

# LAMP

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THURSDAY  
JANUARY 30, 2025



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## Garrison selects Professionals of Year Mechanical engineer, program analyst named top 2024 professionals

by Prudence Siebert/Editor

Thomas Starr, mechanical engineer in the Design Branch of the Directorate of Public Works, has been named the 2024 Fort Leavenworth Garrison Professional of the Year, and Audrey Crook, program analyst in the Business Operations and Integration Division of DPW, has been named the 2024 Fort Leavenworth Garrison Supply Discipline Professional of the Year.

### 2024 Garrison Professional of the Year

Starr was initially recognized as the first quarter Professional of the Quarter. Cassie Blackard, DPW, was recognized as the second-quarter professional; Niyonda Tillman, Equal Employment Opportunity, as the third-quarter professional; and Michelle Blackwell, 2023 Garrison Supply Discipline Professional of the Year, was the fourth-quarter professional.

Starr is currently deployed with his Kansas Air National Guard unit, the 190th Air Refueling Wing Maintenance Group, in which he serves as a senior master sergeant. After eight years on active duty in the Air Force, Starr obtained his mechanical engineering degree at Arizona State University. He then joined an engineering firm where he gained HVAC system experience.

Storm Reynolds, chief of the Engineering Division Design Branch, DPW, nominated Starr for the Garrison recognition for his work that has improved

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Thomas Starr, Department of Public Works mechanical engineer, has been named the 2024 Fort Leavenworth Garrison Professional of the Year, and Audrey Crook, DPW program analyst, has been named the 2024 Fort Leavenworth Garrison Supply Discipline Professional of the Year. Their portraits are displayed in Garrison Headquarters.

Starr was initially recognized as the first quarter professional, and Crook as the fourth-quarter supply excellence professional. Cassie Blackard, DPW, was recognized in as the second-quarter professional; Niyonda Tillman, Equal Employment Opportunity, as the third-quarter professional; and Michelle Blackwell, last year's Garrison Supply Discipline Professional of the Year, was the fourth-quarter professional. Fort Leavenworth Fire Department Capt. Joshua Carroll, Directorate of Emergency Services, was selected as the first-quarter supply excellence professional; Kristina Russell, Directorate of Human Resources, was recognized in the second quarter; and FLFD Lt. Jeffrey Cheney, DES, in the third-quarter.

Department of the Army photos by Stephanie Mahone/Fort Leavenworth Garrison Public Affairs Office



Garrison Command Sgt. Maj. Vanessa Sun and Garrison Commander Col. Duane Mosier congratulate Audrey Crook, Directorate of Public Works program analyst, on being named the Garrison Supply Discipline Professional of the Year and present her with the Department of the Army Civilian Service Commendation Medal during the Garrison Town Hall Meeting Jan. 22 at the Frontier Conference Center.

Photo by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

## Sisters work, train at USDB



Photo by Prudence Siebert/Fort Leavenworth Lamp

Pvt. Samiya Jones, C Company, U.S. Disciplinary Barracks Battalion (Corrections), Army Corrections Brigade, and her sister, Reserve Staff Sgt. Jamaica Jones, 88th Military Police Company, 535 MP Battalion, 290th MP Brigade, out of Fort Eustis, Virginia, pose in front of the USDB Headquarters building Jan. 23 while they were both working at the USDB.

by Prudence Siebert/Editor

A young active-duty corrections specialist at her first duty station and her elder sister, a 12-year veteran of the U.S. Army Reserve, used their military police training, both newly learned and ingrained, to work side by side last week in the U.S. Disciplinary Barracks, the U.S. military's maximum-security prison at Fort Leavenworth.

Pvt. Samiya Jones, C Company, USDB Battalion (Corrections), Army Corrections Brigade, and her sister, Reserve Staff Sgt. Jamaica Jones, 88th Military Police Company, 535 MP Battalion, 290th MP Brigade, both worked inside the walls of the USDB while the elder sister's Virginia Reserve unit was on post training for a deployment mission. At the same time, the Reservists augmented short-staffed USDB Battalion members who needed to complete their own required annual training in areas such as unarmed self-defense, range qualification, taser certification, military vehicle driving, emergency preparedness, winter weather response and escaped inmate procedures.

"From the active-duty side, since I'm (in the prison) every day, it's definitely a morale booster for me," Samiya said about working with her sister, who is about 10 years older. "It makes coming to work a lot easier when I have somebody that I can look forward to, somebody who knows me.

As a former member of the Richmond, Virginia, police force and now with the Federal Reserve Bank, Jamaica is used to civilian law enforcement, but she said seeing what

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## AT A GLANCE

■ Scholarship application deadlines are approaching. Applications are due March 1 for FORT LEAVENWORTH SPOUSES' CLUB SCHOLARSHIPS. Visit <https://fortleavenworthspousesclub.org/community-giving> for more information. Applications are due March 20 for the POILLON SCHOLARSHIP. Obtain an application at the Army Education Center. Applications are due March 15 for COMMAND AND GENERAL STAFF COLLEGE FOUNDATION SCHOLARSHIPS. Visit <https://www.cgscfoundation.org/alumni/scholarships/> for more information.

■ FORT LEAVENWORTH THRIFT SHOP GRANT APPLICATIONS are due Feb. 25 and are available at the cashiers counter from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays at 1025 Sheridan Drive. Call 913-651-6768 for more information.

■ Construction on the new Child Development Center continues on Hancock Avenue, with heavy construction machinery traveling daily from Hancock Gate to the construction site. Pedestrians are reminded to USE ONLY DESIGNATED CROSSWALKS TO CROSS HANCOCK AVENUE.



# Reveille, Retreat, Taps review

## Properly respond to daily bugle calls

by Fort Leavenworth Lamp Staff Report

Drums and bugles have long been used by the Army to direct troops in battle and signal events during the duty day. Drums fell out of favor in the 19th century, but bugle call traditions have persisted and can still be heard at most Army posts at least a few times per day.

On Fort Leavenworth, actual bugles have been replaced with recordings, concentrating the calls in areas where soldiers are likely to be gathered for duty or training and away from most on-post housing.

The first bugle call of the day is “**Reveille**,” which sounds at 6:30 a.m. for the traditional raising of the national colors. The national colors in front of the Lewis and Clark Center are illuminated and are not raised or lowered on a daily basis.

At 5 p.m., when the national colors are traditionally lowered, “**Retreat**” and “**To the Colors**” are played.

Weeknights at 9 p.m., “**Taps**” is played.

Service members were taught their first day in uniform what to do when these bugle calls sound. They face the flag — or toward the music if the flag is not visible — come to attention and render the hand salute for “**Reveille**” and “**To the Colors**.” Service members not in uniform, civilians and family members should face the flag or music, remove any headgear and hold their right hand over the heart until the last note ends. Veterans and service members in civilian clothes also have the option to render the hand salute.

Drivers hearing the calls should pull over and stop, exit their vehicle safely and render the suitable honors. Because of safety concerns, drivers on Fort Leaven-



Photos by Prudence Siebert/Fort Leavenworth Lamp

**Sgt. James Suggs, Headquarters and Headquarters Company, U.S. Disciplinary Barracks, and Sgt. Eric Williams, 526th Military Police Company, 40th MP Internment and Resettlement Battalion, salute as Spc. Charles Hofmann, HHC, USDB, lowers the colors for Retreat March 12, 2012, outside the USDB. The national colors in front of the Lewis and Clark Center are illuminated and are not raised or lowered on a daily basis.**

worth's Grant Avenue should stop and remain in their vehicles until the last note of the bugle call ends.

Bugle calls have sounded

at Fort Leavenworth since the post was established in 1827. Those who work and live on the historic post are encouraged to continue to

honor the national colors during the bugle calls in a safe, proper and respectful manner.

## Follow rules for U.S. flag display

by Katie Peterson/Former Fort Leavenworth Lamp Staff Writer

There are etiquette rules that must be followed when the U.S. flag is on display.

According to the U.S. Flag Code, Flag Day, celebrated June 14, is one of several holidays when the U.S. flag should be flown, if it is not already flown year-round.

### Outdoors:

- The flag is typically flown from sunrise to sunset but can be displayed 24/7 if it is properly illuminated during the night hours.

- The flag should be taken down during inclement weather unless an all-weather flag (generally made of nylon) is used.

- When flying on an in-ground flagpole, the length of the flag should be between one-fourth and one-third the length of the pole.

- The flag should always be flown right-side up, unless it signals dire distress in situations of extreme danger to life or property.

- Other flags, such as state flags, can be displayed on the same flagpole with the U.S. flag, but they must be below the national flag; other nations' flags must never be flown on the same flagpole as the U.S. flag.

- If other flags are displayed on different poles of the same height, the U.S. flag must be displayed on the viewer's left.

### Indoors:

- The flag can be hung on the wall either vertically or horizontally as long as the union side is to the viewer's top left.

- During speeches, the flag, if on a pole, should be placed to the speaker's right.

### Half-staff days:

Flags should be flown at half-staff for the following holidays:

- Peace Officers Memorial Day on May 15
- Memorial Day (until noon) the last Monday in May
- Korean War Veterans Armistice Day on July 27

- Patriot Day on Sept. 11

- National Fallen Firefighters Memorial Day the first Sunday in May

- Pearl Harbor Remembrance Day on Dec. 7

Flags should also be flown at half-staff by proclamation of the president of the United States or a state governor. This often occurs with the death of a primary government leader, including a president or former president, a vice president, governors or members of Congress.

### Other protocols:

- The flag must never touch the ground.

- The flag should never be used as a covering for a statue or monument.

- The flag should never be used to hold or carry anything.

- The flag should never be used in such a way that would result in it being torn, dirtied or damaged.

- The flag should not have anything placed on it, attached to it or marked on it.

### Retiring the flag:

Flags that are worn or deemed unrepairable should be properly retired, preferably by burning; however, they can also be dropped off at any Veterans of Foreign Wars post or acceptable collection receptacles for proper disposal.

Fort Leavenworth has two collection bins for retired flags, including one at the Fort Leavenworth Recycling Center on West Warehouse Road and one in the Fort Leavenworth Post Exchange parking lot.



Photo by Prudence Siebert

**Flag disposal bin in the Post Exchange parking lot.**

## FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

The Fort Leavenworth Lamp is an authorized publication for members of the U.S. Army. Contents of the Fort Leavenworth Lamp are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or the U.S. Army Combined Arms Center and Fort Leavenworth. It is published weekly by the Fort Leavenworth Garrison Public Affairs Office, Fort Leavenworth, Kansas 66027, commercial telephone number 913-684-5267 (DSN prefix 552).

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The Fort Leavenworth Lamp editorial office is in Room 221G, 290 Grant Ave., Fort Leavenworth, Kan., phone number 913-684-LAMP/5267. For submission information, contact the command information officer at 913-684-1718, or e-mail the editor at ftvlampeditor@gmail.com.

The Fort Leavenworth Lamp advertising office is in the Family and Morale, Welfare and Recreation Marketing and Commercial Sponsorship Office in the Resiliency Center at 600 Thomas Ave, Fort Leavenworth, Kan. E-mail mary.f.manago.naf@army.mil or call 913-684-1702.

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# Stronghold Food Pantry to offer free educational seminar Feb. 11 to help military families navigate PCS moves

by Stronghold Food Pantry

As the permanent-change-of-station (PCS) season approaches, many military families are already feeling the stress and uncertainty that come with the relocation process.

This year, in response to growing concerns about delays, financial strain and logistical challenges, Stronghold Food Pantry is proud to announce its upcoming Stronghold U class, "Mastering Your PCS."

This free educational class is designed to help military families navigate the complexities of the PCS process and mitigate the stress that often accompanies these moves.

Scheduled for 1:30 p.m. Feb. 11, this class will feature Megan Harless, a trusted expert in military relocation and the founder of PCS Like A Pro. Harless is also a member of the U.S. Transportation Command Military Spouse Advisory Panel and the Army Relocation Advisory Council. She will provide hands-on, real-world advice on how to manage the PCS process, including an overview of the new Global Household Goods Contract (GHC) that military families will need to navigate this summer.

This will mark Harless's third collaboration with Monica Bassett, founder and CEO of Stronghold Food Pantry. Both are leading experts in their fields and serve on the Newrez Military Family Advisory Council, which helps identify obstacles to military/veteran home ownership. Together, Harless and Bassett aim to educate and support military families by providing real, actionable guidance on the often-overwhelming PCS process. Class participants will gain valuable insights into everything from organizing a smooth PCS to understanding the logistics and expectations surrounding the new global goods contract and personally procured moves (PPM), also known as do-it-yourself (DITY) moves.

"PCS moves can be an incredibly stressful time for military families, and the complexities of moving — delays, poor service, rising costs — can quickly escalate into financial hardship," Bassett said. "This financial strain, if not addressed quickly, can contribute to food insecurity. This is why we are addressing the root causes of food insecurity with Stronghold U. Our goal is to equip military families with the knowledge and resources they need to avoid setbacks that could impact their financial stability and well-being."

Stronghold U is an educational



Register online & join us in person.



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

**Featured Program:  
Mastering Your PCS  
and navigating the new GHC**

**FEBRUARY 11, 2025**

**1:30 PM**

**655 BIDDLE BLVD  
FORT LEAVENWORTH, KS**

series created by Stronghold Food Pantry to address key factors that contribute to military food insecurity. The series brings in field experts — professionals who actively work in the areas they speak about, providing real, actionable insights. Harless, for example, brings years of experience working directly with military families, advising the moving industry, and serving on relocation-related advisory councils.

While Stronghold U is free of charge, registration is required

due to high demand. With limited spots available, military families are encouraged to sign up early to ensure they secure a place in this highly sought-after class.

"The issues we see in military food insecurity are not just about a lack of food, but about the broader financial challenges that families face," Bassett said. "By offering classes like this, we're not stepping outside of our scope; we're digging deeper into the underlying causes that lead military families to need a food pantry.

This is all part of our ongoing commitment to support military families, not just by providing food, but by helping them navigate the larger challenges they face."

Bassett said military food insecurity issues go beyond the lack of food.

"The broader financial challenges that families face — especially during stressful transitions like PCS moves — are significant drivers of food insecurity," she said. "With Stronghold U, we're

not stepping outside our mission — we're digging deeper into the root causes that lead military families to need food assistance. This is part of our ongoing commitment to support military families — not just by providing food, but by helping them navigate the larger challenges they face."

For more information or to register, visit [www.strongholdfoodpantry.org](https://www.strongholdfoodpantry.org) or follow Stronghold Food Pantry on social media.

## FAP Needs Assessment closes Jan. 31

The Fort Leavenworth Army Community Service Family Advocacy Program Needs Assessment gathers information from the military community to assist in planning ACS FAP services, training, programs and events.

Deadline to complete the assessment is Jan. 31.

Participation and support in sharing this assessment with others will help the program better serve the military community.

To access the assessment, go to <https://forms.osi.apps.mil/r/x03hb409Kp> or use the QR code.

Call 913-684-2808 with questions or more information.

Family Advocacy Program graphic

**Fort Leavenworth ACS Family  
Advocacy Program Needs  
Assessment**



## ROAD TRIP?

'Tis the season of highways, byways and everything in between, including summer vacations and PCS moves.

Wherever you're going, have a plan and leave time for the unexpected. We're counting on you to drive safe.





## WHATEVER YOUR PLANS... ALWAYS HAVE A PLAN




For more information visit  
<https://safety.army.mil>



# Complete medical, veterinary requirements now to avoid out-processing delays

by Maria Christina Yager/Munson Army Health Center Public Affairs Officer

Munson Army Health Center leaders welcomed representatives from Fort Leavenworth-based units for the Installation Senior Medical Council Jan. 22 at MAHC.

The purpose of the council is to coordinate medical services, review health trends, and implement strategies that help units track soldier medical readiness in their formations.

During the meeting, MAHC Director Col. Jolanda L.J. Walker emphasized that now is the time to look ahead to permanent-change-of-station season and have soldiers complete any outstanding medical readiness requirements they might have ahead of graduation for the Command and General Staff College.

On Fort Leavenworth, the period following CGSC graduation is commonly referred to as the summer surge, because nearly 1,000 service members and their families are trying to PCS at the same time.

"There will be a lot of soldiers trying to out-process in a very short period of time after

graduation. Each one is required to be medically ready. Acting now to update any expired or soon-to-be expired medical readiness requirements will save time during the busy summer surge," Walker said.

To ensure a smooth transition during out-processing, soldiers must have a "green" status in the Army Medical Protection System (MEDPROS) for the following:

- Hearing
- Vision
- Dental
- Labs
- Immunizations
- Periodic health assessments

"That green status should carry soldiers out at least 30 to 60 days after reporting to their next duty assignment. If it doesn't, have them come and see us, and we can help them get with any medical requirement," Walker said.

Soldiers can check their individual medical readiness status in MEDPROS at <https://medpros.mods.army.mil/portal/>

#### Soldier medical readiness services

Soldiers can walk in for vision, labs and immunizations.

Call the appointment line at 913-684-6250 to



by Maria Christina Yager/Munson Army Health Center Public Affairs Officer

**Munson Army Health Center leaders meet with representatives from Fort Leavenworth-based units for the Installation Senior Medical Council Jan. 22 at MAHC. The purpose of the council is to coordinate medical services, review health trends, and implement strategies that help units track soldier medical readiness in their formations.**

schedule appointments for hearing and 913-684-5516 for dental.

Part I of the Periodic health assessment can be completed online at <https://medpros.mods.army.mil/portal/>.

Appointments for Part II can be scheduled by calling the appointment line at 913-684-6250, or 1-844-863-3236 for soldiers as-

signed to Army University and Army Corrections Brigade.

#### Pets Too

Additionally, Walker told the council that soldiers transferring outside the continental United States with pets need to plan early, too.

Owners will need current proof of immunization for their pet and additional

requirements might be needed before receiving a pet health certificate.

Some of these requirements must be completed well ahead of a move depending on the country. Soldiers transferring with pets outside the continental United States (OCONUS) should call the Fort Leavenworth Veterinary Treatment Facility at 913-684-6510 as

soon as they get orders. VTF staff can provide these soldiers with specific guidance for their pet.

"Again, we don't want soldiers to wait until the last minute to try and schedule appointments for their pets. Soldiers need to touch base with the vet if they have a pet and get orders overseas, including Hawaii and Alaska," Walker said.

# Defense Health Agency announces TRICARE West Region referral approval waiver

by TRICARE Communications

FALLS CHURCH, Virginia – Are you enrolled in TRICARE Prime? (<https://tricare.mil/prime>)

The Defense Health Agency has waived the requirement to obtain pre-authorization for referrals to outpatient specialty care for TRICARE Prime enrollees in the West region.

This means TRICARE-authorized specialty care providers don't need to wait for TriWest (<https://tricare.mil/west>) to approve referrals issued by your primary care manager (<https://tricare.mil/pcm>) before providing outpatient care.

However, you'll still need to get a referral from your primary care manager before getting that specialty care.

This process will be in place through March 31 and is retroactive to Jan. 1, 2025.

"TriWest's referrals portal has experienced issues that have affected the processing of new referrals," explained Jacob Sanchez, referral management subject matter expert, TRICARE Health Plan, at DHA. "If you have TRICARE Prime and are in the West region, this waiver will allow you to access specialty services without interruption to your care."

This waiver does NOT apply to:

- Inpatient care
- Applied behavior analysis or Autism Care Demonstration services (<https://tricare.mil/acd>)
- Laboratory developed tests



- Extended Care Health Option services (<https://tricare.mil/echo>)

If you need any of the four services above, TriWest will still need to pre-authorize your referral before you see your specialist.

#### Getting outpatient specialty care during the waiver period

During this waiver period, you should follow the rules of your TRICARE Prime plan, as described in the TRICARE Choices in the United States Handbook. ([https://tricare.mil/Publications/Handbooks/united\\_states](https://tricare.mil/Publications/Handbooks/united_states)) You can continue seeing your PCM to get referrals for specialty care — even if your PCM is not currently in TriWest's network.

Visit [https://triwest.healthsparq.com/healthsparq/public/#/one/city=&state=&postal-code=&country=&insurerCode=TRIWEST\\_I&brandCode=TRIWEST](https://triwest.healthsparq.com/healthsparq/public/#/one/city=&state=&postal-code=&country=&insurerCode=TRIWEST_I&brandCode=TRIWEST).

#### So, what's different?

Through March 31, you don't have to wait for TriWest to process your referral to seek care. You should ask your PCM for a copy of your referral.

You can ask your PCM to recommend a local TRICARE-authorized specialist. You can also see a specialist you've seen before, if they're a TRICARE-authorized provider. You can also search TriWest's provider directory to find specialists in your area. Visit [https://triwest.healthsparq.com/healthsparq/public/#/one/city=&state=&postal-code=&country=&insurerCode=TRIWEST\\_I&brandCode=TRIWEST](https://triwest.healthsparq.com/healthsparq/public/#/one/city=&state=&postal-code=&country=&insurerCode=TRIWEST_I&brandCode=TRIWEST).

When you see your specialist, bring the copy of your referral, dated Jan. 1 through March 31. You can also bring a copy of the TRICARE West Region Referral Approval Waiver Letter, available on [www.tricare.mil/west](http://www.tricare.mil/west).

Note: If you see a civilian PCM, the civilian PCM might also be able to send your referral to your specialist electronically. But you should request and keep a copy for your records.

The process for getting specialty care within a military hospital or clinic hasn't changed.

Not sure if your PCM or specialist is in the TRICARE network? If your provider is no longer a TRICARE network provider (see <https://tricare.mil/networkproviders>), you can keep seeing them and pay TRICARE Prime copayments. (<https://tricare.mil/costs>) However, the provider must be TRICARE-authorized.

This means they are:

- Licensed by a state, accredited by national organization, or meet other standards of the medical community
- Certified to provide benefits under TRICARE

They don't have to be in the TRICARE

network, but make sure to ask the provider if the provider is TRICARE-authorized before getting care.

Starting April 1, if the provider is still a non-network provider (<https://tricare.mil/GettingCare/FindDoctor/AllProviderDirectories/NonNetwork>) and isn't named on your pre-authorization, you'll need to pay point-of-service fees. (<https://tricare.mil/Costs/POS>)

Starting April 1, you'll need a referral from your PCM approved by TriWest to see a specialist.

#### Referrals and authorizations issued before Jan. 1, 2025

Do you have an unexpired referral or authorization dated before Jan. 1, 2025? TriWest will accept all unexpired referrals and authorizations approved by the previous contractor (Humana Military or HNFS). These will be accepted through their expiration date, or June 30, 2025, whichever comes first. Your PCM doesn't need to take additional action to get these approved again.

Do you have questions about referrals, authorizations, or other parts of the West Region transition? Visit <https://tricare.mil/About/Changes/TRICARE-West-Region-Transition> to learn who to contact with your questions.

Would you like the latest TRICARE news sent to you by e-mail? Visit TRICARE Subscriptions at <https://public.govdelivery.com/accounts/USMHSTMA/subscribe/new> and create your personalized profile to get benefit updates, news and more.



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## Garrison Professionals (continued from Page A1)

post facilities and addressed repair issues.

“He superbly designed the HVAC modifications for the renovated Harney Gym locker and reception areas. He also designed the HVAC repairs to buildings 48 and 391,” Reynolds said. “He coordinates and reviews all commissioning efforts to bring new HVAC-related systems online.”

In the nomination, Reynolds said Starr’s initiative, strong technical knowledge and total commitment to excellence have assisted with the repair of critical facilities across the installation.

“During the multi-million-dollar HVAC repair project at the Lewis and Clark Center, mold growth developed on the wood surfaces in Eisenhower Auditorium as a result of issues with the supply air. The contractor claimed that they were not at fault and refused to get rid of the mold, without extra pay. Thomas, on own initiative, independently placed multiple temperature and humidity sensors throughout the auditorium, which then generated data that he was able to analyze and present,” Reynolds explained in the nomination. “The data was irrefutable and clearly indicated that the contractor was responsible due to their error. This forced the contractor to clean up all of the mold and to correct the problem with the supply air at no additional cost to the government.”

Reynolds also cited Starr’s work as project manager for the \$34 million HVAC repair project at the Military Corrections Complex as another reason to recognize him.

“Thomas discovered a hot water piping corrosion issue and analyzed the impact of the corrosion on the system. He then coordinated with multiple chemical engineering subject matter experts and concluded that all the HVAC system pipes must be replaced. He developed the scope and worked a contract modification, which will extend the life of the systems by approximately 25 years. His actions significantly saved the government money by not having to do re-work to repair systems that were just repaired.”

Reynolds said Starr also helped address an HVAC issue at the Midwest Joint Regional Correc-



**Thomas Starr, Department of Public Works mechanical engineer, has been named the 2024 Fort Leavenworth Garrison Professional of the Year, and Audrey Crook, DPW program analyst, has been named the 2024 Fort Leavenworth Garrison Supply Discipline Professional of the Year. Their portraits are displayed on a recognition board in Garrison Headquarters.**

Department of the Army photos by  
Stephanie Mahone/Fort Leavenworth  
Garrison Public Affairs Office

tional Facility before it became a more difficult problem, and when he was recognized for his efforts, he gave much of the credit to others.

“Thomas is the epitome of a professional, and we are so much better because he is on our team,” Reynolds said.

### 2024 Garrison Supply Discipline Professional of the Year

Crook was recognized with the Department of the Army Civilian Service Commendation Medal for her selection as the Supply Discipline Professional of the Year by the Garrison Command Team during the Garrison Town Hall Jan. 22 at the Frontier Conference Center.

The Garrison Supply Excellence Award program acknowledges the contributions of employees who demonstrate excellence in unit-level, and directly support, supply programs.

“(The program is) another way to recognize the employees that manage out inventories and monies, something most people take for granted while operating through their every days,” said Garrison Human Resources

Workforce Development Specialist Josh Altice.

“Accountability deals with the obligation to keep records of property, documents or funds, such as identification data, gains, losses, dues-in, dues-out, and balances on hand or in use,” Altice explained. “All property, except real property, material purchased with the Army Purchase Card, and fabricated property, acquired in any manner, is processed through and accounted for on a stock record account before issue. All property, except real property, is classified for property accountability purposes as nonexpendable and controlled, expendable or durable.”

Directorates can nominate employees for the Garrison Supply Excellence Awardee of the Quarter at the end of each quarter throughout the fiscal year. Supervisors across Garrison and one from the Logistics Readiness Center vote on the nominations to name the quarterly awardees.

Crook, who was nominated by Anthony Udeli, DPW management and program analyst, was selected as the fourth-quarter employee.

Fort Leavenworth Fire Depart-

ment Capt. Joshua Carroll, Directorate of Emergency Services, was selected as the first-quarter supply excellence employee; Kristina Russell, Directorate of Human Resources, was named the second-quarter employee; and FLFD Lt. Jeffrey Cheney, DES, was selected as the third-quarter employee.

Crooks said her main responsibilities are creating work orders, purchase requisitions and credit card purchase requests. She said work orders or purchase requisitions for any work done on Fort Leavenworth runs through her division.

Crook attributed work days running smoothly to her co-workers.

“We have a fantastic team with great leadership, and we work very well with each other,” she said. “Towards the end of the fiscal year, my job can get busier due to having to transfer things over to the new fiscal year, or last-minute projects when money has become available, but all in all, like I said earlier, we all do our part to take on different tasks to get the job done and help each other if needed.”

Udeli said that since Crook’s arrival to DPW in March 2024, she has exceeded expectations.

“In the short time she’s been working at DPW, her dedication, hard work and professionalism have made an incredible impact to her colleagues and the organization.”

Udeli noted in his nomination for Crook that after she completed extensive Government Purchase Card training, she’d go on to purchase nearly \$250,000 in goods and services to support all divisions in DPW, but that she sought out supplemental training before initiating any purchases.

“In doing so, she has created and continued to develop a positive working relationship with the Garrison Resource Management team on behalf of the DPW cardholder program. She has relayed accurate and relevant information to other team members and higher authority. She has also assisted other team members with technical issues related to Microsoft Office and the (General Fund Enterprise Business System) portal,” Udeli wrote in the nomination. “Despite being tasked ad-

ditional duties, Audrey (has) maintained a positive attitude with how she goes about her work and has set a great example for others to emulate. Her willingness to learn and succeed has also fostered great trust outside the directorate.”

Crook has been at Fort Leavenworth since November 2019. Prior to her job at DPW, she was an inmate services clerk at the U.S. Disciplinary Barracks. She said the training she received from her supervisor and co-workers helped prepare her for her current job.

“When I first started, everyone was very helpful with answering any questions I had,” she said. “They helped guide me through the training I had to complete in order to do my job.”

Udeli said Crook inherited several GPC actions, made more challenging when the previous card holder who initiated the purchases departed.

“She worked diligently to understand the issues related to the actions and competently corrected any actions that were in error,” Udeli noted in the nomination. “Her execution in processing purchases quickly and accurately has greatly minimized the number of delays for the end user.”

Udeli said Crook’s quick understanding of the GPC process was crucial to obligations being fulfilled. He said DPW’s supply program is one of the most complicated in Garrison, involving grounds maintenance, facility repairs, general officer furnishings and administrative supply actions. He noted that she maintained impeccable GPC records and tracking logs, and that she also took on additional responsibility for making GPC purchases for the maintenance shops when they were short staffed.

“Mrs. Crook’s contributions have not only enhanced the efficiency and effectiveness of our operations but have also inspired her colleagues to strive for excellence. Her dedication and hard work are a testament to her character and make her a valuable asset to our team,” Udeli said. “She is a prime example that leadership is not just an assumed title, but for anyone who can inspire and influence people by providing purpose, direction and motivation.”

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## Sisters work, train at USDB (continued from Page A1)



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Pvt. Samiya Jones, C Company, U.S. Disciplinary Barracks Battalion (Corrections), Army Corrections Brigade, and her sister, Reserve Staff Sgt. Jamaica Jones, 88th Military Police Company, 535 MP Battalion, 290th MP Brigade, out of Fort Eustis, Virginia, pose in front of the USDB Headquarters building Jan. 23. Samiya Jones has worked at the USDB for about two years, and Jamaica Jones was training in the USDB last week with her Reserve unit.**

the corrections job is like for her sister was eye-opening.

“I definitely commend her for doing this every day; it’s definitely a hard job to do,” Jamaica said.

In addition to the Virginia MP company, Reserve units from Florida, New York, Nebraska and California have also trained at the USDB for deployment missions and assisted with USDB operation, but this was a first for sisters from the partnered units to work together.

“Over seven iterations of having Reserve units here, this is the first time that we’ve had one sister in the active duty and one sister in the Reserve, and them getting to work together ... — not compared to combat, but definitely (in) a stressful environment — and in this situation it is kind of peculiar, because the younger sister ... gets to teach the older sister what (active-duty corrections work) looks like,” said Sgt. Maj. Daniel Dodds, USDB Directorate of Operations.

A recent Army structure change transferred the mission of detainee operations — the internment and resettlement duties that were the responsibility of ACB and similar units — to Reserve and National Guard units. Members of the 88th MP Company, 535 MP Battalion, 290th MP Brigade, out of Fort Eustis, Virginia, spent time in their home state in December learning from USDB personnel and obtaining necessary certification, and then spent two weeks in Kansas in January, working alongside experienced corrections specialists for on-the-job training, and then “posting” to do those jobs on their own. The training adds the corrections capability to the Reservists’ military police skillset.

“They essentially take over the prison, and it allows us to take our active-duty Army soldiers out of the prison to get after the annual training guidance that we can’t usually do — when they aren’t here, we can’t afford to take people out of the prison to do training, because we still have to provide care, custody and control for the inmate population,” Dodds said. “This gets after the active-duty training for our guys and allows the Reserve unit to train for their upcoming mission... So, recognizing that a lot of those units don’t have the corrections expertise, and recognizing our need in shortages, we made this what we call Training and Legacy Week, and we’ve used this concept to help train those Reserve units and allow them to get operational experience in the environment that they’re going to be working in when they are deployed to (overseas confinement facilities) or working in the detainee ops displaced civilian kind of environments.”

The USDB had partnered with a Reserve unit from New York early in 2023, but Dodds said the program didn’t have the management needed at the time to keep it going. Shortly after he arrived at Fort Leavenworth, he worked to revive the program, which involved coordination with post entities for housing, food, transportation, as well as back-

ground checks and more, and the Reserve training and prison manning partnership started up again in August 2024.

“A little over a year and a half ago when I got to the unit, we realized that within the Army Corrections Command, and specifically Army corrections facilities, we don’t have enough active-duty 31-Echoes (corrections specialists) to perform the jobs that we are required to do,” he said, noting that additional temporary manning was approved for military police soldiers in the 31B military occupational specialty to assist with the corrections mission. “And, so, the Army gave us an initial batch of 31-Bravos, military police soldiers, but then later we realized that that wasn’t enough. In order to help us facilitate our mission and our annual training requirements, we would partner with the 200th MP Command, which is the headquarters of the Reserve military police force.”

This partnership, as well as some happenstance, Dodds said, is what allowed the sisters to work inside the prison together.

While working in the USDB at the same time, the Jones sisters performed escort duties, moving inmates from place to place within the facility and to appointments.

Jamaica said she also gained experience in the many different jobs within the prison, listing some of the care, custody and control responsibilities within the USDB involving the Special Housing Unit with high-risk inmates, access control within the prison and daily operations managing inmates and staff.

Dodds said after each Reserve training iteration, an after-action review is conducted to keep improving the program.

“We look at what went well, what needs to be improved upon, and how we can make it better for the next group,” he said. “This current unit, the 88th, is the largest unit we’ve had here — they have 106 people here. They’ve worked in every position within the prison because we have slowly built it until it is this great product.”

Samiya said her first MOS choice was actually in the medical field, not corrections. Dodds said the corrections MOS is generally not a popular choice for new soldiers.

“Most people do not want to join the Army to work in this career field. This is one of those career fields where you’re working with the worst of the worst day in and day out. We have low acquisition numbers for 31-Echoes, coupled with environment that we work in is challenging,” he said, noting that so many of the normal day-to-day habits of the community are not allowed in the prison, which adds to the complexity. “You can’t bring your smartwatch and track your steps; you can’t have your cell phone and have easy access to your loved ones who are not in the prison — everything in this environment becomes more

complex because of the environment and the potential for contraband to get in the hands of inmate population. And so, given those challenges, you really rely on your training to get you through the day.”

USDB personnel trained the Reservist MPs on proper restraint, frisks and searches, cell inspections, escort procedures, riot control, ways inmates try to manipulate staff, observation reports, disciplinary reports and more.

“They trained us really well in the short time that they had us here,” Jamaica said.

Dodds said interpersonal communication was another important, and potentially lifesaving, skill that was part of the training. He provided an example comparing the 31B and 31E MOSs to help illustrate why interpersonal communication is so vital when working in the prison.

“As a military police soldier, when she initiates a traffic stop, and she talks to that person who committed that traffic infraction, she’ll go up to the window, ask for the license and registration, and she’ll talk with that person probably once, give them a ticket or don’t give them a ticket, and she will more than likely never see that person again that (she) pulled over. Whereas, in this (prison) environment, that soldier that works on the floor is working with that inmate or encountering that inmate, and that inmate can be a murderer, it can be all types of heinous individuals — she doesn’t have backup, she doesn’t have a weapon, and she doesn’t have anything aside from a radio and the way that she communicates with the inmates to keep her safe,” Dodds said. “So where (the road MP) only encounters that driver once and has a taser and has a weapon and all this stuff to keep herself protected, the prison guard essentially just has the that she communicates.”

He said interpersonal communication skills become more developed over time, and that MPs are some of the best communicators in the Army because they deal routinely with highly stressful situations where words can have so much power.

Samiya recognized the importance of IPC for a corrections specialist.

“Someone who just graduated high school, like 18 years old, coming to tell a grown man what to do, some people don’t like that, so it’s just all about how you carry yourself and how you talk to keep your rapport good,” Samiya said.

While she might have known more about corrections than her older sister, Samiya said Jamaica helped prepare her before she joined the Army.

“She helped prepare me in the aspects like what to expect — the authority — some things that I’m not used to back at home; understanding that I am in a career field — this is my life and my job and profession — and how to be professional and conduct myself, on and off of work.”

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# Pet of the Week



Photo by Prudence Siebert/Fort Leavenworth Lamp

Asher is a 2-year-old male tabby cat available for adoption at the Fort Leavenworth Stray Facility. The adoption fee to adopt a cat/kitten is \$75 and helps cover some of the care received, including spay/neuter, microchipping and vaccinations to date.

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

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

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



## Volunteer! Help Shelter Pets!

*They need your help for walks and general care!*

*They enjoy the love, attention, and affections, too!*

Several shifts to choose from

Want to know how to join our team?

Register at  
<https://vmis.armyfamilywebportal.com/>.

Once registered, we will contact you and have you come in for a training with a team member.

After you train, you shadow two shifts. Then you are ready to help shelter pets!

Watch the **Fort Leavenworth Stray Facility** Facebook page for training events!

Once you register, train, and shadow, you can sign up for any shift you can cover.

Children under 18 can help, but they must be accompanied by an adult the entire shift.

Work with either our cats  
or dogs or both!



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



Fort Leavenworth Stray Facility

## Second Saturday is Back!



Every second Saturday of  
the month

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

You can find all of our adoptable pets at:  
[www.petfinder.com](http://www.petfinder.com) Fort Leavenworth

[fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com)

913-684-4939

510 Organ Ave  
Fort Leavenworth, KS  
66027

THURSDAY  
JANUARY 30, 2025



# LAMP

## Post Notes

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

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

B1



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A major subordinate command of Army Materiel Command  
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**FORT LEAVENWORTH THRIFT SHOP**

## COMMUNITY ASSISTANCE GRANTS

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

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

GRANTS ARE AVAILABLE FOR ELIGIBLE ORGANIZATIONS, NOT INDIVIDUALS

APPLICATIONS MUST BE COMPLETED AND RETURNED TO THE THRIFT SHOP BY TUESDAY, FEBRUARY 25TH

Community Blood Center **Blood Drive**

**Celebrate Black History Month**  
A diverse blood supply helps patients in our community.

**Fort Leavenworth**  
Wednesday, February 5<sup>th</sup>  
**12:00 PM - 4:00 PM**

Frontier Chapel  
625 Thomas Avenue

Prepare to donate

- Get well and hydrate
- Bring a photo ID
- Fast good and abstain from
- Wait for 12 or 14 with previous donation
- Meet minimum weight requirements

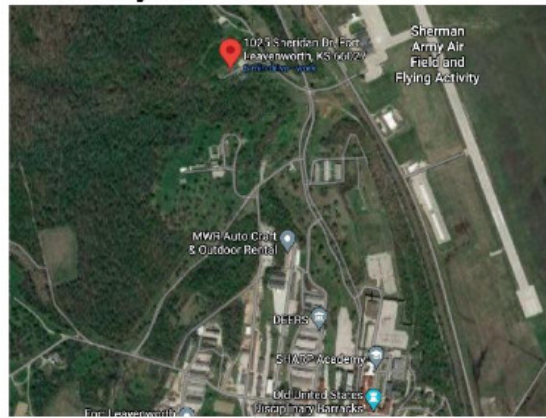
For full eligibility requirements and COVID-19 information, visit [www.donorservices.org/eligibility](https://www.donorservices.org/eligibility)

Sign up at [savealifenow.org/group](https://savealifenow.org/group) and use group code BK.  
For additional details, please contact Wendy Eisele at 816-351-1128 or [weisele@cbckc.org](mailto:weisele@cbckc.org).

877.468.6844 - [savealifenow.org](https://savealifenow.org)

### Fort Leavenworth Thrift Store Open – Saturday, 1 February 2025

- ❖ Location: 1025 Sheridan Drive, Building 1049
- ❖ Phone: 913-651-6768
- ❖ Hours:
  - ❖ Monday & Friday: Closed
  - ❖ Tuesday-Thursday: 0930-1430
  - ❖ First Saturday of each month: 0930-1430
- ❖ Consignments taken each day the store is open from 0930-1230



**Fort Leavenworth Multicultural Families FRIDAY FUN DAY**

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

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

**2024 - 2025 FRIDAY FUN DAY CALENDAR**

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

Friday Fun Day is FREE! Registration is not required.  
Call 913-684-2830 for more information  
[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

### ACS FAP Presents: A Parents Roadmap to Healthy and Unhealthy Relationships



Feb 5 2025, 11 am - 12:30 pm

Do you have a teen at home? If so, this class is for YOU!

We know parenting a teen can be hard, so join ACS and the Family Advocacy Program for this workshop to help you navigate teen dating!

There are 2 options to join, virtual and in-person.

Virtual will be via teams and the link will be sent after registration.

In-person will be held at the Resiliency Center, 600 Thomas Ave, room 157.

Info: (913) 683-2537

### ACS Presents: Volunteer Basics



Feb 7 2025, 12 pm

Do you want to make a difference in our community? If so, then be sure to check out Volunteer Basics. Learn about volunteer opportunities on Fort Leavenworth and in the community. Participants will learn the benefits of volunteering and how to properly log hours into the Volunteer Management Information System (VMIS).

Classes are held in the ACS Classroom - 600 Thomas Ave.

Info: (913) 684-2835

**✗ KNOW BEFORE YOU GO! ✗**

12th Brick will be CLOSED from Jan 27 - Feb 4 for renovations.

But, The Strike Zone Snack Bar, Solarium Buffet, and Fairway Grille will be open for all your lunch needs! Check them out!

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Register online & join us in person.

**Featured Program: Mastering Your PCS and navigating the new GHC**

**FEBRUARY 11, 2025**  
1:30 PM  
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*Catholic Women of the Chapel*



CWOC resumes on January 9, 2025  
and meets Thursdays at 9:00am  
in the Pioneer Chapel Activity Room

Join us for our faith study:  
**THE RETURN OF THE PRODIGAL SON**  
by Henri Nouwen

LEARN MORE >>

Find our complete calendar on  
Facebook 'CWOC Fort Leavenworth'



Join us monthly

# DATE NIGHT

6-10 PM @ Frontier Chapel

Meals & Childcare provided

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


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

FORT LEAVENWORTH

## NEW CDC DETOUR ROUTE



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




### 2025 Islamic Holy Times of Prayer: Frontier Chapel



Dates: Ramadan: 01 – 29 MAR 25

Location: Please come to Room 111 in Frontier Chapel for Individual Prayers

Frontier Chapel: 625 Thomas Avenue

Time: 0900-1700 (MON-FRI and SUN)

Please see your unit chaplain or call the Religious Support Office at 913-684-2210

Lewis & Clark Building will hold Midday Prayers in the Faculty Lounge (MON-FRI)



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

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- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login



### Ash Wednesday Services

Protestant: 05 MAR 25  
Faculty Lounge, Lewis and Clark Building  
Time: 0730-0800

Roman Catholic: 05 MAR 25  
Pioneer Chapel, 500 Pope Avenue  
Time: 1200

Anglican: 05 MAR 25  
Memorial Chapel, 626 Scott Avenue  
Time: 1730

For more information, please call the Religious Support Office at 913-684-2210 or email christopher.w.weinrich.mil@army.mil



**Ike Skelton Combined Arms Research Library**

CGSS students, need help with your H400 paper?

Check out the H400 resources on the CARL website or ask a librarian for help

H400 

Ask A Librarian 



**HUNGRY?**



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




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## 35<sup>th</sup> Division Artillery

### Change of Command and Change of Responsibility Ceremonies




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

Outgoing CSM: CSM Gerald Gibson  
Incoming CSM: CSM Darrian Campbell

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

RSVP MAJ William Joest  
(785) 646-8016 or william.r.joest.mil@army.mil



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15

Saturday, February 15, 2025 at 10:30 AM - 12:00 PM CST

**History Brunch: A Contribution to Victory: Western University's Vocational Training Program for WWI**

100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027



26

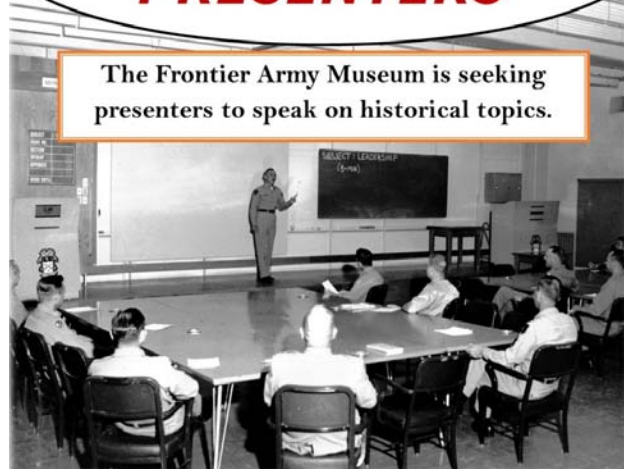
Wednesday, February 26, 2025 at 5:30 PM CST

**Speaker Series: A Kansas Soldier at War**

100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027

**CALL FOR PRESENTERS**

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



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

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

**CALL FOR VOLUNTEERS**

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



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

Age Requirement: Must be 16 and older.

Interested? Please contact Megan Hunter  
[megan.m.hunter4.civ@army.mil](mailto:megan.m.hunter4.civ@army.mil)

**SCHOLARSHIP**  
CGSC Foundation Scholarship Program

Applications due March 15.  
Apply now!

February 2025  

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	6	7	8
9	10	11 <b>STRONGHOLD U MASTERING YOUR PCS @ 1:30P</b>	12 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	13	14	15
16	17	18	19 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	20	21	22
23	24	25	26 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	27	28	

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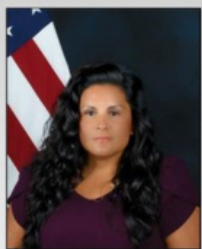
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**For Assistance  
contact  
LTC Craig Arnold**

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

**Hiring Underway  
Supervisory SARC**



**SFC Jerri Osborne**  
Team 1 SARC  
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Office: 913-684-1698  
Cell: 913-565-0741  
Bldg 77, Room J209,  
290 Grant Ave



**LTC Craig Arnold**  
Interim Supervisory SARC  
Team 2 SARC  
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Teams: 520-692-8849  
Cell: 913-704-9604  
Bldg 197, 632 McClellan Ave



**SFC Jacob Roach**  
Team 3 SARC  
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Cell: 913-547-5075  
835 Sabalu Rd



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



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

Contact the team at [usarmy.leavenworth.cac.mbx.cac-sharp@army.mil](mailto:usarmy.leavenworth.cac.mbx.cac-sharp@army.mil)

**For Assistance  
contact the  
SHARP Hotline**

**Hiring Underway  
Victim Advocate**



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

**For Assistance  
contact the  
SHARP Hotline**

**Hiring Underway  
Victim Advocate**

**For Assistance  
contact the  
SHARP Hotline**

**Hiring Underway  
Victim Advocate**

**We Have Realigned Under a New Installation Model!**

- Team 1** AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA,DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, 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

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

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

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WeCare App



GET IT ON Google Play



#NotInOurArmy  
Current as of 17 November 2024

- Family Advocacy Program -  
**Victim Advocacy Program**

1 in 3 women and 1 in 4 men have experienced some form of domestic violence by an intimate partner in their lifetime.  
If you or someone you know is experiencing violence by an intimate partner, please reach out to the victim advocacy program at 913.683.2537



Safety Planning



Victim Advocacy Services



Education & Support Group

**ACS FAP Presents: A Parents Roadmap to Healthy and Unhealthy Relationships**



Feb 5 2025, 11 am - 12:30 pm

Do you have a teen at home? If so, this class is for YOU!

We know parenting a teen can be hard, so join ACS and the Family Advocacy Program for this workshop to help you navigate teen dating!

There are 2 options to join, virtual and in-person.

Virtual will be via teams and the link will be sent after registration.

In-person will be held at the Resiliency Center, 600 Thomas Ave, room 157.

Info: (913) 683-2537

**ACS Presents: Volunteer Basics**



Feb 7 2025, 12 pm

Do you want to make a difference in our community? If so, then be sure to check out Volunteer Basics. Learn about volunteer opportunities on Fort Leavenworth and in the community. Participants will learn the benefits of volunteering and how to properly log hours into the Volunteer Management Information System (VMIS).

Classes are held in the ACS Classroom - 600 Thomas Ave.

Info: (913) 684-2835

**CROCHETING CLUB**

**Jan 31, Feb 21,  
Mar 14, Apr 18, May 16**  
**1pm - 3pm**  
**Room 145**  
**600 Thomas Ave**

Come join our Crocheting Club and learn a new skill, or perfect an existing one!

"Stitch" together, connect & create!  
Supplies will be provided!  
Have a favorite yarn?  
You're welcome to bring it!

Please RSVP  
one day prior to class  
Call 913-684-2808/2800

**FREE!**  
Ages 8+



**MILPARENTS ROCK: Rock Painting**

**April 1 & 22 • 10AM - 11AM**  
**Resiliency Center • 600 Thomas Ave.**

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun. Come celebrate with us to honor military parents and children by painting rocks for your own personal rock garden.

Supplies will be provided.  
Registration is not required, just show up!  
Event is FREE and open to DoD ID card holders 2+.  
For more info call, (913) 684-2808.



**PREVENTION IN THE PARK**  
**APRIL 25 // 2PM - 4PM**  
**EFMP PARK (BEHIND POST THEATER)**

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun.  
Come join us to have some fun at the park with bubbles, chalk, bean bag toss, and other fun activities for the family!

FREE and open to DoD ID card holders.

Age limit: kids 0-10!

Registration is required and can be done until April 18th.

For more info or to register call, (913) 684-2808/2800.

Rainout date: April 30 // 2PM - 4PM



## 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





## 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



ACS Family Advocacy Program Presents:

## ANGER MANAGEMENT

Feb 20 • Apr 17 • Jun 12  
 Aug 21 • Oct 16 • Dec 11

Thursdays from 11:30AM - 1PM  
 ACS Conference Room, Room 145


Learn how to identify the different kinds of anger and ways anger is expressed. Build skills to deal with strong and destructive behavior and emotions.

FREE and open to DoD ID card holders 18 and above.

Childcare not provided.

Registration is required, and must be done the day before the class.

For more info or to register call, (913) 684-2808/2822





## 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!

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

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


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

FREE AND OPEN TO DOD ID CARD HOLDERS 18+.

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

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

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



## Employment Readiness Program Classes

ACS Classroom • Resiliency Center, 600 Thomas Ave.  
 Wednesdays • 12PM - 2PM\*

**Resume Writing:**  
 Jan 8\* • Feb 12\* • Mar 12\* • Apr 9\*  
 May 7\* • June 11\*  
 Evening Classes:  
 Apr 9 • May 7 • June 11 - 5PM - 7PM  
 Registration required for evening classes

**Federal Employment:**  
 Jan 15\* • Feb 19\* • Mar 19\* • Apr 16\*  
 May 14\* • June 18\*  
 Evening Classes:  
 Apr 16 • May 14 • June 18 - 5PM - 7PM  
 Registration required for evening classes

**Interview Skills & Professionalism:**  
 Jan 22\* • Feb 26\* • Mar 26\* • Apr 30\*  
 May 21\* • June 25\*  
 Evening Classes:  
 May 21 - 5PM - 7PM  
 Registration required for evening classes

Scan QR Code for more info!

\*Classes are from 12PM - 2PM\*  
 Registration is required for evening classes only.  
 Open to DoD ID card holders.

For more info 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.



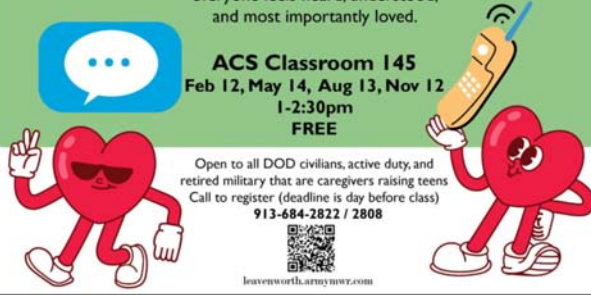
## 5 Love Languages of Teenagers

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



## 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

Free for Expectant Parents!

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

INFO: 913-684-2852 / 2800



## 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

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  
**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

DoD  
**Safe Helpline**  
 Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Need to talk?  
 We're here to help.

safehelpline.org



# BRUNNER RANGE

MWR 2 25 CALENDAR

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

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month		
4 January	• Rod & Gun 16 April	• Winter Combo 9 January - 13 March
1 February	• VFW Post 12003 26 April	• Spring Combo 20 March - 22 May
1 March	• Lil Weenie 17 May	• Summer Warm-up 5 June - 10 July 17 July - 21 August
5 April	• Club Championship 21 June	• Fall Combo 4 Sept - 6 Nov
3 May	• One Gun/One Choke 19 July	• Winter Warm-up 13 Nov - 18 Dec
7 June	• Shuck n' Chuck 16 August	
5 July	• American Legion Post #11 20 September	
2 August	• Rod & Gun 15 October	
6 September	• Lil Weenie 18 October	
4 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



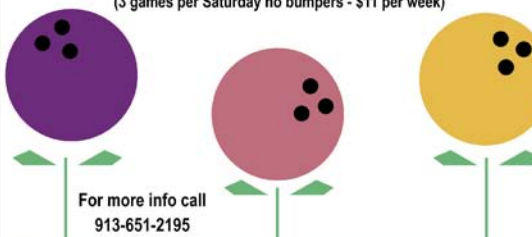
LEAVENWORTH.ARMYMWR.COM

## Saturday Morning Spring Youth Bowling League

Meeting: January 11th @ 10:00am  
12 Week Handicap League  
January 18th - April 12th

Every Saturday at 9:45am  
@ The Strike Zone

Ages 3-5 years old - Little Rollers  
(2 games per Saturday w/ bumpers - \$8 per week)  
Ages 6-9 years old - Dragons  
(3 games per Saturday w/ optional bumpers - \$11 per week)  
Ages 10-18 years old - Explorers  
(3 games per Saturday no bumpers - \$11 per week)




For more info call  
913-651-2195

## CGSC BOWLING LEAGUE

MIXED

Thursday Nights @ 6:15pm  
4 person mixed teams  
\$10 per week - includes 3 games & shoes



Meeting January 9th at 6:30pm  
12 Week League starts  
January 16th - April 10th at 6:15pm  
at The Strike Zone  
For more info call: 913-651-2195

## VOLUNTEER NOW to become a Youth Basketball Head Coach!

**SWOOSH!**

Winter Basketball  
Jan 8 - March 1


Practices are Wednesdays or Thursdays\* with Games on Saturdays

\*Coaches pick their evening one hour practice time

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

When you volunteer with Youth Sports and Fitness, it's nothing but net!

Required Volunteer Background Check  
Required Volunteer Coaches Training  
Call for more info:  
913-684-7525 or 913-684-7526



## Intramural Volleyball League

Season Starts: April 1  
Games: Tues. and Thurs. 5:30PM - 8:30PM  
Harney Sports Complex

Coaches Meeting: Wed, March 12 at 5:30PM at Gruber Fitness Center.

Team Rosters and/or Letters of Intent due COB Wed, March 26.

This is a co-ed league.

Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

League awards given for regular season champions, tournament runner ups, and tournament champions.

Info: 913-684-3224/684-5136



## SIGN UP NOW FOR YOUTH SPORTS & FITNESS SPRING SPORTS!

REGISTRATION/ ENROLLMENT  
FEBRUARY 3 - MARCH 3  
Registration must be done through Parent Central or Webtrac. Must be centrally registered and have an updated sports physical on file.

<b>Start Smart Baseball \$30</b> (ages 3 - 4) (Monday Sessions) April 14 - May 12 (Tuesday Sessions) April 15 - May 13 (Thursday Sessions) April 17 - May 15	<b>Soccer \$50</b> (ages 5 - 14) April 7 - May 22 <b>Baseball \$50</b> Kinder - 6th grade (ages 5 - 12) April 7 - May 22 <b>Girls Kid Pitch Softball \$50</b> 3rd - 6th grade (ages 8 - 12) April 7 - May 21	<b>LET'S PLAY BALL!</b>
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For more info call 913-684-7525/ 7526  
Volunteer Coaches Needed!



Starting August 19th, 2024

## Fort Leavenworth Group Fitness Classes

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

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

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

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

\*Power Cut classes are held in the Bubble Gym

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




https://leavenworth.armymwr.com

## Independent Instructor Class Schedule

**Gruber Fitness Center**

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

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

**Harney Sports Complex**

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

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

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



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

## FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

Disneyland Military Salute Offer 2025:  
3 DAY Park Hopper  
Our Price \$295.00  
W/Lightening Lane \$391.00  
-4 DAY Park Hopper  
Our Price \$349.00  
W/Lightening Lane \$477.00

Disney World Military Salute Offer 2025:  
4 DAY Park Hopper  
Our Price \$365.00  
5 DAY Park Hopper  
Our Price \$385.00  
6 DAY Park Hopper  
Our Price \$399.75

Universal Orlando Military Freedom Offer 2025:  
2 Park Freedom Pass  
Adult \$210.00 and Child age 3-9 \$205.00  
3 Park Freedom Pass  
Adult \$245.00 and Child age 3-9 \$240.00

Universal Hollywood:  
1 Day General Admission  
Adult and Child 3+ \$99.00-\$122.50

Go City Go Card:  
Sightsee and save with a Go Card!  
Discover the best attractions, tours and experiences, all on one pass. Worldwide:  
UAE Dubai, Cancun Mexico,  
State side: Orlando, Miami, Chicago, Los Angeles, San Francisco, Oahu, New Orleans, Boston, Las Vegas, New York, and much more!

Leisure Travel Services  
310 McPherson, Bldg 464  
(913) 684-2580  
leavenworth.armymwr.com



## Worlds of Fun Season Gold Passes are here!

Purchase @  
Leisure Travel Services  
310 McPherson Ave  
Bldg 464  
913-684-2580

\$93.25 a pass  
Single day tickets coming soon!

you should be here  
or here...  
or maybe here...




# January & February Workshops

## Watercolor

\$30 per workshop

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

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

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

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

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



scan for more info

Call now to register!  
913-684-3373

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

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

**Multi-Craft Room**  
Come use our provided supplies to craft with the whole family!

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

**Framing Studio**  
Must take Intro to Framing before using DIY Framing Studio.

**Pottery Studio (Coming Soon!)**

# Modern Calligraphy

## Basics

\$20 per class

Tuesday  
Jan 21  
6:30pm - 8pm

## Intermediate

\$20 per class

Tuesday  
Jan 28  
6:30pm - 8pm

## Special Projects

### Valentine Cards

Tuesday  
Feb 4  
6:30pm - 8pm



## Reoccurring Classes

MUST PRE-REGISTER

### Intro to Framing

\$40 per class  
Every 2nd Thurs & 4th Sat of the month  
10am - 2pm

### Paint & Sip

\$35 per session  
Every 2nd Friday of the month  
6pm - 8pm

Must be 21 years or older.  
BYOB

Come see what's new at the Studio!

leavenworth.armymwr.com



# January & February Workshops

## Acrylic

\$35 per class

**Acrylic Pour**  
Wednesday, Jan 29  
11am - 1pm

**Acrylic Pour**  
Wednesday, Feb 26  
11am - 1pm



## Framing

\$40 per class

**Intro to Framing**  
\*Must pre-register\*

Thursdays  
Jan 9, Feb 13  
10am - 2pm

Saturdays  
Jan 25, Feb 22  
10am - 2pm

## Crafts

\$30 per class

**Valentine Wreath**  
Thursday, Jan 30  
11am - 1pm

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



Call now to register!  
913-684-3373

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

## Paint & Sip

\$35  
Must be 21 years or older.  
BYOB



**Dragons Friday**  
January 10  
6pm - 8pm

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



Cost includes all supplies!

Come see what's new at the Studio!

leavenworth.armymwr.com



# Kids Arts & Crafts

## Messy Art

\$12 per class  
(ages 7+)

Thursday, Jan 16  
11am - 12pm

Thursday, Feb 6  
11am - 12pm

Thursday, Feb 20  
11am - 12pm

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

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

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

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

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

## Art History

\$15 per class  
(ages 7+)

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

Thursday, Jan 23  
4pm - 6pm

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

Thursday, Feb 20  
4pm - 6pm



Come see what's new at the Studio!

leavenworth.armymwr.com



# The Fort Leavenworth Frame Studio



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

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

Call to register or stop by the studio!



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

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

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

**Intro to Framing:**  
(\$40 a class must pre-register)

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

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

Deadline to register is the day before class.  
Ages 15+

## HARROLD YOUTH CENTER ACTIVITIES

JANUARY 2025

Monday 6 January 2025

Non-School Day Field Trip

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

Lunch will not be provided

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

call 913-684-5118 for more information

MST Party

17 January 2025

7:00-9:00

Cost: \$5 if you pre-pay or \$8 at the door

Martin Luther King Jr Day

20 January 2025

YOUTH CENTER

CLOSED

Friday 31 January 2025

Non-School Day Field Trip

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

Lunch will not be provided

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

call 913-684-5118 for more information

# HYC

Harrold Youth Center

## 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 CIS Parent Central prior to enrolling. Contact 913-684-5118 for more info on registration and eligibility





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

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

**APPLY NOW**



www.usd207.org - 913-651-7373

## 2024-2025 School Calendar

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

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

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

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

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

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

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

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

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

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

**Hungry for a new career?**  
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**CYS Fort Leavenworth is hiring NOW for a NA-8 RPT Cook**

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Access to Commissary & AAFES Shopping Privileges & MWR Facilities  
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool  
\*Conditions Apply

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Ready for your career to take off?

**CYS IS HIRING**

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

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

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Retirement & 401K  
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Access to Commissary & AAFES Shopping Privileges & MWR Facilities  
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool  
\*Conditions Apply

Scan here to apply!

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**BREAKING DOCTRINE**

Episode 62

**Stewarding the Profession: THE HARDING PROJECT**

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

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

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



**MILITARY**  
CHILDCARE.COM

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

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

**MILITARY**  
CHILDCARE.COM

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

- STEP 1 CREATE ACCOUNT**  
Go to **MilitaryChildCare.com** to create an account containing information about your family, or to login using an existing username and password.
- STEP 2 SEARCH and REQUEST CARE**  
Search the system for the child care options that best fit your needs and submit your requests for care.
- STEP 3 MANAGE MY REQUESTS**  
You can manage your requests for care from anywhere in the world.
- STEP 4 UPDATE MY PROFILE**  
Keep your **My Profile** page up-to-date with important information.

It's that easy!

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



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

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

**Fort Leavenworth CYS Care Options & Waitlist Guide**

# MUNSON NOTES

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

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

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

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



## Seasonal Affective Disorder

### Signs and Symptoms

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

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide
- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

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

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

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

SAMHSA

## Free COVID tests

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### COVID-19 Rapid Tests

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[COVIDTests.gov](https://COVIDTests.gov)



Every home in the United States is eligible to order four free at-home COVID tests. Visit [COVIDTests.gov](https://COVIDTests.gov) or order over the phone at 1-800-232-0233 (TTY 1-888-720-7489).

## 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

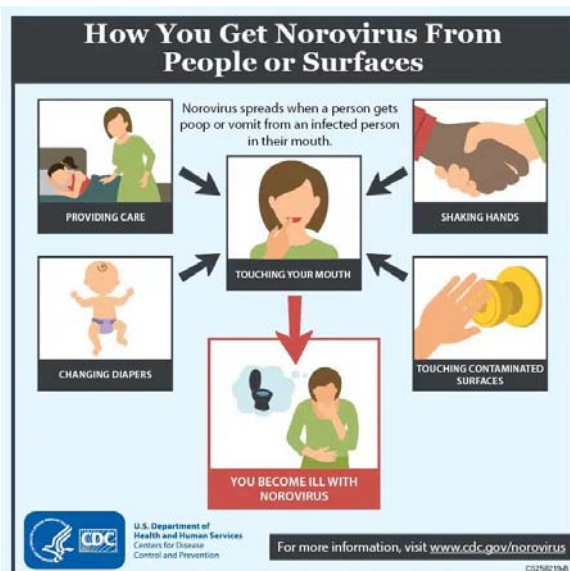


**Wash your hands at key times throughout the day, especially after using the bathroom and before eating.**

**#KeepHandsClean**

[www.cdc.gov/handwashing](https://www.cdc.gov/handwashing)

Visit <https://www.facebook.com/munson-health/> for updates and information.





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