

## COMMUNITY CORNER

# Religious services available at Fort Riley to aid in spiritual resiliency

By Col. William Clark  
GARRISON COMMANDER

With the start of the new school year, the end of summer, and the end of what in the Army is generally known as permanent change of station season, many of our religious groups on post are beginning a new programming year, and I want you to be aware of the great religious services we have at Fort Riley to aid in your spiritual resiliency.

One of the first things many Soldiers and Family members do when they arrive at a new post is find a place of worship.

Whatever your religious background, you can grow and flourish during your assignment in the heart of America.

There are many worship opportunities, representing a wide variety of faiths including services like contemporary protestant, gospel protestant, traditional protestant, liturgical service, Orthodox and Catholic. Fort Riley also has partnerships with off-post organizations to provide Mormon, Jewish, Muslim and Wiccan services.

Fort Riley has chaplains and chaplain assistants serving every unit, and six chapels are located across the post, all offering worship services with your spiritual needs in mind.

For a full listing of chapels, their locations, services offered and contact information, visit <http://riley.army.mil/documents/USAG.ChaplainDocuments/120813110212.pdf>.



Col. Clark

Additionally, we have several faith-based groups you can join to further strengthen your relationship with God.

For example, the Military Council of Catholic Women and Protestant Women of the Chapel will soon begin a new programming year.

MCCW will begin its new year with a rosary at 9 a.m., Sept. 5 at St. Mary's Chapel on Main Post. The group will meet from 7 to 11:30 a.m. every Wednesday. Rosary, fellowship and breakfast will be on the first Wednesday of every month.

The PWOC will have its Fall Kick Off Aug. 28 at Mor-

ris Hill Chapel on Custer Hill. Two sessions will be given that day by PWOC to accommodate different schedules. The first session will be from 9 to 11:30 a.m., and the second session will be from 6:15 to 8 p.m.

Groups for students, most of which have already kicked off a new programming year, include the Spiritual Rangers, Club Beyond and Bible Lunch Tuesdays.

Spiritual Rangers is designed to train young men to reach Godly manhood through mentorship. The group meets periodically to conduct hunting, fishing, combative skills, mechanics, survival skills, as well as several other activities.

Club Beyond offers several groups, activities and events for youth to participate in. The

group is divided into middle and high school clubs, which meet simultaneously from 6 to 7:15 p.m. on Sundays at Normandy Chapel.

Bible Lunch Tuesdays are for Junction City High School students to enjoy free food, fellowship and a short devotional during their school lunch period at First Southern Baptist Church.

For more information about Bible Lunch Tuesdays or Spiritual Rangers, call 785-239-0979. For more information regarding Club Beyond, call 785-712-7287.

Our Family Life Ministries program also hosts several classes like marriage, divorce recovery group, childhood sexual assault recovery group, marriage and Family counseling and individual counseling.

For more information on any of the programs listed above, call 785-239-3426.

While stationed here at Fort Riley, I encourage you to explore and strengthen your faith. Remember, we're here to help you in your journey of faith.

If you have special religious needs or a question about religious support, please call the Installation Chaplain's office at 785-239-3559.

A chaplain is available 24 hours a day, seven days a week. If you need emergency chaplain services, call 785-239-HELP (4357).

If you would like to comment on this article, or suggest a topic for a future Community Corner, email [usarmy.riley@com.mbx.post-newspaper@mil.mil](mailto:usarmy.riley@com.mbx.post-newspaper@mil.mil).

## Custer Hill Pool to offer dogs, owners place to chill Sept. 9

By Calun Reece  
1ST INF. DIV. POST

Canines can take a dip into the pool to cool off after the dog days of summer during the third annual Speedos and Fidos event that will take place from 11 a.m. to 2 p.m. Sept. 9 at the Custer Hill Pool.

"It's a Family event that we have the last day the pool is open before we drain it. Our patrons come with their canines as long as they're vaccinated and registered," said Hedy Noveroske, swimming program manager, Directorate of Family and Morale, Welfare and Recreation.

Proof of rabies vaccination is required for all canines to participate in the event. A local registration for canines living on post is required for attending. Canines off post are not required to be registered but are welcome to partake as well.

"They can bring those documents with them – it's their ID card to get in and basically swim around the pool," she said.

Tennis balls, flying discs and an obstacle course will be available for canines to play with at the pool.

"I would like to see if we could get some dogs jumping off the (diving) board fetching

a tennis ball just to see the distance," Noveroske said.

"We've got a huge fenced in area, we've got a baby pool, we've got a duck slide – all open for them. It's going to be fun," she said.

A drawing for four \$25 gift certificates also will take place for dog owners at the event.

"We had it on Main Post last year and at least 50 dogs on top of all the Family members (came), and it was crazy," Noveroske said. "Some dogs just run around, but other dogs – like the retrievers and the labs – you can tell who the water dogs are."

### CREATING HEALTHY HABITS

## School meal program reforming to heighten nutrition standards

K-STATE MEDIA RELATIONS

MANHATTAN – Schools have or will resume for many of the nation's youth over the coming weeks, and one change parents may notice is healthier meals offered in their children's school meals program.

The passage of the Healthy, Hunger-Free Kids Act in December 2010 ushered in more changes to what children are served at school, according to a Kansas State University school nutrition expert.

"There has been a real push to increase the amount of fresh fruits and vegetables served to children and a move to purchase local foods from local farmers," said Jeannie Sneed, head of the department of hospitality management and dietetics, College of Human Ecology.

"Many schools offer lots of choices so that children can select foods that they enjoy."

Congress reauthorizes child nutrition programs every five years, which precipitated passage of the Healthy, Hunger-Free Kids Act. The legislation included many provisions that improved access to nutrition assistance programs, required compliance to new meal pattern and nutrition standards, emphasized school wellness programs, provided grants and instituted a series of other reforms

related to meal pricing and food safety.

A new menu pattern will be implemented this year for the School Breakfast Program and the National Lunch Program. The reforms will be phased in over the next 10 years. The new meal pattern emphasizes the consumption of fruits, vegetables and whole grains, and provides both minimum and maximum calorie levels for children at various grades. Increasingly lower sodium levels also will be phased in.

During the 2012-2013 and 2013-2014 school years, half of all grains served must be whole grains. By 2014-2015, all must be whole grain.

"We won't see any traditional white bread in the school meals program," Sneed said.

Fruit servings will increase to five cups per week as part of the new meal pattern. Another requirement will be for five cups of vegetables to be served weekly. All flavored milks will have to be fat-free and low-fat; unflavored milk can be served. The number of times starchy vegetables such as corn and potatoes can be served has also been reduced. The importance of reforms in meals programs cannot be underestimated, Sneed said.

"There has been a trend toward increasing obesity in children and an increase in meta-

bolic diseases such as diabetes, so it is important to provide healthy choices for children in schools," she said.

Despite the extensive reforms, Sneed said many schools have done a great job at providing nutritional options for children.

"Many schools employ dietitians who evaluate the foods served to make sure they meet nutritional requirements for children," she said. "Further, the U.S. Department of Agriculture has made concerted efforts to improve programs."

In 2011, the U.S. Department of Agriculture awarded K-State funding to establish a Center of Excellence for Food Safety Research in Child Nutrition Programs. The center is working to provide the scientific basis for decisions related to food safety in the program. But reforming school meals programs is only part of a process that can help curtail childhood obesity, Sneed said.

"Children only eat a small percentage of their meals each year at school," she said. "It's important for parents to take responsibility to learn about nutrition and provide their children with healthy choices. Parents also need to model appropriate eating behaviors for their children."

## USO Fort Riley seeking volunteers to help run center on Custer Hill

USO FORT RILEY

USO Fort Riley is seeking daytime volunteers to help run its center on Custer Hill. The center, which opened May 2010, is open year-round.

"The USO is a positive environment that depends on the support of dedicated volunteers," said Center Director April Blackmon. "As a nonprofit organization with just two employees, volunteers keep this center running."

Volunteering is a rewarding experience, and a variety of opportunities are available with USO Fort Riley, said

Programs Manager Crystal Tinkey.

"Spouses, veterans and retirees, community members and organizations are welcome to the USO team, as well as Families, students and service members," Tinkey said. "Family friendly opportunities enable parents to share the experience and importance of service with their school-aged children. High school students may also volunteer to help toward their educational community service requirements. And, active-duty service members who volunteers in their spare time can work toward the Military Outstand-

ing Volunteer Service Medal and promotion points."

Volunteers can search for opportunities and register through USO's volunteer web site at [www.usovolunteer.org](http://www.usovolunteer.org).

"Volunteers are especially needed during the weekdays," Tinkey said. The center is open Monday to Friday from 8 a.m. to 6 p.m.; and Saturday, Sunday, training holidays and holidays from noon to 6 p.m.

For more information about becoming a volunteer at the center or with any USO Fort Riley, contact Tinkey at 785-240-5328 or [ctinkey@usor.org](mailto:ctinkey@usor.org).

**2012 FALL APPLE DAY**  
FORT RILEY, KANSAS FESTIVAL  
SEP 22, 9AM-3PM  
ARTILLERY PARKING FIELD

**LOOK FORWARD TO:**  
Apple Pie Sales  
ATV Rodeo (seated first shows required)  
Cavalry Competition  
Community Health Experience  
Expo Tent  
Fire and Rescue Display  
Food Tent and Picnic Area  
Inflatables  
K-9 Demo

**Laser/MILES Range  
Motorcycle Rally  
Music & Entertainment  
Obstacle Course  
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Period Re-Enactors  
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