

THURSDAY  
JULY 31, 2025



# LAMP

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

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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  
FOOD PANTRY

STRONGHOLD

Pack the Backpack

Let's start this year with excitement and joy!

August 1, 2025  
11:00A – 1:30P  
www.strongholdfoodpantry.org

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

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,

COMMENTARY

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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Lt. Gen. Milford H. Beagle Jr. Commanding General  
Col. Todd Sunday Garrison Commander  
Scott Gibson Public Affairs Officer  
George Marcecc Command Information Officer

Fort Leavenworth Lamp Staff  
Prudence Siebert Editor  
[ftlvlampeditor@gmail.com](mailto:ftlvlampeditor@gmail.com)  
Melanie Libby Summer Intern  
Emilio Gutierrez Summer Intern

FMWR Advertising Staff  
Mary Manago Marketing Director  
[mary.f.manago.naf@army.mil](mailto:mary.f.manago.naf@army.mil), 913-684-1702



# ‘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 Southwest 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.



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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 out-

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.

“The Exchange builds lasting support systems that sustain families, provide meaningful career

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! Garments 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-resistant 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.

\*NHTSA In-Use Safety Facts DOT HS 810 887W



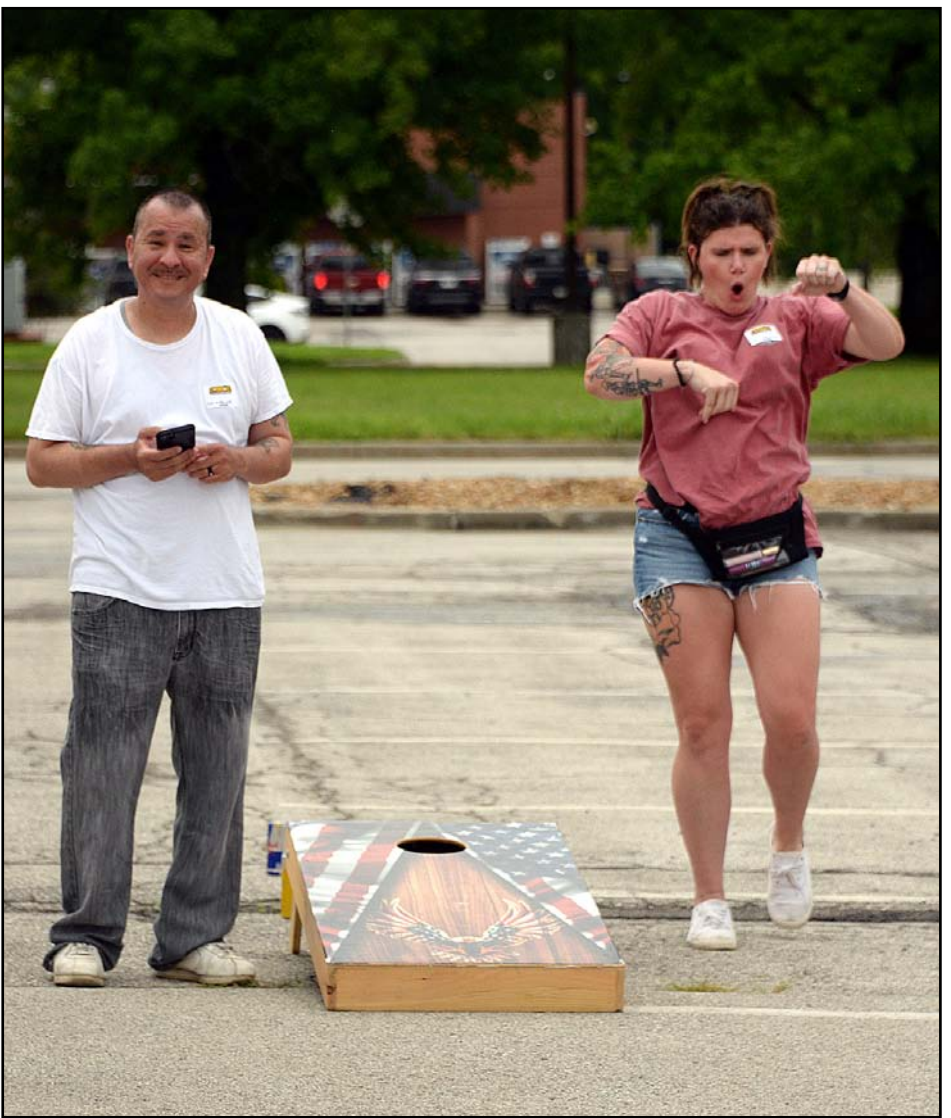


# Exchange, Army Community Service observe 130th, 60th anniversaries



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



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.



Photos by Prudence Siebert/Fort Leavenworth Lamp

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 Step Up 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.



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							January 2026						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
			1	2	3	4					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30	31			25	26	27	28	29	30	31
August 2025							February 2026						
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10	11	12	13	14	15	16	15	16	17	18	19	20	21
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31													
September 2025							March 2026						
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14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30					29	30	31				
October 2025							April 2026						
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12	13	14	15	16	17	18	12	13	14	15	16	17	18
19	20	21	22	23	24	25	19	20	21	22	23	24	25
26	27	28	29	30			26	27	28	29	30		
November 2025							May 2026						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
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23	24	25	26	27	28	29	31						
30													
December 2025							June 2026						
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28	29	30	31				29	30	31				

Hidden/No School

Half Day School/No Instruction

Parent/Teacher Conf.

Early Dismissal/Release

July 22

Patton New Parent Meeting - 5:00 PM

July 23

Elem. & Patton Enrollment A-L - 8:30 AM - 3:00 PM

July 24

Elem. & Patton Enrollment M-Z - 8:30 AM - 3:00 PM

Aug 7

Elementary New Parent Meeting - 5:00 PM

Aug 12

Patton Know Your School: Grade 6-9 - 9:00 AM - 12:00 PM

Aug 12

Elementary Know Your School - 1:00 PM - 3:30 PM

Aug 13

First Day of School

Aug 13-21

Kindergarten Half Days

Aug 13-21

Parent/Teacher Conf. - 8:00 AM - 3:30 PM - No School

Aug 25

Kindergarten Full Day Schedule Starts

Aug 25

Staff PD Day - No School

Sept 1

Labor Day - No School/No Staff

Oct 13

Columbus Day - No School/No Staff

Oct 17

Half Day PLC/Staff Day Grading - No School

Oct 30

Parent/Teacher Conf. - 8:00 AM - 7:00 PM - No School

Oct 31

Parent/Teacher Conf. - 8:00 AM - Noon - No School

Nov 11

Veterans Day - No School/No Staff

Nov 26-28

Thanksgiving Break - No School/No Staff

Dec 19

Half Day of School/Half Day Grading - No Pre-School

Dec 22 - Jan 2

Winter Break - No School

Jan 5

Staff PD Day - No School

Jan 6

First Day Back for Students

Jan 19

Martin Luther King Jr. Day - No School/No Staff

Jan 30

Parent/Teacher Conf. - 8:00 AM - 3:30 PM - No School

Feb 16

Presidents' Day - No School/No Staff

Mar 13

Half Day PD/Half Day Grading - No School

Mar 18-20

Spring Break - No School/No Staff

April 3

No School/No Staff

May 14

PM 9th Grade Graduation

May 15

Half Day PD/Half Day Grading - No School

May 22

Last Day for Students - 1/2 Day of School - No Pre-School

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

Fort Leavenworth USD 207 Board Approved: 2/24/2025

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.

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



**Memorial Chapel**  
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**WHAT:**  
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**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
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- Fridays: 930 – 1300 Frontier and Pioneer Chapel

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



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# 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, Alexandra, 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. Alexandra 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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# 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 Dragoon 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

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# 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.

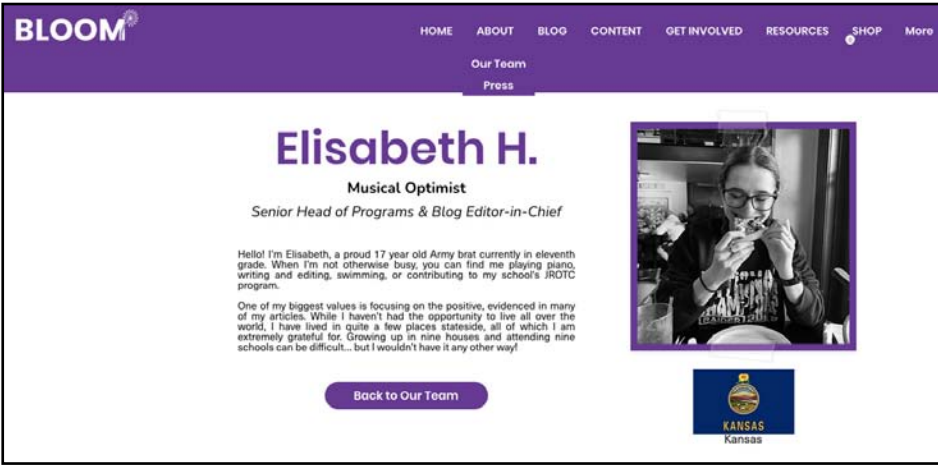
“It’s the first time I’ve ever saved someone. I think we’ve only had three or four saves the entire summer — we typically don’t get a lot of saves on post,” she said, noting that her friends who work at off-post pools report, by contrast, that minor-to serious-level rescues are nearly everyday occurrences 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.”

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# Pet of the Week: Bibi



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Visit [www.FLSF.petfinder.com](http://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



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



**Vehicles**  
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THURSDAY  
JULY 31, 2025



# Post Notes

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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!

scan here for more info!

**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!**

**School of Advanced Military Studies**

**The Mind is the Key to Victory**

1. Scan the QR Code or use the link below  
<https://forms.osi.apps.mil/r/nXR5sQTPsn>  
2. 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](mailto:carl.l.tillery.civ@army.mil)  
Ms. Syeeda Echols, [syeeda.j.echols.civ@army.mil](mailto: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

**IHS**

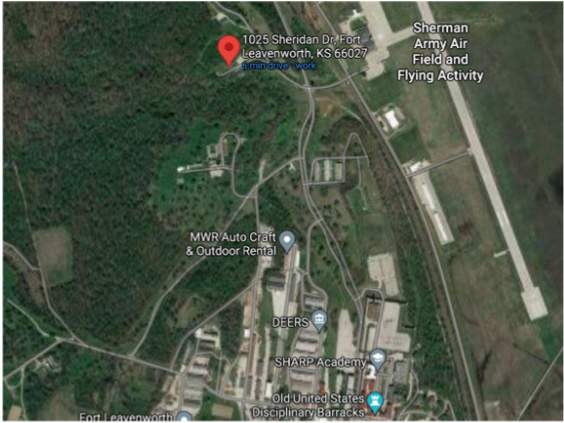
QUESTIONS? CONTACT:  
[ftleavenworthcatholic@gmail.com](mailto:ftleavenworthcatholic@gmail.com)



## 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

0 20000 40000 60000 80000

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.



[strongholdfoodpantry.org](https://strongholdfoodpantry.org)

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.



## STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only | [strongholdfoodpantry.org](https://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](mailto:Contact@strongholdfoodpantry.org)

## FREE SUMMER MEALS FOR KIDS AGES 1-18

USA **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

<https://leavenworth.armymwr.com>

### EXCEPTIONAL FAMILY MEMBER PROGRAM

#### EFMP Bowling

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

#### EFMP Refreshing Conversations

Aug. 07<sup>th</sup>, 10:00am-1100am  
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. 13<sup>th</sup>  
08:00-10:00am

[facebook.com/FortLeavenworthACS](https://facebook.com/FortLeavenworthACS)

### FINANCIAL READINESS PROGRAM



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

#### Car Buying

Aug. 07<sup>th</sup> 3:00-4:00pm  
Resiliency Center Rm. 157

#### Home Buying

Aug. 21<sup>st</sup> ,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](https://www.armyemergencyrelief.org)  
And call the ACS main line during duty hours to follow up.

**\*Command & Troop training is also available upon request.\***

[facebook.com/FortLeavenworthFMWR](https://facebook.com/FortLeavenworthFMWR)

### 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. 20<sup>th</sup>  
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

#### Voluneteer 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)


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



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  
Oct - Nov  
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



  
leavenworth.armymwr.com



ACS Family Advocacy New Parents Support Program  
Presents

Storytime!

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





ACS Family Advocacy  
New Parent  
Support Program



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.

  
www.facebook.com/acs.fortleavenworth

WIGGLES & GIGGLES

Fridays  
10am - 11am  
ACS Playroom  
600 Thomas Ave

FREE  
Ages 3-12 months  
Register by COB  
Thursday

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

Calling all Annas and Elsas! Or maybe a Samantha or two!

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\*

We're on our way!

\*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!

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 \$71 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

Leavenworth.armymwr.com



>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 MOURS 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  
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

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

ACS Classroom 145 600 Thomas Ave

One session workshop Available in person or virtual

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

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

**STANDARD OPERATING PROCEDURE**

# 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

WORK HOME SAVINGS

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

# Register for the ACS ANGER MANAGEMENT COURSE WE CAN HELP.

ABOUT TO FLIP YOUR LID?

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

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.

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

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?

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

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

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

Additional Items Available:

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

# 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

Google Play App Store

# 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
- Thursday 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 6th - 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](http://Leavenworth.armymwr.com)



### JOB SEARCH


## 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



Open to all DOD ID card holders. \*Registration is required for evening classes only.

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



leavenworth.armymwr.com

## Financial Readiness Milestone Training

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

Some of the topics we will discuss:

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

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



INFO: 913-684-2835/2800

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 16<sup>TH</sup>  
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.





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 1



## 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](http://safehelpline.org)





### 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](http://HOME.ARMY.MIL) | [ARMYMWR.COM](http://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

TRAILS WEST GOLF COURSE  
306 Cody Rd  
Fort Leavenworth, KS  
913-651-7176

**Saturday August 23rd 0800 shotgun start**

\$50 members  
\$60 non-members  
\$35 Youth 16 and under

# 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.

# Fall Youth Sports & Fitness

Confidence begins here! Are you in?

<b>Flag Football</b> (1st - 2nd grades) (Ages 7 - 8) Tuesday/Thursday Sept 9 - Oct 23 (3rd - 4th grades) (Ages 9 - 10) Monday/Wednesday Sept 8 - Oct 22 (5th - 6th grades) (Ages 11 - 12) Monday/Wednesday Sept 9 - Oct 23 \$50	<b>Soccer</b> 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	<b>Cheerleading</b> (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	<b>Fall Running Club</b> (3rd - 8th grades) (Ages 8 - 14) Tuesday/Thursday Sept 9 - Oct 25 Season ends with the Halloween 5K. \$50
---	--	---	---

Start Smart Flag Football (Ages 3 - 4)  
Sept 15 & 17 - Oct 15 & 20  
\$30

Start Smart Soccer (Ages 3 - 4)  
Sept 16 & 18 - Oct 14 & 16  
\$30

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

# 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](https://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

I just love spending quality time with you!

For more information: [leavenworth.armymwr.com](https://leavenworth.armymwr.com)

# 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](https://leavenworth.armymwr.com)

# 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	NOT Authorized
<b>TOPS</b> <ul style="list-style-type: none"><li>Un-modified t-shirts or tank tops</li><li>Underclothing (workout gear with built-in underclothes are okay)</li><li>When standing, tops must at least meet top of shorts</li></ul> <b>BOTTOMS</b> <ul style="list-style-type: none"><li>Shorts with full coverage of buttocks</li><li>Leggings</li><li>Sweatpants or athletic pants</li></ul> <b>FOOTWEAR</b> <ul style="list-style-type: none"><li>Athletic shoes</li><li>Tennis shoes</li><li>Running shoes</li><li>Court shoes</li><li>Cross-training shoes</li><li>Minimalistic five-finger shoes</li></ul> <b>OTHER</b> <ul style="list-style-type: none"><li>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.</li><li>Soldiers not in uniform, Family Members, DOD Civilians may use headphones while running outside on sidewalks or tracks.</li></ul>	<b>TOPS</b> <ul style="list-style-type: none"><li>Clothing with rivets</li><li>Modified/ homemade t-shirts/ tank tops/ crop tops</li><li>Wearing only a sports bra</li><li>Exposed midriff</li><li>Exposed chest</li><li>Inappropriate or offensive language on clothing</li></ul> <b>BOTTOMS</b> <ul style="list-style-type: none"><li>Sagging pants</li><li>Jeans</li><li>Bikinis</li><li>Exposed gluteous muscles or exposed undergarments</li></ul> <b>FOOTWEAR</b> <ul style="list-style-type: none"><li>Bare feet</li><li>Socks only without shoes</li><li>Flip-flops</li><li>Sandals</li><li>Open-toed shoes</li><li>Crocs/ clogs</li><li>Boots on the cardio equipment</li></ul> <b>OTHER</b> <ul style="list-style-type: none"><li>Plastic/ rubber suits</li><li>Soldiers using wireless/ non-wireless devices/earpieces in uniform while outdoors, including running.</li><li>Headphones worn on the roads at any time.</li></ul>

USAG Fort Leavenworth

# FITNESS CENTER PROPER ATTIRE

Authorized	NOT Authorized
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USAG Fort Leavenworth



BRUNNER RANGE

MWR

2025

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 13 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

SCAN HERE

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](mailto:megan.m.hunter4.civ@army.mil)

Frontier Army Museum  
100 Reynolds Ave  
Fort Leavenworth, KS

JULY 28 - AUG 1

SLAM LEAVENWORTH OPEN HOUSE

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

Current Price List

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

Integrity.  
Dedicated Service.  
Financial Solutions.  
Anytime, Anywhere.

frontierccu.org (913) 651-6575

Frontier Community Credit Union

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






at the

# POPSICLES PLAYGROUND

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


\*WEATHER PERMITTING  
CHECK FACEBOOK FOR  
MORE DETAILS / LOCATIONS






# VERTICAL Marriage

THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE



**DATE NIGHT**  
08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC

Meals & Childcare provided



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



# 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.



# 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



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](mailto:usarmy.leavenworth.cac.mbx.cac-sharp@army.mil)



**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  
Danniele.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



**Ms. Nicole Hernandez**  
Victim Advocate  
Maurennicole.n.hernandez.civ@army.mil  
Teams: 520-692-9215  
Office: 913-684-5230  
Cell: 913-544-9243  
Bldg 58, 614 Custer Rd

**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



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

**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, USAFMISA, USAG HQ, USASMDC, 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



# 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](https://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/8wtl1f>.

■ 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?

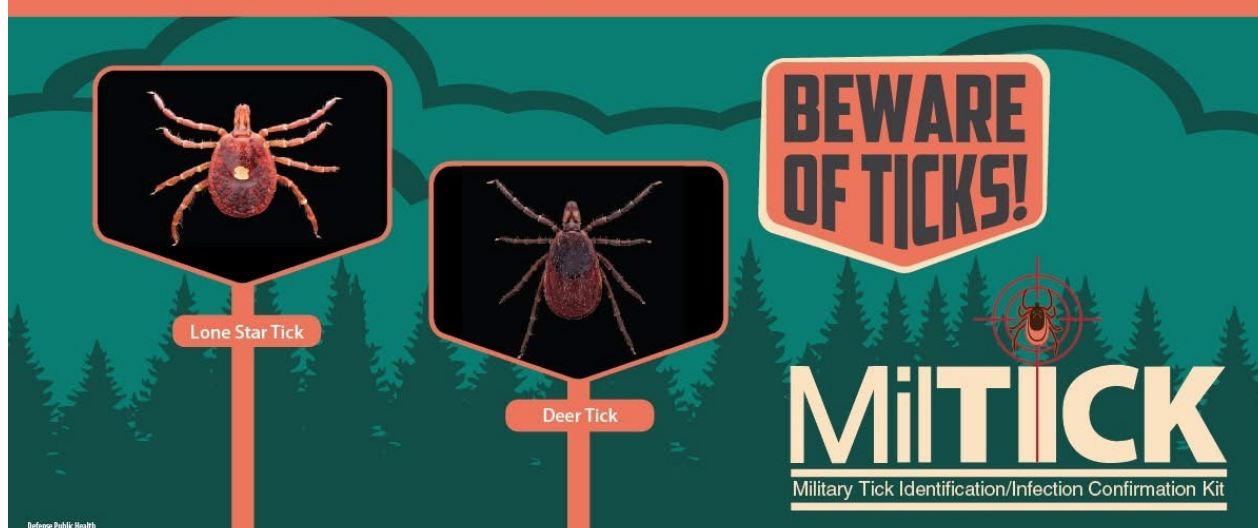
WE ARE BOOKING

## WELLNESS EXAMS

**Call 913-684-6250**



**Be vigilant in preventing tick-borne illness this spring.**





# MUNSON NOTES

## Safely dispose of expired medications before PCSing

### PCS Prep: Drug Disposal

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](https://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!

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

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

Patient and Family Advisors

Take an Active Role

Improve Staff-Patient Communication

Make a Difference in the Care of Fellow Service Members and Their Families

### MUNSON ARMY HEALTH CENTER

# Call Center

## 913 684-6250

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



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