

Stewart/Hunter Lifestyle



Photos by Spc. Monica Smith

Members of the Knights of Columbus stand over the grave of Brig. Gen. Count Kazimier Pulaski, during the 2008 Pulaski Jubilee Oct. 15, at Monterey Square, Savannah. The ceremony was in honor of Pulaski, a Polish-born general for whom a monument stands at Monterey Square and the man Fort Pulaski is named after.

Aviation Brigade honors Polish officer

Spc. Monica Smith
CAB Public Affairs

Soldiers with the 3rd Combat Aviation Brigade participated in the 2008 Pulaski Jubilee Oct. 15, at Monterey Square, Savannah. The ceremony was in honor of Brig. Gen. Count Kazimier Pulaski, a Polish-born general for whom a monument stands at Monterey Square and the man Fort Pulaski is named after.

"We don't (have a ceremony) just to have a celebration and to have people sing and bands play and people march and horses prance," said Francis X. Hayes, chairman of the 2008 Pulaski Jubilee. "It's intended to be representative of relationships among people. One of the things that we've strived for is to increase the diversity of involvement, and I think it was quite evident today that it's a diverse group, unlike others you may see in this area. We attempt to include everybody as Pulaski did."

The ceremony included a performance by the Savannah State Singers, a formation of 3rd CAB Soldiers as well as a 21-gun salute rendered by Aviation Brigade troops, and a medley of anthems of the participants in the Siege of Savannah including England, Ireland, Haiti, France, Germany and Poland, performed by the 3rd Infantry Division Band. Additionally, members of the Knights of

Columbus, the Catholic Veterans, the Benedictine Cadets and a representative of Poland participated.

"It is my privilege and honor, as a representative of the Embassy of the Republic of Poland and the Polish Armed Forces, to be a part of the event," said Lt. Col. Rafal Nowak, assistant Defense, Military, Naval and Air Attaché of the Embassy of the Republic of Poland. "Remembering a citizen of a foreign, geographically remote country gives testimony to the diversity of its society and ideals that it was built upon."

Pulaski arrived in America after Gen. George Washington sent Benjamin Franklin to France to enlist Pulaski to train up the American forces on cavalry operations and has been called the "Father of the American Cavalry." Pulaski died in the Siege of Savannah in October of 1779 and was the highest ranking officer to die during the American Revolution.

A wreath was laid at the base of the Pulaski monument by Hayes and Nowak. Nowak quoted former President John F. Kennedy saying, "He was only 32. He was not an American. He had been on these shores for less than two years. He represented a different culture, a different language, a different way of life. But he had the same love of liberty as the people of this country, and, therefore, he was an American as much as he was a Pole."



Soldiers of the 603rd ASB stand in formation behind the 3rd ID color guard during the 2008 Pulaski Jubilee Oct. 15, at Monterey Square, Savannah. The ceremony was in honor of Brig. Gen. Count Kazimier Pulaski, a Polish-born general for whom a monument stands at Monterey Square and the man Fort Pulaski is named after.

Signal Soldiers give back to local community



Spc. Gaelen Lowers

Soldiers from "Division Main" platoon, 3rd Signal Co. STB, 3rd ID and volunteer workers help build a wall at the Liberty County Humane Shelter, Oct. 17.

Spc. Gaelen Lowers
3rd SB Public Affairs

Soldiers of the "Division Main" platoon, 3rd Signal Company, 3rd Signal Battalion, 3rd Infantry Division kicked off their volunteer effort at the Liberty County Humane Shelter Oct. 17, by cleaning and assisting.

"We're trying to give back to the community," said Staff Sgt. Keith Jones, platoon sergeant. "We plan to come out here one day out of the month and be out here all day to provide services."

After reviewing a list of several organizations, the "D-MAIN" Soldiers

chose to lend their helping hands to LCHS.

"We're here to make this a better place," said Spc. James Everett.

The 12 Soldiers helped build a wall to separate the LCHS and the Liberty County Animal Control who share the facility. They also helped fix the pipe work to a pump in the rear of the building that will provide fresh and easily accessible water to the animals and the workers.

"We get so overwhelmed with projects," said Sandra Frye, president of the executive board and a volunteer at the LCHS.

"We just don't have

the man power or the supplies. It means a lot to us to have the military come and help out because we really need the support of volunteers."

The LCHS is a no-kill, non-profit organization that runs entirely off of donations and the help of volunteers.

Frye said that the humane society is always looking for volunteers and/or supplies, and added that a "wish-list" of needed supplies is posted on www.liberty-humaneshelter.org.

For more information, visit the Web site or contact the Liberty County Humane Shelter at (912) 876-DOGS (3647).

Apply principles, experience healing, restoration



CHAPLAIN'S CORNER

Chap. (Capt) Eric Dean
1/64 Armor Chaplain

It seems as if everyday there is another article in the paper discussing the strain of deployments on Families or the emotional trauma of multiple or extended deployment. It seems as if the world is not just putting our mission and operations under the microscope, but our Families and emotions as well.

There may be good reason for this. As is evident

by now, the emotional strain of deployment, tests the mettle of any relationship, especially an extended deployment. Whether these emotions deal with the pain of separation, a sense of bitterness or resentment toward the Army, or the tension of unresolved issues, the effects these issues have on us and the relationships we hold dear do leave its mark. The issue we face, therefore, is not how to we avoid an emotional ambush, but rather, how we respond when overcome with emotion.

The silent front of the war is the battlefield of emotions – the battlefield upon which every Soldier and Family Member will be called upon to sacrifice. Each carries his or her unique wounds; putting relationships on hold, missing out on the children's lives, not being there when something tragic occurs, the feeling of abandonment, anger, loneliness, burnout, etc. Each experiences a certain amount of fear. Each responds differently to the "trauma" of this fight. How do we then find common ground? How can each receive the healing that he or she needs?

As with most of life's challenges, there is no cookie cutter answer that applies to every relationship. There are, however, principles that can be personalized and applied to each relationship that have proven to be successful over the years. If we understand and apply these principles to our relationships, we will experience healing and restoration.

1. Its not about you. Each of you have been through a very tough deployment.

No one has had it any better or any worse than the other. The wise thing to do is to recognize and appreciate the sacrifices each of you has made, understanding that each of you went through very difficult times in your respective situations. The focus must be your relationship, what your relationship needs, and how to improve your relationship if you are to be successful.

2. It is about what you can give, not get. What can you give your relationship?

Maybe words of encouragement and affirmation. Maybe an apology for some damage you caused. Maybe time and space to allow your loved one to come to terms with everything in his or her own way.

3. No pushing, no shoving. If you are frustrated at your Soldier(s) for not opening up to you, being more persistent in your attempts to get him or her to open up will not help. Let him do it in his own time and in his or her own way. No pushing. Soldiers, I know that we prefer to zone out, ignore it, or drive on, but keeping your loved ones emotionally at arm's length or emotionally shoving them away when they try to get close is only going to create more problems.

If you don't know what to say or don't have anything to say, share that, and then begin to talk with them about something important to them.

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.

Latter-Day Saints

Sunday 220 Sandy Run Drive, Hinesville 9 a.m.

Hunter Army Airfield

Catholic		
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 to 8 p.m.

at the Stewart Youth Activity
Center, building 7338.

For more information,
contact jerry.e.thompson@comcast.net

or
call 877-7207

MWR Briefs

New youth program offered

Youth sponsorship tours are held the first Saturday of each month. This is a new program for Fort Stewart and Hunter Army Airfield youth in grades 4-12. Upcoming trips include a ghost tour through historic Savannah, Nov. 1 and ice skating, Dec. 6. Tours are open to registered youth at the Stewart and Hunter youth centers. Register before the Thursday prior to each trip. For more information, call 767-6533 or Hunter at 315-6586.

'Extreme Corkan' returns

"Extreme Corkan" returns to Corkan Family Fun Center, building 449 each Saturday from 9 p.m. to midnight. The event is open to adults only (18 years of age and over), who will be admitted to Corkan Family Fun Center for roller skating, laser tag, and the climbing room. There is a \$25 flat fee. Some form of identification is required to verify age for admission. For more information, call 767-9884.

Golf club hours change

Golfers can make plans to tee it up earlier at Taylors Creek Golf Course or the Hunter Golf Course. Clubhouse operations close at 6:30 p.m. and all rental equipment must be in by that time during the Fall operating hours. For more information, call 767-2370 at Stewart or 315-9115 Hunter.

Come to Trunk-or-Treat

Sponsored by community mayors and Army Community Services, Trunk-or-Treating will be held 6 to 8 p.m., Oct. 31 at Newman Field at Fort Stewart and the Hunter Club parking lot. Hand your candy out from trunk of your car instead of your home for a safe, fun and friendly experience. Advanced registration required and form turned in by Oct. 24. Prizes will be

awarded for best adult and child costume, and decorated vehicle. For more information, call ACS at 767-5058 at Stewart, or 315-6816 at Hunter. In addition, the Marne-tron is scheduled to show The Nightmare Before Christmas at Cottrell Field 5 - 9 p.m. on a continuous loop. For more information or to register your vehicle, call Army Community Services at 767-5088.

Enjoy MWR Family Fall Fest

You won't want to miss this year's MWR Family Fall Fest, to be held from 10 a.m. to 2 p.m., Nov. 1 across from Club Stewart in the open grass area at the intersection of Hero Road and 6th Street. For details, call 767-4316/8609.

UFC 90 at Rocky's

Visit Rocky's Club, Building 703 and see the Ultimate Fighting Championship 90 at 10 p.m., Oct. 25, live on Pay-Per-View World Middleweight Championship Anderson Silva vs Patrick Cote, plus Diego Sanchez vs Thiago Alves. Open to military ID cardholders free of charge. For more information, call 767-8715.

Celebrate National Mother-in-Law Day

Corkan Family Recreation Area will recognize all mothers-in-law from 11:30 a.m. to 8:30 p.m., Sunday with one free admission/game to one facility (bowling, climbing room, mini-golf, laser tag, roller skating, treehouse) when accompanied by their Family. For more information, call 767-6708.

Learn Halloween safety at Storytime

Children will hear stories about Trick or Treating and discuss Halloween safety during this Storytime event from 3:30-4:30 p.m., Oct. 29 at George P. Hays Library, building 411. For more information, call 767-2828.

College Probe returns

More than 70 colleges and technical schools will be represented at the 5th Annual College Probe, to be held at the Education Center, building 100, from 9 a.m.-noon, Oct. 31. The event is co-hosted by Child, Youth and School Services and the Fort Stewart Education Center. High school students or others looking to further their education will have an opportunity to get information about financial assistance, the Hope scholarship and other resources. Open to Soldiers, Family Members and the community. For more information, contact the YESS School Liaison Office at 767-6533.

Halloween Bowling at Hunter Lanes

Come to Hunter Lanes Bowling Center, Building 1280, in your Halloween costume, and if yours is judged the best you'll win a prize. It all happens from 7 p.m. until midnight on Oct. 31. Bowl for \$2 per game / \$1.25 shoe rental. For more information, call 315-6279.

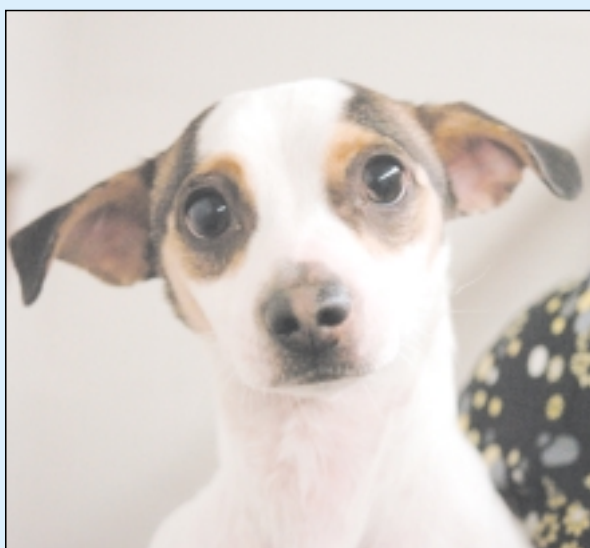
Enjoy Thanksgiving feast

The Thanksgiving Feast Sunday Brunch will be held at Club Stewart, building 405, from 10:30 a.m. to 1:30 p.m., Nov. 2. The menu features breakfast items, roast turkey, cornbread dressing, carved baked ham, baked chicken, macaroni and cheese, mashed potatoes, giblet gravy, candied yams, collard greens, green bean casserole, pumpkin pie, plus chocolate fountain and assorted desserts. Can't make it to the feast at Stewart? Then join us from 10:30 a.m. to 1:30 p.m., Nov. 9 at Hunter Club, building 6015. We'll serve the same delicious menu. The cost at each location is \$14.95 per person, children (ages 5-10) half price and (Under 5) free. Bring church bulletin and receive \$1 off each meal cost. For more information, call 368-2212 (Stewart) or 459-7923 (Hunter).

Pets of the Week



Lizzy the cat and Dobson the dog are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



AAFES PRESENTS

TODAY THROUGH OCT 26



College

Today — 7 p.m.
(Andrew Caldwell, Camille Mana)

Three high school friends visit a local college campus as prospective freshman anticipating the best weekend of their lives. Once there, the rowdiest fraternity on campus decides to recruit the boys as "pledges," subjecting to the endless humiliations in return for granting them access to the no-holes-barred college party scene. However, after being blackmailed and humiliated by the fraternity brothers, the boys have no choice but to fight back. *Rated R*-(pervasive crude/sexual content, nudity, language, drug/alcohol abuse) 94 min

Righteous Kill

Friday, Sunday — 7 p.m.
(Robert DeNiro, Al Pacino)

A serial murderer walks the streets of Manhattan, targeting violent felons who have fallen through the cracks of the judicial system. All the bodies are found accompanied by a four-line poem justifying the killings. Detectives Turk and Rooster are called in to investigate the case that could easily be the biggest one in their 30 years on the force. With the unwitting help of a local drug dealer the detectives follow what few clues they have, but their search soon turns inward, eventually leading them full circle as they realize the killer may be one of their own. *Rated R* (violence, pervasive language, sexuality, drug use) 101 min

Tyler Perry's The Family That Preys

Saturday — 7 p.m.
Sunday — 3 p.m.
(Alfre Woodard, Sanaa Lathan)

Charlotte and her dear friend Alice have enjoyed a lasting friendship throughout many years. Suddenly, their lives become mired in turmoil as their adult children's extramarital affairs, unethical business practices

and a dark paternity secret threaten to derail family fortunes and unravel the lives of all involved. During this turmoil, Charlotte and Alice decide to take a breather from it all, by taking a cross-country road trip in which they rediscover themselves and possibly find a way to save their families from ruin. *Rated PG-13* (thematic material, sexual references, violence) 111 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.

Find a deal at the Shop of the Marne

Stop by Shop of the Marne Tuesday or Thursday from 10 a.m. to 1 p.m. or the first Saturday of the month. The Shop is located in building 25 off McNeely Road behind the PX. Come park in our newly created parking lot right in front of the Shop!

HEALTH MATTERS

Winn Army Community Hospital

What other adverse effects do inhalants have on health?

Special to the Frontline

Inhalants are a diverse group of volatile substances whose chemical vapors can be inhaled to produce psychoactive (mind-altering) effects. While other abused substances can be inhaled, the term "inhalants" is used to describe substances that are rarely, if ever, taken by any other route of administration. A variety of products common in the home and workplace contain substances that can be inhaled to get high; however, people do not typically think of these products (e.g., spray paints, glues, and cleaning fluids) as drugs because they were never intended to induce intoxicating effects. Young children and adolescents can easily obtain these extremely toxic substances, and are among those most likely to abuse them.

Data suggests young adults also abuse inhalants and some become chronic, habitual users of these substances. In military specific surveys, Soldiers report inhalant abuse as frequent as other commonly known drugs such as cocaine, prescription pills, and hallucinogens (LSD). While inhalant abusers may find solvents easily available and inexpensive, these substances were never designed to be used as drugs and are among the most dangerous chemicals used to get high.

What types of products are abused as inhalants?

Inhalants fall into the following categories:

- Volatile solvents**—liquids that vaporize at room temperature.
- Aerosols**—sprays that contain propellants and solvents
- Gases**—found in household or commercial products and used as medical anesthetics
- Nitrites**—a special class of inhalants that are used primarily as sexual enhancers

How are inhalants abused?

Inhalants can be breathed in through the nose or mouth in a variety of ways, such as sniffing or snort-

ing fumes from a container, spraying aerosols directly into the nose or mouth, or placing an inhalant-soaked rag in the mouth ("huffing"). Users may also inhale fumes from a balloon or a plastic or paper bag that contains an inhalant.

The intoxication produced by inhalants usually lasts just a few minutes; therefore, users often try to extend the "high" by continuing to inhale repeatedly over several hours.

How do inhalants affect the brain?

The effects of inhalants are similar to those of alcohol, including slurred speech, lack of coordination, euphoria, and dizziness. Inhalant abusers may also experience lightheadedness, hallucinations, and delusions. With repeated inhalations, many users feel less inhibited and less in control. Some may feel drowsy for several hours and experience a lingering headache. Chemicals found in different types of inhaled products may produce a variety of additional effects, such as confusion, nausea, or vomiting.

By displacing air in the lungs, inhalants deprive the body of oxygen, a condition known as hypoxia. Hypoxia can damage cells throughout the body, but the cells of the brain are especially sensitive to it. The symptoms of brain hypoxia vary according to which regions of the brain are affected: the hippocampus, for example, helps control memory, so someone who repeatedly uses inhalants may lose the ability to learn new things or may have a hard time carrying on simple conversations.

Long-term inhalant abuse can also break down myelin, a fatty tissue that surrounds and protects some nerve fibers. Myelin helps nerve fibers carry their messages quickly and efficiently, and when damaged can lead to muscle spasms and tremors or even permanent difficulty with basic actions like walking, bending, and talking.

What other adverse effects do inhalants have ?

Lethal effects:

Sniffing highly concentrated amounts of the

chemicals in solvents or aerosol sprays can directly induce heart failure and death within minutes of a session of repeated inhalations. This syndrome, known as "sudden sniffing death," can result from a single session of inhalant use by an otherwise healthy young person. Sudden sniffing death is particularly associated with the abuse of butane, propane, and chemicals in aerosols.

High concentrations of inhalants may also cause death from suffocation by displacing oxygen in the lungs, causing the user to lose consciousness and stop breathing. Deliberately inhaling from a paper or plastic bag or in a closed area greatly increases the chances of suffocation. Even when using aerosols or volatile products for their legitimate purposes (i.e., painting, cleaning), it is wise to do so in a well-ventilated room or outdoors.

Harmful irreversible effects:

- Hearing loss—spray paints, glues, dewaxers, dry-cleaning chemicals, correction fluids
- Peripheral neuropathies or limb spasms—glues, gasoline, whipped cream dispensers, gas cylinders
- Central nervous system or brain damage—spray paints, glues, dewaxers

Serious but potentially reversible effects:

- Liver and kidney damage—correction fluids, dry-cleaning fluids
- Blood oxygen depletion—varnish removers, paint thinners

HIV/AIDS:

Because nitrites are abused to enhance sexual pleasure and performance, they can be associated with unsafe sexual practices that greatly increase the risk of contracting and spreading infectious diseases such as HIV and hepatitis.

For additional information on inhalants, please refer to National Institute on Drug Abuse's inhalant-specific Web site: www.inhalants.drugabuse.gov.

October is Breast Cancer Awareness Month

Special to the Frontline

Each year, the nation designates the month of October as a special time to increase awareness of breast cancer. For those who have lost loved ones to this disease--mothers, wives, daughters, sisters and friends--these efforts hold special significance.

Excluding cancer of the skin, breast cancer is the most common cancer among women, and nearly one in eight women will be diagnosed with breast cancer during their lifetime. The American Cancer Society estimates that approximately 200,000 new cases of invasive breast cancer will be diagnosed this year, and more than 40,000 women will succumb to the disease.

Right now, there are around 2 mil-

lion women in the United States who have been treated for breast cancer.

The key to defeating this disease is an aggressive defense through appropriate mammograms, preventive medical care and the consistent availability of treatment for those who are diagnosed. The American Cancer Society recommends that women obtain their first baseline mammogram at age 35 and annual mammograms and clinical breast exams after age 40. Women ages 20 to 39 are recommended to have a clinical breast exam every three years. All women are advised to perform monthly breast self-exams. If there are risk factors for breast cancer, screenings should begin earlier. Clinical breast exams by a health care provider should also be done on a regular basis, as well as performing monthly self-

exams and reporting any breast changes.

As one ages, the risk of breast cancer increases, the risk becomes especially higher for women age 60 or older. Any personal history of breast cancer or breast disease may predispose women to develop breast cancer again. The risk also increases if there is a family history of breast cancer for a woman whose mother, sister, daughter, or two or more close relatives have had the disease. Some individuals may be born with an altered genetic gene that is recognized for regulating breast cell growth, which becomes an "inherited" risk for developing breast cancer.

Some other risks involve factors related to estrogen regulation with early menstruation, having no children, first pregnancy after the age of

35, and use of hormone replacement therapy. However, there are life style choices that can be modified to reduce risks for breast cancer. These are choosing a balanced diet, high in fiber and low in saturated fats, getting plenty of exercise, no tobacco use, and discretion with alcohol use.

Breast cancer prevention is about early detection so talk to your health-care provider. For information regarding Breast Cancer Awareness Month visit the American Cancer Society's Web site www.cancer.org.

Winn Army Community Hospital's Public Health Nursing and Mammography Section will host an educational booth at the Fort Stewart Main Post Exchange from 9 a.m. to 2:30 p.m., Oct. 29. Stop by and pick up breast cancer information booklets.

Winn Briefs

Get your flu vaccine

With the upcoming influenza season, here are the times and locations to receive your flu vaccine. The Flu vaccine will be administered to ages 2 years and above at these locations. All ages below 2 years should report to Winn's Immunization Clinic beginning Oct. 27 or Tuttle's Immunization Clinic beginning Nov. 13.

- Fort Stewart Commissary:** Nov. 1, 10 a.m. to 6 p.m.
- Hunter Army Airfield Post Exchange:** Nov. 4, 10 a.m. to 7 p.m.; Nov. 6, 10 a.m. to 7 p.m.; Nov. 7, 10 a.m. to 7 p.m.; Nov. 8, 10 a.m. to 5 p.m.
- Winn's Immunization Clinic:** starting Oct. 27, Monday- Friday, 7:30 a.m. to 4 p.m.

Tuttle's Immunization Clinic: every Thursday starting Nov. 13, 1 - 5 p.m.

Make sure to bring your valid military ID card. For more information, call Army Public Health Nursing at 435-5071.

Get Halloween candy examined

The Winn Army Community Hospital Radiology Department will x-ray Halloween candy/snacks from 6 to 9 p.m., Oct 31 and Nov. 1. Please note the x-raying of these food items does not guarantee food safety as many potentially harmful materials (i.e., glass, chemicals, drugs, etc) cannot be detected by x-rays.

WRESP accepting patients

The Warfighter Refractive Eye Surgery Program is

now open at Winn Army Community Hospital. This laser eye surgery is available to active-duty Soldiers who have 18 months remaining on active-duty at time of surgery. Family Members and retirees are not authorized treatment under the WRESP program. Please go to the WRESP Center at Winn to pick up a packet. For more information, call 435-6633 or visit www.winn.amedd.army.mil.

Breast Cancer awareness

October is Breast Cancer Awareness Month. Winn Army Community Hospital's Public Health Nursing and Mammography Section will host an educational booth at the Fort Stewart Main Post Exchange from 9 a.m. to 2:30 p.m., Oct. 29. Stop by and pick up breast cancer information booklets as well as ask questions.

FRG Volunteer



Altrese Steaman

Altrese Steaman is a wonderful asset to our community. She volunteers as one of our FRG Leaders.

Steaman is also a full-time Employee at Winn Army Community Hospital. She goes out of her way to make sure the Families and the deployed Soldiers are well informed.

She has, on numerous occasions, given up her time for her Family Readiness Group. Steaman has made herself available 24 hours a day 7 days a week.

Volunteer Spotlight



Martina Kemp of Berlin, Germany, is an American Red Cross volunteer working in the Managed Care Division at Winn Army Community Hospital.

Kemp volunteers because she wants to help people and to add experience to her resume. Her interests and hobbies include cooking, baking and reading.

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



Coastal Happenings

Courtesy of the Coastal Courier

Theater comes to Stewart

Take the Family to theater 7 p.m., Friday at Club Stewart. Donald Lovette and Love-It Productions, Inc. present "Mama Turn The Radio On," a story about a mother's disrespectful son who realizes the only way to reach his mother from jail is through the gospel radio show he used to turn off. Ticket are on sale at Full Gospel Tabernacle, 809 Frank Cochran Drive; Temple of Praise Christian Book Store; WGML Radio Station; and Club Stewart. Tickets are \$15 in advance, \$20 at the door. For children 12 and under, tickets cost \$10 in advance, \$15 at the door. For children only, buy five and get one free.

Go trick-or-treating at Oatland

Oatland Wildlife Center is holding its annual Halloween Hike at Oatland Island Wildlife Center, 4-9 p.m., Friday and Saturday. Visitors walk through a short portion of Oatland's trail where they will meet some "Friendly Forest" critters and their friends. Costumed animal characters will interact with them, and pass out treats. Treat bags will be provided. Children are encouraged to wear their Halloween costumes and comfortable walking shoes. Admission is \$7 per child, \$5 per adult. For more information, visit www.oatlandisland.org or call 893-3980.

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 they want to know. The LCBC meets at Hinesville City Hall the first Thursday of the month. For more information, call 320-2315.

Live Oak Public Libraries' programs

Preschool Story time: Children ages 3 to 4-year-olds, are invited to come for stories, songs, crafts, and more. Join us every Monday at 10:30 a.m. in October. For more information, call the Liberty Branch Library at 368-4003.

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. For more information, call the library at 368-4003.

Equipment Checkout Center moves

Due to ongoing construction at the Outdoor Recreation Equipment Checkout Center, building 8325 at Holbrook Pond Area, the center's office has moved to a trailer adjacent to the facility. The office is open and operating at their normal hours of operation. The phone lines have not been transferred to the temporary offices. Please call 767-8609 for rental, RV storage and campground needs, until the phone lines get transferred.

Enhance your leadership skills

First Battle Command Training Group Army Reserve in Birmingham, Ala. offers the opportunity for promotion while simultaneously enhancing your professional management, training, and leadership skills.

We have immediate openings for sergeant first class through lieutenant colonel (military occupational skill and branch is immaterial) who want to transfer and make a significant contribution to the

readiness of our Army. For more information, contact 1st Sgt. Larry King, larry.kingsr@usar.army.mil, (205) 987-8443, ext. 4410; or Capt. John Walker, (205) 444-5208.

Remember the Geechee Culture

Come celebrate the Geechee culture during Ricefest 2008 at the Riceboro City Hall, Nov. 8 from 10 a.m. to 3 p.m. There will be a rice cook off, historical exhibits and demonstrations, local entertainment, children's activities and hourly prize giveaways. Admission and parking are free. For more information, call 912-884-2986 or 695-0481.

Race for the Chase in Atlanta

Watch NASCAR's best compete in the 3rd Race for the Chase at Atlanta Motor Speedway. The green flag drops at 2:15 p.m., Sunday.

The fee (\$140 for the lower grandstand seats or \$150 for the upper grandstand seats in the Earnhardt and Petty Sections) includes bus transportation and entrance to the race. The bus is scheduled to leave Hunter Army Airfield at 7 a.m. and Fort Stewart at 8 a.m. from the Leisure Activities Center. Registration is open until Friday or until tickets run out. Call 767-2841 or 767-8609 at Stewart or 315-3674 at Hunter.

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.

Have Halloween fun in Long County

Come and enjoy a fun filled night with all of the Ghosts and Goblins in the Haunted House and Forest. Visit the Dead in the Dreaded Cemetery and watch out while on the Hay Ride for what lurks in the night at the Long County Volunteer Fire Department Station 4 hosts Halloween haunting 8-11:30 p.m., Friday, Saturday and Oct. 31, and Nov. 1. The cost for admission is \$5 for adults and \$3 for children under 12. There is a supervised play area with toys and games for the little ones and a concession stand filled with goodies. For more information, call 654-4504.

Enjoy fellowship, more at Harvest Feast

Powerhouse of deliverance church holds the fourth annual Harvest Feast 2-6 p.m., Nov. 8 at the Hyatt Regency downtown Savannah, 2 West Bay Street. The event will feature live musical entertainment, anointed musical artists and vendor booths as well as dining and wholesome fellowship. Musical Guest is Vickie Winans. Conference host is Dr. Mary Napper. For more information, call 368-0617 or email Harvest_Feast@yahoo.com.

Enjoy complimentary golf

The Hampton Hall Men's Golf Society are pleased to invite all active duty and retired military to a round of golf with complimentary greens fees at the prestigious Pete Dye Golf Course at Hampton Hall. (A \$20 cart fee applies.) Please call (843) 815-8720 to book a tee time. The course is located at 170 Hampton Hall

Boulevard, Bluffton, SC 29910. The golf shop phone number is (843) 815-8720. For more information visit www.hamptonhallsc.com. Military identification will be required. Space is limited. 240 rounds are available.

Christmas in Tattnall County

Glennville holds Christmas open house

The First Friday in November will be Christmas Open House with retailers from 5 pm to 8pm and pancake and sausage supper at the Glennville Middle School cafeteria sponsored by the Glennville Chamber of Commerce. For information call Pam Waters at 654-2515.

Reidsville Christmas Festival and Parade

The Parade is held on Nov. 29 at 10 am. Festivities start on November 28, 2008 with Entertainers and food and Arts and Crafts Vendors on the ground of the School Board Building and continue through Saturday. For information call Eddie Anderson at 237-0896 or Phyllis Anderson at 237-2403.

Enjoy Christmas Cobbtown Style

The Parade and festival is held the first Saturday in December. You can enjoy the beautiful Christmas decorations Cobbtown is famous for while enjoying the area's largest parade as well as lots of good food including the world's best chicken and dumplings! For information call Mayor Buddy Collins at 912-684-2775.

Reidsville Manger to Majesty slated

This is held the second week of December on Monday and Tuesday evening. Drive through the Reidsville Recreation Department and enjoy a live portrayal of the life of Jesus complete w audio. For information call Delores James at 912-557-3422.

Glennville Christmas play slated

All I Want for Christmas Crown Productions presents the live musical on December 12, 13 and 14, 2008. This musical is about a little girl who wants everything for Christmas, but soon realized that Christmas is for giving and not receiving. December 12th and 13th at 7:00 pm and December 14th at 2:00 pm at the Glennville City Auditorium. For more information call 912-654-3760. All proceeds go to the Glennville Recreation Department.

RecruitMilitary Career Fair slated

A free hiring event for veterans, personnel who are transitioning from active duty, Reserves, Guard, and military spouses presented by RecruitMilitary, the Presidents National Hire Veterans Committee, the American Legion, and the Military Spouse Corporate Career Network will be held in Jacksonville at Jacksonville Municipal Stadium 11 a.m. to 3 p.m. Nov. 13. For more info or to register as a job-seeker, visit www.recruitmilitary.com.

Liberty Conty YMCA holds Fall Fest

The Liberty County Fall Festival Committee is proud to announce its third annual Harvest Fall Festival to be held Oct. 25 from 11 a.m. to 5 p.m. at the Liberty County YMCA Soccer Fields. There will be food and craft booths, live entertainment, and food eating contest, and much more. Throughout the day, there will be a trackless train ride, hayride, horse and pony rides, and moon bounces. The Humane Society will have a booth with many animals ready for adoption. The YMCA will also have a 25 foot rock climbing tower as well as the "Heavy Chevy Riders Car show.

Upcoming GHS speaker's new book reviewed by The New York

Special to the Frontline

Savannah, GA -

A meticulous recreation of the Civil War in Georgia's rice kingdom," says Kevin Boyle about Jacqueline Jones's new book, *Saving Savannah: The City and the Civil War* in the October 12 issue of *The New York*

Times Book Review. "She traces a tragic story with the thoroughness and sophistication that have marked her distinguished career."

Making a return visit to Savannah, Jones will discuss *Saving Savannah* at a Georgia Historical Society lecture Thursday, October 23, 7:00 p.m. at

Wesley Monumental United Methodist Church in Savannah. The book will be available for purchase at the event, and a book signing will follow Jones' talk.

The Georgia Historical Society, headquartered in Savannah, is the oldest cultural institution in the state and one of the oldest historical organizations in

the nation. It is the first and only statewide historical society in Georgia. For nearly 175 years, GHS has collected, preserved, and shared Georgia history

through a variety of educational outreach programs, publications, and research services. For more information visit: www.georgiahistory.com

Fort Stewart woman wins \$1,000 a week for a year

Special to the Frontline

ATLANTA -

A Fort Stewart Family Member is celebrating a \$52,000 Georgia Lottery win.

Sharon Keaton matched five out of six winning numbers plus the Free Ball in the Oct. 18 Win for Life drawing and won the game's second prize of \$1,000 a week for a year.

Texaco Foodmart, 250 General Screven Way in Hinesville, sold the Quick Pick ticket.

Winning numbers from the drawing were: 13-22-23-30-34-38 and the Free Ball was 20.

Keaton called the Georgia Lottery's player information hot line and discovered her win.

"I went running through the house and screaming," she said.

Keaton, who operates a home day care, is married with three teenage children. Her husband is stationed at Fort Stewart.

According to Keaton, she is still deciding how to use her winnings.

"I don't know yet," she shared. "I'll probably just save it. Maybe get a second car."

Win for Life is a multi-state game played in Georgia, Virginia and Kentucky.

As with all other Georgia Lottery games, proceeds from Win for Life will benefit education in the state of Georgia.

Since its first year, the Georgia Lottery Corporation has returned over \$10.3 billion to the state of Georgia for education.

All Georgia Lottery profits go to pay for specific educational programs including Georgia's HOPE Scholarship Program and Georgia's Pre-K Program.

More than 1.1 million students have received HOPE, and more than 940,000 4-year-olds have attended the statewide, voluntary prekindergarten program.

Georgia Lottery officials encourage lottery players to "play responsibly - It's All About Fun!"

Also, Soldiers and/are Family Members who are experiencing financial difficulties should seek help through the Fort Stewart-Hunter Army Airfield Army Community Services as opposed to seeking sudden cash through the lottery. The odds are against success through lottery.



Courtesy Photo
Fort Stewart Family Member Sharon Keaton won \$1,000 a week for a year from the Georgia Lottery.

Installation officials celebrate AFAP's 25th year

Lynda Purcell
Army Community Service

As we recognize the 25th anniversary of the Army Family Action Plan, our Army community can help to continue the momentous strides made for Families Army wide.

"Now is the time for your voice to be heard," said Diane Smith, coordinator of the AFAP effort at Fort Stewart-Hunter Army Airfield. "It's a proven system that shows tangible results, a venue to express your concerns about Army life." Active and reserve Soldiers, retirees, surviving spouses, Department of the Army Civilians, and Family Members are invited to submit issues they believe are important to maintain a good standard of living.

The AFAP is a tool for encouraging input from the people of the Army to Army leadership. It's a process that invites Soldiers and Families to say what's working, and what isn't - and what they think will fix it.

It alerts commanders and Army leaders to areas of concern that need their attention and it gives them an opportunity to quickly put plans into place to work toward resolving the issues.

"The process is completely anonymous, so people can rest assured that their name or email address cannot be traced," Smith said. If you see something that should be changed or implemented, or you know of a way to improve a service or procedure, submit your idea and it will be considered at the upcoming AFAP Conference Nov. 12-14 at Stewart.

Keep in mind that AFAP issues and recommendations should be "global" in nature, affecting a wide portion of the Army.

"Our Town Hall Meetings are where you can address smaller issues that don't impact the entire Army," Smith said. "AFAP issues are first worked at the local level,

resulting in ongoing community improvements. Issues that are beyond the jurisdiction of the local level are sent to FORSCOM where delegates from the FORSCOM footprint determine which issues can be handled by FORSCOM or require higher DA headquarters consideration.

When asked about changes that have taken place over the last 25 years to improve the quality of life for Army Families, Smith cited recent improvements such as the Family Readiness Group Assistant Program.

"These are paid positions where individuals work with FRG leaders to ensure support to Families," Smith said.

Other AFAP-related successes, Smith said, are employment partnerships with corporations committed to providing jobs for Army spouses, funding for the Exceptional Family Member Program respite care, increased Family Separation Allowance, increased life insurance coverage for servicemembers.

In addition, programs such as Army Family Team Building and Better Opportunities for Single Soldiers were born out of the AFAP.

As we look at AFAP's history, the program results speak for themselves with numerous changes to legislation, policies established or revised, and programs or services created or improved.

All in all, the AFAP truly provides the "voice" for Families and Soldiers to elevate their concerns, and remains the preeminent means for commanders, at all levels, to seek solutions to the concerns of their communities.

A link on Fort Stewart's Web site www.stewart.army.mil allows you to submit an issue,

Do you see something that you believe should be changed or implemented?



Now is the time to have your voice be **heard!**

Do you know a way to improve a service or procedure?

Here's how to submit your idea!

(submissions are completely anonymous)

www.stewart.army.mil

see AFAP logo on home page



AFAP 2008 Conference

Submit an Issue

Register as a delegate

Volunteer for the AFAP team



Click here

AFAP Conference
12-14 November 2008

register as a Delegate, or volunteer for the AFAP Team.

For more information on AFAP, contact Army Community Service, 767-5058/5059 at Stewart or 315-6816 at Hunter.

Beware of holiday loan traps, learn tips from ACS

Pamela Flemions
Army Community Service

In the mist of these tough economic times, you may consider the offer to skip a loan payment, credit card payment, or holiday loan as an early Christmas gift. Well think again. These offers result in more interest paid by you in the long run.

"Most people don't really understand the full effect of skipping a payment," said Harrine Freeman, a Washington, D.C.-based credit repair counselor.

When a payment is skipped and not

paid toward the principle, you end up with a higher balance as the accrued interest compounds on the previous outstanding balance.

For example if you have a \$5,000 credit card balance at 18 percent interest, skipping your monthly payment of \$125 will result in additional interest of \$75 and extend the payback one month.

Now consider the cost of a car payment which is a depreciating asset. To compute the true cost of skipping credit card and loan payments, use the calculators at www.bankrate.com.

Avoid holiday loans through finance

companies and online internet military loans that often carry high interest rates.

Holiday loans may also be marketed by tax preparation firms in December and require only a paystub. The annual percentage rates can range from 36 percent to 768 percent for a two-week loan.

What can you do to stretch your already-tight funds? In the Army world, the post exchange is one of the best options, averaging a 20 percent savings in addition to tax-free purchases.

If you must use credit, avoid high-

interest retail stores.

Come to ACS Nov. 14 and start preparing now for next year with How to Survive the Holidays Financially. We'll help you create a financial plan that can help you control your money and reach your goals -- all year! Tips and techniques will include alternatives to expensive gift-giving, preparing a holiday checklist, how to pay for the holidays, and post-holiday financial planning.

For more information or to speak with a financial counselor, call 315-6816 at Hunter or 767-5058/5059 at Stewart.

Happy 19th Birthday

Come celebrate the 19th birthday of BOSS, 2 p.m. Oct 24 at Rocky's! Cake and refreshments will be served. The BOSS Program is the voice of the single Soldiers. We help improve the Quality of Life for the Soldiers living on Fort Stewart-Hunter Army Airfield. Show your appreciation and support by celebrating with us on this very important day.



BOSS

Better Opportunities For Single Soldiers

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 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.

Apply for Toys for Tots

Do you know a Family who may need help this holiday season? Stewart-Hunter is working in collaboration with the United Way of Coastal Empire and the Toys for Tots program to provide assistance to those who qualify. Applications can be picked up at your local ACS or Chaplain's office.

To qualify, the total household monthly income must be less than \$2,000. The deadline to apply is Nov. 28.

For information on the Toys for Tots program, please call 767-5058/5089 at Stewart or 315-6816 at Hunter.

Make a difference

Soldiers and Family Members are encouraged to participate in Saturday's Make a Difference Day, a celebration of neighbors helping neighbors. Millions of people have participated in this annual event created by USA Weekend Magazine. To take part in this year's event, contact the installation volunteer coordinator and find out about the many volunteer projects that will be accomplished in our community on Make a Difference Day. For information, call 767-5058/5059 at Stewart or 315-6816 at Hunter.

Visit Saturday's Teen Job Expo

A job training class to introduce teenagers (ages 15-19) about finding jobs, filling out employment applications, and what to expect from their first job will be held at Fort Stewart Saturday. Call 767-5058/5059 for more information.

Attend FRG training Saturday

Hunter offers Family Readiness Group Treasurer Training session for commanders, FRG leaders, and treasurers within the FRG, Saturday. Topics include the rules and regulations that govern the FRG to include available financial resources, fundraising rules and responsibilities, and more. Please call 315-6816 to register.

Register for Trunk-or-Treat

Don't miss the fun as we celebrate Halloween with Trunk-or-Treat, a safe, fun and friendly experience. Candy is handed out from the trunk of cars on Newman Field at Fort Stewart and from the parking lot at Hunter Club. Sponsored by community mayors and Army Community Services, prizes will be awarded for best (adult and child) costume and decorated vehicle. Bring your trick or treaters!

Registrations are now being accepted to participate and hand out candy from your decorated vehicle. For more information, call 767-5058/5059 at Stewart or 315-6816 at Hunter.

Join EFMP for support and friendship

On Oct. 29, Exceptional Family Member Program

parents are invited to join together at It's An Exceptional Life, a support group held at the Family Readiness Center, Building 87 beginning at 6:30 p.m. This event is held in conjunction with Parents' Night Out at the Child Youth Services Child Development Center so that children enrolled in the Exceptional Family Member Program enjoy supervised activities from 6 - 9 p.m. while mom and dad participate in the support group. Children must be registered with CYS and also enrolled in EFMP to participate, and advance sign-up is required.

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

Learn to manage moving expenses

Come to a 2-hour class and learn how to plan monthly expenses and how to avoid pitfalls during your move. Financial planning for permanent change of station is offered every Thursday at Stewart. At Hunter, the next session is offered Oct. 28. To register, call 767-5058 at Stewart or 315-6816 at Hunter.

Is parenting tougher than you thought?

Fort Stewart introduces a new workshop especially for parents with children ages 1 to 4 years old entitled "1,2,3,4, Parents!" The four-week parenting workshop runs from noon to 2 p.m. each Tuesday beginning Nov. 4. Moms and dads will learn about bonding with your child, how to keep your child safe, why your child acts like he does, and why taking care of yourself is important.

Please call 767-5058/5059 to register for parenting classes.

Victim Advocate Program can help

October is Domestic Violence Prevention Month. 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.

Submit issues for AFAP

Do you see something that you believe should be changed or implemented? Do you know a way to improve a service or procedure? The Army Family Action Plan is input from the people of the Army-to-Army leadership. Now is the time to have your voice heard.

To submit your issue or idea, visit www.stewart.army.mil and click on the AFAP logo on the home page (submissions are completely anonymous). Delegates representing the entire military community meet to brainstorm solutions at our local AFAP Conference, Nov. 12-14. For more information, please call 767-5058/5059 at Stewart or 315-6816 at Hunter and ask for the AFAP coordinator.

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 from 8 a.m. to 8 p.m. Monday through Friday and they also offer off-post appointments in the local communities. Call 704-9505, 492-6367, or 492-6428 to request an appointment.

Plan to attend the ASEP Job Fair

Job seekers are encouraged to come to the ASEP Job Fair at Club Stewart on Nov. 5 from 11 a.m. to 2 p.m. Meet representatives from the many Army Spouse Employment Partnership corporations who recruit, hire, and retain Army spouses in the midst of the mobile military lifestyle.

Recruitment will be underway for many career fields such as retail sales, hospitality, medical, education, and customer service. For more information, please call ACS-Stewart at 767-5058/5059.

Learn money management

Sign up for the 2-hour Checkbook Management class at Stewart, Oct. 24. Learn how to manage your checking account, avoid excess fees, and get control of your money. At Hunter, a two-part money management class will be held Nov. 5 and Nov. 12. from 9 - 11:30 a.m.

A more in-depth financial workshop is offered at First-terminer financial training (mandatory for E-4). Open to everyone who wants to improve their financial future, this full-day workshop teaches about credit use, managing a bank account, insurance, investments, financial planning for your future, basic car and home buying, bankruptcy and consumer fraud. First-terminer workshop is offered at Stewart offered every Monday through Friday and at Hunter Oct. 28 or Nov. 4.

Please call 767-5058/5059 at Stewart or 315-6816 at Hunter to register for finance classes or to schedule an appointment for a personal counseling session. We are here to help!

Come meet other parents for support

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 at 2 p.m. Tuesday and Thursday at ACS located on Neal Boulevard, building 1279.

At Stewart, a new group is now forming; please call to add your name to our list of parents interested in the Parenting Support Group.

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.

Join group support

Grandparents or caregivers who are taking care of children while their parent is deployed are invited to join the Grandparent and Caregiver Support Group. Held every Monday beginning at 11:30 a.m., the group meets at the post exchange food court to discuss ways to successfully care for Soldiers' children during the deployment. For more information, call 767-5058/5059.

Visit Red Cross Café

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 Army Community Services 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.

RECYCLING ROUND UP

AFFILIATE KEEP AMERICA BEAUTIFUL

ANNUAL FALL CLEAN UP
OCT. 20-24

9 a.m. — 3 p.m.
Fort Stewart
Furniture Store Parking
Lot, (building 419)
&
Across the street from the
Hunter Fitness Center

WANTED!

ALL UNWANTED & USED ITEMS
Toys, shoes, bicycles, grills, clothing, appliances, etc.
You can also bring electronic waste like your old personal computer or hazardous waste like used oil, old paint, etc.

Keep Fort Stewart-Hunter Army Airfield Beautiful is working on increasing recycling awareness, as well as increased recycling opportunities to Balfour Beatty residents and all persons living or working on the Installation. The purpose of the Recycling Round Up is to stop unnecessary items from filling up our landfill and to help prevent illegal dumpsites.

For additional information or if you have any questions, please contact Dorothy McKinley 767-6573 or Ronald

YA"LL CAN MAKE A DIFFERENCE!

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)

Club Stewart hosts Community Showcase



Spc. Dustin Gauntesy

Staff Sgt. Dilyn Henry, B. CO. 26th BSB, attempts the Driving Simulator while wearing "Beer Goggles" that simulate the driving conditions of having a blood alcohol level of .17 at the Installation Safety Office booth at the Community Showcase, Oct. 15.

Spc. Dustin Gauntesy
2nd BCT Public Affairs

Community representatives from the surrounding areas of Fort Stewart and Hunter Army Airfield showcased various activities available to Soldiers and Family Members during the event at Club Stewart, Oct. 15.

"Representatives from the community love the chance to come out and thank the troops and provide information to the Soldiers and Families," said Susan Philips, coordinator and public affairs assistant for the Community Showcase. "The Community Showcase is always a fun atmosphere. In fact, each booth has a friendly competition trying to out do each other to win the Community Showcase Cup."

Local community represen-

tatives from the City of Hinesville, Liberty County, and City of Richmond Hill attended the showcase and educated Soldiers and Families about current local events.

"We have a lot of military personnel that actively participate in the community events," said Chris Sheppard, City of Richmond Hill representative. "We have a Christmas parade coming up, as well as a chili cook-off. You'd be surprised how busy these events can be. The whole community of Richmond Hill attends."

On-post services, such as the Fort Stewart Safety Office; Moral, Welfare and Recreation; and the Department of Public Works, educated Soldiers and Families on various available services on base, as well as educated the public on vari-

ous campaigns currently taking place on base like the On Base Clean-up Drive and the Bicycle Recycling Drive.

"We are pushing for Fort Stewart and Hunter Army Airfield to become a green base with ongoing recycling drives. Our current waste reduction is 27 percent. By 2010 our goal is to have a 40 percent reduction of waste," said Johnny Davis, Department of Public Works recycling center representative. Green is a way to describe something as environmentally safe.

"The surrounding communities of Fort Stewart and Hunter Army Airfield continue to have a close relationship with us here. They support us and we support them. It's just good community relations," said Philips.

Inside the Stewart veterinarian treatment facility

Spc. Amanda McBride
4th BCT Public Affairs

For pet owners, the main concern is always how they can keep their pet healthy and happy.

Fort Stewart Veterinarian Treatment Facility offers a place where Soldiers and Family Member's pets are taken care of and treated for illnesses.

"The primary mission of the on-post veterinarian is the military working dog," said Sgt. Elizabeth Vescovi, noncommissioned officer for the Fort Stewart Veterinarian Treatment Facility. "The vets are also responsible for overseeing the food mission on post and personally owned pets."

The primary mission on military working dogs is to keep them healthy and provide support to handlers.

"Keep them (working dogs) able to accomplish their mission because they do deploy often," Vescovi said. "So by keeping them healthy, working dogs are then able to keep Soldiers safe in Iraq and Afghanistan."

Spc. Mark K. Fernandez, animal care specialist agrees.

"Military working dogs in affect are four-legged Soldiers and are main responsibility so we treat that much respect. Everything else we do here is in addition to that, if time and means warrant it by the veterinarian, we do it if we can."

Though not a full service veterinarian clinic, the veterinarian facility provides basic care needs to Families for their pets.

"We offer basic vaccinations; such as rabies and bordetella and also offer preventative medication for heartworm, fleas and ticks," Fernandez said. "We also provide what necessary for on post registration of pets, which is including an updated vaccination records and micro chipping."

Another thing veterinarians help Soldiers and Family Members with is making sure pet records are up to date before Families transfer to an overseas duty station.

"We are making sure they are meeting all of the requirements depending upon what country they are going to," Vescovi said. "We are here to make sure the family pet can go with them."

Fernandez said pet owners should stay up-to-date on their pets' vaccinations.

"Make sure their animals are up to date with their heart medication. It is the little things you can to do help to prevent as apposed to what happens if their pet gets it," Fernandez said. "It is easy for pets to get but it is also very easy to prevent."

Because the veterinarians are limited with what we can do, if people are having a serious health issue with their pets the veterinarians suggest establishing a relationships with one of the veterinarians

clinics that are in this area.

"We see people wait two to three weeks with something that could have been treated when it started weeks before," Fernandez said.

Owners should at least bring in pets in for annual check ups and vaccination to continue a healthy living.

"Annual exams are one of the best ways to help people to keep their pets healthy," Fernandez. "Fort Stewart requires vaccines to be updated every year."

If a pet is in need of basic care or vaccination, it is recommended to always take of it before the vaccinations are due.

"That way we can try our best to fit in the pet in a timely manner," Vescovi said. "But if anything is causing the pet pain or discomfort, I would always recommend going to a local veterinarian."

Those interested in adopting a cat or dog from the veterinarian clinic only have to make a visit to the clinic to start the process of adopting.

To get more information on adoption



Spc. Amanda McBride

Specialist Mark K. Fernandez and Sgt. Elizabeth Vescovi checks Brownie before she is adopted at the Fort Stewart vet clinic, Oct. 20.

or to set an appointment, Soldiers and Family Members can now contact the Fort Stewart appointment line at 435-6633, 8 a.m. to 4 p.m., Monday through Friday.