

Extension office to provide tips to stretch food dollars at Commissary

K-STATE, FORT RILEY
EXTENSION OFFICE

Do you have trouble making ends meet when buying groceries? Come learn tips on stretching your food dollars. Fort Riley's K-State Research and Extension agents will present a tour and program at 3 p.m. June 24 at the Commissary. Susan Schoneweis, nutrition and

health agent, and Deb Wood, Family resource management agent, will teach attendees how to eat more healthfully while making their food budgets stretch farther. The tour is geared for adults and the main grocery shopper in the Family. Wear comfortable shoes and eat a snack before you come. Space is limited.

To sign up for the event, call 239-9991 by June 23.

Unattended cooking is one of most common cause for fire in United States

By Paula Nardella
STAFF WRITER

Unattended cooking is one of the most common, as well as most easily avoided, reasons for house fires in the United States.

It only takes a matter of seconds for a fire to get out of control, said Shawn Sullivan, a fire inspector with the Fort Riley Fire Department. The risk for a cooking fire increases if the food being cooked is greasy because greasy food is easier to ignite, he added.

"If you leave it alone for just a couple of seconds, something could happen," Sullivan said.

One of the most helpful safety tips, Sullivan said, was for people to remember to turn their burners off every time they leave the kitchen, even if it's just to answer the door.

In the event a grease fire does occur, the easiest way to stop it is to turn the stove off and put a lid on top of the pan, which will deprive the fire of oxygen and cause it to go out. If a person can't get to a lid, the next best thing would be to grab the nearest fire extinguisher. If a fire extinguisher isn't available, Sullivan said,

people should call 911 and leave the house immediately.

According to Sullivan, many people know about old wives tales for putting out a grease fire, such as dumping salt and flour on the flames. This is not a good idea, he said.

"Don't use salt on a fire because there are ingredients in salt and flour that, when combined with fire, could possibly cause an explosion," Sullivan said.

Water should not be used either, because in most cases it will help the fire spread. Water and grease don't mix, and so the grease will continue to burn and the water will carry it to other parts of the kitchen.

To help prevent kitchen fires, cooks should clean their burners with a wet sponge or rag to remove excess food residue.

Other safety tips for the kitchen include not wearing loose clothing, which can get into cooking and possibly catch fire, and keeping pot handles turned inward to minimize the risk of a spill and resulting burns.

For more information on fire safety, visit the fire department's page at www.riley.army.mil.

COMMUNITY CORNER

GC seeks suggestions, continues progress

By Col. Kevin Brown
GARRISON COMMANDER

I am thrilled to have the opportunity to lead this garrison forward. I thank Col. Rich Piscal and his wife Teresa for their fantastic efforts in providing direction to the USAG, Fort Riley for the past two years, and I look forward to leading this team further down the path of excellence. Maj. Gen. Vincent Brooks, the senior commander for Fort Riley, has provided us all with his vision: "I want Fort Riley to be the premiere division-level installation in the world."

That is the collective goal of the garrison, the division and the community. This installation is already well on its way toward that endstate and I and my directors will focus our energy toward achieving this goal.



Col. Brown

In one week on the job, I have seen first hand the fast-paced nature of the installation, the enormous growth of Fort Riley and the community bonds within the Central Flint Hills Region. We will continue to forge strong relationships with our partners, both on and off post, that benefit not only Fort Riley but all of us in this region.

We will continue our work with the Community Partnership Conferences, or CPCs, to focus our efforts on quality of life improvements in the areas of housing, health care, recreation, education and employment. We will continue to develop our infrastructure to

provide Soldiers with the most modern training facilities and opportunities. Fort Riley has benefited greatly from the funding provided by the current administration through the American Recovery and Reinvestment Act also referred to as the stimulus package. Over \$40 million in infrastructure improvements and new construction have begun, or will begin, in the next two years as a result of the ARRA.

I also will ask for your help. I need your feedback to help me and my directors. Your voice is critical to helping us move to the next level of improvements. I need you to get involved in the process. Use the Interactive Customer Evaluation program to provide your feedback, both positive and negative. We are committed to customer service. Pick up and read The 1st Infantry Division Post, your installation newspaper. It is full of information

on upcoming events and current news of importance to not only residents of Fort Riley, but stories about residents of Fort Riley. Attend Family Readiness Group meetings and events. This is a key place to learn first hand about information, events and support activities. Get out and use Family, Morale, Welfare and Recreation facilities to relax and enjoy yourself.

Together we can make a difference. We can make Fort Riley the assignment of choice for Soldiers and Families. Fort Riley may be the best kept secret in our Army. It's time to let the secret out - time to say it loud and stand proud of all this great installation and division have to offer - Fort Riley, Kansas is the best division-level installation in the Army!

Duty First, Service Always!

HOUSE FILL AD

DeCA offers diet, lifestyle tips designed to boost your brain

By Lt. Col. Sara Burnett
U.S. AIR FORCE RESERVE
DIETITIAN

FORT LEE, Va. - Your brain, like your body, needs nourishment and exercise and we are learning more about the diet and lifestyle habits we need to help maintain memory, mental sharpness and concentration. Here are some suggestions to help keep your brain healthy now and for years to come. And, remember, you can find the food mentioned here in your local commissary at more than 30 percent savings.

BREAK THE FAST

Breakfast refuels your brain after a long period of overnight fasting. The brain uses glucose for fuel and eating a breakfast that contains complex carbohydrates will help your brain function better.

EAT MORE FRUITS AND VEGETABLES

Fruits and vegetables contain nutrients and antioxidants that stave off brain cell damage. Vegetables seem to have the edge for mental benefits, especially green leafy types. Include at least five to nine fruits and vegetables every day.

LIMIT BAD FATS

Avoid saturated and trans fats since they are linked to a greater risk of developing Alzheimer's disease. Replace high-fat meat and dairy products with lower-fat versions and avoid processed and junk foods since they often contain trans fats. Healthy omega-3 fats may lower the risk of memory loss and dementia so eat more fish and include in your diet omega-3-rich plant foods such as walnuts, flaxseed, soybeans and canola oil.

LOSE EXCESS WEIGHT

Maintaining a healthy weight as you age also appears to be protective. Studies indicate obesity is linked with a greater

risk of developing dementia later in life. This risk also is greater if you have high blood pressure, high cholesterol or diabetes.

MOVE IT, DON'T LOSE IT

Exercise helps relieve stress, improves mood, provides cardiovascular benefits and helps control weight. Research shows it can improve thinking skills and may help delay the onset of dementia.

USE YOUR HEAD

Keep your mind exercised by doing activities or playing games that stimulate and challenge your brain. People who are more mentally active throughout their lives tend to escape or have a later onset of cognitive disease.

STAY ENGAGED

Older adults with a network of friends and who participate in social activities tend to preserve brain function better than those who don't socialize. Reach out and connect with your community.

ALCOHOL AND CAFFEINE

A number of studies show that moderate caffeine and alcohol intake may play a role in reducing the risk for cognitive decline, but because they can also have negative effects on health, it's best to talk with your health care provider about whether it's appropriate to include these in your diet.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the Commissary Connection.

AT THE MOVIES

Doors open at 6:30 p.m. Shows start at 7 p.m. unless otherwise noted. Tickets cost \$4 for adults and \$2 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

June 12 - "Ghosts of Girlfriends Past," PG-13
June 13 - "Obsessed," PG-13
June 14 - "Earth," PG
June 18 - "Earth," PG

For more information, call Barlow Theater at 239-9574.

HOUSE FILL AD