



Chaplain's corner:
Our sins can be
forgiven
See Page 4B

APRIL 8, 2010

COMMUNITY & LEISURE



Bob Mathews

Military Children, wearing T-shirts proclaiming, "I'm a Military Child and Proud of It," marched in a parade, April 1, to mark the start of the Month of the Military Child. The various T-shirt colors represent different age groups.

Hundreds of youngsters march to mark the start of Month of the Military Child

Bob Mathews
DFMWR Marketing Publicity Specialist

Hundreds of children, decked out in eye-catching, colorful T-shirts proclaiming "I Am a Military Child and Proud of It!" showed their pride as they strutted in a parade that marked the start of a month of activities in their honor.

The April 1 parade at Fort Stewart marked the beginning of a Month of the Military Child observance to recognize the sacrifices that youngsters – from toddlers to teens – make as part of their Family's service to America and the Army.

See MOMC

A parade at Hunter Army Airfield, held at the same time as the Stewart event, launched the month-long celebration there. More than 100 children from Hunter's Child Development Center as Family childcare providers marched in the Month of the Military child parade with staff and Family Members.

"This is a good opportunity to honor our kids and acknowledge their struggles and social challenges," said Sgt. 1st Class James Winstead, a Soldier from the 260th Quartermaster Battalion, along with his wife, also a 260th Quartermaster Soldier. The couple has a three-year-old daughter who attends Hunter's CDC,

and a nine-year-old son.

"Military kids are faced with overwhelming obstacles these days," he added. "Our moves require them to change schools, friends and environments every two to three years. They have to learn to adapt."

Marchers at Stewart formed in the courtyard of the Child, Youth and School Services Child Care Center located in building 403 near Marne Lanes. The children, their caregivers walking with them offering encouragement and direction, walked to Steel Avenue and then looped back to the courtyard.

Page 3B



Jennifer Scales

Retired Army Chaplain (Col.) Scott McChrystal delivered the Easter message to a standing-room only crowd, at Marne Garden April 4. Seated and looking on near the ceremoniously draped cross are Chaplain (Capt.) Stephanie Handy and Chaplain (Col.) Warren Kirby.

Former Army Chaplain speaks at Stewart's Sunrise Service

Jennifer Scales
Fort Stewart Public Affairs

Marne Garden ushered in Easter morning with a message from Chaplain (Col.) Scott McChrystal (Ret.), that God is alive.

"His resurrection affects the past, the present, and the future," began McChrystal. "The past because our sins can be forgiven, the future because of the promise of eternal life, and the present because the Holy Spirit can come inside us."

The brother of Gen. Stanley McChrystal, commander of U.S. Forces in Afghanistan, relayed his Easter message to an overflow crowd in the garden adjacent to what was once Trent Field.

Though he informed the crowd at

the start of the message that he was going to get down and dirty with the present, there were several points in McChrystal's speech that were personal and evoked emotions from persons in the crowd. One was of the life-saving drug that brought his father back from the brink of death, even after all hope had been lost.

McChrystal went on to tell the crowd how his young son Rob fell from a 10-foot diving board onto solid concrete, directly in front of him, in 1986.

"I have seen death and more in my career, but this was my son," he said. "The temperature was over 90 degrees and though all my training had told us to not move an injury, I had to move him off the concrete and place him on the grass."

See Service

Page 7B

Children's artwork helps keep Soldiers' morale high

Spc. Jessica Zullig
135th MPAD, 3rd ID PAO

CONTINGENCY OPERATING BASE SPEICHER, Iraq – In the offices at Contingency Operating Base Speicher, walls are covered with maps, memos and to-do lists.

Every now and then, however, the walls have a couple pieces of artwork that were sent to them by Family.

There are many reasons why Soldiers display the artwork, but for most, it's to remind them of home.

Master Sergeant Richard Montgomery, the garrison directorate of logistics noncommissioned officer in charge for the 166th Regional Support Group, 1st Mission Support Group, 81st Regional Readiness Group out of Puerto Rico, says he displays a poster he received from his Family because it reminds him of how special he is to them.

"I display it to remind myself of how much my Family cares about me and loves me," he said about the "#1 Daddy," hand- and foot-printed poster with pictures attached of his daughters, Ariela, 4, and Makayla, 5 months.

"Things like this," he said, pointing to the poster, "say, 'even though you're gone, we're with you – you're not forgotten, you're loved.' It is the key to our environment and morale."

Captain Greg Coats, the base closure chief for Headquarter and Headquarters Operations Company, Division Special Troops Battalion, 3rd Infantry Division, said he was anxious to display the painting by his daughter, Laney, 10.

"It was a school project," he said, describing how the painting of a green-nosed, blue-faced girl was created. "She was in a class where they were exploring different types of art."

"She wanted to fold it up and put it in an envelope," said Capt. Coats about his daughter's painting. "I said, 'No. I want it framed and up on my wall.' If something is stressful at work, I can look at it and have good thoughts."

Major John C. Mostellar, the fire and effects officer for HHOC, DSTB, 3rd ID, also feels a happy moment when he looks at the artwork displayed behind his desk from his children.

"It's a huge morale booster," he said referring to the Star Wars spaceship and Daffy Duck pictures behind him. "Anytime you can disconnect from here and connect with your Family, it definitely helps raise your morale and esprit de corps. When my wife and children send me things, it's a reminder that they support me."

Not only do Soldiers get a morale boost, but the children feel as though they are helping ease the difficulty of being away.

"I think it feels to my daughter that she is doing something to make it easier on me," said Capt. Coats about how sending him things also helps her. "She knows how much I value what she sends me."

Master Sergeant Montgomery says that his daughter sending things to him is her way of showing her love.

"She feels good that she is able to contribute something to me that makes me happy," he said.

"CLASH OF THE TITANS" , REVIEWED

Sasha McBrayer
Frontline Contributor

I haven't seen a film so disappointing in quite some time. The original "Clash of the Titans" film was born the same year as I was, and holds a special place in my heart. Sure, it was cheesy, but at least there was a plot. Also, stop-motion animation may look silly to us now, but not so long ago that was cutting edge technology.

I went to see the new Clash in 3-D. My glasses were uncomfortable and restricted my ability to see the fine details of the actors' faces, especially in action sequences. I wanted to see the faces of the cast because there were a few I recognized from other films. Mads

Mikkelsen, better known as "Le Chiffre", the Bond villain of 2006's "Casino Royale," looks good in Greek garb, as does British actor Nicholas Hoult, who is all grown up since 2002's "About a Boy." I had to flip the lenses up to see them better. It felt like I was watching the movie using the EYE of the Stygian witches most of the time.

The film's biggest problem was a director who, in my opinion, did not know what to change and what to keep the same. While adding an interesting quarrel between Zeus and Hades, and adding more angst to Perseus's charac-



ter were good, too much of the original plot was replaced with, well, nothing. Magical artifacts get tossed aside, the lovable gilded owl only gets one cameo, the love story hasn't got a pulse, there are no riddles or curses, and yet the same monsters attack in the pretty much the same sequence as the original. And for some silly reason, as if there aren't enough wild characters from the Greek mythos to choose from, the creatures of Arabic lore, the desert djinn, appear. Why?

What I find extremely aggravating, considering how lifeless the new plot

was, is that there are talks of two more films! Maybe Xena will get a role in one of these, because they certainly won't be Clash films, but something else, milked for the money and little creative value. It would be a better idea to leave Clash alone and make into film the popular video game series "God of War." I hope Perseus doesn't go hunting for a certain golden fleece, but it wouldn't surprise me if he did.

The most enjoyable part of my theatre excursion this time was the trailers beforehand. The new "A-Team" looks riotously fantastic, and the only time I was comfortable in my 3-D spectacles was while watching the animated advertisement for the owl movie, "Legend of the Guardians."

AAFES

PRESENTS TODAY THROUGH APRIL 11

Cop Out

Today — 7 p.m.

(Tracy Morgan, Bruce Willis)

Two longtime NYPD partners on the trail of a stolen, rare, mint-condition baseball card find themselves up against a merciless, memorabilia-obsessed gangster. Jimmy the veteran detective whose missing collectible is his only hope to pay for his daughter's upcoming wedding, and Paul is his "partner-against-crime" whose preoccupation with his wife's alleged infidelity makes it hard for him to keep his eye on the ball.

Rated R (pervasive language including sexual references, violence and brief sexuality) 110 min.

Shutter Island

Friday, Saturday — 7 p.m.

(Leonardo DiCaprio, Mark Ruffalo)

A U.S. marshal who along with his new partner, travels to a Massachusetts island to investigate the disappearance of a patient from a hospital for the criminally insane. During their inquiry, the two encounter a web of deceit, experience a hurricane and become involved in a deadly inmate riot that leaves them trapped on the island.

Rated R (disturbing violent content, some nudity and language) 138 min.

The Crazies

Sunday — 4 p.m.

(Timothy Olyphant, Radha Mitchell)

David Dutten is sheriff of Ogden Marsh, a picture-perfect American town with happy, law-abiding citizens.



Something is infecting the citizens of Ogden Marsh... with insanity. Now complete anarchy reigns as one by one the townsfolk succumb to an unknown toxin and turn sadistically violent. In an effort to keep the madness contained, the government uses deadly force to close off all access and won't let anyone in or out – even those uninfected.

Rated R (bloody violence and language) 102 min.

Films are subject to availability. AAFES strives to show films according to the published schedule but reserves the right to reschedule, cancel or substitute showings as needed. For more information, call 767-3069 or go to www.aafes.com/ems/conus/stewart.htm.

Pet of the Week
Looking for a good home...



"I can help you live life in the 'fab' lane," says Quinn the terrier.

The Fort Stewart Veterinary Clinic has pets of all kinds, sizes and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.

Life as a military child: advantages and disadvantages

Avery Bolton, 15
Family Member

There are many advantages and disadvantages to being a military child. I'm going to tell you the advantages and disadvantages of being a military child.

First, I'm going to tell you the disadvantages of being a military child. There are happy and sad moments, like when your parents are working late and don't come home until late hours and you don't see them in the

morning or all night.

Another one is that when your parents have to deploy for one or two years, and you have to live with someone else. Also, your parents have to miss all of your football and basketball games and miss other events that are really important to you.

Now I'm going to tell you all the advantages to being a military child.

The advantages to being a military child are that if you live on post; you have everything where you live, like you have grocery stores and schools

and sports. You also have recreation areas for kids, gyms for kids to play basketball, and swimming pools. And we have a PX store that you can buy clothes and other things like household products.

We also have a shoppette that you can go to just in case you don't feel like going in to a grocery store when it is crowded. Also, it is cheaper to live on post than if you live off post. When you go shopping at the PX or the Commissary, they don't charge tax on anything they sell, so it is cheaper to

buy things on post.

Another advantage to being a Military Child is that you have more education connections to the Army, because the Army has many scholarships to different schools.

So, to wrap things up, there are ups and downs to being a military child. You have parts that you don't like and you do like, but you know that your parents do this for our country and because they love us.

And this is the life of being a military child.

MOMC

—from Page 1B



Nancy Gould

Children from Hunter's Child Development Center and Family Child Care homes walk outside the center and through the adjacent parking lot to the beat of tambourines and drums during the Month of the Military Child kick-off parade, April 1.

The caregivers wore T-shirts – blue, orange, lavender, yellow, red and more – that matched the colors of the children and read, “I am a military provider and proud of it!”

The littlest of the children – not yet able to walk in a parade – got to ride in buggies usually used to transport them on their longer jaunts. Children from other Fort Stewart child care centers were bused to the site for the parade.

Bradwell Institute's Marching Band, 75-strong, filled the air with patriotic songs such as “My Country, 'Tis of Thee” and “America the Beautiful.” The school's color guard led the marchers.

Brigadier General Jeffrey Phillips, 3rd ID deputy

commanding general-rear, praised the adults for the care they are giving to Military Children and thanked the children “for all you do, and for being good boys and girls.”

He asked the groups of children what their favorite book was. “Cat in the Hat” was the clear winner.

“All you have to do is ask, and I and (Command Sgt. Maj.-Rear Jeffrey Ashmen) will come back here and read it to you,” he promised the children.

Children's music was an energy-adding ingredient. The youngsters danced, clapped, jumped and sang along with songs such as “Get Funky” and “Hokey Pokey,” among others. Smiling, Brig. Gen.



Bob Mathews

The younger military children from Child, Youth and School Services child care facilities rode in buggies used to transport them on longer journeys. An estimated 400 children took part in the Month of the Military Child kick-off parade at Fort Stewart, April 1.



Bob Mathews

Marie Moore, in orange, and Jeanette Hodnett, in blue, were among the many caregivers who walked with the children in the Month of the Military Child kick-off parade at Fort Stewart, offering encouragement and direction.

Phillips joined in the musical fun.

Dora the Explorer of Nickelodeon Fame created a buzz and was a center of the children's attention. Brigadier General Phillips was a favorite for photos as well, posing for photos with various age groups.

Kodak moments were abundant – parents and other participants stayed busy snapping photos and making video recordings of the special day honoring special children.

“Awesome,” was how Monica Brown described the event. Her nephew, Connor Finkler, took part. “I loved the enthusiasm of the kids and the teachers. I loved the band being here. It was awesome.”

Resurrection means our sins can be forgiven

Chap. (Col.) William Ralston
3rd ID Chaplain (Rear)

He is Risen: What does it mean to us today? In the last article, we looked at the resurrection account and said that if Jesus did, in fact, rise from the dead then our fears have been vanquished. I want to continue that line of questioning and say that if He did rise from the dead, then our sins can be forgiven.

The scripture passage I am using is *Mark 2:1-12*.

It was early in Jesus' ministry. He returned to the town of Capernaum, and people had gathered to hear him speak. He was in a small house and there was such a crowd that people outside the house could not get close to him. Four men arrived carrying a paralyzed man on a mat. They could not come close to Jesus because of the crowd, so they went up on the flat roof, cut a hole in it, and lowered the body of the paralyzed man into the room. Jesus saw the man and the faith of the four who had brought him. He said, "Son, your sins are forgiven."

The Pharisees did not like this, and

they began to grumble among themselves. Jesus knew what they were thinking, and he said, "Which is easier to say? Rise, take up your mat and walk, or your sins are forgiven? But that you may know the Son of Man has the authority to forgive sins, I tell you, rise, take up your mat and go home." And the man was healed; he rose, took up his mat and went home. Jesus has the authority to forgive sins, if the resurrection is true.

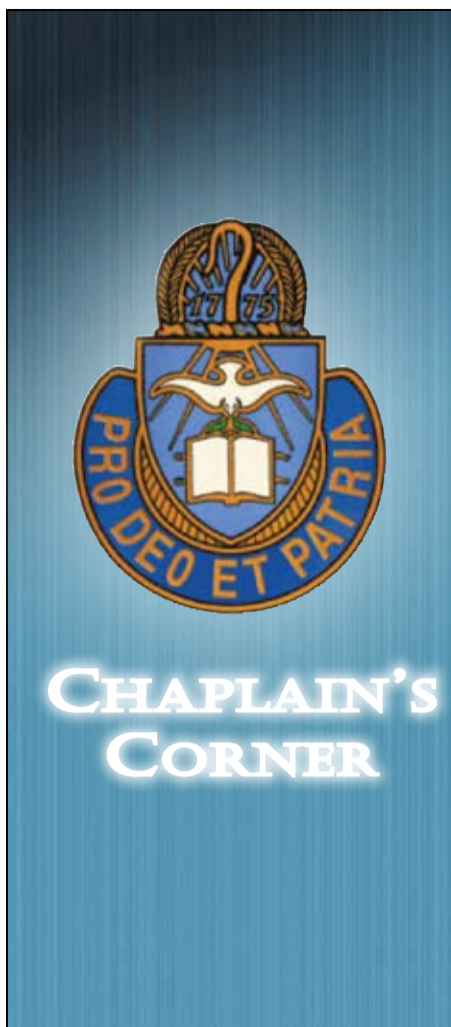
The man who wrote "Amazing Grace" was John Newton. Newton had been a slave trader and found himself on a ship in the midst of a horrific storm. He prayed to God and promised that if the ship and Newton's life were spared, he would repent of his sins. The ship was spared; Newton's life was saved; and Newton kept his promise. He became an Anglican priest and spent the rest of his life working to end slavery. One rainy day as he was standing on a street corner, he saw a prisoner being led away in chains, and he said, "There but for the grace of God goes John Newton."

If the resurrection of Jesus is a reality,

then the claims that Jesus made about himself must be true. One of the greatest claims was that He had the authority to forgive sins. Everything Jesus said about forgiveness... everything He said about our sins being forgiven is true today. The resurrection validates his claim to have the authority to forgive our sins.

The Christian claim to truth is just this: a Christian may not have an easy life. I know followers who have had a fairly easy life, and I've known followers who have had their share of troubles. A Christian may do well financially, or he may not do well. A follower may have good health or she may not have good health. What I can say is about the Christian claim is this: God will forgive your sins, if you ask him to, based on the sacrificial death of Jesus Christ.

You may be doing very well right now; I hope so. But if there is something nagging at you, keeping your relationship with God from being what it should be, ask him to forgive you. And experience God's cleansing in your life.



Chapel Schedule

Fort Stewart

Catholic	Location	Time
Sunday Mass	Main Post Chapel	9 a.m.
Protestant		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Main Post	11 a.m.
Traditional Worship	Marne	9 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church	Diamond Elementary	11 a.m.
PWOC (Wednesday)	Main Post Chapel	9:30 a.m.

Islamic	Location	Time
Friday Jum'ah	Marne Annex	1:30 p.m.
Saturday Islamic Studies	Marne Annex	9 a.m.
Sunday Islamic Studies	Marne Annex	Appts.
Contact Spc. Lugman at wallead.lugman@yahoo.com		

Jewish	Location	Time
Friday	Heritage	11:30 a.m.
Contact Harold Crowther at (912) 332-2084		

Hunter Army Airfield

Catholic	Location	Time
Sunday Mass	Chapel	11:15 a.m.
Protestant		
Sunday Service	Chapel	9 a.m.

Kids Church Where God rocks

at Stewart School Age Services, across from Diamond Elementary 10:45 a.m. to noon, Sunday; or at Hunter Chapel Fellowship Hall at 9:15 a.m., Sunday

For children grades K-5

Fort Stewart bus pick-up:

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Main Post Chapel

For more information, e-mail fortstewartkidschurch@yahoo.com.

Fort Stewart Chapel Youth Ministry

Fort Stewart Youth Ministry exists to share "Biblical Truth" with middle and high school age youth, to disciple them in the Christian faith, and to equip them for lives of Christian service.

For weekly meeting information, go to www.twitter.com/ftstewartyouth

or contact
Tanya Harned,
Fort Stewart Youth
Ministry Coordinator
at 912-813-9751.

Weekday Catholic Schedule

Roman Catholic Daily Mass:

Main Post Chapel, 11:45 a.m., on Mon., Wed.-Fri.

Roman Catholic Confession:

Main Post Chapel, 4 – 4:30 p.m., Saturday

PWOC

The Fort Stewart Protestant Women of the Chapel meets from 9:30 a.m. - noon, every Wednesday at Main Post Chapel. Call 332-7139 for more information.
The Hunter PWOC meets from 9:30 a.m. – 11:30 a.m., every Thursday morning at Hunter Post Chapel. A light luncheon will follow. Call 404-797-3097 for more information.

Coastal Happenings

Courtesy of the Coastal Courier

MDS offers military scholarship

Memorial Day School is located just outside Hunter's Wilson Street gate on Habersham Street across from the YMCA.

The school is celebrating more than 50 years of educating Savannah's children.

It excels in academics and sports, and gives individual attention to each child.

The school's Individualized Educational Program can accommodate all children's needs and help them reach their highest potential.

To show their appreciation to the military community, MDS is offering a \$1,500 military scholarship to the children of active duty and retired servicemembers.

In addition, registration fees will be waived for children of all active duty and retired servicemembers.

For more information, contact Melanie Kapla, headmaster, Memorial Day School, at 912-352-4535. Also, visit the Web site at www.memorialdayschool.com

Live Oak Libraries programs offered

Preschool storytime

Hinesville Branch Library has Preschool Storytime Mondays at 10:30 a.m. and Tree Tots Storytime on Tuesdays at 10:30 a.m.

Tree Tots features age-appropriate stories, finger plays, songs and more for infants, one and two-year-olds. For more info, call 368-4003.

Tea and Tales Book Discussion Group

Midway-Riceboro Branch Library will discuss the book, "Homer and Langley" by E.L. Doctorow at 5:30 p.m., April 15. Please come and join us. Call 912-884-5742 for more information.

VFW offers claims assistance

The national office of the Veterans of Foreign Wars now offers disability claims assistance through a pre-discharge claims representative working in Stewart-Hunter's Wounded Warrior Battalion's Soldier and Family Service Center, building 12718.

James Graw assists Soldiers in filing disability claims prior to being discharged by performing a complete medical records review to ensure all claimable conditions are listed on the claim for disability compensation. He is also available to veterans to review claims decisions that have been made by the VA and assist in the development of and filing of new conditions.

Call 912-767-4452 for more information.

Education celebration scheduled

Savannah Technical College is proud to announce our fourth annual "Celebration of the Young Child," April 17. This event is sponsored by Savannah Tech and the Liberty Association for the Education of Young Children, an Early Childhood Education student organization.

Young children and their Families depend on high-quality education and care, which help children get a great start and bring lasting benefits to the city of Hinesville.

The Celebration of the Young Child is a time to recognize that "Early Years are Learning Years" for young children. The celebration will take place from 10 a.m. to 2 p.m. at the Liberty Campus of Savannah Technical College, 100 Technology Dr. in Hinesville.

More than 200 Families are expected to take part in the celebration. Nonprofit organizations will also participate in this community event, setting up booths and distributing useful information to Families with young children.

Participation in the event allows Families with young children to connect with resources, hear about services, and learn information for making better decisions. This is an outside event, so plan on setting up at 9 a.m. that Saturday morning. Your participation will help make this a grand event.

For more information, contact Gia D. Smith, Ed.S., Instructor/Advisor Early Childhood Care and Education Savannah Technical College, Liberty Campus at gsmith@savannahtech.edu.

Fort McAllister host Volunteer Day

Fort McAllister State Park is hosting a Civil War Trust Volunteer Day from 9 a.m. to 3 p.m., Saturday. Volunteers will assist park staff with spring cleaning of the fort and grounds, and help paint the fort's cannons. T-shirts and lunch will be provided. Call Daniel Brown, park manager, at 912-727-2339 for more information.

Liberty Theatre Company's 'Vanities'

The Liberty Theatre Company will host a special presentation of playwright Jack Heifner's "Vanities" at the Dorchester Civic Center, beginning at 7:30 p.m.,

April 16-17. Tickets are \$8 in advance, \$10 at the door. "Vanities" is a story about three Texas girls' journey from their high school senior year, through college and ten years after.

The Savannah Winds concert slated

The Savannah Winds will present their annual "Pops" Concert, Sunday, May 2 at 3 p.m., in the Fine Arts Hall of Armstrong Atlantic State University. The program will include marches, jazz, Latin, opera, and selections from Broadway.

Tickets are \$14 with \$2 discounts for seniors, military, and children. Call 344-2801 for ticket information, or order online at www.finearts.armstrong.edu/tickets (convenience charge added).

Book signing, lecture scheduled

Fort McAllister will host a lecture and book signing for Roger Durham at 7 p.m., May 27. Durham has written several books about the fort and the men who served here. Light refreshments will be supplied by the Friends of Fort McAllister Organization and books will be available for purchasing and signing.

Durham has dedicated many hours if not years, of his life, in the research, sharing and writing of the history of this little sand fort and how it stood against William T. Sherman in an attempt to stop his famous March To The Sea!

Scottish Games planned

The 34th Annual Savannah Scottish Games are scheduled for May 8 on the campus of Bethesda Home for Boys, 9520 Ferguson Ave., in Savannah.

There are many activities planned, including heavy athletic competition, band and individual bag piping, drumming competitions, children's activities, dance competitions, food, music and much more.

The heavy athletic competitions include Stone throwing, weight tossing, hammer throwing, caber turning, and sheaf tossing, and are open to kilted experienced and novice participants. The children activities include sheaf toss, sack race, caber turning, the haggis hurl and the welly toss.

More information is available at www.savannahscottishgames.com/events.php or by calling 912 351-6332.

Hunter youth perform community service

Nancy Gould
Hunter Public Affairs

In our society, it's the bad news we usually hear about today's youth. But staff and congregational members at Hunter Chapel are proud to share the good news about their adolescent and teen members and the recent selfless activities they have done.

Twelve members of Hunter Chapel's youth program from Catholic and protestant organizations came together on March 28 with their leaders to clean the inside and outside of the Ronald McDonald house in Savannah.

Volunteers, Heather Carswell and Anna Morales, also attended. The two adults serve students in the Catholic community sacrificially, demonstrating and inspiring them to give their time and effort without monetary compensation. Their leadership and that of the entire chapel staff has paid off with the youth.

"It feels good inside to help out others in their time of need," said Irving Johnson, a member of the youth program at Hunter Chapel.

"You never know when something could happen and you might need to

stay there [Ronald McDonald House]," said Jarlene Peralta, another chapel youth member. "They [residents] shouldn't have to worry about all the things that come with keeping a clean house. They need to keep their focus on the problems they're dealing with. Clean carpets, windows, floor and yards can mean so much to people – in ways that we sometimes don't understand."

Community service is a major emphasis of the youth program, according to Charles Archer, the Hunter director of Religious Education. Students have participated in activities such as serving food in a soup kitchen; singing to senior citizens; passing out school and Christmas supplies to needy Families; passing out snacks and drinks



Photos by Nancy Gould

Felix Luciano and Elving Perla clean the outside grounds of the Ronald McDonald House.

at the local VA Clinic; and cleaning up around Hunter and gleaning crops from area farms that want to donate to those who are less fortunate.

"We teach children to show their service to others in word and deed," said Archer, "to show they care through prayer and action."



Jarlene Peralta enjoys cleaning the entry doors and windows.

According to Chaplain Joseph (Lt.) Adams, who attended the Ronald McDonald outing, his message to students is the same—to give themselves to others. "It's wonderful to see the youth volunteer," he said. "This is service in action."

Installation holds cemetery tour, supports Community Covenant

Patrick Young
Fort Stewart Public Affairs

Fort Stewart-Hunter Army Airfield holds its 2010 Spring Cemetery and Historic Site tour April 26 with visits to Cypress Slash, Trinity, and Todd cemeteries and the site of historic Fort Argyle.

Sponsored by the Fort Stewart Cemetery Council, the event is free and open to the public, although space is limited to about 80 participants. Individuals can learn more or register by calling Public Affairs at 912-435-9872.

The annual trips are designed to offer community members an opportunity to visit some of the various cemeteries, allow Families to visit family plots, and to uncover some of the rich history of the local area.

According to www.stewart.army.mil/dpw/crhistory.aspt, Native American's

lived in this area for nearly 15,000 years, but the first settlements and pioneers moved into the area around 1733 with the construction of Fort Argyle.

Fort Argyle was built, according to the Web site, in what is now Bryan County, on the west bank of the Ogeechee River, to help protect people in the area, to include the fledgling settlement in Savannah.

When World War II broke out, the Federal government established Camp Stewart in 1940-41 to help train Soldiers, acquiring more than 279,000 areas of land in Bryan, Evans, Liberty, Long and Tattnall Counties. This was an area that had many municipalities, farmstead sites, and at least 41 churches—some dating back to around 1760.

Many of the former occupants of the land moved to now neighboring communities in Bryan, Chatham,

Evans, Effingham, Glynn, Liberty, Long, Screven, Tattnall, McIntosh counties, among other surrounding counties.

A close bond has developed over the years, formalized with the signing of the Army Community Covenant at Stewart in July 2008.

That bond, reinforced through information sharing, and mutual support is exercised throughout the year with activities.

Some of the upcoming events include:

- The Glennville Onion Fest in Tattnall County, May 8, which offers a parade, race, art and crafts and fun for the whole family. Tattnall County Chamber of Commerce has a list of events they sponsor annually at Web site www.tattnall.com/ArtsandMedia.html.
- Liberty County holds its 234th

Birthday Celebration, tentatively scheduled for May 15 at historic Dorchester Academy; and Liberty Fest, July 16-17, at Bryant Commons, 433 West Oglethorpe in Hinesville. Liberty County offers a calendar of information at Web site www.libertycounty.org/Calendar.18.0.html.

Other County events can be found at Chamber of Commerce links for:

- Bryan County/Richmond Hill: www.rhbcchamber.org/cwt/external/wcpages/events/events.aspx;
- Evans County at www.claxton-evanschamber.com;
- Effingham Chamber: <http://effinghamchamber.org>;
- Chatham County: <http://ccucc.net/>.

Community members can also find the latest community events in the installation's monthly magazine, Quality Times, online at www.stewart.army.mil.



DFMWR Briefs

Stewart-Hunter holds 2010 Bass Tournament

The catch and release Stewart-Hunter 2010 "Big Bass" Tournament will be held at Stewart's Pond 1 (Pineview Lake) from 7-11 a.m., Saturday.

Participants may register up to one hour before event, if slots remain available. For details, call Stewart Pass & Permit Office, 912-435-8061.

Contestants can fish from the bank or launch their own bass boat. Boats may be launched before the event, but must wait for the horn at safe light to leave the launching area and begin fishing.

Boats must be inspected by tournament personnel prior to launching. The maximum number of anglers permitted in a boat is two.

Participants must have valid Georgia and Stewart-Hunter fishing permits. Prizes will be awarded in youth and adult categories, and an Overall Sportsman prize will be awarded to the active duty winner.

Pre-registration fees are \$10 for ages 15 and under, \$20 for ages 16 and older. Day of Event fees are \$15 and \$30, respectively.

Jordan Youth Gym schedules activities day

Jordan Youth Gym, as part of April's Month of the Military Child observance, will have activities from noon to 4 p.m., Saturday. There will be music, food and an opportunity to win various prizes.

Enjoy three-point shootout, 3-on-3 competition and a dodge ball tournament for all youth ages 8-18. Outdoor activities are open to youth of all ages and Family Members. Children under 11 must be accompanied and closely monitored by an adult.

Jordan Youth Gym is in building 608. For details, call 912-767-1428.

Wellness Fair coming to Newman

Newman Fitness Center will be the site for a free two-hour fitness event titled "Wellness Fair: Mind and Body." The event will be held from 5:30 to 7:30 p.m., Monday.

The fair will include information stations on nutrition, wellness and total fitness. Health and wellness exhibitors from on and off-post will be onsite to complement the event.

Vendors will include Winn Army Community Hospital nutrition department, a health coach, Farmers Natural Food Store, massage therapists, cooking demonstrations and more.

For more information, call 912-767-9336.

Parents wanted for Education Forum

The Directorate of Family and Morale, Welfare and Recreation is looking for Military-connected parents from Fort Stewart and Hunter Army Airfield with children enrolled in DODEA schools, public schools, private schools or participating in Home Schooling to attend the first-ever Education Forum using Army Family Action Plan process to discuss education related issues.

Parents will be placed into work groups noted at the forum, which will be held at Club Stewart, building 405, from 9 a.m. to noon, Tuesday.

Those interested in participating in a work group or to volunteer in other support functions are asked to contact the Stewart School Liaison at 912-767-6533.

ACS holds Job Fair at Club Stewart

Representatives from defense contractors, educa-

tion, health care, hospitality, retail fields, and staffing/employment agencies will take part in the ACS Job Fair from 10 a.m. to 3 p.m., Wednesday.

The fair will be held at Club Stewart, building 405. The fair is part of the Employment Readiness Program.

Hunter will host the Job Fair on May 12. For more information, call 912-767-5058.

Celebrate National Library Week

In celebration of National Library Week, children are invited to hear special stories by Col. Kevin Milton, Stewart-Hunter garrison commander, at George P. Hays Library, building 411, from 4-5 p.m., Wednesday.

For more information, call 912-767-2828.

Sign up for GC's Golf Scramble

Registration closes April 15 for the Hunter Garrison Commander's Golf Scramble on April 16. Play will begin with a 1 p.m. shotgun start at Hunter Golf Club. The garrison commander extends an invitation to participate in the golf scramble, which is a great opportunity for team building and fellowship.

The cost is \$35 for Taylors Creek and Hunter Golf Club members, active duty, retirees and Army Civilians, and \$45 for civilian guests. Play is limited to first 50 two-person teams. For details, call 912-315-9115.

Register for paintball tournament

Registration will continue until April 16 for the five-person, double elimination speedball tournament scheduled to begin at the Fort Stewart Skeet Range orchard, April 17. Play is open to all DoD ID cardholders, age 15 and older.

There will be an 8 a.m. captains' meeting, with a 9 a.m. start time. The first 10 teams will be signed up. Individuals may sign up and be placed on a team. Prizes will be based on number of teams. The \$100 entree fee per five-person team gets you two cases of paint and free air all day. The \$25 entree fee per individual gets you 500 paintballs and free air.

For more information and to pre-register, call 912-767-2515 and ask for Chase or Mike.

Try a dive-in movie at Hunter

Grab a float and come over to enjoy the movie "Up" at 6 p.m. April 16 at the Tominac Fitness Center indoor pool, building 919 at Hunter Army Airfield. There's no charge. Active duty, Family Members, retirees, and DoD Civilians are welcome. Children under 15 must be accompanied by an adult. Call 912-315-2019 for more information.

Deadline set for Wild Adventures Trip

The registration deadline is April 16 for the April 17 trip to the Wild Adventures Water and Theme Park.

Participants will depart Stewart's Leisure Activities Center, building 443 for Valdosta, Ga. Come experience Wild Adventures' three new rides and new shows. There are thrill, Family, kids, and water rides, plus animals and shows. The \$38 per person cost includes transportation and theme park admission. For more information, call Leisure Travel at 912-767-2841 (Stewart) or 912-315-3674 (Hunter Army Airfield).

It's moonlite bowling

Come out April 17 and enjoy late-night bowling at Stewart Lanes Bowling Center, building 450, when we are open until 2 a.m. The cost is just \$2.50 per game per person; or, pay a flat fee of \$25 per person for unlimited bowling from 11 p.m. to 2 a.m. The shoe rental fee is \$1.75. Call 912-767-4273 for more information.

Camp offered

Registration is now open and will continue through June 18 for the Fort Stewart-Hunter Army Airfield Teen High Adventure Camp at Nantahala National Forest, N.C. The trip will be June 28-July 2.

The camp features hiking on the Appalachian Trail, climbing one of the best ropes challenge courses in the Eastern U.S., and whitewater rafting.

The \$100 cost includes transportation, lodging accommodations, and quality restaurant-prepared meals, Child, Youth and School Services staff supervision and more. Register at CYSS Registration Center, building 443 (Stewart) or building 1286 (Hunter Army Airfield). Open to CYSS registered youth ages 12-18. Space is limited. For additional details, call Stewart School Liaison at 912-767-6533.

Sign up for Old Town Trolley Paula Deen tour

Registration deadline for the Old Town Trolley Paula Deen tour is Friday. The trip will be April 24, departing Stewart Leisure Activities Center, building 443, for Savannah. Join the "Hey Y'all!" to learn all about Savannah's Queen of Southern Cuisine, Paula Deen. Learn her story of rags to riches to stardom and her most up to date dishes. Trolley tour includes delicious lunch at Uncle Bubba's Oyster House restaurant. Cost is \$50 for adults and \$30 for children ages 4-12. For details, call 767-2841.

Register for Jacksonville Greyhound Racing trip

Registration deadline for the Jacksonville Greyhound Racing trip is April 26. The trip is May 1, and departs Stewart Leisure Activities Center, building 443, in the late afternoon for Jacksonville, Fla. Join Leisure Travel for an exciting night of racing at the Greyhound Racing Park. Cost is \$12 per person and covers transportation only. Admission is extra. Must be 18 or older to attend. For details, call 767-2841.

Casa Blanca Spa of Hilton Head Trip

Registration deadline for the trip to Casa Blanca Spa of Hilton Head is April 26. The trip is on May 8 and will depart Stewart Leisure Activities Center, building 443, for Hilton Head Island, S.C. Take advantage of massages, manicures, pedicures, waxing, make-up/make over and pampering packages offered by Casa Blanca Spa. Cost is \$10 per person for transportation only. Call 767-2841 to register.

Sign up for New York City trip

Registration deadline for the New York City trip is May 1. The trip will take place July 15-20 and will include six days and five nights of excitement, bright lights and beautiful sights in the NYC area, eight meals, and two NYC guided tours. Cost is \$565 per person double occupancy (add \$220 for single occupancy). A \$75 deposit is due upon signing up. Final payment is due May 9. For details, call 767-2841.

Great MWR Yard Sale, NAF Excess Property sale just days away

Bob Mathews
DFMWR Marketing Publicity Specialist

Sellers are all set to put their stuff on display and buyers are ready to scoop it up – that is, if the price is right – during the Spring 2010 edition of the Great MWR Yard Sale at Fort Stewart and Hunter Army Airfield.

The sale is one of the most popular events held on Stewart and Hunter, giving the sellers a chance to do some spring cleaning and rake in a few dollars as well.

The day also will feature a Family and Morale, Welfare and Recreation-hosted sale of excess non-appropriated funds property at building 1501 (912 Sigma St.) during the same hours as the yard sale.

The yard sale will be held at the parking lots of Club Stewart, building 405, and the Hunter Credit Union, building 1282 from 8 a.m. until 2 p.m., April 17.

Sales also will be held by residents of on-post housing at both Stewart and Hunter. During the Great MWR Yard Sale last fall, more than 100 sales were conducted at on-post housing sites.

To help bargain-hunters find their way, maps pinpointing the location of sales at Stewart and Hunter on-post housing will be distributed. Randy Walker, Intramural Sports Director, is coordinating the Stewart event.

“We’re asking the sellers to be here between 6:30

a.m. and 7 a.m. to start setting up,” he said, adding the 120 who have signed up will be assigned spots as they arrive.

Walker said some enthusiastic, early bird bargain hunters arrive early and wait while the sellers get set up.

“They want to be the first to get a bargain,” Walker said.

Eli Wilson, who is coordinating the event at Hunter, said he anticipates that 30 or more sellers will set up at the Credit Union parking lot and that a number of on-post residents will hold sales as well.

“We’re looking forward to a successful sale,” Wilson said.

For more information on the yard sale, call 767-8238 at Stewart or 315-2019 at Hunter. For more information on the NAF Property Sale, call 767-4301.

Goodwill Industries will be on hand for donations from 2-5 p.m. at both parking lots. Hunter Thrift Shop also will accept donations.

About the NAF Excess Property Sale

The Directorate of Family and Morale, Welfare and Recreation will host a sale of excess non-appropriated funds property at building 1501 (912 Sigma St.) during the same hours as the Great MWR Yard Sale – 8 a.m. to 2 p.m., April 17.

“An array of property will be sold,” said Eddie Blackmon, who oversees the Supply Division.” We

even have a portable dance floor.”

Tables, desks, chairs, sleeper sofas, recliners, cherry wood television stands, television armoires, televisions, freezers, work benches and a couple of pieces of gym equipment are among the more than 700 items for sale.

About 30 minutes before the start of the sale, customers will be briefed on purchase procedures and given a price list of items. When the briefing is complete, customers will be permitted to file through the gate into building 1501 in an orderly manner.

Blackmon said every item will be priced. Matching numbers will be placed on each item offered for sale. Customers should remove the bottom number and retain it as they continue to shop. The other, securely fastened number on the item should not be disturbed.

When customers are ready to leave, they should go to a cashier and pay for items they wish to purchase. Blackmon said Youth Challenge Academy students will assist in loading items.

“The item number the customer has must match the number on the item and the customer must have a receipt or it will not be loaded,” Blackmon said.

He added, “Our customers will find quality products here at a very good price. We believe they will be satisfied with what they purchase and what they pay, and we will have a lot of happy customers.”

Call 767-4301 for more information.

SERVICE from Page 1B



Jennifer Scales

Easter was celebrated at Marne Garden, April 4, with a standing room only sea of voices singing praise and listening to the message presented by retired Army chaplain Scott McChrystal. McChrystal is the brother of Gen. Stanley McChrystal, commander of U.S. Forces in Afghanistan.

McChrystal continued, “His lips were turning purple, and so were his fingers. Judy, my wife, came over and began to pray. The hospital on Fort Bragg was only a mile away and normally I as the chaplain am allowed in to see patients. When they (hospital staff) realized the patient was my son, I was forced to wait for hours.”

Many in the Easter crowd felt there could not be a good outcome to the story. There was stillness in the air as everyone waited for the rest of the story.

“After three hours, a

doctor came to get me and take me where my son was,” said McChrystal. “There he was on a gurney; his color had come back, but the doctor removed several binds from him. He (the doctor) then said, ‘Son, you can get up and walk out of here with your Dad today.’”

McChrystal also shared another personal event about how doctors had given up on the unborn child that his daughter-in-law was carrying. “There were no positive outcomes for the birth of Jillian, but I stand here today to tell

you that she is now 17 months old and living normal.”

He told the crowd that he would not take for granted that everyone is a Christian, but did say that all need to connect with the resurrection.

“What people see of Jesus many times is what they see in you and me,” McChrystal said.

This is not the first time that McChrystal has been to Fort Stewart, and he noted that as he walked along Warriors Walk, the reminder of what a sobering place this is came to him.

Yellow Ribbon Walk scheduled

A Yellow Ribbon Walk, the second major event in the Walk/Run to Iraq/Afghanistan series, will be held at Cottrell Field at 9:30 a.m., April 24.

About 1,000 persons are expected to take part in the event in a show of support and love for Soldiers deployed in Iraq, Afghanistan and other places around the world.

Those who have walked 100 miles as part of the Walk/Run effort will be awarded yellow T-shirts for their accomplishment. When the walk ends, those wearing the T-shirts will form a human yellow ribbon on Cottrell Field.

During the walk, Family Readiness Groups will attach Yellow Ribbons on trees along Gulick Avenue.

At the Donovan Field Walk/Run event Jan. 24, approximately 1,200 to 1,500 Spouses, Family Members, Soldiers and others participated in the opening event.

Miles are still being tabulated for the upcoming Yellow Ribbon Walk. Early figures show that participants already have walked to and from Iraq and Afghanistan several times, organizers said.

Much of the interaction of the Walk/Run to Iraq/Afghanistan is taking place on a dedicated Facebook page. The link to the Facebook page is www.facebook.com/pages/3rd-ID-Walk-to-and-from-Iraq-Afghanistan/261713572337.

Army Community Service



Courtesy photo

'Create & Connect' a success

ACS Outreach is proud to announce the launch of its new program "Create & Connect." The first quilting class, March 23, was a great success. The participants not only learned a new skill but created something and got to know other military Family Members with similar interests. The first project was a pot holder, but the goal is to start a quilt by the fall.

"This is an amazing class that should be available to everyone! I love it and feel accomplished," said Amanda Seech, a Family Member not only new to Fort Stewart but also to the Army.

The participants varied not only in skill level but also in how long they have lived at Fort Stewart or Hunter Army Airfield. However, they came together to help and encourage each other in their new hobby.

Juliana Nelson, who's Soldier just returned to

Iraq after leave, stated, "I came in today not really knowing what to expect, and I am leaving totally captured by the art of quilting. The instructor kept it simple, casual and fun. This event reconciled me with my sewing machine, which I haven't used since I bought it a year ago. Thank you so much. This was a great idea!"

If you missed this first "Create & Connect" class, join the quilting group the second Tuesday and the scrapbooking group the fourth Tuesday of each month, 10 a.m.-2 p.m. Classes are free and basic supplies will be provided. You may bring your own sewing machine or project to work on. The location for all classes is the Fort Stewart Soldier Service Center, building 253, room 2074. Please call to reserve a spot or for more information at 912-767-2467.

Child Abuse, Sexual Assault Awareness

April is Child Abuse and Sexual Assault Awareness Month. Fort Stewart and Hunter Army Airfield Army Community Service will have various events, activities, and highlights during the entire month of April. A self-defense class for women ages 14 and up will take place at Fort Stewart from 10 a.m. to 2 p.m., April 10. The adult class will be held at Newman Fitness Center and the teen class will be held at the Youth Center. The Hunter self-defense class will take place at the Tominac Fitness Center from 6-7 p.m., April 20.

The Rape Crisis Center will also present tips on healthy relationships, safety, and assertiveness for parents and teens at Fort Stewart (Southern Oaks Community Center) and Hunter (ACS, building 1286) at 5:30 p.m., April 12. Please call (Stewart) 912-767-5058 or (Hunter) 912-315-6816 to find out more information.

Free classes offered at Stewart

Thursdays, 9-11:30 a.m.: Family Orientation (Fort Stewart, Soldier Service Center, building 253)

Thursdays, 10-11:30 a.m.: Play Morning (Fort Stewart, Bryan Village Youth Center)

Thursdays, 1-2 p.m.: Newcomers Windshield Bus Tours (Fort Stewart, Soldier Service Center, building 253)

Friday, 1-3 p.m.: Job Search Strategies (Fort Stewart, ACS, building 87)

Saturday, 10 a.m.-12 p.m.: Women's Self-Defense (Fort Stewart, Adults at Newman Fitness Center and teens 14+ at the Youth Center)

Monday, 9:30-11 a.m.: Mines, Yours & Ours- Parenting for Step Families (Fort Stewart, ACS, building 82)

Monday, 5:30-7 p.m.: Rape Crisis Class for Parents & Teens (Fort Stewart, Southern Oaks Community Center)

Tuesday, 9-11:30 a.m.: FRG Treasurer Training (Fort Stewart, ACS, building 87)

Tuesday, 10 a.m.-2 p.m.: Create & Connect- Quilting (Fort Stewart, Soldier Service Center, building 253)

April 13-15, 9 a.m.-12:45 p.m.: AFTB Level I (Fort Stewart, ACS, building 87)

April 14, 10-11:30 a.m.: Volunteer Management Information System Training (Fort Stewart, Soldier Service Center, building 253)

April 14, 1-3 p.m.: Keeping Your Bank Account in Check (Fort Stewart, ACS, building 86)

April 14, 2-4 p.m.: Infant Massage (Fort Stewart, ACS, building 82)

April 15, 9-11 a.m.: Preparing Your Finances for Deployment (Fort Stewart, ACS, building 86)

April 15, 2-4 p.m.: Chasing Toddlers (Fort Stewart, ACS, building 82)

April 16, 1-3 p.m.: Interviewing Workshop (Fort Stewart, ACS, building 87)

Free classes offered at Hunter

Tuesdays, 10-11:30 a.m.: Play Morning (Hunter, New Gannam Community Center)

Monday, 1-3 p.m.: 10 Tools for Your Parenting Tool Box (Hunter, ACS, building 1286)

Monday, 5:30-7 p.m.: Rape Crisis Class for Parents & Teens (Hunter, ACS, building 1286)

Tuesday, 9-10:30 a.m.: Financial Planning for PCS (Hunter, ACS, building 1286)

Tuesday, 1-2:30 p.m.: Hearts Apart Support Group (Hunter, ACS, building 1286)

Tuesday, 2-4 p.m.: Chasing Toddlers (Hunter, ACS, building 1286)

April 13-15, 9 a.m.-2 p.m.: AFTB Level III (Hunter, Aviation Brigade)

April 14, 9-11 a.m.: Living on a Plan- How to Create a Budget (Hunter, ACS, building 1286)

April 14, 2-4 p.m.: Infant Massage (Hunter, ACS, building 1286)

April 15, 9-11 a.m.: Job Search Strategies (Hunter, ACS, building 1286)

April 15, 9:30-11 a.m.: Newcomers Windshield Bus Tour (Hunter, ACS, building 1286)

ACS Fort Stewart Job Fair slated

Army Community Service will host a Job Fair at Club Stewart from 10 a.m. to 3 p.m., Wednesday. More than 42 local employers from retail, health care, education, defense contractors, staffing/employment agencies, and the hospitality field will be in attendance. Are you not sure of how to prepare or where to go for help? Visit your local ACS Employment Readiness Program office to get one-on-one help. Call 912-767-5058 for more information.

Buddies Needed for Special Olympic

Volunteers (buddies) are needed for the Spring Special Olympics, which will take place at the Fort Stewart Quick Track from 8 a.m. to 2 p.m., April 16. This one-day event is a great opportunity for you to give a helping hand as a hugger, score sheet runner, and most importantly the audience and cheering section. To find out more about this great volunteer opportunity call 912-767-3428 or 912-767-5058.

Behavioral Modification - New Tools for Your Parenting Toolbox

Sue Lassin, LMSW

New Parent Support Home Visitor

Parenting is not easy. Unfortunately, we do not get an owner's manual when we have children, but there are things that you can do to help break through a cycle of bad behavior in your child by using a short-term behavior modification plan. Think of it as a learning tool to help your child move forward to a new level of social development.

Four to six weeks on, the plan is usually enough to change one or two specific behavior problems. At the very least, your child will have a clear understanding of your expectations for his or her behavior, even if he or she is not yet able to consistently maintain the desirable behavior.

The first step to effective discipline is to decide what type of discipline is suitable for you and your Family. One short-term behavior modification plan to use that is easy and inexpensive is

the poker chip system. All you need is a box of poker chips and a package of the new disposable food containers. The poker chip system is effective because it encourages immediate consequences for positive and negative behavior. The chart system is useful for homework and chores. Use daily stars or stickers for completed tasks with weekly rewards for good performance. Weekend privileges or rewards are clearly dependent on consistently responsible behavior through the week. Charts make sense to kids, and they take pride in a full page of stickers showing their good behavior. The following plan is most effective for children ages 2 to 12:

Steps to the Plan

1. Make a list of desirable behaviors that your child needs to learn. Focus on one or two specific goals for intensive behavior change then decide when to reward the child with a chip when he or she exhibits these qualities.

2. Make a list of undesirable behaviors that your child may exhibit. This list clearly identifies the specific behaviors that will cause your child to lose chips.

3. Make a list of privileges that your child can earn with chips or stickers. The list needs to include a variety of activities that your child enjoys.

4. Assign values, in number of chips or stickers, for the identified behaviors and privileges. For the system to work effectively, the rules for behavior and rewards should be presented so that everyone clearly understands the plan.

5. Introduce the system to your child in a positive way. Explain that you want them to learn good behavior and habits, and this is a way to do it. If your behaviors and privileges are not lining up fairly or your child begins to manipulate the system, change it at the end of the week.

6. Be consistent with the system for at least four weeks. You can use a chart

system indefinitely; the beginning of school or summer is a good time to start it.

Attending a parenting class is a great way to obtain additional tools for your parenting tool box. The Family Enrichment Center at Army Community Service offers the following courses to help enhance your parenting skills and more, including Chasing Toddlers, Infant Massage, Baby Bootcamp for Dads, and Play Morning. (See the ACS calendar for dates and times.)

Reminder: Hitting or spanking is not a useful discipline tool for your children.

Research shows that spanking can escalate toward physical abuse, potentially injuring the child, and can contribute to later emotional and behavioral problems, according to the American Academy of Pediatrics. It's also less effective than alternative disciplinary tactics, and it's a hard habit to break, the organization says.