

# Stewart/Hunter Lifestyle



Graphic by Pat Young

## Magical moments made at Valentine dinner

Pat Young  
Managing Editor

Jessica Shanken, 13, has a valentine – her dad. She, like the hundreds of other students gathered for Fort Stewart Feb. 14, wanted to do something special for her love one. An opportunity provided by the Directorate of Morale, Welfare and Recreation at the Club Stewart Valentine Dinner.

“When I was three, my brother accidentally let my bird out of its cage and it flew away. So my dad brought me to buy a cat, Marble. She was an orphan and is still one of my best friends,” Shanken said, and explained for that and innumerable other reasons she wanted to show her love.

The Stewart Valentine Dinner allowed children to help with the preparations of the event before enjoying a special meal.

The children assisted with decorating, blowing up balloons and learning to fold napkins; however, it wasn't all work as the children played danced, watched Nickelodeon on the big screen and played games like musical chairs while they waited for their special guests to arrive.

But during the preparation times, moms and dads were also afforded the opportunity to spend some quality time as well. One of the on-site programs for parents offered through the Chaplain's Family Life Ministry was a course in the Language of Love, a marriage enrichment class. Whether they went to the class or just spent time getting ready, on arrival parents realized it was fun for both parents as well as their children.

“This is a great idea (Valentine dinner),” said Sara Pennock, who stood back from the entrance, observing the decorations, listening to the lively music, watching the children laugh, dance about and help with decorations.

Pennock, the mother of three whose husband is deployed with 1st Battalion, 76th Infantry, attended the event with her neighbors and their children, making it a community event. She said it was great for the children because it helped them deal with some of the deployment stress.

“It is nice to see my children having fun,” Pennock said, and expressed her hopes for future events. “I would like to see something like this for Mother's day.”

As parents arrived at the Club Stewart, their names were announced and children had the opportunity to show their parent to their table.

Leaving preparations behind, Tatiana Kenny, 7, bounded to the door when her mother's name, Yolanda Kenny, was called. Kenny said she wanted to take her mom to dinner because it was Valentines Day. Yolanda said she, of course, would go with her, because Tatiana is her princess.

Club Stewart plans on having more special events for the entire Family and host regular themed brunches.

For more information about upcoming events at Club Stewart, call 767-3000.

## Hunter community members enjoy feast of love

Kaytrina Curtis  
Hunter Public Affairs

Each Valentines Day across the country, countless cards, candy and flowers are exchanged by people who hold each other dear. This year, Hunter Army Airfield children and parents were given the opportunity to celebrate Valentine's Day with their loved ones inside the Hunter Club with decorating, dinner and dancing.

More than 140 Hunter residents attended the special event. Many were happy for the diversion during this deployment.

“It was a nice plus to be able to spend time with waiting spouses,” said Family member Marcia Steele. “It was also nice to be able to enjoy an evening with others sharing the same experience.”

A dinner, which cost \$5 for those five-years-old and up, consisted of chicken tenders, grilled chicken, mashed potatoes, gravy, macaroni and cheese, plus much more.

The Club was transformed for the night by the Hunter Club staff members. After spending two days adorning the huge room with pink, red and white balloons, and other decorations, the team looked forward to the many children expected to attend.

Tynika Clayton, operations assistant, Hunter Club, said she was apprehensive about making the deadline for setting up the room.

“We actually thought we were not going to make it, but we did, we accomplished it,” said Clayton.

The decorations could be seen from one end of the room to the next. Children arrived and were dropped off early, which allowed for time to make cards and other mementoes for their parents.

Clayton later guided the children onto the floor in a conga-line dance. Music was provided by a disk jockey and those in attendance were able to enjoy a night filled with music, dinner and dancing. Ericka Christensen, daughter of a retired servicemember, said she especially enjoyed the night. “It's a nice event,” Christensen said.

Clayton took pleasure in working during the event. “We like doing events like this,” she said. “If we could get a lot more participation, we would have (more) great events.”



Photos by Kaytrina Curtis

Family members Jordan Moldenhauer and Tya Carter danced to the latest tunes at the Valentine's Day Dinner held at the Hunter Club.



Family members Shonda and Kara Hinton are served chocolate covered strawberries by Hunter Club staff member Trinidad Anderson during the Valentine's Day dinner held at the Hunter Club. More than 140 Hunter residents attended the event.

## Students, volunteers spread hugs, Kisses

Courtesy Photo

Volunteers from the U.S. Army Medical Department Activity and the South Atlantic Veterinary Command participated in a trip to the Carl Vinson VA Medical Center in Dublin, during the National Hospitalized Veterans Week Feb. 13. The group visited every inpatient and outpatient area of the VA Hospital, delivering “free kisses” and over 300 Valentine's cards made by students from Snelson-Golden Middle School and Diamond Elementary.



# MWR Briefs

## Official Mail, Distribution hours

The Fort Stewart Official Mail and Distribution center is located in building 418- and has customer service counter hours of 8:30 to 11:30 a.m. and 1 to 3 p.m. If you have a mailbox or need to drop off your official mail and distribution, do so anytime between 8 a.m. to 4 p.m., at the right side door, Monday through Friday. Outgoing mail dropped off after 3 p.m. will not be processed until the following work day. At Hunter, the Official Mail and Distributions sub-center is in building 1212. The operating hours are 8:30 to 11:30 a.m. and 1 to 3 p.m., Monday through Friday.

## Enjoy 'Let's Go Bowling' day

Celebrate "Let's Go Bowling" day with discounted bowling at Stewart Lanes. Come bowl from 1 to 9 p.m., Feb. 25 and pay \$1 per person per game and \$.75 for shoe rental. For more information, call 767-4273.

## Come to story time, chili day

Come listen to hot stories at the Fort Stewart Library at 3:30 p.m., Feb. 27. Children will also have the opportunity to make a spicy snack. For more information, call 767-2828.

## Stay warm in cold weather class

Understanding the hazards of the cold weather and the techniques for staying warm will enable you to have a great time and stay warm all winter. The class will discuss winter hazards, how to stay warm, first aid for cold injuries and the differences in clothing materials and construction. Come out to the Outdoor Recreation Checkout Center and learn these techniques at 6 p.m., Feb. 27. There is no cost to attend. For more information, call 767-4316.

## Saturday child care held March 8

The Directorate of Morale, Welfare, and Recreation Child and Youth Services will be supporting the 76th Infantry Brigade Combat Team farewell March 1. The first Saturday child care at the Child Development Center (building 403) normally scheduled for March 1 will be held March 8.

## Take ballroom dancing class

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.

## 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

noon 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.

## Free golf clinic offered

Come learn the basics of golf, including the simple rules and course etiquette at no cost, 11 a.m. to noon, March 1 at Taylors Creek Golf Course. The clinic is for novice golfers. Register by Feb. 29. For more information, call 767-2370.

## St Patrick's Sunday brunch slated

Come join us for a delicious Saint Patty's Day brunch from 10:30 a.m. to 1:30 p.m., March 2 at Club Stewart. The menu features breakfast items, Irish stew, soda bread, corned beef with horseradish sauce, steamed buttered cabbage, candied carrots, lamb stew, herb roasted chicken, apple oatmeal crisp, salad bar, dessert station, and a beer station with green beer, Irish whiskey, and Guinness. The cost is \$11.95 per person, children 5 to 10 years old are half price. Children under four are free. Get \$1 off each meal with a church bulletin. For more information, call 368-2212.

## St Patrick's cooking class offered

Come join us for an afternoon of games, activities and much more at a Saint Patrick's Day cooking class.

The class will be held at 3 p.m., March 2 at Club Stewart. The cost is \$5 per child and reservations are required. Class space is limited to 50, so sign-up today. For more information, call 368-2212.

## Mardi Gras Teen Dance slated

Teens can come dance their heart out in their Mardi Gras costume at the Mardi Gras Teen Dance. The dance will be held from 7 to 10 p.m., March 7 at the Youth Center. There is no cost to attend the dance. For more information, call 767-4491.

## Birding trip offered

Come experience the majestic birds of prey, eagles, ospreys, hawks, wrens, hummingbirds, and more. The trip will depart from the Leisure Activities Center at 6 a.m., March 8. Unearthing your inner bird watcher is a wonderful way to relieve stress and a hobby that can draw your entire Family closer together. Bring your own binoculars. Space is limited, so call and register today. For more information, call 767-4316.

## Help support students

Child and Youth Services, in conjunction with the Military Child Education Coalition, will be conducting the Transition Counselor Institute workshop. The workshop will be held from 8 a.m. to 4 p.m., March 11-12.

The workshop will help school personnel better understand the military culture and school transitioning issues that military Families face and how to support students during times of deployment. The workshop is free to school personnel. Parents are invited to take part in the exercises, March 12. Participants can register online via the MCEC Web site, <http://www.militarychild.org>. The

deadline to register is Feb. 29. Breakfast, lunch and all materials are included. For more information, call 767-6533.

## Hunter hosts golf tournament

Join collegiate golfers from across the U.S. for the GEICO-Ohio Wesleyan Collegiate Golf Tournament. The tournament will be held at Hunter Golf Club March 13-15. A College-Am will start at 12:30 p.m., March 13. Anyone is welcome to play on a team of four plus a number one player from a collegiate team that is competing. The collegiate player's score will be added on the four-man team total at the end of play. The cost is \$65 to compete in the College-Am and includes, tournament fee, golf car fee, lunch, post tournament social, prizes, and drive range balls. Spectators are welcome. For more information, call 315-9115.

## Intramural volleyball leagues slated

Companies or teams interested in playing volleyball should call their local sports office and sign-up to play in a league. League play runs from March 25 to April 24.

Companies interested in playing should submit a memo. Leagues will be offered company-level and co-ed. Players must be 17-years-old and older. There will be a coaches and players meeting at 2 p.m., March 20. Registration ends March 14. For more information, call 767-8238 at Fort Stewart or 315-4160 at Hunter.

## Enjoy Family Night

It's fun for the whole Family - children's activities, mini workshops, gang awareness, parent teacher conference, student portfolio and massage/pampering services for parents. Family Night will be held from 5 to 7 p.m., March 13 at the Youth Center. Reserve space for you and your Family. FREE child care (register through CYS) and dinner provided. For more information, call 767-4494.

## Family bicycle safety check offered

Come get a free bicycle safety check and get your bike ready for spring. A group bike ride will also be held. The event will be held at 12 p.m., March 8 at Tominac Fitness Center. For more information, call 315-2019.

## CYS Camp Expo comes March 11

It's not too early to start thinking about summer camp. A camp expo will be held at Fort Stewart from 6 to 8 p.m., March 11 at Club Stewart. This event is a great opportunity to get information on the various youth programs and camps offered through installation agencies and regional Operation Purple Camps. For more information, call 767-6533.

## Experience 2008 Travel Show

The travel show will be held from 1 to 6 p.m., March 5-6. The Hunter Army Airfield Travel Show will be held March 5 at Hunter Club and the Fort Stewart Travel Show will be held March 6 at Club Stewart.

The travel show will showcase a variety of vendors who offer vacations and travel arrangements at reduced rates for Soldiers and Families. Door prizes will be given away to attendees. Now is the time to book your next vacation; don't miss the 2008 Fort Stewart-Hunter Army Airfield Travel Show. For more information, call 767-2841 at Stewart and 315-

3674 at Hunter.

## Easter Egg Hunt slated

The Fort Stewart Easter Egg Hunt will be held from 10 a.m. to 2 p.m., March 22 on the Youth Sports Fields behind School Age Services between Davis and Bundy Streets. Bring the kids out to hunt for Easter eggs and a variety of children's activities. Each egg will include a prize and children can receive an Easter goody basket if they find one of the special "prize eggs." For more information, call 767-4491.

## Jump-start your workout

Come get a basic intro to weight training, cardio training, and a weight equipment orientation. The orientation will be held from 5 to 6 p.m., March 12 at Tominac Fitness Center. There is no cost to attend. For more information, call 315-2019.

## St. Patrick's Day Pre-Teen Dance

Pre-teens in grades 6 and 7 can come celebrate St. Patty's Day at the pre-teen dance. Come dressed in green and dance your heart out. The dance will be held from 7 to 10 p.m., March 14 at the Fort Stewart Youth Center. There is no cost to attend. For more information, call 767-4491.

## Join women's bowling tournament

A women's bowling tournament will be held at Marne Lanes from 12 to 6 p.m., March 29-30 and April 5-6. Sign up now and reserve a spot in the tournament. For more information, call 767-4866.

## Extreme Dodgeball at Jordan Gym

Come participate in an extreme five on five dodgeball tournament at Jordan Youth Gym. The tournament will be held at 10 a.m., March 8. Teams must have at least five participants prior to the event to compete and is open to ages 11-17. There is no cost to participate. For more information, call 767-1428.

## Join teen advisory committee

The teen advisory committee is a group of teens interested in helping make the youth center on Fort Stewart a better place.

The committee will provide input and address concerns relating to teens. The meeting will be held from 5 to 6 p.m., March 20 at the Youth Center. For more information, call 767-4491.

## Celebrate Spouse Appreciation Day

Spouses can come bowl one free game and receive a free shoe rental from 4 to 8 p.m., March 8. For more information, call 767-4866.

## 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 evenings, 5:30 to 6:30 p.m.

## EFMP Parents' Night Out

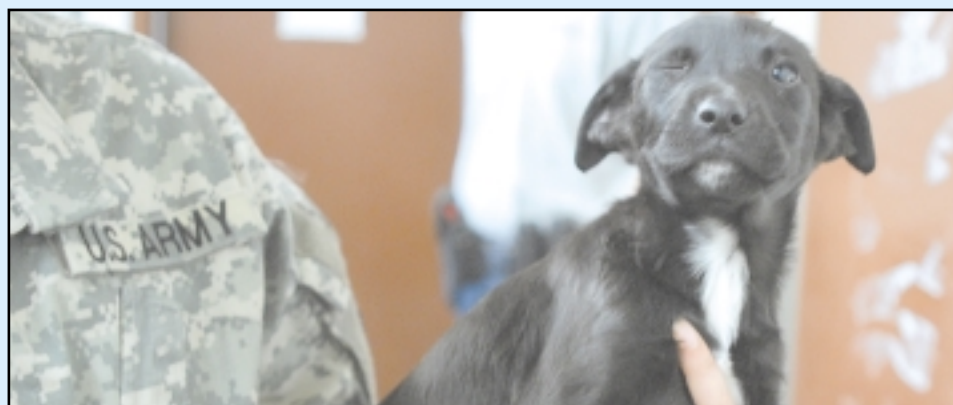
Family members enrolled in the Exceptional Family Member Program are invited to an evening of fun, games and camaraderie from 6 to 9 p.m., Feb. 27 at CYS Child Development Center, building 403. Parents can enjoy a few hours of free time while the caring staff from Army Community Service EFMP will supervise the activities. Children must be registered through CYS and enrolled in EFMP to participate. For more information, contact ACS at 767-5058.

# Pets of the Week



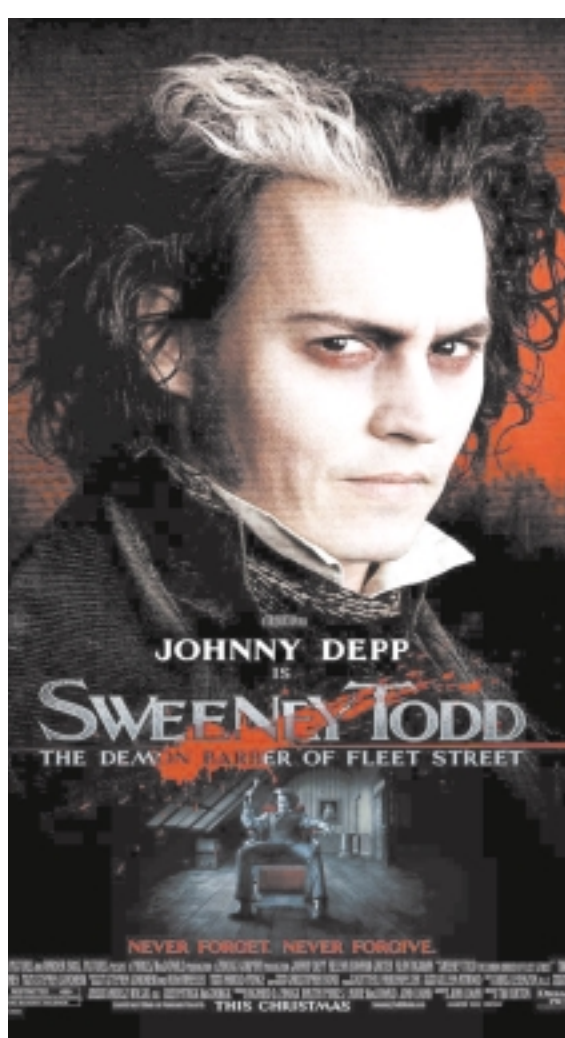
The Fort Stewart Veterinary Clinic is under renovation through March and has reduced services; however, pet adoptions will continue.

Amy the affectionate tabby kitten and Batman, the lab-mix puppy 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.



# A AFES PRESENTS

FEBRUARY 21 THROUGH 27



## The Great Debaters

Today — 7 p.m.  
(Denzel Washington, Forest Whitaker)

A brilliant but volatile debate team coach who uses the power of words to shape a group of underdog students from a small African American college in the deep south into a historically elite debate team

A controversial figure, Professor Tolson challenged the social mores of the time and was under constant fire for his unconventional and ferocious teaching methods as well as his radical political views.

Rated PG-13. (strong thematic material, violence, disturbing images, language, sexuality) 124 min

## First Sunday!

Friday, Saturday — 7 p.m.  
(Ice Cube, Regina Hall)

A pair of criminals take a group of church parishioners hostage while attempting to rob the holy house, only to find their captives slowly convincing them to repent and give up their lawless lifestyles. Rated PG-13 (language, sexual humor, drug references) 89 min

## Sweeney Todd the Demon Barber

Sunday — 7 p.m.

(Johnny Depp, Helena Bonham )  
Story about a grisly revenge by Benjamin Barker, a man unjustly imprisoned by a lecherous judge. Barker returns as barber Sweeney Todd and exacts revenge.  
Rated R (graphic bloody violence) 117 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

### Is smokeless tobacco worth using?

**Brad Taft**

*Health Promotion Outcomes Researcher*

“Smoking is bad. I know that. But look, I don’t smoke, I chew. That’s a lot better choice, right?”

That depends.

Chewing tobacco is a choice that depends on two things: what you want to get out of using smokeless tobacco and the price you’re willing to pay to get what you want.

You are the Army’s most important asset. You are strong—Army strong. Nothing should get in your way as you live out your strength of character, your strength of will and your strength of purpose.

The problem is that smokeless tobacco does get in your way because it is highly addictive. The drug nicotine makes smokeless tobacco addictive, and the amount of nicotine you get from a dip of chewing tobacco is three to four times the amount delivered by a cigarette.

Just like any other addiction, addiction to smokeless tobacco takes things away

from you:

- **Money**—each year hundreds of dollars of your hard-earned money gets put in your mouth and then spit out.

- **Health**—you may develop problems with your teeth, mouth and stomach from the chemicals in smokeless tobacco; as well, there’s the possibility of heart problems and cancer.

- **Priorities**—everything starts to revolve around you being able to have a chew.

If you can’t get through the day without chewing tobacco then you probably are addicted.

According to the U.S. Centers for Disease Control and Prevention, the nicotine in tobacco makes it as tough to break free of tobacco addiction as it is to break free of addiction to heroin or cocaine.

However, you can free yourself from smokeless tobacco addiction. The annual Great American Spit Out is today.

For more information and to talk about beating the addiction to smokeless tobacco, call Army Public Health Nursing at 435-5071.

### Winn Briefs

#### Women wellness exams offered

Women wellness exam appointments are available until the end of March. To make an appointment, call Winn Army Community Hospital at 435-6633 and follow prompt to the Department of OB/GYN. For Tuttle Army Health Clinic, call 1-800-652-9221 and follow prompt to the Department of OB/GYN. Take advantage of this opportunity today.

#### New location for clinic

The Orthopedic and Podiatry Clinic has relocated back to Winn Army Community Hospital. For more information, please call 435-6633.

#### Receive 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/options available to you or call 1-800-444-5445.

#### OTC medications 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. Limited quantities per visit. For more information, call 767-2672.

#### Volunteers welcome at Winn

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

The next hospital volunteer orientation is scheduled for 9 a.m., March 6 in the Patriot Auditorium at Winn. For more information, call Brigitte Shanken, 435-6903 or e-mail [brigitte.shanken@amedd.army.mil](mailto:brigitte.shanken@amedd.army.mil).

#### ASAP sees retirees, Family

The Army Substance Abuse Program Counseling Center is offering prevention, education and treatment opportunities for military retirees and Family members (18

years and older). Walk-in hours are 7:30 to 9:30 a.m. Mondays, Tuesdays, Wednesdays and Fridays; 12:30 to 3 p.m., Thursdays.

The center is located at 944 William H. Wilson Ave., building 620, Fort Stewart. For more information, call 767-5265.

#### Parking lot repairs continue

Certain sections of the parking lot at Winn Army Community Hospital are 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 test 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](http://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](http://www.tricareonline.com).

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

#### Take medical surveys

The Office of the Surgeon General mails Army Provider-Level Satisfaction Surveys to a sample of Army patients to ask how Army providers and facilities are meeting the needs of the patients they serve, related to a single outpatient appointment.

Beneficiaries response to this APLSS survey is a valuable tool to Winn and Tuttle and gives us the opportunity to serve you better. For more information about the surveys, call 435-6225.

## BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

#### January 24

- **Arturo Damian Jose Yanez**, a boy, 7 pounds, 9 ounces, born to Pvt. Arturo Yanez and Geneva Yanez.

#### January 25

- **Devyn Darnell Criss**, a girl, 8 pounds, 11 ounces, born to Sgt. Marla Criss and Latwanisha Criss.

- **Desiray Shareece Aikerson**, a girl, 6 pounds, 2 ounces, born to Spc. Vincent Aikerson and Toccara Aikerson.

#### January 26

- **De’Ja Victoria Pearl Jackson**, a girl, 6 pounds, 1 ounce, born to Airman David Jackson and Katrina Jackson.

#### January 27

- **Brianna Renee Wiley**, a girl, 6 pounds, 11 ounces born to Joshua Wiley and Angel Nathan.

#### February 5

- **Zoey Hazel Fowler**, a girl, 8 pounds, 5 ounces, born to Larry Fowler and Spc. Allison Fowler.

- **Caprice Leigh Miraglia**, a girl, 6 pounds, 1 ounce, born to Spc. Philippo Miraglia and Krystal Miraglia.

#### February 6

- **Lexus Sarunphorn Gibson**, a girl, 7 pounds, 4 ounces, born to Pfc. Otto Gibson and Srikamphon Gibson.

- **Sage Caroline Garcia-Jobe**, a girl, 8 pounds, 9 ounces, born to Sgt. Jerry Jobe and Patricia Garcia-Jobe.

- **Erica Renae Petrie**, a girl, 7 pounds, 10 ounces, born to Sgt. Michael Petrie and Rachael Petrie.

#### February 7

- **Danica Leigh Grose**, a girl, 6 pounds, 4 ounces, born to Analeigh Grose.

#### February 8

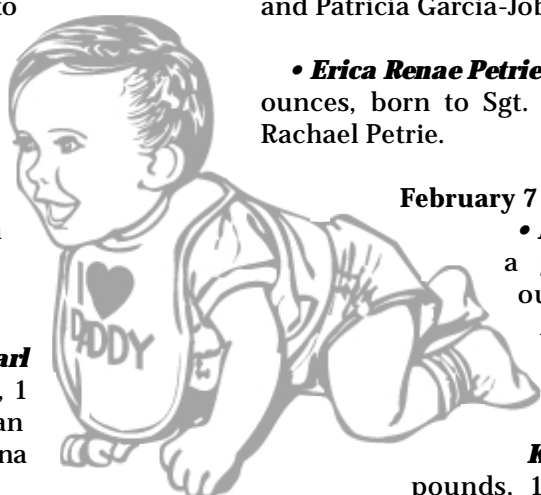
- **Mekhi Khari Kibler**, a boy, 8 pounds, 14 ounces, born to Michael Kibler.

#### February 9

- **Hector Luis Diaz III**, a boy, 5 pounds, 11 ounces, born to Spc. Hector Diaz Jr. and Rebecca Diaz.

- **Hannah Marissa Jackson**, a girl, 5 pounds, 14 ounces, born to Pfc. Levertis Jackson and Martha Jackson.

- **Kayla Marie Robinson**, a girl, 7 pounds, 6 ounces, born to Spc. Joshua Robinson and Pfc. Elena Robinson.



# Soft answer defuses situation, turns away wrath



## CHAPLAIN'S CORNER

**Chap. (Lt. Col.) William Ralston**  
2nd Brigade Rear D Chaplain

One of the great passages in The Book of **Proverbs** is found in **chapter 15, verse 1**: "A soft answer turns away wrath, but a harsh word stirs up anger." I've learned the truth of that admonition from watching others, and I've learned it from my own experience!

How many times did an "unhappy person" or a "disgruntled customer" speak an angry word to me... and I responded with a "soft answer!" And then there were the times I reacted

with my own "heat round!" The "soft answer" took the steam out of the other person's anger. The "heat round" was like trying to put out fire with gasoline!

Do you see what I am saying? There is great truth in the saying, "A soft answer turns away wrath." It defuses the situation. It brings a calmness into the conversation.

Another way to say this is simply to ask the question: When someone speaks an angry word to you, do you "react" or do you "respond?" To react means to "return fire." That may be appropriate on the battlefield, but it

rarely is successful in personal relationships.

To "respond" means to give a thoughtful, measured answer. One keeps the argument going. The other can bring a peaceful and mutually beneficial agreement.

I try to learn a new verse of Scripture each week.

The verse I commend to you this week is **Proverbs 15:1**... "A soft answer turns away wrath."

Try it this week and see if it doesn't work for you. When someone is angry or upset, respond; don't react! Blessings on you this day.

# Story time for children encourages good deeds, understanding



**Pat Young**  
Managing Editor

Nearly a hundred children and their parents gathered Feb. 17 at Club Stewart for a book reading of Mercedes and the Chocolate Pilot: A True Story of the Berlin Airlift and the Candy that Dropped from the Sky written by Margot Theis Raven.

The event sponsored by the Military Child Education Coalition featured guest readers Sarah Lynch, 3rd Infantry Division Family Readiness Group Leader, who represented her husband Maj. Gen. Rick Lynch; and Lt. Col. Ann Burdeshaw, 3rd Inf. Div. G-6.

The event, the first of the "Tell Me a Story" events was organized to encourage military Families to read together. Each Family that attended received a free copy of the book.

MCEC coordinator, Kerry Fuller,

said the books for the events were carefully evaluated and chosen for their ability to address transitions and other issues that affect military children.

She said this book was particularly relevant because it talks about how one Soldier brought hope to children through a simple act of kindness.

The book told the story of how an Army pilot, Lt. Gail S. Halvorsen, tried to ease the pains incurred during the Russian blockade of Berlin following World War II, by dropping candy to children from an aircraft.

"Books are precious to me," said Sarah Lynch, who explained this story was similar to what the Soldiers were trying to do in Iraq.

She read to the children, which depending on the various parts, elicited peals of laughter, sincere concern for the children in the story,

and tears of sympathy.

Following the reading, Burdeshaw shared a parallel story after of the 3rd Inf. Div. effort and how Soldiers were trying to improve the lives of children in Iraq with care packages such as soccer balls, back packs and clothes, donated by people from around the United States.

Following the reading, children asked if they had any questions. Several of the children raised their hands.

"How can we help the poor people who are sick (in Iraq)," asked the quiet voice of Demi Verbeck, 6.

Burdeshaw said community members could continue to help by contacting their rear detachment representatives.

Fuller thanks supporters and said the next event is by reservation only, 2 p.m., April 27 at Club Stewart and the story will be "Night Catch."

Children listen to Sarah Lynch, 3rd Inf. Div. FRG Leader and wife of 3rd Inf. Div. Commanding General Maj. Gen. Rick Lynch, as she tells the story at Club Stewart Feb. 17.

Pat Young

## Chapel Schedule

### Fort Stewart

Catholic	Location	Time
Sunday Mass	.Heritage	.9 a.m.
Saturday Mass	.Heritage	.5 p.m.
<b>Protestant</b>		
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		
Sunday Mass	.Chapel	.11 a.m.
<b>Protestant</b>		
Sunday Service	.Chapel	.9 a.m.

### Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iloff, 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-5

#### 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

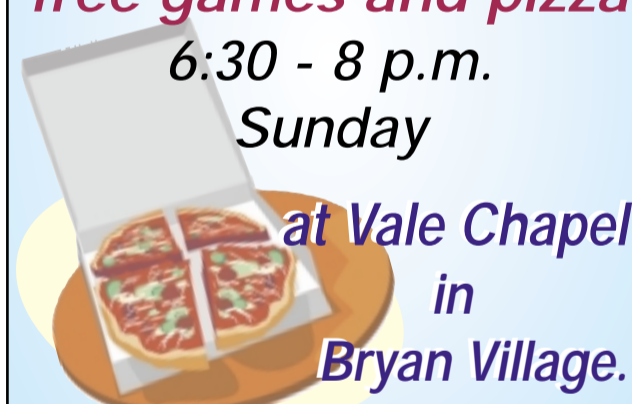
10:55 a.m. - Victory Chapel

For more information, email [fortstewartkidschurch@yahoo.com](mailto:fortstewartkidschurch@yahoo.com)

## Fort Stewart Chapel Youth Ministry

### Junior and Senior High School Students!

Join us for  
**free games and pizza**  
6:30 - 8 p.m.  
Sunday



at Vale Chapel  
in  
Bryan Village.

For more information,  
call 877-7207

## Attend Marriage 101

The unit ministry team conducts a Marriage 101 seminar the fourth Tuesday of every month from 9 a.m. to 3 p.m. at Victory Chapel.

The session is for singles, engaged couples, newlyweds, and seasoned partners. The materials are provided as well as lunch.

For more information or to make reservations, call the Family Life Chaplain, at 767-7028.

## Liberty County Mass Choir

Rehearsals are 7 p.m. every Tuesday at  
First Presbyterian Church, Hinesville.

Contact Cathy Goolsby to get your book and rehearsal CD at [machllube@coastal.net](mailto:machllube@coastal.net) or 369-4818; or contact Ronald Calhoun at [rcalhoun@schoolofchurchmusic.org](mailto:rcalhoun@schoolofchurchmusic.org) or 247-3424.

## STATIONS OF THE CROSS

Each Friday  
Throughout Lent

11:45 a.m.  
Main Post Chapel

For more information,  
call Beth Novak at 767-6825

## 3rd Inf. Div. Spiritual Fitness Luncheon

March 13  
Club Stewart

For more information, call  
Chaplain (Col.) Michael Walker 767- 8541

# 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 Story time

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

### Tree Tots Story time

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

## Midway-Riceboro Branch Library:

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., Saturday. The event is for ages 5 and up.

## 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, 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. Friday, Feb. 29. 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 e-mail [jcredle@savbusiness.net](mailto:jcredle@savbusiness.net). Reservations must be received 24 hours in advance, four-person minimum, 14-person maximum. Admission is \$20 per person; all must be at least 21.

## Register for second annual Critz Race

On Saturday, 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 Friday is \$20 for either the 10K/5K run or the 5K walk; late registration after Friday is \$25. The entry fee includes a T-shirt and refreshments. Online registration is available at [www.active.com](http://www.active.com) and closes Friday at 11:59 p.m., 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](mailto:adove@historicsavannahfoundation.org). For more information about the Historic Savannah Foundation, visit [www.historicsavannahfoundation.org](http://www.historicsavannahfoundation.org) or call 233-7787.

## Coastal Jazz Association meeting, concert

The Coastal Jazz Association Annual Meeting and Concert will be held Sunday. 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 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 be admitted free and can vote for the slate of officers.

## 14th Annual Scholarship Banquet held

Eleven Black Men of Liberty County, Inc. is holding its 14th Annual Scholarship Banquet at the Club Stewart ballroom, March 8 with a reception at 6:30 p.m. and dinner at 7 p.m.

Attorney W. Ray Persons, Liberty County native and partner with the King and Spalding Law Firm of Atlanta, will be guest speaker. Banquet tickets are \$35 and can be purchased by contacting Robert Simmons, 368-3333, Robert Blue, 368-7675, or Donald Lovette, 368-7550. For more information about the banquet or the Eleven Black Men of Liberty County scholar-

ship, call Andrew Williams, 977-3293.

## Savannah Winds Concert slated

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](http://www.finearts.armstron.edu/SWinds) for more information.

## Rattlesnake Roundup set for March 8

Keith Barnard, president of The Evans County Wildlife Club announced the 41st Annual Rattlesnake Roundup Festival in Claxton will be held March 8 and 9 in the Claxton-Evans Industrial Park on Highway 280 West in Claxton. Admission each day is \$5 per person six years of age and older. Kids under six are free. Parking is free. The Family festival opens its gates at 8 a.m.

The events kick off with the Rattlesnake Roundup Parade at 10 a.m., followed by live music and performances, food and fun. Queen Rattlesnake Roundup 2008 will be crowned at 3 p.m., and the festivities continue till 6 p.m. More than 200 arts and crafts booths will be on site as well as rides for the kids. The festivities begin again the following morning at 10 a.m. The club provides College Scholarships and donates remaining annual proceeds to local libraries, Shriners, The Red Cross, various children's homes and more. For more information on the Evans County Wildlife Club or the Rattlesnake Roundup, call Tammi Hall at 739-3820.

## Savannah Vets meet to establish Honor Flight

The Savannah Area Military Officers Association will sponsor an information presentation and Luncheon at the Hunter Club Friday at 11:30 a.m. to discuss plans to establish a Honor Flight Program in Savannah.

The Honor Flight program's purpose is to arrange trips to the National World War II Memorial that are free of charge for military veterans as a means to raise awareness for the service and sacrifices of World War II veterans. Call U.S. Navy Lt. (Retired) Larry Spears at 925-1773 for a reservation or for more information.

# Make your vote count, learn about opportunities

## Special to the Frontline

Soldiers and Family members at Fort Stewart-Hunter Army Airfield are encouraged to make their vote count. Go to the poll or vote absentee. Learn about opportunities available by consulting your unit voting representatives or by going online at [www.fvap.gov](http://www.fvap.gov).

Several important dates to remember are Armed Forces Voters Week, which runs from August 31-Sept. 7; and Absentee Voting Week, Oct. 12-18.

Absentee voting is a four step process according to the Web site.

**Step 1** - Citizen completes and mails the Federal Post Card Application; **Step 2** - Local election official approves registration request or requests further information;

**Step 3** - Local election official mails absentee ballot;

**Step 4** - Citizen votes and mails the absentee ballot to the Local Election Official in time to meet state deadlines.

\* In order to receive an absentee ballot in a timely manner, it is imperative for citizens to keep their local election official informed of address changes.

If you haven't received your ballot, you can use the Federal Write-In Absentee Ballot.

Voter Assistance Officers are available at all units. They can assist voters with the voting application process and reference materials. VA officers provide only non-partisan voting procedures and information and do not distribute literature from candidates, political parties, or partisan

organizations.

Presidential primaries continue with various states going to the polls through October according to [www.fvap.gov](http://www.fvap.gov).

It begins March 4 with Massachusetts, Ohio, and Rhode Island, Texas and Vermont; March 9 for Puerto Rico; and March 11 for Mississippi.

On April 22 its time for Pennsylvania with polls continuing in May for Indiana and North Carolina May 6; May 13 for Nebraska and West Virginia; May 20 for Arkansas, Kentucky and Oregon; and Idaho May 27. June is the big month for Alabama, California, Iowa, Montana, New Jersey, New Mexico, and South Dakota June 3; June 10 is the day for the states of Maine, North Dakota, South Carolina, and Virginia; with Utah June 24.

Two states go in July with Georgia on July 15, and Oklahoma July 29.

Aug. 5 is the day for Kansas, Michigan and Missouri, May 7 for Tennessee; and Colorado, Connecticut and Nevada Aug. 12. Washington State and Wyoming are Aug. 19 with Alaska and Florida Aug. 26. September is a big month with Arizona, Virgin Island, and Guam Sept. 2, 3, and 6 respectively.

On Sept. 9, Delaware, the District of Columbia, Minnesota, New Hampshire, New York, Rhode Island, Vermont, and Wisconsin. Massachusetts and Hawaii close out the month on Sept. 16 and 20 respectively. Louisiana's date is Oct. 4.

To learn more, contact the installation voting assistance officer, William Tonsing at 767-5253.



**Take a Sweetheart's stroll to Iraq and Back**

Please join us 9 a.m., Feb. 23 at Tominac Fitness Center as we stroll to Iraq and Back. We will end this event with a Message Balloon Release.

For further information, please contact Fran Williams at (912) 767-5484 or [francine.williams@stewart.army.mil](mailto:francine.williams@stewart.army.mil).

*Thank You for Supporting our Great Soldiers and Families in the Marne Division*



**Bright Ideas Are What We're Made Of!**

**Make your suggestions today**

Joyce M. Bailey  
954 William H. Wilson Ave.  
Building 624, Suite 111  
Fort Stewart - Hunter Army Airfield  
[armysuggestions.army.mil](http://armysuggestions.army.mil)

## Book review: Back from War by 1st Lt Lee Alley

Commentary by:  
Sasha McBrayer  
Fort Stewart Museum

Back from War, at a little over 240 pages, is a concise and attention-holding aid for "finding hope and understanding in life after combat for the American Soldier and their loved ones." Former Recon Platoon Leader of the 60th Infantry in Vietnam, author Lee Alley uses his non-fiction book, not just to tell his own story, but also to spotlight the tales of other veterans from WWII, Vietnam, Korea, Kosovo, Iraq and Afghanistan, as well as their family members and even psychologists, to incite public awareness of the heavy toll of combat and the cavalcade of emotions, including Post Traumatic Stress Disorder, and general difficulty coping that comes afterward, as Soldiers put away their uniforms and try to re-enter civilian life.

Alley discusses America's often negative attitudes and receptions toward surviving veterans. He focuses upon a misunderstanding public and their effects upon former service men and women. He makes a clear call for honoring veterans, whether we agree with war, especially the War on Terror, or not. With his vibrant, personal memoir coupled with the real letters from others, readers find themselves in the shoes of veterans, able to more vividly understand their collective plight. 1st Lt. Alley also encourages Soldiers to open up about their experiences, not just to educate others, but put themselves on the road of healing.

Alley's easy to read style is fluid and poetic, without being flowery or longwinded. The result is a good read for any American from



any walk of life. It is easy to identify with the war hero and the other contributors. I recommend this book, a portion of the sales proceeds of which are donated to the National Military Family Association's Operation Purple Summer Camps, a free program supporting military children of deployed servicemembers.

My favorite contributor was Edmund Christian Scarborough, Kosovo and OIF veteran, who describes an eerie, somehow beautiful "feeling of past connection" he noticed in theatre due to unbelievably coincidental similarities in his name and his uncle's (killed in action in Vietnam) as well as in his commanding general (the same man who was headquarters commander during

Vietnam). Scarborough relates a "deep personal awareness" and trusts his feelings of brotherhood to get himself and others through the sometime lack of support born from fighting in an unpopular war, no matter the decade. He says, "...I also realize and am proud and happy that the people of our United States still care about and pray for every one of its Soldiers, Sailors, Airmen and Marines... They... let us know we are not lost and forgotten in a cause...I believe our nation... realizes, as do we who have been in combat, that war in any measure is always a terrible thing to endure—for any generation, for any era."

Stories like these only further tout Alley's overall message, "...As a nation, we fail miserably when it comes to the care of our veterans." His chronicle is a must for any Soldier or veteran and anyone can appreciate its openness and timeliness.

# Army Community Service



**W**elcome to the Army Community Service Family Page. Our mission is to provide services to support readiness of Soldiers, their Families, and communities to promote self-reliance, resiliency, and stability. We offer training classes, support groups, and Family advocacy programs. Services are offered to Active, Retired, Reserve, and National Guard Soldiers and their Family members, regardless of branch of service.

Department of Defense civilian employees are also eligible for most services, as are their Family members. ACS is a member of the Morale, Welfare and Recreation Family, proudly serving America's Military.

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

## Federal resume assistance offered

Learn how to input your resume on Resumix, the centralized system used by applicants to apply for government jobs. Open to everyone, including Department of Defense civilians, this class will help you navigate the system so that your resume gets noticed. Upcoming Resumix classes will be Feb. 27 at the Directorate of Information Management classroom in building 627. To register, call the employment readiness office at 767-5058.

## Victim Advocate Program can help

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

## Vote for your favorite chili

Come to Rocky's for the Big Chili Cook-Off starting at 4 p.m., Friday. This fun Family event will be a battle of the Brigades, with various chili recipes vying for the "People's Choice" award for most delicious chili. Admission is free and includes samples of various chili recipes, and other food items, desserts, and beverages will be for sale to benefit Family Readiness Groups. Children's activities, games, a bounce house, and lively music will be on tap, too. Come on down and cast your vote! For information, call 767-5058.

## Come to Home Buyers Seminar

First-time home buyers as well as seasoned home buyers are invited to the New Gannam Community Center 5:30 to 6:30 p.m., Feb. 26. Jackie Ogden, University of Georgia Chatham County Extension Center, will discuss how to get the most home for your money, preparing your credit for purchase, and provide tips you need to know before buying your home. Call 315-6816 to reserve your seat at this seminar.

## Learn to save money

To kick off Military Saves week, Feb. 25 to March 2, special events will be held at both Stewart and Hunter. Military Saves is a community-based program, which encourages Soldiers and Family Members to pay down debt, build emergency savings, and save for the future, one step at a time. On Feb. 25 at Hunter Club, and Feb. 26 at Club Stewart, meet local on-post financial institution representatives and learn about special financing programs (even if you have less-than-perfect credit). You can also learn how to qualify for free money to help you reach your financial goals. Both events will be held from 6 to 8 p.m. Light refreshments will be served. Call 767-5058 (Stewart) or 315-6816 (Hunter) for more information.

## Support Groups are available

Chill and Chat is held every Monday, 9:30 a.m. at the post exchange food court and is hosted by the military and Family life consultants to discuss deployment or any other concerns.

## Volunteer at Special Olympics

ACS is now recruiting volunteers to help at the 2008 Special Olympics March 28 at Fort Stewart. 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 for this rewarding opportunity, please call 767-5058.

## Take an instructor 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. As an AFTB Instructor, you will improve personal and Family preparedness by educating Family members in all aspects of military life, from "day one" and throughout their Army experience. Call 767-5058 to register for the instruction training at Fort Stewart held Feb. 27-29.

## 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, building 253, at Fort Stewart, the outreach staff is friendly, helpful, and can connect you with the services you need. For more information, call 767-9176.

## Free, confidential support offered

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 Stewart and Hunter 8 a.m. to 8 p.m., Monday through Friday. Call 704-9505, 492-6367, or 492-6428 to request an appointment.

## Help for Warriors in Transition available

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 Soldier 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 employment and educational assistance. The center also provides a warm, relaxed environment where Soldiers and their Families can gather to foster physical, spiritual and mental healing. For information, call 767-1297.

## Music, toys, fun for little ones

Parents are invited with their children (ages 0 to 5) to the Bryan Village Youth Center 10 to 11:30 a.m., each Tuesday and Thursday to spend time playing together. Led by an energetic and playful adult from our New Parent Support Program, the Play Mornings are designed for meeting, sharing, and playing with other military Families in a fun, upbeat atmosphere. Come on down and see what all the fun is about! Call 767-5058 for more information.

## Playland is open for the kids

Grandparents and Caregivers Support Group is held every Monday at 9 a.m. for those who are taking care of children while their parent is deployed. Join the group at ACS, building 87 to discuss ways to successfully care for Soldiers' children during the deployment.

Hearts Apart offers support and friendship while your loved one is away, along with cooking classes, crafts, and activities for children. At Stewart, the group meets every Wednesday from 11:00 a.m. to 12:30 p.m. at the Relocation Office, building 443, Leisure Activities. At Hunter, Hearts Apart meets the second Tuesday of each month at the ACS building 1279.

Grupo Hispanico Del Café meets monthly on the first Thursday at 3:30 p.m. for spouses who are new to the area to meet friends, enjoy refreshments, and swap experiences with other Hispanic women. Children are welcome, too. The group meets in the Leisure Activities building 443 on Gulick Avenue.

Deutscher Kaffee Klatch for German Spouses meets monthly on the third Thursday. Come have a good time and

enjoy some refreshments over a cup of coffee at the Relocation Office located in the Leisure Activities building 443 from 3:30 to 5:30 p.m. Children are welcome!

It's An Exceptional Life, a support group for Families enrolled in the Exceptional Family Member Program meets monthly on the third Thursday for discussions and presentations to educate and encourage. The topic for March is "Positive strategies for living with depression." The group meets at the Southern Oaks Community Center in Liberty Woods from 6 to 7 p.m.

## Learn to invest

Fort Stewart offers a financial class just for women Feb. 26 from 6 to 7:30 p.m., offering investment options, easy savings fund-building techniques, and simple budgeting strategies. To register, call 767-5058.

## EFMP Parent's Night

On Wednesday, Feb. 27 from 6 to 9 p.m., children enrolled in the Exceptional Family Member Program are invited to an evening of fun, games, and camaraderie while their parents enjoy a few hours of free time. Supervised activities will be held at the Child and Youth Services development center, building 403. Children must be registered with CYS and also enrolled in EFMP to participate, and advance sign-up is required for the Parent's Night Out. To register, contact ACS at 767-5058

## Aerobics Class

A weekly aerobics class for breast cancer survivors is offered every Thursday at Club Stewart from 5:30 to 6:30 p.m. Healing body moves consists of gentle exercises led by Instructor Bennie White. Contact the Exceptional Family Member Program at 767-5058 to sign up.

## Weekly Workshops offered

The military and Family life consultants offer weekly presentations at the Southern Oaks Community Center in Liberty Woods to discuss issues related to deployment, relationships, parenting, anger and stress.

Held every Wednesday from 10:30 to noon, the topics include, "My Soldier is home, now what do I do?" on the first Wednesday; "understanding and successfully managing combat stress every second Wednesday; "My kids are driving me crazy! What Can I Do?" on the third Wednesday; and "Stress and anger management: tools to help," fourth Wednesday. There is no pre-registration required.

The Military and Family Life Consultants are available at both Fort Stewart and Hunter to provide free and confidential support when you are having difficulty coping with any issue related to daily life.

Call 704-9505, 492-6367, or 492-6428 to request an appointment or for more details on the weekly presentations.

## Couples invited to learn communication skills

An intensive Couples Communication workshop begins March 3 at Stewart and March 4 at Hunter, which runs for three consecutive weeks, teaching effective communication skills for couples who want to improve and enhance their relationship. Call 767-5058 at Stewart, or 315-6816 at Hunter to register.

## EFMP Bowling scheduled

A fun night of bowling for Family members enrolled in the Exceptional Family Member Program will be held March 3 at Marne Lanes beginning at 6 p.m. This is a great opportunity to socialize with other Army Families and enjoy an evening of active bowling with your Family and the EFMP staff. Please call ACS at 767-5058 to sign-up.

## Moving to Korea or Germany?

Come and learn about your new duty station. You will receive a packet of information pertinent to your new duty station, as well as learn about services that will help make your move a smooth one.

Family members are highly encouraged to attend. Call to 767-5058 to register for the Overseas Briefing at Fort Stewart March 4, or call 315-6816 to sign up for the March 5 briefing at Hunter.

# Big bite for Tigersharks

## 3/3 Aviation wins Hunter B-Ball Championship

Kaytrina Curtis  
Hunter Public Affairs

The Tigersharks did it again, another win and bragging rights. In a double elimination basketball championship game held Feb. 13, at Hunter Army Airfield's Tominac Fitness Center, the Hunter Gate Guards came head-to-head against Soldiers of 3rd Battalion, 3rd Aviation Regiment. The tried and tested Tigersharks proved they remain a force to be reckoned with, winning the game 44-38.

The Soldiers of 3/3 Aviation had to win the first game of the tournament to avoid having to play two back-to-back games against the Gate Guards.



Photos by Kaytrina Curtis

**Number 41, Sgt. Christopher Adell, 3/3 Aviation, shoots a jump shot as Hunter Gate Guards look on during a double elimination game Feb. 13, at Hunter's Tominac Fitness Center.**

Entering the championship as the underdog, the Gate Guards had a lot to prove coming up against a team with only one loss during the regular season. The Gate Guards demonstrated they a worthy opponent by pressing 3/3 Avn. into many turnovers before the half.

To win the game, Tigersharks came in with the strategy to run the other team, play hard and hustle, Staff Sgt. Calvin Textus, 3/3 Avn. said.

"We were very confident after the first season, but we knew we had to work hard during the second season because a lot of teams were gunning for us," said Sgt. Christopher Adell, 3/3 Avn.

Starting off with a technical foul called against them before the jump off, the Gate Guards found it difficult to recover. But by the half, both teams were tied with a score of 21. Leading the pack for 3/3 Avn. was Sgt. Demarcus McMillian, who fought to put up nine of his 11 points during the first half.

"We showed a lot of resilience in the second half," Adell said.

Gate Guard Danny Edwards was the top scorer for his team with 14 points.

Both teams put up a strong fight for the title, but the Gate Guards were caught off duty. Frustration filled the bench, which spilled onto the game floor among the guards, who lost their concentration and focus.

After a turn over by the guards during the second half, their momentum seemed to be lost and 3/3 Avn. took over.

"We just kept our composure, we played a real good game," Adell said. "We didn't get frustrated, and we just worked hard."

After a long day at work, some Soldiers enjoy having a productive way to help blow off steam. The opportunity to have events like basketball tournaments is appreciated by most 3/3 Avn. team members.

"It is a morale boost," Textus said.

With a strong defensive team, 3/3 Avn. was mentally able to stay in the game and remained focused on the task at hand—winning the championship.



**Teammates of 3/3 Aviation's Tigersharks proudly hold their winning trophy after defeating the Hunter Gate Guards in a double elimination basketball championship at Tominac Fitness Center, Feb. 13.**

## Task Force Marne holds first-ever combatives tourney



Sgt. Michael Connors

**En route to victory, Sgt. Dusten Clark, HHSC STB, straddles Pfc. Isaac Hanneman, HHOC STB, during the welterweight championship, Feb. 17 at Camp Victory.**

Sgt. Michael Connors  
MND-C Public Affairs

**CAMP VICTORY, Iraq** – Task Force Marne Soldiers, accustomed to taking the fight to the enemy, took the fight to each other Feb. 17 in a friendly combatives tournament to see who would be crowned top warrior in their respective weight classes.

Held at the Sgt. 1st Class Paul R. Smith Gym on Camp Victory, it was the first-ever TF Marne combatives tournament. All competitors had to have basic skills in combatives in order to compete, said Capt. Michael Brown, officer in charge of the event.

"All the staff did a great job setting up prior to (the tournament)," said Brown, an Multi-National Division – Center Staff Judge Advocate attorney. "I felt like we had a good turnout at 38 people; everybody was competitive, and it was a diverse group of competitors."

Col. Roger Cloutier, a former college wrestler, oversaw the tournament and congratulated the competitors afterward.

"You guys are what the Warrior Ethos is all about," said Cloutier, MND-C G-3. "You came out here, competed, and did great; you should be really proud of yourselves."

Welterweight champion Sgt. Dusten Clark weighed in with his thoughts regarding the inaugural event.

"It was a good competition – a lot of good matches out here today – very well organized," said Clark, Headquarters and Headquarters Support Company, Special Troops Battalion, 3rd Infantry Division.

The tournament was co-ed, with male and female Soldiers competing against one another. Flyweight champion 1st Lt. Alicia Beaumont was one of four female fighters.

"I love it (combatives); I'm so glad I did it," said Beaumont, the G-6 validation board officer in charge. "The competition was great. The way they organized it was just amazing."

The tournament used a double-elimination format of one-

round fights lasting a maximum of five minutes. Fights began on the knees and were required to remain on the ground. Winners were determined by points, submission or stoppage.

A chief concern of the competition was safety, and beyond a few bumps and bruises, no Soldiers were substantially injured, added Brown. Two Medics were on-site, each match had a referee and a safety observer, and matches were stopped as soon as a fighter got a submission hold, before joint manipulation could occur.

"It was good they were calling it before people got hurt because a lot of people try to fight against certain locks, and that's when people get hurt," said lightweight champion Spc. Frank Castro, Company C, 1st Battalion, 185th Inf. Regt., California National Guard.

In addition to Beaumont (flyweight), Castro (lightweight) and Clark (welterweight), the winners were Sgt. Garrett Wildermuth (middle weight), Co. B, 3rd STB, 3rd Brigade Combat Team, 101st Airborne Division (Air Assault); Cpl. Maurice Tunstall (light heavyweight), also with Co. B, 3rd STB, 3rd BCT, 101st Abn. Div. (AASLT); and Capt. Scott Kafer (heavyweight), MND-C G-3 Iraqi Security Forces cell.

Started in 2002, the Modern Army Combatives Program has a foundation in Brazilian Jiu-Jitsu, known for its superior ground fighting techniques and submission holds. Modern Army Combatives was primarily designed as a practical means to defeat the enemy in close combat when weapons are not available. Additionally, the program emphasizes intra-Army competitions to encourage physical fitness and high morale, as Spc. Marianne Webb, one of the main organizers of the event, pointed out.

"The purpose of the tournament was to build morale, to give them something to rally around," said Webb, 384th Movement Control Team, 7th Sustainment Brigade. "This was something they could physically participate in and take back a sense of, 'Yeah, I accomplished something win or lose.'"



## Hunter Youth Ministry Team enjoys bowling fun

Charles Archer

**Elving Peralta, 16, and Vasily Puchkov, 15, get ready to bowl at Hunter Lanes, Hunter Army Airfield, Feb. 17. They were among more than 90 other people who attended Hunter Youth Ministry Team's bowling event "Choosing the right path through ministry principles."**

**The goal of the team is to develop youth through ministry principles, to help them develop their futures. The next event is 1 p.m., March 1 as the Youth Ministry Team visits Hunter Theater to see the movie, RV, starring Robin Williams. To learn more about Youth Ministry or upcoming events, call 315-5515.**