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# Director of Fort Hood Family and MWR Column

From the desk of Nicholas Johnsen

June is a great month as we celebrate several important dates and offer some great programs. Father's Day is June 16. Each Family has its own tradition of celebrating this day, and each Father truly appreciates whatever form that takes. I have



learned over the years that being a Father/Dad was the most important role that I was ever going to fill. I had my ups and downs for sure, but my Family always gave me all the love I could have ever asked for, wished for or wanted. I knew I was loved and they knew I loved them. If you are having any challenges our great Army Community Services New Parent Support Program can be that coach I often wish I had to help me be a better Father than through the old "trial by error" method. Give them a call. Their coaching and training is free!

Give thanks and say a prayer to our surviving World War II (WWII) Veterans. On June 6, 1944, the US and its allies stormed the shores of Normandy that eventually led to the surrender of Nazi Germany on May 7, 1945. If you ever find yourself in Washington DC, I would encourage you to visit the WWII Memorial-it is a moving tribute to all who sacrificed so much in both the Pacific and European Theaters of Operation.

Take advantage of all of the wonderful programs that we have for adults and youth this summer. Grab a "Hood Happenings", sign up for "Hood Highlights" on our web page ([www.hoodmwr.com](http://www.hoodmwr.com)), download our Apple Application "Fort Hood MWR Time", or join our Facebook page-all are designed to provide you useful information at your finger tips that gets you out and about. Finally, no matter what you do be safe-not just for you but those you love!

Respectfully,

**Nicholas R. Johnsen**

Director of Family and Morale,  
Welfare and Recreation

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## June

- 1-2 Waterfest, Belton Lake Outdoor Recreation Area  
 5 Instagram Challenge, Comanche Youth Center  
 7 Single Soldier's Day, Belton Lake Outdoor Recreation Area  
 7 Smart Girls / Newcomer's Jammy Jam, Bronco Youth Center  
 7 Summer Jam Party, Comanche Youth Center  
 7 MS Skate Date, High Chaparral Youth Center:  
 8 Hawaiian Falls in Waco, Bronco Youth Center  
 8 Capture the Flag Super Soaker Summer Kick-Off, Montague Youth Center  
 8 Army's Birthday Party, Kouma, Muskogee and Walker SAC  
 10- Aug 26 Summer Spectrum: Bringing Animation to Life, Kouma, Muskogee and Walker SAC  
 11-13 & 18-20 Junior Clinic Session One, Courses of Clear Creek  
 12 Career Launch and Career Fair, Club Hood  
 12 Dream House Design, Comanche Youth Center  
 13 Teen Recipe Book, High Chaparral Youth Center  
 14 Garrison Commanders Tournament, Courses of Clear Creek  
 14 Beyond the Finish Line: Flag Day & US Army Birthday, Kouma, Muskogee and Walker SAC  
 14 Killeen Lion's Club Water Park Trip, Comanche Youth Center  
 14 Spring Bling Baskets, High Chaparral Youth Center  
 14 Father/Daughter Dance, Montague Youth Center  
 15 UFC Fight Night Watch Party, Legends Pub  
 15 Fun Plex, Comanche Youth Center  
 17 Liquid Nitrogen Ice Cream, Montague Youth Center  
 20-21 Robotic 2-Day Camp, Bronco Youth Center  
 20 Youth Sponsorship: Family Fun Fest, Comanche Youth Center  
 21 Youth Sports and Fitness: Adaptive Sports Experience, Abrams Physical Fitness Center  
 22 Smart Camp: LASA Robotics, Bronco Youth Center  
 25 Dallas Botanical Garden, Montague Youth Center  
 25 Volcano Eruptions, High Chaparral Youth Center  
 27 Family Night Makeovers, High Chaparral Youth Center  
 27 & 28 Youth Sports and Fitness: Football Camp, Evans Sports Complex  
 27 Family "Luau" Night, Bronco Youth Center  
 28 Phantom Warrior Scramble, Courses of Clear Creek  
 28 Pizza and Pajama Pants, Kouma, Muskogee and Walker SAC  
 29 Zipline, Montague Youth Center

## July

- 3 BBQ Cook-Off, Montague Youth Center  
 3 Patriotic 4th July, Kouma, Muskogee and Walker SAC  
 3 Music Production, Comanche Youth Center  
 9,10,11,16,17,18 Junior Clinic Session Two, Courses of Clear Creek

# Fort Hood Spotlight

## Summer Time

School is out and Summer is finally here! It is a joyous time of the year and there are many things that we enjoy doing, during the Summer months: playing baseball, working outside on the lawn, swimming in the pool or lake and next month, enjoying our nation's independence.

Often when celebrating our nation's independence, we use fireworks for entertainment purposes not realizing the damage that they may inflict. When using fireworks this holiday season, please pay close attention to these fireworks safety tips from the National Council on Fireworks Safety.

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have water handy (A hose or bucket).
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks of illegal explosives: They can harm you and others! Report illegal explosives to the fire or police department in your community.

Family and MWR would like to wish you all a very joyous and memorable Fourth of July celebration and remember to use these safety tips when playing with fireworks!

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## ► Under the Moon in June



by Natasha Cooley

**S**tarlight, star bright take me out to the parks tonight. If you are looking for fun and exciting things to do at night then check out the adventures below.

Shamu Rocks! It's a party after dark at SeaWorld featuring live rock-n-roll and a spectacle of lights all showcasing the world's favorite sea creatures. SeaWorld offers Summer Nights from June 8th-September 1st.

You can celebrate "Lights of Liberty" on July 4th and 5th at Six Flags Fiesta. You will experience thrilling rides, a spectacular fireworks show, award winning entertainment and summer fun for the entire Family. The park will be open from 10:30 am to 10 pm both days.

The nights are filled with entertainment at Six Flags Over Texas. Catch country music star and American Idol winner Scotty McCreery live in concert on June 15. You can also see Bridgit Mendler live in concert on July 20th. All concert tickets are purchased at Six Flags Over Texas for \$10 with a paid park admission ticket.

If you are looking for nighttime fun that's just for adults, then check out this water park. Summer Fun Water Park in Belton offers Adults Nights. There is live entertainment, dancing, swimming, volleyball and the lazy river. Some of the live entertainment will include The Billy Holt Band on June 8, Crash Landing on June 22, and Lance Wade Thomas on July 6. Adult Nights are from 7:30 pm – 11 pm Tickets are purchased online through summer fun or at the park. Patrons must be 21 years and over to attend Adult Nights. No food can be brought into the park, parks concession stand will be open.

If nighttime outdoor fun isn't for you then check out this awesome indoor park, IT'Z!!! IT'Z offers unlimited buffet and the latest and greatest games. Without a doubt IT'Z a guaranteed good time.▲

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# ► Aqua

*It's* summer time and we love to have fun in the sun, so ditch the workout inside and come on out to the Aqua Zumba Pool Party! You will have a splash getting your exercise on as you make the pool water clap to the rhythmic flow of your body movements.

Aqua Zumba is a form of low impact aqua aerobics with spicy Latin flavor added in. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders. Unlike regular water aerobics, Aqua Zumba involves different dance steps being performed in the water to a mixture of cha-cha, merengue, salsa, reggaeton and mambo beats.

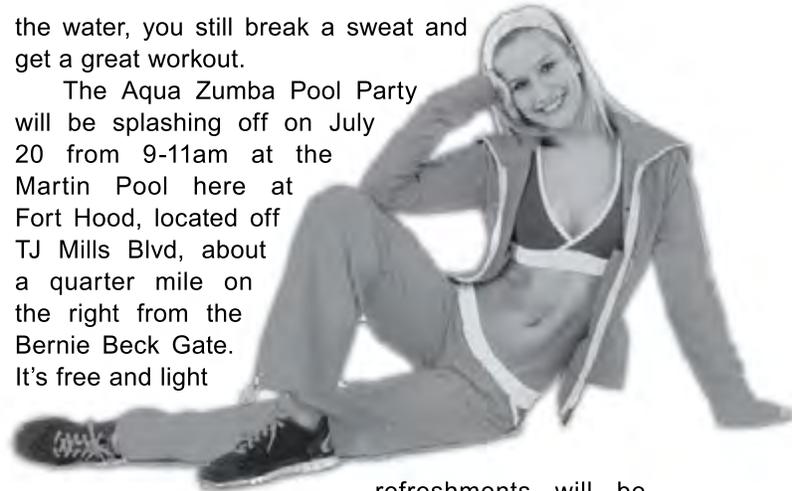
Aqua Zumba also serves as an excellent form of exercise for the elderly or those that have had knee or hip replacement. Your knees, hips, and back undergo less pounding than when the exercise is performed on land. However, don't get it twisted! Your body actually works four times harder in the water as you deal with the resistance of the water rather than gravity on land. Even though you're in

# Zumba Pool Party

by Jade A. Coleman

the water, you still break a sweat and get a great workout.

The Aqua Zumba Pool Party will be splashing off on July 20 from 9-11am at the Martin Pool here at Fort Hood, located off TJ Mills Blvd, about a quarter mile on the right from the Bernie Beck Gate. It's free and light



refreshments will be served. This cool event is open to all ages as long as you can follow instructions and manage being in the water. For more information, call 254-285-5459.▲



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# ▶ A DAY FOR DAD

by Vanessa Vangen

**On** July 19, 1910, the governor of Washington state proclaimed the nation's first "Father's Day." The campaign to celebrate the nation's fathers was not met with enthusiasm and men continuously scorned the day.

During the 1920's and 1930's, a movement arose to relinquish Mother's Day and Father's Day altogether in favor of a single holiday, Parent's Day. However, when World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

It was not until 1972, 58 years after President Woodrow Wilson made Mother's Day official, that Richard Nixon signed a proclamation making Father's Day a federal holiday at last. Today, economists estimate that

Americans spend more than \$1 billion each year on Father's Day gifts.

Fathers play an integral part in every aspect of our lives here on Fort Hood and our appreciation for all they do is immeasurable. Whether they are our Soldier's down range, fighting for and protecting our freedom or they are at home fighting to maintain our households; holding down full-time jobs and raising our children; they are nothing less than heroes.

So, on June 16 what can we do to celebrate the fathers we know, love and can't imagine life without? PLENTY!

BLORA (Belton Lake Outdoor Recreation Area) offers a multitude of seemingly endless activities for your Family to enjoy with dad on his special day! Spend the day enjoying activities in the sun at BLORA's Waterfront or visit their Marina to rent a kayak! Engage in a family paintball battle at any of the four BLORA Paintball Courses. Take



# HAPPY FATHER'S DAY



pleasure in a leisurely Family Trail Ride by horse or pony or travel by bicycle on BLORA's Mountain Bike Trails. Dad can also practice shooting his new bow at BLORA's Archery Range!

For more information, call 254-287-2523.

The Sportsmen's Center (53rd Street and Murphy Road, Bldg. 1937) encourages and furthers the interest in hunting, fishing and other outdoor recreation activities. It is perfect for the outdoor enthusiast dad! For more information, call 254-532-4552.

How about a fun Family day of bowling at Phantom Warrior Lanes (Clear Creek Road at Santa Fe Avenue, Bldg. 49010)? The state-of-the-art facility boasts 48 lanes, the Strike Zone snack bar and two arcade rooms.

For more information, call 254-287-3424.

If dad is an avid golfer, the Courses of Clear Creek (Battalion Avenue west of Clear Creek Road) offer three sets of golfer-friendly tees, for all playing categories and player abilities. For more information, call 254-287-4130.

Surprise dad with discount tickets purchased at Leisure Travel Services (761st Tank Battalion, Bldg. 136)! Take him to Waco Zoo, Texas Thunder Speedway or SeaWorld; just a few of the destinations LTS has to offer at a great price! For more information, call 254-287-7310.

If dad loves working on cars, then Sprocket Auto Crafts (20th Street and Old Ironsides Avenue, Bldg. 9138) is the perfect place for him to spend his exclusive day. For more information, call 254-287-2725.

Calling all fathers-to-be! Expectant dads can register at Army Community Service (ACS) for "Daddy Boot Camp". Offered the first Wednesday of every month, it's a man's manual of what to expect when you're expecting. For more information, call 254-287-2286.

Enjoy all of the amazing things "The Great Place" has to offer and have a Happy Father's Day! ▲

# ▶ FORT HOOD



# COFFEE

by Daniela McClintock

**L**egend has it, that coffee was first discovered centuries ago in the Ethiopian Highlands by a goat herder named Kaldi. He noticed that after his goats would eat berries from a certain tree, they would “dance” and act so lively that they couldn’t sleep. When he tried these mysterious berries, Kaldi knew something amazing had been discovered! Since then, coffee has been loved around the world. From the moment that distinct coffee aroma hits your nose, you know your day is about to get a little better. Coffee lovers need a special place where they can count on getting quality coffee beverages. Thankfully, there is such a place right on Fort Hood: Java Café.

Java Café offers a wide range of Starbucks products, warm beverages and chilled refreshments. Do you just love the taste of coffee, pure and simple? Try a Starbucks brewed coffee, a shot or two of espresso or a Caffé Americano. Do you prefer your drinks on the sweeter side? Go for an iced blended Caffé Mocha Javaccino, a flavored Caffé Latte or a Caramel Macchiato. Customers can also customize drinks by adding their favorite flavor for only \$.50. Java Café offers regular syrups, including vanilla, almond and coconut, and sugar-free options such as vanilla, hazelnut and caramel. Perhaps coffee isn’t your cup of tea. Don’t worry; Java Café also serves delicious Chai Lattes, Hot Chocolate and Tazo Hot Tea as well as sweet treats and muffins.

Java Café offers competitive prices and great deals. Visit the Java Cafe kiosk for Happy Hour (11 am - 1 pm) Monday-Friday for 15% off drinks. Don’t forget to stop by on your birthday; Java Café offers a free birthday drink (up to \$3) with a valid ID. Java Café is also featuring a Customized Drink of the Week, which will treat your taste buds to exciting flavor combinations every week. Java Café is conveniently located in the Rivers Building parking lot on the corner of T.J. Mills Boulevard and 761st Tank Battalion Avenue. Since Java Café is open Monday-Friday from 7 am - 2 pm, you can stop by before work, during lunch or any time you feel the delicious taste of coffee calling your name. Feel free to stay a while and relax on the outdoor patio or use the drive-through for maximum convenience. For more information, call 254-553-1099. ▲



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# ► The Best Choice

by Stephen Kolar



**Y**ou wanted change, we are giving it to you! We are currently in the development process of launching a vastly upgraded catering menu at Club Hood. The menu, which implement at the end of May, will feature all kitchen-prepared cuisine that is designed to please the most discriminating palate. We are pushing the envelope on achieving creativity and flavor-per-dollar ratio in the menu. Our goal is to continually explore new ways to enhance the appeal and patronage of our food and beverage venues at Club Hood. As Business Manager of the facility, I pledge that you will receive nothing but the best.

My culinary career began as a teenager growing up in West Virginia. I had an early jump start in the culinary field, as both my parents and grandparents were in the restaurant business. My grandmother, who was an accomplished Master Chef in Europe prior to migrating to the United States, had a great influence on the direction of my career path.

My goal at age 16 was to train to become a Chef. I decided to first fulfill my military obligation after graduating from high school. After being honorably discharged from the Navy in 1966, I moved to Las Vegas, Nevada to pursue my culinary career. During this period in Las Vegas, all the culinary operations in the mega gaming resorts were directed by highly skilled European Executive Chefs. This environment was perfect to learn the required skills necessary to advance my career in the hospitality industry.

After completing six-years of an extensive "on-the-job" culinary and management apprenticeship training program at various Las Vegas gaming resorts, I decided it was time to move on to an Executive Chef position. My first Executive Chef job was at Club Corporation of America's, 5-star Cuyamaca Club in San Diego, California. I was then offered the position as Executive Chef of Sea World in San Diego. I worked at Sea World for two and a

*If you are considering a catering service, remember to think of Club Hood as an inviting choice.*



half years, and then relocated back to Las Vegas as the Executive Chef of Circus-Circus Hotel & Casino. I worked two years at Circus-Circus hotel and moved on to the Tropicana Hotel & Casino in Las Vegas, where I served for two years as the Executive Chef of the resort.

My culinary and hospitality accomplishments are pretty much spread out evenly throughout my career. My goal has always been to improve the brand of every operation to the fullest in terms of cuisine quality, service and operating economics. That work ethic has resulted in providing me the opportunity and challenges of working at some of the best facilities in the hospitality industry.

I recently came to Family and MWR in Fort Hood for the opportunity to apply my culinary and hospitality management skills to a much nobler cause. I consider my tenure here as an opportunity to again serve my country and not just another job. We have the best customer base in the world! This motivates me to deliver the very best in way of excellent cuisine, service and sincere hospitality to our Soldiers and their Families.

If you are considering a catering service, remember to think of Club Hood as an inviting choice. To learn of the new possibilities, give us a call at 254-532-5329.▲

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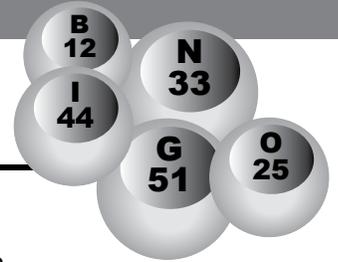
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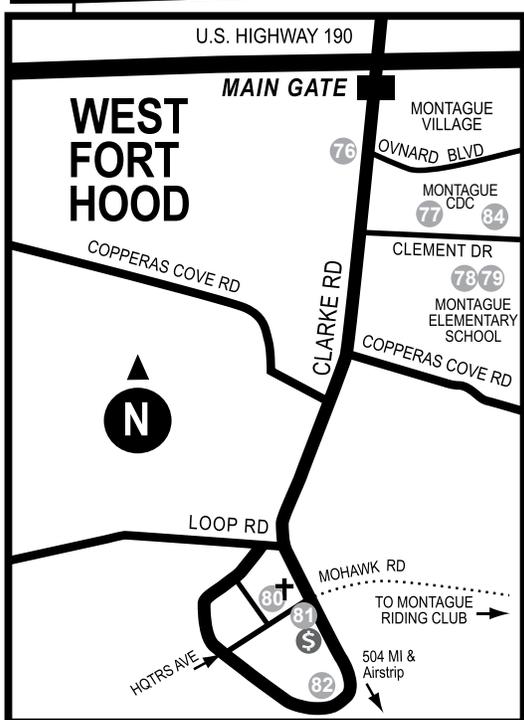
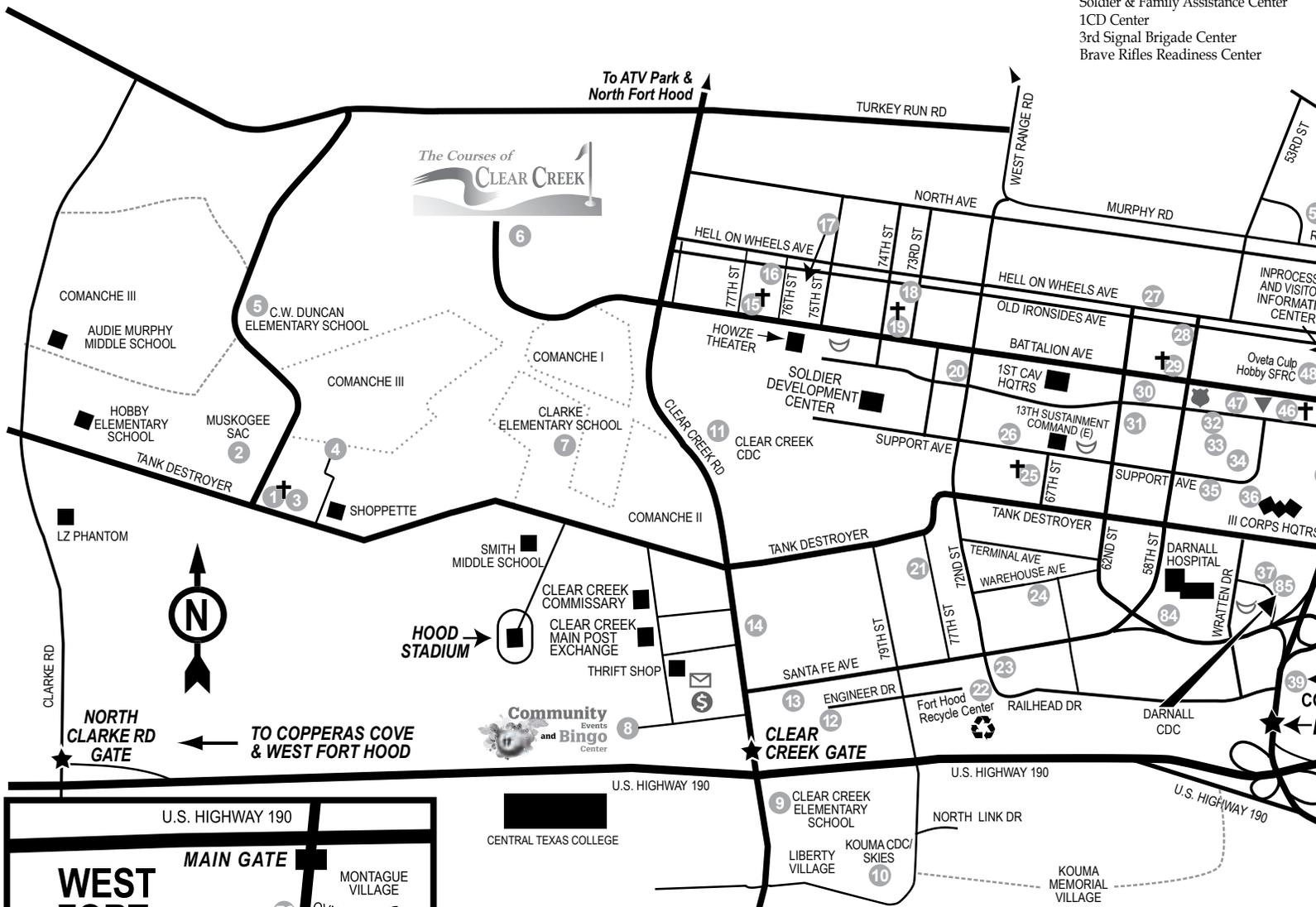
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<u>Travel / Museums</u>			
Leisure Travel Services	136	43	287-7310
1st Cav Museum	2218	47	287-3626
3d ACR Museum	419	64	288-3590

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Historical Old Post Chapel	53	46	288-6545
West Fort Hood Chapel	91074	80	288-9442
Spirit of Fort Hood Chapel	320	83	288-6545

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<u>Family Readiness Centers</u>
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Relocation Assistance Program	121	44	287-4471
Volunteer Services	16005	52	287-8657
Abuse Hotline	121	44	287-CARE (2273)
Army Community Service	121	44	287-4ACS
Army Emergency Relief	121	44	288-5003
Army Family Team Building	16005	52	286-6600
Community Life Program	1001	36	618-7720
Consumer Affairs	121	44	287-CITY (2489)
Financial Readiness Program	121	44	288-2862
Food Program	121	44	288-6868
Loan Closet	121	44	287-4471
Mobilization & Deployment (ACS)	16005	52	288-2794
Visitor's Control Center	69012	39	287-9909

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Casey Memorial Library Circulation Desk	3202	20	287-4921
Library Overdue Section	3202	20	287-4878
Library Reference Section	3202	20	287-5202

**Lounges & Restaurants**

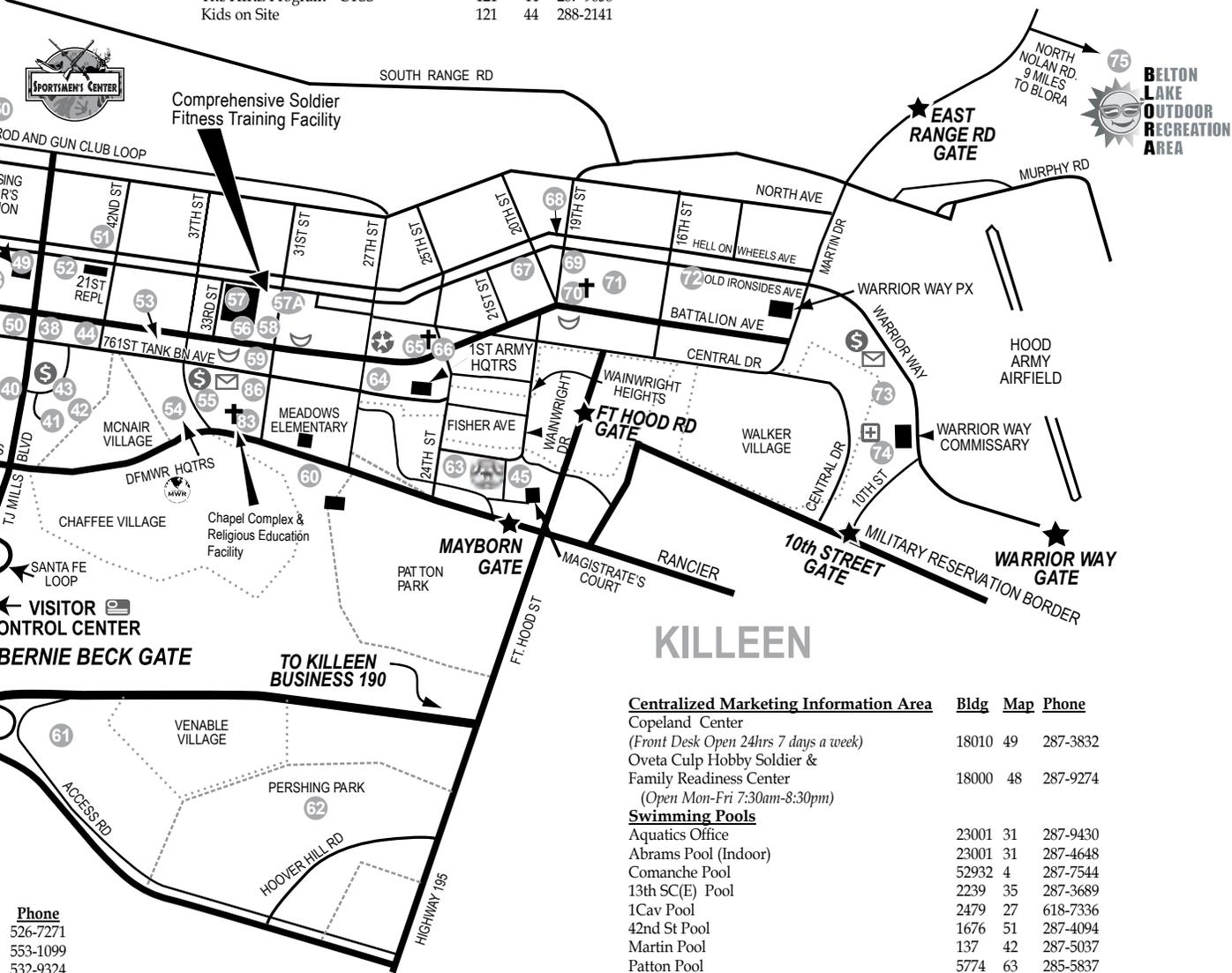
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Club Hood Catering	5764	63
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Backbone NCO Lounge	194	54
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Sportsmen's Center	1937	50
Strike Zone/Phantom Warrior Lanes	49010	13
<u>Outdoor Recreation Activities</u>		
Belton Lake Outdoor Rec Area (BLORA)	NAF 126	75
BLORA Boat Dock	2120	75
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- Bank
- Post Office
- Dental Clinics
- Gold Star Family
- Vehicle Registration
- Law Enforcement
- American Red Cross
- U.S.O.
- DFMWR Headquarters

Bldg	Map	Phone	Family Services
121	44	287-8029	Employment Readiness Branch
41015	11	553-9443	Army Community Service HQ
52024	3	287-4848	Exceptional Family Member Prog.
36084	85	TBA	Family Advocacy
113	41	287-6037	Family Advocacy New Parent Support
121	44	288-3196	Program 0-3 Children
333	86	553-8353	Civilian Personnel Advisory Ctr
70004	77	287-8835	Assistance Program
48303	10	285-6017	Family Child Care
18000	48	287-9793	Youth & School Age Services, Admin
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			Woman, Infant & Children (WIC)
			Survivor Outreach Services
			The edge Program-CYSS
			The HIRE Program - CYSS
			Kids on Site

Bldg	Map	Phone	Physical Fitness Centers
284	53	286-6684	Abrams Physical Fitness
121	44	618-7891	Burba Physical Fitness
121	44	287-6070	Harvey Physical Fitness
76020	79	286-6774	Iron Horse Physical Fitness (SRP)
290	53	287-2286	Kieschnick Physical Fitness
4220	21	288-2089	Grey Wolf Physical Fitness
283	53	287-5448	Starker Physical Fitness
121	44	287-8436	West Fort Hood Physical Fitness
121	44	287-8029	<b>Fort Hood Comprehensive Soldier Training Facility</b>
121	44	287-4ACS	Fort Hood CSTF HQ
121	44	288-7946	Warrior Adventure Quest
121	44	287-4592	Warrior Center/Enhanced Performance
289		532-8680	Applied Fitness Center
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**LOCATION GUIDE**

Phone	Recreational Activities	Bldg	Map	Phone
526-7271	Apache Arts & Crafts Center	2337	30	287-0343
553-1099	Phantom Warrior Lanes	49010	13	287-3424
532-9324	Community Events & Bingo Center	50012	8	532-9253
287-5215	Sprocket Auto Crafts	9138	68	287-2725
287-5215	<b>School Age Services (SAC Sites)</b>			
532-5073	Clarke Elementary School	51600	7	288-6310
287-4130	Clear Creek Elementary School	4800	9	554-3667
532-4552	Duncan Elementary School	52802	5	287-4362
287-3424	Montague Elementary School	84001	78	539-8695
	Muskogee SAC	52943	2	553-7706
	Venable Elementary School	60160	61	523-4217
	Walker Site	85018	73	287-7950
	Kouma	48303	10	285-6017
	<b>Sports &amp; Fitness Programs</b>			
	Competitive Sports Office	23005	31	288-3622
	Aerobics & Skating Center	324	55	287-5623
	Intramural Sports	23005	31	288-3622
	Varsity Sports	23005	31	285-5459
	Youth Sports	6602	60	288-3770

Centralized Marketing Information Area	Bldg	Map	Phone
Copeland Center	18010	49	287-3832
(Front Desk Open 24hrs 7 days a week)			
Oveta Culp Hobby Soldier & Family Readiness Center	18000	48	287-9274
(Open Mon-Fri 7:30am-8:30pm)			
<b>Swimming Pools</b>			
Aquatics Office	23001	31	287-9430
Abrams Pool (Indoor)	23001	31	287-4648
Comanche Pool	52932	4	287-7544
13th SC(E) Pool	2239	35	287-3689
1Cav Pool	2479	27	618-7336
42nd St Pool	1676	51	287-4094
Martin Pool	137	42	287-5037
Patton Pool	5774	63	285-5837
Thomas Pool	193	54	287-8637
West Fort Hood Pool	91075	81	288-9838
<b>Youth Centers</b>			
Bronco Youth Center	6602	60	287-6745
Comanche Youth Center	52019	4	287-5834
High Chaparral Youth Center	5485	62	287-5646
Montague Youth Center	70020	84	553-7662
<b>Miscellaneous Services</b>			
American Red Cross (toll free) 1-877-272-7337	8640	74	287-0400
BOSS Headquarters	9212	67	287-6116
Combined Federal Campaign	1001	36	287-0345
NAF Civilian Personnel Advisory Center	4220	21	288-2055
Palmer Theater	334	59	287-3066
Howze Theater	3000		288-5048
Veterinary Clinic	4909	12	287-2823
Robertson Blood Center	2250	32	285-5808
Inprocessing	18010	49	287-3832
DFMWR Headquarters	194	54	287-4339
Fort Hood Recycle Center	4626	22	287-7881
Client Services (Legal Assistance)	4617	23	287-7901/3199

# ▶ COME WATCH WITH US OPEN TO ALL AGES



**F**orgo the hassle of off-post venues! Avoid the crowds and the cover charge as we watch an exciting night of UFC at Legends Pub on June 15. This event is FREE and open to all ages 18 years old and older. The doors open at 7:30 pm and various snack foods will be available for purchase. Legends Pub (24<sup>th</sup> Street and Tank Destroyer Boulevard, Bldg. 5764) is a great place to come have a beverage and see all of the UFC fights without the added expense of a cover charge and the aggravation and frustration of standing room only.

When the UFC announced Dan Henderson vs. Rashad Evans and Shogun Rua vs. Lil Nog for UFC 161, few could have predicted that a title fight was also going to be added to the event. However, in the bigger-is-better world of the UFC, why not throw on a scrap for the interim UFC bantamweight championship.

Come join us on Saturday June 15 for UFC: 161 Barao vs. Wineland hosted at the MTS Centre in Winnipeg, Manitoba, Canada. While the UFC has hosted several events in the past in Canada, this event is the first that the organization has hosted in Manitoba.

The event is expected to feature an Interim Bantamweight Champion bout between the current champion Renen Barao, and former WEC Bantamweight Champion and

top contender Eddie Wineland. Champion Renan Barao will look to defend his title for the second time against top contender Eddie Wineland. If he is successful, it will extend his undefeated streak to 32 bouts. Wineland has won six of his last eight bouts, including recent wins over Brad Pickett and Scott Jorgensen.

As of December 2012, Barao is ranked the No.1 Bantamweight in the world, while Wineland is currently ranked as the No.6 Bantamweight in the world. It promises to be an entertaining brawl.

For more action, join us again at the Backbone Lounge (Inside the Phantom Warrior Center, 37<sup>th</sup> Street, Bldg. 194) for UFC 162: Silva vs. Weidman. Only four years separates Chris Weidman from his professional debut and a fight against the most decorated MMA champion ever, Anderson "The Spider" Silva on July 6 in Las Vegas.

This bout matches a purple belt-level jiu-jitsu, All-American wrestler (Weidman) against a Brazilian mixed martial artist (Silva). Will it be the soft-spoken challenger or the 16-fight winning streak with 10 consecutive title defenses, reigning UFC Middleweight Champion that walks away from the Octagon victorious? Only time will tell and you can be there to see it on pay-per-view at the Backbone Lounge.

# TH US

by Monty Campbell

# LL



And just like all of the other great pay-per-view events, this one is FREE and open to all 18 years old and older. The doors open at 7:30 pm for joyous times, great entertainment and various snack foods will also be available for purchase. For more information about these or any one of our other great pay-per-view events, call 254-287-2007.

**June 15 - UFC 161:  
Barao vs. Wineland at Legends  
Pub**  
**July 6 - UFC 162:  
Silva vs. Weidman at  
Backbone Lounge**

Legends Pub is open every Thursday from 3-8 pm and also open for you to stop by on Fridays from 4:30-9 pm to unwind after a hard week of work. Hope to see you there! Legends Pub is located adjacent to Club Hood (24<sup>th</sup> Street and Tank Destroyer Boulevard, Bldg. 5764). For more information, call 254-287-5215. ▲



*Art is a form of free expression and can be therapeutic!*

**Resiliency Art Room is now open at Apache Arts & Crafts, a special place, free of charge and only open to ACTIVE DUTY SOLDIERS.**



**The Resiliency Art Room** offers a quiet area equipped with the art materials: pens, pencils, markers, paints, chalks, clays, beads, feathers, buttons, yarns, threads and all types of paper for Soldiers to create whatever comes to mind.

*There are no instructors, no set projects to make and no interference from anyone, just a quiet room to sit and relax and or create.*

Soldiers may take their work with them or leave it at the center to be displayed and provide inspiration for others that use the facility.

**The Resiliency Art Room  
Tuesday - Friday  
10 am - 5 pm**



Soldiers will be asked to sign in at the Apache Arts & Crafts Sales Store prior to utilizing **The Resiliency Art Room.**

**The Resiliency Art Room  
Apache Arts & Crafts  
Bldg 2337  
Corner of 62nd Street &  
761st Tank Battalion Avenue.  
For more information,  
call 254-287-0343.**



# ► *Seven Steps to Secure Your Mobile Gadgets*

*Special to Hood Happenings*

**S**martphones and tablets become increasingly popular, cyber crooks are finding new ways to exploit you while you're on the go. Here's how to help avoid the most common attacks and keep your mobile gadgets — and your identity and finances — safer.

## 1. **Be Proactive**

Mobile security software can help protect your portable devices from malware-laden apps, malicious websites, phishing scams and other attacks. Make sure you keep the software up-to-date.

## 2. **Don't 'Jailbreak' or 'Root' Your Phone**

By jail breaking or rooting your phone, you may be disabling your protection. Phones and tablets come with a number of built-in protections against malware. Jail breaking applies to Apple devices and rooting to Android devices, but they're essentially the same thing.

## 3. **Only Shop at Authorized App Stores**

App stores require that each app they offer for download be approved by the company before it's made available to the public. The risk comes when you download apps from other locations. Android devices typically have no restrictions to keep you from downloading apps from just about anywhere.

## 4. **Always Check Your Monthly Statements**

Just as PC malware is designed to attack computers and steal financial information, hackers use mobile malware to make money. Malware that infects a phone can steal from you by buying apps sold by the hacker using the credit card number stored on your device. So check your statements closely each month.

## 5. **Steer Clear of the Drive-By Message or Link**

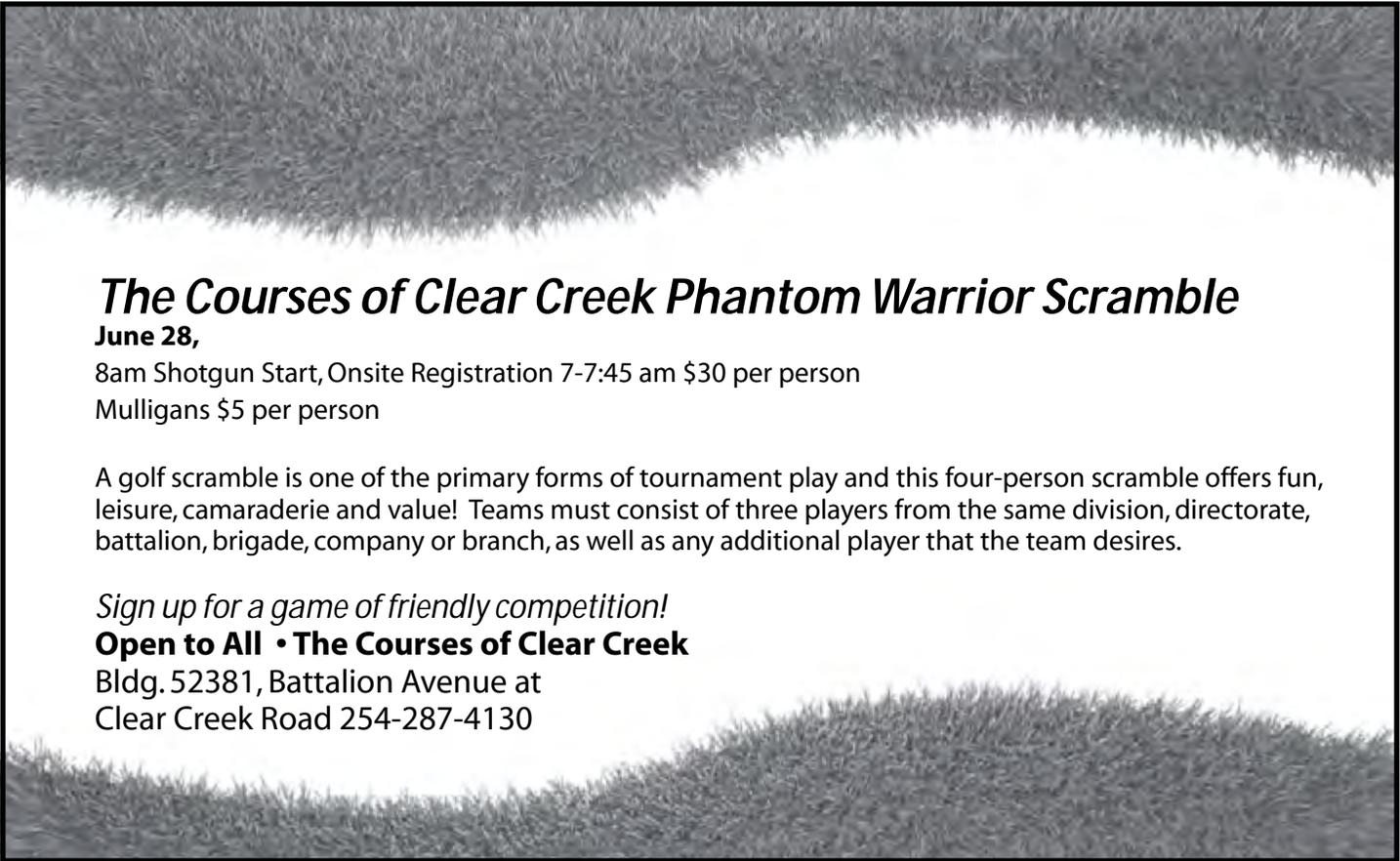
A drive-by download happens when you view an infected website or email, or when you click on a text message with a name like "critical system update." This type of attack has many variants, but mobile security software can help prevent drive-by downloads

## 6. **Lock 'Em Up!**

Remember: If someone gains access to your phone, it's easy for the thief to run up your bill with expensive international or 900-number calls, paid SMS messages or app store purchases. Secure your phone by turning on all auto-lock options that require a password after a few minutes of idle time, and use a strong PIN to protect the device.

## 7. **Keep Your Devices Nearby**

While hackers are a real threat, theft is still the most common computer crime because smartphones and tablets are easily sold on the black market. Always keep tabs on your mobile device, use strong security tactics and install a tracking app, such as Find My iPhone. ▲



## ***The Courses of Clear Creek Phantom Warrior Scramble***

**June 28,**

8am Shotgun Start, Onsite Registration 7-7:45 am \$30 per person

Mulligans \$5 per person

A golf scramble is one of the primary forms of tournament play and this four-person scramble offers fun, leisure, camaraderie and value! Teams must consist of three players from the same division, directorate, battalion, brigade, company or branch, as well as any additional player that the team desires.

*Sign up for a game of friendly competition!*

**Open to All • The Courses of Clear Creek**

Bldg. 52381, Battalion Avenue at

Clear Creek Road 254-287-4130

# **GOT DEBT?** ***WE CAN HELP!***

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**Attorney at Law**

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# ► OPERATION: Bodybuilding Competition

*There was a young woman who lived in the gym;  
She worked out so hard she didn't know what to do  
So she kept training mean and eating clean,  
Then showed up on stage with a winning  
bodybuilding routine!*

by Jade A. Coleman

**D**oes this sound like you? Can you see yourself flexing your chiseled muscles on stage at a bodybuilding competition?

You arise at o'dark thirty to fulfill your PT requirements, attend an aerobics class every morning, and find yourself in the gym getting in additional exercise after a full day of work. Your day always seems incomplete until you've gone into muscle failure from lifting weights followed by standing in the mirror admiring your pumped physique immediately following your workout. Not to mention, lately people have been asking, "Do you compete?"

If this is you, chances are you should consider competing in the sport of bodybuilding. You've been working so hard on sculpting your body, so why not showcase all your hard work?

So you say to yourself, "Sounds good! Now how do I get started?" Here are some key elements you will need to apply:

### Mental Check

Prepare your mind! You may already consider yourself to be quite disciplined in your fitness lifestyle; however, competing in bodybuilding competitions will require even more of you in various aspects of your life. "Make sure you're mentally and physically prepared for the sacrifice of this journey, it's more mental than physical," said local pre-contest bodybuilding coach Terrance Williams.

### Develop a Plan

Do your research and develop a plan that is realistic for you. Your biggest competitor is YOURSELF! Start preparing at least six months out from the day you decide to compete. Refer to GOOGLE for a schedule of upcoming shows nearest you. Be sure to take your priorities, responsibilities, and finances into great consideration when planning.

### Tap Into Your Resources

Although this is something you've decided to do for yourself; guidance, assistance and support from others will enhance your journey along the way. "Recognize you're going to need support from a team. At the end of the day this is a team effort," Williams said. A strong team consists of you, an experienced fitness coach/personal trainer, others preparing to compete, Family and/or friends.

Here at the Great Place, we offer nine physical fitness centers you can use for FREE that are equipped with all the necessary bodybuilding equipment you need. Refer to HoodMWR.com and/or the map on page 12-13 in this magazine for a complete listing of physical fitness center locations here on post.

Bodybuilding will require you to follow a strict diet that some say is rough on the pockets. If you're a Soldier, Family member of a soldier, or retiree, shopping at the commissary for your food may save you money.

### Execute Your Plan to the Fullest

The level of intensity you apply when executing your plan will make the biggest difference in how you appear before the judges, during competition. Stick to your plan, train hard, give it your ALL and become a champion! ▲



Like the State of Texas, Fort Hood is big and boasts the largest active duty armored post in the United States Armed Services. Fort Hood is nicknamed "The Great Place" because of the quality of life which it offers.

## FORT HOOD FAMILY AND MWR CONNECTION



[HoodMWR.com](http://HoodMWR.com)

[Facebook.com/FortHoodFMWR](https://www.facebook.com/FortHoodFMWR)

Hood Highlights eNewsletter, [wilson.mathews@us.army.mil](mailto:wilson.mathews@us.army.mil)

<http://itunes.com/apps/forthoodmwrtime>

[Pinterest.com/FortHoodFMWR](https://www.pinterest.com/FortHoodFMWR)

Fort Hood Family and MWR supports quality of life by providing numerous recreation and services designed to equal those available to their civilian counterparts, which encourages growth and a feeling of self-reliance within the military community.

The Fort Hood experience is only limited by the individual. So, get connected with Fort Hood Family and MWR and make the most of your time here!



# Common Sense

**F**ort Hood military parents, have you heard about Common Sense Parenting? This is a practical, skill-based parenting education program that may be utilized by any Family. The program's logical strategies and easy-to-learn techniques address issues of communication, discipline, decision making, relationships, self-control and school success.

Continuing to learn new skills and strategies is a fundamental part of effective parenting. The proactive skills and techniques shared in Common Sense Parenting® classes may assist parents from diverse backgrounds, with children ages 4-12 to create healthy Family relationships that foster safety and well-being at home, in school and in the community.

## ***Becoming aware and practicing Common Sense Parenting techniques may assist you as a parent to:***

- Build strong, healthy relationships
- Correct and change problem behavior
- Minimize problems that disrupt Family life
- Raise responsible, caring children
- Communicate effectively
- Avoid power struggles
- Manage your emotions
- Balance discipline with affection
- Praise your child's good behavior
- Be a better, more engaged and caring parent



# *Parenting*

by Mary Prater



Program components include instruction, modeling, role-playing, and constructive feedback. This program process may assist parents to improve relationships with their children that includes building trust, creating an atmosphere where the voice of the child may be shared and recognized and maintaining an environment where the child feels safe and valued. Effective parenting strategies discussed may help you as a parent to reduce and correct misbehavior, use consequences and praise, teach social skills, problem-solving, decision-making, and self-control to your child(ren).

Please join the Fort Hood Army Community Service (ACS), Family Advocacy Program (FAP) for Common Sense Parenting each Tuesday from 9:30 - 11am, at the

Oveta Culp Hobby Family Readiness Center, Building 18005. There is no cost to participate. Child care is available at no cost, however, reservations for care are required. Please call the FAP Office at 254-286-6774 and register today. ▲



# ► Adapt With Us!



*by Kristine Fernandez*

**F**ort Hood Child, Youth and School Services (CYSS) Youth Sports and Fitness program is proud to announce the Fourth Annual Adaptive Sports Experience Day! This scintillating event will take place Friday, June 21 from 11am - 3:30pm at Abrams Physical Fitness Center (Bldg. 23001, 62nd Street & Support Avenue, ).

US Paralympics, Harker Heights Adaptive Sports Program, the US Tennis Association and the Fort Hood Military Adaptive Sports program will be partnering with CYSS Youth Sports to bring various adaptive sports activities to the Military Families on Fort Hood. The event is part of an Annual Olympic day celebration with efforts to promote fitness, well-being in addition to the Olympic ideals of Fair Play, Perseverance, Respect and Sportsmanship. The many partnering programs also hope to bring awareness to the Adaptive Sports programs in the area and to highlight the many elite athletes and programs in the area that are available.

The day will begin with a wheelchair basketball clinic presented by the University of Texas at

Arlington's Wheelchair basketball team, the Movin Mav's. The clinic is open to everyone interested. After the clinic, Families will be invited to attend a Wheelchair basketball showcase game beginning at 12 pm. The festivities will close up with the Families and youth having the opportunity to try their hand at a variety of adaptive sports to include; wheelchair tennis, sit volleyball, bocce ball, hand cycling and a chance to view an archery demonstration from a Paralympics athlete. The Families will also have the chance to listen to an Adaptive Sports athlete guest speaker discuss his journey as an elite athlete in Adaptive Sports and overcoming adversity. The range of adaptive sports clinics offered are designed to bring awareness to the many Paralympics Sports available in the Central Texas area! ▲

■ ***Youth Sports invites you to come out and join us as we celebrate the many aspects of Adaptive Sports and the US Paralympics! For more information, call 254-553-7669. ▲***



# ▶ OUR BOATS FLOAT

by Monty Campbell

**S**chool is out and the weather only continues to become more and more beautiful, so what do a lot of Families do in Central Texas? Yes, you are right. They look for the most enticing spot that will help them beat the heat of the hot Texas sun. Here at Fort Hood, that exact place is Family and MWR's very own Belton Lake Outdoor Recreation Area (BLORA).

Yes, that is right. The water is calling your name and the time is right to come and celebrate these joyous months on the water in one of Recreation Equipment Checkout's (REC) party boats. The party boats range in size from 18-feet to 36-feet and can be used to explore the far reaches of Belton Lake.

Besides carrying the four various sizes of the party boats, the cost of the rental depends also on the day of the week that you would like to have

your party on the water. Throughout the week, party boats range between \$165 per day for an 18-foot boat to \$190 per day for a 36-footer. On the weekends, the price increases slightly for an 18-foot boat at \$190 per day and the 36-footer increases to \$215 per day.

Whether it is relaxing on the vessel with a few friends on a lazy Saturday afternoon, listening to your favorite baseball team play, during the "Dog Days of Summer" or cruising the lake late at night, for that romantic getaway, a party boat is just what you need to order. Maybe the Family would just like to head to a beach and swim?

Load up the car and head out to BLORA in the mid-morning hours. It's only about a 20-30 minute drive from the Killeen area. Once you've arrived, stake out a nice spot along Sierra Beach where you can easily access a

grill and maybe even a picnic table. Go for a dip in the lake or just lay in the sun (with sunscreen on, of course). There are also two waterslides and a Kid's Wash to keep the kids entertained for a couple hours. ▲

■ **BLORA has an abundance of outdoor activities for everyone.**

**For more information, call 254-287-2523 or log on to HoodMWR.com.**



# A 'Smooth Move'

by Cathy Orona

**A** ccording to Care.com, military Families move an average of once every three years. Next to divorce and death of a relative, experts say that moving is rated as the third highest cause of stress. The Army & Air Force Exchange Service, recognizing the unique strains placed on military Families required to move frequently, is making relocating easier with its "PCS Headquarters" at [www.shopmyexchange.com](http://www.shopmyexchange.com).

The Exchange's "PCS Headquarters" offers four unique areas to assist in moving: Get Connected, Military One Source, Military Homefront and Military Avenue.

Get Connected allows military Families to view what local TV, internet and telephone offerings are available in the area they are PCSing to.

Military One Source provides assistance with child care, personal finances, and emotional support during deployments and relocation resources needed for special circumstances.

Military Homefront's "Plan My Move" provides military Families with access to information about entitlements and benefits, checklists, planning tools and material on education and employment.

Military Avenue is an online service supporting relocation, travel and lifestyle needs of the military Family.

When it comes to employment the Exchange is also there to help the PCSing military Family. "The Exchange offers programs such as Military Spouse Preference and Spouse Continuity that assist transitioning military spouses, often allowing them to retain their category and benefits," said the Exchange's Senior Vice President of Human Resources, Susan Simone. "These programs result in a win-win situation that allows the Exchange to retain a valuable associate while allowing the military spouse to build a career within the Exchange." Here at Fort Hood, the Exchange HR office is easily accessible and has trained professionals available to answer your employment questions.

Finally, the Exchange's "PCS Headquarters" also offers an array of downloadable coupons ranging from discounts on appliances and tires to 10 percent off a total purchase when using a Military Star Card at the Exchange.

"As a partner with the military, we know a thing or two about making a smart move," said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Tony Pearson. "Whether orders are for Kirtland or Kadena, the Exchange is ready to help pack it up and move out." ▲



**Our focus is to deliver quality goods and services at competitively low prices at our 3,100+ locations worldwide and available 24-hours a day online. The Army & Air Force Exchange Service remains committed to increasing the value of the Exchange to its customers while continuing to give back to the military community.**

## Stay Connected!



**Proudly serving America's armed forces for over 116 years!**

Get the scoop on what's going on at the Exchange.



## NOW WITH COUPONS!

Did you know that your Exchange operates solely on funds generated through the sale of merchandise/services and a portion of the earnings generated support Family and MWR programs? The Exchange pays roughly two-thirds of yearly earnings to IMCOM G-9 Family and MWR Programs. In the past ten years, the Exchange has contributed more than \$2.4 billion to quality-of-life programs such as youth services, Armed Forces Recreation Centers, arts and crafts, aquatic centers, golf courses and more!



**Mine was earned in  
Vietnam. By my dad.**

Barbara Q., USAA member

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<sup>1</sup>Based on 2011 Member Communications Trend Survey.

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Mention this code to claim your discount.  
Corporate ID: GA1AR\_ZZZ

Call: 866-639-8354  
Visit a local Sprint Store: [sprint.com/storelocator](http://sprint.com/storelocator)

May require up to a \$36 activation fee/line, credit approval and deposit. Up to \$350/line early termination fee (ETF) for advanced devices and up to \$200 ETF/line for other devices (no ETF for Agreements cancelled in compliance with Sprint's Return Policy). **Individual-Liable Discount:** Available only to eligible employees of the company or organization participating in the discount program (requires ongoing verification). Discounts are subject to change according to the company's agreement with Sprint and are available upon request for select plans (monthly service charges only). No discounts apply to secondary lines, Add-A-Phone lines or add-ons \$29.99 or less. **Other Terms:** Coverage not available everywhere. Nationwide Sprint Network reaches over 282 million people. Offers not available in all markets/retail locations or for all phones/networks. Pricing, offer terms, fees and features may vary for existing customers not eligible for upgrade. Other restrictions apply. See store or [sprint.com](http://sprint.com) for details. ©2012 Sprint. All rights reserved. Sprint and the logo are trademarks of Sprint. Android, Google, the Google logo and Google Play are trademarks of Google Inc. MOTOROLA and the Stylized M Logo are registered in the U.S. Patent and Trademark Office. The HTC logo, and HTC EVO are the trademarks of HTC Corporation. Other marks are the property of their respective owners.

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