

THURSDAY
JULY 31, 2025



LAMP

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Chaplain Corps celebrates 250 years of service



Photo by Prudence Siebert/Fort Leavenworth Lamp

Pfc. Gabriel McBride, religious affairs specialist at her first duty station, and Chaplain (Col.) Seth George, Combined Arms Center senior command chaplain, cut a cake to celebrate the Chaplain Corps' 250th anniversary during a luncheon July 29 at Frontier Chapel.

by Melanie Libby/Fort Leavenworth Lamp Intern

Community members gathered for a luncheon celebration to commemorate the 250th anniversary of the U.S. Army Chaplain Corps July 29 at Frontier Chapel. The event included religious support team prayers, a cake-cutting ceremony and socialization time with old and new members of the chapel community.

"We realize that the Chaplain Corps is made up of a lot of chaplains, but it is not just chaplains, rather, it is a family of a whole lot of different people," Garrison Chaplain (Maj.) Eric Bryan told those gathered for the occasion.

During the opening remarks, audience members learned about the history of the U.S. Army Chaplain Corps, including that the Chaplain Corps shares a birthday with the Judge Advocate General's Corps. Both corps were established on July 29, 1775.

Pfc. Gabriel McBride, religious affairs specialist, and Chaplain (Col.) Seth George, senior command chaplain for the Combined Arms Center, cut a cake to celebrate the corps' anniversary.

Showing the various members who support the Chaplain Corps, Bryan invited Religious Support Office employees, chapel volunteers and chaplains' family members to share their prayers for the chapel with the audience.

"I'm really inspired by Thomas Martin," Syeeda Echols, director of Religious Education, shared in her prayer. "He says 'Let us be led by your light not our illusions, your love God, not our pride.' So, my prayer for the future of the Chaplain Corps would be that we would, with humility and with grace, love one another and continue to support our soldiers and all their families."

SEE **CHAPLAIN CORPS** | A8

Student adds highest possible ACT score to list of accomplishments

by Prudence Siebert/Editor

Leavenworth High School senior Elisabeth Howell is racking up an impressive list of accomplishments.

- Named Ultimate Raider at JROTC Raider Nationals and offered a four-year scholarship.
- Has the highest grade-point average in her class.



Elisabeth Howell

• Chosen as editor in chief of Bloom, an online military teen platform.

• Has about a 20,000-word head start writing a novel before her senior year creative writing class even begins.

• Is a state-ranked swimmer who is within less than half a second of beating two long-standing records.

• As a lifeguard on post, saved a young girl from drowning this summer.

• Earned the highest score possible on the ACT standardized assessment test.

Achieving balance

Elisabeth's parents, Col. Kristopher Howell, deputy commander of Mission Command Training Program, and Julie Howell, have observed her methods for success and balance, and offered insight as to how she can juggle and excel at so many activities.

"Liz does not procrastinate, and she takes long-term, deliberate approaches to all of her commitments/projects. She is very disciplined and habitually engages in little bits of her requirements without letting tasks build up," Kristopher said. "When she tries to overcommit, she does listen to guidance from us on when we think she'll reach a limit."

SEE **ACCOMPLISHMENTS** | A9

Historian offers glimpse of Buffalo Soldier regiment

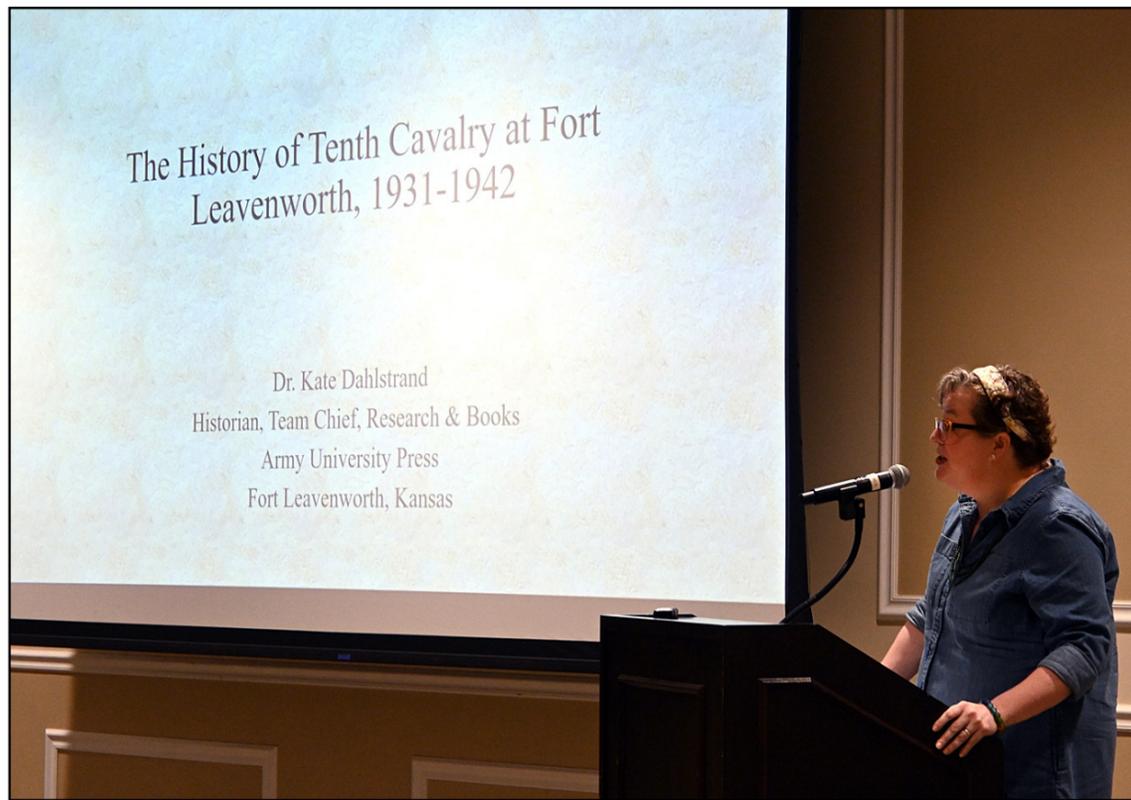


Photo by Melanie Libby/Fort Leavenworth Lamp Intern

Historian Dr. Kate Dahlstrand, Army University Press Research and Books team chief, begins her lecture intended to educate Fort Leavenworth Community members on Buffalo Soldiers and 10th Cavalry history July 25 at the Frontier Conference Center. Dahlstrand opened her lecture by sharing that her research began about two years ago and that she discovered that Black soldiers in the late 1800s faced varying levels of acceptance by other community members where they served.

by Melanie Libby/Fort Leavenworth Lamp Intern

Working to better educate the Fort Leavenworth community on the historical significance of Black soldiers as part of the 10th Cavalry, Dr. Kate Dahlstrand, historian and team chief at Army University Press, lectured on her research findings July 25 at the

Frontier Conference Center.

Lt. Gen. Milford H. Beagle Jr., Combined Arms Center commanding general, introduced Dahlstrand.

"Buffalo Soldier Day has always been about honoring the past, but today, by design, we shift from celebration to education," Beagle said. "Those keywords, not to lose the spirit

of reverence but to deepen, and not to replace tradition but to reinforce insight. Remembering without understanding is just nostalgia. Remembering to understand is legacy."

Dahlstrand began her lecture focusing on where Black soldiers in the

SEE **BUFFALO SOLDIER LECTURE** | A7

AT A GLANCE

■ The Combined Arms Center commanding general's **CURRENT STATE OF PLAY EVENT** is at 10:30 a.m. Aug. 1 in Eisenhower Auditorium at the Lewis and Clark Center. All available CAC/Fort Leavenworth personnel are to attend in person. The event will be on Teams for those who are unable to attend in person.

■ **GRANT AVENUE CURRENTLY HAS REDUCED LANES** between Cody/Stimson and Pope Av-

enue intersections for repaving. This area will support northbound and southbound traffic during the repaving, but expect delays. The intersections at Cody/Stimson and Pope Avenue will remain open for detour traffic around the repaving zone.

■ Until further notice, **DEPARTMENT OF THE ARMY OFFICIAL PHOTOS CAN NO LONGER BE PROVIDED.** Command photos can still be provided. The Department of the Army Photograph Manage-

ment Information System (DAPMIS) will sunset today, July 31, 2025, after which photo facilities will no longer be able to fulfill the requirements for DA official photographs or upload DA photos to the Army Military Human Resource Record (AMHRR). Existing DA official photos in the AMHRR will remain accessible through the interactive Personnel Records Management System (iPERMS). Existing digital photos in DAPMIS will be archived.

Stronghold's Pack the Backpack event is Aug. 1

COMMENTARY

by Monica Bassett/Stronghold Food Pantry CEO and Founder

Back-to-school season should feel exciting — not overwhelming. But for many military families, especially those experiencing food insecurity, it's a time of financial and emotional strain.

That's why Stronghold Food Pantry will host its third annual Pack the Backpack event Aug. 1. The event is an initiative rooted in care, dignity and purpose, designed to nourish hearts, minds and families.

The team at Stronghold has seen firsthand that food insecurity rarely stands alone. It's often compounded by housing instability, mental fatigue and painful financial trade-offs. In summer, when nearly 40 percent of military families relocate, those stressors escalate. Families find themselves rebuilding from scratch — new routines, new schools, new communities — while restocking everything from cleaning supplies and pantry staples to entire refrigerators. Add in high and unreimbursed moving costs, and already tight budgets are pushed to the limit.

That's where Pack the Backpack steps in.

As a weekly food pantry serving the Fort Leavenworth military community and beyond, Stronghold supports the one in four military families estimated to experience food insecurity. Team members witness the difficult choices families face daily: groceries or school supplies, rent or new shoes, filling a pantry or filling a backpack. With the national average cost of school supplies now at more than \$140 per student, even a trip to the store can become an impossible burden.

So, while Stronghold is known for providing food with dignity and care, our mission has always been about meeting real needs with intention — we are "more than a food pantry." We understand that when a pantry is bare, a backpack often is too. That's why we step in — not just with compassion, but with strategy and intention — so military families don't have to sacrifice one vital need for another.

Volunteers and individual supporters like Connie Papacek, Rebecca Naramore and the Young Family, and partners such as NorthStar Wealth Navigation, Armed Forces Bank and Armed Forces Insurance (which graciously hosts Stronghold's home base) make events like Pack the Backpack possible.

Each backpack distributed is thoughtfully curated using local school district sup-

Stronghold

Pack the Backpack

Let's start this year with excitement and joy!

August 1, 2025
11:00A - 1:30P

www.strongholdfoodpantry.org

STRONGHOLD FOOD PANTRY

ply lists to ensure children begin the academic year not just prepared but empowered. More than pencils and notebooks, these backpacks carry a message to military children: You are seen. You are supported. You are worth investing in.

Registration is open for the Aug. 1 event. Supplies are customized for each child's upcoming grade level, and pre-registration is required to ensure that every family receives what they need.

To register or learn more about how to

support this initiative, visit <https://www.strongholdfoodpantry.org/packthebackpack> or follow Stronghold Food Pantry on social media.

130 Years of 'We Go Where You Go': The Exchange's role in supporting the Army's 250-year journey

by Master Sgt. Caleb Barrieau/Army.mil

COMMENTARY

DALLAS (June 9, 2025) - As the Army celebrates its 250th birthday, the nation pauses to reflect on the legacy of service, sacrifice and dedication that has shaped America's security and freedom.

Since its establishment on June 14, 1775, more than a year before the Declaration of Independence was signed, the Army has been at the heart of defending the nation and its core values.

The Army's journey has been marked by triumphs,

challenges and the unwavering dedication of the heroes who serve in its ranks. While much has changed since the days of the Continental Army, one constant has remained — the Army's mission to protect and defend the nation.

And alongside the Army, one organization has consistently supported and sus-

SEE **WE GO WHERE YOU GO** | A3



Army.mil

This image shows a typical World War I-era post exchange operated by a regiment located at Fort Sill, Oklahoma.

FORT LEAVENWORTH LAMP

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'We Go Where You Go' (continued from Page A2)



Soldiers line up at the entrance to the Army and Air Force Exchange Service facility at Iraq's Baghdad International Airport in 2004. From the start of Operation Enduring Freedom in 2001, AAFES opened and operated hundreds of retail facilities in 10 Southwestern Asia, Middle Eastern and African countries. During Operation Iraqi Freedom, which began in 2003, AAFES added to its facilities by opening more retail facilities, restaurants and concessions throughout Iraq. Since the Sept. 11, 2001, terror attacks, more than 4,500 AAFES associates had deployed to Southwest Asia and the Middle East to serve the troops. In mid-2016, AAFES still operated 42 retail facilities, including 11 in Afghanistan and six in Iraq to serve a significantly smaller number of U.S. forces.

Army.mil

tained troops and their families — the Army and Air Force Exchange Service.

Celebrating its 130th year of service July 25, the Exchange embodies the same spirit of resilience and commitment that has defined the Army for centuries. "We Go Where You Go" is more than a motto — it's a promise that the Exchange benefit provides the best tastes of home wherever America's soldiers serve.

The Exchange's history dates to 1895, when the War Department established "post exchanges" to provide soldiers with a place to gather, relax and pick up items of necessity and convenience. Today, the Exchange operates more than 5,500 facilities nationwide and in more than 30 countries, supporting millions of military families, retirees and veterans.

"The modern Exchange benefit began as the Army Exchange Service," said Exchange Director/CEO Tom Shull, an Army veteran and U.S. Military Academy graduate. "For 13 decades, Team Exchange has been truly honored to serve soldiers and families, wherever the Army mission required."

During deployments, the Exchange delivers food, water, clothing and even entertainment, ensuring soldiers are mission ready. This support extends to contingency operations where a nested approach to strategy and execution allows for pre-positioning of essential items such as water, batteries, flashlights, etc. Whether it's during a combat operation, humanitarian mission or training exercise, the Exchange goes wherever the Army goes.

"We understand the unique challenges our soldiers face in places like Europe, Southwest Asia and the Pacific," said Col. Everett Lacroix, Exchange Europe/Southwest Asia/Africa commander. "The Exchange provides a lifeline to soldiers in some of the most difficult, hostile and austere conditions, keeping morale high and delivering necessities for mission success."

In 2024, the Exchange supported more than 90,000 service members across 12 countries during 50 military exercises and operations in Europe, North Africa and the Pacific. In the last 10 years, the Exchange benefit has delivered \$15 billion in value to the military community.



Army.mil

This photo is of the original exchange at Camp Bondsteel in the Balkans country of Kosovo in 1999. AAFES' first excursion into the Balkans occurred in October 1992 when associates deployed to Zagreb, Croatia, to assist in United Nations relief efforts for refugees fleeing ethnic violence in neighboring Bosnia. In 1993, associates deployed to Skopje, Macedonia, to support a U.N. peacekeeping mission aimed at keeping Bosnia ethnic violence from spreading. Starting in 1996, AAFES opened hundreds of retail facilities in Bosnia, Kosovo, Croatia, Hungary and other eastern European countries to serve 2,000 American troops who were part of a much larger NATO peacekeeping mission.

See pages A4-5 for coverage of the local Exchange and Army Community Service anniversary event.

One of the most significant ways the Exchange contributes to the Army's mission is by strengthening recruiting, readiness and retention. In 2024 alone, the Exchange ut-

opportunities for veterans and military spouses, and strengthen the overall readiness of our forces," Shull said.

fitted nearly 640,000 combat uniforms, served more than 3.4 million school lunches to military children and bottled more than 4.1 million gallons of water for troops and families overseas. These programs ensure soldiers are prepared, healthy and ready to face any challenge.

Just as the Army adapts to changing circumstances, the Exchange continuously innovates. This includes providing veterans with a lifetime online benefit that provides the same military-exclusive pricing and tax-free savings as those on active-duty and aggressively leaning forward to introduce new services that enhance convenience and accessibility.

The Army's commitment to defending freedom and ensuring the well-being of its soldiers remains as strong as ever. And the Exchange, with its longstanding history of service and dedication to providing essential support to those who serve, will continue to be a force multiplier to the Army mission. From the home front to the frontlines, the Exchange stands ready to support the men and women of the Army, today and for the next 250 years.

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BE WISE. STAY ALIVE. WEAR YOUR PPE!

All U.S. Army personnel are required by regulation to wear personal protective equipment (PPE) when riding as the operator or passenger on a motorcycle. This applies to all Soldiers and Army civilians in a duty status, on or off a DOD installation, and all persons on an Army installation.



Helmets
 Must meet DOT standards and be properly fastened under the chin. Full-face helmets offer the best protection. The National Highway Traffic Safety Administration estimates that helmets reduce the likelihood of a crash fatality by 37% and brain injury by 67%.

Eye Protection
 A windshield alone is not proper eye protection. Impact- or shatter-resistant face shield, goggles, or wraparound glasses that meet ANSI Standard Z87.1 are required. Tinted lenses may be worn during the day, but clear lenses should be used at night.

Clothing
 Dress for the slide, not the ride! Gearments made from leather- or abrasion-resistant fabric provide a high level of protection. Army Regulation 385-10 requires the use of full-fingered gloves or mittens designed for riding a motorcycle.

Sturdy Footwear
 Sturdy footwear, leather boots or over-the-ankle shoes must be worn. Motorcycle footwear with low heels and all-terrain soles provide a good grip on the pavement.

BE SEEN AND PROTECTED

Clothing designed for riding a motorcycle generally offers both protection and visibility. If black is chosen, a conspicuous enhancement should be worn. Reflective quality and location on the rider is more important than the amount of reflective material.



Local requirements may differ slightly. Riders should check with their installation safety office for details. MSF Motorcyclist Safety Foundation

Exchange, Army Community Service observe 130th, 60th anniversaries



Photo by Prudence Siebert/Fort Leavenworth Lamp

Army Community Service Manager Reagan Sawyer and Fort Leavenworth Garrison Command Sgt. Maj. Vanessa Sun, with stabilization assistance from Deputy to the Garrison Commander John Burns, right, and joined by Store Manager Marina Lemanua in the background, slice birthday cakes into portions to pass out to community members as they help kick off a joint event celebrating ACS's 60th anniversary and the Exchange's 130th anniversary July 25 at the Post Exchange. Other anniversary events included a cornhole tournament, organization and business informational tables, a dunk tank and more.



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Corn In the USA team member Sgt. 1st Class David Gonzalez, senior career counselor for Army Corrections Command, reacts to the antics of Toss It Like It's Hot team member Staff Sgt. Brandi Stills, Headquarters, U.S. Disciplinary Barracks, as she celebrates her last beanbag toss during the cornhole tournament, part of a community event to commemorate the Post Exchange's 130th anniversary and Army Community Service's 60th anniversary, July 25 in the Post Exchange parking lot. See page A5 for more photographs from the cornhole tournament.

LEFT: Pioneer Guard Armed Drill Team member JROTC Cadet Pfc. Paul Brown, sophomore at Leavenworth High School, performs a solo drill demonstration during the Post Exchange and Army Community Service joint anniversary event July 25 in the PX parking lot.

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Cornhole tournament headlines PX-ACS joint birthday celebration

BELOW: Army Community Service Manager Reagan Sawyer updates the cornhole tournament bracket July 24 in the Post Exchange parking lot. The tournament was part of a joint event celebrating ACS's 60th anniversary and the Exchange's 130th anniversary.



Photos by Prudence Siebert/Fort Leavenworth Lamp

RESULTS

1st: Team Know Idea

(Scott Stanley, Jesse Stanley)

2nd: Team Devil Mutts

(Dylan Broadhurst, Johnny Holmes)

3rd: Team Ramirez

(Marina Ramirez, Rick Ramirez)

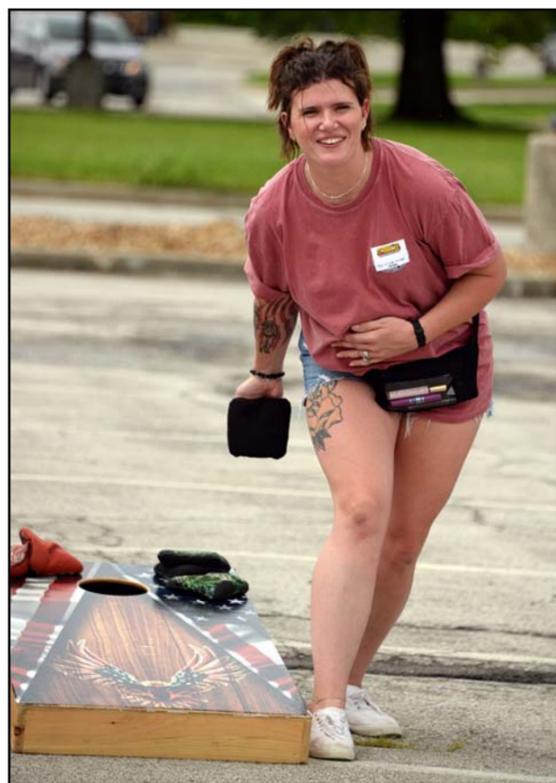
ABOVE: Addams Family team member Maj. Grant Adams, Command and General Staff College Surgeon Cell, tosses a beanbag toward the cornhole board as he and his wife, Monika Adams, right, with 10-month-old Hailey in the stroller, play against the "A" Team — Staff Sgt. Sarah Hoover, left, and Sgt. 1st Class Chris Gerber, both of the 383rd Military Intelligence Battalion — during the PX-ACS anniversary cornhole tournament July 25 in the PX parking lot.

RIGHT: Eight-year-old Hunter Simon of Team Toss It Like It's Hot tosses a beanbag toward the cornhole board as Sgt. 1st Class Jacob Roach of Team Corn in the USA waits his turn July 25 in the PX parking lot.



LEFT: Spc. Ricky Ramirez, Headquarters and Headquarters Company, U.S. Disciplinary Barracks Battalion (Corrections), of Team Ramirez, left, competes with other cornhole tournament participants — including Staff Sgt. Justin Edgington, Army University, of Team Cornholios; Maj. Grant Adams, Command and General Staff College Surgeon Cell, of Team Addams Family; Sgt. 1st Class Chris Gerber, 383rd Military Intelligence Battalion, of the A Team; Sgt. 1st Class David Gonzalez, Army Corrections Command, of Team Corn in the USA; Staff Sgt. Brandi Stills, Headquarters, USDB, of Team Toss It Like It's Hot; Patricia Smith of Team The Smiths; and Scott Stanley, food manager at Eisenhower Elementary School, of Team Know Idea — July 25 in the PX parking lot.

Photo by Prudence Siebert/Fort Leavenworth Lamp



Photos by Prudence Siebert/Fort Leavenworth Lamp

Team Cornholios — Staff Sgt. Justin Edgington, Army University, ABOVE, and Megan Edgington, RIGHT — warm up before the PX-ACS anniversary cornhole tournament July 25 in the PX parking lot.

Toss It Like It's Hot team member Staff Sgt. Brandi Stills, Headquarters, U.S. Disciplinary Barracks, asks for encouragement from her teammate, 8-year-old Hunter Simon, who stepped in to play when his dad, Stius' co-worker, had to go back to work, during the PX-ACS anniversary cornhole tournament July 25 in the Post Exchange parking lot.

USD 207's to Up Step to KINDERGARTEN

Parents complete ages, stages assessments during school registration

School starts Aug. 13

Visit USD207.org to enroll, learn about upcoming events, find school supply lists and more.



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

Weston Roy, age 5, says words that rhyme with "play" as his mom, Meghan Roy, fills out his Ages and Stages Questionnaire to complete Weston's kindergarten registration July 24 at Bradley Elementary School. The kindergarten readiness assessment questionnaire was a part of Unified School District 207's Step Up to Kindergarten event conducted at the district's three elementary schools July 23-24.

2025-2026 School Calendar

July 2025	August 2025	September 2025	October 2025	November 2025	December 2025	January 2026	February 2026	March 2026	April 2026	May 2026
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School Hours
 Elementary: 8:00 AM - 3:20 PM
 Patton Junior High: 7:40 AM - 3:00 PM
 Pre-School AM Class: 8:00 AM - 11:00 AM
 Pre-School PM Class: 12:20 PM - 3:20 PM

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



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

Kindergarten teacher Sabrina Reyes looks over the Kiser family's completed incoming student questionnaire while talking to parents Laraine and Nick Kiser and their children, 2-year-old Liam and 5-year-old Elijah, during Unified School District 207's Step Up to Kindergarten readiness assessment event July 24 at Bradley Elementary School. This is the Kiser family's first year in the Fort Leavenworth district.



Photos by Melanie Libby/Fort Leavenworth Lamp Intern

ABOVE: Four-year-old Marceline Cornett watches her 5-year-old brother Niklaus Cornett spin on a stool during the "Step Up to Kindergarten" registration event July 24 at MacArthur Elementary School. Niklaus is going into kindergarten, having attending pre-kindergarten last year at MacArthur, and Marceline will be attending pre-kindergarten this school year.
 LEFT: Briana Cornett registers her 5-year-old son Niklaus for kindergarten as Niklaus helps write his last name July 24 at MacArthur Elementary School.

Buffalo Soldier lecture (continued from Page A1)



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

Veteran Robert Stevenson shares information about his service experience with the lecture speaker and audience members during the question-and-answer session following the Buffalo Soldiers and 10th Cavalry history lecture July 25 at the Frontier Conference Center. Stevenson served in the military for more than 20 years, serving in a segregated Army unit for two of those years.



Photos by Melanie Libby/Fort Leavenworth Lamp Intern

ABOVE: Dr. Kate Dahlstrand, historian and team chief at Army University Press, presents her lecture intended to educate Fort Leavenworth community members on Buffalo Soldiers and 10th Cavalry history July 25 at the Frontier Conference Center. Dahlstrand opened her lecture by sharing that her research began about two years ago and that she discovered that Black soldiers in the late 1800s faced varying levels of acceptance in the communities where they served.

RIGHT: A circa-1930 honor guard banner, used during military ceremonies, is displayed with other artifacts related to the 10th Cavalry at Fort Leavenworth July 25 at the Frontier Conference Center. The banner reads "Ad Bellum Pace Parati," which translates to "prepared in peace for war" and was adopted as the official crest and motto of the Command and General Staff College.



late 1800s were stationed and why the 10th Cavalry Regiment was split into multiple, smaller elements for training support.

"Robust and successful Black civilian communities could provide support, services and safety outside of the military sphere. Fort Leavenworth, then, was an ideal space for 10th Cavalry to work, serve and live a life; especially compared to the alternative: military bases situated near predominantly white and notably hostile communities that enforced segregation through threat, violence and intimidation," Dahlstrand said.

She added, however, that despite efforts made to place Black soldiers in communities where they would receive the best treatment, these soldiers failed to receive recognition for their service.

"After the First World War, Black soldiers throughout the U.S. military returned home to a country that did not acknowledge their contributions to the war effort," she said.

She said although Fort Leavenworth allowed for Black soldiers to serve without "constant fear of violence based on the color of (their) skin," Black soldiers still faced discrimination within the community.

"First, 10th Cavalry soldiers were barred from purchasing tobacco products from the PX, the men were 'only' allowed to purchase tobacco from the 10th Cavalry Club, which was only open for two-and-a-half hours during the middle of the workday and closed on weekends and holidays," Dahlstrand said.

She also shared instances regarding bathroom facility policies that barred Black community members from using them, limited dining options for 10th Cavalry soldiers, the banning of Black soldiers from using the swimming pools and banning of Black children from attending schools on the installation, and more.

Dahlstrand emphasized the role baseball teams served for the members of the 10th Cavalry.

"Tenth Cavalry played baseball. Here, they played at a baseball diamond located

where Munson (Army Health) Center is today," Dahlstrand said. "They were incredible, and just miles away from the Kansas City Monarchs and a destination for barnstormers, exhibition games and regional clubs."

Dahlstrand shared that often the 10th Cavalry soldiers would play against other Buffalo Soldier teams. She noted that these games were seen as opportunities for soldiers and their families to socialize.

"Baseball served to demonstrate skill, develop esprit de corps and unit pride, as well as endear soldiers to a sports community that invited exhibitions and series. They also fostered strong relations throughout the local communities who watched and kept score," she said.

In addition to the lecture on Dahlstrand's findings, historical items associated with the 10th Cavalry were on display, including a 10th Cavalry enlisted dress coat and a 1926 football game ticket for a game between Black soldiers.

During the question-and-answer session following the lecture, audience members, comprised primarily of active-duty soldiers and veterans, asked for more information about Congressional Medal of Honor recipients and historical photographs presented during the lecture.

Veteran Robert Stevenson shared some of his own experiences with Dahlstrand. He served with some of the first troops in Europe to integrate in 1952. He served in both the Army and the Air Force for more than 20 years.

Beagle said that the lecture was an important way for community members to better understand and share a historically accurate truth with others.

"There's a difference between telling a good story and telling a great story filled with relevant facts and context," Beagle said. "Context in today's information age, we're past the point of everyone owning their own opinions. In today's information age, everyone owns their own facts — experts and expertise help us close that gap."



ABOVE: Kary Goetz, museum specialist at the Frontier Army Museum, shows Buffalo Soldiers history lecture event attendees a ticket for a 1926 football game between Black soldiers from the Fort Leavenworth and Fort Riley communities, part of a history display about the 10th Cavalry at Fort Leavenworth, July 25 at the Frontier Conference Center.

LEFT: An enlisted dress coat and a baseball trophy won in 1926 are displayed with other Buffalo Soldier-related artifacts July 25 at the FCC. The coat was worn by Quartermaster Sgt. Otho J. Woodward, a member of 10th Cavalry Troop C. The jacket was worn near the early 1900s. The trophy reads "Leavenworth Baseball Champions 1926" for the "General Service School Detachment Colored."

Photos by Melanie Libby/Fort Leavenworth Lamp Intern

Chaplain Corps (continued from Page A1)



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Seventeen-year-old John Bryan offers his prayer intentions for the Chaplain Corps during the corps' 250th anniversary celebration luncheon July 29 at Frontier Chapel. His sister, Berea, and mom, Jody, family members of Garrison Chaplain (Maj.) Eric Bryan, and Chaplain (Maj.) Abrahamyoungki Kim, chaplaincy resource manager, Religious Support Office, also offered their prayer intentions for the future of the corps. **RIGHT:** Chaplain (Col.) Seth George, Combined Arms Center senior command chaplain, says an opening prayer at the Chaplain Corps' 250th anniversary celebration luncheon July 29 at Frontier Chapel.



Other prayer intentions included a focus on strengthening ministries.

"My prayer for the Chaplain Corps would be that it would be a vessel of peace and grace to all that come to it, and that those working in this ministry would be fulfilled and strengthened by God's mercy," shared John Bryan, 17-year-old son of Chaplain Bryan.

A crest made for the Chaplain Corps' anniversary hung prominently at the luncheon. The crest reads "250 Years of Sacred Service" and displays the Chaplain Corps motto, "Pro Deo Et Patria," which translates to "For God and Country."

Chaplains at the celebration stressed the belief that the Chaplain Corps thrives because of those who support it through volunteering, ministry and other means.

"The chapel for 250 years is really something of a platform for ministry, or a sub-structure for ministry to happen, and all of you are a part of that," George said. "You contribute to that in various ways and various means, and so it enables us to do what we do to the best of our ability. We appreciate the contributions, we appreciate the prayers, we appreciate the helping hands that put on events like this."

RIGHT: Community members gathered for the Chaplain Corps' 250th anniversary celebration luncheon listen to Religious Support Office staff members share their prayer intentions for the future of the corps July 29 at Frontier Chapel.



Mission: To provide Religious Support to all Soldiers, Family members, DA civilians, contractors, and retirees.



Pioneer Chapel
500 Pope Avenue

- PROTESTANT**
 - Traditional Worship – 0830 (Children's Church – K-5th grade)
 - Sunday School – 0945
- MULTI-CULTURAL GOSPEL**
 - Sunday Worship – 1000
- CATHOLIC MASS**
 - Tuesday-Friday – 1200-1230
 - Sunday Religious ED - 0810



Frontier Chapel
625 Thomas Avenue

- CATHOLIC MASS**
 - Sunday – 0930
 - Sunday Religious ED - 0810
- PROTESTANT**
 - Sunday School – 0945
 - Contemporary Worship – 1100 (Children's Church – K-5th grade)



Memorial Chapel
626 Scott Avenue

- LITURGICAL**
 - Sunday Worship – 0930
- ISLAMIC, JEWISH, and other Religions:** please email CH (MAJ) Chris Weinrich
Christopher.w.weinrich.mil@army.mil or call 913-684-2210

Be All You Can Be

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Vacation Bible School 2025



WHO: All families, children (ages 4–11), and volunteers are welcome!

WHAT: Vacation Bible School (VBS) – A fun, faith-filled experience with Bible lessons, games, crafts, music, and snacks.

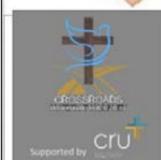
WHEN: August 1–3, 2025
Friday: 1700–2000
Saturday: 1000–1300
Sunday: 800–1100 Family Worship & VBS Celebration

WHERE: Frontier Chapel & Pioneer Chapel Fort Leavenworth, Kansas

HOW TO REGISTER: Registration begins 14 JUL 930 - 1600 in-person at Frontier Chapel

- Sundays: 800 – 1230 Frontier and Pioneer Chapel
- Monday – Thursday: 930 – 1600 Frontier Chapel
- Fridays: 930 – 1300 Frontier and Pioneer Chapel

POCs – Directors of Religious Education:
Mr. Carl Tillery, carl.L.tillery.civ@army.mil
Ms. Syeeda Echols, syeeda.j.echols.civ@army.mil



DATE NIGHT

08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC

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



Accomplishments (continued from Page A1)



Submitted Photo by Raider Team Parents

Elisabeth Howell, then-junior at Leavenworth High School, competes in the one-rope bridge competition with the LHS JROTC Raider Team during the JROTC National Raider Challenge in October 2024 at Fort Knox, Kentucky. Elisabeth and her teammate Katherine Schwennesen were named Ultimate Raiders for finishing first in the Ultimate Raider Challenge, a feat for which they were offered four-year Army ROTC scholarships.

Elisabeth's interests are varied and demanding, but if given the luxury of a free hour, she said she would find something to do.

"She does not like being sedentary," Kristopher said. "She likes being mentally stimulated and physically engaged. This helps her bounce between all the different elements of her life."

He said Elisabeth finds joy in the ways she shares her talents.

"She loves playing piano in the chapel worship team because that is her way of giving back to worship. She performs hard and trains for JROTC Raiders because she feels she owes that to her team and the program. She finds joy in giving the best to school and others because she feels those on the other side (teachers, leaders, coaches) deserve the compliment to their efforts," he said. "Additionally, as someone strong in her faith, failing to give her best is not a failure against others, but rather a failure against her God-given talents and purpose. She does not dwell so much on the challenges of what she does, but she loves the opportunities of what she does — travel, meeting others, growing and laughing together. The rewards are not only medals, but they are also the bonds and shared experiences with her peers and friends."

"(Elisabeth) does not like being sedentary. She likes being MENTALLY STIMULATED and PHYSICALLY ENGAGED.

This helps her bounce between all the different elements of her life."

**— Col. Kristopher Howell
Elisabeth's father**

Top ACT score

Elisabeth took the ACT curriculum-based achievement exam as a junior in February, and she found out over Spring Break that she received the highest possible English-mathematics-reading-science composite score of 36. She excitedly told her swim coach, family members and a few friends,

but waited to share the news with others until ACT sent out a press release about her achievement earlier this month.

"About one-quarter of 1 percent of students who take the ACT earn a top score," according to the ACT press release. That equates to only 3,041 who scored a 36 out of the 1.37 million students who took the test last year. The exam tests the knowledge students should acquire during high school, and the results are used by colleges and universities to help make decisions about admissions and scholarships.

Rebecca Hollister, a fellow military brat who scored a 36 on her ACT in 2016, is the only other LHS student to do so, but Elisabeth's twin sister, Alexandria, nearly achieved that perfect score, too.

"Alex earned a 34 on her ACT, and the two are head-to-head on class standing, which sometimes leaves Alex feeling a bit in the shadows despite her achievements. Alex

and Liz are supportive of each other, and Alex is very protective of Liz — Alex is the 'big sister,'" Kristopher said. "The girls are close but also very different. Alexandria is also a very high achiever, but her world is a little less diverse than Liz's world. Liz is more broadly talented in the liberal arts, whereas Alex is more progressively focused on STEM (science, technology, engineering and math) and has an amazing capacity to read, reason and recall. Alex desires the outcomes of hard work more than the journey. Liz enjoys the journey as much as the outcome."

Elisabeth said she is considering a degree in architecture, a field that would allow her to use both creative and mathematical skills. She said she and her sister, who is probably going to study engineering, might be roommates if they choose the same college.

ACT study tips

Elisabeth said she spent about four hours studying for the ACT and took advantage of the online learning platform Methodize, which is available for free through her school. The study aide offers test preparation and practice exams.

"It's awesome. It has courses planned out for every single week — it has a lesson

SEE ACCOMPLISHMENTS | A10

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Global Respect.**

leavenworth.ku.edu



Accomplishments (continued from Page A9)

for English, a lesson for reading, a lesson for science, a lesson for math. That's how I learned some of the tips and tricks I utilized."

She said math and English classes with great teachers also helped prepare her for the ACT, listing her advanced placement classes and instructors for calculus and English Language and Composition as particularly helpful. She said Methodize offered tips for helping eliminate wrong or duplicate answers to get the right answer, and she said the ability to read and understand graphs was more helpful on the test than an abundance of science knowledge.

"The science portion is the weirdest portion because, honestly, you need to know very little science. I got every single question in the science portion correct, I didn't miss a single one, and I didn't take any science last year. I took biology as a freshman, chemistry as a sophomore."

Adventure Races and Raiders

The Howell family has been stationed at Fort Leavenworth three times — from 2011-12 for Kristopher's year in the Command and General Staff Officers Course, from 2015-2017 when he served as an instructor at the Command and General Staff College, and since 2020, when he served at the School of Advanced Military Studies as Advanced Strategic Leadership Studies Program fellow and instructor, and then transferred to MCTP in 2022. Each time at Fort Leavenworth, the family — to include boxer/husky mix Nutmeg — participated in several of Family and Morale, Welfare and Recreation's Adventure Races, which consisted of completing various activities while trekking across post in a timed, strategic event to locate check points. "Team Howl" frequently topped the leader board.

"I've sort of taken those Adventure Races and adapted them to Raiders," Elisabeth said. "It's the whole wooded aspect. It's not like Raiders are looking for (control) points or anything, but the whole running around the woods and being a team, it's the same idea. Just the idea of being out in nature and figuring out how to go through things and pushing up the hills, because there are some big hills, and dodging trees — we did that during Adventure Races, and we do that during Raiders, but Raiders is definitely very different."

Elisabeth explained that Raider teams compete in timed events that challenge them physically and mentally and reinforce teamwork. As one of the strongest members of her team, Elisabeth anchored the wall climb, helping her teammates get up and over the obstacle, and then climbed over the wall herself, with the assistance of a team member or two at the top of the wall.

During the JROTC National Raider Challenge, hosted by U.S. Army Cadet Command at Fort Knox, Kentucky, in October 2024, the LHS female and male Raider teams both took first place in the Masters Division, and Elisabeth and her



File Photo by Susy Stephens/FMWR Adventure Races

Team Howl — Julie, Alexandra, Elisabeth and Kristopher Howell with dog Nutmeg — trek toward control point No. 10 after capturing controls in the rugged southern, woodland trails system during the Fall Orienteer Meet Sept. 26, 2020. Team Howl cleared the Olympic course capturing 18 markers in two hours, 24 minutes. The family participated in several Adventure Races during the three times they have been stationed at Fort Leavenworth.

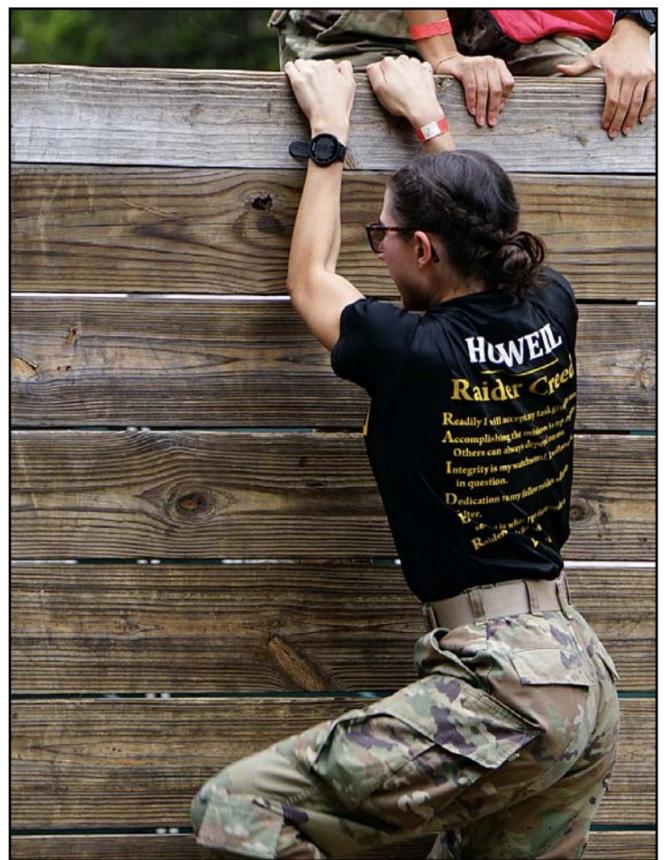


File Photo by Kristopher Howell/Adventure Race Participant

ABOVE: Team Howl — mom Julie and daughters Elisabeth and Alexandra Howell, with dog Nutmeg — recreate a photo from a 2015 photo during the Discover Historical Landmarks Orienteer Meet Aug. 25, 2020, by the Dragon Wall. Team Howl cleared the Olympic course capturing 18 markers in two hours, 3 seconds. Elisabeth said the team and nature elements of the Adventure Races she has participated in with her family over the years could be applied to some of the challenges she now encounters as a member of the Leavenworth High School Junior ROTC Raider Team.

RIGHT: Elisabeth Howell climbs the wall during the Ozark JROTC Competition in September 2024 at Camp Arrowhead Boy Scout Camp in Webster County, Missouri.

Submitted Photo by Raider Team Parents



teammate Katherine Schwennesen were named Ultimate Raiders for finishing first in the Ultimate Raider Challenge, a feat for which they were offered four-year Army ROTC scholarships.

In June, Elisabeth and JROTC teammates Nathaniel James, Terry Mathy and Ian Morgado comprised the first LHS JROTC Academic Team to compete at the

JROTC Leadership and Academic Bowl (JLAB) national competition in Washington, D.C.

Swim success

Elisabeth is a state-ranked swimmer, currently ranked as 13th with athletes in her graduating year from across the state. She swims with the Fort Leavenworth Lancers

swim club in the winter and the Leavenworth High School team in the spring.

"Liz carries herself with a humble attitude that I think aids her in her push to be great in all aspects. She is also hungry for more, and those two characteristics are a

SEE ACCOMPLISHMENTS | A11

There are NO ACCIDENTS

STAY COOL

- Choose lightweight, light-colored, loose-fitting clothing.
- Stay in an air-conditioned place as much as possible.
- Try to limit your outdoor activity to when it's coolest, like morning and evening hours.
- Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.

If you fail to identify hazards and know your limits, was it really an "ACCIDENT"?

https://safety.army.mil

Accomplishments (continued from Page A10)

recipe for quite the athlete, student and musician,” said Joe McGuire, Elisabeth’s main coach for the Lancers’ Platinum Group, the club’s most advanced training group for competitive athletes.

McGuire said Elisabeth is one of the best all-around athletes he has coached.

“Her ability in and out of the water is admirable and something she has put the work in for — and deserves all the praise,” he said. “Liz has always been a go-getter — I think that is my favorite part of coaching her — she is always willing to hear and apply new and different concepts, even ones that are in unfamiliar territory. She is always seeking ways to improve in the pool, and that is something that is hard to find in high school-aged swimmers.”

McGuire said Elisabeth has greatly improved in the three years he has coached her.

“The biggest piece of progress I have seen from her is out of the pool. She has always been an extremely hard worker in the water, but her focus outside of the pool on her nutrition, cross training and mentality is something that has propelled her to the next level,” he said.

Elisabeth just needs to shave .15 of a second off of her 50-yard freestyle and less than half a second off of her 100-yard freestyle times to beat LHS graduate Lindsay Weaverling’s longstanding swim records from 1997-2001.

“I’ve been working toward these records since I was a freshman — the 100 specifically, because I got eighth as a freshman, and I was like, ‘Oh, we’re going places,’” Elisabeth said, noting that she cut almost two seconds from her 50-freestyle time from her sophomore to junior year. “(Weaverling) was amazing. I cannot compete with her on any other event except the 50 and 100 freestyle.”

1st “save” as lifeguard

In addition to competing with multiple swim teams, Elisabeth works as a lifeguard at the three pools on Fort Leavenworth, sometimes working the 5 a.m. shift before class during the school year.

Earlier this summer, she had her first “save.” She said she and the other lifeguards were watching a large group of children, who came into Hancock Pool with a single guardian and were showing signs of not being strong swimmers.

“We’d never seen any of these kids before — we typically only see regulars,” she said, noting some of the things she observed about the group, including that some of the children were clutching the side of the pool to move around instead of swimming with confidence. “One of the girls, I think she was probably like 12, she slips under the lane line that divides the shallow end and the deep end, and I’m watching her — I’m going to whistle at her, and then she goes under.”

Elisabeth said the girl didn’t appear to be panicked, which is one of the distress indicators lifeguards look for.

“So, I watched her, and then I saw her arms start to (flail) above her head — I was like, ‘Oh, my gosh, she’s drowning!’ So I



Submitted Photo by Julie Howell

Elisabeth Howell wears five medals — fourth place in the 50-yard freestyle, fourth place in 100-yard freestyle, fourth place in 200-yard medley relay, and fifth place in 400-yard freestyle relay, plus a fifth medal signifying that she made the second All-State team, after the Kansas State High School Activities Association State Championship in May in Topeka.

jumped in — she was completely on the opposite side of the deep end. My heart was racing so hard. I was yelling — she was under the water, she couldn’t hear me — but I (yelled), ‘I’m coming for you, I’m coming for you!’”

Elisabeth said she grabbed the girl under her armpits and pulled her up and onto a rescue tube.

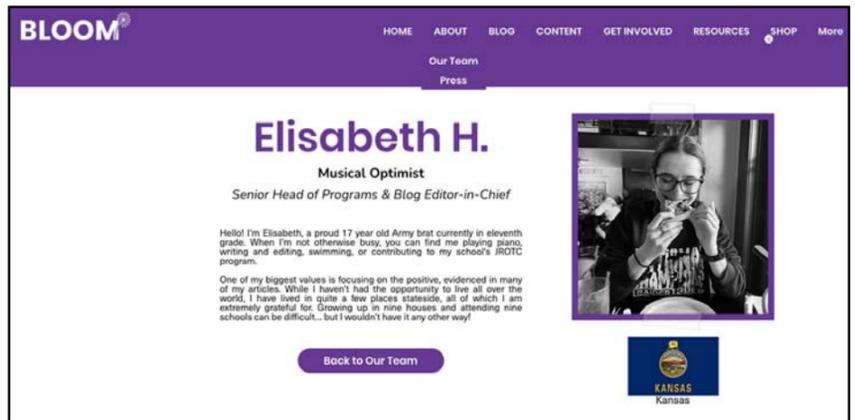
“It’s the first time I’ve ever saved someone. I think we’ve only had three or four saves the entire summer — we typically don’t get a lot of saves on post,” she said, noting that her friends who work at off-post pools report, by contrast, that minor-to-serious-level rescues are nearly everyday occurrences at the other pools. She credits the post’s pool rules, including that patrons under 12 years old must be accompanied by a guardian, for helping prevent issues.

“The team did such a good job,” she said about the other six lifeguards who were on duty during that rescue at Hancock Pool. “The guard on the shallow end cleared the entire pool so we didn’t have to be worried about any other patrons in the pool. Since it was during a rotation, there were guards everywhere... It was a very good response by everyone on the team.”

Perks of being an Army brat

Growing up in a military family, living many places and being exposed to different cultures have allowed Elisabeth and Alexandra to develop empathy, understand others and develop well founded beliefs, Kristopher Howell said.

“We have made a deliberate effort to ensure Liz and Alex do not have a myopic



Screenshot from BloomMilitaryTeens.org

Elisabeth Howell currently serves as senior head of programs and blog editor-in-chief for Bloom, an online military teen platform. She said she submitted her first article to Bloom as part of a passion project when she was a student at Patton Junior High School.

view of the world. We wanted them to see all sides of a problem, to understand diverse views, opinions and the potential reasons for those views and opinions,” he said. “We wanted them to be compassionate to other perspectives and views, but we also wanted them to be strong in their beliefs. Had we not seen and experienced what we’ve been blessed to be able to do, (Elisabeth) would have less ‘evidence’ to support her beliefs. They have seen the good, the bad and sometimes the ugly of the world. That is important.”

Kristopher and Julie’s examples of service, leadership and support have helped the twins realize that their accomplishments are about more than self, he said.

“I also think their exposure to my serv-

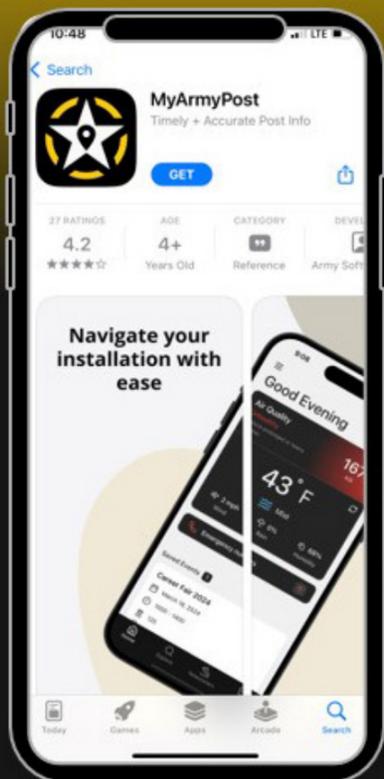
ice/leadership and their mother’s service/leadership in her community, and her support to military families, has shown them that we are here to serve others, not just succeed for ourselves,” he said. “We’re here for a purpose, and we should find joy in engaging that purpose.”

Kristopher said that aside from all of her accomplishments, he is most proud of Elisabeth because he knows her heart.

“She does none of these for herself, but because she believes she is called to be this way and do these things,” he said. “She is gifted with so much natural intelligence and talent, and she feels deeply that she must not squander those gifts. So, she coaches, she teaches, she shares, and she ultimately loves so many around her.”

My Army Post App

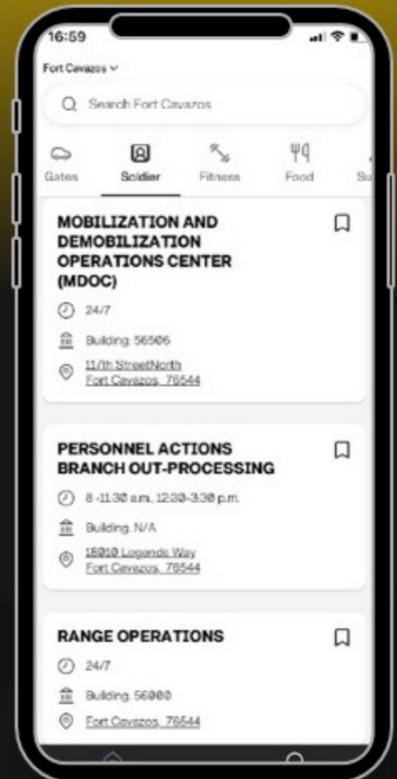
Step 1:
Download the app



Step 2:
Select your base



Step 3:
Stay in the know!



Pet of the Week: Bibi



Bibi is a young female tabby available for adoption at the Fort Leavenworth Stray Facility. Spay surgery, vaccinations and microchipping are included in her adoption fee of \$100. E-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

Visit www.FLSF.petfinder.com for adoptable pet profiles. 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 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. Summer hours may vary. Call 913-684-4939 to schedule an appointment. (No voicemail.)

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



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

Adoptions • Volunteer Opportunities

Pet Transportation Assistance

Army Emergency Relief offers zero-interest loans to help the whole Family stay together.

WHAT
Pets are a part of the Family and AER recognizes the financial burden pet transportation can cause during a PCS. To help alleviate this, AER created the Pet Transportation Assistance Program.

WHO

- Active Duty and their eligible Family members
- Reserve and National Guard on Active Reserve and Guard tours
- Reserve and National Guard activated with PCS Entitlements

HOW
Pet transportation assistance is processed by your nearest AER Officer or any military aid office. Soldiers can go directly to their AER offices or chains of command.

For more information, visit www.aerhq.org/news/petassistance

AER Are you an AER Officer? Download the official guide here: www.aerhq.org/resource/official-pet-transportation-assistance-guidance

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

weather.gov/heat

Job Sites
Stay hydrated and take breaks in the shade as often as possible

Indoors
Check up on the elderly, sick and those without AC

Vehicles
Never leave kids or pets unattended - LOOK before you LOCK

Outdoors
Limit strenuous outdoor activities, find shade, and stay hydrated

THURSDAY
JULY 31, 2025



Post Notes

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

B1

CHECK-OUT YOUR LIBRARY

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Friday, August 1, 10:00am-12:00pm

Ike Skelton Combined Arms Research Library
250 Gibbon Ave., Fort Leavenworth, Kansas 66027

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- SCAVENGER HUNTS
- CRAFTS
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Sponsored by the CGSC Foundation, with support from The Kansas City Royals Foundation, The Penworthy Company, Arcadia Publishing, and Randy Day Books.

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AUG 1 • 1100-1300 • EXCHANGE MAIN STORE

- GRAB A SNACK & REFRESHMENT
- BUILD A CRAFT
- PLAY A GAME
- ENTER OUR GIVEAWAYS

Homeschool Meet & Greet 2025

TEA PARTY

This is an opportunity for families new to the area to meet each other and find out what resources and programs are available in the local community.

Local homeschool groups, electives, and recreational organizations will be in attendance with program information.

RESOURCE FAIR

Saturday August 2nd 9:30 am

Leavenworth Local Hotel
600 Shawnee Street
Leavenworth, KS 66048

CURRICULUM EXCHANGE
Bring your used books/ curriculum to sell/exchange
FOR INFO AND/OR TO PRESENT INFORMATION AS AN ORGANIZATION
Call 913-674-0447 (office)

Fort Leavenworth Career & Education Fair

6 August, 10 am to 2 pm
Frontier Conference Center

Open to Active Duty, Guard, Reserve, Retirees, Veterans, Family Members, Contractors, & DOD Civilians

Government, Law Enforcement, Contracting, Manufacturing, Sales, Logistics, Retail, Service, Technical, Educational, and Many Other Opportunities Available

For information call the Transition Assistance Program at 913-684-2227 or email usarmy.TAP.leavenworth@army.mil

Hosted by: Transition Assistance Program & the Family and Morale, Welfare and Recreation Directorate

Scan our QR codes & follow us on Facebook & LinkedIn for upcoming events & information

30TH ANNUAL THE GREAT ESCAPE 5K

9 AUGUST - 0800 - Old USDB
\$30 / Individual • \$60 / Family of 3

Online Registration Sign up by 24 JULY to guarantee your t-shirt! Same day registration available.

For more information call 913-684-1674

PAIR DAY

AUGUST 16 9AM - 1PM

POST ACTIVITIES, INFORMATION, AND REGISTRATION

Harney Sports Complex
185 Fourth St.
Info: (913) 684-1674
leavenworth.armymwr.com

Experience what Fort Leavenworth and the greater Kansas City area have to offer at PAIR Day!
This is your one-stop shop for everything social, recreational, spiritual and educational.
There will be informational tables and lots and lots of FREEBIES!
And the best part...it's all FREE to attend!

Outdoor Pools Open May 23rd!

Join us during our special opening day after school hours! 3 pm - 6 pm

Make it a summer to remember at Fort Leavenworth's Pools!

Please check the Fort Leavenworth MWR FB page or call the aquatics center at 913-684-2190 for weather updates and pool closures before you go!

Fort Leavenworth 2025 Pool Season

Hancock Pool
Open 7 days a week / when school is not in session
11 am - 6 pm Family Swim
Open on Training Days and Holidays

Grant Pool
Open 7 days a week
11 am - 1 pm Adult Lap Swim
1 pm - 6 pm Family Swim
Open on Training Days and Holidays

Bernstein Memorial Pool
Indoor
5 am - 6 pm Adult Lap Swim / M - F
Closed on Training Days and Holidays

Outdoor Pool Passes
Passes must be purchased at Harney
\$5 daily admission (cash only at the door)
\$120 Family Season Pass for 4 (\$20 each additional member)
\$60 for half pass May 23 - July 9 or June 30 - Sept 1
\$40 for Individual Season pass

The Application Window for AMSP is open NOW!

The Mind is the Key to Victory

- Scan the QR Code or use the link below <https://forms.osi.apps.mil/r/nXR5sQTPsn>
- Follow the instructions for packet submission

SAMS Application

Application window: 15 JUN - 15 AUG 25
Examination dates: 04, 05, 07 AUG 25 (Makeup dates 09 & 16 AUG 25)
Interview window: 01-28 AUG 25
Selection board: 08-12 SEP 25
List release: NLT 15 OCT 2025

Vacation Bible School 2025



WHO:
All families, children (ages 4-11), and volunteers are welcome!

WHAT:
Vacation Bible School (VBS) - A fun, faith-filled experience with Bible lessons, games, crafts, music, and snacks.

WHEN:
August 1-3, 2025
Friday: 1700-2000
Saturday: 1000-1300
Sunday: 800-1100 Family Worship & VBS Celebration

WHERE:
Frontier Chapel & Pioneer Chapel Fort Leavenworth, Kansas

HOW TO REGISTER:
Registration begins 14 JUL 930 - 1600 **in-person** at Frontier Chapel

- Sundays: 800 - 1230 Frontier and Pioneer Chapel
- Monday - Thursday: 930 - 1600 Frontier Chapel
- Fridays: 930 - 1300 Frontier and Pioneer Chapel

POCs - Directors of Religious Education:
Mr. Carl Tillery, carl.l.tillery.civ@army.mil
Ms. Syeeda Echols, syeeda.j.echols.civ@army.mil



SAINT IGNATIUS CATHOLIC COMMUNITY

MINISTRY FAIR

August 3rd & 10th 10:30am

Fellowship Hall
Frontier Chapel

- RELIGIOUS EDUCATION
- CWOC
- KNIGHTS OF COLUMBUS
- ADORATION
- LITURGY MINISTRY
- MUSIC MINISTRY



QUESTIONS? CONTACT:
ftleavenworthcatholic@gmail.com

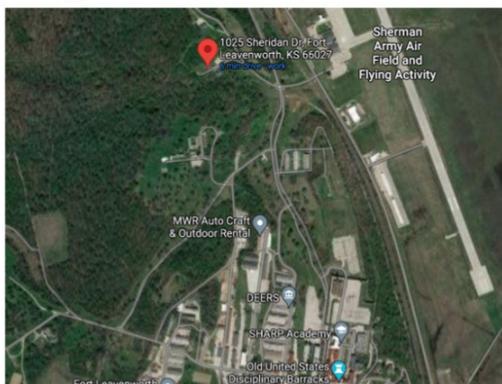
Fort Leavenworth Thrift Store Open – Saturday, 2 August 2025

Location: 1025 Sheridan Drive, Building 1049

Phone: 913-651-6768

Hours:

Monday & Friday: Closed
Tuesday-Thursday: 930am-230pm
First Saturday of each month: 930am-230pm
Consignments taken each day the store is open from 930am-1230pm



Join Us!

Lancers 2025-2026 FORT LEAVENWORTH LANCERS SWIM TEAM

REGISTRATION OPENS AUG 8TH!

- Open to all swimmers, military and civilian.
- To schedule a tryout/group placement click "New Swimmer Information" on our website.
- Practice begins Aug 18, 2025
- Swimmers must be registered to practice.
- August is free for new swimmers, register soon.
- Only the registration fee is collected in Aug.
- Practice at Harney Gym - 1LT David R. Bernstein Memorial Pool

USA SWIMMING REGISTRATION

- 2026 USA Swim Registration opens Sept 1st.
- All swimmers must also re-register with USA Swimming.

www.fortleavenworthlancers.com

FROM COMPASSION TO ACTION: 2024 STRONGHOLD YEAR IN REVIEW

Our Ambassadors supported military families in several military installations across **17** states and **4** countries



On average, we help **90** individuals weekly

72,500
Pounds of Food Distributed

65,550
Meals Distributed

Every single pound distributed by Stronghold was utilized and tailored to the family's needs - we take pride in being an excellent steward of every donation dollar.



Our volunteers



donated **3,500 hours** | valued at **\$111,300**

We conducted two pop up pantries at JBLM and Fort Campbell serving 347 individuals.

Over \$35,000 in basic necessities ranging from feminine hygiene products, household items, school supplies, diapers, wipes, portable cribs, winter coats, socks, etc.



Stronghold Food Pantry is a volunteer-run, 501(c)(3) charitable organization serving American military families facing food insecurity with care and dignity by providing food, necessities, and resources. Stronghold strives to remove the stigma and ease the epidemic of food insecurity among military communities by proliferating awareness, advocacy, and collaboration.

strongholdfoodpantry.org



STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only | strongholdfoodpantry.org

SUN	MON	TUE	WED	THU	FRI	SAT
31					1 Pack the Backpack Event	2
3	4	5	6 Open Pantry Happy Bottom 11:00 - 1:00	7	8	9
10	11	12	13 Closed	14 Pop-Up Fort Campbell	15	16
17	18	19	20 Open Pantry Happy Bottom 11:00 - 1:00	21	22	23
24	25	26	27 Closed	28 Pop-Up Joint Base Lewis-McChord	29	30

IMPORTANT ANNOUNCEMENT

HAVE YOU VOLUNTEERED, DONATED, PARTNERED, OR RECEIVED SUPPORT FROM STRONGHOLD?

We want to hear your story. Share how being part of this mission has impacted you – personally or professionally. *Named or anonymous – every voice matters.*

You can email us today at: Contact@strongholdfoodpantry.org

FREE SUMMER MEALS FOR KIDS AGES 1-18

USDA SUN MEALS KANSAS EDUCATION

Find a summer meal site near you: <https://buff.ly/ajb2ct2>

ARMY COMMUNITY SERVICE



MON - FRI 0800-1600 with limited hrs Thurs 1300 - 1600 913-684-HELP(4357)/2800

Resiliency Center, 600 Thomas Ave, Bldg. 198 ** ACS is closed for lunch 1130-1230 daily**

AUG 2025

RELOCATION READINESS PROGRAM

In-Processing Brief

Tuesdays, 9:00am-10:00am

OCONUS Levy Brief

Tuesdays, 10:00am-11:00am

Smooth Move offered upon request.



Bowling for Families of Deployed Service Members

Aug. 02 12:00pm-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

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Bowling

Aug. 02, 12:00pm-2:00pm
Strike Zone Bowling Center

EFMP Refreshing Conversations

Aug. 07th, 10:00am-11:00am
Resiliency Center Room 157

Registration Required for EFMP events

EFMP Lending Library

Now Open!
Come and discover our range of sensory and educational products available for loan.

SURVIVOR OUTREACH SERVICES

GOLD STAR CHILDREN'S DAY

We will recognize Gold Star Children's Day on Aug. 01, 2023

Walk/Run for the Fallen
Sept. 13th
08:00-10:00am

FINANCIAL READINESS PROGRAM



Offers counseling services and classes upon request to assist Soldiers and their families in achieving personal financial goals.

Car Buying

Aug. 07th 3:00-4:00pm
Resiliency Center Rm. 157

Home Buying

Aug. 21st, 3:00-4:00pm
Resiliency Center Rm. 157

*No registration is needed, but please call ahead for large groups.

ARMY EMERGENCY RELIEF (AER)

Provides emergency assistance to active-duty service members, their families, and retired service members.

For emergency financial assistance apply at:

www.armyemergencyrelief.org

And call the ACS main line during duty hours to follow up.

Command & Troop training is also available upon request.

EMPLOYMENT READINESS PROGRAM

Teen Employment

Aug. 01, 10:00am-12:00pm

Resume Writing

Aug. 06,
12:00pm-2:00pm

*Evening 5:00pm-7:00pm

Federal Employment

Aug. 20th
12:00pm-2:00pm

*Evening 5:00pm-7:00pm

Interview Skills & Professionalism

Aug. 27,
12:00pm-2:00pm

*Evening 5:00pm-7:00pm

*All classes located at the Resiliency Center, Rm 157

ARMY VOLUNTEER CORPS

Volunteer Basics

Aug. 22, 12:00pm-1:00pm,
Resiliency Classroom

Room 157

Visit website below to register for an account and find opportunities to volunteer in the community.

[https:// vmis.armyfamilywebportal.com](https://vmis.armyfamilywebportal.com)

Join ACS/ New Parent Support for

Toddler Time

Wednesdays @ 9am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS

Learn through play as we build social skills, introduce preschool routines, and explore!

Toddler Time is free and open to ages 2 to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Toddler Time.
913-297-3212

Stroller Walk & Talk

Meeting at
The Resiliency Center
600 Thomas Ave
Every Tuesday Morning
March - May
10am - 11am
June - Sept
9am - 10am

This is a **FREE** opportunity to meet other parents of small children, get healthy and socialize all while enjoying the walking paths of Ft. Leavenworth!

Offered to expecting parents and to parents of children through 3 years of age. Must bring your own stroller. Register the day before!

POC 913-297-3212

ACS Family Advocacy New Parents Support Program Presents

Toddler Time Playgroup

- Free toddler play group.
- Open to ages 2-3 years old with adult.
- Offers an introduction to preschool routines, explores educational concepts, and builds social skills through hands on experiences and activities.

Wednesdays @ 9:00am

Located at the Army Community Service Resiliency Center
600 Thomas Ave. Fort Leavenworth, Kansas

Registration required call or text
913-297-3212 or 913-297-9704

5 Love Languages of Teenagers

Do you ever feel like you and your teen are speaking another language?

The "5 Love Languages of Teenagers" class is geared toward caregivers that want to communicate with their teens in a way that everyone feels heard, understood, and most importantly loved.

ACS Classroom 145
Feb 12, May 14, Aug 13, Nov 12
1-2:30pm
FREE

Open to all DOD civilians, active duty, and retired military that are caregivers raising teens. Call to register (deadline is day before class)
913-684-2822 / 2808

ACS Family Advocacy New Parents Support Program Presents

Storytime!

Free
Open to ages 3 months - 3 years old with adult.

Join us for storytime to use our imagination and develop a love of books

Storytime fosters early literacy skills, language development, and social growth.

Every Wednesday @ 10:00 am

Located at the Army Community Service Resiliency Center
600 Thomas Ave. Fort Leavenworth, Kansas

Registration required call or text
913-297-3212 or 913-297-9704

Play Morning

Thursdays from 9-11:00 a.m.
Ages 3 months - 3 years with Guardian • Resiliency Center

Free play group for ages 3 months - 3 years and their parents/guardians.

Enjoy a large play area with interactive activities, toys and crafts to develop gross and fine motor skills. Play with other kids, meet other parents and learn about healthy childhood development.

Army Community Service | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas
Registration required, cut off is day before event (913) 297-3212 or (913) 684-2800

WIGGLES & GIGGLES

FREE
Ages 3-12 months
Register by COB Thursday

Fraturdays
10am - 11am
ACS Playroom
600 Thomas Ave

We wanna go...

Get their wiggles out and join in some baby giggles! Take a moment to connect with other parents! Babies learn through play! So let's get on the floor and explore!

For more info or to register call 913-297-3212 / 9704

SKIES Curtain Call FROZEN JR

Registration Opens: July 21 at 9am
Registration Closes: August 11 at 12pm

Participants must be 8+ on or before August 28. Register online or in person at any CYS facility.

Cost: \$275

Rehearsals will begin: September 9 at 4pm
The Post Theater / 375 Grant Ave
Fort Leavenworth, KS

Mandatory Parent Meeting: August 26
Auditions begin: August 28

Performances: December 6 at 2pm and 7pm

There are only 30 spaces available. Selections will be made by lottery if more than 30 participants sign up. The remaining interested participants will be placed on a waitlist. Curtain Call is a large commitment of time and responsibility.

For more info: call 913-684-3207 or text 913-704-7595

SKIES

Instructional Catalog for Classes
August - December 2025
Registration begins July 7 @ 9am*

*A current registration with Parent Central is required to enroll. For more info call: 913-684-5138

OPEN HOUSE
July 24th from 5:30pm - 7:00pm

Patch Community Center
320 Pope Ave
Fort Leavenworth, KS

For more info on SKIES call: 913-684-3207 or text: 913-704-7595

Now offering new classes at SKIES!
Come get a kick out of Tae Kwon Do!

Brand new, fun, and physical classes taught by a certified black belt in Tae Kwon Do.
ENROLLMENT IS OPEN NOW!

TAE KWON DO!

Tuesdays & Thursdays
Ages 6 - 12 at 4pm
\$11 a class session (multiplied by number of classes offered in a month) limited space

Ages 6 - 12 at 5pm
Joint class w/ Parent or Guardian
\$22 a class session (multiplied by number of classes offered in a month) limited space
Fee is for one child plus adult, please contact SKIES to add additional children to session at \$17 a child.

Gruber Fitness Center
Martial Arts Room
200 Reynolds Ave
Ft. Leavenworth, KS

Must be registered at Parent Central to attend classes. Classes will remain open until full. Call for more info: 913-684-3207

Welcome Summer

ODYD is closed for June & July! We look forward to serving you again in the fall!

Donations always accepted - drop off box located in the housing office

odydfsc@gmail.com

VOLUNTEER BASICS

JAN 17 • FEB 7 • MARCH 7 • APRIL 4 • MAY 9 • JUNE 13
JULY 18 • AUG 8 • AUG 22 • SEPT 19 • OCT 17 • NOV 14 • DEC 12
ACS CLASSROOM • 600 THOMAS AVE. • TIME: 12PM - 1PM

DO YOU WANT TO MAKE A DIFFERENCE IN OUR COMMUNITY? IF SO, THEN BE SURE TO CHECK OUT VOLUNTEER BASICS. LEARN ABOUT VOLUNTEER OPPORTUNITIES ON FORT LEAVENWORTH AND IN THE COMMUNITY. PARTICIPANTS WILL LEARN THE BENEFITS OF VOLUNTEERING AND HOW TO PROPERLY LOG HOURS INTO THE VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS).

REGISTRATION IS NOT REQUIRED, JUST SHOW UP.

INFO: (913) 684-2800

TRAILS WEST GOLF COURSE

Come Experience TRAILS WEST GOLF COURSE

- Pristine Course
- Pro Lessons
- Tournament Packages
- Simulator
- And much more!

Visit the Fairway Grille and the Pro Shop! Conveniently located in the Clubhouse.

306 Cody Rd
Ft. Leavenworth
913-651-7176

Teen Employment Workshop

Picking your future career is just one piece of the puzzle.

The Teen Employment Workshop takes the guesswork out of job searching, resume building, and tailoring your skills to the job that you want!

Learn how to fit the pieces together to create an exciting picture of your future career goals!

ACS Classroom 145
600 Thomas Ave
One session workshop
Available in person or virtual

Feb 19, May 28, Aug 20, Nov 19 @ 1-2:30pm

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/ 2808 Deadline to register is the day before class.

ACS Classroom 10:00am - 12:00pm
March 14
April 18
May 30
June 28
July 11
August 1

FREE! Registration is required the day before the workshop. For ages 14 - 20 For more info please call 913-684-2800

Navigating the Teen Years

Ever wish that raising your teen came with an instructional manual?

The Navigating the Teen Years workshop is your guide to the difficult questions.

We'll discuss:

- Teen Mental Health
- Substance Abuse
- Raising Teens in a Digital Age
- Understanding Social Media
- Teen Sexualized Behaviors

ACS Classroom 145
600 Thomas Ave

Feb 19, May 28, Aug 20, Nov 19 @ 1-2:30pm

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/ 2808 Deadline to register is the day before class.

HYC AFTER-SCHOOL PROGRAM

School is in session, but the FUN doesn't need to stop! Hang with your friends! Do cool stuff! And make some memories!

FREE!
*Enroll now at Harrold Youth Center
45 Biddle Blvd
913-684-5118

HYC Hours
Mon-Thurs 3PM-7PM
Friday 3PM-9PM
Saturday 2pm-8pm
Closed Sunday

Administrative Hours
Monday - Friday
9AM - 6PM

Offering:
Homework Help
STEM Programs
Gym Activities
Music Classes
Arts & Crafts
Special Events
Clubs & More!

Follow HYC on FB!

*HYC is for 6th-12th Graders only. Must be registered with CVS Parent Central prior to enrolling. Contact 913-684-5138 for more info on registration and eligibility

Co-Parenting Workshop

Round 1: April 7, 14, 21, 28
Round 2: July 7, 14, 21, 28
Round 3: September 8, 15, 22, 29
@ 12:00pm - 1:00pm
ACS Classroom 145
600 Thomas Ave

Learning to co-parent after a divorce can feel like being on opposite ends of a chasm.

Our four week workshop will show you how to build a bridge that will enhance parenting skills, enrich positive co-parenting, learn to develop and use boundaries, and establish a joint plan for managing expectations about your children's growth, development, and behavior.

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/ 2808 Deadline to register is day before class. Participants are encouraged to attend every class as each session will be different. Ask about virtual options!

STRESS Management

May 15, July 17, September 18, November 20
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

WORK HOME
BILLS SAVINGS

Register for the ACS ANGER MANAGEMENT COURSE 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: May 1, 8, 15, 22, 29
June 12, 19, 26
Round 2: August 7, 14, 21, 28
September 4, 11, 18, 25
Round 3: October 2, 9, 16, 23, 30
November 6, 13, 20

All sessions are in Room 145 at the Resiliency Center 600 Thomas Ave 1:30pm - 3pm

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 913-684-2800 for more info

DAD'S NIGHT OUT

2025 DATES:
Jan 22 • Feb 19 • March 19 • April 23
May 21 • June 18 • July 23 • Aug 20
Sept 17 • Oct 22 • Nov 12 • Dec 3

Dad's Night Out is offered by ACS New Parent Support Program for Dads of children 0-3 years of age to get out of the house without the kids and meet at a restaurant. The focus of this event is to improve social connections and get to learn different parts of town.

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

For more info: (913) 297-3212 or (913) 684-2800

MOM'S NIGHT OUT

This event is offered by ACS New Parent Support Program for Moms of young children to be able to get out of the house without the kids and meet other Moms at a restaurant. The focus of this event is to improve social connections and to learn about different parts of the town.

2025 Dates:
Jan 29 • Feb 26 • March 26 • April 30
May 28 • June 25 • July 30 • Aug 27
Sept 24 • Oct 29 • Nov 19 • Dec 10

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

Info: (913) 297-3212 or (913) 684-2800

EFMP/ Waiting Families RECREATIONAL BOWLING

Every first Saturday of the month
12:00pm - 2:00pm
Strike Zone Bowling Center
165 Fourth St

Meet other EFMP families! EFMP Recreational Bowling is a fun way to socialize, and sharpen fine motor skills.

All ages welcome!
FREE for the entire family including shoes! Bumpers, bowling ramps, and lightweight bowling balls are available.

Pre-registration is required the Wednesday before the event. Fort Leavenworth Waiting Families, call ACS to reserve your spot! Call 913-684-2800 for more info or to register

ACS New Parent Support Prenatal Classes 2025

Childbirth Classes:
Series of three classes
Jan 6th, 13th, 27th
Mar 3rd, 10th, 17th
May 5th, 12th, 19th
July 14th, 21st, 28th
Sep 8th, 15th, 22nd
Nov 3rd, 17th, 24th

Newborn Care Classes:
Feb 3rd
April 7th
June 2nd
August 4th
October 6th
December 1st

Breastfeeding Classes:
February 10th
April 14th
June 9th
August 11th
October 20th
December 8th

Free for Expectant Parents!

600 Thomas Ave
Room 157
All classes are from 5 pm - 7 pm

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

ACS New Parent Support 2025 Potty Training

Come join us to learn the cues to look for when deciding to potty train! Learn valuable tips to get you started!

Are you ready?

600 Thomas Ave
Room 157
2/24, 4/28, 6/16, 8/18, 10/27, 12/15
5 pm - 7 pm

Time to lose the diapers?
FREE For Parents of Children aged 0-4 years
Pre-registration Required
Deadline is Friday before class
Contact 913-297-3212

ARMY COMMUNITY SERVICE LOAN CLOSET FORT LEAVENWORTH, KANSAS

913-684-2830/2800

Who: All Active Duty, Retiree, DA Civilian and their family members who are either permanent party, TDY or PCSing.

When: M-F 0730-1630

Where: 600 Thomas Avenue (Pull into the Alley behind the ACS building and call the number on the black sign).

Rules: Loans are limited to 30 days for in and out-processing personnel. This can be extended by phone if needed. Checkout of items for an event is limited to 10 days. Customers are responsible for replacing any item that is damaged or lost.

Items available:

Pre-Packed Kitchen Kit:

- 1 Bowl (mixing)
- 1 Pitcher
- 1 Colander
- 1 Cutting Board
- 1 Skillet
- 2 Pots with Lids
- 4 Plates
- 4 Bowls
- 4 Coffee cups
- 4 Forks
- 4 Spoons
- 4 Knives
- 1 Large Kitchen Knife
- 4 Steak Knives
- 1 Peeler
- 1 Cookie Sheet
- 2 Serving Spoons
- 1 Spatula
- 4 Plastic Glasses
- 1 Can Opener
- 1 Set of Measuring Spoons
- 1 Measuring Cup
- 1 Pot Holder

Additional Items Available:

- Cheese Graters
- Pizza Cutters
- Spaghetti Servers
- Tongs
- Whisks
- Glass Baking Dishes-Rectangle
- Glass Baking Dishes-Circle
- Muffin Pans
- Hand Mixers
- Veggie Steamers
- Large Kitchen Knives
- Mixing Bowls
- Skillets
- Pots with Lids
- Plates
- Coffee Cups
- Blenders
- Coffee Makers
- Crock Pots
- Toasters
- Rice Cookers
- Microwaves
- Indoor Grills
- Electric Skillets
- Panini Grills
- Plastic Glasses
- Utensils
- Square Tables
- Circle Tables
- Folding Chairs
- Strollers
- Baby Gates
- Booster Seats
- Cribs
- High Chairs
- Pack and Play
- Laundry Baskets
- Sleeping Mats
- Irons
- Ironing Boards
- Trash Cans

Download the My Army Post App

Stay in the know at your Garrison

- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE

WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM

DoD Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

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

WORLDS OF FUN & OCEANS OF FUN

Harrold Youth Center / 45 Biddle Blvd / Ft. Leavenworth, KS / 913-684-5115

TEEN SUMMER TRIPS

2025 Dates:

- Friday June 6
- Wednesday June 18
- Friday June 27
- Thursday July 3
- Friday July 18
- Thursday July 24
- Thursday July 31
- Friday August 8

Leaving from HYC at 10am, returning at 6pm

\$45 for each session or \$10 with a season pass (season passes can be purchased from Leisure Travel Services for \$94.50) Includes a sack lunch, transportation, and supervision. Trips are for 8th - 12th graders who are eligible to attend the Youth Center. Registration is at HYC two days before trip.

leavenworth.armymwr.com

HARROLD YOUTH CENTER

SEND OFF TO SUMMER PARTY 2025

SATURDAY
SEPTEMBER 13
4pm - 7pm

HARROLD YOUTH CENTER
45 BIDDLE BLVD
FT. LEAVENWORTH, KS
913-684-5115

Summer may be over, but the FUN is just beginning!

YOU DON'T WANT TO MISS THIS!

\$5
Event is for 6th - 12th graders. Must sign up and pay in advance. Swipe Card and wristband are required to enter the event. Registration ends at 5pm Sept 12. NO SAME DAY REGISTRATIONS!

FEATURING:

- DJ GEORGE
- FOOD
- CONCESSIONS
- GAMES
- FOAM
- DOOR PRIZES
- INFLATABLES

leavenworth.armymwr.com

We have KC Royals Tickets for the 2025 season!

Exclusive Military Rate for tickets and parking. Ticket prices are based on tiers and vary depending on opponent.

For more info call, or stop by Leisure Travel Services. (913) 684-2580

310 McPherson Ave (located inside the old USDB) Or check out our website, leavenworth.armymwr.com

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

Employment Readiness Program CLASS SCHEDULE

Resume Writing
ACS Classroom 12pm - 2pm
July 9, Aug 6, Sept 10, Oct 8, Nov 5, Dec 3
5pm - 7pm*
July 9, Aug 6

Federal Employment
ACS Classroom 12pm - 2pm
July 16, Aug 20, Sept 17, Oct 15, Nov 19, Dec 10
5pm - 7pm*
July 16, Aug 20

Interview Skills & Professionalism
ACS Classroom 12pm - 2pm
July 23, Aug 27, Sept 24, Oct 22, Dec 17
5pm - 7pm*
July 23, Aug 27

Take the guesswork out of getting hired!
Our Employment Readiness Program will provide the tools and strategies that you need to navigate the job market successfully!
Learn how to:
• write a compelling resume
• understand the market
• become the ideal candidate

The Resiliency Center
600 Thomas Ave
Ft. Leavenworth, KS
For more info: 913-684-2800

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: 913-684-2852/2800

Leavenworth County Council on Aging Presents

OWNING THROUGH THE DECADES

Come dressed in your favorite fashions from the 50s - today!

HITS FROM THE 50s, 60s, 70s, 80s & BEYOND

TICKETS \$40 per ticket
Reserve a table of 8 for \$300

SATURDAY, AUGUST 16TH
DOORS OPEN AT 5:00 PM | 5:30 - 9:00 PM
RIVERFRONT COMMUNITY CENTER, LEAVENWORTH

A benefit fundraiser for **MEALS ON WHEELS!**

YOUR NIGHT INCLUDES: Dinner by J.W. Crancer's • Live DJ • Wine & Bourbon Pull • Live Auction • Sweet Shoppe Booth • "Chances to Win" Raffle • Heads & Tails Split the Pot • Photo Booth • Adopt-A-Heart

PURCHASE TICKETS FOR A CHANCE TO WIN!
Royals Autographed Salvador Perez Jersey \$1 EACH OR 6 FOR \$5

Tickets will be sold in advance or at the door while supplies last.
Council on Aging: Monday-Friday, 7am-4pm
Check, Cash or PayPal @LVCOA
Through PayPal Account: Minimum purchase \$25. Please include your phone number.

COA Live Well. Age Well. 711 Marshall St., Suite 100 Leavenworth, KS 66048 913.684.0777

Richard Allen Cultural Center & Museum

2 AUG

JAZZ

By the River

University of Saint Mary
Xavier Theatre
4100 S. 4th Street
Leavenworth, KS
6:00 PM - 8:00 PM

Tickets: \$20 for 18 and under / \$30 for Adult / \$40 at the door
Silent Auction & 50/50 Raffle

Please stop by RACCM to purchase tickets or see a board member.

Veterans Crisis Line
DIAL 988 then PRESS 0

It takes strength to reach out for support.

The Safe Helpline is available 24/7 for victims of sexual assault.

Talk to someone who understands:

safehelpline.org

U.S. ARMY

My Army Post App

Step 1: Download the app
Step 2: Select your base
Step 3: Stay in the know!

WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM

CGSC GET ACQUAINTED SCRAMBLE

Great Prizes & lots of FUN!

Hi!

Registration opens on July 23rd and closes August 20th.

Relaxed 4 - Person Scramble

All CGSC Students and Families are encouraged to participate!

WORTH BOULEVARD FRONTIER

no federal endorsement implied

ADULT CLASSES TAEKWONDO

Kick your fitness into high gear!

Tuesdays & Thursdays

Offered from:
• 6pm - 7pm
• 7pm - 8pm
\$65 per month
\$10 for a single class

Gruber Fitness Center
200 Reynolds Ave
Fort Leavenworth, KS
913-684-3224 or 5136

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



leavenworth.armymwr.com

Fall Youth Sports & Fitness

Confidence begins here! Are you in?

Flag Football (1st - 2nd grades) (Ages 7 - 8) Tuesday/Thursday Sept 9 - Oct 23 \$50	Soccer 6 & Under (Ages 5 - 6) 8 & Under (Ages 7 - 8) 10 & Under (Ages 9 - 10) Sept 8 & 9 - Oct 22 & 23 Under 12 & 14 TBA \$50	Cheerleading (Ages 5 - 12) Monday/Wednesday Sept 8 - Oct 22 Participants will cheer for all 3rd/4th & 5th/6th grade Teams. *Pom-poms, shirt, and skirt are included in the cost. \$55	Fall Running Club (3rd - 8th grades) (Ages 8 - 14) Tuesday/Thursday Sept 9 - Oct 25 Season ends with the Halloween 5K. \$50
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Start Smart Flag Football (Ages 3 - 4) \$30 Sept 15 & 17 - Oct 15 & 20
 Start Smart Soccer (Ages 3 - 4) \$30 Sept 16 & 18 - Oct 14 & 16
 Registration and enrollment will begin July 7 and close Aug 4. All Youth must have an updated sports physical before first practice. Enrollment can be done at all CVS locations if centrally registered. Webtrac online enrollments can only be done with a Youth Sports Physical that covers the entire season. Volunteer Coaches are needed! For more information call 913-684-7525 or 7526

Starting June 2nd, 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
0530						
0900						Power Yoga (Kim)
0930	Zumba (Virmarie)					
1200						
1630		Zumba (Virmarie)	Power Cycling (Kim)			
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						
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



<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		Olympic Lifting 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)
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

Combined League Scramble

9-hole 5pm shotgun start
Trails West Golf Course
306 Cody Rd
Fort Leavenworth
Meal to follow play!

April 30
June 25
August 27
September 24

**\$5 FOR SCRAMBLE
\$15 FOR MEAL**

Players registered in the Monday Intramural League, Tuesday Women's League, Wednesday League, and Couples Thursday League are eligible to participate in the Combined League Scramble. The Pro Shop will assign teams. Enjoy drink specials all night at The Fairway Grille! Register by COB on Monday of each week

For more information call 913-651-7176 or visit leavenworth.armymwr.com

Couples League

Are you looking for some good old-fashioned fun?

Grab your spouse or partner and come on out to Trails West Golf Course! Featuring fun formats and end of season prizes!

1st and 3rd Thursday of every month at 5pm
Trails West Golf Course
306 Cody Rd
Fort Leavenworth

Annual pass holders : Free
Non-pass holders: \$35 per person
\$70 per team
Weekly: \$5 per person
Registration is open now!
Call for more info 913-651-7176

Scan here to follow Ft. Leavenworth FMWR on FB

Trails West Golf Course Wednesday League

Every Wednesday at 5pm
Trails West Golf Course
306 Cody Rd
Fort Leavenworth

Each week will feature a unique event format. 100% of the weekly fee is awarded to the weekly winners in Golf Pro Shop Gift Certificates. All weekly events are flighted and everyone has a chance to win on any given week! Minimum is 20 players

Free registration for annual pass holders, \$35 for non-pass holders. All players pay a \$5 weekly fee. Registration is open now! Players may join at any time during the year.

For more information call: 913-651-7176
visit: leavenworth.armymwr.com

Scan here to follow Ft. Leavenworth FMWR on FB

STRIKE ZONE BOWLING CENTER SUMMER TRIOS

MEETING: MAY 8TH AT 6:30 PM
START: MAY 15TH AT 6:15 PM
12 WEEK LEAGUE: MAY 15TH - AUGUST 8TH

THURSDAYS AT 6:30 PM
(PRACTICE AT 6:15 PM)

3 PERSON TEAMS - 3 GAMES PER NIGHT
ANY COMBO OF MEN & WOMEN

\$10 per week, per person • Shoes \$1
Have-a-Ball Option for an extra \$7 per week

FITNESS CENTER PROPER ATTIRE



Authorized

- TOPS
 - Unmodified t-shirts or tank tops
 - Underclothing (workout gear with built-in underclothes are okay)
 - Leopards
 - When standing, tops must at least meet top of shorts
- BOTTOMS
 - Shorts with full coverage of buttocks
 - Leggings
 - Sweatpants or athletic pants
- FOOTWEAR
 - Athletic shoes
 - Tennis shoes
 - Running shoes
 - Court shoes
 - Cross-training shoes
 - Minimalistic/ five-finger shoes
- OTHER
 - Soldiers using wireless/non-wireless devices/earpieces in uniform while inside fitness centers. Must be 1.5 inches in diameter or less at the widest part.
 - Soldiers not in uniform, Family Members, DOD Civilians may use headphones while running outside on sidewalks or tracks.



NOT Authorized

- TOPS
 - Clothing with rivets
 - Modified/ homemade t-shirts/ tank tops/ crop tops
 - Wearing only a sports bra
 - Exposed midriff
 - Exposed chest
 - Inappropriate or offensive language on clothing
- BOTTOMS
 - Sagging pants
 - Jeans
 - Flip-flops
 - Exposed gluteous muscles or exposed undergarments
- FOOTWEAR
 - Bare feet
 - Socks only without shoes
 - Blanks
 - Sandals
 - Open-toed shoes
 - Cross clops
 - Boots on the cardio equipment
- OTHER
 - Plastic/ rubber suits
 - Soldiers using wireless/non-wireless devices/earpieces in uniform while outdoors, including running.
 - Headphones worn on the roads at any time.

Harney Sports Complex & Aquatics Center 185 Fourth St. 913-684-2190
Gruber Fitness Center 200 Reynolds Ave. 913-684-5120
USAG Fort Leavenworth
Policy per Fort Leavenworth, KS Commanding General
Fitness Staff has FINAL guidance on appropriate attire.

FITNESS CENTER PROPER ATTIRE



Authorized

- TOPS
 - Unmodified t-shirts or tank tops
 - Underclothing (workout gear with built-in underclothes are okay)
 - When standing, tops must at least meet top of shorts
- BOTTOMS
 - Shorts with full coverage of buttocks
 - Athletic leggings covered by shorts
 - Sweatpants or athletic pants
- FOOTWEAR
 - Athletic shoes
 - Tennis shoes
 - Running shoes
 - Court shoes
 - Cross-training shoes
 - Minimalistic/ five-finger shoes
- OTHER
 - Soldiers using wireless/non-wireless devices/earpieces in uniform while inside fitness centers. Must be 1.5 inches in diameter or less at the widest part.
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BRUNNER RANGE

MWR 2 25

CALENDAR

For more information (913) 651-8132
701 Sheridan Dr. Fort Leavenworth, KS 66027

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month		
4 January	• Rod & Gun 16 April	• Winter Combo 9 January - 13 March
1 February	• VFW Post 12003 26 April	• Spring Combo 20 March - 22 May
1 March	• Lil Weenie 17 May	• Summer Warm-up 5 June - 10 July 17 July - 21 August
5 April	• Club Championship 21 June	• Fall Combo 4 Sept - 6 Nov
3 May	• One Gun/One Choke 19 July	• Winter Warm-up 13 Nov - 18 Dec
7 June	• Shuck n' Chuck 16 August	
2 August	• American Legion Post 411 20 September	
6 September	• Rod & Gun 15 October	
4 October	• Lil Weenie 18 October	
1 November		
6 December		

Hours:
Wednesday 12:00-8:00pm
Thursday 12:00-8:00pm
Saturday 10:00am-5:00pm
Sunday 10:00am-5:00pm
CLOSED M, T, F
Fun Shoots begin at 9:00am
Rod & Gun begin at 6:00pm

LEAVENWORTH.LAMP.MWR.COM

FUN SHOOT

Brunner Range
1st Saturday of the Month

Jan 4 - Dec 6 2025
Feb 1, Mar 1, Apr 5, May 3, Jun 7, Jul 5, Aug 2, Sep 6, Oct 4, Nov 1,

Registration is required and can be done the day of the event from 9AM-10:30AM.

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132
701 Sheridan Drive

BRUNNER RANGE 2025 SPECIAL FUN SHOOTS

16 April	Rod & Gun Club
26 April	VFW Post 12003
17 May	Lil Weenie
21 June	Club Championship
19 July	One Gun/ One Choke
16 August	Shuck n' Chuck
20 September	American Legion Post 411
15 October	Rod & Gun Club
18 October	Lil Weenie

Contact Brunner Range for more information
(913) 651-8132

Brunner Range 2025 LEAGUE SCHEDULE

Winter Combo
9 January - 13 March

Spring Combo
20 March - 22 May

Summer Warm-up
5 June - 10 July
17 July - 21 August

Fall Combo
4 September - 6 November

Winter Warm-up
13 November - 18 December

Combo leagues shoot on Thursday evenings. Teams consist of 5(+/-) shooters. All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.

Contact Brunner Range for more information
(913) 651-8132

DID YOU KNOW BRUNNER RANGE SELLS FIREARMS?

They will sell your firearms on consignment.
Or special order and work with you to find the perfect firearm to meet your needs.

Brunner Range also provides transfer services for firearms.

Call, or stop by for more info:
(913) 651-8132
701 Sheridan Dr.
Wed - Thurs: 12PM - 8PM
Sat - Sun: 10AM - 5PM

Griffin Gardens Greenhouse Opening April 21st!

Monday, Wednesday, Friday
(closed 2nd Wed for training)
1300 - 1500

Located between Griffin Cuts Barbershop & the MWJRCF

Volunteers Needed

Love history? Enjoy interacting with people? This volunteer position is for you!

The Frontier Army Museum is searching for front desk volunteers. Volunteers will greet guests, answer questions, and perform additional tasks as needed.

Tuesdays (9-3), Fridays (9-3), and Saturdays (10-3)
Hours are flexible. 16 and older.

Please contact Megan Hunter if interested
megan.m.hunter4.civ@army.mil

Frontier Army Museum
100 Reynolds Ave
Fort Leavenworth, KS

SLAM LEAVENWORTH OPEN HOUSE

JULY 28 - AUG 1

Griffin Cuts Barbershop

424 Sabalu Rd.
Ft. Leavenworth, KS 66027
913-684-2894

Hours of Operation
Mon - Fri 0800 - 1530
Last Appt. Taken at 1500

Closed Weekends/Holidays,
2nd & 4th Wed. of Every Month

Truesdell Barbershop

290 Stimson Ave
Ft. Leavenworth, KS 66027
913-684-2593

CASH ONLY

Mon - Fri 0800 - 1530
Last Appt. Taken at 1500

Closed Weekends/Holidays,
2nd & 4th Wed. of Every Month

Ft. Leavenworth International Loan Closet

Located in the alley off McClellan & Kearny
Hours Vary, Check FB Page

Current Price List

Haircut	\$7.00	Haircut	\$7.00
Haircut w/ Razor	\$9.00	Haircut w/ Razor	\$9.00
Beard Trim	\$5.00	Beard Trim	\$5.00
Straight Razor Shave	\$7.00	Straight Razor Shave	\$7.00
Shampoo/Blow Dry only	\$5.00	Shampoo/Blow Dry only	\$5.00
Haircut w/ Shear	\$11.00	Haircut w/ Shear	\$11.00
Cut/Shampoo/Style	\$13.00	Cut/Shampoo/Style	\$13.00
Haircut w/ Shear/Shampoo/Style	\$17.00	Haircut w/ Shear/Shampoo/Style	\$17.00

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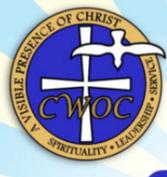
frontierccu.org (913) 651-6575

Federally Insured by NCUA

Discipleship Training Breakfast

A YEAR LONG TOPICAL BIBLE STUDY & BREAKFAST FOCUSED ON INTEGRATING FAITH IN CHRIST INTO ALL DOMAINS OF OUR LIVES (PERSONAL DEVELOPMENT, FAMILY, PROFESSION, AND COMMUNITY)

0600-0730 EVERY TUESDAY IN PIONEER CHAPEL

POPSICLES at the PLAYGROUND

JUNE - 5 • 12 • 19 • 26
JULY - 3 • 10 • 17 • 24 • 31
AUGUST - 7

*WEATHER PERMITTING
CHECK FACEBOOK FOR MORE DETAILS / LOCATIONS



SUMMER SCHEDULE

PARK PLAYDATES

JULY 8 - EMFP PARK
9:30-11:00AM

JULY 15 - EMFP PARK
9:30-11:00AM

AUGUST 5 - EMFP PARK
9:30-11:00AM

SUMMER SESSIONS AT THE CHAPEL

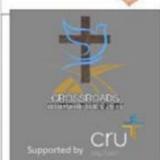
JULY 22 - FRONTIER CHAPEL
9-11AM

JULY 29 - FRONTIER CHAPEL
9-11AM

*Childcare Available
*Homeschool room available for ages 4-11.

VERTICAL Marriage

THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE



DATE NIGHT

08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC

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

CAMPUS LIFE MILITARY SUMMER SCHEDULE

BIBLE STUDY

TUESDAYS FROM 1800 - 1930

JUNE 17 - AUGUST 5

PIONEER CHAPEL, ROOM 16

POOL DAYS (CASUAL HANG OUT)

1300 - 1600

JUNE 20, JULY 11, JULY 25



POC: SAMANTHA ODLE
(605) 569-3820
SODLE@YFC.NET

FT. LEAVENWORTH CAMPUS LIFE MILITARY @CAMPUSLIFEFORTLEAVENWORTH

Looking for Community? Join Campus Life Military



FB: Ft. Leavenworth Club - Campus Life Military
IG: @campuslifefortleavenworth
Samantha Odle
(605) 569-3820 / sodle@yfc.net



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
Teams: 520-669-3474
Office: 913-684-2810
Cell: 913-704-9620
Bldg 197, 632 McClellan Ave



Mrs. Dannielle Rothering
Supervisory SARC
Dannielle.r.rothering.civ@army.mil
Teams: 571-588-0146
Cell: 913-704-5623
Bldg 197, 632 McClellan Ave



SFC Jerri Osborne
Team 1 SARC
jerri.l.osborne.mil@army.mil
Teams: 520-692-6520
Office: 913-684-2842
Cell: 913-565-0741
Bldg 197, 632 McClellan Ave



LTC Craig Arnold
Team 2 SARC
craig.d.arnold.mil@army.mil
Teams: 520-692-8849
Office: 913-684-2818
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
Teams: 520-945-5992
Office: 913-684-5230
Cell: 913-680-5699
Bldg 58, 614 Custer Rd



Located at the corner of Kearny Avenue and McClellan Avenue, next to the Post Parade Field

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

We Have Realigned Under an 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 | Anonymous | Confidential

Sexual Assault Reporting Option

Restricted | Unrestricted | CATCH-Only

Retaliation Reporting Options

Command | IG | SARC | DoD Safe Helpline | CPAC (DA Civ Only)

Find us on Facebook



WeCare App



Get it on Google Play



STEP FORWARD: Prevent. Report. Advocate.
Current as of 18 March 2025

MUNSON NOTES

MUNSON NOTICES

■ 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/8wtlff>.

■ 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.

■ 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.

■ Call 913-684-6250 to schedule a **WELL-WOMAN EXAM** at Munson Army Health Center.

■ Munson Army Health Center is currently scheduling **ROUTINE EYE EXAMS** with the optometrist for school-aged beneficiaries ages 6 years and older. Call the appointment line at 913-684-6250 to schedule an eye exam.

MUNSON NOTES continue on page B10.

MUNSON ARMY HEALTH CENTER SCHOOL AND SPORTS PHYSICALS



IF YOUR CHILD WILL PLAY ORGANIZED SPORTS THIS FALL, CALL 913-684-6250 TO SCHEDULE THEIR PHYSICAL NOW.

HAVE YOU HEARD?

WE ARE BOOKING

WELLNESS EXAMS

Call 913-684-6250



Be vigilant in preventing tick-borne illness this spring.



Lone Star Tick



Deer Tick

BEWARE OF TICKS!



MiTICK

Military Tick Identification/Infection Confirmation Kit

MUNSON NOTES

Safely dispose of expired medications before PCSing



Safely dispose of old and expired medications before your move.

Munson Army Health Center's medication disposal receptacle is located in the pharmacy lobby near Window No. 1 for patients to discard the majority of their unused medications.

Several exclusions apply, including syringes, needles, and liquids greater than 4 ounces.

If a dangerous medication is on the FDA Flush List and a drug take-back program is not available, patients can dispose of the medication by flushing it down the toilet to avoid misuse and accidents.

Learn more at <https://munson.tricare.mil/Health-Services/Pharmacy>.

Munson Army Health Center

SCHOOL AND SPORTS PHYSICALS

SCHEDULE NOW

913-684-6250

Patients must provide required forms for their school or organization. Contact your school or organization for the current form.

Munson Army Health Center

SUMMER Eye Exams

School-Aged Kids 6 years and up!

TRICARE PRIME BENEFICIARIES ENROLLED AT MUNSON MAY BE SEEN BY OUR OPTOMETRIST

Call 913-684-6250 to schedule munson.tricare.mil

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!

DHA **ARMY**

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

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

MUNSON ARMY HEALTH CENTER

Call Center
913 684-6250

- Primary Care
- Dental
- Optometry
- Mental Health
- Medical Records
- Pharmacy
- Referrals
- Nurse Advice Line
- More

munson.tricare.mil



NEW CONTENT
EVERY THURSDAY



LAMP

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CONTACT US | Phone: 913-684-5267 | E-mail: ftvlampeditor@gmail.com | On the Web: <https://home.army.mil/leavenworth/about/news>

Read all about it — online!

[HTTPS://HOME.ARMY.MIL/
LEAVENWORTH/ABOUT/NEWS](https://home.army.mil/leavenworth/about/news)



- News
- Community Features
- Pet of the Week
- Upcoming Events
- and more!

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Printable
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included with every
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package!

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ftvlampeditor@gmail.com



Scan the QR code with your
phone to go directly to
[HTTPS://HOME.ARMY.MIL/
LEAVENWORTH/ABOUT/NEWS](https://home.army.mil/leavenworth/about/news)
to read/print/download the
Fort Leavenworth Lamp.

EDITORIAL OFFICE: 913-684-LAMP
ADVERTISING: 913-684-1702

The *Fort Leavenworth Lamp*, an FMWR activity, needs sponsors/advertisers to exist! Please support your local newspaper! Thank you!