

Stewart/Hunter Lifestyle



Photos by Pat Young

Using his own chili-powder recipe, Staff Sgt. Kareem Simmons serves customers his prize-winning chili, earning his 135th Quartermaster, Sustainment Bde. team second place.

Left: Beth Wells prepares the combined CAB team's Datil Battle chili, a mild chili, which possesses a little bite from the Datil chili, which is not available at stores but must be home grown.

Hot happening begets Battle of Brigades

Pat Young
Managing Editor

Ten chilies recipients were put to the test – the taste test at Rocky's on Fort Stewart Jan. 22 with hundreds of community members in attendance at what was later dubbed the Battle of the Brigades.

The Army Community Service event, which turned out to be the hot spot to be on Stewart, wasn't just about the food, as a myriad of activities were provided, including an indoor bounce house, music, dancing, a children's movie room, door prizes, arts and crafts and more.

The attractions were so numerous, people could sample a chili, go and enjoy an event in the main room and come back to sample the rest of the chilies without any down time.

The brigades represented were from Combat Aviation Brigade, Sustainment Brigade, 1st Brigade Combat Team, and 2nd Brigade Combat team. They each had their own brigade level contest, and advanced the top two chilies to face off against each other and the Division Special Troops Battalion entries.

The Contestants

The two Combat Aviation Brigade entries were the 603rd Aviation Support Battalion team, with chili prepared by Viola Watkins and Joslyn Womak, which offered the best of 12 chilies; and the CAB combined team represented by Beth Wells and Diana Furnan, with their Datil Battle chili.

The two Sustainment Bde. teams were the 4/3 Brigade Special Troops Battalion team of Jodie DeLeon and her two children Natalalie, 11, and Kristen, 7, as they presented a sweet and sassy recipe created by her deployed husband; and the 135th Quartermaster team represented by Staff Sgt.

Kareem Simmons, who with his daughter Olivia, 9, served their chili made from Simmon's own chili powder recipe. Simmons was also assisted by Pfc. Heather Adams, the company Family Readiness Group Liaison.

The 2nd BCT teams offered a New Orleans style chili prepared by Angela Lewis, assisted by Mariah Eddins and Christine Terry, who represented 1st Battalion, 9th Field Artillery; and a Spanish style chili prepared by recipe holder Marisol Lima, with the assistance of Delona Zayas as they represented 26th Brigade Support Battalion.

The 3rd Inf. Div. Special Troops Battalion teams consisted of Sgt. 1st Class David Foster, who prepared a Family recipe that dated back three generations, assisted by Capt. Janelle Verbeck; and Donna Brown who made her own and ensured it was "good and hot."

The 1st BCT teams were represented by Adrienne McTague, assisted by Purita and Jennifer Avila, 10, who prepared a meatloaf chili; and T.K.'s Roadkill Chili prepared by Capt. Travis Krug, HHC, 2nd Battalion, 7th Infantry Regiment, which featured three types of meat.

The first place winner for best chili was Lima and the 26th BSB team, which earned the 2nd BCT team a \$350 voucher for rental equipment.

The second place chili was prepared by 135th Quartermaster team with Simmon's chili powder, earning a \$250 voucher for rental equipment.

The third place chili was T.K.'s Roadkill Chili, from 1st BCT, taking home a \$150 voucher for rental equipment.

The Division STB team represented by Foster and Verbeck earned fourth place and a \$50 voucher for rental equipment.

Another prize category was the Chili with the Most Friends, which was won by Lima and Zayas who also earned a \$100 voucher for rental equipment. In that contest, unre-



Children take to the dance Feb. 22 at the ACS Chili cook-off.

lated to the voting process, patrons were allowed to purchase nominations for \$1 to support any chili entry for the special award. Money collected from the sales of the special award nominations totaled \$145, which was evenly distributed among all the participating brigades, netting \$29 in cash awards to each.

The Where's Rocky Scavenger Hunt winner's name was also announced at the Chili cook-off. The winner was Manuel Gonzalez and he won a trip for two to New York City through MWR's Leisure Travel Office.

4th graders at Diamond Elementary learn about robotics

Randy Murray
Public Affairs Specialist

Learning can be fun, especially for students in Karen Walker's 4th grade class at Diamond Elementary School. Walker, a native of Glenville, Ga., has been teaching 4th grade at Diamond Elementary for 29 years. About four weeks ago, she added something new to her

lesson plans – robotics.

Last summer, Walker attended a four-day, science and technology workshop for teachers in Ontario, Calif. She said she was one of only about 40 Department of Defense Education Activity teachers to be selected to attend this special workshop, part of which was sponsored by the Lego corporation's Mindstorms. Some months ago, her classroom received

eight free robot kits, each consisting of over 900 pieces, including a computer program with 50 lessons, an almost wordless operator's manual/textbook and special sensors for touch, sound and sight, as well as a laser. The school then purchased the site licenses.

"I always included technology in my classes," Walker said as she paused to answer a question from one of her students who were busily programming and testing their robots. "This project requires my students to use a lot of math and science. It teaches them patience too – and how to be independent."

Seven teams of students work together in pairs, each contributing to the assignment. After completing the 50 lessons that came with the kit, including how to make their robots step forward, swing a bat or recognize a specific color ball, Walker's students are now writing their own programs for their robots, including one that has the robot follow a black line on the floor.

With her orange-yellow sensor blinking, "Rosie" the Robot twisted her Lego-block body back and forth as she moved forward, following the line of black electrical tape on the hallway floor. When the line made a sharp turn to the right, Rosie swirled around and guided herself back onto the line, continuing forward. Rosie's proud programmers are Maddie James and Sydnee Lawver.

Walker explained how she uses the robotics project to teach across the curriculum. Her students recently completed a creative writing assignment in which they had to include their robot as the main character in the story, so each of the eight robots now has a name. She assessed the advantage her students have in

learning about robotics include problem solving skills, experimenting and overcoming obstacles and building self-confidence with the hands-on experience, all of which inspires her students to learn more about science and technology, what she called "real world learning."

"I think this project has perked all my students' interest in learning, and the more interested they are in learning, the more they learn," Walker explained, just as her principal, Linda Kidd, entered the classroom. "Participation has not been a problem."

Kidd concurred.

"I've never come into this classroom and not found them deeply involved in the project," she said proudly. "You don't see anybody off-task. Usually, you only see about 95 percent engaged."

Kidd explained how she'd like to expand the robot project to other 4th grade classrooms. She praised Walker's robotic project for giving meaning to math and science vocabulary, which students must understand in order read the particular task to be programmed into their robot.

Sydnee Lawver praised the robotic project too.

"It teaches us what we need to know to grow up to be an engineer, which is what a lot of us want to be now," she said then hurried back to try out a new program on Rosie.

Walker explained that all but one of her students have a parent currently deployed to Iraq, so she uses the robotic project as an incentive to get her students to write their deployed parent a letter, which is addressed, stamped and mailed from Diamond Elementary School.



Randy Murray

Diamond Elementary School 4th grader, Asia Adkisson, installs a new sensor on her robot.

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.

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.

Get water-aerobics fit

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.

Join civilian 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.

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, Saturday at Taylors Creek Golf Course. The clinic is for novice golfers. Register by Friday. 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., Sunday 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., Sunday 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.

Dr Seuss Day at Stewart Library

Come celebrate Dr. Seuss Day with stories and crafts relating to Seussville. The story time will be held at 3:30 p.m., March 5 at the Fort Stewart Library. For more information, call 767-2828.

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.

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.

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, Saturday. The first Saturday child care at the Child Development Center (building 403) normally scheduled Saturday will be held March 8.

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.

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.

Help support students

Child and Youth Services 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.

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.

St Patrick's Day at Stewart Library

Come listen to stories about St. Patty's Day. Children are encouraged to wear green and come prepared to make crafts. The story time will be held at 3:30 p.m. on Mar. 12 at the FS Library. For more information, call 767-2828.

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.

Moonlight Bowling at Stewart Lanes

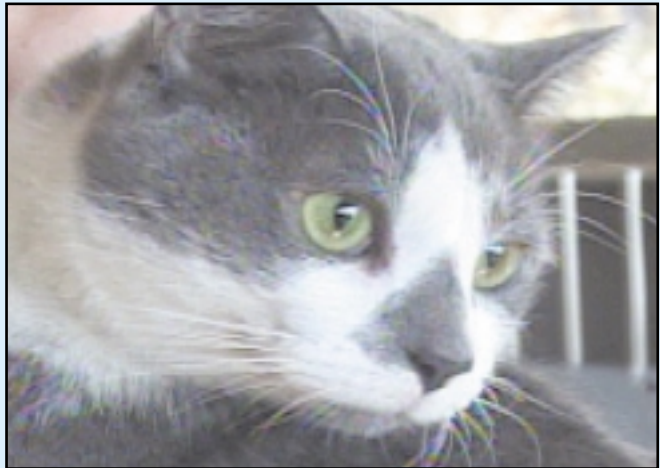
Let the night owls shine at Stewart Lanes with bowling from 9 p.m. to 1 a.m., March 15. The snack bar will have a special menu available featuring funnel cakes and nachos. The cost is \$2 per game/person and \$.75 shoe rental. For more information, call 767-4273.

Come 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.

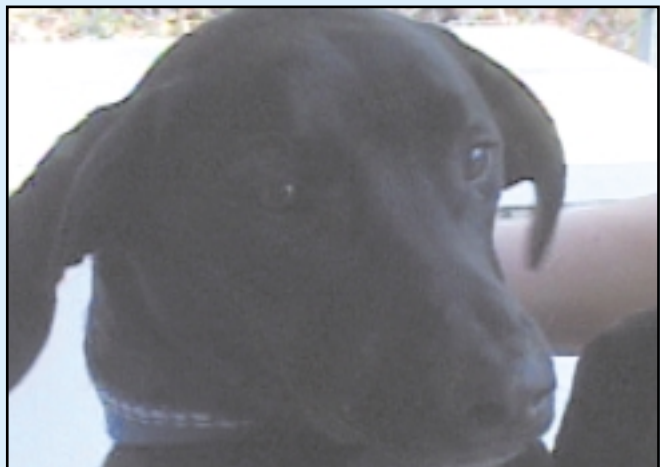
Reserve space for you and your Family. Free child care (register through CYS) and dinner provided. For more information, call 767-4494.

Pets of the Week



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

Jekyl the kitten and Guy, 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.



AAFES PRESENTS

FEBRUARY 28
THROUGH MARCH 5

Sweeney Todd the Demon Barber

Today — 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

27 Dresses

Friday, Saturday — 7 p.m.
(Katherine Heigl, James Marsden)

Jane is idealistic, romantic and completely selfless - a perennial bridesmaid whose own happy ending is nowhere in sight. But when younger sister Tess captures the heart of Jane's boss - with whom she is secretly in love - Jane begins to reexamine her "always-a-bridesmaid..." lifestyle.

Rated PG13 (language, innuendo, sexuality) 113 min

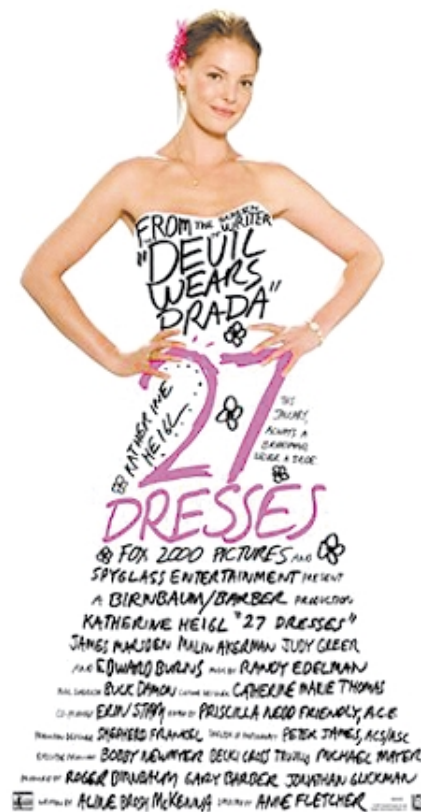
The Bucket List

Sunday — 7 p.m.
(Jack Nicholson, Morgan Freeman)

Two terminally ill men try to fulfill a wish list known as "The Bucket List" before each kicks the bucket. After they break out of a cancer ward, they head off on a road trip.

Their trip itinerary includes racing cars, eating giant plates of caviar and slinging poker chips in Monte Carlo. Rated PG-13 (language, sexual reference) 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

Army to launch new program for Wounded Warriors

Elizabeth M. Lorge
Army News Service

The Army is ready to launch a new phase in caring for wounded warriors, the assistant surgeon general for warrior care and transition told Soldiers and Army civilians during an Army Leader Forum at the Pentagon Feb. 19.

Brig. Gen. Mike Tucker announced that the Comprehensive Care Plan is scheduled to begin March 1, and will focus on healing the whole person - body, mind, heart and spirit - and not just physical well-being.

The program will include educational, vocational and life-skills development, leadership and mentoring, relationship coaching and behavior-health treatment in addition to medical treatment and physical and occupational therapy.

Tucker said the mission of the Warriors in Transition was to heal: to go to their appointments, take their medications and now participate in cognitive-enhancing activities or a structured-work program, if able.

"We want them to return to duty or return to be a citizen in society and be successful and be proud of their service," he said. "If we're not careful, we'll raise a generation, 10-15 years from now, that will be panhandling because they don't have any life skills.

"It's important that we give these kids life skills. They all want to be something in life, other than what they are right now. They have to aspire. We have to allow them to achieve all they can be and provide them the structure at a time in their lives when they need it the most."

The WTU return-to-duty rate is over 70 percent he added, the equivalent of two brigade combat teams each year. Eighty-eight percent of those Soldiers are between the ranks of corporal or specialist and sergeant first class, an incredible amount of experience, Tucker said. The

Army hasn't denied one continued-on-active-duty applicant since the beginning of the war.

To ensure they make their appointments and take medications, each Soldier in the Army's 35 WTUs has a squad leader (one per 12 Soldiers), a nurse-case manager (one per 18 Soldiers) and a primary care manager (one per 200 Soldiers), who communicate frequently.

Squad leaders and other WTU cadre are selected based on their leadership abilities and receive training on leading wounded Soldiers. They're there to help Soldiers with orders, pay, housing concerns - any logistics problems.

All of this is part of Tucker and the Army's crusade to break down the bureaucracy that the Washington Post exposed in February 2007. Outdated regulations, dwindling resources, fewer hospitals and an unprecedented-survival rate created what Tucker calls a "perfect storm" that no one knew existed.

"People we should be caring for the most, we were caring for the least, institutionally," he said, acknowledging that many of the same problems existed Army-wide, but that WTUs and additional funding have fixed many of them.

He still faces the bureaucracy head-on, often encountering problems no one could have foreseen, like the injured Soldier who was initially told he was no longer entitled to his re-enlistment bonus.

Tucker said the problem was immediately fixed, and while Army employees may have been following a regulation to the letter, it's more important for them to stop and say "Wait a minute, this doesn't seem right. Let me talk to my boss."

"So when we came to impasses on what we were going to do with bureaucracy, I would always err on the side of healing," he said.

"Well, the Soldiers at Fort Bragg don't want to come to

the WTU because they can't wear their maroon beret. 'Why can't they?' Because Army Regulation says they can't. 'But why can't they? Is it legal, moral and ethical?' Well, not really. 'Well, make your folks aware that they can now wear it.' "

"Some Soldiers said 'I don't want to go there because I can't wear my patch. I want to wear the 101st patch. I'm a 10th Mountain Climb to Glory Soldier. Don't make me wear the MEDCOM patch. I went to war with these Soldiers. I fought. I bled with these Soldiers. I don't want to lose my identity.' Is that part of making them feel good? Is that part of healing? They can wear their patch now.

"Well, I don't want to go to the WTU, because if I go to the WTU, I won't get back to my unit and I want to get back to my unit because those are the Soldiers I fought with, I bled with.' So now we've authorized them to go back to their unit, even if it's in an over-strength status. We're busting bureaucracy on the side of healing. If it makes you feel better, that's fine."

Wounded warriors who decide to leave the Army now have 90 days to transition to Veterans Affairs and Army representatives help walk them through the process and introduce them to VA, making sure they know what their benefits are. Soldiers will receive their first check from the VA on the first day of the next month after they've transitioned.

To further smooth the process between Army and VA, Tucker's executive officer, Dr. (Lt. Col.) Marie Dominguez, is going to serve as a special advisor to VA Secretary James Peake. Tucker will also have a special advisor from the VA.

"This is profound, because now I have a camel in their tent, so to speak. So we're starting to focus on the VA and get some more traction with them because we want to carry this continuum of care onto them," he said.

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.

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, 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 online at home-page, 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

College classes for wounded warriors offered

Special to the Frontline

The Sgt. 1st Class Paul R. Smith and Hunter Army Airfield Education Centers are supporting our Warriors in Transition by offering accelerated daytime college courses. At this time, the classes are being offered by Central Texas College. Additional colleges and types of courses may be added in future terms as long as interest prevails. To enroll, WiT must sign up through the GoArmyEd portal on line. See your Soldier and Family Assistance education counselor Bruce White, 767-3328, who is located in building 87, on Fort Stewart and Fay Ward, 315-6130, education center counselor located in building 1290 at Hunter. Their hours are from 8 a.m. to 4:30 p.m., Monday through Friday. You may also contact the counselors in building 100 at Fort Stewart, 767-8331, for assistance.

Date	GO ARMY ED#	Course #	Course title	Hours	Days	Time
March 3 - 28	123418	BUSI 1301	Business Principles	3	MTWR	1-4 p.m.
March 3 - 28	123422	ENGL 1301	Engl. Composition I	3	MTWR	1-4 p.m.
March 10 - April 17	147436	DSWR 0301	Developmental Writing	3	Varies	9 a.m.-noon
March 31 - April 25	123438	MATH 1414	College Algebra	4	MTWR	9 a.m.-1p.m.
March 31 - April 25	123434	ITSW 1404	Introduction to Spreadsheets	4	MTWR	1-5 p.m.
March 31 - May 2	144525	MGMT 201	Principles of Management	3	MW	1-5 p.m.
March 31 - May 2	140039	PSYC 220	Intro to Psychology	3	TR	1-5 p.m.
ERAU						
Hunter Army Airfield						
Date	GO ARMY ED #	Course #	Course title	hours	days	TIME
March 3 - 28	123428	GOVT 2302	American Government II	3	MTWR	9 a.m.-noon
March 31 - April 25	123423	ENGL 1301	English Composition I	3	MTWR	1-4 p.m.
ERAU						
March 31 - May 2	TBD	ENGL 123	English Composition	3	RF	1-5 p.m.
March 31 - May 2	TBD	MATH 106	Basic Algebra and Trig	3	TR	8 a.m. -noon
March 31 - May 2	145347	MGMT 201	Principles of Management	3	MW	8 a.m.-noon

Your sacrifice to God: the reason behind Lenten Season



CHAPLAIN'S CORNER

Chap. (Capt.) Stan Jasiurkowski
87th CSSB

On Ash Wednesday, we began the liturgy Lenten Season. The 40 days of Lent are traditionally a period of meditation, prayer and spiritual renewal among most of the Christian denominations. This is the time of year when church deploys all of her rich resources to bring us back to holiness, and wholeness with Christ.

To share in this experience, we attend Lenten services, practice special Lenten devotions at home, increase our spiritual reading, and give more time for prayer, meditation, and reflection. As we keep the cross before our eyes for 40 days, we come to Easter with a new appreciation of God's love for us in Christ.

The liturgical color of Lent is purple, the color of repentance. It depicts the mood of Lent. It is a serious time because our Lord is being tried, condemned and murdered. This should fill us with horror and shame, for we too share in this tragedy by our own sins. When our best friend is suffering and dying, especially in our behalf, it

is not a time for lightheartedness and frivolity.

Lent is the most serious time of the Church year. It is a time of questioning. Life or death questions are asked of Jesus as He gets closer to the cross. It is also a time of testing. Judas is tested and found wanting. Peter is tested for loyalty. Jesus' obedience to God is tested in Gethsemane. Lent is a time for tears too. Judas was filled with remorse for his betrayal. Peter wept bitterly after his denial of his Lord. In sympathy, women wept for Jesus as He carried His cross to Calvary. Above all, Lent is a time of dying. It is a time for being nailed to a tree, for having a crown of thorns put on His head, for the agony of thirst, for the desolation of loneliness, and for a spear in His side. This is a time that tries a man's soul.

Fasting is an ancient and biblical practice of denying self for spiritual discipline. It means saying "No" to yourself. You may fast on food, drink or pleasure. The money saved by such fasting could be given to the extension of God's kingdom through the Church or charity. To truly fast, you

must give up something that is very precious to you, that would be a sacrifice to give up. Think of what would be most difficult for you to give up for forty days for the sake of Jesus. Then make it your sacrifice to God. Fasting calls for self-discipline, self-denial, and self-sacrifice. Out of this period of fasting, you emerge stronger in faith and closer to Christ.

Have a program of spiritual development. This means taking a couple of minutes each morning and evening for a tryst with God. Spend the time thinking, meditating, praying and reading the Bible or something spiritual and inspirational.

During the Lenten services as well as every day, pray for peace in our country and in the world. Every day remember before God our fellow service men and women who risk their lives thousands of miles away from their homes in order that the American people may live in peace and well-being. Since Christ died for all men, reach out each week to someone not attending church and invite at least one to go to church with you.

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	.Chapel	.11 a.m.
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-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

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 Main Post 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 or 369-4818; or contact Ronald Calhoun at realhoun@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

Live Oak Public Libraries Programs at the Liberty Branch Library and Midway-Riceboro Branch Library

Preschool Story time

Join us for stories, songs, and more, each Monday at the Liberty Branch Library. The event is for children three to four years-old.

Tree Tots Storytime

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

March Winds Family Fun Night

Join us for an hour of fabulous family fun at Midway-Riceboro Branch, 5 p.m., March 11. Hear windy tales and make a kite to fly for the windy month! For ages 4 and up.

Computer Classes

An introduction to Publisher at Liberty branch library offers a course on the desktop publishing program, Microsoft Publisher is offered 7 p.m., March 12. Learn to create newsletters, calendars and more. Prerequisite: Intermediate Word or similar skills. To register, call the library at 368-4003.

E-Mail (Liberty)

Learn how to sign up for free e-mail and send attachments, 2 p.m., March 18. Introduction to the the Internet or comparable experience is a prerequisite to taking this class. To register, call the library at 368-4003

Read Across America

Celebrate Dr. Seuss's birthday by reading together at Liberty Branch Library, 2 p.m., March 8. Children and adults are invited to come and read from their favorite Dr. Seuss books. Bring your favorite Dr. Seuss from home, or pick from the selection we have available. For ages 4 and up.

Tea and Tales Book Group

Tea and Tales at the Midway-Riceboro Branch Library, will be meeting a second time at 5:30 p.m., March 27; join us this time for a discussion of Cat To the Dogs by Shirley Rousseau Murphy. For more information, call the Midway-Riceboro Branch Library at 884-5742.

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.

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 scholarship, 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 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.

Dublin VAMC holds Thank You for veterans

Community members are invited to attend the first "Thank You" event for Operation Enduring Freedom and Operation Iraqi Freedom veterans. The event is sponsored by the Dublin Veterans Affairs Medical Center, noon to 4 p.m., April 19 at the Carl Vinson VAMC, 1826 Veterans Blvd., Dublin, Ga.

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.

Historic park hosts Signal demonstration

Fort McAllister State historic Park invites community members to join them 10 a.m. to 4 p.m., March 8-9 for the United States Signal Corps Program. The U.S. Signal Corps will provide demonstrations on Civil War communication techniques and tools.

There will also be other interpretive talks on the war, as well as black powder demonstrations. The cost is \$4 for adults and \$2.50 for children. For more information, call Daniel Brown, park manager at 727-2339.

New DIHRS system helps Soldiers stay updated

Special to the Frontline

Fort Stewart-Hunter Army Airfield is scheduled to update the way it handles personal information to better serve units and individuals starting in October 2008.

The change is part of a congressionally mandated effort, spearheaded by the Department of Defense that focuses on the Army personnel and pay functionality.

The new program, the Defense Integrated Human Resources System, will provide the Army with an integrated, multi-component, personnel and pay system. The personnel and pay functionality addresses major deficiencies in the delivery of military personnel and pay services, such as incorrect pay and inaccurate credit of service, which are caused

by a myriad of systems with multiple complex interfaces.

"This new program is designated to be a joint service program that will allow Soldiers to obtain service from the nearest military installation to their location," said Judy Waynick, Chief, Plans and Operations for Fort Stewart-Hunter Army Airfield Adjutant General.

"The Army will implement this system followed by the Air Force and other branches of DoD. This program will also incorporate active duty, National Guard and Reserve Component Soldiers into one system."

DIHRS will provide each servicemember with a single, comprehensive record of service that will feature a self-service capability that allows the servicemember to update

portions of their personal information. Personnel records will be available to Human Resource professionals, combatant commanders, personnel and pay managers, and other authorized users throughout the Army. This Web-based HR tool will be available 24 hours a day

The DIHRS will result in the largest, fully-integrated HR system in the world and will deliver timely and accurate pay and benefits to all servicemembers and their Families. The system has a number of objectives including:

- Provide a single personnel and payroll record for all servicemembers that seamlessly delivers key personnel functions and integrates pay and personnel
- Reduce stove-piped legacy systems to streamline the systems used to support the

military mission and personnel transformation goals

- Be operational in deployed, as well as garrison environments
- Provide internal controls and audit procedures that prevent erroneous payments and loss of funds
- Maximize single source data entry
- Provide seamless transition of personnel between components
- Continuously evolve to meet the needs of the Service Member and the Army

The new system, by integrating payroll functionality, will enable greater flexibility for the servicemember through self-service capabilities. For the Army it will eliminate redundancy and increase the accuracy and timeliness of pay and benefits.

"Black Horse and a Cherry Tree" singer, KT Tunstall reviewed

Commentary by:

Sasha McBrayer

Fort Stewart Museum

KT is an alternate spelling for "Katie." Anyway you spell it, a beautiful Scottish singer and songwriter was born in June of 1975. The biological child of a half Chinese and half Scottish mother along with an Irish father was adopted just 18 days after her birth. Tunstall was raised by a professor of physics and his wife, a school teacher. Her adoptive father nurtured an early love of science fiction and outer space. One of her brothers would eventually introduce the youth to "hair metal" and it would initiate a fiery love of music. Her early favorites were David Bowie, Ella Fitzgerald, 10,000 Maniacs, and the Grateful Dead.

By age 16, Tunstall was playing piano, flute, and guitar, as well as writing her own songs. While attending a private prep school, she formed her first band, "The Happy Campers." Not long afterward, she

would be studying music at London's Royal Holloway College before returning to Edinburgh and releasing her first album "Eye to Telescope," which was released in 2004.

In the UK, KT's big break came after performing on "Later with Jools Holland," a contemporary late show. In the US, Tunstall had been #79 on the Billboard Music Charts when an American Idol contestant, Katherine McPhee, contacted her asking permission to sing her single "Black Horse and a Cherry Tree." Tunstall later said "My status as a musician in America is pretty much cemented by Katharine McPhee, which is really interesting and funny for me because I've never been polite about how I feel about shows like that." Seemingly overnight, Tunstall's popularity in America exploded.

Tunstall released her second album, "KT

Tunstall's Acoustic Extravaganza" in 2006, and in 2007, followed it up with "Drastic Fantastic." The photogenic songstress has become known for two things besides writing great songs; these are her frightfully foul language, and the use of her "AKAI E2 Headrush" loop pedal, which she has nicknamed the "Wee Bastard."

If you have never seen a musician using a loop pedal live, you are sorely missing out. This digital sampler technology is controlled via foot-switches. For a song like "Black Horse and a Cherry Tree", KT can begin by clapping and or singing her famous "woo hoos", hit a pedal to record the sounds, then stop to sing the words, while another

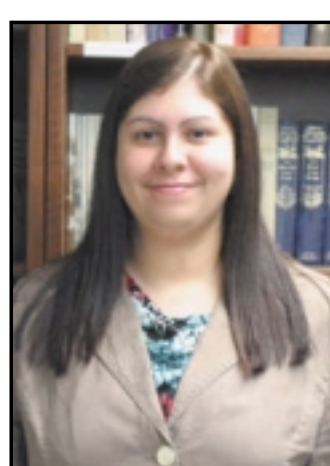
foot tap causes the device to playback what she has recorded.

Though she is radically talented, and customarily does not swear in her songs, many and interviewer has been reduced to unbridled laughter as Tunstall gets to using her colorful language.

This is fairly forgivable, considering the poetry she pours into each of her recordings.

"You feel like a bruise on a beautiful body," is a line from "Funnyman" off her "Drastic Fantastic" album. After you sample just a few tracks from this artist you'll come to appreciate that she's interested in what I would call "serious pop." In a level above so many Britneys and Simpson girls, Tunstall is about real lyrics, which are meaningful and artistic. It surely doesn't hurt a thing that most tracks will have you toe tapping along the way.

KT is currently engaged to marry her drummer and long-time boyfriend, Luke Bullen.



ACS Volunteer Spotlight

Taneasha Egbo is an Army Community Service Outreach full-time volunteer working in the Soldier Service Center, building 253 as the assistant program manager. Egbo volunteers from a belief and spirit within that drives her to help and care for others.

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

Egbo sincerely enjoys working with the Families in the New Family Orientation, the ACS

Family Welcome Office, and all monthly Outreach Specialty programs that assist to enhance well-being of the Family, Soldier and Civilian. She is the cornerstone of many specialty programs and ensure new Families feel welcomed and a part of our community.

Egbo serves every day at the ACS Outreach program, continually committed to Family, Soldier and civilian values.

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



Volunteer spotlight

Roxanne Cosby of Hinesville, is an American Red Cross volunteer working in the Radiology Department at Winn Army Community Hospital. Cosby volunteers because she believes this experience will benefit her when she takes Radiology in college. Her interests and hobbies include working, singing and running track.

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 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.

Victim Advocate Program helps

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.

Take a class in army basics

Meet the Army, a new class offered by Army Family Team Building, will be held from 6 to 9 p.m., March 3-5, at Fort Stewart and from 9 to 2 p.m., March 18 at Hunter. This class is designed to help Soldiers and Family members who are new to the Army to better understand Army resources, terms, acronyms, customs and courtesies, and the Chain of Command. To register, call 767-5058 at Stewart or 315-6816 at Hunter.

New parents invited to new class

Baby Talk, a new class focusing on the basics of newborn care, also includes an important discussion on Shaken Baby Syndrome and methods for comforting your crying infant and yourself.

New parents, those who will be new parents again, grandparents, and caregivers are welcome to attend the class on March 11 from 2 to 4 p.m. Call 767-5058 to register.

Support groups available

Chill and Chat is held every Monday at 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. 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 Army Community Services, 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 a.m. to 12:30 p.m. at the relocation office, building 443, Leisure Activities. At Hunter, Hearts Apart meets monthly on the second Tuesday at ACS, building 1279.

Grupo Hispanico Del Café meets at 3:30 p.m., the first Thursday of the month 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 at 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 at 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.

Strengthen your parenting skills

Parents of children ages 5-12 can learn new parenting skills by signing up for the Active Parenting class. The class offers problem-solving skills, steps to good communication, and effective discipline techniques. This three-session workshop is offered Tuesday mornings at Fort Stewart beginning March 4, and on Thursday afternoons at Hunter Army Airfield beginning March 6. To register, call 767-5058 at Stewart or 315-6816 at Hunter.

Welcome orientation for Families

Are you new to the community? New Families are invited to Family orientation at Fort Stewart for an overview of the many services available to assist with your transition to the area. The orientation begins at 9 a.m. and concludes with a windshield bus tour of the installation and Hinesville. For information, visit the ACS Outreach office located at the Sgt. Audie Murphey Soldier Support Center, building 253, or call 767-9176. At Hunter Army Airfield, the family orientation and windshield bus tour is held Wednesday from 9 a.m. to 2 p.m. For information, call the Hunter ACS at 315-6816.

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, the audience and cheering section. Pre-registration is requested in order to expedite volunteer in-processing that day. To register for this rewarding opportunity, call 767-5058.

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

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.

Join aerobics class

A weekly aerobics class for breast cancer survivors, Healing Body Moves, is offered every Thursday at Club Stewart from 5:30 to 6:30 p.m. The class consists of gentle exercises led by instructor Bennie White. For more information, call 767-5058.

A walk in the rain



Photos by Kaytrina Curtis

Sweetheart's Stroll to Iraq participants end their two-mile trek by releasing balloons with messages inside for deployed Soldiers, Feb. 23 at Hunter.

Families show resolve, support deployed

Kaytrina Curtis
Hunter Public Affairs

Soldiers and residents of Hunter Army Airfield participated in a Sweetheart's Stroll to Iraq, Feb. 23, in support of servicemembers deployed to Iraq and Afghanistan.

The Walk to Iraq and Back's original intent was to collectively walk 13,000 miles, the distance from Savannah to Baghdad and back. With the walks occurring monthly, the goal was far surpassed in 2007 as supporters walked over 80,000 miles, more than six times to Iraq and back.

The Sweetheart's Stroll was the first group walk of 2008. Spouses of deployed Soldiers came together to support one another as togetherness is the key to these events.

Family member Holly Williams has participated in the walks since October 2007.

"We come out to support the troops that are stationed in Afghanistan and Iraq," said Williams.

Williams said the walk is one way she shows her admiration for her husband, who is currently deployed, for all he is doing to serve this nation.

Sgt. Shawn Moldenhauer, 24th Ordnance Company said that half of his company is deployed to Iraq while the other half is deployed to Afghanistan. "My Family (supported) me while I was deployed," he said. "This is one of the ways that I feel we can support them."

At the end of the walk, participants wrote messages to their loved ones and placed the notes into red or white helium-filled balloons. The balloons were then released into the air, recognizing all the sacrifices Soldiers make everyday and with the idea that the messages will make it to their loved ones.

The next group walk, Pets on Parade, is tentatively scheduled for March at Fort Stewart. For more information on how you can join the Walk to Iraq and Back campaign, contact Fran Williams at 767-5484.



Left: Family member David Birch, son of Lt. Col. Ellen and Stephen Birch, sat on a scooter before the Sweetheart's Stroll to Iraq, Feb. 23. The walk began and ended at Tominac Fitness Center on Hunter.

Right: Family members Colleen Moldenhauer and Holly Williams walk the two-mile Sweetheart's Stroll to Iraq, Feb. 23 on Hunter.



Army civilians get Army strong with fitness program

Kaytrina Curtis
Hunter Public Affairs

According to the National Center for Health Statistics, 66.3 percent of adults age 20 years and over are overweight or obese. As American's waistlines expand, Hunter Army Airfield has a program to help some Department of the Army civilians, whittle their middles while getting fit.

The Civilian Fitness Program is in full swing. More than 12 Department of the Army civilians signed up for the program, which is held at the Tominac Fitness Center. The Civilian Fitness Program is a four-month program that authorizes the full-time employee to exercise up to three hours a week during duty time. On Jan. 14, participants were given an orientation briefing before the first class began.

During part of the orientation process, participant's height and weight results are taken and entered into a body mass index scale. The scale is able to calculate a person's hydration needs as well as their metabolic age. They are then advised by the trainers what they need to accomplish in order to reach their goal, be it weight or health status.

"They can either do their own program or work with a program designed by our trainers," said Eli Wilson, program director, Tominac Fitness Center.

Civilians employed by the Army are encouraged to

engage in a regular program of exercise and other positive healthy habits per Army Regulation 600-63. There seems to be extra motivation involved when civilians are allowed time to exercise as a part of their work day, Wilson said. A reverse natural decline in metabolism, strengthened bones and improved muscular endurance are some of the benefits of a regular exercise program.

Each directorate is allotted a number of slots according to its size and the work force is then notified of the opportunities via e-mail and through their individual supervisors.

Retired Army physical trainer, Abraham Howell, garrison operations assistant, Hunter Army Airfield, said the program is great for him. "It's fantastic," he said. "It jump-started my wellness plan program."

Although Howell is not a vegetarian, he said that the program has made him more aware of his diet. "I try to be aware of what I eat proportionately," he said. Howell said that he likes to encourage others to work out and shares his knowledge with his Family as well.

"The program benefits both the participant and the Army," Wilson said. "The participant gets a healthier lifestyle and the Army gets a healthier work force."

This quarter's program is scheduled to end April 10. The next quarter is set to begin in May.

For more information on the Civilian Fitness Program call 315-2019 at Hunter or 767-3033, Fort Stewart.



Kaytrina Curtis

Rick Betancourt, personal trainer for Hunter's Tominac Fitness Center takes Toni Bryant's, Department of Emergency Services, height and weight, Jan. 14 during orientation as a part of the civilian fitness program.