

Stewart/Hunter Lifestyle



US Army Soldier Show is looking for you

Tim Higgs
FMWRC Public Affairs

ALEXANDRIA, Va. – For those who missed the December deadline for an audition in the 2008 U.S. Army Soldier Show, now is the time to contact director Tim Higdon.

Audition spaces are still available for the 2008 season.

Staff Sgt. Patricia T. Isaac, 188th Infantry Bde. (a tenant unit at Fort Stewart) was a performer in the 2007 Soldier Show.

Army Entertainment Division needs vocalists, dancers and technicians for the song-and-dance extravaganza.

The cast and crew likely will consist of 12 vocalists, five dancers and six technicians – ranging from stage and costume managers to audio and light technicians.

“A lot of experience isn’t necessarily required – just a willingness to work and a willingness to be a part of a team that has a unique mission,” said Higdon, who has extended the application deadline to Feb. 10. “We hope to make the whole show very high-tempo and high-energy, with a lot of entertainment that people can get into and have a good time with.”

Application instructions are available on

the Internet at www.ArmyMWR.com by clicking on Recreation and Leisure, Entertainment, and U.S. Army Soldier Show. For more details, contact Higdon at (703) 806-3698 or via email to timothy.b.higdon@us.army.mil. Live auditions for the 2008 U.S. Army Soldier Show, which will tour Europe and installations across the United States, will begin Feb. 20. The show will open in late April.



Kaytrina Curtis

Millard Jones, Hunter’s DMWR director; Eli Wilson, Tominac Fitness Center’s program director; Command Sgt. Maj. David Sampleton, Hunter’s garrison command sergeant major; Darla Clarkson, owner/operator of Hunter’s Smooth Operator and Lt. Col. Dan Whitney Hunter’s garrison commander, cut the ribbon symbolizing the opening of the Smooth Operator’s smoothie and juice bar inside Hunter’s Tominac Fitness Center Jan. 29.

Smooth Operator opens at Tominac

Kaytrina Curtis
Hunter Public Affairs

A ribbon cutting for Smooth Operator, a smoothie juice bar, was held Jan. 29 at Tominac Fitness Center, located on Hunter Army Airfield.

It was the second opening for the popular juice bar. The first was in June 2007 at Newman Fitness Center, located on Fort Stewart.

Like the Stewart juice bar, the Hunter juice bar provides a variety of frozen drinks, ranging from meal replacement smoothies to protein shakes.

Owner/operator, Darla Clarkson said the opening of her second juice bar is a dream realized for her.

“Our mission has always been to provide a comfortable, motivating place where people can energize their bodies and increase their knowledge of fitness and health,” said Clarkson.

Clarkson also cares about the military clientele she serves. She demonstrates her support by employing spouses and Family members of the military.

“We now have over 15 employees at both locations,” she said. “All of them come from the Army Family.”

Lt. Col. Dan Whitney, garrison commander for Hunter Army Airfield, thinks it’s good for Soldiers, Family members, and the civilian workforce to have an alternative to junk food after a work out in the fitness center.

“It really accentuates this world class facility,” he said referring to Tominac, the new state-of-the-art fitness center that opened on Hunter last year.

Clarkson is grateful to have the opportunity to operate from Tominac. She looks forward to serving Soldiers, Family members and employees who work here on Hunter and Stewart for many years to come.

Commander awards 149 employees for tree lighting success

Molly O’Hearon
DMWR Publicity Specialist

Col. Todd Buchs, Fort Stewart-Hunter Army Airfield garrison commander, awarded employees from the Directorate of Morale, Welfare and Recreation Jan. 24 for their participation in the 2007 tree lighting ceremony.

The following employees from Recreational Activities, Business Activities, Child and Youth Services, Resources Management Division, Army Community Services, and administration were recognized and presented with certificates of appreciation.

CYS

Dagmar Peguero-Olinger
Meckaela Smith
Maria Boiza
Jackie Williams
Stephanie Brown
Cassandra Delgadillo
Candace Baker
Michelle Frey
Georgina Pedraza
Jamie Olvera
Evelyn Garcia
Darnie Hampton
Jeanette Hodnett
Berta Jimenez
Mayra Rosario
Sandra Magee

Germonica Godfrey
Leah Cabey
Cadelius Johnson
Deborah Troche
Pamela Slappy
Lori Rodriguez
Valerie Davis
Barbara Cavender
Coretta Y. Maynor
Ibek C. Rodriguez
Martina Spurgeon
Genora Morgan
Cynthia Washington-Bell
Eliza Fleming
Sherletta McDougle
Jennifer Bishop
Josephine Richardson
Jane Riner
Amy Hubrig
John Carr
Michelle George
Terri McMillan
Lynette Williams
Joan Styles
Wanda Mckinnie
Jennifer St Julian
Katina Jackson
Linda Schumm
Gary Williams
Leslie Rangel

ACS

Rebecca Sellers
Randy Knox
Linda Moseley
Linda McKnight

Mavis Crowell
Timothy Cray
jeannie Relaford
Lynda Buechner
Brenda Hill
Monica Battle
Larry Stanley
Yolanda Hingel
Jenna Pursley

Business Activities

Alan Smith
Tyrone Benton
Tommie McArthur
Amanda Herring
Katrina Hicks
Clarence James
Tina Sanchez
Mary Robbins
James Carter
Michelle Taylor
Orisha Young
Jabari Battle
Chris Walcot
Shalisa Chambers
Sun Aguilera
Shonda McKoy
Rodeny Barrett
Linda Lesueur
Gracie Fields
Fontella Boyland
Olivia Blakburn
Sherika Knighten
April Ross
Quintin Cook
Myron Bass

Paul Garrett
Lakisha Veliz
Rose Bacon
Danielle O’Brien
Maggie Freeman
Julie Cortina
Gina Vander Zyl
Diane Garner
Lisa Wright
Karl Jackson
Tynika Clanton
Trinidad Anderson
Sue Melson
Keith Cain
Charlette Temple
Glenn Harden
Lillie Harrison
Kashif Smith
Diana Cheraski
Monica Butler
Connie Parks
Maritza Garcia

Recreational Activities

Larry Cutchens
James Ellison
Perry Yawn
Randy Walker
Tony Poore
Arthur Lewis
Jerome Gibson
Faye Dougherty
Tao-Li Edelstein
Elmer Magee
Susan Chipple
Cathy Hughes

Barbara Williams
Marline Parker
Rosemary Robinson
Chris Dent
Eli Wilson
James Simmons

RMD/MWR:

Beverly Childs
Kathy Surges
Pam Stanley
Angela Wilson
Molly Cooke
Molly O’Hearon
Carrie Pollard
Don St. John
Linda Mize
Robert Owen
Cindy Cooke
Lynne Burns
Liz Moore
Lesa Brannen
Cheryl White
Bama Newman
Eddie Blackmon
Ricky Fabian
Dale Scott
Bobby Mize
Fred Henry

DMWR

Linda Heifferon
Kim Blackmon
Joan Fredrickson
Linda Jennette
Millard Jones

MWR Briefs

Tell Me A Story event slated

Military Child Education Coalition hosts a "Tell Me a Story" event, 2 p.m., Feb. 17 at Club Stewart. The story will be "Mercedes and the Chocolate Pilot," by Margot Theis Raven. The 3rd Infantry Division Family Support Group Leader, Sarah Lynch, will be the guest reader and every family will get to take home a free copy of the book. Admission is free. Space is limited. For reservations, call 877-5330.

Join fitness program

Sign up now for the Civilian Fitness Program that runs now through April 10. Call Eli Wilson at Tominac Fitness Center, 315-2019, and go online at www.stewartmwr.com for the information you need to participate.

Splash into fitness

Water aerobics class hours extended. In addition to classes Tuesday and Thursday mornings at 9:30 to 10:30 a.m., water aerobics is now offered Thursday afternoons, 5:30 to 6:30 p.m.

Sign up for volleyball

Unit level volleyball sign ups at Hunter for

12-member team rosters are due by COB Feb. 29. For more information, call 315-4160.

Cardboard boat regatta

Units, organizations and FRG groups are encouraged to make a cardboard boat to compete in our cardboard boat regatta. The race will be held at noon, Saturday at the Tominac Fitness Center. Register by today. For more information, call 315-2019.

Get into Valentine's bowling

Come enjoy Valentine's Day with the one you love. Bowling at Marne Lanes is only \$.75 per game and free shoe rental when you bring in a loved one from 5 to 8 p.m., Feb. 14. For more information, call 767-4866.

Valentine's dinner slated

Children invite your family members out to enjoy a special Valentine's dinner at either Club Stewart or the Hunter Club. Youth should show up at Club Stewart at 4 p.m., Feb. 14 to decorate for the special meal. Doors will open at 6 p.m. Reservations are required. For more information, call 368-2212. The menu includes chicken tenders with honey mustard and ranch, macaroni and cheese, buttered corn, herb roasted chicken, mashed potatoes with gravy, vegetable medley, Valentine cup

cakes, and chocolate fountain with toppings. Reservations are required. For more information, call 353-7923.

Play dodgeball

Come join us for a fun time at the Dodgeball Tournament at Tominac Fitness Center. The tournament is 10 a.m., Feb. 16 and is free; but participants must register by Feb. 13. For more information, call 315-2019.

Teen Night at Marne Lanes

Teens are invited to enjoy a night of bowling from 10 p.m. to midnight, Feb. 16 at Marne Lanes. Enjoy a game of bowling, rent a pair of bowling shoes and buy a small drink for only \$4.50. For more information, call 767-4866.

Ballroom dancing at Hunter

Learn foxtrot, waltz, tango, and more, at Tominac Fitness Center. No partner necessary. Open to active duty military, family members, retirees and DOD civilians. For more information, call 315-5078.

Youth services sweetheart dance

The annual Sweetheart Ball will be held 7 to 11 p.m., Saturday at the Youth Center. The event features a DJ, food and fun. Come

dressed to impress. The event is open to CYS members (ages 13-18). Members can have one guest. The cost is \$3 per person/\$5 per couple. For more information, call 315-5708.

Anger management class offered

This free class will meet from 4 to 4:30 p.m. every Wednesday and will provide children with conflict resolution techniques and coping support guidance.

The class is held at School Age Services. Parents are welcome and a counselor will be available to address concerns about how to support their children during the deployment and re-deployment phases.

For more information, call 767-6533 or 767-2635.

Join toddler time at Cypress Sam's

Come join us at "play day" from 10 a.m. to 12 p.m. every Wednesday, Thursday, and Friday before the facility opens for regular business.

The play day allows our little customers the chance to enjoy Cypress Sam's Treehouse before it gets too crowded

Open to children ages 0 to 5 but remember a parent must accompany children. Admission is \$1. For more information, call 767-4273.



Pets of the Week

The Fort Stewart Veterinary Clinic is under renovation through March and has reduced services; however, pet adoptions will continue.

Allison the cat and Ivan 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.



Army Continuing Education System Family member post secondary level survey

The purpose of this survey is to gather information for planning continuing education programs that you, our customers, want. As you complete this survey, we want you to think in terms of certificate programs, associate, bachelors, masters, and post masters programs. Please circle, fill in the blank, or 'X' your choices, accordingly. Drop off the survey at either the Fort Stewart or Hunter education centers or mail to:

FM Survey
SFC Paul R. Smith Education Center
100 Knowledge Road
Fort Stewart, Ga 31314

- Are you interested in taking college classes? Yes No
- Please select the program and credential you are interested in pursuing:
 - Aviation Business Management
 - __Certificate
 - __Diploma
 - __Associate Degree
 - __Bachelor's Degree
 - __Master's degree
 - Early Childhood Care and Edu.
 - __Certificate
 - __Diploma
 - __Associate Degree
 - __Bachelor's Degree
 - __Master's degree
 - Criminal Justice
 - __Certificate
 - __Diploma
 - __Associate Degree
 - __Bachelor's Degree
 - __Master's Degree
 - General Studies Healthcare
 - __Certificate
 - __Diploma
 - __Associate Degree
 - __Bachelor's Degree
 - __Master's degree
 - Information Technology

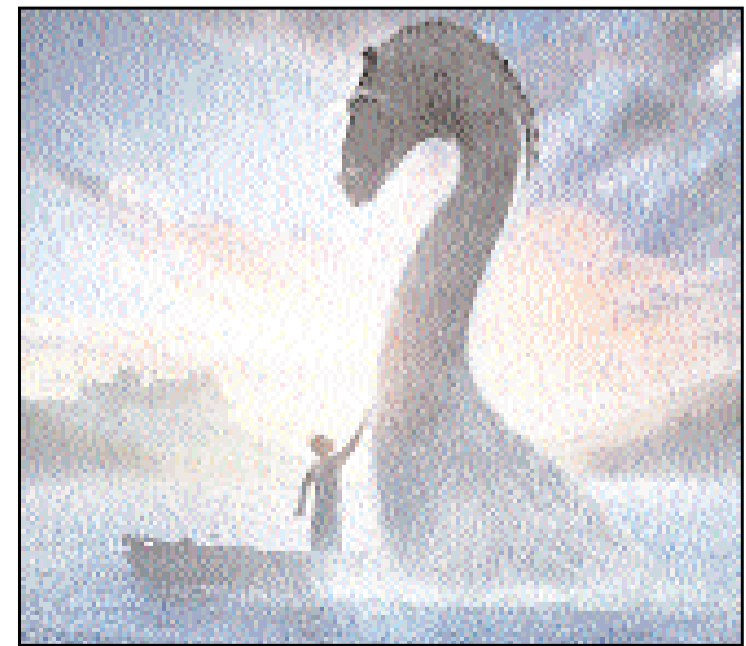
- __Certificate
 - __Diploma
 - __Associate Degree
 - __Bachelor's Degree
 - __Master's Degree
 - Logistics
 - __Certificate
 - __Diploma
 - __Associate Degree
 - __Bachelor's Degree
 - __Master's degree
 - Other
 - __Certificate
 - __Diploma
 - __Associate Degree
 - __Bachelor's Degree
 - __Master's Degree
- After earning the credential you have selected, how do you plan to use the credential?
 - Have you taken any college courses while at Stewart-Hunter? Yes No
 - If Yes, Which college provided these courses?
 - Did you get a SOCAD evaluation?
 - Other comments
 - Have you already begun a degree program? Yes No
 - If Yes,
 - Which program?
 - Do you plan on completing the program while at Fort Stewart? Yes No
 - If you are interested but unable to take college classes, what is the primary reason?
 - (You may pick more than one. Please use ordinal numbers 1-6.)
 - Lack of personal time to take classes.
 - Lack of money / financial aid to take classes.
 - Transportation not available.

- Family responsibilities.
 - Lack of child care.
 - Other reasons, please specify.
- The best time for me to attend college classes would be:
 - Two nights per week, 2 hours each
 - One night per week, 5 hours
 - Saturdays, 9 a.m. to 1 p.m.
 - Lunchtime 11:30 a.m. to 12:30 p.m., Monday through Friday
 - Daytime, 9 a.m. to noon or 1 to 5 p.m., Monday through Friday
 - Other, please specify
 - The best term length for me to attend college classes would be a class that meets for:
 - Please choose two.
 - a. 8 weeks
 - b. 9 weeks
 - c. 12 weeks
 - d. other
 - I know where my Army Education Center is located. Yes No
 - I have visited my Army Education Center within the past 12 months. Yes No
 - Have you accessed the Fort Stewart ACES Web site at <http://www.stewart.army.mil/ima/sites/services/education/education.asp>?
 - Yes No
 - Are you aware that you can send questions to our guidance counselors at counselor@stewart.army.mil?
 - Yes No
 - When considering financial aid, do you know about the following?
 - Pell Grant? Yes No
 - Hope Grant and Scholarship? Yes No

AAFES PRESENTS FEBRUARY 7 THROUGH 13

P.S. I LOVE YOU
Today — 7 p.m.
(Hilary Swank, Gerard Butler)
A grieving young widow discovers that her late husband has left her a list of tasks revealed in 10 messages, delivered anonymously, intended to ease her out of grief and transition her to a new life.
Rated PG-13 (sexual references, nudity) 126 min

The Water Horse: Legend of the Deep
Friday, Saturday, Sunday — 7 p.m.
(Emily Watson, Ben Chaplin)
Two children discover an egg on a beach in Scotland which eventually hatches into a "waterhorse". Later, that waterhorse grows up to be the Loch Ness monster. Rated PG (mild action/violence, language, smoking) 99 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

Condoms help protect

BethAnn Cameron, Jeannie Dalmas
U.S. Army Center for Health Promotion and Preventive Medicine

Feb. 14 is National Condom Awareness Day, a day set aside to raise awareness and promote condom use. Condoms are an important personal protective measure for Soldiers.

Being responsible about protecting sexual health is important for warfighters for several reasons. A sexually transmitted infection can affect readiness and jeopardize a unit's mission. The mental stress from having an STI can make it difficult for a Soldier to concentrate on the mission.

Condoms used with other methods of birth control can also reduce the risk of unintended pregnancy, which in turn can negatively impact unit readiness as well as cause stress or personal financial problems.

Many common STIs do not have any signs or symptoms at first, so people unknowingly pass them to their partners. Condoms make sex safer by providing a barrier that protects against STIs. Condoms can also help prevent pregnancy. Abstinence — not having sex — is the only 100 percent-effective method of preventing STIs or pregnancy.

Condoms are available at grocery stores, drug stores, the PX and most Army medical treatment facilities. There are many brands of condoms, and they are made in many different colors, sizes and textures, with or without lubrication. Be careful not to select novelty condoms, since they may not protect against STIs or pregnancy.

Both male latex condoms and female condoms (which are made of plastic) are effective in preventing STIs. Always use a new condom with each act of sexual intercourse.

Only a water-based lubricant should be used with a latex condom. An oil-based product (for example, baby oil or petroleum jelly) weakens and may break the condom. Heat also weakens condoms, so keep them in a cool, dry place.

Check the expiration date because out-of-date or old condoms become weak and break easily. Do not use natural-membrane condoms, made from lambskin, because they contain small pores that may allow viruses like HIV to pass through.

There are many reasons people refuse to use condoms. One frequently cited reason for refusing to use condoms is that talking about condom use with a partner can be uncomfortable. The U.S. Centers for Disease Control and Prevention has suggestions and methods on its Web site for talking with a partner about condom use.

Take responsibility for sexual health by using condoms and by talking with your partner about condom use.

Several sites provide instructions that show how to use a condom correctly and suggest ways to communicate about condom use with your partner. Some of the Web sites include: Planned Parenthood Federation of America, www.plannedparenthood.org; American Social Health Association, www.ashastd.org; Centers for Disease Control and Prevention, www.cdc.gov.

Winn Briefs

Winn/Tuttle observe holiday

February 18 is President's Day, a federal holiday. On this 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 Feb. 19.

All services, to include the pharmacy, at Tuttle Army Health Clinic and the Hawks Troop Medical Clinic will be closed Feb. 18. Full operations will resume Feb. 19.

TRICARE For Life

Upon receipt of your Medicare Part B enrollment or three to six months prior to your 65th birthday, go to the TRICARE Service Center at 852 Harmon Ave., building 202, Fort Stewart to select a civilian Primary Care Manager and receive more information about your health benefits and options available to you or call 1-800-444-5445.

Over-the-counter meds available

Selected over-the-counter medications are available to beneficiaries without seeing a doctor from the pharmacies at Winn Army Community Hospital and Tuttle Army Health Clinic.

The over-the-counter pharmacy card is no longer used. Simply come to any pharmacy, take a number and when called, tell the pharmacist your symptoms.

Certain over-the-counter medications will be screened against your current medications and given based on age restrictions.

A valid ID must be presented at the time of request. Quantities are limited per visit.

For more information, call 767-2672.

Parking lot repairs at Winn

Certain sections of the parking lot at Winn Army Community Hospital will be closed for phase one of repair and resurfacing. Please exercise caution in the parking lot during this time.

I'm pregnant. Now what?

Congratulations on your pregnancy. Prenatal care is available at both Winn Army Community Hospital at Fort Stewart and Tuttle Army Health Clinic at Hunter Army Airfield. Pregnancy tests are available.

Active duty Soldiers need a documented pregnancy from the laboratory. Civilian spouses may confirm pregnancy with a home test or by a hospital urine test.

Please call 435-6633 to schedule a new OB nurse interview and an OB physical appointment at Winn or Tuttle. You can also make appointments in person.

Get your prescriptions in the mail

The TRICARE mail-order pharmacy offers beneficiaries up to a 90-day supply of medication through the mail, for a co-pay of \$3 for generic and \$9 for name brand drugs on the formulary; non formulary drugs are \$22. You may order online at www.express-scripts.com, by phone at 1-866-363-8667 or by fax at 1-877-895-1900.

Book appointments online

Want an alternative to calling the appointment line? TRICARE online could be your answer.

You can book your appointments online at the TRICARE online Web site, www.tricareonline.com. This link is also available through the Winn Web site homepage, www.winn.amedd.army.mil.

BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

January 12

•**Mackenzie Renee Hudson**, a girl, 9 pounds, born to Jason Hudson and Tiffany Kyser.

January 14

•**Savannah Faith Lewis**, a girl, 9 pounds, 9 ounces, born to Sgt. Richard and Brandi Lewis.

January 16

•**Christian Salvatore DiCampli**, a boy, 8 pounds, 7 ounces, born to Daniel DiCampli and Capt. Elizabeth DiCampli.

•**Caleb Austin Marshall**, a boy, 8 pounds, 14 ounces, born to Staff Sgt. James Marshall and Carley Marshall.

•**Tiera Renee Swinton**, a girl, 6 pounds, 14 ounces, born to Sgt. Allen Swinton and Temika Swinton.

January 17

•**Lola Mei Cagle**, a girl, 7 pounds, 5 ounces, born to Spc. Adam Cagle and Christina Cagle.

•**Adam Jon Zettel Jr.**, a boy, 8 pounds, 1 ounce, born to Pfc. Adam Zettel and Karen Zettel.

January 18

•**Isabella Marcia Malizia**, a girl, 7 pounds, 12 ounces, born to Joseph Malizia and Katharine Malizia.

•**Alexander Charles Mayo**, a male, 7 pounds, 2 ounces,

born to Sgt. Samson Blakeslee and Spc. Angela Mayo.

January 19

•**Kristan Armodd Williams**, a boy, 7 pounds, 10 ounces, born to Spc. Carla Williams.

January 22

•**Christian Wayne Miller**, a boy, 7 pounds, 4 ounces, born to Sgt. Jerrod Miller and Sarah Miller.

January 23

•**Xaden Ralph Rogers**, a boy, 8 pounds, born to Pfc. Daniel Rogers and Ida Rogers.

Army responds to rising suicide rates

Elizabeth M. Lorge
Army News Service

The Army is taking steps to meet the rising suicide rates among Soldiers head-on, the service's top mental-health expert told reporters at the Pentagon.

With 102 confirmed suicides among active-duty and activated reserve-component Soldiers, 2006 had the highest number of cases since 1990. To date, 89 suicide deaths were confirmed in 2007 and 32 cases are still pending.

Suicide attempts have also climbed exponentially since the Army began tracking them in 2002, rising from 350 to approximately 2,100 last year, although some non-suicidal self-injuries and a new electronic medical records system may account for part of the increase, said Col. Elspeth C. Richie, psychiatry consultant to the Army's surgeon general.

"The loss of any Soldier is a tragedy, and while we're talking about suicides in this case, Army leadership takes the loss of any Soldier seriously," said retired Col. Dennis W. Dingle, head of the Army well-being branch at the Office of Deputy Chief of Staff for G-1 (Personnel). "The Army is committed to applying the resources and developing the policies and adapting our programs and policies to support Soldiers, civilians and their families.

The majority of 2006 suicides took place among Soldiers in the United States. Seventy-

two had either never deployed or been back from theater for over a year, eight had been back from deployment for less than a year, 27 occurred in Iraq and three in Afghanistan.

The vast majority, Richie said, occur among young, enlisted males aged 18-24, but there has been a rising number among older Soldiers, and in 2006 the Army saw the highest number ever among females: 11. Most, 71 percent, involved firearms.

According to Richie, the Army is closely watching for any correlation between the length and number of deployments and the number of suicides, but the most common cause of suicide is strained relationships. While repeated deployments and post traumatic stress disorder certainly add stress to relationships, she said, it's unusual for them to be the direct cause of a suicide.

Lt. Col. Ran Dolinger, a chaplain at G-1, said that while he was deployed one of his Soldiers attended suicide-prevention training and seemed fine, but within an hour had received a call from his wife and killed himself.

Dolinger stressed the importance of programs like Strong Bonds in building and maintaining healthy, strong marriages.

As part of the Army Family Covenant, the Army is spending \$1.4 billion this year on quality-of-life programs, including healthcare, for Soldiers and Families.

Richie visited Iraq in October, where she led a team assessing the mental healthcare available to Soldiers, and found that access to men-

tal-health care providers and chaplains was good.

The Army has more than 200 behavioral-health professionals in Iraq and has just added more than 100 in the United States.

After conducting interviews and focus groups with experts and Soldiers

of all ranks, the team developed 55 recommendations to improve suicide-prevention training and care.

The team found that previous training attempts, which focused on stateside, garrison environments, were not effective in theater. Soldiers want to know how to recognize problems and what to do to help buddies.

The team found senior leaders are generally supportive and encouraging when Soldiers need help, but Soldiers are themselves reluctant to face condemnation from their peers.

This stigma, Richie said, is both the most

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Retired Col. Dennis W. Dingle
Army well-being branch, Office of the Deputy Chief of Staff for G-1

difficult and the most important obstacle to overcome when it comes to getting Soldiers help.

The Army hopes the battle buddy system will help. Based on a decades-old tactic and the Warrior Ethos' statement "I will never leave a fallen comrade," it shows Soldiers that someone will always look out for them and that it's okay to ask for help.

All Soldiers receive an ACE of hearts playing card to carry with them. A reminder to Soldiers to care enough and have the courage to find out what's going on, to never leave Soldiers who might harm themselves alone, even to get help. ACE stands for: Ask your buddy, Care for your buddy, Escort your buddy.

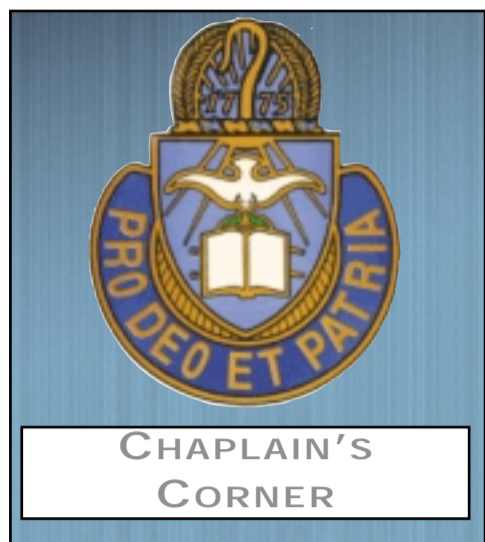
Battlemind training, which is required both before and after deployment, also reminds Soldiers who may be having a hard time that they are not alone.

It tells leaders, Soldiers, Family members and even Army Civilians how to recognize Soldiers in distress and how to get them help.

"We've got the multiple portals to care through chaplains, through primary care, through behavioral health, through leadership. We also need to make sure that Family members know who to call if they're worried about their Soldier. We need to involve the whole Family and the whole community in this effort," said Richie.

For more information on suicide prevention and more, visit online at www.behavioral-health.army.mil or www.battlemind.org.

Lent is time to reflect, inspect



Chaplain (Lt. Col.) Allen Stahl
Garrison Catholic Chaplain

One thing we all have in common is that we are building a life. Building that life begins quite early and sometimes without our awareness.

What kind of life we build is pretty much left to each one of us.

Some spend much time earning a living that they even forget to build a life. Here I am talking about a life of self-giving, character, integrity and honor.

Lent is a time in the Christian calendar to pause and reflect on what kind of life we are building. And like any building, some parts are added that are not necessary and some

parts that are necessary are not added.

If we want to build the best life possible, we need the help of a Master builder, someone who knows how to build a quality life. Scriptures are very clear in this regard. **Psalm 127:1** says, "unless the Lord builds the house, they labor in vain who build."

Last week my heart was set on buying a home for retirement. It was the perfect house. On the outside it was the home of my dreams.

However, once the home inspector checked it out from foundation to roof, I could not believe how poorly constructed it was. That house had serious faults not seen by the naked eye.

Let us ask God to do a little inspecting and

to let us know how poorly and how well we have been building our lives.

Leaving the faults of our lives unchecked invites disaster later on.

What kind of foundation we have built our lives upon is also important. Is ours built upon something as solid as rock or is it built upon something as weak as sand? (**Matthew 7:24-26**)

My life is not finished and neither is yours. We can all wear a t shirt which says, 'Still Under Construction.'

These forty days before Easter gives us an opportunity to do a little rebuilding. Something added here; something taken out there so when Easter arrives, the Lord will say to us, "Well, done." (**Luke 9:17**)

Chapel Schedule

Fort Stewart

Catholic	Location	Time
Sunday Mass	Heritage	9 a.m.
Saturday Mass	Heritage	5 p.m.
Protestant		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Victory	11 a.m.
Traditional Worship	Marne	9 a.m.
American Samoan	Vale	11 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church (K to 6th grade)	Across from Dia. Elem.	11 a.m.
PWOC (Wednesday)	Marne	9:30 a.m.

Islamic
Friday Jum'ah Marne 1:30 p.m.
Contact Yahya Hassan at (414) 899-7226.

Jewish
Contact Sgt. 1st Class. Crowther at 332-2084.
Friday Marne 11:30 a.m.

Hunter Army Airfield

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

Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

Kids Church

Exciting Bible Lessons

with music, puppets, videos, crafts, games

11 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-6

Scheduled 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

Questions?

Contact Chaplain Ric Thompson at 767-6831



Stewart-Hunter Youth Ministries

Fort Stewart

Junior and Senior High School Students!

6:30 to 8 p.m., Sunday

at Vale Chapel in Bryan Village.

For more information call 877-7207

Hunter Army Airfield

Join us for Motivating Fun!

1 to 3 p.m.

the first and third Sunday of each month at the Religious Education Center, building 129, next to Hunter Chapel

For more information call 315-5934

Stewart-Hunter hosts town hall meeting

Special to the Frontline

Fort Stewart-Hunter Army Airfield will hold the quarterly Town Hall meeting 5:30 p.m., Feb. 12 at Club Stewart and Hunter Club. The meeting will also broadcast live on Marne TV and viewers may phone-in questions at 767-ROCK or 315-ROCK. For more information, call ACS at 767-1257 on Stewart and 315-6816 on Hunter.

The command will gather subject matter experts from the installation agencies and address issues and concerns from community members. Questions and responses from the previous town hall meeting are included below.

Directorate of Emergency Services, Directorate of Public Works

Q: Speed limits in the housing areas are not uniform on Fort Stewart. Some streets have 15 miles per hour (MPH) speed limits while the majority has 20 MPH.

A: It should be consistent through all housing areas. My solution is make all housing areas a uniform 20 MPH, except those areas

that are designated school zones during certain times 7 a.m. to 8:30 a.m. and 2:30 to 3:30 p.m.

A: Answer: The housing area identified as having non-uniform speed limits now have appropriate signage in place that are consistent with the rest of Family housing.

DES, DPW

Q: There is a new school zone speed limit sign on Austin (just north of the intersection of Argyle and Austin) near Brittin Elementary School.

A: It indicates the speed limit is 15 MPH from the hours of approximately 8 a.m. to 5 p.m. daily.

This sign makes no distinction for only school days, so in effect; it applies every day of the week.

When coming home late in the afternoon (after 3:30 when the reduced speed is still in effect), I have followed MP cars that did not reduce their speed to 15 MPH.

I recommend either removing the sign or modifying the times to 7:30 to 8:30 a.m. and 2:30 to 3:30 p.m. on school days.

Q: With the opening of Kessler Elementary School, new school zones have been established.

However, there are no "end school zone" signs that indicate where the school zone speed limits end.

It would be appropriate to have the school zones begin and end at the same place for conformity to normal (civilian) school zones.

My solution is to put up "end school zones" in those places that do not have them and move them to a parallel place to the beginning of the school zone signs where they already exist.

A: Appropriate signage was installed Feb. 4, 2007 to address the issues raised in both school sites, Brittin and Kessler.

Kessler will have "End School Zone" signage placed in the appropriate areas and Brittan's School Zone signage will be modified to make the necessary distinctions for the time and day of the week.

DES, DPW

Q: In an issue I previously submitted, I have not received an answer. I travel

Georgia Highway 144 daily, weekends included. I travel it at varied times during the day and night.

There is only one triangular, "No Passing Zone" sign between the intersection of Georgia Highway 47 (Sunbury Road) and Georgia Highway 144 going out all the way to Richmond Hill and Interstate 95 where the sign is located just east of the Georgia Highway 47 and Georgia Highway 144 intersection for inbound traffic.

The entire rest of the road there are no signs despite numerous passing zones in the 17-mile stretch of road.

I realize that there may be reflectors embedded in the road to help indicate the dotted lines from the solid lines (which is effective at night), but during the day they do not work well.

I cannot tell you how many times I have seen illegal passing going on.

I have nearly been hit head on at least half a dozen times in the past two years by drivers who are passing at the wrong time (not necessarily in no passing zones).

See TOWN _____ Page 12B

3rd Infantry Division
Spiritual Fitness Luncheon

March 13
Club Stewart

For more information,
call CH (COL) Michael Walker 767- 1273

1 BCT Family member reunion briefings

Unit Liaison and Family Readiness Support Assistants are preparing briefings for the redeployment of the 1st Brigade Combat Team. Briefings will be held at Club Stewart from 6 to 8 p.m. on scheduled days.

Please contact your unit LNO or FRSA as soon as possible to sign your children up for the "Battle Mind for Children" classes. The classes are the same time as the adult classes. The childcare is free.

Feb. 20, 3/69 Armor, 767-5321 or 767-5282;
Feb. 21, 1st Battalion, 41st Field Artillery, 767-1371 or 767-7048;
Feb. 25, 2nd Battalion, 7th Infantry, 767-7135 or 767-6940;
Feb. 29, 3rd Brigade Support Battalion, 767-9401 or 767-9901;
March 3, 5th Squadron, 7 Cavalry, 767-9903 or 767-8340;
March 4, 1/3 Brigade Troop Battalion, 767-2902 or 767-7380

Coastal Happenings

Courtesy of the Coastal Courier

Live Oak Public Libraries' programs

Activities sponsored by the Liberty Branch Library and Midway-Riceboro Branch Library include these events:

Preschool Storytime

Join us for stories, songs, and more for ages 3-4 at 10:30 a.m., Feb. 11, and 25.

Tree Tots Storytime

Join us for stories, songs, and more for ages 1-2, at 10:30 a.m., Tuesdays.

Black History Bingo

Liberty Branch: Celebrate Black History Month and learn about some famous African Americans with this special edition of bingo for ages 4 and up at 2 p.m., Saturday. Everybody wins!

Midway-Riceboro Branch: Celebrate Black History Month and learn about some famous African Americans with this special edition of bingo for ages 4 and up at 5 p.m., Feb. 21. Everybody wins!

Tea and Tales Book Group

Midway-Riceboro Branch Library:

Join us this time for a discussion of *What the Dead Know*, by Laura Lippman at 5:30 p.m., Feb. 14. For more information, call the Midway-Riceboro Branch Library at 884-5742.

Lillian Grant-Baptiste, storyteller

Join us for a spellbinding hour of family fun as Lillian Grant-Baptiste tells stories from the African Diaspora at 2 p.m., Feb. 23. The event is for ages 5 and up.

Computer Classes

Introduction to Excel:

Learn how to create a simple spreadsheet and add graphs. Prerequisite: Introduction to Word or similar skills. The event is offered 7 p.m., Feb. 13. Call 368-4003 to register.

Introduction to the Internet:

A beginner's course on using the Internet is offered 10 a.m., Feb. 20. The class will cover using the Internet Explorer browser to navigate through the Internet and print Web pages. A prerequisite is the Introduction to Windows Class or equivalent knowledge. To register, call the library at 368-4003.

Human Resource Management 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, please feel free to contact

Holly Stevens-Brown, chapter president, at 876-3564.

Isaiah Davenport House Museum presents

Join in one of Savannah's Madeira traditions and experience the historic atmosphere of the Davenport House while learning about and tasting this unique and flavorful wine at the Isaiah Davenport House Museum, which presents "Potable Gold" at 5:30 p.m., today, Saturday, Feb. 15, 22, 23, and 29. The program will last one hour. The Isaiah Davenport House Museum is located at 324 East State Street, Savannah on the corner of State and Habersham Streets. During the experience, patrons will sample two types of Madeira and see the historic house at dusk. For information or reservations call 236-8097 or email jcresdale@savbusiness.net. Reservations must be received 24 hours in advance, four-person minimum, 14-person maximum. Admission is \$20 per person; all participants must be 21 years of age or older.

Register for second annual Critz Race

On Feb. 23, participants in the second annual Critz Race for Preservation 10K/5K in Savannah will be out walking and running in support of the Historic Savannah Foundation. The 10K race starts at 8 a.m., in Forsyth Park near the Mansion on Forsyth. The route is a certified course that leads participants through five of the eight historic districts within Savannah's city limits. This year the Critz Race for Preservation is offering a 5K run/walk in addition to the original 10K. Registration forms are available at Critz BMW and Mercedes-Benz, Fleet Feet Sports, the Downtown Athletic Club, Savannah area YMCA's and the Historic Savannah Foundation office. The entry fee before Feb. 15 is \$20 for either the 10K/5K run or the 5K walk; late registration after Feb. 15 is \$25. The entry fee includes a T-shirt and refreshments. Online registration is available at www.active.com. Online registration closes Feb. 22 at 11:59 p.m. EST, but participants will be able to register at the event starting at 7:15 a.m. All proceeds benefit the Historic Savannah Foundation, whose mission is to preserve and protect Savannah's heritage through advocacy, education and community involvement. For registration, race details and information contact Andrea Dove at 233-7787 or email adove@historicsavannahfoundation.org. For more information about the Historic Savannah Foundation visit www.historicsavannahfoundation.org or call 233-7787.

Coastal Jazz Association meeting, concert

The Coastal Jazz Association Annual Meeting and Concert will be held Feb. 24. During the short annual meeting, the CJA membership will elect a new Board of Directors. All members are encouraged to attend. Those individuals who join CJA before the meeting will also have voting privileges. The annual meeting and concert will feature the Coastal Jazz Association All-Stars: Ben Tucker, Teddy Adams, Huxsie Scott, and special guest, Kevin Bales on piano. The critically acclaimed CJA All-Stars will be playing straight ahead Jazz that consists of both American pop as well as the time honored Jazz standards. The CJA Annual Meeting and Concert will be held 5 p.m. at Four Points by Sheraton Historic Savannah - 520 West Bryan Street. The event is free for Coastal Jazz Association members and \$10 for non-members. Attendees who join CJA while at the concert will also be admitted for free and will be eligible to vote for the slate of officers.

Chicken Soup for the Soul offered

Chicken Soup for the Military Wife's Soul is available for purchase with autograph via the co-author's MilitarySoul Foundation Web site at: www.militarysoul.org. It is a 501c(3) non-profit and all proceeds go back to the military community.

The book is also in military exchanges and bookstores around the world or order online at Amazon, Barnes and Noble and numerous other sites. It shares the pride, emotion and triumphs achieved by past and present military wives everywhere. The stories in *Chicken Soup for the Military Wife's Soul* focus on the often-overlooked women that are a vital part of our military team. For more information, contact Charles Preston or Cindy Pedersen at militarysoul@yahoo.com.

Savannah Winds Concert March 4

The Savannah Winds, Savannah's community wind symphony, will present its Spring Concert at 7:30 p.m., March 4 at the Fine Arts Hall of Armstrong Atlantic State University. Tickets are \$12 and may be obtained at the door, or in advance. Call 927-5381 for information. The Savannah Winds is affiliated with AASU and performs several concerts each year, both on and off-campus. Proceeds are dedicated to music scholarships at AASU. See www.finearts.armstron.edu/SWinds for more information.

MOAA offers scholarship opportunity to military children

Special to the Frontline

Alexandria, Va. - The Military Officers Association of America is offering Base/Post Scholarships again this year. The MOAA provides grants of \$1000 each to 25 dependent children of active duty personnel.

The "Base/Post Scholarship" is one of several MOAA education programs designed to help finance

higher education for college-bound or current undergraduate students.

Students (under age 24) with an active duty military parent serving in one of the seven uniformed services (including active reserve and National Guard) are eligible to apply.

Grant recipients will be randomly selected from applicants within each of the seven services. There

are no need-based criteria, no GPA minimums, no essays and no fees.

MOAA membership is not a requirement. Students can easily apply by completing the on-line application located on our Web site, www.moaa.org/education.

Follow the easy instructions for the multipurpose scholarship application. Applications must be received by noon EST, March 3. Students will be selected by ran-

dom drawing.

Semi-finalists will be notified by e-mail and the self-check on the Web site by mid-March. Winners will be notified in May.

MOAA's scholarship grants and zero-interest loans are currently helping over 1,600 uniformed services dependents to meet their college expenses.

The base/post scholarship program is part of MOAA's ongoing

effort to assist young people who are members of this nation's military Families.

MOAA is the nation's leading association for military officers, with nearly 380,000 members. Membership is open to active duty officers and warrant officers, Reserves and National Guard, plus former or retired officers and warrant officers, and surviving spouses.

"Cloverfield;" Another reason to love or hate J J Abrams

Commentary by:

Sasha McBrayer
Fort Stewart Museum

When I fell in love with "Alias," an action-packed drama about the girl next door who falls into the world of international intrigue as a spy, and eventually a double-agent for the good guys, I knew I had director J.J. Abrams to thank for the twists and turns and downright addictive storyline. What I didn't know was just who Abrams was or what else he had in store for audiences.

As it turns out, the young director, writer, producer, and composer, always seen wearing his trademark dark glasses, began his career in his senior year of college when a film treatment he scribed with a friend turned into the film "Taking Care of Business." He was able to produce the film and not long after, was producing one of my favorite dramas of all time, "Regarding Henry", which stars Harrison Ford.

We know Abrams best for dynamic television shows like "Felicity," "Alias," and fan

favorite, "Lost." His high profile film projects, however, are turning out, each one, to be better than the last.

When Tom Cruise's first child seemed close to coming to term, no, not Suri, but long anticipated project "Mission Impossible: III," which the sometimes flamboyant actor often referred to as a 'love' or 'baby,' Cruise knew the best director to nab for the project was Abrams. J.J. brought his creative storytelling processes to the project and the product was a thrilling little blockbuster.

Today Abrams is in the news for a project now in theatres, simply called "Cloverfield." For most, "Cloverfield" will probably be the best or worst monster movie ever seen. Shrouded in mystery, teaser trailers released during sensation "Transformers" only revealed the film would be shot by handheld cameras to give it stark realism and that it documented a young man's going away



party somewhere in Manhattan when suddenly something catastrophic attacks. A frightening view from the roof of an apartment building reveals tragedy along the night skyline and ends with Lady Liberty's head being ripped from her statue and sent flying into the streets.

Probably the best descriptor of the film was released in January 25th's edition of "Entertainment Weekly" by reviewer Lisa Schwarzbaum who wrote, "Run, don't walk! An ugly, evil creature 30 stories high is playing whack-a-mole with Manhattan hotties!"

What is it? Where does it come from? Obviously, Abrams' love of mystery is strong enough not to offer up any answers. In fact, viewers leave the theatre, slightly dizzy from the shaky camera work, and either in awe of Abram's masterpiece, or extremely angry that more answers were never provided. It is

Abrams' technique that makes "Cloverfield" so special. This isn't "Godzilla" or "King Kong" because the monster isn't really the star, as wickedly cool and scary as he (or she) is. In my book, Abrams deserves mad kudos for making the film look so realistic and for keeping with the decision that the entire movie would be someone's personally captured home video. The treatment of the characters is superb and honest. They are ordinary people reacting to the extraordinary. It is unique and I applaud it.

Whether the monster movie floats your boat or not, we will next see Abrams at Christmas when he releases his installment of "Star Trek." You heard me. It will mark J.J.'s most ambitious project to date. Young actors, including Zachary Quinto, from "Heroes" as young Spock, will be featured in a "classic-Trek" story. Leonard Nimoy is also in the film, suggesting time travel may be a characteristic in the movie. Eric Bana is slated to play a villain. In typical Abrams style, he refuses to give much else away. We'll just have to be surprised.

3rd Infantry Division
Fort Stewart and
Hunter Army Airfield

Black History Month
Theme: "Carter G. Woodson and the
Origins of Multiculturalism"

Feb. 27
Club Stewart Ballroom
1:30 to 3 p.m.

Honorable Otis Johnson
Mayor of Savannah, Georgia
Keynote Speaker

Carter G. Woodson and the Origins of Black History Month

Volunteer
Spotlight

Victoria Finzen of Waipahu, Hawaii is an American Red Cross volunteer working in the Radiology Department at Winn Army Community Hospital.

Finzen volunteers because she enjoys helping her community and she wants to learn more about her field of study. Her interests and hobbies include radiology and puzzles.

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, call 767-5058. For information and registration at Hunter Army Airfield, call 315-6816.

Build your Family team

Prepare your Family to move successfully into the future and succeed in all aspects of military life. Sign up now for free classes offered through the Army Family Team Building program. February classes include Army Basics 201, Feb. 11; Level II, Feb. 13-15; and the new Dogface Soldier for Families class, Feb. 20. Call ACS at 767-5058 to register and for child care information.

Aerobics class for breast cancer survivors

The Exceptional Family Member Program introduces "Healing Body Moves" for breast cancer survivors. This weekly aerobics class is limited to 20 participants, so register now for the first class held 5:30 to 6:30 p.m., Feb. 14 at Club Stewart. Contact Army Community Service at 767-5058 to sign up.

Baby Basic Training for new dads

New fathers are invited to take a class that helps teach what to expect during pregnancy, labor and delivery. You will also learn how to hold, diaper, dress, and bathe your new baby. Taught by a qualified educator who is also an experienced father, this class will give you the important skills you need to be a hands-on dad. Classes are held Wednesdays at 1:30 p.m. To register, please call 767-5058 at Stewart or 315-6816 at Hunter.

Strengthen your parenting skills

Parents of children ages 5-12 can learn new parenting skills to help make their lives a little easier by signing up for the next Active Parenting class. This three-session workshop is offered Tuesday mornings at Fort Stewart and Thursday afternoons at Hunter Army Airfield. To register, call 767-5058 at Stewart or 315-6816 at Hunter.

Learn to live without debt

It is possible to be free from debt when you learn how to get control of your finances and manage your money more effectively. Sign up now to attend "Life Without Debt," an educational workshop to be held from 3:30 to 4:30 p.m., Feb. 12 in the ACS classroom, building 86 at Stewart. To register, call 767-5058.

Bring your child to play

Children up to age 5 are invited to enjoy music, toys, and fun with other children at the ACS Play Group. At Fort Stewart, Play Group is held every Tuesday and Thursday from 10 to 11:30 a.m. at the Bryan Village Youth Center. At Hunter Army Airfield, Play Group is held every Thursday at the Religious Education Center from 10 to 11:30 a.m.

Get spouse support

Hearts Apart, a support group for waiting spouses, meets every Wednesday from 11 a.m. to 12:30 p.m. at Fort Stewart in building 443. Along with support and friendship, you'll enjoy cooking classes, crafts, and more. Bring the kids, too! For information, contact Army Community Service at 767-5058.

Be a mayor in your community

Applications are now being accepted for Community Mayor positions at Fort Stewart and Hunter Army Airfield.

As a Community Mayor, you'll work with Garrison Command and Army agency representatives to build a superior quality of life for the Families living on our installation. To qualify, you must have a positive attitude and a genuine desire to serve your community. Call 767-5058 to inquire about a Community Mayor position at Stewart or Hunter.

Survive Valentine's Day in a positive way

Expressing love, your feelings, methods of love, and love and deployment are the topics of the Language of Love workshop held Valentine's Day. At Fort Stewart, the workshop will be held from 4 to 6 p.m. at Club Stewart. At Hunter, the presentation takes place from 11 a.m. to 2 p.m. at the Chapel Fellowship Hall. To register, call 767-5058 (Stewart) or 315-6816 (Hunter).

Learn about the Dogface Soldier

Wondering what "Rock of the Marne" means? Curious about the smiling bulldog, Rocky? Learn the history of the 3rd Infantry Division, the Dogface Soldier song, and much more at the Dogface Soldier for Families class Feb. 20. This free class is offered through the Army Family Team Building Program. Call ACS at 767-5058 to register and for child care information.

Take an AFTB class

Learn to be an instructor with the Army Family Team Building program. You will learn how to teach Families in America's Army to function at their highest level, in any situation, with minimal outside support. Call 767-5058 to register at Fort Stewart, Feb. 27-29.

Volunteer at the Special Olympics

ACS is now recruiting volunteers to help at the 2008 Special Olympics at Fort Stewart on March 28. Volunteers are needed as huggers, event officials, score sheet runners and, most importantly, the audience and cheering section. Pre-registration is requested in order to expedite volunteer in-processing that day. To register, call 767-5058.

Come to Coffee Groups

Grupo Hispanico Del Café, our Hispanic Coffee Group, are a great way for foreign-born spouses to meet friends with a similar cultural background. Both groups meet in the Leisure Activities building 443. Come have a good time and enjoy some refreshments over a cup of coffee. Children are welcome. Call 767-5058.

Help your relationship

Bring your partner and get ready to learn new skills for resolving conflicts in your relationship. The Couples Communication program is offered Monday mornings beginning Feb. 11 at and on Thursday mornings beginning Feb. 14 at Hunter Army Airfield. Call 767-5058 at Stewart or 315-6816 at Hunter to register for the next Couples Communication class.

Need to Talk to Someone?

Do you sometimes feel overwhelmed, stressed out, or sad? Chill and Chat gives you a chance to talk to another adult and unload your concerns. Hosted by the Military and Family Life Consultants, Chill and Chat is held every Monday morning at 9:30 a.m. at the food court located at the PX. Playland will be open for the kids. Call 767-5058 for information.

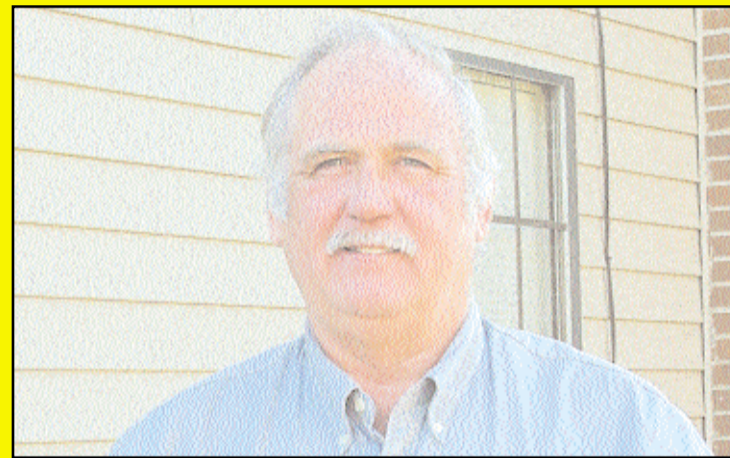
Join Grandparents, Caregivers for Support

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 from 9 to 11 a.m., the group meets at ACS, building 87, to discuss ways to successfully care for Soldiers' children during the deployment. For information, call 767-2500.

Help for Warriors in Transition

Fort Stewart now offers a one-stop location to support Warriors in Transition. Located at Fort Stewart in building 87, the Soldier and Family Assistance Center provides services tailored and responsive to the needs of the Warrior and their Families. Services include coordination of legal services, counseling on benefits and entitlements, child care referrals, lodging resources for Family members, travel pay for Family members on Invitational Travel Orders, and

ACS Volunteer Spotlight



Phil Wolke is an Army Community Service Outreach full-time volunteer working in the Soldier Service Center, building 253. Wolke volunteers out of a commitment and belief in his heart to Soldiers and their Families.

The new ACS Outreach program is dedicated to assisting new Families and Soldiers by providing a comprehensive program dedicated to all their needs.

Wolke sincerely enjoys working with the Families in the New Family Orientation, the ACS Family Welcome Office, and all monthly Outreach Specialty programs.

Wolke also provides an Outreach at the Guest Lodging on Wednesday mornings at the new weekly Meet-and-Greet. As a caretaker of three grandchildren whose mother is deployed to Iraq and father is on orders, Wolke said he would never miss a day committed to ACS Outreach and it's service goals!

If you would like more information about becoming an ACS Outreach volunteer, contact Linda Moseley at 767-9176.

employment and educational assistance. For information, call 767-1297.

Take Family orientation, windshield bus tour

ACS now offers a one-stop location for all your referral and information needs. If you are new to Fort Stewart, the Family Orientation offered by ACS Outreach gives you an overview of the many services available to help with your transition to the area. Offered every Tuesday and Thursday from 9 a.m. to 2:15 p.m. at the Soldier Service Center, building 253, Family orientation includes a windshield bus tour of the installation and Hinesville. For more information, call 767-9176.

Learn to manage stress and anger

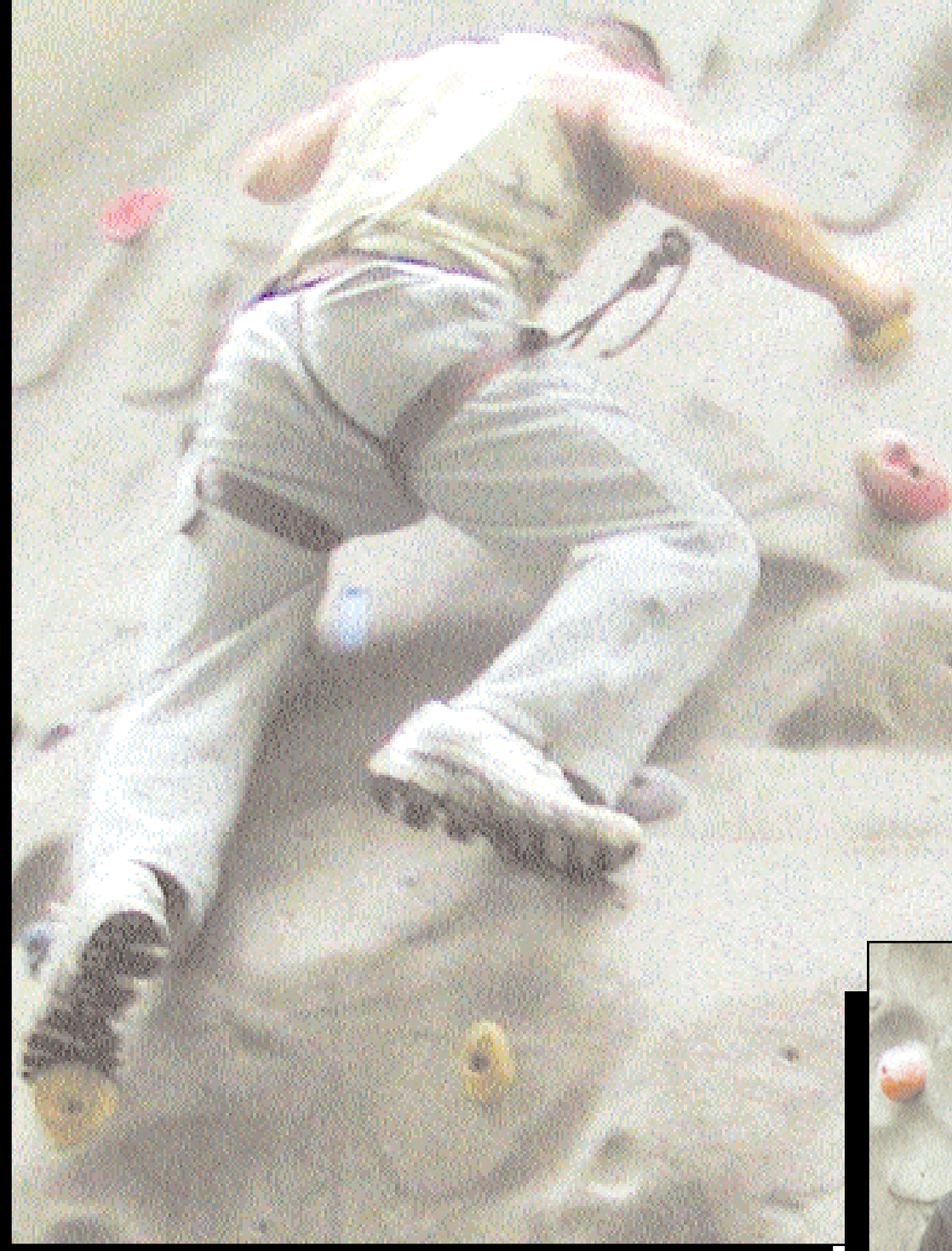
Sign up now for an educational class that will help you learn to identify your stress and anger triggers, how to deal with another's anger, and how those emotions affect you and others. Call 767-5058 to register for the next class at Stewart from 1 to 3 p.m., Feb. 12, or call 315-6816 to register for the class at Hunter from 9:30 to 11:30 a.m., Feb. 13.

Need Help? Ask ACS Outreach

Finding the information you need has never been easier. ACS now offers an exceptional one-stop location for all your referral, information and assistance needs. Located in the Audie L. Murphy Soldier Service Center, Bldg. 253. Visit in person, or call 767-9176.

Rock climbing hits new heights

Going up!



Pat Young
Managing Editor

Soldiers and civilians were climbing the walls at Hunter Army Airfield's Tominac Fitness Center Jan. 30.

The occasion was Tominac's first wall climbing competition where participants scurried up five routes, each with a different level of difficulty - red being the easiest and orange being the most difficult. The competitors were timed as they climbed from floor to top on each route. The times were then added and averaged.

The climber with the fastest average climb time was determined the winner.

Staff Sgt. Jose Molina, Company E, 1st Battalion, 75th Ranger Regiment, said it wasn't his first time wall climbing; however, it wasn't something he's done much of.

Some of his Ranger friends were going to compete and asked him if he wanted to come along.

Molina said although the wall posed an obstacle in itself, the competition increased the challenge. From New York City, he said he wasn't afforded the opportunity to climb many walls, but he did have a little training with the Rangers.

"But we usually climb ropes, not walls," Molina joked, but recommended the experience.

"It was a lot of fun," he said. "It was difficult, but all you had to do was 'hang' in there."

The competition was intense as the first place finisher, Sgt. 1st Class Gary Oden, 1/75th Rangers, finished with an average time of 12.87 seconds. Another Ranger in the unit, Spc. Brian Jennings, finished

third with a time of 24.14 seconds.

Ryan Rombough, a Family member, made the event an extremely close-call, finishing in 15.17 seconds, taking second.

"I used to climb in high school," Oden said, who hails from Washington D.C. He said he used to climb at Great Falls on the Potomac River, and the school he attended had a climbing gym.

"We use to do trips to West Virginia to New River Gorge and Seneca Rocks," Oden said. "But the competition was fun. I haven't had the time to do a lot of rock climbing. It was nice to have a wall to climb on."

"It was a great competition," said Eli Wilson, Tominac Fitness Center director. "Oden had a tremendous amount of upper body strength which propelled him up the wall."

According to Wilson, the wall is a permanent fixture at Tominac.

Safety is an important factor while using the climbing wall. The wall uses a harness and belays system, requiring two individuals to participate - the climber and belay person.

Individuals must be certified to use the equipment. Wilson said there are two classes a day, 7 to 8 a.m. and another 3 to 4 p.m., Monday through Friday. Wilson said the class normally doesn't take the whole hour, and yet it certifies the individual to climb as well as belay. He also noted individuals must be at least 16 to use the equipment.

Wilson said the next wall climbing competition would be in July and encouraged would-be competitors to come in, get certified and practice.



Photos by Eli Wilson

Above: Staff Sgt. Jose Molina, 1/75 Rangers, walks up a vertical wall Jan. 30 at Tominac Fitness Center's wall climbing contest.

Right: Spc. Brian Jennings, 1/75 Rangers; Sgt. 1st Class Gary Oden, 1/75 Rangers; and Ryan Rombough, Family member, won 3rd, 1st and 2nd respectively at Tominac Fitness Center's wall climbing competition Jan. 30 at

Marne brigades battle at Kalsu Super Bowl

Special to the Frontline

Although deployed to Iraq and unable attend this year's Super Bowl between the New York Giants and New England Patriots in Arizona, Soldiers were able to put together their own Kalsu Super Bowl game Feb. 3.

The game, played between the reigning 2nd Brigade Combat Team flag football champions, 26th Brigade Support Battalion against the Soldiers from 4-3 Brigade Special Troops Battalion, 4th BCT.

The two teams scrambled back and fourth, with outstanding performances by all the players.

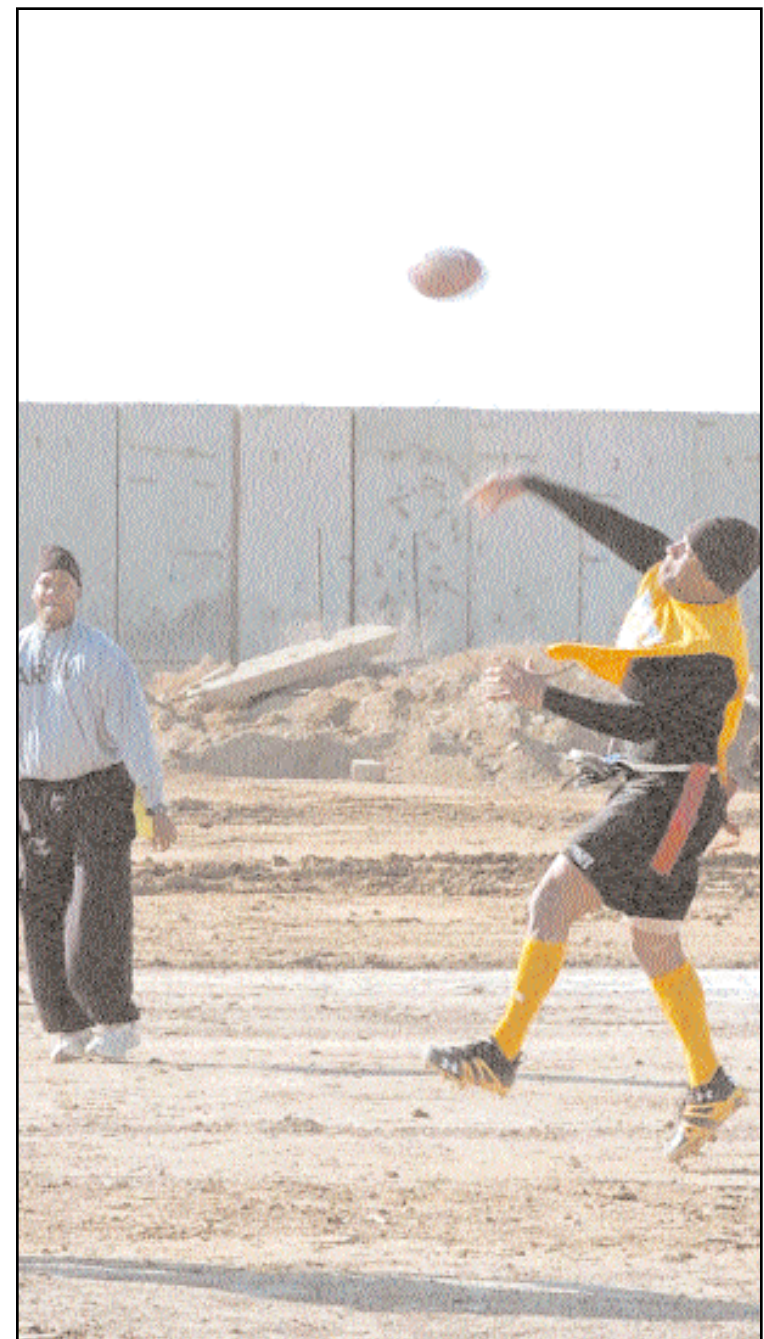
The game became a war in the desert heat as both teams refused to give ground either way.

Staff Sgt. Bryan Tuck, quarterback for the 2nd BCT team mixed up his ground and air-assault tactics and with determination, went on to lead his team to victory 7-0.

More details and other Super Bowl day activities will be covered in next week's Frontline.

Photos by Sgt. Kevin Stabinsky

Below: A Soldier with the 4/3 Brigade Special Troops Battalion, 4th BCT, tries to avoid losing his flag during the FOB Kalsu flag football Super Bowl Feb. 3.



Staff Sgt. Bryan Tuck, 26th BSB, 2nd BCT, flag football team quarterback, throws a deep pass during the Kalsu Super Bowl game Feb. 3 at FOB Kalsu. The team went on to defeat the 4/3 Brigade STB, 4th BCT, team 7-0.



Troops scramble for the ball during the Super Bowl game Feb. 3 at FOB Kalu.