

# Stewart/Hunter Lifestyle

## Vanguards honor volunteers, FRGs

Master Sgt. Tami Hillis  
4th BCT Public Affairs

"Volunteers don't necessarily have the time; they have the heart," -- Author unknown.

During the 4th Brigade Combat Team, 3rd Infantry Division's recent deployment, its Family Readiness Groups were put to the test, and some of those groups and Family Members were recognized during a ceremony, Feb. 18 at Fort Stewart.

Soldiers in 6th Squadron, 8th Cavalry Regiment, 4th BCT, honored its FRGs and volunteers for their hard work and dedication throughout the 14-month deployment.

"If we don't do recognition ceremonies like this then the volunteers don't know how appreciated they are," said Traci Wheeler, Family Readiness Support Assistant for the squadron.

Usually when the volunteers are recognized and they know they are appreciated they tend to help out more in the future, said Wheeler, who has been the squadron's FRSA for one year.

"We're going to give you a couple of pieces of paper today, but that by no means captures what you have done for our organization," said Col. Thomas James, 4th BCT commander to the volunteers. "You are the heart and soul, life and blood of our organization. Our Soldiers and Troopers go forward and fight to protect our loved ones, our homeland, and

they get their energy and drive from all of you."

The FRG program is designed to help keep the Families connected and informed, both when the unit is deployed and at home station. Even though the group is always there for the Families, it is when the Soldier leaves that they are needed the most.

"(The FRG) is the glue of the unit during a deployment," said Ashley Curry, FRG leader of Troop A and wife of Capt. Gregory Curry II.

Two of the keys of a successful FRG are ensuring the Family Members, to include extended Family Members, are kept informed and know there are others out there to assist them if a situation arises, said Wheeler.

"We couldn't do (our job) without you, there's absolutely no way," said Lt. Col. Mark Solomon, squadron commander. "You guys go through so much ... it's a whole lot harder to do what you guys do here."

Curry said she doesn't do volunteer work to get the recognition; it's just what she feels she should do.

"I do it because that's my job," said Curry. "I think it's very nice, very appreciative to have this (ceremony) for us and it's not just a piece of paper; it's a 'thank you,' and that means so much."

Volunteer recognition ceremonies to honor hundreds of volunteers are ongoing among units in the Vanguard Brigade.

Master Sgt. Tami Hillis

Right: Fourth BCT Command Sergeant Major Louis Torres thanks a FRG member with Troop A, 1/76th FA, during a volunteer recognition ceremony, Feb. 18.



Photos by Spc. Ben Hutto

Chaplain (Major) David Lile, 3rd HBCT, 3rd ID, greets Soldiers during a worship service at the Kelley Hill Chapel, Feb. 22.

## Hammer Brigade reopens chapel

Spc. Ben Hutto  
3rd HBCT Public Affairs

**FORT BENNING, Ga.** - The chaplains of the 3rd Heavy Brigade Combat Team, 3rd Infantry Division held worship services in the Kelley Hill Chapel for the first time in over two years, Feb. 22 at Fort Benning.

The chapel underwent renovations during the brigade's most recent deployment.

According to Staff Sgt. Jeremiah Witt, the 3rd HBCT's chaplain's assistant, the renovations to the chapel brought the building up to the standards of Fort Benning's fire code, enhanced the look of the sanctuary, and improved the sound booth in the building.

The chapel now has new carpet in the sanctuary, the pews were refurbished and re-bolted to the floor, and new tile and cabinets were put in the social areas. In addition, the old sound booth was replaced with a safer more practical sound booth that the chaplains' assistants can better oversee, said Witt.

The building's first service in two years attracted 20 worshippers.

"I definitely hope that by the

time we deploy to (the National Training Center in Fort Irwin, Calif.) that the congregation will grow," said Witt.

The senior chaplain of the 3rd HBCT, Maj. David Lile, said that the opening of the chapel helps fill the spiritual needs of the 3rd HBCT.

"I think the brigade Family

needs a dedicated, sacred terrain for their Soldiers," said Lile. "Our Soldiers and their Families have a dedicated place on Kelley Hill to sing and praise together."

Lile said that the chaplains of the 3rd HBCT will have a kick-off Celebration of Life concert on March 6 to rededicate the building with song and praise.



Chaplain (Captain) Carl Otis, 203rd BSB, 3rd HBCT, leads a song of praise during a worship service at the Kelley Hill Chapel, Feb. 22. The service was the first worship service held at the chapel in over two years.

## 4th BCT Soldier recognized during Women's History Month

Spc. Amanda McBride  
4th BCT Public Affairs

Every year, the month of March is set aside to recognize the impact and contributions women, inside and outside the military, make throughout the world. The theme of this year's Women's History Month is "Women Taking the Lead to Save Our Planet."

The goal of this year's campaign is to focus on the wonders of the Earth and to honor the women who have become leaders in the environmental movement.

For some female Soldiers, whether on the homefront or on the battlefield, this year's theme helps showcase what they are doing to stay environmentally friendly.

For one lieutenant, helping to save the planet doesn't only pertain to home, but in everything she does.

First Lieutenant Victoria Marshall, executive officer for Headquarters and Headquarters Company, 703rd Brigade Support Battalion, 4th Brigade Combat Team, believes everyone should recycle and do their part in saving the planet.

"I feel like there is a lot of waste; (people are) not reusing paper or are wasting water,"

Marshall said. "I think every little bit helps, and I am just trying to do my part."

Always adamant about recycling, Marshall encourages her Soldiers to recycle whenever and wherever they can.

"I would definitely encourage Soldiers to (recycle), obviously lead by example," Marshall said. "If I see them doing something or throwing something away that can be reused, then I try to steer them in the right direction."

While at home, Marshall says she continues to stay environmentally friendly by trying to always conserve water and sorting out trash into the proper receptacles.

"My method is to just keep a bag of plastic, cans, bottles, paper and cardboard separate from trash, so whenever I take out my trash I take (the recyclables) out there too," Marshall said.

Throughout her life, Marshall says that she has always been conscious of not wasting anything.

"There just wasn't a wasteful attitude in our home," Marshall said.

Throughout the coming years, Marshall says she will continue recycling and doing her part in helping save the planet.



Spc. Amanda McBride

First Lieutenant Victoria Marshall, executive officer for HHC, 703rd BSB, 4th BCT, recycles old paperwork, Feb. 26. Marshall, along with other Soldiers throughout Fort Stewart, is being showcased during this year's Women's History Month.

# MWR Briefs

## Family Survivor Weekend offered

Looking for a weekend event in which you and your family can team up and get involved in a friendly, fun competition with other Families?

The Family Survivor Weekend event scheduled for March 27-28 at Fort Stewart's Holbrook Pond and Hunter's Lotts Island might be just right for you. As a convenience to Families from Stewart and Hunter, the competition will be offered simultaneously at both locations at a cost of \$25 per Family. Space is limited.

The MWR-sponsored event is based on the popular CBS reality TV show, but with some distinctive differences: the competition won't be cutthroat and you do not have to camp out overnight.

You will have to provide your own food. Coolers and other containers will be allowed, but no cooking equipment will be available at either location. Everyone who takes part will be given a Survivor T-shirt. Families will divide into tribes the first night.

The Family with the best tribal flag and slogan will be honored, March 28 with a catered dinner. There also will be arts and crafts, wheelbarrow races and other activities. For details, call 767-4316.

Fort Stewart registration will be at the Leisure Activities Center, 767-2841.

Registration at Hunter will be at Outdoor Recreation, 315-9554.

## Saint Patrick's Sunday brunches slated

Fort Stewart's brunch will be held from 10:30 a.m. to 1:30 p.m., Sunday at Club Stewart, building 405. The menu includes: breakfast items, Irish stew, corned beef with horseradish sauce, steamed buttered cabbage, lamb stew, salad bar, apple oatmeal crisp and more. The cost is \$11.95 per person, children ages 5-10 eat at half price and ages 4 and under eat free. For more information, call 368-2212.

## Hunter Saint Patty's Brunch, time changed

The date for Hunter's brunch scheduled for Sunday, has been changed to March 15. The brunch will be held from 10:30 a.m. to 1:30 p.m. at Hunter Club, building 6015. The cost is \$11.95 per person, children ages 5-10 eat at half price and ages 4 and under eat free. For more information, call 459-7923.

## Kids cooking classes slated

Join us for an afternoon of fun, games, crafts, and more from 3-5 p.m. Sunday at Club Stewart, building 405. The cost is \$5 per child ages 5-12. Space is limited; reservations are required. For information, call 368-2212.

## Kids cooking at Hunter, time changed

The Hunter event has been rescheduled to March 15 from 3-5 p.m., at Hunter Club, building 6015. The cost is

\$5 per child ages 5-12. Reservations required, as space is limited. For more information, call 459-7923.

## Register for T-ball

Registration for the Hunter Youth T-ball/baseball season continues through March 12 at the Youth Center, building 1289. The season begins in mid-April and continues through mid-June. The cost is \$25 per player. For more information, call 315-5851.

## Sign up for youth soccer, track and field

Registration for Child and Youth School Services track and field and spring soccer is underway and is open to all CYSS members living on or off post, ages 7-14 (as of Dec. 31) for track and field, or ages 4-13 (as of April 1) for soccer. For more information about registration or to learn how to become a CYSS member, call 767-2312. For more information on the track and field program, call 767-9270. For soccer information, call 767-4371.

## Pre-Teen Dance slated

You're invited to wear green and put on your lucky dancing shoes for the St. Patrick's Pre-Teen (grades 6-8) Dance from 7-10 p.m., March 13 at the Fort Stewart Youth Center, Building 7338. The cost is \$2 for Youth Center members and \$3 for non-members. For details, call 767-4491.



PRESENTS  
TODAY THROUGH MARCH 8

## Frost/Nixon

Today — 7 p.m.

(Frank Langella, Michael Sheen)

For three years after being forced from office, Nixon remained silent. But in summer 1977, the steely, cunning former commander-in-chief agreed to sit for one all-inclusive interview to confront the questions of his time in office and the Watergate scandal that ended his presidency. Nixon surprised everyone in selecting Frost as his televised confessor, intending to easily outfox the breezy British showman and secure a place in the hearts and minds of Americans. Likewise, Frost's team harbored doubts about their boss' ability to hold his own. But as cameras rolled, a charged battle of wits resulted. *Rated R (language) 122 min*

## Inkheart

Friday, Sunday — 7 p.m.

(Brendan Fraser, Helen Mirren)

Mortimer and his daughter, Meggie, share a unique gift for bringing characters from books to life when they read aloud. But for every character brought to life, a real person disappears into its page. While at a secondhand book shop, Mo hears voices when he locates the book they're coming from, it sends a shiver up his spine. It's Inkheart, a book he's been

searching for since Meggie was three years old, when her mother, Resa vanished into its mystical world. Mo's plan to use the book to rescue Resa is thwarted when Capricorn, the evil villain of Inkheart, kidnaps Meggie. Determined to rescue his daughter and send the fictional characters back where they belong, Mo assembles a unique group of friends and allies and embarks on a daring and perilous journey. *Rated PG (fantasy adventure action, scary moments, language) 106 min*

## Hotel For Dogs

Sunday — 7 p.m.

(Emma Roberts, Don Cheadle)

When Andi and her younger brother, Bruce, find themselves in a foster home with a strict "No pets" policy. Andi has to use her quick wit to help find a new home for their dog, Friday. The kids stumble upon an abandoned hotel and begin transforming it into the perfect home for Friday- as well as all the strays in the city. In no time, the kids have transformed the old hotel into something truly magical: a home for both the dogs and for themselves. But they have also aroused the suspicions of police who want to know, who let the dogs in? *Rated PG (mild thematic elements, language, crude humor) 100 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.

# HEALTH MATTERS

## Winn Army Community Hospital

### Learn signs, symptoms of brain injuries

**Jerry Harben**  
U.S. Army Medical Command

A roadside explosion throws a Soldier against the side of his vehicle, with force that shakes his brain inside his skull. Another Soldier is in a traffic accident on the way to work, her head thrown forward into the windshield. A Family Member takes a hard fall during a sports game, hitting his head on the ground.

Different situations, but often the same result – a mild traumatic brain injury, better known as a concussion.

A concussion is an injury that causes an alteration of the person's mental status. You had your "bell rung." You are dazed and confused. More serious brain injuries that cause unconsciousness for 30 minutes or more are usually quickly recognized, but concussions may be dismissed and go untreated.

"It's the same as we see in a football game on TV, but no one comes out and holds up two fingers for you to count," said Lt. Col. Lynne Lowe, TBI program director in the Office of The Surgeon General of the Army.

"If you have a car accident and the EMTs come, they are likely to tend to your bleeding and not check for concussion," she added. "You are likely to

be so happy you're alive, you don't think about concussion."

Most people recover from concussions in a short time – as long as they do not repeat the injury.

"If someone has a concussion, we want them to be evaluated," Lowe said. "It is very important that we protect them from getting another concussion before their brain heals."

Symptoms of concussion can include confusion, headaches, dizziness, ringing in the ears or nausea. These symptoms usually resolve within hours or a few days. Some people do have more persistent symptoms, which can include trouble sleeping, irritability or blurred vision.

"Providers can give medication for headaches or dizziness, and reassure them that they will be OK, because most people will be OK," Lowe said. "We teach them about what it means to have a concussion, and some of the warning signs of a worsening condition. If symptoms last longer, more formal testing can be done, and if needed, rehabilitation. It's a step care model; give them what they need, while always using our best judgment and available guidance."

"Just reassurance is very therapeutic in itself. Research proves that reassur-

ance and education contribute to better outcomes," she said.

The military has developed two tools to help medical professionals diagnose concussions. The Mild Acute Concussive Evaluation is part of treatment protocols used in the Department of Defense for injuries less than seven days old. A doctor or medic will ask about the subject's medical history and test memory and thinking ability. The subject may be asked to repeat a sequence of words or count backwards.

"It isn't that a bad score means you have a TBI," Lowe said. "The score means nothing by itself. It informs the decision, but doesn't form a diagnosis."

The Automated Neuropsychological Assessment Metric is a computer-based neurocognitive test. From the full 45-minute test battery, the military has extracted several tests associated with brain injury that take about 15 minutes to complete. Soldiers complete this test before deploying. If there is an incident that might produce a concussion, medical personnel on site can e-mail for the baseline results and compare them to a post-injury test.

Again, ANAM is not diagnostic; it is

a tool used by a trained health-care provider to help in making a diagnosis.

The Army has conducted a well-publicized campaign to convince Soldiers who may have suffered a concussion in combat to seek treatment. But this is not an injury limited to combat. It can result from sports, vehicle accidents or everyday activities that produce falls or bumps.

"Whether you're going down a snow ramp on a tube, riding a bicycle or playing contact sports, it's a good idea to wear a helmet," said Larry Whisenant, chief of the safety office at Army Medical Command Headquarters. "Even children on a bicycle carrier should have helmets on. It's such an easy thing to do, and it can prevent a lot of grief."

"Some states don't require a helmet when riding a motorcycle, but the Army requires it of Soldiers, regardless of state law," he added.

Whisenant said safe helmets should bear a seal of approval from either the U.S. Department of Transportation or the Snell Memorial Foundation.

"A helmet that lacks a DOT or Snell seal is not good. It may look good riding down the highway, but it doesn't provide the protection you need," he said.

## Winn Briefs

### March is Brain Injury Awareness Month

Winn Army Community Hospital's Traumatic Brain Injury Clinic will host educational booths throughout the month at various locations. Tuttle Army Health Clinic from 8:30 - 11 a.m., March 10 and at the Fort Stewart post exchange from 10 a.m. to 2 p.m., March 12.

Stop by and pick up brain injury prevention

information booklets as well as ask questions to the staff.

### Save time, book appointments online

Book your medical appointments online. Just register and log onto [www.tricareonline.com](http://www.tricareonline.com) today. If you have problems or questions, call 1-800-600-9332 and choose option 8 or call (210) 767-5250.

### Patient, Family Centered Care meets

Interested in becoming a patient advisor? Join the Patient and Family Centered Care Advisory Council meeting at Winn or Tuttle.

Winn's meeting is scheduled for 11:30 a.m., March 10 at Winn's Patriot Auditorium. For more information, call Linda King at 435-6225 or e-mail [Linda.king2@amedd.army.mil](mailto:Linda.king2@amedd.army.mil).

## BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

### February 15

• **Addison Sadirse Collins**, a girl, 6 pounds, 13 ounces, born to Cpl. Shaun Collins and Rose Collins.

• **Sydney Alexis Haynes**, a girl, 8 pounds, 5 ounces, born to Staff Sgt. Robert Madison Haynes and Stephanie Erin Haynes.

• **Kiley Kristine Hodge**, a girl, 9 pounds, 3 ounces, born to Pfc. James Kiler Hodge III and Jessica Kristine Hodge.

### February 16

• **Cameron Jaiquan Mason**, a boy, 7 pounds, 9 ounces, born to Sgt. Ronald Mason and Nichole Mason.

### February 17

• **Valentina Helen Mills-Cooper**, a

girl, 7 pounds, 14 ounces, born to Sgt. 1st Class Marquis Mills-Cooper and Natalia Borziak.

### February 18

• **Maiyah Grace Companion**, a girl, 7 pounds, 3 ounces, born to Sgt. Shea Companion and Patricia Companion.

• **Tyree Darnell Davis**, a boy, 4 pounds, 1 ounce, and **Kyree Darell Davis**, a boy, 4 pounds, 13 ounces, born to Aubrey R. Davis and Spc. Tiffeny D. Davis.

• **Brody Michael Deney**, a boy, 11 pounds, 4 ounces, born to Pfc. Michael Allen Deney and Kristen Nicole Deney.

• **Camella Rose Silva**, a girl, 8 pounds, 9 ounces, born to Pfc. Joey George Silva and Talita Santos.

### February 19

• **Braxton Allen Mckee**, a boy, 8 pounds, 1 ounce, born to Spc. Brian Allen McKee and Morgan Malinda Margaret McKee.

• **Clayin Ri Cassell**, a boy, 7 pounds, 6 ounces, born to Sgt. Shannon L. Cassell and Jessica Rae Works Cassell.

• **Kai Ali Godinez**, a boy, 7 pounds, 8 ounces, born to Pfc. Joseph Godinez and Davina Godinez.

• **Tyler Steven Durden**, a boy, 8 pounds, 6 ounces, born to Spc. Justin Paul Durden and Samantha Durden.

### February 20

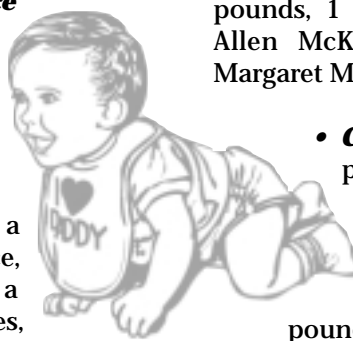
• **Abigeal June Milloy-Parr**, a girl, 7 pounds, 3 ounces, born to Pvt. James Andrew Parr and Kara Nicole Milloy-Parr.

• **Aidan Andrew Dietrich**, a boy, 6 pounds, 9 ounces, born to Spc. Ryan Andrew Dietrich and Amy Melissa Dietrich.

### February 21

• **Braylin Dipriest Perkins**, a boy, 7 pounds, 4 ounces, born to Spc. Brandon Dipriest Perkins and Leanda Janae Perkins.

• **Meleshia Taraji Azra Ramsey**, a girl, 8 pounds, born to Sgt. Jeremy Shane Ramsey and Tonja Lachille Ramsey.



# Lent season begins, preps for Easter



## CHAPLAIN'S CORNER

**Chap. (Capt.) Brian Minietta**  
3/17 Cavalry chaplain

Many of you might have noticed some people walking around with ashes on their forehead, Feb. 25. No, it wasn't due to a bad candle-lighting mishap; instead, they were celebrating Ash Wednesday. This particular day marks the beginning of the season of Lent in the Christian church. Way back in the day, Lent developed as a season of preparation for the "high holy day" of Easter, much as Advent developed around Christmas.

Lent is often mistakenly depicted as a time of mourning and self-

loathing, especially since it falls after the partying and craziness of Mardi Gras. But, nothing could be further from the truth. In reality, baptism is the most appropriate focus of Lent.

In the ancient church, those preparing for membership in the church (called catechumens) went through a three-year period of teaching and examination. The season of Lent was a particularly intense part of that preparation. Lent covers 40 days not including Sundays – a symbolic reminder of Jesus' 40 days, in the wilderness before he began his public ministry in Mark's Gospel. It would end with the Easter Vigil, during which catechumens fasted,

prayed, were examined, taught the Creed, and were ultimately baptized. They then moved directly to join the community in worship on Easter morning and received Communion for the first time.

In the hustle and bustle of the Army life, sometimes it is good to just step back and do some reflection. Lent in the Christian tradition is a reminder that we need to reflect, we need to pause, we need to pray, we need to repent, and we need to prepare ourselves for the Maundy Thursday-Good Friday-Holy Saturday-Easter Sunday cycle in which the drama of redemption reaches its climax.

## Chapel Schedule

### Fort Stewart

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

## Easter Sunrise Service slated

Fort Stewart will observe the Easter Sunrise Service 6:30 a.m., April 12 at Marne Garden. The service is open to all Soldiers, Family Members Department of Defense Civilians, retirees, and surrounding communities. Uniform for military officers is Dress Blues with four-in-hand tie; Senior enlisted Soldiers may wear either dress blues or Class A uniform. Uniform for enlisted personnel is Class A.

# Voice opinion, get information at new kiosk machines

## Special to the Frontline

Gathering feedback is important to Fort Stewart-Hunter Army Airfield and for the last several years, kiosk machines have been located in high-traffic areas around post to gather your input. Recently, the Fort Stewart garrison funded the purchase of 20 additional kiosks to further expand access to many popular Army Web sites. The kiosk machines provide free and convenient Internet access to everyone at Stewart-Hunter.

From the main screen, you can access the Interactive Customer Evaluation Web site, which allows you to anonymously submit a customer comment about any service you received on the installation. When you submit an ICE comment, an e-mail with the details of your comment is automatically sent to the manager of

that service. This gets your voice heard at the click of a button! ICE can be accessed by using one of the kiosk machines, by going online to [ice.disa.mil](http://ice.disa.mil), or by filling out a hard copy comment card at one of the black, garrison-provided ICE comment boxes located around the installation.

The kiosk machines also provide access to Army Knowledge Online, Military MyPay, Army Families Online, USA Jobs, Fort Stewart-Hunter Army Airfield homepage, Army Civilian Personnel Online and the local Morale, Welfare and Recreation Web site. You can even look for housing, check out the local school systems, check the weather forecast and look up local attractions and driving directions. Printers are installed in the kiosk machines, so you can print your Leave and Earnings Statements, a pre-deployment checklist or the directions to the

restaurant you want to try for dinner.

### Stop by one of these locations:

Fort Stewart locations include: AAFES post exchange, Sgt. 1st Class Paul R. Smith Education Center, Audie Murphy Soldier Service Center, Army Community Service, Soldier and Family Assistance Center, Caro Gym, Jordan Youth Gym, Army Lodging, Club Stewart, Rocky's, Stewart Lanes, Marne Lanes, Main Post Chapel, dining facilities, Resource Management Office, Army Finance, Lt. Col. Kieth L. Ware Command and Control Facility and the dayrooms of the First Sergeants Barracks Initiative. Hunter locations include: AAFES post exchange, commissary, Hunter Education Center, Hunter Lanes, Army Lodging, Hunter Club, dining facilities, 26th Quartermaster Barracks and the Combat Aviation Barracks.



## Live Oak Public Libraries Programs

### Preschool Storytime

Live Oak Public Libraries invite children, ages 3-4 10:30 a.m. each Monday in March to Preschool Storytime. Join the fun with stories, songs, and more.

### Tree Tots Storytime

For children 1-2 is held 10:30 a.m. each Tuesday and also includes stories, songs, and more.

### PowerPoint 2007

A beginner's course on how to create multi-media presentations for school and business. Prerequisite: Introduction to Windows or comparable experience 10:30 a.m., Saturday. To register, call the library at 368-4003.

### Introduction to Excel 2007

Learn how to create a simple spreadsheet and add graphs 7 p.m., March 11 at the Liberty Branch Library. Introduction to Word or similar skills are prerequisites. Call 368-4003 to register.

### It's Cat in the Hat!

Come celebrate Dr. Seuss's birthday with a visit from the Cat in the Hat. Sing songs and have lots of fun! The event is 10 a.m., March 12 at the Liberty Branch Library. The event is for children, ages 5 and up.

### Introduction to Internet Searches

A beginner's course on using the Internet is taught 10:30 a.m., March 19 at the Liberty Branch Library. The class will cover using the Internet Explorer browser to navigate through the Internet and print Web pages.

Introduction to Windows or equivalent knowledge are prerequisite: To register, call the library at 368-4003.

### Introduction to Internet Searches (College Edition)

Introduction to Internet Searches is slated for 10:30 a.m., March 14 at the Liberty Branch Library. The class, for individuals 13 and up, will cover colleges and universities, financial aid opportunities, summer programs for high school students and other tools offered to help students reach the goal of a college degree.

### Spring Fling

Help us celebrate the arrival of Spring with an hour of Family fun! We'll have spring stories, activities, and crafts, 5 p.m., March 18 at the Midway Branch Library. Also, the event will be at the Liberty Branch Library, 2 p.m., March 21. For more information, call 884-5742. The event is for youth, ages 4 and up.

### Work Smarter, Not Harder!

Work Smarter, not Harder, presented by Tommy Johns, allows learners to handle wheels, pulleys, levers, wedges, incline planes and screws in a way that makes abstract concepts concrete. Kids learn how simple machines make work easier, 2 p.m., March 28 at the Liberty Branch library.

### Computer Practice Session

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.

This class is offered 10:30 a.m., March 12 and 26 at the Liberty Branch Library. Call, 368-4003.

## Enjoy arts, crafts in Jesup

The South Georgia Gourd Patch, in affiliation with the Wayne County Arts Council, Georgia Gourd Society, and the American Gourd Society invite community members, 7 p.m., every third Monday of the month to enjoy arts and crafts at Cracker Williams Recreation Park, on South Brunswick Street in Jesup.

For more information, call 294-7394 or e-mail [cat-sewg@bellsouth.net](mailto:cat-sewg@bellsouth.net).

[sewg@bellsouth.net](mailto:sewg@bellsouth.net).

## National Infantry Museum to open

The National Infantry Museum and Soldier Center dedication and opening is scheduled for March 19 in Columbus, Ga.

The Soldier Center, which includes an IMAX theater, restaurant, gift shop, lobby, 2nd Regiment gallery, classrooms and Ranger and Officer Candidate School Halls of Honor will open as scheduled March 20. For more information, visit [www.nationalinfantryfoundation.org](http://www.nationalinfantryfoundation.org).

## Enjoy Savannah Winds

The Spring concert of the Savannah Winds will be given 7:30 p.m., March 10 in the Armstrong Atlantic State University Fine Arts Hall, 11935 Abercorn St. Tickets are available at the door or you can call 344-2801, or visit [www.finearts.armstrong.edu/tickets](http://www.finearts.armstrong.edu/tickets).

## Enjoy a paintball weekend

Low Country Paintball invites community members to enjoy paintball by waiving all-day greens fees and gun rental fees for active duty military on the first weekend of each month. With more than 150 guns, group rates, and 63 acres to train on. For more information, call 663-2314.

## Volunteer at Fort McAllister

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.

## 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.

## Free Family day slated

Georgia 4-H, Rock Eagle 4-H Center and Georgia Operation: Military Kids will host a Military Family Day on March 21 at Rock Eagle 4-H Center in Eatonton, Ga., beginning 10 a.m. to 6 p.m. Families may participate in 4-H environmental education workshops and other recreation activities that include exhibits and performances. Lunch and dinner will be provided for all military Families (active duty, National Guard, and Reserve.) There is no cost to participate; however, Families must register by Friday. Registration forms can be found at [www.georgia4h.org/omk](http://www.georgia4h.org/omk). For more information on how UGA can support you as a military Family by calling 800-ASK-UGA1.

## Phonebook recycling drive ongoing

Keep Savannah Beautiful's annual phonebook recycling drive is ongoing. Phonebooks, newspapers, magazines, catalogs, books and white office paper are being accepted now through March 31. The collection process uses the existing red and green or yellow bins stationed at schools in Savannah and surrounding. If your school does not have a bin, phonebooks can be dropped off at recycling stations at 10 Hoss Drive in Garden City. Their hours of operation are 7:30 a.m. to 4:30 p.m., Monday through Thursday and 7 a.m. to 2 p.m., Friday.

Be sure to specify which school you are supporting so they will receive credit for your donation. For more information, call 964-4224.

## 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.

## Come to Claxton Rattlesnake Roundup

Bring the whole Family to a two-day festival like no other - the 42nd annual Claxton Rattlesnake Roundup, March 14-15. Attractions include a parade, arts and crafts, food vendors, entertainment, snake milking and handling demonstrations, wildlife exhibitions, turkey calling contest, beauty contest and more. Admission is \$5, children under 6 free. For more information, call the Evans County Wildlife Club at 739-3820.

## Sheep to Shawl Festival slated

The Sheep to Shawl Festival will be held at Oatland Island Wildlife Center from 10 a.m. to 4 p.m., March 28. This favorite springtime festival features sheep shearing, plant sale, entertainment, games and crafts for the kids. Doris Mager, "The Eagle Lady" will also be performing. For more information, call 395-1212 or visit [www.oatlandisland.org](http://www.oatlandisland.org) for a complete schedule of activities.

## Community theater holds open auditions

The Hinesville Community Theater will hold auditions for their first production, featuring two, one-act plays, "Big Bad" and "The War on Tatum." Auditions will be held 10 a.m. to 1 p.m., March 14; 6- 8 p.m., March 19; and 6 - 8 p.m., March 20. "Big Bad" will cast 14 male/female roles. "The War on Tatum" will cast 16 parts male/female roles ranging from middle school to high school ages. All auditions will be held at the First United Methodist Church at Main Street and Memorial Drive in Hinesville. For more information call 877-4332 or e-mail: [jlbvip@yahoo.com](mailto:jlbvip@yahoo.com).

## Perform at Small World celebration

The Small World Festival planning committee invites anyone interested in participating in the May 16 international celebration as a musician, dance group, vendor or volunteer to attend a planning meeting at 5:30 p.m., today, at the Liberty County Development Authority, 425 E. Oglethorpe Highway. Applications are now being accepted for all vendors and entertainment.

For more information, or an application, call 368-3471 or 877-4332.

Writing &

ART

contest offered

The 3rd Infantry Division is hosting a Writing and Art Contest, which will be open to all Bradwell Institute High School Students.

This year is the 64th year since the end of World War II and the liberation of the concentration camps of Nazi Germany.

The theme for this year's observance is "Never again: What you do matters." Contestants are asked to respond to this theme in prose, poetry, or art. Written entries may not exceed two pages.

The winning entries (1st, 2nd, 3rd) will be presented at 3rd ID's Days of Remembrance Ceremony, 10:30 - 11:30 a.m., April 24 at Fort Stewart's Main Post Chapel. The entries will also be showcased in The Frontline newspaper.

All submissions are due April 10. Each teacher may only submit their five best entries.

The point of contact for all submissions is Staff Sgt. Sundi Ganaway, 767-9495 or e-mail to [sundi.ganaway@us.army.mil](mailto:sundi.ganaway@us.army.mil).



# 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 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.

## Newcomers Expo slated

Soldiers and Family Members who are new to Hunter Army Airfield are invited to discover the many services available at Hunter and in the Savannah area. Meet other Families who are new to the area and learn more about your community. The expo will be held at Hunter Club 11 a.m. to 1 p.m., March 12. For more information, call ACS-Hunter at 315-6816.

## Attend Job Fair at Hunter

Job seekers are invited to the Army Spouse Employment Partnership Job Fair at Hunter Club from 11 a.m. to 2 p.m., March 19. You will meet representatives from a multitude of local companies recruiting for various positions in customer service, education, retail, and the medical field. For more information, call 315-6816.

## Learn about combat stress

Come to a free discussion on combat stress presented by the Military and Family Life Consultants. Soldiers and spouses are invited to participate in this realistic yet optimistic discussion on combat stress and how to cope with the symptoms. The session is offered at ACS-Hunter at 12:30 p.m., March 9. The session repeats at ACS-Stewart at 10:30 a.m., March 11. For directions or information, please call 315-6816 at Hunter or 767-5058/5059 at Stewart. Also ask about child care.

## Attend home buying workshop

If you are considering purchasing a home, register now to attend a home buying workshop, offered at both Fort Stewart and Hunter locations. Learn to compare the benefits of purchasing versus renting, determine how much you can really afford, and successfully navigate through the home buying process. Call 315-6816 to register at Hunter for the March 11 workshop, or 767-5058/5059 to register at Stewart for the March 21 workshop. Both workshops begin at 9 a.m.

## Be a Care Team Volunteer

Training for all individuals invited or interested in being a Care Team volunteer is scheduled from 10:30 a.m. to 3 p.m. at Hunter, March 12. Call today to register for this valuable training which teaches skills needed to perform a valuable role to Families of fallen and to injured Soldiers. Call 315-6816 to reserve your seat.

## Survive credit card debt

Even in today's tightening credit market, it's easy to get in over your head. A straightforward and easy-to-understand workshop entitled "Surviving Credit Card Debt" will be held from 3:30 - 5:30 p.m., March 11 at Stewart. This workshop offers useful tools and guidelines to prevent problems in the future and cure problems that may already exist. Call 767-5058/5059 to register.

## Join Baby Bootcamp

Men who are expecting a baby or have children up to age two are invited to an interactive class that teaches the correct way to hold, diaper, dress, and bathe your little one. Challenge the stereotype and take the initiative to be a hands-on dad. Mom will be thrilled, and you will reap the reward of building a special bond with your child that will last a lifetime. Please call 315-6816 to register for the 11:30 a.m. class at Hunter, March 12 or 767-5058/5059 for the 10 a.m. class, March 25 at Stewart.

## Learn about your toddler

Parents with children ages 1-4 are invited to attend a three-week workshop entitled 1,2,3,4 Parents! Mom and dad will learn techniques for bonding with your child, how to keep your child safe, why your child acts like he/she does, and why taking care of yourself is important. At Stewart, the class begins March 9 and continues each Monday from 10 a.m. to noon. At Hunter, the class begins March 10 and continues each Tuesday from 1-3:30 p.m. Advance registration is required.

## Meet spouses from other countries

Our Foreign-Born Spouse Network provides an opportunity for members from various cultures to share resources, discuss the American way of life and develop friendships. Meet at ACS-Hunter on Neal Boulevard, building 1279, at 11 a.m., March 16. At Stewart, meet at the relocation office beginning at 11:30 a.m., March 18. Bring a dish to share, if you can. Children are always welcome at spouse groups. Feel free to invite a friend! For information on spouse groups, call 315-6816 at Hunter or 767-5058/5059 at Stewart.

## Employment help

Your Employment Readiness team offers a variety of free workshops to help you succeed in your job search. Employment and Career Orientation is offered at Fort Stewart beginning at 1 p.m., March 17. You'll get an overview of the local job market within a 50-mile radius, including the latest hot job leads. Job Hunting 101 offers instruction on various topics in the job search process to include resume writing, networking, interviewing, and dressing for success, 11 a.m., March 12 at Hunter. The session repeats March 26.

Resume Writing helps you identify skills to enhance your resume development, offered at Hunter 10 a.m., March 19 and at Stewart 2 p.m., March 9, 16 and 23.

If you are seeking a job with the federal government, learn the insider's tips for entering your

resume in the electronic system, searching jobs, and maximizing your skills for the most impact. Resumix is offered at Hunter, 1 p.m., March 17 and at Stewart on beginning at 3 p.m., March 11. You must pre-register for employment readiness workshops. Please call 767-5058/5059 at Stewart or 315-6816 at Hunter. Also request a personal employment counseling session and let us help you prepare to find the job you want.

## Learn, grow with AFTB

The Army Family Team Building offers several classes to help Families thrive in the military lifestyle. Upcoming AFTB classes include AFTB Level I: "Learn the Army," which teaches basic skills and knowledge to succeed in the military environment, March 10-12 at Stewart and (for the convenience of those living off-post) March 11-12 in Richmond Hill, and Level II "Grow!" which teaches skills to enhance personal growth and development, March 18-20 at Hunter and March 24-26 at Stewart. To register for free AFTB classes, please call 767-5058/5059 at Stewart, or 315-6816 at Hunter. Also ask about child care.

## Bring the kids to Play Mornings

Parents are invited with their children ages 0-5 to spend time playing together. Led by an energetic and playful adult from our New Parent Support Program, the play mornings are designed for meeting, sharing, and playing with other military Families in a fun, upbeat atmosphere.

At Stewart, Play Mornings are held each Thursday at the Bryan Village Youth Center. At Hunter, Play

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For Army and Army Reserve referrals: call 1.800.222.2725, ext. 6-0473 or visit [www2.kar.mil](http://www2.kar.mil)

For Army National Guard referrals: call 1.800.464.8273 or visit [1800goguard.com/esar](http://1800goguard.com/esar)

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Referral must be for someone who enlists into the Regular Army, Army Reserve or Army National Guard. Sold in two increments, one after basic training begins and the other after APT/OSUT graduation. ©2008. Sold for by the United States Army. All rights reserved.

Mornings are held each Tuesday at the New Gannam

# Strong bonds bring Army couples together

**Spc. Gaelen Lowers**  
3rd Sustainment Bde.

Army Chaplains from the Special Troops Battalion, 3rd Sustainment Brigade and the 87th Combat Sustainment Support Battalion, 3rd Sustainment Bde. got together and held a Strong Bonds Marriage Retreat at Club Stewart and the Marriott Hotel in Hilton Head Island, S.C., Feb. 27-29.

The purpose of this retreat was to give Army couples a chance to get away from their daily lives and concentrate on each other.

"It brings Families together," said Debra Williamson, author, publisher and motivational speaker who was at the retreat to lend a hand to the Army couples. "It helps husband and wife understand that they are in a partnership. Sometimes when you're married you forget some of the things you used to do, so the marriage retreat gives them a fresh start and helps them to remember those things."

There were 120 couples that attended the retreat. Chaplains from both the 87th CSSB, 3rd Sustainment Bde. and the STB, 3rd Sustainment Bde., were on hand to talk and counsel each couple.

Activities commenced at

Club Stewart, Feb. 27 with some introductions and a few classes. Each couple then drove up to Hilton Head Island to spend the next two days and nights participating in classes and events such as horseback riding and walks down the beach.

As a special treat, at the end of the retreat, the Army couples renewed their vows on the beach.

Specialist Marquita White, a Soldier with the STB, 3rd Sustainment Bde. and who was attending her first marriage retreat, said she was having a great time and also reminded that the Strong Bonds Marriage Retreat's purpose was not to fix problems in the marriage.

"It's not solving problems; it's giving you solutions to make it better," said White. "You have to solve your own problems. Of course, the retreat gives you more opportunity to communicate with your spouse, do things with your spouse and bring you two closer together."

Debra Williamson is an accomplished author, publisher and motivational speaker.

For more information you can visit her on the Web at [www.myspace.com/debrawilliamson](http://www.myspace.com/debrawilliamson) or [www.debrawilliamsonbooks.com](http://www.debrawilliamsonbooks.com).



Kaytrina Curtis

## Tuttle Health Clinic hosts annual Black History Month program

*Hunter Army Airfield Tuttle Health Clinic's annual Black History Month celebration program Feb. 26 brought many together to commemorate the achievements and accomplishments of African-Americans throughout history. Guest speaker Billie Winsor, a former education specialist and Army Community Service officer for Fort Stewart and Hunter, traveled from Richmond, Va., to deliver the message of "A Passion for Possibilities," which is a message she particularly wanted young people to take from her speech. Some of the other participants included the Windsor Forest High School Army JROTC color guard, Savannah State University Choir, Gamma Chi Chapter of Kappa Alpha Psi Fraternity, Incorporated and Patricia Gentry.*