

COMMUNITY CORNER

Safest choice for fireworks is to enjoy community displays

By Col. Kevin Brown
Barrison Commander

The Fourth of July and fireworks go hand in hand. And, with the celebration of our country's independence just around the corner, many people may be thinking about stocking up on the explosives. Before you do, there are some things you should know. Most importantly, what are the regulations where you live?

On military installations, regulation prohibits the discharge of fireworks. Selling, manufacturing, possessing or discharging pyrotechnics, explosives or incendiary devices, which includes fireworks, is not allowed. Besides just setting off fireworks, this means you cannot even possess fireworks at your home or in your car while on post.

Fireworks include sparklers, smoke bombs, snakes and other low-end products. I have directed my Emergency



Col. Brown

Junction City
» 10 p.m. July 3 and 4, Heritage Park
Manhattan
» 6 p.m. July 4, CiCo Park
Wamego
» 10 p.m. July 4, Wamego Sports Complex
Clay Center
» 9:15 p.m. July 3, County Fairgrounds
Abilene
» 9:45 p.m. July 4, Eisenhower Park

Services and Safety folks to look into the issue to see if we have any flexibility within the regulation. However, while many people think sparklers are safe, they produce extremely high temperatures that can rapidly burn through clothing and skin. My utmost concern remains the safety and security of the installation and its residents.

For more information about fireworks safety and rules on Fort Riley, call the Fort Riley Fire Department at 785-239-4258 or visit their Web site at <http://www.riley.army.mil/UnitPage.aspx?unit=DES.Fire>. We know that Soldiers and

Families reside on Fort Riley, but many, many more live in the Central Flint Hills Region, which includes the seven counties and 22 communities surrounding Fort Riley. Many of our Soldiers, Families and civilian employees live in these communities and may choose to use fireworks on the Fourth of July holiday.

This information is not all encompassing nor should it be taken as the letter of the law when it comes to fireworks ordinances where you live. Residents still have the responsibility to check with the local lawmakers and law enforcement to ensure they remain in

compliance.

The state of Kansas prohibits igniting or discharging fireworks into, under, or from a car or vehicle, whether moving or standing still, or on a public roadway or the right-of-way adjoining a public roadway. Also, fireworks shall not be discharged within 100 feet of any "place of institution."

In the city of Abilene, certain fireworks are allowed between the hours of 8 a.m. and midnight July 3 and 4. In Dickinson County, a permit is required to use fireworks in unincorporated areas. The permit is free, but it must be obtained no later than July 2 at the County Clerk's Office. For more information, visit <http://www.dkcooks.org>.

Clay Center allows fireworks between the hours of 8 a.m. and midnight on July 4.

In Junction City, fireworks are allowed within city limits July 4 and 5 from 8 a.m. until 10 p.m.

In Manhattan city limits,

fireworks are allowed from July 1 to 4 between 8 a.m. and midnight. Salina prohibits fireworks, except for fireworks displays by the city, fair associations, amusement parks and other organizations.

Topeka will allow fireworks June 27 to July 1 and July 5 between the hours of 8 a.m. and 9 p.m., and July 2-4 between 8 a.m. and 11 p.m.

Always research the appropriate ordinances and laws where you live to ensure you remain compliant if you decide to use fireworks outside the installation.

Following are some tips for using consumer fireworks safely:

- Never light fireworks indoors or near a dry grassy area.
- Always have a bucket of water and/or a fire extinguisher nearby.

- Do not wear loose clothing while using fireworks.
- Stand several feet away from lit fireworks.

- If a device does not go off, do not stand over to investigate it. Put it out with water and dispose of it.

- Always read the directions and warning labels on fireworks.

- Supervise children around fireworks at all times.

Fireworks are as much a part of the Fourth of July as the many other traditions of picnics, parades and pool parties, but we can celebrate our nation's freedom in a safe, responsible way. Please keep these tips in mind when you celebrate the Fourth of July holiday.

I would like to remind everyone again that the safest choice is to sit back, relax and enjoy community fireworks shows that are put on by trained professionals.

If you would like to comment on this article, or suggest a topic to be covered in the Community Corner, e-mail tile.post.newspaper@conus.army.mil.

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Research has shown low self esteem in females can lead to a number of destructive behaviors and feelings. These include an increased acceptance of peer pressure, earlier age onset of sexual activity, eating disorders, suicide, alcohol and drug abuse and psychosocial problems.

The good news is current studies suggest a major factor contributing to a daughter's high self esteem is affection from her father. Fatherly affection increases a girl's feelings of being valued and loved. Here are some ways to foster this.

LESSONS TO TEACH YOUR DAUGHTER

There are many important life lessons daughters can learn from their fathers. Fathers not only act as the major role model for daughters, but they provide her with guidelines and standards for future relationships. These lessons help to strengthen your daughter's self esteem.

- Model appropriate and positive interactions with your daughter's mother. This is the first partner relationship your daughter will see. Married or divorced, the way you treat your child's mother makes a big difference in her view of women and her self esteem.

- Teach your daughter that beauty is both inside and out. Place value on honesty, kindness, support and independence.

- Teach her not to be afraid to walk into a room alone. Building her self esteem and confidence early in life will make this easier for her in the future. This will prevent dependence on unhealthy

relationships later in life. Encourage her to stand up straight, look people in the eye and verbally express her needs. This type of empowerment goes a long way in life.

- Help her understand something worth having is worth working hard for. Show this by example in how you carry yourself, perform in daily life and treat women. Actions speak louder than words.

BUILD A DAUGHTER'S SELF ESTEEM

- Provide her with unconditional love. Meaning that you love her no matter what.

- Give her positive affirmations. This can include "You are so smart," or "I am really proud of you." Praise her for accomplishments and good behavior.

- Treat her feelings with respect. It's no mystery that girls often are more expressive with their emotions than boys through puberty and beyond. This is partially socialization and partially biology. These feelings are real and true to her. Do not dismiss them; instead help her learn tools for positive expression.

- Practice open communication within your family. Make sure your daughter knows that you are available to talk anytime. This is something you may have to reaffirm to her many times.

- Be consistent in establishing and enforcing limits. This cannot be stated enough. Children thrive in Families and situations with which they have static boundaries.

- Make time for her. To a child time spent together means a loving connection between parent and child.

- Engage in age-appropriate affection and physical contact. Kiss, hug and cuddle your young daughter. Hug and tell your older daughter you love her.

- Verbally communicate expectations for her regarding friendships, relationships, dating, sex and marriage. Giving her the strength to define her values in relationships will protect her when you are not around.

- Enjoy one of her hobbies with her. This may be playing with dolls, having a tea party, art or shopping. Whatever it may be, find out what she likes and attempt to be a part of that.

- Empower her by giving her choices. Helping children at a young age to weigh the pros and cons of their choices gives them practice for later in life, especially when they are faced with really important issues.

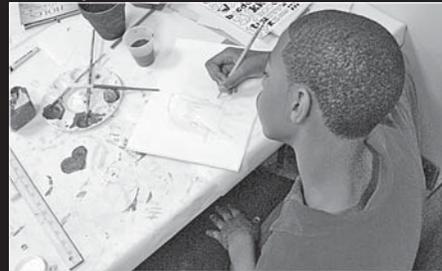
- Take her on a father-daughter date. Let her pick the location and model for her ways in which she should expect to be treated.

To all the wonderful fathers out there, thank you. The impact and difference you are making in your daughter's life cannot be expressed enough.

Raising a strong, emotionally stable, independent woman is not an easy thing to do. In fact, may be one of the hardest jobs in the world. Take it from a woman with an amazing father; your relationship with your daughter makes all the difference in the world.

For more information visit www.fatherhood.org for a comprehensive list of ideas, tips, suggestions and research on fathering.

Art camp



DeKeyya Greer | POST

LeNord Spencer, who recently completed the sixth grade, works on an art project during the Middle School Teen Center's Arts and Crafts Camp, which took place June 14-18. The MSTC will have specialty camps throughout the summer. For more information on teen center programs and camps, call 785-239-9222.

VICTORY KITCHEN

PINEAPPLE AND SURF KABOBS

- 1 pound large shrimp, peeled and deveined
- 1 1/2 cups pineapple chunks, fresh or canned
- 1 red onion, peeled and cut into chunks
- 1 green bell pepper, seeded and cut into 1-inch squares
- 2/3 cup pineapple juice
- 3 tablespoons lemon juice
- 3 tablespoons lime juice
- 1 tablespoon minced ginger
- 1 jalapeno, seeded and finely chopped
- 2 tablespoons soy sauce
- 3 tablespoons honey
- 3 tablespoons chopped cilantro

- 1 pound scallops
- Tenderloin steak

Skewer the shrimp, scallops and steak alternating with the pineapple, onion and green pepper. In a small saucepan combine pineapple, lemon and lime juices with ginger, jalapeno, soy sauce, honey and cilantro. Heat mixture over medium high heat and simmer until liquid is reduced by half. Brush or drizzle the kabobs with the pineapple glaze. Cook off in a hot cast iron grill pan or over an outdoor grill. Grill for three minutes per side and brush occasionally with the glaze.

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