

COMMUNITY CORNER

Post honors Martin Luther King Jr., African-Americans in service

By Col. William Clark
GARRISON COMMANDER

On Jan. 21, the nation observed the birthday of Martin Luther King Jr., and Fort Riley commemorated the event with a luncheon Jan. 23.

The theme of the observance "Remember, Celebrate, Act - A day on not a day off" reminds us all to not only

remember the legacy of King and his dream, but also to think of ways we can continue his message of equality and service.

The nation and Fort Riley will continue to celebrate the achievements



Col. Clark

of King and of our diverse population by observing February as Black History Month.

Since the Revolutionary War, African-Americans have answered the call for freedom, often in the face of bigotry at home.

Today, African-Americans continue to play a vital role in our Army's success.

American service members. The 9th and 10th Cavalry regiments - better known as "Buffalo Soldiers" - were stationed at the prairie post at various times in the late 1800s and early 1900s.

On July 26, 1948, President Harry Truman declared there will be equality of treatment and opportunity for all persons in the armed services without regard to race, color,

religion or national origin. The milestones are many for African-American Soldiers, who have worn the shield of the "Big Red One."

The 1st Infantry Division and Fort Riley continue to embrace the values of equal opportunity, while celebrating strength through diversity. Please remember to honor all Soldiers and also to recognize the bravery and fidelity

of African-American service members, past, present and future. Join us at 11:45 a.m. Feb. 20 at Riley's Conference Center for a luncheon in their honor.

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

Winter gardening: Discover green thumb with seed-starting basics

By Calun Reece
1ST INF. DIV. POST

Think it's too early to start planning a garden? Think again. Now is the time to begin thinking about what to plant for the upcoming gardening season.

One of the most enjoyable ways to garden is to start plants from seeds, said Susan Schoneweis, extension agent, nutrition and health, Kansas State Research and Extension Office at Fort Riley.

"If you can start them inside yourself, you can save a lot of money plus have the fun," Schoneweis said.

Planning for a garden begins by deciding what types of fruits and vegetables to grow. Seed catalogs can help a gardener plan what types of fruits or vegetables to start indoors for the upcoming season.

Some plants do better in the soil rather than as transplants that were started indoors, Schoneweis said, reminding potential gardeners to keep that in mind when selecting what to grow.

Many of the catalogs can be downloaded or ordered for free online.

Seed catalogs will have information about the different varieties of fruits and vegetables like how many days it takes to yield, what disease resistances it may have, and a description of the fruit or the edible portion.

"They will have pictures of the fruit and a description of the plant," Schoneweis said. "Some companies have them all in full color and some are line drawings."

The selections will start alphabetically, from artichokes to zucchini, and will describe each variety, she said.

For beginner gardeners, deciding what to plant might be a bit overwhelming, so it is best to start small, Schoneweis said.

"You don't have to do everything the first year," Schoneweis said. "I encourage people to think about what they like to eat as opposed to what looks pretty in the seed catalog."

Seeds can be purchased through catalogs or locally. "You can get really good

quality seeds locally," Schoneweis said.

Timing also is important when starting seedlings indoors. Beginning indoor seedlings is dependent upon when the plants need to be put into the ground.

Once seeds are selected, soil, light and water are the next items to take into consideration.

A seed-starting mix or a mixture of potting mix with seed starting mix is a good choice for starting indoor seedlings, Schoneweis said.

"You want to use a pasteurized soil mix whatever you use," Schoneweis said. "Make sure it's been pasteurized so you don't have disease problems because baby plants are susceptible to diseases. So you want to plant them in a good quality pasteurized soil mix so they get a good start."

Using new cell packs or new containers that have not held previous plants also is important when starting seedlings to prevent disease.

A lot of different items can be used to start seedlings - anything from egg shells to yogurt cups, Schoneweis said.

Online craft sites show how to use egg shells to hold seedlings, Schoneweis said, adding there are really creative ideas out there.

"Yogurt cups work really well, too, especially with the small ones because they don't take as much soil so you can recycle a lot," she said.

Once the seedlings outgrow the smaller containers, however, it is important to remember to transfer the plants to larger containers or get them in the garden.

"It takes a little practice to figure out planting times," she said. "For the very beginner it's probably a good idea to invest in a seed starting tray and soil and mix if you really have no idea what you're doing," Schoneweis said.

Indoor seedlings also need plenty of sunshine, and a sunny south window is ideal - or a plant light can work just as well, Schoneweis said.

"You do need really good sun light," Schoneweis said. "You

don't have to buy an expensive plant light; you can make one really simple."

Seedlings also need to be kept moist during their time indoors. Insufficient water will cause the seedlings to wilt and stunt their growth. If seedlings are left sitting in water, however, they can drown.

Having an oscillating fan also is a useful item to help prepare plants for Kansas weather.

"A fan that blows a gentle breeze back and forth can help make the plants tougher for the outdoor wind," Schoneweis said. "You can also pet your plants just by brushing your hand across the top a few times a day."

Either action mimics the wind blowing, which will make the seedlings stockier and sturdier, she said.

The time to transplant the seedlings to the garden varies on the plant, but generally it is when the seedlings are about one to two inches high, Schoneweis said.

"Don't wait to transplant until they're too big; better to do it early than late," Schoneweis said.

"When you pull them apart, you tend to tear up a bunch of the roots so you kind of stunt them back that way. So when they're big enough to handle (it), that's when you (transplant)."

Above all, remember to take the opportunity to try new things in the garden, Schoneweis said.

"Always plant something that you don't know if you like," Schoneweis said. "Try a little bit of everything... Try some things you've never had before, never grown before and you might... like them."

For more information about starting indoor seedlings and Kansas gardening in general, participants can download a free Kansas Garden Guide at www.kstre.ksu.edu/bookstore/pubs/s51.pdf.

Family gardening classes will be starting in February provided by the K-State Research and Extension Office at Fort Riley.

For more information about upcoming classes, call 785-239-4375.

Patrons can sample 60 varieties of beer during festival at Riley's

By Calun Reece
1ST INF. DIV. POST

Beer connoisseurs or people simply wanting to enjoy a night out have an opportunity to sample a smorgasbord of about 60 different types of beer.

Beerfest will be hosted from 6 to 9 p.m. Feb. 9 at Riley's Conference Center.

The third annual event will allow the Fort Riley community to become aware of the different varieties of beer that are available in the area, particularly through the Army and Air Force Exchange Service, said Chris Downs, manager, Riley's Conference Center.

"We focus Beerfest on micro brews, craft beers and some imports," Downs said.

Light hors d'oeuvres will be

served with a variety of beers. The event has been very successful the past few years, Downs said.

Last year, about 280 attendees participated in the event. This year's event is expected to reach numbers of about 350 people.

"It keeps growing every year," Downs said.

Participants also will take home individual pint glasses as a souvenir of the occasion.

AAFES will have a retail outlet set up for military cardholders interested in purchasing some of the beers that are available for sampling during the event.

Not all will be available but a majority of the beers will be offered for purchase, Downs said.

Tickets may be purchased in advance at Riley's Conference Center or the Leisure Travel Center.

"We're already getting a good response," Downs said. "We do have a limited number of tickets available, so if people would like to come they probably should not rely on being able to purchase them the day of. Get them early."

It is a fun event, Downs said, adding everyone has seemed to enjoy it in the past.

Participants must be 21 to enter. Attendees bringing children is strongly discouraged.

Child care is not provided. Advanced tickets to the event are \$10. Tickets purchased at the door are \$12.

For more information, call 785-784-1000.

HOUSE FILL AD



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2013 No Dough Dinner Dates

January 12 & February 13 are No Dough Dinner Like Events

January: 30

February: 28

March: 13 & 28

April: 11 & 29

May: 13 & 29

June: 12 & 27

July: 11 & 30

August: 13 & 28

September: 11 & 27

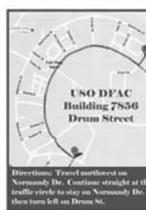
October: 11 & 30

November: *13 (Just one dinner scheduled due to Thanksgiving)

December: *11 (Just one dinner scheduled due to Christmas & New Year holidays)

For details, please call 289-240-3236 or via e-mail at usofortriley@usos.com.

For upcoming dinner menus, check us out on www.facebook.com/usofortriley.



USO DPAC
Building 78506
Drews Street

Directions: Travel northbound on Normandy Dr. Continue straight at the traffic circle to stay on Normandy Dr. then turn left on Drews St.

No Dough Dinners
5-6:30 P.M.
Must hold an ISO DEAC

Hours & locations subject to change As of 3 Jan 2013