



17 Oct 2012 1ABCT Weekly News Update: please pass along to Soldiers, Family and Friends of 1ABCT. You can always stay up to date with local events by going to 1st Infantry Division page at <http://www.riley.army.mil/default.aspx> or if you are having issues reading this you can click on this link to read the weekly news. <http://www.riley.army.mil/UnitPage.aspx?unit=1bct>. We are always up and posting new information on FaceBook! Join us on the Official 1ABCT FaceBook Page at www.facebook.com/1HBCTDEVILBRIGADE?v=wall&ref=sgm


Fort Riley Current News Updates: This information has recently been updated, and is now available.

<http://www.riley.army.mil/OurPost/CurrentNews.aspx> In addition to the Current News page there are Garrison Commander's Community Corner articles <http://www.riley.army.mil/DocumentList.aspx?lib=GC-Corner>

November Network Meeting and Child Care: The next Network meeting will be held on Friday, October 26th at 1030 at Riley's Conference Center. Childcare requests are due to Stacie Dumas stacie.dumas@us.army.mil or 785-240-1251 NLT Thursday October 18th

Military One Source offers several educational materials to help children deal with stress in one way or another. Some of the items which you can order are listed here. To find any of these items on the MOS website, www.militaryonesource.mil <<http://www.militaryonesource.mil>> , first log in, then expand the "Orderable Materials" file found by clicking on the "Resources" tab on the top blue-black navigation ribbon. Item list, with a brief description of each item, follows: ***Book: Bullies Are a Pain in the Brain by Trevor Romain.** Bullies are mean. Bullies are scary. Bullies are a pain in the brain—and every child needs to know what to do when confronted by one. This book blends humor with serious, practical suggestions for coping with bullies. ***Book: I'm Here for You Now.** This children's board book is designed to support young children when a parent is deployed, or during other stressful times. Each page has a window for you to insert personal photos. ***Booklet: Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Death.** This booklet explores the issues of stress, trauma, grief, and loss as it relates to a military parent's death. In addition to essential information and resources, the voice and perspective of the youngest children are shared throughout this booklet for family members, caregivers, and professionals to reference and utilize in their support of babies and toddlers. ***Booklet: Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Injury.** This booklet explores the issues of stress, trauma, grief, and loss as it relates to reunifications with an injured parent. In addition to essential information and resources, the voice and perspective of the youngest children are shared throughout this booklet for family members, caregivers, and professionals to reference and utilize in their support of babies and toddlers. ***Booklet: Talking With Children about Violence and War.** Read

how parents and other important adults in a child's life can reassure him when he becomes afraid of war or acts of violence. Read suggestions how to: listen carefully to children's thoughts and concerns; engage in discussion appropriate to a child's age; be a source of stability and comfort. As a parent, counselor, teacher, or volunteer working with military children, you are encouraged to use these books and booklets. Of course, all educational materials are provided without cost to eligible participants. If I can assist you in locating these items, or if you have questions about MOS, please feel free to contact me. POC: Bonnie Murdock, Kansas MOS JFSAP Consultant, 913-424-3038 or Bonnie.murdock@militaryonesource.com



EnvisionXpress
National Disability Employment Awareness Month

Come join us as we celebrate National Disability Employment Awareness Month
Thursday, October 18th
0900-1400
7929 Apennines Drive
Come By and Help Us Celebrate

- **ABILITY ONE PRODUCTS**
- **FREE ABILITY ONE SAMPLES**
- **CAKE AND GOODIES**
- **ADAPTIVE AID TECHNOLOGY**
- **Committed Customer Service**

For More Info
CALL Stephanie or Toby @ 239-4801




Have an extra coat in your CLOSET?

WE ARE ALL
collecting clean, reusable coats for Fort Riley Soldiers & Families

Oct 5-20
 Collection boxes will be available at all our locations

on behalf of ...



ONE WARM COAT®
www.onewarmcoat.org

Sponsored by Fort Riley OCSC, USO Fort Riley, PWOC, MCCW, Manhattan MRC and Junction City MAC.

For more info email vanessa.c.espinosa2@us.army.mil




New facility hours: Warrior Zone, which is open from Monday to Friday, is now opening at 8 a.m. for breakfast. **Habañero** is open from 7:30 a.m. to 1:30 p.m. and from 4:30 to 8 p.m., Monday to Friday.

Fort Riley Middle School Teen Center Update - Dance Oct. 19 Upcoming Middle School Teen Center activities include a dance Oct. 19. Cost is \$2.50 for members and \$3.50 for non-members. For more information, call 785-239-9222

Mega Bingo, Fort Riley's biggest Bingo game ever, will be Oct. 20 at Riley's Conference Center. Doors open at noon, and Bingo starts at 2 p.m. More than \$40,000 in total cash and prizes will be awarded. Tickets are available at Rally Point Bingo, Leisure Travel Center, Warrior Zone, Riley's Conference Center, Custer Hill Golf Course and Custer Hill Bowling Center. For more information, call 785-784-5434 or visit www.rileymwr.com

Fort Riley Religious Ministries Update: Due to renovations in the Saint Mary's Chapel Basement, MCCW will now – until further notice – be meeting at Morris Hill Chapel on Wednesdays. *First Wednesdays: Music, rosary, breakfast and fellowship will be from 9 to 10:30 a.m. All other Wednesdays: Breakfast, video series, "Walking Toward Eternity" and small group discussion will be from 9 to 11:30 a.m. Child care is available for all meetings

Fort Riley Advisories Update - Traffic Delays on Ray Road: 19 October through 26 October 2012: The Roads Maintenance Contractor will mill, patch and overlay *Ray Road, from the Marshall Field North west Entrance to Runway Rd*. Traffic will be reduced to one lane periodically on Ray Road during this time. Additionally the Parking lot adjacent to Building 730 A will also be overlaid. This could produce traffic delays during peak traffic periods. Recommend the use of alternate routes during this time frame. Please observe the construction warning signs, pilot vehicle and Traffic Control personnel. <http://www.riley.army.mil/NewsViewer.aspx?id=5982>

Ft. Riley to host job fair open to all: Job seekers have an opportunity to find employment during the annual Fall Job Fair taking place noon to 4 p.m. Oct. 23 at Riley's Conference Center. The free event is offered in support of Fort Riley Family members, warriors in transition, Soldiers preparing to separate from the military and civilians. "Last year, we had over 1,000 job seekers at the event," said Jeff Reade, program manager, Employment Readiness Program. The event is in partnership with the Veterans' Employment and Training Services; Employer Support of the National Guard and Reserve; U.S. Chamber of Commerce; and Kansas Department of Commerce. Right now, more than 50 employers have already signed up for the fair, and the numbers are growing daily, Reade said. Job opportunities will be available locally, regionally and nationally. "This is a great opportunity for somebody looking for work to (have) that all important face-to-face networking," Reade said. While opportunities for employment exist at the job fair, dressing for success also is important for job seekers who want to make a good first impression with potential employers, Reade said. Resumes need to be updated and ready for employers as well, he added. "The smart job seeker will be bringing multiple versions of their resume that are targeted for specific employers that are there," Reade said. "Long gone are the days where you have one resume. Now, you've got to have a federal resume and you've got to have a private sector resume, and each of those still need to be targeted," he said. The listing of all participating employers will be updated weekly and can be found at <http://rileymwr.com/main/?p=226809> . For more information about the job fair, call the ERP, ACS, at 785-239-9435. By Calun Reece

Find a job

ARMY COMMUNITY SERVICE
ACS
Quality Service for Soldiers and Families

Job Fair

Riley's Conference Center

Oct. 23
Noon-4pm

"OPPORTUNITIES FOR ALL"
REGIONAL EMPLOYERS, CHILD AND YOUTH SERVICES, FORT RILEY PERSONNEL,
EDUCATION AND TRAINING PROVIDERS, AND MANY MORE.

This Job Fair is open to Soldiers, military spouses and Families, Veterans and the public.
Don't miss your employment or education opportunity.

For More Information: Contact ACS Employment Readiness Program (785) 239-9435

MWR VETS ESCR KANSASWORKS

ARMY COMMUNITY SERVICE
ACS
Quality Service for Soldiers and Families

MONTHLY MILITARY FAMILY APPRECIATION
MFAM

BBQ FOR THE TROOPS

OCTOBER 27, 11AM-2PM
RILEY'S CONFERENCE CENTER
Free BBQ and fixings for the first 1,500

Prizes and drawings
CGMCG Wagon Rides
Family games
1 ID Band
Square dancing
USO Pumpkin Painting
Children's Activities

For more Information: 785-239-4593

BBQ Brought to you by:
Scott Community Foundation, Clark Crew BBQ

SPONSORED BY:

University of Phoenix
USA DISCOUNTERS
Little Apple Toyz / Novelties
FREEDOM
PIC-N-PIC
KANSAS STATE
Briscoe

THIS EVENT IS FREE
Must present a military ID
MWR

HASFR- Historical and Archaeological Society of Fort Riley announces 2012 series of events: Ghost Tours – 4-7 p.m., Oct. 28, Tour begins at the Custer House. Ghost Tours are annual guided walking tours that encompass a few housing areas on Main Post known for their 'haunts'. Guides lead tour groups to various stopping points where story tellers pass on true accounts of ghost stories from previous residents and workers of the properties. The Ghost tour is free to the public however donations are accepted! Refreshments are available for purchase at the beginning and end of the tour along with the HASFR Ghost Books. They are in need of some volunteers for Ghost Tours. It is a one day commitment. It could be from a 2 hour service to an all day depending on the volunteer hours needed or time wanting to spend helping out HASFR. They are in need of story tellers, guides (scripts provided) and trail guides to a few behind the scene assistance. The tour is Oct. 28 this is a Sunday. They will have 2 rehearsals only need to be present at one if a guide or story teller. Both is helpful but not necessary. Kim can be contacted either by email hasfrghostess@gmail.com or phone 785-223-1513.



Historical & Archaeological Society of Fort Riley

Ghost Tours 2012

Bring a jacket, flashlight, &
comfortable walking
shoes.

Listen to the ghost stories
& myths of historic Fort
Riley and see where they
happened.

28 October

4-7 p.m.

Artillery Parade Field off of Pershing Ct.

*Like us on Facebook for more on the Ghost Tours and other events:
www.facebook.com/fortrileyhistory*

Fort Riley Library

HALLOWEEN Trunk or Treat

Come dressed in costume to the library parking lot for a safe trick or treating environment. We will provide the candy and a ghoulishly fun time. Prizes to the best decorated trunk!



OCTOBER 27



For more information
call 785-239-9582

www.rileymwr.com

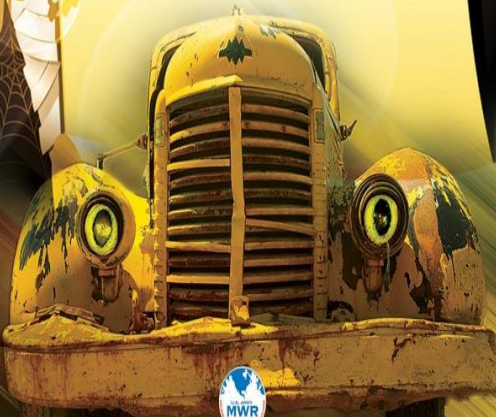
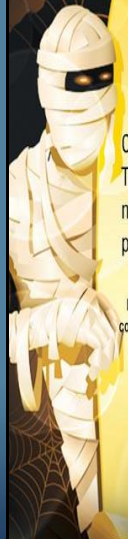
BOSS

TRUNK OR TREAT

**OCTOBER 31, 6-9PM
FORT RILEY COMMISSARY**

Come join BOSS at our first post-wide free "Trunk or Treat". BOSS will supply treats to hand out to our community at Fort Riley. Decorated cars will be lined up in the parking lot with trunks full of goodies and games.

If you are interested in volunteering your vehicle for the Trunk or Treat please contact BOSS for the application. Individuals, groups, Brigades, Battalions, Units are encouraged to participate in this post wide Trunk or Treat.



For more information: Please call 785-239-2677

Bowling Halloween Party

October 30

Kids party starts at 5pm.

Kids and Adult Costume

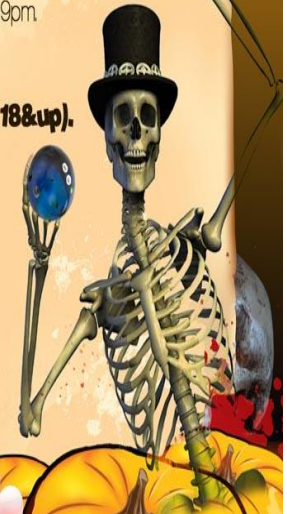
Contest. Kids start at 9pm.

\$5.00 for kids

\$7.50 per adult (18&up).

Food and drink
specials all night.

Kids that come in costume
will receive a goody bag.



For more information call: 785-239-4366

WWW.RILEYMWR.COM/BOWLING

All Treats Day

Monday, October 29th

5:15 p.m.
(Line up between 9th & 10th St. for Parade)

The parade of costumed children forms at the corner of Washington & 9th Streets at 5:15 p.m., then marches down to 6th St., preceded by the JCHS Marching Band. Downtown businesses then pass out candy and treats to the children. Kids of all ages and parents are welcome to be in the Costume Parade...Just show up! Afterwards, children can enjoy games at the JC Municipal Bldg. located at 700 N. Jefferson St. beginning at 6:00 p.m.

Admission is Free!



For more information contact the JC Area Chamber of Commerce
785.762.2632

Operation K-State Cheer Clinic

A Special Appearance
from Willie Wildcat



Instruction from
K-State Cheer and Coaching Staff

5:30 - 7:30 pm • October 29th • King Field House

• FREE of Charge to

ALL Fort Riley Families and Children

• Autographs from K-State Cheer
and Willie at the Conclusion of Camp!

• Registration Deadline: Sunday, October 28th

Register TODAY by calling 785.532.7983

or emailing druoff@kstatesports.com




ZOMBIE TOXIN


HAUNTED HOUSE



BOSS HAS TEAMED UP WITH ZOMBIE TOXIN IN JUNCTION CITY THIS YEAR FOR A GREAT VOLUNTEER OPPORTUNITY! IF YOU LIKE TO SCARE, HAUNT AND TAUNT THIS IS THE EVENT FOR YOU! BOSS WILL BE PROVIDING 15 SOLDIERS ON THE WEEKENDS OF OCTOBER TO WORK AT ZOMBIE TOXIN HAUNTED HOUSE! THIS WILL BE A GREAT EVENT TO EXPERIENCE THE AREAS BEST HAUNT AND TO BE A PART OF IT!






FOR MORE INFORMATION OR TO SIGN UP PLEASE CONTACT BOSS AT 785-239-2677 OR ONLINE AT WWW.FACEBOOK.COM/RILEYBOSSWZ



LOOKING FOR FUN OCTOBER THINGS TO DO? Check these out!!!

Britt's Farm in Manhattan: Pumpkin Patch, Corn Mazes and More! Ready to get out and have some fun this fall? Whether you are planning a group event, want to have the most unique pumpkin in the neighborhood, or just need to relax with your family or special someone, Britt's is the place to be! We grow our own huge variety of pumpkins, mini pumpkins, gourds, corn stalks and many other decorations! October is breast cancer awareness month. A portion of the proceeds from sales of our new Pink pumpkins go towards cancer research. **Open every weekend through October! Friday 3-6, Saturday 9-7 & Sunday 10-6 One flat admission, tons of fun. Admission \$7.50 ages 4-99 Activities include:** Easy corn maze, Hard corn maze, Pumpkin Patch, Hayrack ride, Tractor train ride, Petting zoo, Potato cannon, Super slide, Bouncy House, Tons of photo spots, Much more!

Scary Maze: What will be lurking in the corn maze this year??? For the 4th year, we are excited to have a scary corn maze. This is no kiddie corn maze! Bring you walking (or should we say running?) shoes and join the fun. Scary maze runs October 20, 26& 27. 7-9 pm. Recommended age is 12 and up!

Fall Festival at the Lazy T Ranch - Now till- Oct. 28: Ron and Chris Wilson invite you to the Fall Festival at the Lazy T Ranch. Fun for the whole family! Select and bring home pumpkins of various sizes. Events: •Zoom down the Flint Hills Fun Slide •Enjoy tasty concessions in the Cowboy Café •Walk through the Meadow that's never been plowed and see the native prairie grasses and wildflowers •Rope a genuine longhorn steer head •Visit the animals—meet horses, beef cattle, llamas, dairy goats, sheep, rabbits, chickens •Ride a pony •Climb through the straw bale Kid's Castle •Fire the giant Hedge Ball Slingshot •Play on the Great Pumpkin Bounce House •Leap off the Loading Chute Jump •Play in a grain "bin" •Visit the historic Persons Barn & Granary—on the National Register of Historic Places •Ride in a pumpkin train or in the Purple Powercat train cars around the ranch •Find your way through the Hay bale maze •Enjoy fresh cider, juicy apples, hot popcorn, and other autumn treats
Where: Lazy T Ranch When: October 6, 7, 13, 14, 20, 21, 27, 28 Saturdays 10 a.m. - 6 p.m. Sundays 1-5 p.m. Cost: \$5. 2103 Zeandale Road Manhattan, KS 66502 785-539-7899 and website is <http://lazytranchadventures.com/index.htm>

This is the only pumpkin patch that they are aware of at this time in the Salina area: Sunny Side Pumpkin Patch -- 11500 S. Hopkins Road, Assaria, So. on Old 81 (Ninth St.) to Lappley Rd., turn left & follow signs, <http://sunnysidepatch.com> for directions or call 785-667-4668.

***Just Added**:** Republican Valley Pioneer Festival and Threshing Bee 20 October at the Clay County Fairgrounds, Clay Center KS for more information please contact the Clay Center Curator at 785-632-3786

Just Added* **Harvest Moon Dance at Blue Sage Barn at Prairiewood** - Oct. 25 -Chuck Wagon Meal with all the trimmings by Cox Bros BBQ -Two Step Dance Lesson by Washington Dance Studio with Ben and Jennie Stout, -Live Music by the Aaron Woods Band from Stillwater, Oklahoma, -Campfire throughout evening (including marshmallow roasting!) with live Cowboy Guitar Music by Dave Zervas, -2 Barn Bucks good for 2 drinks at Cash Bar -Complimentary Cider and Root Beer Where: Blue Sage Barn at Prairiewood, When: 6:00-10:00pm, Cost: \$50 per guest- (adult only event). Includes entire festivities listed in description

Just Added* Aggieville's Trick-or-Treat followed by the K-State Homecoming Parade - Oct. 26 Bring the little goblins and ghouls and enjoy traffic-free Moro Street and goodies galore! (some merchants have doggy treats too!) The K-State Homecoming Parade starts at 5pm. Be sure to check out the windows of your favorite merchant for "Paint the 'Ville"--student organizations paint spirited themed scenes during the week to add to the Homecoming atmosphere. Where: Aggieville When: 3:00 - 6:30PM Cost: Free!

Just Added* Boo Party - Oct. 31 Indoor trick-or-treating in a fun, climate-controlled atmosphere from 5:30-7:30 pm at Manhattan Town Center. Where: Manhattan Town Center

Zombie Toxin Haunted House- Friday October 5- 31, Weekends only (Thur - Sat, except first week and it will be Fri and Sat only), located at 417 Franklin Street, Junction City, KS. For more information and ticket prices please visit www.zombietoxin.com. They have special deals on certain nights so definitely visit their website. See flyer

SPOOKtacular -Saturday, October 20 through Sunday, October 21 Trick or Treat through the animal collection from Noon - 4:30pm each day! A variety of local businesses & not-for-profits sponsor candy booths throughout the park. Come in costume, no matter the age! Promotional sponsorship provided by Manhattan Broadcasting's Z96.3, B104.7, KROCK 101.5 and KMAN 1350. Where: Sunset Zoo, 2333 Oak Street Manhattan, KS 66502

Just Added* **Picerne Military Housing residents are invited to enjoy spook-tacular fun at the Warner Peterson Neighborhood Center** as it is transformed into a Halloween Fun House full of non-scary surprises from *3 to 7 p.m. Oct. 26*. The event will feature inflatables, games, caricature artists, clowns, tours through the decorated Neighborhood Center, as well as many other activities. Hot dogs and hamburgers will be served from 4 to 6:30 p.m., and snacks will be available throughout the event. Residents are encouraged to come dressed in costume. Children must be accompanied by an adult. No pets, please. The Warner Peterson Neighborhood Center is located at 5570 A.P. Hill Drive.

Just Added**Post wide trick-or-treating ***will be from 5:30 to 7:30 p.m. Oct. 31.**

USO Fort Riley No Dough Dinners in 2012: USO Fort Riley No Dough Dinners will be from 5 to 6:30 p.m. at 7856 Drum Street on Custer Hill, unless location is otherwise noted, [facebook.com/usoftriley](https://www.facebook.com/usoftriley). Some dinner locations may change. For information, call 785-240-5326 or email usofortriley@uso.org. USO Fort Riley also is on Facebook at [facebook.com/usoftriley](https://www.facebook.com/usoftriley) Click on "Events" to see the most up to date information for No Dough Dinners. **Last dinner date in Oct is 29 Oct at the Bowling Alley.**

Manhattan Military Relations Committee Monthly Luncheon scheduled for November 7th at the Clarion in Manhattan. The First Infantry Division and Fort Riley's Senior Commander, BG Donald M. MacWillie will update us on Ft. Riley, its' mission, community relations and the Army moving forward. This event is open to the public and we encourage you to attend if you have interest in supporting Ft. Riley and improving our

community partnership!! Lunch is \$15.00. Chamber of Commerce members may register online. Everyone may also register at the door, or via phone or email to Alison Pulcher. (785) 776-8829, alison@manhattan.org



**KANSAS
FREEDOMFEST**
SALUTE TO VETERANS BENEFIT CONCERT

CLAY WALKER

AARON TIPPIN

**THE MARSHALL
LUCKER
BAND**

NOVEMBER 10TH
CONCERT 2PM - 930PM
10TH AVENUE PARK - LEAVENWORTH

Veterans & active duty **FREE**
TICKETS ONLINE
kansasfreedomfest.com



QR code direct to purchase



Fort Riley Kansas Education Fair

Riley's Conference Center
November 13, 2012
446 Seitz Dr.
Fort Riley, KS 66442

1:00 PM to 5:00 PM

Over 60 Universities, Colleges, and Technical Schools from across the country available to provide guidance for you and your family members' path to higher education. Army Education Counselors and the Veterans Administration on hand for general education assistance and GI Bill Information.

This fair is open to all Fort Riley Soldiers and their Families, Veterans, DOD Cardholders and Surrounding Communities.



Contact the Fort Riley Army Education Center for further information at 785-239-6481 or email usarmy.riley.imcom.mbx.education-service@mail.mil

Volume 2 Issue 59
October 2012

Commissary Newsletter

"Are You Ready for Some Produce?"

Hot Ads!!

Oct 15-21, 2012

Check out these HOT deals at Ft. Riley Commissary Produce Department!

Granny Smith
#70015

Green Seedless Grapes
#70615

Red Seedless Grapes
#70614

On Vine Tomatoes
#71912

Yellow Onions 16/3# Bags
#71414

Rainbow Peppers 12/3 PK
#71541

Hass Avocados 48 CT
#72900

**Variety Squash Bin
Acorn, Butternut, Spaghetti**
#71854

**"Your Commissary...
It's Worth the Trip"**

LIBERTY FRUIT CO.

Featuring This Week:

"Premium" Washington Jonagold Apples

The Jonagold is a blend of Jonathan and Golden Delicious apples, offering a unique tangy-sweet flavor with firm flesh.

Blackberries

The ancient Greeks used Blackberries as a cure for mouth and throat diseases and for preventing gout.

Hot House Cucumbers

English cucumbers are usually thin, long and very sweet (often wrapped in plastic). Good quality cucumbers are an even dark-green color and firm.

Focused on Fresh!

Sales

"Premium" Iceberg Cello Lettuce

It is not always best to get the firmest head of lettuce. The best tasting lettuce will not be rock solid. If you buy the firmest head, you will get more lettuce for your money, but it may not have the best flavor.

"Naturipe" Raspberries

Raspberries are packed with fiber and manganese. Fiber helps slow the digestive process. Manganese is a trace mineral that helps keep your metabolic rate high, which in turn burns fat.

Grape Tomatoes

Grape tomatoes are actually a berry, and is thought to have come first from the Andes mountains, and the present name is close to the Indian name. It belongs to the nightshade family, along with potatoes, eggplants, peppers and tobacco.

Produce Picks of the Week

**Variety Squash
Butternut, Acorn & Spaghetti**

Butternut squash, also known in Australia and New Zealand as butternut pumpkin, is a type of winter squash. It has a sweet, nutty taste similar to that of a pumpkin. It has yellow skin and orange fleshy pulp. Butternut squash is a fruit that can be roasted, toasted, puréed for soups, or mashed and used in casseroles, breads, and muffins. In Australia it is regarded as a pumpkin, and is used interchangeably with other types of pumpkin. Butternut squash finds common use in South Africa. It is often prepared as soup or grilled whole. Grilled butternut is typically seasoned with spices such as nutmeg and cinnamon, or stuffed with other vegetables (e.g. example Spinach and Feta before wrapped in foil and then grilled. The grilled butternut is often served as a side dish to braais (barbecues) and the soup as a starter dish.

It is a good source of fibre, vitamin C, manganese, magnesium, and potassium. It is also an excellent source of vitamin A and vitamin E.

ACORN SQUASH, also called pepper squash or Des Moines squash, is a winter squash with distinctive longitudinal ridges and sweet, yellow-orange flesh. Although considered a winter squash, acorn squash belongs to the same species as all summer squashes (including zucchini and yellow crookneck squash). The most common variety is dark green in color, often with a single splotch of orange on the side or top. However, newer varieties have arisen, including Golden Acorn, so named for its glowing yellow color, as well as varieties that are white. Acorn squashes can also be variegated (multi-colored). As the name suggests, its shape resembles that of an acorn. Acorn squash is most commonly baked, but can also be microwaved, sauteed or steamed. It may be stuffed with rice, meat or vegetable mixtures. The seeds of the squash are also eaten, usually after being toasted. This squash is not as rich in beta-carotene as other winter squashes, but is a good source of dietary fiber and potassium, as well as smaller amounts of vitamins C and B, magnesium, and manganese.

Spaghetti squash, also called vegetable spaghetti, noodle squash, spaghetti marrow, squaggetti, gold string melon is an oblong seed-bearing variety of winter squash. The fruit can range either from ivory to yellow or orange in color. The orange varieties have a higher carotene content. Its center contains many large seeds. Its flesh is bright yellow or orange. When raw, the flesh is solid and similar to other raw squash; when cooked, the flesh falls away from the fruit in ribbons or strands like spaghetti. Spaghetti squash can be baked, boiled, steamed, or microwaved. It can be served with or without sauce, as a substitute for pasta. The seeds can be roasted, similar to pumpkin seeds. Spaghetti squash contains many nutrients, including folic acid, potassium, vitamin A, and beta carotene. It is low in calories, averaging 42 calories per 1-cup serving.

Recipe of the Week


Baked Spaghetti Squash with Garlic Butter

Ingredients

- 1 small spaghetti squash
- 2 tablespoons butter
- 2 cloves garlic, finely minced
- 1/4 cup finely minced parsley
- 1/2 teaspoon salt (or to taste)
- 1/4 cup shredded parmesan cheese

Directions:

Preheat oven to 375 F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.



Reminders for the Week

1. Congratulations DeCa on the 2012 Produce Retailer of the Year!
2. The apple contest is just a week away be sure to have your displays built and lots of apples on hand.
3. Halloween is around the corner be sure to have lots of apple cider and caramel apples on the shelves.
4. If you need POS material be sure to email me ASAP with details of what you need and when you need it.
5. Don't forget to send lots of pictures of your displays.

Did You Know?

Louise Boyd, a socialite from California passed the Arctic ice pack on a sea voyage to Norway in the 1920's and immediately organized an Arctic excursion. She eventually led five expeditions to the areas surrounding Greenland and wrote 3 books about her travels and discoveries. During World War II, she used her expertise to work on secret assignments for the U.S. Military. Her valuable photographs, documents and other information have been used by civilians and the military alike.

Bravo Co. 1-16 IN Food Drive

When: October 1 to November 16

Benefiting: The Flint Hills Breadbasket

What to donate: Non-perishable food items

URGENT NEED FOR:

Jelly

Pancake Mix & Syrup

Spaghetti Sauce

Ramen Noodles

Hamburger Helper Type Meals

Canned Milk

Canned Pumpkin

Canned Yams

Where to drop off: Each platoon has a bin at the company



Feeding the Community



Sponsored by Jamie Jarboe Foundation 501c3 Non Profit PO Box 3926 Topeka, KS 66604

We need your old combat boots and photos of your Military hero!
Drop off at Topeka Harley Davidson 21st & Topeka

Living Memorial Event

Honoring our active duty, reserve and retired Military

7am-5pm November 8, 2012

800 block of Kansas Avenue Topeka, KS



The Jamie Jarboe Foundation was created in honor of SSG Jamie Jarboe who passed away March 21, 2012 after being wounded in the Zhari District of Afghanistan. SSG Jarboe was assigned to 4th Squadron, 4th Cavalry Regiment, 1st ID Fort Riley, Ks

If you would like to honor your military hero please email photo & bio to

Veterans@jamiejarboe.org

www.facebook.com/jamiejarboefoundation

For information call 855.4TeamJJF

www.jamiejarboe.org

Jamie Jarboe, one of the Gold Star Wives from Ft Riley is asking for your boot donations! See the flyer above

The Operation Santa Headquarters grand opening ceremony will be at 9 a.m. Nov. 5 at Building 261 on Main Post. The public is invited to attend. Operation Santa is a Fort Riley program in conjunction with the Association of the United States Army to assist Families who may be facing financial difficulties this holiday season by providing toys and gift cards for children 0 to 18. Operation Santa accepts applications from Soldiers to receive toys, gift cards for their Family as well as donations to benefit Soldiers and their Families. For more information, visit www.facebook.com/Opsantafortrileyks

Riley's
Conference Center & Catering

only
\$10
TICKET
\$10 IN ADVANCE / \$12 AT THE DOOR

THIS IS AN ADULTS ONLY EVENT

3RD ANNUAL
Wine Fest
Riley's Conference Center
November 17, 6-9pm
Come enjoy a variety of wines & hors d'oeuvres
Tickets available now
For more information: 785-784-1000
Tickets can be purchased at Riley's, Leisure Travel, Warrior Zone, Habaneros & Rally Point.

Sponsored by
ARMED FORCES BANK, N.A. Little Apple Toyota/Honda
HARRIS TRAVELERS omni
Sponsorship does not imply endorsement

Native American
Heritage Month
Observance

Serving Our People, Serving Our Nations:
Native Visions for Future Generations

21 November 2012, 1145 - 1245
Riley's Conference Center

Events for the whole Family!

MILITARY FAMILY APPRECIATION MONTH NOV '12

CUSTER HILL BOWLING CENTER SPECIAL
 Nov 2, 6pm-Midnight - Custer Hill Bowling Center
 Extreme Bowling Special, unlimited bowling with shoes for just \$5.00.
 For more information, call 785-239-4366.

MIDDLE SCHOOL/TEEN CENTER
 -Fall Lock-In: Nov 2, Members Only
 -Veteran's Day Event: Nov 9, 4-6pm
 -Thanksgiving Dinner: Nov 15, 5-7pm
 For more information, call 785-239-9222.

CHILDCARE
 Nov 3, 7-11pm, Nov 10, 9am-1pm, Nov 13 & 27, 6-8pm
 Be sure to make your reservations in advance at Warren East CDC.
 Saturday day care includes a lunch at 11:30am. Patrons may either use their AFC hours or pay the hourly rate to take advantage of the care.
 For more information, call 785-240-0822.

LIBRARY STORYTIME
 Nov 3, 10, & 24, 1:30-2pm - Fort Riley Post Library - FREE
 Introduce their children to reading in a fun way.
 For more information, call 785-239-5305.

CUSTER HILL GOLF COURSE EVENTS
 -Custer Hill Last Stand: Nov 3, 9am Shotgun Start
 -Winter Sale: Nov 3-Dec 24 All merchandise 10%-50% off
 -Winter Hours & Rates Begin: Nov 4, All Greens Fees are \$20
 -Veteran's Appreciation Week: Nov 9-11, All Greens Fees are \$11
 -Turkey Scramble: Nov 17, 9am Shotgun Start
 For more information, call 785-784-6000.

KSU FOOTBALL - FORT RILEY DAY (KSU VS OSU)
 Nov 3 - Bill Snyder Family Stadium
 Cheer on the K State football team. Tickets are available at LTC for \$20.
 For more information, call 785-239-5614.

COMEDY NIGHT
 Nov 3, 8pm - Rally Point - \$10 in advance, \$12 at the door
 Show will contain adult content. Must be over 18 to enter.
 For more information, call 785-784-5434.

FAMILY NIGHT
 Every Wed, Doors open at 4:30pm, Movie starts at 5pm - Habanero
 We will have a family friendly movie playing.
 For more information, call 785-240-2782.

BUTTERBALL BLAST
 Nov 10, 10am-5pm - Skeet & Trap Range - \$5 per Attempt
 Pick your best target and submit it as your entry to win a turkey.
 For more information, call 785-239-2363.

HABANERO
 During the month of November Kids 12 & under eat FREE with the purchase of an adult meal.
 For more information, call 785-240-2782.

LOOPY DRAGON NIGHT
 Nov 10, 7-10pm - Eyster Pool - \$10/Family or \$5/Single
 "LOOPY DRAGON" will make her appearance. Hot dogs, chips, juice and cookies will be served.
 For more information, call 785-239-9441.

LIBRARY MOVIE NIGHT
 Nov 10, 6:30pm - Fort Riley Post Library - FREE
 Showing: Hago - Popcorn and drinks will be provided.
 For more information, call 785-239-5305.

TURKEY BOWL
 Nov 12-16 - Custer Hill Bowling Center
 Bowl 3 strikes in a row and win a turkey for Thanksgiving dinner.
 For more information, call 785-239-4366.

FORT RILEY EDUCATION FAIR
 Nov 13, 1-5pm - Riley's Conference Center
 Over 60 universities, colleges, and technical schools, along with army education counselors and the Veterans Administration will be on hand.
 For more information, call 785-239-6481.

FAMILY FITNESS NIGHT
 Nov 16, 6-7pm - Register by Nov 14 - 5800 Thomas Ave.
 CYSS is hosting kickball for Family Fitness Night.
 For more information, call 785-239-9223/9200.

TURKEY 2 MILLER FUN RUN
 Nov 17, 10am - Riley's Conference Center Trail - FREE
 Strollers and dogs are welcome. This is not a timed run.
 For more information, call 785-239-2148.

WINEFEST
 Nov 17, 6-9pm - Riley's Conference Center
 \$10 in advance, \$12 at the door - Adults Only
 For more information, call 785-784-1000.

LET'S TALK TURKEY
 Nov 17, 1-3pm - Fort Riley Post Library - FREE
 See a wonderful presentation put on by the Milford Lake Nature Center.
 For more information, call 785-239-5305.

FAMILY BINGO
 Nov 18, 1pm - Rally Point
 Children will receive over \$1,000 in total prizes, adults will win over \$1,000 in total cash.
 For more information, call 785-784-5434.

CHRISTMAS PARADE
 Nov 23, 5:30pm - Heritage Park, Junction City, KS
 For more information, visit www.junctioncity.org

RILEY'S NETWORK
 Nov 29, 10:30am - Riley's Conference Center
 Come find out first hand about activities at Fort Riley.
 Free childcare available, call 785-240-1251.

VISIT WWW.RILEYMW.COM FOR MORE INFORMATION ON THESE EVENTS.

**Family Fun in the Kitchen...
for Parents & Pre-School Kids**

Learn to prepare simple snacks & meals that are nutritious & fun to make & eat.

10:00 - Noon-ish
Tuesdays & Thursdays
November 6, 8, 13, & 14
Room 29, ACS Building
7264 Normandy Dr

Learn safe ways to cook as a family & how to stretch your food dollars!



Pre-Register by Phone,
Email, or stop by our office -Room 9,
7285 Normandy Dr. Phone: 785-239-9991
Email: ftriley@ksu.edu

K-STATE
Research and Extension

Material funded by the USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777.



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Bring a Happy Holiday to our Stray Facility!

Join our family as we give back to our community this holiday season! The Fort Riley Stray Facility has many animals who need forever homes. In the meantime, the staff at the facility work very hard to take care of those animals while they patiently wait for that special family to rescue them. While the Stray Facility is funded, that funding is not always enough to keep the animals long enough to find that special family. This is where we can help!

Give the gift of life by making a donation of *dog and cat food, kitty litter, newspapers, toys (dog and cat), dog chews, treats, puppy pads, fleece blankets.* We will come get it from you and take all donations to the facility the week of **December 10th, 2012.** Your donation is going to a great resource in our community, and it just may keep an animal around a bit more time to find his or her forever home!

Please contact Julie if you want to help her family's mission by calling (785) 226-1916 or e-mail at julieadam1997@yahoo.com by December 9th. This is not a fundraising drive, just a family charity project that we would love to share with our community!



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HARRIS HONOLULU omni
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MWR

TURKEY
TWO MILER

Nov 17, 10am REGISTER BY NOV 15
Riley's Conference Center Walking Trail
Open to Soldiers, Family members, and DoD card holders.
Turkeys and other prizes will be raffled off!
This is just for fun. It will not be 5K and stroller are welcome.
Event will be cancelled in the case of inclement weather.
Inclement weather hotline: 785-239-2813.

For more information, call 785-239-2813.

Sponsored by: HARRIS White Apple omni

MWR

Custer Hill Golf Course
VETERANS DAY
Appreciation Weekend

November 9-12
Golf Course Open :
8:00am to 5:00 pm

Cost is \$11 per person
(Includes Greens Fee and Golf Cart)

ANNUAL PASS HOLDERS
\$5 for 9-Hole Cart
\$10 for 18-Hole Cart

This event is open to all Military and the General Public

5202 Normandy Drive (785) 784-6000

FAMILY NIGHT

Habañero

Each Wednesday we will be showing a Family friendly movie.
Doors open at 4:30pm, movie starts at 5pm.

During the month of November Kids (12 & under)
eat FREE with paying adult!

For more information, call 785-240-2782.

OCTOBER/NOVEMBER 2012 VOLUNTEER OPPORTUNITIES:

Event: Zombie Toxin: **Who:** BOSS, **What:** 15 volunteers to run games for kids, some may be selected to be in the "Haunt", **When:** Thursdays from 1900-2200, Fridays and Saturdays from 1900-2400, and Halloween night from 1900-2200. **Where:** TBA **POC for this event is:** Peter Smith @ peter.m.smith76@mail.mil, Cc: vicky.l.martin.civ@mail.mil

HASFR – Is in need of some volunteers for Ghost Tours. It is a one day commitment. It could be from a 2 hour service to an all day depending on the volunteer hours needed or time wanting to spend helping out HASFR. They are in need of story tellers, guides (scripts provided) and trail guides to a few behind the scene assistance. The tour is Oct. 28 this is a Sunday. They will have 2 rehearsals only need to be present at one if a guide or story teller. Both is helpful but not necessary. Kim can be contacted either by email hasfrghostess@gmail.com or phone 785-223-1513.

Event: Military Family Appreciation Dinner (10/27/2012), **Who:** ACS/MWR, **What:** Fort Riley's Barn Door Bar-B-Queue / Military Family Appreciation month Kick-off event. **When:** 8-10 volunteers Friday, 26 OCT, 1600-?: event set up. 25-35 volunteers Saturday, 27 OCT, 0830 – ? for the following: 1. **8-10** volunteers to assist with set up completion to including inflating bounce houses, decorating tables, placing liners in trash cans/recycling cans, and assist with 1 ID band set up (chairs). (0830-1030). 2. **6-8** volunteers to assist with parking in grass area from 1030 until 1345: please wear reflective clothing or vests/sash for better visibility 3. **4** volunteers to work bounce houses. 4. **6** volunteers for trash/recycling detail (gloves will be provided) 5. **4** table wipers (gloves will be provided), 6. **V**volunteers to assist with children's games 7. **Any** available help for clean up and packing the truck.8. **Inclement weather call:** 3 puppeteers will also be needed. **Where:** Riley Conference Center, 446 Seitz Drive. **POC for this event:** Vicky Martin: 239-1376, vicky.l.martin.civ@mail.mil, **CC:** Becky Willis: becky.d.willis.civ@mail.mil **NOTE:** All volunteers will check with Vicky at the command and control tent prior to beginning volunteer work. Jeans or appropriate length shorts and closed toed shoes are required. T-shirts will be provided for volunteers working the event. If you are not already registered on Army One Source as a volunteer, please do so.

Event: Bowling Alley Grand Opening/USO No Dough Dinner: **Who:** MWR/USO, **What:** 6 volunteers to bus tables, break down event, and assist in clean up **When:** Monday, 29 October, 1730-1930, **Where:** FR Bowling Alley, Normandy Drive **POC for this event is:** Crystal Tinkey @ 240-5326 Cc: vicky.l.martin.civ@mail.mil

Event: Trunk or Treat : **Who:** BOSS, **What:** Volunteers willing to decorate a car/truck/motorcycle and dress up. Candy will be provided. **When:** October 31, 1800-2100. **Where:** Commissary Parking Lot. **POC for this event is:** Sean Morgan @ sean.c.morgan2.mil@mail.mil or Peter Smith @ peter.m.smith76@mail.mil Cc: vicky.l.martin.civ@mail.mil

Event: Volunteer of the Quarter Ceremony: **Who:** AVC/ACS, **What:** set up, ushers, award table, tray barer, clean-up **When:** November 6, 2012. Set up starts at approximately 1600. **Where:** Riley Conference Center **POC for this event:** Becky Willis @ becky.d.willis.civ@mail.mil, 239-4593 **CC:** vicky.l.martin.civ@mail.mil

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