

COMMUNITY CORNER

Now is time to think about maintaining physical resiliency

By Col. William Clark
GARRISON COMMANDER

With the cold weather and holidays upon us, cookies and holiday dinners may be more at the forefront of our minds than crunches and calorie counting.

However, during the holidays and all year round, Soldiers, Family members and civilian employees are encouraged to participate in wellness and resiliency programs. Don't wait to make a New Year's Resolution. Resolve now

to maintain a healthy lifestyle – even during the holiday season. This past weekend, the Directorate of Family and Morale, Welfare and Recreation highlighted its services to help you maintain physical resiliency during its Battle of the Butterball Bulge, a fitness marathon at King Field House. To learn more about this event, read the



Col. Clark

story on page 15.

King Field House is home to the post's fitness classes to include Zumba, Spinning, Rowbics, TRX suspension training and more. A full class schedule can be found at http://rileywmr.com/main/?page_id=2144. Each class is \$2 and requires a pass to attend. Passes can be purchased at King's Korner Smoothie Bar inside King Field House, Building 202 on Main Post.

Personal trainers are offered at the post's fitness centers.

These certified trainers come at rates that rival most off-post gyms: \$20 for a single hour session or \$20 for a tandem hour session.

Fitness assessments and body compositions can be done at fitness centers. Assessments are for those new to exercise or the seasoned fitness guru.

Fitness programs like Fit 4 Life and the Biggest Loser also may aid in motivating individuals to focus on fitness goals. More information on these programs can be found

at <http://fit4life.rileywmr.com> and <http://rileywmr.com>, respectively.

And, finally, the gyms on post also offer cardio equipment, racquetball courts, pools, fitness classes and intramural sports.

To encourage activity in our children, Youth Sports and Fitness offers racquetball, basketball, soccer, Family Fitness Nights and many other active opportunities. To learn more about youth sports opportunities, call 785-239-9885. Families can stay active

together by checking out the walking trail around Riley's Conference Center, Custer Hill Golf Course or in the Forsyth neighborhood. Families can visit Custer Hill Lanes and bowling a few frames or checking out the activities offered through Outdoor Recreation. Opportunities abound at Fort Riley, so don't miss out.

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-news@mil.

Teen Center to offer winter break camps for students

By Calun Reece
1ST INF. DIV. POST

Youth should not have to be concerned with finding things to do during the upcoming winter break. Two one-week winter break camps are scheduled to take place at the Middle School Teen Center.

Week one will take place Dec. 24 to Dec. 28. Week two will be Dec. 31 to Jan. 4.

"During our winter camps, we're going to have a lot of different activities planned," said Anitra Rivera, director, Child, Youth and School Services.

Some of the activities include making tie-dye shirts, knitting, bowling, movies, skating, service projects and cooking.

The MSTC Cooking Club will be whipping up daily snacks including hot apple cider, cookies, hot cocoa and even homemade rock candy.

One of the service projects youth can participate in is reading to preschoolers at the local child development centers.

It encourages the preschool-

ers to read, Rivera said.

"(The youth) have been learning the importance of reading to young kids," Rivera said. "The service is actually going and doing the reading."

Some youth also are making homemade scarves, hats and blankets. The items will be finished up during the winter break to give as gifts for the elderly at the Valley View Senior Life, a retirement community and nursing home in Junction City.

"They're going to go and volunteer their time to spend with the elderly because some of them are lonely at this time," Rivera said. "They're going to be playing board games with them and give them the things that they've knitted."

The camp also will host a holiday door decorating contest to learn about different holidays celebrated during the month of December.

"We're going to be decorating the doors within the facilities, and it's basically like studying the different cultures," Rivera said

The teen center also has a free bowling event scheduled during the winter camp.

"We're paying for the games," Rivera said. "All they have to do is bring a dollar for their shoe rental and food money for the concessions."

All in all, the winter camp should be filled with plenty of activities for youth to do, she said.

"I was hoping to try and do something for them, for the ones who are staying back – a lot of them are probably expected to leave (for the holidays), but for those who are staying here, I want them to have a great time," Rivera said.

Early drop off for the youth begins at 5:45 a.m. The camp ends at 1 p.m. each day.

To participate in the winter camp, sign up and registration takes place at the teen center. Participants can sign up for the camp on a weekly basis. Youth must be registered with CYSS.

For more information, call 785-239-9222.

K-State president receives top honors as CASE leader of year

K-STATE MEDIA RELATIONS

MANHATTAN – While Kansas State University is on its way to becoming a Top 50 public research university, its president is being recognized as a leader in higher education.

Kirk Schulz, K-State president, is receiving the 2012 Chief Executive Leadership Award by the Council for the Advancement and Support of Education, or CASE. The award recognizes the leadership of a higher education chief executive officer who demonstrates the ability to create a vision and inspire others.

The award will be presented to Schulz Dec. 11 at the council's District V and VI joint conference in Chicago.

"I was so surprised to learn that I had been nominated for the council's Chief Executive Leadership Award, and was even more surprised to learn that I had received it," Schulz said. "According to the selection committee's comments, they were thoroughly impressed with the initiatives started at Kansas State University and the strides we've made since I joined in 2009. Committee members were also enthused by the comprehensive K-State 2025 plan that will elevate Kansas State to a Top 50 public research university by 2025."

According to the criteria used by the selection committee, Chief Executive Leadership Award recipients have established a positive image for the institution; increased the institution's stature in the community; encouraged innovation among employees; and actively supported advancement.

"In less than four years at the helm, Kirk Schulz has made a significant impact on the university, building on and even surpassing accomplishments made by prior presidents with decades of experience in the position," said Kent Bradley, K-State Alumni Association board chairman. "It's obvious that he is passionate about Kansas State University and gives tirelessly to

actively support the advancement of the university."

On behalf of the K-State Alumni Association, Bradley nominated Schulz for the award with a letter highlighting some of his accomplishments.

Shortly after arriving in K-State, Schulz began unifying the various communications offices across campus. The strategy, One K-State, One Voice, brands the university with unified messages that enhance its national image, Bradley said.

To further strengthen and unify the university, Schulz – a consummate communicator – invests countless hours visiting with students, faculty, staff, alumni, donors, community leaders, reporters, industry leaders, elected officials and government leaders to share university updates and solicit feedback and comments. He often shares this feedback to his thousands of Twitter followers.

In his first 18 months, Schulz developed K-State 2025, a future vision for Kansas State University as a Top 50 public research university. The plan, which includes metrics and expected outcomes, has been met with excitement from the university and alumni community. Similarly, the Kansas Board of Regents recognized it as a model for reinventing and transforming land-grant institutions.

The university's stature has

also increased locally, nationally and globally. Schulz is involved in numerous organization and boards, works with the Kansas congressional delegation, the office of the governor and the Kansas Legislature. He also plays a significant role in continuing the momentum for the federal National Bio and Agro-Defense Facility, which will be built on campus.

Schulz is recognized as an effective leader in the higher education community. This was especially evident when the Big 12 Conference was facing significant challenges in 2011, Bradley said. Schulz was placed in a leadership role to develop a strategy to stabilize the conference, select new leadership and move the conference forward. His involvement and the results were met with many accolades across the nation.

Schulz began his position as the university's 13th president in 2009, when the nation was experiencing one of its most difficult economies in history. Since then, he has overseen record student enrollment every year; the opening of a new graduate-level campus in Olathe; a new era of athletics transparency that has fueled donor resurgence and doubled athletics contributions in three years; a record \$137 million in research funding brought in

See TOP HONORS, page 14



Julie Fiedler | POST
Col. William Clark, garrison commander, Fort Riley, center left, and Bill Bryant, director, DFMWR, center right, sign an employee and customer covenant during a town hall meeting Nov. 29 at Riley's Conference Center as Ashaleen Kennedy, assistant business manager, Habañero, left, and Katrina McConnell, customer service program coordinator, IMCDM Academy, right, look on.

DFMWR commits to excellence during town hall meeting

Julie Fiedler
1ST INF. DIV. POST

"You do something very special," Garrison Commander Col. William Clark told a group of employees from the Directorate of Family and Morale, Welfare and Recreation who gathered for a town hall meeting Nov. 29 at Riley's Conference Center. "You make a difference for 55,000 people every day."

The town hall, one of three for DFMWR employees that day, focused on making Fort Riley "an installation of excellence," Clark said.

As part of that commitment, Clark and Bill Bryant, director, DFMWR, signed an employee and customer covenant, which stated Fort Riley is "committed to providing a strong, supportive environment where (employees) can thrive," so that employees in turn can provide "customer focused service."

The covenant "reaffirmed our pledge to position our employees for success and our commitment to provide the Soldiers and (Families) at Fort Riley with a level of customer service that is commensurate with their service to our na-

tion," Bryant said. "We know that if we provide a strong, supportive environment for our employees they will, in turn, deliver that excellent customer service we seek for our Soldiers and Families."

"We are a service-based organization. We're here to take care of people," Clark said. "You are the stability and continuity of Fort Riley."

"Providing quality products and services at a reasonable price and the delivery of those through exceptional customer service is something we've always strived for," Bryant said, adding that the employee and customer covenant is another way DFMWR "demonstrate(s) that we are fulfilling the promise the Army Leadership made to our Soldiers and Families when they signed the Army Family Covenant."

Clark recognized the DFMWR employees for their accomplishments during the past year like successful execution of special events, capital improvements to various facilities and having more Facebook likes than any other Army garrison's MWR page.

"You have a direct impact on the welfare of Fort Riley," he told employees.

Clark shared his vision for the Fort Riley garrison, to include DFMWR, to be "an integrated, learning organization that optimizes capabilities, resources, and partnerships."

Collaboration, continuous improvement, customer focus and communication were cited as "4Cs" imperative to fulfilling that vision.

"Values will drive how we operate on Fort Riley," Clark said and highlighted key values employees should embrace in pursuit of the goal: Respect and dignity, integrity, learning, excellence, yes to service, which spells Riley.

Clark urged employees to continue to make a difference and think outside the box in order to find win-win opportunities for the Soldiers, Families and employees of Fort Riley.

Clark also shared a comment made by Maj. Gen. William C. Mayville Jr., commander, 1st Infantry Division and Fort Riley, that Fort Riley is the best garrison he has seen throughout his military career.

The town hall also covered various employee issues such as benefits.

See DFMWR, page 14