraging environment.

PRICING
Monthly rates
3x week \$75
5x week \$85
Drop in \$10

For more info: 949-291-0386

NEW FOR 2024!
ADULT SPORTS
Doubles Pickleball League

LET'S PLAY!

Player's Meeting
Wednesday
Oct 23
5:30pm @ Gruber Fitness Center
Letters of Intent due COB Wednesday Oct 30

Harney Sports Complex
New to Pickleball?
That's okay! This fast growing sport is described as a hybrid of tennis, badminton, and ping pong. It's played on a badminton sized court with a net, hard paddles and perforated plastic balls. There may be less running than tennis, but don't let that fool you! Players can burn serious calories during just 30 minutes of play!

Games
Mondays & Wednesday
5:30pm - 8:30pm
Harney Sports Complex

Open to Active Duty, DOD Civilians, Retirees, Dependents, and Contractors working on Fort Leavenworth that are 18+
Call 913-684-3224 / 5136 for more information

Starting August 19th, 2024

Fort Leavenworth Group Fitness Classes

GRUBER FITNESS CENTER - 200 Reynolds Ave. - 684-5120
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0930		Zumba (Lydia)		Zumba (Lydia)		
1200						
1630	Hot Yoga (Kim)	Zumba (Lydia)	Power Cycling (Kim)	Zumba (Lydia)		
1730			Power Yoga (30min) (Kim)			

HARNEY SPORTS COMPLEX - 185 Fourth St. - 684-2190
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800						
1630		*Power Cut (Kim)		*Power Cut (Kim)		

*Power Cut classes are held in the Bubble Gym

Single Ticket For \$5.00
10 Tickets For \$45.00
20 Tickets For \$80.00

U.S. ARMY MWR
SPORTS • FITNESS • AQUATICS

<https://leavenworth.armymwr.com>

Independent Instructor Class Schedule

Gruber Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday
	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	
	Advanced 1940-2040	Advanced 1940-2040	Advanced 1940-2040	

1 x a week - \$60 2 x a week - \$75 3 x a week - \$85 Drop in \$20
First class is FREE! Must have 24 hour access to gym. Classes are 18+ Register in person

Harney Sports Complex

Monday	Tuesday	Wednesday	Thursday	Friday
Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym		

Olympic Lifting - \$75 (3 days) \$70 (2 days) \$10 (drop in)
Resistance Training - \$70 (2 days) \$10 (drop in)
Kids Olympic Lifting - \$75 (NO drop in)
First class is FREE! Olympic Lifting and Resistance Training is for 18+

Harney Sports Complex & Aquatics Center
185 Fourth St
Ft. Leavenworth, KS
913-684-2190

Gruber Fitness Center
200 Reynolds Ave
Ft. Leavenworth, KS
913-684-5120

WEIGHTLIFTING

First Class is Free!

Learn proper Olympic Lifting technique and how to safely resistance train. Programming is designed to increase Muscle Mass, Strength, and Power. Resistance training has been shown to increase bone density, metabolic rate, cognition, reduce fat accumulation, lower risk of heart disease, and so much more. Start enjoying the benefits!

CLASSES MEET MON, WED, FRI 9:00-10:15 AT HARNEY GYM
\$10 DROP IN RATE OR \$75 MONTH

FOR MORE INFO, (913) 684-2190

Cosmic Bowling at the Strike Zone

Every Saturday Night
\$12 all you can bowl for 2 hours includes shoe rental

Info: (913) 651-2195
Leavenworth.armymwr.com

HAVE A BALL @ THE STRIKE ZONE BOWLING CENTER & SNACK BAR!

The Strike Zone
165 Fourth St
913-684-BOWL

January & February

Workshops

Watercolor

\$30 per workshop

Watercolor (Basic Techniques)
Tuesday, Jan 21
11am - 1pm

Watercolor (Landscapes)
Tuesday, Feb 18
6pm - 8pm

Watercolor (Color Theory)
Tuesday, Jan 28
11am - 1pm

Watercolor (Florals)
Tuesday, Feb 25
6pm - 8pm

Watercolor (Valentine Cards)
Tuesday, Feb 4
11am - 1pm



scan for more info

Call now to register!
913-684-3373

Arts & Crafts Studio
310 McPherson Ave
913-684-3373

OPEN STUDIO

Hours 10am - 5pm T - F
Ask about our Hourly Fees

Multi-Craft Room

Come use our provided supplies to craft with the whole family!

Painting Studio

Provided watercolor and acrylic supplies to create your own masterpiece.

Framing Studio

Must take Intro to Framing before using DIY Framing Studio.

Pottery Studio (Coming Soon!)

Modern Calligraphy

Basics

\$20 per class

Tuesday
Jan 21
6:30pm - 8pm

Intermediate

\$20 per class

Tuesday
Jan 28
6:30pm - 8pm

Special Projects

Valentine Cards

Tuesday
Feb 4
6:30pm - 8pm



Reoccurring Classes

MUST PRE-REGISTER

Intro to Framing

\$40 per class

Every 2nd Thurs & 4th Sat of the month
10am - 2pm

Paint & Sip

\$35 per session

Every 2nd Friday of the month
6pm - 8pm

Must be 21 years or older.
BYOB

Come see what's new at the Studio!

leavenworth.armymwr.com



January & February

Workshops

Acrylic

\$35 per class

Acrylic Pour
Wednesday, Jan 29
11am - 1pm

Acrylic Pour
Wednesday, Feb 26
11am - 1pm



Framing

\$40 per class

Intro to Framing
Must pre-register

Thursdays
Jan 9, Feb 13
10am - 2pm

Saturdays
Jan 25, Feb 22
10am - 2pm

Crafts

\$30 per class

Valentine Wreath
Thursday, Jan 30
11am - 1pm

Macrame Plant Holder
Friday, Feb 28
11am - 1pm



Call now to register!
913-684-3373

Arts & Crafts Studio
310 McPherson Ave
913-684-3373

Paint & Sip

\$35

Must be 21 years or older.
BYOB



Dragons Friday
January 10
6pm - 8pm

Couples Koi Fish
Friday, February 14
6pm - 8pm



Cost includes all supplies!

Kids Arts & Crafts

Messy Art

\$12 per class (ages 7+)

Thursday, Jan 16
11am - 12pm

Thursday, Feb 6
11am - 12pm

Thursday, Feb 20
11am - 12pm

Color Me Happy (Parent & Toddler)
\$10 per class

Thursday, Jan 9
10:30am - 11:30am

Thursday, Jan 23
10:30am - 11:30am

Thursday, Feb 13
10:30am - 11:30am

Thursday, Feb 27
10:30am - 11:30am

Art History

\$15 per class (ages 7+)

Popcorn & Pollock
Wednesday, Jan 22
1pm - 3pm

Thursday, Jan 23
4pm - 6pm

Muffins & Michelangelo
Wednesday, Feb 19
1pm - 3pm

Thursday, Feb 20
4pm - 6pm



Come see what's new at the Studio!

leavenworth.armymwr.com



The Fort Leavenworth Frame Studio



Custom Framing & DIY Studio
Tuesday - Friday
10am - 5pm

Must complete Intro to Framing Workshop before using the DIY Frame Studio. Hourly fee applies.

Call to register or stop by the studio!



Come see us!
Arts & Crafts Studio
310 McPherson Ave
(913) 684-3373

Intro to Framing:

(\$40 a class must pre-register)

Every 2nd Thursday of the month from 10am - 2pm

Every 4th Saturday of the month from 10am - 2pm

Deadline to register is the day before class. Ages 18+

The Frame Studio is available for all of your framing needs!

Military Prints
Art Projects
Photography Prints
Graduation Certificates
Etchings/Engravings
Restoration

HARROLD YOUTH CENTER ACTIVITIES JANUARY 2025

Monday 6 January 2025

Non-School Day Field Trip

Sky Zone / 12:00-4:30 / COST: \$20

Lunch will not be provided

Please eat before the field trip and bring extra money for snacks

call 913-684-5118 for more information

MST Party
17 January 2025
7:00-9:00
Cost: \$5 if you pre-pay or \$8 at the door

Martin Luther King Jr Day
20 January 2025
YOUTH CENTER
CLOSED

Friday 31 January 2025

Non-School Day Field Trip

The Rush Funplex / 12:00-4:30 / COST: \$20

Lunch will not be provided

Please eat before the field trip and bring extra money for snacks

call 913-684-5118 for more information

You are cordially invited to attend the
35th Division Artillery
Change of Command and Change of Responsibility Ceremonies

Outgoing Commander: COL Rodney Seaba
Incoming Commander: COL Shawn Miller

Outgoing CSM: CSM Gerald Gibson
Incoming CSM: CSM Darrin Campbell

8 a.m. Saturday, February 1, 2025
35th ID Headquarters, 4 Wagon Wheel Way, Fort Leavenworth, KS 66027

RSVP: MAJ William Jost
(785) 646-8016 or william.jost.mil@army.mil



FORT LEAVENWORTH SCHOOL DISTRICT OPENINGS FOR THE 2024-25 SCHOOL YEAR:

- Special Education Para Educators
- Food Service Manager
- Food Service Cook
- Full-Time & Daily Substitute Teachers
- Full-Time Bus Aide
- Full-Time Bus Driver
- Special Education Teacher K-5
- Special Education Teacher 6-9
- Early Childhood Pre-School Special Education Teacher

APPLY NOW



www.usd207.org - 913-651-7373

2024-2025 School Calendar

July 2024							January 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6		5	6	7	8	9	10	11
7	8	9	10	11	12	13	12	13	14	15	16	17	18
14	15	16	17	18	19	20	19	20	21	22	23	24	25
21	22	23	24	25	26	27	26	27	28	29	30	31	
28	29	30	31										

August 2024							February 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
				1	2	3	2	3	4	5	6	7	8
4	5	6	7	8	9	10	9	10	11	12	13	14	15
11	12	13	14	15	16	17	16	17	18	19	20	21	22
18	19	20	21	22	23	24	23	24	25	26	27	28	29
25	26	27	28	29	30	31	30	31					

September 2024							March 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	2	3	4	5	6	7	8
8	9	10	11	12	13	14	9	10	11	12	13	14	15
15	16	17	18	19	20	21	16	17	18	19	20	21	22
22	23	24	25	26	27	28	23	24	25	26	27	28	29
29	30						30	31					

October 2024							April 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28	29	30	31			27	28	29	30			

November 2024							May 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29	30	31

December 2024						
S	M	T	W	Th	F	S
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				

Holiday/No School		Parent/Teacher Conf.	
July 23	Patton New Parent Meeting - 5:00 PM	July 23	Patton New Parent Meeting - 5:00 PM
July 24	Elem. & Patton Enrollment A-L 8:30 AM - 3:00 PM	July 24	Elem. & Patton Enrollment A-L 8:30 AM - 3:00 PM
July 25	Elem. & Patton Enrollment M-Z 8:30 AM - 3:00 PM	July 25	Elem. & Patton Enrollment M-Z 8:30 AM - 3:00 PM

School Hours	
Elementary School:	8:00 AM - 3:20 PM
Patton Junior High:	7:40 AM - 3:00 PM
Preschool - AM Class:	8:00 AM - 11:00 AM
Preschool - PM Class:	12:20 PM - 3:20 PM

Early Dismissal/Release Times	
Elementary School:	1:30 PM
Patton Junior High:	1:00 PM
Preschool - AM Class:	10:00 AM
Preschool - PM Class:	2:20 PM

Fort Leavenworth USD 207 Board Approved: 2/26/2024

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CYS

HAS THE RECIPE FOR SUCCESS!

CYS Fort Leavenworth is hiring NOW for a NA-8 RPT Cook

- Starting pay is \$22.87 per hour
- Includes a recruitment/retention incentive of \$2000
- Priority childcare and 50% childcare discount on 1st child
- Commissary privileges
- Guaranteed 20 hours per week
- Benefits that include health, dental, life insurance
- Earned annual and sick leave

Scan here to apply!

LEAVENWORTH.ARMYMWR.COM

Great Pay! Amazing benefits! What are you waiting for? Apply to Fort Leavenworth Child and Youth Services today!

CYS is Hiring

up? Get paid to play!

to level

Ready

Medical, Dental, Vision, & Life Insurance Benefits*

Retirement & 401K

Regular Full-Time/ Part-Time and FLEX Hours Available

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Career Progression & Paid Training

Priority Child Care Placement & Employee Child Care Discounts

Access to Commissary & AAFES Shopping Privileges & MWR Facilities

Job Transfer Program Worldwide Through Civilian Employment Assignment Tool

*Conditions Apply

Scan here to apply! ArmyMWR.com/cyscareers

Ready for your career to take off?

CYS IS HIRING

Join our Fort Leavenworth Team as a **Lead Child and Youth Program Assistant!**

Pay starts at **\$24.06 per hour**

Career Progression & Paid Training

Retirement & 401K

Priority Childcare Placement & Employee Childcare Discounts

Medical, Dental, Vision, & Life Insurance Benefits *

Full-Time Positions with Paid Leave, & Paid Federal Holidays

Access to Commissary & AAFES Shopping Privileges & MWR Facilities

Job Transfer Program Worldwide Through Civilian Employment Assignment Tool

*Conditions Apply

Scan here to apply! ArmyMWR.com/cyscareers

BREAKING DOCTRINE

Episode 62

Stewarding the Profession: THE HARDENING PROJECT

LTC Zach Griffiths, Dr. Trent Lythgoe, and COL(R) Rich Creed join our host LTC Lisa Becker to talk about The Hardening Project. They discuss how Army Professionals advance the Profession of Arms through professional writing and discourse. They examine myths of writing, tips to get better at writing, and writing initiatives within The Hardening Project.

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NCO JOURNAL

CHECK OUT THE NCO JOURNAL PODCAST WHERE WE DISCUSS RECENTLY PUBLISHED ARTICLES WITH AUTHORS, TO PROVIDE AN OPEN EXCHANGE OF IDEAS AND INFORMATION.

https://www.armypress.army.mil/journals/nco-journal/nco-journal-podcasts/

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Fort Leavenworth Care Options Available for Summer 2024 & School Year 2024-2025

Request Before/After School Care & SAC Camps all year round



MILITARY CHILDCARE.COM

Families can use MCC to make requests for SAC programs, which include Before/After School care and Fall, Winter, Spring, and Summer Camps, all year round. The online system allows you to search for and submit unlimited SAC requests at any time of the year without waiting for a specific registration time to begin. As soon as school dates are known, all SAC programs will be made available to you so you can submit your requests.

Please Note: Spaces are offered via email based on the sponsor's priority and request for care (RFC) date.

MILITARY CHILDCARE.COM

Using MilitaryChildCare.com, you can find comprehensive information on child care programs worldwide, conduct a customized search for the care you need, and submit a request for care at any time and from any location. Follow these four steps!

STEP 1 CREATE ACCOUNT

Go to **MilitaryChildCare.com** to create an account containing information about your family, or to login using an existing username and password.

STEP 2 SEARCH and REQUEST CARE

Search the system for the child care options that best fit your needs and submit your requests for care.

STEP 3 MANAGE MY REQUESTS

You can manage your requests for care from anywhere in the world.

STEP 4 UPDATE MY PROFILE

Keep your **My Profile** page up-to-date with important information.

It's that easy!

To get started, visit: **MilitaryChildCare.com**
For questions/support, call: 855.696.2934



Make sure you are requesting the best Care Option(s) for your childcare needs...

Go to our **CYS Facebook** page or **FMWR-CYS website** to review the:

Fort Leavenworth CYS Care Options & Waitlist Guide

MUNSON NOTES

National Pharmacy Day is Jan. 12

■ **MEDICAL APPOINTMENT CHECK-IN:** Please arrive 15 minutes prior to your appointment to complete any required paperwork and bring the following items: DoD ID card; list of current medications including over-the-counter meds, vitamins, and supplements; any relevant paperwork or forms; and a list of questions or concerns. If you are not able to make your scheduled appointment, call the appointment line at (913) 684-6250 to cancel.

■ Munson Army Health Center is looking for volunteers to join the **PATIENT AND FAMILY PARTNERSHIP COUNCIL**. Volunteers can be active-duty, active-duty family members, retirees or retiree family members. The PFPC meets quarterly. If interested, call 913-684-6211/6127.

■ Munson Army Health Center Pharmacy offers patients a variety of **OVER-THE-COUNTER MEDICATIONS AT NO COST** to service members, retirees and family members. These items are available without a prescription or medical appointment. These self-care items are comparable to those available for purchase from retail stores and include pain relievers, cough medicine, allergy medication, antibiotic ointment, lice treatment and much more. Visit <https://munson.tricare.mil/Health-Services/Pharmacy> and scroll down to the Over-the-Counter Medication Program for details.

■ Service members, retirees, family members and Department of Defense federal employees on Fort Leavenworth are **ELIGIBLE TO USE THE ARMED FORCES WELLNESS CENTER FOR FREE**. This includes physical fitness testing, body composition analysis, stress management, improving sleep habits and individual health coaching. You set the goals; the AFWC staff puts you on the path to achieving them. Programs are individualized to address your current needs, motivation and confidence level. Visit the Fort Leavenworth AFWC in Eisenhower Hall or call 913-758-3403 to schedule an appointment. The health educators are also available to go mobile, taking their class to units or organizations on post and family readiness groups. To learn more about AFWC services visit <https://dvidshub.net/r/8wttlf>.



Photo by Munson Army Health Center Public Affairs

Thank you to all the pharmacists across the Military Health System who help keep us healthy every day! Pictured are Munson Army Health Center Pharmacy staff members Jeff Dietrich, Wendy Harmon, Phibul Un, Jarrod Miller, Jason Brozek and Maj. Jacob VanBemmel. (Not pictured: Dr. Marketa Lanier.)

Speak up! Your voice matters

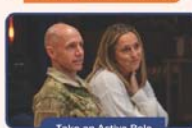
Volunteer to become a patient and family advisor on our patient and family partnership council

The Patient and Family Partnership Council captures the voices and insights of patients and families to improve the care experience.

Is being a patient and family advisor right for you?

We are looking for volunteers who can:

- Partner with other patients and staff to help improve care
- Represent the interests of all patients cared for by the military treatment facility
- Work well in teams and have fun!



Learn more about the Patient and Family Partnership Council. For more information, contact:

Munson Army Health Center Patient Advocates at 913-684-6211/6127



Seasonal Affective Disorder

Signs and Symptoms

Not everyone with SAD has the same symptoms, but they can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide

Seasonal Affective Disorder (SAD) is a condition in which some people experience a significant mood change when the seasons change. SAD is not considered a separate disorder but is a type of depression.

- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

[samhsa.gov/mental-health/seasonal-affective-disorder](https://www.samhsa.gov/mental-health/seasonal-affective-disorder)

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. To learn how to get support for mental health, drug, and alcohol issues, visit [FindSupport.gov](https://www.findsupport.gov).



Visit <https://www.facebook.com/munsonhealth/> for updates and information.

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