

THURSDAY
JANUARY 15, 2026



LAMP

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Spirit of the Buffalo Lamp intern contributes time, talent to local art, history project

by Prudence Siebert/Editor

Emilio Gutierrez, senior in graphic design at the University of Saint Mary in Leavenworth, recently saw his original artwork installed in a permanent local outdoor art installation.

With geometric shapes and vibrant colors akin to Native American beadwork and natural landscapes, Gutierrez designed and painted his “Celebrating the Elders, Those Who Walked the Earth” Spirit of the Buffalo statue last semester.

Over the past summer (of his own initiative) and during the fall 2025 semester (for a course requirement), Gutierrez interned at the *Fort Leavenworth Lamp* as photojournalist. During that time, he was also devoting time to the Spirit of the Buffalo project. He spent an estimated 250 hours to design, prep, hand paint and protectively seal his Native American-themed statue for the art exhibit, which he documented in a time-lapse video. (Visit the Fort Leavenworth Garrison Facebook page to watch the video.)

Project origins

Spirit of the Buffalo is a Leavenworth County Historical Society-initiated community art and history project, made possible through a Kansas Tourism Grant and community sponsors. The outdoor art installation includes 20 metal buffalo statues placed across Leavenworth County featuring original designs by local artists. The designs depict the artists’ interpretations of



Photo by Prudence Siebert/Fort Leavenworth Lamp

Emilio Gutierrez, senior in graphic design at the University of Saint Mary, poses by his Spirit of the Buffalo statue, “Celebrating the Elders, Those Who Walked the Earth,” during his senior art show Dec. 3 in Xavier Hall on the USM campus in Leavenworth. “Celebrating the Elders, Those Who Walked the Earth” officially went on display in Leavenworth near Haymarket Square a few weeks ago. Before working on his solo buffalo project, Gutierrez had been part of a team of Saint Mary’s Sculpture and 3D Design course students who worked on the Spirit of the Buffalo statue “Artistic License,” which is installed on the USM campus in front of Xavier Hall.

SEE SPIRIT OF THE BUFFALO | A5

MAHC soldier selected for West Point prep school

by Christina Yager/Munson Army Health Center Public Affairs Officer

For one combat medic specialist at Munson Army Health Center, a long-held ambition is about to become a reality.

After a competitive selection process, Pfc. Seth Durham, assigned to the Department of Primary Care, was selected to attend the U.S. Military Academy Preparatory School (USMAPS), placing him on a direct path to an appointment at the U.S. Military Academy at West Point and a future as an Army officer.

The dream of attending West Point began for Durham in high school.

“I went to a presentation in high school and learned about it from there,” Durham said.

His father, a Marine, knew that enlisted soldiers could also earn a spot at the prestigious academy and encouraged him to pursue it.

For other enlisted soldiers interested in this path, Durham outlined the rigorous application process, which involves submitting academic records like GPA and

ACT/SAT scores, passing a physical fitness test and completing extensive medical documentation. A key difference from the civilian application route is the nomination source.

“You have to get your unit commander to endorse you, which is different from the civilian process,” Durham explained.

After MAHC Senior Enlisted Leader Sgt. Maj. Jason Trevino met Durham and recognized his talent, discipline and character for future leadership, he supported and encouraged the young soldier to apply.

“When I met with him and looked at his records and saw his grades, SAT scores, athletics, professionalism and age, I felt he had a chance, and we helped him complete his application and pursue the re-

“When I met with him and looked at his **RECORDS** and saw his **GRADES, SAT SCORES, ATHLETICS, PROFESSIONALISM** and **AGE**, I felt he had a chance.”

— Sgt. Maj. Jason Trevino
MAHC Senior Enlisted Leader

quired endorsements,” Trevino said.

Several months later, upon learning of his acceptance, Durham said that he was overjoyed.

“I knew there were very competitive slots, so I was really happy,” he said. “I didn’t

want to get my hopes up until I saw an actual acceptance letter.”

Durham is ready and enthusiastic for the journey ahead, a five-year academic program followed by a five-year service obligation.

“It’ll be 10 years. I’m really excited,” he said. “This is a great opportunity. You get paid to go to school, a free education and a career afterwards. So, I think it’s a great path.”

He plans to pursue a degree in life sciences, the pre-med track at West Point, with the goal of a career in military medicine.

As he prepares for a four-day orientation visit to the West Point campus, Durham is already fielding good-natured jokes from his Marine father about the Army-Navy game.

“I think we’re team Army now, all the way,” he said.



Photo by Christina Yager/Munson Army Health Center Public Affairs

Combat Medic Specialist Pfc. Seth Durham, Medical Department Activity, assigned to Munson Army Health Center, coordinates with his team leader while preparing for upcoming patient care in MAHC’s Department of Primary Care Jan. 13 at the health center. After a competitive Armywide selection process, Durham was selected to attend the U.S. Military Academy Preparatory School, placing him on a direct path to an appointment at the U.S. Military Academy at West Point and a future as an Army officer.

Prepare to file in 2026

Get ready for tax season with key updates, essential tips

by Internal Revenue Service News Release

WASHINGTON — With the 2026 filing season quickly approaching, the Internal Revenue Service is urging taxpayers to take a few simple steps now to prepare for filing their 2025 federal income tax returns. Visit <https://www.irs.gov/individuals/get-ready-to-file-your-taxes> for checklists, updates and no-cost filing options.

One of the most important steps taxpayers can take is to access their IRS Individual Online Account at <https://www.irs.gov/payments/online-account-for-individuals>. IRS Individual Online Accounts are available 24/7 to view account information, make payments, manage communication preferences

TAX SEASON 2026

and protect tax information.

Use direct deposit

Due to the presidential executive order, Modernizing Payments To and From America's Bank Account, the IRS is phasing out paper tax refund checks. The IRS encourages taxpayers who do not have a bank account to open one so they can receive refunds by direct deposit.

Review new 2025 tax law changes

Recent legislation, such as the provisions in the One, Big, Beautiful Bill, includes several new deductions and credits that may

reduce tax bills or increase refunds. Beginning in 2025, to be eligible to claim certain credits for other dependents, the taxpayer and spouse, if filing jointly, must have valid Social Security numbers or Individual Taxpayer Identification Numbers issued on or before the due date of their returns (including extensions). For more information, visit <https://www.irs.gov/newsroom/one-big-beautiful-bill-provisions>.

New Trump Accounts for eligible children

Parents, guardians and other authorized individuals will be able to open Trump Accounts, a new retirement savings vehicle for chil-

dren under the age of 18 with a valid SSN. A pilot program contribution of \$1,000 will be available for children who are U.S. citizens and born from Jan. 1, 2025, to Dec. 31, 2028. Visit trumpaccounts.gov for details.

Income from payment apps and online sales

All income from part-time work, gig activities or sales of goods and services is taxable. Form 1099-K, Payment Card and Third Party Network Transactions, will be issued by payment card companies for any amount and by payment apps and online marketplaces when payments exceed \$20,000 and more than 200 transactions occur for the year. For more information, visit <https://www.irs.gov/businesses/understanding-your-form-1099-k>.

Digital assets reporting requirements

Taxpayers who bought, sold or received digital assets, including cryptocurrency, stablecoins or NFT (non-fungible token), must report those transactions. Some taxpayers may receive Form 1099-DA from brokers. Regardless, all taxpayers must answer the digital asset question on Form 1040 and report any related income, gains, or losses. Visit <https://www.irs.gov/filing/digital-assets> for more information.

Get ready now

Take a few steps today, reviewing tax law changes, gathering documents and using online tools, to help ensure a smoother less stressful experience when filing taxes in 2026.

Acting FMWR director pays tribute to hero, mentor, friend Jack Walker with memory of 1st meeting

by Paul Martocci/Acting Director, Family and Morale, Welfare and Recreation

It was an extraordinarily beautiful spring day in May 2008 — one that felt like a gift.

The sky was a brilliant blue, adorned with the gentle caress of a southern breeze, typical for this time of year. Not a single cloud marred the horizon, and the temperature hovered comfortably at 82 degrees. It was only my second day on the job as the head golf professional at Trails West Golf Course, and my heart brimmed with anticipation.

As I navigated the facility, familiarizing myself with its layout and capabilities, I unexpectedly found myself in an impromptu meeting with six of my new staff members who had gathered nearby. I began sharing my expectations, standards and leadership style, yet I couldn't shake the feeling that they were unusually distracted. Despite having spoken with each of them only a handful of times, this interaction felt different. My words seemed to fall flat, as if they were echoing in a void — their gazes drifted past me, their minds seemingly elsewhere.

Driven by curiosity, I turned to see what had captured their attention. To my surprise, there was nothing behind me except the golf professional's office — my soon-to-be office. Turning back to the team, I finally broke the silence: "Is there an issue? You all seem distracted."

In that moment, all six staff members moved swiftly past me and crowded around the window in my office, peering out like eager children on the first day of summer. Intrigued, I joined them at the window. The view was breathtaking, overseeing hole No. 9, the practice area, and the driving range. After a brief moment of silence, I asked, "What are we looking at?"

One of the staff members replied,



Spc. Timothy Ulm plays Taps after members of the Rifle Team fired volleys as rain pours during the interment ceremony for retired Lt. Col. Jack Walker Jan. 8 at the Fort Leavenworth National Cemetery.

COMMENTARY

"That's him." Another added, "That is Mr. Jack Walker." A third chimed in, "THAT is Mr. Fort Leavenworth."

My gaze followed theirs, landing on a compact figure making his way up from the green of hole No. 9. Dressed in khaki pants, a white golf shirt and white golf shoes complete with metal spikes, he moved with a certain inexplicable quality that instantly captivated my attention.

As he approached the clubhouse, my new team quickly repositioned themselves at the main entrance, aligning on either side of the door with military precision. It was clear this was not their first time performing such a choreographed display. Golf patrons nearby also took notice, falling into formation as if they were part of a well-rehearsed routine.

As the door swung open, there stood the man everyone had been discussing — a figure imposing immense respect and admiration, as though he were a beloved local celebrity. As he passed through the receiving line, he greeted each person by name, engaging in personal conversations that radiated warmth and kindness. "Hello, Karl! How is Penny?" he asked one member of the team. "Good to see you, Christopher.



Photos by Prudence Siebert/Fort Leavenworth Lamp

Family, friends and colleagues bow their heads in prayer during the interment ceremony for retired Lt. Col. Jack Walker, longtime Deputy to the Garrison Commander, Jan. 8 at the FLNC committal shelter. Walker died at age 91 Dec. 31, 2025.

How are the kids? I bet they're getting big!" His genuine interest in everyone was palpable as he moved from one person to the next, creating an atmosphere of belonging.

Finally, it was my turn. "Good afternoon, sir. My name is Paul Martocci, your new head golf professional. It's a pleasure to meet you."

"Hello, Paul. Jack Walker. It's very nice to meet you. Welcome aboard. Are you from the area?" he replied with a welcoming smile that felt like a warm embrace.

We carried on our conversation for a few minutes, and it became increasingly clear to me that this individual was truly special. I now understood fully why the staff behaved as they did. He possessed an extraordinary ability to forge deep connections with people, making them feel valued and appreciated. He was fully invested in each interaction, genuinely present and engaged with whomever he spoke to.

This was the first of many interactions I would cherish over the years.

Mr. Walker had an incredible gift for making each person feel seen and valued. His kindness, mentorship, and love forged profound connections that left an indelible mark on all who knew him. He enriched

our lives in ways that words often fail to capture, radiating a warmth and kindness that created a legacy resonating deeply in our hearts. His extraordinary life stood as a shining beacon of service, compassion and dedication, inspiring us to live with purpose and integrity. With an unwavering spirit, boundless generosity, and infectious laughter, he uplifted everyone around him. He served with honor, always striving to enhance the lives of others, reminding us of the profound impact one person can have on many.

My heart is filled with immense gratitude for having known such an incredible man. While many look up to movie stars or sports figures as their heroes, I found my inspiration in Mr. Walker. He truly embodied what it means to live with grace and purpose, representing the highest ideals of character. Without a doubt, he was the finest example of humanity I have ever encountered — my paragon and my hero. His legacy serves as a guiding light, inspiring all who were fortunate enough to know him and reminding us to live with compassion, integrity and a genuine love for others.

FORT LEAVENWORTH LAMP

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MAHC highlights contributions of pharmacists on National Pharmacist Day

by Christina Yager/Munson Army Health Center Public Affairs Officer

In recognition of National Pharmacist Day Jan. 12, Munson Army Health Center highlighted the vital role pharmacists play in caring for TRICARE beneficiaries and supporting medical readiness and healthcare delivery across Fort Leavenworth and the surrounding community.

In 2025 the pharmacy filled more than 187,000 individual prescriptions for service members, retirees and family members, in addition to supporting clinical operations.

MAHC's outpatient pharmacists work behind the scenes and at the pharmacy counter to ensure medications are safe, effective and appropriate for each patient, helping service members remain healthy and ready to perform their missions.

"Our pharmacists do far more than fill prescriptions," said Capt. Michael Nguyen, chief of MAHC's Department of Pharmacy. "They are an essential part of the healthcare team, helping patients understand their medications, preventing harmful drug interactions and working closely with providers to support the best possible outcomes."

MAHC pharmacists also play a critical role in patient safety and readiness by identifying potential medication errors before prescriptions are dispensed, ensuring patients understand how to take their medications correctly, and helping minimize side effects that could impact performance.

"Every prescription represents multiple safety checks," said Dr. Jason Brozek, an outpatient pharmacist and supervisor at MAHC. "Our goal is to make sure patients leave the pharmacy confident about their medications and how they support their health."

In MAHC's Department of Primary Care, Dr. Marketa Lanier, a clinical pharmacist and part of the primary care team, works directly with patients to manage chronic conditions, optimize medication therapy and support overall health.

"The most fulfilling part of my job is



Photos by Christina Yager/Munson Army Health Center Public Affairs

Pharmacist Capt. Michael Nguyen, chief of Munson Army Health Center's Department of Pharmacy, works alongside Pharmacy Specialist Sgt. William Dobbin processing medications Jan. 9 at MAHC. MAHC's outpatient pharmacists work behind the scenes and at the pharmacy counter to ensure medications are safe, effective and appropriate for each patient, helping service members remain healthy and ready to perform their missions.

seeing the positive impact of my work," said Lanier, who was named the 2024 Defense Health Agency Clinical Pharmacist of the Year. "When a patient comes back and tells me how much better and energetic they feel when their blood sugars are controlled or how a small tool like a medication card has helped them, it reminds me why I love what

I do."

Patients are encouraged to speak with a pharmacist if they have questions about their medications or pharmacy services.

Pharmacy services for TRICARE beneficiaries and readiness support

The outpatient pharmacy serves all eligible TRICARE beneficiaries, including TRICARE Prime, TRICARE Select, and TRICARE for Life. Pharmacy services are designed to support continuity of care and safe medication use, whether patients are managing a short-term illness or a long-term condition.

MAHC's pharmacy is open weekdays from 8 a.m. to 4:30 p.m. All new and renewal prescriptions require activation before they can be picked up. Call 913-684-6250, option 2, to activate prescriptions by phone.

For faster service text "Get in line" to 833-851-1505, or visit <https://cxmlink.com/MTF872online>, during regular pharmacy hours to activate a prescription by text.

An ID card is required for medication pick-up for all patients ages 10 years and older.

For more information about pharmacy services visit <https://munson.tricare.mil/Health-Services/Pharmacy>.



ABOVE: Dr. Jason Brozek, an outpatient pharmacist and supervisor at the Munson Army Health Center Pharmacy, leads the pharmacy team as they fill prescription orders Jan. 9 at MAHC. LEFT: Dr. Wendy Harmon, a Defense Health Agency pharmacist, manually counts pills while filling a prescription Jan. 9 at Munson Army Health Center Pharmacy. The outpatient pharmacy serves all eligible TRICARE beneficiaries, including TRICARE Prime, TRICARE Select, and TRICARE for Life.

GRANTS, SCHOLARSHIPS AT A GLANCE

■ Fort Leavenworth Thrift Shop **COMMUNITY ASSISTANCE GRANT APPLICATIONS** are available from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays at 1025 Sheridan Drive. Applications are due by Feb. 24, 2026, and funds will be available in April. Call 913-651-6768 for more information.

■ Scholarship applications are available at the Army Education Center for the **JOHN W. POILLON SCHOLARSHIP**, which is open to high school seniors who are dependents of U.S. service members currently or within the past two years assigned to Fort Leavenworth or dependents of civilians employed at Fort Leavenworth. Application deadline is March 10, 2026. Visit the Army Education Center to apply or for more scholarship opportunities.

■ The **FORT LEAVENWORTH SPOUSES' CLUB** is currently updating its community giving program and will soon be posting application procedures for

scholarships and community grants at <https://fortleavenworthspousesclub.org/community-giving>.

■ The **COMMAND AND GENERAL STAFF COLLEGE FOUNDATION 2026 COMPETITIVE SCHOLARSHIP PROGRAM** for spouses, children or grandchildren of U.S. Army Command and General Staff College alumni and others who are life members of the CGSC Foundation's Alumni Association is open for applications through March 15. The application is available on the CGSC Foundation website at www.cgscfoundation.org/scholarships.

The 2026 CGSC Foundation scholarship awards include seven cash scholarships: one \$5,000 (the Colonel Stephen E. "Brownie" Brown Scholarship), one \$1,000, one \$750, and one \$500 to students who are beginning their college education; and one \$1,000, one \$750, and one \$500 scholarship to students who are continuing their college education.

■ **FISHER HOUSE FOUNDATION'S SCHOLARSHIPS FOR MILITARY CHILDREN** program is accepting applications for the 2026-2027 academic year, now through Feb. 11. To apply, visit <https://fisherhouse.org/programs/scholarship-programs/scholarships-for-military-children/>.

The Scholarships for Military Children program is open to unmarried military dependent children under the age of 23 who possess a valid USID card and are enrolled or planning to enroll in a full-time undergraduate program leading to a bachelor's degree or a community/junior college designed to allow for a direct transfer into a four-year program. The student's parent(s) or sponsor(s) must be active duty; reserve/guard; or deceased or retired from the Army, Marine Corps, Navy, Air Force, Coast Guard, or Space Force. Applicants or sponsors do not need to live at an installation with a commissary — select the commissary nearest/where the sponsor shops.

Rod & Gun Club to offer Advanced Hunter Education, Hunting Dog Training Feb. 28

by Fort Leavenworth Rod and Gun Club

The Fort Leavenworth Rod and Gun Club will host the Advanced Hunter Education and Hunting Dog Training from 7:30 a.m. to 6:30 p.m. Feb. 28, and March 1 if needed, in northwest Leavenworth County. Inclement weather dates for the Fort Leavenworth Family and Morale, Welfare and Recreation-sanctioned event are March 7-8.

A team consists of one dog (pointing or flushing), two hunters and as many shotgun shells as desired. At least three pheasants will be in the field for each team.

The focus is on a safe, live-fire training experience for the hunters and dogs finding and retrieving harvested pheasants in field conditions.

Scoring is based on the team's combined firearms handling and hunting skills.

The event is open to Rod and Gun Club members, active-duty and retired military, military dependents, federal employees and invited guests in the area. Entry fee is \$75 for Rod and Gun Club members and \$85 for non-

members. Participation is limited up to the first 28 paid and registered teams (depending on field and crop conditions). Registration opens at 5:30 p.m. Jan. 14 and closes at 6 p.m. Feb. 11.

Rules and final location are provided by e-mail. Rules will be reviewed prior to each team's start on site. Initially, a household can enter only one dog as a primary entry; additional dogs will be put on the "standby list" with accompanying reimbursable fees and registration(s).

If the competition is not full by Feb. 11, paid and registered standbys will be drawn (one per household) until all have had a second chance to fill vacant team slots. Remaining unfilled slots will be filled with third dog standbys. Running order is determined by random, slotted draw Feb. 13 with the initial draft released Feb. 16 with feedback due by Feb. 19 so the running order can be finalized by Feb. 23.

For more information and to obtain the entry form, contact Kent Ervin at kent.e.ervin.civ@army.mil or 913-240-9596.



Photo by Kent Ervin/Fort Leavenworth Rod and Gun Club

Retired Lt. Col. Ted and Dawn Staver, with their German shorthair pointer, Lacey, pose for a photo following their successful run during the Rod and Gun Club's Fall 2025 Advanced Hunter Education and Dog Training Event Oct. 11, 2025, in Leavenworth County.

National WWI Museum hosts Scout Day, 100 Years of Winnie-the-Pooh

by National WWI Museum and Memorial News Release

KANSAS CITY, MO. – The National World War I Museum and Memorial honors the long connection between WWI and scouting with Scout Day on Jan. 24.

The worldwide scouting movement had its birth in the years leading up to the Great War. For this special day, general admission tickets for \$5 will be available (onsite only) to all Scouts and Scout leaders from all scouting organizations. Scouts and Scout leaders must be in uniform to receive discounted admission. Regular admission tickets for additional guests will be available for purchase online and onsite.

Also Jan. 24, celebrate 100 years of the "tubby little cubby all stuffed with fluff" at Winnie-the-Pooh Day – an educational ex-



travaganza for all ages. Activities run from 10:30 a.m. to 2 p.m. and include crafts, dessert, a performance from The Coterie, an educational talk with the Kansas City Public Library and guided micro-tours (first-come, first-served. General admission tickets required).

Other upcoming events

On Jan. 15, "A German Jew's Triumph: Fritz Oppenheimer" will be hosted as a part of the commemorations for America's 250th. From a Prussian soldier on the Western Front to a U.S. Army major helping to denazify his homeland

decades later, journey through Fritz Oppenheimer's incredible story spanning an ocean and two world wars. This event is free with RSVP, onsite and online.

"The Elements of Marie Curie" takes place Jan. 29. Author Dava Sobel illuminates the life and enduring influence of scientist Marie Skłodowska-Curie from a unique angle — through the women who became her legacy, including her daughter, Irène. This event is free with RSVP, onsite and online.

January National WWI

Museum and Memorial events

- Hands-on History: 11 a.m. to 1 p.m. Saturdays
- A German Jew's Triumph: Fritz Oppenheimer: 6:30 p.m. Jan. 15
- Scout Day 2026: 10 a.m. to 5 p.m. Jan. 24
- 100 Years of Winnie: Winnie-the-Pooh Day: 10:30 a.m. to 2 p.m. Jan. 24
- The Elements of Marie Curie: 7 p.m. Jan. 29

About the National WWI Museum and Memorial

The National WWI Museum and Memorial is America's leading institu-

tion dedicated to remembering, interpreting and understanding the Great War and its enduring impact on the global community. The National WWI Museum and Memorial holds the most comprehensive collection of World War I objects and documents in the world and is the second-oldest public museum dedicated to preserving the objects, history and experiences of the war. The National WWI Museum and Memorial takes visitors of all ages on a journey through a transformative period and shares personal

stories of courage, honor, patriotism and sacrifice. Designated by Congress as America's official World War I Museum and Memorial and located in downtown Kansas City, Mo., the National WWI Museum and Memorial inspires thought, dialogue and learning to make the experiences of the Great War era meaningful and relevant for present and future generations. To learn more, visit theworldwar.org.



Pet of the Week: Ralphie

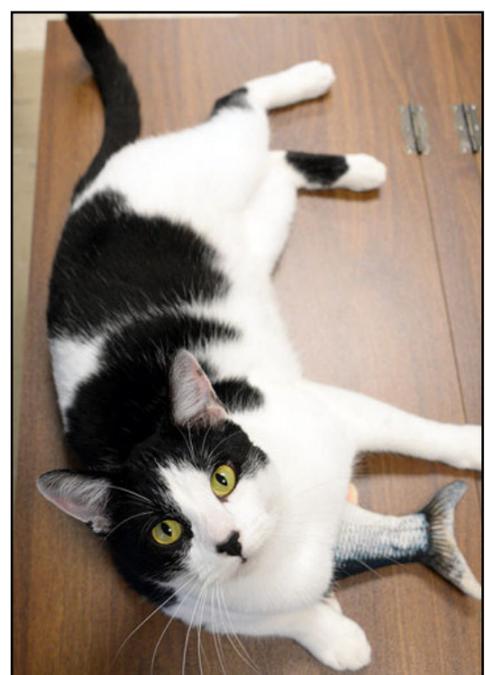
Ralphie is a young, male domestic shorthair cat available for adoption at the Fort Leavenworth Stray Facility.

The adoption fee for a cat is \$100, which helps cover some of the care received, including neuter/spay surgery, vaccinations to date and microchipping.

E-mail fortleavenworthstrayfacility@gmail.com for an adoption application and call 913-335-0788 for an appointment. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility. Visit <https://www.petfinder.com/member/us/ks/fort-leavenworth/fort-leavenworth-stray-facility-ks174/> for adoptable pet profiles.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Call 913-335-0788 for an appointment or more information.

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, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for "stray animal facility."

Photos by Prudence Siebert/Fort Leavenworth Lamp

Spirit of the Buffalo (continued from Page A1)



Photos by Prudence Siebert/Fort Leavenworth Lamp

Tom Wallestad, right, University of Saint Mary associate professor of art and graphic design, points out significant dates incorporated into the design — 1858, LEFT, when the Sisters of Charity arrived in Leavenworth, and “1923,” ABOVE, when the University of Saint Mary was established — while looking at the Spirit of the Buffalo art and history project statue “Artistic License” with USM graphic design senior Emilio Gutierrez Jan. 12 on the USM campus.

the themes State of Kansas, Old West and Historic Leavenworth, and were chosen by a panel of judges to be included in the project.

“Primary goals were to develop a unique tourist attraction, to raise funds for the continued operation of the Carroll Mansion Museum, and to showcase the incredible talent of local artists,” said Denise Souza, Leavenworth County Historical Society project manager. “We believe the project complements existing community art, such as the bronze statues at City Hall and Fort Leavenworth, the beautiful outdoor painted art murals, and the First City Art Passageways project.”

Similar art displays have popped up around the world — the CowParade in Kansas City, Chicago and other cities; fiberglass quarter horses in Amarillo, Texas; Dala horses in Lindsborg, Kansas; even art-covered buffalo statues in Oklahoma and South Dakota — but Souza said there are no other hand-crafted metal buffalo herds with original Old West- and Kansas-themed designs anywhere else in the United States.

USM artists

Souza said LCHS partnered on the Spirit of the Buffalo project with the Leavenworth County Artists Association and IVArts, and through that partnership connected with Tom Wallestad, associate professor of art and graphic design at the University of Saint Mary.

Wallestad’s Sculpture and 3-D Design course students, including Gutierrez, worked in groups to submit designs for the project. One of the group’s designs was chosen for the project’s “first herd,” with the course’s 18 students working to complete that buffalo, “Artistic License.” Later, Gutierrez’s group’s design was selected for the second round of buffalo statues to be painted and installed, and after conferring with his now-former classmates, Gutierrez dove in solo to accomplish the project that evolved into his “Celebrating the Elders, Those Who Walked the Earth.”

“Artistic License,” sponsored by Saint Mary’s marketing department, was installed on the university’s campus in Leavenworth. It is positioned in front of Xavier Hall, which is home to the university’s art department.

“I’ve always liked the phrases creative license or artistic license,” Wallestad said of the name, noting that even if the deeper meaning of an artist’s creative prerogative is overlooked, visitors will see the obvious connection.

“Artistic License” features a state license plate motif, incorporating into the design “1858,” when the Sisters of Charity arrived in Leavenworth, and “1923,” when the University of Saint Mary was established. Wallestad speculated that the license plate theme might also reference the possibility that the metal used in the buffalo sculptures could have come from old automobiles.

Solo project

Gutierrez’s “Celebrating the Elders, Those Who Walked the Earth” officially went on display in Leavenworth near Haymarket Square a few weeks ago. Souza said the owners of Swann Painting, Ed and Cindy Pruitt, who sponsored the buffalo, are very pleased with Gutierrez’s work.

“I had the opportunity to watch Emilio work on the statue, and his attention to detail was incredible,” Souza said. “He hand-painted every part of the mane, which included hundreds of pieces of metal.”

Gutierrez said he consulted his Native American-Mexican cousin, Maria Gutierrez, a Kickapoo tribe member who does beadwork, for respectful and accurate ways to paint the Native American beadwork design he envisioned for “Celebrating the Elders, Those Who Walked the Earth.” She advised him to develop his own design, to make something beautiful from his own



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE and BELOW: University of Saint Mary Sculpture and 3-D Design course students covered their Spirit of the Buffalo sculpture, “Artistic License,” with painted versions of Kansas license plates. Design team members Dalton Lewis and Trevion Morris, led by Caroline Griffin, had their idea submission chosen by a panel of judges to be included in the project. They completed the buffalo with the help of classmates, including both art and non-art majors, Emilio Gutierrez, Joseph Jernegan, Otto Huff, Gustavo Freitas, Daniel Black, Torrien Dilworth, Bralci Criss, SaNiya Glover, Alexsys Jacquez, McKenna Thorne, Kendall Thorne, Caitlin Faut, Allena Collins, William Douthard and Mikala Owens.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Tom Wallestad, University of Saint Mary associate professor of art and graphic design, and Emilio Gutierrez, UMC senior in graphic design, pose with “Artistic License,” the Spirit of the Buffalo art and history project statue that Wallestad’s Sculpture and 3-D Design course students worked on, Jan. 12 in front of Xavier Hall, home of the art department on the University of Saint Mary campus in Leavenworth. The students’ design featuring state license plates was chosen by a panel of judges to be included in the project.

Spirit of the Buffalo (continued from Page A5)



Celebrating the Elders
Those who walked the Earth

Still image from Emilio Gutierrez's time-lapse video documenting his work on "Celebrating the Elders, Those Who Walked the Earth," one of 20 art-covered buffalo statues in the Spirit of the Buffalo outdoor art and history project installed across Leavenworth County.

thoughts. He also researched using printed resources to ensure any symbols he incorporated into the design were purposeful and interpreted correctly.

"I basically went with a lot of geometric shapes as a base because I wasn't trying to go for just one specific thing," he said. "Lower towards the legs I stuck with wildflowers, flowers that grow in slower parts of the river, flowers that grow a little bit further away but also wildflowers that grow everywhere around the river. I used waterlilies and fire pink and spiderwort."

He said the blue and teal section between the beadwork and wildflowers represents the Missouri River, an element suggested by a classmate in his team's original design. He said the river ties to the Native American theme as a necessary fresh-water element and would have been a major factor in territory and living decisions.

"My thought process is I want to do something different, because when I saw some of the other buffalos, (depicting) portraits of Native Americans ... on horseback or just looking very proud, I want to do something a little bit different but also with something to still be proud of. Their own art form, which is beadwork, and they use beadwork in a lot of their ceremonial ... and regalia (traditions), and it's just really, really pretty to look at, really beautiful stuff to look at," Gutierrez said.

Project takes off

Souza said it has been exciting to see the Spirit of the Buffalo driving tour take off, watching families stop to take photos with the different buffalo statues around town. She said hundreds of inquiries and positive comments have been received about the project.

"When the first buffalo statue went on display, we were so happy with all of the positive comments we received from the community and visitors alike," she said. "Since last year, the number of LCHS Facebook posts increased from 600 on average to 10,000 on average. LCHS has posted over 50 articles and photos providing updates to the public. One recent post and photo of a painted buffalo and its artist garnered 33,000 in reach."

Souza said thanks to assistance from the Fort Leavenworth Frontier Army Museum, which hosts the project's website, a QR code will soon be available on a sign next to each statue allowing visitors to access information about each artist's design, as well as the associated history and culture of the Kansas Plains tribes.

To take the Spirit of the Buffalo virtual tour and access information that corresponds with each buffalo, visit <https://frontierarmymuseum.stqry.app/1/tour/56843>.

For more information about the project, visit https://leavenworthhistory.org/spirit_of_the_buffalo.htm.

Lamp internship

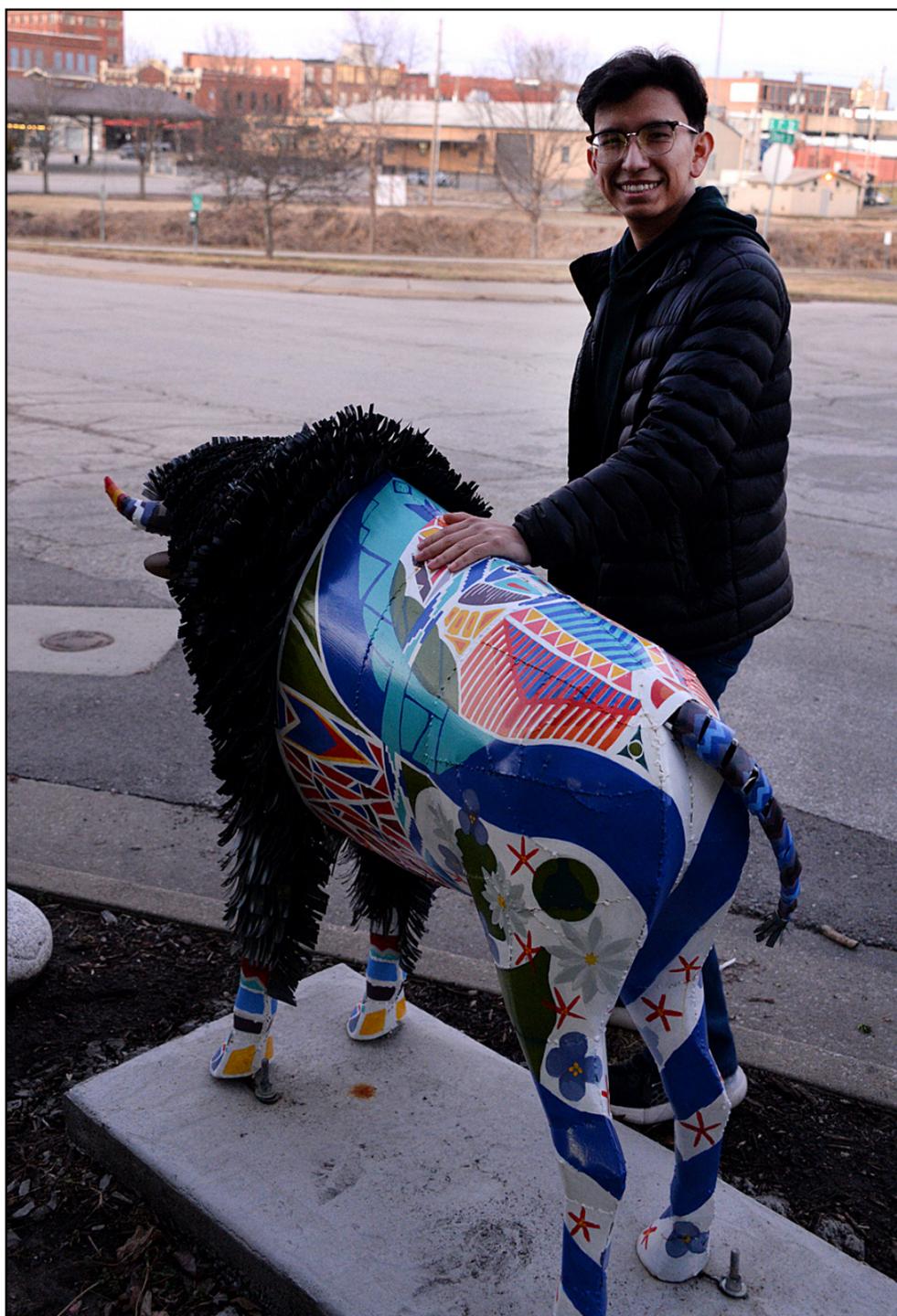
Gutierrez said his view of the military community was expanded through his Lamp internship experience. His familiarity with the Army had been essentially limited to a cousin's participation — and was not entirely positive due to deployments and other hardships and hazards associated with the military. He said his immersion covering community and family events at Fort Leavenworth helped him see the military in a new light.

"(The internship) was something I loved doing,



Photo by Prudence Siebert/Fort Leavenworth Lamp

University of Saint Mary student and summer/fall 2025 Fort Leavenworth Lamp intern Emilio Gutierrez poses with "Celebrating the Elders, Those Who Walked the Earth" Jan. 12 in front of Swann Painting in Leavenworth.



Summer/fall 2025 Fort Leavenworth Lamp intern Emilio Gutierrez, senior in graphic design at the University of Saint Mary, poses with "Celebrating the Elders, Those Who Walked the Earth," the Spirit of the Buffalo art and history project statue he designed and painted Jan. 12 in front of Swann Painting in Leavenworth. The statue is located near Haymarket Square, seen in the background.

Photo by Prudence Siebert/Fort Leavenworth Lamp

Spirit of the Buffalo

Artists, statue locations

Artistic License

Artists: University of Saint Mary Art Students
Location: University of Saint Mary, 4100 S 4th St.

Celebrating the Elders, Those Who Walked the Earth

Artist: Emilio Gutierrez
Location: Swann Painting, 410 S. 7th St.

In Honor of the Military

Artist: Carmen Marie Almlie
Location: Leavenworth Local, 600 Shawnee St.

Taming the West

Artist: Teresa Tomrell
Location: Home2 Suites, 250 Delaware St.

Some Things Remain: Tapestry of Kansas History

Artist: Sara Filbert
Location: Leavenworth Main Street, 4th and Cherokee

Twin Souls

Artist: Tara Crow
Location: Kansas Country Store, 728 Cherokee St.

Lewis and Clark

Artist: Nancy Bauder
Location: Suburban Restaurant, 402 S. 20th St.

Sunrise to Sunset: AdAstra Per Aspera

Artist: Becky Gordon
Location: Carroll Mansion Museum, 1128 5th Ave.

Native Kansas Botanicals

Artist: Kristina Simon
Location: Heartland Dental Group, 3507 S 4th St., #5013

Living Legends

Artist: Tara Crow
Location: Culver's, 600 Eisenhower Road

Kansas Railroads, "Fallen Flags"

Artist: Everett Ward
Location: Lansing City Hall, 800 1st Terrace

Honoring the Delaware/Lenape

Artists: Keyta D. Kelly and Rachel N. Kelly
Location: Tonganoxie Historical Society and Museum, 201 W. Washington St., Tonganoxie, Kansas

Life on the River

Artist: Teresa Tomrell
Location: The Depot, 781 Shawnee St.

"Rustic Matriarch"

Artist: original sculpture
Location: Exchange Bank & Trust, 630 Delaware St.

Sacred Spirits

Artist: Tara Crow
Location: Ten Penny Sports Bar and Grill, 529 Cherokee St.

"Trails"

Artist: Alan Collins
Location: 529 Cherokee St.

Women of the West

Artist: Teresa Tomrell
Location: Saint John Hospital, 3500 S. 4th St.

Kansas Flag

Artist: Becky Gordon
Location: Zaxby's, 4925 S. 4th St.

The Kanza Sun

Artist: Tara Crow
Location: Z&M Winery, 24305 Loring Road, Lawrence, Kansas

C.W. Parker Carousel

Artist: Nancy Bauder
Location: C.W. Parker Carousel Museum, 320 S. Esplanade St.

Spirit of the Buffalo (continued from Page A6)



Photos by Prudence Siebert/Fort Leavenworth Lamp

Detail featuring Fort Leavenworth scenes from "In Honor of the Military" by artist Carmen Marie Almlie. Statue located at Leavenworth Local Hotel, 600 Shawnee St. in Leavenworth.

mostly because I got to see how involved the community is, especially with the (Veterans Day) Parade ... and every assignment had something unique to it," Gutierrez said. "It wasn't just the same, just going out and taking pictures, it was different each time. It was very exciting to do."

Gutierrez, a Topeka, Kansas, native who is now taking photographs at events for the university's marketing team, said the Lamp internship helped develop his communication skills as well by talking to people to learn more at assignments and getting the names of those in his photographs. He said he also further developed his "artistic eye," seeing a photograph before it happened, and anticipating — and waiting — for the perfect shots.

"When I was (covering) the fishing derby, I had to predict when the fish might come and strike on the lure... I was just waiting for someone to get a tug at their line, and then all of a sudden, I start hearing the water splashing, and I go to turn immediately, and (a child) is pulling out of the water like a 12-inch catfish," he recalled of one of his first assignments.

Gutierrez covered another fishing derby later in the year, and he said it was a nice feeling when some of the event organizers recognized him from his first assignment.

During the fall semester, Gutierrez teamed up on several assignments with fellow Lamp intern Melanie Libby, University of Missouri sophomore in strategic communications who is also an Army brat.

"It was nice because she knew her way around the base, and I knew how to take the photos, and she could ask the questions (while on assignments)," he said.

Gutierrez credits his mom, Letitia Gutierrez, for teaching him everything he knew about photography before the Lamp internship.

"My mom never truly became a full-time artist, but she deserves her due credit — she definitely deserves her due credit, because she doesn't hear it a lot, but she takes wonderful photos," he said, describing how he would ask her questions about taking photos and watch her work on her photos late into the night until she got them just right.

"I just learned watching her take pictures of me, my sisters, and sometimes my dad, because my dad coached a lot — he coached all three of us, basketball, baseball, softball, track," Gutierrez said.

He admitted that he would pick up his mom's camera and secretly take photos if she walked away to take a break.

"I'd pick up her camera and kind of play around with shooting the surroundings, like, say, the landscapes or whatnot, because I thought landscapes were pretty or just looked really interesting, like the sun was glowing off the trees that day in a really interesting way," Gutierrez said. "I would do that stuff, but I would always delete it because I didn't want her to know I picked up her camera."

Gutierrez would learn of the Lamp opportunity from freelance photojournalist Peggy Bair, who was photographing a softball game that Gutierrez and his mother were also photographing because his sisters, Josefina and



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE and BELOW: The Fort Leavenworth- and Army-themed "In Honor of the Military" Spirit of the Buffalo statue by artist Carmen Marie Almlie is in front of Leavenworth Local Hotel in Leavenworth.



Victoria, were coaching the opposing teams from Lansing and Spring Hill, Kansas, respectively.

"I was just kind of practicing, because I was ... going to start learning how to take photos, and that's kind of basically where it really started, me taking more photos, because before that we had just done simple things like taking pictures of the solar moon, doing things like that, but this time I was taking pictures of my sisters coaching," he said.

Gutierrez said Bair started asking him about his interest in photography, and after being nudged by his mother, he asked her about internship or apprentice-type opportunities. Bair suggested he contact the Lamp, knowing the staff had dwindled to one person and could use the help.

Wallestad said internships, like the Spirit of the Buffalo project, are a way for students to connect and contribute to the community.

"Internships, in general, ... are the time to practice what you've been doing in the classroom and then build a little bit of confidence for yourself, knowing you can get out there and work with others," he said. "In the classroom ... you know the structure — there's a certain amount of time, and maybe you can get extensions in the classroom — but when you get out there in the real world... you've got deadlines, and you've got people that have certain needs. You can't always be just doing it to make yourself happy — hopefully you can do both where if it makes you happy, it'll make the customer happy, too, but there are certain needs."

Wallestad said he assigns practical projects and looks for ways to connect students with people in the commu-

Spirit of the Buffalo

Fort Leavenworth represented in art, history project



Detail from "In Honor of the Military" by artist Carmen Marie Almlie of Leavenworth. Statue located at Leavenworth Local at 600 Shawnee St. in Leavenworth. Sponsored by retired Lt. Col. Reynaldo Riviera.

by Mary Ann Brown/Leavenworth County Historical Society, from <https://frontierarmymuseum.stqry.app/1/tour/56843/it em/388121>

The Leavenworth County Historical Society is proud to present the "Spirit of the Buffalo" Community Art and History Project in Leavenworth County. The outdoor exhibit focuses on connecting residents and visitors to the region's early history, with an emphasis on Kansas Plains natives and their co-habitation with the buffalo.

"In Honor of the Military" is the theme chosen by artist Carmen Marie Almlie to connect to the rich history of Leavenworth County.

The Leavenworth County story began with Fort Leavenworth, established in 1827 by Col. Henry Leavenworth on the bluffs of the Missouri River. The fort, initially a "cantonment" or temporary camp, was intended to safeguard the growing trade along the Santa Fe Trail and maintain peace between various indigenous tribes and the increasing influx of settlers journeying westward. Its location made it a crucial stop for thousands heading to Oregon and California along the Santa Fe and Oregon Trails.

During the volatile "Bleeding Kansas" period preceding the Civil War, both the fort and the surrounding region witnessed the escalating tensions between pro-slavery and abolitionist factions. Leavenworth city became a haven for Unionists fleeing Missouri during the Civil War. President Abraham Lincoln established the Fort Leavenworth National Cemetery in 1862. It is one of the first 14 national cemeteries and is the final resting place for 23,000 veterans from every war since the War of 1812.

After the Civil War, Fort Leavenworth's mission evolved, becoming a significant post for the post-Civil War Indian Wars and, notably, a center for military education. In 1881, Gen.

William T. Sherman founded the school that would become the U.S. Army Command and General Staff College at Fort Leavenworth. This institution has trained countless military leaders, including figures like Generals George C. Marshall, Dwight D. Eisenhower and Colin Powell. The fort also became the home of the 10th Cavalry Regiment, known as the Buffalo Soldiers, the first African-American regiment formed after the Civil War.

Fort Leavenworth stands as a testament to the contributions of those who served, both past and present, playing vital roles in settling the West, fighting for freedom and educating generations of military leaders. The enduring legacy of service continues today, as the fort remains an active and vital military installation, and a proud part of the Leavenworth community.

To preserve this rich history, the Frontier Army Museum, at 100 Reynolds Ave. on Fort Leavenworth, was established in 1960, although collections began in 1938. The museum's main gallery highlights the efforts of the Frontier Army in exploration, expansion and protection of the Trans-Mississippi West from the Lewis and Clark Expedition (1804) to the chase of Pancho Villa by General John Pershing (1916). The museum offers a look at the tools of soldiering used throughout this time period.

It is here the importance of Fort Leavenworth's role in the exploration and expansion of the nation throughout the nineteenth century, as well as its continuing role in soldier education, is evident. A major capital campaign is being conducted to relocate the museum outside the gates of the fort to allow more of the expansive collections to be displayed. Preserving both Army and pioneer history is an important part of the legacy of Fort Leavenworth, and the artifacts and the hard-working individuals they represent play an important part in telling shared history.

ity. Spirit of the Buffalo served as both a learning project for his students and a way to strengthen those connections.

For more information about the Spirit of the Buffalo art and history project, visit https://www.leavenworthhistory.org/spirit_of_the_buffalo.htm.

If interested in interning at the Fort Leavenworth Lamp, e-mail ftvlampeditor@gmail.com.

THURSDAY
JANUARY 15, 2026



Post Notes

SERVING THE COMMUNITY OF FORT LEAVENWORTH, KANSAS, FOR MORE THAN 50 YEARS

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

B1

NATIONAL OPPOSITE DAY STORY TIME



Story Time Information
Date: Friday, Jan. 23rd
Start Times: 1000 & 1400

FORT LEAVENWORTH THRIFT SHOP COMMUNITY ASSISTANCE GRANTS

Applications are available at the Thrift Shop
1025 Sheridan Drive, Building 1049

Hours of Operation
Tuesday, Wednesday, Thursday, 1st Saturday
from 9:30 AM – 2:30 PM

GRANTS ARE AVAILABLE FOR ELIGIBLE ORGANIZATIONS, NOT INDIVIDUALS

APPLICATIONS MUST BE COMPLETED AND RETURNED TO THE THRIFT SHOP BY TUESDAY, FEBRUARY 24TH

KNOW YOUR WORLD CULTURAL SERIES

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SEPTEMBER 17 2025

KUWAIT

JANUARY 27 2026

NEW DATES

ARGENTINA

FEBRUARY 11 2026

INDIA

FEBRUARY 18 2026

CABO VERDE

MARCH 25 2026

Presentations start at 1545 in Eisenhower Auditorium & on CGSC YouTube

Open to the public-all are welcome to attend or view online

All IMS Attend//Presenting IMS' Section expected to attend//All Staff Groups Highly Encouraged to Attend//Post Presentation Culinary Sampling Offered to all who attend in Arter Atrium

STRESS Management

February 19, April 16, June 18, August 20,
October 15, December 10
11:30am - 1:00pm
600 Thomas Ave
Room 145

STRESS WEIGHING YOU DOWN?

IT'S TIME TO TAKE BACK CONTROL

FREE one-session workshop 18+
No childcare
Deadline to register is day before training.
Virtual attendance is available through TEAMS.
For more info:
Call 520-692-6378/ 6323





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THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE

Meals & Childcare provided

Invest in your marriage!
Join us for a monthly

DATE NIGHT

13 February: 5:30-7pm (Valentine's Event)



For more information and to register, scan the QR code or call/text 910-644-2999

ABOUT TO FLIP YOUR LID?
Register for the ACS

ANGER MANAGEMENT COURSE

Room 145 at the Resiliency Center
600 Thomas Ave
1:30pm - 3pm

WE CAN HELP

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 realistic scenarios, feedback, and opportunities to apply newly learned skills in a group setting.

Round 1
January 8, 15, 22, 29
February 5, 12, 19, 26

Round 2
May 7, 14, 21, 28
June 4, 11, 18, 25

Round 3
August 6, 13, 20, 27
September 3, 10, 17, 24

Round 4
October 22, 29
November 5, 12, 19
December 3, 10, 17

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 520-692-6378/ 6323 for more info

Ash Wednesday Services



Protestant: 18 February 2026
Faculty Lounge, Lewis and Clark Building
Time: 0800

Roman Catholic: 18 February 2026
Pioneer Chapel, 500 Pope Avenue
Time: 1200

Roman Catholic: 18 February 2026
Frontier Chapel, 625 Thomas Avenue
Time: 1800 (6pm)

POC: CH (MAJ) Chris Weinrich:
christopher.w.weinrich.mil@army.mil



Fort Leavenworth Exchange MLK Day

Holiday Hours of Operation
Monday, January 19, 2026

Main Store	1000-1800
Military Clothing Express	CLOSED
Starbucks	0830-1630
Charleys	1030-1700
Qdoba	CLOSED
Burger King	1030-1800
Barber Shop	0900-1730
GNC	1000-1700
Infamous Tattoo	CLOSED
Summit Car Care	CLOSED
DOCS Dental	0900-1600
Dry Cleaners	1000-1500
Alterations	CLOSED
AT&T Kiosk	1100-1700

Lewis & Clark locations: Barber Shop and Food Court will be **CLOSED**

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

ROUND 1: FEBRUARY 2, 9, 18, 23
 ROUND 2: APRIL 6, 13, 20, 27
 ROUND 3: JULY 6, 13, 20, 27
 ROUND 4: SEPTEMBER 7, 14, 21, 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: (520) 692-6378/6323

Do you feel like you're NOT seeing the full picture?

Get help that makes sense with the HYC Homework Lab!

HYC Homework Lab*
 M - F
 After school from 3pm - 6pm

Harrold Youth Center
 45 Biddle Blvd
 Fort Leavenworth, KS
 (913) 684 - 5115

FREE after school program for Teens!

Offering:
 Homework / Tutoring
 ACT / SAT Prep Nights
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 College Visits
 Science Club

*For eligible 6th - 12th graders
 Must be registered with CYS

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Do you have an aspiring artist / insatiable doodler at home?
 Need an outlet for all of that creative energy?

SKIES Art & Illustration classes focus on improving drawing techniques, developing original characters and helping to curate individual style.

Each class session will build on a project such as a mini comic book, realistic self-portrait, animal drawings, shoebox theaters or flip books.

SKIESUnlimited

Tuesdays at Patch Community Center
 320 Pope Ave
 Fort Leavenworth, KS

Ages 6 - 9
 4:15 - 5:15
 Ages 10 - 17.99
 5:30 - 6:30

\$12 a lesson, at least three lessons per monthly project. Stand-alone classes are also available. Bring your favorite pencil! The rest of the supplies will be provided. Must be currently registered with CYS to enroll. For more information call 913-684-3207

EFMP Lending Library

A new resource just for you!

We're open M - F
 7:30am - 4pm

Room 155E
 The Resiliency Center, Bldg 198
 600 Thomas Ave
 Fort Leavenworth, KS

The Lending Library is a free resource room designed for Families enrolled in EFMP. It's stocked with sensory items, EFMP appropriate games, art supplies, and safety items for all ages! Families can borrow items for up to 30 days. Appointments are required, drop-ins are on a case-to-case basis. Call for more information: 520-692-6363/ 913-684-3838

ACS New Parent Support Prenatal Classes 2026

600 Thomas Ave
 Room 125
 All classes are from 5 pm - 7 pm

Childbirth Classes:
 Series of three classes
 Jan 5th, 12th, 26th
 Mar 2nd, 9th, 16th
 May 4th, 11th, 18th
 July 13th, 20th, 27th
 Sep 14th, 21st, 28th
 Nov 2nd, 9th, 16th

Newborn Care Classes:
 Feb 2nd
 April 13th
 June 1st
 August 3rd
 October 5th
 December 7th

Breastfeeding Classes:
 February 9th
 April 20th
 June 8th
 August 10th
 October 19th
 December 14th

Free for Expectant Parents!
 Deadline for Registration is the Friday before the class. Pre-registration is required.
 Contact 913-297-3212

RUN {for Christ} CLUB

THE BETTER RACE

Saturdays, 7am @ Frontier Chapel

Facebook: The Better Race

Contact: Amanda Vineyard or Sydney Carpenter for details

FORT LEAVENWORTH MULTICULTURAL GOSPEL SERVICE

Chaplain (MAJ) Christopher Weinrich Presents

STIR UP THE GIFTS

The gift that God gave us through our ancestors

AFRICAN ATTIRE/POTLUCK SUNDAY

2 Timothy 1:6

Sermon: Rev. Nicky Wright
 IOAM February 22, 2026
 Pioneer Chapel
 500 Pope Ave
 Fort Leavenworth, KS, 66027
 913.705.5533 text
 Facebook.com/FLGSCP

Protect the Force!

Beat Cold and Flu on Fort Leavenworth This Season

- Practice Force Health Protection Daily**
 Handwashing, cough etiquette, and regular cleaning of high touch surfaces. Encourage Soldiers and employees to stay home when sick. Support rest, hydration, and nutrition as part of readiness.
- Flu Shots Available Now!**
 Visit Munson Wed. & Thurs. from 8-11:30 a.m. to receive a flu shot from Primary Care
- Recognize the Symptoms**
 Fever, cough, sore throat, body aches? Munson Army Health Center and TRICARE Nurse Advice Line can help determine if you need to be seen or can manage symptoms from home.
- For Appointments**
 Call 913 684-6250 weekdays from 7:15 a.m. - 3:45 p.m. or use the MHS GENESIS Patient Portal 24/7 at <https://patientportal.mhsgenesis.health.mil> to schedule an appointment, or call the Nurse Advice Line at 1-800-TRICARE (874-2273) to speak with a nurse.

munson.tricare.mil

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 Team: 520-688-3474 Office: 913-684-2810 Cell: 913-708-9620 Bldg 197, 632 McClellan Ave	Ms. Cassandra Ruder Supervisory SARC cassandra.d.ruder.civ@army.mil Team: 020 660-3535 Bldg 197, 632 McClellan Ave	Vacant SARC	LTC Craig Arnold SARC craig.d.arnold.mil@army.mil Team: 520-692-8848 632 McClellan Ave	SFC Jacob Roach SARC jacob.w.roach.mil@army.mil Team: 520-645-4482 835 Sabalu Rd	Mr. Josh Belle SARC joshua.p.belle.civ@army.mil Team: 520-645-5992 632 McClellan Ave
Ms. Sherry Marshall Victim Advocate sherry.l.marshall2.civ@army.mil Team: 520-688-5949 632 McClellan Ave	Ms. Nicole Hernandez Victim Advocate nicole.hernandez.civ@army.mil Team: 520-692-9215 632 McClellan Ave	Vacant Victim Advocate	Vacant Victim Advocate	Vacant Victim Advocate	Vacant Victim Advocate

You can find the SHARP Resource Center at the corner of Kearny and McClellan Avenue, right next to the Post Parade Field.

Fort Leavenworth SHARP Resource Center
 Building 197, 632 McClellan Ave "Root Hall"
 Fort Leavenworth, KS 66027
 Contact the team at usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

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

Installation Model Support
 Who Can Get Support?
 Service Members, DA Civilians, and Military Dependents (18+) can get support from any Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA).
 How to Get Support
 • During Duty Hours: Contact a SARC or VA using their listed numbers.
 • Anytime (24/7): Call the Fort Leavenworth SHARP Hotline to speak with an on-call Victim Advocate. If you wish to make a report, you can then make a report with the on-call or request a specific SHARP professional for the next duty day.

Veterans Crisis Line

DIAL 988 then PRESS 1

Starting October 13th, 2025

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	Sunday
0530			Spin (Karyn)				
0600		Vinyasa Yoga (Leslie)		Vinyasa Yoga (Leslie)			
0900							Yin Yoga (Brandie/Leslie)
0930	Zumba (Vimmarie)					Power Yoga (Kim)	
1200							
1430		Zumba (Vimmarie)	Power Cycling (Kim)	Yin Yoga (Brandie)			
1700	Power Yoga (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						
1430		*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



leavenworth.armymwr.com

https://leavenworth.armymwr.com

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\$10 for a single class

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Open to eligible DOD ID card holders. Must be 18+ and have 24/7 access prior to taking first class.



Brunner Range ASTRO CLAYS

Looking for a new and unique range experience? Introducing Astro Clays! Shoot under the stars! Special UV black lights turn the clays into glowing targets that are fun for every skill level!

\$25 for 50 clays

- Jan 17 at 1800
- Feb 28 at 1830
- Mar 21 at 2000
- Apr 11 at 2000
- Sep 26 at 2000
- Oct 10 at 1800
- Nov 21 at 1800
- Dec 19 at 1800

Brunner Range 701 Sheridan Dr Ft. Leavenworth, KS
Call for more info: 913-651-8132
Leavenworth.armymwr.com



EFMP & Waiting Families Presents

ZUMBA Get ready to Move! Get ready to Groove!



Every second Tuesday
9am - 10am
Gruber Fitness Center
200 Reynolds Ave
Fort Leavenworth, KS

Get wrapped up in the music and let's get moving and grooving! Zumba is energetic, fun, and a de-stressor all in one! Designed for all fitness levels this FREE class is open to anyone 18+. Registration is required for attendance. Call 520-692-6363 or 913-684-2800



leavenworth.armymwr.com



Saturday Morning Youth Bowling League

Meeting January 10th 2026 at 10:00am
Start January 17th at 9:45
10 Week Handicap League
January 17th - April 4th 2026

Ages 3-5 - Little Rollers
(2 games per week w/bumpers - \$8 per week)

Ages 6-9 - Dragons
(3 games per week w/optional bumpers - \$11 per week)

Ages 10-18 - Explorers
(3 games per week no bumpers - \$11 per week)



January - February Workshops

Watercolor	Calligraphy
\$30 per workshop	\$20 per workshop
Watercolor (Basic Techniques) Tuesday, Feb 3 1pm - 3pm	Modern Calligraphy (Basic Techniques) Thursday, Jan 15 9:30am - 11am
Watercolor (Color Theory) Tuesday, Feb 10 1pm - 3pm	Modern Calligraphy (Intermediate) Thursday, Jan 22 9:30am - 11am
Watercolor (Florals) Tuesday, Feb 24 1pm - 3pm	Modern Calligraphy (Valentine Cards) Thursday, Feb 5 9:30am - 11am

Pre-registration required for all classes. Cost includes all supplies!
Tues & Thurs 9am - 7pm, Wed & Fri 9am - 4pm
Call now to register: (913) 684 - 3373

Ft. Leavenworth Arts & Crafts Studio

Paint & Sip \$35
Must be 21 years or older. BYOB

Northern Lights Friday January 9 6pm - 8pm

Couples Constellations Friday, February 13 6pm - 8pm

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Pottery Studio \$40 per class

Wheel Throwing (Basics)
Wednesday, Jan 7 12:30pm - 3pm
Tuesday, Jan 13 6pm - 8:30pm
Saturday, Jan 24 10am - 12:30pm
Tuesday, Feb 3 6pm - 8:30pm
Wednesday, Feb 11 9am - 11:30am
Friday, Feb 27 12:30pm - 3pm

Wheel Throwing (Mugs)
Friday, Jan 16 12:30pm - 3pm
Tuesday, Feb 24 6pm - 8:30pm

(Soup Bowls)
Tuesday, Jan 27 9am - 11:30am
Tuesday, Feb 17 6pm - 8:30pm

Hand Building (Valentine Plate)
Tuesday, Jan 20 1pm - 3pm
Tuesday, Feb 17 9am - 11am

artsandcraftsfortleavenworth@gmail.com

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- LOG INTO YOUR ACCOUNT
Log into the mobile account or Easily Sign up for an account
- SEARCH AND LOG
Search for volunteer opportunities and log your hours easily!

ARMY COMMUNITY SERVICE ACS

January - February Workshops

Framing	Crafts
\$40 per class	\$25 per class
Intro to Framing Friday, Jan 9 Saturday, Jan 24 10am - 2pm	Valentine Lanterns Stained Glass Effect Wednesday, Jan 14 1pm - 3pm Friday, Jan 23 9am - 11am
Friday, Feb 13 Saturday, Feb 28 10am - 2pm	Scrapbook Valentine Cards Wednesday, Feb 4 9am - 11am
	Macrame Towel Holder Friday, Feb 20 9am - 11am Wednesday, Feb 25 1pm - 3pm

scan for more info

Jan Feb

Tues & Thurs 9am - 7pm, Wed & Fri 9am - 4pm
Call now to register: (913) 684-3373

Ft. Leavenworth Arts & Crafts Studio

OPEN STUDIO
Ask about our Hourly Fees

Multi-Craft Studio
Great for the whole family with supplies for any craft, personalized gift, or project you have in mind!

Painting Studio
Provided watercolor and acrylic supplies to create your own masterpiece.

Framing Studio
Assemble your own custom frames in our DIY Studio! Must take Intro to Framing before using DIY Studio.

Pottery/Ceramic Studio
We have all of the supplies you need for hand building and wheel throwing. We also offer a variety of customizable bisque pieces ready for you to glaze!

Kids Classes

Messy Art \$12 per class (ages 7+)
Thursdays Jan 15, 29 11am - 12pm
Thursday Feb 12, 26 11am - 12pm
NEW! Pottery
\$20 per class (ages 7+)
Kids - Hand Building Friday, Jan 20 2pm - 3pm

Color Me Happy \$10 per class Parent & Toddlers
Thursdays Jan 8, 22 10am - 11am
Thursdays Feb 5, 19 10am - 11am

Art History \$20 per class (ages 7+)
Pretzels & Pottery Wednesday, Jan 21 1pm - 3pm
Oreos & O'Keeffe Wednesday, Feb 18 1pm - 3pm

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EXISTING FEATURES

- One-click emergency calls
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- Current Air Quality Index
- Newcomer information
- Intuitive search functions
- Bookmark common resources
- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login

HUNGRY?

Fort Leavenworth MWR has AMAZING food options!

- Solarium Buffet
- 12th Brick Grille
- Strike Zone Snack Bar
- Java Cafe
- FCC BBQ

LEAVENWORTH.ARMYMWR.COM

MUNSON NOTES

MUNSON NOTICES

■ After hours and on federal holidays, beneficiaries can call the MHS NURSE ADVICE LINE at 1-800-TRICARE (874-2273). Nursing staff who support the NAL phone lines can assist beneficiaries with non-life-threatening medical concerns and provide further guidance. Beneficiaries experiencing a **MEDICAL EMERGENCY**, such as severe shortness of breath or difficulty breathing, should call 911.

■ Your health is our priority. Talk to your provider at Munson Army Health Center about the **HPV VACCINE** and the best **CERVICAL CANCER SCREENING** plan for you. You can schedule an appointment by calling the appointment line at 913-684-6250. Let's work together to make cervical cancer a thing of the past.

■ TRICARE Prime and TRICARE Select beneficiaries ages 13-64 experiencing recurring **HAND, WRIST AND ELBOW PAIN** may find relief through occupational therapy services available at Munson Army Health Center. No referral required. Call the appointment line at 913-684-6250 to schedule a consultation.

■ The **MUNSON ARMY HEALTH CENTER PATIENT AND FAMILY PARTNERSHIP COUNCIL** meets quarterly at MAHC. The PFPC captures voices and insights of patients and families to improve the patient care experience. The council is composed of volunteers who represent the interests of patients who receive care from MAHC. Volunteers can be active-duty, active-duty family member, retirees or retiree family members. Call 913-684-6211 or e-mail usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil if interested in participating.

■ It is important that military families new to the Fort Leavenworth community **ESTABLISH A NEW PRIMARY CARE MANAGER** for their health care needs. Munson Army Health Center offers a wide range of primary care providers to choose from for personalized care at a convenient on-post location. Once your new address is established in DEERS, call 1-888-TRIWEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at munson.tricare.mil.

■ 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/8wttlfl>.

■ The **NUTRITION CARE DIVISION** offers a broad range of nutritional services designed for service members, families, and retirees. Individual Nutrition Therapy and Group Nutrition Therapy are available, and include the Body Composition Program, Weight Control Program, Prenatal Nutrition and Wellness for Life. Call the appointment line at 913-684-6250 to schedule an appointment with MAHC's registered dietitian.

■ **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.

**ALERT
ALERT
ALERT**

**LOCAL FLU RISK
High**



PCS Prep: OCONUS & Pets

Planning a PCS move with pets somewhere outside the continental United States? Contact the Fort Leavenworth Veterinary Treatment Facility at 913-684-6510 to discuss requirements to take your pets overseas, to include Hawaii and Alaska. There are different requirements based on location, and in some cases, it is necessary to begin the process to obtain a health certificate for your pet months in advance. Contact the VTF for more information.



**MUNSON ARMY HEALTH CENTER
WILL BE CLOSED MON. JAN. 19
IN OBSERVANCE OF
THE FEDERAL HOLIDAY**

munson.tricare.mil

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