

COMMUNITY CORNER

Fort Riley offers several services to help with New Year's resolutions

By Col. William Clark
GARRISON COMMANDER

Happy New Year! I hope everyone enjoyed the holidays, and, hopefully, had some time off to relax and be with family and friends.

With the New Year, people often take time to reflect on the past year and set goals for the upcoming year. If you are someone who sets New Year's resolutions – or if you are just planning to make some changes in 2013 – I want you to know that Fort Riley has programs to help with about any goal you may set. And if your goal or a helpful program is not listed below, I encourage you to seek out other resources by visiting www.riley.army.mil or www.rileymwr.com.

If your New Year's resolution is:

TO LOSE WEIGHT

Anyone who has a government-issued ID card can access any one of Fort Riley's five fitness centers. Fort Riley's fitness centers have the staff,

equipment and programs to make goals achievable.

Intramural sports, fitness classes, including Aquatics, Fit 4 Life, Fort Riley's Biggest Loser and Functional Training, are just a few of the programs available through Fort Riley's Directorate of Family and Morale, Welfare and Recreation. To learn about these programs and other upcoming events, visit <http://rileymwr.com/sports>. Also, see page 13 for more on fitness resolutions. And look out for more information on Fit 4 Life and Biggest Loser in the Jan. 11 post newspaper.

TO EAT BETTER

The holidays have come and gone, but the pounds gained from excess holiday food intake may still linger on. Getting the weight off and keeping it off requires a balance of exercise and healthy eating. With so many free resources



Col. Clark

available at Fort Riley's fitness centers, K-State Research and Extension office at Fort Riley and Irwin Army Community Hospital, unwanted pounds can come off this year.

K-State Research and Extension at Fort Riley offers the following tips to jump start focusing on healthy eating in 2012:

- Eat a well-balanced diet.
- Keep a food journal.
- Mind beverages.
- Keep sweet tooth in check.
- Consider "Is it worth it?" before eating something.

K-State Research and Extension offers nutrition education, and nutrition and fitness classes also are available through LACH.

Several dieticians are on staff at the nutrition clinic that can provide a free consultation. For more information, call the Nutrition Care Division at 785-239-7644.

To learn more about the many resources and classes available through K-State Research and Extension, visit www.fortriley.ksu.edu/Desktop-Default.aspx?tabid=23.

TO SAVE MORE

January can be a tough time of the year, financially, for many Families. The holidays are over, the gifts are unwrapped and the relatives have all gone home, but the bills are just beginning to arrive.

A New Year's resolution concerning finances might seem overwhelming right now, but the Financial Readiness Program through Army Community Service offers free classes and counseling to those who want to do things differently in 2013.

Staff members at the Financial Readiness Program, ACS, offer the following tips to get back on track this year:

- Assess the situation.
- Ask the hard questions.
- Consider long-term goals and values and compare them to current spending habits.
- Define goals with a structured time frame.
- Consider automation/auto-pay.
- Take advantage of the resources at Fort Riley.

For more about financial counseling information, call the ACS front desk at 785-239-9435.

TO WORK ON EDUCATION

Fort Riley's Education Services, Directorate of Human Resources, can help make college dreams a reality through a variety of opportunities in the classroom and online. These include:

- Leaders Skills Enhancement Training Courses
- General Educational Development program
- English Second Language program
- Basic Skills Education program
- Consortium of Colleges and Universities
- Tutoring services

For more information, call 785-239-6481 or visit <http://riley.army.mil/UnitPage.aspx?unit=DHR.Educ>.

LTC has discounts on cruise tickets, all-inclusive resort packages, theme park tickets, Colorado ski packages and a variety of hotels, spas and destination packages.

As a full-service travel agent, they also offer vacation planning with military travel vouchers, allowing Families to select a destination, make hotel reservations and conveniently purchase attraction tickets from the local LTC at bargain prices.

LTC is open from 10 a.m. to 5 p.m., Monday to Friday. For more information, call 785-239-5614 or 785-239-4415, or stop by Building 6918 on Custer Hill.

If you would like to comment on this column or suggest a topic for Community Corner, send an email to usarmyriley.incom.mbx.post-newspaper@mail.mil.

Family becomes 1st to move into new home at McClellan Place

SPECIAL TO THE POST

A fresh evergreen wreath with a festive red bow greeted the Brown Family as they opened the door for the first time to their new home on Olympic Street in the McClellan Place Neighborhood Dec. 21. This is the first new home built by Picerne Military Housing in McClellan Place and is one of 322 homes that will be constructed through early 2014.

The Brown Family celebrated Christmas in their new home instead of a hotel.

"We were beyond excited to be able to move into the home before Christmas," said Staff Sgt. Jeffrey Brown. Brown and his wife, Melanie, and the couple's daughters, Aija, 5, and Aleeya, 7 months, recently relocated to Fort Riley from White Sands Missile Range, New Mexico.

"We have been in the hotel since early December. It will be nice to finally have space in this new house," Melanie Brown said. "The home is really nice. Picerne did a great job."

The Family said it is happy the home is within walking distance of Ware Elementary School, where Aija is in kindergarten.

Picerne Military Housing is adding a new subdivision in McClellan Place near Ware Elementary School. The homes in this new area of McClellan Place are designated for E1 to E5, E6 to E8 and O4-O5/W04-W05 Families. All homes will be three- or four-bedroom homes. There also will be three playgrounds or common areas included in this new area.

The new homes are the same style as the new homes in Forsyth and include eat-



Michelle Gaering | PICERNE MILITARY HOUSING
Staff Sgt. Jeffrey Brown, second from left, and his Family accept the keys to the first new home in McClellan Place Neighborhood from resident service specialist Amber Smiley, left. Picerne also provided a decorated Christmas tree to welcome the Family into their new home.

in kitchens, safe rooms, small yards maintained by Picerne, upstairs laundry rooms, storage space and garages.

"The first new home in McClellan Place represents a milestone for Fort Riley as Picerne transitions from Forsyth into our second master-planned community with similar amenities," said Scott Kotwas, director of construction, Picerne Military Housing. "With the neighborhood located close to the cantonment area on Custer Hill, Families have convenient access to work and play on Fort Riley, while receiving the same great services we provide."

In addition to the new home construction, renovations of the three-, four- and five-bedroom townhomes in McClellan Place are still in progress and will move to Meade Loop in 2013. The extensive renovations include new lighting, plumbing, paint, flooring and bathrooms, as well as reconfiguring the master bedroom into a suite and adding a safe room.

"We took a 1970's industri-

al-looking interior and made it compatible to current residential market standards. The interior is, basically, a brand new home. Instead of steel doors and plastic flooring and trim, we have added upgraded finishes for a softer and warmer feel," said Kelly Karl, project manager, Picerne Military Housing. "Since these improvements are so dramatic, many Families being moved due to renovations are asking to stay in the neighborhood, instead of moving to a new construction home."

Karl also explained that structural renovations and renovations "inside the walls" also were performed to improve the quality of these homes.

In addition to the renovations, the apartment-style buildings in McClellan Place are being torn down. The demolition of these buildings gives Families in the courtyards more privacy and open space between buildings. The renovations and demolitions in McClellan Place are on track for completion in early 2014.

FIRST SNOW



TOP: Rabbit tracks appear in the freshly fallen snow Dec. 21 on Main Post. A storm that blew in Dec. 19 to 20 brought the first snowfall of the season. (Photo by Julie Fiedler, Post)

LEFT: Eric Tignor, 10, left, and his brother, Halden, 7, right, smile for a photo between sledding runs Dec. 20 on Main Post. The two brothers played outside with their parents and dog after the first snowfall of the season. (Photo by Kate Tignor, Fort Riley)

RIGHT: Brett Wolter, 5, hauls his disc sled, while playing with his brothers in the first snowfall of the season Dec. 21 at Sturgis Field on Main Post. (Photo by Julie Fiedler, Post)

You can't smell it, but everyone else can.

If you smoke, you must be 50 feet away from building entrances on post.

Stay in touch from anywhere

Sign up for Stay In Touch with Fort Riley to get information about upcoming events or services on post and in surrounding communities.

To register, visit www.riley.army.mil and complete the form linked on the homepage.