

Stewart/Hunter Lifestyle

Hunter sponsors first Back-to-School Expo



Nancy Gould
Public Affairs Specialist

Eighteen vendors participated in Hunter Army Airfield's first Back to School Expo at Hunter Club, Aug. 20 according to Barbara Cavendar, Hunter School Liaison Officer who coordinated the event for elementary and middle school-aged military students and their parents.

"Usually, the Board of Education puts one (expo) on inside the mall for the entire community," Cavendar said. "But this year they didn't have the funds so we decided to hold our own."

Among the 18 groups represented were groups from Army Community Service,

Child and Youth Services and community agencies such as Oakland Island Wildlife Center and Benedictine Military School, a private school.

All showcased their services to approximately 100 attendees at the event. Army and Airforce Exchange Services, the post Commissary, Locos Grill and Pub and the Directorate of Morale, Welfare and Recreation contributed to the pot of prizes, which included school uniforms, backpacks, school supplies, money and gift certificates.

Information about the community was available to the Hunter military Families that attended.

Cavendar said the event was a huge success.

Below: Four-year-old Jayla Forbes, an upcoming Pre-K student at Windsor Forrest Elementary, and two-year-old Elyzabeth Mitchell look at the items on display at a booth set up by Oakland Island Wildlife Center of Savannah at the Back to School Expo held at Hunter Club, Aug. 20.



Photos by Nancy Gould

Eight-year-old Kimber Howe, a Pulaski Elementary School student, accepts crime prevention literature from McGruff, the Crime Dog at the Back to School Expo held at Hunter Club, Aug. 20

Planning ahead helps pet boarding process

Bob Mathews
DMWR Marketing Publicity Specialist

Making sure everything goes smoothly when you drop your dog or cat off at Fort Stewart's Pet Boarding Facility comes down to a couple of simple things: plan ahead and preregister.

Planning ahead, said Susan Chipple, whose duties as Outdoor Recreation supervisor and recreation specialist include oversight of the pet facility is key to making sure that you secure one of the 24 spaces for dogs or 12 spaces for cats and that the boarding process goes without a hitch.

Preregistering is where any potential problems with registration can easily be headed off, she said. The preregistration process gives the facility staff and pet owners the opportunity to be sure everything is in order, to include required immunizations.

Shots required for canine guests are rabies, bordetella (kennel cough), and DA2PP (distemper, adenovirus2, parvovirus, parainfluenza).

Shots required for feline guests are rabies, RCP (rhinotracheitis, coronavirus, panleukopenia) and FV (feline leukemia), which must have been administered within one year.

Capt. Daren Harrison, branch chief for Veterinary Services at Fort Stewart, said, "Distemper and Parvo, although much reduced in the population are still out there. In this (Fort Stewart) clinic, I see probably one to two dogs every couple of weeks that have Parvo. Distemper is still seen in animal shelters throughout the United States."

"Distemper and parvovirus can be fatal," Harrison said, "(vaccination) can eliminate the possibility of dogs contracting them at all. I'm sure most people would not want to take their dogs to a facility and potentially be exposed to either of those two diseases."

At the Fort Stewart pet lodging facility, it's a require-

ment for dogs to be immunized against bordetella (kennel cough) at least eight days before boarding, which sometimes hinders the registration process. Chipple said it is not required by health officials for stay-at-home pets, so pet owners often do not get the shot for their dog.

Harrison said bordetella, which he described as a "miserable disease," can easily be prevented with vaccination.

"The problem is it usually takes a few days before immunity is established with the vaccine," he said. "I kind of associate it (kennel cough) with whooping cough in a person. Generally, the dogs have this goose honk kind of cough, which is worse at night, so people are unable to sleep. I usually get calls at night because their dogs are driving them crazy."

Bordetella generally is not fatal, Harrison said, but it can lead to secondary infections or lead to secondary pneumonia, which can be fatal. That is usually rare, and most healthy animals are able to fight off the disease.

Chipple stressed the importance of planning ahead and preregistering to avoid any hitches in boarding your pet.

"If there's a holiday weekend coming up and a lot of people are planning to go out of town, you have to think about making sure you have called ahead and preregistered," she said, adding that the facility is getting a number of inquiries from Soldiers and their Families who are transferring to Fort Stewart.

"The easiest thing to do is to call ahead, make an appointment to come in; then come in and let the staff go over your pet's shot records," she said, adding that the facility will keep a copy of those shot records to assist pet owners with future visits.

The facility does not charge a deposit for a reservation at this time, she said, but that may change soon. Some customers do not show up with their pets or call to cancel their reservation, depriving other customers of that space, she said.

For more about the Pet Boarding Facility, go to



Photos by Randy Murray

Johanna Hayes, Animal Care Taker for Fort Stewart's Pet Boarding Facility gives "Bear" some exercise time, Aug. 26. The DMWR facility provides boarding care for vaccinated dogs and cats. For information about boarding, call 435-8052.

www.stewartmwr.com/petboard.

Pet Boarding Facility at a glance

The Pet Boarding Facility is located in building 8324 on Fort Stewart road 48B (off Highway 144E) in the Holbrook Pond Recreation Area. Call (912) 435-8052 for more information.

1. Shot record verification and animal inspection must be completed prior to the pets entering the facility.
2. Customers must provide copies of current shot records for pets to board at the facility.
3. It is recommended that customers preregister pets prior to dropoff date. Pet registration/drop off takes 20 to 30 minutes. Preregistering reduces the dropoff time.
4. Shots required for canine guests are rabies, bordetella (kennel cough) a minimum of 8 days before dropoff, and DA2PP (distemper, adenovirus2, parvovirus, parainfluenza).
5. Shots required for feline guests are rabies, RCP (rhinotracheitis, coronavirus, panleukopenia) and FV (feline leukemia), which must have been administered within one year.
6. Cost is \$15 per day for canines, \$12.50 per day for felines.

For hours of operation and other details, go to www.stewartmwr.com/petboard.



Pets wait their turn for a chance to exercise at DMWR's Pet Boarding Facility at the Holbrook Recreation Area.

MWR Briefs

Get ready for the Soldier Show

The U.S. Army Soldier Show is coming to Fort Stewart and Hunter Army Airfield. The show will be performed at Tominac Fitness Center at 7 p.m., Sept. 17, with a cast party planned for 8:45 p.m. at the Hunter Club. The show will also be performed at Newman Fitness Center at 7 p.m., Sept. 24 and 25, with a cast party planned for 8:45 p.m., Sept. 25 at Club Stewart.

Watch Ultimate Fighting Championship

See UFC legend Liddell vs undefeated light heavyweight contender Evans live on Pay-Per-View at 10 p.m., Sept. 6 at Rocky's, building 703. Open to military ID cardholders free of charge. And don't forget, Rocky's has Karaoke from 7 to 10 p.m. every Wednesday night. For more information, call 767-8715 or 368-2212.

Corkan recognizes expectant mothers

Corkan Family Recreation Area will recognize all

expectant moms with one free admission or game during normal business hours at all locations, Sept. 1.

Learn ballroom dancing

Want to learn to dance like the stars? Learn the Foxtrot, Waltz, Rumba, Cha, Meringue and Swing from 7:15 to 9:15 p.m., Sept. 3 and 17 at Tominac Fitness Center, building 919, free. For more information, call 315-2019.

Youth council meetings slated

Calling all youth in grades 4-12! The Youth Action Council will resume meetings starting at 5 p.m., Sept. 4 at the Fort Stewart Youth Center and will continue meeting on the first Thursday of each month. For more information, call 767-6533.

Hispanic Heritage Brunches

Hispanic Heritage Sunday Brunch will be held at Club Stewart, Sept. 7, and at Hunter Club, Sept. 14.

from 10:30 a.m. to 1:30 p.m. The cost is \$11.95 per person, half price for children 5-10 and no charge for children under 5. For more information, call 368-2213 (Stewart) or 459-7923 (Hunter).

Hispanic Heritage Kids Cooking Classes

Club Stewart and the Hunter Club are offering Hispanic Heritage Kids Cooking Classes this month. Come on out for an afternoon of games, crafts, and treats at Club Stewart 3 to 5 p.m., Sept. 7 and at the Hunter Club, Sept. 14. For more information, contact 368-2213 (Stewart) or 459-7923 (Hunter).

Civilian Employee Fitness Program

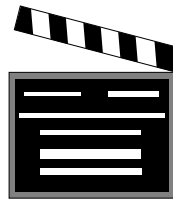
Civilian employees are invited to get into tip-top shape through the Civilian Employee Fitness Program at the Tominac Fitness Center at Hunter or the Newman Fitness Center at Stewart from 3 to 4 p.m., Mondays, Wednesdays and Thursdays from Sept. 8 to Dec. 11.

For more information or to sign up, call 315-2019



AAFES PRESENTS

TODAY THROUGH SEPT 4



Journey To the Center of the Earth

Today — 7 p.m.

(Brendan Fraser, Josh Hutcherson)

Science professor Trevor Anderson's unconventional hypotheses have put him on the fringe of the academic community.

But during an expedition Iceland, Trevor and his teenage nephew, Sean, accompanied by their beautiful local guide, Hannah, make a breakthrough discovery that launches them on a trilling adventure into the unknown. As their journey takes them deep beneath the Earth's surface they travel through never-before-seen worlds that bring them face-to-face with surreal and unimaginable creatures, stretching the bounds of the visionary scientist's own imagination.

*Rated PG (adventure action, scary moments)
92 min*

Mama Mia

Thursday — 7 p.m.

(Meryl Streep, Pierce Brosnan)

20 year old Sophie is preparing to marry her

boyfriend Sky at her mother's hotel on an island in Greece. She seemingly has it all -- a carefree life, a loving fiance, and happy friends -- but one thing has been missing all her life: a father. Her only wish now is to be given away by her dad at her wedding. By reading her mother's diary she discovers that she has three possible fathers.

Sophie then secretly invites all three men to the wedding in a desperate bid to discover which of them is her father before the wedding bells start to chime!

But not all goes according to plan: old loves are re-kindled, new loves are formed, and Sophie risks everything to discover the true identity of her father.

Rated PG-13 (sex-related comments) 108 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

Winn Briefs

Winn/Tuttle observe holiday

Sept. 1 is Labor Day, a federal holiday. On that day, services at Winn Army Community Hospital will be limited to inpatient care and emergencies. The pharmacy will also be closed.

Full operations will resume Sept. 2. All services, to include the pharmacy, at Tuttle Army Health Clinic and the Hawks Troop Medical Clinic will be closed Sept. 1. Full operations will resume Sept. 2.

Construction at Winn's lobby

The main entrance and lobby at Winn Army Community Hospital is under construction for remodeling.

You can still enter through the main entrance, but be advised construction will be going on. Beginning Sept. 8, the main entrance doors will be replaced with manual doors during the construction process.

We are urging disabled/handicapped patients and staff to use the Outpatient Clinic entrance that has automatic doors. We also remind patients and staff to use caution during this time.

Patient, Family Care meets

Interested in becoming a patient advisor? Help us help you by joining

the Patient and Family Centered Care Advisory Council meeting at Winn Army Community Hospital or Tuttle Army Health Clinic.

Winn's meeting is scheduled for 11:30 a.m., Sept. 16 at Winn's Patriot Auditorium. Questions call Linda King at 435-6225 or e-mail to Linda.king2@amedd.army.mil.

Tuttle's meeting is scheduled for 1 p.m., Sept. 18 at Aviation Brigade Classroom, Hunter Army Airfield.

Questions call Linda King at 435-6225. Patient and Family Centered Care standards include involving patients and families in all aspects of the planning and delivery of healthcare services.

Bring your recommendations to improve your healthcare experience.

Call vet appointment line

The Veterinary Clinics at Fort Stewart and Hunter Army Airfield have a new phone for appointments.

Treatment at both facilities is by appointment only. To schedule an appointment, call 435-6633 and say Veterinary Clinic. For more information call 767-4194.

See BRIEFS ————— Page 9B

BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

August 6

• **Gianna Lyn Kim**, a girl, 7 pounds, born to Sgt. Kevin Hun Kim, and Sue-Yeon Kim.

August 8

• **Zachary Bryan Motley**, a boy, 8 pounds, 1 ounce, born to Warrant Officer Christopher Motley and Jeanette Motley.

August 9

• **Lauren Jade Burkes**, a girl, 7 pounds, 14 ounces, born to Quiyana Burkes (dependent daughter of Petty Officer 1st Class Wesley B. Burkes).

August 13

• **Hayden Lucas Buell**, a boy, 8 pounds, 15 ounces, born to Spc. Jeffrey C. Buell and Stasha L. Buell.

• **Madison Danielle Nuckoles**, a girl, 7 pounds, 8 ounces, born to Sgt. Ray Ashby Nuckoles III and Amanda Jo Nuckoles.

August 14

• **Balie Nicole Agriesti**, a girl, 6 pounds, 9 ounces, born to Spc. Daniel Agriesti and Tyline Agriesti.

• **Lorelie Bettie Montgomery**, a girl, 6 pounds, 13 ounces, born to Sgt. 1st Class Byron W. Montgomery and Sgt. Lacy M.P. Montgomery.

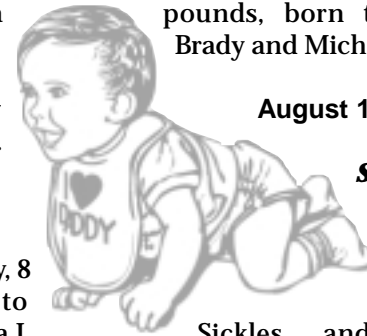
August 15

• **Jaelen Kay Brady**, a girl, 9 pounds, born to Sgt. Patrick Brady and Michelle Brady.

August 16

• **Ellie Olivia Sickles**, a girl, 8 pounds, 3 ounces, born to Spc. Roscoe Carl Sickles and Spc. Amy Elizabeth Sickles.

• **Johnathan Blaine Wallace Sellman**, a boy, 6 pounds, 14 ounces, born to Capt. Blaine Samuel Sellman and Ashley Nicole Sellman.





CHAPLAIN'S CORNER

Down from the mountaintop

Chap. (Capt) Rick Cantrell
2nd Brigade Chaplain

You will find in **Mark 9:1-12** the transfiguration of Christ. Peter, James, and John accompanied Jesus up a high mountain. After Jesus was transfigured, Peter was so moved by the magnificence and glory of God that he said, "*Rabbi, it is good for us to be here...*" (**Mark 9:5a**). Peter wanted to camp out and savor the awesome presence of God indefinitely. We too, like Peter, want to extend our mountaintop experiences with God because they do not happen too often. The sobering reality is that our

mountaintop experiences quickly fade away as we journey down the mountainside.

In **Mark 9:9-12**, Jesus, Peter, James, and John made their way down the mountainside to link up with the other disciples. They immediately encountered a large crowd of people arguing over a boy who was possessed by a spirit (from childhood), that robbed him of his speech (verse 17). The disciples were unable to help the boy because of their disbelief, conflict with the crowd, misunderstanding, and spiritual impotency. All they could do was to engage the crowd in a fruitless debate. Just

moments earlier, the disciples were basking in the presence of God and filled with faith and peace on the mountaintop, and now, down the mountainside, they faced evil, confusion, conflict, and disbelief.

It is important to note Jesus was with the disciples on the mountaintop as well as down the mountainside. I submit to you that it is during our everyday struggles (down the mountain) with evil, conflict, confusion, and even disbelief, God's presence seems to strengthen and sustain us more. Then, when the mountaintop experiences come, we will value and appreciate them even more.

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)	Marne	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.

Hunter Army Airfield

Catholic	Chapel	Time
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

Fort Stewart Chapel Youth Ministry

Junior and Senior High School Students!

Join us for
free games and pizza

Sunday • 6:30 to 8 p.m.

at the Stewart Youth Activity
Center,
building 7338.

For more information,

call **877-7207**

Mass Choir rehearsals announced

The Liberty County Community Mass Choir will be 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 or Ronald Calhoun at 786-5787 extension 209 or email 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, 2009.

Join the PWOC for fun, fellowship

Protestant Women of the Chapel invites all women to attend our weekly Bible studies. The group meets 9:30 a.m. to noon each Wednesday at Marne Chapel at the Corner of 6th St. and Gulick. Free child care is available for newborn to six-year-old children registered at Child and Youth Services. Join us for praise and worship, food, fun, fellowship and great Bible studies. Feel free to join at any time! Call Brandie at (210) 632-6235 for more information.

Coastal Happenings

Courtesy of the Coastal Courier

Human Resource meeting held

Coastal Society of Human Resource Management meets on the fourth Thursday of every month. If you are a human resource professional and would like to attend a meeting or receive more information, contact Holly Stevens-Brown, chapter president at 876-3564.

DAU offers learning opportunities

The Defense Acquisition University Continuous Learning Center offers continuous learning opportunities designed to maintain currency and help AT&L employees meet the Department of Defense requirement to complete 80 points of continuous learning every two years.

The center includes nearly 200 self-paced continuous learning modules that address topics important to the community. DAU would like to introduce Continuous Learning Modules online classes. Learn more at clc.dau.mil.

Take time to relax, go fishing

The Liberty County Bass Club is looking for community members who enjoy fishing. The club is a diverse group of anglers who know where the good fishing spots are or want to know.

The LCBC meets at Hinesville City Hall the first Thursday of the month. Activities include participation in the Georgia Top Six Tournament each year, and hosts frequent local tournaments. For more information, call 320-2315.

Enjoy summer activities in Statesboro

Splash in the Boro is now open. The Raptor Center at Georgia Southern has opened their new wetlands wildlife exhibit and the museum has a new adventure maze that will challenge you to explore Georgia's different habitats.

Wind down in the evenings at Meinhardt Vineyards and Winery and get a taste of their new wine, Mill Creek!

Live Oak Public Libraries' programs

All Live Oak Public Libraries' Programs at the Liberty Branch Library and Midway-Riceboro Branch Library will be closed Sept. 1 for Labor Day.

Preschool Story time: Join us for stories, songs, and more each Monday, 10:30 a.m. at the Liberty Branch Library. The event is for children three to four years old.

Tree Tots Storytime: Join us for stories, songs, and more, 10:30 a.m., each Tuesday at the Liberty Branch Library. The event is for ages one to two years old.

Notice of Washington Ave road closure

East Washington Avenue will remain closed for utility work between U.S. Highway 84 (Oglethorpe Highway) and Bradwell Street (south) until Sept. 16. This closure is intended to limit future closures and expedite the construction process.

Take a trip to Walt Disney World

Walt Disney World presents "Welcome Home Marne Division" SPECIAL PACKAGE Saturday through Sept. 4. As a member of 3rd Infantry Division, Disney is offering you and your dependents a special "Welcome Home Marne Division" package offer at Disney's Coronado Springs Resort. It's our way of saying 'thank you' for helping spread the dream of freedom across the globe.

We invite you to live out your dreams during "The Year of a Million Dreams" and experience all the magic and excitement through this special package offer. Special Package includes: Special rates at Disney's Coronado Springs Resort, Special Park Hopper ticket rate, VIP Welcome Home event (scheduled for Sunday, Aug. 31) and Epcot Dessert Party just for Marne Division Families. For details and to make reservation, visit www.disneyurl.com/Welcomehome.

Boating class offered

The U.S. Coast Guard Auxiliary will be offering a boating course for "The Weekend Navigator" beginning Sept. 16. The classes will meet at the Department of Human Resources, 761 Wheaton Street in Savannah for

seven Tuesday nights, followed by an optional, no cost, seven weeks of advanced material. There is a \$50 fee for course materials. Call Kent Shockey 897-7656 for information or go to www.savannahaux.com to register.

This course is ideal for inland and coastal cruisers, sport fishers, and aspiring recreational boaters, this course features an easy-to-use, quick reference format that helps you operate your GPS, depth sounder, and radar and interpret what they tell you. Material includes a MAPTECH Chart Navigator Training CD.

Enjoy Labor Day at Fort Morris

Are you looking for some way to closeout your summer with a bang? Then visit Fort Morris this Labor Day, 11 a.m. to 3 p.m., Sept. 1 as we commemorate the holiday with hourly Soldier talks, cannon and musket firings. So, bring the Family and a picnic lunch for a day of recreation and fun. Fort Morris State Historic Site is located seven miles east of I-95, exit 76. Follow the brown Liberty Trail signs. Site admission is \$3 for adults, \$2.50 for seniors and \$1.75 for children 6-18 year-olds. For more info please call 884-5999 or visit online at fort-morris@coastalnow.net.

Join Army Taekwondo Team

Seeking Soldiers, Department of Defense Civilians, and Dependents of all skill levels, ages, and martial arts background, to represent the Army at the 2009 Taekwondo Nationals to be held in Fort Lauderdale, Florida. Qualifier for nationals will be held in March, location believed to be Atlanta. Areas of interest include Olympic Sparring, point Sparring, and Kata/Forms.

For more information, call 704-5340.

Enjoy lunchtime concert

The Heritage Bank, Coastal Courier, and Hinesville Area Arts Council, present Lunchtime Concert in the Park, 11:30 a.m. to 1:30 p.m., Friday at Bradwell Park. Bring your lawn chairs and picnic lunches or purchase from local eateries/vendors. This concert will feature The Courtney Brothers.

AAFES extends gas discounts to STARSM cardholders

Special to the Frontline

Army and Air Force Exchange Service gas stations at Fort Stewart-Hunter Army Airfield are taking Soldiers and their Families farther now that the pumps have been programmed to reflect a discount of three cents per gallon for drivers who pay with a MILITARY STARSM Card.

"Anytime a customer uses a bank-issued debit or credit card, the retailer pays a portion of the transaction to a third-party financial institution," said the Main Store Manager, Robert Pickering. "Because the MILITARY STARSM Card is administered by the Exchange Credit Program, AAFES is not subject to

the additional fees incurred through other 'pay at the pump' options. As a result, we're able to pass savings on to authorized exchange shoppers."

The three-cent-per-gallon MILITARY STARSM Card discount is currently being applied to transactions at the Victory Shoppette, Bryan Village Shoppette, and at Hunter Corner Express.

The MILITARY STARSM Card is accepted at all AAFES, Navy, Marine Corps and Coast Guard Exchange activities, as well as the Exchange Catalog and the Exchange Online store at www.aafes.com.

Authorized exchange shoppers can learn more about the MILITARY STARSM Card by visiting the PX or logging on to www.aafes.com and clicking the

MILITARY STARSM Card icon.

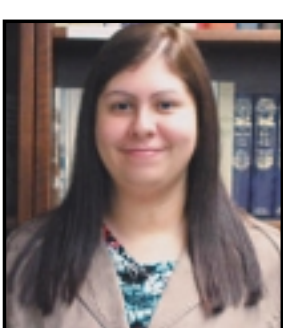
AAFES is a joint command of the U.S. Army and U.S. Air Force and it is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation programs.

To find out more about AAFES' history and mission or to view recent press releases, please visit our Web site at www.aafes.com/pa/default.asp.

Traveling Pants 2 proves fit for fans

Commentary by:
Sasha McBrayer
Frontline Contributor



Tibby is unusual. Lena is shy. Carmen is dramatic and Bridget is full of adventure. Apart, the young ladies who portray "The Sisterhood of the Traveling Pants" are formidable actresses. Their television roles on Joan of Arcadia, Gilmore Girls, Ugly Betty and Gossip Girl, respectively, are impressive career starters. In this second installment of book-to-movie coming of age sweetness, the girls reveal that together, they've got chemistry and charisma a-plenty. This chick-flick has a loyal audience.

Traveling Pants is a wonderful story celebrating the ups and downs of grow-

ing up gal. The sophomore effort explored the blossoming individuality of the pack as well as their newfound college-age lifestyles. It gently reminds that keeping friends close is worth it, even as life might persuade one to drift apart.

Many won't believe the promise that the cheese factor is low in this film, but I promise that they do keep it to a minimum.

The sequel is interesting and uplifting. I dare say another sequel will be positively tolerated.

If you enjoyed the pair of pants films, and you're feeling nostalgic, go and rent 1995's "Now and Then." There are lots of stars in that one, and you'll need a box of tissues close by.

Sock Hop

Hosted By: Enlisted Spouses Club
7 p.m., Sept. 13 at Club Stewart
The cost is \$15 in advance, \$20 at the door.
Various contest awards will be presented.

For more information or tickets call:
Sonya Milliron at 272-0482;
Jonna Reed at 877-5587; or
Sherry Puricelli at 492-5325

Civilian Employee Fitness Program

Civilian employees are invited to get into tip-top shape through the Civilian Employee Fitness Program at the Tominac Fitness Center at Hunter or the Newman Fitness Center at Stewart.

The program will be held from 3 to 4 p.m., each Monday, Wednesday and Thursday from Sept. 8 through Dec. 11. It is designed to provide a comprehensive, "self-paced" fitness regimen encompassing health, well-being and physical fitness.

There is no charge.

For more information or to sign up, call 315-2019 (Hunter) or 767-3031 (Stewart).

Volunteer Spotlight

Nkechi Anderson of Punta Gorda, Fla., is an American Red Cross volunteer working in the Patient Administration Department at Winn Army Community Hospital.

Anderson volunteers because she wants to gain work experience and help others.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Shanken at 435-6903.





Army Community Service

Welcome 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 (NAF and APF) 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.

Come to Newcomers Expo

At Hunter, the Newcomers Expo/Community Fair and Hunter Spouses Club Super Sign-Up will be held next week, Sept. 3 from 4 to 7 p.m. HSC is partnering with the Newcomers Expo to offer a "super sign-up" to encourage new members to join their group, which fosters friendship, goodwill and community spirit among its members. The expo offers the opportunity for newcomers to discover the many services are available at Hunter and in the Savannah area. Meet other Families who are new to the area and learn more about your community. The HSC super sign-up invites you to be part of a group that promotes worthwhile service and community projects. Everyone is invited to learn, share, and meet new friends. For information, call ACS-Hunter at 315-6816.

Meet other spouses

Hearts Apart, a support group for all spouses whose loved one is away, meets at Stewart beginning at 11 a.m., Sept. 3 and at Hunter, Sept. 9. Stewart offers a coffee group for Hispanic spouses, Sept. 4, and a coffee group for German spouses, Sept. 11.

Both coffee groups meet at the Relocation Office beginning at 1 p.m. A foreign-born spouse support group meets at ACS-Hunter at 11 a.m., Sept. 15.

For information, call 315-6816 at Hunter or 767-5058/5059 at Stewart

Visit the Red Cross Café at Hunter

Stop by ACS-Hunter to visit and enjoy the mini donut and coffee café sponsored by volunteers from the American Red Cross. Learn about the many services ACS offers and meet the ACS-Hunter team. The Red Cross Café will be open every Thursday from 9 a.m. to noon. For more information, please call 315-6816.

Family members invited to AFTB

Family members are encouraged to register for free training offered by Army Family Team Building. Living within an Army Family culture can be challenging, and AFTB helps by teaching you the knowledge and skills to thrive in the military.

Beginning next week at Stewart, level two, "Grow," focuses on topics such as personal development, emerging leadership, time management and adapting to change, Sept. 3-5.

Later this month, level one, "Learn the Army" teaches military terms and acronyms, the chain of command, introduction to military customs and courtesies, basic military benefits and entitlements, military and civilian community resources, and more. Level one begins Sept. 15 at Stewart, and Sept. 16 at Hunter.

Call 767-5058/5059 to register for AFTB classes. Also ask about child care information.

Learn to manage stress, anger

What triggers your stress? How do you react to an angry person? How does anger affect you? Learn skills to identify stress triggers, methods to manage your emotions, and positive techniques for dealing with anger, either your own or someone else's. Sign up now for the full-day workshop at Stewart, Sept. 2. The work-

shop repeats at Hunter, Sept. 22. Please call 315-6816 at Hunter or 767-5058 at Stewart to let us know you will be coming as seating is limited.

Learn checkbook management

Your Financial Readiness team teaches you how to manage your checking account, avoid excess fees, and get control of your money. The two-hour checkbook management class will help you properly balance your checkbook and reconcile your bank account. Sign up now for the next class offered at Hunter, from 9 to 11 a.m., Sept. 3. The class will repeat at Fort Stewart on Sept. 26.

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

Enjoy EFMP bowling

A fun night of bowling for Family members enrolled in the Exceptional Family Member Program begins at 6 p.m. at Marne Lanes, Sept. 8. 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. Bowling is free for participants enrolled in EFMP; additional participants pay for their own bowling. For information, please call 767-5058/5059.

Looking for a Job?

The Employment and Career Orientation class provides resources for newly-arriving military spouses and Family members seeking employment on the installation and/or in the local surrounding communities. The workshop also explains how the Military spouse employment partnership helps you secure employment and achieve career goals in the midst of frequent relocations due the mobile military lifestyle. The class is offered at Hunter, Sept. 9 and at Stewart Sept. 10, both beginning at 9 a.m. To register, please call 315-6816 at Hunter or 767-5058 at Stewart.

Moving soon?

Ease the financial burden of your next move by participating in Financial Planning for PCS, offered Thursdays at Stewart and September 9 at Hunter. You'll learn how to plan monthly expenses during a change of station and how to avoid pitfalls during a move.

For those moving to Korea or Germany, an overseas briefing offers the opportunity to learn about your new duty station. You will receive a packet of information pertinent to your new duty station, as well as learn about services that will help make your move a smooth one. Soldiers and Family members are highly encouraged to attend the Overseas Briefing at Stewart, Sept. 2 or at Hunter, Sept. 3.

Call to 767-5058/5059 to register at Fort Stewart, or call 315-6816 to sign up at Hunter. Also ask about Kids on the Move, a new program to help children learn about their new home.

Learn active parenting

Parents with children ages 5-12 are invited to learn discipline strategies, problem-solving skills, and steps to improve communication with your children. Taught by an experienced educator who is also a parent, Active Parenting Now will help strengthen your Family relationships. Held over a three week period (two hours per session), this workshop is a great opportunity to meet other parents who share similar parenting challenges.

Please call 767-5058/5059 to register for the workshop at Stewart which begins September 9 and continues Sept. 16 and 23. At Hunter, call 315-6816 to sign up for Active Parenting Now held Sept. 10, 17 and 24.

Debt-free workshop offered

Learn how it is possible to be free from debt by taking steps to manage your money more effectively. Life Without Debt, an educational workshop offered by your financial readiness program, will be held next week at Stewart, Sept. 9. To register, call 767-5058/5059.

Teach Your Children Well

You are your child's first and most important teacher, so what are you teaching your child? At Mirror Image for parents with children ages 1-5, you will learn about the physical, emotional, and social needs of children and how you can help them reach their full potential, from 3 to 5 p.m., Sept. 10.

For parents with a newborn or those who are expecting, Baby Talk focuses on the basics of newborn care, Shaken Baby Syndrome, and methods for comforting your crying infant, 3 to 5 p.m., Sept. 9.

Baby Bootcamp for Dads offers an interactive class for men who are expecting a baby or have children up to age 2. Network with other fathers, build confidence in your ability to parent, and enhance your nurturing skills. Baby Bootcamp is offered at Hunter, Sept. 10 and at Stewart, Sept. 18.

To register for any of these parenting sessions, please call 767-5058/5059 at Stewart or 315-6816 at Hunter.

Take volunteer management training

Everyone who has a volunteer working in their area is encouraged to attend an upcoming training on orientating and welcoming volunteers, Sept. 9. Learn how a thorough orientation can capture the volunteer's emotional commitment to the mission of your organization and give them a sense of belonging. Please call 767-5058/5059 to register for the one-hour training.

Be a volunteer

Volunteering offers an opportunity to learn new skills, gain resume experience, get involved in children's activities, meet new friends, keep busy, and help make our community an even better place to live. The Army Volunteer Corps unites volunteers and organizations.

To find out more about volunteer opportunities on the installation, please contact the Volunteer Coordinator at ACS by calling 767-5058/5059.

Come to parenting support group

Meet other parents and discuss the joys and concerns of parenting your new baby. A caring, knowledgeable professional from New Parent Support facilitates group discussions on a variety of topics determined by individual and group needs. At Hunter, the group meets twice weekly on Tuesday and Thursday at 2 p.m. at ACS located on Neal Boulevard, building 1279.

If you have parenting questions, concerns, or just want to talk to someone, please contact ACS to request a Home Visit, or stop by your ACS center and ask to speak to a New Parent Support professional. Free educational resources include books, classes and support groups.

To contact New Parent Support or to register for classes, call 767-5058/5059 at Stewart or 315-6816 at Hunter.

Need to talk?

When you have a lot on your mind, talking it over with a caring knowledgeable person can really make a difference. The Military and Family Life Consultants are available to provide free and confidential support when you are having difficulty coping with issues related to daily life.

The Consultants are available at both Fort Stewart and Hunter Monday through Friday from 8 a.m. to 8 p.m., and they also offer off-post appointments in the local communities. Call 704-9505, 492-6367, or 492-6428 to request an appointment.

Victim Advocate Program can help

The Victim Advocate Program provides services to victims of domestic violence and sexual assault. Receive information about victim rights and available resources, safety planning, protective orders, safe lodging, support during investigative, medical, and legal proceedings, Command liaison services, and more. Call 767-3032 for more information.

Army Community Service New Parent Support Program

Play Group Playmates

For children ages 0-5 and their parents

Lots of toys and happy noise with delightful Army girls and boys!

Fort Stewart: Each Tuesday and Thursday
Bryan Village Youth Center
10 to 11:30 a.m.

Hunter: Thursday
ACS-Hunter, 230 Neal Boulevard, building 1279
10 to 11:30 a.m.

For information, call
767-5058 (Stewart) • 315-6816 (Hunter)

Support Groups

Something for Everyone

Chill and Chat
Hosted by the Military and Family Life Consultants to discuss deployment or any other concerns, Mondays 11:30 a.m. at the PX Food Court at Fort Stewart. At Hunter the group is held at 9 a.m., Mondays at building 1279. Playland is open for the kids.

Grandparents and Caregivers Support Group
For those who are taking care of children while the child's parent is deployed, Mondays, 11:30 a.m. at the PX Food Court.

Parenting Support Group
Hosted by the New Parent Support Program for moms with new babies to discuss the joys and challenges of motherhood, 2 p.m., Tuesdays and Thursdays at ACS-Hunter, 230 Neal Blvd., building 1279. A new group is now forming at Fort Stewart, please call 767-5058 to sign up.

Hearts Apart
Support and friendship while your loved one is away. Fort Stewart meets 1st and 3rd Wednesdays at 11 a.m. at the Relocation Office, building 443, Leisure Activities. The Hunter class meets the second Tuesday of the month at building 1279.

Foreign-Born Spouse Groups
For spouses from other countries to network, share resources, discuss the American way of life, develop friendships, and learn about the many resources available to help make your new life a positive experience. Children are welcome.

At Hunter, a foreign-born spouse group meets monthly every third Monday at 11 a.m. at ACS-Hunter, building 1279

At Stewart, Grupo Hispano, Hispanic coffee group, held monthly every first Thursday at 1 p.m. and Deutscher Kaffee Klatch, German coffee group, held monthly every second Thursday at 1 p.m.

Both meet at building 443, Leisure Activities in the relocation office.

It's An Exceptional Life
For Families enrolled in the Exceptional Family Member Program, the group meets 6:30 p.m., every last Wednesday of the month at ACS-Stewart, Family Readiness Center, building 87.

Pet of the Week



Stewart the pup is one 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.

Hunter youths learn about negatives of shoplifting

Special to The Frontline

An effort by the Hunter Army Airfield post exchange to provide community outreach to the military community, area middle school-aged youth were shown the negatives of shoplifting and the benefits provided by the PX to the military personnel, Aug. 11.

The Hunter Youth Ministry were given a tour of the PX and a overview of the PX security measures. The PX Security Team Member L.P. Dixon escorted the youth around the PX, showing them some of the cameras and explaining how they overlap to get a full view of the facility. He also showed them the monitoring room where the security team monitors the cameras in the PX.

PX Manager Glenda Riecke welcomed the youth to the facility and encouraged them to use the PX. She also explained the benefits the PX offered to military personnel and suggested that it be a place they can work in the future.

Working with the PX and Military Police Investigations, the youth saw the benefits of using the PX.

Charles Archer, Hunter Youth Ministry Coordinator

said they discussed how "Thou Shalt Not Steal and Do Unto Others As You Would Have Them Do Unto You, would help guide them in the right direction in life.

The group discussed the strength of individuality; and how to resist the influences of bad influences like gangs.



Glenda Riecke

Participants in the Hunter Youth Ministry speak with Hunter Post Exchange Security Officer Bill Dixon, Aug. 11 regarding store security.

Non-battle injuries affect force capabilities

Lyn Kukral
U.S. Army Center for Health

Non-battle injuries are the single greatest cause of medical evacuation from U.S. Central Command, with more than a third of all evacuations attributed to NBI. Sports and physical training injuries cause more of these injuries than any other category.

In theater, gastrointestinal illness sidelines service-members more often than any other class of disease.

Hearing loss and ringing in the ears due to noise exposure lessen battle effectiveness and consistently rank among the top injuries combat veterans face when they come home.

Are you getting the idea that prevention of these conditions could significantly affect our ability to fight and win wars?

If so, you understand the theme of the Army's 11th annual Force Health Protection Conference held Aug. 9-15 in Albuquerque: "Prevention is the Key."

You're not alone, either. Literally thousands of doctors, nurses, chaplains, psychologists, environmental scientists, engineers, epidemiologists, chemists, health physicists and other health professionals built on that theme in a week of study, debate and planning how best to promote and sustain physically, mentally and spiritually healthy Soldiers, Sailors, Airmen and Marines.

The conference, hosted by the Army Center for Health Promotion and Preventive Medicine is the largest conference devoted to public health and preventive medicine in the Department of Defense. This year, it drew more than 2,200 public health and health-care professionals from around the world. Attendees had 735-plus presentations and 25 workshop topics to choose from—more than ever, and most with continuing medical education credits/continuing education

units. The FHP Conference offers one of the highest concentrations of CME/CEU credit in DOD.

The conference's plenary session boasted top DOD leaders who emphasized the idea that keeping service-members well is better for all concerned—the individual, the individual's Family and the military health system—and better than making them well after an injury or illness has been sustained.

"It all starts with healthy Soldiers," according to Deputy Army Surgeon General Maj. Gen. David Rubenstein, who led off the plenary session.

Rubenstein emphasized that building and sustaining warrior health starts at the top.

"The leadership absolutely has a direct impact," he said. "Whether it's through training the Soldiers they control or turning them over to [preventive medicine experts,] they have the ability to reduce disease and non-battle injury."

With much internal and public focus on the quality of the Army's clinical and rehabilitative care, Rubenstein acknowledged that the medical community has to continue to "sell" preventive medicine and health promotion as critical to the Army's mission.

Ellen P. Embrey, deputy assistant secretary of defense for Force Health Protection and Readiness, needs no selling to convince her of the value of prevention.

"Optimizing human performance and maximizing fighting strength is a DOD goal to which we contribute significantly," she said. "DOD increasingly recognizes our importance to the mission. ... Prevention is key to mission support, and we do it by maintaining a healthy force; building healthy and resilient individuals, Families and communities; by educating and training; and through research."

Embrey listed strategic goals for the unity of effort among force health protection professionals, emphasizing the importance of sharing priorities despite sep-

aration around the globe.

"We must work together on key goals, which is hard to do with all of us working in our local areas," she said. Among the goals she said preventive medicine experts should focus on are communicating consistently across the system of care, sustaining warrior health throughout entire careers, creating healing environments, continually evaluating outcomes and quality of services, expanding humanitarian and disaster relief capabilities to build "the bridge to peace," promoting both patient choice and accountability, developing our people, and strengthening medical education and research even further.

DOD's top health communicator also emphasized communication as a top priority.

"We are a nationally recognized leader in prevention and health promotion ... we have a responsibility to share information about what we do," said Michael E. Kilpatrick, a physician, the deputy director for force health protection and readiness programs in the Office of the Assistant Secretary of Defense for Health Affairs, and the director of strategic communications for the military health system.

Kilpatrick set three strategic communication priorities for conference attendees: educate audiences about the military health system, inform them about what the MHS is doing, and personalize the MHS for audiences.

Conference attendees had ample opportunity for informal communication as well as the formal communication gained from participating in the professional sessions. Brainstorming sessions and networking are among the "non-credit" benefits of Force Health Protection.

Many took the advice of Rubenstein: "Know at least one new colleague, learn one new skill, plan to do one new project, and get one new contact—a Web site, book, etc.—to expand your capabilities."

BRIEFS

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Behavioral Health moves

Winn Army Community Hospital's Behavioral Health Clinic is now located at 1083 Worcester Ave., building 9242 Fort Stewart, across the street from Winn. For more information, please call 767-1647.

Behavioral Health available

Behavioral Health services for Family Members are available at either Value-Options TRICARE at 1-877-298-3514 or Military OneSource at 1-800-342-9647.

Retirees requesting service may call Value-Options TRICARE at 1-800-700-8646.

New to Stewart-Hunter

Update DEERS to receive healthcare. Beneficiaries must keep their DEERS information up-to-date or they may not be able to receive referrals, schedule appointments or access TRICARE Online. Winn Army Community Hospital and Tuttle Army Health Clinics use

DEERS information to contact you regarding referrals and appointments. DEERS information can be updated by calling 1-800-538-9552, visiting www.tricare.osd.mil/deers/default.cfm or stopping by building 253 on Fort Stewart.

Wellness Center moves

In preparation to serve you better, Winn Army Community Hospital's Women's Wellness Center and OB/GYN Clinic has relocated to a transition build-

ing at 1220 Niles Ave, building CT004, behind Winn's Emergency Department. This new location is for all OB/GYN Clinic appointments and Women's Wellness Center appointments, ultrasound and the Acute Care Clinic.

Labor and Delivery and the Mother Baby Unit will still remain on the 4th floor of Winn. This relocation will allow for renovation of the old clinic and center. For more information, please call 435-6633.