

COMMUNITY CORNER

Commander encourages Families to focus on healthy relationships

By Col. William Clark
GARRISON COMMANDER

Oct. 1 kicked off Domestic Violence Awareness Month. During this 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.

We officially kicked off the month at Fort Riley with a proclamation signing at the Fort Riley Network Oct. 6. This proclamation renewed the 1st Infantry Division and Fort Riley's commitment to

promoting healthy families.

Promote your Family's health by checking 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. Whatever the need, ACS has a program for it.



Col. Clark

Child, Youth and School Services offers classes on being an involved parent, information on bullying, stress management and child abuse prevention. Or, take advantage of CYSS' play groups and free child care for those with a deployed sponsor. For more information on CYSS programs, call CYSS Parent Central at 785-239-9885.

While most of our Family support services are offered year-round, the Family Advocacy Program has some special activities planned in support of Domestic Violence Awareness Month.

Some events include:

- Oct. 13 – Deconstructing the Batterer – professional development training, 8 a.m. to 4:30 p.m., Resiliency Learning Center, Building 7285
- Oct. 11 – Scream-Free Parenting, 6 to 8 p.m., Building 6620
- Oct. 18 – Scream-Free Parenting, 6 to 8 p.m., Building 6620
- Oct. 18 – How to make a Good Relationship Better, 8:30 a.m. to 2:30 p.m., Resiliency Learning Center, Building 7285
- Oct. 18 – In Her Shoes – Training on Batterers' Be-

havior, 1 to 2 p.m., Resiliency Learning Center, Building 7285

- Oct. 20 – Love and Logic Parenting, 9 a.m. to noon, Building 6620
- Oct. 20 – Relationship Enrichment Program, 1 to 4 p.m., ACS
- Oct. 27 – Relationship Enrichment Program, 1 to 4 p.m., ACS
- Oct. 27 – Couples Date Night, 6 to 7:30 p.m., ACS

For more information about Domestic Violence Awareness Month or the services offered by the Family

Advocacy Program, call 785-239-9435 or visit the staff at ACS on Custer Hill. For 24-hour domestic violence response, call 1-800-727-2785.

There's an event this month for everyone. Invite a friend or come alone and meet new friends. Here at Fort Riley, we're in it together. Let's encourage each other, learn together and strengthen our Army Families.

If you would like to comment on this article or suggest a topic for the Community Corner, send an e-mail to rife.past.newspaper@conu.army.mil.

Mini-mall to celebrate opening with ribbon-cutting ceremony

By Melony Gabbert
1ST INF. DIV. POST

A ribbon-cutting ceremony for the renovated mini-mall, Building 6914 on Custer Hill, will be at 9 a.m. Oct. 14.

Grand opening events also will celebrate the military clothing store, furniture store and the Express – formerly

known as Shopette/Class VI stores, said Carl Carpenter, general manager, Fort Riley Post Exchange.

The Express will have a new gas station, and the Class VI store will have an "expanded assortment when compared to the Class VI that was closed almost a year ago," Carpenter said.

The grand opening will feature door prizes, including a freezer and a washer and dryer combo, Carpenter said. He also said a flyer will offer special deals. The flyer will be available in the mini-mall stores.

The grand opening does not include the food court.

FES reminds Soldiers, Families about importance of fire safety

By Shandi Dix
1ST INF. DIV. POST

With Fire Prevention Week nearing – Oct. 9 to 15 – Fort Riley Fire and Emergency Services reminds Soldiers and Family members of the importance of fire safety.

Fires can strike anywhere – in structures, buildings, automobiles and the outdoors – but fires that affect homes are often the most tragic and the most preventable. More than 75 percent of all fire fatalities occur in home fires, according to the National Fire Protection Association website.

This year's National Fire Prevention Week theme is, "Protect Your Family from Fire."

Protecting Families against the danger of fire can be as simple as:

- Installing smoke alarms on every level of the home
- Testing smoke alarms once a month
- Changing smoke alarm batteries at least once a year
- Making and practicing a home fire escape plan.

SMOKE ALARMS

Families can increase chances of surviving a fire by installing and maintaining working smoke alarms, according to the NFPA.

Fires can occur in a variety of ways and in any room of the

home. But no matter where or how, having a smoke alarm is the first key step toward safety.

A smoke alarm stands guard around the clock, and when it first senses smoke, it sounds a shrill alarm. This often allows a Family the precious, but limited time it takes to escape.

Properly installed and maintained smoke alarms are considered to be one of the best and least expensive means of providing an early warning of a potentially deadly fire and could reduce the risk of dying from a fire in the home by almost half.

RESIDENTIAL FIRE SPRINKLERS

Smoke alarms can only alert to a fire in the home – they cannot contain or extinguish a fire. Residential sprinkler systems can, according to NFPA.

Using quick response sprinklers and approved piping, homes can be built or even retrofitted to include low-cost automatic sprinkler systems connected to the domestic water supply.

Most importantly, sprinklers give occupants extra time to escape from a burning home.

ESCAPE PLANS

Children as young as 3 years old can follow a fire escape plan if practiced often. Yet, many Families don't have

detailed escape plans, and those who do, usually don't practice them.

In the event of a fire, remember – time is the biggest enemy, and every second counts. Escape plans help Family members get out of the home quickly. In less than 30 seconds, a small flame can get completely out of control and turn into a major fire.

It is important to:

- Practice the escape plan every month.
- Plan two ways out of every room.
- Leave the home when a fire occurs.
- Designate a meeting place away from the home.

• Get out and stay out. Never return to a burning building.

FIRE EXTINGUISHERS

The use of a fire extinguisher in the hands of a trained adult can be a life- and property-saving tool, according to the NFPA website.

A majority of adults have not had fire extinguisher training and may not know how and when to use them. Fire extinguisher use requires a sound decision-making process and training on its proper use and maintenance.

For more information on fire safety, visit www.usfa.fema.gov.



COURTESY PHOTO

Participants in the Sept. 25 Spiritual Rangers, a group of Soldiers, fathers and sons working to enhance spiritual and physical fitness together, pose for a picture at a Fort Riley confidence course. For more information on Spiritual Rangers, contact Don Ericson, Protestant director, Religious Education, at 785-239-0979.

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