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Housing partner awards more than \$300,000 in scholarships to residents

by Prudence Siebert/Fort Leavenworth Lamp Editor

Fort Leavenworth Frontier Heritage Communities recognized 31 residents being awarded more than \$300,000 in scholarships from The Michaels Educational Foundation during a luncheon in the students' honor July 23 at the Frontier Conference Center.

"Today, we come together not just for a meal, but to celebrate ambition, perseverance and the power of education to transform lives," said FLFHC Marketing Coordinator Hannah Adams.

Scholarships awarded by The Michaels Educational Foundation are open to residents living in communities managed by The Organization, Michaels which is the privatized housing company that oversees FLFHC.

"Each of the students we're recognizing has their own journey, filled with challenges faced, milestones achieved and dreams pursued. Some of you are fresh out of high school, stepping bravely into the next chapter. Others are continuing your college careers, balancing academics with jobs, family or even military life. And every single one of you is here because you chose not to give up. You kept going when it would have been easier to quit." Adams

said. "You believed in yourselves — and that belief brought you here."

Adams said this year, \$2.4 million has been awarded to 282 students living in Michaels communities. Since 1991 when the program began, Michaels has awarded more than \$19 million in scholarships.

"What makes this program so unique is the heart behind it. Every dollar awarded comes from voluntary contributions from donors, corporate partners and individual supporters," Adams said. "And those dollars are matched two-to-one by The Michaels Organization's founder, Michael Levitt, and his wife, Pat. That level of generosity reflects what this organization is all about — not just building houses, but lifting lives and creating opportunities."

Adams said the scholarships are backed by the belief that education is transformative, and that the students are building futures — for themselves, their families, their communities, and the people who will be inspired by their example.

"Let's set aside the numbers for a moment, because what we're really talking about here isn't just dollars and cents. It's impact. It's

SEE FLFHC SCHOLARSHIPS



Photo by Prudence Siebert/Fort Leavenworth Lamp

Scholarship recipients and their family members listen as Fort Leavenworth Frontier Heritage Communities Marketing Coordinator Hannah Adams welcomes them to a luncheon in their honor July 23 at the Frontier Conference Center. The Michaels Educational Foundation awarded more than \$300,000 in scholarships to 31 FLFHC residents who will soon be entering college or are continuing their education.



English major Emma Thompson is presented a certificate and gift by Chase Cornett, The Michaels Organization senior investment manager, during the Fort Leavenworth Frontier Heritage Communities luncheon for The Michaels Educational Foundation scholarship recipients July 23 at the Frontier Conference Center. See page A4 for scholarship recipients' biographies.

> Photo by Prudence Siebert/ Fort Leavenworth Lamp

DPW engineer chief earns career award

by Melanie Libby/Fort Leavenworth I amp Intern

A Fort Leavenworth engineer was recently named Installation Management Command's top Directorate of Public Works engineering and planning executive for 2023.

Jason Wendel, chief of the Fort Leavenworth DPW Engineering Division, was awarded the DPW Engineering and Planning Executive of the Year for 2023. Recipients can only receive the award once in their career.

Wendel, who has been working

for DPW since January 2003 and in his current position since March 2018, shared that he was humbled to be the recipient of the award

"It was cool to get recognized, to get the award, but I also know there's just a ton of really good engineering division chiefs out there, and so that's why I was really surprised that I won," Wendel said. "I thought maybe there was a good chance, but I also recognize there (are) just a lot of other good installations out there that do a lot of good things."

made following each calendar year and then reviewed and awarded a year later, making the award nomination and reception a two-year-long process.

Wendel was first nominated for the 2022 award for his work developing BUILDER Vision.

"The Army has a program called BUILDER that is a data-intensive software that the DPW use to manage their facility — facility maintenance items, if you will," Wendel said when describing his project. "So, every roof, every

Nominations for the award are HVAC system, every bit of carpet, all the materials that make up a building in all the facilities on Fort Leavenworth are in that software. What I developed is the ability to see that data better and easier... We worked with our next-level region to develop the ability to use and to see the data across all the installations, so now all the installations have a capability to be able to see the data better."

He was re-nominated in 2023 after the impact of BUILDER Vision became more apparent.

"BUILDER Vision had gotten

so much interest (in 2023), where when it was a little bit newer in 2022 it wasn't completely out to everyone," Wendel said. "When we submitted for the 2023 (nomination), I think it was a lot more known, and I think at the headquarters level they understood the benefits it could have across all the Army."

Wendel said the project took more than a year to complete and required several hands to assist in getting his idea off the ground.

"The idea was kind of mine, of

SEE DPW AWARD| A5

■ Until further notice, **DEPARTMENT OF THE** ARMY OFFICIAL PHOTOS CAN NO LONGER BE **PROVIDED**. Command photos can still be provided. The Department of the Army Photograph Management Information System (DAPMIS) will sunset July 31, 2025, after which photo facilities will no longer be able to fulfill the requirements for DA official photographs or upload DA photos to the Army Military Human Resource Record (AMHRR). Existing DA official photos in the AMHRR will remain accessible through the interactive Personnel Records Management System (iPERMS). Existing digital photos in DAPMIS will be archived.

From July 28 to Aug. 1, GRANT AVENUE WILL HAVE REDUCED LANES between Cody/Stimson and Pope Avenue intersections for repaving. This area will

AT A GLANCE

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 repaying 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.

■ The Exchange will be celebrating its 130th anniversary and Army Community Service will be celebrating its 60th anniversary during a JOINT BIRTHDAY BASH from 11 a.m. to 2 p.m. July 25 in the Post Exchange parking lot. Activities include a dunk tank, cornhole tournament, bounce house, karaoke and food trucks. Cornhole participants have the opportunity to win a \$130 PX gift card. See related story on page A2.

AAFES marks 130th anniversary Exchange, Army Community Service celebrate 130, 60 years of service with joint birthday party July 25

by Army and Air Force Exchange Service Public Affairs News Release

DALLAS - The Army and Air Force Exchange Service will celebrate its 130th anniversary of serving those who serve July 25.

Since the U.S. Department of War's General Orders No. 46 issued directed commanders to establish a post exchange in 1895, the Exchange has constantly evolved to function as a force multiplier for the nation's ever-changing military mission.

To centralize the supply of items of necessity and convenience formerly provided by traveling merchants who regularly sought to sell goods to soldiers at inflated prices, America's PX system was created.

As the United States prepared to enter World War II, the War Department significantly upgraded the Exchange system, and the Army Exchange Service was born in 1941. Seven years later, it was renamed the Army and Air Force Exchange Service, following the establishment of the Air Force as its own branch of service in 1947.

As a Department of Defense non-appropriated fund instrumentality that primarily uses its own revenue from sales to support its operations, the Exchange has provided critical services in more than a dozen wars and military operations, including World War II, Korea, Vietnam and Operations Desert Storm and Iraqi Freedom.

Today, the Exchange manages a diverse portfolio of quality-of-life services, nationwide and in more than 30 countries and territories. Each line of business is designed to strengthen military readiness, recruiting and security. For example, the Exchange received Congressional approval to introduce the Exchange Credit Program in 1979, protecting service members from predatory lending that often targeted military communities. The Military Star card now creates more than \$470 million in annual value through proprietary terms and promotions exclusive to authorized cardholders.

In addition to tax-free savings and military-exclusive pricing on name-brand merchandise at PXs, BXs and ShopMyExchange.com, the Exchange brings name brand restaurants, health and wellness services, convenience stores, gas stations, Military Clothing Sales stores, self-service 24/7 stores, telecom services and more to America's military installations around the world.

"The hard-earned Exchange benefit is a brilliantly designed virtuous circle that delivers tangible value to our nation's military mission and the heroes who serve and have served with distinction," said Exchange Director/CEO Tom Shull. "As Team Exchange reflects on this incredible organization's many successes over the past 13 decades, we remain fully focused on instituting effective and efficient improvements to continue going where our troops go for the next 130 years."

With 100 percent of earnings going back to the military community, shopping the Exchange makes life better for service members and families. In the last 10 years, the Exchange has provided more than \$15 billion in value to the military community.

For a visual look back at the Exchange's storied history, visit the interactive timeline at https://publicaffairs-sme.com/ Community/history#earlyyears.



Fort Leavenworth Exchange Friday, July 25th 1100-1400

1100 Double Cake Cutting Exchange and ACS in Exchange Mall Speech by Command followed by cake and refreshments

1115 Drill Team Performance in Exchange Parking Lot Leavenworth Pioneers JROTC Drill Team will perform their award winning drill routine

1130 Infamous Tattoo Grand Opening in Exchange Mall Opening Speech from Command followed by Ribbon Cutting. Enter to Win \$50 Gift Certificate & First 10 Customers receive an Infamous Tattoo T-Shirt

1200 Cornhole Team Tournament begins in Exchange Parking Lot Teams of two will compete for our top 3 prize slots. Prize: Exchange Gift Cards valued at \$130, \$60 and \$30

Exchange Parking Lot Bouncy House ~ Food Trucks ~ Dunk Tank ~ Karaoke MainExchange

Food Court & Express Sales ~ Sweepstakes ~10% Off MilStar Specials ~ 1.30 Food Specials

'Red Zone' combines students' new freedoms, vulnerabilities

by Lt. Col. Craig D. Arnold II/Interim Supervisory Sexual Assault Response Coordinator, SARC - Team 2

A new semester is almost here, and with it comes the exciting start of college life. But for many students, this period — known as the "Red Zone" — also brings a heightened risk of sexual assault. More than 50 percent of college sexual as-



• Prioritize your safety. Trust your gut instincts. Never leave drinks unattended. Use the buddy system, and always have a plan for how you'll get home

safely. • Know your resources. Familiarize yourself with campus Title IX offices, counseling services, health centers and campus safety contacts. Save the numbers for local and national hotlines.

• Empower bystander intervention.

Teach your student about the "four Ds" and emphasize that everyone has a role in preventing sexual violence. Those in the Army should all already be familiar with three of the Ds — distract, direct and delegate, the fourth D is delay, added by many Title IX offices.

judgmental contact. Reiterate that "no matter what" happens, you are on their side, and their safety is your top priority.

The "Red Zone" is a stark reminder of the risks, but it's also an urgent call to action. By understanding the dangers and taking proactive steps, we can work together to cultivate a campus culture where everyone feels safe, respected and empowered.

saults occur between August and November, the first few months of the fall semester.

This isn't just a statistic; it's a critical call to action for every one of us.

Why the "Red Zone" demands our immediate attention

The "Red Zone" is dangerous because it combines new freedoms with new vulnerabilities. Students are navigating unfamiliar surroundings social and scenes, which can be exploited by predators. Inparties and creased substance use can create situations where perpetrators incapacitate individuals and facilitate assault. New students often aren't yet familiar with campus safety protocols, resources, or their support networks.

To combat this, we must

internalize these truths:

• Consent is everything. Consent must be enthusiastic, clear and ongoing. If someone is intoxicated, unconscious or incapacitated, they cannot consent. Silence or lack of resistance is NEVER consent.

Sexual Assault is NEVER the victim's fault.

No matter what someone wears, how they act or if they've used substances, the blame for sexual assault rests solely with the perpetrator.

Anyone can be a target.

While first-year women are often cited as a vulnerable group, sexual violence impacts individuals of all genders and sexual orientations.

What YOU can do

This isn't a problem for someone else to solve. It requires a collective effort from students and parents.

For students: Be empowered, be proactive. You have the power to protect yourself and others. Take these steps:

· Educate yourself and others

Truly understand what consent means and challenge any myths about sexual assault you hear.

Practice active bystander intervention.

Learn the "four Ds" - direct, distract, delegate, delay. If you see something concerning, find a safe way to intervene or get help. Your action can prevent harm.

• Support survivors.

If someone confides in you, believe them. Listen without judgment and help them connect with resources if they wish.

For parents: Equip, connect and support. Your role is crucial in preparing your students and maintaining open lines of communication.

· Define and discuss consent, critically.

Have frank, detailed conversations about enthusiastic, ongoing consent and the inability to consent under the influence.

· Discuss alcohol and drug use.

Explain how substances can impair judgment and be used by perpetrators. Discuss strategies like not leaving drinks unattended and using a buddy system.

• Discuss healthy relationships and communication.

Talk about red flags in relationships like controlling behavior or disrespect, and stress the importance of clear boundaries.

• Reinforce gut instincts.

Tell your students to trust their feelings. If a situation feels "off," they should remove themselves.

· Research campus resources together.

Before they leave, know where the Title IX office, counseling services and campus safety are located.

• Create a safety plan.

Ensure emergency contacts are easily accessible on their phone. Discuss location-sharing features with trusted individuals and safe travel practices.

• Keep the lines of communication open.

Maintain regular, non-

Don't wait. Act now. Talk to that young adult in your life now before he/she heads off to college.

Assistance is available 24/7

If you or someone you know needs support, reach out to your campus Title IX office, counseling services or the RAINN National Sexual Assault Hotline at 1-800-656-HOPE. Students who are military dependents and 18 years or older can also contact the DoD Safe Helpline at 1-877-995-5247 for nationwide support, or contact the nearest military installation Sexual Assault Prevention and Response (SAPR) team through that installation hotline. Visit https://safehelpline.org/nearme to locate military connected responders in your area.

FORT LEAVENWORTH LAMP

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MAHC boosts CGSC student readiness with medical processing event

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

Munson Army Health Center and the U.S. Army Command and General Staff College Surgeon Cell conducted the first of three medical readiness processing events for incoming CGSC students July 21 ahead of their rigorous 10month course.

"Our priority is to support the CGSC Surgeon Cell in ensuring all incoming soldiers are able to complete any outstanding or expiring medical readiness processing requirements now, before class begins, so they don't need to miss classroom instruction time later," said Col. Jolanda L.J. Walker, MAHC director, who is responsible for ensuring units on Fort Leavenworth are medically ready.

With an incoming class of approximately 1,000 students, plus additional students from the School of Advanced Military Studies, MAHC and CGSC developed a plan to transform classrooms vacant over the summer into a comprehensive medical processing hub for the event.

Modeled after a Soldier Medical Readiness Processing event, groups of CGSC students checked-in and completed required paperwork before proceeding through a series of stations. These included medical records review, pharmacy information, lab services, hearing review and scheduling, behavioral health, dental review and vision screenings.

Medical teams prescreened records and assigned soldiers to one of three events on July 21, 23, or 28. They highlighted any requirements soldiers needed, such as Physical Health Assessments, HIV testing, immunizations, vision, hearing and dental. Bloodwork was conducted on-site, eliminating the need for students to make an additional visit to the health center.

"Coming to the college is a perfect location because it allows us to spread out and take care of a lot of soldiers at one time and minimizes overcrowding of clinical operations at the health center where we continue to provide care for our enrolled beneficiaries," Walker said.

The event also served as an opportunity for soldiers to learn more about MAHC and its services.

"Munson Army Health Center is proud to offer a wide range of primary care providers ready to support incoming students and their families," Walker said. "We have multiple providers to choose from, high-quality care and a convenient, on-post location." Additionally representa

Additionally, representatives from the Exceptional Family Member Program, Army Community Service, Child and Youth Services, Sexual Harassment/Assault Response and Prevention (SHARP) Program, Family Advocacy Program, and Military and Family Life Counselor Program participated in the readiness event and provided information about their services on post.

"It was very easy, fast and efficient," said medical in-processing participant and incoming CGSC student Maj. Benjamin Wheatley.

The Army tracks individual soldier medical readiness, using the Medical Readiness Classification system, on a scale of 1 to 4, with MRC 1 indicating full medical readiness for deployment. MRC 2-4 indicate factors that may hinder medical readiness. The goal is for soldiers to maintain the highest level of medical readiness to effectively support globally integrated operations and mission planning worldwide.



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

Sgt. Melissa Cosby, a dental specialist assigned to Munson Army Health Center's Smith Dental Clinic, schedules an incoming Command and General Staff College student for dental care during an Army medical readiness processing event July 21 at the Lewis and Clark Center. MAHC and CGSC worked together to bring practical medical in-processing functions to the college for a one-stop shop to help incoming students complete any outstanding or expiring medical readiness requirements before class begins.

The 10-month Command and General Staff Officer Course develops warfighting and adaptive leadership skills for military officers to be proficient in unified land operations. The college is an educational center of excellence renowned in the study of leadership, the conduct of joint and combined land warfare, and the application of joint, interagency, intergovernmental and multinational organizations to synchronize all elements of power to achieve national objectives.

"This medical readiness event ensures CGSC students can focus on their demanding studies, confident in their medical preparedness," Walker said.

To learn more about



Dr. Wendy Harmon, a pharmacist at Munson Army Health Center, provides a package of over-the-counter medications to an incoming Command and General Staff College student during medical readiness in-processing July 21 at the Lewis and

services at MAHC, visit munson.tricare.mil.

Clark Center. With an incoming class of approximately 1,000 students, MAHC and CGSC developed a plan to transform classrooms into a temporary comprehensive medical processing hub.

Summer Reading Program Community invited to check out library Aug. 1

by CGSC Foundation News Release

The Command and General Staff College Foundation and the staff of the Ike Skelton Combined Arms Research Library will conduct the annual Check-out Your Library event for Fort Leavenworth families from 10 a.m. to noon Aug. 1 at the library on post.

The CGSC Foundation will give away free books to every child up to age 17 who attends.

Library staff will lead scavenger hunts and craft activities.

The Foundation will also present door prizes consisting of books and gift cards to Rainy Day Books in Kansas City, Missouri.

"This event provides us with a very hands-on way to provide support to soldiers and families at Fort Leavenworth," said CGSC Foundation President/CEO Lora Morgan. "This is an annual event we sponsor as part of (the) CARL (Summer) Reading Program. It's a great way for us and the library to help communicate to families that the library is for the whole community and that it is not just an academic resource for CGSC students."

Morgan said funds raised for the program allow the CGSC Foundation to purchase specialized materials and services that enhance both youth and adult reading programs throughout the year, including initiatives such as story walks, holiday reading and craft activities, and prizes for reaching reading achievement milestones.

Support for the CGSC Foundation's sponsorship of the 2025 CARL Summer Reading Program is provided by the Kansas City Royals Foundation, The Penworthy Company, Arcadia Publishing and Rainy Day Books. CHECK-OUT Your Library

Back-to-School Book Giveaway

Friday, August 1, 10:00am-12:00pm

Ike Skelton Combined Arms Research Library 250 Gibbon Ave., Fort Leavenworth, Kansas 66027



Scavenger Hunts

CRAFTS

DOOR PRIZES

Sponsored by the CGSC Foundation, with support from The Kansas City Royals Foundation, The Penworthy Company Arcadia Publishing, and Rainy Day Books



Rainy Books

FLFHC scholarships (continued from Page A1)

opportunity. It's lives being changed — generations being changed," she said. "Think about what education does. It gives people the tools to chase their dreams, yes, but it also builds confidence. It cultivates curiosity. It teaches resilience and resourcefulness. It creates ripple effects far beyond the classroom — strengthening families, lifting communities, inspiring younger students to see what's possible."

Adams told the scholarship recipients that the monetary awards are more than financial support — they are a vote of confidence in the scholars and their futures.

"You've already proven what you're capable of achieving. Today we honor your accomplishments, but also your courage to keep moving forward even when the path wasn't clear."

Scholarship recipients present for the luncheon were each recognized with a certificate and personalized gift related to their chosen fields. Absent recipients were also recognized, with their photos and brief biographies projected on a screen and read aloud by Adams.

"Behind every scholarship is a student who believed in their potential and worked tirelessly to achieve it," Adams said. "To our scholars: your accomplishments are not defined solely by your GPA or the degree you're pursuing. They're defined by the resilience you've shown, the challenges you've overcome, the late nights, the sacrifices, the persistence."

Scholarship recipient Hannah Gilman said her experiences in Australia, Indonesia and Nepal from October 2024 to March 2025 with a nondenominational youth mission organization opened her heart to ways she can help others through her career choice of exercise science.

"Going overseas was an experience that broadened my worldview. Being able to see children that loved sports and loved being out in the community just really opened up my heart to how can I bring more opportunity to these kids, how can they experience what I get to experience all the time — going to games and having equipment and all these things," Gilman said. "Being a military brat has shown me perseverance and determination. Even though it's very hard to live in a third-world country, I was able to keep my head in the game and focus on what was important to me, because I'd grown up knowing that hard work is all we do."

Scholarship recipient Marlie Fanning said her experiences with the Special Olympics influenced her to pursue a degree in occupational therapy.

"I started volunteering with Special Olympics when I was in fourth grade. I went to their track meets, and that really inspired my desire to work with special needs kids. Originally, I wanted to work in a special education field in a self-contained classroom, but then I found out about occupational therapy, and that's a degree that I can work with children with special needs and children in general," Fanning said.

Fanning said living in the military community has allowed her to meet all kinds of different people.

"I've been able to appreciate different backgrounds, and I feel like that has made me approach people with open eyes and open heart, which is what I can apply in occupational therapy."

For information on applying for next year's scholarships, visit http://michaelsscholars.com/mich aels-student-living-scholarship/.

Scholarship recipients

Scholarship recipient biographies provided by Fort Leavenworth Frontier Heritage Communities

Thirty-one scholars, living in Fort Leavenworth Frontier Heritage Community housing on Fort Leavenworth, were awarded \$303,500 by The Michaels Educational Foundation in 2025.

Isabella Babich

Starting her junior year this fall, Isabella is majoring in filmmaking at the University of North Carolina School of the Arts. Her goal of becoming a filmmaker specifically focusing on documentary work — was solidified after creating her second-year thesis documentary, "While They Are Gone." As she continues her studies, Isabella plans to keep refining her craft and developing her voice as a documentary filmmaker.

Ava Cox

Ava is currently attending Kansas State University, majoring in integrative human sciences on the pre-nursing track. Having gravitated toward caregiving roles throughout her life, Ava knew early on that nursing was the right path. She aspires to become a cosmetic nurse and work alongside a plastic surgeon. Driven by a strong desire to care for others, Ava is committed to becoming the best nurse possible for her future patients.

Cayden Crabtree

With a strong passion for wildlife, Cayden chose to major in environmental science. His ultimate goal is to become a game warden in Florida, combining his love of fishing with a commitment to wildlife conservation. This fall, Cayden will attend Highland Community College, where he will also compete as a member of the track team.

perspective. Inspired by what she saw and learned, she decided to major in exercise science with the goal of bringing movement and physical wellness to underserved communities. Hannah will be earning her degree from Kansas City Kansas Community College. After graduating, she plans to partner with an international sports mission organization and pursue long-term missionary work.

Lara Herken

Lara will be starting her freshman year at Park University, majoring in English professional writing. Her goal is to work for a publishing house, helping writers edit and revise their work. To build her skills, Lara plans to join a student-run program such as a newspaper or online journal and hopes to secure an internship with a publishing company.

Jennifer Honorato

Since she was 10 years old, Jennifer has wanted to pursue a career in the health field. Witnessing a loved one receive compassionate, high-quality care from a healthcare team solidified her desire to become a doctor. Jennifer recently finished her freshman year at Kansas State University, majoring in public health. She is also a member of the honors program and serve as a teaching assistant for anatomy and physiology.

Juniper Huggard

Juniper will be starting her junior year at Kansas State University this fall, majoring in criminal justice. Her goal is to become a military police officer and eventually transition to a career as a criminal investigative agent.

Wichita State University. Upon graduating with a bachelor's degree, Kausten hopes to work as a cybersecurity expert for the Department of Defense.

Brandon Pavlichko

With a strong interest in innovation and technical ideas, Brandon has chosen to major in mechanical engineering. He will continue his studies at Iowa State University. Brandon is also a member of the Army Reserves and ROTC, with plans to become an officer while pursuing a career as a mechanical engineer in the private sector.

Danielle Pendleton

Danielle has a strong passion for advocacy and justice, which inspired her choice to major in pre-law. She will be attending the University of Kansas this fall and plans to attend law school after graduating, with the ultimate goal of becoming a prosecuting attorney. Danielle has also been accepted into the KU Legal Education Accelerated Degree (LEAD) program, where she will practice mock trials and gain valuable courtroom experience.

Clara Pitkin

Clara will be starting her sophomore year at Kansas State University this fall. She is majoring in social services and nursing, with a minor in psychology of gender, women and sexuality studies. Clara's ultimate goal is to become a nurse midwife, providing compassionate, patient-centered care.

sue this goal and looks forward to the opportunity to work with veterans and military personnel.

Emma Thompson

Emma is majoring in English at Johnson County Community College where she will earn her associate degree. She then plans to pursue a bachelor's degree in English with a minor in sociology. Emma chose this path because it encourages critical and objective thinking, which will positively impact her writing. Her career goal is to work in the publishing industry.

Sarah Troyn

With her mind set on becoming a director and producer, Sarah is working toward earning her bachelor's degree. She is attending Kansas State University, majoring in arts in theatre, and already holds an associate degree along with a film studies certification. Sarah is ready to embark on this journey — one frame at a time.

Katie Ward

Katie is continuing her education at Truman State University, majoring in psychology with a minor in education. She already holds a certification in elementary special education. This combination of major and certification will help Katie achieve her career goals.

Madelyn Ward

Always passionate about jewelry, Madelyn aspires to become a graduate jeweler. Attending the New Approach School for Jewelers, she is specializing in jewelry restoration. Fascinated by the creativity and beauty of antique pieces, Madelyn is driven by the opportunity to restore and breathe new life into jewelry, motivating her to continue pursuing this career path.

Samantha Dales

Samantha recently completed her sophomore year at Iowa State University, where she is majoring in cyber security engineering with minors in military science and applied mathematics. As a dedicated member of the Army ROTC program, Samantha is preparing for a future in military service. After graduation, she plans to commission as a second lieutenant in the U.S. Army.

Leilani Equite

After beginning her freshman year at Kansas State University, Leilani discovered a passion for teaching biology. Now majoring in biology secondary education, she hopes to inspire and guide students while helping prepare them for the future.

Marlie Fanning

Marlie will begin her freshman year at the University of Georgia, majoring in psychology with the goal of becoming an occupational therapist. Her passion for this career was sparked by volunteering with the Special Olympics - an experience that deepened her interest in helping others. Marlie plans to continue volunteering with this impactful program while gaining hands-on experience in the field of occupational therapy.

Hannah Gilman

After a six-month mission trip to Australia, Indonesia and Nepal, Hannah experienced a transformative shift in

Emily Kieser

Emily is attending Barton County Community College studying international business and finance. She aspires to become a business advisor for companies overseas. Having lived abroad for five years, Emily developed a deep appreciation for different countries and cultures — an experience that will greatly support her future career.

Lilian King

Entering her freshman year at Arizona State University, Lilian will be studying business entrepreneurship and supply chain management with a minor in sustainability. She plans to build, experiment with and challenge conventional business models while creating her own enterprise. Lilian is determined to promote a healthier way of life for the planet through her work.

Riley King

Riley will be starting his senior year at Western Washington University, pursuing a degree in data science with a minor in mathematics.

Alianah Lands

Alianah will begin her senior year at the University of Kansas this fall. Majoring in business analytics, she plans to pursue a career as an actuary after graduation.

Kausten Pankratz

Kausten will be starting his freshman year at Johnson County Community College, planning to major in cybersecurity and computer science. After earning his associate degree at JCCC, he intends to transfer into the cybersecurity program at

Alexander Rieper

Alexander plans to attend Kansas State University, where he will major in sports medicine. After graduating, he hopes to continue his studies by earning a master's degree in medical rehabilitation. His interest in the medical field stems from the support and care he has personally received from healthcare professionals.

Hannah Rosenstrauch

Hannah is majoring in visualization with a minor in statistics at Texas A&M University. She plans to pursue a career in data visualization, a field that combines her interests in both art and math.

Isabella Showalter

Isabella is attending the University of Kansas and will begin her senior year this fall. She is studying secondary education with a focus on history and government. Isabella plans to teach in Kansas for three years to gain experience before teaching abroad. She also aims to earn a certificate in English for Speakers of Other Languages (ESOL) and ultimately teach at a Department of Defense Education Activity school.

Annabella Shumaker

Annabella has decided to major in environmental science because of her love for nature and animals. She attends Kansas State University and hopes to pursue a career in field research or lab work after graduating. Whatever path she takes, Annabella is determined to do something she loves.

Joseph Stuewe

Starting his junior year this fall at Cleveland State University, Joseph is majoring in health science. After graduation, he plans to join Cleveland State's physical therapy program. Joseph is excited to pur-

Sarah Ward

Sarah will be starting her sophomore year this fall at the University of Oklahoma, where she is studying energy management. She hopes to obtain an internship in a related field to gain hands-on experience and deepen her understanding of energy management.

Isabel Williams

Isabel is attending Michigan Technological University, majoring in applied physics. Her experience on the high school robotics team inspired her to pursue this path. With a strong interest in problem-solving and building, Isabel is excited to continue working toward her career goals.

Meisha Wilson

Already holding an associate degree in liberal arts, Meisha is working toward a bachelor's degree at Purdue Global University. Following in her parents' footsteps, Meisha is majoring in criminal justice with a minor in crime scene investigation. After graduating, Meisha plans to become a criminal investigations agent with the U.S. Army.

Maurice Wise

Maurice is attending Kansas City Kansas Community College, majoring in cybersecurity. With a strong interest in technology and a desire to be part of the solution, Maurice believes cybersecurity is the right path for him. He is determined to work hard and achieve his goals.

DPW award (continued from Page A1)

what I wanted the capability to be and how I wanted to do it," Wendel said. "But BUILDER Vision was actually performed by an Army individual named John Brosius (at IMCOM Directorate-Training) when we got to the point we were putting this in place. John's the one that programmed it and took my vision, if you will, and got it out, because it really kind of came down to my idea of what I wanted. We worked with ID-T to develop the Army Vantage software that we created, BUILDER Vision, so that it can go across."

Currently, BUILDER Vision is primarily supported by Army Materiel Command.

Wendel's nomination also noted his work in various areas apart from BUILDER Vision, such as leading the Common Levels of Service/Installation Status Report for Service 411. This project focused on organizing maintenance requirements for the Army.

"The scope of this task was enormous, requiring extensive research and analysis over a 24-month period," Wendel's nomination packet read. "He thoroughly and painstakingly researched all available laws, DoD and Army regulations that impacted each category, directly lifting all requirements word by word into one document. This required numerous legal reviews to determine the scope and effect of each of the statutory requirements as they were all unique."

For the 2023 nomination process, Wendel was selected for the award over 70 other individuals from various military installa-



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Directorate of Public Works Engineering Division Chief Jason Wendel, seen here July 22 at his office on Fort Leavenworth, was named the 2023 DPW Engineering and Planning Executive of the Year for Installation Management Command. Recipients can only receive the award once in their career. Nominations for the award are made following each calendar year and then reviewed and awarded a year later, making the award nomination and reception a two-year-long process.

tions.

"All the Army installations essentially submit out of the DPW for this category, and it goes up and a board decides based on what they performed over their career. And so when I was selected, I was super excited, because it is a career award," Wendel said.

Wendel, who was born and raised in Leavenworth, added that he's proud of the award because of the representation it has given the Leavenworth and Fort Leavenworth community.

"Leavenworth, although we're small, we have always done some really good things for the Army. We've always tried to look forward thinking, you know, at Leavenworth. And I think that's not just in the Garrison. That's the entire mission that we do in (in the Combined Arms Center) and or that CAC performs as well," Wendel said.

Colleague Storm Reynolds, chief of the DPW Design Branch, said Wendel has demonstrated several leadership qualities in his current role.

"I've known him for almost 10 years," Reynolds said. "He's extremely smart, (and) has a vast knowledge of Fort Leavenworth in terms of past construction."

Reynolds went on to share that not only is Wendel good at his job, but he's a great leader in the workplace.

"It's a big, professional team. He's big on keeping us up to date on technical

ing — essentially, what that is is getting the most value out of something for the lowest cost," Reynolds said. "He also looks long term. Sometimes we go after a project, and we can solve

the immediate issue or concern, but he'll look longer out and say, 'Well, if we invest just a little bit more and broaden the scope of the

INSURANCE IS

NOW HIRING

knowledge. He's a great

problem solver. Oftentimes,

he can come up with multi-

ple solutions to a problem.

He applies value engineer-

project a little bit more, let's get it while we're there, and then the facility or building will be in better shape for the next 20 or 30 years.' So that long-term look and focus really helps."

Wendel gave credit for this achievement to his colleagues and the rest of the engineering team.

"I want to recognize my team, the Engineering Division, who does the best they can with the resources and manpower we have. They do an amazing job."

NEW **TO THE** AREA?

Are you licensed in PT, OT, or Speech?

If so, give us a call at



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- Inside Sales Representative (no cold calling)
- Insurance Agent New Member Sales

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U.S. ARMY

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Competitive Salary and potential remote work options!

Headquarters are located at: 550 Eisenhower Rd / Leavenworth / KS Additional Satellite office on Fort Leavenworth (contingent on training and performance)

https://afi.org/about-afi/careers

SCAN HERE TO APPLY П



We've been looking for you too!

BE WISE. STAY ALIVE. WEAR YOUR PPE!

All U.S. Army personnel are required by regulation to wear personal protective equipment (PPE) when riding as the operator or passenger on a motorcycle. This applies to all Soldiers and Army civilians in a duty status, on or off a DOD nstallation, and all persons on an Army installation.

> Helmets st meet DOT star

properly fastened under the ch Full-face helmets offer the bes protection. The National High Traffic Safety Administration estimates that helped the likelihood of a crash fatalit

Eye Protection

vindshield alone is not proper eye rotection. Impact- or shatter-resiste nield, goggles, or wraparound glas eet ANSI Standard 287.1 are requires the es may be worn during the nses should be used at nial

Clothing

Dress for the slide, made from leathe made from leather- or abrasion-resistant f provide a high level of protection. Army Re 385-10 requires the use of full-fingered glo nittens designed for riding a motorcycle.

Sturdy Footwear

urdy footwear, leather boots or over rm. Motorcycle footwear with low h vide a good grip on the pavement.

BE SEEN AND PROTECTED

Clothing designed for riding a motorcycle generally offers both protectio and visibility. If black is chosen, a conspicuous enhancement should be we eflective quality and location on the rider is more important than the amount of reflective material.

Local requirements may differ slightly. Riders should check with their installation safety office for detail HTSA Traffic Safety Facts DOT HS 810 887W

MSF

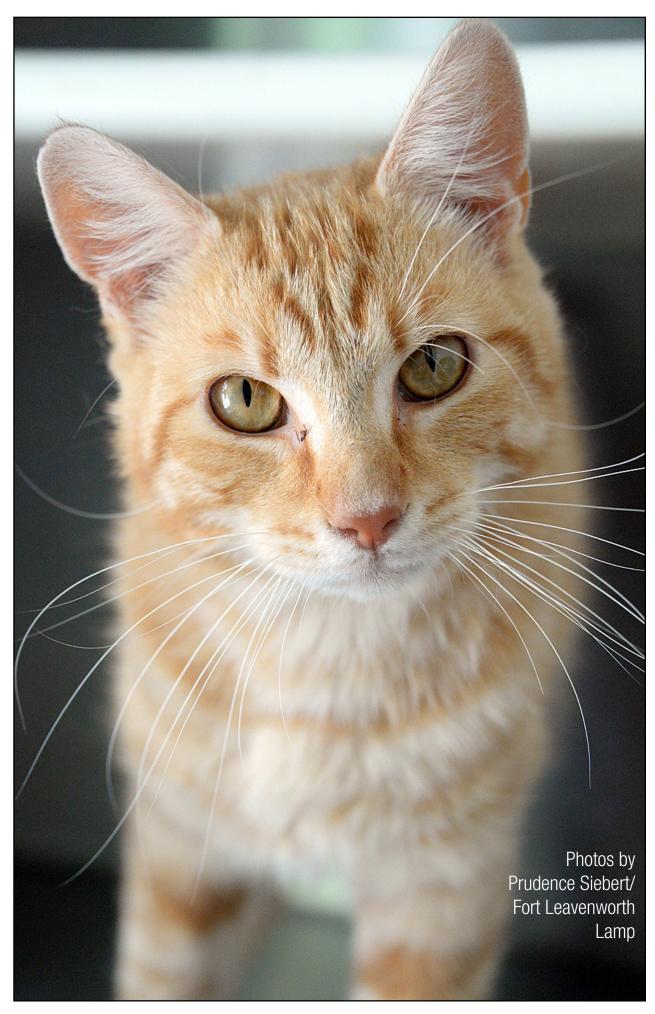
KU KANSAS

Local Classes. **Global Respect.** leavenworth.ku.edu





Pet of the Week: Champ



Champ is a young male tabby available for adoption at the Fort Leavenworth Stray Facility. Neuter surgery, vaccinations and microchipping are included in his adoption fee of \$100. E-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

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

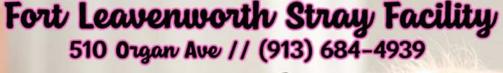
The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Summer hours may vary. Call 913-684-4939 to schedule an appointment. (No voicemail.)

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

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



You can now





Adoptions • Volunteer Opportunities

MWR

pick up and return packages at your Exchange store.







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

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





The Fort Leavenworth School District



JULY 7 & JULY 28 11AM - 1PM

@ THE FORT LEAVENWORTH EXCHANGE LOBBY CHAT WITH US ABOUT

Volunteer Opportunities

 Job Opportunities School Community

Virtual Tours

Supply Lists

Enrollment

- Dates to Remember
- Transportation
- Athletics and Activities
- Academics



LTG Milford H. Beagle, Jr. Commanding General, ed Arms Center and Fort Leavenworth

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

-PLAY A GAME -ENTER OUR **GIVEAWAYS**

Vacation Bible School 2025

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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







SUMMER ACTIVITY SCHEDULE:

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

CARL SUMMER READING PROGRAM

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



Light up your Summer t Fort Leavenworth **MWR Events July 2025**

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SAVE THE DATE!

PAIR DAY

August 16th!

DAY

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 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.



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

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



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

Online Registration

00.02

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



The Application Window for **AMSP is open NOW!**



theater, and so much more are waiting for you at Fort Leavenworth SKIES! Call 913-684-3207 for more information.

HYC Dashboard Tour and BBO 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!

One Gun/ One Choke Fun Shoot! Saturday at Brunner Range. Call 913-651-8132 for more information.



Stay strong this summer with our Group Fitness classes!

leavenworth.armymwr.com



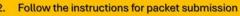
Live Well. Age Well. 711 Marshall St., Suite 100 Leavenworth, KS 66048 913.684.0777

Check, Cash or PayPal @LVCOA Through PayPal Account: Minimum purchase \$25. Please include your phone number



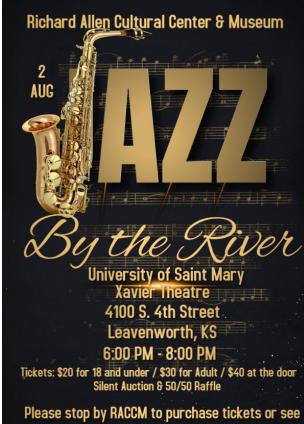
The Mind is the Key to Victory

1. Scan the QR Code or use the link below https://forms.osi.apps.mil/r/nXR5sQTPsn 2





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



a board member.

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MON - FRI 8:00am-4:00pm with limited hrs Thurs 1:00- 4:00pm

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





RELOCATION READINESS PROGRAM

In-Processing Brief Tuesdays, 9:00-10:00am **OCONUS Levy Brief** Tuesdays, 10:00-11:00am

Smooth Move upon

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.



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

FINANCIAL READINESS PROGRAM

913-684-HELP(4357)/2800

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

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

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Donation Drop 10:30 - 12:00

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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.armvemergencyrelief.org And call the ACS main line during duty hours to follow up. Command & Troop training

ARMY VOLUNTEER CORPS SURVIVOR OUTREACH request. Visit website below to SERVICES Lending Closet register for an account and 4th of July Salute to the find opportunities to Are you In/Out-Union volunteer in the community. Processing and need July 4, 6:00-10:00pm essentials? ACS has https:// vmis.armyfamilywebportal.com Merritt Lake short-term basic items to **Volunteer Basics** A fireworks show help you get by. alongside other Survivor Jul. 18, Noon- Kitchenware families and members of 1:00pm, Cookware the Fort Leavenworth **Resiliency** Classroom Small Appliances community. Room 157 om/FortLeavenworthACS facebook.com/FortLeavenworthFMWR

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

Wigglesand siggles

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!

facebook.com/FortLeavenworthACS

facebook.com/FortLeavenworthFMWR

THURSDAY, JULY 24, 2025



B4



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







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 av 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.

SKIES Curtain Call

Calling all

Annas and

Elsas!

Or maybe a

Samantha or

two!

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

Army Community Service | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas Registration required, cut off is day before event (913) 297-3212 or (913) 684-2800 V 🍪

*

Cost: \$275



Get their wiggles out and join in some baby giggles!



Registration Opens: July 21 at 9am Registration Closes: August II at 12pm

Participants must be 8+ on or before August 28

Rehearsals will begin: September 9 at 4pm

Mandatory Parent Meeting : August 26

Register online or in person at any CYS facility

The Post Theater / 375 Grant Ave

December 6 at 2pm and 7pm

Fort Leavenworth, KS

Performances

For more info call 913-684-3207

or text 913-704-7595

Auditions begin: August 28

There are only 30 spaces available Selections will be made by lottery if

mitment of time and responsibility

more than 30 participants sign up The remaining interested participants

will be placed on a waitlist. Curtain Call is





Take a moment to connect with other parents! Babies learn through play! So let's get on the floor and explore!





Now offering new classes at

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!

Tuesdays & Thursdays

Ages 6 - 12 at 4pm

Ages 6 - 12 at 5pm Joint class w/ Parent

or Guardian

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



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a large com

onations always accepteddrop off box located in the housing office

odydflsc@gmail.com

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

Enrollment is open now Must be registered with Parent Central Call for more info 913-684-3207

Ballerina Tutu Camp*





SKIESUnlimited

Worlds of Fun 🍩 Season Gold Passes are here!

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

\$93.25 a pass



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DAD'S NIGHT OUT	MonspieMonspieAnd StateAnd State	<section-header><section-header></section-header></section-header>

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 May 21 • June 18 • July 23 • Aug 20 Sept 17 • Oct 22 • Nov 12 • Dec 3

Childcare, food, and drinks are not



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

ARMY COMMUNITY SERVICE LOAN CLOSET

FORT LEAVENWORTH, KANSAS

913-684-2830/2800

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.

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ACS

New Parent Support

Prenatal Classes 2025

MWR

Free for

Expectant

Parents!

600 Thomas Ave

Room 157

All classes are from

5 pm - 7 pm

Childcare, food, and drinks are not provided.

Time: 6PM • Restaurants TBD

For Dads with children 0-3 years old.

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

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

Feb 3rd April 7th

June 2nd

August 4th October 6th

December 1st

February 10th April 14th June 9th

August 11th October 20th

December 8th

Newborn Care Classes:

Breastfeeding Classes:

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ACE

For Moms with children 0-3 years old.

Time: 6PM • Restaurants TBD

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

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Who: All Active Duty, Retiree, DA Civilian and their family members who are either perman 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 the black sign. Rules: Loans are limited to 30 days for in and out- processing personnel. This can be extend 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 Large Kitchen Knife 4 Steak Knives 1 Peeler 1 Cookie Sheet 2 Serving Spoons 1 Spatula 4 Plastic Glasses 1 Can Opener 1 Set of Measuring Spoons 1 Measuring Cup 1 Pot Holder 1 Bowl (mixing) 1 Pitcher 1 Colander 1 Cutting Board 1 Skillet 2 Pots with Lids

MWR

4 Knives Additional Items Available: Cheese Graters Pizza Cutters Spaghetti Servers Tongs Whisks Glass Baking Dishes-Rectangle Glass Baking Dishes-Circle Muffin Pans Hand Mixers Verggie Steamers Large Kitchen Knives Mixing Bowls Skillets Pots with Lids

Square Tables Circle Tables Folding Chairs Strollers Baby Gates Booster Seats Cribs High Chairs Pack and Play Laundry Baskets Sleeping Mats Sleeping Mats Irons Ironing Boards Trash Cans



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

4 Plates 4 Bowls 4 Coffee cups 4 Forks 4 Spoons 4 Knives

Plates Bowls Coffee Cups Blenders Crock Pots Toasters Rice Cookers Microwaves Indoor Grills Electric Skillets Electric Skillets Panini Grills Plastic Glasses Utensils

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

Deadline for Registration is the Friday before t

Contact 913-297-3212

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B6

THURSDAY, JULY 24, 2025

FORT LEAVENWORTH LAMP



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 23 July: Games, snacks, and music K

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

03 FEB 2025





PROGRAM DIRECTORY

	KUURAM DI	REG I C	
Program	Staff Nombor	Office Phone	limail 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.bailey8.civ@army.mil
Family Advocacy Program	Jayme Robinson ACS FAP Manager	520-692-6303 913-547-2512	jayme.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.ctr@army.mil
Victim Advocate 24/7 Hot- line		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	mirosm@magellanfederal.com
Information and Referral	Shaleena Thomasson ACS Specialist	913-684-2800 520-715-7984	shaleena.d.thomasson.civ@arm y.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.ctr@army.mil
NPSP (New Parent Support Program)	Terra Garland New Parent Support Home Visitor	913-297-9704	terra.g.garland.ctr@army.mil
Operations Support	Madelaine Wise Operations Support Assistant	913-684-2800 520-942-2644	madelaine.t.wise.civ@army.mil



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





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

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

er planning and exploration, resume writing, federal emp ent, and interview skills. Classes held weekly EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP): 913-684-2871

mation, referrals, and personal services. Play groups, Lego Clul Supports family members with special needs by providing info 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 cou help improve quality of life.

eling are offered to Victim Advocate (VAP) provides initial contact and advocacy for victims involved in abuse. Services include emergency assistance, information, referrate, and support in accessing medical, legal, and behavioral health services. 24/7 Victim Advocate Holine -913684-2537

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 c after referrals have been made to appropriate resource.

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 con and issues of daily life

RELOCATION (RELO): 913-684-2830

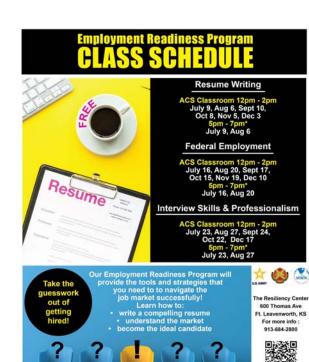
Supports Soldiers and family members moving to or from another duty station. In-processing and out-processing briefs are held each week.

- 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 counsel ng, support groups, and events within garrison and surrounding area.

VOLUNTEER MANAGEMENT: 913-684-2835









Priority Child Care Placement & Employee Child Care Discounts

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

*Conditions Apply 📩 💟 🍪 🌋 🤽

ArmyMWR.com/cyscareers



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

> weath lite aw sales) and he Pre-Deployment Post-Deployment PCS

Marriage Divorce Vesting in TSP First Child **Continuation Pay**

/injury/condit

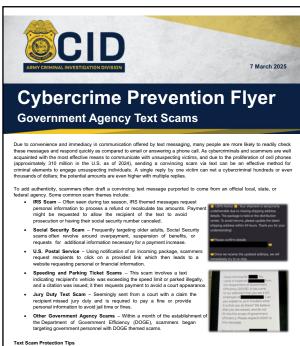
Held monthly every 2nd & 4th Thursday @ 0900am - 1100am. Bldg 198 Room 157

Disabling sickn









- 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 ques



Supervision of Children or Home Alone Policy Per CAC Supplement to Army Regulation 608-18

lidren with a history of Attention Deficit Hyperactivity Disorder (ADHD), Attention Defici der (ADD), Developmental Delay, behavioral problems, impulsivity, psychiatric problems or 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 averaight) but not dropped off at F&MWR 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 NCVER overnight)
 Ages 15 to 17 Up to 6 hours (NEVER overnight) with an emergency plan in place and access to an adult checking on them in person.

BABYSITTING?

- Birth to 11 years old NEVER Ages 12 to 14 Must have completed a CVS approved babysitting course. May babysit with an adult checking an then every 3 haves in person ar telephonically (NEVER overnight) Ages 15 to 17 Must have completed a CVS approved babysitting course. May babysit up to 6 nors with ready access to adult spectriolin (NEVER wernight) UNATTENDED IN VEHICLE?



- Birth to 9 years old NEVER
 Ages 10 and older- Ves under normal weather conditio
 UNATTENDED OUTSIDE2
- Birth 4 years Direct supervision, NEVER LEFT ALONE Ages 5 to 6 Tamedicite supervision, MUST be within eyesight or hearing distance from super-Ages 7 to 9 Monitored units, 17 in a playground or yard access to adult supervision at util intess Ages 12 to 14 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. adult with the ability to

- - inted for by a parent during the following time po
- CURFEW (Childre
- Ages 15 and younger is 2230-0600 hours.
 Ages 16 and 17 is 0030-0600 hours.

ons? Call Family Advacacy Program Manager (FAPM) at (913) 684-2822, Behavioral Health at (913) 684-r Military Police at (913) 684-3456 a complete Supervision of Children and Home Alone Post Policy please contact the FAPM. 19 Oct 21

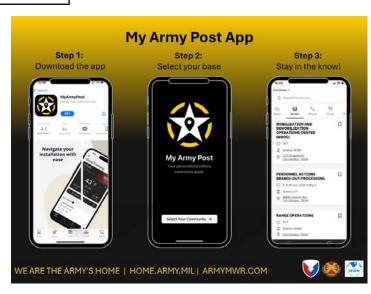
The Safe Helpline is available 24/7 for victims of sexual assault.

Talk to someone who understands:

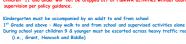
safehelpline.org











THURSDAY, JULY 24, 2025

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

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

Watercolor by the Lake (plein-air) Tuesday, June 10 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

Call now to register! 913-684-3373











Jellyfish Friday, July 11 6pm - 8pm

Cost includes all supplies!



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



MWR

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 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



Summer **Studio Days**

\$15 per class

Kids Ages 6-11 **Tuesday - Friday**

Kids Summer Events

Crafts

Mother's Day Gift

10:30am - 12pm

Father's Day Gift

10:30am - 12pm

\$20 per craft

& Card

May 1

& Card

June 12

Thursday

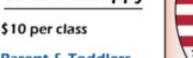
Thursday

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









th from 10am - 2pm

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

Deadline to register is the day

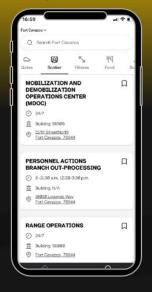
efore class. Ages 18+

available for all of your framing needs!

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



Step 3: Stay in the know!



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Vacation Bible School 2025



WHO:

All families, children (ages 4-11), and volunteers are welcome!

WHAT:

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

WHEN:

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

WHERE:

Frontier Chapel & Pioneer Chapel Fort Leavenworth, Kansas

HOW TO REGISTER:

Registration begins 14 JUL 930 - 1600 in-person at Frontier Chapel

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

POCs – Directors of Religious Education:

Mr. Carl Tillery, carl.l.tillery.civ@army.mil Ms. Syeeda Echols, syeeda.j.echols.civ@army.mil







Meals & Childcare provided ATE NIGHT SROADS

colebrating God's Greatest Gif



08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC For more information and to register, scan the QR code or call/text 910-644-2999

CAMPUS LIFE MILITARY SUMMER SCHEDULE

BIBLE STUDY TUESDAYS FROM 1800 – 1930











PARK PLAYDATES	SUMMER SESSIONS AT
JULY 8 - EMFP PARK	THE CHAPEL
9:30-11:00AM	
JULY 15 - EMFP PARK	JULY 22 - FRONTIER
9:30-11:00AM	CHAPEL
	9-11AM
	JULY 29 - FRONTIER
	CHAPEL
	9-11AM
	*Childcare Available
AUGUST 5 - EMFP PARK	*Homeschool room
9:30-11:00AM	available for ages
	4-11.

JUNE 17 - AUGUST 5 **PIONEER CHAPEL, ROOM 16** POOL DAYS (CASUAL HANG OUT) 1300 - 1600JUNE 20, JULY 11, JULY 25

f FT. LEAVENWORTH CAMPUS LIFE MILITARY 🛛 🙆 @CAMPUSLIFEFORTLEAVENWORTH

POC: SAMANTHA ODLE SODLE@YFC.NET

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





U.S. ARMY

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



Pioneer Chapel 500 Pope 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
- Sundav Religious ED 0810



Frontier Chapel 625 Thomas Avenue

CATHOLIC MASS
Sunday – 0930
Sunday Religious ED - 0810

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



Memorial Chapel 626 Scott Avenue

• Sunday Worship - 0930



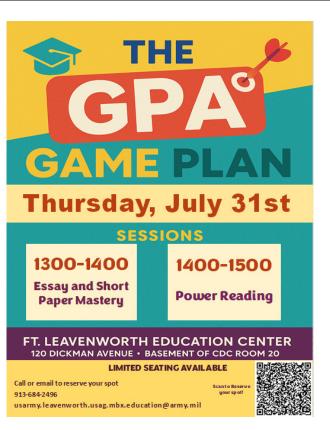
THURSDAY, JULY 24, 2025





BRUNNER RANGE 2025

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



Griffin Gardens Greenhouse Opening April 21st!

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



Located between Griffin Cuts Barbershop & the MWJRCF

TRUESÐ RIFFIN CUTS BARBERSHOP BARBERSHO 424 Sabalu Rd. Ft. Leavenworth, KS 66027 913-684-2894 290 Stimson Ave Ft. Leavenworth, KS 66027 913-684-2593 CASHONLY Hours of Operation Mon-Fri 0800-1530 Mon-Fri0800-1530 Last Appt. Taken at 1500 Last Appt. Taken at 1500 Closed Weekends/Holidays, 2nd & 4th Wed. of Every Month Closed Weekends/Holidays, 2nd & 4th Wed. of Every Month Current Price List Current Price List

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 <u>megan.m.hunter4.civ@army.mil</u>

> Frontier Army Museum 100 Reynolds Ave Fort Leavenworth, KS



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

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

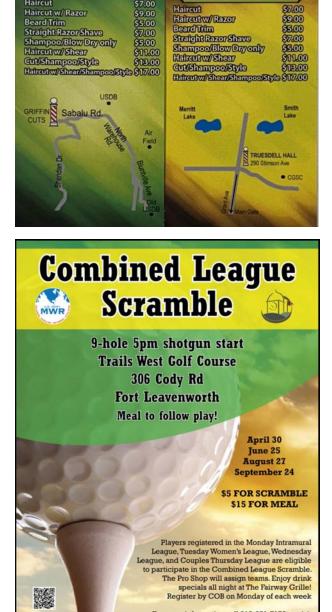
Fall Combo 4 September - 6 November

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.



MWR



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



FORT LEAVENWORTH LAMP

Volunteer Coaches are needed

THURSDAY, JULY 24, 2025



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



10 Tickets For \$45.00

20 Tickets For \$80.00

Single Ticket For \$5.00



https://leavenworth.armymwr.com

FITNESS CENTER PROPER ATTIRE









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



See Co

r Cit

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	

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		

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

2 MWR



ng running. n on the roads at any ti







frontierccu.org (913) 651-6575





<u>f</u>fg IER 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 EL-**IGIBLE 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/8wttlf.

■ 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 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



■ 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.

Be vigilant in preventing tick-borne illness this spring.



MUNSON NOTES

Safely dispose of expired medications before PCSing



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





913-684-6250

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

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

OUR OPTOMETRIS

<u>Speak up!</u> Your voice matters

Volunteer to become a patient and family advisor on our patient and family partnership council

The Patient and Family Partnership Council captures the voices and insights of patients and families to improve the care experience.

Is being a patient and family advisor right for you?

We are looking for volunteers who can:

- · Partner with other patients and staff to help improve care
- Represent the interests of all patients careo for by the military treatment facility
- · Work well in teams and have fun!



Learn more about the Patient and Family Partnership Council!

Munson Army Health Center Patient Advocates at 913-684-6211/6127

MUNSON ARMY HEALTH CENTER Call Center 913 684-6250

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

munson.tricare.mil





CONTACT US | Phone: 913-684-5267 | E-mail: ftlvlampeditor@gmail.com | On the Web: https://home.army.mil/leavenworth/about/news

Read all about it — online! HTTPS://HOME.ARMY.MIL/ LEAVENWORTH/ABOUT/NEWS



- News
- Community Features
- Pet of the Week
- Upcoming
 Events
- and more!

BONUS! Printable "old school" newspaper layouts included with every story and photo package!

Scan the QR code with your phone to go directly to HTTPS://HOME.ARMY.MIL/ LEAVENWORTH/ABOUT/NEWS to read/print/download the *Fort Leavenworth Lamp*.

E-MAIL: ftlvlampeditor @gmail.com

EDITORIAL OFFICE: 913-684-LAMP ADVERTISING: 913-684-1702



The *Fort Leavenworth Lamp,* an FMWR activity, needs sponsors/advertisers to exist! Please support your local newspaper! Thank you!