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Van Booth and his daughter Liberty Ann, 2, along with co-worker Lenard Chambers with his daughter, Greta, who is almost 2, take "tea" during the Father Daughter Tea Party June 27 at the ACS Annex.

Daughters teach their fathers about tea party etiquette at ACS event

By Paula Nardella
STAFF WRITER

Dads in shorts and flop flops sipped pink lemonade from white china teacups as their daughters, many in spring dresses, taught them lessons in tea party etiquette during the Army Community Service Father Daughter Tea Party at 10 a.m. June 27 at the ACS Annex.

Fathers and ACS staff brought their daughters' apple juice, pink lemonade or Sunny Delight and grapes, oranges, and "scones," which were animal crackers.

Abby Clifton, 11, was among those

servicing. Once she finished, she and her dad, who works for ACS, took time to enjoy themselves.

"I like serving a lot," Clifton said. Staff Sgt. Van Booth, Company A, 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, was seated at a table with a flowered tablecloth with his daughter, 2-year-old Liberty Ann Booth. He said the tea party was a great opportunity to spend time with Liberty, who is the middle child out of three, before he deploys.

"My wife signed us up as a surprise while I was at NTC," said Booth, as Lib-

erty ran to grab another balloon for him to tie to her chair.

Seated with Booth and Liberty were Spc. Lenard Chambers, also of Co. A, 1st Bn., 28th Inf. Regt., and his daughter, Greta Chambers, who is almost 2.

"It's a great idea," he said of the tea party, echoing Booth's feelings that it was good chance to spend time with their daughters.

Once the meal was over, "Miss Spider's Tea Party," by David Kirk was read. A copy of the book was given to each child. With help from dads, the girls also made spiders.

COMMUNITY CORNER

100 days of summer half over; don't forget safety procedures

By Col. Kevin Brown
GARRISON COMMANDER

We're almost halfway through the 100 days of summer, but let's not let ourselves get lax on safety since we've made it this far. On duty, we're trained to think about safety in all that we do. However, once we get home, those tendencies may slip as we worry about what to make for dinner, getting the kids to baseball practice and planning that summer vacation.

Let's remember to pay attention to our "battle buddies" at home, as well as at work. Look out for your Family members. If your neighbor's spouse is deployed, adopt him or her as your battle buddy also. We are all in this Army together and need to look out for each other.

What are some of the ways we can look out for each other? Before you leave the house, first make sure you've turned off the stove and heat producing appliances like coffee makers and halogen lamps. Additionally make sure you have everything you need for your journey. Are you going out for a night of fun in Aggieville? Make sure you have a designated driver or plan to use the Riley Ride program to get back and forth safely.

Headed to the lake? Make sure you have sunscreen and the appropriate size life jackets for everyone in your party. If you're headed to the Fort Riley Marina, they will furnish life jackets for you. If you've got your own boat or are going out on a friend's boat, make sure you wear your life jacket. In 2007, the U.S. Coast Guard reported that two-thirds of all fatal boating accident victims drowned and of those victims, 90 percent were not



Col. Brown

wearing life jackets.

Keeping a life jacket in a storage bin doesn't make it readily accessible.

And, just as drinking and driving don't mix, neither do boating and drinking. According to the Army's Combat Readiness and Safety Center,

the top five contributing factors in boating accidents are inattention, reckless operation, passenger/skier behavior, excessive speed and alcohol use.

It's important to have emergency kits in your home and vehicles, and it's also important to have one on your boat. Include a first aid kit and a whistle or horn to use as a distress signal. Other items you might include are an emergency radio, bailing device, fire extinguisher, flashlight, matches, batteries, a map, flares and a paddle.

Back on dry land, another area where we need to remember safety is while grilling. Summer is a great time for barbecues, especially over long holiday weekends, but grilling accidents can lead to burns and fires. Statistics released by the National Fire Protection Association indicate that gas and charcoal grills caused an average of 3,400 structure fires and 4,900 outdoor fires in or on home properties in 2005. These fires resulted in a combined direct property loss of \$137 million. In 2007, 18,600 patients went to emergency rooms because of injuries involving grills.

The safety center offers the following tips for safe cook outs:

- Never barbecue in your trailer, tent, house, garage, or any enclosed area because carbon monoxide may

accumulate and kill you.

- Set up your grill in an open area that is away from buildings, overhead combustible surfaces, dry leaves, or brush. Be aware of wind-blown sparks.

- When using a barbecue grill, be sure that all parts of the unit are firmly in place and that the grill is stable and can't be tipped over.

- Use barbecue utensils with long handles to avoid burns and splatters.
- Wear clothing that does not have hanging shirt tails, frills or apron strings that can catch fire, and use flame-retardant mitts when adjusting hot vents.

- Use baking soda to control a grease fire and have a fire extinguisher ready. A bucket of sand or a garden hose should be near if you don't have a commercial extinguisher.

- Never leave a grill unattended once lit.
- Never attempt to move a hot grill. It's easy to stumble or drop it and serious burns could result.

Summer fun includes riding motorcycles, all-terrain vehicle and dirt bikes, play in the sun, swimming with our children, driving to see the grandparents and many more activities that keep us constantly on the go. While running from here to there, don't forget to take those extra few minutes to make sure you are thinking about safety. So far this summer has been a safe one. Let's make sure we keep it that way.

For more information on safety, visit the Garrison Safety Office, Ready Army and Fire Department pages at www.riley.army.mil.

If you would like to comment on this article or suggest a topic for the Community Corner, send an e-mail to rile.pst.ncuspaper@comus.army.mil.

Shoppers learn tips at Commissary

By Paula Nardella
STAFF WRITER

A few shoppers got tips on how to stretch their food dollars June 24 at the Commissary.

The workshop was led by Debra Wood, Family resources management agent, and Susan Schoneweis, nutrition and health agent, from the Kansas State Research and Extension office on Fort Riley.

Wood and Schoneweis began by offering shoppers strategies to stay within their budgets when grocery shopping and handed out tools to help meet that goal.

One strategy was for shoppers to make a list of what they had on hand to avoid buying something they didn't need. To help with this, attendees received a small covered notepad with an attached pen.

"If you have an idea in the back of your mind of exactly what you have then make a list. When you go to the store you don't end up having so many impulse purchases," Wood said.

Meal planning also was discussed, and a menu planner with space for breakfast, lunch, dinner and snacks was passed out. Wood encouraged people to plan their meals around what's on sale.

Wood discussed the idea of shopping with a calculator to make sure shoppers stay under their budget and even passed out green and orange calculators. She said another way to save money was to use coupons and gave shoppers a list of Web sites where they could go and look



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Susan Schoneweis, nutrition and health agent for the Kansas State University Extension office on post, shows shoppers June 24 how to get the best deal for their money at the Fort Riley Commissary.

for coupons online.

In addition to coupons, she said sales also were a great way to save money. The Commissary Web site, www.commissaries.com, has a list of weekly specials, as well as a link to coupons. Wood said coupons and sales can often be combined for even more savings, and advised attendees to stock up on non-perishable essentials such as paper towels during these times.

Participants toured the Commissary and looked for the best deals, which Schoneweis said were usually to be found by "shopping the perimeter," including the produce section. She said although these foods took a little more preparation they were generally cheaper and more nutritious. She said even more money can be saved by shopping for in-season produce, and handed out a blue sheet called Sales

Cycle Timing. This sheet broke down food and non-food items typically on sale every month, as well as what produce was in season, and therefore likely to be less expensive.

Stopping at the meat counter, she found manager's specials and discussed buying meat cheaper and then freezing it, telling participants that if their meat turns brown in the freezer, it's because of air and doesn't mean their meat went bad. She also said spices generally don't go bad; they just tend to lose potency after awhile.

Shoppers also received a list of tips and ideas for making grocery shopping and running errands with kids fun and educational. Tips talked about during the initial presentation also were reiterated in a flyer.