

Stewart/Hunter Lifestyle

Observance Emphasizes African American Heritage

Story and photos by MSG Rodney Williams
3rd Sustainment Bde. public affairs

It was one standing ovation after another at the 3d Infantry Division's Black History Month Observance in the Club Stewart Ballroom on Feb. 20. Over 500 people comprised of special guests, Marine Soldiers, family members and civilians attended the event hosted by the 3d Sustainment Brigade.

"In truth, all of our destinies are intertwined," said Col. Darrell Williams, 3d Sustainment Bde. Commander during his opening remarks. "Thus recognizing African American heritage and their heritage of service, honors all Americans."

The Division's theme for this year's observance was "Black Americans: A Heritage of Service to Our Nation."

"A lot of moving parts came together to make up this great event," said Sgt. 1st Class Gloria Hamilton, 3d Sustainment Bde. equal opportunity advisor.

Right after the opening remarks, the entertainment portion of the program took center stage. Several passionate and stirring performances from talented young men and women featured the many styles of music, song, dance and poetry that have evolved from the proud heritage of African Americans.

Not only did division Soldiers display their vocal talents, but members of the local Mt. Zion Baptist Church and students from Bradwell High School contributed to the program.

"I really appreciated the fact that the students, church and community were so enthusiastic about being a part of the program," Hamilton added. "They really enjoyed being here and they care about the future of their heritage."

The guest speaker for the event was Lt. Gen. Lloyd J. Austin III, current commander of the XVIII Airborne Corps at Fort Bragg, N.C.

"What I saw today in terms of the quality of this program, in terms of the warmth from the people that were gathered here today is just extraordinary," Austin said. "Everyone here at Fort Stewart ought to be justifiably proud of the fact that this unit continues to be great."

Austin previously served as assistant division commander for maneuver in the 3d Infantry Division.

"This division has contributed significantly to our efforts in Iraq from the very start," Austin added. "I know that the soldiers and family members have given a lot for this effort. We are grateful for their continuing sacrifices and look forward to getting all of our loved ones home as quick as possible."



Above: 3d Inf. Div. Commander Maj. Gen. Rick Lynch, introduces the guest speaker for the Division's Black History Program.



Above: Lt. Gen. Lloyd Austin is presented an appreciation gift for his participation in the Black History Observance by 3d Sustainment Bde. Commander Col. Darrell Williams.



Left: The Bradwell High School Step team stirred up the audience as they performed at the Black History Observance Program.



Above: The performance given by two members of the local Mt Zion Baptist Church Mime Ministry team were one of the highlights during the Black History month Observance Program.

Fast cue-wielding Soldiers can win trip to Las Vegas

Army Family and Morale, Welfare and Recreation Command

Soldiers who participated in the kickoff for the Army MWR Speed Pool Tournament at Rocky's last night will receive a gift for trying, but, did any of them win the chance to pursue the big prize?

Twenty-five Soldiers – on a first-register, first-play basis – may compete each week in a local Morale, Welfare and Recreation sponsored Speed Pool Tournament. Multiple entries are allowed, but each competitor is limited to winning only once at the installation level. Local weekly winners will receive a mini MP3 player and an event T-shirt.

Winners of the weekly double-elimination competitions will meet in a final-round shoot-off to determine the installation champions, who will receive round-trip air fare for two and three nights of lodging in Las Vegas, along with \$400 for incidental expenses.

Soldiers must quickly clear a table of billiard balls, faster than his competitors, to have an opportunity to win a trip for two to Las Vegas in the Tournament.

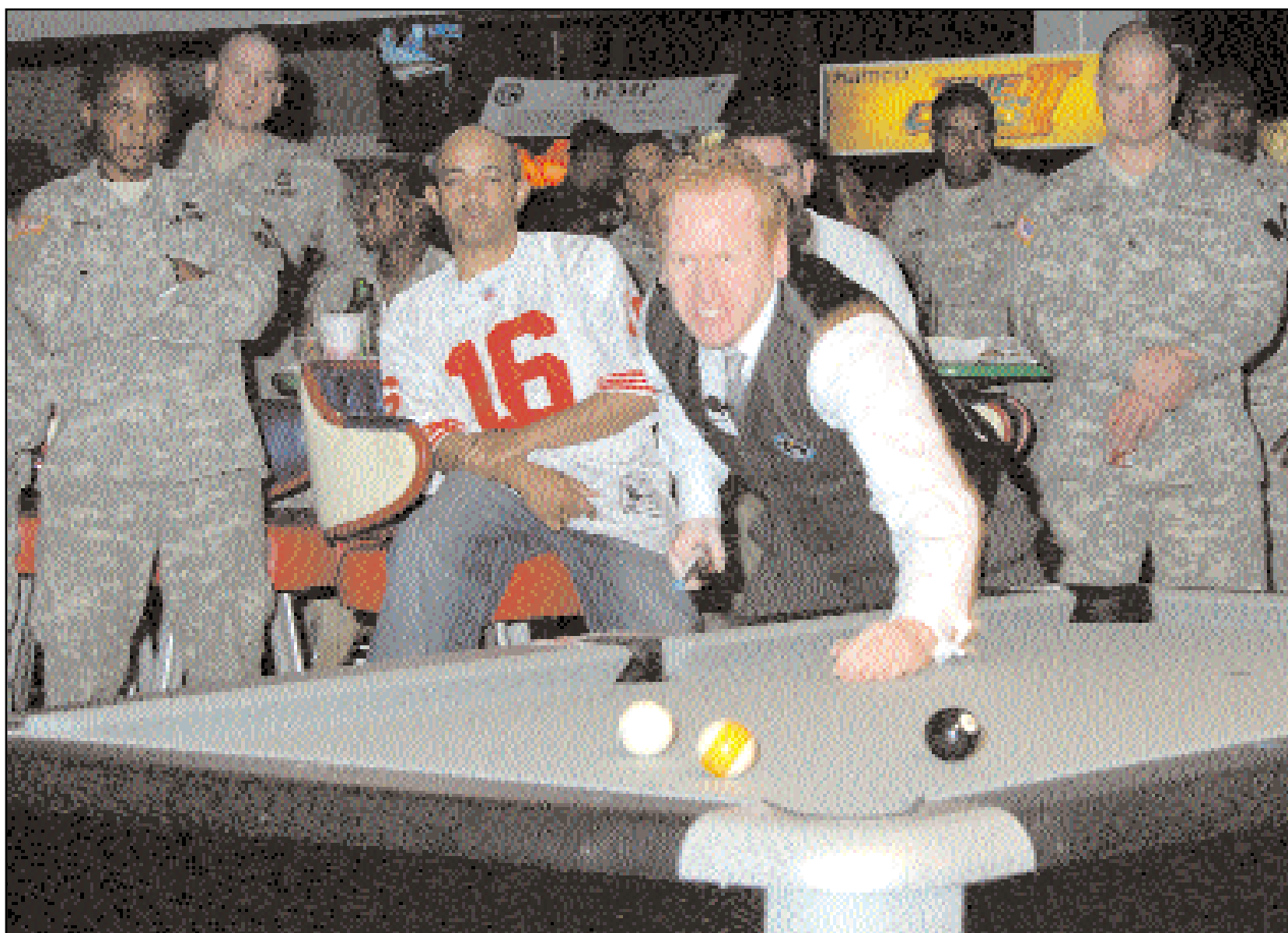
Six local installation winners will be the guests of speed pool multi-world record-holder Dave "The Ginger Wizard" Pearson at the Valley National Eightball Association International Championships in Las Vegas. A \$100,000 prize also awaits any contestant who eclipses Pearson's single-table world speed pool record of 26.5 seconds.

The object of speed pool is to run a rack of 15 balls as fast as possible, pocketing the eightball last. The cue ball must completely stop between shots.

The Army MWR-sponsored event began March 3 at Rocker II on Fort Knox, Ky. and showcased here at Rockys last night. All winners will be announced later.

Other local tourneys will be today at Fort Gordon, Ga.'s bowling center; Friday at Afterhours on Fort Benning, Ga.; Saturday at Fort Bragg, N.C.'s Sports USA; and Sunday at Fort Leonard Wood, Mo.'s bowling center.

All competitors receive a limited-edition, customized pool cue and carrying case, both bearing the installation's insignia. The first 50 registrants



Speed pool multi-world record-holder David Pearson entertains troops at the grand opening of Rocky's here to promote the Army MWR Speed Pool Tournament, which began March 3 at Rocker II on Fort Knox, Ky. Tournament champions from six installations will win a trip for two to Las Vegas from May 30 through June 1 as Pearson's guests for the Valley National Eightball Association International Championships at the Riviera Hotel & Casino.

at each location also receive a trick-shot teaching DVD.

To register, contact your Better Opportunities for Single Soldiers or MWR office. For contest rules and more details, visit www.mwrpromotions.com. The contest is open to active duty military, reserve and National Guard members for a \$25 entry fee.

The Army MWR Speed Pool Tournament will be played for eight weeks on participating installations. Pearson performs on the opening night at each site. He holds Guinness Book World Records for clearing two complete pool tables in 1 minute, 22.6 seconds; running 10 tables in 8:57; and sinking 16,499 balls in 24 hours.

"The great thing about this is every installation

has a winner," said Coleen Amstein, who works in business programs for the Army Family and Morale, Welfare and Recreation Command.

The contest is sponsored by FMWRC, BOSS and the Army Recreation Machine Program. The goal is to provide a quality recreational program that will keep Soldiers on post and safe, said Don Rojas, general manager of ARMP.

Pets of the Week



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



MWR Briefs

Learn Ju-Jitsu

Learn a Japanese combat art used by police and military forces, each Tuesday and Thursday, 6-7:30 p.m., at Caro Physical Fitness Center.

The fee is \$45 a month. For more information, call 767-7090.

Feel the burn

Basic Endurance Aerobic Training, a new, high-intensity aerobics class based on the Army physical fitness program, is being offered from 7:30 to 8:30 a.m. weekdays at Jordan Fitness Center.

Matting and framing class

A monthly matting and framing class is held the first Saturday of every month, 8:30 a.m. to 4 p.m. The class is required to use the matting and frame shop at the Leisure Activities Center. Call 767-8609 to register. Shop hours are Tuesday to Thursday, 10:30 a.m. to 6 p.m.

Open recreation at Youth Center

Saturdays are open recreation at the Stewart Youth Center. First through fifth grades: noon to 2 p.m.; sixth to 12th grades: 2-8 p.m. The Child and Youth Services membership fee of \$15 is required. Call 767-4491.



AAFES PRESENTS

MARCH 8 TO 14



Dreamgirls

March 08 — 7 p.m.

(Beyonce Knowles, Jamie Foxx
Effie White, Deena Jones, and Lorrell

Robinson) Three friends from Chicago, The Dreamettes, attracts an ambitious manager, Curtis Taylor, Jr., the Dreams rise to international stardom. The money, fame, and adulation, however, doesn't bring them happiness. Rated PG-13 (language, sexuality, drug content) 131 min

Blood and Chocolate

March 10 — 8:30 p.m.

(Agnes Bruckner, Hugh Dancy)

Ten years ago, in the mountains of Colorado, a young girl watched helplessly as her family was murdered. She survived by running into the woods and changing into something the hunters could never find—a wolf. Vivian Gandillon is still running. Living in Bucharest, Vivian spends her days working at a chocolate shop and nights trawling the city's underground clubs, fending off the reckless antics of her cousin Rafe and his gang of delinquents he calls "The Five." Rated PG-13 (violence/terror, sexuality, substance abuse) 98 min

Catch and Release

March 11, 14 — 7 p.m.

(Jennifer Garner, Tim Olyphant)

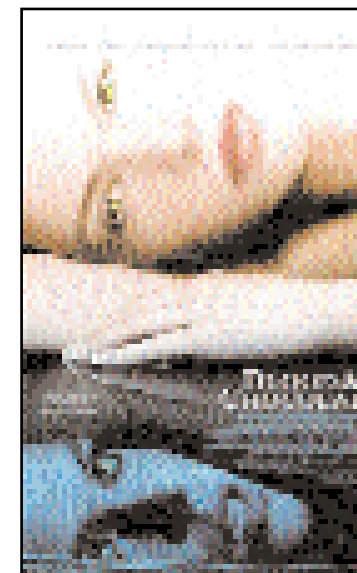
After the sudden death of her fiancé, Gray Wheeler finds comfort in the company of his friends: lighthearted and comic Sam, hyper-responsible Dennis, and, oddly enough, his old childhood buddy Fritz, an irresponsible playboy whom she'd previously pegged as one of the least reliable people in the world. As secrets about her supposedly perfect fiancé emerge, Gray comes to see new sides of the man she thought she knew. PG-13

Epic Movie

March 09, 10 — 6 p.m.

(Kal Penn, Adam Campbell)

In the spirit of "Scary Movie" and "Date Movie," a parody that spoofs recent mega-blockbusters. The comedy centers itself around four orphans who visit a chocolate factory and are transported to the wonderful land of Gnarnia, after stumbling upon an enchanted wardrobe. There they battle pirates, encounter earnest wizards and attempt to defeat Gnarnia's dastardly White Bitch. Rated PG-13 (crude/sexual humor, language, comic violence) 86 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 W•A•C•H

Winn Army Community Hospital

Glaucoma is common threat to vision

U.S. Army Center for Health Promotion and Preventive Medicine

Glaucoma is the second most common cause of permanent vision loss in the United States and affects approximately 3 million Americans. The most common form of glaucoma develops gradually with no warning signs. Many people are unaware they have an eye problem until their vision is compromised.

Glaucoma is caused by a number of changes in the eye tissues that generally produce increased pressure within the eye. This elevated pressure is caused by a backup of fluid in the eye which, over time, causes damage to the optic nerve fibers and results in areas of vision loss. As glaucoma progresses, the optic disk, the area where all of the nerve fibers come together at the back of the eye, appears indented. The normal contour and color of the disk may also be affected by the loss of nerve fibers and increased pressure.

Normal average eye pressures range from 10 to 22 millimeters of mercury (mm Hg), though most pressures are within 14 to 16 mm Hg. If the eye pressure is greater than 23 mm Hg, one is considered to be at risk of developing glaucoma and in need of careful monitoring for early signs of glaucoma.

However, it should be understood that some people may have "normal" pressures in the eye and still develop glaucoma.

Several factors which increase one's risk for glaucoma are:

- * Age over 45.
- * Family history of glaucoma.
- * Abnormally high intraocular pressure (IOP).
- * African descent.
- * Diabetes, nearsightedness, previous eye injury, or hypertension.
- * History of regular, long term use of steroids.

Unfortunately, there is no cure for glaucoma; but with early detection, diagnosis, and treatment, the chances of preserving

a person's vision are greater.

Glaucoma can be treated with eye drops and pills, laser surgery, standard eye surgery techniques, or a combination of these methods. The purpose of treatment is to prevent further loss of vision by reducing the pressure in the eye.

Since loss of vision due to glaucoma is irreversible, keeping internal eye pressure under control is the key to preventing loss of vision.

It is a relatively easy procedure to check eye pressure, and regular checkups with your ophthalmologist or optometrist can help detect the disease in its early stages before lasting damage has occurred. As a general rule, schedule eye exams every two years between the ages of 40 and 65, and every year after age 65. If one has multiple risk factors for developing glaucoma, more frequent monitoring, beginning as early as the mid-teens, is recommended.

There is no proven way to prevent glaucoma; however, early detection, new medications, and surgical techniques have increased the success of treatment.

A 2004 study supported by the National Eye Institute showed that daily glaucoma eye drops given to people with elevated eye pressure reduced eye pressure by an average of 22 percent. It was also found that daily use of eye drops can reduce the risk of developing glaucoma by nearly half in people of African descent who have elevated eye pressure.

The best way to prevent vision loss from glaucoma is early detection and care. If any of the risk factors noted above are present or if a glaucoma exam has never been performed, a person should make an appointment with an ophthalmologist or optometrist.

Additional resources on glaucoma can be found through the American Optometric Association, www.aoa.org; the Glaucoma Foundation, www.glaucomafoundation.org; and National Eye Institute, www.nei.nih.gov/health/glaucoma/glaucoma_risk.asp.

Winn Briefs

National Nutrition month

March is National Nutrition month. In observance Capt. Michael Trust, Chief Nutrition Care Division, at Winn Army Community Hospital will present four discussions on "How he lost 30 pounds in 90 days safely." The presentations are scheduled for noon- 12:45 p.m., Friday, March 16 and 23 in the Patriot Auditorium. Any Soldier or civilian and their family members may attend. Feel free to drop in; no appointment is necessary.

Book appointments online

Want an alternative to calling the appointment line? TRICARE online could be your answer. You can book your appointments online at the TRICARE online Web site, www.tricareonline.com. This link is also available through the Winn Web site homepage, www.winn.amedd.army.mil.

Let us know how we're doing

We need you, our customer, to take our Winn Survey. Please stop by the Patient Representative's Office on the first floor of the hospital, suite CH32, to take our 5 minute computer survey about your visit at Winn on the day of your visit.

Fix DEERS to receive healthcare

Beneficiaries must keep their DEERS information up-to-date or they may not be able to receive referrals, schedule appointments or access TRICARE Online. DEERS information can be updated by calling 1-800-538-9552, [visiting www.tricare.osd.mil/deers/default.cfm](http://www.tricare.osd.mil/deers/default.cfm) or stopping by Building 253 on Fort Stewart.

Ready to quit class

This class is for those interested in quitting tobacco use. This class is a pre-requisite to Tobacco Use Cessation classes. The classes are held the fourth Wednesday of every month at 11 a.m.

For more information or to make an appointment, at Winn or Tuttle call 435-5071 or 1-800-652-9221.

Strategies for staying healthy screenings

This class is for those interested in quitting tobacco use. This class is a pre-requisite to Tobacco Use Cessation classes. The classes are held the fourth Wednesday of every

VOLUNTEER SPOTLIGHT

MEREDITH MURRAY



Meredith Murray of Durham, N.C., is a Red Cross volunteer working at the Dermatology Clinic at Winn Army Community Hospital.

Murray volunteers because she wants to help out in the community and also as a way to meet people.

Her interests and hobbies include walking, running, kickboxing, cooking, bowling and traveling.

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

month at 11 a.m.

For more information or to make an appointment, at Winn or Tuttle call 435-5071 or 1-800-652-9221.

Volunteers welcome

This class is for those interested in quitting tobacco use. This class is a pre-requisite to Tobacco Use Cessation classes. The classes are held the fourth Wednesday of every month at 11 a.m.

For more information or to make an appointment, at Winn or Tuttle call 435-5071 or 1-800-652-9221.

Understanding love makes marriage possible



CHAPLAIN'S CORNER

Chap. (Maj.) Milton Johnson
Family Life Chaplain

When was the last time you said I love you to your significant other? It makes a big difference!!

This week I had a chance to conduct a marriage 101 class that focuses partly on personality strengths and weaknesses, and communication skills. It was a pleasure to watch the response on the faces of each person when they learned their individual personality type and how it affects communication in marriage. It was also interesting to listen to the discussions of commitment and love as we sat for lunch and talked about how to blend our temperaments together and use them to enhance our happiness.

The love and care people feel toward

each other is the foundation of relationships, families, communities and our nation. That almost sounds like something you'd find in the Bible doesn't it. The Apostle Paul wrote in a letter to the church in Corinth, Love is patient and kind; love does not envy; love does not parade itself, is not self-centered, does not behave rudely, does not seek it's own good, is not irritated, thinks no evil, does not celebrate in wrong doing but rejoices in the truth; love bears all things, believes all things, hopes all things, endures all things. Love never fails.

How is this kind of love possible? Humanly speaking it isn't! That is where God enters the picture.

Human love is self serving. Human love can be summarized by one word,

take! Read the newspaper. Listen to the news. What do you see time and again? Relationships where people are trying to take. That's what broken relationships are about. But God has another standard in mind. When we find that we don't have what it takes to love each other God reminds us that He has what it takes! God's love is above all else a giving love. He gave of himself to initiate a relationship with us. He gave of himself when he took our penalty for sin.

Today He continues to give us the ability to live in a way that honors Him and cares for others. When you don't have what it takes - rely on him. He will love you and love others through you. Then, what seems impossible will be possible - and the differences that exist between us will serve to make us better!

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 (Tuesday)	Vale	.9:30 a.m.

Islamic		
Friday Jum'ah	Marne	.1:30 p.m.
Contact Staff Sgt. Aiken at 877-4053.		

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.
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.

Fort Stewart Chapel Youth Ministry Junior and Senior High 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.



Kids Church

Exciting Bible Lessons

with music, puppets, videos, crafts, games

11 a.m. to Noon, Sunday

at School Age Services

(across from Diamond Elementary)

For all kids Grade K-6

Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Victory Chapel

Questions?

Contact Chaplain Ric Thompson at 767-6831

Coastal Happenings

Courtesy of the Coastal Courier

Military invited to Kiawah Island

To show our appreciation for all active military personnel, we're offering special rates at all five courses, during the month of February.

Active duty personnel will have the opportunity to play the Ocean Course, the host course of the 2007 Senior PGA Championship, for a charge of \$75 per player. The four remaining courses, Osprey Point, Turtle Point, Cougar Point, and Oak Point can be played at a charge of \$45 per player. Players who are not active military personnel will be charged the resort guest fees of \$230 at The Ocean Course, \$130 at Turtle Point, Osprey Point, and Cougar Point, and \$83 at Oak Point. Phone numbers for booking are: Ocean Course, 843-266-4670; Osprey Point, 843-266-4640; Turtle Point, 843-266-4050; Cougar Point, 843-266-4020; Oak Point, 843-266-4100.

GSU arts season events planned

STATESBORO — Here is the lineup for the Performing Arts Center at Georgia Southern University:

• **Tonight** — Moscow Festival Ballet presents "Swan Lake." Founded by a member of the legendary Bolshoi Ballet, this troupe features the classic Russian style of ballet.

To buy a season subscription or get more information, call toll free (866) PAC-ARTS, or visit the PAC website at <http://ceps.georgia-southern.edu/pac>.

Pageant contestants sought

FLEMINGTON — The Miss Liberty and Miss Long County Forestry Scholarship Pageants is Feb. 24 at Brewton-Parker College in Flemington.

Contestants are being sought. The pageants are open to all contestants up to 16 years old. Contestants ages 17-24 must live, work or go to school in the county they represent.

Both pageants are preliminaries to the Miss Georgia Forestry Scholarship Pageant. Winners will get gold crowns, custom sashes, trophies and entry fees paid to the 68th Miss Georgia Forestry State Scholarship Pageant in June at Tifton.

The state pageant awards thousands of dollars in scholarships, cash and prizes each year.

For more information, call Rita Watson, director, at 368-6960 days or 876-2775 evenings. E-mail longforestry@yahoo.com or libertyforestry@yahoo.com.

Sing your heart out

The Greater Georgia Choral Chapter is looking for people who love gospel music and who want to do more than just listen to it.

GGCC offers an opportunity to grow in the ministry of gospel music for adults and youth. Groups and individuals are welcome. Contact Wilma Gregg or Andre Gregg, at 912-368-4185.

Free dance lessons offered

Free ballroom dancing lessons are being offered at Club Stewart 7 to 9 p.m., the first Wednesday of every month by the Moon River Dancers Association in Savannah. It is for soldiers and their families.

Couples and singles welcome. No registration required, just show up and learn. Call 767-8609, for information.

Also, if you're into ballroom dancing and

don't mind the drive, the Seaside Dance Association in St. Simons Island has dances every Tuesday and Thursday through the summer at Blanche's Courtyard starting at 7 p.m.

The association also hosts a dance on the last Sunday of each month at the Jekyll Island Club Hotel, in the grand dining room. Instruction starts at 5:15 p.m. and seating for the dinner and dance starts at 6p.m.

For more information, call (912) 634-9527 or e-mail, SeasideDance@bellsouth.net.

View Native art

CARTERSVILLE — After a year on the road, male and female effigies created several hundred years ago have returned home to Etowah Indian Mounds Historic Site here. The nearly three-foot-tall marble sculptures had been part of the traveling exhibit "Hero, Hawk and Open Hand," showcasing American Indian art of the ancient Midwest and South.

The sculptures were found in mound C which was excavated during the 1950s and are among the finest pieces of ancient Indian art in the United States.

They were so well preserved that even the paint colors are still vivid today.

Today, visitors to Etowah Indian Mounds can see the original effigies while touring the museum and grounds.

Exhibits include ornamental pieces, a head-shaped rattle made of copper, pottery, weapons and dozens of other artifacts dating back as much as 1,000 years. Three main mounds remain, the highest standing 63-feet.

The historic site is six miles southwest of I-75 exit 288 in Cartersville. Admission is \$2.50 for children and \$4 for adults. Hours are 9 a.m. to 5 p.m. Tuesday-Saturday and 2-5:30 p.m. Sunday. For information, call 770-387-3747 or visit www.gastateparks.org/info/etowah.

Chess, anyone?

STATESBORO — Adults and children alike are invited to play chess in the Statesboro Mall 3 to 5 p.m. every Sunday. Chess in the Mall is hosted by the Ogeechee River Scholastic Chess Association (ORSCA) and school chess clubs throughout Bulloch County. Go to <http://chess85.tripod.com> or e-mail j-lutz@enia.net or call 912-764-9770.

Local chess players are also trying to stir interest in the game around Hinesville. If you're interested in playing, and possibly forming a club, call 876-4715.

Savannah Cultural Events

Activities sponsored by the Savannah Department of Cultural Affairs include these ongoing events:

Every first Friday of the month

Folk Music by Savannah Folk Music Society, 7:30 p.m. Free at Wesley Monumental United Methodist Church.

The Arts at City Market Center, Upstairs, Jefferson & West St. Julian Streets, free 6:30 to 8:30 p.m. Call (912) 232-7731.

Every first Saturday of the month

Adult and youth basic ballroom dance classes, by Moon River Dancers: 1 to 3 p.m. at W. Broad Street YMCA, 1110 May St. Admission is \$3 per person. Call 912-925-7416 or visit www.savannahusabda.org.

Every third Wednesday of the month

Open Mic Poetry Night - Signup at 7:45

p.m., Gallery Espresso, 6 East Liberty St. Call 912-233-5348.

Saturdays and Sundays

Flannery O'Connor Childhood Home Foundation tours 1 to 5 p.m. Saturdays and 1 to 4 p.m. Sundays.

Located at 207 E. Charlton St. on Lafayette Square. Born in Savannah in 1925, writer, Mary Flannery O'Connor, lived in a Charlton Street house until 1938. Today, it is maintained partly as a memorial to her and partly as a literary center for Savannah. Literary activities are held at various times October through May, free. Call 912-233-6014.

Every Sunday

Oldie Goldies Sunday at the American Legion Post 500, 1716 Montgomery St., 4 to 8 p.m. Call 912-925-7116.

The Reel Savannah Film Group presentations, 7 p.m., Sunday evenings at the Lucas Theatre. Tickets, which are \$6, are available an hour before showtime.

Free year of golf offered

Georgia State Park golf courses have membership benefits that will cost you nothing. Become a Georgia golf internet member and you'll be automatically entered into quarterly drawings for an annual greens pass (a \$575 value).

Internet members receive benefits, such as discounts on green fees and pro shop merchandise, free range balls, free golf for your birthday, invitations to special events, a monthly newsletter and more.

And as a member, you'll be able to make tee times online. Register at www.GolfGeorgia.org. You may call 1-800-434-0982.

Visit Armstrong Arboretum

SAVANNAH — Armstrong Atlantic State University has an arboretum, which encompasses the 250 acre campus and displays more than 100 species of trees and 200 species of shrubs and other woody plants.

The Fern Collection, featuring 23 varieties of native and non-native ferns, is on the west side of Jenkins Hall. The recently completed Ginger Collection focuses on seven groups of ginger plants and is at the south end of Hawes Hall.

For more information or to schedule an educational tour, call AASU's plant operations at 912-921-5472.

State Park offers frisbee golf

ELBERTON — Disc golf may not get much coverage by sports writers, but it has a loyal following of fans who enjoy exercising outdoors while testing their throwing skills.

The typical course features 18 "holes" with challenges of trees, streams and other natural obstacles.

One of the most scenic and well kept disc golf courses in Georgia is at Richard B. Russell State Park in Elberton. While hiking between tee pads, players enjoy the rolling green scenery of this pastoral park. The cost is only \$2 for parking and \$1 per person to play.

After a fun game in the field, visitors can enjoy watersports on Lake Richard B. Russell, explore hiking and biking trails, or relax at numerous picnic spots throughout the park.

Overnight accommodations include lake-side cottages and shaded campsites. Richard B. Russell State Park is located 8 miles northeast of Elberton off Hwy. 77.

For more information, call 706-213-2045 or visit www.gastateparks.org.

Ride train in Southwest Georgia

CORDELE — Take a ride into history aboard the SAM Shortline Excursion Train. Riding in vintage railcars, passengers travel past scenic country farms, stepping off to explore quaint towns and fascinating historic sites. President Jimmy Carter's boyhood home, the Plains antique mall, an impressive telephone museum, and Habitat for Humanity's Global Village are just some of the attractions along the route.

The main depot is in Cordele, but riders may board at any stop, including Georgia Veterans State Park, Leslie, Americus and Plains. Cost is adults, \$20 and \$10 for children roundtrip. For a schedule and ticket sales, visit www.SamShortline.com or call 1-800-864-7275.

Visit Georgia's natural springs

WARM SPRINGS — Georgia's state parks and historic sites host three natural springs that have helped shape the state and our culture.

The best known is **Warm Springs**. Emerging at 900 gallons-per-minute and 88 degrees year-round, one of Georgia's seven warm springs transformed a west Georgia town into a well-known stagecoach stop.

The town of Warm Springs was host to Georgia's high society during the early 1900s, and it became the vacation home of Franklin D. Roosevelt after he sought relief from polio in the warm, therapeutic water.

Just off I-75 in middle Georgia is **Indian Springs State Park**, thought to be the oldest state park in the nation.

The Creek Indians believed the springs had healing and invigorating qualities, and the town of Indian Springs became a bustling resort town from the 1820s until the Great Depression.

For More Information call 706-655-5870, or visit www.FDR-LittleWhiteHouse.com. For Indian Springs information, call 770-504-2277 or for Magnolia Springs State Park, Millen, call, 478-982-1660, or go to www.GaStateParks.org.

Backpackers lodge

AMICALOLA FALLS — Georgia's only backcountry lodge, The Hike Inn, is found at the end of a scenic five-mile trail beginning at Amicalola Falls State Park. Hikers are rewarded with soft beds, hot showers and hearty family-style meals.

Staff members proudly boast that the temperature rose above 90 degrees only once last summer, making the eco-lodge a perfect getaway for June, July and August. Rates begin at \$65/adult and include meals. For details, visit www.hike-inn.com or call 1-800-864-7275.

Guests are encouraged to call far in advance since weekends fill quickly.

Visit Georgia parks

Visitors to Georgia's 48 state parks can make online reservations for campsites, cottages, lodge rooms, picnic shelters and other facilities.

To get to the parks' new reservation center, operated by Maryland-based Spherix, click "Make a Reservation" on www.gastateparks.org or call 1-800-864-7275 (open 8 a.m. to 8 p.m. Monday-Friday; and 9 a.m. to 5 p.m. Saturday-Sunday.)

Arts and Entertainment: Comics and Music

Commentary — by Sasha McBrayer

Fort Stewart Museum

As March rolls around and spring weather warms up the Low Country there will be more and more opportunity for diversions and outdoor activities. If sports and nature aren't up your alley, or you're just thirsting for a change, live music may be the thing for you.

Fort Stewart and Hunter Army Airfield residents are fortunate to live next door to the attractions Savannah has to offer. The charming city has a lot more than spirits and dining. The arts scene is also quite formidable.

Armstrong Atlantic State University, located on Savannah's Southside not far from Savannah Mall, is hosting many theatrical, musical, and artistic events this March.

March 20, the University will be hosting the United States Army Ground Forces Band from Fort McPherson, Ga., in conjunction with the Savannah Music Festival. The show starts at 7:30 p.m. in the AASU Fine Arts Auditorium and admission is free. For more information, check out their website, www.finearts.armstrong.edu or call 912-234-3378.

And if musical theatre is to your liking, don't miss "Broadway on Bull Street" at the Historic Savannah Theatre. This show, com-

prised of excerpts from some of Broadway's most popular musicals is playing throughout March at 222 Bull St. for the cost of \$33 for adults. Curtain rises at 8 p.m. Call 912-233-7764 for details.

— Film —

At the movies, comic hero fans should not miss the action-packed blockbuster, "Ghost Rider", starring Nicolas Cage. For those less familiar with the golden age comic, the story follows a hot-shot motorcycle stuntman with a remarkable and supernatural secret. Johnny Blaze, Cage's character, has a run in with a dark force in his youth, which forever changes his life. Forced into a painful nightly transformation in the presence of evil, Blaze becomes the Rider, a powerful skeletal creature with a face of fire.

It was time for this film as movie studios scratch off hero after hero from their lists. The special effects are almost as realistic as it gets. They certainly satisfy, although the story itself is not a work of art. A formulaic best friend,

and a corny love interest hold the film back, but Sam Elliot's effortless performance as "the caretaker" is a bright spot. Overall Ghost Rider is a fun ride, but the weakness of the script and the age of the leading man may prevent the franchise from producing a sequel. Time will tell. After all, there were three Blade movies, and currently Ghost Rider is number one at the box office. I give the film a C+ for great visual effects and for the young actress who plays the Goth chick and Ghost Rider's first fan.

— Television —

Speaking of heroes, Stan "the man" Lee, creator of so many of our most beloved superheroes, made a guest appearance on the hit NBC dramatic series, "Heroes" in February. It was a terrific scenario because my personal favorite character, Hiro Nakamura (played by Masi Oka) was the character to bump into Stan. Hiro's character is not the typical superhero. Boyish, geeky, and a fan boy himself, consistently quoting comic books, and Star Trek, Hiro is a compassionate,

idealistic, former office worker with the ability to travel through time and space. Torturing fans by unexpectedly killing characters, and inserting edge-of-your-seat cliff hangers, the twists and turns, and exciting characters are sure to have you addicted. You can catch the next installment of "Heroes" Monday at 9 p.m.

— Music —

Even the most casual television viewer knows about "American Idol" on Fox. The phenomenon is out of this world as Americans watch real life musical superheroes showcase their vocals and become overnight stars. This time we have an added reason to watch. Savannah's own Stephanie Edwards continues to dazzle audiences with her classic style and strong voice. Will she make it to the top 12? How crazy will Savannah fans get? Businesses are already starting to show their support with signage wishing Stephanie luck. With former Idol contestant Jennifer Hudson's recent Oscar win for her role in "Dream Girls" the sky really is the limit for anyone highlighted on the show.

The last episode of Idol featured a song by former contestant, Kellie Pickler. If you like country music, give a listen to her 2006 release, "Small Town Girl".

