

Fort Hunter Liggett's

Howler



Spring 2014
Volume 2 | Issue 1

www.Liggett.Army.Mil/MWR

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Directorate of Family and Morale, Welfare, and Recreation

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Rick Bosch

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Mary Stringfield

Chief, Army Community Service
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James Otuafi



Quality of Life Award Winner

James Otuafi is the Recreation Assistant with the Outdoor Recreation Program.

James has been with Family and MWR for a year and a half and is tasked with providing great customer service, lending "the muscle" to other facilities for set-up and break-down of special events, and assists with the hunting and fishing program and outdoor recreation. When he's not working, he says he enjoys playing video games, watching movies, and hanging out with friends.

James was chosen as this quarter's Quality of Life award winner because of his friendliness and "can do attitude." One coworker noted that he is "always willing to help out, even on his days off." Due to his efforts, events and programs run more smoothly and customers are always greeted with a friendly face and prompt service.

Keep up the great work!

The Howler is a Family and Morale, Welfare, and Recreation magazine published quarterly for activities, events, and programs at Fort Hunter Liggett, California and surrounding areas.

The Howler is inserted in welcome packets distributed to all Family and MWR facilities, and sent to all housing units on post and surrounding areas in King City and Paso Robles, CA.

The appearance of advertising does not imply an endorsement by the U.S. Army or Department of Defense.

The information in this issue is current at the time of publication; activities and events are subject to change without notice. For more information, please contact the individual facilities. Family and MWR Marketing is located in Building 288, Infantry Road, Fort Hunter Liggett, CA 93928 and may be reached by calling (831)386-2364.



Family and MWR Director's Comments

I wanted to take this opportunity to wish our customers a Happy New Year and thank you for your support throughout the last year. Family and MWR's goal for 2014 is to do everything within our power to enhance programs and events while focusing on our customer's needs. From fitness to recreation, we are planning on offering a variety of different programs in different areas.

We want you, our customers, to know that we do understand why we exist. Without men and women in uniform we wouldn't be here, and I wanted to take this time to acknowledge that. Every day, as we come to work, our goal is to enhance the morale of men and women in uniform, their family members, retirees, and DOD civilians. We believe 2014 is going to be a great year and we want to wish everyone a safe, healthy, and happy New Year! God bless.

Charlemagne Tertulien

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February Events

Black History Month

Mon., Wed., & Fri. | Noon | DeAnza Sports Center
HIIT Cardio Class

Feb. 1 | 7 p.m. | Rec. Center
LIVE UFC 169: Barao vs. Faber

Feb. 4 | 4:30 p.m. | Teen Center
Nutrition Education Class for Teens (R)

Feb. 5 | 7 a.m. | Pebble Beach, CA
AT & T Celebrity Pro-AM Trip (S)

Feb. 7 | Noon | HQ Flagpole
"Go Red for Women" Walk

Feb. 7 | 5 p.m. | Teen Center
T-Shirt Painting for Teens (R)

Feb. 11 | 4 p.m. | Teen Center
Art Project Implementation (R)

Feb. 12 | 11 a.m. | CYSS
CYSS Story Time

Feb. 12 | 5 p.m. | Teen Center
Parent Class: Guidance & Boundaries

Feb. 13 | 4 p.m. | Teen Center
VDay Cupcake Making for Teens (R)

Feb. 13 | 4:30 p.m. | Teen Center
Keystone and Torch Club Meeting (R)

Feb. 14
CYSS CLOSED

Feb. 14 | 10 a.m.- 2 p.m. | Rec. Center
VDay Flower Delivery (S, \$)

Feb. 15 | 6- 9 p.m. | Teen Center
VDay Dance (\$)

Feb. 15 | 7 p.m. | Rec. Center
LIVE UFC Fight: Michida vs. Mousasi

Feb. 17 | President's Day
ACS, CYSS, Library, MWR HQ CLOSED

Feb. 18 | 1 p.m. | Rec. Center
8-Ball Pool Tournament

Feb. 19 | 4 p.m. | Teen Center
Banana Bikes Obstacle Course

Feb. 20 | 11:30 a.m. | FHL's Hacienda
Black History Month Observance

Feb. 21 | 4 p.m. | Teen Center
Perler Bead Class (R)

Feb. 22 | 7 p.m. | Rec. Center
LIVE UFC 170: Rousey vs. McMann

Feb. 25 | 4 p.m. | Teen Center
Internet Protocol Class for Teens (R)



February 7th is national "Wear Red Day." Heart disease is still the number one killer of women, causing one in three deaths each year. In honor of "Wear Red Day," on Feb. 7 at Noon, meet us at the HQ Flagpole, put on your red, and come walk with us! No registration required. For more information, call (831) 386-2784.

CYSS Story Time



Studies show that reading aloud to children helps them acquire early language skills and promotes brain development. That's why on Feb. 12, the Library is hosting Story Time for pre-schoolers at CYSS! Bring the kids by for a few stories before nap time. For more information, call (831) 386-2719.

Valentine's Delivery

Have a special something delivered to that special someone this Valentine's Day! Package includes a rose with a vase, balloons, and chocolates... all for \$15. Grams can be delivered to homes (on post) or offices. The last day to order is Feb. 10, and package will be delivered between 10 a.m. and Noon on Feb. 14. To order, visit the Rec. Center or call (831) 386-2406.

Key: R Registration Required, \$ Cost Associated, S Sign-up Deadline
For more information, please contact the facility. Information located on back.

*Events subject to change or cancellation without notice.

MarchEvents

Women's History Month

Mon., Wed., & Fri. | Noon | DeAnza Sports Center
HIIT Cardio Class

March 1 | 7 p.m. | Rec. Center
LIVE UFC Fight Night: Kim vs. Hathaway

March 5 | 11 a.m. | CYSS
CYSS Story Time

March 5 | 4 p.m. | Teen Center
Art Project Continuation (R)

March 6 | 4:30 p.m. | Teen Center
Keystone and Torch Club Meeting (R)

March 7 | 4 p.m. | Teen Center
Guitar Hero / Rock Band Competition

March 7 | 11 a.m. | Los Angeles
Two and a Half Men LIVE Taping Trip (R)

March 8 | 7 p.m. | Rec. Center
LIVE UFC Fight: Gustafsson vs. Manuwa

March 10 | 6 p.m. | Rec. Center
8-Ball Tournament

March 11 | 5 p.m. | Teen Center
Parenting Class: Internet Safety

March 12 | 11 a.m. | CYSS
CYSS Story Time

March 15 | 6 p.m. | Teen Center
St. Patrick's Day Dance (\$)

March 15 | 7 p.m. | Rec. Center
LIVE UFC 171: Hendricks vs. Lawler

March 17 | 7 p.m. | Rec. Center
Halo 4 Tournament

March 19 | 11 a.m. | CYSS
CYSS Story Time

March 19 | 4 p.m. | Teen Center
Fresh Fruit Smoothies (R)

March 20 | 11:30 a.m. | FHL's Hacienda
Women's History Month Observance

March 20 | 4 p.m. | Teen Center
Paper Mache Flower Making (R)

Key: R Registration Required, \$ Cost Associated,
 S Sign-up Deadline

For more information, please contact the facility. Information
 located on back.

*Events subject to change or cancellation without notice.

March 21	7 p.m.	Rec. Center	<i>COD Black Ops II Tournament</i>
March 22	2 p.m.	Teen Center	<i>Swimming Trip (R)</i>
March 25	6 p.m.	Rec. Center	<i>Foosball Tournament</i>
March 26	4-6 p.m.	Teen Center	<i>Movie Night (R)</i>
March 28	4-6 p.m.	Teen Center	<i>Art Project Continuation (R)</i>
March 31		Library	<i>Story Writing Contest Submissions Due</i>



On March 7, we're heading to Los Angeles for a LIVE taping of the hit TV series, "Two and a Half Men!" Trip is

FREE and transportation is provided. Participants must sign up at the Rec. Center by Feb. 21. Taping is open to military personnel only. For more information, call (831) 386-2406.

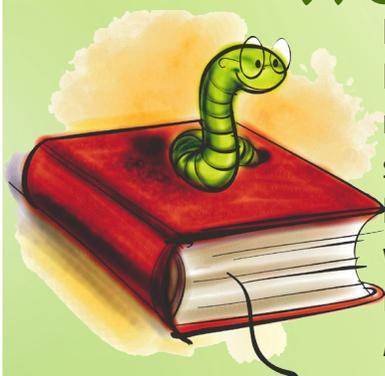
Women's HISTORY MONTH

March is Women's History Month! We're honoring the women who have changed the world, and those who make an impact in everyday life, with the Women's History Observance on March 20 at 11:30 a.m. at FHL's Hacienda. Guest speaker is Sonja Arndt, Congressional Aide to Congressman Sam Farr on Veteran Affairs and military issues. In addition to overseeing and assisting with Federal projects, Ms. Arndt provides outreach and assistance to Veterans and military personnel along California's Central Coast. For more information, call (831) 386-2988.



The Army Emergency Relief (AER) Campaign ends in May! Contribute to your local AER fund or send a contribution to AER National Headquarters. All contributions are tax deductible and can be accepted anytime by mail or phone. For more information, call (831) 386-2372 or visit www.aerhq.org today!

National Library Week



First sponsored in 1958, National Library Week is a national observance sponsored by the American Library Association. Celebrate with us and keep a lookout for events at the Library this April! For more information, call (831) 386-2719.

Billiards Tournament

Billiards is a game that takes concentration, coordination, and even a little geometry. Come test your skills in this 8-Ball Pool Tournament on April 24 at 6 p.m. at the Rec. Center! This is a free tournament and the winner will receive a prize! For more information, call (831) 386-2406.



AprilEvents

Month of the Military Child

- Mon., Wed., & Fri. | Noon | DeAnza Sports Center
HIIT Cardio Class
- April 2 | 4 p.m. | Teen Center
Art Fair Project with Judging (R)
- April 4 | 6 p.m. | Rec. Center
Black Ops II Tournament
- April 5 | 10 a.m.- 2 p.m. | Bradley Park
Month of the Military Child Carnival
- April 8 | 6 p.m. | Rec. Center
Foosball Tournament
- April 10 | 4:30 p.m. | Teen Center
Keystone and Torch Club Meeting (R)
- April 12 | 6 p.m. | Rec. Center
LIVE PPV Boxing: Pacquiao vs. TBA
- April 13-19 | Library
National Library Week
- April 14 | 3-6 p.m. | DeAnza Sports Center
Teen Swimming Pool Party (R)
- April 15 | TBA |
Field Trip to Boomer's (R, \$)
- April 16 | 4 p.m. | Teen Center
Science Fair with Judging (R)
- April 17 | 8 p.m.- 8 a.m. | Teen Center
Teen Center Lock-In (R)
- April 18 | 6 p.m. | Rec. Center
Halo 4 Tournament
- April 19 | 7 a.m.- 1 p.m. | Del Venturi Pond
12th Annual Youth Fishing Derby
- April 22 | 7 a.m.- 11 p.m. | Los Angeles
Price is Right LIVE Taping Trip (S)
- April 22 | 4-6 p.m. | Teen Center
Chocolate Chip Cookies Experience (R)
- April 24 | 6 p.m. | Rec. Center
8-Ball Pool Tournament
- April 25 | 4-6 p.m. | Teen Center
Pool Tournament (R)

Key: R Registration Required, **\$** Cost Associated,
S Sign-up Deadline

For more information, please contact the facility.

Information located on back.

*Events subject to change or cancellation without notice.



Top Left and Bottom Left: 11th Annual and 10th Annual Youth Fishing Derby
Top Right and Bottom Right: 2013 Month of the Military Child Festival



Celebrate the Month of the Military Child

Posted on DOD Live

The Month of April offers us a special opportunity to acknowledge and honor the service of our littlest heroes, our military children. Established by Caspar Weinberger, the Month of the Military Child recognizes the important role military children play in our communities.

- There are approximately 1.9 million military children, ranging in ages from newborn to 18 years old, 1.3 million military children are school-aged.
- 765,000 of our military children have Active duty parents, and approximately 225,000 have a parent who is currently deployed.
- More than 700,000 children have experienced the deployment of one or more parents since 2001.

Our military children are resilient and proud of their service, and they deserve our support. The Department of Defense, each of our Armed Services, Cabinet Agencies, the White House Joining Forces Initiative, as well as non-profits, businesses and communities throughout the country recognize this and have stepped up to provide a variety of special programs, initiatives and activities for our military kids.

Check out the box to see what Family and MWR has planned in celebration of our military children.

Month of the Military Child Festival
April 5 | 10 a.m.- 2 p.m. | Bradley Park
Join us in celebrating our proud, ready, and resilient heroes of the future! We've got bounce houses, crafts, face painting, petting zoo, food, prizes, and more!
This is a free event.

12th Annual Youth Fishing Derby
April 19 | 7 a.m.- 1 p.m. | Del Venturi Pond
With over 500 people traveling from all over California to compete, this is one of the most anticipated events of the year! Youth must be 15 years old or younger and accompanied by an adult to participate. PRIZES for the three biggest fish! This is a free event.

****Volunteers needed to help set up, clean up, and everything in between for both Month of the Military Child celebrations.**

For more information about the Month of the Military Child, or to register to volunteer, please call (831) 386-2480.

American Heart Month

Written by Kristen Baker, Marketing Coordinator

Since December 1963, Congress has required that the President of the United States proclaim February as National American Heart Month in acknowledgment of the ongoing fight against cardiovascular disease (CVD).

Cardiovascular disease, or heart disease, is our nation's number one killer. According to the Centers for Disease Control and Prevention, each year 525,000 Americans have a coronary attack for the first time. Another 190,000 have a recurring coronary attack. Additionally, CVD kills 600,000 Americans each year. That accounts for one in every four deaths. Heart disease is one of our nation's most costly and widespread health problems, but it is also amongst the most preventable.

Although many Americans recognize the seriousness of CVD, "The biggest misconception is that heart disease only happens to the elderly," said Elizabeth Schilling, certified Registered Nurse Practitioner at the University of Maryland Medical Center.

In fact, according to the American Heart Association, nearly 150,000 Americans killed by CVD annually are under the age of 65. And one out of every 20 Americans under the age of 40 has heart disease.

These numbers may seem astonishing, but the good news is that there are ways to prevent and reduce your chances of getting heart disease.

Knowing your family history can give you great insight as to whether you're at risk. Forewarned, you can take steps to avoid CVD.

To lower your chances of getting CVD you should: know your blood pressure and keep it under control, don't smoke or use tobacco products, get tested for diabetes, know your cholesterol levels, exercise regularly, eat a healthy diet that includes vegetables and fruits in abundance (about five to ten servings a day), maintain a healthy weight, and get regular health screenings.

Simply put, being overweight by 30 percent, having high blood pressure, high cholesterol, a stressful lifestyle, and physical inactivity put you at a greater risk for CVD.

"Maintain an ideal bodyweight and exercise one hour a day, seven days a week," advises Schilling. To complement a heart healthy diet, she recommends following a balanced diet with approximately 30 percent of calories from monounsaturated fats such as olive oil, canola, fish and nuts, and limit saturated fats.

Heart disease is not inevitable, but is often preventable. Being heart-conscious does not have to be complicated, either. Take the time and initiative to include heart-healthy habits into your lifestyle. There's a very good chance you will enjoy a healthier, and longer, life for years to come. Consult with your physician for a health screening and more tips on how not to become a victim of cardiovascular disease. 

The DeAnza Sports Center is here to help you get "heart healthy!"

High Intensity Interval Training (HIIT) Class

Every Monday, Wednesday, and Friday | Noon | Sports Center

This class is instructed by Ivan Garcia, Sports Center Manager, who is now a CrossFit Level 1 certified trainer! HIIT is a form of cardiovascular exercise that incorporates enhanced interval training with alternating periods of short, intense anaerobic exercise with less intense recovery periods. These workouts improve athletic capacity, condition, and glucose metabolism while burning more fat.

Group Cycle Classes

Thursdays | Noon | Sports Center

The DeAnza Sports Center recently debuted 15 NEW spin bikes! With Group Cycle, you'll roll over hills, chase the pack, climb mountains, and spin your way to burning calories and strengthening your lower body!



E

arth Day marks its 44th anniversary on April 22, 2014. Created by Wisconsin Senator Gaylord Nelson, Earth Day is celebrated worldwide with the intent of raising public awareness about environmental issues. More than just planting trees, Earth Day has inspired the Clean Air Act, the Endangered Species Act, and the establishment of the Environmental Protection Agency.

It may seem like there isn't much that we can do individually to reduce our carbon footprint and celebrate Earth Day, but there are steps that we can take in order to take care of and preserve our Earth:

Bring your own. When shopping, bring your own reusable bags instead of using the usual plastic bags. If you must get a plastic bag then repurpose it for other use. Heading to the coffee shop to get your fix? Bring your own reusable cup (most places will even give you a discount!).

Eat your vegetables. Every year in the U.S. alone, about 80 percent of all agricultural land, half of all water resources, 70 percent of all grain, and one-third of all fossil fuels are used to raise farm animals. Vegetables take fewer resources to grow AND they're good for you.

Pay your bills online. Paying bills online eliminates the need to write and

mail paper checks or to keep paper records. This saves you money, time, energy, and reduces the need to chop down a tree.

Reduce the need to copy and print. When necessary, copy and print on both sides of the paper.

Unplug appliances that you don't use frequently. Cell phone chargers, laptops, coffee makers, and televisions, for example, all use a lot of energy when not in use.

Buy local and organic. Local and organic products don't have to travel as far to get to their destinations and thus reduce greenhouse gas emissions. The Central Coast offers several Farmer's Markets throughout the week.

Recycle, recycle, recycle. From paper to plastic to clothing and electronics, almost everything that we use can be recycled for another purpose.

Ride your bike. It may be hard to do this while living and working at Fort Hunter Liggett, but if you live on post you can use your bike to commute to work, to an on post event, or, if you work on post but reside elsewhere, to help you get from point A to point B while at work. Reduce gas emissions and get in shape at the same time!

The fact is that we all call Earth our home and should take steps to ensure that it is still here for our children, grandchildren, and generations to come. Make every day Earth Day! 



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The right place to stay is right on post.

Feb. 6, March 27 | 11:45 a.m. | Community Center

Relocation Issues and Concerns

Feb. 13, March 20, April 10 | 4:30 p.m. | Library

Book Club

Feb. 20, April 3 | 10 a.m. | Community Center

Relocation Orientation Brief

March 13, April 17 | 10 a.m. | Community Center

Life Skills Class

Feb. 17 | President's Day

ACS CLOSED

Feb. 24-28

Military Saves Week

Feb. 27 | 1 p.m. | Community Center

Understanding Debt Management Class

March 1- May 15

Army Emergency Relief Fundraising Campaign

March 6 | 10 a.m. | Community Center

Relocation Sponsor Training

March 11 | 1 p.m. | Community Center

Understanding Money and Credit Class

March 25 | 1 p.m. | Community Center

Checking Account Maintenance Class

April

Sexual Assault Awareness Month

April 6- 13

Volunteer Appreciation Week

April 15 | 1 p.m. | Community Center

Tax Returns and You Class

April 22 | 1 p.m. | Community Center

Thrift Saving Plan- The Basics Class

April 24 | 11:45 a.m. | Community Center

Relocation Discussion Group Class

For more information, please contact ACS.



*Written by Kristen Baker,
Marketing Coordinator*

Being able to better handle your finances is probably one of the best things that you can do to enhance your quality of living. We recognize that physical and mental health are important, but equally important is financial health. Success in this area can be large or small, but it can also be short and sweet if not maintained correctly. February 24 through February 28 is "Military Saves Week." Read on to discover some tips for improving your financial health.

Start by taking your financial temperature. Adopting good financial habits is comparable to losing weight. You start by figuring out where you are, what areas need improvement, and then set goals for where you want to be. Once you know where you are, then set goals. Next, calculate how long it's going to take to reach those goals. Begin by writing down exactly how much is necessary to spend in a month (credit card payment, car payments, cell phone bill, etc.) then decide how much you need to put in savings to reach your goal.

Les Toth, Army Community Services (ACS) Division Chief says, "Create a financial plan. Research shows that people who have a plan save twice as much as those who don't- even with the same income. Well-defined financial goals are an important part of money management."

In addition to reaching your financial goal, make a habit of putting ten percent of your paycheck into a "rainy day fund." This ensures that, should a crisis ever arise, you won't be forced to take money out of your savings fund. You'll have enough to cover whatever happens and still have money saved for future goals.

Keep track of how much you spend. This is one of the most important tips to gain financial control of your life. For a month, keep a small pad of paper on you and record every dollar that you spend- every day. At the end of the month, review your purchases and determine how to cut back. For instance, you could save \$4 a work day (\$1,060) a year by purchasing a quality coffee maker rather than visiting a coffee shop. Once you've determined where to cut back, create a budget that covers all your necessary expenses, and be sure to include how much you will need to put into your savings/rainy day fund.

Mr. Toth also recommends holding a family meeting to get everyone in on the plan. "A family meeting is a great way to creatively discuss family finances and set goals. Working together to reach financial goals makes success even better."

If you need help getting your financial health into a better state or would like some pointers, visit ACS, Bldg. 196, or call (831) 386-2375. Remember, adopting healthy financial habits now will allow you to enjoy financial freedom for a lifetime. 

T

he beautiful season of Spring is upon us! To me, Spring symbolizes a time of growth, renewal, happiness, and celebrations. This season, Family and MWR has plenty of growth opportunities and celebrations in store for you! Want to better handle your finances? Check out page 10 and speak with ACS before, during, and after Military Saves Week or participate in any one of the money themed classes they have to offer. Looking to get, or stay, in shape? The DeAnza Sports Center has plenty to offer you in the way of equipment and has recently added a Group Cycle Class to their roster! Want to put a smile on someone's face? Send them a Valentine's Day Delivery or bring them to the live Two and a Half Men taping in Los Angeles! And, of course, celebrate our military children with us this April with the Month of the Military Child Carnival and the Youth Fishing Derby! I'm sure you get the point- whatever you want to do, you can do it right here at Fort Hunter Liggett.

You see, through the good and the bad, Family and MWR is here for you and we are always looking for ways to bring you top-notch programming and events that rival anywhere else. So, browse through the pages of this month's *The Howler*, mark your calendars for any and all of our events, read the literature, and enjoy yourself with Family and MWR this Spring!

-Kristen Baker
Marketing Coordinator



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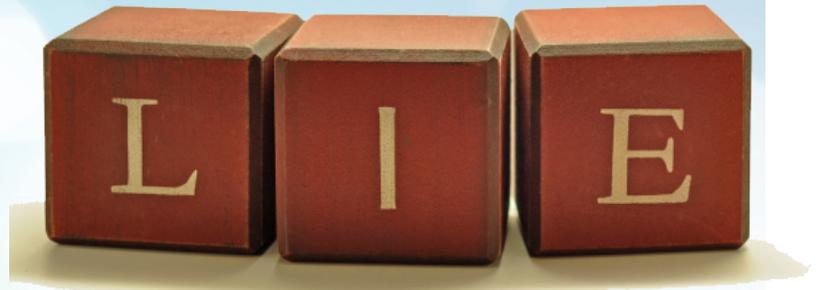
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When Children



Written by Dee Dee Lana, CYSS Division Chief

Researchers who study behavior in young children generally agree that all children will lie at times. The most common reason young children lie is that they are trying to avoid a punishment. Older children will sometimes lie to build their self-esteem. Most times, this is an expected part of growth and development, or ages and stages, and is nothing to worry about. It may also be a way to challenge the rules of behavior as children grow and begin to develop their independence and to see just where those lines are and how close they can get to crossing them.

Older children and teenagers may feel that the one area of their lives which they have control over is how much – and what type – of information they choose to share. This type of lying is usually done by omitting information rather than making something up. When they are bombarded with questions like “Where have you been? What were you doing? Who were you with?” they may lie to enhance their sense of privacy.

Middle school teens will also create a lie when they are trying to deflect or get out of some trouble they are in. This is somewhat ‘Developmentally Appropriate,’ and youths are testing their boundaries, but it is parent’s responsibility to make sure they know that telling the truth is always the better choice. It is imperative to teach “Own up, accept responsibility, and make a better choice next time.” Once children start to tell the truth, it gets easier each time.

Middle School and teen youth at the Fort Hunter Liggett CYSS Middle School Teen Youth Center, all sign a “Character Counts Contract” centered on the six pillars that are expected from them while using the facility. Those pillars are: Trustworthiness, Respect,

Responsibility, Fairness, Caring and Citizenship, or TRRFCC (Terrific)! Each of these pillars explains what is expected, and tells them the consequence of breaking that pillar.

Chronic lying, for no apparent reason, can be a sign that something else is wrong. When there is stress in a family or social settings, children may lie to either attract attention to themselves or to divert it elsewhere. When the situation is extremely stressful, a teen may also choose to shut down as a defense mechanism, which must be allowed because it is better than telling a lie. As long as there is no physical threat to themselves or to anyone else, parents cannot hold children as guilty when they just don’t want to open up.

While some lying is normal in all children, it is important to talk to your children about your feelings when they do lie. Explain to them that lying reduces trust and that the more it happens the harder it will be for people to believe them when they are telling the truth. If chronic lying has become a problem, clearly explain to your child what the consequences of lying to you are and enforce those consequences. If children find they can get away with lying it is more likely that it will continue. Parents must be consistent in their discipline methods and must follow through. Don’t give them choices when there aren’t any, and don’t give a consequence that cannot be followed through with. Example: “You’re grounded until you’re 30!”

The most important thing parents can do is to set a good example. Young children often can’t tell the difference between a “little white lie” and a more serious lie. Remember, your children are always watching and learning from your behavior. Teach your children that “Character is who you are when you think no one is watching.” (Michael Josephson – Character Counts Institute) 



- BLOSSOM
- BUTTERFLY
- DAFFODIL
- DUCKLING
- GARDEN
- GREEN
- KITES
- PICNIC
- PUDDLES
- SEEDS
- SUNSHINE
- TULIP

Spot the *Difference*



Can you spot the five changes in the second picture? Answers on page 6.





Photo by Rebecca Deimler

3rd Annual Oktoberfest October 12, 2013

(Pictured) Participants attempt to win the challenge in one of the games played at Oktoberfest.

Although the event was postponed due to the government shutdown in October, the 3rd Annual Oktoberfest was a hit! Authentic German cuisine and culture were plentiful, and there was food and bier, music, dancing, contests and more!

6th Annual Trunk 'n Treat October 31, 2013

(Pictured) A few of the attendees pose for a picture in their costumes with the Garrison Commander.

Trunk 'n Treat is held annually in the PX Parking Lot as a way to offer a safe and secure environment during the trick or treating experience without sacrificing the fun. There were games, plenty of decorated trunks, a face painting booth, and a costume contest. Prizes were awarded to the best costumes and best decorated trunk.



Photo by Rebecca Deimler



Photo by Kristen Baker

6th Annual Howling Coyote Triathlon October 26, 2013

(Pictured) Jackie Hancock, from the Environmental Division at Fort Hunter Liggett, finishes in first place for the Women's Division.

Groups and individuals gathered early on a Saturday morning to showcase the months of hard work they'd been training for... completing a triathlon! The triathlon was a quarter-mile swim, 15 mile bike ride, and a 3.1 mi run. Each competitor received a medal, t-shirt, and post-race luncheon upon completing the course.

Annual Holiday Tree Lighting Ceremony December 5, 2013

(Pictured) A representative from IHG Army Hotels, a proud sponsor of Family and MWR, serves hot chocolate to the crowd.

The air was chilly, but spirits were not, as the Fort Hunter Liggett community came together for the annual Holiday Tree Lighting Ceremony. After the tree was lit, there was caroling and Santa himself made an appearance! Each child had the opportunity to take a picture with Santa and receive a gift. Immediately following the festivities was the community potluck at FHL's Hacienda. There was plenty of food and fun for everyone.



Photo by Rebecca Deimler



Photo by Rebecca Deimler

Customer Appreciation Day January 9, 2014

(Pictured) Attendees mingling and enjoying themselves.

Family and MWR hosted a Customer Appreciation Day event to honor our loyal customers who have stuck with us throughout the year- through the best of times and the worst of times. There was free food, coupons for MWR facilities, and raffles. Entertainment was provided by magician and mentalist Derek Hood and The King City Variety Dance Team.

We want your photos!

Send in your pictures from any one of our Family and MWR events and it could be in the next issue of The Howler!

Just Email:

Rebecca.L.Deimler.NAF@mail.mil

**Photos from any Family and MWR event are available via our Facebook page at www.Facebook.com/FHLMWR or call Marketing at (831) 386-2364.*

Army Community Services (ACS)

Provides individual/ unit assistance on deployment, reintegration, financial readiness, and transition assistance.

Building 196, Infantry Rd.

Phone: (831) 386- 2375

Open: Mon-Fri 7:30 a.m.- 4:30 p.m.

Child, Youth, and School Services

Offers day care, hourly care, and after school programs.

Building 177 & 178, Stuart Rd.

Phone: (831) 386- 2605

Open: Mon-Fri 7 a.m.- 5:30 p.m.

Commissary

On post grocery shopping

Building F182, Apache Rd.

Open: Thur-Fri 11 a.m.- 7 p.m.

Sat 9 a.m.- 4 p.m.

Community Activity Center (CAC)

Meeting space, kitchen, dining room- great for parties and events. Available any time you need it. Call ACS for booking.

Building 124, Sulphur Springs Rd.

DeAnza Sports Center

Cardio equipment, weight rooms, and indoor heated pool.

Building 219, Bradley Rd.

Phone: (831) 386- 2784

Open: (Gym) Mon-Fri 5 a.m.- 9 p.m.

Sat & Sun Noon- 9 p.m.

(Pool) Daily Noon- 7 p.m.

FHL's Hacienda

Provides lodging and weekly entertainment.

Full bar in the evening.

Building 101, Infantry Rd.

Phone: (831) 386- 2900

Open: (Reservations) Mon- Fri 7:30 a.m.- 4:30 p.m.

(Bar) Wed-Fri 5 p.m.- 11 p.m.

Sat 5 p.m.- 2 a.m.

Hunting and Fishing Office

Provides a resting spot for those out hunting on post

Building 191, Bradley Rd.

Phone: (831) 386- 2677

Open: Mon-Fri 7 a.m.- 3:30 p.m.

Sat & Sun 5 a.m.- 5 p.m.

Library

Check out a variety of books and magazines.

Reference materials available.

Building 291, 7th Division Rd.

Phone: (831) 386- 2719

Open: Tues-Fri 7:30 a.m.- 4:30 p.m.

Liggett Lanes Bowling Center

Bowling and snack bar.

Building 121, Infantry Rd.

Phone: (831) 386- 2194

Open: (Bowling) Wed-Fri 4:30 p.m.- 9 p.m.

Sat 11:30 a.m.- 9 p.m.

Sun 11:30 a.m.- 7 p.m.

(Snack Bar) Wed- Fri 5 p.m.- 10 p.m.

Sat Noon- 10 p.m.

Sun Noon- 8 p.m.

Post Exchange

Self-service shoppette with high quality merchandise

Building 80, Infantry Rd.

Open: Mon-Fri 10 a.m.- 6 p.m.

Sat 10 a.m.- 2 p.m.

Recreation Center

Offers off-post recreational trips, games, and recreational equipment for rent.

Building 287, Infantry Rd.

Phone: (831) 386- 2406

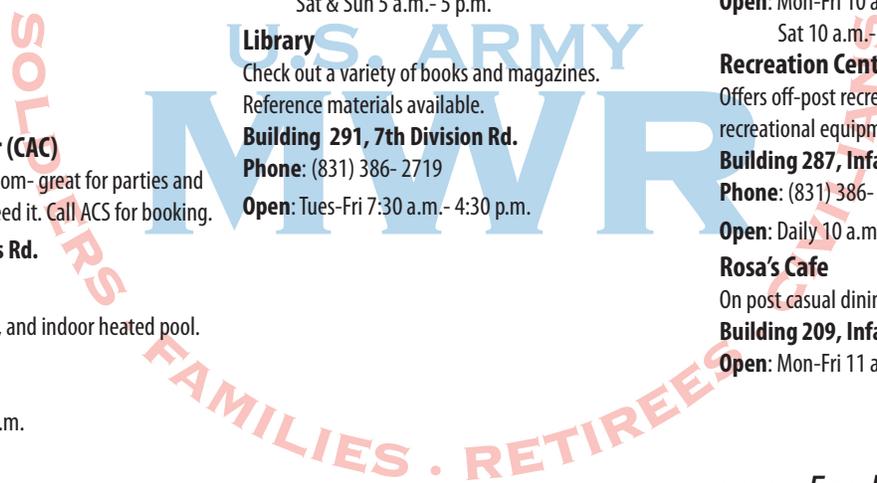
Open: Daily 10 a.m.- 10 p.m.

Rosa's Cafe

On post casual dining

Building 209, Infantry Rd.

Open: Mon-Fri 11 a.m.- 2 p.m.



www.Facebook.com/FHLMWR



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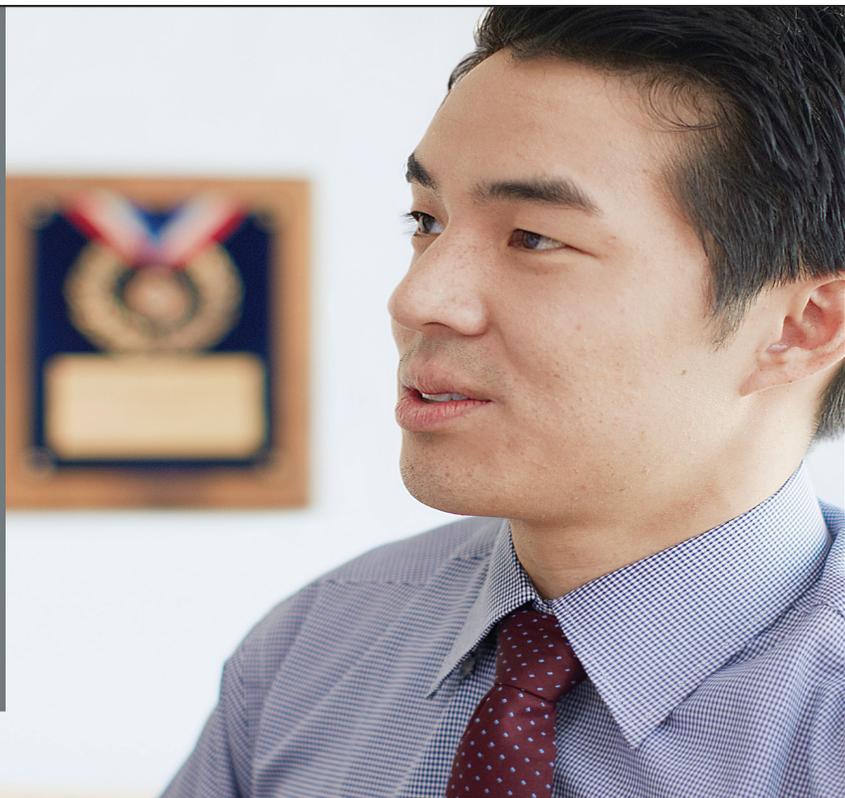
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