

# Stewart/Hunter Lifestyle

## Army wives give back

**Kaytrina Curtis**  
Hunter Public Affairs

She walked into her newly decorated spacious formal dining room wearing an orange cashmere turtle-neck pullover, a coordinating gray and orange flannel skirt, knee high steel gray-colored boots and a smile as big as the state she calls home.

Latrice Haseman, a Houston Texas native, has much to smile about as she lives a life she describes as "blessed." Just a few short months ago, Latrice, a newlywed to warrant officer Robert "Dan" Haseman, 260th Quartermaster Battalion, received a call that left her smiling from ear to ear. She learned that from the confines of his hooch in Iraq, Dan wrote a letter to scouts from Lifetime Television Network, which told why she deserved to win a spot in the mini-documentary contest Army Wives Give Back.

Albert Einstein once quoted, "The value of a man resides in what he gives and not in what he is capable of receiving." When Latrice met Dan, she was in a giving

spirit. At the time she was employed by an investment banking firm in New York, and met Dan while he was in the middle of his first deployment.

"People at my job decided to make care packages to send to troops who were deployed overseas," LaTrice said. "We had an office full of stuff, and it couldn't stay there much longer."

As the contact person, it was LaTrice's responsibility to ensure the boxes were delivered. She searched the internet and found a Web site geared toward corresponding with servicemembers. Through a series of emails, she met her true love and now husband, Dan.

After dating and an engagement, wedding plans were soon in the works. Then the unexpected happened. Dan learned of an impending deployment to Iraq, which thwarted the big wedding plans until a later date.

"We wanted a big wedding; we wanted all the bells and whistles," said Latrice. "We had planned for that and were looking forward to that."

Although they put the official wedding on hold, the

couple proceeded with private nuptials in a quiet ceremony in Jamaica.

Latrice said that nothing had prepared her for the big responsibility of being an Army wife, but she feels she is up for the challenge. Dan thinks that she has met that challenge extremely well.

While Dan was deployed, Latrice moved back to Houston to be close to her Family. She stayed busy with her career as an international flight attendant, full-time student, and decision-maker on building their new home in Savannah.

Between work, school and other projects, Latrice still managed to help with Family Readiness Group bake sales.

Dan said when he was deployed; she helped with the bake sale, which was hard because she is a flight attendant and is gone a lot.

"There were a lot of people buying stuff for the bake sale," he said. "She made this banana pudding; she really poured her heart into it and it sold out fast. She made so much money from that," he proudly explained.

In the meantime, Dan heard about the contest Army Wives Give Back through his rear detachment FRG leader Sgt. Lorraine Pozas. After Dan wrote a letter about why he thought his wife was special, Lifetime scouts called Latrice for a telephone interview. She had no knowledge that Dan wrote the letter and the phone call caught her off guard.

"I just wanted to do something to let her know that I was thinking about her and surprise her," Dan said.

"When she (the scout from Lifetime) called I really had no idea what was going on," said Latrice. "I thought it was awesome that he had written something they would take notice of, about me."

The couple unknowingly competed with hundreds of other military couples and won. Producers asked Latrice to come to the set of Army Wives in Charleston, S.C. for the day. She still had no indication that the visit was the result of winning. She thought she was there to shed light on what a real Army wife's day is like.

To Latrice's surprise, about seven hours into taping she met Catherine Bell who plays Denise on Army Wives. Bell presented Latrice with her prize for winning—an all-expense paid honeymoon to Santa Ynez wine country in southern California. The honeymoon includes airfare, hotel, transportation, food and entertainment. The city of Santa Barbara was generous and opened the invitation to six of the Haseman's friends. The Hasemans decided to extend the invitation to three groomsmen who are Soldiers who served with Dan in Iraq, along with their wives.

The segment aired Oct. 19. The couple is planning for a May 24 wedding this year in Houston.



Kaytrina Curtis

**Warrant Officer Robert Haseman, 260th Quartermaster Battalion and his wife Latrice smile after learning they earned an all-expense paid honeymoon to Santa Ynez in Southern California, thanks to the Lifetime program, Army Wives.**

## Soldier gives gift of hair for birthday

**Pat Young**  
Managing Editor

Cutting your hair is not a traditional birthday many would consider giving themselves, but Staff Sgt. Jennifer Menger, Special Troops Battalion, 3rd Infantry Division attempts to make it an annual event.

Menger who has friends fighting a battle with cancer, takes time every two years to donate at least 10 inches of her normally long blonde hair toward children suffering from hair loss associated with long-term medical illness.

"This is something I can do to help a child who would not normally have hair of their own," Menger said. "It helps boost their self-esteem."

Menger heard about Locks of Love, a non-profit organization that helps children through Children's Mercy Hospital in Kansas City, when her friend's child was diagnosed with brain cancer.

Her friend's child has earned twice earned a reprieve in the deadly battle, and although he didn't personally get a wig, Menger knows others the gift has

helped, which makes her feel "warm-and-fuzzy."

Locks of Love is a non-profit organization that helps financially disadvantaged children, by providing hair pieces to those suffering from hair loss associated with long term medical illness.

The organizations Web site at [www.locksoflove.org](http://www.locksoflove.org) said their mission was to "to return a sense of self-confidence and normalcy," to children by providing them with high quality hair prosthetics.

Menger said she selected Special Effects Hair Saloon, a local business, when she found out they participated in the program.

Michelle Hester, owner of the business said they provide the free haircut/design and provide the paperwork to help donors send their hair to the program.

"It is the least we can do to help others who are making that kind of effort," Hester said.

Kim Davis, a stylist at the saloon who designed a new hair-do for Menger said it means something special to help those who are helping others.

"It is one of the most selfless things a person can do, (donating hair)," Davis said. "When a person con-

siders the needs of a child and makes that kind of gesture, I believe it benefits people on both sides of the fence."



Courtesy photos

**Staff Sergeant Jennifer Menger, 3rd ID STB, donated 14-inches of her hair to "Locks of Love," Jan. 10. Above, she poses with Kim Davis, stylist at Special Effects hair Saloon following after receiving a courtesy cut for her donation.**

## 3rd HBCT holds first FRG meeting of 2009

**Spc. Ben Hutto**  
3rd HBCT Public Affairs

The 3rd Heavy Brigade Combat Team held their first Family Readiness Group meeting of 2009 at the recreation center at Kelley Hill, Jan. 15.

Representatives from every battalion's FRG gathered to review the brigade's training schedule and listen to several speakers representing various Family advocacy groups on Fort Benning.

Col. Peter Jones, the commander of the 3rd HBCT, stressed the importance of the FRG and their importance to the Soldiers of the brigade.

"Our pace is picking up, as most of you are seeing right now," he said. "The purpose of our FRGs is to build a core of caring individuals who can help increase our combat effectiveness by allowing our Soldiers to concentrate on their jobs and not look back to see what is going on at home."

Jones encouraged FRG leaders to look at the training calendar and look for ways to prevent potential problems.

"I want you to think about what that calendar means to you as leaders and consider how it will affect the Families of this brigade," he said. "We have a lot of families that are new to the military and we need to help them by curbing expectations that are unrealistic."

Jones explained that as the brigade's training temp picks up, 3rd HBCT Soldiers will be spending more time away from home getting ready for their next deployment.

"There will be periods where wives will not be able to get in touch with their spouses when we are out in the field," he said. "That is just the reality of what we do. It is my hope that our FRGs will be able to step up and help one another when those times arise."

Representatives from Army Community Services, Operation Home Front and Family Life spoke with spouses about the services they offer and how 3rd HBCT Families can prepare for their Soldiers upcoming deployment.

The next FRG round-up will be held April 8.



Spc. Ben Hutto

**Colonel Peter Jones, the commander of the 3rd HBCT, 3rd ID, welcomes Marla Grant, one of the 3rd HBCT's new Family Readiness Group leaders at the 3rd HBCT's FRG round-up held at the Kelley Hill recreation center, Jan. 15. The meeting was the 3rd HBCT's first FRG meeting of 2009.**

# Psychological health, traumatic brain injury outreach center opens

## Special to the Frontline

The Department of Defense announced Jan. 15 the opening of a 24-hour outreach center to provide information and referrals to military servicemembers, veterans, their families and others with questions about psychological health and traumatic brain injury.

The new center, which is operated by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, can be contacted around the clock, 365 days a year, by phone at (866) 966-1020 and by e-mail at [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org).

"We're providing 24/7 support to assist callers with questions regarding psychological health and traumatic brain injury," said Brig. Gen. Loree K. Sutton, M.D., director of DCoE. "Getting the best possible information and tools, hassle-free, will empower and strengthen warriors and their Families to successfully manage what can be confusing and disturbing circumstances."

The center can address everything from routine requests for information about psychological health and traumatic brain injury, to questions about symptoms a caller is having, to helping callers find appropriate healthcare resources.

DCoE promotes resilience, recovery and reintegration of servicemembers facing psychological health and traumatic brain injury issues and works to advance research, education, diagnosis and treatment of these conditions.

"If we need to research a question, we'll do the legwork and quickly reconnect with callers," Sutton said. "We welcome feedback on how we can better meet the needs of those we are so privileged to serve."

The DCoE outreach center is staffed by behavioral health consultants and nurses, most with master's degrees. In addition to answering questions, staffers refer

callers to contact centers in other parts of the Department of Defense, other federal agencies, and outside organizations when appropriate. Other contact centers also refer callers to the DCoE outreach center.

The center serves members, leaders and healthcare providers of the Army, Navy, Air Force, Marines, Coast Guard, National Guard, Reserve and all uniformed services, along with veterans of all the services. The Families of servicemembers and of veterans are also served by the new center.

**See more Winn on Page 3B**

## MWR Briefs

### Aerobic-Thon 2009 slated

Here's your chance to do some fancy stepping and have plenty of fun on your way to becoming fit as a fiddle, as the old saying goes.

What's your favorite fitness activity? Hip-Hop, Kick Boxing, Step, Pilates, Tai-Chi, Belly Dancing, Salsa, or Zumba? You'll find it all, plus a lot more, at the Aerobic-Thon at Newman Fitness Center, building 439, 9 a.m. to 1 p.m., Jan. 24. Nutrition consultation, body fat analysis, on-site personal trainer and blood pressure readings will be available.

So, join in the fun and start getting into top shape. There is no charge to participate. And, while you're there, be sure to sign up for the Biggest Loser competition, where every participant can be a winner. For more information, call 767-3033.

### Gain motivation at 'Biggest Loser' event

The start of the Biggest Loser competition is just around the corner. It's a chance for participants to shed unwanted pounds and have fun in a friendly competition in which everyone's a winner.

Registration will begin 10 a.m., Jan. 24 at Stewart's Newman Fitness Center, (building 439) and Jan. 26 at Hunter's Tominac Fitness Center (building 919). Registration closes Jan. 30. Contestants can compete individually or in a two-person team for extra motivation. All contestants will receive a Healthy Living Packet to help guide them through the contest.

Individuals and teams will be required to weigh-in Feb. 23-25, March 23-25 and April 20-22. The final weigh-in is May 16. The individual and team losing the highest percentage of body weight at both Stewart and Hunter will receive a special prize. There will also be give-a-ways at each weigh-in. For more information, contact the Recreation Delivery System at 767-4316 (Stewart) or Tominac Fitness Center at 315-2019 (Hunter).

### Register for MCEC Workshop

The sign-up continues through March 13 for a two-day workshop on "Living in the New Normal," to be held 8 a.m. to 4 p.m., March 23 and 24 at Hunter Club, building 6015. Family participation is encouraged to ensure children have tools to life's storms and provide educators and other concerned adults with information on how to support children during times of uncertainty, trauma, and grief. There is no charge and

meals will be provided. To register online go to [www.militarychild.org](http://www.militarychild.org) and for more information, contact the school liaison office at 315-6586.

### Golf courses honor you

Taylor's Creek and Hunter Golf courses are honoring active duty, retirees and Department of Defense Civilians with an all-you-can play special fee. After 11 a.m., Jan. 26-28 you can play all you want for \$22. The cost includes golf car rental. For more information, call 767-2370 at Stewart or 315-9115 at Hunter.

### Circus trip registration deadline extends

The registration deadline is today for the Ringling Bros. and Barnum and Bailey Circus Trip, scheduled for Jan. 31. We will depart early afternoon from Stewart and Hunter Leisure Activities Centers for Savannah Civic Center. Showtime is at 3 p.m.

The discounted tickets cost \$20 per person for both adults and children (includes bus transportation only). Bus space is limited, so sign-up early and enjoy the circus. For details, call 767-2841 at Stewart or 315-3674 at Hunter.

### Enjoy Big Buck Gala, Venison Cook-off

The entry deadline has been extended until Friday for the first Big Buck Gala Reception and Venison Cook-Off scheduled from 5-8 p.m., Jan. 31 at Club Stewart, building 405. Three cooking categories will be judged (deer chili, deer sausage, and deer steaks). Contestants may sign-up for more than one cooking category at the Fort Stewart Pass and Permit Office, building 8093 (Hwy 144E). The fee is \$5 per entry category. Prizes will be awarded for each category. The gala is free and open to the public. For more information, call 435-8061.

### Enjoy moonlight skating

Skate until the wee hours when the lights are low but colorful from 8 p.m., Jan. 24 to 1 a.m., Jan. 25 at Corkan Family Fun Center, building 449. The cost is \$5 per person and includes skate rental. Youths, remember to ask your parents.

For details, call 767-9884.

### Marne Lane celebrates Spouses Day

Marne Lanes Bowling Center, building 402, is honoring spouses from 2-5 p.m., Jan. 26. Spouses will

receive one game of bowling for free, when they show their military ID. For more information, call 767-4866.

### Ski trip scheduled

The Leisure Activities Center has planned a trip from Feb. 13-15 for those who want to experience the Great Smoky Mountains.

Remember, the deadline to sign-up is Feb. 2. We will be staying at the River Terrace Resort by Westgate, which is right next door to the mountain for skiing, ice rink for ice skating, the alpine slide, go karts, and the scenic chairlift.

The cost is \$275 for up to four people per room and transportation included to the Gatlinburg resort. Travel will be by luxury motor coach with DVD and stereo. Ski rental, lift tickets, food and entertainment are at each person's expense. There are a number of restaurants within walking distance, or ride the trolley that goes all thru the town until 11 p.m. For more details, call 767-2841 at Stewart or 315-3674 at Hunter.

### Teen dance slated

Child and Youth School Services hosts two dances Feb. 7 at the Youth Center, building 1289. For youth, 11-12 years old, the dance will be 7-10 p.m.; for youth 13-18, the dance is 8-11 p.m. The dances are open to CYSS members and their guests. Dress to impress. The cost is \$2 for CYSS members and \$3 for their guests. For details call 315-5708.

### Enjoy BOSS comedy

Better Opportunities for Single Soldiers will host a comedy show 8 p.m., Jan. 30 at Rocky's. Tickets are \$15. Door prizes will be awarded. For more information about the show or BOSS, call Staff Sgt. Michele Duncan at 767-9917.

### Gear up for Ranger Run

Sign up for the Ranger/Hunter Runway 10K 9 a.m., Feb. 28 on Hunter. Register by Feb. 20; cost is \$25. The race is limited to the first 1,000 participants. Proceeds benefit the 1st Ranger Battalion Family Readiness Group. Sign-up at the Ranger HQ, Fleet Feet Sports of Savannah or Savannah Striders, WTOC in Savannah or their respective Web Sites.

# HEALTH MATTERS

## Winn Army Community Hospital

### Vaccine developed to prevent cervical cancer

#### Special to the Frontline

January is National Cervical Health Awareness Month. According to the National Cancer Institute, in 2007 there were 11,150 cases of cervical cancer in the United States, resulting in 3,670 deaths. Late-stage cervical cancer is often fatal. This is tragic because cancer of the cervix is preventable, and recent breakthroughs may nearly eliminate this particular cancer in the near future.

The cervix is the narrow, bottom portion of a woman's uterus or womb connecting to the birth canal. The uterus itself is a pear-shaped organ in the lower abdomen where an infant is nourished and protected during pregnancy.

#### Who is at risk for cervical cancer?

Women over 40 years old and women who do not have regular screening for cervical cancer have higher rates. The screening test for cervical cancer is the Papanicolaou test. Women over the age of 21 or women younger than 21 who are sexually active should be screened every three years, according to the U.S. Preventive Services Task Force. If the test is abnormal, more frequent

screening is needed.

#### How is it prevented?

The Pap test has been one of the main preventive measures in the fight against cervical cancer, but now there is a relatively new and exciting breakthrough to prevent cervical cancer. Infection with a family of viruses called human papilloma viruses is a huge risk factor for cervical cancer, as well as for genital warts. HPV is the most common sexually transmitted infection in the United States. In June 2006, a new vaccine, Gardasil®, was approved for human use. Gardasil® protects against four types of HPV. HPV-16 and HPV-18, which account for 70 percent of cervical cancer, and HPV-6 and HPV-11, which account for about 90 percent of genital warts.

#### Vaccine offers promise

To provide protection, Gardasil® is given three times in a six-month period. After the initial dose, a second dose is given two months later, followed by a third dose at six months. At this time the vaccine appears to be effective for at least five years.

It isn't known yet if the protection wanes over time and if a follow-up shot or booster shots are needed. The vaccine will not protect people from a strain of the virus if they are already infected with that strain. Additionally, those who are immunized still need a Pap test because there are other HPVs that cause cancer and warts.

The vaccine is considered safe, and the U.S. Centers for Disease Control and Prevention recommends that the vaccine be used to immunize girls and women ages 11 to 26 years. Immunization at early ages is recommended so individuals are protected long before their first sexual contact.

This recommendation affects most young, active-duty women and many of our Family healthcare beneficiaries. The vaccine holds so much promise that currently there are clinical trials testing its effectiveness among males.

Soldiers and other military health system beneficiaries interested in getting the vaccine should talk to their primary care managers.

The CDC also provides answers to frequently asked questions at [www.cdc.gov/vaccines/vpd-vac/hpv/hpv-vacsafe-effic.htm](http://www.cdc.gov/vaccines/vpd-vac/hpv/hpv-vacsafe-effic.htm).

## Winn Briefs

### Winn volunteers welcome

Winn Army Community Hospital is seeking adult volunteers who are interested in performing administrative, clerical or clinical duties throughout the hospital.

The next hospital volunteer orientation is scheduled for 9 a.m., Feb. 4 in the Patriot Auditorium at Winn. For more information, call Brigitte Shanken at 435-6903 or e-mail to [brigitte.shanken@amedd.army.mil](mailto:brigitte.shanken@amedd.army.mil).

### Routine eye exams available

Routine eye exams are available at both Fort Stewart and Hunter Army Airfield by calling the appointment line at 435-6633. Winn Optometry - All eligible TRICARE beneficiaries (active duty, Family Members and retirees). Hawks TMC Optometry - active duty only. Tuttle AHC Optometry - All eligible TRICARE beneficiaries (active duty, Family Members and Retirees).

### Road closes permanently

The Winn Army Community Hospital access road section between the MRI trailer and PTMS building, building 303 is permanently closed. This road has been permanently closed for security and safety risk reduction. If you have any questions, please call 435-5216.

### New early call center hours

The Winn Army Community Hospital Call Center is now open at 6:30 a.m. to book medical appointments. This will be a pilot program for Winn. The Call Center will begin booking medical appointments for Tuttle in February and for Hawks TMC beginning in March.

Please call 435-6633 or 1-800-652-9221. Remember you can still book appointments online via [www.tricareonline.com](http://www.tricareonline.com).

### Book appointments online

Want an alternative to calling the appointment line? TRICARE online could be your answer. You can book your appointments online at the TRICARE online Web site, [www.tricareonline.com](http://www.tricareonline.com).

This link is also available through the Winn Web site homepage, [www.winn.amedd.army.mil](http://www.winn.amedd.army.mil).

If you have problems or questions, call 1-800-600-9332 and choose option 8 or call (210) 767-5250.

### Canceling your appointment

If you need to cancel your medical appointment, call the cancellation line at 435-6633 or 1-800-652-9221. Follow the prompts to cancel your appointment.

This will create more open appointments and decrease the length of time it takes to get an appointment. Thank you for helping us by helping you with your access to care.

## Pet of the Week



Lelani the dog are some of the many homeless pets at the Fort Stewart animal shelter. The shelter 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.

# Don't worry, thank God for everything

## CHAPLAIN'S CORNER

Chap. (Capt.) Pratima Dharm  
WTU Chaplain

As we begin yet another year: 2009, I can write with a certainty in my heart that this New Year will bring with it a fresh wave of change and self improvement for almost all of us here at Fort Stewart. And, to get a good start for this year, I even wrote down my own New Year resolutions! The things I want to accomplish this year apart from my daily routine that will help me be a better and more purposeful person in the near future. I remember writing New Year resolutions as a child and as a teenager at the end of each passing year. Back in those days I would also put a whole lot of energy and enthusiasm into these resolutions, but somewhere along the way, I stopped writing them down. Life got busy as the years

progressed. And interestingly, it also kept getting busier at teaching me lessons that were hard to escape. And my New Year resolutions that were written years ago actually transformed into reality and good purpose into my life. The life lessons that I learned along the way actually affected the change within me that has led me to lead a more fruitful and productive life today.

This may not be the corner or space to share all of what I wrote down as my New Year resolutions, but I certainly urge you to write down your own resolutions for this year. I also hope that life has taught us enough lessons for us to understand the importance of completing or at least attempting to complete all that we write down as a goal or goals for this year. Though, I will certainly take the liberty to share with you all one of my New Year resolutions here in this space. One of my goals for this year is to be thankful for all I have and especially for all the things/situations/people, etc., that I have not been given by God so far. For years in my Christian walk, I was particularly thankful to God for all of His blessings but never consciously took time to thank 'Him' for all my unanswered prayers and the 'things' I thought God had

kept away from me. And so I have already begun to thank God with a renewed vigor and strength for every unanswered prayer of mine. As a result I feel a sense of peace and joy within me and my Christian walk under God which I have not experienced in many years. I know the reason for my peace is because I have begun to thank God for everything. I have come to a new understanding within me that there is a positive connotation and a very good reason behind every situation in our lives! From the time we give our lives to the Lord as Christians, I believe there is nothing negative that can touch us or our lives. Every situation that we are put through by God is good and will reveal its mystery to us as we grow as a person fully mature in God. And so I urge you to make a shift in your daily attitude towards your own faith walk under God. And as **Philippians 4:6** reads, "Don't worry about anything, but in all your prayers ask God for what you need, always asking Him with a thankful heart." Let us remain guided by scripture and be thankful in all things and all situations, being the new person that God wants us to be in Him and through Him in this New Year!

| Chapel Schedule                               |                                 |            |
|---|---------------------------------|------------|
| Fort Stewart                                  |                                 |            |
| Catholic                                      | Location                        | Time       |
| Saturday Vigil Mass                           | Main Post Chapel                | 5 p.m.     |
| 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                                       |                                 |            |
| Friday Jum'ah                                 | Marne                           | 1:30 p.m.  |
| Contact Yahya Hassan at 876-5546.             |                                 |            |
| Jewish  |                                 |            |
| Contact Sgt. 1st Class. Crowther at 980-9295. |                                 |            |
| Friday  | Marne                           | 11:30 a.m. |
| Latter-Day Saints                             |                                 |            |
| Sunday  | 220 Sandy Run Drive, Hinesville | 9 a.m.     |
| Hunter Army Airfield                          |                                 |            |
| Catholic                                      | Chapel                          | 11 a.m.    |
| Sunday Mass                                   | Chapel                          | 11 a.m.    |
| Protestant                                    |                                 |            |
| Sunday Service                                | Chapel                          | 9 a.m.     |

## Kids Church

### Where God rocks

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

## For all kids Grade 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, email [fortstewartkidschurch@yahoo.com](mailto:fortstewartkidschurch@yahoo.com)

## Fort Stewart Chapel Youth Ministry

### Junior and Senior High School Students!

Join us for free games and pizza

Sunday • 6 to 8 p.m.


at the Stewart Youth Activity Center, building 7338.

For more information, contact [jerry.e.thompson@comcast.net](mailto:jerry.e.thompson@comcast.net)

OR  
call 877-7207

### Mass Choir rehearsals announced

The Liberty County Community Mass Choir is looking for interested participants. If you would like to sing with this choir, please contact Judy Forshee at 977-5918 or email [judith.forshee@us.army.mil](mailto:judith.forshee@us.army.mil) or Ronald Calhoun at 786-5787 extension 209 or email [rcalhoun@schoolofchurchmusic.org](mailto:rcalhoun@schoolofchurchmusic.org). Opportunities are also available for the Community Chorus, soloist, ensemble and quartet. Come and join this great community fellowship. The 2009 Concert Season begins Oct. 1 through Sept. 30.



## Ft. Stewart/Hunter Morale, Welfare & Recreation

### Aerobic-Thon 2009 @ FS

24 Jan., 9 a.m. - 1 p.m. - Newman Fitness Center, Bldg 439  
Introductory classes to various aerobic training such as Steps, Kickboxing, Hip-Hop, Zumba, Pilates, Yoga, etc. Health Fair from 9-10am provides health screening and information pertaining to Nutritional supplements and Wellness topics. No charge to attend. For more details, call 767-3033.

### Biggest Loser Competition Registration @ FS & HAAF

24-30 Jan., 10 a.m., Newman Fitness Center, Bldg 439  
26-30 Jan., 10 a.m., Tominac Fitness Center, Bldg 919  
Get ready to get fit! Registration begins (during 24 Jan. Aerobic-Thon 2009) for the Biggest Loser competition. Contestants can compete individually or in a two-person team for extra motivation. All contestants receive a Healthy Living Packet to help guide them through the contest. Individual and team losing the highest percentage of body weight at both Stewart and Hunter will receive a special prize. Weigh-in begins 23 Feb. and goes thru 16 May. Give-a-ways at each weigh-in. Open to all Military ID cardholders. For more information, contact Recreation Delivery System @ 767-4316 (FS) or Tominac Fitness Center @ 315-2019 (HAAF).

### Spouses Day @ Marne Lanes

26 Jan., 2-5 p.m. - Marne Lanes Bowling Center, Bldg 402  
In recognition for all they do, Spouses get to bowl one game free, when they show their Military ID. For more information, call 767-4866.

### Ultimate Fighting Championship 94 @ Rocky's

31 Jan., 10 p.m. - Rocky's, Bldg 703  
Live on Pay-Per-View. Epic Battle of champions. Main Event World Waterweight Championship Fight ST-PIERRE "Ruth" vs PENN 2 "The Prodigy". Also MACHIDA vs SILVA, BONNER vs JONES, GAMBURYAN vs TAVARES, WILSON vs HOWARD, O'BRIEN vs WELLISCH, ARROYO vs CRAMER. Open to Military ID cardholder. No Charge. 767-8715

### Town Hall Meeting @ FS & HAAF

5 Feb., 5:30 p.m. - Club Stewart, Bldg 405 and Hunter Club, Bldg 6015  
ACS coordination. Military community has opportunity to address concerns or make suggestions to the panel about quality of life issues. You are invited to attend the meeting, watch live on Mame TV, or call in questions @ 767-ROCK or 315-ROCK. Door prizes awarded. For more information, call 767-1257 (FS) or 315-6816 (HAAF).

### CYSS Youth Sponsorship/Kids on the Move Monthly Trip

7 Feb., 11:30 a.m. - 3 p.m. - Depart FS & HAAF School Age Services Center  
February is "Underground Railroad" tour of homes and buildings in downtown Savannah. New welcome program for military connected youth grades 4-12 looking to meet new friends and eager to learn about many resources available on Stewart and Hunter. Open to CYSS registered youth. Sign-up no later than Thursday prior to trip. Cost \$3 per person includes historic homes admission and transportation. For more information, contact YESS/School Liaison office @ 767-6333/4491 (FS) or 315-6586/6075 (HAAF).

### MST Sweetheart Dance @ HAAF

7 Feb., 7-10 p.m. (Preteens) & 8-11 p.m. (Teens) - Hunter Youth Center, Bldg 1289  
Join us for Middle School and Teen Program Sweetheart Dance. Music, fun and food for all. Open to all Child, Youth & School Services members and guests. Dress to impress. Cost \$2 for CYSS member. For details, call 315-5708.

### Mardi Gras Sunday Brunch @ FS

8 Feb., 10:30 a.m. - 1:30 p.m. - Club Stewart, Bldg 405  
Join us for a taste of New Orleans in Georgia. Menu features breakfast items, gumbo w/white rice, Creole chicken, dirty rice, Muffalata & Po Boy sandwiches, ham hocks & red beans, crepe station w/assorted fillings, king cake, crème Brulee and beignets. Cost \$11.95 per person, children (ages 5-10) half price and (ages 4 & under) Free. 368-2212

### Mardi Gras Kids Cooking Class @ FS

8 Feb., 3-5 p.m. - Club Stewart, Bldg 405  
Join us for an afternoon of fun, games, crafts, and more. Cost \$5 per child (ages 5-12). Reservations required (Limited space), call 368-2212.

# Coastal Happenings

Courtesy of the Coastal Courier

## Live Oak Public Library Programs

**Preschool Storytime**  
Children, ages 3 to 4 years-old are invited to join us for stories, songs, and more, 10:30 a.m. each Monday.

**Tree Tots Storytime**  
Children, ages 1-2 have a special time 10:30 a.m. each Tuesday, where they too can experience songs, stories and more.

**Introduction to PowerPoint**  
Learn how to create multi-media presentations for school and business. Prerequisite: Introduction to Windows or comparable experience. The class is 10:30 a.m., Saturday at the Liberty Branch Library. For more information, call 368-4003. Registration is required.

**Computer Practice Sessions**  
Want to practice skills that you discovered at the last computer class? Or, if you want to brush up on some computer techniques, come on in. Staff will be ready and able to assist you with the questions that you might have. Take the class 10:30 a.m., Jan. 29 at the Liberty Branch Library.

## Community theater meeting slated

Public Interest Meeting will be held 6 p.m., Jan. 27 at the Hinesville First United Methodist Church fellowship hall, located at Memorial Dr. and Main Street. Everyone interested in any aspect of theater is encouraged to attend. The purpose of this meeting is to determine if the level of interest will support a local community theater. For more information, call 610-1052.

## Roads close for construction

The intersection of Memorial Drive, Welborn Street, and Rebecca Street is now open for local traffic, but Memorial Drive will remain closed approximately 100 feet east of the intersection.

Construction workers will be connecting Welborn Street and Rebecca Street to the new Memorial Drive Corridor. Tentatively, Main Street is scheduled to be closed now through tomorrow for the installation of curbing, sidewalk, and roadway, with intermittent lane closures to follow while streets are paved.

## Sacrament Open House slated

Blessed Sacrament School will host an Open House 11 a.m. to 2 p.m., Sunday at 1003 East Victory Drive in Savannah. For more information, call 356-6987.

## 3ID Society Reunion slated

The 3rd Infantry Division Society and attached units in wars and in peacetime will hold their 90th reunion Sept. 16-20. The reunion will be held at the Clarion Hotel Springfield, 3333 S. Glenstone Ave. Springfield, Mo. 65804; (417) 883-6500. Room rates are \$84 per night plus tax. Includes a free breakfast and free airport transportation.

For additional reunion information, contact Linda Irvine at (360) 663-2521, [info@thereunionbrat.com](mailto:info@thereunionbrat.com). The Society of the 3rd ID is seeking those who served in the Marne Division and attached units in wars, peacetime, or special interest to join the Society. Contact Henry Burke, (803) 782-7517, [pennieburke@sc.rr.com](mailto:pennieburke@sc.rr.com). Visit the society online at [www.3rddiv.org](http://www.3rddiv.org).

## Get ready for Ranger Run

Community members are invited to the Ranger/Hunter Runway 10K 9 a.m., Feb. 28 on Hunter Army Airfield at the 1st Ranger Battalion Compound.

Registration is \$25 and will be cut-off Feb. 20. The race is limited to the first 1,000 participants. Prizes will be awarded to the top three male and female age-group winners. All participants will receive a short sleeve t-shirt along with post race snack and beverage. All proceeds will benefit the 1st Ranger Battalion Family Readiness Group.

You may register at the following locations: Headquarters, 1st Ranger Battalion on Hunter; Fleet Feet Sports of Savannah, [www.fleetfeetsavannah.com](http://www.fleetfeetsavannah.com); Savannah Striders, [www.savystriider.com](http://www.savystriider.com); and WTOC's website, [www.wtoc.com](http://www.wtoc.com).

## Enjoy Savannah Winds

The Spring concert of the Savannah Winds will be given 7:30 p.m., March 10 in the AASU Fine Arts Hall, 11935 Abercorn St. Tickets are available by calling 912-

344-2801, ordering online (MC or VISA) at [www.finearts.armstrong.edu/tickets](http://www.finearts.armstrong.edu/tickets), or at the door.

## Abraham Lincoln discussed

In recognition of the bicentennial of Abraham Lincoln's birth, the Georgia Historical Society is partnering with Savannah Chatham County Public Schools' Massie Heritage Center to bring Civil War scholar and University of Georgia professor Stephen Berry to Savannah, Jan. 29.

Berry will lead a public discussion of his book *House of Abraham: Lincoln and the Todds, A Family Divided by War*.

The event will take place at 7 p.m., at the Massie Heritage Center, 207 East Gordon Street on Calhoun Square in Savannah. The program will include a brief lecture by Dr. Berry on his book, followed by a discussion with the audience. Copies of the book will be available for purchase at the event.

## Civil War Trust Volunteer Day held

Fort McAllister State Historic Park will hold a Civil War Trust Volunteer Day, 9 a.m. to 3 p.m., April 4. Volunteers will assist the park staff with a spring clean up of the fort and grounds. T-shirts and lunch will be provided for the volunteers. In addition, a historical talk will be given on the fort. For more information, contact Daniel Brown, park manager at 727-2339.

## StoryCorps comes to Savannah

The Georgia Historical Society and the Telfair Museum of Art are partnering with Georgia Public Broadcasting and local GPB station WSVH to bring StoryCorps, the nation's largest oral history project to Savannah. StoryCorps travels the country collecting the oral histories of friends and loved ones, one conversation at a time.

The StoryCorps program is regularly heard on radio during NPR's Morning Edition and News And Notes. Each conversation is recorded on a free CD to take home and share, and is archived for generations to come at the Library of Congress.

# Starbucks now open for business

Courtesy Photo

About 285 Soldiers and Family Members enjoyed Fort Stewart's newest attraction, Starbucks, on its grand opening day, Jan. 20. The first 200 customers received a free coffee mug. Starbucks, located at the Fort Stewart Main Store Mall, building 71, is open Monday through Friday from 6 a.m. to 7 p.m., Saturday from 9 a.m. to 7 p.m., and Sunday from 10 a.m. to 6 p.m.



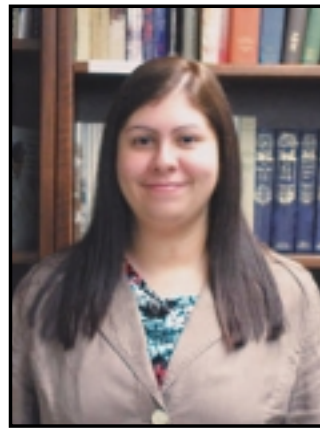
# Gran Torino: Made in America

Commentary by:  
Sasha McBrayer  
Frontline Contributor

Walt Kowalski is a drinker, a widower, a veteran and a racist. He hates the state of his neighborhood, long ago become a hub for gang violence, not to mention an area characterized by disrepair and shabby lawns. In fact, Walt hates just about everything, from his own sons, to his deceased wife's priest. The growling, foul mouthed, old coot would be downright revolting to any audience except for the fact that Walt Kowalski is being portrayed by none other than Clint Eastwood, and we understand the cari-

ature of a man is intended to be over the top.

"Gran Torino" is a film about American classics: the veteran, the immigrant, and the muscle car. While the first struggles at the end of his life to discover what both living and redemption are all about, the second humbly learns how to be a man in an unfair world. The car? It is a symbol of a bygone era, but by the conclusion of our story is also so much more.



The surprises about "Gran Torino" are how much diverse audiences can cheer for Walt Kowalski despite his flaws, how somewhat bad acting from unknown but authentic youngsters only accentuates the simple tale, and how much America misses and embraces "Dirty Harry," a character Eastwood can't help but channel with his gritty performance.

Eastwood directs and stars in the piece, his son Scott has a small role, and

his son Kyle returns to provide the film's score as with "Letters from Iwo Jima." In fact, Clint Eastwood lends a creaking voice to sing a closing tribute to the title vehicle at the movie's finale. He and his son Kyle worked together to provide the soundtrack for "Flags of Our Fathers." The tradition is agreeable, especially as their subtle style meshes with Clint's poignant filmmaking.

With a budget of \$33 million (that's even less than "Twilight"), a simple story about a cranky old man who helps an Asian family despite his prejudice has been dubbed one of the ten best films of 2008 by the American Film Institute.

# JROTC students visit Aviation Brigade Soldiers

Nancy Gould

About 20 Brunswick High School JROTC cadets toured Combat Aviation Brigade's flight line at Hunter Army Airfield, Jan. 14. They learned about the OH 58 Kiowa Warrior helicopter and its function in the Global War on Terror, along with two UH-60L Blackhawks; a CH-47 D Chinook and a AH-64 Apache. Pilots and mechanics stood by their designated aircraft to interact with cadets, answering questions and allowing those interested to sit in the cockpits for up close and personal views. After the tour, CAB Soldiers ate lunch with the cadets in the CAB Dining Facility to talk with them about life as a Soldier and to answer additional questions.





# Army Community Service

**W**elcome to the Army Community Service Family Page. Our mission is to provide services to support readiness of Soldiers, their Families, and communities to promote self-reliance, resiliency, and stability. We offer training classes, support groups, and Family advocacy programs. Services are offered to active, retired, Reserve, and National Guard Soldiers and their Family Members, regardless of branch of service. Department of Defense Civilian Employees are also eligible for most services, as are their Family Members. ACS is a member of the Morale, Welfare and Recreation Family, proudly serving America's military.

For information or to register for programs at Fort Stewart, please call 767-5058/5059. For information and registration at Hunter Army Airfield, please call 315-6816.

## Investment workshop slated

Investing is easier than you think! Find out more at Basic Investing, a four-session seminar beginning next week from 6-8 p.m., Tuesday evenings. You'll learn about the different types of investment options, products, and languages. With just a little bit of money and a lot of knowledge, you can begin investing in your future.

To reserve your seat at the workshop, call ACS at 767-5058/5059.

## Learn and grow with AFTB

Living within an Army Family culture can be challenging, and Army Family Team Building offers several classes to help Families thrive in the military lifestyle.

Level II "Grow!" teaches skills to enhance personal growth and development with modules in communication, time management, personality traits, team dynamics, managing stress and conflicts, creative problem solving, introduction to leadership and more, Jan. 27-29 at Stewart. The session will repeat Feb. 17-19.

AFTB Level I: "Learn the Army" teaches basic skills and knowledge to succeed in the military environment. Discussions include how the mission impacts Family life, the importance of financial readiness, an introduction to Family Readiness Groups, basic military benefits and entitlements, and military customs and courtesies, Feb. 3-5 at Stewart and Feb. 11-12 at Hunter.

Wondering what "Rock of the Marne" means? Curious about the smiling bulldog, Rocky? Learn the history of the 3rd Infantry Division, the Dogface

Soldier song, and much more at Dogface Soldier for Families, Feb. 18 at Stewart.

Advance registration is required for all AFTB classes. Please call 767-5058/5059 and let us know you will be coming. Also ask about child care.

## Take a break with EFMP events

On Jan. 28, Exceptional Family Member Program parents are invited to meet at 6:30 p.m. at the Family Readiness Center, building 87 for discussion and support. Take advantage of Parents' Night Out at both Fort Stewart and Hunter locations, offering supervised activities at the Child Youth and School Services Child Development Center for children enrolled in the EFMP from 6 to 9 p.m. Advance sign-up is required. Parents are encouraged to attend the EFMP support group on the same date.

A fun night of bowling for Family members enrolled in the EFMP begins at 6 p.m. at Marne Lanes, Feb. 2. This is a great opportunity to socialize with other Army Families and enjoy an evening of active bowling with your Family and the EFMP staff.

For more information on the Exceptional Family Member Program, please call 767-5058/5059 at Stewart or 315-6816 at Hunter.

## Baby Bootcamp available for dads

Join other fathers and learn the skills you need to be a hands-on dad. A class just for men, Baby Bootcamp for Dads will help you build confidence in your ability to take care of your infant's needs. Challenge the stereotype as you network with other fathers, ask questions, and enhance your nurturing side! Call 767-5058/5059 for the Jan. 29 class at Stewart, or 315-6816 for the Feb. 10 class at Hunter. Both sessions are conveniently offered from 11:30 a.m. to 2 p.m.

## Avoid bank fees

Your Financial Readiness team teaches you how to manage your checking account, avoid excess fees, and get control of your money. The two-hour class will help you properly balance your checkbook and reconcile your bank account. Sign up now for the 1 p.m. class at Fort Stewart, Jan. 28. At Hunter, a similar class entitled Money Management is at 9 a.m., Feb. 11.

To register, please call 767-5058/5059 at Stewart or 315-6816 at Hunter.

## Employment help is available

Your Employment Readiness team also offers a variety of free workshops to help you succeed in your job

search. You must pre-register for employment readiness workshops; please call 767-5058/5059 at Stewart or 315-6816 at Hunter.

Begin with Mock Interviewing where you will practice your interview skills in a small group setting, Jan. 27 at Stewart.

Job seekers at Hunter are encouraged to attend Job Hunting 101 for instruction on various topics covering the job search process, Feb. 12. Also recommended for newly-arriving military Family Members seeking employment is the Employment and Career Orientation offered at Stewart, also Feb. 12.

Sign up for Resume Writing, a workshop that helps you identify your skills and enhance your resume development, offered at Stewart from 2 to 6 p.m. each Monday (no session Feb. 16 due to the holiday). At Hunter, Resume Writing is offered at 10 a.m., Feb. 5.

If you are seeking a job with the federal government, a special Resumix class shares the insider's tips to entering your resume in the electronic resume system, searching jobs, and maximizing your skills for the most impact. Resumix is offered at Stewart on three separate dates, Feb. 11, 18, or 25 and at Hunter, Feb. 17.

Also request a personal employment counseling session and let us help you prepare to find the job you want.

## Spouse group available

Hearts Apart is open to any spouse whose loved one is away. Come chat with others who are also experiencing their Soldier's absence. Hearts Apart meets at Stewart 11 a.m., Feb. 4 at the relocation office located in building 443, and at ACS-Hunter 11:30 a.m., Feb. 10. Ask about the foreign-born spouse network.

For information on spouse groups, call 315-6816 at Hunter or 767-5058/5059 at Stewart.

## Learn the truth, myths of credit reports

Sign up now to learn the true facts of what is and is not included in your credit report and score, and how credit bureaus collect and organize information about you and your credit history for public records, your creditors, and other sources. Learn what is considered potentially negative on your credit report and your rights as a consumer to dispute items.

This special finance class will begin at 2 p.m., Feb. 18. Please call 767-5058/5059 to register. Also ask about a no-cost personal financial counseling session. We are here to help.