COMMUNITY CORNER

Garrison commander encourages Families to have healthy relationships

By Col. William Clark
GARRISON COMMANDER

Col. Clark

Leadership at Fort Riley signed a Domestic Violence Awareness Month proclamation Sept. 27 just ahead of October – National Domestic Violence Awareness Month.

This proclamation renewed the 1st Infantry Division and Fort Riley's commitment to promoting healthy Families.

During the month, let's focus on healthy relationships and what each of us can do to improve our Family lives and support those who may be facing abuse.

Domestic abuse can happen to anyone – regardless of gender, age or other factors. We should strive to create Family environments where no one lives in fear because they feel unsafe in their own home.

One small action you can take to help improve Family environment is to check out classes offered through Army Community Service in Building 7264. ACS' programs offer parenting classes, support groups, financial classes, classes just for dads and wounded warrior support and services.

Child, Youth and School Services offers classes on being an involved parent, information on bullying, stress management and child abuse prevention.

And while most of our Family support services are offered year-round, ACS' Family Advocacy Program has at least one special activity planned in support of Domestic Violence Awareness Month that I'd like to highlight.

A workshop, entitled "Journal to the Self," will be hosted by Dr. Iris Wilkinson of the Human Services Department from Washburn University from 9 a.m. to 4 p.m. Oct. 18 at the Resiliency Learning Center, Building 7285 on Custer Hill.

Attendees will learn 18 different journal techniques to safely release tension, frustration, anger and other strong emotions; track cycles, patterns and trends in their personal lives; and clarify goals.

Seating at the workshop is limited, and pre-registration is required. To register, call 785-240-7194.

For more information about Domestic Violence Awareness Month or Family services offered at Fort Riley, call 785-239-9435 or visit the staff at ACS on Custer Hill. For 24-hour domestic violence response, call 1-800-727-2785.

If you would like to comment on this article, or suggest a topic for a future Community Corner, email usarmy.riley.imcom.mbx.post-newspaper@mail.mil.

AFAP conference set for Oct. 13-18 on post

By Pamela Redford
1ST INF. DIV. POST

Life may not be perfect, no matter where the Army sends a Soldier and his Family, but what if there was a way to make it better?

The Army Family Action Plan Conference is an opportunity to improve life in the Army, and it's coming up very soon at Fort Riley.

From Oct. 13 to 18, anyone can attend the annual conference to discuss issues pertaining to Soldiers, adult and teen Family members, survivor Family members, Department of Defense civilians, and retirees to collectively decide on a solution.

AFAP is a grassroots process identifying issues of concern to America's Army Family. Through the process, issues requiring action are prioritized, given measurable objectives for acceptable change and assigned to a lead agency to be worked. The focus of the process must be at three distinct levels: installation, Major Army Command and Headquarters Department of the Army.

"The AFAP Conference is an opportunity for (attendees) to express to the senior command things they want to change, whether it be here locally on Fort Riley or Army-wide. This process has brought about so many changes," said Becky Willis, readiness branch manager, Army Community Services.

Examples of AFAP issues include:

- Tricare for Life
- Military Savings Plan
- In-state tuition rates for military personnel and their dependants
- Authorization for distributing Montgomery GI Bill benefits to dependants
- Chiropractic care for active-duty service members
- DoD Reserve Component Family member ID cards
- Vehicle storage at government expense when a Soldier is reassigned to an area where shipment isn't authorized
- Temporary living expense

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New K-State online master's degree program to help students serve Families

K-STATE MEDIA RELATIONS

MANHATTAN -- The Kansas State University Division of Continuing Education will soon be offering a new online program of study that can benefit members of the military and human service professionals worldwide.

The new online Master of Science in Family and community services program enables professionals who are place bound and working full time to acquire advanced study without relocating geographically. It will be offered for the first time in the spring 2013 semester, and enrollment starts soon.

"This degree program is highly appropriate for people who have undergraduate degrees in family studies, social work and related fields," said Maurice MacDonald, faculty chair of the new program and director of Kansas State University's School of Family Studies and Human Services. "People who want to supplement what they know from other areas or who want to get a degree focusing on this area will find it very convenient."

The new online program is offered through the university's College of Human Ecology and its School of Family Studies and Human Services. It is sponsored by the Great Plains Interactive Distance Education Alliance, or GP-IDEA. The alliance is a partnership of 20 public universities that collaboratively provide high-quality, online academic programs.

The U.S. departments of Agriculture and Defense requested the alliance develop the new master's program to meet the educational needs of military service members and their spouses, said MacDonald, who worked with Virginia Moxley, dean of the College of Human Ecology, to develop the program.

The new master's degree is an interinstitutional degree that will be offered online and through instructional support provided by K-State, Iowa State University, Michigan State University, the University of Missouri, the University of Nebraska, North Carolina State University, Oklahoma State University and South Dakota State University. Graduate faculty members at the universities developed the program curriculum.

"Because we are pulling strings from a lot of areas, this program is going to have some highly developed course material with the expertise of people who teach in those areas," MacDonald said. "We think it will be a success."

By offering the program online, students have the opportunity to advance their education while remaining engaged in military services, while being on hold because of spousal deployment or while engaging in other human services careers.

"The online option allows students working in the human services field to increase their knowledge base and professional skills without having to commute," said Charlotte Shoup Olsen, program coordinator and professor and extension specialist, School of Family Studies and Human Services. "I think of the Family and consumer sciences cooperative extension agents throughout Kansas and other states who deliver community-based programs to strengthen individuals and Families. This opportunity will allow them to obtain a master's degree that is relevant to their job responsibilities."

Courses are designed to provide students with a foundation for understanding Family resources, dynamics and interpersonal relationships that influence individual development. Courses emphasize the development of theories and practices to lead, manage and evaluate the delivery of programs to support Families. The program also includes two courses focused on individualized study or practicum in coordination with the student's community.

"The courses are intended to help people understand in-depth Family and individual development in community context," MacDonald said.

To graduate from the program, students are required to complete 36 credit hours, including 10 core courses and two elective courses. While the program does not require a master's thesis or project, it does involve an oral examination of a written case study that is developed in two capstone elective courses that apply core course content for theories, research, design, implementation, evaluation and management skills.

K-State's undergraduate bachelor of science degree program in family studies and human services enrolls 400 students and graduates around 160 students each year. University officials say the new online master's degree program gives students, especially those engaged in the military or other human service careers, the opportunity to advance their education.

"K-State's online distance education programs offer students not able to relocate to Manhattan the opportunity to earn a degree, add a certificate or minor or to just take courses from an accredited, reputable institution," said Janice Nikkel, program coordinator, Division of Continuing Education.

For more information about the new program, visit www.dce.k-state.edu/human-ecology/fcs.

Interested students can contact Charlotte Shoup Olsen, the Kansas State University program coordinator, at 785-532-5773 or colsen@k-state.edu.

Mega Bingo game to be largest in CFHR

By Calun Reece
1ST INF. DIV. POST

Fort Riley will be hosting a Mega Bingo event Oct. 20 at Riley's Conference Center. Doors will open at noon, and bingo will start at 2 p.m.

This will be one of the largest bingo events in the Central Flint Hills Region, said Mike Steffens, business manager, Rally Point Bingo.

More than $15,000 will be given away in cash, and the grand prize will be a 2012 Buick Verano sedan.

The grand prize also will include $1,100 in cash to help with the taxes and registration fees, Steffens said.

Twenty games will be played throughout the evening.

Every game is going to be worth more than $500, and three games will be worth $1,000, Steffens said.

Tickets for the event can be purchased in advance for $100. The ticket includes all 20 games and a food buffet.

Advanced tickets can be purchased in several locations, including Rally Point, Leisure Travel Center, Warrior Zone, Riley's Conference Center, Custer Hill Golf Course and the Bowling Center. Tickets also may be purchased at the door for $125.

"Make sure to purchase your ticket early because I don't know how fast (the tickets) are going to go," Steffens said.

All Department of Defense cardholders are welcome to play. DoD cardholders may bring five guests to participate in the event. Only DoD cardholders may purchase advance tickets for themselves and their guests.

Mega Bingo will be a semi-annual event. The next one will be in April, Steffens said.

The idea for the event came from watching a similar event at Fort Bliss, (Texas).

"It was a big event down there, so, I thought, let's do it here," Steffens said.

Participants must be 16 years or older to play.

"It's the biggest bingo event, and you can win a brand new car and a lot of cash – and for only $100, you can't beat it," Steffens said. "It's going to be a great event … And you're chances are good."

No checks will be accepted.

For more information, call 919-784-5434.

Army aims outreach at Hispanic community

By David Vergun
ANS

WASHINGTON – Soldiers of Hispanic heritage have a long and illustrious history of contributing to the Army above and beyond the call of duty, according to Mari Monserrate, the Army's Hispanic Outreach liaison.

Hispanic-Americans have served in all of the nation's wars from the Revolutionary War to current operations in Afghanistan, and 39 Hispanic-Americans have received the Medal of Honor.

"If you look at Army values and compare it with Hispanic cultural traits, you will see they go hand-in-hand with one another: tenacity, timeless dedication, integrity, ethics, duty, a strong sense of family," Monserrate said. "These shared values help Hispanics integrate very well into the Army."

Despite the good fit, Hispanics comprise only about 12 percent of the Army, compared to about 17 percent of the U.S. population, according to Census Bureau statistics.

"That percentage is growing," said Monserrate, adding that she expects to see bigger increases in the future, especially among second and third generations.

Several factors, including coming from countries with authoritarian governments or military dictatorships, could influence the way parents think about the Army, she said.

Monserrate is working to change any misperceptions and get the Hispanic community to support Soldiers through partnering programs. Many do already.

This month, she attended the Latina Symposium which she said recognized distinguished members of the military, both male and female.

"Great Minds in STEM (science, technology, engineering, math), MAES (Society of Mexican Engineers and Scientists) and other organizations are recognizing the important contributions Hispanic Soldiers are providing to this country," she said, adding that, "besides recognizing outstanding Soldiers and other service members, Latina Symposium helps male and female Soldiers transition from uniform to civilian life."

The key to building relationships between the Army and the Hispanic community is "communications, communications, communications," she emphasized. "We want to tell the community that the Army has good education and career opportunities. And, it's a great place to serve."

Monserrate is also working to ensure that the Army's focus, "Ready and Resilient," is getting out to Hispanic Soldiers and the community. She said that message is especially resonant with Hispanic Soldiers because it stresses the importance of their own families, which is in keeping with their own values.

One of the questions Monserrate gets asked a lot is "why is Hispanic-Heritage Month Sept.15 to Oct. 15?"

"That's when a number of Spanish-speaking countries got their independence including Honduras, El Salvador, Costa Rica, Guatemala, Nicaragua on the 15th of October, Mexico and the 16th, and Chile on the 18th," she said. "Oh, and Dia de la Raza, Columbus Day, Oct. 12, is celebrated by the Hispanic community."

Monserrate said she's excited about the Army's Hispanic outreach efforts. "The Army is working hard at being as diverse as the nation we serve. You know, this nation was build on diversity," she said.

Ware to host several activities in October

USD 475

The second week of October is filled with activities at Ware Elementary School.

Ware students will listen to firemen during Fire Prevention Week presentations, and the fourth-grade students will be visited by a zoo ambassador. Family and friends may enjoy a musical performance by third-grade students, and the school will celebrate a dedication ceremony.

In honor of fire prevention week, the Fort Riley fire department will visit Ware Oct. 9 and speak to all of the students about how they can prevent fires. Firefighters also will discuss what to do in case of fire. Then they will answer questions students have about fire safety.

Fourth-grade will welcome a Sunset Zoo ambassador Oct. 10. The zoo ambassador will present the zoo's "All About Feet" program. This special presentation is offered by the zoo to elementary schools as a unique way to reinforce Kansas Science Standards.

The program shows how the foot structure of an animal dictates how that animal moves. It also compares dif-

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HOUSE FILL AD

FORT RILEY EXCHANGE

PX Mall Building 2210

PX	784-2026
Food Court	784-4200
Charley's Steakery, BK Express, Manchu Wok, Popeye's Chicken, Anthony's Pizza, Starbuck Coffee, Burger King	
Bldg. 6922	784-5885
Barber Shop	784-2063
SPA	784-2087
Flower Shop	784-4068
Optical Shop	784-4554
Things Remembered	717-3200
GNC	784-2056
Tactical Store	784-2001
Wireless Advocate	784-5165
Kansas Kollection	717-3080
Military Pharmacy	240-7979

Mini Mall Bldg. 6914

Furniture Store	784-4445
MCS	784-1744
Food Court	784-3712
Charley's Steakery, Taco Bell, Anthony's Pizza, Wing Zone, Subway	
Barber Shop	784-6203
Beauty Shop	784-3733
GNC	784-2056
Military Tactical	784-2001
Wireless Advocate	717-3000
Specialty Shop	784-2894
Alterations	784-2024
Dry Cleaners	784-2024

Express

Custer Hill Express Bldg. 5322	784-6037
Forsyth Express Bldg. 2597	784-4900
Main Post Express Bldg. 640	784-2493
Troop 1 Express Bldg. 720	784-5510
Troop 3 Express Bldg. 7840	784-4380
Funston Express Bldg. 7767	784-2990
Hospital Express Bldg. 600	784-3600

Other

Barber Shop Bldg. 720	784-2236
Barber Shop Bldg. 580	784-4124
AAFES Human Resources Office Bldg. 6914	784-4430

Other

Self Storage	784-8007
Barber Bldg. 210	784-4968
Barber Bldg. 7640	784-2143
UPS Store Bldg. 5320	784-4825
Pizza Hut Bldg. 640	784-2499
Firestone Car Care Bldg. 640	784-2018
Domino's Pizza Bldg. 7840	761-2700
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