

Fort Hunter Liggett's

Howler

BACK
SCHOOL



Fall 2013
Volume 1 | Issue 3

www.liggett.army.mil/mwr

TableOfContents

Fort Hunter Liggett
Directorate of Family and Morale, Welfare, and Recreation

Garrison Commander
COL Donna Williams

Director, Family and MWR
Charlemagne Tertulien

Chief, Recreation and Business Operations
Rick Bosch

Chief, NAF Support Services and Financial Management
Mary Stringfield

Chief, Army Community Service
Les Toth

Chief, Child, Youth, and School Services
Susan "Dee Dee" Lana

**Marketing Coordinator
 Advertising Consultant**
Kristen Baker

**Marketing Assistant
 Sponsorship Consultant**
Rebecca Deimler

Director's Comments..... 3

August Events..... 4

September Events..... 5

October Events..... 6

Get Going..... 7

Ease Back To School Stress..... 8

Army Community Services & Domestic Violence Awareness Month 10

Editorial..... 11

CYSS Advice: Talk About Underage Drinking..... 12

Discover..... 13

Picture Perfect..... 14-15

Family and MWR Directory..... 16

Rita Goldstein



MWR Quarterly Performer

Rita Goldstein wears many hats: she's the Family Advocacy Program Manager, Exceptional Family Member Program Manager, Victim Advocate, and the Sexual Harrassment and Assault Response and Prevention program / Sexual Assault Response Coordinator (SHARP / SARC) at both Fort Hunter Liggett and Parks RFTA. Her daily duties include, but aren't limited to: following up with clients, planning classes, trainings, and briefings, and general program management. Rita came to FHL from Brooklyn, New York and has been a part of the MWR family at Fort Hunter Liggett for one year. She was selected as the MWR Quarterly Performer because of her ability to handle everything thrown her way with grace and professionalism and because she has created programs that make our community a better place to live. Rita says her favorite part about her job is working with so many amazing people, and that she especially enjoys working with teen girls at the monthly SMART Girls group meetings. In her free time, she enjoys traveling, exploring her new home, and planning her wedding. Her selflessness, hard work, and determination make her this quarter's overall Quality of Life award winner! 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, 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

The month of June brought the Change of Responsibility for the Fort Hunter Liggett Command Sergeant Major. The MWR Directorate would like to take this opportunity to bid farewell to CSM Kevin Newman and we thank him for a job well done. His support of MWR programs and events was very much appreciated. He will be greatly missed and we wish him all the best in his future endeavors.

We also welcome CSM Tracy Barlogio to Fort Hunter Liggett. The MWR Directorate looks forward to working with CSM Barlogio in bringing MWR programs and events to the Soldiers, family members, and the civilian workforce that make up the FHL Community.

As always, I would like to take this opportunity to say "Thank you" to our sponsors and customers. I have to tell you, with all the financial issues that are going on in the world, the MWR family is doing okay and it's all because of you!

See you around!
Charlemagne Tertulien

Thank you to our Sponsors!!

Steven's
Mobile Detailing
831-236-1187



TRANSACT
ATM Solutions
Proud Sponsor of Family and MWR
ATMs are located at:
PX
Recreation Center



National Bowling Month is this August! In celebration, Liggett Lanes is hosting Rock 'n Bowl on Aug. 3, Couple's Bowling on Aug. 9, Monte Carlo Night on Aug. 16, Family Bowling on Aug. 18, 2-for-2 games on Aug. 21, and 50's Night on Aug. 24!

Competitive bowling more your style?

Sign up for the **Bowling League!** The League begins in August and will continue through October. Players can choose their own teammates and schedule will be determined after initial meeting. Stop by Liggett Lanes to sign up anytime Wednesday- Sunday or call 831.386.2194 for more information.

6th Annual

Community Expo

Join us on Aug. 15 from 3-6 p.m. at the DeAnza Sports Center for one of the most anticipated events of the year... the 6th Annual Community Expo! Meet the business community in our area, and get information directly from the people who want to support YOU! There will be games, raffles, give-aways, food, music, and more! This is a free Family and MWR event. For more information, call 831.386.2988/2406.

AugustEvents

Tuesdays & Thursdays | Noon | Sports Center
HIIT Cardio Class

Aug. 3 | 8-10 p.m. | Liggett Lanes
Rock 'n Bowl

Aug. 4 | 5 p.m. | Recreation Center
NFL Hall of Fame: Cowboys vs. Dolphins

Aug. 8 | 7 p.m. | Recreation Center
Billiards Tournament

Aug. 9 | 7-10 p.m. | Liggett Lanes
Date Night: Couples Bowling

Aug. 10 | 6 p.m. | FHL's Hacienda
Wine & Dine (R, \$)

Aug. 12 | 6 p.m. | Recreation Center
Madden 13 Tournament

Aug. 15 | 3-6 p.m. | DeAnza Sports Center
6th Annual Community Expo

Aug. 16 | 6 p.m. | DeAnza Sports Center
Dive-In Movie

Aug. 16 | 7 p.m. | Liggett Lanes
Monte Carlo

Aug. 17 | 7 p.m. | Recreation Center
UFC on Fox: Rua vs. Sonnen

Aug. 18 | 2-8 p.m. | Liggett Lanes
Family Bowling Day

Aug. 20 | 6 p.m. | DeAnza Sports Center
Slow-Pitch Softball Tournament

Aug. 20 | 6 p.m. | Recreation Center
Gears of War II Tournament

Aug. 21 | 7 p.m. | Liggett Lanes
2-for-2 Games (\$2 game, \$2 shoes)

Aug. 24 | 7 p.m. | Liggett Lanes
50's Night

Aug. 31 | 7 p.m. | Recreation Center
UFC 164: Henderson vs. Grant

1. Tie (back middle)
2. Missing person (back right)
3. White Background (back middle)
4. Different Ribbon (left)
5. Missing Tassel (top left)

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.

SeptemberEvents

Hispanic American Heritage Month

Tuesdays & Thursdays | Noon | Sports Center

HIIT Cardio Class

Sept. 2 | Labor Day

ACS, MWR HQ, CYSS, Library CLOSED

Sept. 7 | 5 p.m. | FHL's Hacienda

Candy Land Ball (S, \$)

Sept. 7 | 8-10 p.m. | Liggett Lanes

Rock 'n Bowl

Sept. 11 | Noon | Begins at FHL HQ Flagpole

Patriot Day Walk

Sept. 12 | 7 p.m. | Recreation Center

Billiards Tournament

Sept. 14 | 7 p.m. | Recreation Center

PPV Boxing: Mayweather vs. Alvarez

Sept. 16 | 7 p.m. | Recreation Center

Call of Duty Tournament

Sept. 19 | 11:30 a.m. | FHL's Hacienda

Hispanic Heritage Month Observance

Sept. 20 | 5-8 p.m. | FHL's Hacienda

Jose Sarduy Comedy Night (\$)

Sept. 20 | 7 p.m. | Liggett Lanes

King Pin Movie Night (18+ Only)

Sept. 21 | 7 p.m. | Recreation Center

UFC 165: Jones vs. Gustafsson

Sept. 24-28 | Library

Banned Books Week

Sept. 24 | 6 p.m. | DeAnza Sports Center

3-on-3 Basketball Tournament

Sept. 24 | 7 p.m. | Recreation Center

Madden Tournament

Sept. 26 | 7 a.m.- 9 p.m. | Los Angeles

Price is Right Trip (S, \$)

Sept. 28 | 8-10 p.m. | Liggett Lanes

Rock 'n Bowl

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.*



Join us for the **Patriot Day Walk** as we honor the memories of the victims of the 9-11 terrorist attacks. The Command Group will begin the event with a short speech and a moment of silence. A 1.5 mile walk will follow. Start and finish are the FHL HQ Flagpole.

For more information, call 831.386.2784.



Join us for history, culture, and back-to-back laughs as we celebrate Hispanic Heritage Month! The official observance is on Sept. 19 at 11:30 a.m. Guest speaker is the hilarious Jose Sarduy, Maj. U.S. Air Force Reserves, who is back at FHL for the second time! A sampling of food will be served. Then, come let your hair down and let go of the stresses of the week at his Comedy Show on Sept. 20! Tickets are \$8/person and price includes delicious appetizers. Please pay at the bar. You must be over the age of 21 to attend the Comedy Show. Both events are held at FHL's Hacienda. To learn more about Jose Sarduy, visit www.JoseSarduy.com.

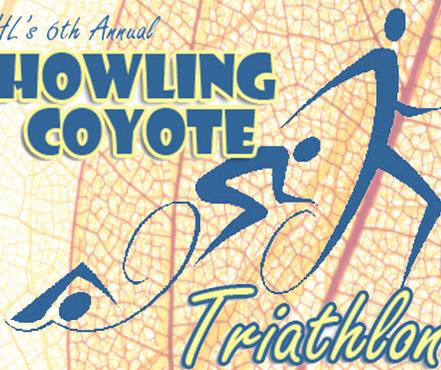
For more information, call 831.386.2988.



It is time for us to raise ein Stein in honor of das Oktoberfest! The fun begins at 4 p.m. on Oct. 5 at FHL's Hacienda. Festivities will continue into the night with authentic German cuisine and plenty of imported refreshments to fill your Stein. Our delicious menu is developed and prepared by a team straight from Deutschland! We'll have music, contests, dancing, prizes, and MORE! For more information, call 831.386.2988.

FHL's 6th Annual

HOWLING COYOTE



Calling all athletes...The annual Howling Coyote Triathlon is coming up on Oct.26! Categories are: Individual and Three-Person Teams. Price is \$30 for

Individuals and \$60 for Three-Person Teams. Military personnel receive a discount with a valid ID. Registration forms will be available at the DeAnza Sports Center beginning Sept. 1. For more information, call 831.386.2784.

Trunk 'n Treat

It's Halloween, so you know what that means- Trunk & Treat! Trunk and Treat begins at 5 p.m. at the PX. There'll be candy, entertainment, and PRIZES will be given for best decorated trunks and costumes! Then, unwind by heading over to Liggett Lanes to watch "Frankenstein." For more information, call 831.386.2406.



OctoberEvents

Tuesdays & Thursdays | Noon | Sports Center
HIIT Cardio Class

Oct. 5 | 4 p.m. | FHL's Hacienda
3rd Annual Oktoberfest (\$)

Oct. 8 | 6 p.m. | DeAnza Sports Center
Volleyball Jamboree

Oct. 10 | 10 a.m. | Library
Story Time

Oct. 10 | 7 p.m. | Recreation Center
Billiards Tournament

Oct. 12 | 7 p.m. | Recreation Center
UFC 166

Oct. 12 | 8-10 p.m. | Liggett Lanes
Rock 'n Bowl

Oct. 14 | Columbus Day
ACS, Library, MWR HQ CLOSED

Oct. 15 | 6 p.m. | Recreation Center
Call of Duty Tournament

Oct. 18 | Library
Sweetest Day Celebration

Oct. 19 | 6 p.m. | FHL's Hacienda
Wine & Dine: Italian Afresco (S, \$)

Oct. 25 | 6 p.m. | Recreation Center
Super Smash Bros Tournament

Oct. 26 | 7:30 a.m. | DeAnza Sports Center
6th Annual Howling Coyote Triathlon

Oct. 26 | 8-10 p.m. | Liggett Lanes
Rock 'n Bowl

Oct. 31 | 10 a.m. | Library
Halloween Story Time

Oct. 31 | 5 p.m. | PX Parking Lot
6th Annual Trunk 'n Treat

Oct. 31 | 7 p.m. | Liggett Lanes
Frankenstein Movie Night

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.



Get Going!

with Cardio Exercise

Written by Lynne Sheldon
(Livestrong)

Cardiovascular, or aerobic exercise, works all of the large muscle groups in your body. A workout can consist of walking, running, swimming, dancing, cycling. Doing regular cardio exercises not only can help you lose and maintain your weight, it can also improve your heart health and cut your risk for chronic diseases.

Weight Control

Cardio exercises get your heart pumping, and they also burn off those extra calories and fat. When you combine regular workouts with eating right, they can help you keep your weight under control. Performing just a half an hour of aerobic activity most or all days of the week is enough to maintain your current weight.

Heart Health

Your heart and cardiovascular health can benefit greatly from regular cardio exercise. Aerobic activities help to lower your blood pressure and prevent

heart disease, and they can also improve the health of your vessels and vascular functions, allowing your blood to flow more efficiently throughout your body. If you have had a heart attack, beginning a regular exercise program can reduce your risk of having another, and it may even lower your risk of death by 20 percent to 25 percent, according to the American Heart Association.

Ward Off Diseases

Keeping excess fat from accumulating on your body can cut your risk of developing certain chronic diseases, and using cardio exercise to do this can provide even more benefits. Cardio wards off type 2 diabetes, high cholesterol and some kinds of cancer, and if you perform weight-bearing aerobics such as jogging, it can lessen your chances of developing osteoporosis.

Never Too Late

It is never too late to begin exercising, but you should always consult with your doctor before doing so. Tell her about any health conditions you have, as well those that are in your family history, and let her know if you smoke as well. She can help you determine how much cardio you can safely perform and give you tips on how to begin. 



THE AMENITIES YOU WANT. THE LOCATION YOU NEED.

The new face of on-post hotels.

At IHG Army Hotels on Fort Hunter Liggett, we know that convenience is about more than location. That's why we're changing the face of on-post hotels with upgraded rooms, complimentary breakfast, weekly socials and a knowledgeable staff. And since you don't have to be in the military to stay with us, everyone's welcome—no matter their mission.

IHGAmyHotels.com
877.711.8326

Building 196, Infantry Road
Jolon, CA, 93928

IHG | **ARMY
HOTELS**

The right place to stay is right on post.



©2013 InterContinental Hotels Group. All rights reserved. IHG Army Hotels properties are independently owned by Rest Easy, LLC, an affiliate of Lend Lease (US) Public Partnerships, LLC, and operated by an affiliate of IHG.

Ease Back to School Stress

Written by **Christine McLaughlin**
(School Family)

Change may be good, but it's not necessarily easy. Switching from the laid-back fun in the sun of summer to rules, homework, and routines can be a big jump for parents and children alike. But with a little preparation and the right attitude, it doesn't have to be so hard.

It's normal for a child to have a little flutter of anxiety about going back to school, according to Eileen Kennedy-Moore, a clinical psychologist and coauthor of *Smart Parenting for Smart Kids: Nurturing Your Child's True Potential*. After all, they're getting themselves ready for a lot of newness: a teacher, classmates, tasks, and challenges.

Stay Positive

A parent's attitude has a strong influence on how children view the beginning of school, says Kennedy-Moore. Children pick up on their parents' feelings, react to them, and often magnify them. "You have to have faith that they'll be able to get through [changes], even if it's hard. It's a powerful message to give kids," she says. "We don't want to dismiss their feelings, but we do want to normalize them and say 'Everyone feels a little nervous going into the classroom, but I really think you're going to be fine.'"

Kennedy-Moore has asked her own four children a question at back-to-school time: "Somewhere in your class is a child who is waiting to be your friend. How will you figure out who that is?" This sets a positive expectation about the

school year, and it helps children notice and be ready to respond to friendly overtures.

Emphasize to your children that anxiety doesn't have to be a stop signal, she says. "It's really just our body getting us pumped so we're ready to handle a new or challenging situation."

Create Routines

Establishing daily routines at home at the start of the school year (or even before) can also help children adjust. Doing this directly benefits their work in the classroom, where their day is full of routines, says Traci Matturro, a reading specialist at Luxmanor Elementary in Rockville, Md. "Routines need to be modeled to kids no matter what age. They need to be shown what to do, not told what to do," she says. "And parents need to let their kids know their expectations daily."

Matturro suggests creating a checklist or flowchart to help children get organized and stay on schedule. "It helps ease anxiety with rushing to get out the door, especially," she says.

For the afternoon, consider scheduling a routine for homework, snacks, and extracurricular activities. Matturro suggests having children help create the schedule as a way to get them to buy into it.

At night, when setting bedtimes, keep in mind that children between the ages of 5 and 12 need 10 to 11 hours of sleep. Setting an early bedtime at the beginning of the school year may not work as well for older children who can handle being up later. In this case, Kennedy-Moore suggests expecting them to be exhausted the first week when

they come home from school and planning for low-key afternoons to give them a chance to decompress.

Establish Fun Traditions

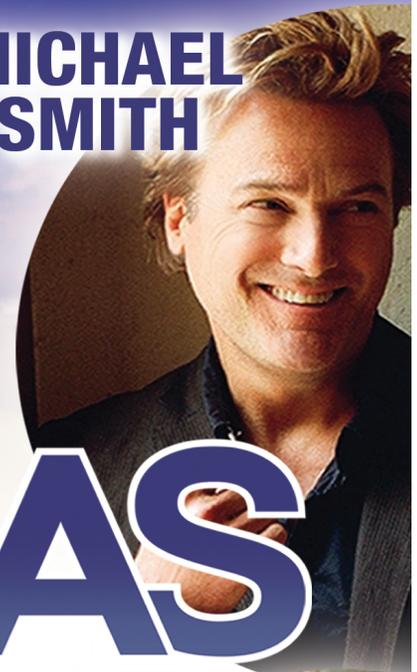
Because attitude matters, if you're excited for school to start, your children will follow your lead. Having an annual ritual can help ring in the new school year and can be a treasured tradition for years to come. For instance, every year the night before the first day of school, the DeRocco family sits around the backyard fire pit, roasts marshmallows, and talks about their "joys and concerns" for the upcoming year.

Spending time just hanging out with your children before the start of the school year helps with transition. A parent's simple presence is comforting and soothing to children and gives them the opportunity to talk if they want to, says Kennedy-Moore.

Once school starts, of course parents want to hear all about it, but it's important to follow your child's lead. Some children are chatty and want to discuss every detail. Others will feel overwhelmed with too many questions. They may need to relax first and talk later, or they may only tell you about bits and pieces of their day. Either way, it's fine, Kennedy-Moore says. "If your child seems calm and reasonably happy, you can assume the start of the school is going well," she says. "One of the most precious gifts we can give our children is our confidence that they will find their way." 

“Cantinas Music Festival is going to be an amazing time of music and worship, I’m especially looking forward to seeing our men and women who serve our country well.” -

MICHAEL W. SMITH



2nd annual
CANTINAS
MUSIC FESTIVAL



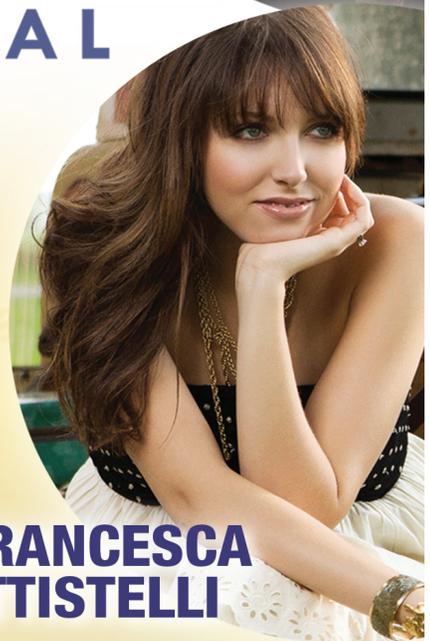
SATURDAY 2013
AUGUST 24
PASO ROBLES
EVENT CENTER

12 Noon – 8:00 PM
Activities for all ages
Concert starts at 6 PM

in association with



FRANCESCA BATTISTELLI



With
JASON CASTRO
And a special appearance by
THE GROOVALOOS



FOR MORE INFO AND TICKETS VISIT, CantinasMusicFestival.com

FREE FESTIVAL ENTRY WITH MILITARY ID!

FREE event parking • FREE festival entry for up to six family members • 15% discount on concert tickets



October is
DOMESTIC VIOLENCE AWARENESS MONTH

Written by Donna Miles, Washington
(American Forces Press Service)

The Defense Department is observing National Domestic Violence Awareness Month by reminding the military community about resources and programs to help in preventing or stopping domestic violence.

President Barack Obama issued a National Domestic Violence Awareness Month proclamation Oct. 1 (2010), emphasizing the U.S. government's commitment to reducing its prevalence, supporting victims and bringing offenders to justice.

"Ending domestic violence requires a collaborative effort involving every part of society," he wrote. "This month – and throughout the year – let each of us resolve to be vigilant in recognizing and combating domestic violence in our communities, and let us build a culture of safety and support for all those affected."

Domestic violence is a national problem that cuts across socioeconomic, age, gender, ethnic, racial and cultural lines. National statistics reveal that it affects more than 4 million people a year, with almost 17,000 of them murdered by an intimate partner and an estimated 2,000 children dying at the hands of a caregiver.

The military faces the same challenges as society at large, particularly in light of the high operational tempo and the strain it puts on servicemembers as well as their families. Defense Secretary Robert M. Gates acknowledged

these stresses during a lecture at Duke University.

"As a result of the multiple deployments and hardships associated with Afghanistan and Iraq, large swaths of the military – especially our ground combat forces and their families – are under extraordinary stress," Gates said.

The Defense Department has added muscle to its programs addressing all these issues, including domestic violence. Installation family support centers offer a wide variety of programs and classes for military members and their families, and Military OneSource and Military Homefront provide online access to information and resources, officials noted.

In addition, the family advocacy program is responsible for addressing violence in military families through prevention, early identification, intervention, victim support and treatment for abusers. The program's staff members work with commanders, military law enforcement personnel, medical staff and family center staffers and chaplains, as well as civilian agencies, to provide a coordinated response to domestic abuse.

To protect those who might otherwise not file a report, the family advocacy program allows people to submit a "restricted report," officials explained, to report domestic abuse by a servicemember without initiating a law enforcement or command notification or investigation.

Officials call information the most important tool in stopping domestic violence before it begins, and emphasize that everyone can play a part in preventing or ending it. 

Family and MWR is recognizing DVAM this October! Join us for the **Kickoff on Oct. 1** and the **4th Annual DVAM Bike Race on Oct. 12!**

Thursdays | Times Vary | Family Resource Center
Relocation Information & Activities for Families

Aug. 21, Sept. 25, Oct. 23 | 3 p.m. | Teen Center
S.M.A.R.T. Girls Group

Aug. 6 | 2 p.m. | Family Resource Center
Stress Management Class

Aug. 8 | 2 p.m. | Family Resource Center
Anger Management Class

Sept. 10 | 2 p.m. | Family Resource Center
Family Wellness Class

Sept. 17 | 2 p.m. | Family Resource Center
Parenting Tips Class

Sept. 24 | 2 p.m. | Family Resource Center
Mandated Reporter Training

Oct. 1 | 10 a.m. | ACS
Domestic Violence Awareness Month (DVAM) Kickoff

Oct. 7 | 2 p.m. | FRC
Healthy Families Class

Oct. 12 | 9 a.m. | Training Areas 12A, B, C
4th Annual DVAM Bike Race

Oct. 15 | 2 p.m. | Family Resource Center
Successful Marriages Class

Oct. 29 | 2 p.m. | Family Resource Center
Parents, Teens, and Boundaries Class

For more information, please contact ACS.

F

all is here, and that means the kids are headed back to school and we receive a much-needed relief from the heat. At Family and MWR when the weather cools down, we heat up to bring you plenty of entertainment, events, and new programs to enjoy! From the start of the Bowling League, 6th Annual Community Expo, Candy Land Ball, Howling Coyote Triathlon, Wine and Dine's, Patriot Day Walk, Hispanic Heritage Month Comedy Show, HIIT Cardio Class, Oktoberfest, DVAM events, and Trunk n Treat- there is truly something for everyone, no matter what type of activity you're looking for.

We hope to see you out and about enjoying yourselves! Keep in mind that we're fueled by your feedback. We read every ICE Comment Card that is sent in and take all recommendations and criticisms into consideration. As you attend our events this quarter, please take a minute to fill out an ICE Comment Card and let us know what you think. Your feedback, positive or negative, is greatly appreciated. ICE Comment Cards are located at the front desk in every Family and MWR facility.

That said, we are able to provide you with supreme programming at a fraction of the cost that you'd find elsewhere- all thanks to our sponsors. So, once again, THANK YOU for helping us deliver the best to our Soldiers, civilians, family members, and retirees. And THANK YOU to our dedicated and loyal customers. Without your support, we wouldn't exist.

-Kristen Baker
Marketing Coordinator



Proudly Serving

the financial needs of the military community, veterans who have honorably served, and their families.*

usaa.com/military | 800-531-8521



USAA means United Services Automobile Association and its affiliates. *Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Ownership rights are limited to eligible policyholders of United Services Automobile Association. The term "honorably served" applies to officers and enlisted personnel who served on active duty, in the Selected Reserve, or National Guard and have a discharge type of "Honorable". Eligibility may change based on factors such as marital status, rank, or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. © 2013 USAA. 142848-0113

START TALKING BEFORE THEY START DRINKING

Written by Dee Dee Lana, CYSS Division Chief

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently launched a new campaign called “Talk. They’ll Hear You” with the goal of encouraging parents to talk frankly and openly to their children about the risks of underage drinking. Parents are encouraged to start the dialogue with children as young as nine years old. While some parents might think that nine years old is too young to have to worry about alcohol, studies show that it is never too early to begin sending the message. All children will eventually be exposed to alcohol and the earlier we can discourage underage drinking, the more likely that message will be remembered.

THINK IT’S TOO EARLY FOR “THE TALK?”

CONSIDER THESE:

•The chance that children will use alcohol increases with age. About 10 percent of 12 year olds say they have tried alcohol, but by age 15, that number jumps to 50 percent. The sooner you talk to your children about alcohol, the greater chance you have to influence their decisions about drinking.

•Parents play a critical role in a child’s decision to experiment with alcohol. Studies have shown that parents have a significant influence on young people’s decisions about alcohol consumption, especially when parents create supportive and nurturing environments in which their children can make their own decisions. In fact, more than 80 percent of children say parents are the leading influence in their decision to drink or not.

•The conversation is often more effective before children start drinking. If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol use. When parents know about underage alcohol use, they can protect their children from many of the high-risk behaviors associated with it.

•Some children may try alcohol as early as nine years old. Most six year olds know that alcohol is only for adults. Between the ages of nine and 13, children start to view alcohol more positively. Many children begin to think underage drinking is OK. Some even start to experiment.

•If you do not talk about it, you are still saying something. What you say to your children about alcohol is up to you. But remember, parents who do not discourage underage drinking may have an indirect influence on their children’s alcohol use. 

*Source: SAMHSA.Gov . For more information and additional tips on how to start the conversation, go to <http://www.samhsa.gov.underagedrinking>

M	V	O	G	P	H	M	H	Q	V	E	P	J	O	N
B	M	A	X	E	X	A	I	P	S	W	J	L	O	K
W	N	S	X	N	O	T	S	N	J	P	P	T	M	R
O	W	E	R	B	E	H	T	A	G	B	E	F	X	O
E	Y	V	T	X	Q	E	O	F	V	B	L	W	S	W
T	R	T	U	Y	B	M	R	E	O	G	I	L	T	E
X	H	R	T	O	W	A	Y	O	A	V	C	T	U	M
Y	T	X	O	E	Y	T	K	L	G	S	N	N	D	O
O	J	T	R	G	O	I	B	Q	R	V	E	E	Y	H
K	V	L	O	O	C	C	O	U	V	P	P	D	C	W
C	G	I	C	L	A	S	S	W	O	R	K	U	P	T
E	S	U	R	U	L	E	R	I	Q	W	W	T	A	C
E	C	N	E	I	C	S	J	K	T	K	L	S	P	Z
G	X	O	T	P	H	S	I	L	G	N	E	Q	E	Q
W	H	E	H	R	E	H	C	A	E	T	R	Z	R	Z

- | | |
|-------------|---------|
| MATHEMATICS | TUTOR |
| SCIENCE | EXAM |
| HISTORY | STUDY |
| HOMEWORK | PENCIL |
| CLASSWORK | RULER |
| HEBREW | TEACHER |
| ENGLISH | STUDENT |
| NOTEBOOK | |
| PEN | |
| PAPER | |

Spot the *Difference*



Can you spot the five changes in the second picture? Answers on page 4.





Photo by Kristen Baker



Photo by Kristen Baker



Photo by Kristen Baker



Photo by Rebecca Deimler

Asian Pacific Islander Month Celebrations May 16-17, 2013

(Pictured L-R) Polynesian dancers take center stage; Pon McMurtry gets pulled up to the stage for a dance; the FHL Command Group pose with guest speakers LTC Opilla and LTC Nguyen.

Fort Hunter Liggett brought out the big guns in celebration of Asian Pacific Islander Month! There were two events: The first was the official observance with special guest speakers LTC Opilla, from DPTMS, and LTC Nguyen, from the 91st Division. The second event, the Asian-Pacific Islander Month Luau was the first of its kind here. The Luau featured a wide array of Asian and Pacific Islander cuisine, including roast pig, and live entertainment by Polynesian dancers.



Photo by Rebecca Deimler

Army 238th Birthday June 14, 2013

The U.S. Army celebrated its 238th birthday this year, and the festivities kicked off at FHL with a refreshing Walk/Run/Cycle at the DeAnza Sports Center. Soldiers, retirees, civilians, and their families came out to enjoy the cool morning air while getting in some exercise.

Caribbean American Month Observance June 20, 2013

(Pictured) Harry Best demonstrates how the versatile steel drum makes its sound.

This year marked the 8th Anniversary of National Caribbean American Month. Fort Hunter Liggett recognized the many contributions of Caribbean Americans by learning a little history on Caribbean Americans, and with a musical performance by Peter and Harry Best of the Bay Area steel drum band, ShaBang!



Photo by Kristen Baker

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.*

Visit 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.

DeAnza Sports Center

Treadmills, exercise bikes, 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.

Family Resource Center (FRC)

Offers meeting space, kitchen, dining room- great for parties and events. Available during the day, evening, weekend, and holidays. Call ACS for details and booking.

Building 124, Sulphur Springs Rd.

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 Fort Hunter Liggett.

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 5 p.m.- 10 p.m.

Sat Noon- 10 p.m.

Sun Noon- 8 p.m.

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

Sat Noon- 10 p.m.

Sun Noon- 8 p.m.

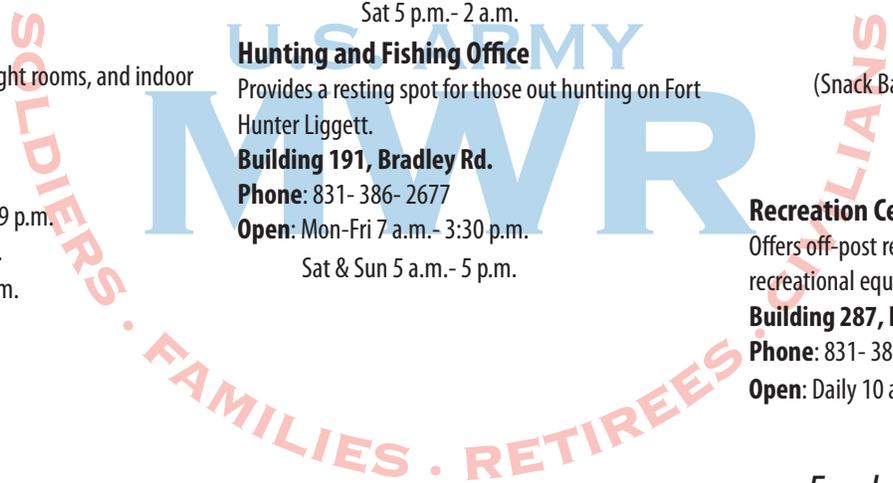
Recreation Center

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.



 Find us on Facebook

www.Facebook.com/FHLMWR



University of Phoenix®

The right opportunities can help you rise through the ranks of civilian life.

Many of our corporate partners, like AT&T and AlliedBarton Security Services, are proud to offer veteran hiring programs that can help ease your transition into civilian life.

Let's get to work:

See how we're helping military members get to work.

phoenix.edu/mil ▶



AlliedBarton Security Services provides security services for University of Phoenix campuses and learning centers.

University of Phoenix is an accredited university and longtime member of Servicemembers Opportunity Colleges (SOC). No Federal or Marine Corps endorsement of advertisers or sponsors is implied. The University's Central Administration is located at 1625 W. Fountainhead Pkwy., Tempe, AZ 85282-2371. Online Campus: 3157 E. Elwood St., Phoenix, AZ 85034.

© 2013 University of Phoenix, Inc. All rights reserved. | MIL-01941