

THURSDAY  
APRIL 18, 2024



# LAMP

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## FLFD Firefighters of Year recognized

by Prudence Siebert/Editor

Fort Leavenworth Fire and Emergency Services personnel were recognized as Fort Leavenworth Firefighters of the Year by Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle April 15 at Station No. 2. The three firefighters were given personalized plaques during the recognition to celebrate their achievements.

Fort Leavenworth Fire and Emergency Services Firefighter Brandon Barufaldi was named 2023 Fort Leavenworth Civilian Firefighter of the Year, Fire Capt. Joshua Carroll was named 2023 Fort Leavenworth Fire Officer of the Year, and Fire Inspector Capt. Antonio Masisak was named 2023 Fort Leavenworth Department of the Army Fire Inspector of the Year.

At the end of 2023/first of 2024, nomination packages for each of them were sent forward for considera-



Photo by George Marcec/Fort Leavenworth Garrison Public Affairs Office

Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle, right, recognizes 2023 Fort Leavenworth Fire and Emergency Services Firefighter of the Year Brandon Barufaldi, Fire Inspector of the Year Antonio Masisak and Fire Officer of the Year Capt. Joshua Carroll April 15 at Fire Station No. 2.

SEE FIREFIGHTERS OF THE YEAR | A3

## Medal of Honor recipient laid to rest



Photo by Jason Bortz/Combined Arms Center Public Affairs Office

Members of the Patriot Guard Riders salute retired Col. Roger Donlon during his Celebration of Life April 10 at the Frontier Conference Center. Donlon was a Medal of Honor recipient and a Vietnam War veteran who died on Jan. 25 at the age of 89.

by Jason Bortz/Combined Arms Center Public Affairs Office

Fort Leavenworth hosted a Celebration of Life for Medal of Honor recipient retired Col. Roger Donlon April 10.

Donlon passed away Jan. 25 at the age of 89. The Celebration of Life honored Don-

lon for his service to his country and for the legacy he left behind as a Vietnam War veteran.

In 1964, Donlon was a Green Beret captain stationed at Camp Nam Dong, Vietnam. The small post was nestled deep in the jungles near the border of Laos. He and his

team served as advisors to more than 300 South Vietnamese soldiers. In the early morning of July 6, 1964, nearly 1,000 Viet Cong and North Vietnamese soldiers attacked the camp with mortars, grenades, rifles and other small arms. Two members of his team died, and Donlon himself was

wounded four times. Despite his injuries, he continued to lead his men.

Approximately six months after the attack, still recovering from his wounds, Donlon was invited to the White House and

SEE CELEBRATION OF LIFE | A4

### AT A GLANCE

■ The FORT LEAVENWORTH EMERGENCY COMMUNICATIONS CENTER/DISPATCH has moved into the renovated FORT LEAVENWORTH POLICE STATION at 410 McPherson Ave., consolidating all police services in one location, including the Military Police Desk, Investigations, Traffic Accident Investigations, Conservation Law Enforcement, Patrol,

Police Records and the Physical Security Office. Police can be reached 24 hours a day by calling 911 for emergencies and 913-684-2111 for non-emergencies.

■ MOVING WITH KIDS is at 10 a.m. April 18 in the Army Community Service classroom in the Resiliency Center.

■ The PREVENTION IN THE PARK event is 2-4 p.m. April 19 at the EFMP Park behind the Post Theater.

■ The SHARP COLOR RUN is at 8 a.m. April 20 with check-in (starting at 6:30 a.m.) and start at the Old U.S. Disciplinary Barracks.



# Volunteers' contributions celebrated

by Prudence Siebert/Editor

Post volunteers were honored for their contributions to the community during the Fort Leavenworth Volunteer Recognition Ceremony April 16 at the Frontier Conference Center.

"So, this is an amazing day — anytime we can recognize volunteers for giving selflessly to an organization and the causes we have here is an amazing day," Garrison Commander Col. Duane Mosier said.

Volunteers have given more than 25,000 hours of their time in the past year, and those recorded hours equate to more than \$800,000. The figure represents the "cost avoidance your volunteerism has saved this installation over the last year," said ceremony narrator April Rogers, Army Volunteer Corps coordinator and Army Community Service Employment Readiness Program specialist.

The ceremony began with the national anthem, followed by a prayer delivered by Garrison Chaplain (Lt. Col.) Nathan McLean.

"Father, we give you thanks for the many volunteers who have spent this year working on important missions and connecting with people and helping make this Fort Leavenworth community a true community," McLean prayed. "From all the events and all the activities that they have given their time, their effort and their resources for, Lord, we give you thanks, and we give them thanks. Father, I would pray that you bless those activities and bless the activities that are to come that they are a part of. Lord, that you would take them safely from here, and if you are going to use them in other places, that you would not just bring them there safely, but help them to be a part of another community and spread what they've learned there from here."

In addition to 324 total volunteers recognized, with several of them present to receive certificates of appreciation, two volunteers who have amassed more than 4,000 volunteer hours were awarded Lifetime Presidential Service Awards, and Volunteers of the Year were announced.

**Lifetime Presidential Service Award recipient Monica Bassett** founded Stronghold Food Pantry, which functions out of the Armed Forces Insurance building on post, in 2022.

"Monica opened the Stronghold Food Pantry on the installation to combat food insecurities for our service members and their families, and to promote financial security by coordinating personal financial management and life skills,"



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Garrison Commander Col. Duane Mosier and Garrison Command Sgt. Maj. Erika Rhine-Russell applaud volunteer Jackie Williams, recipient of the Lifetime Presidential Service Award for amassing more than 4,000 volunteer hours, during the Volunteer Recognition Ceremony April 16 at the Frontier Conference Center. Williams has served in more than 50 volunteer positions at five installations. She currently serves on the Fort Leavenworth Unified School District 207 Board of Education. Stronghold Food Pantry Founder Monica Bassett, who was unable to attend the ceremony, also received the Lifetime Presidential Service Award.**



Rogers said. "Her dedication has won awards in Washington, D.C." Bassett was unable to attend the ceremony.

**Lifetime Presidential Service Award recipient Jackie Williams**, who currently serves on the Fort Leavenworth Unified School District 207 Board of Education, has held more than 50 volunteer positions at five installations, spanning two continents.

She has volunteered with Army Community Service, Youth Sports, on-post and off-post clubs, "and everything in between — Jackie really knows how to put her best foot forward and really make a difference," Rogers said as Williams joined the Garrison Command Team on stage. "You truly are an inspiration."

Rogers said selecting Volunteers of the Year was a difficult task with so many magnificent contributions volunteered.

She announced the Volunteers of the Year in five categories.

**Rachel Reed was named Spouse Volunteer of the Year.**

"Rachel serves as assistant den leader for Pack 3001 Bear Den, with over 100 hours dedicated to the Cub Scouts last year," Rogers said. "She serves as the co-mayor for Nez Perce Village. She volunteers with USD 207, the Leavenworth Lancers Swim Team, St. Ignatius Catholic Community, and more."

**Sixteen-year-old Cayman Williams, sophomore at Leavenworth High School, was named Youth Volunteer of the Year.**

"This young man has volunteered at Stronghold Food Pantry and has brought in groups of teenagers to assist in volunteering to build a larger community of volunteerism," Rogers said. "Cay-

SEE VOLUNTEER RECOGNITION CEREMONY JAS



Photo by Prudence Siebert/Fort Leavenworth Lamp

**April Rogers, right, Army Volunteer Corps coordinator and Army Community Service Employment Readiness Program specialist, bows her head as Garrison Chaplain (Lt. Col.) Nathan McLean delivers a prayer at the Volunteer Recognition Ceremony April 16 at the Frontier Conference Center. The contributions of more than 300 volunteers were celebrated during the event.**

## FORT LEAVENWORTH LAMP

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# FLFD Firefighters of the Year (continued from Page A1)

tion at higher levels, as were packages for Fire Department of the Year and Fire Prevention Program of the Year, in the DoD annual Fire and Emergency Services Awards competition.

“It’s very difficult to delineate who stands out in the fire department. Everyone in the department has unique strengths and are high performers,” said Directorate of Emergency Services Fire Chief Marshall Fiedler. “However, the three awardees were nominated by their supervisors and were selected for their individual achievements, as well as their participation as team members for the greater good of the community.”



**Fort Leavenworth Civilian Firefighter of the Year Brandon Barufaldi**

Fiedler described Barufaldi as an up-and-coming firefighter in fire protection.

“This past year, he has been committed to improving his skills and performance every day at work,” Fiedler said. “He earned several professional certifications, and he and his team worked very hard to ensure the readiness and resilience of the operations division in the effort to be there when our community needs us. I’m excited to see Brandon’s continued development and maturity into a well-seasoned Army professional.”

Barufaldi’s nomination cites him as responding to 120 emergencies, exhibiting a perfect duty performance every time, and responding as driver-operator and providing “quick patient assessment (that) enabled quick patient transfer to (advanced life support) units and transport to medical facilities,” with all patients recovering and no lives lost.

He is described as dedicated, having completed all certifications/requirements for the next level one year in advance. As a member of the Respiratory Protection Program Team, he maintained 76 masks in the department and achieved 100 percent OSHA compliance noted during a 2023 inspection. His nomination also describes him as a solidly competent decision-maker and having “technical skills

used as a benchmark for firefighters to learn (self-contained breathing apparatus) maintenance.”

Barufaldi promoted the importance of physical fitness, leading teammates in daily workouts to maintain readiness to respond and helped ensure complete compliance for the entire department. His contribution as a public educator during Fire Prevention Week is credited as helping make it one of the department’s most successful educational programs, with more than 2,000 children and adults reached that week.

Barufaldi’s nomination listed several other accomplishments and examples of job dedication, including filling in as needed as crew chief and lieutenant, saving 240 hours of overtime; volunteering to assist community partners during live-fire training; completing certification for Incident Safety Officer, Fire Officer II, Fire Instructor II and Fire Inspector II; and instructing 15 firefighters on continuing education units necessary to maintain emergency medical technician certification.



**Fort Leavenworth Fire Officer of the Year Capt. Joshua Carroll**

Carroll’s nomination describes him as a dynamic fire officer and an outstanding leader who motivates others and lives the Army Core Values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

“Captain Carroll is admired by peers, subordinates, and supervisors alike for his integrity and honor,” Fiedler said. “Throughout his career, Josh approaches any situation, emergency or not, with a level of maturity and professionalism that all others should work to emulate.”

Carroll’s nomination included a long list of accomplishments and examples of excellent job performance, leadership ability, initiative and resourcefulness, including being selected as the newest fire captain “because of his maturity, mission support, and skills”; “ex-

actly managed the (personal protective equipment) care and maintenance; enacted a program to track and record inspections and maintenance; and achieved 100 percent accurate reports in recent inspection.”

Carroll managed 11 personnel hiring actions and reduced the hiring lag by 80 percent. His team of five firefighters amassed more than 2,100 hours of training time — five times the requirement.

He is credited with helping review policy and research, procure and implement various systems and procedures to reduce overtime by more than 60 percent, improve decontamination and cleaning methods, streamline processes, and more.

Carroll’s nomination also noted his service as a mentor for troubled youth in Kansas City.



**Fort Leavenworth Department of the Army Fire Inspector of the Year Capt. Antonio Masisak**

Masisak’s and the Fire Prevention Team’s responsibilities include multiple child centers, four community schools and three prisons, including the only maximum-security prison in the DoD, conducting 242 inspections and identifying 86 major safety hazards while correcting 122 others. According to Masisak’s nomination, he and his team also conducted 29 project acceptance tests, and “ensured projects in essential facilities were ready and on time, and ensured life safety code compliance.”

His nomination describes him as someone who exceeds standards and is prompt, friendly and professional, “our most supportive member of the department, willing to help other sections, serves as timekeeper, trains other firefighters in pre-fire planning... always achieves positive results.” The nomination also notes that Masisak committed “personal time to revamp the department pre-incident plan program, and eliminated redundancies and populated plans with accu-



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Firefighter Brandon Barufaldi waves from a rescue boat, with Firefighter Mikayla Garrison and Capt. Mark Weishaubt while providing safety for the Scouts BSA crossover event March 4 on Merritt Lake.**



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Firefighter Brandon Barufaldi, Capt. Josh Carroll and Capt. Trent Strayer pause for a photo together during a prescribed burn Feb. 21 along Sherman Avenue.**

rate, clear information needed for emergencies.”

“Captain Masisak has a value of selfless service at a level not found in many, but we’re very fortunate to have this level of commitment throughout the Fire Prevention Team,” Fiedler said. “Tony and the rest of the Prevention Team’s ‘can-do’ attitude and commitment to serve the community is beyond what I’ve seen in 40 years of DoD service. Whether it be an internal or external customer, Tony will do his best to exceed expectations and help whoever needs assistance.”

Showing initiative in continuing education, Masisak has completed certifications as HazMat Technician, Incident Commander and Fire Officer III, and certified in Fire Investigator Training, Army Civilian Education System supervisor class, and amassed more than 400 hours of proficiency training. He also completed Life Safety Educator and the National Electrical Safety Systems, among other accomplishments.

Fiedler said he thinks it is important for an organization to showcase goal achievement.



Photo by George Marcec/Fort Leavenworth Garrison Public Affairs Office

**Fire Chief Marshall Fiedler and Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle present a personalized plaque to Fire Inspector Capt. Antonio Masisak April 15 at Station No. 2.**

“When one or a team of employees achieves a goal, it is a leader’s duty to ensure it’s recognized,” he said. “This awards program is just one avenue we use to reinforce and acknowledge their contribution and support for the mission. I truly appreciate their work.”

Fiedler said Fort Leavenworth has one of the lowest fire loss rates and fastest emergency response times in the Army because of the dedication of the firefighters and other professionals who work on the installation.

“Fort Leavenworth en-

joys one of the most successful community risk reduction programs in the Army — we enjoy one of the lowest response rates, nearly zero fire loss, and lowest accident rates in the Army,” he said. “This doesn’t happen by accident or through luck — it happens due to work and commitment of Fire and Emergency Services, (Directorate of Public Works) craft shops, Garrison Safety professionals, and Garrison leaders. It’s a real team effort, and it’s an honor to work with such good people.”

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Photo by Stephanie Mahone/Fort Leavenworth Garrison Public Affairs Office

**Command and General Staff College students and staff and other members of the Fort Leavenworth Community honor Medal of Honor recipient Col. Roger Donlon as his remains are brought onto post for his Celebration of Life April 10 on Grant Avenue.**

## Celebration of Life (continued from Page A1)

presented with the Medal of Honor by President Lyndon Johnson. He became the first Green Beret in history, and the first American soldier of the Vietnam War, to receive the nation's highest award for military valor in action.

As Donlon's remains were brought onto Fort Leavenworth, more than 1,300 students and faculty from the Command and General Staff College (CGSC) lined Grant Avenue to render honors to a soldier who continued to serve his country long after he retired from the Army in 1988.

"Colonel Donlon's leadership, mentorship and selfless service have left an indelible mark on the Command and General Staff College, the Army and our nation," said CGSC Deputy Commandant Brig. Gen. David Foley. "The profound impact he made resonates through the lives of countless young Army officers who were fortunate to receive his guidance and tutelage. While our nation mourns the loss of a hero, Colonel Donlon's irreplaceable character leaves behind a legacy that will inspire generations to come."

The Celebration of Life service at the Frontier Conference Center included video tributes to Donlon, 15 guest speakers, and songs by recording artist Steve Amerson. More than 300 guests attended the event, including family, current and former Green Berets, and other Medal of Honor recipients.

"I am one of the men the (the Medal of Honor) citation talks about as being wounded on July 6, 1964," said an emotional Mike Dissler, who served alongside Donlon at Camp Nam Dong. "I would not be alive today at the age of 80 had it not been for (Donlon's) leadership."

Following the Celebration of Life, Donlon's remains were transferred to the Fort Leavenworth National Cemetery by a riderless horse-drawn caisson for a burial service that included a 21-gun salute.

Donlon often gifted friends, family, or acquaintances with a compass, along with profound guidance: "Life will spin you around, but stay on the azimuth. With faith, you will make progress toward your goal and purpose."



Photo by Jason Bortz/Combined Arms Center Public Affairs Office

**Norma Donlon, far left, wife of retired Col. Roger Donlon, watches as soldiers with the 7th Special Forces Group prepare to transport the Medal of Honor recipient's remains to his Celebration of Life service April 10. The Celebration of Life honored Donlon for his service to his country and for the legacy he left behind as a Medal of Honor recipient and a Vietnam War veteran.**



Photo by Jason Bortz/Combined Arms Center Public Affairs Office

**A burial service for retired Col. Roger Donlon is conducted April 10 at the Fort Leavenworth National Cemetery. Donlon was a Medal of Honor recipient and a Vietnam War veteran who died Jan. 25 at the age of 89.**

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## Volunteer Recognition Ceremony (continued from Page A2)

man is a lifeguard, involved in (Junior) ROTC, and many other activities. He does all this while excelling in school, swim, baseball and much more. He is truly an exceptional future leader.”

He is the son of Jackie Williams and Maj. Aaron Williams, Mission Command Capability Development Integration Directorate.

**Cathy Schrankel was named Civilian Volunteer of the Year.**

“Cathy is a vital key to the Stray Facility on the installation. She never loses her smile, even during the most difficult of times,” Rogers said. “Cathy is a wealth of knowledge and a true advocate for all our furry friends. Cathy has been at the (Fort Leavenworth) Stray Facility for several years, and she is truly the greatest volunteer at the Stray Facility.”

**Maj. Frederick Hersey, Mission Command Training Program, was named Service Member Volunteer of the Year.**

“Major Hersey has volunteered more than 600 hours of community service over the last two years with the Easton Township Fire Department,” Rogers said. “Major Hersey has improved the readiness of local first responders.”

**Peter Grande was named Retiree Volunteer of the Year.**

“(Grande) has logged over 1,000 hours this year alone,” Rogers said. “He archives the history of Army corrections, coordinates historical submissions to the Army museums, and educates the Army and public on many historical matters.”



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Garrison Commander Col. Duane Mosier, Garrison Command Sgt. Maj. Erika Rhine-Russell and Acting Deputy to the Garrison Commander John Hughes congratulate Maj. Frederick Hersey, Mission Command Training Program, on being named the Fort Leavenworth Service Member Volunteer of the Year during the Volunteer Recognition Ceremony April 16 at the Frontier Conference Center. Other Volunteers of the Year included retiree Peter Grande, civilian Cathy Schrankel, youth Cayman Williams and spouse Rachel Reed.**

Mosier concluded the event with a thank you directed at each volunteer in attendance, as well as those who were unable to attend the ceremony.

“Volunteerism is the heart of giving,” Mosier said. “It is absolutely the heart of so many installations in the U.S. military, and without your efforts, we wouldn’t have the community that we have, we wouldn’t have the opportunities that we have, we wouldn’t have services and be able to enjoy the benefit of just good-hearted human beings interacting with you. Thank you, thank you, thank you.”



**Garrison Commander Col. Duane Mosier and Garrison Command Sgt. Maj. Erika Rhine-Russell congratulate Rachel Reed on being named the Fort Leavenworth Spouse Volunteer of the Year during the Volunteer Recognition Ceremony April 16 at the Frontier Conference Center. Other Volunteers of the Year included service member Maj. Frederick Hersey, retiree Peter Grande, civilian Cathy Schrankel and youth Cayman Williams.**

Photo by Prudence Siebert/Fort Leavenworth Lamp

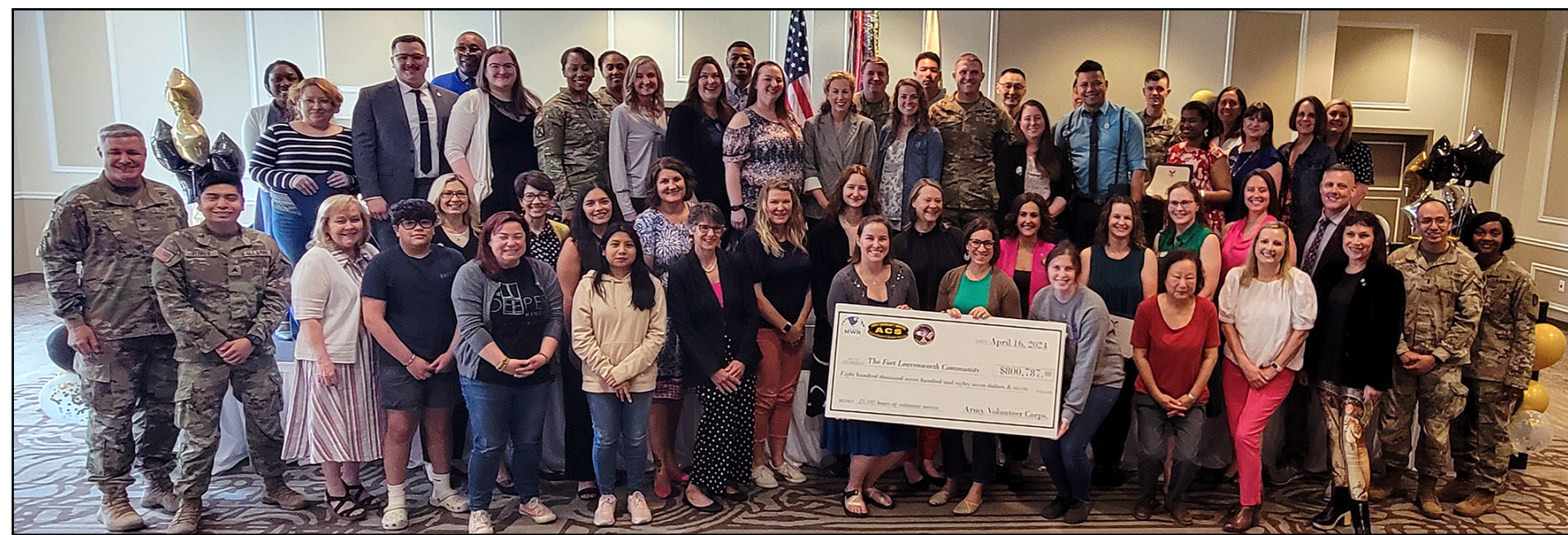


Photo by Merideth Kendall/Family and Morale, Welfare and Recreation

**Volunteers assemble with members of the Garrison Command Team and hold up the ceremonial check, representing the cost saved by their volunteer contributions to the community, after the Volunteer Recognition Ceremony April 16 at the Frontier Conference Center.**

# Employment readiness services offered for spouses, service members

by Dani Lander/Special to the Fort Leavenworth Lamp

The Employment Readiness Program, located in the Resiliency Center at 600 Thomas Ave., is available to active-duty service members and spouses.

The program offers personalized resumé-building services, including assistance with formatting, editing, and tailoring resúmes to specific job postings. Services are offered free of charge.

In addition, service members and spouses can take advantage of career assessments to help them identify their strengths and areas for improvement, as well as explore

potential career paths that align with their skills and interests.

April Rogers, Employment Readiness Program specialist, said every appointment is tailored to fit the needs of each person coming in.

To prepare for these meetings, Rogers suggested the job-seeker compile a list of previous work, performance appraisals and volunteer experience in the form of a working resumé or even a simple list.

The program also offers daytime and evening classes on resumé writing and federal employment. These classes are offered monthly; the most up-

dated list can be found at the ACS Facebook page.

If preparing for an upcoming job fair, Rogers offered suggestions to help.

- **Have an updated resumé on hand.**

It is best to be prepared by researching the companies present on the day of the fair and having a resumé that focuses on those particular skills.

- **Prepare an "elevator" pitch** — a quick 10- to 15-second introduction about yourself and what you are looking for in your next job.

- **Prepare a list of questions** for the companies you meet with, such as company

culture, the hiring process and growth potential.

- **Dress to impress.**

These fairs act as on-site job interviews, and it is best to look the part.

To learn more about what the Employment Readiness Program has to offer, visit <https://leavenworth.armymwr.com/programs/acs/employment-readiness-program>.

**To schedule an appointment, contact Rogers at 913-684-2800.**



**ACS Employment Readiness Program Menu of Services**

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

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

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







# Lots going on at PAIR Day/Kids Fest

Curtain Call Director/Instructor Amy Bell leads Curtain Call program participants in a yodeling song during a demonstration performance, which showcased songs from the group's past productions, songs from their next production and the yodeling song for fun, during the combined PAIR (Post Activities Information and Registration) Day/Kids Fest April 13 at Harney Sports Complex.

Curtain Call will present the musical "Wizard of Oz: Youth Edition" free for the community at 7 p.m. May 7 and May 9 at the Post Theater.

The Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited summer classes are open for enrollment. View the offerings at [https://leavenworth.armymwr.com/application/files/2217/1258/9294/SKIESUnlimited\\_2024\\_Summer\\_Catalog.pdf](https://leavenworth.armymwr.com/application/files/2217/1258/9294/SKIESUnlimited_2024_Summer_Catalog.pdf). Call 913-684-3207 or text 913-704-7595 for more information.

Photos by Prudence Siebert/Fort Leavenworth Lamp



ABOVE: Seven-year-old Ford Lyle, 8-year-old Sumi Bart and 6-year-old TSION Bart, accompanied by Kat Aldrich, color wooden bookmarks at the Arts and Crafts Studio booth during the annual children's festival combined with the spring PAIR Day April 13 in the Harney Sports Complex Annex.

RIGHT: Three-year-old Olivia Odle waves rainbow streamers in time to the music during Kids Fest April 13 outside Harney Sports Complex. The annual event coincides with Month of the Military Child and is conducted in tandem with the spring PAIR Day where vendors from businesses, churches and organizations share their offerings and opportunities with the community.



## Adopt a Pet!

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is currently undergoing repairs and is currently only available to open by appointment.

Normal hours are 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. The facility is also open from 9 a.m. to noon the second Saturday of each month, but is scheduled to be open April 20 this month due to FLSF participation at PAIR Day April 13.

Fort Leavenworth Stray Facility  
is currently

**CLOSED FOR  
REPAIRS**

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**We apologize for  
the inconvenience**

Please call 913-684-1669 to ask a question or make an appointment or message us on Facebook!



RIGHT: Dakota is an 8-year-old mixed-breed dog currently available for adoption at the Fort Leavenworth Stray Facility. He has already been neutered, vaccinated and microchipped, which are included in his \$110 adoption fee.

See [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) or call 913-684-4939 for more information, or e-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application.

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/>.

Photo by Prudence Siebert/Fort Leavenworth Lamp





# NO DUMPING ALLOWED!



Photo by Prudence Siebert/Fort Leavenworth Lamp

Residents and non-residents of the installation are illegally leaving unwanted furniture, mattresses and other large items in the scrap metal area of the Fort Leavenworth Recycling Center, or by unit trash bins, costing the installation thousands of dollars in clean-up fees each year.

## Alternatives offered for unwanted items

by Joy Chalmers/Fort Leavenworth Garrison Public Affairs Office

The Fort Leavenworth leaders are reminding community members to keep the installation beautiful and trash-free.

This seems simple enough, but this often becomes a challenge during the peak moving season on Fort Leavenworth. With more people moving in and out and generating PCS-related garbage, there will be an influx of trash that needs to be disposed of.

There is also a dimension of public safety to this initiative. Fort Leavenworth Garrison Public Affairs Officer Scott Gibson said keeping neighborhoods and public spaces at Fort Leavenworth clean and orderly fosters a sense of security and pride in the community, discouraging criminal or disruptive behavior.

To keep the post clean and safe, Fort Leavenworth has implemented strict refuse policies, and service members and their families should be aware of the proper disposal policies within the installation.

### Household Trash

Residents of Fort Leavenworth on post have the convenience of weekly curbside trash and recycling pick up. Two containers, one for trash and one for recycling, are supplied to each residence.

Per the Fort Leavenworth

Frontier Heritage Communities' resident handbook, which can be found at <https://www.frontierheritagecommunities.com/residents>, trash and recycling should be covered, and can be put out no earlier than 8 p.m. the evening before pick-up. After pick-up, containers should be removed by 8 p.m. on the day of pick-up and stored in the designated area.

Off-post, the Leavenworth, Lansing, and Platte City municipal governments have solid waste management resource websites that detail the trash collection rules, frequency and practices. Visit <https://www.leavenworthks.org/publicworks/page/solid-waste-division-services>, <https://www.lansingks.org/finance/page/trash-recycling> and <https://www.plattecity.org/documentlist.aspx?categoryid=12924> to access that information.

Garrison command officials ask that off-post residents not bring their household trash to Fort Leavenworth. This helps to reduce the strain of installation waste collection, especially during peak PCS season.

### Bulk Trash

Residents in on-post housing are reminded to use bulk trash pick-up every Monday at their normal trash pick-up locations.

Large items that cannot fit into the roll-out containers provided by Fort Leavenworth Frontier

Heritage Communities are considered bulk trash. Examples of bulk trash include scrap wood, furniture, mattresses, large appliances and tires.

There are no additional authorized bulk trash drop-off locations.

Residents and non-residents of the installation are illegally leaving unwanted furniture, mattresses and other large items in the scrap metal area of the Fort Leavenworth Recycling Center, or by unit trash bins, costing the installation thousands of dollars in clean-up fees each year. This improper disposal takes road and grounds crews away from their main mission, leaving them to work to mitigate the hazard caused by the illegal dumping.

Instead, community members with bulk trash outside of normal collection times are encouraged to use the Leavenworth County Solid Waste Transfer Station at 24967 136th Street in Lansing, Kan., (Visit [https://www.leavenworth-county.gov/departments/transfer\\_station/index.php](https://www.leavenworth-county.gov/departments/transfer_station/index.php) for more information) to dispose of bulky items such as furniture, appliances or large amounts of household trash. Any usable items, such as furniture in good condition, can be donated to various agencies (information follows), and metal appliances and the like should be placed in the scrap metal area be-

tween the cement slabs so it can be accessed and loaded on a trailer by the metal recycler.

### Recyclable Materials

Fort Leavenworth Frontier Housing Communities residents can easily contribute to environmental conservation by using the mixed recycling curbside pick-up on their assigned days.

The mixed-use recycling bin issued to all on-post residents is an easy way to help reduce the amount of waste going into landfills. The following items are accepted for curbside pick-up: plastic bottles and containers, food and beverage cans and containers, paper, flattened cardboard and paperboard, glass bottles and containers, and metal lids and caps.

All community members, on-post residents and non-residents alike, are encouraged to use the installation's drop-off recycling area on W. Warehouse Rd south of the stables. This area includes a dedicated cardboard recycling bin, a paper recycling container, a glass recycling trailer and a yellow mixed recyclable roll-off. Residents should place all materials in the appropriate receptacles and avoid leaving any trash on the ground.

The Garrison cautions against leaving any furniture, scrap wood or trash in the recycling drop-off center. The ongoing trend of users

leaving unwanted furniture, mattresses and other items illegally in the scrap metal area of the recycling center, or by unit trash bins, costs the installation thousands of dollars in clean-up fees each year. Plan ahead and use the residential bulk trash program, take those unwanted items to the Leavenworth County Solid Waste Transfer Station, or donate items in good condition.

### Household Hazardous Waste and Toxic Materials

Hazardous materials can be found in common household items such as cleaners, paint thinners, gasoline, motor oil, pesticides, fertilizers, and even compact fluorescent light bulbs. Once these items can no longer be used, they become household hazardous waste, and it's important to make sure they are disposed of properly to safeguard families, pets and the environment.

The Household Hazardous Product Collection Point, located at the Directorate of Public Works Environmental Office at 810 McClellan Ave., allows drop off of unwanted household products in original containers. Visit <https://home.army.mil/leavenworth/index.php/my-fort/all-services/environmental-management> for more information.

At this time, the post's house-

SEE UNWANTED ITEMS | A7

**WORTH**  
Harley-Davidson  
**NORTH**

9400 NW Prairie View Rd  
816-420-9000  
[www.worthharley-davidson.com](http://www.worthharley-davidson.com)



## Unwanted items (continued from Page A6)

hold hazardous waste drop-off is for residents only, but off-post residents/employees have similar services offered by their municipal waste departments, including the Leavenworth County Solid Waste Transfer Station.

DPW also offers a reuse program for any re-issuable items turned into the Household Hazardous Waste Collection Point. Do-it-yourselfers can pick up paints, stains, automotive products, cleaning products, garden and yard chemicals, and other re-useable household items that have been turned in and reviewed by staff for safety.

The HHW Collection Point is open for drop-off from 7 a.m. to 4 p.m. Monday through Friday when an attendant is available. For more information, call 913-684-3306.

### Other Items Requiring Special Handling (E-waste, Motor Oil, Flammable Liquids, Medications, etc.)

Electronic waste is the fastest growing waste stream in the country. To help control this waste stream, Fort Leavenworth residents should recycle their e-waste instead of throwing it in the trash. A drop-off shed for e-waste is in the Fort Leavenworth Recycling Center on Warehouse Road. The following items are accepted: computers, toner cartridges, cell phones, cameras, modems, monitors, televisions, printers, game systems and general electronics.

E-waste generated by government offices and units should be turned into the Logistic Readiness Center's Supply Support Activity at 913-684-9993.

Residents should not put motor oil in the trash or pour it down the drain as it is hazardous to the environment. Used motor oil and antifreeze can be taken to the Auto Craft Center at 911 McClellan Ave., or an off-post garage or auto parts store for proper disposal. Visit <https://leavenworth.armymwr.com/programs/auto-crafts-center> for more information.

The U.S. Flag Code specifies proper disposal guidelines. Flags can be disposed of in the drop-off container at the Fort Leavenworth Recycling Center. A local Scouts BSA troop will respectfully and reverently dispose of flags left in the drop box. Flags can

also be dropped off at any area VFW post.

Discarding medications in trash or down the drain can have negative effects on the environment and contaminate the water supply. Munson Army Health Center Pharmacy has a drug takeback box in the lobby of the pharmacy.

Improperly disposed weapons can pose a risk to sanitation workers who may come in contact with the weapon while collecting the garbage. Safely discarding firearms, knives or ammunition should be done with local law enforcement. For Fort Leavenworth residents, reach out to the non-emergency Emergency Services number at (913) 684-2111 for guidance. Off-post residents can contact their local police department.

### Donate Useable Goods

Residents of Fort Leavenworth are encouraged to donate useable items whenever possible to curb landfill waste, support charitable programs and provide much-needed resources to those in need.

The Fort Leavenworth Thrift Shop, at 1025 Sheridan Drive, accepts items such as clothing, toys, small appliances, pots, pans and dish sets, with the condition that they are in "like new" condition. Large televisions, desktop computers and other large electronics are not accepted. Profits are used to fund military family scholarships and community assistance grants. Donated items can be left in the donation shed outside the shop. To make an appointment at the Thrift Shop for a large donation, call 913-651-6768.

The City Union Mission of Kansas City, Mo., offers curbside pick-up for residents in the Fort Leavenworth housing areas every second Saturday. The mission accepts clothing, furniture and other household items, but not appliances, mattresses, cribs or car seats. Profits raised from donations are used to combat extreme poverty and homelessness in the Kansas City metro area. Tax credit forms are available. Contact FLFHC for details.

The Fort Leavenworth Stray Facility at 510 Organ Ave. has a red donation bin on the front porch for unopened pet food and other pet supplies.

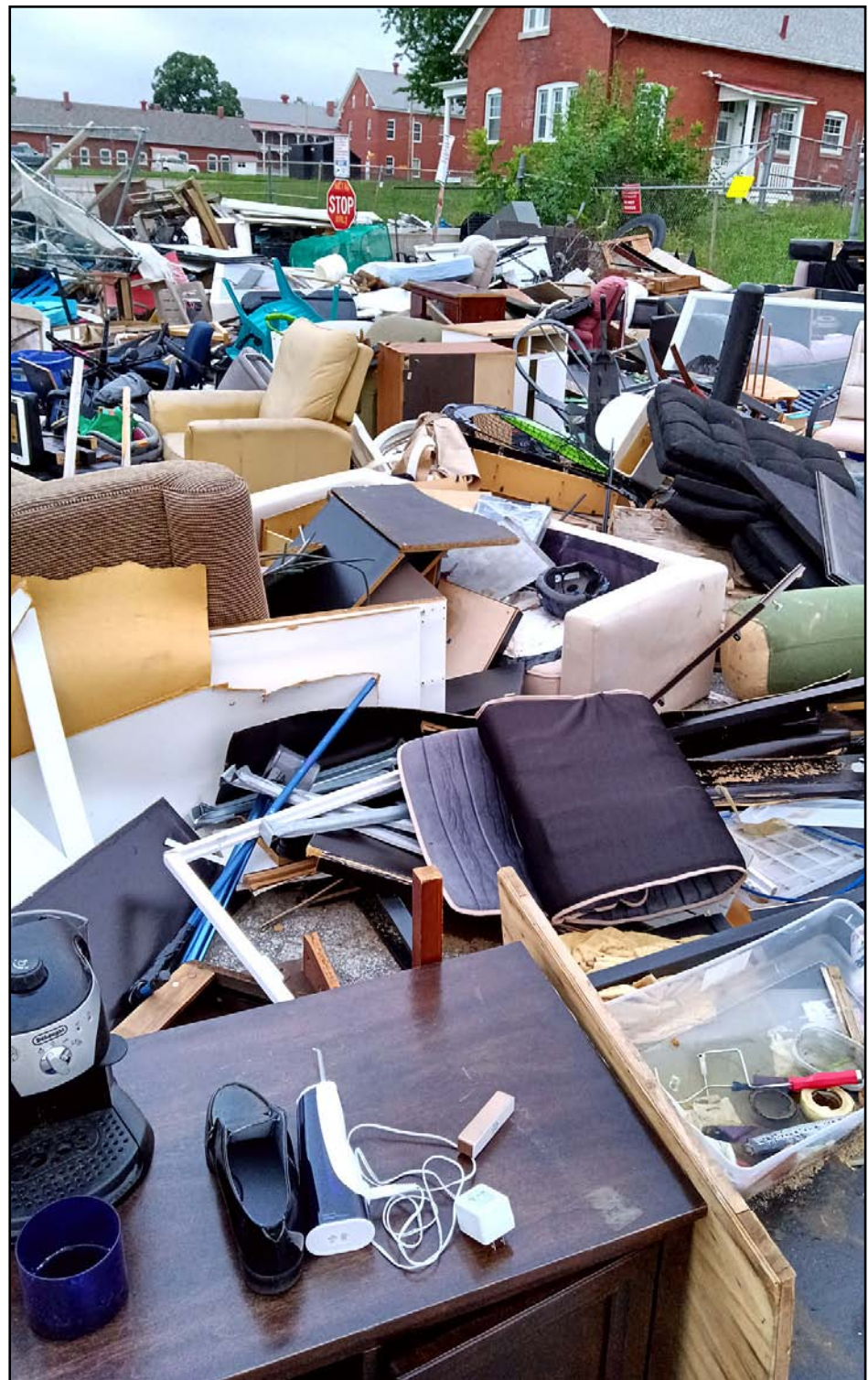


Photo by Prudence Siebert/Fort Leavenworth Lamp

Residents and non-residents of the installation are illegally leaving unwanted furniture, mattresses and other large items in the scrap metal area of the Fort Leavenworth Recycling Center, or by unit trash bins, costing the installation thousands of dollars in clean-up fees each year.

# Resources, links for item disposal, donation

- On-post housing handbooks, trash and recycling guides from Fort Leavenworth Frontier Heritage Communities: <https://www.frontierheritagecommunities.com/residents>

- Leavenworth County Solid Waste Transfer Station for household and bulk trash drop-off: [https://www.leavenworthcounty.gov/departments/transfer\\_station/index.php](https://www.leavenworthcounty.gov/departments/transfer_station/index.php)

- City of Leavenworth Trash and Recycling: <https://www.leavenworthks.org/public-works/page/solid-waste-division-services>

- City of Lansing Trash and Recycling: <https://www.lansingks.org/finance/page/trash-recycling>

- City of Platte City Trash and Recycling: <https://www.plattecite.org/documentlist.aspx?categoryid=12924>

- Fort Leavenworth Recycling Center: <https://home.army.mil/leavenworth/index.php/my-fort/all-services/environmental-management>

- City of Leavenworth Recycling Center: <https://www.leavenworthks.org/public-works/page/leavenworth-recycling-center>

- City of Lansing Curbside Recycling Information: <https://www.lansingks.org/finance/page/trash-recycling>

- Household Hazardous Product Collection Point: <https://home.army.mil/leavenworth/index.php/my-fort/all-services/environmental-management>

- Leavenworth County Solid Waste Transfer Station for household hazardous waste: [https://www.leavenworthcounty.gov/departments/transfer\\_station/index.php](https://www.leavenworthcounty.gov/departments/transfer_station/index.php)

- Auto Skills Center for motor oil: <https://leavenworth.armymwr.com/programs/auto-crafts-center>

- Munson Army Health Center for medications: <https://munson.tricare.mil/>

- Fort Leavenworth Thrift Shop: <https://www.facebook.com/Fort-Leavenworth-Thrift-Shop-211189988897157/>

- City Union Mission, through partner-

- ship and coordination with Fort Leavenworth Frontier Heritage Communities: <https://cityunionmission.org>

- Fort Leavenworth Stray Facility: <https://leavenworth.armymwr.com/programs/stray-facility>, [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com)

- Salvation Army, Leavenworth: <https://centralusa.salvationarmy.org/leavenworth/>

- Catholic Charities, Leavenworth: <https://catholiccharitiesks.org/where-we-work/leavenworth/>

- Goodwill, Leavenworth: <https://www.mokangoodwill.org/locations/goodwill-leavenworth>

- HOPE Thrift Store, Leavenworth: <https://hopeleav.org/thrift-store/>, <https://www.facebook.com/HOPETHriftStoreLeavenworth/>

- Leavenworth Mission Community Store/Food Pantry: <https://lvmission.org/>, <https://www.facebook.com/LeavenworthMission>

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

[frontierccu.org](http://frontierccu.org) (913) 651-6575

Frontier  
Community Credit Union



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

Adoptions • Volunteer Opportunities



THURSDAY  
APRIL 18, 2024



# LAMP Post Notes

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

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

B1

American Red Cross Heroes Saving Lives

Join Us. Save Lives.  
Be Proud.

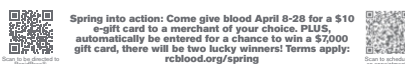


### CPT Northrup's Battle of the Badges Blood Drive Ft. Leavenworth USDB Battalion Headquarters

In the Conference Rooms  
801 Sabalu Rd.  
Fort Leavenworth, KS 66027

Thursday, April 18, 2024  
10:00 a.m. to 2:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: FortLeavenworth to schedule an appointment.



Spring into action: Come give blood April 8-28 for a \$10 e-gift card to a merchant of your choice. PLUS, automatically be entered for a chance to win a \$7000 gift card, there will be two lucky winners! Terms apply: [rcblood.org/spring](http://rcblood.org/spring)

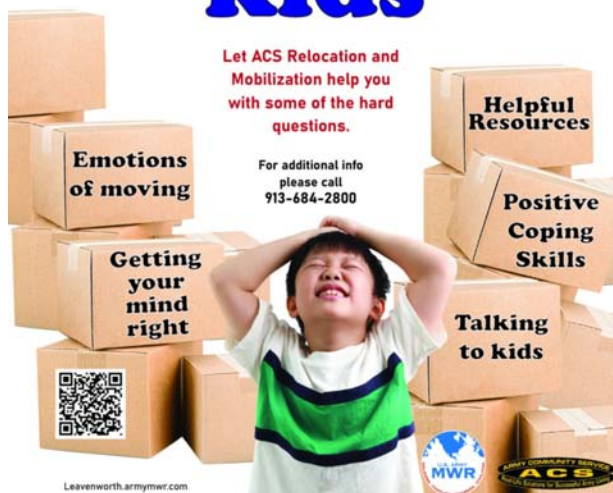
1-800-RED CROSS | 1-800-733-2767 | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App  
© 2018 The American National Red Cross | 170001

## Moving with kids

April 18th  
ACS Classroom  
Office Bldg 198  
10am-11:30am

Let ACS Relocation and Mobilization help you with some of the hard questions.

For additional info please call 913-684-2800



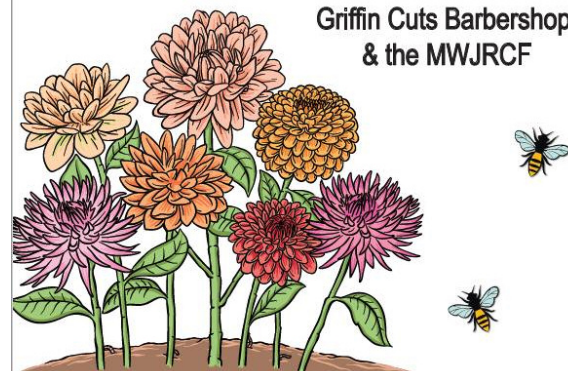
Leavenworth.armymwr.com

## Griffin Gardens Greenhouse Opening April 17th!

Monday & Friday  
1330 - 1500

Wednesday  
0830 - 1030

Located between  
Griffin Cuts Barbershop  
& the MWJRCF



### PREVENTION IN THE PARK APRIL 19 // 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 12th.

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

Registration date: April 27 // 10AM - 12PM

### PitchHit&Run

No Federal Endorsement Implied

#### Youth Sports and Fitness Pitch, Hit & Run

April 19, 2024  
5:00 pm - 7:00 pm  
@ Doniphan Field #1

#### Pitch, Hit & Run Baseball and Softball Divisions

7 - 8 yrs / 9 - 10 yrs / 11 - 12 yrs / 13 - 14 yrs  
\* Age cut-off set on November 15, 2024 \*

Pitch, Hit, and Run Registration MUST be done online. Scan the QR code to register!



FREE!  
Official Skills Competition

For more information: (913) 684 - 7525 or 7526

\* Parents/Guardians must provide proof of age with a valid record (such as birth certificate)

### THE FORT LEAVENWORTH SHARP TEAM PRESENTS

## S&APM 2024 COLOR RUN

Saturday, 20 April, 2024  
**FREE**

CHECK IN AND START WILL BE AT THE OLD DISCIPLINARY BARRACKS, FORT LEAVENWORTH  
CHECK IN STARTS AT 06:30 AM  
RUN BEGINS AT 08:00 AM

T-SHIRT AND RACE SWAG WHILE SUPPLIES LAST!!!

You can also bring your own T-Shirt



Follow the CAC SHARP facebook page for event updates



<https://www.facebook.com/CombinedArmsCenterSHARP/>

## ACS Presents DENIM Day

Wednesday, April 24  
1100-1300 Exchange Mall



Promoting awareness and discussions regarding mental health, Family Advocacy, and SHARP services

Featuring: SHARP, Family Advocacy, AER ASAP/Suicide Awareness, Family Life Chaplain



Wear your best denim for photo ops with Buster

## DENIM DAY

25th Annual Awareness Campaign

No excuse to rape

Stop the blame

Support survivors

Respect boundaries

Silence is not consent

Wear jeans with a purpose

Wednesday  
24 April 2024



Michaels EDUCATIONAL FOUNDATION

### THE 2024 MICHAELS ORGANIZATION EDUCATION FOUNDATION SCHOLARSHIP APPLICATIONS ARE NOW AVAILABLE!

High School seniors or graduates pursuing higher education with college or trade school qualify.

#### IMPORTANT DATES:

- February 5: Application forms available at all offices of The Michaels Organization.
- March 5: Suggested deadline for college students to request grade transcripts from their registrars to ensure that part of the application will be received before April 15, 2024.
- April 15: Final deadline for all parts of the application for a 2024 The Michaels Educational Foundation Grant. Mail the application form, references, essay, and grade transcripts to Dr. Bruce W. Johnson, The Michaels Educational Foundation, P.O. Box 90708, Camden, NJ 08101.

YOU CAN DOWNLOAD YOUR APPLICATION AT <https://tmo.com/scholars/#for-scholars>



### 2024 Jewish Passover: Fort Leavenworth



Jewish Passover: 22-30 APR

Frontier Chapel (625 Thomas Avenue) will remain open from 0900-1700 during Duty day for Service members and Families to pray and observe the Jewish Passover.

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

POC: CH (MAJ) Chris Weinrich, [christopher.w.weinrich.mil@army.mil](mailto:christopher.w.weinrich.mil@army.mil)



U.S. ARMY CHILD & YOUTH SERVICES | School Support Services

### Scholarship Opportunities

Note-This information is provided to US Army School Liaison Officers as information of common interest regarding various scholarship opportunities throughout the United States.

Such information is not an actual or implied endorsement of these colleges/universities/organizations by the US Army, Fort Leavenworth FMWR, and/or Fort Leavenworth CYS.

[https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort\\_Leavenworth\\_SLO\\_Scholarship\\_List\\_September\\_2021.pdf](https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort_Leavenworth_SLO_Scholarship_List_September_2021.pdf)





# Military Children: Brave, Fearless and Resilient

## Fort Leavenworth Month of the Military Child April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 MOMC Proclamation Signing HYC at 4pm	2	3	4	5 SKIES Music Recital FREE Movie Trolls Band Together	6 MOMC Arts & Crafts
FREE BUCKET OF BALLS & SOFT DRINK AT TRAILS WEST GOLF COURSE ALL MONTH KIDS RIDE/PLAY FREE						
7	8	9	10	11	12	13 PAIR DAY & Kids Fest
COMMUNITY-WIDE PURPLE UP! ON APRIL 15! SPIRIT WEEK IS M - F APRIL 15 - 19						
14	15 Purple Up! Day and start of Spirit Week	16 Wear Blue for Child Abuse Prevention Month	17 Super Hero Day! (Dress like your favorite Super Hero)	18 ACS Moving With Kids Inside Out/ Mismatch Day	19 YS MLB Pitch/ Hit & Run FREE Movie Paw patrol: The Mighty Pajama Day	20
21	22	23	24	25	26 Operation Megaphone Lock-in Must register with CYS (grades 6-12)	27 Operation Megaphone Lock-in Jim Cosgrove & The Hiccups Concert
28	29	30				
KIDS BOWL FREE EVERY SUNDAY AND THURSDAY AT THE STRIKE ZONE ALL MONTH!						

### MOMC Highlights

**Strike Zone**  
Every Sunday and Thursday in April from 4pm-8pm, Kids get 2 FREE games, shoes, and a small drink. Lanes are limited! Call ahead. 913-684-BOWL

**Trails West**  
Every Day in April Kids get a FREE bucket of balls/ soft drink at the Driving Range. M-F Kids can ride along or play for FREE. (After 3pm on weekends.)

**Free Movie Nights**  
7pm @ The Post Theater  
**Trolls:**  
Trolls Band Together April 5  
**Paw Patrol:**  
The Mighty Movie April 19

**MOMC Arts & Crafts**  
April 6 10am -2pm @ The Arts & Crafts Studio.

**PAIR Day/ Kids Fest**  
April 13 10am-2pm @ Harney Sports Complex

**Jim Cosgrove & The Hiccups Concert**  
April 27 3pm @ The Resiliency Center

**MOMC PURPLE UP!**  
On April 15 wear purple to support Military Kids! Submit photos to FTLVNMOMC@gmail.com



FOR MORE INFORMATION ON ANY OF THESE EVENTS CALL PARENT CENTRAL AT 913-684-5138



**HARROLD YOUTH CENTER**  
is celebrating

### MONTH OF THE MILITARY CHILD

Parents/Guardians/Grandparents/Siblings...  
Join us for the following family activities:

- 04/05/2024 1800 Karaoke Night
- 04/12/2024 1700 Family BINGO
- 04/19/2024 1800 Ice Cream Social

Have fun, win prizes and socialize with other families!

Check the April calendar for all daily activities

Please call for more information  
913-684-5118



## MOMC SPIRIT WEEK

2024

- April 15 Purple Up! Day
- April 16 Wear Blue for Child Abuse Prevention Month
- April 17 Super Hero Day! Dress as your favorite Super Hero! (No masks or hats)
- April 18 Inside Out/ Mismatch Day
- April 19 Pajama Day

CYS and USD 207 encourage everyone to participate in the Month of the Military Child Spirit Week!

CELEBRATING THE MONTH OF THE MILITARY CHILD!

### Mr. Stinky Feet

SATURDAY, APRIL 27th  
@ 3:00 PM  
RESILIENCY CENTER FRONT LAWN  
600 THOMAS AVE.  
www.jimcosgrove.com

### FREE CONCERT!

- BRING A PICNIC BASKET, BLANKETS & LAWN CHAIRS & BE READY TO DANCE  
LOCATION: THE RESILIENCY CENTER!
- ICE CREAM Proudly Sponsored by: SHATTO MILK COMPANY

RAIN LOCATION: Post Theater 375 Grant Ave  
For weather updates, like us on our Facebook page!  
www.facebook.com/cys.fleavenworth



QUESTIONS? (913) 684-1655  
leavenworth.armymwr.com



## Month Of the Military Child

at the ARTS & CRAFTS Studio

# Free Open Studio Hours

Friday, April 5th &  
Friday, April 19th  
10am - 5pm

### NIGHT AT THE MUSEUM

PRESENTED BY  
The Friends of the Museum

APRIL 26

Tours begin at 5:30pm and run every 15 minutes

Reserve your tour time beginning April 1 at www.flam.us

26

FRIDAY, APRIL 26, 2024 AT 5:30 PM - 7:30 PM CDT

### Month of the Military Child Night at the Museum

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

### STORYTIME

### AT THE MUSEUM

FRIDAY April 19th @ 10am



- Located in the Fort Leavenworth gallery at the Frontier Army Museum (100 Reynolds Ave, Ft Leavenworth)
- Family Storytime (open to all ages)
- Explore the museum after the program



**U.S. ARMY MWR**  
FAMILIES. RESERVE. COMMUNITY.

**ARMY COMMUNITY SERVICE ACS**  
Quality Solutions for Successful Army Living

**SUPERHEROES UNITE!**

**DRESS AS YOUR FAVORITE SUPERHERO!**

**EFMP Presents a Day in the Park!**  
**April 26**  
**2:00pm-3:30pm**  
**@ the EFMP Playground**

As part of Autism Acceptance Month, EFMP Families and DOD ID card holders are invited to join us for a day of FUN! There will be inclusive activities and games! Registration is required! Last day to register is April 24. Call 913-684-2871 or 913-684-2800 for more info

**EFMP** Exceptional Family Member Program

**PURPLE UP** for military kids!

**20**

SATURDAY, APRIL 20, 2024 AT 1:00 PM - 3:00 PM CDT

**Exchange Purple Up -- Drive Through Event!**  
Fort Leavenworth Exchange

**APRIL IS THE MONTH OF THE MILITARY CHILD**

**PlayDoh** **Disney PRINCESS** **Furby** **Hugoboss** **MARVEL** **STAR WARS**

COME CELEBRATE WITH THE EXCHANGE ALL MONTH LONG WITH SPECIAL ACTIVITIES AND IN-STORE EVENTS!

**BOSS PRESENTS MOVIE NIGHT**

Post Theater // 375 Grant Avenue  
Movies start at 7PM  
Must show your DoD ID at the door!

**April 5** **April 19**

Come out and join us as the BOSS program gives back to the Community by playing movies inside the Post movie theater. Prepackaged snacks and drink can be purchased at the snack bar. No outside food or drinks are authorized. For all movies children 12 and under MUST be accompanied by an ADULT! CASH only at the snack bar!

For more info call: (913) 684-2736 • Or visit our website [leavenworth.armymwr.com](http://leavenworth.armymwr.com)

**KIDS FUN FEST**  
Month of the Military Child

**Activity List**  
Movie  
Face Painting  
Basketball  
Doorprize

**APRIL 19, 2024**  
2PM - 4PM

**Stronghold Food Pantry**  
655 Biddle Blvd

For More Information  
[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

**CYS is hiring!**  
Great Pay! Amazing Benefits!  
@ Fort Leavenworth

**April 2024**

Child Abuse Prevention Month (CAPM)  
Month of the Military Child (MOMC)

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

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

<p><b>Volunteer Recognition Ceremony</b> April 16, 10:30am -12:00pm Frontier Conference Center "Shining a Light on our Volunteers"</p> <p><b>New Parent Support Program</b></p> <p><b>Stroller Walk</b> Tuesdays, 10:00am - 11:00am Weather Dependent</p> <p><b>Play Morning</b> Thursdays, 9:00am - 10:00am &amp; 10:00am - 11:00am Resiliency Center</p> <p><b>Breastfeeding Class</b> April 8, 5:00pm - 7:00pm Resiliency Center, Room 157</p> <p><b>Newborn Care Class</b> April 15, 5:00pm - 7:00pm Resiliency Center, Room 157</p> <p><b>Dad's Night Out</b> April 17, 6:00pm - 8:00pm Restaurant is TBD</p> <p><b>Potty Training</b> April 22, 5:00pm - 7:00pm Resiliency Center, Room 157</p> <p><b>Mom's Night Out</b> April 24, 6:00pm - 8:00pm Restaurant is TBD</p>	<p><b>Family Advocacy</b></p> <p><b>Scream Free Marriage &amp; Parenting</b> April 3, 1:00pm - 2:30pm Resiliency Center, Room 145</p> <p><b>Navigating the Teen Years</b> April 16, 1:00pm - 2:30pm Resiliency Center, Room 145</p> <p><b>Anger Management</b> April 18, 11:30am - 1:00pm Resiliency Center, Room 145</p> <p><b>Co-Parenting Workshop</b> April 25, 12:00pm - 1:30pm Resiliency Center, Room 145</p> <p><b>Relocation Readiness</b></p> <p><b>In-Processing Brief</b> Tuesdays, 9:00am - 10:00am Resiliency Center, Room 157</p> <p><b>OCONUS Levy Brief</b> Tuesdays, 10:00am - 11:00am Resiliency Center, Room 157</p> <p><b>Moving with Kids</b> April 18, 10:00am - 11:30am Resiliency Center, Room 157</p>	<p><b>Exceptional Family Member Program</b></p> <p><b>EFMP Refreshing Conversations</b> April 4, 10:00am -11:00am, Exchange Food Court</p> <p><b>EFMP Recreational Bowling for EFMP Members and their Families</b> April 6, 12:00pm - 2:00pm Strike Zone Bowling Center</p> <p><b>Empowering Families Lunch &amp; Learn Workshop</b> April 18, 12:00pm -1:00pm, Microsoft Teams</p> <p><b>Sensory Storytime</b> April 19, 10:00am -11:00am, Combined Arms Research Library</p> <p><b>Employment Readiness Program</b></p> <p><b>Federal Employment</b> April 10, 12:00pm - 2:00pm Resiliency Center, Room 157</p> <p><b>Resume Writing for the Volunteer</b> April 24, 12:00pm - 1:00pm Resiliency Center, Room 157</p>	<p><b>Child Abuse Prevention Month (CAPM) Activities</b></p> <p><b>Storytime</b> April 3 &amp; 17, 10:00am April 10 &amp; 24, 2:00pm Resiliency Center, Room 145</p> <p><b>Painting Hope: Rocking Against Child Abuse (Rock Painting)</b> April 5, 2:00pm - 4:00pm, Resiliency Center</p> <p><b>Child Abuse Brief (open to all on the installation)</b> April 11, 11:00am -12:30am, Post Theater</p> <p><b>Prevention in the Park</b> April 19, 2:00pm - 4:00pm, EFMP Playground</p> <p><b>*Wear Blue on Tuesdays to raise awareness*</b></p>
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Resiliency Center, 600 Thomas Ave, Building 198  
913-684 - 2800// 913-684-HELP(4357)  
Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm (closed 1130-1230); Thursday, 1:00pm - 4:30pm  
Follow us on Facebook! @FortLeavenworthACS  
Follow us on Twitter! @LeavenworthACS

Handicap access at the front of Building 198

**MWR**



APRIL IS CHILD ABUSE PREVENTION MONTH

# Wear blue on Tuesdays!

Join ACS every Tuesday in April to wear blue as a visible way to show solidarity and raise awareness about the importance of preventing child abuse.

#WEARBLUE4KIDS  
#ChildAbusePreventionMonth

## 5 Ways to Prevent Child Abuse

Every adult in the community can play a role in supporting and protecting military children. If you're worried about the well-being of a military child, share your concerns with Family Advocacy Program staff. They can help you determine what to do next.

- 1. Know the signs.**
  - Sudden changes in behavior or school performance
  - Always preparing for something bad to happen
  - Frequently lacking adult supervision
  - Fading bruises or other marks after an absence from school
  - Unexplained burns, bites, bruises, broken bones or black eyes
  - Being frightened of a parent or caregiver
  - Abusing animals or pets
- 2. Be a trusted adult.**

Let children know they can come to you with any concern and that you will:

  - Listen without judgment.
  - Believe them.
  - Help and support them.
- 3. Make the call.**

If you witness or suspect child abuse or neglect, do the right thing:

  - Call your installation's Family Advocacy Program.
  - Call your local Child Protective Services office.
  - Call the Childhelp National Child Abuse Hotline at 800-422-4453.
  - Call 911 or military law enforcement if a child is in immediate danger.
- 4. Identify trusted adults.**
  - Talk with your child about specific people they can trust.
  - Discuss when your child should talk to a trusted adult.
  - Let them know they can go to another trusted adult if the first one doesn't help.
- 5. Empower your child's voice.**
  - Teach children early about healthy body boundaries.
  - Tell them to trust their feelings.
  - Encourage them to say forcefully, "I don't like that," or "Stop touching me."
  - Remind them to leave a situation that makes them uncomfortable.
  - Ask them to tell a trusted adult right away if something makes them uncomfortable.
  - Talk with them about how to listen to and help their peers.

**Share these resources.**

Teach your kids healthy body boundaries. <https://www.militaryonesource.mil/parenting/children/youth-teens/teach-your-kids-healthy-boundaries/>

Support for military kids. <https://militarykidsconnect.health.mil/Feelings/how-to-talk-to-an-Adult>

**Get installation support.**

Fort Leavenworth Family Advocacy Program: 913-684-2800  
Military Police: 913-684-2111

**Start Prevention Tips Early**

While all adults can make a positive impact in a child's life by following these tips, parents and caregivers play an important role in protecting children. Parents and caregivers, talk with your children about tips 4 and 5 early and often.

**MILITARY ONESOURCE** | The Family Advocacy Program supports service members and their families impacted by child abuse and/or neglect through parent education and crisis intervention.

# ARMY EMERGENCY RELIEF

SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942

Annual Campaign March 1 - June 14, 2024

**YOUR DONATION HELPS SOLDIERS AND FAMILIES IN NEED**  
**OFFICIAL NONPROFIT OF THE U.S. ARMY**

## Frontier Heritage Communities

# YOUR OPINION MATTERS!

The Department of Army issued the TENANT SATISFACTION SURVEY (TSS) on March 4th!  
FHC wants feedback from all households. What is FHC doing right & what improvements would you like to see?  
Your participation is voluntary and all responses are confidential.

**THE SOONER YOU RESPOND, THE MORE CHANCES YOU HAVE TO WIN!**

There are still tons of chances to win a \$50 GIFT CARD and one \$250 prize!  
CEL will randomly draw the winner. FHC will only receive the residents name and address. Your survey feedback is not shared if you are selected, the survey is completely anonymous to FHC.

**CANT FIND YOUR SURVEY?**

- Check the spam folder of the primary email on file
- Scan QR code or Contact CEL via email at ArmyHousingSurvey@classassociates.com to request a survey link. When you email CEL you must include your Installation name and complete street address including unit number, if applicable.

OMB Control Number: 0704-0553  
OMB Expiration Date: 31 May 2025

# 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.*

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](https://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

## Fort Leavenworth CYS Care Options & Waitlists on MILITARYCHILDCARE.COM

CYS eligible patrons create or use your current account on MILITARYCHILDCARE.COM (Visit FAQ section on site)

Submit a Request for Care (RFC) for each child in each Child Care Option listed below that fit your care needs.

Facility Program & Care Option descriptions for ages 6 weeks-5th grade available on MILITARYCHILDCARE.COM

Offers are managed by the Fort Leavenworth CYS Parent Central office using contact information listed in your MILITARYCHILDCARE.COM household profile. **Tips:** List phone/email address you have ongoing access to during travel/leave (and ensure those are toggled to receive notifications). To facilitate a successful offer process, ensure the **Sponsor & Spouse employment status indicated applies to living in the FTLVN area.**

Visit CYS website & Facebook pages  
[www.leavenworth.armymwr.com](http://www.leavenworth.armymwr.com)    [www.facebook.com/cys.ftleavenworth](https://www.facebook.com/cys.ftleavenworth)    [www.facebook.com/cys.ftlvntecenter](https://www.facebook.com/cys.ftlvntecenter)    CYS Parent Central: 913-684-5138 or 4956

**MAIN CHILD DEVELOPMENT CENTER:**  
FULL-DAY CHILDCARE & PRESCHOOL PROGRAM  
Open 6:00am-6:00pm

- (!) Request Full-Day Preschool when care needed the Summer prior to Kindergarten.
- (!) Request KG School Year Care if needed & attending USD 207 (or applied to attend). [See Osage's BLUE info box on the right.]
- >> Must turn 5 by/on 31 AUG 2024 to be KG eligible in Kansas.
- (!) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.
- \*CYS is recruiting on-post Family Child Care providers.

**FULL-DAY**  
6 WEEKS THRU 5 YEARS  
(!) Not started KG.  
Refer to info

**PART-DAY PRESCHOOL**  
SCHOOL YEAR 24-25  
3-5 years  
3 CLASS OPTIONS

**OSAGE KG & SCHOOL AGE CARE FACILITY:**  
CYS PART-DAY PRESCHOOL CLASSES  
3 Class Options September thru May (all are 3 hour classes)  
2-Day AM (8-11am on T/TH) / 3-Day AM (8-11am on M/W/F)  
4-Day PM (1215-315pm on M-TH)

- Must turn 3yrs on or prior to first day of class.
- Request multiple classes to increase chances for placement.
- No "Toilet Trained" restriction.
- Under 3? Choose a Need Date on/after child turns 3 years old.
- (!) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.

**OSAGE KG & SCHOOL AGE CARE FACILITY:**  
2024 KG & SCHOOL AGE (1st-5th) CAMP WEEKS  
Full-Day Summer Program Open 6:00am-6:00pm  
REQUEST MUST BE BASED ON GRADE COMPLETED IN MAY 2024

- "Completed KG" & "1st-5th School-Age Care" are separate Care Options based on grade COMPLETED.
- Request each camp weeks needing care.
- >> Current School Year 23-24 contract holders are given the opportunity to request Continuity of Care directly with Osage in the Spring. Requests in MCC are ONLY needed when past the deadline.

**SUMMER 2024**  
COMPLETED KG & 1st-5th Grade  
\*6th-12th Grade see HYC info

**SCHOOL YEAR 24-25**  
ENTERING KG & 1st-5th Grade  
\*6th-12th Grade see HYC info

**OSAGE KG & SCHOOL AGE CARE FACILITY:**  
SCHOOL AGE SCHOOL YEAR CHILDCARE  
Before/After School Open 6:00am - 6:00pm  
Transportation to/from FTLVN schools included. (USD 207 only)  
REQUEST MUST BE BASED ON GRADE ENTERING IN AUGUST 2024

- KG & School-Age (1st-5th) Care Options are separate
- (!) Upcoming KG: Make additional Full-Day Preschool request when care is needed the Summer prior to KG.
- >> Before Only, After Only, & Before/After care options include USD 207 No-School Days & Early-Out Fridays & the first 2 weeks of school when KG only attends 1/2 days.

**NO WAITLIST REQUIRED**  
FOR YOUTH 6TH-12TH GRADE  
[COMPLETED OR CURRENTLY ATTENDING]

Enrollment into a Middle School & Teen program is first come-first serve for CYS eligible & registered youth.  
Check out the Teen Center Facebook page for details on: Summer Camp Weeks, FREE Open Recreation time, & the FREE After School Program that includes pick-up at on-post & off-post middle/high schools, & Winter & Spring Break Camp Weeks.

**HARROLD YOUTH CENTER**  
6TH-12TH GRADE

**HOLIDAY CAMPS**  
ATTENDING KG & 1st-5th Grade  
\*6th-12th Grade see HYC info

**OSAGE KG & SCHOOL AGE CARE FACILITY:**  
SCHOOL AGE WINTER & SPRING BREAK CAMP WEEKS  
Full-Day Program Open 6:00am-6:00pm

- KG & School-Age Care Options are separate.
- Make request based on grade currently enrolled.
- USD 207 Calendar determines camp weeks. Available to request starting September 9, 2024.
- CYS will be closed on Federal Holidays.
- Request is NOT required for children in a current School Year contract.

## Fort Leavenworth Post-Wide Yard Sale

April 27th • 8AM - 3PM

Event is open to the public! \*

\*ID's will be scanned at the main gates beginning at 8 am, everyone 16 years and older must provide a current ID to enter.  
(Persons attempting to enter post with outstanding warrants or other security issues will be denied access.)

Residents living on-post are allowed to sell at their residence.

Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot on a first come, first serve basis.

Alcohol and firearms can not be sold during the yard sale.

For Information please follow the Fort Leavenworth Facebook Page or call 913-684-1674

**NOW OPEN ENROLLMENT FOR THE 2024-2025 SCHOOL YEAR**

**Apply Now!**

## In-processing & OCONUNS Levy Briefs are cancelled 16 & 23 APRIL 2024.

Thank you for your understanding and we look forward to seeing you at our next class

30 APRIL 2024

**ACS**  
Army Community Service

If you have any questions, please call 913-684-2800/2830.

## Your Commissary Leader

### FT. Leavenworth

**Address and Phone Number:**  
310 Kansas Ave. Bldg. 691  
Ft. Leavenworth Kansas 66027  
913-684-4901

**Store Director Name and Contact Information:**

Name: Anthony Gardner  
E-Mail: [Anthony.Gardner@deca.mil](mailto:Anthony.Gardner@deca.mil)  
DSN: 552-4901  
Commercial: 913-684-4900  
Cell: 804-503-9215

Tuesday-Friday 0800-0900 will be Self-Checkout only.

*Proud, Committed and More.*

Store Operating Hours:	
Sunday	1100-1800
Monday	1000-1900
Tuesday	0800-1900
Wednesday	0800-1900
Thursday	0800-1900
Friday	0800-1900
Saturday	0900-1900



### March & April Craft Workshops

Acrylic	Crafts
<b>Acrylic Painting (Robin Nest)</b> Wednesday March 6 12:30pm - 2:30pm	<b>Birthdays Banner Craft</b> Tuesday March 5 11:30am - 1:30pm
<b>Acrylic Pour</b> Wednesday March 27 11:30am - 1:30pm	<b>Wooden Welcome Sign</b> Friday April 26 11:30am - 1:30pm
<b>Acrylic Painting (Happy Hedgehog)</b> Wednesday April 10 12:30pm - 2:30pm	<b>Intro to Framing \$40</b> *Must pre-register* Thursday March 7 or April 11 10am - 2pm
<b>Acrylic Pour</b> Wednesday April 24 11:30am - 1:30pm	<b>Intro to Framing \$40</b> *Must pre-register* Saturday March 23 or April 27 10am - 2pm

Call now to register!  
913-684-3373

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

### Kids Crafts

Color me Happy	Art History
\$10 per class (Parent & Toddler) Wednesday March 6 10:30am - 11:30am Thursday March 28 10:30am - 11:30am Wednesday April 10 10:30am - 11:30am Thursday April 25 10:30am - 11:30am	\$15 per class (ages 7+) <b>Apples &amp; Adams</b> Wednesday March 20 12:30pm - 2:30pm Thursday March 21 4pm - 6pm <b>Donuts &amp; Da Vinci</b> Wednesday April 17 12:30pm - 2:30pm Thursday April 18 4pm - 6pm

**Kids Messy Art**  
\$12  
 Thursdays (ages 7+)  
 March 21, April 18  
 10:30am - 11:30am  
 Fridays (ages 4 - 6)  
 March 22, April 12  
 10:30am - 11:30am  
 12:30pm - 1:30pm

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

Bunny in Tall Grass  
Friday  
March 1  
6pm - 8pm

Umbrella in the Rain  
Friday  
April 12  
6pm - 8pm

Cost includes all supplies!

Come see what's new at the Studio!

## The Fort Leavenworth Frame Studio

**IS NOW OPEN!**

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

**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!

**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 18+

## YOUTH SPORTS & FITNESS SUMMER CAMPS

Fitness Camp			Basketball Camp			Baseball Camp		
Camp Dates: June 10-13	Time	Cost	Dates: July 22-25	Time	Cost	Dates: July 15-18	Time	Cost
Age Group			Age Group			Age Group		
5-8yrs.	0900-1000	\$40	5-8yrs.	0900-1000	\$40	5-8yrs.	0900-1000	\$40
9-14yrs.	1000-1100	\$40	9-10yrs.	1000-1100	\$40	9-10yrs.	1000-1100	\$40
			11-14yrs.	1300-1400	\$40	11-14yrs.	1300-1400	\$40

**Challenger Sports International Soccer Camp**  
Camps run: Monday - Friday  
Camp Dates: June 3-7 • July 8-12 • July 29 - Aug 2

**Enroll online!**  
Enroll online via webtrac or by calling Parent Central 684-5138. Enrollment required current CYS registration, sports physical NOT required for camps.  
For more info call, CYS Youth Sports at 683-1362/2050.

### March & April Watercolor

Courses	Workshops
\$175 = 5 classes <b>Watercolor 201 (Intermediate Course)</b> Every Thursday March 28 - May 2 6pm - 8pm <b>Watercolor 301 (Advanced Landscapes)</b> Every Thursday March 28 - April 25 12pm - 2pm	\$25 per workshop <b>Watercolor (Basic Techniques)</b> Tuesday April 2 9:30am - 11am <b>Watercolor (Color Theory)</b> Tuesday April 9 9:30am - 11am <b>Watercolor (Spring Florals)</b> Tuesday April 16 9:30am - 11am <b>Watercolor (Landscapes)</b> Tuesday April 23 9:30am - 11am

Call now to register!  
913-684-3373

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

### Calligraphy

Basics	Intermediate
\$20 per class Tuesday March 26 11:30am - 1pm	\$20 per class Tuesday April 2 11:30am - 1pm <b>Mother's Day Cards</b> Tuesday April 9 11:30am - 1pm

**Reoccurring Classes**  
MUST PRE-REGISTER  
**Intro to Framing \$40 per class**  
 Every 2nd Thursday & 4th Saturday 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

**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!)**

Come see what's new at the Studio!

## YOUTH SPORTS SUMMER GOLF PROGRAM

**JUNE 11 - AUGUST 1**  
TUE & THURS // 4PM - 7PM  
TRAILS WEST GOLF COURSE

**Enrollment dates:**  
April 15 - June 11  
Open to boys & girls 8-17 years old

**\$65 for the first child**  
**\$55.25 for each additional child**

Enroll your child in a sport they can play their entire life! 100% parent participation required, Parent will coach/chaperone their child on the course.

## Hunger Buster Pack

POWERED BY FTLV THRIFT STORE

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

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

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

## Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities

**Free Monthly Diaper Distribution**  
Email: contact@strongholdfoodpantry.org

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

## COLLECTING DONATIONS

Operation Deploy Your Dress is collecting donations to build our shop inventory

\*Formal & Cocktail Attire (dresses and suits)  
\*Shoes, Jewelry & Handbags

All items should be clean & free of tears, snags or stains

SEND US A FB MESSAGE OR EMAIL ODYDLSC@GMAIL.COM

APRIL 2024

**STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS**  
By Appointment Only  
www.strongholdfoodpantry.org

SUN	MON	TUE	WED	THU	FRI	SAT
	1 DONATIONS 12:00-2:00	2 Happy Bottoms 12:30-1:30	3 PANTRY 11:00-1:00	4 Happy Bottoms 8:30-10:30	5	6
7	8 DONATIONS 12:00-2:00	9	10 PANTRY 11:00-1:00	11 Happy Bottoms 8:30-10:30	12	13
14	15 DONATIONS 12:00-2:00	16	17	18 Happy Bottoms 8:30-10:30	19 SPECIAL EVENT	20
21	22 DONATIONS 12:00-2:00	23 Happy Bottoms 12:30-1:30	24 PANTRY 11:00-1:00	25	26	27
28	29 DONATIONS 12:00-2:00	30				

**STRONGHOLD**

**Featured Program: Child Wellness**

**MAY 14, 2024**  
9:00 AM  
655 BIDDLE BLVD  
FORT LEAVENWORTH, KS

Register online & join us in person.

www.strongholdfoodpantry.org

**STRONGHOLD FOOD PANTRY**  
MORE THAN A FOOD PANTRY

**KIDS SAFEsleep**  
CRIB CLINIC



# Stroller Walk & Talk

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

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

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

POC 913-297-3212

# ACS New Parent Support Prenatal Classes

**Childbirth Classes:**  
Series of three classes  
January 8th, 22nd, 29th  
March 4th, 11th, 18th  
May 6th, 13th, 20th  
July 15th, 22nd, 29th  
September 16th, 23rd, 30th  
November 4th, 18th, 25th

**Newborn Care Classes:**  
February 12th  
April 15th  
June 10th  
August 12th  
October 21st  
December 9th

**Breastfeeding Classes:**  
February 5th  
April 8th  
June 3rd  
August 5th  
October 7th  
December 2nd

Free for Expectant Parents!

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

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

# ACS New Parent Support Potty Training

Are you ready?

600 Thomas Ave  
Room 157  
2/26, 4/22, 6/17, 8/19,  
10/28, 12/16  
5 pm - 7 pm

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

# SCREAM FREE Marriage & Parenting

ACS Conference Room 145  
600 Thomas Ave  
From 1:00 - 2:30pm  
Jan 3, Feb 7, Mar 6,  
Apr 3, May 1

Feeling frustrated? Overwhelmed? Let us help you focus on staying both calm and connected with your loved ones. We'll work together to find the tools to revolutionize your relationship.

FREE  
Open to all DOD ID holders 18+  
leavenworth.armymwr.com

Call to register (deadline is day before training)  
913-684-2822 / 2808

# Co-Parenting Workshop

Jan 11, Feb 8, Mar 21, Apr 25,  
May 23, Jun 20  
@ 12-1:30pm  
ACS Classroom 145  
600 Thomas Ave

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

Our six week workshop will show you how to build a bridge that will enhance parenting skills, enrich positive co-parenting, learn to use positive discipline, and develop 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 913-684-2822/ 2808  
Deadline to register is day before class.  
Participants are encouraged to attend every class as each session will be different.

# ACS FAP Presents: 5 Love Languages for Couples

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

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

Deadline to register is day before each class.  
FREE and open to DoD ID card holders 18+.  
For more info: (913) 684-2811/2808

Scan the QR Code for more info about FAP.

# Navigating the Teen Years

Jan 16, Feb 20,  
Mar 19, Apr 16,  
May 21, Jun 18  
@ 1-2:30pm  
ACS Classroom 145  
600 Thomas Ave

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 913-684-2822/ 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 14, May 8, Aug 14, Nov 13  
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

# "Refreshing Conversations"

Need to talk to someone who "gets it"?  
Come join your fellow EFMP Spouses for

Let's talk about the topics that impact our EFMP community!

Every first Thursday of the month  
@ the ACS classroom  
In The Resiliency Center  
10:00 am - 11:00 am

Oct 5  
Nov 2  
Dec 7  
Jan 4  
Feb 1  
Mar 7  
Apr 4  
May 2  
Jun 6

Enjoy light refreshments, a delicious drink of the month, and great conversation!

Please register by calling 913-684-2800 or 913-684-2871

# 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.

Jan 24 • Feb 21 • March 20 • April 17  
May 22 • June 12 • July 24 • Aug 21  
Sept 18 • Oct 23 • Nov 13 • Dec 4

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

# MOM'S NIGHT OUT

This NEW 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.

Jan 31 • Feb 28 • March 27 • April 24  
May 29 • June 26 • July 31 • Aug 28  
Sept 25 • Oct 30 • Nov 20 • Dec 11

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

# Empowering Families Lunch & Learn Workshop Series

12 - 1 pm via Microsoft Teams

September 21  
Help, My Child is Struggling in School

October 19  
Let's Talk IEPs

November 16  
Challenging Behavior? Tips for Home and School

January 18  
Understanding & Supporting Sensory Needs

February 15  
Step Ahead at Age Three

March 21  
Movin' On: Preparing for Your Next Move

April 18  
Strategies for Supporting Your Child with Autism

For more information or to register, contact 913-684-2838 and 913-684-2871.

# Play Morning

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

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

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

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

# Playground Palooza!

Every 2nd Tuesday from 9am - 10am  
@ The EFMP Playground  
(through the month of October 2024)

Come out and get to know other EFMP Families while the kids play! Every month there will be a NEW and EXCITING activity for the kids! Open to EFMP Families only.

Registration is required the Friday before the event. Call 913-684-2871 or 913-684-2800 for more info

Activities\*  
May- Chalk Art  
June- Art Essels  
July- Popsicles  
August- Bubbles  
September- Juice Boxes  
October- Pumpkin Decorating  
\*Subject to change



**Operation Megaphone Lock In 2024**  
For CYS/MST Registered 6th-12th Graders

Date: 26-27 April 2024

**Tentative Schedule**  
Minimum space available so register early

1900-1930	Meet & Greet & Team Building
1930-2030	Teen Discussion and Issues *AFAP (Issues given to the Garrison)
2100-2300	Rock & Glow Bowling & Pizza Party
2300-0100	Music, Dancing and Lip Sync Battle - With DJ George
0100-0200	3 on 3 Basketball Tournament
0200-0230	Ice Cream Sundae Eating Contest
0230-0400	Movie
0400-0500	BINGO or Free Throw Contest
0500-0530	Crazy Relay Races
0530-0630	Kickball or Free Time
0630-0700	Breakfast (Waffles w/toppings & Sausage, Juice and Milk)
700	Head Home (Hope you had A GREAT time At the Youth Center)
On Going Activities	Inflatables, Card Games, Video Games, Board Games, Challenges, and plenty of Snacks. (Concession will Be open)

Cost is \$20 - Parents must register and pay by Wednesday 24 April  
REGISTRATION IS CLOSED ON 25 APRIL 2024  
Once the Lockin begins youth may not leave the program unless parents come and sign you out  
For more information please call 913-684-5131/913-684-5118

# EFMP RECREATIONAL BOWLING

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



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

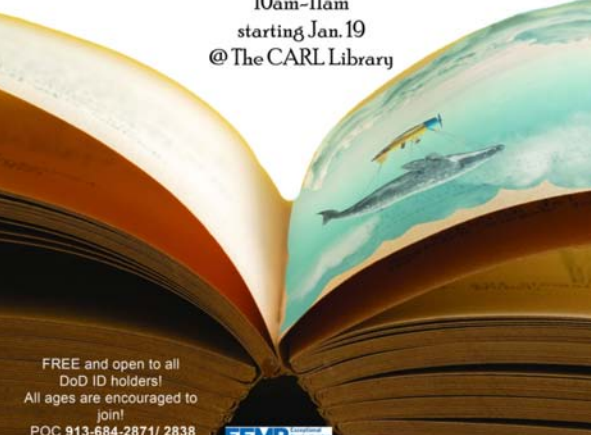
All ages welcome!  
FREE for the entire family including shoes!  
Bumpers, bowling ramps, and lightweight bowling balls are available.

Pre-registration is required the Wednesday before the event.  
Call 913-684-2800 for more info or to register

EFMP presents:

# SENSORY STORY TIME

Every 3rd Friday of the month  
10am-11am  
starting Jan.19  
@ The CARL Library



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

# MOM & ME CROCHETING

May 17  
1pm - 4pm  
Room 157  
600 Thomas Ave

Come on out and learn a new skill, or perfect an existing one! An instructor will be available to teach the basics.

"Stitch" together and bond with your kids!  
Supplies and snacks will be provided!  
Have a favorite yarn?  
You're welcome to bring it!

Please RSVP by May 10  
Call 913-684-2808/2800

FREE!  
Ages 8+

FREE ENTRY

# Summer Kick-Off

FEATURING  
GAMES · MUSIC · RIDES  
FOOD TRUCKS · INFLATABLES  
AND MUCH MORE!

May 10, 2024  
4:30-8 pm

AT THE USD 207 TRACK & FIELD COMPLEX  
FTLVN CHILD SUPERVISION POLICY APPLIES  
GATE ACCESS REQUIRED

Join our ACS/FAP team for

# STORY TIME!

To be held in Room 143  
600 Thomas Ave

April 3, 2024 10:00 am  
April 10, 2024 2:00 pm  
April 17, 2024 10:00 am  
April 24, 2024 2:00 pm

For ages 0-4  
All Children in attendance will receive a FREE book to enjoy at home!  
For more information or to make a reservation contact 913-684-2811



25

THURSDAY, APRIL 25, 2024 AT 5:30 PM CDT

## The French in Kansas in the 18th Century: Fort de Cavagnial by Donald Wade Davis

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

## SENSORY STORYTIME AT THE MUSEUM

FRIDAY April 19<sup>th</sup> @ 10am

- Located in the Fort Leavenworth gallery at the Frontier Army Museum (100 Reynolds Ave, Ft Leavenworth)
- Family Storytime (open to all ages)
- Activities, like stories, crafts, sensory experiences, songs, games and socialization.

# VOLUNTEER BASICS

JAN 10 • MARCH 13 • MAY 15 • JUNE 26 • AUG 28 • SEPT 4  
ACS CLASSROOM • 600 THOMAS AVE.  
TIME: 12PM - 1PM

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

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.

INFO: (913) 684-2835

Update

As of: 19 October

## ACS WILL BE CLOSED THURSDAYS FROM 0800-1300 FOR STAFF TRAINING.

FOR IMMEDIATE ASSISTANCE: 913-684-1669  
FOR VICTIM ADVOCATE: 913-683-2537

We are sorry for the inconvenience.

## Clean Paws Pet Wash

Open 24 hours a day!  
Merritt Lake Parking Lot  
Cash, Coin and Card



Info: (913) 651-7176

## Wireless Emergency Alerts (WEA)

can alert you when weather threatens!

WEAs are emergency messages sent by government authorities to your mobile phone, reserved for life-threatening situations.

Keep WEAs enabled on your phone. It could save your life or the lives of others.



ACS Family Advocacy Program Presents:

# ANGER MANAGEMENT

December 14 • February 15 • April 18  
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) 684-2808/4357

# STRESS MANAGEMENT

Thursdays: Jan 18, Mar 14, May 16, July 18  
1130 - 1300 brown bag lunch class.  
ACS Conference Room 145  
Registration Required must register by the day before the class you want to attend.  
Classes are for 18 and over

This one-session FREE class helps attendees identify stressors and symptoms of stress as well as how to select and implement stress management skills to overcome stressors of any kind. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you. End the class with a structured relaxation exercise.

To register or for more information, call (913) 684-2808/2800

# BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly

recreation & leisure • events • meetings  
quality of life • community service

COME EXPERIENCE A

# NIGHT AT THE MUSEUM

April 26, 2024  
5:30 - 7:30 PM  
Enjoy a guided tour of the Frontier Army Museum as it comes to life with special exhibits that are fun for the whole family.

SIGN UP AT FFAM.US

The Friends of the Frontier Army Museum  
100 Reynolds Avenue  
Fort Leavenworth, KS 66027

# DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

When:  
November 7th and 21st  
December 5th & 19th  
January 2nd, 16th & 30th  
February 13th & 27th  
1:00PM-2:30PM

THIS GROUP IS:  
- SAFE  
- RELATABLE  
- EDUCATIONAL  
- RELEVANT  
- CONFIDENTIAL

Where:  
Resiliency Center  
600 Thomas Ave  
Room 145

FOR QUESTIONS CALL 913-683-2537

## - 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

# UNITED STATES DISCIPLINARY BARRACKS SESQUICENTENNIAL CELEBRATION

# Time to Register

May 19-21, 2024 | Fort Leavenworth, Kansas  
RSVP Due April 12, 2024

Welcome Reception | USDB Tours | Banquet | Plaque Ceremony

Register on Event Brite USDB Sesquicentennial Anniversary Celebration

## Schedule of Events

**19 May 24, Sunday**

- Welcome Reception, VFW Post 56, (1700-2100) (cash bar)

**20 May 24, Monday**

- USDB "Changes Over Time" Presentation (0800-1030) (Lewis and Clark Center)
- Windshield Tour of Ft Leavenworth (1030-1200)
- USDB Sales Store Open House (1100-1500)
- No-Host Lunch (1100-1300) (12<sup>th</sup> Brick Grill inside old USDB)
- Tour of the new USDB (1300-1415)
- Tour of the old USDB (1300-1415)
- Tour of the new USDB (1430-1545)
- Tour of the old USDB (1430-1545)
- BBQ Dinner (1700-2100) 35<sup>th</sup> ID HQ

**21 May 24, Tuesday**

- Sesquicentennial Plaque Ceremony (0900-1000) (Lewis and Clark Center)
- Tour of Lewis and Clark Center (new CGSC) (1030-1130)

**\$35 includes meat/veggie trays at Welcome Reception; BBQ Dinner w/beer/wine, soda, H2O; and 150<sup>th</sup> Anniversary Cake with refreshments.**

Questions: [peter.j.grande.vol@army.mil](mailto:peter.j.grande.vol@army.mil) or 913-683-8263

THE US ARMY GARRISON FORT LEAVENWORTH  
EQUAL EMPLOYMENT OPPORTUNITY OFFICE

Presents

**FY24 Mandatory Face to Face  
ANTI-HARASSMENT/NO FEAR ACT  
AND EEO TRAINING**

LOCATION: POST THEATER

**2<sup>nd</sup> Quarter**  
20 March 2024, Wednesday: 1030-1130 (Employees)  
1300-1400 (Supervisors)

**3<sup>rd</sup> Quarter**  
2 May 2024, Thursday: 0900-1000 (Employees)  
1030-1130 (Supervisors)

18 June 2024, Tuesday: 1300-1400 (Supervisors)  
1430-1530 (Employees)

(Employees) = Civilian Employees,  
(Supervisors) = Supervisors, and Military Supervisors of Civilian Employees

For FY24 face to face training is mandatory. On-line training is no longer valid. The Ft. Leavenworth Garrison EEO office will track attendance for IMCOM employees only. Other organizations are welcome to attend training, but they must track and report training separately.

For additional information, please contact:  
EEO: Kale E. Webster, EEO Specialist, [kale.e.webster.civ@army.mil](mailto:kale.e.webster.civ@army.mil)

Commissary Privileges\*  
for all CYS Employees

# NOW HIRING

- Medical, Dental, Vision & Life Insurance Benefits\*
- Retirement & 401K
- Flexible Work Hours
- Paid Time Off (Vacation & Sick)
- Career Progression & Paid Training
- Tuition Reimbursement Possibilities
- Priority Child Care Placement and Employee Child Care discounts
- Tax-free Shopping Privileges at AAFES
- Job transfer program worldwide through Civilian Employment Assignment Tool

COME WORK WITH CYS

APPLY NOW!  
[ArmyMWR.com/cyscareers](http://ArmyMWR.com/cyscareers)

\* Conditions apply

SCAN TO LEARN MORE



**33rd ANNUAL**  
**COMMAND & GENERAL STAFF COLLEGE TRIATHLON**  
 FORT LEAVENWORTH, KS 4 MAY 2024

**8:00AM - HARNEY SPORTS COMPLEX**

**SWIM** 100 YDS **BIKE** 12.4 MI **RUN** 3.1 MI

**PRICING** Individual Racer: \$70  
 Relay Team of 2 or 3: \$85  
 Register by 19 APR to guarantee your t-shirt!

**REGISTER IN PERSON** Harney Gym, Gruber Gym, and The Resiliency Center (600 Thomas Ave, Rm 223)  
**FOR MORE INFO** CALL: 913-684-1674

**RACE BRIEFING & SHIRT PICKUP** 3 MAY - 4:00PM-6:00PM  
 Frontier Conference Center 350 Biddle BLVD, Ft Leavenworth

Thank you to all our sponsors (No Federal Endorsement Implied)

USAA, U.S. ARMY, MWR, KU EDWARDS CAMPUS, U.S. AIR FORCE

FLSC Annual Charity **GOLF** SCRAMBLE

**APRIL 27TH**

Two Fun Events One Amazing Day

**WESTERN NIGHT**  
 BEER BIRDIES BBQ BOURBON

Trails West Golf Course 1 PM • Frontier Conference Center 6 PM

**ADULT SPORTS**

**Softball LEAGUE**

LEAGUE PLAY STARTS TUESDAY, JUNE 4TH  
 GAMES TUES & THURS @ 5:30 - 8:30 P.M.  
 DONIPHAN FIELD #1

Coaches Meeting: Thursday, May 16 - 5:30 p.m.  
 Gruber Fitness Center

League awards will be given for regular season champions and 1st and 2nd place tournament champions.  
 Open to Active Duty, DoD, Retirees and Contractors working at Fort Leavenworth ages 18 & older.

For more information, call (913) 684-3224/ 5136  
 Team rosters due by Wednesday, May 29

MWR

**Intramural**

3rd Annual Fort Leavenworth Softball Tournament!

**SOFTBALL** Tournament

Tournament starts Wednesday May 1st  
 Tournament ends Friday May 31st  
 Info: (913) 684-3224/ 684-5136

Coaches Meeting Thursday April 18th  
 5:30 pm @ Gruber Fitness Center  
 Games: Mon. & Wed. 5:30PM-8:30PM @ Doniphan Field #1

(Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors)  
 Team Rosters and/or letters of intent due COB Wednesday, April 24th.  
 Awards for tournament runner ups, and tournament champions.  
 Must be 18 years old or older

**FUN SHOOT**

Brunner Range  
 1st Saturday of the Month

**Jan 6 - Dec 7 2024**  
 Feb 3, Mar 2, Apr 6, May 4, Jun 1, Jul 6, Aug 3, Sep 7, Oct 5, Nov 2,

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

Space is limited so register early.  
 Rental guns and shells are available or bring your own.  
 Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132  
 701 Sheridan Drive

MWR

Brunner Range  
**2024 LEAGUE SCHEDULE**

Winter Combo  
 4 January - 7 March

Spring Combo  
 21 March - 23 May

Summer Warm-up  
 6 June - 11 July  
 18 July - 22 August

Fall Combo  
 5 September - 7 November

Winter Warm-up  
 14 November - 19 December

Each league has a one-time payment of \$25  
 Payment is held for prizes at the end of each league.  
 Combo leagues shoot on Thursday evenings. Teams consist of 5(4+) shooters.  
 All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.  
 Contact Brunner Range for more information (913) 651-8132

MWR

**WEIGHTLIFTING**

First Class is Free!

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

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

FOR MORE INFO, (913) 684-2190

MWR, U.S. ARMY, U.S. AIR FORCE, U.S. NAVY, U.S. MARINE CORPS

Starting Monday April 15th, 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)			(0915) Zumba (Lydia) Hot Yoga (Kim)
1030						
1630	30/30 Split (Kim)		Power Cycling (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

MWR, U.S. ARMY SPORTS • FITNESS • AQUATICS

https://leavenworth.armymwr.com

**913 WEIGHTLIFTING**

**FUNCTIONAL FITNESS CLASSES**

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

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

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

CONTACT  
 For more info: 949-291-0386

MWR, U.S. ARMY, U.S. AIR FORCE, U.S. NAVY, U.S. MARINE CORPS

**Discover Fort Leavenworth's Fitness Facilities**

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

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

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

**Adult Sports & Fitness**

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

**Group Fitness**

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

**WE OFFER 24/7 Gym Access (After registration)**

**LET'S GO!**

**DECIDE TO COMMIT TO SUCCESS**

leavenworth.armymwr.com

MWR, U.S. ARMY, U.S. AIR FORCE, U.S. NAVY, U.S. MARINE CORPS



# Attention track users: Official start/stop points required for ACFT accuracy

**Common Finish Line**

**2 MILE RUN START**

**2 MILE RUN FINISH**

**2 Mile Start Line**

- Common Finish Line
- 2 Miles after 8 laps
- Officially measured 2 mile distance
- 8 laps = 3,200 meters (10,498.69 ft)
- 2 miles = 10,560 ft (3,200 meters + 61.31 ft = 2 miles)
- Distance between lines = 61.31 ft

USD 207 District Track and Field Complex  
USD 207 Track

Unified School District 207 graphic

When using the officially measured "start" and "stop" points, the two-mile run at the Unified School District 207 Track/Normandy Field is within an accuracy of +/- six inches.

If the officially measured "start" and "stop" points are not used, the Army Combat Fitness Test will not be accurate.

**ARMY COMMUNITY SERVICE LOAN CLOSET**  
FORT LEAVENWORTH, KANSAS  
913-684-2830/2800

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

When: Monday – Wednesday & Friday 0800-1600 (closed during 1130-1230); Thursday 1300-1600

Where: 800 Thomas Avenue (Pull into the Alley behind the ACS building and call the number on the black sign)

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

Items available:

**Pre-Packed Kitchen Kit:**

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

**Additional Items Available:**

Cheese Graters	Plates	Square Tables
Pizza Cutters	Bowls	Circle Tables
Spaghetti Servers	Coffee Cups	Folding Chairs
Tongs	Blenders	Laundry Baskets
Whisks	Coffee Makers	Irons
Glass Baking Dishes-Rectangle	Crock Pots	Ironing Boards
Glass Baking Dishes-Circle	Toasters	Trash Cans
Muffin Pans	Rice Cookers	Air Fryers
Hand Mixers	Microwaves	Indoor Grills

Strike Zone Bowling Center's

# GOOD GRADES SPECIAL

NOON - 7 pm

October 21, January 6, March 23 & May 25

Kids! Bring in your report cards and receive one free game for every "A" or equivalent. Straight "A's" gets you free sodas for the family (6 max) and all "B's" or better gets you 5¢ off any pizza. Games may be used by all family members.

Strike Zone - 165 Fourth Street - (913) 651-2195  
https://leavenworth.armymwr.com

EXCHANGE **YOU MADE THE GRADE** you get the REWARDS!

**\$20 REWARDS!** Straight **A** students

**\$10 REWARDS!** Average **B** students

ENTER FOR A CHANCE TO WIN A **\$2,000, \$1,500 OR \$500 REWARDS!** GIFT CARD!

See an Associate for details and entry forms.

**FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS**

Disneyland Military Salute Offer 2024:

- 3 DAY Park Hopper Our Price \$268.50 W/Genie \$357.75
- 4 DAY Park Hopper Our Price \$314.25 W/Genie \$433.00

Disney World Military Salute Offer 2024:

- 4 DAY Park Hopper Our Price \$365.00...W/Water Park and Sports Center \$395.00
- 5 DAY Park Hopper Our Price \$385.00...W/Water Park and Sports Center \$415.00
- 6 DAY Park Hopper Our Price \$399.75...W/Water Park and Sports Center \$435.00

Universal Orlando Military Freedom Offer 2024:

- 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+ \$112.00

Go City Go Card: Sightsee and save with a Go Card! Discover the best attractions, tours and experiences, all on one pass.

Worldwide: Austria-Vienna, UAE- Dubai, Mexico-Cancun, and Italy-Rome

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

**We have KC Royals Tickets for the 2024 season!**

Exclusive Military Rate for tickets and parking.

Ticket prices are based on tiers and vary depending on opponent.

For more info call, or stop by Leisure Travel Services.  
(913) 684-2580  
310 McPherson Ave (located inside the old USBB)  
Or check out our website, Leavenworth.armymwr.com

**STRIKE ZONE Birthday Packages**

**SILVER PACKAGE**  
\$16 per person  
2 hours of bowling with shoes  
2 slices of pizza  
Small beverage of choice  
Free game pass for future use  
Birthday themed plates, cups and napkins  
1 Free Laser Maze play for each guest

**Bronze Package**  
\$13 per person  
2 hours of bowling with shoes  
Small beverage of choice  
Free game pass for future use  
Birthday themed plates, cups and napkins  
1 Free Laser Maze play for each guest

Party Enhancements  
Birthday Pins \$20

Call us today to book your party! 913-651-2195

**2024 Worlds of Fun/Oceans of Fun Gold Season Pass**

Available Now @ Fort Leavenworth Leisure Travel Services

**\$94.50**

310 McPherson Ave BLDG 464, Fort Leavenworth 913-684-2580 Business Hours Tue/Wed/Thu/Fri @ 10a-3p

**CITY UNION MISSION Since 1924**

## Donation Day FAQs

- 1) When is Donation Day?  
Donation Day is every 2nd Saturday of the month. Please have items for donation out before 8:00 a.m.
- 2) Where can I donate items?  
Items can be left on the curb in front of your home. Please place items in a clear bag or box clearly labeled FOR DONATION.
- 3) What items can I donate?  
City Union Mission will take donations of household goods, clothing, toys, etc. Furniture will also be picked up, as long as it is in good condition for resale.
- 4) What will happen in the event of inclement weather?  
Please follow us on Facebook for updates to the community.

COMMUNITY MANAGEMENT OFFICE: (913) 682-6300

**Ready for the Big Screen? Book A Post Theater Birthday Party!**

Event Space: \$225

Small Snack Package\*: \$6 per kid includes drink, kid size popcorns, candy  
Large Snack Package\*: \$8 per kid includes drink, medium popcorns, candy  
\*minimum of 10

Call 913-684-2736 to book your party



## TENANT SATISFACTION SURVEY RESULTS!

The Department of Army issued the TENANT SATISFACTION SURVEY (TSS) on March 4th!  
 FHC wants feedback from all households. What is FLFHC doing right & what improvements would you like to see?

**YOUR PARTICIPATION COUNTS!**  
 Thank you to those who have already completed their survey.

### HOW IS YOUR NEIGHBORHOOD RANKING?

LEAVENWORTH, CHEYENNE	33	6.1 %
LEAVENWORTH, EAST CHEYENNE	21	19.0 %
LEAVENWORTH, INFANTRY BARRACKS	58	22.4 %
LEAVENWORTH, IDWA	71	26.8 %
LEAVENWORTH, KICKAPOO	141	18.3 %
LEAVENWORTH, LOWER KANSAS, OSAGE	84	20.2 %
LEAVENWORTH, MAIN POST	111	23.4 %
LEAVENWORTH, NEZ PERCE-OREGON	80	15.0 %
NEW-PAWNEE NEW		
LEAVENWORTH, NORFOLK	87	16.1 %
LEAVENWORTH, OREGON OLD	89	20.2 %
LEAVENWORTH, OSAGE	97	17.5 %
LEAVENWORTH, OTTAWA	113	11.5 %
LEAVENWORTH, PAWNEE OLD	23	8.7 %
LEAVENWORTH, POTTAWATOMIE	136	15.4 %
LEAVENWORTH, SANTA FE	166	21.7 %
LEAVENWORTH, SHAWNEE	121	9.9 %
LEAVENWORTH, UPPER KANSAS	44	20.5 %
LEAVENWORTH, WBT	13	23.1 %

**The sooner you respond, the more chances you have to win!**  
 There are 32 chances left to win a \$50 GIFT CARD and one \$250 prize!  
 CEL will randomly draw the winner. FHC will only receive the residents name and address. Your survey feedback is not shared if you are selected, the survey is completely anonymous to FLFHC.

### CANT FIND YOUR SURVEY?

- Scan QR code or Contact CEL via email at ArmyHousingSurvey@celassociates.com to request a survey link. When you email CEL
- You must include your installation name and complete street address including unit number, if applicable.

OMB Control Number: 0704-0553  
 OMB Expiration Date: 31 May 2025

## WOMEN VETERANS PACT Act-SERVICE Act and HEALTH RESOURCE FAIR

**Saturday, May 4, 2024**  
**0930-1230**

VA LEAVENWORTH MEDICAL CENTER  
 4101 S. 4TH ST. TRFWY  
 WOMEN'S CLINIC, MAIN BUILDING  
 (DIRECTLY ACROSS FROM ENTRANCE LOBBY)  
 Leavenworth, Kansas 66048

### EXPANDED HEALTH CARE ELIGIBILITY

Calling all Women Veterans who were exposed to burn pits or other toxins during deployment.

Talk to your VA provider today about any concerns you may have related to your exposure.

**NO APPOINTMENT NEEDED**

- VA Health Care-Apply on site
- Veterans Service Reps-File a VA Disability Claim
- Toxic Exposure information and screenings\*
- VA Women's Clinic services and staff w/tours

Services: Hearing tests, toxic exposure screenings  
 Demonstrations: Equine Therapy, Drum Circle, Clinic tours  
 Information: Intimate Partner Violence, Suicide Prevention, Presumptive Conditions, VA Service Act-Breast Cancer screening eligibility  
 Resources: Veterans Organizations and Resource partners

For more information:

- VA.GOV/PACT
- Topeka VA Facebook TOPEKAVAMC
- Or call 785.559.8190

\*screenings may be done for enrolled veterans

## Financial Readiness Milestone Training

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

Some of the topics we will discuss:

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

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

INFO: 913-684-2852 / 2800

## REASONS TO CONNECT WITH 988

You can call, text, and chat the 988 Suicide & Crisis Lifeline to talk about a lot of things.

**988 SUICIDE & CRISIS LIFELINE**

## JOIN OUR TEAM!

We Are Looking For a Professional:

**Supervisory SARC (Principle) "AKA Lead SARC" GS-0301-13**

Come join the Combined Arms Center SHARP Team

Accepting Applications until 22 Mar 24 - 29 Mar 24

Submit Your Resume : <https://www.usajobs.gov/GetJob/ViewDetails/783040800>

## JOIN OUR TEAM!

We Are Looking For a Professional:

**Supervisory SARC (SAR WF) GS-0301-12**

Come join the Combined Arms Center SHARP Team

Accepting Applications until 22 Mar 24 - 29 Mar 24

Submit Your Resume : <https://www.usajobs.gov/GetJob/ViewDetails/783041600>

## ACS Employment Readiness Program Menu of Services

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

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

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

## Employment Readiness Program Classes

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

- Resume Writing:** Mar 20\* • June 19\* • July 17\*  
 Aug 14\* • Sept 25\*  
 Evening Classes: May 22 • Aug 14 - 5PM - 7PM  
 Registration required for evening classes
- Federal Employment:** Jan 17\* • Mar 6\* • April 10\*  
 May 8\* • June 5\* • July 10\*  
 Aug 7\* • Sept 11\* • Oct 9\* • Nov 6\*  
 Evening Classes: May 15 • Aug 7 - 5PM - 7PM  
 Registration required for evening classes
- Interview Skills & Professionalism:** Feb 21\* • May 22\*  
 July 24\* • Aug 21\*

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

## NOW HIRING Military Spouses & Veterans

### MONARCH BUTTERFLY DOD INTERNSHIP

Environment for the Americas (EFTA), with funding from the US Forest Service and Department of Defense (DoD), is supporting military installations with monarch butterfly monitoring and management efforts. We are looking for veterans, military spouses, and dependents to join our team!

#### POSITION DESCRIPTION

- Monarch butterfly and habitat monitoring** - Interns will receive training in surveying monarchs and their habitat, along with instruction in ecological field protocols.
- Engaging the public** - Interns will engage with the military community through leading talks, nature walks, and outreach activities, and are encouraged to contribute blogs to the EFTA website.
- Collaborating with partners** - Interns will work closely with the natural resource managers on their installation, representing our program to the public and partners.

#### AT A GLANCE

- Compensation: \$600/week**
- When traveling, participants will receive a \$1000 housing stipend and travel costs to/from the work site.
- Duration: 6 week - 6 month positions available starting March 2024. Please list desired location(s) in your application.

#### SITES INCLUDE:

- TX: Ft. Cavazos, Dyess AFB, Laughlin AFB
- OK: Ft. Sill, Tinker AFB, Camp Gruber
- KS: Ft. Riley
- NE: Camp Ashland
- CA: Vandenberg AFB

#### QUALIFICATIONS

- Veteran, military spouse, or dependent.
- A desire to learn about monarchs and habitat surveying.
- Ability to conduct fieldwork on DoD lands, which may include long days outdoors and walking long distances.
- Preferred: background in ecology, biology, or natural resources or interest in these fields

#### JOIN US!

Apply on our website at: [environmentamericas.org/fta-internships-landing-page/](https://environmentamericas.org/fta-internships-landing-page/)  
 Reach out to Deborah May, the Monarch Program Manager with any questions at: [dmay@environmentamericas.org](mailto:dmay@environmentamericas.org)



# MUNSON NOTES



**SPORTS PHYSICALS ARE CURRENTLY UNAVAILABLE**

### Temporary Suspension of Sports Physicals

Due to provider staffing, sports physicals are currently unavailable from Munson Army Health Center, but they can be obtained off post. Unfortunately, sports physicals, on their own, are not a TRICARE-covered benefit. While MAHC has offered sports physical in previous years, the staffing this summer cannot support the extra service at this time without impacting access for patients with acute and/or chronic healthcare needs. MAHC continues to prioritize services to ensure we meet the soldier readiness mission and access to care standards and will fulfill that mission with systems already in place.

MAHC providers may complete sports physical paperwork in conjunction with a TRICARE-covered physical, like a school physical or routine physical; however, appointments for routine physicals may be delayed, when medically appropriate, until late summer/early fall when staffing recovers.

### 3 tips to help you prioritize your mental health:

- 1. Schedule Time for Self-Care:**  
Make time for yourself daily to rejuvenate your mind, body, and soul. It's not indulgent; it's essential.
  - 2. Cultivate Meaningful Connections:**  
Strengthen bonds with loved ones to create a supportive network that fosters belonging and understanding.
  - 3. Practice Mindfulness:**  
Ground yourself in the present moment. Breathe deeply and focus your gaze on the things around you.
- Your mental health is a priority.**



Munson Army Health Center

**WE ARE HIRING**

- PHYSICIAN (PEDIATRICS)
- PHYSICIAN ASSISTANTS
- DENTAL ASSISTANT
- AND MORE!

Munson Army Health Center is hiring:

**Physician (Pediatrics)**  
<https://www.usajobs.gov/v/job/777561300>

**Physician Assistant**  
<https://www.usajobs.gov/v/job/784711600>

**Clinical Social Worker**  
<https://www.usajobs.gov/v/job/784493400>

**Practical Nurse (Special Salary Available)**  
<https://www.usajobs.gov/v/job/784710800>

This is a Direct Hire solicitation. Salary negotiation may be available for those candidates who are new to federal service. Student loan repayment may be authorized.

**Fort Leavenworth Dental Activity**

**We're hiring Dental Assistants**

**JOIN OUR TEAM**

**Refills are here!**

TRICARE® beneficiaries can order prescription refills through their MHS GENESIS Patient Portal.

To learn more visit: [www.tricare.mil/MHSGENESISRxRefills](http://www.tricare.mil/MHSGENESISRxRefills)

**Don't Delay – Update DEERS Today!**

Check and make sure your DEERS information is correct.

If your information is **NOT** updated in DEERS:

- You can lose access to your medical benefits
- Your healthcare team and TRICARE may be unable to reach you with critical healthcare, authorization, claims, and enrollment information

Update DEERS immediately if you experience any of the following:

- Move
- Marriage or divorce
- Change in sponsor's status (e.g. retirement or separation, activation or deactivation, change in service status)
- New birth or adoption
- Change in a student's full-time enrollment status
- Become eligible for Medicare
- Death of sponsor or family member
- Change of contact information (e.g. email address, phone number)

Learn how to update DEERS at: <http://www.TRICARE.mil/DEERS>

**BRAIN INJURY AWARENESS**

**BE A BRAIN WARRIOR**  
PROTECT • TREAT • OPTIMIZE

**HEAD INJURY?**  
Seek medical help if you have these warning signs:

**HEARING**

- Dizziness
- Ringing, buzzing, or other sounds in your ears or head
- Trouble understanding speech in noisy environments

**VISION**

- Dizziness
- Blurry or double vision
- Trouble reading
- Flashes and/or floaters

**DHA**  
Department of Health Agency

[health.mil/BIAMonth](http://health.mil/BIAMonth)

**MARCH IS BRAIN INJURY AWARENESS MONTH**

**BE A BRAIN WARRIOR**  
PROTECT • TREAT • OPTIMIZE

A traumatic brain injury—or TBI—is a blow or jolt to the head that disrupts the normal function of the brain. The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate, severe, or penetrating.

- MORE THAN 485K** TBIs REPORTED SINCE 2010 BY U.S. SERVICE MEMBERS\*
- 82.2%** CATEGORIZED AS MILD TBI, ALSO KNOWN AS CONCUSSION
- ONLY 16.9%** TBIs OCCUR IN THE DEPLOYED SETTING†

**WHAT TYPES OF ACTIVITIES CAN LEAD TO A TBI?**

- Military Training Exercises
- Sports and Recreational Activities
- Motor Vehicle Collisions

**HOW CAN I BE A BRAIN WARRIOR?**

**PROTECT**

- Wear a helmet
- Practice safe driving techniques
- Be aware of your surroundings
- Check out [health.mil/AHFTF](http://health.mil/AHFTF) for more safety tips

**TREAT**

- See your health care provider as soon as you experience a potentially concussive event
- Learn to recognize signs and symptoms of TBI, including headaches, trouble sleeping, and blurred or double vision
- Check out [health.mil/TBIFactSheets](http://health.mil/TBIFactSheets) for more information

**OPTIMIZE**

- Learn how to advocate for a loved one with TBI while ensuring your own emotional and physical health
- Ask your medical provider to explain the steps on your recovery journey and how to safely return to duty
- Check out [health.mil/TBIPatientResources](http://health.mil/TBIPatientResources) for more information

\*TRICARE 2023 DOD Worldwide Numbers for TBI, DOD TBI Worldwide Numbers since 2010. [health.mil/TBINumbers](http://health.mil/TBINumbers)  
†Agnew V, Regina LE. Stout MC. Incidence of traumatic brain injury in the U.S. military, 2010-2014. *Mil Med.* 2019;184(5-6):423-41.

[#BIAMonth](http://health.mil/BIAMonth) **DHA**

**HEALTH QUESTIONS WHILE YOU'RE ON THE GO?**

**A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY**

**MHSNurseAdviceLine.com**

Web chat, video chat or find your country-specific phone number 24/7

Get health care advice • Find a health care provider • Schedule same or next day appointments when recommended by nurse • Get an online "absence excuse" or "sick slip" • Receive help for urgent/emergent care and traveling beneficiaries.

**MTF enrollment, command guidance and recommendations by a registered nurse may be required. If you have an emergency, call 911 or go to the nearest emergency room.**

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**MUNSON ARMY HEALTH CENTER**

**EYE EXAMS**

Munson Army Health Center is currently scheduling routine eye exams for eligible school-aged beneficiaries age 6 years and up. Call 913- 684-6250 to schedule.