

THURSDAY
JULY 17, 2025



LAMP

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Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Kansas City Chiefs Defensive End George Karlaftis throws the football during drills at the two-day ProCamps event July 14 at Normandy Field. Karlaftis hosted the event, which was awarded to local youth for the third year in a row for the Fort Leavenworth Post Exchange and Commissary winning a sales contest.

Chiefs player hosts football camp for youth

by Melanie Libby/Fort Leavenworth Lamp Intern

Fort Leavenworth youth were given the opportunity to participate in a two-day football camp led by an NFL player July 14-15.

The ProCamps event was hosted by George Karlaftis, Kansas City Chiefs defensive end and two-time Super Bowl champion.

The free camp was offered to youth ages 6-14 who are dependents of active-duty soldiers, retirees and Department of Defense employees.

ProCamps Director Justin Heinauer said he has seen a big impact on both participants and volunteers through the camp program.

“It’s a great way to be able to give back to the community. It’s a great way to highlight our service men and women who’ve done so much for our country,” Heinauer said. “To get out here and let their kids have fun and get some advice from people who’ve been there and been successful, that’s what it’s all about. Years later, you see these kids go through the different stages of the camp, and it just gives them some really good structure, accountability and direction for later in life.”

A total of 150 children were able to participate in the camp, and participants were split into teams based on their ages. Chil-

dren ages 6-8 were in the Red Devil Division, named after Karlaftis’ alma mater, West Lafayette (Indiana) High School; children ages 9-11 were in the Boilermakers division, based on Purdue University where Karlaftis attended college; and youth ages 12-14 participated in the Chiefs Division, named for the NFL player’s current team.

On the first day of camp, focus was on learning offensive drills, such as high-point, 1-on-1s, tight end stance and swim, and zone read. Participants were also given the chance to better know Karlaftis through a question-and-answer session and photo opportunities. The second day, youth learned defensive drills, including man-to-man, curls with squaring in and out, fade drills, backpedaling vs. fade drills, and a special defensive end drill with Karlaftis. Both days concluded with two-hand touch football games and an awards ceremony. Each camper was given an autographed copy of a team photo of themselves with Karlaftis.

Karlaftis said he was excited to be able to give back to the Fort Leavenworth community.

“Anytime I’m able to give back, I’m all for it,” Karlaftis said. “Whenever you’re able to brighten someone’s day, whether it’s giving them a high five, opening the door for

SEE **PROCAMPS**| **A5**



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

ProCamps participants run to see who is the faster camper by age group during the first day of the two-day football camp for military youth July 14 on Normandy Field.

Dental Clinic Command cases colors, realigns under MAHC

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

Soldiers, civilians and guests gathered to witness the casing of the colors for the U.S. Army Dental Clinic Command Fort Leavenworth, marking the official deactivation of the unit and honoring its final commander, Maj. David Chen, July 11 at Frontier Chapel.

The ceremony recognized the unit’s legacy of delivering high-quality dental care and ensuring the medical readiness of thousands of Army and sister service leaders.

Though the command itself

is deactivating and realigning administrative functions under Munson Army Health Center as part of a unified medical system, dental services for service members in the Fort Leavenworth community remain the same.

The history of the Fort Leavenworth Dental Clinic Command dates to 1901 with Robert P. Updike serving as the first dental surgeon assigned to Fort Leavenworth, according to the unit’s history. He used his private dental office to support the soldiers stationed at the installation. In 1904, Fort Leavenworth built a dedicated dental operatory inside the installa-

tion’s hospital, Lowe Hall.

In 1929, dental operations expanded with the opening of a new hospital — including a dental clinic — within the U.S. Disciplinary Barracks compound. In 1961, Fort Leavenworth broke ground on what is now Munson Army Health Center, which featured a six-chair dental clinic.

In 1968, construction began on Smith Dental Clinic, named in honor of Maj. Gen. Thomas L. Smith, the 10th chief of the Army Dental Corps.

SEE **DENTAL CLINIC COMMAND CASES COLORS**| **A4**

AT A GLANCE

■ From July 28 to Aug. 1, **GRANT AVENUE HAVE REDUCED LANES** between Cody/Stimson and Pope Avenue intersections for repaving. This area will support northbound and southbound traffic during this time, but expect delays. The intersections at Cody/Stimson and Pope Avenue will remain open for detour traffic around the repaving zone.

■ **SHERMAN GATE IS CURRENTLY CLOSED** but will re-open July 28. This closure allows the security guard force to complete mandatory annual training requirements.

■ 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.

■ The **BUFFALO SOLDIERS LECTURE EVENT** is at 9 a.m. July 25 at the Frontier Conference Center.

Fame and patriotism

Celebrities who served in the U.S. Army

Tom Selleck, Pat Sajak among those who served

by Joe Lacdan/Army News Service

WASHINGTON — Before Tom Selleck appeared on American television screens in “Magnum P.I.” and as Frank Reagan in “Blue Bloods,” he served in the Army National Guard.

Selleck enlisted as an infantry soldier in the California Guard during the Vietnam War.

As a member of Company C, 1st Battalion, 160th Infantry, Selleck attended the California Military Academy, and served six months of active duty.

Although Sgt. Selleck never deployed to Vietnam during his time in the Guard from 1967-1973, he became a spokesperson for the Guard and the U.S. military.

About seven years later, Selleck landed what would become arguably his career defining part as Thomas Magnum in the popular CBS primetime show.

Due to a scheduling conflict, Selleck turned down the iconic role of Indiana Jones that would later go to Harrison Ford.

After a recurring spot on the NBC comedy “Friends” as Monica Geller’s love interest, Selleck earned an honorary officer’s commission from the Army in 2002. Later Selleck took the role of spokesperson for the Vietnam Veteran’s Memorial Fund, advocating for the construction of an educational center near the Vietnam Veterans Memorial in Washington, D.C.

In 2010, the Sherman Oaks, California, native joined the cast of "Blue Bloods" as New York City Police Commissioner Reagan, starring alongside Donnie Wahlberg and Bridget Moynahan.

"Blue Bloods" would become the longest-running television series of Selleck's career, concluding in December 2024 after 14 seasons.

Pat Sajak

Pat Sajak became a staple in American television as host of the popular TV gameshow “Wheel of Fortune.”



Courtesy Photo/Army.mil (left); Photo by Jim Greenhill (right)

ABOVE LEFT: Actor Tom Selleck is seen here as a member of the California Army National Guard. ABOVE RIGHT: Selleck speaks at the Vietnam Veterans Memorial in 2012.



Courtesy Photos from NBC and Together We Served

Wheel of Fortune host Pat Sajak, pictured with Vanna White, left, served as a soldier in the Vietnam War, right.

But he got his start as a radio host for Armed Forces Radio and Television while stationed in Vietnam. As a U.S. soldier, Sajak served in Vietnam from 1968-1970, originally training as a finance clerk.

Sajak said that he remains proud to be one of the 6 million Vietnam War veterans. He became an advocate for his fellow Vietnam veterans, pushing for the former troops to receive more respect in the media.

SEE **CELEBRITIES WHO SERVED**, | A3



Courtesy Photo/Army.mil

Elvis Presley, shown as a sergeant in the U.S. Army, served in the



Courtesy Photo/Army.mil

American filmmaker, director and actor Mel Brooks was drafted into the Army and served during World War II.

Service part of life story

for Elvis Presley, Jimi Hendrix, others

by Sgt. Woodylyne Escarne/Army News Service

FORT MEADE, Maryland — A few celebrities America has grown to know on Hollywood screens and big stages have a history with the U.S. Army. Just like the men and women who serve today with dedication and distinction, these celebrities have their own stories about their era serving in the Army.

The Army draws people from all walks of life to serve and often go on to achieve greatness in their careers outside the military. From iconic entertainers to athletes and musicians, these celebrities demonstrated that patriotism and fame are not mutually exclusive.

Elvis Presley, Mel Brooks, James Earl Jones, Clint Eastwood, Jimi Hendrix and J.R. Martinez are just a few celebrities who served in the Army.

These public figures served in different eras and supported different wars throughout history. Some

were drafted; others volunteered. But through their varied experiences, they share one unifying thread: they answered the call to serve.

Elvis Presley

"I had quite a few interesting experiences," said Elvis Presley about his time in service. "Slept out in the snow, ate through rations... All in all, it's been a pretty good experience."

Presley was sworn in on March 24, 1958. He completed basic training at Fort Hood, Texas, and was later stationed in Germany with the 3rd Armored Division.

"I was welcomed and treated just like everyone else, which meant a lot to me," said Presley, who served as an armor intelligence specialist and promoted to sergeant before his discharge in 1960.

Mel Brooks

Mel Brooks, known for his wittiness and comedic genius, served as a combat engineer with 1104th Engineer Combat Group during World War II. He took part in the Battle of the Bulge, where he helped clear German mines so Allied forces could advance.

"The Army taught me discipline, respect and how to survive, but it also showed me that laughter could get you through anything — even a war," Brooks

SEE **SERVICE PART OF LIFE STORY**, | A3

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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Celebrities who served

(continued from Page A2)

“When our troops returned home from war, many were greeted with insults, not cheers, and all too often were portrayed in the media and in Hollywood films as drug addicts, misfits, perpetrators of atrocities and losers,” Sajak wrote in a public letter posted on the American Veterans Center website. “The reality is that the Vietnam veterans compiled an outstanding record of courage, service and patriotism. They should be proud of their record, and we should be proud of them.”

Following his Army service, Sajak took a job as a DJ for a Nashville-based radio station before relocating to Los Angeles as a weather reporter.

Finally, in 1981, American media mogul Merv Griffin asked Sajak to take on what would become his most renowned role as host of Wheel of Fortune. Sajak would serve as host alongside hostess Vannah White until 2024. He still supports the show as a creative consultant.

Betty White

American comedian Betty White, known for her longtime role as the witty Rose Nylund on the Emmy Award winning series “Golden Girls,” never officially served as a member of the U.S. Army, but she directly supported soldiers during World War II. The Army honored White for her work as a member of the American Women’s Voluntary Services, where she began serving at age 19.

White joined the AWVS in 1941 at a time when the Army did not allow women to enlist. White drove a supply and food truck to different military installations in California. She also performed and spent time at military recreation centers and interacted with soldiers.

White would go on to star in "The Mary Tyler Moore Show" and later in the popular NBC sitcom "Golden Girls" from 1985-1992.

Hollywood credits White with having the longest career of any female actress spanning more than 80 years. She starred in the feature film “The Proposal” alongside Ryan Reynolds and Sandra Bullock in 2009. She earned an Emmy for her performance as host of "Saturday Night Live" in 2010, before landing another part as Elka in "Hot in Cleveland" from 2010-2015.

White won eight Emmys, one Grammy, three Screen Actors Guild Awards and three American Comedy Awards before passing away on Dec. 31, 2021, at 99 years old.

Joe DiMaggio

Seven years into his major league career, New York Yankees legend Joe DiMaggio took a hiatus to compete for the U.S. military baseball teams as a soldier. DiMaggio



Photos Courtesy of the National Archives

Comedian Betty White served as a member of the American Women's Voluntary Services beginning in 1941. At the time women were not yet allowed to join the U.S. military.



New York Yankees great Joe DiMaggio took a break from Major League Baseball to serve in the U.S. Army. He played baseball for the Seventh Army Air Force baseball team.

Photo Courtesy of the National Baseball Hall of Fame and Museum

enlisted in the U.S. Army Air Forces in 1943. Although he never saw combat, DiMaggio played the important role of boosting the morale of soldiers in the war. He also became a physical education instructor for the service.

According to DiMaggio’s website, the Yankees star gave up his \$43,750 annual baseball salary for \$50 a month in the Army.

As a member of the Special Services, DiMaggio competed for the Seventh Army Air Force baseball team in Hawaii. He received a medical discharge in September

1945. Dimaggio resumed his MLB career in the 1946 season.

Carly Schroeder

Millennials may remember Capt. Carly Schroeder’s recurring role on the popular Disney Channel series “Lizzie McGuire.” Schroeder played Melina Bianco, alongside lead actress Hilary Duff, as the love interest of title character’s brother.

She also starred on the soap opera "General Hospital."

Schroeder earned her start in acting while growing up in the Chicago suburb of

Valparaiso, Indiana. Schroeder went on to land starring roles in films that included the sports drama “Gracie,” where Schroeder plays a female soccer player in the early years of Title IX.

In July 2019, Schroeder decided to join the U.S. Army. She earned her commission in officer candidate school after attending basic training at Fort Jackson, South Carolina.

Service part of life story

(continued from Page A2)

said.

His time in service later influenced his work in comedy and film.

James Earl Jones, Clint Eastwood, Jimi Hendrix, J.R. Martinez

James Earl Jones served during the Korean War era. He was commissioned as a second lieutenant and attended Ranger School, earning his Ranger Tab before being assigned to the 38th Regimental Combat Team.

Clint Eastwood was drafted during the Korean War and served as a lifeguard at Fort Ord, California, before being discharged after the war.

Jimi Hendrix enlisted in 1961 and became a paratrooper with the 101st Airborne Division. Facing legal trouble, he was given a choice by a judge: go to jail or join the Army. He chose to enlist for three years. While in the service, Hendrix met bassist Billy Cox, and the two began performing music together while enlisted, kick-starting the beginning of his music career.

J.R. Martinez enlisted in September 2002 and was assigned as an infantryman with the 2nd Battalion, 502nd Infantry Regiment, 101st Airborne Division. In April 2003, he was severely injured when his Humvee struck a landmine in Iraq. After a long recovery and more than 30 surgeries, he was medically discharged as a corporal in 2003. Martinez went on to become an actor, author, and motivational speaker.

Though the experiences and eras of service differ for each of these celebrities, they all share something in common: serving the U.S. Army with distinction. Their stories are marked by courage, transformation and talent, which continue to inspire those who serve and all future soldiers. Among many who chose to wear the Army uniform, each of their stories proves that with the Army, you truly can “Be All You Can Be.”



Courtesy Photo/Army.mil

Musician Jimi Hendrix, left, is shown here during his time in the U.S. Army. He served for about a year with the 101st Airborne Division as a paratrooper.



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ProCamps (continued from Page A1)



them, or maybe giving them an autographed T-shirt or something like that, I'm all for it.”

In addition to teaching about football basics and active lifestyles, Karlaftis maintained a focus on celebrating military children and their contributions to the community throughout the two-day camp. He connected with the military youth as someone who also moved as a child.

“I moved from Greece, obviously not speaking the same language. I spoke English but not quite as good as I do now,” he said. “My first six months here were just so difficult, so miserable for a lot of different reasons. But after that, I tried to get acclimated as best as I could.”

Karlaftis offered advice for military youth.

“The advice I would give is try to roll with the punches. Just always try to find a way to find a way. You know, change can be really tough, especially at a young age. In those formative years, it can be really, really difficult to move and have a completely different environment, a change of friends, change of scenery, everything you know. Your routine, your house, everything. So, I would just say, try to do the best that you do every single day. Roll with the punches and find a way.”

Camp events took place from 9 a.m. to noon each day at Normandy Field, the track and field complex by the Unified School District 207 Office. Rafael Ramos, who participated in the 12-14-year-old Chiefs Division and won the Febreze

SEE **PROCAMPS** | A6



ABOVE: ProCamps participants, divided into teams determined by age, run to see who is the faster camper during the first day of the two-day football camp for military youth July 15 on Normandy Field.

LEFT: Fourteen-year-old Rafael Ramos practices receiving the football from Kansas City Chiefs Defensive End and ProCamps Host George Karlaftis, who was acting as the quarterback during drills, July 15 at Normandy Field.

Photos by Emilio Gutierrez/Fort Leavenworth Lamp Intern

“Roll
with the
PUNCHES
and find a **WAY.**”

— **George Karlaftis**
Defensive End
Kansas City Chiefs,
offering advice to military youth

ProCamps Director Justin Heinauer asks football camp participant Ariel Humphreys what she has learned on the first day of the two-day NFL ProCamps event July 14 at Normandy Field. Ariel said that she learned about the three-point stance, which George Karlaftis, Kansas City Chiefs defensive end and ProCamps host, said he was very familiar with and uses constantly. Ariel was named the Bounty Quicker Picker Upper Camper of the Day on the second day of camp.

Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern



ProCamps (continued from Page A5)



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

ProCamps Director Justin Heinauer has football camp participants gather for a huddle before heading to their age-determined team’s drill stations July 14 at Normandy Field.

Fastest Camper award, said this was his third year participating in the camp.

“I think this year was actually more fun. (There was) a lot more competition this year,” Rafael said.

Rafael said his favorite part of camp was meeting everyone involved, and he was motivated to return to camp this year to win fastest camper. During his first year participating he won the fastest camper; however, he lost last year after slipping during the race.

Joy Loden, in the 6-8-year-old Red Devils division, said her older brothers have participated in previous camps, but this was her first year involved. She said that camp was fun, but not what she expected it to be.

“I thought it would be we would throw the football through the yellow thing,” Joy said in reference to the goal post.

She added that her favorite part of camp was learning blocking. Joy was named the “First Draft Pick” at camp.

This camp marked the third consecutive year a football camp led by NFL players has been awarded to the Fort Leavenworth community. ProCamps are awarded through a Procter & Gamble-sponsored program, which brings camps to the military installations that purchase the most P&G products.

Marina Lemanua, Fort Leavenworth Post Exchange store manager, said the Fort Leavenworth Exchange and Commissary saw a 123.4 percent increase in Procter & Gamble product sales in 2024 compared to 2023 sales. More than \$5,400 worth of Procter & Gamble products was sold in a two-week bulk sales period in April 2024. The Fort Leavenworth Exchange and Commissary came in first place in the central region in the April sales contest, leading to the camp being awarded to the Fort Leavenworth community.

“(This camp) is really exciting,” Lemanua said in regards to hosting the camp for the third consecutive time. “Every year we’re excited to get any NFL players, any NFL team, with us. To have a Kansas City Chiefs player here, it’s amazing. It really is one of a kind.”

Molly Fanning, executive vice president for ProCamps and G3 marketing at Procter & Gamble, said she was also excited that Fort Leavenworth won the camp again.

“We award camps in both the U.S. and overseas,” Fanning said, noting that a total of 10 camps were awarded this year. “It’s



Photos by Emilio Gutierrez/Fort Leavenworth Lamp Intern

ProCamps Host George Karlaftis, defensive end for the Kansas City Chiefs, leads football camp participants in running drills during first day of the two-day NFL ProCamps event July 14 at Normandy Field.

very rare that they have won three years in a row, so it's very exciting for us to be out here three times and be able to bring out different athletes to support the military.”

Previous camps were run by Kansas State University alumni Deuce Vaughn of the Dallas Cowboys in 2023 and Ben Sinnott of the Washington Commanders in 2024.

“As I mentioned, it is rare that a base wins three times in a row. Previously, they had requested that we bring someone from Kansas State or someone that's local to the Fort Leavenworth community,” Fanning said. “So, we thought we would change it up a little bit. This year, (the Kansas City Chiefs) is the closest professional team, so we reached out to the Chiefs to see if anyone was available, and George was willing to jump on board and really jump in.”

While having Karlaftis run the camp was exciting for participants, the focus of the day remained on the military children and their unique contributions.

“Everyone kind of has one common goal with their passion,” Heinauer said. “Everyone's just trying to help these kids to get a better start to their future. That's what I'm passionate about, and it's good to be out here working with like-minded people, like George and the rest of this coaching staff.”



ABOVE: ProCamps participants try to catch the football as they run as fast as they can down the field July 14 at Normandy Field.

RIGHT: Noah Araujo tries to catch the football while Roland Garrett defends by attempting to intercept during the ProCamps football camp for military youth July 15 at Normandy Field.



AWARDS

DAY 1

First Draft Pick Camper:
Joy Loden

Name Game Winner:
Elijah Ingalls

Campers of the Day:
• Tide Toughest Camper:
Stockton Wheatley

• Old Spice Swaggiest Camper:
Brennan Burkeen

• Charmin Ultra Strong Camper:

Cooper Moye

• Bounty Quicker Picker
Upper Camper:
Elliot Rambo

Parent Social Media Contest:
Maria Grahm,
Chris McCann
and Jenn Harsh

DAY 2

Name Game Winner:
Lukas Yandura

Gillette Smoothest

Coach of the Camp:
John Black

Febreze Fastest Campers:
• Red Devils Division:
Charlie Troxel,
6.5 seconds

• Boilermakers Division:
J'Don Wilson,
6.5 seconds

• Chiefs Division:
Rafael Ramos,
4.75 seconds

Campers of the Day:
• Tide Toughest Camper:

Bryson Booker

• Old Spice Swaggiest Camper:
Dylan Martin

• Charmin Ultra Strong Camper:
Dalton Kaminski

• Bounty Quicker Picker
Upper Camper:
Ariel Humphreys

Parent Social Media Contest:
Jenn Harsh

Army expands combat patch eligibility



by U.S. Army G-1

The Army expanded eligibility for the shoulder sleeve insignia for military operations in hostile conditions, commonly known as the "combat patch," for soldiers deployed to select countries between Oct. 7, 2023, and June 24, 2025, within the U.S. Central Command and U.S. Africa Command areas of responsibility.

The countries include Bahrain, Egypt, Iraq, Israel, Jordan, Kuwait, Lebanon, Oman, Pakistan, Qatar, Saudi Arabia, Syria, United Arab Emirates and Yemen.

This authorization applies to soldiers in the Regular Army, Army National Guard and U.S. Army Reserve who served at least a day during the authorized timeframe.

It does not authorize pay entitlements such as hostile fire pay, imminent danger pay or combat zone tax exclusion.

These changes acknowledge the inherent risks and challenges faced by soldiers in these locations and timeframes. Awarding the combat patch reflects the Army's commitment to recognizing the contributions and sacrifices of all soldiers serving in these operational environments.

For more information, visit https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN44286-ALARACT_0692025-000-WEB-1.pdf.

U.S. Army Photo by 2nd Lt. Daphney Black

Capt. Tori Gardner, commander, A Battery, 2nd Battalion, 15th Field Artillery Regiment, 2nd Brigade Combat Team, 10th Mountain Division, places the Shoulder Sleeve Insignia for Military Operations in Hostile Conditions, commonly known as the combat patch, on 1st Lt. Jonathan Jones' right shoulder during a ceremony Sept. 3, 2023, at Al Asad Air Base, Iraq. The combat patch is worn on a soldier's right arm underneath the American flag, and it represents having served on a designated combat deployment.

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.



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Doctoral student’s research explores better body armor fit for women

by Rae Lynn Mitchell/Texas A&M University School of Public Health

BRYAN-COLLEGE STATION, Texas (April 2025) — Q: What do bra fitting and body armor testing have in common? A: Andrea Porter’s dissertation.

When Porter took a sabbatical from her career to earn her Ph.D. in multidisciplinary engineering, she never imagined she would become a professional bra fitter, much less be out on the shooting range, testing body armor. But her ergonomics research had her doing both — optimizing armor comfort and investigating armor protection for women.

Porter’s research advisor, Mark Benden, Ph.D., department head for Environmental and Occupational Health at the Texas A&M University School of Public Health and a multidisciplinary engineering professor, quickly saw the significance of her work. Benden, who also directs the school’s Center for Worker Health where Porter works as a graduate research assistant, helped secure funding and resources to support her research.

A pattern of poor fit
Porter’s journey into this field began long before she stepped onto the range. While living in Amarillo, Texas, Porter mentored teenaged girls at the high school where her husband taught. Several of her mentees joined the military, and one entered law enforcement after graduation. Porter kept in touch with them and was surprised to hear a consistent thread in the women’s experiences.

“They each shared that their body armor made tasks difficult and caused extreme discomfort and pain,” Porter said. “Until then, I had assumed that armor was optimized by gender.”

One soldier described how her armor’s long torso caused it to ride up when she hit the ground, tipping her helmet forward and obstructing her vision. A police officer showed Porter scars under her chin from armor that had rubbed her skin raw during patrols. Running presented its own challenges — women had



Photo Courtesy of Andrea Porter

Doctoral student Andrea Porter has developed body armor designed for women. Her work aims to reshape the design — and the conversation — around female body armor.

to either hold their vests in place, slowing them down, or tighten them so much that it restricted breathing.

Porter recognized that while she lacks the courage to serve in these roles, she could contribute by improving the tools these professionals rely on.

“Professionals across work sectors must understand how to optimize environment-necessary equipment and tools for different types of human bodies,” Benden said.

He also understood the inherent problems of traditional body armor due to his eight years’ experience serving in the Texas Army National Guard and U.S. Army Reserve.

“Andrea’s research will make great strides in balancing the fit and comfort of body armor for women and strengthen the protection those devices are supposed to provide,” he said.

From ergonomics to fit
Porter has been interested in ergonomics — the science of optimizing equipment and environments to better fit workers — since working at a retirement home. However, she hadn’t expected her work to intersect with body armor

until she connected with Benden, who encouraged her to take on the project. What started as a broad study of women’s armor design quickly zeroed in on a surprising factor: the bra.

“A female officer’s bra choice affects how her armor fits, how comfortable she is, and even how effectively she can move,” Porter said. “A bad bra fit can mean bad armor fit.”

In a survey of almost 1,000 female law enforcement officers, Porter found that the type of bra they wore under their armor significantly influenced comfort and mobility. Surprisingly, officers who didn’t wear bras often reported feeling more comfortable in their armor across various activities.

“These numbers told us something important: Armor isn’t just a sizing issue — it’s an interaction issue,” Porter explains. “What’s underneath the armor, like a poorly fit bra, and how much equipment is attached to the outside of the armor greatly affects a female officer’s comfort.”

Another challenge is that most armor fitters are men, making discussions about the bra and body armor in-

teraction awkward.

“It can be a difficult conversation for both sides, so I’m working on guidance to help both male armor fitters and female law enforcement officers navigate these fitting issues,” Porter said.

Taking research to the shooting range

Another key aspect of Porter’s research involved how air gaps between the armor and the body affect protection. This investigation introduced her to a new place — the shooting range.

“I grew up in a family where guns were a ‘man thing,’ so I never went with them, nor was I interested in shooting,” she said. “Suddenly, I was standing on a range with some guys teaching me about different guns, calibers, gun power and how to shoot. I certainly did not plan to learn that in my Ph.D.”

With support from Survival Armor, a woman-run body armor company in Florida, Porter conducted testing in their lab on a clay dummy wearing silicone breasts, a bra and soft armor. She also tested the effect of the shots to the dummy using different breast sizes, which changed

the depth of the gaps between the armor and the dummy under the cup.

The results were unexpected: The larger the air gap created by the breasts, the more protective the vests were.

“We found shots to the areas with gaps between the body and the armor experienced less harm than a shot to an area where the armor was in direct contact,” Porter said. “This benefit may also extend to male law enforcement officers who have gaps in their armor fit.”

Current armor certification tests armor in complete contact with a clay block, which doesn’t account for how it actually fits a person — especially a woman. These findings add to the body of knowledge about armor performance in the field.

Shaping the future of body armor for women

Porter’s research is gaining attention from law enforcement agencies across the country. By identifying how factors like bra fit, breast size and armor gaps influence performance, she said she hopes to educate officers on optimizing their armor fit and comfort.

“This research recognizes that women’s armor fit, and comfort, requires a broader scope than just the armor itself, which has been the focus in the past,” she said.

For Porter, this research has been both challenging and rewarding.

“The hardest part has been the bra aspect,” she said. “It’s a loaded topic because breasts are sexualized and joked about, and there are biases to navigate. My priority has been to maintain the dignity of this topic.”

At one point, Porter considered shifting her focus away from bras entirely, but Benden encouraged her to stay the course.

“He told me, ‘This is science. Sometimes you learn things you didn’t expect or want to deal with, but you have to keep going to add to the body of knowledge so things can improve. Science is science.’ That perspective has helped me stay focused on the bigger picture and been my most valuable lesson in this Ph.D. journey,” she said.

Program helps veterans get foothold in agriculture

by Caitlin Clark/Texas A&M University Division of Marketing and Communications

COLLEGE STATION, Texas (March 2025) — When he left the U.S. Army, Gabriel Powell was ready for a calmer, slower-paced life. But he still wanted a career that provided a sense of purpose.

Powell had spent much of his nine years in the military conducting route clearance and removing improvised explosive devices from roads — a job that left him injured and in search of a new path that could bring him peace of mind when transitioning back to civilian life. Agriculture, he found, was the perfect fit.

While attending Texas A&M University, Powell found Battle Ground to Breaking Ground, a program that helps veterans establish a foothold in the agriculture industry and ease the farmer shortage across the U.S. The United States Department of Agriculture-funded program administered by Texas AgrAbility — part of the Texas A&M AgriLife Extension Service — was founded in 2011 to provide transitioning military members with the required skills and edu-

cation to become successful farmers and ranchers.

“We were seeing a whole bunch of veterans transitioning back into the world, and there was a big need for beginner farmer/rancher training programs like ours,” said Erin Kimbrough, BGBG program coordinator. “I think it’s a skill that we’ve lost as a nation over time, so we’re helping rebuild that skill.”

The U.S. had 1.9 million farms and ranches in 2022, down 7 percent from 2017, according to the Department of Agriculture. Those numbers could decline further as the workforce ages. The average age of a farmer is 58, according to the 2022 Census of Agriculture. The program helps rebuild that workforce by providing training and resources for active-duty military members, veterans and beginning farmers and ranchers to start their own agricultural operations.

Participants can learn about agriculture production through a variety of online and in-person courses and hands-on training programs that cover everything from busi-

ness planning and land management to basic livestock, vegetable and row crop production.

Kimbrough says about half of the participants come to the program with little to no experience in agriculture. Not only has the program helped veterans become successfully self-employed in farming and ranching, but it’s also a healing experience that can provide them with a new sense of purpose.

“A lot of veterans struggle with that loss of mission. We struggle with the things that we’ve seen,” said Kimbrough’s husband, John, who is a Marine veteran and BGBG graduate. “We deal with depression, with anger, anxiety — a number of issues that make it difficult for that transition period to civilian life.”

Farming and ranching helps with that mental transition, he said. It provides an almost immediate mental health benefit, whether they’re in the middle of a 300-acre pasture or working in a small garden. It also gives military veterans a restored sense of mission and hope by serving their country

through agriculture.

The program also supports veterans by providing access to VetAdvisor, a counseling tool that provides mental health support and helps with the day-to-day struggles they may encounter when adjusting to civilian life. Participants receive one-on-one mentoring from peers who have also completed the program.

“Most of our mentors are veterans themselves, and they really can connect with them on that level and be able to share those experiences,” Erin Kimbrough said. “There’s a lot of healing that happens when we’re working hard alongside each other and developing those relationships that last forever.”

For Powell, agriculture has brought him the fulfillment and peace he’s been searching for after leaving the military.

“A lot of military veterans, they have a sense of duty,” Powell said. “It’s not hard for us to get up at the crack of dawn, and it’s easy for us to make plans, set goals and try to move forward. And agriculture is kind of no different.”

Pet of the Week: Ruby



Photos by
Prudence Siebert/
Fort Leavenworth
Lamp

Ruby is a young adult female hound-beagle mix available for adoption at the Fort Leavenworth Stray Facility. Spay surgery, vaccinations and microchipping are included in her adoption fee of \$155. 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 Stray Facility
510 Organ Ave // (913) 684-4939



 **Adoptions • Volunteer Opportunities**

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





WORTH
Harley-Davidson
NORTH



9400 NW Prairie View Rd
816-420-9000
www.worthharley-davidson.com

THURSDAY
JULY 17, 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

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



Celebrating
130
Years of Service

EXCHANGE

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

Celebrating
60
Years of Community

ACS

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

CELEBRATING 130 YEARS OF SERVICE

CORNHOLE TOURNAMENT

CELEBRATING 60 Years

July 25th | 1100 | Exchange Parking Lot

**Sign-up is now open for this years
Teams CornHole Tournament!**

We are currently looking for teams of 2 to
compete for the Fort Leavenworth Exchange/ACS
Birthday Bash Cornhole Games. Click the
link above to submit your entry and secure your
spot for this years game.

Entries accepted through 20 July. Minimum age 15

Scan the QR Code or
click the link in the
description to sign up

1st Place Team - \$130 Exchange Gift Card
2nd Place Team - \$60 Exchange Gift Card
3rd Place Team - 30 Exchange Gift Card

EXCHANGE

ACS

**Step Up
TO
KINDERGARTEN**

**July 23, 2025
July 24, 2025
8:30 AM to 3 PM**

At your neighborhood elementary school.
No appointment necessary.

KINDERGARTENERS IN USD 207 BEGIN THE SCHOOL YEAR ON A HALF-DAY SCHEDULE.
HALF-DAYS FOR THE 2025-2026 SCHOOL YEAR ARE AUGUST 13-21.

**Housing
Services
Office**

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...

WHEN: THURSDAY,
JULY 24, 2025
11:00 AM - 1:00 PM

5:00 PM - 7:00 PM

WHERE: RESILIENCY
CENTER 600 THOMAS
AVE CONFERENCE RM
125

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

Fort Leavenworth

Career & Education Fair
6 August, 10 am to 2 pm
Frontier Conference Center

Open to Active Duty, Guard, Reserve, Retirees, Veterans,
Family Members, Contractors, & DOD Civilians

Government, Law Enforcement, Contracting, Manufacturing, Sales, Logistics, Retail, Service,
Technical, Educational, and Many Other Opportunities Available

For information call the Transition Assistance Program at
913-684-2227 or email usarmy.TAP.leavenworth@army.mil

Hosted by: Transition Assistance Program & the Family and Morale, Welfare and
Recreation Directorate

Scan our QR codes & follow us on Facebook &
LinkedIn for upcoming events & information

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

**Outdoor Pools
Open May 23rd!**

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

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

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

scan here for more info!

**Fort Leavenworth
2025 Pool Season**

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

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

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

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

Join Us
For Our
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

THIS WE'LL DEFEND

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

YEE HAW
Celebrating God's Greatest Gift

RELIGIOUS EDUCATION
U.S. ARMY

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 8, 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/>



<https://carl.beanstack.org/>



SPECIAL EVENTS

• 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!

leavenworth.armymwr.com

Recreation

• 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.



SAVE THE DATE!
PAIR DAY
August 16th!



Stay strong this summer with
our Group Fitness classes!

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

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

SAMS Application



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

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

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.

ROYALS Autographed Salvador Perez Jersey
\$1 EACH OR 6 FOR \$5

Richard Allen Cultural Center & Museum

2 AUG

JAZZ

By the River

University of Saint Mary
Xavier Theatre
4100 S. 4th Street
Leavenworth, KS
6:00 PM - 8:00 PM

Tickets: \$20 for 18 and under / \$30 for Adult / \$40 at the door
Silent Auction & 50/50 Raffle

Please stop by RACCM to purchase tickets or see a board member.

Made with PosterMyWall.com

FROM COMPASSION TO ACTION:
2024 STRONGHOLD YEAR
IN REVIEW

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



On average, we help **90** individuals weekly

72,500

Pounds of Food Distributed

65,550

Meals Distributed

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



Our volunteers



donated
3,500 hours

valued at
\$111,300



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

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



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

strongholdfoodpantry.org



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



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



www.facebook.com/acs.fortleavenworth

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



leavenworth.armymwr.com

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, Ukulele, 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



leavenworth.armymwr.com



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



WELCOME
SUMMER

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

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

odydfsc@gmail.com



Worlds of Fun

Season Gold Passes are here!

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



\$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

WORK HOME SAVINGS

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

QR Code

ANGER MANAGEMENT

ACS Family Advocacy Program Presents:

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

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

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

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

Childcare not provided.

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

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

QR Code

DAD'S NIGHT OUT

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

2025 DATES:

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

MOM'S NIGHT OUT

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

2025 Dates:

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

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

QR Code

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

QR Code

ACS New Parent Support Prenatal Classes 2025

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

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

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

Free for Expectant Parents!

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

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

ACS New Parent Support 2025 Potty Training

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

Are you ready?

Time to lose the diapers?

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

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

QR Code

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

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

When: M-F 0730-1630

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

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

Items available:

Pre-Packed Kitchen Kit:

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

Additional Items Available:

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

Download the My Army Post App

Stay in the know at your Garrison

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

QR Code

Google Play App Store

My Army Post

DoD Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

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

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

Summer 2025 Youth Sponsorship

TEEN MEET & GREETs



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

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

25 June: Music, snacks, and games

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

11 July: Bowling and pizza

23 July: Games, snacks, and music

25 July: 4pm - 8pm

Dashboard Tour, Tour of Ft. Leavenworth,
DJ, BBQ, games

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

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

leavenworth.armymwr.com





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



leavenworth.armymwr.com

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!

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?

Get paid to play!

to level

Ready



Scan here to apply!
ArmyMWR.com/cyscareers

Medical, Dental, Vision, & Life Insurance Benefits*

Retirement & 401K

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

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

Career Progression & Paid Training

Priority Child Care Placement & Employee Child Care Discounts

Access to Commissary & AAFC Shopping Privileges & MWR Facilities

Job Transfer Program Worldwide Through Civilian Employment Assignment Tool

*Conditions Apply



JOB SEARCH

ACS Employment Readiness Program Menu of Services

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

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

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



Employment Readiness Program Classes

ACS Classroom • Resiliency Center, 600 Thomas Ave.

Wednesdays • 12PM - 2PM*



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



Scan QR Code for more info!

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

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

Classes are from 12PM - 2PM

Registration is required for evening classes only.

Open to DoD ID card holders.

For more info call:
(913) 684-2800



Financial Readiness Milestone Training

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

Some of the topics we will discuss:

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

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

INFO: 913-684-2852 / 2800



U.S. ARMY

HEADS UP

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

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

HEADS UP PEDESTRIANS!

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

HEADS UP DRIVERS!

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

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



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 scammers 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.

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!



Navigate your installation with ease



My Army Post
Your personal military community guide.



PERSONNEL ACTIONS
BRANCH OUT/PROCESSING
RANGE OPERATIONS

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





VBS 2025 Volunteer Registration





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

- Submit a background check packet.
- Get fingerprinted.
- 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



Caring for the SOUL of the Army

UNCLASSIFIED

2



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

Discipleship Training Breakfast

A YEAR LONG TOPICAL BIBLE STUDY & BREAKFAST FOCUSED ON INTEGRATING FAITH IN CHRIST INTO ALL DOMAINS OF OUR LIVES (PERSONAL DEVELOPMENT, FAMILY, PROFESSION, AND COMMUNITY)
0600-0730 EVERY TUESDAY IN PIONEER CHAPEL



Starting 8 July

 **U.S. ARMY**

Mission: To provide Religious Support to all Soldiers, Family members, DA civilians, contractors, and retirees.



Pioneer Chapel
500 Pope Avenue



Frontier Chapel
625 Thomas Avenue



Memorial Chapel
626 Scott Avenue

PROTESTANT

- Traditional Worship – 0830 (Children's Church – K-5th grade)
- Sunday School – 0945

MULTI-CULTURAL GOSPEL

- Sunday Worship – 1000

CATHOLIC MASS

- Tuesday-Friday – 1200-1230
- Sunday Religious ED - 0810

CATHOLIC MASS

- Sunday – 0930
- Sunday Religious ED - 0810

PROTESTANT

- Sunday School – 0945
- Contemporary Worship – 1100 (Children's Church – K-5th grade)

LITURGICAL

- Sunday Worship – 0930

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.

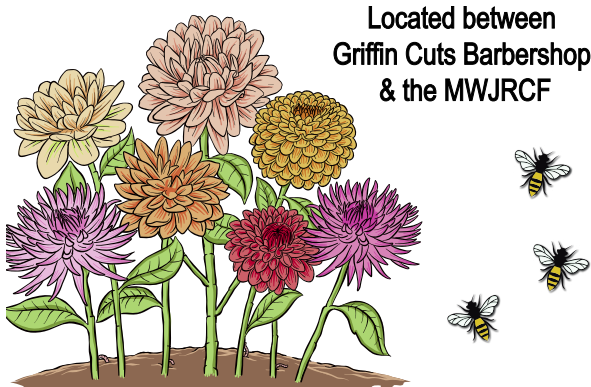


Please contact Megan Hunter if interested
megan.m.hunter4.civ@army.mil

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

BRUNNER RANGE



2025



CALENDAR

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

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

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

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

SCAN HERE

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
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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

MWR

Couples League

Are you looking for some good old-fashioned fun?

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

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

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

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

I just love spending quality time with you!

*Season length dependant on number of registered teams.

MWR

MWR

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

MWR

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

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





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.



leavenworth.armymwr.com





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
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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

- 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.




NOT Authorized

- 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 & Aquatics Center
185 Fourth St.
913-684-2190
Gruber Fitness Center
200 Reynolds Ave
913-684-5120

Policy per Fort Leavenworth, KS
Commanding General

Fitness Staff has FINAL guidance on appropriate attire.



FITNESS CENTER PROPER ATTIRE



Authorized

- TOPS**
 - Un-modified t-shirts or tank tops
 - Underclothing (workout gear with built-in underclothes are okay)
 - When standing, tops must at least meet top of shorts
- BOTTOMS**
 - Shorts with full coverage of buttocks
 - Leggings
 - Sweatpants or athletic pants
- FOOTWEAR**
 - Athletic shoes
 - Tennis shoes
 - Running shoes
 - Court shoes
 - Cross-training shoes
 - Minimalistic/ five-finger shoes
- OTHER**
 - Soldiers using wireless/ non-wireless devices/ earpieces in uniform while inside fitness centers. Must be 1.5 inches in diameter or less at the widest part.
 - Soldiers not in uniform, Family Members, DOD Civilians may use headphones while running outside on sidewalks or tracks.



NOT Authorized

- TOPS**
 - Clothing with rivets
 - Modified/ homemade t-shirts/ tank tops/ crop tops
 - Wearing only a sports bra
 - Exposed midriff
 - Exposed chest
 - Inappropriate or offensive language on clothing
- BOTTOMS**
 - Sagging pants
 - Jeans
 - Bikinis
 - Exposed gluteous muscles or exposed undergarments
- FOOTWEAR**
 - Bare feet
 - Socks only without shoes
 - Flip flops
 - Sandals
 - Open-toed shoes
 - Crocs/ clogs
 - Boots on the cardio equipment
- OTHER**
 - Plastic/ rubber suits
 - Soldiers using wireless/ non-wireless devices/ earpieces in uniform while outdoors; including running
 - Headphones worn on the roads at any time.

Harney Sports Complex & Aquatics Center
185 Fourth St.
913-684-2190
Gruber Fitness Center
200 Reynolds Ave
913-684-5120

Policy per Fort Leavenworth, KS
Commanding General

Fitness Staff has FINAL guidance on appropriate attire.



Integrity.

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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.

MUNSON ARMY HEALTH CENTER SCHOOL AND SPORTS PHYSICALS



IF YOUR CHILD WILL PLAY ORGANIZED SPORTS THIS FALL, CALL 913-684-6250 TO SCHEDULE THEIR PHYSICAL NOW.

HAVE YOU HEARD?

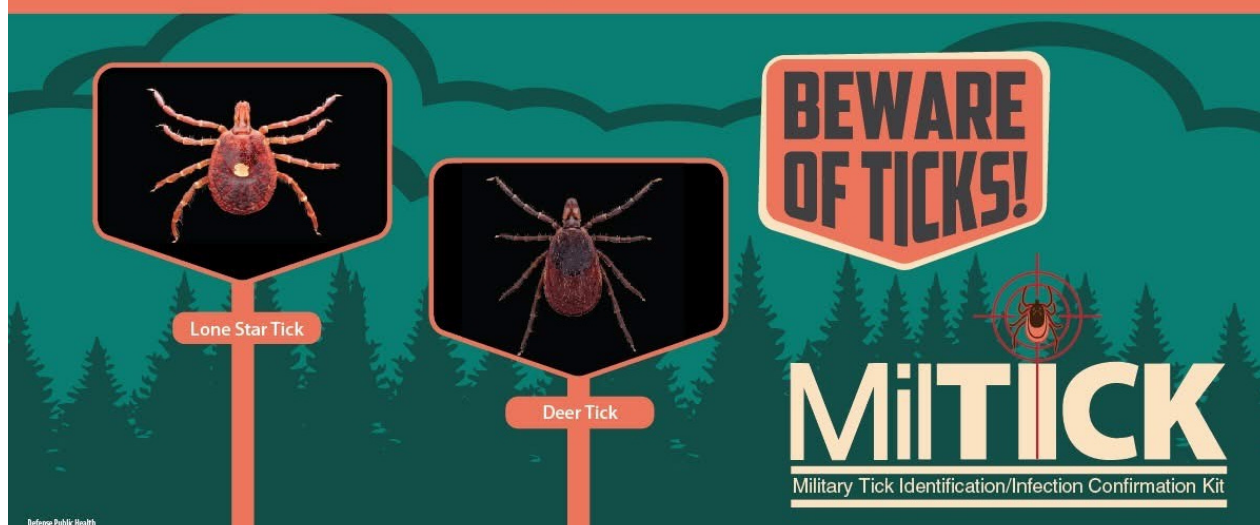
WE ARE BOOKING

WELLNESS EXAMS

Call 913-684-6250



Be vigilant in preventing tick-borne illness this spring.



MUNSON NOTES

Safely dispose of expired medications before PCSing





PCS Prep: Drug Disposal

Safely dispose of old and expired medications before your move.

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

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

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

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

Munson Army Health Center

SCHOOL AND SPORTS PHYSICALS

SCHEDULE NOW

913-684-6250

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



Munson Army Health Center

SUMMER

Eye Exams

School-Aged Kids 6 years and up!

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

Call 913-684-6250 to schedule
munson.tricare.mil



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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