

THURSDAY
JULY 10, 2025



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Garrison welcomes new commander

by Prudence Siebert/Editor

Outgoing Fort Leavenworth Garrison Commander Col. Duane Mosier passed command of the Fort Leavenworth Garrison to incoming Garrison Commander Col. Todd Sunday in a ceremony July 1 at the Frontier Conference Center.

William Kidd, director of the Installation Management Command-Training, said the indoor ceremony might look a little different from what people might be used to seeing.

“There isn’t a field full of troops here, because installation management by its very nature conserves the Army’s warfighting strength by applying the skills of civilians and contractors — dedicated hands, all of them — to operate this great installation.”

Kidd referred to Fort Leavenworth as a special place and lauded the com-

munity’s proud history and dedication to helping produce the world’s finest military leaders.

“That commitment brought you here today, and I want to thank the leadership of the Army Combined Arms Center for the tremendous support that you provide each and every day to this garrison,” he said. “We just simply couldn’t do our job without your advocacy, partnership and leadership.”

Kidd said it takes more than just ability to do the job well.

“Defending this nation and leading those who do is a tough, complex and unyielding way of life that demands excellence in everything and every step taken. Competence is not enough,” Kidd said. “You have to be the best, do your best each and every day.

SEE **GARRISON CHANGE OF COMMAND** | **A7**



Photo by Stephanie Mahone/Fort Leavenworth Garrison Public Affairs

After passing the colors, outgoing Fort Leavenworth Garrison Commander Col. Duane Mosier watches as Installation Management Command-Training Director William Kidd passes the colors to incoming Garrison Commander Col. Todd Sunday, who then returned the colors to Garrison Command Sgt. Maj. Vanessa Sun, during the change of command ceremony July 1 at the Frontier Conference Center. Sunday comes to Fort Leavenworth from the U.S. Army War College, and Mosier remains at Fort Leavenworth and moves on to be the director of the School for Command Preparation at Army University.

Wileman assumes responsibility of MWJRCF Battalion

by Prudence Siebert/Editor

Outgoing Midwest Joint Regional Correctional Facility Battalion (Corrections) Command Sgt. Maj. Travis Huggard relinquished responsibility to incoming MWJRCF Battalion Command Sgt. Maj. Nickie Wileman June 27 on Main Parade.

MWJRCF Battalion Commander Lt. Col. Laura Proffit began the ceremony by

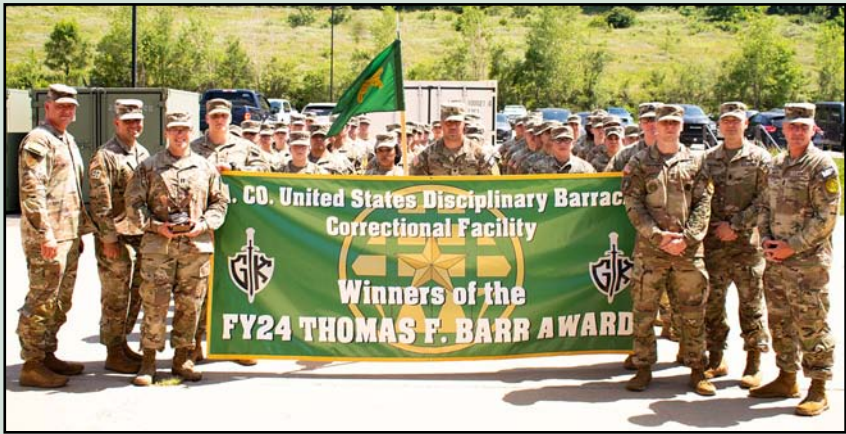
noting some of the battalion’s accomplishments over the past three years, commending the unit on converting from MTOE to TDA, maintaining more than 95 percent deployability rate, soldier-to-NCO promotions, hosting pre-deployment preparation for detention operations units, and having competent instructors to bring non-correc-

SEE **MWJRCF CHANGE OF RESPONSIBILITY** | **A8**

Incoming Midwest Joint Regional Correctional Facility Battalion (Corrections) Command Sgt. Maj. Nickie Wileman accepts the colors from MWJRCF Battalion Commander Lt. Col. Laura Proffit during her change of responsibility ceremony with outgoing MWJRCF Battalion Command Sgt. Maj. Travis Huggard June 27 on Main Parade.



Photo by Prudence Siebert/
Fort Leavenworth Lamp



Army Corrections Brigade Photo

A Co., USDB BN earns Barr Award

by 1st Lt. Shyla Taylor/Army Corrections Brigade

Alpha Company, U.S. Disciplinary Barracks Battalion (Corrections), has been named the winner of the fiscal year 2024 Brigadier General Thomas F. Barr Award for Best Military Police Corrections Company assigned to or supporting Army Corrections Command.

Presented annually by the Office of

the Provost Marshal General, the Barr Award honors the most outstanding MP corrections company/detachment units across the Army. Alpha Company’s selection reflects a year of exceptional readiness, discipline, innovation and commitment to the Army’s corrections mission.

This achievement recognizes the

SEE **BARR AWARD** | **A8**

AT A GLANCE

■ **SHERMAN GATE WILL BE CLOSED** starting July 14 and will re-open July 28. This closure will allow the security guard force to complete their mandatory annual training requirements.

■ The **SUMMER READING PROGRAM** is underway 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](https://carlcgsc.libguides.com/Home/SRP25) for more information. See related story on page A4.

■ The **OUTDOOR POOLS ARE OPEN** seven days a week for the summer. **HANCOCK POOL** is open 11 a.m. to 6 p.m. for family swim. **GRANT**

POOL is open 11 a.m. to 1 p.m. for adult lap swim and 1-6 p.m. for family swim. Outdoor pool passes can be purchased at Harney Sports Complex or \$5 daily admission at the door.

■ The next **TEEN MEET AND GREET EVENT** is from 5-7 p.m. July 23 at Harrold Youth Center. HYC is offering a **DASHBOARD TOUR FOR YOUTH NEW TO FORT LEAVENWORTH** from 4-5:30 p.m. July 25, followed by a barbecue. Call 913-684-5118 for more information.

■ The **SKIES OPEN HOUSE** is from 5:30-7 p.m. July 24 at Patch Community Center. Call 913-684-3207 for more information.

■ Historian Dr. Katherine Dahlstrand, chief of research and books at Army University Press, is the featured guest lecturer for the **BUFFALO SOLDIERS LECTURE EVENT** at 9 a.m. July 25 at the Frontier Conference Center.

■ The Exchange will be celebrating its 130th anniversary and Army Community Service will be celebrating its 60th anniversary during a **JOINT BIRTHDAY BASH** from 11 a.m. to 2 p.m. July 25 in the Post Exchange parking lot. Activities include a dunk tank, cornhole tournament, bounce house, karaoke and food trucks. Cornhole participants have the opportunity to win a \$130 PX gift card.

Peggy Pavey, heart and history of Fort Leavenworth’s Combined Arms Center, retires after 56 years of service

by Sgt. 1st Class Summer Woode/Combined Arms Center Public Affairs Office

For more than five decades, Mary Pavey, known simply as “Miss Peggy,” ensured that Army civilian professionals turned in their timecards and upheld the highest standards of conduct.

Now, after 56 years of federal service, Pavey is retiring, and with her goes a deep well of institutional knowledge, consistency and kindness.

With a small sticky note in one hand and a pen in the other, Pavey moved through offices, checking that every timecard was accurate and signed. Her small stature and signature pearl necklace added to the charm of the side-eyed glance she delivered if the answer was “no.”

But Peggy’s impact extends far beyond timecards. She has been the calm, steady presence at Fort Leavenworth — a quiet professional who kept senior leaders on time, offices in order, and co-workers smiling with coffee and cookies.

“She’s the heartbeat of this building,” said Hilary Carbajal, command operations specialist for the deputy to the commanding general. “Her presence sets the tone for the entire day. Everyone feels it when she’s not in the office. She didn’t just help the team function; she made the workplace feel like home.”

Growing up in Leavenworth, Pavey’s life was built on discipline and faith. Her father managed the Enterprise Furniture Store on Delaware Street, working long hours to provide for their family, while her mother stayed home. Every morning, before heading to school at Immaculata High School, Peggy and her sister were dropped off at church for Mass.

When college wasn’t an option financially, she turned to civil service. She had already proven her skills, placing fourth in a statewide high school typing competition using a manual typewriter. That ability helped her secure a position on post.

Her early days at Fort Leavenworth began in a GS-3 position at the Commissary, but she quickly moved through various administrative roles, working in transportation, the Criminal Investigation Division, and the former Bell Hall. She typed lesson plans, processed classified documents, and managed schedules — all with precision and dedication.

“In the beginning, people didn’t pay much attention to me,” she recalled. “I was just 18 and didn’t know much. But over time, you gain knowledge.”

She joined the U.S. Army Combined Arms Center command group in 2009, where she became the first person everyone saw each morning — greeting visitors, managing schedules and answering phones with a familiar, “Office of the Deputy to the Commanding General, this is Peggy.”



Photo by Combined Arms Center Public Affairs

Mary Pavey poses with Gregg Thompson, deputy to the Combined Arms Center commanding general, during the unveiling of the Peggy Pavey Suite, naming of her old office after her, June 30 in the CAC Headquarters building. Pavey retired July 1 after 56 years of federal service.

“She’s the HEARTBEAT of this building. Her presence sets the TONE for the entire day. Everyone feels it when she’s not in the office. She didn’t just HELP THE TEAM FUNCTION; she made the workplace FEEL LIKE HOME.”

— Hilary Carbajal
Command information specialist for the Combined Arms Center deputy to the commanding general

From manual typewriters to PCs, Pavey adapted across generations of tools and technologies. But some things never changed.

“She adapted,” said Lt. Gen. Milford H. Beagle Jr., CAC commanding general. “Many people don’t. But for over 56 years, her humility, her drive, her passion and her empathy for people never changed.” In addition to her administrative precision, Pavey was also known for keeping the office morale high through food. Cookies, peanut butter and jelly sandwiches, and breakfast sandwiches became meeting staples.

“Her sharp wit, unmatched work ethic, and well-timed snack drops have gotten us through more meetings than we can count,” said Gregg Thompson, deputy to the commanding general. “Peggy didn’t just keep the office running — she kept it caffeinated, fed and laughing. We’ll miss her deeply... and so will our waistslines.”

For her part, Pavey remained modest.



Submitted photo

Mary Pavey answers the phone at her desk during the early years of her 56-year career at Fort Leavenworth. Pavey, who began her federal service in 1969, retired July 1, 2025, as secretary to the deputy to the commanding general.

“I just care about what I do,” she said. “And I want to make sure I do it right.”

She isn’t quite sure what life will look like without Fort Leavenworth. She doesn’t have elaborate post-retirement plans but is considering volunteering at the local Council on Aging or Meals on Wheels. She admits that she will miss coming to work and seeing people.

“I just hope people remember that I did my job — and did it right,” she said. “That I helped where I could.”

Carbajal said Pavey did more than her job right.

“She led by example, mentored quietly, and made people feel seen. Her legacy isn’t

just what she did, but it’s how she made people feel.”

As Pavey starts her retirement in July, her impact will carry on. When asked what she wants to be remembered for, she paused.

“Oh, they’ll probably forget about me after a while,” she said with a smile.

That’s not likely. Her old office was officially named Peggy Pavey Suite, which was announced at her retirement ceremony June 30. More importantly, ask anyone at Sherman Hall, and they’ll tell you: she is the reason timecards were always submitted correctly, the reason people felt at home, and the reason the workplace felt more like a community.

FORT LEAVENWORTH LAMP

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Local bone marrow donor registry drive organizer stresses potential to save lives

by Melanie Libby/Fort Leavenworth Lamp Intern

Every three minutes, about one person is diagnosed with a form of blood cancer for which the treatment could require a bone marrow transplant with healthy bone marrow obtained from a donor.

Hoping to encourage more people to sign up for the bone marrow registry, Staff Sgt. Chris Womack, patrol officer with the Combined Arms Center Law Enforcement Activity, set up a booth at the Post Exchange June 26 to allow Fort Leavenworth community members to join the registry. To prepare for the registration event, Womack worked on behalf of Salute To Life, a program to help members of the Department of Defense and their dependents become bone marrow donors.

Community members who were interested in becoming part of the registry to help link potential bone marrow donors with those in need filled out forms and took samples by swabbing the inside of their cheeks.

According to Salute to Life informational materials distributed at the drive, about one in every 430 registrants will go on to be a bone marrow donor due to the specificity of the match, and 70 percent of patients will need a donor who is not related to them. Once matched, two different methods of donation are possible.

“You can donate bone marrow, which is when you go to Washington, D.C. They put you under general anesthesia and then they pull bone marrow directly from your hip. They only do that less than 10 percent of time,” Womack said. “The other 90 percent of what they do is they give you a medication called Filgrastim. It’s a couple of injections in your arms. They do that for four days, it makes your body produce extra white blood cells, and then they hook you up to a machine that’s the same one they use if you donate plasma. It pulls your blood out, cycles out the white blood cells, puts everything back in, and then they take those white blood cells and send them off to wherever they’re needed.”

Womack, who has been a donor, said symptoms after donation are minimal and go away rather quickly. However, he thinks the symptoms are nothing in comparison to the knowledge of helping save a life.

“You’re giving part of your blood up for someone, and it actually does a lot for them. It changes their life when we’re done,” Womack said in regard to why he encour-



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Shopper Jacob Yost takes a mouth swab from bone marrow registry drive coordinator Staff Sgt. Chris Womack, Combined Arms Center Law Enforcement Activity, as Staff Sgt. Chad Addison, Midwest Joint Regional Correctional Facility Battalion (Corrections), fills out registration paperwork during the Department of Defense Bone Marrow Registry drive June 26 at the Post Exchange. Womack was helping sign up potential bone marrow donors for the DoD’s Salute to Life registry program.

ages others to donate. “There’s a letter that I got from my recipient. It’s the only contact you’ll ever really have with them. But it’s really cool to see how a couple of days of your time can extend someone’s life out.”

Since Salute to Life is a DoD program, there are regulations that ensure soldiers who participate are given leave if they are called to make a donation.

“If you are a service member, they give you permissive TDY. They fly you to pretty much anywhere in the country you want to go (to donate), so you can get a mini vacation out of it,” Womack said, before going on to explain his own donation experience. “I was in Korea when I donated and flew my entire family to San Antonio. I got to be in the states, go to Alamo, see somewhere I’ve never been, and that was all paid for. They pay for your hotels, they pay for your

flights, they give you per diem for food. You don’t come out of pocket for anything related to the donation process. It’s a really cool program.”

New registrants shared that the booth and simple sign-up process was encouraging to their registration. Staff Sgt. Chad Addison, Army Corrections Brigade, said that he has never been able to donate blood due to having tattoos since he was 15 years old, and that he believes blood marrow donation is a good way to give back in place of that.

Dispatch Specialist Truman Scofield said that he thought there was no reason not to donate.

“There’s no reason not to. I think the hardest part about this entire process is not actually donating. It’s just taking the time to sit down and write down your informa-

tion (to sign up),” Scofield said.

Womack agreed that signing up is important for people to do in order to help fight blood cancer.

“New people every day come down with this kind of cancer, and if it gets to the point where they need the registry, it’s their last chance to live,” Womack said. “So, the longer we put off signing up, the less chance that they have of getting that match in time and being able to save their life. It’s super important to get in there, get on (the registration) quickly, and get as many people as we can, so that we have more of a pool to pull from to find matches.”

All registrants must be between the ages of 18-60 and in general good health. People can register even if they cannot donate blood. To register, visit <https://www.salutetolife.org/>.

MAHC boosts readiness for ACB soldiers with special clinic

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

Munson Army Health Center recently conducted a special clinic dedicated to providing critical medical readiness services to soldiers assigned to the Army Corrections Brigade at Fort Leavenworth.

This initiative specifically targeted soldiers supporting the U.S. Disciplinary Barracks, the U.S. military’s only maximum-security facility, and the Midwest Joint Regional Correctional Facility.

Recognizing the demanding and often unconventional schedules of ACB soldiers, MAHC organized the clinic to remove barriers to access and ensure these vital personnel can maintain their medical readiness. The clinic offered a range of services essential for MEDPROS compliance, including vision screenings, hearing tests and lab screenings.

“We understand the unique demands placed on our soldiers who serve at the USDB,” said 1st Lt. Kennedy Reeves, public health nurse at MAHC who led the medical readiness processing event. “Their commitment to maintaining security and order requires them to work shifts that often make it difficult to attend regular appointments. This special clinic was designed to accom-

modate their schedules and ensure they have access to the medical care they need to stay mission ready.”

Reeves said that the clinic was a success, with a significant number of ACB soldiers taking advantage of the opportunity to update their MEDPROS status. MAHC staff provided comprehensive care and guidance, ensuring soldiers understood their medical requirements and had access to resources for follow-up appointments or further medical attention.

This initiative underscores MAHC’s commitment to supporting the health and readiness of all soldiers at Fort Leavenworth. By proactively addressing the specific needs of ACB personnel, MAHC is contributing to a more medically ready and resilient fighting force.

The health center will partner with the Command and General Staff College later this summer to complete any necessary medical readiness processing for the incoming Command and General Staff Officer Course Class of 2026, comprised of nearly 1,000 service members.

Soldiers at Fort Leavenworth who need to update their MEDPROS are encouraged to contact Munson Army Health Center at 913-684-6250 for guidance and assistance.



RIGHT: Public Health Nurse 1st Lt. Kennedy Reeves checks-in Spc. Philippe Tirgari, Army Corrections Brigade, for hearing and vision screening June 25 at Munson Army Health Center. MAHC ran a special clinic to accommodate ACB soldiers assigned to the U.S. Disciplinary Barracks Battalion (Corrections) and Midwest Joint Regional Correctional Facility Battalion (Corrections). This initiative, tailored to the ACB soldiers’ schedules, helped remove barriers to access and boosted overall medical readiness.

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



Puzzle party kicks off library’s Summer Reading Program activities schedule

by Melanie Libby/Fort Leavenworth Lamp Intern

The Combined Arms Research Library hosted a puzzle party June 27 to kick off events for the “Level Up With Reading”-themed Summer Reading Program. Community members gathered over a the three-hour span to decorate and solve puzzles that ranged from 48-500 pieces.

“So, with the ‘Level Up,’ part of it is creativity, using your imagination, and getting people to do more than just playing games like on videos — so, going outside, putting puzzles together, and using your brain when looking at shapes and sizes,” said CARL Technician Carlisha Brown. “Some of it, with the younger kids, we were thinking textually how would that play a role in helping them to advance skills to assist them with problem-solving, with playing in games, and understanding that you can go from playing video games to playing hand games to playing outside.”

The event was designed so all ages could participate, but it catered to younger audiences. Brown said that many of CARL’s Summer Reading Program participants are ages 15 and younger.

“Because our population is younger, we just wanted to make sure that we tied in with the theme,” Brown said. “If you notice, some of (the puzzles) are book characters. We wanted to make sure we tied that in as well, so, for people to come in here, it would be talking about the Eric Carle collection that we have, talking about the Bluey collection that we’re trying to bolster because it’s becoming more and more popular with the young kids. We want to tie in early literacy.”

By having engaging events throughout the summer, CARL is working to keep everyone, especially students, active and excited to do things that challenge their minds. Brown said that this is a big reason for Fort Leavenworth community members to register and participate in the Summer Reading Program and upcoming events.

“The military, in and of itself, is a community, but I feel like when you tie in reading, that helps with preventing summer slide — children falling behind with their reading levels — while staying engaged and mentally focused,” Brown said. “Once you have programs, you allow communities to come together that may not interact with each other, and then that fosters a better community, gives them a chance to share ideas, to possibly explore books and genres that they may not have. And that helps, because it’s not just children, it’s also adults. We see adults coming in and having partnerships and friendships with each other that may not have happened before.”

CARL’s next event is the Marshmallow Incident Event from 2-3 p.m. July 11 at the library.

“The Marshmallow Incident event will start with a story — ‘The Marshmallow Incident’ by Judi Barrett — then (partici-



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Library Technician Carlisha Brown and Reference Librarian George Baugh help 5-year-old Amai Sinicic work on a puzzle depicting artwork from author/illustrator Eric Carle’s “The Very Hungry Caterpillar” during the puzzle party June 27 at the Combined Arms Research Library. The library hosted a board game event July 1 and another puzzle party July 9. The Marshmallow Incident Event is from 2-3 p.m. July 11 at the library. For more information on CARL’s Summer Reading Program, visit <https://carlcgsc.libguides.com/Home/SRP25>.

pants will) make some catapults together from a kit, then (we’ll) pass out marshmallows and go outside to launch them. Should be a good time!” said CARL Circulation Department Head Sierra Hochstatter.

Other CARL events this summer include a board game event, a chalk obstacle course (weather permitting), a robot race event and a “check-out your library” opportunity to conclude the summer activities.

“Children should participate (in the Summer Reading Program) because it is a great way to prevent the summer slide, which is the learning lost throughout the summer between school years,” Hochstatter said. “However, adults should not miss out on the fun. The Summer Reading Program offers everyone opportunities to connect with community members through the shared love of reading and through time spent together in a community space.”

To register for the Summer Reading Program or for more information, visit <https://carlcgsc.libguides.com/Home/SRP25>.



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Mojca Mitev and her daughter, 13-year-old Mia Volavsek make personalized puzzles, drawing a train and house on their pre-cut puzzle forms, during the Summer Reading Program puzzle party June 27 at the Combined Arms Research Library.

Cataloging Librarian Sandy Kroeker puts together a puzzle during the Summer Reading Program Puzzle Party June 27 at the Combined Arms Research Library.

To learn more or sign up for the Summer Reading Program, visit <https://carlcgsc.libguides.com/Home/SRP25>.



Photo by Emilio Gutierrez/
Fort Leavenworth Lamp Intern

Upcoming Summer Reading Program activities at CARL

- The Marshmallow Incident Event, 2-3 p.m. July 11
- Board Game Event, noon to 3 p.m. July 15
- Chalk Obstacle Course, 2-3 p.m. July 18 (weather permitting)
- Puzzle Party, noon to 3 p.m. July 23
- Robot Race Day Event, 2-3 p.m. July 28
- Check-Out Your Library, 10 a.m. to noon Aug. 1

Army’s story unfolds through historical uniforms, artifacts on display at Lewis & Clark Center

by Jessica Brushwood/Army University Public Affairs Office

Historical displays commemorating the Army’s 250th birthday can be found in four display cases across the Command and General Staff College’s main campus in the Lewis and Clark Center. This joint effort between the Frontier Army Museum and the CGSC Department of Military History features artifacts ranging from the 19th century to Operation Desert Storm.

Together the uniforms, equipment and photographs depict the Army’s legacy of service, sacrifice and heroism and create a tangible link to military history. The Army’s continuous evolution and integration of technology of each era is the common thread tying the exhibit together.

“During the 19th century the United States experienced a time of rapid growth, discovery and transformation, with the U.S. Army playing an integral part in its development,” said FAM Museum Specialist Megan Hunter. “The U.S. Army adopted new technologies including more accurate rifled muskets, advanced field artillery and steam-powered transportation that led to changes on how the Army operated including logistics, training and changing from close-quarter combat to more ranged attacks.”

Early examples of equipment modernization to secure battlefield dominance can be seen in the pre-1900s artifacts on loan from the museum.

The Spencer Carbine Cartridge Box (circa 1865), in the museum display outside Arnold Conference Room, significantly increased the rate of fire over the muzzle-loader while Miné ball bullets from 1855 increased range and accuracy.

Artifacts that have provenance, or known ties to soldiers, are also key in telling the Army’s story.

Among the museum’s displayed artifacts is a P1895 forage cap, worn by Sgt. Richard Shanefelt, who served in the Spanish-American War with connections to Roosevelt’s Rough Riders.

Dr. Richard Faulkner, professor of military history at CGSC, curated the 20th century portion of the display, located on the third floor, largely from his personal collection.

He also uses artifacts to enhance his instruction, researching to learn more about the mission behind each one.

“Every artifact tells a story. I personally cherish those linked to an individual service member,” Faulkner said.

A portrait of a Buffalo Soldier, whose identity has been lost to time, can be found in Faulkner’s display. Pride seems to emanate from the soldier’s face; he was a member of the 10th Cavalry Regiment, one of the four African-American units of the regular Army between 1866-1944.

A World War I 82nd Division uniform in Faulkner’s collection also gives a glimpse into one man’s service and sacrifice.



LEFT and BELOW: Museum Specialist Megan Hunter places artifacts into a display case at the Lewis and Clark Center. The display and three others are a joint effort of the Frontier Army Museum and the Command and General Staff College's Department of Military History. The displays feature artifacts ranging from the 19th century to Operation Desert Storm to commemorate the Army's 250th birthday.

Photos by Zac Schulte/Army University Public Affairs

“Every
ARTIFACT
tells a **STORY**.
I personally
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SERVICE
MEMBER.”

— Dr. Richard
Faulkner
Professor of Military
History at the Command
and General Staff College

“The WWI 82nd Division uniform shows the individuality of the soldier in the way that he personally painted the camouflage pattern on the helmet. It also demonstrates the pride in his unit and, with its two wound stripes, his individual sacrifice for the nation,” Faulkner explained.

Changes to the colors and fabrics of uniforms starting in the 1940s, prevalent in the pieces in the third-floor display, indicate the Army’s continuous advances to increase survivability by making them less conspicuous and more comfortable. Prior to 1899, uniforms were relatively colorful and wool.

“Wool is very durable — an important feature when trying to outfit mass armies — and it retains its warming properties even when soaking wet,” Faulkner said. “Unfortunately, wool is also heavy, is slow to shed water, and



LEFT: This sack coat, one of the uniforms currently on display at the Lewis and Clark Center, was issued to Cpl. James Boren at Fort Leavenworth in 1889. The displays of uniforms and artifacts, ranging from the 19th century to Operation Desert Storm, commemorate the Army's 250th birthday. The displays are a joint effort of the Frontier Army Museum and the Command and General Staff College's Department of Military History.

Photo by Zac Schulte/Army University Public Affairs

SEE **ARMY UNIFORMS** | A6

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International students made honorary citizens



Photo by Melissa Bower/City of Leavenworth Public Information Officer

International military students in the Command and General Staff Officer Course Class of 2026 attend a luncheon in their honor naming them honorary citizens of Leavenworth July 1 at Riverfront Community Center in Leavenworth. The students were welcomed to the community by City of Leavenworth leaders and heard about local government and other city components. Next month, the students will participate in a CGSOC opening day International Flag Ceremony, which signifies the official start for the 2025-26 CGSOC class.

Army uniforms (continued from Page A5)

tended to be perfect breeding grounds for lice.”

Sometimes strategy impacted uniform innovations. “Phantom division” patches on display represent one of the most successful deception operations in modern history.

“In the months prior to the invasion of Normandy, the Allies created a whole fictitious army group in Britain to deceive the Germans into thinking that the main landing would come at the Pas-de-Calais,” Faulkner said.

These patches were worn around Britain by a handful of soldiers to enhance the deception.

Uniform changes continued, sometimes dramatically, throughout the Korean and Vietnam wars, with patterns being revised and attention given to improving comfort for the relevant climate.

During and after the Vietnam War, units introduced individuality in uniforms through unique unit patches and items, like the hand-tailored tanker jacket on display, to increase morale, esprit de corps and lethality.

Uniforms became more standardized leading up to the Gulf War. One of the exhibit cases includes a first pattern desert “chocolate chip” battle dress uniform worn by Warrant Officer William Orren Hawkins during Operation Desert Storm. Hawkins was an AH-64 Apache helicopter pilot with 2nd Battalion, 227th Aviation Regiment, 3rd Armored Division.

The cases curated for the 250th birthday will remain in place until the beginning of the next academic year. Throughout the academic year, Faulkner and other members of the CGSC faculty update the cases to correspond with the time period of the curriculum being taught in the instruction blocks.

To watch Faulkner discuss the historical significance of the 20th century artifacts, visit <https://youtu.be/gmG18O-lc68?si=RGkjKQb1L1F4zE1L>.

This article was informed by the interviewees and Common Threads: Army - <https://www.defense.gov/Multimedia/Experience/Common-Threads/Common-Threads-Army/>



Artifacts and uniforms from the 19th century to Operation Desert Storm are currently on display at the Lewis and Clark Center to commemorate the Army's 250th birthday. The displays are a joint effort of the Frontier Army Museum and the Command and General Staff College's Department of Military History.

Photos by Zac Schulte/Army University Public Affairs



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Sign up to receive a weekly reminder when a new issue is posted!

E-mail usarmy.leavenworth.id-training.mbx.pao-inbox@army.mil.

Garrison Change of Command

(continued from Page A1)

And the best is what we got with Colonel Mosier each and every day as he led this garrison.”

Kidd said Mosier’s leadership focused on investing in people to build a high-performing team that enabled the installation to grow in the right direction. “Everything that he touched as a leader or led

his people to do changed dramatically for the better. This garrison, ably led by Colonel Mosier, did it all and did it superbly.”

Kidd welcomed Sunday and his family, and said the new commander is ready for the job. “So, Todd’s a Special Forces officer for many years, and he’s a highly ex-

perienced operational leader and has served in demanding tactical and strategic roles all over the world,” Kidd said. “Prior to his stint here, he was in the Army War College, but before that, he was the (deputy operations chief) at Special Operations Command in Africa. So, he is primed and ready to take on the broad diversity that is Fort Leavenworth, Kansas.”

Kidd told Sunday that he wanted him to remember three things as he leads the Garrison.

“Installation management is a team sport. You can’t do it alone,” Kidd said, repeating the acronym ABT: always be a team. “You will never have enough resources for what you need to do, so what will always close the gap between the resources available and the mission to be done are the people you lead. Invest in them constantly, and they will make the rest of this look pretty easy. And then lastly, and probably most important, the garrison has a lot of talented people. You see them every day, but there’s only one commander, and, Todd, that would be you.”

Mosier said he was feeling mixed emotions about leaving the role, noting that he won’t miss the texts about issues like power outages, but he commended many “Garrison superstars” from the post’s organizations for their work over the past two years.

“So, on one hand, I feel lighter. I also feel pride, having been afforded the opportunity to join such an amazing and solid Garrison team,” he said. “On the other hand, I feel a sadness to leave this assignment, a sadness I hadn’t felt when leaving other jobs.”

Mosier said he sees garrison command as a people business, and he has found it to be extremely rewarding helping others and the community.

“This job has been fulfilling in remarkable ways and brought remarkable people into the lives of my family and me,” he said. “And so, these are things I will greatly miss about this assignment.”

Mosier thanked his Garrison teammates for their friendship and professional expertise. He recognized organizations across the Garrison — from Equal Employment Opportunity to the Directorate of Emergency Services to the Directorate of Public Works to Family and Morale, Welfare and Recreation — for keeping the post safe, providing technical expertise, supporting families and the community, and many other contributions.

“Since June of 2023, (multiple organizations have) planned, executed and supported hundreds of special events, ceremonies, celebrations, community engagements, SITREP drafts, interagency coordinations, workgroups, tech-

nological advancements, budgetary gymnastics and message campaigns.”

He thanked the housing oversight team and stressed the need to invest in the “partner-Army and Army-partner” relationship in the future. He recognized DPW’s efforts to help secure the out-year development plan for housing, noting “\$120 million of partner investment in this installation for historic home renovations, 48 new townhomes, replacement porches, windows, roofs, all across this installation.”

He said the Garrison’s Human Resources professionals have been flawless, noting their many accolades for the way they take care of people, and he recognized Religious Support Office representatives.

“They are the best in the Army, and carry the weight of a positive reputation, well-earned, as a result of cultivating a community of care for others in service to a cause greater than self.”

Mosier also expressed his appreciation for teammates in Leavenworth, Lansing and surrounding communities.

“Their support not only facilitated the mission, but greatly contributed to my personal growth,” Mosier said. “Thank you for embodying the spirit of teamwork that is the heart of a great community and our Army.”

Mosier said he is confident that Sunday will lead

the Garrison with the same enthusiasm and dedication that have been indicative to his career.

“Thank you, Fort Leavenworth, for an unforgettable journey,” Mosier said as he concluded his remarks.

Sunday thanked Kidd and Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle Jr. for the opportunity to command at Fort Leavenworth.

“Thank you for the opportunity to command this historic garrison — such a storied installation that remains vital as the intellectual center today,” Sunday said. “The Mosier family has done a tremendous job in keeping Fort Leavenworth a thriving community. I look forward to build upon their legacy and be the good ancestor that you have been all this time.”

Sunday said he and his family have been touched by the warm welcome they have received by the Garrison Team and Fort Leavenworth community.

“I look forward to getting to know each of you, learning your stories and taking care of you in any way that I can,” he said. “This truly feels like the best hometown in the Army, and I am very proud to be a part of it.”

To read Sunday’s biography, visit <https://home.army.mil/leavenworth/about/leadership/garrison-commander>.



Photo by Stephanie Mahone/Fort Leavenworth Garrison Public Affairs

Incoming Fort Leavenworth Garrison Commander Col. Todd Sunday delivers remarks during his change-of-command ceremony with outgoing Garrison Commander Col. Duane Mosier July 1 at the Frontier Conference Center.

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2022

MILITARY TIMES

COLLEGES

MWJRCF Change of Responsibility (continued from Page A1)



Photos by Prudence Siebert/Fort Leavenworth Lamp

Outgoing Midwest Joint Regional Correctional Facility Battalion (Corrections) Command Sgt. Maj. Travis Huggard points to his wife, Selina, as he delivers remarks during his change of responsibility ceremony with incoming MWJRCF Battalion Command Sgt. Maj. Nickie Wileman June 27 on Main Parade. Huggard remains at Fort Leavenworth as he joins Operations Group Bravo at Mission Command Training Program.



Midwest Joint Regional Correctional Facility Battalion Commander Lt. Col. Laura Proffit, right, welcomes incoming MWJRCF Battalion (Corrections) Command Sgt. Maj. Nickie Wileman during her change of responsibility ceremony with outgoing Midwest Joint Regional Correctional Facility Battalion (Corrections) Command Sgt. Maj. Travis Huggard June 27 on Main Parade.

tions MPs up to speed to fill staffing gaps. Additionally, the unit performed four Federal Bureau of Prisons transfers and took in more than 30 inmates from another facility.

“We demonstrated proficiency in crisis, through exercise and real life, including quelling a disturbance, operations in severe weather conditions, facility breakdowns, thwarting escape attempts, COVID and firefighting,” she said. “All of that, and more, while providing the best professional care, custody and control of inmates 24 hours a day, every single day.”

She said those feats, of course, cannot be attributed to a single person, but noted that Huggard was there through it all.

“The soldiers of this unit have enjoyed your service and dedication to developing them into resilient warriors ready for whatever comes next,” she told Huggard. “You built the Vigilance Academy Program for our most high speed and hungry soldiers. You took the time to mentor lieutenants. You exposed your soft and cuddly side when advising company commanders and brandished your harder edges when coaching first sergeants. Your interactions with soldiers, employees and inmates exhibited genuine care for others.”

Proffit assured Huggard that his legacy of leadership would continue.

Huggard said he didn’t know

what to expect when he was selected to be the battalion’s command sergeant major about three years ago, knowing “little to nothing” about Army corrections.

“But I can tell you this, I grew up in a hurry,” he said. “I grew up and became smarter in corrections because I have been blessed to be part of this great battalion of soldiers, NCOs, officers and civilians. A group of people who somehow got along with each other, worked out our differences in private, and praised each other in public. A group of subject matter experts that on a daily basis mentored and coached me to what right looks like in this specific field. And that’s the key — listening, taking mental notes, and then applying lessons learned in order to make the work environment a place where employees want to come to work.”

Huggard thanked Col. Douglas Curtis, ACC deputy commander and Army Corrections Brigade commander, for the opportunity.

“I hope I met your expectations, your intent, and was the standard bearer you expected me to be. You and (ACB Command Sgt. Maj. Brian) Watts lead a team of corrections second to none, sir.”

Huggard also thanked Proffit for being an approachable leader who offered sound advice and direction.

“You bring sanity to chaos, your priorities and intent are

clearly understood, and the soldiers, NCOs, officers and civilians in this organization know you have every one of their backs,” he said. “As a command team we tackled all successes and failures together; we talked through challenges and leaned on each other for advice. As your senior enlisted advisor, I hope I have provided not only advice, but also a different way of looking at problem sets.”

Among those he thanked, Huggard listed many organizations across the installation — including Army Community Service; R2 (Ready and Resilient) Performance Center; Family and Morale Welfare and Recreation; Directorate of Public Works, Directorate of Plans, Training, Mobilization and Security; Religious Affairs; the Garrison Command Team and more — as unsung heroes who have provided resources and assistance supporting the installation and MWJRCE.

He thanked those who work in the MWJRCF for their dedication to the job.

“The job you do may not be the most glamorous, and in fact most people, unless they go inside the facility, really do not have an understanding of what you do. But these corrections specialists are subject matter experts at what they do, and some of them have been doing it a long, long time,” Huggard said. “It is their job to

provide care, custody and control, and in the end, return an inmate back to society so they can be successful. They have taken on the task the Army has asked them to do, and they are pretty good at what they do.”

Huggard welcomed Wileman “home again” to an organization with which she is familiar — among her accomplishments, Wileman previously served as an Equal Opportunity advisor for the 15th Military Police Brigade, watch commander for the U.S. Disciplinary Barracks, and first sergeant for Headquarters and Headquarters Company, 705th MP Battalion (Detention), which is now the MWJRCF Battalion.

“Your corrections experience will be invaluable as you take responsibility as the next command sergeant major of the MWJRCE,” he said. “The battalion is full of talent and superstars, as you will soon find out. Take care of the organization; they will take care of you.”

Proffit also welcomed Wileman to the team.

“Though we have only been working together for a few weeks, I already know that you are the right leader for this organization at this time,” she said. “We have unique challenges and complex transformation ahead of us. The soldiers of the MWJRCE couldn’t ask for a better person to help guide them through this change.”

Wileman said she was honored to return to the battalion as the command sergeant major.

“Returning to the battalion that played a pivotal role in who I am is deeply humbling and meaningful,” Wileman said. “This battalion, and many of the soldiers and civilians in it, played a foundational role in shaping the leader I am today. You didn’t just serve with me, you raised me, mentored me and stood by me through both the highs and lows of my Army career. It is the greatest privilege to now stand before you in this role, ready to serve you in return.”

Wileman thanked Huggard for his leadership and reliability.

“Your mark on this battalion will not be forgotten, and I can only hope to carry forward that same professionalism and heart that you’ve shown.”

Wileman told Proffit that she looks forward to serving alongside her.

“You have my full commitment. I will work tirelessly to meet and exceed your expectations as we lead this team together.”

Wileman credited ACB soldiers, Marines and civilians as reasons why she stayed in the Army.

“Your dedication, professionalism and character inspire me daily. It’s because of you that I still love coming to work. Thank you for what you do, for your service, your sacrifice and your example.”

Barr Award (continued from Page A1)

company’s superior performance in core areas, such as unit cohesion, operational readiness and advanced military police training. The award also highlights Alpha Company’s contributions to the Fort Leavenworth community and its members’ dedication to telling the Army’s story through outreach and engagement.

The soldiers of Alpha Company demonstrated excellence not only in meeting mission requirements, but also in exemplifying the highest standards of professionalism and esprit de corps within the MP Corps.

Additional awards, recognition

Additionally, Army Corrections Brigade recently recognized the outstanding achievements of soldiers and civilians.

The Meritorious Service Medal was presented to Lt. Col. Jarred Hagan, Capt. Peter Nester, Sgt. 1st Class Andrew Lopez, Sgt. 1st

Class Ivan Velazquez and Staff Sgt. Francisco Guzman for their exemplary service and leadership.

Iron Griffin Awards were presented to Sgt. Harold Alvarez and Spc. Rowley Beck in Gold; Capt. Joshua D’Andrea, Staff Sgt. Laszlo Dizon and Sgt. Jonathan Stevens in Silver; and 2nd Lt. Kenneth Velez-Caban and Spc. Tyler Pitman in Bronze for their grit, strength and warrior spirit throughout the Iron Griffin Challenge.

The Captain Alex Northrop Excellence in Fitness Award was awarded to Alpha Company, USDB, for the unit’s unmatched physical readiness, mission support and team commitment.

Certificates of achievement were presented to Lt. Alec Sullivan, 1st Lt. Jaqueline Badillo, Sgt. 1st Class Trevor Preston, Sgt. Daniel Lewis, Sgt. Eloy Gomez, Spc. Rocky

Landwehr, Spc. Jacob Delacerda, Spc. Jared Classen, Spc. Jare Askew, Spc. Nathan Richmond, Spc. Enrique Avila-Moreno Jr., Spc. Haley Apodaca, Pfc. Patricia Gonzales, Pfc. Matthias Lovelace, Pfc. Christine Sison, Pfc. Conswella Mbenda, Pvt. Caleb Charkosky, Pvt. Takeriah Barber, Pvt. Kayla Peters, Pvt. Ariel Martinez Diaz, Pvt. Jacob Swain, Pvt. Alexis Herrera, Pvt. Jose Ragago, Pvt. Shante Shorts, Pvt. Brent Gunderson and Pvt. Cameron Kirby for their outstanding dedication and contributions.

Army Achievement Medals were presented to Staff Sgt. Tuan Pham and Sgt. Rodney Moor.

Civilian Service Commendation Medals were presented to Lourdes Ortiz, Sammy Salaiz, Richard Heffel and Britney Pemble.

Civilian Length of Service Awards were presented to Jami Hulett, Richard Heffel for

25 years of service; Latoya Mount for 20 years; Corey Collins, Rita Hamel and Brandi Hill for 15 years; and Karen Ingalls, Paul Plants, Michael Daubert, Austin Wells, Johnny Sanchez and Daniel Colombo for 10 years of service.

First Sgt. Timothy White, Staff Sgt. Luke Buchwalter, Staff Sgt. Jason Chastain, Staff Sgt. Caitlin Sias, Staff Sgt. Adam Wassman and Spc. Sione Mapakaitolo Jr. received Office of the Provost Marshal General coins.

Recipients of the Provost Marshal General’s 250th commemorative Army birthday coin, awarded to outstanding professionals who represent the best of the MP Corps across all components, included Capt. Joshua Clark, 2nd Lt. Haley Kerhart, 1st Sgt. Hoyle Shaw, Sgt. 1st Class Krystal Dao, Sgt. 1st Class Trevor Preston, Staff Sgt. Zachary Clements and Staff Sgt. Justin Parsons.

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*.

■ 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.

Pet of the Week: Smokey

Photos by Prudence Siebert/Fort Leavenworth Lamp



Smokey is a 12-week-old male domestic medium-hair kitten available for adoption at the Fort Leavenworth Stray Facility. Neuter surgery, vaccinations and microchipping are included in his adoption fee of \$100. E-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

Visit www.FLSF.petfinder.com for adoptable pet profiles. Call 913-684-4939 for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Summer hours may vary. Call 913-684-4939 to schedule an appointment. (No voicemail.)

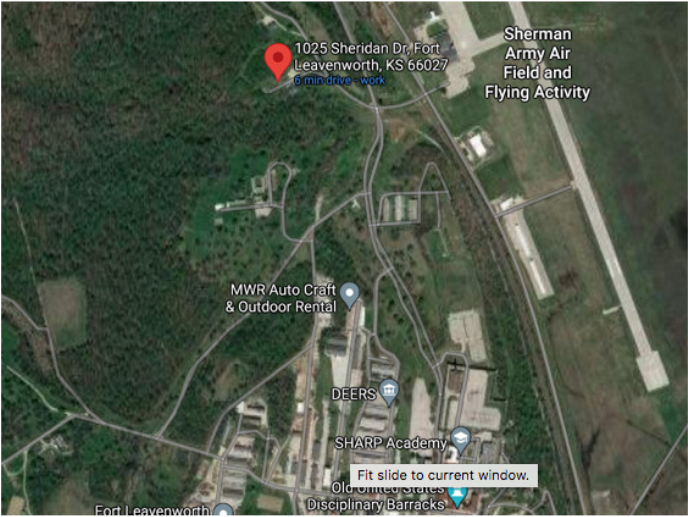
Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed.

To apply to volunteer with the Fort Leavenworth Stray Facility, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for “stray animal facility.”



Fort Leavenworth Thrift Store Open – Saturday, 12 July 2025

- ❖ Location: 1025 Sheridan Drive, Building 1049
- ❖ Phone: 913-651-6768
- ❖ Hours:
 - ❖ Monday & Friday: Closed
 - ❖ Tuesday-Thursday: 930am-230pm
 - ❖ First Saturday of each month: 930am-230pm
 - ❖ Consignments taken each day the store is open from 930am-1230pm





WORTH

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Harley-Davidson

NORTH

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816-420-9000
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THURSDAY
JULY 10, 2025



LAMP

Post Notes

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

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

B1



HOME BUYING SEMINAR 2025 PCS, Retirement or Dream House



Thinking about purchasing a home.
Whether it's here in the Fort Leavenworth area or at your next duty station, this seminar is for you.

HOME BUYING MADE EASY!
Inviting Military and Department of Defense personnel and families to an informational seminar presented by industry experts...

- ✓ Selecting A Realtor
- ✓ Pre-Qualifying for a Mortgage
- ✓ VA Certificates & the VA Loan Process
- ✓ Home-buying process
- ✓ Assess Needs & Wants
- ✓ Seller's Disclosure
- ✓ Loan Guidelines, Description of Points
- ✓ Contracts and Legal Documents
- ✓ Insurance
- ✓ Home Inspections
- ✓ Appraisals

SIGN UP TODAY

Come join us RSVP to have Lunch Provided or Bring your Lunch

E-MAIL: usarmy.leavenworth.id-training.mbx.hso@army.mil
IN THE SUBJECT LINE WRITE HOME BUYING SEMINAR 2025

OR
CALL: (520)692-6641

The Combined Arms Center
and Fort Leavenworth
Housing Services Office

**BOSS PRESENTS
MOVIE NIGHT**

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

July 11

PG-13

Come out and join us as the BOSS program gives back to the Community by playing movies inside the Post movie theater.

Prepackaged snacks and drink can be purchased at the snack bar.
No outside food or drinks are authorized.

For all movies children 12 and under **MUST** be accompanied by an **ADULT!**
CASH only at the snack bar!

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

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

Harold 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



**Outdoor Pools
Open May 23rd!**

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

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

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

Fort Leavenworth 2025 Pool Season

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

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

Bernstein Memorial Pool
Indoor
5 am - 6 pm Adult Lap Swim / M - F
Closed on Training Days and Holidays
Outdoor Pool Passes
Passes must be purchased at Harney
\$5 daily admission (cash only at the door)
\$120 Family Season Pass for 4
(\$20 each additional member)
\$60 for half pass May 23 - July 9 or
June 30 - Sept 1
\$40 for Individual Season pass

SPEND YOUR YEAR WITH US!

**FORT LEAVENWORTH SCHOOL DISTRICT
OPEN INTERVIEWS**
15 JULY 2025 | 9:00 AM - 2:00 PM
FORT LEAVENWORTH BOARD OF EDUCATION OFFICE
(207 EDUCATION WAY, FORT LEAVENWORTH, KS 66027)

Full-Time Positions

(Full benefits include: district-paid medical, dental, vision, and life insurance; tuition reimbursement; KPERS Retirement; paid sick and personal leave.)
• Special Education Para Educators (Resource & Structured Learning)
• Bus Drivers
• Bus Aides
• Instructional Assistants

Part-Time Positions

- Lunchroom Aides

Substitute Positions

- Substitute Teachers
- Substitute Nurses

What to bring? Your resume. References/recommendation letters are preferred, but not required.
Contact: Diana Greer - Assistant Superintendent, Student Services
dgreer@usd207.org or 913-651-7373
Visit www.usd207.org for a complete list of open positions.



The Fort Leavenworth School District

INFORMATION STATION POP-UP!

**JULY 7 & JULY 28
11AM - 1PM**

@ THE FORT LEAVENWORTH EXCHANGE LOBBY
CHAT WITH US ABOUT

- Enrollment
- Dates to Remember
- Transportation
- Athletics and Activities
- Academics
- Volunteer Opportunities
- Job Opportunities
- School Community
- Virtual Tours
- Supply Lists



Celebrating
130
Years of Service

EXCHANGE

**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

Join Us
For Our
The Distinguished History
Of The
9th and 10th Cavalry Regiments
"Buffalo Soldiers"

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

Open to: Military,
Civilians
and Families
Dress - Military:
Duty Uniform
Civilians: Casual

Event will be held on:
Friday, July 25, 2025
@ 0900
At the:
Frontier Conference Center 350 Biddle Blvd,
Fort Leavenworth, KS 66027

THANK YOU

FOR MAKING THIS COMMUNITY SPECIAL.
KEEP AN EYE OUT FOR MORE
POP-UP EVENTS!

LEVEL UP WITH US
THIS SUMMER!

SUMMER ACTIVITY SCHEDULE:

Date	Time	Program
Jun 27, 2025	1200-1500	Puzzle Party
Jul 1, 2025	1200-1500	Board Game Event
Jul 9, 2025	1200-1500	Puzzle Party
Jul 11, 2025	1400-1500	The Marshmallow Incident Event
Jul 15, 2025	1200-1500	Board Game Event
7/18/25*	1400-1500	Chalk Obstacle Course
Jul 28, 2025	1400-1500	Robot Race Day Event
Aug 1, 2025	1000-1200	Check-Out Your Library

*BARRING GOOD WEATHER

CARL SUMMER
READING PROGRAM

June 9th - August 10th
Pre-Registration has started!
Sign up at <https://carl.beanstack.org/>



Light up your Summer
at Fort Leavenworth!

MWR Events July 2025

SPECIAL EVENTS

Recreation

Fourth of July Celebration!

July 4
Friday at Merritt Lake! FREE EVENT!
Fireworks, food trucks, music, and so much more! You don't want to miss this!
Music starts - 6pm
Salute to the Union - 8pm
Fireworks at dusk
Must have a valid ID for entry to the Fort.
Please check ahead of time that your ID is compliant.
Call 913-684-1674 for more information

ACS

ACS 60th / Exchange 130th
Joint Birthday Celebration!

July 25
Friday at the Main Exchange store and parking lot from 11am - 2pm. Join ACS and the Ft. Leavenworth Exchange in a joint birthday party! Free activities, birthday cake and tons of family fun!
Call 913-684-2800 for more information.

CYS

SKIES Open House

July 24
Thursday at the Patch Community Center from 5:30pm - 7pm. Meet the instructors and enjoy free light refreshments! Music, dance, tae kwon do, art, theater, and so much more are waiting for you at Fort Leavenworth SKIES!
Call 913-684-3207 for more information.

HYC Dashboard Tour and BBQ

July 25
Friday at Harrold Youth Center. Dashboard Tour is from 4pm - 5:30pm. YS party and BBQ is at 6pm. New to Fort Leavenworth? This is for you! Must be eligible to attend Harrold Youth Center.
Call 913-684-5118 for more information.

Visit the FMWR Ft. Leavenworth website and FB page for more exciting events and updates!

Strike Zone Kids Bowl FREE

All month in July
Saturdays at the Strike Zone from 10am - 4pm. Restrictions apply, must sign up for the Kids Bowl Free program.
Call 913-651-2195 for more information

Arts & Crafts Studio Summer Fun!

All month in July
Cool off at the Arts & Crafts Studio and take advantage of their summer studio hours for kids! Try kid and adult crafts, a variety of art classes, studio framing courses or come unwind with a Friday night Paint & Sip! Stop by or call the studio to verify times and prices.
Call 913-684-3373 for more information.

FREE Movie: Captain America:
The Winter Soldier

July 11
Rated PG-13. Friday at the Post Theater starting at 7pm. Sponsored by BOSS
Call 913-684-2736 for more information.

Brunner Range Summer Warm-up
Begins on July 17

Starting Thursday at Brunner Range. The Range opens at 12pm.
Call 913-651-8132 for more information.

Brunner Range Special Fun Shoot

July 19
Come out to the range for the One Gun/ One Choke Fun Shoot!
Saturday at Brunner Range.
Call 913-651-8132 for more information.



Stay strong this summer with
our Group Fitness classes!

leavenworth.armymwr.com

30TH ANNUAL
THE GREAT
ESCAPE 5K

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

Online Registration

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

For more information
call 913-684-1674

The Application Window for
AMSP is open NOW!

The Mind is the Key to Victory

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

SAMS Application

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

Leavenworth County Council on Aging Presents

THE DECADES

COME DRESSED
in your favorite
fashions from the
50s – today!

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

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

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

A benefit fundraiser for MEALS ON WHEELS!

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

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

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

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

You can now
pick up and return
packages at your
Exchange store.

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.

STRONGHOLD
FOOD PANTRY

STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS
By Appointment Only | strongholdfoodpantry.org

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Open Pantry Happy Bottom 11:00 - 1:00 Donation Drop 10:30 - 12:00	3	4	5
6	7	8	9 Closed	10	11	12
13	14	15	16 Open Pantry Happy Bottom 10:00 - 12:00 Donation Drop 10:30 - 12:00	17	18	19
20	21	22	23 Closed	24	25	26
27	28	29	30 Open Pantry Happy Bottom 11:00 - 1:00 Donation Drop 10:30 - 12:00	31		

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 or leave a message at (913) 303-8372

FREE
SUMMER
MEALS
FOR KIDS
AGES 1-18

USDA SUN MEALS this.usda.gov/sunmeals KANSAS EDUCATION www.ksne.org

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

ARMY COMMUNITY SERVICE

MON - FRI 8:00am-4:00pm with limited hrs Thurs 1:00- 4:00pm 913-684-HELP(4357)/2800

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

JUL 2025

RELOCATION READINESS PROGRAM

In-Processing Brief

Tuesdays, 9:00-10:00am

OCONUS Levy Brief

Tuesdays, 10:00-11:00am

Smooth Move 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

Jul. 09, Noon-2:00pm

*Evening 5:00-7:00pm

Interview Skills & Professionalism

Jul. 11, 12:00pm-2:00pm

*Evening 5:00pm-7:00pm

Teen-Centered Employment

Jul. 11, 10:00am-12:00pm

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

ARMY VOLUNTEER CORPS

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

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

Volunteer Basics

Jul. 18, Noon-1:00pm,
Resiliency Classroom
Room 157

facebook.com/FortLeavenworthACS

Join us on Friday, July 25th, 11:00am - 2:00pm @the Exchange to help celebrate our 60th & AAFES 130th Birthday.

SURVIVOR OUTREACH SERVICES

4th of July Salute to the Union

July 4, 6:00-10:00pm
Merritt Lake

A fireworks show alongside other Survivor families and members of the Fort Leavenworth community.

facebook.com/FortLeavenworthFMWR

FINANCIAL READINESS PROGRAM

Offers counseling services 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: www.armyemergencyrelief.org

And call the ACS main line during duty hours to follow up. Command & Troop training is also available upon request.

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Refreshing Conversations

July 03, 10:00-11:00am
Resiliency Center Room 157

Registration Required for EFMP events

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

ARMY COMMUNITY SERVICE

MON - FRI 8:00am-4:00pm with limited hrs Thurs 1:00- 4:00pm 913-684-HELP(4357)/2800

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

JUL 2025

NEW PARENT SUPPORT PROGRAM

Call 913-297-3212 to register for all NPSP classes & events.

Stroller Walk

Tuesdays
10:00-11:00am
Meet at the front of the Resiliency Center

Toddler Time

Wednesdays
09:00am
Resiliency Center
Playroom

Story Time

Wednesdays
10:00am
Resiliency Center
Room 157

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

Play Morning

Thursdays
09:00-10:00am &
10:00-11:00am
Resiliency Center
Playroom

Dad's Night Out

July 23
6:00-8:00pm
Restaurant TBD

Mom's Night Out

July 30
6:00-8:00pm
Restaurant TBD

New to parenthood? Check this out!

Childbirth Series

July 14, 21, 28
5:00pm-8:00pm
Resiliency Center, Room 157

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 is required for all FAP events.

5 Love Languages for Couples

July 16
1:00-2:30pm
Resiliency Center Room
145

Co- Parenting Workshop

July 7, 14, 21, 28
11:00am-1:00pm
Resiliency Center
Room 145

Stress Management

July 17
11:30am-1:00pm
Resiliency Center
Room 145

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

<https://leavenworth.armymwr.com>

facebook.com/FortLeavenworthACS

facebook.com/FortLeavenworthFMWR

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

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.

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*

\$36 a Camp
limited spaces
enroll
today!

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

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

ODYD

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

\$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 Harrod Youth Center
45 Biddle Blvd
913-684-5118

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

Administrative Hours
Monday - Friday
9AM - 6PM

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

Follow HYC on FB!

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

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

Logos: U.S. Army, MWR, ACS, Army Community Service

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

Logos: U.S. Army, MWR, ACS, Army Community Service

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

Logos: U.S. Army, MWR, ACS, Army Community Service

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

Logos: U.S. Army, MWR, ACS, Army Community Service

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

Logos: MWR, ACS, EFMP

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

Logos: MWR, ACS, Army Community Service

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

Logos: MWR, ACS, Army Community Service

ARMY COMMUNITY SERVICE LOAN CLOSET

FORT LEAVENWORTH, KANSAS
913-684-2830/2800

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

When: M-F 0730-1630

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

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

Items available:

Pre-Packed Kitchen Kit:

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

Additional Items Available:

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

Logos: MWR, ACS, Army Community Service

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

Select Your Community

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

WORLD'S 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	Jaime Robinson ACS FAP Manager	520-692-6303 913-547-2512	jaime.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 Miros Personal Financial Counselor	816-500-3163	mirosam@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?

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

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 CAC 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.

Kindergarten must be accompanied by an adult to and from school

1st Grade and above - May walk to and from school and supervised activities alone

During school year children 9 & younger must be escorted across heavy traffic roads (i.e., Grant, Hancock and Biddle)

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



scan for more info

Call now to register!
913-684-3373

Watercolor by the Lake (plein-air)

Tuesday, June 3
6pm - 8pm

Watercolor by the Lake (plein-air)

Tuesday, June 10
6pm - 8pm



Arts & Crafts Studio

310 McPherson Ave
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



Acrylic

\$35 per class

Acrylic Pour

Wednesday, July 30
11am - 1pm



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

Arts & Crafts Studio

310 McPherson Ave
913-684-3373

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

Custom Framing & DIY Studio

Tuesday - Friday
10am - 5pm

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

Call to register or stop by the studio!

IS NOW OPEN!

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!



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



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





POPSICLES at the PLAYGROUND

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

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

Become a VBS 2025 Volunteer!



HOW DO I BECOME A VOLUNTEER?

- A. Register in-person, QR Code or click the link
- B. Become a **cleared** volunteer
 - 1. Submit a background check packet.
 - 2. Get fingerprinted.
 - 3. Attend **one (1)** VBS Volunteer Training.
- C. Come to VBS 1 – 3 August!

WHO CAN VOLUNTEER?
Teens and adults

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

ADULT VOLUNTEER TRAINING
FRONTIER CHAPEL ROOM 158

Monday Afternoons:	Wednesday Evenings:
July 14 1300 - 1430	July 16 1700 – 1830
July 21 1300 - 1430	July 23 1700 – 1830
July 28 1300 - 1430	July 30 1700 – 1830

TEEN VOLUNTEER TRAINING
FRONTIER CHAPEL SANCTUARY
Thursday 31 July 1300 – 1500





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

Heat Related Deaths ARE Preventable

LOOK BEFORE YOU LOCK



weather.gov/heat

nhtsa.gov

The temperature in your car can quickly become deadly!

Outside Temperature 80°

 Inside 99° Time Elapsed: 10 Minutes	 Inside 109° Time Elapsed: 20 Minutes
 Inside 114° Time Elapsed: 30 Minutes	 Inside 123° Time Elapsed: 60 Minutes

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



Confusion
Dizziness
Becomes Unconscious

ACT FAST
CALL 911

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

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!





Hot Weather Rules For Pets



KEEP YOUR PET HYDRATED



DON'T LEAVE YOUR PET IN THE CAR



KEEP PAWS AWAY FROM HOT PAVEMENT



KNOW SIGNS OF OVERHEATING

Volunteers Needed

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

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

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



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

Frontier Army Museum
100 Reynolds Ave
Fort Leavenworth, KS

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



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



LEAVENWORTHARMYMWR.COM



GRIFFIN CUTS BARBERSHOP

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

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

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



TRUESDELL BARBERSHOP

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

CASH ONLY

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

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

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



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

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



Couples League


Are you looking for some good old-fashioned fun?

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


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

Annual pass holders : Free
Non-pass holders:
\$35 per person
\$70 per team
Weekly:
\$5 per person

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



I just love spending quality time with you!



Scan here to follow Ft. Leavenworth FMWR on FB

For more information:
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




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

Trails West Golf Course


Wednesday League

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

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

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

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



Scan here to follow Ft. Leavenworth FMWR on FB



FUN SHOOT

Brunner Range
1st Saturday of the Month

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


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

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.


Info: (913) 651-8132
701 Sheridan Drive





ADULT CLASSES TAEKWONDO

Kick your fitness into high gear!





Tuesdays & Thursdays

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

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

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





Fall Youth Sports & Fitness

Confidence begins here! Are you in?

Flag Football (1st - 2nd grades) (Ages 7 - 8) Tuesday/ Thursday Sept 9 - Oct 23 (3rd - 4th grades) (Ages 9 - 10) Monday/ Wednesday Sept 8 - Oct 22 (5th - 6th grades) (Ages 11 - 12) Monday/ Wednesday Sept 9 - Oct 23 \$50	Soccer 6 & Under (Ages 5 - 6) 8 & Under (Ages 7 - 8) 10 & Under (Ages 9 - 10) Sept 8 & 9 - Oct 22 & 23 Under 12 & 14 TBA \$50	Cheerleading (Ages 5 - 12) Monday/ Wednesday Sept 8 - Oct 22 Participants will cheer for all 3rd/4th & 5th/6th grade Teams. *Pom-poms, shirt, and skort are included in the cost. *\$55	Fall Running Club (3rd - 8th grades) (Ages 8 - 14) Tuesday/ Thursday Sept 9 - Oct 25 Season ends with the Halloween 5K. \$50
---	--	--	---

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

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

Registration and enrollment will begin July 7 and close Aug. 4. All Youth must have an updated sports physical before first practice. Enrollment can be done at all CY's locations if centrally registered. Webtrac online enrollments can only be done with a Youth Sports Physical that covers the entire season. Volunteer Coaches are needed!

For more information call 913-684-7525 or 7526

Starting June 2nd, 2025

Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530						
0900						Power Yoga (Kim)
0930	Zumba (Virmarie)					
1200						
1630		Zumba (Virmarie)	Power Cycling (Kim)			
1700	Power Yoga (Kim)					

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

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

*Power Cut classes are held in the Bubble Gym



Single Ticket For \$5.00

10 Tickets For \$45.00

20 Tickets For \$80.00



<https://leavenworth.armymwr.com>

Independent Instructor Class Schedule

Gruber Fitness Center

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

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

Harney Sports Complex

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


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

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




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

FITNESS CENTER PROPER ATTIRE



Authorized



NOT 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
- Authorized leggings covered by shorts
- Sweatpants or athletic pants

FOOTWEAR

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

OTHER

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



SAG

TOPS

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

BOTTOMS

- Sagging pants
- Jeans
- Ranger Shorts
- 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 & Aquatic Center
185 Fourth St.
913-684-2190

Gruber Fitness Center
200 Reynolds Ave
913-684-5120




USAG Fort Leavenworth


Policy per Fort Leavenworth, KS
Commanding General

Fitness Staff has
FINAL guidance on appropriate attire.

FITNESS CENTER PROPER ATTIRE



Authorized



NOT 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

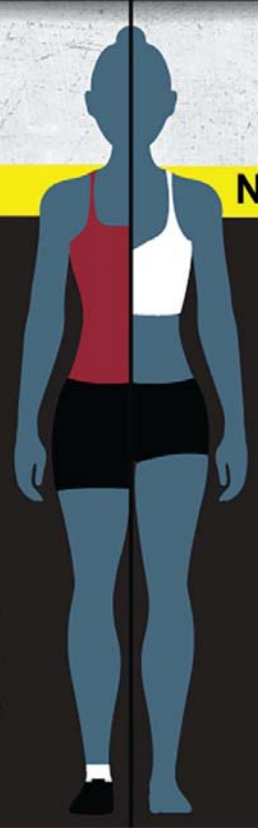
- Shorts with full coverage of buttocks
- Leggings
- Sweatpants or athletic pants

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.



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 & Aquatic Center
185 Fourth St.
913-684-2190

Gruber Fitness Center
200 Reynolds Ave
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USAG Fort Leavenworth

Policy per Fort Leavenworth, KS
Commanding General


Fitness Staff has
FINAL guidance on appropriate attire.

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

frontierccu.org (913) 651-6575



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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 for more information.





MUNSON NOTES

MUNSON NOTICES

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

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

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

HAVE YOU HEARD?

WE ARE BOOKING

WELLNESS EXAMS

Call 913-684-6250



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

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

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

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