

THURSDAY  
JUNE 26, 2025



# LAMP

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

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## 2 MWD Det. NCOs inducted into SAMC

by Prudence Siebert/Fort Leavenworth Lamp

Sgt. 1st Class Cody Barratt and Sgt. Gerald Leith III, both of the 67th Military Police Detachment (Military Working Dog), Special Troops Battalion, were inducted into the Lamp Chapter of the Sergeant Audie Murphy Club during a ceremony June 18 in Grant Auditorium. Barratt is the detachment’s kennel master, and Leith is a team leader and patrol explosives detection dog handler.

SAMC President 1st Sgt. Martin Alonzo, Army Corrections Brigade, said Barratt and Leith are very deserving of the SAMC induction honor.

“They are both committed to their local community, stewards of the profession, strive for excellence and serve the United States of America honor-

ably,” he said. “Sergeant First Class Barratt and Sergeant Leith are dedicated, exemplary noncommissioned officers that are committed to the welfare of their soldiers and to our nation. ... These NCOs truly lead from the front.”

Alonzo said that during their candidacy, Barratt and Leith assisted SAMC at several volunteer events, including color guard duty for Wreaths Across America, study groups for SAMC candidates, multiple Leavenworth High School JROTC events, and Leavenworth Veterans Affairs hiking trail maintenance.

Alonzo noted that, historically, SAMC membership has heavily been comprised of ACB-assigned NCOs, and he said he was glad to see NCOs from another unit on post become involved with the club.



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Combined Arms Center and Fort Leavenworth Command Sgt. Maj. Shawn Carns and Sergeant Audie Murphy Club Lamp Chapter President 1st Sgt. Martin Alonzo present the SAMC medallion to Sgt. 1st Class Cody Barratt, before doing the same for fellow SAMC inductee Sgt. Gerald Leith III, right, during the SAMC induction ceremony June 18 in Grant Auditorium.**

SEE **SAMC** | **A7**

## Grant Park officially opens with ribbon-cutting ceremony

**Multi-phase improvement project includes pickleball courts, pavillion**

by Melanie Libby/Fort Leavenworth Lamp Intern

Grant Park was officially deemed open for resident and family enjoyment following a ribbon-cutting ceremony June 25. Improvement projects to the park include pickleball courts and seating areas.

The ribbon was cut by Fort Leavenworth Garrison Commander Col. Duane Mosier; Garrison Command Sgt. Maj. Vanessa Sun; Project Manager Tristan Aycock, ACI Build Group; Project Manager David Lutgen, Design Branch, Engineering Division, Directorate of Public Works; and Chief Recreation Officer Jeff Honey, Directorate of Family and Morale, Welfare and Recreation.

“This is an amazing day,” Mosier said in his opening remarks at the ribbon-cutting ceremony. “It is a culmination of a vision of our engineers, our DPW employees, and everybody standing up here.”

The construction for this first phase of the Grant Park renovation project cost more than \$2 million. ACI



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

**Project Manager Tristan Aycock, ACI Build Group; Project Manager David Lutgen, Design Branch, Engineering Division, Directorate of Public Works; Fort Leavenworth Garrison Commander Col. Duane Mosier; Chief Recreation Officer Jeff Honey, Directorate of Family and Morale, Welfare and Recreation; and Garrison Command Sgt. Maj. Vanessa Sun cut a ribbon to signify the opening of Grant Park June 25.**

was the hired contractor to renovate the park, and the contract was created through the U.S. Army Mission and Installation Contracting Command. Construction began in September 2024, but plans began much earlier.

“A short-term study was completed in 2022 to assess the short- and long-term redevelopment options for Grant Park,” Lutgen said.

Grant Park now has a total of four pickleball courts with a “pickleball

pavilion” between them, a tennis court, a soccer field, and a concrete walking path for members of the Fort Leavenworth community to enjoy in their leisure time. The walking path will become a half-mile jogging trail once complete.

Within the pickleball pavilion, there are four picnic benches, a bike rack, several electrical outlets, lights

SEE **GRANT PARK** | **A8**

## June retirees honored

Seven officers and two senior noncommissioned officers will be recognized for their service to the nation during the post retirement ceremony at 9 a.m. June 26 at the Frontier Conference Center. The ceremony will also be live-streamed at <https://www.facebook.com/USAGLeavenworth/>.



Retiring are: Col. Crystal Smith, Dental Activity; Col. Joseph Williams, Joint Center for International Security Force Assistance; Lt. Col. Jesse Bell III, Mission Command Center of Excellence; Lt. Col. Kenneth Moran, Army University; Lt. Col. Dale Verran, Headquarters, Combined Arms Center; Lt. Col. Dean Ray, U.S. Army Cadet Command; Maj. Anton Faustmann, Mission Command Training Program; Sgt. 1st Class Andrew Lopez, U.S. Disciplinary Barracks Battalion (Corrections); and Sgt. 1st Class Joshua Lucas, USDB.

## AT A GLANCE

■ The **POST RETIREMENT CEREMONY** is at 9 a.m. June 26 at the Frontier Conference Center and will also be streamed at <https://www.facebook.com/USAGLeavenworth/>.

■ The Combined Arms Center Law Enforcement Activity is hosting a **DoD BONE MARROW REGISTRY DRIVE** from 10 a.m. to 2 p.m. June 26 at the Post Exchange. For more information, call 580-786-6798 or e-mail [christopher.d.womack10.mil@army.mil](mailto:christopher.d.womack10.mil@army.mil). See related information on page A6.

■ The **SUMMER READING PROGRAM PUZZLE PARTY** is from noon to 3 p.m. June 27 at the

Combined Arms Research Library. Sign up for the Summer Reading Program at <https://carl.beanstack.org/reader365> or visit <https://carlcgsc.libguides.com/Home/SRP25> for more information. Challenge and goal prizes will be awarded to participating toddlers, children, teenagers and adults.

■ **HARROLD YOUTH CENTER WILL BE CLOSED** for open rec June 26 due to road work on Biddle Boulevard.

■ City Union Mission will be doing **PICK-UPS OF GENTLY USED ITEMS** June 28 in housing. Residents will receive an e-mail from Fort Leavenworth

Frontier Heritage Communities the week of pick-ups with a form to sign up.

■ The **FORT LEAVENWORTH LAMP WILL NOT PUBLISH JULY 3** but will resume with the July 10 issue. The *Lamp* staff wishes everyone a happy and safe Independence Day.

■ **A PORTION OF GRANT AVENUE WILL BE CLOSED** July 4 during the Independence Day festivities, with an alternate route at Cody Road and designated parking areas marked. See flyer on page A3 for event information.



# Hospital director shares facts about heat-related illness

by Lt. Col. David Degroot/Heat Center Director, Martin Army Community Hospital, Fort Moore, Georgia

The very nature of our profession as soldiers — training outdoors, wearing uniforms and carrying equipment — practically guarantees we will be exposed to heat stress. The latest data from the Armed Forces Health Surveillance Division indicates that in 2022, more than 200 soldiers suffered from heat stroke and another 1,000 suffered from other less severe forms of heat illness that required medical attention and led to lost duty time.

It might be unrealistic to hope for zero heat illnesses, but through proper training, education and preparation, we can minimize the number of soldiers who suffer from a serious or even fatal heat illness.

The spectrum of heat illnesses includes dehydration, heat cramps, heat exhaustion, heat injury and exertional heat stroke (EHS). Dehydration results when body fluid losses from sweating and urination exceed fluid intake. The cause of muscle cramps that occur during heat exposure is unknown, though electrolyte loss and/or dehydration likely contribute. During exercise in the heat, there is very high demand for blood flow to the exercising muscles and skin for heat dissipation. When this demand exceeds the pumping capacity of the heart, heat exhaustion may occur. Therefore, heat exhaustion is primarily a cardiovascular event caused by exercise and often made worse by dehydration. Heat exhaustion is not associated with any organ damage and return to duty can occur just a few days later.

Heat injury and EHS are the most severe heat illnesses. Heat injury is characterized by organ (liver, kidney) and tissue (muscle)

damage resulting from strenuous exercise and heat stress. When profound central nervous system dysfunction also occurs, heat injury has progressed to EHS. Common signs include loss of consciousness, combativeness and/or altered mental status. If not properly treated with aggressive cooling, heat stroke is potentially fatal.

The following items are some facts about working in the heat, as well as some commonly held beliefs that are simply not supported by facts.

**FACT: Acclimatization to the heat is extremely important and represents what might be the most important thing soldiers and leaders can do to prepare.**

Acclimatization results from moderate exercise in the heat; and while full acclimatization may take up to two weeks of two hours per day of exposure, most of the changes occur within the first five to seven days. Heat acclimatization causes body core temperature to be lower at rest and at a given exercise intensity. Sweating starts sooner and reaches a higher rate, so evaporative heat loss is increased. While acclimatization causes sweat to become more dilute (less salty), the increased sweat rate will increase fluid replacement needs. Unit leaders should plan time for soldiers to heat acclimatize before engaging in higher-intensity activities.

**FICTION: Heat illnesses only occur during the summer months, or the “heat season.”**

While soldiers and leaders at all levels are correct to expect increased heat stress during the summer, due to the clothing we wear, loads we carry and intensity at which we work, heat illness risk is present year-round. An analysis by the then-U.S. Army Public Health Center (now the Defense Centers for Public Health-Aberdeen) indicates that about 18

### Heat Exhaustion

**ACT FAST**

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness

### Heat Stroke

**ACT FAST**

**CALL 911**

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Stay Cool, Stay Hydrated, Stay Informed!

percent of all heat illnesses occur outside the heat season, and there was not a single week during the calendar year when there was not a heat illness, including heat stroke. At some locations, 30 percent of all heat illnesses occurred outside the heat season. It does not have to be hot for a soldier to become a heat casualty.

**FACT: Proper fluid replacement is important for preventing heat illness.**

Dehydration is associated with increased cardiovascular strain, lower sweat rate, lower skin blood flow and reduced exercise performance. When sweat rate and skin blood flow are reduced, heat transfer from the body to the environment is reduced, resulting in an increased core temperature. To estimate how dehydrated you are, step on a scale before and after exercise. If you weigh 150 pounds and lost 1.5 pounds during exercise, you are 1 percent dehydrated, which is of little concern. However, if you lost 4.5 pounds, you are 3 percent dehydrated. When dehydration exceeds 2 percent of body weight, physiological strain and risk of becoming a heat casualty increase.

**FICTION: Fluid replacement is the only thing that is important for preventing heat illness.**

Data from the U.S. Army Research Institute of Environmental Medicine shows that only 17 percent of heat stroke cases were associated with dehydration. The reality is there are many contributing factors, including dehydration, as well as a soldier’s acclimatization status, physical fitness, medication and/or dietary supplement usage, and if they’ve recently experienced a viral infection (cold or flu). Focusing solely on fluid replacement may cause soldiers to overlook other equally important risk factors. Every EHS casualty is associated with multiple risk factors. Even though the soldier is adequately hydrated, other risk factors still matter.

**FACT: Drinking water is preferable for rehydration.**

Sports drinks are effective but often not necessary, as long as soldiers are also eating their meals, which typically contain enough electrolytes to replace those lost from sweating. Drinking water and fully consuming meals will be sufficient to replace fluid and electrolyte losses.

**FICTION: When a soldier is too hot, he or she has exertional heat stroke.**

In reality, a soldier can have a high (greater than 104 °F) core temperature and not be an EHS casualty. While high body temperature is suggestive of EHS, the presence of central nervous system (CNS) dysfunction — not core temperature — distinguishes EHS from less severe forms of heat illness. The soldier might display confused, combative, irrational or aggressive behavior, or may pass out. These are all strong indicators the soldier is experiencing heat stroke and requires immediate medical attention and rapid cooling. If a soldier is displaying signs of CNS dysfunction during or immediately following high-intensity work or exercise in the heat, the presumptive diagnosis is EHS until proven otherwise.

**Conclusion**  
The risk of becoming a heat casualty exists year-round. By maintaining a high degree of physical fitness, proper body weight, acclimatizing to the heat and rehydrating appropriately, we can each do our part to minimize the risk.

# Motocyclist advises others to stay hydrated

by Kevin L. Jones/<https://safety.army.mil/>

As a kid, I was into sports and played basketball in the park during summers in the Bronx. Back then, my coaches always warned me to stay hydrated. That’s advice I should’ve incorporated into riding my motorcycle.

I was living in California and rode my motorcycle as often as I could. A friend and I planned to meet and ride in the mountains east of San Diego one Saturday in August. The temperature was 101 F, typical for a mid-summer day. I was wearing all the proper personal protective equipment (PPE), including my motorcycle jacket.

We started riding about 10 a.m. and before long, I was feeling light-headed. Although I hadn’t drank any water since the previous day, I just thought this feeling was due to the hot weather. When we stopped to get gas, I bought a soda. Later, I’d wish that I’d bought water.

As soon as we resumed riding, I began feeling light-headed again. We were in the mountains going through a series of curves at a pretty good clip when we came upon a two-lane road. My friend took off down the road, but I decided to slow down and found

## COMMENTARY

myself behind an older couple driving uphill at maybe 25 mph. As I was following them, the effects of my dehydration set in, causing me to pass out and hit the guardrail. As I did, I apparently woke up and put out my right arm to catch myself. When the bike fell, it shattered the ulna bone in my right arm and the radial bones in my hand. I didn’t realize my arm was broken until I tried moving it. I wouldn’t wish that pain on my worst enemy.

A few drivers stopped to help and eventually called the California Highway Patrol. When I finally stood up, I realized how close I’d come to being killed. I’d only survived because I was riding slowly when I hit the guardrail. Had I been riding any faster, I’d have gone over the guardrail and down a 175-foot cliff onto some jagged rocks.

I was taken to the hospital, where doctors placed two rods and 14 screws in my arm. It took 50 staples to close the wound. Due to the bones not healing properly, I

had to go back for another surgery five months later. Four months after that, I had a third operation where doctors did a bone graft by taking marrow from my hip and putting it in my arm. The pain was excruciating.

In the state of California, if you black out while operating a vehicle, your driving privileges are automatically revoked. The Department of Motor Vehicles revoked my driver’s license because of my blackout, and I had to get a CT scan and be interviewed by a physician. It was later determined my incident occurred because I was dehydrated. After the results of the CT scan and the documentation from the physician, my driver’s license was reissued.

As a youth, I was taught the importance of staying hydrated. It was a lesson I had to relearn the hard way as an adult, and I’m glad I survived to tell my story. Before I take any long rides now, I not only make sure my bike’s fluid levels are where they should be, I make sure mine are, too.

**Keep your cool**  
With all the possible mishap causes when riding, it is easy to overlook the dan-

ger of becoming dehydrated. Yet, if it’s important to stay properly hydrated when you train and fight, why would it be any less important while cruising down the road?

**Here are some tips to help you ride safely:**

- Drink plenty of water before and during your ride.
- Avoid coffee, tea, soda or sports drinks with caffeine or sugar, as they promote dehydration. However, sports drinks that don’t have caffeine or sugar can be helpful in maintaining your electrolyte balance.
- Consider wearing a hydration system that will allow you to sip water as you ride.
- Wear riding clothing designed to both cover and keep you cool. Exposing your skin to the sun’s heat and wind will accelerate dehydration.
- Wear your helmet to reduce the effects of the hot wind and help retain body moisture.
- Schedule rest stops so you can get out of the heat and into air-conditioning.
- Ride during the cooler parts of the day, such as the early morning or late afternoon.

## FORT LEAVENWORTH LAMP

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# COMMENTARY

When he was 15, he and his friends from the neighborhood decided to take some Roman candles to a nearby field. It was a particularly dry summer that year, and the field had tall grass — up to his knees at some points. So they

About 10 minutes later, my father inadvertently shot a few of the fireballs into an area of thicker, drier grass. Those two shots caused the lower portion of the grass to ignite, and, almost instantaneously, the entire corner of the field was on fire. When they saw the blaze, they immediately ran away. The majority of the field eventually ended up burning. Fortunately, no property, other than the empty field, was damaged, and none of them were caught by police. My father and his friends were lucky to escape further injury.

The other young man — the one that was hit in the eye by the orb — also had to go to the emergency room. He suffered permanent damage to his eye and eyelid and had to have surgery that night. Sadly, his eye sustained too much damage to ever recover, so it had to be removed. It was replaced with a glass eye that he must live with for the rest of his life. He had to spend two weeks in the hospital recovering from the surgery and the burns on

A new report from the U.S. Consumer Product Safety Commission (CPSC) highlights the hazards posed by consumer fireworks use. In 2023, the CPSC received reports of eight deaths and an estimated 9,700 injuries involving fireworks. Out of the eight deaths, five were associated with firework misuse, two with a device malfunction and one involved unknown circumstances. The report shows that between 2008 and 2023, injuries from fireworks increased overall, despite recent data showing a steady decline since the peak in 2020 during the pandemic when public displays were can-

prohibited chemicals and

For more information, visit the U.S. Consumer Product Safety Commission website at <https://www.cpsc.gov>.

# Lansing's Independence Day Celebration

**Saturday June 28, 2025**

Lansing High School 3pm - 10pm

**LIVE MUSIC | Rides & Inflatables | Variety of Food Trucks**

**KC's Premiere Rock Band**



**LANSING'S OWN - DJs NICK & TAMMY DOMINGUEZ**  
starting at 3:30pm

**Spectacular Fireworks Show begins at dusk!**

Event takes place Rain or Shine \* **FREE SHUTTLE RIDES** from Lansing's  
Elementary and Intermediate Schools \* **Free General Admission**  
\* Fun for the whole family

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## INDEPENDENCE DAY

## RED, WHITE, & BLUE SCRAMBLE

**FRIDAY, JULY 4TH**  
8am shotgun start

**\$35 MEMBERS - \$45 NON MEMBERS - \$25 YOUTH 17 & UNDER** REGISTRATION CLOSING 7/2

**PICK YOUR TEE BOX ALONG THE WAY, PLAYING FROM**  
6-BLUE TEES, 6-WHITE TEES, & 6-RED TEES.

**NEED A PARTNER OR 2? WE WILL BE GLAD TO HELP**  
**FIND A GREAT GROUP FOR YOU TO JOIN!**








# New provost welcomed at Army University



Incoming Army University Provost and Command and General Staff College Deputy Commandant Col. Ethan Diven, right, delivers remarks during his assumption of responsibility ceremony as Brig. Gen. Jason Rosenstrauch, outgoing AU provost/CGSC deputy commandant, and Lt. Gen. Milford Beagle Jr., Combined Center and Fort Leavenworth commanding general and CGSC commandant, listen June 18 at the Lewis and Clark Center. Rosenstrauch held the positions for a little more than a year. Diven joins the team from the National Training Center, Operations Group at Fort Irwin, California.

Photo by Army University Public Affairs

# New senior enlisted advisor at CAC-T

Sgt. Maj. Dennis Doyle and ceremony host Brig. Gen. Jeremy Wilson, deputy commanding general, Combined Arms Center-Training, stand during Doyle's assumption of responsibility ceremony June 16 at the Lewis and Clark Center.

Doyle, a native of Las Vegas, Nevada, enlisted in the Army in 1996 and will now serve as the senior enlisted advisor at CAC-T.

CAC-T is responsible for ensuring the U.S. Army has the proper doctrine, tools and resources to be ready to fight and win the nation's wars.

Photo by Claude Nelson/Combined Arms Center Public Affairs



# Garrison group selfie at Town Hall



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

Fort Leavenworth Garrison Command Sgt. Maj. Vanessa Sun takes a group selfie with Garrison Commander Col. Duane Mosier and members of the Fort Leavenworth workforce as the afternoon session of the Garrison Town Hall Meeting concludes June 24 at the Frontier Conference Center.

BE ALL YOU CAN BE DOESN'T  
END AFTER YOU SERVE.

Army personnel bring a hard-earned skillset to the workforce. Leadership, discipline, teamwork, problem-solving. These qualities are an asset to a wide variety of trades working with dozens of different EMCOR companies. Looking for a post-military career? Look to us.

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**EMCOR**

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**VALUED  
RESPECTED  
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# Bluegill or sunfish?

## Osage SAC children ID their catches during fishing outing with SCA interns



**LEFT:** Student Conservation Association Intern Adam Moore helps Killian Capela release the large-mouth bass that he caught back into Merritt Lake during a fishing outing with Osage School-Age Center youth and SCA interns June 17. The interns helped children identify the fish they caught, which included bluegill, green sunfish and large-mouth bass.

**BELOW:** Bella Barratt holds up her catch during an Osage School-Age Center fishing outing June 17 at Merritt Lake.

Photos by Emilio Gutierrez/Fort Leavenworth Lamp Intern



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Osage School-Age Center youth compare a fish to a diagram to determine if it is a bluegill or a green sunfish during a fishing outing June 17 at Merritt Lake.



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Owen Springall shows off his first catch of the day during a fishing outing with Osage School-Age Center youth led by Student Conservation Association interns June 17 at Merritt Lake. SCA interns, working in the Fort Leavenworth Natural and Cultural Resources Branch of the Environmental Division, have been leading nature outings for youth from Osage School Age-Center this summer.



Photos by Emilio Gutierrez/Fort Leavenworth Lamp Intern

**ABOVE:** D'Andre Manuel gets assistance from Student Conservation Association Intern Taylor Schoenhofer to remove a fish from his line June 17 at Merritt Lake. SCA interns, working in the Fort Leavenworth Natural and Cultural Resources Branch of the Environmental Division, have been leading nature outings for youth from Osage School Age-Center this summer.

**BELOW:** Jackson Spilman inspects his catch while fishing with other youth from Osage School-Age Center and SCA interns June 17 at Merritt Lake.





# Local bone marrow donor registration opportunity June 26

## Join the DOD Bone Marrow Registry!

All it takes is a few minutes to complete a consent form and a swab of each cheek.

**26 June 2025**  
**1000-1400**  
**Ft. Leavenworth PX**

SSG Christopher Womack  
580-786-6798  
christopher.d.womack10.mil@army.mil

*One swab can save a life!*




## Bone marrow donor awareness campaign underway across Army

by Lt. Gen. Mary K. Izaguirre/U.S. Army Surgeon General

*Editor's Note: This letter and the graphics at right and below were included in a packet of information distributed by the Office of the Chief of Public Affairs for use supporting an Armywide bone marrow donor awareness campaign.*

Army Team,

For 250 years, our Army has defended the nation and stood with our fellow soldiers. We have an opportunity to build upon that proud legacy of selfless service, while revitalizing the nation's pride in our




**U.S. ARMY**

### Operation Ring the Bell

“Supporting marrow donation is a commitment to saving lives, strengthening our ranks, and embodying the selflessness that defines military service. Every Soldier, every leader, and every citizen has the power to be a hero beyond the uniform.”

— U.S. Army Surgeon General and Commanding General, U.S. Army Medical Command, LTG Mary K. Izaguirre



Army, by making voluntary marrow donor registration accessible and easy.

Each year, more than 17,500 Americans are diagnosed with life-threatening diseases that may be treatable through the generous donations of bone marrow. Our Army family — of soldiers, families, civilian professionals and soldiers for life — are among those who may benefit from this support.

Voluntary marrow donor registration is a powerful way to demonstrate our Army value of selfless service and may save a life.

Our Army is launching an Armywide communication campaign, building on the success of the grassroots “Operation Ring the Bell” initiative, to educate and inform our Army about the opportunities for voluntary marrow donor registration.

## Operation Ring the Bell

### Army influencers unite to help register bone marrow donors

by Sgt. Amanda McLean/Army News Service

FORT MEADE, Maryland — In a remarkable display of solidarity, Army influencers have played a pivotal role in amplifying the Operation Ring the Bell organization in an Armywide effort to register bone marrow donors for 23-year-old infantryman, Sgt. Derrick Bishop, with the 82nd Airborne Division at Fort Bragg, North Carolina. After being diagnosed with aplastic anemia, a rare and life-threatening condition, Bishop's need for a bone marrow transplant sparked a wave of support across the Army.

Upon learning of Bishop's situation, Army influencers mobilized to campaign quickly. They produced and shared videos across social media platforms, urging fellow soldiers to register as bone marrow donors to assist in finding a match for Bishop. Grassroots efforts resulted in more than 1,000 soldiers at Fort Bragg participating in a bone marrow screening, and more than 1,000 additional individuals requesting test kits online.

Influencers said the campaign reflects the true purpose of their platforms.

"Through social media, I believe military leaders have a powerful tool to use for good within their cell phones and social media platforms," said Maj. John Howell, an influencer supporting Operation Ring the Bell. "Never make your social media presence about yourself; it must be about bettering the force and assisting soldiers like Sergeant Bishop and his wife."

The Army Creative Reserve, a pilot initiative launched by the Army Talent Innovation Directorate in January, played a crucial role in this outreach. According to Col. Kristin Saling, innovation chief for the directorate, the Creative Reserve works with soldiers who create content to engage various audiences.

"Their greatest value is the authenticity of their voices," Saling said. "We don't dictate the message. We simply help open doors and connect them with opportunities to tell the Army's story."

The success of the outreach by influencers emphasizes the importance of digital storytelling in the Army.

"It's refreshing to see how digital storytelling, done authentically, still has the power to mobilize people," Saling said.

The Army Creative Reserve's involvement highlighted the urgency of Bishop's need and fostered a more profound sense of community and shared purpose among soldiers.

Looking ahead, the Army plans to integrate such initiatives into a formal content calendar, allowing influencers to support various campaigns, including future bone marrow drives, Army Emergency Relief efforts, and events such as the Army's 250th birthday celebration. This approach aims to harness the power of authentic storytelling and furthering the Army's commitment to service and support for its members.

CONTACT US:  
CHRISTIAN.S.SUTTON.MIL@ARMY.MIL  
(803)607-7187



## OPERATION RING THE BELL

OPERATION RING THE BELL'S MISSION IS TO MAKE THE ARMY THE LARGEST SINGLE SOURCE OF MARROW DONOR REGISTRATIONS IN THE UNITED STATES, AND TO MAKE THE ARMY STRONGER IN THE PROCESS.

**2022**  
TOTAL CONTRIBUTIONS  
**2,300 SOLDIERS**

ARMY REGISTRATIONS INCREASED BY: **134%**

**2023**  
TOTAL CONTRIBUTIONS  
**3,623 SOLDIERS**

ARMY REGISTRATIONS INCREASED BY: **445.5%**

**2024**  
TOTAL CONTRIBUTIONS  
**8,823 SOLDIERS**



**RING THE BELL TOTAL REGISTRIES**  
**14,746 SOLDIERS**

ORTB IS A CAMPAIGN FOUNDED AND LEAD BY A JUNIOR ENLISTED SOLDIER TO TEST, DESIGN AND REFINE TOOLS AND PRACTICES IN ORDER TO IMPLEMENT EFFECTIVE EDUCATION AND REGISTRATION OPPORTUNITIES INTO EXISTING PROCEDURES WITHIN THE ARMY. MAKING LEADING THE WAY IN THE FIGHT AGAINST CANCER A REGULAR PART IN THE ARMY'S MANY CONTRIBUTIONS TO THE AMERICAN PEOPLE.

### HOW CAN THE ARMY TAKE THE LEAD IN THE FIGHT?

THE REGISTRY PROCESS IS SIMPLE, REQUIRING JUST A BRIEF AND A REGISTRATION KIT. ALL COST IS COVERED BY SALUTE TO LIFE



⌚ 6 MINUTES

EDUCATIONAL BRIEF



⌚ 10 MINUTES

REGISTRATION FORM



⌚ 10 SECONDS

BUCCAL CHEEK SWAB

ALL THAT HAS TO BE DONE IS TO JUST GET THE OPPORTUNITY TO THE SOLDIERS, ROUTINELY.

IT CAN BE INTEGRATED SEAMLESSLY INTO EXISTING PROCEDURES SUCH AS:

**BASE INPROCESSING**



BRIEFING AND REGISTRATION OFFERED DURING INPROCESSING

ADDING A 5 MINUTE BRIEF INTO EVERY INPROCESSING BRIEFING AND PROVIDING THE OPPORTUNITY TO REGISTER.

**SRPC SITES**



INTEGRATING INTO THE PREDEPLOYMENT SITES AT FORT BLISS, LIBERTY & CAYAZOS

THE THREE SRPC SITES IN THE ARMY SEE THOUSANDS OF SOLDIERS A YEAR FROM ALL THREE COMPOS. INTEGRATING A BRIEF AND REGISTRY PROCESS INTO THESE SITES WILL CONTRIBUTE TENS OF THOUSANDS OF REGISTRIES FROM 3 SINGLE LOCATIONS.

**UNIT FORMATIONS**



DRIVES DONE IN-HOUSE BY BATTALIONS DURING NORMAL FORMATIONS

TASKING BRIGADES TO COORDINATE A REGISTRY DRIVE DURING NORMAL BATTALION FORMATIONS. AN ENTIRE BATTALION CAN EXECUTE AN EVENT IN UNDER 20 MINUTES.

### WHAT DO WE NEED?

**CONTACT US**



GET IN CONTACT WITH US AND LEARN MORE ABOUT THIS CAMPAIGN, THE BENEFIT TO THE COUNTRY, AND HOW IT MAKES THE ARMY MORE OF A LETHAL FIGHTING FORCE.

**MEET WITH US**



SCHEDULE A MEETING WITH US SO WE CAN DISCUSS HOW YOUR COMMAND COULD INTEGRATE THESE DRIVES INTO ITS BATTLE RHYTHM.

**ORDERS AND POLICY**



OUR GOAL IS TO EMPOWER THE ARMY TO LEAD THIS FIGHT IN AN ENDURING EFFORT. WE WANT TO HELP PUBLISH DOCUMENTS THAT LEAVE A LASTING IMPACT.

### MAKE IT COUNT

WE ARE HUMBLLED BY THE OPPORTUNITY TO HELP YOU LAKE A LEGACY THAT WILL DIRECTLY SAVE AMERICAN LIVES RIGHT HERE WITHIN OUR BORDERS. WE WANT THAT LEGACY TO THRIVE FOR DECADES TO COME. WE WANT THE ARMY UNIFORM TO BE ASSOCIATED WITH THE HOPE OF THESE AMERICANS WHEN THEY GET A SECOND CHANCE AT LIFE.

CONTACT US:  
CHRISTIAN.S.SUTTON.MIL@ARMY.MIL  
(803)607-7187



## OPERATION RING THE BELL

Fort Jackson Liaison:  
SSG Christopher Ficht  
christopher.c.ficht.mil@army.mil  
(920)960-8225



**EVERY 18,000 AMERICANS YEAR 500 DOD FAMILIES**

ARE DIAGNOSED WITH LIFE THREATENING ILLNESSES FOR WHICH TREATMENT COMMONLY REQUIRES A MARROW TRANSPLANT.

THE ONLY WAY TO INCREASE THESE CHANGES IS TO REGISTER MORE YOUNG HEALTHY AND DIVERSE AMERICANS

Ethnic Background	29%	47%	48%	60%	79%
African American	29%	47%	48%	60%	79%
Asian or Pacific Islander	29%	47%	48%	60%	79%
Hispanic or Latino	29%	47%	48%	60%	79%
Native American	29%	47%	48%	60%	79%
White	29%	47%	48%	60%	79%

WITHOUT A VAST AND DIVERSE DATABASE, THESE AMERICAN PATIENTS FACE DIRE ODDS OF SURVIVAL

3,000 PEOPLE A YEAR DIE WAITING FOR A DONOR THAT IS NEVER FOUND BECAUSE THEY NEVER REGISTERED

THEIR ONLY CHANCE IS TO FIND A DONOR WHO IS A PERFECT MATCH TO THEIR HLA (DNA) TYPE.

THIS MATCH IS FOUND WITHIN THE FAMILY ONLY 30% OF THE TIME

THE REST MUST RELY ON FINDING A PERFECT MATCH WITHIN THE NATIONAL DATABASE

**WHAT IS A BONE MARROW DONOR?**

A BONE MARROW DONOR IS A PERSON WHO IS A NEAR PERFECT HUMAN LEUKOCYTE ANTIGEN (HLA) MATCH FOR A PATIENT IN NEED. THEY ARE ABLE TO SAFELY DONATE A SMALL AMOUNT OF THEIR HEALTHY BONE MARROW THAT WILL ALLOW A PATIENT TO EXTEND THEIR LIFE, OR FULLY RECOVER FROM THEIR CONDITION.

**HOW IS BONE MARROW DONATED?**

PLASMA EXTRACTION

90% OF DONATIONS ARE DONE THROUGH PERIPHERAL STEM CELL DONATION. THEY EXTRACT MARROW STEM CELLS FROM BLOOD.

RECOVERY IS 1-3 DAYS.



BETHEMATCH RECRUITS APPROX 200,000 PEOPLE TO THE NATIONAL DONOR REGISTRY EACH YEAR

### THE ARMY

THE MILITARY ALREADY CONTRIBUTES TO THE NATIONAL REGISTRY THROUGH SALUTE TO LIFE, THE DOD'S MARROW DONOR REGISTRY PROGRAM. BUT DESPITE BEING THE LARGEST BRANCH, THE ARMY FALLS BEHIND.

Year	Army	Air Force	Navy	Marine Corps	Joint Bases	All Armed Forces
2019	3,186	7,391	3,100	619	2,506	16,802
2020	392	2,418	10,809	774	877	15,270
2021	1,436	5,502	9,735	51	1,039	17,763
2022	1,718	5,809	7,980	39	551	18,397
2023	813	2,809	3,356	202	721	7,901

DUE TO THE CURRENT LACK OF A STRUCTURED SYSTEM AND EFFORT WITHIN THE BRANCH, THE ARMY CONSISTENTLY CONTRIBUTES LESS THAN 10% OF TOTAL MILITARY REGISTRATIONS EACH YEAR

Army Contribution
18.96%
2.57%
8.08%
9.34%
6.69%

THE ARMY CONTAINS AN ALL BUT UNTAPPED POPULATION OF YOUNG, HEALTHY, AND DIVERSE SOLDIERS AND DRASTICALLY IMPACT CHANGE ON THE ABILITY FOR PATIENTS TO FIND THEIR DONORS IN TIME.

BUT DUE TO THE LACK OF ANY STRUCTURED SYSTEM TO EDUCATE AND REGISTER SOLDIERS, IT INSTEAD RELIES FULLY ON VOLUNTEER SERVICE MEMBERS TO COORDINATE THEIR OWN REGISTRY DRIVES FOR THEIR UNIT. LEADING TO INCONSISTENT OPPORTUNITIES, AND ULTIMATELY THE NUMBERS SEEN ABOVE.

SEE HOW OPERATION RING THE BELL AIMS TO EMPOWER ARMY LEADERS TO CHANGE THAT.



# SAMC

(continued from Page A1)

“I am excited and thankful that the club is expanding beyond the Army Corrections Brigade. It is not an Army Corrections Brigade club, it is an installation club, and it is great to see these two individuals become part of that.”

Guest speaker Midwest Joint Regional Correctional Facility Battalion (Corrections) Command Sgt. Maj. Travis Huggard said he knows what it takes to become a SAMC member, having gone through the process himself in 2003. He said SAMC candidates either volunteer, which he noted is the preferred method, or by being told to go through the process by superiors who recognize their potential.

“Someone has looked at that NCO and that NCO right there, that’s an Audie Murphy member... because that NCO is exhibiting characteristics of an NCO that operates on an exceptional level,” he said, listing community involvement, working when they don’t have to work, volunteering when they don’t have to volunteer and helping people as some of the indicators. “They are doing everything that maybe the average NCO out there might not be doing.”

Huggard said SAMC is a way to recognize those exceptional NCOs for their extra efforts. The process from candidate to member, though, requires multiple levels of screening and advancement and lots of studying along the way.

“They are going to get screened at the company, they are going to get screened at battalion, they are going to get screened at brigade, and finally, a major command command sergeant major is going to sit on the board, along with some Audie Murphy members and some senior sergeant majors, and they are going to evaluate them to see if they actually, truly meet the criteria. Ulti-

mately, the club is going to put their stamp of approval,” he said.

Huggard said that by the time SAMC candidates get to the point of induction, they are not the same NCOs they were several months ago when the process started.

“They are a whole lot better — this product that you see sitting in front of you right now, this is an elite,” he said, referencing the two new inductees.

Barratt said leaders should know the value of having SAMC members in their ranks and leverage their skills for overall improvement.

“That NCO has gone ... to all the subject matter experts on this installation and tried to figure out how the Army really operates, they tried to figure out how the NCO Corps really operates, they tried to figure out how everything operates and try to find the answers to make them a better NCO. ... It is impressive that these two have made it through and they are sitting right here.”

Since his own induction into SAMC, Huggard said he has supported and stayed involved in the club in various ways.

“What the club means to me... when I’m sitting with the club members, I’m sitting with a group of NCOs that are dedicated to their craft, that are dedicated to the community, and I feel like they can speak my language,” he said, mentioning that he has connected with the club and its members with every PCS move to continue being involved in the organization and act as a mentor.

Barratt said he became aware of SAMC while working with his first kennel master at Fort Leonard Wood, Missouri, in 2012.

“He was an outstanding NCO and one that became my mentor throughout my career,” Barratt said. “From that point of working with



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Guest speaker Midwest Joint Regional Correctional Facility Battalion (Corrections) Command Sgt. Maj. Travis Huggard talks about the process to become a Sergeant Audie Murphy Club member during the SAMC induction ceremony for Kennel Master Sgt. 1st Class Cody Barratt and Team Leader/Patrol Explosives Detection Dog Handler Sgt. Gerald Leith III, both of the 67th Military Police Detachment (Military Working Dog), Special Troops Battalion, June 18 in Grant Auditorium.**



**SFC Cody J. Barratt's Biography**

Sergeant First Class Cody J. Barratt is a native of Defiance, Ohio, and he enlisted in the Army in November 2011, where he attended OSUT at Fort Leonard Wood MO, graduating in April 2012, as a Military Police Officer, followed by being selected to attend the Military working Dog Handlers Course at Lackland Airforce base in San Antonio, TX, graduating in June 2012. During his career SFC Barratt's leadership experience includes serving as a Team Leader, Squad Leader, and Kennel Master. His duty assignments include the 180<sup>th</sup> Military Police Detachment (MWD), Fort Leonard Wood, MO, the 549<sup>th</sup> MP Det (MWD) at Fort Wainwright, AK, the 513<sup>th</sup> MP DET (MWD) at Fort Bliss, TX, and the 67<sup>th</sup> MP Det (MWD), Fort Leavenworth, KS. He has deployed to Qatar in support of Operation Enduring Freedom (2012-13), Afghanistan in support of Operation Freedom Sentinel (2016), and to Iraq in support of Operation Inherent Resolve (2022).

SFC Barratt's military education includes the Military Working Dog Handlers Course, Cold Weather Leaders Course, Anti-Terrorism Basic Officer Course, Common Facility Development Instructor Training Course, Unit Movement Officer Deployment Planners Course, Military Working Dog Trainer- Kennel Master Course, Conventional Physical Security and Crime Prevention Course, Basic Leaders Course, Advanced Leaders Course, and Senior Leaders Course. His civilian education includes a Bachelor of Applied Science Degree in Criminal Justice – Homeland Security and Emergency Management (Magna Cum Laude) from Purdue University Global, an Associates of Applied Science Degree in Criminal Justice (Magna Cum Laude) from Purdue University Global, and a Certificate as a Project Management Officer from the Institute of Project Management.

SFC Barratt's awards and decorations include Army Commendation Medal w/ C Device, Army Commendation Medal (6<sup>th</sup> award), Army Achievement Medal (3<sup>rd</sup> award), Army Good Conduct Medal (3<sup>rd</sup> award), National Defense Service Medal, Afghanistan Campaign Medal, Inherent Resolve Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Military Outstanding Volunteer Service Medal, Meritorious Unit Award, Noncommissioned Officer Professional Development Ribbon (3<sup>rd</sup> award), Overseas Service Ribbon (4<sup>th</sup> award), NATO Medal, Military Police Order of the Marechussee (Bronze), Norwegian Foot March Badge (Bronze), German Armed Forces Proficiency Badge (Silver). SFC Barratt currently resides in Fort Leavenworth, KS with his wife Kacee and two children, Bella and CJ.



**SGT Gerald Leith's Biography**

SGT Leith is a native of Boston, Massachusetts and enlisted into the United States Army in 2020 as a Military Working Dog Handler, where he attended Basic and advanced individual training at Fort Leonard Wood, MO and JBSA Lackland Air Force Base (AFB) in San Antonio, Texas. SGT Leith is currently assigned to the 67<sup>th</sup> Military Working Dog (MWD) Detachment, at Fort Leavenworth, KS as a Team Leader.

SGT Leith first served the unit as a Patrol Drug Detector Dog (PDDD) Handler and currently serves as a Patrol Explosive Detector Dog Enhanced (PEDD-E) Handler. He has deployed to Kuwait as part of Operation Enduring Freedom (2022-2023) where he served as a PEDD Handler for Area Support Group Kuwait (ASGKU).

SGT Leith military schools include, Combat Life Saver, Handlers Course, PEDD-E, and Basic Leader Course (BLC). His civilian education includes a Bachelor of Arts Degree in Criminal Justice from Franklin Pierce University with a minor in Psychology. SGT Leith is currently working towards a dual master's degree in emergency and Disaster Management and Homeland Security with American Military University (AMU).

SGT Leith's awards and decorations include the Army Commendation Medal, Army Achievement Medal (8<sup>th</sup> award), Army Good Conduct Medal, National Defense Service Ribbon, Overseas Service Ribbon, Army Service Ribbon, Certificate of Achievement (6<sup>th</sup> award), Drivers Badge (W).

SGT Leith currently resides in Leavenworth, KS with his wife Briana, as well as his dog and cat, Moose and Milo.

him until now it has always been a goal of mine that I wanted to accomplish.”

As his career progressed, Barrett said he was taking notice of the type of NCO he wanted to become.

“I think the SAMC is full of those types of NCOs

who go way above and beyond what is expected of them, not because they are told to but because of their drive and determination to be the best leader they can be,” he said. “I also value more and more each year that passes surrounding

myself with great NCOs. It is something that keeps me driving forward and pushing myself out of my comfort zone.”

What SAMC provides for soldiers and the community is essential, Barratt said.

“Serving one’s community and being a positive image of the military community goes a long way with most communities, and SAMC makes it a priority to make that image and impact a positive one.”



# Local Classes. Global Respect.

leavenworth.ku.edu





# Grant Park

(continued from Page A1)



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

**Fort Leavenworth Garrison Commander Col. Duane Mosier and his spouse Mandy Mosier take on Garrison Command Sgt. Maj. Vanessa Sun and her spouse Jimmy Sun in an inaugural pickleball game following a ribbon-cutting ceremony for the new community space June 25 at Grant Park.**

for nighttime games and a water fountain. The water fountain is ADA accessible, and includes a water bottle filler and an attached water dish for dogs. Lights within the pavilion and on the tennis court are on a timer between 6-10 p.m., and Grant Park will close at 10 p.m. each night.

The length of the park runs between Pope Avenue by Grant Pool to Kearney Avenue near the Post Office. As renovations continue, patrons are asked to enter the park from the north entrance off Kearney Avenue, or to use the stairs off the McClellan Avenue alleyway. Community members are also asked to use the sidewalks and stay off the grass when entering the park. The park will be closed for approximately three days during the next month so contractors can make small fixes suggested by customers and residents.

Honey said the goal of this project was to make the park functional for each season, as well as to make the area appealing for residents to spend more time there.

“The Garrison Team gathered and wanted to make an impact on this area; not only for the community around it, but for the entire Fort Leavenworth community to enjoy,” he said. “It’s been somewhat of an eyesore for some time now. We wanted it to be multi-functional for not just warm months but also thinking about how the area could be used in winter with sledding (and more.) We look forward to every phase that we complete until we have the finished product that everyone would be proud of.”

Honey also said the park has an added goal of fostering community connections.

“Most of the Fort Leavenworth community is close, but we hope that the area will bring them closer, something that it will make



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

**Stairs off of the McClellan Avenue alleyway lead to the newly constructed pickleball pavilion at Grant Park. The staircase and the entrance off of Kearney Avenue are the current recommended access points to the park as other construction phases of the Grant Park project continue.**

them proud to call home,” he said.

Sun said she also thought those connections would be a benefit of the park.

“I think because it is a community park it will bring the community closer and tighter together, where we can come out and play on the courts,” Sun said. “I think it’s going to be a great community meeting ground.”

Following the ceremony, a competitive game of pickleball began between the Mosier and Sun families. Both families said they enjoy pickleball and they wanted to share this enjoyment with community members.

The Sun family won the game with a score of 11-9. Following their first game, several members of the community took to the courts to play their own games of pickleball.

Future plans for renovating the park include building a sand-volleyball court, additions to Grant Pool, and adding a sidewalk to

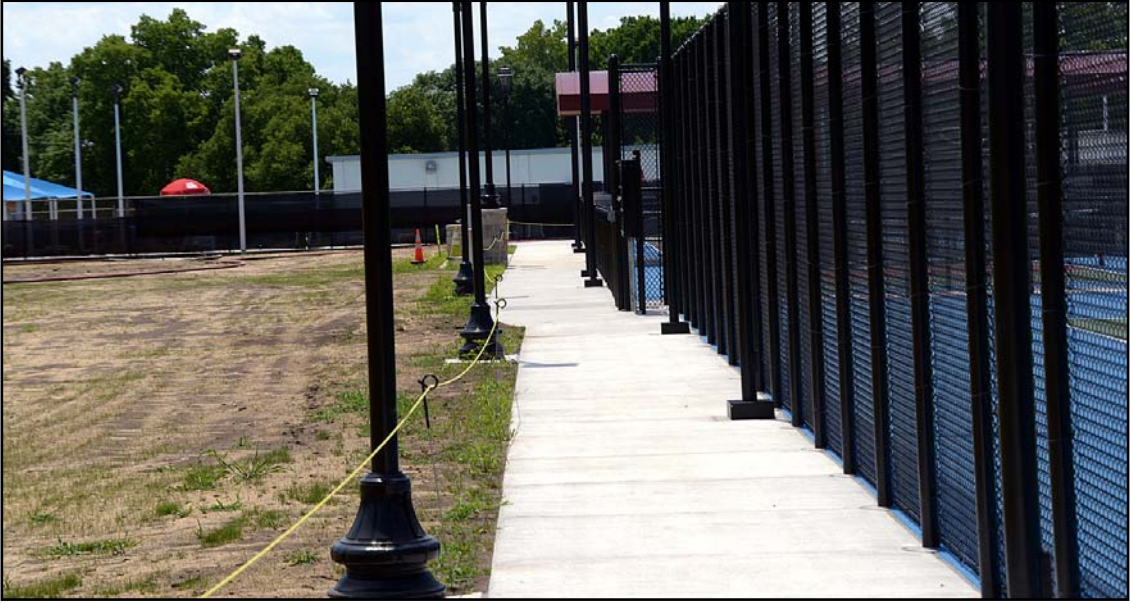


Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

**A walking path wraps around completed pickleball courts, on the right, and a rope barrier marks areas to stay off of, including an in-progress soccer field, on the left, at Grant Park.**

loop around the entire park.

Joel Marquardt, architect in the DPW Design Branch, Engineering Division, said DPW worked

closely with FMWR leaders to devise the best elements to include in the park plan. FMWR will play a large role in overseeing park ac-

tivities and maintenance. As more phases continue to be completed, more specific roles in general oversight will be assigned.



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# Army plans to eliminate programs not contributing to lethality

by David Vergun/Department of Defense News

WASHINGTON — The Army Transformation Initiative will re-examine all requirements and eliminate unnecessary ones, prioritize initiatives that contribute to lethality, and empower leaders to take risks and learn from failure, said Army Secretary Daniel P. Driscoll during a hearing before the Senate Appropriations Committee's defense subcommittee June 18 in Washington.

In a May 1, 2025, letter to the force, Army Chief of Staff Gen. Randy A. George, who also testified, stated the service was imple-

menting the initiative as part of a comprehensive transformation strategy, consistent with Defense Secretary Pete Hegseth's, April 30, 2025, directive titled Army Transformation and Acquisition Reform.

"The Army Transformation Initiative will make us into an Army that is lean, agile and relentlessly focused on empowering its soldiers. We need to get rid of what we don't need, acquire what we do and chisel our organization down to a lean, lethal fighting machine," Driscoll said.

The secretary added that he believes the Army "has become calcified" and suffered from years

of inefficiencies, slow-moving processes and wasteful spending. He cited program lobbyists and bureaucrats for overtaking the Army's ability to prioritize soldiers and warfighting.

Driscoll said Ukraine and Israel exemplify how readily available technology can disrupt battlefield dynamics and what happens when change is embraced, noting, "They are demonstrating why our Army needs to transform now and that we can't waste even a single minute."

George said commercial technology is rapidly evolving — especially artificial intelligence and autonomous systems — and it is

impacting the character of war.

"We understand that we must transform to stay ahead of our adversaries, and we need to get better by 2026 and 2027, not by 2030," he said.

George told lawmakers that the Army will cancel obsolete and unneeded programs and procure modular, open system architecture designs that can be repeatedly updated. The service also intends to consolidate its headquarters and implement effective, modern business systems.

Driscoll and George both cited recruiting successes, noting the Army met its annual recruiting goal four months ahead of sched-

ule.

"Our recruiters, soldiers and families are inspiring fellow Americans to step up during a time of global uncertainty and complex threats. They are the very best our nation has to offer," Driscoll said.

George said the Army's most productive recruiting period is the summer months, and he expects a significant increase in recruits added to the ranks before the end of this fiscal year.

"Our Army is a professional team that remains focused on its warfighting mission, and young Americans want to be a part of it," the general said.

## Pet of the Week: Aspen



Photos by Prudence Siebert/Fort Leavenworth Lamp

Aspen is a female shepherd-hound mix available for adoption at the Fort Leavenworth Stray Facility. She has already been spayed, vaccinated and microchipped. Her adoption fee is \$155. Call 913-684-4939 to make an appointment to meet her or inquire about fostering or adopting her. E-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application. Visit [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) for adoptable pet profiles. Call 913-684-4939 for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility. The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed. To apply to volunteer with the Fort Leavenworth Stray Facility, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for "stray animal facility."



## HOUSING UPDATES

- Curbside **BULK PICKUP IS NO LONGER AVAILABLE.** For large item recycling or disposal, see the options listed in the "PCS purge" resources" article in previous issues of the *Fort Leavenworth Lamp*.
- City Union Mission will be doing **PICK-UPS OF GENTLY USED ITEMS** June 14 and June 28. Residents will receive an e-mail from FLFHC the week of pick-ups with a form to sign up.
- Temporary **ON-POST TRASH BINS** for summer PCS season are at W. Warehouse Road near the Directorate of Public Works, USDB Sales Store and FMWR Horse Stables. Do not leave items on the ground. Residents must load their own items. Follow posted guidelines.

- To keep streets clear during busy moving season, **PARK ONLY IN DESIGNATED, PAVED AREAS.** No parking is allowed on grass, sidewalks, patios or landscaped areas. Recreational vehicle parking is only permitted for up to 48 hours for loading/unloading; longer stays require FLFHC approval and a visible Exception to Policy notice. Garage storage is allowed if the door can close fully. For long-term storage, contact FMWR Outdoor Recreation.
- **CLEAR LAWNS** of toys, hoses, bikes, trash, solar lights, fire pits, etc., before scheduled mowing. Mowers will skip areas that aren't cleared. Mowers are not responsible for damaged items. Children must stay away from mowers. Approaching or chasing equipment is prohibited and may delay service.



Join the DOD  
Bone Marrow  
Registry!

All it takes is a few  
minutes to complete a consent  
form and a swab of each cheek.

26 June 2025  
1000-1400  
Ft. Leavenworth PX

SSG Christopher Womack  
580-786-6798  
christopher.d.womack10.mil@army.mil

One swab can save a life!



THE CARL  
PUZZLE PARTY

June 27th from 1200-1500

Come to the library to enjoy puzzles  
with your friends and family!

LEVEL UP AT YOUR LIBRARY





Fourth  
INDEPENDENCE DAY  
of July

Food, Music, & Fun begin at 6PM

Location: Merritt Lake  
Music begins at 6PM • Salute to the Union at 8PM  
Spectacular Fireworks Show at Dusk

Thank you to our Sponsors!  
Sponsorship does not imply endorsement



For more info: (913) 684-1674  
leavenworth.armymwr.com

Summer 2025 Youth Sponsorship  
TEEN MEET & GREETs





New home? New friends?  
New awesome memories!  
5pm - 7pm @ HYC

13 June: Games, snacks, and water slide  
(bring your swimsuit!)  
25 June: Music, snacks, and games  
27 June: Water balloon games, snacks,  
and a movie  
11 July: Bowling and pizza  
23 July: Games, snacks, and music

25 July: 4pm - 8pm  
Dashboard Tour, Tour of Ft. Leavenworth,  
DJ, BBQ, games



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

FREE! Open to  
6th - 12 graders who are eligible  
to attend the Youth Center.  
leavenworth.armymwr.com



The Application Window for  
AMSP is open NOW!



The Mind is the Key to Victory

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

SAMS Application



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

FREE NFL FOOTBALL CAMP

HOSTED BY DEFENSIVE END  
GEORGE KARLAFTIS

July 14 & July 15, 2025 | USD 207 Field

OPEN TO BOYS & GIRLS AGES 6-14 WHO ARE DEPENDENTS OF ACTIVE DUTY, RETIREES AND DOD CIVILIAN EMPLOYEES

DAY 1 AND DAY 2  
SIGN IN TENT OPENS AT 8:00 AM  
CAMP RUNS 9:00 AM – 12:00 PM

PIZZA WILL BE SERVED AFTER CAMP ON BOTH DAYS TO CAMPERS AND THEIR FAMILIES

REGISTRATION IS CURRENTLY OPEN!

REGISTRATION FORMS AVAILABLE AT THE EXCHANGE CUSTOMER SERVICE COUNTER,  
MASS DISPLAY AREA IN THE FRONT OF THE COMMISSARY, STRIKE ZONE BOWLING  
CENTER, GRUBER GYM AND HARNEY GYM. ONLY 1 REGISTRATION PER CHILD IS REQUIRED.





Outdoor Pools  
Open May 23rd!

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



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

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



scan here for more info!

Fort Leavenworth  
2025 Pool Season


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

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

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

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

Join Us for our Lecture Event recognizing:  
The Distinguished History of the  
9th and 10th Cavalry Regiments  
“Buffalo Soldiers”



Friday, July 25, 2025 @ 0900  
at the Frontier Conference Center  
350 Biddle Blvd, Fort Leavenworth, KS 66027  
Open to Military, Civilians and Families

Hosted By:  
LTG Milford H. Beagle, Jr.  
Commanding General, Combined Arms Center  
and Fort Leavenworth

Featuring Guest Lecturer:  
Dr. Katherine Dahlstrand  
Historian, Team Chief, Research and Books, Army  
University Press

Dress—Military: Duty Uniform Civilians: Casual



FRONTIER HERITAGE  
COMMUNITIES

JUNE PICKUPS FROM  
CITY UNION MISSION:

• JUNE 14: STANDARD BULK  
PICKUP

• JUNE 28: BONUS BULK  
PICKUP — TAKE  
ADVANTAGE OF THE EXTRA  
OPPORTUNITY TO CLEAR  
OUT UNWANTED ITEMS!





No Daily Mass  
June 24-25-26

Daily Mass  
Solemnity of the  
Most Sacred Heart of Jesus  
June 27th - noon  
Eucharistic Adoration  
12:30 - 15:30





## FROM COMPASSION TO ACTION: 2024 STRONGHOLD YEAR IN REVIEW

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



On average, we help 90 individuals weekly

**72,500**

Pounds of Food Distributed

**65,550**

Meals Distributed

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



Our volunteers



donated  
**3,500 hours**

valued at  
**\$111,300**



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

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



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

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



## STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

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

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Open Pantry Happy Bottom 11:00 - 1:00	5	6	7
8	9 PopUp Offutt AFB	10	11 Open Pantry Happy Bottom 11:00 - 1:00	12	13	14
15	16	17	18 Closed	19	20	21
22	23	24	25 Mobile Pantry USDB 11:00 - 1:00	26	27	28
29	30					

**ATTENTION PLEASE!**

**IMPORTANT ANNOUNCEMENT**

Stronghold Office Hours for emails and to  
return phone calls are Monday, Tuesday, and  
Thursday from 9:00am - 3:00pm.  
Open Pantry Hours, by appointment, are  
Wednesday from 11:00am - 1:00pm.

You can email us at:  
[Contact@strongholdfoodpantry.org](mailto:Contact@strongholdfoodpantry.org)  
or leave a message at (913) 303-8372

**FREE  
SUMMER  
MEALS  
FOR KIDS  
AGES 1-18**

USDA **SUN MEALS** KANSAS **EDUCATION**  
this.usda.gov/summer one.kstate.edu

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

## ARMY COMMUNITY SERVICE



Mon- Fri 8:00 a.m.-4:30 p.m. with limited hours Thur 1-4:30 p.m. | 913-684-HELP (4357) / 2800

**JUNE 2025** Resiliency Center, 600 Thomas Ave, Building 198 \*\*\*ACS is closed for lunch from 1130-12:30pm daily\*\*

### RELOCATION READINESS PROGRAM

In-Processing Brief  
Tuesdays, 9:00-10:00am  
OCONUS Levy Brief  
Tuesdays, 10:00-11:00am  
Hearts Apart Bowling  
for Families of Deployed  
Service Members  
June 7, 12:00-2:00pm Strike  
Zone Bowling Center  
\*Registration Required

**PCS SEASON IS HERE!**



Smooth Move offered upon  
request.

Lending Closet  
Are you In/Out-Processing  
and need essentials? ACS  
has short-term basic items to  
help you get by.

- kitchenware
- cookware
- small appliances

<https://leavenworth.armymwr.com/>

### EMPLOYMENT READINESS PROGRAM

Resume Writing  
June 11, 12:00-2:00pm &  
\*\*Evening 5:00-7:00pm



Federal Employment  
June 18, 12:00-2:00pm  
\*\*Evening 5:00-7:00pm

Interview Skills &  
Professionalism  
June 25, 12:00-2:00pm

Teen Employment  
Saturday, June 28,  
10:00am-12:00pm

Follow us on FB @Fort  
Leavenworth ERP for  
job postings, career  
fairs, networking events,  
and more.

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

### FINANCIAL READINESS PROGRAM

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

### ARMY EMERGENCY RELIEF (AER)

provides emergency  
assistance to active duty service  
members, their families, and  
retired service members.  
For emergency financial  
assistance, apply at <https://www.armyemergencyrelief.org/>.



### SURVIVOR OUTREACH SERVICES

Fishing with Survivors  
June 7, 9:00am - 12:00pm  
Merritt Lake  
Follow SOS@  
<https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/>

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

### ARMY VOLUNTEER CORPS

Volunteer Basics  
June 13, 12:00 - 1:00pm

Visit: <https://vmis.armyfamilywebportal.com>  
to register for an account and  
find opportunities to volunteer in  
the community.

### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

\*Registration Required for  
EFMP events

EFMP

**Refreshing Conversations**

June 5, 10:00-11:00am

EFMP Recreational Bowling  
June 7, 12:00-2:00pm Strike  
Zone Bowling Center



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

**Celebrating 130 Years of Service**

**IT'S OUR BIRTHDAY! IT'S OUR BIRTHDAY!**

**Celebrating 60 Years of Community**

**Double the Fun with the Fort Leavenworth's Exchange and Fort Leavenworth Army Community Service's Joint Birthday Celebration!**

**FRIDAY, JULY 25th**  
**1100 - 1400**  
Exchange Main Store & Parking Lot  
330 Kansas Ave  
Ft. Leavenworth, KS

## FAMILY ADVOCACY PROGRAM



Mon- Fri 8:00 a.m.-4:30 p.m. with limited hours Thur 1-4:30 p.m. | 913-684-HELP (4357) / 2800

**JULY 2025** Resiliency Center, 600 Thomas Ave, Building 198 \*\*\*ACS is closed for lunch from 1130-12:30pm daily\*\*

### NEW PARENT SUPPORT PROGRAM

\*\*Call 913-297-3212/ 9704 to register for all NPSP classes & events

**Stroller Walk**  
Tuesdays, 9:00am  
Meet in front of  
Resiliency Center

**Toddler Time**  
Wednesdays, 9:00am  
Resiliency Center  
Playroom

**Story Time**  
Wednesdays, 10:00am  
Resiliency Center  
Room 157

**Play Morning**  
Thursdays,  
9:00-10:00am &  
10:00-11:00am  
Resiliency Center  
Playroom



**Play Morning**  
Thursdays from 9-11:00 a.m.

Ages 3 months - 3 years with Guardian • Resiliency Center

<https://leavenworth.armymwr.com/>

**Wiggles and Giggles**

Fridays, 10:00 - 11:00am  
Resiliency Center  
Playroom

**Childbirth Class Series**  
July 14, 21 28,  
5:00-7:00pm Resiliency  
Center Room 157



**Dad's Night Out**  
July 23, 6:00-8:00pm  
Restaurant TBD

**Mom's Night Out**  
July 30, 6:00-8:00pm  
Restaurant TBD

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

**Ask about Home Visits**

Did you know that Home  
Visits are available for  
pregnancy through 3 years of  
age? Schedule your  
appointment with the NPSP  
team today!



### FAMILY ADVOCACY PROGRAM

\*\*Registration Required for all  
FAP events. Classes at  
Resiliency Center, Room 145

**Co-Parenting Series**  
July 7, 14, 21, 28  
11:00am-1:00pm

**Stress Management**  
July 17, 11:30am- 1:00pm



**5 Love Languages for  
Couples**  
July 16, 1:00-2:30pm

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

CALL ACS TO REGISTER FOR CLASSES TODAY! ALL EVENTS ARE FREE!



HARROLD YOUTH CENTER'S  
SUMMER ADVENTURE

11 WEEKS OF FUN AND FRIENDSHIP!

CAMP STARTS MAY 27TH

Join other 6th - 12th graders for a memorable  
summer of water play, sports games, scavenger  
hunts, obstacle courses, cooking, team challenges,  
STEM, swimming and awesome FIELD TRIPS!

SPACE IS LIMITED

SIGN UP NOW TO ENSURE YOUR SPOT

FOR MORE INFORMATION CALL OR STOP BY THE  
YOUTH CENTER

(913) 684-5118

45 BIDDLE BLVD

Stroller  
Walk  
&  
Talk

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

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

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

POC 913-297-3212

ACS Family Advocacy New Parents Support Program  
Presents

Toddler Time  
Playgroup

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

Wednesdays @  
9:00am

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

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

5 Love  
Languages  
of Teenagers

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

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

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

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

leavenworth.armymwr.com

ACS Family Advocacy New Parents Support Program  
Presents

Storytime!

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

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

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

Every Wednesday @  
10:00 am

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

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

ACS Family Advocacy  
New Parent  
Support Program

Play Morning

Thursdays from 9-11:00 a.m.

Ages 3 months – 3 years with Guardian • Resiliency Center

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

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

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

WIGGLES & GIGGLES

Fridays  
10am - 11am  
ACS Playroom  
600 Thomas Ave

FREE  
Ages 3-12 months  
Register by COB  
Thursday

We wanna go...

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

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

SKIES

Come on out to the SKIES Open House!

JULY 24 2025  
5:30pm - 7:00pm

LET'S  
GO!

SKIESUnlimited offers a variety of  
classes for Children and Youth  
conveniently located right  
here on Fort Leavenworth!

Instructors in Theater, Taekwondo,  
Ballet, Jazz & Tap, Gymnastics,  
Violin, Guitar, Ukele, and Piano will  
be available to meet families  
and answer questions!

Take in the charm of the historic  
Patch Community Center while  
enjoying free light refreshments and  
meeting our talented instructors!

Patch Community Center  
320 Pope Ave  
Fort Leavenworth, KS

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

SCAN HERE  
FOR THE SKIES  
CATALOG

SKIES Summer  
Dance  
Camps

SKIES Building / 320 Pope Ave / Ft. Leavenworth, KS

Make magical memories this  
summer with our new  
Ballet Summer Camps!

\*Can't bear to part with your  
tutu at the end of Ballerina Tutu  
Camp? SKIES has a variety of tutus  
available to purchase for only \$50!  
Tutu purchase is not required to attend  
camp, sales are first come, first served\*

Ballerina Tutu Camp\*  
June 3 - 5  
Bring your own tutu or borrow  
one from SKIES!  
Ages 3 - 4  
4:30pm - 5:15pm  
Ages 5 - 10  
5:30pm - 6:15pm  
It's Still Summer  
Dance Camp  
July 29 - 31  
No dress code required!  
Come as you are and  
get ready to dance!  
Ages 3 - 4  
4:30pm - 5:15pm  
Ages 5 - 10  
5:30pm - 6:15pm  
Enrollment is open now!  
Must be registered with  
Parent Central  
Call for more info:  
913-684-3207  
Leavenworth.armymwr.com

\$36 a Camp  
limited spaces  
enroll  
today!

Now offering new classes at SKIES!

Come get a kick out of Tae Kwon Do!

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

TAE  
KWON  
DO!

Tuesdays &  
Thursdays  
Ages 6 - 12 at 4pm  
\$11 a class session  
(multiplied by number of  
classes offered in a month)  
limited space  
Ages 6 - 12 at 5pm  
Joint class w/ Parent  
or Guardian  
\$22 a class session  
(multiplied by number of  
classes offered in a month)  
limited space  
Fee is for one child plus adult,  
please contact SKIES to add  
additional children to session at \$71 a child.

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

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

Leavenworth.armymwr.com

WELCOME  
Summer

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

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

odydfsc@gmail.com

Worlds of Fun

Season Gold Passes are here!

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

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

\$93.25 a pass  
Single day tickets coming soon!

TRAILS  
WEST  
GOLF  
COURSE

Come Experience  
TRAILS WEST  
GOLF COURSE

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

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

306 Cody Rd  
Ft. Leavenworth  
913-651-7176



# Teen Employment Workshop

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

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

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

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

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

# Navigating the Teen Years

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

ACS Classroom 145  
600 Thomas Ave

One session workshop Available in person or virtual

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

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

We'll discuss:

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

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

**STANDARD OPERATING PROCEDURE**

QR Code

# HYC AFTER-SCHOOL PROGRAM

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

**FREE!**

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

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

Administrative Hours  
Monday - Friday  
9AM - 6PM

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

Follow HYC on FB!

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

QR Code

# Co-Parenting Workshop

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

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

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

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

QR Code

# STRESS Management

May 15, July 17, September 18, November 20  
11:30am - 1:00pm  
600 Thomas Ave  
Room 145

STRESS WEIGHING YOU DOWN?

IT'S TIME TO TAKE BACK CONTROL

FREE one-session workshop 18+ No childcare Deadline to register is day before training. Virtual attendance is available through TEAMS. For more info: Call 520-692-4378

WORK HOME

QR Code

# ANGER MANAGEMENT

ACS Family Advocacy Program Presents:

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

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

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

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

Childcare not provided.

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

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

# DAD'S NIGHT OUT

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

2025 DATES:

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

# MOM'S NIGHT OUT

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

2025 Dates:

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

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

# EFMP/ Waiting Families RECREATIONAL BOWLING

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

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

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

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

# ACS New Parent Support Prenatal Classes 2025

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

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

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

Free for Expectant Parents!

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

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

# ACS New Parent Support 2025 Potty Training

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

Are you ready?

Time to lose the diapers?

FREE For Parents of Children aged 0-4 years \*Pre-registration Required\* Deadline is Friday before class Contact 913-297-3212

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

# ARMY COMMUNITY SERVICE LOAN CLOSET

FORT LEAVENWORTH, KANSAS  
913-684-2830/2800

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

When: M-F 0730-1630

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

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

Items available:

Pre-Packed Kitchen Kit:

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

Additional Items Available:

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

# Download the My Army Post App

Stay in the know at your Garrison

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

QR Code

Google Play

App Store

My Army Post

# DoD Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

# ARMY COMMUNITY SERVICE ACS

Real-Life Solutions for Successful Army Living

Victim Advocate Hotline: (913) 684-2537  
Child Abuse Hotline: (913) 684-2111  
SHARP Hotline: (913) 683-1443  
Chaplain: (913) 683-1443  
AER Assistance After Hours:  
American Red Cross at (877) 272-7337



Summer 2025 Youth Sponsorship

TEEN MEET & GREETs

New home? New friends?  
New awesome memories!  
5pm - 7pm @ HYC

13 June: Games, snacks, and water slide  
(bring your swimsuit!)

25 June: Music, snacks, and games

27 June: Water balloon games, snacks,  
and a movie

11 July: Bowling and pizza

23 July: Games, snacks, and music

25 July: 4pm - 8pm  
Dashboard Tour, Tour of Ft. Leavenworth,  
DJ, BBQ, games

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

FREE! Open to  
6th - 12 graders who are eligible  
to attend the Youth Center.

leavenworth.armymwr.com

WORLDS OF FUN & OCEANS OF FUN

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

TEEN SUMMER TRIPS

2025 Dates:

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

Leaving from HYC at 10am, returning at 6pm

\$45 for each session or \$10 with a season pass  
(season passes can be purchased from Leisure Travel Services for \$94.50)  
Includes a sack lunch, transportation, and supervision. Trips are for  
6th - 12th graders who are eligible to attend the Youth Center.  
Registration is at HYC two days before trip.

leavenworth.armymwr.com

HARROLD YOUTH CENTER

SEND OFF TO SUMMER PARTY 2025

SATURDAY  
SEPTEMBER 13  
4pm - 7pm

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

FEATURING:

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

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

YOU DON'T WANT TO MISS THIS!

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

leavenworth.armymwr.com

ARMY COMMUNITY SERVICE

ACS

Real-Life Solutions for Successful Army Living

03 FEB 2025

PROGRAM DIRECTORY

Program	Staff Member	Office Phone	Email Address
Director	Vacant ACS Director	913-684-2837 913-683-9069	
AER (Army Emergency Relief)	Red Cross 24/7 Hotline (Request AER Assistance)	877-272-7337	Duty Hours: 913-684-2800
Relocation Readiness, Mobilization & Deployment, Loan Closet	Reagan Sawyer ACS Manager	520-692-6153	reagan.e.sawyer.civ@army.mil
EFMP (Exceptional Family Member Program)	Charise Risper ACS EFMP Manager	520-692-6363	charise.m.risper.civ@army.mil
	EFMP Systems Navigator (Contractor)	913-684-2838	
Employment Readiness	April Rogers ACS Employment Readiness Program Specialist	520-692-6250	april.m.rogers6.civ@army.mil
SOS (Survivor Outreach Services)	Gregory Bailey SOS Coordinator	520-692-6179	gregory.t.bailey6.civ@army.mil
Family Advocacy Program	Jayne Robinson ACS FAP Manager	520-692-6303 913-547-2512	jayne.e.robinson.civ@army.mil
	Reve Montour ACS FAP Specialist	520-692-6378	reve.m.montour.civ@army.mil
	Tammy Rita FAP Site Coordinator	520-692-6323	tammy.r.rita.civ@army.mil
Victim Advocate 24/7 Hotline		913-683-2537	
Financial Readiness	Josephine Woods Financial Readiness Program Manager	520-716-4951	josephine.woods3.civ@army.mil
	Marco Miro Personal Financial Counselor	816-500-3163	mirosm@magellanfederal.com
Information and Referral	Shaleena Thomasson ACS Specialist	913-684-2800 520-715-7984	shaleena.d.thomasson.civ@army.mil
MFLC (Military & Family Life Counselor)	Rachelle Huddleston Adult MFLC	256-749-7169	
	Julian Brown Adult MFLC	571-497-9321	
NPSP (New Parent Support Program)	Amy McCauley New Parent Support Home Visitor	913-297-3212	amy.r.mccauley.civ@army.mil
NPSP (New Parent Support Program)	Terra Garland New Parent Support Home Visitor	913-297-9704	terra.g.garland.civ@army.mil
Operations Support	Madeline Wise Operations Support Assistant	913-684-2800 520-942-2644	madelaine.t.wise.civ@army.mil

ARMY COMMUNITY SERVICE

ACS

Real-Life Solutions for Successful Army Living

600 Thomas Ave, Bldg. 198, Fort Leavenworth, KS 66027, (913) 684-2800/4357  
Monday—Friday 0730-1630

EMPLOYMENT READINESS PROGRAM (ERP): 913-684-2835

Assists with career planning and exploration, resume writing, federal employment, and interview skills. Classes held weekly.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP): 913-684-2871

Supports family members with special needs by providing information, referrals, and personal services. Play groups, Lego Club, and recreational bowling are available to join.

FAMILY ADVOCACY PROGRAM (FAP): 913-684-2808/2822;

Focuses on the prevention of domestic violence and child abuse/neglect. Seminars, workshops, and counseling are offered to help improve quality of life.

Victim Advocate (VAP) provides initial contact and advocacy for victims involved in abuse. Services include emergency assistance, information, referrals, and support in accessing medical, legal, and behavioral health services.

24/7 Victim Advocate Hotline—913-684-2537

New Parent Support Program (NPSP) offers emotional support, parent education, and referrals to expecting parents and parents with children ages 0-3. 913-684-2873/2845

FINANCIAL READINESS PROGRAM: 913-684-2852

Education, information, and assistance in consumer issues, financial, planning, family budgeting, and debt management matters.

Army Emergency Relief (AER) assists Soldiers and their families members in emergency financial situations in the form of loans and grants.

INFORMATION, REFERRAL, & FOLLOW-UP (IR&F): 913-684-2800

Information counseling about Army Community Service (ACS) programs, installation and community resources, and follow-up after referrals have been made to appropriate resources.

MILITARY FAMILY LIFE COUNSELOR (MFLC): 913-375-4732/571-497-9321

Licensed professionals who assist Soldiers and family members with non-medical counseling to address short-term concerns and issues of daily life.

RELOCATION (RELO): 913-684-2830

Supports Soldiers and family members moving to or from another duty station. In-processing and out-processing briefs are held each week.

Loan Closet offers kitchen and other household items that can be borrowed for up to 30 days.

Mobilization and Deployment helps to better prepare Soldiers and families for a pending deployment.

SURVIVOR OUTREACH SERVICES (SOS): 913-684-2821

Supports families of Fallen Soldiers. Reassures survivors they remain valued members of the Army Family by offering counseling, support groups, and events within garrison and surrounding area.

VOLUNTEER MANAGEMENT: 913-684-2835

English as a Second Language (ESL) offers multi-level conversational English classes.

Great Pay!  
Amazing benefits!  
What are you waiting for?  
Apply to Fort Leavenworth  
Child and Youth Services today!

CYS is Hiring

up?

Get paid to play!

to level

Ready

Scan here to apply!  
ArmyMWR.com/cyscareers

Medical, Dental, Vision, & Life Insurance Benefits\*

Retirement & 401K

Regular Full-Time/ Part-Time and FLEX Hours Available

Paid Leave and Paid Federal Holidays for Full-Time & Part-Time

Career Progression & Paid Training

Priority Child Care Placement & Employee Child Care Discounts

Access to Commissary & AAFC Shopping Privileges & MWR Facilities

Job Transfer Program Worldwide Through Civilian Employment Assignment Tool

\*Conditions Apply

JOB SEARCH

ACS Employment Readiness Program

Menu of Services

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

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

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

Employment Readiness Program Classes

ACS Classroom • Resiliency Center, 600 Thomas Ave.

Wednesdays • 12PM - 2PM\*

Resume Writing:

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

Scan QR Code for more info!

Federal Employment:

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

Interview Skills & Professionalism:

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

\*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

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

U.S. ARMY

HEADS UP

We are all trying to get somewhere, so let's pay attention to each other and get places safely!

Here are few tips for pedestrians and drivers to be aware of when traveling on post.

HEADS UP PEDESTRIANS!

- Walk on sidewalks whenever they are available
- Look up from your phone and pay attention when approaching a crosswalk
- Watch for vehicles turning left or right before you cross
- Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians
- Wear bright or reflective clothing during reduced visibility so drivers can see you

HEADS UP DRIVERS!

- Put away all distractions and pay attention to the road
- Always look out for pedestrians
- Obey the posted speed limit
- Yield to pedestrians in crosswalks
- When opening your vehicle door be alert for bicyclists
- When paralleling a sidewalk and making a right turn, be sure to check your right rear

FLKS Garrison Safety Office: usarmy.leavenworth.id-training.mbx.safe@army.mil

CID

ARMY CRIMINAL INVESTIGATION DIVISION

7 March 2025

Cybercrime Prevention Flyer

Government Agency Text Scams

Due to convenience and immediacy in communication offered by text messaging, many people are more likely to readily check these messages and respond quickly as compared to email or answering a phone call. As cybercriminals and scammers are well acquainted with the most effective means to communicate with unsuspecting victims, and due to the proliferation of cell phones (approximately 310 million in the U.S. as of 2024), sending a convincing scam via text can be an effective method for criminal elements to engage unsuspecting individuals. A single reply by one victim can net a cybercriminal hundreds or even thousands of dollars; the potential amounts are even higher with multiple replies.

To add authenticity, scammers often draft a convincing text message purported to come from an official local, state, or federal agency. Some common scam themes include:

- IRS Scam – Often seen during tax season, IRS themed messages request personal information to process a refund or recalculate tax amounts. Payment might be requested to allow the recipient of the text to avoid prosecution or having their social security number canceled.
- Social Security Scam – Frequently targeting older adults, Social Security scams often revolve around overpayment, suspension of benefits, or requests for additional information necessary for a payment increase.
- U.S. Postal Service – Using notification of an incoming package, scammers request recipients to click on a provided link which then leads to a website requesting personal or financial information.
- Speeding and Parking Ticket Scams – This scam involves a text indicating recipient's vehicle was exceeding the speed limit or parked illegally, and a citation was issued; it then requests payment to avoid a court appearance.
- Jury Duty Text Scam – Seemingly sent from a court with a claim the recipient missed jury duty and is required to pay a fine or provide personal information to avoid jail time or fines.
- Other Government Agency Scams – Within a month of the establishment of the Department of Government Efficiency (DOGE), scammers began targeting government personnel with DOGE-themed scams.

Text Scam Protection Tips

- Bear in mind that the IRS does not text taxpayers; the IRS contacts taxpayers through the U.S. Postal Service unless in special circumstances wherein taxpayers would be contacted by phone.
- Do not click on links received in text messages, or reply to text messages, if the sender is unknown or the message looks questionable.

Supervision of Children or Home Alone Policy

Per CAR Supplement to Army Regulation 608-18

\*\* Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Developmental Delay, behavioral problems, impulsivity, psychiatric problems or other special needs should not be given the degree of self-management or responsibility allowed in this policy.

HOME ALONE?

- Birth to 9 years old - NEVER
- Ages 10 & 11 - Can be left up to 2 hours with an emergency plan in place and access to an adult (NEVER overnight) but not dropped off at FAMWR without adult supervision
- Ages 12 to 14 - Up to 3 hours with an emergency plan in place and an adult checking on them in person or telephonically (NEVER overnight)
- Ages 15 to 17 - Up to 6 hours (NEVER overnight) with an emergency plan in place and access to an adult

BABYSITTING?

- Birth to 11 years old - NEVER
- Ages 12 to 14 - Must have completed a CYS approved babysitting course. May babysit with an adult checking on them every 3 hours in person or telephonically (NEVER overnight)
- Ages 15 to 17 - Must have completed a CYS approved babysitting course. May babysit up to 6 hours with ready access to adult supervision (NEVER overnight)

UNATTENDED IN VEHICLE?

- Birth to 9 years old - NEVER
- Ages 10 and older - Yes under normal weather conditions

UNATTENDED OUTSIDE?

- Birth - 4 years - Direct supervision, NEVER LEFT ALONE
- Ages 5 to 6 - Immediate supervision, MUST be within eyesight or hearing distance from supervising adult with the ability to respond to an emergency in 30 seconds
- Ages 7 to 9 - Monitored supervision, If in a playground or yard access to adult supervision at all times
- Ages 10 & 11 - Self-care supervision up to 2 hours with access to adult supervision
- Ages 12 to 14 - Self-care supervision up to 3 hours
- Ages 15 to 17 - Self-care supervision up to 6 hours
- Children 11 and under will not be dropped off at FAMWR activities without adult supervision per policy guidance.

CURFEW (Children must be accounted for by a parent during the following time periods. )

- Ages 15 and younger is 2230-0600 hours.
- Ages 16 and 17 is 0030-0600 hours.

Questions? Call Family Advocacy Program Manager (FAPM) at (913) 684-2822, Behavioral Health at (913) 684-6778 or Military Police at (913) 684-3456.

\*\*For a complete Supervision of Children and Home Alone Policy please contact the FAPM.

19 Oct 21

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

Talk to someone who understands:

safehelpline.org

My Army Post App

Step 1: Download the app

Step 2: Select your base

Step 3: Stay in the know!

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



## May, June & July Workshops

### Watercolor

\$30 per workshop  
pre-registration required

**Watercolor (Landscape 1)**  
Tuesday,  
May 13  
6pm - 8pm

**Watercolor (Landscape 2)**  
Tuesday,  
May 20  
6pm - 8pm

### Framing

\$40 per class

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

Fridays  
May 9, June 13, July 11  
10am - 2pm

Saturdays  
May 24, June 28, July 26  
10am - 2pm

**Watercolor by the Lake (plein-air)**  
Tuesday,  
June 3  
6pm - 8pm

**Watercolor by the Lake (plein-air)**  
Tuesday,  
June 10  
6pm - 8pm



scan for more info

Call now to register!  
913-684-3373



### Paint & Sip

\$35

Must be 21  
years or older.  
BYOB



**Flower Crown Cow**  
Friday,  
May 9  
6pm - 8pm

**Two Toucans**  
Friday,  
June 13  
6pm - 8pm



**Jellyfish**  
Friday,  
July 11  
6pm - 8pm

Cost includes all supplies!

## Modern Calligraphy

### Basics

\$20 per class

Tuesday  
July 15  
6:30pm - 8pm

### Special Projects

**Birthday Cards**

Tuesday  
July 29  
6:30pm - 8pm

### Intermediate

\$20 per class

Tuesday  
July 22  
6:30pm - 8pm



### Crafts

\$35 per class

**Patriotic Wooden Sign**

Tuesday, May 13  
1pm - 3pm  
Friday, May 30  
11am - 1pm

**Flower Wreath**

Tuesday, June 10  
11am - 1pm  
Thursday, June 19  
6pm - 8pm

**Wooden Growth Chart**

Tuesday, July 8  
6pm - 8pm  
Friday, July 18  
11am - 1pm



Come see what's new at the Studio!



leavenworth.armymwr.com

## May, June & July Kids Weekly Classes

### Messy Art

\$12 per class

**Ages 7+**

Thursday  
May 15  
10:30am - 11:30am

Thursday  
May 29  
10:30am - 11:30am

Thursday  
June 26  
10:30am - 11:30am

Thursday  
July 10  
10:30am - 11:30am



Call now  
to register!  
913-684-3373

### Color Me Happy

\$10 per class

**Parent & Toddlers**

Thursday  
May 8  
10:30am - 11:30am

Thursday  
May 22  
10:30am - 11:30am

Thursday  
June 5  
10:30am - 11:30am

Thursday  
June 19  
10:30am - 11:30am

Thursday  
July 17  
10:30am - 11:30am

Thursday  
July 31  
10:30am - 11:30am



scan for more info



**Summer Studio Days**  
\$15 per class

**Kids Ages 6 - 11**  
Tuesday - Friday  
July 22 - July 25  
10:30am - 11:30am

**Youth Ages 12+**  
Tuesday - Friday  
July 22 - July 25  
1pm - 2:30pm

Need to beat the  
summer heat?  
Come to the Studio!

## Kids Summer Events

### Crafts

\$20 per craft

**Mother's Day Gift & Card**

Thursday  
May 1  
10:30am - 12pm

**Father's Day Gift & Card**

Thursday  
June 12  
10:30am - 12pm



Cost includes all supplies!

### Art History

\$15 per class  
(ages 7+)

**Muffins & Michelangelo**

Wednesday  
May 14  
1pm - 3pm

**Rocket Pops & Ross**

Tuesday  
June 17  
1pm - 3pm  
Wednesday  
June 18  
11am - 1pm

**Dirt Cups & Andre' Derain**

Tuesday  
July 15  
1pm - 3pm  
Wednesday  
July 16  
11am - 1pm



Come see what's new at the Studio!



leavenworth.armymwr.com

## The Fort Leavenworth Frame Studio



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

### 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

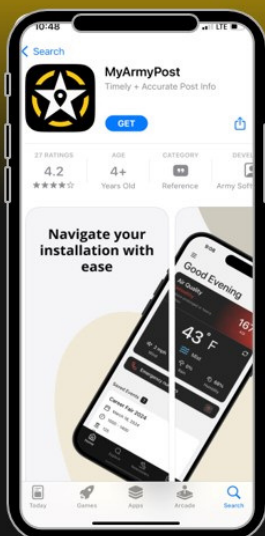
Deadline to register is the day before class.  
Ages 18+

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

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

## My Army Post App

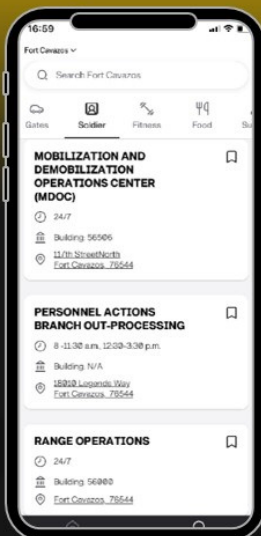
Step 1:  
Download the app



Step 2:  
Select your base



Step 3:  
Stay in the know!



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Vacation Bible School 2025



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

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

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

**WHERE:**  
Frontier Chapel & Pioneer Chapel Fort Leavenworth, Kansas

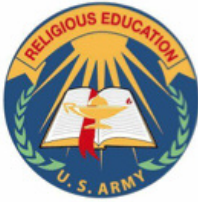
**HOW TO REGISTER:**  
Registration begins 14 JUL 930 - 1600 in-person at Frontier Chapel

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

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



VBS 2025 Volunteer Registration



at the

# POPSICLES PLAYGROUND

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

**\*WEATHER PERMITTING**  
**CHECK FACEBOOK FOR**  
**MORE DETAILS / LOCATIONS**

St. Ignatius of Loyola  
Catholic Community  
FORT LEAVENWORTH



**MASS TIMES**  
Pioneer Chapel  
Tuesday - Friday 1200  
Frontier Chapel  
Sunday 0930

**CONFESSIONS**  
Pioneer Chapel  
Tuesday - Friday 1130-1200  
Frontier Chapel  
Sunday 0830-0915

**PASTORAL ADVISORY COUNCIL MEETING**  
The Pastoral Advisory Council meetings, held the first Tuesday of the month, are open to all congregation members who would like to provide input regarding upcoming events and future volunteer needs of the community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 0830 - Confessions (F) 0930 - Mass (F) 1400 - Kila v. Anek Soccer Match (at 100th by request) Solemnity of the Ascension of the Lord	2 1730 - Choir Rehearsal (F) Saints Marcellinus and Peter	3 No Daily Mass 1730 - PAC Meeting (F) Saints Carlos Leung & Companions	4 0900 - CWOC Board & Planning 1200 - Mass (F) Saint Boniface	5 10:00 - CWOC Popsicles at the Playground (Pioneer Chapel) 1200 - Mass (F) Saint Norbert	6 1200 - Mass (F) 1230 - 1530 - Adoration (F) Saint Anthony of Padua	7
8 0830 - Confessions (F) 0930 - Mass (F) Pentecost	9 1730 - Choir Rehearsal (F) Mary, Mother of the Church	10 1200 - Mass (F) 1900 - KilaC Meeting (F)	11 1200 - Mass (F) Saint Barnabas	12 10:00 - CWOC Popsicles at the Playground (FLPAC Community Center) 1200 - Mass (F)	13 1200 - Mass (F) 1230 - 1530 - Adoration (F) Saint Anthony of Padua	14
15 0830 - Confessions (F) 0930 - Mass (F) Solemnity of the Most Holy Trinity FATHER'S DAY	16 1730 - Choir Rehearsal (F)	17 1200 - Mass (F)	18 1200 - Mass (F) Saint Rosemarie Jaramore	19 10:00 - CWOC Popsicles at the Playground (FLPAC Community Center) 1200 - Mass (F)	20 1200 - Mass (F) 1230 - 1530 - Adoration (F) Saint Anthony of Padua	21
22 0830 - Confessions (F) 0930 - Mass (F) Solemnity of Corpus Christi	23 1730 - Choir Rehearsal (F)	24 No Daily Mass	25 No Daily Mass	26 10:00 - CWOC Popsicles at the Playground (Lady Park, LV) No Daily Mass Saint Rosemarie Jaramore	27 1200 - Mass (F) 1230 - 1530 - Adoration (F) Solemnity of the Most Sacred Heart of Jesus	28
29 0830 - Confessions (F) 0930 - Mass (F) Solemnity of Saints Peter & Paul, Apostles	30 1730 - Choir Rehearsal (F) The Holy Marys of the Sea of Rome					Frontier Chapel (F) Pioneer Chapel (F)

**PWOC**

## SUMMER SCHEDULE

**PARK PLAYDATES**

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

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

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

**SUMMER SESSIONS AT THE CHAPEL**

JULY 22 - FRONTIER CHAPEL  
9-11AM

JULY 29 - FRONTIER CHAPEL  
9-11AM

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

CAMPUS LIFE MILITARY  
SUMMER SCHEDULE

BIBLE STUDY

TUESDAYS FROM 1800 –1930

JUNE 17 – AUGUST 5

PIONEER CHAPEL, ROOM 16

POOL DAYS (CASUAL HANG OUT)

1300 – 1600

JUNE 20, JULY 11, JULY 25



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



FT. LEAVENWORTH CAMPUS LIFE MILITARY



@CAMPUSLIFEFORTLEAVENWORTH

Richard Allen Cultural Center & Museum

SAVE THE DATE



JAZZ

By the River

AUGUST 2, 2025

KONA ICE

FRONTIER HERITAGE PRESENTS



KONA ICE DAY

THURS. JUNE 26

220 Hancock Avenue,  
Fort Leavenworth, KS

1 PM - 3 PM



KONA ICE



## Volunteers Needed

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

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

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



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

Frontier Army Museum  
100 Reynolds Ave  
Fort Leavenworth, KS

## Griffin Gardens Greenhouse

### Opening April 21st!

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



Located between  
Griffin Cuts Barbershop  
& the MWJRCF

### Thursday Youth / Adult Bowling League

Meeting May 23rd at 6:30p  
Start May 30th at 6:15  
8 Week Handicap League  
May 30th - July 18th

2 Person Teams

1 Youth Bowler Under 18 Years Old  
1 Adult Bowler 18 Years Or Older

\$7.50 Per Bowler or \$15.00 Per Team  
*Shoes Included*



Strike Zone  
Ft. Leavenworth, Ks.

## BRUNNER RANGE

MWR 2025

# CALENDAR

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

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

Hours:  
Wednesday 12:00-8:00pm  
Thursday 12:00-8:00pm  
Saturday 10:00am-5:00pm  
Sunday 10:00am-5:00pm  
CLOSED M, T, F

Fun Shoots begin at 9:00am  
Rod & Gun begin at 6:00pm

SCAN HERE



### GRIFFIN CUTS BARBERSHOP

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

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

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

### TRUEDELL BARBERSHOP

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

CASH ONLY

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

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

## STRIKE ZONE BOWLING CENTER

# SUMMER TRIOS



MEETING: MAY 8TH AT 6:30 PM  
START: MAY 15TH AT 6:15 PM

12 WEEK LEAGUE: MAY 15TH - AUGUST 8TH

THURSDAYS AT 6:30 PM

(PRACTICE AT 6:15 PM)

3 PERSON TEAMS - 3 GAMES PER NIGHT

ANY COMBO OF MEN & WOMEN

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

## BRUNNER RANGE 2025

# SPECIAL FUN SHOOTS

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

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

### Current Price List

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

### Current Price List

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



## Couples League

Are you looking for some good old-fashioned fun?

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

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

Annual pass holders : Free  
Non-pass holders:  
\$35 per person  
Weekly:  
\$5 per person

Registration is open now!  
Call for more info  
913-651-7176



I just love spending quality time with you!

Scan here to follow Ft. Leavenworth FMWR on FB

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

## Brunner Range

# 2025 LEAGUE SCHEDULE

Winter Combo  
9 January - 13 March

Spring Combo  
20 March - 22 May

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

Fall Combo  
4 September - 6 November

Winter Warm-up  
13 November - 18 December



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

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

## ADULT SPORTS


# Softball LEAGUE

LEAGUE PLAY STARTS TUESDAY, JUNE 3RD

GAMES TUES & THURS @ 5:30, 6:30, 7:30 P.M.  
DONIPHAN FIELD #1

Coaches Meeting: Wednesday, May 14  
5:30 pm @ Gruber Fitness Center  
Letters of intent due by COB May 28th

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 info call: 913-684-3224/ 5136



## Trails West Golf Course


# Wednesday League

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

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

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

For more information call: 913-651-7176  
visit: [leavenworth.armymwr.com](http://leavenworth.armymwr.com)



Scan here to follow Ft. Leavenworth FMWR on FB



## Combined League Scramble

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

April 30  
June 25  
August 27  
September 24

\$5 FOR SCRAMBLE  
\$15 FOR MEAL

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



Scan here to follow Ft. Leavenworth FMWR on FB

For more information call 913-651-7176 or visit [leavenworth.armymwr.com](http://leavenworth.armymwr.com)



NONUM

# Youth Sports & Fitness Camps

Registration starts April 14!



## FITNESS

June 9 - 12  
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 14 yrs	1000-1100

## CHALLENGER SPORTS SOCCER CAMP

Camps run Monday - Friday

June 2 - 6 / July 7 - 11 / July 28 - August 1

Age Groups	Time	Cost
3 - 4 yrs	0900-1000	\$110
5 - 6 yrs	1030-1200	\$125
7 - 9 yrs	0900-1200	\$165
10 - 14	0900-1200	\$165

## BASEBALL

July 14 - 17  
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 10 yrs	1000-1100
11 - 14 yrs	1300-1400

Enrollments will end on the first day of each camp. Challenger Sports Soccer Camp enrollments can only be done at CYS Parent Central. Fitness, Baseball, and Basketball Camp enrollments can be completed at Parent Central or with Webtrac if participant is centrally registered.

Call 913-684-7525 / 7526  
for more information

## BASKETBALL

July 21-24  
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 10 yrs	1000-1100
11 - 14 yrs	1300-1400




[leavenworth.armymwr.com](http://leavenworth.armymwr.com)






# Independent Instructor Class Schedule

## Gruber Fitness Center

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

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

## Harney Sports Complex

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

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

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



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

# FITNESS CENTER PROPER ATTIRE

## Authorized

### TOPS

- Un-modified t-shirts or tank tops
- Underclothing (workout gear with built-in underclothes are okay)
- When standing, tops must at least meet top of shorts

### BOTTOMS

- Shorts with full coverage of buttocks
- Leggings
- Sweatpants or athletic pants

### FOOTWEAR

- Athletic shoes
- Tennis shoes
- Running shoes
- Court shoes
- Cross-training shoes
- Minimalistic/ five-finger shoes

### OTHER

- Soldiers using wireless/ non-wireless devices/ earpieces in uniform while inside fitness centers. Must be 1.5 inches in diameter or less at the widest part.
- Soldiers not in uniform, Family Members, DOD Civilians may use headphones while running outside on sidewalks or tracks.

## NOT Authorized

### TOPS

- Clothing with rivets
- Modified/ homemade t-shirts/ tank tops/ crop tops
- Wearing only a sports bra
- Exposed midriff
- Exposed chest
- Inappropriate or offensive language on clothing

### BOTTOMS

- Sagging pants
- Jeans
- Bikinis
- Exposed gluteous muscles or exposed undergarments

### FOOTWEAR

- Bare feet
- Socks only without shoes
- Flip flops
- Sandals
- Open-toed shoes
- Crocs/ clogs
- Boots on the cardio equipment

### OTHER

- Plastic/ rubber suits
- Soldiers using wireless/ non-wireless devices/ earpieces in uniform while outdoors; including running.
- Headphones worn on the roads at any time.

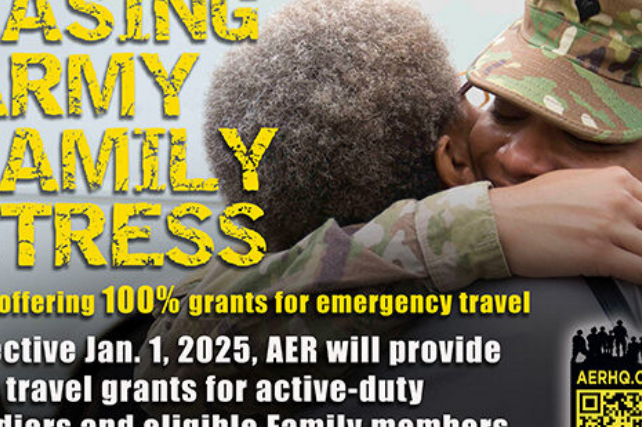
Harney Sports Complex &  
Aquatics Center  
185 Fourth St.  
913-684-2190

Gruber Fitness Center  
200 Reynolds Ave  
913-684-5120

USAG Fort Leavenworth

Policy per Fort Leavenworth, KS  
Commanding General

Fitness Staff has  
FINAL guidance on appropriate attire




# EASING ARMY FAMILY STRESS

**AER offering 100% grants for emergency travel**

**Effective Jan. 1, 2025, AER will provide full travel grants for active-duty Soldiers and eligible Family members.**

**Go to [ArmyEmergencyRelief.org](https://ArmyEmergencyRelief.org) for more information.**



AERHQ.ORG





# WELCOME to USD 207

★★★★★

## NEW OR FUTURE RESIDENT OF FORT LEAVENWORTH? WE ARE YOUR DISTRICT!

USD 207 is a highly-rated public school district in Kansas, proudly serving students in grades PreK-9. Unique to us, our attendance boundary includes only residents living on the Fort Leavenworth installation, making over 95% of our student population dependents of active-duty military service members.

Online enrollment for the 2025-2026 school year is now open. Visit our website for more information and to begin the process.

questions@usd207.org  
913-651-7373

ENROLL TODAY!

www.usd207.org





# Join Our Team



## FORT LEAVENWORTH SCHOOL DISTRICT CURRENT OPENINGS:

- Special Education Para Educators
- Accounts Payable
- Assistant Director of Special Services
- Full-Time Bus Driver
- Full-Time Bus Aide

**APPLY NOW**



## WE ARE NOW ACCEPTING APPLICATIONS FOR THE 2025-26 SCHOOL YEAR! ---->











www.usd207.org - 913-651-7373

# NOW OPEN

## Fort Leavenworth Care Options for Summer 2025 & School Year 2025-2026

### 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 as available based on the sponsor's priority and request for care (RFC) date.

**MILITARY CHILDCARE.COM**

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

- STEP 1: CREATE ACCOUNT**  
Go to [MilitaryChildCare.com](https://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

**Don't know what Care Options to request?**  
Prior to making Requests for Care, go to [CYS Facebook](#) or [FMWR-CYS](#) website to review flyer:

## 2025 Fort Leavenworth Care Options & Waitlists

## 2025 Fort Leavenworth CYS Care Options & Waitlists on MILITARYCHILDCARE.COM



1. CYS eligible patrons create or use your current account on MILITARYCHILDCARE.COM (Visit FAQ section on site)
2. Review the Facility Program & Care Option descriptions below & available on MILITARYCHILDCARE.COM
3. Submit a Request for Care (RFC) for each child in each Child Care Option listed below that fit your care needs.



Offers are managed by the Fort Leavenworth CYS Parent Central office using contact information listed in your MILITARYCHILDCARE.COM household profile.

**TIP:** 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.ftlvnteencenter](https://www.facebook.com/cys.ftlvnteencenter)

**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 2025 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 25-26  
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

2025 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 2025

- "Completed KG" & "Completed 1st-5th School-Age Care" are separate Care Options based on grade COMPLETED.
- Request each camp weeks needing care.

>> Current School Year 24-25 contract holders are given the opportunity to request Continuity of Care directly with Osage in the Spring. Requests in MCC are ONLY needed once past Osage's deadline.

### SUMMER

2025  
COMPLETED  
KG & 1st-5th  
Grade  
\*6th-12th Grade  
see HYC info

### SCHOOL YEAR 25-26

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.

On [www.leavenworth.armymwr.com](http://www.leavenworth.armymwr.com) search for "Harrold Youth Center" for details on Summer Camp Weeks, FREE Open Recreation time, & the FREE After School Program (which 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 & will be available to request in mid September 2025.
- CYS will be closed on Federal Holidays.
- Request is not required for children in a current School Year contract.



# MUNSON NOTES

## MUNSON NOTICES

■ It is important that military families new to the Fort Leavenworth community **ESTABLISH A NEW PRIMARY CARE MANAGER** for their health care needs. Munson Army Health Center offers a wide range of primary care providers to choose from for personalized care at a convenient on-post location.

Once your new address is established in DEERS, call 1-888-TRIWEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at [munson.tricare.mil](https://munson.tricare.mil).

■ Service members, retirees, family members and Department of Defense federal employees on Fort Leavenworth are **ELIGIBLE TO USE THE ARMED FORCES WELLNESS CENTER FOR FREE**. This includes physical fitness testing, body composition analysis, stress management, improving sleep habits and individual health coaching. You set the goals; the AFWC staff puts you on the path to achieving them. Programs are individualized to address your current needs, motivation and confidence level. Visit the Fort Leavenworth AFWC in Eisenhower Hall or call 913-758-3403 to schedule an appointment. The health educators are also available to go mobile, taking their class to units or organizations on post and family readiness groups. To learn more about AFWC services visit <https://dvidshub.net/r/8wtl1f>.

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

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

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

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

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

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

MUNSON NOTES continue on page B12.

## MAHC dietician stresses importance of hydration

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

With the heat of summer upon us, health experts have been reiterating the importance of adequate daily water intake for overall well-being, highlighting its numerous benefits and offering practical tips for staying hydrated.

"Water is absolutely essential for virtually every bodily function," said Capt. Rebecca Paquette, a registered dietitian at Munson Army Health Center. "From regulating temperature to lubricating joints, water plays a crucial role in keeping us healthy and functioning at our best."

Dehydration is a medical condition that can lead to a host of unpleasant and even serious consequences, including:

- Difficulty thinking clearly and focusing.
- Increased irritability and changes in emotional state.
- Inability to regulate body temperature effectively.
- Digestive issues, like constipation, due to lack of lubrication.
- Increased risk of developing painful kidney stones.

The recommended daily water intake varies depending on individual factors such as age, gender, pregnancy status, activity level and breastfeeding status.

Paquette said that in general, the standard water recommendation is half your body weight in ounces of water per day.

For example, an individual who weighs 150 pounds should aim for 75 ounces of water per day.

When doing physical activity in high heat conditions, drink 8 ounces (one cup) every 15-20 minutes.

"Electrolyte replacement solutions are only necessary



Department of Defense Photo by Maria Christina Yager

**Health experts are reiterating the importance of adequate daily water intake for overall well-being, highlighting its numerous benefits and offering practical tips for staying hydrated.**

if it has been a few hours since eating any foods or beverages with salt," Paquette said. "Prioritize plain water when rehydrating, especially if you feel the onset of cramps."

While water should be the primary source of hydration, other beverages, like black coffee, unsweetened tea, zero sugar alternatives for sodas and sports drinks, and fruit juices that are 50 percent water with no added sugar can con-

tribute to a healthy diet.

Some sugar-sweetened beverages are OK when doing long distance running or similar activities to maintain energy and performance.

Paquette cautions against excessive consumption of sugary drinks such as sodas, fruit drinks, sports drinks and sweetened beverages, which are often high in calories and low in nutritional value. Similarly, energy drinks can contain

high levels of caffeine and other stimulants, posing potential health risks, especially for young people.

"Prioritizing water intake is a simple yet powerful step toward improving your overall health and well-being," Paquette said. "By making water a regular part of your daily routine and being mindful of other beverage choices, you can ensure your body stays hydrated and functions optimally."

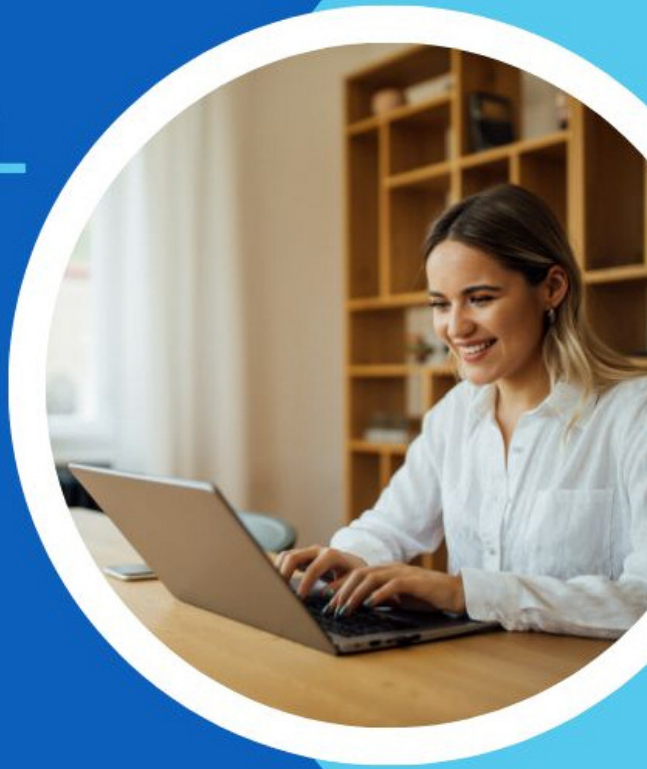
## TriWest PATIENT PORTAL

Register for an account to manage off post specialty care

- ✓ Referrals
- ✓ Authorizations
- ✓ Provider Directory
- ✓ Case Management

LEARN MORE

<https://tricare.triwest.com/en/beneficiary>





# MUNSON NOTES

## Safely dispose of expired medications before PCSing



**PCS Prep: Drug Disposal**

Safely dispose of old and expired medications before your move.

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

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

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

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

Munson Army Health Center

**SCHOOL AND SPORTS PHYSICALS**

**SCHEDULE NOW**

**913-684-6250**

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

Munson Army Health Center

**SUMMER Eye Exams**

School-Aged Kids 6 years and up!

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

Call 913-684-6250 to schedule [munson.tricare.mil](https://munson.tricare.mil)



**Drink Water!**

STAY HYDRATED THIS SUMMER

Proper hydration allows your body to cool down during the hot summer months.

**MEET YOUR WATER GOALS!**

- Carry a water bottle for easy access on the go
- Choose water instead of sugary drinks when eating out
- Add fruit to your water to give it flavor

TRICARE

**Referral approval waiver:**

Referral approvals are waived through June 30.




MUNSON ARMY HEALTH CENTER

**Call Center**

**913 684-6250**

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

 [munson.tricare.mil](https://munson.tricare.mil)







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LEAVENWORTH/ABOUT/NEWS](https://home.army.mil/leavenworth/about/news)



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