

COMMUNITY CORNER

Let's prevent drunken, drugged driving in December, year-round

By Col. William Clark
GARRISON COMMANDER

According to the National Highway Traffic Safety Administration:

In 2010, more than 10,000 people died in alcohol-impaired driving crashes – one every 51 minutes. Hundreds of thousands more were injured.

Alcohol-impaired motor vehicle crashes cost more than an estimated \$37 billion annually.

These statistics are unacceptable.

Since 1981, the president has proclaimed December as National Drunk and Drugged Driving (3D) Prevention Month. At Fort Riley, I'd like us to make that every month. Year round, units have designated driver programs; Family and Morale, Welfare and Recreation offers the Riley Ride, which provides a safe way to and from Aggieville on Friday and Saturday nights;

and we all have friends, Family and fellow Soldiers to look out for, and those who can look out for us.

The period between Thanksgiving and New Year's is one of the deadliest times to be on the roads. Many of us go out with Family and friends over the holidays. Even if going out is just to the neighbor's house or maybe to a Family member's home for a get-together, we still need to think about how we're going to get home after a few drinks.

Planning ahead can help make finding a safe ride home easier. Don't drive to Aggieville and then try to decide who's had the least to drink after you've been to several bars and are ready to head home. Find the nearest Riley Ride stop to



Col. Clark

your home on post and take the bus. You can pick up tickets ahead of time at Information, Ticketing and Registration, Building 6918 on Custer Hill. After an alcoholic eggnog or two, don't take chances with your safety and that of others. Before you choose to drink, choose to get home alive and designate a driver.

On the flip side of the coin, if you are hosting a party, there are things you can do as a host or hostess to help prevent drunken driving. The Sociology Department at the State University of New York maintains a website full of information on alcohol, including facts on health issues and drunken driving prevention information. Here are their suggestions for playing the role of responsible host:

- Create a setting conducive to easy, comfortable socializing: soft, gentle music; low levels of noise; comfortable seating. This encourages conversation and social interaction, rather than heavy drinking.

- Serve food before beginning to serve drinks. This de-emphasizes the importance of alcohol and also sends the message that intoxication is not desirable.

- Have a responsible bartender. If you plan to ask a friend or relative to act as a bartender, make sure that person is not a drink pusher who encourages excessive consumption.

- Don't have an "open bar." A responsible person needs to supervise consumption to ensure no one drinks too much. You have both a moral and a legal responsibility to make sure none of your guests drink too much.

- Pace the drinks. Serve drinks at regular reasonable intervals. A drink-an-hour schedule is a good guide.
- Push snacks. Make sure people are eating.

- Be sure to offer a diversity of attractive non-alcohol drinks. For numerous non-alcohol drink recipes, see www.idrink.com.

- Respect anyone's choice not to drink. Remember about one-third of American adults choose not to drink, and a guest's reason for not drinking is the business of the guest only, not of the host. Never put anyone on the defense for not drinking.

- End your gathering properly. Decide when you want the party to end and stop serving drinks well before that time. Then begin serving coffee, along with substantial snacks. This provides essential non-drinking time before your guests leave.

- Protect others and yourself by never driving if you think, or anyone else thinks, you might have had too much to drink. It's always best to use a designated driver. For more information, visit www2.potsdam.edu/hansondr/DrinkAndDriving.html.

The holiday season should be a merry one. While I encourage everyone to spend time with their Family and friends, let's do it safely. Impaired driving has serious consequences. The trauma and financial costs of a crash or an arrest for driving while impaired can be significant and not the way you want to spend your holiday season.

So remember to always designate a sober driver before all holiday season and New Year's festivities. For more information on 3D Prevention Month, call the staff of the Army Substance Abuse Program at Army Community Service at 785-239-9435.

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

FLINT HILLS Continued from page 9

a mountain bike trail on post. Apel and members of his business also have attended events like the Great Escapes Expo and the Splash-N-Dash triathlon.

"In my mind, there's two huge entities in the Central Flint Hills Region – there's (K-State), and there's the military base. And the university, I think, is a lot easier for people inside the community to understand because everybody's gone to a university or been in a university-like atmosphere," Apel said. "Most people don't understand that (Fort Riley) is essentially a city in and of itself – it's self-sufficient ... When people hear 'military base' they think, 'off limits'; I don't know what is going on out there; I don't want to know what is going on out there.' When you open this up, your civil and military relations improve." Even those with decades of experience at Fort Riley said they learned something new.

Daphne Maxwell, Legal Administration, Office of the Staff Judge Advocate, has been at Fort Riley on and off since she was a child – her father was stationed at Fort Riley, and she married a service member from Fort Riley. As a civilian employee, serving since 1986, Maxwell said she was impressed by the Soldiers she met and the places she visited.

"I was inspired by our Soldiers and how passionate they were about the jobs they do and how they were so eager to show what they do, yet they were so humble," Maxwell said.

For many, the highlight of the visit was the 1st Inf. Div. and Fort Riley Regional Training Camp, which includes the Medical Simulation Training Center, Close-Combat Tactical Trainer, Warrior Skills Trainer, Mission Training Complex and static displays.

While at the training campus, class members were able

to participate in simulations of a combat scenario in Iraq by driving military vehicles and firing weapons during a virtual training – similar to training Soldiers would go through before going out into the field.

"What we're trying to show is how we're trying to leverage technology, leverage what's out there commercially available, leverage what's out there that our younger Soldiers understand in order to not only enhance their training, but also by going through simulations and virtual reality, reduce the cost – the cost of the fuel, the cost of the ammunition and the noise," said Bill Rayman, chief, Training Division, Directorate of Plans, Training, Mobilization and Security. "We still have to go out and do those things. We still have to go out in the field and train, but if we can come in here and train before in virtual reality and simulations, we really reduce the time we need to be out there."

Rayman said visiting the training campus is an important component for groups like the Flint Hills Regional Leadership Program because they get to see and understand more about Fort Riley.

"It's important for folks to understand that we are trying to be very good stewards of the dollars that they provide for their Army to train," he said. "We do the best we can to economize and save as much money as possible. It's important for them to understand what we're doing and to also understand that when they do hear noise go off, we're doing our best to be good neighbors to the community and reduce that as much as we can."

Since the inception of the Flint Hills Regional Leadership Program, Fort Riley has been one of the five sessions included in the course curriculum.

"It's important because

of the impact it has on our region," said Aileen Cray, executive director, Flint Hills Regional Leadership Program. "Like the university, it just plays a key role in economic development – it has jobs, and it is a magnet in attracting people to this area."

Cray, who works for the United Way in Geary County, also said Fort Riley touches virtually every community in the CFHR.

"It behooves us to be aware of the installation itself and what all is here because I think for those of us who do not work on the post, it's so eye-opening. And, if you've not ever been in the military or part of a military Family, you just kind of go, 'Wow,' she said. "It's really incredibly enlightening. And just to have the opportunity to meet some young Soldiers and interact with them and to be able to thank them personally for what they do for us is a very important element that all of us need to be aware of in this region."

ABOUT THE FLINT HILLS REGIONAL LEADERSHIP PROGRAM

The Flint Hills Regional Leadership Program was incorporated in 1991 as a result of a white-paper study conducted in the region.

"One of the concerns in our region was where is the future leadership going to come from, and who will take this region forward," Cray said. "So, this course was established by the people who had done all of that work."

The program was built on six principles:

- Awareness of regional strengths and resources.
- Economic development and building entrepreneurial spirit.
- Encouragement of friendships and networking between persons from all parts of the region to eliminate destructive parochialism.

- Understanding and commitment to servant leadership.
- Acquisition of 21st Century leadership skills.
- Completion of a class project.

The first class completed the program in 1993 to 1994.

Cray said the program is forward-thinking in terms of regionalism.

"Its purpose is really to help people to get to know one another, to help break down parochial borders between the counties and the main cities and to allow us to learn more about each other and establish relationships and bridges – to build those bridges of communication," she said.

This is accomplished through a series of sessions throughout the CFHR. Participants complete a two-day orientation retreat, five and one-half days of educational sessions and a celebration banquet.

The sessions cover community concerns in the areas of quality of life, government, crime, business and economic development, community services, education, health care and the media.

As a small business owner, Apel said the program has already allowed him to grow networking opportunities.

"It's a tool that I'm using to leverage resources that I know exist in the community, but I didn't know how to leverage," he said. "Getting contacts and understanding what the key leadership pieces are – because if you want to do anything in leadership, you have to have a foundation in what the key components and variables are."

Eight Fort Riley civilian employees are members of the 2012 to 2013 Flint Hills Regional Leadership Program class. They are: Angela Stewart,



Angela Stewart, management analyst, DPTMS, speaks to members of the Flint Hills Regional Leadership Program at Riley's Conference Center about what survey respondents said they wanted from the CFHR. Program members visited Fort Riley Nov. 15 and 16.

Flavia Hulseay
POST



Chief Warrant Officer 2 Nick Dodson, 1st ARB, 1st Avn. Regt., CAB, second from right, demonstrates the capabilities of an AH-64 Apache helicopter to Ross Guebelle, finance, Meadowlark Hills, while Chief Warrant Officer 2 Zachary Shimon, 1st ARB, 1st Avn. Regt., CAB, speaks with Lance Evans, senior planner, City of Manhattan, Guebelle and Evans are part of the Flint Hills Regional Leadership Program that visit Fort Riley Nov. 15 and 16.

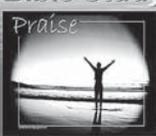
art, Directorate of Plans, Training, Mobilization and Security; Carol Fittro, Plans, Analysis and Integration Office; Daphne Maxwell, Office of the Staff Judge Advocate; Levy Allen, Network Enterprise Center; Lisa Jonas, Resource Management Office; Steven Milton,

Directorate of Public Works; William Paskow, Directorate of Emergency Services; Chris Moon, Mission Support Element; and Flavia Hulseay, Garrison Public Affairs Office.

For more information on the leadership program, visit <http://flhrp.org>.

Fort Riley Weekly Luncheon

Bible Study



When: Noon to 1 p.m. Wednesdays
Where: Fort Riley USO – next to Burger King on Custer Hill
What: Weekly free lunch – Fort Riley USO and chaplain-led Bible study
POC's: Chap. Adriatico 239-9530, Chap. Ball 240-3855

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