

# Guidon

Thursday, July 9, 2020

Fort Leonard Wood, Missouri



## Fort Leonard Wood changes local travel restrictions, health protection condition

U.S. Army Maneuver Support Center of Excellence and Fort Leonard Wood senior leaders have updated guidance regarding local travel restrictions and the post's health protection condition, also referred to as HPCON.



## Initial Military Training commanding general meets with drill sergeants at Fort Leonard Wood

To gain insights into what's on the minds of drill sergeants as they perform the controlled-monitoring Basic Combat Training model here, Maj. Gen. Lonnie Hibbard, U.S. Army Center for Initial Military Training commanding general at Joint Base Langley Eustis, Virginia, visited Fort Leonard Wood this week.



## U.S. Army Garrison Fort Leonard Wood bids farewell to Towns, welcomes Paine

U.S. Army Garrison Fort Leonard Wood bid farewell to Col. Eric Towns and welcomed Col. Jeffrey Paine in a garrison change-of-command ceremony July 7 at Lincoln Hall Auditorium.



## Special AER campaign runs through July

Fort Leonard Wood's annual Army Emergency Relief fundraising and awareness campaign has restarted and will run through the end of July.

Read these stories and more on the Guidon website!



## Extended deadline day to file taxes is approaching

The Internal Revenue Service is reminding taxpayers who haven't yet filed their 2019 returns that this year's July 15 deadline is drawing near.



## Blood Donor Center seeks COVID-19 convalescent plasma donors

Referred to as CCP, this is the liquid part of blood collected from patients who have recovered from COVID-19 or have tested positive and have been at least 14 days without symptoms. CCP contains antibodies believed to fight the coronavirus and is transfused into patients who are still fighting the infection.



## Know the signs to prevent heat illness, injury

The dog days of summer are fast approaching, and residents can expect more extreme heat, high humidity and temperatures that can potentially lead to heat-related illnesses and injury.



## Outdoor Adventure Center now open

*Other FMWR facilities alter hours of operation*

The Outdoor Adventure Center reopened last week with most services restored and some COVID-19 safety measures in place. Other Family and Morale, Welfare and Recreation facilities have updated operating hours and procedures.



## Fort Leonard Wood service member, spouse win \$250 in AAFES pet photo contest

Capt. Joseph Brown, Company B, 701st Military Police Battalion, and his wife, Ana Maria Herrera, were presented a \$250 gift card from the Army & Air Force Exchange Service June 24 at the Post Exchange for earning a runner-up placement in the "Patriot Pet Just Say Treat" photo contest.



## What's for dinner?

This week, local Army veteran Cassie Kastrinakis shares a fried rice recipe that utilizes common ingredients that can be altered to fit almost every type of diet.